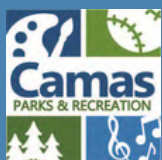


# CAMAS PARKS AND RECREATION PROGRAM GUIDE WINTER 2026



LACAMAS LAKE LODGE  
227 NE LAKE ROAD, CAMAS, WA 98607  
(360) 834-5307

[HTTPS://WWW.CITYOFCAMAS.US/PARKSREC](https://www.cityofcamas.us/parksrec)







## CONTACT INFORMATION

360-834-5307

[parks@cityofcamas.us](mailto:parks@cityofcamas.us)

## REGISTRATION

<https://www.cityofcamas.us/parksrec>

### Parks & Recreation Staff

**Chris Witkowski;**

**Parks and Recreation Director**

[cwitkowski@cityofcamas.us](mailto:cwitkowski@cityofcamas.us)

**Susan Palmer;**

**Recreation Facilities Coordinator**

Facility Reservations, Program Registrations

[spalmer@cityofcamas.us](mailto:spalmer@cityofcamas.us)

**Tammy Connolly;**

**Recreation Coordinator**

Fitness, Wellness & Enrichment Programs

[tconnolly@cityofcamas.us](mailto:tconnolly@cityofcamas.us)

**Jacquie Hill;**

**Recreation Coordinator**

Special Events

[jhill@cityofcamas.us](mailto:jhill@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 Camas schools are closed. Morning activities will be canceled if Camas schools are 2 or 3 hour late start. When possible, registered participants will be notified of cancellation. We will make every effort to make-up the missed date by rescheduling one-day events or adding a session to the end of a class series, when possible.

**Refunds:** Participants will receive a total fee refund if Camas Parks and Recreation cancels a one-day activity. We will first try to reschedule but will give a full refund if the new date doesn't work for the participant's schedule. For classes with multiple sessions - refunds can be given when participant cancels before the second session of a series.

Participants who do not show up for one day activities will not be given refunds.

### SOCIAL MEDIA





# PROGRAM SCHOLARSHIPS AVAILABLE



## SENIOR CITIZEN & YOUTH SCHOLARSHIPS

Offered through generous grants from the Parks Foundation of Clark County and the Camas Parks Foundation. Assistance is available to youth & senior citizen 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:**

**<https://www.cityofcamas.us/parksrec>**

- Call 360-834-5307 to have it mailed to you
- Visit the Lacamas Lake Lodge, 227 NE Lake Road to pick one up
- Email [tconnolly@cityofcamas.us](mailto:tconnolly@cityofcamas.us) to have one emailed to you.



**CAMAS PARKS & RECREATION**

**360-834-5307**

**[HTTPS://WWW.CITYOFCAMAS.US/PARKSREC](https://www.cityofcamas.us/parksrec)**





# 2026 Schedule of Events



**1/24 DCA Volunteer Fair**

**3/28 Camas SpringFest**

**4/17 Spring Bingo**

**6/6 CamTown Art & Music Festival**

**7/2 Crown Park Grand ReOpening**

**7/16 Concert in the Park**

**7/23 Concert in the Park**

**8/7 Movie in the Park**

**8/14 Movie in the Park**

**8/21 Movie in the Park**

**8/28 Movie in the Park**

**9/13 Leadbetter Walk & Roll**

**10/17 Zombie Dash - Fun Run**

**10/28 Boo Bash Carnival**

**11/20 Turkey Bingo**

**12/04 Hometown Holidays**

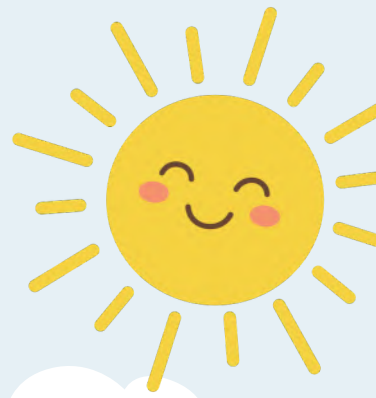


LEARN MORE AT  
**CITYOFCAMAS.US/PARKSREC**

**\*Schedule Subject to change. Please verify details online.**







# CAMAS



# SpringFest Egg Scramble

**RETURNING TO CROWN PARK**

**SATURDAY MARCH 28, 2026**

**A FREE family-friendly springtime celebration  
for all ages and abilities.**

**Full details and schedule online  
March 1!**



# MARTIAL ARTS

## KUNG FU FOR ALL AGES

**Come try any of these classes once for FREE!**

Call 360-834-5307 for more information.

