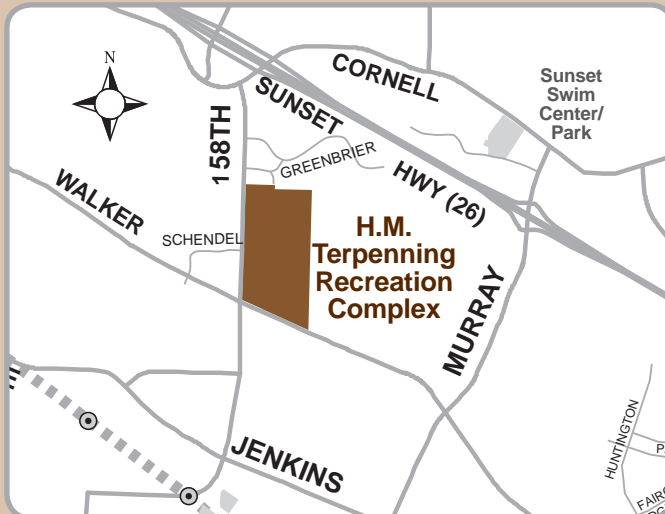




Tualatin Hills Athletic Center



**Tualatin Hills Athletic Center
HMT Recreation Complex**
15707 SW Walker Road
Beaverton, 97006 • 503/629-6330
Fax 503/629-6335
TriMet Routes #59, 67

Fall Term: September 6-December 31, 2011

Center Hours:

Monday-Friday, 6 am-9 pm

Saturday, 8 am-9 pm; Sunday, 10 am-9 pm

Closures: 9/5, 11/24, 12/25

Facility closure for maintenance: 8/22-8/28

(Office open 8 am-6 pm)

Limited hours: 11/25, 12/24, 12/26, 12/31

Athletic Facility Rental

The Athletic Center is available for rental on a limited basis for practices, special events and social occasions. For details regarding tournaments and rentals, please call Kyle Kotchik at 503/629-6330.

Athletic Center Staff

Julie Rocha, Center Supervisor

April Hammel, Program Coordinator

Emily Kent, Program Coordinator

Leslie Mundt, Program Coordinator

Julie Pacarro Stout, Program Coordinator

Kay VanDyke, Office Tech

Indoor Play Group

ACIP is a co-op indoor play group (definition below) for families with children ages newborn through 6 years old. Our safe, enclosed play area is filled with riding toys, a climbing structure, play house, tot-sized basketball, great play kitchen, and additional toys for babies, toddlers and other young ones. Children not only develop motor skills, they make new friends.

When: Meets every Monday, Wednesday and Friday, 10-11:30 am.

Occasionally the ACIP will not be able to meet due to special events or building closures. If you are a first-time visitor, it is highly recommended you call ahead to be sure the ACIP is meeting that day.

Where: Tualatin Hills Athletic Center, Court 6.

About us: We are a cooperative, which means member families share duties in running the play group. This helps keep our fees low. Annual fees are adjusted according to when families sign up. There is also a \$15 initial fee with a \$15 refundable deposit.

We are currently accepting new memberships, so try us out by dropping in for a visit during open hours.



Follow us on

facebook

www.facebook.com/thprdAthletics

Drop-in Sports & Fitness Programs

The Tualatin Hills Athletic Center offers a variety of Drop-in sports for youth, family, adults and seniors.

A THPRD residency card is required for all Drop-in participation. Indoor gym shoes please.

Drop-in Sports:

Basketball, table tennis, volleyball, badminton:

Due to heavy demands on gym space, the Drop-in schedule varies by week. Schedules are available for your convenience. Please pick one up or call the Athletic Center. At certain times, adult basketball may be restricted to in-district patrons only. **Photo ID required.**

Indoor Walking-Jogging Track Hours (track distance: 1/6 mile):

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

Drop-in Sports Schedule for Summer

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Basketball	12:30-2:30 pm Adult	12:30-2:30 pm Adult	12:30-2:30 pm Adult	12:30-2:30 pm Adult	12:30-2:30 pm Adult	Call for times	Call for times
	2:30-5 pm Family/Teen	2:30-5 pm Family/Teen	2:30-5 pm Family/Teen	2:30-5 pm Family/Teen	2:30-5 pm Family/Teen	Call for times	Call for times
					7-9 pm Teen	6-9 pm Adult	6-9 pm Adult
Badminton						Call for times Adult	Call for times Adult
Pickleball	Call for times	Call for times	Call for times	Call for times	Call for times	Call for times	Call for times
Volleyball					7-9 pm Teen	Call for times Adult	Call for times Adult
Table Tennis						Time Varies 1-9 pm	

*All times and days subject to change weekly.

Drop-in Sports & Fitness Fees (for sports and track)

Youth: \$2.50, \$7.50 without OD assessment; **Adult:** \$3.50, \$10.50 without OD assessment. **Seniors:** \$2.50 ID, \$3.50 OD with paid assessment, \$10.50 OD without assessment. **Frequent User Passes available. Refer to page 6 for details.**

Shower Fee

\$1.75 fee will be charged to all persons not participating in paid activities. **Dressing rooms:** It is requested that all children ages 6 and older use the locker rooms for their own gender. If this presents a problem for you, please check with the staff at the front desk.

Special Events

Edible Gingerbread House

Come build an edible gingerbread house out of graham crackers, candies & other goodies. Parent or grandParent participation required.

12/10	S	9:30-10:30 am	3-8 yrs	\$14
AC26101		Rm 101		
12/10	S	11 am-Noon	3-8 yrs	\$14
AC26102		Rm 101		
12/10	S	12:30-1:30 pm	3-8 yrs	\$14
AC26103		Rm 101		

Little Santa's Helper

Kids will get in the holiday spirit making special crafts, playing games, singing songs, and eating pizza. Parents: here's a great chance for you to go shopping, go out to dinner or wrap presents!

12/14	W	5-8:45 pm	2-5 yrs	\$24
AC26104		Rm 101		

Santa's Helper

Kids will get in the holiday spirit making special crafts, playing games, singing songs, and eating pizza. Parents: here's a great chance for you to go shopping, go out to dinner or wrap presents!

12/15	Th	5-8:45 pm	4-9 yrs	\$24
AC26105		Rm 101		

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

Arts & Crafts - Preschool/Youth

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
Messy Little Fingers				
Let your child get messy with us as they express themselves through art as they learn about their own creativity. In this class your child will develop sensory-motor skills, hand-eye coordination, and learn shapes, colors, and social skills that will help your child grow and thrive. Your child gets the messy fun while we get the cleanup. Parent participation required with the 1½-3 year old class only. No class 11/21-25.				

9/12-10/24 (7) AC24101	M Rm 101	9:15-10 am	1½-3 yrs	\$34
9/12-10/24 (7) AC24102	M Rm 101	10:15-11 am	2-4 yrs	\$34
9/12-10/24 (7) AC24103	M Rm 101	11:15 am-Noon	4-6 yrs	\$34
9/14-10/26 (7) AC24104	W Rm 101	9:15-10 am	1½-3 yrs	\$34
9/14-10/26 (7) AC24105	W Rm 101	10:15-11 am	2-5 yrs	\$34
9/14-10/26 (7) AC24106	W Rm 101	11:15 am-Noon	4-6 yrs	\$34
10/31-12/12 (6) AC24107	M Rm 101	9:15-10 am	1½-3 yrs	\$29
10/31-12/12 (6) AC24108	M Rm 101	10:15-11 am	2-4 yrs	\$29
10/31-12/12 (6) AC24109	M Rm 101	11:15 am-Noon	4-6 yrs	\$29
11/2-12/14 (6) AC24110	W Rm 101	9:15-10 am	1½-3 yrs	\$29
11/2-12/14 (6) AC24111	W Rm 101	10:15-11 am	2-4 yrs	\$29
11/2-12/14 (6) AC24112	W Rm 101	11:15 am-Noon	4-6 yrs	\$29



All classes are for registered participants only. Please do not leave any children unattended in the bleachers or on the sidelines. Participants must meet the age requirement within 14 days of the first class.

