

CAMAS PARKS AND RECREATION PROGRAM GUIDE FALL 2025



Lacamas Lake Lodge
227 NE Lake Road, Camas, WA 98607
(360) 834-5307
<https://www.cityofcamas.us/parksrec>



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.**
- **Email tconnolly@cityofcamas.us to have one emailed.**



Camas Parks & Recreation 360-834-5307

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



PACIFIC BLOOM YOGA PRESENTS

Wonderfully Wicked



LACAMAS LAKE LODGE,
227 NE LAKE ROAD CAMAS

THURS 10/30 7:30-9:00 PM

Join two witches for a spookily serene night filled with gentle yoga, and hauntingly beautiful vibrations of crystal sound bowls and other instruments. Let yourself unwind and relax surrounded by cozy candlelight and Halloween vibes. Bring your yoga mat and comfort accessories (pillows, blankets, etc.).

No tricks, just treats \$40 per person.

REGISTER ONLINE:

<https://www.pacificbloomyoga.com/yoga-sound-bath-events>

WEAR A COMFORTABLE COSTUME TO ENTER A RAFFLE

YOUTH PROGRAMS

SKYHAWKS



SOCCER FALL OUTDOOR

Saturdays 09/20 - 10/18

\$75/Session

Goot Park, 303 SE Zenith, Camas

SoccerTots Cubs, Ages 2-3: 9:00AM - 9:40AM

SoccerTots Bears, Ages 4-5: 9:50AM - 10:30AM

Soccer, Ages 6-9: 10:40AM - 11:40AM

HOOPSTERTOTS WINTER INDOORS

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!



2025 OUTDOOR FALL SESSION

Saturdays 09/06 - 11/08

Prune Hill Sports Park, Camas

Mini for age 2-3: 2:00PM - 2:45PM

Classic for age 3-4: 2:55PM - 3:35PM

Classic for age 4-5: 3:40PM - 4:15PM

Premier for age 5-8: 4:25PM - 4:55PM

2026 INDOOR WINTER SESSION

Sundays 01/04 - 02/22

Camas Community Center, Camas

Mini for age 2-3: 9:00AM - 9:30AM

Classic for age 3-4: 9:45AM - 10:20AM

Classic for age 4-5: 10:35AM - 11:15AM

Premier for age 5-8: 11:30AM - 12:15PM

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

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

SHAPE NW WINTER BREAK CAMP

Need some time to finish up some last-minute holiday errands?

Leave your kids with us for two fun-filled days of arts and crafts, games, sports and an opportunity to make new friends. We will keep your campers engaged and entertained as we focus on fun, arts & crafts activities, cooking projects, creative play and lasting friendships. We will make crafts, holiday-themed snacks, read Christmas stories & watch Christmas movies!



December 22 and 23

8:00AM - 4:00PM

Camas Community Center, 1718 SE 7th Ave.

More info can be found on the website: <https://shapenw.com/>



KIDS AND A CANVAS PAINT NIGHTS



Join us in making memories and masterpieces to enjoy forever!

Parents grab your kiddo(s) and come get creative with us! Explore your artistic side while I walk you through the step-by-step process to paint your own masterpiece!

An outline option is available at checkout; this gives the younger painters a bit of a guide.

No experience needed!

All ages and abilities welcome!

Wednesdays

10/08, 11/12 and 12/03

6:00pm – 7:30pm

Lacamas Lake Lodge, 227 NE Lake Road

Find more information and register online:

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



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

September 2 - 30

October 2 - 30

November 4 - 25

December 2 - 18

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

Sept. 4 - Dec. 17

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 for more information.

Please contact Camas Kendo Dojo directly for more info and registration:

**www.camaskendo.com or
camaskendo@gmail.com**



ADULT 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

September 09/02 - 09/30

October 10/02 - 10/30

November 11/04 - 11/25

December 12/02 - 12/30

12:00PM - 1:00PM for beginner

1:00PM - 2:00PM for advanced

Fee: \$65/month beginner only

\$85/month includes advanced

\$15 drop-in fee for beginner class.

Lacamas Lake Lodge, 227 NE Lake Rd



FREE ENHANCE FITNESS FOR 60+



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.

Plan to arrive 15 minutes early to fill out paperwork and sign in. The class fills up at 25 participants.

Mondays, Wednesdays, Fridays

September 3 - December 31

10:30AM - 11:30AM

Lacamas Lake Lodge, 227 NE Lake Road

No pre-registration required.

Call 360-694-8144 with questions.

ADULT PROGRAMS

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, October 22

6:30pm - 8:30pm

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: \$20

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



COOKIE DECORATING CLASSES



September Cookie

Decorating Class

Friday, October 24

6:00PM - 8:00PM

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!

Ages: 16 & up (ages 8-15 welcome to pay/register with an additional paid adult)

\$60 per person for 6 cookies

Lacamas Lake Lodge, 227 NE Lake Road

Register online at:

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

Future Class Dates:

November 14

December 5

December 19



ADULT PROGRAMS

FALL YOGA WITH CHANEY - COME HOME TO YOURSELF THIS FALL



In this soul-nourishing Vinyasa practice, Chaney invites you to move with breath, intention, and grace. Each class is a flowing experience - designed to awaken strength, clear your mind, and bring you back to your center. This is more than movement - it's a space to remember who you are and reconnect with what matters most. All levels are welcome in this supportive, heart-led space.

Session 1: 09/09 - 10/14

Session 2: 11/04 - 12/18 (no class 10/30, 11/18, 11/25, 11/27, 12/11)

Session 1.5: 10/16 - 10/28

Tuesdays & Thursdays

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.

