

THE ZONE

For Middle and High School students ages 11-18. Free! The Zone is an oasis for teens, with a plasma big screen for movies (PG-13 may be shown), Six Xbox 360's linked together for great team gaming and tournaments and a Wii game system. Card and board games are also available and the game room across the hall features ping pong, pool and foosball. The Zone is always staffed supervised. You must be able to provide proof of age. You will need a photo ID card to check out equipment/games. Questions? Call 487-7014.

FCC Teen Zone hours:

M-Th	2-8pm
F	2-6pm
Sa	noon-6pm
Su	closed

“SUPER” Late Night

Ages 11-19. This crazy-fun night is filled with activities including: Swimming, music and dancing, dodge ball, basketball, inflatables, video game tournaments, pool, ping pong and so much more! SUPER Late Night only happens once a quarter, so don't miss out! Great for school or church fundraisers. Questions? Call Mat, 487-7014. Firstenberg Community Center

F 3/12 9pm-1am \$10

Friday Late Night Program

For Middle and High School students ages 11-18. Free. Hang out with your friends and enjoy different themes! Upcoming themes may include: Casino night, basketball and gym games, video game nights, swimming nights, barbecues and more! Spend your Friday nights at this fun, safe program. Limited space is available, so sign up in the Zone today. Call 487-7014 for more information.

F 6-11pm

Friday Late Night in the Gym

For Middle and High School students ages 11-18. Free. Enjoy open gym every Friday. This program is in the gym only and is a separate program from Late Night in the Zone. You'll play basketball, dodgeball and more! Check with the Zone staff for upcoming tournaments and other activities. You will need a photo ID card to enter the gym. Call 487-7014 for more information.

F 9-11pm

Teen Drop-In Sports

For ages 11-18, co-ed. Free. Drop by to shoot hoops, play volleyball, pickle ball, dodge ball and other fun activities. Staff supervised. FCC West Gym.

M-F Free 6/22-9/4 3-5pm

Survivor Spring Break Camp

See Page 12.



Middle School Dances

For middle school students only. Join us on the 3rd S of the month for fun dances! Dances are staff supervised for a safe and fun evening. Socks or non-marking shoes are required. Please bring your school ID. If you don't have ID, please call 487-7014 for more information. There's limited space so sign up early. FCC Gym.

Sa 8-11pm \$10
 (\$8 if you pre-register)
75972 1/16 **75973** 2/20
75974 3/20 **75975** 4/17

The Vancouver Police Activities League (PAL) offers year-round recreational and athletic opportunities, as well as a literacy program for 8 to 18. To learn more about boxing, basketball, football camps, field trips and more, contact Curtis Kimbrough at 360-487-7487 or e-mail: curtis.kimbrough@ci.vancouver.wa.us.

EAST ADULT ACTIVITIES

FIRSTENBURG COMMUNITY CENTER

487-7001

DANCE AND MOVEMENT

Belly Dancing

Learn the basics of belly dancing – you'll get to use finger cymbals, too! Get fit and have fun. Class includes a night out to a Greek/Arabic restaurant and a sewing workshop to help you put together a costume. FCC Community Rooms B/C. 8 wks.

W \$55

Beginning

7-8:30pm
74047 1/13-3/3
74048 3/10-4/28

Intermediate

8:30-9:55pm
74049 1/13-3/3
74050 3/10-4/28

Line Dancing

Boot-scoot yourself into some dancing fun! Line dancing is a great way to exercise and create friendships. No experience or partner is needed. FCC Community Room B/C. 7 wks.

M 5:30-6:30pm \$39
74052 1/11-3/8 (no class 1/18, 2/15)
74051 3/15-4/26

Night Club Two-Step/Social Dancing

Learn the basics of ballroom/social dancing by learning the night club two-step. This dance is quickly replacing the waltz as a favorite dance. Couples and singles are welcome. FCC Community Rooms B/C. 6 wks.

M 6:45-7:45pm \$50

74053 1/25-3/8 (no class 2/15)
74054 3/22-4/26

West Coast Swing

Swing your way to fun in this class, which will teach you the basics of partner dancing for the popular West Coast Swing. Couples and singles welcome. FCC Community Room. 6 wks. No class 2/15.

