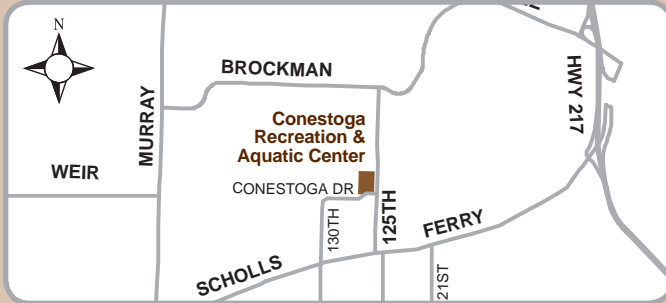




# Conestoga Aquatic Center

See pages 80-99 for Conestoga Recreation Programs



**Conestoga Recreation & Aquatic Center**  
 9985 SW 125th Avenue  
 Beaverton, 97008 • 503/629-6313  
 Fax: 503/629-6323  
 TriMet Routes #62, 92

**Fall Term:** September 6-December 31, 2011

**Hours:**

Monday-Thursday	5:30 am-9:30 pm
Friday	5:30 am-8:30 pm
Saturday	8 am-6 pm
Sunday	10 am-6 pm

**Holiday Schedule:** 11/11, 11/25, 12/24, 12/31  
 (open 9 am-6 pm)

**Facility Closure:** 11/24, 12/25, 1/1

**Aquatic Center Features**

- Average Pool Temperature: Main Pool: 84°, Leisure Pool: 89°
- Indoor Six-Lane Lap Pool
- Indoor Leisure Pool
- Water Features and Slide
- Men's & Women's Locker Rooms
- Diving Board
- Water Basketball
- Rope Swing
- Party Rooms
- Family Changing Rooms

**General Admission**

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

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

**Conestoga Center Staff**

- Brian Powers, Center Supervisor
- Lori Walker, Aquatic Coordinator I
- John Canova, Program Coordinator II
- Jennifer Chapin, Program Coordinator II
- Becky Fast, Program Coordinator II
- Teresa Suyama, Recreation Coordinator I
- Brian Sherman, Recreation Coordinator I
- Terri Cannon, Office Tech

**Aquatic Fitness Programs**

Jumpstart your fitness by joining one of our Nationally Certified Instructors in Water Power, Shallow or Deep Water Aerobics or Swim Conditioning. Water: reduces joint stress, is 12x more resistant than air, & assists the heart in blood flow throughout the body.

Fitness passes may be used for all aquatics Drop-in fitness classes where pre-registration is not required.

20 Visits: \$60 ID \$45 for ID Seniors\*

20 Visits: \$60 OD Adults and Seniors

Single Visit: \$4.25 ID \$12.75 OD without assessment

\*No discount for OD Seniors

(Fitness Scale)

**Deep Water Aquarobics**

M-F	8:30-9:30 am	9/19-12/16	(3-4)
T/Th	6:30-7:30 pm	9/20-12/15	(4-5)

**Aqua Zumba**

M/W	8:30-9:30 am	9/19-12/14	(4)
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**Shallow Water Aerobics**

T/Th	8:30-9:30 am	9/20-12/15	(3-4)
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**Water Walking**

F	8:30-9:30 am	9/24-12/16	(2)
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**Fall Splash Swim Teams**

Ages 5-17 yrs. Must be able to swim 25 yards crawl stroke and 25 yards back stroke. There will be two meets during the fall term. No class 11/11 & 11/23 after 3 pm.

9/19-12/14	M/W	6:30-7:15 pm	\$74	CA24237
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# Conestoga Aquatic Center

503/629-6313

## Fall Pool Schedule Sept. 6 - Dec. 31, 2011

9985 SW 125th, Beaverton • Aquatic Facility Supervisor: Brian Powers  
 Average Pool Temperature: Main Pool: 84°, Leisure Pool: 89°  
 Holiday Schedule: 11/11, 11/25, 12/24, 12/31 (open 9 am-6 pm)  
 Pool Closed: 11/24, 12/25, 1/1 M = Main Pool L = Leisure Pool \*Limited no. of lanes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MORNING</b>						
5:30-8:30 Lap Swim-M* All Age Lap Swim	5:30-8:30 Lap Swim-M* All Age Lap Swim	5:30-8:30 Lap Swim-M* All Age Lap Swim	5:30-8:30 Lap Swim-M* All Age Lap Swim	5:30-8:30 Lap Swim-M* All Age Lap Swim	9:00-Noon Instruction-M/L	10:00-Noon Family Swim-L Lap Swim-M All Age Lap Swim
8:30-9:30 Aqua Zumba/ DW Aerobics	8:30-9:30 Aquarobics/ DW Aerobics	8:30-9:30 Aqua Zumba/ DW Aerobics	8:30-9:30 Aquarobics/ DW Aerobics	8:30-9:30 Water Walking/ DW Aerobics		
9:30-11:30 Instruction-L Lap Swim-M* All Age Lap Swim	9:30-11:30 Instruction-L Lap Swim-M* All Age Lap Swim	9:30-11:30 Instruction-L Lap Swim-M* All Age Lap Swim	9:30-11:30 Instruction-L Lap Swim-M* All Age Lap Swim	9:30-11:30 Instruction-L Lap Swim-M* All Age Lap Swim	<div style="background-color: #333; color: white; padding: 10px; border-radius: 15px; width: fit-content; margin: 0 auto;">           Family dressing rooms are available at this facility         </div>	
<b>AFTERNOON</b>						
11:30-1:00 Family Swim-L	11:30-1:00 Family Swim-L	11:30-1:00 Family Swim-L	11:30-1:00 Family Swim-L	11:30-1:00 Family Swim-L	Noon-1:00 All Age Lap Swim-M Family Swim-L	Noon-2:00 Instruction
11:30-1:30 Lap Swim-M All Age Lap Swim	11:30-1:30 Lap Swim-M All Age Lap Swim	11:30-1:30 Lap Swim-M All Age Lap Swim	11:30-1:30 Lap Swim-M All Age Lap Swim	11:30-1:30 Lap Swim-M All Age Lap Swim	1:00-4:15 Open Swim-M/L	2:00-4:15 Open Swim-M/L
1:00-4:00 Instruction-L	1:00-5:30 Instruction-M/L	1:00-4:00 Instruction-L	1:00-5:30 Instruction-M/L	1:00-4:00 Instruction-L	4:30-6:00 All Age Lap Swim-M Family Swim-L	4:30-6:00 All Age Lap Swim-M Family Swim-L
4:15-5:15 Open Swim-M/L		4:15-5:15 Open Swim-M/L		4:00-5:30 Open Swim-M/L		
<b>EVENING</b>						
5:15-6:15 Lap Swim-M* All Age Lap Swim	5:15-6:15 Lap Swim-M* All Age Lap Swim	5:15-6:15 Lap Swim-M* All Age Lap Swim	5:15-6:15 Lap Swim-M* All Age Lap Swim	5:30-6:30 Lap Swim-M* All Age Lap Swim	Pool Rentals	Pool Rentals
5:30-7:30 Instruction-M/L	5:15-7:30 Instruction-M/L	5:30-7:30 Instruction-M/L	5:15-7:30 Instruction-M/L	6:30-8:30 Open Swim-M/L		
7:30-9:00 Open Swim-M/L	6:25-7:25 DW Aerobics-M	7:30-9:00 Open Swim-M/L	6:25-7:25 DW Aerobics-M		<div style="border: 1px solid #ccc; border-radius: 15px; padding: 10px; width: fit-content; margin: 0 auto;"> <p>Children under 10 years of age must be visually supervised by a parent, guardian or caregiver at least 15 years of age.</p> <p>Children under 7 years of age must be accompanied in the water by a parent, guardian or caregiver at least 15 years of age.</p> </div>	
	7:30-9:00 Open Swim-M/L		7:30-9:00 Open Swim-M/L			

Class availability subject to change.

Preschool: Minimum age 3 years and toilet-trained.

School Age: Must have started first grade.

The parent, guardian or caregiver of a child under 10 years of age must remain on the premises during class. *When class ends, pick up your preschooler at the dressing room entrance from deck.*

*Fees vary due to number of classes in session.*



## Beginning Swimming Skills

Date	Day	Time	Cost	Class#
Preschool Levels A & B				

No class 11/11 & 11/23 after 3 pm.

9/19-10/7	M/W/F	9:40-10:10 am	\$48	CA21004
10/10-10/28	M/W/F	9:40-10:10 am	\$48	CA21005
10/31-11/18	M/W/F	9:40-10:10 am	\$43	CA21006
11/28-12/16	M/W/F	9:40-10:10 am	\$48	CA21007
9/19-10/19	M/W	1:05-1:35 pm	\$53	CA21016
10/24-11/23	M/W	1:05-1:35 pm	\$53	CA21017
11/28-12/14	M/W	1:05-1:35 pm	\$32	CA21018
9/19-10/19	M/W	1:40-2:10 pm	\$53	CA21019
10/24-11/23	M/W	1:40-2:10 pm	\$53	CA21020
11/28-12/14	M/W	1:40-2:10 pm	\$32	CA21021
9/19-10/19	M/W	3:25-3:55 pm	\$53	CA21028
10/24-11/21	M/W	3:25-3:55 pm	\$48	CA21029
11/28-12/14	M/W	3:25-3:55 pm	\$32	CA21030
9/19-10/19	M/W	5:15-5:45 pm	\$53	CA21031
10/24-11/21	M/W	5:15-5:45 pm	\$48	CA21032
11/28-12/14	M/W	5:15-5:45 pm	\$32	CA21033
9/19-10/19	M/W	5:50-6:20 pm	\$53	CA21034
10/24-11/21	M/W	5:50-6:20 pm	\$48	CA21035
11/28-12/14	M/W	5:50-6:20 pm	\$32	CA21036
9/19-10/19	M/W	6:25-6:55 pm	\$53	CA21037
10/24-11/21	M/W	6:25-6:55 pm	\$48	CA21038
11/28-12/14	M/W	6:25-6:55 pm	\$32	CA21039
9/19-10/19	M/W	7-7:30 pm	\$53	CA21040
10/24-11/21	M/W	7-7:30 pm	\$48	CA21041
11/28-12/14	M/W	7-7:30 pm	\$32	CA21042
9/20-10/20	T/Th	9:05-9:35 am	\$53	CA21043
10/25-11/22	T/Th	9:05-9:35 am	\$48	CA21044
11/29-12/15	T/Th	9:05-9:35 am	\$32	CA21045
9/20-10/20	T/Th	9:40-10:10 am	\$53	CA21046
10/25-11/22	T/Th	9:40-10:10 am	\$48	CA21047
11/29-12/15	T/Th	9:40-10:10 am	\$32	CA21048
9/20-10/20	T/Th	10:15-10:45 am	\$53	CA21049
10/25-11/22	T/Th	10:15-10:45 am	\$48	CA21050
11/29-12/15	T/Th	10:15-10:45 am	\$32	CA21051
9/20-10/20	T/Th	10:50-11:20 am	\$53	CA21052
10/25-11/22	T/Th	10:50-11:20 am	\$48	CA21053
11/29-12/15	T/Th	10:50-11:20 am	\$32	CA21054
9/20-10/20	T/Th	1:05-1:35 pm	\$53	CA21055
10/25-11/22	T/Th	1:05-1:35 pm	\$48	CA21056
11/29-12/15	T/Th	1:05-1:35 pm	\$32	CA21057
9/20-10/20	T/Th	1:40-2:10 pm	\$53	CA21058
10/25-11/22	T/Th	1:40-2:10 pm	\$48	CA21059
11/29-12/15	T/Th	1:40-2:10 pm	\$32	CA21060
9/20-10/20	T/Th	2:15-2:45 pm	\$53	CA21061

Continued

## Beginning Swimming Skills

Date	Day	Time	Cost	Class#
Preschool Levels A & B (continued)				
10/25-11/22	T/Th	2:15-2:45 pm	\$48	CA21062
11/29-12/15	T/Th	2:15-2:45 pm	\$32	CA21063
9/20-10/20	T/Th	2:50-3:20 pm	\$53	CA21064
10/25-11/22	T/Th	2:50-3:20 pm	\$48	CA21065
11/29-12/15	T/Th	2:50-3:20 pm	\$32	CA21066
9/20-10/20	T/Th	3:30-4 pm	\$53	CA21067
10/25-11/22	T/Th	3:30-4 pm	\$48	CA21068
11/29-12/15	T/Th	3:30-4 pm	\$32	CA21069
9/20-10/20	T/Th	4:05-4:35 pm	\$53	CA21070
10/25-11/22	T/Th	4:05-4:35 pm	\$48	CA21071
11/29-12/15	T/Th	4:05-4:35 pm	\$32	CA21072
9/20-10/20	T/Th	4:40-5:10 pm	\$53	CA21073
10/25-11/22	T/Th	4:40-5:10 pm	\$48	CA21074
11/29-12/15	T/Th	4:40-5:10 pm	\$32	CA21075
9/20-10/20	T/Th	5:15-5:45 pm	\$53	CA21076
10/25-11/22	T/Th	5:15-5:45 pm	\$48	CA21077
11/29-12/15	T/Th	5:15-5:45 pm	\$32	CA21078
9/20-10/20	T/Th	5:50-6:20 pm	\$53	CA21079
10/25-11/22	T/Th	5:50-6:20 pm	\$48	CA21080
11/29-12/15	T/Th	5:50-6:20 pm	\$32	CA21081
9/20-10/20	T/Th	6:25-6:55 pm	\$53	CA21082
10/25-11/22	T/Th	6:25-6:55 pm	\$48	CA21083
11/29-12/15	T/Th	6:25-6:55 pm	\$32	CA21084
9/20-10/20	T/Th	7-7:30 pm	\$53	CA21085
10/25-11/22	T/Th	7-7:30 pm	\$48	CA21086
11/29-12/15	T/Th	7-7:30 pm	\$32	CA21087
9/24-11/19	S	9:05-9:35 am	\$48	CA21088
9/24-11/19	S	9:40-10:10 am	\$48	CA21089
9/24-11/19	S	10:15-10:45 am	\$48	CA21090
9/24-11/19	S	10:50-11:20 am	\$48	CA21091
9/24-11/19	S	11:25-11:55 am	\$48	CA21092
9/25-11/20	Su	12:05-12:35 pm	\$48	CA21093
9/25-11/20	Su	12:40-1:10 pm	\$48	CA21094
9/25-11/20	Su	1:15-1:45 pm	\$48	CA21095



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## Beginning Swimming Skills

Date	Day	Time	Cost	Class#
Preschool Level C				

No class 11/11 & 11/23 after 3 pm.

