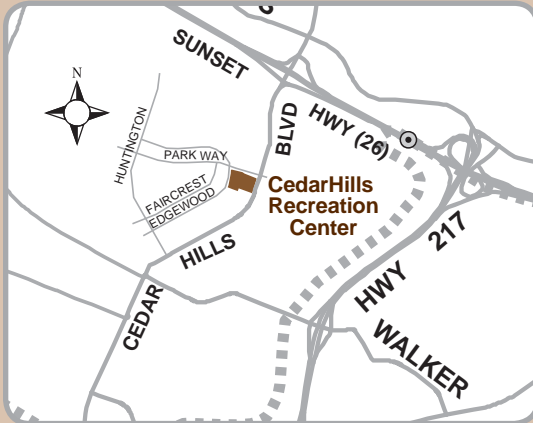




Cedar Hills Recreation Center



Cedar Hills Recreation Center
 11640 SW Park Way
 Portland, 97225 • 503/629-6340
 Fax 503/629-6345
 TriMet Routes #20, 59

Hours

Monday-Friday	5:30 am - 10 pm
Saturday	8 am - 4 pm
Sunday	10 am - 4 pm

Holiday Hours: 8 am-4 pm 11/11, 11/26, 1/1

Closed: 9/5, 11/24, 12/25, 12/26

Cedar Hills Center Staff

Deb Schoen, Supervisor
 Karin Madsen, Program Coordinator
 Jennie Best, Office Tech
 Bevin Bledsoe, Evening Supervisor
 Rob Russell, Receptionist

Cedar Hills offers

- Arts & Crafts
- Dance
- General Interest
- Gymnastics
- Preschool and Child Care Programs
- Sports & Fitness

Kids First & Jumpstart
 9-month preschools
 Open house will be January 20, 2012

FALL FESTIVAL

SATURDAY, OCTOBER 15
NOON-4 PM

Entrance Fee: \$2 (\$10 max per family, under 2 yrs free)
Scrip: 25¢ each (some activities cost 1-6 scrip)



- Cookie Decorating
- Face Painting
- Craft Projects
- Pirates Cove
- Magic Show
- Carnival Games
- Inflatable Bouncer
- Cupcake Walk
- Pumpkin Painting
- And Much More...

A COMMUNITY EVENT - FUN FOR THE ENTIRE FAMILY

Lunch will be available for purchase while enjoying free entertainment in the gym.

Follow us on

facebook

www.facebook.com/CedarHills

Indoor Playground

Families with children 6 weeks through 6 years of age can gather **Tuesdays and Thursdays from 9-11:15 am** to interact and develop motor and social skills through indoor play. **Parent supervision is required.** Please contact the center for more complete information. **Cost (per child):** \$2.50 ID/\$7.50 OD

Starts Thursday, September 8

Drop-in Sports & Fitness Programs

The Cedar Hills Recreation Center offers a variety of Drop-in sports for youth, family, adults and seniors. A valid **THPRD residency card is required for all Drop-in participation. Indoor gym shoes please.** If you are looking for a fitness program, please consider Cedar Hills fitness programs. Our classes are taught by certified fitness professionals. We offer a variety of class options. Our class sizes allow for lots of personal attention. Careful thought and planning go into helping the progress of each student.

Drop-in Sports & Fitness Fees

In-district and THPRD cardholder:		Out-of-district or non-THPRD cardholder:	
Adults	\$ 3.50	Adults and Seniors	\$10.50
Seniors and Youths 17 and under	\$ 2.50	Youths 17 and under	\$ 7.50
Households	\$10		

A THPRD frequent user pass or gift card may also be used. See page 6 for information.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym*							10 am - Noon All Ages*
Basketball		8:15-9:45 pm (30+ yrs)			6-8:15 pm (30+ yrs)		
Badminton	8:10-9:45 pm (16+ yrs)		8:10-9:45 pm (16+ yrs)			1:30-3:45 pm (18+ yrs)	

*Non-Team Play.

Drop-in Aerobics

Class tickets may be purchased for \$5.50 in-district (ID) or \$16.50 out-of-district (OD) per class depending on space availability. Tickets do not carry over term to term.

Drop-in Yoga/Pilates

Class tickets may be purchased for \$9 ID or \$27 OD per class. Class participation depends on space availability. No Drop-ins for full classes. Purchase tickets at the office and present to instructor prior to class.

Fully Equipped Weight Room

Circuit weight training machines and free weights including benches, squat racks and cable frame. Cardio machines including stationary bikes, treadmills, elliptical trainer, rowing machine and stair climber.

Monday-Friday: 5:30 am - 10 pm

Saturday: 8 am - 4 pm

Sunday: 10 am - 4 pm

Weight Room Orientations

Learn the proper techniques for using the weight room equipment. Our basic program will get you started. Orientations are available throughout the term. Please allow 10 days for the personal trainer to schedule an appointment with you. \$39 ID

Personal Training

Customize your fitness program with sessions with our personal trainer, tailored to your schedule. Your personal trainer will call you within 10 days to schedule an appointment.

1 Session:	\$44 ID
3 Sessions:	\$132 ID
6 Sessions:	\$247 ID

Cedar Hills Fitness Challenge 2012

Cedar Hill Recreation Center is hosting the 5th annual Fitness Challenge.

Run, dance and swim your way to your favorite city in the continental U.S.

The challenge will run from January 1 through April 15.

Those that complete the challenge will be eligible to enter the grand prize drawing for:

One Airline Ticket To Your Selected Destination

Please see the Cedar Hills Recreation Center front desk or call 503/629-6340 for entry information and Fitness Challenge details. \$18 to enter.

Preschool & Childcare Programs

Childcare Program

Our childcare program is designed for those families utilizing our facility. Parents are encouraged to pre-register their child(ren) to guarantee space availability. We do provide a Drop-in option for those staying on site or leaving the premises; however, openings are subject to space availability and must be done the day of use. Three-hour maximum time allotted per child. Pre-paid reservations are non-refundable/transferable and Drop-in time will not transfer term to term. Cost is \$2.75 per hour or \$1.50 per half hour for ID residents or those who have purchased an out-of-district assessment.

*Childcare will be closed on all holidays.

- **Morning:** Monday-Friday 8:45 am-12:30 pm
- **Evening:** Monday-Thursday 5:15-8:30 pm
No drop-offs after 8 pm.

Nine-month Preschool Programs

Registration for the 2011/2012 school year is going on now. A \$50 non-refundable enrollment fee will be due at the time of registration.

Jumpstart

\$130 per month T/W/Th 9 am-11:30 am 3½-4 years

Jumpstart - Pre-kindergarten

\$150 per month T/W/Th 12:30-3:30 pm 4-5 years

Jumpstart - Pre-kindergarten

\$200 per month M/T/W/Th 12:30-3:30 pm 4-5 years

Kids First - Pre-kindergarten

\$150 per month M/W/F 9 am- Noon 4-5 years

Kids First PM - Pre-kindergarten

\$130 per month T/Th Noon-3:30 pm 4-5 years

Kids First

\$100 per month T/Th 9-11 am 3½-4 years

THRIVE After-school Program

Teaching Healthy Responsible Individuals Values and Education

We believe providing an active and fun environment for children to THRIVE and will provide skills that last a lifetime. Our after-school program operates Monday through Friday. Children enrolled in 1st-5th grade are picked up from their school and can stay at our center until 6 pm on regular school days and from 7:30 am-6 pm on select in-service days.

Available schools: Barnes, Ridgewood, Elmonica, West TV and William Walker. Cost \$265 per month, (3 day a week option available) \$30 non-refundable enrollment fee required. Please call the Center directly to register.

All preschool and youth classes

Participants must meet the age requirement prior to the first class meeting. We invite parents and spectators to attend the first and last day of the children's classes; otherwise, in-room observation will be by instructor approval only.

Arts & Crafts - Preschool

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
NEW!				
Doodle Bugs				
Have some fun with your child and experience the joy of creating seasonal arts and crafts together, Wear clothes that can take paint. Parent participation required. No unregistered siblings allowed. Childcare is available.				
9/12-10/24 (7) CH24101	M Rm B	10-11 am	18 mths-3 yrs	\$47
10/31-12/5 (6) CH24102	M Rm B	10-11 am	18 mths-3 yrs	\$41

Arts & Crafts - Youth

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
Animals in Mix'd Media				
Capture the basic structure, proportion and composition of a variety of animals in life and fantasy. This class uses drawing and paint mediums to instruct in the fundamental elements and principles. Develop your creativity and explore your own artistic visions. No class 11/24. (Kyle)				
9/15-12/8 (12) CH24202	Th Rm A	3:30-4:30 pm	5½-8 yrs	\$84

Cartooning

Make up imaginary characters and create funny or serious situations. 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 traditional cartoon imagery. No class 10/15, 11/26. (Kyle)

9/17-12/10 (11) CH24207	S Rm 10	11:30 am-12:25 pm	6-9 yrs	\$74
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Drawing & Painting Adventure

Focuses on both! In drawing, students communicate by recording the real world or the one in their imagination! Use a variety of techniques and media to explore line, texture, form, perspective, and composition. For painting, learn how to mix color, use shape and line to express ideas and emotions, and portray images from life and imagination. No class 10/15, 11/26. (Kyle)

9/17-12/10 (11) CH24205	S Rm 10	9:30-10:25 am	5½-7½ yrs	\$74
9/17-12/10 (11) CH24206	S Rm 10	10:30-11:30 am	7½-11 yrs	\$78

Arts & Crafts - Youth

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
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Modern Mix

Try your hand at a mix of techniques and styles in your own cutting-edge drawings, paintings, prints and more. Take on the challenge of new ideas and materials. No class 10/15, 11/24, 11/26. (Kyle)

9/15-12/8 (12) CH24208	Th Rm A	4:30-5:30 pm	6-9 yrs	\$85
9/17-12/10 (11) CH24209	S Rm 10	12:45-1:45 pm	6½-10 yrs	\$78

Arts & Crafts - Teen/Adult

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
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Knitting

Learn the principles of knitting. Bring size 9/10 needles and a skein of worsted weight yarn or chunky weight yarn and 13-15 size needles to first class. Intermediate students bring pattern, yarn, and needles for project you wish to work on. (Nancy)

9/14-11/30 (12) CH24508	W Rm D	10 am-Noon	15 yrs-Adult	\$104
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Quilting, All Levels

Learn the basics, expand your skills, and/or learn how to develop your own style and designs. Instruction for every level, beginners to advanced. New projects/patterns presented each term or bring one of your choosing. Supply list. No class 11/2, 11/3, 11/23, 11/24. (Patti)

9/14-12/14 (12) CH24514	W Rm 3	7-9 pm	14 yrs-Adult	\$127
9/15-12/15 (12) CH24515	Th Rm 3	10 am-Noon	14 yrs-Adult	\$127

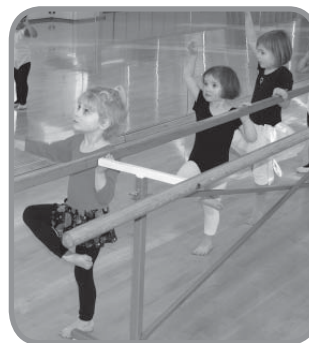
Watercolor, Intermediate

Participants will work at their own pace in an open informative class. Topics will include still life, design, color harmony, and individual critiques. Supply list. (Melissa)

9/14-11/30 (12) CH24518	W Rm 3	9:30 am-12:30 pm	15 yrs-Adult	\$156
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All Preschool and Youth Classes

Participants must meet the age requirement prior to the first class meeting. We invite parents and spectators to attend the first and last day of the children's classes, otherwise, in room observance will be by instructor approval only.



