



Cedar Hills Recreation Center



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

Winter Term: January 1 - April 1
Spring Term: April 2 - June 17

Hours

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

Holiday Hours: 1/16, 2/20, 5/28 (8 am-4 pm)

Closures: 1/1, 4/8

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.

Cedar Hills Center Staff

Deb Schoen, Supervisor
 Karin Madsen, Recreation Coordinator
 Cathi Ellis, Recreation Coordinator
 Jennie Best, Office Tech
 Bevin Bledsoe, Evening Supervisor
 Rob Russell, Receptionist
 Rich Stahl, Saturday Supervisor
 Lindsay Beckman, Sunday Supervisor

Special Events

Daddy-Daughter Dinner Dance

Friday, February 10 • 6-8 pm

Dress in your best, dance to your favorite music, have a special dinner and celebrate Valentine's Day together. The evening will include a photo of the couple! Register each daughter, and daddy gets in free.

3-8 yrs \$27 CH36200 Gym



Spring Egg Hunt

Saturday, April 7 • 10 am

Rain or shine, join us for our hopping Spring Egg Hunt. Our bunny will be available for photos beginning at 9:45 am. All children must be able to walk without assistance. Parent participation allowed for 11-23 month age group only. There will be plenty of eggs and candy for everybody. The hunt begins at 10 am, so don't be late! You must pre-register for this event! Bags included.

11 mths-7 yrs \$6 CH46201 Playfield

Breakfast with Bunny • 9-9:45 am

Don't miss out on breakfast before the big hunt. The bunny will be hopping in so do not forget your camera! See page 85 for more information.

Facility Rentals

The Cedar Hills Recreation Center has several options for renting classrooms for meetings, conferences or the gym for occasional use. For details, call Jennie Best, 503/629-6340 x1920.

Volunteer Opportunities

Leaders in Training Experience (LITE)

LITE is a volunteer program in which teens learn skills and volunteer in Cedar Hills Recreation Center's many camp programs. Limited spaces available. Apply online starting around March 1. Application period ends April 1 or sooner if program fills. go to www.thprd.org/about/volunteer.

Follow us on

facebook

www.facebook.com/CedarHills

Drop-in Sports & Fitness Programs

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

Drop-in Sports & Fitness Fees

In-district and THPRD cardholder:		Out-of-district or non-THPRD cardholder:	
Adults	\$4	Adults and Seniors	\$12
Seniors and Youths 17 and under	\$3	Youths 17 and under	\$9
Households	\$10		

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

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

*Non-Team Play Closed 2/10

Drop-in Aerobics

Class tickets may be purchased for \$6 in-district (ID) or \$18 out-of-district (OD) per class depending on space availability. Tickets do not carry over term to term.

Drop-in Yoga/Pilates

Class tickets may be purchased for \$9.75 ID or \$29.25 OD per class. Class participation depends on space availability. No drop-ins for full classes. Purchase tickets at the office and present to instructor prior to class.

Fully Equipped Weight Room

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

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

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

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

Youth Fitness for ages 11-15 yrs

NEW!

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

Youth Personal Training Hours

(Trainer supervised, drop-in fees apply)

Monday and Wednesday: 3:45-5 pm Sunday: 11 am-12:30 pm

Cedar Hills Fitness Challenge 2012

Cedar Hills Recreation Center is hosting its 5th annual Fitness Challenge from January 1 through April 30.

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

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

One airline ticket to your selected destination.

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

Preschool & Childcare Programs

Childcare Program

Our childcare program is designed for those families utilizing our facility. Parents are encouraged to pre-register their child(ren) to guarantee space availability. We do provide a drop-in option for those staying on-site or leaving the premises; however, openings are subject to space availability and must be done the day of use. Three-hour maximum time allotted per child. Pre-paid reservations are non-refundable/transferrable and drop-in time will not transfer term to term. Cost is \$3 per hour or \$1.50 per half hour for ID residents or those who have purchased an out-of-district assessment.

Childcare will be closed on all holidays.

- **Morning:** Monday-Friday 8:45 am-12:30 pm
- **Evening:** Monday-Thursday 5:15-8:30 pm,
Friday 5:15-7:30 pm
No drop-offs after 8 pm.

Nine-month Preschool Programs

Cedar Hills Recreation Center offers academic based nine-month preschools. Our preschools are designed to prepare your child to meet and exceed kindergarten entry requirements, making their transition into kindergarten smooth and successful. Register in person or call the center office. A \$50 non-refundable deposit will be due at the time of registration. Registration for the 2012/2013 school year begins 1/23 for returning families, 1/30 for new families.

Jumpstart

T/W/Th 9 am-11:30 am 3½-4 years
\$180 per month

Jumpstart - Pre-kindergarten

T/W/Th 12:30-3:30 pm 4-5 years
\$205 per month

Kids First - Pre-kindergarten

M/W/F 9 am- Noon 4-5 years
\$170 per month

Kids First - Preschool

T/Th 9-11 am 3½-4 years
\$125 per month

Kids First - Pre-kindergarten

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

Call the center for more details.

THRIVE After-school Program

Teaching **H**ealthy **R**esponsible **I**ndividuals **V**alues and **E**ducation

We provide high quality after-school care in a safe, nurturing environment. Our after-school program operates Monday through Friday. Children enrolled in 1st-5th grade are picked up from their school and can stay at our center until 6 pm on regular school days and from 7:30 am-6 pm on select in-service days.

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

Indoor Playground

Open Fall through Spring

Families with children 6 weeks through 6 years of age can gather **Tuesdays and Thursdays from 9-11:15 am** to interact and develop motor and social skills through indoor play.

Parent supervision is required. Please contact the center for more complete information.

Cost (per child): \$3 ID/\$9 OD



We Bring The Party To You!

The Rec Mobile is now offering birthday party packages at the Cedar Hill Recreation Center or at the site of your choice.

Some of the party packages to choose from include:

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

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

Class Observation Guidelines

We invite parents/guardians to observe class activities from inside the classroom/gymnasium on the first and last day. During the duration of the term, we encourage parents/guardians to remain outside of the classroom/gymnasium for the best instructional atmosphere for your child. If you have any questions or concerns regarding these guidelines, please feel free to speak to the instructor or recreation coordinator. Thank you for your cooperation and understanding.

Arts & Crafts - Preschool

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
Doodle Bugs				
Experiment with different painting techniques, work with textures, and experience the thrill of creating seasonal arts and crafts. Wear clothes that can take paint. Bring a paper sack. Parent participation required. No unregistered siblings. Childcare available. No class 1/16, 2/20, 5/28.				
Winter Term:				
1/9-2/6 (4) CH34101	M Rm B	10-11 am	1½-3 yrs	\$34
2/13-3/12 (4) CH34102	M Rm B	10-11 am	1½-3 yrs	\$34
Spring Term:				
4/2-4/30 (5) CH44101	M Rm B	10-11 am	1½-3 yrs	\$42
5/7-6/4 (4) CH44102	M Rm B	10-11 am	1½-3 yrs	\$34



Arts & Crafts - Youth

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
Cartooning				
Make up imaginary characters and create funny or serious situations. Learn to use pictures, symbols, and text to convey information quickly and simply. Class will discuss different types of humor and employ elements of storytelling and traditional cartoon imagery. (Kyle)				
Winter Term:				
1/14-3/24 (11) CH34207	S Rm 10	11:30 am-12:25 pm	6-9 yrs	\$76
Spring Term:				
4/7-6/9 (10) CH44207	S Rm 10	11:30 am-12:25 pm	6-9 yrs	\$69

Arts & Crafts - Youth

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
Creating a Comic Book/Manga NEW!				
Develop a personal style of cartoon drawing through the creation of comics, spot cartoons, manga and other forms of illustration. Emphasis is placed on originality and line drawing with various media.				
Winter Term:				
1/12-3/22 (11) CH34202	Th Rm A	4:30-5:30 pm	6-9 yrs	\$80
1/14-3/24 (11) CH34209	S Rm 10	12:45-1:45 pm	7-10 yrs	\$80
Spring Term:				
4/5-6/7 (10) CH44202	Th Rm A	4:30-5:30 pm	6-9 yrs	\$73
4/7-6/9 (10) CH44209	S Rm 10	12:45-1:45 pm	7-10 yrs	\$73

Drawing & Painting Adventure

In drawing, students communicate by recording the real world or the one in their imagination. Use a variety of techniques and media to explore line, texture, form, perspective and composition. For painting, learn how to mix color, use shape and line to express ideas and emotions, and portray images from life and imagination. (Kyle)

Winter Term:				
1/14-3/24 (11) CH34205	S Rm 10	9:30-10:25 am	5½-7½ yrs	\$76
1/14-3/24 (11) CH34206	S Rm 10	10:30-11:30 am	7½-11 yrs	\$80
Spring Term:				
4/7-6/9 (10) CH44205	S Rm 10	9:30-10:25 am	5½-7½ yrs	\$69
4/7-6/9 (10) CH44206	S Rm 10	10:30-11:30 am	7½-11 yrs	\$73

Modern Mix

Try your hand at a mix of techniques and styles in your own cutting-edge drawings, paintings, prints and more. Take on the challenge of new ideas and materials. (Kyle)

Winter Term:				
1/12-3/22 (11) CH34208	Th Rm A	3:30-4:30 pm	5½-7 yrs	\$80
Spring Term:				
4/5-6/7 (10) CH44208	Th Rm A	3:30-4:30 pm	5½-7 yrs	\$73

All preschool and youth classes

We invite parents/guardians to observe class activities from inside the classroom or gymnasium on the first and last day. For the duration of the term, we encourage parents/guardians to remain outside of the classroom or gymnasium for the best instructional atmosphere for your child. If you have any questions or concerns regarding these guidelines, please feel free to speak to the instructor or recreation coordinator. Thank you for your cooperation and understanding.



What should I wear?

Girls: Ballet slippers, leotard and tights preferred.

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

Arts & Crafts - Teen/Adult

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

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

Winter Term:

1/1 1-3/14 (10) CH34508	W Rm D	10 am-Noon	15 yrs-Adult	\$110
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Spring Term:

4/4-6/6 (10) CH44508	W Rm D	10 am-Noon	15 yrs-Adult	\$110
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Quilting, All Levels

Learn the basics, expand your skills and/or learn how to develop your own style and designs. Instruction for every level, beginners to advanced. New projects/patterns presented each term, or bring one of your choosing. Supply list. No class 3/7, 3/8.

Winter Term:

1/25-3/14 (7) CH34514	W Rm 3	7-9 pm	14 yrs-Adult	\$83
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1/26-3/15 (7) CH34515	Th Rm 3	10 am-Noon	14 yrs-Adult	\$83
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Spring Term:

4/4-6/6 (10) CH44514	W Rm 3	7-9 pm	14 yrs-Adult	\$118
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4/5-6/7 (10) CH44515	Th Rm 3	10 am-Noon	14 yrs-Adult	\$118
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Watercolor, All Levels

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

Winter Term:

1/23-3/13 (8) CH34518	W Rm 3	9:30 am-12:30 pm	14 yrs-Adult	\$133
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Spring Term:

4/4-5/23 (8) CH44518	W Rm 3	9:30 am-12:30 pm	14 yrs-Adult	\$133
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Dance - Preschool

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

For those students who have had pre-ballet and are ready for more! Focuses on leaning fundamentals of classical ballet. No class 1/16, 2/20, 5/28. (Becca)

Winter Term:

1/9-3/12 (8) CH31102	M Rm D	11:30 am -12:15 pm	4-6 yrs	\$41
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1/11-3/14 (10) CH31101	W Rm 5	12:15-1 pm	4-6 yrs	\$51
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1/11-3/14 (10) CH31103	W Rm 5	2:30-3:15 pm	4½-7 yrs	\$51
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1/11-3/14 (10) CH31100	W Rm 5	3:30-4:15 pm	4-6 yrs	\$51
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Spring Term

4/2-6/4 (9) CH41102	M Rm D	11:30 am -12:15 pm	4-6 yrs	\$46
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4/4-6/6 (10) CH41101	W Rm 5	12:15-1 pm	4-6 yrs	\$51
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4/4-6/6 (10) CH41103	W Rm 5	2:30-3:15 pm	4½-7 yrs	\$51
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4/4-6/6 (10) CH41100	W Rm 5	3:30-4:15 pm	4-6 yrs	\$51
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Creative Dance

Rhythm and a variety of beginning dance techniques, movement combinations and routines to a variety of music, and the incorporation of dance props. No class 1/16, 2/20, 5/28. (Monika)

Winter Term:

1/9-3/12 (8) CH31105	M Rm 5	10:45-11:30 am	3-5 yrs	\$41
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1/12-3/15 (10) CH31106	Th Rm 5	9:30-10:15 am	3-5 yrs	\$51
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Spring Term:

4/2-6/4 (9) CH41105	M Rm 5	10:45-11:30 am	3-5 yrs	\$46
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4/5-6/7 (10) CH41106	Th Rm 5	9:30-10:15 am	3-5 yrs	\$51
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Dance - Preschool

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
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Creative Movers

Develop rhythm with an introduction to beginning dance techniques, movement combinations and more. Exposure to a variety of music and dance props. (Monika)

Winter Term:

1/13-3/16 (10) CH31107	F Rm D	9-9:30 am	2½-3 yrs	\$37
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Spring Term:

4/6-6/8 (10) CH41107	F Rm D	9-9:30 am	2½-3 yrs	\$37
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Dancing Princesses

Kids get the royal treatment as they learn dance basics that strengthen flexibility, rhythm and grace amongst crowns, wands and their royal outfit. Come dressed in your favorite outfit!