Arts & Crafts - Preschool/Youth

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
Dynamic Drawing				
Come and learn the basics of art as we explore various methods and materials! Drawing, watercolor, shape, and animals are just a few of the things you'll be learning about in this class. No previous experience needed, only the desire to pick up a pencil or brush and learn. No class 11/21-25.				
9/13-10/25 (7) AC24113	T Rm 101	5-5:45 pm	6-10 yrs	\$34
9/15-10/27 (7) AC24114	Th Rm 101	5-5:45 pm	7-12 yrs	\$34
11/1-12/13 (6) AC24115	T Rm 101	5-5:45 pm	6-10 yrs	\$29
11/3-12/15 (6) AC24116	Th Rm 101	5-5:45 pm	7-12 yrs	\$29

General Interest - Preschool/Youth

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
Kindergarten Continuation NEW!				
Is your child beginning kindergarten this fall? Are they in a half-day only class and you'd like to provide them with more opportunities to expand and improve on what they are already learning in kindergarten? Kids will focus on continuing to build their reading and math skills while integrating project-based activities focused on our community and the world around them. Miss Emily has developed kindergarten continuation to align with state and national standards. The projects/lessons are designed around Bloom's performance based domains. Each day in class will be filled with fun and success! No class 11/21-25.				
9/13-10/27 (7) AC25101	T/Th Rm 101	1-2 pm	5-7 yrs	\$108
11/1-12/15 (6) AC25102	T/Th Rm 101	1-2 pm	5-7 yrs	\$93

Learning Letters & Sounds

Get your child ready for kindergarten and inspire a love of learning. Children will learn to identify and sound out all letters of the alphabet as well as establish a strong knowledge and comprehension of basic reading skills through phonics and sight words. Teacher utilizes musical instruments during class. Children will participate and learn through music and singing as well as hands on activities and games. No class 11/21-25.

9/19-10/26 (6) AC25103	M/W Rm 101	1-2 pm	3-5 yrs	\$93
9/20-10/27 (6) AC25104	T/Th Rm 101	9:15-10:15 am	3-5 yrs	\$93
10/31-12/14 (6) AC25105	M/W Rm 101	1-2 pm	3-5 yrs	\$93
11/1-12/15 (6) AC25106	T/Th Rm 101	9:15-10:15 am	3-5 yrs	\$93

General Interest - Preschool/Youth

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
Learning Letters, Sounds & Math				
Want a class that goes a little longer? How about getting more of a good thing like Learning Letters and Sounds but adding math to the agenda? Children will continue to improve their reading skills for the first hour. The final half hour will be devoted to learning some basic math concepts that will include number counting, simple addition, and subtraction. Child must have attended one session of Learning Letters and Sounds. No class 11/21-25.				

9/20-10/27 (6) AC25107	T/Th Rm 101	2:15-3:15 pm	3-5 yrs	\$93
11/1-12/15 (6) AC25108	T/Th Rm 101	2:15-3:15 pm	3-5 yrs	\$93

Tutor Time with Miss Emily

Miss Emily is offering specialized tutoring to meet your child's educational needs. Improve their reading, reading comprehension and basic math skills while providing them with lifelong learning skills that include self-confidence, discipline and motivation! Your child will love this class. No class 11/21-25.

9/13-10/25 (7) AC25109	T Rm 101	3:30-4 pm	3-4 yrs	\$133
9/13-10/25 (7) AC25110	T Rm 101	4:15-4:45 pm	4-5 yrs	\$133
9/15-10/27 (7) AC25111	Th Rm 101	3:30-4 pm	5-6 yrs	\$133
9/15-10/27 (7) AC25112	Th Rm 101	4:15-4:45 pm	6-7 yrs	\$133
11/1-12/13 (6) AC25113	T Rm 101	3:30-4 pm	3-4 yrs	\$114
11/1-12/13 (6) AC25114	T Rm 101	4:15-4:45 pm	4-5 yrs	\$114
11/3-12/15 (6) AC25115	Th Rm 101	3:30-4 pm	5-6 yrs	\$114
11/3-12/15 (6) AC25116	Th Rm 101	4:15-4:45 pm	6-7 yrs	\$114

Tiny Jumpers

Is your toddler ready to take a leap? Learning to jump is an exciting activity for your child. Check out the smiles of little ones when they jump in a big puddle or over a crack in the sidewalk. With the use of trampolines, music and games your tiny tot can work on large motor skills through jumping, balancing and tumbling. By building strength, balance and coordination you will see your child's self esteem and confidence grow. **Parent participation required.** No class 11/21-11/25.

9/13-10/25 (7) AC25117	T Ct 1	10:15-10:45 am	1½-3 yrs	\$26
11/1-12/13 (6) AC25118	T Ct 1	10:15-10:45 am	1½-3 yrs	\$22

NEW!

General Interest - Preschool/Youth

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
Tots in Tow				
Parent and child will have fun together learning creative movement activities, including musical games, parachute games, and more in a playful environment! Your child will learn better balance, coordination, and flexibility while gaining confidence in a fun and exciting way. Parent participation required. No class 11/21-25.				

9/12-10/24 (7) AC25119	M Ct 1	9:30-10 am	1½-2½ yrs	\$26
9/15-10/27 (7) AC25121	Th Ct 1	10:15-10:45 am	1½-2½ yrs	\$26
10/31-12/12 (6) AC25122	M Ct 1	9:30-10 am	1½-2½ yrs	\$22
11/3-12/15 (6) AC25124	Th Ct 1	10:15-10:45 am	1½-2½ yrs	\$22



Stroller Fitness Program

Join Portland's premier stroller fitness program. Classes are targeted for all fitness levels. Classes combine bouts of cardiovascular exercise with strength stations using the environment and resistance tubing.

All classes are taught by nationally certified personal trainers and group exercise instructors with pre/post-natal backgrounds to ensure that classes are safe, will meet your goals, and are fun and challenging. Class is limited to 12-15 moms. Munchkins can come as long as they are comfortable in a stroller. **The first class is FREE!** Bring your baby and get fit!

Weekly Schedule at the Athletic Center:

- Mondays:** STROLLFIT - 9:30-10:45 am
- Tuesdays:** STROLLFIT - 9:30-10:25 am
- Wednesdays:** STROLLFIT - 9:30-10:45 am
- Thursday:** STROLLFIT - 9:30-10:25 am
- Fridays:** STROLLFIT - 9:30-10:45 am

Baby Boot Camp stroller-based fitness classes are designed specifically to help moms get fit. It takes the place of a personal trainer at a time in your life when you need one more than ever. Classes combine strength-training exercises with cardiovascular drills. Pilates, yoga and abdominal exercises help improve core strength. The stroller, resistance tubes (and even your child) are used as an integral part of the workout.

Contact Kylan Pimley for more information and pricing at 503/780-9235 or kylan.pimley@babybootcamp.com. Or check the website at www.babybootcampbeaverton.com. Classes meet just outside the Athletic Center or indoors in case of inclement weather.

General Interest - Teen/Adult

Tualatin Hills Skate Park

The skate park is located on the north end of the Howard M. Terpenning Recreation Complex. **Helmets and protective gear are highly recommended.** Park hours are dawn to dusk. Weather permitting.

Novice Skate Park

The new novice skate park is located next to the big skate park at the north end of the Howard M. Terpenning Recreation Complex. **Helmets and protective gear are highly recommended.** Hours are dawn to dusk. Weather permitting.

Outdoor Roller Hockey Arena

Visit our outdoor Roller Hockey arena, located on the north end of the Howard M. Terpenning Recreation Complex! Arena hours: dawn to dusk. Weather permitting.

Cedar Hills Park Bocce Courts

There are 3 bocce courts at Cedar Hills Park ready for Drop-in. Call the Athletic Center with any questions.

Greenway Park Disc Golf

Greenway Park has a nine-hole disc golf course. Look for tournament information at www.thprd.org.

Tualatin Hills Fun Runs

THPRD Fun Runs for kids throughout Beaverton! A great time for kids and their friends, with fun prizes and themes. More information available at THPRD centers and on our website at www.thprd.org.

All classes are for registered participants only. Please do not leave any children unattended in the bleachers or on the sidelines. Participants must meet the age requirement within 14 days of the first class.

Sports & Fitness - Preschool

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
Floor Hockey				
Have fun and learn aspects of this fast-paced game while developing hand-eye coordination and body control. Child safe equipment used. Along with hockey skills your child will learn teamwork, self-confidence and sportsmanship. No class 11/21-25.				