9/19-10/7	M/W/F	10:15-10:45 am	\$48	CA21108
10/10-10/28	M/W/F	10:15-10:45 am	\$48	CA21109
10/31-11/18	M/W/F	10:15-10:45 am	\$43	CA21110
11/28-12/16	M/W/F	10:15-10:45 am	\$48	CA21111
9/19-10/19	M/W	1:05-1:35 pm	\$53	CA21116
10/24-11/23	M/W	1:05-1:35 pm	\$53	CA21117
11/28-12/14	M/W	1:05-1:35 pm	\$32	CA21118
9/19-10/19	M/W	5:15-5:45 pm	\$53	CA21131
10/24-11/21	M/W	5:15-5:45 pm	\$48	CA21132
11/28-12/14	M/W	5:15-5:45 pm	\$32	CA21133
9/19-10/19	M/W	6:25-6:55 pm	\$53	CA21137
10/24-11/21	M/W	6:25-6:55 pm	\$48	CA21138
11/28-12/14	M/W	6:25-6:55 pm	\$32	CA21139
9/20-10/20	T/Th	9:40-10:10 am	\$53	CA21146
10/25-11/22	T/Th	9:40-10:10 am	\$48	CA21147
11/29-12/15	T/Th	9:40-10:10 am	\$32	CA21148
9/20-10/20	T/Th	1:05-1:35 pm	\$53	CA21155
10/25-11/22	T/Th	1:05-1:35 pm	\$48	CA21156
11/29-12/15	T/Th	1:05-1:35 pm	\$32	CA21157
9/20-10/20	T/Th	4:05-4:35 pm	\$53	CA21170
10/25-11/22	T/Th	4:05-4:35 pm	\$48	CA21171
11/29-12/15	T/Th	4:05-4:35 pm	\$32	CA21172
9/20-10/20	T/Th	4:40-5:10 pm	\$53	CA21173
10/25-11/22	T/Th	4:40-5:10 pm	\$48	CA21174
11/29-12/15	T/Th	4:40-5:10 pm	\$32	CA21175
9/20-10/20	T/Th	6:25-6:55 pm	\$53	CA21182
10/25-11/22	T/Th	6:25-6:55 pm	\$48	CA21183
11/29-12/15	T/Th	6:25-6:55 pm	\$32	CA21184
9/20-10/20	T/Th	7-7:30 pm	\$53	CA21185
10/25-11/22	T/Th	7-7:30 pm	\$48	CA21186
11/29-12/15	T/Th	7-7:30 pm	\$32	CA21187
9/24-11/19	S	9:05-9:35 am	\$48	CA21188
9/24-11/19	S	10:15-10:45 am	\$48	CA21190
9/25-11/20	Su	12:40-1:10 pm	\$48	CA21194

### School Age Levels 1 & 2

No class 11/11 & 11/23 after 3 pm.

9/19-10/19	M/W	6:25-6:55 pm	\$53	CA22037
10/24-11/21	M/W	6:25-6:55 pm	\$48	CA22038
11/28-12/14	M/W	6:25-6:55 pm	\$32	CA22039
9/19-10/19	M/W	7-7:30 pm	\$53	CA22040
10/24-11/21	M/W	7-7:30 pm	\$48	CA22041
11/28-12/14	M/W	7-7:30 pm	\$32	CA22042
9/20-10/20	T/Th	4:05-4:35 pm	\$53	CA22070
10/25-11/22	T/Th	4:05-4:35 pm	\$48	CA22071
11/29-12/15	T/Th	4:05-4:35 pm	\$32	CA22072
9/20-10/20	T/Th	4:40-5:10 pm	\$53	CA22073
10/25-11/22	T/Th	4:40-5:10 pm	\$48	CA22074

*Continued*

## Beginning Swimming Skills

Date	Day	Time	Cost	Class#
School Age Levels 1 & 2 (continued)				

11/29-12/15	T/Th	4:40-5:10 pm	\$32	CA22075
9/20-10/20	T/Th	6:25-6:55 pm	\$53	CA22082
10/25-11/22	T/Th	6:25-6:55 pm	\$48	CA22083
11/29-12/15	T/Th	6:25-6:55 pm	\$32	CA22084
9/20-10/20	T/Th	7-7:30 pm	\$53	CA22085
10/25-11/22	T/Th	7-7:30 pm	\$48	CA22086
11/29-12/15	T/Th	7-7:30 pm	\$32	CA22087
9/24-11/19	S	9:40-10:10 am	\$48	CA22089
9/24-11/19	S	10:15-10:45 am	\$48	CA22090
9/24-11/19	S	11:25-11:55 am	\$48	CA22092
9/25-11/20	Su	12:05-12:35 pm	\$48	CA22093
9/25-11/20	Su	12:40-1:10 pm	\$48	CA22094

### School Age Level 2½

No class 11/11 & 11/23 after 3 pm.

9/19-10/19	M/W	7-7:30 pm	\$53	CA22140
10/24-11/21	M/W	7-7:30 pm	\$48	CA22141
11/28-12/14	M/W	7-7:30 pm	\$32	CA22142
9/20-10/20	T/Th	4:05-4:35 pm	\$53	CA22170
10/25-11/22	T/Th	4:05-4:35 pm	\$48	CA22171
11/29-12/15	T/Th	4:05-4:35 pm	\$32	CA22172
9/20-10/20	T/Th	4:40-5:10 pm	\$53	CA22173
10/25-11/22	T/Th	4:40-5:10 pm	\$48	CA22174
11/29-12/15	T/Th	4:40-5:10 pm	\$32	CA22175
9/20-10/20	T/Th	6:25-6:55 pm	\$53	CA22182
10/25-11/22	T/Th	6:25-6:55 pm	\$48	CA22183
11/29-12/15	T/Th	6:25-6:55 pm	\$32	CA22184
9/20-10/20	T/Th	7-7:30 pm	\$53	CA22185
10/25-11/22	T/Th	7-7:30 pm	\$48	CA22186
11/29-12/15	T/Th	7-7:30 pm	\$32	CA22187
9/24-11/19	S	9:40-10:10 am	\$48	CA22189
9/24-11/19	S	10:15-10:45 am	\$48	CA22190
9/24-11/19	S	11:25-11:55 am	\$48	CA22192
9/25-11/20	Su	12:40-1:10 pm	\$48	CA22194
9/25-11/20	Su	1:15-1:45 pm	\$48	CA22195

### Private Lessons:

One instructor to one student; \$20 per ½ hr

### Semi-private Lessons:

One instructor to 2-3 students; \$16 per ½ hr

Lessons are scheduled based on instructor availability and are taught by Certified Water Safety Instructors.

**Intermediate Swimming Skills**

Date	Day	Time	Cost	Class#
Preschool/School Age Levels 3 & 3½				

No class 11/11 & 11/23 after 3 pm.

9/19-10/19	M/W	5:15-5:45 pm	\$53	CA23031
10/24-11/21	M/W	5:15-5:45 pm	\$48	CA23032
11/28-12/14	M/W	5:15-5:45 pm	\$32	CA23033
9/20-10/20	T/Th	4:05-4:35 pm	\$53	CA23070
10/25-11/22	T/Th	4:05-4:35 pm	\$48	CA23071
11/29-12/15	T/Th	4:05-4:35 pm	\$32	CA23072
9/20-10/20	T/Th	4:40-5:10 pm	\$53	CA23073
10/25-11/22	T/Th	4:40-5:10 pm	\$48	CA23074
11/29-12/15	T/Th	4:40-5:10 pm	\$32	CA23075
9/20-10/20	T/Th	6:25-6:55 pm	\$53	CA23082
10/25-11/22	T/Th	6:25-6:55 pm	\$48	CA23083
11/29-12/15	T/Th	6:25-6:55 pm	\$32	CA23084
9/20-10/20	T/Th	7-7:30 pm	\$53	CA23085
10/25-11/22	T/Th	7-7:30 pm	\$48	CA23086
11/29-12/15	T/Th	7-7:30 pm	\$32	CA23087
9/24-11/19	S	9:05-9:35 am	\$48	CA23088
9/24-11/19	S	10:50-11:20 am	\$48	CA23091
9/25-11/20	Su	12:05-12:35 pm	\$48	CA23093
9/25-11/20	Su	1:15-1:45 pm	\$48	CA23095

**Preschool/School Age Levels 4 & 5**

No class 11/11 & 11/23 after 3 pm.

9/19-10/19	M/W	5:50-6:20 pm	\$53	CA23134
10/24-11/21	M/W	5:50-6:20 pm	\$48	CA23135
11/28-12/14	M/W	5:50-6:20 pm	\$32	CA23136
9/20-10/20	T/Th	5:50-6:20 pm	\$53	CA23179
10/25-11/22	T/Th	5:50-6:20 pm	\$48	CA23180
11/29-12/15	T/Th	5:50-6:20 pm	\$32	CA23181
9/24-11/19	S	10:50-11:20 am	\$48	CA23191
9/25-11/20	Su	12:05-12:35 pm	\$48	CA23193

**Advanced Swimming Skills**

Date	Day	Time	Cost	Class#
Swim for Fitness				

Designed to focus on building endurance and learning the basic fundamentals of a fitness-swimming workout.

9/20-10/20	T/Th	5:15-5:45 pm	\$53	CA23276
10/25-11/22	T/Th	5:15-5:45 pm	\$48	CA23277
11/29-12/15	T/Th	5:15-5:45 pm	\$32	CA23278

**Specialty Programs**

Date	Day	Time	Cost	Class#
Baby & Me (6 months-24 months/Swim Diapers Required)				

Provide your child the comfort of our warm water leisure pool to learn water orientation skills from our Water Safety Instructors.

No class 11/11 & 11/23 after 3 pm.

9/24-11/19	S	9:05-9:35 am	\$33	CA24088
9/25-11/20	Su	12:05-12:35 pm	\$33	CA24093

**Toddler & Me (18 months-36 months/Swim Diapers Required)**

9/24-11/19	S	9:40-10:10 am	\$33	CA24089
9/25-11/20	Su	12:40-1:10 pm	\$33	CA24094

**Baby/Toddler & Me (6 months-36 months/Swim Diapers Required)**

9/20-10/20	T/Th	10:50-11:20 am	\$36	CA24052
10/25-11/22	T/Th	10:50-11:20 am	\$33	CA24053
11/29-12/15	T/Th	10:50-11:20 am	\$22	CA24054
9/20-10/20	T/Th	5:50-6:20 pm	\$36	CA24079
10/25-11/22	T/Th	5:50-6:20 pm	\$33	CA24080
11/29-12/15	T/Th	5:50-6:20 pm	\$22	CA24081

**You & Your Preschooler (Ages 3-6 yrs)**

Join our expert instructors & be part of the teaching process.

9/24-11/19	S	10:50-11:20 am	\$48	CA24191
9/25-11/20	Su	1:15-1:45 pm	\$48	CA24195

**Teen/Adult Instruction Levels B-E**

No class 11/11 & 11/23 after 3pm.

9/19-10/7	M/W/F	10:50-11:20 am	\$48	CA24312
10/10-10/28	M/W/F	10:50-11:20 am	\$48	CA24313
10/31-11/18	M/W/F	10:50-11:20 am	\$43	CA24314
11/28-12/16	M/W/F	10:50-11:20 am	\$48	CA24315



Do you want to be a lifeguard? Join the Conestoga team!



