



# Winter & Spring 2024 Activities Guide



Youth & Adult Programs & Activities • Financial Aid Available



## Did you know THPRD is facing a significant funding shortfall?

The shortfall will reach \$16 million a year within five years with inflation and labor market pressures causing big challenges to the district's budget.

The Board of Directors has asked a community-led task force to make recommendations to fill the gap, including looking at a local option levy. The THPRD Board will discuss the recommendation in December and is expected to vote in January on whether or not to forward the levy to voters. If approved by the Board, the levy is expected to be on the May 2024 ballot.

### A local option levy would:



**Ensure weekly garbage collection at parks.** Without a levy service would be reduced to monthly or twice a month at some parks.



**Ensure afterschool programming continues.** Without levy support, the district's afterschool program would end.



**Ensure public restrooms stay open and cleaned multiple times a week.** Without a levy several outdoor public restrooms would be closed and others will experience reduced cleaning.



**Keep pools and splash pads open.** Without a levy, the district would have to close some facilities, including three swimming pools and two splash pads.



**Preserve positions in park maintenance and recreation programming to maintain existing service levels.** Funding for the levy would save nearly 50 full time positions and 200 part time positions performing park, trail, and natural area, maintenance and leading recreation classes and programs such as art, sports, and aquatics.



**Maintain facility hours and recreation programming.** Without a levy, recreation centers will have to reduce hours of operation, classes and programs would be reduced, and programs such as Mobile Recreation that focus on underserved populations would end.

The proposed levy, under consideration by the task force and the Board of Directors, would preserve park and recreation services and improve access to those services. The levy would be \$0.50 per \$1,000 assessed value for five years, beginning in 2024. The measure may cause property taxes to increase more than three percent. If approved, the levy would increase taxes on the average home in the district by about \$152.12 per year, or \$12.68 per month. The levy would preserve existing services, improve safety and maintenance in parks, natural areas and trails, and fund a new and easy to use online registration system.

**To learn more visit:** [www.thprd.org/district-information/localoptionlevy](http://www.thprd.org/district-information/localoptionlevy)

Scan for  
more info



# THPRD is Hiring!



**TUALATIN HILLS  
PARK & RECREATION DISTRICT**



Join Team THPRD and find a rewarding, flexible, and fun career in parks and rec waiting for you!



**Flexible Schedule & Hours**



**Great Experience for People New or Returning to the Workforce**



**Employee Discounts and Access to Use Facilities**



**Part-time/Seasonal/Full-time Jobs Available**



**Competitive Wages and Benefits**

**Learn more and apply now at  
[thprd.org/jobs](http://thprd.org/jobs)**

The mission of the Tualatin Hills Park & Recreation District is to provide high-quality park and recreation facilities, programs, services and natural areas that meet the needs of the diverse communities it serves.

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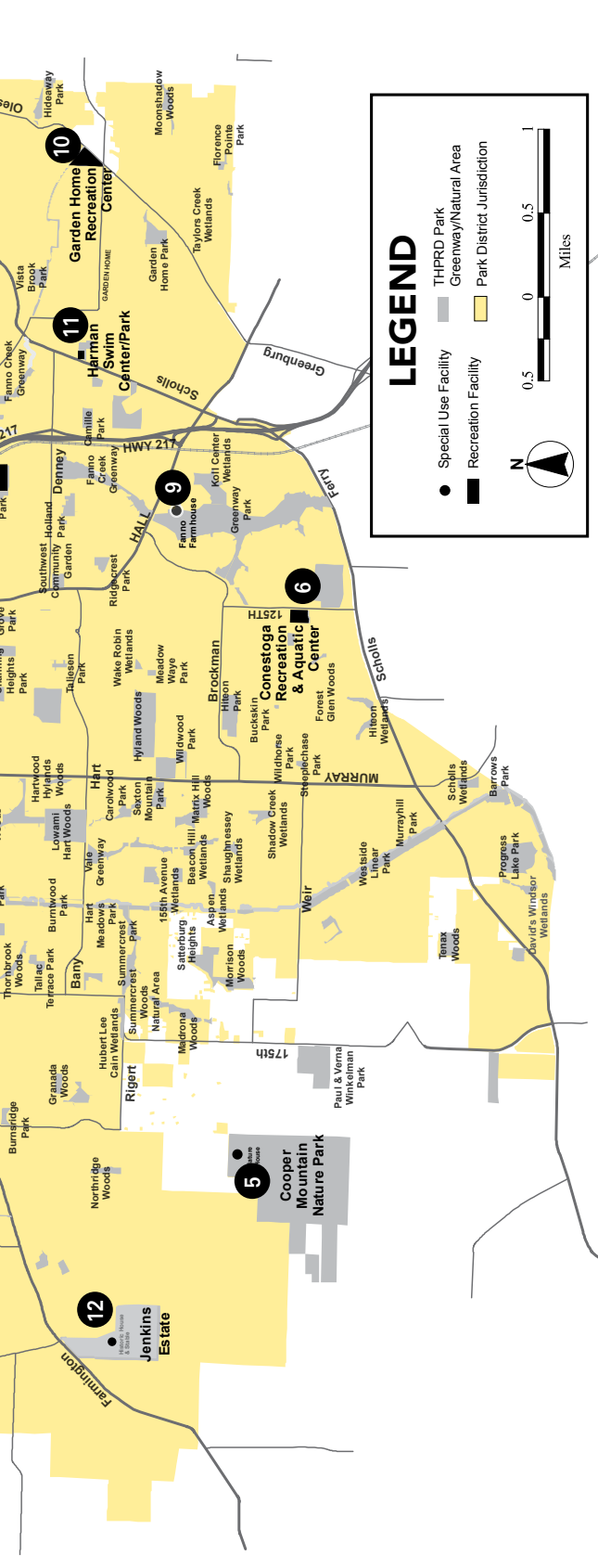
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We strive to produce the most accurate, up-to-date activities guide possible. Some program information may have changed since this guide went to print. NOTE: THPRD may use, for promotional purposes, photos taken at events and during programs.









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		<b>12</b> Jenkins Estate/Camp Rivendale 8005 SW Grabhorn Road Aloha, 97007 503-645-6433			

# Registration – Winter & Spring 2024

## Registration Dates & Times

### Winter 2024

### Spring 2024

**In-District**

Saturday, Dec. 9, 2023

Saturday, Feb. 24, 2023

**Out-of-District**

Monday, Dec. 11, 2023

Monday, Feb. 26, 2023



**Online**

Saturday, Dec. 9, 2023 at 8 am

Saturday, Feb. 24, 2024 at 8 am

You can register 24 hours a day, seven days a week at [www.thprd.org/portal](http://www.thprd.org/portal)  
You must use a credit card or THPRD gift card to pay.



**Walk-in**

Saturday, Dec. 9, 2023 at 8 am

Saturday, Feb. 24, 2024 at 8 am

Visit any THPRD recreation or aquatic center (see page 3) to register for classes.



**By phone:  
503-439-9400\***

**In-District**

Saturday, Dec. 9, 2023, 8 am-noon

Saturday, Feb. 24, 2024, 8 am-noon

**Out-of-District**

Monday, Dec. 11, 2023, 8 am-noon

Monday, Feb. 26, 2024, 8 am-noon

\* Please note: phone registration may have a longer wait time. Online or walk-in registration is highly encouraged.

**Winter registration is for classes and activities that take place from December 31, 2023 - March 30, 2024.**

**Spring registration is for classes and activities that take place from March 31 - June 8, 2024.**

\* To protect your personal information, THPRD no longer accepts credit card payments over the phone. Anyone registering by phone will have a 48-hour window to make payment at any THPRD facility or online at [www.thprd.org](http://www.thprd.org). If you have any questions, call 503-645-6433.

# Aquatics Events & Activities

## Winter & Spring 2024

January - June 2024

### **Aloha Swim Center**

Jump In! (Spanish)	May 19	9:00-11:30 am
WipeOut	1st and 3rd Fridays of each month	4:45-7:15 pm

### **Beaverton Swim Center**

Rodeo Splash	Jan. 27, Feb. 24, March 30, April 27, and May 25	2:00-4:00 pm
Jump In!: Water Safety Extravaganza	May 4	1:00-4:00 pm

### **Conestoga Recreation & Aquatic Center**

Duck Dive	March 15	Multiple times available
Wonderful World of Water Safety	May 17	6:00-8:30 pm
Dive-in Movies	Fridays	See center calendar for dates and times
WipeOut	Select Friday evenings	See center calendar for dates and times

### **Harman Swim Center**

Sweetheart Swim	Feb. 11	1:00-4:00 pm
Sensory Swim	Every other Saturday starting Jan. 6	See center calendar for dates and times
Women's Swim and drop in Women's Swim Lesson	Every other Saturday starting Jan. 13	See center calendar for dates and times

For more information, please visit [www.thprd.org/activities/events](http://www.thprd.org/activities/events)



# Drop-in Programs & Daily Admissions

## Membership Passes

Amenities Included	General Pass	Deluxe Fitness Pass
<b>Group Fitness Classes</b> (includes Zumba®, Yoga, Cycling, Aerobics, Water Fitness and more!)*	No	✓
Open Gym	✓	✓
Drop-in Sports	✓	✓
Weight Room	✓	✓
Walking Track	✓	✓
Open Swim	✓	✓
Lap Swim	✓	✓
55+ Swim	✓	✓
Indoor Play Park**	✓	✓

\*Admission to instructor-led classes is based on space availability. Age restrictions apply for Elsie Stuhr activities (55+). Babette Horenstein Tennis Center not included.

\*\* Indoor Play Park is included for youth pass holders or youth members of a household pass.

Prices	General			Deluxe Fitness		
	Daily	1 month	Annual	Daily	1 month	Annual
Adult (18-64 yrs)	\$6	\$39	\$344	\$9.50	\$66	\$643
Youth (1-17 yrs)* / Senior (65+)* / Military (individual)*	\$5.50	\$35	\$310	\$8.50	\$59	\$579
Two-person household	N/A	\$59	\$516	N/A	\$99	\$965
Household (3+)	\$15.50	\$78	\$688	N/A	\$132	\$1,286
Out-of-district individual	\$7.50	\$49	\$430	\$12	\$83	\$804
Out-of-district two-person household	N/A	\$74	\$645	N/A	\$124	\$1,206
Out-of-district household (3+)	\$19.50	\$98	\$860	N/A	\$165	\$1,608
In-District Healthcare Partner Program (65+)	N/A	\$0	N/A	N/A	\$40	N/A
Out-of-District Healthcare Partner Program (65+)	N/A	\$0**	N/A	N/A	\$50**	N/A

\*Discounts apply to in-district patrons only. Youth, senior and military rates reflect a 10% discount.

\*\*A THPRD assessment fee is required for Out of District Silver & Fit patrons.

**Contact your local THPRD facility or go to [thprd.org](http://thprd.org) to learn more!**

# Fitness Opportunities

## FREE Fitness Events

### Fitness in the Parks

Winter dates: January 8-March 16, 2024

Spring dates: April 8-June 1, 2024

### Sweetheart Stroll: A Family Walk & Roll

Sunday February 11th • 10am • Commonwealth Park

Join us for an early morning walk with those you love most!

This 1.5 mile walk is accessible to people of all ages and abilities! Meet at the park entrance near the intersection of SW Dellwood Ave and SW Foothill Drive.

### Walk with Me in honor of Mental Health Month

May 1, 15, and 29 • 6-7 pm

May 11 and 25 • 9 am

Locations TBD

### Personal Training Open House

April 5 • 6-8 pm

Conestoga Recreation & Aquatic Center in room 201

We're excited to launch the expansion of personal and small group options based on interest. Please join us to chat with trainers and learn about training options in the water, outdoors, on the yoga mat, and more! Enjoy light refreshments and a chance to win free personal training sessions.

### National Senior Health & Fitness Day

May 29 • 9-11 am • Elsie Stuhr Center

Rediscover the FUN of fitness! Meet our outstanding fitness instructors, learn about our programs, and get a great workout. Participants will get a 'Passport' stamped for a variety of physical activities and a chance to win fun raffle items!

### Pump it Up with Pride

June 8 • Cedar Hills Recreation Center

Celebrate Pride with THPRD Fitness by joining your favorite fitness instructors for a 90-minute workout. Mark your calendar and get sweaty with us on June 8th at Cedar Hills Recreation Center from 10-11:30 am.

## PERSONAL TRAINING

THPRD offers personal training at our four recreation centers: Cedar Hills Recreation Center, Conestoga Aquatic & Recreation Center, Garden Home Recreation Center, and Elsie Stuhr Center.



We have knowledgeable, certified personal trainers who are ready to create a plan to help you reach your goals.

Want to soak up the sunshine? Take your personal training session outside to any of our nature trails or parks. Time outdoors is time well spent! For a full list of our current personal trainers and session pricing, please visit:

[thprd.org/activities/personal-training](https://thprd.org/activities/personal-training)

## Don't Forget!

Check out each facility's section for tons of **NEW** fitness classes, clinics and workshops in Winter & Spring!

Look for this icon



**new**

## Have one of these programs?



Call or visit your local THPRD facility to see if you're eligible for a free or discounted membership. Currently only available to 65+ patrons.

# Financial Aid

## Financial Aid Program



### To Qualify:

Family Size	Max Monthly Income
1	\$1,580
2	\$2,137
3	\$2,694
4	\$3,250
5	\$3,807
6	\$4,364
7	\$4,921
8	\$5,478

For each additional family member add \$557

### What can I use my financial aid funds for?

Funds may be used for sports, swimming, fitness classes, gymnastics, dance, weight rooms, plot fees for the community gardens, affiliated recreational youth sports leagues and more.

### For more information:

**971-384-9138**

**[financialaid@thprd.org](mailto:financialaid@thprd.org)**

**CALLING**

**COACHES**

**FOR YEAR-ROUND YOUTH ATHLETIC LEAGUES**

Give back to your community and inspire our youth by creating a positive environment that promotes self-confidence and self-esteem.



#### Athletic Center

Basketball	Winter, Spring, Summer Grades 5-12
Volleyball	Fall, Summer Grades 4-12

#### Cedar Hills Recreation Center

Track & Field	Winter, Spring Grades 6-8
Cross Country	Summer, Fall Grades 6-8

**For more information visit our website**  
[thprd.org/connect/volunteer/ongoing-opportunities](http://thprd.org/connect/volunteer/ongoing-opportunities)



# Adaptive & Inclusion Recreation



THPRD provides Adaptive Recreation opportunities and Inclusion Services for individuals experiencing disabilities to promote access for all.

- **Inclusion Services** is an individualized support program provided for individuals experiencing disabilities in classes and programs offered at THPRD. This is a free service provided by the district.
- **Monday Night TR** at the Elsie Stuhr Center provides a variety of recreational opportunities for individuals 16+ experiencing disabilities.
- **Thursday Night All-Stars** located at the Athletic Center is a drop-in basketball program for individuals 16+ experiencing disabilities.
- **Camp Rivendale** is a specialized summer camp for individuals experiencing disabilities ages 6-21. This summer camp contributes to the physical, mental, and social growth of campers while promoting dignity, respect, and independence.
- **Adaptive Recreation** programs in the district such as Adaptive Swim Classes and Adaptive Sportz Center offer individuals experiencing disabilities specialized opportunities within sports and recreation programs.

For more information regarding specialized recreation and inclusion services, please call us at 503-629-6330 or email [inclusion@thprd.org](mailto:inclusion@thprd.org).

## THPRD is Hiring Inclusion Assistants

We are looking for compassionate, kind, and reliable individuals who want to make a difference in their community. Inclusion Assistants provide one-on-one assistance to patrons with disabilities, allowing them the opportunity to participate in the wide variety of programs and activities available through THPRD.

**More info at [thprd.org/jobs](http://thprd.org/jobs)**





**Declaración de objetivos**

La misión del Distrito de Parques y Recreación de Tualatin Hills es proporcionar instalaciones de parques y recreación, programas, servicios y áreas naturales de alta calidad que satisfagan las necesidades de las diversas comunidades a las que sirve.

**Declaración de la visión**

Mejoraremos los estilos de vida saludables y activos mientras que conectamos a más personas con la naturaleza, los parques y los programas. Lo haremos mediante la administración de los recursos públicos y proporcionando programas/espacios que satisfagan las necesidades no cubiertas.

**Declaración de equidad e inclusión**

Reconocemos que todas las agencias gubernamentales de los Estados Unidos tienen sus raíces en el racismo y la opresión sistémicos, incluyendo THPRD.

Queremos responsabilizarnos de nuestro papel en la perpetuación de estos sistemas y nos comprometemos a tomar medidas para crear un cambio significativo.

Nos esforzamos a unir a la gente, a ser un distrito de parques y recreación acogedor e inclusivo, y a vivir nuestros valores de fomento de la equidad social y racial.

## Junta Directiva



**Felicita Monteblanco**  
Directora



**Alfredo Moreno**  
Presidente Director



**Barbie Minor**  
Directora Secretaria



**Miles Palacios**  
Director



**Tya Ping**  
Presidenta Secretaria Pro-Tempore

**Management Team**

Doug Menke, Director General  
Aisha Panas, Subdirectora General  
Jessica Collins, Asistente Ejecutiva  
Christine Hoffman, Directora de Recursos Humanos

Jared Isaksen, Director de Servicios Financieros  
Julie Rocha, Directora de Deportes e Inclusión  
Sabrina Taylor Schmitt, Directora de Recreación y Acuática  
Holly Thompson, Directora de Comunicaciones



# ¡THPRD está contratando!



**TUALATIN HILLS  
PARK & RECREATION DISTRICT**

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¡Únase al equipo de THPRD, donde encontrará una carrera gratificante, flexible y divertida en el sector de parques y recreación!



**Programa y horarios flexibles**



**Una gran experiencia para las personas que se incorporan o se reincorporan al mundo laboral**



**Descuentos para empleados y acceso al uso de las instalaciones**



**Trabajos disponibles a tiempo parcial/de temporada/tiempo completo**



**Sueldos y beneficios competitivos**

**Obtenga más información y envíe una solicitud ahora en [thprd.org/jobs](https://thprd.org/jobs)**

La misión del Distrito de Parques y Recreación de Tuality Hills es el de proveer servicios en parques, recreación, programación y áreas de naturaleza de alta calidad, y que cumplan con las expectativas de la comunidad diversa a la cual servimos.

Nos esforzamos por producir la guía de actividades más precisa y actualizada posible. Es probable que la información de algunos programas haya cambiado desde que se imprimió esta guía. NOTA: THPRD puede usar, para fines promocionales, las fotos que se toman en eventos y durante los programas.



# Inscripciones - Invierno y primavera 2024

## Horarios de inscripción

### Invierno 2024

**Dentro del distrito**

Sábado, 9 de diciembre de 2023

**Fuera del distrito**

Lunes, 11 de diciembre de 2023

### Primavera 2024

Sábado, 24 de febrero de 2024

Lunes 26 de febrero de 2024



**En línea**

Sábado, 9 de diciembre de 2023  
a las 8 am

Sábado, 24 de febrero de 2024  
a las 8 am

Puede registrarse las 24 horas del día, los siete días de la semana en [www.thprd.org/portal](http://www.thprd.org/portal).  
Debe utilizar una tarjeta de crédito o una tarjeta de regalo de THPRD para pagar.



**En persona**

Sábado, 9 de diciembre de 2024  
a las 8 am

Sábado, 24 de febrero de 2024  
a las 8 am

Visite cualquier centro recreativo o acuático de THPRD (consulte la página 12) para inscribirse en las clases.



**Por teléfono:  
503-439-9400\***

**Dentro del distrito**

Sábado, 9 de diciembre de 2023,  
8 am - 12 pm

Sábado, 24 de febrero de 2024,  
8 am - 12 pm

**Fuera del distrito**

Lunes, 11 de diciembre de 2023,  
8 am - 12 pm

Lunes, 26 de febrero de 2024,  
8 am - 12 pm

\* Tenga en cuenta: el registro por teléfono puede tener un tiempo de espera más largo.

Recomendamos inscribirse en línea o en persona. Vea si es elegible para Centro de Bienvenida.

La inscripción de invierno es para las clases y actividades que se llevan a cabo del 31 de diciembre de 2023 al 30 de marzo de 2024.

La inscripción de primavera es para las clases y actividades que se llevan a cabo del 31 de marzo al 8 de junio de 2024.

**\*Para proteger su información personal, THPRD ya no acepta pagos con tarjeta de crédito por teléfono. Toda persona que se inscriba por teléfono dispondrá de un plazo de 48 horas para hacer el pago en cualquier instalación de THPRD o en línea en [www.thprd.org](http://www.thprd.org). Si tiene alguna pregunta, llame al 503-645-6433.**

# Abrir una Cuenta en THPRD

## Para abrir una cuenta de THPRD

Para poder disfrutar de los cientos de actividades, programas, clases, campamentos, y actividades sin inscripción que tenemos disponibles, primero debe tener una cuenta vigente con THPRD. Esto es gratis y fácil de hacer.

### En Línea: [www.thprd.org](http://www.thprd.org)

**Paso 1:** Visite [thprd.org/join](http://thprd.org/join)

Complete el formulario "Crear grupo familiar nuevo" para su cuenta de THPRD.

**Paso 2:** Active la cuenta en línea

Siga las instrucciones que le enviaron a su correo electrónico para activar su nueva cuenta de THPRD en línea.

**Paso 3:** La próxima vez que visite un centro de THPRD lleve un comprobante de domicilio a la recepción.

### En Persona

**Paso 1:** Complete el formulario de Información de la persona inscrita

Puede encontrar el formulario en línea o en cualquier centro de THPRD.

**Paso 2:** Lleve un comprobante de domicilio.

**¡Preguntenos si es elegible para Centro de Bienvenida!**

### Por Teléfono: 503-645-6433\*

Para obtener más información o asistencia para crear una cuenta, comuníquese con nuestra oficina de administración al 503-645-6433 ¡Hablamos español!

## Comprobante de Domicilio

Durante su visita para abrir una nueva cuenta de THPRD o para cuentas creadas en línea (antes de su primera clase o liga programada, o después de no más de cinco actividades sin inscripción), traiga lo siguiente:

\*Cualquier identificación con foto proporcionada por el gobierno que incluya su dirección actual (por ejemplo, una licencia de conducir de Oregón, tarjeta de identificación de Oregón, tarjeta de identificación consular).

\*Si su identificación con foto proporcionada por el gobierno no incluye su dirección actual (por ejemplo, un pasaporte o una licencia de conducir de otro estado), puede entregar otro tipo de comprobante de domicilio, como una factura de servicios públicos, un estado de cuenta bancario o un contrato de alquiler.

Si no tiene ningún comprobante de domicilio, puede optar por pagar la cuota fuera del distrito o pedir un reembolso prorrateado para su clase. THPRD se reserva el derecho de solicitar un comprobante de domicilio en cualquier momento; las direcciones deben verificarse cada cinco años. Puede encontrar la fecha de vencimiento de su cuenta iniciando sesión en línea en su cuenta de THPRD aquí: [www.thprd.org/portal/](http://www.thprd.org/portal/).

### ¿Por qué verificamos su dirección?

Las personas que tienen una propiedad o residen dentro de los límites de THPRD apoyan nuestros servicios a través de los impuestos a la propiedad y son elegibles para beneficios que incluyen inscripción anticipada y programa a menor coste.

### ¿No vive dentro del distrito?

También podrá participar. Solo siga las instrucciones de arriba. No es necesario su comprobante de domicilio. Hay dos opciones disponibles para los usuarios que viven fuera del área de servicio de THPRD.

1. Pagar una cuota anual o trimestral
2. Pagar una prima de 25 % por clase

Para obtener más información sobre estas opciones, visite nuestra [thprd.org/activities/am-i-in-district](http://thprd.org/activities/am-i-in-district)

# Información general de THPRD

## ¿Estoy dentro del distrito?

### ¿Vive fuera del distrito?

Se invita a los usuarios que viven fuera del distrito, incluyendo a los huéspedes fuera de la ciudad, a disfrutar de los programas de THPRD eligiendo entre dos opciones de pago:

**Pague una prima del 25 %** por cada clase, actividad sin inscripción, pase de condición física o programa. Normalmente, las tarifas para personas que viven fuera del distrito (OD) se mencionan en esta guía de actividades. Esta opción no se puede utilizar para alquileres en el centro. *Tenga en cuenta que las personas que no viven dentro del distrito no son elegibles para recibir los descuentos que se les dan a los jóvenes, adultos mayores, familiares de miembros de las fuerzas armadas e invitados con discapacidades físicas o de desarrollo.*

**Pague una cuota** (actualmente \$103 por trimestre) que permite a todos los miembros del grupo familiar recibir las mismas tarifas que las personas del distrito en todas las clases de THPRD, actividades sin inscripción, pases de condición física y otros programas por una temporada o por todo el año.

### Directrices para observar la clase

THPRD invita a los padres/tutores a observar las actividades de clase desde el interior del salón de clases/gimnasio el primer y último día del período. De lo contrario, animamos a los padres/tutores a permanecer fuera del salón de clases/gimnasio para lograr el mejor entorno educativo para los niños. Los programas fuera del lugar exigen que uno de los padres/tutor esté presente en todo momento si el pequeño es menor de 10 años. Si tiene alguna pregunta o preocupación con respecto a estas directrices, no dude en hablar con el instructor o con el coordinador del programa. Gracias por su colaboración y comprensión.

### Inclemencias del tiempo

Los programas, clases y actividades que patrocina THPRD pueden retrasarse o cancelarse si las condiciones del clima lo justifican. Para obtener la información más reciente sobre las operaciones del centro recreativo y acuático de THPRD durante las inclemencias del tiempo, llame a nuestra línea directa las 24 horas al 503-614-4018 o visite nuestro sitio web, [www.thprd.org](http://www.thprd.org). También publicaremos avisos en las redes sociales y daremos información a los medios de comunicación.

### Vestidores

Todas las personas mayores de 6 años utilizan los vestidores que más se alinee con su género afirmado. Consulte al recepcionista si tiene alguna pregunta.

### Duchas

Si usa una ducha de THPRD, pero no participa en una actividad pagada, se hará un cargo de \$3.

## Cancelaciones, descuentos y reembolsos

### Retrasos, cierres y cambios

Ocasionalmente, los centros estarán cerrados o los horarios cambiarán o se retrasarán debido a eventos especiales o para reponer clases. Hacemos todo lo posible para anunciar cualquier cambio con antelación. Nos esforzamos por dar un centro limpio para que usted lo disfrute y los cierres anuales son necesarios para hacer reparaciones mayores y para limpiar.

### Clases llenas o canceladas

Para poder operar, todos los programas requieren un mínimo de personas inscritas y tienen una capacidad máxima de participantes. El distrito se reserva el derecho a cancelar, cambiar o combinar programas. Las clases no se cancelarán durante las de 72 horas antes de la fecha de inicio, excepto en circunstancias extraordinarias. Cuando el distrito cancele o posponga una clase, el cargo total será acreditado a la cuenta de inscripción en THPRD del participante.

### Listas de espera

Una vez se llena una clase, se crea una lista de espera. Nota: Incluso si se crea otra clase, puede ser que no sea a la misma hora o el mismo día que la clase de la lista de espera.

### Reembolsos

La política de THPRD es reembolsar el dinero recaudado por los servicios, de manera oportuna, ya sea que lo inicie el distrito o el participante.

Si es necesario un período de solicitud de reembolso más largo, se mencionará en la descripción de la clase y guía de actividades y en la factura del usuario. No se aplicará ningún crédito a la cuenta de inscripción de THPRD del participante con menos del aviso necesario.

Para obtener una copia completa de la política de cancelación y reembolso de THPRD, visite [www.thprd.org](http://www.thprd.org).

### Clases

Las solicitudes para dar de baja o cambiar una clase deben hacerse cinco días antes del primer día de clase para recibir un reembolso completo, menos cualquier cargo aplicable. Las solicitudes que se hagan dentro de los cinco días anteriores a la fecha de inicio se reembolsarán en una tarjeta de regalo de THPRD.

Después de la segunda cancelación en una temporada, se cobrará un cargo por cancelación de \$10 si se cancela cinco días antes, y de \$20 si se cancela dentro de los cinco días.

### Campamentos

Las solicitudes para cancelar o cambiar la inscripción en un campamento deben hacerse al menos 14 días antes del inicio

del campamento para recibir un reembolso completo, menos el depósito. Una solicitud aprobada se reembolsará en una tarjeta de regalo de THPRD.

Se cobrará un depósito de \$30 por semana por los campamentos. Los depósitos de los campamentos no son reembolsables ni transferibles.

### Canchas de tenis

Las solicitudes para cancelar o cambiar una reserva de una cancha de tenis deben hacerse dos días antes de la reserva para recibir un reembolso completo.

### Descuentos

Hay descuentos disponibles solo para usuarios **del distrito**.

Un usuario que representa a varias clases protegidas, por ejemplo, un veterano militar de 65 años, no es elegible para múltiples descuentos.

### Descuentos para adultos mayores y jóvenes

Hay un 10 % de descuento disponible en todos los centros de THPRD para los usuarios **del distrito** que sean mayores de 65 años, excepto en Stuhr Center, donde el descuento ya está incluido en el precio. Los descuentos para jóvenes se aplican a las entradas y pases diarios para niños entre 1 y 17 años (no hay descuentos en las clases). La tarifa de descuento para jóvenes es la misma que la tarifa de descuento para adultos mayores.

### Descuento a las fuerzas armadas

Todas las personas **del distrito** y sus dependientes (con identificación/documentos proporcionados por el gobierno) que actualmente están sirviendo o han servido (servicio activo, Guardia Nacional, Reservas, veteranos y jubilados) en las fuerzas armadas de los EE. UU. (Ejército, Armada, Fuerza Aérea, Marines y Guardia Costera) recibirán un 10 % de descuento en los programas y servicios que califiquen.

### Cuando no aplican los descuentos

No aplican los descuentos aenas actividades no subvencionadas del distrito. Estas incluyen, entre otros, lecciones privadas, alquiler de centros, viajes, cuidado infantil, concesiones, mercadería y eventos especiales.

**Tenga en cuenta que:** las compras con tarjetas de regalo no son reembolsables. La única excepción es para saldos de menos de \$5. Los usuarios que califiquen para esta excepción deben pedir el reembolso.



# Programas sin inscripción y admisiones diarias

## Pases de afiliación

Servicios incluidos	Pase General	Pase Deluxe
Clases de fitness en grupo (incluye Zumba®, yoga, ciclismo, ejercicios aeróbicos fitness acuático y mucho más)*	No	✓
Gimnasio abierto	✓	✓
Deportes sin inscripción	✓	✓
Salón de pesas	✓	✓
Pista para caminar	✓	✓
Natación libre	✓	✓
Natación por carril	✓	✓
Natación para mayores de 55 años	✓	✓
Parque de juegos de interior**	✓	✓

\*La admisión a las clases dirigidas por un instructor se basa en la disponibilidad de espacio. Se aplican restricciones de edad para las actividades de Elsie Stuhr (mayores de 55). No se incluye el Centro de Tenis Babette Horenstein.

\*\*La admisión para el parque de juegos interior (Indoor Play Park) está incluida para menores que tengan un pase juvenil (Youth Pass) o para los menores que sean parte de un pase familiar (Household Pass)

	General			Deluxe		
	Diario	1 mes	Anual	Diario	1 mes	Anual
Adulto (18 a 64 años)	\$6	\$39	\$344	\$9.50	\$66	\$643
Jóvenes (1 a 17 años)*/Adultos mayores (más de 65 años)*/Fuerzas armadas (individual)*	\$5.50	\$35	\$310	\$8.50	\$59	\$579
Grupo familiar de dos personas	N/A	\$59	\$516	N/A	\$99	\$965
Grupo familiar (más de 3 personas)	\$15.50	\$78	\$688	N/A	\$132	\$1,286
Persona que no vive dentro del distrito	\$7.50	\$49	\$430	\$12	\$83	\$804
Grupo familiar de dos personas que no viven dentro del distrito	N/A	\$74	\$645	N/A	\$124	\$1,206
Grupo familiar que no vive dentro del distrito (más de 3 personas)	\$19.50	\$98	\$860	N/A	\$165	\$1,608
Programa del Proveedor de Salud (65+) para quienes viven dentro del distrito	N/A	\$0	N/A	N/A	\$40	N/A
Programa del Proveedor de Salud (65+) para quienes viven fuera del distrito	N/A	\$0**	N/A	N/A	\$50**	N/A

\*Los descuentos se aplican solo a los usuarios del distrito. Las tarifas para jóvenes, adultos mayores y miembros de las fuerzas armadas reflejan un descuento del 10%.

\*\*Para personas quienes viven fuera del distrito se requiere una cuota adicional para ser parte del Programa de Silver & Fit

**Para más información visite [thpr.org](http://thpr.org), vaya a un centro de THPRD o llámenos al 503-645-6433 ¡Hablamos español!**

# Eventos y Actividades acuáticas

## Invierno y primavera 2024

Enero - junio 2024

### Centro de natación Aloha

¡Zambúllase!	May 19	9:00-11:30 am
WipeOut	1er y 3er viernes de cada mes	4:45-7:15 pm

### Centro de natación Beaverton

Rodeo Splash	27 de ene., 24 de feb., 30 de mar., 27 de abr. y 25 de may.	2:00-4:00 pm
¡Zambúllase! Seguridad en el agua	4 de mayo	1:00-4:00 pm

### Centro Acuático y de Recreación Conestoga

Agua patos	15 de marzo	Múltiples horarios disponibles
Mundo maravilloso de la seguridad en el agua	17 de mayo	6:00-8:30 pm
Películas en la alberca	Viernes	Consulte el calendario del centro para fechas y horarios
WipeOut	Ciertos viernes por la noche	Consulte el calendario del centro para fechas y horarios

### Centro de natación Harman

Natación del amor y la amistad	11 de febrero	1:00-4:00 pm
Natación sensorial	Sábados alternos a partir del 6 de enero	Consulte el calendario del centro para fechas y horarios
Natación para mujeres y clases de natación para mujeres sin inscripción	Sábados alternos a partir del 13 de enero	Consulte el calendario del centro para fechas y horarios

Para más información, visite [www.thprd.org/activities/events](http://www.thprd.org/activities/events) o llámenos al 503-645-6433

¡Hablamos español!

# Oportunidades de fitness

## Eventos de Fitness GRATUITOS

### Fitness in the Park - Clases en el parque

Fechas de invierno: Del 8 de enero al 16 de marzo de 2024  
Fechas de la primavera: Del 8 de abril al 1 de junio de 2024

### Paseo de los enamorados: Un paseo familiar

Domingo 11 de febrero – 10am – Parque Commonwealth  
¡Acompáñenos en un paseo matutino con sus seres más queridos! ¡Este paseo de 1,5 millas es accesible para personas de todas las edades y capacidades! Reúnanse en la entrada del parque, cerca de la intersección de SW Dellwood Ave y SW Foothill Drive.

### Walk with Me - Caminata en honor al Mes de la Salud Mental

1, 15 y 29 de mayo - 6-7 pm  
11 y 25 de mayo - 9 h  
Ubicaciones por determinar

### Jornada de puertas abiertas de entrenamiento personalizado

5 de abril - 6-8 pm  
Centro de recreación y acuático Conestoga en la sala 201  
Estamos muy emocionados de iniciar la expansión de las opciones personales y de grupos pequeños basados en interés. Acompáñenos para hablar con los entrenadores y conozca las opciones de entrenamiento en el agua, al aire libre, en la colchoneta de yoga, ¡y mucho más! Disfrute de un refrigerio ligero y de la oportunidad de ganar sesiones gratuitas de entrenamiento personalizado.

### Día nacional de la salud y la forma física de las personas mayores

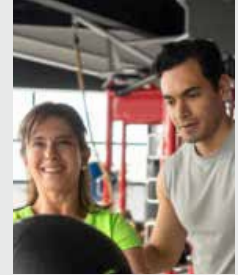
29 de mayo - 9-11 am – Centro Elsie Stuhr  
¡Redescubra la DIVERSIÓN del fitness! Conozca a nuestros extraordinarios instructores de fitness, infórmese sobre nuestros programas y haga un gran ejercicio. Los participantes obtendrán un "Pasaporte" sellado para una variedad de actividades físicas ¡y la oportunidad de ganar divertidos artículos para sortear!

### Esfuerzo con orgullo

8 de junio - Centro de recreación Cedar Hills  
Celebre el Orgullo con THPRD Fitness uniéndose a sus instructores de fitness favoritos para un entrenamiento de 90 minutos. Marque su calendario y póngase a sudar con nosotros el 8 de junio en el Centro de recreación Cedar Hills de 10 a 11:30 am.

## ENTRENAMIENTO PERSONALIZADO

THPRD ofrece entrenamiento personal en nuestros cuatro centros recreativos: Centro de recreación Cedar Hills, Centro acuático y de recreación Conestoga, Centro de recreación Garden Home y Centro Elsie Stuhr.



Tenemos entrenadores personales expertos y certificados quienes le pueden apoyar en crear un plan que le ayude a alcanzar sus objetivos.

¿Le gustaría aprovechar de la luz solar? Lleve sus sesiones de entrenamiento personalizado a cualquiera de los parques o áreas naturales. ¡El tiempo al aire libre es tiempo bien empleado! Para obtener una lista completa de nuestros entrenadores personales actuales y los precios de las sesiones, visite:

[thprd.org/activities/personal-training](http://thprd.org/activities/personal-training)

## ¡No Olvide!

¡Revise la sección de cada centro para ver todas las NUEVAS clases y actividades que tenemos para el invierno y la primavera!

Busque este ícono



¿Usted es parte de alguno de estos programas?



Llame o visite un centro de THPRD para ver si es elegible para una membresía gratuita o recibir un descuento. Disponible para personas de 65 años+

# Descripciones de clases de ejercicios

<b>Entrenamiento aeróbico de todo el cuerpo</b>	Esta clase está diseñada para deportistas experimentados o recién llegados en forma. Incluye calentamiento y acondicionamiento aeróbico de bajo impacto con intervalos de trabajo de fuerza y resistencia. Es un excelente ejercicio para todo el cuerpo para comenzar el día. (55+)
<b>Acondicionamiento sin edad</b>	Una combinación de ejercicios aeróbicos, de fortalecimiento y de flexibilidad específicamente para mejorar la fuerza, el equilibrio, el rango de movimiento de las articulaciones, la movilidad y prolongar la vida independiente. (55+)
<b>Aqua Jam (Fitness acuático)</b>	Una celebración del ejercicio y la amistad en la alberca. Esta clase se imparte en aguas poco profundas y profundas. El instructor guía y apoya a los participantes en un entrenamiento cardiovascular moderado y de fuerza con su música favorita sin coreografías complejas. Se pueden utilizar diversos equipos resistentes y flotantes. Habrá tiempo dedicado al equilibrio y la flexibilidad. ¡Socializar es bienvenido! (Nivel 1)
<b>Aqua Zumba® (Fitness acuático)</b>	Un ejercicio acuático de bajo impacto alto en energía pero fácil para el cuerpo. Al integrar Zumba Dance con las disciplinas tradicionales de acondicionamiento físico acuático, Aqua Zumba® combina todo en un entrenamiento enfocado en cardioacondicionamiento, tonificación corporal y sobre todo, ¡diversión increíble!
<b>Conceptos básicos de equilibrio</b>	Un clase para principiantes para trabajar el equilibrio y la estabilidad fortaleciendo los músculos de la cadera/piernas y los músculos abdominales; aprender técnicas positivas y ejercicios de equilibrio para mejorar la confianza. Incluye movimientos sentados y de pie realizados con una silla como apoyo. (55+)
<b>Cardio Core (Fitness acuático)</b>	Esta es una clase de acondicionamiento físico divertida y de intensidad moderada adecuada para la mayoría de las personas. La clase se lleva a cabo en la parte menos profunda de la alberca. Los participantes se desafían a sí mismos con la resistencia del agua en el ejercicio de bajo impacto mientras se ejercitan con música animada y alegre. Los participantes trabajan en acondicionamiento aeróbico, fuerza, equilibrio y flexibilidad. Se dedicarán al menos 35 minutos de la clase a cardio puro en una clase de Nivel 2. Se puede utilizar equipo flotante y resistente.
<b>Cardio Fusión</b>	Este programa fusiona los movimientos cardiovasculares y la escultura corporal para que su cuerpo se sienta más fuerte. Es un entrenamiento de fortalecimiento total que se combina con cardio para ayudar a fortalecer los pulmones junto con los grupos musculares. Lo que es más importante, Cardio Fusion ayuda a aumentar la flexibilidad, quemar calorías y definir los músculos centrales.
<b>Fitness en silla</b>	Muévase a través de una variedad de ejercicios diseñados para mejorar la fuerza, el equilibrio y el rango de movimiento. Una silla está disponible para apoyo sentado o de pie.
<b>Explosión de la zona abdominal</b>	Una clase de 30 minutos enfocada en fortalecer todo tu core. Mejora la postura, el equilibrio y la coordinación.
<b>Guerrero de las aguas profundas (Fitness acuático)</b>	¡Ponte a prueba con el poder y la diversión de agitar el agua en esta clase de nivel 3! Los participantes usan cinturones de flotación y pueden esperar movimientos de alta intensidad y bajo impacto, seguidos de trabajo de fuerza y abdominales. (Nivel 3)
<b>Cavar hondo (Fitness acuático)</b>	Los participantes pueden usar cinturones de flotación para un entrenamiento de intensidad moderada y cero impacto en la parte profunda de la piscina. Es una forma emocionante y única de hacer ejercicio adecuada para la mayoría de las personas. ¡Las posibilidades de movimiento son ilimitadas! Trabaja en fitness aeróbico, fuerza, equilibrio y flexibilidad.
<b>Excéntricos</b>	Fortalecer y estirar todos los músculos del cuerpo de forma excéntrica, reequilibrando la estructura muscular en continuos movimientos de rotación.
<b>Flex &amp; Stretch (Fitness acuático)</b>	Adecuado para todas las habilidades físicas. Flex and Stretch se enfoca en el rango de movimiento, estiramiento, equilibrio y la movilidad. Se incorpora trabajo cardiovascular suave. Esta clase se imparte en la parte poco profunda de la alberca y se utilizan algunos equipos de flotación y resistencia. (Nivel 1)
<b>Kettlebells funcionales</b>	Esta clase está diseñada para aquellos que ya hacen ejercicio regularmente y quieren transformar su condición física en una vida funcional. ¡Hazte más fuerte para las clases de acondicionamiento físico que te encantan, adquiriendo habilidades para ser físicamente independiente a medida que envejeces! Esta clase ralentiza los patrones de movimiento funcional y los ejercicios de fortalecimiento del núcleo en una práctica consciente y metódica utilizando el propio peso corporal, pesas rusas y progresiones incrementales. No es apropiado para principiantes. (55+)
<b>HIIT</b>	HIIT (entrenamiento de intervalos de alta intensidad) es una clase de ejercicio cardiovascular que alterna períodos cortos de ejercicio anaeróbico intenso con períodos de recuperación menos intensos.
<b>Kickboxing y acondicionamiento</b>	Una combinación de ejercicios de fortalecimiento del peso corporal, entrenamiento de intervalos de alta intensidad y kickboxing cardiovascular.

# Descripciones de clases de ejercicios

<b>Aeróbic de bajo impacto</b>	Esta clase es fácil para las articulaciones, quema calorías y desafía a todo el cuerpo. Todos los niveles son bienvenidos.
<b>FUNDIR</b>	MELT es una técnica de autotratamiento suave que mejora la movilidad, estabilidad y el rendimiento. Es clínicamente comprobado para reducir el dolor crónico mientras restaura el bienestar general.
<b>NIA Groove</b>	Una poderosa fusión de danza, artes marciales y prácticas de atención plena, Nia es una práctica holística de movimiento y bienestar que aborda cada aspecto de su vida: cuerpo, mente y alma.
<b>Pilates</b>	Esta clase incorpora movimientos tradicionales de Pilates y más que resulta en un cuerpo largo, delgado y fuerte. Se utilizan Therabands, anillos de Pilates y otros accesorios.
<b>Fuerza y resistencia</b>	Un ejercicio estilo intervalo que incluye entrenamiento cardiovascular y da fuerza para un entrenamiento completo y divertido. Todos los niveles son bienvenidos.
<b>Tai Chi I</b>	Para el estudiante principiante. Aprende Tai Chi para un Mejor Equilibrio y Forma Yang 8/10.
<b>Tai Chi II</b>	Para el estudiante intermedio. Aprende Forma Yang 16 y Yang 24. Esta clase no es apropiado para principiantes.
<b>Tai Chi III</b>	Para el estudiante avanzado. En esta clase aprenderás la Forma 108 Yang. Esta clase no es apropiado para principiantes.
<b>Fuerza corporal total</b>	Una clase que fortalece todo tu cuerpo. Este entrenamiento desafía a todos los principales grupos musculares mediante ejercicios de sala de pesas como sentadillas, pressas, levantamientos y curls.
<b>Circuito TRX</b>	Esta clase es un entrenamiento de cuerpo completo. El entrenamiento en circuito le permite moverse a través de una variedad de estaciones de fuerza y cardio utilizando pesas, bandas y el TRX. ¡Ven listo para sudar! Esta clase no es apropiada para principiantes. (55+)
<b>Circuito de sala de pesas</b>	¡Dedicados a devolverte la autonomía! Aprenda a moverse a través de rangos completos de movimiento de manera segura y efectiva, mientras desafía la mente y el cuerpo para empujar más con pesas rusas, mancuernas y barras. ¡Gana fuerza, confianza en la sala de pesas y más!
<b>Entrenamiento de fuerza para mujeres</b>	Esta clase está dedicada a mujeres mayores de 55 años que buscan un entorno empoderador para aprender a moverse de forma independiente con confianza. Los ejercicios incluyen entrenamiento aeróbico y de fuerza mediante el uso de equipos que pueden modificarse para todos los niveles. (55+)
<b>Yoga, todos los niveles</b>	Aumenta tu fuerza, flexibilidad y equilibrio con movimientos simples combinados con una respiración consciente.
<b>Yoga, Silla</b>	Aumente la flexibilidad, el equilibrio, la fuerza y la calma con movimientos de yoga realizados desde una silla. El yoga revitaliza los sistemas respiratorio, nervioso, endocrino, digestivo y otros sistemas importantes del cuerpo. (55+)
<b>Yoga, Flujo</b>	Este estilo dinámico une la respiración y el movimiento ayudando a desarrollar fuerza, resistencia y flexibilidad.
<b>Yoga suave</b>	Aprende a estirar con movimientos suaves y respiración consciente; aumentar la fuerza y la flexibilidad y traer calma a la mente. Para estudiantes con poca o ninguna experiencia en yoga.
<b>Yoga, Hatha</b>	Esta es una clase de estructura simple para personas de cualquier nivel. Ayuda a usar la alineación del cuerpo y respiración simple para liberar patrones de pensamientos negativos. Cuando piensas positivamente y el cuerpo se relaja se vuelve más flexible y realizamos posturas seguras con la ayuda de la respiración.
<b>Zumba®</b>	ZUMBA® es una fusión de temas de música/baile latinos e internacionales que crean un ambiente dinámico, emocionante y basado en el principio de que un entrenamiento debe ser DIVERTIDO Y FÁCIL DE HACER. Aprende a estirar con movimientos suaves y respiración consciente; aumentar la fuerza y la flexibilidad y traer calma a la mente.
<b>Zumba® Oro</b>	Olvidese del entrenamiento y únase a la fiesta con este programa de bajo impacto diseñado para principiantes. ¡Esta es una versión suave de Zumba, pase despacio para disminuir el impacto y aumentar la capacidad de aprender los movimientos!
<b>20/20/20</b>	¡Consigue tres tipos de ejercicio por el triple de diversión! Aeróbics para empezar, seguido de entrenamiento de fuerza y terminando con ejercicios de flexibilidad. (55+)

Para ver el horario de cada gimnasio, visit [thprd.org/activities/fitness](http://thprd.org/activities/fitness). El día, la hora y el instructor de las clases están sujetos a cambios sin aviso previo.



# Asistencia Financiera

## Programa de asistencia financiera



Para calificar:

Tamaño de la familia	Ingresos mensuales máximos
1	\$1,580
2	\$2,137
3	\$2,694
4	\$3,250
5	\$3,807
6	\$4,364
7	\$4,921
8	\$5,478

Por cada miembro adicional de la familia añadida \$557

### ¿Para qué puedo utilizar mis fondos de ayuda financiera?

Los fondos pueden utilizarse para deportes, natación, clases de fitness, gimnasia, danza, salas de pesas, cuotas de parcela para los jardines comunitarios, ligas deportivas juveniles recreativas afiliadas y mucho más.

Para más información:

**971-384-9138**

[financialaid@thprd.org](mailto:financialaid@thprd.org)

**BUSCAMOS**



**ENTRENADORES**



Para las ligas deportivas juveniles de todo el año

Contribuya a su comunidad e inspire a nuestros jóvenes creando un entorno positivo que fomente la confianza en sí mismos y la autoestima.



#### Centro Deportivo

Baloncesto	Invierno, primavera, verano Grados 5 a 12
Voleibol	Otoño, verano Grados 4 a 12

#### Cedar Hills Recreation Center

Atletismo	Invierno, primavera Grados 6 a 8
Travesio de campo	Verano, otoño Grados 6 a 8

Para más información visite la página web  
[thprd.org/connect/volunteer/ongoing-opportunities](http://thprd.org/connect/volunteer/ongoing-opportunities)

# Recreación Adaptada e Inclusiva



THPRD da oportunidades de recreación adaptada y servicios de inclusión para personas con discapacidades para promover el acceso de todos.

- **Servicios de inclusión** es un programa de apoyo personalizado que se da a los usuarios con discapacidades en clases y programas que se dan en THPRD. Este es un servicio gratuito que da el distrito.
- **Lunes por la noche TR** el centro Elsie Stuhr da una variedad de oportunidades recreativas para personas mayores de 16 años con discapacidades.
- **Las estrellas del jueves por la noche** situado en el centro deportivo es un programa de baloncesto sin inscripción para personas mayores de 16 años con discapacidades.
- **Campamento Rivendale** es un campamento de verano especializado para niños que tienen discapacidades entre las edades de 6 y 21 años. Este campamento de verano contribuye al crecimiento físico, mental y social de los campistas a la vez que promueve la dignidad, el respeto propio y la independencia.
- Los programas de **recreación adaptativa** dentro del distrito, como clases de natación adaptada y el centro Adaptive Sportz, dan a las personas con discapacidades oportunidades especializadas en los programas de deportes y de recreación.

Para obtener más información sobre recreación especializada y servicios de inclusión, llame al 503-629-6330 o envíe un correo electrónico a [inclusion@thprd.org](mailto:inclusion@thprd.org).

## THPRD está contratando asistentes de inclusión

Estamos buscando personas compasivas, amables y confiables que quieran hacer la diferencia en su comunidad. Los asistentes de inclusión dan ayuda individualizada a los usuarios con discapacidades, permitiéndoles la oportunidad de participar en la amplia variedad de programas y actividades disponibles por medio de THPRD.

**Más información en [thprd.org/jobs](https://www.thprd.org/jobs)**



# Ligas Deportivas de THPRD - Información General

## Ligas Deportivas Juveniles

Tenemos información de las organizaciones en el Centro Atlético | Athletic Center y en la página web en [www.thprd.org](http://www.thprd.org)

Esta es una lista de ligas deportivas disponibles en el área. Es importante considerar que los contactos de cada liga deportiva (vía telefónica o por correo electrónico) puede que tengan, o no tengan atención en español. Esto depende de cada liga ya que son agrupaciones independientes a THPRD. La mayoría de las ligas deportivas pueden ser pagadas por medio del Programa de Asistencia financiera de THPRD, pregúntenos en el 503-619-39-94 o en [financialaid@thprd.org](mailto:financialaid@thprd.org)

### Sistema de identificación para las ligas deportivas juveniles

Todos los participantes de las ligas deportivas juveniles requieren tener un número de identificación de THPRD. Si vive fuera del distrito deberá pagar una cuota de evaluación antes de participar en una liga deportiva juvenil. Consulte el sitio web para obtener información sobre la tarjeta de identificación THPRD o llámenos al 503-645-6433 ¡Hablamos español!

## Beisbol/Sóftbol

Las inscripciones para las ligas deportivas de beisbol y sóftbol juvenil se realizan a través de las asociaciones mencionadas a continuación. Las asociaciones están divididas en diferentes escuelas del distrito escolar. Si el estudiante va a una escuela privada, le tocara según la liga deportiva que se encuentra en esa área de escuelas. Póngase en contacto con su asociación apropiada para obtener más información.

Todos los grupos de Liga Deportiva para Menores (Little League) del área de Beaverton se rigen por la Liga Deportiva para Menores del Distrito 4 de Oregón, [www.ord4.com](http://www.ord4.com).

**Ligas de Primavera:** Las inscripciones comienzan en Enero. Temporada de Marzo-Junio.

**Ligas de Verano:** Inscripciones son en Enero y Febrero. Temporada de Mayo- Julio.

**Ligas de Otoño:** Inscripciones comienzan en Agosto. El programa es para menores de 6-12 años de edad. Temporada de Septiembre-Octubre.

### Beisbol - Liga Deportiva para Menores | Little League

T-ball: de 4 a 6 años

Softbol: de 4 a 14 años

Béisbol: de 4 a 14 años

### Liga infantil Cedar Mill

**Escuelas:** Barnes, Bonny Slope, Cedar Mill, Findley, Ridgewood, Terra Linda, Tumwater, West TV, Wm Walker, St. Pius, Holy Trinity  
[www.cmllonline.org](http://www.cmllonline.org)

### Liga infantil de Murrayhill

**Escuelas:** Aloha-Huber, Beaver Acres, Chehalem, Cooper Mt., Errol Hassell, Fir Grove, Hazeldale, Hiteon, Kinnaman, Nancy Ryles, Scholls Heights, Sexton Mountain  
[www.murrayhilllittleleague.com](http://www.murrayhilllittleleague.com)

### Liga infantil de Raleigh Hills

**Escuelas:** Greenway, McKay, Montclair, Raleigh Hills, Raleigh Park, Vose, Whitford, Conestoga  
[www.rhbaseball.com](http://www.rhbaseball.com)  
Phone: 971-217-7455

### Liga Infantil Femenina del Sur de Beaverton

Este es un programa para niñas de 4 a 14 años compuesto por jugadoras que provienen de diferentes equipos (Little League) de Beaverton, Aloha y Raleigh Hills. Este es un programa independiente y solo es de softbol.

**Escuelas:** Aloha Huber Park, Chehalem, Cooper Mountain, Greenway, Errol Hassell, Hazeldale, Kinnaman, McKay, Montclair, Raleigh Hills, Raleigh Park, Vose  
[president@sbgll.com](mailto:president@sbgll.com) or  
[southbeavertonll@gmail.com](mailto:southbeavertonll@gmail.com)  
[www.sbgll.com](http://www.sbgll.com)

### Liga infantil de Willow Creek

Este es una liga deportiva de softbol para niñas de 4 a 14 años compuesto por jugadoras que están dentro de los límites de Cedar Mill, Westview y Wolf Creek Little Leagues, las cuales son parte del Distrito 4 de Oregón. Este es un programa independiente y es solo de softbol. (T-ball mixto continuará bajo las ligas de béisbol).  
[www.willowcreeksoftball.com](http://www.willowcreeksoftball.com)

## Temporada de primavera/verano

T-ball: 6-8 años, Soft-T-ball: 6-8 años

Béisbol: 9-18 años, Softball: 9-18 años

### Baile de otoño

Para ver disponibilidad contacte a la asociación de Fall Ball: [www.westsidelyouthbaseball.com](http://www.westsidelyouthbaseball.com)

### Aloha Junior Baseball/Aloha Softball

**Escuelas:** Aloha High, Aloha Huber, Chehalem, Cooper Mt., Errol Hassell, Hazeldale, Kinnaman, Mountain View, Nancy Ryles, Sexton Mt., Valley Catholic

**AJBO:** [www.alohajuniorbaseball.org](http://www.alohajuniorbaseball.org)

**Aloha Softball:** Becky Dawson  
503-649-6883

### Beisbol | Beaverton Junior Baseball

**Escuelas:** Barnes, Beaver Acres, Chehalem, Elmonica, McKay, McKinley, Montclair, Raleigh Hills K-8, Raleigh Park, Ridgewood, Vose, West TV, Wm Walker, Cedar Park, Meadow Park, Whitford, Beaverton HS  
<https://clubs.bluesombrero.com/BEAVERTONJBO>

### Beisbol | Beaverton Blaze Softball

**Escuelas:** Fir Grove, Greenway, Hiteon, McKay, Montclair, Raleigh Hills, Raleigh Park, Conestoga, Highland Park, Whitford, Beaverton High, Jesuit High, Oregon Episcopal, Southridge High  
[www.oregonblazefastpitch.com](http://www.oregonblazefastpitch.com)

### Beisbol Juvenil en Mountainside

**Escuelas:** Aloha Huber, Chehalem, Cooper Mt., Errol Hassell, Fir Grove, Hazeldale, Kinnaman, Nancy Ryles, Scholls Heights, Sexton Mt., Conestoga, Mountain View, Mountainside High  
[mountainsidejbo.com](http://mountainsidejbo.com)

### Beisbol Juvenil en Sunset

**Escuelas:** Barnes, Cedar Mill, Findley, Ridgewood, Terra Linda, William Walker, West TV, Catlin Gabel, Cedar Park, Meadow Park, Stoller, Sunset High  
<http://www.sunsetapollosbaseball.com/youthbaseball>

### Beisbol Juvenil en Westview

**Escuelas:** Beaver Acres, Bethany, Elmonica, Five Oaks, Jacob Wismer, Lenox, McKinley, Oak Hills, Rock Creek, Meadow Park, Springfield, Stoller, St. Mary's for Boys, Westview High  
[www.westviewyouthbaseball.com](http://www.westviewyouthbaseball.com)

## Baloncesto

### Programas de Baloncesto de Invierno para grados 5-8 grados

Los Programas de Baloncesto de THPRD para los grados 5-8 son para atletas quienes viven dentro del distrito o asisten a la escuela en el Distrito Escolar de Beaverton. Las prácticas son durante la semana y los juegos principalmente son los sábados en las escuelas de BSD y/o en THPRD Centro Atlético | Athletic Center. La temporada se extiende de diciembre a marzo. La inscripción se ofrece en línea en [www.thprd.org](http://www.thprd.org). Se requiere su número de identificación de THPRD para registrarse. Si tiene alguna pregunta o necesita ayuda para registrar a su hijo/a, llame al Centro Atlético al 503-629-6330.



## Ligas Deportivas Juveniles

### Baloncesto Recreacional de Primavera para grados 5-8

La Liga Deportiva para Menores Recreacional es para atletas de grados 5-8 quienes viven dentro del distrito o asisten a la escuela en el Distrito Escolar de Beaverton. Las inscripciones inician en febrero. Visite el sitio web para más información.

### Baloncesto Recreacional de Verano para grados 6-8

Este programa está abierto para los atletas quienes comenzaran los grados 6-8 en el año escolar de 2023-2024 y quienes viven dentro del distrito o asisten a la escuela en el Distrito Escolar de Beaverton. Visite el sitio web para más información a partir de mayo.

### Baloncesto Escolar de Invierno Grados 9-12

Este programa es para atletas de grados 9-12 quienes que no jueguen en equipos escolares en el año escolar 2022-2023. Las inscripciones e información están disponibles en línea a partir de octubre. Consulte nuestro sitio de web para más información.

### Baloncesto Escolar de Verano Grados 9-12

Este programa es para atletas quienes ingresaran a los grados 9-12 en el año escolar 2022-2023. Las inscripciones e información están disponibles en línea a partir de abril 2023. Para más información consulte nuestra página web.

## Cricket

### Club de críquet de Beaverton (BCC)

Este es un club local afiliado a THPRD el cual juega con la Liga de Cricket de Oregon. Aquellas personas quienes deseen ser parte del equipo y puedan jugar ambos tipos de cricket: Hard Ball (pelota dura) y Soft Ball (pelota de tenis) pueden solicitar más información en: [www.beavertoncricketclub.com](http://www.beavertoncricketclub.com)  
email: [beavertoncricclub@gmail.com](mailto:beavertoncricclub@gmail.com)

### Club de Cricket de Portland Metro Open

Esta es una organización sin fines de lucro 501(c)(3) y esta certificada en el estado de Oregon como una Organización de Deportes Amateur, la cual se organiza con fines caritativos para apoyar el desarrollo de Cricket como deporte en el área, para jóvenes y adultos. Aquellas personas interesadas pueden solicitar más información en [www.pdxcricket.org](http://www.pdxcricket.org) o [pmocc2@gmail.com](mailto:pmocc2@gmail.com)

## Fútbol Americano

### Fútbol Americano Juvenil

Esta liga es para jugadores en los grados K-8. Los jugadores se registran de acuerdo con el área donde este su escuela. Para registrarse u obtener más información, llame o visite el sitio web que se detalla a continuación. Las inscripciones comienzan a principios de la primavera. Las prácticas y clínicas comienzan en agosto. Los juegos se juegan de septiembre a noviembre. Para obtener más información, visite [www.tvyfl.org](http://www.tvyfl.org).

#### Aloha

Inscripción: del 15 de abril al 15 de junio  
Email: [registrar@alohayouthfootball.com](mailto:registrar@alohayouthfootball.com)  
[www.alohayouthfootball.com](http://www.alohayouthfootball.com)

#### Beaverton

Inscripción: del 15 de abril al 15 de junio  
[registrar@beavertonfootball.com](mailto:registrar@beavertonfootball.com)  
[www.beavertonfootball.com](http://www.beavertonfootball.com)

#### Mountainside:

Inscripción: del 1 de abril al 15 de junio  
[registrar@mountainsideyouthfootball.com](mailto:registrar@mountainsideyouthfootball.com)  
[www.mountainsideyouthfootball.com](http://www.mountainsideyouthfootball.com)

#### Southridge

Inscripción: del 1 de abril al 15 de junio  
[president@southridgeyouthfootball.com](mailto:president@southridgeyouthfootball.com)  
[www.southridgeyouthfootball.com](http://www.southridgeyouthfootball.com)

#### Sunset

Inscripción: del 1 de abril al 15 de junio  
[sunsetyouthfootball@comcast.net](mailto:sunsetyouthfootball@comcast.net)  
[www.sunsetyouthfootball.org](http://www.sunsetyouthfootball.org)

#### Westview

Inscripción: del 1 de abril al 15 de junio  
[westviewyouthfootball@gmail.com](mailto:westviewyouthfootball@gmail.com)  
[www.westviewyouthfootball.com](http://www.westviewyouthfootball.com)



A todos nos encanta el fútbol americano. Jugar, entrenar y socializar. Sin embargo, no podríamos jugar ni un solo partido sin árbitros. Hay una falta significativa de oficiales de fútbol americano juvenil. Se necesitan nuevos oficiales cada temporada para poder garantizar que los juegos sucedan y no se pospongan o cancelen. Visite <http://www.pfoa.us> para obtener más información.

### Se necesitan entrenadores voluntarios

Si tiene experiencia en deportes y desea compartir sus conocimientos entrenando a atletas jóvenes, llame al Centro Atlético al 503-629-6330.



# Ligas Deportivas de THPRD - Información General

## Ligas Deportivas Juveniles

### Lacrosse

#### Liga Juvenil de Lacrosse de Tualatin Valley

Este es un programa comunitario creado para enseñar lacrosse a los atletas en los grados 1-8 quienes asisten a la escuela en el Distrito Escolar de Beaverton o viven dentro de los límites de THPRD. El registro de jugadores es según el área de asistencia a la escuela. Para obtener más información o registrarse comuníquese con el grupo apropiado para su área.

#### TVYLL

president@tvllax.com  
[www.tvllaxtitans.com](http://www.tvllaxtitans.com)

#### Aloha

[www.tvllaxtitans.com](http://www.tvllaxtitans.com)

#### Beaverton

president@beavertonbeaverslacrosse.com  
[www.beavertonbeaverslacrosse.com](http://www.beavertonbeaverslacrosse.com)

#### Mountainside

info@mountainsidelax.com  
[www.mountainsidelax.com](http://www.mountainsidelax.com)  
<https://facebook.com/mountainsidelax>

#### Southridge

president@southridgeskyhawksyouthlax.com  
[www.leagueathletics.com](http://www.leagueathletics.com)  
[www.southridgeskyhawksyouthlax.org](http://www.southridgeskyhawksyouthlax.org)

#### Sunset

[www.sunsetlacrosse.com](http://www.sunsetlacrosse.com)

#### Westview

president@westviewyouthlacrosse.com  
[www.westviewyouthlacrosse.com](http://www.westviewyouthlacrosse.com)

#### Lacrosse – Nivel Preparatoria | Secundaria

#### Aloha

[www.alohalacrosse.org](http://www.alohalacrosse.org)

#### Beaverton

Girls: [beavertongirlslax.com](http://beavertongirlslax.com)  
Boys: [beavertonlacrosse.leagueapps.com](http://beavertonlacrosse.leagueapps.com)

#### Mountainside

[www.mountainsidelax.org](http://www.mountainsidelax.org)

#### Southridge

[www.southridgelacrosse.org](http://www.southridgelacrosse.org)

#### Sunset

[www.sunsetlacrosse.com](http://www.sunsetlacrosse.com)

#### Westview

[www.westviewlacrosse.com](http://www.westviewlacrosse.com)



### Entrenador de fútbol Certificación

Infórmese sobre entrenamiento y certificación como entrenador/a de fútbol. Visite [tualatinhillsjuniorsoccerleague.com](http://tualatinhillsjuniorsoccerleague.com) para información acerca de las clases, fechas de clínicas y ubicaciones.

### Fútbol

#### Liga Juvenil Recreacional Fútbol de Tualatin Hills

Esta liga es para atletas de 5 a 18 años. Las practicas comienzan en agosto y los juegos en septiembre. Cada club es responsable por registrar a sus jugadores. Las inscripciones normalmente son del 1 mayo al 1 de julio. Por favor contacte el club correspondiente, vea la información a continuación o ingrese a [tualatinhillsjuniorsoccerleague.com](http://tualatinhillsjuniorsoccerleague.com).

#### Club de fútbol Aloha United

**Escuelas:** Aloha-Huber, Beaver Acres, Cooper Mt., Errol Hassell, Hazeldale, ISB, Kinnaman, Nancy Ryles, Scholls Heights, Sexton Mt. (west of Murray Blvd.)

AUSC: 971-770-2872  
[www.alohaunited.com](http://www.alohaunited.com)

#### Club de fútbol Milltown United

**Escuelas:** Barnes, Bonny Slope, Cedar Mill, Ridgewood, Terra Linda, Tumwater, West TV, William Walker

milltownregistrar@gmail.com  
[www.milltownsoccer.org](http://www.milltownsoccer.org)

#### Club de fútbol Oak Hills

**Escuelas:** Findley, Jacob Wismer, Oak Hills, Sato

email: [pres@ohsoccer.com](mailto:pres@ohsoccer.com)

[www.ohsoccer.com](http://www.ohsoccer.com)

#### Club de fútbol Somerset West

**Escuelas:** Bethany, Elmonica, Lenox, McKinley, Rock Creek, Springville

president@somersetwestsoccer.org  
[www.somersetwestsoccer.org](http://www.somersetwestsoccer.org)

#### Club de fútbol Westside

**Escuelas:** Chehalem, Fir Grove, Hiteon, Sexton Mt. (east of Murray Blvd.), Vose

WSC: 503-352-0180  
[www.westsidesoccerclub.com](http://www.westsidesoccerclub.com)

### Certificación para Árbitros de Fútbol

Para información sobre el entrenamiento y certificación para ser árbitro de fútbol, así como ver fechas de clínicas y ubicaciones visite [tualatinhillsjuniorsoccerleague.com](http://tualatinhillsjuniorsoccerleague.com).

### Fútbol recreativo de la escuela secundaria (O/13-U19)

Atletas que no jueguen fútbol en la escuela secundaria pueden inscribirse en la liga recreativa de fútbol de géneros mixto. Consulte con la liga juvenil en su área de asistencia primaria. Si la liga no ofrece inscripción para su escuela secundaria, vaya al siguiente club del área de asistencia más cercano o visite [tualatinhillsjuniorsoccerleague.com](http://tualatinhillsjuniorsoccerleague.com).

### Liga Clásica

Los atletas interesados en jugar fútbol competitivo pueden probar para esta liga. Las audiciones serán en mayo. Comuníquese con el representante del club correspondiente para obtener más información sobre las pruebas.

### Northwest Elite FC

Teléfono: 503-616-9424  
[northwestelitefc.org](http://northwestelitefc.org)

### Club de fútbol Westside Metros

Línea Club: 503-626-2975  
[john.bain@wsmetros.org](mailto:john.bain@wsmetros.org)  
[www.westsidemetros.org](http://www.westsidemetros.org)

### Vóleibol

#### Voleibol juvenil y de secundaria de otoño, Grados 4-12

Para atletas que ingresan a los grados 4-12 durante el año escolar 2023-24. La información sobre la liga y el registro en línea estará disponible en julio. Visite la página-web para más información.

#### Escuela secundaria y juvenil de verano Voleibol, Grados 4-12

Los atletas que ingresan a los grados 4-12 durante el año escolar 2023-24 son elegibles para jugar en esta liga de verano. La información sobre la liga y las inscripciones en línea estará disponible a mediados de abril. Visite la página-web para más información.





# Ligas Deportivas de THPRD - Información General

## Ligas Deportivas para Adultos

### Baloncesto

#### Baloncesto de Invierno para Adultos

La información sobre la liga y el registro en línea estará disponible a principios de octubre. Los juegos son de noviembre hasta mediados de marzo. Los partidos se juegan de lunes a jueves por la noche. A partir de octubre consulte el sitio web para obtener más información.

#### Baloncesto de Verano para Adultos

Los juegos de la liga son de junio hasta mediados de agosto. La información adicional sobre la liga y el registro en línea estará disponible en abril. La información estará disponible en el Athletic Center y en nuestro sitio web.

### Juego de tirar

La información de la liga estará disponible en el Centro Atlético y en nuestro sitio web en marzo. Los juegos son entre semana durante la primavera, el verano y principios del otoño. La información está disponible en el Centro Atlético y en nuestro sitio web.

### Kickball

#### Liga de Kickball

¡Kickball se trata de divertirse! ¿Recuerdas cuando eras niño y jugabas con la pelota con tus amigos? Kickball es un juego de recreo y también un juego de liga competitivo similar al softball. La información está disponible en el Centro Atlético y en nuestro sitio web en abril.

### Fútbol

#### Uso de campos para fútbol

THPRD coordina con las ligas deportivas el uso de campo. Los grupos que deseen usar campos por una temporada deben contactar al Centro Atlético 503-629-6330 para llenar una solicitud de uso de campo.

### Softbol

#### Uso de Campos de Beisbol y Sóftbol

THPRD coordina la asignación de todos los campos de beisbol/sóftbol de marzo a octubre. Cualquier grupo que desee reservar campos para la primavera y verano debe contactar al Centro Atlético para llenar una solicitud.

#### Softbol Abierto/Femenil de Verano | Open/Women's Slow Pitch Summer Softball

La información de esta liga está disponible a partir de febrero en nuestra página web o en el Centro Atlético. Los juegos de Softbol Abierto | Open League son los domingos por la tarde o noche. Los juegos femeninos son los martes por la noche. Los juegos de la liga son de mayo a agosto.

#### Softbol Varonil de Verano | Men's Slow Pitch Summer Softball

La información de esta liga está disponible a partir de febrero en el Centro Atlético. Los juegos son los lunes, jueves y viernes. Los juegos de la liga son de mayo a agosto.

#### Softbol Industrial

Esta liga está diseñada para empleados de compañías y negocios que se encuentren dentro del distrito. Los juegos varoniles son entre semana por la noche. Tenemos paquetes informativos a partir de febrero.

#### Liga de Softbol Femenino | Open de Otoño y Ligas de Softbol Femenino

La información de esta liga está disponible a partir de julio en la página web o en el Centro Atlético. Los juegos de Open League son los domingos por la tarde. Los juegos femeninos de Slow Pitch son los martes por las tardes. Los juegos son de agosto a octubre.

#### Liga de Softbol Varonil | Liga de Softbol Varonil de Otoño

Los juegos son entre semana por las noches y son de agosto a octubre. La información de esta liga está disponible a partir de julio en la página web o en el Centro Atlético.

### Torneo de Softbol para Adultos

Las personas que estén interesadas en organizar un torneo de sóftbol en primavera/verano en el complejo de deportes de THPRD deben llenar un acuerdo de uso de las instalaciones (Facility Use Agreement) y hacer un depósito. Contáctenos en el Centro Atlético en 503-629-6330 o [sportsrentals@thprd.org](mailto:sportsrentals@thprd.org).

### Vóleibol

Si está interesado en jugar al vóleibol para adultos, pero no tiene un equipo, por favor llame al Centro Atlético al 503-629-6330. Para inscripciones e información sobre la liga vaya al sitio web.

#### Voleibol de Arena para Adultos de Verano (Equipo Mixto) | Summer Adult Sand Volleyball (Mixed)

Esta liga recreativa juega entre semana por las tardes en el parque Cedar de junio a agosto. La información sobre la liga e inscripción está disponible en línea a partir de abril.

#### Voleibol en Césped para Adultos en Verano | Summer Adult Grass Volleyball (RC4 & RC2)

Esta liga recreativa juega entre semana por las tardes en el complejo HMT de junio a agosto. La información sobre la liga e inscripción está disponible en línea en abril.

#### Voleibol de otoño para adultos

Las ligas se juegan desde mediados de septiembre hasta noviembre. La información sobre la liga e inscripción está disponible en línea a partir de Julio.

#### Voleibol de invierno para adultos

Los juegos son de la mitad de semana en adelante por las tardes y comienzan la primera semana de enero. La información sobre la liga e inscripción está disponible en línea en noviembre.

#### Voleibol de Primavera para Adultos

Los juegos de la liga son de abril a mediados de junio. Los juegos se llevarán a cabo por las tardes. La información sobre la liga e la inscripción está disponible en línea a partir de febrero.



# Deportes acuáticos THPRD - Información General

Oficina principal de actividades acuáticas:

Howard M. Terpenning  
Recreation Complex  
15707 SW Walker Road  
Beaverton, OR 97006  
503-645-6433

## Encargado

Andrew Jackman  
Director de Actividades Acuáticas

## Directrices para el uso de las piscinas de THPRD

Copias de nuestras directrices para el uso de piscinas están disponibles en la recepción de cada centro de natación.

## Vestidores

Todas las personas mayores de 6 años utilizan el vestuario que más se alinee con su género afirmado. Consulte al recepcionista si tiene alguna pregunta. Aloha, Beaverton, Conestoga, Harman y el centro acuático de Tualatin Hills están equipados con vestidores familiares para las familias o personas con capacidades diferentes que necesitan ayuda o adaptaciones especiales.

## Oportunidades para voluntarios

### Actividades acuáticas especializadas

¡Hola nadadores! ¿Tiene talento para trabajar con los nadadores que tienen necesidades especiales? Comuníquese centro de natación de Beaverton para conocer las oportunidades para voluntarios al 503-629-6312.

### Junior Lifeguarding | Salvavidas

Para las personas que han completado el curso de salvavidas jóvenes. Hay oportunidades disponibles para ser voluntarios en todas las piscinas de THPRD. Comuníquese a las piscinas para obtener información.

### Aquatic Champion | Campeones Acuáticos

Este puesto es un puesto de voluntario que brinda a los voluntarios la oportunidad de enseñar lecciones de natación a jóvenes y adultos. Los voluntarios en este puesto proporcionarán un ambiente de aprendizaje agradable para los participantes del programa, promoviendo el desarrollo físico, social y personal de los participantes.

## Aplica en línea

[thprd.org/connect/voluntariado](https://thprd.org/connect/voluntariado)

## Drop-In | Natación Libre

**Natación abierta:** natación recreacional no estructurada para todas las edades. Los pequeños menores de 10 años deben ser supervisados visualmente por uno de los padres, tutor o encargado del cuidado que deberá tener al menos 15 años de edad. Los piqueños menores de 7 años deben estar acompañados en el agua por uno de los padres, tutor o encargado del cuidado que deberá tener al menos de 15 años de edad. Se requiere una prueba de natación para que los pequeños naden en el agua que les pase de la cabeza.

**Nado de Vuelta:** natación de acondicionamiento físico para las personas

que pueden nadar continuamente varias vueltas mientras siguen todas las reglas de etiqueta para la natación libre, incluso nadar en círculos. La natación libre es para adultos, a menos que se indique en el horario como Natación libre para todas las edades.

Para más información vaya a [thprd.org](https://thprd.org), también puede llamar o visitar un Centro de THPRD.



# Deportes acuáticos THPRD - Información General

## Programa Aprenda a nadar en THPRD

### Clases de natación para preescolares

Edades de 3 a 6 años que no han empezado el primer grado

### Clases para niños en edad escolar

Edades de 6 a 12 años que han empezado el primer grado

Las destrezas de seguridad son parte integral del programa de lecciones de natación. Se incorporarán las destrezas apropiadas a cada sesión de lecciones.

**El Nivel 1** es un ajuste inicial al ambiente del agua. Los nadadores experimentarán soplar burbujas y controlar la respiración, explorando el agua mientras están sobre su espalda y boca abajo, tanto con ayuda como sin ayuda. Al finalizar satisfactoriamente, los nadadores podrán patear usando una tabla para nadar, barco de vapor y un deslizador del largo de dos cuerpos y saltar al agua, todo sin ayuda.

**El Nivel 2** desarrollará la confianza para que el nadador flote y se deslice boca abajo y sobre su espalda, mientras se introduce la brazada estilo crol y el estilo combinado hacia atrás. Se introducirá la respiración alterna. El nadador podrá coordinar la respiración de lado con brazada durante cinco respiraciones y cinco longitudes del cuerpo sobre su espalda, braceando y pateando.

**El Nivel 3** se enfocará en desarrollar aun más las habilidades de brazada estilo crol y también aprender la brazada hacia atrás. También empezaremos a introducir las experiencias en aguas profundas manteniéndose a flote y

las habilidades de buceo para principiantes.

Los nadadores también practican realizar habilidades para distancias más largas. Al finalizar satisfactoriamente, los nadadores podrán nadar con brazada estilo crol o brazada hacia atrás 15 yardas.

**El Nivel 4** introduce la brazada de pecho y el buceo hacia adelante de pie. En enfoque será aumentar la capacidad y la resistencia de la brazada estilo crol, la brazada hacia atrás y mantenerse a flote. Al finalizar satisfactoriamente, los nadadores podrán nadar con brazada estilo crol o brazada hacia atrás 25 yardas.

**El Nivel 5** desarrolla la capacidad de brazada y desarrolla resistencia. Al finalizar satisfactoriamente, el nadador podrá nadar continuamente 300 yardas, mantenerse a flote durante dos minutos, realizar el buceo en aguas poco profundas y demostrar el nado debajo del agua.

**El nivel 6** es para continuar desarrollando la eficiencia de la brazada y aumentar resistencia. Aprenderán brazado de mariposa y comenzarán con clavados. Una vez completado, los nadadores podrán nadar 300 yardas de forma continua, mantenerse bajo el agua hasta dos minutos y demostrar habilidades de nado bajo el agua.

**El nivel 7** es para perfeccionar el brazado y prepararse para actividades acuáticas competitivas como es el equipo de natación, clavado, polo acuático, nado sincronizado, y preparación de salvavidas. Una vez completado exitosamente, podrán nadar

500 yardas de forma continua, habrán probado habilidades para deportes acuáticos competitivos y aprendizaje herramientas básicas de seguridad en el agua.

**Herramientas de Seguridad en el Agua:** Es un aparte integral del programa Learn How to Swim. Se incorporarán conocimientos básicos en cada sesión de clases.

### ¿No está seguro en qué clase inscribirse?

Ofrecemos evaluaciones de nivel gratis. Comuníquese a cualquier piscina de THPRD para obtener el horario.

### Guía de selección de niveles de natación

- Los menores de seis meses hasta los tres años se registran en Baby/Toddler & Me.
- Los menores de al menos tres años quienes no hayan iniciado el primer grado escolar y ya sepan ir al baño se registran a los niveles de preescolar Preschool Level 1-3. Otra opción es You and Your Preeschooler.
- Menores quienes hayan iniciado el primer grado hasta los 12 años de registran en School Age Level 1-4.
- Alumnos quienes naden 25 yardas en crol frontal y 25 yardas con braceado en reversa podrán registrarse en los niveles Level 5-7
- Los exámenes para verificar el nivel de cada estudiante se realizan en el primer día de clases.

## Instrucción especializada

### Baby & Me/Toddler & Me

(Mi bebé e yo/Mi niño pequeño y yo)

Bebés (6 meses a 2 años)/niños pequeños (2 a 3 años)

Una clase de adaptación al agua para los padres e hijos. Las habilidades básicas se introducen por medio de juegos y canciones. Se requiere el uso de pañales para nadar.

### Usted y su hijo en edad preescolar

3 años a 5 años 11 meses

Una clase de adaptación al agua para estudiantes en edad preescolar que tienen dificultad para hacer una transición a una clase sin participación de los padres. Se introducen las habilidades básicas del Nivel 1 con la participación de los padres en el agua.

### Actividades acuáticas especializadas

Un programa de instrucción para niños de todas las edades con discapacidades. Nuestros instructores capacitados proporcionan la oportunidad de recibir un aprendizaje personalizado. Elevación en agua/ acuática ADA (solo en Aloha, Beaverton Harman, Sunset).

### Instrucciones de buceo

Prerrequisito: 25 yardas con brazada estilo crol y 25 yardas hacia atrás.

Niveles 1 y 2: se enseñarán los fundamentos básicos en la clase.

Niveles 3 y 4: para buzos permanentes.

### Junior Lifeguarding | Salvavidas

Edades de 12 a 15 años, Nivel 4+

Los participantes reciben capacitación integral sobre el conocimiento y las habilidades necesarias para prepararse para el programa de capacitación de salvavidas y para que se les capacite como asistentes del instructor. Los participantes deben tener la capacidad de nadar 300 yardas y mantenerse a flote por dos minutos.

### Junior Lifeguard | Salvavidas Júnior - Pista alternativa

Pista alternativa de la Salvavidas júnior



### Edades de 15+ años

El curso se enfoca en el trabajo de un salvavidas en un ambiente de piscina. La certificación incluye primeros auxilios y RCP para el Rescatista profesional.

### Prerrequisitos (Nivel 5+):

1) Nadar 300 yardas (utilizando brazada estilo crol y brazada de pecho).

2) Nadar 20 yardas, sumergirse a una profundidad de 7 a 10 pies, recuperar un ladrillo de buceo de 10 lb, regresar a la superficie y nadar de nuevo al punto de inicio en el transcurso de 1 minuto, 40 segundos.

### Requisitos para la certificación:

1) Asistir a todos los horarios de clases (no hay reposiciones, no hay excepciones).

2) Completar satisfactoriamente todas las pruebas de habilidades requeridas en RCP para el Rescatista profesional y AED, primeros auxilios y Salvavidas.

3) Obtener una puntuación de 80% en los exámenes escritos finales.

# Deportes acuáticos THPRD - Información General

## Formación Profesional Acuática

Instalación	Fecha	Día	Horario	ID/AP	OD	Clase
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### Formación de salvavidas

Edades 15+ años

Este curso de enfoca a desarrollarse como salvavidas en un ambiente de piscinas como profesión. La certificación incluye primeros auxilios y RCP. Prerrequisitos: 1) Nadar 300 yardas (utilizando brazada estilo crol y brazada de pecho) 2) Nadar 20 yardas, sumergirse a una profundidad de 7 a 10 pies, recuperar un ladrillo de buceo de 10 lb, regresar a la superficie y nadar de nuevo al punto de inicio en el transcurso de 1 minuto, 40 segundos. Requisitos para la certificación: 1) Asistir a todos los horarios de clases (no hay reposiciones, no hay excepciones). 2) Completar satisfactoriamente todas las pruebas de habilidades requeridas en RCP, primeros auxilios y Salvavidas. 3) Obtener una puntuación de 80% en los exámenes escritos finales.