Preschool & Youth Dance Classes

What should I wear?

Girls: Ballet slippers, leotard and tights preferred.

Boys: Ballet slippers (if you have), white T-shirt and sweat pants.

Dance - Preschool

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
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Beginning Ballet

For those students that have had pre-ballet and are ready for more! Focuses on learning fundamentals of classical ballet.

9/13-12/6 (13) CH21100	T Rm 5	3:30-4:15 pm	4-6 yrs	\$63
9/14-12/7 (13) CH21101	W Rm 5	12:15-1 pm	4-6 yrs	\$63

Creative Dance

Rhythm and beginning dance techniques, movement combinations and routines to a variety of music and the incorporation of dance props will be introduced. No class 11/24.

9/12-12/5 (13) CH21105	M Rm 5	10:45-11:30 am	3-5 yrs	\$63
9/15-12/8 (12) CH21106	Th Rm 5	9:30-10:15 am	3-5 yrs	\$58

NEW!

Creative Movers

Develop rhythm with an introduction to beginning dance techniques, movement combinations and more. Exposure to a variety of music, and dance props. No class 10/14, 11/11, 11/25.

9/16-12/9 (10) CH21107	F Rm D	9-9:30 am	2½-3 yrs	\$35
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Dancing Princesses

Kids get the royal treatment as they learn dance basics that strengthen flexibility, rhythm, and grace amongst crowns, wands, and their royal outfit. Come dressed in your favorite outfit! No class 10/15, 11/26.

9/13-12/6 (13) CH21110	T Rm 5	11:15 am-Noon	3½-5 yrs	\$63
9/17-12/10 (11) CH21111	S Rm 5	10:45-11:30 am	3-5 yrs	\$53

Dance - Preschool

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
Gymnastic Dance				
Learn the fundamentals of dance and an introduction to tumbling and gymnastics techniques often used in dance. No class 11/24.				

9/12-12/5 (13) CH21113	M Rm 5	12:15-1 pm	3-5 yrs	\$63
9/15-12/8 (12) CH21114	Th Rm	3:30-4:15 pm	4-6 yrs	\$58

On Your Toes

Beginning class introduces ballet technique through props and fun music. Skills include balance, coordination, flexibility, and strength. Ballet shoes recommended.

9/14-12/7 (13) CH21116	W Rm 5	11-11:30 am	3-3½ yrs	\$46
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Pre-Ballet

Introduction to ballet steps and terminology, with an emphasis on creative movement, rhythm balance and coordination. No class 10/14, 10/15, 11/11, 11/24, 11/25, 11/26.

9/12-12/5 (13) CH21118	M Rm D	9:45-10:30 am	3½-5 yrs	\$63
9/12-12/5 (13) CH21119	M Rm D	10:30-11:15 am	4-6 yrs	\$63
9/12-12/5 (13) CH21120	M Rm 5	2:30-3:15 pm	4-6 yrs	\$63
9/13-12/6 (13) CH21121	T Rm 5	10:15-11 am	4-6 yrs	\$63
9/14-12/7 (13) CH21122	W Rm 5	11:30 am-12:15 pm	3½-5 yrs	\$63
9/15-12/8 (12) CH21123	Th Rm 5	10:15-11 am	4-6 yrs	\$58
9/16-12/9 (10) CH21124	F Rm D	9:45-10:30 am	3-5 yrs	\$48
9/16-12/9 (10) CH21125	F Rm D	10:30-11:15 am	3-5 yrs	\$48
9/17-12/10 (11) CH21128	S Rm 5	9-9:45 am	3-5 yrs	\$53
9/17-12/10 (11) CH21129	S Rm 5	9:45-10:30 am	4½-6 yrs	\$53

Shuffle, Point, Swing

Introduction to tap, ballet, and jazz techniques. Broad exposure to different dance types, music, and styles. Tap shoes required. No class 11/24.

9/12-12/5 (13) CH21131	M Rm 5	11:30 am-12:15 pm	3½-5 yrs	\$63
9/15-12/8 (12) CH21132	Th Rm 5	4:15-5 pm	4-6 yrs	\$58

Dance - Preschool

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
Sibling Dance Fun				
For siblings to move and learn together. Develop rhythm, balance and coordination while learning basic dance steps to fun songs and incorporated props. No class 11/24.				

9/12-12/5 (13) CH21133	M Rm 5	10-10:45 am	2-6 yrs	\$63
9/12-12/5 (13) CH21134	M Rm D	11:30 am-12:15 pm	2-6 yrs	\$63
9/15-12/8 (12) CH21135	Th Rm 5	11:15 am-Noon	2-6 yrs	\$58

Sing Along, Dance Along

Dance along to songs and sing while you dance. Have fun with movement and sound all while learning the basics in beginning dance and developing coordination and grace.

9/13-12/6 (13) CH21144	T Rm 5	9:15-10 am	3-4 yrs	\$63
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Tiny Tappers

Through beats and rhythms, little tappers learn the basics of tap from their heads to their feet and everything in between! Tap shoes required.

9/13-12/6 (13) CH21137	T Rm 5	12:15-1 pm	4-6 yrs	\$63
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Tiny Tutus

Perfect for tine dancers to learn basic ballet skills to improve balance and coordination in a nurturing and fun environment. **Parent participation required** – at discretion of instructor.

9/14-12/7 CH21139	F Rm5	10-10:30 am	2-2½ yrs	\$46
9/14-12/7 CH21140	F Rm5	10:30-11 am	2½-3 yrs	\$46

Tip Toes

For our youngest dancers! Develop grace, poise, good posture, and coordination while dancing to many favorite songs. Basic ballet skills taught.

9/12-12/5 (13) CH21138	M Rm D	9-9:30 am	2-3 yrs	\$46
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Zumbatonic

For preschool age children- an explosive fusion of dance, games and fun set to the rhythms of salsa, cumbia, reggaeton, merengue, African and many more! This high-energy class is sure to keep your child moving and staying fit. Tennis shoes required. No class 11/24.

9/15-12/8 (12) CH21145	Th Rm D	9:15-10 am	4-6 yrs	\$58
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Dance - Youth

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
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Our cheerleading program features a combination of cheering, stunting and tumbling taught by experienced coach Nicolette Gonzalez. We offer three levels of cheer from beginners to advanced/competitive level.

Cheer, Beginning

This class offer the fundamentals and basic skills of cheerleading. You will learn motions, jumps, cheers and stunting starting with prop and cradle (dismount). Tumbling skills work forward rolls, kart wheels, and back bends.

9/18-11/20 (10) CH21217	Su Gym	6:30-8 pm	8-13 yrs	\$48
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Cheer, Intermediate

This class is for the more experienced, and you must have a clean solid prep cradle to participate at this level. We will learn more stunting skills such as extension, twist up, liberty and full down. Tumbling skills will include back walkover, round offs and backhand spring.

9/18-11/20 (10) CH21218	Su Gym	1:15-2:15 pm	8-13 yrs	\$61
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Cheer, Advanced

This is an instructor approved class and participants must have extended stunts and cradles. May have additional fees for competitions.

9/18-11/20 (10) CH21219	Su Gym	2:15-3:45 pm	11-14 yrs	\$112
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Classical Ballet I

An introduction to formal ballet that follows the traditional class structure of barre work to stretch and strengthen, center and across the floor movements. Dancers gain strength, flexibility and begin to work on ballet jumps and turns.

9/13-12/6 (13) CH21200	T Rm 5	4:15-5 pm	6-12 yrs	\$63
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Classical Ballet II/III

Ready for the next level. Continue with barre and center work to increase and refine balance, coordination, flexibility and strength. At least one yr of level 1 continuous recommended, refer to instructor for recommendation.

9/13-12/6 (13) CH21201	T Rm 5	5-6 pm	6-12 yrs	\$79
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Dance - Youth

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
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Dance with Glee

Think you could dance with the kids of Glee? Or want to learn how? Take a chance with a mix of jazz, hip hop, lyrical, theater dance and gymnastics dance and show what you're made of! No class 10/15,11/26.

9/17-12/10 (11) CH21203	S Rm 5	Noon-1 pm	7-10 yrs	\$67
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Got Jazz

Develop coordination, rhythm, strength and balance to fun and upbeat music. Various styles of jazz dance are introduced. No class 11/24.

9/15-12/8 (12) CH21204	Th Rm 5	5-6 pm	6-12 yrs	\$73
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Hip-hop Street Dance



Learn technique and routines based from a variety of dance styles – Hip-hop, locking, street jazz, contemporary and more. Put on your tennis shoes and get ready to move.

9/12-12/5 (13) CH21214	M Rm 5	3:45-4:30 pm	7-12 yrs	\$63
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Hip-hop Video Dance

Here's your chance to learn all about popular dance with upbeat routines and technical skills for today's dance world!

9/12-12/5 (13) CH21208	M Rm 5	4:30-5:30 pm	8½-13 yrs	\$79
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Jazz/Hip Hop

Learn the fundamentals of jazz ranging from Broadway to pop and Hip Hip from pop-n-lock to house, in a fun and exciting environment. No class 10/15, 11/26.