Winter Term:

1/10-3/13 (10) CH31110	T Rm 5	11:15 am-Noon (Monika)	3½-5 yrs	\$51
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1/12-3/15 (10) CH31112	Th Rm 5	11:15 am-Noon (Monika)	4-6 yrs	\$51
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1/14-3/17 (10) CH31111	S Rm 5	10:45-11:30 am (Becca)	3-5 yrs	\$51
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Spring Term:

4/3-6/5 (10) CH41110	T Rm 5	11:15 am-Noon (Monika)	3½-5 yrs	\$51
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4/5-6/7 (10) CH41112	Th Rm 5	11:15 am-Noon (Monika)	4-6 yrs	\$51
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4/7-6/9 (10) CH41111	S Rm 5	10:45-11:30 am (Becca)	3-5 yrs	\$51
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Gymnastic Dance

Learn the fundamentals of dance and an introduction to tumbling and gymnastics techniques often used in dance. No class 1/16, 2/20, 5/28.

Winter Term:

1/9-3/12 (8) CH31113	M Rm 5	12:15-1 pm (Monika)	3½-5 yrs	\$41
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1/12-3/15 (10) CH31114	Th Rm 5	3:30-4:15 pm (Katrina)	4-6 yrs	\$51
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Spring Term:

4/2-6/4 (9) CH41113	M Rm 5	12:15-1 pm (Monika)	3½-5 yrs	\$46
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4/5-6/7 (10) CH41114	Th Rm 5	3:30-4:15 pm (Katrina)	4-6 yrs	\$51
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On Your Toes

Beginning class introduces ballet technique through props and fun music. Skills include balance, coordination, flexibility and strength. (Staff)

Winter Term:

1/11-3/14 (10) CH31116	W Rm 5	11-11:30 am	3-3½ yrs	\$37
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Continued

Dance - Preschool

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
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On Your Toes (continued)

Spring Term:

4/4-6/6 (10) CH41116	W Rm 5	11-11:30 am	3-3½ yrs	\$37
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Pre-Ballet

This class provides an introduction to ballet steps and terminology, with an emphasis on creative movement, rhythm, balance and coordination. No class 1/16, 2/20, 5/28.

Winter Term:

1/9-3/12 (8) CH31118	M Rm D	9:45-10:30 am (Becca)	3½-5 yrs	\$41
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1/9-3/12 (8) CH31119	M Rm D	10:30-11:15 am (Becca)	4-6 yrs	\$41
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1/9-3/12 (8) CH31120	M Rm 5	2:30-3:15 pm (Becca)	4-6 yrs	\$41
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1/10-3/13 (10) CH31121	T Rm 5	10:15-11 am (Monika)	4-6 yrs	\$51
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1/11-3/14 (10) CH31122	W Rm 5	11:30 am-12:15 pm (Becca)	3½-5 yrs	\$51
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1/12-3/15 (10) CH31123	Th Rm 5	10:15-11 am (Monika)	4-6 yrs	\$51
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1/13-3/16 (10) CH31124	F Rm D	9:45-10:30 am (Monika)	3-5 yrs	\$51
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1/13-3/16 (10) CH31125	F Rm D	10:30-11:15 am (Monika)	3-5 yrs	\$51
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1/14-3/17 (10) CH31128	S Rm 5	9-9:45 am (Becca)	3-5 yrs	\$51
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1/14-3/17 (10) CH31129	S Rm 5	9:45-10:30 am (Becca)	4½-6 yrs	\$51
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Spring Term:

4/2-6/4 (9) CH41118	M Rm D	9:45-10:30 am (Becca)	3½-5 yrs	\$46
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4/2-6/4 (9) CH41119	M Rm D	10:30-11:15 am (Becca)	4-6 yrs	\$46
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4/2-6/4 (9) CH41120	M Rm 5	2:30-3:15 pm (Becca)	4-6 yrs	\$46
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4/3-6/5 (10) CH41121	T Rm 5	10:15-11 am (Monika)	4-6 yrs	\$51
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4/4-6/6 (10) CH41122	W Rm 5	11:30 am-12:15 pm (Becca)	3½-5 yrs	\$51
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4/5-6/7 (10) CH41123	Th Rm 5	10:15-11 am (Monika)	4-6 yrs	\$51
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4/6-6/8 (10) CH41124	F Rm D	9:45-10:30 am (Monika)	3-5 yrs	\$51
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4/6-6/8 (10) CH41125	F Rm D	10:30-11:15 am (Monika)	3-5 yrs	\$51
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4/7-6/9 (10) CH41128	S Rm 5	9-9:45 am (Becca)	3-5 yrs	\$51
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4/7-6/9 (10) CH41129	S Rm 5	9:45-10:30 am (Becca)	4½-6 yrs	\$51
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Dance - Preschool

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
Shuffle, Point, Swing				
Introduction to tap, ballet and jazz techniques. Broad exposure to different dance types, music and styles. Tap shoes required. No class 1/16, 2/20, 5/28.				

Winter Term:

1/9-3/12 (8) CH31131	M Rm 5	11:30 am-12:15 pm (Monika)	3½-5 yrs	\$41
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1/12-3/15 (10) CH31132	Th Rm 5	4:15-5 pm (Katrina)	4-6 yrs	\$51
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Spring Term:

4/2-6/4 (9) CH41131	M Rm 5	11:30 am-12:15 pm (Monika)	3½-5 yrs	\$46
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4/5-6/7 (10) CH41132	Th Rm 5	4:15-5 pm (Katrina)	4-6 yrs	\$51
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Sibling Dance Fun

For siblings to move and learn together. Develop rhythm, balance and coordination while learning basic dance forms to fun songs and incorporated props. No class 1/16, 2/20, 5/28.

Winter Term:

1/9-3/12 (8) CH31133	M Rm 5	10-10:45 am (Monika)	2½-6 yrs	\$41
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Spring Term:

4/2-6/4 (9) CH41133	M Rm 5	10-10:45 am (Monika)	2½-6 yrs	\$46
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Sing Along, Dance Along

Kids dance along to songs, sing while they dance, and have fun in movement and sound, all while learning the basics in beginning dance and developing coordination and grace. (Monika)

Winter Term:

1/10-3/13 (10) CH31144	T Rm 5	9:15-10 am	3-4 yrs	\$51
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Spring Term:

4/3-6/5 (10) CH41144	T Rm 5	9:15-10 am	3-4 yrs	\$51
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Dance - Preschool

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
Tiny Tappers				
Through beats and rhythms, little tappers learn the basics of tap from their heads to their feet and everything in between! Tap shoes required. (Monika)				

Winter Term:

1/10-3/13 (10) CH31137	T Rm 5	12:15-1 pm	4-6 yrs	\$51
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Spring Term:

4/3-6/5 (10) CH41137	T Rm 5	12:15-1 pm	4-6 yrs	\$51
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Tiny Tutus

Perfect for tiny dancers to learn basic ballet movements to improve balance and coordination in nurturing and fun environment. Parent participation may be required - at the discretion of instructor. (Staff)

Winter Term:

1/11-3/14 (10) CH31139	W Rm 5	10-10:30 am	2-2½ yrs	\$37
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1/11-3/14 (10) CH31140	W Rm 5	10:30-11 am	2½-3 yrs	\$37
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Spring Term:

4/4-6/6 (10) CH41139	W Rm 5	10-10:30 am	2-2½ yrs	\$37
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4/4-6/6 (10) CH41140	W Rm 5	10:30-11 am	2½-3 yrs	\$37
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Tip Toes

For our youngest dancers! Develop grace, poise, good posture and coordination while dancing to many favorite songs. Basic ballet movements explored. No class 1/16, 2/20, 5/28. (Becca)

Winter Term:

1/9-3/12 (8) CH31138	M Rm D	9-9:30 am	2-3 yrs	\$30
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Spring Term:

4/2-6/4 (9) CH41138	M Rm D	9-9:30 am	2-3 yrs	\$34
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Zumbatomic

For preschool-age children, this is an explosive fusion of dance, games and fun set to the rhythms of salsa, cumbia, reggaeton, merengue, African and many more! This high-energy class is sure to keep your child moving and staying fit. Tennis shoes required. (Allison)

Winter Term:

1/12-3/15 (10) CH31145	Th Rm D	9:15-10 am	4-6 yrs	\$51
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Spring Term:

4/5-6/7 (10) CH41145	Th Rm D	9:15-10 am	4-6 yrs	\$51
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Dance - Youth

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

Our cheerleading program features a combination of cheering, stunting and tumbling taught by experienced cheer coach Nicolette Gonzalez.



Cheer, Beginner

This class offers the fundamentals and basic skill of cheerleading. You will learn motions, jumps, cheers and stunting starting with prep and cradle (dismount). Tumbling skill work on forward rolls, cartwheels and backbends. No class 4/8.

Winter Term: 1/8-3/11 (10) CH31217	Su Gym	12:30-1:15pm	8-13 yrs	\$51
Spring Term: 4/1-6/3 (9) CH41217	Su Gym	12:30-1:15pm	8-13 yrs	\$46

Cheer, Intermediate

This class is for the more experienced, and you must have a clean solid prep cradle to participate at this level! We will learn more stunting skills such as extension, twist up, liberty and full down. Tumbling skills will include back walkover, round-offs and back handspring. No class 4/8.

Winter Term: 1/8-3/11 (10) CH31218	Su Gym	1:15-2:15pm	8-13 yrs	\$65
Spring Term: 4/1-6/3 (9) CH41218	Su Gym	1:15-2:15pm	8-13 yrs	\$58

Cheer, Advanced

This is an instructor approved class, and participants must have extended stunts and cradles. No class 4/8.

Winter Term: 1/8-3/11 (10) CH31219	Su Gym	2:15-3:45pm	11-14 yrs	\$118
Spring Term: 4/1-6/3 (9) CH41219	Su Gym	2:15-3:45pm	11-14 yrs	\$106

Dance - Youth

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

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

Winter Term: 1/11-3/14 (10) CH31200	W Rm 5	4:15-5 pm	7-12 yrs	\$51
Spring Term: 4/4-6/6 (10) CH41200	W Rm 5	4:15-5 pm	7-12 yrs	\$51

Classical Ballet II/III

Ready for the next level? Continue with barre and center work to increase and refine balance, coordination, flexibility and strength. At least one continuous year of level 1 recommended. Refer to instructor for recommendation. (Becca)

Winter Term: 1/11-3/14 (10) CH31201	W Rm 8	5-6 pm	7-12 yrs	\$65
Spring Term: 4/4-6/6 (10) CH41201	W Rm 8	5-6 pm	7-12 yrs	\$65

Dance with Glee

Think you could dance with the kids of Glee? Or want to learn how? Take a chance with a mix of jazz, hip hop, lyrical, theater dance and gymnastics dance and show what you're made of! (Becca)

Winter Term: 1/14-3/17 (10) CH31203	S Rm 5	Noon-1 pm	7-10 yrs	\$65
Spring Term: 4/7-6/9 (10) CH41203	S Rm 5	Noon-1 pm	7-10 yrs	\$65

Got Jazz

Students develop coordination, rhythm, strength and balance to fun and upbeat music. Various styles of jazz dance are introduced. (Katrina)

Winter Term: 1/12-3/15 (10) CH31204	Th Rm 5	5-6 pm	7-12 yrs	\$65
Spring Term: 4/5-6/7 (10) CH41204	Th Rm 5	5-6 pm	7-12 yrs	\$65

Dance - Youth

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
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Hip-Hop Street Dance

Learn techniques and routines based from a variety of dance styles - hip hop, locking, street jazz, contemporary and more. Put your tennis shoes on and get ready to move. No class 1/16, 2/20, 5/28. (Becca)

Winter Term:

1/9-3/12 (8) CH31214	M Rm 5	3:45-4:30 pm	7-12 yrs	\$41
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Spring Term:

4/2-6/4 (9) CH41214	M Rm 5	3:45-4:30 pm	7-12 yrs	\$46
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Hip-Hop Video Dance

Here's your chance to learn all about popular dance with upbeat routines and technical skills for today's dance world! No class 1/16, 2/20, 5/28. (Becca)

Winter Term:

1/9-3/12 (8) CH31208	M Rm 5	4:30-5:30 pm	8½-13 yrs	\$52
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Spring Term:

4/2-6/4 (9) CH41208	M Rm 5	4:30-5:30 pm	8½-13 yrs	\$58
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Jazz - Hip Hop

Kids learn the fundamentals of jazz ranging from Broadway to pop and Hip-hop from pop-n-lock to house, in a fun and exciting environment. (Becca)

Winter Term:

1/14-3/17 (10) CH31213	S Rm 5	1-2 pm	7-10 yrs	\$65
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Spring Term:

4/7-6/9 (10) CH41213	S Rm 5	1-2 pm	7-10 yrs	\$65
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Zumbatomic

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

Winter Term:

1/10-3/13 (10) CH31220	T Rm D	6:15-7:15 pm	7-12 yrs	\$65
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Spring Term:

4/3-6/5 (10) CH41220	T Rm D	6:15-7:15 pm	7-12 yrs	\$65
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Dance - Teen/Adult

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
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Belly Dancing, Beginning, Level 1

Become more graceful, flexible and toned through the ancient art of belly dance. Class will learn isolated body movements, dance steps and the use of the veil. Class promotes a positive body image. (Carla)

Winter Term:

1/10-3/13 (10) CH31502	T Rm 5	7:30-8:30 pm	14 yrs-Adult	\$65
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1/12-3/15 (10) CH31503	Th Rm 5	7:30-8:30 pm	14 yrs-Adult	\$65
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Spring Term:

4/3-6/5 (10) CH41502	T Rm 5	7:30-8:30 pm	14 yrs-Adult	\$65
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4/5-6/7 (10) CH41503	Th Rm 5	7:30-8:30 pm	14 yrs-Adult	\$65
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Belly Dancing, Beginning, Level 2

Continued study of the beautiful and ancient art of belly dance. Study styles from several cultures and learn a variety of steps and veil work. **Participants should have taken Level 1 or have instructor permission.** (Carla)

Winter Term:

1/10-3/13 (10) CH31504	T Rm 5	8:30-9:30 pm	15 yrs-Adult	\$65
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1/12-3/15 (10) CH31505	Th Rm 5	8:30-9:30 pm	15 yrs-Adult	\$65
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Spring Term:

4/3-6/5 (10) CH41504	T Rm 5	8:30-9:30 pm	15 yrs-Adult	\$65
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4/5-6/7 (10) CH41505	Th Rm 5	8:30-9:30 pm	15 yrs-Adult	\$65
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Belly Dancing, Intermediate

As old as time and as new as the next dancer, tribal-style dance blends ancient and modern dance styles into a dynamic, low impact lifetime fitness activity. Group format dancing allows exploration of belly dance, gypsy and folk dance moves without the "fear of going solo." Come join the fun and laughter of women dancing for themselves with other women. No class 1/16, 2/20, 5/28.

