

# Fall 2024 Activities Guide



thprd.org

Youth & Adult Programs & Activities • Financial Aid Available

# Registration – Fall 2024



## Save the Date!

REGISTRATION BEGINS SATURDAY, AUGUST 10

### Registration Dates & Times



#### ONLINE

thprd.org/portal

Saturday, August 10, 2024

8:00 am

Out-of-District registration begins Monday, August 12, 2024 at 8am



#### IN-PERSON

Visit any open THPRD recreation or aquatic center to register for classes.

Saturday, August 10, 2024

8:00 am

Out-of-District registration begins Monday, August 12, 2024 at 8am



#### QUESTIONS

For questions or support with your online account, please call 503-645-6433. For program questions, please contact the center where the program is being held. The THPRD directory can be found online, with links to current hours of operation and contact information: <https://www.thprd.org/facilities/directory>

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## Centro de Bienvenida



Centro de Bienvenida is a series of days when Financial Aid recipients, people experiencing a disability, and English Language Learners are invited to join and discover THPRD classes and activities. The objective of Centro is to provide meaningful access to THPRD's spaces, resources and registration process. Please visit our website or call 503-645-6433 (se habla español) for eligibility and more information.

Fall registration is for classes and activities that take place from September 1-December 31, 2024.

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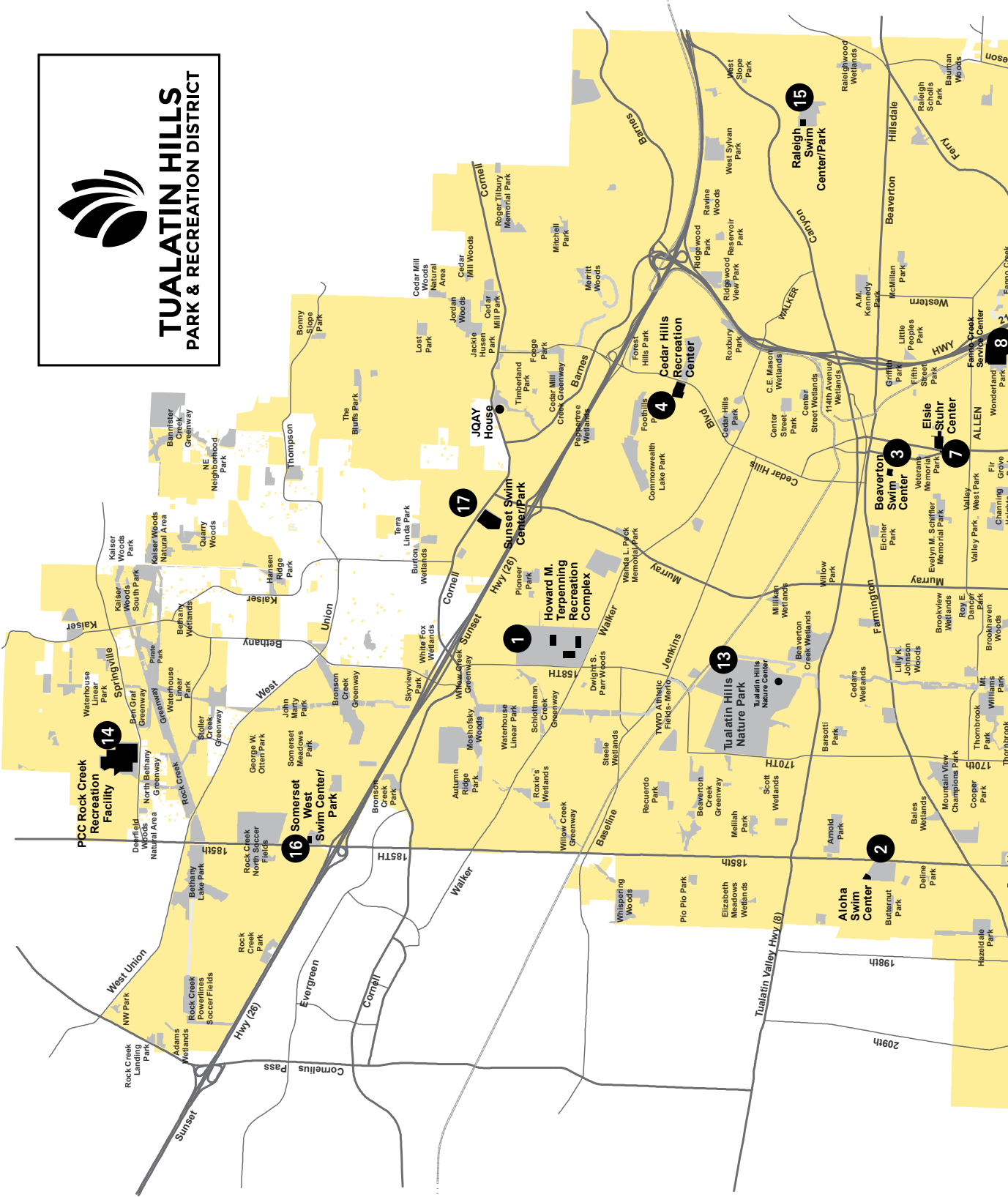
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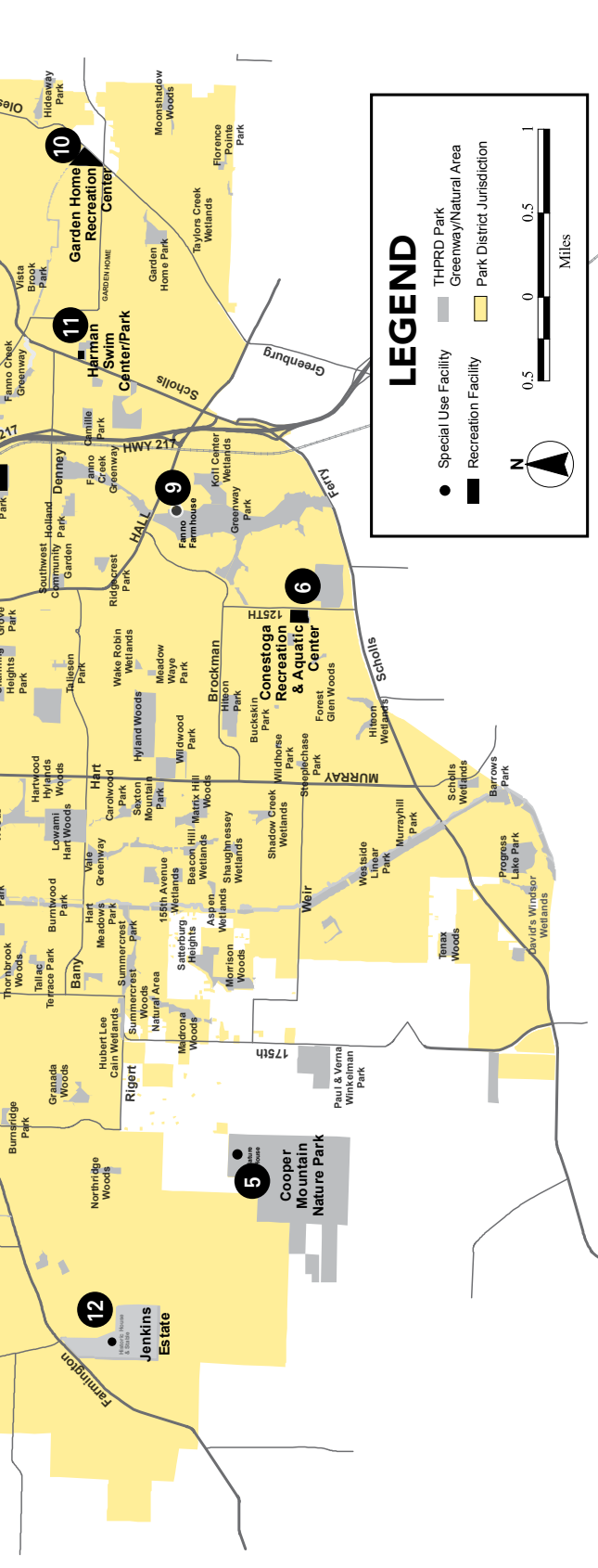
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We strive to produce the most accurate, up-to-date activities guide possible. Some program information may have changed since this guide went to print. NOTE: THPRD may use, for promotional purposes, photos taken at events and during programs.



# Parks, Recreation Facilities, Maintained School Grounds & Natural Areas





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# *Aquatics Events & Activities*

## **Fall 2024**

October - December

### **Harman Swim Center**

Pumpkin Bob – Saturday, 10/12, 1:00pm-5:00pm Class ID: HMPMKWBOB24

### **Sunset Swim Center**

Sunset's Spooky Saturday – 10/19, 1:00pm-4:00pm Class ID: SS200000

### **Conestoga Aquatic Center**

Dive-in Movies – Fridays, 10/18, 11/1, 11/15, 12/6, 12/20, 6:00pm-8:30pm

### **Aloha Swim Center**

Pumpkin Patch Pool Party – Friday, 10/25, 4:30pm-7:30pm Class ID: AL200000

WipeOut! Inflatable – every other Friday of each month during open swim, 4:30pm-7:30p

### **Beaverton Swim Center**

Patron Appreciation Week – November 13 to 16, all day

Tropical Mermaid Swim – December 7, 5:00pm-6:30pm Class ID: BV280000



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

# Drop-in Programs & Daily Admissions

Prices go into effect starting on September 1, 2024

Amenities Included	General Pass	Deluxe Fitness Pass
<b>Group Fitness Classes</b> (includes Zumba®, Yoga, Cycling, Aerobics, Water Fitness and more!)*	✗	✓
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)	\$6.25	\$41	\$359	\$10	\$69	\$672
Youth (1-17 yrs)* / Senior (65+)* / Military (individual)*	\$5.75	\$37	\$323	\$9	\$62	\$605
Two-person household	N/A	\$62	\$539	N/A	\$104	\$1008
Household (3+)	\$16.25	\$82	\$718	N/A	\$138	\$1,344
Out-of-district individual	\$7.75	\$51	\$449	\$12.50	\$86	\$840
Out-of-district two-person household	N/A	\$78	\$674	N/A	\$130	\$1,260
Out-of-district household (3+)	\$20.25	\$103	\$898	N/A	\$173	\$1,680
In-District Healthcare Partner Program (65+)	N/A	\$0	N/A	N/A	\$42	N/A
Out-of-District Healthcare Partner Program (65+)	N/A	\$0**	N/A	N/A	\$53**	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:

September 16- December 1

<https://www.thprd.org/fitness-in-the-park>

### Zumba from Around the World

September 17, 6-7:30PM, Cedar Hills Park

Your favorite FREE fitness fiesta is coming back! Mark your calendar, grab your friends, and get ready to shake, shimmy, and sweat the night away! Join THPRD for an exhilarating evening celebration of culture through ZUMBA!

### Fall Prevention Event

September 26, Elsie Stuhr Center

In partnership with Providence Senior Health, join us for an essential event designed to educate and empower individuals on how to prevent falls and maintain safety in their daily lives. Learn how medications, footwear and changes to your home environment can help keep you safe and on your feet!

### Harvest Hike

November 29, 10AM, Jenkins Estate

Kick off your holiday season with an invigorating morning outdoors at the stunning Jenkins Estate! Gather your loved ones for a scenic 2-mile, family-friendly hike that promises fresh air, beautiful views, and quality time together. Rain or shine, this special day-after-Thanksgiving event is the perfect way to embrace the beauty of nature and create lasting memories with those who matter most. Lace up your hiking boots, and join us for an unforgettable adventure!

### Elsie Stuhr Day

December 20, 12-2PM, Elsie Stuhr Center

Get ready to celebrate the incredible legacy of Elsie Stuhr, the visionary who launched the initiative to establish the Tualatin Hills Park & Recreation District in the 1950s! Elsie, a passionate physical education instructor, believed Beaverton-area residents deserved more opportunities for physical and recreational activities. Mark your calendars and join us for this unique celebration of fitness and wellness inspired by Elsie's enduring legacy.

## PERSONAL TRAINING

THPRD offers personal training district-wide whether a recreation center, pool, or park. Wherever you like to train, we got you!

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://www.thprd.org/activities/personal-training)

### 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 de Tualatin Hills Park & Recreation District 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

### Equipo de Supervisores

Doug Menke, Director General  
Aisha Panas, Subdirectora General  
Jessica Collins, Asistente Ejecutiva

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](http://thprd.org/jobs)**

La misión de Tualatin Hills Park & Recreation District 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 - Otoño 2024



## ¡Anote la Fecha!

**LAS INSCRIPCIONES INICIAN EL SÁBADO 10 DE AGOSTO**

\*Para personas quienes vivan fuera del distrito inician el lunes 12 de agosto

## Fechas y Horarios de Inscripción



### En Línea

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

**Sábado 10 de agosto de 2024 a partir de las 8 am**

Puede inscribirse las 24 horas del día en los siete días de la semana en [www.thprd.org/portal](http://www.thprd.org/portal)

Debe utilizar una tarjeta de crédito o un certificado de regalo de THPRD.

Las inscripciones para las personas fuera del distrito empieza el lunes 12 de agosto de 2024 a las 8 am.



### En Persona

Visite cualquier centro de recreación o acuático abierto de THPRD para inscribirse en las clases.

**Sábado 10 de agosto de 2024 a partir de las 8 am**

Visite cualquier centro de THPRD que se encuentre abierto.



### ¿Preguntas?

Si tiene preguntas o necesita ayuda con su cuenta en línea, llame al 503-645-6433. Para preguntas sobre programas, póngase en contacto con el centro donde se ofrece el programa. Puede encontrar el directorio de THPRD en línea, con enlaces a los horarios actuales y a la información de contacto: <https://www.thprd.org/facilities/directory>

## Centro de Bienvenida



Centro de Bienvenida es una serie de días en los que se invita a los beneficiarios de ayuda financiera, a las personas con discapacidad y a los estudiantes de inglés a unirse y descubrir las clases y actividades de THPRD. El objetivo de Centro es proporcionar un acceso significativo a los espacios, recursos y proceso de inscripción de THPRD. Visite nuestro sitio web o llame al 503-645-6433 (se habla español) para consultar la elegibilidad y obtener más información.

La inscripción de otoño es para clases y actividades que se llevarán a cabo del 1 de septiembre al 31 de diciembre de 2024.

# 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.

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

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 \$106 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 en las 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 \*Precios nuevos comienzan el 1 de julio, 2024**

Servicios incluidos	Pase General	Pase Deluxe
Clases de fitness en grupo (incluye Zumba®, yoga, ciclismo, ejercicios aeróbicos fitness acuático y mucho más)*	✗	✓
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)	\$6.25	\$41	\$359	\$10	\$69	\$672
Jóvenes (1 a 17 años)*/Adultos mayores (más de 65 años)*/Fuerzas armadas (individual)*	\$5.75	\$37	\$323	\$9	\$62	\$605
Grupo familiar de dos personas	N/A	\$62	\$539	N/A	\$104	\$1008
Grupo familiar (más de 3 personas)	\$16.25	\$82	\$718	N/A	\$138	\$1,344
Persona que no vive dentro del distrito	\$7.75	\$51	\$449	\$12.50	\$86	\$840
Grupo familiar de dos personas que no viven dentro del distrito	N/A	\$78	\$674	N/A	\$130	\$1,260
Grupo familiar que no vive dentro del distrito (más de 3 personas)	\$20.25	\$103	\$898	N/A	\$173	\$1,680
Programa del Proveedor de Salud (65+) para quienes viven dentro del distrito	N/A	\$0	N/A	N/A	\$42	N/A
Programa del Proveedor de Salud (65+) para quienes viven fuera del distrito	N/A	\$0**	N/A	N/A	\$53**	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

## Otoño 2024

Octubre - Diciembre 2024

### Harman Swim Center

Pumpkin Bob - Sábado, 12 de oct, 1:00pm-5:00pm N° de clase: HMPMKWBOB24

### Sunset Swim Center

Sábado espeluznante en Sunset (Sunset's Spooky Saturday) - 19 de oct, 1:00pm-4:00pm N° de clase: SS200000

### Conestoga Aquatic Center

Inmersión de Películas (Dive-in Movies) - Viernes, 18 de oct, 1 de nov, 15 de nov, 6 de dic, 20 de dic, 6:00pm-8:30 pm

### Aloha Swim Center

Fiesta en la piscina del huerto de calabazas (Pumpkin Patch Pool Party) - Viernes, 25 de oct, de 4:30 a 7:30 p.m. N° de clase: AL200000

¡WipeOut! Hinchable - cada dos viernes de cada mes durante la natación abierta, 4:30pm- 7:30pm

### Beaverton Swim Center

Semana de Apreciación de los Usuarios (Patron Appreciation Week) - 13 al 16 de noviembre, todo el día

Natación de la Sirena Tropical (Tropical Mermaid Swim) - 7 de diciembre, 5:00pm-6:30pm Clase ID: BV280000



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 en los parques:

16 de septiembre-1 de diciembre

<https://www.thprd.org/fitness-in-the-park>

### Zumba de todo el mundo

17 de septiembre, 6-7:30PM, Cedar Hills Park

¡Regresa su fiesta de fitness GRATUITA favorita! ¡Marque su calendario, traiga a sus amigos y prepárese para sacudirse, menearse y sudar durante la noche! ¡Únase a THPRD para una estimulante celebración nocturna de la cultura a través de la ZUMBA!

### Evento de prevención de las caídas

26 de septiembre, Elsie Stuhr Center

En colaboración con Providence Senior Health. Acompañenos en un evento esencial diseñado para educar y empoderar a las personas sobre cómo prevenir las caídas y mantener la seguridad en su vida diaria. ¡Aprenda cómo los medicamentos, el calzado y los cambios en su entorno doméstico pueden ayudarlo a mantenerse seguro y de piel!

### Caminata de la Cosecha (Harvest Hike)

29 de noviembre, a las 10 AM, Jenkins Estate

¡Inicie su temporada de vacaciones con una mañana vigorizante al aire libre en el impresionante Jenkins Estate! Reúna a sus seres queridos para una caminata panorámica de 2 millas, apta para toda la familia, que promete aire fresco, vistas hermosas y tiempo de calidad juntos. Llave o haga sol, este evento especial del día después de Acción de Gracias es la manera perfecta de disfrutar de la belleza de la naturaleza y crear recuerdos duraderos con los que más quiere. Amárrese las botas de senderismo y acompañenos en una aventura inolvidable.

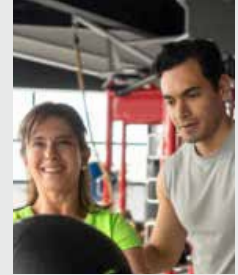
### Elsie Stuhr Day

20 de diciembre, 12-2PM, Elsie Stuhr Center

¡Prepárese para celebrar el legado increíble de Elsie Stuhr, la visionaria que lanzó la iniciativa para establecer el Distrito de Parques y Recreación de Tualatin Hills en la década de 1950! Elsie, una apasionada instructora de educación física, creía que los residentes de la zona de Beaverton merecían más oportunidades para practicar actividades físicas y recreativas. Marquen sus calendarios y acompañenos en esta celebración única de la forma física y el bienestar inspirada en el legado duradero de Elsie.

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

### ¿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 acondicionamiento cardiovascular, tonificación corporal y sobre todo, ¡diversión increíble!
<b>Conceptos básicos de equilibrio</b>	Una 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 zona abdominal. 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>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>Aeróbico 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.

# Descripciones de clases de ejercicios

<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 apropiada 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 flexiones.
<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>	Olvídense 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, visite [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 y verano
	Grados 5 a 12
Voleibol	Otoño y verano
	Grados 4 a 12

#### Cedar Hills Recreation Center

Atletismo	Invierno y primavera
	Grados 6 a 8
Travesio de campo	Verano y 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://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 971-384-9138 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 corresponde, antes de participar en una liga deportiva juvenil. Consulte el sitio web para obtener información sobre la tarjeta de identificación de THPRD.

## 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)  
[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

### Fall Ball - Pelota de Otoño

Para ver disponibilidad contacte a la asociación de Fall Ball: [www.westsideryouthbaseball.com](http://www.westsideryouthbaseball.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 de THPRD - Información General

## Ligas Deportivas Juveniles

### Baloncesto Recreacional de Primavera de los 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 de los grados 6-8

Este programa está abierto para los atletas quienes comenzaran los grados 6-8 en el año escolar de 2025-2026 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 2025-2026. 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 2025-2026. Las inscripciones e información están disponibles en línea a partir de abril 2024. Para más información consulte nuestra página web.

### 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.

### 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

#### 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.pdxcricquet.org](http://www.pdxcricquet.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 15 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 30 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.





# 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

Niñas: [beavertongirlslax.com](http://beavertongirlslax.com)  
Niños: [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)



### Certificación para Entrenadores de Fútbol

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. (oeste de 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 Raleigh Hills, Raleigh Park, Montclair.

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.

### Academia de fútbol Bridge City

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

### Oregon Surf

[www.oregonsurf.com](http://www.oregonsurf.com)  
[hello@oregonsurf.org](mailto:hello@oregonsurf.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 2025-26. 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 2025-26 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.

### Cornhole - Juego de Bolsas de Maíz

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. La temporada dura de junio a agosto.

### 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 Cedar Hills Park 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 (RC40 & R02)

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 con el Harman Swim Center para oportunidades de voluntarios al 503-629-6314.

### 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](http://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 pequeños 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.

**Natación en Carriles:** 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.

### Ejercicio independiente/Ejercicio abierto en aguas profundas

Este programa sin cita previa es un nado no estructurado para el fitness acuático personal, el jogging acuático o la caminata acuática en zonas designadas de la piscina. Los participantes pueden utilizar el equipo de fitness acuático proporcionado en los centros de natación durante este periodo de tiempo. Los participantes deben tener 15 años o más para participar en este programa sin cita previa. Visite [thprd.org](http://thprd.org) para más información y tarifas.



# 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

**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.

**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.

**Nivel 3** se enfocará en desarrollar aún 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.

**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.

**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.

**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.

**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 aprendido herramientas básicas de seguridad en el agua.

**Herramientas de Seguridad en el Agua:** Es una parte 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 y 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.

### Instrucciones de clavado

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 clavadistas permanentes.

### Splash

Un equipo recreativo de natación para jóvenes de 5 a 17 años que pueden nadar 25 yardas de estilo libre y 25 yardas de espalda. Se realizan competencias en algunos sábados.



# Deportes acuáticos THPRD - Información General

## Formación Profesional Acuática

Instalación	Fecha	Día	Horario	ID/AP	OD	Clase
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### Entrenamiento de Salvavidas | Lifeguard Training

Edades 15 años en adelante

Este curso se enfoca a desarrollarse como salvavidas en un ambiente de piscinas como profesión. La certificación incluye primeros auxilios y RCP. **Requisitos previos:** 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 con éxito todas las pruebas de habilidades requeridas en RCP, primeros auxilios y Salvavidas. 3) Obtener una puntuación de 80% en los exámenes escritos finales.

Otoño						
Beaverton Swim Center	9/20-9/28	Vie/Sab	4pm-8pm	\$260	\$325	BV252000
Conestoga	9/21-9/29	Sab/Dom	9:15am-4pm	\$260	\$325	CA252000
Harman Swim Center	9/29-10/13	Dom	8am-5pm	\$260	\$325	HM252000
Beaverton Swim Center	10/18-10/26	Vie/Sab	4pm-8pm	\$260	\$325	BV252001
Conestoga	11/9-11/17	Sab/Dom	9:15am-4pm	\$260	\$325	CA252001
Beaverton Swim Center	11/15-11/23	Vie/Sab	4pm-8pm	\$260	\$325	BV252002
Aquatic Center	12/23-12/30	Lun/Jue/Vie	9am-4pm	\$260	\$325	AQ252000

### Salvavidas júnior | Junior Lifeguarding

Edades de 12 a 15 años, Nivel 5+

Los participantes reciben un entrenamiento sobre el conocimiento y el desarrollo de habilidades necesarias para prepararse para el programa de 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	9/10-10/8	Mar	4:45pm-6:45pm	\$100	\$125	CA251000
Beaverton	10/5-11/23	Sab	1pm-3pm	\$100	\$125	BV251077
Conestoga	10/22-11/19	Mar	4:45pm-6:45pm	\$100	\$125	CA251000
Aquatic Center	11/25-11/27	Lun/Mar/Mie	12pm-4:30pm	\$100	\$125	AQ251000

### Aprenda Ganando

Aplique para convertirse en un salvavidas o instructor de natación para "aprender ganando" un pago para todas las edades mayores de 16 años en una carrera acuática en Tualatin Hills Park and Recreation District. Aprenda las habilidades y la confianza para convertirse en un empleado mientras obtiene los certificados necesarios.

¡Aplique Hoy! ¡Vaya a [www.thprd.org/jobs](http://www.thprd.org/jobs) para aprender como iniciar!



## Club de natación

### Club de natación Tualatin Hills Thunderbolts

Office: 503-629-5568  
[www.thunderboltswimming.org](http://www.thunderboltswimming.org)

### Club de clavado de Tualatin Hills

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

### Club de sincro de Tualatin Hills

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

### Club de waterpolo de Tualatin Hills

[www.thillswaterpolo.org](http://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](mailto:thb.membership@barracudas.org) o visite [www.barracudas.org](http://www.barracudas.org)

# Aprenda 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

Aprenda 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



Reciba un pago



**¡Aplique 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 with a focus on stroke refinement, building endurance, and sportsmanship. Participants must be between the ages of 5 and 17 and be able to swim 25 yards of crawl stroke and 25 yards of backstroke. While not required to compete, swim meets are held on some Saturdays during the season.



# 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.

#### Fall

Beaverton Swim Center	9/20-9/28	F/Sat	4pm-8pm	\$260	\$325	BV252000
Conestoga Rec & Aquatic Center	9/21-9/29	Sat/Sun	9:15am-4pm	\$260	\$325	CA252000
Harman Swim Center	9/29-10/13	Sun	8am-5pm	\$260	\$325	HM252000
Beaverton Swim Center	10/18-10/26	F/Sat	4pm-8pm	\$260	\$325	BV252001
Conestoga Rec & Aquatic Center	11/9-11/17	Sat/Sun	9:15am-4pm	\$260	\$325	CA252001
Beaverton Swim Center	11/15-11/23	F/Sat	4pm-8pm	\$260	\$325	BV252002
Aquatic Center	12/23-12/30	M/Th/F	9am-4pm	\$260	\$325	AQ252000

### Junior Lifeguarding

Ages 12-15 years, Level 5+

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 Rec & Aquatic Center	9/10-10/8	T	4:45pm-6:45pm	\$100	\$125	CA251000
Beaverton Swim Center	10/5-11/23	Sat	1pm-3pm	\$100	\$125	BV251077
Conestoga Rec & Aquatic Center	10/22-11/19	T	4:45pm-6:45pm	\$100	\$125	CA251000
Aquatic Center	11/25-11/27	M/T/W	12pm-4:30pm	\$100	\$125	AQ251000

### Earn to Learn

Apply to become a lifeguard or swim instructor to "earn to learn" for all ages 16+ to an Aquatic Career at Tualatin Hills Park and Recreation District. Learn the skills and confidence to become an employee while obtaining the necessary certificates.

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



## Aquatic Clubs

### Tualatin Hills Thunderbolts Swim Club

Office: 503-629-5568  
[www.thunderboltswimming.org](http://www.thunderboltswimming.org)

### Tualatin Hills Dive Club

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

### Tualatin Hills Synchro Club

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

### Tualatin Hills Water Polo Club

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

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

Please contact the membership chair at: [membership@barracudas.org](mailto:membership@barracudas.org) or visit [www.barracudas.org](http://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, 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.westsideryouthbaseball.com](http://www.westsideryouthbaseball.com)

### Aloha Junior Baseball

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)

### 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) beginning early October. A current THPRD account 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 2025-26 school year and attending a Beaverton School District #48 middle school or residing within District #48 or THPRD boundaries. Games will be held on weekdays at the Athletic Center. 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 2024-25 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 2025-26 school year. League and online registration will be available in April 2024. 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: [beavertoncricclub@gmail.com](mailto:beavertoncricclub@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. To apply: [www.thprd.org/connect/volunteer/ongoing-opportunities](http://www.thprd.org/connect/volunteer/ongoing-opportunities)



# 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

[beavertonhighschoolacrosse.teamsnapsites.com](http://beavertonhighschoolacrosse.teamsnapsites.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, Raleigh Hills, Raleigh Park, Montclair.

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.

#### Bridge City Soccer Academy

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

#### Oregon Surf

[www.oregonsurf.org](http://www.oregonsurf.org)  
[hello@oregonsurf.org](mailto:hello@oregonsurf.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 2024-25 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 2025-26 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. Season runs June through August.

### 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 (RO4 & RO2)

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

**Aloha Swim Center Hours:**

**Monday – Thursday:** 9:00 am – 7:00 pm

**Friday:** 9:00 am – 4:00 pm

**Saturday:** Closed

**Sunday:** 11:00 am – 5:00 pm

Hours subject to change.

Check thprd.org for most updated schedule.

**Facility Closed:** 11/28, 11/29, 12/25

**Modified Schedule:** No lessons on 10/31, 11/11, 11/24, 11/25, 11/26, 11/27, 11/28, 12/24, 12/31.

**Aloha Swim Center Features:**

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

## Special Event

### Pumpkin Patch Pool Party

**Friday, October 25 | 4:30-7:30 pm**  
**\$10 ID/\$12.50 (Register a child ONLY)**  
**All Ages | Class ID: AL200000**

Join us for a fun spooky swim and pick a pumpkin (one pumpkin per child) in our floating pumpkin patch between 4:30-5pm and then stay for open swim 5-8pm. Fee includes a pumpkin, open swim and treat bag to take home. Enroll child only and an adult must be in the water in a swim suit for children under 6 years old. Registration is required.



## Fall Splash

A recreational swim team with a focus on stroke refinement, building endurance, and sportsmanship. Participants must be between the ages of 5 and 17 and be able to swim 25 yards of crawl stroke and 25 yards of backstroke. While not required to compete, swim meets are held on some Saturdays during the season.

Date	Day	Time	ID/AP	OD	Class#
9/10-12/19	T/Th	6:40-7:25 pm	\$315	\$393.75	AL234000

## 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.

**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/aloha>, or by stopping into the center. The schedule is subject to change without notice.

## Open Swim Fun Fridays!

Join us every other 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.



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 10/31, 11/11, 11/24, 11/25, 11/26, 11/27, 11/28.					
9/9-10/21	M	3:50-4:20 pm	\$71	\$88.75	AL211000
10/28-12/16	M	3:50-4:20 pm	\$62	\$77.50	AL211001
9/9-10/21	M	4:25-4:55 pm	\$71	\$88.75	AL211002
10/28-12/16	M	4:25-4:55 pm	\$62	\$77.50	AL211003
9/9-10/21	M	5-5:30 pm	\$71	\$88.75	AL211004
10/28-12/16	M	5-5:30 pm	\$62	\$77.50	AL211005
9/9-10/21	M	5:45-6:15 pm	\$71	\$88.75	AL211006
10/28-12/16	M	5:45-6:15 pm	\$62	\$77.50	AL211007
9/9-10/21	M	6:20-6:50 pm	\$71	\$88.75	AL211008
10/28-12/16	M	6:20-6:50 pm	\$62	\$77.50	AL211009
9/9-10/21	M	6:55-7:25 pm	\$71	\$88.75	AL211010
10/28-12/16	M	6:55-7:25 pm	\$62	\$77.50	AL211011
9/10-10/22	T	3:50-4:20 pm	\$71	\$88.75	AL211012
10/29-12/17	T	3:50-4:20 pm	\$71	\$88.75	AL211013
9/10-10/22	T	4:25-4:55 pm	\$71	\$88.75	AL211014
10/29-12/17	T	4:25-4:55 pm	\$71	\$88.75	AL211015
9/10-10/22	T	5-5:30 pm	\$71	\$88.75	AL211016
10/29-12/17	T	5-5:30 pm	\$71	\$88.75	AL211017
9/10-10/22	T	5:45-6:15 pm	\$71	\$88.75	AL211018
10/29-12/17	T	5:45-6:15 pm	\$71	\$88.75	AL211019
9/11-10/23	W	3:50-4:20 pm	\$71	\$88.75	AL211020
10/30-12/18	W	3:50-4:20 pm	\$71	\$88.75	AL211021
9/11-10/23	W	4:25-4:55 pm	\$71	\$88.75	AL211022
10/30-12/18	W	4:25-4:55 pm	\$71	\$88.75	AL211023
9/11-10/23	W	5-5:30 pm	\$71	\$88.75	AL211024
10/30-12/18	W	5-5:30 pm	\$71	\$88.75	AL211025
9/11-10/23	W	5:45-6:15 pm	\$71	\$88.75	AL211026
10/30-12/18	W	5:45-6:15 pm	\$71	\$88.75	AL211027
9/11-10/23	W	6:20-6:50 pm	\$71	\$88.75	AL211028
10/30-12/18	W	6:20-6:50 pm	\$71	\$88.75	AL211029
9/11-10/23	W	6:55-7:25 pm	\$71	\$88.75	AL211030
10/30-12/18	W	6:55-7:25 pm	\$71	\$88.75	AL211031
9/12-10/24	Th	4:45-5:15 pm	\$71	\$88.75	AL211034
9/12-10/24	Th	3:50-4:20 pm	\$71	\$88.75	AL211130
9/12-10/24	Th	4:25-4:55 pm	\$71	\$88.75	AL211131
9/12-10/24	Th	5-5:30 pm	\$71	\$88.75	AL211032
11/7-12/19	Th	5:15-5:45 pm	\$62	\$77.50	AL211033
11/7-12/19	Th	5:50-6:20 pm	\$62	\$77.50	AL211035
9/12-10/24	Th	6:20-6:50 pm	\$71	\$88.75	AL211134
9/12-10/24	Th	6:55-7:25 pm	\$71	\$88.75	AL211135
9/8-10/20	Su	12-12:30 pm	\$71	\$88.75	AL211048
10/27-12/15	Su	12-12:30 pm	\$71	\$88.75	AL211049
9/8-10/20	Su	12:35-1:05 pm	\$71	\$88.75	AL211050
10/27-12/15	Su	12:35-1:05 pm	\$71	\$88.75	AL211051
9/8-10/20	Su	1:10-1:40 pm	\$71	\$88.75	AL211052
10/27-12/15	Su	1:10-1:40 pm	\$71	\$88.75	AL211053
9/8-10/20	Su	2-2:30 pm	\$71	\$88.75	AL211054
10/27-12/15	Su	2-2:30 pm	\$71	\$88.75	AL211055
9/8-10/20	Su	2:35-3:05 pm	\$71	\$88.75	AL211056
10/27-12/15	Su	2:35-3:05 pm	\$71	\$88.75	AL211057
9/8-10/20	Su	3:10-3:40 pm	\$71	\$88.75	AL211058
10/27-12/15	Su	3:10-3:40 pm	\$71	\$88.75	AL211059

## School Age Level 1-7

No class 10/31, 11/11, 11/24, 11/25, 11/26, 11/27, 11/28.

9/9-10/21	M	3:50-4:20 pm	\$71	\$88.75	AL221000
10/28-12/16	M	3:50-4:20 pm	\$62	\$77.50	AL221001
9/9-10/21	M	4:25-4:55 pm	\$71	\$88.75	AL221002
10/28-12/16	M	4:25-4:55 pm	\$62	\$77.50	AL221003
9/9-10/21	M	5-5:30 pm	\$71	\$88.75	AL221004
10/28-12/16	M	5-5:30 pm	\$62	\$77.50	AL221005
9/9-10/21	M	5:45-6:15 pm	\$71	\$88.75	AL221006
10/28-12/16	M	5:45-6:15 pm	\$62	\$77.50	AL221007
9/9-10/21	M	6:20-6:50 pm	\$71	\$88.75	AL221008
10/28-12/16	M	6:20-6:50 pm	\$62	\$77.50	AL221009
9/9-10/21	M	6:55-7:25 pm	\$71	\$88.75	AL221010
10/28-12/16	M	6:55-7:25 pm	\$62	\$77.50	AL221011
9/10-10/22	T	3:50-4:20 pm	\$71	\$88.75	AL221012
10/29-12/17	T	3:50-4:20 pm	\$71	\$88.75	AL221013
9/10-10/22	T	4:25-4:55 pm	\$71	\$88.75	AL221014
10/29-12/17	T	4:25-4:55 pm	\$71	\$88.75	AL221015
9/10-10/22	T	5-5:30 pm	\$71	\$88.75	AL221016
10/29-12/17	T	5-5:30 pm	\$71	\$88.75	AL221017
9/10-10/22	T	5:45-6:15 pm	\$71	\$88.75	AL221018
10/29-12/17	T	5:45-6:15 pm	\$71	\$88.75	AL221019
9/11-10/23	W	3:50-4:20 pm	\$71	\$88.75	AL221020
10/30-12/18	W	3:50-4:20 pm	\$71	\$88.75	AL221021
9/11-10/23	W	4:25-4:55 pm	\$71	\$88.75	AL221022
10/30-12/18	W	4:25-4:55 pm	\$71	\$88.75	AL221023
9/11-10/23	W	5-5:30 pm	\$71	\$88.75	AL221024
10/30-12/18	W	5-5:30 pm	\$71	\$88.75	AL221025
9/11-10/23	W	5:45-6:15 pm	\$71	\$88.75	AL221026
10/30-12/18	W	5:45-6:15 pm	\$71	\$88.75	AL221027
9/11-10/23	W	6:20-6:50 pm	\$71	\$88.75	AL221028
10/30-12/18	W	6:20-6:50 pm	\$71	\$88.75	AL221029
9/11-10/23	W	6:55-7:25 pm	\$71	\$88.75	AL221030
10/30-12/18	W	6:55-7:25 pm	\$71	\$88.75	AL221031
9/12-10/24	Th	3:50-4:20 pm	\$71	\$88.75	AL221130
9/12-10/24	Th	4:25-4:55 pm	\$71	\$88.75	AL221131
9/12-10/24	Th	5-5:30 pm	\$71	\$88.75	AL221032
11/7-12/19	Th	5:15-5:45 pm	\$62	\$77.50	AL221033
9/12-10/24	Th	5:45-6:15 pm	\$71	\$88.75	AL221034
11/7-12/19	Th	5:50-6:20 pm	\$62	\$77.50	AL221035
9/12-10/24	Th	6:20-6:50 pm	\$71	\$88.75	AL221134
9/12-10/24	Th	6:55-7:25 pm	\$71	\$88.75	AL221135
9/8-10/20	Su	12-12:30 pm	\$71	\$88.75	AL221048
10/27-12/15	Su	12-12:30 pm	\$71	\$88.75	AL221049
9/8-10/20	Su	12:35-1:05 pm	\$71	\$88.75	AL221050
10/27-12/15	Su	12:35-1:05 pm	\$71	\$88.75	AL221051
9/8-10/20	Su	1:10-1:40 pm	\$71	\$88.75	AL221052
10/27-12/15	Su	1:10-1:40 pm	\$71	\$88.75	AL221053
9/8-10/20	Su	2-2:30 pm	\$71	\$88.75	AL221054
10/27-12/15	Su	2-2:30 pm	\$71	\$88.75	AL221055
9/8-10/20	Su	2:35-3:05 pm	\$71	\$88.75	AL221056
10/27-12/15	Su	2:35-3:05 pm	\$71	\$88.75	AL221057
9/8-10/20	Su	3:10-3:40 pm	\$71	\$88.75	AL221058
10/27-12/15	Su	3:10-3:40 pm	\$71	\$88.75	AL221059

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#
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**Baby/Toddler & Me**  
 Swim Diaper Required. Parent/Guardian Participation Required.  
 No class 11/24.

9/8-10/20	Su	12-12:30 pm	\$47	\$58.75	AL240048
10/27-12/15	Su	12-12:30 pm	\$47	\$58.75	AL240049
9/8-10/20	Su	1:10-1:40 pm	\$47	\$58.75	AL240052
10/27-12/15	Su	1:10-1:40 pm	\$47	\$58.75	AL240053
9/8-10/20	Su	2:35-3:05 pm	\$47	\$58.75	AL240056
10/27-12/15	Su	2:35-3:05 pm	\$47	\$58.75	AL240057



**Teen/Adult Swimming Skills**  
 No class 11/24.

9/8-10/20	Su	12:35-1:05 pm	\$71	\$88.75	AL250050
10/27-12/15	Su	2-2:30 pm	\$71	\$88.75	AL250051
9/8-10/20	Su	2-2:30 pm	\$71	\$88.75	AL250054
10/27-12/15	Su	2-2:30 pm	\$71	\$88.75	AL250055
9/8-10/20	Su	3:10-3:40 pm	\$71	\$88.75	AL250058
10/27-12/15	Su	3:10-3:40 pm	\$71	\$88.75	AL250059

## Celebrate Your Birthday or Team Party at Aloha Swim Center

Call 503-629-6311 or email [t.cannon@thprd.org](mailto:t.cannon@thprd.org) for more details.



## Private Lessons

9/13-10/25	F	3:45-4:15 pm	\$300	\$375	AL260036
11/1-12/20	F	3:45-4:15 pm	\$350	\$437	AL260037
9/13-10/25	F	4:20-4:50 pm	\$300	\$375	AL260038
11/1-12/20	F	4:20-4:50 pm	\$350	\$437.50	AL260039
9/13-10/25	F	4:55-5:25 pm	\$300	\$375	AL260040
11/1-12/20	F	4:55-5:25 pm	\$350	\$437.50	AL260041
9/13-10/25	F	5:45-6:15 pm	\$300	\$375	AL260042
11/1-12/20	F	4:55-5:25 pm	\$350	\$437.50	AL260043
9/13-10/25	F	6:20-6:50 pm	\$300	\$375	AL260044
11/1-12/20	F	6:20-6:50 pm	\$350	\$437	AL260045
9/13-10/25	F	6:55-7:25 pm	\$300	\$375	AL260046
11/1-12/20	F	6:55-7:25 pm	\$350	\$437	AL260047

## Lap Swim Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2:45-3:30PM All Age Lap Swim	2:45-3:30PM All Age Lap Swim	2:45-3:30PM All Age Lap Swim	2:45-3:30PM All Age Lap Swim	2:45-7:25PM All Age Lap Swim	All Day POOL CLOSED	4:00-5:00PM All Age Lap Swim

## Open Swim Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2:45-3:30PM Open Swim	2:45-3:30PM Open Swim	2:45-3:30PM Open Swim	2:45-3:30PM Open Swim	2:45-7:25PM Open Swim	All Day POOL CLOSED	4:00-5:00PM Open Swim

Schedule is subject to change, please visit <https://www.thprd.org/facilities/aquatics/beaverton> for updated schedule.

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: 6:30 am – 9:00 pm**

**Friday: 6:30 am – 6:30 pm**

**Saturday: 8:00 am – 6:00 pm**

**Sunday: Closed**

Hours subject to change.

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

**Facility Closed:** 11/28, 11/29, 12/25

**Modified Schedule:** 11/11, 11/28, 11/29, 12/24, 12/31

**Beaverton Swim Center features:**

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



@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. 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.

## Fall Splash

A recreational swim team with a focus on stroke refinement, building endurance, and sportsmanship. Participants must be between the ages of 5 and 17 and be able to swim 25 yards of crawl stroke and 25 yards of backstroke. While not required to compete, swim meets are held on some Saturdays during the season.

Date	Day	Time	ID/AP	OD	Class#
9/9-12/18	M/W	6:40-7:25 pm	\$315	\$393.75	BV234032
9/10-12/19	T/Th	6:40-7:25 pm	\$327	\$408.75	BV234044
9/14-12/21	S	10:15-11 am	\$169	\$211.25	BV234074

## Special Events

♥ **Patron Appreciation Week** ♥

**November 13 to 16**

We love our patrons and want to show you how much we care. Stop in for a surprise during Patron Appreciation Week.

## Tropical Mermaid Swim

**December 7 • 5-6:30 pm • BV280000**

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 10/31, 11/11, 11/24, 11/25, 11/26, 11/27, 11/28.					

9/9-10/21	M	9-9:30 am	\$71	\$88.75	BV211000
10/28-12/16	M	9-9:30 am	\$62	\$77.50	BV211001
9/9-10/21	M	9:35-10:05 am	\$71	\$88.75	BV211002
10/28-12/16	M	9:35-10:05 am	\$62	\$77.50	BV211003
9/9-10/21	M	10:10-10:40 am	\$71	\$88.75	BV211004
10/28-12/16	M	10:10-10:40 am	\$62	\$77.50	BV211005
9/9-10/21	M	3:45-4:15 pm	\$71	\$88.75	BV211024
10/28-12/16	M	3:45-4:15 pm	\$62	\$77.50	BV211025
9/9-10/21	M	4:20-4:50 pm	\$71	\$88.75	BV211026
10/28-12/16	M	4:20-4:50 pm	\$62	\$77.50	BV211027
9/9-10/21	M	4:55-5:25 pm	\$71	\$88.75	BV211028
10/28-12/16	M	4:55-5:25 pm	\$62	\$77.50	BV211029
9/9-10/21	M	5:45-6:15 pm	\$71	\$88.75	BV211030
10/28-12/16	M	5:45-6:15 pm	\$62	\$77.50	BV211031
9/9-10/21	M	6:20-6:50 pm	\$71	\$88.75	BV211032
10/28-12/16	M	6:20-6:50 pm	\$62	\$77.50	BV211033
9/9-10/21	M	6:55-7:25 pm	\$71	\$88.75	BV211034
10/28-12/16	M	6:55-7:25 pm	\$62	\$77.50	BV211035
9/10-10/22	T	3:45-4:15 pm	\$71	\$88.75	BV211036
10/29-12/17	T	3:45-4:15 pm	\$71	\$88.75	BV211037
9/10-10/22	T	4:20-4:50 pm	\$71	\$88.75	BV211038
10/29-12/17	T	4:20-4:50 pm	\$71	\$88.75	BV211039
9/10-10/22	T	4:55-5:25 pm	\$71	\$88.75	BV211040
10/29-12/17	T	4:55-5:25 pm	\$71	\$88.75	BV211041
9/10-10/22	T	5:45-6:15 pm	\$71	\$88.75	BV211042
10/29-12/17	T	5:45-6:15 pm	\$71	\$88.75	BV211043
9/10-10/22	T	6:20-6:50 pm	\$71	\$88.75	BV211044
10/29-12/17	T	6:20-6:50 pm	\$71	\$88.75	BV211045
9/10-10/22	T	6:55-7:25 pm	\$71	\$88.75	BV211046
10/29-12/17	T	6:55-7:25 pm	\$71	\$88.75	BV211047
9/11-10/23	W	9-9:30 am	\$71	\$88.75	BV211012
10/30-12/18	W	9-9:30 am	\$71	\$88.75	BV211013
9/11-10/23	W	9:35-10:05 am	\$71	\$88.75	BV211014
10/30-12/18	W	9:35-10:05 am	\$71	\$88.75	BV211015
9/11-10/23	W	10:10-10:40 am	\$71	\$88.75	BV211016
10/30-12/18	W	10:10-10:40 am	\$71	\$88.75	BV211017
9/11-10/23	W	3:45-4:15 pm	\$71	\$88.75	BV211048
10/30-12/18	W	3:45-4:15 pm	\$71	\$88.75	BV211049
9/11-10/23	W	4:20-4:50 pm	\$71	\$88.75	BV211050
10/30-12/18	W	4:20-4:50 pm	\$71	\$88.75	BV211051
9/11-10/23	W	4:55-5:25 pm	\$71	\$88.75	BV211052
10/30-12/18	W	4:55-5:25 pm	\$71	\$88.75	BV211053
9/11-10/23	W	5:45-6:15 pm	\$71	\$88.75	BV211054
10/30-12/18	W	5:45-6:15 pm	\$71	\$88.75	BV211055
9/11-10/23	W	6:20-6:50 pm	\$71	\$88.75	BV211056
10/30-12/18	W	6:20-6:50 pm	\$71	\$88.75	BV211057
9/11-10/23	W	6:55-7:25 pm	\$71	\$88.75	BV211058
10/30-12/18	W	6:55-7:25 pm	\$71	\$88.75	BV211059
9/12-10/24	Th	3:45-4:15 pm	\$71	\$88.75	BV211060
9/12-10/24	Th	4:20-4:50 pm	\$71	\$88.75	BV211062
9/12-10/24	Th	4:55-5:25 pm	\$71	\$88.75	BV211064

9/12-10/24	Th	5:45-6:15 pm	\$71	\$88.75	BV211066
10/31-12/19	Th	5:45-6:15 pm	\$71	\$88.75	BV211067
9/12-10/24	Th	6:20-6:50 pm	\$71	\$88.75	BV211068
10/31-12/19	Th	6:20-6:50 pm	\$71	\$88.75	BV211069
9/12-10/24	Th	6:55-7:25 pm	\$71	\$88.75	BV211070
10/31-12/19	Th	6:55-7:25 pm	\$71	\$88.75	BV211071
9/14-10/26	S	9-9:30 am	\$71	\$88.75	BV211072
9/14-10/26	S	9:35-10:05 am	\$71	\$88.75	BV211073
9/14-10/26	S	10:10-10:40 am	\$71	\$88.75	BV211074
9/14-10/26	S	11-11:30 am	\$71	\$88.75	BV211075
9/14-10/26	S	11:35 am-12:05 pm	\$71	\$88.75	BV211076
11/2-12/21	S	9-9:30 am	\$71	\$88.75	BV211082
11/2-12/21	S	9:35-10:05 am	\$71	\$88.75	BV211083
11/2-12/21	S	10:10-10:40 am	\$71	\$88.75	BV211084
11/2-12/21	S	11-11:30 am	\$71	\$88.75	BV211085
11/2-12/21	S	11:35 am-12:05 pm	\$71	\$88.75	BV211086

## School Age Level 1-4

No class 10/31, 11/11, 11/24, 11/25, 11/26, 11/27, 11/28.