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.

Register online here:

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

Call 360-834-5307 with any questions.

Monday & Wednesday Evenings

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

Wednesdays at Lacamas Lake Lodge, 227 NE Lake Road

10/01 - 10/29

11/03 - 11/26

12/01 - 12/31

5:30PM - 6:15PM

Tuesday & Thursday Mornings

Lacamas Lake Lodge, 227 NE Lake Road

10/02 - 10/30

11/04 - 11/25

12/02 - 12/30

9:15AM - 10:00AM

Register online here:

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

Autumn Grounding: A Seasonal Wellness Circle with Emily Olson

Join us for a candlelit evening of breath, movement and embodiment at Lacamas Lodge. Guided by yoga teacher and breathwork facilitator Emily Olson, this 90-minute circle blends gentle yoga, somatic movement, breathwork, sound healing and joyful, intuitive movement - all attuned to the energy of the season. This space is for you - all levels welcome. Emily Olson has been teaching and facilitating movement and breathwork since 2005. Her workshops and classes give students an opportunity to connect within and experience the power of conscious movement, breathing, and self-awareness. Please bring a yoga mat, blanket and throw pillow. Dress in comfy clothes you can move freely in.



Wednesday, September 17th

6:30 - 8:00 pm

\$35

Lacamas Lodge



Register with code & call 360-834-5307 with questions



Fall Equinox Flow with Chaney

A special class to honor balance, release, and rooted renewal

As the light and dark come into perfect balance, the Fall Equinox invites us to pause, ground, and align. In this 75-minute Vinyasa flow, we'll move intentionally through a breath-led sequence designed to cultivate steadiness, release what we no longer need, and open space for clarity and gratitude. Expect heart-opening postures, grounding standing sequences, and gentle transitions into restorative shapes.

This class is for all levels.

Wednesday, October 1

7:00PM – 8:15PM

\$25 per person

Lacamas Lake Lodge, 227 NE Lake Road



ADULT PROGRAMS

PACIFIC PEAKS FITNESS

Lacamas Lake Lodge
227 NE Lake Rd, Camas

FALL CLASS SCHEDULE



MONDAY

- 8:45 AM
ROOTED MOVEMENT
- 5:30 PM
PACIFIC POWER HOUR

TUESDAY

- 3:30 PM
MOUNTAIN TOPS BASECAMP
- 5:30 PM
PEAK ENERGY

WEDNESDAY

- 5:30 AM
IRON INTERVALS
- 6:30 AM
ON ZOOM
IRON INTERVALS
- 8:45 AM
PACIFIC POWER HOUR
- 12:00 PM
AT POWER
ANCHOR & ACTIVATE

THURSDAY

- 3:30 PM
MOUNTAIN TOPS TRAIL MIX
- 5:30 PM
ROOTED MOVEMENT
- 6:15 PM
RIVER ROLL & STRETCH

FRIDAY

- 8:45 AM
ANCHOR & ACTIVATE

SATURDAY

- 8:45 AM
PEAK ENERGY

JOIN US FOR A CLASS OR ONE OF OUR UPCOMING EVENTS LISTED ONLINE

POWER Personal Training
6929 NW Friberg-Strunk St

Your first class is free!



[pacificpeaksfitness.com](https://www.pacificpeaksfitness.com)

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 and at Livewell in Camas, Washington. Join me for a couple classes & see if we are a good fit!

Lacamas Lake Lodge, 227 NE Lake Road

Try your first class for FREE! Find more info and register online at: <https://www.pacificpeaksfitness.com/>

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 young adults who looking to have some fun while improving their fitness and energy levels through a variety of different workouts.

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



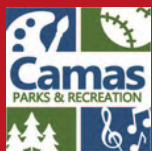


2025

Hometown Holidays

Friday, Dec. 5 | Downtown Camas

**SAVE THE
DATE**



More Info and Details Coming Soon



Hometown Holidays is brought to you in partnership with City of Camas Parks and Recreation, DCA, CW Chamber of Commerce, and Downtown Businesses



Camas Parks
Foundation



TURKEY BINGO

FRIDAY, NOVEMBER 21, 2025

LACAMAS LAKE LODGE

5:30-7PM (SESSION 1) | 7:30-9PM (SESSION 2)

DOORS OPEN 30 MINUTES BEFORE

\$10

ADULTS (13+): \$10 PER CARD (LIMIT 4 CARDS)
KIDS (UNDER 12): \$10 (LIMIT 1 CARD)

YOU MUST PRE-PAY FOR 1 CARD PER PERSON
TO RESERVE YOUR SPOT. ADDITIONAL ADULT
CARDS CAN BE PURCHASED AT THE DOOR.

PIZZA, SNACKS, DESSERT, AND DRINKS (INCLUDING BEER & WINE)
WILL BE AVAILABLE FOR PURCHASE.

CITYOFCAMAS.US/PARKSREC
QUESTIONS? CALL (360) 834-5307



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

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 for more information.



SCAN ME

Go to the webpage

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

For more information, including rates and availability click here:

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



LACAMAS LAKE LODGE



CAMAS COMMUNITY CENTER



CONTACT INFORMATION

360-834-5307

parks@cityofcamas.us

REGISTRATION

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

Parks & Recreation Staff

Chris Witkowski;

Parks and Recreation Director

cwitkowski@cityofcamas.us

Susan Palmer;

Recreation Facilities Coordinator

Facility Reservations, Program Registrations

spalmer@cityofcamas.us

Tammy Connolly;

Recreation Coordinator

Youth & Adult Sports,

Youth Enrichment, Adult Fitness

tconnolly@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

