



new! concord community center

Adult Programs

3811 S.E. Concord Rd., Milwaukie
ncprd.org/concord-community-center
Schedules subject to change.



Hours:

Monday-Friday

9 a.m.-1 p.m.

(or for scheduled programming)

ADULT SPORTS DROP-IN

Ages 18+. Drop-in sports are a great way to get exercise and build comradery with others, without the strict commitment of a formal league. No registration required. First-come, first-served with limited capacity. Bring a valid photo ID and pay the drop-in fee at the front desk. Games are casual and self-organized. All skill levels are welcome. Please wear court shoes with non-marking soles.

Location: Concord Community Center

Fee: NCPRD, \$5; non-resident, \$6.50

PICKLEBALL OPEN GYM

Time/Date: 11:30 a.m.-1 p.m. M
WINTER: 1/26-3/16 (No open gym 2/16)
SPRING: 3/30-5/18

BASKETBALL OPEN GYM

Time/Date: 11:30 a.m.-1 p.m. W
WINTER: 1/21-3/18
SPRING: 4/1-5/20

VOLLEYBALL OPEN GYM

Time/Date: 6-8 p.m. F
WINTER: 1/23-3/20 (No open gym 2/6, 3/6)
SPRING: 4/10-5/22

MIND & BODY

NEW! YOGA: FLOW FOR BEGINNERS

Levels 2-3. In this beginner-friendly class, you'll move through a series of poses designed to stretch and strengthen every part of the body. The flowing sequence helps improve balance, flexibility, and endurance while keeping you active and energized. Perfect for all abilities, this class supports your health and fitness in a fun, accessible way.

Location: Concord Community Center
Fee: NCPRD, \$54*; non-resident, \$68*
Time/Date: 9:30-10:30 a.m. Th
WINTER: 1/15-3/19 (No class 3/5)

Fee: NCPRD, \$66*; non-resident, \$83*
Time/Date: 9:30-10:30 a.m. Th
SPRING: 4/2-6/11

NEW! YOGA: GENTLE YOGA

Levels 2-3. This class offers a slower-paced, nurturing practice designed to support relaxation, flexibility, and stress relief. Gentle yoga focuses on mindful movement, stretching, and breath awareness, making it perfect for beginners, older adults, or anyone looking for a calming way to move their body. With modifications and props available, this class provides a soothing experience to restore balance and ease in both body and mind. Participants must be able to get up and down off the floor.

Location: Concord Community Center
Fee: NCPRD, \$60*; non-resident, \$75*
Time/Date: 11 a.m.-noon Tu
WINTER: 1/13-3/17

Fee: NCPRD, \$66*; non-resident, \$83*
Time/Date: 11 a.m.-noon Tu
SPRING: 3/31-6/9

NEW! YOGA: YIN FOR BEGINNERS

Levels 2-3. This beginner-friendly class introduces you to the calming and restorative practice of Yin yoga. In Yin, poses are held for several minutes at a time with the support of props, allowing for gentle stretching of the deeper connective tissues, improved flexibility, and relaxation of the mind and body. With simple, accessible postures and plenty of guidance, this class is perfect for anyone new to yoga or looking for a slower, more meditative practice.

Location: Concord Community Center
Fee: NCPRD, \$60*; non-resident, \$75*
Time/Date: 1:15-2:15 p.m. W
WINTER: 1/14-3/18

Fee: NCPRD, \$66*; non-resident, \$83*
Time/Date: 1:15-2:15 p.m. W
SPRING: 4/1-6/10

STRENGTH & CARDIO

LINE DANCE FOR FITNESS – ULTRA BEGINNERS

Levels 2-3. This fun and easy class introduces the basics of line dancing in a welcoming, low-pressure environment. Perfect for absolute beginners, you'll learn simple steps and easy-to-follow routines that get your body moving, improve coordination, and boost cardiovascular health. No dance experience (or partner) required — just come ready to move, laugh, and enjoy a light workout set to great music.

Location: Concord Community Center
Fee: NCPRD, \$60*; non-resident, \$75*
Time/Date: 11 a.m.-noon Th
WINTER: 1/15-3/19
SPRING: 4/2-6/4

LINE DANCE FOR FITNESS

Levels 2-3. For people who have some dance background and want to dance for aerobic exercise and stimulate their memory. A wide variety of upbeat music, paired with easy-to-follow dance patterns will keep you moving.