9/13-10/25 (7) AC22109	T Ct 2	10:15-10:45 am	3-5 yrs	\$26
9/15-10/27 (7) AC22110	Th Ct 3	10:45-11:15 am	4-6 yrs	\$26
11/1-12/13 (6) AC22111	T Ct 2	10:15-10:45 am	3-5 yrs	\$22
11/3-12/15 (6) AC22112	Th Ct 3	10:45-11:15 am	4-6 yrs	\$22

Games Galore

This class will prepare your child to interact with peers and ready them for organized sports. Children will have fun using their imagination to create stories and games using prompts from the instructor. Anything goes in this safe, fun-filled class. Your child will learn to play well with others and will learn listening skills as each child will have the opportunity to explore their own creative depths. No class 11/21-25.

9/14-10/26 (7) AC22113	W Ct 2	9:30-10 am	3-5 yrs	\$26
11/2-12/14 (6) AC22114	W Ct 2	9:30-10 am	3-5 yrs	\$22

Mini Movers

Join this fun **NEW** class that blends music, movement, and games. Each week will have a different theme to spark imagination through movement while focusing on listening, taking turns, and building confidence. **Parent participation required.** No class 11/21-25.

9/12-10/24 (7) AC23101	M Ct 1	10:15-10:45 am	2-3 yrs	\$26
10/31-12/12 (6) AC23102	M Ct 1	10:15-10:45 am	2-3 yrs	\$22

More Munchkin Music

Girls and boys will enjoy this class full of fitness and fun. From musical instruments to singing silly songs this class combines music and movement for a fast paced 1/2 hour! No class 11/21-25.

9/14-10/26 (7) AC22115	W Ct 1	1:45-2:15 pm	3-6 yrs	\$26
11/2-12/14 (6) AC22116	W Ct 1	1:45-2:15 pm	3-6 yrs	\$22

Sports & Fitness - Preschool

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
Diamond Dreams				
Is your child ready to play T-ball? Get ready by learning basic skills: throwing, catching, hitting off a T, base running, and more in a fun environment. Your child will learn to love the sport along with learning sportsmanship, cooperation, self-confidence and more. Glove optional. No class 11/21-25.				

9/12-10/24 (7) AC22101	M Ct 3	11-11:30 am	3-5 yrs	\$26
9/12-10/24 (7) AC22102	M Ct 3	6:15-6:45 pm	4-6 yrs	\$26
9/13-10/25 (7) AC22103	T Ct 1	6:15-6:45 pm	4-6 yrs	\$26
9/16-10/28 (7) AC22104	F Ct 2	11-11:30 am	4-6 yrs	\$26
10/31-12/12 (6) AC22105	M Ct 3	11-11:30 am	3-5 yrs	\$22
10/31-12/12 (6) AC22106	M Ct 3	6:15-6:45 pm	4-6 yrs	\$22
11/1-12/13 (6) AC22107	T Ct 1	6:15-6:45 pm	4-6 yrs	\$22
11/4-12/16 (6) AC22108	F Ct 2	11-11:30 am	4-6 yrs	\$22

Sports & Fitness - Preschool

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
Movement Maniacs				
Join the fun with this movement class open to both boys and girls. The focus will be getting fit using movement, music, and games! A great class to build confidence and creativity while working on listening skills, group participation, and following directions. No class 11/21-25.				
9/12-10/24 (7) AC22117	M Ct 1	2:30-3 pm	3-6 yrs	\$26
10/31-12/12 (6) AC22118	M Ct 1	2:30-3 pm	3-6 yrs	\$22



Munchkin Music & More

Sing, dance and have fun while music gently leads your child to discover movement. Help develop strength, coordination, and balance in this class. Parent participation required. No class 11/21-25.

9/13-10/25 (7) AC22119	T Ct 1	11-11:30 am	2-4 yrs	\$26
9/14-10/26 (7) AC22120	W Ct 1	9:30-10 am	2-4 yrs	\$26
9/15-10/27 (7) AC22121	Th Ct 1	11-11:30 am	2-4 yrs	\$26
11/1-12/13 (6) AC22122	T Ct 1	11-11:30 am	2-4 yrs	\$22
11/2-12/14 (6) AC22123	W Ct 1	9:30-10 am	2-4 yrs	\$22
11/3-12/15 (6) AC22124	Th Ct 1	11-11:30 am	2-4 yrs	\$22

Munchkin Sports

Parents will enjoy sharing playtime with their child. Enjoy an exciting and fun way to introduce your child to a variety of sports each week. Instructor will assist you in the fundamentals of each sport so you play with your child in a variety of activities from baseball to soccer and beyond. Your child will learn cooperation, teamwork and build their self-esteem. Parent participation required. No class 11/21-25.

9/12-10/24 (7) AC22125	M Ct 2	11:45 am-12:15 pm	2-3 yrs	\$26
9/13-10/25 (7) AC22126	T Ct 2	9:30-10 am	2-3 yrs	\$26
9/14-10/26 (7) AC22127	W Ct 1	10:15-10:45 am	2-3 yrs	\$26
9/14-10/26 (7) AC22128	W Ct 1	4-4:30 pm	2-3 yrs	\$26
9/15-10/27 (7) AC22129	Th Ct 2	9:15-9:45 am	2-3 yrs	\$26
9/16-10/28 (7) AC22130	F Ct 1	11:45 am-12:15 pm	2-3 yrs	\$26
10/31-12/12 (6) AC22131	M Ct 2	11:45 am-12:15 pm	2-3 yrs	\$22
11/1-12/13 (6) AC22132	T Ct 2	9:30-10 am	2-3 yrs	\$22
11/2-12/14 (6) AC22133	W Ct 1	10:15-10:45 am	2-3 yrs	\$22

Continued

Sports & Fitness - Preschool

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
Munchkin Sports (continued)				
11/2-12/14 (6) AC22134	W Ct 1	4-4:30 pm	2-3 yrs	\$22
11/3-12/15 (6) AC22135	Th Ct 2	9:15-9:45 am	2-3 yrs	\$22
11/4-12/16 (6) AC22136	F Ct 1	11:45 am-12:15 pm	2-3 yrs	\$22

Pee Wee Cheerleading

Children learn how to do cheers, dance, jump and use pom poms through a variety of games, activities and songs. No class on 11/24.

9/15-12/15 (7) AC22136A	Th Ct 1	2:30-3 pm	3½-6 yrs	\$26
11/3-12/16 (6) AC22136B	Th Ct 1	2:30-3 pm	3½-6 yrs	\$22

Pee Wee Football

Your child will learn basic football skills, teamwork, cooperation and will build confidence. Simplified for younger children. Class is non-contact and held indoors. No class 11/21-25.

9/12-10/24 (7) AC22137	M Ct 3	10:15-10:45 am	4-6 yrs	\$26
9/15-10/27 (7) AC22138	Th Ct 3	11:30am-Noon	4-6 yrs	\$26
9/16-10/28 (7) AC22139	F Ct 2	9:30-10 am	4-6 yrs	\$26
10/31-12/12 (6) AC22140	M Ct 3	10:15-10:45 am	4-6 yrs	\$22
11/3-12/15 (6) AC22141	Th Ct 3	11:30am-Noon	4-6 yrs	\$22
11/4-12/16 (6) AC22142	F Ct 2	9:30-10 am	4-6 yrs	\$22

Pee Wee Golf

Start your child out by working on the basics of golf in a fun atmosphere using toy clubs and whiffle balls on indoor court. Your child will begin to love the game and begin building confidence needed for all sports. No class 11/21-25.