9/9-10/21	M	3:45-4:15 pm	\$71	\$88.75	BV221024
10/28-12/16	M	3:45-4:15 pm	\$62	\$77.50	BV221025
9/9-10/21	M	4:20-4:50 pm	\$71	\$88.75	BV221026
10/28-12/16	M	4:20-4:50 pm	\$62	\$77.50	BV221027
9/9-10/21	M	4:55-5:25 pm	\$71	\$88.75	BV221028
10/28-12/16	M	4:55-5:25 pm	\$62	\$77.50	BV221029
9/9-10/21	M	5:45-6:15 pm	\$71	\$88.75	BV221030
10/28-12/16	M	5:45-6:15 pm	\$62	\$77.50	BV221031
9/9-10/21	M	6:20-6:50 pm	\$71	\$88.75	BV221032
10/28-12/16	M	6:20-6:50 pm	\$62	\$77.50	BV221033
9/9-10/21	M	6:55-7:25 pm	\$71	\$88.75	BV221034
10/28-12/16	M	6:55-7:25 pm	\$62	\$77.50	BV221035
9/10-10/22	T	3:45-4:15 pm	\$71	\$88.75	BV221036
10/29-12/17	T	3:45-4:15 pm	\$71	\$88.75	BV221037
9/10-10/22	T	4:20-4:50 pm	\$71	\$88.75	BV221038
10/29-12/17	T	4:20-4:50 pm	\$71	\$88.75	BV221039
9/10-10/22	T	4:55-5:25 pm	\$71	\$88.75	BV221040
10/29-12/17	T	4:55-5:25 pm	\$71	\$88.75	BV221041
9/10-10/22	T	5:45-6:15 pm	\$71	\$88.75	BV221042
10/29-12/17	T	5:45-6:15 pm	\$71	\$88.75	BV221043
9/10-10/22	T	6:20-6:50 pm	\$71	\$88.75	BV221044
10/29-12/17	T	6:20-6:50 pm	\$71	\$88.75	BV221045
9/10-10/22	T	6:55-7:25 pm	\$71	\$88.75	BV221046
10/29-12/17	T	6:55-7:25 pm	\$71	\$88.75	BV221047
9/11-10/23	W	3:45-4:15 pm	\$71	\$88.75	BV221048
10/30-12/18	W	3:45-4:15 pm	\$71	\$88.75	BV221049
9/11-10/23	W	4:20-4:50 pm	\$71	\$88.75	BV221050
10/30-12/18	W	4:20-4:50 pm	\$71	\$88.75	BV221051
9/11-10/23	W	4:55-5:25 pm	\$71	\$88.75	BV221052
10/30-12/18	W	4:55-5:25 pm	\$71	\$88.75	BV221053
9/11-10/23	W	5:45-6:15 pm	\$71	\$88.75	BV221054
10/30-12/18	W	5:45-6:15 pm	\$71	\$88.75	BV221055
9/11-10/23	W	6:20-6:50 pm	\$71	\$88.75	BV221056
10/30-12/18	W	6:20-6:50 pm	\$71	\$88.75	BV221057
9/11-10/23	W	6:55-7:25 pm	\$71	\$88.75	BV221058
10/30-12/18	W	6:55-7:25 pm	\$71	\$88.75	BV221059
9/12-10/24	Th	3:45-4:15 pm	\$71	\$88.75	BV221060
9/12-10/24	Th	4:20-4:50 pm	\$71	\$88.75	BV221062
9/12-10/24	Th	4:55-5:25 pm	\$71	\$88.75	BV221064
9/12-10/24	Th	5:45-6:15 pm	\$71	\$88.75	BV221066
10/31-12/19	Th	5:45-6:15 pm	\$71	\$88.75	BV221067
9/12-10/24	Th	6:20-6:50 pm	\$71	\$88.75	BV221068
10/31-12/19	Th	6:20-6:50 pm	\$71	\$88.75	BV221069

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

9/12-10/24	Th	6:55-7:25 pm	\$71	\$88.75	BV221070
10/31-12/19	Th	6:55-7:25 pm	\$71	\$88.75	BV221071
9/14-10/26	S	9-9:30 am	\$71	\$88.75	BV221072
9/14-10/26	S	9:35-10:05 am	\$71	\$88.75	BV221073
9/14-10/26	S	10:10-10:40 am	\$71	\$88.75	BV221074
9/14-10/26	S	11-11:30 am	\$71	\$88.75	BV221075
9/14-10/26	S	11:35 am-12:05 pm	\$71	\$88.75	BV221076
11/2-12/21	S	9-9:30 am	\$71	\$88.75	BV221082
11/2-12/21	S	9:35-10:05 am	\$71	\$88.75	BV221083
11/2-12/21	S	10:10-10:40 am	\$71	\$88.75	BV221084
11/2-12/21	S	11-11:30 am	\$71	\$88.75	BV221085
11/2-12/21	S	11:35 am-12:05 pm	\$71	\$88.75	BV221086

## Intermediate Swimming Skills

Date	Day	Time	ID/AP	OD	Class#
<b>Preschool/School Age Level 5-7</b>					
<b>No class 10/31, 11/11, 11/24, 11/25, 11/26, 11/27, 11/28.</b>					
9/14-10/26	S	11:35 am-12:05 pm	\$71	\$88.75	BV225076
11/2-12/21	S	11:35 am-12:05 pm	\$71	\$88.75	BV225086

## Specialty Programs

Date	Day	Time	ID/AP	OD	Class#
<b>Baby/Toddler &amp; Me</b>					
<b>No class 10/31, 11/11, 11/24, 11/25, 11/26, 11/27, 11/28.</b>					
Swim Diaper Required. Parent/Guardian Participation Required.					
9/9-10/21	M	9:35-10:05 am	\$47	\$58.75	BV240002
10/28-12/16	M	9:35-10:05 am	\$41	\$51.25	BV240003
9/9-10/21	M	4:20-4:50 pm	\$47	\$58.75	BV240026
10/28-12/16	M	4:20-4:50 pm	\$41	\$51.25	BV240027
9/10-10/22	T	4:55-5:25 pm	\$47	\$58.75	BV240040
10/29-12/17	T	4:55-5:25 pm	\$47	\$58.75	BV240041
9/11-10/23	W	9:35-10:05 am	\$47	\$58.75	BV240014
10/30-12/18	W	9:35-10:05 am	\$47	\$58.75	BV240015
9/11-10/23	W	4:20-4:50 pm	\$47	\$58.75	BV240050
10/30-12/18	W	4:20-4:50 pm	\$47	\$58.75	BV240051
9/12-10/24	Th	4:55-5:25 pm	\$47	\$58.75	BV240064
10/31-12/19	Th	5:45-6:15 pm	\$47	\$58.75	BV240065
9/14-10/26	S	9:35-10:05 am	\$47	\$58.75	BV240073
9/14-10/26	S	11-11:30 am	\$47	\$58.75	BV240075
11/2-12/21	S	9:35-10:05 am	\$47	\$58.75	BV240083
11/2-12/21	S	11-11:30 am	\$47	\$58.75	BV240085

## Teen/Adult Swimming Skills

No class 10/31, 11/11, 11/24, 11/25, 11/26, 11/27, 11/28.

9/9-10/21	M	9-9:30 am	\$71	\$88.75	BV250000
10/28-12/16	M	9-9:30 am	\$62	\$77.50	BV250001
9/9-10/21	M	10:10-10:40 am	\$71	\$88.75	BV250004
10/28-12/16	M	10:10-10:40 am	\$62	\$77.50	BV250005
9/9-10/21	M	6:55-7:25 pm	\$71	\$88.75	BV250034
10/28-12/16	M	6:55-7:25 pm	\$62	\$77.50	BV250035
9/10-10/22	T	6:55-7:25 pm	\$71	\$88.75	BV250046
10/29-12/17	T	6:55-7:25 pm	\$71	\$88.75	BV250047
9/11-10/23	W	9-9:30 am	\$71	\$88.75	BV250012
10/30-12/18	W	9-9:30 am	\$71	\$88.75	BV250013
9/11-10/23	W	10:10-10:40 am	\$71	\$88.75	BV250016
10/30-12/18	W	10:10-10:40 am	\$71	\$88.75	BV250017
9/11-10/23	W	6:55-7:25 pm	\$71	\$88.75	BV250058
10/30-12/18	W	6:55-7:25 pm	\$71	\$88.75	BV250059
9/12-10/24	Th	6:55-7:25 pm	\$71	\$88.75	BV250070
10/31-12/19	Th	6:55-7:25 pm	\$71	\$88.75	BV250071
9/14-10/26	S	9-9:30 am	\$71	\$88.75	BV250072
11/2-12/21	S	9-9:30 am	\$71	\$88.75	BV250082

## Private Swimming Lessons

No class 10/31, 11/11, 11/24, 11/25, 11/26, 11/27, 11/28.

9/9-10/21	M	9-9:30 am	\$350	\$437.50	BV260000
9/9-10/21	M	9:35-10:05 am	\$350	\$437.50	BV260001
9/9-10/21	M	10:10-10:40 am	\$350	\$437.50	BV260002
9/11-10/23	W	9-9:30 am	\$350	\$437.50	BV260012
9/11-10/23	W	9:35-10:05 am	\$350	\$437.50	BV260013
9/11-10/23	W	10:10-10:40 am	\$350	\$437.50	BV260014
10/30-12/18	W	9:35-10:05 am	\$350	\$437.50	BV260015
9/11-10/23	W	10:10-10:40 am	\$350	\$437.50	BV260016
10/30-12/18	W	10:10-10:40 am	\$350	\$437.50	BV260017
9/13-10/25	F	9-9:30 am	\$350	\$437.50	BV260018
11/1-12/20	F	9-9:30 am	\$350	\$437.50	BV260019
9/13-10/25	F	9:35-10:05 am	\$350	\$437.50	BV260020
11/1-12/20	F	9:35-10:05 am	\$350	\$437.50	BV260021
9/13-10/25	F	10:10-10:40 am	\$350	\$437.50	BV260022
11/1-12/20	F	10:10-10:40 am	\$350	\$437.50	BV260023

## INTEREST LIST ONLY

Do not see the time you want from private swim lessons. Add your name to the interest list and we will let you know what times we have coming available.

Private Lessons

BV261000





## Training or Professional Classes

Date	Day	Time	ID/AP	OD	Class#
<p>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.</p>					
10/5-11/23	S	1-3 pm	\$100	\$125	BV251077

### Lifeguard Training

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

9/20-9/28	F/S	4-8 pm	\$260	\$325	BV252000
10/16-10/26	F/S	4-8 pm	\$260	\$325	BV252001
11/15-11/23	F/S	4-8 pm	\$260	\$325	BV252002

## 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 503-629-6312 for an appointment.

## Lap Swim, Open Swim, and Independent Exercise

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

## Winter Break Camps

Date	Day	Time	ID/AP	OD	Class#
12/23	M	9am-4pm	\$85	\$106.25	BV282000
12/27	F	9am-4pm	\$85	\$106.25	BV282001
12/30	M	9am-4pm	\$85	\$106.25	BV282002
1/2	Th	9am-4pm	\$85	\$106.25	BV282003
1/3	F	9am-4pm	\$85	\$106.25	BV282004

## Book Your Birthday or Team Party at Beaverton Swim Center

Call 503-629-6312 or email [t.cannon@thprd.org](mailto:t.cannon@thprd.org) for more details.



## Lap Swim Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00-1:30PM 2:30-3:30PM All Age Lap Swim	7:00-10:00AM 11:00AM-1:30PM 2:30-3:30PM All Age Lap Swim	7:00-1:30PM 2:30-3:30PM All Age Lap Swim	7:00AM-1:30PM 2:30-3:30PM All Age Lap Swim	7:00-1:30PM 2:30-6:30PM All Age Lap Swim	8:00 - 9:00AM 12:15-2:00PM All Age Lap Swim	All Day POOL CLOSED

## Open Swim Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	2:30-3:30PM Open Swim		2:30-3:30PM Open Swim	2:30-6:30PM Open Swim	2:00-4:00PM Open Swim	All Day POOL CLOSED

Schedule is subject to change, please visit <https://www.thprd.org/facilities/aquatics/beaverton> for updated schedule.

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

# 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 - 7:00 pm

Friday: 8 am - 3:00 pm

Saturday: 8 am - 2:00 pm

Sunday: 10:30 am - 3:30 pm

Facility Closed: 9/4, 11/11, 11/28, 11/29, 12/25

Modified schedule: 12/24, 12/31

Harman Swim Center features:

- ADA Lift Available
- Independent Changing Rooms
- Average Pool Temperature: 90°

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.



**October 12**

**Join us for our 12th annual floating  
pumpkin patch! Arts, crafts and prizes.**

Ages 6-14 | HMPMKWBOB24 | 1-5 pm | \$10 ID \$12.50 OD

Please call Harman Swim Center for details.

**POOLSIDE PRIDE**  
**FALL 2024**  
Friday October 18th • 5:30–8:00pm  
Free Event • HMPRIDEF24

## 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. Scan the QR Code below to register.



## Lap Swim, Open Swim, & Water Fitness

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



@THPRD.Aquatics

## Revive H2O Recovery Program

Recovering from an illness or medical treatment? Regain your strength and create optimal health with this individualized and targeted exercise program run in a small group format. Exercise prescription/workout is based on medical status, fitness level and wellness goal. Medical Release & Health/Medical History Forms requested.



9/10-10/24	T/Th	1-2 pm	\$154	\$192.50	HM271022
10/29-12/19	T/Th	1-2 pm	\$165	\$206.25	HM271023

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

## Beginning Swimming Skills

Date	Day	Time	ID/AP	OD	Class#
<b>Preschool Level 1-3</b> No class 11/25, 11/27, 11/28.					
9/9-10/23	M/W	1:10-1:40 pm	\$136	\$170	HM211000
10/28-12/18	M/W	1:10-1:40 pm	\$127	\$158.75	HM211001
9/9-10/23	M/W	3:30-4 pm	\$136	\$170	HM211004
10/28-12/18	M/W	3:30-4 pm	\$127	\$158.75	HM211005
9/9-10/23	M/W	4:40-5:10 pm	\$136	\$170	HM211008
10/28-12/18	M/W	4:40-5:10 pm	\$127	\$158.75	HM211009
9/9-10/23	M/W	6:05-6:35 pm	\$136	\$170	HM211012
10/28-12/18	M/W	6:05-6:35 pm	\$127	\$158.75	HM211013
09/10-10/24	T/Th	10:10-10:40 am	\$136	\$170	HM211014
10/29-12/19	T/Th	10:10-10:40 am	\$136	\$170	HM211015
9/10-10/24	T/Th	1:10-1:40 pm	\$136	\$170	HM211020
10/29-12/19	T/Th	1:10-1:40 pm	\$136	\$170	HM211021
9/10-10/24	T/Th	4:05-4:35 pm	\$136	\$170	HM211028
10/29-12/19	T/Th	4:05-4:35 pm	\$136	\$170	HM211029
9/10-10/24	T/Th	5:30-6 pm	\$136	\$170	HM211032
10/29-12/19	T/Th	5:30-6 pm	\$127	\$158.75	HM211033
9/15-12/15	Su	12:35-1:05 pm	\$127	\$158.75	HM211046

Preschool: Minimum age 3 years and toilet-trained.

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

### School Age Level 1-4

No class 11/25, 11/27, 11/28.

9/9-10/23	M/W	1:45-2:15 pm	\$136	\$170	HM221002HS
10/28-12/18	M/W	1:45-2:15 pm	\$127	\$158.75	HM221003HS
9/9-10/23	M/W	4:05-4:35 pm	\$136	\$170	HM221006
10/28-12/18	M/W	4:05-4:35 pm	\$127	\$158.75	HM221007

9/9-10/23	M/W	4:40-5:10 pm	\$136	\$170	HM221008
10/28-12/18	M/W	4:40-5:10 pm	\$127	\$158.75	HM221009
9/9-10/23	M/W	6:05-6:35 pm	\$136	\$170	HM221012
10/28-12/18	M/W	6:05-6:35 pm	\$127	\$158.75	HM221013
9/10-10/24	T/Th	1:45-2:15 pm	\$136	\$170	HM221022HS
10/29-12/19	T/Th	1:45-2:15 pm	\$136	\$170	HM221023HS
9/10-10/24	T/Th	3:30-4 pm	\$136	\$170	HM221026
10/29-12/19	T/Th	3:30-4 pm	\$136	\$170	HM221027
9/10-10/24	T/Th	4:40-5:10 pm	\$136	\$170	HM221030
10/29-12/19	T/Th	4:40-5:10 pm	\$136	\$170	HM221031
9/10-10/24	T/Th	6:05-6:35 pm	\$136	\$170	HM221034
10/29-12/19	T/Th	6:05-6:35 pm	\$127	\$158.75	HM221035
9/15-12/15	Su	1:10-1:40 pm	\$127	\$158.75	HM221047
9/15-12/15	Su	2-2:30 pm	\$127	\$158.75	HM221048

## Intermediate/Advanced Swimming Skills

Date	Day	Time	ID/AP	OD	Class#
<b>Preschool/School Age Level 5-7</b> No class 11/11, 11/25, 11/27.					
9/9-10/23	M/W	4:05-4:35 pm	\$136	\$170	HM225006
10/28-12/18	M/W	4:05-4:35 pm	\$127	\$158.75	HM225007
9/9-10/23	M/W	5:30-6 pm	\$136	\$170	HM225010
10/28-12/18	M/W	5:30-6 pm	\$127	\$158.75	HM225011
9/10-10/24	T/Th	4:05-4:35 pm	\$136	\$170	HM225028
10/29-12/19	T/Th	4:05-4:35 pm	\$136	\$170	HM225029
9/10-10/24	T/Th	5:30-6 pm	\$136	\$170	HM225032
10/29-12/19	T/Th	5:30-6 pm	\$127	\$158.75	HM225033
9/15-12/15	Su	12:35-1:05 pm	\$127	\$158.75	HM225046

## Specialty Programs

Date	Day	Time	ID/AP	OD	Class#
<b>Fall Splash</b> A recreational swim team with a focus on stroke refinement, building endurance, and sportsmanship. Participants must be between the ages of 5 and 17 and be able to swim 25 yards of crawl stroke and 25 yards of backstroke. While not required to compete, swim meets are held on some Saturdays during the season. No class 11/11, 11/25, 11/27.					
9/9-12/18	M/W	6:05-7 pm	\$383	\$478.75	HM227000

### Baby/Toddler & Me

No class 11/11, 11/25, 11/27.

9/9-10/23	M/W	5:30-6 pm	\$101	\$126.25	HM240010
10/28-12/18	M/W	5:30-6 pm	\$94	\$117.50	HM240011
9/15-12/15	Su	2-2:30 pm	\$94	\$117.50	HM240048

### You & Your Preschooler

9/15-12/15	Su	1:10-1:40 pm	\$127	\$158.75	HM241047
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### Teen Swimming Skills

No class 11/11, 11/25, 11/27.

9/9-10/23	M/W	6:05-6:50 pm	\$201	\$251.25	HM250012T
10/28-12/18	M/W	6:05-6:50 pm	\$187	\$233.75	HM250013T

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

## Teen/Adult Swimming Skills

9/10-10/24	T/Th	6:05-6:50 pm	\$201	\$251.25	HM250034
10/29-12/19	T/Th	6:05-6:50 pm	\$187	\$233.75	HM250035
9/15-12/15	Su	11:45am-12:30pm	\$187	\$233.75	HM250045

## Private Lessons

No class 11/11, 11/25, 11/27.

9/9-10/23	M/W	3:30-4 pm	\$700	\$875	HM260004
10/28-12/18	M/W	3:30-4 pm	\$650	\$812.50	HM260005
9/9-10/23	M/W	5:30-6 pm	\$700	\$875	HM260010
10/28-12/18	M/W	5:30-6 pm	\$650	\$812.50	HM260011
9/10-10/24	T/Th	10:45-11:15 am	\$700	\$875	HM260016
10/29-12/19	T/Th	10:45-11:15 am	\$700	\$875	HM260017
9/10-10/24	T/Th	12:30-1 pm	\$700	\$875	HM260018
10/29-12/19	T/Th	12:30-1 pm	\$700	\$875	HM260019
9/10-10/24	T/Th	3:30-4 pm	\$700	\$875	HM260026
10/29-12/19	T/Th	3:30-4 pm	\$700	\$875	HM260027
9/10-10/24	T/Th	5:30-6 pm	\$700	\$875	HM260032
10/29-12/19	T/Th	5:30-6 pm	\$650	\$812.50	HM260033
9/13-10/25	F	12:20-12:50 pm	\$350	\$437.50	HM260036
11/1-12/20	F	12:20-12:50 pm	\$350	\$437.50	HM260037
9/13-10/25	F	12:55-1:25 pm	\$350	\$437.50	HM260038
11/1-12/20	F	12:55-1:25 pm	\$350	\$437.50	HM260039
9/15-12/15	Su	2-2:30 pm	\$650	\$812.50	HM260048

## Training Programs

Date	Day	Time	ID/AP	OD	Class#
<b>Lifeguard Training</b>					
9/29-10/13	Su	8 am-5 pm	\$200	\$250	HM252000

## Party Packages and Special Events

Date	Day	Time	ID/AP	OD	Class#
<b>Pool Party Package</b>					

9/6	F	4-5 pm	\$243.25	\$304	HM290000P
9/7	S	2:30-3:30 pm	\$243.25	\$304	HM290001P
9/8	Su	4-5 pm	\$243.25	\$304	HM290002P
9/13	F	4-5 pm	\$243.25	\$304	HM290003P
9/14	S	2:30-3:30 pm	\$243.25	\$304	HM290004P
9/15	Su	4-5 pm	\$243.25	\$304	HM290005P
9/20	F	4-5 pm	\$243.25	\$304	HM290006P
9/21	S	2:30-3:30 pm	\$243.25	\$304	HM290007P
9/22	Su	4-5 pm	\$243.25	\$304	HM290008P
9/27	F	4-5 pm	\$243.25	\$304	HM290009P
9/28	S	2:30-3:30 pm	\$243.25	\$304	HM290010P
9/29	Su	4-5 pm	\$243.25	\$304	HM290011P
10/4	F	4-5 pm	\$243.25	\$304	HM290012P
10/5	S	2:30-3:30 pm	\$243.25	\$304	HM290013P
10/6	Su	4-5 pm	\$243.25	\$304	HM290014P
10/11	F	4-5 pm	\$243.25	\$304	HM290015P
10/12	S	2:30-3:30 pm	\$243.25	\$304	HM290016P
10/13	Su	4-5 pm	\$243.25	\$304	HM290017P
10/18	F	4-5 pm	\$243.25	\$304	HM290018P
10/19	S	2:30-3:30 pm	\$243.25	\$304	HM290019P
10/20	Su	4-5 pm	\$243.25	\$304	HM290020P
10/25	F	4-5 pm	\$243.25	\$304	HM290021P

## Special Event

Date	Day	Time	ID/AP	OD	Class#
<b>Pumpkin Bob</b>					
10/12	S	1-5 pm	\$10	\$12.50	HMPMKNB0B24



# 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.

**Monday – Thursday:** 2:30 – 7:30 pm  
**Friday:** 4:30 – 7:30 pm  
**Saturday:** 8 am – 1:30 pm  
**Sunday:** 1:30 – 5 pm

**Facility Closed:** 9/4, 11/11, 11/28, 11/29, 12/24, 12/25

**Sunset Swim Center features:**

- ADA Lift available
- Average Pool Temperature: 84°



**Sunset's**  
 **Spooky Saturday**  
Saturday, October 19 • 1-4 pm  
ID: \$10 OD: \$12.50 Class# SS200000

**Lap Swim, Open Swim, & Water Fitness**  
Please see online schedule at [www.thprd.org](http://www.thprd.org) for updated details.

**Sunset's School Break Camp**  
 **November 25-27 • 8 am-12 pm**  
ID: \$196 OD: \$245 • Class# SS281000

## Fall Splash

A recreational swim team with a focus on stroke refinement, building endurance, and sportsmanship. Participants must be between the ages of 5 and 17 and be able to swim 25 yards of crawl stroke and 25 yards of backstroke. While not required to compete, swim meets are held on some Saturdays during the season. No class 10/31, 11/26, 11/28.

Date	Day	Time	ID/AP	OD	Class#
9/08-12/15	Su	4-4:55 pm	\$227	\$283.75	SS234039
9/09-12/18	M/W	6:30-7:15 pm	\$315	\$393.75	SS234022
9/10-12/19	T/Th	6:30-7:15 pm	\$315	\$393.75	SS234023
9/14-12/21	Sa	12-12:55 pm	\$227	\$283.75	SS234024

**Prenatal & Postnatal Aerobics**  
**Deep Water exercise**  
Tuesdays/Thursdays • 5:20p-6:15p  
ID: \$9.50 OD: \$12 SD: \$8.50

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>					
9/9-10/23	M/W	4-4:30 pm	\$136	\$170	SS211000
10/28-12/18	M/W	4-4:30 pm	\$127	\$158.75	SS211001
9/9-10/23	M/W	4:35-5:05 pm	\$136	\$170	SS211002
10/28-12/18	M/W	4:35-5:05 pm	\$127	\$158.75	SS211003
9/9-10/23	M/W	5:55-6:25 pm	\$136	\$170	SS211006
10/28-12/18	M/W	5:55-6:25 pm	\$127	\$158.75	SS211007
9/10-10/24	T/Th	4-4:30 pm	\$136	\$170	SS211008
10/29-12/19	T/Th	4-4:30 pm	\$127	\$158.75	SS211009
9/10-10/24	T/Th	4:35-5:05 pm	\$136	\$170	SS211010
10/29-12/19	T/Th	4:35-5:05 pm	\$127	\$158.75	SS211011
9/10-10/24	T/Th	5:20-5:50 pm	\$136	\$170	SS211012
10/29-12/19	T/Th	5:20-5:50 pm	\$127	\$158.75	SS211013
9/10-10/24	T/Th	5:55-6:25 pm	\$136	\$170	SS211014
10/29-12/19	T/Th	5:55-6:25 pm	\$127	\$158.75	SS211015
9/14-10/26	S	10-10:30 am	\$71	\$88.75	SS211016
11/2-12/21	S	10-10:30 am	\$71	\$88.75	SS211017
9/14-10/26	S	11:20-11:50 am	\$71	\$88.75	SS211018
11/2-12/21	S	11:20-11:50 am	\$71	\$88.75	SS211019
9/8-10/20	Su	1:30-2 pm	\$71	\$88.75	SS211020
10/27-12/15	Su	1:30-2 pm	\$71	\$88.75	SS211021
9/8-10/20	Su	2:05-2:35 pm	\$71	\$88.75	SS211022
10/27-12/15	Su	2:05-2:35 pm	\$71	\$88.75	SS211023
9/8-10/20	Su	3:25-3:55 pm	\$71	\$88.75	SS211026
10/27-12/15	Su	3:25-3:55 pm	\$71	\$88.75	SS211027

## School Age Level 1-4

9/9-10/23	M/W	4-4:30 pm	\$136	\$170	SS222000
10/28-12/18	M/W	4-4:30 pm	\$127	\$158.75	SS222001
9/9-10/23	M/W	4:35-5:05 pm	\$136	\$170	SS222002
10/28-12/18	M/W	4:35-5:05 pm	\$127	\$158.75	SS222003
9/9-10/23	M/W	5:20-5:50 pm	\$136	\$170	SS222004
10/28-12/18	M/W	5:20-5:50 pm	\$127	\$158.75	SS222005
9/10-10/24	T/Th	4-4:30 pm	\$136	\$170	SS222008
10/29-12/19	T/Th	4-4:30 pm	\$127	\$158.75	SS222009
9/10-10/24	T/Th	4:35-5:05 pm	\$136	\$170	SS222010
10/29-12/19	T/Th	4:35-5:05 pm	\$127	\$158.75	SS222011
9/10-10/24	T/Th	5:55-6:25 pm	\$136	\$170	SS222014
10/29-12/19	T/Th	5:55-6:25 pm	\$127	\$158.75	SS222015
9/14-10/26	S	10:35-11:05 am	\$71	\$88.75	SS222016
11/2-12/21	S	10:35-11:05 am	\$71	\$88.75	SS222017
9/8-10/20	Su	1:30-2 pm	\$71	\$88.75	SS222020
10/27-12/15	Su	1:30-2 pm	\$71	\$88.75	SS222021
9/8-10/20	Su	2:05-2:35 pm	\$71	\$88.75	SS222022
10/27-12/15	Su	2:05-2:35 pm	\$71	\$88.75	SS222023
9/8-10/20	Su	2:50-3:20 pm	\$71	\$88.75	SS222024
10/27-12/15	Su	2:50-3:20 pm	\$71	\$88.75	SS222025

## Preschool/School Age Level 5-7

9/9-10/23	M/W	5:55-6:25 pm	\$136	\$170	SS225000
10/28-12/18	M/W	5:55-6:25 pm	\$127	\$158.75	SS225001
9/10-10/24	T/Th	5:20-5:50 pm	\$136	\$170	SS225002
10/29-12/19	T/Th	5:20-5:50 pm	\$127	\$158.75	SS225003
9/14-10/26	S	11:20-11:50 am	\$71	\$88.75	SS225004
11/2-12/21	S	11:20-11:50 am	\$71	\$88.75	SS225005
9/8-10/20	Su	3:25-3:55 pm	\$71	\$88.75	SS225006
10/27-12/15	Su	3:25-3:55 pm	\$71	\$88.75	SS225007

## Specialty Programs

Date	Day	Time	ID/AP	OD	Class#
<b>Fall Splash</b>					
9/9-12/18	M/W	6:30-7:15 pm	\$315	\$393.75	SS234022
9/10-12/19	T/Th	6:30-7:15 pm	\$315	\$393.75	SS234023
9/14-12/21	S	12-12:55 pm	\$227	\$283.75	SS234024
9/8-12/15	Su	4-4:55 pm	\$227	\$283.75	SS234039

## Baby/Toddler & Me

9/9-10/23	M/W	5:20-5:50 pm	\$92	\$115	SS240000
10/28-12/18	M/W	5:20-5:50 pm	\$86	\$107.50	SS240001
9/10-10/24	T/Th	5:20-5:50 pm	\$92	\$115	SS240002
10/29-12/19	T/Th	5:20-5:50 pm	\$86	\$107.50	SS240003
9/14-10/26	S	10-10:30 am	\$47	\$58.75	SS240004
11/2-12/21	S	10-10:30 am	\$47	\$58.75	SS240005
9/8-10/20	Su	3:25-3:55 pm	\$47	\$58.75	SS240006
10/27-12/15	Su	3:25-3:55 pm	\$47	\$58.75	SS240007

## Teen/Adult Swimming Skills - Beginning

9/9-10/23	M/W	5:55-6:25 pm	\$136	\$170	SS250010B
10/28-12/18	M/W	5:55-6:25 pm	\$127	\$158.75	SS250011B

## Sunset Camps

Date	Day	Time	ID/AP	OD	Class#
<b>Sunset's School Break Camp</b>					
11/25-11/27	M-W	8 am-12 pm	\$0	\$0	SS281000

## Special Event

Date	Day	Time	ID/AP	OD	Class#
<b>Sunset Spooky Saturday</b>					
10/19	S	1-4 pm	\$10	\$12.50	SS200000

# Conestoga Recreation & Aquatic Center



**TUALATIN HILLS  
PARK & RECREATION DISTRICT**

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

TriMet Bus Routes #62, #92

**Center Supervisor:** Ann Johnson

**Assistant Center Supervisor:** Jenny Wilson

**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.

**Facility Closed:** 11/28, 12/25

**Modified Schedule:** 9/2, 11/11, 11/29, 12/24, 12/31  
9 am-2 pm

**Conestoga Recreation & Aquatic Center features:**

- Average Pool Temperature:  
Main Pool - 85° Slide Pool - 90°
- Outdoor Splash Pad (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 77 for Conestoga recreation programs.**

**Dive-in movies are back!**

**Fridays: 10/18, 11/1, 11/15, 12/6, 12/20 • 6-8:30 pm**  
Please visit our website for times and additional information.



**Winter Break Day Camps**

**Finn's Arctic Adventure Swim Camp**

Come chill with our fin-tastic mascot, for a fun winter break day camp! Join Finn and new friends for an afternoon Arctic Adventure, full of swimming, fun games, and cool grafts.

12/23	M	1-4pm	6-12yrs	CA272001
Rm 205		ID/AP: \$48	OD: \$60.00	
12/30	M	1-4pm	6-12yrs	CA272002
Rm 205		ID/AP: \$48	OD: \$60.00	

**Fall Splash**

A recreational swim team with a focus on stroke refinement, building endurance, and sportsmanship. Participants must be between the ages of 5 and 17 and be able to swim 25 yards of crawl stroke and 25 yards of backstroke. While not required to compete, swim meets are held on some Saturdays during the season. **No class 10/31, 11/11, 11/25, 11/26, 11/27, 11/28.**

9/9-12/18	M/W	6:55-7:40 pm	\$315/\$393.75	CA236000MW
9/10-12/19	T/Th	6:55-7:40 pm	\$315/\$393.75	CA236000TTH

**Lap Swim, Open Swim & Water Fitness**

Please see online schedule at [www.thprd.org](http://www.thprd.org) for updated details about drop-in activities.

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#
<b>Preschool Levels 1-3</b>					
No class 11/11, 11/24, 11/25, 11/26, 11/27, 11/28, 11/30.					
No evening classes 10/31.					

9/9-10/21	M	9-9:30 am	\$71/\$88.75		CA211001
10/28-12/16	M	9-9:30 am	\$62/\$77.50		CA211002
9/9-10/21	M	9:35-10:05 am	\$71/\$88.75		CA211003
10/28-12/16	M	9:35-10:05 am	\$62/\$77.50		CA211004
9/9-10/21	M	10:10-10:40 am	\$71/\$88.75		CA211005
10/28-12/16	M	10:10-10:40 am	\$62/\$77.50		CA211006
9/9-10/21	M	11-11:30 am	\$71/\$88.75		CA211007
10/28-12/16	M	11-11:30 am	\$62/\$77.50		CA211008
9/9-10/21	M	11:35 am-12:05 pm	\$71/\$88.75		CA211009
10/28-12/16	M	11:35 am-12:05 pm	\$62/\$77.50		CA211010
9/9-10/21	M	12:10-12:40 pm	\$71/\$88.75		CA211011
10/28-12/16	M	12:10-12:40 pm	\$62/\$77.50		CA211012
9/11-10/23	W	9-9:30 am	\$71/\$88.75		CA211013
10/30-12/18	W	9-9:30 am	\$71/\$88.75		CA211014
9/11-10/23	W	9:35-10:05 am	\$71/\$88.75		CA211015
10/30-12/18	W	9:35-10:05 am	\$71/\$88.75		CA211016
9/11-10/23	W	10:10-10:40 am	\$71/\$88.75		CA211017
10/30-12/18	W	10:10-10:40 am	\$71/\$88.75		CA211018
9/11-10/23	W	11-11:30 am	\$71/\$88.75		CA211019
10/30-12/18	W	11-11:30 am	\$71/\$88.75		CA211020
9/11-10/23	W	11:35 am-12:05 pm	\$71/\$88.75		CA211021
10/30-12/18	W	11:35 am-12:05 pm	\$71/\$88.75		CA211022
9/11-10/23	W	12:10-12:40 pm	\$71/\$88.75		CA211023
10/30-12/18	W	12:10-12:40 pm	\$71/\$88.75		CA211024
9/10-10/24	T/Th	9-9:30 am	\$136/\$170		CA211040
10/29-12/19	T/Th	9-9:30 am	\$136/\$170		CA211041
9/10-10/24	T/Th	9:35-10:05 am	\$136/\$170		CA211042
10/29-12/19	T/Th	9:35-10:05 am	\$136/\$170		CA211043
9/10-10/24	T/Th	10:10-10:40 am	\$136/\$170		CA211044
10/29-12/19	T/Th	10:10-10:40 am	\$136/\$170		CA211045
9/10-10/24	T/Th	11-11:30 am	\$136/\$170		CA211046
10/29-12/19	T/Th	11-11:30 am	\$136/\$170		CA211047
9/10-10/24	T/Th	11:35 am-12:05 pm	\$136/\$170		CA211048
10/29-12/19	T/Th	11:35 am-12:05 pm	\$136/\$170		CA211049
9/10-10/24	T/Th	12:10-12:40 pm	\$136/\$170		CA211050
10/29-12/19	T/Th	12:10-12:40 pm	\$136/\$170		CA211051
9/9-10/23	M/W	4:20-4:50 pm	\$136/\$170		CA211060
10/28-12/18	M/W	4:20-4:50 pm	\$127/\$158.75		CA211061
9/9-10/23	M/W	4:55-5:25 pm	\$136/\$170		CA211062
10/28-12/18	M/W	4:55-5:25 pm	\$127/\$158.75		CA211063
9/9-10/23	M/W	5:45-6:15 pm	\$136/\$170		CA211064
10/28-12/18	M/W	5:45-6:15 pm	\$127/\$158.75		CA211065
9/9-10/23	M/W	6:20-6:50 pm	\$136/\$170		CA211066
10/28-12/18	M/W	6:20-6:50 pm	\$127/\$158.75		CA211067
9/10-10/24	T/Th	4:20-4:50 pm	\$136/\$170		CA211070
10/29-12/19	T/Th	4:20-4:50 pm	\$127/\$158.75		CA211071

9/10-10/24	T/Th	4:55-5:25 pm	\$136/\$170		CA211072
10/29-12/19	T/Th	4:55-5:25 pm	\$127/\$158.75		CA211073
9/10-10/24	T/Th	5:45-6:15 pm	\$136/\$170		CA211074
10/29-12/19	T/Th	5:45-6:15 pm	\$127/\$158.75		CA211075
9/10-10/24	T/Th	6:20-6:50 pm	\$136/\$170		CA211076
10/29-12/19	T/Th	6:20-6:50 pm	\$127/\$158.75		CA211077
9/14-10/26	S	9-9:30 am	\$71/\$88.75		CA211080
11/2-12/21	S	9-9:30 am	\$71/\$88.75		CA211081
9/14-10/26	S	9:35-10:05 am	\$71/\$88.75		CA211082
11/2-12/21	S	9:35-10:05 am	\$71/\$88.75		CA211083
9/14-10/26	S	10:25-10:55 am	\$71/\$88.75		CA211084
11/2-12/21	S	10:25-10:55 am	\$71/\$88.75		CA211085
9/14-10/26	S	11-11:30 am	\$71/\$88.75		CA211086
11/2-12/21	S	11-11:30 am	\$71/\$88.75		CA211087
9/14-10/26	S	11:35 am-12:05 pm	\$71/\$88.75		CA211088
11/2-12/21	S	11:35 am-12:05 pm	\$71/\$88.75		CA211089
9/8-10/20	Su	1-1:30 pm	\$71/\$88.75		CA211090
10/27-12/15	Su	1-1:30 pm	\$71/\$88.75		CA211091
9/8-10/20	Su	1:35-2:05 pm	\$71/\$88.75		CA211092
10/27-12/15	Su	1:35-2:05 pm	\$71/\$88.75		CA211093
9/8-10/20	Su	2:10-2:40 pm	\$71/\$88.75		CA211094
10/27-12/15	Su	2:10-2:40 pm	\$71/\$88.75		CA211095
9/8-10/20	Su	3-3:30 pm	\$71/\$88.75		CA211096
10/27-12/15	Su	3-3:30 pm	\$71/\$88.75		CA211097
9/8-10/20	Su	3:35-4:05 pm	\$71/\$88.75		CA211098
10/27-12/15	Su	3:35-4:05 pm	\$71/\$88.75		CA211099

### School Age Level 1-2

No class 11/26, 11/28.

No evening classes 10/31.

9/10-10/24	T/Th	5:45-6:15 pm	\$136/\$170		CA221074
10/29-12/19	T/Th	5:45-6:15 pm	\$127/\$158.75		CA221075

### School Age Level 1-4

No class 11/11, 11/24, 11/25, 11/26, 11/27, 11/28, 11/30.

No evening classes 10/31.

9/9-10/23	M/W	4:20-4:50 pm	\$136/\$170		CA221060
10/28-12/18	M/W	4:20-4:50 pm	\$127/\$158.75		CA221061
9/9-10/23	M/W	4:55-5:25 pm	\$136/\$170		CA221062
10/28-12/18	M/W	4:55-5:25 pm	\$127/\$158.75		CA221063
9/9-10/23	M/W	5:45-6:15 pm	\$136/\$170		CA221064
10/28-12/18	M/W	5:45-6:15 pm	\$127/\$158.75		CA221065
9/9-10/23	M/W	6:20-6:50 pm	\$136/\$170		CA221066
10/28-12/18	M/W	6:20-6:50 pm	\$127/\$158.75		CA221067
9/10-10/24	T/Th	4:20-4:50 pm	\$136/\$170		CA221070
10/29-12/19	T/Th	4:20-4:50 pm	\$127/\$158.75		CA221071
9/10-10/24	T/Th	4:55-5:25 pm	\$136/\$170		CA221072
10/29-12/19	T/Th	4:55-5:25 pm	\$127/\$158.75		CA221073
9/10-10/24	T/Th	6:20-6:50 pm	\$136/\$170		CA221076
10/29-12/19	T/Th	6:20-6:50 pm	\$127/\$158.75		CA221077
9/14-10/26	S	9-9:30 am	\$71/\$88.75		CA221080
11/2-12/21	S	9-9:30 am	\$71/\$88.75		CA221081
9/14-10/26	S	9:35-10:05 am	\$71/\$88.75		CA221082
11/2-12/21	S	9:35-10:05 am	\$71/\$88.75		CA221083
9/14-10/26	S	10:25-10:55 am	\$71/\$88.75		CA221084
11/2-12/21	S	10:25-10:55 am	\$71/\$88.75		CA221085
9/14-10/26	S	11-11:30 am	\$71/\$88.75		CA221086
11/2-12/21	S	11-11:30 am	\$71/\$88.75		CA221087
9/8-10/20	Su	1-1:30 pm	\$71/\$88.75		CA221090
10/27-12/15	Su	1-1:30 pm	\$71/\$88.75		CA221091

continued

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



9/8-10/20	Su	1:35-2:05 pm	\$71/\$88.75	CA221092
10/27-12/15	Su	1:35-2:05 pm	\$71/\$88.75	CA221093
9/8-10/20	Su	2:10-2:40 pm	\$71/\$88.75	CA221094
10/27-12/15	Su	2:10-2:40 pm	\$71/\$88.75	CA221095
9/8-10/20	Su	3-3:30 pm	\$71/\$88.75	CA221096
10/27-12/15	Su	3-3:30 pm	\$71/\$88.75	CA221097
9/8-10/20	Su	3:35-4:05 pm	\$71/\$88.75	CA221098
10/27-12/15	Su	3:35-4:05 pm	\$71/\$88.75	CA221099

### Spanish Speaking Beginner Level 1-2

No class 11/11, 11/25, 11/27.

9/9-10/23	M/W	6:20-6:50 pm	\$136/\$170	CA211066S
10/28-12/18	M/W	6:20-6:50 pm	\$127/\$158.75	CA211067S

### Home School Level 1-2

No class 11/29.

9/13-10/25	F	10:10-10:40 am	\$71/\$88.75	CA221029HS
11/1-12/20	F	10:10-10:40 am	\$71/\$88.75	CA221030HS
9/13-10/25	F	11-11:30 am	\$71/\$88.75	CA221031HS
11/1-12/20	F	11-11:30 am	\$71/\$88.75	CA221032HS

### Home School Level 3-4

No class 11/29.

9/13-10/25	F	11:35 am-12:05 pm	\$71/\$88.75	CA224033HS
11/1-12/20	F	11:35 am-12:05 pm	\$71/\$88.75	CA224034HS
9/13-10/25	F	12:10-12:40 pm	\$71/\$88.75	CA224035HS
11/1-12/20	F	12:10-12:40 pm	\$71/\$88.75	CA224036HS

### Beginning Swim Skills - Teen/Adult

No class 11/11, 11/24, 11/25, 11/27.

9/9-10/23	M/W	6:20-6:50 pm	\$136/\$170	CA250066
10/28-12/18	M/W	6:20-6:50 pm	\$127/\$158.75	CA250067
9/8-10/20	Su	2:10-2:40 pm	\$71/\$88.75	CA250094
10/27-12/15	Su	2:10-2:40 pm	\$71/\$88.75	CA250095

## Intermediate/Advanced Swimming Skills

Date	Day	Time	ID/AP	OD	Class#
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### Preschool/School Age Level 5-7

No class 11/11, 11/24, 11/25, 11/26, 11/27, 11/28, 11/30.

No evening classes 10/31.

9/9-10/23	M/W	4:20-4:50 pm	\$136/\$170	CA225060
10/28-12/18	M/W	4:20-4:50 pm	\$127/\$158.75	CA225061
9/9-10/23	M/W	4:55-5:25 pm	\$136/\$170	CA225062
10/28-12/18	M/W	4:55-5:25 pm	\$127/\$158.75	CA225063
9/9-10/23	M/W	5:45-6:15 pm	\$136/\$170	CA225064
10/28-12/18	M/W	5:45-6:15 pm	\$127/\$158.75	CA225065
9/10-10/24	T/Th	4:20-4:50 pm	\$136/\$170	CA225070
10/29-12/19	T/Th	4:20-4:50 pm	\$127/\$158.75	CA225071
9/10-10/24	T/Th	4:55-5:25 pm	\$136/\$170	CA225072
10/29-12/19	T/Th	4:55-5:25 pm	\$127/\$158.75	CA225073
9/10-10/24	T/Th	5:45-6:15 pm	\$136/\$170	CA225074
10/29-12/19	T/Th	5:45-6:15 pm	\$127/\$158.75	CA225075

9/14-10/26	S	10:25-10:55 am	\$71/\$88.75	CA225084
11/2-12/21	S	10:25-10:55 am	\$71/\$88.75	CA225085
9/14-10/26	S	11:35 am-12:05 pm	\$71/\$88.75	CA225088
11/2-12/21	S	11:35 am-12:05 pm	\$71/\$88.75	CA225089
9/8-10/20	Su	1:35-2:05 pm	\$71/\$88.75	CA225092
10/27-12/15	Su	1:35-2:05 pm	\$71/\$88.75	CA225093
9/8-10/20	Su	3:35-4:05 pm	\$71/\$88.75	CA225098
10/27-12/15	Su	3:35-4:05 pm	\$71/\$88.75	CA225099

## Specialty Programs

### Fall Splash

A recreational swim team with a focus on stroke refinement, building endurance, and sportsmanship. Participants must be between the ages of 5 and 17 and be able to swim 25 yards of crawl stroke and 25 yards of backstroke. While not required to compete, swim meets are held on some Saturdays during the season. **No class 11/11, 11/25, 11/26, 11/27, 11/28.**  
**No evening classes 10/31.**

9/9-12/18	M/W	6:55-7:40 pm	\$325/\$403.75	CA236000MW
9/10-12/19	T/Th	6:55-7:40 pm	\$325/\$403.75	CA236000TT

### 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 11/30.**

9/21-10/12	S	4:15-5 pm	\$78/\$97.50	CA232000
10/26-11/16	S	4:15-5 pm	\$78/\$97.50	CA232001

### Adaptive Swim

Adaptive swim lessons are designed for individuals (age 3 and older) with developmental, cognitive, and or physical disabilities. These one-on-one classes can be personalized for the needs of each participant. We offer lessons to people who experience cognitive disabilities, physical disabilities, anxieties, behavioral challenges, or sensory sensitivities. Since these 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. Scan the QR code below to register. **No class 11/29.**



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

## Baby Toddler & Me

No class 11/11, 11/24, 11/25, 11/26, 11/27, 11/28, 11/29, 11/30.

