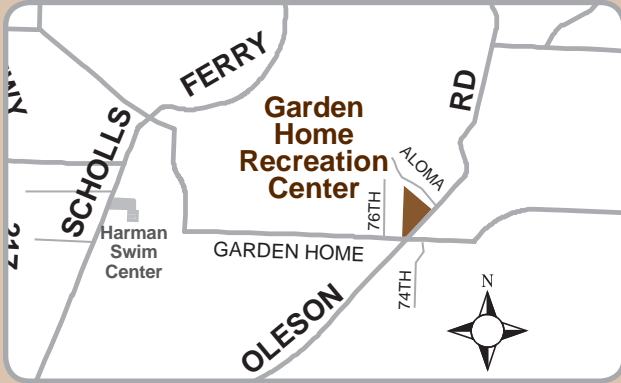




Garden Home Recreation Center



Garden Home Recreation Center
 7475 SW Oleson Road
 Portland, 97223 • 503/629-6341
 Fax 503/629-6346
 TriMet Route #45

Hours

Monday-Friday	5:30 am - 10 pm
Saturday	8 am - 4 pm
Sunday	9 am - 4 pm

Holiday Hours: 11/11, 11/25, 12/24, 1/2 (7 am-7 pm)

Holiday Closures: 11/24, 12/25, 1/1

Delays, Closures and Changes

There will be occasions when our center will be closed or schedules changed or delayed due to special events or make-up classes. We make every effort to announce any change in advance. We strive to provide a clean, healthy facility for your enjoyment and, therefore, annual closures are required for major repairs and cleaning.

Garden Home Rec Center Staff

Lindsay Bjork, Center Supervisor
 Marlene Sheley, Program Coordinator
 Karol Johnston, Program Coordinator
 Cathi Ellis, Office Tech
 Stefanie Pace, Receptionist
 Keely Haugen, Evening Supervisor
 Michelle Cortez, Saturday Supervisor
 Liza Whitaker, Sunday Supervisor

Facility Features

- Weight room/fitness center
- Discovery After-School Enrichment Program
- Indoor gym for Drop-in sports
- Arts studio
- Kitchen for cooking classes
- Fully-equipped gymnastics room
- Two dance studio rooms
- Gym with stage for performances
- Shower/locker rooms
- Preschool Indoor Play Park
- Sports fields
- Outdoor playground and play equipment
- Regional trail (walking, running and biking)
- West Portland Boxing Team
- Garden Home Community Library

Special Events

October 22
 The Great Sports Pumpkin Smash



December 3
 27th Annual Holiday Bazaar

December 10
 Children's Gingerbread Making Class



See page 135 for more details!

Facility Rentals

The Garden Home Recreation Center offers several rental options, including classrooms for meetings, conferences and gym rental. For details, call the center at 503/629-6341.

Follow us on



www.facebook.com/GardenHome

Drop-in Sports & Fitness Programs

The Garden Home 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.

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 & Youths 17 & 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.

Shower Fee: \$1.75 fee will be charged to all persons not participating in paid activities.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Basketball		7-10 pm (30+ yrs)					
Open Gym	5:30-8 am 8-10 pm (All Ages)	5:30-8 am (All Ages)	5:30-8 am 7:30-10 pm (All Ages)	5:30-8 am (All Ages)	5:30-8 am 7-10 pm (All Ages)	8 am-4 pm (All Ages)	11 am-1 pm (All Ages)
Volleyball				8-10 pm (16+ yrs)			

All times and days subject to change daily. Call 503/629-6341.

New Garden Home Fitness Program

Check out page 138 for information on our:

- New fitness classes!
- New instructors!
- New classrooms!

Fully Equipped Weight Room

Circuit weight training machines and free weights including benches, multi-functional trainer and squat rack. Cardio machines including stationary bikes, treadmills, elliptical trainer, rowing machine and adaptive motion trainer.

Monday-Friday: 5:30 am-10 pm	Saturday: 8 am-4 pm	Sunday: 9 am-4 pm
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Free Group Fitness Launch

Saturday, September 17

9-10:30 am

Try it – you’ll like it!!

Garden Home Recreation Center will present a morning of free mini-fitness classes including Strength Training, Cardio, Mommy & Baby, Kickboxing and more! Sample some new classes, meet our fitness staff and get a schedule of classes.

Space is limited, so call Garden Home Recreation Center at 503/629-6341 to put your name on the launch list.

Sample classes may include:

- Zumba
- Body Pump
- Kickboxing
- BabyBell Fitness for Mommy
- Pilates
- And More!



Garden Home Fitness

Weight Room Orientation

This private session with our **certified personal trainer** will give you the basics you need to get your exercise program off to a great start. Session includes an abbreviated fitness assessment, instruction on proper form and technique, a beginning program and basic nutritional information. \$39

Personal Training

This one-hour session will assist you in developing an individualized exercise program to both set and reach your fitness goals. Basic nutrition is discussed. Body composition assessment is also available.

Personal Training Packages

Single Session: \$44
3 Sessions: \$132
6 Sessions: \$247

Body Fat Analysis

\$25

Personal Trainer Office Hours

Drop in with your questions and meet with our personal trainer, **free of charge!**

Carolyn: T/Th 7:45-8:45 am
Carol: W 3-4 pm

Small Group Training for Teens or Adults

Two-person training sessions are available for \$29 per person..

Personal Training Cancellation Policy

Scheduled appointments must be canceled a minimum of 48 hours in advance of your appointment to receive a refund.



Garden Home Child Care Program **NEW!**

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 provide a Drop-in option for those staying on site or leaving the premises. However, Drop-in 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/non-

transferable and Drop-in time will not transfer from 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.

- **Mornings: Monday-Friday 8:15-11:45 am**
- **Evenings: Monday-Thursday 5:15-8:30 pm (No drop-offs after 8 pm)**

Garden Home Indoor Play Park

Open October 31!

Play and make new friends at Garden Home! Our gym is transformed into a safe environment with toys that develop motor skills for young children. **Parent participation is required.**

Ages: Newborn-6 yrs
 Days: Monday/Wednesday/Friday
 Time: 9:30 - 11:30 am
 Fee: \$2.50 (Drop-in)
 10 visit pass: \$25 ID

Parents of Developmentally Disabled Children:

The Garden Home Indoor Play Park now has a selection of inclusive toys for those with special needs. Please talk to the Play Park Supervisor for more information.



Play Park Objectives

- Provide a safe place for active, indoor play for all children ages 0-6 years
- Provide a variety of play opportunities to encourage...
 - Physical activity (to build strength)
 - Cooperative play
 - Brain development (encouraged by moving through space including up/down; side-to-side; by throwing, catching, building, problem solving, rocking, jumping, balancing, sliding, etc.)
- Encourage social interaction among families (community building)
- Encourage a sense of community and belonging in the children served

Garden Home Community Library

503/245-9932

www.gardenhome.plinkit.org
www.facebook.com/gardenhome

The Garden Home Community Library is located within our center. A member of the Washington County Cooperative Library Services (WCCLS), the Garden Home Community Library offers a full range of programs for all ages. Its collection includes adult fiction, children's picture books, music CDs and DVDs. Internet access is available with Microsoft Office, free WiFi and free databases for research.

Fall Hours:

Monday-Thursday, 9 am-8 pm; Friday, 9 am-5 pm; Saturday, 9 am-3 pm; Sunday, closed

You and your family may reserve a one-day "Cultural Pass to Adventure" for free admission to the following locations: Portland Japanese Garden, The Pittock Mansion, Rice NW Museum of Rocks and Minerals, Washington County Museum, A.C. Gilbert's Discovery Village, Portland Children's Museum and Lan Su Chinese Garden. Call 503/245-9932 for a schedule, for more information, to reserve a pass or to learn about Storytime.

On-site Preschools

Listed below are three nonprofit preschools that are housed in the Garden Home Recreation Center.

- Small Friends, Inc.** - 503/591-0503
- Montessori Pathways School** - 503/246-5495
- Funny Farm Early Learning Center, Inc.** - 503/245-3107

The Discovery Club After-school Program

The Garden Home Recreation Center successfully began an after-school program 13 years ago, and it continues to positively impact numerous families and children in the district. In addition to our on-site program(s) we have established a satellite program held at Hazeldale Elementary.

The after-school program will provide:

- Transportation from school to Garden Home
- Qualified and well trained staff
- First Aid/CPR/AED certified staff
- Complete criminal background checks
- Homework in a quiet supervised environment
- Healthy snack daily



The Garden Home After-school Program also offers a wide variety of activities to enjoy each day and really values choice! Additionally, children will have the opportunity to register for enrichment classes offered at the recreation center.

Schools we serve: Aloha Huber, Hazeldale, McKay, Montclair, Raleigh Hills, Raleigh Park and Vose.

Kinder Club

Just for children pre-K through kindergarten. We will have fun with playtime, library, arts & crafts, sports and more!

Discovery Club

In addition to dedicating time each day for homework, your child will experience arts, crafts and drama. We also work on staying active through sports, games and dance!

The Disco Experience

This is an after-school opportunity for Whitford Middle School students. Students will be positive mentors, gain leadership skills, help with community service projects, have time for homework, and more!

Tuition

Tuition includes six (6) BSD no school days for 5-day-week enrollment. Holidays and conference options available, additional fees.

Kinder Club

5 days/wk - \$282 per month - 11 am-3 pm
5 days/wk - \$483 per month - 11 am-6 pm

Discovery Club

5 days/ wk - \$265 per month - 3-6 pm
3 days/wk - \$210 per month - 3-6 pm

Disco Experience

5 days/ wk - \$115 per month - 4-6 pm
3 days/wk - \$92 per month - 4-6 pm

Sign up

Contact the Garden Home Recreation Center at 503/629-6341 for more details and information on our after-school programs.

e-mail: dclub@THPRD.org

All preschool and youth classes

Parents and spectators are invited to attend the first and last dance, sports and gymnastics classes of the term. Otherwise, in-room observation is by instructor approval only.

Arts & Crafts - Preschool

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
NEW!				
Brush and Fire				
Students will paint and glaze an item of prefabricated bisque ware at each class. Our talented instructor will be on hand to guide the creative process. Many projects to choose from including mugs, bowls, plates and more. Parent participation required for children under 6 yrs. (Parent must also be enrolled). Supplies and firing included. (Hayley)				
9/13 (1) GH24202	T Rm 13B	4-6 pm	5 yrs-Adult	\$18
9/20 (1) GH24203	T Rm 13B	4-6 pm	5 yrs-Adult	\$18
10/18 (1) GH24204	T Rm 13B	4-6 pm	5 yrs-Adult	\$18
11/1 (1) GH24205	T Rm 13B	4-6 pm	5 yrs-Adult	\$18
11/15 (1) GH24206	T Rm 13B	4-6 pm	5 yrs-Adult	\$18

Dates (Weeks)	Day	Time	Ages	Cost
NEW!				
Brush and Fire, Extended Projects				
Choose from a selection of bisque ware and concentrate on a detailed project. The class includes one large or two medium-sized projects. Our talented instructor will be on hand to guide the creative process. Parent participation required for children under 6 yrs. (Parent must also be enrolled). Supplies and firing included. (Hayley)				
9/27-10/11 (3) GH24207	T Rm 13B	4-6 pm	5 yrs-Adult	\$55
Pottery, Family Clay				
Have family fun together creating one-of-a-kind clay projects. Cost includes one parent and one child. Wear grubbies. Students expected to help clean up after class. Parent participation required. (Julie)				
9/17-10/8 (4) GH24216	S Rm 7	11 am-12:30 pm	4 yrs-Adult	\$79
10/22-11/12 (4) GH24217	S Rm 7	11 am-12:30 pm	4 yrs-Adult	\$79

Special Hours

GHRC will have special hours December 2 and 3 to make room for our annual Holiday Bazaar. Please look at page 136 or call the center for more information, 503/629-6341.

