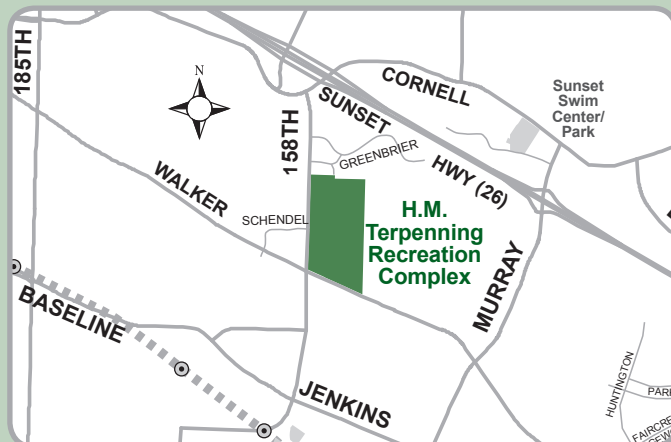




Tualatin Hills Athletic Center



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

Winter Term: January 1 - April 1

Spring Term: April 2 - June 17

Center Hours:

Monday-Friday, 6 am-10 pm

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

Closures: 12/25, 1/1, 4/8

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

Athletic Facility Rental

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

Athletic Center Staff

Julie Rocha, Center Supervisor

April Hammel, Program Coordinator

Emily Kent, Program Coordinator

Leslie Mundt, Program Coordinator

Julie Pacarro Stout, Program Coordinator

Kay VanDyke, Office Tech

Indoor Play Group

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



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

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

Where: Tualatin Hills Athletic Center, Court 6.

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

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

Volunteer Opportunities

Basketball Coaches / Basketball Evaluators

Call the Athletic Center at 503/629-6331 for more information.

Follow us on

facebook

www.facebook.com/thprdAthletics

Drop-in Sports & Fitness Programs

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

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

Drop-in Sports:

Basketball, table tennis, volleyball, pickleball, badminton:

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

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

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

Drop-in Sports Schedule for Winter/Spring

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Basketball	11:30-2:30 pm Adult	11:30-2:30 pm Adult	11:30-2:30 pm Adult	11:30-2:30 pm Adult	11:30-2:30 pm Adult	Call for times	Call for times
	2:30-5 pm Family/Teen	2:30-5 pm Family/Teen	2:30-5 pm Family/Teen	2:30-5 pm Family/Teen	2:30-5 pm Family/Teen	Call for times	Call for times
					7-10 pm Teen	7-10 pm Adult	7-10 pm Adult
Badminton						Call for times Adult	Call for times Adult
Pickleball	12:05-2:30 pm	10 am-Noon		10 am-Noon			
Volleyball						Call for times Adult	Call for times Adult
Table Tennis						1-10 pm	

All times and days subject to change weekly.

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

Youth: \$3, \$9 without OD assessment; **Adult:** \$4, \$12 without OD assessment. **Seniors:** \$3 ID, \$4 OD with paid assessment, \$12 OD without assessment.

Frequent user passes available. Refer to page 6 for details.

Shower Fee

\$2 fee will be charged to all persons not participating in paid activities. **Dressing rooms:** It is requested that all children ages 6 and older use the locker room of their own gender. If this presents a problem for you, please check with the staff at the front desk.

Special Events

Valentine Craft Party

Make Valentine's crafts and decorate a heart-shaped cookie!
Parent participation required.

2/11 (1)	S	10:30-11:30 am	2½-5 yrs	\$16
AC36101	Rm 101			
2/11 (1)	S	Noon-1 pm	4-7 yrs	\$16
AC36102	Rm 101			

Bunny's Spring Party

Fun bunny crafts and games are planned for this party and egg hunt.
***Parent participation required.**

4/7 (1)	S	10-11 am	2½-5 yrs	\$16
AC46101	Ct 1			
4/7 (1)	S	11:30 am-12:30 pm	4-7 yrs	\$16
AC46102	Ct 1			

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

Spring Sports Camps

Badminton Camp

Badminton is easy to learn and fun to play in a camp atmosphere. This camp is designed for you to understand badminton and start enjoying it. Skills you will learn include: grip, footwork, serve, net play, shots and more. You will enjoy the game more when you know how and when to use these skills.

3/26-3/29 (1) M-Th 3-6 pm 5-12 yrs \$74
AC37201 Ct 1

Sports Madness Camp

Sports Madness camp serves as an introduction to sports for children wanting to learn a variety of sports. The camp environment and curriculum are based on true sports instruction and fun in hopes to plant the seeds for a lifetime of sports passion, appreciation and above all, participation.

3/26-3/30 (1) M-F 9 am-3 pm 5-14 yrs \$143
AC37202 Ct 4

Volleyball Camp

Volleyball Camp is an exciting and fun time for young athletes to compete and train in the sport they all love. Skill mastery, enthusiasm, intensity and life skills training make this camp a perfect fit for those who love the sport of volleyball.

3/27-3/29 (1) T-Th 9 am-3 pm 9-15 yrs \$123
AC37203 Ct 6

Stay tuned for our summer sports camps. For more information go to www.thprd.org in March 2012.

Arts & Crafts - Preschool/Youth

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
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Crazy Creations

Come experience the joys of arts and crafts as we explore the many ways we express ourselves through drawing, painting, mixed media and more. No class 1/16, 2/20 & 5/28.

Winter Term:

1/9-3/19 (9) AC34101	M Rm 101	12:45-1:30 pm	4-6 yrs	\$50
1/11-3/21 (11) AC34102	W Rm 101	12:45-1:30 pm	4-6 yrs	\$61

Spring Term:

4/2-6/4 (9) AC44101	M Rm 101	12:45-1:30 pm	4-6 yrs	\$50
4/4-6/6 (10) AC44102	W Rm 101	12:45-1:30 pm	4-6 yrs	\$61

Arts & Crafts - Preschool/Youth

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
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Messy Little Fingers

Let your child get messy with us as he expresses himself through art and learns about his own creativity. In this class your child will develop sensory-motor skills, hand-eye coordination, and learn shapes, colors, and social skills that will help him grow and thrive. Your child gets the messy fun while we get the cleanup. **Parent participation required.** No class 1/16, 2/20 & 5/28.