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.

9/9-10/21	M	10:10-10:40 am	\$47/\$58.75	CA240005
10/28-12/16	M	10:10-10:40 am	\$41/\$51.25	CA240006
9/11-10/23	W	10:10-10:40 am	\$47/\$58.75	CA240017
10/30-12/18	W	10:10-10:40 am	\$47/\$58.75	CA240018
9/13-10/25	F	9:35-10:05 am	\$47/\$58.75	CA240027
11/1-12/20	F	9:35-10:05 am	\$47/\$58.75	CA240028
9/10-10/24	T/Th	10:10-10:40 am	\$92/\$115	CA240044
10/29-12/19	T/Th	10:10-10:40 am	\$92/\$115	CA240045
9/14-10/26	S	9-9:30 am	\$47/\$58.75	CA240080
11/2-12/21	S	9-9:30 am	\$47/\$58.75	CA240081
9/14-10/26	S	11-11:30 am	\$47/\$58.75	CA240086
11/2-12/21	S	11-11:30 am	\$47/\$58.75	CA240087
9/8-10/20	Su	1-1:30 pm	\$47/\$58.75	CA240090
10/27-12/15	Su	1-1:30 pm	\$47/\$58.75	CA240091
9/8-10/20	Su	3-3:30 pm	\$47/\$58.75	CA240096
10/27-12/15	Su	3-3:30 pm	\$47/\$58.75	CA240097

## You & Your Preschooler

No class 11/11, 11/25, 11/26, 11/27, 11/28, 11/29.

No evening classes 10/31.

9/9-10/21	M	12:10-12:40 pm	\$71/\$88.75	CA241011
10/28-12/16	M	12:10-12:40 pm	\$62/\$77.50	CA241012
9/11-10/23	W	12:10-12:40 pm	\$71/\$88.75	CA241023
10/30-12/18	W	12:10-12:40 pm	\$71/\$88.75	CA241024
9/13-10/25	F	10:10-10:40 am	\$71/\$88.75	CA241029
11/1-12/20	F	10:10-10:40 am	\$71/\$88.75	CA241030
9/13-10/25	F	11-11:30 am	\$71/\$88.75	CA241031
11/1-12/20	F	11-11:30 am	\$71/\$88.75	CA241032
9/10-10/24	T/Th	12:10-12:40 pm	\$136/\$170	CA241050
10/29-12/19	T/Th	12:10-12:40 pm	\$136/\$170	CA241051
9/9-10/23	M/W	5:45-6:15 pm	\$136/\$170	CA241064
10/28-12/18	M/W	5:45-6:15 pm	\$127/\$158.75	CA241065

## 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.

9/10-10/8	T	4:45-6:45 pm	\$100/\$125	CA251000
10/22-11/19	T	4:45-6:45 pm	\$100/\$125	CA251001

## Lifeguard Training

Ages 15+ years (Additional Certification Fee \$50)

9/21-9/29	Su/S	9:15 am-4 pm	\$200/\$250CA252000
11/9-11/17	Su/S	9:15 am-4 pm	\$200/\$250CA252001

## Private Swimming Lessons Interest List

CA260000



## Jr. Guard Program

Learn how to swim while training to become a Junior Lifeguard!

Ages 12+ for more information please visit:

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

# Tualatin Hills Aquatic Center



**TUALATIN HILLS**  
PARK & RECREATION DISTRICT

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

TriMet Bus Routes #59, #67

**Facility Supervisor:** Corey Tramel

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

Monday - Friday 7:45 am-9 pm

Saturday & Sunday 12-4:15 pm

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

**Facility Closed:** 11/28, 12/25

**Modified Hours:** 9/2, 11/11, 11/29, 12/24, 12/31  
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.



## Fall Splash

A recreational swim team with a focus on stroke refinement, building endurance, and sportsmanship. Participants must be between the ages of 5 and 17 and be able to swim 25 yards of crawl stroke and 25 yards of backstroke. While not required to compete, swim meets are held on some Saturdays during the season.



Date	Day	Time	ID/AP	OD	Class#
9/9-12/18	M/W	7-7:45 pm		\$315/\$393.75	AQ234012
9/10-12/19	T/Th	6:15-7 pm		\$315/\$393.75	AQ234026

## 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#
<b>Preschool Level 1-3</b>					
9/9-10/23	M/W	3:20-3:50 pm	\$136	\$170	AQ211000
10/28-12/18	M/W	3:20-3:50 pm	\$127	\$158.75	AQ211001
9/9-10/23	M/W	4:30-5 pm	\$136	\$170	AQ211004
10/28-12/18	M/W	4:30-5 pm	\$127	\$158.75	AQ211005
9/9-10/23	M/W	5:05-5:35 pm	\$136	\$170	AQ211006
10/28-12/18	M/W	5:05-5:35 pm	\$127	\$158.75	AQ211007
9/9-10/23	M/W	5:40-6:10 pm	\$136	\$170	AQ211008
10/28-12/18	M/W	5:40-6:10 pm	\$127	\$158.75	AQ211009
9/9-10/23	M/W	6:15-6:45 pm	\$136	\$170	AQ211010
10/28-12/18	M/W	6:15-6:45 pm	\$127	\$158.75	AQ211011
9/10-10/24	T/Th	3:20-3:50 pm	\$136	\$170	AQ211016
10/29-12/19	T/Th	3:20-3:50 pm	\$127	\$158.75	AQ211017
9/10-10/24	T/Th	4:30-5 pm	\$136	\$170	AQ211020
10/29-12/19	T/Th	4:30-5 pm	\$127	\$158.75	AQ211021
9/10-10/24	T/Th	5:05-5:35 pm	\$136	\$170	AQ211022
10/29-12/19	T/Th	5:05-5:35 pm	\$127	\$158.75	AQ211023
9/10-10/24	T/Th	5:40-6:10 pm	\$136	\$170	AQ211024
10/29-12/19	T/Th	5:40-6:10 pm	\$127	\$158.75	AQ211025

## School Age Level 1-4

9/9-10/23	M/W	3:55-4:25 pm	\$136	\$170	AQ222002
10/28-12/18	M/W	3:55-4:25 pm	\$127	\$158.75	AQ222003
9/9-10/23	M/W	4:30-5 pm	\$136	\$170	AQ222004
10/28-12/18	M/W	4:30-5 pm	\$127	\$158.75	AQ222005
9/9-10/23	M/W	5:05-5:35 pm	\$136	\$170	AQ222006
10/28-12/18	M/W	5:05-5:35 pm	\$127	\$158.75	AQ222007
9/9-10/23	M/W	5:40-6:10 pm	\$136	\$170	AQ222008
10/28-12/18	M/W	5:40-6:10 pm	\$127	\$158.75	AQ222009
9/9-10/23	M/W	6:15-6:45 pm	\$136	\$170	AQ222010
10/28-12/18	M/W	6:15-6:45 pm	\$127	\$158.75	AQ222011
9/10-10/24	T/Th	3:55-4:25 pm	\$136	\$170	AQ222018
10/29-12/19	T/Th	3:55-4:25 pm	\$127	\$158.75	AQ222019
9/10-10/24	T/Th	4:30-5 pm	\$136	\$170	AQ222020
10/29-12/19	T/Th	4:30-5 pm	\$127	\$158.75	AQ222021
9/10-10/24	T/Th	5:05-5:35 pm	\$136	\$170	AQ222022
10/29-12/19	T/Th	5:05-5:35 pm	\$127	\$158.75	AQ222023
9/10-10/24	T/Th	5:40-6:10 pm	\$136	\$170	AQ222024
10/29-12/19	T/Th	5:40-6:10 pm	\$127	\$158.75	AQ222025

## Intermediate Swimming Skills

Date	Day	Time	ID/AP	OD	Class#
<b>Preschool/School Age Level 5-7</b>					
9/9-10/23	M/W	6:15-6:45 pm	\$136	\$170	AQ225010
10/28-12/18	M/W	6:15-6:45 pm	\$127	\$158.75	AQ225011
9/10-10/24	T/Th	5:40-6:10 pm	\$136	\$170	AQ225024
10/29-12/19	T/Th	5:40-6:10 pm	\$127	\$158.75	AQ225025

## Specialty Programs

### Fall 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.

9/9-12/18	M/W	7-7:45 pm	\$315	\$393.75	AQ234012
9/10-12/19	T/Th	6:15-7 pm	\$315	\$393.75	AQ234026

## Training or Professional Classes

### Jr. Lifeguard

11/25-11/27	M-W	12-4:30 pm	\$100	\$125	AQ251000
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### Lifeguard Training

12/23-12/30	M/Th/F	9 am-4 pm	\$246	\$296	AQ252000
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Includes Red Cross Certification fee of \$46.00



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

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



## Drop-in Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am-3:00pm All Age Lap Swim	5:00am-3:00pm All Age Lap Swim	5:00am-3:00pm All Age Lap Swim	5:00am-3:00pm All Age Lap Swim	5:00am-3:00pm All Age Lap Swim	12:05-1:25pm All Age Lap Swim	12:05-1:25pm All Age Lap Swim
8:00-9:00am Cardio Core	8:00-9:00am Cardio Core	8:00-9:00am Cardio Core	8:00-9:00am Cardio Core	8:00-9:00am Cardio Core	1:30-4:00pm Open Swim / All Age Lap Swim	1:30-4:00pm Open Swim / All Age Lap Swim
9:15am-3:00pm Walk-A-Lap (1-2 Lanes Shallow)	9:15am-3:00pm Walk-A-Lap (1-2 Lanes Shallow)	9:15am-3:00pm Walk-A-Lap (1-2 Lanes Shallow)	9:15am-3:00pm Walk-A-Lap (1-2 Lanes Shallow)	9:15am-3:00pm Walk-A-Lap (1-2 Lanes Shallow)		
9:30-10:30am Dig Deep	3:00-9:00pm Affiliate Use	9:30-10:30am Dig Deep	3:00-9:00pm Affiliate Use	9:30-10:30am Dig Deep		
3:00-9:00pm Affiliate Use	3:15-8:00pm Instruction	3:00-9:00pm Affiliate Use	3:15-8:00pm Instruction	3:00-9:00pm Affiliate Use		
3:15-8:00pm Instruction	5:15-6:15pm Adult Lap Swim	3:15-8:00pm Instruction	5:15-6:15pm Adult Lap Swim	5:15-6:15pm Adult Lap Swim		
5:15-6:15pm Adult Lap Swim	8:00-9:00pm All Age Lap Swim	5:15-6:15pm Adult Lap Swim	8:00-9:00pm All Age Lap Swim	7:30-9:00pm Open Swim / All Age Lap Swim		
8:00-9:00pm All Age Lap Swim		8:00-9:00pm All Age Lap Swim				

Class days/times/formats/instructors subject to change at anytime without notice. Please reference website for current schedule.

# 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: Jeffrey Lee

### Center Hours:

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

\*Schedule subject to change.

### Facility Closed:

- Labor Day, Sept. 2
- Thanksgiving Day, Nov. 28
- Christmas Eve, Dec. 24
- Christmas Day, Dec. 25
- New Year's Day, Jan. 1

### Modified Schedule: 9 am-2 pm

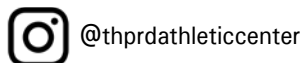
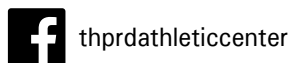
- Veterans Day, Nov. 11
- Friday after Thanksgiving, Nov. 29
- New Year's Eve, Dec. 31

### Athletic Center Features:

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

We are so much more than just recreation! THPRD classes teach many skills, including self-confidence, cooperation, motivation, active listening, discipline, team-building, effective communication, problem-solving, and decision making.

Empowerment, ability, and positive attitude are celebrated.



## Fall Events

### Taekwondo Tournament

November 2 • 9 am-1 pm



### Kwanzaa Community Event

December 7 • 5-8 pm



## Inclusion Services

Inclusion Services is committed to providing a continuum of staff support to children, teens, and adults with physical and developmental disabilities to make all THPRD programming more accessible. We believe that meeting the diverse needs of our community promotes the dignity, success, and enjoyment of all participants. Individuals seeking additional support in THPRD programs or more information about Inclusion Services should call 503-619-3994 or email [inclusion@thprd.org](mailto:inclusion@thprd.org).



# 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.

**Enrollment for the 2024-2025 School Year is open, as long as space allows.** A non-refundable \$50 enrollment fee is due at time of registration.

THRIVE tuition options for 2024-2025:

- A. Afterschool care only, 9 payments of \$408
- B. Afterschool care plus seven (7) weeks of summer camp in 2025, 11 payments of \$531

Tuition includes four (4) BSD in-service days. Tuition does not include holidays, winter break, spring break, or additional no school days.

Please call the Recreation Center in your attendance zone for more information.

**Tualatin Hills Athletic Center schools served:**

- Beaver Acres Elementary
- Elmonica Elementary
- McKinley Elementary



### Court and Sports Field Rentals

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



### Indoor Play Park Parque de Juegos Interior

12:30 - 2:30 PM

Monday - Thursday/Lunes - Jueves



### 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!**



## Join a Winter league at the Athletic Center!

Adult League*	Registration	Season
Basketball	Late September -	November -
Volleyball	Early October	March

Individuals who have questions can e-mail [adultvolleyball@thprd.org](mailto:adultvolleyball@thprd.org)  
 \*Adult League registration is for a team; individual players can call the Athletic Center to be added to a Free Agent Interest List.

Youth League	Registration	Season
Basketball (5 <sup>th</sup> -12 <sup>th</sup> grade)	Early October - Early November	November - March



## Girl Power Classes

See pages 59-60 for description and pricing.

### Peewee Soccer GIRLS ONLY

9/6-10/4	F	9-9:45 am	3-5 yrs	AC22144
10/11-11/8	F	9-9:45 am	3-5 yrs	AC22145
11/15-12/20	F	9-9:45 am	3-5 yrs	AC22146

### Hoop It Up! GIRLS ONLY

9/4-9/25	M/W	4:45-5:30 pm	6-9 yrs	AC22263
9/30-10/23	M/W	4:45-5:30 pm	6-9 yrs	AC22264
10/28-11/20	M/W	4:45-5:30 pm	6-9 yrs	AC22265
12/2-12/18	M/W	4:45-5:30 pm	6-9 yrs	AC22266

### Basketball Skills GIRLS ONLY

9/6-10/4	F	4-5 pm	10-12 yrs	AC22241
10/11-11/8	F	4-5 pm	10-12 yrs	AC22242
11/15-12/20	F	4-5 pm	10-12 yrs	AC22243



## Arts & Crafts – Preschool/Youth

Dates (Weeks) Location	Day		Ages OD	Class #
<b>Tiny Tot - Arts &amp; Crafts</b>				
Class will help develop sensory-motor skills and your child's creativity as they do a daily craft project involving painting, gluing, drawing and other fun activities. Adult participation required.				
9/4-9/25 (4) Rm 101	M/W	10:30-11:15 am ID/AP: \$64	2-4 yrs OD: \$80	AC24101
9/30-10/23 (4) Rm 101	M/W	10:30-11:15 am ID/AP: \$73	2-4 yrs OD: \$91.25	AC24102
10/28-11/20 (4) Rm 101	M/W	10:30-11:15 am ID/AP: \$64	2-4 yrs OD: \$80	AC24103
12/2-12/18 (3) Rm 101	M/W	10:30-11:15 am ID/AP: \$55	2-4 yrs OD: \$68.75	AC24104
9/3-9/26 (4) Rm 101	T/Th	9:45-10:30 am ID/AP: \$73	2-4 yrs OD: \$91.25	AC24105
10/1-10/24 (4) Rm 101	T/Th	9:45-10:30 am ID/AP: \$73	2-4 yrs OD: \$91.25	AC24106
10/29-11/21 (4) Rm 101	T/Th	9:45-10:30 am ID/AP: \$73	2-4 yrs OD: \$91.25	AC24107
12/3-12/19 (3) Rm 101	T/Th	9:45-10:30 am ID/AP: \$55	2-4 yrs OD: \$68.75	AC24108

### Dynamic Drawing & Painting

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

9/5-10/3 (5) Rm 101	Th	6:30-7:30 pm ID/AP: \$53	6-11 yrs OD: \$66.25	AC24201
10/10-11/7 (5) Rm 101	Th	6:30-7:30 pm ID/AP: \$53	6-11 yrs OD: \$66.25	AC24202
11/14-12/19 (5) Rm 101	Th	6:30-7:30 pm ID/AP: \$53	6-11 yrs OD: \$66.25	AC24203

## General Interest - Preschool

### 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.

9/4-9/25 (4) Ct 1 -Indoor	M/W	11:15-11:45 am ID/AP: \$48	2-3 yrs OD: \$60	AC23101
9/30-10/23 (4) Ct 1 -Indoor	M/W	11:15-11:45 am ID/AP: \$55	2-3 yrs OD: \$68.75	AC23102
10/28-11/20 (4) Ct 1 -Indoor	M/W	11:15-11:45 am ID/AP: \$48	2-3 yrs OD: \$60	AC23103
12/2-12/18 (3) Ct 1 -Indoor	M/W	11:15-11:45 am ID/AP: \$41	2-3 yrs OD: \$51.25	AC23104
9/3-9/26 (4) Ct 1 -Indoor	T/Th	9-9:30 am ID/AP: \$55	2-3 yrs OD: \$68.75	AC23105
10/1-10/24 (4) Ct 1 -Indoor	T/Th	9-9:30 am ID/AP: \$55	2-3 yrs OD: \$68.75	AC23106
10/29-11/21 (4) Ct 1 -Indoor	T/Th	9-9:30 am ID/AP: \$55	2-3 yrs OD: \$68.75	AC23107
12/3-12/19 (3) Ct 1 -Indoor	T/Th	9-9:30 am ID/AP: \$41	2-3 yrs OD: \$51.25	AC23108



## 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 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.

9/4-9/25 (4)	M/W	12-12:30 pm	2-3 yrs	AC23109
Ct 1 -Indoor		ID/AP: \$48	OD: \$60	
9/30-10/23 (4)	M/W	12-12:30 pm	2-3 yrs	AC23110
Ct 1 -Indoor		ID/AP: \$55	OD: \$68.75	
10/28-11/20 (4)	M/W	12-12:30 pm	2-3 yrs	AC23111
Ct 1 -Indoor		ID/AP: \$48	OD: \$60	
12/2-12/18 (3)	M/W	12-12:30 pm	2-3 yrs	AC23112
Ct 1 -Indoor		ID/AP: \$41	OD: \$51.25	

## 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.

9/3-9/26 (4)	T/Th	9:45-10:15 am	3-5 yrs	AC23113
Ct 1 -Indoor		ID/AP: \$55	OD: \$68.75	
10/1-10/24 (4)	T/Th	9:45-10:15 am	3-5 yrs	AC23114
Ct 1 -Indoor		ID/AP: \$55	OD: \$68.75	
10/29-11/21 (4)	T/Th	9:45-10:15 am	3-5 yrs	AC23115
Ct 1 -Indoor		ID/AP: \$55	OD: \$68.75	
12/3-12/19 (3)	T/Th	9:45-10:15 am	3-5 yrs	AC23116
Ct 1 -Indoor		ID/AP: \$41	OD: \$51.25	

## Sports & Fitness - Preschool

### 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. **No class 11/29.**

9/4-9/25 (4)	M/W	9-9:45 am	3-5 yrs	AC22117
Ct 1 -Indoor		ID/AP: \$64	OD: \$80	
9/30-10/23 (4)	M/W	9-9:45 am	3-5 yrs	AC22118
Ct 1 -Indoor		ID/AP: \$74	OD: \$92.50	
10/28-11/20 (4)	M/W	9-9:45 am	3-5 yrs	AC22119
Ct 1 -Indoor		ID/AP: \$74	OD: \$92.50	
12/2-12/18 (3)	M/W	9-9:45 am	3-5 yrs	AC22120
Ct 1 -Indoor		ID/AP: \$55	OD: \$68.75	
9/4-9/25 (4)	M/W	3:45-4:30 pm	3-5 yrs	AC22121
Ct 4 -Indoor		ID/AP: \$64	OD: \$80	
9/30-10/23 (4)	M/W	3:45-4:30 pm	3-5 yrs	AC22122
Ct 4 -Indoor		ID/AP: \$74	OD: \$92.50	
10/28-11/20 (4)	M/W	3:45-4:30 pm	3-5 yrs	AC22123
Ct 4 -Indoor		ID/AP: \$64	OD: \$80	
12/2-12/18 (3)	M/W	3:45-4:30 pm	3-5 yrs	AC22124
Ct 4 -Indoor		ID/AP: \$55	OD: \$68.75	
9/6-10/4 (5)	F	10-10:45 am	3-5 yrs	AC22125
Ct 1 -Indoor		ID/AP: \$46	OD: \$57.50	
10/11-11/8 (5)	F	10-10:45 am	3-5 yrs	AC22126
Ct 1 -Indoor		ID/AP: \$46	OD: \$57.50	
11/15-12/20 (5)	F	10-10:45 am	3-5 yrs	AC22127
Ct 1 -Indoor		ID/AP: \$46	OD: \$57.50	

## 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.

9/4-9/25 (4)	M/W	10-10:45 am	3-5 yrs	AC22101
Ct 1 -Indoor		ID/AP: \$64	OD: \$80	
9/30-10/23 (4)	M/W	10-10:45 am	3-5 yrs	AC22102
Ct 1 -Indoor		ID/AP: \$74	OD: \$92.50	
10/28-11/20 (4)	M/W	10-10:45 am	3-5 yrs	AC22103
Ct 1 -Indoor		ID/AP: \$64	OD: \$80	
12/2-12/18 (3)	M/W	10-10:45 am	3-5 yrs	AC22104
Ct 1 -Indoor		ID/AP: \$55	OD: \$68.75	
9/3-9/26 (4)	T/Th	10:45-11:30 am	3-5 yrs	AC22105
Ct 2 -Indoor		ID/AP: \$74	OD: \$92.50	
10/1-10/24 (4)	T/Th	10:45-11:30 am	3-5 yrs	AC22106
Ct 2 -Indoor		ID/AP: \$74	OD: \$92.50	
10/29-11/21 (4)	T/Th	10:45-11:30 am	3-5 yrs	AC22107
Ct 2 -Indoor		ID/AP: \$74	OD: \$92.50	
12/3-12/19 (3)	T/Th	10:45-11:30 am	3-5 yrs	AC22108
Ct 2 -Indoor		ID/AP: \$55	OD: \$68.75	
9/4-9/25 (4)	M/W	3:45-4:30 pm	3-5 yrs	AC22109
Ct 3 -Indoor		ID/AP: \$64	OD: \$80	
9/30-10/23 (4)	M/W	3:45-4:30 pm	3-5 yrs	AC22110
Ct 3 -Indoor		ID/AP: \$74	OD: \$92.50	
10/28-11/20 (4)	M/W	3:45-4:30 pm	3-5 yrs	AC22111
Ct 3 -Indoor		ID/AP: \$64	OD: \$80	
12/2-12/18 (3)	M/W	3:45-4:30 pm	3-5 yrs	AC22112
Ct 3 -Indoor		ID/AP: \$55	OD: \$68.75	
9/5-9/26 (4)	Th	2:45-3:30 pm	3-5 yrs	AC22113
Ct 4 -Indoor		ID/AP: \$37	OD: \$46.25	
10/3-10/24 (4)	Th	2:45-3:30 pm	3-5 yrs	AC22114
Ct 4 -Indoor		ID/AP: \$37	OD: \$46.25	
10/31-11/21 (4)	Th	2:45-3:30 pm	3-5 yrs	AC22115
Ct 4 -Indoor		ID/AP: \$37	OD: \$46.25	
12/5-12/19 (3)	Th	2:45-3:30 pm	3-5 yrs	AC22116
Ct 4 -Indoor		ID/AP: \$28	OD: \$35	

## Pee Wee Soccer - Girls Only

Dribbling, shooting, and passing are included in the indoor class. Your athlete will have fun, learn teamwork and cooperation, and build confidence. **No class 11/29.**

9/6-10/4 (5)	F	9-9:45 am	3-5 yrs	AC22144
Ct 1 -Indoor		ID/AP: \$46	OD: \$57.50	
10/11-11/8 (5)	F	9-9:45 am	3-5 yrs	AC22145
Ct 1 -Indoor		ID/AP: \$46	OD: \$57.50	
11/15-12/20 (5)	F	9-9:45 am	3-5 yrs	AC22146
Ct 1 -Indoor		ID/AP: \$46	OD: \$57.50	

## 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. **No class 11/29.**

9/3-9/26 (4)	T/Th	11:45 am-12:30 pm	3-5 yrs	AC22128
Ct 2 -Indoor		ID/AP: \$74	OD: \$92.50	
10/1-10/24 (4)	T/Th	11:45 am-12:30 pm	3-5 yrs	AC22129
Ct 2 -Indoor		ID/AP: \$74	OD: \$92.50	
10/29-11/21 (4)	T/Th	11:45 am-12:30 pm	3-5 yrs	AC22130
Ct 2 -Indoor		ID/AP: \$74	OD: \$92.50	
12/3-12/19 (3)	T/Th	11:45 am-12:30 pm	3-5 yrs	AC22131
Ct 2 -Indoor		ID/AP: \$55	OD: \$68.75	
9/3-9/26 (4)	T/Th	3:45-4:30 pm	3-5 yrs	AC22137
Ct 5 -Indoor		ID/AP: \$74	OD: \$92.50	
10/1-10/24 (4)	T/Th	3:45-4:30 pm	3-5 yrs	AC22138
Ct 5 -Indoor		ID/AP: \$74	OD: \$92.50	
10/29-11/21 (4)	T/Th	3:45-4:30 pm	3-5 yrs	AC22139
Ct 5 -Indoor		ID/AP: \$74	OD: \$92.50	

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

12/3-12/19 (3)	T/Th	3:45-4:30 pm	3-5 yrs	AC22140
Ct 5 -Indoor		ID/AP: \$55	OD: \$68.75	
9/6-10/4 (5)	F	11-11:45 am	3-5 yrs	AC22141
Ct 1 -Indoor		ID/AP: \$46	OD: \$57.50	
10/11-11/8 (5)	F	11-11:45 am	3-5 yrs	AC22142
Ct 1 -Indoor		ID/AP: \$46	OD: \$57.50	
11/15-12/20 (5)	F	11-11:45 am	3-5 yrs	AC22143
Ct 1 -Indoor		ID/AP: \$46	OD: \$57.50	

## Sports & Fitness – Youth/Teen

### Hoop It Up!

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.

9/4-9/25 (4)	M/W	3:45-4:30 pm	6-9 yrs	AC22201
Ct 5 -Indoor		ID/AP: \$64	OD: \$80	
9/30-10/23 (4)	M/W	3:45-4:30 pm	6-9 yrs	AC22202
Ct 5 -Indoor		ID/AP: \$74	OD: \$92.50	
10/28-11/20 (4)	M/W	3:45-4:30 pm	6-9 yrs	AC22203
Ct 5 -Indoor		ID/AP: \$64	OD: \$80	
12/2-12/18 (3)	M/W	3:45-4:30 pm	6-9 yrs	AC22204
Ct 5 -Indoor		ID/AP: \$55	OD: \$68.75	
9/3-9/26 (4)	T/Th	4:45-5:30 pm	6-9 yrs	AC22205
Ct 5 -Indoor		ID/AP: \$74	OD: \$92.50	
10/1-10/24 (4)	T/Th	4:45-5:30 pm	6-9 yrs	AC22206
Ct 5 -Indoor		ID/AP: \$74	OD: \$92.50	
10/29-11/21 (4)	T/Th	4:45-5:30 pm	6-9 yrs	AC22207
Ct 5 -Indoor		ID/AP: \$74	OD: \$92.50	
12/3-12/19 (3)	T/Th	4:45-5:30 pm	6-9 yrs	AC22208
Ct 5 -Indoor		ID/AP: \$55	OD: \$68.75	
9/6-10/4 (5)	F	4-4:45 pm	6-9 yrs	AC22209
Ct 4 -Indoor		ID/AP: \$46	OD: \$57.50	
10/11-11/8 (5)	F	4-4:45 pm	6-9 yrs	AC22210
Ct 4 -Indoor		ID/AP: \$46	OD: \$57.50	
11/15-12/20 (5)	F	4-4:45 pm	6-9 yrs	AC22211
Ct 4 -Indoor		ID/AP: \$46	OD: \$57.50	

### 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 that is essential for improvement.

9/4-9/25 (4)	M/W	4:45-5:30 pm	6-9 yrs	AC22263
Ct 5 -Indoor		ID/AP: \$64	OD: \$80	
9/30-10/23 (4)	M/W	4:45-5:30 pm	6-9 yrs	AC22264
Ct 5 -Indoor		ID/AP: \$74	OD: \$92.50	
10/28-11/20 (4)	M/W	4:45-5:30 pm	6-9 yrs	AC22265
Ct 5 -Indoor		ID/AP: \$64	OD: \$80	
12/2-12/18 (3)	M/W	4:45-5:30 pm	6-9 yrs	AC22266
Ct 5 -Indoor		ID/AP: \$55	OD: \$68.75	

### 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 that is essential for improvement.

9/4-9/25 (4)	M/W	4:45-5:30 pm	10-12 yrs	AC22230
Ct 4 -Indoor		ID/AP: \$64	OD: \$80	
9/30-10/23 (4)	M/W	4:45-5:30 pm	10-12 yrs	AC22231
Ct 4 -Indoor		ID/AP: \$74	OD: \$92.50	
10/28-11/20 (4)	M/W	4:45-5:30 pm	10-12 yrs	AC22232
Ct 4 -Indoor		ID/AP: \$64	OD: \$80	
12/2-12/18 (3)	M/W	4:45-5:30 pm	10-12 yrs	AC22233
Ct 4 -Indoor		ID/AP: \$55	OD: \$68.75	
9/3-9/26 (4)	T/Th	4:45-5:30 pm	10-12 yrs	AC22234
Ct 4 -Indoor		ID/AP: \$74	OD: \$92.50	
10/1-10/24 (4)	T/Th	4:45-5:30 pm	10-12 yrs	AC22235
Ct 4 -Indoor		ID/AP: \$74	OD: \$92.50	
10/29-11/21 (4)	T/Th	4:45-5:30 pm	10-12 yrs	AC22236
Ct 4 -Indoor		ID/AP: \$74	OD: \$92.50	
12/3-12/19 (3)	T/Th	4:45-5:30 pm	10-12 yrs	AC22237
Ct 4 -Indoor		ID/AP: \$55	OD: \$68.75	
9/6-10/4 (5)	F	4-5 pm	10-12 yrs	AC22238
Ct 2 -Indoor		ID/AP: \$59	OD: \$73.75	
10/11-11/8 (5)	F	4-5 pm	10-12 yrs	AC22239
Ct 2 -Indoor		ID/AP: \$59	OD: \$73.75	
11/15-12/20 (5)	F	4-5 pm	10-12 yrs	AC22240
Ct 2 -Indoor		ID/AP: \$59	OD: \$73.75	

### Basketball Skills - Girls Only

This is 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.

9/6-10/4 (5)	F	4-5 pm	10-12 yrs	AC22241
Ct 3 -Indoor		ID/AP: \$59	OD: \$73.75	
10/11-11/8 (5)	F	4-5 pm	10-12 yrs	AC22242
Ct 3 -Indoor		ID/AP: \$59	OD: \$73.75	
11/15-12/20 (5)	F	4-5 pm	10-12 yrs	AC22243
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.

9/6-10/4 (5)	F	5:30-6:30 pm	10-12 yrs	AC22244
Ct 3 -Indoor		ID/AP: \$59	OD: \$73.75	
10/11-11/8 (5)	F	5:30-6:30 pm	10-12 yrs	AC22245
Ct 3 -Indoor		ID/AP: \$59	OD: \$73.75	
11/15-12/20 (5)	F	5:30-6:30 pm	10-12 yrs	AC22246
Ct 3 -Indoor		ID/AP: \$59	OD: \$73.75	
9/6-10/4 (5)	F	5:30-6:30 pm	12-14 yrs	AC22247
Ct 2 -Indoor		ID/AP: \$59	OD: \$73.75	
10/11-11/8 (5)	F	5:30-6:30 pm	12-14 yrs	AC22248
Ct 2 -Indoor		ID/AP: \$59	OD: \$73.75	
11/15-12/20 (5)	F	5:30-6:30 pm	12-14 yrs	AC22249
Ct 2 -Indoor		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 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.

9/4-9/25 (4) Ct 3 -Indoor	M/W	4:45-5:30 pm ID/AP: \$64	6-9 yrs OD: \$80	AC22214
9/30-10/23 (4) Ct 3 -Indoor	M/W	4:45-5:30 pm ID/AP: \$74	6-9 yrs OD: \$92.50	AC22215
10/28-11/20 (4) Ct 3 -Indoor	M/W	4:45-5:30 pm ID/AP: \$64	6-9 yrs OD: \$80	AC22216
12/2-12/18 (3) Ct 3 -Indoor	M/W	4:45-5:30 pm ID/AP: \$55	6-9 yrs OD: \$68.75	AC22217
9/3-9/26 (4) Ct 4 -Indoor	T/Th	3:45-4:30 pm ID/AP: \$74	6-9 yrs OD: \$92.50	AC22220
10/1-10/24 (4) Ct 4 -Indoor	T/Th	3:45-4:30 pm ID/AP: \$74	6-9 yrs OD: \$92.50	AC22221
10/29-11/21 (4) Ct 4 -Indoor	T/Th	3:45-4:30 pm ID/AP: \$74	6-9 yrs OD: \$92.50	AC22222
12/3-12/19 (3) Ct 4 -Indoor	T/Th	3:45-4:30 pm ID/AP: \$55	6-9 yrs OD: \$68.75	AC22223
9/6-10/4 (5) Ct 4 -Indoor	F	5-5:45 pm ID/AP: \$46	6-9 yrs OD: \$57.50	AC22224
10/11-11/8 (5) Ct 4 -Indoor	F	5-5:45 pm ID/AP: \$46	6-9 yrs OD: \$57.50	AC22225
11/15-12/20 (5) Ct 4 -Indoor	F	5-5:45 pm ID/AP: \$46	6-9 yrs OD: \$57.50	AC22226
9/6-10/4 (5) Ct 4 -Indoor	F	6-7 pm ID/AP: \$59	9-11 yrs OD: \$73.75	AC22227
10/11-11/8 (5) Ct 4 -Indoor	F	6-7 pm ID/AP: \$59	9-11 yrs OD: \$73.75	AC22228
11/15-12/20 (5) Ct 4 -Indoor	F	6-7 pm ID/AP: \$59	9-11 yrs OD: \$73.75	AC22229

## Youth Volleyball

The class will cover passing, serving, setting, and hitting skills. No volleyball experience is required. **No class 11/29.**

9/6-10/4 (5) Ct 5 -Indoor	F	5-6 pm ID/AP: \$59	8-12 yrs OD: \$73.75	AC22260
10/11-11/8 (5) Ct 5 -Indoor	F	5-6 pm ID/AP: \$59	8-12 yrs OD: \$73.75	AC22261
11/15-12/20 (5) Ct 5 -Indoor	F	5-6 pm ID/AP: \$59	8-12 yrs OD: \$73.75	AC22262

## Youth/Teen Volleyball Clinic - Passing

This one-day clinic will focus on passing skills and also include some games.

11/25 (1) Ct 1 -Indoor	M	5-6 pm ID/AP: \$12	8-12 yrs OD: \$15	AC22275
11/25 (1) Ct 1 -Indoor	M	6:15-7:15 pm ID/AP: \$12	12-17 yrs OD: \$15	AC22278

## Youth/Teen Volleyball Clinic - Serving

This one-day clinic will focus on the skill of serving but will also include other skills and games.

11/27 (1) Ct 1 -Indoor	W	5-6 pm ID/AP: \$12	8-12 yrs OD: \$15	AC22277
11/27 (1) Ct 1 -Indoor	W	6:15-7:15 pm ID/AP: \$12	12-17 yrs OD: \$15	AC22281

## Youth/Teen Volleyball Clinic - Setting and Hitting

This one-day clinic will focus on setting and hitting skills and include games.

11/26 (1) Ct 1 -Indoor	T	5-6 pm ID/AP: \$12	8-12 yrs OD: \$15	AC22276
11/26 (1) Ct 1 -Indoor	T	6:15-7:15 pm ID/AP: \$12	12-17 yrs OD: \$15	AC22280

## Teen Volleyball

The class will cover passing, serving, setting, and hitting skills. No volleyball experience is required. **No class 11/29.**

9/6-10/4 (10) Ct 5 -Indoor	F	6:15-7:15 pm ID/AP: \$59	12-17 yrs OD: \$73.75	AC22301
10/11-11/8 (10) Ct 5 -Indoor	F	6:15-7:15 pm ID/AP: \$59	12-17 yrs OD: \$73.75	AC22302
11/15-12/20 (10) Ct 5 -Indoor	F	6:15-7:15 pm ID/AP: \$59	12-17 yrs OD: \$73.75	AC22303

## Advanced Volleyball Skills

This class is designed for players with volleyball instruction who are familiar with passing, setting, serving, and hitting skills. Class will refine those skills and develop strategy and familiarity with formations.

9/6-10/4 (5) Ct 6 -Indoor	F	7:30-8:30 pm ID/AP: \$59	12-17 yrs OD: \$73.75	AC22304
10/11-11/8 (5) Ct 6 -Indoor	F	7:30-8:30 pm ID/AP: \$59	12-17 yrs OD: \$73.75	AC22305
11/15-12/20 (5) Ct 6 -Indoor	F	7:30-8:30 pm ID/AP: \$59	12-17 yrs OD: \$73.75	AC22306



## Homeschool PE

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!

9/3-10/1 (5) Ct 3	T	2:30-3:30 pm ID/AP: \$57	6-15 yrs OD: \$71.25	AC22270
10/8-11/5 (5) Ct 3	T	2:30-3:30 pm ID/AP: \$57	6-15 yrs OD: \$71.25	AC22271
11/12-12/17 (5) Ct 3	T	2:30-3:30 pm ID/AP: \$57	6-15 yrs OD: \$71.25	AC22272

## Martial Arts

### 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. Grand Master Ruth Takamura Moultrie is certified in Kukkiwon/World Taekwondo.

9/24-12/3 (10) Ct 2 -Indoor	T	2-2:30 pm ID/AP: \$74	3-5 yrs OD: \$92.50	AC24210
9/24-12/3 (10) Ct 2 -Indoor	T	2:45-3:15 pm ID/AP: \$74	3-5 yrs OD: \$92.50	AC24211
9/24-12/3 (10) Ct 2 -Indoor	T	3:30-4 pm ID/AP: \$74	3-5 yrs OD: \$92.50	AC24212

### 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. Grand Master Ruth Takamura Moultrie is certified in Kukkiwon/World Taekwondo.

9/24-12/3 (10) Ct 2 -Indoor	T	4:15-5:15 pm ID/AP: \$141	6-14 yrs OD: \$176.25	AC24213
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### Taekwondo, Family

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

9/24-12/3 (10) Ct 2 -Indoor	T	5:30-6:30 pm ID/AP: \$141	6-adult OD: \$176.25	AC24214
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## Sports & Fitness - Adult

### Adult Pickleball Level 1

This class will cover the fundamentals of pickleball, including the rules, basic techniques, and strategies. No experience is required. Pickleball paddles are available if you do not have your own.

9/9-9/30 (4) Ct 6 -Indoor	M	2-3 pm ID/AP: \$52	adult OD: \$65	AC25101
10/7-11/4 (5) Ct 6 -Indoor	M	2-3 pm ID/AP: \$65	adult OD: \$81.25	AC25102
11/11-12/16 (6) Ct 6 -Indoor	M	2-3 pm ID/AP: \$65	adult OD: \$81.25	AC25103
9/6-10/4 (5) Ct 6 -Indoor	F	2-3 pm ID/AP: \$65	adult OD: \$81.25	AC25104
10/11-11/8 (5) Ct 6 -Indoor	F	2-3 pm ID/AP: \$65	adult OD: \$81.25	AC25105
11/15-12/20 (5) Ct 6 -Indoor	F	2-3 pm ID/AP: \$65	adult OD: \$81.25	AC25106

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:** 9/2, 11/11, 11/28, 12/25

**Modified Schedule:** 10/19, 11/29, 12/24, 12/31

**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



*Fall Festival*  
**Saturday, October 26  
11:00 am - 2:00 pm**



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

## Winter Break Camp

Join us for fun winter break activities like playing games, doing arts & crafts, classroom activities and more. Please bring a drink, snack and a sack lunch each day.

<b>Glacial Games</b>				
12/23 (1) M	7:30 am-6 pm	5-11 yrs	CH28203	
Rm C1	ID/AP: \$70	OD: \$87.50		
<b>Polar Playground</b>				
12/26 (1) Th	7:30 am-6 pm	5-11 yrs	CH28204	
Rm C1	ID/AP: \$70	OD: \$87.50		
<b>Winter Whimsy</b>				
12/27 (1) F	7:30 am-6 pm	5-11 yrs	CH28205	
Rm C1	ID/AP: \$70	OD: \$87.50		
<b>Countdown Creations</b>				
12/30 (1) M	7:30 am-6 pm	5-11 yrs	CH28206	
Rm C1	ID/AP: \$70	OD: \$87.50		
<b>New Horizons</b>				
1/2 (1) Th	7:30 am-6 pm	5-11 yrs	CH28209	
Rm C1	ID/AP: \$70	OD: \$87.50		
<b>Festive Futures</b>				
1/3 (1) F	7:30 am-6 pm	5-11 yrs	CH28210	
Rm C1	ID/AP: \$70	OD: \$87.50		

**Patron  
Appreciation Week  
September 9-14**

## 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	12:00-1:00pm*		12:00-1:00pm*		12:00-1:00pm*	1:00-3:00pm*
Basketball	7:15-8:30pm (30+)*				7:00-8:30pm (18+)	
Play Park Begins 10/1		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		
Gymnastics					6:30-8:00pm	2:45-3:45pm

\*Non-team play.

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 games, a craft, pizza, popcorn and a movie!

9/27 (1)	F	6-9 pm	5-10 yrs	CH28200
Rm C1	ID/AP: \$59		OD: \$73.75	
10/25 (1)	F	6-9 pm	5-10 yrs	CH28201
Rm C1	ID/AP: \$59		OD: \$73.75	
12/6 (1)	F	6-9 pm	5-10 yrs	CH28202
Rm C1	ID/AP: \$59		OD: \$73.75	



## 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.**

**M/W/F 8:30-11:30 am 4-5 yrs ID/AP: \$390**

**T/TH 9:30-11:30 am 3.5-4.5yrs ID/AP: \$285**

Call Cedar Hills Recreation Center for more details at 503-629-6340.

[www.thprd.org/facilities/recreation/cedar-hills](http://www.thprd.org/facilities/recreation/cedar-hills)

# 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.

**Enrollment for the 2024-2025 School Year is open, as long as space allows.** A non-refundable \$50 enrollment fee is due at time of registration.

THRIVE tuition options for 2024-2025:

A. Afterschool care only, 9 payments of \$408

B. Afterschool care plus seven (7) weeks of summer camp in 2025, 11 payments of \$531

Tuition includes four (4) BSD in-service days. Tuition does not include holidays, winter break, spring break, or additional no school days.

Please call the Recreation Center in your attendance zone for more information.

#### Cedar Hills Recreation Center schools served:

Barnes Elementary School

Ridgewood Elementary School

West Tualatin Valley Elementary School

William Walker Elementary School

Cedar Park Middle School



## Arts & Crafts – Preschool

### Messy Art

Adult Participation Class; One child/One adult ratio. 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.

9/10-10/22 (7)	T	9-10 am	1.5-3.5 yrs	CH24100
Rm 2		ID/AP: \$76	OD: \$95	
10/29-12/17 (7)	T	9-10 am	1.5-3.5 yrs	CH24101
Rm 2		ID/AP: \$76	OD: \$95	
9/12-10/24 (7)	Th	9-10 am	1.5-3.5 yrs	CH24102
Rm 2		ID/AP: \$76	OD: \$95	
10/31-12/19 (7)	Th	9-10 am	1.5-3.5 yrs	CH24103
Rm 2		ID/AP: \$76	OD: \$95	

### Art Exploration

Adult Participation Class; One child/One adult ratio. 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.