9/17-12/10 (11) CH21213	S Rm 5	1-2 pm	7-10 yrs	\$67
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Zumbatomic

An explosive fusion of dance, games and fun set to the rhythms of salsa, cumbia, reggaeton, merengue, African and many more! This high-energy class is sure to keep your child moving and staying fit. Tennis shoes required.

9/13-12/6 (13) CH21220	T Rm D	6:15-7:15 pm	7-12 yrs	\$79
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Dance - Teen/Adult

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
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Belly Dancing, Beginning

Become more graceful, flexible, and toned through the ancient art of belly dance. Class will learn isolated body movements, dance steps, and the use of the veil. Class promotes a positive body image. No class 11/24.

9/13-12/13 (14) CH21502	T Rm 5	7:30-8:30 pm	15 yrs-Adult	\$66
9/15-12/8 (12) CH21503	Th Rm 5	7:30-8:30 pm	14 yrs-Adult	\$56

Belly Dancing, Intermediate

Continued study of the beautiful and ancient art of belly dance. Study styles from several cultures and learn a variety of steps and veil work. Participants should have taken Level I or have instructor permission. No class 11/24.

9/13-12/6 (13) CH21504	T Rm 5	8:30-9:30 pm	15 yrs-Adult	\$61
9/15-12/8 (12) CH21505	Th Rm 5	8:30-9:30 pm	15 yrs-Adult	\$56

Belly Dancing, Tribal

Explore the exotic world of tribal style belly dance. Covers posture, basic isolations, and technique with improvisation. All levels welcome!

9/12-12/5 (13) CH21506	M Rm 5	8:30-9:30 pm	14 yrs-Adult	\$79
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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.

9/14-12/7 (13) CH21508	W Rm 5	7:30-9 pm	15 yrs-Adult	\$102
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Hip Hop for Adults

Love to dance and work your body? This fusion of Hip-hop and street dance gets you moving. Great music, great energy! Have fun and burn lots of calories!

9/12-12/5 (13) CH21509	M Rm 5	7:15-8:15 pm	14 yrs-Adult	\$61
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Family Zumba

Monday nights 7:15-8 pm

See page 78 for more information.

All Preschool and Youth Classes

Participants must meet the age requirement prior to the first class meeting. We invite parents and spectators to attend the first and last day of the children's classes, otherwise, in room observance will be by instructor approval only.

General Interest - Preschool

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
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Cooking Kids

A special cooking or baking theme that will include preparation and cooking in a safe, cozy, learning environment. Special emphasis on fun! Call at least one week prior with any food allergies. (Gloria)

9/14-10/5 (4) CH25100	W Kitchen	9:30-11:30 am	3-4 ½ yrs	\$69
10/19-11/9 (4) CH25101	W Kitchen	9:30-11:30 am	3-4 ½ yrs	\$69
9/16-10/7 (4) CH25102	F Kitchen	9:30-11:30 am	4-5 yrs	\$69
10/21-11/4 (3) CH25103	F Kitchen	9:30-11:30 am	4-5 yrs	\$53

Mix & Stir Together

Experience how fun it can be working in the kitchen with your child. Cooking together can be a delicious learning experience for both. Cost covers one parent/one child. No unregistered siblings in the classroom. Call at least one week prior with any food allergies. (Gloria)

10/12 (1) CH25105	W Kitchen	6:30-8:30 pm	3-5 yrs	\$31
11/30 (1) CH25106	W Kitchen	6:30-8:30 pm	3-5 yrs	\$31

Kindertune Music Adventure

Music, movement, games, stories, and other activities designed for parent/child participation. No class 10/14, 11/11, 11/25. (Karolyn)

9/16-12/9 (10) CH25113	F Rm C-1	9:30-10 am	1 ½-3 yrs	\$43
9/16-12/9 (10) CH25114	F Rm C-1	10:05-10:35 am	1 ½-3 yrs	\$43

Music, Art & Acting for Preschoolers

Singing, instruments, art and acting designed for preschool children. The final class will include a performance for parents. No class 10/14, 11/11, 11/25. (Karolyn)

9/16-12/9 (10) CH25115	F RM C-1	11-11:45 am	3-6 yrs	\$61
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NEW!

What's New For Preschool

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
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A to Z, Let's Learn Letters

Through games, stories and alphabet projects children will develop language ground work for oral and written communication. Through group participation children will explore letters in a fun environment that will support later learning.

9/13-10/25 (7) CH25180	T Rm B	9-11 am	3-5 yrs	\$67
11/1-12/6 (6) CH25181	T Rm B	9-11 am	3-5 yrs	\$57

Four, Five, Six, Math

Children will become more familiar with math as they enjoy games and activities focused on numbers. This course is part of a preschool/kindergarten enrichment series designed to support a child's intellect and prepare him/her for real world application.

9/12-10/24 (7) CH25188	M Rm 12	2:15-3:15 pm	4-6 yrs	\$38
10/31-12/5 (6) CH25189	M Rm 12	2:15-3:15 pm	4-6 yrs	\$33

Four, Five, Six, Science

Your future scientist will have fun in a group setting as they learn about science and exploring new things. This course is part of a preschool/kindergarten enrichment series designed to support a child's natural curiosity and prepare him/her for real world application.

9/12-10/24 (7) CH25186	M Rm 12	1-2 pm	4-6 yrs	\$37
10/31-12/5 (6) CH25187	M Rm 12	1-2 pm	4-6 yrs	\$32

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
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Little One Fun, Preschool Prep

A lightly structured preschool class designed to prepare children for the nine-month preschool experience. Children will develop socialization and listening skills. Large and small motor skill development will be supported through age-appropriate activities. Letters, shapes, colors and numbers will be presented in a fun, creative and exciting manner.

9/14-10/26 (7) CH25184	W Rm A	9-11:30 am	2-3 yrs	\$82
11/2-12/7 (6) CH25185	W Rm A	9-11:30 am	2-3 yrs	\$71

Nature Explorers

We will nurture your child's curiosity about the wonders of nature through games, stories and projects. Children will gain knowledge through experimentation, problem solving and positive social interaction. No class 11/24.

9/15-10/27 (7) CH25190	Th Rm B	9-11 am	3-5 yrs	\$76
11/3-12/8 (5) CH25191	Th Rm B	9-11 am	3-5 yrs	\$66

Books Alive!

Each week a new story is presented followed by a craft project intended to stretch the imagination. Language development and social interaction will be developed through both independent and cooperative play. **Parent participation required**

9/14-10/26 (7) CH25182	W Rm B	10-11 am	18 mths-3 yrs	\$33
11/2-12/7 (6) CH25183	W Rm B	10-11 am	18 mths-3 yrs	\$29

We bring the party to you!

The Rec Mobile is now offering birthday packages at the Cedar Hills Recreation Center or at the site of your choice!

Some of the party packages to choose from:

- Cosmic color party
- Jump-tastic party
- Pirate party
- Princess party
- Sports party



Call the Cedar Hills Recreation Center at 503/629-6340 for more information.



General Interest - Preschool

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
Preschool Exploration, It's Funtastic				
Explore the fun factors of group play and individual enhancement. Children will learn to explore the preschool setting, while developing skills, through art, songs, stories, sharing and free play. No class 10/14, 11/11, 11/24, 11/25.				
9/12-10/24 (7) CH25125	M RM C-1	9-11:30 am	3-5 yrs	\$91
10/31-12/5 (6) CH25126	M RM C-1	9-11:30 am	3-5 yrs	\$78
9/14-10/26 (7) CH25127	W RM C-1	9-11:30 am	3-5 yrs	\$91
11/2-12/7 (6) CH25128	W RM C-1	9-11:30 am	3-5 yrs	\$78
9/16-10/28 (7) CH25129	F Rm B	9-11:30 am	3-5 yrs	\$91
11/4-12/9 (4) CH25130	F Rm B	9-11:30 am	3-5 yrs	\$52

Preschool Exploration- Mom's Morning Out

Classes are designed to enhance social skills and creativity. Crafts stories, songs, and playtime are part of the fun. No class 10/14, 11/11, 11/24, 11/25.

9/12-10/24 (7) CH25136	M Rm A	9-11 am	2-3½ yrs	\$75
10/31-12/5 (6) CH25137	M Rm A	9-11 am	2-3½ yrs	\$64
9/13-10/25 (7) CH25138	T Rm A	9-11 am	20 mths-2 yrs	\$75
11/1-12/6 (6) CH25139	T Rm A	9-11 am	20 mths-2 yrs	\$64
9/13-10/25 (7) CH25146	T RM C-1	9-11:30 am	2-4 yrs	\$91
11/1-12/6 (6) CH25147	T RM C-1	9-11:30 am	2-4 yrs	\$78
9/15-10/27 (7) CH25140	Th Rm A	9-11 am	20 mths-2½ yrs	\$75
11/3-12/8 (5) CH25141	Th Rm A	9-11 am	20 mths- 2½ yrs	\$53
9/15-10/27 (7) CH25142	Th RM C-1	9-11:30 am	2-3½ yrs	\$91
11/3-12/8 (5) CH25143	Th RM C-1	9-11:30 am	2-3½ yrs	\$65
9/16-10/28 (7) CH25144	F Rm A	9-11 am	2-3½ yrs	\$75
11/4-12/9 (4) CH25145	F Rm A	9-11 am	2-3½ yrs	\$43

General Interest - Preschool

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
Preschool Exploration, Holiday Happening				
One week full of free play, songs, stories, and holiday crafts while you use the time to get ready for the holiday madness that will be here before you know it! Snack will be provided.				
12/12-12/16 (1) CH25150	M-F Rm A	9-11:30 am	2-4 yrs	\$65
Preschool Exploration, Holi-DAY-of Fun				
A morning of FUN, filled with playtime, songs, stories, games and holiday crafts, while you get ready for the holidays. Snack will be provided.				
12/19 (1) CH25151	M Rm A	9 am-Noon	2-4 yrs	\$16
12/20 (1) CH25152	T Rm A	9 am-Noon	2-4 yrs	\$16
12/21 (1) CH25153	W Rm A	9 am-Noon	2-4 yrs	\$16