Winter Term:

1/9-3/12 (8) CH31506	M Rm 5	8:30-9:30 pm	14 yrs-Adult	\$52
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4/2-6/4 (9) CH41506	M Rm 5	8:30-9:30 pm	14 yrs-Adult	\$58
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Dance - Teen/Adult

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

Traditional ballet technique class. Comprehensive barre and center work for returning and motivated beginners. Students develop strength, flexibility, coordination and confidence. All levels welcome.

Winter Term:

1/11-3/14 (10) CH31508	W Rm 5	7:30-9 pm	15 yrs-Adult	\$92
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Spring Term:

4/4-6/6 (10) CH41508	W Rm 5	7:30-9 am	15 yrs-Adult	\$92
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Hip Hop for Adults

Love to dance and work your body? This fusion of hip-hop and street dance gets you moving. Great music, great energy! Have fun and burn lots of calories. No class 1/16, 2/20, 5/28.

Winter Term:

1/9-3/12 (8) CH31509	M Rm 5	7:15-8:15 pm	14 yrs-Adult	\$52
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Spring Term:

4/2-6/4 (9) CH41509	M Rm 5	7:15-8:15 pm	14 yrs-Adult	\$58
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Class Observation Guidelines

We invite parents/guardians to observe class activities from inside the classroom or gymnasium on the first and last day. During the duration of the term, we encourage parents/guardians to remain outside of the classroom or gymnasium for the best instructional atmosphere for your child. If you have any questions or concerns regarding these guidelines, please feel free to speak to the instructor or recreation coordinator. Thank you for your cooperation and understanding.

General Interest - Preschool

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

Each class has a special cooking or baking theme that will include preparation and cooking in a safe, cozy learning environment. Special emphasis on fun! Call at least 1 wk prior with any food allergies. No class 2/24. (Gloria)

Winter Term:

1/11-2/1 (4) CH35100	W Kitchen	9:30-11:30 am	3-4½ yrs	\$69
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2/15-3/7 (4) CH35101	W Kitchen	9:30-11:30 am	3-4½ yrs	\$69
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1/13-2/3 (4) CH35102	F Kitchen	9:30-11:30 am	4-6 yrs	\$69
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Continued

General Interest - Preschool

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

2/17-3/16 (4) CH35103	F Kitchen	9:30-11:30 am	4-6 yrs	\$69
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Spring Term:

4/4-4/25 (4) CH45100	W Kitchen	9:30-11:30 am	3-4½ yrs	\$69
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5/2-5/23 (4) CH45101	W Kitchen	9:30-11:30 am	3-4½ yrs	\$69
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4/6-4/27 (4) CH45102	F Kitchen	9:30-11:30 am	4-6 yrs	\$69
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5/4-5/25 (4) CH45103	F Kitchen	9:30-11:30 am	4-6 yrs	\$69
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Mix & Stir Together

Halloween fun! Experience how fun it can be working in the kitchen with your child. Cooking together can be a delicious learning experience for both. Cost covers one parent/one child. No unregistered siblings in the classroom. Call at least 1 wk prior with any food allergies. (Gloria)

Spring Term:

4/11 (1) CH45105	W Kitchen	6:30-8:30 pm	3-5 yrs	\$32
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Kindertune Music Adventure

Music, movement, games, stories and other activities designed for parent/child participation. (Karolyn)

Winter Term:

1/13-3/23 (11) CH35113	F Rm C	9:30-10 am	1½-3 yrs	\$48
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1/13-3/23 (11) CH35114	F Rm C	10:05-10:35 am	1½-3 yrs	\$48
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Spring Term:

4/6-6/8 (10) CH45113	F Rm C	9:30-10 am	1½-3 yrs	\$43
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4/6-6/8 (10) CH45114	F Rm C	10:05-10:35 am	1½-3 yrs	\$43
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Music, Art & Acting for Preschoolers

Singing, instruments, art and acting designed for preschool children. The final class will include a performance for parents. (Karolyn)

Winter Term:

1/13-3/23 (11) CH35115	F Rm C	11-11:45 am	3-6 yrs	\$68
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4/6-6/8 (10) CH45115	F Rm C	11-11:45 am	3-6 yrs	\$62
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General Interest - Preschool

A to Z, Let's Learn Letters

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

Winter Term:

1/10-2/7 (5) T 9-11 am 3-5 yrs \$56
CH35180 Rm B

2/14-3/13 (5) T 9-11 am 3-5 yrs \$56
CH35181 Rm B

Spring Term:

4/3-5/1 (5) T 9-11 am 3-5 yrs \$56
CH45180 Rm B

5/8-6/5 (5) T 9-11 am 3-5 yrs \$56
CH45181 Rm B

Books Alive!

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

Winter Term:

1/11-2/8 (5) W 10-11 am 1 ½-3 yrs \$30
CH35182 Rm B

2/15-3/14 (5) W 10-11 am 1 ½-3 yrs \$30
CH35183 Rm B

Spring Term:

4/4-5/2 (5) W 10-11 am 1 ½-3 yrs \$30
CH45182 Rm B

5/9-6/6 (5) W 10-11 am 1 ½-3 yrs \$30
CH45183 Rm B

Four, Five, Six, Math

Children will become more familiar with math as they enjoy games and activities focused on numbers. This course is part of a preschool/ kindergarten enrichment series designed to support a child's intellect and prepare them for real world application. No class 1/16, 2/20, 5/28.

Winter Term:

1/9-2/6 (4) M 2:15-3:15 pm 4-6 yrs \$29
CH35188 Rm A

2/13-3/12 (4) M 2:15-3:15 pm 4-6 yrs \$29
CH35189 Rm A

Spring Term:

4/2-4/30 (5) M 2:15-3:15 pm 4-6 yrs \$35
CH45188 Rm A

5/7-6/4 (4) M 2:15-3:15 pm 4-6 yrs \$29
CH45189 Rm A

Four, Five, Six, Science

Your future scientist will have fun in a group setting as they learn about nature, science and exploring new things. This course is part of a preschool/kindergarten enrichment series designed to support a child's natural curiosity and prepare them for real world application. No class 1/16, 2/20, 5/28.

Winter Term:

1/9-2/6 (4) M 1-2 pm 4-6 yrs \$29
CH35186 Rm A

2/13-3/12 (4) M 1-2 pm 4-6 yrs \$29
CH35187 Rm A

Spring Term:

4/2-4/30 (5) M 1-2 pm 4-6 yrs \$35
CH45186 Rm A

5/7-6/4 (4) M 1-2 pm 4-6 yrs \$29
CH45187 Rm A

Little One Fun, Preschool Prep

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

Winter Term:

1/11-2/8 (5) W 9-11:30 am 2-3 yrs \$68
CH35184 Rm A

2/15-3/14 (5) W 9-11:30 am 2-3 yrs \$68
CH35185 Rm A

Spring Term:

4/4-5/2 (5) W 9-11:30 am 2-3 yrs \$68
CH45184 Rm A

5/9-6/6 (5) W 9-11:30 am 2-3 yrs \$68
CH45185 Rm A

Nature Explorers

Through the wonders of nature, games, stories, crafts and projects, we will nurture the child's natural curiosity about the world around them. Children will enhance knowledge through group participation that fosters experimentation, problem solving and positive social interaction.

Winter Term:

1/12-2/9 (5) Th 9-11 am 3-5 yrs \$65
CH35190 Rm B

2/16-3/15 (5) Th 9-11 am 3-5 yrs \$65
CH35191 Rm B

Spring Term:

4/5-5/3 (5) Th 9-11 am 3-5 yrs \$65
CH45190 Rm B

5/10-6/7 (5) Th 9-11 am 3-5 yrs \$65
CH45191 Rm B

Continued

General Interest - Preschool

Preschool Exploration, It's Funtastic

Explore the fun factors of group play and individual enhancement. Crafts, stories, songs, and playtime are part of the fun. No class 1/16, 2/20, 5/28.

Winter Term:

1/9-2/6 (4)	M	9-11:30 am	3-5 yrs	\$54
CH35125	Rm C			
2/13-3/12 (4)	M	9-11:30 am	3-5 yrs	\$54
CH35126	Rm C			
1/11-2/8 (5)	W	9-11:30 am	3-5 yrs	\$68
CH35127	Rm C			
2/15-3/14 (5)	W	9-11:30 am	3-5 yrs	\$68
CH35128	Rm C			
1/13-2/10 (5)	F	9-11:30 am	3-5 yrs	\$68
CH35129	Rm B			
2/17-3/16 (5)	F	9-11:30 am	3-5 yrs	\$68
CH35130	Rm B			

Spring Term:

4/2-4/30 (5)	M	9-11:30 am	3-5 yrs	\$68
CH45125	Rm C			
5/7-6/4 (4)	M	9-11:30 am	3-5 yrs	\$54
CH45126	Rm C			
4/4-5/2 (5)	W	9-11:30 am	3-5 yrs	\$68
CH45127	Rm C			
5/9-6/6 (5)	W	9-11:30 am	3-5 yrs	\$68
CH45128	Rm C			
4/6-5/4 (5)	F	9-11:30 am	3-5 yrs	\$68
CH45129	Rm B			
5/11-6/8 (5)	F	9-11:30 am	3-5 yrs	\$68
CH45130	Rm B			

Preschool Exploration, Mom's Morning Out

Classes are designed to enhance social skills and creativity. Children will learn to explore the preschool setting, while developing skills through art, songs, stories, sharing and free play. No class 1/16, 2/20, 5/28.

Winter Term:

1/9-2/6 (4)	M	9-11 am	2-3½ yrs	\$45
CH35136	Rm A			
2/13-3/12 (4)	M	9-11 am	2-3½ yrs	\$45
CH35137	Rm A			
1/10-2/7 (5)	T	9-11 am	18 mths-2 yrs	\$56
CH35138	Rm A			
2/14-3/13 (5)	T	9-11 am	18 mths-2 yrs	\$56
CH35139	Rm A			
1/10-2/7 (5)	T	9-11:30 am	18 mths-2½ yrs	\$68
CH35140	Rm C			
2/14-3/13 (5)	T	9-11:30 am	18 mths-2½ yrs	\$68
CH35141	Rm C			

Continued

Preschool Exploration, Mom's Morning Out (cont.)

1/12-2/9 (5)	Th	9-11 am	2-3½ yrs	\$56
CH35142	Rm A			
2/16-3/15 (5)	Th	9-11 am	2-3½ yrs	\$56
CH35143	Rm A			
1/12-2/9 (5)	Th	9-11:30 am	2-3½ yrs	\$68
CH35144	Rm C			
2/16-3/15 (5)	Th	9-11:30 am	2-3½ yrs	\$68
CH35145	Rm C			
1/13-2/10 (5)	F	9-11 am	2-4 yrs	\$56
CH35146	Rm A			
2/17-3/16 (5)	F	9-11 am	2-4 yrs	\$56
CH35147	Rm A			
Spring Term:				
4/2-4/30 (5)	M	9-11 am	2-3½ yrs	\$56
CH45136	Rm A			
5/7-6/4 (4)	M	9-11 am	2-3½ yrs	\$45
CH45137	Rm A			
4/3-5/1 (5)	T	9-11 am	18 mths-2 yrs	\$56
CH45138	Rm A			
5/8-6/5 (5)	T	9-11 am	18 mths-2 yrs	\$56
CH45139	Rm A			
4/3-5/1 (5)	T	9-11:30 am	18 mths-2½ yrs	\$68
CH45140	Rm C			
5/8-6/5 (5)	T	9-11:30 am	18 mths-2½ yrs	\$68
CH45141	Rm C			
4/5-5/3 (5)	Th	9-11 am	2-3½ yrs	\$56
CH45142	Rm A			
5/10-6/7 (5)	Th	9-11 am	2-3½ yrs	\$56
CH45143	Rm A			
4/5-5/3 (5)	Th	9-11:30 am	2-3½ yrs	\$68
CH45144	Rm C			
5/10-6/7 (5)	Th	9-11:30 am	2-3½ yrs	\$68
CH45145	Rm C			
4/6-5/4 (5)	F	9-11 am	2-4 yrs	\$56
CH45146	Rm A			
5/11-6/8 (5)	F	9-11 am	2-4 yrs	\$56
CH45147	Rm A			



General Interest - Youth

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
Acting Performance & Playwriting				
Students review voice projection and movement through pantomime, improvisation and character development. Also, learn to write a short play, direct it and present it to an audience. (Karolyn)				
Winter Term:				
1/10-3/20 (11) CH35200	T Rm 12	4:30-6 pm	7-13 yrs	\$116
Spring Term:				
4/3-6/5 (10) CH45148	T Rm 12	4:30-6 pm	7-13 yrs	\$106

Bit, Bytes & Beyond, Robotics

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

Winter Term:				
1/23-2/13 (4) CH35201	M Rm A	3:30-5:30 pm	8-10 yrs	\$88

Bit, Bytes & Beyond, Game Creation

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

Winter Term:				
2/27-3/19 (4) CH35202	M Rm A	3:30-5:30 pm	8-10 yrs	\$88

Bit, Bytes & Beyond, Movie Making

Have you ever wanted to direct your own movies? Do you like making up stories, enjoy animation? Then this class is for you! Using digital camera, Stop Motion Pro Animation software and video editing software, you'll create stop-motion animated movies with titles, credits and sound effects. Also, design your own set with backgrounds, characters and scenery. (Kid Institute)