#### Invierno

Centro de natación Harman	1/19-1/21	Vie-dom	8:30am-5pm	\$260	\$325	HM350000
Centro de natación Beaverton	1/19-1/27	Vie y sab	Vie 4pm-8pm Sab 9am-5pm	\$260	\$325	BV352000
Centro de natación Sunset	1/20-2/3	Sábados	9am-5pm	\$260	\$325	SS350000
Conestoga	2/4-2/25	Domingos	9:15am-4pm	\$260	\$325	CA352000
Centro de natación Beaverton	2/16-2/24	Vie y sab	Vie 4pm-8pm Sab 9am-5pm	\$260	\$325	BV352001
Centro de natación Beaverton	3/22-3/24	Vie-dom	9am-5pm	\$260	\$325	BV352002
Conestoga	3/25-3/28	Lun-jue	9:15am-4pm	\$260	\$325	CA352001
Centro Acuático	3/25-3/28	Lun-jue	9am-4pm	\$260	\$325	AQ352000

#### Primavera

Centro de natación Sunset	4/14-4/28	Domingos	9am-5pm	\$260	\$325	SS450000
Centro de natación Beaverton	4/19-4/27	Vie y sab	Vie 4pm-8pm Sab 9am-5pm	\$260	\$325	BV452000
Conestoga	4/25-5/19	Domingos	9:15am-4pm	\$260	\$325	CA452000
Centro de natación Beaverton	5/17-5/25	Vie y sab	Vie 4pm-8pm Sab 9am-5pm	\$260	\$325	BV452001
Centro de natación Beaverton	6/14-6/16	Vie-dom	9am-5pm	\$260	\$325	BV452003

### Junior Lifeguard | Salvavidas Junior

Edades 12-16 años, nivel 4+

Los participantes reciben un entrenamiento sobre el conocimiento y el desarrollo de habilidades necesarias para prepararse como salvavidas y quien desea entrenar como ayudante de instructor. Los participantes deben de poder nadar 300 yardas y mantenerse a flote por al menos 2 minutos.

Conestoga	1/20-2/10	Sábados	11am-1:00pm	\$100	\$125	CA351000
Centro de natación Harman	1/21-3/10	Domingos	1:00-3:30pm	\$100	\$125	HM351000A

## Club de natación

### Club de natación Tualatin Hills Thunderbolts

Office: 503-629-5568  
www.thunderboltswimming.org

### Club de buceo de Tualatin Hills

www.tualatinhillsdiveclub.com

### Club de sincro de Tualatin Hills

www.thillssynchroclub.org

### Club de waterpolo de Tualatin Hills

www.thillswaterpolo.org

### Club de natación Tualatin Hills Barracuda Masters (adultos solamente)

Por favor póngase en contacto con el presidente de miembros en: thb.membership@barracudas.org o visite www.barracudas.org



# Apranda Ganando

Oportunidades de entrenamiento pagadas para crear trayectorias hacia empleos en el área de actividades acuáticas



## Explore una carrera en actividades acuáticas mientras recibe un pago

Apranda Ganando o Earn to Learn ofrece a personas de 16 años en adelante la oportunidad de tener acceso a oportunidades de entrenamiento pagadas. Los candidatos calificados pueden aplicar como salvavidas o instructores, y mientras reciben un pago también reciben entrenamiento, incluyendo certificaciones.



Reciba formación profesional



Aprende herramientas de trabajo y aumenta tu capacidad de seguimiento



Recibir un pago



**¡Aplica hoy!**

Vaya a [thprd.org](http://thprd.org) e infórmese de como registrarse



@THPRD



[www.thprd.org](http://www.thprd.org)



# THPRD *Aquatics* - General Information

**Main Aquatics Office:**  
Howard M. Terpenning  
Recreation Complex  
15707 SW Walker Road  
Beaverton, OR 97006  
503-629-6310

## **Personnel**

**Andrew Jackman,**  
Aquatics Manager

## **THPRD Pool Guidelines**

Copies of our pool guidelines are available at the front desk of each swim center.

## **Dressing Rooms**

It is requested that all individuals age 6 and over use the locker room that is most aligned with their affirmed gender. Please check with front desk staff if you have any questions. Aloha, Beaverton, Conestoga, Harman and the Tualatin Hills Aquatic Center are equipped with accessible single stall changing rooms.

## **Volunteer Opportunities**

### **Adaptive Aquatics**

Hey, swimmers! Do you have a talent for working with swimmers with physical or developmental disabilities? Contact Harman Swim Center for volunteer opportunities at 503-629-6314.

### **Junior Lifeguarding**

This is for those individuals who have completed the Junior Lifeguard course. Volunteer opportunities are available at all THPRD pools. Please call the pools for information.

### **Aquatic Champion**

This position is a volunteer position that provides volunteers with the opportunity to teach youth and adult swimming lessons. Volunteers in this position will provide an enjoyable learning environment for program participants, promoting participants' physical, social and personal development.

### **Apply Online**

[thprd.org/connect/volunteer](http://thprd.org/connect/volunteer)

## **Drop-in Swimming at THPRD**

### **Open Swim**

Unstructured recreational swim for all ages. Children under 10 years of age must be visually supervised by a parent, guardian or caregiver at least 15 years of age. Children under 7 years of age must be accompanied in the water by a parent, guardian or caregiver at least 15 years of age. Swim test required for children swimming in water over their head.

### **Lap Swim**

A fitness swim for those who can safely swim continuous laps while following all rules of etiquette for lap swim, including circle swimming. Lap swim is for adults unless noted on the schedule as an All-age Lap Swim.

### **Independent Exercise/Deep End Open Exercise**

This drop-in program is an unstructured swim for personal water fitness, aqua jogging or water walking in designated areas of the pool. Participants can use the water fitness equipment provided at the swim centers during this time frame. Participants must be 15 years or older to participate in this drop-in program.

Visit [thprd.org](http://thprd.org) for more information and fees.



# THPRD *Aquatics* - General Information

## THPRD Learn To Swim Program

### Preschool Swimming Classes

Ages 3-6 who have not started first grade.

### School-age Classes

Ages 6-12 who have started first grade.

The prerequisite for each level is completing all skills in the previous level confidently, consistently, and comfortably. There is no prerequisite for Level 1.

**Level 1** The focus is submersion and breath control working on independent floating, gliding, and kicking on front and back. Upon successful completion, swimmers will be able to kick while using a kickboard, float on their front and back, steamboat and back glide for two body lengths and jump into the water, all unassisted.

**Level 2** The focus is working on productive, propulsive arm strokes and effective kicks on front and back. Upon successful completion, the swimmer will be able to coordinate side breathing with arm strokes on a kickboard, swim five body lengths on their back doing winging and kicking, and jump into the water then swim to the wall unassisted.

**Level 3** The focus is crawl stroke proficiency, introduction of new back skills, and orienting to deeper water. Upon successful completion, they will be able to catch 5 breaths doing crawl stroke, roll on their back, then

swim winging and kicking on their back for a total of 15 yards.

**Level 4** The focus is continued stroke development on crawl stroke and backstroke, getting ready for more advanced strokes, and starting the diving progression with sitting and kneeling dives. Upon successful completion, swimmers will be able to swim crawl stroke and backstroke for 15 yards and pass the swim test.

**Level 5** The focus is increasing stroke proficiency and endurance, learning breaststroke, and continuing the diving progression with standing dives. Upon successful completion, swimmers will be able to swim 50 yards crawl stroke, 50 yards backstroke, and 25 yards of breaststroke with proper timing and technique.

**Level 6** The focus is continued stroke proficiency and endurance, learning butterfly, and finishing the diving progression with long, shallow dives. Upon successful completion, swimmers will be able to swim continuously for 300 yards, tread water for two minutes, and demonstrate underwater swimming.

**Level 7** The focus is stroke refinement, preparation for the competitive aquatic activities like swim team, diving, water polo, and synchronized swimming, and

preparation for lifeguarding. Upon successful completion, they will have completed a 500-yard continuous swim, tried skills from each of the competitive aquatic sports, and learned some basic water safety skills.

**Safety Skills:** Safety skills are an integral part of the learn to swim program. Appropriate safety skills will be incorporated into each session of lessons.

### Swim Lesson Level Registration Guide

- Students aged six months to three years register for Baby/Toddler & Me.
- Students at least three years old, not started first grade and toilet trained register for Preschool Level 1-3. Another option is You and Your Preschooler.
- Students who have started first grade through age 12 register for School Age Level 1-4.
- Students swimming 25 yards of strong front crawl (head down with side breathing, stretched kicks, and arms over the water) and 25 yards of strong backstroke (feet and body near the surface and arms reaching straight up out of the water) register for Level 5-7.
- Level assessments will be done on the first day of class for all students.

## Specialty Instruction

### Baby & Me / Toddler & Me

Babies 6 mos-2 yrs / toddlers 2-3 yrs

A water adjustment class for parent and child. Basic skills are introduced with games and songs. Swim diapers required.

### You & Your Preschooler

3 yrs-5 yrs 11 mos

A water adjustment class for preschool students who have had difficulty transitioning to a class without parent participation. Basic skills from Level 1 are introduced, with parent participation in the water.

### Adaptive Aquatics

An instruction program for all ages experiencing disabilities. Our trained instructors provide a one-on-one learning opportunity. ADA water/aquatic lift available at all pools.

### Diving Instruction

Prerequisite: 25 yards crawl and 25 yards on back.

Levels 1 & 2 - Class will teach basics.

Levels 3 & 4 - For continuing divers.

### Splash

A recreational swim team for youth ages 5-17 who can swim 25 yards of crawl stroke and 25 yards of backstroke. Swim meets on some Saturdays.

# THPRD *Aquatics - General Information*

## Aquatics Professional Training

Facility	Date	Day	Time	ID/AP	OD	Class #
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### Lifeguard Training

*Ages 15+ years*

Course focuses on the job of a lifeguard in a swimming pool environment. Certification includes first aid and CPR for the professional rescuer. **Prerequisites:** 1) 300 yard swim (utilizing crawl stroke and breaststroke) 2) Swim 20 yards, submerge to a depth of 7-10 ft., retrieve a 10 lb. diving brick, return to the surface and swim back to the starting point within 1 minute, 40 seconds. **Certification Requirements:** 1) Attend all class hours (no make-ups, no exceptions). 2) Successfully complete all required skill testing in CPR for the Professional Rescuer and AED, First Aid and Lifeguarding 3) Score 80% on the final written exams.

<b>Winter</b>						
Harman Swim Center	1/19-1/21	Fri-Sun	8:30am-5pm	\$260	\$325	HM350000
Beaverton Swim Center	1/19-1/27	Fri & Sat	Fri 4pm-8pm Sat 9am-5pm	\$260	\$325	BV352000
Sunset Swim Center	1/20-2/3	Saturdays	9am-5pm	\$260	\$325	SS350000
Conestoga	2/4-2/25	Sundays	9:15am-4pm	\$260	\$325	CA352000
Beaverton Swim Center	2/16-2/24	Fri & Sat	Fri 4pm-8pm Sat 9am-5pm	\$260	\$325	BV352001
Beaverton Swim Center	3/22-3/24	Fri-Sun	9am-5pm	\$260	\$325	BV352002
Conestoga	3/25-3/28	M-TH	9:15am-4pm	\$260	\$325	CA352001
Aquatic Center	3/25-3/28	M-Th	9am-4pm	\$260	\$325	AQ352000
<b>Spring</b>						
Sunset Swim Center	4/14-4/28	Sundays	9am-5pm	\$260	\$325	SS450000
Beaverton Swim Center	4/19-4/27	Fri & Sat	Fri 4pm-8pm Sat 9am-5pm	\$260	\$325	BV452000
Conestoga	4/25-5/19	Sundays	9:15am-4pm	\$260	\$325	CA452000
Beaverton Swim Center	5/17-5/25	Fri & Sat	Fri 4pm-8pm Sat 9am-5pm	\$260	\$325	BV452001
Beaverton Swim Center	6/14-6/16	Fri-Sun	9am-5pm	\$260	\$325	BV452003

### Junior Lifeguarding

*Ages 12-16 years, Level 4+*

Participants receive comprehensive training in the knowledge and skill necessary to prepare for the Lifeguarding program and to be trained as an instructor aide. Participants must be able to swim 300 yards and tread water for two minutes.

Conestoga	1/20-2/10	Saturdays	11am-1:00pm	\$100	\$125	CA351000
Harman Swim Center	1/21-3/10	Sundays	1:00-3:30pm	\$100	\$125	HM351000A

## Aquatic Clubs

### Tualatin Hills Thunderbolts Swim Club

Office: 503-629-5568  
www.thunderboltswimming.org

### Tualatin Hills Dive Club

www.tualatinhillsdiveclub.com

### Tualatin Hills Synchro Club

www.thillssynchroclub.org

### Tualatin Hills Water Polo Club

www.thillswaterpolo.org

### Tualatin Hills Barracuda Masters Swim Club (adults only)

Please contact the membership chair at: membership@barracudas.org or visit www.barracudas.org

# Earn to Learn

Creating paid training pathways to employment for aquatic jobs



## Explore an Aquatic Career & Earn a Paycheck

Earn to Learn offers individuals of all ages (16+) paid aquatic training opportunity. Qualified candidates can now apply for a lifeguard or swim instructor position and receive paid, professional training while obtaining the necessary certifications.



- Receive professional training



- Learn job skills & build confidence



- Earn a paycheck



**APPLY TODAY!**

Go to [www.thprd.org/jobs](http://www.thprd.org/jobs) and learn how to get started



[www.thprd.org](http://www.thprd.org)



# THPRD Sports Leagues - General Information

## Sports Leagues - Youth

Organizational information will be available at the Athletic Center and on our website at [www.thprd.org](http://www.thprd.org)

### Youth Sports League ID System

All youth sports league participants are required to have a valid THPRD ID number and out-of-district assessment fees paid, if applicable, prior to participation in a youth sports league. Please see website for THPRD ID card information.

### Baseball/Softball

Registration for youth baseball and softball leagues is done through the associations listed below. Associations are divided by Beaverton School District elementary school attendance areas. If you attend a private school, you will play within your public school attendance area. Contact your appropriate association for more information.

All of the Beaverton Area Little League groups are governed by Oregon District 4 Little League. For more information, please visit the league's website, [www.ord4.com](http://www.ord4.com).

**Spring Leagues:** Registration begins in January. Play runs March-June.

**Summer Leagues:** Registration is in January and February. Play runs May-July.

**Fall Leagues:** Registration begins in August. The program is for 6-12 year olds. Play runs September/October.

### Little League Baseball

**T-ball:** ages 4-6

**Softball:** ages 4-14

**Baseball:** ages 4-14

### Cedar Mill Little League

Barnes, Bonny Slope, Cedar Mill, Findley, Ridgewood, Terra Linda, Tumwater, West TV, Wm Walker, St. Pius, Holy Trinity  
[www.cmllonline.org](http://www.cmllonline.org)

### Murrayhill Little League

Aloha-Huber, Beaver Acres, Chehalem, Cooper Mt., Errol Hassell, Fir Grove, Hazeldale, Hiteon, Kinnaman, Nancy Ryles, Scholls Heights, Sexton Mountain  
[www.murrayhilllittleleague.com](http://www.murrayhilllittleleague.com)

### Raleigh Hills Little League

Greenway, McKay, Montclair, Raleigh Hills, Raleigh Park, Vose, Whitford, Conestoga  
[www.rhbaseball.com](http://www.rhbaseball.com)  
Phone: 971-217-7455

### South Beaverton Girls Little League

A girls (ages 4-14) program that is comprised of players within the combined boundaries of Beaverton, Aloha and Raleigh Hills Little Leagues. It is chartered as an independent, softball-only program.

Aloha Huber Park, Chehalem, Cooper Mountain, Greenway, Errol Hassell, Hazeldale, Kinnaman, McKay, Montclair, Raleigh Hills, Raleigh Park, Vose

president@sbgll.com or  
southbeavertonll@gmail.com  
[www.sbgll.com](http://www.sbgll.com)

### Willow Creek Little League

This is a little league girls softball program comprised of players within the combined boundaries of Cedar Mill, Westview, and Wolf Creek Little Leagues based under Oregon District 4. It is chartered as an independent, softball-only program. (Co-ed t-ball will continue under the baseball leagues.) This program is open to girls ages 4-14 yrs.

[www.willowcreeksoftball.com](http://www.willowcreeksoftball.com)

### Spring/Summer Season

**T-ball:** 6-8 yrs, **Soft-T-ball:** 6-8 yrs

**Baseball:** 9-18 yrs, **Softball:** 9-18 yrs

### Fall Ball

Contact the association for fall ball availability:  
[www.westsidelyouthbaseball.com](http://www.westsidelyouthbaseball.com)

### Aloha Junior Baseball/Aloha Softball

Aloha High, Aloha Huber, Chehalem, Cooper Mt., Errol Hassell, Hazeldale, Kinnaman, Mountain View, Nancy Ryles, Sexton Mt., Valley Catholic

**AJBO:** [www.alohajuniorbaseball.org](http://www.alohajuniorbaseball.org)

**Aloha Softball:** Becky Dawson  
503-649-6883

### Beaverton Junior Baseball

Barnes, Beaver Acres, Chehalem, Elmonica, McKay, McKinley, Montclair, Raleigh Hills K-8, Raleigh Park, Ridgewood, Vose, West TV, Wm Walker, Cedar Park, Meadow Park, Whitford, Beaverton HS  
<https://clubs.bluesombrero.com/BEAVERTONJBO>

### Beaverton Blaze Softball

Fir Grove, Greenway, Hiteon, McKay, Montclair, Raleigh Hills, Raleigh Park, Conestoga, Highland Park, Whitford, Beaverton High, Jesuit High, Oregon Episcopal, Southridge High  
[www.oregonblazefastpitch.com](http://www.oregonblazefastpitch.com)

### Mountainside Junior Baseball

Aloha Huber, Chehalem, Cooper Mt, Errol Hassell, Fir Grove, Hazeldale, Kinnaman, Nancy Ryles, Scholls Heights, Sexton Mt., Conestoga, Mountain View, Mountainside High  
[mountainsidejbo.com](http://mountainsidejbo.com)

### Sunset Junior Baseball

Barnes, Cedar Mill, Findley, Ridgewood, Terra Linda, William Walker, West TV, Catlin Gabel, Cedar Park, Meadow Park, Stoller, Sunset High  
<http://www.sunsetapollosbaseball.com/youthbaseball>

### Westview Youth Baseball

Beaver Acres, Bethany, Elmonica, Five Oaks, Jacob Wismer, Lenox, McKinley, Oak Hills, Rock Creek, Meadow Park, Springville, Stoller, St. Mary's for Boys, Westview High  
[www.westviewyouthbaseball.com](http://www.westviewyouthbaseball.com)

### Basketball

#### 5th-8th Grade Winter Basketball Programs

THPRD's 5th through 8th grade basketball programs are for athletes residing in THPRD boundaries or attending school in the Beaverton School District. Practices are held during the week with games primarily on Saturdays at the BSD schools and/or THPRD Athletic Center. The season runs December-March. For your convenience, registration for youth basketball is now offered online at [www.thprd.org](http://www.thprd.org). A current THPRD card number is required to register. For any other questions or help with registering your child, call the Athletic Center at 503-629-6330.

#### 5th-8th Grade Recreational Spring Basketball

The Youth Spring Basketball Recreational League is open to athletes currently in grades 5-8 and attending a Beaverton School District #48 middle school or residing within District #48 or THPRD boundaries. Registration will begin February. Check our website for more information.

#### 6th-8th Grade Recreational Summer Basketball

The Summer Basketball Recreational League is open to athletes who will be entering grades 6-8 in the 2023-24 school year and attending a Beaverton School District #48 middle school or residing within District #48 or THPRD boundaries. Check our website for more information in May.

# THPRD Sports Leagues - General Information

## Sports Leagues - Youth

### Winter High School Basketball Grades 9-12

For athletes not playing on school teams in grades 9-12 in the 2022-23 school year. League and online registration information will be available in October. Check our website for more information.

### Summer High School Basketball Grades 9-12

For athletes entering grades 9-12 in the 2023-24 school year. League and online registration will be available in April 2023. Check our website for more information.

## Cricket

### Beaverton Cricket Club (BCC)

The Beaverton Cricket Club is the local THPRD-affiliated club that plays in the Oregon Cricket League. Those interested in joining the Beaverton Cricket Club and playing both hard (season) ball and soft (tennis) ball cricket should direct general inquiries to:

[www.beavertoncricketclub.com](http://www.beavertoncricketclub.com)  
email: [beavertoncricketclub@gmail.com](mailto:beavertoncricketclub@gmail.com)

### Portland Metro Open Cricket Club

PMOCC is a 501(c)(3) non-profit entity and a State of Oregon certified Amateur Sports Organization, organized for charitable purposes to further the sport of cricket in Portland and surrounding areas and to cultivate interest in the sport of cricket at all youth and adult levels.

Those interested in joining PMOCC should direct inquiries to [www.pdxcricket.org](http://www.pdxcricket.org) or [pmocc2@gmail.com](mailto:pmocc2@gmail.com)

## Football

### Youth Football

The Tualatin Valley Youth Football Leagues are for players in grades K-8. Players register according to high school attendance area. To register or get more information, call or visit the website of your local contact listed below. Registration begins in early spring. Practices and clinics begin in August. Games are played September to November. For more information, visit [www.tvyfl.org](http://www.tvyfl.org).

#### Aloha

Registration: April 15-June 15  
Email: [registrar@alohayouthfootball.com](mailto:registrar@alohayouthfootball.com)  
[www.alohayouthfootball.com](http://www.alohayouthfootball.com)

#### Beaverton

Registration: April 15-June 15  
[registrar@beavertonfootball.com](mailto:registrar@beavertonfootball.com)  
[www.beavertonfootball.com](http://www.beavertonfootball.com)

#### Mountainside:

Registration: April 1-June 15  
[registrar@mountainsideyouthfootball.com](mailto:registrar@mountainsideyouthfootball.com)  
[www.mountainsideyouthfootball.com](http://www.mountainsideyouthfootball.com)

#### Southridge

Registration: April 15-June 15  
[president@southridgeyouthfootball.com](mailto:president@southridgeyouthfootball.com)  
[www.southridgeyouthfootball.com](http://www.southridgeyouthfootball.com)

#### Sunset

Registration: April 1-June 30  
[sunsetyouthfootball@comcast.net](mailto:sunsetyouthfootball@comcast.net)  
[www.sunsetyouthfootball.org](http://www.sunsetyouthfootball.org)

#### Westview

Registration: April 1-June 15  
[westviewyouthfootball@gmail.com](mailto:westviewyouthfootball@gmail.com)  
[www.westviewyouthfootball.com](http://www.westviewyouthfootball.com)

We all love football. Playing, coaching, and socializing. However, we couldn't play even a single game without officials. There is a significant shortage of youth and high school football officials. New officials are needed this season to ensure games are not postponed or canceled. Please visit <http://www.pfoa.us> for more information.



### Volunteer Coaches Needed

If you have experience in sports and the desire to share your knowledge by coaching young athletes, please call the Athletic Center at 503-629-6330.



# THPRD Sports Leagues - General Information

## Sports Leagues - Youth

### Lacrosse

#### Tualatin Valley Youth Lacrosse League

Tualatin Valley Youth Lacrosse League is a community-based program created to teach lacrosse to athletes in grades 1-8 who attend a Beaverton School District school or reside within THPRD boundaries. Players register according to high school attendance area. To register or get more information, contact the appropriate group for your area.

#### TVYLL

president@tvllax.com  
[www.tvllaxtitans.com](http://www.tvllaxtitans.com)

#### Aloha

[www.tvllaxtitans.com](http://www.tvllaxtitans.com)

#### Beaverton

president@beavertonbeaverslacrosse.com  
[www.beavertonbeaverslacrosse.com](http://www.beavertonbeaverslacrosse.com)

#### Mountainside

info@mountainsidelax.com  
[www.mountainsidelax.com](http://www.mountainsidelax.com)  
<https://facebook.com/mountainsidelax>

#### Southridge

president@southridgeskyhawkseyouthlax.com  
[www.leagueathletics.com](http://www.leagueathletics.com)  
[www.southridgeskyhawkseyouthlax.org](http://www.southridgeskyhawkseyouthlax.org)

#### Sunset

[www.sunsetlacrosse.com](http://www.sunsetlacrosse.com)

#### Westview

president@westviewyouthlacrosse.com  
[www.westviewyouthlacrosse.com](http://www.westviewyouthlacrosse.com)

#### High School Lacrosse

##### Aloha

[www.alohalacrosse.org](http://www.alohalacrosse.org)

##### Beaverton

Girls: [beavertongirlslax.com](http://beavertongirlslax.com)  
Boys: [beavertonlacrosse.leagueapps.com](http://beavertonlacrosse.leagueapps.com)

##### Mountainside

[www.mountainsidelax.org](http://www.mountainsidelax.org)

##### Southridge

[www.southridgelacrosse.org](http://www.southridgelacrosse.org)

##### Sunset

[www.sunsetlacrosse.com](http://www.sunsetlacrosse.com)

##### Westview

[www.westviewlacrosse.com](http://www.westviewlacrosse.com)



### Soccer Coach Certification

For training and certification for soccer coaching, go to [tualatinhillsjuniorsoccerleague.com](http://tualatinhillsjuniorsoccerleague.com) for information on classes and clinic dates and locations.

### Soccer

#### Tualatin Hills Junior Soccer Recreational League

Teams will be formed of athletes ages 5-18. Practices begin in August. League games begin in September. Each club is responsible for registering their own players. Registration is generally accepted May 1-July 1. Please contact the appropriate club listed below for more information or log on to [tualatinhillsjuniorsoccerleague.com](http://tualatinhillsjuniorsoccerleague.com).

#### Aloha United Soccer Club

Schools: Aloha-Huber, Beaver Acres, Cooper Mt., Errol Hassell, Hazeldale, ISB, Kinnaman, Nancy Ryles, Scholls Heights, Sexton Mt. (west of Murray Blvd.)

AUSC: 971-770-2872  
[www.alohaunited.com](http://www.alohaunited.com)

#### Milltown United Soccer Club

Schools: Barnes, Bonny Slope, Cedar Mill, Ridgewood, Terra Linda, Tumwater, West TV, William Walker

milltownregistrar@gmail.com  
[www.milltownsoccer.org](http://www.milltownsoccer.org)

#### Oak Hills Soccer Club

Schools: Findley, Jacob Wismer, Oak Hills, Sato  
email: [pres@ohsoccer.com](mailto:pres@ohsoccer.com)

[www.ohsoccer.com](http://www.ohsoccer.com)

#### Somerset West Soccer Club

Schools: Bethany, Elmonica, Lenox, McKinley, Rock Creek, Springville

president@somersetwestsoccer.org  
[www.somersetwestsoccer.org](http://www.somersetwestsoccer.org)

#### Westside Soccer Club

Schools: Chehalem, Fir Grove, Hiteon, Sexton Mt. (east of Murray Blvd.), Vose

WSC: 503-352-0180  
[www.westsidesoccerclub.com](http://www.westsidesoccerclub.com)

### Soccer Referee Certification

For training and certification for soccer referees, and clinic dates and locations, visit [tualatinhillsjuniorsoccerleague.com](http://tualatinhillsjuniorsoccerleague.com).

### High School Recreational Soccer (O/13-U19)

Athletes not playing high school soccer can register for the recreational coed soccer league. Check with the youth league in your elementary attendance area. If the league does not offer registration for your high school, go to the next closest attendance area club or [tualatinhillsjuniorsoccerleague.com](http://tualatinhillsjuniorsoccerleague.com).

### Classic League

Athletes interested in playing competitive soccer may try out for this league. Tryouts will be held in May. Contact the appropriate club representative for more tryout information.

### Northwest Elite FC

Phone: 503-616-9424  
[northwestelitefc.org](http://northwestelitefc.org)

### Westside Metros Soccer Club

Club Line: 503-626-2975  
[john.bain@wsmetros.org](mailto:john.bain@wsmetros.org)  
[www.westsidemetros.org](http://www.westsidemetros.org)

### Volleyball

#### Fall Youth and High School Volleyball, Grades 4-12

For athletes entering grades 4-12 during the 2023-24 school year. League and online registration information will be available in July. Check the website for more information.

#### Summer Youth and High School Volleyball, Grades 4-12

Athletes entering grades 4-12 during the 2023-24 school year are eligible to play in this summer league. League and online registration information will be available mid-April. Check the website for more information.



# THPRD Sports Leagues - General Information

## Sports Leagues - Adult

### Basketball

#### Winter Adult Basketball

League and online registration information will be available in early October. League play will begin in November and run through mid-March. Games will be played Monday through Thursday evenings. Check the website for more information in October.

#### Summer Adult Basketball

League play will begin in June and continue through mid-August. Additional league and online registration information will be available in April. Check the website for more information. Organizational information will be available at the Athletic Center and on our website.

### Cornhole

League information will be available at the Athletic Center and on our website by March. Games will be played on weeknights through Spring, Summer, and early Fall. Organizational information will be available at the Athletic Center and on our website.

### Kickball

#### Kickball League

Kickball is all about having fun! Remember when you were a kid and played kickball with your friends? Kickball is a playground game and also a competitive league game similar to softball. Organizational information will be available at the Athletic Center and on our website in April.

### Soccer

#### Soccer Field Use

THPRD coordinates the scheduling of soccer fields for community sports leagues and adult teams throughout the year. Groups wanting seasonal use should call the Athletic Center at 503-629-6330 for a field use application.

#### El uso de campo de fútbol

THPRD coordinara el horario de los campos para ligas de deportes durante el año. Grupos que quieren usar campos por una temporada necesitan llamar el Athletic Center 503-629-6330 para una solicitud de uso de campos.

### Softball

#### Baseball/Softball Field Use

THPRD will coordinate the assignment of district wide baseball/softball fields from March 1 through October. Any group wishing to reserve fields for Spring and Summer should first obtain an application form from the Athletic Center.

#### Open/Women's Slow Pitch Summer Softball

League information will be available at the Athletic Center and on our website, in February. Open League games will be played on Sunday late afternoon and evenings and women's games will be played on Tuesday evenings. League play runs May through August.

#### Men's Slow Pitch Summer Softball

League information will be available at the Athletic Center website in February. Men's games are played Monday, Thursday and Friday. League play runs May through August.

#### Industrial Softball

This league is designed for employees of companies/businesses located within the THPRD boundaries. League play will be weekday evenings. Informational packets will be available in February.

#### Fall Open and Women's Softball Leagues

League information will be available at the Athletic Center and on our website, [www.thprd.org](http://www.thprd.org), by July. Open League games will be on Sunday evenings. Women's slow pitch games will be Tuesday evenings. League play will run late August through October.

#### Fall Men's One-Pitch League Softball

League plays weeknights August through October. Organizational information will be available at the Athletic Center and on our website in July.

### Adult Softball Tournaments

Individuals interested in hosting Spring/Summer softball tournaments at the THPRD sports complex must submit an facility use agreement and deposit. Call the Athletic Center at 503-629-6330 or send request to [sportsrentals@thprd.org](mailto:sportsrentals@thprd.org).

### Volleyball

If you are interested in playing adult volleyball but don't have a team, please call the Athletic Center at 503-629-6330. League and registration information can be found on the website.

#### Summer Adult Sand Volleyball (Mixed)

This recreational league plays weekday evenings at Cedar Hills Park from June through August. League and online registration information will be available in April.

#### Summer Adult Grass Volleyball (RC4 & RC2)

This recreational league plays weekday evenings at the HMT complex from June through August. League and online registration information will be available in April.

#### Adult Fall Volleyball

Leagues play mid-September through November. League and online registration information will be available in July.

#### Adult Winter Volleyball

Games are played mid-week evenings and will begin the first week in January. League and registration information will be available in November.

#### Adult Spring Volleyball

League play runs April through mid-June. Games will be held weekday evenings. League and registration information will be available in February.





# Aloha Swim Center



**TUALATIN HILLS  
PARK & RECREATION DISTRICT**

**18650 SW Kinnaman Road  
Aloha, 97078  
503-629-6311**

TriMet Bus Routes #52, #57, #88

**Facility Supervisor:** Patrick Williamson

**Hours:** (hours subject to change. Check thprd.org for most updated schedule)

Monday-Friday            2:30 pm - 9:00 pm  
Sunday                      12:00 pm - 6:00 pm

**Facility Closed:** 1/15, 2/19, 5/27

**Aloha Swim Center features:**

- ADA Lift Available
- Independent Changing Rooms
- Average Pool Temperature: 85°

## Winter/Spring Events

### Vamos a Nadar

May 19, 2024, 9am-11:30am FREE EVENT (session 1 lesson 9-9:45am, session 2 lessons 10:45-11:30am)

### Jump-In: Water Safety 101

We are excited to announce our FREE Jump In: Water Safety 101 event, Sunday, May 19 from 9-11:30am, taught in Spanish. Join us for a free swim lesson geared for children ages 2-6 years old. Parent participants on will be required, as instructors will lead you through some fun safety activities. In between the two swim class sessions, we will also be hosting a free open swim (9:45-10:45 am) and safety open house. There will be a chance to win prizes, as well!

**Pre-registration is recommended as spots will fill up fast!**

## Water Fitness Programs

**Deep Water Warrior:** Challenge yourself with the power and fun of water in this level 3 class! Participants wear buoyancy belts and can expect high intensity, low impact moves, followed by strength work and abs. This class is not appropriate for beginners. \*Includes swimming drills.

**Dig Deep:** This fun and challenging class will start your week off right and keep it going! The class emphasizes cardio conditioning as well as an abdominal workout that will inspire you to come back for more! Flotation belts provided.

Schedule can be found online, <http://www.thprd.org/facilities/aquatics/aloha>, or by stopping into the center. The schedule is subject to change without notice.

## Open Swim Fun Fridays!

Join us every Friday from 4:30 - 7:30 pm for an open swim with the wipeout. \*Usage of the wipeout requires a swim test; general open swim space is also available. Standard open swim drop-in rates apply.



## Winter/Spring Splash

Splash is a recreational swim team. Practices consist of technique, endurance and speed training, sportsmanship, team building and competitive swimming principals. Prerequisites are level 4. Please see Splash Swim Team page at [www.thprd.org](http://www.thprd.org) for further details or you can call your center to set up an evaluation. No class 1/15, 2/19 & 5/27.

Date	Day	Time	ID/AP	OD	Class#
<b>Winter Term:</b>					
1/8-3/20	M/W	6:40-7:25 pm	\$231	\$288.75	AL334046
1/9-3/21	T/Th	6:40-7:25 pm	\$253	\$316.25	AL334047
<b>Spring Term:</b>					
4/1-6/5	M/W	6:40-7:25 pm	\$204	\$255	AL434046
4/2-6/6	T/Th	6:40-7:25 pm	\$215	\$268.75	AL434047

Class availability subject to change. Fees vary due to number of sessions in each class.

Preschool: Minimum age 3 years and toilet-trained.

When class ends, pick up your preschooler on deck.

School-age: First grade through age 12. The parent, guardian or caregiver of a child under 10 years of age must remain on the premises during class.

## Beginning Swimming Skills

Date	Day	Time	ID/AP	OD	Class#
<b>Preschool Level 1-3</b>					
No class 1/15, 2/19, 5/27.					

### Winter Term:

2/26-3/18	M	3:45-4:15 pm	\$41	\$51.25	AL311001
2/26-3/18	M	4:20-4:50 pm	\$41	\$51.25	AL311009
1/8-2/12	M	4:55-5:25 pm	\$50	\$62.50	AL311022
2/26-3/18	M	4:55-5:25 pm	\$41	\$51.25	AL311023
1/8-2/12	M	5:45-6:15 pm	\$50	\$62.50	AL311030
2/26-3/18	M	5:45-6:15 pm	\$41	\$51.25	AL311031
1/8-2/12	M	6:20-6:50 pm	\$50	\$62.50	AL311038
2/26-3/18	M	6:20-6:50 pm	\$41	\$51.25	AL311039
1/8-2/12	M	6:55-7:25 pm	\$50	\$62.50	AL311048
2/26-3/18	M	6:55-7:25 pm	\$41	\$51.25	AL311049
2/20-3/19	T	3:45-4:15 pm	\$50	\$62.50	AL311003
2/20-3/19	T	4:20-4:50 pm	\$50	\$62.50	AL311011
1/9-2/13	T	4:55-5:25 pm	\$59	\$73.75	AL311024
2/20-3/19	T	4:55-5:25 pm	\$50	\$62.50	AL311025
1/9-2/13	T	5:45-6:15 pm	\$59	\$73.75	AL311032
2/20-3/19	T	5:45-6:15 pm	\$50	\$62.50	AL311033
1/9-2/13	T	6:20-6:50 pm	\$59	\$73.75	AL311040
2/20-3/19	T	6:20-6:50 pm	\$50	\$62.50	AL311041
1/9-2/13	T	6:55-7:25 pm	\$59	\$73.75	AL311050
2/20-3/19	T	6:55-7:25 pm	\$50	\$62.50	AL311051
2/21-3/20	W	3:45-4:15 pm	\$50	\$62.50	AL311005
2/21-3/20	W	4:20-4:50 pm	\$50	\$62.50	AL311013
1/10-2/14	W	4:55-5:25 pm	\$59	\$73.75	AL311026
2/21-3/20	W	4:55-5:25 pm	\$50	\$62.50	AL311027
1/10-2/14	W	5:45-6:15 pm	\$59	\$73.75	AL311034
2/21-3/20	W	5:45-6:15 pm	\$50	\$62.50	AL311035
1/10-2/14	W	6:20-6:50 pm	\$59	\$73.75	AL311042
2/21-3/20	W	6:20-6:50 pm	\$50	\$62.50	AL311043
1/10-2/14	W	6:55-7:25 pm	\$59	\$73.75	AL311052
2/21-3/20	W	6:55-7:25 pm	\$50	\$62.50	AL311053
2/22-3/21	Th	3:45-4:15 pm	\$50	\$62.50	AL311007
2/22-3/21	Th	4:20-4:50 pm	\$50	\$62.50	AL311015
2/22-3/21	Th	4:55-5:25 pm	\$50	\$62.50	AL311029
1/11-2/15	Th	5:45-6:15 pm	\$59	\$73.75	AL311036
2/22-3/21	Th	5:45-6:15 pm	\$50	\$62.50	AL311037
1/11-2/15	Th	6:20-6:50 pm	\$59	\$73.75	AL311044
2/22-3/21	Th	6:20-6:50 pm	\$50	\$62.50	AL311045
1/11-2/15	Th	6:55-7:25 pm	\$59	\$73.75	AL311054
2/22-3/21	Th	6:55-7:25 pm	\$50	\$62.50	AL311055
1/14-3/17	Su	12-12:30 pm	\$95	\$118.75	AL311016
1/14-3/17	Su	12:35-1:05 pm	\$95	\$118.75	AL311017
1/14-3/17	Su	1:10-1:40 pm	\$95	\$118.75	AL311018
1/14-3/17	Su	2-2:30 pm	\$95	\$118.75	AL311019
1/14-3/17	Su	2:35-3:05 pm	\$95	\$118.75	AL311020
1/14-3/17	Su	3:10-3:40 pm	\$95	\$118.75	AL311021

### Spring Term:

4/1-4/29	M	3:45-4:15 pm	\$50	\$62.50	AL411000
5/6-6/3	M	3:45-4:15 pm	\$41	\$51.25	AL411001
4/1-4/29	M	4:20-4:50 pm	\$50	\$62.50	AL411014
5/6-6/3	M	4:20-4:50 pm	\$41	\$51.25	AL411015
4/1-4/29	M	4:55-5:25 pm	\$50	\$62.50	AL411022
5/6-6/3	M	4:55-5:25 pm	\$41	\$51.25	AL411023

4/1-4/29	M	5:45-6:15 pm	\$50	\$62.50	AL411030
5/6-6/3	M	5:45-6:15 pm	\$41	\$51.25	AL411031
4/1-4/29	M	6:20-6:50 pm	\$50	\$62.50	AL411038
5/6-6/3	M	6:20-6:50 pm	\$41	\$51.25	AL411039
4/1-4/29	M	6:55-7:25 pm	\$50	\$62.50	AL411048
5/6-6/3	M	6:55-7:25 pm	\$41	\$51.25	AL411049
4/2-4/30	T	3:45-4:15 pm	\$50	\$62.50	AL411002
5/7-6/4	T	3:45-4:15 pm	\$50	\$62.50	AL411003
4/2-4/30	T	4:20-4:50 pm	\$50	\$62.50	AL411016
5/7-6/4	T	4:20-4:50 pm	\$50	\$62.50	AL411017
4/2-4/30	T	4:55-5:25 pm	\$50	\$62.50	AL411024
5/7-6/4	T	4:55-5:25 pm	\$50	\$62.50	AL411025
4/2-4/30	T	5:45-6:15 pm	\$50	\$62.50	AL411032
5/7-6/4	T	5:45-6:15 pm	\$50	\$62.50	AL411033
4/2-4/30	T	6:20-6:50 pm	\$50	\$62.50	AL411040
5/7-6/4	T	6:20-6:50 pm	\$50	\$62.50	AL411041
4/2-4/30	T	6:55-7:25 pm	\$50	\$62.50	AL411050
5/7-6/4	T	6:55-7:25 pm	\$50	\$62.50	AL411051
4/3-5/1	W	3:45-4:15 pm	\$50	\$62.50	AL411004
5/8-6/5	W	3:45-4:15 pm	\$50	\$62.50	AL411005
4/3-5/1	W	4:20-4:50 pm	\$50	\$62.50	AL411018
5/8-6/5	W	4:20-4:50 pm	\$50	\$62.50	AL411019
4/3-5/1	W	4:55-5:25 pm	\$50	\$62.50	AL411026
5/8-6/5	W	4:55-5:25 pm	\$50	\$62.50	AL411027
4/3-5/1	W	5:45-6:15 pm	\$50	\$62.50	AL411034
5/8-6/5	W	5:45-6:15 pm	\$50	\$62.50	AL411035
4/3-5/1	W	6:20-6:50 pm	\$50	\$62.50	AL411042
5/8-6/5	W	6:20-6:50 pm	\$50	\$62.50	AL411043
4/3-5/1	W	6:55-7:25 pm	\$50	\$62.50	AL411052
5/8-6/5	W	6:55-7:25 pm	\$50	\$62.50	AL411053
4/4-5/2	Th	3:45-4:15 pm	\$50	\$62.50	AL411006
5/9-6/6	Th	3:45-4:15 pm	\$50	\$62.50	AL411007
4/4-5/2	Th	4:20-4:50 pm	\$50	\$62.50	AL411020
5/9-6/6	Th	4:20-4:50 pm	\$50	\$62.50	AL411021
4/4-5/2	Th	4:55-5:25 pm	\$50	\$62.50	AL411028
5/9-6/6	Th	4:55-5:25 pm	\$50	\$62.50	AL411029
4/4-5/2	Th	5:45-6:15 pm	\$50	\$62.50	AL411036
5/9-6/6	Th	5:45-6:15 pm	\$50	\$62.50	AL411037
4/4-5/2	Th	6:20-6:50 pm	\$50	\$62.50	AL411044
5/9-6/6	Th	6:20-6:50 pm	47	\$62.50	AL411045
4/4-5/2	Th	6:55-7:25 pm	\$50	\$62.50	AL411054
5/9-6/6	Th	6:55-7:25 pm	\$50	\$62.50	AL411055
4/7-6/2	Su	12-12:30 pm	\$86	\$107.50	AL411008
4/7-6/2	Su	12:35-1:05 pm	\$86	\$107.50	AL411009
4/7-6/2	Su	1:10-1:40 pm	\$86	\$107.50	AL411010
4/7-6/2	Su	2-2:30 pm	\$86	\$107.50	AL411011
4/7-6/2	Su	2:35-3:05 pm	\$86	\$107.50	AL411012
4/7-6/2	Su	3:10-3:40 pm	\$86	\$107.50	AL411013

## School Age Level 1-4

No class 1/15, 2/19, 5/27.

### Winter Term:

2/26-3/18	M	3:45-4:15 pm	\$41	\$51.25	AL321001
2/26-3/18	M	4:20-4:50 pm	\$41	\$51.25	AL321009
1/8-2/12	M	4:55-5:25 pm	\$59	\$73.75	AL321022
2/26-3/18	M	4:55-5:25 pm	\$41	\$51.25	AL321023
1/8-2/12	M	5:45-6:15 pm	\$50	\$62.50	AL321030
2/26-3/18	M	5:45-6:15 pm	\$41	\$51.25	AL321031
1/8-2/12	M	6:20-6:50 pm	\$50	\$62.50	AL321038
2/26-3/18	M	6:20-6:50 pm	\$41	\$51.25	AL321039
1/8-2/12	M	6:55-7:25 pm	\$50	\$62.50	AL321048
2/26-3/18	M	6:55-7:25 pm	\$41	\$51.25	AL321049
2/20-3/19	T	3:45-4:15 pm	\$50	\$62.50	AL321003
2/20-3/19	T	4:20-4:50 pm	\$50	\$62.50	AL321011

Fees: ID/AP = User is in-district or has paid an out-of-district assessment, OD = Out-of-district (no assessment paid)

1/9-2/13	T	4:55-5:25 pm	\$59	\$73.75	AL321024
2/20-3/19	T	4:55-5:25 pm	\$50	\$62.50	AL321025
1/9-2/13	T	5:45-6:15 pm	\$59	\$73.75	AL321032
2/20-3/19	T	5:45-6:15 pm	\$50	\$62.50	AL321033
1/9-2/13	T	6:20-6:50 pm	\$59	\$73.75	AL321040
2/20-3/19	T	6:20-6:50 pm	\$50	\$62.50	AL321041
1/9-2/13	T	6:55-7:25 pm	\$59	\$73.75	AL321050
2/20-3/19	T	6:55-7:25 pm	\$50	\$62.50	AL321051
2/21-3/20	W	3:45-4:15 pm	\$50	\$62.50	AL321005
2/21-3/20	W	4:20-4:50 pm	\$50	\$62.50	AL321013
1/10-2/14	W	4:55-5:25 pm	\$59	\$73.75	AL321026
2/21-3/20	W	4:55-5:25 pm	\$50	\$62.50	AL321027
1/10-2/14	W	5:45-6:15 pm	\$59	\$73.75	AL321034
2/21-3/20	W	5:45-6:15 pm	\$50	\$62.50	AL321035
1/10-2/14	W	6:20-6:50 pm	\$59	\$73.75	AL321042
2/21-3/20	W	6:20-6:50 pm	\$50	\$62.50	AL321043
1/10-2/14	W	6:55-7:25 pm	\$59	\$73.75	AL321052
2/21-3/20	W	6:55-7:25 pm	\$50	\$62.50	AL321053
2/22-3/21	Th	3:45-4:15 pm	\$50	\$62.50	AL321007
2/22-3/21	Th	4:20-4:50 pm	\$50	\$62.50	AL321015
2/22-3/21	Th	4:55-5:25 pm	\$50	\$62.50	AL321029
1/11-2/15	Th	5:45-6:15 pm	\$59	\$73.75	AL321036
2/22-3/21	Th	5:45-6:15 pm	\$50	\$62.50	AL321037
1/11-2/15	Th	6:20-6:50 pm	\$59	\$73.75	AL321044
2/22-3/21	Th	6:20-6:50 pm	\$50	\$62.50	AL321045
1/11-2/15	Th	6:55-7:25 pm	\$59	\$73.75	AL321054
2/22-3/21	Th	6:55-7:25 pm	\$50	\$62.50	AL321055
1/14-3/17	Su	12-12:30 pm	\$95	\$118.75	AL321016
1/14-3/17	Su	12:35-1:05 pm	\$95	\$118.75	AL321017
1/14-3/17	Su	1:10-1:40 pm	\$95	\$118.75	AL321018
1/14-3/17	Su	2-2:30 pm	\$95	\$118.75	AL321019
1/14-3/17	Su	2:35-3:05 pm	\$95	\$118.75	AL321020
1/14-3/17	Su	3:10-3:40 pm	\$95	\$118.75	AL321021
<b>Spring Term:</b>					
4/1-4/29	M	3:45-4:15 pm	\$50	\$62.50	AL421000
5/6-6/3	M	3:45-4:15 pm	\$41	\$51.25	AL421001
4/1-4/29	M	4:20-4:50 pm	\$50	\$62.50	AL421014
5/6-6/3	M	4:20-4:50 pm	\$41	\$51.25	AL421015
4/1-4/29	M	4:55-5:25 pm	\$50	\$62.50	AL421022
5/6-6/3	M	4:55-5:25 pm	\$41	\$51.25	AL421023
4/1-4/29	M	5:45-6:15 pm	\$50	\$62.50	AL421030
5/6-6/3	M	5:45-6:15 pm	\$41	\$51.25	AL421031
4/1-4/29	M	6:20-6:50 pm	\$50	\$62.50	AL421038
5/6-6/3	M	6:20-6:50 pm	\$41	\$51.25	AL421039
4/1-4/29	M	6:55-7:25 pm	\$50	\$62.50	AL421048
5/6-6/3	M	6:55-7:25 pm	\$41	\$51.25	AL421049
4/2-4/30	T	3:45-4:15 pm	\$50	\$62.50	AL421002
5/7-6/4	T	3:45-4:15 pm	\$50	\$62.50	AL421003
4/2-4/30	T	4:20-4:50 pm	\$50	\$62.50	AL421016
5/7-6/4	T	4:20-4:50 pm	\$50	\$62.50	AL421017
4/2-4/30	T	4:55-5:25 pm	\$50	\$62.50	AL421024
5/7-6/4	T	4:55-5:25 pm	\$50	\$62.50	AL421025
4/2-4/30	T	5:45-6:15 pm	\$50	\$62.50	AL421032
5/7-6/4	T	5:45-6:15 pm	\$50	\$62.50	AL421033
4/2-4/30	T	6:20-6:50 pm	\$50	\$62.50	AL421040
5/7-6/4	T	6:20-6:50 pm	\$50	\$62.50	AL421041
4/2-4/30	T	6:55-7:25 pm	\$50	\$62.50	AL421050
5/7-6/4	T	6:55-7:25 pm	\$50	\$62.50	AL421051
4/3-5/1	W	3:45-4:15 pm	\$50	\$62.50	AL421004
5/8-6/5	W	3:45-4:15 pm	\$50	\$62.50	AL421005
4/3-5/1	W	4:20-4:50 pm	\$50	\$62.50	AL421018
5/8-6/5	W	4:20-4:50 pm	\$50	\$62.50	AL421019
4/3-5/1	W	4:55-5:25 pm	\$50	\$62.50	AL421026

5/8-6/5	W	4:55-5:25 pm	\$50	\$62.50	AL421027
4/3-5/1	W	5:45-6:15 pm	\$50	\$62.50	AL421034
5/8-6/5	W	5:45-6:15 pm	\$50	\$62.50	AL421035
4/3-5/1	W	6:20-6:50 pm	\$50	\$62.50	AL421042
5/8-6/5	W	6:20-6:50 pm	\$50	\$62.50	AL421043
4/3-5/1	W	6:55-7:25 pm	\$50	\$62.50	AL421052
5/8-6/5	W	6:55-7:25 pm	\$50	\$62.50	AL421053
4/4-5/2	Th	3:45-4:15 pm	\$50	\$62.50	AL421006
5/9-6/6	Th	3:45-4:15 pm	\$50	\$62.50	AL421007
4/4-5/2	Th	4:55-5:25 pm	\$50	\$62.50	AL421028
5/9-6/6	Th	4:55-5:25 pm	\$50	\$62.50	AL421029
4/4-5/2	Th	5:45-6:15 pm	\$50	\$62.50	AL421036
5/9-6/6	Th	5:45-6:15 pm	\$50	\$62.50	AL421037
4/4-5/2	Th	6:20-6:50 pm	\$50	\$62.50	AL421044
5/9-6/6	Th	6:20-6:50 pm	\$50	\$62.50	AL421045
4/4-5/2	Th	6:55-7:25 pm	\$50	\$62.50	AL421054
5/9-6/6	Th	6:55-7:25 pm	\$50	\$62.50	AL421055
4/7-6/2	Su	12-12:30 pm	\$86	\$107.50	AL421008
4/7-6/2	Su	12:35-1:05 pm	\$86	\$107.50	AL421009
4/7-6/2	Su	1:10-1:40 pm	\$86	\$107.50	AL421010
4/7-6/2	Su	2-2:30 pm	\$86	\$107.50	AL421011
4/7-6/2	Su	2:35-3:05 pm	\$86	\$107.50	AL421012
4/7-6/2	Su	3:10-3:40 pm	\$86	\$107.50	AL421013

## Specialty Programs

Date	Day	Time	ID/AP	OD	Class#
<b>Baby/Toddler &amp; Me</b>					
Babies 6 mos-2 yrs / toddlers 2-3 yrs					
No class 1/15, 2/19, 5/27.					

<b>Winter Term:</b>					
1/14-3/17	Su	12-12:30 pm	\$95	\$118.75	AL340016
1/14-3/17	Su	1:10-1:40 pm	\$95	\$118.75	AL340018
1/14-3/17	Su	2:35-3:05 pm	\$95	\$118.75	AL340020
<b>Spring Term:</b>					
4/7-6/2	Su	12-12:30 pm	\$86	\$107.50	AL440008
4/7-6/2	Su	1:10-1:40 pm	\$86	\$107.50	AL440010
4/7-6/2	Su	2:35-3:05 pm	\$86	\$107.50	AL440012



## Teen/Adult Swimming Skills

<b>Winter Term:</b>					
1/14-3/17	Su	12:35-1:05 pm	\$95	\$118.75	AL350017
1/14-3/17	Su	2-2:30 pm	\$95	\$118.75	AL350019
1/14-3/17	Su	3:10-3:40 pm	\$95	\$118.75	AL350021
<b>Spring Term:</b>					
4/7-6/2	Su	12:35-1:05 pm	\$86	\$107.50	AL450009
4/7-6/2	Su	2-2:30 pm	\$86	\$107.50	AL450011
4/7-6/2	Su	3:10-3:40 pm	\$86	\$107.50	AL450013

Fees: ID/AP = User is in-district or has paid an out-of-district assessment, OD = Out-of-district (no assessment paid)

# Beaverton Swim Center



**TUALATIN HILLS**  
PARK & RECREATION DISTRICT

**12850 SW 3rd Street**  
**Beaverton, 97005**  
**503-629-6312**

TriMet Bus Routes #52, #76, #78

**Facility Supervisor:** Patrick Williamson

**Office Hours:** (pool may change based on staffing)

Monday-Thursday 7 am-7:30 pm  
Friday 7 am-4:00 pm  
Saturday 8 am-4:00 pm  
Sunday Closed

Hours subject to change.

Visit [thprd.org](http://thprd.org) for updated schedules.

**Facility Closed:** 1/15, 2/19, 5/27

**Beaverton Swim Center features:**

- ADA Lift Available
- Independent Changing Rooms
- Average Pool Temperature: 86°

## Winter/Spring Splash

Splash is a recreational swim team. Practices consist of technique, endurance and speed training, sportsmanship, team building and competitive swimming principals. Though swimmers are not required to go to every meet, meet participation is highly encouraged. Prerequisites are level 4 and stroke competency for crawl stroke and backstroke for 25 yards each. Knowledge and experience with breaststroke is preferred. Participants must have started first grade. Please see Splash Swim Team page at [www.thprd.org](http://www.thprd.org) for further details or you can call your center to set up an evaluation. No class 1/15, 2/19 & 5/27.

Date	Day	Time	ID/AP	OD	Class#
<b>Winter Term:</b>					
1/8-3/20	M/W	6:40-7:25 pm	\$231	\$288.75	BV334034
1/9-3/21	T/Th	6:40-7:25 pm	\$253	\$316.25	BV334047
<b>Spring Term:</b>					
4/1-6/5	M/W	6:40-7:25 pm	\$220	\$275	BV434034
4/2-6/6	T/Th	6:40-7:25 pm	\$231	\$288.75	BV434045

## Water Fitness Programs

**Dig Deep:** Participants wear flotation belts for a zero impact, moderate intensity workout in the deep end of the pool. It is not necessary to be an avid swimmer to participate; but it is helpful for participants to be comfortable in deep water. This is an exciting, unique way to exercise, suitable for most people. Movement possibilities are almost unlimited when suspended in the water; and people work on aerobic fitness, strength, balance and flexibility.

**Aqua Zumba®:** A low-impact aquatic exercise that is high in energy but easy on your body. Integrating the Zumba Dance with traditional aquatic fitness disciplines, Aqua Zumba® blends it all together into a workout that is cardio-conditioning, body-toning and, most of all, fun beyond belief!

**Cardio Core:** This class is held in the shallow end of the pool. Participants challenge themselves with the resistance of the water in the low-impact work-out as they exercise to lively, upbeat music. Participants work on aerobic conditioning, strength, balance and flexibility. At least 35 minutes of the class will be dedicated to pure cardio in a Level 2 class.

Schedule can be found online, <http://www.thprd.org/facilities/aquatics/beaverton>, or by stopping into the center. The schedule is subject to change without notice.

## Winter/Spring Events

### Rodeo Splash

Saturdays, 1/27, 2/24, 3/30, 4/27, 5/25

### Jump In!: Water Safety Extravaganza

Class Number: BV4JUMPIN

Saturday, May 4th 1-2 pm

Ages: 2-6yrs 11mo

FREE!

Beaverton Swim Center is excited to offer a free one-day water safety and swim lesson activity for children aged 2 - 6 years. One parent or guardian aged 15 or older must be in the pool with each participant. Swim diapers are required for children who are not potty-trained. Pre-registration is recommended as spots will fill up fast!



@THPRD.Aquatics



Class availability subject to change. Fees vary due to number of session is in each class.

Preschool: Minimum age 3 years and toilet-trained.

When class ends, pick up your preschooler at the dressing

## Beginning Swimming Skills

Date	Day	Time	ID/AP	OD	Class#
<b>Preschool Level 1-3</b>					
No class 1/15, 2/19, 5/27.					

### Winter Term:

1/8-2/12	M	9-9:30 am	\$50	\$62.50	BV311000
2/26-3/18	M	9-9:30 am	\$41	\$51.25	BV311001
1/8-2/12	M	9:35-10:05 am	\$50	\$62.50	BV311002
2/26-3/18	M	9:35-10:05 am	\$41	\$51.25	BV311003
1/8-2/12	M	10:10-10:40 am	\$50	\$62.50	BV311004
2/26-3/18	M	10:10-10:40 am	\$41	\$51.25	BV311005
2/26-3/18	M	3:45-4:15 pm	\$41	\$51.25	BV311025
2/26-3/18	M	4:20-4:50 pm	\$41	\$51.25	BV311027
1/8-2/12	M	4:55-5:25 pm	\$50	\$62.50	BV311028
2/26-3/18	M	4:55-5:25 pm	\$41	\$51.25	BV311029
1/8-2/12	M	5:45-6:15 pm	\$50	\$62.50	BV311030
2/26-3/18	M	5:45-6:15 pm	\$41	\$51.25	BV311031
1/8-2/12	M	6:20-6:50 pm	\$50	\$62.50	BV311032
2/26-3/18	M	6:20-6:50 pm	\$41	\$51.25	BV311033
1/8-2/12	M	6:55-7:25 pm	\$50	\$62.50	BV311034
2/26-3/18	M	6:55-7:25 pm	\$41	\$51.25	BV311035
2/20-3/19	T	3:45-4:15 pm	\$50	\$62.50	BV311037
2/20-3/19	T	4:20-4:50 pm	\$50	\$62.50	BV311039
1/9-2/13	T	4:55-5:25 pm	\$59	\$73.75	BV311040
2/20-3/19	T	4:55-5:25 pm	\$50	\$62.50	BV311041
1/9-2/13	T	5:45-6:15 pm	\$59	\$73.75	BV311042
2/20-3/19	T	5:45-6:15 pm	\$50	\$62.50	BV311043
1/9-2/13	T	6:20-6:50 pm	\$59	\$73.75	BV311044
2/20-3/19	T	6:20-6:50 pm	\$50	\$62.50	BV311045
1/9-2/13	T	6:55-7:25 pm	\$59	\$73.75	BV311046
2/20-3/19	T	6:55-7:25 pm	\$50	\$62.50	BV311047
1/10-2/14	W	9-9:30 am	\$59	\$73.75	BV311012
2/21-3/20	W	9-9:30 am	\$50	\$62.50	BV311013
1/10-2/14	W	9:35-10:05 am	\$59	\$73.75	BV311014
2/21-3/20	W	9:35-10:05 am	\$50	\$62.50	BV311015
1/10-2/14	W	10:10-10:40 am	\$59	\$73.75	BV311016
2/21-3/20	W	10:10-10:40 am	\$50	\$62.50	BV311017
2/21-3/20	W	3:45-4:15 pm	\$50	\$62.50	BV311049
2/21-3/20	W	4:20-4:50 pm	\$50	\$62.50	BV311051
1/10-2/14	W	4:55-5:25 pm	\$59	\$73.75	BV311052
2/21-3/20	W	4:55-5:25 pm	\$50	\$62.50	BV311053
1/10-2/14	W	5:45-6:15 pm	\$59	\$73.75	BV311054
2/21-3/20	W	5:45-6:15 pm	\$50	\$62.50	BV311055
1/10-2/14	W	6:20-6:50 pm	\$59	\$73.75	BV311056
2/21-3/20	W	6:20-6:50 pm	\$50	\$62.50	BV311057
1/10-2/14	W	6:55-7:25 pm	\$59	\$73.75	BV311058
2/21-3/20	W	6:55-7:25 pm	\$50	\$62.50	BV311059
2/22-3/21	Th	3:45-4:15 pm	\$50	\$62.50	BV311061
2/22-3/21	Th	4:20-4:50 pm	\$50	\$62.50	BV311063
1/11-2/15	Th	4:55-5:25 pm	\$59	\$73.75	BV311064
2/22-3/21	Th	4:55-5:25 pm	\$50	\$62.50	BV311065
1/11-2/15	Th	5:45-6:15 pm	\$59	\$73.75	BV311066
2/22-3/21	Th	5:45-6:15 pm	\$50	\$62.50	BV311067
1/11-2/15	Th	6:20-6:50 pm	\$59	\$73.75	BV311068
2/22-3/21	Th	6:20-6:50 pm	\$50	\$62.50	BV311069
1/11-2/15	Th	6:55-7:25 pm	\$59	\$73.75	BV311070

2/22-3/21	Th	6:55-7:25 pm	\$50	\$62.50	BV311071
1/13-3/16	S	9-9:30 am	\$95	\$118.75	BV311072
1/13-3/16	S	9:35-10:05 am	\$95	\$118.75	BV311073
1/13-3/16	S	10:10-10:40 am	\$95	\$118.75	BV311074
1/13-3/16	S	11-11:30 am	\$95	\$118.75	BV311075
1/13-3/16	S	11:35 am-12:05 pm	\$95	\$118.75	BV311076

### Spring Term:

4/1-4/29	M	9-9:30 am	\$50	\$62.50	BV411000
5/6-6/3	M	9-9:30 am	\$41	\$51.25	BV411001
4/1-4/29	M	9:35-10:05 am	\$50	\$62.50	BV411002
5/6-6/3	M	9:35-10:05 am	\$41	\$50	BV411003
4/1-4/29	M	10:10-10:40 am	\$50	\$62.50	BV411004
5/6-6/3	M	10:10-10:40 am	\$41	\$50	BV411005
4/1-4/29	M	3:45-4:15 pm	\$50	\$62.50	BV411024
5/6-6/3	M	3:45-4:15 pm	\$41	\$50	BV411025
4/1-4/29	M	4:20-4:50 pm	\$50	\$62.50	BV411026
5/6-6/3	M	4:20-4:50 pm	\$41	\$50	BV411027
4/1-4/29	M	4:55-5:25 pm	\$50	\$62.50	BV411028
5/6-6/3	M	4:55-5:25 pm	\$41	\$50	BV411029
4/1-4/29	M	5:45-6:15 pm	\$50	\$62.50	BV411030
5/6-6/3	M	5:45-6:15 pm	\$41	\$50	BV411031
4/1-4/29	M	6:20-6:50 pm	\$50	\$62.50	BV411032
5/6-6/3	M	6:20-6:50 pm	\$41	\$51.25	BV411033
4/1-4/29	M	6:55-7:25 pm	\$50	\$62.50	BV411034
5/6-6/3	M	6:55-7:25 pm	\$41	\$51.25	BV411035
4/2-4/30	T	3:45-4:15 pm	\$50	\$62.50	BV411036
5/7-6/4	T	3:45-4:15 pm	\$50	\$62.50	BV411037
4/2-4/30	T	4:20-4:50 pm	\$50	\$62.50	BV411038
5/7-6/4	T	4:20-4:50 pm	\$50	\$62.50	BV411039
4/2-4/30	T	4:55-5:25 pm	\$50	\$62.50	BV411040
5/7-6/4	T	4:55-5:25 pm	\$50	\$62.50	BV411041
4/2-4/30	T	5:45-6:15 pm	\$50	\$62.50	BV411042
5/7-6/4	T	5:45-6:15 pm	\$50	\$62.50	BV411043
4/2-4/30	T	6:20-6:50 pm	\$50	\$62.50	BV411044
5/7-6/4	T	6:20-6:50 pm	\$50	\$62.50	BV411045
4/2-4/30	T	6:55-7:25 pm	\$50	\$62.50	BV411046
5/7-6/4	T	6:55-7:25 pm	\$50	\$62.50	BV411047
4/3-5/1	W	9-9:30 am	\$50	\$62.50	BV411012
5/8-6/5	W	9-9:30 am	\$50	\$62.50	BV411013
4/3-5/1	W	9:35-10:05 am	\$50	\$62.50	BV411014
5/8-6/5	W	9:35-10:05 am	\$50	\$62.50	BV411015
4/3-5/1	W	10:10-10:40 am	\$50	\$62.50	BV411016
5/8-6/5	W	10:10-10:40 am	\$50	\$62.50	BV411017
4/3-5/1	W	3:45-4:15 pm	\$50	\$62.50	BV411048
5/8-6/5	W	3:45-4:15 pm	\$50	\$62.50	BV411049
4/3-5/1	W	4:20-4:50 pm	\$50	\$62.50	BV411050
5/8-6/5	W	4:20-4:50 pm	\$50	\$62.50	BV411051
4/3-5/1	W	4:55-5:25 pm	\$50	\$62.50	BV411052
5/8-6/5	W	4:55-5:25 pm	\$50	\$62.50	BV411053
4/3-5/1	W	5:45-6:15 pm	\$50	\$62.50	BV411054
5/8-6/5	W	5:45-6:15 pm	\$50	\$62.50	BV411055
4/3-5/1	W	6:20-6:50 pm	\$50	\$62.50	BV411056
5/8-6/5	W	6:20-6:50 pm	\$50	\$62.50	BV411057
4/3-5/1	W	6:55-7:25 pm	\$50	\$62.50	BV411058
5/8-6/5	W	6:55-7:25 pm	\$50	\$62.50	BV411059
4/4-5/2	Th	3:45-4:15 pm	\$50	\$62.50	BV411060
5/9-6/6	Th	3:45-4:15 pm	\$50	\$62.50	BV411061
4/4-5/2	Th	4:20-4:50 pm	\$50	\$62.50	BV411062
5/9-6/6	Th	4:20-4:50 pm	\$50	\$62.50	BV411063
4/4-5/2	Th	4:55-5:25 pm	\$50	\$62.50	BV411064
5/9-6/6	Th	4:55-5:25 pm	\$50	\$62.50	BV411065
4/4-5/2	Th	5:45-6:15 pm	\$50	\$62.50	BV411066
5/9-6/6	Th	5:45-6:15 pm	\$50	\$62.50	BV411067
4/4-5/2	Th	6:20-6:50 pm	\$50	\$62.50	BV411068
5/9-6/6	Th	6:20-6:50 pm	\$50	\$62.50	BV411069

Fees: ID/AP = User is in-district or has paid an out-of-district assessment, OD = Out-of-district (no assessment paid)

4/4-5/2	Th	6:55-7:25 pm	\$50	\$62.50	BV411070
5/9-6/6	Th	6:55-7:25 pm	\$50	\$62.50	BV411071
4/6-6/1	S	9-9:30 am	\$77	\$96.25	BV411072
4/6-6/1	S	9:35-10:05 am	\$77	\$96.25	BV411073
4/6-6/1	S	10:10-10:40 am	\$77	\$96.25	BV411074
4/6-6/1	S	11-11:30 am	\$77	\$96.25	BV411075
4/6-6/1	S	11:35 am-12:05 pm	\$77	\$96.25	BV411076

## School Age Level 1-4

No class 1/15, 2/19, 5/27.

### Winter Term:

2/26-3/18	M	3:45-4:15 pm	\$41	\$51.25	BV321025
2/26-3/18	M	4:20-4:50 pm	\$41	\$51.25	BV321027
1/8-2/12	M	4:55-5:25 pm	\$50	\$62.50	BV321028
2/26-3/18	M	4:55-5:25 pm	\$41	\$51.25	BV321029
1/8-2/12	M	5:45-6:15 pm	\$50	\$62.50	BV321030
2/26-3/18	M	5:45-6:15 pm	\$41	\$51.25	BV321031
1/8-2/12	M	6:20-6:50 pm	\$50	\$62.50	BV321032
2/26-3/18	M	6:20-6:50 pm	\$41	\$51.25	BV321033
1/8-2/12	M	6:55-7:25 pm	\$50	\$62.50	BV321034
2/26-3/18	M	6:55-7:25 pm	\$41	\$51.25	BV321035
2/20-3/19	T	3:45-4:15 pm	\$50	\$62.50	BV321037
2/20-3/19	T	4:20-4:50 pm	\$50	\$62.50	BV321039
1/9-2/13	T	4:55-5:25 pm	\$59	\$73.75	BV321040
2/20-3/19	T	4:55-5:25 pm	\$50	\$62.50	BV321041
1/9-2/13	T	5:45-6:15 pm	\$59	\$73.75	BV321042
2/20-3/19	T	5:45-6:15 pm	\$50	\$62.50	BV321043
1/9-2/13	T	6:20-6:50 pm	\$59	\$73.75	BV321044
2/20-3/19	T	6:20-6:50 pm	\$50	\$62.50	BV321045
1/9-2/13	T	6:55-7:25 pm	\$59	\$73.75	BV321046
2/20-3/19	T	6:55-7:25 pm	\$50	\$62.50	BV321047
2/21-3/20	W	3:45-4:15 pm	\$50	\$62.50	BV321049
2/21-3/20	W	4:20-4:50 pm	\$50	\$62.50	BV321051
1/10-2/14	W	4:55-5:25 pm	\$59	\$73.75	BV321052
2/21-3/20	W	4:55-5:25 pm	\$50	\$62.50	BV321053
1/10-2/14	W	5:45-6:15 pm	\$59	\$73.75	BV321054
2/21-3/20	W	5:45-6:15 pm	\$50	\$62.50	BV321055
1/10-2/14	W	6:20-6:50 pm	\$59	\$73.75	BV321056
2/21-3/20	W	6:20-6:50 pm	\$50	\$62.50	BV321057
1/10-2/14	W	6:55-7:25 pm	\$59	\$73.75	BV321058
2/21-3/20	W	6:55-7:25 pm	\$50	\$62.50	BV321059
2/22-3/21	Th	3:45-4:15 pm	\$50	\$62.50	BV321061
2/22-3/21	Th	4:20-4:50 pm	\$50	\$62.50	BV321063
1/11-2/15	Th	4:55-5:25 pm	\$59	\$73.75	BV321064
2/22-3/21	Th	4:55-5:25 pm	\$50	\$62.50	BV321065
1/11-2/15	Th	5:45-6:15 pm	\$59	\$73.75	BV321066
2/22-3/21	Th	5:45-6:15 pm	\$50	\$62.50	BV321067
1/11-2/15	Th	6:20-6:50 pm	\$59	\$73.75	BV321068
2/22-3/21	Th	6:20-6:50 pm	\$50	\$62.50	BV321069
1/11-2/15	Th	6:55-7:25 pm	\$59	\$73.75	BV321070
2/22-3/21	Th	6:55-7:25 pm	\$50	\$62.50	BV321071
1/13-3/16	S	9-9:30 am	\$95	\$118.75	BV321072
1/13-3/16	S	9:35-10:05 am	\$95	\$118.75	BV321073
1/13-3/16	S	10:10-10:40 am	\$95	\$118.75	BV321074
1/13-3/16	S	11-11:30 am	\$95	\$118.75	BV321075
1/13-3/16	S	11:35 am-12:05 pm	\$95	\$118.75	BV321076

### Spring Term:

5/6-6/3	M	3:45-4:15 pm	\$41	\$51.25	BV421025
5/6-6/3	M	4:20-4:50 pm	\$41	\$51.25	BV421027
4/1-4/29	M	4:55-5:25 pm	\$50	\$62.50	BV421028
5/6-6/3	M	4:55-5:25 pm	\$41	\$51.25	BV421029

4/1-4/29	M	5:45-6:15 pm	\$50	\$62.50	BV421030
5/6-6/3	M	5:45-6:15 pm	\$41	\$51.25	BV421031
4/1-4/29	M	6:20-6:50 pm	\$50	\$62.50	BV421032
5/6-6/3	M	6:20-6:50 pm	\$41	\$51.25	BV421033
4/1-4/29	M	6:55-7:25 pm	\$50	\$62.50	BV421034
5/6-6/3	M	6:55-7:25 pm	\$41	\$51.25	BV421035
5/7-6/4	T	3:45-4:15 pm	\$50	\$62.50	BV421037
5/7-6/4	T	4:20-4:50 pm	\$50	\$62.50	BV421039
4/2-4/30	T	4:55-5:25 pm	\$50	\$62.50	BV421040
5/7-6/4	T	4:55-5:25 pm	\$50	\$62.50	BV421041
4/2-4/30	T	5:45-6:15 pm	\$50	\$62.50	BV421042
5/7-6/4	T	5:45-6:15 pm	\$50	\$62.50	BV421043
4/2-4/30	T	6:20-6:50 pm	\$50	\$62.50	BV421044
5/7-6/4	T	6:20-6:50 pm	\$50	\$62.50	BV421045
4/2-4/30	T	6:55-7:25 pm	\$50	\$62.50	BV421046
5/7-6/4	T	6:55-7:25 pm	\$50	\$62.50	BV421047
5/8-6/5	W	3:45-4:15 pm	\$50	\$62.50	BV421049
5/8-6/5	W	4:20-4:50 pm	\$50	\$62.50	BV421051
4/3-5/1	W	4:55-5:25 pm	\$50	\$62.50	BV421052
5/8-6/5	W	4:55-5:25 pm	\$50	\$62.50	BV421053
4/3-5/1	W	5:45-6:15 pm	\$50	\$62.50	BV421054
5/8-6/5	W	5:45-6:15 pm	\$50	\$62.50	BV421055
4/3-5/1	W	6:20-6:50 pm	\$50	\$62.50	BV421056
5/8-6/5	W	6:20-6:50 pm	\$50	\$62.50	BV421057
4/3-5/1	W	6:55-7:25 pm	\$50	\$62.50	BV421058
5/8-6/5	W	6:55-7:25 pm	\$50	\$62.50	BV421059
5/9-6/6	Th	3:45-4:15 pm	\$50	\$62.50	BV421061
5/9-6/6	Th	4:20-4:50 pm	\$50	\$62.50	BV421063
4/4-5/2	Th	4:55-5:25 pm	\$50	\$62.50	BV421064
5/9-6/6	Th	4:55-5:25 pm	\$50	\$62.50	BV421065
4/4-5/2	Th	5:45-6:15 pm	\$50	\$62.50	BV421066
5/9-6/6	Th	5:45-6:15 pm	\$50	\$62.50	BV421067
4/4-5/2	Th	6:20-6:50 pm	\$50	\$62.50	BV421068
5/9-6/6	Th	6:20-6:50 pm	\$50	\$62.50	BV421069
4/4-5/2	Th	6:55-7:25 pm	\$50	\$62.50	BV421070
5/9-6/6	Th	6:55-7:25 pm	\$50	\$62.50	BV421071
4/6-6/1	S	9-9:30 am	\$77	\$96.25	BV421072
4/6-6/1	S	9:35-10:05 am	\$77	\$96.25	BV421073
4/6-6/1	S	10:10-10:40 am	\$77	\$96.25	BV421074
4/6-6/1	S	11-11:30 am	\$77	\$96.25	BV421075
4/6-6/1	S	11:35 am-12:05 pm	\$77	\$96.25	BV421076

## Preschool/School Age Level 5-7

No class 1/15, 2/19, 5/27.

### Winter Term:

1/13-3/16	S	9-9:30 am	\$95	\$118.75	BV325072
1/13-3/16	S	11:35 am-12:05 pm	\$95	\$118.75	BV325076

### Spring Term:

4/6-6/1	S	9-9:30 am	\$77	\$96.25	BV425072
4/6-6/1	S	11:35 am-12:05 pm	\$77	\$96.25	BV425081

Fees: ID/AP = User is in-district or has paid an out-of-district assessment, OD = Out-of-district (no assessment paid)

## Specialty Programs

Date	Day	Time	ID/AP	OD	Class#
<b>Baby/Toddler &amp; Me</b>					
Swim Diaper Required. Parent/Guardian Participation Required.					
No Class 1/15, 2/19, 5/27.					

### Winter Term:

1/8-2/12	M	9:35-10:05 am	\$39	\$48.75	BV340002
2/26-3/18	M	9:35-10:05 am	\$31	\$38.75	BV340003
1/10-2/14	W	9:35-10:05 am	\$46	\$57.50	BV340014
2/21-3/20	W	9:35-10:05 am	\$39	\$48.75	BV340015
1/9-2/13	T	4:55-5:25 pm	\$46	\$57.50	BV340040
2/20-3/19	T	4:55-5:25 pm	\$39	\$48.75	BV340041
1/11-2/15	Th	4:55-5:25 pm	\$46	\$57.50	BV340064
2/22-3/21	Th	4:55-5:25 pm	\$39	\$48.75	BV340065
1/13-3/16	S	9:35-10:05 am	\$74	\$92.50	BV340073
1/13-3/16	S	11-11:30 am	\$74	\$92.50	BV340075

### Spring Term:

4/1-4/29	M	9:35-10:05 am	\$39	\$48.75	BV440002
5/6-6/3	M	9:35-10:05 am	\$31	\$38.75	BV440003
4/3-5/1	W	9:35-10:05 am	\$39	\$48.75	BV440014
5/8-6/5	W	9:35-10:05 am	\$39	\$48.75	BV440015
4/2-4/30	T	4:55-5:25 pm	\$39	\$48.75	BV440040
5/7-6/4	T	4:55-5:25 pm	\$39	\$48.75	BV440041
4/4-5/2	Th	4:55-5:25 pm	\$39	\$48.75	BV440064
5/9-6/6	Th	4:55-5:25 pm	\$39	\$48.75	BV440065
4/6-6/1	S	9:35-10:05 am	\$60	\$75	BV440072
4/6-6/1	S	11-11:30 am	\$60	\$75	BV440074

## Teen/Adult Swimming Skills

### Winter Term:

1/8-2/12	M	9-9:30 am	\$50	\$62.50	BV350000
2/26-3/18	M	9-9:30 am	\$41	\$51.25	BV350001
1/8-2/12	M	10:10-10:40 am	\$50	\$62.50	BV350004
2/26-3/18	M	10:10-10:40 am	\$41	\$51.25	BV350005
1/8-2/12	M	6:55-7:25 pm	\$50	\$62.50	BV350034
2/26-3/18	M	6:55-7:25 pm	\$41	\$51.25	BV350036
1/10-2/14	W	9-9:30 am	\$59	\$73.75	BV350012
2/21-3/20	W	9-9:30 am	\$50	\$62.50	BV350013
1/10-2/14	W	10:10-10:40 am	\$59	\$73.75	BV350016
2/21-3/20	W	10:10-10:40 am	\$50	\$62.50	BV350017
1/10-2/14	W	6:55-7:25 pm	\$59	\$73.75	BV350058
2/21-3/20	W	6:55-7:25 pm	\$50	\$62.50	BV350059
1/13-3/16	S	9-9:30 am	\$95	\$118.75	BV350072

### Spring Term:

4/1-4/29	M	9-9:30 am	\$50	\$62.50	BV450000
5/6-6/3	M	9-9:30 am	\$41	\$51.25	BV450001
4/1-4/29	M	10:10-10:40 am	\$50	\$62.50	BV450004
5/6-6/3	M	10:10-10:40 am	\$41	\$51.25	BV450005
4/3-5/1	W	9-9:30 am	\$50	\$62.50	BV450012
5/8-6/5	W	9-9:30 am	\$50	\$62.50	BV450013
4/3-5/1	W	10:10-10:40 am	\$50	\$62.50	BV450015
5/8-6/5	W	10:10-10:40 am	\$50	\$62.50	BV450016
4/1-4/29	M	6:55-7:25 pm	\$50	\$62.50	BV450034
5/6-6/3	M	6:55-7:25 pm	\$41	\$51.25	BV450035
4/3-5/1	W	6:55-7:25 pm	\$50	\$62.50	BV450058
5/8-6/5	W	6:55-7:25 pm	\$50	\$62.50	BV450059
4/6-6/1	S	9-9:30 am	\$77	\$96.25	BV450072

## Professional Classes

Date	Day	Time	ID/AP	OD	Class#
<b>Lifeguard Training Ages 15+ yrs</b>					

### Winter Term:

1/19-1/27		4-8pm Fri 9am-5pm Sat	\$260	\$325	BV352000
2/16-2/24		4-8pm Fri 9am-5pm Sat	\$260	\$325	BV352001
3/22-3/24		Su/F/S 9 am-5 pm	\$260	\$325	BV352002

### Spring Term:

4/19-4/27		4-8pm Fri 9am-5pm Sat	\$260	\$325	BV452000
5/17-5/25		4-8pm Fri 9am-5pm Sat	\$260	\$325	BV452001
6/14-6/16		Su/F/S 9 am-5 pm	\$260	\$325	BV452003

# Harman Swim Center



**TUALATIN HILLS**  
PARK & RECREATION DISTRICT

**7300 SW Scholls Ferry Road  
Beaverton, 97008  
503-629-6314**

TriMet Bus Routes #56

Facility Supervisor: Joshua Norton

**Hours:**

Monday – Thursday: 8 am - 6:30 pm

Friday: 8 am - 1:30 pm

Saturday: 8 am - 2 pm

Sunday: 11 am - 3:30 pm

Facility Closed: 1/1, 1/15, 2/19, 3/31, 5/27, 6/19

**Harman Swim Center features:**

- ADA Lift Available
- Independent Changing Rooms
- Average Pool Temperature: 88° to 89°

Lap Swim, Open Swim, and Fitness Classes available. Schedules subject to change. Please check [www.thprd.org](http://www.thprd.org) for the most updated schedule and fitness class descriptions.

## Drop-in swim lessons during Women's Only Saturdays

Saturdays from 12:30 to 2:30 pm



## Water Safety Camp

Tuesday through Friday from 3:30 to 6:00 pm

ID/AP: \$127 OD: \$158.75 Class #: HM482008



PLEASE JOIN US FOR OUR  
*Sweetheart Swim*

OPEN FOR ALL AGES  
SATURDAY, FEBRUARY 10TH  
1:00pm-4:00pm

PRICE  
\$10 ID / \$12.50 OD  
CLASS # HM24SWEET



 **HARMAN SWIM CENTER**  
7300 SW SCHOLLS FERRY RD  
BEAVERTON, OR 97008  
503-629-6314 • [WWW.THPRD.ORG](http://WWW.THPRD.ORG)





## Water Fitness Programs

We offer a great variety of classes like Cardio Core, Flex & Stretch, and Aqua Jam. Please see our website or pop in for a complete schedule. <https://www.thprd.org/facilities/aquatics/harman>.



Class availability subject to change. Fees vary due to number of sessions in each class.

Preschool: Minimum age 3 years and toilet-trained.

When class ends, pick up your preschooler on deck after class.

## Beginning Swimming Skills

Date	Day	Time	ID/AP	OD	Class#
<b>Preschool Level 1 &amp; 3</b>					
No class 1/15.					