General Interest - Youth

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
Acting Performance & Playwriting NEW!				
New class format! Students review voice projection and movement through pantomime, improvisation and character development. Also, learn to write a short play, direct it, and present it to an audience. (Karolyn)				
9/13-11/15 (10) CH25200	T Rm 12	4:30-6 pm	7-13 yrs	\$104
Babysitter's Training				
Learn responsibilities of babysitting. Certification awarded to students who attend the entire session and complete class requirements. Some babysitting supplies available for sale at class. Bring sack lunch and drink. (American Red Cross)				
10/8 (1) CH25204	S Rm 3	9 am-3:45 pm	11-15 yrs	\$50
11/5 (1) CH25205	S Rm 3	9 am-3:45 pm	11-15 yrs	\$50
12/3 (1) CH25206	S Rm 3	9 am-3:45 pm	11-15 yrs	\$50

General Interest - Youth

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
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Bits, Bytes & Beyond, Game Creation

Think playing computer games is fun, think what a blast learning to program your own games will be. Learn about creating sprites, objects, events and actions. Design a room, make it look the way you want, add objects and play your game. We'll teach you how to display health, lives, score and high score tables. Using drag-and-drop programming, you'll be creating exciting, professional games you can play with friends. (Kid Institute)

10/17-11/7 (4) CH25202	M Rm A	3:30-5:30 pm	8-10 yrs	\$88
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Bits, Bytes & Beyond, Movie Making

Want to direct your own movies, like making up stories, enjoy animation? Using digital a camera, Stop Motion Pro Animation software and video editing software, you'll create stop-motion animated movies with titles, credits and sound effects. Design your own set with backgrounds, characters and scenery. (Kid Institute)

11/14-12/5 (4) CH25203	M Rm A	3:30-5:30 pm	8-10 yrs	\$88
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Bits, Bytes & Beyond, Robotics

Program the amazing LEGO Mindstorms NXT robots. Use your new skills to meet challenges such as using sensors to navigate through terrain or battle an opponent at Robot Sumo. Class introduces programming concepts such as repeat loops, if/then statements and the use of sensors. Class can be taken by students with little or no experience as well as those who have taken a robotics class. (Kid Institute)

9/19-10/10 (4) CH25201	M Rm A	3:30-5:30 pm	8-10 yrs	\$88
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Mix & Stir Together

Experience how fun it can be working in the kitchen with your child. Cooking together can be a delicious learning experience for both. Cost covers one parent/one child. No unregistered siblings in the classroom. Call at least one week prior with any food allergies. (Gloria)

10/19 (1) CH25207	W Kitchen	6:30-8:30 pm	6-9 yrs	\$31
12/7 (1) CH25208	W Kitchen	6:30-8:30 pm	6-9 yrs	\$31



General Interest - Youth

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
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Piano, Private Lessons

No experience required! Your chance to learn basic and advanced techniques from an experienced piano teacher. You'll need to practice between lessons. Experienced students can bring their own lesson books.

9/13-10/18 (6) CH25215	T Rm B	3-3:30 pm	7-14 yrs	\$154
9/13-10/18 (6) CH25216	T Rm B	3:40-4:10 pm	7-14 yrs	\$154
9/13-10/18 (6) CH25217	T Rm B	4:20-4:50 pm	7-14 yrs	\$154
9/13-10/18 (6) CH25218	T Rm B	5-5:30 pm	7-14 yrs	\$154
9/13-10/18 (6) CH25219	T Rm B	5:40-6:10 pm	7-14 yrs	\$154
9/13-10/18 (6) CH25221	T Rm B	6:20-6:50 pm	7-14 yrs	\$154
10/25-12/6 (7) CH25223	T Rm B	3-3:30 pm	7-14 yrs	\$179
10/25-12/6 (7) CH25224	T Rm B	3:40-4:10 pm	7-14 yrs	\$179
10/25-12/6 (7) CH25225	T Rm B	4:20-4:50 pm	7-14 yrs	\$179
10/25-12/6 (7) CH25226	T Rm B	5-5:30 pm	7-14 yrs	\$179
10/25-12/6 (7) CH25227	T Rm B	5:40-6:10 pm	7-14 yrs	\$179
10/25-12/6 (7) CH25228	T Rm B	6:20-6:50 pm	7-14 yrs	\$179

When I'm In Charge

For children who may be home on their own from time to time. Covers phone calls, securing a home, first aid techniques and more. Parents are urged to attend the final half hour to see a video tape. Some first aid supplies are available for sale at class. (American Red Cross)

9/24 (1) CH25211	S Rm 3	9-11:30 am	8-11 yrs	\$28
10/22 (1) CH25212	S Rm 3	9-11:30 am	8-11 yrs	\$28

Youth Guitar

Learn basic chords and strumming, along with an understanding of how the guitar works. Bring your own guitar. No class 11/24. (David)

9/15-12/8 (12) CH25213	Th Rm 3	3:35-4:20 pm	7-9 yrs	\$70
9/15-12/8 (12) CH25214	Th Rm 3	4:25-5:10 pm	9-14 yrs	\$70

General Interest - Youth

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
Youth Guitar Private Lessons				
Learn basic guitar or continue to improve your skills. No class 11/24. (David)				
9/14-10/5 (4) CH25270	W Rm 3	3:30-4 pm	6-14 yrs	\$103
9/14-10/5 (4) CH25271	W Rm 3	4-4:30 pm	6-14 yrs	\$103
9/14-10/5 (4) CH25272	W Rm 3	4:30-5 pm	6-14 yrs	\$103
9/14-10/5 (4) CH25273	W Rm 3	5-5:30 pm	6-14 yrs	\$103
9/14-10/5 (4) CH25274	W Rm 3	5:30-6 pm	6-14 yrs	\$103
9/14-10/5 (4) CH25275	W Rm 3	6-6:30 pm	6-14 yrs	\$103
10/12-11/2 (4) CH25276	W Rm 3	3:30-4 pm	6-14 yrs	\$103
10/12-11/2 (4) CH25277	W Rm 3	4-4:30 pm	6-14 yrs	\$103
10/12-11/2 (4) CH25278	W Rm 3	4:30-5 pm	6-14 yrs	\$103
10/12-11/2 (4) CH25279	W Rm 3	5-5:30 pm	6-14 yrs	\$103
10/12-11/2 (4) CH25280	W Rm 3	5:30-6 pm	6-14 yrs	\$103
10/12-11/2 (4) CH25281	W Rm 3	6-6:30 pm	6-14 yrs	\$103
11/9-12/7 (4) CH25282	W Rm 3	3:30-4 pm	6-14 yrs	\$103
11/9-12/7 (4) CH25283	W Rm 3	4-4:30 pm	6-14 yrs	\$103
11/9-12/7 (4) CH25284	W Rm 3	4:30-5 pm	6-14 yrs	\$103
11/9-12/7 (4) CH25285	W Rm 3	5-5:30 pm	6-14 yrs	\$103
11/9-12/7 (4) CH25286	W Rm 3	5:30-6 pm	6-14 yrs	\$103
11/9-12/7 (4) CH25287	W Rm 3	6-6:30 pm	6-14 yrs	\$103
9/15-10/6 (4) CH25294	Th Rm 3	5:30-6 pm	6-14 yrs	\$103
9/15-10/6 (4) CH25295	Th Rm 3	6-6:30 pm	6-14 yrs	\$103
10/13-11/3 (4) CH25296	Th Rm 3	5:30-6 pm	6-14 yrs	\$103
10/13-11/3 (4) CH25297	Th Rm 3	6-6:30 pm	6-14 yrs	\$103
11/10-12/8 (4) CH25298	Th Rm 3	5:30-6 pm	6-14 yrs	\$103
11/10-12/8 (4) CH25299	Th Rm 3	6-6:30 pm	6-14 yrs	\$103

General Interest - Teen/Adult

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
Cooking, Gluten-Free: Healthy & Vegan				
Discover the ease of baking scrumptious cakes, cookies, and breads –all gluten and dairy-free , and made without refined flours, starches, eggs, animal fat, or white sugar. These sweet and savory baked goods are more nourishing and tastier than the gluten-filled varieties. Bring your appetite. <u>A \$10 supply fee is payable to the instructor.</u> (David)				
9/22 CH25507	Th Kitchen	6-9 pm	Adult	\$22

Cooking, Farmers Market Series

Join our certified health coach Tara, as she focuses on creative uses for items purchased at your local farmers market. **Call at least one week prior if you have any food allergies.**



Dips, Salsas and Chutneys

Liven up any meal. Make a variety of salsas, sauces and chutneys using mostly organic ingredients.

9/18 (1) CH25510	Su Kitchen	1-3 pm	Adult	\$38
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Stir Fry

Make unique stir-fry meals using fresh produce, grains, and locally caught fish or meat.

10/2 (1) CH25511	Su Kitchen	1-3 pm	Adult	\$38
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Fall Abundance

Create a variety of meals with winter squash, apples and fall foods meant to last through the winter, and keep your body warm and nourished for the cold months ahead.

10/16 (1) CH25512	Su Kitchen	1-3 pm	Adult	\$38
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Uncooking

Learn about the benefits of adding raw food to your diet. Make a variety of dishes, salads, entrees, and a tasty dessert.

11/6 (1) CH25513	Su Kitchen	1-3 pm	Adult	\$38
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General Interest - Teen/Adult

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
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Cooking, Cheeses & Milks Vegan-Style

Make delicious and economical hard blocks of cheese and creamy, rich tasting milks using only non-dairy whole food ingredients. These nutritious replacements for the pasteurized, highly processed milks and cheeses can be used in any recipe calling for the "real" things/ No fancy equipment needed - just a blender. Gluten and cholesterol-free, too. Come hungry. A \$10 supply fee is payable to the instructor. (David)

10/20 CH25508	Th Kitchen	6-9pm	Adult	\$22
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Cooking, Sugar Blues



Learn about sugar and sweeteners and how they effect our body and if there are healthy alternatives. Find ways to help satisfy our need for "sweet" without the health risks. Call at least one week prior with any food allergies. (Tara)

9/27 (1) CH25514	T Kitchen	6:30-8:30 pm	Adult	\$38
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Cooking, Gluten-Free Holiday Cooking



Make delicious gluten free stuffing, breads, and pie crust. We will discuss gluten free (and full) foods and alternatives. Nutritional information and recipes provided. Call at least one week prior with any food allergies. (Tara)

11/1 (1) CH25515	T Kitchen	6:30-8:30 pm	Adult	\$38
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Cooking, Vegetarian Holiday Cooking



Do you have a vegetarian coming to your holiday table, and are unsure what to prepare. We will cook several simple, but holiday-appropriate dishes. Nutritional information and recipes provided. Call at least one week prior with any food allergies. (Tara)

11/15 (1) CH25516	T Kitchen	6:30-8:30 pm	Adult	\$38
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Cooking, Holiday Dinner



Prepare a delicious meal you'll be thrilled to present at holiday time to friends and family. Call at least one week prior with any food allergies. (Gloria)

11/16 (1) CH25518	W Kitchen	6:30-8:30 pm	Adult	\$36
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Guitar I

Learn basic chords and strumming patterns, develop technical skills and improve your speed and accuracy between chord changes. Bring your own guitar.