M 8-9pm \$50

74055 1/25-3/8 (no class 2/15)
74056 3/22-4/26

DANCE AND MOVEMENT CONTINUED

NEW! Cha Cha/Waltz-beginning

Get your feet moving with style while you learn the Cha Cha and Waltz. No partner is needed. FCC Community Rooms. 6 wks.

75539 T 2/2-3/9
7:35-8:35pm \$50

NEW! Social Dance

You'll learn the basics of a variety of social dance forms including: Swing, waltz, samba, fox trot and many others). Come with or without a partner. FCC Community Rooms. 6 wks.

75934 T 3/23-4/27
7:35-8:35pm \$50

Family Scottish Country Dance

Learn the basic steps and foundation of fun, spirited Scottish country dancing. Invite your whole family; no partner needed. Aerobics/Dance Studio.

F 7:30-8:55pm
73889 1/15-2/26 7 wks \$39
73890 3/5-4/23 8 wks \$44

**Cambodian Dance**

Ages 6-30. Learn the art of Cambodian Dance. FCC Aerobics Room, 8 wks. No class 1/17, 2/14.

Su \$24
Intermediate
74078 1/10-3/14 1:30-2:20pm
Intermediate
74077 1/10-3/14 2:30-3:20pm
Advanced
74081 1/10-3/14 3:30-4:20pm

ARTS AND CRAFTS

Portrait Drawing

Ages 18+. Learn the basic techniques of drawing portraits such as balance, composition, shading and value. A material list will be provided when you sign up. FCC Resource Classroom, 4 wks.

74082 T 3/2-3/23
6:30-8pm \$51

Sewing Basics

Ages 14+. Learn how to measure, mark, and cut fabric to put a quilt together or make table runners, coasters, pillows, comforter covers and hot pads. Learn techniques with simple patterns and money-saving tips. The instructor will provide supplies and tools or feel free to bring your own. FCC Trapedero II, 2 wks.

74083 W 2/10-2/17
6-8:30pm \$26

Wire Wrapping

Ages 14+. Learn the basics of wire wrapping to add details to a pair of earrings or a link bracelet! BYOB: Bring your own beads. Additional beads will be provided in class. Tools needed: Round nose pliers, flat nose pliers (with a smooth jaw). \$7 material fee payable to instructor. FCC Trapedero Lounge, 2 wks.

74092 T 2/9-2/16
6:30-8:30pm \$23

Acrylic Painting

Ages 15+. This is a "no mess" way to paint on canvas. No previous painting or drawing experience is necessary. A supply list will be mailed after registration. FCC Resource Classroom, 6 wks.

74093 Th 2/11-3/18
6:30-8:30pm \$63

The Joy of Oil Painting

Even the inexperienced artist can produce beautiful results after learning this wet-on-wet oil painting technique. Take home your own oil painting at the end of each class! A \$24 material fee is required or bring your own supplies. FCC Special Events B.

Sa 8:30am-12:30pm \$28
74094 1/16 74095 2/13 74096 3/13
74097 4/10 (FCC Resource Classroom)

Basic Colored Pencil Drawing

16+. This is an introductory class using colored pencils to create art. Various techniques and materials will be introduced. \$5 material fee. FCC Resource Classroom, 2 wks.

74098 Th 2/11-2/18
noon-3pm \$42

ONE DAY WORKSHOPS

Vegetarian Beans and Grain Magic

Come and discover the magic in beans and grains and watch how easy it is to use them in preparing inexpensive, low-fat, cholesterol-free, pure vegetarian dishes. Come hungry! FCC Trapedero II.

75364 W 2/3
6-8:30pm \$36

Vegetarian Cooking with Greens

Making cooked greens a regular staple on your dinner table can provide significant protection against cancer and osteoporosis. Learn about collards, kale, bok choy and other hardy calcium-rich greens. Come hungry! FCC Trapedero II.