Kung Fu training will teach discipline, focus, confidence, and strength. Students learn the importance of hard work and responsibility. This promotes better ability to think, concentrate, and pay attention. We instill in our students the martial art values of respect, self-discipline, honor and integrity. The goal is to help students become more confident, disciplined, and focused and for them to have FUN.

**Tuesdays and Thursdays Ongoing**

**January 6 - 29**

**February 3 - 26**

**March 3 - 26**

**Camas Community Center, 1718 SE 7th Ave.**

**Instructor Sifu Paco**

**Fee: \$65/month or \$180/3 months**

## KUNG FU FOR KIDS

**Age 5Y -12Y**

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

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

## KUNG FU FOR TEENS & ADULTS

**Age 13+**

**7:15PM - 8:00PM**



**Find more info & register online at:**  
**<https://www.cityofcamas.us/parksrec>**

## KENDO FOR YOUTH & ADULTS

Learn the fun and challenging coed martial art of Kendo (Japanese fencing). The Camas Kendo Dojo is a non-profit organization that focuses on teaching traditional Kendo that will promote a strong mind, body, and spirit for youth and adults. Kendo started during the age of the samurai and has continued its dignity, honesty, discipline in modern society.

**Mondays & Wednesdays**

**January 5 - March 30**

Camas Community Center, 1718 SE 7th Ave.

Instructors: George (5th degree blackbelt) & Ai (6th degree blackbelt) Nakayama (Sensei are volunteers)

**Kids Class**

**5:15PM - 6:15PM**

**Intermediate Adult/Youth (10 years plus)**

**6:15PM - 7:15PM**

**Advanced bogu Adult / Youth**

**7:15PM - 8:30PM**

Next beginner class TBA - Please email [camaskendo@gmail.com](mailto:camaskendo@gmail.com) for more information.

**Please contact Camas Kendo Dojo directly for more info and registration: [www.camaskendo.com](http://www.camaskendo.com) or [camaskendo@gmail.com](mailto:camaskendo@gmail.com)**



# YOUTH PROGRAMS



## WINTER INDOOR BASKETBALL

**Saturdays 02/21 - 03/21**

\$75/Session

Camas Community Center, 1718 SE 7th Ave.

### **HoopsterTots (Grasshoppers)**

**Ages 2-3**

9:00AM - 9:40AM

### **HoopsterTots (Kangaroos)**

**Ages 4-5**

9:50AM - 10:30AM

**Registration info can be found on  
the website:**

**<https://www.skyhawks.com/>**



## SOCCER SHOTS!

### **Indoor Soccer**



## WINTER INDOOR SOCCER

**Sundays 01/04- 03/01**

**Camas Community Center, Camas**

**Mini, age 2-3: 9:00am - 9:30am**

**Classic, age 3-4: 9:45am - 10:20am**

**Classic, age 4-5: 10:35am - 11:10am**

**Premier, age 5-8: 11:25am - 12:10pm**

**Registration info can be found on  
the website:**

**<https://pdx.soccershots.com>**



**CAMAS PARKS & RECREATION**

**360-834-5307**

**[HTTPS://WWW.CITYOFCAMAS.US/PARKSREC](https://www.cityofcamas.us/parksrec)**



# ADULT PROGRAMS

## KIDS & A CANVAS ART CLASSES



**Painting  
Fun for  
Kiddos!**

Join Courtney as she leads the class step by step in painting their very own canvas. You can paint free-hand or the instructor can pencil out your sketch ahead of time.

No experience needed!  
All ages and abilities welcome!



**Wednesday, January 7**

**6:00PM - 7:30PM**

**Cost:** Varies depending on canvas size

Lacamas Lodge, 227 NE Lake Rd

**Find more info online at:**

**<https://www.eventbrite.com/o/kids-and-a-canvas-llc-18477206355>**

**Future Class Dates:**

**February 11**

**March 4**

## Winter Cookie Decorating Classes



Join Heather with Bear Hug Bakery as she walks you through the process of decorating 6 large, delicious pre-baked sugar cookies with royal icing. She will go step-by-step to ensure each project is a success and so that you can take your knowledge with you to create beautiful creations at home year-round!