9/14-10/26 (7) AC22143	W Ct 2	11:45 am-12:15 pm	4-6 yrs	\$26
9/15-10/27 (7) AC22144	Th Ct 1	4-4:30 pm	4-6 yrs	\$26
9/16-10/28 (7) AC22145	F Ct 2	11:45 am-12:15 pm	3-6 yrs	\$26
11/2-12/14 (6) AC22146	W Ct 2	11:45 am-12:15 pm	4-6 yrs	\$22
11/3-12/15 (6) AC22147	Th Ct 1	4-4:30 pm	4-6 yrs	\$22
11/4-12/16 (6) AC22148	F Ct 2	11:45 am-12:15 pm	3-6 yrs	\$22

Sports & Fitness - Preschool

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
Pee Wee Hoops				
Start your child off learning the basics of basketball and building their confidence in a fun environment. Learn to catch, pass, dribble, and shoot a basketball. Emphasizes positive attitude, fair play, and fun. No class 11/21-25.				
9/12-10/24 (7) AC22149	M Ct 3	9:30-10 am	3-4 yrs	\$26
9/12-10/24 (7) AC22150	M Ct 2	11-11:30 am	4-6 yrs	\$26
9/12-10/24 (7) AC22151	M Ct 3	3:15-3:45 pm	3-5 yrs	\$26
9/12-10/24 (7) AC22152	M Ct 3	4:45-5:15 pm	3-5 yrs	\$26
9/13-10/25 (7) AC22153	T Ct 3	9:30-10 am	3-5 yrs	\$26
9/13-10/25 (7) AC22154	T Ct 2	11-11:30 am	4-6 yrs	\$26
9/13-10/25 (7) AC22155	T Ct 3	11:45 am-12:15 pm	4-6 yrs	\$26
9/13-10/25 (7) AC22156	T Ct 1	4:45-5:15 pm	3-5 yrs	\$26
9/14-10/26 (7) AC22157	W Ct 3	9:30-10 am	3-5 yrs	\$26
9/14-10/26 (7) AC22158	W Ct 2	10:15-10:45 am	4-5 yrs	\$26
9/14-10/26 (7) AC22159	W Ct 3	11-11:30 am	4-6 yrs	\$26
9/14-10/26 (7) AC22160	W Ct 1	4:45-5:15 pm	4-6 yrs	\$26
9/14-10/26 (7) AC22161	W Ct 1	6:15-6:45 pm	4-6 yrs	\$26
9/15-10/27 (7) AC22162	Th Ct 3	9:15-9:45 am	4-6 yrs	\$26
9/15-10/27 (7) AC22163	Th Ct 2	10-10:30 am	4-6 yrs	\$26
9/15-10/27 (7) AC22164	Th Ct 1	4:45-5:15 pm	3-5 yrs	\$26
9/15-10/27 (7) AC22165	Th Ct 1	6:15-6:45 pm	4-6 yrs	\$26
9/16-10/28 (7) AC22166	F Ct 1	9:30-10 am	3-4 yrs	\$26
9/16-10/28 (7) AC22167	F Ct 1	10:15-10:45 am	4-5 yrs	\$26
10/31-12/12 (6) AC22168	M Ct 3	9:30-10 am	3-4 yrs	\$22
10/31-12/12 (6) AC22169	M Ct 2	11-11:30 am	4-6 yrs	\$22
10/31-12/12 (6) AC22170	M Ct 3	3:15-3:45 pm	3-5 yrs	\$22
10/31-12/12 (6) AC22171	M Ct 3	4:45-5:15 pm	3-5 yrs	\$22

Continued

Sports & Fitness - Preschool

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
Pee Wee Hoops (continued)				
11/1-12/13 (6) AC22172	T Ct 3	9:30-10 am	3-5 yrs	\$22
11/1-12/13 (6) AC22173	T Ct 2	11-11:30 am	4-6 yrs	\$22
11/1-12/13 (6) AC22174	T Ct 3	11:45 am-12:15 pm	4-6 yrs	\$22
11/1-12/13 (6) AC22175	T Ct 1	4:45-5:15 pm	3-5 yrs	\$22
11/2-12/14 (6) AC22176	W Ct 3	9:30-10 am	3-5 yrs	\$22
11/2-12/14 (6) AC22177	W Ct 2	10:15-10:45 am	4-5 yrs	\$22
11/2-12/14 (6) AC22178	W Ct 3	11-11:30 am	4-6 yrs	\$22
11/2-12/14 (6) AC22179	W Ct 1	4:45-5:15 pm	4-6 yrs	\$22
11/2-12/14 (6) AC22180	W Ct 1	6:15-6:45 pm	4-6 yrs	\$22
11/3-12/15 (6) AC22181	Th Ct 3	9:30-10 am	4-6 yrs	\$22
11/3-12/15 (6) AC22182	Th Ct 2	10-10:30 am	4-6 yrs	\$22
11/3-12/15 (6) AC22183	Th Ct 1	4:45-5:15 pm	3-5 yrs	\$22
11/3-12/15 (6) AC22184	Th Ct 1	6:15-6:45 pm	4-6 yrs	\$22
11/4-12/16 (5) AC22185	F Ct 1	9:30-10 am	3-4 yrs	\$18
11/4-12/16 (5) AC22186	F Ct 1	10:15-10:45 am	4-5 yrs	\$18

Pee Wee Soccer

Dribbling, trapping, and passing are included in this indoor class. Your child will have fun, learn teamwork, cooperation and build up confidence. Shin guards and gym shoes recommended. No class 11/21-25.

9/12-10/24 (7) AC22187	M Ct 2	9:30-10 am	4-5 yrs	\$26
9/12-10/24 (7) AC22188	M Ct 2	10:15-10:45 am	3-4 yrs	\$26
9/12-10/24 (7) AC22189	M Ct 1	1-1:30 pm	3-5 yrs	\$26
9/12-10/24 (7) AC22190	M Ct 1	1:45-2:15 pm	3-5 yrs	\$26
9/12-10/24 (7) AC22191	M Ct 3	4-4:30 pm	3-5 yrs	\$26
9/12-10/24 (7) AC22192	M Ct 3	5:30-6 pm	4-6 yrs	\$26

Continued

Sports & Fitness - Preschool

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
Pee Wee Soccer (continued)				
9/13-10/25 (7) AC22193	T Ct 3	10:15-10:45 am	4-6 yrs	\$26
9/13-10/25 (7) AC22194	T Ct 3	11-11:30 am	3-5 yrs	\$26
9/13-10/25 (7) AC22195	T Ct 2	11:45 am-12:15 pm	3-5 yrs	\$26
9/13-10/25 (7) AC22196	T Ct 1	4-4:30 pm	3-5 yrs	\$26
9/13-10/25 (7) AC22197	T Ct 1	5:30-6 pm	4-6 yrs	\$26
9/14-10/26 (7) AC22198	W Ct 3	10:15-10:45 am	3-5 yrs	\$26
9/14-10/26 (7) AC22199	W Ct 2	11-11:30 am	3-5 yrs	\$26
9/14-10/26 (7) AC2219900	W Ct 1	1-1:30 pm	3-5 yrs	\$26
9/14-10/26 (7) AC2219901	W Ct 1	5:30-6 pm	3-5 yrs	\$26
9/15-10/27 (7) AC2219902	Th Ct 3	10-10:30 am	3-4 yrs	\$26
9/15-10/27 (7) AC2219903	Th Ct 2	10:45-11:15 am	3-5 yrs	\$26
9/15-10/27 (7) AC2219904	Th Ct 2	11:30 am-Noon	3-5 yrs	\$26
9/15-10/27 (7) AC2219905	Th Ct 1	1:45-2:15 pm	3-5 yrs	\$26
9/15-10/27 (7) AC2219906	Th Ct 1	5:30-6 pm	4-6 yrs	\$26
9/16-10/28 (7) AC2219907	F Ct 2	10:15-10:45 am	3-5 yrs	\$26
9/16-10/28 (7) AC2219908	F Ct 1	11-11:30 am	3-4 yrs	\$26
10/31-12/12 (6) AC2219909	M Ct 2	9:30-10 am	4-5 yrs	\$22
10/31-12/12 (6) AC2219910	M Ct 2	10:15-10:45 am	3-4 yrs	\$22
10/31-12/12 (6) AC2219911	M Ct 1	1-1:30 pm	3-5 yrs	\$22
10/31-12/12 (6) AC2219912	M Ct 1	1:45-2:15 pm	3-5 yrs	\$22
10/31-12/12 (6) AC2219913	M Ct 3	4-4:30 pm	3-5 yrs	\$22
10/31-12/12 (6) AC2219914	M Ct 3	5:30-6 pm	4-6 yrs	\$22
11/1-12/13 (6) AC2219915	T Ct 3	10:15-10:45 am	4-6 yrs	\$22
11/1-12/13 (6) AC2219916	T Ct 3	11-11:30 am	3-5 yrs	\$22
11/1-12/13 (6) AC2219917	T Ct 2	11:45 am-12:15 pm	3-5 yrs	\$22

Sports & Fitness - Preschool

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
Pee Wee Soccer (continued)				
11/1-12/13 (6) AC2219918	T Ct 1	4-4:30 pm	3-5 yrs	\$22
11/1-12/13 (6) AC2219919	T Ct 1	5:30-6 pm	4-6 yrs	\$22
11/2-12/14 (6) AC2219920	W Ct 3	10:15-10:45 am	3-5 yrs	\$22
11/2-12/14 (6) AC2219921	W Ct 2	11-11:30 am	3-5 yrs	\$22
11/2-12/14 (6) AC2219922	W Ct 1	1-1:30 pm	3-5 yrs	\$22
11/2-12/14 (6) AC2219923	W Ct 1	5:30-6 pm	3-5 yrs	\$22
11/3-12/15 (6) AC2219924	Th Ct 3	10-10:30 am	3-4 yrs	\$22
11/3-12/15 (6) AC2219925	Th Ct 2	10:45-11:15 am	3-5 yrs	\$22
11/3-12/15 (6) AC2219926	Th Ct 2	11:30 am-Noon	3-5 yrs	\$22
11/3-12/15 (6) AC2219905A	Th Ct 1	1:45-2:15 pm	3-5 yrs	\$22
11/3-12/15 (6) AC2219927	Th Ct 1	5:30-6 pm	4-6 yrs	\$22
11/4-12/16 (5) AC2219928	F Ct 2	10:15-10:45 am	3-5 yrs	\$18
11/4-12/16 (5) AC2219929	F Ct 1	11-11:30 am	3-4 yrs	\$18

Pee Wee Soccer, Girls Only

Dribbling, trapping, and passing are included in this indoor class just for girls. Your daughter will have fun, learn teamwork, cooperation and build up confidence. Shin guards and gym shoes recommended. No class 11/21-25.