9/10-10/22 (7)	T	10:20-11:20 am	2.5-5 yrs	CH24104
Rm 2		ID/AP: \$76	OD: \$95	
10/29-12/17 (7)	T	10:20-11:20 am	2.5-5 yrs	CH24105
Rm 2		ID/AP: \$76	OD: \$95	
9/12-10/24 (7)	Th	10:20-11:20 am	2.5-5 yrs	CH24106
Rm 2		ID/AP: \$76	OD: \$95	
10/31-12/19 (7)	Th	10:20-11:20 am	2.5-5 yrs	CH24107
Rm 2		ID/AP: \$76	OD: \$95	

## Arts & Crafts – Youth

### Afterschool Art Sampler

Explore your artistic creativity with a different art project every week! Children will work with painting, drawing, sculpture, collage, creative projects, and more. **No class 11/27.**

9/11-10/23 (7)	W	6-7 pm	6-10 yrs	CH24202
Rm 2		ID/AP: \$76	OD: \$95	
10/30-12/18 (7)	W	6-7 pm	6-10 yrs	CH24203
Rm 2		ID/AP: \$76	OD: \$95	

### Nature Art

Young artists will explore, learn, draw, paint, and create artwork each week using natural materials and celebrating the earth's beauty! **No class 10/19.**

9/14-10/26 (6)	S	9-10 am	6-10 yrs	CH24204
Rm 3		ID/AP: \$65	OD: \$81.25	
11/2-12/14 (6)	S	9-10 am	6-10 yrs	CH24205
Rm 3		ID/AP: \$65	OD: \$81.25	

### Youth Watercolor

Students will learn about different watercolor techniques and terminology while creating a new watercolor project each week. Projects will include fall-themed and nature-inspired pieces! **No class 11/11, 11/25.**

9/9-10/21 (7)	M	6-7 pm	6-10 yrs	CH24200
Rm 2		ID/AP: \$76	OD: \$95	
10/28-12/16 (6)	M	6-7 pm	6-10 yrs	CH24201
Rm 2		ID/AP: \$65	OD: \$81.25	

## Arts & Crafts – Teen/Adult

### 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. **No class 11/27.**

9/11-12/18 (14)	W	9:30 am-12:30 pm	14-adult	CH24502
Rm 3		ID/AP: \$349	OD: \$436.25	

### 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. **No class 11/26.**

9/10-12/17 (14)	T	9:30 am-12:30 pm	14-adult	CH24500
Rm 3		ID/AP: \$349	OD: \$436.25	

## Dance - Preschool

### Creative Dance

Join us for an enchanting journey into the world of dance, designed specifically for your energetic and imaginative dancers! This class is the perfect introduction to the joy of dance, fostering self-expression, creativity, and physical development in a fun and nurturing environment. **No class 11/11, 11/23, 11/25 or 11/29.**

9/9-12/16 (13)	M	10:15-11 am	3-5 yrs	CH21100
Rm 5		ID/AP: \$113	OD: \$141.25	
9/11-12/18 (14)	W	10:15-11 am	3-5 yrs	CH21101
Rm 5		ID/AP: \$121	OD: \$151.25	
9/13-12/20 (14)	F	9:45-10:30 am	3-5 yrs	CH21102
Rm 5		ID/AP: \$121	OD: \$151.25	

### Dance and Tumble

Join us for a class designed specifically for young movers! In this energetic class, little ones will explore the joy of movement through creative dance exercises, rhythmic activities, and basic tumbling skills. Our instructors will guide them in developing coordination, balance, and flexibility in a fun and supportive environment. **No class 11/11 and 11/25.**

9/9-12/16 (13)	M	11:15 am-12 pm	3-5 yrs	CH21130
Rm 5		ID/AP: \$113	OD: \$141.25	

### 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 11/26 or 11/27.**

9/10-12/17 (14)	T	9:15-9:45 am	2-4 yrs	CH21108
Rm 5		ID/AP: \$86	OD: \$107.50	
9/11-12/18 (14)	W	5:45-6:15 pm	2-4 yrs	CH21111
Rm 5		ID/AP: \$86	OD: \$107.50	
9/13-12/20 (14)	F	9-9:30 am	2-4 yrs	CH21109
Rm 5		ID/AP: \$86	OD: \$107.50	
9/14-12/21 (13)	S	9-9:30 am	2-4 yrs	CH21110
Rm D		ID/AP: \$80	OD: \$100	

### Dress Up and Dance

Dancers will let their imaginations run wild as they learn dance basics that strengthen flexibility, rhythm and grace among superheros, princesses and more! Come dressed in your favorite outfit and show us your moves! **No class 10/19 or 11/30.**

9/14-12/21 (13)	S	11:15-11:45 am	3-5 yrs	CH21113
Rm D		ID/AP: \$80	OD: \$100	



## Pre-Ballet

This class provides an introduction to ballet steps and terminology, with an emphasis on creative movement, rhythm, balance and coordination. **No class 10/19, 11/11, 11/25, 11/26, 11/27, 11/28 or 11/30.**

9/9-12/16 (13)	M	9:15-10 am	3-5 yrs	CH21119
Rm 5		ID/AP: \$113	OD: \$141.25	
9/10-12/17 (14)	T	10-10:45 am	3-5 yrs	CH21120
Rm 5		ID/AP: \$121	OD: \$151.25	
9/11-12/18 (14)	W	9:15-10 am	3-5 yrs	CH21121
Rm 5		ID/AP: \$121	OD: \$151.25	
9/12-12/19 (14)	Th	10:15-11 am	3-5 yrs	CH21122
Rm 5		ID/AP: \$121	OD: \$151.25	
9/14-12/21 (13)	S	9:45-10:15 am	3-5 yrs	CH21123
Rm D		ID/AP: \$80	OD: \$100	
9/14-12/21 (13)	S	10:30-11 am	3-5 yrs	CH21124
Rm D		ID/AP: \$80	OD: \$100	
9/14-12/21 (13)	S	10-10:45 am	4-6 yrs	CH21125
Rm 5		ID/AP: \$113	OD: \$141.25	
9/14-12/21 (13)	S	10:30-11:15 am	4-6 yrs	CH21126
Rm 8		ID/AP: \$113	OD: \$141.25	
9/14-12/21 (13)	S	11:30 am-12:15 pm	4-6 yrs	CH21127
Rm 8		ID/AP: \$113	OD: \$141.25	

## 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 11/28, 11/29 or 11/30.**

9/12-12/19 (14)	Th	9:15-10 am	3-5 yrs	CH21114
Rm 5		ID/AP: \$121	OD: \$151.25	
9/13-12/20 (14)	F	10:45-11:30 am	3-5 yrs	CH21115
Rm 5		ID/AP: \$121	OD: \$151.25	
9/14-12/21 (13)	S	9-9:45 am	4-6 yrs	CH21116
Rm 5		ID/AP: \$113	OD: \$141.25	
9/14-12/21 (13)	S	11-11:45 am	4-6 yrs	CH21117
Rm 5		ID/AP: \$113	OD: \$141.25	
9/14-12/21 (13)	S	12:30-1:15 pm	4-6 yrs	CH21118
Rm 5		ID/AP: \$113	OD: \$141.25	

## Dance - Youth

### Broadway Kids Dance

In this brand new class, kids will learn basic jazz techniques and dance to Broadway favorites new and old! **No class 10/31 and 11/28.**

9/12-12/19 (13)	Th	7:15-8 pm	6-11 yrs	CH21212
Rm D		ID/AP: \$113	OD: \$141.25	

### Hip Hop Ballet

This dance class is for students with a curiosity for both hip hop and ballet. No prior dance experience necessary and beginners are welcome. Students will learn the fundamentals of ballet, as well as hip hop moves, gaining an understanding of dance's physicality, artistry, and principles. **No class 10/31, 11/26 or 11/28.**

9/10-12/17 (14)	T	4:30-5:15 pm	6-9 yrs	CH21200
Rm D		ID/AP: \$121	OD: \$151.25	
9/12-12/19 (13)	Th	6:15-7 pm	6-11 yrs	CH21201
Rm D		ID/AP: \$113	OD: \$141.25	

## Intro to Ballet

This dance 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. **No class 11/11 and 11/25.**

9/9-12/16 (13)	M	6:15-7 pm	6-9 yrs	CH21202
Rm 5		ID/AP: \$113	OD: \$141.25	
9/11-12/18 (14)	W	6:15-7 pm	9-12 yrs	CH21203
Rm D		ID/AP: \$121	OD: \$151.25	

## Intro to Contemporary

This dance class is for students aged 8-12 years old 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 11/27.**

9/11-12/18 (14)	W	5:15-6 pm	8-12 yrs	CH21206
Rm D		ID/AP: \$121	OD: \$151.25	

## Intro to Hip Hop

Step into the world of rhythm and creativity with our Intro to Hip Hop class. The perfect introduction to hip hop dance for kids! This class is all about fun, movement, and building confidence on the dance floor. Tennis shoes required. **No class 10/31, 11/26 or 11/28.**

9/10-12/17 (14)	T	5:30-6:15 pm	6-11 yrs	CH21207
Rm D		ID/AP: \$121	OD: \$151.25	
9/12-12/19 (13)	Th	5:15-6 pm	9-12 yrs	CH21208
Rm D		ID/AP: \$113	OD: \$141.25	

## 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. We will learn and break down the dances we see online and learn how to perform them! **No class 11/11 and 11/25.**

9/9-12/16 (13)	M	5:15-6 pm	9-12 yrs	CH21211
Rm 5		ID/AP: \$113	OD: \$141.25	

## Dance – Teen/Adult

### 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. **No class 11/27.**

9/11-12/18 (14)	W	7:15-8:15 pm	14-adult	CH21507
Rm 6		ID/AP: \$166	OD: \$207.50	

### Adult Jazz and Contemporary

Indulge your inner dancer with our Ballet and Jazz class tailored for adults seeking a creative outlet through movement. Explore the fundamentals of both styles, refining technique and fostering self-expression through fluid movements and captivating music. Whether you're a seasoned dancer or just discovering your passion for dance, this class promises to cultivate grace, coordination, and a great workout. All levels welcome. **No class 10/31 and 11/28.**

9/12-12/19 (13)	Th	7-8 pm	14-adult	CH21506
Rm 8		ID/AP: \$154	OD: \$192.50	

### 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. **No class 11/26.**

9/10-12/17 (14)	T	6:25-7:25 pm	16-adult	CH21504
Rm D		ID/AP: \$148	OD: \$185	

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

## Belly Dance (Intermediate)

Intermediate class. Participants should have taken Beginning Belly Dance or have instructor's permission. Come join us in 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. **No class 11/26.**

9/10-12/17 (14)	T	7:25-8:25 pm	16-adult	CH21505
Rm D		ID/AP: \$148	OD: \$185	

## 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. **No class 11/11, 11/25 or 11/27.**

9/9-12/16 (13)	M	7:15-8:15 pm	14-adult	CH21502
Rm 5		ID/AP: \$154	OD: \$192.50	
9/11-12/18 (14)	W	6:30-8 pm	14-adult	CH21503
Rm 5		ID/AP: \$251	OD: \$313.75	

## NEW! Intro to Line Dancing

Join us for a lively introduction to line dancing! Whether you're taking your first steps or refining your moves, our classes offer a blend of energetic routines and catchy tunes. Get ready for a workout that feels like fun as we groove to upbeat music and learn new steps together. No dance background required, beginners are warmly welcomed! **No class 11/27.**

9/11-12/18 (14)	W	7:15-8:15 pm	12-adult	CH21508
Rm D		ID/AP: \$148	OD: \$185	

## General Interest - Preschool

### 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.

9/11-10/23 (7)	W	9-9:45 am	1.5-2 yrs	CH28125
Rm 2		ID/AP: \$47	OD: \$58.75	
10/30-12/18 (7)	W	9-9:45 am	1.5-2 yrs	CH28126
Rm 2		ID/AP: \$47	OD: \$58.75	

## 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.

9/11-10/23 (7)	W	10:15-11 am	2.5-4 yrs	CH28130
Rm 2		ID/AP: \$47	OD: \$58.75	
10/30-12/18 (7)	W	10:15-11 am	2.5-4 yrs	CH28131
Rm 2		ID/AP: \$47	OD: \$58.75	

## Science Pals

Adult Participation Class; One child/One adult ratio. Engage in entertaining science projects structured to introduce little learners to a variety of scientific topics and vocabulary. Adult participation required. No unregistered siblings.

9/9-10/21 (7)	M	9-9:45 am	2.5-4 yrs	CH25100
Rm 2		ID/AP: \$66	OD: \$82.50	
10/28-12/16 (6)	M	9-9:45 am	2.5-4 yrs	CH25101
Rm 2		ID/AP: \$56	OD: \$70	

## Science Buddies

Adult Participation Class; One child/One adult ratio. 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.

9/9-10/21 (7)	M	10:15-11 am	3-5 yrs	CH25110
Rm 2		ID/AP: \$66	OD: \$82.50	
10/28-12/16 (6)	M	10:15-11 am	3-5 yrs	CH25111
Rm 2		ID/AP: \$56	OD: \$70	

## General Interest - Youth

### Super Scientists

This class is designed to introduce kids to a variety of scientific topics and vocabulary with fun experiments and demonstrations. **No class 10/19.**

9/14-10/26 (6)	S	9-10 am	5-6 yrs	CH25215
Rm C-1		ID/AP: \$78	OD: \$97.50	
11/2-12/14 (6)	S	9-10 am	5-6 yrs	CH25216
Rm C-1		ID/AP: \$78	OD: \$97.50	

### 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 10/19.**

9/14-10/26 (6)	S	10:45-11:45 am	7-10 yrs	CH25217
Rm C-1		ID/AP: \$78	OD: \$97.50	
11/2-12/14 (6)	S	10:45-11:45 am	7-10 yrs	CH25218
Rm C-1		ID/AP: \$78	OD: \$97.50	

### 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.

11/9-11/16 (2)	S	8:30 am-12:30 pm	11-15 yrs	CH25300
Rm A		ID/AP: \$89	OD: \$111.25	
12/7-12/14 (2)	S	8:30 am-12:30 pm	11-15 yrs	CH25301
Rm A		ID/AP: \$89	OD: \$111.25	

### 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.

11/2 (1)	S	8:30-11:15 am	8-11 yrs	CH25305
Rm A		ID/AP: \$36	OD: \$45	
11/23 (1)	S	8:30-11:15 am	8-11 yrs	CH25306
Rm A		ID/AP: \$36	OD: \$45	

### Intro to Theater Workshop

In this workshop, students will learn about everything that goes into a stage production including acting, directing, designing, and more! Through theater games and projects, this class will build self-confidence, encourage creativity, and promote collaboration, with a small optional classroom performance you can watch on the last day. No previous experience required! **No class 10/31 or 11/28.**

9/12-12/19 (13)	Th	6-7 pm	8-11 yrs	CH25230
Rm 2		ID/AP: \$118	OD: \$147.50	

## Magical Musical Theater

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 10/19 or 11/30.**

9/14-12/14 (12)	S	12:30-1:30 pm	6-8 yrs	CH25231
Rm 2		ID/AP: \$107	OD: \$133.75	

## 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.

### Afterschool Snacks

9/13 (1)	F	6-8 pm	8-10 yrs	CH25200
Kitchen		ID/AP: \$39	OD: \$48.75	

### Best Brownies Ever!

9/20 (1)	F	6-8 pm	8-10 yrs	CH25201
Kitchen		ID/AP: \$39	OD: \$48.75	

### Pizza Party!

10/4 (1)	F	6-8 pm	8-10 yrs	CH25203
Kitchen		ID/AP: \$39	OD: \$48.75	

### Fall Faves

11/1 (1)	F	6-8 pm	8-10 yrs	CH25206
Kitchen		ID/AP: \$39	OD: \$48.75	

### Game Day Apps

11/8 (1)	F	6-8 pm	8-10 yrs	CH25207
Kitchen		ID/AP: \$39	OD: \$48.75	

### Hearty Soups and Bread

11/15 (1)	F	6-8 pm	8-10 yrs	CH25208
Kitchen		ID/AP: \$39	OD: \$48.75	

### Homemade Pasta

11/22 (1)	F	6-8 pm	8-10 yrs	CH25209
Kitchen		ID/AP: \$39	OD: \$48.75	

### Holiday Treats

12/13 (1)	F	6-8 pm	8-10 yrs	CH25211
Kitchen		ID/AP: \$39	OD: \$48.75	

## Kids Cooking Series: Around the World!

Embark on a cooking adventure and explore global flavors with easy recipes from around the world! Students will learn culinary techniques and terminology while learning to make a variety of delicious recipes!

Please note: We cannot guarantee an allergy-free environment or menu. **No class 10/19.**

9/14-10/26 (6)	S	10-11:30 am	8-10 yrs	CH25210
Kitchen		ID/AP: \$152	OD: \$190	

11/2-12/14 (6)	S	10-11:30 am	8-10 yrs	CH25211
Kitchen		ID/AP: \$152	OD: \$190	

## 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. **No class 11/26.**

9/10-10/22 (7)	T	4:40-5:40 pm	8-12 yrs	CH25220
Rm 3		ID/AP: \$65	OD: \$81.25	

10/29-12/17 (7)	T	4:40-5:40 pm	8-12 yrs	CH25221
Rm 3		ID/AP: \$65	OD: \$81.25	

## 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. Please bring a snack and water bottle to class.

9/9-10/21 (7)	M	9:30-11:30 am	2-3.5 yrs	CH28100
Rm 10		ID/AP: \$172	OD: \$215	

9/9-10/21 (7)	M	1-3 pm	2-3.5 yrs	CH28101
Rm 10		ID/AP: \$172	OD: \$215	

10/28-12/16 (6)	M	9:30-11:30 am	2-3.5 yrs	CH28102
Rm 10		ID/AP: \$147	OD: \$183.75	

10/28-12/16 (6)	M	1-3 pm	2-3.5 yrs	CH28103
Rm 10		ID/AP: \$147	OD: \$183.75	

9/11-10/23 (7)	W	9:30-11:30 am	2-3.5 yrs	CH28104
Rm 10		ID/AP: \$172	OD: \$215	

9/11-10/23 (7)	W	1-3 pm	2-3.5 yrs	CH28105
Rm 10		ID/AP: \$172	OD: \$215	

10/30-12/18 (7)	W	9:30-11:30 am	2-3.5 yrs	CH28106
Rm 10		ID/AP: \$172	OD: \$215	

10/30-12/18 (7)	W	1-3 pm	2-3.5 yrs	CH28107
Rm 10		ID/AP: \$172	OD: \$215	

9/13-10/25 (7)	F	9:30-11:30 am	2-3.5 yrs	CH28108
Rm 10		ID/AP: \$172	OD: \$215	

9/13-10/25 (7)	F	1-3 pm	2-3.5 yrs	CH28109
Rm 10		ID/AP: \$172	OD: \$215	

11/1-12/20 (7)	F	9:30-11:30 am	2-3.5 yrs	CH28110
Rm 10		ID/AP: \$172	OD: \$215	

11/1-12/20 (7)	F	1-3 pm	2-3.5 yrs	CH28111
Rm 10		ID/AP: \$172	OD: \$215	

## 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. Please bring a snack and water bottle to class.

9/10-10/22 (7)	T	9-11:30 am	3-4 yrs	CH28115
Rm 10		ID/AP: \$208	OD: \$260	

9/10-10/22 (7)	T	1-3:30 pm	3-4 yrs	CH28116
Rm 10		ID/AP: \$208	OD: \$260	

10/29-12/17 (7)	T	9-11:30 am	3-4 yrs	CH28117
Rm 10		ID/AP: \$208	OD: \$260	

10/29-12/17 (7)	T	1-3:30 pm	3-4 yrs	CH28118
Rm 10		ID/AP: \$208	OD: \$260	

9/12-10/24 (7)	Th	9-11:30 am	3-4 yrs	CH28119
Rm 10		ID/AP: \$208	OD: \$260	

9/12-10/24 (7)	Th	1-3:30 pm	3-4 yrs	CH28120
Rm 10		ID/AP: \$208	OD: \$260	

10/31-12/19 (7)	Th	9-11:30 am	3-4 yrs	CH28121
Rm 10		ID/AP: \$208	OD: \$260	

10/31-12/19 (7)	Th	1-3:30 pm	3-4 yrs	CH28122
Rm 10		ID/AP: \$208	OD: \$260	

## 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.

9/10-10/22 (7)	T	3:35-4:35 pm	8-12 yrs	CH25222
Rm 3		ID/AP: \$214	OD: \$267.50	
10/29-12/17 (7)	T	3:35-4:35 pm	8-12 yrs	CH25223
Rm 3		ID/AP: \$214	OD: \$267.50	

## 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.

9/10-10/22 (7)	T	6-7 pm	13-adult	CH25520
Rm 3		ID/AP: \$65	OD: \$81.25	
10/29-12/17 (7)	T	6-7 pm	13-adult	CH25521
Rm 3		ID/AP: \$65	OD: \$81.25	

### 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. **No class 11/26.**

9/10-12/17 (14)	T	7:05-8:05 pm	13-adult	CH25524
Rm 3		ID/AP: \$174	OD: \$217.50	

### Guitar Private Lesson Interest List

INTEREST LIST ONLY. For one-on-one guitar instruction. Must bring your own guitar, tuner, and picks. We will contact those on the interest list when a private lesson is available. Private lesson cost is \$60 per 30 minute class. Class is typically scheduled between 3 and 8pm on Tuesday's.

9/10-12/17 (14)	T	3-3:30 pm	8-adult	CH25530
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## Adult's Cooking Night Series new Simple Weeknight Dinners

Come join our Adult Cooking Nights, conveniently scheduled alongside our Kid's Night Out program, so you can take advantage of registering for both! Tonight you will be learning quick, easy, and delicious dinners you can recreate at home on a busy weeknight! Please note: We cannot guarantee an allergy-free environment.

9/27 (1)	F	6-8:30 pm	16-adult	CH25501
Kitchen		ID/AP: \$45	OD: \$56.25	

### Sourdough Bread Workshop

Come join our Adult Cooking Nights, conveniently scheduled alongside our Kid's Night Out program, so you can take advantage of registering for both! Tonight you will be learning how to make a sourdough bread starter from scratch! Please note: We cannot guarantee an allergy-free environment.

10/25 (1)	F	6-8:30 pm	16-adult	CH25502
Kitchen		ID/AP: \$45	OD: \$56.25	

### Holiday Appetizers

Come join our Adult Cooking Nights, conveniently scheduled alongside our Kid's Night Out program, so you can take advantage of registering for both! Tonight we are creating some delicious appetizers that you can recreate at home to wow your holiday party guests. Please note: We cannot guarantee an allergy-free environment.

12/6 (1)	F	6-8:30 pm	16-adult	CH25503
Kitchen		ID/AP: \$45	OD: \$56.25	





## 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 during open gymnastics times 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 6:30-8:30 pm • Saturdays 2:45-3:45 pm**

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

## Gymnastics – Preschool

### KinderGym

Adult Participation Class; One child/One adult ratio. 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)

9/11-10/23 (7) Rm 9	W	9:15-10 am ID/AP: \$96	2-3 yrs OD: \$120	CH23100
10/30-12/18 (7) Rm 9	W	9:15-10 am ID/AP: \$96	2-3 yrs OD: \$120	CH23101
9/13-10/25 (7) Rm 9	F	9:15-10 am ID/AP: \$96	2-3 yrs OD: \$120	CH23102
11/1-12/20 (7) Rm 9	F	9:15-10 am ID/AP: \$96	2-3 yrs OD: \$120	CH23103

### KinderStars

Adult Participation Class; One child/One adult ratio. 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)

9/11-10/23 (7) Rm 9	W	10:30-11:15 am ID/AP: \$96	2.5-3.5 yrs OD: \$120	CH23125
10/30-12/18 (7) Rm 9	W	10:30-11:15 am ID/AP: \$96	2.5-3.5 yrs OD: \$120	CH23126
9/13-10/25 (7) Rm 9	F	10:30-11:15 am ID/AP: \$96	2.5-3.5 yrs OD: \$120	CH23127
11/1-12/20 (7) Rm 9	F	10:30-11:15 am ID/AP: \$96	2.5-3.5 yrs OD: \$120	CH23128
9/14-10/26 (6) Rm 9	S	8:05-8:50 am ID/AP: \$82	2.5-3.5 yrs OD: \$102.50	CH23129
11/2-12/14 (6) Rm 9	S	8:05-8:50 am ID/AP: \$82	2.5-3.5 yrs OD: \$102.50	CH23130

### 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.

9/9-10/21 (7) Rm 9	M	9:15-10 am ID/AP: \$96	3.5-4 yrs OD: \$120	CH23150
10/28-12/16 (6) Rm 9	M	9:15-10 am ID/AP: \$82	3.5-4 yrs OD: \$102.50	CH23151
9/9-10/21 (7) Rm 9	M	4-4:45 pm ID/AP: \$96	3.5-4 yrs OD: \$120	CH23152
10/28-12/16 (6) Rm 9	M	4-4:45 pm ID/AP: \$82	3.5-4 yrs OD: \$102.50	CH23153
9/10-10/22 (7) Rm 9	T	9:15-10 am ID/AP: \$96	3.5-4 yrs OD: \$120	CH23154
10/29-12/17 (7) Rm 9	T	9:15-10 am ID/AP: \$96	3.5-4 yrs OD: \$120	CH23155
9/10-10/22 (7) Rm 9	T	5-5:45 pm ID/AP: \$96	3.5-4 yrs OD: \$120	CH23156
10/29-12/17 (7) Rm 9	T	5-5:45 pm ID/AP: \$96	3.5-4 yrs OD: \$120	CH23157
9/11-10/23 (7) Rm 9	W	4-4:45 pm ID/AP: \$96	3.5-4 yrs OD: \$120	CH23158
10/30-12/18 (7) Rm 9	W	4-4:45 pm ID/AP: \$96	3.5-4 yrs OD: \$120	CH23159
9/12-10/24 (7) Rm 9	Th	10:30-11:15 am ID/AP: \$96	3.5-4 yrs OD: \$120	CH23160
11/7-12/19 (6) Rm 9	Th	10:30-11:15 am ID/AP: \$82	3.5-4 yrs OD: \$102.50	CH23161
9/14-10/26 (6) Rm 9	S	9-9:45 am ID/AP: \$82	3.5-4 yrs OD: \$102.50	CH23162
11/2-12/14 (6) Rm 9	S	9-9:45 am ID/AP: \$82	3.5-4 yrs OD: \$102.50	CH23163

9/9-10/21 (7) Rm 9	M	10:30-11:15 am ID/AP: \$96	4-6 yrs OD: \$120	CH23175
10/28-12/16 (6) Rm 9	M	10:30-11:15 am ID/AP: \$82	4-6 yrs OD: \$102.50	CH23176
9/9-10/21 (7) Rm 9	M	5-5:45 pm ID/AP: \$96	4-6 yrs OD: \$120	CH23177
10/28-12/16 (6) Rm 9	M	5-5:45 pm ID/AP: \$82	4-6 yrs OD: \$102.50	CH23178
9/10-10/22 (7) Rm 9	T	10:30-11:15 am ID/AP: \$96	4-6 yrs OD: \$120	CH23179
10/29-12/17 (7) Rm 9	T	10:30-11:15 am ID/AP: \$96	4-6 yrs OD: \$120	CH23180
9/10-10/22 (7) Rm 9	T	4-4:45 pm ID/AP: \$96	4-6 yrs OD: \$120	CH23181
10/29-12/17 (7) Rm 9	T	4-4:45 pm ID/AP: \$96	4-6 yrs OD: \$120	CH23182
9/12-10/24 (7) Rm 9	Th	9:15-10 am ID/AP: \$96	4-6 yrs OD: \$120	CH23183
11/7-12/19 (6) Rm 9	Th	9:15-10 am ID/AP: \$82	4-6 yrs OD: \$102.50	CH23184
9/12-10/24 (7) Rm 9	Th	4-4:45 pm ID/AP: \$96	4-6 yrs OD: \$120	CH23185
11/7-12/19 (6) Rm 9	Th	4-4:45 pm ID/AP: \$82	4-6 yrs OD: \$102.50	CH23186
9/14-10/26 (6) Rm 9	S	10:15-11 am ID/AP: \$82	4-6 yrs OD: \$102.50	CH23187
11/2-12/14 (6) Rm 9	S	10:15-11 am ID/AP: \$82	4-6 yrs OD: \$102.50	CH23188

## 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 11/11 or 11/25.**

9/9-12/16 (13) Rm 9	M	6:15-7 pm ID/AP: \$177	6-8 yrs OD: \$221.25	CH23200
9/10-12/17 (14) Rm 9	T	6:15-7 pm ID/AP: \$191	6-8 yrs OD: \$238.75	CH23201
9/11-12/18 (14) Rm 9	W	5-5:45 pm ID/AP: \$191	6-8 yrs OD: \$238.75	CH23202
9/12-12/19 (13) Rm 9	Th	6:15-7 pm ID/AP: \$177	6-8 yrs OD: \$221.25	CH23203
9/13-12/20 (13) Rm 9	F	4-4:45 pm ID/AP: \$177	6-8 yrs OD: \$221.25	CH23204
9/14-12/14 (12) Rm 9	S	11:15 am-12 pm ID/AP: \$177	6-8 yrs OD: \$221.25	CH23205
9/10-12/17 (14) Rm 9	T	7:15-8 pm ID/AP: \$191	9-13 yrs OD: \$238.75	CH23225
9/11-12/18 (14) Rm 9	W	6:15-7 pm ID/AP: \$191	9-13 yrs OD: \$238.75	CH23226
9/12-12/19 (13) Rm 9	Th	5-5:45 pm ID/AP: \$177	9-13 yrs OD: \$221.25	CH23227
9/14-12/14 (12) Rm 9	S	12:15-1 pm ID/AP: \$164	9-13 yrs OD: \$205	CH23228

### 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. **No class 11/11 or 11/25.**

9/9-12/16 (13) Rm 9	M	7:15-8:15 pm ID/AP: \$236	7-14 yrs OD: \$295	CH23250
9/11-12/18 (14) Rm 9	W	7:15-8:15 pm ID/AP: \$255	7-14 yrs OD: \$318.75	CH23251
9/13-12/20 (13) Rm 9	F	5-6 pm ID/AP: \$236	7-14 yrs OD: \$295	CH23252

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



## 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 games, a craft, pizza, popcorn and a movie!

9/27 (1)	F	6-9 pm	5-10 yrs	CH28200
Rm C1	ID/AP: \$59		OD: \$73.75	
10/25 (1)	F	6-9 pm	5-10 yrs	CH28201
Rm C1	ID/AP: \$59		OD: \$73.75	
12/6 (1)	F	6-9 pm	5-10 yrs	CH28202
Rm C1	ID/AP: \$59		OD: \$73.75	

## 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. **No class 10/31 or 11/28.**

9/12-12/19 (13)	Th	7:15-8:15 pm	7-14 yrs	CH23260
Rm 9	ID/AP: \$236		OD: \$295	
9/14-12/14 (12)	S	1:30-2:30 pm	7-14 yrs	CH23261
Rm 9	ID/AP: \$218		OD: \$272.50	

## Sports – Preschool

### Pee Wee Athletes

Pee Wee athletes will learn skills including dribbling, shooting, passing, teamwork and receiving for a variety of sports. **No class 10/19 or 11/30.**

9/14-10/26 (6)	S	10:45-11:30 am	3.5-5 yrs	CH22104
Gym	ID/AP: \$46		OD: \$57.50	
11/2-12/14 (6)	S	10:45-11:30 am	3.5-5 yrs	CH22105
Gym	ID/AP: \$46		OD: \$57.50	
9/14-10/26 (6)	S	11:45 am-12:30 pm	4.5-6 yrs	CH22106
Gym	ID/AP: \$46		OD: \$57.50	
11/2-12/14 (6)	S	11:45 am-12:30 pm	4.5-6 yrs	CH22107
Gym	ID/AP: \$46		OD: \$57.50	

### 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. **No class 10/19 or 11/30.**

9/14-10/26 (6)	S	8:30-9:15 am	3.5-5 yrs	CH22100
Gym	ID/AP: \$46		OD: \$57.50	
11/2-12/14 (6)	S	8:30-9:15 am	3.5-5 yrs	CH22101
Gym	ID/AP: \$46		OD: \$57.50	
9/14-10/26 (6)	S	9:30-10:15 am	4.5-6 yrs	CH22102
Gym	ID/AP: \$46		OD: \$57.50	
11/2-12/14 (6)	S	9:30-10:15 am	4.5-6 yrs	CH22103
Gym	ID/AP: \$46		OD: \$57.50	

## 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. This class takes place off-site at PCC Rock Creek Archery Range.

9/14-11/2 (8)	S	10-10:45 am	7-9 yrs	CH22230
PCC Rock Creek	ID/AP: \$93		OD: \$116.25	
9/14-11/2 (8)	S	11-11:45 am	10-12 yrs	CH22231
PCC Rock Creek	ID/AP: \$93		OD: \$116.25	
9/14-11/2 (8)	S	12:15-1 pm	11-14 yrs	CH22232
PCC Rock Creek	ID/AP: \$93		OD: \$116.25	

### 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.

9/9-10/21 (7)	M	6:15-7 pm	7-10 yrs	CH22240
Gym	ID/AP: \$72		OD: \$90	
10/28-12/16 (6)	M	6:15-7 pm	7-10 yrs	CH22241
Gym	ID/AP: \$63		OD: \$78.75	

### Cedar Hills Athletes

Cedar Hills athletes will learn skills including dribbling, shooting, passing, teamwork and receiving for a variety of sports. **No class 10/19.**

9/14-10/26 (6)	S	8:30-9:15 am	5-7 yrs	CH22200
Gym	ID/AP: \$46		OD: \$57.50	
11/2-12/14 (6)	S	8:30-9:15 am	5-7 yrs	CH22201
Gym	ID/AP: \$46		OD: \$57.50	
9/11-10/23 (7)	W	5-5:45 pm	7-10 yrs	CH22204
Gym	ID/AP: \$55		OD: \$68.75	
10/30-12/18 (7)	W	5-5:45 pm	7-10 yrs	CH22205
Gym	ID/AP: \$55		OD: \$68.75	
9/14-10/26 (6)	S	9:30-10:15 am	7-10 yrs	CH22202
Gym	ID/AP: \$46		OD: \$57.50	
11/2-12/14 (6)	S	9:30-10:15 am	7-10 yrs	CH22203
Gym	ID/AP: \$46		OD: \$57.50	

### Soccer, Beginning

Enjoy skill building: dribbling, shooting and passing. Class will focus on individual skills and may include scrimmages for part of class. **No class 10/19 or 11/30.**

9/14-12/14 (12)	S	10:45-11:30 am	5-7 yrs	CH22206
Playfield	ID/AP: \$102		OD: \$127.50	
9/14-12/14 (12)	S	11:45 am-12:30 pm	7-10 yrs	CH22207
Playfield	ID/AP: \$102		OD: \$127.50	
9/11-12/18 (14)	W	6-6:45 am	7-10 yrs	CH22208
Gym	ID/AP: \$106		OD: \$132.50	

### Soccer, Intermediate

Enjoy skill building: dribbling, shooting and passing. Class will focus on individual skills and may include scrimmages for part of class. **No class 10/19 or 11/30.**

9/14-12/14 (12)	S	1-2 pm	9-11 yrs	CH22209
Playfield	ID/AP: \$117		OD: \$146.25	

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.

9/10-10/22 (7)	T	5:30-6:15 pm	6-8 yrs	CH22210
Rm 5		ID/AP: \$58	OD: \$72.50	
10/29-12/17 (7)	T	5:30-6:15 pm	6-8 yrs	CH22211
Rm 2		ID/AP: \$58	OD: \$72.50	
9/12-10/24 (7)	Th	5-5:45 pm	6-8 yrs	CH22212
Rm 5		ID/AP: \$58	OD: \$72.50	
11/7-12/19 (6)	Th	5-5:45 pm	6-8 yrs	CH22213
Rm 5		ID/AP: \$51	OD: \$63.75	
9/12-10/24 (7)	Th	6-6:45 pm	7-10 yrs	CH22214
Rm 5		ID/AP: \$58	OD: \$72.50	
11/7-12/19 (6)	Th	6-6:45 pm	7-10 yrs	CH22215
Rm 5		ID/AP: \$51	OD: \$63.75	

### Family 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. **No class 10/19 or 11/30.**

9/14-12/14 (12)	S	2-3 pm	7-adult	CH22225
Rm 5		ID/AP: \$139	OD: \$173.75	

### 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.

9/10-12/10 (13)	T	6:45-7:45 pm	7-adult	CH22220
Rm 5		ID/AP: \$152	OD: \$190	
9/12-12/19 (13)	Th	7:15-8:15 pm	7-adult	CH22221
Rm 5		ID/AP: \$152	OD: \$190	
9/13-12/20 (13)	F	5:30-6:30 pm	7-adult	CH22222
Rm 5		ID/AP: \$152	OD: \$190	

### Karate, Intermediate

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. **No class 10/18 or 11/29.**

9/13-12/20 (13)	F	7-8 pm	7-adult	CH22223
Rm 5		ID/AP: \$154	OD: \$192.50	

### Karate, Advanced

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. **No class 10/18 or 11/29.**

9/13-12/20 (13)	F	7-8 pm	7-adult	CH22224
Rm 6		ID/AP: \$154	OD: \$192.50	

### New! Karate Wellness for Older Adults

Embrace the art of karate at any age! This class offers a welcoming and supportive environment for those 55 and older. Join us for a journey where you will enhance your flexibility, improve your balance, sharpen self-awareness and bolster confidence! Come join us! No uniform needed.

9/13-10/18 (6)	F	11-11:45 am	50+ yrs	CH22226
Rm 6		ID/AP: \$51	OD: \$63.75	

## Sports - Teen

### 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.

9/9-10/21 (7)	M	4:15-5 pm	10-14 yrs	CH22262
Gym		ID/AP: \$72	OD: \$90	
10/28-12/16 (6)	M	4:15-5 pm	10-14 yrs	CH22263
Gym		ID/AP: \$63	OD: \$78.75	

### Volleyball, Intermediate

Ideal for players who want to progress beyond basics and are looking for training with a focus on both individual and team skills. (A prior beginner class or past team experience recommended.)

9/9-10/21 (7)	M	5:15-6 pm	10-14 yrs	CH22264
Gym		ID/AP: \$72	OD: \$90	
10/28-12/16 (6)	M	5:15-6 pm	10-14 yrs	CH22265
Gym		ID/AP: \$63	OD: \$78.75	

### 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 October 18**

9/13-10/25 (6)	F	6-7 pm	11-14 yrs	CH22243
Gym		ID/AP: \$60	OD: \$75	
11/1-12/13 (6)	F	6-7 pm	11-14 yrs	CH22244
Gym		ID/AP: \$60	OD: \$75	

### Middle School Cross Country Saturday Running Clinic new

Attention middle school cross country runners! This season, enhance your training with extra Saturday practice sessions at Cedar Hills Rec Center. Dive into a dynamic running workouts featuring plyometrics for an added element of fun. Open to all 6th, 7th, and 8th graders registered for Middle School Cross Country.

9/21-10/19 (5)	S	10:30 am-12 pm	11-14 yrs	CH29110
Covered Area		ID/AP: \$67	OD: \$83.75	

## Winter Break Camp

Join us for fun winter break activities like playing games, doing arts & crafts, classroom activities and more. Please bring a drink, snack and a sack lunch each day.

<b>Glacial Games</b>				
12/23 (1)	M	7:30 am-6 pm	5-11 yrs	CH28203
Rm C1		ID/AP: \$70	OD: \$87.50	
<b>Polar Playground</b>				
12/26 (1)	Th	7:30 am-6 pm	5-11 yrs	CH28204
Rm C1		ID/AP: \$70	OD: \$87.50	
<b>Winter Whimsy</b>				
12/27 (1)	F	7:30 am-6 pm	5-11 yrs	CH28205
Rm C1		ID/AP: \$70	OD: \$87.50	
<b>Countdown Creations</b>				
12/30 (1)	M	7:30 am-6 pm	5-11 yrs	CH28206
Rm C1		ID/AP: \$70	OD: \$87.50	
<b>New Horizons</b>				
1/2 (1)	Th	7:30 am-6 pm	5-11 yrs	CH28209
Rm C1		ID/AP: \$70	OD: \$87.50	
<b>Festive Futures</b>				
1/3 (1)	F	7:30 am-6 pm	5-11 yrs	CH28210
Rm C1		ID/AP: \$70	OD: \$87.50	

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



## Middle School Cross Country

Join a middle school cross country team, get involved in your school and meet new friends. Train two days a week at your middle school campus, then represent your team in meets with other middle school teams. Program held outside; dress for the weather - we go rain or shine. On meet days parents/guardians are required to pick up from the meet location. Meets are held at local high schools and at the HMT Complex. Additional t-shirt fee: \$8. No practice on Thursday, October 31. District meet is on Saturday, November 2.

<b>Cedar Park Cross Country</b>				
9/24-10/29 (7)	T/Th	4:15-5:30 pm	11-14 yrs	CH29100
Cedar Hills MS		ID/AP: \$196	OD: \$196	
<b>Conestoga Cross Country</b>				
9/24-10/29 (7)	T/Th	4:15-5:30 pm	11-14 yrs	CH29101
Conestoga MS		ID/AP: \$196	OD: \$196	
<b>Five Oaks Cross Country</b>				
9/24-10/29 (7)	T/Th	4:15-5:30 pm	11-14 yrs	CH29102
Five Oaks MS		ID/AP: \$196	OD: \$196	
<b>Highland Park Cross Country</b>				
9/24-10/29 (7)	T/Th	4:15-5:30 pm	11-14 yrs	CH29103
Highland MS		ID/AP: \$196	OD: \$196	
<b>ISB Cross Country</b>				
9/24-10/29 (7)	T/Th	3:15-4:30 pm	11-14 yrs	CH29109
ISB MS		ID/AP: \$206	OD: \$206	
<b>Meadow Park Cross Country</b>				
9/24-10/29 (7)	T/Th	4:15-5:30 pm	11-14 yrs	CH29104
Meadow Park MS		ID/AP: \$196	OD: \$196	
<b>Mt. View Cross Country</b>				
9/24-10/29 (7)	T/Th	4:15-5:30 pm	11-14 yrs	CH29105
Mt. View MS		ID/AP: \$196	OD: \$196	
<b>Stoller Cross Country</b>				
9/24-10/29 (7)	T/Th	4:15-5:30 pm	11-14 yrs	CH29106
Stoller MS		ID/AP: \$196	OD: \$196	
<b>Tumwater Cross Country</b>				
9/24-10/29 (8)	T/Th	4:15-5:30 pm	11-14 yrs	CH29107
Tumwater MS		ID/AP: \$196	OD: \$196	
<b>Whitford Cross Country</b>				
9/24-10/29 (7)	T/Th	4:15-5:30 pm	11-14 yrs	CH29108
Whitford MS		ID/AP: \$196	OD: \$196	



## 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 11/11, 11/25, 11/27.**

9/9-10/23 (7)	M/W	4:15-5:15 pm	11-14 yrs	CH22250
Wt Rm		ID/AP: \$135	OD: \$168.75	
10/28-12/18 (7)	M/W	4:15-5:15 pm	11-14 yrs	CH22251
Wt Rm		ID/AP: \$125	OD: \$156.25	

### Navega por tu Sala de Pesas

Aprenda los ajustes de la máquina, la técnica básica para usar el equipo del gimnasio y reciba un programa de ejercicio básico durante esta sesión de 1 hora y media con CPT Leah. Formato de grupos pequeños. Máximo cinco personas.

10/26 (1)	S	10-11:30 am	14-adult	CH22552
Wt Rm		ID/AP: \$18	OD: \$22.50	

### 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. Small group format. Maximum five people.

11/2 (1)	S	11 am-12:30 pm	14-adult	CH22550
Wt Rm		ID/AP: \$18	OD: \$22.50	

### The Magic of Sound: A Powerful Approach to Well-Being

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.

10/30 (1)	W	6-7:30 pm	14-adult	CH22551
Rm 8		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)

### 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.

**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.

**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.

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.

\$60.75 ID/\$76 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 \$51.50 ID/ \$64.50 OD
- 3 sessions \$154.50 ID/ \$193.50 OD
- 6 sessions \$309 ID/ \$387 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 \$68.50 ID/ \$85.75 OD
- 3 sessions \$205.50 ID/ \$257.25 OD
- 6 sessions \$411 ID/ \$514.50 OD

# Conestoga Recreation & Aquatic Center



**TUALATIN HILLS**  
PARK & RECREATION DISTRICT

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

TriMet Bus Routes #62, #92

**Center Supervisor:** Ann Johnson  
**Assistant Center Supervisor:** Jenny Wilson

**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.

**Facility Closed:** 11/28, 12/25

**Modified Schedule:** 9/2, 11/11, 11/29, 12/24, 12/31  
9 am-2 pm

**Conestoga Recreation & Aquatic Center features:**

- Average Pool Temperature:  
Main Pool - 85° Slide Pool - 90°
- Outdoor Splash Pad (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 (Closed for Summer)
- 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 49 for Conestoga Aquatic programs.**

## Events



### Cultural Book Festival

**September 14 • 10am-1pm • Free Event**

Join us to celebrate and honor the beauty and diversity of cultures through storytelling. Make your own bookmark, create your own story booklet, taste food favorites from around the world, and more!



### Halloween Silly Walk

**October 19 • 4pm-6:30pm**

Little ones trick-or-treat throughout the parking lot, enjoy a DJ dance party, and character meet-and-greets.



### Give & Get Fit Food Drive

**November 1-20**

Bring in your non-perishable food donations! All donations will go to a local food pantry. As a thank you, enter to win a raffle for a fitness themed gift basket and get tips on staying active during the rainy season.



### Dia de los Muertos

**November 2 • 3pm-7pm**

Join us for the Dia de Los Muertos festival featuring altars, danza, music, art, food, and performances. Everyone is welcome to join this festival that is a joyful way to celebrate loved ones who have passed.



### Veterans Day Breakfast

**November 11 • 9am-11am**

Join us for a Veterans Day breakfast to honor and celebrate our local veterans. Military families are invited to enjoy free drop-in programs.



### Sensory Santa

**December 14 & 15 • 10am-5pm**

A free inclusive event provided to families that have children on the autism spectrum and other special or sensory needs with an opportunity to meet Santa in a lower stress environment, no lines, no crowds. Pre-registration is required and will take place starting in November. There are limited spots, please contact the center to let us know what accommodation we can do to make this Santa visit a special experience for your child.

**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 enrollment fee is due at the time of registration.

**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  
\$390 per month • Sept.-May • Alliums
- Monday/Wednesday/Friday • 1-4 pm • 4-5 yrs  
\$390 per month • Sept.-May • Shallots
- Tuesday/Thursday • 9-11:30 am • 2½-3½ yrs  
\$285 per month • Sept.-May • Pearls
- Tuesday/Thursday • 1-4 pm • 4-5 yrs  
\$305 per month • Sept.-May • Vidalias

\*Prices reflect In-District 2024-2025 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 enrollment fee is due at the time of registration.

- Monday/Wednesday/Friday • 9 am-12 pm  
4-5 yrs • Sept.-May • \$390 ID per month
- Tuesday/Thursday • 9 am-12 pm  
3-4 yrs • Sept.-May • \$305 ID per month

\*Prices reflect In-District 2024-2025 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.

**Enrollment for the 2024-2025 School Year is open, as long as space allows.** A non-refundable \$50 enrollment fee is due at time of registration.

THRIVE tuition options for 2024-2025:

- A. Afterschool care only, 9 payments of \$408
- B. Afterschool care plus seven (7) weeks of summer camp in 2025, 11 payments of \$531

Tuition includes four (4) BSD in-service days. Tuition does not include holidays, winter break, spring break, or additional no school days.

Please call the Recreation Center in your attendance zone for more information.

**Conestoga Recreation & Aquatic Center schools served:**

- Greenway Elementary
- Hiteon Elementary
- Nancy Ryles Elementary
- Sexton Mountain Elementary
- Scholls Heights Elementary
- Other Schools Elementary
- Conestoga Middle School





## Winter Break Camps

All-day winter break camp fun! Each day will include games, arts, crafts, and more. Register for just one day, every day, or anything in between. Please remember to send your student every day with a water bottle, lunch, and snack for the morning & afternoon.

### Snow Much Fun!

12/23 (1) Rm 202	M	7:30 am-6 pm ID/AP: \$65	5-7 yrs OD: \$81.25	CO27101
12/23 (1) Rm 203	M	7:30 am-6 pm ID/AP: \$65	8-12 yrs OD: \$81.25	CO27201

### Frosty Fun!

12/26 (1) Rm 202	Th	7:30 am-6 pm ID/AP: \$65	5-7 yrs OD: \$81.25	CO27102
12/26 (1) Rm 203	Th	7:30 am-6 pm ID/AP: \$65	8-12 yrs OD: \$81.25	CO27202

### Snowy Science!

12/27 (1) Rm 202	F	7:30 am-6 pm ID/AP: \$65	5-7 yrs OD: \$81.25	CO27103
12/27 (1) Rm 203	F	7:30 am-6 pm ID/AP: \$65	8-12 yrs OD: \$81.25	CO27203

### Reindeer Games!

12/30 (1) Rm 202	M	7:30 am-6 pm ID/AP: \$65	5-7 yrs OD: \$81.25	CO27104
12/30 (1) Rm 203	M	7:30 am-6 pm ID/AP: \$65	8-12 yrs OD: \$81.25	CO27204

### Festive Fun!

1/2 (1) Rm 202	Th	7:30 am-6 pm ID/AP: \$65	5-7 yrs OD: \$81.25	CO27105
1/2 (1) Rm 203	Th	7:30 am-6 pm ID/AP: \$65	8-12 yrs OD: \$81.25	CO27205

### Winter Wonderland!

1/3 (1) Rm 202	F	7:30 am-6 pm ID/AP: \$65	5-7 yrs OD: \$81.25	CO27106
1/3 (1) Rm 203	F	7:30 am-6 pm ID/AP: \$65	8-12 yrs OD: \$81.25	CO27206

## Sensory Santa

December 14 & 15 • 10 am-5 pm

A free inclusive event provided to families that have children on the autism spectrum and other special or sensory needs with an opportunity to meet Santa in a lower stress environment, no lines, no crowds. Pre-registration is required and will take place starting in November. There are limited spots, please contact the center to let us know what accommodation we can do to make this Santa visit a special experience for your child.



## Facility Rentals & Birthday Parties at Conestoga

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

Whether it's a high school graduation, baby shower, or a private pool/gym practice, our facility offers a wide range of programs & services to make your special event exactly what you are looking for, at an affordable price.

Please call 503-629-6313 for more details and pricing information.

## Dive-in movies are back!

**Fridays: 10/18, 11/11, 11/15, 12/6, 12/20 • 6-8:30 pm**  
Please visit our website for times and additional information.



## Winter Break Day Camps

### Finn's Arctic Adventure Swim Camp

Come chill with our fin-tastic mascot, for a fun winter break day camp! Join Finn and new friends for an afternoon Arctic Adventure, full of swimming, fun games, and cool grafts.