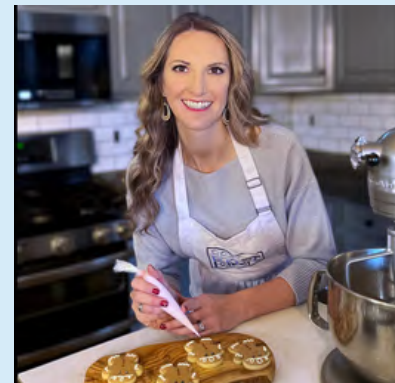
**Fridays**

**January 16**

**February 13**

**March 13**

**6:00PM - 8:00PM**



**Ages: 16 & up (ages 9-15 welcome to register with an additional paid adult)**

**\$60 per person for 6 cookies**

**Lacamas Lake Lodge, 227 NE Lake Rd**

**Register online at:**

**<https://www.cityofcamas.us/parksrec>**



# ADULT 60+ PROGRAMS

## TAI CHI/TUM PAI

Come try this class once for FREE!  
Call 360-834-5307 for more information.

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. 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.

Instructors Harumi & Rita

### Tuesdays & Thursdays Ongoing

<b>January</b>	<b>01/06 - 01/29</b>
<b>February</b>	<b>02/03 - 02/26</b>
<b>March</b>	<b>03/03 - 03/26</b>

### 12:00PM - 1:00PM for beginner students

Fee: \$65/month beginner only  
\$180/3 months

\$15 drop-in fee for beginner class.

1:00PM - 2:00PM for advanced students

Lacamas Lake Lodge, 227 NE Lake Rd



## FREE ENHANCE FITNESS FOR 60+ CAMAS CLASS



Enhance®Fitness is an evidence-based group exercise program for adults 60 and over, that uses easy-to-learn movements that motivate participants to stay active. Taught by nationally certified instructors, classes include cardiovascular, strength training, and balance and flexibility exercises. Those with a chronic condition, such as arthritis, are encouraged to attend. If needed, participants can use chairs for support, and increase the weight they use for strength training at their own pace.

### Mondays, Wednesdays, Fridays

**January 2 – March 30**

**10:30AM – 11:30AM**

**Lacamas Lake Lodge,  
227 NE Lake Road**

**No pre-registration required.  
Call 360-694-8144 with questions.**

# FITNESS PROGRAMS

## MAT PILATES WITH MEGAN



This Mat-based Pilates class is an all-levels practice designed to lengthen and strengthen the body with a focus on stability, posture, breath and flexibility. Each class will work to balance all muscle groups with an emphasis on challenging the core muscles with each movement. In addition, Mat Pilates will help you feel aligned, rejuvenated and connected to your breath and body. Bring a mat or we have some to borrow.

Call 360-834-5307 with any questions.

### **Monday & Wednesday 5:30PM – 6:15PM**

Mondays at Camas Community Center,  
1718 SE 7th Ave.

Wednesdays at Lacamas Lake Lodge,  
227 NE Lake Road

01/05 – 01/28

02/02 – 02/25

03/02 – 03/30

### **Tuesday & Thursday 9:15AM – 10:00AM**

Lacamas Lake Lodge, 227 NE Lake Road

01/06 – 01/29

02/03 – 02/26

03/03 – 03/26

Register online here:

<https://www.pilatesbymegan.com/>

## YOGA WITH CHANEY



### **Winter by the Fire:**

#### **A Gentle 4-Session Yoga Series**

A cozy, all-levels winter flow designed to restore, strengthen, and align body and mind. Each session unfolds slowly beside the warmth of the fireplace, blending mindful movement, grounding breathwork, and soothing restorative poses. This series invites you to slow down, reconnect with your inner light, and find balance and peace through the quiet beauty of the season.