Arts & Crafts - Youth


Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
Animation, Stop Action Motion Video NEW! The oldest form of movie special effects, stop-action animation comes to life in this class. Students will work with clay and digital photography to bring action to a predetermined script. Fee includes supplies and CD. (Hayley)				
9/22-11/17 (9) GH24201	Th Rm 13B	4-5:30 pm	9-13 yrs	\$109

Brush and Fire NEW! Students will paint and glaze an item of prefabricated bisque ware at each class. Our talented instructor will be on hand to guide the creative process. Many projects to choose from including mugs, bowls, plates and more. Parent participation required for children under 6 yrs. (Parent must also be enrolled). Supplies and firing included. (Hayley)				
9/13 (1) GH24202	T Rm 13B	4-6 pm	5 yrs-Adult	\$18
9/20 (1) GH24203	T Rm 13B	4-6 pm	5 yrs-Adult	\$18
10/18 (1) GH24204	T Rm 13B	4-6 pm	5 yrs-Adult	\$18
11/1 (1) GH24205	T Rm 13B	4-6 pm	5 yrs-Adult	\$18
11/15 (1) GH24206	T Rm 13B	4-6 pm	5 yrs-Adult	\$18

Brush and Fire, Extended Projects NEW! Choose from a selection of bisque ware and concentrate on a detailed project. The class includes one large or two medium-sized projects. Our talented instructor will be on hand to guide the creative process. Parent participation required for children under 6 yrs. (Parent must also be enrolled). Supplies and firing included. (Hayley)				
9/27-10/11 (3) GH24207	T Rm 13B	4-6 pm	5 yrs-Adult	\$55

Drawing & Painting Covers many different techniques and materials. Includes more advanced color theory, perspective, and emulation of artistic style, illustration, and having fun in two dimensions. Wear grubbies! (Marjanna)				
9/17-10/8 (4) GH24208	S Rm 13B	11 am-12:30 pm	9-11 yrs	\$49
10/22-11/12 (4) GH24209	S Rm 13B	11 am-12:15 pm	5-8 yrs	\$43

Arts & Crafts - Youth

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
				
Preschool Holiday Arts				
Holiday Collage Make great gifts using found objects. We will create mixed media including sculpture, landscapes, and more with a holiday theme. Wear grubbies. (Hayley)				
11/30-12/7 (2) GH24210	W Rm 13B	4-5:30 pm	5-12 yrs	\$24

Holiday Ornaments Kids will make wonderful handmade ornaments to brighten up any home. These unique items will be family treasures! (Melissa)				
12/4 (1) GH24211	Su Rm 11	10:30-11:30 am	5-8 yrs	\$13

Multi-Art Explore different art media, techniques and artists. Understand color, line, form, and composition through experimentation with drawing, painting, printing, collage, and sculpture. Wear grubbies. (Julie)				
9/17-10/8 (4) GH24212	S Rm 13B	9-10:15 am	5-8 yrs	\$43
10/22-11/12 (4) GH24213	S Rm 13B	9-10:30 am	9-11 yrs	\$49

Pottery Shape animals, boxes, etc., using handbuilding techniques such as coil, punch, and slab. Wear grubbies. Students expected to help clean up after class. (Marjanna)				
9/17-10/8 (4) GH24214	S Rm 7	9-10:30 am	6-13 yrs	\$61

Pottery, Family Clay Have family fun together creating one-of-a-kind clay projects. Cost includes one parent and one child. Wear grubbies. Students expected to help clean up after class. Parent participation required. (Julie)				
9/17-10/8 (4) GH24216	S Rm 7	11 am-12:30 pm	4 yrs-Adult	\$79
10/22-11/12 (4) GH24217	S Rm 7	11 am-12:30 pm	4 yrs-Adult	\$79

Arts & Crafts - Youth

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
Pottery, Projects for Kids				
Create fun and easy projects out of clay. Make great gifts for family and friends. Wear grubbies! Students expected to help clean up after class. (Marjanna)				

9/14-11/2 (8) GH24215	W Rm 7	4-5:15 pm	7-12 yrs	\$112
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Pottery, Wheel

Create projects using the potter's wheel. One term of pottery required. Continuing students of hand building welcome with instructor's approval. Wear grubbies. Students expected to help clean up at the end of class. (Marjanna)

10/22-11/12 (4) GH24218	S Rm 7	9-10:30 am	6-13 yrs	\$61
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Arts & Crafts - Teen/Adult

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
Brush and Fire				
Students will paint and glaze an item of prefabricated bisque ware at each class. Our talented instructor will be on hand to guide the creative process. Many projects to choose from including mugs, bowls, plates and more. Parent participation required for children under 6 yrs. (Parent must also be enrolled). Supplies and firing included. (Hayley)				

9/13 (1) GH24202	T Rm 13B	4-6 pm	5 yrs-Adult	\$18
9/20 (1) GH24203	T Rm 13B	4-6 pm	5 yrs-Adult	\$18
10/18 (1) GH24205	T Rm 13B	4-6 pm	5 yrs-Adult	\$18
11/15 (1) GH24206	T Rm 13B	4-6 pm	5 yrs-Adult	\$18

Ceramics Open Lab

Do you need extra practice or time to finish your pottery class projects? Drop in on Saturdays from 1-3:30 pm in our Fine Arts Room. Lab is supervised, non-instructional and limited to students who are currently enrolled in GHRC adult pottery classes, former students or instructor's permission. No pre-registration required. Be sure to check in at the front desk when you arrive and pay fee for your Drop-in ticket before going to the Fine Arts room.

Ceramics Open Lab Drop-in Fee Per Session: \$14 ID

Arts & Crafts - Teen/Adult

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
Brush and Fire, Extended Projects				
Choose from a selection of bisque ware and concentrate on a detailed project. The class includes one large or two medium-sized projects. Our talented instructor will be on hand to guide the creative process. Parent participation required for children under 6 yrs. (Parent must also be enrolled). Supplies and firing included. (Hayley)				

9/27-10/11 (3) GH24207	T Rm 13B	4-6 pm	5 yrs-Adult	\$55
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Fused Glass, Beginning

Explore color, layering, shape and light while learning to fuse glass. Melt glass at 1480 degrees in a kiln. Learn to cut, design, and assemble art glass. Use frit, confetti and learn the difference between a glass noodle and stringer. Supply fee of \$50 paid to instructor at first class. (Dlynn)

9/22-10/13 (4) GH24501	Th Rm 18	9-11:30 am	15 yrs-Adult	\$81
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Fused Glass, Pendant

This is a great class for the beginner or advanced. Learn the basics of designing, cutting, layering, firing, and embellishing of fused glass pendants. Get ready to have fun and let your creativity come out as we explore the possibilities of fused glass. Each student will make four pendants. \$12 supply fee payable to instructor at class. (Dlynn)

11/3 (1) GH24502	Th Rm 18	9-11:30 am	15 yrs-Adult	\$20
11/10 (1) GH24503	Th Rm 18	6:30-9 pm	15 yrs-Adult	\$20

Knitting, All Levels

In a small group setting, learn to knit or bring any project for help. Bring size 8 needles and a smooth medium-weight yarn to first class or bring your project in progress (pattern, yarn and needles). Small class with individual attention. (Tess)

9/21-11/16 (9) GH24504	W Rm 10	9:30-11:30 am	13 yrs-Adult	\$104
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Pottery, Adult Handbuilding

Enjoy making projects with handbuilding techniques using our slab roller and other handbuilding skills. Learn surface decoration, base glazing, and firing techniques. Bring an old towel and apron. Students expected to help clean up after class.

9/13-11/15 (10) GH24505	T Rm 7	1-4 pm	16 yrs-Adult	\$213
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Arts & Crafts - Teen/Adult

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
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Pottery, Family Clay

Have family fun together creating one-of-a-kind clay projects. Cost includes one parent and one child. Wear grubbies. Students expected to help clean up after class. **Parent participation required.** (Julie)

9/17-10/8 (4) GH24216	S Rm 7	11 am-12:30 pm	4 yrs-Adult	\$79
10/22-11/12 (4) GH24217	S Rm 7	11 am-12:30 pm	4 yrs-Adult	\$79

Pottery, Wheel Throwing & Handbuilding

Create projects using the potter's wheel. Handbuilding and sculpture techniques are included. Bring an old towel and apron. Students expected to help clean up after class. (Julie)

9/15-10/13 (5) GH24506	Th Rm 7	6:30-9:30 pm	14 yrs-Adult	\$106
10/20-11/17 (5) GH24507	Th Rm 7	6:30-9:30 pm	14 yrs-Adult	\$106

Weaving, Frameloom I/II

New students will learn how to set up and weave on a rigid heddle portable loom. Work with woven patterns, colors, and textures. Continuing students will learn complex techniques including lace weaves, patterns, colors, and other textures while supplying their own pick up stock and yarn, 3 yards each of warp and weft. Looms available. (Connie)

9/19-10/24 (6) GH24508	M Rm 10	7:15-9:15 pm	15 yrs-Adult	\$69
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Dance - Preschool

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
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Ballet, Pre-Ballet

Beginning class introduces ballet techniques and terminology through props and fun music. Skills include balance, coordination, flexibility, and strength. **Bring ballet shoes.** No class 11/11.

9/13-11/29 (12) GH21103	T Rm 14	11:30 am-12:15 pm	3-5 yrs	\$58
9/14-11/30 (12) GH21106	W Rm 14	3:15-4 pm	3-5 yrs	\$58
9/16-11/18 (9) GH21104	F Rm 14	9:30-10:15 am	3-5 yrs	\$43
9/17-12/10 (12) GH21105	S Rm 14	10-10:45 am	3-5 yrs	\$58



What should I wear?

Girls: ballet slippers, leotard and tights preferred

Boys: ballet slippers, white T-shirt and black sweat pants.

Dance - Preschool

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

Introduces ballet fundamentals at the barre and in classical positions. Increase balance, coordination, flexibility, and strength. **Wear appropriate dance attire and bring ballet shoes.** No class 11/11.

9/14-11/30 (12) GH21102	W Rm 14	5-5:45 pm	4-6 yrs	\$58
9/16-11/18 (9) GH21100	F Rm 14	11:30 am-12:15 pm	4-6 yrs	\$43
9/17-12/10 (12) GH21101	S Rm 14	10:50-11:35 am	4-6 yrs	\$58

Ballet, Tiny Tutus

Perfect for tiny dancers to learn basic ballet skills to improve balance and coordination in a nurturing and fun environment. **Bring ballet shoes.** No class 12/3.