### Winter Term:

1/8-2/14	M/W	1:10-1:40 pm	\$104	\$130	HM311000
2/21-3/20	M/W	1:10-1:40 pm	\$104	\$130	HM311001
1/8-2/14	M/W	1:45-2:15 pm	\$104	\$130	HM311002
2/21-3/20	M/W	1:45-2:15 pm	\$104	\$130	HM311003
1/8-2/14	M/W	3:30-4 pm	\$104	\$130	HM311004
2/21-3/20	M/W	3:30-4 pm	\$104	\$130	HM311005
1/8-2/14	M/W	4-4:30 pm	\$104	\$130	HM311006
2/21-3/20	M/W	4:05-4:35 pm	\$104	\$130	HM311007
1/8-2/14	M/W	4:40-5:10 pm	\$104	\$130	HM311008
2/21-3/20	M/W	4:40-5:10 pm	\$104	\$130	HM311009
1/8-2/14	M/W	6:05-6:35 pm	\$104	\$130	HM311012
1/9-2/15	T/Th	10:10-10:40 am	\$113	\$141.25	HM311014
2/20-3/21	T/Th	10:10-10:40 am	\$95	\$118.75	HM311015
1/9-2/15	T/Th	1:10-1:40 pm	\$113	\$141.25	HM311020
2/20-3/21	T/Th	1:10-1:40 pm	\$95	\$118.75	HM311021
1/9-2/15	T/Th	1:45-2:15 pm	\$113	\$141.25	HM311022
2/20-3/21	T/Th	1:45-2:15 pm	\$95	\$118.75	HM311023
1/9-2/15	T/Th	3:30-4 pm	\$113	\$141.25	HM311026
2/20-3/21	T/Th	3:30-4 pm	\$95	\$118.75	HM311027
1/9-2/15	T/Th	4:05-4:35 pm	\$113	\$141.25	HM311028
2/20-3/21	T/Th	4:05-4:35 pm	\$95	\$118.75	HM311029
1/9-2/15	T/Th	6:05-6:35 pm	\$113	\$141.25	HM311034
2/20-3/21	T/Th	6:05-6:35 pm	\$95	\$118.75	HM311035
1/14-3/17	Su	12:35-1:05 pm	\$95	\$118.75	HM311046
1/14-3/17	Su	1:10-1:40 pm	\$95	\$118.75	HM311047

## Preschool Level 1 & 2

No class 5/27.

### Spring Term:

4/1-5/1	M/W	1:10-1:40 pm	\$95	\$118.75	HM411000
4/1-5/1	M/W	1:45-2:15 pm	\$95	\$118.75	HM411002
5/6-6/5	M/W	1:45-2:15 pm	\$86	\$107.50	HM411003
4/1-5/1	M/W	3:30-4 pm	\$95	\$118.75	HM411004
5/6-6/5	M/W	3:30-4 pm	\$86	\$107.50	HM411005
4/1-5/1	M/W	4:05-4:35 pm	\$95	\$118.75	HM411006
5/6-6/5	M/W	4:05-4:35 pm	\$86	\$107.50	HM411007
4/1-5/1	M/W	4:40-5:10 pm	\$95	\$118.75	HM411008
5/6-6/5	M/W	4:40-5:10 pm	\$86	\$107.50	HM411009
4/1-5/1	M/W	6:05-6:35 pm	\$95	\$118.75	HM411012
5/6-6/5	M/W	6:05-6:35 pm	\$86	\$107.50	HM411013
4/2-5/2	T/Th	10:10-10:40 am	\$95	\$118.75	HM411014
5/7-6/6	T/Th	10:10-10:40 am	\$95	\$118.75	HM411015
4/2-5/2	T/Th	1:10-1:40 pm	\$95	\$118.75	HM411020
5/7-6/6	T/Th	1:10-1:40 pm	\$95	\$118.75	HM411021
4/2-5/2	T/Th	1:45-2:15 pm	\$95	\$118.75	HM411022
5/7-6/6	T/Th	1:45-2:15 pm	\$95	\$118.75	HM411023
4/2-5/2	T/Th	3:30-4 pm	\$95	\$118.75	HM411026
5/7-6/6	T/Th	3:30-4 pm	\$95	\$118.75	HM411027
4/2-5/2	T/Th	4:05-4:35 pm	\$95	\$118.75	HM411028
5/7-6/6	T/Th	4:05-4:35 pm	\$95	\$118.75	HM411029
4/2-5/2	T/Th	6:05-6:35 pm	\$95	\$118.75	HM411034
5/7-6/6	T/Th	6:05-6:35 pm	\$95	\$118.75	HM411035
4/7-6/2	Su	12:35-1:05 pm	\$86	\$107.50	HM411046
4/7-6/2	Su	1:10-1:40 pm	\$86	\$107.50	HM411047

## School Age Level 1-3

No class 1/15, 5/27.

### Winter Term:

1/8-2/14	M/W	3:30-4 pm	\$104	\$130	HM321004
2/21-3/20	M/W	3:30-4 pm	\$86	\$107.50	HM321005
1/8-2/14	M/W	4:05-4:35 pm	\$104	\$130	HM321006
2/21-3/20	M/W	4:05-4:35 pm	\$86	\$107.50	HM321007
1/8-2/14	M/W	4:40-5:10 pm	\$104	\$130	HM321008
2/21-3/20	M/W	4:40-5:10 pm	\$86	\$107.50	HM321009
1/8-2/14	M/W	6:05-6:35 pm	\$104	\$130	HM321012
2/21-3/20	M/W	6:05-6:35 pm	\$86	\$107.50	HM321013
1/9-2/15	T/Th	3:30-4 pm	\$113	\$141.25	HM321026
2/20-3/21	T/Th	3:30-4 pm	\$95	\$118.75	HM321027
1/9-2/15	T/Th	4:05-4:35 pm	\$113	\$141.25	HM321028
2/20-3/21	T/Th	4:05-4:35 pm	\$95	\$118.75	HM321029
1/9-2/15	T/Th	4:40-5:10 pm	\$113	\$141.25	HM321030
2/20-3/21	T/Th	4:40-5:10 pm	\$95	\$118.75	HM321031
1/9-2/15	T/Th	6:05-6:35 pm	\$113	\$141.25	HM321034
2/20-3/21	T/Th	6:05-6:35 pm	\$95	\$118.75	HM321035
1/14-3/17	Su	12:35-1:05 pm	\$95	\$118.75	HM321046
1/14-3/17	Su	11:10-11:40 am	\$95	\$118.75	HM321047

### Spring Term:

4/1-5/1	M/W	3:30-4 pm	\$95	\$118.75	HM421004
5/6-6/5	M/W	3:30-4 pm	\$86	\$107.50	HM421005
4/1-5/1	M/W	4:05-4:35 pm	\$95	\$118.75	HM421006
5/6-6/5	M/W	4:05-4:35 pm	\$86	\$107.50	HM421007
4/1-5/1	M/W	4:40-5:10 pm	\$95	\$118.75	HM421008
5/6-6/5	M/W	4:40-5:10 pm	\$86	\$107.50	HM421009
4/1-5/1	M/W	6:05-6:35 pm	\$95	\$118.75	HM421012
5/6-6/5	M/W	6:05-6:35 pm	\$86	\$107.50	HM421013
4/2-5/2	T/Th	3:30-4 pm	\$95	\$118.75	HM421026

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Fees: ID/AP = User is in-district or has paid an out-of-district assessment, OD = Out-of-district (no assessment paid)

5/7-6/6	T/Th	3:30-4 pm	\$95	\$118.75	HM421027
4/2-5/2	T/Th	4:05-4:35 pm	\$95	\$118.75	HM421028
5/7-6/6	T/Th	4:05-4:35 pm	\$95	\$118.75	HM421029
4/2-5/2	T/Th	4:40-5:10 pm	\$95	\$118.75	HM421030
5/7-6/6	T/Th	4:40-5:10 pm	\$95	\$118.75	HM421031
4/2-5/2	T/Th	6:05-6:35 pm	\$95	\$118.75	HM421034
5/7-6/6	T/Th	6:05-6:35 pm	\$95	\$118.75	HM421035
4/7-6/2	Su	12:35-1:05 pm	\$86	\$107.50	HM421046
4/7-6/2	Su	1:10-1:40 pm	\$86	\$107.50	HM421047

## Intermediate/Advanced Swimming Skills

Date	Day	Time	ID/AP	OD	Class#
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### Preschool/School Age Level 5

No class 1/15, 5/27.

#### Winter Term:

1/8-2/14	M/W	6:05-6:35 pm	\$104	\$130	HM325012
2/21-3/20	M/W	6:05-6:35 pm	\$86	\$107.50	HM325013
1/9-2/15	T/Th	4:05-4:35 pm	\$113	\$141.25	HM325028
2/20-3/21	T/Th	4:05-4:35 pm	\$95	\$118.75	HM325029
1/9-2/15	T/Th	5:30-6 pm	\$113	\$141.25	HM325032
2/20-3/21	T/Th	5:30-6 pm	\$95	\$118.75	HM325033
1/14-3/17	Su	2-2:30 pm	\$95	\$118.75	HM325048

#### Spring Term:

4/1-5/1	M/W	6:05-6:35 pm	\$95	\$118.75	HM425012
5/6-6/5	M/W	6:05-6:35 pm	\$86	\$107.50	HM425013
4/2-5/2	T/Th	4:05-4:35 pm	\$95	\$118.75	HM425028
5/7-6/6	T/Th	4:05-4:35 pm	\$95	\$118.75	HM425029
4/2-5/2	T/Th	5:30-6 pm	\$95	\$118.75	HM425032
5/7-6/6	T/Th	5:30-6 pm	\$95	\$118.75	HM425033

## Specialty Programs

Date	Day	Time	ID/AP	OD	Class#
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### Splash

Splash is a recreational swim team. Practices consist of technique, endurance and speed training, sportsmanship, team building, and competitive swimming principles. Prerequisites are Level 4 AND stroke competency for crawl stroke and backstroke for 25 yards each. Knowledge and experience with breaststroke are preferred. No class 1/15, 2/19, 5/27.

#### Winter Term:

1/8-3/20	M/W	4:05-5 pm	\$280	\$350	HM334000
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#### Spring Term:

4/1-6/5	M/W	4:05-5 pm	\$269	\$336.25	HM434000
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### Baby/Toddler & Me

No class 1/15, 5/27.

#### Winter Term:

1/8-2/14	M/W	5:30-6 pm	\$71	\$88.75	HM340010
2/21-3/20	M/W	5:30-6 pm	\$59	\$73.75	HM340011
1/9-2/15	T/Th	10:45-11:15 am	\$77	\$96.25	HM340016
2/20-3/21	T/Th	10:45-11:15 am	\$65	\$81.25	HM340017
1/14-3/17	Su	2:35-3:05 pm	\$65	\$81.25	HM340049

#### Spring Term:

4/1-5/1	M/W	5:30-6 pm	\$65	\$81.25	HM440010
5/6-6/5	M/W	5:30-6 pm	\$59	\$73.75	HM440011
4/2-5/2	T/Th	10:45-11:15 am	\$65	\$81.25	HM440016
5/7-6/6	T/Th	10:45-11:15 am	\$65	\$81.25	HM440017
4/7-6/2	Su	2:35-3:05 pm	\$59	\$73.75	HM440049

## You & Your Preschooler

#### Winter Term:

1/14-3/17	Su	2-2:30 pm	\$95	\$118.75	HM341048
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#### Spring Term:

4/7-6/2	Su	2-2:30 pm	\$86	\$107.50	HM441048
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## Teen & Tweens Swimming Skills

No class 1/15, 5/27.

#### Winter Term:

1/8-2/14	M/W	5:30-6:15 pm	\$156	\$195	HM350010T
2/21-3/20	M/W	5:30-6:15 pm	\$129	\$161.25	HM350011T

#### Spring Term:

4/1-5/1	M/W	5:30-6:15 pm	\$143	\$178.75	HM450010T
5/6-6/5	M/W	5:30-6:15 pm	\$129	\$161.25	HM450011T

## Teen/Adult Swimming Skills

No class 1/15, 5/27.

#### Winter Term:

1/9-2/15	T/Th	5:30-6:15 pm	\$170	\$212.50	HM350032
2/20-3/21	T/Th	5:30-6:15 pm	\$143	\$178.75	HM350033
1/14-3/17	Su	11:45 am-12:30 pm	\$143	\$178.75	HM350045
1/8-2/14	M/W	5:30-6:15 pm	\$156	\$195	HM350010T
2/21-3/20	M/W	5:30-6:15 pm	\$129	\$161.25	HM350011T

#### Spring Term:

4/2-5/2	T/Th	5:30-6:15 pm	\$143	\$178.75	HM450032
5/7-6/6	T/Th	5:30-6:15 pm	\$143	\$178.75	HM450033
4/7-6/2	Su	11:30 am-12:15pm	\$129	\$161.25	HM450045

## Private Lessons

No class 1/15, 5/27.

#### Winter Term:

1/8-2/14	M/W	4:40-5:10 pm	\$550	\$687.50	HM360008
2/21-3/20	M/W	4:40-5:10 pm	\$450	\$562.50	HM360009
1/8-2/14	M/W	5:30-6 pm	\$550	\$687.50	HM360010
2/21-3/20	M/W	5:30-6 pm	\$450	\$562.50	HM360011
1/9-2/15	T/Th	11:55 am-12:25 pm	\$600	\$750	HM360016A
2/20-3/21	T/Th	11:55 am-12:25 pm	\$500	\$625	HM360017A
1/9-2/15	T/Th	2:20-2:50 pm	\$600	\$750	HM360024
2/20-3/21	T/Th	2:20-2:50 pm	\$500	\$625	HM360025
1/9-2/15	T/Th	6:05-6:35 pm	\$600	\$750	HM360034
2/20-3/21	T/Th	6:05-6:35 pm	\$500	\$625	HM360035
1/12-2/16	F	12:20-12:50 pm	\$300	\$375	HM360036
2/23-3/22	F	12:20-12:50 pm	\$250	\$312.50	HM360037
1/12-2/16	F	12:55-1:25 pm	\$300	\$375	HM360038
2/23-3/22	F	12:55-1:25 pm	\$250	\$312.50	HM360039
1/14-3/17	Su	2:35-3:05 pm	\$500	\$625	HM360049

#### Spring Term:

4/1-5/1	M/W	4:40-5:10 pm	\$500	\$625	HM460008
5/6-6/5	M/W	4:40-5:10 pm	\$450	\$562.50	HM460009
4/1-5/1	M/W	5:30-6 pm	\$500	\$625	HM460010
5/6-6/5	M/W	5:30-6 pm	\$450	\$562.50	HM460011
4/2-5/2	T/Th	11:55 am-12:25 pm	\$500	\$625	HM460016A
5/7-6/6	T/Th	11:55 am-12:25 pm	\$500	\$625	HM460017A
4/2-5/2	T/Th	2:20-2:50 pm	\$500	\$625	HM460024
5/7-6/6	T/Th	2:20-2:50 pm	\$500	\$625	HM460025
4/2-5/2	T/Th	6:05-6:35 pm	\$500	\$625	HM460034
5/7-6/6	T/Th	6:05-6:35 pm	\$500	\$625	HM460035

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Fees: ID/AP = User is in-district or has paid an out-of-district assessment, OD = Out-of-district (no assessment paid)

4/5-5/3	F	12:20-12:50 pm	\$250	\$312.50	HM460036
5/10-6/7	F	12:20-12:50 pm	\$250	\$312.50	HM460037
4/5-5/3	F	12:55-1:25 pm	\$250	\$312.50	HM460038
5/10-6/7	F	12:55-1:25 pm	\$250	\$312.50	HM460039
4/7-6/2	Su	2:35-3:05 pm	\$450	\$562.50	HM460049

## Training Programs

Date	Day	Time	ID/AP	OD	Class#
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### Jr. Lifeguarding Alt Track

1/21-3/10	Su	1-3:30 pm	\$100	\$125	HM351000A
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### Lifeguard Training

1/19-1/21	Su/F/S	8:30 am-5 pm	\$260	\$325	HM350001
1/21-2/4	Su	8:30 am-5 pm	\$260	\$325	HM350002
2/16-3/1	F	3:30 pm-6:30 pm	\$260	\$325	HM350003
2/17-3/2	S	2-6 pm			
3/25-3/29	M-F	11 am-4 pm	\$260	\$325	HM350004
4/14-4/28	Su	8:30 am-5 pm	\$260	\$325	HM450000
5/3-5/17	F	3:30 pm-6:30 pm	\$260	\$325	HM450001
5/11-5/18	S	2-6 pm			

## Adaptive Aquatics:

Adaptive Aquatics is a program providing one on one swimming lessons for people of any age over 3, who experience disability. We offer lessons to people who experience cognitive disabilities, physical disabilities, anxieties, behavioral challenges, or sensory differences. Since the lessons are individualized, we can tailor them to the specific needs of the swimmer. We allow for non-traditional progression of skills, while continuing to focus on safety, and swimming goals and techniques. Space is extremely limited.



# Sunset Swim Center



**TUALATIN HILLS**  
PARK & RECREATION DISTRICT

**13707 NW Science Park Drive  
Beaverton, 97229  
503-629-6315**

TriMet Bus Routes #48, #62

**Facility Supervisor:** Joshua Norton

**Hours:** Lap Swim, Open Swim, and Swim Lessons available.  
Schedules subject to change. Please check [www.thprd.org](http://www.thprd.org) for the most updated schedule and fitness class descriptions.

**Office Hours:**

**Monday – Friday: 3 pm - 7 pm**

**Facility Closed:** 1/1, 1/15, 2/19, 5/27, 6/19

**Sunset Swim Center features:**

- ADA Lift available
- Average Pool Temperature: 84°



## Lap Swim, Open Swim & Swim Lessons

Please see online schedule at [www.thprd.org](http://www.thprd.org) for updated details about limited lanes, shared pool times and open swim. Paper schedules are available on site.



## Winter/Spring Splash

This is a recreational swim team for youth ages 5-17 who can swim 25 yards of crawl stroke and 25 yards of backstroke. Swim meets on some Saturdays

Date	Day	Time	ID/AP	OD	Class#
<b>Winter Term:</b>					
1/9-3/21	T/Th	6-6:45 pm	\$253	\$316.25	SS334016
1/9-3/21	T/Th	6:45-7:30 pm	\$253	\$316.25	SS334017
1/13-3/16	S	9-9:45 am	\$121	\$151.25	SS334018
1/14-3/17	Su	4-4:45 pm	\$121	\$151.25	SS334033
<b>Spring Term:</b>					
4/2-6/6	T/Th	6-6:45 pm	\$231	\$288.75	SS434022
4/2-6/6	T/Th	6:45-7:30 pm	\$231	\$288.75	SS434023
4/6-6/1	S	9-9:45 am	\$99	\$123.75	SS434024
4/7-6/2	Su	4-4:45 pm	\$99	\$123.75	SS434039

## Special Events

### Lonely Fish Fest

Saturday, February 17 • 1:00 - 4:00 pm



### Sunset Shamrock Splash

Saturday, March 16 • 1:00 - 4:00 pm



**Fitness classes are back at Sunset Swim Center see pg. 50 for more details.**



Class availability subject to change. Fees vary due to number of sessions in each class.

Preschool: Minimum age 3 years and toilet-trained.

When class ends, pick up your preschooler on deck after class.

## Beginning Swimming Skills

Date	Day	Time	ID/AP	OD	Class#
<b>Preschool Level 1-3</b>					
No class 1/15, 5/27.					

### Winter Term:

1/8-2/14	M/W	4:30-5 pm	\$104	\$130	SS311000
2/21-3/20	M/W	4:15-4:45 pm	\$86	\$107.50	SS311001
1/8-2/14	M/W	5:05-5:35 pm	\$104	\$130	SS311002
2/21-3/20	M/W	4:50-5:20 pm	\$86	\$107.50	SS311003
1/8-2/14	M/W	5:40-6:10 pm	\$104	\$130	SS311004
2/21-3/20	M/W	5:35-6:05 pm	\$86	\$107.50	SS311005
1/8-2/14	M/W	6:25-6:55 pm	\$104	\$130	SS311006
2/21-3/20	M/W	6:15-6:45 pm	\$86	\$107.50	SS311007
1/8-2/14	M/W	7-7:30 pm	\$104	\$130	SS311008
2/21-3/20	M/W	6:50-7:20 pm	\$86	\$107.50	SS311009
2/20-3/21	T/Th	3-3:30 pm	\$95	\$118.75	SS311011
2/20-3/21	T/Th	3:35-4:05 pm	\$95	\$118.75	SS311012
2/20-3/21	T/Th	4:20-4:50 pm	\$95	\$118.75	SS311013
2/20-3/21	T/Th	4:55-5:25 pm	\$95	\$118.75	SS311014
2/20-3/21	T/Th	5:30-6 pm	\$95	\$118.75	SS311015
1/13-2/10	S	10-10:30 am	\$50	\$62.50	SS311019
1/13-3/16	S	10-10:30 am	\$50	\$62.50	SS311020
1/13-3/16	S	10:35-11:05 am	\$50	\$62.50	SS311021
2/17-3/16	S	10:35-11:05 am	\$50	\$62.50	SS311022
1/13-2/10	S	11:15-11:45 am	\$50	\$62.50	SS311023
2/17-3/16	S	11:15-11:45 am	\$50	\$62.50	SS311024
1/14-2/11	Su	1:30-2 pm	\$50	\$62.50	SS311025
2/18-3/17	Su	1:30-2 pm	\$50	\$62.50	SS311026
1/14-2/11	Su	2:05-2:35 pm	\$50	\$62.50	SS311027
2/18-3/17	Su	2:05-2:35 pm	\$50	\$62.50	SS311028
1/14-2/11	Su	2:50-3:20 pm	\$50	\$62.50	SS311029
2/18-3/17	Su	2:50-3:20 pm	\$50	\$62.50	SS311030
1/14-2/11	Su	3:25-3:55 pm	\$50	\$62.50	SS311031
2/18-3/17	Su	3:25-3:55 pm	\$50	\$62.50	SS311032

### Spring Term:

4/1-5/1	M/W	4:15-4:45 pm	\$95	\$118.75	SS411000
5/6-6/5	M/W	4:15-4:45 pm	\$86	\$107.50	SS411001
4/1-5/1	M/W	4:50-5:20 pm	\$95	\$118.75	SS411002
5/6-6/5	M/W	4:50-5:20 pm	\$86	\$107.50	SS411003
4/1-5/1	M/W	5:35-6:05 pm	\$95	\$118.75	SS411004
5/6-6/5	M/W	5:35-6:05 pm	\$86	\$107.50	SS411005
4/1-5/1	M/W	6:15-6:45 pm	\$95	\$118.75	SS411006
5/6-6/5	M/W	6:15-6:45 pm	\$86	\$107.50	SS411007
4/1-5/1	M/W	6:50-7:20 pm	\$95	\$118.75	SS411008
5/6-6/5	M/W	6:50-7:20 pm	\$86	\$107.50	SS411009
4/2-5/2	T/Th	3-3:30 pm	\$95	\$118.75	SS411012
5/7-6/6	T/Th	3-3:30 pm	\$95	\$118.75	SS411013
4/2-5/2	T/Th	3:35-4:05 pm	\$95	\$118.75	SS411014
5/7-6/6	T/Th	3:35-4:05 pm	\$95	\$118.75	SS411015
4/2-5/2	T/Th	4:20-4:50 pm	\$95	\$118.75	SS411016
5/7-6/6	T/Th	4:20-4:50 pm	\$95	\$118.75	SS411017
4/2-5/2	T/Th	4:55-5:25 pm	\$95	\$118.75	SS411018
5/7-6/6	T/Th	4:55-5:25 pm	\$95	\$118.75	SS411019
4/2-5/2	T/Th	5:30-6 pm	\$95	\$118.75	SS411020
5/7-6/6	T/Th	5:30-6 pm	\$95	\$118.75	SS411021
4/6-4/27	S	10-10:30 am	\$41	\$51.25	SS411025

5/4-6/1	S	10-10:30 am	\$41	\$51.25	SS411026
4/6-4/27	S	10:35-11:05 am	\$41	\$51.25	SS411027
5/4-6/1	S	10:35-11:05 am	\$41	\$51.25	SS411028
4/6-4/27	S	11:20-11:50 am	\$41	\$51.25	SS411029
5/4-6/1	S	11:20-11:50 am	\$41	\$51.25	SS411030
4/7-4/28	Su	1:30-2 pm	\$41	\$51.25	SS411031
5/5-6/2	Su	1:30-2 pm	\$41	\$51.25	SS411032
4/7-4/28	Su	2:05-2:35 pm	\$41	\$51.25	SS411033
5/5-6/2	Su	2:05-2:35 pm	\$41	\$51.25	SS411034
4/7-4/28	Su	2:50-3:20 pm	\$41	\$51.25	SS411035
5/5-6/2	Su	2:50-3:20 pm	\$41	\$51.25	SS411036
4/7-4/28	Su	3:25-3:55 pm	\$41	\$51.25	SS411037
5/5-6/2	Su	3:25-3:55 pm	\$41	\$51.25	SS411038

## School Age Level 1-4

No class 1/15, 5/27.

### Winter Term:

1/8-2/14	M/W	4:30-5 pm	\$104	\$130	SS322000
2/21-3/20	M/W	4:15-4:45 pm	\$86	\$107.50	SS322001
1/8-2/14	M/W	5:05-5:35 pm	\$104	\$130	SS322002
2/21-3/20	M/W	4:50-5:20 pm	\$86	\$107.50	SS322003
1/8-2/14	M/W	5:40-6:10 pm	\$104	\$130	SS322004
2/21-3/20	M/W	5:35-6:05 pm	\$86	\$107.50	SS322005
1/8-2/14	M/W	6:25-6:55 pm	\$104	\$130	SS322006
2/21-3/20	M/W	6:15-6:45 pm	\$86	\$107.50	SS322007
1/8-2/14	M/W	7-7:30 pm	\$104	\$130	SS322008
2/21-3/20	M/W	6:50-7:20 pm	\$86	\$107.50	SS322009
2/21-3/20	M/W	7:35-8:05 pm	\$86	\$107.50	SS322010
2/20-3/21	T/Th	3-3:30 pm	\$95	\$118.75	SS322011
2/20-3/21	T/Th	3:35-4:05 pm	\$95	\$118.75	SS322012
2/20-3/21	T/Th	4:20-4:50 pm	\$95	\$118.75	SS322013
2/20-3/21	T/Th	4:55-5:25 pm	\$95	\$118.75	SS322014
2/20-3/21	T/Th	5:30-6 pm	\$95	\$118.75	SS322015
1/13-2/10	S	10-10:30 am	\$45	\$62.50	SS322019
2/17-3/16	S	10-10:30 am	\$45	\$62.50	SS322020
1/13-2/10	S	10:35-11:05 am	\$45	\$62.50	SS322021
2/17-3/16	S	10:35-11:05 am	\$50	\$62.50	SS322022
1/13-2/10	S	11:15-11:45 am	\$50	\$62.50	SS322023
2/17-3/16	S	11:15-11:45 am	\$50	\$62.50	SS322024
1/14-2/11	Su	1:30-2 pm	\$50	\$62.50	SS322025
2/18-3/17	Su	1:30-2 pm	\$50	\$62.50	SS322026
1/14-2/11	Su	2:05-2:35 pm	\$50	\$62.50	SS322027
2/18-3/17	Su	2:05-2:35 pm	\$50	\$62.50	SS322028
1/14-2/11	Su	2:50-3:20 pm	\$50	\$62.50	SS322029
2/18-3/17	Su	2:50-3:20 pm	\$50	\$62.50	SS322030
1/14-2/11	Su	3:25-3:55 pm	\$50	\$62.50	SS322031
2/18-3/17	Su	3:25-3:55 pm	\$50	\$62.50	SS322032

### Spring Term:

4/1-5/1	M/W	4:15-4:45 pm	\$95	\$118.75	SS422000
5/6-6/5	M/W	4:15-4:45 pm	\$86	\$107.50	SS422001
4/1-5/1	M/W	4:50-5:20 pm	\$95	\$118.75	SS422002
5/6-6/5	M/W	4:50-5:20 pm	\$86	\$107.50	SS422003
4/1-5/1	M/W	5:35-6:05 pm	\$95	\$118.75	SS422004
5/6-6/5	M/W	5:35-6:05 pm	\$86	\$107.50	SS422005
4/1-5/1	M/W	6:15-6:45 pm	\$95	\$118.75	SS422006
5/6-6/5	M/W	6:15-6:45 pm	\$86	\$107.50	SS422007
4/1-5/1	M/W	6:50-7:20 pm	\$95	\$118.75	SS422008
5/6-6/5	M/W	6:50-7:20 pm	\$86	\$107.50	SS422009
4/1-5/1	M/W	7:35-8:05 pm	\$95	\$118.75	SS422010
5/6-6/5	M/W	7:35-8:05 pm	\$86	\$107.50	SS422011
4/2-5/2	T/Th	3-3:30 pm	\$95	\$118.75	SS422012

Continued

Fees: ID/AP = User is in-district or has paid an out-of-district assessment, OD = Out-of-district (no assessment paid)

5/7-6/6	T/Th	3-3:30 pm	\$95	\$118.75	SS422013
4/2-5/2	T/Th	3:35-4:05 pm	\$95	\$118.75	SS422014
5/7-6/6	T/Th	3:35-4:05 pm	\$95	\$118.75	SS422015
4/2-5/2	T/Th	4:20-4:50 pm	\$95	\$118.75	SS422016
5/7-6/6	T/Th	4:20-4:50 pm	\$95	\$118.75	SS422017
4/2-5/2	T/Th	4:55-5:25 pm	\$95	\$118.75	SS422018
5/7-6/6	T/Th	4:55-5:25 pm	\$95	\$118.75	SS422019
4/2-5/2	T/Th	5:30-6 pm	\$95	\$118.75	SS422020
5/7-6/6	T/Th	5:30-6 pm	\$95	\$118.75	SS422021
4/6-4/27	S	10-10:30 am	\$41	\$51.25	SS422025
5/4-6/1	S	10-10:30 am	\$41	\$51.25	SS422026
4/6-4/27	S	10:35-11:05 am	\$41	\$51.25	SS422027
5/4-6/1	S	10:35-11:05 am	\$41	\$51.25	SS422028
4/6-4/27	S	11:20-11:50 am	\$41	\$51.25	SS422029
5/4-6/1	S	11:20-11:50 am	\$41	\$51.25	SS422030
4/7-4/28	Su	1:30-2 pm	\$41	\$51.25	SS422031
5/5-6/2	Su	1:30-2 pm	\$41	\$51.25	SS422032
4/7-4/28	Su	2:05-2:35 pm	\$41	\$51.25	SS422033
5/5-6/2	Su	2:05-2:35 pm	\$41	\$51.25	SS422034
4/7-4/28	Su	2:50-3:20 pm	\$41	\$51.25	SS422035
5/5-6/2	Su	2:50-3:20 pm	\$41	\$51.25	SS422036
4/7-4/28	Su	3:25-3:55 pm	\$41	\$51.25	SS422037
5/5-6/2	Su	3:25-3:55 pm	\$41	\$51.25	SS422038

## Preschool/School Age Level 5-7

No class 1/15, 5/27.

<b>Winter Term:</b>					
1/8-2/14	M/W	6:25-6:55 pm	\$104	\$130	SS325006
2/21-3/20	M/W	6:50-7:20 pm	\$86	\$107.50	SS325009
<b>Spring Term:</b>					
4/1-5/1	M/W	6:50-7:20 pm	\$95	\$118.75	SS425008
5/6-6/5	M/W	6:50-7:20 pm	\$86	\$107.50	SS425009

## Specialty Programs

Date	Day	Time	ID/AP	OD	Class#
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### Splash

This is a recreational swim team for youth ages 5-17 who can swim 25 yards of crawl stroke and 25 yards of backstroke. Swim meets on some Saturdays.

<b>Winter Term:</b>					
1/9-3/21	T/Th	6-6:45 pm	\$253	\$316.25	SS334016
1/9-3/21	T/Th	6:45-7:30 pm	\$253	\$316.25	SS334017
1/13-3/16	S	9-9:45 am	\$121	\$151.25	SS334018
1/14-3/17	Su	4-4:45 pm	\$121	\$151.25	SS334033
<b>Spring Term:</b>					
4/6-6/1	S	9-9:45 am	\$99	\$123.75	SS434024
4/7-6/2	Su	4-4:45 pm	\$99	\$123.75	SS434039
4/2-6/6	T/Th	6-6:45 pm	\$231	\$288.75	SS434022
4/2-6/6	T/Th	6:45-7:30 pm	\$231	\$288.75	SS434023

### Baby/Toddler & Me

No class 1/15, 5/27.

<b>Winter Term:</b>					
1/8-2/14	M/W	5:05-5:35 pm	\$71	\$88.75	SS340002
2/21-3/20	M/W	4:50-5:20 pm	\$71	\$88.75	SS340003
<b>Spring Term:</b>					
4/1-5/1	M/W	4:50-5:20 pm	\$65	\$81.25	SS440002
5/6-6/5	M/W	4:50-5:20 pm	\$59	\$73.75	SS440003

## Teen/Adult Swimming Skills - Beginning

No class 1/15, 5/27.

### Winter Term:

1/8-2/14	M/W	7-7:30 pm	\$104	\$130	SS350008B
2/21-3/20	M/W	7:35-8:05 pm	\$86	\$107.50	SS350010B

### Spring Term:

4/1-5/1	M/W	7:35-8:05 pm	\$95	\$118.75	SS450010B
5/6-6/5	M/W	7:35-8:05 pm	\$86	\$107.50	SS450011B

## Professional Classes

Date	Day	Time	ID/AP	OD	Class#
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### Lifeguard Training 15+ yrs

### Winter Term

1/20-2/3	S	9:00 am-5:00 pm	\$260	\$325	SS350000
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### Spring Term

4/14-4/28	Su	9:00 am-5:00 pm	\$260	\$325	SS450000
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## Water Fitness



### Cardio Core

Saturday mornings 8-8:55 am. Youth & Seniors. Available through drop-in or deluxe pass! This is a fun, moderate-intensity fitness class suitable for most people. The class is held in the shallow end of the pool. Participants challenge themselves with the resistance of the water in the low-impact workout as they exercise to lively, upbeat music. Participants work on aerobic conditioning, strength, balance, and flexibility. At least 35 minutes of the class will be dedicated to pure cardio in a Level 2 class. Buoyant and resistant equipment may be used.

## Land Fitness

### High School Speed, Agility & Conditioning

No class 1/15 or 2/19. This dryland program is designed for the high school athlete looking to strengthen their athletic performance. Athletes will have the opportunity to train with our dynamic certified Personal Trainers and Instructors in different drills to enhance speed, agility, conditioning, coordination, and mobility. These skills are applicable to any sport and are perfect whether you are looking for supplemental in-season training or to stay active during the off-season to help take your performance to the next level!

### Winter Term:

1/8-2/28	M/W	3:30 pm-4:30 pm	\$141	\$176.25	SS330008
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### Spring Term:

4/1-5/22	M/W	3:30 pm-4:30 pm	\$141	\$176.25	SS430008
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Fees: ID/AP = User is in-district or has paid an out-of-district assessment, OD = Out-of-district (no assessment paid)

# Conestoga Recreation & Aquatic Center



TUALATIN HILLS  
PARK & RECREATION DISTRICT

9985 SW 125th Avenue  
Beaverton, 97008  
503-629-6313

TriMet Bus Routes #62, #92

Facility Supervisor: Ann Johnson

## Facility Hours:

Monday-Friday 5:30 am-9:30 pm  
Saturday 8 am-8 pm  
Sunday 9 am-8 pm

Check online for pool hours.

Closed: 1/1

Modified Schedule: 9 am-2 pm  
12/31, 1/15, 2/19, 3/31, 5/27

## Conestoga Recreation & Aquatic Center features:

- Average Pool Temperature:  
Main Pool - 85° Slide Pool - 90°
- Splash Pad (outdoor) Seasonal
- Independent changing rooms

## Facility Features:

- Weight room/fitness center, shower/locker rooms
- THRIVE Afterschool Enrichment Program
- Nine month Preschool (English & Spanish)
- Indoor gym for drop-in sports
- Kitchen for cooking classes
- Two dance/fitness studio rooms
- Classrooms for birthday parties/rentals
- Preschool Indoor Play Park
- Outdoor playground

## Conestoga is Hiring

Lifeguards • Sports Instructor • Fitness Instructors  
Before and After-school Leaders • Desk Staff

## Interested in becoming a lifeguard?

Call 503-629-6313 for more information.

**Note: This section is for Conestoga aquatic programs only. See page 86 for Conestoga recreation programs.**

## Events

### Duck Dive

Friday, March 15 • 5:30-8:30 pm

Join Lucky Ducky for a splashing good time in the pool and dive for prize ducks! Enjoy additional activities in the gymnasium including coloring contest, bingo, photo booth, a cupcake walk, indoor play park, and more. All children must have an adult present at the event, and children under the age of 7 must have an adult over the age of 18 yrs. in the water during the duck dive.

#### Registration required.

Date	Day	Time	ID/OD	Class #
*3/15	F	5:30-5:55 pm	\$15/\$18.75	CA37000A
3/15	F	6:05-6:30 pm	\$15/\$18.75	CA37000B
3/15	F	6:40-7:05 pm	\$15/\$18.75	CA37000C
3/15	F	7:15-7:40 pm	\$15/\$18.75	CA37000D
3/15	F	7:50-8:15 pm	\$15/\$18.75	CA37000E

\*Sensory sensitive time frame for individuals with sensory sensitivities. Water features and music will not be on during this time frame.

## Lap Swim, Open Swim & Water Fitness

Please see online schedule at [thprd.org](http://thprd.org) for Lap Swim, Open Swim, and Water Fitness opportunities at Conestoga.

## Winter Dive-in Movies

January 5 & 19 • February 2 & 23 • 6-8:30pm

Call the center for movie titles and more information.

## Spring Wipeout!

April 12 • May 10 • 6-8:30pm



Class availability subject to change. Fees vary due to number of sessions in each class.

Preschool: Minimum age 3 years and toilet-trained.

When class ends, pick up your preschooler at the dressing room entrance from deck.

School-age: First grade through age 12. An adult must remain on the premises during class for children under 10 years of age.

## Beginning Swimming Skills

Date	Day	Time	ID/AP	OD	Class#
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### Preschool Levels 1-2

No class 1/15, 5/27

#### Winter Term:

1/8-2/14	M/W	9:30-10 am	\$104	\$130	CA311001
2/21-3/20	M/W	9:30-10 am	\$86	\$107.50	CA311002
1/8-2/14	M/W	10:55-11:25 am	\$104	\$130	CA311005
2/21-3/20	M/W	10:55-11:25 am	\$86	\$107.50	CA311006
1/8-2/14	M/W	11:30 am-12 pm	\$104	\$130	CA311007
2/21-3/20	M/W	11:30 am-12 pm	\$86	\$107.50	CA311008
1/9-2/15	T/Th	9:30-10 am	\$113	\$141.25	CA311009
2/20-3/21	T/Th	9:30-10 am	\$95	\$118.75	CA311010
1/9-2/15	T/Th	10:05-10:35 am	\$113	\$141.25	CA311011
2/20-3/21	T/Th	10:05-10:35 am	\$95	\$118.75	CA311012
1/9-2/15	T/Th	10:55-11:25 am	\$113	\$141.25	CA311013
2/20-3/21	T/Th	10:55-11:25 am	\$95	\$118.75	CA311014
1/9-2/15	T/Th	11:30 am-12 pm	\$113	\$141.25	CA311015
2/20-3/21	T/Th	11:30 am-12 pm	\$95	\$118.75	CA311016
1/12-3/22	F	9:30-10 am	\$104	\$130	CA311017
1/12-3/22	F	10:05-10:35 am	\$104	\$130	CA311018
1/12-3/22	F	10:55-11:25 am	\$104	\$130	CA311019
1/12-3/22	F	11:30 am-12 pm	\$104	\$130	CA311020

#### Spring Term:

4/1-5/1	M/W	9:30-10 am	\$95	\$118.75	CA411001
5/6-6/5	M/W	9:30-10 am	\$86	\$107.50	CA411002
4/1-5/1	M/W	10:55-11:25 am	\$95	\$118.75	CA411005
5/6-6/5	M/W	10:55-11:25 am	\$86	\$107.50	CA411006
4/1-5/1	M/W	11:30 am-12 pm	\$95	\$118.75	CA411007
5/6-6/5	M/W	11:30 am-12 pm	\$86	\$107.50	CA411008
4/2-5/2	T/Th	9:30-10 am	\$95	\$118.75	CA411009
5/7-6/6	T/Th	9:30-10 am	\$95	\$118.75	CA411010
4/2-5/2	T/Th	10:05-10:35 am	\$95	\$118.75	CA411011
5/7-6/6	T/Th	10:05-10:35 am	\$95	\$118.75	CA411012
4/2-5/2	T/Th	10:55-11:25 am	\$95	\$118.75	CA411013
5/7-6/6	T/Th	10:55-11:25 am	\$95	\$118.75	CA411014
4/2-5/2	T/Th	11:30 am-12 pm	\$95	\$118.75	CA411015
5/7-6/6	T/Th	11:30 am-12 pm	\$95	\$118.75	CA411016
4/5-6/7	F	9:30-10 am	\$95	\$118.75	CA411017
4/5-6/7	F	10:05-10:35 am	\$95	\$118.75	CA411018
4/5-6/7	F	10:55-11:25 am	\$95	\$118.75	CA411019
4/5-6/7	F	11:30 am-12 pm	\$95	\$118.75	CA411020

### Preschool Level 1-3

No class 1/15, 5/25, 5/26 & 5/27

#### Winter Term:

1/8-2/14	M/W	4:30-5 pm	\$104	\$130	CA311030
2/21-3/20	M/W	4:30-5 pm	\$86	\$107.50	CA311031
1/8-2/14	M/W	5:05-5:35 pm	\$104	\$130	CA311032
2/21-3/20	M/W	5:05-5:35 pm	\$86	\$107.50	CA311033

1/8-2/14	M/W	5:55-6:25 pm	\$104	\$130	CA311034
2/21-3/20	M/W	5:55-6:25 pm	\$86	\$107.50	CA311035
1/8-2/14	M/W	6:30-7 pm	\$104	\$130	CA311036
1/9-2/15	T/Th	6:15-6:45 pm	\$113	\$141.25	CA311046
2/21-3/20	M/W	6:30-7 pm	\$86	\$107.50	CA311037
2/20-3/21	T/Th	4:30-5 pm	\$95	\$118.75	CA311041
2/20-3/21	T/Th	5:05-5:35 pm	\$95	\$118.75	CA311043
2/20-3/21	T/Th	5:55-6:25 pm	\$95	\$118.75	CA311045
2/20-3/21	T/Th	6:30-7 pm	\$95	\$118.75	CA311047
1/13-3/16	S	9:30-10 am	\$95	\$118.75	CA311050
1/13-3/16	S	9:35-10:05 am	\$95	\$118.75	CA311051
1/13-3/16	S	10:10-10:40 am	\$95	\$118.75	CA311052
1/13-3/16	S	11-11:30 am	\$95	\$118.75	CA311053
1/13-3/16	S	11:35 am-12:05 pm	\$95	\$118.75	CA311054
1/14-3/17	Su	1-1:30 pm	\$95	\$118.75	CA311055
1/14-3/17	Su	1:35-2:05 pm	\$95	\$118.75	CA311056
1/14-3/17	Su	2:10-2:40 pm	\$95	\$118.75	CA311057
1/14-3/17	Su	3-3:30 pm	\$95	\$118.75	CA311058
1/14-3/17	Su	3:35-4:05 pm	\$95	\$118.75	CA311059

#### Spring Term:

4/1-5/1	M/W	4:30-5 pm	\$95	\$118.75	CA411030
5/6-6/5	M/W	4:30-5 pm	\$86	\$107.50	CA411031
4/1-5/1	M/W	5:05-5:35 pm	\$95	\$118.75	CA411032
5/6-6/5	M/W	5:05-5:35 pm	\$86	\$107.50	CA411033
4/1-5/1	M/W	5:55-6:25 pm	\$95	\$118.75	CA411034
5/6-6/5	M/W	5:55-6:25 pm	\$86	\$107.50	CA411035
4/1-5/1	M/W	6:30-7 pm	\$95	\$118.75	CA411036
5/6-6/5	M/W	6:30-7 pm	\$86	\$107.50	CA411037
4/2-5/2	T/Th	4:30-5 pm	\$95	\$118.75	CA411040
5/7-6/6	T/Th	4:30-5 pm	\$95	\$118.75	CA411041
4/2-5/2	T/Th	5:05-5:35 pm	\$95	\$118.75	CA411042
5/7-6/6	T/Th	5:05-5:35 pm	\$95	\$118.75	CA411043
4/2-5/2	T/Th	5:55-6:25 pm	\$95	\$118.75	CA411044
5/7-6/6	T/Th	5:55-6:25 pm	\$95	\$118.75	CA411045
4/2-5/2	T/Th	6:30-7 pm	\$95	\$118.75	CA411046
5/7-6/6	T/Th	6:30-7 pm	\$95	\$118.75	CA411047
4/6-6/1	S	9-9:30 am	\$77	\$96.25	CA411050
4/6-6/1	S	9:35-10:05 am	\$77	\$96.25	CA411051
4/6-6/1	S	10:10-10:40 am	\$77	\$96.25	CA411052
4/6-6/1	S	11-11:30 am	\$77	\$96.25	CA411053
4/6-6/1	S	11:35 am-12:05 pm	\$77	\$96.25	CA411054
4/7-6/2	Su	1-1:30 pm	\$77	\$96.25	CA411055
4/7-6/2	Su	1:35-2:05 pm	\$77	\$96.25	CA411056
4/7-6/2	Su	2:10-2:40 pm	\$77	\$96.25	CA411057
4/7-6/2	Su	3-3:30 pm	\$77	\$96.25	CA411058
4/7-6/2	Su	3:35-4:05 pm	\$77	\$96.25	CA411059

### School Age Level 1-4

No class 1/15, 5/25, 5/26, 5/27

#### Winter Term:

1/8-2/14	M/W	4:30-5 pm	\$104	\$130	CA321030
2/21-3/20	M/W	4:30-5 pm	\$86	\$107.50	CA321031
1/8-2/14	M/W	5:05-5:35 pm	\$104	\$130	CA321032
2/21-3/20	M/W	5:05-5:35 pm	\$86	\$107.50	CA321033
1/8-2/14	M/W	5:55-6:25 pm	\$104	\$130	CA321034
2/21-3/20	M/W	5:55-6:25 pm	\$86	\$107.50	CA321035
1/8-2/14	M/W	6:30-7 pm	\$104	\$130	CA321036
2/21-3/20	M/W	6:30-7 pm	\$86	\$107.50	CA321037
1/9-2/15	T/Th	6:15-6:45 pm	\$113	\$141.25	CA321046
2/20-3/21	T/Th	4:30-5 pm	\$95	\$118.75	CA321041
2/20-3/21	T/Th	5:05-5:35 pm	\$95	\$118.75	CA321043
2/20-3/21	T/Th	5:55-6:25 pm	\$95	\$118.75	CA321045
2/20-3/21	T/Th	6:30-7 pm	\$95	\$118.75	CA321047

Fees: ID/AP = User is in-district or has paid an out-of-district assessment, OD = Out-of-district (no assessment paid)



1/13-3/16	S	9-9:30 am	\$95	\$118.75	CA321050
1/13-3/16	S	9:35-10:05 am	\$95	\$118.75	CA321051
1/13-3/16	S	10:10-10:40 am	\$95	\$118.75	CA321052
1/13-3/16	S	11-11:30 am	\$95	\$118.75	CA321053
1/13-3/16	S	11:35 am-12:05 pm	\$95	\$118.75	CA321054
1/14-3/17	Su	1-1:30 pm	\$95	\$118.75	CA321055
1/14-3/17	Su	1:35-2:05 pm	\$95	\$118.75	CA321056
1/14-3/17	Su	2:10-2:40 pm	\$95	\$118.75	CA321057
1/14-3/17	Su	3-3:30 pm	\$95	\$118.75	CA321058
1/14-3/17	Su	3:35-4:05 pm	\$95	\$118.75	CA321059
<b>Spring Term:</b>					
4/1-5/1	M/W	4:30-5 pm	\$95	\$118.75	CA421030
5/6-6/5	M/W	4:30-5 pm	\$86	\$107.50	CA421031
4/1-5/1	M/W	5:05-5:35 pm	\$95	\$118.75	CA421032
5/6-6/5	M/W	5:05-5:35 pm	\$86	\$107.50	CA421033
4/1-5/1	M/W	5:55-6:25 pm	\$95	\$118.75	CA421034
5/6-6/5	M/W	5:55-6:25 pm	\$86	\$107.50	CA421035
4/1-5/1	M/W	6:30-7 pm	\$95	\$118.75	CA421036
5/6-6/5	M/W	6:30-7 pm	\$86	\$107.50	CA421037
4/2-5/2	T/Th	4:30-5 pm	\$95	\$118.75	CA421040
5/7-6/6	T/Th	4:30-5 pm	\$95	\$118.75	CA421041
4/2-5/2	T/Th	5:05-5:35 pm	\$95	\$118.75	CA421042
5/7-6/6	T/Th	5:05-5:35 pm	\$95	\$118.75	CA421043
4/2-5/2	T/Th	5:55-6:25 pm	\$95	\$118.75	CA421044
5/7-6/6	T/Th	5:55-6:25 pm	\$95	\$118.75	CA421045
4/2-5/2	T/Th	6:30-7 pm	\$95	\$118.75	CA421046
5/7-6/6	T/Th	6:30-7 pm	\$95	\$118.75	CA421047
4/6-6/1	S	9-9:30 am	\$77	\$96.25	CA421050
4/6-6/1	S	9:35-10:05 am	\$77	\$96.25	CA421051
4/6-6/1	S	10:10-10:40 am	\$77	\$96.25	CA421052
4/6-6/1	S	11-11:30 am	\$77	\$96.25	CA421053
4/6-6/1	S	11:35 am-12:05 pm	\$77	\$96.25	CA421054
4/7-6/2	Su	1-1:30 pm	\$77	\$96.25	CA421055
4/7-6/2	Su	1:35-2:05 pm	\$77	\$96.25	CA421056
4/7-6/2	Su	2:10-2:40 pm	\$77	\$96.25	CA421057
4/7-6/2	Su	3-3:30 pm	\$77	\$96.25	CA421058
4/7-6/2	Su	3:35-4:05 pm	\$77	\$96.25	CA421059

## Preschool/School Age Level 5-7

No class 1/15, 5/25, 5/26, 5/27

<b>Winter Term:</b>					
1/8-2/14	M/W	4:30-5 pm	\$104	\$130	CA325030
2/21-3/20	M/W	4:30-5 pm	\$86	\$107.50	CA325031
1/8-2/14	M/W	5:05-5:35 pm	\$104	\$130	CA325032
2/21-3/20	M/W	5:05-5:35 pm	\$86	\$107.50	CA325033
1/8-2/14	M/W	5:55-6:25 pm	\$104	\$130	CA325034
2/21-3/20	M/W	5:55-6:25 pm	\$86	\$107.50	CA325035
1/9-2/15	T/Th	6:15-6:45 pm	\$113	\$141.25	CA325046
2/20-3/21	T/Th	4:30-5 pm	\$95	\$118.75	CA325041
2/20-3/21	T/Th	5:05-5:35 pm	\$95	\$118.75	CA325043
2/20-3/21	T/Th	5:55-6:25 pm	\$95	\$118.75	CA325045
2/20-3/21	T/Th	6:30-7 pm	\$95	\$118.75	CA325047
1/13-3/16	S	9:35-10:05 am	\$95	\$118.75	CA325051
1/13-3/16	S	11:35 am-12:05 pm	\$95	\$118.75	CA325054
1/14-3/17	Su	1:35-2:05 pm	\$95	\$118.75	CA325056
1/14-3/17	Su	3:35-4:05 pm	\$95	\$118.75	CA325059
<b>Spring Term:</b>					
4/1-5/1	M/W	4:30-5 pm	\$95	\$118.75	CA425030
5/6-6/5	M/W	4:30-5 pm	\$86	\$107.50	CA425031
4/1-5/1	M/W	5:05-5:35 pm	\$95	\$118.75	CA425032
5/6-6/5	M/W	5:05-5:35 pm	\$86	\$107.50	CA425033
4/1-5/1	M/W	5:55-6:25 pm	\$95	\$118.75	CA425034

5/6-6/5	M/W	5:55-6:25 pm	\$86	\$107.50	CA425035
4/2-5/2	T/Th	4:30-5 pm	\$95	\$118.75	CA425040
5/7-6/6	T/Th	4:30-5 pm	\$95	\$118.75	CA425041
4/2-5/2	T/Th	5:05-5:35 pm	\$95	\$118.75	CA425042
5/7-6/6	T/Th	5:05-5:35 pm	\$95	\$118.75	CA425043
4/2-5/2	T/Th	5:55-6:25 pm	\$95	\$118.75	CA425044
5/7-6/6	T/Th	5:55-6:25 pm	\$95	\$118.75	CA425045
4/2-5/2	T/Th	6:30-7 pm	\$95	\$118.75	CA425046
5/7-6/6	T/Th	6:30-7 pm	\$95	\$118.75	CA425047
4/6-6/1	S	9:35-10:05 am	\$77	\$96.25	CA425051
4/6-6/1	S	11:35 am-12:05 pm	\$77	\$96.25	CA425054
4/7-6/2	Su	1:35-2:05 pm	\$77	\$96.25	CA425056
4/7-6/2	Su	3:35-4:05 pm	\$77	\$96.25	CA425059

## Specialty Programs

### Baby Toddler & Me

No class 1/15, 5/25, 5/26, 5/27

Ages 6 months to 3 years old.

Water adjustment class for adult and child. Basic skills are introduced with games and songs. Swim diapers required. One adult with each child.

### Winter Term:

1/8-2/14	M/W	10:05-10:35 am	\$77	\$96.25	CA340003
2/21-3/20	M/W	10:05-10:35 am	\$59	\$73.75	CA340004
1/9-2/15	T/Th	10:05-10:35 am	\$77	\$96.25	CA340011
2/20-3/21	T/Th	10:05-10:35 am	\$65	\$81.25	CA340012
1/12-3/22	F	10:05-10:35 am	\$71	\$88.75	CA340018
1/13-3/16	S	9-9:30 am	\$65	\$81.25	CA340050
1/13-3/16	S	10:10-10:40 am	\$65	\$81.25	CA340053
1/14-3/17	Su	1-1:30 pm	\$65	\$81.25	CA340055
1/14-3/17	Su	3-3:30 pm	\$65	\$81.25	CA340058

### Spring Term:

4/1-5/1	M/W	10:05-10:35 am	\$65	\$81.25	CA440003
5/6-6/5	M/W	10:05-10:35 am	\$59	\$73.75	CA440004
4/2-5/2	T/Th	10:05-10:35 am	\$65	\$81.25	CA440011
5/7-6/6	T/Th	10:05-10:35 am	\$65	\$81.25	CA440012
4/5-6/7	F	10:05-10:35 am	\$65	\$81.25	CA440018
4/6-6/1	S	9-9:30 am	\$52	\$65	CA440050
4/6-6/1	S	10:10-10:40 am	\$52	\$65	CA440053
4/7-6/2	Su	1-1:30 pm	\$52	\$65	CA440055
4/7-6/2	Su	3-3:30 pm	\$52	\$65	CA440058

# Wonderful World of Water Safety

Friday, May 17, 6-8:30pm

### 6-6:45pm: Safety Demonstrations

Join us for a FREE fun and educational event in the pool! Come learn and practice different ways for you and your family to stay safe in different water environments. Demonstration includes life-saving techniques by safety experts. Sign up with the QR code to reserve a spot for the Water Safety demonstration.

Event followed by Open Swim from 7-8:30pm.  
Drop-in fees apply.



## You & Your Preschooler

Water adjustment class for preschool students who have had difficulty transitioning to a class without adult participation. Basic skills from Level 1 are introduced, with adult participation in the water.

### Winter Term:

1/9-2/15	T/Th	11:30 am-12 pm	\$113	\$141.25	CA341015
2/20-3/21	T/Th	11:30 am-12 pm	\$95	\$118.75	CA341016

### Spring Term:

4/2-5/2	T/Th	11:30 am-12 pm	\$95	\$118.75	CA431015
5/7-6/6	T/Th	11:30 am-12 pm	\$95	\$118.75	CA431016

## Teen/Adult Beginner

Instruction of beginner levels of swimming. **No class 1/15 & 5/27.**

### Winter Term:

1/8-2/14	M/W	6:30-7 pm	\$104	\$130	CA350036
2/21-3/20	M/W	6:30-7 pm	\$86	\$107.50	CA350037

### Spring Term:

4/1-5/1	M/W	6:30-7 pm	\$95	\$118.75	CA450036
5/6-6/5	M/W	6:30-7 pm	\$86	\$107.50	CA450037

## Teen/Adult Intermediate/Advanced

Instruction of intermediate & advanced levels of swimings. **No class 5/25 & 5/26.**

### Winter Term:

1/13-3/16	S	10:10-10:40 am	\$95	\$118.75	CA350052
1/14-3/17	Su	2:10-2:40 pm	\$95	\$118.75	CA350057

### Spring Term:

4/6-6/1	S	10:10-10:40 am	\$77	\$96.25	CA450052
4/7-6/2	Su	2:10-2:40 pm	\$77	\$96.25	CA450057

## Winter/Spring Splash

A recreational swim team for youth ages 5-17 who can swim 25 yards of crawl stroke and 25 yards of backstroke. Swim meets on some Saturdays. **No class 1/15, 2/19, 5/27.**

### Winter Term:

1/8-3/20	M/W	7:05-7:50pm	\$231	\$288	CA334000MW
1/9-3/21	T/Th	7:05-7:55pm	\$253	\$316.25	CA334000TT

### Spring Term:

4/1-6/5	M/W	7:05-7:50pm	\$220	\$275	CA434000MW
4/2-6/6	T/Th	7:05-7:50pm	\$231	\$288	CA434000TT

## Water Polo Basics

Recreational water polo class that provides basic skills and understanding of the sport in a recreational format. This class focuses on all the fun, dynamic aspects of the game in a safe, easy-to-learn aquatic experience that will motivate kids to swim and stay fit. **No class 5/25.**

### Winter Term:

1/13-2/10	S	4:15-5 pm	\$78	\$95.50	CA332000
2/24-3/16	S	4:15-5 pm	\$78	\$95.50	CA332001

### Spring Term:

4/6-4/27	S	4:15-5 pm	\$78	\$95.50	CA432000
5/4-6/1	S	4:15-5 pm	\$78	\$95.50	CA432001

## Training or Professional Classes

### Jr. Lifeguarding

The Jr. Lifeguarding course is for students who are ages 12-15 years old and currently at aquatic Level 4 or above. Students will learn the principles and practices of being a lifeguard and swim lesson instructor aid. There are classroom and water sections for the course. The class introduces participants to lifesaving skills, including in-water rescues, use of a rescue tube, and first aid, CPR, and AED skills (no certifications). Participants will shadow lifeguards in rotation to get a real sense of being on the job. Jr. Guard candidates can apply as a volunteer Jr. Guard/Swim Aid at any of the THPRD aquatic centers.

### Winter Term:

1/20-2/10	S	9:30-11:30 am	\$100	\$125	CA351000
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### Spring Term:

4/6-4/27	S	9:30-11:30 am	\$100	\$125	CA451000
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### Lifeguard Training

Ages 15+ years (Additional Certification Fee \$43)

### Winter Term:

2/4-2/25	Su	9:15 am-4 pm	\$260	\$325	CA352000
3/25-3/28	M-Th	9:15 am-4 pm	\$260	\$325	CA352001
4/28-5/19	Su	9:15 am-4 pm	\$260	\$325	CA452000



# Earn to Learn

Explore an Aquatic Career & Earn a Paycheck



• Receive professional training



• Learn job skills & build confidence



• Earn a paycheck



Scan to apply!

# Tualatin Hills Aquatic Center



**HMT Recreation Complex**  
**15707 SW Walker Road**  
**Beaverton, 97006**  
**503-629-6310**

TriMet Bus Routes #59, #67

**Facility Supervisor:** Andrew Jackman

**Hours:** (may change based on staffing)

Monday - Friday 7:45 am-9 pm

Saturday & Sunday 12-4:30 pm

Hours subject to change. Visit [thprd.org](http://thprd.org) for updated schedule.

**Facility Closed:** 1/1, 1/15

**Modified Hours:** 2/19, 5/27, 6/19: 9 am-2 pm

**Tualatin Hills Aquatic Center features:**

- ADA Lift Available
- Dive Platforms
- Average Pool Temperature: 83-84°
- Jungle Joe Climbing Structure
- Independent Changing Rooms

## Is your child new to THPRD?

THPRD offers swimming level assessments to ensure registration in the appropriate level.

If your child is new to our lesson program or has not had lessons with THPRD in the past six months, an assessment is encouraged. Call 503-629-6310 for an appointment.



THPRD.Aquatics

## Water Fitness Programs

**Dig Deep:** Participants wear flotation belts for a zero impact, moderate intensity workout in the deep end of the pool. It is not necessary to be an avid swimmer to participate; but it is helpful for participants to be comfortable in deep water. This is an exciting, unique way to exercise, suitable for most people.

**Cardio Core:** This is a fun, moderate intensity fitness class suitable for most people. The class is held in the shallow end of the pool. Participants challenge themselves with the resistance of the water in the low-impact work-out as they exercise to lively, upbeat music.

Schedule can be found online, <http://www.thprd.org/facilities/aquatics/aquatic-center>, or by stopping into the center. The schedule is subject to change without notice.



## Winter/Spring Splash

This is a recreational swim team for youth ages 5-17 who can swim 25 yards of crawl stroke and 25 yards of backstroke. Swim meets on some Saturdays.

Date	Day	Time	ID/AP	OD	Class#
<b>Winter Term:</b>					
1/8-3/20	M/W	7-7:45 pm	\$231	\$288.75	AQ334012
1/9-3/21	T/Th	6:15-7 pm	\$253	\$316.25	AQ334024
<b>Spring Term:</b>					
4/1-6/5	M/W	7-7:45 pm	\$220	\$275	AQ434012
4/2-6/6	T/Th	6:15-7 pm	\$231	\$288.75	AQ434024

## Lap Swim, Open Swim, and Independent Exercise

Please see online schedule at [thprd.org](http://thprd.org) for updated details and hours.

Class availability subject to change. Fees vary due to number of sessions in each class.

Preschool: Minimum age 3 years and toilet-trained.

When class ends, pick up your preschooler at the dressing room entrance from deck.

School-age: First grade through age 12. The parent, guardian or caregiver of a child under 10 years of age must remain on the premises during class.

## Beginning Swimming Skills

Date	Day	Time	ID/AP	OD	Class#
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### Preschool Level 1-3

#### Winter Term:

1/8-2/14	M/W	4:30-5 pm	\$104	\$130	AQ311000
2/21-3/20	M/W	4:30-5 pm	\$86	\$107.50	AQ311001
1/8-2/14	M/W	5:05-5:35 pm	\$104	\$130	AQ311002
2/21-3/20	M/W	5:05-5:35 pm	\$86	\$107.50	AQ311003
1/8-2/14	M/W	5:40-6:10 pm	\$104	\$130	AQ311004
2/21-3/20	M/W	5:40-6:10 pm	\$86	\$107.50	AQ311005
1/8-2/14	M/W	6:15-6:45 pm	\$104	\$130	AQ311006
2/21-3/20	M/W	6:15-6:45 pm	\$86	\$107.50	AQ311007
1/9-2/15	T/Th	4:30-5 pm	\$113	\$141.25	AQ311015
2/20-3/21	T/Th	4:30-5 pm	\$95	\$118.75	AQ311016
1/9-2/15	T/Th	5:05-5:35 pm	\$113	\$141.25	AQ311017
2/20-3/21	T/Th	5:05-5:35 pm	\$95	\$118.75	AQ311018
1/9-2/15	T/Th	5:40-6:10 pm	\$113	\$141.25	AQ311019
2/20-3/21	T/Th	5:40-6:10 pm	\$95	\$118.75	AQ311020

#### Spring Term:

4/1-5/1	M/W	4:30-5 pm	\$95	\$118.75	AQ411000
5/6-6/5	M/W	4:30-5 pm	\$86	\$107.50	AQ411001
4/1-5/1	M/W	5:05-5:35 pm	\$95	\$118.75	AQ411002
5/6-6/5	M/W	5:05-5:35 pm	\$86	\$107.50	AQ411003
4/1-5/1	M/W	5:40-6:10 pm	\$95	\$118.75	AQ411004
5/6-6/5	M/W	5:40-6:10 pm	\$86	\$107.50	AQ411005
4/1-5/1	M/W	6:15-6:45 pm	\$95	\$118.75	AQ411006
5/6-6/5	M/W	6:15-6:45 pm	\$86	\$107.50	AQ411007
4/2-5/2	T/Th	4:30-5 pm	\$95	\$118.75	AQ411015
5/7-6/6	T/Th	4:30-5 pm	\$95	\$118.75	AQ411016
4/2-5/2	T/Th	5:05-5:35 pm	\$95	\$118.75	AQ411017
5/7-6/6	T/Th	5:05-5:35 pm	\$95	\$118.75	AQ411018
4/2-5/2	T/Th	5:40-6:10 pm	\$95	\$118.75	AQ411019
5/7-6/6	T/Th	5:40-6:10 pm	\$95	\$118.75	AQ411020

### School Age Level 1-4

#### Winter Term:

1/8-2/14	M/W	4:30-5 pm	\$104	\$130	AQ322000
2/21-3/20	M/W	4:30-5 pm	\$86	\$107.50	AQ322001
1/8-2/14	M/W	5:05-5:35 pm	\$104	\$130	AQ322002
2/21-3/20	M/W	5:05-5:35 pm	\$86	\$107.50	AQ322003
1/8-2/14	M/W	5:40-6:10 pm	\$104	\$130	AQ322004
2/21-3/20	M/W	5:40-6:10 pm	\$86	\$107.50	AQ322005
1/8-2/14	M/W	6:15-6:45 pm	\$104	\$130	AQ322006
2/21-3/20	M/W	6:15-6:45 pm	\$86	\$107.50	AQ322007
1/9-2/15	T/Th	4:30-5 pm	\$113	\$141.25	AQ322015
2/20-3/21	T/Th	4:30-5 pm	\$95	\$118.75	AQ322016
1/9-2/15	T/Th	5:05-5:35 pm	\$113	\$141.25	AQ322017
2/20-3/21	T/Th	5:05-5:35 pm	\$95	\$118.75	AQ322018
1/9-2/15	T/Th	5:40-6:10 pm	\$113	\$141.25	AQ322019
2/20-3/21	T/Th	5:40-6:10 pm	\$95	\$118.75	AQ322020

#### Spring Term:

4/1-5/1	M/W	4:30-5 pm	\$95	\$118.75	AQ422000
5/6-6/5	M/W	4:30-5 pm	\$86	\$107.50	AQ422001
4/1-5/1	M/W	5:05-5:35 pm	\$95	\$118.75	AQ422002
5/6-6/5	M/W	5:05-5:35 pm	\$86	\$107.50	AQ422003
4/1-5/1	M/W	5:40-6:10 pm	\$95	\$118.75	AQ422004
5/6-6/5	M/W	5:40-6:10 pm	\$86	\$107.50	AQ422005
4/1-5/1	M/W	6:15-6:45 pm	\$95	\$118.75	AQ422006
5/6-6/5	M/W	6:15-6:45 pm	\$86	\$107.50	AQ422007
4/2-5/2	T/Th	4:30-5 pm	\$95	\$118.75	AQ422015
5/7-6/6	T/Th	4:30-5 pm	\$95	\$118.75	AQ422016
4/2-5/2	T/Th	5:05-5:35 pm	\$95	\$118.75	AQ422017
5/7-6/6	T/Th	5:05-5:35 pm	\$95	\$118.75	AQ422018
4/2-5/2	T/Th	5:40-6:10 pm	\$95	\$118.75	AQ422019
5/7-6/6	T/Th	5:40-6:10 pm	\$95	\$118.75	AQ422020

## Intermediate Swimming Skills

### Preschool/School Age Level 5-7

#### Winter Term:

1/8-2/14	M/W	5:05-5:35 pm	\$104	\$130	AQ325002
2/21-3/20	M/W	5:05-5:35 pm	\$86	\$107.50	AQ325003
1/8-2/14	M/W	6:15-6:45 pm	\$104	\$130	AQ325006
2/21-3/20	M/W	6:15-6:45 pm	\$86	\$107.50	AQ325007
1/9-2/15	T/Th	5:05-5:35 pm	\$113	\$141.25	AQ325017
2/20-3/21	T/Th	5:05-5:35 pm	\$95	\$118.75	AQ325018
1/9-2/15	T/Th	5:40-6:10 pm	\$113	\$141.25	AQ325019
2/20-3/21	T/Th	5:40-6:10 pm	\$95	\$118.75	AQ325020

#### Spring Term:

4/1-5/1	M/W	5:05-5:35 pm	\$95	\$118.75	AQ425002
5/6-6/5	M/W	5:05-5:35 pm	\$86	\$107.50	AQ425003
4/1-5/1	M/W	6:15-6:45 pm	\$95	\$118.75	AQ425006
5/6-6/5	M/W	6:15-6:45 pm	\$86	\$107.50	AQ425007
4/2-5/2	T/Th	5:05-5:35 pm	\$95	\$118.75	AQ425017
5/7-6/6	T/Th	5:05-5:35 pm	\$95	\$118.75	AQ425018
4/2-5/2	T/Th	5:40-6:10 pm	\$95	\$118.75	AQ425019
5/7-6/6	T/Th	5:40-6:10 pm	\$95	\$118.75	AQ425020

## Specialty Programs

### Teen/Adult Swimming Skills - Beginning

#### Winter Term:

1/9-2/15	T/Th	7:05-7:50 pm	\$170	\$212.50	AQ350027B
2/20-3/21	T/Th	7:05-7:50 pm	\$143	\$178.75	AQ350028B

#### Spring Term:

4/2-5/2	T/Th	7:05-7:50 pm	\$143	\$178.75	AQ450027B
5/7-6/6	T/Th	7:05-7:50 pm	\$143	\$178.75	AQ450028B

## Training or Professional Classes

### Lifeguard Training

#### Winter Term:

3/25-3/28	M-Th	9 am-4 pm	\$260	\$325	AQ35200
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Fees: ID/AP = User is in-district or has paid an out-of-district assessment, OD = Out-of-district (no assessment paid)



## Winter/Spring Splash

This is a recreational swim team for youth ages 5-17 who can swim 25 yards of crawl stroke and 25 yards of backstroke. Swim meets on some Saturdays.

### Winter Term:

1/8-3/20 M/W 7-7:45 pm \$231 \$288.75 AQ334012

1/9-3/21 T/Th 6:15-7 pm \$253 \$316.25 AQ334024

### Spring Term:

4/1-6/5 M/W 7-7:45 pm \$220 \$275 AQ434012

4/2-6/6 T/Th 6:15-7 pm \$231 \$288.75 AQ434024



**THPRD is now hiring lifeguards, aquatics and swim instructors!**

Lifeguard Certification classes are available  
For more info: [www.thprd.org](http://www.thprd.org)

# Tualatin Hills Athletic Center



**TUALATIN HILLS**  
PARK & RECREATION DISTRICT

**HMT Recreation Complex**  
**15707 SW Walker Road**  
**Beaverton, 97006**  
**503-629-6330**

TriMet Bus Routes #59, #67

**Facility Supervisor:** Brian Yourstone

**Center Hours:**

Monday-Friday	6 am-10 pm
Saturday	*8 am-7 pm
Sunday	*10 am-7 pm

\*Schedule subject to change.

**Facility Closed:** 12/31, 1/1, 3/31, 5/27

**Modified Schedule:** 1/15, 2/19, 6/19: 9 am-2 pm

**Athletic Center Features:**

- Indoor Track
- Indoor Courts
- Outdoor Sports Fields
- THRIVE Afterschool Program

## Indoor Play Park Parque de Juegos Interior

12:30 - 2:30 PM

Monday - Thursday/Lunes - Jueves



thprdathleticcenter



@thprdathleticcenter

## Comedy Acting Camp

**Winter Break: Comedy Acting Camp**  
December 18 – December 22 • AC27200  
**Spring Break Comedy Acting Camp**  
March 25 – March 29 • AC37200

In this camp, Comedy Acting is used as the main tool to make children laugh, relax and explore their inner performers while also providing opportunities to work on their leadership, team building, and problem-solving skills.

6-10 yrs • ID/AP: \$374 OD: \$467.50 • 9 am-4 pm

Please remember to send your child with a water bottle, lunch, and two snacks daily.



## Thursday Night All-stars

This is a recreation and socialization program for all ages with developmental disabilities to play pickup games of basketball.

**When:** Thursdays, 6:15-7:45 pm (times subject to change)

**Cost:** \$5.50 ID/OD

**Location:** THPRD Athletic Center - 15707 SW Walker Road, Beaverton (some Thursdays not available)

**Participation is on a drop-in basis and requires the following:**

- Completed medical/emergency information form
- Sign up before attending if you are a new participant
- Those requiring 1:1 assistance must bring an aide who is required to stay for the entire duration of the activity at the Athletic Center.

For more information, email [inclusion@thprd.org](mailto:inclusion@thprd.org) or call 503-619-3863.

## Court and Sports Field Rentals

The Athletic Center offers six courts and multiple sports fields available for rent on a limited basis. Whether you're looking for basketball or softball, we can accommodate groups of all sizes. Please email us with your request to: [sportsrentals@thprd.org](mailto:sportsrentals@thprd.org).

## Join a Spring league at the Athletic Center!

Adult League*	Registration	Season
Softball	Early March	April-August
Kickball	Early April	June-August
Volleyball	Late February	April-June
Cornhole	Early April	May-June

\*Adult League registration is for a team; individual players can call the Athletic to be added to a Free Agent Interest List

Youth League	Registration	Season
Basketball (5th-8th grade)	Early February	April-May



## Volunteer Coaches Needed

If you have experience in sports and the desire to share your knowledge by coaching young athletes, please call the Athletic Center at 503-629-6330 or go to the link and fill out the volunteer coach application.

**Apply Today!**



## Outdoor Recreation

### Skate Park

The Tualatin Hills skate park is located on the north end of the HMT Recreation Complex. There is also a skate park located at the Evelyn M. Schiffler Memorial Park. Helmets and protective gear are highly recommended. Park hours are dawn to dusk, weather permitting.

### Novice Skate Park

The novice skate park is located next to the big skate park at the north end of the HMT Recreation Complex. Helmets and protective gear are highly recommended. Hours are dawn to dusk, weather permitting.

### Roller Hockey Rink

Visit our outdoor roller hockey arena, located on the north end of the HMT Recreation Complex. Arena hours are dawn to dusk, weather permitting.

### Basketball Courts

In addition to the Athletic Center, basketball courts are available in many of our parks, weather permitting.

Visit <http://www.thprd.org/parks-and-trails/find-park>

### Volleyball

You can enjoy three outdoor locations for grass or sand volleyball; Carolwood Park, Raleigh Park, and Cedar Hills Park

### Bocce Ball

There are bocce courts located at Cedar Hills Park and Ridgewood View Park for drop-in play. Call the Athletic Center with any questions.

### Pickleball

Pickleball can be played at Raleigh Park. Pickleball can also be played at the following locations but you must bring your own nets; Athletic Center, Cedar Hills Park, Ridgewood View Park, Rock Creek Landing Park, and Raleigh Park.

### Disc Golf

Greenway Park has a nine-hole disc golf course. Visit [www.thprd.org](http://www.thprd.org) for more information.

### Futsal

Cedar Hills Park has futsal nets set up during the week. Call the Athletic Center with any questions.

## Girl Power Classes

See pages 63-65 for description and pricing.

### PEE WEE SOCCER

1/12-2/2 F	9-9:45 am	3-5 yrs	AC32150
2/9-3/1 F	9-9:45 am	3-5 yrs	AC32151
3/8-3/22 F	9-9:45 am	3-5 yrs	AC32152
4/5-5/3 F	9-9:45 am	3-5 yrs	AC42149
5/10-6/7 F	9-9:45 am	3-5 yrs	AC42150

### PEE WEE HOOPS

1/12-2/2 F	10:15-11 am	3-5 yrs	AC32153
2/9-3/1 F	10:15-11 am	3-5 yrs	AC32154
3/8-3/22 F	10:15-11 am	3-5 yrs	AC32155
4/5-5/3 F	10:15-11 am	3-5 yrs	AC42151
5/10-6/7 F	10:15-11 am	3-5 yrs	AC42152

### PEE WEE SPORTZ

1/12-2/2 F	11:15 am-12 pm	3-5 yrs	AC32156
2/9-3/1 F	11:15 am-12 pm	3-5 yrs	AC32157
3/8-3/22 F	11:15 am-12 pm	3-5 yrs	AC32158
4/5-5/3 F	11:15 am-12 pm	3-5 yrs	AC42153
5/10-6/7 F	11:15 am-12 pm	3-5 yrs	AC42154

### HOOP IT UP!

1/12-2/2 F	4-4:45 pm	6-9 yrs	AC32207
2/9-3/1 F	4-4:45 pm	6-9 yrs	AC32208
3/8-3/22 F	4-4:45 pm	6-9 yrs	AC32209
4/5-5/3 F	4-4:45 pm	6-9 yrs	AC42207
5/10-6/7 F	4-4:45 pm	6-9 yrs	AC42208

### BASKETBALL SKILLS

1/12-2/2 F	4-5 pm	9-12 yrs	AC32228
2/9-3/1 F	4-5 pm	9-12 yrs	AC32229
3/8-3/22 F	4-5 pm	9-12 yrs	AC32230
4/5-5/3 F	4-5 pm	9-12 yrs	AC42227
5/10-6/7 F	4-5 pm	9-12 yrs	AC42228



## Arts & Crafts – Preschool/Youth

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
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### Messy Little Fingers

Let your child get messy with us as they express themselves through art and learn about their creativity. In this class, your child will develop sensory-motor skills and hand-eye coordination and learn shapes, colors, and social skills to help your child grow and thrive. Your child gets the messy fun while we get the cleanup. **Adult participation is required.**

#### Winter Term:

1/8-1/31 (4) Rm 101	M/W	9:30-10:15 am ID/AP: \$63	2 ½ -3 yrs OD: \$78.75	AC34101
2/5-2/28 (4) Rm 101	M/W	9:30-10:15 am ID/AP: \$63	2 ½ -3 yrs OD: \$78.75	AC34102
3/4-3/20 (3) Rm 101	M/W	9:30-10:15 am ID/AP: \$48	2 ½ -3 yrs OD: \$60	AC34103
1/9-2/1 (4) Rm 101	T/Th	10:45-11:30 am ID/AP: \$63	2 ½ -3 yrs OD: \$78.75	AC34104
2/6-2/29 (4) Rm 101	T/Th	10:45-11:30 am ID/AP: \$63	2 ½ -3 yrs OD: \$78.75	AC34105
3/5-3/21 (3) Rm 101	T/Th	10:45-11:30 am ID/AP: \$48	2 ½ -3 yrs OD: \$60	AC34106

#### Spring Term:

4/1-4/24 (4) Rm 101	M/W	9:30-10:15 am ID/AP: \$63	2 ½ -3 yrs OD: \$78.75	AC44101
4/29-5/15 (3) Rm 101	M/W	9:30-10:15 am ID/AP: \$48	2 ½ -3 yrs OD: \$60	AC44102
5/20-6/5 (3) Rm 101	M/W	9:30-10:15 am ID/AP: \$48	2 ½ -3 yrs OD: \$60	AC44103
4/2-4/25 (4) Rm 101	T/Th	10:45-11:30 am ID/AP: \$63	2 ½ -3 yrs OD: \$78.75	AC44104
4/30-5/16 (3) Rm 101	T/Th	10:45-11:30 am ID/AP: \$48	2 ½ -3 yrs OD: \$60	AC44105
5/21-6/6 (3) Rm 101	T/Th	10:45-11:30 am ID/AP: \$48	2 ½ -3 yrs OD: \$60	AC44106

### Arts & Crafts

Let's be creative together. Join this class for fun and creative projects. Your child will draw, paint, and craft projects to develop their artistic talent and expression. **Adult participation is required.**

#### Winter Term:

1/8-1/31 (4) Rm 101	M/W	10:45-11:30 am ID/AP: \$63	3-5 yrs OD: \$78.75	AC34107
2/5-2/28 (4) Rm 101	M/W	10:45-11:30 am ID/AP: \$63	3-5 yrs OD: \$78.75	AC34108
3/4-3/20 (3) Rm 101	M/W	10:45-11:30 am ID/AP: \$48	3-5 yrs OD: \$60	AC34109
1/9-2/1 (4) Rm 101	T/Th	9:30-10:15 am ID/AP: \$63	3-5 yrs OD: \$78.75	AC34110
2/6-2/29 (4) Rm 101	T/Th	9:30-10:15 am ID/AP: \$63	3-5 yrs OD: \$78.75	AC34111

#### Spring Term:

4/1-4/24 (4) Rm 101	M/W	10:45-11:30 am ID/AP: \$63	3-5 yrs OD: \$78.75	AC44107
4/29-5/15 (3) Rm 101	M/W	10:45-11:30 am ID/AP: \$48	3-5 yrs OD: \$60	AC44108
5/20-6/5 (3) Rm 101	M/W	10:45-11:30 am ID/AP: \$48	3-5 yrs OD: \$60	AC44109
4/30-5/16 (3) Rm 101	T/Th	9:30-10:15 am ID/AP: \$48	3-5 yrs OD: \$60	AC44110
5/21-6/6 (3) Rm 101	T/Th	9:30-10:15 am ID/AP: \$48	3-5 yrs OD: \$60	AC44111

Fees: ID/AP = User is in-district or has paid an out-of-district assessment, OD = Out-of-district (no assessment paid)



## Dynamic Drawing & Painting

Explore your creativity while learning drawing and painting techniques using various art materials. All levels welcome!

### Winter Term:

1/11-2/15 (6)	Th	6:30-7:30 pm	6-11 yrs	AC34201
Rm 101		ID/AP: \$63	OD: \$78.75	
2/22-3/21 (5)	Th	6:30-7:30 pm	6-11 yrs	AC34202
Rm 101		ID/AP: \$53	OD: \$66.25	

### Spring Term:

4/4-5/2 (5)	Th	6:30-7:30 pm	6-11 yrs	AC44201
Rm 101		ID/AP: \$53	OD: \$66.25	
5/9-6/6 (5)	Th	6:30-7:30 pm	6-11 yrs	AC44202
Rm 101		ID/AP: \$53	OD: \$66.25	

## General Interest - Preschool

### Beginner Tumbling

While working with your child in their first tumbling class, you will be confident that they will be prepared to listen and follow instructions when they enter preschool. Together, we will work on balancing, jumping, and tumbling skills while building the confidence needed to play and get along in a classroom. We will use music and simple games as we go through a fun course designed to build on all skills. **Adult participation is required.**

### Winter Term:

1/8-1/31 (4)	M/W	9-9:30 am	2-3 yrs	AC33101
Ct 1 -Indoor		ID/AP: \$48	OD: \$60	
2/5-2/28 (4)	M/W	9-9:30 am	2-3 yrs	AC33102
Ct 1 -Indoor		ID/AP: \$48	OD: \$60	
3/4-3/20 (3)	M/W	9-9:30 am	2-3 yrs	AC33103
Ct 1 -Indoor		ID/AP: \$36	OD: \$45	

### Spring Term:

4/1-4/24 (4)	M/W	9-9:30 am	2-3 yrs	AC43101
Ct 1 -Indoor		ID/AP: \$48	OD: \$60	
4/29-5/15 (3)	M/W	9-9:30 am	2-3 yrs	AC43102
Ct 1 -Indoor		ID/AP: \$36	OD: \$45	
5/20-6/5 (3)	M/W	9-9:30 am	2-3 yrs	AC43103
Ct 1 -Indoor		ID/AP: \$36	OD: \$45	

### Tumbling

A fun way for your athlete to work on gymnastic skills! Emphasizes basic movements, jumps, floor work fundamentals, somersaults, etc. Builds strength, flexibility, coordination, and confidence.