Spring Term:				
4/9-4/30 (4) CH45203	M Rm A	3:30-5:30 pm	8-10 yrs	\$88

General Interest - Youth

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
Mix & Stir Together				
Halloween fun! Experience how fun it can be working in the kitchen with your child. Cooking together can be a delicious learning experience for both. Cost covers one parent/one child. No unregistered siblings in the classroom. Call at least 1 wk prior with any food allergies. (Gloria)				
Spring Term:				
5/16 (1) CH45207	W Kitchen	6:30-8:30 pm	6-9 yrs	\$32

Piano, Private Lessons

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

Winter Term:				
1/10-2/7 (5) CH35215	T Rm B	3-3:30 pm	7-14 yrs	\$133
1/10-2/7 (5) CH35216	T Rm B	3:40-4:10 pm	7-14 yrs	\$133
1/10-2/7 (5) CH35217	T Rm B	4:20-4:50 pm	7-14 yrs	\$133
1/10-2/7 (5) CH35218	T Rm B	5-5:30 pm	7-14 yrs	\$133
1/10-2/7 (5) CH35219	T Rm B	5:40-6:10 pm	7-14 yrs	\$133
1/10-2/7 (5) CH35221	T Rm 3	6:20-6:50 pm	7-14 yrs	\$133
2/14-3/13 (5) CH35223	T Rm B	3-3:30 pm	7-14 yrs	\$133
2/14-3/13 (5) CH35224	T Rm B	3:40-4:10 pm	7-14 yrs	\$133
2/14-3/13 (5) CH35225	T Rm B	4:20-4:50 pm	7-14 yrs	\$133
2/14-3/13 (5) CH35226	T Rm B	5-5:30 pm	7-14 yrs	\$133
2/14-3/13 (5) CH35227	T Rm B	5:40-6:10 pm	7-14 yrs	\$133
2/14-3/13 (5) CH35228	T Rm B	6:20-6:50 pm	7-14 yrs	\$133
Spring Term:				
4/3-5/1 (5) CH45215	T Rm B	3-3:30 pm	7-14 yrs	\$133
4/3-5/1 (5) CH45216	T Rm B	3:40-4:10 pm	7-14 yrs	\$133
4/3-5/1 (5) CH45217	T Rm B	4:20-4:50 pm	7-14 yrs	\$133
4/3-5/1 (5) CH45218	T Rm B	5-5:30 pm	7-14 yrs	\$133
4/3-5/1 (5) CH45219	T Rm B	5:40-6:10 pm	7-14 yrs	\$133

Continued

General Interest - Youth

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
Piano, Private Lessons (continued)				
4/3-5/1 (5) CH45221	T Rm B	6:20-6:50 pm	7-14 yrs	\$133
5/8-6/5 (5) CH45223	T Rm B	3-3:30 pm	7-14 yrs	\$133
5/8-6/5 (5) CH45224	T Rm B	3:40-4:10 pm	7-14 yrs	\$133
5/8-6/5 (5) CH45225	T Rm B	4:20-4:50 pm	7-14 yrs	\$133
5/8-6/5 (5) CH45226	T Rm B	5-5:30 pm	7-14 yrs	\$133
5/8-6/5 (5) CH45227	T Rm B	5:40-6:10 pm	7-14 yrs	\$133
5/8-6/5 (5) CH45228	T Rm B	6:20-6:50 pm	7-14 yrs	\$133

Youth Guitar

Learn to play the guitar in a group setting. Learn basic chords and strumming, along with an understanding of how the guitar works. Bring your own guitar. (David)

Winter Term:

1/12-3/1 (8) CH35213	Th Rm 3	3:35-4:20 pm	7-9 yrs	\$48
1/12-3/1 (8) CH35214	Th Rm 3	4:25-5:10 pm	9-14 yrs	\$48

Spring Term:

4/5-5/24 (8) CH45213	Th Rm 3	3:35-4:20 pm	7-9 yrs	\$48
4/5-5/24 (8) CH45214	Th Rm 3	4:25-5:10 pm	9-14 yrs	\$48

Youth Guitar Private Lessons

Learn basic guitar or continue to improve your skills. (David)

Winter Term:

1/11-2/1 (4) CH35270	W Rm 3	3:30-4 pm	6-14 yrs	\$104
1/11-2/1 (4) CH35271	W Rm 3	4-4:30 pm	6-14 yrs	\$104
1/11-2/1 (4) CH35272	W Rm 3	4:30-5 pm	6-14 yrs	\$104
1/11-2/1 (4) CH35273	W Rm 3	5-5:30 pm	6-14 yrs	\$104
1/11-2/1 (4) CH35274	W Rm 3	5:30-6 pm	6-14 yrs	\$104
1/11-2/1 (4) CH35275	W Rm 3	6-6:30 pm	6-14 yrs	\$104
2/8-2/29 (4) CH35276	W Rm 3	3:30-4 pm	6-14 yrs	\$104

General Interest - Youth

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
Youth Guitar Private Lessons (continued)				
2/8-2/29 (4) CH35277	W Rm 3	4-4:30 pm	6-14 yrs	\$104
2/8-2/29 (4) CH35278	W Rm 3	4:30-5 pm	6-14 yrs	\$104
2/8-2/29 (4) CH35279	W Rm 3	5-5:30 pm	6-14 yrs	\$104
2/8-2/29 (4) CH35280	W Rm 3	5:30-6 pm	6-14 yrs	\$104
2/8-2/29 (4) CH35281	W Rm 3	6-6:30 pm	6-14 yrs	\$104
1/12-2/2 (4) CH35282	Th Rm 3	5:30-6 pm	6-14 yrs	\$104
1/12-2/2 (4) CH35283	Th Rm 3	6-6:30 pm	6-14 yrs	\$104
2/9-3/1 (4) CH35284	Th Rm 3	5:30-6 pm	6-14 yrs	\$104
2/9-3/1 (4) CH35285	Th Rm 3	6-6:30 pm	6-14 yrs	\$104
Spring Term:				
4/4-4/25 (4) CH45270	W Rm 3	3:30-4 pm	6-14 yrs	\$104
4/4-4/25 (4) CH45271	W Rm 3	4-4:30 pm	6-14 yrs	\$104
4/4-4/25 (4) CH45272	W Rm 3	4:30-5 pm	6-14 yrs	\$104
4/4-4/25 (4) CH45273	W Rm 3	5-5:30 pm	6-14 yrs	\$104
4/4-4/25 (4) CH45274	W Rm 3	5:30-6 pm	6-14 yrs	\$104
4/4-4/25 (4) CH45275	W Rm 3	6-6:30 pm	6-14 yrs	\$104
5/2-5/23 (4) CH45276	W Rm 3	3:30-4 pm	6-14 yrs	\$104
5/2-5/23 (4) CH45277	W Rm 3	4-4:30 pm	6-14 yrs	\$104
5/2-5/23 (4) CH45278	W Rm 3	4:30-5 pm	6-14 yrs	\$104
5/2-5/23 (4) CH45279	W Rm 3	5-5:30 pm	6-14 yrs	\$104
5/2-5/23 (4) CH45280	W Rm 3	5:30-6 pm	6-14 yrs	\$104
5/2-5/23 (4) CH45281	W Rm 3	6-6:30 pm	6-14 yrs	\$104
4/5-4/26 (4) CH45294	Th Rm 3	5:30-6 pm	6-14 yrs	\$104
4/5-4/26 (4) CH45295	Th Rm 3	6-6:30 pm	6-14 yrs	\$104
5/3-5/24 (4) CH45296	Th Rm 3	5:30-6 pm	6-14 yrs	\$104
5/3-5/24 (4) CH45297	Th Rm 3	6-6:30 pm	6-14 yrs	\$104

General Interest - Teen/Adult

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
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Babysitting Workshops



Home Alone

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

Winter Term:

2/11 (1) CH35208	S	9-11:30 am Rm D	8-12 yrs	\$25
3/3 (1) CH35209	S	9-11:30 am Rm D	8-12 yrs	\$25

Spring Term:

4/28 (1) CH45208	S	9-11:30 am Rm D	8-12 yrs	\$25
6/2 (1) CH45209	S	9-11:30 am Rm D	8-12 yrs	\$25

Safe Sitter, A Babysitting Training Course

The babysitters training course is designed to help middle school and teenage youth learn what it takes to be a responsible, caring, trustworthy, competent, capable and safe babysitter.

Winter Term:

1/21 (1) CH35210	S	8:30 am-3:45 pm Rm D	11-15 yrs	\$40
2/25 (1) CH35211	S	8:30 am-3:45 pm Rm D	11-15 yrs	\$40

Spring Term:

4/21 (1) CH45210	S	8:30 am-3:45 pm Rm D	11-15 yrs	\$40
5/19 (1) CH45211	S	8:30 am-3:45 pm Rm D	11-15 yrs	\$40

General Interest - Teen/Adult

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

Learn basic chords and strumming patterns, develop technical skills and improve your speed and accuracy between chord changes. Bring your own guitar. No class 1/16, 2/20, 5/28.

Winter Term:

1/9-3/12 (8) CH35520	M Rm 3	7:30-8:30 pm	13 yrs-Adult	\$59
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Spring Term:

4/2-6/4 (9) CH45520	M Rm 3	7:30-8:30 pm	13 yrs-Adult	\$67
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Guitar Private Lessons

Learn basic guitar or continue to improve your skills. Open to all levels. No class 1/16, 2/20, 5/28.

Winter Term:

1/9-3/12 (8) CH35526	M Rm 3	4:30-5 pm	12 yrs-Adult	\$205
1/9-3/12 (8) CH35527	M Rm 3	5-5:30 pm	12 yrs-Adult	\$205
1/9-3/12 (8) CH35528	M Rm 3	5:30-6 pm	12 yrs-Adult	\$205
1/9-3/12 (8) CH35529	M Rm 3	6-6:30 pm	12 yrs-Adult	\$205
1/9-3/12 (8) CH35530	M Rm 3	6:30-7 pm	12 yrs-Adult	\$205
1/9-3/12 (8) CH35531	M Rm 3	7-7:30 pm	12 yrs-Adult	\$205

Spring Term:

4/2-6/4 (9) CH45526	M Rm 3	4:30-5 pm	12 yrs-Adult	\$230
4/2-6/4 (9) CH45527	M Rm 3	5-5:30 pm	12 yrs-Adult	\$230
4/2-6/4 (9) CH45528	M Rm 3	5:30-6 pm	12 yrs-Adult	\$230
4/2-6/4 (9) CH45529	M Rm 3	6-6:30 pm	12 yrs-Adult	\$230
4/2-6/4 (9) CH45530	M Rm 3	6:30-7 pm	12 yrs-Adult	\$230
4/2-6/4 (9) CH45531	M Rm 3	7-7:30 pm	12 yrs-Adult	\$230



General Interest - Teen/Adult

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

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

Winter Term:

1/10-2/7 (5) CH35540	T Rm B	7-7:40 pm	10 yrs-Adult	\$162
1/10-2/7 (5) CH35541	T Rm B	7:50-8:30 pm	10 yrs-Adult	\$162
2/14-3/13 (5) CH35543	T Rm B	7-7:40 pm	10 yrs-Adult	\$162
2/14-3/13 (5) CH35544	T Rm B	7:50-8:30 pm	10 yrs-Adult	\$162

Spring Term:

4/3-5/1 (5) CH45540	T Rm B	7-7:40 pm	10 yrs-Adult	\$162
4/3-5/1 (5) CH45541	T Rm B	7:50-8:30 pm	10 yrs-Adult	\$162
5/8-6/5 (5) CH45543	T Rm B	7-7:40 pm	10 yrs-Adult	\$162
5/8-6/5 (5) CH45544	T Rm B	7:50-8:30 pm	10 yrs-Adult	\$162

Gymnastics

Cedar Hills offers a comprehensive gymnastics program. Our gymnastics classes are designed to help support students' progress to reach their full potential according to their personal ability and speed. Great care is taken to provide a fun and safe atmosphere with quality instruction.

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

Note: For safety reasons, any student arriving more than 10 minutes late (or after warmups have ended) will forfeit class participation.

Gymnastics - Preschool

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

Designed for boys only. Work on gymnastics skills on the vault, bars and floor exercise. Learn techniques and movements for skills, plus work on flexibility and strength. All skill levels welcome.

Winter Term:

1/11-3/21 (11) CH33126	W Rm 9	4:45-5:45 pm	4-6 yrs	\$77
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Spring Term:

4/4-6/6 (10) CH43126	W Rm 9	4:45-5:45 pm	4-6 yrs	\$70
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Class Observation Guidelines

We invite parents/guardians to observe class activities from inside the classroom or gymnasium on the first and last day. During the duration of the term, we encourage parents/guardians to remain outside of the classroom or gymnasium for the best instructional atmosphere for your child. If you have any questions or concerns regarding these guidelines, please feel free to speak to the instructor or recreation coordinator. Thank you for your cooperation and understanding.

Gymnastics - Preschool

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

Introduces four gymnastics events: vault, bars, beam and floor. Class also features fun obstacle courses and work on flexibility and strength. Experience in Kindergym class recommended. **(PP) Notes Parent participation required classes.** No class 1/16, 2/20, 5/23.

