



concord community center

ADULT PROGRAMS

3811 S.E. Concord Rd., Milwaukie
ncprd.org/concord-community-center

Schedules subject to change.

Facility closures: 6/19, 7/3, and 9/7.

HOURS:
Monday-Friday
9 a.m.-1 p.m.
(or for scheduled programming)

ADULT DROP-IN SPORTS

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 5/25-8/31
(no meeting 6/29, 8/3)

BASKETBALL OPEN GYM

Time/Date: 11:30 a.m.-1 p.m. W 5/27-9/2
(no meeting 7/1, 8/5)



MIND & BODY

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, \$74*; non-resident, \$94*
Time/Date: 11 a.m.-noon Tu 6/23-9/1

YOGA: YIN FOR BEGINNERS

Levels 2-3. This beginner-friendly class introduces you to the calming and meditative 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, \$74*; non-resident, \$94*
Time/Date: 1:15-2:15 p.m. W 6/24-9/2



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. No class July 2 and August 6.

Location: Concord Community Center
Fee: NCPRD, \$68*; non-resident, \$85*
Time/Date: 11 a.m.-noon Th 6/25-9/10

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. No class July 3 and August 7.

Location: Concord Community Center
Fee: NCPRD, \$68*; non-resident, \$85*
Time/Date: 9:30-10:30 a.m. F 6/26-9/11

**Senior discount for 62+*



REGISTER ONLINE AT [NCPRD.ORG](https://www.ncprd.org)



YOUTH PROGRAMS



Youth programs at Concord Community Center (3811 S.E. Concord Rd., Milwaukie). *Schedules subject to change.* **Facility closures: 6/19, 7/3, and 9/7.**

ADAPTIVE & INCLUSIVE

SOCCER

Let your inner soccer star shine with our Rising Stars Soccer league for participants with a disability or additional need, ages 8 and up. This program will teach basic soccer fundamentals while allowing all participants to compete in games in an encouraging, fun environment. The first two weeks of the program are practices only. All Saturdays thereafter will consist of a practice and then a game. Teams are divided by ages: Ages 8-14 and Ages 15 and up. No class on Sep. 5.

Location: Concord Community Center
Fee: NCPRD, \$165; non-resident, \$206
Time/Date: 9:30-11a.m. Sa 8/1-9/26



ART

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 6/29-8/17

YOUTH DROP-IN SPORTS

Ages 6-17. Drop-in sports are a fun and flexible way for kids and teens to stay active, build skills and enjoy the game in a casual gym setting – without the commitment of a formal league. Participants under 12 must be accompanied by a parent or legal guardian. Participants aged 12-17 may attend unaccompanied; a parent/guardian waiver review and signature is required prior to the first visit. Participation is first-come, first-served with limited capacity. Participants must check in 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

BASKETBALL OPEN GYM

Time/Date: 11:30 a.m.-1 p.m. Tu 6/16-9/2
(no meeting 6/30, 8/4)

VOLLEYBALL OPEN GYM

Time/Date: 11:30 a.m.-1 p.m. F 6/19-9/4
(no meeting 7/3, 8/7)