### Winter Term:

1/8-1/31 (4)	M/W	9:45-10:15 am	3-5 yrs	AC33104
Ct 1 -Indoor		ID/AP: \$48	OD: \$60	
2/5-2/28 (4)	M/W	9:45-10:15 am	3-5 yrs	AC33105
Ct 1 -Indoor		ID/AP: \$48	OD: \$60	
3/4-3/20 (3)	M/W	9:45-10:15 am	3-5 yrs	AC33106
Ct 1 -Indoor		ID/AP: \$36	OD: \$45	

### Spring Term:

4/1-4/24 (4)	M/W	9:45-10:15 am	3-5 yrs	AC43104
Ct 1 -Indoor		ID/AP: \$48	OD: \$60	
4/29-5/15 (3)	M/W	9:45-10:15 am	3-5 yrs	AC43105
Ct 1 -Indoor		ID/AP: \$36	OD: \$45	
5/20-6/5 (3)	M/W	9:45-10:15 am	3-5 yrs	AC43106
Ct 1 -Indoor		ID/AP: \$36	OD: \$45	

### Tiny Jumpers

With trampolines, music, and games, your tiny tot can work on large motor skills through jumping, balancing, and tumbling. See your child's self-esteem and confidence grow by building strength, balance, and coordination. **Adult participation is required.**

### Winter Term:

1/8-1/31 (4)	M/W	10:45-11:15 am	2-3 yrs	AC32110
Ct 1 -Indoor		ID/AP: \$48	OD: \$60	

2/5-2/28 (4)	M/W	10:45-11:15 am	2-3 yrs	AC32111
Ct 1 -Indoor		ID/AP: \$48	OD: \$60	
3/4-3/20 (3)	M/W	10:45-11:15 am	2-3 yrs	AC32112
Ct 1 -Indoor		ID/AP: \$36	OD: \$45	
1/9-2/1 (4)	T/Th	9:45-10:15 am	2-3 yrs	AC32113
Ct 1 -Indoor		ID/AP: \$48	OD: \$60	
2/6-2/29 (4)	T/Th	9:45-10:15 am	2-3 yrs	AC32114
Ct 1 -Indoor		ID/AP: \$48	OD: \$60	
3/5-3/21 (3)	T/Th	9:45-10:15 am	2-3 yrs	AC32115
Ct 1 -Indoor		ID/AP: \$36	OD: \$45	
<b>Spring Term:</b>				
4/1-4/24 (4)	M/W	10:45-11:15 am	2-3 yrs	AC42110
Ct 1 -Indoor		ID/AP: \$48	OD: \$60	
4/29-5/15 (3)	M/W	10:45-11:15 am	2-3 yrs	AC42111
Ct 1 -Indoor		ID/AP: \$36	OD: \$45	
5/20-6/5 (3)	M/W	10:45-11:15 am	2-3 yrs	AC42112
Ct 1 -Indoor		ID/AP: \$36	OD: \$45	
4/2-4/25 (4)	T/Th	9:45-10:15 am	2-3 yrs	AC42113
Ct 1 -Indoor		ID/AP: \$48	OD: \$60	
4/30-5/16 (3)	T/Th	9:45-10:15 am	2-3 yrs	AC42114
Ct 1 -Indoor		ID/AP: \$36	OD: \$45	
5/21-6/6 (3)	T/Th	9:45-10:15 am	2-3 yrs	AC42115
Ct 1 -Indoor		ID/AP: \$36	OD: \$45	

## Munchkin Sportz Center

Enjoy an exciting and fun way to introduce your child to various sports. Your child will learn cooperation and teamwork and build their self-esteem. **Adult participation is required.**

### Winter Term:

1/8-1/31 (4)	M/W	11:15-11:45 am	2 ½ -3 yrs	AC32101
Ct 2 -Indoor		ID/AP: \$48	OD: \$60	
2/5-2/28 (4)	M/W	11:15-11:45 am	2 ½ -3 yrs	AC32102
Ct 2 -Indoor		ID/AP: \$48	OD: \$60	
3/4-3/20 (3)	M/W	11:15-11:45 am	2 ½ -3 yrs	AC32103
Ct 2 -Indoor		ID/AP: \$36	OD: \$45	
1/9-2/1 (4)	T/Th	9-9:30 am	2 ½ -3 yrs	AC32104
Ct 1 -Indoor		ID/AP: \$48	OD: \$60	
2/6-2/29 (4)	T/Th	9-9:30 am	2 ½ -3 yrs	AC32105
Ct 1 -Indoor		ID/AP: \$48	OD: \$60	
3/5-3/21 (3)	T/Th	9-9:30 am	2 ½ -3 yrs	AC32106
Ct 1 -Indoor		ID/AP: \$36	OD: \$45	
1/9-2/1 (4)	T/Th	11:15-11:45 am	2 ½ -3 yrs	AC32107
Ct 2 -Indoor		ID/AP: \$48	OD: \$60	
2/6-2/29 (4)	T/Th	11:15-11:45 am	2 ½ -3 yrs	AC32108
Ct 2 -Indoor		ID/AP: \$48	OD: \$60	
3/5-3/21 (3)	T/Th	11:15-11:45 am	2 ½ -3 yrs	AC32109
Ct 2 -Indoor		ID/AP: \$36	OD: \$45	

### Spring Term:

4/1-4/24 (4)	M/W	11:15-11:45 am	2 ½ -3 yrs	AC42101
Ct 2 -Indoor		ID/AP: \$48	OD: \$60	
4/29-5/15 (3)	M/W	11:15-11:45 am	2 ½ -3 yrs	AC42102
Ct 2 -Indoor		ID/AP: \$36	OD: \$45	
5/20-6/5 (3)	M/W	11:15-11:45 am	2 ½ -3 yrs	AC42103
Ct 2 -Indoor		ID/AP: \$36	OD: \$45	
4/2-4/25 (4)	T/Th	9-9:30 am	2 ½ -3 yrs	AC42104
Ct 1 -Indoor		ID/AP: \$48	OD: \$60	
4/30-5/16 (3)	T/Th	9-9:30 am	2 ½ -3 yrs	AC42105
Ct 1 -Indoor		ID/AP: \$36	OD: \$45	
5/21-6/6 (3)	T/Th	9-9:30 am	2 ½ -3 yrs	AC42106
Ct 1 -Indoor		ID/AP: \$36	OD: \$45	
4/2-4/25 (4)	T/Th	11:15-11:45 am	2 ½ -3 yrs	AC42107
Ct 2 -Indoor		ID/AP: \$48	OD: \$60	
4/30-5/16 (3)	T/Th	11:15-11:45 am	2 ½ -3 yrs	AC42108
Ct 2 -Indoor		ID/AP: \$36	OD: \$45	
5/21-6/6 (3)	T/Th	11:15-11:45 am	2 ½ -3 yrs	AC42109
Ct 2 -Indoor		ID/AP: \$36	OD: \$45	

Fees: ID/AP = User is in-district or has paid an out-of-district assessment, OD = Out-of-district (no assessment paid)

## Sports & Fitness - Preschool

### Pee Wee Soccer

Dribbling, shooting, and passing are included in the indoor class. Your athlete will have fun, learn teamwork and cooperation, and build confidence.

#### Winter Term:

1/8-1/31 (4) Ct 2 -Indoor	M/W	9-9:45 am ID/AP: \$71	3-5 yrs OD: \$88.75	AC32116
2/5-2/28 (4) Ct 2 -Indoor	M/W	9-9:45 am ID/AP: \$71	3-5 yrs OD: \$88.75	AC32117
3/4-3/20 (3) Ct 2 -Indoor	M/W	9-9:45 am ID/AP: \$53	3-5 yrs OD: \$66.25	AC32118
1/8-1/31 (4) Ct 1 -Indoor	M/W	11:30 am-12:15 pm ID/AP: \$71	3-5 yrs OD: \$88.75	AC32119
2/5-2/28 (4) Ct 1 -Indoor	M/W	11:30 am-12:15 pm ID/AP: \$71	3-5 yrs OD: \$88.75	AC32120
3/4-3/20 (3) Ct 1 -Indoor	M/W	11:30 am-12:15 pm ID/AP: \$53	3-5 yrs OD: \$66.25	AC32121
1/9-2/1 (4) Ct 2 -Indoor	T/Th	10-10:45 am ID/AP: \$71	3-5 yrs OD: \$88.75	AC32122
2/6-2/29 (4) Ct 2 -Indoor	T/Th	10-10:45 am ID/AP: \$71	3-5 yrs OD: \$88.75	AC32123
3/5-3/21 (3) Ct 2 -Indoor	T/Th	10-10:45 am ID/AP: \$53	3-5 yrs OD: \$66.25	AC32124
1/8-1/31 (4) Ct 3 -Indoor	M/W	3:30-4:15 pm ID/AP: \$71	3-5 yrs OD: \$88.75	AC32125
2/5-2/28 (4) Ct 3 -Indoor	M/W	3:30-4:15 pm ID/AP: \$71	3-5 yrs OD: \$88.75	AC32126
3/4-3/20 (3) Ct 3 -Indoor	M/W	3:30-4:15 pm ID/AP: \$53	3-5 yrs OD: \$66.25	AC32127

#### Spring Term:

4/1-4/24 (4) Ct 2 -Indoor	M/W	9-9:45 am ID/AP: \$71	3-5 yrs OD: \$88.75	AC42116
4/29-5/15 (3) Ct 2 -Indoor	M/W	9-9:45 am ID/AP: \$53	3-5 yrs OD: \$66.25	AC42117
5/20-6/5 (3) Ct 2 -Indoor	M/W	9-9:45 am ID/AP: \$53	3-5 yrs OD: \$66.25	AC42118
4/1-4/24 (4) Ct 1 -Indoor	M/W	11:30 am-12:15 pm ID/AP: \$71	3-5 yrs OD: \$88.75	AC42119
4/29-5/15 (3) Ct 1 -Indoor	M/W	11:30 am-12:15 pm ID/AP: \$53	3-5 yrs OD: \$66.25	AC42120
5/20-6/5 (3) Ct 1 -Indoor	M/W	11:30 am-12:15 pm ID/AP: \$53	3-5 yrs OD: \$66.25	AC42121
4/2-4/25 (4) Ct 2 -Indoor	T/Th	10-10:45 am ID/AP: \$71	3-5 yrs OD: \$88.75	AC42122
4/30-5/16 (3) Ct 2 -Indoor	T/Th	10-10:45 am ID/AP: \$53	3-5 yrs OD: \$66.25	AC42123
5/21-6/6 (3) Ct 2 -Indoor	T/Th	10-10:45 am ID/AP: \$53	3-5 yrs OD: \$66.25	AC42124
4/1-4/24 (4) Ct 3 -Indoor	M/W	3:30-4:15 pm ID/AP: \$71	3-5 yrs OD: \$88.75	AC42125
4/29-5/15 (3) Ct 3 -Indoor	M/W	3:30-4:15 pm ID/AP: \$53	3-5 yrs OD: \$66.25	AC42126
5/20-6/5 (3) Ct 3 -Indoor	M/W	3:30-4:15 pm ID/AP: \$53	3-5 yrs OD: \$66.25	AC42127

### Pee Wee Hoops

Start your child off learning the basics of basketball and building their confidence in a fun environment. Learn to catch, pass, dribble and shoot a basketball. Emphasizes positive attitude, fair play, and fun.

#### Winter Term:

1/8-1/31 (4) Ct 2 -Indoor	M/W	10-10:45 am ID/AP: \$71	3-5 yrs OD: \$88.75	AC32128
2/5-2/28 (4) Ct 2 -Indoor	M/W	10-10:45 am ID/AP: \$71	3-5 yrs OD: \$88.75	AC32129
3/4-3/20 (4) Ct 2 -Indoor	M/W	10-10:45 am ID/AP: \$53	3-5 yrs OD: \$66.25	AC32130

1/9-2/1 (4) Ct 2 -Indoor	T/Th	12-12:45 pm ID/AP: \$71	3-5 yrs OD: \$88.75	AC32131
2/6-2/29 (4) Ct 2 -Indoor	T/Th	12-12:45 pm ID/AP: \$71	3-5 yrs OD: \$88.75	AC32132
3/5-3/21 (3) Ct 2 -Indoor	T/Th	12-12:45 pm ID/AP: \$53	3-5 yrs OD: \$66.25	AC32133
1/8-1/31 (4) Ct 4 -Indoor	M/W	3:30-4:15 pm ID/AP: \$71	3-5 yrs OD: \$88.75	AC32134
2/5-2/28 (4) Ct 4 -Indoor	M/W	3:30-4:15 pm ID/AP: \$71	3-5 yrs OD: \$88.75	AC32135
3/4-3/20 (3) Ct 4 -Indoor	M/W	3:30-4:15 pm ID/AP: \$53	3-5 yrs OD: \$66.25	AC32136
<b>Spring Term:</b>				
4/1-4/24 (4) Ct 2 -Indoor	M/W	10-10:45 am ID/AP: \$71	3-5 yrs OD: \$88.75	AC42128
4/29-5/15 (3) Ct 2 -Indoor	M/W	10-10:45 am ID/AP: \$53	3-5 yrs OD: \$66.25	AC42129
5/20-6/5 (3) Ct 2 -Indoor	M/W	10-10:45 am ID/AP: \$53	3-5 yrs OD: \$66.25	AC42130
4/2-4/25 (4) Ct 2 -Indoor	T/Th	12-12:45 pm ID/AP: \$71	3-5 yrs OD: \$88.75	AC42131
4/30-5/16 (3) Ct 2 -Indoor	T/Th	12-12:45 pm ID/AP: \$53	3-5 yrs OD: \$66.25	AC42132
5/21-6/6 (3) Ct 2 -Indoor	T/Th	12-12:45 pm ID/AP: \$53	3-5 yrs OD: \$66.25	AC42133
4/1-4/24 (4) Ct 4 -Indoor	M/W	3:30-4:15 pm ID/AP: \$71	3-5 yrs OD: \$88.75	AC42134
4/29-5/15 (3) Ct 4 -Indoor	M/W	3:30-4:15 pm ID/AP: \$53	3-5 yrs OD: \$66.25	AC42135
5/20-6/5 (3) Ct 4 -Indoor	M/W	3:30-4:15 pm ID/AP: \$53	3-5 yrs OD: \$66.25	AC42136

### Pee Wee Sportz Center

Join this fun class that teaches basic techniques for a variety of sports. Athletes will build confidence and self-esteem while learning to follow directions using activities and games. Soccer, T-ball, and basketball included.

#### Winter Term:

1/8-1/31 (4) Ct 2 -Indoor	M/W	12-12:45 pm ID/AP: \$71	3-5 yrs OD: \$88.75	AC32138
2/5-2/28 (4) Ct 2 -Indoor	M/W	12-12:45 pm ID/AP: \$71	3-5 yrs OD: \$88.75	AC32139
3/4-3/20 (3) Ct 2 -Indoor	M/W	12-12:45 pm ID/AP: \$53	3-5 yrs OD: \$66.25	AC32140
1/9-2/1 (4) Ct 2 -Indoor	T/Th	9-9:45 am ID/AP: \$71	3-5 yrs OD: \$88.75	AC32141
2/6-2/29 (4) Ct 2 -Indoor	T/Th	9-9:45 am ID/AP: \$71	3-5 yrs OD: \$88.75	AC32142
3/5-3/21 (3) Ct 2 -Indoor	T/Th	9-9:45 am ID/AP: \$53	3-5 yrs OD: \$66.25	AC32143
1/9-2/1 (4) Ct 1 -Indoor	T/Th	10:45-11:30 am ID/AP: \$71	3-5 yrs OD: \$88.75	AC32144
2/6-2/29 (4) Ct 1 -Indoor	T/Th	10:45-11:30 am ID/AP: \$71	3-5 yrs OD: \$88.75	AC32145
3/5-3/21 (3) Ct 1 -Indoor	T/Th	10:45-11:30 am ID/AP: \$53	3-5 yrs OD: \$66.25	AC32146
1/9-2/1 (4) Ct 5 -Indoor	T/Th	3:45-4:30 pm ID/AP: \$71	3-5 yrs OD: \$88.75	AC32147
2/6-2/29 (4) Ct 5 -Indoor	T/Th	3:45-4:30 pm ID/AP: \$71	3-5 yrs OD: \$88.75	AC32148
3/5-3/21 (3) Ct 5 -Indoor	T/Th	3:45-4:30 pm ID/AP: \$53	3-5 yrs OD: \$66.25	AC32149

#### Spring Term:

4/1-4/24 (4) Ct 2 -Indoor	M/W	12-12:45 pm ID/AP: \$71	3-5 yrs OD: \$88.75	AC42137
4/29-5/15 (3) Ct 2 -Indoor	M/W	12-12:45 pm ID/AP: \$53	3-5 yrs OD: \$66.25	AC42138
5/20-6/5 (3) Ct 2 -Indoor	M/W	12-12:45 pm ID/AP: \$53	3-5 yrs OD: \$66.25	AC42139

Fees: ID/AP = User is in-district or has paid an out-of-district assessment, OD = Out-of-district (no assessment paid)

4/2-4/25 (4) Ct 2 -Indoor	T/Th	9-9:45 am ID/AP: \$71	3-5 yrs OD: \$88.75	AC42140
4/30-5/16 (3) Ct 2 -Indoor	T/Th	9-9:45 am ID/AP: \$53	3-5 yrs OD: \$66.25	AC42141
5/21-6/6 (3) Ct 2 -Indoor	T/Th	9-9:45 am ID/AP: \$53	3-5 yrs OD: \$66.25	AC42142
4/2-4/25 (4) Ct 1 -Indoor	T/Th	10:45-11:30 am ID/AP: \$71	3-5 yrs OD: \$88.75	AC42143
4/30-5/16 (3) Ct 1 -Indoor	T/Th	10:45-11:30 am ID/AP: \$53	3-5 yrs OD: \$66.25	AC42144
5/21-6/6 (3) Ct 1 -Indoor	T/Th	10:45-11:30 am ID/AP: \$53	3-5 yrs OD: \$66.25	AC42145
4/2-4/25 (4) Ct 5 -Indoor	T/Th	3:45-4:30 pm ID/AP: \$71	3-5 yrs OD: \$88.75	AC42146
4/30-5/16 (3) Ct 5 -Indoor	T/Th	3:45-4:30 pm ID/AP: \$53	3-5 yrs OD: \$66.25	AC42147
5/21-6/6 (3) Ct 5 -Indoor	T/Th	3:45-4:30 pm ID/AP: \$53	3-5 yrs OD: \$66.25	AC42148

### Pee Wee Soccer - Girls Only

A place where girls can build their self-esteem and self-confidence playing the game they love. Learn basic skills: ball handling, shooting, passing, defense/offense, footwork, and more. Learn the skills and game in a fun environment.

<b>Winter Term:</b>				
1/12-2/2 (4) Ct 1 -Indoor	F	9-9:45 am ID/AP: \$35	3-5 yrs OD: \$43.75	AC32150
2/9-3/1 (4) Ct 1 -Indoor	F	9-9:45 am ID/AP: \$35	3-5 yrs OD: \$43.75	AC32151
3/8-3/22 (3) Ct 1 -Indoor	F	9-9:45 am ID/AP: \$26	3-5 yrs OD: \$32.50	AC32152
<b>Spring Term:</b>				
4/5-5/3 (5) Ct 1 -Indoor	F	9-9:45 am ID/AP: \$44	3-5 yrs OD: \$55	AC42149
5/10-6/7 (5) Ct 1 -Indoor	F	9-9:45 am ID/AP: \$44	3-5 yrs OD: \$55	AC42150

### Pee Wee Hoops - Girls Only

A place where girls can build their self-esteem and self-confidence playing the game they love. Learn basic skills: ball handling, shooting, passing, defense/offense, footwork, and more. Learn the skills and game in a fun environment.

<b>Winter Term:</b>				
1/12-2/2 (4) Ct 1 -Indoor	F	10:15-11 am ID/AP: \$35	3-5 yrs OD: \$43.75	AC32153
2/9-3/1 (4) Ct 1 -Indoor	F	10:15-11 am ID/AP: \$35	3-5 yrs OD: \$43.75	AC32154
3/8-3/22 (3) Ct 1 -Indoor	F	10:15-11 am ID/AP: \$26	3-5 yrs OD: \$32.50	AC32155
<b>Spring Term:</b>				
4/5-5/3 (5) Ct 1 -Indoor	F	10:15-11 am ID/AP: \$44	3-5 yrs OD: \$55	AC42151
5/10-6/7 (5) Ct 1 -Indoor	F	10:15-11 am ID/AP: \$44	3-5 yrs OD: \$55	AC42152

### Pee Wee Sportz - Girls Only

A place where girls can build their self-esteem and self-confidence playing the game they love. Learn basic skills: ball handling, shooting, passing, defense/offense, footwork, and more. Learn the skills and game in a fun environment.

<b>Winter Term:</b>				
1/12-2/2 (4) Ct 1 -Indoor	F	11:15 am-12 pm ID/AP: \$35	3-5 yrs OD: \$43.75	AC32156
2/9-3/1 (4) Ct 1 -Indoor	F	11:15 am-12 pm ID/AP: \$35	3-5 yrs OD: \$43.75	AC32157

3/8-3/22 (3) Ct 1 -Indoor	F	11:15 am-12 pm ID/AP: \$26	3-5 yrs OD: \$32.50	AC32158
<b>Spring Term:</b>				
4/5-5/3 (5) Ct 1 -Indoor	F	11:15 am-12 pm ID/AP: \$44	3-5 yrs OD: \$55	AC42153
5/10-6/7 (5) Ct 1 -Indoor	F	11:15 am-12 pm ID/AP: \$44	3-5 yrs OD: \$55	AC42154

### Taekwondo, Little Dragons

Learn Taekwondo philosophy, basics, drills, and self-defense techniques in this fun, safe environment. Rank promotion is available from white belt through black belt. Grand Master Ruth Takamura Moultrie is Kukkiwon/World Taekwondo certified.

<b>Winter Term:</b>				
1/16-3/19 (10) Ct 2 -Indoor	T	2-2:30 pm ID/AP: \$70	3-5 yrs OD: \$87.50	AC34210
1/16-3/19 (10) Ct 2 -Indoor	T	2:45-3:15 pm ID/AP: \$70	3-5 yrs OD: \$87.50	AC34211
1/16-3/19 (10) Ct 2 -Indoor	T	3:30-4 pm ID/AP: \$70	3-5 yrs OD: \$87.50	AC34212
<b>Spring Term:</b>				
4/2-6/4 (10) Ct 2 -Indoor	T	2-2:30 pm ID/AP: \$70	3-5 yrs OD: \$87.50	AC44210
4/2-6/4 (10) Ct 2 -Indoor	T	2:45-3:15 pm ID/AP: \$70	3-5 yrs OD: \$87.50	AC44211
4/2-6/4 (10) Ct 2 -Indoor	T	3:30-4 pm ID/AP: \$70	3-5 yrs OD: \$87.50	AC44212

## Sports & Fitness – Youth/Teen

### Adaptive Sports Center

An inclusive sports-based program designed to provide the basics of participation in sports. Kids play at their own level while developing essential socialization skills and learning about peer unity through team play. Classes are hosted at the Athletic Center on Court #1.

<b>Winter Term:</b>				
1/12-2/2 (4) Ct 1 -Indoor	F	5:30-6:15 pm ID/AP: \$40	5-7 yrs OD: \$50	AC32701
1/12-2/2 (4) Ct 1 -Indoor	F	6:20-7:05 pm ID/AP: \$40	8-11 yrs OD: \$50	AC32702
2/9-3/1 (4) Ct 1 -Indoor	F	5:30-6:15 pm ID/AP: \$40	5-7 yrs OD: \$50	AC32703
2/9-3/1 (4) Ct 1 -Indoor	F	6:20-7:05 pm ID/AP: \$40	8-11 yrs OD: \$50	AC32704
<b>Spring Term:</b>				
4/12-5/3 (4) Ct 1 -Indoor	F	5:30-6:15 pm ID/AP: \$40	5-7 yrs OD: \$50	AC42705
4/12-5/3 (4) Ct 1 -Indoor	F	6:20-7:05 pm ID/AP: \$40	8-11 yrs OD: \$50	AC42706
5/10-5/31 (4) Ct 1 -Indoor	F	5:30-6:15 pm ID/AP: \$40	5-7 yrs OD: \$50	AC42707
5/10-5/31 (4) Ct 1 -Indoor	F	6:20-7:05 pm ID/AP: \$40	8-11 yrs OD: \$50	AC42708

Fees: ID/AP = User is in-district or has paid an out-of-district assessment, OD = Out-of-district (no assessment paid)

## Hoop It Up!

The perfect class for young basketball players looking to improve their skills and have fun! Participants will focus on intensive training on shooting, passing, dribbling, rebounding, and defense, which is essential for improvement.

<b>Winter Term:</b>				
1/8-1/31 (4)	M/W	3:45-4:30 pm	6-9 yrs	AC32201
Ct 5 -Indoor		ID/AP: \$71	OD: \$88.75	
2/5-2/28 (4)	M/W	3:45-4:30 pm	6-9 yrs	AC32202
Ct 5 -Indoor		ID/AP: \$71	OD: \$88.75	
3/4-3/20 (3)	M/W	3:45-4:30 pm	6-9 yrs	AC32203
Ct 5 -Indoor		ID/AP: \$53	OD: \$66.25	
1/9-2/1 (4)	T/Th	4:45-5:30 pm	6-9 yrs	AC32204
Ct 5 -Indoor		ID/AP: \$71	OD: \$88.75	
2/6-2/29 (4)	T/Th	4:45-5:30 pm	6-9 yrs	AC32205
Ct 5 -Indoor		ID/AP: \$71	OD: \$88.75	
3/5-3/21 (3)	T/Th	4:45-5:30 pm	6-9 yrs	AC32206
Ct 5 -Indoor		ID/AP: \$53	OD: \$66.25	
<b>Spring Term:</b>				
4/1-4/24 (4)	M/W	3:45-4:30 pm	6-9 yrs	AC42201
Ct 5 -Indoor		ID/AP: \$71	OD: \$88.75	
4/29-5/15 (3)	M/W	3:45-4:30 pm	6-9 yrs	AC42202
Ct 5 -Indoor		ID/AP: \$53	OD: \$66.25	
5/20-6/5 (3)	M/W	3:45-4:30 pm	6-9 yrs	AC42203
Ct 5 -Indoor		ID/AP: \$53	OD: \$66.25	
4/2-4/25 (4)	T/Th	4:45-5:30 pm	6-9 yrs	AC42204
Ct 5 -Indoor		ID/AP: \$71	OD: \$88.75	
4/30-5/16 (3)	T/Th	4:45-5:30 pm	6-9 yrs	AC42205
Ct 5 -Indoor		ID/AP: \$53	OD: \$66.25	
5/21-6/6 (3)	T/Th	4:45-5:30 pm	6-9 yrs	AC42206
Ct 5 -Indoor		ID/AP: \$53	OD: \$66.25	

## Hoop It Up! Girls Only

The perfect class for young basketball players looking to improve their skills and have fun! Participants will focus on intensive training on shooting, passing, dribbling, rebounding, and defense, which is essential for improvement.

<b>Winter Term:</b>				
1/12-2/2 (4)	F	4-4:45 pm	6-9 yrs	AC32207
Ct 5 -Indoor		ID/AP: \$47	OD: \$58.75	
2/9-3/1 (4)	F	4-4:45 pm	6-9 yrs	AC32208
Ct 5 -Indoor		ID/AP: \$47	OD: \$58.75	
3/8-3/22 (3)	F	4-4:45 pm	6-9 yrs	AC32209
Ct 5 -Indoor		ID/AP: \$35	OD: \$43.75	
<b>Spring Term:</b>				
4/5-5/3 (5)	F	4-4:45 pm	6-9 yrs	AC42207
Ct 5 -Indoor		ID/AP: \$44	OD: \$55	
5/10-6/7 (5)	F	4-4:45 pm	6-9 yrs	AC42208
Ct 5 -Indoor		ID/AP: \$44	OD: \$55	

## Inclusion Services

THPRD's Inclusion Services Program provides free individualized supports and accommodations that assist patrons with disabilities to participate in a wide variety of programs and activities available throughout THPRD. Email [inclusion@thprd.org](mailto:inclusion@thprd.org) for more information.

## Soccer Stars

This introduction to fundamentals and proper soccer techniques emphasizes teamwork, fair play, fun, and cooperation and builds up confidence. Shin guards and gym shoes are recommended.

<b>Winter Term:</b>				
1/8-1/31 (4)	M/W	4:45-5:30 pm	6-8 yrs	AC32210
Ct 3 -Indoor		ID/AP: \$71	OD: \$88.75	
2/5-2/28 (4)	M/W	4:45-5:30 pm	6-8 yrs	AC32211
Ct 3 -Indoor		ID/AP: \$71	OD: \$88.75	
3/4-3/20 (3)	M/W	4:45-5:30 pm	6-8 yrs	AC32212
Ct 3 -Indoor		ID/AP: \$53	OD: \$66.25	
1/9-2/1 (4)	T/Th	3:45-4:30 pm	6-8 yrs	AC32213
Ct 4 -Indoor		ID/AP: \$71	OD: \$88.75	
2/6-2/29 (4)	T/Th	3:45-4:30 pm	6-8 yrs	AC32214
Ct 4 -Indoor		ID/AP: \$71	OD: \$88.75	
3/5-3/21 (3)	T/Th	3:45-4:30 pm	6-8 yrs	AC32215
Ct 4 -Indoor		ID/AP: \$53	OD: \$66.25	
1/12-2/2 (4)	F	5-5:45 pm	6-8 yrs	AC32216
Ct 5 -Indoor		ID/AP: \$35	OD: \$43.75	
2/9-3/1 (4)	F	5-5:45 pm	6-8 yrs	AC32217
Ct 5 -Indoor		ID/AP: \$35	OD: \$43.75	
3/8-3/22 (3)	F	5-5:45 pm	6-8 yrs	AC32218
Ct 5 -Indoor		ID/AP: \$26	OD: \$32.50	
1/12-2/2 (4)	F	6-7 pm	9-11 yrs	AC32219
Ct 5 -Indoor		ID/AP: \$43	OD: \$53.75	
2/9-3/1 (4)	F	6-7 pm	9-11 yrs	AC32220
Ct 5 -Indoor		ID/AP: \$43	OD: \$53.75	
3/8-3/22 (3)	F	6-7 pm	9-11 yrs	AC32221
Ct 5 -Indoor		ID/AP: \$33	OD: \$41.25	
<b>Spring Term:</b>				
4/1-4/24 (4)	M/W	4:45-5:30 pm	6-8 yrs	AC42210
Ct 3 -Indoor		ID/AP: \$71	OD: \$88.75	
4/29-5/15 (3)	M/W	4:45-5:30 pm	6-8 yrs	AC42211
Ct 3 -Indoor		ID/AP: \$53	OD: \$66.25	
5/20-6/5 (3)	M/W	4:45-5:30 pm	6-8 yrs	AC42212
Ct 3 -Indoor		ID/AP: \$53	OD: \$66.25	
4/2-4/25 (4)	T/Th	3:45-4:30 pm	6-8 yrs	AC42213
Ct 4 -Indoor		ID/AP: \$71	OD: \$88.75	
4/30-5/16 (3)	T/Th	3:45-4:30 pm	6-8 yrs	AC42214
Ct 4 -Indoor		ID/AP: \$53	OD: \$66.25	
5/21-6/6 (3)	T/Th	3:45-4:30 pm	6-8 yrs	AC42215
Ct 4 -Indoor		ID/AP: \$53	OD: \$66.25	
4/5-5/3 (5)	F	5-5:45 pm	6-8 yrs	AC42216
Ct 5 -Indoor		ID/AP: \$44	OD: \$55	
5/10-6/7 (5)	F	5-5:45 pm	6-8 yrs	AC42217
Ct 5 -Indoor		ID/AP: \$44	OD: \$55	
4/5-5/3 (5)	F	6-7 pm	6-8 yrs	AC42218
Ct 5 -Indoor		ID/AP: \$54	OD: \$67.50	
5/10-6/7 (5)	F	6-7 pm	6-8 yrs	AC42219
Ct 5 -Indoor		ID/AP: \$54	OD: \$67.50	

## Basketball Skills

The perfect class for young basketball players looking to improve their skills and have fun! Participants will focus on intensive training on shooting, passing, dribbling, rebounding, and defense, which is essential for improvement.

<b>Winter Term:</b>				
1/8-1/31 (4)	M/W	4:45-5:30 pm	9-12 yrs	AC32222
Ct 4 -Indoor		ID/AP: \$71	OD: \$88.75	
2/5-2/28 (4)	M/W	4:45-5:30 pm	9-12 yrs	AC32223
Ct 4 -Indoor		ID/AP: \$71	OD: \$88.75	
3/4-3/20 (3)	M/W	4:45-5:30 pm	9-12 yrs	AC32224
Ct 4 -Indoor		ID/AP: \$53	OD: \$66.25	
1/9-2/1 (4)	T/Th	4:45-5:30 pm	9-12 yrs	AC32225
Ct 4 -Indoor		ID/AP: \$71	OD: \$88.75	
2/6-2/29 (4)	T/Th	4:45-5:30 pm	9-12 yrs	AC32226
Ct 4 -Indoor		ID/AP: \$71	OD: \$88.75	
3/5-3/21 (3)	T/Th	4:45-5:30 pm	9-12 yrs	AC32227
Ct 4 -Indoor		ID/AP: \$53	OD: \$66.25	

Fees: ID/AP = User is in-district or has paid an out-of-district assessment, OD = Out-of-district (no assessment paid)



1/12-2/2 (4)	F	4-5 pm	9-12 yrs	AC32231
Ct 4 -Indoor		ID/AP: \$47	OD: \$58.75	
2/9-3/1 (4)	F	4-5 pm	9-12 yrs	AC32232
Ct 4 -Indoor		ID/AP: \$47	OD: \$58.75	
3/8-3/22 (3)	F	4-5 pm	9-12 yrs	AC32233
Ct 4 -Indoor		ID/AP: \$35	OD: \$43.75	
<b>Spring Term:</b>				
4/1-4/24 (4)	M/W	4:45-5:30 pm	9-12 yrs	AC42220
Ct 4 -Indoor		ID/AP: \$71	OD: \$88.75	
4/29-5/15 (3)	M/W	4:45-5:30 pm	9-12 yrs	AC42221
Ct 4 -Indoor		ID/AP: \$53	OD: \$66.25	
5/20-6/5 (3)	M/W	4:45-5:30 pm	9-12 yrs	AC42222
Ct 4 -Indoor		ID/AP: \$53	OD: \$66.25	
4/2-4/25 (4)	T/Th	4:45-5:30 pm	9-12 yrs	AC42223
Ct 4 -Indoor		ID/AP: \$71	OD: \$88.75	
4/30-5/16 (3)	T/Th	4:45-5:30 pm	9-12 yrs	AC42224
Ct 4 -Indoor		ID/AP: \$53	OD: \$66.25	
5/21-6/6 (3)	T/Th	4:45-5:30 pm	9-12 yrs	AC42225
Ct 4 -Indoor		ID/AP: \$53	OD: \$66.25	
4/5-5/3 (5)	F	4-5 pm	9-12 yrs	AC42229
Ct 4 -Indoor		ID/AP: \$59	OD: \$73.75	
5/10-6/7 (5)	F	4-5 pm	9-12 yrs	AC42230
Ct 4 -Indoor		ID/AP: \$59	OD: \$73.75	

### Basketball Skills - Girls Only

The perfect class for young basketball players looking to improve their skills and have fun! Participants will focus on intensive training on shooting, passing, dribbling, rebounding, and defense, which is essential for improvement.

<b>Winter Term:</b>				
1/12-2/2 (4)	F	4-5 pm	9-12 yrs	AC32228
Ct 3 -Indoor		ID/AP: \$71	OD: \$88.75	
2/9-3/1 (4)	F	4-5 pm	9-12 yrs	AC32229
Ct 3 -Indoor		ID/AP: \$47	OD: \$58.75	
3/8-3/22 (3)	F	4-5 pm	9-12 yrs	AC32230
Ct 3 -Indoor		ID/AP: \$35	OD: \$43.75	
<b>Spring Term:</b>				
4/5-5/3 (5)	F	4-5 pm	9-12 yrs	AC42227
Ct 3 -Indoor		ID/AP: \$59	OD: \$73.75	
5/10-6/7 (5)	F	4-5 pm	9-12 yrs	AC42228
Ct 3 -Indoor		ID/AP: \$59	OD: \$73.75	

### Basketball Skills and Scrimmages

The perfect class for young basketball players looking to improve their skills and have fun! Participants will focus on the continued development of skills and strategies and will feature many scrimmages.

<b>Winter Term:</b>				
1/12-2/2 (4)	F	5:30-6:30 pm	10-12 yrs	AC32234
Ct 4 -Indoor		ID/AP: \$47	OD: \$58.75	
2/9-3/1 (4)	F	5:30-6:30 pm	10-12 yrs	AC32235
Ct 4 -Indoor		ID/AP: \$47	OD: \$58.75	
3/8-3/22 (3)	F	5:30-6:30 pm	10-12 yrs	AC32236
Ct 4 -Indoor		ID/AP: \$35	OD: \$43.75	
1/12-2/2 (4)	F	5:30-6:30 pm	12-14 yrs	AC32237
Ct 3 -Indoor		ID/AP: \$47	OD: \$58.75	
2/9-3/1 (4)	F	5:30-6:30 pm	12-14 yrs	AC32238
Ct 3 -Indoor		ID/AP: \$47	OD: \$58.75	
3/8-3/22 (3)	F	5:30-6:30 pm	12-14 yrs	AC32239
Ct 3 -Indoor		ID/AP: \$35	OD: \$43.75	
<b>Spring Term:</b>				
4/5-5/3 (5)	F	5:30-6:30 pm	10-12 yrs	AC42231
Ct 3 -Indoor		ID/AP: \$59	OD: \$73.75	
5/10-6/7 (5)	F	5:30-6:30 pm	10-12 yrs	AC42232
Ct 3 -Indoor		ID/AP: \$59	OD: \$73.75	
4/5-5/3 (5)	F	5:30-6:30 pm	12-14 yrs	AC42233
Ct 4 -Indoor		ID/AP: \$59	OD: \$73.75	
5/10-6/7 (5)	F	5:30-6:30 pm	12-14 yrs	AC42234
Ct 4 -Indoor		ID/AP: \$59	OD: \$73.75	

### PE for Homeschooled Kids

Learn the basics of different sports in this class. Learn to play basketball, soccer, baseball, volleyball, and other fun sports. Participants will learn respect, sportsmanship, teamwork, and self-confidence while having fun!

<b>Winter Term:</b>				
1/9-1/30 (4)	T	2:30-3:30 pm	6-15 yrs	AC32243
Ct 2 -Indoor		ID/AP: \$43	OD: \$53.75	
2/6-2/27 (4)	T	2:30-3:30 pm	6-15 yrs	AC32244
Ct 2 -Indoor		ID/AP: \$43	OD: \$53.75	
3/5-3/19 (3)	T	2:30-3:30 pm	6-15 yrs	AC32245
Ct 2 -Indoor		ID/AP: \$43	OD: \$53.75	
<b>Spring Term:</b>				
4/2-4/23 (4)	T	2:30-3:30 pm	6-15 yrs	AC42235
Ct 3 -Indoor		ID/AP: \$43	OD: \$53.75	
4/30-5/14 (3)	T	2:30-3:30 pm	6-15 yrs	AC42236
Ct 3 -Indoor		ID/AP: \$33	OD: \$41.25	
5/21-6/4 (3)	T	2:30-3:30 pm	6-15 yrs	AC42237
Ct 3 -Indoor		ID/AP: \$33	OD: \$41.25	

### Speed, Agility, and Strength

The class works to improve your athlete's overall strength, balance, stability, coordination, quickness, and speed. Training is a series of drills and specific exercises that develop the body's core muscle groups and the neuromuscular pathways that control athletic movement.

<b>Winter Term:</b>				
1/8-1/31 (4)	M/W	4:45-5:30 pm	8-17 yrs	AC32246
Ct 5 -Indoor		ID/AP: \$71	OD: \$88.75	
2/5-2/28 (4)	M/W	4:45-5:30 pm	8-17 yrs	AC32247
Ct 5 -Indoor		ID/AP: \$71	OD: \$88.75	
3/4-3/20 (3)	M/W	4:45-5:30 pm	8-17 yrs	AC32248
Ct 5 -Indoor		ID/AP: \$53	OD: \$66.25	
<b>Spring Term:</b>				
4/1-4/24 (4)	M/W	4:45-5:30 pm	8-17 yrs	AC42238
Ct 5 -Indoor		ID/AP: \$71	OD: \$88.75	
4/29-5/15 (3)	M/W	4:45-5:30 pm	8-17 yrs	AC42239
Ct 5 -Indoor		ID/AP: \$53	OD: \$66.25	
5/20-6/5 (3)	M/W	4:45-5:30 pm	8-17 yrs	AC42240
Ct 5 -Indoor		ID/AP: \$53	OD: \$66.25	

### Youth Volleyball

Volleyball is a sport loved by many. Learn and practice volleyball skills such as serving, passing, and hitting. Participants will learn fundamental skills for a lifetime of playing volleyball.

<b>Winter Term:</b>				
1/12-2/2 (4)	F	5-6 pm	8-12 yrs	AC32240
Ct 6 -Indoor		ID/AP: \$43	OD: \$53.75	
2/9-3/1 (4)	F	5-6 pm	8-12 yrs	AC32241
Ct 6 -Indoor		ID/AP: \$43	OD: \$53.75	
3/8-3/22 (3)	F	5-6 pm	8-12 yrs	AC32242
Ct 6 -Indoor		ID/AP: \$33	OD: \$41.25	
<b>Spring Term:</b>				
4/5-5/3 (5)	F	5-6 pm	8-12 yrs	AC42241
Ct 6 -Indoor		ID/AP: \$54	OD: \$67.50	
5/10-6/7 (5)	F	5-6 pm	8-12 yrs	AC42242
Ct 6 -Indoor		ID/AP: \$54	OD: \$67.50	

Fees: ID/AP = User is in-district or has paid an out-of-district assessment, OD = Out-of-district (no assessment paid)

## Teen Volleyball

Work on the volleyball skills you will need during the season - serving, passing, spiking, and offensive and defensive strategizing.

### Winter Term:

1/12-2/2 (4)	F	6:15-7:15 pm	12-17 yrs	AC32301
Ct 6 -Indoor		ID/AP: \$43	OD: \$53.75	
2/9-3/1 (4)	F	6:15-7:15 pm	12-17 yrs	AC32302
Ct 6 -Indoor		ID/AP: \$43	OD: \$53.75	
3/8-3/22 (3)	F	6:15-7:15 pm	12-17 yrs	AC32303
Ct 6 -Indoor		ID/AP: \$33	OD: \$41.25	

### Spring Term:

4/5-5/3 (5)	F	6:15-7:15 pm	12-17 yrs	AC42301
Ct 6 -Indoor		ID/AP: \$54	OD: \$67.50	
5/10-6/7 (5)	F	6:15-7:15 pm	12-17 yrs	AC42302
Ct 6 -Indoor		ID/AP: \$54	OD: \$67.50	

## Advanced Volleyball Skills

Volleyball players that already have the fundamentals of passing, setting, and hitting will have the opportunity to learn different systems (5-1, 6-2, 4-2), positions, and strategies, as well as refine their other skills.

### Winter Term:

1/12-2/2 (4)	F	7:30-8:30 pm	11-17 yrs	AC32304
Ct 6 -Indoor		ID/AP: \$43	OD: \$53.75	
2/9-3/1 (4)	F	7:30-8:30 pm	11-17 yrs	AC32305
Ct 6 -Indoor		ID/AP: \$43	OD: \$53.75	
3/8-3/22 (3)	F	7:30-8:30 pm	11-17 yrs	AC32306
Ct 6 -Indoor		ID/AP: \$33	OD: \$41.25	

### Spring Term:

4/5-5/3 (5)	F	7:45-8:45 pm	11-17 yrs	AC42303
Ct 6 -Indoor		ID/AP: \$54	OD: \$67.50	
5/10-6/7 (5)	F	7:45-8:45 pm	11-17 yrs	AC42304
Ct 6 -Indoor		ID/AP: \$54	OD: \$67.50	



## Sports & Fitness – Youth/Teen/Adult

### Taekwondo, Little Dragons

Learn Taekwondo philosophy, basics, drills, and self-defense techniques in this fun, safe environment. Rank promotion is available from white belt through black belt. Grand Master Ruth Takamura Moultrie is Kukkiwon/World Taekwondo certified.

### Winter Term:

1/16-3/19 (10)	T	2-2:30 pm	3-5 yrs	AC34210
Ct 2 -Indoor		ID/AP: \$70	OD: \$87.50	
1/16-3/19 (10)	T	2:45-3:15 pm	3-5 yrs	AC34211
Ct 2 -Indoor		ID/AP: \$70	OD: \$87.50	
1/16-3/19 (10)	T	3:30-4 pm	3-5 yrs	AC34212
Ct 2 -Indoor		ID/AP: \$70	OD: \$87.50	

### Spring Term:

4/2-6/4 (10)	T	2-2:30 pm	3-5 yrs	AC44210
Ct 2 -Indoor		ID/AP: \$70	OD: \$87.50	
4/2-6/4 (10)	T	2:45-3:15 pm	3-5 yrs	AC44211
Ct 2 -Indoor		ID/AP: \$70	OD: \$87.50	
4/2-6/4 (10)	T	3:30-4 pm	3-5 yrs	AC44212
Ct 2 -Indoor		ID/AP: \$70	OD: \$87.50	

### Taekwondo, White Tigers

Learn Taekwondo philosophy, basics, drills, and self-defense techniques in this fun, safe environment. Rank promotion is available from white belt through black belt. Instructors are Kukkiwon/World Taekwondo certified. Grand Master Ruth Takamura Moultrie

### Winter Term:

1/16-3/19 (10)	T	4:15-5:15 pm	6-14 yrs	AC44203
Ct 2 -Indoor		ID/AP: \$113	OD: \$141.25	

### Spring Term:

4/2-6/4 (10)	T	4:15-5:15 pm	6-14 yrs	AC44214
Ct 2 -Indoor		ID/AP: \$113	OD: \$141.25	

### Taekwondo, Family

Learn Taekwondo philosophy, basics, drills, and self-defense techniques in this fun, safe environment. Rank promotion is available from white belt through black belt. Instructors are Kukkiwon/World Taekwondo certified. Grand Master Ruth Takamura Moultrie

### Winter Term:

1/16-3/19 (10)	T	5:30-6:30 pm	6-adult	AC44204
Ct 2 -Indoor		ID/AP: \$113	OD: \$141.25	

### Spring Term:

4/2-6/4 (10)	T	5:30-6:30 pm	6-adult	AC44215
Ct 2 -Indoor		ID/AP: \$113	OD: \$141.25	

Fees: ID/AP = User is in-district or has paid an out-of-district assessment, OD = Out-of-district (no assessment paid)

# Cedar Hills Recreation Center



**TUALATIN HILLS**  
PARK & RECREATION DISTRICT

**11640 SW Park Way  
Portland, 97225  
503-629-6340**

TriMet Bus Routes #20, #59

**Facility Supervisor:** Brian Schlottmann

**Facility Hours:**

Monday-Friday 6:30 am-8:30 pm  
Saturday 8 am-4 pm  
Sunday Closed

**Facility Closures:** 1/1, 1/15, 2/19, 5/27

**Facility Features:**

- Nine-month preschool
- Fully equipped gymnastics room
- Indoor gymnasium
- Kitchen for cooking classes
- Elementary THRIVE Afterschool program
- Outdoor playground/play equipment
- Middle School Afterschool programs
- Weight room and cardio room
- Fitness classes



CedarHills



## ♥ Valentine's Dinner Dance ♥

Saturday, February 10 • 6-8 pm

Dress in your best, dance to your favorite music, have a special dinner, and celebrate Valentine's Day together. All welcome. One adult to one child ratio required, fee is per couple.

2/10 (1)	S	6-8 pm	4-10 yrs	CH36200
Gym		ID/AP: \$40	OD: \$50	



## Spring Egg Hunt



Saturday, March 30, 2023

It is time for the Cedar Hills Bunny to make an appearance. Join us for a hopping great time gathering candy filled eggs and joining in on activities for the whole family. Registration is required.

### All Abilities Egg Hunt

This hunt takes place inside the gymnasium and is a great fit for children sensory sensitivities or mobility needs. It is designed to be inclusive, slower-paced, and is ADA accessible.

10:00-10:15 am 4-8 yrs CH46200

### Child and Adult Egg Hunts

10:30-10:45 am	10 mo-2 yrs	CH46201
10:30-10:45 am	2-4 yrs	CH46202
10:30-10:45 am	4-7 yrs	CH46203
11:00-11:15 am	10 mo-2 yrs	CH46204
11:00-11:15 am	2-4 yrs	CH46205

### Child Only Egg Hunts

10:30-10:45am	7-11yrs	CH46206
11:00-11:15am	4-7yrs	CH46207
11:00-11:15am	7-11yrs	CH46208



## Family Fishing Day



Saturday, May 11  
Commonwealth Lake Park  
8:30 am - 2:00 pm

## Upcoming Summer Events

**Pride in the Park / Pump It Up with Pride**  
Saturday, June 22

## Drop-in Sports Programs

The Cedar Hills Recreation Center offers a variety of drop-in sports for youth, family, adults, and seniors. A valid THPRD identification is required for all drop-in participation. Gym-appropriate shoes must be worn. If you are looking for a fitness program, see the fitness section for class offerings.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
*Family Gym	12:00-2:00pm		12:00-2:00pm		12:00-2:00pm	1:00-3:00pm
Basketball	7:15-8:30pm (30+)				7:00-8:30pm (18+)	
Play Park		10:00am-12:00pm		10:00am-12:00pm		
Pickleball	8:00-10:00am		8:00-10:00am		8:00-10:00am	
Badminton				6:00-8:00pm		

\*Non-team play. Play is for family groups.

All times and days are subject to change daily. See our website for updated information.



### Get Involved... Volunteer!

We have opportunities for volunteers at our events. Contact Volunteer Services at [volunteer@thprd.org](mailto:volunteer@thprd.org)

### ¡Involúcrate como voluntario/a!

Si te gustaría ayudarnos en algún evento contacta a Servicios de Voluntariado en [volunteer@thprd.org](mailto:volunteer@thprd.org)

### Facility Rentals

Cedar Hills Recreation Center has several options for classroom rentals for meetings and conferences. For details, call 503-629-6340.



### Kids Night Out

Bring your child to Cedar Hills so you can go out (or stay in!) kid-free! Drop them off for a fun night of pizza, popcorn and a movie! Pack the pajamas and their favorite snuggly for movie time.

1/19	F	6-9 pm	4-12 yrs	CH38206
2/9	F	6-9 pm	4-12 yrs	CH38207
3/8	F	6-9 pm	4-12 yrs	CH38208
4/12	F	6-9 pm	4-12 yrs	CH48206
5/17	F	6-9 pm	4-12 yrs	CH48207

**ID/AP: \$54 OD: \$67.50**

### El día de los niños (Children's Day/Book Day)

**April 27, 2024 • 11:00 am - 2:00 pm**

El día de los niños/El día de los libros is commonly known as Dia, is an annual celebration of children, families and reading. This nationally recognized event emphasizes the importance of literacy for children of all linguistic and cultural backgrounds.

Join us for story time in Spanish, traditional folk dancing and crafts. Admission is free.





## Nine-Month Preschool



Jump Start & Kids First are preschool programs based around the Reggio Emilia philosophy which uses creative play and social learning to prepare children for kindergarten.

Your child will be placed in a group of children for the nine-month preschool program with consistent teachers from September through May.

- A \$50 non-refundable enrollment fee is due at the time of registration.
- Tuition is paid on a monthly basis and is due by the 15th of the previous month (example: November tuition is due by October 15th). If payment is received after the 15th, a late fee of \$30 will be charged.
- All children MUST be able to use the restroom independently before entering preschool. Pull-ups are not allowed.
- Children must be correct age by September 1st.

**Spaces are limited.**

### THPRD Preschool Virtual Open House

**Wednesday, February 7 from 5:30 - 6:30 pm**

THPRD will co-host a virtual open house for anyone interested in learning about our THPRD nine-month preschool programs for the 2024-2025 school year.

**Registration Opens:** Thursday, February 15, 9:00 am for new enrollment.

**Registration for current students:** Thursday, February 8, 2024 at 9:00 am for new enrollment.

**For more information please visit:**

[www.thprd.org/activities/preschool-programs](http://www.thprd.org/activities/preschool-programs)

A \$50 non-refundable deposit is due at the time of registration. Call Cedar Hills Recreation Center for more information and to get signed up.

# THRIVE

## Afterschool Program

Teaching Healthy Responsible  
Individuals Values and Education

We provide high quality afterschool care in a safe and nurturing environment. We provide an active program for all abilities. Children take part in arts and craft projects, physical activities, cooking, enrichment activities and supervised homework time. Students are led in a group community service project. Program is available from school release time to 6 pm, Monday-Friday.

### VIRTUAL OPEN HOUSE

Wednesday, April 25

Presentation 6-6:30 pm

Q&A Session 6:30-7 pm

### REGISTRATION: 2024-2025 School Year

- **Monday, May 6 - Sunday, May 12:** Registration opens for current participants.
- **Monday, May 13 - Wednesday, May 15:** Registration window for enrolled participant's siblings is open.
- **Thursday, May 16:** Open enrollment will begin provided space in the program remains.

A non-refundable \$50 enrollment fee is due at time of registration.



## Arts & Crafts – Preschool

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
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### Messy Art

Engage in entertaining and expressive art activities with hands-on art projects structured to allow little artists to experience different materials and techniques. **Adult participation required. No unregistered siblings.**

#### Winter Term:

1/9-2/6 (5) Rm 2	T	9-10 am ID/AP: \$58	1.5-3 yrs OD: \$72.50	CH34100
2/13-3/19 (6) Rm 2	T	9-10 am ID/AP: \$70	1.5-3 yrs OD: \$87.50	CH34101
1/11-2/8 (5) Rm 2	Th	9-10 am ID/AP: \$58	1.5-3 yrs OD: \$72.50	CH34102
2/15-3/21 (6) Rm 2	Th	9-10 am ID/AP: \$70	1.5-3 yrs OD: \$87.50	CH34103

#### Spring Term:

4/2-4/30 (5) Rm 2	T	9-10 am ID/AP: \$58	1.5-3 yrs OD: \$72.50	CH44100
5/7-6/4 (5) Rm 2	T	9-10 am ID/AP: \$58	1.5-3 yrs OD: \$72.50	CH44101
4/4-5/2 (5) Rm 2	Th	9-10 am ID/AP: \$58	1.5-3 yrs OD: \$72.50	CH44102
5/9-6/6 (5) Rm 2	Th	9-10 am ID/AP: \$58	1.5-3 yrs OD: \$72.50	CH44103

### Art Exploration

Explore everything from paint to papier-mache with fun art activities with hands-on art projects structured to allow young artists to experience different mediums and techniques. **Adult participation required. No unregistered siblings.**

#### Winter Term:

1/9-2/6 (5) Rm 2	T	10:30-11:30 am ID/AP: \$58	2.5-5 yrs OD: \$72.50	CH34104
2/13-3/19 (6) Rm 2	T	10:30-11:30 am ID/AP: \$70	2.5-5 yrs OD: \$87.50	CH34105
1/11-2/8 (5) Rm 2	Th	10:30-11:30 am ID/AP: \$58	2.5-5 yrs OD: \$72.50	CH34106
2/15-3/21 (6) Rm 2	Th	10:30-11:30 am ID/AP: \$70	2.5-5 yrs OD: \$87.50	CH34107

#### Spring Term:

4/2-4/30 (5) Rm 2	T	10:30-11:30 am ID/AP: \$58	2.5-5 yrs OD: \$72.50	CH44104
5/7-6/4 (5) Rm 2	T	10:30-11:30 am ID/AP: \$58	2.5-5 yrs OD: \$72.50	CH44105
4/4-5/2 (5) Rm 2	Th	10:30-11:30 am ID/AP: \$58	2.5-5 yrs OD: \$72.50	CH44106
5/9-6/6 (5) Rm 2	Th	10:30-11:30 am ID/AP: \$58	2.5-5 yrs OD: \$72.50	CH44107

## Arts & Crafts - Youth

### All Preschool and Youth Classes

Participants must meet the age requirement prior to the first class meeting. Classes are designed for children to be able to participate in a class setting without a parent. **Parent participation classes will be specifically noted.**

## Afterschool Art Sampler

Students will explore their artistic creativity! Work with sculpture, painting, drawing, collage, creative projects, and more. **No class 5/25.**

#### Winter Term:

1/10-2/7 (5) Rm 2	W	5-6 pm ID/AP: \$58	6-10 yrs OD: \$72.50	CH34200
2/14-3/20 (6) Rm 2	W	5-6 pm ID/AP: \$70	6-10 yrs OD: \$87.50	CH34201
1/10-2/7 (5) Rm 2	W	6:20-7:20 pm ID/AP: \$58	6-10 yrs OD: \$72.50	CH34202
2/14-3/20 (6) Rm 2	W	6:20-7:20 pm ID/AP: \$70	6-10 yrs OD: \$87.50	CH34203

#### Spring Term:

4/3-5/1 (5) Rm 2	W	5-6 pm ID/AP: \$58	6-10 yrs OD: \$72.50	CH44200
5/8-6/5 (5) Rm 2	W	5-6 pm ID/AP: \$58	6-10 yrs OD: \$72.50	CH44201
4/3-5/1 (5) Rm 2	W	6:20-7:20 pm ID/AP: \$58	6-10 yrs OD: \$72.50	CH44202
5/8-6/5 (5) Rm 2	W	6:20-7:20 pm ID/AP: \$58	6-10 yrs OD: \$72.50	CH44203

## Nature Art

Young artists will explore, learn, draw, paint, and create artwork inspired by science and nature.

#### Winter Term:

1/13-2/10 (5) Rm 3	S	9-10 am ID/AP: \$58	6-10 yrs OD: \$72.50	CH34204
2/17-3/16 (5) Rm 3	S	9-10 am ID/AP: \$58	6-10 yrs OD: \$72.50	CH34205

#### Spring Term:

4/6-5/4 (5) Rm 2	S	9-10 am ID/AP: \$58	6-10 yrs OD: \$72.50	CH44204
5/11-6/8 (5) Rm 2	S	9-10 am ID/AP: \$58	6-10 yrs OD: \$72.50	CH44205

## Youth Watercolor

Students will learn about different watercolor techniques and terminology while creating a new watercolor project each week. Projects will include winter-themed and nature-inspired pieces! **No class 1/15, 5/27.**

#### Winter Term:

1/8-2/12 (5) Rm 2	M	5-6 pm ID/AP: \$58	6-10 yrs OD: \$72.50	CH34206
2/26-3/18 (4) Rm 2	M	5-6 pm ID/AP: \$45	6-10 yrs OD: \$56.25	CH34207

#### Spring Term:

4/1-4/29 (5) Rm 2	M	5-6 pm ID/AP: \$58	6-10 yrs OD: \$72.50	CH44206
5/6-6/3 (4) Rm 2	M	5-6 pm ID/AP: \$45	6-10 yrs OD: \$56.25	CH44207

## Arts & Crafts – Teen/Adult

### Teen Comic Illustration

Come explore basic comic design and storytelling skills through creative exercises and fun projects! Kids will practice drawing action, comic lettering, and designing unique characters, backgrounds, and objects, all while discovering how to tell stories in the form of comics. **No class 5/25.**

#### Winter Term:

1/13-3/16 (10) Rm 3	S	10:30-11:30 am ID/AP: \$95	10-14 yrs OD: \$118.75	CH34300
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#### Spring Term:

4/6-6/8 (9) Rm 3	S	10:30-11:30 am ID/AP: \$87	10-14 yrs OD: \$108.75	CH44300
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Fees: ID/AP = User is in-district or has paid an out-of-district assessment, OD = Out-of-district (no assessment paid)

## Drawing

Expand or learn new techniques with pen and pencil exploring contour and intuitive sketching also drawing from life to develop eye to hand skills to see better. Supply list emailed before class.

<b>Winter Term:</b>				
1/10-3/20 (11)	W	12:50-2:50 pm	14-adult	CH34504
Rm 3		ID/AP: \$182	OD: \$227.50	
<b>Spring Term:</b>				
4/3-6/5 (10)	W	12:50-2:50 pm	14-adult	CH44504
Rm 3		ID/AP: \$167	OD: \$208.75	

## Mixed Medium Art, All Levels

Participants will work at their own pace in an open, informative class. Mediums covered will include acrylic, oil, pastels, and watercolor. Please bring any supplies you would like to work with.

<b>Winter Term:</b>				
1/10-3/20 (11)	W	9:30 am-12:30 pm	14-adult	CH34502
Rm 3		ID/AP: \$253	OD: \$316.25	
<b>Spring Term:</b>				
4/3-6/5 (10)	W	9:30 am-12:30 pm	14-adult	CH44502
Rm 3		ID/AP: \$231	OD: \$288.75	

## Watercolor, All Levels

Participants will work at their own pace in an open, informative class. Topics will include still life, design, color harmony and individual critiques. Bring your supplies with you to class.

<b>Winter Term:</b>				
1/9-3/19 (11)	T	9:30 am-12:30 pm	14-adult	CH34500
Rm 3		ID/AP: \$253	OD: \$316.25	
<b>Spring Term:</b>				
4/2-6/4 (10)	T	9:30 am-12:30 pm	14-adult	CH44500
Rm 3		ID/AP: \$231	OD: \$288.75	



## Spring Break Camp

Join us for fun spring break activities like playing games, doing arts & crafts, classroom activities and more. Please bring a drink, snack and a sack lunch each day.

3/25 (1)	M	7:30 am-6 pm	4-12 yrs	CH38200
Rm C1		ID/AP: \$65	OD: \$81.25	
3/26 (1)	T	7:30 am-6 pm	4-12 yrs	CH38201
Rm C1		ID/AP: \$65	OD: \$81.25	
3/27 (1)	W	7:30 am-6 pm	4-12 yrs	CH38202
Rm C1		ID/AP: \$65	OD: \$81.25	
3/28 (1)	Th	7:30 am-6 pm	4-12 yrs	CH38203
Rm C1		ID/AP: \$65	OD: \$81.25	
3/29 (1)	F	7:30 am-6 pm	4-12 yrs	CH38204
Rm C1		ID/AP: \$65	OD: \$81.25	



## Kids Night Out!

Bring your child to Cedar Hills so you can go out (or stay in!) kid-free! Drop them off for a fun night of pizza, popcorn and a movie!

1/19 (1)	F	6-9 pm	3-12 yrs	CH38206
Rm C1		ID/AP: \$54	OD: \$67.50	
2/9 (1)	F	6-9 pm	3-12 yrs	CH38207
Rm C1		ID/AP: \$54	OD: \$67.50	
3/8 (1)	F	6-9 pm	3-12 yrs	CH38208
Rm C1		ID/AP: \$54	OD: \$67.50	
4/12 (1)	F	6-9 pm	2-12 yrs	CH48206
Rm C1		ID/AP: \$54	OD: \$67.50	
5/17 (1)	F	6-9 pm	2-12 yrs	CH48207
Rm C1		ID/AP: \$54	OD: \$67.50	

## ALL PRESCHOOL AND YOUTH CLASSES

Classes are designed for children to be able to participate in a class setting without a parent. Parent Participation classes will be specifically noted.

## Dance – Preschool

### Creative Dance

Our Creative Dance Class is a fun and engaging introduction to the world of dance. Through imaginative play, colorful props, and age-appropriate music, children will explore movement, build coordination, and express themselves creatively in a nurturing and supportive environment. This class fosters a love for dance while developing essential motor skills and self-confidence in young dancers. **No class 5/27.**

<b>Winter Term:</b>				
1/11-3/21 (11)	Th	10:15-11 am	3-5 yrs	CH31101
Rm 5		ID/AP: \$87	OD: \$108.75	
1/12-3/22 (11)	F	9:45-10:30 am	3-5 yrs	CH31103
Rm 5		ID/AP: \$87	OD: \$108.75	
1/9-3/19 (11)	T	10-10:45 am	3-5 yrs	CH31104
Rm 5		ID/AP: \$87	OD: \$108.75	
<b>Spring Term:</b>				
4/1-6/3 (9)	M	10:15-10:45 am	3-5 yrs	CH41102
Rm 5		ID/AP: \$56	OD: \$70	
4/4-6/6 (10)	Th	11-11:30 am	3-5 yrs	CH41105
Rm 5		ID/AP: \$62	OD: \$77.50	
4/3-6/5 (10)	W	10:15-10:45 am	3-5 yrs	CH41116
Rm 5		ID/AP: \$62	OD: \$77.50	

### Dance with Me!

Tiny dancers will get to dance along with their favorite grown-up while they learn basic ballet movements that can improve balance and coordination in a nurturing and fun environment. **Adult participation is required. No unregistered siblings. No class 1/15, 2/19, 5/25, 5/27.**

<b>Winter Term:</b>				
1/8-3/18 (9)	M	10:30-11 am	2-4 yrs	CH31106
Rm 5		ID/AP: \$56	OD: \$70	
1/9-3/19 (11)	T	9:15-9:45 am	2-4 yrs	CH31107
Rm 5		ID/AP: \$68	OD: \$85	
1/12-3/22 (11)	F	9-9:30 am	2-4 yrs	CH31109
Rm 5		ID/AP: \$68	OD: \$85	
1/13-3/23 (11)	S	9-9:30 am	2-4 yrs	CH31108
Rm D		ID/AP: \$68	OD: \$85	
<b>Spring Term:</b>				
4/1-6/3 (10)	M	11-11:30 am	2-4 yrs	CH41106
Rm 5		ID/AP: \$56	OD: \$70	
4/2-6/4 (10)	T	9:15-9:45 am	2-4 yrs	CH41107
Rm 5		ID/AP: \$62	OD: \$77.50	
4/5-6/7 (10)	F	9-9:30 am	2-4 yrs	CH41109
Rm 5		ID/AP: \$62	OD: \$77.50	
4/6-6/8 (9)	S	9-9:30 am	2-4 yrs	CH41108
Rm D		ID/AP: \$56	OD: \$70	

### Dress Up and Dance

Dancers will let their imaginations run wild as they learn dance basics that strengthen flexibility, rhythm and grace among superheroes, princesses and more! Come dressed in your favorite outfit and show us your moves! **No class 5/25**

<b>Winter Term:</b>				
1/10-3/20 (11)	W	10:15-11 am	3-5 yrs	CH31112
Rm 5		ID/AP: \$87	OD: \$108.75	
1/13-3/23 (11)	S	11:15-11:45 am	3-5 yrs	CH31114
Rm D		ID/AP: \$68	OD: \$85	
<b>Spring Term:</b>				
4/5-6/7 (10)	F	9:45-10:30 am	3-5 yrs	CH41113
Rm 5		ID/AP: \$79	OD: \$98.75	
4/6-6/8 (9)	S	11-11:45 am	4-5 yrs	CH41114
Rm D		ID/AP: \$72	OD: \$90	

Fees: ID/AP = User is in-district or has paid an out-of-district assessment, OD = Out-of-district (no assessment paid)

## Hip Hop Kids

Dance like your favorite pop stars! Discover the magic of dancing in a class that is specially crafted for your younger dancer. In this high-octane class kids will dive into the world of hip hop, learning exciting techniques and combinations. Music choices and dance steps will be age appropriate. **No class 5/27.**

### Winter Term:

1/11-3/21 (11) Rm 5	Th	9:15-10 am ID/AP: \$87	3-5 yrs OD: \$108.75	CH31115
1/12-3/22 (11) Rm 5	F	10:45-11:30 am ID/AP: \$87	3-5 yrs OD: \$108.75	CH31195
1/13-3/23 (11) Rm 5	S	9-9:45 am ID/AP: \$87	4-6 yrs OD: \$108.75	CH31198
1/13-3/23 (11) Rm 5	S	11-11:45 am ID/AP: \$87	4-6 yrs OD: \$108.75	CH31197
1/13-3/23 (11) Rm 5	S	12:30-1:15 pm ID/AP: \$87	4-6 yrs OD: \$108.75	CH31196

### Spring Term:

4/3-6/5 (10) Rm 5	W	11-11:45 am ID/AP: \$79	3-5 yrs OD: \$98.75	CH41137
4/4-6/6 (10) Rm 5	Th	9-9:45 am ID/AP: \$79	3-5 yrs OD: \$98.75	CH41115
4/6-6/8 (9) Rm 5	S	12:30-1:15 pm ID/AP: \$72	4-6 yrs OD: \$90	CH41136

## Pre-Ballet

In a supportive and creative environment, your child will explore the magical world of dance through fun activities, colorful props, and imaginative storytelling. Our experienced instructors make learning ballet basics a delightful adventure, all while building social skills and confidence in young dancers. This class provides an introduction to ballet steps and terminology, with an emphasis on creative movement, rhythm, balance and coordination. **No class 1/15, 2/19, 5/25, 5/27.**

### Winter Term:

1/8-3/18 (9) Rm 5	M	9:15-10 am ID/AP: \$72	3-5 yrs OD: \$90	CH31118
1/11-3/21 (11) Rm 5	Th	11:15 am-12 pm ID/AP: \$87	3-5 yrs OD: \$108.75	CH31119A
1/10-3/20 (11) Rm 5	W	9:15-10 am ID/AP: \$87	3-5 yrs OD: \$108.75	CH31120
1/13-3/23 (11) Rm D	S	9:45-10:15 am ID/AP: \$68	3-5 yrs OD: \$85	CH31124
1/13-3/23 (11) Rm 5	S	10-10:45 am ID/AP: \$87	4-6 yrs OD: \$108.75	CH31123
1/13-3/23 (11) Rm 8	S	10:30-11:15 am ID/AP: \$87	3-5 yrs OD: \$108.75	CH31126
1/13-3/23 (11) Rm D	S	10:30-11 am ID/AP: \$68	3-5 yrs OD: \$85	CH31125
1/13-3/23 (11) Rm 8	S	11:30 am-12:15 pm ID/AP: \$87	3-5 yrs OD: \$108.75	CH31127

### Spring Term:

4/1-6/3 (9) Rm 5	M	9:15-10 am ID/AP: \$72	3-5 yrs OD: \$90	CH41118
4/6-6/8 (9) Rm 5	S	10-10:45 am ID/AP: \$72	4-6 yrs OD: \$90	CH41123
4/6-6/8 (9) Rm D	S	9:45-10:30 am ID/AP: \$72	3-5 yrs OD: \$90	CH41124
4/6-6/8 (9) Rm 8	S	10:30-11 am ID/AP: \$56	3-5 yrs OD: \$70	CH41126
4/6-6/8 (9) Rm 8	S	11:15-11:45 am ID/AP: \$56	3-5 yrs OD: \$70	CH41127
4/2-6/4 (10) Rm 5	T	11-11:45 am ID/AP: \$79	3-5 yrs OD: \$98.75	CH41130

## Dance – Youth

### Hip Hop Ballet

A dynamic and exciting Hip Hop and Ballet class that blends the energy and rhythm of hip hop with the elegance and discipline of ballet, offering a unique and engaging experience for young dancers.

### Winter Term:

1/11-3/21 (11) Rm D	Th	6:15-7 pm ID/AP: \$87	6-11 yrs OD: \$108.75	CH31199
1/9-3/19 (11) Rm D	T	4:30-5:15 pm ID/AP: \$87	6-11 yrs OD: \$108.75	CH31200

### Spring Term:

4/2-6/4 (10) Rm D	T	4:30-5:15 pm ID/AP: \$79	6-11 yrs OD: \$98.75	CH41200
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### Intro to Ballet

This class is for students with a curiosity for the study of ballet. No prior dance experience necessary and beginners are welcome. Students will learn the fundamentals of ballet, gaining an understanding of its physicality, artistry, and principles.

### Winter Term:

1/8-3/18 (9) Rm 5	M	6:15-7 pm ID/AP: \$72	6-11 yrs OD: \$90	CH31201
1/9-3/19 (11) Rm D	T	5:30-6:15 pm ID/AP: \$87	6-11 yrs OD: \$108.75	CH31203
1/10-3/20 (11) Rm D	W	6:15-7 pm ID/AP: \$87	6-11 yrs OD: \$108.75	CH31205

### Spring Term:

4/2-6/4 (10) Rm D	T	5:30-6:15 pm ID/AP: \$79	6-11 yrs OD: \$98.75	CH41201
4/3-6/5 (10) Rm D	W	6:15-7 pm ID/AP: \$79	6-11 yrs OD: \$98.75	CH41205

### Intro to Contemporary

This class is for students with a curiosity for the study of contemporary dance. No prior dance experience necessary and beginners are welcome. Students will learn the fundamentals of contemporary dance, gaining an understanding of its physicality, artistry, and principles.

### Winter Term:

1/10-3/20 (11) Rm 5	W	5:15-6 pm ID/AP: \$87	6-11 yrs OD: \$108.75	CH31105
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### Intro to Hip Hop

Learn about popular dance styles with upbeat routines and technical skills for today's dance world! No prior dance experience necessary and beginners are welcome. **Tennis shoes required.**

### Winter Term:

1/11-3/21 (11) Rm D	Th	5:15-6 pm ID/AP: \$87	6-11 yrs OD: \$108.75	CH31202
1/9-3/19 (11) Rm D	T	6:30-7:15 pm ID/AP: \$87	6-11 yrs OD: \$108.75	CH31204

### Spring Term:

4/3-6/5 (10) Rm 5	W	5-5:45 pm ID/AP: \$79	6-11 yrs OD: \$98.75	CH41135
4/2-6/4 (10) Rm D	T	6:30-7:15 pm ID/AP: \$79	6-11 yrs OD: \$98.75	CH41204
4/4-6/6 (10) Rm D	Th	5:15-6 pm ID/AP: \$79	6-11 yrs OD: \$98.75	CH41206



## Intro to Ballet and Jazz

Our Intro to Ballet and Jazz class is the perfect creative outlet for children interested in dance. In this fun and engaging course, young dancers will learn the fundamentals of both ballet and jazz dance styles. Through imaginative movement and music, they'll develop grace, coordination, and self-expression while building a strong foundation for future dance endeavors.

**Spring Term:**  
 4/4-6/6 (10) Th 6:15-7 pm 6-11 yrs CH41207  
 Rm D ID/AP: \$79 OD: \$98.75

## Dance – Teen/Adult

### Classical Ballet

Traditional ballet technique class. Comprehensive barre and center work for returning and motivated beginners. Students develop strength, flexibility, coordination and confidence. All levels welcome

**Winter Term:**  
 1/10-3/20 (11) W 6:30-8 pm 14-adult CH31500  
 Rm 5 ID/AP: \$189 OD: \$236.25

**Spring Term:**  
 4/3-6/5 (10) W 6:30-8 pm 14-adult CH41500  
 Rm 5 ID/AP: \$176 OD: \$220

### Teen Contemporary

A contemporary dance class for all skill-levels. In a welcoming environment, students will learn contemporary technique, choreography and how to create their own movements and dances. Each dancer will be valued for their contribution and challenged to progress as an athlete and artist.

**Winter Term:**  
 1/10-3/20 (11) W 4-4:45 pm 12-15 yrs CH31207  
 Rm 5 ID/AP: \$112 OD: \$140

### Tik Tok Dance Tutorial

In this class we will be learning the internet's hottest TikTok dances! Having the TikTok App or account is not required or needed but we will learn and break down the dances we see online and learn how to do them! **No class 1/15 or 2/19.**

**Winter Term:**  
 1/8-3/18 (9) M 5:15-6 pm 9-12 yrs CH31208  
 Rm 5 ID/AP: \$91 OD: \$113.75

### Adult Contemporary

For the past dancer and beginner dancer: Come nourish your soul with exercise, artistic expression, creativity, and camaraderie. We will be practicing contemporary technique (rooted in ballet), choreography skills, and artistic collaboration with other dancers to create meaningful pieces. **No class on 1/15 or 2/19.**

**Winter Term:**  
 1/8-3/18 (9) M 7:15-8:15 pm 14-adult CH31501  
 Rm 5 ID/AP: \$88 OD: \$110

### Adult Hip Hop

Come learn upbeat Hip Hop skills and routines featuring fun music for today's dance world! No prior dance experience necessary and beginners are welcome. **Tennis shoes required.**

**Winter Term:**  
 1/10-3/20 (11) W 7:15-8:15 pm 15-adult CH31503  
 Rm D ID/AP: \$106 OD: \$132.50

**Spring Term:**  
 4/3-6/5 (10) W 7:15-8:15 pm 14-adult CH41503  
 Rm D ID/AP: \$125 OD: \$156.25

## Adult Jazz

Jazz is a fun dance style that relies heavily on originality and improvisation. Many jazz dancers mix different styles into their dancing, incorporating their own expression. No experience required. All skill levels welcome.

**Winter Term:**  
 1/11-3/21 (11) Th 7:15-8:15 pm 16-adult CH31502  
 Rm D ID/AP: \$106 OD: \$132.50

## Belly Dance

All levels welcome! Come explore the ancient art of belly dance! Low impact full body workout sprinkled with the history, art and lore of this timeless dance style! Focus on developing strength, flexibility, coordination and dance techniques specific to middle eastern and historic world rhythms.

**Winter Term:**  
 1/9-3/19 (11) T 7:25-8:25 pm 16-adult CH31504  
 Rm D ID/AP: \$106 OD: \$132.50

**Spring Term:**  
 4/2-6/4 (10) T 7:25-8:25 pm 16-adult CH41504  
 Rm D ID/AP: \$96 OD: \$120

## Preschool Enrichment

### Circle Sing and Play

Nurture your toddlers energy and creativity in a class designed for children who love to move. Sing songs, dance and read stories while building your toddler's confidence, self-control, and early language skills. **Adult participation required. No unregistered siblings.**

**Winter Term:**  
 1/10-2/7 (5) W 9-9:45 am 1.5-2 yrs CH38120  
 Rm 2 ID/AP: \$32 OD: \$40

2/14-3/20 (6) W 9-9:45 am 1.5-2 yrs CH38121  
 Rm 2 ID/AP: \$39 OD: \$48.75

**Spring Term:**  
 4/3-5/1 (5) W 9-9:45 am 1.5-2 yrs CH48120  
 Rm 2 ID/AP: \$32 OD: \$40

5/8-6/5 (5) W 9-9:45 am 1.5-2 yrs CH48121  
 Rm 2 ID/AP: \$32 OD: \$40

### Music and Movement

Nurture your kiddo's energy and creativity in a class designed for children who love music. Sing songs, dance and read stories while building confidence, self-control, and language skills. **Adult participation required. No unregistered siblings.**

**Winter Term:**  
 1/10-2/7 (5) W 10:15-11 am 2.5-3 yrs CH38122  
 Rm 2 ID/AP: \$32 OD: \$40

2/14-3/20 (6) W 10:15-11 am 2.5-3 yrs CH38123  
 Rm 2 ID/AP: \$39 OD: \$48.75

**Spring Term:**  
 4/3-5/1 (5) W 10:15-11 am 2.5-3 yrs CH48122  
 Rm 2 ID/AP: \$32 OD: \$40

5/8-6/5 (5) W 10:15-11 am 2.5-3 yrs CH48123  
 Rm 2 ID/AP: \$32 OD: \$40

## Spring Dance Recital Classes

Dress rehearsal and pictures will be held at Cedar Hills Recreation Center, Friday, June 7. The performance will be held at Cedar Hills Recreation Center, Saturday, June 8. The price of costumes is included in the class fee. Some classes may require adult to provide additional basic costume needs.

### Hip Hop Kids (Recital Class)

Dance like your favorite pop stars! Discover the magic of dancing in a class is specially crafted for your younger dancer. In this high-octane class kids will dive into the world of hip hop, learning exciting techniques and combinations. Music choices and dance steps will be age appropriate. **This is a recital class. No Class 5/25.**

4/6-6/8 (9)	S	11-11:45 am	4-6 yrs	CH41117
Rm 5		ID/AP: \$112	OD: \$140	

### Pre-Ballet (Recital Class)

In a supportive and creative environment, your child will explore the magical world of dance through fun activities, colorful props, and imaginative storytelling. Our experienced instructors make learning ballet basics a delightful adventure, all while building social skills and confidence in young dancers. **This is a recital class. No class 5/25.**

#### Spring Term:

4/6-6/8 (9)	S	9-9:45 am	4-6 yrs	CH41121
Rm 5		ID/AP: \$112	OD: \$117.50	
4/4-6/6 (10)	Th	10-10:45 am	3-5 yrs	CH41128
Rm 5		ID/AP: \$119	OD: \$148.75	

### Creative Dance (Recital Class)

Our Creative Dance Class is a fun and engaging introduction to the world of dance. Through imaginative play, colorful props, and age-appropriate music, children will explore movement, build coordination, and express themselves creatively in a nurturing and supportive environment. This class fosters a love for dance while developing essential motor skills and self-confidence in young dancers.