Winter Term:

1/9-3/19 (9) CH33100	M (PP) Rm 9	9-9:50 am	2½-4 yrs	\$54
1/9-3/19 (9) CH33101	M Rm 9	10-10:50 am	3 yrs	\$54
1/9-3/19 (9) CH33102	M Rm 9	11-11:50 am	4-6 yrs	\$54
1/10-3/20 (11) CH33103	T (PP) Rm 9	9-9:50 am	2½-4 yrs	\$66
1/10-3/20 (11) CH33104	T Rm 9	10-10:50 am	3-4 yrs	\$66
1/10-3/20 (11) CH33105	T Rm 9	11-11:50 am	4-6 yrs	\$66
1/10-3/20 (11) CH33106	T Rm 9	5:45-6:30 pm	4-6 yrs	\$61
1/11-3/21 (11) CH33107	W Rm 9	9-9:50 am	3-4 yrs	\$66
1/11-3/21 (11) CH33108	W Rm 9	10-10:50 am	3-4 yrs	\$66
1/11-3/21 (11) CH33109	W Rm 9	11-11:50 am	4-6 yrs	\$66
1/11-3/21 (11) CH33110	W Rm 9	2:30-3:15 pm	4-6 yrs	\$61
1/12-3/22 (11) CH33111	Th Rm 9	9-9:50 am	3-4 yrs	\$66
1/12-3/22 (11) CH33112	Th Rm 9	10-10:50 am	3-4 yrs	\$66
1/12-3/22 (11) CH33113	Th Rm 9	11-11:50 am	4-6 yrs	\$66
1/12-3/22 (11) CH33114	Th Rm 9	6-6:45 pm	3-5 yrs	\$61
1/13-3/23 (11) CH33115	F Rm 9	2:30-3:15 pm	4-6 yrs	\$61
1/14-3/24 (11) CH33117	S Rm 9	9-9:50 am	4-6 yrs	\$66

Continued

Gymnastics - Preschool

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
Pre Gymnastics (continued)				
1/14-3/24 (11) CH33118	S Rm 9	2-2:45 pm	3-5 yrs	\$61
Spring Term:				
4/2-6/4 (9) CH43100	M (PP) Rm 9	9-9:50 am	2½-4 yrs	\$54
4/2-6/4 (9) CH43101	M Rm 9	10-10:50 am	3 yrs	\$54
4/2-6/4 (9) CH43102	M Rm 9	11-11:50 am	4-6 yrs	\$54
4/3-6/5 (10) CH43103	T (PP) Rm 9	9-9:50 am	2½-4 yrs	\$60
4/3-6/5 (10) CH43104	T Rm 9	10-10:50 am	3-4 yrs	\$60
4/3-6/5 (10) CH43105	T Rm 9	11-11:50 am	4-6 yrs	\$60
4/3-6/5 (10) CH43106	T Rm 9	5:45-6:30 pm	4-6 yrs	\$56
4/4-6/6 (10) CH43107	W Rm 9	9-9:50 am	3-4 yrs	\$60
4/4-6/6 (10) CH43108	W Rm 9	10-10:50 am	3-4 yrs	\$60
4/4-6/6 (10) CH43109	W Rm 9	11-11:50 am	4-6 yrs	\$60
4/4-6/6 (10) CH43110	W Rm 9	2:30-3:15 pm	4-6 yrs	\$56
4/5-6/7 (10) CH43111	Th Rm 9	9-9:50 am	3-4 yrs	\$60
4/5-6/7 (10) CH43112	Th Rm 9	10-10:50 am	3-4 yrs	\$60
4/5-6/7 (10) CH43113	Th Rm 9	11-11:50 am	4-6 yrs	\$60
4/5-6/7 (10) CH43114	Th Rm 9	6-6:45 pm	3-5 yrs	\$56
4/6-6/8 (10) CH43115	F Rm 9	2:30-3:15 pm	4-6 yrs	\$56
4/7-6/9 (10) CH43117	S Rm 9	9-9:50 am	4-6 yrs	\$60
4/7-6/9 (10) CH43118	S Rm 9	2-2:45 pm	3-5 yrs	\$56



Gymnastics - Preschool

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
Gymnastics 1				
Preschool level - Requires being able to do a backwards roll down the hill, and monkey climb on the high bar. Class features fun obstacle courses and work on flexibility and strength to perform skills. Child must pass a pre-gymnastics class before enrolling in this class. No class 1/16, 2/20, 5/28.				
Winter Term:				
1/9-3/19 (9) CH33121	M Rm 9	6-7 pm	4-6 yrs	\$63
1/10-3/20 (11) CH33122	T Rm 9	Noon-1 pm	4-6 yrs	\$77
1/11-3/21 (11) CH33123	W Rm 9	Noon-1 pm	4-6 yrs	\$77
1/12-3/22 (11) CH33124	Th Rm 9	Noon-1 pm	4-6 yrs	\$77
Spring Term:				
4/2-6/4 (9) CH43121	M Rm 9	6-7 pm	4-6 yrs	\$63
4/3-6/5 (10) CH43122	T Rm 9	Noon-1 pm	4-6 yrs	\$70
4/4-6/6 (10) CH43123	W Rm 9	Noon-1 pm	4-6 yrs	\$70
4/5-6/7 (10) CH43124	Th Rm 9	Noon-1 pm	4-6 yrs	\$70

Gymnastics 1.5

Combines Gymnastics 1 and 2 for preschool students who are almost ready for Gym 2 and have passed almost all of the requirements of Gym 1. Refer to instructor for recommendation. No class 1/16, 2/20, 5/28.

Winter Term:				
1/9-3/19 (9) CH33125	M Rm 9	Noon-1 pm	4-6 yrs	\$63
Spring Term:				
4/2-6/4 (9) CH43125	M Rm 9	Noon-1 pm	4-6 yrs	\$63

Gymnastics, Developmental Program, Preschool

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

Winter Term:				
1/12-3/22 (11) CH33127	Th Rm 9	2:30-3:30 pm	4-6 yrs	\$77
Spring Term:				
4/5-6/7 (10) CH43127	Th Rm 9	2:30-3:30 pm	4-6 yrs	\$70

Gymnastics - Youth

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

Designed for boys only. Work on gymnastics skills on the vault, bars and floor exercise. Learn techniques and movements for skills, plus work on flexibility and strength. All skill levels welcome. No class 1/16, 2/20, 5/28.

Winter Term:

1/9-3/19 (9) CH33214	M Rm 9	4:45-5:45 pm	6-10 yrs	\$63
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Spring Term:

4/2-6/4 (9) CH43214	M Rm 9	4:45-5:45 pm	6-10 yrs	\$63
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Gymnastics, PE

Gymnastics-based PE class designed with the homeschool student in mind. Open to all. No class 1/16, 2/20, 5/28.

Winter Term:

1/9-3/19 (9) CH33215	M Rm 9	2-3:15 pm	5-10 yrs	\$77
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Spring Term:

4/2-6/4 (9) CH43215	M Rm 9	2-3:15 pm	5-10 yrs	\$77
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Gymnastics 1

Introduces beginning skills on vault, bars, beam and floor and features fun obstacle courses and work on flexibility and strength to perform skills. No class 1/16, 2/20, 5/28.

Winter Term:

1/9-3/19 (9) CH33200	M Rm 9	7-8 pm	6-13 yrs	\$63
1/11-3/21 (11) CH33201	W Rm 9	3:30-4:30 pm	6-13 yrs	\$77
1/12-3/22 (11) CH33202	Th Rm 9	3:30-4:30 pm	6-13 yrs	\$77
1/13-3/23 (11) CH33203	F Rm 9	3:30-4:30 pm	6-13 yrs	\$77
1/14-3/24 (11) CH33204	S Rm 9	10-11 am	6-13 yrs	\$77

Spring Term:

4/2-6/4 (9) CH43200	M Rm 9	7-8 pm	6-13 yrs	\$63
4/4-6/6 (10) CH43201	W Rm 9	3:30-4:30 pm	6-13 yrs	\$70
4/5-6/7 (10) CH43202	Th Rm 9	3:30-4:30 pm	6-13 yrs	\$70
4/6-6/8 (10) CH43203	F Rm 9	3:30-4:30 pm	6-13 yrs	\$70
4/7-6/9 (10) CH43204	S Rm 9	10-11 am	6-13 yrs	\$70

Gymnastics - Youth

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
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Gymnastics 1.5

Combines Gymnastics 1 and 2 for students who are almost ready for Gym 2 and have passed almost all the requirements of Gym 1. Refer to instructor for further questions or recommendations.

Winter Term:

1/14-3/24 (11) CH33207	S Rm 9	11:15 am-12:15 pm	6-13 yrs	\$77
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Spring Term:

4/7-6/9 (10) CH43207	S Rm 9	11:15 am-12:15 pm	6-13 yrs	\$70
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Gymnastics 1 & 2

Class for those students who are a gymnastics level 1 or 2 (youth age). Students given appropriate level instruction.

Winter Term:

1/12-3/22 (11) CH33205	Th Rm 9	7-8 pm	6-13 yrs	\$77
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Spring Term:

4/5-6/7 (10) CH43205	Th Rm 9	7-8 pm	6-13 yrs	\$70
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Gymnastics 2

Requires being able to do a cartwheel, handstand, pullover and bridge kickover off mats. Work on backbends and kickovers on floor, cartwheel variations, straight handstands, bars, beam and vault. Focus on strength and flexibility. Prerequisite: Child must pass Gymnastics 1 class before enrolling in this class.

Winter Term:

1/10-3/20 (11) CH33208	T Rm 9	3:30-4:30 pm	6-13 yrs	\$77
1/12-3/22 (11) CH33209	Th Rm 9	4:45-5:45 pm	5-10 yrs	\$77
1/13-3/23 (11) CH33210	F Rm 9	4:45-5:45 pm	6-13 yrs	\$77
1/14-3/24 (11) CH33211	S Rm 9	12:30-1:30 pm	6-13 yrs	\$77

Spring Term:

4/3-6/5 (10) CH43208	T Rm 9	3:30-4:30 pm	6-13 yrs	\$70
4/5-6/7 (10) CH43209	Th Rm 9	4:45-5:45 pm	5-10 yrs	\$70
4/6-6/8 (10) CH43210	F Rm 9	4:45-5:45 pm	6-13 yrs	\$70
4/7-6/9 (10) CH43211	S Rm 9	12:30-1:30 pm	6-13 yrs	\$70

Gymnastics - Youth

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

Winter Term:

1/10-3/20 (11) CH33216	T Rm 9	4:30-5:30 pm	6-13 yrs	\$77
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Spring Term:

4/3-6/5 (10) CH43216	T Rm 9	4:30-5:30 pm	6-13 yrs	\$70
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Gymnastics 3

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

Winter Term:

1/10-3/20 (11) CH33212	T Rm 9	6:30-8 pm	6-13 yrs	\$110
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Spring Term:

4/3-6/5 (10) CH43212	T Rm 9	6:30-8 pm	6-13 yrs	\$100
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Gymnastics 4

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

Winter Term:

1/11-3/21 (11) CH33213	W Rm 9	6-8 pm	6-14 yrs	\$143
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Spring Term:

4/4-6/6 (10) CH43213	W Rm 9	6-8 pm	6-14 yrs	\$130
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Gymnastics, Developmental Program - Youth

Developmental gymnastics is targeted to those children who are more advanced for their age and show a strong potential to move quickly through the levels. Coaches are strict with expectations on form, listening and following direction and skill correction application. Heavy emphasis on strength, body positions and perfecting basic skills. This class is instructor referred only. No class 1/16, 2/20, 5/28.

Winter Term:

1/9-3/19 (9) CH33217	M Rm 9	3:30-4:30 pm	6-13 yrs	\$63
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Spring Term:

4/2-6/4 (10) CH43217	M Rm 9	3:30-4:30 pm	6-13 yrs	\$70
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Special Events

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
Daddy-Daughter Dinner Dance				
Dress in your best, dance to your favorite music, have a special dinner and celebrate Valentine's Day together. The evening will include a photo of the couple! Register each daughter, and daddy gets in free.				
2/10 (1) CH36200	F Gym	6-8:05 pm	3-7 yrs	\$28

From My Heart to Yours

Make a special Valentine for that special adult in your life. Snack provided.

2/13 (1) CH36201	M Rm B	1-3:30 pm	3-5 yrs	\$23
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Shamrock Till You Drop!

Calling all Leprechauns. Join us to make a St. Patrick's Day craft. Free play and story time. Snack included.

3/12 (1) CH36202	M Rm B	1-3:30 pm	3-5 yrs	\$23
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Breakfast with Bunny

Join us for a pancake breakfast before the big hunt. The bunny will be hopping in so don't forget your camera. Enroll parent and child gets into egg hunt and breakfast. Additional tickets will be sold at the door for \$5 cash.

4/7 (1) CH46201A	S Rm D	9-9:45 am	10 yrs-Adult	\$17
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Spring Egg Hunt

Rain or shine, join us for our hopping Spring Egg Hunt. Our bunny will be available for photos beginning at 9:45 am. All children must be able to walk without assistance. Parent participation allowed for 11-23 month age group only. There will be plenty of eggs and candy for everybody. The hunt begins at 10 am, so don't be late! You must pre-register for this event! Bags included.

4/7 (1) CH46201	S Covered Area	10-10:50 am	11 mths-7 yrs	\$7
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Memory for Mommy

Surprise the special lady in your life with a special gift made by you. Snack included.

5/7 (1) CH46202	M Rm B	1-3:30 pm	3-5 yrs	\$23
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Sports & Fitness - Preschool

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
Kinder Athletics				
Teaches the basic techniques of a variety of games and builds self-esteem through participation and fun group activities. Children learn to follow instructions in a nurturing, age appropriate environment. Basketball, baseball and soccer included.				

Winter Term:

1/11-2/8 (5) CH32306	W Gym	2:10-2:55 pm	4-5 yrs	\$23
2/15-3/14 (5) CH32307	W Gym	2:10-2:55 pm	4-5 yrs	\$23
1/12-2/9 (5) CH32308	Th Gym	12:30-1:15 pm	4-5 yrs	\$23
2/16-3/15 (5) CH32309	Th Gym	12:30-1:15 pm	4-5 yrs	\$23

Spring Term:

4/4-5/2 (5) CH42306	W Gym	2:10-2:55 pm	4-5 yrs	\$23
5/9-6/6 (5) CH42307	W Gym	2:10-2:55 pm	4-5 yrs	\$23
4/5-5/3 (5) CH42308	Th Gym	12:30-1:15 pm	4-5 yrs	\$23
5/10-6/7 (5) CH42309	Th Gym	12:30-1:15 pm	4-5 yrs	\$23

Kinder Basketball

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

Winter Term:

1/11-2/8 (5) CH32324	W Gym	12:30-1:15 pm	4-5 yrs	\$23
2/15-3/14 (5) CH32325	W Gym	12:30-1:15 pm	4-5 yrs	\$23

Spring Term:

4/4-5/2 (5) CH42324	W Gym	12:30-1:15 pm	4-5 yrs	\$23
5/9-6/6 (5) CH42325	W Gym	12:30-1:15 pm	4-5 yrs	\$23

Kinder Golf

Encourages large motor skills development through a variety of fun golf activities and introduces small children to the group setting. Children enjoy learning game basics through drills and modified play. No class 1/16, 2/20, 5/28.

