

LET'S



AQUATICS,
FITNESS,
ART CLASSES,
SPORTS & OUTDOOR
RECREATION,
YOUTH PROGRAMS,
SPECIAL EVENTS,
AND MORE!



SPRING
PROGRAM GUIDE

 **SUNSET
EMPIRE**
PARK + RECREATION DISTRICT
sunsetempire.com

MESSAGE FROM THE EXECUTIVE DIRECTOR



LET'S PLAY!

I've often thought that our local weather only really features three seasons: winter, summer, and the in-between. The "in-between" often rules the majority of the year and those days can occur pretty much anytime.

But what we may lack in seasonal variety, we have made up for in the few months of winter recently. Snow, flooding, ice, wind, and other conditions have been unique and challenging.

Through it all, I've cherished our ability to maintain operations and the normalcy and consistency of the Sunset Pool. Much has been made and discussed regarding the recently purchased Sunset Recreation Center, and rightfully so. The 70,000 sq. ft building is full of so much potential and future opportunities for our community to gather and recreate!

But we'll never misplace the importance of the Sunset Pool, now in its 46th year of operations. Each month the Pool serves nearly 1,000 lap swimmers, hundreds of aquatic fitness class participants, and hundreds of our community's youth through swim lessons, swim team, and the hosting of the Seaside High School swim team.

The Sunset Natatorium continually impresses community and visitors alike with its cleanliness, relaxing ambience, and friendly staff and lifeguards. But more importantly than the physical characteristic of the space is that the Pool has served this community as a gathering place for relationships to grow--an especially critical need during the recent challenges associated with COVID.

So many in our community live in isolation or simply don't have opportunities to interact with their friends, neighbors, and society and the Pool has been that mainstay for nearly a half century!

As we head into hopefully warmer weather, I hope you'll join us for an aquatic or other recreation program!

Skyler Archibald

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**1140 Broadway
Seaside, OR 97138
503-738-3311**

DISTRICT BOARD:

Current Board Members are Katharine Parker (President), Celeste Bodner (Vice-President), Michael Hinton (Secretary), Su Coddington, and Erika Marshall.



SWIM LESSONS

Classes

We will be registering for swim lessons for May and June beginning on April 11. See our website for more information.

Kinderswim - Tuesday/Thursday - 10:00am

Join us in our Learner Pool for an instructor guided play time for children ages 0-3 years and their designated adult.

Private Lessons

Private lessons are available with Coach Carolyn Heymann for students ages 5 and up. Sessions are one hour and are \$45 in-district and \$60 out-of-district. To make an appointment, go to: tinyurl.com/5caayavw.



SWIM TEAM

Seaside Swim Team

Our swim lesson programs are structured to prepare swimmers for swim team as early as age six or with coach approval.

The team is open to both novice and competitive swimmers, and our USA-ASCA Swimming certified coaching staff will evaluate each swimmer to determine their appropriate level. The three levels are Bronze, Silver, and Gold. The practice schedule varies depending on the season, but swim team is a year-round activity.

Coaches will inform team members of upcoming meet dates and details. Meets generally require a \$5 entry fee per swimmer and the Seaside Swim Team tries to host at least two meets per year.

AQUATIC FITNESS

All of our Aquatic Fitness classes are included in monthly, 3-month, and annual passes as well as 10-punch cards.

Main Lap Pool

AQUA CORE - Monday/Wednesday/Friday - 8:00am

Challenge yourself in the main pool with sport specific movement patterns designed to increase muscle strength/endurance, and cardiovascular conditioning.

BOGA FIT - SCHEDULE TO BE DETERMINED

Challenge your foundation, balance, power, and endurance with the instability of the Boga Fit Mat and the unpredictability of the water in this unique class. This class will combine cardio, strength, flexibility, and balance into a fun total body workout.

Warm Water Pool

H2O FIT WARM - Monday/Wednesday/Friday - 12:00pm

Medium-paced class in the warm water pool. The focus is on low impact movements, stretching, toning, and relaxation while getting a great workout!

MINDFUL WATERS - Tuesday/Thursday - 9:00am

A gentle, low impact aquatic exercise with yoga in warm water that improves strength, balance, and range of motion. A stress reduction class as we explore the mind, body, and relaxation exercises.