Winter Term:

1/9-3/19 (9) AC34103	M Rm 101	9:15-10 am	2-4 yrs	\$50
1/9-3/19 (9) AC34104	M Rm 101	10:15-11 am	1½-3 yrs	\$50
1/9-3/19 (9) AC34105	M Rm 101	11:15 am-Noon	2-4 yrs	\$50
1/11-3/21 (11) AC34106	W Rm 101	9:15-10 am	2-4 yrs	\$61
1/11-3/21 (11) AC34107	W Rm 101	10:15-11 am	1½-3 yrs	\$61
1/11-3/21 (11) AC34108	W Rm 101	11:15 am-Noon	2-4 yrs	\$61

Spring Term:

4/2-6/4 (9) AC44103	M Rm 101	9:15-10 am	2-4 yrs	\$50
4/2-6/4 (9) AC44104	M Rm 101	10:15-11 am	1½-3 yrs	\$50
4/2-6/4 (9) AC44105	M Rm 101	11:15 am-Noon	2-4 yrs	\$50
4/4-6/6 (10) AC44106	W Rm 101	9:15-10 am	2-4 yrs	\$55
4/4-6/6 (10) AC44107	W Rm 101	10:15-11 am	1½-3 yrs	\$55
4/4-6/6 (10) AC44108	W Rm 101	11:15 am-Noon	2-4 yrs	\$55

Dynamic Drawing

Come and learn the basics of art as we explore various methods and materials! Drawing, watercolor, shape and animals are just a few of the things you'll be learning about in this class. No previous experience needed, only the desire to pick up a pencil or brush and learn.

Winter Term:

1/10-3/20 (11) AC34109	T Rm 101	6:15-7 pm	6-10 yrs	\$61
1/12-3/22 (11) AC34110	Th Rm 101	6:15-7 pm	6-12 yrs	\$61

Spring Term:

4/3-6/5 (10) AC44109	T Rm 101	6:15-7 pm	6-10 yrs	\$55
4/5-6/7 (9) AC44110	Th Rm 101	6:15-7 pm	6-12 yrs	\$50

General Interest - Preschool/Youth

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
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Kindergarten Continuation

Is your child in a half-day only kindergarten class this fall? Kids will focus on continuing to build their reading and math skills while integrating project-based activities focused on our community and the world around them. Miss Emily has developed kindergarten continuation to align with state and national standards. The projects/lessons are designed around Bloom's performance-based domains. Each day in class will be filled with fun and success! No class 4/12.

Winter Term:

1/10-3/22 (11) AC35101	T/Th Rm 101	1-2 pm	5-7 yrs	\$173
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Spring Term:

4/3-6/7 (10) AC45101	T/Th Rm 101	1-2 pm	5-7 yrs	\$149
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Stroller Fitness Program

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

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

Weekly Schedule at the Athletic Center:

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

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

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

General Interest - Preschool/Youth

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
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Learning Letters & Sounds

Get your child ready for success in kindergarten and inspire a love of learning! This course encourages children to learn to read through music, hands-on activities, and games. They will learn to identify and sound out all letters of the alphabet, establishing a strong knowledge and comprehension of basic reading skills. By the end of this course, learners will independently demonstrate their abilities to encode and decode closed syllable words with fluency and confidence!

Winter Term:

1/10-3/22 (11) AC35102	T/Th Rm 101	9:15-10:15 am	3-5 yrs	\$173
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1/10-3/22 (11) AC35103	T/Th Rm 101	10:30-11:30 am	3-5 yrs	\$173
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Spring Term:

4/3-6/7 (10) AC45102	T/Th Rm 101	9:15-10:15 am	3-5 yrs	\$157
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4/3-6/7 (10) AC45103	T/Th Rm 101	10:30-11:30 am	3-5 yrs	\$157
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Learning Letters, Sounds & Math

Is your child ready for the next level of success? How about getting more of a good thing by adding math to the mix....Children will continue improving their reading skills the first half of the class with the last half devoted to learning some basic math concepts that will include number counting, simple addition and subtraction. Child must have attended one session of Learning Letters & Sounds. No class 4/12.

Winter Term:

1/10-3/22 (11) AC35104	T/Th Rm 101	2:15-3:15 pm	3-5 yrs	\$173
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1/10-3/22 (11) AC35105	T/Th Rm 101	3:30-4:30 pm	3-5 yrs	\$173
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Spring Term:

4/3-6/7 (10) AC45104	T/Th Rm 101	2:15-3:15 pm	3-5 yrs	\$149
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4/3-6/7 (10) AC45105	T/Th Rm 101	3:30-4:30 pm	3-5 yrs	\$149
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Mini Movers

Join this fun NEW class that blends music, movement and games. Each week will have a different theme to spark imagination through movement while focusing on listening, taking turns and building confidence. **Parent participation required.** No class 1/16, 2/20, 5/28.

Winter Term:

1/9-3/19 (9) AC35106	M Ct 1	10:15-10:45 am	2-3 yrs	\$34
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Spring Term:

4/2-6/4 (9) AC45106	M Ct 1	10:15-10:45 am	2-3 yrs	\$34
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General Interest - Preschool/Youth

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
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Tiny Jumpers

Is your toddler ready to take a leap? Learning to jump is an exciting activity for your child. Check out the smiles of little ones when they jump in a big puddle or over a crack in the sidewalk. With the use of trampolines, music and games, your tiny tot can work on large motor skills through jumping, balancing and tumbling. By building strength, balance and coordination your child's self-esteem and confidence will grow. **Parent participation required.**

Winter Term:

1/10-3/20 (11) AC35107	T Ct 1	11-11:30 am	1½-2½ yrs	\$41
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Spring Term:

4/3-6/5 (10) AC45107	T Ct 1	11-11:30 am	1½-2½ yrs	\$37
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Tots in Tow

Parent and child will have fun together learning creative movement activities, including musical games, parachute games and more in a playful environment! Your child will learn better balance, coordination and flexibility while gaining confidence in a fun and exciting way. **Parent participation required. No class 1/16, 2/20, 5/28.**

Winter Term:

1/9-3/19 (9) AC35108	M Ct 1	9:30-10 am	1½-2½ yrs	\$34
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1/12-3/22 (11) AC35109	Th Ct 1	10:15-10:45 am	1½-2½ yrs	\$41
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Spring Term:

4/2-6/4 (9) AC45108	M Ct 1	9:30-10 am	1½-2½ yrs	\$34
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4/5-6/7 (10) AC45109	Th Ct 1	10:15-10:45 am	1½-2½ yrs	\$37
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Tutor Time

This class offers specialized tutoring to meet your child's educational needs. Improve his reading, reading comprehension and basic math skills while providing him with lifelong learning skills that include self-confidence, discipline and motivation! Your child will love this class. No class 1/16, 2/20, 4/12 & 5/28.