# Conestoga Recreation & Aquatic Center



## Conestoga Recreation & Aquatic Center

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

Fax: 503/629-6323

TriMet Routes #62 & 92

### Hours:

Monday - Thursday      5:30 am - 9:30 pm  
 Friday                      5:30 am - 8:30 pm  
 Saturday                  8 am - 6 pm  
 Sunday                     10 am - 6 pm  
**Holidays:** 11/11, 11/25, 12/24, 12/31 (open 9 am-6 pm)  
**Facility Closures:** 11/24, 12/25, 1/1

### Conestoga Center Staff

Brian Powers, Center Supervisor  
 Lori Walker, Aquatic Coordinator I  
 Teresa Suyama, Recreation Coordinator I  
 Jennifer Chapin, Aquatic Coordinator  
 Rebecca Fast, Aquatic Coordinator  
 Brian Sherman, Recreation Coordinator I  
 Terri Cannon, Office Tech  
 John Canova, Aquatic Coordinator

### Conestoga pages:

- Aquatics ..... 24-28
- Before and After-school Programs ..... 82
- Arts & Crafts..... 83
- Dance ..... 85
- General Interest ..... 87
- Sports & Fitness ..... 91

### Special Events

#### Pumpkin Fest

Saturday, October 29 • 6-8 pm

Wear your Halloween costumes, view the pumpkin museum and vote for your favorite pumpkin, win prizes on the pumpkin walk and watch a movie in the pool. Remember to pick up your coloring contest entry form at the front desk starting October 1 to win prizes. **Parent participation is required.** Call the Center for complete details. **This is not a pre-registered event.**  
 \$6 per child    Adults, free!

#### Evening with Santa

Friday, December 16 • 6:30-8:30 pm

Join us for a special evening of holiday fun. Visit with Santa and tell him your holiday wishes. Enjoy milk and cookies, do arts and crafts. Bring a camera to take home a picture with Santa. Also, enjoy playing on gym equipment. **Parent participation is required. Sign up is a requirement for this exciting event.** Adults, Free!  
 CO26201      1-13 yrs    \$7 per child

#### Middle School Dances



“Friday Night Live Beaverton”

October 7 • November 4 • December 2

7-10 pm

These dances are a safe, fun, supervised place for middle school kids to dance and hang out. At every dance we enforce a code of conduct and a dress code. Kids are not allowed to leave the dances until a parent comes inside the building and checks them out of the dance. Only current 6th, 7th and 8th graders will be allowed to participate at the middle school dances. Friday Night Live middle school dances are brought to you by Blackboard Music. Blackboard Music has been providing safe, fun events for teens in the Pacific Northwest for more than a decade.

For more info go to [www.blackboardmusic.com](http://www.blackboardmusic.com)    \$10 admission

See pages 24-28 for Conestoga aquatic programs.

Follow us on



[www.facebook.com/ConestogaRec](http://www.facebook.com/ConestogaRec)

Conestoga Facility Rentals

The center offers several rental options including pool rentals, conferences and meetings. Call 503/629-6313 for more details.



## Birthday Parties at Conestoga!

Let us host your next birthday party! All birthday parties include one-hour room rental and cleanup (excluding pool party).

### Pool Party - \$10 per child

- \$100 base price (includes 10 kids)
- Admittance to Open Swim
- \$100 security deposit required

### Pool Party Plus - \$14 per child

- \$84 base price (includes 6 kids)
- Party leader to assist
- Admittance to Open Swim

### Sports Party - \$14 per child

- \$84 base price (includes 6 kids)
- 1 hour gym rental (sports equipment included)
- Party leader to assist

### Kids Gym - \$14 per child (ages 5 & under only)

- \$84 base price (includes 6 kids)
- Admittance to Gym Fun (Sundays only)
- Party leader to assist

### Extras

- \$26.50 for 1/2 hour gym time added to pool parties (depends on availability)
- \$36 for decorations, cake and punch (various options)
- \$10 for 20 balloons

Additional room time \$22.50 per hour.  
Assessment fee required for out-of-district patrons.



## Playschool

A great recreational preschool program where children make new friends and improve their motor, social and learning skills. Child must be potty trained. Morning snack provided. Register for one or more days a week. No class 10/14, 11/10, 11/24, 11/25, 11/28, 12/19-12/30.



Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
9/12-12/12 (14) CO28101	M Rm 202	8:45-11:15 am	3½-4½ yrs	\$189
9/13-12/13 (14) CO28102	T Rm 202	8:45-11:15 am	3½-4½ yrs	\$189
9/14-12/14 (14) CO28103	W Rm 202	8:45-11:15 am	3-3½ yrs	\$189
9/15-12/15 (13) CO28104	Th Rm 202	8:45-11:15 am	3½-4½ yrs	\$175
9/16-12/16 (10) CO28105	F Rm 202	8:45-11:15 am	3-3½ yrs	\$135
9/12-12/12 (14) CO28106	M Rm 203	8:45-11:15 am	4-6 yrs	\$189
9/13-12/13 (14) CO28107	T Rm 203	8:45-11:15 am	4-6 yrs	\$189
9/14-12/14 (14) CO28108	W Rm 203	8:45-11:15 am	4-6 yrs	\$189
9/15-12/15 (13) CO28109	Th Rm 203	8:45-11:15 am	4-6 yrs	\$175
9/16-12/16 (10) CO28110	F Rm 203	8:45-11:15 am	4-6 yrs	\$135
9/12-12/12 (14) CO28111	M Rm 202	12:15-2:45 pm	4-6 yrs	\$189
9/13-12/13 (14) CO28112	T Rm 203	12:15-2:45 pm	4-6 yrs	\$189
9/14-12/14 (14) CO28113	W Rm 203	12:15-2:45 pm	4-6 yrs	\$189
9/15-12/15 (13) CO28114	Th Rm 203	12:15-2:45 pm	4-6 yrs	\$175

**After-school Care - Youth**

**Club Splash!**

Club for 1st-5th graders.

**What will we do?** Activities include swimming, sports, arts and crafts, martial arts, gym games, snack, homework help, and much more!

**What schools is transportation provided?** Hiteon, Sexton Mountain, Nancy Ryles, Greenway and Scholls Heights Elementary Schools.

**How do I register? Register at Conestoga - call for space availability and wait list information.**



**Middle School Club**

Come join the club! Enjoy recreational activities, which includes snack, swimming, open gym and supervised fun! Our center is easy walking distance from Conestoga Middle School. Call Teresa at 503/629-6313 for availability or e-mail [csplash@thprd.org](mailto:csplash@thprd.org).



**Drop-in Fitness Programs**

Qualified, certified fitness professionals teach our fitness classes. We offer a variety of class options.

**Drop-in Aerobics**

**FITNESS CLASSES** Purchase a one-time Drop-in class pass for \$5.50 or a 20-visit fitness pass for \$105. Fitness classes include Total Body Conditioning, Low Impact Aerobics, Boot Camp and Zumba.

**SPECIALTY CLASSES** Purchase a one-time Drop-in class pass for \$9 or a 10-visit specialty pass for \$83.50. Specialty classes include Nia, Pilates, Yoga, kickboxing and circuit training.

**Weight Room Orientation**

Call Conestoga at 503/629-6313 to schedule a short weight room orientation with one of our staff. Basics of the weight room equipment will be reviewed. \$39.

**Personal Training**

Our nationally certified personal trainers will assist you in developing an individualized exercise program and discuss basic nutrition, goals and individual limitations during a one-hour private consultation. Body composition testing is also available. You may register for this program at any time. ID senior rates apply. Call Conestoga for more information.

**Single Session: \$44 Three Sessions: \$132 Six Sessions: \$247**

Facility	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>**Open Gym</b>	6-7:30 am All Ages	6-7:30 am All Ages	6-7:30 am All Ages	6-7:30 am All Ages	6-7:30 am All Ages	2-6 pm All Ages	10 am-Noon Family Gym 1-6 pm All Ages
<b>Play Gym</b>	10 am-12:15 pm	10 am-12:15 pm	10 am-12:15 pm	10 am-12:15 pm	10 am-12:15 pm		10 am-Noon
<b>**Basketball</b>		7:45-9:30 pm 30+ yrs		7:45-9:30 pm 30+ yrs			
<b>Volleyball</b>	7:45-9:30 pm 16+ yrs		7:45-9:30 pm 16+ yrs				
<b>*Weight Room</b>	6 am-9:30 pm	7 am-5 pm 7-9:30 pm	6 am-9:30 pm	7 am-6 pm 7-9:30 pm	6 am-8:15 pm	8 am-5:45 pm	10 am-5:45 pm

\*A parental waiver is required for weight room use by anyone 14-17 years old. Weight Room Orientation: Call Conestoga to schedule 503/629-6313 \*\*Non-team play - (No team practices or coaching)

### Winter Break Camp

We have it all for Winter Break! All day programs will include lots of FUN! Bring your swimsuit, towel, lunch & drink! Check in December for trips. (Staff)

12/19 (1) CO27201	M	7:15-6 pm	6-12 yrs	\$33
	Rm 202			
12/20 (1) CO27202	T	7:15-6 pm	6-12 yrs	\$33
	Rm 202			
12/21 (1) CO27203	W	7:15-6 pm	6-12 yrs	\$33
	Rm 202			
12/22 (1) CO27204	Th	7:15-6 pm	6-12 yrs	\$33
	Rm 202			
12/23 (1) CO27205	F	7:15-6 pm	6-12 yrs	\$33
	Rm 202			
12/26 (1) CO27206	M	7:15-6 pm	6-12 yrs	\$33
	Rm 202			
12/27 (1) CO27207	T	7:15-6 pm	6-12 yrs	\$33
	Rm 202			
12/28 (1) CO27208	W	7:15-6 pm	6-12 yrs	\$33
	Rm 202			
12/29 (1) CO27209	Th	7:15-6 pm	6-12 yrs	\$33
	Rm 202			
12/30 (1) CO27210	F	7:15-6 pm	6-12 yrs	\$33
	Rm 202			
1/2 (1) CO27211	M	7:15-6 pm	6-12 yrs	\$33
	Rm 202			

### Winter Break Otter Camp

Children have a "splashing" fun time with daily trips to our pool, art projects, games, gym and outdoor activities. Bring swimsuit and towel each day. Snack served daily. (Staff)

12/19-12/30 CO27112	M-F	9 am-Noon	4-6 yrs	\$96
	Rm 204			

### Winter Break Sports Camp

This multiple sports camp will venture upon various sports activities and games. The camp focus is on skill development while having a fun time. Play different sports each day. We will swim daily. (Staff)

12/19-12/23 CO27113	M-F	9-4 pm	7-12 yrs	\$145
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### Splash 'n Fun

Half-day camp will swim in the pool everyday, make a project, play games, have fun and more. (Staff)

12/19-12/23 CO27114	M-F	1-4 pm	7-14 yrs	\$90
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### Arts & Crafts - Preschool

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
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#### Arts & Crafts Galore!

Explore art with your child! Discover your creativity through a kaleidoscope of arts and craft media. Take home seasonal project will be created each week. Children develop motor skills and confidence. Bring a shirt for both of you and get a little messy! **Parent participation required.** (Selene)

9/19-10/31 (7) CO24104	M	10-10:45 am	1 ½ -2 yrs	\$48
	Rm 205			
11/7-12/12 (6) CO24105	M	10-10:45 am	1 ½-2 yrs	\$42
	Rm 205			
9/19-10/31 (7) CO24108	M	11-11:45 am	2-4 yrs	\$48
	Rm 205			
11/7-12/12 (6) CO24109	M	11-11:45 am	2-4 yrs	\$42
	Rm 205			
9/22-10/27 (6) CO24106	Th	10-10:45 am	1 ½-2 yrs	\$42
	Rm 205			
11/3-12/15 (6) CO24107	Th	10-10:45 am	1 ½-2 yrs	\$42
	Rm 205			
9/22-10/27 (6) CO24110	Th	11-11:45 am	2-4 yrs	\$42
	Rm 205			
11/3-12/15 (6) CO24111	Th	11-11:45 am	2-4 yrs	\$42
	Rm 205			
9/23-10/28 (6) CO24112	F	11-11:45 am	2-4 yrs	\$42
	Rm 205			
11/4-12/16 (5) CO24113	F	11-11:45 am	2-4 yrs	\$37
	Rm 205			

#### Arts & Crafts Galore 4 Kids Only!

Children explore media such as painting, collaging, beading, and wire cutting as they improve fine motor skills while enjoying fun art projects each week. Bring a shirt and get a little messy! No class 2/21. (Selene)

9/19-10/31 (7) CO24114	M	12-12:45 pm	4-6 yrs	\$48
	Rm 205			
11/7-12/12 (6) CO24115	M	12-12:45 pm	4-6 yrs	\$42
	Rm 205			



Arts & Crafts - Preschool

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
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“One Time Only”

Sign up for one or more of these seasonal “One Time Only” classes.