9/12-12/5 (13) CH25520	M Rm 3	7:30-8:30 pm	13 yrs-Adult	\$93
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General Interest - Teen/Adult

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
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Guitar Private Lessons

Learn basic guitar or continue to improve your skills. Open to all levels. No class 10/31.

9/12-12/5 (12) CH25526	M Rm 3	4:30-5 pm	12 yrs-Adult	\$309
9/12-12/5 (12) CH25527	M Rm 3	5-5:30 pm	12 yrs-Adult	\$309
9/12-12/5 (12) CH25528	M Rm 3	5:30-6 pm	12 yrs-Adult	\$309
9/12-12/5 (12) CH25529	M Rm 3	6-6:30 pm	12 yrs-Adult	\$309
9/12-12/5 (12) CH25530	M Rm 3	6:30-7 pm	12 yrs-Adult	\$309
9/12-12/5 (12) CH25531	M Rm 3	7-7:30 pm	12 yrs-Adult	\$309

Piano, Private Lessons

No experience required! Your chance to learn basic and advanced techniques from an experienced piano teacher. You'll need to practice between lessons. Experienced students can bring their own lesson books.

9/13-10/18 (6) CH25540	T Rm B	7-7:40 pm	10 yrs-Adult	\$205
9/13-10/18 (6) CH25541	T Rm B	7:50-8:30 pm	10 yrs-Adult	\$205
10/25-12/6 (7) CH25543	T Rm B	7-7:40 pm	10 yrs-Adult	\$239
10/25-12/6 (7) CH25544	T Rm B	7:50-8:30 pm	10 yrs-Adult	\$239



All Preschool and Youth Classes

Participants must meet the age requirement prior to the first class meeting. We invite parents and spectators to attend the first and last day of the children's classes, otherwise, in room observance will be by instructor approval only.

Gymnastics

Cedar Hills offers a comprehensive gymnastics program for young children. Our gymnastics classes are designed to help students reach their full potential. Great care is taken to provide a fun and safe atmosphere with quality instruction.

Participants with long hair need to pull it back with a rubber band. Please do not wear tights. Safety guidelines discussed at first class.

Note: For safety reasons, students will forfeit class participation if they are more than 10 minutes late or warmups are over.

Gymnastics - Preschool

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
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Boys Gymnastics (All Levels)

Designed for boys only. Learn the vault, bars, and floor exercise. Focus on flexibility and strength. All skill levels welcome.

9/14-12/7 (13) CH23126	W Rm 9	4:45-5:45 pm	4-6 yrs	\$90
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Pre Gymnastics

Introduces four gymnastics events: vault, bars, beam, and floor. Focus on obstacle courses and work on flexibility and strength. Experience in Kindergym class recommended. **(PP) Parent participation required.** No class 10/14/, 10/15, 11/11, 11/24, 11/25, 11/26.

9/12-12/5 (13) CH23100	M (PP) Rm 9	9-9:50 am	2½-4 yrs	\$77
9/12-12/5 (13) CH23101	M Rm 9	10-10:50 am	3 yrs	\$77
9/12-12/5 (13) CH23102	M Rm 9	11-11:50 am	4-6 yrs	\$77
9/13-12/6 (13) CH23103	T (PP) Rm 9	9-9:50 am	2½-4 yrs	\$77
9/13-12/6 (13) CH23104	T Rm 9	10-10:50 am	3-4 yrs	\$77
9/13-12/6 (13) CH23105	T Rm 9	11-11:50 am	4-6 yrs	\$77
9/13-12/6 (13) CH23106	T Rm 9	5:45-6:30 pm	4-6 yrs	\$71
9/14-12/7 (13) CH23107	W Rm 9	9-9:50 am	3-4 yrs	\$77

Gymnastics - Preschool

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
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Pre Gymnastics (continued)

9/14-12/7 (13) CH23108	W Rm 9	10-10:50 am	3-4 yrs	\$77
9/14-12/7 (13) CH23109	W Rm 9	11-11:50 am	4-6 yrs	\$77
9/14-12/7 (13) CH23110	W Rm 9	2:30-3:15 pm	4-6 yrs	\$71
9/15-12/8 (12) CH23111	Th Rm 9	9-9:50 am	3-4 yrs	\$71
9/15-12/8 (12) CH23112	Th Rm 9	10-10:50 am	3-4 yrs	\$71
9/15-12/8 (12) CH23113	Th Rm 9	11-11:50 am	4-6 yrs	\$71
9/15-12/8 (12) CH23114	Th Rm 9	6-6:45 pm	3-5 yrs	\$65
9/16-12/9 (10) CH23115	F Rm 9	2:30-3:15 pm	4-6 yrs	\$54
9/17-12/10 (11) CH23117	S Rm 9	9-9:50 am	4-6 yrs	\$65
9/17-12/10 (11) CH23118	S Rm 9	2-2:45 pm	3-5 yrs	\$60

Gymnastics 1

Preschool level- Requires being able to do a backwards roll down the hill, and monkey climb on the high bar. Class features fun obstacle courses and work on flexibility and strength to perform skills. Child must pass a pre-gymnastics class before enrolling in this class. No class 11/24.

9/12-12/5 (13) CH23121	M Rm 9	6-7 pm	4-6 yrs	\$90
9/13-12/6 (13) CH23122	T Rm 9	Noon-1 pm	4-6 yrs	\$90
9/14-12/7 (13) CH23123	W Rm 9	Noon-1 pm	4-6 yrs	\$90
9/15-12/8 (12) CH23124	Th Rm 9	Noon-1 pm	4-6 yrs	\$83

Gymnastics 1.5

Combines Gymnastics 1 and 2 for preschool students who are almost ready for Gym 2 and have passed almost all of the requirements of Gym 1. Refer to instructor for recommendation.

9/12-12/5 (13) CH23125	M Rm 9	Noon-1 pm	4-6 yrs	\$90
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Gymnastics - Preschool

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
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Gymnastics, Developmental Program, Preschool

Targeted to those children who are more advanced for their age and show a strong potential to move quickly through the levels. Coaches are strict with expectations on form, listening and following direction and skill correction application. Heavy emphasis on strength, body positions and perfecting basic skills. This class is instructor referred only. No class 11/24.

9/15-12/8 (12) CH23127	Th Rm 9	2:30-3:30 pm	4-6 yrs	\$83
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Gymnastics Play Day

Play days are designed to let the beginning gymnast have supervised free time in the gymnastics room while also incorporating some structure involving courses and games that cover basic gymnastics skills.

12/19 (1) CH23130	M Rm 9	9-11 am	4-6 yrs	\$15
12/20 (1) CH23131	T Rm 9	9-11 am	4-6 yrs	\$15
12/21 (1) CH23132	W Rm 9	9-11 am	4-6 yrs	\$15
12/22 (1) CH23133	Th Rm 9	9-11 am	4-6 yrs	\$15
12/28 (1) CH23134	W Rm 9	9-11 am	4-6 yrs	\$15
12/29 (1) CH23135	Th Rm 9	9-11 am	4-6 yrs	\$15
12/30 (1) CH23136	F Rm 9	9-11 am	4-6 yrs	\$15

Safety Policy

Students will forfeit class participation on that day if they are more than 10 minutes late, or warm ups are over.

Gymnastics - Youth

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
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Boys Gymnastics, All Levels

Designed for boys only. Learn vault, bars, and floor skills. Focus on flexibility and strength. All skill levels welcome.

9/12-12/5 (13) CH23214	M Rm 9	4:45-5:45 pm	6-10 yrs	\$90
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Gymnastics - Youth

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
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Gymnastics, PE

Gymnastics based PE class designed with the homeschool student in mind. Open to all.

9/12-12/5 (13) CH23215	M Rm 9	2-3:15 pm	5-10 yrs	\$108
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Gymnastics 1

Beginning skills on vault, bars, beam, and floor and features fun obstacle courses and work on flexibility and strength to perform skills. No class 10/14, 10/15, 11/11, 11/24, 11/25, 11/26.

9/12-12/5 (13) CH23200	M Rm 9	7-8 pm	6-13 yrs	\$90
9/14-12/7 (13) CH23201	W Rm 9	3:30-4:30 pm	6-13 yrs	\$90
9/15-12/8 (12) CH23202	Th Rm 9	3:30-4:30 pm	6-13 yrs	\$83
9/16-12/9 (10) CH23203	F Rm 9	3:30-4:30 pm	6-13 yrs	\$69
9/17-12/10 (11) CH23204	S Rm 9	10-11 am	6-13 yrs	\$76

Gymnastics 1.5

Combines Gymnastics 1 and 2 for students who are almost ready for Gym 2 and have passed almost all the requirements of Gym 1. Refer to instructor for recommendations. No class 10/15, 11/26.

9/17-12/10 (11) CH23207	S Rm 9	11:15 am-12:15 pm	6-13 yrs	\$76
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Gymnastics 1 & 2

For those students that are a gymnastics level 1 or 2 (youth age). Students given appropriate level instruction. No class 11/24.

9/15-12/8 (12) CH23205	Th Rm 9	7-8 pm	6-13 yrs	\$83
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Gymnastics 2

Requires being able to do a cartwheel, handstand, pullover, and bridge kickover off mats. Work on backbends and kickovers on floor, cartwheel variations, straight handstands, bars, beam, and vault. Focus on strength and flexibility. Prerequisite: Child must pass Gymnastics 1 class before enrolling in this class. No class 10/14, 10/15, 11/11, 11/24, 11/25, 11/26.

9/13-12/6 (13) CH23208	T Rm 9	3:30-4:30 pm	6-13 yrs	\$90
9/15-12/8 (12) CH23209	Th Rm 9	4:45-5:45 pm	5-10 yrs	\$83
9/16-12/9 (10) CH23210	F Rm 9	4:45-5:45 pm	6-13 yrs	\$69
9/17-12/10 (11) CH23211	S Rm 9	12:30-1:30 pm	6-13 yrs	\$76

Gymnastics - Youth

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
Gymnastics 2.5				
Gymnastics 2.5 is for the gymnast missing one or two skills needed to move to Gym 3. Skills from the gym 3 curriculum will be introduced along with specific drills and focus on the skills needed to move up. Instructor approval only.				