12/23 Rm 205	M	1-4pm ID/AP: \$48	6-12yrs OD: \$60.00	CA272001
12/30 Rm 205	M	1-4pm ID/AP: \$48	6-12yrs OD: \$60.00	CA272002

## Preschool

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
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### Playschool Jr, Fall

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 11/26, 11/28.**

9/10-10/22 (7) Rm 202	T	9-11 am ID/AP: \$165	2 ½-3 yrs OD: \$206.25	CO28100
10/29-12/17 (7) Rm 202	T	9-11 am ID/AP: \$165	2 ½-3 yrs OD: \$206.25	CO28101
9/12-10/24 (7) Rm 202	Th	9-11 am ID/AP: \$165	2 ½-3 yrs OD: \$206.25	CO28102
10/31-12/19 (7) Rm 202	Th	9-11 am ID/AP: \$165	2 ½-3 yrs OD: \$206.25	CO28103

### Playschool, Fall

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 11/11, 11/25, 11/27, 11/29.**

9/9-10/21 (7) Rm 202	M	9-11:30 am ID/AP: \$201	4-5 yrs OD: \$251.25	CO28104
10/28-12/16 (6) Rm 202	M	9-11:30 am ID/AP: \$173	4-5 yrs OD: \$216.25	CO28105
9/11-10/23 (7) Rm 202	W	9-11:30 am ID/AP: \$201	4-5 yrs OD: \$251.25	CO28106
10/30-12/18 (7) Rm 202	W	9-11:30 am ID/AP: \$201	4-5 yrs OD: \$251.25	CO28107
9/13-10/25 (7) Rm 202	F	9-11:30 am ID/AP: \$201	4-5 yrs OD: \$251.25	CO28108
11/1-12/20 (7) Rm 202	F	9-11:30 am ID/AP: \$201	4-5 yrs OD: \$251.25	CO28109

### 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. **No class 11/28.**

9/12-10/24 (7) Rm 200	Th	10:30-11:15 am ID/AP: \$48	1 yr-3 yrs OD: \$60	CO25104
10/31-12/19 (7) Rm 200	Th	10:30-11:15 am ID/AP: \$48	1 yr-3 yrs OD: \$60	CO25105

## 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 11/11, 11/24, 11/25, 11/29, 11/30.**

9/9-10/21 (7) Rm 200	M	9:30-10:15 am ID/AP: \$54	2-5 yrs OD: \$67.50	CO24100
10/28-12/16 (6) Rm 200	M	9:30-10:15 am ID/AP: \$48	2-5 yrs OD: \$60	CO24101

9/13-10/25 (7) Rm 200	F	9:30-10:15 am ID/AP: \$54	2-5 yrs OD: \$67.50	CO24102
11/1-12/20 (7) Rm 200	F	9:30-10:15 am ID/AP: \$54	2-5 yrs OD: \$67.50	CO24103
9/14-10/26 (7) Rm 200	S	9:30-10:15 am ID/AP: \$54	2-5 yrs OD: \$67.50	CO24104
11/2-12/14 (6) Rm 200	S	9:30-10:15 am ID/AP: \$48	2-5 yrs OD: \$60	CO24105
9/8-10/20 (7) Rm 200	Su	3:45-4:30 pm ID/AP: \$54	2-5 yrs OD: \$67.50	CO24106
10/27-12/15 (7) Rm 200	Su	3:45-4:30 pm ID/AP: \$54	2-5 yrs OD: \$67.50	CO24107



## Arts & Crafts - Youth

### Afterschool Art

Each week we will learn about a new medium or technique, including clay, pencils, paint, and more! **No class 11/11, 11/25, 11/29.**

9/9-10/21 (7) Rm 205	M	4-5 pm ID/AP: \$64	5-7 yrs OD: \$80	CO24220
10/28-12/16 (6) Rm 205	M	4-5 pm ID/AP: \$56	5-7 yrs OD: \$70	CO24221
9/9-10/21 (7) Rm 205	M	5:30-6:30 pm ID/AP: \$64	8-14 yrs OD: \$80	CO24222
10/28-12/16 (6) Rm 205	M	5:30-6:30 pm ID/AP: \$56	8-14 yrs OD: \$70	CO24223
9/13-10/25 (7) Rm 205	F	4-5 pm ID/AP: \$64	5-7 yrs OD: \$80	CO24224
11/1-12/20 (7) Rm 205	F	4-5 pm ID/AP: \$64	5-7 yrs OD: \$80	CO24225
9/13-10/25 (7) Rm 205	F	5:30-6:30 pm ID/AP: \$64	8-14 yrs OD: \$80	CO24226
11/1-12/20 (7) Rm 205	F	5:30-6:30 pm ID/AP: \$64	8-14 yrs OD: \$80	CO24227

### Art Adventures

Each week will be different using a variety of mediums including; clay, pencils, paint, and more! **No class 11/30.**

9/14-10/26 (7) Rm 200	S	10:30-11:30 am ID/AP: \$64	7-11 yrs OD: \$80	CO24200
11/2-12/14 (6) Rm 200	S	10:30-11:30 am ID/AP: \$56	7-11 yrs OD: \$70	CO24201

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

## 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 11/24, 11/30.**

9/14-10/26 (7)	S	3:30-4:30 pm	7-12 yrs	CO24204
Rm 200		ID/AP: \$64	OD: \$80	
11/2-12/14 (6)	S	3:30-4:30 pm	7-12 yrs	CO24205
Rm 200		ID/AP: \$56	OD: \$70	
9/8-10/20 (7)	Su	1-2 pm	7-12 yrs	CO24206
Rm 200		ID/AP: \$64	OD: \$80	
10/27-12/15 (7)	Su	1-2 pm	7-12 yrs	CO24207
Rm 200		ID/AP: \$64	OD: \$80	

## Art Odyssey

Each week will be different using a variety of mediums including; clay, pencils, paint, and more! **No class 11/30.**

9/14-10/26 (7)	S	12-1 pm	11-15 yrs	CO24202
Rm 200		ID/AP: \$64	OD: \$80	
11/2-12/14 (6)	S	12-1 pm	11-15 yrs	CO24203
Rm 200		ID/AP: \$56	OD: \$70	

## 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. **No class 11/27.**

9/11-10/23 (7)	W	5-6 pm	7-9 yrs	CO24208
Rm 200		ID/AP: \$64	OD: \$80	
10/30-12/18 (7)	W	5-6 pm	10-14 yrs	CO24209
Rm 200		ID/AP: \$64	OD: \$80	
9/11-10/23 (7)	W	6:30-7:30 pm	7-9 yrs	CO24210
Rm 200		ID/AP: \$64	OD: \$80	
10/30-12/18 (7)	W	6:30-7:30 pm	10-14 yrs	CO24211
Rm 200		ID/AP: \$64	OD: \$80	

## Manga Magic Art Studio

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 11/24, 11/30.**

9/14-10/26 (7)	S	2:30-3:30 pm	7-12 yrs	CO24212
Rm 200		ID/AP: \$64	OD: \$80	
11/2-12/14 (6)	S	2:30-3:30 pm	7-12 yrs	CO24213
Rm 200		ID/AP: \$56	OD: \$70	
9/8-10/20 (7)	Su	2:15-3:15 pm	7-12 yrs	CO24214
Rm 200		ID/AP: \$64	OD: \$80	
10/27-12/15 (7)	Su	2:15-3:15 pm	7-12 yrs	CO24215
Rm 200		ID/AP: \$64	OD: \$80	



## Arts & Crafts - Teen/Adult

### Fused Glass Workshops

#### Flowers & Birds Rain Chain

Students will have a vary of colors to choose from to create a long rain chain made of alternating different color flowers (5 total) and birds (3 total). **\$75 materials fee, payable to the instructor in class.**

9/14 (1)	S	2-5 pm	14-adult	CO24500
Rm 203		ID/AP: \$22	OD: \$27.50	

#### Tapas Dishes

The word Tapas means "small plates"; usually used to serve appetizers, small plates of food, or hold trinkets. These oval dishes also make unique gifts. Students are given pre-cut oval glass and given a variety of precut shapes and colors of glass to make their own unique tapas dishes. No prior experience needed. **\$40 materials fee, payable to instructor in class.**

9/28 (1)	S	11 am-2 pm	14-adult	CO24501
Rm 203		ID/AP: \$22	OD: \$27.50	

#### Kiln Carving a Large Bowl or Hanging Birdbath

This is a new one! We are not going to work with glass but rather carve a design into type of fiber paper made for kiln work. The design made will be placed on a kiln shelf, glass will be placed over the design and the heat of the kiln will carve the design into the bottom of the glass, creating a beautiful three-dimensional pattern. This project will be a 12" diameter round piece. No prior experience needed. **\$75 materials fee each, payable to the instructor in class.**

10/12 (1)	S	11 am-2 pm	14-adult	CO24502
Rm 203		ID/AP: \$22	OD: \$27.50	

#### Spoon Rests and/or Nightlights

Students will have 2 different projects to choose from, they can do either or both. Choosing from a variety of glasses and colors to design a useful yet beautiful spoon rest or nightlight. No prior experience needed. **\$30 materials fee, payable to the instructor in class.**

10/26 (1)	S	11 am-2 pm	14-adult	CO24503
Rm 203		ID/AP: \$22	OD: \$27.50	

#### Any Season Ornaments

This year, we are offering multiple sessions of one of our most popular fused glass classes! In this class we will create our own ornament and there will be many different shapes to choose from including pumpkins, flowers, leaves, cats, dragonflies, as well as holiday shapes - like bells, angels, mittens, and many more. Not just for the tree anymore! These can be hung as small sun catchers in a window, or given as gifts. Make as many as you like! No prior experience needed. **Materials Fee payable to instructor in class - \$12 each ornament.**

11/9 (1)	S	11 am-2 pm	14-adult	CO24504
Rm 203		ID/AP: \$22	OD: \$27.50	
11/23 (1)	S	11 am-2 pm	14-adult	CO24505
Rm 203		ID/AP: \$22	OD: \$27.50	
12/7 (1)	S	11 am-2 pm	14-adult	CO24506
Rm 203		ID/AP: \$22	OD: \$27.50	

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

## Family Art

Bring your family and create something truly special with clay, paint, collage, and more! Cost includes one child and one adult but only the child needs to register. No unregistered family members.

9/20 (1) Rm 200	F	6-8 pm ID/AP: \$48	4-8 yrs OD: \$60	CO24216
10/18 (1) Rm 200	F	6-8 pm ID/AP: \$48	8-14 yrs OD: \$60	CO24217
11/15 (1) Rm 200	F	6-8 pm ID/AP: \$48	6-12 yrs OD: \$60	CO24218
12/20 (1) Rm 200	F	6-8 pm ID/AP: \$48	6-12 yrs OD: \$60	CO24219



## Kids Night Out

Create unforgettable memories at Conestoga! Each night includes pool adventures, creative crafts, fun games, pizza dinner, and more.

### Pokémon Splashy Splash!

Calling all Pokémon Masters! Join us for a thrilling adventure - full of swimming, captivating games, and imaginative crafts.

9/13 (1) Rm 202, 203	F	6-9 pm ID/AP: \$56	7-12 yrs OD: \$70	CO25231
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### Mischievous Masquerade

Collect your mask and prepare to embark on an evening of mischievous adventure. As the clock strikes dusk, the doors will swing open to reveal a realm full of riddles, excitement, and fun! Each participant will get a chance to design their own special mask, transforming them into cryptic characters ready to explore the night's mysteries.

10/11 (1) Rm 202, Rm 203	F	6-9 pm ID/AP: \$56	7-12 yrs OD: \$70	CO25232
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### Stellar Wayfinding

Embark on a thrilling adventure under the night sky as we journey through the ancient art of wayfinding, like legendary navigators. Discover the secrets of the stars as we learn how to navigate by the constellations, guided by tales of Polynesian voyages and exploration.

11/8 (1) Rm 202, Rm 203	F	6-9 pm ID/AP: \$56	7-12 yrs OD: \$70	CO25233
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### Santa's Secret Workshop

Time to put on your elf hat and explore Santa's secret workshop before he visits Conestoga! We will decorate the workshop, frost some cookies, and see which elf can design the hottest new toy of the season.

12/13 (1) Rm 200	F	6-9 pm ID/AP: \$56	7-12 yrs OD: \$70	CO25234
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## Winter Break Day Camps

All-day winter break camp fun! Each day will include games, arts, 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 & afternoon.

### Snow Much Fun!

12/23 (1) Rm 202	M	7:30 am-6 pm ID/AP: \$65	5-7 yrs OD: \$81.25	CO27101
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12/23 (1) Rm 203	M	7:30 am-6 pm ID/AP: \$65	8-12 yrs OD: \$81.25	CO27201
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### Frosty Fun!

12/26 (1) Rm 202	Th	7:30 am-6 pm ID/AP: \$65	5-7 yrs OD: \$81.25	CO27102
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12/26 (1) Rm 203	Th	7:30 am-6 pm ID/AP: \$65	8-12 yrs OD: \$81.25	CO27202
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### Snowy Science!

12/27 (1) Rm 202	F	7:30 am-6 pm ID/AP: \$65	5-7 yrs OD: \$81.25	CO27103
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12/27 (1) Rm 203	F	7:30 am-6 pm ID/AP: \$65	8-12 yrs OD: \$81.25	CO27203
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### Reindeer Games!

12/30 (1) Rm 202	M	7:30 am-6 pm ID/AP: \$65	5-7 yrs OD: \$81.25	CO27104
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12/30 (1) Rm 203	M	7:30 am-6 pm ID/AP: \$65	8-12 yrs OD: \$81.25	CO27204
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### Festive Fun!

1/2 (1) Rm 202	Th	7:30 am-6 pm ID/AP: \$65	5-7 yrs OD: \$81.25	CO27105
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1/2 (1) Rm 203	Th	7:30 am-6 pm ID/AP: \$65	8-12 yrs OD: \$81.25	CO27205
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### Winter Wonderland!

1/3 (1) Rm 202	F	7:30 am-6 pm ID/AP: \$65	5-7 yrs OD: \$81.25	CO27106
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1/3 (1) Rm 203	F	7:30 am-6 pm ID/AP: \$65	8-12 yrs OD: \$81.25	CO27206
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## 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

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 11/11, 11/25, 11/30.**

9/9-10/21 (7) Rm 204	M	4-4:45 pm ID/AP: \$57	4-6 yrs OD: \$71.25	CO21100
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10/28-12/16 (6) Rm 204	M	4-4:45 pm ID/AP: \$49	4-6 yrs OD: \$61.25	CO21101
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9/14-10/26 (7) Rm 204	S	2:15-3 pm ID/AP: \$57	4-6 yrs OD: \$71.25	CO21102
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11/2-12/14 (6) Rm 204	S	2:15-3 pm ID/AP: \$49	4-6 yrs OD: \$61.25	CO21103
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## Ballet/Tap

Learn beginning techniques for ballet and tap and develop coordination, strength, and balance. Tap shoes required. **No class 11/27, 11/30.**

9/11-10/23 (7)	W	5-5:45 pm	4-6 yrs	CO21106
Rm 204		ID/AP: \$57	OD: \$71.25	
10/30-12/18 (7)	W	5-5:45 pm	4-6 yrs	CO21107
Rm 204		ID/AP: \$57	OD: \$71.25	
9/14-10/26 (7)	S	11-11:45 am	4-6 yrs	CO21108
Rm 204		ID/AP: \$57	OD: \$71.25	
11/2-12/14 (6)	S	11-11:45 am	4-6 yrs	CO21109
Rm 204		ID/AP: \$49	OD: \$61.25	

## 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 11/29.**

9/13-10/25 (7)	F	9-9:45 am	3-5 yrs	CO21110
Rm 204		ID/AP: \$57	OD: \$71.25	
11/1-12/20 (7)	F	9-9:45 am	3-5 yrs	CO21111
Rm 204		ID/AP: \$57	OD: \$71.25	

## 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 11/27, 11/30.**

9/14-10/26 (7)	S	9:45-10:30 am	3 ½-5 yrs	CO21114
Rm 204		ID/AP: \$57	OD: \$71.25	
11/2-12/14 (6)	S	9:45-10:30 am	3 ½-5 yrs	CO21115
Rm 204		ID/AP: \$49	OD: \$61.25	
9/11-10/23 (7)	W	4-4:45 pm	3 ½-5 yrs	CO21114A
Rm 204		ID/AP: \$ 57	OD: \$71.25	
10/30-12/18 (7)	W	4-4:45 pm	3 ½-5 yrs	CO21115A
Rm 204		ID/AP: \$57	OD: \$71.25	

## Munchkin Movement

Sing songs, dance, and read stories while building social and language skills. Adult participation required. No unregistered siblings. **No class 11/28.**

9/12-10/24 (7)	Th	11:30 am-12:15 pm	2-4 yrs	CO21112
Rm 204		ID/AP: \$57	OD: \$71.25	
10/31-12/19 (7)	Th	11:30 am-12:15 pm	2-4 yrs	CO21113
Rm 204		ID/AP: \$57	OD: \$71.25	

## 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 11/11, 11/25, 11/29.**

9/9-10/21 (7)	M	11-11:45 am	1-2 yrs	CO25100
Rm 200		ID/AP: \$48	OD: \$60	
10/28-12/16 (7)	M	11-11:45 am	1-2 yrs	CO25101
Rm 200		ID/AP: \$48	OD: \$60	
9/13-10/25 (7)	F	11-11:45 am	1-2 yrs	CO25102
Rm 200		ID/AP: \$48	OD: \$60	
11/1-12/20 (7)	F	11-11:45 am	1-2 yrs	CO25103
Rm 200		ID/AP: \$48	OD: \$60	

## 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 11/29.**

9/13-10/25 (7)	F	11:15 am-12 pm	3-5 yrs	CO21104
Rm 204		ID/AP: \$57	OD: \$71.25	
11/1-12/20 (7)	F	11:15 am-12 pm	3-5 yrs	CO21105
Rm 204		ID/AP: \$57	OD: \$71.25	

## 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 11/28, 11/30.**

9/12-10/24 (7)	Th	9-9:30 am	2 ½-3 yrs	CO21116
Rm 204		ID/AP: \$44	OD: \$55	
10/31-12/19 (7)	Th	9-9:30 am	2 ½-3 yrs	CO21117
Rm 204		ID/AP: \$44	OD: \$55	
9/14-10/26 (7)	S	9-9:30 am	2 ½-3 yrs	CO21118
Rm 204		ID/AP: \$44	OD: \$55	
11/2-12/14 (6)	S	9-9:30 am	2 ½-3 yrs	CO21119
Rm 204		ID/AP: \$38	OD: \$47.50	

## Tiny Tot Hip Hop

Young dancers will learn hip hop rhythm, musicality, coordination, and age-appropriate choreography to contemporary and upbeat music. **No class 11/29.**

9/13-10/25 (7)	F	10-10:45 am	2 ½-3 yrs	CO21120
Rm 204		ID/AP: \$57	OD: \$71.25	
11/1-12/20 (7)	F	10-10:45 am	3 ½-5 yrs	CO21121
Rm 204		ID/AP: \$57	OD: \$71.25	

## Dance - Youth

### 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 11/11, 11/25.**

9/9-10/21 (7)	M	5-5:45 pm	6-9 yrs	CO21200
Rm 204		ID/AP: \$57	OD: \$71.25	
10/28-12/16 (6)	M	5-5:45 pm	6-9 yrs	CO21201
Rm 204		ID/AP: \$49	OD: \$61.25	

### Ballet/Tap/Jazz

Ready for variety? We'll learn some basic techniques and fun routines in this fast-paced class. Tap shoes required. **No class 11/27, 11/30.**

9/11-10/23 (7)	W	6:15-7:15 pm	6-9 yrs	CO21202
Rm 204		ID/AP: \$70	OD: \$87.50	
10/30-12/18 (7)	W	6:15-7:15 pm	6-9 yrs	CO21203
Rm 204		ID/AP: \$70	OD: \$87.50	
9/14-10/26 (7)	S	12-12:45 pm	6-9 yrs	CO21204
Rm 204		ID/AP: \$57	OD: \$71.25	
11/2-12/14 (6)	S	12-12:45 pm	6-9 yrs	CO21205
Rm 204		ID/AP: \$49	OD: \$61.25	

### 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 11/11, 11/25.**

9/9-10/21 (7)	M	6:15-7:15 pm	6-9 yrs	CO21206
Rm 204		ID/AP: \$70	OD: \$87.50	
10/28-12/16 (6)	M	6:15-7:15 pm	6-9 yrs	CO21207
Rm 204		ID/AP: \$60	OD: \$75	

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

## Hip Hop

Young dancers will learn hip hop rhythm, musicality, coordination, and age-appropriate choreography to contemporary and upbeat music. **No class 11/29, 11/30.**

9/13-10/25 (7) Rm 204	F	5-5:45 pm ID/AP: \$57	7-10 yrs OD: \$71.25	C021208
11/1-12/20 (7) Rm 204	F	5-5:45 pm ID/AP: \$57	7-10 yrs OD: \$71.25	C021209
9/13-10/25 (7) Rm 204	F	6-7 pm ID/AP: \$70	9-14 yrs OD: \$87.50	C021210
11/1-12/20 (7) Rm 204	F	6-7 pm ID/AP: \$70	9-14 yrs OD: \$87.50	C021211
9/14-10/26 (7) Rm 201	S	11:30 am-12:15 pm ID/AP: \$57	9-14 yrs OD: \$71.25	C021212
11/2-12/14 (6) Rm 201	S	11:30 am-12:15 pm ID/AP: \$49	9-14 yrs OD: \$61.25	C021213



## Cooking - Youth

### Youth Cooking Series

#### 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. **No class 11/27.**

9/11-10/23 (7) Rm 202	W	6:30-8 pm ID/AP: \$123	8-14 yrs OD: \$153.75	C025219
10/30-12/18 (7) Rm 202	W	6:30-8 pm ID/AP: \$123	8-14 yrs OD: \$153.75	C025220

#### Kitchen Basics 101

New to the kitchen and don't know where to start? Join us for Kitchen Basics 101, where we will learn about kitchen safety, food terminology and techniques, as well as explore entry level recipes. This class is best suited to students who are new to the kitchen. Please note: We cannot guarantee an allergy-free environment. **No class 11/30.**

9/14-10/26 (7) Rm 202	S	2-4 pm ID/AP: \$153	8-14 yrs OD: \$191.25	C025221
11/9-12/7 (4) Rm 202	S	2-4 pm ID/AP: \$96	8-14 yrs OD: \$120	C025222



### Calling All Junior Chefs!

Is your child an emerging chef or simply curious about cooking? These classes are perfect for kids that like to cook or want to learn! Register for just one class, all of them, or anything in between! Join us as we utilize seasonal produce to make delicious dishes. Please note that we cannot guarantee an allergy-free environment.

#### Afterschool Snacks

9/20 (1) Rm 202	F	6-8:30 pm ID/AP: \$42	8-12 yrs OD: \$52.50	C025210
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#### Cupcake Creations

10/4 (1) Rm 202	F	6-8:30 pm ID/AP: \$42	8-12 yrs OD: \$52.50	C025211
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#### Food Science

10/18 (1) Rm 202	F	6-8:30 pm ID/AP: \$42	8-12 yrs OD: \$52.50	C025212
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#### Spooky Snacks

10/25 (1) Rm 202	F	6-8:30 pm ID/AP: \$42	8-12 yrs OD: \$52.50	C025213
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#### Mini Muffins

11/15 (1) Rm 202	F	6-8:30 pm ID/AP: \$42	8-12 yrs OD: \$52.50	C025214
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#### Holiday Faves

12/6 (1) Rm 202	F	6-8:30 pm ID/AP: \$42	8-12 yrs OD: \$52.50	C025215
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## General Interest - Youth STEM Programs

### LEGO STEM Explorers: No School Day Programs new

Beat the no school boredom and embark on a STEM journey with imaginative LEGO builds, games, and hands-on projects. Join us for fun, friendship, and the joy of learning with LEGO!

12/30 (1) Rm 101	M	7:30 am-6 pm ID/AP: \$97	5-10 yrs OD: \$121.25	C027107
1/2 (1) Rm 101	Th	7:30 am-6 pm ID/AP: \$97	5-10 yrs OD: \$121.25	C027108
1/3 (1) Rm 101	F	7:30 am-6 pm ID/AP: \$97	5-10 yrs OD: \$121.25	C027109
1/17 (1) Rm 205	F	7:30 am-6 pm ID/AP: \$97	5-10 yrs OD: \$121.25	C027110
1/27 (1) Rm 205	M	7:30 am-6 pm ID/AP: \$97	5-10 yrs OD: \$121.25	C027111

### LEGO Architects new

Embark on a creative journey as LEGO Architects, where young builders explore the world of design and construction, bringing their architectural dreams (bridges, buildings, castles, towns) to life with colorful LEGO bricks. **No class 11/28.**

9/12-10/24 (7) Rm 205	Th	3-4 pm ID/AP: \$205	5-7 yrs OD: \$256.25	C024112
9/12-10/24 (7) Rm 205	Th	4:30-5:30 pm ID/AP: \$205	8-10 yrs OD: \$256.25	C024232
11/7-12/19 (6) Rm 205	Th	3-4 pm ID/AP: \$175	5-7 yrs OD: \$218.75	C024113
11/7-12/19 (6) Rm 205	Th	4:30-5:30 pm ID/AP: \$175	8-10 yrs OD: \$218.75	C024233

### LEGO Engineers: Superhero Edition! new

Embark on an action-packed adventure as LEGO Superhero Engineers, where young builders explore the world of design and construction inspired by their favorite DC/Marvel superheroes, bringing their architectural dreams to life with colorful LEGO bricks while delving into the mechanics of moving machines and gadgets. **No class 11/28.**

9/12-10/24 (7) Rm 205	Th	10-11 am ID/AP: \$205	5-7 yrs OD: \$256.25	C024110
9/12-10/24 (7) Rm 205	Th	11:30 am-12:30 pm ID/AP: \$205	8-10 yrs OD: \$256.25	C024230
11/7-12/19 (6) Rm 205	Th	10-11 am ID/AP: \$175	5-7 yrs OD: \$218.75	C024111
11/7-12/19 (6) Rm 205	Th	11:30 am-12:30 pm ID/AP: \$175	8-10 yrs OD: \$218.75	C024231



These programs are held in partnership with Journey to STEAM. For more information on this organization, visit <https://journeystosteam.com>



Scan for more info.

## General Interest - Teen/Adult

### 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.

11/3-11/10 (2) Rm 101	Su	9:30 am-1:30 pm ID/AP: \$85	11-15 yrs OD: \$106.25	C025201
11/17-12/1 (2) Rm 101	Su	9:30 am-1:30 pm ID/AP: \$85	11-15 yrs OD: \$106.25	C025202
12/8-12/15 (2) Rm 101	Su	9:30 am-1:30 pm ID/AP: \$85	11-15 yrs OD: \$106.25	C025203

### 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.

11/10 (1) Rm 101	Su	2:45-5:30 pm ID/AP: \$38	8-12 yrs OD: \$47.50	C025204
12/1 (1) Rm 101	Su	2:45-5:30 pm ID/AP: \$38	8-12 yrs OD: \$47.50	C025205
12/15 (1) Rm 101	Su	2:45-5:30 pm ID/AP: \$38	8-12 yrs OD: \$47.50	C025206

### Introduction to American Sign Language

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! **No class 11/26.**

9/10-10/15 (6) Rm 200	T	7-8 pm ID/AP: \$108	15-adult OD: \$135	C022522
11/5-12/17 (6) Rm 200	T	7-8 pm ID/AP: \$108	15-adult OD: \$135	C022523

## Cooking - Family

### Pizza Party

The best memories are made in the kitchen! Join us for this fun, family class where we will make some delicious dishes and have tons of fun! 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.

11/1 (1) Rm 202	F	6-8:30 pm ID/AP: \$85	6-14 yrs OD: \$106.25	C025217
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### Holiday Cookie Party

The best memories are made in the kitchen! Join us for this fun, family class where we will make and decorate some delicious holiday cookies and have tons of fun! 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.

12/20 (1) Rm 202	F	6-8:30 pm ID/AP: \$85	6-14 yrs OD: \$106.25	C025218
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## Sports - 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 settings. The instructor provides skill guidance to adults. Adult participation required. No unregistered siblings. **No class 11/11, 11/25, 11/30.**

9/9-10/21 (7) GYM #2	M	9:30-10 am ID/AP: \$43	2-3 yrs OD: \$53.75	C022100
10/28-12/16 (6) GYM #2	M	9:30-10 am ID/AP: \$38	2-3 yrs OD: \$47.50	C022101
9/14-10/26 (7) GYM #1	S	12:15-12:45 pm ID/AP: \$43	2-3 yrs OD: \$53.75	C022102
11/9-12/14 (5) GYM #1	S	12:15-12:45 pm ID/AP: \$33	2-3 yrs OD: \$41.25	C022103

### Munchkin Basketball

This basketball class will feature fun drills, games, and group activities which emphasize building confidence, learning new skills, growing self-esteem, improving coordination and motor skills, and experiencing teamwork. **No class 11/24.**

9/8-10/20 (7) GYM #1	Su	3-3:45 pm ID/AP: \$55	3-5 yrs OD: \$68.75	C022118
10/27-12/15 (7) GYM #1	Su	3-3:45 pm ID/AP: \$55	3-5 yrs OD: \$68.75	C022119

### Munchkin Soccer

This soccer class will feature fun drills, games, and group activities which emphasize building confidence, learning new skills, growing self-esteem, improving coordination and motor skills, and experiencing teamwork. **No class 11/24, 11/30.**

9/14-10/26 (7) GYM #1	S	1-1:45 pm ID/AP: \$55	3-5 yrs OD: \$68.75	C022114
11/9-12/14 (5) GYM #1	S	1-1:45 pm ID/AP: \$41	3-5 yrs OD: \$51.25	C022115
9/8-10/20 (7) GYM #1	Su	2-2:45 pm ID/AP: \$55	3-5 yrs OD: \$68.75	C022116
10/27-12/15 (7) GYM #1	Su	2-2:45 pm ID/AP: \$55	3-5 yrs OD: \$68.75	C022117

### Munchkin Sports

Introducing youth to a variety of sports through fun games, drills, and activities. Sports classes are designed to engage preschoolers in sports while building confidence, learning new skills, growing self-esteem, improving coordination and motor skills, and experiencing teamwork. **No class 11/24, 11/30.**

9/14-10/26 (7) GYM #1	S	2-2:45 pm ID/AP: \$55	3-5 yrs OD: \$68.75	C022110
11/9-12/14 (5) GYM #1	S	2-2:45 pm ID/AP: \$41	3-5 yrs OD: \$51.25	C022111
9/8-10/20 (7) GYM #1	Su	1-1:45 pm ID/AP: \$55	3-5 yrs OD: \$68.75	C022112
10/27-12/15 (7) GYM #1	Su	1-1:45 pm ID/AP: \$55	3-5 yrs OD: \$68.75	C022113

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



## Munchkin Tumblers new

Munchkin Tumblers is designed for kids with boundless energy and a love for movement. This class offers a safe and stimulating environment for exploring basic tumbling techniques, developing coordination, and building confidence. **No class 11/27.**

9/11-10/23 (7)	W	10:15-11 am	3½-5 yrs	CO22108
Rm 204		ID/AP: \$55	OD: \$68.75	
10/30-12/18 (7)	W	10:15-11 am	3½-5 yrs	CO22109
Rm 204		ID/AP: \$55	OD: \$68.75	

## Tiny Tumblers new

Tiny Tumblers is a class specially designed to introduce children to the fundamentals of gymnastics while fostering confidence, coordination, and a love for physical activity. **No class 11/27.**

9/11-10/23 (7)	W	9:30-10 am	2½-4 yrs	CO22106
Rm 204		ID/AP: \$43	OD: \$53.75	
10/30-12/18 (7)	W	9:30-10 am	2½-4 yrs	CO22107
Rm 204		ID/AP: \$43	OD: \$53.75	

## Preschool P.E. new

Join our Preschool P.E. class, where our little ones embark on an exciting journey of movement, fun, and healthy habits! Preschoolers will engage in age-appropriate activities that promote physical development, social interaction, and a love for staying active. **No class 11/11, 11/25.**

9/9-10/21 (7)	M	10:30-11:15 am	3-4 yrs	CO22104
GYM #2		ID/AP: \$55	OD: \$68.75	
10/28-12/16 (6)	M	10:30-11:15 am	3-4 yrs	CO22105
GYM #2		ID/AP: \$48	OD: \$60	

## Sports - Youth/Teen

### 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 11/11, 11/24, 11/25.**

9/9-10/21 (7)	M	4-4:45 pm	6-8 yrs	CO22204
GYM #1		ID/AP: \$55	OD: \$68.75	
10/28-12/16 (6)	M	4-4:45 pm	6-8 yrs	CO22205
GYM #1		ID/AP: \$48	OD: \$60	
9/8-10/20 (7)	Su	2-2:45 pm	6-8 yrs	CO22206
GYM #2		ID/AP: \$55	OD: \$68.75	
10/27-12/15 (7)	Su	2-2:45 pm	6-8 yrs	CO22207
GYM #2		ID/AP: \$55	OD: \$68.75	

### 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. **No class 11/26, 11/27.**

9/10-10/22 (7)	T	5-5:45 pm	12-15 yrs	CO22208
GYM #1		ID/AP: \$55	OD: \$68.75	
10/29-12/17 (7)	T	5-5:45 pm	12-15 yrs	CO22209
GYM #1		ID/AP: \$55	OD: \$68.75	
9/11-10/23 (7)	W	5-5:45 pm	12-15 yrs	CO22210
GYM #2		ID/AP: \$55	OD: \$68.75	
10/30-12/18 (7)	W	5-5:45 pm	12-15 yrs	CO22211
GYM #2		ID/AP: \$55	OD: \$68.75	

### 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 11/26, 11/28, 11/30.**

9/10-10/22 (7)	T	4-4:45 pm	9-11 yrs	CO22212
GYM #1		ID/AP: \$55	OD: \$68.75	
10/29-12/17 (7)	T	4-4:45 pm	9-11 yrs	CO22213
GYM #1		ID/AP: \$55	OD: \$68.75	
9/12-10/24 (7)	Th	4-4:45 pm	9-11 yrs	CO22214
GYM #1		ID/AP: \$55	OD: \$68.75	
11/7-12/19 (6)	Th	4-4:45 pm	9-11 yrs	CO22215
GYM #1		ID/AP: \$48	OD: \$60	
9/14-10/26 (7)	S	1-1:45 pm	9-11 yrs	CO22216
GYM #2		ID/AP: \$55	OD: \$68.75	
11/9-12/14 (5)	S	1-1:45 pm	9-11 yrs	CO22217
GYM #2		ID/AP: \$41	OD: \$51.25	

### 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 11/24, 11/27.**

9/11-10/23 (7)	W	4-4:45 pm	7-10 yrs	CO22200
GYM #1		ID/AP: \$55	OD: \$68.75	
10/30-12/18 (7)	W	4-4:45 pm	7-10 yrs	CO22201
GYM #1		ID/AP: \$55	OD: \$68.75	
9/8-10/20 (7)	Su	3-3:45 pm	9-11 yrs	CO22202
GYM #2		ID/AP: \$55	OD: \$68.75	
10/27-12/15 (7)	Su	3-3:45 pm	9-11 yrs	CO22203
GYM #2		ID/AP: \$55	OD: \$68.75	

### Futsal Fun new

Get ready to kick off your soccer journey with Futsal Fun! Participants will learn the fundamentals of futsal in a fun and supportive environment, developing essential skills, building confidence, and making new friends along the way. **No class 11/11, 11/25.**

9/9-10/21 (7)	M	5-5:45 pm	9-12 yrs	CO22230
GYM #2		ID/AP: \$55	OD: \$68.75	
10/28-12/16 (6)	M	5-5:45 pm	9-12 yrs	CO22231
GYM #2		ID/AP: \$48	OD: \$60	

### 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. **No class 11/28.**

9/12-10/24 (7)	Th	5-5:45 pm	8-10 yrs	CO22226
GYM #1		ID/AP: \$55	OD: \$68.75	
11/7-12/19 (6)	Th	5-5:45 pm	8-10 yrs	CO22227
GYM #1		ID/AP: \$48	OD: \$60	

### Girls Basketball Scrimmage new

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. **No class 11/28.**

9/12-10/24 (7)	Th	6-6:45 pm	11-13 yrs	CO22228
GYM #1		ID/AP: \$55	OD: \$68.75	
11/7-12/19 (6)	Th	6-6:45 pm	11-13 yrs	CO22229
GYM #1		ID/AP: \$48	OD: \$60	

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## Homeschool P.E. new

Calling all homeschooled kids to join us for an action-packed Homeschool P.E. class! Designed to provide a dynamic and engaging physical education experience, this class offers a blend of fun activities, skill development, and social interaction in a safe and welcoming environment. **No class 11/27.**

9/11-10/23 (7)	W	2:30-3:30 pm	6-15 yrs	C022242
GYM #1		ID/AP: \$66	OD: \$82.50	
10/30-12/18 (7)	W	2:30-3:30 pm	6-15 yrs	C022243
GYM #1		ID/AP: \$66	OD: \$82.50	

## Lacrosse: Stick to the Basics

Unleash your curiosity and dive into the exhilarating world of lacrosse with our "Lacrosse: Stick to the Basics" class! 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. Through engaging drills and hands-on practice, participants will gain a solid foundation in the skills and rules of this fast-paced and dynamic game. **No class 11/24.**

9/8-10/20 (14)	Su	4-4:45 pm	8-12 yrs	C022238
GYM #1, GYM #2		ID/AP: \$55	OD: \$68.75	
10/27-12/15 (14)	Su	4-4:45 pm	8-12 yrs	C022239
GYM #1, GYM #2		ID/AP: \$55	OD: \$68.75	

## Middle School Weight Training

Weight training program specifically designed for middle school students. This group training includes entry into the Conestoga Recreation & Aquatic Center weight room during class time only. **No class 10/31, 11/26, 11/28.**

9/10-10/24 (7)	T/Th	4:15-5:15 pm	11-14yrs	C022270
Weight Room		ID/AP: 135	OD: \$168.75	
10/29-12/19 (8)	T/Th	4:15-5:15 pm	11-14yrs	C022271
Weight Room		ID/AP: \$125	OD: \$156.25	

## Pickleball Kids

Children will learn the basics of pickleball through exciting drills and games. Come learn about the fastest growing sport in America! **No class 11/30.**

9/14-10/26 (7)	S	9:45-10:30 am	8-11 yrs	C022257
GYM #1		ID/AP: \$55	OD: \$68.75	
11/2-12/14 (6)	S	9:45-10:30 am	8-11 yrs	C022258
GYM #1		ID/AP: \$48	OD: \$60	

## 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 a water bottle. Shin guards recommended. **No class 11/24, 11/26.**

9/10-10/22 (7)	T	6-6:45 pm	11-13 yrs	C022232
GYM #2		ID/AP: \$55	OD: \$68.75	
10/29-12/17 (7)	T	6-6:45 pm	11-13 yrs	C022233
GYM #2		ID/AP: \$55	OD: \$68.75	
9/8-10/20 (7)	Su	1-1:45 pm	9-12 yrs	C022234
GYM #2		ID/AP: \$55	OD: \$68.75	
10/27-12/15 (7)	Su	1-1:45 pm	9-12 yrs	C022235
GYM #2		ID/AP: \$55	OD: \$68.75	

## 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 11/30.**

9/14-10/26 (7)	S	12-12:45 pm	6-8 yrs	C022236
GYM #2		ID/AP: \$55	OD: \$68.75	
11/9-12/14 (5)	S	12-12:45 pm	6-8 yrs	C022237
GYM #2		ID/AP: \$41	OD: \$51.25	

## Team Handball new

Welcome to the exhilarating world of Team Handball! This class serves as an introduction to one of the most dynamic and fast-paced team sports around the globe. Team Handball combines elements of basketball, soccer, and hockey, offering players an adrenaline-filled experience on the court. **No class 11/26.**

9/10-10/22 (7)	T	6-6:45 pm	8-12 yrs	C022259
GYM #1		ID/AP: \$55	OD: \$68.75	
10/29-12/17 (7)	T	6-6:45 pm	8-12 yrs	C022260
GYM #1		ID/AP: \$55	OD: \$68.75	

## Teen Pickleball

Join our Teen Pickleball for an exhilarating introduction to one of the fastest-growing sports! This class is perfect for teens seeking fun and camaraderie on the court. **No class 11/29.**

9/13-10/25 (7)	F	5:15-6 pm	12-16 yrs	C022514
GYM #1		ID/AP: \$55	OD: \$68.75	
11/1-12/20 (7)	F	5:15-6 pm	12-16 yrs	C022515
GYM #1		ID/AP: \$55	OD: \$68.75	

## Volleyball, Beginners

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 11/11, 11/25, 11/27.**

9/9-10/21 (7)	M	5-5:45 pm	8-11 yrs	C022218
GYM #1		ID/AP: \$56	OD: \$70	
10/28-12/16 (6)	M	5-5:45 pm	8-11 yrs	C022219
GYM #1		ID/AP: \$49	OD: \$61.25	
9/11-10/23 (7)	W	5-5:45 pm	8-11 yrs	C022220
GYM #1		ID/AP: \$56	OD: \$70	
10/30-12/18 (7)	W	5-5:45 pm	8-11 yrs	C022221
GYM #1		ID/AP: \$56	OD: \$70	

## Volleyball Basics

This class is perfect for beginners who want to learn the basics of volleyball or for those who wish to refine their skills. Each player will be guided through essential techniques, strategies, and teamwork principles to help them excel on the court. **No class 11/11, 11/25, 11/27.**

9/9-10/21 (7)	M	6-6:45 pm	12-14 yrs	C022222
GYM #1		ID/AP: \$56	OD: \$70	
10/28-12/16 (6)	M	6-6:45 pm	12-14 yrs	C022223
GYM #1		ID/AP: \$49	OD: \$61.25	
9/11-10/23 (7)	W	6-6:45 pm	12-14 yrs	C022224
GYM #1		ID/AP: \$56	OD: \$70	
10/30-12/18 (7)	W	6-6:45 pm	12-14 yrs	C022225
GYM #1		ID/AP: \$56	OD: \$70	

## Youth Sports Development Program

Empower the young athletes of tomorrow with our Youth Sports Development Program! 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 11/30.**

9/14-10/26 (7)	S	2-2:45 pm	8-12 yrs	C022240
GYM #2		ID/AP: \$55	OD: \$68.75	
11/9-12/14 (5)	S	2-2:45 pm	8-12 yrs	C022241
GYM #2		ID/AP: \$41	OD: \$51.25	

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

## Sports & Fitness - Teen/Adult

### Adult Pickleball Drills

This adult class will help develop new skills and strategies to take your pickleball game to the next level. **No class 11/26, 11/28, 11/29.**

9/10-10/22 (7) GYM #2	T	11 am-12 pm ID/AP: \$66	18-adult OD: \$82.50	CO22504
10/29-12/17 (7) GYM #2	T	11 am-12 pm ID/AP: \$66	18-adult OD: \$82.50	CO22505
9/12-10/24 (7) GYM #2	Th	11 am-12 pm ID/AP: \$66	18-adult OD: \$82.50	CO22506
10/31-12/19 (7) GYM #2	Th	11 am-12 pm ID/AP: \$66	18-adult OD: \$82.50	CO22507
9/13-10/25 (7) GYM #1	F	6:15-7:15 pm ID/AP: \$66	18-adult OD: \$82.50	CO22508
11/1-12/20 (7) GYM #1	F	6:15-7:15 pm ID/AP: \$66	18-adult OD: \$82.50	CO22509

### 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! **No class 11/26, 11/28.**

9/10-10/22 (7) GYM #2	T	9:45-10:45 am ID/AP: \$66	18-adult OD: \$82.50	CO22500
10/29-12/17 (7) GYM #2	T	9:45-10:45 am ID/AP: \$66	18-adult OD: \$82.50	CO22501
9/12-10/24 (7) GYM #2	Th	9:45-10:45 am ID/AP: \$66	18-adult OD: \$82.50	CO22502
10/31-12/19 (7) GYM #2	Th	9:45-10:45 am ID/AP: \$66	18-adult OD: \$82.50	CO22503

### Intermediate Pickleball

Intermediate Pickleball class is designed for players who have already gained basic skills and knowledge of the game but are looking to improve and refine their techniques, strategies, and overall performance on the pickleball court. **No class 11/29, 11/30.**

9/13-10/25 (7) GYM #1	F	4-5 pm ID/AP: \$66	18-adult OD: \$82.50	CO22510
11/1-12/20 (7) GYM #1	F	4-5 pm ID/AP: \$66	18-adult OD: \$82.50	CO22511
9/14-10/26 (7) GYM #1	S	8:30-9:30 am ID/AP: \$66	18-adult OD: \$82.50	CO22512
11/2-12/14 (6) GYM #1	S	8:30-9:30 am ID/AP: \$57	18-adult OD: \$71.25	CO22513

### Barbells & Brews

Led by an experienced fitness instructor, you'll engage in a series of strength training exercises designed to enhance your muscular strength, endurance, and overall fitness level. After the sweat-inducing workout, it's time to unwind and indulge in the art of local beer tasting. Barbells & Brews is more than just a fitness class or a beer tasting—it's an unforgettable fusion of strength, community, and celebration!

9/7 (1) Rm 201	S	12-1:30 pm ID/AP: \$38	21-adult OD: \$47.50	CO22551
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### 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 David. Small group format. Maximum five people.

10/15 (1) Weight Room	T	6-7:30 pm ID/AP: \$18	14-adult OD: \$22.50	CO22550
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### Lower Body Mobility

Lower body mobility is so essential to being healthy as an athlete but also as a functioning human being. We will move through all the major joints in our lower body, from our core, to our hips, knees, ankles and even our toes.

9/28 (1) Rm 201	S	12:30-1:45 pm ID/AP: \$12	14-adult OD: \$15	CO22552
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### Upper Body Mobility

Upper body mobility training can increase your range of motion, relieve tight muscles, ensure good posture and proper athletic form, and even prevent injury. We will move through our neck, to our shoulders, our wrists to our core.

10/12 (1) Rm 201	S	12:30-1:45 pm ID/AP: \$12	14-adult OD: \$15	CO22553
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## Sports - Family

### Family Pickleball

Learn to play Pickleball with your athlete in this group class. Adult participation required. No unregistered siblings. Cost includes one adult. **No class 11/30.**

9/14-10/26 (7) GYM #1	S	10:45-11:30 am ID/AP: \$110	8-11 yrs OD: \$137.50	CO22516
11/2-12/14 (6) GYM #1	S	10:45-11:30 am ID/AP: \$96	8-11 yrs OD: \$120	CO22517

### Family Tennis

Learn to play tennis with your athlete in this group class. Basic intro level 1 class. Adult participation required. No unregistered siblings. Cost includes one adult. **No class 11/24.**

9/8-10/20 (7) GYM #1, GYM #2	Su	12-12:45 pm ID/AP: \$110	6-10 yrs OD: \$137.50	CO22518
10/27-12/15 (7) GYM #1	Su	12-12:45 pm ID/AP: \$110	6-10 yrs OD: \$137.50	CO22519



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

## Karate - Youth/Teen/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 uniforms recommended. **No class 11/26,11/28.**

9/10-10/22 (7)	T	4-4:45 pm	6-8 yrs	C022244
Rm 204		ID/AP: \$55	OD: \$68.75	
10/29-12/17 (7)	T	4-4:45 pm	6-8 yrs	C022245
Rm 204		ID/AP: \$55	OD: \$68.75	
9/12-10/24 (7)	Th	4-4:45 pm	6-8 yrs	C022246
Rm 204		ID/AP: \$55	OD: \$68.75	
11/7-12/19 (6)	Th	4-4:45 pm	6-8 yrs	C022247
Rm 204		ID/AP: \$48	OD: \$60	

### 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 uniforms required. **No class 11/26,11/28.**

9/10-10/22 (7)	T	5-6 pm	8-15 yrs	C022248
Rm 204		ID/AP: \$67	OD: \$83.75	
10/29-12/17 (7)	T	5-6 pm	8-15 yrs	C022249
Rm 204		ID/AP: \$67	OD: \$83.75	
9/12-10/24 (7)	Th	5-6 pm	8-15 yrs	C022250
Rm 204		ID/AP: \$67	OD: \$83.75	
11/7-12/19 (6)	Th	5-6 pm	8-15 yrs	C022251
Rm 204		ID/AP: \$58	OD: \$72.50	
9/10-10/22 (7)	T	6:15-7:15 pm	8-adult	C022253
Rm 204		ID/AP: \$67	OD: \$83.75	
10/29-12/17 (7)	T	6:15-7:15 pm	8-adult	C022254
Rm 204		ID/AP: \$67	OD: \$83.75	

### 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 uniforms required. **No class 11/28.**

9/12-10/24 (7)	Th	6:15-7:15 pm	8-adult	C022255
Rm 204		ID/AP: \$89	OD: \$111.25	
11/7-12/19 (6)	Th	6:15-7:15 pm	8-adult	C022256
Rm 204		ID/AP: \$77	OD: \$96.25	

### Kendo: Japanese Fencing

Learn the basic skills and techniques of Japanese swordsmanship. Martial arts philosophy and manners will be presented. An additional \$36 fee for the bamboo practice sword is due first night of class, payable to Obukan Kendo Club. **No class 11/29.**

9/13-10/25 (7)	F	6:30-7:30 pm	10-adult	C022520
Rm 201		ID/AP: \$67	OD: \$83.75	
11/1-12/20 (7)	F	6:30-7:30 pm	10-adult	C022521
Rm 201		ID/AP: \$67	OD: \$83.75	



# Give & Get Fit Food Drive

All donations go to a local food pantry.