#### Spring Term:

4/2-6/4 (10)	T	10-10:45 am	3-5 yrs	CH41103
Rm 5		ID/AP: \$119	OD: \$148.75	

### Intro to Ballet (Recital Class)

This class is for students with a curiosity for the study of classical ballet. No prior dance experience necessary and beginners are welcome. Students will learn the fundamentals of ballet, gaining an understanding of its physicality, artistry, and principles. **This is a recital class. No class 5/27.**

#### Spring Term:

4/1-6/3 (9)	M	6:15-7 pm	6-11 yrs	CH41202
Rm 5		ID/AP: \$112	OD: \$140	

### Intro to Contemporary (Recital class)

This class is for students with a curiosity for the study of contemporary dance. No prior dance experience necessary and beginners are welcome. Students will learn the fundamentals of contemporary dance, gaining an understanding of its physicality, artistry, and principles. **No class 5/27.**

#### Spring Term:

4/1-6/3 (9)	M	5:15-6 pm	6-11 yrs	CH41120
Rm 5		ID/AP: \$112	OD: \$140	

## STEM Classes

### Science Pals

Engage in entertaining science projects structured to introduce little learners to a variety of scientific topics and vocabulary. **Adult participation required. No unregistered siblings. No class 1/15, 2/19.**

#### Winter Term:

1/8-2/5 (4)	M	9-9:45 am	2-4 yrs	CH35100
Rm 2		ID/AP: \$45	OD: \$56.25	
2/12-3/18 (5)	M	9-9:45 am	2-4 yrs	CH35101
Rm 2		ID/AP: \$56	OD: \$70	

#### Spring Term:

4/1-4/29 (5)	M	9-9:45 am	2-4 yrs	CH45100
Rm 2		ID/AP: \$56	OD: \$70	
5/6-6/3 (4)	M	9-9:45 am	2-4 yrs	CH45101
Rm 2		ID/AP: \$45	OD: \$56.25	

### Science Buddies

This class is designed to introduce kids to a variety of scientific topics and vocabulary with fun experiments and demonstrations. **Adult participation required. No unregistered siblings. No class 1/15, 2/19.**

#### Winter Term:

1/8-2/5 (4)	M	10:15-11 am	3-5 yrs	CH35110
Rm 2		ID/AP: \$45	OD: \$56.25	
2/12-3/18 (5)	M	10:15-11 am	3-5 yrs	CH35111
Rm 2		ID/AP: \$56	OD: \$70	

#### Spring Term:

4/1-4/29 (5)	M	10:15-11 am	3-5 yrs	CH45110
Rm 2		ID/AP: \$56	OD: \$70	
5/6-6/3 (4)	M	10:15-11 am	3-5 yrs	CH45111
Rm 2		ID/AP: \$45	OD: \$56.25	

### Super Scientists

This class is designed to introduce kids to a variety of scientific topics and vocabulary with fun experiments and demonstrations. **No class 5/25.**

#### Winter Term:

1/13-2/10 (5)	S	9-10 am	5-6 yrs	CH35215
Rm C1		ID/AP: \$69	OD: \$86.25	
2/17-3/16 (5)	S	9-10 am	5-6 yrs	CH35216
Rm C1		ID/AP: \$69	OD: \$86.25	

#### Spring Term:

4/6-5/4 (5)	S	9-10 am	5-6 yrs	CH45215
Rm C1		ID/AP: \$69	OD: \$86.25	
5/11-6/8 (4)	S	9-10 am	5-6 yrs	CH45216
Rm C1		ID/AP: \$61	OD: \$76.25	

### Awesome Engineers

This class is designed to introduce kids to the magic of engineering by exploring engineering concepts in a fun, hands-on way. **No class 5/25.**

#### Winter Term:

1/13-2/10 (5)	S	10:45-11:45 am	7-10 yrs	CH35217
Rm C1		ID/AP: \$69	OD: \$86.25	
2/17-3/16 (5)	S	10:45-11:45 am	7-10 yrs	CH35218
Rm C1		ID/AP: \$69	OD: \$86.25	

#### Spring Term:

4/6-5/4 (5)	S	10:45-11:45 am	7-10 yrs	CH45217
Rm C1		ID/AP: \$69	OD: \$86.25	
5/11-6/8 (4)	S	10:45-11:45 am	7-10 yrs	CH45218
Rm C1		ID/AP: \$61	OD: \$76.25	

Fees: ID/AP = User is in-district or has paid an out-of-district assessment, OD = Out-of-district (no assessment paid)

## Preschool Exploration

### First Time Friends

This class encourages children to emotionally and socially adapt to a classroom setting. We will strengthen our skills in sharing, listening and following directions; learn to make transitions and much more through art, stories and free play. **No class 1/15.**

#### Winter Term:

1/8-2/5 (4) Rm 10	M	9:30-11:30 am ID/AP: \$103	2-3.5 yrs OD: \$128.75	CH38100
1/8-2/5 (4) Rm 10	M	1-3 pm ID/AP: \$103	2-3.5 yrs OD: \$128.75	CH38101
2/12-3.5/18 (5) Rm 10	M	9:30-11:30 am ID/AP: \$126	2-3.5 yrs OD: \$157.50	CH38102
2/12-3.5/18 (5) Rm 10	M	1-3 pm ID/AP: \$126	2-3.5 yrs OD: \$157.50	CH38103
1/10-2/7 (5) Rm 10	W	9:30-11:30 am ID/AP: \$126	2-3.5 yrs OD: \$157.50	CH38104
1/10-2/7 (5) Rm 10	W	1-3 pm ID/AP: \$126	2-3.5 yrs OD: \$157.50	CH38105
2/14-3/20 (6) Rm 10	W	9:30-11:30 am ID/AP: \$152	2-3.5 yrs OD: \$190	CH38106
2/14-3/20 (6) Rm 10	W	1-3 pm ID/AP: \$152	2-3.5 yrs OD: \$190	CH38107
1/12-2/9 (5) Rm 10	F	9:30-11:30 am ID/AP: \$126	2-3.5 yrs OD: \$157.50	CH38108
1/12-2/9 (5) Rm 10	F	1-3 pm ID/AP: \$126	2-3.5 yrs OD: \$157.50	CH38109
2/16-3/22 (6) Rm 10	F	9:30-11:30 am ID/AP: \$152	2-3.5 yrs OD: \$190	CH38110
2/16-3/22 (6) Rm 10	F	1-3 pm ID/AP: \$152	2-3.5 yrs OD: \$190	CH38111

#### Spring Term:

4/1-4/29 (5) Rm 10	M	9:30-11:30 am ID/AP: \$126	2-3.5 yrs OD: \$157.50	CH48100
4/1-4/29 (5) Rm 10	M	1-3 pm ID/AP: \$126	2-3.5 yrs OD: \$157.50	CH48101
5/6-6/3 (4) Rm 10	M	9:30-11:30 am ID/AP: \$101	2-3.5 yrs OD: \$126.25	CH48102
5/6-6/3 (4) Rm 10	M	1-3 pm ID/AP: \$101	2-3.5 yrs OD: \$126.25	CH48103
4/3-5/1 (5) Rm 10	W	9:30-11:30 am ID/AP: \$126	2-3.5 yrs OD: \$157.50	CH48104
4/3-5/1 (5) Rm 10	W	1-3 pm ID/AP: \$126	2-3.5 yrs OD: \$157.50	CH48105
5/8-6/5 (5) Rm 10	W	9:30-11:30 am ID/AP: \$126	2-3.5 yrs OD: \$157.50	CH48106
5/8-6/5 (5) Rm 10	W	1-3 pm ID/AP: \$126	2-3.5 yrs OD: \$157.50	CH48107
4/5-5/3 (5) Rm 10	F	9:30-11:30 am ID/AP: \$126	2-3.5 yrs OD: \$157.50	CH48108
4/5-5/3 (5) Rm 10	F	1-3 pm ID/AP: \$126	2-3.5 yrs OD: \$157.50	CH48109
5/10-6/7 (5) Rm 10	F	9:30-11:30 am ID/AP: \$126	2-3.5 yrs OD: \$157.50	CH48110
5/10-6/7 (5) Rm 10	F	1-3 pm ID/AP: \$126	2-3.5 yrs OD: \$157.50	CH48111

### A-B-C Come Learn with Me

This class improves social and cognitive skills and helps children become comfortable in a classroom setting. Through art, music and sensory play, we will begin to explore the development of problem-solving, imagination and attention span.

#### Winter Term:

1/9-2/6 (5) Rm 10	T	9-11:30 am ID/AP: \$151	3-4 yrs OD: \$188.75	CH38112
1/9-2/6 (5) Rm 10	T	1-3:30 pm ID/AP: \$151	3-4 yrs OD: \$188.75	CH38113
2/13-3/19 (6) Rm 10	T	9-11:30 am ID/AP: \$179	3-4 yrs OD: \$223.75	CH38114
2/13-3/19 (6) Rm 10	T	1-3:30 pm ID/AP: \$179	3-4 yrs OD: \$223.75	CH38115
1/11-2/8 (5) Rm 10	Th	9-11:30 am ID/AP: \$151	3-4 yrs OD: \$188.75	CH38116
1/11-2/8 (5) Rm 10	Th	1-3:30 pm ID/AP: \$151	3-4 yrs OD: \$188.75	CH38117
2/15-3/21 (6) Rm 10	Th	9-11:30 am ID/AP: \$179	3-4 yrs OD: \$223.75	CH38118
2/15-3/21 (6) Rm 10	Th	1-3:30 pm ID/AP: \$179	3-4 yrs OD: \$223.75	CH38119

#### Spring Term:

4/2-4/30 (5) Rm 10	T	9-11:30 am ID/AP: \$151	3-4 yrs OD: \$188.75	CH48112
4/2-4/30 (5) Rm 10	T	1-3:30 pm ID/AP: \$151	3-4 yrs OD: \$188.75	CH48113
5/7-6/4 (5) Rm 10	T	9-11:30 am ID/AP: \$151	3-4 yrs OD: \$188.75	CH48114
5/7-6/4 (5) Rm 10	T	1-3:30 pm ID/AP: \$151	3-4 yrs OD: \$188.75	CH48115
4/4-5/2 (5) Rm 10	Th	9-11:30 am ID/AP: \$151	3-4 yrs OD: \$188.75	CH48116
4/4-5/2 (5) Rm 10	Th	1-3:30 pm ID/AP: \$151	3-4 yrs OD: \$188.75	CH48117
5/9-6/6 (5) Rm 10	Th	9-11:30 am ID/AP: \$151	3-4 yrs OD: \$188.75	CH48118
5/9-6/6 (5) Rm 10	Th	1-3:30 pm ID/AP: \$151	3-4 yrs OD: \$188.75	CH48119



First Time Friends and ABC Come Learn with Me classes are non-parent participation. Toilet training not required.

## General Interest - Youth

### Home Alone

This course is designed to prepare children for the responsibility of being home alone. We will cover phone calls, answering the door, home security, first aid techniques, establishing household rules, and more.

#### Winter Term:

1/27 (1) Rm A	S	9-11:45 am ID/AP: \$40	8-11 yrs OD: \$50	CH35303
2/17 (1) Rm A	S	9-11:45 am ID/AP: \$40	8-11 yrs OD: \$50	CH35304
3/9 (1) Rm A	S	9-11:45 am ID/AP: \$40	8-11 yrs OD: \$50	CH35305

#### Spring Term:

4/13 (1) Rm A	S	1:15-4 pm ID/AP: \$40	8-11 yrs OD: \$50	CH45303
4/27 (1) Rm A	S	1:15-4 pm ID/AP: \$40	8-11 yrs OD: \$50	CH45304
5/18 (1) Rm A	S	9-11:45 am ID/AP: \$40	8-11 yrs OD: \$50	CH45305

### Babysitting 101

Help your young adult learn what it takes to be a responsible, trustworthy, and competent babysitter. Students should bring paper and a pencil, as well as a water bottle, and a snack for both class days.

#### Winter Term:

1/13-1/20 (2) Rm A	S	8:30 am-12:30 pm ID/AP: \$95	11-15 yrs OD: \$118.75	CH35300
2/3-2/10 (2) Rm A	S	8:30 am-12:30 pm ID/AP: \$95	11-15 yrs OD: \$118.75	CH35301
2/24-3/2 (2) Rm A	S	8:30 am-12:30 pm ID/AP: \$95	11-15 yrs OD: \$118.75	CH35302

#### Spring Term:

4/6-4/13 (2) Rm A	S	8 am-12 pm ID/AP: \$95	11-15 yrs OD: \$118.75	CH45300
4/20-4/27 (2) Rm A	S	8 am-12 pm ID/AP: \$95	11-15 yrs OD: \$118.75	CH45301
5/4-5/11 (2) Rm A	S	8 am-12 pm ID/AP: \$95	11-15 yrs OD: \$118.75	CH45302

### Kid's Cooking Series: Intro to Cooking

Students will create a variety of fun and delicious recipes while learning important culinary skills, such as knife and kitchen tool use and safety, reading a recipe, stove-top cooking, baking, and roasting. Please note: We cannot guarantee an allergy-free environment or menu.

#### Winter Term:

1/13-2/10 (5) Kitchen	S	10-11:30 am ID/AP: \$147	8-11 yrs OD: \$183.75	CH35200
2/17-3/16 (5) Kitchen	S	10-11:30 am ID/AP: \$147	8-11 yrs OD: \$183.75	CH35201

### Kid's Cooking Series: Baking 101

Students will learn the basics of baking and make a variety of delicious recipes, including cookies, dessert bars, quick breads, cupcakes, and more! Please note: We cannot guarantee an allergy-free environment or menu.

4/6-5/4 (5) Kitchen	S	10-11:30 am ID/AP: \$147	8-11 yrs OD: \$183.75	CH45200
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### Kid's Cooking Series: Baking 201

Students will build on the skills learned in Baking 101 to continue to hone their baking skills and tackle more challenging baking recipes like cakes, breads, and more! **No class 5/25.**

5/11-6/8 (4) Kitchen	S	10-11:30 am ID/AP: \$147	8-11 yrs OD: \$183.75	CH45201
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### Magical Musical Theater NEW

Embrace your passion for singing, dancing, acting, and the Broadway scene! Join us in a dynamic journey of creative expression and teamwork through engaging drama games. Elevate your theater skills as we delve into a variety of timeless musical theater classics each week, fostering a connection to the stage and its magic. **No class 5/25.**

#### Winter Term:

1/13-3/16 (10) Rm B	S	12:30-1:30 pm ID/AP: \$89	6-8 yrs OD: \$111.25	CH35231
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#### Spring Term:

4/6-6/8 (9) Rm B	S	12:30-1:30 pm ID/AP: \$92	6-8 yrs OD: \$115	CH45231
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### Youth Intro to Theater Workshop

Dive into theater! In this workshop, we will explore what goes in to making a stage production including acting, directing, and designing. This class will build self-confidence and encourage creative and collaborative learning. Please note there is no final performance or production. No previous experience required!

#### Winter Term:

1/11-3/21 (11) Rm 3	Th	6:30-7:30 pm ID/AP: \$96	8-11 yrs OD: \$120	CH35230
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### Teen Intro to Theater Workshop

Dive into theater! In this workshop, we will explore what goes into making a stage production including acting, directing, and designing. This class will build self-confidence and encourage creative and collaborative learning. Please note there is no final performance or production. No previous experience required!

#### Winter Term:

1/11-3/21 (11) Rm 2	Th	5-6 pm ID/AP: \$96	12-15 yrs OD: \$120	CH35310
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#### Spring Term:

4/4-6/6 (10) Rm 2	Th	5-6 pm ID/AP: \$89	12-15 yrs OD: \$111.25	CH45310
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### Intro to Theater (Production Class) NEW

Learn first-hand about theater, from paper to production! In this class, students will audition the first class for an original play, and then rehearse and create their own costumes, culminating in a short weekend performance on the stage. This class will build self-confidence and encourage creative and collaborative learning. No previous experience required!

#### Spring Term:

4/4-6/6 (10) Rm 3	Th	6:30-7:30 pm ID/AP: \$95	8-11 yrs OD: \$118.75	CH45230
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### Youth Guitar

Learn to play the guitar in a group setting. Learn basic chords and strumming, along with an understanding of how the guitar works. Bring your own guitar, tuner, and picks.

#### Winter Term:

1/9-2/6 (5) Rm 3	T	4:40-5:40 pm ID/AP: \$57	8-12 yrs OD: \$71.25	CH35220
2/13-3/19 (6) Rm 3	T	4:40-5:40 pm ID/AP: \$68	8-12 yrs OD: \$85	CH35221

#### Spring Term:

4/2-4/30 (5) Rm 3	T	4:40-5:40 pm ID/AP: \$57	8-12 yrs OD: \$71.25	CH45220
5/7-6/4 (5) Rm 3	T	4:40-5:40 pm ID/AP: \$57	8-12 yrs OD: \$71.25	CH45221

Fees: ID/AP = User is in-district or has paid an out-of-district assessment, OD = Out-of-district (no assessment paid)



## Youth Guitar, Small Group

Learn basic guitar or continue to improve your skills in a smaller group setting of 2-4 people. Bring your own guitar, tuner, and picks.

### Winter Term:

1/9-2/6 (5) Rm 3	T	3:35-4:35 pm ID/AP: \$196	8-12 yrs OD: \$245	CH35222
2/13-3/19 (6) Rm 3	T	3:35-4:35 pm ID/AP: \$232	8-12 yrs OD: \$290	CH35223

### Spring Term:

4/2-4/30 (5) Rm 3	T	3:35-4:35 pm ID/AP: \$196	8-12 yrs OD: \$245	CH45222
5/7-6/4 (5) Rm 3	T	3:35-4:35 pm ID/AP: \$196	8-12 yrs OD: \$245	CH45223

## General Interest – Teen/Adult

### Guitar I

Learn basic chords and strumming patterns, develop technical skills and improve your speed and accuracy between chord changes. Bring your own guitar, tuner, and picks.

### Winter Term:

1/9-2/6 (5) Rm 3	T	6-7 pm ID/AP: \$57	13-adult OD: \$71.25	CH35520
2/13-3/19 (6) Rm 3	T	6-7 pm ID/AP: \$68	13-adult OD: \$85	CH35521

### Spring Term:

4/2-4/30 (5) Rm 3	T	6-7 pm ID/AP: \$57	13-adult OD: \$71.25	CH45520
5/7-6/4 (5) Rm 3	T	6-7 pm ID/AP: \$57	13-adult OD: \$71.25	CH45521

### Guitar II

Get ready to play some songs and tunes! This class is designed to be a continuation of Guitar I, or for students who are mastering the basics of chord progressions and scales and are looking for a more intermediate class. Bring your own guitar, tuner, and picks.

### Winter Term:

1/9-3/19 (11) Rm 3	T	7:05-8:05 pm ID/AP: \$131	13-adult OD: \$163.75	CH35524
Spring Term:				
4/2-6/4 (10) Rm 3	T	7:05-8:05 pm ID/AP: \$119	13-adult OD: \$148.75	CH45524

### Guitar Private Lesson

One on One instruction, must bring your own guitar, tuner, and picks. We will contact those on the interest list when a private lesson is available.

### Winter Term:

1/9-2/6 (5) Rm 3	T	3-3:30 pm ID/AP: \$275	8-adult OD: \$343.75	CH35530
2/13-3/19 (6) Rm 3	T	3-3:30 pm ID/AP: \$330	8-adult OD: \$412.50	CH35531

### Spring Term:

4/2-4/30 (5) Rm 3	T	3-3:30 pm ID/AP: \$275	8-adult OD: \$343.75	CH45530
5/7-6/4 (5) Rm 3	T	3-3:30 pm ID/AP: \$275	8-adult OD: \$343.75	CH45531

## Adult's Cooking Night Out! new

Come join our Adult Cooking Nights, conveniently scheduled alongside our Kid's Night Out program, so you can take advantage of registering for both! All are welcome! Please note: We cannot guarantee an allergy-free environment or menu.

### Winter Desserts

Come learn some winter dessert recipes you'll want to keep in the family. Please note: We cannot guarantee an allergy-free environment or menu.

### Winter Term:

1/19 (1) Kitchen	F	6:15-8:45 pm ID/AP: \$51	Adult OD: \$63.75	CH35500
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### Valentine's Menu

Come learn to cook a 3-course Valentine's menu that's sure to impress.

### Winter Term:

2/9 (1) Kitchen	F	6:15-8:45 pm ID/AP: \$51	Adult OD: \$63.75	CH35501
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### Pizza From Scratch

Skip the delivery - come learn how easy it is to make a pizza from scratch!

### Spring term:

4/12 (1) Kitchen	F	6:15-8:45 pm ID/AP: \$51	16-adult OD: \$63.75	CH45500
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### Italian Dishes

Find out how fun it is to make Italian-inspired dishes from scratch!

### Spring term:

5/17 (1) Kitchen	F	6:15-8:45 pm ID/AP: \$51	16-adult OD: \$63.75	CH45501
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## Kid's Cooking Club

We'll have some fun in the kitchen learning culinary skills and safety! Please note: We cannot guarantee an allergy-free environment or menu.

### Winter Term:

#### Pizza Party!

Create a delicious pizza from scratch.

1/12 (1) Kitchen	F	6-8 pm ID/AP: \$42	8-11 yrs OD: \$52.50	CH35202
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#### Cookies and Hot Coco

Create yummy cookies and hot chocolate from scratch.

1/26 (1) Kitchen	F	6-8 pm ID/AP: \$42	8-11 yrs OD: \$52.50	CH35203
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#### Winter Desserts

Create some popular winter desserts.

2/2 (1) Kitchen	F	6-8 pm ID/AP: \$42	8-11 yrs OD: \$52.50	CH35204
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Continued on next page

## Gymnastics

Cedar Hills offers a comprehensive gymnastics program designed to help students reach their full potential according to their personal ability. All students will receive instruction on beam, floor, vault and bars. Great care is taken to provide a fun and safe atmosphere with quality instruction. Students with long hair need to pull it back with a band. Please do not wear tights or jeans. Safety guidelines will be discussed at first class.

### Gymnastics Class Descriptions

#### Kindergym: (2-3 yrs)

Guided by our gymnastics staff, you and your child will share fun exercise time such as balancing on the beam, swinging on the bars and rolling down our mats. Motor skills and body awareness are developed while having fun. Our teachers will guide the adults on how to direct your child through our obstacle courses. Adult Participation Class; One child/ one adult ratio.

#### Kinderstars: (2.5-3.5 yrs)

This class is geared toward the gymnasts who are ready to start participating in a slightly more structured environment. Through the use of obstacle courses on the beam, bars and floor exercise mats the children will learn beginning gymnastics skills as well as social skills such as taking turns, and learning to participate in gymnastics class without a lot of assistance from their adult. The adult should expect to stay only close and involved enough for their child to feel safe and comfortable. Adult Participation Class; One child/ one adult ratio.

#### Preschool Pre-Gymnastics: (3.5-6 yrs)

This is an introduction to gymnastics for preschool-aged children (no gymnastics experience needed). In this class, they will be introduced to all four gymnastics events through fun obstacle courses, and drills. They will focus on beginning gymnastics skills, flexibility, strength and lots of fun! Following directions, listening and line movement will be focused on each week through lesson plans.

#### Gymnastics Rec Level 1: (6-13 yrs)

This class is the beginning level of gymnastics for school-aged children (no gymnastics experience needed). We introduce the fundamentals of gymnastics such as rolls, handstands and cartwheels on the floor, casting and strength moves on the bars as well as jumping and balancing on the beam. The students will learn all the basic skills used in gymnastics through the use of stations incorporating strength and flexibility activities.



### Evaluation Classes

Prior to enrollment in Level 1.5 and Level 2/3 classes, a student must have passed the previous level or be evaluated by our staff to assure placement in the appropriate class. This free, 5-10 minute evaluation will determine which level class is appropriate. The evaluation process ensures that each class member is experiencing success working at the skill level and provides a more positive environment for all. Evaluations can be scheduled through our front office.

#### Gymnastics Rec Level 1.5: (6-14 yrs)

Gymnast **MUST** pass Gymnastics Level 1 before enrolling and/or have instructor approval by evaluation. We will emphasize one-handed cartwheels, round-offs, bridge kick-overs and many other tumbling progressions on floor. On the bars, we will work pullovers and back hip circles and on the beam, jump combinations, leaps and handstands are introduced. We teach classes using stations and drills that will help with flexibility as well as building core strength to achieve the skills needed to move-up to Level 2.

#### Gymnastics Rec Level 2/3: (6-14 yrs)

Gymnast **MUST** pass Gymnastics Level 1.5 before enrolling and/or have instructor approval by evaluation. This class works on the bar skills of stride circles and one-leg shoot throughs, underswings and sole circle dismounts. On the beam, work is done on handstands, cartwheels and full turns. On the floor exercise, backbend kick-overs, tictocs, back handspring drills and handstand rolls are introduced. The handstand flat back is taught for vaulting and the level of conditioning and flexibility training is increased.

### Youth Drop-In Open Gymnastics

Youth 3.5 to 14 years can drop in and practice on bars, beams and floor equipment. Adult supervision in the room is required. Room supervisor will monitor that all equipment is being used appropriately. They are there to help answer questions, no instruction is provided. Regular Drop-in rates apply. **See online schedule for up-to-date schedule at [www.thprd.org](http://www.thprd.org).**

**Fridays 6:30-8:00pm • Saturdays 2:45-4:00pm**

Fees: ID/AP = User is in-district or has paid an out-of-district assessment, OD = Out-of-district (no assessment paid)

**Kid's Cooking Club continued**

**Valentine's Treats**

Create delicious Valentine's Day treats.

2/16 (1) F 6-8 pm 8-11 yrs CH35205  
Kitchen ID/AP: \$42 OD: \$52.50

**Breakfast for Dinner**

Make delicious breakfast foods.

2/23 (1) F 6-8 pm 8-11 yrs CH35206  
Kitchen ID/AP: \$42 OD: \$52.50

**All About Chocolate!**

Create delicious chocolate treats while learning basic culinary techniques.

3/1 (1) F 6-8 pm 8-11 yrs CH35207  
Kitchen ID/AP: \$42 OD: \$52.50

**St. Paddy's Day Goodies**

Create treats inspired by St. Patrick's Day!

3/15 (1) F 6-8 pm 8-11 yrs CH35208  
Kitchen ID/AP: \$42 OD: \$52.50

Spring Term:

**Spring Treats**

Create a delicious spring treats.

4/5 (1) F 6-8 pm 8-11 yrs CH45202  
Kitchen ID/AP: \$42 OD: \$52.50

**Snack Attack**

Create yummy snacks from scratch.

4/19 (1) F 6-8 pm 8-11 yrs CH45203  
Kitchen ID/AP: \$42 OD: \$52.50

**Vegetarian Faves!**

Create some delicious vegetarian favorites.

4/26 (1) F 6-8 pm 8-11 yrs CH45204  
Kitchen ID/AP: \$42 OD: \$52.50

**Junior Cupcake Wars**

Create and participate in a Junior Cupcake Wars.

5/3 (1) F 6-8 pm 8-11 yrs CH45205  
Kitchen ID/AP: \$42 OD: \$52.50

**Brunch Favorites**

Participants will make delicious brunch foods.

5/10 (1) F 6-8 pm 8-11 yrs CH45206  
Kitchen ID/AP: \$42 OD: \$52.50

**All About Chocolate!**

Create delicious chocolate treats while learning basic culinary techniques.

5/24 (1) F 6-8 pm 8-11 yrs CH45207  
Kitchen ID/AP: \$42 OD: \$52.50

**Gymnastics – Preschool**

**KinderGym**

You and your child will share fun exercise time such as balancing on the beam, swinging on the bars and rolling down our mats. This is a hands-on class for adult & participant. **Adult Participation Class; One child/One adult ratio.**

Winter Term:

1/10-2/7 (5) W 9:15-10 am 2-3 yrs CH33100  
Rm 9 ID/AP: \$65 OD: \$81.25

2/14-3/20 (6) W 9:15-10 am 2-3 yrs CH33101  
Rm 9 ID/AP: \$77 OD: \$96.25

1/12-2/9 (5) F 9:15-10 am 2-3 yrs CH33102  
Rm 9 ID/AP: \$65 OD: \$81.25

2/16-3/22 (6) F 9:15-10 am 2-3 yrs CH33103  
Rm 9 ID/AP: \$77 OD: \$96.25

Spring Term:

4/3-5/1 (5) W 9:15-10 am 2-3 yrs CH43100  
Rm 9 ID/AP: \$65 OD: \$81.25

5/8-6/5 (5) W 9:15-10 am 2-3 yrs CH43101  
Rm 9 ID/AP: \$65 OD: \$81.25

4/5-5/3 (5) F 9:15-10 am 2-3 yrs CH43102  
Rm 9 ID/AP: \$65 OD: \$81.25

5/10-6/7 (5) F 9:15-10 am 2-3 yrs CH43103  
Rm 9 ID/AP: \$65 OD: \$81.25

**KinderStars**

This class is more structured than Kindergym. Children will do obstacle courses, beam, bars and tumbling as well as develop social skills such as taking turns and learning to participate in gymnastics class without a lot of assistance from their adult. **Adult Participation Class; One child/One adult ratio.**

Winter Term:

1/10-2/7 (5) W 10:30-11:15 am 2.5-3.5yrs CH33125  
Rm 9 ID/AP: \$65 OD: \$81.25

2/14-3/20 (6) W 10:30-11:15 am 2.5-3.5 yrs CH33126  
Rm 9 ID/AP: \$77 OD: \$96.25

1/12-2/9 (5) F 10:30-11:15 am 2.5-3.5 yrs CH33127  
Rm 9 ID/AP: \$65 OD: \$81.25

2/16-3/22 (6) F 10:30-11:15 am 2.5-3.5 yrs CH33128  
Rm 9 ID/AP: \$77 OD: \$96.25

1/13-2/10 (5) S 1:45-2:30 pm 2.5-3.5 yrs CH33129  
Rm 9 ID/AP: \$65 OD: \$81.25

2/17-3/16 (5) S 2:45-3:30 pm 2.5-3.5 yrs CH33130  
Rm 9 ID/AP: \$65 OD: \$81.25

Spring Term:

4/3-5/1 (5) W 10:30-11:15 am 2.5-3.5 yrs CH43125  
Rm 9 ID/AP: \$65 OD: \$81.25

5/8-6/5 (5) W 10:30-11:15 am 2.5-3.5 yrs CH43126  
Rm 9 ID/AP: \$65 OD: \$81.25

4/5-5/3 (5) F 10:30-11:15 am 2.5-3.5 yrs CH43127  
Rm 9 ID/AP: \$65 OD: \$81.25

5/10-6/7 (5) F 10:30-11:15 am 2.5-3.5 yrs CH43128  
Rm 9 ID/AP: \$65 OD: \$81.25

4/6-5/4 (5) S 2:45-3:30 pm 2.5-3.5 yrs CH43129  
Rm 9 ID/AP: \$65 OD: \$81.25

5/11-6/8 (4) S 1:45-2:30 pm 2.5-3.5 yrs CH43130  
Rm 9 ID/AP: \$53 OD: \$66.25

## Pre-Gymnastics

This is a beginning level gymnastics class that will focus on all four Olympic events. Students will get an introduction to floor, vault, bars and beam through obstacle courses with a focus on listening and following directions. **No class 1/15, 2/19, 5/25, 5/27.**

### Winter Term:

1/8-3/18 (9)	M	9:15-10 am	3.5-4.5 yrs	CH33150
Rm 9		ID/AP: \$117	OD: \$146.25	
1/8-3/18 (9)	M	10:30-11:15 am	4-6 yrs	CH33175
Rm 9		ID/AP: \$117	OD: \$146.25	
1/8-3/18 (9)	M	4:30-5:15 pm	3.5-4.5 yrs	CH33151
Rm 9		ID/AP: \$117	OD: \$146.25	
1/9-3/19 (11)	T	9:15-10 am	3.5-4.5 yrs	CH33152
Rm 9		ID/AP: \$142	OD: \$177.50	
1/9-3/19 (11)	T	10:30-11:15 am	4-6 yrs	CH33176
Rm 9		ID/AP: \$142	OD: \$177.50	
1/9-3/19 (11)	T	4:30-5:15 pm	4-6 yrs	CH33177
Rm 9		ID/AP: \$142	OD: \$177.50	
1/11-3/21 (11)	Th	9:15-10 am	4-6 yrs	CH33178
Rm 9		ID/AP: \$142	OD: \$177.50	
1/11-3/21 (11)	Th	10:30-11:15 am	3.5-4.5 yrs	CH33153
Rm 9		ID/AP: \$142	OD: \$177.50	
1/13-3/16 (10)	S	8:15-9 am	3.5-4.5 yrs	CH33154
Rm 9		ID/AP: \$130	OD: \$162.50	
1/13-3/16 (10)	S	9:15-10 am	4-6 yrs	CH33179
Rm 9		ID/AP: \$130	OD: \$162.50	

### Spring Term:

4/1-6/3 (9)	M	9:15-10 am	3.5-4.5 yrs	CH43150
Rm 9		ID/AP: \$117	OD: \$146.25	
4/1-6/3 (9)	M	10:30-11:15 am	4-6 yrs	CH43175
Rm 9		ID/AP: \$117	OD: \$146.25	
4/1-6/3 (9)	M	4:30-5:15 pm	3.5-4.5 yrs	CH43151
Rm 9		ID/AP: \$117	OD: \$146.25	
4/2-6/4 (10)	T	9:15-10 am	3.5-4.5 yrs	CH43152
Rm 9		ID/AP: \$130	OD: \$162.50	
4/2-6/4 (10)	T	10:30-11:15 am	4-6 yrs	CH43176
Rm 9		ID/AP: \$130	OD: \$162.50	
4/2-6/4 (10)	T	4:30-5:15 pm	4-6 yrs	CH43177
Rm 9		ID/AP: \$130	OD: \$162.50	
4/4-6/6 (10)	Th	9:15-10 am	4-6 yrs	CH43178
Rm 9		ID/AP: \$130	OD: \$162.50	
4/4-6/6 (10)	Th	10:30-11:15 am	3.5-4.5 yrs	CH43153
Rm 9		ID/AP: \$130	OD: \$162.50	
4/6-6/8 (9)	S	8:15-9 am	3.5-4.5 yrs	CH43154
Rm 9		ID/AP: \$117	OD: \$146.25	
4/6-6/8 (9)	S	9:15-10 am	4-6 yrs	CH43179
Rm 9		ID/AP: \$117	OD: \$146.25	

## Gymnastics – Youth

### Gymnastics Rec Lvl 1

This is a beginning level gymnastics class where participants will work on rolls, handstands and cartwheels on the floor, casting and strength moves on the bars as well as jumping and balancing on the beam. **No class 1/15, 2/19 or 5/27.**

### Winter Term:

1/8-3/18 (9)	M	5:30-6:15 pm	6-8 yrs	CH33200
Rm 9		ID/AP: \$117	OD: \$146.25	
1/8-3/18 (9)	M	6:45-7:30 pm	9-13 yrs	CH33225
Rm 9		ID/AP: \$117	OD: \$146.25	
1/9-3/19 (11)	T	5:30-6:15 pm	6-8 yrs	CH33201
Rm 9		ID/AP: \$142	OD: \$177.50	
1/9-3/19 (11)	T	6:45-7:30 pm	9-13 yrs	CH33226
Rm 9		ID/AP: \$142	OD: \$177.50	
1/10-3/20 (11)	W	4:30-5:15 pm	6-8 yrs	CH33202
Rm 9		ID/AP: \$142	OD: \$177.50	
1/10-3/20 (11)	W	5:30-6:15 pm	9-13 yrs	CH33227
Rm 9		ID/AP: \$142	OD: \$177.50	

1/11-3/21 (11)	Th	4:30-5:15 pm	9-13 yrs	CH33228
Rm 9		ID/AP: \$142	OD: \$177.50	
1/11-3/21 (11)	Th	5:30-6:15 pm	6-8 yrs	CH33203
Rm 9		ID/AP: \$142	OD: \$177.50	
1/12-3/22 (11)	F	4-4:45 pm	6-8 yrs	CH33204
Rm 9		ID/AP: \$142	OD: \$177.50	
1/13-3/16 (10)	S	10:30-11:15 am	6-8 yrs	CH33205
Rm 9		ID/AP: \$130	OD: \$162.50	
1/13-3/16 (10)	S	11:30 am-12:15 pm	9-13 yrs	CH33229
Rm 9		ID/AP: \$130	OD: \$162.50	
1/13-3/16 (10)	S	12:30-1:15 pm	6-8 yrs	CH33206
Rm 9		ID/AP: \$130	OD: \$162.50	
<b>Spring Term:</b>				
4/1-6/3 (9)	M	5:30-6:15 pm	6-8 yrs	CH43200
Rm 9		ID/AP: \$117	OD: \$146.25	
4/1-6/3 (9)	M	6:45-7:30 pm	9-13 yrs	CH43225
Rm 9		ID/AP: \$117	OD: \$146.25	
4/2-6/4 (10)	T	5:30-6:15 pm	6-8 yrs	CH43201
Rm 9		ID/AP: \$130	OD: \$162.50	
4/2-6/4 (10)	T	6:45-7:30 pm	9-13 yrs	CH43226
Rm 9		ID/AP: \$130	OD: \$162.50	
4/3-6/5 (10)	W	4:30-5:15 pm	6-8 yrs	CH43202
Rm 9		ID/AP: \$130	OD: \$162.50	
4/3-6/5 (10)	W	5:30-6:15 pm	9-13 yrs	CH43227
Rm 9		ID/AP: \$130	OD: \$162.50	
4/4-6/6 (10)	Th	4:30-5:15 pm	9-13 yrs	CH43228
Rm 9		ID/AP: \$130	OD: \$162.50	
4/4-6/6 (10)	Th	5:30-6:15 pm	6-8 yrs	CH43203
Rm 9		ID/AP: \$130	OD: \$162.50	
4/6-6/8 (9)	S	10:30-11:15 am	6-8 yrs	CH43204
Rm 9		ID/AP: \$117	OD: \$146.25	
4/6-6/8 (9)	S	11:30 am-12:15 pm	9-13 yrs	CH43229
Rm 9		ID/AP: \$117	OD: \$146.25	
4/6-6/8 (9)	S	12:30-1:15 pm	6-8 yrs	CH43205
Rm 9		ID/AP: \$117	OD: \$146.25	
4/6-6/8 (9)	S	1:45-2:30 pm	9-13 yrs	CH43230
Rm 9		ID/AP: \$117	OD: \$146.25	

### Gymnastics Rec Lvl 1.5

Must pass Gymnastics Level 1 before entering this class. We will emphasize one-handed cartwheels, round-offs and bridge kick-overs on the floor. On the bars we will work on pullovers and back hip circles. On the beam, jump combinations, leaps and handstands are introduced.

### Winter Term:

1/10-3/20 (11)	W	6:45-7:45 pm	7-14 yrs	CH33250
Rm 9		ID/AP: \$171	OD: \$213.75	
1/12-3/22 (11)	F	5-6 pm	7-14 yrs	CH33251
Rm 9		ID/AP: \$171	OD: \$213.75	

### Spring Term:

4/3-6/5 (10)	W	6:45-7:45 pm	7-14 yrs	CH43250
Rm 9		ID/AP: \$157	OD: \$196.25	

### Gymnastics Rec Lvl 2 & 3

Gymnast **MUST** have passed Gymnastics Level 1.5 before enrolling. This class works on all Level 2 skills and Level 3 skills.

### Winter Term:

1/11-3/21 (11)	Th	6:45-7:45 pm	7-14 yrs	CH33275
Rm 9		ID/AP: \$228	OD: \$285	

### Spring Term:

4/4-6/6 (10)	Th	6:45-7:45 pm	7-14 yrs	CH43275
Rm 9		ID/AP: \$209	OD: \$261.25	

Fees: ID/AP = User is in-district or has paid an out-of-district assessment, OD = Out-of-district (no assessment paid)



## Sports - Preschool

### Pee Wee Basketball

Your child will learn Basketball skills through a variety of fun games. Staff will provide positive instruction while your child develops a love for the game. No equipment required.

#### Spring Term:

4/3-5/1 (5)	W	10:15-11 am	3-5 yrs	CH42120
Gym		ID/AP: \$37	OD: \$46.25	

### Pee Wee Soccer

Your child will learn soccer skills through a variety of fun games. Staff will provide positive instruction while your child develops a love for the game. Shin guards encouraged.

#### Winter Term:

1/13-3/23 (11)	S	8:30-9:15 am	3-5 yrs	CH32101
Gym		ID/AP: \$79	OD: \$98.75	
1/13-3/23 (11)	S	9:30-10:15 am	4-6 yrs	CH32102
Gym		ID/AP: \$79	OD: \$98.75	

#### Spring Term:

4/6-6/8 (9)	S	8:30-9:15 am	3-5 yrs	CH42101
Gym		ID/AP: \$66	OD: \$82.50	
4/6-6/8 (9)	S	9:30-10:15 am	4-6 yrs	CH42102
Gym		ID/AP: \$66	OD: \$82.50	
5/8-6/5 (5)	W	10:15-11 am	3-5 yrs	CH42121
Gym		ID/AP: \$37	OD: \$46.25	

### Pee Wee Superstars

Your child will learn motor skills along with cooperative learning through a variety of fun games. Staff will provide positive instruction while your child develops a love for various games. Various sports and gym games introduced.

#### Winter Term:

1/10-2/14 (6)	W	10:15-11 am	3-5 yrs	CH32105
Gym		ID/AP: \$43	OD: \$53.75	
2/21-3/20 (5)	W	10:15-11 am	3-5 yrs	CH32106
Gym		ID/AP: \$35	OD: \$43.75	
1/13-3/23 (11)	S	10:45-11:30 am	4-6 yrs	CH32110
Gym		ID/AP: \$79	OD: \$98.75	
1/13-3/23 (11)	S	11:45 am-12:30 pm	4-6 yrs	CH32111
Gym		ID/AP: \$79	OD: \$98.75	

#### Spring Term:

4/6-6/8 (9)	S	10:45-11:30 am	3-5 yrs	CH42110
Gym		ID/AP: \$66	OD: \$82.50	
4/6-6/8 (9)	S	11:45 am-12:30 pm	4-6 yrs	CH42111
Gym		ID/AP: \$66	OD: \$82.50	

## Sports - Youth

### Archery, Beginning

Gain experience in this growing Olympic sport with all the necessary equipment. Students will learn the basic skills of archery, including learning to load, aim, and shoot recurve bows. Archery safety, terminology, scoring and archery games will also be included in the program. Class held at THPRD Archery Field located on PCC Rock Creek Campus.

#### Winter Term:

1/13-3/23 (11)	S	10-10:45 am	7-9 yrs	CH32230
PCC Rock Creek		ID/AP: \$107	OD: \$133.75	
1/13-3/23 (11)	S	11-11:45 am	10-11 yrs	CH32231
PCC Rock Creek		ID/AP: \$107	OD: \$133.75	
1/13-3/23 (11)	S	12:15-1 pm	12-13 yrs	CH32232
PCC Rock Creek		ID/AP: \$107	OD: \$133.75	

#### Spring Term:

4/6-6/8 (9)	S	9-9:45 am	7-9 yrs	CH42230
PCC Rock Creek		ID/AP: \$90	OD: \$112.50	
4/6-6/8 (9)	S	10-10:45 am	10-11 yrs	CH42231
PCC Rock Creek		ID/AP: \$90	OD: \$112.50	
4/6-6/8 (9)	S	11:15 am-12:15 pm	12-13 yrs	CH42232
PCC Rock Creek		ID/AP: \$104	OD: \$130	

### Cedar Hills Athletes

Cedar Hills athletes will learn sports related skills including dribbling, shooting, passing, teamwork and receiving for a variety of sports.

#### Winter Term:

1/10-3/20 (11)	W	5-5:45 pm	7-10 yrs	CH32209
Gym		ID/AP: \$79	OD: \$98.75	
1/13-3/23 (11)	S	8:30-9:15 am	5-7 yrs	CH32211
Gym		ID/AP: \$79	OD: \$98.75	
1/13-3/23 (11)	S	9:30-10:15 am	5-7 yrs	CH32212
Gym		ID/AP: \$79	OD: \$98.75	

#### Spring Term:

4/3-6/5 (10)	W	5-5:45 pm	7-10 yrs	CH42210
Gym		ID/AP: \$75	OD: \$93.75	
4/6-6/8 (9)	S	9:45-10:50 am	5-7 yrs	CH42212
Gym		ID/AP: \$62	OD: \$82.50	
4/6-6/8 (9)	S	8:45-9:50 am	4-7 yrs	CH42211
Gym		ID/AP: \$66	OD: \$82.50	

### Basketball Fundamentals

Have fun and gain confidence learning the fundamentals of basketball! Each night of class will put emphasis on developing specific skills. We will work on shooting, passing, dribbling, ball handling, footwork and defense as well as game comprehension.

#### Winter Term:

1/22-2/12 (4)	M	6:15-7:15 pm	7-11 yrs	CH32224
Gym		ID/AP: \$47	OD: \$58.75	
2/26-3/18 (4)	M	6:15-7:15 pm	7-11 yrs	CH32225
Gym		ID/AP: \$47	OD: \$58.75	

#### Spring Term:

4/1-4/29 (5)	M	6:15-7 pm	7-10 yrs	CH42220
Gym		ID/AP: \$49	OD: \$61.25	
5/6-6/3 (4)	M	6:15-7 pm	7-10 yrs	CH42221
Gym		ID/AP: \$37	OD: \$46.25	

### Soccer, Beginning

Enjoy skill building: dribbling, shooting and passing. Class will focus on individual skills and may include scrimmages for part of class.

#### Winter Term:

1/10-3/20 (11)	W	6-6:45 pm	7-10 yrs	CH32200
Playfield B		ID/AP: \$79	OD: \$98.75	
1/13-3/23 (11)	S	10:45-11:30 am	5-7 yrs	CH32201
Playfield B		ID/AP: \$79	OD: \$98.75	
1/13-3/23 (11)	S	11:45 am-12:30 pm	6-8 yrs	CH32202
Playfield B		ID/AP: \$79	OD: \$98.75	

#### Spring Term:

4/3-6/5 (10)	W	6-6:45 pm	7-10 yrs	CH42200
Playfield B		ID/AP: \$75	OD: \$93.75	
4/6-6/8 (9)	S	10:45-11:30 am	5-7 yrs	CH42201
Playfield B		ID/AP: \$69	OD: \$86.25	
4/6-6/8 (9)	S	11:45 am-12:30 pm	7-10 yrs	CH42202
Playfield B		ID/AP: \$69	OD: \$86.25	

## Soccer, Intermediate

A fun intermediate level class. Designed for those who have previous game experience or have taken beginning classes and are ready to enhance their individual kicking, passing, dribbling, play strategies and team skills. **No class 5/25.**

**Spring Term:**  
**4/6-6/8 (9)** S 1-2 pm 9-12 yrs CH42206  
 Playfield B ID/AP: \$98 OD: \$122.50

## Volleyball, Beginning

Come learn basic volleyball fundamentals, including bumping, passing, ball control, serving, rules of the game and more. Children will work together in a positive environment learning how to be part of a team. **No class 2/19.**

**Winter Term:**  
**1/22-3/18 (8)** M 4:15-5 pm 10-14 yrs CH32240  
 Gym ID/AP: \$77 OD: \$96.25

**Spring Term:**  
**4/1-6/3 (9)** M 4:15-5 pm 10-14 yrs CH42262  
 Gym ID/AP: \$88 OD: \$110

## Volleyball, Intermediate

This class is for those who know the basic rules of volleyball, but need help with their skill progression and actual game experience. Must have taken a beginner course to register and will be assessed on the first day of class. **No class 2/20.**

**Winter Term:**  
**1/22-3/18 (8)** M 5:15-6 pm 10-14 yrs CH32241  
 Gym ID/AP: \$77 OD: \$96.25

**Spring Term:**  
**4/1-6/3 (9)** M 5:15-6 pm 10-14 yrs CH42263  
 Gym ID/AP: \$88 OD: \$110

## Middle School Track & Field Clinic

Are you ready to take your athletic skills to the next level? Join us for an exciting Middle School Track & Field Clinic, where young athletes will experience a preseason like no other. Whether you're interested in sprints, shot put, or other track and field events, our clinic will cover a wide range of disciplines to suit your interests. Held both indoors and outdoors.

**Winter Term:**  
**02/03-2/24 (4)** S 12:00-1:30pm 11-14 yrs CH32260  
 Rm 6 ID/AP: \$57 OD: \$71.25

## Middle School Basketball Skills Clinic

Develop your game and become a better basketball player! This clinic will focus on introducing and developing fundamental skills, on-court concepts and small group work. From jump stops and pivots to ball handling and shooting mechanics, expect to be challenged! **No class 1/26.**

**Winter Term:**  
**1/12-2/16 (5)** F 6-7 pm 11-14 yrs CH32226  
 Gym ID/AP: \$55 OD: \$68.75

**2/23-3/22 (5)** F 6-7 pm 11-14 yrs CH32227  
 Gym ID/AP: \$55 OD: \$68.75

**Spring Term:**  
**4/5-5/3 (5)** F 6-7 pm 11-14 yrs CH42226  
 Gym ID/AP: \$55 OD: \$68.75

**5/10-6/7 (5)** F 6-7 pm 11-14 yrs CH42227  
 Gym ID/AP: \$55 OD: \$68.75

## Middle School Track & Field

Join a Track & Field team and train two days a week at your school's campus. Each school will be scheduled for one off-site practice and three meets (Meet schedule TBD on a Tuesday or Thursday in April & May). THPRD will provide bus transportation from the middle schools to all scheduled meet locations, at local high schools. Adults are responsible for arranging transportation home from practices and meets. (No transportation home provided) Regular practices at each school campus are 4:15-5:30pm except ISB 2:15-3:30pm. One off-site practice will be scheduled (TBD) in March at a local high school and that practice will end at 6:30pm. The 2 regular meets will end at 7:30pm, and the District meet will end at 8pm. **No Practice 3/26, 3/38 or 4/9. Additional T-shirt fee: \$8**

<b>Cedar Park Track &amp; Field</b>				
2/29-5/9 (10)	T/Th	4:15-5:30 pm	11-14 yrs	CH39100
OffSite		ID/AP: \$182	OD: \$182	
<b>Conestoga Track &amp; Field</b>				
2/29-5/9 (10)	T/Th	4:15-5:30 pm	11-14 yrs	CH39101
OffSite		ID/AP: \$182	OD: \$182	
<b>Five Oaks Track &amp; Field</b>				
2/29-5/9 (10)	T/Th	4:15-5:30 pm	11-14 yrs	CH39102
OffSite		ID/AP: \$182	OD: \$182	
<b>Highland Park Track &amp; Field</b>				
2/29-5/9 (10)	T/Th	4:15-5:30 pm	11-14 yrs	CH39103
OffSite		ID/AP: \$182	OD: \$182	
<b>ISB Track &amp; Field</b>				
2/29-5/9 (10)	T/Th	2:15-3:30pm	11-14 yrs	CH39109
OffSite		ID/AP: \$182	OD: \$182	
<b>Meadow Park Track &amp; Field</b>				
2/29-5/9 (10)	T/Th	4:15-5:30 pm	11-14 yrs	CH39104
OffSite		ID/AP: \$182	OD: \$182	
<b>Mt. View Track &amp; Field</b>				
2/29-5/9 (10)	T/Th	4:15-5:30 pm	11-14 yrs	CH39105
OffSite		ID/AP: \$182	OD: \$182	
<b>Stoller Track &amp; Field</b>				
2/29-5/9 (10)	T/Th	4:15-5:30 pm	11-14 yrs	CH39106
OffSite		ID/AP: \$182	OD: \$182	
<b>Tumwater Track &amp; Field</b>				
2/29-5/9 (10)	T/Th	4:15-5:30 pm	11-14 yrs	CH39107
OffSite		ID/AP: \$182	OD: \$182	
<b>Whitford Track &amp; Field</b>				
2/29-5/9 (10)	T/Th	4:15-5:30 pm	11-14 yrs	CH39108
OffSite		ID/AP: \$182	OD: \$182	



Fees: ID/AP = User is in-district or has paid an out-of-district assessment, OD = Out-of-district (no assessment paid)

## Karate – Youth/Adult

### Karate Kids

Beginning karate with a less structured curriculum. Children will gain skills in self-confidence, respect, cooperation, effective communication and motivation. Uniforms are not required.

#### Winter Term:

1/9-2/13 (6) Rm 5	T	5:30-6:15 pm ID/AP: \$44	6-8 yrs OD: \$55	CH32213
2/20-3/19 (5) Rm 5	T	5:30-6:15 pm ID/AP: \$37	6-8 yrs OD: \$46.25	CH32214
1/11-2/15 (6) Rm 5	Th	5:15-6 pm ID/AP: \$44	6-8 yrs OD: \$55	CH32215
2/22-3/21 (5) Rm 5	Th	5:15-6 pm ID/AP: \$37	6-10 yrs OD: \$46.25	CH32216
1/11-2/15 (6) Rm 5	Th	6:15-7 pm ID/AP: \$44	6-10 yrs OD: \$55	CH32217
2/22-3/21 (5) Rm 2	Th	6:15-7 pm ID/AP: \$37	6-10 yrs OD: \$46.25	CH32218

#### Spring Term:

4/2-4/30 (5) Rm 5	T	5:30-6:15 pm ID/AP: \$42	6-8 yrs OD: \$52.50	CH42240
5/7-6/4 (5) Rm 5	T	5:30-6:15 pm ID/AP: \$42	6-8 yrs OD: \$52.50	CH42241
4/4-5/2 (5) Rm 5	Th	5:15-6 pm ID/AP: \$42	6-8 yrs OD: \$52.50	CH42242
5/9-6/6 (5) Rm 5	Th	5:15-6 pm ID/AP: \$42	6-8 yrs OD: \$52.50	CH42243
4/4-5/2 (5) Rm 5	Th	6:15-7 pm ID/AP: \$42	6-8 yrs OD: \$52.50	CH42244
5/9-6/6 (5) Rm 5	Th	6:15-7 pm ID/AP: \$42	6-8 yrs OD: \$52.50	CH42245

### Karate, Beginning

Shorin-ryu is a self-defense oriented, traditional Okinawan karate style. Learn basic blocks, punches, kicks and breakfall techniques. A white uniform is required for this class, information given at first class. Additional fees may be required. Students test for rank/advancement during class.

#### Winter Term:

1/9-3/19 (11) Rm 5	T	6:45-7:45 pm ID/AP: \$126	7-adult OD: \$157.50	CH32219
1/11-3/21 (11) Rm 5	Th	7:30-8:30 pm ID/AP: \$126	7-adult OD: \$157.50	CH32220
1/12-3/22 (11) Rm 5	F	5:30-6:30 pm ID/AP: \$126	7-adult OD: \$157.50	CH32221

#### Spring Term:

4/2-6/4 (10) Rm 5	T	6:45-7:45 pm ID/AP: \$117	7-adult OD: \$146.25	CH42246
4/4-6/6 (10) Rm 5	Th	7:30-8:30 pm ID/AP: \$117	7-adult OD: \$146.25	CH42247
4/5-6/7 (10) Rm 5	F	5:30-6:30 pm ID/AP: \$117	7-adult OD: \$146.25	CH42248

### Karate, Intermediate

Must have experience with traditional Okinawan Karate, ranked green belt or higher and subject to instructor's discretion. In addition to blocks, strikes, kicks, grabs, holds, releases, and breakfalls, you will also work with bo staff as well as various katas. Students tested for rank in these classes. A white uniform is required for this class, information given at first class. Additional fees may be required.

#### Winter Term:

1/12-3/22 (11) Rm 6	F	7-8 pm ID/AP: \$135	7-adult OD: \$168.75	CH32222
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#### Spring Term:

4/5-6/7 (10) Rm 5	F	7-8 pm ID/AP: \$121	7-adult OD: \$151.25	CH42249
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### Karate, Advanced

Must have experience with traditional Okinawan Karate, ranked brown belt or higher and subject to instructor's discretion. In addition to blocks, strikes, kicks, grabs, holds, releases, and breakfalls, you will also work with bo staff as well as various katas. Students tested for rank in these classes. A white uniform is required for this class, information given at first class. Additional fees may be required.

#### Winter Term:

1/12-3/22 (11) Rm 5	F	7-8 pm ID/AP: \$135	7-adult OD: \$168.75	CH32222A
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#### Spring Term:

4/5-6/7 (10) Rm 6	F	7-8 pm ID/AP: \$121	7-adult OD: \$151.25	CH42250
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### Family Karate

Shorin-ryu is a self-defense oriented, traditional Okinawan karate style. Learn basic blocks, punches, kicks and breakfall techniques. A white uniform is are required for this class, information given at first class. Additional fees may be required.

#### Winter Term:

1/13-3/23 (11) Rm 5	S	2-3 pm ID/AP: \$126	9-adult OD: \$157.50	CH32223
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#### Spring Term:

4/6-6/8 (9) Rm 5	S	2-3 pm ID/AP: \$100	9-adult OD: \$125	CH42251
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## Fitness – Teen/Adult

### Middle School Weight Training

Weight training program specifically designed for middle school students. This group training includes entry into the Cedar Hills Recreation Center weight room during class time only. No class 1/15 or 2/19.

#### Winter Term:

1/8-3/20 (11) Wt Rm	M/W	4:15-5:15 pm ID/AP: \$194	11-14 yrs OD: \$242.50	CH32250
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#### Spring Term:

4/1-5/1 (5) Wt Rm	M/W	4:15-5:15 pm ID/AP: \$103	11-14 yrs OD: \$128.75	CH42270
5/6-6/5 (5) Wt Rm	M/W	4:15-5:15 pm ID/AP: \$103	11-14 yrs OD: \$128.75	CH42271

### Navigate Your Weight Room

Learn machine adjustments, basic technique for using fitness room equipment, and receive a basic exercise program during this 1-1/2 hour session with CPT Gretchen. Small group format. Maximum five people.

#### Winter Term:

3/7 (1) Wt Rm	Th	5-6:30 pm ID/AP: \$18	14-adult OD: \$22.50	CH32573
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#### Spring Term:

5/4 (1) Wt Rm	S	9-10:30 am ID/AP: \$18	14-adult OD: \$22.50	CH42573
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### The Magic of Sound: A Powerful Approach to Well-Being new

Join us for this 1- 1/2 hour journey into a deeper understanding of self through Chakra Therapeutics, relaxing into gentle Yoga asanas, and experiencing the Magic of Sound Healing. Allow your mind, body, spirit, and emotions to merge into a state of "flow" as you are guided through a unique healing experience. We will diminish and resolve the "dissonance" in our systems, to alleviate and eradicate corresponding physical, mental and emotional symptoms.

#### Winter Term:

1/29 (1) Rm 8	M	6-7:30 pm ID/AP: \$20	14-adult OD: \$25	CH32571
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#### Spring Term:

3/25 (1) Rm 5	M	6-7:30 pm ID/AP: \$20	14-adult OD: \$25	CH42571
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Fees: ID/AP = User is in-district or has paid an out-of-district assessment, OD = Out-of-district (no assessment paid)

### Fitness Class Descriptions

Classes are for ages 14+. For our updated fitness schedule, visit [www.thprd.org/recreation/cedarhills](http://www.thprd.org/recreation/cedarhills)

\*Day, time, and instructor of classes are subject to change without notice.

**Core Blast**

A 30-minute class focused on strengthening your entire core. Improve posture, balance, and coordination.

**HIIT**

HIIT (High Intensity Interval Training) is a cardiovascular exercise class alternating short periods of intense anaerobic exercise with less intense recovery periods.

**MELT**

MELT is a gentle self-treatment technique that enhances mobility, stability, and performance and is clinically proven to reduce chronic pain while restoring overall wellbeing.

**Pilates**

This class incorporates traditional Pilates moves and more to give you a body that is long, lean and strong. Theraband's, Pilates rings and other props used.

**Strength & Endurance**

An interval style workout that includes cardio and strength training for a complete and fun workout. All levels welcome.

**Tai Chi I**

For the beginning student. Learn Tai Chi for Better Balance and Yang 8/10 Form.

**Tai Chi II**

Tai Chi II For the intermediate student. Learn Yang 16 Form and 24 Yang Form. Not appropriate for beginners.

**Tai Chi III**

For the advanced student. In this class you will learn the 108 Yang Form. Not appropriate for beginners.

**Total Body Strength**

A class that strengthens your entire body. This workout challenges all your major muscle groups using weight room exercises like squats, presses, lifts and curls.

**Yoga, All Levels**

Increase your strength, flexibility and balance with simple movements combined with conscious breathing.

**Yoga, Flow**

This dynamic style links breath and movement helping to build strength, stamina and flexibility.

**Yoga, Gentle**

Learn how to stretch with simple movements and conscious breathing; increase strength and flexibility and bring calmness to the mind. For students with little or no yoga experience.

**Yoga & Meditation**

This dynamic style links breath and movement helping to build strength, stamina and flexibility.

**Zumba®**

Forget the workout, just lose yourself in the music! Zumba® classes feature exotic rhythms set to high-energy Latin and international beats.

**Zumba®/ Zumba® Toning**

Forget the workout, just lose yourself in the music! Zumba® classes feature exotic rhythms set to high-energy Latin and international beats. Toning combines those moves with light hand weights to enhance muscle strength, tone and endurance.

Day, time, and instructor of classes are subject to change without notice.  
Check website for schedule at [thprd.org/facilities/recreation/cedar-hills](http://thprd.org/facilities/recreation/cedar-hills).  
Single Fitness Class \$9.50 ID. Passes available.

### Weight Room Orientation

Learn the proper techniques for using weight room equipment. This is an hour-long session led by a certified personal trainer designed to get your workout routine off to a great start! Discuss goals and learn how to use some of our weight and cardio machines.

\$58.25 ID/\$72.75 OD

**Buddy Training**

2-Person Small Group Training is a great way to get together and work out. A personal trainer will work with each group's goal and design a workout to meet those goals. Each session is an hour long. (Cost is per person; must have 2 in group at time of registration.) Both participants must register.

1 session \$49.25 ID/ \$61.50 OD

3 sessions \$147.75 ID/ \$184.50 OD

6 sessions \$295.50 ID/ \$369.00 OD

**Personal Training**

Private appointments with a certified personal trainer to customize your fitness program, offer accountability and help you reach your goals. Each session is one hour in length.

1 session \$65.50 ID/ \$82 OD

3 sessions \$196.50 ID/ \$246 OD

6 sessions \$393 ID/ \$492 OD

Fees: ID/AP = User is in-district or has paid an out-of-district assessment, OD = Out-of-district (no assessment paid)

# Conestoga Recreation & Aquatic Center



TUALATIN HILLS  
PARK & RECREATION DISTRICT

**9985 SW 125th Avenue  
Beaverton, 97008  
503-629-6313**

TriMet Bus Routes #62, #92

**Facility Supervisor:** Ann Johnson

**Facility Hours:**

Monday-Friday      5:30 am-9:30 pm  
Saturday              8 am-8 pm  
Sunday                9 am-8 pm

Check online for pool hours.

**Closed Facility:**      1/1

**Modified Schedule:**    9 am-2 pm

12/31, 1/15, 2/19, 3/31, 5/27

**Conestoga Recreation & Aquatic Center features:**

- Average Pool Temperature:  
Main Pool - 85° Slide Pool - 90°
- Splash Pad (outdoor) Seasonal
- Independent Changing Rooms

**Facility Features:**

- Weight room/fitness center, shower/locker rooms
- THRIVE Afterschool Enrichment Program
- 9 month preschool (English & Spanish)
- Indoor gym for drop-in sports
- Kitchen for cooking classes
- Two dance/fitness studio rooms
- Classrooms for birthday parties/rentals
- Preschool Indoor Play Park
- Outdoor playground

## Conestoga is Hiring

Lifeguards • Sports Instructors • Fitness Instructors  
Afterschool Leaders • Desk Staff  
Call 503-629-6313 for more information.

**Note: This section is for Conestoga Recreation programs only. See page 52 for Conestoga Aquatic programs.**

## Events

### Conestoga Butterfly Project

January 1-31

All patrons are welcome to participate by coming in to design and decorate their own butterfly. These butterflies will be showcased in our facility throughout the month of January in honor of International Holocaust Remembrance Day.

### Duck Dive

Friday, March 15 • 5:30-7 pm

Join Lucky Ducky for a splashing good time in the pool and dive for prize ducks! Enjoy additional activities in the gymnasium including coloring contest, bingo, photo booth, a cupcake walk, indoor play park, and more. **Registration required. See page 52 for details.**

### Summer Preview

Friday, April 5 • 6-8 pm

Get ready for a summer like no other! Our summer camps are back, and this year's theme is all about the Olympics. We can't wait to share with you the diverse class and camp offerings we have this summer. Enjoy light refreshments. Let the games begin!

### Personal Training Open House

Friday, April 5 • 6-8 pm

Please join us to chat with trainers and learn about training options in the water, outdoors, on the yoga mat, and more! Enter for a chance to win a free personal training session!

### Volunteer Appreciation Week

April 15-19

During Volunteer Appreciation Week, we extend our gratitude to all the dedicated individuals who selflessly give their time and energy to make our community a better place.

### Wonderful World of Water Safety

Friday, May 17 • 6-8:30 pm

Join us for an evening of fun and education in the pool. Come early to learn and practice different ways for you and your family to stay safe in different water environments. You will also see demonstrations of life-saving techniques by safety experts. Stick around for the open swim to finish the evening. Get prepared for summer swimming activities and a lifetime of being water safe with this family friendly night! Drop-in rates apply. See page 53 for details.

### Pride Month Dance Party Kickoff

June 1, 2023 • 6-8 pm

Please join us as we celebrate our LGBTQ+ Community on the dance floor! Kid's activities, DJ, crafts, and family pride.



## ☀️ Spring Break Camps ☀️

All-day Spring break camp fun! Each day will include games, arts and crafts, and more. Register for just one day, every day, or anything in between. Please remember to send your child every day with a water bottle, lunch, and snack for the morning and afternoon.

### MARVELous Monday

3/25 (1) M 7:30 am-6 pm 5-13 yrs C037201  
Rm 202 ID/AP: \$65 OD: \$81.25

### Tasty Tuesday

3/26 (1) T 7:30 am-6 pm 5-13 yrs C037202  
Rm 202 ID/AP: \$65 OD: \$81.25

### Wet n' Wild Wednesday

3/27 (1) W 7:30 am-6 pm 5-13 yrs C037203  
Rm 202 ID/AP: \$65 OD: \$81.25

### Theater Thursday

3/28 (1) Th 7:30 am-6 pm 5-13 yrs C037204  
Rm 202 ID/AP: \$65 OD: \$81.25

### Friday Fun Day

3/29 (1) F 7:30 am-6 pm 5-13 yrs C037205  
Rm 202 ID/AP: \$65 OD: \$81.25

### Week long Art Camp:

#### Spring Break Awesome Art Camp

Join us for an unforgettable week of artistic exploration and expression this Spring Break! From painting and sculpture to comic books, your child will have the opportunity to explore different art forms and develop their artistic skills in a fun and supportive environment. Please remember to send your camper with a water bottle, lunch, and snacks every day.

3/25-3/28 (1) M-Th 10 am-3 pm 5-13 yrs C037206  
Rm 200 ID/AP: \$321 OD: \$401.25

## Kids Night Out

Create unforgettable memories at Conestoga! Each night includes pool adventures, creative crafts, fun games, pizza dinner, and more.

### Winter Term:

#### Treasure Island

1/26 (1) F 6-9 pm 7-12 yrs C035240  
Rm 202 ID/AP: \$59 OD: \$73.75

#### Neon Dance Party

2/16 (1) F 6-9 pm 7-12 yrs C035241  
Rm 202 ID/AP: \$59 OD: \$73.75

#### March Madness Mini-Olympics

3/22 (1) F 6-9 pm 7-12 yrs C035242  
Rm 202 ID/AP: \$59 OD: \$73.75

### Spring Term:

#### The Wonder of Water

4/19 (1) F 6-9 pm 7-12 yrs C045231  
Rm 202 ID/AP: \$59 OD: \$73.75

#### Mermaid Splash-tacular

5/3 (1) F 6-9 pm 7-12 yrs C045232  
Rm 202 ID/AP: \$59 OD: \$73.75

#### Dive into Summer

5/10 (1) F 6-9 pm 7-12 yrs C045233  
Rm 202 ID/AP: \$59 OD: \$73.75

Let us host your next birthday party or special event! We specialize in making your experience enjoyable.

## Birthday Parties

We offer different packages that are sure to be easy, fun, and memorable. Whether it's splashing in our pool, playing your favorite activities in our gym, the kids are sure to have a great time. All packages include one hour in a party room with a party leader.



## Facility Rentals

Our facility rentals offer accommodating spaces for a wide range of occasions. Whether you're planning a memorable grad party, a cozy baby shower, a professional meeting space for your business needs, or a spacious gym for practice sessions, we've got you covered. Contact us today to book your ideal space at an affordable price.

Please call 503-629-6313 for more details and pricing information.

## THPRD Preschool Virtual Open House

**Wednesday, February 7 from 5:30 - 6:30 pm**

THPRD will co-host a virtual open house for anyone interested in learning about our THPRD nine-month preschool programs for the 2024-2025 school year.

**Registration Opens:** Thursday, February 15, 9:00 am for new enrollment.

**For more information please visit:**

[www.thprd.org/activities/preschool-programs](http://www.thprd.org/activities/preschool-programs)

A \$50 non-refundable deposit is due at the time of registration. Call Conestoga Recreation & Aquatic Center for more information and to get signed up.

### Fanno Farmers Nine-Month Preschool

**Fanno Farmhouse • 8405 SW Creekside Place**

At the Fanno Farmers Preschool, children will learn about themselves and how the world works through the Reggio Emilia approach. We teach and support independence and self-help, all while meeting the Beaverton School District’s kindergarten readiness benchmarks. Please call the Conestoga Recreation & Aquatic Center for more information about this unique preschool.

A \$50 non-refundable deposit is due at the time of registration. Registration Opens: Thursday, February 15, 9:00 am for new enrollment.

**For more information please visit:**  
[www.thprd.org/activities/preschool-programs](http://www.thprd.org/activities/preschool-programs)

Monday/Wednesday/Friday • 9 am-12 pm • 3-4 yrs  
\$375 per month • Sept.-May • Alliums

Monday/Wednesday/Friday • 1-4 pm • 4-5 yrs  
\$375 per month • Sept.-May • Shallots

Tuesday/Thursday • 9-11:30 am • 2½-3½ yrs  
\$275 per month • Sept.-May • Pearls

Tuesday/Thursday • 1-4 pm • 4-5 yrs  
\$295 per month • Sept.-May • Vidalias

\*Prices reflect In-District 2023-2024 rates.

### Bilingual Spanish Nine-Month Preschool

Our classroom atmosphere is a creative, positive, and enriching experience mixed with Spanish culture and influences. Students will interact in Spanish and English throughout the class, while engaging in hands-on activities such as games, arts & crafts, songs, and more! We encourage children to develop their self-help, language and social-emotional skills in addition to academics.

A \$50 non-refundable deposit is due at the time of registration.

Monday/Wednesday/Friday • 9 am-12 pm  
4-5 yrs • Sept.-May • \$375 ID per month

Tuesday/Thursday • 9 am-Noon  
3-4 yrs • Sept.-May • \$295 ID per month

\*Prices reflect In-District 2023-2024 rates.

# THRIVE

## Afterschool Program Teaching Healthy Responsible Individuals Values and Education

We provide high quality afterschool care in a safe and nurturing environment. We provide an active program for all abilities. Children take part in arts and craft projects, physical activities, cooking, enrichment activities and supervised homework time. Students are led in a group community service project. Program is available from school release time to 6 pm, Monday-Friday.

### VIRTUAL OPEN HOUSE

Wednesday, April 24  
Presentation 6-6:30 pm  
Q&A Session 6:30-7 pm

### REGISTRATION: 2024-2025 School Year

- **Monday, May 6 - Sunday, May 12:** Registration opens for current participants.
- **Monday, May 13 - Wednesday, May 15:** Registration window for enrolled participant’s siblings is open.
- **Thursday, May 16:** Open enrollment will begin provided space in the program remains.

A non-refundable \$50 enrollment fee is due at time of registration.



## Preschool

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
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### Playschool Jr, Winter

The classroom atmosphere is creative, positive, fun and will build a foundation for lifelong learning. Each class provides the skills to share and engage in cooperative play, as well as friendly socialization. Children are also introduced to early learning including colors, numbers, the alphabet, and dramatic play. You may register for one or more days a week.

#### Winter Term:

1/9-2/13 (6) Rm 202	T	9-11 am ID/AP: \$133	2 ½-3 yrs OD: \$166.25	C038100
1/11-2/15 (6) Rm 202	Th	9-11 am ID/AP: \$133	2 ½-3 yrs OD: \$166.25	C038101
2/20-3/19 (5) Rm 202	T	9-11 am ID/AP: \$111	2 ½-3 yrs OD: \$138.75	C038102
2/22-3/21 (5) Rm 202	Th	9-11 am ID/AP: \$111	2 ½-3 yrs OD: \$138.75	C038103

#### Spring Term:

4/2-4/30 (5) Rm 202	T	9-11 am ID/AP: \$111	2 ½-3 yrs OD: \$138.75	C048100
4/4-5/2 (5) Rm 202	Th	9-11 am ID/AP: \$111	2 ½-3 yrs OD: \$138.75	C048101
5/7-6/4 (5) Rm 202	T	9-11 am ID/AP: \$111	2 ½-3 yrs OD: \$138.75	C048102
5/9-6/6 (5) Rm 202	Th	9-11 am ID/AP: \$111	2 ½-3 yrs OD: \$138.75	C048103

### Playschool

The classroom atmosphere is creative, positive, fun and will build a foundation for lifelong learning. Each class provides the skills to share and engage in cooperative play, as well as friendly socialization. Children are also introduced to early learning including colors, numbers, the alphabet, and dramatic play. You may register for one or more days a week. No class 1/15, 5/27.

#### Winter Term:

1/8-2/12 (5) Rm 202	M	9-11:30 am ID/AP: \$135	4-5 ½ yrs OD: \$168.75	C038104
1/10-2/14 (6) Rm 202	W	9-11:30 am ID/AP: \$161	4-5 ½ yrs OD: \$201.25	C038105
1/12-2/16 (6) Rm 202	F	9-11:30 am ID/AP: \$161	4-5 ½ yrs OD: \$201.25	C038106
2/26-3/18 (4) Rm 202	M	9-11:30 am ID/AP: \$108	4-5 ½ yrs OD: \$135	C038107
2/21-3/20 (5) Main Pool	W	9-11:30 am ID/AP: \$135	4-5 ½ yrs OD: \$168.75	C038108
2/23-3/22 (5) Rm 202	F	9-11:30 am ID/AP: \$135	4-5 ½ yrs OD: \$168.75	C038109

#### Spring Term:

4/1-4/29 (5) Rm 202	M	9-11:30 am ID/AP: \$135	4-5 ½ yrs OD: \$168.75	C048110
4/3-5/1 (5) Rm 202	W	9-11:30 am ID/AP: \$135	4-5 ½ yrs OD: \$168.75	C048111
4/5-5/3 (5) Rm 202	F	9-11:30 am ID/AP: \$135	4-5 ½ yrs OD: \$168.75	C048112
5/6-6/3 (4) Rm 202	M	9-11:30 am ID/AP: \$108	4-5 ½ yrs OD: \$135	C048113
5/8-6/5 (5) Rm 202	W	9-11:30 am ID/AP: \$135	4-5 ½ yrs OD: \$168.75	C048114
5/10-6/7 (5) Rm 202	F	9-11:30 am ID/AP: \$135	4-5 ½ yrs OD: \$168.75	C048115

## Sensory Friendly Classes NEW Inclusive

### Playschool, Sense of Discovery

Through a variety of hands-on activities, creative exploration, and guided play, children will embark on a journey of self-discovery through our five senses.

#### Winter Term:

1/9-2/13 (6) Rm 202	T	12:30-2 pm ID/AP: \$105	3-5 yrs OD: \$131.25	C038110
1/11-2/15 (6) Rm 202	Th	12:30-2 pm ID/AP: \$105	3-5 yrs OD: \$131.25	C038111
2/20-3/19 (5) Rm 202	T	12:30-2 pm ID/AP: \$87	3-5 yrs OD: \$108.75	C038112
2/22-3/21 (5) Rm 202	Th	12:30-2 pm ID/AP: \$87	3-5 yrs OD: \$108.75	C038113

#### Spring Term:

4/2-4/30 (5) Rm 202	T	12:30-2 pm ID/AP: \$87	3-5 yrs OD: \$108.75	C048116
4/4-5/2 (5) Rm 202	Th	12:30-2 pm ID/AP: \$87	3-5 yrs OD: \$108.75	C048117
5/7-6/4 (5) Rm 202	T	12:30-2 pm ID/AP: \$87	3-5 yrs OD: \$108.75	C048118
5/9-6/6 (5) Rm 202	Th	12:30-2 pm ID/AP: \$87	3-5 yrs OD: \$108.75	C048119

### Sensory Storytime

This fun and inclusive program helps stimulate children's cognitive and sensory development through interactive storytelling, music, and sensory play. Adult participation required. No unregistered siblings.

#### Winter Term:

1/11-3/21 (11) Rm 200	Th	11-11:45 am ID/AP: \$70	1 yr-3 yrs OD: \$87.50	C035104
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#### Spring Term:

4/4-6/6 (10) Rm 200	Th	11-11:45 am ID/AP: \$64	1 yr-3 yrs OD: \$80	C045104
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### Sensory Studio

Sensory Studio is an inclusive art class for young artists to explore textures, colors, and techniques. Join us for this multi-sensory experience that ignites creativity while promoting cognitive and motor development.

#### Winter Term:

1/2-3/19 (12) Rm 200	T	9:30-10:15 am ID/AP: \$82	2-4 yrs OD: \$102.50	C034110
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#### Spring Term:

4/2-6/4 (10) Rm 200	T	9:30-10:15 am ID/AP: \$70	2-4 yrs OD: \$87.50	C044110
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Fees: ID/AP = User is in-district or has paid an out-of-district assessment, OD = Out-of-district (no assessment paid)

## Arts & Crafts - Preschool

### Art Tots - Paint n' More

Children delight in exploring and creating art. We focus on techniques that demonstrate the elements of art including line, shape, form, color, and texture. Come prepared to get messy! Adult participation required. No unregistered siblings. No class 1/15, 2/19, 5/25, 5/26, 5/27.

#### Winter Term:

1/8-3/18 (9)	M	9:30-10:15 am	2-4 yrs	C034100
Rm 200		ID/AP: \$64	OD: \$80	
1/11-3/21 (11)	Th	9:30-10:15 am	2-4 yrs	C034101
Rm 200		ID/AP: \$76	OD: \$95	
1/12-3/22 (11)	F	9:30-10:15 am	2-4 yrs	C034102
Rm 200		ID/AP: \$76	OD: \$95	
1/13-3/23 (11)	S	9:30-10:15 am	2-4 yrs	C034103
Rm 200		ID/AP: \$76	OD: \$95	
1/14-3/17 (10)	Su	3:45-4:30 pm	2-4 yrs	C034108
Rm 200		ID/AP: \$70	OD: \$87.50	

#### Spring Term:

4/1-6/3 (9)	M	9:30-10:15 am	2-4 yrs	C044100
Rm 200		ID/AP: \$64	OD: \$80	
4/4-6/6 (10)	Th	9:30-10:15 am	2-4 yrs	C044101
Rm 200		ID/AP: \$70	OD: \$87.50	
4/5-6/7 (10)	F	9:30-10:15 am	2-4 yrs	C044102
Rm 200		ID/AP: \$70	OD: \$87.50	
4/6-6/8 (9)	S	9:30-10:15 am	2-4 yrs	C044103
Rm 200		ID/AP: \$64	OD: \$80	
4/7-6/2 (8)	Su	3:45-4:30 pm	2-4 yrs	C044108
Rm 200		ID/AP: \$58	OD: \$72.50	

### Munchkin Mozarts

Nurture your toddler's energy and creativity in a class designed for children who love to move. Play instruments, sing, dance, and uncover an engaging musical world while building your toddler's confidence, self-control, and early language skills. Adult participation required. No unregistered siblings. No class 1/15, 2/19, 5/27.

#### Winter Term:

1/8-3/18 (9)	M	11-11:45 am	1 yr-2 yrs	C035100
Rm 200		ID/AP: \$59	OD: \$73.75	
1/12-3/22 (11)	F	11-11:45 am	1 yr-2 yrs	C035101
Rm 200		ID/AP: \$70	OD: \$87.50	

#### Spring Term:

4/1-6/3 (9)	M	11-11:45 am	1 yr-2 yrs	C045100
Rm 200		ID/AP: \$59	OD: \$73.75	
4/5-6/7 (10)	F	11-11:45 am	1 yr-2 yrs	C045101
Rm 200		ID/AP: \$64	OD: \$80	

## Arts & Crafts - Youth

### Afterschool Art new

Each week we will learn about a new medium or technique, including clay, pencils, paint, and more! No class 1/15, 2/19, 5/27.

#### Winter Term:

1/8-3/18 (9)	M	4:30-5:30 pm	5-7 yrs	C034216
Rm 205		ID/AP: \$77	OD: \$96.25	
1/8-3/18 (9)	M	5:45-6:45 pm	8-14 yrs	C034217
Rm 205		ID/AP: \$77	OD: \$96.25	
1/12-3/22 (11)	F	4:30-5:30 pm	5-7 yrs	C034218
Rm 205		ID/AP: \$91	OD: \$113.75	
1/12-3/22 (11)	F	5:45-6:45 pm	8-14 yrs	C034219
Rm 205		ID/AP: \$91	OD: \$113.75	

#### Spring Term:

4/1-6/3 (9)	M	4:30-5:30 pm	5-7 yrs	C044216
Rm 205		ID/AP: \$77	OD: \$96.25	
4/1-6/3 (9)	M	5:45-6:45 pm	8-14 yrs	C044217
Rm 205		ID/AP: \$77	OD: \$96.25	
4/5-6/7 (10)	F	4:30-5:30 pm	5-7 yrs	C044218
Rm 205		ID/AP: \$84	OD: \$105	
4/5-6/7 (10)	F	5:45-6:45 pm	8-14 yrs	C044219
Rm 205		ID/AP: \$84	OD: \$105	

### Art Adventures

Each week will be different using a variety of mediums including clay, pencils, paint and more! No class 5/25.

#### Winter Term:

1/13-3/23 (11)	S	10:30-11:30 am	7-11 yrs	C034200
Rm 200		ID/AP: \$91	OD: \$113.75	

#### Spring Term:

4/6-6/8 (9)	S	10:30-11:30 am	7-11 yrs	C044200
Rm 200		ID/AP: \$77	OD: \$96.25	

### Art and Graphic Novel Studios

Make up imaginary stories and more through graphic novels. Learn to use pictures, symbols, and text to convey information quickly and simply. Class will discuss different types of humor and employ elements of storytelling and graphic novel imagery. No class 5/25 & 5/26.

#### Winter Term:

1/13-3/23 (11)	S	3:35-4:35 pm	7-11 yrs	C034202
Rm 200		ID/AP: \$91	OD: \$113.75	
1/14-3/17 (10)	Su	1-2 pm	7-11 yrs	C034203
Rm 200		ID/AP: \$84	OD: \$105	

#### Spring Term:

4/6-6/8 (9)	S	3:30-4:30 pm	7-11 yrs	C044202
Rm 200		ID/AP: \$77	OD: \$96.25	
4/7-6/2 (8)	Su	1-2 pm	7-11 yrs	C044203
Rm 200		ID/AP: \$69	OD: \$86.25	

### Art Odyssey new

Students explore their creativity! Work with painting, drawing, collage, creative projects, and more. No class 5/25.

#### Winter Term:

1/13-3/23 (11)	S	12-1 pm	11½ -15 yrs	C034201
Rm 200		ID/AP: \$91	OD: \$113.75	

#### Spring Term:

4/6-6/8 (9)	S	12-1 pm	11½ -15 yrs	C044201
Rm 200		ID/AP: \$77	OD: \$96.25	

### Drawing and Painting: Beyond the Basics

Explore and develop painting and drawing techniques that inspire and encourage individual expression through art. A variety of art materials used.

#### Winter Term:

1/10-3/20 (11)	W	5-6 pm	7-9 yrs	C034204
Rm 200		ID/AP: \$91	OD: \$113.75	
1/10-3/20 (11)	W	6:30-7:30 am	10-14 yrs	C034205
Rm 200		ID/AP: \$91	OD: \$113.75	

#### Spring Term:

4/3-6/5 (10)	W	5-6 pm	7-9 yrs	C044204
Rm 200		ID/AP: \$84	OD: \$105	
4/3-6/5 (10)	W	6:30-7:30 pm	10-14 yrs	C044205
Rm 200		ID/AP: \$84	OD: \$105	



## Manga Magic Art Studio new

Dive into the world of manga and anime character design! In this class we will explore character costume and clothing creation, design and world-building elements to make their characters come alive! This class is an excellent companion to Art and Graphic Novel Studios. No class 5/25 & 5/26.

### Winter Term:

1/13-3/23 (11)	S	2:30-3:30 pm	7-11 yrs	C034206
Rm 200		ID/AP: \$91	OD: \$113.75	
1/14-3/17 (10)	Su	2:15-3:15 pm	7-11 yrs	C034207
Rm 200		ID/AP: \$84	OD: \$105	

### Spring Term:

4/6-6/8 (9)	S	2:30-3:30 pm	7-11 yrs	C044206
Rm 200		ID/AP: \$77	OD: \$96.25	
4/7-6/2 (8)	Su	2:15-3:15 pm	7-11 yrs	C044207
Rm 200		ID/AP: \$69	OD: \$86.25	

## Arts & Crafts - Family

### Family Art

Bring your family and create something truly special with clay, paint, collage, and more! Fun for all ages, everybody is welcome at Family Art Night! Cost includes one child and one adult but only the child needs to register. No unregistered siblings.

### Winter Term:

1/19 (1)	F	6-8 am	4-17 yrs	C034208
Rm 200		ID/AP: \$48	OD: \$60	
2/9 (1)	F	6-8 pm	4-17 yrs	C034209
Rm 200		ID/AP: \$48	OD: \$60	
2/23 (1)	F	6-8 pm	4-17 yrs	C034210
Rm 200		ID/AP: \$48	OD: \$60	
3/1 (1)	F	6-8 pm	4-17 yrs	C034211
Rm 200		ID/AP: \$48	OD: \$60	
3/22 (1)	F	6-8 pm	4-17 yrs	C034212
Rm 200		ID/AP: \$48	OD: \$60	

### Spring Term:

4/12 (1)	F	6-8 pm	4-17 yrs	C044208
Rm 200		ID/AP: \$48	OD: \$60	
4/19 (1)	F	6-8 pm	4-17 yrs	C044209
Rm 200		ID/AP: \$48	OD: \$60	
5/3 (1)	F	6-8 pm	4-17 yrs	C044210
Rm 200		ID/AP: \$48	OD: \$60	
5/17 (1)	F	6-8 pm	4-17 yrs	C044211
Rm 200		ID/AP: \$48	OD: \$60	
5/31 (1)	F	6-8 pm	4-17 yrs	C044212
Rm 200		ID/AP: \$48	OD: \$60	

## Family Craft Night new

Looking for some quality time with your family this winter? Enjoy fun and laughter while creating adorable crafts with your loved ones. Cost includes one child and one adult but only the child needs to register. No unregistered siblings please.

### Winter Term:

<b>Winter Wonderland</b>			
1/12 (1)	F	6-8 pm	4-17 yrs
Rm 202		ID/AP: \$48	OD: \$60

### Valentine's Day

2/2 (1)	F	6-8 pm	4-17 yrs
Rm 202		ID/AP: \$48	OD: \$60

### St. Patrick's Day

3/8 (1)	F	6-8 pm	4-17 yrs
Rm 202		ID/AP: \$48	OD: \$60

### Spring Term:

#### Springtime Surprise

4/26 (1)	F	6-8 pm	4-17 yrs
Rm 202		ID/AP: \$48	OD: \$60

#### Art Exploration

5/17 (1)	F	6-8 pm	4-17 yrs
Rm 202		ID/AP: \$48	OD: \$60

#### Beach Blanket Bingo

6/7 (1)	F	6-8 pm	4-17 yrs
Rm 200		ID/AP: \$48	OD: \$60





## Fused Glass Classes

**Winter Term:**

### 4"x6" Photo Frame

Students will design a 4"x6" photo frame that will be fused in the kiln and then glued to either a horizontal or vertical clear acrylic frame ready for use. \$40 materials fee payable to the instructor in class.