Location: Concord Community Center
Fee: NCPRD, \$60*; non-resident, \$75*
Time/Date: 9:45-10:45 a.m. F
WINTER: 1/9-3/13
SPRING: 4/3-6/5

*Senior discount for 62+

FREE WORKSHOPS!

Not sure if a class is right for you? Please call 503-742-4348 to help you get started or attend one of our workshops or meet and greet. Pre-registration is required.

NEW! YOGA: GENTLE YOGA

Location: Concord Community Center
Fee: FREE
Time/Date: 11 a.m.-noon Tu 1/6

NEW! YOGA: YIN FOR BEGINNERS

Location: Concord Community Center
Fee: FREE
Time/Date: 1:15-2:15 p.m. W 1/7

NEW! YOGA: FLOW FOR BEGINNERS

Location: Concord Community Center
Fee: FREE
Time/Date: 9:30-10:30 a.m. Th 1/8

LINE DANCE FOR FITNESS – ULTRA BEGINNERS

Location: Concord Community Center
Fee: FREE
Time/Date: 11 a.m.-noon Th 1/8

Youth Programs



Youth programs at Concord Community Center (3811 S.E. Concord Rd., Milwaukie). *Schedules subject to change.*

ART

ARTISTIC EXPLORERS

Ages 9-12. Embark on a hands-on adventure through the boldest brushstrokes in history, where young artists become time-traveling creators! Each week, we explore a different art movement and then whether we're dotting, swirling, or dripping, this class celebrates fearless expression, creative ideas, and the joy of making art that moves!

Location: Concord Community Center
Fee: NCPRD, \$105; non-resident, \$132
Time/Date: 6-7 p.m. Tu
WINTER: 1/6-2/10
SPRING: 3/31-5/5

ANIME DRAWING

Ages 13-18. Love anime or manga? Learn how to bring your favorite characters to life — or create your own! In this class, teens will explore the basics of anime-style drawing, including facial expressions, dynamic poses, and character design. Whether you're just starting out or already sketching in your free time, you'll build new skills, practice techniques, and develop your own unique style. Supply list link on the registration page.

Location: Concord Community Center
Fee: NCPRD, \$188; non-resident, \$240
Time/Date: 6-8 p.m. M
WINTER: 1/5-3/9 (No class 1/19, 2/16)
SPRING: 3/30-5/18

MIXED MEDIA FOR TEENS

Ages 13-18. Get creative and experiment with drawing, painting, collage, and more! This class is all about exploring different art techniques, expressing yourself, and having fun with mixed media. Supply list link on the registration page.

Location: Concord Community Center
Fee: NCPRD, \$169; non-resident, \$213
Time/Date: 6-7:30 p.m. Th
WINTER: 1/8-3/5
SPRING: 4/2-5/28

MUSIC

SING, DANCE & PLAY IN SPANISH (BILINGUAL FUN FOR PRESCHOOLERS)

Ages 3-5. Introduce your child to the Spanish language through fun, hands-on experiences designed just for preschoolers! In this lively bilingual class that blends English and Spanish, children will explore words and phrases through games, music, dance, and storytelling. With an emphasis on movement, play, and imagination, little learners will begin to recognize sounds, build vocabulary, and gain confidence in a new language — all while having fun with their peers. No prior Spanish experience is needed.

Location: Concord Community Center
Fee: NCPRD, \$120; non-resident, \$150
Time/Date: 10-11 a.m. W
WINTER: 1/7-2/25
SPRING: 4/1-5/20

TEENS

TEEN DROP-IN

Grades 6-12. Looking for a fun place to hang out after school and chill with friends? Join us for Teen Drop-in at Concord Community Center! Each week offers a mix of engaging and social activities — from basketball, soccer, and gym games to Nintendo Switch, board games, and a space to just chill with friends.

Location: Concord Community Center
Fee: NCPRD, \$5; non-resident, \$6.50
Time/Date: 3:30-5 p.m. Th
WINTER: 1/15-3/19
SPRING: 4/9-6/11