9/17-12/10 (12) GH21107	S Rm 14	9:15-9:45 am	2-3 yrs	\$42
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Dance Around the World/Me and My Shadow

Celebrate dance! Explore movements from various cultures around the world while developing improved coordination and having a great time dancing together. Discover cultural customs and costumes that bring excitement to a variety of dances. Focus is on imagination and fun. **Parent participation required.**

9/13-10/18 (6) GH21108	T Rm 14	9:30-10:15 am	2½-5 yrs	\$29
10/25-11/29 (6) GH21109	T Rm 14	9:30-10:15 am	2½-5 yrs	\$29

NEW!

Now offering... Private Ballroom Dance Instruction

If you are planning a wedding and want to make your first dance truly memorable, then we can help! Or if you would like to have one-on-one or have a small group of friends that would like more individualized instruction - we are the place. Call the center (503/629-6341) to set up your appointment or obtain more information.

Dance - Preschool

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

In this class students will learn a combination of ballet, tap and jazz each week. Increase balance and coordination in this fun-filled class. No class 11/11.



9/14-11/30 (12) GH21111	W Rm 14	11:30 am-12:15 pm	3½-5 yrs	\$58
9/14-11/30 (12) GH21207	W Rm 14	4:10-4:55 pm	4-6 yrs	\$58
9/16-11/18 (9) GH21110	F Rm 14	10:30-11:15 am	3½-5 yrs	\$43

Dance Motion

For kids who love to dance! This class is all about having fun dancing and moving to the rhythms of a variety of music all while learning different types of dance! No class 11/24.



9/14-11/30 (12) GH21113	W Rm 14	10:30-11:15 am	2½-4 yrs	\$58
9/15-12/1 (11) GH21114	Th Rm 14	9-9:45 am	4-6 yrs	\$53

Dancing Fairies

Enjoy the magic of joyful dance in this fun class for aspiring dancers! Students will develop coordination and motor skills, learn dance fundamentals and have creative play with costumes and props. No class 11/24.



9/15-12/1 (11) GH21112	Th Rm 14	11-11:45 am	3-5 yrs	\$53
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Gymnastics Dance

In this fun class your child will improve coordination through gymnastics tumbling and learn the joys of dance movement. He/she will develop strength, flexibility and balance.

9/14-11/30 (12) GH21115	W Rm 14	12:15-1 pm	3-6 yrs	\$58
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Little Cheer

Girls and boys get ready to learn jumps, motion techniques, cheers and dances. Class will enhance coordination and flexibility. No class 11/24.

9/15-12/1 (11) GH21116	Th Rm 14	12:15-1 pm	4-6 yrs	\$53
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Dance - Preschool

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
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Little Hip Hoppers

Little ones will have fun gettin' down to the beat! Focus on basic elements of rhythm and urban dance styles all set to age-appropriate pop/Hip-hop music. Join the fun! No class 11/11.

9/16-11/18 (9) GH21117	F Rm 14	3:15-4 pm	4-6 yrs	\$43
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Move & Groove!

A fun class for mom, dad or grandparent to participate with their child. Fun activities, dancing and moving to the rhythms of a variety of music. Join us! Parent participation required. No class 11/24.

9/15-10/20 (6) GH21118	Th Rm 14	10-10:45 am	1½-3 yrs	\$29
10/27-12/8 (6) GH21119	Th Rm 14	10-10:45 am	1½-3 yrs	\$29

Tap Kids

Learn stationary movements, traveling tap steps, fun tap dances and games. Tap shoes required.

9/13-11/29 (12) GH21120	T Rm 14	3:30-4:15 pm	4-6 yrs	\$58
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Tiny Tappers

Little feet get tappin' ...Increase balance and coordination with marching, rhythm exercises, traveling tap steps and fun dances. Tap shoes required.

9/13-11/29 (12) GH21121	T Rm 14	10:30-11:15 am	2½-4 yrs	\$58
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Dance - Youth

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

Introduces classical ballet movement to the beginner. Includes stretching and strengthening exercises at the barre, placement, vocabulary, and movement combinations. No class 12/3.

9/12-11/28 (12) GH21201	M Rm 14	5:45-6:30 pm	6-12 yrs	\$58
9/17-12/10 (12) GH21200	S Rm 14	11:45 am-12:30 pm	6-8 yrs	\$58

Dance - Youth

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
Classical Ballet II				
The next step for the experienced dancer. Continue with barre and center work to increase balance, coordination, flexibility, and strength. Turns, jumps, and more introduced. Wear appropriate dance attire and bring ballet shoes. Must have completed Level I.				
9/12-11/28 (12) GH21202	M Rm 14	6:30-7:30 pm	6-12 yrs	\$73

NEW!

Dance Around the World

Celebrate dance! Explore dances from various cultures around the world while developing good technique, improved coordination and teamwork. Make new friends while discovering cultural customs and costumes that bring excitement to a variety of dances.

9/26-10/31 (6) GH21203	M Rm 14	3:45-4:30 pm	5-7 yrs	\$29
10/7-11/12 (6) GH21204	M Rm 14	3:45-4:30 pm	5-7 yrs	\$29

NEW!

Dance Around the World II

Celebrate dance! Explore dances from various cultures around the world while developing good technique, improved coordination and teamwork. Make new friends while discovering cultural customs and costumes that bring excitement to a variety of dances.

9/12-10/17 (6) GH21205	M Rm 14	4:45-5:30 pm	8-11 yrs	\$29
10/24-11/28 (6) GH21206	M Rm 14	4:45-5:30 pm	8-11 yrs	\$29

NEW!

Dance Combo

In this class students will learn a combination of ballet, tap and jazz each week. Increase balance and coordination in this fun-filled class.

9/14-11/30 (12) GH21207	W Rm 14	4:10-4:55 pm	4-6 yrs	\$58
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NEW!

Dance Motion

This class is all about having fun dancing and moving to the rhythms of a variety of music all while learning different types of dance. A high energy class that will be fun and keep you moving!

9/14-11/30 (12) GH21208	W Rm 14	6-6:45 pm	6-9 yrs	\$58
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Hip Hop I

Catch the groove to an irresistible beat! Proper techniques on isolations, combinations, turns and more. Come to learn the latest dances all set to the best new music! No class 11/11.

9/16-11/18 (9) GH21209	F Rm 14	4-5 pm	6-8 yrs	\$55
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Dance - Youth

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
Hip Hop II				
Catch the groove to an irresistible beat! Proper techniques on isolations, combinations, turns and more. Come to learn the latest dances all set to the best new music! No class 11/11.				
9/16-11/18 (9) GH21210	F Rm 14	5-6 pm	9-12 yrs	\$55

Irish Dance Is Back At Garden Home!



Irish Dance I

Combines Irish soft-shoe and jig hard-shoe. Stop admiring those great Celtic dancers and strap on your dancing shoes to join the fun!

9/17-11/14 (10) GH21211	S Rm 2	10:30-11:14 am	5-14 yrs	\$48
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Irish Dance II

Combines Irish soft-shoe and jig hard-shoe.

9/17-11/19 (10) GH21212	S Rm 2	11:15 am-12:15 pm	5-14 yrs	\$61
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Tap Kids II

Learn stationary movements, traveling tap steps, fun tap dances and games. **Tap shoes required.**

9/13-11/29 (12) GH21213	T Rm 14	4:30-5:15 pm	6-8 yrs	\$58
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Dance - Teen/Adult

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
Ballroom I, Latin				
Learn the cha-cha, samba, rumba, tango, and salsa! Cost is per person. No class 11/11. (Bev)				
9/16-11/18 (9) GH21501	F Rm 2	8-9 pm	Adult	\$55

Dance - Teen/Adult

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
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Ballroom I, Waltz-Swing

Level I: Learn the waltz, fox trot, and swing. Whether you're planning a wedding or just love to dance, this class is for you! Cost is per person. No class 11/11. (Bev)

9/16-11/18 (9) GH21500	F Rm 2	7-8 pm	Adult	\$55
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Ballroom II, Latin/Waltz-Swing

For students who have taken Ballroom I classes and are looking for more challenging dance, but not yet ready for Intermediate/Advanced. No class 11/11. (Bev)

9/16-11/18 (9) GH21501A	F Rm 2	6-7 pm	Adult	\$55
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Ballroom, Intermediate/Advanced

Variations in popular ballroom dances. Prerequisite: previous ballroom experience or permission of instructor. Cost is per person. (Bev)

9/12-11/14 (10) GH21502	M Rm 2	7-8:30 pm	Adult	\$87
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Belly Dancing, Beginning

Come learn the ancient art of belly dancing! Students will become more flexible, toned and graceful and learn isolated body movements, dance steps and use of veil.



9/14-11/30 (12) GH21503	W Rm 14	7:30-8:30 pm	15 yrs-Adult	\$73
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Classical Ballet I/II

Comprehensive barre and center work for beginners and returning students. **Bring ballet shoes.**

9/13-11/29 (12) GH21504	T Rm 14	5:30-6:30 pm	14 yrs-Adult	\$73
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Folkdance Around the World

To dance is to celebrate! Explore different cultures through movement! Improve body awareness and coordination, while focusing on pleasure, not perfection. Create new friendships and experience a variety of dances celebrated around the world. No class 11/24.



9/15-12/1 (11) GH21507	Th Rm 14	7-8 pm	15 yrs-Adult	\$67
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General Interest - Preschool

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
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Preschool Holiday Happenings



Holiday Preschool Exploration, Littlest Elves Workshop

Join us for two mornings of fun including holiday crafts, stories and playtime. (Gail, Lindsay)

12/19-12/21 (1) GH25101	M/W Rm 12	9-11:30 am	2½-4 yrs	\$32
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Holiday Preschool Exploration, Ornament Factory

These ornaments made especially by you with love are sure to be the favorites of the holiday season. Other activities include stories, songs and a snack. (Gail, Lindsay)

12/19-12/21 (1) GH25102	M/T/W Rm 12	12:15-2:45 pm	3-5 yrs	\$47
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Holiday Preschool Exploration, Santa's Helper

Get your kids into the holiday mood with special crafts, stories, songs and playtime. (Gail, Lindsay)

12/20-12/22 (1) GH25103	T/Th Rm 12	9-11:30 am	3-5 yrs	\$32
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Be sure to check out our new Preschool Exploration classes!