1/6 (1) S 11 am-1:30 pm 14-adult CO34500  
Rm 203 ID/AP: \$20 OD: \$25

### Rectangle Dish

In this class students will choose from a variety of glasses and colors to design a 4"x 12" rectangle dish. \$45 Materials Fee payable to the instructor in class.

2/3 (1) S 11 am-1:30 pm 14-adult CO34502  
Rm 203 ID/AP: \$20 OD: \$25

### Garden Stakes or Spoon Rest

In this class students will choose from a variety of glasses and colors to design either a beautiful garden stake to display in a flowerpot or garden, or they can choose to make a spoon-rest to use in the kitchen. Both make excellent gifts. Materials Fee payable to the instructor in class: Garden Stakes \$25/each, Spoon Rest \$30/each.

2/17 (1) S 11 am-1:30 pm 14-adult CO34503  
Rm 203 ID/AP: \$20 OD: \$25

### Set of Four Coasters

In this class students will choose from a variety of glasses and colors to create a set of 4 coasters. After they are fused, they arrive ready for use with rubber feet attached. Materials fee payable to the instructor in class: Set of 4 Coasters \$60

3/2 (1) S 11 am-1:30 pm 14-adult CO34504  
Rm 203 ID/AP: \$20 OD: \$25

### Pendants & Pierced Earring Set

In this class students will design 2 pendants and 1 set of earrings. After they are fused, they will arrive ready for use, the pendants will have an 18" silver necklace chain attached, and the earrings will have surgical steel ear wires suitable for pierced ears. \$50 materials fee, payable to instructor in class.

3/16 (1) S 11 am-1:30 pm 14-adult CO34505  
Rm 203 ID/AP: \$20 OD: \$25

**Spring Term:**

### 4"x6" Photo Frame

Students will design a 4"x6" photo frame that will be fused in the kiln and then glued to either a horizontal or vertical clear acrylic frame ready for use. \$40 materials fee, payable to the instructor in class.

4/6 (1) S 11 am-1:30 pm 14-adult CO44500  
Rm 203 ID/AP: \$20 OD: \$25

### Bird in a Block Stand

In this class students will design a sweet little bird that will be fused in the kiln and then glued to a stake. The stake will be inserted into a wooden block for display. This is a unique and fun class! \$40 materials fee, payable to instructor in class.

4/20 (1) S 11 am-1 pm 14-adult CO44501  
Rm 203 ID/AP: \$20 OD: \$25

### 6" Square Dish

In this class students will choose from a variety of glasses and colors to design a 6" square dish. \$40 materials fee, payable to the instructor in class.

5/4 (1) S 11 am-1:30 pm 14-adult CO44502  
Rm 203 ID/AP: \$20 OD: \$25

### Nightlights & Magnets

In this class students will choose from a variety of glasses and colors to design either nightlight or refrigerator magnets. \$25/ ea. Nightlight, \$10/ea. Magnet - Materials Fee payable to the instructor in class.

5/18 (1) S 11 am-1:30 pm 14-adult CO44503  
Rm 203 ID/AP: \$20 OD: \$25

### Garden Stakes or Spoon Rest

In this class students will choose from a variety of glasses and colors to design either a beautiful garden stake to display in a flowerpot or garden, or they can choose to make a spoon-rest to use in the kitchen. Both make excellent gifts. Materials Fee payable to the instructor in class: Garden Stakes \$25/each, Spoon Rest \$30/each.

6/1 (1) S 11 am-1:30 pm 14-adult CO44504  
Rm 203 ID/AP: \$20 OD: \$25



Fees: ID/AP = User is in-district or has paid an out-of-district assessment, OD = Out-of-district (no assessment paid)



## Dance classes: What should I wear?

Clothing that allows for a full range of movement such as leggings, tights, or sweatpants with a leotard or t-shirt. Shoes are determined by the style of the dance. (Ballet shoes or bare feet for ballet; athletic shoes for hip hop).

## Dance - Preschool

### Ballet Basics

A wonderful introduction to ballet steps and terminology. This class will teach children balance and poise while developing strength and coordination.

<b>Winter Term:</b>				
1/9-3/19 (11)	T	9:45-10:30 am	3 ½ - 5 ½ yrs	C031102
Rm 204		ID/AP: \$85	OD: \$106.25	
1/10-3/20 (11)	W	9:9:45 am	3 ½ - 5 ½ yrs	C031103
Rm 204		ID/AP: \$85	OD: \$106.25	
<b>Spring Term:</b>				
4/2-6/4 (10)	T	9:45-10:30 am	3 ½ - 5 ½ yrs	C041102
Rm 204		ID/AP: \$77	OD: \$96.25	
4/3-6/5 (10)	W	9-9:45 am	3 ½ - 5 ½ yrs	C041103
Rm 204		ID/AP: \$77	OD: \$96.25	
4/4-6/6 (10)	Th	10:15-11 am	3 ½ - 5 ½ yrs	C041104
Rm 204		ID/AP: \$77	OD: \$96.25	

### Ballet

Using a traditional ballet class structure of barre and floor work, dancers will gain strength and flexibility, as well as work on ballet jumps, turns, and vocabulary. All levels welcome. No class 3/16, 5/26, & 5/27.

<b>Winter Term:</b>				
1/13-3/23 (10)	S	2:15-3 pm	4-6 yrs	C031101
Rm 204		ID/AP: \$77	OD: \$96.25	
<b>Spring Term:</b>				
4/1-6/3 (9)	M	4-4:45 pm	4-6 yrs	C041100
Rm 204		ID/AP: \$70	OD: \$87.50	
4/6-6/8 (9)	S	2:15-3 pm	4-6 yrs	C041101
Rm 204		ID/AP: \$70	OD: \$87.50	

### Ballet/Tap

Learn beginning technique for ballet and tap and develop coordination, strength, and balance. Tap shoes required. No class 3/16 & 5/25.

<b>Winter Term:</b>				
1/13-3/23 (10)	S	11-11:45 am	4-6 yrs	C031107
Rm 204		ID/AP: \$77	OD: \$96.25	
<b>Spring Term:</b>				
4/3-6/5 (10)	W	5-5:45 pm	4-6 yrs	C041106
Rm 204		ID/AP: \$77	OD: \$96.25	
4/6-6/8 (9)	S	11-11:45 am	4-6 yrs	C041107
Rm 204		ID/AP: \$70	OD: \$87.50	

### Broadway Kids

A star is born! Basic ballet and jazz movement are introduced as well as creative exploration of music, singing, and spatial awareness.

<b>Spring Term:</b>				
4/2-6/4 (10)	T	11-11:45 am	4-6 yrs	C041108
Rm 204		ID/AP: \$77	OD: \$96.25	

### Creative Dance

Rhythm and a variety of beginning dance techniques, movement combinations and routines to a variety of music and incorporation of dance props. No class 1/15, 2/19, & 5/27.

<b>Winter Term:</b>				
1/8-3/18 (9)	M	11:30 am-12:15 pm	3-5 yrs	C031110A
Rm 204		ID/AP: \$70	OD: \$87.50	
1/12-3/22 (11)	F	9-9:45 am	3-5 yrs	C031110
Rm 204		ID/AP: \$85	OD: \$106.25	
<b>Spring Term:</b>				
4/1-6/3 (9)	M	11:30 am-12:15 pm	3-5 yrs	C041110A
Rm 204		ID/AP: \$70	OD: \$87.50	
4/3-6/5 (10)	W	11:15 am-12 pm	3-5 yrs	C041109
Rm 204		ID/AP: \$77	OD: \$96.25	
4/5-6/7 (10)	F	9-9:45 am	3-5 yrs	C041110
Rm 204		ID/AP: \$77	OD: \$96.25	

### Dance and Tumble

Learn the fundamentals of dance and an introduction to tumbling and gymnastics techniques often used in dance.

<b>Spring Term:</b>				
4/4-6/6 (10)	Th	11:30 am-12:15 pm	4-6 yrs	C041111
Rm 204		ID/AP: \$77	OD: \$96.25	

### Dance Palooza

Not sure what kind of dance your child will like? Sample ballet, jazz, hip hop and creative movement. We'll use props, move like animals and play dance games. No class 1/15, 2/19, 3/16, 5/25, 5/27.

<b>Winter Term:</b>				
1/13-3/23 (10)	S	9:45-10:15 am	3 ½-5 yrs	C031113
Rm 204		ID/AP: \$77	OD: \$96.25	
1/8-3/18 (9)	M	10:30-11:15 am	3 ½-5 yrs	C031113A
Rm 204		ID/AP: \$70	OD: \$87.50	
<b>Spring Term:</b>				
4/1-6/3 (9)	M	10:30-11:15 am	3 ½-5 yrs	C041113A
Rm 204		ID/AP: \$70	OD: \$87.50	
4/3-6/5 (10)	W	4-4:45 pm	3 ½-5 yrs	C041112
Rm 204		ID/AP: \$77	OD: \$96.25	
4/6-6/8 (9)	S	9:45-10:30 am	3 ½-5 yrs	C041113
Rm 204		ID/AP: \$70	OD: \$87.50	

### Pre-Ballet

Explore developmental ballet concepts such as balance, strength, control, coordination, and basic terminology. Techniques are introduced through props and fun music. No class 1/15, 2/19, 5/27.

<b>Winter Term:</b>				
1/8-3/18 (9)	M	9:15-10 am	3-5 yrs	C031105A
Rm 204		ID/AP: \$70	OD: \$87.50	
1/12-3/22 (11)	F	11:15 am-12 pm	3-5 yrs	C031105
Rm 204		ID/AP: \$85	OD: \$106.25	
<b>Spring Term:</b>				
4/1-6/3 (9)	M	9:15-10 am	3-5 yrs	C041105A
Rm 204		ID/AP: \$70	OD: \$87.50	
4/5-6/7 (10)	F	11:15 am-12 pm	3-5 yrs	C041105
Rm 204		ID/AP: \$77	OD: \$96.25	

Fees: ID/AP = User is in-district or has paid an out-of-district assessment, OD = Out-of-district (no assessment paid)

## Tiny Dancers

Tiny dancers will learn basic ballet movements and other forms of dance and improve both balance and coordination in a nurturing and fun environment. Props and fun music are incorporated. **Adult participation required. No unregistered siblings.** No class 5/25.

<b>Winter Term:</b>				
1/9-3/19 (11)	T	9-9:30 am	2 ½-3 yrs	C031114
Rm 204		ID/AP: \$66	OD: \$82.50	
1/10-3/20 (11)	W	10-10:45 am	2 ½-3 yrs	C031115
Rm 204		ID/AP: \$85	OD: \$106.25	
1/11-3/21 (11)	Th	9-9:45 am	2 ½-3 yrs	C031116
Rm 204		ID/AP: \$85	OD: \$106.25	
1/13-3/23 (10)	S	9-9:30 am	2 ½-3 yrs	C031117
Rm 204		ID/AP: \$60	OD: \$75	
<b>Spring Term:</b>				
4/2-6/4 (10)	T	9-9:30 am	2 ½-3 yrs	C041114
Rm 204		ID/AP: \$60	OD: \$75	
4/3-6/5 (10)	W	10-10:45 am	2 ½-3 yrs	C041115
Rm 204		ID/AP: \$77	OD: \$96.25	
4/4-6/6 (10)	Th	9-9:45 am	2 ½-3 yrs	C041116
Rm 204		ID/AP: \$77	OD: \$96.25	
4/6-6/8 (9)	S	9-9:30 am	2 ½-3 yrs	C041117
Rm 204		ID/AP: \$54	OD: \$67.50	

## Tiny Tot Hip Hop

Young dancers will learn hip hop rhythm, musicality, coordination, and age-appropriate choreography to contemporary and upbeat music.

<b>Spring Term:</b>				
4/5-6/7 (10)	F	10-10:45 am	3 ½-5 yrs	C041118
Rm 204		ID/AP: \$77	OD: \$96.25	



## Dance - Youth

### Ballet/Tap/Jazz

Ready for variety? We'll learn some basic technique and fun routines in this fast-paced class. No class 3/16 & 5/25.

<b>Winter Term:</b>				
1/13-3/23 (10)	S	12-12:45 pm	6-9 yrs	C031202
Rm 204		ID/AP: \$77	OD: \$96.25	
<b>Spring Term:</b>				
4/3-6/5 (10)	W	6:15-7:15 pm	6-9 yrs	C041201
Rm 204		ID/AP: \$95	OD: \$118.75	
4/6-6/8 (9)	S	12-12:45 pm	6-9 yrs	C041202
Rm 204		ID/AP: \$70	OD: \$87.50	

## Ballet II

This class is designed for students who have taken pre or beginning ballet classes and are ready to advance their skill development. No class 5/27

<b>Spring Term:</b>				
4/1-6/3 (9)	M	5-5:45 pm	6-9 yrs	C041200
Rm 204		ID/AP: \$70	OD: \$87.50	

## Broadway Bound/Theater

Get a taste of Broadway! This class combines acting, singing, and dancing. Develop your creative interests and experience a final performance. No class 5/27

<b>Spring Term:</b>				
4/1-6/3 (9)	M	6:15-7:15 pm	6-9 yrs	C041203
Rm 204		ID/AP: \$85	OD: \$106.25	

## Hip Hop

Young dancers will learn hip hop rhythm, musicality, coordination, and age-appropriate choreography to contemporary and upbeat music. No class 3/15 & 5/25.

<b>Winter Term:</b>				
1/12-3/22 (10)	F	5-5:45 pm	7-10 yrs	C031205
Rm 204		ID/AP: \$77	OD: \$96.25	
1/19-3/22 (9)	F	6-7 pm	9-14 yrs	C031206
Rm 204		ID/AP: \$85	OD: \$106.25	
<b>Spring Term:</b>				
4/5-6/7 (10)	F	6-7 pm	9-14 yrs	C041206
Rm 204		ID/AP: \$95	OD: \$118.75	
4/6-6/8 (9)	S	3:15-4 pm	6-10 yrs	C041207
Rm 204		ID/AP: \$70	OD: \$87.50	
4/12-6/7 (9)	F	5-5:45 pm	7-10 yrs	C041205
Rm 204		ID/AP: \$70	OD: \$87.50	

## Dance - Teen & Adult

### Ballet/Jazz for Adults

Each class will incorporate ballet and jazz dance combinations and routines and will encourage individual expression and personal style. Includes a warm-up that develops strength, flexibility, coordination, and dance techniques specific to ballet and jazz dance.

<b>Winter Term:</b>				
1/10-3/20 (11)	W	7:30-8:30 pm	13-adult	C031501
Rm 204		ID/AP: \$104	OD: \$130	
<b>Spring Term:</b>				
4/3-6/5 (10)	W	7:30-8:30 pm	13-adult	C041501
Rm 204		ID/AP: \$95	OD: \$118.75	

## Winter Dance Recital Classes

### Ballet RECITAL

Using a traditional ballet class structure of barre and floor work, dancers will gain strength and flexibility, as well as work on ballet jumps, turns and vocabulary. All levels welcome. No class 1/15, 2/19. Please note this is a recital class.

1/8-3/18 (9) M 4-4:45 pm 4-6 yrs C031100  
Rm 204 ID/AP: \$115 OD: \$143.75

### Ballet Basics RECITAL

A wonderful introduction to ballet steps and terminology. This class will teach children balance and poise while developing strength and coordination. Please note this is a recital class.

1/11-3/21 (11) Th 10:15-11 am 3 ½-5 ½ yrs C031104  
Rm 204 ID/AP: \$130 OD: \$162.50

### Ballet/Tap RECITAL

Learn beginning technique for ballet and tap and develop coordination, strength, and balance. Tap shoes required. Please note this is a recital class.

1/10-3/20 (11) W 5-5:45 pm 4-6 yrs C031106  
Rm 204 ID/AP: \$130 OD: \$162.50

### Broadway Kids RECITAL

A star is born! Basic ballet and jazz movement are introduced as well as creative exploration of music, singing and spatial awareness. Please note this is a recital class.

1/9-3/19 (11) T 11-11:45 am 4-6 yrs C031108  
Rm 204 ID/AP: \$130 OD: \$162.50

### Creative Dance RECITAL

Rhythm and a variety of beginning dance techniques, movement combinations and routines to a variety of music and incorporation of dance props. Please note this is a recital class.

1/10-3/20 (11) W 11:15 am-12 pm 3-5 yrs C031109  
Rm 204 ID/AP: \$130 OD: \$162.50

### Dance and Tumble RECITAL

Learn the fundamentals of dance and an introduction to tumbling and gymnastics techniques often used in dance. Please note this is a recital class.

1/11-3/21 (11) Th 11:30 am-12:15 pm 4-6 yrs C031111  
Rm 204 ID/AP: \$130 OD: \$162.50

### Dance Palooza RECITAL

Not sure what kind of dance your child will like? Sample ballet, jazz, hip hop and creative movement. We'll use props, move like animals and play dance games. Please note this is a recital class.

1/10-3/20 (11) W 4-4:45 pm 3 ½-5 yrs C031112  
Rm 204 ID/AP: \$130 OD: \$162.50

### Tiny Tot Hip Hop RECITAL

Young dancers will learn hip hop rhythm, musicality, coordination, and age-appropriate choreography to contemporary and upbeat music. No class 3/15. Please note this is a recital class.

1/12-3/22 (10) F 10-10:45 am 3 ½-5 yrs C031118  
Rm 204 ID/AP: \$122 OD: \$152.50

### Ballet II RECITAL

This class is designed for students who have taken pre or beginning ballet classes and are ready to advance their skill development. No class 1/15, 2/19. Please note this is a recital class.

1/8-3/18 (9) M 5-5:45 pm 6-9 yrs C031200  
Rm 204 ID/AP: \$115 OD: \$143.75

### Ballet/Tap/Jazz RECITAL

Ready for variety? We'll learn some basic technique and fun routines in this fast-paced class. Tap shoes required. Please note this is a recital class.

1/10-3/20 (11) W 6:15-7:15 pm 6-9 yrs C031201  
Rm 204 ID/AP: \$149 OD: \$186.25

### Broadway Bound/Theater RECITAL

Get a taste of Broadway! This class combines acting, singing and dancing. Develop your creative interests and experience a final performance. No class 1/15, 2/19. Please note this is a recital class.

1/8-3/18 (9) M 6:15-7:15 pm 6-9 yrs C031203  
Rm 204 ID/AP: \$130 OD: \$162.50

### Hip Hop RECITAL

Young dancers will learn hip hop rhythm, musicality, coordination, and age-appropriate choreography to contemporary and upbeat music. No class 3/16. Please note this is a recital class.

1/13-3/23 (10) S 3:15-4 pm 6-10 yrs C031207  
Rm 204 ID/AP: \$122 OD: \$152.50

## Winter Dance Recital

Held on stage at Garden Home Recreation Center

Dress Rehearsal: Friday, 3/15 from 5:30-7:30pm

Dance Recital: Saturday 3/16 at 11am

7475 SW Oleson Rd.

Portland, OR 97223





## Babysitting 101

This course is designed to help middle school and teenage youth learn what it takes to be a responsible, caring, trustworthy, competent, capable, and safe babysitter. Students should bring paper and a pencil, as well as a water bottle, and a snack for both class days.

### Winter Term:

1/14-1/21 (2) Rm 101	Su	9:30 am-1:30 pm ID/AP: \$83	11-15 yrs OD: \$103.75	C035201
2/4-2/11 (2) Rm 101	Su	9:30 am-1:30 pm ID/AP: \$83	11-15 yrs OD: \$103.75	C035202
3/3-3/10 (2) Rm 101	Su	9:30 am-1:30 pm ID/AP: \$83	11-15 yrs OD: \$103.75	C035203

### Spring Term:

4/7-4/14 (2) Rm 101	Su	9:30 am-1:30 pm ID/AP: \$83	11-15 yrs OD: \$103.75	C045201
4/28-5/5 (2) Rm 101	Su	9:30 am-1:30 pm ID/AP: \$83	11-15 yrs OD: \$103.75	C045202
5/12-5/19 (2) Rm 101	Su	9:30 am-1:30 pm ID/AP: \$83	11-15 yrs OD: \$103.75	C045203



## Home Alone

This course is designed to prepare children for the responsibilities of being home alone. We will cover phone calls, answering the door, home security, first aid techniques, establishing household rules, and more. Bring paper, writing utensil, and drink to class.

### Winter Term:

1/21 (1) Rm 101	Su	2:45-5:30 pm ID/AP: \$36	8-12 yrs OD: \$45	C035204
2/11 (1) Rm 101	Su	2:45-5:30 pm ID/AP: \$36	8-12 yrs OD: \$45	C035205
3/10 (1) Rm 101	Su	2:45-5:30 pm ID/AP: \$36	8-12 yrs OD: \$45	C035206

### Spring Term:

4/14 (1) Rm 101	Su	2:45-5:30 pm ID/AP: \$36	8-12 yrs OD: \$45	C045204
5/5 (1) Rm 101	Su	2:45-5:30 pm ID/AP: \$36	8-12 yrs OD: \$45	C045205
5/19 (1) Rm 101	Su	2:45-5:30 pm ID/AP: \$36	8-12 yrs OD: \$45	C045206

## Youth Cooking Series

### Pasta from Scratch new

Students will learn how to make pasta dough, as well as how to form various pasta types and shapes, including fettuccine and ravioli. This class is best suited to students who are already comfortable in the kitchen. Please note: We cannot guarantee an allergy free environment.

### Winter term:

1/13-2/17 (6) Rm 202	S	2-4 pm ID/AP: \$137	8-12 yrs OD: \$171.25	C035223
2/24-3/23 (5) Rm 202	S	2-4 pm ID/AP: \$115	8-12 yrs OD: \$143.75	C035224

### Beyond the Basics

Students will learn more advanced techniques and terminology. This class is best suited to students who are already comfortable in the kitchen. Please note: We cannot guarantee an allergy free environment. No class 5/25

### Spring Term:

4/6-5/4 (5) Rm 202	S	2-4 pm ID/AP: \$115	8-12 yrs OD: \$143.75	C045225
5/11-6/8 (4) Rm 202	S	2-4 pm ID/AP: \$93	8-12 yrs OD: \$116.25	C045226

### Quick and Easy Recipes for Beginners

In this class, students will learn basic cooking techniques and terminology, as well as explore different recipes. This class is best suited to students who are less experienced in the kitchen. Please note: We cannot guarantee an allergy free environment.

### Winter Term:

1/10-2/14 (6) Rm 202	W	6:30-8 pm ID/AP: \$117	8-12 yrs OD: \$146.25	C035221
2/21-3/20 (5) Rm 202	W	6:30-8 pm ID/AP: \$100	8-12 yrs OD: \$125	C035222

### Spring Term:

4/3-5/1 (5) Rm 202	W	6:30-8:30 pm ID/AP: \$122	8-12 yrs OD: \$152.50	C045223
5/8-6/5 (5) Rm 202	W	6:30-8:30 pm ID/AP: \$122	8-12 yrs OD: \$152.50	C045224





## Focaccia Breadmaking Workshop

Master the art of Italian focaccia bread with this no-knead, no-fuss method that is perfect for beginners! Learn mixing, dimpling, and flavoring techniques. Participants will take home a loaf to bake the following day plus recipes for flavored focaccia, pizza dough, and delicious dips! Participants are asked to please bring a large bowl to take their dough home in.

<b>Winter Term:</b>				
2/18 (1)	Su	2-4 pm	16-adult	C035227
Rm 202		ID/AP: \$50	OD: \$62.50	
2/23 (1)	F	6-8 pm	16-adult	C035228
Rm 202		ID/AP: \$50	OD: \$62.50	
<b>Spring Term:</b>				
4/14 (1)	Su	2-4 pm	16-adult	C045229
Rm 202		ID/AP: \$50	OD: \$62.50	
5/15 (1)	W	6-8 pm	16-adult	C045230
Rm 202		ID/AP: \$50	OD: \$62.50	

## Sourdough Breadmaking Workshop

Learn sourdough baking basics for home bakers. No-knead process, shaping, folding, and scoring loaves, caring for starters, and using leftovers. All materials provided, including take home sourdough starter, a loaf to bake at home, a proving basket, and recipes. No experience needed! Please bring a large bowl to take your dough home in, as well as a pint mason jar or small tupperware for the sourdough starter.

<b>Winter Term:</b>				
1/29 (1)	M	6-8:30 pm	16-adult	C035224A
Rm 202		ID/AP: \$65	OD: \$81.25	
3/10 (1)	Su	2-4:30 pm	16-adult	C035226
Rm 202		ID/AP: \$65	OD: \$81.25	
<b>Spring term:</b>				
4/4 (1)	Th	6-8:30 pm	16-adult	C045227
Rm 202		ID/AP: \$65	OD: \$81.25	
5/6 (1)	M	6-8:30 pm	16-adult	C045228
Rm 202		ID/AP: \$65	OD: \$81.25	



## Family Cooking

### Personal Pizza Party

Enjoy quality time together while making your own delicious personal pizzas! Please note that we cannot guarantee an allergy free environment. Cost includes one child and one adult but only the child needs to register. No unregistered siblings.

<b>Winter Term:</b>				
1/19 (1)	F	6:30-8:30 pm	6-13 yrs	C035218
Rm 202		ID/AP: \$72	OD: \$90	

### Valentine's Cookie Decorating

Join us for a delightful family holiday cookie decorating class! Get into the festive spirit as we provide the pre-made cookies and all the decorating supplies. Enjoy quality time together while creating beautiful and delicious treats. Please note that we cannot guarantee an allergy free environment. Cost includes one child and one adult but only the child needs to register. No unregistered siblings.

<b>Winter Term:</b>				
2/9 (1)	F	6:30-8:30 pm	6-13 yrs	C035219
Rm 202		ID/AP: \$72	OD: \$90	

### Cupcake Wars!

Team up to see who can create the most beautiful, tastiest, or maybe even silliest cupcake creation in this fun and friendly competition. Please note that we cannot guarantee an allergy free environment. Cost includes one child and one adult but only the child needs to register. No unregistered siblings.

<b>Winter Term:</b>				
3/1 (1)	F	6:30-8:30 pm	6-13 yrs	C035220
Rm 202		ID/AP: \$72	OD: \$90	

### Springtime Treats

Enjoy quality time together while making some tasty springtime themed treats! Please note that we cannot guarantee an allergy free environment. Cost includes one child and one adult but only the child needs to register. No unregistered siblings.

<b>Spring Term:</b>				
4/6 (1)	S	6:30-8:30 pm	6-13 yrs	C045220
Rm 202		ID/AP: \$72	OD: \$90	

### All About Chocolate

Join us for a delightful family cooking class! We will be making some delicious treats with everyone's favorite ingredient: chocolate! Please note that we cannot guarantee an allergy free environment. Cost includes one child and one adult but only the child needs to register. No unregistered siblings.

<b>Spring Term:</b>				
4/12 (1)	F	6:30-8:30 pm	6-13 yrs	C045221
Rm 202		ID/AP: \$72	OD: \$90	

### Summer S'mores

Join us for this ooey-goey family cooking camp! We will be making some delicious s'mores inspired treats! Please note that we cannot guarantee an allergy free environment. Cost includes one child and one adult but only the child needs to register. No unregistered siblings.

<b>Spring Term:</b>				
5/31 (1)	F	6:30-8:30 pm	6-13 yrs	C045222
Rm 202		ID/AP: \$72	OD: \$90	

Fees: ID/AP = User is in-district or has paid an out-of-district assessment, OD = Out-of-district (no assessment paid)

## General Interest

### Introduction to American Sign Language new

This class is perfect for anyone interested in learning American Sign Language. You will have the chance to acquire the essential skills needed to communicate using the language, including the alphabet, emotions, colors, numbers, and key phrases. You will have the tools to hold basic conversations inside and outside the classroom. Take advantage of this opportunity to broaden your communication abilities!

#### Winter Term:

1/9-1/25 (6) T/Th 7-8 pm 15-adult C035500  
Rm 205 ID/AP: \$104 OD: \$130

2/20-3/7 (6) T/Th 7-8 pm 15-adult C035501  
Rm 205 ID/AP: \$104 OD: \$130

#### Spring Term:

4/2-4/18 (6) T/Th 7-8 pm 15-adult C045500  
Rm 205 ID/AP: \$104 OD: \$130

5/7-5/23 (6) T/Th 7-8 pm 15-adult C045501  
Rm 205 ID/AP: \$104 OD: \$130

### Family Trivia Night new

Bring your family and test your trivia knowledge! Fun for all ages, everybody is welcome at Family Trivia Night! Price is per team, no more than five team members. Only one youth participant needs to register. Adult participation is required.

#### Winter Term:

2/10 (1) S 6-8 pm Team C035200  
Rm 203 ID/AP: \$29 OD: \$36.25

#### Spring Term:

4/13 (1) S 6-8 pm Team C045234  
Rm 203 ID/AP: \$29 OD: \$36.25

5/18 (1) S 6-8 pm Team C045235  
Rm 203 ID/AP: \$29 OD: \$36.25

### Wee Theater

Introduce your child to the magical world of theater! In this interactive class, children will explore their imagination, creativity, and self-expression through storytelling, music, movement, and role-playing. Adult participation required. No unregistered siblings.

#### Winter Term:

1/9-3/19 (11) T 11-11:45 am 3-5 yrs C035107  
Rm 203 ID/AP: \$70 OD: \$87.50

#### Spring Term:

4/2-6/4 (10) T 11-11:45 am 3-5 yrs C045107  
Rm 200 ID/AP: \$64 OD: \$80

### Adult Improv for Beginners

Unleash your creativity and boost confidence in this brand new Adult Improv class for beginners. Dive into the world of spontaneous performance, laughter, and teamwork. No experience required – just a willingness to have fun! No class 1/15, 2/19.

#### Winter Term:

1/8-3/18 (9) M 7:30-8:30 pm 14-Adult C035502  
Rm 204 ID/AP: \$77.00 OD: \$96.25

#### Spring Term:

4/1-6/3 (9) M 7:30-8:30 pm 14-Adult C045502  
Rm 204 ID/AP: \$77.00 OD: \$96.25

### Improv Theater

Unlock creativity and confidence in our brand-new kids' improv class! Through fun games and exercises, young performers explore spontaneous storytelling and quick thinking. Join us for laughter, collaboration, and the thrill of the unexpected!

#### Winter Term:

1/9-3/19 (11) T 4:30-5:30 pm 7-12 yrs C035229  
Rm 205 ID/AP: \$83 OD: \$103.75

1/11-3/21 (11) Th 4:30-5:30 pm 7-12 yrs C035230  
Rm 205 ID/AP: \$83 OD: \$103.75

#### Spring Term:

4/2-6/4 (10) T 4:30-5:30 pm 7-12 yrs C045208  
Rm 205 ID/AP: \$76 OD: \$95

4/4-6/6 (10) Th 4:30-5:30 pm 7-12 yrs C045209  
Rm 205 ID/AP: \$76 OD: \$95

## Sports & Fitness – Preschool

### Developing Your Young Athlete

Together with your athlete, we'll encourage large motor skill development through a variety of fun games while introducing small children to group a setting. The instructor provides skill guidance to adults. Adult participation required. No unregistered siblings. No class 1/15, 5/25, 5/27.

#### Winter Term:

1/8-2/12 (5) M 9:30-10:15 am 2-3 yrs C032100  
GYM #2 ID/AP: \$61 OD: \$76.25

1/11-2/15 (6) Th 9:30-10:15 am 2-3 yrs C032101  
GYM #2 ID/AP: \$72 OD: \$90

1/13-2/17 (6) S 12-12:45 pm 2-3 yrs C032102  
GYM #1 ID/AP: \$72 OD: \$90

2/22-3/21 (5) Th 9:30-10:15 am 2-3 yrs C032104  
GYM #2 ID/AP: \$61 OD: \$76.25

2/24-3/16 (4) S 12-12:45 pm 2-3 yrs C032105  
GYM #1 ID/AP: \$49 OD: \$61.25

2/26-3/18 (4) M 9:30-10:15 am 2-3 yrs C032103  
GYM #2 ID/AP: \$49 OD: \$61.25

#### Spring Term:

4/1-4/29 (5) M 9:30-10:15 am 2-3 yrs C042100  
GYM #2 ID/AP: \$61 OD: \$76.25

4/4-5/2 (5) Th 9:30-10:15 am 2-3 yrs C042101  
GYM #2 ID/AP: \$61 OD: \$76.25

4/6-5/4 (5) S 12-12:45 pm 2-3 yrs C042102  
GYM #1 ID/AP: \$61 OD: \$76.25

5/6-6/3 (4) M 9:30-10:15 am 2-3 yrs C042103  
GYM #2 ID/AP: \$49 OD: \$61.25

5/9-6/6 (5) Th 9:30-10:15 am 2-3 yrs C042104  
GYM #2 ID/AP: \$61 OD: \$76.25

5/11-6/8 (4) S 12-12:45 pm 2-3 yrs C042105  
GYM #1 ID/AP: \$49 OD: \$61.25

## Munchkin Basketball

Introduce your little ones to the world of basketball. This class is designed to ignite the love for the game in young children while focusing on developing their motor skills, coordination, and teamwork. With age-appropriate drills, interactive games, and a whole lot of fun, this class provides a nurturing environment for the youngest athletes to take their first shots on court. No class 5/26.

### Winter Term:

1/11-2/15 (6) GYM #2	Th	12:30-1:15 pm ID/AP: \$72	3-5 yrs OD: \$90	C032112
1/14-2/11 (5) GYM #1	Su	1-1:45 pm ID/AP: \$61	3-5 yrs OD: \$76.25	C032113
2/18-3/17 (5) GYM #1	Su	1-1:45 pm ID/AP: \$61	3-5 yrs OD: \$76.25	C032115
2/22-3/21 (5) GYM #1	Th	12:30-1:15 pm ID/AP: \$61	3-5 yrs OD: \$76.25	C032114

### Spring Term:

4/4-5/2 (5) GYM #2	Th	12:30-1:15 pm ID/AP: \$61	3-5 yrs OD: \$76.25	C042112
4/7-4/28 (4) GYM #1	Su	1-1:45 pm ID/AP: \$49	3-5 yrs OD: \$61.25	C042113
5/5-6/2 (4) GYM #1	Su	1-1:45 pm ID/AP: \$49	3-5 yrs OD: \$61.25	C042115
5/9-6/6 (5) GYM #2	Th	12:30-1:15 pm ID/AP: \$61	3-5 yrs OD: \$76.25	C042114

## Munchkin Soccer

This soccer class will feature drills, games, and group activities which emphasize confidence, build self-esteem, teach teamwork, and improve both coordination and motor skills. No class 1/15 & 5/25.

### Winter Term:

1/11-2/15 (6) GYM #2	Th	11:30 am-12:15 pm ID/AP: \$72	3-5 yrs OD: \$90	C032118
1/13-2/17 (6) GYM #1	S	2-2:45 pm ID/AP: \$72	3-5 yrs OD: \$90	C032119
2/22-3/21 (5) GYM #2	Th	11:30 am-12:15 pm ID/AP: \$61	3-5 yrs OD: \$76.25	C032120
2/24-3/16 (4) GYM #1	S	2-2:45 pm ID/AP: \$49	3-5 yrs OD: \$61.25	C032121

### Spring Term:

4/4-5/2 (5) GYM #2	Th	11:30 am-12:15 pm ID/AP: \$61	3-5 yrs OD: \$76.25	C042118
4/6-5/4 (5) GYM #1	S	2-2:45 pm ID/AP: \$61	3-5 yrs OD: \$76.25	C042119
5/9-6/6 (5) GYM #2	Th	11:30 am-12:15 pm ID/AP: \$61	3-5 yrs OD: \$76.25	C042120
5/11-6/8 (4) GYM #1	S	2-2:45 pm ID/AP: \$49	3-5 yrs OD: \$61.25	C042121

## Munchkin Sports: Play, Learn, Grow!

Ignite the spirit of active exploration and play in your little ones. This dynamic and engaging class is designed to introduce young children to a variety of sports in a fun and supportive environment. No class 1/15, 5/25, 5/26, 5/27.

### Winter Term:

1/8-2/12 (5) GYM #2	M	10:30-11:15 am ID/AP: \$61	3-5 yrs OD: \$76.25	C032106
1/11-2/15 (6) GYM #2	Th	10:30-11:15 am ID/AP: \$72	3-5 yrs OD: \$90	C032107
1/13-2/17 (6) GYM #1	S	1-1:45 pm ID/AP: \$72	3-5 yrs OD: \$90	C032108
1/14-2/11 (5) GYM #1	Su	3-3:45 pm ID/AP: \$61	3-5 yrs OD: \$76.25	C032124

2/18-3/17 (5) GYM #1	Su	3-3:45 pm ID/AP: \$61	3-5 yrs OD: \$76.25	C032125
2/22-3/21 (5) GYM #2	Th	10:30-11:15 am ID/AP: \$61	3-5 yrs OD: \$76.25	C032110
2/24-3/16 (4) GYM #1	S	1-1:45 pm ID/AP: \$49	3-5 yrs OD: \$61.25	C032111
2/26-3/18 (4) GYM #2	M	10:30-11:15 am ID/AP: \$49	3-5 yrs OD: \$61.25	C032109

### Spring Term:

4/1-4/29 (5) GYM #2	M	10:30-11:15 am ID/AP: \$61	3-5 yrs OD: \$76.25	C042106
4/4-5/2 (5) GYM #2	Th	10:30-11:15 am ID/AP: \$61	3-5 yrs OD: \$76.25	C042107
4/6-5/4 (5) GYM #1	S	1-1:45 pm ID/AP: \$61	3-5 yrs OD: \$76.25	C042108
4/7-4/28 (4) GYM #1	Su	3-3:45 pm ID/AP: \$49	3-5 yrs OD: \$61.25	C042124
5/6-6/3 (4) GYM #2	M	10:30-11:15 am ID/AP: \$49	3-5 yrs OD: \$61.25	C042109
5/9-6/6 (5) GYM #2	Th	10:30-11:15 am ID/AP: \$61	3-5 yrs OD: \$76.25	C042110
5/11-6/8 (4) GYM #1	S	1-1:45 pm ID/AP: \$49	3-5 yrs OD: \$61.25	C042111
5/5-6/2 (4) GYM #1	Su	3-3:45 pm ID/AP: \$49	3-5 yrs OD: \$61.25	C042125

## Recess Games Revival new

From traditional tag games to playground favorites, this playful class offers the classic recess experience of teamwork, friendship, and fun! No class 5/26.

### Winter Term:

1/14-2/11 (5) GYM #1	Su	2-2:45 pm ID/AP: \$64	3-5 yrs OD: \$80	C032122
2/18-3/17 (5) GYM #1	Su	2-2:45 pm ID/AP: \$64	3-5 yrs OD: \$80	C032123

### Spring Term:

4/7-4/28 (4) GYM #1	Su	2-2:45 pm ID/AP: \$52	3-5 yrs OD: \$65	C042122
5/5-6/2 (4) GYM #1	Su	2-2:45 pm ID/AP: \$52	3-5 yrs OD: \$65	C042123



## Sports & Fitness - Youth

### Adaptive Sports new Inclusive

An inclusive sports-based program designed to provide the basics for participation in sports. Kids play to their own level while developing important socialization skills and learning about peer unity through team play. No class 5/25.

### Winter Term:

1/13-3/16 (10) GYM #1	S	3-3:45 pm ID/AP: \$126	5-8 yrs OD: \$157.50	C032700
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### Spring Term:

4/6-6/8 (9) GYM #1	S	3-3:45 pm ID/AP: \$114	5-8 yrs OD: \$142.50	C042700
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Fees: ID/AP = User is in-district or has paid an out-of-district assessment, OD = Out-of-district (no assessment paid)

## Flag Football

Flag Football will be held in the gymnasium. Athletes will participate in football drills focusing on throwing, catching, running routes, and teamwork. No class 5/26.

### Winter Term:

1/10-3/20 (11)	W	4-4:45 pm	7-10 yrs	C032200
GYM #1		ID/AP: \$79	OD: \$98.75	
1/14-3/17 (10)	Su	3-3:45 pm	6-8 yrs	C032201
GYM #2		ID/AP: \$72	OD: \$90	

### Spring Term:

4/3-6/5 (10)	W	4-4:45 pm	7-10 yrs	C042200
GYM #1		ID/AP: \$72	OD: \$90	
4/7-6/2 (8)	Su	3-3:45 pm	6-8 yrs	C042201
GYM #2		ID/AP: \$59	OD: \$73.25	

## Basketball Basics

Learn basic basketball skills including passing, ball control, dribbling, shooting and footwork. This is a great class for those just starting to build basketball skills. Children will work together in a positive environment learning how to be part of a team. No class 1/15, 2/19, 5/25, 5/27.

### Winter Term:

1/8-3/18 (9)	M	4-4:45 pm	6-8 yrs	C032202
GYM #1		ID/AP: \$66	OD: \$82.50	
1/10-3/20 (11)	W	5-5:45 pm	6-8 yrs	C032203
GYM #2		ID/AP: \$53	OD: \$66.25	
1/13-3/16 (10)	S	1-1:45 pm	6-8 yrs	C032204
GYM #2		ID/AP: \$72	OD: \$90	

### Spring Term:

4/1-6/3 (9)	M	4-4:45 pm	6-8 yrs	C042202
GYM #1		ID/AP: \$66	OD: \$82.50	
4/3-6/5 (10)	W	5-5:45 pm	6-8 yrs	C042203
GYM #2		ID/AP: \$72	OD: \$90	
4/6-6/8 (9)	S	1-1:45 pm	6-8 yrs	C042204
GYM #2		ID/AP: \$66	OD: \$82.50	

## Basketball Drills & Scrimmage

This class is ideal for children who know the basics of basketball but need help with skill progression and scrimmage experience. Give your athlete a well-rounded understanding of this great game.

### Winter Term:

1/9-3/19 (11)	T	5-5:45 pm	12-15 yrs	C032208
GYM #1		ID/AP: \$79	OD: \$98.75	
1/11-3/21 (11)	Th	6-6:45 pm	12-15 yrs	C032209
GYM #1		ID/AP: \$79	OD: \$98.75	

### Spring Term:

4/2-6/4 (10)	T	5-5:45 pm	12-15 yrs	C042208
GYM #1		ID/AP: \$72	OD: \$90	
4/4-6/6 (10)	Th	6-6:45 pm	12-15 yrs	C042209
GYM #1		ID/AP: \$72	OD: \$90	

## Basketball Skills

Learn basic basketball skills including passing, ball control, dribbling, shooting and footwork. This is a great class for those just starting to build basketball skills. Children will work together in a positive environment learning how to be part of a team. No class 5/26.

### Winter Term:

1/9-3/19 (11)	T	4-4:45 pm	8-11 yrs	C032205
GYM #1		ID/AP: \$79	OD: \$98.75	
1/14-3/17 (10)	Su	2-2:45 pm	6-8 yrs	C032206
GYM #2		ID/AP: \$72	OD: \$90	

### Spring Term:

4/2-6/4 (10)	T	4-4:45 pm	8-11 yrs	C042205
GYM #1		ID/AP: \$72	OD: \$90	
4/7-6/2 (8)	Su	2-2:45 pm	6-8 yrs	C042206
GYM #2		ID/AP: \$59	OD: \$73.75	

## Girls Basketball

Girls will learn basic basketball skills including passing, ball control, dribbling, shooting, and footwork. This is a great class for those just starting to build basketball skills. Girls will work together in a positive environment learning how to be part of a team.

### Winter Term:

1/11-3/21 (11)	Th	5-5:45 pm	8-10 yrs	C032214
GYM #1		ID/AP: \$79	OD: \$98.75	

### Spring Term:

4/4-6/6 (10)	Th	5-5:45 pm	8-10 yrs	C042214
GYM #1		ID/AP: \$72	OD: \$90	

## Lacrosse: Stick to the Basics new

Unleash your curiosity and dive into the exhilarating world of lacrosse. Whether you're new to the sport or simply curious about trying something new, this class provides a fun and informative way to learn the basics of lacrosse. No class 5/26.

### Winter Term:

1/14-3/17 (10)	Su	4-4:45 pm	8-11 yrs	C032211
GYM #1		ID/AP: \$72	OD: \$90	

### Spring Term:

4/7-6/2 (8)	Su	4-4:45 pm	8-11 yrs	C042211
GYM #1		ID/AP: \$59	OD: \$73.75	

## Pickleball Kids new

Children will learn the basics of pickleball through exciting drills and games. Come learn about the fastest growing sport in America! No class 5/25.

### Winter Term:

1/13-2/17 (6)	S	10:45-11:30 am	8-11 yrs	C032232
GYM #1		ID/AP: \$46	OD: \$57.50	

2/24-3/16 (4)	S	10:45-11:30 am	8-11 yrs	C032233
GYM #1		ID/AP: \$33	OD: \$41.25	

### Spring Term:

4/6-5/4 (5)	S	10:45-11:30 am	8-11 yrs	C042232
GYM #1		ID/AP: \$39	OD: \$48.75	

5/11-6/8 (4)	S	10:45-11:30 am	8-11 yrs	C042233
GYM #1		ID/AP: \$33	OD: \$41.25	

## Soccer Drills & Scrimmage

Learn the fundamentals and proper techniques of soccer in this program. Develop ball control, passing, dribbling and defensive skills. Skill development and scrimmages each week. Bring water bottle. Shin guards recommended. No class 5/26.

### Winter Term:

1/9-3/19 (11)	T	6-6:45 pm	9-12 yrs	C032222
GYM #1		ID/AP: \$79	OD: \$98.75	

1/14-3/17 (10)	Su	1-1:45 pm	9-12 yrs	C032223
GYM #2		ID/AP: \$72	OD: \$90	

### Spring Term:

4/2-6/4 (10)	T	6-6:45 pm	9-12 yrs	C042222
GYM #1		ID/AP: \$72	OD: \$90	

4/7-6/2 (8)	Su	1-1:45 pm	9-12 yrs	C042223
GYM #2		ID/AP: \$59	OD: \$73.75	

Fees: ID/AP = User is in-district or has paid an out-of-district assessment, OD = Out-of-district (no assessment paid)



## Soccer Skills

Through games and skill drills, children will learn soccer basics including dribbling, trapping, passing and more. Class emphasizes teamwork, fair play, and fun. Shin guards recommended. No class 1/15, 2/19, 5/27.

### Winter Term:

1/8-3/18 (9) M 5-5:45 pm 8-11 yrs CO32224  
GYM #2 ID/AP: \$66 OD: \$82.50

1/11-3/21 (11) Th 4-4:45 pm 8-11 yrs CO32225  
GYM #1 ID/AP: \$79 OD: \$98.75

### Spring Term:

4/1-6/3 (9) M 5-5:45 pm 8-11 yrs CO42224  
GYM #2 ID/AP: \$66 OD: \$82.50

4/4-6/6 (10) Th 4-4:45 pm 8-11 yrs CO42225  
GYM #1 ID/AP: \$72 OD: \$90

## Soccer Studs

Through games and skill drills, children will learn soccer basics including dribbling, trapping, passing, and more. Class emphasizes teamwork, fair play, and fun. Shin guards recommended. No class 5/25.

### Winter Term:

1/13-3/16 (10) S 12-12:45 pm 6-8 yrs CO32226  
GYM #2 ID/AP: \$72 OD: \$90

### Spring Term:

4/6-6/8 (9) S 12-12:45 pm 6-8 yrs CO42226  
GYM #2 ID/AP: \$66 OD: \$82.50

## Volleyball, Beginners

Come learn basic volleyball fundamentals, including passing, ball control, serving, rules of the game, and more. Children will work together in a positive environment learning how to be part of a team. No class 1/15, 2/19, 5/27.

### Winter Term:

1/8-3/18 (9) M 5-5:45 pm 8-12 yrs CO32228  
GYM #1 ID/AP: \$85 OD: \$106.25

1/10-3/20 (11) W 5-5:45 pm 8-12 yrs CO32229  
GYM #1 ID/AP: \$103 OD: \$128.75

### Spring Term:

4/1-6/3 (9) M 5-5:45 pm 8-12 yrs CO42228  
GYM #1 ID/AP: \$85 OD: \$106.25

4/3-6/5 (10) W 5-5:45 pm 8-12 yrs CO42229  
GYM #1 ID/AP: \$94 OD: \$117.50

## Volleyball Drills new

Dive into the world of competitive volleyball with our Volleyball Drills class! Whether you're an experienced player looking to refine your skills or a beginner eager to learn the fundamentals, this class offers a comprehensive training experience that caters to all skill levels. No class 1/15, 2/19, 5/27.

### Winter Term:

1/8-3/18 (9) M 6-6:45 pm 12-14 yrs CO32403  
GYM #1 ID/AP: \$85 OD: \$106.25

1/10-3/20 (11) W 6-6:45 pm 12-14 yrs CO32404  
GYM #1 ID/AP: \$103 OD: \$128.75

### Spring Term:

4/1-6/3 (9) M 6-6:45 pm 12-14 yrs CO42403  
GYM #1 ID/AP: \$85 OD: \$106.25

4/3-6/5 (10) W 6-6:45 pm 12-14 yrs CO42404  
GYM #1 ID/AP: \$94 OD: \$117.50

## Youth Sports Development Program new

Empower the young athletes of tomorrow. This comprehensive class is designed to nurture the physical, mental, and social growth of children through structured sports activities. With a focus on skill development, teamwork, and character-building, this program creates a foundation for a lifelong love of sports and a holistic approach to personal growth. No class 5/26.

### Winter Term:

1/13-3/16 (10) S 2-2:45 pm 8-11 yrs CO32210  
GYM #2 ID/AP: \$72 OD: \$90

### Spring Term:

4/6-6/8 (9) S 2-2:45 pm 8-11 yrs CO42210  
GYM #2 ID/AP: \$66 OD: \$82.50

## Fitness - Youth

### Middle School Weight Training

Weight training program specifically designed for Middle School students aged 11-14 y/o. This group training includes entry into the Conestoga Recreation & Aquatic Center weight room during class time only. No class 1/16 & 2/20.

### Winter Term:

1/9-3/21 (11) T/Th 4:15-5:15 pm 11-14 yrs CO32522  
Weight Room ID/AP: \$193 OD: \$241.25

### Spring Term:

4/2-5/2 (5) T/Th 4:15-5:15 pm 11-14 yrs CO42522  
Weight Room ID/AP: \$97 OD: \$121.25

5/7-6/6 (5) T/Th 4:15-5:15 pm 11-14 yrs CO42522A  
Weight Room ID/AP: \$97 OD: \$121.25

### Middle School Yoga

Combine conscious breathing with simple movements to lengthen, strengthen and improve your flexibility. Focus on breathing, proper alignment and mind/body awareness to create calm and balance on and off the mat. No class 1/5, 2/19, 4/8, 5/27.

### Winter Term:

1/22-3/13 (8) M/W 4:15-5:15pm 11-14 yrs CO32520  
Rm 201 ID/AP: \$123 OD: \$153.75

### Spring Term:

4/1-5/1 (5) M/W 4:15-5:15pm 11-14 yrs CO42520  
Rm 201 ID/AP: \$78 OD: \$97.50

5/6-6/5 (5) M/W 4:15-5:15pm 11-14 yrs CO42522A  
Rm 201 ID/AP: \$78 OD: \$97.50

## Fitness - Teen & Adult

### High School Weight Training

Weight training program specifically designed for High School students aged 14-18 y/o. This group training includes entry into the Conestoga Recreation & Aquatic Center weight room during class time only. No class 1/15, 2/19.

### Winter Term:

1/8-3/20 (11) M/W 4:15-5:15pm 14-18 yrs CO42523  
Weight Room ID/AP: \$193 OD: \$241.25

### Spring Term:

4/1-5/1 (5) M/W 4:15-5:15pm 14-18 yrs CO42523  
Weight Room ID/AP: \$97 OD: \$121.25

5/6-6/5 (5) M/W 4:15-5:15pm 14-18 yrs CO42523A  
Weight Room ID/AP: \$97 OD: \$121.25

## Navigate Your Weight Room

Learn machine adjustments, techniques for using equipment with confidence, and receive a basic exercise program during this 1.5 hour session. Small group format with a limit of 5 participants. CPT Gretchen

<b>Winter Term:</b>				
1/27 (1)	S	9-10:30 am	14-adult	C032549
Weight Room		ID/AP: \$18	OD: \$22.50	
<b>Spring Term:</b>				
4/27 (1)	S	9-10:30 am	14-adult	C042549
Weight Room		ID/AP: \$18	OD: \$22.50	

## REVIVE, Exercise Recovery Program

Recovering from an illness or medical treatment? Regain your strength and create optimal health with this individualized and targeted exercise program. Exercise prescription/workout is based on medical status, fitness level and wellness goal. Medical Release & Health/Medical History Forms requested.

<b>Winter Term:</b>				
1/16-3/7 (8)	T/Th	5:30-6:30pm	14-adult	C032553
Weight Room		ID/AP: \$165	OD: \$211.25	

## Fundamental Fitness Program

Ready for healthy change but not sure how to get started? Our Fundamental Fitness Program is specifically designed for you to learn about fitness in a supportive environment.

<b>Spring Term:</b>				
4/2-5/21 (8)	T	5:30-6:30pm	14-adult	C042553
Weight room		ID: AP/: \$74	OD: \$ 92.50	

## Partner Yoga Workshop

Partner yoga helps to deepen the impact of a yoga pose! One partner's body can be used to increase the pressure of the other partner. Your partner serves you like a mirror, to help you with proper alignment, balance and concentration. We will be creating space with movement, dedicated to our new intentions for the season. Wear bright colors that promote growth and healing and savasana intended to warm our hearts and minds after the dark months of winter.

<b>Winter Term:</b>				
2/17	F	11:45-1:15pm	14-adult	C032550
Room 201		ID/AP: \$18	OD: \$22.50	

## Sports - Adult

### Pickleball Beginners

This adult class will teach you the game of pickleball through exciting drills and games. Come learn about the fastest growing sport in America!

<b>Winter Term:</b>				
1/9-3/19 (11)	T	9:45-10:45 am	18-adult	C032506
GYM #2		ID/AP: \$96	OD: \$120	
1/12-3/22 (11)	F	9:45-10:45 am	18-adult	C032507
GYM #2		ID/AP: \$96	OD: \$120	
<b>Spring Term:</b>				
4/2-6/4 (10)	T	9:45-10:45 am	18-adult	C042506
GYM #2		ID/AP: \$88	OD: \$110	
4/5-6/7 (10)	F	9:45-10:45 am	18-adult	C042507
GYM #2		ID/AP: \$88	OD: \$110	

## Adult Pickleball Drills

This adult class will help develop new skills and strategies to take your pickleball game to the next level. No class 5/25.

<b>Winter Term:</b>				
1/9-3/19 (11)	T	11 am-12 pm	18-adult	C032510
GYM #2		ID/AP: \$128	OD: \$160	
1/12-3/22 (11)	F	11 am-12 pm	18-adult	C032511
GYM #2		ID/AP: \$128	OD: \$160	
1/13-3/16 (10)	S	8:30-9:30 am	18-adult	C032512
GYM #1		ID/AP: \$117	OD: \$146.25	
<b>Spring Term:</b>				
4/2-6/4 (10)	T	11 am-12 pm	18-adult	C042510
GYM #2		ID/AP: \$117	OD: \$146.25	
4/5-6/7 (10)	F	11 am-12 pm	18-adult	C042511
GYM #2		ID/AP: \$117	OD: \$146.25	
4/6-6/8 (9)	S	8:30-9:30 am	18-adult	C042512
GYM #2		ID/AP: \$106	OD: \$132.50	

## Adult Volleyball Drills NEW

Dive into the world of competitive volleyball with our Adult Volleyball Drills class! Whether you're an experienced player looking to refine your skills or a beginner eager to learn the fundamentals, this class offers a comprehensive training experience that caters to all skill levels.

<b>Winter Term:</b>				
2/3 (1)	S	4-6pm	18-adult	C032425
GYM #1		ID/AP: \$30	OD: \$37.50	
2/10 (1)	S	4-6pm	18-adult	C032426
GYM #1		ID/AP: \$30	OD: \$37.50	
2/17 (1)	S	4-6pm	18-adult	C032427
GYM #1		ID/AP: \$30	OD: \$37.50	
2/24 (1)	S	4-6pm	18-adult	C032428
GYM #1		ID/AP: \$30	OD: \$37.50	
3/2 (1)	S	4-6pm	18-adult	C032429
GYM #1		ID/AP: \$30	OD: \$37.50	
3/9 (1)	S	4-6pm	18-adult	C032430
GYM #1		ID/AP: \$30	OD: \$37.50	
<b>Spring Term:</b>				
4/13 (1)	S	4-6pm	18-adult	C042425
GYM #1		ID/AP: \$30	OD: \$37.50	
4/20 (1)	S	4-6pm	18-adult	C042426
GYM #1		ID/AP: \$30	OD: \$37.50	
4/27 (1)	S	4-6pm	18-adult	C042427
GYM #1		ID/AP: \$30	OD: \$37.50	
5/4 (1)	S	4-6pm	18-adult	C042428
GYM #1		ID/AP: \$30	OD: \$37.50	
5/11 (1)	S	4-6pm	18-adult	C042429
GYM #1		ID/AP: \$30	OD: \$37.50	
5/18 (1)	S	4-6pm	18-adult	C042430
GYM #1		ID/AP: \$30	OD: \$37.50	

## Sports & Fitness - Family

### Family Fun & Games Extravaganza

Step into a world of laughter, play, and shared moments with our Family Fun and Games Extravaganza! This class is designed to provide families with an unforgettable experience filled with an exciting array of games, challenges, and activities that promote bonding, creativity, and pure enjoyment.

Whether you're looking for quality family time or simply a break from the daily routine, this class promises an adventure of fun and connection for everyone. Cost includes one adult and one child.

<b>Winter Term:</b>				
1/12-2/16 (6)	F	5-5:45 pm	6-8 yrs	C032500
GYM #1		ID/AP: \$86	OD: \$107.50	
2/23-3/22 (5)	F	5-5:45 pm	6-8 yrs	C032501
GYM #1		ID/AP: \$72	OD: \$90	
<b>Spring Term:</b>				
4/12-5/3 (4)	F	5-5:45 pm	6-8 yrs	C042500
GYM #1		ID/AP: \$64	OD: \$80	
5/10-6/7 (5)	F	5-5:45 pm	6-8 yrs	C042501
GYM #1		ID/AP: \$72	OD: \$90	

Fees: ID/AP = User is in-district or has paid an out-of-district assessment, OD = Out-of-district (no assessment paid)

## Family Pickleball

Learn to play Pickleball with your athlete in this group class. Adult participation required. No unregistered siblings. Cost includes one adult and one child. No class 5/25.

### Winter Term:

1/13-2/17 (6)	S	9:45-10:30 am	8-adult	CO32502
GYM #1		ID/AP: \$92	OD: \$115	
2/24-3/16 (4)	S	9:45-10:30 am	8-adult	CO32503
GYM #1		ID/AP: \$66	OD: \$82.50	

### Spring Term:

4/6-5/4 (5)	S	9:45-10:30 am	8-adult	CO42502
GYM #1		ID/AP: \$78	OD: \$97.50	
5/11-6/8 (4)	S	9:45-10:30 am	8-adult	CO42503
GYM #1		ID/AP: \$66	OD: \$82.50	

## Family Sports Adventure

Embark on a thrilling and active journey with your loved ones through our Family Sports Adventure class! Designed to bring families closer together while enjoying the benefits of physical activity Family Sports Adventure is a unique class that encourages teamwork, communication, and fun for all. Cost includes one adult and one child.

### Winter Term:

1/12-2/16 (6)	F	4-4:45 pm	6-8 yrs	CO32504
GYM #1		ID/AP: \$86	OD: \$107.50	
2/23-3/22 (5)	F	4-4:45 pm	6-8 yrs	CO32505
GYM #1		ID/AP: \$72	OD: \$90	

### Spring Term:

4/12-5/3 (4)	F	4-4:45 pm	6-8 yrs	CO42504
GYM #1		ID/AP: \$64	OD: \$80	
5/10-6/7 (5)	F	4-4:45 pm	6-8 yrs	CO42505
GYM #1		ID/AP: \$72	OD: \$90	

## Family Tennis Adventure

Serve up unforgettable family moments on the tennis court with our Family Tennis Adventure class! This class is the perfect blend of learning, friendly competition, and quality bonding time. Whether you're a seasoned player or new to the game, this class offers a fantastic opportunity for families to share the joy of tennis and create lasting memories together. No class 5/26. Cost includes one adult and one child.

### Winter Term:

1/14-2/11 (5)	Su	12-12:45 pm	6-10 yrs	CO32212
GYM #1		ID/AP: \$78	OD: \$97.50	
2/18-3/17 (5)	Su	12-12:45 pm	6-10 yrs	CO32213
GYM #1		ID/AP: \$78	OD: \$97.50	

### Spring Term:

4/7-4/28 (4)	Su	12-12:45 pm	6-10 yrs	CO42212
GYM #1		ID/AP: \$66	OD: \$82.50	
5/5-6/2 (4)	Su	12-12:45 pm	6-10 yrs	CO42213
GYM #1		ID/AP: \$66	OD: \$82.50	

## Karate - Youth & Adult

### Karate Kids

Students will learn to build self-confidence, discipline, cooperation, effective communication, and motivation. In addition, they will learn basic blocks, punches, and kicks and progress through various skills in agility, flexibility, and strength. White karate uniforms recommended.

### Winter Term:

1/9-3/19 (11)	T	4-4:45 pm	6-8 yrs	CO32218
Rm 204		ID/AP: \$78	OD: \$97.50	
1/11-3/21 (11)	Th	4-4:45 pm	6-8 yrs	CO32219
Rm 204		ID/AP: \$78	OD: \$97.50	

### Spring Term:

4/2-6/4 (10)	T	4-4:45 pm	6-8 yrs	CO42218
Rm 204		ID/AP: \$71	OD: \$88.75	
4/4-6/6 (10)	Th	4-4:45 pm	6-8 yrs	CO42219
Rm 204		ID/AP: \$71	OD: \$88.75	

## Beginning Karate

Students will learn to build self-confidence, discipline, cooperation, effective communication, and motivation. In addition, they will learn basic blocks, punches, and kicks and progress through various skills in agility, flexibility, and strength. White karate uniforms required.

### Winter Term:

1/9-3/19 (11)	T	5-6 pm	8-15 yrs	CO32164
Rm 204		ID/AP: \$96	OD: \$120	
1/9-3/19 (11)	T	6:15-7:15 pm	13-adult	CO32165
Rm 204		ID/AP: \$96	OD: \$120	
1/11-3/21 (11)	Th	5-6 pm	8-15 yrs	CO32166
Rm 204		ID/AP: \$96	OD: \$120	

### Spring Term:

4/2-6/4 (10)	T	5-6 pm	8-15 yrs	CO42164
Rm 204		ID/AP: \$87	OD: \$108.75	
4/2-6/4 (10)	T	6:15-7:15 pm	13-adult	CO42165
Rm 204		ID/AP: \$87	OD: \$108.75	
4/4-6/6 (10)	Th	5-6 pm	8-15 yrs	CO42166
Rm 204		ID/AP: \$87	OD: \$108.75	

## Karate Intermediate

Students will learn to build self-confidence, discipline, cooperation, effective communication, and motivation. In addition, they will learn basic blocks, punches, and kicks and progress through various skills in agility, flexibility, and strength. Participants should have completed Karate Beginners before enrolling in this class. Students will need to have instructor approval before registering. White karate uniforms required.

### Winter Term:

1/11-3/21 (11)	Th	6:15-7:15 pm	8-adult	CO32216
Rm 204		ID/AP: \$127	OD: \$158.75	

### Spring Term:

4/4-6/6 (10)	Th	6:15-7:15 pm	8-adult	CO42216
Rm 204		ID/AP: \$116	OD: \$145	

## Kendo: Japanese Fencing

Learn the basic skills and techniques of Japanese swordsmanship. Martial arts philosophy and manners will be presented. Additional \$32 fee for the bamboo practice sword is due first night of class, payable to Obukan Kendo Club. No class 3/15.

### Winter Term:

1/12-3/22 (11)	F	6:30-7:30 pm	10-adult	CO32514
GYM #1		ID/AP: \$89	OD: \$111.25	

### Spring Term:

4/12-6/7 (10)	F	6:30-7:30 pm	10-adult	CO42514
GYM #1		ID/AP: \$81	OD: \$101.25	



Fees: ID/AP = User is in-district or has paid an out-of-district assessment, OD = Out-of-district (no assessment paid)

### Fitness Class Descriptions

Classes are for ages 14+. For Conestoga's updated fitness schedule, visit [www.thprd.org/recreation/conestoga](http://www.thprd.org/recreation/conestoga)

\*Day, time, and instructor of classes are subject to change without notice.

#### Dig Deep (Water Fitness)

Focus on range-of-motion, stretching and moderate aerobic activity. Float belts provided.

#### Essentrics

Strengthen and stretch every muscle in the body eccentrically, rebalancing the muscular structure in continuous rotational movements.

#### Kickboxing & Conditioning

A mixture of body weight strengthening exercises, high intensity interval training, and cardio kickboxing.

#### Low Impact Aerobics

This class is easy on your joints, burns calories and challenges your entire body. All levels welcome.

#### Strength & Endurance

An interval style workout that includes cardio and strength training for a complete and fun workout. All levels welcome.

#### Tai Chi I

For the beginning student. Learn Tai Chi for better balance and Yang 8/10 Form.

#### Tai Chi II

Participants will learn, practice and do three Tai Chi forms - 24 Move Yang Style Tai Chi, 40 Move Yang "Competition" Style Tai Chi, and 13 Move Yang Saber Tai Chi. Chi Gong will also be included. Class not suitable for beginners.

#### Total Body Strength

A class that strengthens your entire body. This workout challenges all your major muscle groups using weight room exercises like squats, presses, lifts and curls.

#### Yoga, All Levels

Increase your strength, flexibility and balance with simple movements combined with conscious breathing.

#### Yoga, Flow

This dynamic style links breath and movement helping to build strength, stamina and flexibility.

#### Yoga/Mat Pilates

This class combines yoga, mat pilates and precise movements to improve joint function.

#### Restore & Renew

Slower-paced; allowing opening of the body versus stretching; supported releases; mindful activities providing stress relief and healthful benefits for the mind as well as the body. Using props, awareness, and relaxation to achieve results.

#### Zumba®

Forget the workout, just lose yourself in the music! Zumba® classes feature exotic rhythms set to high-energy Latin and international beats.

#### Zumba® Gold/Zumba® Toning

Forget the workout, just lose yourself in the music! Zumba® classes feature exotic rhythms set to high-energy Latin and international beats.

### Weight Room Orientation

Learn the proper techniques for using weight room equipment. This is an hour-long session led by a certified personal trainer designed to get your workout routine off to a great start! Discuss goals and learn how to use some of our weight and cardio machines.

\$58.25 ID/\$72.75 OD

#### Buddy Training

2-Person Small Group Training is a great way to get together and work out. A personal trainer will work with each group's goal and design a workout to meet those goals. Each session is an hour long. (Cost is per person; must have 2 in group at time of registration.) Both participants must register.

1 session \$49.25 ID/ \$61.50 OD

3 sessions \$147.75 ID/ \$184.50 OD

6 sessions \$295.50 ID/ \$369.00 OD

#### Personal Training

Private appointments with a certified personal trainer to customize your fitness program, offer accountability and help you reach your goals. Each session is one hour in length.

1 session \$65.50 ID/ \$82 OD

3 sessions \$196.50 ID/ \$246 OD

6 sessions \$393 ID/ \$492 OD



# Elsie Stuhr Center



**TUALATIN HILLS**  
PARK & RECREATION DISTRICT

**Lifelong Recreation, Arts, Fitness & Social Opportunities for People Age 55+**

**5550 SW Hall Blvd  
Beaverton, 97005  
503-629-6342**

TriMet Bus Routes #76, #78, #88

**Facility Supervisor:** Karol Johnston

**Hours:**

Monday - Friday 8 am-2 pm

**Facility Closed:** 1/15, 2/19, 5/27

## Age and Membership Requirements

Adults 55 and better may participate at the Elsie Stuhr Center. Please note that adults 65 and better will qualify for the senior discount at the center. A THPRD identification card is required for all program/activity registrations. See page 5 for out of district information.

## Elsie Stuhr Center Drop-In Activities

- Pool (Billiards) open daily, Monday-Friday, 8am-2pm, \$5/month or \$1/day
- Cribbage: Mondays, 8am-10:30am
- In Stitches (Knitting Group): Mondays, 10am-1:30pm
- Texas Hold'em: Tuesday, 9:30am-2pm
- Bridge: Wednesdays, 9:30-11:30am
- Bingo: Wednesdays, 11am-1pm
- Mah-jongg: Thursdays, 10am-1pm
- Stuhr Book Club: 3rd Thursdays, 10:30am-12pm
- Mexican Poker: 1st and 3rd Thursdays, 10am-12pm
- Bunko: 2nd & 4th Thursdays, 11am-2pm
- Pinochle: Fridays, 10am-1pm

### Monthly Newsletter

The Sentinel is a monthly publication of the Elsie Stuhr Center that outlines the center's events. It may be emailed to you at no charge. Call us at 503-629-6342 for more information.

## Explore Northwest Wonders with these exciting trips

### 3/1: Ilani Casino



### 4/18: Portland Spirit Lunch Cruise



### 5/30: Scenic Oregon Coast Train Ride



See page 110 for more information.

## Arts & Crafts – 55 & Better

Dates (Weeks) Location	Time SD	Class # OD
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### Creative Painting

The instructor will be taking a 15-minute break scheduled from 10:30-10:45am and must be observed. This class explores both realism and abstract techniques in an inspiring, creative atmosphere using the paint medium of your choice; Oils, Acrylics, Watercolors, or Pastels are welcome. No class on Jan. 15th, Feb. 19th, and May 27th. (Teresa)

1/8-3/18 (9) Spruce	M ID/AP: \$220	9:30 am-12:30 pm SD: \$198	ES34601 OD: \$275
1/11-3/21 (11) Spruce	Th ID/AP: \$266	9:30 am-12:30 pm SD: \$239.25	ES34603 OD: \$332.50
4/1-6/3 (9) Spruce	M ID/AP: \$220	9:30 am-12:30 pm SD: \$198	ES44601 OD: \$275
4/4-6/6 (10) Spruce	Th ID/AP: \$242	9:30 am-12:30 pm SD: \$217.75	ES44603 OD: \$302.50

### Crocheting for the fun of it!

Learn the basics of crocheting and have fun making gifts for friends and loved ones. Class will have the option of working on a variety of projects. (Cheri)

1/9-3/19 (11) Cedar Rm	T ID/AP: \$156	12:30-2 pm SD: \$140.25	ES34605 OD: \$195
4/2-6/4 (10) Cedar Rm	T ID/AP: \$141	12:30-2 pm SD: \$126.75	ES44605 OD: \$176.25

### Intro to Digital Photography

Learn how to use all the features of your digital camera and how to take great shots. (Bob)

4/3-6/5 (10) Cedar Rm	W ID/AP: \$142	10:45 am-12:15 pm SD: \$127.25	ES44610 OD: \$177.50
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### Jewelry Making

Learn how to make earrings, bracelets, or pendants. Learn the basics for working with wire and beads. Create an amazing accessory for yourself or give the perfect gift. Supply list available at the front desk. (Some supplies provided by instructor for a fee) No class on Jan. 15th, Feb. 19th, and May 27th. (Teresa)

1/8-3/18 (9) Spruce	M ID/AP: \$129	12:30-2 pm SD: \$116	ES34606 OD: \$161.25
4/1-6/3 (9) Spruce	M ID/AP: \$129	12:30-2 pm SD: \$116	ES44606 OD: \$161.25



### Photography, All Levels

Take better pictures. Learn the settings on your camera and how they affect the quality of your photographs. There will be field trips and class will meet off site occasionally. For a week to week schedule, please contact the office. Lab time provided during class. Digital camera basics as a prerequisite is preferred, or instructor approval. (Bob)

4/3-6/5 (10) Cedar Rm	W ID/AP: \$142	9-10:30 am SD: \$127.75	ES44609 OD: \$177.50
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### Pottery

The instructor will be taking a 15-minute break scheduled from 11:30-11:45am and must be observed. This pottery class is a mix of beginners and experience students. Supplies included. Students are responsible to clean their own work space after class. (Marjanna)

1/10-3/20 (11) Spruce	W ID/AP: \$266	10 am-1 pm SD: \$239.25	ES34611 OD: \$332.50
4/3-6/5 (10) Spruce	W ID/AP: \$245	10 am-1 pm SD: \$220.50	ES44611 OD: \$306.25

### Stained Glass

The instructor will be taking a 15-minute break scheduled from 10:30-10:45am and must be observed. Learn to build stained glass projects using the Tiffany-Style copper foil method. Step-by-step instruction covers pattern and glass selection, glass cutting, fitting, foiling, soldering skills and patina application. All levels welcome. Sharon

1/12-3/22 (11) Spruce	F ID/AP: \$266	9 am-12 pm SD: \$239.25	ES34613 OD: \$332.50
4/5-6/7 (10) Spruce	F ID/AP: \$243	9 am-12 pm SD: \$218.50	ES44613 OD: \$303.75

### Wood Carving

Come and enjoy carving on your own projects with a helpful instructor or learn to carve in relief, round & cottonwood bark, 3 projects or more. \$20 lab fee for participants just starting out paid to instructor. Fee for wood and tools (Nancy)

1/9-3/19 (11) Spruce	T ID/AP: \$156	10-11:30 am SD: \$140.25	ES34617 OD: \$195
4/2-6/4 (10) Spruce	T ID/AP: \$142	10-11:30 am SD: \$127.75	ES44617 OD: \$177.50



## DANCE

### Line Dancing

Have fun learning line dances to both classic and popular country music. No partner needed.

1/11-3/21 (11)	Th	12:15-1:15 pm	ES31601
Manzanita	ID/AP: \$110	SD: \$99	OD: \$137.50
4/4-6/6 (10)	Th	12:15-1:15 pm	ES41601
Manzanita	ID/AP: \$100	SD: \$90	OD: \$125



### Salsa Sensation: Dance to the Rhythm

Unleash your inner dancer in a welcoming and supportive environment, perfect for those looking to stay active, socialize, and add a dash of excitement to their lives.

1/9-3/19 (11)	T	10-11 am	ES316101
Oak Rm	ID/AP: \$93	SD: \$83.50	OD: \$116.25
4/9-6/4 (9)	T	10-11 am	ES416101
Oak Rm	ID/AP: \$76	SD: \$68.25	OD: \$95

## ENRICHMENT CLASSES

### A Will is Not Enough in Oregon

Many people do not realize that more is needed than just a simple will. In this program, the audience will receive practical advice on how to safeguard their assets and health care wishes during and after their lifetime. They will also acquire up to date knowledge about wills, living trusts, health care documents, issues regarding guardianship, conservatorship, and power of attorney. This program also gives information on how to avoid probate and what to do when family complications arise. (Schneider Rasche LLC)

1/25 (1)	T	10 am-12 pm	ES35601
Willow	ID/AP: \$12	SD: \$10.75	OD: \$15
5/7 (1)	T	10 am-12 pm	ES45601
Willow	ID/AP: \$12	SD: \$10.75	OD: \$15

### Aging Gracefully -- Facials from the Kitchen

Skincare does not have to be expensive and it does not have to come from a department store in a pretty bottle. You will learn the history on skincare through the ages and discuss what is best for aging skin. There will be a demonstration of facials that can be done at home and you will receive a recipe booklet to take with you. (Dorothy)

2/9 (1)	F	10-11:30 am	ES35604
Willow	ID/AP: \$18	SD: \$16	OD: \$22.50
5/10 (1)	F	10-11:30 am	ES45604
Willow	ID/AP: \$18	SD: \$16	OD: \$22.50

## Container Gardening 101

Just in time for Earth Day! Join us as an OSU Extension Service Master Gardener leads this hands-on class, where participants will learn to select suitable containers to fit their available spaces in patios, backyards, and decks. We will cover soil preparation and flower or vegetable plant selection, based on the growing environment. We will discuss watering methods and considerations when caring for plants like adding nutrients and integrated pest management. Gardening strategies for ease of movement and that take mobility issues into account will be demonstrated. Some containers, soil, and selected plant starts will be available, but participants are welcome to bring their own or other supplies, like small shovels or trowels. Gloves are highly recommended.

4/19 (1)	F	10 am-12 pm	ES45631
Fir	ID/AP: \$9	SD: \$8	OD: \$11.25



## Container Garden Design and Decoration

Container gardening offers a unique opportunity to showcase your creativity while nurturing plants in a limited space. In this class, we will get creative in the art of container decoration while planting a productive mini-garden for your windowsill, patio or balcony.

4/26 (1)	F	10 am-12 pm	ES45632
Fir	ID/AP: \$14	SD: \$12.50	OD: \$17.50

## Conversational English

Learn to carry on a conversation in English. (Mary Francis) No class on Jan. 15th, Feb. 19th, and May 27th.

1/8-3/18	M	11-12pm	ES35612
Willow	ID:\$35	SD:\$31.50	OD:\$43.75
4/1-6/3	M	11-12pm	ES45612
Willow	ID:\$35	SD:\$31.50	OD:\$43.75



## Newcomers' Welcome!

Join us to learn all about the Elsie Stuhr Center! It's a great way to check out the variety of classes we offer while touring the facility.

2/20	T	11 am	Willow Room
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## Conversational Spanish

Learn to carry on a conversation in Spanish. No class on Jan. 15th, Feb. 19th, and May 27th. (Mary Francis)

1/8-3/18 (9)	M	9:30-11 am	ES35613
Willow	ID/AP: \$72	SD: \$64.75	OD: \$90
4/1-6/3 (9)	M	9:30-11 am	ES45613
Willow	ID/AP: \$72	SD: \$64.75	OD: \$90

## Drama, Playwriting, and Acting Up

We'll talk about the challenges, fears, and joys we experience in our "senior" years. After the initial discussions, we will first write a short story. In subsequent weeks, we will read the stories out loud and choose our favorites to turn into plays. The most exciting part of this is, we will act out the play; assigning various parts, working on a theater presentation, and eventually we will perform the play(s) for an audience of family and friends. No class on Jan. 15th, Feb. 19th, and May 27th.

1/8-3/18 (9)	M	1-2 pm	ES35611
Willow	ID/AP: \$35	SD: \$31.50	OD: \$43.75
4/1-6/3 (9)	M	1-2 pm	ES45607
Willow	ID/AP: \$35	SD: \$31.50	OD: \$43.75

## Grandparenting With Skill and Grace

Being one step away from being a parent with your grandchildren can be a difficult position. We will work on some communication and listening skills that can make a big difference in the success and stability of those very important relationships. A 15-minute break will be observed. (Marilyn)

1/18 (1)	Th	9-11:30 am	ES35618
Willow	ID/AP: \$20	SD: \$18	OD: \$25
5/16 (1)	Th	9-11:30 am	ES45618
Willow	ID/AP: \$20	SD: \$18	OD: \$25

## Women's Clothing and Accessory Exchange

**Friday, March 1st, 10am-1pm**

Join us for the ultimate clothing swap event, where you can trade your gently used fashion gems for someone else's treasures! Bring ONE clothing or accessory item (in good condition) and swap for another one.



## Mental Health 101

This class provides a comprehensive exploration of the most common mental health conditions experienced in our society today. Participants will gain an understanding of evidenced based treatment options and prevention tips to keep your brain and mind healthy. (Andy)

5/6 (1)	M	10:30-11:30 am	ES45633
Cedar Rm	ID/AP: \$9	SD: \$8	OD: \$11.25

## Parenting Grown Children; Patience is a Virtue for All of Us

The role of parent is one we have for the rest of our lives once we have children. This workshop will encourage participants to consider a new perspective that recognizes who holds which problems and how to best deal with concerns parents have about adult children. There will be some opportunities to build some tools for communication and expectations that can be very helpful in those grown up relationships. A 15-minute break will be observed. (Marilyn)

1/11 (1)	Th	9-11:30 am	ES35617
Willow	ID/AP: \$20	SD: \$18	OD: \$25
5/9 (1)	Th	9-11:30 am	ES45617
Willow	ID/AP: \$20	SD: \$18	OD: \$25

## Piano for Beginners I

Students will be taught the basic note values, note reading for ranges in the Middle-C Position, and C-Position, and basic dynamics used in piano. There will be lessons on music theory, sight and note reading, as well as listening exercises. This class is suitable for students who have no prior knowledge in music. Music and Theory exercises will be handed out and assigned by the instructor. The instructor will also tailor the lesson plans based on the assessment of each participant in the group class setting. (Evelyn)

1/10-3/20 (11)	W	9-10:30 am	ES35616
Dogwood	ID/AP: \$279	SD: \$251	OD: \$348.75

## Piano for Beginners II

Students will be taught the basic note values, note reading for ranges in the Middle-C Position, and C-Position, and basic dynamics used in piano. There will be lessons on music theory, sight and note reading, as well as listening exercises. This class is suitable for students who have no prior knowledge in music. Music and Theory exercises will be handed out and assigned by the instructor. The instructor will also tailor the lesson plans based on the assessment of each participant in the group class setting. (Evelyn) No class on Jan. 15th, Feb. 19th, and May 27th.

1/8-3/18 (9)	M	10:30 am-12 pm	ES35614
Dogwood	ID/AP: \$228	SD: \$205	OD: \$285
4/1-6/3 (9)	M	10:30 am-12 pm	ES45627
Dogwood	ID/AP: \$228	SD: \$205	OD: \$285

## Piano, Intermediate

Level 2 (Intermediate) - pre-requisite: students must possess prior knowledge in note values and have basic note reading skills. The class continues the study of G-Position notes, and playing more repertoire and technique using both hands. Bass clef notes will be made the main focus to strengthen hands together playing skills. Accidentals, triads, key signatures will also be introduced in class. (Evelyn) No class on Jan. 15th, Feb. 19th, and May 27th.

1/8-3/18 (9)	M	9-10:30 am	ES35615
Dogwood	ID/AP: \$228	SD: \$205	OD: \$285
4/1-6/3 (9)	M	9-10:30 am	ES45629
Dogwood	ID/AP: \$228	SD: \$205	OD: \$285

## Health & Wellness Groups

### Pre-Diabetes/Diabetes Support Group

A peer-to-peer education and support group focused on Pre-Diabetes and Diabetes.

First Thursdays 1 pm-2 pm Cedar Rm

### Multiple Sclerosis Group

Beaverton MS Support Group is for anyone living with MS or you know someone or are related to someone with MS. The group talks about anything and everything about MS.

Second Thursdays 10 am-12 pm Cedar Rm

### Alzheimer's Support Group

Spouses, caregivers, family and friends of persons suffering from Alzheimer's disease and related dementia meet monthly.

Second Thursdays 12 pm-2 pm Cedar Rm

### Stuhr Book Club

Come join us for a friendly and lively discussion on our book of the month. Book list can be found at the front desk.

Third Thursdays 10:30 am-12 pm Cedar Rm

### Visually Impaired People Beaverton

Come join a group of like-minded people to share stories, tips and information on low vision, and just have fun!

Fourth Thursdays 10am-11am Cedar Rm

### Circle of Friends

Whether you are new to the area, adjusting to life's transitions, or just looking to connect more with others, we all need to feel like we belong! This fun and friendly program facilitates connection between you, your peers and your community. The group meets for five weeks with a facilitator who will help guide the group in discussion, activities, and fun.

Thursdays (May 2nd - 30th) 11am-12:30pm Dogwood Rm

## Roses

Did you know that the rose is the national flower of the U.S.? Come hear more interesting information and learn valuable tips for successfully growing roses from OSU Extension Service Master Gardener. He will share his expertise in cultivating and properly caring for various types of roses. February is the perfect time to prune existing rose plants and to prepare for planting new ones!