AI-CHI - Tuesday/Thursday - 11:00am

Ai Chi is a water-based, progressive, total body strengthening program that can be helpful in improving movement of those who suffer from chronic pain, arthritis, fibromyalgia, chronic obstructive pulmonary disease, balance deficits, diabetes, multiple sclerosis, and other neurological or orthopedic problems.



ARTHRITIS EXERCISE - Monday/Wednesday/Friday - 11:00am

Arthritis exercise in the warm water pool is designed to reduce fatigue, pain, and stiffness while improving mobility, muscle strength, and coordination. Option to add in a little singing with the motions.

PI-YO-CHI - Tuesday/Thursday - 12:00pm

This program includes the strength of Pilates, the balance of Yoga, and the energy revitalization of Ai Chi and enhances your breathing, strength, range of motion, alignment, and balance. Regular practice corrects postural alignment, and increases core strength and serenity.

WATER VOLLEYBALL - Thursday - 4:30-6:30pm

Come enjoy the sport of Volleyball in the warm water pool. Fun for adults of all ages. With the use of a lightweight beach volleyball, everyone has a good time while getting some exercise and enjoying the company of other patrons.

FITNESS

All of our Fitness classes are included in monthly, 3-month, and annual passes as well as 10-punch cards.

Gym Classes

FIT N' FAB - Monday/Wednesday/Friday - 8:00am

This class is designed to help you develop a healthy lifestyle by performing various exercises and movements. Class focuses on balance, cardio, resistance, and chair exercises if needed.



CIRCUIT TRAINING - Monday/Wednesday/Friday - 9:00am

Circuit Training is a popular form of workout that targets aerobic fitness and muscular endurance simultaneously. In a circuit training class, participants work through a series of eight or more exercises for either a set time or number of reps, with little or no rest between exercises.

BODY BALL TRAINING - Tuesday/Thursday - 8:00am

Stability ball training is a great way to mix up your workouts. This class helps build overall strength and conditioning, while targeting core muscle groups. Low fitness level recommended.

Bob Chisholm Community Center Classes

CORE IS MORE - POSTPONED UNTIL FURTHER NOTICE

Come join instructor Jillian Conrad in Core is More, a fun and engaging group class designed for all fitness levels. Target deep core muscles, working from the inside out, moving with fluidity and awareness to create a healthy, strong, centered body to keep you in top shape and injury free. **Monthly pass accepted.**

TAI-CHI - Tuesday/Thursday - 12:00pm

Tai Chi is a series of exercises to engage muscles gently and increase a sense of balance. Each posture flows into the next without pause, ensuring that your body is in constant motion. Tai Chi is meditation in motion because it promotes serenity through gentle movements, connecting the mind and body.

ARTHRITIS - Monday/Wednesday - 10:00am

Arthritis class is designed to reduce fatigue, pain, and stiffness, while improving mobility, muscle strength, and coordination.

HAPPY CHAIR YOGA - Monday/Wednesday - 12:30pm

Happy Chair Yoga is a gentle form of yoga that can be used for chronic pain management and building better balance. Poses are done while sitting in a chair and standing with the support of a chair. Chair yoga can improve your flexibility, concentration, and strength, while boosting your mood and reducing stress and joint strain. Pranayama breathing techniques, guided imagery, music, and meditation are incorporated to promote focus, mental clarity, and relaxation. Find your happy place with Happy Chair Yoga!

GENTLE YOGA - Monday/Wednesday - 5:30pm (starts in April)

This class is perfect for ALL LEVELS as it is a gentle flowing yoga practice offering breathing techniques, stretching, and gentle transitions prescriptive for increased balance, flexibility, and strength. Linking breath with movement into revitalizing postures promotes relaxation, reduced stress, and enhances an invigorated spirit. Modifications and proper alignment of classic yoga postures are offered to seniors as well as students of all ages, abilities, and physicalities.

ART CLASSES

Pottery

Our newly reformatted Pottery program follows an “open-studio” format, allowing a greater degree of flexibility for students. Instructional time is no longer limited to a single class period during the week. All participants have unlimited access to the studio five days a week, during normal operating hours. Students requiring assistance can arrange to meet with one of our studio mentors.

Our studio features three pottery wheels, a slab roller, a variety of tools, and plenty of working space to meet any would-be potter’s needs.