9/13-12/6 (13) CH23216	T Rm 9	4:30-5:30 pm	6-13 yrs	\$90
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Gymnastics 3

Must be able to perform a backbend kickover, pullover-cast and back hip circle on the bars and a cartwheel on low beam. Instruction includes back walkovers, back handsprings on the floor, cartwheels on the high beam, back hip circles, glide kips on the bars and front handsprings on the vault. Focus on strength and flexibility.

9/13-12/6 (13) CH23212	T Rm 9	6:30-8 pm	6-13 yrs	\$127
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Gymnastics 4

Must be able to do a back walkover and back handspring down the hill, a cartwheel on the high beam, and a pullover-cast-back hip circle on the bars. Instruction and training will include back handsprings and front handsprings on floor, handsprings on vault, glide kips on bars, and cartwheels and handstands on beam. Focus on strength and flexibility.

9/14-12/7 (13) CH23213	W Rm 9	6-8 pm	6-14 yrs	\$165
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Gymnastics, Developmental Program- Youth

Developmental gymnastics is targeted to those children who are more advanced for their age and show a strong potential to move quickly through the levels. Coaches are strict with expectations on form, listening and following direction and skill correction application. Heavy emphasis on strength, body positions and perfecting basic skills. This class is instructor referred only.

9/12-12/5 (13) CH23217	M Rm 9	3:30-4:30 pm	6-13 yrs	\$90
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Gymnastics Play Day

Play days are designed to let the beginning gymnast have supervised free time in the gymnastics room while also incorporating some structure involving courses and games that cover basic gymnastics skills.

12/19 (1) CH23220	M Rm 9	11 am-1 pm	6½-12 yrs	\$15
12/20 (1) CH23221	T Rm 9	11 am-1 pm	6½-12 yrs	\$15
12/21 (1) CH23222	W Rm 9	11 am-1 pm	6½-12 yrs	\$15

Continued

Gymnastics - Youth

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
Gymnastics Play Day (continued)				
12/22 (1) CH23223	Th Rm 9	11 am-1 pm	6½-12 yrs	\$15
12/28 (1) CH23224	W Rm 9	11 am-1 pm	6½-12 yrs	\$15
12/29 (1) CH23225	Th Rm 9	11 am-1 pm	6½-12 yrs	\$15
12/30 (1) CH23226	F Rm 9	11 am-1 pm	6½-12 yrs	\$15

Play "Just play. Have fun. Enjoy the game".

~Michael Jordan

Special Events

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
Early Bird New Year's (PP)				
Ring in the new year with your little one. Craft, music and a count down. Snack and Party Hats included! Parent participation required.				

12/31 (1) CH25174	S Rm A	10 am-12:15 pm	2-4 yrs	\$17
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East Coast New Year's Party

Drop your kids off for their own New Years Fun. Movie, games, popcorn and count down! Party hats included!

12/31 (1) CH25175	S Gym	6:15-9:15 pm	3-9 yrs	\$23
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Ghost & Goblin Gathering

Calling all Ghost and Goblins. Wear your costume, make a craft and enjoy a spooky story or two. Snack provided.

10/28 (1) CH25171	F Rm A	12:30-3 pm	3-5 yrs	\$17
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Greetings for Grandparents Day

These gifts made especially by you for your grandparents will be cherished. Free play and story time. Snack provided. Grandparents Day is Saturday, September 11.

9/9 (1) CH25170	F Rm A	12:30-3 pm	3-5 yrs	\$17
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Special Events

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
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Little Frosty Snow Days

Two days of holiday fun, free play, story time and creating a special gift. Perfect time for Mom to get some shopping done. Snacks provided.

12/20-12/22 (1) CH25173	T/Th Rm A	1:30-4 pm	3-5 yrs	\$33
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Little Man & Mommy Dinner Dance

It's time for mommies and sons to get dressed up and boogie down to their favorite music. A special dinner will be enjoyed along with a photo of the special couple! Register each son and Mommy is included.

12/9 (1) CH26200	F Gym	6-8:05 pm	3-7 yrs	\$22
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Thankful Turkeys

Let's make a turkey treat together! Free play and story time. Snack provided.

11/21 (1) CH25172	M Rm A	12:30-3 pm	3-5 yrs	\$17
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All Preschool and Youth Classes

Participants must meet the age requirement prior to the first class meeting. We invite parents and spectators to attend the first and last day of the children's classes, otherwise, in room observance will be by instructor approval only.

Sports & Fitness - Preschool

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
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Cedar Hills T-Ball

Throwing, catching and hitting. Fun skill games are played at every session, and every participant has exposure to equipment. Mini games are introduced gradually. No class 10/14, 11/11, 11/25.

9/16-12/16 (12) CH22343	F Gym	2:15-3 pm	5-6 yrs	\$49
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Parent & Child Yoga Class

Come play with yoga! Class designed for positive interaction between parent and child. See page 79 for more information.

9/15-12/8 (12) CH22560	Th Rm 8	9-10:15 am	14 yrs-Adult	\$89
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Sports & Fitness - Preschool

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
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Kinder Athletics

Provides the basic techniques of a variety of games and builds self esteem through participation and fun group activities. Learn to follow instructions in a nurturing, age-appropriate environment. Basketball, baseball and soccer included. No class 11/24.

9/14-10/26 (7) CH22306	W Gym	2:10-2:55 pm	4-5 yrs	\$31
11/2-12/14 (7) CH22307	W Gym	2:10-2:55 pm	4-5 yrs	\$31
9/15-10/27 (7) CH22308	Th Gym	12:30-1:15 pm	4-5 yrs	\$31
11/3-12/15 (6) CH22309	Th Gym	12:30-1:15 pm	4-5 yrs	\$27

Kinder Basketball

Provides the basic techniques of the game and builds self esteem through participation and fun basketball group activities. Learn to follow instructions in a nurturing, age-appropriate environment while expanding their basketball knowledge.

9/14-10/26 (7) CH22324	W Gym	12:30-1:15 pm	4-5 yrs	\$31
11/2-12/4 (7) CH22325	W Gym	12:30-1:15 pm	4-5 yrs	\$31

Kinder Golf

Provides the basic techniques of golf. Building self esteem through participation and fun golf activities.

9/12-10/31 (8) CH22361	M Gym	3-3:50 pm	4-5 yrs	\$39
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Kinder Soccer

Provides the basic techniques of the game and builds self esteem through participation and fun soccer activities. Learn to follow instruction in a nurturing, age-appropriate environment. Shin guards required after first class. No class 10/15, 11/24, 11/26.

9/15-10/27 (7) CH22353	Th Gym	2:15-3 pm	4-5 yrs	\$31
11/3-12/15 (6) CH22354	Th Gym	2:15-3 pm	4-5 yrs	\$27
9/17-10/29 (6) CH22355	S Gym	9:05-9:50 am	4-5 yrs	\$27
11/5-12/17 (7) CH22356	S Gym	9:05-9:50 am	4-5 yrs	\$31

Sports & Fitness - Preschool

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
Kinder T-ball				
Provides the basic techniques of a variety of games and builds self esteem through participation and fun t-ball group activities. Learn to follow instructions in a nurturing, age-appropriate environment. No class 10/14, 11/25.				
9/16-12/16 (12) CH22342	F Gym	1:15-2 pm	4-5 yrs	\$50

Kindergym

You and your child share time together with games, hoops, balls, movement activities, parachute play and tumbling-led by our Gymnastics staff. Strength, flexibility and motor skills are developed while having fun. **Parent participation required.** Please note: No unregistered siblings allowed in classroom, childcare center option available. No class 10/14, 11/11, 11/25.

9/16-12/9 (10) CH22103	F Rm 9	9:15-10 am	1½-2½ yrs	\$44
9/16-12/9 (10) CH22104	F Rm 9	10:15-11 am	2-3 yrs	\$44
9/16-12/9 (10) CH22105	F Rm 9	11:15 am-Noon	2-3 yrs	\$44

Pee Wee Athletics

Encourages large motor skill development through a variety of fun games and introduces small children to the group setting. Children enjoy running and moving just like big kids involved in athletic activities. Basketball, baseball and soccer included. No class 10/14, 11/11, 11/25.

9/12-10/24 (7) CH22300	M Gym	11-11:45 am	3-4 yrs	\$31
10/31-12/12 (7) CH22301	M Gym	11-11:45 am	3-4 yrs	\$31
9/14-10/26 (7) CH22302	W Gym	9:45-10:30 am	3-4 yrs	\$31
11/2-12/14 (7) CH22303	W Gym	9:45-10:30 am	3-4 yrs	\$31
9/16-10/28 (6) CH22304	F Gym	9:30-10:15 am	3-4 yrs	\$27
11/4-12/16 (6) CH22305	F Gym	9:30-10:15 am	3-4 yrs	\$27

Pee Wee Basketball

Encourages large motor skill development through a variety of fun basketball games and introduces small children to the group setting. Staff will provide positive instruction while children enjoy running, shooting, dribbling and developing a love of the game. No class 10/14, 11/11, 11/25.

9/14-10/26 (7) CH22320	W Gym	1:25-2:10 pm	3½-4 yrs	\$31
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Sports & Fitness - Preschool

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
Pee Wee Basketball (continued)				
11/2-12/14 (7) CH22321	W Gym	1:25-2:10 pm	3½-4 yrs	\$31
9/16-10/28 (6) CH22322	F Gym	11:30 am-12:15 pm	3½-4 yrs	\$27
11/4-12/16 (5) CH22323	F Gym	11:30 am-12:15 pm	3½-4 yrs	\$22

Pee Wee Golf

Encourages large motor skill development through a variety of fun golf activities and introduces small children to the group setting. Children enjoy learning game basics through drills and modified play.

9/12-10/31 (8) CH22360	M Gym	3-3:50 pm	3½-4 yrs	\$39
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Pee Wee Soccer

Encourages large motor skill development through a variety of fun soccer games and introduces small children to the group setting. Children enjoy running and moving just like big kids. Shin guards required after first class. No class 10/14, 11/11, 11/25.