2/8 (1) Th 10-11:30 am ES35626  
Cedar Rm ID/AP: \$8 SD: \$7 OD: \$10



## FITNESS

### Spring MELT Series

#### Intro to MELT concepts and techniques, Mini Hand and Foot Treatments

Intro to MELT concepts and techniques, Mini Hand and Foot Treatments. MELT balls for purchase from the instructor. (Gail)

4/3 (1) W 11:15 am-12:15 pm ES42681  
Oak Rm ID/AP: \$15 SD: \$13.50 OD: \$18.75

#### MELT Assessments and Techniques

MELT assessments and techniques, Soft Ball Hand and Foot Treatments. (Gail)

4/10 (1) W 11:15 am-12:15 pm ES42682  
Oak Rm ID/AP: \$15 SD: \$13.50 OD: \$18.75

#### MELT Full Hand and Foot Treatments

MELT Full Hand and Foot Treatments using Large and Small Soft and Firm Balls. (Gail)

4/17 (1) W 11:15 am-12:15 pm ES42683  
Oak Rm ID/AP: \$15 SD: \$13.50 OD: \$18.75

#### MELT 50-Second Facial, Forearm Treatments, Bunion Band

MELT Bonus Treatments, 50-Second Facial, Forearm Treatments, Bunion Band. (Gail)

4/24 (1) W 11:15 am-12:15 pm ES426842  
Oak Rm ID/AP: \$15 SD: \$13.50 OD: \$18.75



### Navigate Your Weight Room

Learn machine adjustments, techniques for using equipment with confidence, and receive a basic exercise program during this 1.5-hour session. Small group format with a limit of 5 participants. (Gretchen)

1/11 (1) Th 9-10:30 am ES32679  
Fitness Room ID/AP: \$18 SD: \$16 OD: \$22.50  
4/11 (1) Th 9-10:30 am ES42679  
Fitness Room ID/AP: \$18 SD: \$16 OD: \$22.50

### REVIVE, Exercise Recovery Program

Recovering from an illness or medical treatment? Regain your strength and create optimal health with this individualized and targeted exercise program. Exercise prescription/workout is based on medical status, fitness level and wellness goal. Medical Release & Health/Medical History Forms requested.

1/9-2/8 (5) T/Th 12-1 pm ES32689  
Fitness Room ID/AP: \$106 SD: \$95.25 OD: \$132.50  
2/13-3/21 (6) T/Th 12-1 pm ES32690  
Fitness Room ID/AP: \$127 SD: \$114.50 OD: \$158.75  
4/2-5/2 (5) T/Th 12-1 pm ES42689  
Fitness Room ID/AP: \$106 SD: \$95.25 OD: \$132.50  
5/7-6/6 (5) T/Th 12-1 pm ES42690  
Fitness Room ID/AP: \$106 SD: \$95.25 OD: \$132.50

Fees: ID/AP=User is in-district or has paid an out-of-district assessment SD=Senior Discount OD=Out-of-district (no assessment paid)



## Weight Room 101

Learn machine adjustments and basic technique for using fitness room equipment during this one-hour session. Please wear fitness apparel. Complimentary and limited to 4 people. (Jeanette)

1/10 (1)	W	10-11 am	ES32688
Fitness Room	Complimentary		
4/3 (1)	W	10-11 am	ES42688
Fitness Room	Complimentary		

## WEIGHT ROOM CLINICS

These clinics will specialize in targeting areas of interest one at a time. A trainer will walk you through specific stretches and strength exercises for the shoulders, back, hips and knees in a small group setting. By the end of each clinic you will have a list of exercises that you can incorporate into your own workout. (Jeanette)

### Low Back/Core

1/24 (1)	W	9:30-11 am	ES32685
Fitness Room	ID/AP: \$18	SD: \$16	OD: \$22.50
4/10 (1)	W	9:30-11 am	ES42685
Fitness Room	ID/AP: \$18	SD: \$16	OD: \$22.50

### Hip/Knee

2/14 (1)	W	9:30-11 am	ES32687
Fitness Room	ID/AP: \$18	SD: \$16	OD: \$22.50
5/1 (1)	W	9:30-11 am	ES42687
Fitness Room	ID/AP: \$18	SD: \$16	OD: \$22.50

### Shoulder

3/6 (1)	W	9:30-11 am	ES32686
Fitness Room	ID/AP: \$18	SD: \$16	OD: \$22.50
5/22 (1)	W	9:30-11 am	ES42686
Fitness Room	ID/AP: \$18	SD: \$16	OD: \$22.50



## 55 + Hikers

Join us for fun, adventure, and to meet new people. Targeted for active adults (55+), these excursions vary in distance and difficulty and take place rain or shine. Participants must be able to walk on uneven surfaces and without assistance. Space is limited and registration is required. Hikes are led by THPRD staff. Transportation not provided.

### Tryon Creek State N.A.

4/27 (1)	S	9-11:30am	ES42691
Offsite	ID:\$11	SD:\$9.75	OD:\$13.75

### Banks-Vernonia State Trail

5/18 (1)	S	9-11:30am	ES42692
Offsite	ID:\$11	SD:\$9.75	OD:\$13.75

### Powell Butte Nature Park

6/8 (1)	S	9-11:30am	ES42693
Offsite	ID:\$11	SD:\$9.75	OD:\$13.75

## SPECIAL EVENTS

### Grandparents Game Day Event

Enjoy a fun day with your grandchildren! There will be cornhole, ping-pong, board games and everyone will get to decorate some delicious sugar cookies. Limited to 2 grandchildren per registered individual. Cookies and decorating kits included.

1/26 (1)	F	12-2 pm	ES36600
Fir	ID/AP: \$18	SD: \$16	OD: \$22.50



### Valentine's Dance

We invite you to come show your love and support for the Stuhr Center this Valentine's Day Dance is our way of showing how much we love ALL of YOU! We'll provide musical entertainment and yummy refreshments for all to enjoy! Must pre-register at the front desk by 2/14.

2/16 (1)	F	12-2 pm	ES38601
Manzanita	ID/AP: \$3	SD: \$3	OD: \$5

### St Patricks' Day Dance

Come prepared for a good time. We'll enjoy wonderful entertainment with live music and nibble on some tasty green refreshments. Must pre-register at the front desk no later than March 13th.

3/15 (1)	F	12-2 pm	ES38602
Manzanita	ID/AP: \$3	SD: \$3	OD: \$5

## Cinco de Mayo Dance

Enjoy the Latin rhythms as we celebrate Cinco de Mayo! Live band will keep you dancing. We'll provide the musical entertainment and yummy refreshments for all to enjoy!

5/3 (1)	F	12-2 pm	ES48601
Manzanita	ID/AP: \$3	SD: \$3	OD: \$5

## National Senior Health & Fitness Day

Rediscover the FUN of fitness! Meet our outstanding fitness instructors, learn about our programs, and get a great workout. Participants will get a 'Passport' stamped for a variety of physical activities and a chance to win fun raffle items! No registration required.

5/29 (1)	W	12-1:30 pm	ES48602
Manzanita	Complimentary		

## SPORTS

### Pickleball

Come join the fun and learn how to play America's fastest growing sport that is suitable for ages 5 to 99! You will learn the basic rules of pickleball to get you started on the court. (Evelyn)

4/3-5/8 (6)	W	9-10:30 am	ES42603
Outdoor Court	ID:\$107	SD:\$96.25	OD:\$133.75
4/3-5/8 (6)	W	10:30-12 pm	ES42604
Outdoor Court	ID:\$107	SD:\$96.25	OD:\$133.75

## TRIPS AND TOURS

### Ilani Casino

Join the Stuhr Center as we head to Ilani in Ridgefield. Play in their nearly 3,000 slots and 75 gaming tables and dine in any of their 16 different restaurants and bars. Enjoy free live entertainment and a \$10 promo play card. Trip includes transportation and escort. Food and play on your own.

3/1 (1)	F	10 am-4 pm	ES37601
OffSite	ID/AP: \$28	SD: \$25	OD: \$35

### Portland Spirit Lunch Cruise

Come with us as we hop aboard the Portland Spirit for a memorable lunch adventure on the beautiful Willamette River. See all the city has to offer as we travel up river to the historic Milwaukie Waterfront. Transportation, lunch and escort included.

4/18 (1)	Th	10:30 am-3 pm	ES47601
OffSite	ID/AP: \$88	SD: \$79	OD: \$110

### Scenic Oregon Coast Train Ride, Shopping and Lunch

Travel with us to beautiful Rockaway Beach where we'll board the Oregon Coast Scenic Railroad for a relaxing 90-minute ride along the coast. Upon return, explore the town for lunch and shopping. Fees include train ride, lunch, escort, and transportation.

5/30 (1)	Th	8 am-5 pm	ES47602
OffSite	ID/AP: \$87	SD: \$78.25	OD: \$108.75

## Stuhr Center Weight/Cardio Room

### Weight Room Orientation

Learn the proper techniques for using the weight room equipment. This is an hour long session led by a certified personal trainer that can get your workout routine off to a great start! Discuss goals and learn how to use some of our weight and cardio machines.

**\$58.25 ID/ \$72.75 OD**

### Personal Training

Private appointments with a certified personal trainer to customize your fitness program, offer accountability and help you reach your goals. Each session is one hour in length.

**1 session \$65.50 ID/ \$81.75 OD**

**3 sessions \$196.50 ID/ \$245.50 OD**

**6 sessions \$393 ID/ \$491.25 OD**

### Buddy Training

Working out with a friend is great accountability and just plain fun! Each session is one hour in length, cost is per person. Must have at least two people in group at time of registration

**1 session \$49.25 ID/ \$61.50 OD**

**3 sessions \$147.75 ID/ \$184.50 OD**

**6 sessions \$295.50 ID/ \$369.25 OD**

*We request 24-hour cancellation on all personal training appointments.*

## Come to Lunch at the Stuhr Center

Beaverton Meals on Wheels is the meal provider at the Elsie Stuhr Center. Come to lunch Mondays and Wednesdays from 11:30am-1pm. Cost per person is \$9.05. For those ages 60 and older, please donate what you are able. Entertainment provided while lunch is served.

**Meals on Wheels: 503-643-8352**



### Fitness Class Intensity Guide

The following can be utilized as a guide to the type of fitness class you may be looking for.

**Athlete (Advanced Level)** - This is a class for those that exercise or participate in sports nearly every day. Higher intensity workouts with more challenging strength and conditioning portion. Floor work included. Exercise will help build reserve and maintain level of fitness, and provides conditioning for improving performance.

**Active Now (Intermediate Level)** - This class is for individuals who exercise at least twice a week and engage in physical activity most days of the week. Classes include moderate intensity, low impact exercise. May include moderate strength and stretching exercises. There will be optional floor work.

**Just getting started (Entry Level)** - This class is for beginners or those returning to exercise. Class includes basic steps, gentle pace, lower intensity. May include seated or standing light strength and stretching exercises. Class will help maintain and improve physical function to remain independent and prevent illness, disability or injury.

**Need a little help (Chair Fitness)**- This class is for those wishing to exercise while seated. Class includes rhythmic movement, range of motion, strength, balance, and stretching exercises. Class will help maintain or improve physical function for basic self-care.



## Elsie Stuhr Center Fitness Class Descriptions

**Athlete:** Exercises almost every day or works at a physically demanding job.

**Aerobic Total Body Workout (TBW)** This class is designed for the experienced exerciser or fit newcomer. It includes warmup and low-impact aerobic conditioning with intervals of strength and endurance work. It's a great total-body workout to start your day.

**Functional Kettlebells** This class is a complement to those who have already been exercising regularly and who wish to translate their physical fitness into functional longevity. Become stronger for the fitness classes that you already love to do and also earn the skills to be physically independent longer as you age! This class slows down functional movement patterns and core strengthening exercises into methodical mindful practice using your own bodyweight, kettlebells, and incremental progressions. Not appropriate for beginners.

**TRX Circuit** This class is a total body workout. Circuit training allows you to move through a variety of strength and cardio stations utilizing weights, bands, and, the TRX. Come ready to sweat! This class is not appropriate for beginners.

**Women's Strength Training** This class is dedicated to women 55+ seeking an empowering environment to learn how to move independently with confidence. Exercises include aerobic and strength training through the use of equipment that can be modified for all levels.

**Active Now:** These classes are for those who are active at least twice a week.

**20/20/20** Get three types of fitness for three times the fun! Aerobics to start, followed by strength training, and finishing with flexibility exercises.

**Yoga, All Levels** Practice poses with an emphasis on breath, alignment, symmetry and technique to build strength, flexibility and balance. Develop the mind-spirit connection in a structured, progressive format.

**Zumba Gold** A modified version of Zumba. Participants enjoy low-impact, simple moves.

**Getting Started:** Entry level or those returning to exercise.

**Ageless Conditioning** Combines aerobic, strengthening and flexibility exercises specifically to enhance strength, balance, joint range of motion, mobility and extend independent living.

**Cardio Fusion** A workout that pairs moderate aerobics with exercises and dance moves that are designed to improve balance, coordination and flexibility. You'll also use light weights/bands for some toning work. This workout gets the heart rate up without stressing the knees, legs and lower back. Effective exercise, dance and music make for a fun workout.

**Essentrics** A workout that draws on the flowing movements of Tai Chi creating health and balance, principles of physiotherapy which create a pain free body, and strengthening theories. Floor work may be included at end of class.

**Pilates** A low impact gentle form of exercise. It's perfect for all levels of exercisers who are looking to remarkably increase their muscle strength/endurance, balance, range of motion, coordination and overall body awareness.

**Tai Chi, Basic Footwork & Balance** Designed for beginning students, class introduces concepts, focuses on balance and footwork and lays ground work for learning the Tai Chi Ch'uan 24 form.

**Tai Chi 24 Form Beginning** Designed for beginning students, this class introduces Tai Chi concepts and the first part (Forms 1 through 12). Practice meditative mind-body exercise with slow and rhythmical movements to increase balance, flexibility, muscle strength, and enhance well-being.

**Yoga, Gentle** Learn how to stretch with simple movements and conscious breathing; increase strength and flexibility and bring calmness to the mind. For students with little or no yoga experience.

**Needs a Little Help:** For those wishing to exercise while primarily seated.

**Balance Basics** Beginning class to work on balance and stability by strengthening the hip/leg muscles and abdominal muscles; learn positive techniques and balance exercises to improve confidence. Includes seated moves and standing moves done with chair for support.

**FUNCTIONAL Chair Fitness** Move through a variety of exercises designed to improve strength, balance, and range of motion. A chair is available for seated or standing support.

**Total Body Workout (TBW) From A Chair with Balance** This class focuses on exercises for strength, full-body cardiovascular moves, and flexibility -- all while seated. Balance work will be with a chair for support. This is a great class to get fit and meet people.

**Yoga, Chair** Increase flexibility, balance, strength and calmness with yoga movements done from a chair. Yoga revitalizes the respiratory, nervous, endocrine, digestive and other major systems of the body.

Stop into the center for a paper copy of the schedule or find it online: <https://www.thprd.org/facilities/recreation/elsie-stuhr-center>. Classes and instructors are subject to change at any time without notice. We recommend checking the website for the most up-to-date schedule.



# Garden Home Recreation Center

**7475 SW Oleson Road  
Portland, 97223  
503-629-6341**

TriMet Route #45

**Facility Supervisor:** Karol Johnston

**Center Hours:**

Monday-Friday: 8 am-8 pm

Saturday-Sunday: Closed

**Facility Closed:**

- MLK: Monday, January 15
- Presidents' Day: Monday, February 19
- Memorial Day: May 27, 2024
- Juneteenth: Wednesday, June 19

**Facility Features:**

- Weight room/fitness center, shower/locker rooms
- THRIVE Afterschool Enrichment Program
- Indoor gym for drop-in sports
- Kitchen for cooking classes
- Fully-equipped gymnastics room, three dance/fitness studio rooms
- Gym with stage
- Sports fields, outdoor playground and play equipment
- Fanno Creek Regional Trail (walking, running and biking)
- West Portland Boxing Team
- Garden Home Community Library

### Facility Rentals

The Garden Home Recreation Center is available for rental space during building hours. Visit our website or call 503-629-6341 for more information.



### Have a good program idea?

Are you interested in teaching a new class? Contact Karol Johnston at [k.johnston@thprd.org](mailto:k.johnston@thprd.org) or call 503-629-6341 X 2340

### Fitness Classes and Drop-In Sports

See page XXX for Garden Home Recreation Center's description of classes.

## Events

**Black History 101  
Mobile Museum Exhibit**  
January 13, 2024 • 10 am-3 pm

**Marhaba Arab Community Event**  
April 20, 2024 • 11 am-3 pm

**Día de Los Niños**  
April 30, 2024 • 6-8 pm

**Armed Forces Day Celebration**  
May 17, 2024 • 11:30 am-1 pm

**Pride Party**  
June 7, 2024 • 6-9 pm

## Spring Break Camps

All-day Spring break camp fun! Each day will include games, sports, arts and crafts, and more. Register for single days or the whole week. Please remember to send your child everyday with a water bottle, lunch, and a snack.

3/25 (1) Rm C	M	8 am-6 pm ID/AP: \$65	6-10 yrs OD: \$81.25	GH37201A
3/26 (1) Rm C	T	8 am-6 pm ID/AP: \$65	6-10 yrs OD: \$81.25	GH37201B
3/27 (1) Rm C	W	8 am-6 pm ID/AP: \$65	6-10 yrs OD: \$81.25	GH37201C
3/28 (1) Rm C	Th	8 am-6 pm ID/AP: \$65	6-10 yrs OD: \$81.25	GH37201D
3/29 (1) Rm C	F	8 am-6 pm ID/AP: \$65	6-10 yrs OD: \$81.25	GH37201E



**gardenhomelibrary.org | 503-245-9932**

**Hours: Monday-Friday, 10 am-6 pm  
Saturday, 10 am-3 pm**

Garden Home Community Library is located within our center. A member of Washington County Cooperative Library Services, the library opens the door to an incredibly rich, county-wide collection of books, movies, music, games and more. Visit to explore the collection, use a computer, printer or Wi-Fi, get reading recommendations, and relax.



**Licensed Preschools**

Listed below are two preschools that are housed in the Garden Home Recreation Center.

**Funny Farm Early Learning Center, Inc.**  
503-245-3107  
**Head Start** – 503-693-3262

**West Portland & Beaverton Boxing**

*"Building champions of the heart, mind and body."*



Registration is accepted anytime throughout the year. For more details, call Jason Marquait, head coach, at 503-246-0131. Hablamos Espanol.



**Tuesdays: 10:30 AM-12 PM  
Thursdays: 9-10:30 AM and 10:45 AM-12 PM  
Fridays: 4-6 PM  
ID: \$5.50 OD: \$7.50**

**Mini Athletes!  
(Drop-In program)**

This program is an adult/guardian-led open gym for little ones 1 to 5 years old to play and explore on the various gym equipment.



**Rec Mobile**

Every child deserves a chance at a healthy lifestyle that includes active play, challenging activities, creative projects, and encouraging mentors!

THPRD's Rec Mobile provides free athletic, artistic, and educational programs at local schools (in conjunctions with their meal programs), parks and housing complexes.



# THRIVE

## Afterschool Program

Teaching Healthy Responsible

Individuals Values and Education

We provide high quality afterschool care in a safe and nurturing environment. We provide an active program for all abilities. Children take part in arts and craft projects, physical activities, cooking, enrichment activities and supervised homework time. Students are led in a group community service project. Program is available from school release time to 6 pm, Monday-Friday.

### VIRTUAL OPEN HOUSE

Wednesday, April 25  
Presentation 6-6:30 pm  
Q&A Session 6:30-7 pm

### REGISTRATION: 2024-2025 School Year

- **Monday, May 6 - Sunday, May 12:** Registration opens for current participants.
- **Monday, May 13 - Wednesday, May 15:** Registration window for enrolled participant's siblings is open.
- **Thursday, May 16:** Open enrollment will begin provided space in the program remains.

A non-refundable \$50 enrollment fee is due at time of registration.



## Arts & Crafts – Preschool

### Come Paint With Me

In this class, caregivers and their child will paint together using a variety of objects. Marble painting, shaving cream painting and more! Adult participation required. \*One child/one adult.

1/9-3/12 (10) Rm 13	T	10-11 am ID/AP: \$73	2-5 yrs OD: \$91.25	GH34101
4/2-6/4 (10) Rm 13	T	10-11 am ID/AP: \$73	2-5 yrs OD: \$91.25	GH44101

### Crazy Creations

Learn how to draw simple objects, animals with the help of shapes and numbers or alphabets. Have fun using colors, paint, glue, cutting and pasting. We will create some fun things with reusable materials easily found at home. Adult participation required. \*One child/one adult.

1/11-3/14 (10) Rm 13	Th	10-11 am ID/AP: \$60	2-5 yrs OD: \$75	GH34100
4/4-6/6 (10) Rm 13	Th	10-11 am ID/AP: \$54	2-5 yrs OD: \$67.50	GH44100

## Arts & Crafts – Youth

### Afterschool Artists

Be inspired by the masters and experience lots of mediums: paint, pastels, clay, mixed media, and more.

1/9-3/12 (10) Rm 13	T	5-6 pm ID/AP: \$101	8-11 yrs OD: \$126.25	GH34205
4/2-6/4 (10) Rm 13	T	5-6 pm ID/AP: \$101	8-11 yrs OD: \$126.25	GH44205

### Art Exploration

Let this class be your art outlet! Your art teacher will have a guided project for the day, including canvas, paper mache, decoupage, and more!

1/9-3/12 (10) Rm 13	T	3:45-4:30 pm ID/AP: \$86	5-7 yrs OD: \$107.50	GH34202
4/2-6/4 (10) Rm 13	T	3:45-4:30 pm ID/AP: \$86	5-7 yrs OD: \$107.50	GH44202

### Art with Clay

Students in this class will use clay as a medium to express their artistic ideas. Coil pots, sculptures and much more! No Class 1/15, 2/19, and 5/27.

1/8-3/11 (8) Rm 13	M	3:30-4:30 pm ID/AP: \$81	6-8 yrs OD: \$101.25	GH34203
1/8-3/11 (8) Rm 13	M	5-6 pm ID/AP: \$81	9-12 yrs OD: \$101.25	GH34204
4/1-6/3 (9) Rm 13	M	3:30-4:30 pm ID/AP: \$91	6-8 yrs OD: \$113.75	GH44203
4/1-6/3 (9) Rm 13	M	5-6 pm ID/AP: \$101	9-12 yrs OD: \$126.25	GH44204

### Cartooning & Anime

Design cartoon characters and anime drawings using fundamental skills in this beginner's cartooning/anime class for youth inspired by anime culture.

1/10-3/13 (10) Rm 13	W	3:30-4:30 pm ID/AP: \$101	6-8 yrs OD: \$126.25	GH34206
1/10-3/13 (10) Rm 13	W	5-6 pm ID/AP: \$101	9-12 yrs OD: \$126.25	GH34207
4/3-6/5 (10) Rm 13	W	3:30-4:30 pm ID/AP: \$101	6-8 yrs OD: \$126.25	GH44206
4/3-6/5 (10) Rm 13	W	5-6 pm ID/AP: \$101	9-12 yrs OD: \$126.25	GH44207

## Nature Inspired Art

Join our instructor, gather and explore our natural surroundings by using nature landscapes and inspiration to create art.

1/11-3/14 (10) Rm 13	Th	3:45-4:30 pm ID/AP: \$87	5-7 yrs OD: \$108.75	GH34200
1/11-3/14 (10) Rm 13	Th	5-5:45 pm ID/AP: \$87	8-11 yrs OD: \$108.75	GH34201
4/4-6/6 (10) Rm 13	Th	3:45-4:30 pm ID/AP: \$87	5-7 yrs OD: \$108.75	GH44200
4/4-6/6 (10) Rm 13	Th	5-5:45 pm ID/AP: \$87	8-11 yrs OD: \$108.75	GH44201

## Paper Art

In this class students will be using paper to create amazing works of art. Book making, collage and much more!

1/12-3/15 (10) Rm 13	F	3:30-4:30 pm ID/AP: \$99	6-8 yrs OD: \$123.75	GH34208
1/12-3/15 (10) Rm 13	F	5-6 pm ID/AP: \$99	9-12 yrs OD: \$123.75	GH34209
4/5-6/7 (10) Rm 13	F	3:30-4:30 pm ID/AP: \$99	6-8 yrs OD: \$123.75	GH44208
4/5-6/7 (10) Rm 13	F	5-6 pm ID/AP: \$99	9-12 yrs OD: \$123.75	GH44209



## Dance – Preschool

### Dancing & Twirling

Little ones will love participating in movement activities that incorporate dance, batons, tumbling and playing with props like balls and scarves. Activities introduced will help develop balance, motor skills and more. Adult participation required; no unregistered siblings allowed in class. Recital Class. No Class 1/15, 2/19, and 5/27.

1/8-3/11 (8) Rm 14	M	9-9:45 am ID/AP: \$61	2-3 yrs OD: \$76.25	GH31107
4/1-6/3 (9) Rm 14	M	9-9:45 am ID/AP: \$69	2-3 yrs OD: \$86.25	GH41107

### Dance Combo

Experience ballet, jazz, hip-hop, and creative movement all in one class. We will use props and play games as we discover the joy of dance. Recital Class. No Class 1/15, 2/19, and 5/27.

1/8-3/11 (8) Rm 14	M	10-10:45 am ID/AP: \$61	3-5 yrs OD: \$76.25	GH31105
1/9-3/12 (10) Rm 14	T	4-4:45 pm ID/AP: \$76	3.5-5 yrs OD: \$95	GH31106
4/1-6/3 (9) Rm 14	M	10-10:45 am ID/AP: \$69	3-5 yrs OD: \$86.25	GH41105
4/2-6/4 (10) Rm 14	T	4-4:45 pm ID/AP: \$76	3.5-5 yrs OD: \$95	GH41106

## Pre-Ballet

A fun experience for young dancers first independent ballet class. Develop grace, good posture and coordination while dancing to loved songs. Basic ballet movements explored through age-appropriate games and dance props.

1/11-3/14 (10) Rm 14	Th	4-4:45 pm ID/AP: \$76	4-6 yrs OD: \$95	GH31108
4/4-6/6 (10) Rm 14	Th	4-4:45 pm ID/AP: \$76	4-6 yrs OD: \$95	GH41108

## Ballet/Tap

Sample two of the most fundamental dance forms in this fun class. Recital Class: Price by costume is included in the class fee. Some classes require parents/guardians to provide additional basic costume needs. No Class 1/15, 2/19, and 5/27.

1/8-3/11 (16) Rm 14	M	11:15 am-12 pm ID/AP: \$66	4-6 yrs OD: \$82.50	GH31102
1/9-3/12 (10) Rm 14	T	5-5:45 pm ID/AP: \$76	4-6 yrs OD: \$95	GH31103
4/1-6/3 (9) Rm 14	M	11:15 am-12 pm ID/AP: \$69	4-6 yrs OD: \$86.25	GH41102
4/2-6/4 (10) Rm 14	T	5-5:45 pm ID/AP: \$76	4-6 yrs OD: \$95	GH41103

## Dance – Youth

### Ballet

Traditional ballet techniques class. Comprehensive barre and center work for returning and motivated beginners. Students develop strength, flexibility, coordination, and confidence.

1/11-3/14 (10) Rm 14	Th	5-5:45 pm ID/AP: \$76	6-9 yrs OD: \$95	GH31200
4/4-6/6 (10) Rm 14	Th	5-5:45 pm ID/AP: \$73	6-9 yrs OD: \$91.25	GH41200

### Ballet/Tap/Jazz

Ready for variety? We'll learn some basic technique and fun routines in this fast paced class. Tap shoes required. Recital Class: Price of costume is included in class fee. Some classes require parents/guardians to provide additional basic costume needs.

1/9-3/12 (10) Rm 14	T	6:05-7 pm ID/AP: \$88	6-9 yrs OD: \$110	GH31201
4/2-6/4 (10) Rm 14	T	6:05-7 pm ID/AP: \$88	6-9 yrs OD: \$110	GH41201

## Musical Theater

Act, sing and dance as we recreate scenes from spellbinding stories! Winter session theme: Frozen/Frozen 2. Recital Class: Price of costume is included in class fee. Some classes require parents/guardians to provide additional basic costume needs.

1/11-3/14 (10) Rm 14	Th	6:05-7 pm ID/AP: \$88	6-9 yrs OD: \$110	GH31202
4/4-6/13 (11) Rm 14	Th	6:05-7 pm ID/AP: \$97	6-9 yrs OD: \$121.25	GH41202



## Dance classes: What should I wear?

Clothing that allows for a full range of movement such as leggings, tights, or sweatpants with a leotard or t-shirt. Shoes are determined by the style of the dance. (Ballet shoes or bare feet for ballet; athletic shoes for hip hop; tap shoes for tap).

Fees: ID/AP = User is in-district or has paid an out-of-district assessment, OD = Out-of-district (no assessment paid)



## Dance – Teen/Adult

### Adult Tap: Beginner/Intermediate

A great class for the new tapper or anyone who needs to review the basics. You'll be doing the soft shoe in just a few weeks! Tap shoes preferred, ballet shoes or socks acceptable.

1/11-3/14 (10) Rm 14	Th	7:15-8 pm ID/AP: \$88	13-adult OD: \$110	<b>GH31301</b>
4/4-6/6 (10) Rm 14	Th	7:15-8 pm ID/AP: \$89	13-adult OD: \$111.25	<b>GH41301</b>

### Advanced Tap for Adults

This class is for the advanced tapper ready to explore complex rhythms and fun choreography. Must have at least 1 year of Tap experience or permission of instructor to register.

1/9-3/12 (10) Rm 14	T	7:05-8 pm ID/AP: \$117	13-adult OD: \$146.25	<b>GH31300</b>
4/2-6/4 (10) Rm 14	T	7:05-8 pm ID/AP: \$117	13-adult OD: \$146.25	<b>GH41300</b>

### Beginning Belly Dance

Learn the basic isolations and fluid movements of Belly Dance while building core strength and enhancing flexibility. Good for all levels, from beginners to dancers with previous experience who want to fine tune their skills. Class includes movement practice, veil work, and short choreography. No Class 1/15, 2/19, and 5/27.

1/8-3/11 (8) Rm 8	M	6:30-7:30 pm ID/AP: \$94	adult OD: \$117.50	<b>GH31302</b>
4/1-6/3 (9) Rm 8	M	6:30-7:30 pm ID/AP: \$106	adult OD: \$132.50	<b>GH41302</b>



## Gymnastics – Preschool

### Tumble Bears: Pre Gym

This is an introduction to Gymnastics for preschool aged children. In this class they will be introduced to gymnastics events through fun obstacle courses and drills. They will focus on beginning gymnastics skills, flexibility, and strength, following directions, and listening. No gymnastics experience is necessary. No Class 1/15, 2/19, and 5/27.

1/8-3/11 (8) Rm 3	M	5:30-6:15 pm ID/AP: \$97	3-5 yrs OD: \$121.25	<b>GH33105</b>
1/9-3/12 (10) Rm 3	T	5:30-6:15 pm ID/AP: \$121	3-5 yrs OD: \$151.25	<b>GH33107</b>
1/11-3/14 (10) Rm 3	Th	5:30-6:15 pm ID/AP: \$121	3-5 yrs OD: \$151.25	<b>GH33109</b>
4/1-6/3 (9) Rm 3	M	5:30-6:15 pm ID/AP: \$109	3-5 yrs OD: \$136.25	<b>GH43105</b>
4/2-6/4 (10) Rm 3	T	5:30-6:15 pm ID/AP: \$121	3-5 yrs OD: \$151.25	<b>GH43107</b>
4/4-6/6 (10) Rm 3	Th	5:30-6:15 pm ID/AP: \$121	3-5 yrs OD: \$151.25	<b>GH43109</b>



## Gymnastics – Youth

### Gymnastics: Beginner I

Recommended for students who have had a pre-gymnastics class prior. Emphasis on strength and flexibility skills needed for gymnastics. The main skills introduced are forward and backward rolls, handstands, cartwheels, and bridge. No Class 1/15, 2/19, and 5/27.

1/8-3/11 (8) Rm 3	M	6:45-7:30 pm ID/AP: \$97	6-8 yrs OD: \$121.25	<b>GH33106</b>
1/9-3/12 (10) Rm 3	T	6:45-7:30 pm ID/AP: \$121	6-8 yrs OD: \$151.25	<b>GH33108</b>
1/11-3/14 (10) Rm 3	Th	6:45-7:30 pm ID/AP: \$121	6-8 yrs OD: \$151.25	<b>GH33110</b>
4/1-6/3 (9) Rm 3	M	6:45-7:30 pm ID/AP: \$109	6-8 yrs OD: \$136.25	<b>GH43106</b>
4/2-6/4 (10) Rm 3	T	6:45-7:30 pm ID/AP: \$121	6-8 yrs OD: \$151.25	<b>GH43108</b>
4/4-6/6 (10) Rm 3	Th	6:45-7:30 pm ID/AP: \$121	6-8 yrs OD: \$151.25	<b>GH43110</b>

## Sports & Fitness – Preschool

### Pee Wee Sports

Learn the fundamentals of the game - dribbling, passing, and shooting in a non-competitive environment all while having lots of fun!

1/9-3/12 (10) Gym	T	3:15-4 pm ID/AP: \$66	3-5 yrs OD: \$82.50	<b>GH32100</b>
4/2-6/4 (9) Gym	T	3:15-4 pm ID/AP: \$59	3-5 yrs OD: \$73.75	<b>GH42100</b>

Fees: ID/AP = User is in-district or has paid an out-of-district assessment, OD = Out-of-district (no assessment paid)

## Taekwondo: Little Dragons

Learn Taekwondo philosophy, basics, drills, and self-defense techniques in this fun, safe environment. Rank promotion available from white belt through black belt. Instructors are Kukkiwon / World Taekwondo certified. No Class 1/15, 2/19, and 5/27.

1/8-3/11 (8)	M	3:15-3:45 pm	3-5 yrs	GH32130
Gym		ID/AP: \$42	OD: \$52.50	
1/10-3/13 (10)	W	3-3:25 pm	3-5 yrs	GH32131
Gym		ID/AP: \$52	OD: \$65	
1/10-3/13 (10)	W	3:30-3:55 pm	3-5 yrs	GH32132
Gym		ID/AP: \$52	OD: \$65	
4/1-6/3 (9)	M	3:15-3:45 pm	3-5 yrs	GH42130
Gym		ID/AP: \$48	OD: \$60	
4/3-6/5 (9)	W	3-3:25 pm	3-5 yrs	GH42131
Gym		ID/AP: \$43	OD: \$53.75	
4/3-6/5 (9)	W	3:30-3:55 pm	3-5 yrs	GH42132
Gym		ID/AP: \$43	OD: \$53.75	



## Sports & Fitness – Youth

### Basketball: Level 1

Athletes will focus on teamwork, fair play, drills, dribbling and scrimmages in a fun and encouraging atmosphere.

1/9-3/12 (10)	T	4:10-4:55 pm	5-7 yrs	GH32200
Gym		ID/AP: \$66	OD: \$82.50	

### Basketball: Level 2

Athletes will focus on improving skills already established. The focus will be on elevating a sense of teamwork, fair play, drills, dribbling and scrimmages in a fun and encouraging atmosphere.

1/9-3/12 (10)	T	5:10-5:55 pm	6-9 yrs	GH32001
Gym		ID/AP: \$66	OD: \$82.50	

### Basketball: Scrimmages

Athletes will focus on improving skills already established. The focus will be on elevating a sense of teamwork, fair play, drills, dribbling and scrimmages in a fun and encouraging atmosphere. An emphasis on scrimmaging will take place in this class to put already developed skills into play.

1/9-3/12 (10)	T	6-6:45 pm	8-10 yrs	GH32212
Gym		ID/AP: \$66	OD: \$82.50	

### Soccer: Level 1

Athletes will focus on teamwork, fair play, drills, dribbling and scrimmages in a fun and encouraging atmosphere.

4/2-6/4 (9)	T	4:10-4:55 pm	5-7 yrs	GH42200
Gym		ID/AP: \$59	OD: \$73.75	

### Soccer: Level 2

Athletes will focus on improving skills already established. The focus will be on elevating a sense of teamwork, fair play, drills, dribbling and scrimmages in a fun and encouraging atmosphere.

4/2-6/4 (10)	T	5:10-5:55 pm	6-9 yrs	GH42001
Gym		ID/AP: \$66	OD: \$82.50	

### Soccer: Scrimmages

Athletes will focus on improving skills already established. The focus will be on elevating a sense of teamwork, fair play, drills, dribbling and scrimmages in a fun and encouraging atmosphere. An emphasis on scrimmaging will take place in this class to put already developed skills into play.

4/2-6/4 (10)	T	6-6:45 pm	8-10 yrs	GH42002
Gym		ID/AP: \$66	OD: \$82.50	

### Taekwondo: White Tigers

Learn Taekwondo philosophy, basics, drills, and self-defense techniques in this fun, safe environment. Rank promotion available from white belt through black belt. Instructors are Kukkiwon/World Taekwondo certified. No Class 1/15, 2/19, and 5/27.

1/8-3/11 (8)	M	4-5 pm	6-14 yrs	GH32220
Gym		ID/AP: \$85	OD: \$106.25	
4/1-6/3 (9)	M	4-5 pm	6-14 yrs	GH42220
Gym		ID/AP: \$96	OD: \$120	

### Family Taekwondo

Learn Taekwondo philosophy, basics, drills, and self-defense techniques in this fun, safe environment. Rank promotion available from white belt through black belt. Instructors are Kukkiwon/World Taekwondo certified. No Class 1/15, 2/19, and 5/27.

1/8-3/11 (8)	M	5:15-6:15 pm	6-adult	GH32230
Gym		ID/AP: \$85	OD: \$106.25	
4/1-6/3 (9)	M	5:15-6:15 pm	6-adult	GH42230
Gym		ID/AP: \$96	OD: \$120	

## Archery

### Archery Fun

\$68 lab fee payable to the instructor on the first night. This is a 4-week indoor program. Archery is presented to beginners in a recreational format. Children, 7 & up, and adults are welcome. You'll start at the beginning learning archery techniques and safety. Each week is different.

**Held at: Archers Afield, 11945 SW Pacific Hwy Ste #121, Tigard, OR 97223  
Tigard Plaza Shopping Center, Lower Level, Corner of Hall and Hwy 99**

1/13-2/3 (4)	S	11 am-12 pm	7-99 yrs	GH32231
Offsite		ID/AP: \$15	OD: \$18.75	
1/14-2/4 (4)	SU	4-5 pm	7-99 yrs	GH32232
Offsite		ID/AP: \$15	OD: \$18.75	
2/10-3/2 (4)	S	11 am-12 pm	7-99 yrs	GH32233
Offsite		ID/AP: \$15	OD: \$18.75	
2/11-3/3	SU	4-5 pm	7-99 yrs	GH32234
Offsite		ID/AP: \$15	OD: \$18.75	
4/6-4/27	S	11 am-12 pm	7-99 yrs	GH42231
Offsite		ID/AP: \$15	OD: \$18.75	
4/7-4/28	SU	4-5 pm	7-99 yrs	GH42232
Offsite		ID/AP: \$15	OD: \$18.75	
5/4-5/25	S	11 am-12 pm	7-99 yrs	GH42233
Offsite		ID/AP: \$15	OD: \$18.75	
5/5-5/26	S	11 am-12 pm	7-99 yrs	GH42234
Offsite		ID/AP: \$15	OD: \$18.75	

Fees: ID/AP = User is in-district or has paid an out-of-district assessment, OD = Out-of-district (no assessment paid)

## Adaptive Sport Center

An inclusive sports-based program designed to provide the basics of participation in sports. Kids will play at their own level while developing essential socialization skills and learning about peer unity through team play. **Classes are hosted at Garden Home Recreation Center in the Gym.**

1/12-2/2 (4) Gym	F	5:30-6:15pm ID/AP: \$40	5-7yrs OD: \$50	TR32701
1/12-2/2 (4) Gym	F	6:20-7:05pm ID/AP: \$40	8-11yrs OD: \$50	TR32702
2/9-3/1 (4) Gym	F	5:30-6:15pm ID/AP: \$40	5-7yrs OD: \$50	TR32703
2/9-3/1 (4) Gym	F	6:20-7:05pm ID/AP: \$40	8-11yrs OD: \$50	TR32704
4/12-5/3 (4) Gym	F	5:30-6:15pm ID/AP: \$40	5-7yrs OD: \$50	TR42705
4/12-5/3 (4) Gym	F	6:20-7:05pm ID/AP: \$40	8-11yrs OD: \$50	TR42706
5/10-5/31 (4) Gym	F	5:30-6:15pm ID/AP: \$40	5-7yrs OD: \$50	TR42707
5/10-5/31 (4) Gym	F	6:20-7:05pm ID/AP: \$40	8-11yrs OD: \$50	TR42708

## Spring Break Archery Mini Camp

3 days of indoor archery! Learn to shoot, score, balloons, and a team event! \$60 lab fee payable to the instructor on the first day.

Held at: Archers Afield, 11945 SW Pacific Hwy Ste #121, Tigard, OR 97223  
Tigard Plaza Shopping Center, Lower Level, Corner of Hall and Hwy 99

3/25-3/27 Offsite	M-T-W	10:30-11:30am ID/AP: \$15	7-99 yrs OD: \$18.75	GH42235
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## Fitness - Teen/Adult

### Navigate Your Weight Room

Learn machine adjustments, basic technique for using fitness room equipment, and receive a basic exercise program during this 1-1/2 hour session with a certified personal trainer. Small group format. Maximum five people (David).

1/23 (1) Wt Rm	T	5:30-7 pm ID/AP: \$18	14-adult OD: \$22.50	GH32573
4/23 (1) Wt Rm	T	5:30-7 pm ID/AP: \$18	14-adult OD: \$22.50	GH42573

## Back/Core Clinic

This clinic will specialize in targeting the back and core area of the body. A trainer will walk you through specific stretches and strength exercises in a small group setting and provide a list of exercises that you can incorporate into your own workout (Tristan).

1/18 (1) Wt Rm	Th	6-7:30 pm ID/AP: \$18	14-adult OD: \$22.50	GH32575
4/18 (1) Wt Rm	Th	6-7:30 pm ID/AP: \$18	14-adult OD: \$22.50	GH42575

## MELT: Stabilize Hips, NueroCore Strength

Hip Stability / NeuroCore Strength: Take your exercise recovery to the next level with MELT Performance. Accelerate your fitness goals: improve balance and neuromuscular control, prevent chronic pain and injuries (Lori).

2/13 (1) Rm 8	T	6-7:30 pm ID/AP: \$20	14-adult OD: \$25	GH32574
4/16 (1) Rm 8	T	6-7:30 pm ID/AP: \$20	14-adult OD: \$25	GH42574

## General Interest

### Cooking Authentic Indian Food: Vegetarian Food

Curious if vegetarian cooking is for you? Learn the basics of lentils & legumes' nutrition. Learn to cook delicious though simple curry and bread with very few ingredients. Join us for a fun and interactive experience where you will come to enjoy a full meal. Come hungry, we will sample our creations. 1 day class

2/1-2/22 (4) Kitchen	Th	5:30-7:30 pm ID/AP: \$133	16-adult OD: \$166.25	GH35500
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### Cooking Authentic Indian Food: Teas, Snacks & Appetizers

Explore various types of Indian tea. Find your favorite cup of tea. Learn to make some snacks & appetizers to go with your tea. 1 day class

3/7-3/28 (4) Kitchen	Th	5:30-7:30 pm ID/AP: \$133	16-adult OD: \$166.25	GH35501
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### Cooking Authentic Indian Food: South Indian Food

Wish to explore Street food from Southern India? Join us to make delicious Dosa which is a delicious crepe served with flavor packed chutneys & Sambhar (lentil soup). 1 day class

4/4-4/25 (4) Kitchen	Th	5:30-7:30 pm ID/AP: \$133	16-adult OD: \$166.25	GH35502
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### Cooking Authentic Indian Food: Curries, Spices & Flat Breads

Learn to cook authentic, healthy and delicious Indian vegetarian cuisine. Explore a variety of recipes through hands-on cooking for main courses, curries, rice dishes, appetizers and more. Explore the usage of different spices, legumes, lentils and methods of cooking used in Indian cuisine. Learn to make popular vegetarian Indian curries/lentils, a variety of Indian flat breads & rice dishes utilizing traditional Indian spices. 4 part series class.

5/2-5/23 (4) Kitchen	Th	5:30-7:30 pm ID/AP: \$133	16-adult OD: \$166.25	GH35503
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### Family Art Night

Join us for a fun family evening of creative expression through different mixed mediums. Bring your family and create memories together! Fun for all ages and abilities. Parent participation and registration for each participant are required.

1/26 (1) Gym	F	6:30-8pm ID/AP: \$16	5-adult OD: \$20	GH34102
3/08 (1) Gym	F	6:30-8pm ID/AP: \$16	5-adult OD: \$20	GH34103
4/05 (1) Gym	F	6:30-8pm ID/AP: \$16	5-adult OD: \$20	GH44102
5/24 (1) Gym	F	6:30-8pm ID/AP: \$16	5-adult OD: \$20	GH44103

### Antique Clock Repair

When your tick no longer tocks, learn how to dis-assemble, clean, and repair your old mechanical clock. No electric or battery clocks please. Bring your own clock, pliers, screwdrivers, 1 large & small plastic container with lid. \$17 lab fee payable to instructor at first class. No Class 1/15, 2/19, and 5/27.

1/8-3/11 (8) Rm 9	M	6-7:45 pm ID/AP: \$102	16-adult OD: \$127.50	GH35400
4/1-6/3 (9) Rm 9	M	6-7:45 pm ID/AP: \$128	16-adult OD: \$160	GH45400

**Garden Home Fitness Class Descriptions**

**Cardio Fusion**

A work out that pairs moderate aerobics with exercises and dance moves that are designed to improve strength, balance and flexibility.

**Essentrics**

Strengthen and stretch every muscle in the body eccentrically, rebalancing the muscular structure in continuous rotational movements.

**Low Impact Aerobics**

This class is easy on your joints, burns calories and challenges your entire body. All levels welcome.

**FUNctional Chair Fitness**

Move through a variety of exercises designed to improve strength and range of motion. A chair is available for seated or standing support.

**NIA Groove**

This class combines yoga, mat pilates and moderate aerobic activity. Float belts and yoga flow. and precise movements to improve joint provided. function.

**MELT**

Self-treatment that reduces chronic pain and heals injuries. Reduce inflammation, improve alignment and learn how to keep your whole body working better.

**Pilates**

A low impact gentle form of exercise. It's perfect for all levels of exercisers who are looking to remarkably increase their muscle strength/endurance, balance, range of motion, coordination and overall body awareness.

**Tai Chi II**

For the beginning student. Learn Tai Chi for Better Balance and Yang 8/10 Form.

**Tai Chi III**

For the advanced student. In this class you will learn the 108 Yang Form. Not appropriate for beginners.

**Total Body Strength**

A class that strengthens your entire body. This workout challenges all your major muscle groups using weight room exercises like squats, presses, lifts and curls.

**Yoga, Flow**

This dynamic style links breath and movement helping to build strength, stamina and flexibility.

**Yoga, Gentle**

Learn how to stretch with gentle movements and conscious breathing; increase strength and flexibility and bring calmness to the mind. For students with little or no yoga experience.

**Yoga, Hatha**

This is a simply structured class to help people at any level use body alignment and simple breath to release negative thought patterns. As we think positively and relax, the body becomes more flexible, and we safely go into and through poses using breath, easily.

**Zumba®**

ZUMBA® is a fusion of Latin and International music / dance themes are dynamic, exciting, and based on the principle that a workout should be FUN AND EASY TO DO.

To see current schedule visit: [www.thprd.org/facilities/recreation/garden-home](http://www.thprd.org/facilities/recreation/garden-home)  
Schedule and instructors are subject to change at any time.

**Weight Room Orientation**

Learn the proper techniques for using weight room equipment. This is an hour-long session led by a certified personal trainer designed to get your workout routine off to a great start! Discuss goals and learn how to use some of our weight and cardio machines.

**\$58.25 ID/\$72.75 OD**

**Buddy Training**

2-Person Small Group Training is a great way to get together and work out. A personal trainer will work with each group's goal and design a workout to meet those goals. Each session is an hour long. (Cost is per person; must have 2 in group at time of registration.) Both participants must register.

**1 session \$49.25 ID/ \$61.50 OD**

**3 sessions \$147.75 ID/ \$184.50 OD**

**6 sessions \$295.50 ID/ \$369.00 OD**

**Personal Training**

Private appointments with a certified personal trainer to customize your fitness program, offer accountability and help you reach your goals. Each session is one hour in length.

**1 session \$65.50 ID/ \$82 OD**

**3 sessions \$196.50 ID/ \$246 OD**

**6 sessions \$393 ID/ \$492 OD**

*A parental waiver is required for weight/cardio room use by anyone 14-16 years old.  
We request 24-hour cancellation on all personal training appointments.*





**Nature & Trails Department**  
**Fanno Creek Service Center**  
**6220 SW 112th Avenue**  
**Beaverton, OR 97008**  
**503-629-6350**

**Bruce Barbarasch**  
Nature & Trails Manager

THPRD offers nearly 160 natural areas. The Nature & Trails Department, with the support of the community, serves as the steward of these areas by managing wildlife habitat, native plant communities and the trails that guide you through these natural areas. These sites are important reminders of our natural heritage and provide a variety of benefits, including clean water, wildlife corridors and opportunities to connect with nature.

There are trails to suit every need spread throughout the park district, ranging from paved regional trails that connect to other cities and shopping areas to earthen trails that will help you explore neighborhood natural areas. Trail descriptions and downloadable maps are on our website: <http://www.thprd.org/parks-and-trails/trails/>. Printed maps that cover the entire park district are available for free at all THPRD facilities and select community destinations like libraries.



## Visit Cooper Mountain Nature Park

**18892 SW Kemmer Rd., Beaverton, OR 97007**

Overlooking the Tualatin River Valley, Cooper Mountain Nature Park is located on the edge of Beaverton. This 230-acre park offers visitors 3½ miles of trails traversing the park and passing through each of its distinct habitats, from conifer forest to prairies and oak woodlands. Visitors are rewarded with grand views of the Chehalem Mountains, close-up looks at Oregon white oaks and a small prairie that has sat relatively undisturbed for hundreds of years. The park also features a nature play area for children.

Metro and THPRD work in partnership to manage Cooper Mountain Nature Park. Together the two agencies continue habitat restoration and wildlife monitoring, maintain hiking trails and the Nature House and provide environmental education programs to visitors of all ages.

## Visit Tualatin Hills Nature Park

**15655 SW Millikan Way, Beaverton, OR 97003**

The Tualatin Hills Nature Park provides a unique habitat for many plants and animals. Come explore the park's ponds, creeks, marshes and forests on 1½ miles of paved trails, four miles of secondary trails and 222 acres of ecologically diverse habitats.

*Both nature parks are open dawn to dusk. For the protection of wildlife, pets, including dogs, are not allowed at either park. Patrons must remain on trails to avoid poison oak and protect wildlife.*



THPRDNature

# Nature Programs



**TUALATIN HILLS  
PARK & RECREATION DISTRICT**

**Tualatin Hills Nature Center**  
**15655 SW Millikan Way**  
**Beaverton, OR 97003 • 503-629-6350**

TriMet Bus Route #57, #62, #67  
Westside Light Rail (MAX) Blue Line - Merlo/158th

**Cooper Mountain Nature House**  
**18892 SW Kemmer Road**  
**Beaverton, OR 97007 • 503-629-6350**

Center Supervisor: Karen Munday

Park Hours: Dawn until dusk, unless otherwise posted.

Nature Center Hours:

Monday – Friday: 9 am – 5 pm

Saturday: 10 am – 3 pm

Facility Closures: 1/1, 3/31 & 5/27.

Nature Center Offers:

- Nature Studies – Preschool, Youth, Family, and Adults
- Nature Camps
- Events
- School and Group Programs
- Fitness

[www.facebook.com/THPRDNature](https://www.facebook.com/THPRDNature)



## Registration for Programs at Cooper Mountain Nature Park

Out-of-district patrons are able to register for programs at Cooper Mountain Nature Park at the in-district fee rate. You will need to acquire a THPRD residency card, at no extra charge, before registration begins. Cooper Mountain program registration for both in-district and out-of-district patrons will begin Saturday, December 9, 2023 for Winter term and Saturday, February 24, 2024 for Spring term. Please see page 4 for more information. This special out-of-district fee exemption is only valid for programs at Cooper Mountain Nature Park.

## Group Nature Programs: All Ages

Perfect for preschools, scout troops, youth groups, homeschool groups, afterschool clubs and businesses. Led by environmental education staff, these outdoor, hands-on programs can be scheduled at the Tualatin Hills Nature Park, Cooper Mountain Nature Park, and other THPRD natural areas. Fill out our online request form at [www.thprd.org/activities/nature/group-nature-program-request/](http://www.thprd.org/activities/nature/group-nature-program-request/) to set up a program for your group.



## School Nature Programs: K-12<sup>th</sup> grade

Our experienced environmental educators lead these engaging, hands-on programs at nature parks and natural areas that are within walking distance of schools. Activities incorporate a variety of core concepts from the Next Generation Science Standards while fostering memorable outdoor learning experiences that cannot be duplicated in a classroom. Visit [www.thprd.org/activities/nature/school-programs](http://www.thprd.org/activities/nature/school-programs) to learn more and get started scheduling your program!

**Locations:** Cooper Mountain Nature Park, Tualatin Hills Nature Park and natural areas throughout Beaverton.

## Facility Rentals

The Tualatin Hills Nature Center and Cooper Mountain Nature House have limited capacity rental spaces for your next event. Rentals currently have availability when programs are not scheduled. Please visit [thprd.org](http://thprd.org) or call 503-629-6350 for rates and availability.



## Nature Birthday Parties

Whether your child loves bugs, knows all about birds or just likes being outside, we can provide a memorable experience for your child's birthday. Our packages include a one-hour nature program of your choice, a party room with tables and chairs, and easy access to the adjacent park. Program options for ages 3-12 include: Bug Safari, Flying Feathered Friends, Forest Fairies & Gnomes, Mammal Mania, and Stories in the Forest. Visit [thprd.org](http://thprd.org) or call for details and to reserve your party.



## Special Events

### Spring Native Plant Sale Starts Sunday, February 25

THPRD and the Friends of the Tualatin Hills Nature Park are teaming up with Sparrowhawk Native Plants for our Fall Native Plant Sale! Together, we are offering thousands of habitat-friendly native plants and information about the benefits of native plants with a portion of the proceeds supporting the Friends of Tualatin Hills Nature Park!

**Save the Date:** Online ordering begins on February 25! Plants will be available for pick-up at the Tualatin Hills Nature Park on April 12 or 13.

Here's how it works;

1. Online plant ordering begins on February 25 at [www.sparrowhawknativeplants.com](http://www.sparrowhawknativeplants.com).
  - Select from 100 species of premium-quality native plants. These climate-resilient plants will enhance your garden, allowing it to best support pollinators and wildlife.
  - Get your order in quickly. Pre-ordering is required, and some species are likely to sell out on opening day. The last day to order is March 24.
2. At check-out, select to pick-up your order at the Tualatin Hills Nature Park so the Friends of Tualatin Hills Nature Park benefits from your purchase!
3. Pick-up your plants at Tualatin Hills Nature Park (15655 SW Millikan Way, Beaverton, OR 97003) at your selected time slot on April 12 or 13.

~ **Plants for the Planet ~ Proceeds for the Community** ~  
The Friends of the Tualatin Hills Nature Park sponsors this event, with proceeds going towards future park improvements and environmental education programs.



## THPRD Preschool Virtual Open House

Wednesday, February 7 from 5:30 - 6:30 pm

THPRD will co-host a virtual open house for anyone interested in learning about our THPRD nine-month preschool programs for the 2024-2025 school year.

**Registration Opens:** Thursday, February 15, 9:00 am for new enrollment.

**For more information please visit:**

[www.thprd.org/activities/preschool-programs](http://www.thprd.org/activities/preschool-programs)

A \$50 non-refundable deposit is due at the time of registration. Call The Nature Center for more information and to get signed up.

## Nature Kids Preschool Program

This nature-based program for preschoolers offered through the Tualatin Hills Nature Center introduces developmentally appropriate activities throughout the year in a curriculum structure that focuses on experiential learning through exposure to nature and the changing seasons. Children develop skills through a balance of tactile activities, play, and academic experiences. They are given the opportunities and guidance to advance communication and problem-solving skills. Numbers, letters, and words are introduced through structured nature-based activities and observation of the seasons and rhythms of nature. Children will form friendships, foster respect, and have the opportunity to grow with the help of caring teachers and supportive parents in a safe, yet active, natural environment.

### Ages 3-4

#### Chipmunks

T/Th 9-11:30 am \$275/month (2023-24 school year)  
Tualatin Hills Nature Center

#### Hummingbirds

T/Th 9-11:30 am \$275/month (2023-24 school year)  
Jenkins Estate Gatehouse

### Ages 4-5

#### Ladybugs

M/W/F 8:30-11:30 am \$375/month (2023-24 school year)  
Tualatin Hills Nature Center

#### Owls

M/W/F 1-4 pm \$375/month (2023-24 school year)  
Tualatin Hills Nature Center

#### Dragonflies

M/W/F 9 am-noon \$375/month (2023-24 school year)  
Jenkins Estate Gatehouse

## Scouts in Nature: Girl Scouts

### Daisies, Brownies & Juniors

A visit to a park is a great activity for your troop to do as part of a regular meeting or as an extra activity. Whether self-guided or led by one of our naturalists, scouts can work towards earning their petals and badges through nature exploration. We can also customize a group program for your troop's needs to earn your Hiker, Bug, Eco Learner, Animal Habitats, Flowers, Math in Nature, Art Creator and Explorer, or Citizen Science badges.

## Brownies & Juniors

### Citizen Science Journey Workshop

Get started on your Citizen Science Journey with a guided naturalist from the Nature Center. Sharpen your five senses and observation skills, create your field journal, and get started on data collection! You will be ready to start entering your findings on a citizen science website to contribute to scientific research. Price is per person. Join as a troop or individually.

Badge is not included with registration

4/6 S 10 am-12 pm 7-11 yrs NP45200  
Tualatin Hills Nature Center ID/AP: \$16 OD: \$20

**NOTE:** If your troop can't make this date, give us a call and we can set up a group Math in Nature, Outdoor Art Creator and Explorer badge or Citizen Science Journey Workshop program that works with your schedule.

## Nature Mobile

The Nature Mobile is a mobile classroom that allows Tualatin Hills Nature Center staff to bring environmental education programs to schools, parks, libraries, and neighborhoods throughout the park district.

To see current schedules and to learn more about the Nature Mobile visit our website: <https://www.thprd.org/facilities/nature/nature-mobile> or call 503-629-6350.





## Nature Store

The Nature Store is located in the lobby of the Tualatin Hills Nature Center and offers a wide range of gifts and nature-related books for all ages. All profits from store sales go back to the Tualatin Hills Park Foundation to provide scholarships for school field trips to the Tualatin Hills Nature Park.



## Nature Studies – Preschool

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
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### Nature Kids Preschool Explorers

Join us for an adventure in nature preschool and exercise your natural curiosity. Come together with friends for hands-on games, songs, stories, crafts and outside play. Dress for the weather. Sign up for one or both sessions. This is a drop-off program for children of preschool age, without adult participation.

#### Winter Term:

##### Winter Wonderland

1/23-2/13 (4)	T	9:30-11:30 am	3-5 yrs ID/AP: \$84	NP35150 OD: \$105
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##### Furry Forest Friends

2/27-3/19 (4)	T	9:30-11:30 am	3-5 yrs ID/AP: \$84	NP35151 OD: \$105
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#### Spring Term:

##### Puddle Pals

4/16-5/21 (6)	T	9:30-11:30 am	3-5 yrs ID/AP: \$128	NP45150 OD: \$160
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##### Prairie Ponderings

4/10-5/15 (6)	W	9:30-11:30 am	3-5 yrs ID/AP/OD: \$128	CM45150
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## Nature Studies – Youth/Family

### Knee-high Naturalists

Get outside, meet other families, and explore the wildlife in the Tualatin Hills Nature Park on these nature adventures. Price includes one child and two additional family members. Adult participation required.

#### Winter Term:

1/4	Th	10-11 am	2-5 yrs ID/AP: \$9	NP35100 OD: \$11.25
1/13	S	10-11 am	2-5 yrs ID/AP: \$9	NP35101 OD: \$11.25
1/18	Th	10-11 am	2-5 yrs ID/AP: \$9	NP35102 OD: \$11.25
1/27	S	10-11 am	2-5 yrs ID/AP: \$9	NP35103 OD: \$11.25
2/1	Th	10-11 am	2-5 yrs ID/AP: \$9	NP35104 OD: \$11.25
2/10	S	10-11 am	2-5 yrs ID/AP: \$9	NP35105 OD: \$11.25
2/15	Th	10-11 am	2-5 yrs ID/AP: \$9	NP35106 OD: \$11.25
2/24	S	10-11 am	2-5 yrs ID/AP: \$9	NP35107 OD: \$11.25
2/29	Th	10-11 am	2-5 yrs ID/AP: \$9	NP35108 OD: \$11.25
3/9	S	10-11 am	2-5 yrs ID/AP: \$9	NP35109 OD: \$11.25
3/14	Th	10-11 am	2-5 yrs ID/AP: \$9	NP35110 OD: \$11.25
3/23	S	10-11 am	2-5 yrs ID/AP: \$9	NP35111 OD: \$11.25

#### Spring Term:

4/4	Th	10-11 am	2-5 yrs ID/AP: \$9	NP45100 OD: \$11.25
4/13	S	10-11 am	2-5 yrs ID/AP: \$9	NP45101 OD: \$11.25
4/27	S	10-11 am	2-5 yrs ID/AP: \$9	NP45102 OD: \$11.25
5/2	Th	10-11 am	2-5 yrs ID/AP: \$9	NP45103 OD: \$11.25
5/11	S	10-11 am	2-5 yrs ID/AP: \$9	NP45104 OD: \$11.25
5/16	Th	10-11 am	2-5 yrs ID/AP: \$9	NP45105 OD: \$11.25



## Pequeños Naturalistas

Salga, conozca a otras familias y explore la vida silvestre en nuestro parque natural en estas aventuras de la naturaleza, dirigidas por nuestro guía que habla español. El precio es por un niño y dos miembros adicionales de la familia. Se requiere la participación de los adultos.

Get outside, meet other families, and explore the wildlife in the Tualatin Hills Nature Park on these nature adventures, led by our Spanish-speaking nature guide. Price includes one child and two additional family members. Adult participation required.

### Winter Term:

2/3	S	10-11 am	2-5 yrs	NP35112
		Tualatin Hills Nature Park	ID/AP: \$9	OD: \$11.25
3/3	Su	2-3 pm	2-5 yrs	NP35113
		Tualatin Hills Nature Park	ID/AP: \$9	OD: \$11.25

### Spring Term:

4/20	S	10-11 am	2-5 yrs	NP45106
		Tualatin Hills Nature Park	ID/AP: \$9	OD: \$11.25
5/5	Su	2-3 pm	2-5 yrs	NP45107
		Tualatin Hills Nature Park	ID/AP: \$9	OD: \$11.25
5/25	S	10-11 am	2-5 yrs	NP45108
		Tualatin Hills Nature Park	ID/AP: \$9	OD: \$11.25
6/8	S	10-11 am	2-5 yrs	NP45109
		Tualatin Hills Nature Park	ID/AP: \$9	OD: \$11.25

## Art in Nature

Explore how nature itself can be both the subject and the media of artistic expression. Join us for a guided hike and be inspired to create a nature-inspired masterpiece in this program that blends artistic discovery with nature education. Price is per child and includes materials and adult registration. Adult participation is required.

### Winter Term:

1/11	Th	10-11 am	2-5 yrs	CM35100
		Cooper Mountain Nature House	ID/AP/OD: \$13	
1/25	Th	10-11 am	2-5 yrs	CM35101
		Cooper Mountain Nature House	ID/AP/OD: \$13	
2/8	Th	10-11 am	2-5 yrs	CM35102
		Cooper Mountain Nature House	ID/AP/OD: \$13	
2/22	Th	10-11 am	2-5 yrs	CM35103
		Cooper Mountain Nature House	ID/AP/OD: \$13	
3/7	Th	10-11 am	2-5 yrs	CM35104
		Cooper Mountain Nature House	ID/AP/OD: \$13	
3/21	Th	10-11 am	2-5 yrs	CM35105
		Cooper Mountain Nature House	ID/AP/OD: \$13	

### Spring Term:

4/11	Th	10-11 am	2-5 yrs	CM45100
		Cooper Mountain Nature House	ID/AP/OD: \$13	
4/25	Th	10-11 am	2-5 yrs	CM45101
		Cooper Mountain Nature House	ID/AP/OD: \$13	
5/9	Th	10-11 am	2-5 yrs	CM45102
		Cooper Mountain Nature House	ID/AP/OD: \$13	
5/23	Th	10-11 am	2-5 yrs	CM45103
		Cooper Mountain Nature House	ID/AP/OD: \$13	

## Kid's Nature Night Out

Experience the Nature Park in a way few others ever do, at night! Learn about what happens at the Nature Park after the sun goes down through an evening hike, nature crafts, games, and activities. No parents allowed!

### Winter Term:

#### Nature Scientists

1/5	F	6:30-9 pm	6-12 yrs	NP35200
		Tualatin Hills Nature Center	ID/AP: \$27	OD: \$33.75

#### Whose Scat is that?

2/2	F	6:30-9 pm	6-12 yrs	CM35200
		Cooper Mountain Nature House	ID/AP/OD: \$27	

#### Animal Superpowers

3/1	F	6:30-9 pm	6-12 yrs	NP35201
		Tualatin Hills Nature Center	ID/AP: \$27	OD: \$33.75

### Spring Term:

#### Wild Journey

4/12	F	6:30-9 pm	6-12 yrs	CM45200
		Cooper Mountain Nature House	ID/AP/OD: \$27	

#### Camp Out

5/10	F	6:30-9 pm	6-12 yrs	NP45201
		Tualatin Hills Nature Center	ID/AP: \$27	OD: \$33.75

#### Fly by Night

5/31	F	6:30-9 pm	6-12 yrs	NP45202
		Tualatin Hills Nature Center	ID/AP: \$27	OD: \$33.75

# Nature Camps

## Nature Day-off Camps • 7-13 yrs

Nature Day-off camps are a great way to make new friends and have fun while discovering nature. Expand your knowledge of science, learn about plants and animals, and hike two to five miles daily. Bring a lunch, drinking water, two snacks, and a backpack daily. Dress for the weather. Camps are held at the Tualatin Hills Nature Center.

### Hot Rocks

From mountaintops to caves below, rocks shape our world. We will explore the rock cycle, build our own volcanoes and eat our way through an edible geology lesson.

1/15	M	8 am-5 pm	7-13 yrs	NP37200
		Tualatin Hills Nature Center	ID/AP: \$80	OD: \$100

### Jurassic Birds

How are dinosaurs related to birds? Let's explore the Nature Park to learn more about these distant relatives.

1/16	T	8 am-5 pm	7-13 yrs	NP37201
		Tualatin Hills Nature Center	ID/AP: \$80	OD: \$100

### Sherlock Bones

Sharpen your animal-sleuthing skills as we learn to decipher the clues animals leave behind. Learn identification techniques used by biologists. Then take a closer look at animal bones, skulls, and other animal evidence both in the classroom and on the trail.

1/26	F	8 am-5 pm	7-13 yrs	NP37202
		Tualatin Hills Nature Center	ID/AP: \$80	OD: \$100

## Cold-blooded Creatures

Cold-blooded creatures live all around us. Discover how these creatures, including bugs, fish and reptiles, survive the winter weather. Dream of warm days as we learn why they become more active in hot weather.

2/19 M 8 am-5 pm 7-13 yrs NP37203  
Tualatin Hills Nature Center ID/AP: \$80 OD: \$100

## Dirt Made My Lunch

You eat food every day, but do you know where it comes from? It comes from dirt! Discover what happens on that journey from the ground to your stomach. Look for food in the forest, plant seeds, and do some cooking of our own!

2/20 T 8 am-5 pm 7-13 yrs NP37204  
Tualatin Hills Nature Center ID/AP: \$80 OD: \$100

## Buzzing into Spring

From the flies that pollinate skunk cabbage to the ants helping wild ginger spread, nature is buzzing this time of year. Come join us as we explore the signs of spring in the Nature Park!

4/8 M 8 am-5 pm 7-13 yrs NP47200  
Tualatin Hills Nature Center ID/AP: \$80 OD: \$100

## Imagi-Nature

Use your imagination to examine nature through the eyes of an artist. Capture those images using photography, journaling and sketching to show how you see the forest, meadows and ponds.

4/9 T 8 am-5 pm 7-13 yrs NP47201  
Tualatin Hills Nature Center ID/AP: \$80 OD: \$100

## Pond Wanderings (conference days)

The ponds are full in the spring! Search for animals that live in and around Tadpole Ponds. Investigate the different body parts and behaviors that help aquatic plants and animals live in a wet environment.

4/25 Th 8 am-5 pm 7-13 yrs NP47202A  
Tualatin Hills Nature Center ID/AP: \$80 OD: \$100

5/2 Th 8 am-5 pm 7-13 yrs NP47202B  
Tualatin Hills Nature Center ID/AP: \$80 OD: \$100

## Treasure Hunt (conference days)

Learn mapping and orienteering skills as we search for hidden treasures in nature. Then create a treasure map of your own.

4/26 F 8 am-5 pm 7-13 yrs NP47203A  
Tualatin Hills Nature Center ID/AP: \$80 OD: \$100

5/3 F 8 am-5 pm 7-13 yrs NP47203B  
Tualatin Hills Nature Center ID/AP: \$80 OD: \$100

# Spring Break Nature Camps

## Camp Wild Things • 4-6 yrs

Build your child's sense of wonder about nature and invite them to explore wildlife and the world around them. Games, songs, new friends, crafts, and adventure make this a good camp for young children. Campers need to dress for the weather and bring a snack, bottle of water and a small backpack each day.

## Predators and Prey

Run as fast as a coyote or camouflage as well as a butterfly, all while making new friends, learning new things, and exploring the park together. Come learn about the similarities and differences between predators and prey animals!

3/25-29 M-F 9:00 am-noon 4-6 yrs NP37101  
Tualatin Hills Nature Center ID/AP: \$180 OD: \$216

## Mini Nature Camp • 6-9 yrs

Mini Nature Camps are half-day camps for elementary age children filled with fun and adventure. Create crafts, play games, make new friends, and explore the trails and habitats of the park. Campers need to bring a snack, bottle of water, and small backpack each day.

## Creepy Crawlies

Ready to learn about all the creepy crawlies found all around? Come join us to learn about insects and their friends & foes, as well as go on hikes in the park and make some new friends. 6 legs are not required!

3/25-29 M-F 1-4 pm 6-9 yrs NP37121  
Tualatin Hills Nature Center ID/AP: \$180 OD: \$216

## Wild Adventures Camp • 6-9 yrs

Wild Adventures Camps are full-day camps for elementary-age children filled with discovery, fun, and wild adventures. Play nature games, make new creations, and explore the trails and habitats of the park with brand new friends. Bring a lunch, drinking water, two snacks, and a backpack daily. Dress for the weather. Camps are held at the Cooper Mountain Nature Park.

## Grossology

Explore the science of really gross things. Go in search of all things gross: from mud to fungus, bugs, worms, slime and scat. Dissect owl pellets, investigate scat and examine slug and snail slime.

3/25-29 M-F 8:30 am-4 pm 6-9 yrs CM37201  
Cooper Mountain Nature House ID/AP/OD: \$299

## Nature Explorers Camp • 7-10 yrs

Nature Explorers Camps are a great way to make new friends and have fun while discovering nature. Expand your knowledge of science, learn about plants and animals, and hike two to five miles daily. Bring a lunch, drinking water, two snacks, and a backpack daily. Dress for the weather. Camps are held at the Tualatin Hills Nature Center.

## Wild Detectives

Explore the world of predator and prey as we search out wildlife in the forest. Mammals large and small will be the subjects of our exploration this week as we examine and identify wildlife in a variety of habitats.

3/25-29 M-F 8 am-5 pm 7-10 yrs NP37205  
Tualatin Hills Nature Center ID/AP: \$305 OD: \$381.25

## Nature Studies – Teens

### Artful Explorations new

Embark on a creative journey that combines nature's wonders with artistic expression. Participants will get outside and get inspired as they transform observations into captivating artworks, nurturing a deeper connection to both art and the environment.

2/10 S 4-6pm 12-16 yrs NP35300  
Tualatin Hills Nature Center ID/AP: \$20 OD: \$25

### Survive the Night new

This evening adventure will uncover the secrets of nature's night-time inhabitants. As the sun sets, we will delve into the world of nocturnal creatures and their remarkable adaptations for survival. We will then head out on a hike to explore life after dark in the park.

3/8 F 7-9pm 12-16 yrs NP35301  
Tualatin Hills Nature Center ID/AP: \$20 OD: \$25

## Lens and Leaves Photography Workshop new

This immersive experience will empower young photographers to capture the enchanting world of nature through their lenses. We will explore artistic techniques amidst the beauty of the outdoors, learning to frame vibrant landscapes, intricate details and the signs of spring. Bring a smartphone or camera if you have one!

5/11 **S** 4-6pm **12-16 yrs** **NP45300**  
Tualatin Hills Nature Center ID/AP: \$20 OD: \$25

## Nature Studies – Families

### Park After Dark

Journey into the forest and enjoy the sights and sounds of nature at night. Spend the first part of the program learning about the featured nocturnal topic and then head out for a guided hike. Price is per person. Adult participation and registration required.

#### Winter Term:

##### Winter Wonders

1/20 **S** 6:30-8:30 pm **6 yrs-adult** **NP35500**  
Tualatin Hills Nature Center ID/AP: \$18 OD: \$22.50

##### Owl Expedition

2/17 **S** 6:30-8:30 pm **6 yrs-adult** **NP35501**  
Tualatin Hills Nature Center ID/AP: \$18 OD: \$22.50

##### Bone Detectives

3/16 **S** 7-9 pm **6 yrs-adult** **NP35502**  
Tualatin Hills Nature Center ID/AP: \$18 OD: \$22.50

#### Spring Term:

##### Noises in the Night

4/20 **S** 7-9 pm **6 yrs-adult** **NP45500**  
Tualatin Hills Nature Center ID/AP: \$18 OD: \$22.50

##### Interesting Insects

5/18 **S** 7-9 pm **6 yrs-adult** **CM45500**  
Cooper Mountain Nature House ID/AP/OD: \$18

##### Marvelous Mammals

6/1 **S** 7-9 pm **6 yrs-adult** **CM45501**  
Cooper Mountain Nature House ID/AP/OD: \$18

### Mason Bees

Discover our amazing native pollinators. Mason bees are non-aggressive and fun to observe. Learn about their fascinating life cycle and receive the materials you need to start a colony in your own backyard. The fee includes one tube of dormant bees which will emerge later in the spring. Adult participation and registration required.

3/2 **S** 1-2:30 pm **6 yrs-adult** **CM35500**  
Cooper Mountain Nature House ID/AP/OD: \$22

## Nature Studies – Adult

### Guided Forest Bathing new

Forest Bathing is a research-backed practice that supports wellness, and deeper relationships with the natural world. You'll immerse yourself in the forest, slow down, and breathe deep. We'll explore gentle and meditative practices, all while "bathing" in the sights, sounds, scents, and textures of the beautiful Tualatin Hills Nature Park.

1/13 **S** 1-3 pm **16+** **NP35400**  
Tualatin Hills Nature Center ID/AP: \$26 OD: \$32.50

2/24 **S** 10:00 am-12 pm **16+** **NP35401**  
Tualatin Hills Nature Center ID/AP: \$26 OD: \$32.50

### LGBTQIA+ Guided Forest Bathing new

6/15 **S** 10:00 am-12 pm **16+** **NP45403**  
Tualatin Hills Nature Center ID/AP: \$26 OD: \$32.50

### Common Winter Mushrooms of the Pacific Northwest

In this class, we will learn some of the most common and memorable winter fungi in the Pacific Northwest. Our temperate and rainy forests are home to so many fungi year-round if we just know the right places and ways to look! Join us for an educational presentation about species, ecology, edibility, and beauty, followed by a walk in Tualatin Hills Nature Park to behold and identify the fungi we see.

1/19 **F** 10 am-12:15 pm **16+** **NP35402**  
Tualatin Hills Nature Center ID/AP: \$28 OD: \$35

### Night Owls: Hoots and Hops

This is the perfect time of year to step into the forest to listen for sounds of courting owls. Join other owl enthusiasts for a beer, enjoy a talk and presentation about our local owls, and head out into the park to listen and look for our resident owls.

1/27 **S** 7-9 pm **21+** **NP35403**  
Tualatin Hills Nature Center ID/AP: \$29 OD: \$36.25

### Bees and Brews

Our native pollinators are amazing. Mason bees are non-aggressive and fun to observe. Learn about their fascinating life cycle, enjoy a beer and receive the materials you need to start a colony in your own backyard. The fee includes a round of beer and one tube of dormant bees which will emerge later in the spring.

2/23 **F** 7-8:30 pm **21+** **NP35404**  
Tualatin Hills Nature Center ID/AP: \$30 OD: \$37.50

### I Like Lichens new

You've seen these unusual life forms growing on trees, rocks, and even buildings. Learn about lichen biology, the role of lichens in their ecosystems and the incredible lichens found in the Pacific Northwest.

3/23 **S** 10:30am-12pm **16+** **NP35405**  
Tualatin Hills Nature Center ID/AP: \$19.50 OD: 24.25

### Common Spring Mushrooms of the Pacific Northwest (classroom and field)

In this presentation, we will learn some of the most common and memorable mushrooms found in spring in the Pacific Northwest. We will focus on common edibles like oysters and morels, indicator species, as well as other interesting and beautiful non-edible species. We will learn how to tell edibles apart from poisonous or just otherwise tricky potential lookalikes, noting particular physical features and habitats that will help you to identify them on your own. After the presentation, we will take a walk in Tualatin Hills Nature Park to look for mushrooms!

4/5 **F** 10:00 am- 12:15 pm **16+** **NP45400**  
Tualatin Hills Nature Center ID/AP: \$28 OD: \$35







## Beginning Bird Identification

Join Elaine Murphy to learn about spring birding and basic bird identification. Start off with a presentation inside and then head out into the park to put your skills into practice.

4/6 S 8-10:30 am 16+ CM45400  
Cooper Mountain Nature House ID/AP/OD: \$18

## Writing Haiku Poetry in Nature new

Haiku poetry is a traditional form of Japanese poetry through which the poet conveys their experience of nature via a simple written formula. This class introduces participants to classical Haiku poetry, and after spending time in nature, guides participants to write their own haiku poems.

4/27 S 10 am-12 pm 16+ NP45401  
Tualatin Hills Nature Center ID/AP: \$22.50 OD: \$28

## Botany for the Non-Botanist new

No botany degree? No problem! Join Oregon Master Naturalist Rebecca Lexa as she shares beginner-friendly tools and skills for identifying plants wherever you may be. This is a casual identification class so technical terms will be at a minimum, and you'll also learn some resources for further exploration.

5/4 S 10:30am-12 pm 16+ CM45401  
Cooper Mountain Nature House ID/AP/OD \$19.50

## Wall-mounted habitat garden

Learn to create a one-of-a-kind wall-mounted mini-habitat garden using Pacific Northwest native plants. We will cover basic planting, floral design composition techniques and then have fun decorating our living wall-mounted gardens. Walk away with a woodland wall-mounted garden with information about native plants and resources. Mount it on the wall to adorn your outdoor patio while attracting beneficial insects to your garden, it is a win-win. For this class, cancellation or drops must be received 7 days in advance. No refunds or credit will be given with less than 7 days' notice.

5/16 Th 6:30-8 pm 16y+ NP45402  
Tualatin Hills Nature Center ID/AP: \$63 OD: \$78.75

## Fitness – Teen/Adult New Moon Yoga

The moon rules our emotional body and intuition, both can serve as a compass when we tap into them. Join us for all levels yoga as we align our with our body, mind and soul with the month's new moon. Each participant will receive a crystal.

### New Moon Yoga in Aquarius

2/9 F 6-7:30 pm 14+ NP32500  
Tualatin Hills Nature Center ID/AP: \$18 OD: \$22.50

### New Moon Yoga in Aries

4/8 M 6-7:30 pm 14+ NP42500  
Tualatin Hills Nature Center ID/AP: \$18 OD: \$22.50

### Blossoming Flow Yoga Workshop

Spring coaxes us out of our winter hibernation, reawakens us to life, and opens our senses to the beauty around us. Spring softens the edges of change and reminds us to renew, rebalance, and rejuvenate and so does our yoga practice when we let it show us our strength, balance, and vitality. Join us in honoring Spring Equinox to bring day and night into perfect balance, invite light back into everyday life, and be present to the simple pleasures.

3/19 Tu 6-7:30 pm 16+ NP32501  
Tualatin Hills Nature Center ID/AP: \$18 OD: \$22.50



## Fitness classes at the Tualatin Hills Nature Center!

The Tualatin Hills Nature Center is offering evening yoga classes! Classes are for ages 14+. Day, time, and instructor of classes are subject to change without notice. For a complete list of our fitness offerings, please visit: [thprd.org/activities/fitness](http://thprd.org/activities/fitness)

See our website for details and schedules: [thprd.org/facilities/nature/nature-center](http://thprd.org/facilities/nature/nature-center)



# Adaptive & Inclusive Recreation Services

## Recreation Services for People Experiencing Disabilities

Facility Supervisor: Karol Johnston

**Registration:** A THPRD identification card is required for all programs/activity registrations. Please see page 6 for out-of-district information.

### Inclusion Services

Inclusion Services is committed towards providing a continuum of staff support to children, teens, and adults with physical and developmental disabilities in order to make all THPRD programming more accessible. We believe that meeting the diverse needs of the community we serve promotes the dignity, success and enjoyment of all participants. Individuals looking for staff support in THPRD programs, or for more information about Inclusion Services, should call 503-629-6342.

### THPRD Scholarships

Financial assistance is available through the THPRD Scholarship Program for in-district participants who qualify. See information on page 8 or call the Administrative Office at 503-629-6342.

### Adaptive & Inclusive Volunteers

Would you like to have a meaningful and positive impact in your community? Join us and have fun working with children, teens, and adults with developmental disabilities. Call us at 503-629-6342 for more information.

### TriMet Lift

Please schedule arrivals and pickups no more than 15 minutes before and no later than 15 minutes after registered/drop-in activities. Staff will not be available before or after that time.

**Address for Athletic Center:** 50 NW 158th Ave., Beaverton, 97006

**Address for the Elsie Stuhr Center:** 5550 SW Hall Blvd., Beaverton, 97005

**Please Note:** For safety and liability reasons, THPRD staff reserve the right to exclude any individual who displays aggressive or challenging behaviors that are inappropriate to a community setting or put the leader or another participant at risk of injury. Alternative program options will be recommended whenever possible.

## Adaptive & Inclusive Recreation Services consists of six programs:

### Inclusion Services

Individualized supports for patrons experiencing disability in the registered class(es) of their choice. Available at recreation centers throughout the district.


### Monday Night Adult Therapeutic Recreation Classes (TR)

A recreation program for patrons 16 years of age and older with developmental disabilities. Weekly events and off-site activities are offered throughout the year. Classes will be held at the Elsie Stuhr Center unless otherwise noted.

### Wednesday Night Teen Therapeutic Recreation Classes (TR)

A recreation program for teens ages 13-20 years of age with developmental disabilities. Bi-weekly events and off-site activities are offered throughout the year. Classes will be held at the Elsie Stuhr Center unless otherwise noted.

### Inclusive Recreation Classes

Inclusive recreation classes for children and adults with and without disabilities are offered at recreation centers throughout the district. Inclusive classes are marked with a 

### Camp Rivendale

A summer day camp providing recreational opportunities for patrons who experience physical, emotions and/or developmental disabilities. For more information, email us at [camprivendale@thprd.org](mailto:camprivendale@thprd.org).

### Adaptive Recreation

A recreation and sports program for children with physical and developmental disabilities. Classes are offered throughout the year for ages 4 to adult.

**For more information on any of these program, call Inclusion at 503-629-6342 or email at [inclusion@thprd.org](mailto:inclusion@thprd.org).**



## Thursday Night All-stars Basketball

This is a recreation and socialization program for teens and adults (16+) with physical and developmental disabilities to play pickup games of basketball.