**02/24 3/3, 3/10, 3/17**

**Tuesdays**

**10:30AM – 11:15AM**

**\$20 per class drop-in (pay at the door) or  
\$120 for the session**

**Lacamas Lake Lodge, 227 NE Lake Road**

**REGISTER ONLINE AT**

**<https://www.cityofcamas.us/parksrec>**

**Please call 360-834-5307 or email  
tconnolly@cityofcamas.us if you have  
any issues with your online account.**



# ADULT PROGRAMS

## FREE WOMEN'S SELF DEFENSE

Empower yourself with our Free Women's Self Defense classes. Gain confidence and safety skills through accessible, expert-led training. Learn basic self-defense skills and increase awareness. All fitness levels welcome. Dress in stretchy, comfortable clothes.

**Wednesday, February 4**

**7:00pm - 8:00pm**

Ages: 16 years & up,

ages 13 - 15 with an adult participant

Location: Lacamas Lake Lodge, 227 NE Lake Road

Instructor: Sifu Paco of Camas Tai Chi & Kung Fu

Cost: FREE

**Pre-registration required at**  
**<https://register.cityofcamas.us>**

**Please call 360-834-5307 or email**  
**[tconnolly@cityofcamas.us](mailto:tconnolly@cityofcamas.us) to register.**

**Brought to you by**  
**generous donation**  
**from:**



**Camas**  
**Parks**  
**Foundation**



## REIKI & BREATHWORK EVENING

**Transformational Breathwork Infused with Reiki**  
**with Siri Baruc Thornton**

**Wednesday January 21**

**7:00pm to 9:00pm**

**Lacamas Lake Lodge , 227 NE Lake Road**

**\$50**

January is often framed as a time to leap forward, but winter invites something softer. This fireside evening at Lacamas Lake Lodge is a chance to exhale, reset your nervous system, and come home to your body through transformational breathwork infused with Reiki. "I'm in heaven. You taught me how to truly breathe. I feel so light and happy."

**What to Expect**

- Fireside atmosphere at Lacamas Lake Lodge
- Guided arrival and grounding
- Breathwork education and supportive nervous system orientation
- Approximately 40 minutes of active transformational breathwork
  - Reiki offered throughout the journey
  - Sound bath and integration time to close

**Pre-registration required at**  
**<https://register.cityofcamas.us>**



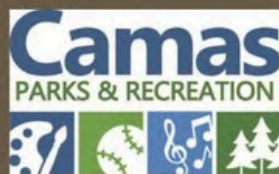
EARTH SCHOOL PRESENTS...



# Ecstatic Dance

WITH WAHE GISELA

WEDNESDAY  
JANUARY 28<sup>TH</sup> 7:00 PM



LACAMAS LAKE LODGE  
227 NE LAKE RD, CAMAS, WA 98607

[WWW.EARTHSCHOOLSHAMANISM.COM](http://WWW.EARTHSCHOOLSHAMANISM.COM)



# FITNESS PROGRAMS



## Mountain Tops - Movement for Everyone

Pacific Peaks Fitness has started a partnership with the Washington Developmental Disabilities Association to provide fitness classes for those with developmental disabilities or respite in our community.

Mountain Tops is a program designed to build confidence, camaraderie and various movement skills for those with physical, mental and/or emotional developmental disabilities.

This program is open to youth and young adults who are looking to have some fun while improving their fitness and energy levels through a variety of different workouts and events.

**Find more info and register online at:**  
**<https://www.pacificpeaksfitness.com/>**



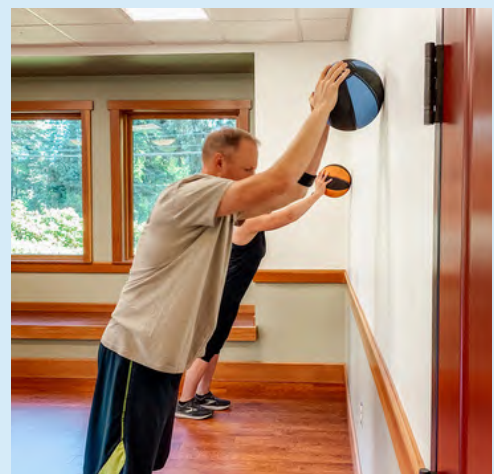
## PACIFIC PEAKS FITNESS

We are an outdoor AND indoor workout program offering strength, cardio, core & mobility classes with many different formats, equipment & all the ways to have fun. Here, we get to move our bodies together with special attention to form, technique and having a good time. Classes are offered several times each week at the Lacamas Lake Lodge in Camas.

