



Recreation, Arts, Culture, Education, Community and FUN!

Promoting Well-Being for People of all Ages and Abilities



Big News at NCRD: Sportsman Software is Here!

NCRD has taken a major leap forward with the launch of Sportsman Software, a powerful new system designed to make your experience with us easier, faster, and better than ever. This investment in our infrastructure keeps NCRD up to date with industry standards and puts more control right in your hands.

What This Means for You:

Register, Renew & Pay with Ease: As of September 2, patrons can now register, renew, and pay for activities and memberships directly at the Fitness Center Desk, Welcome Center and Aquatics Center.

New Patron Attendance System (coming soon): NCRD will launch a new way to check in for classes, workouts, and fun at the Welcome Center, Fitness Center, and Aquatics Center. It's a smoother, smarter way to enjoy everything NCRD has to offer. Keep an eye on the new scanners being installed around the district as we prepare for this exciting update.

Register Anywhere, Anytime (coming soon): Sportsman will be connected to our website, so you'll be able to register, renew, and pay for your memberships and activities right from your computer or phone. Convenience at your fingertips!

Our friendly Patron Relations Specialists at the Fitness Center, Welcome Center and Aquatics Center desks are ready to answer your questions and show you how to get started. This is more than just software, it's a new chapter for NCRD, and we can't wait for you to experience it!

NCRD

Newsletter Fall 2025

Soft Opening of the Pool September 15th



'Twas the night before a soft opening, and all through the town,
excitement was bubbling — no one could frown.

The pool noodles were placed by the water with care, in hopes that
the swimmers soon would be there.

The lifeguards were nestled all snug in their beds,
while visions of water walkers danced in their heads.

The aqua joggers were placed, the lockers all ready,
and resistance buoys were ready to be dunked.

The pumps gently hummed, and the filters ran clear, for the pool's
soft debut was finally near.

No cannonballs yet, no splash zone delight, but oh, what a thrill
would arrive the next night.

When out by the deck there arose such a clatter, the staff sprang up
fast to see what was the matter.

They dashed past the ladders, so tall and so sleek,
To spot the last touches — the soft opening sneak!

The lights on the surface of fresh-chlorined blue gave a sparkle and
shimmer like morning-time dew.

And what to their wondering eyes should appear, but a post and
sign: "The Soft Launch is Here!"

With signage now posted, the schedule made clear, they knew in
an instant — the time was so near.

More rapid than dolphins the team got in gear, they prepped for
the guests who soon would be here:

"Now swimmers! Now floaters! Now lap-lovers too!

Come water walkers, parent totters, staff old and new!

To the therapy pool and the shallow! The deep end with pride!

Come dive in, jump in, or just chill poolside!"

The sun rose next morning with radiant glow, as eager first guests
lined up in a row.

They donned all their goggles, their flippers, their flair — The soft
opening day was beyond all compare!

And so as the laughter and water did mix, with swim belts and
smiles and pool pics, one staffer exclaimed, with joy in their sight:
"Happy Soft Opening to all — and to all a pool night!"



NCRD NEW Aquatic Center



The first week of Swim Safe Lesson was successful! After learning the guidelines for the pool, swimmers got to enjoy free time while instructors observed and assessed their skills. We are currently serving five different schools which equates to 109 young swimmers in the pool for lessons each week. Please note that both pools are closed to the public during Swim Safe Lessons for everyone's safety.

In addition to our Swim Safe lessons, the pool is also continuing to offer AM Aqua Fit classes and lots of time for lap swimming and water walking. New self-directed programs like Adaptive Swim and Quiet Waters have added options to our schedule. Families are encouraged to come enjoy Family Swim starting at 5:00 pm on Mondays and Fridays. Everyone at the Aquatics Center would like to thank our community for being so understanding and patient as we work through the soft opening!



The soft opening of NCRD's new pool facility will mark a significant milestone for our community. While the grand opening is planned for a later date, once the donor recognition wall and remaining details are complete, the soft opening allows us to begin serving patrons immediately and transition operations from the old facility.

Our brand-new Aquatics Center was built with the entire community in mind, offering spaces for fitness, wellness, and fun.

Lap Pool (84°F) Perfect for fitness swimmers, families, and recreational use, our lap pool is kept at a comfortable 84 degrees. Whenever possible, we prioritize lap swim availability so community members always have a place to train, exercise, or enjoy the water.

Therapy Pool (90°F) Designed for relaxation, rehabilitation, and gentle movement, the therapy pool is kept at a soothing 90 degrees. It's an inviting space for those looking to stretch, recover, or simply enjoy the water in a calmer environment.