Winter Term:

1/9-2/6 (5) CH32360	M Gym	3-3:50 pm	4-5 yrs	\$25
2/13-3/12 (5) CH32361	M Gym	3-3:50 pm	4-5 yrs	\$25

Continued

Sports & Fitness - Preschool

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

Spring Term:

4/2-4/30 (5) CH42360	M Gym	3-3:50 pm	4-5 yrs	\$25
5/7-6/4 (4) CH42361	M Gym	3-3:50 pm	4-5 yrs	\$20

Kinder Soccer

Teaches the basic techniques of the game and builds self-esteem through participation and fun soccer activities. Children learn to follow instruction in a nurturing, age appropriate environment. **Shin guards required after first class.**

Winter Term:

1/12-2/9 (5) CH32353	Th Gym	2:15-3 pm	4-5 yrs	\$23
2/16-3/15 (5) CH32354	Th Gym	2:15-3 pm	4-5 yrs	\$23
1/14-2/11 (5) CH32355	S Gym	9:05-9:50 am	4-5 yrs	\$23
2/18-3/17 (5) CH32356	S Gym	9:05-9:50 am	4-5 yrs	\$23

Spring Term:

4/5-5/3 (5) CH42353	Th Gym	2:15-3 pm	4-5 yrs	\$23
5/10-6/7 (5) CH42354	Th Gym	2:15-3 pm	4-5 yrs	\$23
4/7-5/5 (5) CH42355	S Gym	9:05-9:50 am	4-5 yrs	\$23
5/12-6/9 (5) CH42356	S Gym	9:05-9:50 am	4-5 yrs	\$23

Kinder T-ball

Teaches the basic techniques of a variety of games and builds self esteem through participation and fun T-ball group activities. Children learn to follow instructions in a nurturing, age appropriate environment.

Winter Term:

1/13-2/3 (4) CH32342	F Gym	1:15-2 pm	4-5 yrs	\$18
2/17-3/16 (5) CH32343	F Gym	1:15-2 pm	4-5 yrs	\$23

Spring Term:

4/6-5/4 (5) CH42342	F Gym	1:15-2 pm	4-5 yrs	\$23
5/11-6/8 (5) CH42343	F Gym	1:15-2 pm	4-5 yrs	\$23

Sports & Fitness - Preschool

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
Kindergym				
You and your child share time together with games, hoops, balls, movement activities, parachute play and tumbling - guided by our gymnastics staff. Strength, flexibility and motor skills are developed while having fun. Parent participation required. Please note: No unregistered siblings allowed in class room; childcare center option available.				

Winter Term:

1/13-3/23 (11) CH32103	F Rm 9	9:15-10 am	1½-2½ yrs	\$50
1/13-3/23 (11) CH32104	F Rm 9	10:15-11 am	2-3 yrs	\$50
1/13-3/23 (11) CH32105	F Rm 9	11:15 am-Noon	2-3 yrs	\$50

Spring Term:

4/6-6/8 (10) CH42103	F Rm 9	9:15-10 am	1½-2½ yrs	\$45
4/6-6/8 (10) CH42104	F Rm 9	10:15-11 am	2-3 yrs	\$45
4/6-6/8 (10) CH42105	F Rm 9	11:15 am-Noon	2-3 yrs	\$45

Pee Wee Athletics

Encourages large motor skills development through a variety of fun games and introduces small children to the group setting. Children enjoy running and moving just like big kids involved in athletic activities. Basketball, baseball and soccer included. No class 1/16, 2/20, 5/28.

Winter Term:

1/9-2/6 (4) CH32300	M Gym	11-11:45 am	3-4 yrs	\$18
2/13-3/12 (4) CH32301	M Gym	11-11:45 am	3-4 yrs	\$18
1/11-2/8 (5) CH32302	W Gym	9:45-10:30 am	3-4 yrs	\$23
2/15-3/14 (5) CH32303	W Gym	9:45-10:30 am	3-4 yrs	\$23
1/13-2/3 (4) CH32304	F Gym	9:30-10:15 am	3-4 yrs	\$18
2/17-3/16 (5) CH32305	F Gym	9:30-10:15 am	3-4 yrs	\$23

Spring Term:

4/2-4/30 (5) CH42300	M Gym	11-11:45 am	3-4 yrs	\$23
5/7-6/4 (4) CH42301	M Gym	11-11:45 am	3-4 yrs	\$18
4/4-5/2 (5) CH42302	W Gym	9:45-10:30 am	3-4 yrs	\$23
5/9-6/6 (5) CH42303	W Gym	9:45-10:30 am	3-4 yrs	\$23

Continued

Sports & Fitness - Preschool

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
Pee Wee Athletics (continued)				
4/6-5/4 (5) CH42304	F Gym	9:30-10:15 am	3-4 yrs	\$23
5/11-6/8 (5) CH42305	F Gym	9:30-10:15 am	3-4 yrs	\$23

Pee Wee Basketball

Encourages large motor skill development through a variety of fun basketball games and introduces small children to the group setting. Staff will provide positive instruction while children enjoy running, shooting, dribbling and developing a love of the game.

Winter Term:

1/11-2/8 (5) CH32320	W Gym	1:25-2:10 pm	3½-4 yrs	\$23
2/15-3/14 (5) CH32321	W Gym	1:25-2:10 pm	3½-4 yrs	\$23
1/13-2/3 (4) CH32322	F Gym	11:30 am-12:15 pm	3½-4 yrs	\$18
2/17-3/16 (5) CH32323	F Gym	11:30 am-12:15 pm	3½-4 yrs	\$23

Spring Term:

4/4-5/2 (5) CH42320	W Gym	1:25-2:10 pm	3½-4 yrs	\$23
5/9-6/6 (5) CH42321	W Gym	1:25-2:10 pm	3½-4 yrs	\$23
4/6-5/4 (5) CH42322	F Gym	11:30 am-12:15 pm	3½-4 yrs	\$23
5/11-6/8 (5) CH42323	F Gym	11:30 am-12:15 pm	3½-4 yrs	\$23

Pee Wee Golf

Encourages large motor skills development through a variety of fun golf activities and introduces small children to the group setting. Children enjoy learning game basics through drills and modified play. No class 1/16, 2/20, 5/28.

Winter Term:

1/9-2/6 (4) CH32362	M Gym	2-2:50 pm	3½-4 yrs	\$20
2/13-3/12 (4) CH32363	M Gym	2-2:50 pm	3½-4 yrs	\$20
Spring Term:				
4/2-4/30 (5) CH42362	M Gym	2-2:50 pm	3½-4 yrs	\$25
5/7-6/4 (4) CH42363	M Gym	2-2:50 pm	3½-4 yrs	\$20

Sports & Fitness - Preschool

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
Pee Wee Soccer				
Encourages large motor skills development through a variety of fun soccer games and introduces small children to the group setting. Children enjoy running and moving just like big kids. Shin guards required after first class.				

Winter Term:

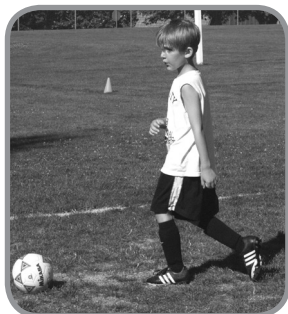
1/11-2/8 (5) CH32349	W Gym	10:45-11:30 am	3½-4 yrs	\$23
2/15-3/14 (5) CH32350	W Gym	10:45-11:30 am	3½-4 yrs	\$23
1/13-2/3 (4) CH32351	F Gym	10:30-11:15 am	3½-4 yrs	\$18
2/17-3/16 (5) CH32352	F Gym	10:30-11:15 am	3½-4 yrs	\$23
Spring Term:				
4/4-5/2 (5) CH42349	W Gym	10:45-11:30 am	3½-4 yrs	\$23
5/9-6/6 (5) CH42350	W Gym	10:45-11:30 am	3½-4 yrs	\$23
4/6-5/4 (5) CH42351	F Gym	10:30-11:15 am	3½-4 yrs	\$23
5/11-6/8 (5) CH42352	F Gym	10:30-11:15 am	3½-4 yrs	\$23

Pee Wee T-ball

Encourages large motor skills development through a variety of fun T-ball games and introduces small children to group settings. Children enjoy running and moving just like big kids involved in baseball.

Winter Term:

1/12-2/9 (5) CH32340	Th Gym	1:15-2 pm	3½-4 yrs	\$23
2/16-3/15 (5) CH32341	Th Gym	1:15-2 pm	3½-4 yrs	\$23
Spring Term:				
4/5-5/3 (5) CH42340	Th Gym	1:15-2 pm	3½-4 yrs	\$23
5/10-6/7 (5) CH42341	Th Gym	1:15-2 pm	3½-4 yrs	\$23



Sports & Fitness - Youth

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
Basketball I				
Young athletes learn passing, dribbling, shooting and age appropriate defense. Fun skill games are played at every session, and every participant has a basketball in hand. Small-sided games are introduced gradually. No class 1/16, 2/20, 5/28.				

Winter Term:

1/9-3/12 (8) CH32326	M Gym	4-4:45 pm	5-6 yrs	\$36
1/14-3/17 (10) CH32327	S Gym	12:15-1 pm	5-6 yrs	\$45
Spring Term:				
4/2-6/4 (9) CH42326	M Gym	4-4:45 pm	5-6 yrs	\$41
4/7-6/9 (10) CH42327	S Gym	12:15-1 pm	5-6 yrs	\$45

Cedar Hills Athletics

Young athletes learn throwing, dribbling, passing, receiving, shooting and age appropriate defense for a variety of sports. Fun skill games are played at every session, and every participant has exposure to equipment. Small-sided games are introduced gradually. Basketball, baseball and soccer included.

Winter Term:

1/12-3/15 (10) CH32310	Th Gym	4:50-5:35 pm	5-7 yrs	\$45
Spring Term:				
4/5-6/7 (10) CH42310	Th Gym	4:50-5:35 pm	5-7 yrs	\$45

Cedar Hills Rec Center Weight Training

Weight training program for middle school students - work with a personal trainer. No class 1/16, 5/28.

Winter Term:

1/9-3/14 (10) CH39000	M/W Wt. Rm/Rm 6	3:45-5:30 pm	11-14 yrs	\$120
Spring Term:				
4/2-5/30 (9) CH49000	M/W Wt. Rm/Rm 6	3:45-5:30 pm	11-14 yrs	\$108



Sports & Fitness - Youth

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

Young athletes learn throwing, catching and hitting. Fun skill games are played at every session, and every participant has exposure to equipment. Mini games are introduced gradually. No class 2/10.

Winter Term:

1/13-3/16 (9) CH32344	F Gym	2:15-3 pm	5-6 yrs	\$41
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Spring Term:

4/6-6/8 (10) CH42344	F Gym	2:15-3 pm	5-6 yrs	\$45
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Hoops, Skills and Scrimmages

Young athletes enjoy advanced skill building: dribbling, shooting and passing in a team play format. Play games to build individual skills and small scrimmages that emphasize application of finer technical points. This is a perfect step for those who are aspiring to move to the next level.

Winter Term:

1/11-3/14 (10) CH32328	W Gym	3:50-4:35 pm	7-9 yrs	\$45
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1/12-3/15 (10) CH32329	Th Gym	4-4:45 pm	7-9 yrs	\$45
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1/14-3/17 (10) CH32330	S Gym	11 am-Noon	8-10 yrs	\$58
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Spring Term:

4/4-6/6 (10) CH42328	W Gym	3:50-4:35 pm	7-9 yrs	\$45
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4/5-6/7 (10) CH42329	Th Gym	4-4:45 pm	7-9 yrs	\$45
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4/7-6/9 (10) CH42330	S Gym	11 am-Noon	8-10 yrs	\$58
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Karate Kids

Beginning karate with a less structured curriculum. Children will gain skills in self-confidence, cooperation, effective communication and motivation. Uniforms are not required.

Winter Term:

1/11-3/14 (10) CH32208	W Rm D	3-3:45 pm	4-6 yrs	\$48
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1/11-3/14 (10) CH32209	W Rm D	3:45-4:45 pm	5-8 yrs	\$60
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1/13-3/16 (10) CH32210	F Rm 5	4-5 pm	6-10 yrs	\$60
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Spring Term:

4/4-6/6 (10) CH42208	W Rm D	3-3:45 pm	4-6 yrs	\$48
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4/4-6/6 (10) CH42209	W Rm D	3:45-4:45 pm	5-8 yrs	\$60
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4/6-6/8 (10) CH42210	F Rm 5	4-5 pm	6-10 yrs	\$60
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Sports & Fitness - Youth

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

Shorin-ryu is a self-defense oriented, traditional Okinawan karate style. Learn basic blocks, punches, kicks and breakfall techniques. **Uniforms required.** Information given at first class.