General Interest - Preschool

General Interest - Preschool

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
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Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
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Garden Home Preschool Exploration

Preschool Exploration, Gear Up for Learning

Our play-based preschool setting allows children to develop age-appropriate social skills while learning to follow a classroom routine. The morning provides time for free play, an art activity, language development, a large motor skill activity, and snack. There will be special emphasis on mastering colors, counting, and ABC's. No class 11/11, 11/21, 11/23, 11/25, 12/2. (Cathi, Michelle)

9/12-10/17 (6) GH25112	M Rm 13B	9-11:30 am	3-5 yrs	\$84
10/24-12/12 (7) GH25113	M Rm 13B	9-11:30 am	3-5 yrs	\$98
9/14-10/19 (6) GH25114	W Rm 13B	9-11:30 am	3-5 yrs	\$84
10/26-12/14 (7) GH25115	W Rm 13B	9-11:30 am	3-5 yrs	\$98
9/16-10/21 (6) GH25116	F Rm 13B	9-11:30 am	3-5 yrs	\$84
10/28-12/16 (5) GH25117	F Rm 13B	9-11:30 am	3-5 yrs	\$70

Preschool Exploration, Learn, Play, Grow

Children explore the preschool setting through experiences and activities in an environment that supports positive learning and social development. Basic concepts such as colors, shapes, letters and numbers will be taught through art, songs, stories, sharing and free play. No class 11/22, 11/24. (Gail, Lindsay)

9/13-10/18 (6) GH25118	T Rm 12	9-11:30 am	3-5 yrs	\$84
10/25-12/13 (7) GH25119	T Rm 12	9-11:30 am	3-5 yrs	\$98
9/15-10/20 (6) GH25120	Th Rm 12	9-11:30 am	3-5 yrs	\$84
10/27-12/15 (7) GH25121	Th Rm 12	9-11:30 am	3-5 yrs	\$98

Preschool Exploration, Lunch Bunch

Bring your own sack lunch and enjoy new friends and supervised free play. No class 11/21, 11/22, 11/23, 11/24. (Gail, Lindsay)

9/12-10/17 (6) GH25122	M Rm 12	11:35 am-1 pm	3-6 yrs	\$64
10/24-12/12 (7) GH25123	M Rm 12	11:35 am-1 pm	3-6 yrs	\$75
9/13-10/18 (6) GH25124	T Rm 12	11:35 am-1 pm	3-6 yrs	\$64

Continued

Preschool Exploration, Lunch Bunch (cont.)

10/25-12/13 (7) GH25125	T Rm 12	11:35 am-1 pm	3-6 yrs	\$75
9/14-10/19 (6) GH25126	W Rm 12	11:35 am-1 pm	3-6 yrs	\$64
10/26-12/14 (7) GH25127	W Rm 12	11:35 am-1 pm	3-6 yrs	\$75
9/15-10/20 (6) GH25128	Th Rm 12	11:35 am-1 pm	3-6 yrs	\$64
10/27-12/15 (7) GH25129	Th Rm 12	11:35 am-1 pm	3-6 yrs	\$75

Preschool Exploration, My First Preschool

Our play-based preschool setting allows children to develop age-appropriate social skills while learning to follow a classroom routine. The morning provides time for free play, an art activity, language development, a large motor skill activity, and snack. No class 11/22, 11/24. (Cathi, Michelle)

9/13-10/18 (6) GH25130	T Rm 13B	9-11:30 am	2-3 yrs	\$84
10/25-12/13 (7) GH25131	T Rm 13B	9-11:30 am	2-3 yrs	\$98
9/15-10/20 (6) GH25132	Th Rm 13B	9-11:30 am	2-3 yrs	\$84
10/27-12/15 (7) GH25133	Th Rm 13B	9-11:30 am	2-3 yrs	\$98

Preschool Exploration, Ready, Set, Grow

A developmentally appropriate preschool setting that will promote experiences and activities, which support your child's constructive learning. Social skills and creativity will be enhanced through art, songs, stories, sharing and free play. No class 11/11, 11/21, 11/23, 11/25, 12/2. (Gail, Lindsay)

9/12-10/17 (6) GH25134	M Rm 12	9-11:30 am	2½ -3½ yrs	\$84
10/24-12/12 (7) GH25135	M Rm 12	9-11:30 am	2½ -3½ yrs	\$98
9/14-10/19 (6) GH25136	W Rm 12	9-11:30 am	2½ -4 yrs	\$84
10/26-12/14 (7) GH25137	W Rm 12	9-11:30 am	2½ -4 yrs	\$98
9/16-10/21 (6) GH25138	F Rm 12	9-11 am	22 mths-2½ yrs	\$68
10/28-12/16 (5) GH25139	F Rm 12	9-11 am	22 mths-2½ yrs	\$57

General Interest - Preschool

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
Music, Get Your Sillies Out, Family Time NEW!				
Come and shake your sillies out with your child(ren)! We dance with ribbons, egg shakers, bean bags, bells and our bodies, of course! We sing songs and listen to stories, too. The class ends with bubbles and a hand stamp. The teacher welcomes younger siblings. Parent participation required. Price includes one child and one parent. No unregistered siblings. (Monica)				
9/21-10/26 (6) GH25104	W Rm 14	11-11:30 am	1 yr-6 yrs	\$25
11/2-12/7 (6) GH25105	W Rm 14	11-11:30 am	1 yr-6 yrs	\$25

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
Music, Get Your Sillies Out, Preschool Time NEW!				
Let your preschooler shake their sillies out in this fun class just for them! We will sing songs, listen to stories, and do crafts. It will be fun! (Monica)				
9/21-10/26 (6) GH25106	W Rm 13B	12:15-1 pm	3½-6 yrs	\$40
11/2-12/7 (6) GH25107	W Rm 13B	12:15-1 pm	3½-6 yrs	\$40

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
Music, Infants & Toddlers NEW!				
Expose your child to a rich music environment and lay a foundation for future music instruction. Classes informally teach music with singing, rhythms, movement, and props (scarves, shakers, rhythm sticks, etc.). Each child is given the opportunity to musically respond in class. Take home CD included. Parent participation required. Price includes one parent and one child. No unregistered siblings. No class 11/29. (Kristine)				
9/13-10/18 (6) GH25108	T Rm 10	12:30-1:15 pm	Infant-3 yrs	\$39
10/25-12/6 (6) GH25109	T Rm 10	12:30-1:15 pm	Infant-3 yrs	\$39

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
Music, Young Kids NEW!				
Expose your child to a rich music environment and lay a foundation for future music instruction. Classes informally teach music with singing, rhythms, movement, and props (scarves, shakers, rhythm sticks, etc.). Each child is given the opportunity to musically respond in class. Take-home CD included. No class 11/29. (Kristine)				
9/13-10/18 (6) GH25110	T Rm 10	1:30-2:15 pm	4-5 yrs	\$39
10/25-12/6 (6) GH25111	T Rm 10	1:30-2:15 pm	4-5 yrs	\$39

General Interest - Preschool

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
Pajama Party!				
Bring your child to Garden Home for a night out! We're going to have dinner and then after we've fueled up, we'll play games and dabble in some art. Later we'll have a snack and enjoy some quiet time before our night is done. Wear your pajamas or just some comfy clothes and be ready for some fun! (Garden Home staff)				
9/30 (1) GH26101	F Rm 12	5:45-9:15 pm	2-6 yrs	\$29

General Interest - Youth

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
Babysitters Training				
Learn responsibilities of babysitting. Students receive certification upon completion. Bring a sack lunch and beverage. (American Red Cross staff)				
10/8 (1) GH25200	S Rm 12	8:30 am-3:15 pm	11-14 yrs	\$50

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
Cooking, Spooky Foods NEW!				
Seeking "ghouls" and "boos" to make frightfully delicious party food! Don't let the name scare you away from this howling good cooking class! (Melissa)				
10/23 (1) GH25201	Su Kitchen	11 am-12:15 pm	5-8 yrs	\$16



Discovery Winter Break Camp

Parents: Got those winter out of school blues? Kids driving you nuts? Send them to us for crafts, games, sports, cooking, field trips, and more at Discovery Camp! **Campers bring a sack lunch and beverage daily.** Snacks will be provided.

12/19-12/23 (1) GH28200	M-F Game Room	7:30 am-6 pm	5-13 yrs	\$169
12/26-12/30 (1) GH28201	M-F Game Room	7:30 am-6 pm	5-13 yrs	\$169

General Interest - Youth

General Interest - Youth

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

Private Lessons, Drum Set/Percussion

Have fun learning the skills necessary to play various styles including jazz, rock and classical music. Lots of slots and days available! All levels welcome. No class 11/24, 11/27. (Timothy)

9/11-12/11 (13) GH25202	Su Rm 10	10:30-11 am	9 yrs-Adult	\$333
9/11-12/11 (13) GH25203	Su Rm 10	11-11:30 am	9 yrs-Adult	\$333
9/11-12/11 (13) GH25204	Su Rm 10	11:30 am-Noon	9 yrs-Adult	\$333
9/11-12/11 (13) GH25205	Su Rm 10	12:30-1 pm	9 yrs-Adult	\$333
9/11-12/11 (13) GH25206	Su Rm 10	1-1:30 pm	9 yrs-Adult	\$333
9/11-12/11 (13) GH25207	Su Rm 10	1:30-2 pm	9 yrs-Adult	\$333
9/11-12/11 (13) GH25208	Su Rm 10	2-2:30 pm	9 yrs-Adult	\$333
9/15-12/15 (13) GH25209	Th Rm 10	7-7:30 pm	9 yrs-Adult	\$333
9/15-12/15 (13) GH25210	Th Rm 10	7:30-8 pm	9 yrs-Adult	\$333
9/15-12/15 (13) GH25211	Th Rm 10	8-8:30 pm	9 yrs-Adult	\$333
9/15-12/15 (13) GH25212	Th Rm 10	8:30-9 pm	9 yrs-Adult	\$333
9/15-12/15 (13) GH25213	Th Rm 10	9-9:30 pm	9 yrs-Adult	\$333

Private Lessons, Guitar

Bring your own guitar to learn to play or improve your skills. All levels welcome. No class 10/31. (Randy)

9/19-11/14 (8) GH25214	M Rm 12	4-4:30 pm	8 yrs-Adult	\$205
9/19-11/14 (8) GH25215	M Rm 12	4:30-5 pm	8 yrs-Adult	\$205
9/19-11/14 (8) GH25216	M Rm 12	5-5:30 pm	8 yrs-Adult	\$205
9/19-11/14 (8) GH25217	M Rm 12	5:30-6 pm	8 yrs-Adult	\$205
9/19-11/14 (8) GH25218	M Rm 12	6-6:30 pm	8 yrs-Adult	\$205
9/19-11/14 (8) GH25219	M Rm 12	6:30-7 pm	8 yrs-Adult	\$205

Continued

Private Lessons, Guitar (continued)

9/19-11/14 (8) GH25220	M Rm 12	7-7:30 pm	8 yrs-Adult	\$205
9/19-11/14 (8) GH25221	M Rm 12	7:30-8 pm	8 yrs-Adult	\$205

Private Lessons, Piano

Begin your life's musical journey on the piano by learning fundamental skills such as note reading and rhythm or build on previous knowledge and improve your piano skills. Bring your own music books, if available. No class 11/11, 11/12, 11/25, 11/26, 12/2, 12/3. (Sven)