COMING SOON

We're expanding our offerings to include:
Swim team opportunities • Private swim lessons • Group swim lessons • Additional fitness and water exercise classes • Private pool rental opportunities.

The new NCRD Aquatics Center is more than just a pool—it's a hub for health, recreation, and community connection.



YOUTH

Youth has been super busy just in the youth room we have crafted, beaded, painted, planted, swam in the pool, had slushies and cotton candy, played games, had free play in the room, in the gym, and at the playground.

Youth department had 8 amazing field trips, Astoria Column and Maritime museum, Short Sands, Tillamook Forestry center, Tillamook Air Museum and Barview sandhill, Newport Aquarium and Ripley's believe it or not, Oregon Zoo, Cape Mears Lighthouse and whiskey creek fish hatchery, and OMSI.

We had 7 weeks of camps which included, Missoula Children's Theatre Camp, Mudd Nick Art Camp, Cooking Camp, Outdoor Adventure Camp, and Hoffman Center Art Camp. These kids had such great experiences and have asked for more camps like these next year.

We are looking forward to a great school year and great sport seasons with soccer underway and futsal up next. We will then move into basketball for the winter sport.





FITNESS Center



Fitness has a new Director, we are excited to welcome James Massa!

Fitness and health have always been at the heart of James's life. His career began at the Cannon Beach Athletic Club in 1996. In 2008 he opened and operated his own gym in Cannon Beach for two years. A decade of coaching at CrossFit X-Factor in Portland followed, where he honed his skills in building strong, supportive fitness communities.

In 2020, James returned to the coast to work alongside the Adamson Brothers at their Brazilian Jiu-Jitsu Academy in Seaside. Most recently, he served as the Fitness Manager at Sunset Empire Park and Recreation District, where he spent three years designing programs and forging meaningful community connections.

James shared what drew him to NCRD: "What drew me to NCRD is the strong sense of health and fitness that's reflected in everything I've seen so far. I'm genuinely looking forward to learning from each person here, contributing where I can, and working together to further the mission of the district."

We're thrilled to have James leading NCRD into this next chapter. Be sure to say hello and welcome him when you see him around the district!

Introducing Lindsay Yelas and Tara Holloway as our NCRD Personal Trainers!

Lindsay...

Breath, Balance and Strength

Lindsay specializes in Hypopressive Breathing, a postural and breathwork technique that strengthens the core, improves spinal alignment, and supports pelvic floor health. Her approach blends traditional strength training with mindful movement for lasting results.

Her programs include:

Free weights & machine-based strength training
Calisthenics & stabilization work
Cardio endurance training
Mobility drills & yoga-inspired movement

Whether your goal is core recovery, injury prevention, or building overall strength, Lindsay helps you create balance in your training and greater awareness in how your body moves.

Tara...

Functional Fitness for a Lifetime

Growing up in Colorado, Tara immersed herself in sports of all kinds — from basketball, rugby, and swimming to rock climbing, cycling, and weightlifting. While living overseas, she kept her love of sport alive through ultimate frisbee, running, and even the occasional baseball game.

Today, Tara's passion has evolved into teaching correctional fitness and cycling. She is also a certified group fitness instructor and co-leads NCRD's Taekwondo program alongside her husband.

Her mission: to help people discover practical, functional movement that supports long-term health and happiness.

Tara's classes are high-energy, accessible, and designed to empower you to move confidently in both workouts and daily life.

READY TO TRAIN WITH LINDSAY OR TARA?

Visit the NCRD fitness desk or call us to book your session and take the next step in your fitness journey.

The Spin Room has some great new additions! Along with our brand-new bikes, the space now features:

- New dumbbells for added strength options during classes
- A dedicated weight rack for easy access and organization
- Yoga mat storage to keep the room tidy and ready for everyone

These upgrades make it easier than ever to get a full, well-rounded workout during Spin sessions.

Come check out the improvements and experience the difference in your next class!





Oct 18 ComedySportz Hysterically funny competitive improv comedy!

Oct 19 ComedySportz Improv Class Learn improv from the masters! No Charge!

Oct 25 Nehalem Valley Historical Society The 1920's KuKlux Klan in Oregon.
PSU Professor Emeritus David Horowitz

Oct 25 Comedian **Pedro Gonzalez** Appeared on the Late Show with Stephen Colbert

Nov 1 Liberace & Liza - A Tribute Virtuositic piano playing, powerhouse vocals,
and more sequins than absolutely necessary!