**Out of this World Aliens!**

Alien cupcakes, crafts and more! This fun one-day program will spark your child’s imagination and satisfy his/her taste buds. (Ellen)

10/15 (1) CO24226	S Rm 205	10:45 am-Noon	4-7 yrs	\$13
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**Where’s my Mummy?**

Create unique surprises for those you love. Discover hidden talents as you make handmade holiday theme gifts. Paint, cut, glue and more, for a fun-filled Friday afternoon. (Ellen)

10/21 (1) CO24223	F Rm 205	3:45-4:45 pm	4-7 yrs	\$12
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**What’s for Breakfast?**

Mix, stir and measure to create a delicious breakfast meal with your parent. (Brittany)

10/22-11/5 (3) CO25123	S Rm 205	10:15-11:30 am	2½-4 yrs	\$35
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**Turkey Day Delights**

Create unique surprises for those you love. Discover hidden talents as you make handmade holiday theme gifts. Paint, cut, glue and more, for a fun-filled Friday afternoon. (Ellen)

11/18 (1) CO24224	F Rm 205	3:45-4:45 pm	4-7 yrs	\$12
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**Let’s Talk Turkey!**

Enjoy a sweet turkey treat. (Ellen)

11/19 (1) CO24227	S Rm 205	10:45 am-Noon	4-7 yrs	\$13
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**Jingle Bells**

Come and create a holiday craft to give to that special someone. (Brittany)

12/10 (1) CO25124	S Rm 205	10:15-11:30 am	6-10 yrs	\$10
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**Snowflakes to Snowmen**

Create unique surprises for those you love. Discover hidden talents as you make handmade holiday theme gifts. Paint, cut, glue and more, for a fun-filled Friday afternoon. (Ellen)

12/9 (1) CO24225	F Rm 205	3:45-4:45 pm	4-7 yrs	\$12
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**Frosty the Snowman T-Party!**

Warm up with a cup of hot chocolate while decorating a special treat and craft project. Happy holidays! (Ellen)

12/17 (1) CO24228	S Rm 205	10:45 am-Noon	4-7 yrs	\$13
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Wondering if your class is cancelled due to weather conditions?  
Please call 503/614-4018.

Arts & Crafts - Preschool

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
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**Let the Paint Fly!**

Let the paint fly! Get messy while creating new hand-crafted seasonal projects each week. Easel painting, finger painting, water colors, glitter paint is a staple to the program but the variety of materials used will seem endless. Laugh with your child and discover together. Babies will delight in bouncing, squeezing, squishing and splashing to music. Bring a shirt for both of you and get a little messy! **Parent participation required.** (Selene)

9/22-10/27 (6) CO24100	Th Rm 205	9-9:45 am	1-2½ yrs	\$42
11/3-12/15 (6) CO24101	Th Rm 205	9-9:45 am	1-2½ yrs	\$42
9/23-10/28 (6) CO24102	F Rm 205	10-10:45 am	1-2½ yrs	\$42
11/4-12/16 (5) CO24103	F Rm 205	10-10:45 am	1-2½ yrs	\$37

Arts & Crafts - Youth

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
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**Drawing & Painting, Youth**

Learn drawing and painting techniques with mixed media. Experiment with materials such as paints, pastels, and found objects. This class is designed to explore a variety of art materials and to encourage individual imagination expressed through art. (Selene)

9/19-12/12 (13) CO24202	M Rm 205	5:15-6:30 pm	6-10 yrs	\$116
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Arts & Crafts - Teen

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
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**Drawing & Painting, Teen**

Learn drawing and painting techniques with mixed media. Experiment with materials such as paints, pastels, and found objects. Explore a variety of art materials and encourage your artistic expression through art. (Selene)

9/19-12/12 (13) CO24301	M Rm 205	6:45-8 pm	11-15 yrs	\$116
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Dance - Preschool

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
<b>Ballet, Munchkin Ballet</b>				
Parent and child will dance to fun songs while learning ballet technique through creative dance. <b>Parent participation required.</b> No class 11/24. (Staff)				

9/22-12/15 (13) CO21125	Th Rm 204	9:25-9:55 am	2-3 yrs	\$46
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**Ballet**

Learn ballet fundamentals. Children will increase balance and poise while developing strength and coordination. No class 11/24.

9/19-12/12 (13) CO21101	M Rm 204	10:50-11:30 am (Charlotte)	3-4 yrs	\$63
9/19-12/12 (13) CO21102	M Rm 204	11:35-12:15 pm (Charlotte)	3½-5 yrs	\$63
9/19-12/12 (13) CO21123	M Rm 204	1:05-1:45 pm (Charlotte)	3½-5 yrs	\$63
9/21-12/14 (13) CO21103	W Rm 204	10:35-11:15 am (Leslie)	3½-5 yrs	\$63
9/22-12/15 (12) CO21104	Th Rm 204	10-10:40 am (Staff)	3-4 yrs	\$58
9/22-12/15 (12) CO21105	Th Rm 204	10:45-11:25 am (Staff)	4-6 yrs	\$58

**Ballet/Tap**

Learn the technique for both dance styles through creative dance. Children will develop coordination, strength and balance.

9/19-12/12 (13) CO21109	M Rm 204	12:20-1 pm (Charlotte)	3½-5 yrs	\$63
9/20-12/13 (13) CO21111	T Rm 201	11:30-12:10 pm (Staff)	3½-5 yrs	\$63
9/24-12/17 (12) CO21112	S Rm 204	10:50-11:30 am (Leslie)	3-4 yrs	\$58
9/24-12/17 (12) CO21121	S Rm 204	11:35-12:15 pm (Leslie)	3½-5 yrs	\$58

**Ballet, Tutu Time**

Develop motor skills, coordination and strength in this fun imaginative class. Students will learn fundamentals of ballet technique.

9/20-12/13 (13) CO21113	T Rm 201	9:15-9:55 am (Staff)	3-5 yrs	\$63
9/21-12/14 (13) CO21114	W Rm 204	9:45-10:25 am (Leslie)	3-5 yrs	\$63

Dance - Preschool

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
<b>Creative Movement</b>				
Develop motor skills, coordination, strength and basic moves to music. Imagination and fun encouraged. No class 11/24. (Staff)				

9/19-12/12 (12) CO21138	M Rm 201	1:40-2:20 pm	3-6 yrs	\$58
9/21-12/14 (13) CO21137	W Rm 201	2-2:40 pm	3-6 yrs	\$63
9/22-12/15 (12) CO21136	Th Rm 204	11:30-12:10 pm	3-6 yrs	\$58

**Hip Hop Parent & Me**

Move, shake, wiggle and giggle. Children and parents will enjoy dancing together to different beats and rhythms. (Staff)

9/19-12/12 (13) CO21139	M Rm 201	1-1:30 pm	2-4 yrs	\$46
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**Hip Hop Kids**

Learn Hip-hop dance moves and routines set to rhythmic contemporary music in this 13-week program. (Staff)

9/19-12/12 (13) CO21145	M Rm 201	12:15-12:55 pm	3-6 yrs	\$63
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**Mini Cheer**

Come learn basic moves, several cheers, a dance, and some simple stunting. (Staff)

9/21-12/14 (13) CO21146	W Rm 201	1:15-1:55 pm	3½-6 yrs	\$63
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**Munchkin Dance**

Parent and child will dance to fun songs while developing coordination, body awareness and balance. Allows your child to develop comfort in a classroom setting with you by their side. **Parent participation required.** No class 11/26. (Leslie)

9/23-12/16 (10) CO21127	F Rm 205	6-6:30 pm	2-3 yrs	\$35
9/24-12/17 (12) CO21126	S Rm 204	9:15-9:45 am	2-3 yrs	\$42



**Little Dancer Days**

A dance exploration camp for younger dancers. Come learn a variety of dance styles and do arts and crafts too! Bring a drink and snack each day. (Leslie)

9/12-9/14 (1)	M/T/W	9:30-11 am	4-7 yrs	\$33	CO22107	Rm 205
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### Dance - Preschool

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
<b>Teeny Tiny Tap</b>				
Tiny toes tap away in this fun energetic class. Parent and child will dance to fun songs while learning the technique through fun and creative dances. <b>Parent participation required.</b> (Staff)				

9/20-12/13 (13) CO21119	T Rm 201	10-10:40 am	2-3 yrs	\$63
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#### Tap

Create music and rhythm with your feet. Learn the fundamentals of tap to different styles of music. Bring your tap shoes!

9/20-12/13 (13) CO21134	T Rm 201	12:15-12:55 pm (Staff)	4-6 yrs	\$63
9/21-12/14 (13) CO21135	W Rm 204	11:30 am-12:10 pm (Leslie)	3-4 yrs	\$63

#### Toddler Two Step

Experience the joy of dance and music! Inspire creative thinking and motion while dancers gain flexibility, strength, rhythm and balance.

9/20-12/13 (13) CO21115	T Rm 201	10:45-11:25 am (Staff)	1½-3 yrs	\$63
9/21-12/14 (13) CO21116	W Rm 204	9-9:40 am (Leslie)	1½-3 yrs	\$63

#### Zumbatomic

An explosive fusion of dance, games and fun set to the rhythms of salsa, cumbia, Hip-hop, merengue, African and many more! This high-energy class is sure to keep you child moving and staying fit! (Allison)

9/19-12/12 (12) CO21141	M Rm 201	10-10:40 am	4-6 yrs	\$58
9/21-12/14 (13) CO21140	W Rm 201	10-10:40 am	4-6 yrs	\$63

### Class Observation Guidelines

Conestoga Recreation & Aquatic Center invites parents/guardians to observe class activities from inside the classroom/gymnasium on the first and last days for the duration of the term, we encourage parents/guardians to remain outside of the classroom/gymnasium for the best instructional environment for your child. Off-site programs need a parent/guardian present at all times if child is under 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.

### Dance - Youth

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
<b>Ballet</b>				
Learn the fundamentals of ballet technique. Children will increase balance and poise while developing strength and coordination. No class 10/28, 11/11 & 11/25. (Leslie)				

9/23-12/16 (10) CO21208	F Rm 205	5-5:55 pm	6-9 yrs	\$61
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#### Intro to Ballet, Tap, Jazz Sandwich

Experience all of these fundamental dance styles with Teacher Leslie! Students will learn coordination, balance, rhythm, and expression. Amaze your friends and family by performing three routines the last day of class! No class 11/26. (Leslie)

9/24-12/17 (12) CO21209	S Rm 204	9:50-10:45 am	6-12 yrs	\$73
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#### Ballet, Tap Jazz Sandwich

For those students ready to learn more than the basics! Amaze your friends and family by performing three routines the last day of class! No class 11/26. (Leslie)

9/24-12/17 (12) CO21210	S Rm 204	12:20-1:15 pm	6-12 yrs	\$73
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#### Broadway Bound Holiday

Want to sing, dance and act for a live audience? Students will learn two musical routines to perform at Conestoga's Pumpkin Fest and Evening with Santa. 6-9 year old students will perform "Monster Mash" and "Go Santa Go!" 8-13 year old students will perform "Thriller" and "Jingle Bell Rock." No class 11/24. (Leslie)

9/22-12/15 (12) CO25250	Th Rm 204	6:25-7:20 pm	6-8 yrs	\$60
9/22-12/15 (12) CO25251	Th Rm 204	7:30-8:25 pm	8-13 yrs	\$60

#### Cheer & Drill Thrill

Blend technique, showmanship and creativity to prepare yourself for cheerleading or drill team. Students will learn two musical routines to perform at Conestoga's Pumpkin Fest and Evening with Santa. (Staff)

9/21-12/14 (13) CO21147	W Rm 201	2:45-3:25 pm	5-7 yrs	\$63
9/21-12/14 (13) CO21202	W Rm 201	3:30-4:25 pm	6-9 yrs	\$79

**Dance - Youth**

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
<b>Hip Hop</b> Learn the latest hip-hop dance moves and create a well-choreographed routine to the hottest groups of today! No class 10/31. (Staff)				
9/19-12/12 (12) CO21205	M Rm 201	3:30-4:25 pm	6-9 yrs	\$73
9/19-12/12 (12) CO21301	M Rm 201	4:30-5:25 pm	9-12 yrs	\$73



**Dance - Teen/Adult**

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
<b>Cheerleading</b> Blend technique, showmanship and creativity to prepare yourself for cheerleading or drill team. (Staff)				
9/21-12/14 (13) CO21203	W Rm 201	4:30-5:25 pm	10-14 yrs	\$79

**Tween Tap**

No tap yet? No problem! Come learn how to shuffle, flap and soft shoe with kids your age. Tap shoes required. No class 10/28, 11/11 & 11/25. (Leslie)