9/13-10/25 (7) AC2219930	T Ct 1	1-1:30 pm	3-5 yrs	\$26
9/13-10/25 (7) AC2219931	T Ct 1	1:45-2:15 pm	4-6 yrs	\$26
11/1-12/13 (6) AC2219932	T Ct 1	1-1:30 pm	3-5 yrs	\$22
11/1-12/13 (6) AC2219933	T Ct 1	1:45-2:15 pm	4-6 yrs	\$22

All classes are for registered participants only. Please do not leave any children unattended in the bleachers or on the sidelines. Participants must meet the age requirement within 14 days of the first class.

Sports & Fitness - Preschool

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

Tumble Tots

You and your child will have fun tumbling through a jumble of mats and equipment. Lead you and your child through basic movements, jumps, and tumbling skills while developing your child's motor skills, strength, and flexibility. **Parent participation required.** No class 11/21-25.

9/12-10/24 (7) AC23103	M Ct 1	11-11:30 am	2-3 yrs	\$26
9/13-10/25 (7) AC23104	T Ct 1	9:30-10 am	2-3 yrs	\$26
9/14-10/26 (7) AC23105	W Ct 1	11-11:30 am	2-3 yrs	\$26
9/15-10/27 (7) AC23106	Th Ct 1	9:30-10 am	2-3 yrs	\$26
10/31-12/12 (6) AC23107	M Ct 1	11-11:30 am	2-3 yrs	\$22
11/1-12/13 (6) AC23108	T Ct 1	9:30-10 am	2-3 yrs	\$22
11/2-12/14 (6) AC23109	W Ct 1	11-11:30 am	2-3 yrs	\$22
11/3-12/15 (6) AC23110	Th Ct 1	9:30-10 am	2-3 yrs	\$22

Tumbling

A fun way for your child to work on gymnastic skills! Emphasizes basic movements, jumps, floor work fundamentals, somersaults, etc. Builds strength, flexibility, coordination and confidence. No class 11/21-25.

9/12-10/24 (7) AC23111	M Ct 1	11:45 am-12:15 pm	3-5 yrs	\$26
9/13-10/25 (7) AC23112	Tu Ct 1	11:45 am-12:15 pm	3-6 yrs	\$26
9/14-10/26 (7) AC23113	W Ct 1	11:45 am-12:15 pm	3-4 yrs	\$26
9/15-10/27 (7) AC23114	Th Ct 1	11:45 am-12:15 pm	3-5 yrs	\$26
10/31-12/12 (6) AC23115	M Ct 1	11:45 am-12:15 pm	3-5 yrs	\$22
11/1 12/13 (7) AC23116	Tu Ct 1	11:45 am-12:15 pm	3-6 yrs	\$26
11/2-12/14 (6) AC23117	W Ct 1	11:45 am-12:15 pm	3-4 yrs	\$22
11/3-12/15 (6) AC23118	Th Ct 1	11:45 am-12:15 pm	3-5 yrs	\$22



All classes are for registered participants only. Please do not leave any children unattended in the bleachers or on the sidelines. Participants must meet the age requirement within 14 days of the first class.

Sports & Fitness - Youth

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

Basketball Hot Shots

Hot Shots is a great place for any young basketball player who is looking to improve their skills, work hard, make new friends and have fun! Participants will develop all basketball skills - shooting, passing, dribbling, rebounding and defense - along with improving confidence and self-esteem. Class will give the kind of focused, intensive training that is essential to improvement. No class 11/21-25.

9/12-10/24 (7) AC22201	M Ct 2	5:30-6:15 pm	8-10 yrs	\$35
9/13-10/25 (7) AC22202	T Ct 2	3:45-4:30 pm	7-9 yrs	\$35
9/14-10/26 (7) AC22203	W Ct 2	4:45-5:30 pm	9-11 yrs	\$35
10/31-12/12 (6) AC22204	M Ct 2	5:30-6:15 pm	8-10 yrs	\$30
11/1-12/13 (6) AC22205	T Ct 2	3:45-4:30 pm	7-9 yrs	\$30
11/2-12/14 (6) AC22206	W Ct 2	4:45-5:30 pm	9-11 yrs	\$30

Basketball Scrimmages

Who wants to practice all the time? This basketball class will have warm-up drills and instruction with most of the class dedicated to controlled scrimmage games. Instructor will control the scrimmages for instruction opportunities and safety. Participants will develop their basketball skills - shooting, passing, dribbling, rebounding and defense along with learning sportsmanship, teamwork and self-confidence. No class 11/21-25.

9/12-10/24 (7) AC22207	M Ct 1	3:15-4:15 pm	6-8 yrs	\$44
9/16-10/28 (7) AC22208	F Ct 1	5:15-6:15 pm	9-11 yrs	\$44
9/16-10/28 (7) AC22209	F Ct 1	6:30-7:30 pm	12-14 yrs	\$44
10/31-12/12 (6) AC22210	M Ct 1	3:15-4:15 pm	6-8 yrs	\$38
11/4-12/16 (5) AC22211	F Ct 1	5:15-6:15 pm	9-11 yrs	\$32
11/4-12/16 (5) AC22212	F Ct 1	6:30-7:30 pm	12-14 yrs	\$32

Sports & Fitness - Youth

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
Basketball Skillz				
For the young player that has the basic skills and wants to learn the game at a higher level and get a better understanding of game situations and strategies. Instruction will give the kind of focused, intensive training that is essential to improvement. Skill mastery, enthusiasm, intensity and improved confidence and self-esteem make this class a perfect fit for those who love the sport of basketball. No class 11/21-25.				
9/14-10/26 (7) AC22213	W Ct 2	5:45-6:45 pm	9-12 yrs	\$44
9/16-10/28 (7) AC22214	F Ct 2	4-5 pm	10-12 yrs	\$44
9/16-10/28 (7) AC22215	F Ct 1	4-5 pm	7-10 yrs	\$44
11/2-12/14 (6) AC22216	W Ct 2	5:45-6:45 pm	9-12 yrs	\$38
11/4-12/16 (5) AC22217	F Ct 2	4-5 pm	10-12 yrs	\$32
11/4-12/16 (5) AC22218	F Ct 1	4-5 pm	7-10 yrs	\$32

Flag Football

Have fun playing flag football while learning the basics: throwing, catching, kicking, running and skilled positions. Along with skills your child will learn teamwork, self-confidence and sportsmanship. Wear your football jersey if you have one! No class 11/21-25.

9/12-10/24 (7) AC22219	M Ct 2	3:30-4:15 pm	6-9 yrs	\$35
9/13-10/25 (7) AC22220	T Ct 2	4:45-5:30 pm	7-9 yrs	\$35
10/31-12/12 (6) AC22221	M Ct 2	3:30-4:15 pm	6-9 yrs	\$30
11/1-12/13 (6) AC22222	T Ct 2	4:45-5:30 pm	7-9 yrs	\$30

Girls Only Basketball

A place where girls can build their self-esteem and self confidence playing the game they love. Learn basic skills; ball handling, shooting, passing, defense/offense, footwork and more. Learning the skills and game in a fun environment. No class on 11/21-25.