9/16-12/16 (11) GH25222	F Rm 10	6-6:30 pm	8 yrs-Adult	\$290
9/16-12/16 (11) GH25223	F Rm 10	6:30-7 pm	8 yrs-Adult	\$290
9/16-12/16 (11) GH25224	F Rm 10	7-7:30 pm	8 yrs-Adult	\$290
9/16-12/16 (11) GH25225	F Rm 10	7:30-8 pm	8 yrs-Adult	\$290
9/17-12/17 (11) GH25226	S Rm 10	9:30-10 am	8 yrs-Adult	\$290
9/17-12/17 (11) GH25227	S Rm 10	10-10:30 am	8 yrs-Adult	\$290
9/17-12/17 (11) GH25228	S Rm 10	10:30-11 am	8 yrs-Adult	\$290
9/17-12/17 (11) GH25229	S Rm 10	11-11:30 am	8 yrs-Adult	\$290
9/17-12/17 (11) GH25230	S Rm 10	11:30 am-Noon	8 yrs-Adult	\$290
9/17-12/17 (11) GH25231	S Rm 10	12:30-1 pm	8 yrs-Adult	\$290
9/17-12/17 (11) GH25232	S Rm 10	1-1:30 pm	8 yrs-Adult	\$290
9/17-12/17 (11) GH25233	S Rm 10	1:30-2 pm	8 yrs-Adult	\$290
9/17-12/17 (11) GH25234	S Rm 10	2-2:30 pm	8 yrs-Adult	\$290
9/17-12/17 (11) GH25235	S Rm 10	2:30-3 pm	8 yrs-Adult	\$290

General Interest - Youth

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
Pajama Party!				
Bring your child to Garden Home for a night out! We're going to have dinner and then after we've fueled up, we'll play some exciting games. After snack, we'll wind down with a movie or some "E-rated" Wii games. Come hang out with us for a Friday night of fun. (Garden Home Staff)				

9/30 (1) GH26201	F Rm 12	5:45-9:15 pm	7-12 yrs	\$29
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Science, Pre-Engineering with LEGO

Your child can become a Play-Well Engineer! Students will build cities, bridges, and motorized cars/planes and explore the many creative possibilities of engineering with the LEGO system. With access to more than 100,000 pieces of LEGO, your child will have the opportunity to build what they have only dreamed of with the support of an experienced Play-Well Engineering instructor to guide them. **All activities done in class and all materials remain at class site. Bring a snack and beverage each day.**

12/19-12/23 (1) GH25271	M-F Rm 10	9 am-Noon	5-6 yrs	\$185
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Science, Engineering FUNDamentals with LEGO

Your child can become a Play-Well Engineer! Students take on real-life engineering challenges that explore concepts in physics, architecture, mechanical and structural engineering with more than 100,000 pieces of LEGO material. From racecars to battle tracks, this is a hands-on and minds-on camp suitable for LEGO novices to "maniacs." Designed by engineers, the curriculum challenges both new and returning students to reach the next level of engineering comprehension all while having fun. **All activities done in class and all materials remain at class site. Bring a snack and beverage each day.**

12/19-12/23 (1) GH25270	M-F Rm 10	1-4 pm	7-11 yrs	\$185
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When I'm In Charge

This class is for children who may have to stay home alone from time to time. Covers phone calls, securing a home and first aid techniques. **Parents are urged to attend the final half-hour of class.**

11/5 (1) GH25236	S Rm 12	9-11:30 am	8-11 yrs	\$26
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Come in your PJ's to the
Pajama Party!

September 30, 2011

See page 135 for more information

General Interest - Teen/Adult

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
Behavior Modification Without Punishment				
Do you come home from work to hugs and kisses or fights and arguments? Do you want to learn discipline techniques without punishment? Obedience, without yelling? Learn easy-to-implement techniques to create fight-free family time, chore time, homework time, any time! (Rebecca)				

10/2 (1) GH25500	Su Rm 12	10 am-Noon	Adult	\$10
12/4 (1) GH25501	Su Rm 12	10 am-Noon	Adult	\$10

All New Cooking Classes!

Budget Bites

This class will show you how to make the most of your time and money as you entertain. We will make a selection of goodies to satisfy any crowd. (Melissa)

11/20 (1) GH25502	Su Kitchen	11:30 am-12:30 pm	16 yrs-Adult	\$15
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Fondue & Rochlette

Explore why the Swiss pair hot cheese and cold weather together. We will do sweet and savory dip-able dishes. Come hungry! (Melissa)

10/12 (1) GH25503	W Kitchen	6:30-9:30 pm	16 yrs-Adult	\$29
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Gluten-Free Baking & More

In this series of classes, we will discuss how to set up a gluten-free kitchen, good cookbooks to buy, where to shop, and flour/starch combinations. We'll bake a good sandwich bread, English muffins, pasta, garlic naan, and make a versatile crust which we'll use for lemon bars. Meals are vegetarian but will contain dairy products. Dairy alternatives will be discussed. Bring an appetite, as we'll have foods to go with our creations. Demonstration with some hands-on activities. Recipes provided. (Linda)

10/3-10/24 (4) GH25504	M Kitchen	6:30-8:30 pm	16 yrs-Adult	\$65
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Jar Gifts

Learn to make practical and inexpensive gifts for the holidays. We will turn ordinary pantry items into thoughtful gifts. Additional fee of \$5 for each jar paid to instructor at class. (Melissa)

11/5 (1) GH25505	S Kitchen	1-2 pm	16 yrs-Adult	\$15
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General Interest - Teen/Adult

General Interest - Teen/Adult

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

Private Lessons, Drum Set/Percussion

Have fun learning the skills necessary to play various styles including jazz, rock and classical music. Lots of slots and days available! All levels welcome. No class 11/24, 11/27. (Timothy)

9/11-12/11 (13) GH25202	Su Rm 10	10:30-11 am	9 yrs-Adult	\$333
9/11-12/11 (13) GH25203	Su Rm 10	11-11:30 am	9 yrs-Adult	\$333
9/11-12/11 (13) GH25204	Su Rm 10	11:30 am-Noon	9 yrs-Adult	\$333
9/11-12/11 (13) GH25205	Su Rm 10	12:30-1 pm	9 yrs-Adult	\$333
9/11-12/11 (13) GH25206	Su Rm 10	1-1:30 pm	9 yrs-Adult	\$333
9/11-12/11 (13) GH25207	Su Rm 10	1:30-2 pm	9 yrs-Adult	\$333
9/11-12/11 (13) GH25208	Su Rm 10	2-2:30 pm	9 yrs-Adult	\$333
9/15-12/15 (13) GH25209	Th Rm 10	7-7:30 pm	9 yrs-Adult	\$333
9/15-12/15 (13) GH25210	Th Rm 10	7:30-8 pm	9 yrs-Adult	\$333
9/15-12/15 (13) GH25211	Th Rm 10	8-8:30 pm	9 yrs-Adult	\$333
9/15-12/15 (13) GH25212	Th Rm 10	8:30-9 pm	9 yrs-Adult	\$333
9/15-12/15 (13) GH25213	Th Rm 10	9-9:30 pm	9 yrs-Adult	\$333

Private Lessons, Guitar

Bring your own guitar to learn to play or improve your skills. All levels welcome. No class 10/31. (Randy)

9/19-11/14 (8) GH25214	M Rm 12	4-4:30 pm	8 yrs-Adult	\$205
9/19-11/14 (8) GH25215	M Rm 12	4:30-5 pm	8 yrs-Adult	\$205
9/19-11/14 (8) GH25216	M Rm 12	5-5:30 pm	8 yrs-Adult	\$205
9/19-11/14 (8) GH25217	M Rm 12	5:30-6 pm	8 yrs-Adult	\$205
9/19-11/14 (8) GH25218	M Rm 12	6-6:30 pm	8 yrs-Adult	\$205
9/19-11/14 (8) GH25219	M Rm 12	6:30-7 pm	8 yrs-Adult	\$205

Private Lessons, Guitar (continued)

9/19-11/14 (8) GH25220	M Rm 12	7-7:30 pm	8 yrs-Adult	\$205
9/19-11/14 (8) GH25221	M Rm 12	7:30-8 pm	8 yrs-Adult	\$205

Private Lessons, Piano

Begin your life's musical journey on the piano by learning fundamental skills as note reading and rhythm or build on previous knowledge and improve your piano skills. Bring your own music books. No class 11/11, 11/12, 11/25, 11/26, 12/2, 12/3. (Sven)

9/16-12/16 (11) GH25222	F Rm 10	6-6:30 pm	8 yrs-Adult	\$290
9/16-12/16 (11) GH25223	F Rm 10	6:30-7 pm	8 yrs-Adult	\$290
9/16-12/16 (11) GH25224	F Rm 10	7-7:30 pm	8 yrs-Adult	\$290
9/16-12/16 (11) GH25225	F Rm 10	7:30-8 pm	8 yrs-Adult	\$290
9/17-12/17 (11) GH25226	S Rm 10	9:30-10 am	8 yrs-Adult	\$290
9/17-12/17 (11) GH25227	S Rm 10	10-10:30 am	8 yrs-Adult	\$290
9/17-12/17 (11) GH25228	S Rm 10	10:30-11 am	8 yrs-Adult	\$290
9/17-12/17 (11) GH25229	S Rm 10	11-11:30 am	8 yrs-Adult	\$290
9/17-12/17 (11) GH25230	S Rm 10	11:30 am-Noon	8 yrs-Adult	\$290
9/17-12/17 (11) GH25231	S Rm 10	12:30-1 pm	8 yrs-Adult	\$290
9/17-12/17 (11) GH25232	S Rm 10	1-1:30 pm	8 yrs-Adult	\$290
9/17-12/17 (11) GH25233	S Rm 10	1:30-2 pm	8 yrs-Adult	\$290
9/17-12/17 (11) GH25234	S Rm 10	2-2:30 pm	8 yrs-Adult	\$290
9/17-12/17 (11) GH25235	S Rm 10	2:30-3 pm	8 yrs-Adult	\$290

General Interest - Teen/Adult

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
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Dog Obedience, Dog Manners

We'll cover sit-stay, down-stay, walk without pulling on the leash, come when called, place-stay, and heel. We'll also deal with jumping, counter surfing, what to do when play gets too rough and many other dog issues. Class is for dogs five months and up. Bring a hungry dog to class and his favorite treats. It's best if the person training the dog is the one who comes to class, even if that's the whole family. Students may be asked to bring additional supplies to class. (Raud Kennedy)

9/20-10/25 (6) GH25506	T Rm 18	6:30-7:20 pm	13 yrs-Adult	\$99
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Safety, Beyond Stranger Danger

You turn around in a busy mall and your child is nowhere to be found. Do you know what to do? Does your child? Keeping your child safe is a parent's number one goal. Learn simple methods while educating children about strangers in effective and non-threatening ways. (Rebecca)

11/6 (1) GH25507	Su Rm 12	10 am-Noon	Adult	\$10
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Garden Home Gymnastics

The GHRC gymnastics program is designed to provide students with the opportunity to develop sound gymnastic fundamentals with emphasis on strength, flexibility, coordination and self-confidence. All students will receive instruction on the floor, beam, and bars. Great care is taken to promote expert instruction in an atmosphere that is fun, positive and safe.