**When:** Thursdays, 6:15-7:45 pm (times subject to change)

**Cost:** \$5.50 ID/OD

**Location:** THPRD Athletic Center - 50 NW 158th Ave. Beaverton 97006

**Participation is on a drop-in basis and requires the following:**

- Completed medical/emergency information form
- Sign up before attending if you are a new participant
- Those requiring 1:1 assistance must bring an aide who is required to stay for the entire duration of the activity at the Athletic Center.

For more information, email [inclusion@thprd.org](mailto:inclusion@thprd.org) or call 503-629-6342.



## Thursday Night Wheelchair Basketball

Join THPRD and Adaptive Sports Northwest for wheelchair basketball!

This drop-in program provides a weekly opportunity for youth and adults experiencing physical disabilities to play wheelchair basketball.

**When:** Most Thursdays, 6:30-7:45 pm. (times subject to change)

**Location:** Tualatin Hills Athletic Center (15707 SW Walker Rd, Beaverton)

**To participate:** A completed Medical Emergency Information Form is required.

- Those requiring 1:1 assistance must submit a non-thprd aide form. Once form is processed, participant must bring an aide for the entire duration of the activity.
- \*A limited number of sports wheelchairs are available for participants that do not have a personal sports chair and can be requested in the medical form.

For more information about any of the listed programs, please call 503-629-6342 or email us at [inclusion@thprd.org](mailto:inclusion@thprd.org).



## Adult Therapeutic Recreation (TR)

Join us Monday nights for fun activities in this recreational and social program for teens and adults (16+) experiencing disabilities. Enjoy arts & crafts, dances, game nights and more.

**Cost:** ID/AP: \$5.50 OD:\$7.50

(Except where noted, for off-site activities)

**Date & Time:** Mondays, 6:30-8:30 pm

For more information and to get on our email list, please call, 503-629-6342. A THPRD Therapeutic Recreation Medical/Emergency Information form is required for all participants.

Those who require 1:1 support must have an aide that stays on site for the duration of the activity or event.

## Monday Night Adult TR

Dates (Weeks) Location	Day	Time	Class Code OD
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### Yoga & Zumba

Yoga and Zumba are great ways to get active while having fun! For the Zumba portion, everyone will have the opportunity to show us your best dance moves as we dance along to hit songs! After, we'll end our class with calming stretches and various breathing techniques. \*Led by a certified yoga and zumba instructor.

**Our Therapeutic Recreation (TR) programs are intended for teens and adults (16+) who experience disabilities.**

**You must preregister for this program.**

1/8 Elsie Stuhr Center	M	6:30-8:30 pm	16-adult ID/AP: \$5.50	TR35701 OD: \$7.50
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**There will be NO Monday Night TR on 1/15/23**

### Nature Mobile Visit & Nature Documentary

Come join us and THPRD's very own Nature Mobile as we learn about environmental education through hands on learning and lived experiences. After, we encourage you to stay for a short documentary to learn about the role that nature plays throughout our lives.

**Our Therapeutic Recreation (TR) programs are intended for teens and adults (16+) who experience disabilities.**

**You must preregister for this program.**

1/22 Elsie Stuhr Center	M	6:30-8:30 pm	16- adult ID/AP: \$5.50	TR35702 OD: \$7.50
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### Swimming at Harman Swim Center

Let's go swimming! Meet us at the Elsie Stuhr Center and we will shuttle everyone to Harman Swim Center in THPRD vehicles. We will be leaving the Elsie Stuhr Center at 6:30 p.m. sharp, so please plan to arrive before then. We will return to the Elsie Stuhr Center by 8:30 p.m.

**Please don't forget to bring swimsuit, towel and dry clothes!**

**Our Therapeutic Recreation (TR) programs are intended for teens and adults (16+) who experience disabilities.**

**You must preregister for this program.**

1/29 Elsie Stuhr Center	M	6:30-8:30 pm	16-adult ID/AP: \$5.50	TR35703 OD: \$7.50
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### Pottery Sculpting

Don't be afraid to get your hands messy and create your own masterpiece with clay! There is sure to be some museum-worthy sculptures by the end of the night. This is a two-part class. We will have everyone's artwork fired and ready to paint on 2/12. (See class below) If you miss this class, you'll still have the opportunity to paint something fun.

**Our Therapeutic Recreation (TR) programs are intended for teens and adults (16+) who experience disabilities.**

**You must preregister for this program.**

2/5 Elsie Stuhr Center	M	6:30-8:30 pm	16-adult ID/AP: \$5.50	TR35704 OD: \$7.50
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### Pottery Painting

Come paint your beautiful creations from last week! If you were unable to attend last week's TR Program, that's okay! We'll have plenty of other ceramic pieces that you can pick from to paint.

**Our Therapeutic Recreation (TR) programs are intended for teens and adults (16+) who experience disabilities.**

**You must preregister for this program.**

2/12 Elsie Stuhr Center	M	6:30-8:30 pm	16-adult ID/AP: \$5.50	TR35705 OD: \$7.50
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**There will be NO Monday Night TR on 2/19/23**



### Swimming at Harman Swim Center

Let's go swimming! Meet us at the Elsie Stuhr Center and we will shuttle everyone to Harman Swim Center in THPRD vehicles. We will be leaving the Elsie Stuhr Center at 6:30 p.m. sharp, so please plan to arrive before then. We will return to the Elsie Stuhr Center by 8:30 p.m.

**Please don't forget to bring swimsuit, towel and dry clothes!**

**Our Therapeutic Recreation (TR) programs are intended for teens and adults (16+) who experience disabilities.**

**You must preregister for this program.**

2/26 Elsie Stuhr Center	M	6:30-8:30 pm	16-adult ID/AP: \$5.50	TR35707 OD: \$7.50
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Fees: ID/AP = User is in-district or has paid an out-of-district assessment, OD = Out-of-district (no assessment paid)



## Bowling

Show us how you knock over the competition at one of our local bowling alleys! Transportation will be provided by THPRD to and from the bowling alley. Meet us at the Elsie Stuhr Center and we will shuttle everyone to and from the bowling alley in THPRD vehicles. We will be leaving the Stuhr Center at 6:30 p.m. sharp, so please plan to be there before then. \*We will return to the Elsie Stuhr Center by 8:30 pm.

Our Therapeutic Recreation (TR) programs are intended for teens and adults (16+) who experience disabilities.

You must preregister for this program. Program fees include bowling price. If you're interested in buying food, please bring extra money.

3/4	M	6:30-8:30 pm	16-adult	TR35708
Elsie Stuhr Center			ID/AP: \$15.50	OD: \$17.50

## Mosaic Fused Glass Art

Let's learn how to create stained glass art together! This instructor led class will teach us the basics about how to make a colorful masterpiece that you can take home!

Our Therapeutic Recreation (TR) programs are intended for teens and adults (16+) who experience disabilities.

You must preregister for this program.

3/11	M	6:30-8:30 pm	16-adult	TR35709
Elsie Stuhr Center			ID/AP: \$5.50	OD: \$7.50

## Build your own Terrarium and Herb Garden

Join us in building your very own terrarium. A terrarium is like an aquarium but for plants! You'll have the opportunity to create and take home a small ecosystem that will look like a miniature forest. After, join us in planting your very own herb garden. Choose from your favorite herbs to create your own personal garden!

Our Therapeutic Recreation (TR) programs are intended for teens and adults (16+) who experience disabilities.

You must preregister for this program.

3/18	M	6:30-8:30 pm	16-adult	TR35710
Elsie Stuhr Center			ID/AP: \$5.50	OD: \$7.50

## Swimming at Harman Swim Center

Let's go swimming! Meet us at the Elsie Stuhr Center and we will shuttle everyone to Harman Swim Center in THPRD vehicles. We will be leaving the Elsie Stuhr Center at 6:30 p.m. sharp, so please plan to arrive before then. We will return to the Elsie Stuhr Center by 8:30 p.m.

Please don't forget to bring a swimsuit, towel and dry clothes!

Our Therapeutic Recreation (TR) programs are intended for teens and adults (16+) who experience disabilities.

You must preregister for this program.

3/25	M	6:30-8:30 pm	16-adult	TR35711
Elsie Stuhr Center			ID/AP: \$5.50	OD: \$7.50

## Painting Night

Join us in painting beautiful spring landscapes in this instructor led class. We'll work on skills like brush techniques and color blending to make your paintings come to life!

Our Therapeutic Recreation (TR) programs are intended for teens and adults (16+) who experience disabilities.

You must preregister for this program.

4/1	M	6:30-8:30 pm	16-adult	TR45701
Elsie Stuhr Center			ID/AP: \$5.50	OD: \$7.50

## Bowling

Show us how you knock over the competition at one of our local bowling alleys! Transportation will be provided by THPRD to and from the local bowling alley. Meet us at the Elsie Stuhr Center and we will shuttle everyone to and from the bowling alley in THPRD vehicles. We will be leaving the Stuhr Center at 6:30 p.m. sharp, so please plan to be there before then. \*We will return to the Elsie Stuhr Center by 8:30 pm.

Our Therapeutic Recreation (TR) programs are intended for teens and adults (16+) who experience disabilities.

You must preregister for this program. Program fees include bowling price. If you're interested in buying food, please bring extra money.

4/8	M	6:30-8:30 pm	16-adult	TR45702
Elsie Stuhr Center			ID/AP: \$15.50	OD: \$17.50

## Yoga & Zumba

Yoga and Zumba are great ways to get active while having fun! For the Zumba portion, everyone will have the opportunity to show us your best dance moves as we dance along to hit songs! After, we'll end our class with calming stretches and various breathing techniques. \*Led by a certified yoga and zumba instructor.

Our Therapeutic Recreation (TR) programs are intended for teens and adults (16+) who experience disabilities.

You must preregister for this program.

4/15	M	6:30-8:30 pm	16-adult	TR45703
Elsie Stuhr Center			ID/AP: \$5.50	OD: \$7.50

## Taekwondo

Join us in learning the basics of Taekwondo philosophy, drills, and techniques in a fun, safe, and inclusive environment! This program will be instructor led. No previous training or experience is required to participate.

Our Therapeutic Recreation (TR) programs are intended for teens and adults (16+) who experience disabilities.

You must preregister for this program.

4/22	M	6:30-8:30 pm	16-adult	TR45704
Elsie Stuhr Center			ID/AP: \$5.50	OD: \$7.50

## Swimming at Harman Swim Center

Let's go swimming! Meet us at the Elsie Stuhr Center and we will shuttle everyone to Harman Swim Center in THPRD vehicles. We will be leaving the Elsie Stuhr Center at 6:30 p.m. sharp, so please plan to arrive before then. We will return to the Elsie Stuhr Center by 8:30 p.m.

Please don't forget to bring a swimsuit, towel and dry clothes!

Our Therapeutic Recreation (TR) programs are intended for teens and adults (16+) who experience disabilities.

You must preregister for this program.

4/29	M	6:30-8:30 pm	16-adult	TR45705
Elsie Stuhr Center			ID/AP: \$5.50	OD: \$7.50

## OMSI Visit: Scales, Claws, and Expanding Jaws

Join us and The Oregon Museum of Science and Industry's (OMSI) at the Elsie Stuhr Center for a night of science! Get up close and personal with reptiles such as live snakes, lizards, turtles, and more! Together we'll learn about the features that make these animals unique.

Our Therapeutic Recreation (TR) programs are intended for teens and adults (16+) who experience disabilities.

You must preregister for this program.

5/6	M	6:30-8:30 pm	16-adult	TR45706
Elsie Stuhr Center			ID/AP: \$5.50	OD: \$7.50

Fees: ID/AP = User is in-district or has paid an out-of-district assessment, OD = Out-of-district (no assessment paid)

## Movie Night

Join us for a group movie night! Popcorn and refreshments will be provided. We hope to see you there!

Our Therapeutic Recreation (TR) programs are intended for teens and adults (16+) who experience disabilities.

You must preregister for this program.

5/13	M	6:30-8:30 pm	16-adult	TR45707
		Elsie Stuhr Center	ID/AP: \$5.50	OD: \$7.50

## Swimming at Harman Swim Center

Let's go swimming! Meet us at the Elsie Stuhr Center and we will shuttle everyone to Harman Swim Center in THPRD vehicles. We will be leaving the Elsie Stuhr Center at 6:30 p.m. sharp, so please plan to arrive before then. We will return to the Elsie Stuhr Center by 8:30 p.m.

Please don't forget to bring a swimsuit, towel and dry clothes!

Our Therapeutic Recreation (TR) programs are intended for teens and adults (16+) who experience disabilities.

You must preregister for this program.

5/20	M	6:30-8:30 pm	16-adult	TR45708
		Elsie Stuhr Center	ID/AP: \$5.50	OD: \$7.50

There will be NO Monday Night TR on 5/27/23

## Gardening Night

Let's plant some fruits and veggies! Meet us at The Elsie Stuhr Center and we will shuttle everyone to and from Mt. View Champions Park where we have two raised garden beds. We will be leaving the Stuhr Center at 6:30 pm sharp, so please arrive before then. This program will run rain or shine, so please come prepared for the weather.\*We will return to the Elsie Stuhr Center by 8:30 pm.

We encourage you to wear clothes that you don't mind getting wet or dirty!

Our Therapeutic Recreation (TR) programs are intended for teens and adults (16+) who experience disabilities.

You must preregister for this program.

6/3	M	6:30-8:30 pm	16-adult	TR45709
		Elsie Stuhr Center	ID/AP: \$5.50	OD: \$7.50

## Teen Therapeutic Recreation (TR)

Join us on Wednesday evenings for fun activities in this recreational and social program for teens (13-20) experiencing disabilities. Enjoy fun outings, arts, and movement.

Cost: ID/AP: \$5.50 OD:\$7.50

(Except where noted, for off-site activities)

Date & Time: Bi-monthly Wednesdays, 4:30-6:30pm

For more information and to get on our email list, please call, 503-629-6342. A THPRD Therapeutic Recreation Medical/Emergency Information form is required for all participants.

Those who require 1:1 support must have an aide that stays on site for the duration of the activity or event.

\*Additional program information will be sent out one week prior to all registered participants.

## Wednesday Teen TR:

### Bowling

Show us how you knock over the competition at one of our local bowling alleys! You have the option of meeting us at the bowling alley or joining us in a THPRD vehicle that will leave from the Elsie Stuhr Center. We will be leaving the Elsie Stuhr Center at 4:30 pm sharp, so please plan to arrive before then. \*We will return to the Elsie Stuhr Center by 8:30 pm.

Our Therapeutic Recreation (TR) programs are intended for teens ages 13-20 who experience disabilities.

You must preregister for this program.

1/17	M	4:30-6:30 pm	13-20	TR35720
		Elsie Stuhr Center	ID/AP: \$15.50	OD: \$17.50



### Movie Night

Join us for a group movie night! Popcorn and refreshments will be provided. We hope to see you there!

Our Therapeutic Recreation (TR) programs are intended for teens and adults (16+) who experience disabilities.

You must preregister for this program.

1/31	M	6:30-8:30 pm	13-20	TR35721
		Elsie Stuhr Center	ID/AP: \$5.50	OD: \$7.50

### OMSI Visit: Amazing Whales

Join us and The Oregon Museum of Science and Industry's (OMSI) at the Elsie Stuhr Center for an evening of science! You'll have the opportunity to explore hands-on science that spark curiosity and wonder.

Our Therapeutic Recreation (TR) programs are intended for teens ages 13-20 who experience disabilities.

You must preregister for this program.

2/14	W	4:30-6:30 pm	13-20	TR35722
		Elsie Stuhr Center	ID/AP: \$15.50	OD: \$17.50

Fees: ID/AP = User is in-district or has paid an out-of-district assessment, OD = Out-of-district (no assessment paid)

## Dancing

Get your boogie on! Join us and an all-abilities dance instructor as we dance to your favorite music while learning new and exciting dance moves that everyone can enjoy! In this group class, everyone will get the opportunity to dance at your own pace in a safe and inclusive environment.

Our Therapeutic Recreation (TR) programs are intended for teens ages 13-20 who experience disabilities.

You must preregister for this program.

2/28 W 4:30-6:30 pm 13-20 TR35723  
Elsie Stuhr Center ID/AP: \$15.50 OD: \$17.50

## Cooking

Let's learn to cook some delicious and simple foods together! In this class we'll learn the basics of cooking to create simple recipes that will serve as the building blocks to gain greater confidence in the kitchen.

Our Therapeutic Recreation (TR) programs are intended for teens ages 13-20 who experience disabilities.

You must preregister for this program.

3/13 W 4:30-6:30 pm 13-20 TR35724  
Elsie Stuhr Center ID/AP: \$5.50 OD: \$7.50

## OMSI Visit: Scales, Claws, and Expanding Jaws

Join us and The Oregon Museum of Science and Industry's (OMSI) at the Elsie Stuhr Center for a night of science! We'll get up close and personal with live snakes, lizards, and turtles to study the features which make them all unique.

Our Therapeutic Recreation (TR) programs are intended for teens ages 13-20 who experience disabilities.

You must preregister for this program.

3/27 W 4:30-6:30 pm 13-20 TR35725  
Elsie Stuhr Center ID/AP: \$15.50 OD: \$17.50

## Art Exploration Night

Participants will work at their own pace while exploring their unique creativity! Everyone will have the opportunity to work with various art mediums to create a masterpiece.

Our Therapeutic Recreation (TR) programs are intended for teens ages 13-20 who experience disabilities.

You must preregister for this program.

4/10 W 4:30-6:30 pm 13-20 TR45726  
Elsie Stuhr Center ID/AP: \$5.50 OD: \$7.50

## Yoga & Zumba

Yoga and Zumba are great ways to get active while having fun! For the Zumba portion, everyone will have the opportunity to show us your best dance moves as we dance along to hit songs! After, we'll end our class with calming stretches and various breathing techniques. \*Led by a certified yoga and zumba instructor.

Our Therapeutic Recreation (TR) programs are intended for teens ages 13-20 who experience disabilities.

You must preregister for this program.

4/24 W 4:30-6:30 pm 13-20 TR45727  
Elsie Stuhr Center ID/AP: \$5.50 OD: \$7.50

## Jewelry Making

Join us as we design and create our very own jewelry! In this class, we'll start with the basics of beading while working with various jewelry making tools. Now's your time to get creative!

Our Therapeutic Recreation (TR) programs are intended for teens ages 13-20 who experience disabilities.

You must preregister for this program.

5/8 W 4:30-6:30 pm 13-20 TR45728  
Elsie Stuhr Center ID/AP: \$5.50 OD: \$7.50

## Bird Watching Stroll at THPRD's Nature Center

Come watch the chirping birds of the Pacific Northwest on a walk at Tualatin Hills Nature Center. You have the option of meeting us at the Nature Center or join us in a THPRD vehicle and we will shuttle everyone to our destination. We will be leaving the Elsie Stuhr Center at 4:30 pm sharp, so please plan to arrive before then. Additional information will be sent out one week prior to the start of the program.

Our Therapeutic Recreation (TR) programs are intended for teens ages 13-20 who experience disabilities.

You must preregister for this program.

5/22 W 4:30-6:30 pm 13-20 TR45729  
Elsie Stuhr Center ID/AP: \$5.50 OD: \$7.50

# Adaptive Recreation

## Adaptive Sports Center

An inclusive sports-based program designed to provide the basics of participation in sports. Kids play at their own level while developing essential socialization skills and learning about peer unity through team play. Classes are hosted at the Garden Home Recreation Center in the gym.

1/12-2/2 (4) Gym	F	5:30-6:15pm	5-7 yrs ID/AP: \$40	TR32701 OD: \$50
1/12-2/2 (4) Gym	F	6:20-7:05pm	8-11 yrs ID/AP: \$40	TR32702 OD: \$50
2/9-3/1 (4) Gym	F	5:30-6:15pm	5-7 yrs ID/AP: \$40	TR32703 OD: \$50
2/9-3/1 (4) Gym	F	6:20-7:05pm	8-11 yrs ID/AP: \$40	TR32704 OD: \$50
4/12-5/03 (4) Gym	F	5:30-6:15pm	5-7 yrs ID/AP: \$40	TR42705 OD: \$50
4/12-5/03(4) Gym	F	6:20-7:05pm	8-11 yrs ID/AP: \$40	TR42706 OD: \$50
5/10-5/31 (4) Gym	F	5:30-6:15pm	5-7 yrs ID/AP: \$40	TR42707 OD: \$50
5/10-5/31 (4) Gym	F	6:20-7:05pm	8-11 yrs ID/AP: \$40	TR42708 OD: \$50



Fees: ID/AP = User is in-district or has paid an out-of-district assessment, OD = Out-of-district (no assessment paid)

# Babette Horenstein Tennis Center



**TUALATIN HILLS**  
PARK & RECREATION DISTRICT

**HMT Recreation Complex**  
**15707 SW Walker Road**  
**Beaverton, 97006**  
**503-629-6331**

TriMet Bus Routes: #67, 59

Facility Supervisor: Brian Yourstone

No class dates: 1/15, 1/16, 1/26, 2/19, 4/8, 4/9,  
4/12-4/13, 5/16-5/18, 5/23-5/27

**Building Hours:**

Monday-Thursday	9 am-10 pm
Friday	9 am-9 pm
Saturday-Sunday	8 am-7 pm

**Babette Horenstein Tennis Center Features:**

- 14 indoor courts October through April
- Six indoor courts and eight outdoor lighted tennis courts (May through September)
- One outdoor stadium court
- Showers available for \$3 for those not playing tennis. Supply your own towel. Five minute maximum

Enjoy playing tennis via group and private instruction, open play, social events, tournaments, league play and more.

**THPRD VOLUNTEERS!**

For volunteer opportunities, email Jim Rankin, [j.rankin@thprd.org](mailto:j.rankin@thprd.org) or call 503-629-6331 x1523.

THPRD is a Net Generation USTA provider, a member of Tennis Industry Association, and a National Recreation & Park Association Tennis in the Parks member.



TennisCenter

## Play Tennis in the Parks

THPRD maintains 106 tennis courts and 4 permanent pickleball courts at 35 park sites throughout our community. For specific locations see court list on page 137 or call the Tennis Center at 503-629-6331.

Children under 10 years of age must be visually supervised by a parent, guardian or caregiver at least 15 years of age.



For current pickleball opportunities please visit our pickleball page at [www.thprd.org/activities/sports/pickleball](http://www.thprd.org/activities/sports/pickleball).



## Court Rates and Reservations

- You may make a reservation online at [www.thprd.org](http://www.thprd.org) at 8 am one week prior. Full payment must be made at the time the reservation is made.
- Payments accepted include cash, check, THPRD gift card or credit card, with a token (in person - VISA, MasterCard or Discover).
- Full refund if cancelled at least two days prior.
- Ball Machine available for \$6 on courts 1-6 only - Call for availability

## Indoor Courts

**In-district patrons:** may reserve seven days in advance.

**Out-of-district patrons:** may reserve six days in advance.

### In-district:

\$25/hour  
\$22.50/hour senior  
\$22.50/hour military

### Out-of-district:

\$31.25/hour no assessment  
\$25/hour AP (assessment paid)

### Pickleball Rates:

ID: \$14/hr  
ID military/senior: \$12.50/hr  
OD: \$17.50/hr



## Outdoor Courts

### In-district:

\$10/hour  
\$9/hour senior  
\$9/hour military

### Out-of-district:

\$12.50/hour no assessment  
\$10/hour AP (assessment paid)

### Outdoor pickleball courts:

ID: \$6/hr  
ID military/senior: \$5.25/hr  
OD: \$7.50/hr

Due to the wide variety of programs we offer, we cannot guarantee court assignments, only court reservations.

Call for more information.

## Private Tennis Instruction

Improve your skills and strategies with private or semi-private instruction. Private lessons start at a base rate of \$63/hour for in-district patrons and available to register for online. Lesson times are added throughout the season based on instructor & court availability. For more information contact Jim Rankin at [j.rankin@thprd.org](mailto:j.rankin@thprd.org) or visit our private lessons webpage at <https://www.thprd.org/facilities/sports/babette-horenstein-tennis-center/private-lessons>.

You can also register for the private lesson interest list to be contacted when additional private lessons are added. Use class ID# **TC39911** (Winter) or **TC49911** (Spring).

## Outdoor Neighborhood Tennis Courts

### Barsotti Park (60' youth court)

16570 SW Blanton St

### Camille Park East and West

Access at W end of SW Marjorie, S end of SW 105th Ave

### Cedar Mill Park\*

10385 NW Cornell Rd, W of NW 102nd Ave

### Cedar Park School\*

11100 SW Park Way & SW Cedar Hills Blvd

### Center Street Park

11895 SW Center St

### Conestoga Middle School\*

12250 SW Conestoga Dr

### Five Oaks Middle School

1600 NW 173rd Ave, S of NW Cornell Rd

### Forest Hills Park+

SW Butner Rd & SW Portola Ave, access off SW Portola, S of Sunset Hwy, E of SW Cedar Hills Blvd

### Garden Home Park\*

8200 SW 83rd Ave

### Greenway Park+

E of SW Greenway, between SW Hall & SW Scholls Ferry Rd

### Hazeldale Park (Rosa)

Access off SW Rosa between SW 196th Ave & SW 194th Ave

### Highland Park Middle School

7000 SW Wilson Ave, S on SW Wilson Ave from SW Allen Blvd

### Howard M. Terpenning Recreation Complex<sup>^\*+ P</sup>

15707 SW Walker Rd  
NE Corner of SW Walker Rd & SW 158th Ave

### Lost Park

2120 NW 111th Ave, N of NW Lost Park Dr

### McMillan Park

Access off SW Chestnut, N of SW Cypress & SW 99th Ave

### Meadow Park Middle School

14100 SW Downing St, N of SW Walker Rd, E of SW Meadow Dr

### Melilah Park

Access off SW Arborcrest or SW 180th Ave, E of SW 182nd Ave

### Mitchell Park\*

Access off NW 93rd, W of NW Leahy Rd

### Mt View Champions Park

17500 SW Farmington Rd

### Murrayhill Park

No car access, SW Scholls Ferry Rd, SW Weir Rd, SW 155th Ave

### PCC Rock Creek<sup>^\*</sup>

17705 NW Springville Rd (6 lighted)

### Raleigh Park<sup>\*P</sup>

3500 SW 78th Ave & SW Fairway

### Reservoir Park (closed)

Access off SW Inglewood St, N of SW Imperial

### Ridgecrest Park

Access off SW Cresmoor, W of SW Hillcrest, off SW Hall Blvd

### Ridgewood View Park P

NE and SE corners of Hwy 217 & SW Meade- includes 2 pickleball court lines

### Rock Creek Landing P

NE corner of NW Cornelius Pass Rd & NW Rock Creek Blvd- includes 2 pickleball court lines

### Roxbury Park\*

SE corner of SW Berkshire & SW Roxbury

### Somerset Meadows Park\*

SE corner of NW Somerset & NW Park View, N of NW Park View, E of NW 174th Ave

### Somerset West Park

18300 NW Park View, E of NW 185th Ave, N of Hwy 26

### Summercrest Park East

E of SW Rigert & SW 170th Ave

### Summercrest Park West

Access off SW 171st Ave, S of SW Juliann

### Sunset Park\*

13707 NW Science Park Dr  
S of NW Cornell Rd, W of NW Murray

### Terra Linda Park

Access S of NW Burton, E of NW 139th Ave

### Vista Brook Park\*

6410 SW Scholls Ferry Rd at SW 88th Ave

### West Sylvan School

8111 SW West Slope Dr

### Westview High School

4200 NW 185th Ave, between Hwy 26 & NW West Union Rd

\*Includes backboard ^Includes outdoor lights +Includes hitting wall  
P Pickleball For more information, go to [www.thprd.org](http://www.thprd.org)

For your safety, only tennis shoes are allowed on the tennis courts. No running shoes, cleated shoes, boots, sandals, heels, black-soled, flats or street shoes.



## THPRD Junior Player Development

Tiny Tot

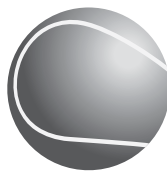
8 & Under

10 & Under

Junior Development

High School

Advanced Jr. Training



Age: 4-6  
Red

Age: 6-8  
Red  
Orange

Age: 8-10  
Red  
Orange  
Green

Age: 10+  
Orange  
Green  
Yellow

Age: 13+  
Orange  
Green  
Yellow

Age: 8-12  
Green  
Yellow

Racket:  
Up to 21"

Racket:  
Up to 21"

Racket:  
Up to 23"

Racket:  
Up to 25"

Racket:  
25"+

Racket:  
25"+



For more information contact Jim Rankin at [j.rankin@thprd.org](mailto:j.rankin@thprd.org)

Class #	Dates	Days	Times	ID/AP	OD	Classes
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### Tennis Tiny Tot Beginner (5-6 Years)

Development of coordination and motor skills with an emphasis on racquet handling and stroke production by hitting tennis balls. Instructor approval required for next level.

TC31111	1/2-2/6	T	3:45-4:30 pm	\$59	\$73.75	5
TC31112	1/4-2/8	Th	3:45-4:30 pm	\$71	\$88.75	6
TC31121	2/13-3/19	T	3:45-4:30 pm	\$59	\$73.75	5
TC31122	2/15-3/21	Th	3:45-4:30 pm	\$71	\$88.75	6
TC41111	4/2-4/30	T	3:45-4:30 pm	\$47	\$58.75	4
TC41112	4/4-5/2	Th	3:45-4:30 pm	\$59	\$73.75	5
TC41121	5/7-6/4	T	3:45-4:30 pm	\$59	\$73.75	5
TC41122	5/9-6/6	Th	3:45-4:30 pm	\$36	\$45	3

### 8 and Under Tennis Level 1 (Red Ball) Age 6 to 8

Learn the basic tennis skills: forehand and backhands, volleys, overhead and serve. This class is taught using red compression tennis balls. Instructor approval required for next level.

TC31211	1/2-2/6	T	3:45-4:30 pm	\$59	\$73.75	5
TC31212	1/4-2/8	Th	3:45-4:30 pm	\$71	\$88.75	6
TC31221	2/13-3/19	T	3:45-4:30 pm	\$59	\$73.75	5
TC31222	2/15-3/21	Th	3:45-4:30 pm	\$71	\$88.75	6
TC41211	4/2-4/30	T	3:45-4:30 pm	\$47	\$58.75	4
TC41212	4/4-5/2	Th	3:45-4:30 pm	\$59	\$73.75	5
TC41221	5/7-6/4	T	3:45-4:30 pm	\$59	\$73.75	5
TC41222	5/9-6/6	Th	3:45-4:30 pm	\$36	\$45	3

### 8 and Under Tennis Level 1.5 (Orange Ball) Age 6 to 8

Continued skill development of hitting from a stationary position and while moving to the ball. Player will develop volley skills and awareness of court positioning for both singles and doubles play. Students will be introduced to game scoring along with an emphasis on rallying in different scenarios. Class is taught with orange compression balls. Instructor approval required prior to signing up for this level.

TC31411	1/2-2/6	T	3:45-4:30 pm	\$59	\$73.75	5
TC31412	1/4-2/8	Th	3:45-4:30 pm	\$71	\$88.75	6
TC31421	2/13-3/19	T	3:45-4:30 pm	\$59	\$73.75	5
TC31422	2/15-3/21	Th	3:45-4:30 pm	\$71	\$88.75	6
TC41411	4/2-4/30	T	3:45-4:30 pm	\$47	\$58.75	4
TC41412	4/4-5/2	Th	3:45-4:30 pm	\$59	\$73.75	5
TC41421	5/7-6/4	T	3:45-4:30 pm	\$59	\$73.75	5
TC41422	5/9-6/6	Th	3:45-4:30 pm	\$36	\$45	3

Class #	Dates	Days	Times	ID/AP	OD	Classes
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### 8 and Under Tennis Level 2 (Orange Ball) Age 6 to 8

Continued skill development of hitting from a stationary position and while moving to the ball. Player will develop volley skills and awareness of court positioning for both singles and doubles play. Students will be introduced to game scoring along with an emphasis on rallying in different scenarios. Class is taught with orange compression balls. Instructor approval required prior to signing up for this level.

TC31511	1/4-2/8	Th	3:45-4:30 pm	\$93	\$116.25	6
TC31521	2/15-3/21	Th	3:45-4:30 pm	\$93	\$116.25	6
TC41511	4/4-5/2	Th	3:45-4:30 pm	\$78	\$97.50	5
TC41521	5/9-6/6	Th	3:45-4:30 pm	\$47	\$58.75	3

### 10 and Under Tennis Level 1 (Red Ball) Age 8 to 10

Introduction to the basic tennis skills: forehand, backhand, volley, overhead and serves. This class is taught using red compression balls. Instructor approval required for next level.

TC31611	1/8-2/5	M	3:45-4:30 pm	\$47	\$58.75	4
TC31612	1/3-2/7	W	3:45-4:30 pm	\$71	\$88.75	6
TC31614	1/6-2/10	S	9-10 am	\$95	\$118.75	6
TC31621	2/12-3/18	M	3:45-4:30 pm	\$59	\$73.75	5
TC31622	2/14-3/20	W	3:45-4:30 pm	\$71	\$88.75	6
TC31624	2/17-3/23	S	9-10 am	\$95	\$118.75	6
TC41611	4/1-4/29	M	3:45-4:30 pm	\$47	\$58.75	4
TC41612	4/3-5/1	W	3:45-4:30 pm	\$59	\$73.75	5
TC41614	4/6-5/4	S	9-10 am	\$63	\$78.75	4
TC41621	5/6-6/3	M	3:45-4:30 pm	\$47	\$58.75	4
TC41622	5/8-6/5	W	3:45-4:30 pm	\$59	\$73.75	5
TC41624	5/11-6/8	S	9-10 am	\$47	\$58.75	3

### 10 and Under Tennis Level 1.5 (Orange Ball) Age 8 to 10

Continued development of hitting ball from a stationary position and while moving to the ball. Player will develop volley skills and awareness of court positioning for both singles and doubles play. Students will be introduced to game scoring along with an emphasis on rallying in different scenarios. Class is taught using orange compression balls. Instructor approval required prior to signing up for this level.

TC31711	1/8-2/5	M	3:45-4:30 pm	\$47	\$58.75	4
TC31712	1/3-2/7	W	3:45-4:30 pm	\$71	\$88.75	6
TC31721	2/12-3/18	M	3:45-4:30 pm	\$59	\$73.75	5
TC31722	2/14-3/20	W	3:45-4:30 pm	\$71	\$88.75	6
TC41711	4/1-4/29	M	3:45-4:30 pm	\$47	\$58.75	4
TC41712	4/3-5/1	W	3:45-4:30 pm	\$59	\$73.75	5
TC41721	5/6-6/3	M	3:45-4:30 pm	\$47	\$58.75	4
TC41722	5/8-6/5	W	3:45-4:30 pm	\$59	\$73.75	5

### 10 and Under Tennis Level 2 (Orange Ball) Age 8 to 10

Continued development of hitting ball from a stationary position and while moving to the ball. Player will develop volley skills and awareness of court positioning for both singles and doubles play. Students will be introduced to game scoring along with an emphasis on rallying in different scenarios. Class is taught using orange compression balls. Instructor approval required prior to signing up for this level.

TC31811	1/8-2/5	M	3:45-4:30 pm	\$62	\$77.50	4
TC31812	1/3-2/7	W	3:45-4:30 pm	\$93	\$116.25	6
TC31821	2/12-3/18	M	3:45-4:30 pm	\$78	\$97.50	5
TC31822	2/14-3/20	W	3:45-4:30 pm	\$93	\$116.25	6
TC41811	4/1-4/29	M	3:45-4:30 pm	\$62	\$77.50	4
TC41812	4/3-5/1	W	3:45-4:30 pm	\$78	\$97.50	5
TC41821	5/6-6/3	M	3:45-4:30 pm	\$62	\$77.50	4
TC41822	5/8-6/5	W	3:45-4:30 pm	\$78	\$97.50	5



Fees: ID/AP = User is in-district or has paid an out-of-district assessment, OD = Out-of-district (no assessment paid)

Class #	Dates	Days	Times	ID/AP	OD	Classes
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### 10 and Under Tennis Level 2.5 (Orange Ball) Age 8 to 10

This class is taught with an emphasis on point play and rallying while continuing to develop the skills from Level 2. Players work on shot consistency, offensive and defensive shots, doubles and singles movement and specialty shots. Class is taught using orange compression balls. Instructor approval required prior to signing up for this level.

TC31911	1/2-2/6	T	3:45-4:30 pm	\$78	\$97.50	5
TC31912	1/3-2/7	W	3:45-4:30 pm	\$93	\$116.25	6
TC31921	2/13-3/19	T	3:45-4:30 pm	\$78	\$97.50	5
TC31922	2/14-3/20	W	3:45-4:30 pm	\$93	\$116.25	6
TC41911	4/2-4/30	T	3:45-4:30 pm	\$62	\$77.50	4
TC41912	4/3-5/1	W	3:45-4:30 pm	\$78	\$97.50	5
TC41921	5/7-6/4	T	3:45-4:30 pm	\$78	\$97.50	5
TC41922	5/8-6/5	W	3:45-4:30 pm	\$78	\$97.50	5

### Junior Development Tennis Level 1 (Orange Ball) Age 10 to 13

This player is just starting to play tennis and is learning the basic skills of serving, backhands, forehands and volleys. This class will use orange compression balls. Instructor approval required for next level.

TC32011	1/8-2/5	M	5-6 pm	\$63	\$78.75	4
TC32012	1/3-2/7	W	5-6 pm	\$95	\$118.75	6
TC32013	1/4-2/8	Th	5-6 pm	\$95	\$118.75	6
TC32014	1/6-2/10	S	10:15-11:15 am	\$95	\$118.75	6
TC32021	2/12-3/18	M	5-6 pm	\$79	\$98.75	5
TC32022	2/14-3/20	W	5-6 pm	\$95	\$118.75	6
TC32023	2/15-3/21	Th	5-6 pm	\$95	\$118.75	6
TC32024	2/17-3/23	S	10:15-11:15 am	\$95	\$118.75	6
TC42011	4/1-4/29	M	5-6 pm	\$63	\$78.75	4
TC42012	4/3-5/1	W	5-6 pm	\$79	\$98.75	5
TC42013	4/4-5/2	Th	5-6 pm	\$79	\$98.75	5
TC42014	4/6-5/4	S	10:15-11:15 am	\$63	\$78.75	4
TC42021	5/6-6/3	M	5-6 pm	\$63	\$78.75	4
TC42022	5/8-6/5	W	5-6 pm	\$79	\$98.75	5
TC42023	5/9-6/6	Th	5-6 pm	\$47	\$58.75	3
TC42024	5/11-6/8	S	10:15-11:15 am	\$47	\$58.75	3

### Junior Development Tennis Level 1.5 (Orange Ball) Age 10 to 13

Continued development of hitting from a stationary position and while moving to the ball. Development of volley skills and awareness of court positioning for both singles and doubles play. Students will be introduced to game scoring along with an emphasis on rallying in different scenarios. Class is taught using orange compression balls. Instructor approval required prior to signing up for this level.

TC32111	1/8-2/5	M	5-6 pm	\$63	\$78.75	4
TC32112	1/3-2/7	W	5-6 pm	\$95	\$118.75	6
TC32113	1/4-2/8	Th	5-6 pm	\$95	\$118.75	6
TC32121	2/12-3/18	M	5-6 pm	\$79	\$98.75	5
TC32122	2/14-3/20	W	5-6 pm	\$95	\$118.75	6
TC32123	2/15-3/21	Th	5-6 pm	\$95	\$118.75	6
TC42111	4/1-4/29	M	5-6 pm	\$63	\$78.75	4
TC42112	4/3-5/1	W	5-6 pm	\$79	\$98.75	5
TC42113	4/4-5/2	Th	5-6 pm	\$79	\$98.75	5
TC42121	5/6-6/3	M	5-6 pm	\$63	\$78.75	4
TC42122	5/8-6/5	W	5-6 pm	\$79	\$98.75	5
TC42123	5/9-6/6	Th	5-6 pm	\$47	\$58.75	3

Class #	Dates	Days	Times	ID/AP	OD	Classes
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### Junior Development Tennis Level 2 (Orange Ball) Age 10 to 13

Continued development of hitting from a stationary position and while moving to the ball. Development of volley skills and awareness of court positioning for both singles and doubles play. Students will be introduced to game scoring along with an emphasis on rallying in different scenarios. Class is taught using orange compression balls. Instructor approval required prior to signing up for this level.

TC32211	1/8-2/5	M	5-6 pm	\$80	\$100	4
TC32212	1/2-2/6	T	5-6 pm	\$100	\$125	5
TC32213	1/3-2/7	W	5-6 pm	\$120	\$150	6
TC32214	1/4-2/8	Th	5-6 pm	\$120	\$150	6
TC32221	2/12-3/18	M	5-6 pm	\$100	\$125	5
TC32222	2/13-3/19	T	5-6 pm	\$100	\$125	5
TC32223	2/14-3/20	W	5-6 pm	\$120	\$150	6
TC32224	2/15-3/21	Th	5-6 pm	\$120	\$150	6
TC42211	4/1-4/29	M	5-6 pm	\$80	\$100	4
TC42212	4/2-4/30	T	5-6 pm	\$80	\$100	4
TC42213	4/3-5/1	W	5-6 pm	\$100	\$125	5
TC42214	4/4-5/2	Th	5-6 pm	\$100	\$125	5
TC42221	5/6-6/3	M	5-6 pm	\$80	\$100	4
TC42222	5/7-6/4	T	5-6 pm	\$100	\$125	5
TC42223	5/8-6/5	W	5-6 pm	\$100	\$125	5
TC42224	5/9-6/6	Th	5-6 pm	\$60	\$75	3

### Junior Development Tennis Level 2.5 (Green Ball) Age 10 to 13

This class is taught with an emphasis on point play and rallying while continuing to develop the skills from level 2. Players work on shot consistency, offensive and defensive shots, doubles and singles movement and specialty shots. Class is taught using green compression balls. Instructor approval required prior to signing up for this level.

TC32311	1/2-2/6	T	5-6 pm	\$100	\$125	5
TC32312	1/4-2/8	Th	5-6 pm	\$120	\$150	6
TC32321	2/13-3/19	T	5-6 pm	\$100	\$125	5
TC32322	2/15-3/21	Th	5-6 pm	\$120	\$150	6
TC42311	4/2-4/30	T	5-6 pm	\$80	\$100	4
TC42312	4/4-5/2	Th	5-6 pm	\$100	\$125	5
TC42321	5/7-6/4	T	5-6 pm	\$100	\$125	5
TC42322	5/9-6/6	Th	5-6 pm	\$60	\$75	3

### Tennis Junior Match Play Level 2.5+ (9 to 13 Years)

Athletic development skills will be practiced to start each class. Introduction to match play for players levels 2-3. Coaches will organize competitive matches among players. This is a good supplement to regular group lessons.

TC32411	1/5-2/9	F	5:30-7 pm	\$150	\$187.50	5
TC32421	2/16-3/22	F	5:30-7 pm	\$180	\$225	6
TC42411	4/5-5/3	F	5:30-7 pm	\$120	\$150	4
TC42421	5/10-6/7	F	5:30-7 pm	\$90	\$112.50	3

### Family Tennis (Ages 9-13)

This class is designed for family play, one child and one adult. The child should be a beginner, level 1-2. The adult and child will develop their basic tennis skills: groundstrokes, volleys, overheads and serves. Price includes one child and one adult.

TC32511	1/4-2/8	Th	7-8 pm	\$142	\$177.50	6
TC32521	2/15-3/21	Th	7-8 pm	\$142	\$177.50	6
TC42511	4/4-5/2	Th	7-8 pm	\$118	\$147.50	5
TC42521	5/9-6/6	Th	7-8 pm	\$71	\$88.75	3

Fees: ID/AP = User is in-district or has paid an out-of-district assessment, OD = Out-of-district (no assessment paid)



Class #	Dates	Days	Times	ID/AP	OD	Classes
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### Tennis Advanced Junior Training Level 3+ (10-13 Years)

This class is designed for players that have advanced past level 2.5 and are starting to participate in tournament competition. Coaches will work on offensive and defensive situations along with advanced singles and doubles strategies. Our coaches will work to prepare players for tournament competition.

TC32611	1/2-2/6	T	5-6:30 pm	\$150	\$187.50	5
TC32621	2/13-3/19	T	5-6:30 pm	\$150	\$187.50	5
TC42611	4/2-4/30	T	5-6:30 pm	\$120	\$150	4
TC42621	5/7-6/4	T	5-6:30 pm	\$150	\$187.50	5

### High School Tennis Level 1 (14-18 Years)

Athletic development skills will be practiced to start each class. Player will learn the basic tennis skills: forehand, backhand, serve and volley. This class will use orange compression balls. Instructor approval required for next level.

TC32711	1/3-2/7	W	6-7 pm	\$95	\$118.75	6
TC32721	2/14-3/20	W	6-7 pm	\$95	\$118.75	6
TC42711	4/3-5/1	W	6-7 pm	\$79	\$98.75	5
TC42721	5/8-6/5	W	6-7 pm	\$79	\$98.75	5

### High School Tennis Level 1.5 (14 to 18 Years)

Continued development of hitting from a stationary position and while moving to the ball. Development of volley skills and awareness of court positioning for both singles and doubles play. Students will be introduced to game scoring along with an emphasis on rallying in different scenarios. Class is taught using orange compression balls. Instructor approval required prior to signing up for this level.

TC32811	1/2-2/6	T	6:30-7:30 pm	\$79	\$98.75	5
TC32821	2/13-3/19	T	6:30-7:30 pm	\$79	\$98.75	5
TC42811	4/2-4/30	T	6:30-7:30 pm	\$63	\$78.75	4
TC42821	5/7-6/4	T	6:30-7:30 pm	\$79	\$98.75	5

### High School Tennis Level 2 (14-18 Years)

Continued development of hitting from a stationary position and while moving to the ball. Development of volley skills and awareness of court positioning for both singles and doubles play. Students will be introduced to game scoring along with an emphasis on rallying in different scenarios. Class is taught using orange compression balls. Instructor approval required prior to signing up for this level.

TC32911	1/4-2/8	Th	6-7 pm	\$120	\$150	6
TC32921	2/15-3/21	Th	6-7 pm	\$120	\$150	6
TC42911	4/4-5/2	Th	6-7 pm	\$100	\$125	5
TC42921	5/9-6/6	Th	6-7 pm	\$60	\$75	3

### High School Tennis Level 2.5 (14-18 Years)

This class is taught with an emphasis on point play and rallying while continuing to develop the skills from level 2. Players work on shot consistency, offensive and defensive shots, doubles and singles movement and specialty shots. Class is taught using green compression balls. Instructor approval required prior to signing up for this level.

TC33011	1/5-2/9	F	4-5 pm	\$100	\$125	5
TC33021	2/16-3/22	F	4-5 pm	\$120	\$150	6
TC43011	4/5-5/3	F	4-5 pm	\$80	\$100	4
TC43021	5/10-6/7	F	4-5 pm	\$60	\$75	3

## Weekly Youth Clinics

Class #	Dates	Days	Times	ID/AP	OD	Classes
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### 10 and Under Tennis Level 1 Clinic (Red Ball) Age 8 to 10

Introduction to the basic tennis skills: forehand, backhand, volley, overhead and serves. This class is taught using red compression balls. Instructor approval required for next level.

TC31613A	1/5	F	4-5 pm	\$16	\$20	1
TC31613B	1/12	F	4-5 pm	\$16	\$20	1
TC31613C	1/19	F	4-5 pm	\$16	\$20	1
TC31613D	2/2	F	4-5 pm	\$16	\$20	1
TC31613E	2/9	F	4-5 pm	\$16	\$20	1
TC31623A	2/16	F	4-5 pm	\$16	\$20	1
TC31623B	2/23	F	4-5 pm	\$16	\$20	1
TC31623C	3/1	F	4-5 pm	\$16	\$20	1
TC31623D	3/8	F	4-5 pm	\$16	\$20	1
TC31623E	3/15	F	4-5 pm	\$16	\$20	1
TC31623F	3/22	F	4-5 pm	\$16	\$20	1
TC41613A	4/5	F	4-5 pm	\$16	\$20	1
TC41613B	4/12	F	4-5 pm	\$16	\$20	1
TC41613C	4/19	F	4-5 pm	\$16	\$20	1
TC41613D	4/26	F	4-5 pm	\$16	\$20	1
TC41613E	5/3	F	4-5 pm	\$16	\$20	1
TC41623A	5/10	F	4-5 pm	\$16	\$20	1
TC41623B	5/31	F	4-5 pm	\$16	\$20	1
TC41623C	6/7	F	4-5 pm	\$16	\$20	1

### 10 and Under Tennis Clinic Level 2 (Orange Ball) Age 8 to 10

Continued development of hitting ball from a stationary position and while moving to the ball. Player will develop volley skills and awareness of court positioning for both singles and doubles play. Students will be introduced to game scoring along with an emphasis on rallying in different scenarios. Class is taught using orange compression balls. Instructor approval required prior to signing up for this level.

TC31813A	1/5	F	4-5 pm	\$20	\$25	1
TC31813B	1/12	F	4-5 pm	\$20	\$25	1
TC31813C	1/19	F	4-5 pm	\$20	\$25	1
TC31813D	2/2	F	4-5 pm	\$20	\$25	1
TC31813E	2/9	F	4-5 pm	\$20	\$25	1
TC31823A	2/16	F	4-5 pm	\$20	\$25	1
TC31823B	2/23	F	4-5 pm	\$20	\$25	1
TC31823C	3/1	F	4-5 pm	\$20	\$25	1
TC31823D	3/8	F	4-5 pm	\$20	\$25	1
TC31823E	3/15	F	4-5 pm	\$20	\$25	1
TC31823F	3/22	F	4-5 pm	\$20	\$25	1
TC41813A	4/5	F	4-5 pm	\$20	\$25	1
TC41813B	4/19	F	4-5 pm	\$20	\$25	1
TC41813C	4/26	F	4-5 pm	\$20	\$25	1
TC41813D	5/3	F	4-5 pm	\$20	\$25	1
TC41823A	5/10	F	4-5 pm	\$20	\$25	1
TC41823B	5/31	F	4-5 pm	\$20	\$25	1
TC41823C	6/7	F	4-5 pm	\$20	\$25	1

Fees: ID/AP = User is in-district or has paid an out-of-district assessment, OD = Out-of-district (no assessment paid)



## Large Events at the Tennis Center

<b>April 12-13</b>	<b>Boys Jesuit Invitational High School Tournament</b>
<b>May 16-18</b>	<b>Metro League High School Districts Tournament</b>
<b>May 23-25</b>	<b>5A &amp; 6A Boys &amp; Girls Tournament</b>

Class #	Dates	Days	Times	ID/AP	OD	Classes
<b>High School Prep Level 3+ (Ages 14 to 18)</b>						
Advanced high school program for players on their high school team or who already play at that level as incoming freshman. Focus on high-intensity hitting, match strategy, footwork, and physical conditioning and skill development.						
TC33111	1/2-2/27	T	5-6:30 pm	\$210	\$262.50	7

### Adult Tennis Level 1

Introduction to tennis. For beginners and players with no prior class instruction. This class will cover the tennis basics: forehand and backhand groundstrokes, volleys, overheads and serves, along with player court positioning and game scoring. Instructor approval required for next level.

TC33211	1/8-2/5	M	6:15-7:30 pm	\$67	\$83.75	4
TC33212	1/3-2/7	W	6-7:15 pm	\$100	\$125	6
TC33213	1/4-2/8	Th	10-11:30 am	\$117	\$146.25	6
TC33221	2/12-3/18	M	6:15-7:30 pm	\$83	\$103.75	5
TC33222	2/14-3/20	W	6-7:15 pm	\$100	\$125	6
TC33223	2/15-3/21	Th	10-11:30 am	\$117	\$146.25	6
TC43211	4/1-4/29	M	6:15-7:30 pm	\$67	\$83.75	4
TC43212	4/3-5/1	W	6:15-7:30 pm	\$83	\$103.75	5
TC43213	4/4-5/2	Th	10-11:30 am	\$100	\$125	5
TC43221	5/6-6/3	M	6:15-7:30 pm	\$67	\$83.75	4
TC43222	5/8-6/5	W	6-7:15 pm	\$83	\$103.75	5
TC43223	5/9-6/6	Th	10-11:30 am	\$60	\$75	3

### Adult Tennis Level 1.5

This class will continue to develop the skills learned in NTRP Level 1. Introduction to approach shots and beginning doubles strategy. Instructor approval required prior to signing up for this level.

TC33311	1/2-2/6	T	10-11:30 am	\$98	\$122.50	5
TC33312	1/2-2/6	T	6:30-8 pm	\$98	\$122.50	5
TC33313	1/4-2/8	Th	6-7:30 pm	\$117	\$146.25	6
TC33321	2/13-3/19	T	10-11:30 am	\$98	\$122.50	5
TC33322	2/13-3/19	T	6:30-8 pm	\$98	\$122.50	5
TC33323	2/15-3/21	Th	6-7:30 pm	\$117	\$146.25	6
TC43311	4/2-4/30	T	10-11:30 am	\$80	\$100	4
TC43312	4/2-4/30	T	6:30-8 pm	\$80	\$100	4
TC43313	4/4-5/2	Th	6-7:30 pm	\$100	\$125	5
TC43321	5/7-6/4	T	10-11:30 am	\$100	\$125	5
TC43322	5/7-6/4	T	6:30-8 pm	\$100	\$125	5
TC43323	5/9-6/6	Th	6-7:30 pm	\$60	\$75	3

Class #	Dates	Days	Times	ID/AP	OD	Classes
<b>Adult Stroking Tennis Analysis</b>						
This class is available for players NTRP level 1.5 and up. The main goal of this class is to work on the technical portion of your game. During the session you will cover ground strokes, volleys, serves and returns. The ball machine is utilized with this class. You will receive feedback on your shots and get a lot of hitting repetition on the ball machine.						
TC34511	1/7-2/11	Su	9-10:30 am	\$117	\$146.25	6
TC34521	2/18-3/24	Su	9-10:30 am	\$117	\$146.25	6
TC44511	4/7-5/5	Su	9-10:30 am	\$98	\$122.50	5
TC44521	5/12-6/2	Su	9-10:30 am	\$59	\$73.75	3

### Adult Tennis Level 2

Continued development of court positioning for doubles play and review of the basics of forehand and backhand strokes including grips, footwork and approaching the net. Introduction to ball placement, lob, doubles movement and strategy, beginning singles strategy, return of serve and overhead footwork. Instructor approval required prior to signing up for this level.

TC33411	1/8-2/5	M	6-7:30 pm	\$99	\$123.75	4
TC33412	1/2-2/6	T	10-11:30 am	\$124	\$155	5
TC33413	1/4-2/8	Th	10-11:30 am	\$149	\$186.25	6
TC33414	1/4-2/8	Th	6-7:30 pm	\$149	\$186.25	6
TC33421	2/12-3/18	M	6-7:30 pm	\$124	\$155	5
TC33422	2/13-3/19	T	10-11:30 am	\$124	\$155	5
TC33423	2/15-3/21	Th	10-11:30 am	\$149	\$186.25	6
TC33424	2/15-3/21	Th	6-7:30 pm	\$149	\$186.25	6
TC43411	4/1-4/29	M	6-7:30 pm	\$99	\$123.75	4
TC43412	4/2-4/30	T	10-11:30 am	\$99	\$123.75	4
TC43413	4/4-5/2	Th	10-11:30 am	\$124	\$155	5
TC43414	4/4-5/2	Th	6-7:30 pm	\$124	\$155	5
TC43421	5/6-6/3	M	6-7:30 pm	\$99	\$123.75	4
TC43422	5/7-6/4	T	10-11:30 am	\$124	\$155	5
TC43423	5/9-6/6	Th	10-11:30 am	\$74	\$92.50	3
TC43424	5/9-6/6	Th	6-7:30 pm	\$74	\$92.50	3

### Adult Tennis Level 2-2.5

Continued development of court positioning for doubles play and review of the basics of forehand and backhand strokes including grips, footwork and approaching the net. Introduction to ball placement, lob, doubles movement and strategy, beginning singles strategy, return of serve and overhead footwork. Instructor approval required prior to signing up for this level.

TC33511	1/5-2/9	F	10-11:30 am	\$124	\$155	5
TC33521	2/16-3/22	F	10-11:30 am	\$149	\$186.25	6
TC43511	4/5-5/3	F	10-11:30 am	\$99	\$123.75	4
TC43521	5/10-6/7	F	10-11:30 am	\$74	\$92.50	3



Fees: ID/AP = User is in-district or has paid an out-of-district assessment, OD = Out-of-district (no assessment paid)

Class #	Dates	Days	Times	ID/AP	OD	Classes
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### Adult Tennis Level 2.5

Continued development of court positioning for doubles play and review of the basics of forehand and backhand strokes including grips, footwork and approaching the net. Introduction to ball placement, lob, doubles movement and strategy, beginning singles strategy, return of serve and overhead footwork. Instructor approval required prior to signing up for this level

TC33611	1/8-2/5	M	10-11:30 am	\$102	\$127.50	4
TC33612	1/2-2/6	T	6:30-8 pm	\$128	\$160	5
TC33613	1/3-2/7	W	6-7:30 pm	\$153	\$191.25	6
TC33614	1/4-2/8	Th	10-11:30 am	\$153	\$191.25	6
TC33615	1/5-2/9	F	6:15-7:45 pm	\$128	\$160	5
TC33616	1/6-2/10	S	11:45 am-12:45 pm	\$113	\$141.25	6
TC33621	2/12-3/18	M	10-11:30 am	\$128	\$160	5
TC33622	2/13-3/19	T	6:30-8 pm	\$128	\$160	5
TC33623	2/14-3/20	W	6-7:30 pm	\$153	\$191.25	6
TC33624	2/15-3/21	Th	10-11:30 am	\$153	\$191.25	6
TC33625	2/16-3/22	F	6:15-7:45 pm	\$153	\$191.25	6
TC33626	2/17-3/23	S	11:45 am-12:45 pm	\$113	\$141.25	6
TC43611	4/1-4/29	M	10-11:30 am	\$102	\$127.50	4
TC43612	4/2-4/30	T	6:30-8 pm	\$102	\$127.50	4
TC43613	4/3-5/1	W	6-7:30 pm	\$128	\$160	5
TC43614	4/4-5/2	Th	10-11:30 am	\$128	\$160	5
TC43615	4/5-5/3	F	6:15-7:45 pm	\$102	\$127.50	4
TC43616	4/6-5/4	S	11:45 am-12:45 pm	\$75	\$93.75	4
TC43621	5/6-6/3	M	10-11:30 am	\$102	\$127.50	4
TC43622	5/7-6/4	T	6:30-8 pm	\$128	\$160	5
TC43623	5/8-6/5	W	6-7:30 pm	\$128	\$160	5
TC43624	5/9-6/6	Th	10-11:30 am	\$77	\$96.25	3
TC43625	5/10-6/7	F	10-11:30 am	\$77	\$96.25	3
TC43626	5/11-6/8	S	11:45 am-12:45 pm	\$57	\$71.25	3

### Adult Tennis Drill and Play 2.5-3

This 90-minute class gives you a 30-minute, fast-paced warmup followed by an hour of organized match play with a pro. Level of play is NTRP 2.5-3.

TC33711	1/4-2/8	Th	6-7:30 pm	\$153	\$191.25	6
TC33721	2/15-3/21	Th	6-7:30 pm	\$153	\$191.25	6
TC43711	4/4-5/2	Th	6-7:30 pm	\$128	\$160	5
TC43721	5/9-6/6	Th	6-7:30 pm	\$77	\$96.25	3

### Adult Tennis Level 3

This class will further develop the use of topspin and slice groundstrokes and their role in tennis strategy. Development of aggressive play at the net as well as singles and doubles strategies. Instructor approval required prior to signing up for this level.

TC33811	1/2-2/6	T	6-7:30 pm	\$128	\$160	5
TC33812	1/7-2/11	Su	11 am-12:30 pm	\$153	\$191.25	6
TC33821	2/13-3/19	T	6-7:30 pm	\$128	\$160	5
TC33822	2/18-3/24	Su	11 am-12:30 pm	\$153	\$191.25	6
TC43811	4/2-4/30	T	6-7:30 pm	\$102	\$127.50	4
TC43812	4/7-5/5	Su	6-7:30 pm	\$128	\$160	5
TC43821	5/7-6/4	T	6-7:30 pm	\$128	\$160	5
TC43822	5/12-6/2	Su	11 am-12:30 pm	\$77	\$96.25	3

Class #	Dates	Days	Times	ID/AP	OD	Classes
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### Adult Tennis Level 4

You MUST be a NTRP 4.0 level player or have instructor approval to register for this class. This is a competitive hit group that involves high intensity drills and point play. Taught with a game-based emphasis where most of the instructional points are strategic and match-play based.

TC34211	1/2-2/6	T	6-7:30 pm	\$128	\$160	5
TC34221	2/13-3/19	T	6-7:30 pm	\$128	\$160	5
TC44211	4/2-4/30	T	6-7:30 pm	\$102	\$127.50	4
TC44221	5/7-6/4	T	6-7:30 pm	\$128	\$160	5

### Pickleball Level 1

Ready to Learn how to play pickleball. Join coach Brian Loomis for an introduction to pickleball. In this class you will learn the fundamentals, scoring and everything you need to learn to start playing.

TC34611	1/2-2/6	T	12-1:30 pm	\$98	\$122.50	5
TC34621	2/13-3/19	T	12-1:30 pm	\$117	\$146.25	6
TC44611	4/2-4/30	T	12-1:30 pm	\$78	\$97.50	4
TC44621	5/7-6/4	T	12-1:30 pm	\$98	\$122.50	5

### Pickleball Level 2

Ready to continue advancing your pickleball skills. Join Brian Loomis for Pickleball Level 2 class. This class is for those that have completed our Level 1 class and have approval from Brian Loomis. Level 2 will build on the skills and concepts from the level 1 class.

TC34711	1/3-2/7	W	10:30 am-12 pm	\$149	\$186.25	6
TC34721	2/14-3/20	W	10:30 am-12 pm	\$149	\$186.25	6
TC44711	4/3-5/1	W	10:30 am-12 pm	\$124	\$155	5
TC44721	5/8-6/5	W	10:30 am-12 pm	\$124	\$155	5

### Pickleball Hit with the Pro Clinic

Come join Coach Jake for organized pickleball practice. Prerequisite for this 90 minute clinic is completion of our Level 1 pickleball class or previous pickleball experience. Each session will work on different playing skills and strategies with Coach Jake.

TC34811	1/4	Th	12-1:30 pm	\$25	\$31.25	1
TC34812	1/11	Th	12-1:30 pm	\$25	\$31.25	1
TC34813	1/18	Th	12-1:30 pm	\$25	\$31.25	1
TC34814	1/25	Th	12-1:30 pm	\$25	\$31.25	1
TC34815	2/1	Th	12-1:30 pm	\$25	\$31.25	1
TC34816	2/8	Th	12-1:30 pm	\$25	\$31.25	1
TC34821	2/15	Th	12-1:30 pm	\$25	\$31.25	1
TC34822	2/22	Th	12-1:30 pm	\$25	\$31.25	1
TC34823	2/29	Th	12-1:30 pm	\$25	\$31.25	1
TC34824	3/7	Th	12-1:30 pm	\$25	\$31.25	1
TC34825	3/14	Th	12-1:30 pm	\$25	\$31.25	1
TC34826	3/21	Th	12-1:30 pm	\$25	\$31.25	1
TC44811	4/4	Th	12-1:30 pm	\$25	\$31.25	1
TC44812	4/11	Th	12-1:30 pm	\$25	\$31.25	1
TC44813	4/18	Th	12-1:30 pm	\$25	\$31.25	1
TC44814	4/25	Th	12-1:30 pm	\$25	\$31.25	1
TC44815	5/2	Th	12-1:30 pm	\$25	\$31.25	1
TC44821	5/9	Th	12-1:30 pm	\$25	\$31.25	1
TC44822	5/30	Th	12-1:30 pm	\$25	\$31.25	1
TC44823	6/6	Th	12-1:30 pm	\$25	\$31.25	1

Fees: ID/AP = User is in-district or has paid an out-of-district assessment, OD = Out-of-district (no assessment paid)

## Weekly Hit Groups

The single time classes will be released one week prior to the class date.

Class #	Dates	Days	Times	ID/AP	OD	Classes
<b>Adult Tennis Singles Slam 3.5 +</b>						
This Clinic is for NTRP Level 3.5+. Join Scott for some singles strategies, including offense and defense against different styles of play and effective stroke production.						

TC34411	1/8	M	6-7:30 pm	\$26	\$32.50	1
TC34412	1/22	M	6-7:30 pm	\$26	\$32.50	1
TC34413	1/29	M	6-7:30 pm	\$26	\$32.50	1
TC34414	2/5	M	6-7:30 pm	\$26	\$32.50	1
TC34421	2/12	M	6-7:30 pm	\$26	\$32.50	1
TC34422	2/26	M	6-7:30 pm	\$26	\$32.50	1
TC34423	3/4	M	6-7:30 pm	\$26	\$32.50	1
TC34424	3/11	M	6-7:30 pm	\$26	\$32.50	1
TC34425	3/18	M	6-7:30 pm	\$26	\$32.50	1
TC44411	4/1	M	6-7:30 pm	\$26	\$32.50	1
TC44412	4/15	M	6-7:30 pm	\$26	\$32.50	1
TC44413	4/22	M	6-7:30 pm	\$26	\$32.50	1
TC44414	4/29	M	6-7:30 pm	\$26	\$32.50	1
TC44421	5/6	M	6-7:30 pm	\$26	\$32.50	1
TC44422	5/13	M	6-7:30 pm	\$26	\$32.50	1
TC44423	5/20	M	6-7:30 pm	\$26	\$32.50	1
TC44424	6/3	M	6-7:30 pm	\$26	\$32.50	1

Class #	Dates	Days	Times	ID/AP	OD	Classes
<b>Adult Tennis Doubles Skills and Strategies 3.5 +</b>						
This class is for Adult NTRP Levels 3.5+. Join for fast-paced drilling and point play to work on your game and skill development.						

TC33911	1/3	W	10-11:30 am	\$26	\$32.50	1
TC33912	1/10	W	10-11:30 am	\$26	\$32.50	1
TC33913	1/17	W	10-11:30 am	\$26	\$32.50	1
TC33914	1/24	W	10-11:30 am	\$26	\$32.50	1
TC33915	1/31	W	10-11:30 am	\$26	\$32.50	1
TC33916	2/7	W	10-11:30 am	\$26	\$32.50	1
TC33921	2/14	W	10-11:30 am	\$26	\$32.50	1
TC33922	2/21	W	10-11:30 am	\$26	\$32.50	1
TC33923	2/28	W	10-11:30 am	\$26	\$32.50	1
TC33924	3/6	W	10-11:30 am	\$26	\$32.50	1
TC33925	3/13	W	10-11:30 am	\$26	\$32.50	1
TC33926	3/20	W	10-11:30 am	\$26	\$32.50	1
TC43911	4/3	W	10-11:30 am	\$26	\$32.50	1
TC43912	4/10	W	10-11:30 am	\$26	\$32.50	1
TC43913	4/17	W	10-11:30 am	\$26	\$32.50	1
TC43914	4/24	W	10-11:30 am	\$26	\$32.50	1
TC43915	5/1	W	10-11:30 am	\$26	\$32.50	1
TC43921	5/8	W	10-11:30 am	\$26	\$32.50	1
TC43922	5/15	W	10-11:30 am	\$26	\$32.50	1
TC43923	5/22	W	10-11:30 am	\$26	\$32.50	1
TC43924	5/29	W	10-11:30 am	\$26	\$32.50	1
TC43925	6/5	W	10-11:30 am	\$26	\$32.50	1

Class #	Dates	Days	Times	ID/AP	OD	Classes
<b>Adult Tennis Drills and Conditioning 3.5 +</b>						
This class is for Adult NTRP Levels 3.5+. Join the staff for a fast-paced hour of drilling and point play. We will keep you moving with different doubles drills and raise your heart-rate at the same time.						

TC34111	1/4	Th	6:15-7:45 pm	\$26	\$32.50	1
TC34112	1/11	Th	6:15-7:45 pm	\$26	\$32.50	1
TC34113	1/18	Th	6:15-7:45 pm	\$26	\$32.50	1
TC34114	1/25	Th	6:15-7:45 pm	\$26	\$32.50	1
TC34115	2/1	Th	6:15-7:45 pm	\$26	\$32.50	1
TC34116	2/8	Th	6:15-7:45 pm	\$26	\$32.50	1
TC34121	2/15	Th	6:15-7:45 pm	\$26	\$32.50	1
TC34122	2/22	Th	6:15-7:45 pm	\$26	\$32.50	1
TC34123	2/29	Th	6:15-7:45 pm	\$26	\$32.50	1
TC34124	3/7	Th	6:15-7:45 pm	\$26	\$32.50	1
TC34125	3/14	Th	6:15-7:45 pm	\$26	\$32.50	1
TC34126	3/21	Th	6:15-7:45 pm	\$26	\$32.50	1
TC44111	4/4	Th	6:15-7:45 pm	\$26	\$32.50	1
TC44112	4/11	Th	6:15-7:45 pm	\$26	\$32.50	1
TC44113	4/18	Th	6:15-7:45 pm	\$26	\$32.50	1
TC44114	4/25	Th	6:15-7:45 pm	\$26	\$32.50	1
TC44115	5/2	Th	6:15-7:45 pm	\$26	\$32.50	1
TC44121	5/9	Th	6:15-7:45 pm	\$26	\$32.50	1
TC44122	5/30	Th	6:15-7:45 pm	\$26	\$32.50	1
TC44123	6/6	Th	6:15-7:45 pm	\$26	\$32.50	1

Class #	Dates	Days	Times	ID/AP	OD	Classes
<b>Adult Tennis Drills and Conditioning 4.0 +</b>						
This class is for Adult NTRP Levels 4+. Join Jim for a fast-paced hour of drilling and point play. Staff will keep you moving with different doubles drills and raise your heart-rate at the same time.						

TC34311	1/3	W	6-7:30 pm	\$26	\$32.50	1
TC34312	1/10	W	6-7:30 pm	\$26	\$32.50	1
TC34313	1/17	W	6-7:30 pm	\$26	\$32.50	1
TC34314	1/24	W	6-7:30 pm	\$26	\$32.50	1
TC34315	1/31	W	6-7:30 pm	\$26	\$32.50	1
TC34316	2/7	W	6-7:30 pm	\$26	\$32.50	1
TC34321	2/14	W	6-7:30 pm	\$26	\$32.50	1
TC34322	2/21	W	6-7:30 pm	\$26	\$32.50	1
TC34323	2/28	W	6-7:30 pm	\$26	\$32.50	1
TC34324	3/6	W	6-7:30 pm	\$26	\$32.50	1
TC34325	3/13	W	6-7:30 pm	\$26	\$32.50	1
TC34326	3/20	W	6-7:30 pm	\$26	\$32.50	1
TC44311	4/3	W	6-7:30 pm	\$26	\$32.50	1
TC44312	4/10	W	6-7:30 pm	\$26	\$32.50	1
TC44313	4/17	W	6-7:30 pm	\$26	\$32.50	1
TC44314	4/24	W	6-7:30 pm	\$26	\$32.50	1
TC44315	5/1	W	6-7:30 pm	\$26	\$32.50	1
TC44321	5/8	W	6-7:30 pm	\$26	\$32.50	1
TC44322	5/15	W	6-7:30 pm	\$26	\$32.50	1
TC44323	5/22	W	6-7:30 pm	\$26	\$32.50	1
TC44324	5/29	W	6-7:30 pm	\$26	\$32.50	1
TC44325	6/5	W	6-7:30 pm	\$26	\$32.50	1

Fees: ID/AP = User is in-district or has paid an out-of-district assessment, OD = Out-of-district (no assessment paid)



# Opening a THPRD account

## To open a new THPRD account

To enjoy any of our hundreds of classes, programs, camps, and drop-in activities, you must first have a current THPRD account. Accounts are free and easy to create.

### Online: [www.thprd.org](http://www.thprd.org)

#### **Step 1:** Visit [thprd.org/join](http://thprd.org/join)

Fill out the "Create new household" form for your THPRD account.

#### **Step 2:** Activate online account

Follow instructions sent to your email to activate your new online THPRD account.

#### **Step 3:** Verify residency in-person at any THPRD facility.

See "Verify Residency" section below.

### Walk-in

#### **Step 1:** Fill out the Registrant Information Form

Form can be found at [www.thprd.org/activities/create-an-account](http://www.thprd.org/activities/create-an-account) or at any THPRD facility.

#### **Step 2:** Verify residency in-person at any THPRD facility.

See "Verify Residency" section below.

### By phone: 503-645-6433\*

For additional information, or assistance in creating an account, please contact our administration office at 503-645-6433.

## Verify Residency

During your visit to open a new THPRD account or for accounts created online (before your first scheduled class or league, or after no more than five drop-in activities), please bring the following:

- Any government-issued photo ID that includes your current address (for example, an Oregon Driver's license, Oregon Identification Card, Consular Identification Card).
- If your government-issued photo ID does not include your current address (for example a passport or out-of-state driver's license) please provide an additional proof of residency such as a utility bill, or rental agreement.

If you cannot verify your residency, you may opt to pay the out-of-district rate or request a prorated refund for your class. THPRD reserves the right to verify residency at any time; addresses must be verified every five years. Your account expiration date can be found by logging into your online THPRD account here: [www.thprd.org/portal/](http://www.thprd.org/portal/).

## Why do we verify your address?

People who own property or reside within THPRD's boundaries support our services through property taxes and are eligible for benefits that include early registration and lower program costs.

## Not a resident?

You are still welcome to enjoy every program and activity the district has to offer, follow the instructions above to create a THPRD account, no residency verification required. Two options are available to patrons who live outside of THPRD's service area.

1. Pay a yearly or quarterly assessment
2. Pay a 25% per-class premium

To learn more about these options, visit [thprd.org/activities/am-i-in-district](http://thprd.org/activities/am-i-in-district)

# General Information

## Am I in-district?

### Live out of district?

Patrons outside the district, including out-of-town guests, are invited to enjoy THPRD programs by choosing between two payment options:

**Pay a 25% premium** for each class, drop-in activity, fitness pass or program. Typically, out-of-district (OD) rates are listed in this activities guide. This option may not be used for facility rentals. *Please note that out-of-district patrons are ineligible to receive discounts provided to in-district youth, seniors, military families and guests with physical or developmental disabilities.*

OR

**Pay an assessment fee** (currently \$103 per quarter) that allows all household members to receive in-district rates on all THPRD classes, drop-in activities, fitness passes and other programs for any single term or an entire year.

### Out-of-district registration dates:

**Winter term registration at 8am on Monday, December 11.**

**Spring term registration at 8am on Monday, February 26.**

## Class Observation Guidelines

THPRD invites parents/guardians to observe class activities from inside the classroom/gymnasium on the first and last days of the term. Otherwise, we encourage parents/guardians to remain outside the classroom/gymnasium for the best instructional environment for the children. Off-site programs require a parent/guardian to be present at all times if the child is younger than 10 years of age. If you have any questions or concerns regarding these guidelines, please feel free to speak to the instructor or program coordinator. Thank you for your cooperation and understanding.

## Inclement Weather

THPRD programs, classes and sponsored activities may be delayed or canceled if weather conditions warrant. For the latest information on THPRD aquatic and recreation center operations during inclement weather, please call our 24-hour hotline at 503-614-4018 or go to our website, [www.thprd.org](http://www.thprd.org). We will also post notices on social media and provide info to news media.

## Dressing Rooms

It is requested that all individuals age 6 and over use the locker room that is most aligned with their affirmed gender. Please check with front desk staff if you have any questions.

## Showers

If you use a THPRD shower but do not participate in a paid activity, a \$3 fee will be charged.

## Cancellations, Discounts and Refunds

### Delays, Closures and Changes

Occasionally centers will be closed or schedules changed or delayed due to special events or makeup classes. We make every effort to announce any change in advance. We strive to provide a clean facility for your enjoyment, and annual closures are required for major repairs and cleaning.

### Full or Canceled Classes

All programs operate with a minimum enrollment requirement and maximum enrollment capacities. The district reserves the right to cancel, change or combine programs. Classes will not be canceled within 72 hours of the start date except in extraordinary circumstances. When the district cancels or postpones a class, the total fee will be credited to the participant's THPRD registration account.

### Waiting Lists

Once a class is filled, a waiting list will be created. Note: Even if an additional class is created, it may not be at the same time or day as the waiting list class.

### Refunds

THPRD's policy is to refund monies collected for services, in a timely manner, whether initiated by the district or the participant.

If a longer refund request period is necessary, it will be noted in the class description and activities guide and on the patron invoice. No credit will be applied to the participant's THPRD registration account with less than the required notice.

For a complete copy of the THPRD cancellation and refund policy, please visit [www.thprd.org](http://www.thprd.org).

### Classes

Requests to drop or change a class must be made five days prior to the first day of class to receive a full refund minus any applicable fees.

Requests made within five days up to the start date will be refunded on a THPRD gift card.

After a patron's second cancellation in a term, a cancellation fee of \$10 will be charged if canceled five days before, and \$20 if within five days.

### Camps

Requests to drop or change a camp registration must be made at least 14 days prior to the start of the camp to receive a full refund minus

deposit. An approved request will be refunded on a THPRD gift card. A deposit of \$30 per week will be charged for camps. Camp deposits are nonrefundable and nontransferable.

### Tennis Courts

Requests to drop or change a reservation for a tennis court must be made two days prior to the reservation for a full refund.

### Discounts

Discounts are available to **in-district** patrons only.

A patron representing multiple protected classes – for example, a 65-year-old military veteran – would not be eligible for multiple discounts.

### Senior and Youth Discounts

A 10% discount is available at all THPRD facilities for **in-district** patrons 65 years and older, except at the Stuhr Center, where a discount is already included in the price. Youth discounts apply to daily admissions and passes (no discounts on classes) to children between the ages of 1 and 17. The youth discount rate is the same as the senior discount rate.

### Military Discount

All **in-district** individuals and their dependents (with government-issued identification/documents) who are currently serving or have served (active duty, National Guard, Reserves, veterans and retirees) in the U.S. military (Army, Navy, Air Force, Marines and Coast Guard) will receive a 10% discount on qualifying programs and services.

### When Discounts Do Not Apply

No discounts are available for non-subsidized district activities. These include but are not limited to private lessons, facility rentals, trips, childcare, concessions, merchandise and special events.

**Please note:** Gift card purchases are nonrefundable. The only exception is for balances less than \$5. Patrons who qualify for this exception must request the refund.

# Winter/Spring 2024 - Events Calendar

Day	Event Name	Time	Location
<b>January</b>			
1-31	<b>Butterfly Project</b>	All month	Conestoga
5	<b>Dive-In Movie</b>	6 – 8:30 pm	Conestoga
13	<b>Black History 101 Mobile Museum Exhibit</b>	10 am – 3 pm	Garden Home
19	<b>Dive-In Movie</b>	6 – 8:30 pm	Conestoga
<b>February</b>			
2	<b>Dive-In Movie</b>	6 – 8:30 pm	Conestoga
7	<b>Preschool Virtual Open House</b>	5:30 – 6:30 pm	<a href="http://www.thprd.org/activities/preschool-programs">www.thprd.org/activities/preschool-programs</a>
11	<b>Sweetheart Stroll</b>	10 am	Commonwealth Lake Park
11	<b>Sweetheart Swim</b>	1 – 4 pm	Harman Swim Center
16	<b>Valentine's Dance</b>	12 – 2 pm	Elsie Stuhr
17	<b>Lonely Fish Fest</b>	1 – 4 pm	Sunset Swim Center
23	<b>Dive-In Movie</b>	6 – 8:30 pm	Conestoga
25	<b>Black History Celebration Event</b>	1 – 4 pm	Beaverton Swim Center
25	<b>Spring Native Plant Sale Begins</b>	Online	<a href="http://www.sparrowhawknativplants.com">www.sparrowhawknativplants.com</a>
<b>March</b>			
10	<b>Celebration of Woman Event</b>	1-4 pm	Beaverton Swim Center
15	<b>Duck Dive</b>	5:30 – 8:30 pm	Conestoga
15	<b>St. Patrick's Day Dance</b>	12 – 2 pm	Elsie Stuhr
16	<b>Sunset Shamrock Splash</b>	1 – 4 pm	Sunset Swim Center
23	<b>Holi Festival</b>	3:30-5pm	Rock Creek Powerline Park
30	<b>Spring Egg Hunt</b>	10 – 11:30 am	Cedar Hills
<b>April</b>			
1-30	<b>Earth Day</b>	All month	Multiple Programs
TBD	<b>Eid al-Fitr</b>	TBD	TBD
5	<b>Personal Training Open House</b>	6 – 8 pm	Conestoga
5	<b>Summer Preview</b>	6 – 8 pm	Conestoga
12	<b>Spring Wipeout!</b>	6 – 8:30 pm	Conestoga
15 – 19	<b>Volunteer Appreciation Week</b>	All week	Conestoga
20	<b>Marhaba Arab Community Event</b>	11 am – 3 pm	Garden Home
25	<b>THRIVE After School Program Virtual Open House</b>	6 – 7 pm	Cedar Hills
30	<b>Día de Los Niños</b>	6 – 8 pm	Garden Home

# Winter/Spring 2024 - Events Calendar

Day	Event Name	Time	Location
<b>May</b>			
1	Walk with Me	6 – 7 pm	TBD
3	Cinco de Mayo Dance	12 – 2 pm	Elsie Stuhr
4	Jump In Water Safety Extravaganza	1 – 2 pm	Beaverton Swim Center
10	Spring Wipeout!	6 – 8:30 pm	Conestoga
11	Walk with Me	9 – 10 am	TBD
11	Tarde Cultural		Jenkins Estate
15	Walk with Me	6 – 7 pm	TBD
17	Wonderful World of Water Safety	6 – 8:30 pm	Conestoga
17	Armed Forces Day Celebration	11:30 am – 1 pm	Garden Home
19	Vamos a Nadar	9 – 11:30 am	Aloha Swim Center
19	Jump-In Water Safety 101	9 – 11:30 am	Aloha Swim Center
25	Walk with Me	9 – 10 am	TBD
27	Memorial Day Event	10am Band Performance / 11am Ceremony Begins	Veterans Memorial Park
29	Walk with Me	6 – 7 pm	TBD
29	National Senior Health & Fitness Day	9 – 11 am 12 – 1:30 pm	Elsie Stuhr
TBD	South Cooper Mountain Parks & Trails Opening Event	TBD	South Cooper Mountain area TBD
TBD	La Raíz Park Opening Event	TBD	La Raíz Park
<b>June</b>			
1	Pride Month Dance Party Kickoff	6 – 8 pm	Conestoga
TBD	Eid al-Adha	TBD	TBD
7	Pride Party	6 – 9 pm	Garden Home
20	Summer Kick-Off Concert & Event	6 – 8 pm	Mt. View Champions Park
22	Pump It Up with Pride	10 – 11:30 am	Cedar Hills
22	Family Pride in the Park	11 am-2 pm	Cedar Hills
TBD	Westside Trail Celebration Event	TBD	Westside Trail





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**Mission Statement**

The mission of the Tualatin Hills Park & Recreation District is to provide high-quality park and recreation facilities, programs, services, and natural areas that meet the needs of the diverse communities it serves.

**Vision Statement**

We will enhance healthy and active lifestyles while connecting more people to nature, parks, and programs. We will do this through stewardship of public resources and by providing programs/spaces to fulfill unmet needs.

**Equity & Inclusion Statement**

We acknowledge that all U.S. government agencies have roots stemming from systemic racism and oppression, including THPRD.

We seek to hold ourselves accountable for our role in perpetuating these systems and are committed to taking action to create meaningful change.

We aspire to bring people together, to be a welcoming and inclusive park & recreation district, and to live our values of advancing social and racial equity.

## Board of Directors



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Director



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President  
Director



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### Management Team

Doug Menke, General Manager  
Aisha Panas, Deputy General Manager  
Jessica Collins, Executive Assistant  
Christine Hoffman, Human Resources Director

Jared Isaksen, Finance Services Director/ CFO  
Julie Rocha, Sports & Inclusion Director  
Sabrina Taylor Schmitt, Recreation & Aquatic Director  
Holly Thompson, Communications Director





# THPRD Welcomes you!



**TUALATIN HILLS**  
PARK & RECREATION DISTRICT