9/15-10/27 (7) AC22245	Th Ct 2	5-5:45 pm	6-9 yrs	\$35
9/15-10/27 (7) AC22246	Th Ct 2	6-6:45 pm	9-12 yrs	\$35
11/3-12/15 (6) AC22247	Th Ct 2	5-5:45 pm	6-9 yrs	\$30
11/3-12/15 (6) AC22248	Th Ct 2	6-6:45 pm	9-12 yrs	\$30

Sports & Fitness - Youth

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
Hoop It Up!				
This basketball class is a great place for any young player who is looking to learn basketball skills, work hard, make new friends and have fun! Participants will develop all basketball skills - shooting, passing, dribbling, rebounding and defense along with learning respect for the game, teamwork, fair play, and building self-confidence. No class 11/21-25.				
9/12-10/24 (7) AC22223	M Ct 2	4:30-5:15 pm	5-7 yrs	\$35
9/15-10/27 (7) AC22224	Th Ct 2	4-4:45 pm	5-7 yrs	\$35
10/31-12/12 (6) AC22225	M Ct 2	4:30-5:15 pm	5-7 yrs	\$30
11/3-12/15 (6) AC22226	Th Ct 2	4-4:45 pm	5-7 yrs	\$30

PE for Home Schooled Kids

Your child will learn the basics of different sports in this class; learn how to dribble and shoot a basketball, learn to kick a soccer ball, learn to hit, catch and throw a baseball, how to send a volleyball back over the net and more. Participants will learn respect, sportsmanship, teamwork and self-confidence while having fun! No class 11/21-25.

9/13-10/25 (7) AC22227	T Ct 1	2:45-3:45 pm	6-10 yrs	\$44
9/13-10/25 (7) AC22228	T Ct 2	2:45-3:45 pm	11-16 yrs	\$44
9/15-10/27 (7) AC22229	Th Ct 3	2:45-3:45 pm	6-10 yrs	\$44
9/15-10/27 (7) AC22230	Th Ct 2	2:45-3:45 pm	11-16 yrs	\$44
11/1-12/13 (6) AC22231	T Ct 1	2:45-3:45 pm	6-10 yrs	\$38
11/1-12/13 (6) AC22232	T Ct 2	2:45-3:45 pm	11-16 yrs	\$38
11/3-12/15 (6) AC22233	Th Ct 3	2:45-3:45 pm	6-10 yrs	\$38
11/3-12/15 (6) AC22234	Th Ct 2	2:45-3:45 pm	11-16 yrs	\$38

Playground Games

Does your child enjoy playing on the playground at school but doesn't get enough of the fun and games? This class will play a variety of games: dodgeball, kickball, four square, tag and others. No class 11/21-25.

9/12-10/24 (7) AC22235	M Ct 1	5:30-6:15 pm	7-10 yrs	\$35
10/31-12/12 (6) AC22236	M Ct 1	5:30-6:15 pm	7-10 yrs	\$30

Sports & Fitness - Youth

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

Soccer Indoor Scrimmages

This indoor soccer class will have warm-up drills and instruction with most of the class dedicated to controlled scrimmage games. Participants will develop their soccer skills - ball control, kicking, blocking, and defense along with learning sportsmanship, teamwork and self-confidence. No outdoor shoes please. No class 11/21-25.

9/12-10/24 (7) AC22237	M Rm 101	4:20-5:20 pm	6-8 yrs	\$44
10/31-12/12 (6) AC22238	M Ct 1	4:20-5:20 pm	6-8 yrs	\$38

Soccer Stars

This introduction to fundamentals and proper soccer techniques emphasizes teamwork, fair play, fun, cooperation and builds up confidence. Shin guards and gym shoes recommended. No class 11/21-25.

9/13-10/25 (7) AC22239	T Ct 2	5:45-6:30 pm	9-12 yrs	\$35
9/14-10/26 (7) AC22240	W Ct 2	3:45-4:30 pm	5-8 yrs	\$35
11/1-12/13 (6) AC22241	T Ct 2	5:45-6:30 pm	9-12 yrs	\$30
11/2-12/14 (6) AC22242	W Ct 2	3:45-4:30 pm	5-8 yrs	\$30

Youth Volleyball

Volleyball is a sport loved by many! Learn and practice volleyball skills such as serving, passing, and hitting. Participants will learn skills for a lifetime of playing volleyball! No class on 11/11 & 11/25.

9/16-10/28 (7) AC22243	F Ct 2	5:15-6:15 pm	9-11 yrs	\$44
11/4-12/16 (5) AC22244	F Ct 2	5:15-6:15 pm	9-11 yrs	\$32

Sports & Fitness - Teen/Adult

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

Badminton, Beginning

Badminton is fast becoming a popular sport. Find out what all the excitement is about! Come join this class to learn and improve through practice and instruction. No experience necessary. No class on 11/21.

9/12-10/24 (7) AC22503	M Ct 2	6:30-8 pm	7 yrs-Adult	\$63
9/12-10/24 (7) AC22504	M Ct 2	8:15-9:45 pm	12 yrs-Adult	\$63
10/31-12/12 (6) AC22505	M Ct 2	6:30-8 pm	7 yrs-Adult	\$54
10/31-12/12 (6) AC22506	M Ct 2	8:15-9:45 pm	12 yrs-Adult	\$54

Sports & Fitness - Teen/Adult

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

Fun, Fit, Healthy Family PE Class

Our family centered approach to fitness, sports, and wellness helps the entire family get moving. A variety of fitness, sports, and games such as circuit training, relay races, jump rope, soccer, volleyball, flag football, kickball, and capture the flag. Active family time is a great opportunity for parents to role model positive behavior toward fitness and sports to teach your children healthy habits that will benefit them for a lifetime. No class 11/21-25.

9/12-10/24 (7) AC22507	M Ct 1	6:30-7:30 pm	7 yrs-Adult	\$54
10/31-12/12 (6) AC22508	M Ct 1	6:30-7:30 pm	7 yrs-Adult	\$46

Yoga Pilates Combo

Abdominal (core) strengthening and posture stretch and flow. Side effects of this class may include, but are not limited to: enhanced strength, increased blood flow to the brain and a sudden urge to shop for smaller clothes. Please wear comfortable clothes and bring a mat. No class on 11/11 & 11/25.

9/16-12/16 (12) AC22401	F Rm 101	10:15-11:15 am	16 yrs-Adult	\$87
9/16-12/16 (12) AC22402	F Rm 101	11:30 am-12:30 pm	16 yrs-Adult	\$87
9/16-12/16 (12) AC22403	F Rm 101	12:45-1:45 pm	16 yrs-Adult	\$87

Volleyball, Adult

This class is for the beginner who wants to learn a new sport, or someone who played years ago and wants to play again, or anyone who wants to improve his/her volleyball skills. You will learn passing, setting, hitting, serving, etc. with drills and games. Come join the fun playing volleyball while getting fit at the same time. No class 11/21-25.

9/12-10/24 (7) AC22501	M Ct 1	7:45-9:15 pm	15 yrs-Adult	\$63
10/31-12/12 (6) AC22502	M Ct 1	7:45-9:15 pm	15 yrs-Adult	\$54

Volleyball, Youth/Teen

Work on the volleyball skills you will need during the season-- serving, passing, spiking, and offensive and defensive strategizing. No class on 11/11 & 11/25.

9/16-10/28 (7) AC22301	F Ct 2	6:30-7:30 pm	12-17 yrs	\$44
11/4-12/16 (5) AC22302	F Ct 2	6:30-7:30 pm	12-17 yrs	\$32

Sports Leagues - Youth

Youth Sports League ID System

All youth sports league participants are required to have a valid THPRD ID number and out-of-district assessment fees paid, if applicable, prior to participation in a youth sports league. Please see page 4 for THPRD ID card information.

Baseball/Softball

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

All of the Beaverton area Little League groups are governed by Oregon District 4 Little League. For more information, please visit the league's website: www.ordist4.com.