We also get opportunities to train our bodies outdoors at different trails around Camas, with young adults with developmental disabilities and all while working on and maintaining a variety of fitness levels. Join Kiley for a couple classes & see if they are a good fit!

**Lacamas Lake Lodge, 227 NE Lake Road**

**Find more info and register online at:**  
**<https://www.pacificpeaksfitness.com/>**



# PACIFIC PEAKS FITNESS



## WINTER SCHEDULE

[PACIFICPEAKSFITNESS.COM/BOOK-ONLINE](https://PACIFICPEAKSFITNESS.COM/BOOK-ONLINE)



### MONDAY

☀ 845 AM  
ROOTED  
MOVEMENT

☾ 530 PM  
PACIFIC  
POWER HOUR

### TUESDAY

☾ 330 PM  
MOUNTAIN TOPS  
\*1 VOLUNTEER WITH US

☾ 530 PM  
PEAK ENERGY

### WEDNESDAY

☀ 530 AM  
IRON INTERVALS

☀ 630 AM  
ON ZOOM  
IRON INTERVALS

☀ 845 AM  
PACIFIC  
POWER HOUR

### THURSDAY

☾ 330 PM  
MOUNTAIN TOPS  
\*VOLUNTEER WITH US

☾ 530 PM  
ROOTED  
MOVEMENT

☾ 615 PM  
RIVER ROLL  
& STRETCH

### FRIDAY

☀ 845 AM  
ANCHOR &  
ACTIVATE

### SATURDAY

☀ 845 AM  
PEAK ENERGY



**YOUR FIRST CLASS IS FREE!**





# CAMAS PARKS FOUNDATION

## Volunteer and fundraising activities include:

Support of Parks and Recreation Events  
Scholarships for Recreation Classes  
Fundraising for Park Improvements  
Turkey Bingo Family Event  
Invasive Ivy Removal  
Parks Appreciation  
Cemetery Cleanup

**Get involved now to help  
better your local community!**



Scan to find us on  
Facebook



For more information, please contact  
**[hello@camasparksfoundation.org](mailto:hello@camasparksfoundation.org)**