9/23-12/16 (10) CO21211	F Rm 205	6:35-7:30 pm	9-13 yrs	\$61
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**Tip Top Tap, Beginning**

Always wanted to try tap? Learn the basics like shuffles, flaps and event the soft shoe! We'll do exercises to upbeat music and learn a fun routine. Tap shoes required. (Leslie)

9/23-12/16 (10) CO21300	F Rm 201	7:35-8:30 pm	14 yrs-Adult	\$61
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**Broadway Bound Holiday**

Want to sing, dance and act for a live audience? Students will learn two musical routines to perform at Conestoga's Pumpkin Fest and Evening with Santa. Students will perform "Thriller" and "Jingle Bell Rock." No class 11/24. (Leslie)

9/22-12/15 (12) CO25251	Th Rm 204	7:30-8:25 pm	8-13 yrs	\$60
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**General Interest - Preschool**

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
<b>Alphabet Soup</b> Learn letters through crafts, games, songs and more within this fast paced program. <b>Parent participation required.</b> No class 11/26. (Brittany)				
11/5-12/17 (6) CO25108	S Rm 205	9-9:40 am	1 ½-2 yrs	\$39

**Bubbles, Balls, and Bean Bags**

Toss, chase and pop! Explore things that go up and down. Together you and your child move and groove, play and sing while increasing hand eye coordination and gross motor skills. **Parent participation required.**

9/20-11/1 (7) CO25109	T Rm 205	9:15-9:55 am (Ellen)	1-1 ½ yrs	\$45
9/24-10/29 (6) CO25107	S Rm 205	9-9:40 am (Brittany)	1 ½-2 yrs	\$39

**Cafe Kids**

Put on chefs hats and get ready to create a variety of fun dishes. Each week will include a theme. While working with your child you will learn skills and safety. (Ellen)

9/23-10/28 (6) CO25119	F Rm 205	12:30-1:25 pm	3-5 yrs	\$43
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**Fairy Tale Theatre**

Come enjoy a wide variety of enchanting characters while acting out your favorite children's stories. Use your imagination, learn your lines, create simple costumes, scenery and more. Builds self-confidence and listening skills. (Ellen)

11/4-12/16 (5) CO25120	F Rm 205	1:30-2:25 pm	3-6 yrs	\$36
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**Gotta Sing, Gotta Dance!**

Move and groove to old songs and learn to sing new ones while playing with scarves, balls, parachute and more. Class will focus on motor skills, listening skills, and body control. (Ellen)

11/8-12/13 (6) CO25118	T Rm 205	10:15-10:55 am	2 ½-4 yrs	\$39
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**Hands on Science**

Explore the properties of science using hands on experiments while learning fun facts. Encourages logical thinking and group cooperation. No class 11/24. (Ellen)

9/22-10/27 (6) CO25114	Th Rm 205	1:30-2:10 pm	3-6 yrs	\$44
11/3-12/15 (6) CO25115	Th Rm 205	1:30-2:10 pm	3-6 yrs	\$44

**General Interest - Preschool**

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
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**Music, Marching, & Make Believe**

Get moving with finger plays, nursery rhymes, music, and marching. Movement and imagination are combined along with simple art projects and creative dramatics to provide a positive and fast paced group experience. **Parent participation required.** (Ellen)

9/20-11/1 (7) CO25111	T Rm 205	10:15-10:55 am	2-3 yrs	\$45
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**Storybook Artists**

Unique projects created every week inspired by storybook classics. (Brittany)

9/24-10/8 (3) CO25122	S Rm 205	10:15-11:30 am	4-7 yrs	\$35
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**Tunes for Tots**

Explore the magic of music through songs, music, movement and more! Instruments, scarves, and melodies galore. Stimulates creativity, self-expression and parent/child bond. **Parent participation required.** (Ellen)

11/8-12/13 (6) CO25110	T Rm 205	9:15-9:55 am	1-1½ yrs	\$39
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**Uno, Dos, Tres....Spanish!**

Numbers, colors, animal shapes and more! Discover a new language with simple words, arts & crafts, and games. (Ellen)

9/20-11/1 (7) CO25112	T Rm 205	11:15-11:55 am	2½-6 yrs	\$45
11/8-12/13 (6) CO25113	T Rm 205	11:15-11:55 am	2½-6 yrs	\$39

**Cuatro, Cinco, Seis...Spanish!**

Ready to learn even more Spanish? Then this class is for you! Numbers, colors, animal shapes and more! Discover a new language with simple words, arts & crafts, and games. (Ellen)

9/20-11/1 (7) CO25116	T Rm 205	1:30-2:10 pm	3½-5 yrs	\$45
11/8-12/13 (6) CO25117	T Rm 205	1:30-2:10 pm	3½-5 yrs	\$39



**General Interest - Youth**

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
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**Babysitter's Training**

Learn responsibilities of babysitting. Certification received upon completion. Bring paper, pencil, drink and sack lunch to class. (Susan)

10/23 (1) CO25310	Su Rm 204	10:30 am-5:45 pm	11-15 yrs	\$52
11/13 (1) CO25311	Su Rm 204	10:30 am-5:45 pm	11-15 yrs	\$52
12/11 (1) CO25312	Su Rm 204	10:30 am-5:45 pm	11-15 yrs	\$52

**When I'm in Charge**

Course prepares children to respond safely to being home alone. Covers phone calls, home security and first aid techniques. Parents are encouraged to attend the final 30 minutes. (Susan)

10/16 (1) CO25207	Su Rm 204	1-3:30 pm	8-11 yrs	\$30
11/6 (1) CO25208	Su Rm 204	1-3:30 pm	8-11 yrs	\$30

**Drama 4 Kids**

Create your very own play! Learn improvisational skills, stage presence and timing. We'll play drama games to build listening skills and imagination. You will write scripts, make stage props and perform it on the last day of class to family and friends. Class builds self-esteem and encourages imagination. No experience necessary. (Selene)

9/19-12/12 (13) CO25200	M Rm 205	3:30-4:45 pm	8-12 yrs	\$117
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**Good Manners**

Give the gift of good manners to your child. Children will learn introductions, handshakes, posture and body language, telephone manners, and table manners. A notebook of information is provided for each student. (Laura)

9/20-10/25 (6) CO25201	T Rm 202	6:30-7:30 pm	6-13 yrs	\$47
11/8-12/13 (6) CO25202	T Rm 202	6:30-7:30 pm	6-13 yrs	\$47

**Guitar, Youth Beginning**

Shape chords with the left hand while developing rhythm with the right hand and learning to read music and play an instrument. Students must bring guitars. No class 11/24. (Jon)

9/22-12/15 (12) CO25209	Th Rm 203	6:15-6:55 pm	7-12 yrs	\$68
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General Interest - Youth

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
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**Guitar, Youth Intermediate**

Graduates of Beginning Guitar are welcome. Students must bring guitars. Workbook will be required for class. Please see instructor on first day. (Jon)

9/20-12/13 (13) CO25204	T Rm 205	6:15-6:55 pm	8-13 yrs	\$74
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**Guitar, Private Lessons**

No experience required. Learn to play guitar or continue to improve. Must have own guitar. (Jon)

9/20-11/1 (7) CO25215	T Rm 205	8-8:30 pm	7 yrs-Adult	\$179
11/8-12/13 (6) CO25216	T Rm 205	8-8:30 pm	7 yrs-Adult	\$154
9/20-11/1 (7) CO25217	T Rm 205	8:35-9:05 pm	7 yrs-Adult	\$179
11/8-12/13 (6) CO25218	T Rm 205	8:35-9:05 pm	7 yrs-Adult	\$154
9/20-11/1 (7) CO25219	T Rm 205	5-5:30 pm	7 yrs-Adult	\$179
11/8-12/13 (6) CO25220	T Rm 205	5-5:30 pm	7 yrs-Adult	\$154
9/20-11/1 (7) CO25221	T Rm 205	5:35-6:05 pm	7 yrs-Adult	\$179
11/8-12/13 (6) CO25222	T Rm 205	5:35-6:05 pm	7 yrs-Adult	\$154

**Keyboard / Piano Private Lessons**

Explore and make music on the keyboard through learning rhythms, notation composition and melodies. See instructor on first day regarding workbook and study materials. (Staff)

9/19-10/24 (6) CO25227	M Rm 203	6:15-6:45 pm	7 yrs-Adult	\$154
11/7-12/12 (6) CO25228	M Rm 203	6:15-6:45 am	7 yrs-Adult	\$154
9/19-10/24 (6) CO25229	M Rm 203	6:50-7:20 pm	7 yrs-Adult	\$154
11/7-12/12 (6) CO25230	M Rm 203	6:50-7:20 pm	7 yrs-Adult	\$154
9/19-10/24 (6) CO25231	M Rm 203	7:25-7:55 pm	7 yrs-Adult	\$154
11/7-12/12 (6) CO25232	M Rm 203	7:25-7:55 pm	7 yrs-Adult	\$154
9/19-10/24 (6) CO25233	M Rm 203	8-8:30 pm	7 yrs-Adult	\$154
11/7-12/12 (6) CO25234	M Rm 203	8-8:30 pm	7 yrs-Adult	\$154
9/19-10/24 (6) CO25235	M Rm 203	8:35-9:05 pm	7 yrs-Adult	\$154
11/7-12/12 (6) CO25236	M Rm 203	8:35-9:05 pm	7 yrs-Adult	\$154

General Interest - Youth

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



**Girls Science, Lotions & Potions**

Come on girls! Dig in to the world of weird and wonderful substances while creating useful products for later. Create lip-gloss, bath salts, soaps and more while unlocking the mysteries of science concepts. (Ellen)

9/22-10/27 (6) CO25242	Th Rm 205	6-6:40 pm	6-9 yrs	\$44
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**Gizmos & Gadgets**

Want to build an awesome contraption? Make it move? This is the class for you. Explore the world of motion with hands-on crafts. No class 11/24. (Ellen)

11/3-12/15 (6) CO25243	Th Rm 205	6-6:40 pm	7-10 yrs	\$44
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**Incredible Edible Science**

Learn the science behind cooking. Make an amazing science project that you can eat! Class will focus on measuring, mixing, pouring and eating. In this class we break our first rule of science by eating our project. Don't miss this fun-filled one-day program. (Ellen)

9/13 (1) CO25121	T Rm 202	11:30-12:10 pm	3-5 yrs	\$11
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**Ooey Goopy Scientist**

Discover the amazing properties of liquids. Delve into the unknown as you mix, stir, squish and invent marvelous concoctions that will mystify your friends. (Ellen)

9/22-10/27 (6) CO25238	Th Rm 205	3:15-3:55 pm	5-7 yrs	\$35
11/3-12/15 (6) CO25239	Th Rm 205	3:15-3:55 pm	5-7 yrs	\$35
9/22-10/27 (6) CO25240	Th Rm 205	4:10-5:05 pm	6-9 yrs	\$40
11/3-12/15 (6) CO25241	Th Rm 205	4:10-5:05 pm	6-9 yrs	\$40

General Interest - Teen/Adult

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

Begin shaping chords with the left hand while developing rhythm with the right hand as you learn to read music and play an instrument. Students must bring guitars. (Jon)

9/20-12/13 (13) CO25308	T Rm 205	7-7:55 pm	13 yrs-Adult	\$93
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**Guitar, Advanced**

Graduates of Intermediate Guitar are welcome. Students must bring guitars. No class 11/24. (Jon)

9/22-12/15 (12) CO25309	Th Rm 203	8-8:55 pm	14 yrs-Adult	\$86
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**Guitar, Intermediate**

Graduates of Beginning Guitar are welcome. Students must bring guitars. (Jon)

9/22-12/15 (12) CO25307	Th Rm 203	7-7:55 pm	14 yrs-Adult	\$86
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**Guitar, Private Lessons**

No experience required. Learn to play guitar or continue to improve. Must have own guitar. (Jon)

9/20-11/1 (7) CO25210	T Rm 205	5-5:30 pm	7 yrs-Adult	\$179
11/8-12/13 (6) CO25211	T Rm 204	5-5:30 pm	7 yrs-Adult	\$154
9/20-11/1 (7) CO25213	T Rm 205	5:35-6:05 pm	7 yrs-Adult	\$179
11/8-12/13 (6) CO25214	T Rm 205	5:35-6:05 pm	7 yrs-Adult	\$154
9/20-11/1 (7) CO25219	T Rm 205	5-5:30 pm	7 yrs-Adult	\$179
11/8-12/13 (6) CO25220	T Rm 205	5-5:30 pm	7 yrs-Adult	\$154
9/20-11/1 (7) CO25221	T Rm 205	5:35-6:05 pm	7 yrs-Adult	\$179
11/8-12/13 (6) CO25222	T Rm 205	5:35-6:05 pm	7 yrs-Adult	\$154
9/20-11/1 (7) CO25215	T Rm 205	8-8:30 pm	7 yrs-Adult	\$179
11/8-12/13 (6) CO25216	T Rm 205	8-8:30 pm	7 yrs-Adult	\$154
9/20-11/1 (7) CO25217	T Rm 205	8:35-9:05 pm	7 yrs-Adult	\$179
11/8-12/13 (6) CO25218	T Rm 205	8:35-9:05 pm	7 yrs-Adult	\$154