Winter Term:

1/9-3/19 (9) AC35110	M Rm 101	1:45-2:30 pm	3-5 yrs	\$257
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1/9-3/19 (9) AC35111	M Rm 101	2:45-3:30 pm	3-5 yrs	\$257
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1/9-3/19 (9) AC35112	M Rm 101	3:45-4:30 pm	4-5 yrs	\$257
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1/9-3/19 (9) AC35113	M Rm 101	4:45-5:30 pm	6-7 yrs	\$257
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1/10-3/20 (11) AC35114	T Rm 101	4:45-5:15 pm	3-4 yrs	\$209
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Continued

General Interest - Preschool/Youth

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

1/10-3/20 (11) AC35115	T Rm 101	5:30-6 pm	4-5 yrs	\$209
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1/11-3/21 (11) AC35116	W Rm 101	1:45-2:30 pm	3-5 yrs	\$314
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1/11-3/21 (11) AC35117	W Rm 101	2:45-3:30 pm	3-5 yrs	\$314
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1/11-3/21 (11) AC35118	W Rm 101	3:45-4:30 pm	4-5 yrs	\$314
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1/11-3/21 (11) AC35119	W Rm 101	4:45-5:30 pm	6-7 yrs	\$314
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1/12-3/22 (11) AC35120	Th Rm 101	4:45-5:15 pm	3-4 yrs	\$209
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1/12-3/22 (11) AC35121	Th Rm 101	5:30-6 pm	4-5 yrs	\$209
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Spring Term:

4/2-6/4 (9) AC45110	M Rm 101	1:45-2:30 pm	3-5 yrs	\$257
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4/2-6/4 (9) AC45111	M Rm 101	2:45-3:30 pm	3-5 yrs	\$257
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4/2-6/4 (9) AC45112	M Rm 101	3:45-4:30 pm	4-5 yrs	\$257
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4/2-6/4 (9) AC45113	M Rm 101	4:45-5:30 pm	6-7 yrs	\$257
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4/3-6/5 (10) AC45114	T Rm 101	4:45-5:15 pm	3-4 yrs	\$190
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4/3-6/5 (10) AC45115	T Rm 101	5:30-6 pm	4-5 yrs	\$190
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4/4-6/6 (10) AC45116	W Rm 101	1:45-2:30 pm	3-5 yrs	\$285
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4/4-6/6 (10) AC45117	W Rm 101	2:45-3:30 pm	3-5 yrs	\$285
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4/4-6/6 (10) AC45118	W Rm 101	3:45-4:30 pm	4-5 yrs	\$285
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4/4-6/6 (10) AC45119	W Rm 101	4:45-5:30 pm	6-7 yrs	\$285
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4/5-6/7 (9) AC45120	Th Rm 101	4:45-5:15 pm	3-4 yrs	\$171
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4/5-6/7 (9) AC45121	Th Rm 101	5:30-6 pm	4-5 yrs	\$171
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All classes are for registered participants only. Please do not leave any children unattended in the bleachers or on the sidelines. Participants must meet the age requirement within 14 days of the first class.

General Interest - Teen/Adult

Tualatin Hills Skate Park

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

Novice Skate Park

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

Outdoor Roller Hockey Arena

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

Cedar Hills Park Bocce Courts

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

Greenway Park Disc Golf

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

Tualatin Hills Fun Runs

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

Sports & Fitness - Preschool

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
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Diamond Dreams

Is your child ready to play T-ball? Get ready by learning basic skills: throwing, catching, hitting off a T, base running, and more in a fun environment. Your child will learn to love the sport along with learning sportsmanship, cooperation, self-confidence and more. Glove optional. No class 4/13.

Winter Term:

1/10-3/20 (11) AC32101	T Ct 3	11-11:30 am	3-5 yrs	\$41
1/13-3/23 (11) AC32102	F Ct 1	9:30-10 am	3-5 yrs	\$41

Spring Term:

4/3-6/5 (10) AC42101	T Ct 3	11-11:30 am	3-5 yrs	\$37
4/6-6/8 (9) AC42102	F Ct 1	9:30-10 am	3-5 yrs	\$34

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

Sports & Fitness - Preschool

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
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Fitness Fun for Girls

Instill the love of exercise at a young age! Let your child burn off some energy and have fun with warm-ups, games, sports and music. She will learn a variety of ways to stay active while building confidence, character and body strength. No class 4/12.

Winter Term:

1/12-3/22 (11) AC32103	Th Ct 1	1-1:30 pm	4-6 yrs	\$41
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Spring Term:

4/5-6/7 (9) AC42103	Th Ct 1	1-1:30 pm	4-6 yrs	\$34
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Floor Hockey

Have fun and learn aspects of this fast-paced game while developing hand-eye coordination and body control. Child safe equipment used. Along with hockey skills, your child will learn teamwork, self-confidence and sportsmanship.

Winter Term:

1/10-3/20 (11) AC32104	T Ct 3	11:45 am-12:15 pm	3-5 yrs	\$41
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Spring Term:

4/3-6/5 (10) AC42104	T Ct 3	11:45 am-12:15 pm	3-5 yrs	\$37
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More Munchkin Music

Girls and boys will enjoy this class filled with fitness and fun. From musical instruments to singing silly songs, this class combines music and movement for a fast-paced half hour.

Winter Term:

1/11-3/21 (11) AC32105	W Ct 1	1-1:30 pm	3-6 yrs	\$41
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Spring Term:

4/4-6/6 (10) AC42105	W Ct 1	1-1:30 pm	3-6 yrs	\$37
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Movement Maniacs

Join the fun with this movement class open to both boys and girls. The focus will be on getting fit using movement, music and games! A great class to build confidence and creativity while working on listening skills, group participation and following directions. No class 1/16, 2/20, 5/28.

Winter Term:

1/9-3/19 (9) AC32106	M Ct 1	1:45-2:15 pm	3-6 yrs	\$34
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Spring Term:

4/2-6/4 (9) AC42106	M Ct 1	1:45-2:15 pm	3-6 yrs	\$34
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Sports & Fitness - Preschool

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
Munchkin Music & More				
Sing, dance and have fun while music gently leads your child to discover movement. Help develop strength, coordination and balance in this class. Parent participation required.				