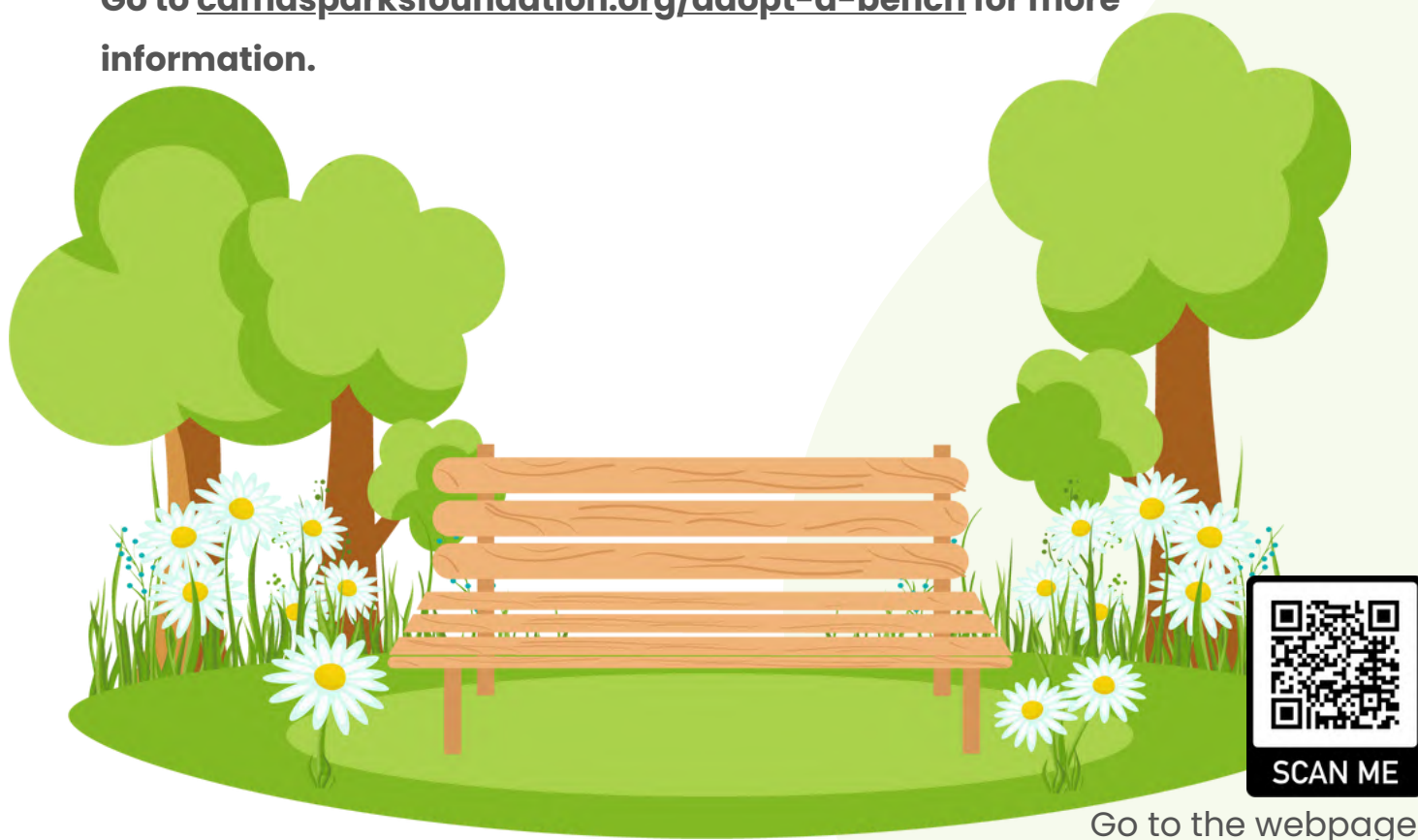
# Crown Park Adopt-a-Bench

## **Adopt a park bench in the NEW Crown Park!**

Adopt a bench while supporting the Camas Parks Foundation and Camas Parks and Recreation.

With your \$3,000 bench adoption, you'll enjoy a custom commemorative plaque on a bench in the newly renovated park.

**Go to [camasparksfoundation.org/adopt-a-bench](https://camasparksfoundation.org/adopt-a-bench) for more information.**



SCAN ME

Go to the webpage



# Spring Awakening: A Seasonal Wellness Circle

*with Emily Olson*

Join us for a candlelit evening at Lacamas Lodge. Guided by yoga teacher and breathwork facilitator Emily Olson, this 90-minute circle blends gentle yoga, breathwork, nervous system regulation, sound healing, and joyful, intuitive movement. Together, we'll awaken the body and heart from winter's rest, clearing stagnation, inviting renewal, and reconnecting with the vibrant energy of spring.

This space is for you - all levels welcome.

**DATE:** Wednesday, March 11th

**TIME:** 6:30 - 8:00 pm

**LOCATION:** Lacamas Lodge

**FEE:** \$35

**REGISTRATION:** Register with QR code

Please bring a yoga mat, blanket & throw pillow.



<https://register.cityofcamas.us/wbwsc/webtrac.wsc/splash.html>



**RIPPLE**  
WELLNESS FOR ALL





# FACILITY RESERVATIONS



**Fallen Leaf Lake Park**



**Scout Hall in Crown Park**

The City of Camas offers a variety of facility rentals for your next event. You can choose from Lacamas Lake Lodge Conference Center, Fallen Leaf Lake Park Shelter and the Camas Community Center. Scout Hall is available to non-profit groups only. To inquire about these facilities and to check on availability, please contact the Camas Parks and Recreation office at (360)834-5307 Monday - Friday or email us at [parks@cityofcamas.us](mailto:parks@cityofcamas.us)

To check on availability of a facility, please view the reservation calendar here:

**[FACILITY RESERVATION CALENDAR](#)**



**Lacamas Lake Lodge**



**Camas Community Center**

**CAMAS PARKS & RECREATION**

**360-834-5307**

**[HTTPS://WWW.CITYOFCAMAS.US/PARKSREC](https://www.cityofcamas.us/parksrec)**