75366 W 3/10
6-8:30pm \$36

NEW! Real World CSI

A forensic scientist from Washington State Patrol Crime Laboratory will fill us in on what really happens in the fascinating world of crime investigation. We'll explore the diverse applications of modern forensics technology using real-world casework examples. FCC Trapedero Lounge.

75451 W 3/24
6:30-8pm \$10

Digital Photography Class

Beginning photographers will learn tips and tricks to make their photography shine! Bring your small, digital camera (class is geared to point-and-shoot cameras) with fresh batteries and the instruction manual. FCC Trapedero II.

W 6:30-8:30pm \$17
74100 1/20 74101 2/24

NEW! Get a Website, Quick, Cheap and Easy

No Web development experience required! Learn how to easily create your own Website for fun, hobbies or business. Discover easy-to-use template-driven design tools which can help you build a site in an hour. Learn the do's and don'ts of Web design and how to make money by finding profitable products to sell on your site. You'll also learn how to choose the best Web-hosting company for your needs and budget. FCC Public Conference Room.

75480 Th 2/11
6-9pm \$47

ONE DAY WORKSHOPS CONTINUED



Planning the Vegetable Garden

This workshop will focus on crop rotation, space-saving planting techniques, good choices for small spaces, cool and warm weather crops as well as mapping and drawing your plan. FCC Trapedero II.

75526 T 3/9
6-8pm \$15

Starting Vegetable Seeds

Learn the basics of starting seeds for the garden as well as information about: Soil mediums, light and heat requirements, hardening off and greenhouse-options. There will be a seed-starting activity included with this class! FCC Resource Classroom.

75517 T 3/30
6:30-8:30pm \$15

SPECIAL EVENTS

FREE Bridal Show and Wedding sponsored by 104.1 The Fish

Photographers, caterers, wedding dress/tuxedo boutiques and more will be on-site to answer all of your wedding-related questions! There will also be a wedding happening during the Bridal Show and Portland's radio station the Fish will be broadcasting live.

Sa 2/13 10am-3pm

SPECIAL INTEREST

Taekwon-Do Karate

See page 11.

Dog Obedience and Grooming Class

You'll learn basic obedience exercises and how to solve behavioral problems such as jumping, barking and chewing. For dogs 12 weeks old and older. Dogs can attend all classes except the first one. Proof of vaccination is required at the first class. The last class will be on dog grooming. FCC Resource Classroom. 7 wks.

74111 W 3/17-4/28
6:30-7:30pm \$60

Adult Sign Language

Ages 14+. Learn American Sign Language vocabulary, sentence building and finger spelling. You'll also gain an understanding about the deaf/hard-of-hearing culture. FCC Public Conference Room. 6 wks.

74112 T 2/2-3/9
6-7:30pm \$55 Beginning
76061 T 2/2-3/9
7:30-8:30pm \$50 Intermediate

Confronting Clutter

Develop strategies for getting rid of clutter at home or at the office. Discover the true worth of a possession and develop the six D's of downsizing. FCC Public Conference Room.

Sa 9am-noon \$16
74116 1/30 **74117** 3/6

Adult First Aid, CPR, AED Certification

Develop life-saving skills and become certified for two years in Adult First Aid, CPR classes. Park Lido Assisted Living, 8422 N.E. 8th Way.

Th 6-10pm \$42
74084 1/7 **74085** 2/4
74086 3/4 **74087** 4/1

MUSIC AND PERFORMANCE

Community Song Circle

Sing your favorite songs from the "Rise Up Singing" songbook. Bring your favorite acoustic, stringed instrument to play. Beginners welcome. FCC Trapedero II.

M 6:30-8:30pm \$6
74102 1/11 **74103** 1/25
74104 2/8 **74105** 2/22
74106 3/8 **74107** 3/22
74108 4/12 **74109** 4/26

Piano Lessons

See page 10.

Guitar Lessons

See page 10.

Folk Banjo

Begin with simple chords and tunes and progress to more complicated picking. Supply your own five-string banjo, strap, and pair of socks. FCC Special Events B. 5 wks.

74110 W 2/3-3/3
6:30-7:30pm \$36