Donate Non-Perishable Food

November  
1st-20th

**TUALATIN HILLS**  
PARK & RECREATION DISTRICT

## Kids Night Out

A NIGHT OF:  
SWIMMING  
GAMES  
CRAFTS  
PIZZA  
& FRIENDS!

Fridays  
6pm-9pm  
Ages 7-12

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.

### 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.

### Cardio Fusion

A work out that pairs moderate aerobics with exercises and dance moves that are designed to improve strength, balance and flexibility.

### 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.

### HIIT

HIIT (High Intensity Interval Training) is a cardiovascular exercise class alternating short periods of intense anaerobic exercise with less intense recovery periods.

### Low Impact Aerobics

This class is easy on your joints, burns calories and challenges your entire body. All levels welcome.

### 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.

### Strength & Endurance

An interval style workout that includes cardio and strength training for a complete and fun workout. All levels welcome.

### Stretch, Core, and More

Walk taller, feel stronger! This class focuses on flexibility, core strength, and postural work.

### 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.

### 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.

\$60.75 ID/\$76 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 \$51.50 ID/ \$64.50 OD

3 sessions \$154.50 ID/ \$193.50 OD

6 sessions \$309 ID/ \$387 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 \$68.50 ID/ \$85.75 OD

3 sessions \$205.50 ID/ \$257.25 OD

6 sessions \$411 ID/ \$514.50 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: Juan Caez

Hours:

Monday-Thursday: 8 am-5 pm

Friday: 8 am-2pm

Facility Closed: 9/2, 11/11, 11/28, 11/29,  
12/24, 12/25, 12/31

## 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 139 for out of district information.

## Elsie Stuhr Center Drop-In Activities

- Pool (Billiards) open daily, Monday-Thursday, 8am-5pm, Friday, 8am-2pm: \$5/month or \$1/day
- Cribbage: Mondays, 8am-10:30am
- Haircuts: Mondays, 2-5pm
- In Stitches (Knitting Group): Mondays, 10am-1:30pm
- Table Tennis: Mondays, 3-5 pm, Wednesdays 3-5pm
- Texas Hold'em: Tuesday, 9:30am-2pm, Weds., 2-5pm
- Bridge: Wednesdays, 9:30-11:30am
- Bingo: Mondays, 2-4pm, Wednesdays, 11am-1pm
- American 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
- Chess/Go: Mondays/Wednesdays, 2-5pm

## 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.



## Health & Wellness



### Resource Fair

**Saturday, September 28 • 9 am-12:30 pm**

- Health Screenings/Sevices
- Local Non-Profit Resources
- Senior Services Vendors
- Free Give-Aways & Raffle Prizes
- Free Seminars & Workshops
- And More! See website for vendor information.



## Elsie Stuhr Center

# Holiday Bazaar

**Saturday, December 7 • 9 am- 3 pm**

100+ local art and craft vendors, holiday music, prizes and more. Free admission (Scan QR code for vendor information).



## Elsie Stuhr Day

Get ready to celebrate the incredible legacy of Elsie Stuhr, the visionary who launched the initiative to establish the Tualatin Hills Park & Recreation District in the 1950s! Elsie, a passionate physical education instructor, believed Beaverton-area residents deserved more opportunities for physical and recreational activities. Mark your calendars and join us for this unique celebration of fitness and wellness inspired by Elsie's enduring legacy.

**12/13 F 8am-2pm Complimentary**

## Facility Rentals & Party Packages at Elsie Stuhr Center

Let us host your next birthday party or special event! We have fun theme packages to make your event one to remember! Please call us at 503-629-6342 for more details and pricing information.

## Arts & Crafts

Dates (Weeks) Location	Time SD	Class # OD
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### Beginning Watercolor

Dive into the world of watercolor painting in our beginner-friendly class. Learn essential techniques and unleash your creativity as you experiment with vibrant colors and fluid strokes. Whether you're picking up a brush for the first time or looking to refine your skills, our supportive instructors will guide you through the process. Join us and explore the beautiful art of watercolor painting in a relaxed and encouraging atmosphere. **No class 11/28.**

9/5-10/24 (8) Spruce	Th ID/AP: \$159	12:30-2:30 pm SD: \$143	ES24604A OD: \$198.75
10/31-12/19 (7) Spruce	Th ID/AP: \$115	12:30-2 pm SD: \$103.50	ES24604B OD: \$143.75

### Creative Painting

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 11/11 & 11/28.**

9/9-10/21 (7) Spruce	M ID/AP: \$189	9 am-12 pm SD: \$170	ES24607A OD: \$236.25
10/28-12/16 (6) Spruce	M ID/AP: \$163	9 am-12 pm SD: \$146.50	ES24607B OD: \$203.75
9/5-10/24 (8) Spruce	Th ID/AP: \$216	9:15 am-12:15 pm SD: \$194.25	ES24607C OD: \$270
10/31-12/19 (7) Spruce	Th ID/AP: \$189	9:15 am-12:15 pm SD: \$170	ES24607D OD: \$236.25

### Crocheting Beginners

Discover the joy of crocheting in our beginner-friendly class. Learn essential techniques while creating beautiful pieces. Choose from a variety of projects tailored to your skill level. Join us for a creative journey filled with fun and new skills. No experience required. (Cheri) **No class 11/19, 11/26.**

9/3-10/22 (8) Poplar Rm	T ID/AP: \$118	11 am-12:30 pm SD: \$106	ES24600A OD: \$147.50
10/29-12/17 (7) Poplar Rm	T ID/AP: \$91	11 am-12:30 pm SD: \$81.75	ES24600B OD: \$113.75

### Crocheting for the fun of it!

This class delves deeper into the craft of crocheting. Learn advanced stitches, pattern reading, and project customization. Connect with fellow enthusiasts as you tackle new challenges and create beautiful pieces. Class will have the option of working on a variety of projects. **No class 11/19, 11/26.**

9/3-10/22 (8) Cedar Rm	T ID/AP: \$118	12:45-2:15 pm SD: \$106	ES24601A OD: \$147.50
10/29-12/17 (7) Cedar Rm	T ID/AP: \$91	12:45-2:15 pm SD: \$81.75	ES24601B OD: \$113.75



## Drawing

Discover the joy of drawing in our welcoming class. Learn fundamental techniques and unleash your creativity as you explore various mediums and styles. Whether you're a beginner or have some experience, our supportive instructors will guide you every step of the way. Join us and unlock your artistic potential in a fun and inspiring environment! **No class 11/27.**

9/4-10/23 (8) Cedar Rm	W ID/AP: \$130	1:30-3 pm SD: \$117	ES24605A OD: \$162.50
10/30-12/18 (7) Spruce	W ID/AP: \$97	1:30-3 pm SD: \$87.25	ES24605B OD: \$121.25

## Introduction to Photography

Learn the basics of composition, lighting, and camera settings to capture stunning images. From landscapes to portraits, explore various photography genres and techniques. Receive hands-on guidance from experienced instructors to unleash your creative potential. Join us and start capturing moments that tell your unique story through the lens! **No class 11/27.**

9/4-10/23 (8) Cedar Rm	W ID/AP: \$147	10:45 am-12:15 pm SD: \$132.25	ES25603A OD: \$183.75
10/30-12/18 (7) Cedar Rm	W ID/AP: \$130	10:45 am-12:15 pm SD: \$117	ES25603B OD: \$162.50

## 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) **No class 11/27.**

9/4-10/23 (8) Cedar Rm	W ID/AP: \$147	9-10:30 am SD: \$132.25	ES25604A OD: \$183.75
10/30-12/18 (7) Cedar Rm	W ID/AP: \$130	9-10:30 am SD: \$117	ES25604B OD: \$162.50

## Pottery

This pottery class is a mix of beginners and experience students. Supplies included. Students are responsible to clean their own workspace after class. (Marjanna) **No class 11/27.**

9/4-10/2 (5) Spruce	W ID/AP: \$137	10 am-1 pm SD: \$123.25	ES24609A OD: \$171.25
11/6-12/11 (5) Spruce	W ID/AP: \$137	10 am-1 pm SD: \$123.25	ES24609B OD: \$171.25

## Printmaking

Unleash your creativity and join us for an inspiring journey into the world of printmaking, where every stroke tells a story! (Teresa)

9/9-10/21 (7) Spruce	M ID/AP: \$168	12:30-3 pm SD: \$151	ES24606 OD: \$210
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# Welcome!

## 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.

**Tuesday, December 10<sup>th</sup> • 11am • Willow Room**

## Printmaking II

Learn essential techniques and design principles to craft stunning pieces that reflect your unique style. Join us and let your imagination sparkle as you bring your jewelry designs to life! (Teresa) No class on Nov. 11 and Nov. 25

10/28-12/16 (6)	M	12:30-3 pm	ES24606B
Spruce	ID/AP: \$145	SD: \$130.50	OD: \$181.25

## Stained Glass

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) **No class 11/29.**

9/6-10/25 (8)	F	9 am-12 pm	ES24602A
Spruce	ID/AP: \$255	SD: \$229.50	OD: \$318.75
11/1-12/20 (7)	F	9 am-12 pm	ES24602B
Spruce	ID/AP: \$229	SD: \$206	OD: \$286.25

## Wood Carving

Come and enjoy carving on your own projects with a helpful instructor or learn to carve in relief, round & cottonwood bark. 3 carving projects supplied by instructor. \$20 lab fee for participants just starting out paid to instructor which covers cut glove and thumb guard, cut mat, and use of instructor's tools during class time. (Nancy) **No class 11/26.**

9/3-10/22 (8)	T	10-11:30 am	ES24603A
Spruce	ID/AP: \$135	SD: \$121.50	OD: \$168.75
10/29-12/17 (7)	T	10-11:30 am	ES24603B
Spruce	ID/AP: \$120	SD: \$108	OD: \$150

## DANCE

### Ballroom Dance: Beginners

Discover the magic of ballroom dance in our beginner-friendly class. Learn the graceful Waltz, the smooth Foxtrot, and more with ease. Led by experienced instructors, this class focuses on building confidence and improving balance. No partner or experience needed, just your enthusiasm to learn and have fun. Join us for a delightful journey into the world of ballroom dance!

9/4-10/23 (8)	W	3-4 pm	ES21604
Oak Rm	ID/AP: \$115	SD: \$103.50	OD: \$143.75



## East Coast Swing

Discover the magic of ballroom dance in our beginner-friendly class. Learn the graceful Waltz, the smooth Foxtrot, and more with ease. Led by experienced instructors, this class focuses on building confidence and improving balance. No partner or experience needed, just your enthusiasm to learn and have fun. Join us for a delightful journey into the world of ballroom dance!

9/4-10/23 (8)	W	1:45-2:45 pm	ES21603
Oak Rm	ID/AP: \$131	SD: \$117.75	OD: \$163.75

## Line Dancing

Join our vibrant Line Dancing class for a fun and energetic experience. Learn popular line dances like the Electric Slide, Boot Scootin' Boogie, and more in a supportive atmosphere. Led by experienced instructors, this class is perfect for people looking to improve coordination and stay active. No partner required just bring your enthusiasm and willingness to learn. Step into the rhythm and join us for a fantastic time on the dance floor! **No class 10/10, 11/7, 11/28, 12/5.**

9/5-10/17 (6)	Th	4-5 pm	ES21605
Manzanita	ID/AP: \$77	SD: \$69.25	OD: \$96.25
10/24-12/19 (6)	Th	4-5 pm	ES21606
Manzanita	ID/AP: \$77	SD: \$69.25	OD: \$96.25

## Salsa for Beginners

Welcome to our beginner salsa classes, Level 1! You'll learn the basic steps and scale up to more advanced moves, such as right turns for followers and leaders, the Cross Body Lead, and the Side Pass. Additionally, you'll refine techniques like the starting position, dancing on the ball of the feet, finger connection, resistance, hip movement, timing, and various position variations. Get ready to take your first steps and enjoy the salsa experience! (Karla) **No class 11/11, 11/25.**

9/9-10/21 (7)	M	2-3 pm	ES21601A
Oak Rm	ID/AP: \$93	SD: \$83.50	OD: \$116.25
10/28-12/16 (6)	M	2-3 pm	ES21601B
Oak Rm	ID/AP: \$81	SD: \$72.75	OD: \$101.25

## Salsa Sensations

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. All dancers welcome as our instructor will work with everyone at their own skill level. (Karla) **No class 11/25.**

9/3-10/22 (8)	T	11 am-12 pm	ES21600A
Oak Rm	ID/AP: \$105	SD: \$94.50	OD: \$131.25
10/29-12/17 (7)	T	11 am-12 pm	ES21600B
Oak Rm	ID/AP: \$93	SD: \$83.50	OD: \$116.25

## Salsa: Intermediate

At this level, you'll enhance your skills with more intricate moves and refined techniques. You'll learn steps like the Left Turn, Cross Body Lead with Inside Turn and Outside Turn, Open Break with Followers Right Turn, and the captivating Cumbia Step. Additionally, you'll explore advanced techniques, from molding in turns to using the torso, keeping the line for followers, maintaining a one-foot distance, chest-to-chest connection, hand/frame switch, hair comb/loop, torso movement, negative/positive connection, engaged lats, and leading for leaders on three dance tracks. Prepare to elevate your skills and enjoy salsa even more! (Karla) **No class 11/11, 11/25.**

9/9-10/21 (7)	M	3:15-4:15 pm	ES21602A
Oak Rm	ID/AP: \$93	SD: \$83.50	OD: \$116.25
10/28-12/16 (6)	M	3:15-4:15 pm	ES21602B
Oak Rm	ID/AP: \$81	SD: \$72.75	OD: \$101.25



## 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. (Ben Rasche)

11/5 (1)	T	10-11 am	ES25609
Willow	ID/AP: \$12	SD: \$10.75	OD: \$15

### American Mah Jongg, Beginning

Learn the American version of an ancient Chinese game. Words like Bam, Crak, and Pung will be a part of your new vocabulary. Open to singles or couples. Sets are provided in class. (Tony)

9/12-10/24 (7)	Th	10-11:30 am	ES25600A
Dogwood	ID/AP: \$42	SD: \$37.75	OD: \$52.50

### 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 4-week program helps you try out a Circle of Friends. The group meets for four weeks with a facilitator who helps guide connection through discussion and activities.

9/5-9/26 (4)	Th	11 am-12:30 pm	ES25608
Willow	ID/AP: \$33	SD: \$29.50	OD: \$41.25

### Conversational English

Learn to carry on a conversation in English. (Mary Francis)

9/9-10/21 (7)	M	11 am-12 pm	ES25617A
Willow	ID/AP: \$41	SD: \$36.75	OD: \$51.25
10/28-12/16 (6)	M	11 am-12 pm	ES25617B
Willow	ID/AP: \$35	SD: \$31.50	OD: \$43.75

### Conversational Spanish

Learn to carry on a conversation in Spanish. (Mary Francis)

9/9-10/21 (7)	M	9:30-11 am	ES25616A
Willow	ID/AP: \$41	SD: \$36.75	OD: \$51.25
10/28-12/16 (6)	M	9:30-11 am	ES25616B
Willow	ID/AP: \$35	SD: \$31.50	OD: \$43.75



## Café with Juan

Join us for Coffee Talks with Juan, where we'll engage in group discussions on specific topics. Explore various themes, share insights, and connect with fellow members in a relaxed, safe, and informal setting. Expand your knowledge, exchange ideas, and foster meaningful connections over a cup of coffee. Don't miss out on this opportunity to engage in stimulating conversations and build community at our center!

### LGBTQ and Allyship

9/20 (1)	F	10-11:30 am	ES26615
Fir	ID/AP: \$12	SD: \$10.75	OD: \$15

### Getting the Most from your Smartphone (Android)

Do you have an Android phone? Attend a crash course on daily smartphone operations, from the very basics to using your contacts, email, browsing the internet, adjusting settings, and more! The first session will include a general overview on many subjects. Requests will be taken for topics to explore in the second session. Come with something specific you'd like to learn! (Galena)

9/17-9/24 (2)	T	9:30-11:30 am	ES25606
Cedar Rm	ID/AP: \$33	SD: \$29.50	OD: \$41.25

### Getting the Most from your Smartphone (iPhone)

Do you have an iPhone? Attend a crash course on daily smartphone operations, from the very basics to using your contacts, email, browsing the internet, adjusting settings, and more! The first session will include a general overview on many subjects. Requests will be taken for topics to explore in the second session. Come with something specific you'd like to learn! (Galena)

9/19-9/26 (2)	Th	9:30-11:30 am	ES25607
Cedar Rm	ID/AP: \$33	SD: \$29.50	OD: \$41.25



### Haiku Poetry in Nature

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 guides them to write their own haiku poems while spending time in the beautiful nature-filled grounds of the Jenkins Estate Park.

9/10 (1)	T	10 am-12 pm	ES22606
OffSite	ID/AP: \$16	SD: \$14.25	OD: \$20
9/28 (1)	S	10 am-12 pm	ES22606B
OffSite	ID/AP: \$16	SD: \$14.25	OD: \$20

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)

## Laughter Sessions

Well, we all have heard of the old saying laughter is the best medicine. Join us for some much-needed relaxation and rejuvenation with this weekly Laughter Therapy class. We will decrease tension, stress and will boost our morale and well-being utilizing a combination of laughter exercises, play, affirmation, breathing, and mindfulness. You choose to play at your own level, ability, passion and willingness. Instructor: Stefano Iaboni  
**No class 11/11, 11/25.**

<b>9/9-10/21 (6)</b>	<b>M</b>	<b>1-2:30 pm</b>	<b>ES25601A</b>
Willow	ID/AP: \$75	SD: \$67.50	OD: \$93.75
<b>10/28-12/16 (6)</b>	<b>M</b>	<b>1-2:30 pm</b>	<b>ES25601B</b>
Willow	ID/AP: \$75	SD: \$67.50	OD: \$93.75

## Piano for Beginners I

Embark on your musical journey with our beginner piano lessons. Learn the fundamentals of playing the piano in a supportive and encouraging environment. From mastering basic melodies to understanding essential music theory, this class sets a strong foundation for your musical exploration. No prior experience necessary. (Evelyn) **No class 11/11, 11/25.**

<b>9/16-10/21 (6)</b>	<b>M</b>	<b>9-10:30 am</b>	<b>ES24612A</b>
Dogwood	ID/AP: \$176	SD: \$158.25	OD: \$220
<b>10/28-12/16 (6)</b>	<b>M</b>	<b>9-10:30 am</b>	<b>ES24612B</b>
Dogwood	ID/AP: \$176	SD: \$158.25	OD: \$220

## Piano for Beginners II

Embark on your musical journey with our beginner piano lessons. Learn the fundamentals of playing the piano in a supportive and encouraging environment. From mastering basic melodies to understanding essential music theory, this class sets a strong foundation for your musical exploration. No prior experience necessary. (Evelyn) **No class 11/27.**

<b>9/18-10/23 (6)</b>	<b>W</b>	<b>9-10:30 am</b>	<b>ES24613A</b>
Dogwood	ID/AP: \$176	SD: \$158.25	OD: \$220
<b>10/30-12/11 (6)</b>	<b>W</b>	<b>9-10:30 am</b>	<b>ES24613B</b>
Dogwood	ID/AP: \$176	SD: \$158.25	OD: \$220



## Piano, Intermediate

Ready to take your piano skills to the next level? Join our intermediate piano class and refine your technique. Dive deeper into music theory, explore new genres, and tackle more challenging pieces. Elevate your playing and continue your journey toward piano proficiency with us!

<b>9/16-10/21 (6)</b>	<b>M</b>	<b>10:45 am-12:15 pm</b>	<b>ES24614A</b>
Dogwood	ID/AP: \$176	SD: \$158.25	OD: \$220
<b>10/28-12/16 (6)</b>	<b>M</b>	<b>10:45 am-12:15 pm</b>	<b>ES24614B</b>
Dogwood	ID/AP: \$176	SD: \$158.25	OD: \$220

## Tech Support

Sign up for in-person 1-on-1 Tech Support sessions tailored to your specific needs. Get dedicated attention and expert guidance to overcome technical challenges and boost your digital proficiency. (John)  
**No drop-in 11/28.**

<b>9/5-12/19 (15)</b>	<b>Th</b>	<b>8:45 am-12 pm</b>	<b>ES25602</b>
Poplar	ID/AP: \$6	SD: \$5.25	OD: \$7.50

## FITNESS

### 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. David

<b>12/13 (1)</b>	<b>F</b>	<b>9-10:30 am</b>	<b>ES22679</b>
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.

<b>9/10-10/24 (14)</b>	<b>T/Th</b>	<b>12-1 pm</b>	<b>ES22689</b>
Fitness Room	ID/AP: \$154	SD: \$138.50	OD: \$192.50
<b>10/29-12/19 (15)</b>	<b>T/Th</b>	<b>12-1 pm</b>	<b>ES22690</b>
Fitness Room	ID/AP: \$165	SD: \$148.50	OD: \$206.25



### 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)

<b>10/21 (1)</b>	<b>M</b>	<b>10-11 am</b>	<b>ES22688</b>
Fitness Room	Complimentary		

## 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**

## 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

### Shoulder

9/25 (1) W 9:30-11 am ES22686  
 Fitness Room ID/AP: \$18 SD: \$16 OD: \$22.50

### Hip/Knee

10/30 (1) W 9:30-11 am ES22687  
 Fitness Room ID/AP: \$18 SD: \$16 OD: \$22.50

### Low Back/Core

12/4 (1) W 9:30-11 am ES22685  
 Fitness Room ID/AP: \$18 SD: \$16 OD: \$22.50

## SPECIAL EVENTS

### Autumn Leaves Dance

Enjoy the music of the Joel Paker Synergy Combo in the company of friends as we celebrate the arrival of Autumn. Refreshments and snacks will be provided. Come ready to dance!

9/20 (1) F 2-4 pm ES26603  
 Manzanita ID/AP: \$3 SD: \$3 OD: \$5

### Halloween Dance

Join us for our spooktacular Halloween Dance & Costume Party! Get in the Halloween spirit and enjoy an afternoon of good music, good company, great costumes and yummy treats. Don't miss out on the fun! Prizes awarded for the best costumes.

10/25 (1) F 2-4 pm ES26604  
 Manzanita ID/AP: \$3 SD: \$3 OD: \$5

### Holiday Dance

12/20 (1) F 2-4 pm ES26605  
 Manzanita ID/AP: \$3 SD: \$3 OD: \$5

### New Year's Dance

Say hello to 2025 in the best way... Dancing! Join us for the Elsie Stuhr Center New Year's Formal Dance. Dress up and enjoy a live band, hors d'oeuvres and a toast in the new year!

1/3 (1) F 2-4 pm ES26606  
 Manzanita ID/AP: \$3 SD: \$3 OD: \$5

## BREAKFAST AND A HIKE

### Elmer's & Lewisville Park

Join us as we meet at the Elsie Stuhr Center to board a small bus toward Elmer's Restaurant in Vancouver. Enjoy the breakfast of your choice before we head north to the beautiful Lewisville Park in Battle Ground where a 2.8-mile looped trail awaits us. Cost of breakfast is not included. Trail difficulty: Easy.

9/13 (1) F 9 am-2 pm ES22602  
 OffSite ID/AP: \$21 SD: \$18.75 OD: \$26.25

### La Provence & Cooper Mountain

Join us as we meet at the Elsie Stuhr Center to board a small bus toward La Provence in Progress Ridge. Enjoy the breakfast dishes of your choice before we make our way to the beautiful Cooper Mountain Nature Park where a 2.5-mile trail awaits us. Cost of breakfast is not included. Trail difficulty: Easy.

9/24 (1) T 9 am-12 pm ES22603  
 OffSite ID/AP: \$15 SD: \$13.50 OD: \$18.75

### Biscuits Café & Jenkins Estate

Join us as we meet at the Elsie Stuhr Center to board a small bus toward Biscuits Café in Scholls Ferry. Enjoy the breakfast dishes of your choice before we head to the Jenkins Estate, a beautiful THPRD property with a 1.6-mile trail. Cost of breakfast is not included. Trail difficulty: Easy.

10/17 (1) Th 9 am-12 pm ES22604  
 OffSite ID/AP: \$15 SD: \$13.50 OD: \$18.75

## TRIPS AND TOURS

### Halloween Train Ride & Tillamook Excursion

Set off on an adventure with an exciting outing in Tillamook and then the Halloween Coast Train ride. First, we'll explore the historic Tillamook Air Museum, where vintage aircraft and aviation history come to life. Then, indulge your taste buds with a visit to the Tillamook Creamery, where you can sample delicious cheeses and learn about the cheese-making process. After dinner, we'll hop on the train for a seasonal train ride. Join us for a day of discovery, history, and culinary delights. You are encouraged to dress up. Food is not included on this trip.

10/29 (1) T 1-8 pm ES26600  
 OffSite ID/AP: \$103 SD: \$92.50 OD: \$128.75

### Oregon Coast Aquarium & Coast Trip

Embark on an unforgettable journey starting with a visit to the Oregon Coast Aquarium, where you'll explore fascinating marine life. Enjoy a delightful lunch at Rogue Ales before we head to the majestic Yaquina Head Lighthouse for a quick stop and scenic views. On our way back to Beaverton, we'll make a little detour at the Nelscott Strip, where you can indulge in sweet treats at the candy store, explore treasures at the antique shop, and experience the magic of the Christmas cottage. Join us for a day filled with adventure, discovery, and enchanting sights along the Oregon coast!

9/13 (1) F 7 am-6 pm ES26602  
 OffSite ID/AP: \$82 SD: \$73.75 OD: \$102.50



**Arts For Healing Classes At The Reser**

**Remo Health Rhythms**

Leading the way in the use of Rhythm. HealthRHYTHMS® is a research-based group drumming program developed over 20 years ago through the interdisciplinary collaboration of experts in Neuroscience, Music Therapy, and Recreational Music Making.

**Everybody Move**

This research-backed global program is designed for people living with Parkinson's but benefits anyone with mobility concerns. No dance experience is required – class may be enjoyed seated or standing. Energizing and inspiring live music will guide you as you discover diverse dance styles and practical movement methods that address balance, flexibility, and confidence.

**Visual Arts for Chronic Pain**

The workshop will include artmaking time that can be either digital or analog depending on what is most accessible to you. Recommended art materials for handmade work include colorful pens or pencils and paper. No drawing skills are required. We will be using abstract shapes to visually tell your chronic illness story. You have the option of continuing to work on your abstract data visualization of symptoms over time, after the workshop ends.

**WORLD MUSIC CLASSES**

We will launch a series of classes designed to introduce beginners of all ages to the musical instruments from around the world. Our partner Arts for Learning NW will help us select teaching artists from their roster to facilitate these special classes.

Our goal for the fall is to offer instruction for the following instruments: Taiko Drums (Japan) , Santur (Iran), Ukulele (Pacific Islands)

**\*Please contact the Elsie Stuhr Center (503-629-6342) for specific time and pricing for these programs.**

**The Crystal Dolphin Yacht Lunch Cruise**

Come with us as we hop aboard the Crystal Dolphin Yacht for a memorable private lunch adventure on the beautiful Willamette River. See all the city has to offer as we travel upriver to the historic Milwaukie Waterfront. Transportation, private yacht, lunch and escort included.

<b>10/3 (1)</b>	<b>Th</b>	<b>10:30 am-3 pm</b>	<b>ES26601</b>
OffSite	ID/AP: \$165	SD: \$148.50	OD: \$206.25



**LUNCH TRIPS**

Join the Stuhr Center staff as we provide transportation to various lunch spots across Beaverton and Portland, accompanied by a friendly chaperone. The cost includes transportation and chaperone services; food is not included, allowing you to choose and pay for your own meals. Discover new restaurants, meet fellow food enthusiasts, and enjoy a hassle-free culinary adventure.

<b>Casa Zoraya</b>			
<b>9/17 (1)</b>	<b>T</b>	<b>11 am-1:30 pm</b>	<b>ES26607</b>
OffSite	ID/AP: \$18	SD: \$16	OD: \$22.50
<b>Salty's</b>			
<b>9/24 (1)</b>	<b>T</b>	<b>11 am-1:30 pm</b>	<b>ES26608</b>
OffSite	ID/AP: \$18	SD: \$16	OD: \$22.50
<b>Gabbiano's</b>			
<b>10/8 (1)</b>	<b>T</b>	<b>11 am-1:30 pm</b>	<b>ES26609</b>
OffSite	ID/AP: \$18	SD: \$16	OD: \$22.50
<b>Urdaneta</b>			
<b>10/22 (1)</b>	<b>T</b>	<b>11 am-1:30 pm</b>	<b>ES26610</b>
OffSite	ID/AP: \$18	SD: \$16	OD: \$22.50
<b>Murata</b>			
<b>11/5 (1)</b>	<b>T</b>	<b>11 am-1:30 pm</b>	<b>ES26611</b>
OffSite	ID/AP: \$18	SD: \$16	OD: \$22.50
<b>Comedor Lilia</b>			
<b>11/19 (1)</b>	<b>T</b>	<b>11 am-1:30 pm</b>	<b>ES26612</b>
OffSite	ID/AP: \$18	SD: \$16	OD: \$22.50
<b>La Provence</b>			
<b>12/3 (1)</b>	<b>T</b>	<b>11 am-1:30 pm</b>	<b>ES26613</b>
OffSite	ID/AP: \$18	SD: \$16	OD: \$22.50
<b>Cooper Mountain Ale Works</b>			
<b>12/17 (1)</b>	<b>T</b>	<b>11 am-1:30 pm</b>	<b>ES26614</b>
OffSite	ID/AP: \$18	SD: \$16	OD: \$22.50







### 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.

**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.

**NueroFitness for Parkinson's** This class addresses the common symptoms of Parkinson's disease (rigidity, hand dexterity, balance, gait, coordination and more). Engage the brain and body to encourage more fluid, balanced movement. Participants will be standing and moving about the room (chairs available as needed for balance assist and rest).

**Pilates** A low impact gentle form of exercise. 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



**TUALATIN HILLS**  
PARK & RECREATION DISTRICT

**7475 SW Oleson Road**  
**Portland, 97223**  
**503-629-6341**

TriMet Route #45

**Fall Term:** September 3 – December 30

### Center Hours:

Monday-Friday: 7 am - 8:30 pm

Saturday: 8 am - 1 pm

Sunday: Closed

### Facility Closed:

- **Monday, September 2**
- **Thursday, November 28**
- **Tuesday, December 24**
- **Wednesday, December 25**
- **Monday, January 1**

### Modified Schedule:

- **Friday, November 29 (9am-2pm)**

### 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

Garden Home Recreation Center has spaces available for rent during building hours. This includes:

- Gym rentals
- Room rentals
- Birthday parties
- Gymnastics room party packages (NEW)

Visit our website or call 503-629-6341 for more information.

## Events



### Sempoashochitl Festival

**Saturday, October 26th • 3-9 pm**



Get to know the traditional Day of the Dead Flower and celebrate life and nature.



### Spooky Tots



**Special Tumble Tots Event on 10/31/24**

Drop-in rates apply.



## Fall & Winter Break Camps

### Fall Camps

No school during Thanksgiving break? Join all-day fall 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 every day with a water bottle, lunch, and a snack.

See page 103 for more details.

### Winter Break Camps

Join us for all-day winter break fun! Each day will include games, sports, arts and crafts and more. Please remember to send your camper with a water bottle, lunch and a snack each day.

See page 103 for more details.

### Winter Break Art Mini Camp

Come join our single day mini art camps. Each day will feature three unique art and craft projects for your kids to explore their creativity and imagination using clay, mixed media, sculpture, and more!

See page 103 for more details.



[gardenhomelibrary.org](http://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.



Join us for weekly story times on Wednesdays and Saturdays at 10 am!

### 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

### Fitness Classes and Drop-In Sports

See page 109 for Garden Home Recreation Center's description of classes.

**Garden Home Recreation Center**

# Tumble Tots

**Ages 1-5 yrs**

## Drop-in Program

**New!**

**Tumble Tots Party Rentals**  
For more information please call 503-629-6341

Tuesdays & Thursdays 9-10:30 am & 10:45 am-12 pm  
Saturdays 9-10:30 am

Adult participation is required for this drop-in program

@thprd f i y [www.thprd.org](http://www.thprd.org)

### Middle Eastern Cooking Classes

New classes are coming up soon! Call the center at 503-629-6341 for more information.



### Little Yogi's Fitness Fun.

**new**

See page 108 for more details.



### 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 Español.**



# 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, parks and housing complexes.

Check [thprd.org](http://thprd.org) for our Fall outreach schedule and our FREE monthly Pokemon events with Oregon Pokemon.





# 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.

**Enrollment for the 2024-2025 School Year is open, as long as space allows.** A non-refundable \$50 enrollment fee is due at time of registration.

THRIVE tuition options for 2024-2025:

- A. Afterschool care only, 9 payments of \$408
- B. Afterschool care plus seven (7) weeks of summer camp in 2025, 11 payments of \$531

Tuition includes four (4) BSD in-service days. Tuition does not include holidays, winter break, spring break, or additional no school days.

**Schools we serve:**

- Fir Grove
- McKay
- Vose
- Montclair
- Raleigh Hills
- Chehalem

For more information, call Garden Home Recreation Center at 503-629-6341.

### Fall Camps

No school during Thanksgiving break? Join all-day fall 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 every day with a water bottle, lunch, and a snack.

11/25 (1) Rm C	M	7:30 am-6 pm ID/AP: \$65	6-10 yrs OD: \$81.25	GH27201
11/26 (1) Rm C	T	7:30 am-6 pm ID/AP: \$65	6-10 yrs OD: \$81.25	GH27202
11/27 (1) Rm C	W	7:30 am-6 pm ID/AP: \$65	6-10 yrs OD: \$81.25	GH27203
11/28 (1) Rm C	F	7:30 am-6 pm ID/AP: \$65	6-10 yrs OD: \$81.25	GH27204

### Winter Break Camps

All-day winter 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.

12/23 (1) Rm C	M	7:30 am-6 pm ID/AP: \$65	6-10 yrs OD: \$81.25	GH27211
12/26 (1) Rm C	Th	7:30 am-6 pm ID/AP: \$65	6-10 yrs OD: \$81.25	GH27212
12/27 (1) Rm C	F	7:30 am-6 pm ID/AP: \$65	6-10 yrs OD: \$81.25	GH27213
12/30 (1) Rm C	M	7:30 am-6 pm ID/AP: \$65	6-10 yrs OD: \$81.25	GH27221
1/2 (1) Rm C	Th	7:30 am-6 pm ID/AP: \$65	6-10 yrs OD: \$81.25	GH27222
1/3 (1) Rm C	F	7:30 am-6 pm ID/AP: \$65	6-10 yrs OD: \$81.25	GH27223

### Winter Break Art Mini Camp new

Come join our single day mini art camps. Each day will feature three unique art and craft projects for your kids to explore their creativity and imagination using clay mixed media, sculpture, and more!

12/23 (1) Rm C	M	7:30 am-6 pm ID/AP: \$65	6-10 yrs OD: \$81.25	GH27211
12/26 (1) Rm C	Th	7:30 am-6 pm ID/AP: \$65	6-10 yrs OD: \$81.25	GH27212
12/27 (1) Rm C	F	7:30 am-6 pm ID/AP: \$65	6-10 yrs OD: \$81.25	GH27213
12/30 (1) Rm 13	M	9 am-12 pm ID/AP: \$79	6-10 yrs OD: \$98.75	GH24215
1/2 (1) Rm 13	Th	9 am-12 pm ID/AP: \$79	6-10 yrs OD: \$98.75	GH24217
1/3 (1) Rm 13	F	9 am-12 pm ID/AP: \$79	6-10 yrs OD: \$98.75	GH24218

## Arts & Crafts – Preschool

### Crazy Creations – Parent & Child Art

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. One child/one adult.

9/19-11/21 (10) Rm 13	Th	10-11 am ID/AP: \$83	2.h-5 yrs OD: \$103.75	GH24100
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## Arts & Crafts – Youth

### 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!

9/17-11/19 (10)	T	3:45-4:30 pm	5-7 yrs	GH24202
Rm 13		ID/AP: \$86	OD: \$107.50	

### Recycled Art and More! new

Students will have fun expressing themselves while creating various art projects with different recycled materials and mediums. Sculptures, paintings, jewelry and more. **No class 10/31.**

9/19-11/21 (10)	Th	3:45-4:30 pm	5-7 yrs	GH24200
Rm 13		ID/AP: \$77	OD: \$96.25	
9/19-11/21 (10)	Th	5-5:45 pm	8-11 yrs	GH24201
Rm 13		ID/AP: \$77	OD: \$96.25	

### Art with Clay

Students in this class will use clay as a medium to express their artistic ideas. Coil pots, sculptures and much more!

9/16-11/18 (10)	M	3:30-4:30 pm	6-8 yrs	GH24203
Rm 13		ID/AP: \$91	OD: \$113.75	
9/16-11/18 (10)	M	5-6 pm	9-12 yrs	GH24204
Rm 13		ID/AP: \$91	OD: \$113.75	



### Drawing Anime

Design cartoon characters and anime drawings using fundamental skills in this beginner's cartooning/anime class for youth inspired by anime culture.

9/18-11/20 (10)	W	3:30-4:30 pm	6-8 yrs	GH24206
Rm 13		ID/AP: \$96	OD: \$120	
9/18-11/20 (10)	W	5-6 pm	9-12 yrs	GH24207
Rm 13		ID/AP: \$96	OD: \$120	

### Glass Art new

Come learn about cultures through glass art! With a creative mind and background in art, Maya Arts takes pride in being able to represent all cultures around the world with their personalized art. Children will learn different techniques of glass painting and much more! \$60 will be payable to the instructor on the first day of classes.

9/19-10/10 (4)	Th	5-6 pm	6-12 yrs	GH24212
Rm 13		ID/AP: \$22	OD: \$27.50	
10/17-11/7 (4)	Th	5-6 pm	6-12 yrs	GH24213
Rm 13		ID/AP: \$15	OD: \$18.75	

### Nature Inspired Art

Join our instructor, gather, and explore our natural surroundings by using nature landscapes and inspiration to create art. **No class 10/31**

9/19-11/21 (9)	Th	3:45-4:30 pm	5-7 yrs	GH24200
Rm 13		ID/AP: \$77	OD: \$96.25	
9/19-11/21 (9)	Th	5-5:45 pm	8-11 yrs	GH24201
Rm 13		ID/AP: \$77	OD: \$96.25	

### Paper Mache Art & Mixed Media Art new

Be inspired by the masters and experience lots of mediums: paint, pastels, clay, mixed media, Paper Mache and more.

9/17-11/19 (10)	T	5-6:05 pm	9-12 yrs	GH24205
Rm 13		ID/AP: \$97	OD: \$121.25	

### After School Artists

In this class students will be exploring various painting techniques, oils, acrylic, and water colors along with many different materials to apply color to. This will be a fun and expressive class for the budding artist. **No class 11/10 & 11/24.**

9/20-11/22 (10)	F	3:30-4:30 pm	6-8 yrs	GH24208
Rm 13		ID/AP: \$86	OD: \$107.50	
9/20-11/22 (10)	F	5-6 pm	9-12 yrs	GH24209
Rm 13		ID/AP: \$86	OD: \$107.50	

## Dance – Preschool

### Mini Flamenco Dancers

Mini Flamenco Dancers introduces our youngest dancers to the basics of footwork, palmas (hand percussion), and cante (singing in Spanish). This fall students will learn tangos. Misc Fee: \$40

9/20-11/22 (10)	F	5-5:45 pm	3-6 yrs	GH21109
Rm 14		ID/AP: \$72	OD: \$90	

### 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.

9/17-11/19 (10)	T	4-4:45 pm	3.5 -5 yrs	GH21106
Rm 14		ID/AP: \$80	OD: \$100	

### 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. **No class on 10/31.**

9/19-11/21 (9)	Th	4-4:45 pm	4-6 yrs	GH21108
Rm 14		ID/AP: \$72	OD: \$90	

### Ballet/Tap

Sample two of the most fundamental dance forms in this fun class.

9/17-11/19 (10)	T	5-5:45 pm	4-6 yrs	GH21103
Rm 14		ID/AP: \$77	OD: \$96.25	



## 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).

## Dance – Youth

### Ballet

Traditional ballet techniques class. Comprehensive barre and center work for returning and motivated beginners. Students develop strength, flexibility, coordination, and confidence. All levels welcome. **No class on 10/31.**

9/19-11/21 (10) Th 5-5:45 pm 6-9 yrs GH21200  
Rm 14 ID/AP: \$72 OD: \$90

### Ballet/Tap/Jazz

Ready for variety? We'll learn some basic technique and fun routines in this fast paced class. Tap shoes required.

9/17-11/19 (10) T 6:05-7 pm 6-9 yrs GH21201  
Rm 14 ID/AP: \$89 OD: \$111.25

### Musical Theater

Develop your acting, singing, and dancing skills as we perform scenes from the musical ANNIE. **No class on 10/31.**

9/19-11/21 (10) Th 6:05-7 pm 6-9 yrs GH21202  
Rm 14 ID/AP: \$83 OD: \$103.75

### Flamenco Kids

Flamenco Kids is an introductory class for our older dancers that will teach them footwork, palmas (hand percussion), and cante (singing in Spanish). This age group will work on more advanced techniques and choreographies. This fall students will learn tangos. Price includes flamenco shoes.

9/20-11/22 (10) F 6-7 pm 7-11 yrs GH21203  
Rm 14 ID/AP: \$85 OD: \$106.25



## Dance – Adults

### 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. **No class on 10/31.**

9/19-11/21 (10) Th 7:15-8 pm 13-adult GH21301  
Rm 14 ID/AP: \$83 OD: \$103.75

### 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.

9/17-11/19 (10) T 7:05-8 pm 13-adult GH21300  
Rm 14 ID/AP: \$119 OD: \$148.75

### 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.

11/4-12/16 (7) M 6:30-7:30 pm 13-adult GH21302  
Rm 14 ID/AP: \$82 OD: \$102.50



## 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 on 10/14 & 11/11.**

9/16-11/18 (8) M 5:30-6:15 pm 3-5 yrs GH21305  
Rm 3 ID/AP: \$97 OD: \$121.25

9/17-11/19 (10) T 5:30-6:15 pm 3-5 yrs GH21307  
Rm 3 ID/AP: \$121 OD: \$151.25

9/19-11/21 (10) Th 4:45-5:30 pm 3-5 yrs GH21309  
Rm 3 ID/AP: \$121 OD: \$151.25

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



## 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 on 10/14 & 11/11.**

9/16-11/18 (8)	M	6:45-7:30 pm	6-8 yrs	GH23106
Rm 3		D/AP: \$97	OD: \$121.25	
9/17-11/19 (10)	T	6:45-7:30 pm	6-8 yrs	GH23108
Rm 3		ID/AP: \$121	OD: \$151.25	
9/19-11/21 (10)	Th	5:45-6:30 pm	6-8 yrs	GH23110
Rm 3		ID/AP: \$121	OD: \$151.25	
9/19-11/21 (10)	Th	6:45-7:30 pm	9-11 yrs	GH23111
Rm 3		ID/AP: \$121	OD: \$151.25	

## 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! **No class 9/24.**

9/17-11/19 (9)	T	3:30-4:15 pm	3-5 yrs	GH22101
Gym		ID/AP: \$59	OD: \$73.75	

### 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 on 10/14 & 11/11.**

9/18-11/20 (9)	W	3:30-4 pm	3-5 yrs	GH22131
Gym		ID/AP: \$51	OD: \$63.75	
9/18-11/20 (9)	W	4:05-4:35 pm	3-5 yrs	GH22132
Gym		ID/AP: \$51	OD: \$63.75	
9/23-12/2 (9)	M	3:15-3:45 pm	3-5 yrs	GH22130
Gym		ID/AP: \$48	OD: \$60	

## Sports & Fitness – Youth

### Soccer: Level 1

Athletes will focus on teamwork, fair play, drills, dribbling and scrimmages in a fun and encouraging atmosphere. **No class on 9/24.**

9/17-11/19 (9)	T	4:30-5:15 pm	5-7 yrs	GH22200
Gym		ID/AP: \$59	OD: \$73.75	

### Soccer: Skills and 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. **No class on 9/24.**

9/17-11/19 (9)	T	5:45-6:30 pm	7-9 yrs	GH22001
Gym		ID/AP: \$59	OD: \$73.75	
9/18-11/20 (9)	W	3:30-4 pm	3-5 yrs	GH22131
Gym		ID/AP: \$51	OD: \$63.75	
9/18-11/20 (9)	W	4:05-4:35 pm	3-5 yrs	GH22132
Gym		ID/AP: \$51	OD: \$63.75	

### 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 on 10/14 & 11/11.**

9/23-12/2 (9)	M	4-5 pm	6-14 yrs	GH22220
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 on 10/14 & 11/11.**

9/23-12/2 (9)	M	5:15-6:15 pm	6-adult	GH22230
Gym		ID/AP: \$96	OD: \$120	



## 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.**

9/21-10/12 (4)	S	11 am-12 pm	7-adult	GH22231
OffSite		ID/AP: \$15	OD: \$18.75	
9/22-10/13 (4)	Su	4-5 pm	7-adult	GH22232
OffSite		ID/AP: \$15	OD: \$18.75	
10/19-11/9 (4)	S	11 am-12 pm	7-adult	GH22233
OffSite		ID/AP: \$15	OD: \$18.75	
10/20-11/10 (4)	Su	4-5 pm	7-adult	GH22234
OffSite		ID/AP: \$15	OD: \$18.75	
11/16-12/7 (4)	S	11 am-12 pm	7-adult	GH22235
OffSite		ID/AP: \$15	OD: \$18.75	
11/17-12/8 (4)	Su	4-5 pm	7-adult	GH22236
OffSite		ID/AP: \$15	OD: \$18.75	





## General Interest



### Coding for kids: Beginner level K-2 new

9/18-11/20 (10) W 5-6 pm 5-8 yrs GH25201  
Rm F ID/AP: \$349 OD: \$436.25

### Coding for kids: Beginner level 3rd-5th grade

9/19-11/21 (10) Th 5-6 pm 8-11 yrs GH25202  
Rm F ID/AP: \$349 OD: \$436.25

### Cooking Authentic Indian Food:

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

9/19-10/10 (4) Th 5:30-7:50 pm 16-adult GH25501  
Kitchen ID/AP: \$134 OD: \$167.50  
10/17-11/7 (4) Th 5:30-7:30 pm 16-adult GH25502  
Kitchen ID/AP: \$134 OD: \$167.50  
11/14-12/12 (4) Th 5:30-7:30 pm 16-adult GH25503  
Kitchen ID/AP: \$134 OD: \$167.50

### Parents Night Off: Kids Night In

Join us on Friday evening from 6pm to 8pm for a fun-filled event! Kids can enjoy movies, pizza, arts and crafts, gymnastics, and more, all in a safe and nurturing environment. Meanwhile, parents can enjoy a well-deserved break. Mark your calendars for a night out while your kids have a blast!

9/27 (1) F 6-8 pm 6-10 yrs GH28201  
Rm C ID/AP: \$35 OD: \$43.75  
10/25 (1) F 6-8 pm 6-10 yrs GH28202  
Rm C ID/AP: \$35 OD: \$43.75  
11/22 (1) F 6-8 pm 6-10 yrs GH28203  
Rm C ID/AP: \$35 OD: \$43.75

### Family Art Workshop

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. Registration required for each participant.

10/5 (1) S 11 am-1 pm 5-adult GH24102  
Rm 13 ID/AP: \$16 OD: \$20  
11/9 (1) S 11 am-1 pm 5-adult GH24103  
Gym ID/AP: \$16 OD: \$20

## New Classes Coming Soon new

- Middle Eastern Cooking Classes
- Treasure Trove
- Music Classes



For more information, call Garden Home Recreation Center at 503-629-6341

## 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 – Teen / Adult

### FitMas- Holiday Fitness Extravaganza new

Join our fitness and recreation staff for a fun and festive morning of fitness to holiday sounds, raffle prizes, healthy snacks and so much more! Wear your best holiday workout attire for your chance to win the best dressed prize too! Pre-registration required.

12/14 (1) S 9-11 am 14-adult GH22575  
Gym ID/AP: \$12 OD: \$15

### Navega por tu Sala de Pesas

Aprenda los ajustes de la máquina, la técnica básica para usar el equipo del gimnasio y reciba un programa de ejercicio básico durante esta sesión de 1 hora y media con CPT Leah.