General Interest - Teen/Adult

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
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**Keyboard / Piano Private Lessons**

Explore and make music on the keyboard through learning rhythms, notation composition and melodies. See instructor on first day regarding workbook and study materials. (Staff)

9/19-10/24 (6) CO25227	M Rm 203	6:15-6:45 pm	7 yrs-Adult	\$154
11/7-12/12 (6) CO25228	M Rm 203	6:15-6:45 am	7 yrs-Adult	\$154
9/19-10/24 (6) CO25229	M Rm 203	6:50-7:20 pm	7 yrs-Adult	\$154
11/7-12/12 (6) CO25230	M Rm 203	6:50-7:20 pm	7 yrs-Adult	\$154
9/19-10/24 (6) CO25231	M Rm 203	7:25-7:55 pm	7 yrs-Adult	\$154
11/7-12/12 (6) CO25232	M Rm 203	7:25-7:55 pm	7 yrs-Adult	\$154
9/19-10/24 (6) CO25233	M Rm 203	8-8:30 pm	7 yrs-Adult	\$154
11/7-12/12 (6) CO25234	M Rm 203	8-8:30 pm	7 yrs-Adult	\$154
9/19-10/24 (6) CO25235	M Rm 203	8:35-9:05 pm	7 yrs-Adult	\$154
11/7-12/12 (6) CO25236	M Rm 203	8:35-9:05 pm	7 yrs-Adult	\$154

**Retirement Planning Today**

In this course you'll learn how to manage investment risks, use new tax law to your advantage, make informed decisions about your company retirement plan and adjust your estate plan to function properly under the new laws. However, money is only one aspect of retirement planning. This course blends financial education with life planning to help build wealth, align your money with your values, and achieve your retirement lifestyle goals. Course includes a 225-page illustrated textbook. Class sizes are limited so register today. **\$25 workbook fee due to instructor on first day.** (Greg Allen, CFP)

10/4-10/11 (2) CO25506	T	6:30-9:30pm	16 yrs-Adult	\$16
9/29-10/6 (2) CO25507	Th	6:30-9:30pm	16 yrs-Adult	\$16



It's never too late to start planning for your future.  
Enroll in Retirement Planning today!

Special Events

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
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Pumpkin Fest

Saturday, October 29 • 6-8 pm

Wear your Halloween costumes, view the pumpkin museum and vote for your favorite pumpkin, win prizes on the pumpkin walk, watch a movie in the pool. Remember to pick-up your coloring contest entry form at the front desk starting October 1 to win prizes. **Parent Participation is required.** Call the center for complete details. **This is not a pre-registered event.** Adults free!

\$6 per child

Evening with Santa

Friday, December 16 • 6:30-8:30 pm

Join us for a special evening of holiday fun. Visit with Santa and tell him your holiday wishes. Enjoy milk and cookies, do arts and crafts. Bring a camera to take home a picture with Santa. Also, enjoy playing on gym equipment. **Parent participation is required. Sign up is a requirement for this exciting event.** Adults, Free!

CO26201 1-13 yrs \$7 per child

Middle School Dances

“Friday Night Live Beaverton”

Friday, October 7 • Friday, November 4

Friday, December 2  
7-10 pm

These dances are a safe, fun, supervised place for middle school kids to dance and hang out. At every dance we enforce a code of conduct and a dress code. Kids are not allowed to leave the dances until a parent comes inside the building and checks them out of the dance. Only current 6th, 7th and 8th graders will be allowed to participate at the middle school dances. Friday Night Live middle school dances are brought to you by Blackboard Music. Blackboard Music has been providing safe, fun events for teens in the Pacific Northwest for more than a decade.

For more info go to [www.blackboardmusic.com](http://www.blackboardmusic.com) \$10 admission

Sports & Fitness - Preschool

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

Catch, dribble, pass and shoot a basketball. Positive attitude, fair play and fun will be emphasized. No class 11/22. (Staff)

9/20-12/13 (12) CO22118	T Gym-Ct A	11:30 am-12:10 pm	3½-5½ yrs	\$53
9/24-12/17 (12) CO22119	S Gym-Ct A	12:15-12:55 pm	4-6 yrs	\$53

Ice Skating / Parent and Me

**Six-week session held at Sherwood Ice Arena (SIA) at 20407 SW Borchers Drive, Sherwood.** Free practice sessions on day of class and rental skates included. Learn how to fall safely, balance, march, glide, wiggle, and how to do swizzles, wearing a bike or hockey helmet. No make-ups for missed classes. Class is subject to change. **\$56 paid to Sherwood Ice Arena first day of class.** Arrive 20 minutes early on first day of class. (Sherwood Ice Arena)

10/1-11/5 (6) CO22171	S Off-site	11:40 am-12:10 pm	2-3 yrs	\$19
12/3-1/21 (6) CO22172	S Off-site	11:40 am-12:10 pm	2-3 yrs	\$19

Ice Skating for Tots

**Six-week session held at Sherwood Ice Arena (SIA) at 20407 SW Borchers Drive, Sherwood.** Free practice sessions on day of class and rental skates included. Learn how to fall safely, balance, march, glide, wiggle, and how to do swizzles, wearing a bike or hockey helmet. No make-ups for missed classes. Class is subject to change. **\$44 paid to Sherwood Ice Arena first day of class.** Arrive 20 minutes early on first day of class. No class 11/22. (Sherwood Ice Arena)

10/5-11/9 (6) CO22178	W Off-site	5:30-6 pm	4-5 yrs	\$15
12/7-1/11 (6) CO22180	W Off-site	5:30-6 pm	4-5 yrs	\$15
10/1-11/5 (6) CO22177	S Off-site	12:15-12:45 pm	4-5 yrs	\$15
12/3-1/21 (6) CO22179	S Off-site	12:15-12:45 pm	4-5 yrs	\$15

Play Gym

Monday-Friday 10 am-12:15 pm, Sunday 10 am-Noon, Drop-in fee applies.

Join us in our Indoor Playground, rain or shine!  
**Parent participation required.**  
Parents FREE!



Sports & Fitness - Preschool

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
<b>Imagination Yoga</b>				
Introduce your active child to the benefits of yoga as they build strength, balance and concentration through this fun and imaginative class. A certified Imagination Yoga Facilitator takes a class of children on grand adventures as they imagine Yoga in the Castle, the Jungle, in Outer Space, with the Dinosaurs, under the Sea and on the Farm. Your child will learn 40+ Yoga poses and find great concentration, relaxation and body awareness through visualization, breath, movement and music. Yoga mats provided, parent participation is encouraged. (Staff)				
9/19-10/17 (5) CO22165	M Rm 204	5:30-6 pm	4-6 yrs	\$50
11/7-12/5 (5) CO22166	M Rm 204	5:30-6 pm	4-6 yrs	\$50
9/21-10/19 (5) CO22167	W Rm 205	10-10:30 am	4-6 yrs	\$50
10/26-11/30 (5) CO22168	W Rm 205	10-10:30 am	4-6 yrs	\$50

Kid's Sport

Get a kick out of this class! All kinds of sports will be played, basketball, soccer, t-ball and more. Kids should leave class tired and happy. (Staff)

9/19-12/12 (12) CO22110	M Gym-Ct A	11:30 am-12:10 pm	3½-5½ yrs	\$53
9/20-12/13 (12) CO22111	T Gym-Ct A	10:45-11:25 am	3-4 yrs	\$53
9/20-12/13 (12) CO22113	T Gym-Ct B	5-5:40 pm	3½-6 yrs	\$53
9/22-12/15 (12) CO22115	Th Gym-Ct A	12:45-1:25 pm	4-6½ yrs	\$53
9/22-12/15 (12) CO22132	Th Gym-Ct A	11:30 am-12:10 pm	3-4 yrs	\$53
9/23-12/16 (11) CO22102	F Gym-Ct A	10:45-11:25 am	3½-5½ yrs	\$49
9/24-12/17 (12) CO22112	S Gym-Ct A	10:30-11:10 am	3-6 yrs	\$53
9/25-12/18 (12) CO22120	Su Gym-Ct A	11:45 am-12:25 pm	3-6 yrs	\$53

Learn to Play Hockey

Class held at Sherwood Ice Arena (SIA) at 20407 SW Borchers Drive, Sherwood. Learn to Play Hockey offers skills instruction, knowledge of the game and self-confidence. Full gear required, please call Sherwood Ice Arena for details at 503/625-5757. 7-wk session \$84, 9-wk session \$108 - payable to Sherwood Ice Arena on the first day of class. (Sherwood Ice Arena)

10/6-11/17 (7) CO22181	Th Off-site	5:10-6:10 pm	4-14 yrs	\$15
12/1-1/26 (9) CO22182	Th Off-site	5:10-6:10 pm	4-14 yrs	\$15

Sports & Fitness - Preschool

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
<b>Learn to Play Hockey - Game Time!</b>				
Class held at Sherwood Ice Arena (SIA) at 20407 SW Borchers Drive, Sherwood. Must be enrolled in Learn to Play Hockey on Thursdays to qualify for Game Time class. Game Time will be a controlled scrimmage, designed to teach the rules of the game. Each on ice session begins with an overview of the basic rules of the game, followed by a warm up session then a scrimmage controlled by an on ice SIA hockey coach. 7-wk session \$84 - payable to Sherwood Ice Arena on the first day of class. (Sherwood Ice Arena)				
10/9-11/27 (7) CO22183	Su Off-site	5:10-6:10 pm	4-14 yrs	\$15
12/4-1/29 (7) CO22184	Su Off-site	11:15 am-12:45 pm	4-14 yrs	\$15

Martial Arts, Lil Dragons

Teaches balance, coordination, strength and skills in simple, fun drills and games. Children learn safety awareness, self-discipline, respect and more. Uniforms required which can be purchased at front desk for \$20. See instructor at first class. (Staff)

9/20-12/13 (13) CO22163	T Gym-Ct A	2:45-3:25 pm	4-5 yrs	\$59
9/20-12/13 (13) CO22164	T Rm 205	3:30-4:10 pm	4½-6 yrs	\$59

Family Dragons

Learn balance, coordination, strength and skills in simple, fun drills and games. Children learn safety awareness, self-discipline, respect and more. Class is designed for parents and school-aged children. Register child only. Class cost is for one child and one parent. Uniforms required which can be purchased at front desk for \$20. Parent participation required. No class 10/31. (Yoshi)

9/19-11/21 (9) CO22144	M Gym-Ct B	6:55-7:35 pm	5 yrs-Adult	\$82
9/22-12/15 (12) CO22145	Th Rm 205	7-7:40 pm	5 yrs-Adult	\$108



### Sports & Fitness - Preschool

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
<b>Munchkin Sports</b>				
Join your child for some sports fun in basketball, soccer, t-ball, scooter games and more. Play at an individual pace while working on large motor skills. The instructor provides skill guidance to parents. <b>Parent participation required.</b> No class 11/26. (Staff)				
9/19-12/12 (12) CO22121	M Gym-Ct A	9:15-9:55 am	2-3 yrs	\$53
9/20-12/13 (12) CO22122	T Gym-Ct A	10-10:40 am	2-3 yrs	\$53
9/20-12/13 (12) CO22123	T Gym-Ct B	5:50-6:30 pm	2-3 yrs	\$53
9/22-12/15 (12) CO22129	Th Gym-Ct A	9:15-9:55 am	2-3 yrs	\$53
9/22-12/15 (12) CO22104	Th Gym-Ct A	2:15-2:55 pm	2-3 yrs	\$53
9/23-12/16 (11) CO22124	F Gym-Ct A	9:15-9:55 am	2-3 yrs	\$49
9/24-12/17 (12) CO22103	S Gym-Ct A	9:45-10:25 am	2-3 yrs	\$53
9/25-12/18 (12) CO22106	Su Gym-Ct A	10:15-10:55 am	2-3 yrs	\$53


#### Soccer

Lots of movement, leading up to games and skills, including dribbling, trapping, passing and more. Shin guards recommended. (Staff)

9/19-12/12 (12) CO22125	M Gym-Ct A (Staff)	10-10:40 am	3-4 yrs	\$53
9/19-11/14 (9) CO22134	M Gym-Ct A (Staff)	10:45-11:25 am	4-6 yrs	\$40
9/21-12/14 (13) CO22228	W Gym-Ct A (Nancy)	2:30-3:25 pm	4-6 yrs	\$73
9/22-12/15 (12) CO22130	Th Gym-Ct A (Staff)	10-10:40 am	3½-5½ yrs	\$53
9/22-12/15 (12) CO22229	Th Gym-Ct A (Nancy)	3-3:40 pm	4-6 yrs	\$53
9/22-12/15 (12) CO22231	Th Gym-Ct B (Nancy)	6-6:40 pm	3½-6 yrs	\$53
9/23-12/16 (11) CO22126	F Gym-Ct A (Staff)	11:30 am-12:10 pm	3½-5½ yrs	\$49
9/24-12/17 (12) CO22127	S Gym-Ct A (Staff)	11:15-11:55 am	3-6 yrs	\$53
9/25-12/18 (12) CO22128	Su Gym-Ct A (Staff)	11-11:40 am	3-6 yrs	\$53

Swimming schedule and swim lessons are on pages 24-28.