Winter Term:

1/11-3/14 (10) CH32205	W Rm D	4:45-5:45 pm	6-10 yrs	\$60
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1/13-3/16 (10) CH32206	F Rm 5	3:15-4 pm	5-8 yrs	\$48
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1/13-3/16 (10) CH32207	F Rm 5	5-6 pm	7 yrs-Adult	\$86
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1/13-3/16 (10) CH32584	F Rm 5	6-7 pm	7 yrs-Adult	\$86
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Spring Term:

4/4-6/6 (10) CH42205	W Rm D	4:45-5:45 pm	6-10 yrs	\$60
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4/6-6/8 (10) CH42206	F Rm 5	3:15-4 pm	5-8 yrs	\$48
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4/6-6/8 (10) CH42207	F Rm 5	5-6 pm	7 yrs-Adult	\$86
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4/6-6/8 (10) CH42584	F Rm 5	6-7 pm	7 yrs-Adult	\$86
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Karate, Intermediate

In addition to blocks, strikes and kicks, work on grabs, holds, releases, and breakfalls. Work with nunchaku, tonfa and bo staff as well as naihanchi katas. Students tested for rank in these classes. Additional fees required. **Uniforms required.**

Winter Term:

1/11-3/14 (10) CH32585	W Rm D	6-7 pm	8 yrs-Adult	\$86
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1/13-3/16 (10) CH32586	F Rm 5	7-8 pm	8 yrs-Adult	\$86
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1/13-3/16 (10) CH32588	F Rm 6	7-8 pm	8 yrs-Adult	\$86
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Spring Term

4/4-6/6 (10) CH42585	W Rm D	6-7 pm	8 yrs-Adult	\$86
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4/6-6/8 (10) CH42586	F Rm 5	7-8 pm	8 yrs-Adult	\$86
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4/6-6/8 (10) CH42588	F Rm 6	7-8 pm	8 yrs-Adult	\$86
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Heads up! Registration dates different for winter, spring

Please note two important changes we've made in our registration process: **Registration for winter classes begins Dec. 10, a month earlier than before. Registration for spring classes will be done separately, starting March 3.**

Sports & Fitness - Youth

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
Soccer I				
Young athletes learn dribbling, passing, receiving, shooting and age-specific defense. Fun skill games are played at every session, and every participant has a ball at his or her feet. Small-sided games are introduced gradually. Shin guards are required after the first class.				

Winter Term:

1/12-3/15 (10) CH32357	Th Gym	6-6:45 pm	5-6 yrs	\$45
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Spring Term:

4/5-6/7 (10) CH42357	Th Gym	6-6:45 pm	5-6 yrs	\$45
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Soccer, Skills and Scrimmages

Young athletes enjoy advanced skill building: dribbling, shooting and passing in a team play format. Play games to build individual skills and small-sided scrimmages that emphasize application of finer technical points. This is a perfect step for those who are aspiring to move to the next level.

Winter Term:

1/12-3/15 (10) CH32358	Th Gym	7-7:50 pm	7-9 yrs	\$49
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1/14-3/17 (10) CH32359	S Gym	10-10:50 am	7-9 yrs	\$49
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Spring Term:

4/5-6/7 (10) CH42358	Th Gym	7-7:50 pm	7-9 yrs	\$49
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4/7-6/9 (10) CH42359	S Gym	10-10:50 am	7-9 yrs	\$49
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Volleyball, Beginning

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

Winter Term:

1/10-3/13 (10) CH32216	T Gym	5-6 pm	9-13 yrs	\$61
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Spring Term:

4/3-6/5 (10) CH42216	T Gym	5-6 pm	9-13 yrs	\$61
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Volleyball, Intermediate

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

Winter Term:

1/10-3/13 (10) CH32217	T Gym	6-7 pm	12-16 yrs	\$61
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Spring Term:

4/3-6/5 (10) CH42217	T Gym	6-7 pm	12-16 yrs	\$61
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Sports & Fitness - Youth

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
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Middle School Program

Who Can Participate?

Students who live within the THPRD boundaries and attend a public, private or magnet school (or are home-schooled). This is a great way to get involved in your school and meet new friends. Train two days a week, then represent your school at meets. The program is held outside so dress for the weather - rain or shine! No class 1/16.

Winter Term:

Cedar Park Winter Running

1/10-3/1 (8) CH39100	T/Th Offsite	3:45-5 pm	11-14 yrs	\$81
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Conestoga Winter Running

1/10-3/1 (8) CH39800	T/Th Offsite	3:45-5 pm	11-14 yrs	\$81
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Five Oaks Winter Running

1/10-3/1 (8) CH39200	T/Th Offsite	3:45-5 pm	11-14 yrs	\$81
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Highland Park Winter Running

1/10-3/1 (8) CH39300	T/Th Offsite	3:45-5 pm	11-14 yrs	\$81
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ISB Winter Running

1/10-3/1 (8) CH39900	T/Th Offsite	2:15-3:45 pm	11-14 yrs	\$95
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Meadow Park Winter Running

1/10-3/1 (8) CH39400	T/Th Offsite	3:45-5 pm	11-14 yrs	\$81
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Mt. View Winter Running

1/10-3/1 (8) CH39500	T/Th Offsite	3:45-5 pm	11-14 yrs	\$81
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Stoller Winter Running

1/10-3/1 (8) CH39600	T/Th Offsite	3:45-5 pm	11-14 yrs	\$81
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Whitford Winter Running

1/10-3/1 (8) CH39700	T/Th Offsite	3:45-5 pm	11-14 yrs	\$81
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Cedar Hills Rec Center Weight Training

1/9-3/14 (10) CH39000	M/W	3:45-5:30 pm	11-14 yrs	\$120
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Sports & Fitness - Youth

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
Middle School Program (continued)				
Spring Term:				
Cedar Park Track & Field				
3/13-5/24 (11) CH49100	T/Th Offsite	3:45-5 pm	11-14 yrs	\$116
Conestoga Track & Field				
3/13-5/24 (11) CH49800	T/Th Offsite	3:45-5 pm	11-14 yrs	\$116
Five Oaks Track & Field				
3/13-5/24 (11) CH49200	T/Th Offsite	3:45-5 pm	11-14 yrs	\$116
Highland Park Track & Field				
3/13-5/24 (11) CH49300	T/Th Offsite	3:45-5 pm	11-14 yrs	\$116
ISB Track & Field				
3/13-5/24 (11) CH49900	T/Th Offsite	2:15-3:45 pm	11-14 yrs	\$134
Meadow Park Track & Field				
3/13-5/24 (11) CH49400	T/Th Offsite	3:45-5 pm	11-14 yrs	\$116
Mt. View Track & Field				
3/13-5/24 (11) CH49500	T/Th Offsite	3:45-5 pm	11-14 yrs	\$116
Stoller Track & Field				
3/13-5/24 (11) CH49600	T/Th Offsite	3:45-5 pm	11-14 yrs	\$116
Whitford Track & Field				
3/13-5/24 (11) CH49700	T/Th Offsite	3:45-5 pm	11-14 yrs	\$116
Cedar Hills Rec Center Weight Training				
4/2-5/30 (9) CH49000	M/W	3:45-5:30 pm	11-14 yrs	\$108

Sports & Fitness - Teen/Adult

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost						
The CHRC Fitness Program										
If you are looking for a fitness program, think about this...										
<ul style="list-style-type: none"> • Our classes are taught by certified fitness professionals. • We offer a variety of class options. 										
Weight Room Orientations										
Learn the proper techniques for using weight room equipment, developing an individualized workout. \$39 ID										
Personal Training										
Private appointments with the trainer to customize your fitness program are available. Please allow 10 days for the personal trainer to schedule an appointment with you.										
<table> <tr> <td>1 Session:</td> <td>\$ 44 ID</td> </tr> <tr> <td>3 Sessions:</td> <td>\$132 ID</td> </tr> <tr> <td>6 Sessions:</td> <td>\$247 ID</td> </tr> </table>					1 Session:	\$ 44 ID	3 Sessions:	\$132 ID	6 Sessions:	\$247 ID
1 Session:	\$ 44 ID									
3 Sessions:	\$132 ID									
6 Sessions:	\$247 ID									
NEW!										
Youth Fitness for ages 11-15 yrs										
<ul style="list-style-type: none"> • Learn proper workout technique (stretching, proper form, spotting and movements). • Develop an understanding of workout equipment (cardio, free weights, exercise balls, machines). • Learn a variety of exercises on our cardio equipment (controls, equipment etiquette). • Build lifelong healthy habits. • Enjoy positive relationships among peers and trainers that support fitness goals. 										
Youth Personal Training Hours										
(Trainer supervised, drop-in fees apply)										
Monday & Wednesday: 3:45-5:30 pm										
Sunday: 11 am-12:30 pm										
Fitness, 20,20,20										
Get three fitness styles in one class! One-third aerobic, one-third on strength, and one-third on flexibility. No class 1/16, 2/20, 5/28.										
Winter Term:										
1/4-3/21 (11) CH32501	M/W Rm 6	6:30-7:25 pm	14 yrs-Adult	\$81						
Spring Term:										
4/2-6/6 (10) CH42501	M/W Rm 6	6:30-7:25 pm	14 yrs-Adult	\$74						

Sports & Fitness - Teen/Adult

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
Fitness, Aerobics				
Great cardiovascular, low-impact, fat-burning workout with varying intensity options for all fitness levels. No class 1/16, 2/20, 5/28.				

Winter Term:

1/4-3/23 (13) CH32502	M/W/F Rm 6	8:30-9:25 am	14 yrs-Adult	\$128
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Spring Term:

4/2-6/8 (11) CH42502	M/W/F Rm 6	8:30-9:25 am	14 yrs-Adult	\$112
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Fitness, 3 in 1 Fitness

Start your day with this energizing class, which offers three styles of exercise rotating on a weekly basis: hi-lo, step and circuit training. Each class includes weight training, ab/core work and stretching.

Winter Term:

1/3-3/22 (12) CH32503	T/Th Rm 6	7-7:55 am	14 yrs-Adult	\$93
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Spring Term:

4/3-6/7 (12) CH42503	T/Th Rm 6	7-7:55 am	14 yrs-Adult	\$77
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Fitness, BODYCOMBAT™

BODYCOMBAT™ is a fiercely energetic program inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai. Supported by driving music, you strike, punch, kick and kata your way through calories to superior cardio fitness. No class 1/16, 2/20, 5/28.

Winter Term:

1/3-3/22 (12) CH32511	T/Th Rm 6	10:05-11 am	14 yrs-Adult	\$110
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1/4-3/21 (12) CH32512	M/W Gym	5:45-6:40 pm	14 yrs-Adult	\$96
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1/3-3/22 (12) CH32513	T/Th Rm 6	6:35-7:30 pm	14 yrs-Adult	\$110
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1/7-3/24 (12) CH32514	S Rm 6	8-8:55 am	14 yrs-Adult	\$55
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1/7-3/24 (12) CH32515	S Rm 6	10:30-11:30 am	14 yrs-Adult	\$60
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Spring Term:

4/3-6/7 (12) CH42511	T/Th Rm 6	10:05-11 am	14 yrs-Adult	\$92
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4/2-6/6 (11) CH42512	M/W Gym	5:45-6:40 pm	14 yrs-Adult	\$87
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4/3-6/7 (10) CH42513	T/Th Rm 6	6:35-7:30 pm	14 yrs-Adult	\$92
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4/7-6/9 (10) CH42514	S Rm 6	8-8:55 am	14 yrs-Adult	\$46
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4/7-6/9 (10) CH42515	S Rm 6	10:30-11:30 am	14 yrs-Adult	\$50
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Sports & Fitness - Teen/Adult

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
Fitness, BODYPUMP™				
BODYPUMP™ is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, 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 1/16, 2/20, 5/28.				

Winter Term:

1/4-3/21 (12) CH32504	M/W Rm 6	9:30-10:25 am	14 yrs-Adult	\$96
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1/3-3/22 (12) CH32505	T/Th Rm 6	5:30-6:30 am	14 yrs-Adult	\$120
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1/3-3/22 (12) CH32506	T/Th Rm 6	9-10 am	14 yrs-Adult	\$120
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1/3-3/22 (12) CH32507	T/Th Rm 6	5:30-6:30 pm	14 yrs-Adult	\$120
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1/4-3/21 (12) CH32509	W Rm 6	7:35-8:35 pm	14 yrs-Adult	\$60
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1/7-3/24 (12) CH32510	S Rm 6	9:05-10:05 am	14 yrs-Adult	\$60
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Spring Term:

4/2-6/6 (10) CH42504	M/W Rm 6	9:30-10:25 am	14 yrs-Adult	\$87
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4/3-6/7 (10) CH42505	T/Th Rm 6	5:30-6:30 am	14 yrs-Adult	\$100
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4/3-6/7 (10) CH42506	T/Th Rm 6	9-10 am	14 yrs-Adult	\$100
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4/3-6/7 (10) CH42507	T/Th Rm 6	5:30-6:30 pm	14 yrs-Adult	\$100
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4/4-6/6 (10) CH42509	W Rm 6	7:35-8:35 pm	14 yrs-Adult	\$50
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4/7-6/9 (10) CH42510	S Rm 6	9:05-10:05 am	14 yrs-Adult	\$50
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Fitness, Core Fusion

Class will use a combination of free weights, bands, ball, Pilates and yoga poses to strengthen, stretch and improve your core section. No class 1/16, 2/20, 5/28.

Winter Term:

1/9-3/19 (9) CH32516	M Rm 6	10:30-11:25 am	14 yrs-Adult	\$35
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Spring Term:

4/2-6/4 (10) CH42516	M Rm 6	10:30-11:25 am	14 yrs-Adult	\$39
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Sports & Fitness - Teen/Adult

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

Through a series of exercises that have been created with the intent of strengthening and stretching the body's core, you will develop lean muscles and improve posture, stamina, coordination, flexibility and joint mobility. Includes standing and mat work. No class 1/16, 2/20, 5/28.

Winter Term:

1/9-3/19 (11) CH32517	M Rm 6	5:45-6:40 am	14 yrs-Adult	\$64
1/4-3/21 (12) CH32518	W Rm 6	5:45-6:40 am	14 yrs-Adult	\$70
1/5-3/22 (12) CH32519	Th Rm 6	7:40-8:35 pm	14 yrs-Adult	\$70

Spring Term:

4/2-6/4 (9) CH42517	M Rm 6	5:45-6:40 am	14 yrs-Adult	\$52
4/4-6/6 (10) CH42518	W Rm 6	5:45-6:40 am	14 yrs-Adult	\$58
4/5-6/7 (10) CH42519	Th Rm 6	7:40-8:35 pm	14 yrs-Adult	\$58

Fitness, Pilates on the Ball

Class focuses on adapting the Pilates method to the exercise ball. Uses large and small balls to add resistance, challenge and variety to the mat work.