Winter Term:

1/10-3/20 (11) AC32107	T Ct 1	9:30-10 am	2-4 yrs	\$41
1/11-3/21 (11) AC32108	W Ct 1	9:30-10 am	2-4 yrs	\$41
1/12-3/22 (11) AC32109	Th Ct 1	11-11:30 am	2-4 yrs	\$41

Spring Term:

4/3-6/5 (10) AC42107	T Ct 1	9:30-10 am	2-4 yrs	\$37
4/4-6/6 (10) AC42108	W Ct 1	9:30-10 am	2-4 yrs	\$37
4/5-6/7 (10) AC42109	Th Ct 1	11-11:30 am	2-4 yrs	\$37

Munchkin Sports

Parents will enjoy sharing playtime with their child. Enjoy an exciting and fun way to introduce your child to a variety of sports each week. Instructor will assist you in the fundamentals of each sport so you play with your child in a variety of activities from baseball to soccer and beyond. Your child will learn cooperation and teamwork and build their self-esteem. **Parent participation required.** No class 1/16, 2/20, 4/13, 5/28.

Winter Term:

1/9-3/19 (9) AC32110	M Ct 2	9:30-10 am	2-3 yrs	\$34
1/10-3/20 (11) AC32111	T Ct 2	11-11:30 am	2-3 yrs	\$41
1/11-3/21 (11) AC32112	W Ct 1	10:15-10:45 am	2-3 yrs	\$41
1/12-3/22 (11) AC32113	Th Ct 3	9:30-10 am	2-3 yrs	\$41
1/13-3/23 (11) AC32114	F Ct 1	11:45 am-12:15 pm	2-3 yrs	\$41

Spring Term:

4/2-6/4 (9) AC42110	M Ct 2	9:30-10 am	2-3 yrs	\$34
4/3-6/5 (10) AC42111	T Ct 2	11-11:30 am	2-3 yrs	\$37
4/4-6/6 (10) AC42112	W Ct 1	10:15-10:45 am	2-3 yrs	\$37
4/5-6/7 (10) AC42113	Th Ct 3	9:30-10 am	2-3 yrs	\$37
4/6-6/8 (9) AC42114	F Ct 1	11:45 am-12:15 pm	2-3 yrs	\$34

Sports & Fitness - Preschool

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
Music, Rhythm, & Hip Hop				
Your little ones can learn fun ways to get their bodies moving in this age appropriate musical class. Your child will improve his confidence and self-esteem as he moves to the rhythm and beat.				

Winter Term:

1/10-3/20 (11) AC32115	T Ct 1	1:45-2:15 pm	4-6 yrs	\$41
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Spring Term:

4/3-6/5 (10) AC42115	T Ct 1	1:45-2:15 pm	4-6 yrs	\$37
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Pee Wee Cheerleading

Your child will enjoy this class, learning how to do cheers, dance, jump and use pom poms. Through a variety of games, activities and songs, your child will have fun while feeling comfortable moving their body. This class will help your child express him/herself by cheering on family members at games! Cheering instills confidence and encourages involvement. No class 4/12.

Winter Term:

1/12-3/22 (11) AC32116	Th Ct 1	2:30-3 pm	3½-6 yrs	\$41
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Spring Term:

4/5-6/7 (9) AC42116	Th Ct 1	2:30-3 pm	3½-6 yrs	\$34
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Pee Wee Football

This class is focuses on having fun while learning. Your child will learn the basic football skills, teamwork and cooperation and will build confidence, simplified for younger children. Class is non-contact and held indoors. No class 4/12 & 4/13.

Winter Term:

1/10-3/20 (11) AC32117	T Ct 3	10:15-10:45 am	4-6 yrs	\$41
1/13-3/23 (11) AC32119	F Ct 2	9:30-10 am	4-6 yrs	\$41

Spring Term:

4/3-6/5 (10) AC42117	T Ct 3	10:15-10:45 am	4-6 yrs	\$37
4/6-6/8 (9) AC42119	F Ct 2	9:30-10 am	4-6 yrs	\$34

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

Sports & Fitness - Preschool

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
Pee Wee Golf				
Start your child out by working on the basics of golf in a fun atmosphere, using toy clubs and whiffle balls on an indoor court. Your child will begin to love the game and begin building confidence needed for all sports. No class 1/16, 2/20, 5/28.				

Winter Term:

1/9-3/19 (9) AC32120	M Ct 2	11-11:30 am	4-6 yrs	\$34
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Spring Term:

4/2-6/4 (9) AC42120	M Ct 2	11-11:30 am	4-6 yrs	\$34
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Pee Wee Hoops

Start your child off learning the basics of basketball and building their confidence in a fun environment. Learn to catch, pass, dribble and shoot a basketball. Emphasizes positive attitude, fair play and fun. No class 1/16, 2/20, 4/12, 4/13, 5/28.

Winter Term:

1/9-3/19 (9) AC32121	M Ct 2	10:15-10:45 am	3-5 yrs	\$34
1/9-3/19 (9) AC32122	M Ct 1	5:15-5:45 pm	4-6 yrs	\$34
1/10-3/20 (11) AC32123	T Ct 3	9:30-10 am	3-5 yrs	\$41
1/10-3/20 (11) AC32124	T Ct 2	11:45 am-12:15 pm	4-6 yrs	\$41
1/11-3/21 (11) AC32125	W Ct 2	11-11:30 am	3-4 yrs	\$41
1/11-3/21 (11) AC32126	W Ct 2	11:45 am-12:15 pm	4-6 yrs	\$41
1/12-3/22 (11) AC32127	Th Ct 2	9:30-10 am	3-4 yrs	\$41
1/12-3/22 (11) AC32128	Th Ct 2	10:15-10:45 am	4-6 yrs	\$41
1/12-3/22 (11) AC32129	Th Ct 2	11-11:30 am	3-5 yrs	\$41
1/12-3/22 (11) AC32130	Th Ct 2	11:45 am-12:15 pm	4-6 yrs	\$41
1/12-3/22 (11) AC32131	Th Ct 2	4-4:30 pm	4-6 yrs	\$41
1/13-3/23 (11) AC32132	F Ct 2	10:15-10:45 am	4-6 yrs	\$41
1/13-3/23 (11) AC32133	F Ct 2	11-11:30 am	3-4 yrs	\$41
1/13-3/23 (11) AC32134	F Ct 2	11:45 am-12:15 pm	4-6 yrs	\$41
Spring Term:				
4/2-6/4 (9) AC42121	M Ct 2	10:15-10:45 am	3-5 yrs	\$34