Nov 8 PETTY FEVER - Award winning 6 piece Tom Petty Tribute band

Nov 15 Nehalem Valley Historic Society Recent finds along Nehalem Bay of the 1694 beeswax shipwreck

Dec 5 Riverbend Players (opens) **THE Holiday Channel**
CHRISTMAS MOVIE WONDERTHON

A comedic spoof of the Hallmark and Lifetime holiday movies



For more information go to **www.NCRD.org**. Our mission is to bring great talent and events to our Performing Arts Center for the community to enjoy.

Please tell your friends and neighbors to check us out! And please thank our generous sponsors for making these events possible.



Rob and Sharon Borgford
Jack and Cindy Kenne
Erika Navarro and David Self



News from the Adult Activities Department:

The Art Group is back in the Gallery after having spent the summer painting in various locations up and down the coast and at the Nehalem Methodist Church on the two occasions on which it rained. Many people were generous in letting us come to their property to paint. The results are that we have another batch of places where we are welcome to come and paint plein aire for next year.



The Great Discussions Group has finished the History of India, 18 weeks. It was amazing how much we did not know of history of this ancient place. We have started on the History of Medieval England, where we are on more familiar ground. Although as usual, there is a lot we did not know. The lecturer is very interesting and dynamic.

The Book Club book for October is Timothy Egan's A Fever In The Heartland - a tale of the KKK's plot to take over America. There are copies at the Welcome Center to be borrowed. Hope to see you either on Zoom or in person.



Scone Friday will continue on this Fall , the first Friday of the month. We hope to see new faces attend!

We are considering trying to have **pinochle** again. If you are interested in playing on Wednesday afternoon, please contact Jane at the Welcome Center.





	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6am	M A I N P O O L	Lap Swim		Lap Swim		Lap Swim	S C H E D U L E
7am							
8am		Lap Swim / AM Fitness	Lap Swim	Lap Swim / AM Fitness	Lap Swim	Lap Swim / AM Fitness	
9am		Lap Swim		Aqua Yoga		Lap Swim	
10am							
11am		Lap Swim / Water Walk	Swim Safe Program	Lap Swim / Water Walk		Lap Swim / Water Walk	
12pm					Swim Safe Program		
1pm		Lap Swim	Lap Swim	Swim Safe Program		Lap Swim	
2pm							
3pm							
4pm		Lap Swim / Water Walk	Lap Swim	Lap Swim / Water Walk	Lap Swim	Lap Swim / Water Walk	
5pm							
6pm		Family Swim	Lap Swim / Water Walking	Family Swim	Lap Swim / Water Walking	Family Swim	
7pm			Lap Swim		Lap Swim		
8pm							
9pm							

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6am	T H E R A P Y P O O L	Water Wellness Hour		Water Wellness Hour		Water Wellness Hour	S C H E D U L E
7am			Water Wellness Hour		Water Wellness Hour		
8am		AM Fit		AM Fit		AM Fit	
9am		Adaptive Swim	Parent Tot	Aqua Yoga	Parent Tot	Adaptive Swim	
10am							
11am		Water Walking	Swim Safe Program	Water Walking	Swim Safe Program	Water Walking	
12pm		Adaptive Swim	Self-guided Swim	Adaptive Swim	Self-guided Swim	Adaptive Swim	
1pm							
2pm		Quiet Waters	Swim Safe Program	Swim Safe Program	Swim Safe Program	Quiet Waters	
3pm							
4pm		Water Walking	Self-guided Swim	Water Walking	Self-guided Swim	Water Walking	
5pm							
6pm		Family Swim	Water Walking	Family Swim	Water Walking	Family Swim	
7pm			Self-guided Swim		Self-guided Swim		
8pm							
9pm							

AQUATICS FEES

In-District

Out-of-District

Drop-In (Adult)	\$6	\$8
Drop-In (Youth)	\$2	\$3
1-Month Membership Student	\$25	\$25
1-Month Membership	\$45	\$60
3-Month Membership	\$120	\$160
1-Year Membership	\$400	\$535
10-Punch Pass (Adult)	\$50	\$65
10-Punch Pass (Youth)	\$18	\$25
1-Year Membership Family	\$775	\$1000