Winter Term:

1/6-3/23 (12) CH32520	F Rm 6	5:45-6:40 am	14 yrs-Adult	\$70
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Spring Term:

4/6-6/8 (10) CH42520	F Rm 6	5:45-6:40 am	14 yrs-Adult	\$58
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Fitness, Strength Training

Everyone is welcome to this fun and challenging total body strength training class. Emphasis on improving muscle strength and endurance, core strength, aerobic intervals and balance. Equipment includes hand weights, barbells, stability ball and more.

Winter Term:

1/3-3/22 (12) CH32522	T/Th Rm 6	8-8:55 am	14 yrs-Adult	\$93
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Spring Term:

4/3-6/7 (10) CH42522	T/Th Rm 6	8-8:55 am	14 yrs-Adult	\$77
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Sports & Fitness - Teen/Adult

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
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Fitness, Time 2 Change

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

Winter Term:

1/3-3/22 (12) CH32526	T/Th Wt Rm	10-11 am	14 yrs-Adult	\$175
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Fitness, Triple Threat

Get three fitness styles a single class! You focus one-third on aerobic, one-third on strength, and one-third on flexibility. No class 1/16, 2/20, 5/28.

Winter Term:

1/4-3/21 (12) CH32527	M/W Rm 6	5:30-6:25 pm	14 yrs-Adult	\$81
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Spring Term:

4/2-6/6 (10) CH42527	M/W Rm 6	5:30-6:25 pm	14 yrs-Adult	\$74
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Fitness, Turbo Kickboxing

Intervals of high intensity kicks, punches and jabs. NO bag work, NO weight work but always ab work and a weekly focus. Class is for those who have the basic moves and are ready for more. No class 1/16, 2/20, 5/28.

Winter Term:

1/9-3/19 (9) CH32523	M Rm 6	7:35-8:35 pm	14 yrs-Adult	\$38
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1/6-3/23 (12) CH32528	F Rm 6	5:35-6:30 pm	14 yrs-Adult	\$46
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Spring Term:

4/2-6/4 (9) CH42523	M Rm 6	7:35-8:35 pm	14 yrs-Adult	\$38
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4/6-6/8 (10) CH42528	F Rm 6	5:35-6:30 pm	14 yrs-Adult	\$39
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Fitness, Woman's Workout

Just for the ladies! Focuses on calorie burning, and targets and tones a woman's trouble spots. Get ready to work hard and have fun with just the gals. All levels welcome.

Winter Term:

1/6-3/23 (12) CH32525	F Rm 6	9:30-10:25 am	14 yrs-Adult	\$46
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Spring Term:

4/6-6/8 (10) CH42525	F Rm 6	9:30-10:25 am	14 yrs-Adult	\$39
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Sports & Fitness - Teen/Adult

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
Fitness, Zumba Aerobics				
Zumba® fitness fuses hypnotic musical rhythms and tantalizing moves to create a dynamic workout system designed to be fun and easy. Our goal is simple: We want people to want to work out, to love working out, to get hooked. Add some Latin flavor and international zest into the mix and you've got ZUMBA® fitness! No class 1/16, 2/20.				
Winter Term:				
1/9-3/19 (9) CH32531	M Gym	9:30-10:25 am	14 yrs-Adult	\$35
1/3-3/20 (12) CH32532	T Rm 6	7:40-8:35 pm	14 yrs-Adult	\$46
1/4-3/21 (12) CH32533	W Rm 6	10:35-11:30 am	14 yrs-Adult	\$46
1/5-3/22 (12) CH32534	Th Rm 5	6:10-7:05 pm	14 yrs-Adult	\$46
1/7-3/24 (12) CH32536	S Gym	8-8:55 am	14 yrs-Adult	\$46
Spring Term:				
4/2-6/4 (9) CH42531	M Gym	9:30-10:25 am	14 yrs-Adult	\$35
4/3-6/5 (10) CH42532	T Rm 6	7:40-8:35 pm	14 yrs-Adult	\$39
4/4-6/6 (10) CH42533	W Rm 6	10:35-11:30 am	14 yrs-Adult	\$39
4/5-6/7 (10) CH42534	Th Rm 5	6:10-7:05 pm	14 yrs-Adult	\$39
4/7-6/9 (10) CH42536	S Gym	8-8:55 am	14 yrs-Adult	\$39

Fitness, Family Zumba Aerobics

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

Winter Term:				
1/9-3/19 (9) CH32530	M Gym	7:15-8 pm	Adult	\$42
Spring Term:				
4/2-6/4 (9) CH42530	M Gym	7:15-8 pm	Adult	\$42



Sports & Fitness - Teen/Adult

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
Fitness, Zumba Gold				
Zumba Gold® is performed at a lower intensity. It utilizes the same great Latin styles of music and dance used in the Zumba basic program. It's just as much fun just not as fast. Get back into fitness with Zumba Gold®! No class 1/16, 2/20, 5/28.				
Winter Term:				
1/9-3/19 (9) CH32537	M Rm 5	6-7 pm	14 yrs-Adult	\$38
Spring Term:				
4/2-6/4 (10) CH42537	M Rm 5	6-7 pm	14 yrs-Adult	\$42

Bowling for Adults

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

Winter Term:				
1/3-2/7 (6) CH32540	T Offsite	9:30-10:45 am	16 yrs-Adult	\$40
2/14-3/20 (6) CH32541	T Offsite	9:30-10:45 am	16 yrs-Adult	\$40
Spring Term:				
4/10-5/15 (6) CH42540	T Offsite	9:30-10:45 am	16 yrs-Adult	\$40

Karate, Beginning

Shorin-ryu is a self-defense-oriented, traditional Okinawan karate style. Learn basic blocks, punches, kicks and breakfall techniques. **Uniforms required.** Information given at first class.

Winter Term:				
1/13-3/16 (10) CH32207	F Rm 5	5-6 pm	7 yrs-Adult	\$86
1/13-3/16 (10) CH32584	F Rm 5	6-7 pm	7 yrs-Adult	\$86
Spring Term:				
4/6-6/8 (10) CH42207	F Rm 5	5-6 pm	7 yrs-Adult	\$86
4/6-6/8 (10) CH42584	F Rm 5	6-7 pm	7 yrs-Adult	\$86



Sports & Fitness - Teen/Adult

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
Karate, Intermediate				
In addition to blocks, strikes and kicks, work on grabs, holds, releases and breakfalls. Work with nunchaku, tonfa and bo staff as well as naihanchi katas. Students tested for rank in these classes. Additional fees required. Uniforms required.				

Winter Term:

1/11-3/14 (10) CH32585	W Rm D	6-7 pm	8 yrs-Adult	\$86
1/13-3/16 (10) CH32586	F Rm 5	7-8 pm	8 yrs-Adult	\$86
1/13-3/16 (10) CH32588	F Rm 6	7-8 pm	8 yrs-Adult	\$86

Spring Term:

4/4-6/6 (10) CH42585	W Rm D	6-7 pm	8 yrs-Adult	\$86
4/6-6/8 (10) CH42586	F Rm 5	7-8 pm	8 yrs-Adult	\$86
4/6-6/8 (10) CH42588	F Rm 6	7-8 pm	8 yrs-Adult	\$86

Tai-Chi

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

Winter Term:

1/18-3/21 (10) CH32538	W Rm 5	5:45-7:15 pm	14 yrs-Adult	\$89
4/4-6/6 (10) CH42538	W Rm 5	5:45-7:15 pm	14 yrs-Adult	\$89

Yoga, All Levels

Increase your strength, flexibility and balance with simple movements combined with conscious breathing. Yoga can bring about a relaxed state of being and confidence. Bring a mat. No class 1/16, 2/20, 5/28.

Winter Term:

1/9-3/19 (9) CH32544	M Rm 8	10:30-11:45 am (Simon)	14 yrs-Adult	\$68
1/3-3/20 (12) CH32545	T Rm 8	9-10:15 am (Mignon)	14 yrs-Adult	\$91
1/3-3/20 (12) CH32546	T Rm 8	6-7:15 pm (Mateen)	14 yrs-Adult	\$91
1/4-3/21 (12) CH32547	W Rm 8	9:45-11 am (Simon)	14 yrs-Adult	\$91
1/5-3/22 (12) CH32548	Th Rm 8	10:30-11:45 am (Jan)	14 yrs-Adult	\$91
1/5-3/22 (12) CH32549	Th Rm 8	7:30-8:45 pm (Mateen)	14 yrs-Adult	\$91
1/6-3/23 (12) CH32550	F Rm 5	9-10:15 am (Simon)	14 yrs-Adult	\$91

Sports & Fitness - Teen/Adult

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
Yoga, All Levels (continued)				

Spring Term:

4/2-6/4 (9) CH42544	M Rm 8	10:30-11:45 am (Simon)	14 yrs-Adult	\$68
4/3-6/5 (10) CH42545	T Rm 8	9-10:15 am (Mignon)	14 yrs-Adult	\$76
4/3-6/5 (10) CH42546	T Rm 8	6-7:15 pm (Mateen)	14 yrs-Adult	\$76
4/4-6/6 (10) CH42547	W Rm 8	9:45-11 am (Simon)	14 yrs-Adult	\$76
4/12-6/7 (9) CH42548	Th Rm 8	10:30-11:45 am (Jan)	14 yrs-Adult	\$68
4/5-6/7 (10) CH42549	Th Rm 8	7:30-8:45 pm (Mateen)	14 yrs-Adult	\$76
4/6-6/8 (10) CH42550	F Rm 5	9-10:15 am (Simon)	14 yrs-Adult	\$76

Yoga, Beginning

Learn how to stretch deeply and completely with simple movements combined with conscious breathing. Increase your strength and flexibility, and bring about a relaxed state of being. Bring a mat. No class 1/16, 2/20, 5/28.

Winter Term:

1/9-3/19 (9) CH32551	M Rm 8	6-7:15 pm (Lynn)	14 yrs-Adult	\$68
1/3-3/20 (12) CH32552	T Rm 8	7:30-8:45 pm (Mateen)	14 yrs-Adult	\$91
1/5-3/22 (12) CH32553	Th Rm 8	6-7:15 pm (Mateen)	14 yrs-Adult	\$91

Spring Term:

4/2-6/4 (9) CH42551	M Rm 8	6-7:15 pm (Lynn)	14 yrs-Adult	\$68
4/3-6/5 (10) CH42552	T Rm 8	7:30-8:45 pm (Mateen)	14 yrs-Adult	\$76
4/5-6/7 (10) CH42553	Th Rm 8	6-7:15 pm (Mateen)	14 yrs-Adult	\$76

Yoga, Healing Yoga

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

Winter Term:

1/4-3/21 (12) CH32554	W Rm 8	11:15 am-12:15 pm	14 yrs-Adult	\$75
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Spring Term:

4/11-6/6 (9) CH42554	W Rm 8	11:15 am-12:15 pm	14 yrs-Adult	\$56
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Sports & Fitness - Teen/Adult

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
Yoga, Intermediate				
For those who have experienced at least one term of yoga with instructor or equivalent. Class features continued refinement of yoga poses/philosophies and emphasizes breath and movement. Bring a mat. No class 1/16, 2/20, 5/28.				

Winter Term:

1/9-3/19 (9) CH32555	M Rm 8	9-10:15 am (Simon)	14 yrs-Adult	\$68
1/4-3/21 (12) CH32556	W Rm 8	6:15-7:30 pm (Tara)	14 yrs-Adult	\$91
1/6-3/23 (12) CH32557	F Rm 5	10:30-11:45 am (Simon)	14 yrs-Adult	\$91

Spring Term:

4/2-6/4 (9) CH42555	M Rm 8	9-10:15 am (Simon)	14 yrs-Adult	\$68
4/4-6/6 (10) CH42556	W Rm 8	6:15-7:30 pm (Tara)	14 yrs-Adult	\$76
4/6-6/8 (10) CH42557	F Rm 5	10:30-11:45 am (Simon)	14 yrs-Adult	\$76

Yoga, Meditation & Yoga

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

Winter Term:

1/4-3/21 (12) CH32561	W Rm 8	8:15-9:30 am	14 yrs-Adult	\$91
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Spring Term:

4/4-6/6 (10) CH42561	W Rm 8	8:15-9:30 am	14 yrs-Adult	\$76
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Yoga, Parent and Child

Come play with yoga! Class designed for positive interaction between parent and child (ages 3-6 yrs of age). Enjoy relaxation, breathing, stories, pantomimes and more. (Jan)

Winter Term:

1/5-3/22 (12) CH32560	Th Rm 8	9:30-10:15 am	Adult	\$73
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Spring Term:

4/12-6/7 (9) CH42560	Th Rm 8	9:30-10:15 am	Adult	\$55
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Sports & Fitness - Teen/Adult

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

Winter Term:

1/4-3/21 (12) CH32562	W Rm 8	7:45-8:45 pm	14 yrs-Adult	\$75
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Spring Term:

4/4-6/6 (10) CH42562	W Rm 8	7:45-8:45 pm	14 yrs-Adult	\$63
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Yoga, Relaxation Yoga

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

Winter Term:

1/3-3/20 (12) CH32563	T Rm 8	10:30-11:45 am	14 yrs-Adult	\$91
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Spring Term:

4/3-6/5 (10) CH42563	T Rm 8	10:30-11:45 am	14 yrs-Adult	\$76
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Special Event

Kick-off your winter fitness!
Group Fitness Launch
& Fitness Challenge
Kickoff

Saturday, Jan. 7
9-10:30 am

Join us for a morning of fitness.

Cedar Hills Recreation Center will host free mini classes of intense cardio, strength training and more. Come meet our fitness staff and get a schedule of our upcoming classes.



FREE!

- Bodypump
- Bodycombat
- Zumba

“Challenge” Double Mile Event!