9/14-10/26 (7) CH22350	W Gym	10:45-11:30 am	3½-4 yrs	\$31
11/2-12/14 (7) CH22351	W Gym	10:45-11:30 am	3½-4 yrs	\$31
9/16-12/16 (11) CH22352	F Gym	10:30-11:15 am	3½-4 yrs	\$50

Pee Wee T-Ball

Encourages large motor skill development through a variety of fun t-ball games and introduces small children to group settings. Children enjoy running and moving just like big kids involved in baseball. No class 11/24.

9/15-10/27 (7) CH22340	Th Gym	1:15-2 pm	3½-4 yrs	\$31
11/3-12/15 (6) CH22341	Th Gym	1:15-2 pm	3½-4 yrs	\$27

Soccer I

Learn dribbling, passing, receiving, shooting and age-specific defense. Fun skill games are played at every session, and every participant has a ball at his or her feet. Small-sided games are introduced gradually. Shin guards are required after the first class. No class 11/24.

9/15-12/15 (13) CH22357	Th Gym	6-6:45 pm	5-6 yrs	\$58
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Sports & Fitness - Youth

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
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Cedar Hills Athletics

Learn throwing, dribbling, passing, receiving, shooting and age-appropriate defense for a variety of sports. Fun skill games are played at every session, and every participant has exposure to equipment. Small-sided games are introduced gradually. Basketball, baseball and soccer included. No class 11/24.

9/15-12/8 (12) CH22310	Th Gym	4:50-5:35 pm	5-7 yrs	\$63
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Basketball I

Learn passing, dribbling, shooting and age-appropriate defense. Fun skill games are played at every session, and every participant has a basketball in hand. Small-sided games are introduced gradually. No class 10/15, 11/26.

9/12-12/12 (14) CH22327	M Gym	3:45-4:30 pm	5-6 yrs	\$74
9/17-12/17 (12) CH22326	S Gym	12:15-1 pm	5-6 yrs	\$63

Hoops, Skills and Scrimmages

Enjoy advanced skill building: dribbling, shooting and passing in a team play format. Play games to build individual skills and small scrimmages that emphasize application of finer technical points. This is a perfect step for those who are aspiring to move to the next level. No class 10/15, 11/24, 11/26.

9/14-12/14 (14) CH22329	W Gym	3:50-4:35 pm	7-9 yrs	\$78
9/15-12/15 (13) CH22330	Th Gym	4-4:45 pm	8-10 yrs	\$68
9/17-12/17 (12) CH22328	S Gym	11 am-Noon	7-9 yrs	\$74

Karate Kids

Beginning karate with a less structured curriculum. Children will gain skills in self-confidence, cooperation, effective communication and motivation. Uniforms are not required. No class 10/14, 11/11, 11/25. (Frank/Marilyn)

9/14-12/14 (14) CH22208	W Rm D	3-3:45 pm	5-6 yrs	\$65
9/14-12/14 (14) CH22209	W Rm D	3:45-4:45 pm	5-8 yrs	\$82
9/16-12/9 (10) CH22210	F Rm 5	4-5 pm	6-10 yrs	\$59

Sports & Fitness - Youth

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
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Karate, Beginning

Shorin-ryu is a self-defense oriented, traditional Okinawan karate style. Learn basic blocks, punches, kicks, and breakfall techniques. Uniforms required. Information given at first class. No class 10/14, 11/11, 11/25. (Marilyn/David)

9/14-12/7 (13) CH22205	W Rm D	4:45-5:45 pm	6-10 yrs	\$76
9/16-12/9 (10) CH22206	F Rm 5	3:15-4 pm	5-8 yrs	\$47
9/16-12/9 (10) CH22207	F Rm 5	5-6 pm	7 yrs-Adult	\$57

Soccer, Skills and Scrimmages

Enjoy advanced skill building: dribbling, shooting and passing in a team play format. Play games to build individual skills and small sided scrimmages that emphasize application of finer technical points. This is a perfect step for those who are aspiring to move to the next level. No class 10/15, 11/24, 11/26.

9/15-12/15 (13) CH22358	Th Gym	7-7:50 pm	7-9 yrs	\$74
9/17-12/17 (12) CH22359	S Gym	10-10:50 am	7-9 yrs	\$68

Volleyball, Beginning

Volleyball – the best game of teamwork ever created! Introduces basic game skills such as passing, serving, and teamwork.

9/13-12/13 (14) CH22216	T Gym	5-6 pm	9-13 yrs	\$85
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Volleyball, Intermediate

Works on intermediate volleyball skills and strategies such as defense, hitting, blocking, setting, and playing games.

9/13-12/13 (14) CH22217	T Gym	6-7 pm	12-16 yrs	\$85
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Fall Festival

Saturday,
October 15
Noon-4 pm

Fun for all ages!



Middle School Programs

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
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Who Can Participate?

Students who live within THPRD boundaries and attend a public, private, or magnet school (or are home-schooled). A great way to get involved in your school and meet new friends. Train two days a week, then represent your school in meets. Program held outside, dress for the weather - rain or shine!

Cedar Park Cross Country

9/13-11/3 (8) CH29100	T/Th Off-site	3:45-5 pm	11-14 yrs	\$79
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Conestoga Cross Country

9/13-11/3 (8) CH29800	T/Th Off-site	3:45-5 pm	11-14 yrs	\$79
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Five Oaks Cross Country

9/13-11/3 (8) CH29200	T/Th Off-site	3:45-5 pm	11-14 yrs	\$79
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Highland Park Cross Country

9/13-11/3 (8) CH29300	T/Th Off-site	3:45-5 pm	11-14 yrs	\$79
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ISB Winter Cross Country

9/13-11/3 (8) CH29900	T/Th Off-site	2:15-3:45 pm	11-14 yrs	\$93
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Meadow Park Cross Country

9/13-11/3 (8) CH29400	T/Th Off-site	3:45-5 pm	11-14 yrs	\$79
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Mt. View Cross Country

9/13-11/3 (8) CH29500	T/Th Off-site	3:45-5 pm	11-14 yrs	\$79
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Stoller Winter Cross Country

9/13-11/3 (8) CH29600	T/Th Off-site	3:45-5 pm	11-14 yrs	\$79
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Whitford Winter Cross Country

9/13-11/3 (8) CH29700	T/Th Off-site	3:45-5 pm	11-14 yrs	\$79
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Cedar Hills Rec Center Weight Training

9/12-11/16 CH29700	M/W CHRC	3:45-5 pm	11-14 yrs	\$79
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The CHRC Fitness Program

If you are looking for a fitness program, think about this...

- Our classes are taught by certified fitness professionals.
- We offer a variety of class options.

Weight Room Orientations

Learn the proper techniques for using weight room equipment developing an individualized workout. \$39 ID

Personal Training

Private appointments with the trainer to customize your fitness program are available. Please allow 10 days for the personal trainer to schedule an appointment with you.

1 Session:	\$ 44 ID
3 Sessions:	\$132 ID
6 Sessions:	\$247 ID

NEW!

Youth Fitness for ages 11-15 yrs

- Learn proper workout technique (stretching, proper form, spotting and movements).
- Develop an understanding of workout equipment (cardio, free weights, exercise balls, machines).
- Learn a variety of exercises of our cardio equipment (controls, equipment etiquette).
- Build lifelong healthy habits.
- Enjoy positive relationships among peers and trainers that support fitness goals.

Youth Personal Training Hours

(Trainer supervised, Drop-in fees apply)
Monday & Wednesday: 3:35-5 pm
Sunday: 11 am-12:30 pm

Sports & Fitness - Teen/Adult

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
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Fitness, 20, 20, 20

Get three fitness styles in one class! A third aerobic, a third on strength, and a third on flexibility.

9/14-12/14 (14) CH22501	M/W Rm 6	6:30-7:25 pm	14 yrs-Adult	\$105
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Fitness, Aerobics

Great cardiovascular, low-impact, fat-burning workout with varying intensity options for all fitness levels. No class 10/14, 11/11, 11/25.

9/12-12/16 (14) CH22502	M/W/F Rm 6	8:30-9:25 am	14 yrs-Adult	\$146
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Sports & Fitness - Teen/Adult

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
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Fitness, Aerobic Total Body

Great cardiovascular, low-impact full body workout for all fitness levels. Strength training and stretching always included. Instructor gives individual attention to meet needs of all levels. No class 11/24.

9/13-12/15 (14) CH22503	T/Th Rm 6	7-7:55 am	14 yrs-Adult	\$101
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Fitness, BODYCOMBAT™

BODYCOMBAT™ is a fiercely energetic program inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai. Supported by driving music, you strike, punch, kick and kata your way through calories to superior cardio fitness. No class 10/15, 11/24, 11/26.

9/13-12/15 (14) CH22511	T/Th Rm 6	10:05-11 am	14 yrs-Adult	\$124
9/12-12/14 (14) CH22512	M/W Gym	5:30-6:25 pm	14 yrs-Adult	\$128
9/13-12/15 (14) CH22513	T/Th Rm 6	6:35-7:30 pm	14 yrs-Adult	\$124
9/17-12/17 (12) CH22514	S Rm 6	8-8:55 am	14 yrs-Adult	\$55
9/17-12/17 (12) CH22515	S Rm 6	10:30-11:30 am	14 yrs-Adult	\$60

Fitness, BODYPUMP™

BODYPUMP™ is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lift and curls. GREAT music, awesome instructors, and your choice of weight inspire you to get the results you came for-and FAST! No class 10/15, 11/24.

9/12-12/14 (14) CH22504	M/W Rm 6	9:30-10:25 am	14 yrs-Adult	\$128
9/13-12/15 (14) CH22505	T/Th Rm 6	5:30-6:30 am	14 yrs-Adult	\$135
9/13-12/15 (14) CH22506	T/Th Rm 6	9-10 am	14 yrs-Adult	\$135
9/13-12/15 (14) CH22507	T/Th Rm 6	5:30-6:30 pm	14 yrs-Adult	\$135
9/14-12/14 (14) CH22509	W Rm 6	7:35-8:35 pm	14 yrs-Adult	\$70
9/17-12/17 (12) CH22510	S Rm 6	9:05-10:05 am	14 yrs-Adult	\$60

Fitness, Core Fusion

Class will use a combination of free weights, bands, ball, Pilates and yoga poses to strengthen, stretch and improve your core section.