Gymnastics Program Notes

Students should wear comfortable clothing and no shoes. Parents and spectators are invited to attend the first and last classes of the term; otherwise, in-room observation is by instructor approval only.

***For safety reasons, students will forfeit their class if they are more than 15 minutes late and miss warmups!**

No class 11/11, 11/21, 11/22, 11/23, 11/24, 11/25, 11/26.

Gymnastics - Preschool

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

Come have fun with your child! Class helps to develop muscle skills, body awareness and coordination through tumbling, climbing, exercise, balance and jumping. **Parent participation required** and one parent/one child ratio. No class 11/11.

9/12-11/14 (10) GH23101	M Rm 4A	6:45-7:30 pm	2-3 ½ yrs	\$54
9/16-11/18 (9) GH23102	F Rm 4A	9:30-10:15 am	1 ½-2 ½ yrs	\$49
9/16-11/18 (9) GH23103	F Rm 4A	10:15-11 am	2 ½-3 yrs	\$49
9/18-11/20 (10) GH23104	Su Rm 4A	9:30-10:15 am	1 ½-2 ½ yrs	\$54
9/18-11/20 (10) GH23105	Su Rm 4A	10:30-11:15 am	2 ½-3 yrs	\$54

Pre-Gymnastics, 3 yr only, Boys & Girls

No gymnastics experience is necessary. Class is for 3-year-olds only. No class 11/22, 11/23.

9/13-12/6 (12) GH23106	T Rm 4A	11:45 am-12:15 pm	3 yrs	\$48
9/14-12/7 (12) GH23107	W Rm 4A	11-11:30 am	3 yrs	\$48

Pre-Gymnastics, 3-4 yrs

No gymnastics experience is necessary. No class 11/21, 11/22, 11/23, 11/24.

9/12-12/5 (12) GH23108	M Rm 4A	9-9:45 am	3-4 yrs	\$65
9/12-12/5 (12) GH23109	M Rm 4A	10:45-11:30 am	3-4 yrs	\$65
9/13-12/6 (12) GH23110	T Rm 4A	9-9:45 am	3-4 yrs	\$65
9/14-12/7 (12) GH23111	W Rm 4A	10:15-11 am	3-4 yrs	\$65
9/15-12/8 (12) GH23112	Th Rm 4A	11-11:45 am	3-4 yrs	\$65
9/17-11/19 (10) GH23113	S Rm 4A	12:15-1 pm	3-4 yrs	\$54



Gymnastics - Youth

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
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Gymnastics, Beginning I, 4-6 yrs, Boys & Girls

Work on flexibility and strength needed for gymnastics, rolls and variations, cartwheels, handstands and bridges. Lead-up activities for bars and balance beam. 4-year-olds should take a pre-gymnastics class before taking Beginning I. Ages 5-6 years no experience necessary. No class 11/21, 11/22, 11/23, 11/24.

9/12-12/5 (12) GH23114	M Rm 4A	11:30 am-12:30 pm	4-6 yrs	\$83
9/12-12/5 (12) GH23115	M Rm 4A	5:30-6:30 pm	4-6 yrs	\$83
9/13-12/6 (12) GH23116	T Rm 4A	9:45-10:45 am	4-6 yrs	\$83
9/13-12/6 (12) GH23117	T Rm 4A	12:15-1:15 pm	4-6 yrs	\$83
9/14-12/7 (12) GH23118	W Rm 4A	9:15-10:15 am	4-6 yrs	\$83
9/14-12/7 (12) GH23119	W Rm 4A	2:45-3:45 pm	4-6 yrs	\$83
9/15-12/8 (12) GH23120	Th Rm 4A	10-11 am	4-6 yrs	\$83
9/17-11/19 (10) GH23121	S Rm 4A	1-2 pm	4-6 yrs	\$69

Gymnastics, Beginning I, 5-8 yrs, Boys & Girls

Work on the flexibility and strength needed for gymnastics, rolls and variations, cartwheels, handstands and bridges. Lead-up activities for bars and balance beam. No class 11/22.

9/13-12/6 (12) GH23200	T Rm 4A	3:30-4:30 pm	5-8 yrs	\$83
9/17-11/19 (10) GH23201	S Rm 4A	9-10 am	5-8 yrs	\$69

Gymnastics, Beginning I, 6-13 yrs, Boys & Girls

Work on flexibility and strength needed for gymnastics, rolls and variations, cartwheels, handstands and bridges. Lead-up activities for bars and balance beam.

9/17-11/19 (10) GH23207	S Rm 4A	2-3 pm	6-13 yrs	\$69
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Gymnastics, Beginning I, 6-13 yrs, Girls

Work on flexibility and strength needed for gymnastics, rolls and variations, cartwheels, handstands and bridges. Lead-up activities for bars and balance beam. No class 11/21.

9/12-12/5 (12) GH23204	M Rm 4A	4:30-5:30 pm	6-13 yrs	\$83
9/16-11/18 (9) GH23205	F Rm 4A	3:30-4:30 pm	6-10 yrs	\$62
9/17-11/19 (10) GH23206	S Rm 4A	10-11 am	6-10 yrs	\$69

Gymnastics - Youth

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
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Gymnastics, Beginning II, 4-6 yrs, Boys & Girls

Work on flexibility and strength needed for gymnastics, rolls and variations, cartwheels, handstands and bridges. Lead-up activities for bars and balance beam. **Teacher approval required or pass Beginning I, 4-6 yrs.** No class 11/22, 11/24.

9/13-12/6 (12) GH23122	T Rm 4A	10:45-11:45 am	4-6 yrs	\$83
9/15-12/8 (12) GH23123	Th Rm 4A	9-10 am	4-6 yrs	\$83

Gymnastics, Beginning II, 5-8 yrs, Girls

Must be able to do a cartwheel, backward roll and walk on the high beam with confidence. Instruction and training includes bridge kick-over, cartwheel variations, balance beam and uneven bars. No class 11/24.

9/15-12/8 (12) GH23202	Th Rm 4A	3:30-4:30 pm	5-8 yrs	\$83
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Gymnastics, Beginning II, 6-13 yrs, Girls

Must be able to do a cartwheel, backward roll and walk on the high beam with confidence. Instruction and training includes bridge kick-over, cartwheel variations, balance beam and uneven bars. Girls only class. No class 11/21, 11/23.

9/12-12/5 (12) GH23208	M Rm 4A	3:30-4:30 pm	6-13 yrs	\$83
9/14-12/7 (12) GH23209	W Rm 4A	4:45-5:45 pm	6-13 yrs	\$83
9/16-11/18 (9) GH23210	F Rm 4A	4:30-5:30 pm	6-13 yrs	\$62
9/17-11/19 (10) GH23211	S Rm 4A	11 am-Noon	6-13 yrs	\$69

Gymnastics, Advanced Beginning, 5-8 yrs, Girls

Girls Only **Teacher permission required.** No class 11/22.

9/13-12/6 (12) GH23203	T Rm 4A	4:30-5:30 pm	5-8 yrs	\$83
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Gymnastics, Advanced Beginning, 6-13 yrs, Girls

Must be able to do a bridge kick-over on the flat mat, back hip pull over on the bars and front roll on low beam. Instruction and training will include walkover variations; roll on high beam and hip circle variations on bars. Girls only class. **Teacher permission required.** No class 11/23, 11/24.

9/15-12/8 (12) GH23212	Th Rm 4A	4:30-5:30 pm	6-13 yrs	\$83
9/14-12/7 (12) GH23213	W Rm 4A	3:45-4:45 pm	6-13 yrs	\$83

Gymnastics - Youth

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
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Gymnastics, Intermediate, 6-13 yrs, Girls

Must be able to do walkovers, dive cartwheel, roll on high beam and back hip circle on bars. We will work on front and back handsprings, front handspring vault, kips and strength on bars, cartwheels and handstands on the beam. **Teacher permission required.** No class 11/22, 11/24.

9/13-12/6 (12) GH23214	T Rm 4A	5:30-7:30 pm	6-13 yrs	\$152
9/15-12/8 (12) GH23215	Th Rm 4A	5:30-7:30 pm	6-13 yrs	\$152

Gymnastics, Intermediate/Advanced, 6-13 yrs, Girls

Must be able to do walkovers, dive cartwheel, roll on high beam and back hip circle on bars. We will work on front and back handsprings, front handspring vault, kips and strength on bars, cartwheels and handstands on the beam. **Teacher permission required.** No class 11/22, 11/24.

9/13-12/8 (12) GH23216	T/Th Rm 4B	5:30-7:30 pm	6-13 yrs	\$304
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Special Events

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
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Pajama Party!

Bring your child to Garden Home for a night out! We're going to have dinner and then after we've fueled up, we'll play games and dabble in some art. Later we'll have a snack and enjoy some quiet time before our night is done. Wear your pajamas or just some comfy clothes and be ready for some fun! (Garden Home Staff)

9/30 (1) GH26101	F Rm 12	5:45-9:15 pm	2-6 yrs	\$29
9/30 (1) GH26201	F Rm 12	5:45-9:15 pm	7-12 yrs	\$29

Discovery Winter Break Camp

Parents: Got those winter out of school blues? Kids driving you nuts? Send them to us for crafts, games, sports, cooking, field trips, and more at Discovery Camp! **Campers bring a sack lunch and beverage daily.** Snacks will be provided.

12/19-12/23 (1) GH28200	M-F Game Room	7:30 am-6 pm	5-13 yrs	\$169
12/26-12/30 (1) GH28201	M-F Game Room	7:30 am-6 pm	5-13 yrs	\$169

Special Events



The Great Sports Pumpkin Smash!

Saturday, October 22 • 1-4 pm

Are you ready to get down and dirty with some Halloween pumpkins? Garden Home is excited to present the first annual **Great Sports Pumpkin Smash!** Come join us on the Garden Home sports field **Saturday, October 22, at 1 pm.** Pumpkins in assorted sizes will be provided to all participants, and then the fun begins! Carry your pumpkin with you as you make your rounds to different sport stations, where you will use your pumpkin as the sports ball! Bowl, kick, shoot and launch your pumpkin as hard or soft as you want! And if you break it, don't worry... that's all part of the fun! Prizes will be offered at each booth, along with a pumpkin painting area if your pumpkins survive! Food and beverage will also be available for purchase.

10/22 (1) GH26100	S Sports Field	1-4 pm	Ages	\$10
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Children's Gingerbread-Making Class

Saturday, December 10 • 10:30 am

Children will assemble and decorate their very own holiday gingerbread house! Class includes all materials, instruction and holiday refreshments. At the end of the class, each child will take home a completed gingerbread house that will be the centerpiece of your holiday festive table. Cost is \$20 per completed house.

Ages: 5 yrs-Adult (parents of children under 8 yrs are encouraged to stay to assist decorating)

Call the center to register: 503/629-6341

Special Events

Garden Home's Annual 27th Holiday Bazaar Saturday, December 3 • 9 am - 4 pm



Garden Home Recreation Center
7475 SW Oleson Road, Portland, OR 97223
503/629-6341

Holiday Bazaar with over 100 vendors of handcrafted items

- ◆ Breakfast with Santa at 8 am
- ◆ Pancake breakfast. All you can eat pancakes.
- ◆ Raffle
- ◆ Seasonal piano with Kevin Cope
- ◆ Used book sale
- ◆ Lunch for purchase

Holiday Bazaar Crafts People:

Phone-in registration for floor space begins on Wednesday, September 7, at 8:30 am. Registration will continue after this date during regular office hours until all spaces are filled.