Monthly registration includes 5lbs of clay, access to tools, glazes, and kiln firing. Additional clay is available for purchase.

Studio hours: 9:00am – 3:00pm, Monday through Friday. Studio is located in the Bob Chisholm Community Center, 1225 Avenue A in Seaside. Monthly Fee: \$35 Resident/\$52 Non-Resident Call 503-738-3311 to reserve studio time.



SPORTS & OUTDOOR RECREATION

We offer a number of sports and outdoor recreation opportunities throughout the year depending on the season.

Taekwondo - Coming Soon

Geared towards those ages 8+, this is a serious martial arts program that offers many benefits to its students. Participants learn discipline and respect, while increasing both mental and physical fitness. This class includes students at all experience levels, and participants will have the opportunity to test their skills as they move upward through the different belts.

\$30 Resident/\$45 Non-Resident

Start Smart Baseball - June 7-30, Tuesdays/Thursdays, 5:15-6:15pm

Start Smart Basketball is a developmentally appropriate introductory basketball program for children 3-5 years old. The program prepares children for organized basketball in a fun, non-threatening environment, without the threat of competition or the fear of getting hurt. Age-appropriate equipment is used in teaching skills. A parent or guardian must be present to assist your child in being a program participant.

Cost includes all equipment to keep: one participant manual, one mini basketball for dribbling, one Teslon basketball for passing/catching and shooting, one scrimmage vest, and four cones. Class will take place in the Sunset Recreation Center Gym.

Program details:

- \$60 Resident/\$80 Non-Resident, plus \$10 equipment fee



CHILDCARE & SPECIAL EVENTS 5

Drop In Basketball - To be determined

Drop In Pickleball - Monday/Thursday - 9:00-11:00am

Stop by the Sunset Recreation Center for Basketball and Pickleball. Membership passes are accepted. \$3 Resident/\$4 Non-Resident

Pinochle - Monday - 1:00-4:00pm

Bridge - Friday - 1:00-5:00pm

At the Bob Chisholm Community Center. Proof of vaccination required.

PRE-SCHOOL & AFTER-SCHOOL CARE

Learning Ladder Preschool

The Preschool years are a time for great discovery, learning and exploration. Our classroom provides your child the opportunity to learn through art, literacy, science, math and, most importantly, PLAY! We attend weekly yoga class and participate in the weekly story time at the Seaside Public Library, Kindermusik, and Music & Movement classes.

We offer two classes, ages 3-5 years old. Aftercare is available until 5:30pm for children who are enrolled in the Preschool Program.

After School Zone

In the After School Zone, held at the Sunset Recreation Center, your child can engage in structured activities designed to be fun and educational. We offer time for homework (and some help if they need it, too!), arts and crafts, recreation, cooperative and team-building games, swimming at Sunset Pool...the list goes on and on!

Mon, Tue, Thur, Fri – 2:30-5:30pm. Wed – 1:30-5:30pm. Cost - \$195 Resident/\$235 Non-Resident



A KNIGHT OUT DANCE

Coming March 12, 2022, 6-8pm. We've combined our traditional Daddy/Daughter and Mother/Son dances into a more inclusive family dance, A Knight Out With Your Prince or Princess, which will be held at the Sunset Recreation Center. Join us for an evening of dancing and fun! Register by calling 503-738-3311. Dress in your best medieval garb!

ANNUAL COMMUNITY EGG HUNT

Join us on Saturday, April 16, 2022, 10am-12pm. This free event is an annual staple for the community. Families join in the fun of searching for thousands of treat-filled eggs all over Broadway Park. Children of all age groups are sent out to find as many eggs as they can, with a chance of finding a golden ticket, winning them an Easter basket full of goodies. The Easter Bunny will be hopping around greeting kids and taking photos.



100K RELAY ON THE PROM

The Seaside Prom is a unique feature to our community, and this all night event challenges teams to run up and back on the Prom for 20 laps to complete a 100K. The winning team is awarded bragging rights and prizes! May 27, 2022. Registration opens soon!

PICKLEBALL TOURNAMENT

Mark your calendars for June 10-12! This Pickleball Tournament features men's, women's, and mixed matches at the Sunset Recreation Center. \$50 per person. Registration opens soon!