9/24 (1) T 6-7:30 pm 14-adult GH22574  
Wt Rm ID/AP: \$18 OD: \$22.50

### Navigate Your Weight Room

Learn machine adjustments, basic technique for using fitness room equipment, and receive a basic exercise program during this 1.5 hour session with CPT. Small group format. Maximum five people.

11/16 (1) S 11 am-12:30 pm 14-adult GH22573  
Wt Rm ID/AP: \$18 OD: \$22.50

### The Magic of Sound: A Powerful Approach to Well-Being

Join us for this 1.5 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.

9/25 (1) W 6-7:30 pm 14-adult GH22571  
Rm 8 ID/AP: \$20 OD: \$25

### Ba Gua Series new

Ba Gua (bah gwah), or Eight Diagrams method, is a soft Chinese martial art that has much in common with its "sister style" Tai Chi. Bagua movements are soft and continuously flowing like Tai Chi but feature more circular and spiralling choreography. It is taught as both a health-enhancing, life-long exercise and an effective mind-body self-defense art. If you like Tai Chi, Ba Gua will be a great complementary practice. Ba Gua is suitable for all age groups and athletic abilities.

9/16-11/4 (8) M 5:30-6:30 pm 14-adult GH22572  
Rm 2 ID/AP: \$104 OD: \$130

## Fitness

### Little Yogi's Fitness Fun new

Drop in every Friday and enjoy time engaging with your child in this yoga, movement, and more program. You will get moving, children will stimulate their imagination and channel energy while learning fun yoga and movement exercises, songs, and games. Class is for walkers to age 3.5 years. Parent/guardian participation required. Deluxe pass eligible and drop-in rates apply.

9/20-12/20 (14) F 10:45-11:30 am 1-3 yrs  
Rm 8 ID/AP: \$8.50 OD: \$10



## 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.

### 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.

### HIIT

HIIT (High Intensity Interval Training) is a cardiovascular exercise class alternating short periods of intense anaerobic exercise with less intense recovery periods.

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.

**\$60.75 ID/\$76 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 \$51.50 ID/ \$64.50 OD

3 sessions \$154.50 ID/ \$193.50 OD

6 sessions \$309 ID/ \$387 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 \$68.50 ID/ \$85.75 OD

3 sessions \$205.50 ID/ \$257.25 OD

6 sessions \$411 ID/ \$514.50 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**

**Greg Creager**  
Nature & Trails Supervisor

**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/>.



## **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.*



# 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:

- Labor Day, September 2
- Thanksgiving, November 28
- Christmas Eve, December 24
- Christmas, December 25

Modified Schedule:

- November 29, 9 am-2 pm

Nature Center Offers:

- Nature Studies – Preschool, Youth & Family
- Nature Camps
- Events
- School and Group Programs
- Fitness

## Registration for Programs at Cooper Mountain Nature Park

Out-of-district patrons can register for Cooper Mountain Nature Park programs at the in-district fee rate. A THPRD residency card is required, at no extra charge, before registration begins. This special out-of-district fee exemption is only valid for Cooper Mountain Nature Park programs.

## Facility Rentals

The Tualatin Hills Nature Center and Cooper Mountain Nature House have limited capacity rental spaces for your next event. Rentals are available when programs are not in session. 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 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
- Easy access to the adjacent park

Program options for ages 3 -12 years 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.



[www.facebook.com/THPRDNature](http://www.facebook.com/THPRDNature)



[www.instagram.com/tualatinhillsnaturecenter](http://www.instagram.com/tualatinhillsnaturecenter)

## Nature Store

The Nature Store is in the Tualatin Hills Nature Center lobby and offers various 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.



## 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 within walking distance of schools. Activities incorporate 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](http://www.thprd.org) to learn which programs help reinforce the scientific practices and crosscutting concepts your class is working on this year. 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 class.

**Locations:** Cooper Mountain Nature Park, Tualatin Hills Nature Park, other THPRD natural areas, or at your school!

## 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, engaging programs can be scheduled year-round. Call today to schedule a guided hike for your group.

**Locations:** Cooper Mountain Nature Park, Tualatin Hills Nature Park, and other THPRD natural areas.



## Scouts in Nature: Girl Scouts

*Daisies, Brownies & Juniors*

### Brownies and Juniors Outdoor Art Creator and Explorer Badge

Get outside and be inspired by the beauty of nature! Join our naturalists for a day of art in the park that includes hikes and hands-on activities where you can complete the steps to earning your Outdoor Art Creator and Explorer Badge! Join as a troop or individually. Badge is not included with registration.

10/19	S	10 am-12 pm	7-11 yrs	NP25270
Tualatin Hills Nature Center			ID/AP: \$16 OD: \$20	

**NOTE:** If your troop can't make this date, fill out the Nature Program Request Form 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. [www.thprd.org/activities/nature/girl-scout-programs](http://www.thprd.org/activities/nature/girl-scout-programs).



## Nature Kids Preschool Program

This September-through-May nature-based program for preschoolers introduces developmentally appropriate activities throughout the year in a curriculum that focuses on experiential learning through exposure to nature and the changing seasons. Children develop skills through tactile activities, play, and academic experiences. There is guidance to advance their communication and problem-solving skills in a safe, active, natural environment.

### Ages 3-4

#### **Chipmunks**

T/Th 9-11:30 am \$285/month (2024-25 school year)  
Tualatin Hills Nature Center

#### **Hummingbirds**

T/Th 9-11:30 am \$285/month (2024-25 school year)  
Jenkins Estate Gatehouse

### Ages 4-5

#### **Ladybugs**

M/W/F 8:30-11:30 am \$390/month (2024-25 school year)  
Tualatin Hills Nature Center

#### **Owls**

M/W/F 1-4 pm \$390/month (2024-25 school year)  
Tualatin Hills Nature Center

#### **Dragonflies**

M/W/F 9 am-noon \$390/month (2024-25 school year)  
Jenkins Estate Gatehouse



# Newt Day

**Saturday, November 2 • 12 – 4 pm**

Discover how animals rely on their senses to navigate their surroundings and uncover the secrets of their habitats. Through interactive exhibits, you will learn how aquatic invertebrates, amphibians, reptiles, and mammals perceive their environment. Then, venture into the park to use your senses to uncover traces of these creatures on a self-guided exploration. Join us for this family-friendly event designed to inspire nature exploration during the season when it is tempting to stay inside. Preregistration is recommended.

Noon - 1:00 pm	3+	NP26100
1:00 - 2:00 pm	3+	NP26101
2:00 - 3:00 pm	3+	NP26102

Location: Tualatin Hills Nature Center

Admission: \$5 per person or \$15 per family, children 2 years and under are free.





## Nature Studies – Preschool

Dates (Weeks) Location	Day	Time	Ages ID/AP/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.

#### Forest Friends

9/24-10/15 (4) T 9:30-11:30 am 3-5 yrs NP25130  
Tualatin Hills Nature Center ID/AP: \$88 OD: \$110

#### Colors of Nature

9/26-10/17 (4) Th 9:30-11:30 am 3-5 yrs CM25130  
Cooper Mountain Nature Park ID/AP/OD: \$88

#### Nature Sensations

10/22-11/12 (4) T 9:30-11:30 am 3-5 yrs NP25131  
Tualatin Hills Nature Center ID/AP: \$88 OD: \$110

#### Wings and Things

10/24-11/21 (5) Th 9:30-11:30 am 3-5 yrs CM25131  
Cooper Mountain Nature Park ID/AP/OD: \$110

#### Wetland Wonders

12/3-12/17 (3) T 9:30-11:30 am 3-5 yrs NP25132  
Tualatin Hills Nature Center ID/AP: \$67 OD: \$83.75

## 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. An adult is required to accompany each registered child.

9/21	S	10-11 am	2-5 yrs	NP25100
		Tualatin Hills Nature Center	ID/AP: \$9	OD: \$11.25
9/28	S	10-11 am	2-5 yrs	NP25101
		Tualatin Hills Nature Center	ID/AP: \$9	OD: \$11.25
10/5	S	10-11 am	2-5 yrs	NP25102
		Tualatin Hills Nature Center	ID/AP: \$9	OD: \$11.25
10/12	S	10-11 am	2-5 yrs	NP25103
		Tualatin Hills Nature Center	ID/AP: \$9	OD: \$11.25
10/19	S	10-11 am	2-5 yrs	NP25104
		Tualatin Hills Nature Center	ID/AP: \$9	OD: \$11.25
10/26	S	10-11 am	2-5 yrs	NP25105
		Tualatin Hills Nature Center	ID/AP: \$9	OD: \$11.25
11/9	S	10-11 am	2-5 yrs	NP25106
		Tualatin Hills Nature Center	ID/AP: \$9	OD: \$11.25
11/16	S	10-11 am	2-5 yrs	NP25107
		Tualatin Hills Nature Center	ID/AP: \$9	OD: \$11.25
11/23	S	10-11 am	2-5 yrs	NP25108
		Tualatin Hills Nature Center	ID/AP: \$9	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 un adulto.

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. The price includes one child and two additional family members. An adult is required to accompany each registered child.

9/29	Su	2-3 pm	2-5 yrs	NP25109
		Tualatin Hills Nature Center	ID/AP: \$9	OD: \$11.25
10/27	Su	2-3 pm	2-5 yrs	NP25110
		Tualatin Hills Nature Center	ID/AP: \$9	OD: \$11.25
11/24	Su	2-3 pm	2-5 yrs	NP25111
		Tualatin Hills Nature Center	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.

9/18	W	10-11 am	2-5 yrs	CM25230
		Cooper Mountain Nature House	ID/AP/OD: \$13	
10/2	W	10-11 am	2-5 yrs	CM25231
		Cooper Mountain Nature House	ID/AP/OD: \$13	
10/16	W	10-11 am	2-5 yrs	CM25232
		Cooper Mountain Nature House	ID/AP/OD: \$13	
10/30	W	10-11 am	2-5 yrs	CM25233
		Cooper Mountain Nature House	ID/AP/OD: \$13	
11/6	W	10-11 am	2-5 yrs	CM25234
		Cooper Mountain Nature House	ID/AP/OD: \$13	
11/20	W	10-11 am	2-5 yrs	CM25235
		Cooper Mountain Nature House	ID/AP/OD: \$13	

## 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. The price is per person. An adult must register and accompany youth participants.

#### Moonlit Bats

9/20 F 7-9 pm 6 yrs-adult NP25500  
Tualatin Hills Nature Center ID/AP: \$18 OD: \$22.50

#### Spooktacular Plants & Potions

10/26 S 6:30-8:30 pm 6 yrs-adult NP25501  
Tualatin Hills Nature Center ID/AP: \$18 OD: \$22.50

#### Hoot and Howl

11/9 S 6:30-8:30 pm 6 yrs-adult CM25500  
Cooper Mountain Nature House ID/AP/OD: \$18

#### Night Hike

12/6 F 6:30-8:30 pm 6 yrs-adult NP25502  
Tualatin Hills Nature Center ID/AP: \$18 OD: \$22.50

## 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!

#### Animal Engineers

9/27 F 6:30-9 pm 6-12 yrs NP25200  
Tualatin Hills Nature Center ID/AP: \$27 OD: \$33.75

#### Night Owls

10/4 F 6:30-9 pm 6-12 yrs NP25201  
Tualatin Hills Nature Center ID/AP: \$27 OD: \$33.75

#### Spidey Senses

10/18 F 6:30-9 pm 6-12 yrs CM25200  
Cooper Mountain Nature House ID/AP/OD: \$27

#### Twilight Tales

11/15 F 6:30-9 pm 6-12 yrs NP25202  
Tualatin Hills Nature Center ID/AP: \$27 OD: \$33.75

#### Winter Wildlife

11/23 S 6:30-9 pm 6-12 yrs CM25201  
Cooper Mountain Nature House ID/AP/OD: \$27



## Nature Camps

### Camp Wild Things Day Off Camp • 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.

#### Amazing Amphibians

Head into the park to search under logs and rocks for our salamander and newt friends.

11/11	M	9am-12 pm	4-6 yrs	NP27120
Tualatin Hills Nature Center			ID/AP: \$38	OD: \$47.50

### 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.

#### Wonderful Wetlands

Wear your rainboots and get ready for an adventure. Dive into a day of exploring marshes and ponds, meet some cool creatures that call the wetlands home, and discover why these squishy, splashy places are super important.

10/11	F	8 am-5 pm	7-13 yrs	NP27200
Tualatin Hills Nature Center			ID/AP: \$85	OD: \$106.25

#### Newts about the Nature Park

Rough-skinned newts are the most poisonous animal in Oregon! Join us as we explore their home, learn all about their fascinating life cycle, and if luck is on our side, we might even get to meet one up close. Don't miss out on this newt-tastic adventure!

10/25	F	8 am-5 pm	7-13 yrs	NP27201
Tualatin Hills Nature Center			ID/AP: \$85	OD: \$106.25

#### Creepy, Crawly, Fun!

Enjoy the park as we examine a variety of animal species that scuttle and skitter along the forest floor. Step into the world of these creatures as we learn about their habits and habitats. (Sign up for the days your child's school has conferences.)

11/7	Th	8 am-5 pm	7-13 yrs	NP27202A
Tualatin Hills Nature Center			ID/AP: \$85	OD: \$106.25

11/14	Th	8 am-5 pm	7-13 yrs	NP27203A
Tualatin Hills Nature Center			ID/AP: \$85	OD: \$106.25

#### Mammal Tracks

Mammals are a diverse group of animals. Explore the adaptations mammals use to survive and discover the various habitats where they live. Learn what mammals live in the park, and head out on the trails to look for their tracks! (Sign up for the days your child's school has conferences.)

11/8	F	8 am-5 pm	7-13 yrs	NP27202B
Tualatin Hills Nature Center			ID/AP: \$85	OD: \$106.25

11/15	F	8 am-5 pm	7-13 yrs	NP27203B
Tualatin Hills Nature Center			ID/AP: \$85	OD: \$106.25

#### Autumn Snapshots

Capture the magic of fall in a natural world painted in red, orange, and yellow! Join us in the park to practice our nature photography skills and special frame to showcase your favorite shot of the day.

11/11	M	8 am-5 pm	7-13 yrs	NP27204
Tualatin Hills Nature Center			ID/AP: \$85	OD: \$106.25

#### Eco-Engineers

Humans aren't the only ones to build homes. Campers will explore amazing feats of construction that our animal neighbors accomplish. What can they do using sticks, stones, mud, plants and other materials? We'll make a few engineering projects of our own!

11/25	M	8 am-5 pm	7-13 yrs	NP27205
Tualatin Hills Nature Center			ID/AP: \$85	OD: \$106.25

#### Care of Magical Creatures

Hagrid's assistants will be with us as we discover how owls fly silently, spiders spin webs, and what makes a newt poisonous – even if it doesn't bite! We'll even cook up some potions of our own. We'll use our magic skills to try to find fantastic beasts in the Nature Park!

11/26	Tu	8 am-5 pm	7-13 yrs	NP27206
Tualatin Hills Nature Center			ID/AP: \$85	OD: \$106.25

#### Rockin' Volcanoes

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.

11/27	W	8 am-5 pm	7-13 yrs	NP27207
Tualatin Hills Nature Center			ID/AP: \$85	OD: \$106.25

#### Nature's Masterpiece

Unleash your inner artist with the ultimate nature-inspired art adventure! Explore the world around us to find art in every leaf, stone, and stream. From big to small, we'll use natural materials like paints, clay, and stones to create our own 2D and 3D masterpieces. Let's get creative!

12/9	M	8 am-5 pm	7-13 yrs	NP27208
Tualatin Hills Nature Center			ID/AP: \$85	OD: \$106.25

## Winter Break Nature Camps

### 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.

#### Super Egg-citing Birds!

Get ready for an egg-citing adventure with our feathered friends! Dive into the world of birds as we dissect owl pellets to uncover hidden treasures and examine real bird specimens. Tune your ears to the symphony of bird calls on a nature walk. Plus, we'll have a blast with bird-themed crafts and games along the way. Join us for a flapping good time!

12/23	M	8 am-5 pm	7-13 yrs	NP27209
Tualatin Hills Nature Center			ID/AP: \$85	OD: \$106.25

#### Skywalker Solstice

Join us in celebrating one of the shortest days of the year. Strengthen and train your Jedi (or Sith) force by studying the stars above us that light up our galaxy. We'll even make our own lightsabers! May the forest be with you.

12/27	F	8 am-5 pm	7-13 yrs	NP27210
Tualatin Hills Nature Center			ID/AP: \$85	OD: \$106.25

#### Wilderness Survival at the Nature Park

Play games and learn some essential skills along the way. We'll tie knots, build shelters, learn basic first aid, use a compass, and more! We'll explore the skills needed to survive in nature!

12/30	M	8 am-5 pm	7-13 yrs	NP27211
Tualatin Hills Nature Center			ID/AP: \$85	OD: \$106.25

## Hibernation Station

Animals have many clever ways to survive the winter; hibernation is just one of them. Discover the amazing ways creatures, big and small, stay cozy when it's cold outside.

12/31 T 8 am-5 pm 7-13 yrs NP27212  
Tualatin Hills Nature Center ID/AP: \$85 OD: \$106.25

## Mythical Beasts and Games

Explore the enchanting environment of the Nature Park, harness your creativity, and create your own mythical creatures inspired by the plants and animals in nature. Then, strategize your own tabletop game set in the realms crafted from your day's exploration and discoveries.

1/2 Th 8 am-5 pm 7-13 yrs NP27213  
Tualatin Hills Nature Center ID/AP: \$85 OD: \$106.25

## Frosty Forest

Discover the secrets and hidden treasures of Oregon forests as we hunt for the oldest and weirdest trees in the Nature Park, hidden animal homes, and ferns that taste like licorice.

1/3 F 8 am-5 pm 7-13 yrs NP27214  
Tualatin Hills Nature Center ID/AP: \$85 OD: \$106.25

## 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 should dress for the weather and bring a snack, a water bottle, and a small backpack each day.

## Where the Wild Things Are

Learn about the WILDEST creatures in our community! Find out how these wild things have adapted to survive, no matter what it takes!

12/23 M 9 am-12 pm 4-6 yrs NP27100  
Tualatin Hills Nature Center ID/AP: \$38 OD: \$47.50

## Winter Wonderland

Discover the beauty of the winter season at the nature park. Circle up around the "campfire" to hear how our climate and weather changes to make a winter wonderland.

12/27 F 9 am-12 pm 4-6 yrs NP27101  
Tualatin Hills Nature Center ID/AP: \$38 OD: \$47.50

## Fuzzy Animals

Discover the different fluffy animals that call the nature park home. Follow tracks, listen to stories, and sing songs. We'll explore creatures with the warmest winter fur, fluff, and fuzz.

12/30-31 M, Tu 9 am-12 pm 4-6 yrs NP27102  
Tualatin Hills Nature Center ID/AP: \$76 OD: \$95

## Silly Geese

Embrace your inner "silly goose"! Join us for a day of fun as we act like animals in the wildest ways. Crawl on the earth like a salamander, listen with your big deer ears and play hide-and-seek just like an owl. We'll learn about what makes animals act silly, do funny crafts and sing silly songs. This camp is all about being silly!

1/2-3 Th, F 9 am-12 pm 4-6 yrs NP27103  
Tualatin Hills Nature Center ID/AP: \$76 OD: \$95

## 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 should dress for the weather and bring a snack, a water bottle, and a small backpack each day.

## Clever Critters

1, 2, 3, what will we see? Grab your detective hats and join us on a quest to follow clues to track down the animals living in the park. Ever wonder what a squirrel or owl does in the forest all day?

12/23 M 1-4 pm 6-9 yrs NP27240  
Tualatin Hills Nature Center ID/AP: \$38 OD: \$47.50

## Nature's Crafty Creators

Creators will keep their cool using natural materials to mimic nature's artists. Use your favorite selections of clay, stones, sticks and more for 2D and 3D masterpieces. Let's see how nature inspires us to create!

12/27 F 1-4 pm 6-9 yrs NP27241  
Tualatin Hills Nature Center ID/AP: \$38 OD: \$47.50

## Grossology

Get ready for the gooiest, slimiest, and most fantastically gross adventure ever! We'll explore the park for our favorite messy environments and nature's yuckiest sides—think slime, mud, and all things squishy! Get your hands dirty and learn why the grossest stuff is often the most interesting.

12/30-31 M,T 1-4 pm 6-9 yrs NP27242  
Tualatin Hills Nature Center ID/AP: \$76 OD: \$95

## Forest Stories

Transform into a magical forest fairy or elf for a day filled with wonder and whimsy in the woods! Craft your own woodland dwelling or mysterious troll cave from the treasures of the forest. Gather under the leafy canopy to hear enchanting riddles, rhymes, and tales. The sky's the limit on our forest story adventure!

1/2-3 Th,F 1-4 pm 6-9 yrs NP27243  
Tualatin Hills Nature Center ID/AP: \$76 OD: \$95

## Nature Studies – Teens

### Nature Photography Workshop

This immersive experience will empower young shutterbugs 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, uncover intricate details, and portray the magic of the seasons. Equipment is not required, but bring a smartphone or camera if you have one!

Fall Landscapes  
10/12 S 4-6 pm 12-16 yrs NP25300  
Cooper Mountain Nature House ID/AP/OD: \$20

Forest Perspectives  
11/9 S 3-5 pm 12-16 yrs NP25301  
Tualatin Hills Nature Center ID/AP: \$20 OD: \$25

## Nature Studies – Adult

### Coyotes at Cooper

Urban coyotes are hidden neighbors who live both in our parks and neighborhoods. Learn tips for living with coyotes and how we manage coyotes in our parks. Start off inside with a presentation and head out into the park to explore coyote habitats and search for signs and sounds of our nocturnal residents.

9/19 Th 7-9 pm 16+ CM25400  
Cooper Mountain Nature House ID/AP/OD: \$18

### Guided Forest Bathing

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 deeply. We'll explore gentle and meditative practices, all while "bathing" in the sights, sounds, scents, and textures of the beautiful Tualatin Hills Nature Park.

9/28 S 10 am-12 pm 16+ NP25400  
Tualatin Hills Nature Center ID/AP: \$22 OD: \$27.50

### I Like Lichens

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.

10/5 S 10:30 am-12 pm 16+ NP25401  
Tualatin Hills Nature Center ID/AP: \$18 OD: \$18

### 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.

10/12 S 10 am-12:15 pm 16+ NP25402  
Tualatin Hills Nature Center ID/AP: \$32 OD: \$40

### 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 beer, enjoy a talk and presentation about our local owls, and head out into the park to listen and look for our residential owls.

11/8 F 7-9 pm 21+ NP25403  
Tualatin Hills Nature Center ID/AP: \$31 OD: \$38.75

### Winter Wreaths and Boughs

Make your own winter wreath or boughs! We will start with a short walk into the nature park to gather inspiration and natural materials. Then warm up inside and choose from the materials we collected in advance or that you just gathered to make your own winter wreath creation.

12/7 S 3-5 pm 16+ NP25404  
Tualatin Hills Nature Center ID/AP: \$28 OD: \$35



## Woodland Mini-Habitat Centerpiece with Native Plants

Celebrate Fall by learning how to create your own one-of-a-kind woodland mini-habitat centerpiece using Pacific Northwest native plants. This workshop will cover a short presentation on the versatility of native plants, basic planting, floral design composition techniques, and then have fun decorating our centerpieces with rocks, moss, branches, and insect or bird faux decorations. Let nature inspire your creation and you will walk away with your own unique tabletop garden with information, care instructions, tips, and resources!

\*For this class, cancellation or drops must be received 5 days in advance. No refunds or credit will be given with less than 5 days' notice.

12/19 Th 6-8 pm 16+ NP25405  
Tualatin Hills Nature Center ID/AP: \$65 OD: \$81.25

## Nature Board Game Nights new

Join us for a fun and educational Nature Board Game Night! Our experienced instructors will guide you through gameplay and strategies as you compete with fellow nature enthusiasts to build habitats, collect resources, and explore a variety of captivating board games inspired by the great outdoors. Ages 21 and up only, up to 2 drinks available.

### Wingspan

11/22 F 6-9 pm 21+ NP25410  
Tualatin Hills Nature Center ID/AP: \$28 OD: \$35

### Photosynthesis

12/13 F 6-9 pm 21+ NP25411  
Tualatin Hills Nature Center ID/AP: \$28 OD: \$35

## Fitness - Teen/Adult

### Yang to Yin Yoga Workshop

Join us for a Yang to Yin yoga asana class. As we transition from the vibrant energy of summer to the contemplative abundance of autumn, this workshop aims to harmonize the body and mind with the changing seasons. Experience the dynamic energy of yang followed by the soothing wisdom of yin, guiding you inward as we embrace the transition and align with the essence of each energy. It's a gentle journey of balance and self-discovery through mindful movement and stillness.

9/21 S 10-11:30 am 14+ NP22500  
Tualatin Hills Nature Center ID/AP: \$20 OD: \$25

### New Moon in Libra Workshop

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 body, mind, and soul with the month's new moon. Each participant will receive a crystal.

10/2 W 6-7:30 pm 14+ NP22501  
Tualatin Hills Nature Center ID/AP: \$20 OD: \$25

### Meditation and Mindfulness for Stress Workshop

Join us to enrich your mindfulness and 'bodyfulness' toolkit, delving into stress management techniques. Gain insights into the vagus nerve, stress hormones, and explore the body's response to stress. This workshop empowers you with practical skills rooted in evidence-based mindfulness practices and meditation, fostering body trust as you navigate the complexities of stress. Elevate your well-being through a transformative journey towards greater calm and resilience.

10/19 S 10-11:30 am 14+ CM22500  
Cooper Mountain Nature House ID/AP/OD: \$20

## Let Go Restorative Yoga Workshop

Bring awareness to the beauty of healing your parasympathetic nervous system in this cozy yoga workshop. Learn different styles of pranayama (breath-work) along with long held poses.

12/14      S      1-2:30 pm      14+      NP22502  
Tualatin Hills Nature Center      ID/AP: \$20      OD: \$25

## Drop-In Yoga Classes

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 THPRD fitness offerings, please visit [thprd.org/activities/fitness](http://thprd.org/activities/fitness). To view the nature center fitness drop-in schedule, please visit [thprd.org/facilities/nature/nature-center](http://thprd.org/facilities/nature/nature-center).



## Nature Mobile

The Nature Mobile is a mobile classroom that allows THPRD's Nature Center staff to bring environmental education programs to schools, parks, libraries, and neighborhoods throughout the park district.

Look for the Nature Mobile at your neighborhood park and join us for free nature programs! Children of all ages are welcome with an adult. To view the locations, times, and topics schedule, visit our website: [www.thprd.org/facilities/nature/nature-mobile](http://www.thprd.org/facilities/nature/nature-mobile) or call 503-629-6350.





# Jenkins Estate



**TUALATIN HILLS**  
PARK & RECREATION DISTRICT

**Tualatin Hills Nature Center**  
**8005 SW Grabhorn**  
**Beaverton, OR 97007 • 503-629-6300**

Park Hours: Dawn until dusk, unless otherwise posted.  
Gate closes at 2pm daily.

**Facility Closures:**

- Labor Day, September 2
- Thanksgiving, November 28
- Christmas Eve, December 24
- Christmas, December 25



## Jenkins Estate Classes

### NEW! Mental Clarity: Body, Breath, & Mind

Mental clarity is the ability to think clearly, focus your attention, and concentrate without feeling distracted or confused. With equal amounts of daylight and darkness, Fall is a reminder to find balance within ourselves and our lives. Join us for an 8-week series as we explore these themes through all levels yoga, breath work and meditation.

9/25-11/13 (8)	W	6-7:30 pm	14-adult	JE22502
Stable		ID/AP: \$130	OD: \$162.50	

### NEW! Trail Running Series

Lace up those sneakers and get ready for an exhilarating journey through the scenic trails of Jenkins Estate in our immersive trail running series! Learn essential techniques to navigate varied terrain while soaking in the natural beauty of the fall colors. Whether you're a beginner seeking adventure or a seasoned trail enthusiast, join us to elevate your running experience!

10/1-10/22 (4)	T	5-6 pm	14-adult	JE22500
Outdoors		ID/AP: \$35	OD: \$43.75	



### Movement & Merlot (21 +)

Join us at Jenkins Estate for a 75-minute All Levels Flow Yoga class and then stay for the wine! We'll be offering tastings of a few different local Oregon wines and light appetizers. Participants must bring ID to program. 21+ event.

10/10 (1)	Th	6-7:30 pm	21-adult	JE22400
Stable		ID/AP: \$38	OD: \$47.50	

### New Moon in Scorpio Yoga Workshop

The moon rules our emotional body and intuition, both can serve 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.

11/1 (1)	F	6-7:30 pm	14-adult	JE22501
Stable		ID/AP: \$20	OD: \$25	



# 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 178 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 additional support in THPRD programs, or for more information about Inclusion Services, should call 503-619-3994 or email [inclusion@thprd.org](mailto:inclusion@thprd.org).

### THPRD Scholarships

Financial assistance is available through the THPRD Scholarship Program for in-district participants who qualify. See information on page 7 or call the Administrative Office at 503-619-3994.

### 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

**Address for the Garden Home Recreation Center:** 7475 SW Oleson Rd., Portland, 97223

**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 Nine programs:

### Inclusion Services

Individualized supports for patrons experiencing disability in the registered class(es) of their choice. Available at recreation centers throughout the district. For more information about Inclusion Services, email [inclusion@thprd.org](mailto:inclusion@thprd.org).


### 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 are held year-round.**

### Wednesday Night Teen Therapeutic Recreation Classes (TR)

A bi-weekly recreation program for teens ages 13-20 years of age with developmental disabilities. Events and off-site activities are offered throughout the year. **Classes are not held in summer term.**

### 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  icon.

### 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 Sports Center

A recreation and sports program for children with physical and developmental disabilities. **Classes are not held in summer term.** For ages 5-11.

### Adaptive Mobile Recreation

THPRD's Adaptive Rec Mobile is a free drop-in program for people of all ages. This inclusive, community-based recreation program provides fun sensory friendly games, crafts, and other activities throughout our community. If you're interested in Adaptive Rec Mobile joining your own event, please contact us at (503)-629-6342.

### Inclusive Yoga

A drop-in recreation program for people of all ages and abilities. Yoga classes are held at Garden Home Recreation Center every Wednesday from 10:45am-11:45am. **Classes are not held in Summer term.**

### Adult Adventure Week

A summer day program for adults (21+) experiencing physical and developmental disabilities. This program includes on and off-site activities. For more information call 503-629-6342 or email [inclusion@thprd.org](mailto:inclusion@thprd.org).

**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.

All-Stars consists of two games. Games are not based on skill level or ability. You are welcome to game 1 or game 2, but not both games.

**6:00-6:15 pm: Warm-up for 1st game**

**6:15-7:00 pm: Game #1**

**7:00-7:15 pm: Warm up for 2nd game**

**7:15-8:00 pm: Game #2**

**Location:** THPRD Athletic Center - 50 NW 158th Ave. Beaverton 97006

**ID: \$5.75 OD: \$7.75**

**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 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.

**Location:** Tualatin Hills Athletic Center (15707 SW Walker Rd, Beaverton)

**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 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: \$5.75 OD: \$7.75

(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 TR

**\*NO TR 9/2, 11/11, 12/23 or 12/30**

Dates (Weeks) Location	Day	Time	Class Code OD
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### Beaverton Food Carts Trip

Join us for a trip to The BG Food Cartel, Beaverton's Largest Food Cart Pod. Meet us at The Elsie Stuhr Center and we will shuttle everyone to and from the food cart pods in THPRD vehicles. We will be leaving Elsie Stuhr at 6:30 p.m. sharp so please plan to arrive before then. We will return to Elsie Stuhr by 8:30 p.m. Please bring additional money if you would like to purchase any food or beverages on this trip.

**Our Therapeutic Recreation (TR) programs are intended for teens and adults (16+) who experience disabilities.**

**You must pre register for this program.**

9/9 Elsie Stuhr Center	M	6:30-8:30 pm ID/AP: \$5.75	16-Adult OD: \$7.75	TR25700
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### Hiking

Join us on a hike at THPRD's very own nature park! Meet us at the Elsie Stuhr Center and we will shuttle everyone to a local park in THPRD vehicles. We will be leaving Elsie Stuhr Center at 6:30 p.m. sharp, so please plan to arrive before then. We will return to Elsie Stuhr Center by 8:30 p.m. More information on hiking location to follow.

**Our Therapeutic Recreation (TR) programs are intended for teens and adults (16+) who experience disabilities.**

**You must pre register for this program.**

9/16 Elsie Stuhr Center	M	6:30-8:30 pm ID/AP: \$5.75	16-adult OD: \$7.75	TR25701
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### Yoga & Zumba

Yoga and Zumba are great ways to get active while having fun! Everyone will have the opportunity to show off their best dance moves as we dance along to hit songs. Then, we'll transition to the yoga portion of class with calming stretches and various breathing techniques. Led by certified yoga & zumba instructors.

**Our Therapeutic Recreation (TR) programs are intended for teens and adults (16+) who experience disabilities.**

**You must pre-register for this program.**

9/23 Elsie Stuhr Center	M	6:30-8:30 pm ID/AP: \$5.75	16-adult OD: \$7.75	TR25702
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### Karaoke Night!

Come sing your heart out at our karaoke night! You'll have the chance to pick from thousands of songs for solo performances and duets with your friends. Whether you want to sing along or just come to dance, this night will have something for everyone.

**Our Therapeutic Recreation (TR) programs are intended for teens and adults (16+) who experience disabilities.**

**You must pre-register for this program.**

9/30 Elsie Stuhr Center	M	6:30-8:30 pm ID/AP: \$5.75	16-adult OD: \$7.75	TR25703
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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 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.**

10/7 Elsie Stuhr Center	M	6:30-8:30 pm ID/AP: \$5.75	16-adult OD: \$7.75	TR25704
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### Trivia & Bingo!

Join us for night of fun! This night will give you a great chance to work as a team, socialize and enjoy the excitement that comes with yelling out, "Bingo!"

**Our Therapeutic Recreation (TR) programs are intended for teens and adults (16+) who experience disabilities.**

**You must preregister for this program.**

10/14 Elsie Stuhr Center	M	6:30-8:30 pm ID/AP: \$5.75	16-adult OD: \$7.75	TR25705
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### Movie Night

You won't want to miss this! There are not many things that are more relaxing than settling down with good friends to watch a movie. Popcorn and soda will be provided.

**Our Therapeutic Recreation (TR) programs are intended for teens and adults (16+) who experience disabilities.**

**You must preregister for this event.**

10/21 Elsie Stuhr Center	M	6:30-8:30 pm ID/AP: \$5.75	16-adult OD: \$7.75	TR25706
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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)



## Halloween Dance!

Back by popular demand is our annual Halloween Dance and Costume Contest! Dress your best and come boogie to great music with friends new and old. There will be a costume contest and prize for the winner! Dinner and drinks will be provided.

**Our Therapeutic Recreation (TR) programs are intended for teens and adults (16+) who experience disabilities.**

You must preregister for this event.

10/28	M	6:30-8:30 pm	16-adult	TR25707
Elsie Stuhr Center		ID/AP: \$5.75	OD: \$7.75	

## 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. More information on bowling location to follow.

**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.

11/4	M	6:30-8:30 pm	16-adult	TR25708
Elsie Stuhr Center		ID/AP: \$15.50	OD: \$17.50	



**NO TR 11/11**

## 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.

11/18	M	6:30-8:30 pm	16-adult	TR25709
Elsie Stuhr Center		ID/AP: \$5.75	OD: \$7.75	

## Nature Documentary & Nature Mobile

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 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.

11/25	M	6:30-8:30 pm	16-adult	TR25710
Elsie Stuhr Center		ID/AP: \$5.75	OD: \$7.75	

## Wreath Making Workshop

Join us for a wreath making workshop! We will provide all the supplies that you need to create your very own holiday-themed wreaths to take home with you!

**Our Therapeutic Recreation (TR) programs are intended for teens and adults (16+) who experience disabilities.**

You must preregister for this program.

12/2	M	6:30-8:30 pm	16-adult	TR25711
Elsie Stuhr Center		ID/AP: \$5.75	OD: \$7.75	

## Holiday Movie Night

You won't want to miss this! There are not many things that are more relaxing than settling down with some hot chocolate and good friends to watch a movie during the holidays. Popcorn and hot chocolate will be provided.

**Our Therapeutic Recreation (TR) programs are intended for teens and adults (16+) who experience disabilities.**

You must preregister for this program.

12/9	M	6:30-8:30 pm	16-adult	TR25712
Elsie Stuhr Center		ID/AP: \$5.75	OD: \$7.75	

## Caroling Through THPRD

Let's go holiday caroling and spread some joy across different THPRD Facilities! Meet us at Elsie Stuhr Center and we will shuttle everyone to different THPRD centers. 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. More information on specific THPRD facilities to follow.

We encourage you to bring your holiday spirit and dress to impress!

**Our Therapeutic Recreation (TR) programs are intended for teens and adults (16+) who experience disabilities.**

You must preregister for this program.

12/16	M	6:30-8:30 pm	16-adult	TR25713
Elsie Stuhr Center		ID/AP: \$5.75	OD: \$7.75	

**NO TR 12/23 or 12/30**

## 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: \$5.75 OD:\$7.75

(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:

### Apple Picking Adventure!

Join us for an apple picking adventure! Meet us at Elsie Stuhr Center and we will shuttle everyone in THPRD district vehicles to a local apple orchard. We will be leaving the Elsie Stuhr Center at 4:30 p.m. sharp, so please plan to arrive before then. We will return to the Elsie Stuhr Center by 6:30 p.m. Apple orchard location TBD.

Our Therapeutic Recreation (TR) programs are intended for teens ages 13-20 years of age who experience disabilities.

You must preregister for this program.

9/11	W	4:30-6:30 pm	13-20	TR25300
Elsie Stuhr Center		ID/AP: \$5.75	OD: \$7.75	

### Cooking with Apples

If you joined us at our last Teen TR Program welcome back! We will be using the apples that we picked to create a delicious apple treat. Bring your aprons and cooking skills as we learn the basics of how to cook a delicious treat that we all can enjoy!

Our Therapeutic Recreation (TR) programs are intended for teens ages 13-20 years of age who experience disabilities.

You must preregister for this program.

9/25	W	4:30-6:30 pm	13-20	TR25301
Elsie Stuhr Center		ID/AP: \$5.75	OD: \$7.75	



## Pumpkin Carving

Let's carve some pumpkins! There's really no better way to bring on the fall season than sitting down with some friends to carve your own pumpkin. Don't forget to bring your creativity and fall spirit!

Our Therapeutic Recreation (TR) programs are intended for teens ages 13-20 years of age who experience disabilities.

You must preregister for this program.

10/9	W	4:30-6:30 pm	13-20	TR25302
Elsie Stuhr Center		ID/AP: \$5.75	OD: \$7.75	

## Pajama Party & Movie Night

You won't want to miss this! There are not many things that are more relaxing than settling down with good friends to watch a movie. Popcorn and soda will be provided.

We encourage you to wear your pajamas or comfiest clothes and bring a pillow and/or blanket!

Our Therapeutic Recreation (TR) programs are intended for teens ages 13-20 years of age who experience disabilities.

You must preregister for this program.

10/23	W	4:30-6:30 pm	13-20	TR25303
Elsie Stuhr Center		ID/AP: \$5.75	OD: \$7.75	



## Arcade Adventure!

Let's play some games! Meet us at Elsie Stuhr Center and we will shuttle everyone in THPRD district vehicles to a local arcade. We will be leaving the Elsie Stuhr Center at 4:30 p.m. sharp, so please plan to arrive before then. We will return to the Elsie Stuhr Center by 6:30 p.m. Arcade location TBD.

Our Therapeutic Recreation (TR) programs are intended for teens ages 13-20 years of age who experience disabilities.

You must preregister for this program.

11/6	W	4:30-6:30 pm	13-20	TR25304
Elsie Stuhr Center		ID/AP: \$5.75	OD: \$7.75	



## 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. More information on bowling location to follow.

**Our Therapeutic Recreation (TR) programs are intended for teens and adults (16+) who experience disabilities. Program fees include bowling price. If you're interested in buying food, please bring extra money.**

**You must preregister for this program.**

11/20	W	4:30-6:30 pm	13-20	TR25305
Elsie Stuhr Center		ID/AP: \$15.75	OD: \$17.75	

## 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 certified yoga and zumba instructors.

**Our Therapeutic Recreation (TR) programs are intended for teens ages 13-20 years of age who experience disabilities.**

**You must preregister for this program.**

12/4	W	4:30-6:30 pm	13-20	TR25306
Elsie Stuhr Center		ID/AP: \$5.75	OD: \$7.75	

## Holiday Movie Night

Join us for a festive evening filled with holiday cheer! Our teen holiday movie night is guaranteed to get you in the mood during this winter season. Popcorn and hot chocolate will be provided!

**Our Therapeutic Recreation (TR) programs are intended for teens ages 13-20 years of age who experience disabilities.**

**You must preregister for this program.**

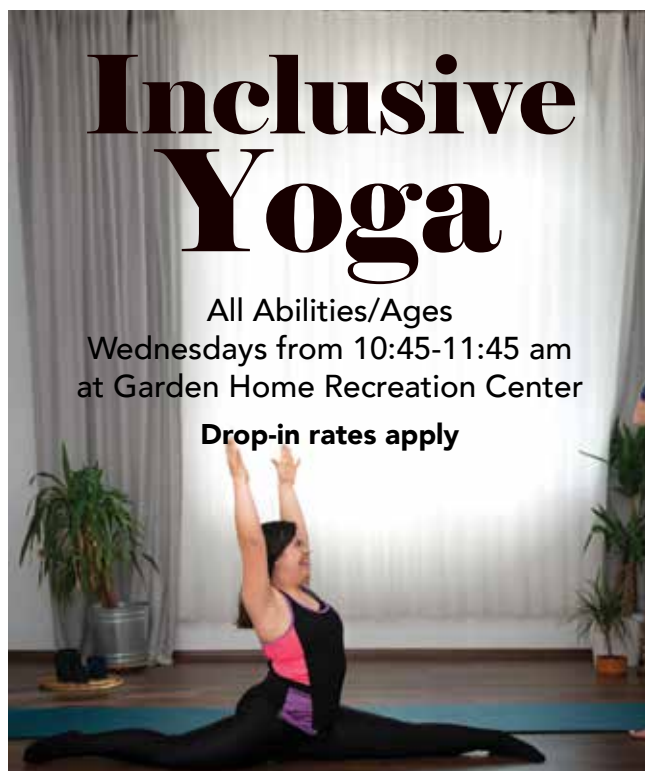
12/4	W	4:30-6:30 pm	13-20	TR25307
Elsie Stuhr Center		ID/AP: \$5.75	OD: \$7.75	

## 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 Garden Home Recreation Center.

**No Adaptive Sports Center: 9/12, 11/29, 12/20 or 12/27**

9/20-10/4 (4)	F	5:30-6:15pm	5-7 yrs	TR22501
GHRC		ID/AP: \$40	OD: \$50	
9/20-10/4 (4)	F	6:20-7:05pm	8-11 yrs	TR22502
GHRC		ID/AP: \$40	OD: \$50	
10/18-11/8 (4)	F	5:30-6:15pm	5-7 yrs	TR22503
GHRC		ID/AP: \$40	OD: \$50	
10/18-11/8 (4)	F	6:20-7:05pm	8-11 yrs	TR22504
GHRC Indoor		ID/AP: \$40	OD: \$50	
11/15-12/13 (4)	F	5:30-6:15pm	5-7 yrs	TR22505
GHRC		ID/AP: \$40	OD: \$50	
11/15-12/13 (4)	F	6:20-7:05pm	8-11 yrs	TR22506
GHRC		ID/AP: \$40	OD: \$50	



# Inclusive Yoga

All Abilities/Ages  
Wednesdays from 10:45-11:45 am  
at Garden Home Recreation Center

**Drop-in rates apply**

## Adaptive Mobile Recreation at Garden Home



Free drop-in program  
(Ages 10-18 yrs)

**Mondays, 1-2 pm**

Join us for this inclusive community-based recreation program provides fun sensory friendly activities for all ability levels.

**Garden Home Recreation Center**  
7475 SW Oleson Rd.



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

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

**Babette Horenstein Tennis Center**  
**15707 SW Walker Road**  
**Beaverton, 97006**  
**503-629-6331**

TriMet Bus Routes: #67, 59

Facility Supervisor: Brian Yourstone

No class dates: 9/2, 9/27-29, 10/31 (after 5pm only), 11/1-3, 11/11, 11/25-11/29, 12/24, 12/31

Facility Closed: 11/28, 12/25

### Building Hours:

Monday-Thursday 9 am-10 pm  
Friday 9 am-9 pm  
Saturday-Sunday 8 am-7 pm

*Enjoy playing tennis via group and/or private lesson instruction, open play, social events, tournaments, league play and more.*

Follow us for updates and more!



@TennisCenter



@babettehorensteintenniscenter

### Babette Horenstein Tennis Center Features:

- 6 Indoor Tennis Courts (year round)
- 1 Outdoor Tennis Court (year round)
- 8 Seasonal Tennis Courts (outdoor from May – September, Indoor from October – April)
- 5 of our Tennis Courts have Pickleball lines (available for pickleball play at set times only)
- Showers available for \$3 for those not playing tennis. (Supply your own towel. Five minute maximum.)

### THPRD VOLUNTEERS!

For volunteer opportunities, email Jim Rankin, [j.rankin@thprd.org](mailto:j.rankin@thprd.org) or call 503-629-6331 x1523.



### Court Rates and Reservations

Courts at the Babette Horenstein Tennis Center (BHTC) are available by reservation only.

BHTC now uses Court Reserve for our court reservation system. Create your account and books courts at <http://app.courtreserve.com/portal/THPRD>.

- Courts become available for registration at 7:30 am a week prior for In-District Patrons (6 days prior for Out-of-District Patrons.)
- Full payment must be made at the time the reservation is made. Full refund if cancelled at least two days prior.
- Ball Machine available on Courts 1-6 for an additional \$6.

Due to the wide variety of programs we offer, we cannot guarantee court assignments, only court reservation time. Call for more information.

### Tennis Court Rate Per Hour\*

Indoor: \$26 ID/\$32.50 OD/ \$23.50 SR  
Outdoor: \$12 ID/\$15 OD/ \$10.75 SR

### Pickleball Court Rate Per Hour\*

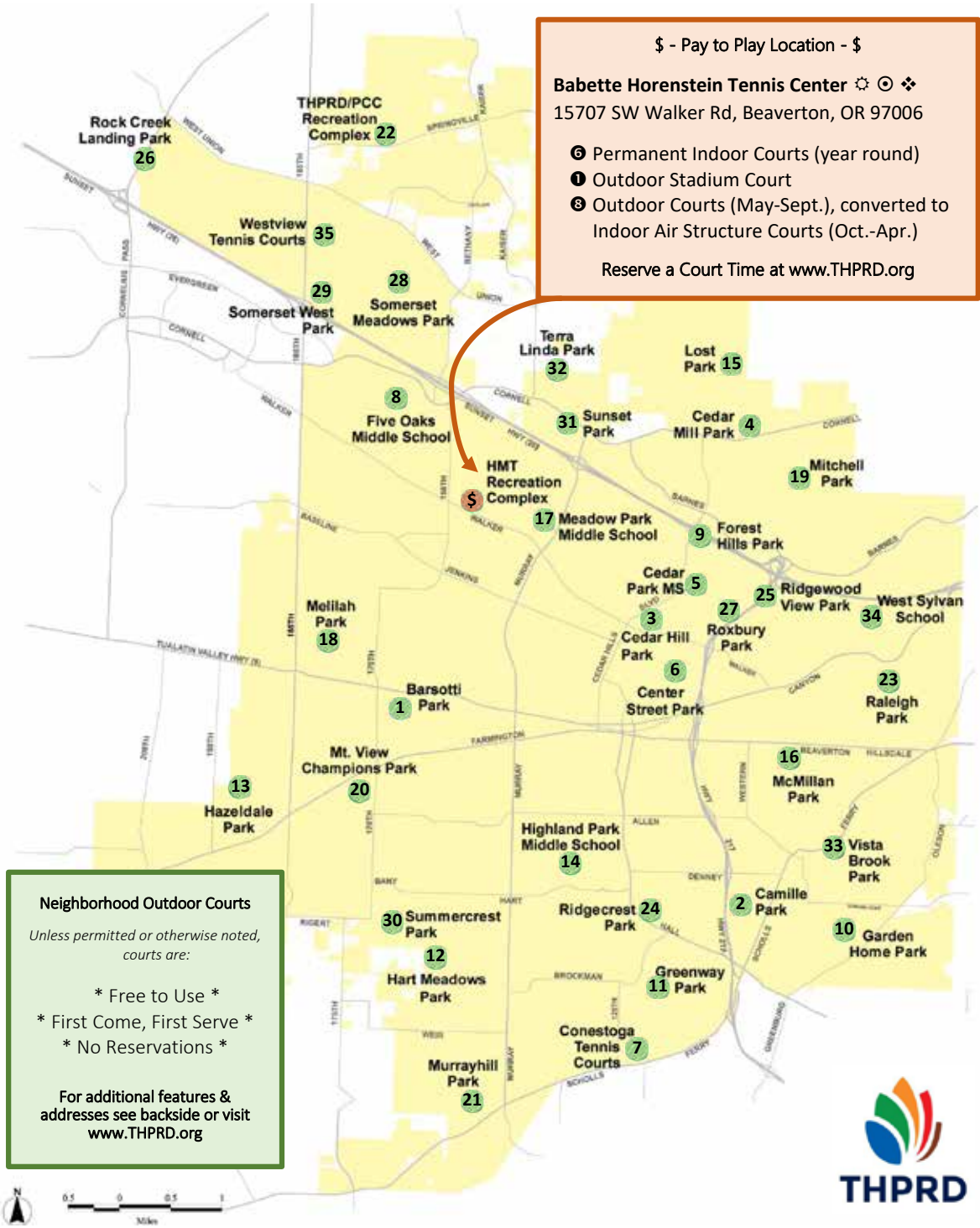
Indoor: \$16 ID/\$20 OD/ \$14.50 SR  
Outdoor: \$8 ID/ \$12.50 OD/ \$7.25 SR

\* Rates as of July 1, 2024. Pricing subject to change. Senior/ Military (SR) discount available to in-district residents only.