### Sports & Fitness - Preschool

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
				
<b>Sports Break</b>				
Need time for holiday shopping? Here is a great opportunity for you and your child. During this three-hour program explore a variety of sports in a fun and safe environment. Snack included. (Staff)				
11/21 (1) CO22160	M Gym-Ct A	9 am-Noon	3-6 yrs	\$17
11/22 (1) CO22161	T Gym-Ct A	9 am-Noon	3-6 yrs	\$17
11/23 (1) CO22162	W Gym-Ct A	9 am-Noon	3-6 yrs	\$17

#### Tumbling

Have tumbling fun and be introduced to gymnastics while honing floor work fundamentals. Build strength, flexibility and coordination using tumbling mats, balance beam, trampoline and cheese wedge. No class 10/31. (Staff)

9/19-11/21 (9) CO23150	M Gym-Ct B	4:45-5:25 pm	4-6 yrs	\$49
9/19-11/21 (9) CO23151	M Gym-Ct B	5:30-6:10 pm	3-4 yrs	\$49
9/21-10/26 (6) CO23152	W Gym-Ct A	11:30-12:10 pm	3-5 yrs	\$33
11/2-12/14 (6) CO23153	W Gym-Ct A	11:30-12:10 pm	3-5 yrs	\$33

### Class Observation Guidelines

Conestoga Recreation & Aquatic Center invites parents/guardians to observe class activities from inside the classroom/gymnasium on the first and last day. During the duration of the term, we encourage parents/guardians to remain outside of the classroom/gymnasium for the best instructional atmosphere for your child. Off-site programs need a parent/guardian present at all times if child is under 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.

**Sports & Fitness - Preschool**

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
<b>Wiggle Time Tumbling</b>				
Large motor skills for toddlers! Movement explored and developed through obstacle courses to increase coordination, strength and balance. Tumbling mats, balance beam, trampoline and cheese wedge will be used. <b>Parent participation required.</b> No class 10/31. (Staff)				
9/19-11/21 (9) CO23156	M Gym-Ct B	6:15-6:45 pm	2-3 yrs	\$35
9/21-10/26 (6) CO23157	W Gym-Ct A	10:45-11:25 am	2-3 yrs	\$33
11/2-12/14 (6) CO23158	W Gym-Ct B	10:45-11:25 am	2-3 yrs	\$33
9/21-10/26 (6) CO23159	W Gym-Ct A	10-10:40 am	2-3 yrs	\$33
11/2-12/14 (6) CO23160	W Gym-Ct A	10-10:40 am	2-3 yrs	\$33

**T-ball**

Work on t-ball basics: throwing, catching, hitting off a tee, base running and more. No class 11/24. (Staff)

9/22-12/15 (12) CO22131	Th Gym-Ct A	11:45 am-12:25 pm	3½-5½ yrs	\$53
9/22-12/15 (12) CO22133	Th Gym-Ct A	1:30-2:10 pm	3½-5½ yrs	\$53

**Tiny Tot Tennis**

Children learn to play tennis in this group class. Basic intro level 1 class.

9/20-10/25 (6) CO22139	T Gym-Ct A	3:25-3:55 pm	4-6 yrs	\$19
11/1-12/13 (6) CO22140	T Gym-Ct A	3:25-3:55 pm	4-6 yrs	\$19
9/23-12/16 (11) CO22143	F Gym-Ct A	10:05-10:45 am	4-6 yrs	\$53

**Tennis for Families**

Learn to play tennis with your child in this group class. Basic intro level 1 class. **Parent participation required.** Register child only, cost includes one parent. (Daniel)

9/20-10/25 (6) CO22153	T Gym-Ct A	5:30-6:10 pm	4-7 yrs	\$54
11/1-12/13 (6) CO22154	T Gym-Ct A	5:30-6:10 pm	4-7 yrs	\$54

**Youth Tennis Instruction**

Our group lessons help to develop a child's physical, mental and social skills through exercise, learning and fun. The basic eye/hand coordination tennis games played with our youngest children become an essential part of a child's overall educational and physical development. Children progress at a rate all their own in flexible classes adapted to their ages and abilities.



**Sports & Fitness - Youth**

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
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**Baseball / Softball Hitting**

Tune up for the season, develop and strengthen your swing. Starting from stance to swing, learn the importance of balance posture and biomechanics. Great opportunity for young players to develop a good swing. Bunting will be covered. (Andy)

11/28-1/2 (6) CO22234	M Gym-Ct A	6:30-7:25 pm	9-12 yrs	\$34
11/30-1/4 (6) CO22235	W Gym-Ct A	6:30-7:25 pm	6-9 yrs	\$34

**Baseball / Softball Mechanics of Fielding & Throwing**

Improve your defensive skills through proper mechanics from footwork to finishing your throw. Ground balls, pop flies, throwing effectively to get outs! All positions welcome, infield, outfield, catcher-bring your gear. (Andy)

11/28-1/2 (6) CO22232	M Gym-Ct A	5:30-6:25 pm	9-12 yrs	\$34
11/30-1/4 (6) CO22233	W Gym-Ct A	5:30-6:25 pm	6-9 yrs	\$34

**Basketball Hoops**

Learn beginning basketball skills. Emphasis on ball control and the basics of passing, dribbling, shooting and footwork. No class 11/24. (Staff)

9/21-12/14 (13) CO22215	W Gym-Ct A	3:45-4:40 pm	6-8 yrs	\$73
9/21-12/14 (13) CO22216	W Gym-Ct B	4:45-5:40 pm	8-12 yrs	\$73
9/22-12/15 (12) CO22213	Th Gym-Ct A	5:45-6:40 pm	6-8 yrs	\$68
9/24-12/17 (12) CO22217	S Gym-Ct A	1-1:55 pm	8-12 yrs	\$68

**Sports & Fitness - Youth**

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
<b>Basketball, Scrimmage</b>				
Do warmups, run a few drills and get in lots of game time. This class is for players who want to work on their skills. (Staff)				

9/22-12/15 (12) Th 6:45-7:40 pm 9-11 yrs \$68  
**CO22214 Gym-Ct A**

**Basketball, Girls**

Play games and learn the techniques and rules of the game. Work on dribbling, shooting, passing, and team play through fun games and drills. This class is great for beginners. No class 11/24. (Nancy)

9/22-12/15 (12) Th 3:45-4:40 pm 7-12 yrs \$68  
**CO22205 Gym-Ct A**

**Ice Skating for Beginners**

**Six-week session held at Sherwood Ice Arena (SIA) at 20407 SW Borchers Drive, Sherwood.** Free practice sessions on day of class and rental skates included. Learn how to fall safely, balance, march, glide, wiggle, and how to do swizzles, wearing a bike or hockey helmet. No make-ups for missed classes. Class is subject to change. **\$44 paid to Sherwood Ice Arena first day of class.** Arrive 20 minutes early on first day of class. (Sherwood Ice Arena)

10/5-11/9 (6) W 6:05-6:35 pm 6 yrs-Adult \$15  
**CO22173 Off-site**  
 12/7-1/11 (6) W 6:05-6:35 pm 6 yrs-Adult \$15  
**CO22175 Off-site**  
 10/1-11/5 (6) S 11:05-11:35 am 6 yrs-Adult \$15  
**CO22174 Off-site**  
 12/3-1/21 (6) S 11:05-11:35 am 6 yrs-Adult \$15  
**CO22176 Off-site**

**Karate, Beginning**

Learn Shorin - Ryu, a self-defense oriented, traditional Okinawan karate style. Learn basic blocks, punches, kicks and break fall techniques. Course is a great continuation to Conestoga's Little Dragons Martial Arts Class. (Marilyn)

9/20-12/13 (13) T 4-4:55 pm 6-8 yrs \$74  
**CO22219 Rm 201**  
 9/20-12/13 (13) T 5-5:55 pm 8-12 yrs \$74  
**CO22221 Rm 201**

**Construction Alert**

Make sure to arrive early for classes. The parking lot has changed due to the bond measure-funded improvement project at Conestoga.

**Sports & Fitness - Youth**

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
<b>Soccer Skills</b>				
Learn the fundamentals and proper techniques of soccer. Emphasis on teamwork, fair play and fun! Shin guards recommended. No class 11/22. (Staff)				

9/20-12/13 (12) T 6:35-7:30 pm 6-9 yrs \$68  
**CO22226 Gym-Ct B**  
 9/22-12/15 (12) Th 6:45-7:40 pm 7-11 yrs \$68  
**CO22227 Gym-Ct B**

**Tennis Basics**

Take this introductory class if you are new to the game of tennis or are starting to play after a prolonged layoff. (Daniel)

9/20-10/25 (6) T 4-4:40 pm 6-8 yrs \$27  
**CO22240 Gym-Ct A**  
 11/1-12/13 (6) T 4-4:40 pm 6-8 yrs \$27  
**CO22241 Gym-Ct A**  
 9/20-10/25 (6) T 4:45-5:25 pm 8-10 yrs \$27  
**CO22243 Gym-Ct A**  
 11/1-12/13 (6) T 4:45-5:25 pm 8-10 yrs \$27  
**CO22244 Gym-Ct A**

**Tumbling**

An introduction to gymnastics with an emphasis on floor work fundamentals. Tumbling mats, balance beam, trampoline and cheese wedge used. No class 10/31. (Staff)

9/19-11/21 (9) M 3:45-4:40 pm 5-10 yrs \$62  
**CO23154 Gym-Ct B**



**Ultimate P.E. Sports**

Have a blast in this fast paced multi-sports class. Dodgeball, Basketball, Flag Football, Soccer and lots more. Break a sweat and have fun! (Nancy)

9/22-12/15 (12) Th 4:45-5:40 pm 9-12 yrs \$56  
**CO22204 Gym-Ct A**

**Volleyball, Girl's Primer**

Basic fundamentals of volleyball. Bump, pass and serve your way to an improved game. (Ivan)

9/19-11/21 (9) M 5:30-6:25 pm 7-10 yrs \$51  
**CO22239 Gym-Ct A**  
 9/21-11/16 (9) W 5:30-6:25 pm 7-10 yrs \$51  
**CO22237 Gym-Ct A**

Sports & Fitness - Teen

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
<b>MVP Basketball</b> <span style="float: right;"><b>NEW!</b></span>				
This class is for serious players who want to continue working on improving their individual skills. We will concentrate on correct techniques of shooting, dribbling, passing, team play and other basketball skills needed to be a MVP. No class 11/22. (Jock)				
9/20-12/13 (12) CO22303	T Gym-Ct A	6:20-7:15 pm	11-14 yrs	\$68

Teenfit, Strength & Conditioning

This fitness program will motivate you to continue a healthy lifestyle. Gain endurance, strength, self-esteem, and knowledge in this well-rounded program. Class will include weight training and cardio conditioning all in a positive and welcoming atmosphere. Class will focus on individual goals. Tuesdays classes held in weight room and Thursdays classes will be held in Room 201. (Colleen/Desiree)

9/13-10/27 (8) CO22301	T/Th Rm 201	5-5:55 pm	11-17 yrs	\$57
11/1-12/15 (7) CO22302	T/Th Rm 201	5-5:55 pm	11-17 yrs	\$53

**NEW!**

Top Turkey Contests



**Basketball**

Join us for a fun evening of basketball skill drills and competitions. Night will include: passing, dribbling, and free throw contest. Age groups will be created for competition. Open to all boys and girls. Event t-shirt included with registration. (Staff)

11/22 (1) CO22304	T Gym-Ct A	5:30-7:30 pm	6-14 yrs	\$17
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**Volleyball**

Evening will include: serving, passing, and setting competitions. Players will hit targets (serving and hitting) for points. Age groups will be created for competition. Open to all boys and girls. Event t-shirt included with registration. (Staff)

11/23 (1) CO22305	W Gym-Ct A	5:30-7:30 pm	7-15 yrs	\$17
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Sports & Fitness - Teen

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
<b>Tween/Teen Yoga</b>				
Combine conscious breathing with simple movements to lengthen, strengthen and improve your flexibility. Focus will be on breathing, proper alignment and mind/body awareness to create calm and balance on and off the mat. (Cindy)				
9/14-10/26 (7) CO22517	W Rm 204	6:30-7:25 pm	10-15 yrs	\$43
11/2-12/14 (7) CO22518	W Rm 204	6:30-7:25 pm	10-15 yrs	\$43

**Volleyball, Girl's Primer**

Basic fundamentals of volleyball. Bump, pass and serve your way to an improved game. (Ivan)

9/21-11/16 (9) CO22238	W Gym-Ct A	6:30-7:25 pm	11-15 yrs	\$51
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**Volleyball, Girls Competitive**

For girls in 8th and 9th grade who are looking to prepare for high school level volleyball. Focus will be on individual and team skills at the high school level. Previous volleyball experience required. No class 10/31. (Ivan)

9/19-11/21 (9) CO22236	M Gym-Ct A	6:30-7:25 pm	13-16 yrs	\$51
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## Conestoga Fitness Programs

Certified fitness professionals teach our fitness classes. We offer a variety of class options.