Please be aware that last year's vendors have first priority and will have pre-registered prior to this date. You may register for yourself only, limit two spaces per person.

Check Out Our New Preschool Sports Classes!

Sports & Fitness - Preschool

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
NEW!				
Baseball, Little Batters				
Base running, catching, hitting and fun games to learn the fundamentals! All in a fun and supportive environment- join the fun!				

9/20-11/22 (10) GH22100	T Gym	11:30 am-12:15 pm	4-6 yrs	\$44
9/23-10/28 (6) GH22101	F Gym	10:15-11 am	3-5 yrs	\$27

Little People's Sports

We'll keep the kids active in this fun class. They'll try some soccer, floor hockey, tag games, basketball and more!

NEW!				
9/19-10/24 (6) GH22102	M Gym	9:30-10:15 am	3-4 yrs	\$27
9/19-11/21 (10) GH22104	M Gym	3-3:45 pm	3-5 yrs	\$44
9/22-11/17 (9) GH22103	Th Gym	9-9:45 am	2½-4 yrs	\$40

Sports & Fitness - Preschool

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
NEW!				
Little Tykes Basketball				
Come to learn the fundamentals of the game-dribbling, passing and shooting in a non-competitive environment all while having lots of fun!				

9/19-10/24 (6) GH22105	M Gym	10:30-11:15 am	3-5 yrs	\$27
9/22-11/17 (9) GH22106	Th Gym	12:15-1 pm	3-5 yrs	\$40
9/23-10/28 (6) GH22107	F Gym	9:15-10 am	4-6 yrs	\$27

Soccer, Pee Wee

Learn to kick the ball like the big kids! Do drills that enhance your footwork and develop skills. Lots of fun games too!

9/20-11/22 (10) GH22108	T Gym	10:30-11:15 am	3-5 yrs	\$44
9/22-11/17 (9) GH22109	Th Gym	10-10:45 am	3-5 yrs	\$40
9/22-11/17 (9) GH22110	Th Gym	3-3:45 pm	4-6 yrs	\$40

Sports & Fitness - Preschool

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
Sports Adventure Come to explore different sports and games, baseball, dodge ball, soccer and more. Learn skills, sportsmanship and much more!				

9/20-11/22 (10) GH22111	T Gym	9:30-10:15 am	3-6 yrs	\$44
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Sports Time

Kids got lots of energy? Then Sports Time is for your child! Play a variety of sports to develop eye-hand coordination, balance, and social skills all while having fun. Drills, skill building with basketball, floor hockey, soccer, flag football, tennis and more.

9/20-11/22 (10) GH22112	T Gym	12:15-1 pm	3-5 yrs	\$44
9/22-11/17 (9) GH22113	Th Gym	11:15 am-Noon	4-6 yrs	\$40

Taekwondo, Tiger Cubs

Teaches the basics of Taekwondo, including vocabulary, philosophy, and self-defense skills. Promotes confidence and discipline in a safe, fun environment. (Ruth)

9/20-12/6 (12) GH22114	T Rm 8	3-3:25 pm	3-5 yrs	\$35
9/20-12/6 (12) GH22115	T Rm 8	3:30-3:55 pm	3-5 yrs	\$35

Sports & Fitness - Youth

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
Archery Fun All ages welcome. Ideal for ages 7 yrs and up). Week 1: Shooting techniques and safety rules; Week 2: Practice techniques and shoot a score; Week 3: Balloons-everyone loves to shoot balloons!; Week 4: Team fun w/an arrow award. \$36 lab fee payable to instructor on the first night. Class held at Archers Afield, 11945 SW Pacific Hwy, #121, Tigard Plaza Shopping Center, lower level, corner of Hall & Hwy 99.				

9/20-10/11 (4) GH22200	T Off-site	6:30-7:30 pm	7 yrs-Adult	\$12
9/24-10/15 (4) GH22201	S Off-site	9:30-10:30 am	7 yrs-Adult	\$12
10/18-11/8 (4) GH22202	T Off-site	6:30-7:30 pm	7 yrs-Adult	\$12
10/22-11/12 (4) GH22203	S Off-site	9:30-10:30 am	7 yrs-Adult	\$12
11/15-12/6 (4) GH22204	T Off-site	6:30-7:30 pm	7 yrs-Adult	\$12
11/19-12/10 (4) GH22205	S Off-site	9:30-10:30 am	7 yrs-Adult	\$12

Sports & Fitness - Youth

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
Baseball Improve your baseball skills through instruction, hitting, throwing skills, catching, base running and more!				

9/22-11/17 (9) GH22206	Th Gym	4-4:45 pm	5-7 yrs	\$40
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Basketball

Improve your basketball skills through instruction, practice and scrimmages. Focus on passing, dribbling, shooting skills and more. Fun drills and scrimmages always included.

9/19-11/21 (10) GH22207	M Gym	4-4:45 pm	5-7 yrs	\$44
9/21-11/23 (10) GH22208	W Gym	4:15-5 pm	6-8 yrs	\$44
9/22-11/17 (9) GH22209	Th Gym	6-7 pm	8-11 yrs	\$51

Soccer Stars

Work on soccer fundamentals and proper techniques! Teamwork, fair play, drills, trapping, and scrimmages all included.

9/19-11/21 (10) GH22210	M Gym	4:45-5:45 pm	6-9 yrs	\$56
9/21-11/23 (10) GH22211	W Gym	5:15-6:15 pm	5-7 yrs	\$56

Sports Adventure

Join us as we try different sports each day. Capture the flag, kickball, soccer, dodge ball, basketball, and lots more! A fun class that will keep them active and learning!

9/21-11/23 (10) GH22212	W Gym	3:30-4:15 pm	5-7 yrs	\$44
9/22-11/17 (9) GH22213	Th Gym	4:45-5:45 pm	7-10 yrs	\$51

Taekwondo, White Tigers

Teaches the basics of Taekwondo, including vocabulary, philosophy, and self-defense skills. Promotes confidence and discipline in a safe, fun environment. (Ruth)

9/20-12/6 (12) GH22214	T Rm 8	4-4:55 pm	6-9 yrs	\$64
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Sports & Fitness - Teen/Adult

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
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Garden Home 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 and times.
- Our class sizes allow for lots of personal attention.

Weight Room Orientations

Learn the proper techniques for using the weight room equipment. Our basic program helps you get 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

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 fat analysis and composition testing is also available. You may register for this program at any time.

- Single Session: \$44 ID
- Three Sessions: \$132 ID
- Six Sessions: \$247 ID

Drop-in Aerobics Classes

You may purchase a 20-visit pass for fitness classes for \$105 ID. We also offer a one-time only drop in ticket for a fitness class for \$5.50 ID.

Drop-in Yoga Classes

You may purchase a 10-visit pass for yoga classes for \$125 ID. We also offer a one-time only drop in ticket for a yoga class for \$13.50 ID.

West Portland Boxing Team

"Building champions of the heart, mind and body."

Coed participation, for ages 8-35 years. The West Portland Boxing Team is a member of United States Amateur Boxing, Inc.

Highlights: Promotes self-esteem, personal responsibility, discipline, confidence and teamwork. Exemplary safety record, Nationally ranked program.

M/W/F: 6-8 pm (Registered boxers only) Team dues: \$15 monthly
T/Th: 5-7 pm (No-contact boxing workout)
Dues: \$20 monthly or \$45 quarterly

Sign-up is \$50 annually (the team supplies all equipment except hand wraps and mouth piece; also covers travel and motel expenses on out-of-town trips). Registration is accepted anytime throughout the year. For more details, call Jason Marquait, head coach at 503/718-7050.

Sports & Fitness - Teen/Adult

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
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Archery Fun

Come learn archery with a twist of fun! All ages welcome; Ideal for ages 7 years and up. Week 1: Shooting techniques and safety rules; Week 2: Practice techniques and shoot a score; Week 3: Balloons! Everyone loves to shoot balloons!; Week 4: Team fun w/an arrow award. \$36 lab fee payable to instructor on the first night. **Class held at Achers Afield, 11945 SW Pacific Hwy, Ste #121, Tigard Plaza Shopping Center, lower level, corner of Hall and Hwy 99.**

9/20-10/11 (4) GH22200	T Off-site	6:30-7:30 pm	7 yrs-Adult	\$12
9/24-10/15 (4) GH22201	S Off-site	9:30-10:30 am	7 yrs-Adult	\$12
10/18-11/8 (4) GH22202	T Off-site	6:30-7:30 pm	7 yrs-Adult	\$12
10/22-11/12 (4) GH22203	S Off-site	9:30-10:30 am	7 yrs-Adult	\$12
11/15-12/6 (4) GH22204	T Off-site	6:30-7:30 pm	7 yrs-Adult	\$12
11/19-12/10 (4) GH22205	S Off-site	9:30-10:30 am	7 yrs-Adult	\$12

NEW!

Brazilian Jiu Jitsu

Brazilian Jiu Jitsu is an art in which a person uses body, leverage and technique to counter a bigger, stronger opponent. Class will start with basic self-defense skills and move into basic ground grappling positions and submission holds. This is a great class that promotes fitness, confidence and discipline in a safe and fun environment. (Tom)

9/19-12/7 (12) GH22500	M/W Rm 4A	8-9 pm	15 yrs-Adult	\$137
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Free Self-defense Clinic! Saturday, September 24 • 1-3 pm

For ages 6-14. Join us for a free self-defense clinic hosted by Five Rings Jiu Jitsu.

Participants will learn strategies to be less vulnerable to being bullied, basic skills of "verbal Jiu-Jitsu" that will enable them to take a stand against persistent bullies and non-violent techniques.

Call the center to register:
503/629-6341.



Sports & Fitness - Teen/Adult

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
Fitness, BabyBell Fitness for Mommy NEW!				
Playtime with baby to lose that baby weight! BabyBell will focus on the fitness and health concerns of new moms while creating a fitness playgroup. Learn activities that will improve our cardio respiratory conditioning, as well as muscle strength and endurance, flexibility, and get that flat stomach. As your baby gets bigger, watch you get stronger! Price includes mommy and baby. No class 11/24, 12/3, 12/24, 12/27, 12/29, 12/31.				

9/20-1/3 (15) GH22501	T Rm 8	9:15-10:15 am	14 yrs-Adult	\$61
9/22-1/5 (14) GH22502	Th Rm 8	9:15-10:15 am	14 yrs-Adult	\$57
9/24-1/7 (13) GH22503	S Rm 8	8:15-9:15 am	14 yrs-Adult	\$53

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 such as squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for- and fast! No class 11/11, 11/24, 11/25, 12/2, 12/3, 12/24, 12/27, 12/28, 12/29, 12/30, 12/31.