Fall 2025

Class Schedule Sept 28 – Dec 20

CLASS NAME	TIME	DAYS	LOCATION
Early Bird Spin	6:00-6:45am	Mon • Fri	Doyle
HIIT	7:45-8:30am	Mon	Gym
Freestyle Pilates	9:00-9:50am	Mon • Wed	Gym
Stretch & Balance	10:00-10:45am	Mon • Wed	Gym
Tone & Sculpt	7:45-8:45am	Tues • Fri	Gym
Group Strength	9:00-9:50am	Tues • Thur	Gym
Functional Fitness for Seniors	10:00-10:45am	Tues • Thur	Gym
Tai Chi	11:15-12:00 pm	Tues	Gym
Mid-Day Spin	12:00-12:45pm	Wed	Doyle
Cuban Salsa	6:00-7:00pm	Wed	Gym
Spin Fusion	7:30-8:30 am	Thur	Doyle
Barre Fusion	9:30-10:30am	Fri	Gym
Saturday Spin	8:30-9:30am	Sat	Doyle
Sunday Fit Day	9:00-10:00am	Sun	Gym

All Fitness and *Yoga classes are included in the cost of membership

*Some restrictions may apply to Hybrid or Zoom Yoga classes



Fall 2025 Yoga Schedule Sept 28 – Dec 20

Class	Time	Day	Location
Restorative Yoga Instructor: Liz Carroll	10:00-11:00 am	Monday	Riverview
Radiant Yoga Instructor: Liz Carroll	9:00-10:00 am	Tuesday	Riverview
Joy Lymph Flow Instructor: Libby Golden	5:15-6:45 pm	Tuesday	Hybrid
Mid-Life Yoga Instructor: Janet Paulson	8:00-9:30 am	Wednesday	Hybrid
Yoga 4 Vets Instructor: Janet Paulson	10:30-11:30 am	Wednesday	Hybrid
Chair Yoga Instructors: Brook/ Ortiz	8:00-9:30 am	Thursday	Zoom
Vinyasa Slow Flow Instructor: Nancy Jones	5:30-6:30 pm	Thursday	Riverview
Very Gentle Yoga Instructor: Lucy Brook	8:00-9:30 am	Friday	Hybrid
Classical Yoga Instructor: Lorraine Ortiz	8:00-9:30 am	Saturday	Zoom

To enroll or for more information 971-308-0300 • kileyk@ncrdnehaem.org

Adult

Fitness Center	In District	Out of District
Drop In	\$10	\$15
*10 Visit Pass	\$80	\$100
1 Month	Single \$45 Couple \$80	Single \$60 Couple \$110
3 Month	Single \$120 Couple \$205	Single \$160 Couple \$270
Annual	Single \$400 Couple \$720	Single \$535 Couple \$960

Fit + Pool Combo

1 Month	\$65	\$90
Annual	\$665	\$890

*10 visit pass expires 1 year from date of purchase

Fitness & Yoga
Classes
Included in
membership



Student &
Military
Discounts

Message from the Executive Director

It has been a whirlwind first six months serving as Executive Director at NCRD, and I am truly thankful for the support I have received during my beginnings with the district. It is an honor to be part of such a welcoming and engaged community, and I am excited about the future we are building together.

As we transition into a new season, I am pleased to share several important updates from the North County Recreation District.



On September 15, we opened the doors to our new Aquatics Center. During the initial phase, the facility will operate on the same schedule as our previous pool to ensure a smooth start-up and allow our team and community to acclimate. Later this year, we will host a Grand Opening celebration, where we will formally dedicate the facility and recognize the many individuals and partners who made this project possible.

In recent months, NCRD has also implemented the Sportsman program registration software. While every new system brings its share of adjustments, this transition has been highly successful overall. We are already seeing how Sportsman enhances efficiency and improves the user experience for our patrons.

We are fortunate to welcome several new staff members to our organization:

- David Wiegman, Performing Arts Coordinator
- James Massa, Fitness Director
- Adam Morse, IT and Aquatics Specialist

Their expertise and enthusiasm strengthen our team and support NCRD's continued growth.

At the same time, we note the resignation of Sue Dinda-Gray, a lifelong aquatics professional who has given extraordinary service to NCRD and the community. Sue's leadership, commitment to swim safety, and dedication over many years have left a lasting impact. While we are saddened to see her depart, we are deeply grateful for all she has contributed.

Looking ahead, we are recruiting for two new full-time positions within the Aquatics Department: an Aquatics Director and a Swim Program Manager. These roles will be critical in supporting the expansion of programs and services in the new facility.

Finally, I am pleased to share that NCRD has introduced a monthly employee recognition program at our Board meetings. This initiative reflects our commitment to celebrating the dedication and accomplishments of our staff, who are the foundation of NCRD's success.

Thank you for your continued support of NCRD. Together, we are building a stronger, healthier, and more vibrant community.

— Justin Smith, Executive Director