### Drop-in Aerobics

You may purchase a 20-visit fitness pass for \$105 or one time Drop-in for \$6 ID for fitness classes: Total Body Conditioning, Low Impact Aerobics and Boot Camp **OR** purchase a 10 visit Specialty Pass for \$83.50 or one time Drop-in for \$9 ID for Specialty Classes: Nia, Pilates and Yoga.

### Weight Room Orientation

Call Conestoga at 503/629-6313 to schedule a short weight room orientation with one of our staff. Basics of the weight room equipment will be reviewed.

### Personal Training

Our certified personal trainers will assist you in developing an individualized exercise program and discuss basic nutrition, goals and individual limitations during this one-hour private consultation; body composition testing is also available. You may register for this program at any time.

**Single Session: \$44    Three Sessions: \$132  
Six Sessions: \$247**

## Sports & Fitness - Teen/Adult

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
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### Boot Camp/TBC

The best of both worlds! Improvement in cardiovascular conditioning, strength training by using free weights, resistance bands and other equipment. Tone your body, lose fat and gain muscle while improving strength, posture, and flexibility. Class will also include abdominal work and stretching. No class 11/26. (Colleen)

9/17-12/17 (13) <b>CO22525</b>	S Rm 201	8-8:55 am	14 yrs-Adult	\$53
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### Cardio Core

This low impact high repetition workout is a fun and exciting way to shape and tone the entire body with special emphasis on the core region. Variety of workouts for all major muscle groups keeps you coming back for more. All fitness levels welcome. No class 10/31. (Desiree)

9/12-11/9 (7) <b>CO22532</b>	M/W Rm 201	5:35-6:30 pm	14 yrs-Adult	\$69
11/14-1/4 (7) <b>CO22533</b>	M/W Rm 201	5:35-6:30 pm	14 yrs-Adult	\$51

### Circuit Training

Get an overall body workout by alternating cardio equipment and exercises with machine intervals. Instructor will keep track of the intervals and assist with proper form. (Desiree)

9/13-11/10 (9) <b>CO22503</b>	T/Th Rm 101	6-6:55 am	14 yrs-Adult	\$110
11/15-1/5 (8) <b>CO22504</b>	T/Th Rm 101	6-6:55 am	14 yrs-Adult	\$92
9/13-11/10 (9) <b>CO22505</b>	T/Th Rm 101	6-6:55 pm	14 yrs-Adult	\$110
11/15-1/5 (8) <b>CO22506</b>	T/Th Rm 101	6-6:55 pm	14 yrs-Adult	\$92

## Fall Gym Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6-7:30 am Open Gym	6-7:30 am Open Gym	6-7:30 am Open Gym	6-7:30 am Open Gym	6-7:30 am Open Gym		10 am - Noon Court B
Play Gym 10 am-12:15 pm	Play Gym 10 am-12:15 pm	Play Gym 10 am-12:15 pm	Play Gym 10 am-12:15 pm	Play Gym 10 am-12:15 pm		Family Gym (All Ages) Play Gym
8-9:30 pm Courts A & B Open Gym Volleyball (16+ yrs)	7:45-9:30 pm Courts A & B Open Gym Basketball (30+ yrs)	3-5:15 pm Court B Open Gym (10-17 yrs)	7:45-9:30 pm Courts A & B Open Gym Basketball (30+ yrs)	3-5:15 pm Court B Open Gym (10-17 yrs)	2-6 pm Courts A & B Open Gym (All Ages)	1-6 pm Court B Open Gym (All Ages)
		7:45-9:30 pm Courts A & B Drop-in Volleyball (16+ yrs)		5:15-6:30 pm Family Gym (All Ages)		

## Sports & Fitness - Teen/Adult

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
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### Family Dragons

Learn balance, coordination, strength and skills in simple, fun drills and games. Children learn safety awareness, self-discipline, respect and more. Class is designed for parents and school-aged children. Register child only. Class cost is for one child and one parent. Uniforms required which can be purchased at front desk for \$20. **Parent participation required.** No class 10/31. (Yoshi)

9/19-11/21 (9) <b>CO22144</b>	M <b>Gym-Ct B</b>	6:55-7:35 pm	5 yrs-Adult	\$82
9/22-12/15 (12) <b>CO22145</b>	Th <b>Rm 205</b>	7-7:40 pm	5 yrs-Adult	\$108

### Family Fitness!

Get the whole family to join in on the fun! Cardio and strength training will be combined through sports, games, and traditional workouts. Increase your fitness level in this fun well-rounded class! No class 11/26. (Colleen)

**NEW!**

9/17-12/17 (13) <b>CO22544</b>	S <b>Gym A</b>	9-9:40 am	8 yrs-Adult	\$41
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### First Step 2 Fitness

Don't know where to start? This is the class for you! In this beginner level class you will progress at your own pace with the encouragement from your instructor. Cardio and strength training will get you back into shape. (Desiree)

**NEW!**

9/12-1/2 (17) <b>CO22501</b>	M <b>Rm 201</b>	9-9:55 am	14 yrs-Adult	\$69
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### Fitness, BODYPUMP

A 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 weights inspire you to get the results you came for - and fast! **Please arrive 5-10 minutes early to set-up equipment so class can start promptly at 7:10 pm.** (Jeanette)

**NEW!**

9/13-11/10 (9) <b>CO22515</b>	T/Th <b>Rm 201</b>	7:10-8:10 pm	14 yrs-Adult	\$73
11/15-1/5 (8) <b>CO22516</b>	T/Th <b>Rm 201</b>	7:10-8:10 pm	14 yrs-Adult	\$61

Come and work out in the pool during Aqua Zumba, Water Walking and Water Aerobics. See page 24 for more details.

## Sports & Fitness - Teen/Adult

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
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### Kendo, Japanese Fencing

Learn the basic skills and techniques of Japanese swordsmanship. Martial arts philosophy and manners will be presented. \$20 Misc. Fee payable to THPRD with registration. Additional fee of \$20 for the bamboo practice swords due first night of class, payable to Obukan Kendo Club. (Obukan Kendo Club)

9/18-12/18 (13) <b>CO22209</b>	Su <b>Rm 201</b>	2-3 pm	10 yrs-Adult	\$36
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### Low Impact, Total Body Workout

Target major muscles of the upper and lower body to increase toning and endurance in this aerobic workout. Beginning exercisers are welcome in this fun and popular class. Great for heart and muscle conditioning. (Desiree)

9/13-11/10 (9) <b>CO22507</b>	T/Th <b>Rm 201</b>	7:15-8:10 am	14 yrs-Adult	\$73
11/15-1/5 (8) <b>CO22508</b>	T/Th <b>Rm 201</b>	7:15-8:10 am	14 yrs-Adult	\$61

### Lower Body Workout

Build endurance and strengthen your quads, glutes, and all leg muscles. Course will focus on the lower body but will also include upper body conditioning. (Desiree)

9/16-12/16 (12) <b>CO22500</b>	F <b>Rm 201</b>	6-6:55 am	14 yrs-Adult	\$48
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### Pilates

Strengthen your body as well as challenge your core, strength, balance, and flexibility by incorporating Pilates circles, fitness balls, and resistance bands into your exercise routine. (Staff)

9/13-10/27 (7) <b>CO22530</b>	T/Th <b>Rm 201</b>	9-9:55 am	14 yrs-Adult	\$86
11/1-12/15 (7) <b>CO22531</b>	T/Th <b>Rm 201</b>	9-9:55 am	14 yrs-Adult	\$80



## Sports & Fitness - Teen/Adult

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
<b>Progressive Stretching</b>				
30-minutes of beneficial stretching and resistance training designed to help with muscle soreness. Anyone with tight, stiff or sore muscles will benefit from this class. No class 10/31. (Desiree)				
9/12-11/9 (10) <b>CO22534</b>	M/W <b>Rm 204</b>	7:35-8:05 pm	14 yrs-Adult	\$39
11/14-1/4 (8) <b>CO22535</b>	M/W <b>Rm 204</b>	7:35-8:05 pm	14 yrs-Adult	\$37

### Tai Chi

Tai Chi is based on relaxing, rooting, and connecting with the active Chi energy within. This class will study and practice the Chen Man Ching 37 posture form. Tai Chi exercise is good for circulation, coordination, relaxation, and balance. The legs gain strength and one's posture improves. All ages and levels of fitness are welcome. Wear comfortable clothing and shoes. No class 11/26. (Jim)

9/17-12/17 (13) <b>CO22529</b>	S <b>Rm 101</b>	10:30-11:25 am	14 yrs-Adult	\$80
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### Total Body Conditioning

Cardio-step, upper body weight training, abs work, and stretching. Every part of your body will be challenged. Intermediate / advanced level. No class 10/31. (Desiree)

9/12-11/9 (9) <b>CO22510</b>	M/W <b>Rm 201</b>	6-6:55 am	14 yrs-Adult	\$73
11/14-1/4 (8) <b>CO22511</b>	M/W <b>Rm 201</b>	6-6:55 am	14 yrs-Adult	\$65
9/12-11/9 (10) <b>CO22512</b>	M/W <b>Rm 201</b>	6:35-7:30 pm	14 yrs-Adult	\$69
11/14-1/4 (8) <b>CO22513</b>	M/W <b>Rm 201</b>	6:35-7:30 pm	14 yrs-Adult	\$61

### Women's Workout

Total workout specifically for women. Class includes cardio, upper body weight training, abs work and stretching and will focus on the individual and her fitness needs. No class 10/28, 11/11, & 11/25. (Colleen/Desiree)

9/16-12/9 (10) <b>CO22509</b>	F <b>Rm 201</b>	6:30-7:25 pm	14 yrs-Adult	\$40
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## Sports & Fitness - Teen/Adult

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
<b>Conestoga Yoga</b>				
A relaxing yet invigorating yoga class perfect for beginning and continuing students. Learn the basics of breathing, positioning and alignment for safe and beneficial practice of postures. This well-rounded workout develops flexibility, core strength, balance and inner calm. Join yoga instructor Jim Hudson, who has over 25 years of teaching experience, for this rewarding Saturday morning session. No class 11/26. (Jim)				
9/17-12/17 (13) <b>CO22528</b>	S <b>Rm 201</b>	9-10 am	14 yrs-Adult	\$97

### Yoga, Beginning

Learn opening and strengthening techniques. Focus on acquiring comfort with basic alignment. Enhance awareness of key joints and muscle systems. (Shelly)

9/13-12/13 (14) <b>CO22519</b>	T <b>Rm 204</b>	6:30-7:25 pm (Shelly)	14 yrs-Adult	\$86
9/13-12/13 (14) <b>CO22521</b>	T <b>Rm 204</b>	7:30-8:25 pm (Shelly)	14 yrs-Adult	\$86
9/14-10/26 (7) <b>CO22523</b>	W <b>Rm 204</b>	7:30-8:25 pm (Cindy)	14 yrs-Adult	\$43
11/2-12/14 (7) <b>CO22524</b>	W <b>Rm 204</b>	7:30-8:25 pm (Cindy)	14 yrs-Adult	\$43

### Zumba Aerobics

Burn calories and have fun while doing aerobics to Latin and international music! Move to the beats of salsa, merengue, cumbia, belly dance, flamenco and many more. Come join the fun! (Jeanette)

9/15-11/10 (9) <b>CO22539</b>	Th <b>Rm 201</b>	6:05-7 pm	14 yrs-Adult	\$36
11/17-1/5 (7) <b>CO22540</b>	Th <b>Rm 201</b>	6:05-7 pm	14 yrs-Adult	\$28
9/16-12/16 (12) <b>CO22541</b>	F <b>Rm 201</b>	10-10:55 am	14 yrs-Adult	\$48
9/18-12/18 (13) <b>CO22542</b>	Su <b>Rm 201</b>	10:15-11:10 am	14 yrs-Adult	\$53

### Zumba Toning

**NEW!**  
Zumba toning combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves to create a calorie-torching, strength-training dance fitness party! Sculpt your body while having a blast. (Jeanette)

9/13-11/8 (9) <b>CO22537</b>	T <b>Rm 201</b>	6:05-7 pm	14 yrs-Adult	\$36
11/15-1/3 (8) <b>CO22538</b>	T <b>Rm 201</b>	6:05-7 pm	14 yrs-Adult	\$32