THPRD is a Net Generation USTA provider, a member of Tennis Industry Association, and a National Recreation & Park Association Tennis in the Parks member.



## Tualatin Hills Parks & Recreation District TENNIS COURTS MAP



## Play in the Parks

THPRD maintains 107 outdoor neighborhood tennis courts and 4 permanent pickleball courts at 35 park sites throughout our community. These courts are free to use and available on a first come first serve basis, unless otherwise noted. Please limit play to 60 minutes. Some sites may be permitted for programs or have a reservation option between 5/1 and 9/30. For more information, go to [www.thprd.org](http://www.thprd.org)



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|--|--|--|
| <ol style="list-style-type: none"> <li>1. <b>Barsotti Park</b> ① △<br/>↳ Youth-Sized Only<br/>16610 SW Blanton St.</li> <li>2. <b>Camille Park East</b> ② and West ②<br/>10299 SW Marjorie Ln.</li> <li>3. <b>Cedar Hills Park</b> ③ ④ ⚡ ⚡<br/>Pickleball Only. Reservations Available.<br/>2300 SW Cedar Hills Blvd</li> <li>4. <b>Cedar Mill Park</b> ② ❖ ④<br/>10385 NW Cornell Rd.</li> <li>5. <b>Cedar Park MS</b> ④ ❖ △<br/>11100 SW Park Way.</li> <li>6. <b>Center Street Park</b> ②<br/>11895 SW Center St.</li> <li>7. <b>Conestoga Middle School</b> ③ ❖<br/>12250 SW Conestoga Dr.</li> <li>8. <b>Elsie Struh Senior Center</b> ① ④<br/>↳ Pickleball Only<br/>5550 SW Hall Blvd</li> <li>9. <b>Five Oaks Middle School</b> ④<br/>1600 NW 173rd Ave.</li> <li>10. <b>Forest Hills Park</b> ② ❖<br/>1070 SW Portola Ave.</li> <li>11. <b>Garden Home Park</b> ② ❖<br/>8020 SW 83rd Ave.</li> <li>12. <b>Greenway Park</b> ② ❖<br/>9150 SW Downing Dr.</li> </ol> | <ol style="list-style-type: none"> <li>13. <b>Hart Meadows Park</b> ②<br/>16999 SW Rigert Rd.</li> <li>14. <b>Hazeldale Park</b> ②<br/>19500 SW Rosa Rd.</li> <li>15. <b>Highland Park Middle School</b> ④<br/>7000 SW Wilson Ave.</li> <li>16. <b>Lost Park</b> ②<br/>2120 NW 111th Ave.</li> <li>17. <b>McMillian Park</b> ②<br/>4900 SW Chestnut Pl.</li> <li>18. <b>Meadow Park Middle School</b> ④<br/>14100 SW Downing St.</li> <li>19. <b>Melilah Park</b> ②<br/>2960 SW 182nd Ave.</li> <li>20. <b>Mitchell Park</b> ② ❖<br/>225 NW 93rd Pl.</li> <li>21. <b>Mt. View Champions Park</b> ④<br/>5915 SW 170th Ave.</li> <li>22. <b>Murray Hill</b> ②<br/>↳ No Car Access<br/>14845 SW Murray Scholls Dr.</li> <li>23. <b>Parivar Park</b> ② ④<br/>↳ Pickleball Only<br/>7765 NW 167th Ave.</li> <li>24. <b>PCC Rock Creek</b> ⑥ ⚡ ❖ ⚡<br/>Reservations Available.<br/>17705 NW Springville Rd.</li> </ol> | <ol style="list-style-type: none"> <li>25. <b>Raleigh Park</b> ③ ❖ ④ ⚡<br/>Reservations Available.<br/>3500 SW 78th Ave.</li> <li>26. <b>Ridgecrest Park</b> ②<br/>7594 SW Cresmoor Dr.</li> <li>27. <b>Ridgewood View Park</b> ② ④<br/>10001 SW Ardenwood St.</li> <li>28. <b>Rock Creek Landing</b> ② ④<br/>21450 NW Rock Creek Blvd.</li> <li>29. <b>Roxbury Park</b> ② ❖<br/>2385 SW Roxbury Ave.</li> <li>30. <b>Somerset Meadows Park</b> ② ❖<br/>3400 NW Parkview Dr.</li> <li>31. <b>Somerset West Park</b> ②<br/>18300 NW Park View Blvd.</li> <li>32. <b>Summercrest Park</b> ②<br/>8138 SW 165th Ave.</li> <li>33. <b>Sunset Park</b> ④ ❖ ④<br/>13707 NW Science Park Dr.</li> <li>34. <b>Terra Linda Park</b> ②<br/>13855 NW Pettygrove St.</li> <li>35. <b>Vista Brook Park</b> ② ❖<br/>6697 SW 88th Ave.</li> <li>36. <b>West Sylvan Middle School</b> ②<br/>8111 SW West Slope Dr.</li> <li>37. <b>Westview High School</b> ③<br/>4200 NW 185th Ave.</li> </ol> |
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### LEGEND

- |                         |                               |                              |  |
|-------------------------|-------------------------------|------------------------------|--|
| ① Number of Courts      | △ 60' Youth-Sized Court Lines | ❖ Backboards & Hitting Walls | ④ Pickleball Court Lines - bring own net |
| ↳ Notes or Restrictions | ⚡ Lights                      |                              | ③ Pickleball Courts with Net             |

## PREPARING FOR TENNIS CLASS

**Shoes:** Only Tennis Shoes with proper support should be worn. They are built with side-to-side movement in mind and offer more lateral stability.

*For your safety, no running shoes, cleated shoes, boots, sandals/open-toed shoes, heels, flats or other street shoes are allowed on the Tennis court.*



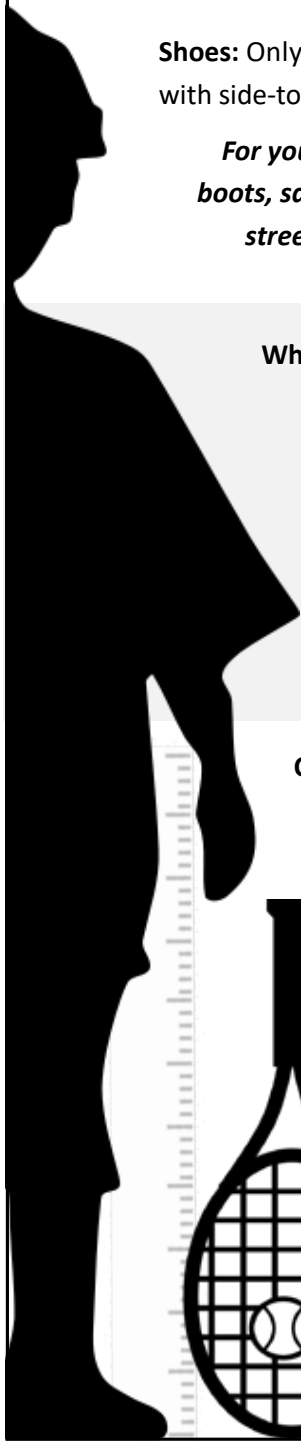
**Why use low-compression balls?** They bounce lower and slower which is perfect for teaching students of varying heights and skill levels.

Red Ball (36%)	Orange Ball (60%)	Green Dot Ball (75%)	Yellow Ball (100%)
Tiny Tots	8 & Under	10 & Under	High School
8 & Under	10 & Under	Jr. Development	Adv. Jr. Training
10 & Under	Jr. Development	High School	
	High School	Adv. Jr. Training	

**Choosing a Racquet:** Use the sizing guide below or have your child stand up straight and measure from the ground to the fingertip.

Racquet Size	Child's Age	Child's Height	Classes
21 inches	4-5 years	40-44"	Tiny Tots
23 inches	6-8 years	45-49"	8 & Under
25 inches	9-10 years	50-55"	10 & Under
26 inches	10+ years	Over 55"	Jr. Development, HS, Adv. Jr. Training

*THPRD has loaner racquets available to use during class, if you do not have your own.*



## Youth Classes at BHTC

Children under 10 years of age must be visually supervised by a parent, guardian or caregiver at least 15 years of age

Class #	Dates	Days	Times	ID/AP	OD	Sessions
<b>Tennis Tiny Tot Beginner (5-6 Years)</b>						
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.						
TC21111	9/3-10/1	T	4-4:45 pm	\$61	\$76.25	5
TC21112	9/5-10/3	Th	4-4:45 pm	\$61	\$76.25	5
TC21121	10/8-11/5	T	4-4:45 pm	\$61	\$76.25	5
TC21122	10/10-11/7	Th	4-4:45 pm	\$61	\$76.25	5
TC21141	11/12-12/17	T	4-4:45 pm	\$61	\$76.25	5
TC21142	11/14-12/19	Th	4-4:45 pm	\$61	\$76.25	5

<b>Tiny Tot Advanced Tennis (6 years) Red Ball</b>						
Learn the basic tennis skills: forehand and backhands, volleys, overhead, and serve along with hand and eye coordination skill work. This class is taught using red compression tennis balls.						
TC21113	9/9-9/30	M	4-4:45 pm	\$49	\$61.25	4
TC21114	9/3-10/1	T	4-4:45 pm	\$61	\$76.25	5
TC21115	9/4-10/2	W	4-4:45 pm	\$61	\$76.25	5
TC21123	10/7-11/4	M	4-4:45 pm	\$61	\$76.25	5
TC21124	10/8-11/5	T	4-4:45 pm	\$61	\$76.25	5
TC21125	10/9-11/6	W	4-4:45 pm	\$61	\$76.25	5
TC21143	11/18-12/16	M	4-4:45 pm	\$49	\$61.25	4
TC21144	11/12-12/17	T	4-4:45 pm	\$61	\$76.25	5
TC21145	11/13-12/18	W	4-4:45 pm	\$61	\$76.25	5



<b>8 and Under Tennis Level 1 (Red Ball) Age 7 to 8</b>						
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.						
TC22111	9/3-10/1	T	4-4:45 pm	\$61	\$76.25	5
TC22112	9/5-10/3	Th	4-4:45 pm	\$61	\$76.25	5
TC22113	9/5-10/3	Th	5-5:45 pm	\$61	\$76.25	5
TC22121	10/8-11/5	T	4-4:45 pm	\$61	\$76.25	5
TC22122	10/10-11/7	Th	4-4:45 pm	\$61	\$76.25	5
TC22123	10/10-11/7	Th	5-5:45 pm	\$49	\$61.25	4
TC22151	11/12-12/17	T	4-4:45 pm	\$61	\$76.25	5
TC22152	11/14-12/19	Th	4-4:45 pm	\$61	\$76.25	5
TC22153	11/14-12/19	Th	5-5:45 pm	\$61	\$76.25	5

Class #	Dates	Days	Times	ID/AP	OD	Sessions
<b>8 and Under Tennis Level 1 Clinic (Red Ball) Age 7 to 8</b>						
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.						
TC22131	9/6	F	4-4:45 pm	\$12	\$15	1
TC22132	9/13	F	4-4:45 pm	\$12	\$15	1
TC22133	9/20	F	4-4:45 pm	\$12	\$15	1
TC22135	10/4	F	4-4:45 pm	\$12	\$15	1
TC22136	10/11	F	4-4:45 pm	\$12	\$15	1
TC22137	10/18	F	4-4:45 pm	\$12	\$15	1
TC22138	10/25	F	4-4:45 pm	\$12	\$15	1
TC22139	11/8	F	4-4:45 pm	\$12	\$15	1
TC22140	11/15	F	4-4:45 pm	\$12	\$15	1
TC22141	11/22	F	4-4:45 pm	\$12	\$15	1
TC22142	12/6	F	4-4:45 pm	\$12	\$15	1
TC22143	12/13	F	4-4:45 pm	\$12	\$15	1
TC22144	12/20	F	4-4:45 pm	\$12	\$15	1

<b>8 and Under Tennis Level 1.5 (Orange Ball) Age 7 to 8</b>						
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.						
TC22211	9/3-10/1	T	4-4:45 pm	\$61	\$76.25	5
TC22212	9/3-10/1	T	4:45-5:30 pm	\$61	\$76.25	5
TC22213	9/5-10/3	Th	4-4:45 pm	\$61	\$76.25	5
TC22221	10/8-11/5	T	4-4:45 pm	\$61	\$76.25	5
TC22222	10/8-11/5	T	4:45-5:30 pm	\$61	\$76.25	5
TC22223	10/10-11/7	Th	4-4:45 pm	\$61	\$76.25	5
TC22241	11/12-12/17	T	4-4:45 pm	\$61	\$76.25	5
TC22242	11/12-12/17	T	4:45-5:30 pm	\$61	\$76.25	5
TC22243	11/14-12/19	Th	4-4:45 pm	\$61	\$76.25	5

<b>8 and Under Tennis Level 2 (Orange Ball) Age 7 to 8</b>						
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.						
TC22311	9/5-10/3	Th	4-4:45 pm	\$82	\$102.50	5
TC22321	10/10-11/7	Th	4-4:45 pm	\$82	\$102.50	5
TC22341	11/14-12/19	Th	4-4:45 pm	\$82	\$102.50	5

<b>10 and Under Tennis Level 1 (Red Ball) Age 9 to 10</b>						
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.						
TC23111	9/9-9/30	M	4-4:45 pm	\$49	\$61.25	4
TC23112	9/4-10/2	W	4-4:45 pm	\$61	\$76.25	5
TC23113	9/7-10/5	S	9-9:45 am	\$49	\$61.25	4
TC23121	10/7-11/4	M	4-4:45 pm	\$61	\$76.25	5
TC23122	10/9-11/6	W	4-4:45 pm	\$61	\$76.25	5
TC23123	10/12-11/9	S	9-9:45 am	\$49	\$61.25	4
TC23151	11/18-12/16	M	4-4:45 pm	\$49	\$61.25	4
TC23152	11/13-12/18	W	4-4:45 pm	\$61	\$76.25	5
TC23153	11/16-12/21	S	9-9:45 am	\$61	\$76.25	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	Sessions
<b>10 and Under Tennis Level 1 Clinic (Red Ball) Age 9 to 10</b>						
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.						
TC23131	9/6	F	4-4:45 pm	\$12	\$15	1
TC23132	9/13	F	4-4:45 pm	\$12	\$15	1
TC23133	9/20	F	4-4:45 pm	\$12	\$15	1
TC23135	10/4	F	4-4:45 pm	\$12	\$15	1
TC23136	10/11	F	4-4:45 pm	\$12	\$15	1
TC23137	10/18	F	4-4:45 pm	\$12	\$15	1
TC23138	10/25	F	4-4:45 pm	\$12	\$15	1
TC23139	11/8	F	4-4:45 pm	\$12	\$15	1
TC23140	11/15	F	4-4:45 pm	\$12	\$15	1
TC23141	11/22	F	4-4:45 pm	\$12	\$15	1
TC23142	12/6	F	4-4:45 pm	\$12	\$15	1
TC23143	12/13	F	4-4:45 pm	\$12	\$15	1
TC23144	12/20	F	4-4:45 pm	\$12	\$15	1

Class #	Dates	Days	Times	ID/AP	OD	Sessions
<b>10 and Under Tennis Level 1.5 (Orange Ball) Age 9 to 10</b>						
Continued development of hitting the 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.						
TC23211	9/9-9/30	M	4-4:45 pm	\$49	\$61.25	4
TC23212	9/4-10/2	W	4-4:45 pm	\$61	\$76.25	5
TC23213	9/4-10/2	W	6:15-7 pm	\$61	\$76.25	5
TC23221	10/7-11/4	M	4-4:45 pm	\$61	\$76.25	5
TC23222	10/9-11/6	W	4-4:45 pm	\$61	\$76.25	5
TC23223	10/9-11/6	W	6:15-7 pm	\$61	\$76.25	5
TC23241	11/18-12/16	M	4-4:45 pm	\$49	\$61.25	4
TC23242	11/13-12/18	W	4-4:45 pm	\$61	\$76.25	5
TC23243	11/13-12/18	W	6:15-7 pm	\$61	\$76.25	5

Class #	Dates	Days	Times	ID/AP	OD	Sessions
<b>10 and under Tennis Level 2 (Orange Ball) Age 9 to 10</b>						
Continued development of hitting the 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.						
TC23311	9/9-9/30	M	4-4:45 pm	\$66	\$82.50	4
TC23312	9/4-10/2	W	4-4:45 pm	\$82	\$102.50	5
TC23313	9/5-10/3	Th	4-4:45 pm	\$82	\$102.50	5
TC23321	10/7-11/4	M	4-4:45 pm	\$82	\$102.50	5
TC23322	10/9-11/6	W	4-4:45 pm	\$82	\$102.50	5
TC23323	10/10-11/7	Th	4-4:45 pm	\$82	\$102.50	5
TC23351	11/18-12/16	M	4-4:45 pm	\$66	\$82.50	4
TC23352	11/13-12/18	W	4-4:45 pm	\$82	\$102.50	5
TC23353	11/14-12/19	Th	4-4:45 pm	\$82	\$102.50	5



Class #	Dates	Days	Times	ID/AP	OD	Sessions
<b>10 and Under Tennis Level 2 Clinic (Orange Ball) Age 9 to 10</b>						
Continued development of hitting the 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.						
TC23331	9/6	F	4-4:45 pm	\$16	\$20	1
TC23332	9/13	F	4-4:45 pm	\$16	\$20	1
TC23333	9/20	F	4-4:45 pm	\$16	\$20	1
TC23335	10/4	F	4-4:45 pm	\$16	\$20	1
TC23336	10/11	F	4-4:45 pm	\$16	\$20	1
TC23337	10/18	F	4-4:45 pm	\$16	\$20	1
TC23338	10/25	F	4-4:45 pm	\$16	\$20	1
TC23339	11/8	F	4-4:45 pm	\$16	\$20	1
TC23340	11/15	F	4-4:45 pm	\$16	\$20	1
TC23341	11/22	F	4-4:45 pm	\$16	\$20	1
TC23342	12/6	F	4-4:45 pm	\$16	\$20	1
TC23343	12/13	F	4-4:45 pm	\$16	\$20	1
TC23344	12/20	F	4-4:45 pm	\$16	\$20	1

Class #	Dates	Days	Times	ID/AP	OD	Sessions
<b>10 and Under Tennis Level 2.5 (Orange Ball) Age 9 to 10</b>						
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.						
TC23411	9/3-10/1	T	4-4:45 pm	\$82	\$102.50	5
TC23412	9/4-10/2	W	4-4:45 pm	\$82	\$102.50	5
TC23421	10/8-11/5	T	4-4:45 pm	\$82	\$102.50	5
TC23422	10/9-11/6	W	4-4:45 pm	\$82	\$102.50	5
TC23441	11/12-12/17	T	4-4:45 pm	\$82	\$102.50	5
TC23442	11/13-12/18	W	4-4:45 pm	\$82	\$102.50	5

<b>Family Tennis (Ages 9-13)</b>						
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.						
TC24611	9/5-10/3	Th	7-8 pm	\$118	\$147.50	5
TC24621	10/10-11/7	Th	7-8 pm	\$95	\$118.75	4
TC24641	11/14-12/19	Th	7-8 pm	\$118	\$147.50	5

<b>Tennis Junior Match Play Level 2.5+ (9 to 13 Years)</b>						
Athletic development skills will be practiced to start each class. Introduction to match play for players levels 2.5-3. Coaches will organize competitive matches among players. This is a good supplement to regular group lessons.						
TC24511	9/6-10/4	F	5-6:30 pm	\$131	\$163.75	4
TC24521	10/11-11/8	F	5-6:30 pm	\$131	\$163.75	4
TC24541	11/15-12/20	F	5-6:30 pm	\$164	\$205	5

<b>Advanced Junior Training Age 10-13 Level 3+</b>						
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.						
TC24711	9/3-10/1	T	5-6:30 pm	\$164	\$205	5
TC24721	10/8-11/5	T	5-6:30 pm	\$164	\$205	5
TC24741	11/12-12/17	T	5-6:30 pm	\$164	\$205	5

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Class #	Dates	Days	Times	ID/AP	OD	Sessions
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### Junior Development Tennis Level 1 (Orange Ball)

#### Age 11 to 14

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.

TC24111	9/9-9/30	M	5-6 pm	\$66	\$82.50	4
TC24112	9/4-10/2	W	5-6 pm	\$82	\$102.50	5
TC24113	9/5-10/3	Th	5-6 pm	\$82	\$102.50	5
TC24114	9/7-10/5	S	10-11 am	\$66	\$82.50	4
TC24121	10/7-11/4	M	5-6 pm	\$82	\$102.50	5
TC24122	10/9-11/6	W	5-6 pm	\$82	\$102.50	5
TC24123	10/10-11/7	Th	5-6 pm	\$82	\$102.50	5
TC24124	10/12-11/9	S	10-11 am	\$66	\$82.50	4
TC24141	11/18-12/16	M	5-6 pm	\$66	\$82.50	4
TC24142	11/13-12/18	W	5-6 pm	\$82	\$102.50	5
TC24143	11/14-12/19	Th	5-6 pm	\$82	\$102.50	5
TC24144	11/16-12/21	S	10-11 am	\$82	\$102.50	5

### Junior Development Tennis Level 1.5 (Orange Ball)

#### Age 11 to 14

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.

TC24211	9/9-9/30	M	5-6 pm	\$66	\$82.50	4
TC24212	9/3-10/1	T	5:45-6:45 pm	\$82	\$102.50	5
TC24213	9/4-10/2	W	5-6 pm	\$82	\$102.50	5
TC24214	9/5-10/3	Th	6-7 pm	\$82	\$102.50	5
TC24221	10/7-11/4	M	5-6 pm	\$82	\$102.50	5
TC24222	10/8-11/5	T	5:45-6:45 pm	\$82	\$102.50	5
TC24223	10/9-11/6	W	5-6 pm	\$82	\$102.50	5
TC24224	10/10-11/7	Th	6-7 pm	\$82	\$102.50	5
TC24241	11/18-12/16	M	5-6 pm	\$66	\$82.50	4
TC24242	11/12-12/17	T	5:45-6:45 pm	\$82	\$102.50	5
TC24243	11/13-12/18	W	5-6 pm	\$82	\$102.50	5
TC24244	11/14-12/19	Th	6-7 pm	\$82	\$102.50	5

### Junior Development Tennis Level 2(Orange Ball)

#### Age 11 to 14

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.

TC24311	9/9-9/30	M	5-6 pm	\$87	\$108.75	4
TC24312	9/3-10/1	T	5-6 pm	\$109	\$136.25	5
TC24313	9/4-10/2	W	5-6 pm	\$109	\$136.25	5
TC24314	9/5-10/3	Th	5-6 pm	\$109	\$136.25	5
TC24321	10/7-11/4	M	5-6 pm	\$109	\$136.25	5
TC24322	10/8-11/5	T	5-6 pm	\$109	\$136.25	5
TC24323	10/9-11/6	W	5-6 pm	\$109	\$136.25	5
TC24324	10/10-11/7	Th	5-6 pm	\$87	\$108.75	4
TC24341	11/18-12/16	M	5-6 pm	\$87	\$108.75	4
TC24342	11/12-12/17	T	5-6 pm	\$109	\$136.25	5
TC24343	11/13-12/18	W	5-6 pm	\$109	\$136.25	5
TC24344	11/14-12/19	Th	5-6 pm	\$109	\$136.25	5

Class #	Dates	Days	Times	ID/AP	OD	Sessions
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### Junior Development Tennis Level 2.5 (Green Ball)

#### Age 11 to 14

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 green dot compression balls. Instructor approval required prior to signing up for this level.

TC24411	9/3-10/1	T	5-6 pm	\$109	\$136.25	5
TC24412	9/5-10/3	Th	5-6 pm	\$109	\$136.25	5
TC24421	10/8-11/5	T	5-6 pm	\$109	\$136.25	5
TC24422	10/10-11/7	Th	5-6 pm	\$87	\$108.75	4
TC24441	11/12-12/17	T	5-6 pm	\$109	\$136.25	5
TC24442	11/14-12/19	Th	5-6 pm	\$109	\$136.25	5



### High School Tennis Level 1 (13 to 18 Years)

Athletic development skills will be practiced at the beginning of 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.

TC25111	9/4-10/2	W	5-6 pm	\$82	\$102.50	5
TC25121	10/9-11/6	W	5-6 pm	\$82	\$102.50	5
TC25141	11/13-12/18	W	5-6 pm	\$82	\$102.50	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	Sessions
<b>High School Tennis Level 1.5 (Age 13 to 18)</b>						
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.						
TC25211	9/9-9/30	M	5:15-6:15 pm	\$66	\$82.50	4
TC25212	9/3-10/1	T	5-6 pm	\$82	\$102.50	5
TC25221	10/7-11/4	M	5:15-6:15 pm	\$82	\$102.50	5
TC25222	10/8-11/5	T	5-6 pm	\$82	\$102.50	5
TC25241	11/18-12/16	M	5:15-6:15 pm	\$66	\$82.50	4
TC25242	11/12-12/17	T	5-6 pm	\$82	\$102.50	5

Class #	Dates	Days	Times	ID/AP	OD	Sessions
<b>High School Tennis Level 2 (Age 13 to 18)</b>						
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.						
TC25311	9/5-10/3	Th	5-6 pm	\$109	\$136.25	5
TC25321	10/10-11/7	Th	5-6 pm	\$87	\$108.75	4
TC25341	11/14-12/19	Th	5-6 pm	\$109	\$136.25	5

Class #	Dates	Days	Times	ID/AP	OD	Sessions
<b>High School Tennis Level 2.5 (13 to 18 Years)</b>						
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.						
TC25411	9/6-10/4	F	5:15-6:15 pm	\$87	\$108.75	4
TC25421	10/11-11/8	F	5:15-6:15 pm	\$87	\$108.75	4
TC25441	11/15-12/20	F	5:15-6:15 pm	\$109	\$136.25	5

Class #	Dates	Days	Times	ID/AP	OD	Sessions
<b>High School Prep Level 3+ (Age 13 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.						
TC25511	9/4-10/2	W	5-6:30 pm	\$164	\$205	5
TC25521	10/9-11/6	W	5-6:30 pm	\$164	\$205	5
TC25541	11/13-12/18	W	5-6:30 pm	\$164	\$205	5

Class #	Dates	Days	Times	ID/AP	OD	Sessions
<b>Thanksgiving Camps &amp; Clinics</b>						
<b>10 and Under Tennis Camp Level 2+ (Orange Ball)</b>						
<b>Age 9 to 10</b>						
Come out and join the staff for this 3-day youth camp. Players will continue the development of hitting the ball from a stationary position and while moving to the ball. Players 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						
TC23354	11/25-11/27	M/T/W	10 am-1 pm	\$197	\$246.25	3

Class #	Dates	Days	Times	ID/AP	OD	Sessions
<b>Can't make it all week? Sign up for individual days:</b>						
TC23354A	11/25	M	10 am-1 pm	\$66	\$82.50	1
TC23354B	11/26	T	10 am-1 pm	\$66	\$82.50	1
TC23354C	11/27	W	10 am-1 pm	\$66	\$82.50	1

Class #	Dates	Days	Times	ID/AP	OD	Sessions
<b>Junior Development Tennis Camp Level 2 (Orange Ball)</b>						
<b>Age 11 to 14</b>						
Come out and join the staff for this 3-day youth camp. Players will continue the development of hitting the ball from a stationary position and while moving to the ball. Players 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						
TC24345	11/25-11/27	M/T/W	10 am-1 pm	\$197	\$246.25	3

Class #	Dates	Days	Times	ID/AP	OD	Sessions
<b>Can't make it all week? Sign up for individual days:</b>						
TC24345A	11/25	M	10 am-1 pm	\$66	\$82.50	1
TC24345B	11/26	T	10 am-1 pm	\$66	\$82.50	1
TC24345C	11/27	W	10 am-1 pm	\$66	\$82.50	1

Class #	Dates	Days	Times	ID/AP	OD	Sessions
<b>Adult Stroking Tennis Analysis Clinic</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 with the ball machine.						
TC29142	11/25	M	6-8 pm	\$38	\$47.50	1

Class #	Dates	Days	Times	ID/AP	OD	Sessions
<b>Adult Hit with the Pro's 3.0-3.5</b>						
Join us for this one day Hit with the Pro clinic. In this clinic, you will play against the coaches in high-intensity doubles drills where you will work on offensive and defensive skills and strategies.						
TC27311	11/26	T	6-8 pm	\$38	\$47.50	1

Class #	Dates	Days	Times	ID/AP	OD	Sessions
<b>Adult Doubles Strategy Level 3-3.5</b>						
Join us for this one-day Doubles Strategy clinic. In this clinic, the coaches will take you through different offensive and defensive doubles strategies with some fast-paced drills and gameplay.						
TC27321	11/27	W	6-8 pm	\$38	\$47.50	1

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Class #	Dates	Days	Times	ID/AP	OD	Sessions
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## Adult Classes

### 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.

TC26111	9/9-9/30	M	6-7:15 pm	\$70	\$87.50	4
TC26112	9/3-10/1	T	10-11:15 am	\$88	\$110	5
TC26113	9/4-10/2	W	6:30-7:45 pm	\$88	\$110	5
TC26114	9/5-10/3	Th	10-11:30 am	\$101	\$126.25	5
TC26121	10/7-11/4	M	6-7:15 pm	\$88	\$110	5
TC26122	10/8-11/5	T	10-11:15 am	\$88	\$110	5
TC26123	10/9-11/6	W	6:30-7:45 pm	\$88	\$110	5
TC26124	10/10-11/7	Th	10-11:30 am	\$101	\$126.25	5
TC26141	11/18-12/16	M	6-7:15 pm	\$70	\$87.50	4
TC26142	11/12-12/17	T	10-11:15 am	\$88	\$110	5
TC26143	11/13-12/18	W	6:30-7:45 pm	\$88	\$110	5
TC26144	11/14-12/19	Th	10-11:30 am	\$101	\$126.25	5

### 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.

TC26211	9/9-9/30	M	6-7:30 pm	\$84	\$105	4
TC26212	9/3-10/1	T	10-11:30 am	\$105	\$131.25	5
TC26213	9/3-10/1	T	6:45-8:15 pm	\$105	\$131.25	5
TC26214	9/5-10/3	Th	6-7:30 pm	\$105	\$131.25	5
TC26215	9/8-10/6	Su	11:30 am-1 pm	\$84	\$105	4
TC26221	10/7-11/4	M	6-7:30 pm	\$105	\$131.25	5
TC26222	10/8-11/5	T	10-11:30 am	\$105	\$131.25	5
TC26223	10/8-11/5	T	6:45-8:15 pm	\$105	\$131.25	5
TC26224	10/10-11/7	Th	6-7:30 pm	\$105	\$131.25	5
TC26225	10/13-11/10	Su	11:30 am-1 pm	\$84	\$105	4
TC26241	11/18-12/16	M	6-7:30 pm	\$84	\$105	4
TC26242	11/12-12/17	T	10-11:30 am	\$105	\$131.25	5
TC26243	11/12-12/17	T	6:45-8:15 pm	\$105	\$131.25	5
TC26244	11/14-12/19	Th	6-7:30 pm	\$105	\$131.25	5
TC26245	11/17-12/22	Su	11:30 am-1 pm	\$105	\$131.25	5



Class #	Dates	Days	Times	ID/AP	OD	Sessions
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## Adult Stroking Tennis Analysis

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 with the ball machine.

TC29111	9/8-10/6	Su	9-10:30 am	\$84	\$105	4
TC29121	10/13-11/10	Su	9-10:30 am	\$84	\$105	4
TC29141	11/17-12/22	Su	9-10:30 am	\$105	\$131.25	5

## 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.

TC26311	9/9-9/30	M	6-7:30 pm	\$108	\$135	4
TC26312	9/3-10/1	T	10-11:30 am	\$135	\$168.75	5
TC26313	9/5-10/3	Th	10-11:30 am	\$135	\$168.75	5
TC26314	9/5-10/3	Th	6-7:30 pm	\$135	\$168.75	5
TC26315	9/7-10/5	S	11 am-12:30 pm	\$108	\$135	4
TC26321	10/7-11/4	M	6-7:30 pm	\$135	\$168.75	5
TC26322	10/8-11/5	T	10-11:30 am	\$135	\$168.75	5
TC26323	10/10-11/7	Th	10-11:30 am	\$135	\$168.75	5
TC26324	10/10-11/7	Th	6-7:30 pm	\$135	\$168.75	5
TC26325	10/12-11/9	S	11 am-12:30 pm	\$108	\$135	4
TC26341	11/18-12/16	M	6-7:30 pm	\$108	\$135	4
TC26342	11/12-12/17	T	10-11:30 am	\$135	\$168.75	5
TC26343	11/14-12/19	Th	10-11:30 am	\$135	\$168.75	5
TC26344	11/14-12/19	Th	6-7:30 pm	\$135	\$168.75	5
TC26345	11/16-12/21	S	11 am-12:30 pm	\$135	\$168.75	5

## 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.

TC26411	9/6-10/4	F	10-11:30 am	\$108	\$135	4
TC26421	10/11-11/8	F	10-11:30 am	\$108	\$135	4
TC26431	11/15-12/20	F	10-11:30 am	\$135	\$168.75	5

## Adult Drill and Play Levels 2.5 - 3.0

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.

TC26711	9/5-10/3	Th	6-7:30 pm	\$135	\$168.75	5
TC26712	10/10-11/7	Th	6-7:30 pm	\$108	\$135	4
TC26713	11/14-12/19	Th	6-7:30 pm	\$135	\$168.75	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	Sessions
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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.

TC26611	9/9-9/30	M	10-11:30 am	\$108	\$135	4
TC26612	9/3-10/1	T	6:30-8 pm	\$135	\$168.75	5
TC26613	9/4-10/2	W	6-7:30 pm	\$135	\$168.75	5
TC26614	9/5-10/3	Th	10-11:30 am	\$135	\$168.75	5
TC26615	9/6-10/4	F	6:15-7:45 pm	\$108	\$135	4
TC26621	10/7-11/4	M	10-11:30 am	\$135	\$168.75	5
TC26622	10/8-11/5	T	6:30-8 pm	\$135	\$168.75	5
TC26623	10/9-11/6	W	6-7:30 pm	\$135	\$168.75	5
TC26624	10/10-11/7	Th	10-11:30 am	\$135	\$168.75	5
TC26625	10/11-11/8	F	6:15-7:45 pm	\$108	\$135	4
TC26641	11/18-12/16	M	10-11:30 am	\$108	\$135	4
TC26642	11/12-12/17	T	6:30-8 pm	\$135	\$168.75	5
TC26643	11/13-12/18	W	6-7:30 pm	\$135	\$168.75	5
TC26644	11/14-12/19	Th	10-11:30 am	\$135	\$168.75	5
TC26645	11/15-12/20	F	6:15-7:45 pm	\$135	\$168.75	5

### 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.

TC27111	9/3-10/1	T	10-11:30 am	\$143	\$178.75	5
TC27112	9/3-10/1	T	6:15-7:45 pm	\$143	\$178.75	5
TC27113	9/8-10/6	Su	10:45 am-12:15 pm	\$114	\$142.50	4
TC27121	10/8-11/5	T	10-11:30 am	\$143	\$178.75	5
TC27122	10/8-11/5	T	6:15-7:45 pm	\$143	\$178.75	5
TC27123	10/13-11/10	Su	10:45 am-12:15 pm	\$114	\$142.50	4
TC27141	11/12-12/17	T	10-11:30 am	\$143	\$178.75	5
TC27142	11/12-12/17	T	6:15-7:45 pm	\$143	\$178.75	5
TC27143	11/17-12/22	Su	10:45 am-12:15 pm	\$143	\$178.75	5

### Adult Tennis Doubles Skills and Strategies 3.5+

This class is for Adult NTRP Levels 3.5+. Join us for fast-paced drilling and point play to work on your game and skill development.

TC28111	9/4	W	10-11:30 am	\$29	\$36.25	1
TC28112	9/11	W	10-11:30 am	\$29	\$36.25	1
TC28113	9/18	W	10-11:30 am	\$29	\$36.25	1
TC28114	9/25	W	10-11:30 am	\$29	\$36.25	1
TC28115	10/2	W	10-11:30 am	\$29	\$36.25	1
TC28116	10/9	W	10-11:30 am	\$29	\$36.25	1
TC28117	10/16	W	10-11:30 am	\$29	\$36.25	1
TC28118	10/23	W	10-11:30 am	\$29	\$36.25	1
TC28119	10/30	W	10-11:30 am	\$29	\$36.25	1
TC28120	11/6	W	10-11:30 am	\$29	\$36.25	1
TC28121	11/13	W	10-11:30 am	\$29	\$36.25	1
TC28122	11/20	W	10-11:30 am	\$29	\$36.25	1
TC28123	12/4	W	10-11:30 am	\$29	\$36.25	1
TC28124	12/11	W	10-11:30 am	\$29	\$36.25	1
TC28125	12/18	W	10-11:30 am	\$29	\$36.25	1

Class #	Dates	Days	Times	ID/AP	OD	Sessions
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### Weekly Hit Groups

These single session hitting classes will be released Wednesdays at 5pm one week prior to the class date

### Adult Tennis Drills and Conditioning 3.5+

This class is for Adult NTRP Levels 3.5+. Join Scott for a fast-paced hour of drilling and point play. Scott will keep you moving with different doubles drills and raise your heart-rate at the same time.

TC28311	9/9	M	6:15-7:45 pm	\$29	\$36.25	1
TC28312	9/5	Th	6-7:30 pm	\$29	\$36.25	1
TC28313	9/16	M	6:15-7:45 pm	\$29	\$36.25	1
TC28314	9/12	Th	6-7:30 pm	\$29	\$36.25	1
TC28315	9/23	M	6:15-7:45 pm	\$29	\$36.25	1
TC28316	9/19	Th	6-7:30 pm	\$29	\$36.25	1
TC28317	9/30	M	6:15-7:45 pm	\$29	\$36.25	1
TC28318	9/26	Th	6-7:30 pm	\$29	\$36.25	1
TC28319	10/7	M	6:15-7:45 pm	\$29	\$36.25	1
TC28320	10/3	Th	6-7:30 pm	\$29	\$36.25	1
TC28321	10/14	M	6:15-7:45 pm	\$29	\$36.25	1
TC28322	10/10	Th	6-7:30 pm	\$29	\$36.25	1
TC28323	10/21	M	6:15-7:45 pm	\$29	\$36.25	1
TC28324	10/17	Th	6-7:30 pm	\$29	\$36.25	1
TC28325	10/28	M	6:15-7:45 pm	\$29	\$36.25	1
TC28326	10/24	Th	6-7:30 pm	\$29	\$36.25	1
TC28327	11/4	M	6:15-7:45 pm	\$29	\$36.25	1
TC28328	11/18	M	6:15-7:45 pm	\$29	\$36.25	1
TC28330	11/7	Th	6-7:30 pm	\$29	\$36.25	1
TC28331	12/2	M	6:15-7:45 pm	\$29	\$36.25	1
TC28332	11/14	Th	6-7:30 pm	\$29	\$36.25	1
TC28333	12/9	M	6:15-7:45 pm	\$29	\$36.25	1
TC28334	11/21	Th	6-7:30 pm	\$29	\$36.25	1
TC28335	12/16	M	6:15-7:45 pm	\$29	\$36.25	1
TC28336	12/5	Th	6-7:30 pm	\$29	\$36.25	1
TC28337	12/12	Th	6-7:30 pm	\$29	\$36.25	1
TC28338	12/19	Th	6-7:30 pm	\$29	\$36.25	1

### Adult Tennis Drills and Conditioning 4.0+

This class is for Adult NTRP Levels 4+. Join Scott for a fast-paced hour of drilling and point play. Scott will keep you moving with different doubles drills and raise your heart-rate at the same time.

TC28211	9/4	W	6-7:30 pm	\$29	\$36.25	1
TC28212	9/11	W	6-7:30 pm	\$29	\$36.25	1
TC28213	9/18	W	6-7:30 pm	\$29	\$36.25	1
TC28214	9/25	W	6-7:30 pm	\$29	\$36.25	1
TC28215	10/2	W	6-7:30 pm	\$29	\$36.25	1
TC28216	10/9	W	6-7:30 pm	\$29	\$36.25	1
TC28217	10/16	W	6-7:30 pm	\$29	\$36.25	1
TC28218	10/23	W	6-7:30 pm	\$29	\$36.25	1
TC28219	10/30	W	6-7:30 pm	\$29	\$36.25	1
TC28220	11/6	W	6-7:30 pm	\$29	\$36.25	1
TC28221	11/13	W	6-7:30 pm	\$29	\$36.25	1
TC28222	11/20	W	6-7:30 pm	\$29	\$36.25	1
TC28223	12/4	W	6-7:30 pm	\$29	\$36.25	1
TC28224	12/11	W	6-7:30 pm	\$29	\$36.25	1
TC28225	12/18	W	6-7:30 pm	\$29	\$36.25	1

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	Sessions
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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.

TC27211	9/3-10/1	T	6:15-7:45 pm	\$143	\$178.75	5
TC27221	10/8-11/5	T	6:15-7:45 pm	\$143	\$178.75	5
TC27241	11/12-12/17	T	6:15-7:45 pm	\$143	\$178.75	5

## Fall League

Our internal league brings players of the same level together for a semi-competitive match play during the fall season. Teams consist of 1 Men's, 1 Women's, and 2 Mixed Doubles. Matches are played indoors at our Walker Road location.

For more information on forming a team, contact Coach Katherine at [k.lomartire@thprd.org](mailto:k.lomartire@thprd.org). If you are looking for a team to play on, join our interest list to be contacted if a team has space available.

**Level 4.0 - TC2FALBLU**

**Level 3.5 - TC2FALGRN**

**Level 3.0 - TC2FALRED**

**Level 2.5 - TC2FALPUR**

Please Note: Registering for one of the Interest Lists does not guarantee team placement.



## Private Lessons (Tennis or Pickleball)

Prefer one-on-one instruction? Improve your skills during a 60-minute private lesson with a Teaching Pro.

**\$63 ID / \$78.75 OD per hour**

Lesson times are limited to instructor & court availability.

For specific dates, visit our website: <https://www.thprd.org/activities/search-classes-and-camps>.

### Coach Scott Farnham:

Wednesdays at 8pm - TC29810

Thursdays at 8pm - TC29811

Saturdays at 8am - TC29812

Sundays at 8am - TC29813

### Coach Javier Ruiz:

Tuesdays at 11am - TC29820

Tuesdays at 12pm - TC29821

Thursdays at 11am - TC29822

Thursdays at 12pm - TC29823

### Coach TBD:

Wednesdays at 7pm - TC29800

### Interest List

You can also register for the fall private lesson interest list to be emailed as additional private lessons are added.

Tennis: TC29911

Pickleball: TC29911P

## Special Events at the Tennis Center

9/27-9/29 Pacific Cup Tournament

11/1-11/3 Tennis On Campus

Class #	Dates	Days	Times	ID/AP	OD	Sessions
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## Pickleball Classes

### 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.

TC29211	9/3-10/1	T	12-1:30 pm	\$105	\$131.25	5
TC29221	10/8-11/5	T	12-1:30 pm	\$135	\$168.75	5
TC29241	11/12-12/17	T	12-1:30 pm	\$135	\$168.75	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.

TC29311	9/4-10/2	W	10:30 am-12 pm	\$135	\$168.75	5
TC29321	10/9-11/6	W	10:30 am-12 pm	\$135	\$168.75	5
TC29341	11/13-12/18	W	10:30 am-12 pm	\$135	\$168.75	5

### Pickleball Hit with the Pro

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.

TC29411	9/5-10/3	Th	12-1:30 pm	\$135	\$168.75	5
TC29421	10/10-11/7	Th	12-1:30 pm	\$135	\$168.75	5
TC29441	11/14-12/19	Th	12-1:30 pm	\$135	\$168.75	5



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.

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 \$106 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:

**Fall registration at 8am on Monday, August 12.**

## 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, sign up for text alerts by texting "join" to 833-340-0174 to subscribe. We will also post notices on [www.thprd.org](http://www.thprd.org), 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.

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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



**Felicita Monteblanco**  
Director



**Alfredo Moreno**  
President  
Director



**Barbie Minor**  
Secretary  
Director



**Miles Palacios**  
Director



**Tya Ping**  
Secretary Pro-Tempore  
Director

### Management Team

Doug Menke, General Manager  
Aisha Panas, Deputy General Manager  
Jessica Collins, Executive Assistant

Jared Isaksen, Finance Services Director/ CFO  
Julie Rocha, Sports & Inclusion Director  
Sabrina Taylor Schmitt, Recreation & Aquatic Director  
Holly Thompson, Communications Director







# Fall 2024 - Events Calendar

Day	Event Name	Time	Location
<b>September</b>			
TBD	South Cooper Mt. Parks & Trail Grand Opening Event	TBD	TBD
9-14	Patron Appreciation Week	All day	Cedar Hills Recreation Center
12	Pumpkin Bob	1-5pm	Harman Swim Center
14	Cultural Book Fair	10am-1pm	Conestoga Recreation & Aquatic Center
13-22	Welcoming Week		District wide & center hosted events
17	Zumba Around the World	6-7:30 pm	Cedar Hills Park
19	Sunset's Spooky Saturday	1-4pm	Sunset Swim Center
28	Health & Wellness Resource Fair	9am-12:30pm	Elsie Stuhr Center
<b>October</b>			
6	Cedar Mill Cider Festival	12-4pm	John Quincy Adams House
18	Dive-in Movie	6-8:30pm	Conestoga Recreation & Aquatic Center
19	Halloween Silly Walk & Dance Party	4-6pm	Conestoga Recreation & Aquatic Center
25	Pumpkin Patch Pool Party	4:30-7:30pm	Aloha Swim Center
26	Fall Festival	11am-2pm	Cedar Hills Recreation Center
26	Sempoashochitl Festival	TBD	Garden Home Recreation Center
<b>November</b>			
1	Dive-in Movie	6-8:30pm	Conestoga Recreation & Aquatic Center
2	Día De Los Muertos Festival	3-7pm	Conestoga Recreation & Aquatic Center
13-16	Patron Appreciation Week	All day	Beaverton Swim Center
15	Dive-in Movie	6-8:30pm	Conestoga Recreation & Aquatic Center
<b>December</b>			
6	Dive-in Movie	6-8:30pm	Conestoga Recreation & Aquatic Center
7	Tropical Mermaid Swim	5-6:30pm	Beaverton Swim Center
7	Holiday Bazaar	9am-3pm	Elsie Stuhr Center
13	Elsie Stuhr Day	8am-2pm	Elsie Stuhr Center
20	Dive-in Movie	6-8:30pm	Conestoga Recreation & Aquatic Center



Sempoashochitl Festival



Pumpkin Bob



Cedar Mill Cider Festival

# T H P R D Welcomes you!



**TUALATIN HILLS**  
PARK & RECREATION DISTRICT