Sports & Fitness - Preschool

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
Pee Wee Hoops (continued)				
4/2-6/4 (9) AC42122	M Ct 1	5:15-5:45 pm	4-6 yrs	\$34
4/3-6/5 (10) AC42123	T Ct 3	9:30-10 am	3-5 yrs	\$37
4/3-6/5 (10) AC42124	T Ct 2	11:45 am-12:15 pm	4-6 yrs	\$37
4/4-6/6 (10) AC42125	W Ct 2	11-11:30 am	3-4 yrs	\$37
4/4-6/6 (10) AC42126	W Ct 2	11:45 am-12:15 pm	4-6 yrs	\$37
4/5-6/7 (10) AC42127	Th Ct 2	9:30-10 am	3-4 yrs	\$37
4/5-6/7 (10) AC42128	Th Ct 2	10:15-10:45 am	4-6 yrs	\$37
4/5-6/7 (10) AC42129	Th Ct 2	11-11:30 am	3-5 yrs	\$37
4/5-6/7 (10) AC42130	Th Ct 2	11:45 am-12:15 pm	4-6 yrs	\$37
4/5-6/7 (9) AC42131	Th Ct 2	4-4:30 pm	4-6 yrs	\$34
4/6-6/8 (9) AC42132	F Ct 2	10:15-10:45 am	4-6 yrs	\$34
4/6-6/8 (9) AC42133	F Ct 2	11-11:30 am	3-4 yrs	\$34
4/6-6/8 (9) AC42134	F Ct 2	11:45 am-12:15 pm	4-6 yrs	\$34

Pee Wee Soccer

Dribbling, trapping and passing are included in this indoor class. Your child will have fun learning teamwork and cooperation and building confidence. Shin guards and gym shoes recommended. No class 1/16, 2/20, 4/12, 4/13, 5/28.

Winter Term:

1/9-3/19 (9) AC32135	M Ct 2	11:45 am-12:15 pm	4-5 yrs	\$34
1/9-3/19 (9) AC32136	M Ct 1	1-1:30 pm	3-5 yrs	\$34
1/9-3/19 (9) AC32137	M Ct 1	3:45-4:15 pm	4-6 yrs	\$34
1/9-3/19 (9) AC32138	M Ct 1	4:30-5 pm	3-5 yrs	\$34
1/10-3/20 (11) AC32139	T Ct 2	9:30-10 am	4-6 yrs	\$41
1/10-3/20 (11) AC32140	T Ct 2	10:15-10:45 am	3-4 yrs	\$41
1/11-3/21 (11) AC32141	W Ct 2	9:30-10 am	3-4 yrs	\$41

Continued

Sports & Fitness - Preschool

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
Pee Wee Soccer (continued)				
1/11-3/21 (11) AC32142	W Ct 2	10:15-10:45 am	4-6 yrs	\$41
1/11-3/21 (11) AC32143	W Ct 1	1:45-2:15 pm	3-5 yrs	\$41
1/12-3/22 (11) AC32144	Th Ct 3	10:15-10:45 am	3-4 yrs	\$41
1/12-3/22 (11) AC32145	Th Ct 3	11-11:30 am	4-5 yrs	\$41
1/12-3/22 (11) AC32146	Th Ct 3	11:45 am-12:15 pm	4-6 yrs	\$41
1/12-3/22 (11) AC32147	Th Ct 1	1:45-2:15 pm	3-5 yrs	\$41
1/12-3/22 (11) AC32148	Th Ct 2	4:45-5:15 pm	3-5 yrs	\$41
1/12-3/22 (11) AC32149	Th Ct 2	5:30-6 pm	4-6 yrs	\$41
1/13-3/23 (11) AC32150	F Ct 1	10:15-10:45 am	3-4 yrs	\$41
1/13-3/23 (11) AC32151	F Ct 1	11-11:30 am	4-6 yrs	\$41
Spring Term:				
4/2-6/4 (9) AC42135	M Ct 2	11:45 am-12:15 pm	4-5 yrs	\$34
4/2-6/4 (9) AC42136	M Ct 1	1-1:30 pm	3-5 yrs	\$34
4/2-6/4 (9) AC42137	M Ct 1	3:45-4:15 pm	4-6 yrs	\$34
4/2-6/4 (9) AC42138	M Ct 1	4:30-5 pm	3-5 yrs	\$34
4/3-6/5 (10) AC42139	T Ct 2	9:30-10 am	4-6 yrs	\$37
4/3-6/5 (10) AC42140	T Ct 2	10:15-10:45 am	3-4 yrs	\$37
4/4-6/6 (10) AC42141	W Ct 2	9:30-10 am	3-4 yrs	\$37
4/4-6/6 (10) AC42142	W Ct 2	10:15-10:45 am	4-6 yrs	\$37
4/4-6/6 (10) AC42143	W Ct 1	1:45-2:15 pm	3-5 yrs	\$37
4/5-6/7 (10) AC42144	Th Ct 3	10:15-10:45 am	3-4 yrs	\$37
4/5-6/7 (10) AC42145	Th Ct 3	11-11:30 am	4-5 yrs	\$37
4/5-6/7 (10) AC42146	Th Ct 3	11:45 am-12:15 pm	4-6 yrs	\$37
4/5-6/7 (9) AC42147	Th Ct 1	1:45-2:15 pm	3-5 yrs	\$34
4/5-6/7 (9) AC42148	Th Ct 2	4:45-5:15 pm	3-5 yrs	\$34
4/5-6/7 (9) AC42149	Th Ct 1	5:30-6 pm	4-6 yrs	\$34

Continued

Sports & Fitness - Preschool

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
Pee Wee Soccer (continued)				
AC42149	Ct 2			
4/6-6/8 (9) AC42150	F Ct 1	10:15-10:45 am	3-4 yrs	\$34
4/6-6/8 (9) AC42151	F Ct 1	11-11:30 am	4-6 yrs	\$34

Pee Wee Soccer, Girls Only

Dribbling, trapping and passing are included in this indoor class just for girls. Your daughter will have fun, learn teamwork and cooperation, and build up confidence. Shin guards and gym shoes recommended.

Winter Term:

1/10-3/20 (11) AC32152	T Ct 1	1-1:30 pm	3-5 yrs	\$41
1/10-3/20 (11) AC32153	T Ct 1	2:45-3:15 pm	4-7 yrs	\$41

Spring Term:

4/3-6/5 (10) AC42152	T Ct 1	1-1:30 pm	3-5 yrs	\$37
4/3-6/5 (10) AC42153	T Ct 1	2:45-3:15 pm	4-7 yrs	\$37

Tumble Tots

You and your child will have fun tumbling through a jumble of mats and equipment. Lead you and your child through basic movements, jumps and tumbling skills while developing your child's motor skills, strength and flexibility. **Parent participation required.** No class 1/16, 2/20, 5/28.