9/12-12/12 (14) CH22516	M Rm 6	10:30-11:25 am	14 yrs-Adult	\$52
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Sports & Fitness - Teen/Adult

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
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Fitness, Pilates Fundamentals

Through a series of exercises that have been created with the intent of strengthening and stretching the body's core, you will develop lean muscles, improve posture, stamina, coordination, flexibility and joint mobility. Includes standing and mat work. No class 11/24.

9/12-12/12 (14) CH22517	M Rm 6	5:45-6:40 am	14 yrs-Adult	\$80
9/14-12/14 (14) CH22518	W Rm 6	5:45-6:40 am	14 yrs-Adult	\$80
9/15-12/15 (13) CH22519	Th Rm 6	7:40-8:35 pm	14 yrs-Adult	\$74

Fitness, Pilates on the Ball

Class focuses on adapting the Pilates method to the exercise ball. Uses large and small balls to add resistance, challenge and variety to the mat work. No class 10/14, 11/11, 11/25.

9/16-12/16 (11) CH22520	F Rm 6	5:45-6:40 am	14 yrs-Adult	\$63
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Fitness, Strength Training

Emphasis on improving muscle strength and endurance, core strength, aerobic intervals, and balance. Equipment includes hand weights, barbells, stability ball, and more. No class 11/24.

9/13-12/15 (14) CH22522	T/Th Rm 6	8-8:55 am	14 yrs-Adult	\$100
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Fitness, Time 2 Change



Small group personal training program exclusively for individuals who are overweight. Combine the workouts with nutrition coaching and group meetings for support, behavioral modification and help with lifestyle changes.

9/13-12/8 (13) CH22526	T/Th Wt/Cardio Rm.	10-11 am	14 yrs-Adult	\$186
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Fitness, Triple Threat

Get three fitness styles in a single class! You focus one-third on aerobic, one-third on strength, and one-third on flexibility.

9/12-12/14 (14) CH22527	M/W Rm 6	5:30-6:25 pm	14 yrs-Adult	\$105
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Fitness, Turbo Kickboxing



Intervals of high intensity kicks, punches, and jabs. No bag work, no weight work, but always ab work and a weekly focus. Friday class is for those who have the basic moves and are ready for more. No class 10/14, 11/11, 11/25.

9/12-12/12 (14) CH22523	M Rm 6	7:35-8:35 pm	14 yrs-Adult	\$57
9/16-12/16 (11) CH22528	F Rm 6	5:35-6:30 pm	14 yrs-Adult	\$41

Sports & Fitness - Teen/Adult

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
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Fitness, Women's Workout

Just for the ladies! Focuses on calorie burning, targets and tones women's trouble spots. Get ready to work hard and have fun with just the gals. All levels welcome. No class 10/14, 11/11, 11/25.

9/16-12/16 (11) CH22525	F Rm 6	9:30-10:25 am	14 yrs-Adult	\$41
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Fitness, Zumba Aerobics

Zumba® fitness fuses hypnotic musical rhythms and tantalizing moves to create a dynamic workout system designed to be fun and easy to do! Our goal is simple: we want people to want to work out, to love working out, to get hooked. Add some Latin flavor and international zest into the mix and you've got ZUMBA® fitness! No class 10/15, 11/24, 11/26.

9/12-12/12 (14) CH22531	M Gym	9:30-10:25 am	14 yrs-Adult	\$52
9/13-12/13 (14) CH22532	T Rm 6	7:40-8:35 pm	14 yrs-Adult	\$52
9/14-12/14 (14) CH22533	W Rm 6	10:35-11:30 am	14 yrs-Adult	\$52
9/15-12/15 (13) CH22534	Th Rm 5	6:10-7:05 pm	14 yrs-Adult	\$49
9/17-12/17 (12) CH22536	S Gym	8-8:55 am	14 yrs-Adult	\$45

Fitness, Family Zumba Aerobics

Zumba® family fun! High-energy workout that combines motivating music with unique moves and combinations. A fusion of Latin international music, and dance themes that create exciting and effective fitness system for the whole family. Cost covers one adult/one child.

9/12-12/12 (14) CH22530	M Rm D	7:15-8 pm	Adult	\$57
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Fitness, Zumba Gold

Zumba Gold is preformed at a much lower intensity. It utilizes the same great Latin styles of music and dance that are used in Zumba basic program, It's just as much fun just not as fast. This easy-to-follow program allows anyone any age or any sex to be able to perform the Zumba Gold dance moves. It was designed for the older, active adult, a person who hasn't been exercising in a long time or individuals who may be limited physically. Get back into fitness with Zumba Gold!

9/12-12/12 (14) CH22537	M Rm 5	6-7 pm	14 yrs-Adult	\$57
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Sports & Fitness - Teen/Adult

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
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Karate, Beginning

Shorin-ryu is a self-defense oriented, traditional Okinawan karate style. Learn basic blocks, punches, kicks, and breakfall techniques. Uniforms required. No class 10/14, 11/11, 11/25. (Marilyn/David)

9/16-12/9 (10) CH22584	F Rm 5	6-7 pm	7 yrs-Adult	\$101
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Karate, Intermediate/Advanced

In addition to blocks, strikes, and kicks, works on grabs, holds, releases, and breakfalls. Works with nunchaku, tonfa, and bo staff as well as naihanchi katas. Students tested for rank in these classes, additional fees required. Uniforms required. No class 10/14, 11/11, 11/25, 11/26. (Marilyn/David)

9/16-12/9 (10) CH22586	F Rm 5	7-8 pm (Int.)	8 yrs-Adult	\$101
9/16-12/16 (11) CH22588	F Rm 5	7-8 pm (Adv.)	8 yrs-Adult	\$101

Tai-Chi

A form of moving meditation. Class will emphasize on improving health and increasing energy through proper body alignment and relaxation.

9/28-12/7 (11) CH22538	W Rm 5	5:45-7:15 pm	14 yrs-Adult	\$96
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Yoga, All Levels

Increase your strength, flexibility, and balance with simple movements combined with conscious breathing. Yoga can bring about a relaxed state of being and confidence. Bring a mat. No class 10/14, 11/11, 11/24, 11/25.

9/12-12/5 (13) CH22544	M Rm 8	10:30-11:45 am (Simon)	14 yrs-Adult	\$97
9/13-12/6 (13) CH22545	T Rm 8	9-10:15 am (Mignon)	14 yrs-Adult	\$97
9/13-12/6 (13) CH22546	T Rm 8	6-7:15 pm (Mateen)	14 yrs-Adult	\$97
9/14-12/7 (13) CH22547	W Rm 8	9:45-11 am (Simon)	14 yrs-Adult	\$97
9/15-12/8 (12) CH22548	Th Rm 8	10:30-11:45 am (Jan)	14 yrs-Adult	\$89
9/15-12/8 (12) CH22549	Th Rm 8	7:30-8:45 pm (Mateen)	14 yrs-Adult	\$89
9/16-12/9 (10) CH22550	F Rm 5	9-10:15 am (Simon)	14 yrs-Adult	\$74

Sports & Fitness - Teen/Adult

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
Yoga, Beginning				
Learn how to stretch deeply and completely with simple movements combined with conscious breathing. Increase your strength and flexibility and bring about a relaxed state of being. Bring a mat. No class 11/24. (Jan)				

9/12-12/5 (13) CH22551	M Rm 8	6-7:15 pm (Staff)	14 yrs-Adult	\$97
9/13-12/6 (13) CH22552	T Rm 8	7:30-8:45 pm (Mateen)	14 yrs-Adult	\$97
9/15-12/8 (12) CH22553	Th Rm 8	6-7:15 pm (Mateen)	14 yrs-Adult	\$89

Yoga, Healing Yoga

Combines positive intention, gentle yoga, and breathing to heal and restore the body. Learn how to nourish your mind/body connection through an individualized yoga program. No previous yoga experience necessary. (Jan)

9/14-12/7 (13) CH22554	W Rm 8	11:15 am-12:15 pm	14 yrs-Adult	\$80
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Yoga, Intermediate

For those who have experienced at least one term of yoga with instructor or equivalent. Class features continued refinement of yoga poses/philosophies and emphasize breathing and movement. Bring a mat. No class 10/14, 11/11, 11/25. (Simon)

9/12-12/5 (13) CH22555	M Rm 8	9-10:15 am (Simon)	14 yrs-Adult	\$97
9/14-12/7 (13) CH22556	W Rm 8	6:15-7:30 pm (Tara)	14 yrs-Adult	\$97
9/16-12/9 (10) CH22557	F Rm 5	10:30-11:45 am (Simon)	14 yrs-Adult	\$74

Yoga, Meditation & Yoga

Guided movements of the body and mind. Stretch deeply and completely with a mixture of hatha yoga and various meditation techniques. Increase your strength and flexibility and bring about a relaxed state of being. Bring a mat. (Simon)

9/14-12/7 (13) CH22561	W Rm 8	8:15-9:30 am	14 yrs-Adult	\$97
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Sports & Fitness - Teen/Adult

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
Yoga, Parent & Child				
Come play with yoga! Class designed for positive interaction between parent and child (ages 3-6 yrs of age). Enjoy relaxation, breathing, stories, pantomimes and more. No class 11/24. (Jan)				

9/15-12/8 (12) CH22560	Th Rm 8	9:30-10:15 am	14 yrs-Adult	\$73
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Yoga, Power Yoga

Explore the power within you with this dynamic practice focusing on flow, movement and breath. Class will be a quick and powerful Vinyassa-style yoga to enhance flexibility, balance, focus and strength. Class will focus on the problem areas most needed by the students. Great for those who are advanced students or athletes. (Tara)

9/14-12/7 (13) CH22562	W Rm 8	7:45-8:45 pm	14 yrs-Adult	\$80
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Yoga, Relaxation Yoga

For those with a yen to let go of worries in a safe and nurturing environment. Begins with deep relaxation time and continues with very simple movements, finishing with seated meditation. Come to class on an empty stomach. Bring a mat. (Mignon)

9/13-12/6 (13) CH22563	T Rm 8	10:30-11:45 am	14 yrs-Adult	\$97
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NEW!

Bowling for Adults

Join us for a fun and casual introduction to league bowling. Instruction, two games, and use of equipment included. Program is open to all skill levels. Cedar Hills Recreation Center childcare available. Sign up as an individual or a group of friends. **Held at Sunset Lanes, 12270 SW Walker Rd., Beaverton.**

9/13-10/18 (6) CH22540	T Off-site	9:30-10:45 am	Adult	\$40
10/25-11/29 (6) CH22541	T Off-site	9:30-10:45 am	Adult	\$40