9/19-12/19 (14) GH22504	M Rm 2	5:35-6:35 am	14 yrs-Adult	\$70
9/21-1/4 (15) GH22505	W Rm 2	5:35-6:35 am	14 yrs-Adult	\$75
9/23-1/6 (12) GH22506	F Rm 2	5:35-6:35 am	14 yrs-Adult	\$60
9/20-1/3 (15) GH22507	T Rm 2	9:35-10:35 am	14 yrs-Adult	\$75
9/22-1/5 (14) GH22508	Th Rm 2	9:35-10:35 am	14 yrs-Adult	\$70
9/19-12/19 (14) GH22509	M Rm 2	5:25-6:25 pm	14 yrs-Adult	\$70
9/21-1/4 (15) GH22510	W Rm 2	5:25-6:25 pm	14 yrs-Adult	\$75
9/24-1/7 (13) GH22511	S Rm 2	8-9 am	14 yrs-Adult	\$65

Fitness, Cardio, Circuit, Strength

Start or end your day with total body conditioning. Improve your cardiovascular condition by staying motivated. Includes cardio, stretching, weights, strength training, and more! Class will do some activities and drills outside. No class 11/24, 12/26, 12/27, 12/28, 12/29, 1/2.

9/20-1/5 (15) GH22512	T/Th Rm 2	5:35-6:35 am	14 yrs-Adult	\$117
9/19-1/4 (15) GH22513	M/W Rm 2	4:25-5:20 pm	14 yrs-Adult	\$109

Sports & Fitness - Teen/Adult

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
Fitness, CardioPilates NEW!				
This is a fast, fun version of classic Pilates exercises, incorporating balance, posture, stability and total muscular and light aerobic conditioning. We will be using a mix of standing and mat Pilates sequences. Every age and ability welcome! No class 12/28.				

9/21-1/4 (15) GH22514	W Rm 8	6:40-7:40 pm	14 yrs-Adult	\$92
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Fitness, Fitness Yoga

Increase your strength, flexibility, and peace of mind! Poses and exercises designed to help you perform everyday functions more gracefully and painlessly, and move through life effortlessly. Beginners of all fitness levels welcome. No class 11/11, 11/24, 11/25, 11/27, 12/2, 12/25, 12/27, 12/29, 12/30.

9/20-1/3 (15) GH22517	T Rm 2	6:35-7:35 am	14 yrs-Adult	\$98
9/22-1/5 (14) GH22518	Th Rm 2	6:35-7:35 am	14 yrs-Adult	\$92
9/23-1/6 (12) GH22519	F Rm 2	9:30-10:30 am	14 yrs-Adult	\$79
9/18-12/18 (13) GH22520	Su Rm 9	10-11 am	14 yrs-Adult	\$85

Fitness, Gentle Paced Aerobics

Low-impact, gentle-paced aerobics keeps you moving! Strength training with weights always included for a great workout. No class 11/11, 11/24, 11/25, 12/2, 12/26, 12/27, 12/28, 12/29, 12/30, 1/2.

9/19-1/6 (15) GH22515	M/W/F Rm 8	8:30-9:25 am	14 yrs-Adult	\$153
9/20-1/5 (15) GH22516	T/Th Rm 2	8:35-9:30 am	14 yrs-Adult	\$109

Fitness, Kickboxing

A great aerobic workout to build strong muscles, improve balance and coordination. Bag work included. **Boxing gloves required.** No class 11/24, 12/3, 12/27, 12/29.

9/20-1/3 (15) GH22521	T Rm 8	7:30-8:30 pm	14 yrs-Adult	\$61
9/22-1/5 (14) GH22522	Th Rm 8	7:30-8:30 pm	14 yrs-Adult	\$57
9/24-12/17 (12) GH22523	S Rm 8	9:30-10:30 am	14 yrs-Adult	\$48

Sports & Fitness - Teen/Adult

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
Fitness, Pilates				
Strengthen your core muscles, back, spine, and abdominals. Class uses the Pilates method of breathing for maximum effectiveness and works on balance and posture. Pilates rings, stability ball and rollers also used. No class 11/11, 11/25, 12/2, 12/28, 12/30.				
9/19-12/19 (14) GH22524	M Rm 8	9:30-10:30 am	14 yrs-Adult	\$86
9/21-1/4 (15) GH22525	W Rm 8	9:30-10:30 am	14 yrs-Adult	\$92
9/23-1/6 (12) GH22526	F Rm 8	9:30-10:30 am	14 yrs-Adult	\$74
9/19-12/19 (14) GH22527	M Rm 8	6:40-7:40 pm	14 yrs-Adult	\$86

Fitness, Self-Paced Interval

Total body strength, endurance, warmup and strength exercises using body weight, dumbbells, elastic tubes, balls and other small apparatus. Interspersed with segments of large muscle movements to elevate heart rate and boost metabolism. Finish with balance segment, mat core exercises and final stretch. No class 11/24, 12/29.

9/22-1/5 (14) GH22528	Th Rm 8	6:20-7:20 pm	14 yrs-Adult	\$86
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Fitness, Total Body Boot Camp



Get Pumped! Come have fun in this dynamic and constantly changing circuit program that will be sure to give you a total body workout. You will complete activities you never thought you could before and will find yourself creating more and more personal records. By the end, you will see vast improvements in your body and be able to enjoy the benefits of your hard work! No class 11/24, 12/27, 12/29.

9/19-12/19 (14) GH22529	M Rm 2	9:15-10:15 am	14 yrs-Adult	\$57
9/20-1/3 (15) GH22530	T Rm 2	6-6:55 pm	14 yrs-Adult	\$56
9/22-1/5 (14) GH22531	Th Rm 2	6-6:55 pm	14 yrs-Adult	\$52



Free Group Fitness Launch
Saturday, September 17 • 9-10:30 am
Try it – you’ll like it!

Garden Home Recreation Center will present a morning of free mini-fitness classes including Strength Training, Cardio, Mommy & Baby, Kickboxing and more! Sample some new classes, meet our fitness staff and get a schedule of classes.

Space is limited, so call Garden Home Recreation Center at 503/629-6341 to put your name on the launch list.

Sample classes may include: Zumba, Body Pump, Kickboxing, BabyBell Fitness for Mommy, Pilates, and more!

Sports & Fitness - Teen/Adult

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
Fitness, Zumba Aerobics				
Have fun burning calories while doing aerobics to Latin and international music. Exercise to the beats of salsa, flamenco, meringue, and more. Come join the fun! No class 11/24, 12/3, 12/24, 12/27, 12/28, 12/29, 12/31.				
9/20-1/3 (15) GH22534	T Rm 2	7-8 pm	14 yrs-Adult	\$61
9/28-1/4 (15) GH22532	W Rm 2	9:30-10:30 am	14 yrs-Adult	\$57
9/21-1/4 (15) GH22533	W Rm 2	6:35-7:35 pm	14 yrs-Adult	\$61
9/22-1/5 (14) GH22535	Th Rm 2	7-8 pm	14 yrs-Adult	\$57
9/24-1/7 (13) GH22536	S Rm 2	9:05-10:05 am	14 yrs-Adult	\$53

Taekwondo

Teaches the basics of Taekwondo, including vocabulary, philosophy, and self-defense skills. Promotes confidence and discipline in a safe, fun environment.

9/20-12/6 (12) GH22215	T Rm 8	5-5:55 pm	10 yrs-Adult	\$64
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Tai Chi

Introduces the proper way of exercising Tai Chi.

9/20-12/6 (12) GH22537	T Rm 8	6-7 pm	13 yrs-Adult	\$69
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Tai Chi for a Better Balance

This is an introductory class that is great for beginners or anyone wanting better balance.

9/20-12/6 (12) GH222537A	T Rm 8	10:30-11:30 am	13 yrs-Adult	\$69
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Sports & Fitness - Teen/Adult

Sports & Fitness - Teen/Adult

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
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Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
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Garden Home Yoga Classes

Yoga Level I

An introduction to basic body alignment and yoga breathing with an emphasis on building core strength, body awareness and flexibility through the standing poses. Elements of Sun Salutation introduced. No class 11/24. (Lani, Linda)

9/12-12/12 (14) GH22543	M Rm 9	6-7:15 pm	15 yrs-Adult	\$104
9/13-12/13 (14) GH22544	T Rm 9	9:15-10:45 am	15 yrs-Adult	\$122
9/15-12/15 (13) GH22545	Th Rm 9	9:15-10:45 am	15 yrs-Adult	\$113

Yoga Level I/II

For the continuing student who has experience but wants to build endurance through the foundation poses. Regular practice of Sun Salutation and modified inversions introduced. No class 11/11, 11/25, 12/2, 12/3. (Lani, Linda)

9/12-12/12 (14) GH22546	M Rm 9	7:30-8:45 pm	15 yrs-Adult	\$104
9/13-12/13 (14) GH22547	T Rm 9	6-7:30 pm	15 yrs-Adult	\$122
9/16-12/16 (11) GH22548	F Rm 9	9:15-10:45 am	15 yrs-Adult	\$96
9/17-12/17 (13) GH22549	S Rm 9	8:15-9:45 am	15 yrs-Adult	\$113

Yoga, Head to Toe

Joyful total body yoga with emphasis on breath and flexibility. Learn how to stretch with simple movements to increase your strength and flexibility. (Peggy)

9/12-12/19 (15) GH22540	M Rm 9	9:45-11 am	15 yrs-Adult	\$111
9/14-12/21 (15) GH22541	W Rm 9	9:45-11 am	15 yrs-Adult	\$111
9/14-12/21 (15) GH22542	W Rm 9	6:15-7:30 pm	15 yrs-Adult	\$111

NEW!

Be sure to check out our new fitness and yoga classes!



Yoga, Level II

A deepening practice for students who are ready to explore inversions, beginning back bends and deeper twists. No class 11/24. (Linda)

9/15-12/15 (13) GH22550	Th Rm 9	6-7:30 pm	15 yrs-Adult	\$113
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Yoga, Level III

A vigorous practice for the experienced student with an emphasis on inversions, back bends, and yoga flows. (Linda)

9/13-12/13 (14) GH22551	T Rm 9	7:45-9:15pm	15 yrs-Adult	\$122
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Yoga, Restorative

Restorative Yoga offers a chance to slow down, take a little time to find renewal, and nurture reserves. Each class will have a short active practice to loosen any stiff, tired muscles; a brief session of mindful breathing; a luxurious practice of poses where participants are held in the embrace of blankets and bolsters; and mat work accompanied by soft music. (Linda)

12/20 (1) GH22552	T Rm 9	9-11 am	15 yrs-Adult	\$13
12/20 (1) GH22553	T Rm 9	6:30-8:30 pm	15 yrs-Adult	\$13
12/22 (1) GH22554	Th Rm 9	6:30-8:30 pm	15 yrs-Adult	\$13
12/27-1/3 (2) GH22555	T Rm 9	9-11 am	15 yrs-Adult	\$26
12/27-1/3 (2) GH22556	T Rm 9	6:30-8:30 pm	15 yrs-Adult	\$26
12/29-1/5 (2) GH22557	Th Rm 9	6:30-8:30 pm	15 yrs-Adult	\$26