Winter Term:

1/9-3/19 (11) AC33101	M Ct 1	11-11:30 am	2-3 yrs	\$34
1/10-3/20 (11) AC33102	T Ct 1	10:15-10:45 am	2-3 yrs	\$41
1/11-3/21 (11) AC33103	W Ct 1	11-11:30 am	2-3 yrs	\$41
1/12-3/22 (11) AC33104	Th Ct 1	9:30-10 am	2-3 yrs	\$41

Spring Term:

4/2-6/4 (9) AC43101	M Ct 1	11-11:30 am	2-3 yrs	\$34
4/3-6/5 (10) AC43102	T Ct 1	10:15-10:45 am	2-3 yrs	\$37
4/4-6/6 (10) AC43103	W Ct 1	11-11:30 am	2-3 yrs	\$37
4/5-6/7 (10) AC43104	Th Ct 1	9:30-10 am	2-3 yrs	\$37

Sports & Fitness - Preschool

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
Tumbling				
A fun way for your child to work on gymnastic skills! Emphasizes basic movements, jumps, floor work fundamentals, somersaults, etc. Builds strength, flexibility, coordination and confidence. No class 1/16, 2/20, 5/28.				
Winter Term:				
1/9-3/19 (9) AC33105	M Ct 1	11:45 am-12:15 pm	3-6 yrs	\$34
1/10-3/20 (11) AC33106	T Ct 1	11:45 am-12:15 pm	3-6 yrs	\$41
1/11-3/21 (11) AC33107	W Ct 1	11:45 am-12:15 pm	3-6 yrs	\$41
1/12-3/22 (11) AC33108	Th Ct 1	11:45 am-12:15 pm	3-6 yrs	\$41
Spring Term:				
4/2-6/4 (9) AC43105	M Ct 1	11:45 am-12:15 pm	3-6 yrs	\$34
4/3-6/5 (10) AC43106	T Ct 1	11:45 am-12:15 pm	3-6 yrs	\$37
4/4-6/6 (10) AC43107	W Ct 1	11:45 am-12:15 pm	3-6 yrs	\$37
4/5-6/7 (10) AC43108	Th Ct 1	11:45 am-12:15 pm	3-6 yrs	\$37

Sports & Fitness - Youth

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
Basketball Hot Shots				
Hot Shots is a great place for any young basketball player who is looking to improve his skills, work hard, make new friends and have fun! Participants will develop all basketball skills - shooting, passing, dribbling, rebounding and defense - along with improving confidence and self-esteem. Class will give the kind of focused, intensive training that is essential to improvement. No class 1/16, 2/20, 5/28.				
Winter Term:				
1/9-3/19 (9) AC32201	M Ct 2	6-6:45 pm	8-10 yrs	\$46
1/10-3/20 (11) AC32202	T Ct 2	5:45-6:30 pm	9-11 yrs	\$56
1/11-3/21 (11) AC32203	W Ct 2	3-3:45 pm	7-9 yrs	\$56
Spring Term:				
4/2-6/4 (9) AC42201	M Ct 2	6-6:45 pm	8-10 yrs	\$46
4/3-6/5 (10) AC42202	T Ct 2	5:45-6:30 pm	9-11 yrs	\$51
4/4-6/6 (10) AC42203	W Ct 2	3-3:45 pm	7-9 yrs	\$51

Sports & Fitness - Youth

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
Basketball Scrimmages				
Who wants to practice all the time? This basketball class will have warm-up drills and instruction with most of the class dedicated to controlled scrimmage games. Instructor will control the scrimmages for instruction opportunities and safety. Participants will develop their basketball skills - shooting, passing, dribbling, rebounding and defense along with learning sportsmanship, teamwork and self-confidence. No class 4/13.				
Winter Term:				
1/13-3/23 (11) AC32204	F Ct 2	5:20-6:20 pm	9-11 yrs	\$71
1/13-3/23 (11) AC32205	F Ct 2	6:30-7:30 pm	12-14 yrs	\$71
Spring Term:				
4/6-6/8 (9) AC42204	F Ct 2	5:20-6:20 pm	9-11 yrs	\$60
4/6-6/8 (9) AC42205	F Ct 2	6:30-7:30 pm	12-14 yrs	\$60

Basketball Skillz

For the young player that has the basic skills but wants to learn the game at a higher level and have a better understanding of game situations and strategies. Instruction will give the kind of focused, intensive training that is essential to improvement. Skill mastery, enthusiasm, intensity and improved confidence and self-esteem make this class a perfect fit for those who love the sport of basketball. No class 4/13.

Winter Term:				
1/13-3/23 (11) AC32206	F Ct 2	3:30-4:15 pm	7-10 yrs	\$56
1/13-3/23 (11) AC32207	F Ct 2	4:30-5:15 pm	10-14 yrs	\$56
Spring Term:				
4/6-6/8 (9) AC42206	F Ct 2	3:30-4:15 pm	7-10 yrs	\$46
4/6-6/8 (9) AC42207	F Ct 2	4:30-5:15 pm	10-14 yrs	\$46

Flag Football

Have fun playing flag football while learning the basics: throwing, catching, kicking, running and skilled positions. Along with skills, your child will learn teamwork, self-confidence and sportsmanship. Wear your football jersey if you have one! No class 1/16, 2/20, 5/28.

Winter Term:				
1/9-3/19 (9) AC32208	M Ct 2	4-4:45 pm	7-9 yrs	\$46
Spring Term:				
4/2-6/4 (9) AC42208	M Ct 2	4-4:45 pm	7-9 yrs	\$46



Sports & Fitness - Youth

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
Girls Only Basketball				
A place where girls can build their self-esteem and self-confidence playing the game they love. Learn basic skills: ball handling, shooting, passing, defense/offense, footwork and more. Learn the skills and game in a fun environment. No class 4/12, 4/13.				

Winter Term:

1/10-3/20 (11) AC32209	T Ct 2	3:45-4:30 pm	5-9 yrs	\$56
1/12-3/22 (11) AC32210	Th Ct 1	3:45-4:30 pm	9-12 yrs	\$56
1/13-3/23 (11) AC32211	F Ct 1	4-4:45 pm	9-12 yrs	\$56

Spring Term:

4/3-6/5 (10) AC42209	T Ct 2	3:45-4:30 pm	5-9 yrs	\$51
4/5-6/7 (9) AC42210	Th Ct 1	3:45-4:30 pm	9-12 yrs	\$46
4/6-6/8 (9) AC42211	F Ct 1	4-4:45 pm	9-12 yrs	\$46

Hoop It Up!