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

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

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

Little League Baseball:

T-Ball: ages 5-6
Softball: ages 7-14
Baseball: ages 7-14

Beaverton Area Little League

Aloha-Huber, Beaver Acres, Chehalem, Cooper Mt., Errol Hassell, Hazeldale, Kinnaman
 BALL: 503/342-8809
www.beavertonball.com

Cedar Mill Little League

Barnes, Bonny Slope, Cedar Mill, Findley, Ridgewood, Terra Linda, West TV, Wm Walker
www.cmlionline.org

Murrayhill Little League

Fir Grove, Hiteon, Nancy Ryles, Scholls Heights, Sexton Mt.
www.leaguelineup.com/mhll

Raleigh Hills Little League

Greenway, McKay, Montclair, Vose, Raleigh Park, Raleigh Hills
 RHLL: 503/641-7455
www.rhll.net

Sun Creek Little League

Bethany, Elmonica, Jacob Wismer, McKinley, Oak Hills, Rock Creek, Springville.
www.suncreeklittleleague.com

Willow Creek Little League Softball

Composed of players within the combined boundaries of Cedar Mill, Sun Creek and the former Wolf Creek Little Leagues.
www.willowcreeksoftball.com

Tualatin Hills Babe Ruth Baseball

Summer season only
 For ages 13-18 in the Beaverton and Hillsboro School Districts.
 THBRB: 503/784-5303
www.thillsbaberuth.com

Jr. Baseball/Softball:

Summer season

T-Ball: 6-8 yrs
Soft-T-Ball: 6-8 yrs
Softball: 9-18 yrs
Baseball: 9-18 yrs

Fall Ball

Contact the association listed below for fall ball availability. www.whbsf.org

Aloha Baseball/Softball Association

T-Ball: 6-8 yrs
Soft-T-Ball: 6-8 yrs
Softball: 9-18 yrs
Baseball: 9-18 yrs
 Aloha Huber, Chehalem, Cooper Mt., Errol Hassell, Hazeldale, Kinnaman, Sexton Mt., Nancy Ryles, Mountain View, Aloha High.
 Aloha JBO: www.alohawarriorsbaseball.com
 Aloha Breeze **Softball:** Becky Dawson
 503/649-6883

Beaverton Junior Baseball
Beaverton Blaze Softball

Fir Grove, Greenway, Hiteon, McKay, Montclair, Raleigh Hills, Raleigh Park, Conestoga, Highland Park, Whitford, Beaverton High, Jesuit High, Oregon Episcopal, Southridge High.
Baseball: www.gobb.org/baseball
Softball: www.gobb.org/softball

Sunset Junior Baseball

Barnes, Cedar Mill, Ridgewood, Terra Linda, William Walker, West TV, Catlin Gable, Cedar Park, Meadow Park, Sunset, Stoller, Findley.
www.eteamz.com/sjbb

Westview Junior Baseball/Softball

Beaver Acres, Bethany, Elmonica, McKinley, Rock Creek, Lenox, Five Oaks, Five Oaks, Meadow Park, Oak Hills, St. Mary's for Boys, Westview, Jacob Wismer, Stoller.
www.westviewbaseball.org

Volunteer Coaches Needed

Our youth sports programs are growing at a rapid pace, creating a need for more instructors, coaches and officials. If you have experience in sports and the desire to share your knowledge by coaching young athletes, please call the Athletic Center at 503/629-6330.

Basketball

5th Grade and Middle School Winter Basketball Programs

THPRD's 5th Grade and Middle School Basketball Programs are for girls and boys residing in Park District boundaries or attending school in the Beaverton School District. Practices are held during the week with games primarily on Saturdays at the BSD schools and/or THPRD Athletic Center. The season runs November-March. For your convenience, registration for youth basketball is now offered online at www.thprd.org.

A current THPRD card number is needed to register. If you are an out-of-district patron an assessment must be paid before you can register. Call the Athletic Center for the correct assessment to purchase. For any other questions or help with registering your child, call the Athletic Center at 503/629-6330.

THPRD Middle School Recreational Spring Basketball

The Youth Spring Basketball Recreational League is open to boys and girls currently in grades 5-8 and attending a Beaverton School District #48 middle school or residing within District #48 or THPRD boundaries in the 2011-12 school year. Registration will begin mid-February. Check website for more information

THPRD Middle School Recreational Summer Basketball

The Youth Summer Basketball Recreational League is open to boys and girls that will be entering grades 6-8 in the 2012-13 school year and attending a Beaverton School District #48 middle school or residing within District #48 or THPRD boundaries. Check our website for more information in May.

High School Winter Basketball

Boys and girls not playing on school teams and residing within the THPRD boundaries are eligible for this recreational league. League runs December through March. League information will be available at the Athletic Center in October. Rosters and fees are due into the Athletic Center late November.

Sports Leagues - Youth

High School Summer Basketball

The Athletic Center is now offering a summer league for boys and girls entering into grades 9-12 starting the 2012-13 school year. Registration information will be available April 2012. Check the website for more information.

Cricket**Beaverton Cricket Club**

The Beaverton Cricket Club is the local THPRD-affiliated club that plays in the Northwest Cricket League, including two teams entered in the 2004 NWCL competitions. Those interested in joining Beaverton Cricket Club should direct general inquiries to info@beavertoncc.org or Adi Ramachandran at 503/330-1885.

NW Cricket League

The Northwest Cricket League (NWCL) is the main organized league for cricket in Oregon and Washington and is a member of the USA Cricket Association. There are 17 teams within 12 clubs that participate in the NWCL competitions. Most of the clubs are based in the Portland and Seattle metropolitan areas. The NWCL season runs from May to September with practices starting in April. The cricket matches are 40 overs a side, are played with the hard 'season' cricket ball and are scheduled on a home-&-away basis throughout the season. For more information about the NWCL, go to www.nwcl.org.

Football**Youth Football**

The Tualatin Valley Youth Football Leagues are for players in grades 3-8. Players register according to high school attendance area. To register or get more information, call or visit the website of your local contact listed below. Registration begins in January. Practices and clinics begin in August. Games are played September to November. For more information visit www.tvyf.org.

Aloha:

Registration: April 15 – June online
www.alohayouthfootball.com

Beaverton:

Registration: April 15 – June 15
www.beavertonfootball.com
Southridge:

Registration: April 15 – June 15
www.southridgeyouthfootball.com

Sunset:

Registration : April 1 – June 30
www.sunsetyouthfootball.org

Westview:

Registration : April 1 – June 15
westviewyouthfootball@gmail.com
www.westviewyouthfootball.com

Cheerleading

Youth football cheerleaders cheer at games for teams in their associations. Registration is for grades 3-8 based on high school attendance area. Contact the youth football league website listed above for more information. Games are played September through November.

Rugby

Rugby Oregon-Beaverton promotes physical fitness, teamwork, leadership skills and sportsmanship through the game of rugby. Rugby offers opportunities for everyone, whether you're short, tall, fast or not so fast. If you're interested in participating in a sport where players think on their feet, pass, kick, run and tackle this may be the sport for you. There are high school boys and girls teams in Beaverton that draw student athletes from Aloha, Beaverton, Southridge, Sunset and Westview High Schools. For more information about our teams or our organization, check us out at www.rugbyoregon.com or contact one of our coaches listed below.

Lady Barbarians

Greg Tracy, Head Coach
ladybarbarians@hotmail.com, 503/960-6638

Barbarians

Eduardo Garnica, Head Coach
eduardo_garnica@hotmail.com,
503/680-0545

Lacrosse**Tualatin Valley Youth Lacrosse League**

Tualatin Valley Youth Lacrosse League is a community based lacrosse program created to teach the game of lacrosse to girls and boys grades 1-8 who attend a Beaverton School District School or reside in the THPRD boundaries. Players register according to High School attendance area. To register or get more information, call or visit the website of your local contact listed below.

TVYLL:

President: Bill Kirby, 503/804-7577
president@tvllax.com

Aloha:

President: Matt Schmitt 503/332-6946
matt.schmitt@alohayouthlacrosse.com
Registrar: Dayna Dixon
dayna.dixon@alohayouthlacrosse.com
www.alohayouthlacrosse.com

Beaverton

President: Jeff Johnnie, 503/781-6721
president@beavertonbeaverslacrosse.com

Southridge

President: Travis Pruitt
president@southridgeskyhawkseyouthlax.com
www.southridgeskyhawkseyouthlax.com

Sunset

President: Mike McHugh, 503/310-1178
mchugh18@gmail.com
Registrar-Kerrie Stavig
sunsetlacrosse.ks@gmail.com
www.sunsetlacrosse.com/

Westview

President: Andy Klumpp, 503/533-0271
president@westviewyouthlacrosse.com
www.westviewyouthlacrosse.com

High School Boys Lacrosse**Aloha**

Mike Kelley, 503/488-0816,
kelly@overtonsafety.com
www.alohalacrosse.org

Beaverton:

Jane Athanasia Kos, 503/819-4334
j.athan@frontier.com
www.league lineup.com

Southridge

Stefanie Delbrueck, 503/201-8912
goddessstefanie@gmail.com
www.southridgelacrosse.org,

Sunset

Steve Hoffmeister, 503/320-0619
stevehoffy@yahoo.com
www.sunsetlacrosse.com/

Westview

Ron Helsen, 503/320-7908
Triple_r@frontier.com
www.westviewlacrosse.com



Sports Leagues - Youth

Soccer Coach Training & Certification

For training and certification for soccer coaches, go to www.thjssl.org for information on classes and clinic dates and locations.