This basketball class is a great place for any young player who is looking to learn basketball skills, work hard, make new friends and have fun! Participants will develop all basketball skills - shooting, passing, dribbling, rebounding and defense along with learning respect for the game, teamwork, fair play and building self-confidence. No class 1/16, 2/20, 5/28.

Winter Term:

1/9-3/19 (9) AC32212	M Ct 2	5-5:45 pm	5-7 yrs	\$46
1/10-3/20 (11) AC32213	T Ct 2	4:45-5:30 pm	5-7 yrs	\$56

Spring Term:

4/2-6/4 (9) AC42212	M Ct 2	5-5:45 pm	5-7 yrs	\$46
4/3-6/5 (10) AC42213	T Ct 2	4:45-5:30 pm	5-7 yrs	\$51

Sports & Fitness - Youth

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
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PE for Home Schooled Kids

Your child will learn the basics of different sports in this class: learn how to dribble and shoot a basketball; kick a soccer ball; hit, catch and throw a baseball; send a volleyball back over the net and more. Participants will learn respect, sportsmanship, teamwork and self-confidence while having fun!

Winter Term:

1/10-3/20(11) AC32214	T Ct 2	2:30-3:30 pm	6-10 yrs	\$71
1/10-3/20 (11) AC32215	T Ct 3	2:30-3:30 pm	11-16 yrs	\$71

Spring Term:

4/3-6/5 (10) AC42214	T Ct 2	2:30-3:30 pm	6-10 yrs	\$67
4/3-6/5 (10) AC42215	T Ct 3	2:30-3:30 pm	11-16 yrs	\$67

Playground Games

Does your child enjoy playing on the playground at school but doesn't get enough of the fun and games? This class will play a variety of games: dodgeball, kickball, four square, tag and others. No class 1/16, 2/20, 5/28.

Winter Term:

1/9-3/19 (9) AC32216	M Ct 1	6-6:45 pm	7-10 yrs	\$46
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Spring Term:

4/2-6/4 (9) AC42216	M Ct 1	6-6:45 pm	7-10 yrs	\$46
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Soccer Indoor Scrimmages

Tired of just practicing? This indoor soccer class will have warm-up drills and instruction with most of the class dedicated to controlled scrimmage games. Instructor will control the scrimmages for instruction opportunities and safety. Participants will develop their soccer skills—ball control, kicking, blocking and defense along with learning sportsmanship, teamwork and self-confidence. No outdoor shoes please. No class 4/12.

Winter Term:

1/12-3/22 (11) AC32217	Th Ct 1	5:45-6:30 pm	9-12 yrs	\$56
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Spring Term:

4/5-6/7 (9) AC42217	Th Ct 1	5:45-6:30 pm	9-12 yrs	\$46
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Drop-in Pickleball at the AC

Three days a week. Everyone welcome. Free lessons starting in April. For more info call 503/629-6330.

Sports & Fitness - Youth

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
Soccer Stars				
This introduction to fundamentals and proper soccer techniques emphasizes teamwork, fair play, fun and cooperation and builds up confidence. Shin guards and gym shoes recommended. No class 4/12.				
Winter Term:				
1/10-3/20 (11) AC32218	T Ct 3	3:45-4:30 pm	5-9 yrs	\$56
1/11-3/21 (11) AC32219	W Ct 2	4-4:45 pm	5-7 yrs	\$56
1/11-3/21 (11) AC32220	W Ct 2	5-5:45 pm	7-9 yrs	\$56
1/11-3/21 (11) AC32221	W Ct 2	6-6:45 pm	9-12 yrs	\$56
1/12-3/22 (11) AC32222	Th Ct 1	4:45-5:30 pm	9-12 yrs	\$56
Spring Term:				
4/3-6/5 (10) AC42218	T Ct 3	3:45-4:30 pm	5-9 yrs	\$51
4/4-6/6 (10) AC42219	W Ct 2	4-4:45 pm	5-7 yrs	\$51
4/4-6/6 (10) AC42220	W Ct 2	5-5:45 pm	7-9 yrs	\$51
4/4-6/6 (10) AC42221	W Ct 2	6-6:45 pm	9-12 yrs	\$51
4/5-6/7 (9) AC42222	Th Ct 1	4:45-5:30 pm	9-12 yrs	\$46

Youth Volleyball

Volleyball is a sport loved by many! Learn and practice volleyball skills such as serving, passing and hitting. Participants will learn skills for a lifetime of playing volleyball. No class 4/13.

Winter Term:				
1/13-3/23 (11) AC32223	F Ct 1	5-6 pm	9-11 yrs	\$73
Spring Term:				
4/6-6/8 (9) AC42223	F Ct 1	5-6 pm	9-11 yrs	\$60

Sports & Fitness - Teen/Adult

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
Adult Volleyball				
This class is for the beginner wanting to learn a new sport, or someone who played years ago wanting to play again, or those who want to improve their volleyball skills. You will learn passing, setting, hitting, serving, etc., with drills and games. Come join the fun playing volleyball while getting fit at the same time. No class 1/16, 2/20.				
Winter Term:				
1/9-3/19 (9) AC32501	M Ct 1	8:15-9:45 pm	13-adult	\$83

Sports & Fitness - Teen/Adult

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
Badminton, Beginning				
Badminton is fast becoming a popular sport. Find out what all the excitement is about! Come join this class to learn and improve through practice and instruction. No experience necessary. No class 1/16 & 2/20.				
Winter Term:				
1/9-3/19 (9) AC32502	M Ct 2	7-8:30 pm	7 yrs-Adult	\$83

Fun, Fit, Healthy Family PE Class

Play, learn, and connect. Our family-centered approach to fitness, sports, and wellness helps the entire family get moving. Stay fit together in a fun, encouraging and social atmosphere. Play a variety of fitness, sports and games such as circuit training, relay races, jump rope, soccer, volleyball, flag football, kickball and capture the flag. Active family time is a great opportunity for parents to role model positive behavior toward fitness and sports, to teach your children healthy habits that will benefit them for a lifetime. No class 1/16, 2/20.

Winter Term:				
1/9-3/19 (9) AC32503	M Ct 1	7-8 pm	7 yrs-Adult	\$71

Youth/Teen Volleyball

Work on the volleyball skills you will need during the season: serving, passing, spiking and offensive and defensive strategizing. No class 4/13.

Winter Term:				
1/13-3/23 (11) AC32301	F Ct 1	6:15-7:15 pm	12-16 yrs	\$73
Spring Term:				
4/6-6/8 (9) AC42301	F Ct 1	6:15-7:15 pm	12-16 yrs	\$60

Yoga Pilates Combo

Abdominal (core) strengthening and posture stretch and flow. Side effects of this class may include, but are not limited to: enhanced strength, increased blood flow to the brain and a sudden urge to shop for smaller clothes. Please wear comfortable clothes and bring a mat.