Soccer Referees Needed

For training and certification for soccer referees, go to www.thjssl.org. For information on classes and clinic dates and locations contact Keith Ericson at kericson@compumetics.com or thjssl.org.

Wrestling

The wrestling clubs are typically open to boys and girls in the 5th through the 8th grades. The clubs are split by each child's ability level, from the first time inexperienced wrestlers to the elite highly competitive. The focus is on gymnastics, tumbling, strength, agility, coordination and lots of "fun wrestling".

Beaverton Wrestling

Ryan Gouthro 503/740-0566
rfgouthro@yahoo.com
 Southridge Youth Wrestling
 Erik Reinholt 503/579-5364
www.southridgewrestling.com

Westview Mat Club

Registration will take place every night during the week of October 31st through November 4 from 6-8 pm at Westview High School in the wrestling room. The cost is \$75 which includes a \$35 USA card and club shirt. The season will run November through February.
 Michael Delaney Westview High School,
 503/259-5218
Michael_delaney@beavton.k12.or.us
www.westviewwrestling.org

Soccer**Tualatin Hills Junior Soccer Recreational League**

Teams will be formed of boys and girls ages 5-18. Practices begin in August. League games begin in September. Each club is responsible to register their own players. Registration is generally accepted March 1-June 1. Please call the appropriate contact listed below for more information or log on to www.thjssl.org.

Aloha Soccer Club

Schools: Errol Hassell, Beaver Acres, Aloha-Huber, Kinnaman, Hazeldale, Cooper Mt., Sexton Mt. (West of Murray Blvd.), Nancy Ryles, Scholls Heights, ISB.
 AYSC: 503/866-3525
www.alohasoccer.com

Cedar Splinters Soccer Club

Schools: William Walker, Barnes, Ridgewood.
www.cedarsplinterssoccer.com

Milltown Soccer Club

Schools: Bonny Slope, Terra Linda, Cedar Mill, West TV.
 MTSC: 503/278-7227
www.milltownsoccer.org
info@milltownsoccer.org

Oak Hills Soccer Club

Schools: Oak Hills, Findley, Jacob Wismer.
www.ohsoccer.com

Somerset West Soccer Club

Schools: Springville, Bethany, Rock Creek, Lenox, McKinley, Elmonica.
president@somersetwestsoccer.org
www.somersetwestsoccer.org

West Hills Soccer Club

Schools: Greenway, Raleigh Hills, Raleigh Park, Montclair, McKay.
 Phone 503/644-8686
www.westhillsoccer.com

Westside Soccer Club

Schools: Chehalem, Fir Grove, Hiteon, Vose, and Sexton Mt. (East of Murray Blvd.)
 Phone 503/352-0180
www.westsidewarriors.net

High School Recreational Soccer (O/13-U19)

Boys and girls not playing high school soccer can register for the recreational coed soccer league. Check with the youth league in your elementary attendance area. If the league does not offer registration for high school, go to the next closest attendance area club or www.thjssl.org.

Classic League

Boys and girls interested in playing competitive soccer may try out for this league. Tryouts for the Fall 2012 season for U11-U14 will be held in May of 2012. Tryouts for the Winter 2012 season for U15-U19 will be held in August and November of 2011. Contact the appropriate club representative for more tryout information.

Tualatin Hills United Soccer Club

www.thusc.org
 THUSC: 503/626-1923
info@thusc.org

Westside Metros:

Club Line: 503/626-2975
www.westsidemetros.com
wsmetros@spiritone.com

Volleyball**Summer Volleyball Recreational League**

The summer league is offered in June and July. Girls entering grades 4-8 during the upcoming 2012-13 school year are eligible to play in this summer league. Check the website in April 2012 for more information.

4th-8th Grade Girls Fall Volleyball

Leagues are offered in the fall. Practices/tryouts begin in early September. Registration forms will be available in July at the Athletic Center. Check the website for updates.

High School Recreational Volleyball

This short season is designed for students not participating in a high school volleyball program. Registration packets will be available in early August. Rosters will be due August 31.

**Volunteer Coaches Needed**

Our youth sports programs are growing at a rapid pace, creating a need for more instructors, coaches, and officials. If you have experience in sports and the desire to share your knowledge by coaching young athletes, please call the Athletic Center at 503/629-6330.

Sports Leagues - Adult

Adult Sports League ID Card System

All team sports participants **must** have a THPRD residency card prior to participating on a sports team. Please see page 4 for residency card information. **Don't delay** - allow approximately **two weeks**, from the date of applying, for processing. The card will be mailed.

Basketball

Men's/Women's Winter Full Court Basketball

League information will be available at the Athletic Center in early October. Rosters and fees are due at the Athletic Center in late October. League play will begin in November and run through mid-March. Games will be played Monday through Thursday evenings.

Men's/Women's Summer Full Court Basketball

League play will begin in June and continue through mid-July. Organizational packets will be available for pick-up mid-April. Rosters will be due the third week in May.

Soccer

For information regarding adult soccer play in the Oregon Adult Soccer Association call 503/292-1814. Teams wanting to apply for home game field eligibility need to pick up a Soccer Field Use Application Packet and submit the completed required forms and documents to the Athletic Center 2-3 months prior to the start of each season.

Soccer Field Use

THPRD and the Tualatin Hills Junior Soccer League (THJSL) Field Committee will coordinate the scheduling of soccer fields for community sports leagues and adult teams throughout the year. Groups wanting seasonal use should call the Athletic Center 503/629-6330 for a field use application.

THPRD y el Comité de la cancha de La Liga de fútbol de Jóvenes (THJSL) coordinarán el horario de las canchas de fútbol para las ligas de los deportes de la comunidad y los equipos de adultos durante todo el año. Los grupos que quieran hacer uso de las canchas por temporadas, deben contactar al Centro Atlético por un.

Kickball

Coed Kickball League

Kickball – It's all about having fun! Remember when you were a kid and played kickball with your friends? Kickball is a playground game and also a competitive league game similar to softball. Come join the fun!

Summer League

Contact us in March for more information.

Softball

Baseball/Softball Field Use

THPRD will coordinate the assignment of District wide baseball/softball fields from March 1 through October. This includes both BSD and THPRD fields. Any group wishing to reserve fields for spring and summer should first obtain an application form from the Athletic Center.

Coed/Women's Slow Pitch Summer Softball

League information will be available at the Athletic Center and on our website www.thprd.org the first week in March. Coed games will be played on Sunday evenings and women's games will be played on Tuesday evenings. League play runs May through August.

Men's Slow Pitch Summer Softball

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

Coed/Men's Industrial Softball

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

Fall Coed And Women's Softball Leagues

League information will be available at the Athletic Center and on our website www.thprd.org in July. Coed games will be on Sunday evenings. Women's slow pitch games will be Tuesday evenings and women's modified games will be played on both Tuesday and Thursday evenings. League play will run late August through October.

Adult Softball Tournaments

Individuals interested in hosting spring/summer softball tournaments at the THPRD sports complex must submit an application form and deposit. Call April Hammel at 503/629-6330 for available dates

Fall Men's One-Pitch And Modified Pitch Softball Leagues

League plays weeknights September through early October. Organizational information will be available at the Athletic Center and on our website www.thprd.org in June. Completed rosters, copies of players' IDs and fees are due in July.

Volleyball

Women's Fall Volleyball

Organizational information will be available in the Athletic Center office and on our website www.thprd.org by July 1. Completed rosters, players' ID and fees will be due by August 5. Leagues play mid-September through November.

Coed Fall Volleyball

Organizational information will be available in the Athletic Center office and on our website www.thprd.org by July 1. Completed rosters, players' ID and fees will be due by August 5. Leagues play mid-September through November.

Coed Winter Volleyball

Organizational information will be available on line and at the Athletic Center on November 4. Rosters and fees are due by 7 pm on December 9. Games will begin the first week in January.

Coed Spring Volleyball

League play runs April through mid-June. Games will be held weekday evenings. Organizational packets will be available at the Athletic Center office and at our website www.thprd.org by February 3. Rosters, fees, etc. will be due March 9.