Winter Term:				
1/13-3/23 (11) AC32401	F Rm 101	10:30-11:30 am	16-adult	\$86
1/13-3/23 (11) AC32402	F Rm 101	11:45am-12:45 pm	16-adult	\$86

Sports Leagues - Youth

Youth Sports League ID System

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

Baseball/Softball

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

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

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

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

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

Little League Baseball:

T-ball: ages 5-6

Softball: ages 7-14

Baseball: ages 7-14

Beaverton Area Little League

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

Cedar Mill Little League

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

Murrayhill Little League

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

Raleigh Hills Little League

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

Sun Creek Little League

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

Willow Creek Little League Softball

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

Tualatin Hills Babe Ruth/Cal Ripkin Baseball

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

Jr. Baseball/Softball:**Summer season**

T-ball: 6-8 yrs

Soft-T-ball: 6-8 yrs

Softball: 9-18 yrs

Baseball: 9-18 yrs

Fall Ball

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

Aloha Baseball/Softball Association

T-ball: 6-8 yrs

Soft-T-ball: 6-8 yrs

Softball: 9-18 yrs

Baseball: 9-18 yrs

Aloha Huber, Chehalem, Cooper Mt., Errol Hassell, Hazeldale, Kinnaman, Sexton Mt., Nancy Ryles, Mountain View, Aloha High.
Aloha JBO: www.alohawarriorsbaseball.com
Aloha Breeze **Softball:** Becky Dawson
503/649-6883

Beaverton Junior Baseball**Beaverton Blaze Softball**

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

Sunset Junior Baseball

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

Westview Junior Baseball/Softball

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

Volunteer Coaches Needed

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

Basketball**5th Grade and Middle School Winter Basketball Programs**

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

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

THPRD Middle School Recreational Spring Basketball

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

THPRD Middle School Recreational Summer Basketball

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

High School Basketball - New registration process!

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

Sports Leagues - Youth

High School Summer Basketball

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

Cricket**Beaverton Cricket Club**

The Beaverton Cricket Club is the local THPRD-affiliated club that plays in the Oregon Cricket league. Those interested in joining Beaverton Cricket Club should direct general inquiries to admin@beavertoncc.com or contact Adi Ramachandran at 503/330-1885. Beaverton CC's home page: www.beavertoncc.com.

Oregon Cricket League

The Oregon Cricket league (OCL) is the main organized league for cricket in Oregon. There are eight teams in the OCL. Most of the clubs are based in the Portland metropolitan area. The OCL season runs from May to September with practices starting in April. These cricket matches are 30 overs a side and are played with the hard 'season' cricket ball. Matches are scheduled on a home-and-away basis throughout the season. A T20 league competition is also held each year at the beginning of the season. For the latest information on OCL, visit the OCL Facebook page at www.facebook.com/pages/Oregon-Cricket-league-OCL/305305761143.

Football**Youth Football**

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

Aloha:

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

Beaverton:

Registration: April 15-June 15
www.beavertonfootball.com

Southridge:

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

Sunset:

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

Westview

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

Cheerleading

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

Rugby

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

Lady Barbarians

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

Barbarians

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

Lacrosse**Tualatin Valley Youth Lacrosse League**

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

TVYLL

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

Aloha

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

Beaverton

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

Southridge

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

Sunset

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

Westview

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

High School Boys Lacrosse**Aloha**

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

Beaverton:

Jane Athanasakos, 503/819-4334
j.athan@frontier.com
www.leaguelineup.com

Southridge

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

Sunset

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

Westview

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



Sports Leagues - Youth

Soccer Coach Training and Certification

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

Soccer**Tualatin Hills Junior Soccer Recreational League**

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

Aloha Soccer Club

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

Milltown United Soccer Club

Schools: Barnes, Bonny Slope, Ridgewood, Terra Linda, Cedar Mill, West TV, William Walker
MTSC: 503/278-7227
www.milltownsoccer.org
info@milltownunited.com

Oak Hills Soccer Club

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

Somerset West Soccer Club

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

West Hills Soccer Club

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

Westside Soccer Club

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

Soccer Referees Needed

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

High School Recreational Soccer (O/13-U19)

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

Classic League

Boys and girls interested in playing competitive soccer may try out for this league. Tryouts for the Fall 2012 season for U11-U14 will be held in May of 2012. Tryouts for the Winter 2013 season for U15-U19 will be held in August and November of 2012. Contact the appropriate club representative for more tryout information.

Tualatin Hills United Soccer Club

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

Westside Metros:

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

Volleyball**Summer Volleyball Recreational League**

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

4th-8th Grade Girls Fall Volleyball

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

High School Recreational Volleyball

This short season is designed for students not participating in a high school volleyball program. Online registration will be available in July.

Wrestling

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

Beaverton Wrestling

Ryan Gouthro, 503/740-0566
rfgouthro@yahoo.com

Southridge Youth Wrestling

Erik Reinholt 503/579-5364
www.southridgewrestling.com

Westview Mat Club

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

**Volunteer Coaches Needed**

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

Sports Leagues - Adult

Adult Sports League ID Card System

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

Basketball

Men's/Women's Winter Full Court Basketball

NEW ONLINE REGISTRATION PROCESS!!

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

Men's/Women's Summer Full Court Basketball

League play will begin in June and continue through mid-July. Online registration and information will be available in mid-April.

Soccer

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

Soccer Field Use

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

THPRD y el Comité de la cancha de La Linga de futbol de Jovenes (THJSL) coordinaran el horario de las canchas de futbol para las liga de los deportes de la comunidad y los equipos de adultos durante todo el año. Los grupos que quieran hacer uso de las canchas por temporadas, deben contactar al Centro Atletico por un.

Kickball

Coed Kickball League

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

Summer League

Organizational information will be available April 1. Rosters and league fees will be due May 6. League play begins the first week in June. To add your name to the Interest List, call 503/629-6330.

Softball

Baseball/Softball Field Use

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

Coed/Women's Slow Pitch Summer Softball

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

Men's Slow Pitch Summer Softball

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

Coed/Men's Industrial Softball

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

Fall Coed and Women's Softball Leagues

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

Adult Softball Tournaments

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

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

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

Volleyball

Women's Fall Volleyball

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

Coed Fall Volleyball

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

Coed Winter Volleyball

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

Coed Spring Volleyball

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

