



# Fall



**Adaptive & Inclusion Recreation Services • Activities Guide**

**2021**



**Youth & Adult Programs & Activities • Financial Aid Available**

# Registration

## Fall registration starts Saturday, August 28 at 8 am

(Monday, August 30 for out of district residents)

### Registration is easy at THPRD

If you live in the district and have a current THPRD identification card, you can register:



**Online: [www.thprd.org](http://www.thprd.org)**

You can register 24 hours a day, seven days a week. A credit card or THPRD gift card is required for online payment.



**By phone: 503-439-9400**

**In district:** Saturday, August 28, 8 am-6 pm; Sunday, August 29, noon-4 pm; Monday, August 30, 8 am-noon.

**Out of district:** Monday, August 30 from 8 am-noon.

**After Monday, August 30:** call any open THPRD center.



**Walk-in\***

\*Please note: walk-in registration may have a longer wait time. Online or phone registration is highly encouraged.

Visit any of the following centers on, or after, Saturday, August 28 to register:

- Babette Horenstein Tennis Center
- Cedar Hills Recreation Center
- Conestoga Recreation & Aquatic Center
- Garden Home Recreation Center\*
- Tualatin Hills Aquatic Center
- Tualatin Hills Athletic Center\*

\*Closed on Saturdays and Sundays

# THPRD General Information

## Registration Payment

To protect your personal information, THPRD no longer accepts credit card payments over the phone. Anyone registering by phone will have a 48-hour window to make payment at any open THPRD facility or online at [www.thprd.org](http://www.thprd.org). If you have questions, call 503-645-6433.

## Live out of district?

Patrons who live outside the district, including out-of-town guests, are invited to enjoy programs and other services provided by THPRD. The park district currently provides two payment options:

**Pay a 25% premium for each program -OR- Pay a yearly or quarterly assessment fee.**

For more information visit:

<http://www.thprd.org/activities/am-i-in-district>

## Inclement Weather

THPRD programs, camps and sponsored activities may be delayed or canceled if weather conditions warrant. For the latest information on THPRD operations during inclement weather, please call our 24-hour hotline at 503-614-4018 or go to our website, [www.thprd.org](http://www.thprd.org).

## Delays, Closures and Changes

Occasionally centers will be closed or schedules changed or delayed. We make every effort to announce any change in advance.

## Financial Aid Program

Households whose income falls below the Federal Free Meal Guidelines are eligible to receive up to \$200 per person annually in financial aid. Financial aid funds may be used for camps, sports, swimming, fitness classes, gymnastics, dance, weight rooms, plot fees for the community gardens, affiliated recreational youth sports leagues and more. For more information or to apply visit: <http://www.thprd.org/activities/financial-aid>

## Adaptive and Inclusive Recreation

THPRD provides Adaptive Recreation opportunities and Inclusion Services for individuals experiencing disabilities to promote access for all members of our community to recreate. For more information regarding specialized recreation and inclusion services, please call 503-629-6330, email [inclusion@thprd.org](mailto:inclusion@thprd.org) or visit our webpage:

[www.thprd.org/activities/adaptive-and-inclusive-recreation](http://www.thprd.org/activities/adaptive-and-inclusive-recreation)



# Inscripción

## La inscripción de otoño comienza el sábado 28 de agosto a las 8 a. m.

(Lunes 30 de agosto para residentes fuera del distrito)

### La inscripción es fácil en THPRD

Si vive en el distrito y tiene una tarjeta de identificación de THPRD vigente, puede inscribirse:



**En línea: [www.thprd.org](http://www.thprd.org)**

Puede inscribirse 24/7. Se necesita una tarjeta de crédito o una tarjeta de regalo de THPRD para pagar en línea.



**Por teléfono: 503-439-9400**

**En el distrito:** Sábado 28 de agosto de 8 a. m. a 6 p. m.; domingo 29 de agosto de 12 p. m. a 4 p. m.; lunes 30 de agosto de 8 a. m. a 12 p. m.

**Fuera del distrito:** Lunes 30 de agosto de 8 a. m. a 12 p. m.

**Después del lunes 30 de agosto:** llame a cualquier centro de THPRD abierto.



**Sin cita previa\***

\*Tenga en cuenta: la inscripción sin cita previa puede tener un tiempo de espera más largo. Se fomenta encarecidamente la inscripción en línea o por teléfono.

Visite cualquiera de los siguientes centros a partir del sábado 28 de agosto para inscribirse:

- Babette Horenstein Tennis Center
- Cedar Hills Recreation Center
- Conestoga Recreation & Aquatic Center
- Garden Home Recreation Center\*
- Tualatin Hills Aquatic Center
- Tualatin Hills Athletic Center\*

\*Cerrado los sábados y domingos

# Información general de THPRD

## Pago de inscripción

Para proteger su información personal, THPRD ya no acepta pagos con tarjeta de crédito por teléfono. Cualquier persona que se inscriba por teléfono tendrá un período de 48 horas para hacer el pago en cualquier centro de THPRD abierto o en línea en [www.thprd.org](http://www.thprd.org). Si tiene preguntas, llame al 503-645-6433. Hablamos español.

## ¿Vive fuera del distrito?

Se invita a los usuarios que viven fuera del distrito, incluyendo los huéspedes de fuera de la ciudad, a disfrutar de los programas y otros servicios que da THPRD. El distrito de parques da actualmente dos opciones de pago:

**Pague una prima del 25 % por cada programa O pague una tarifa de evaluación anual o trimestral.**

Para obtener más información, visite:

<http://www.thprd.org/activities/am-i-in-district>

## Inclemencias del tiempo

Los programas, campamentos y actividades que patrocina THPRD pueden retrasarse o cancelarse si las condiciones climáticas lo justifican. Para obtener la información más reciente sobre cómo opera THPRD durante las inclemencias del tiempo, llame a nuestra línea directa de 24 horas al 503-614-4018 o visite nuestro sitio web, [www.thprd.org](http://www.thprd.org).

## Retrasos, cierres y cambios

Ocasionalmente, los centros estarán cerrados o los horarios cambiarán o se retrasarán. Hacemos todo lo posible para anunciar cualquier cambio con antelación.

## Programa de Asistencia Financiera

Los grupos familiares cuyos ingresos están por debajo de las Directrices Federales de Comida Gratis son elegibles para recibir hasta \$200 por persona anualmente en asistencia financiera. Los fondos de ayuda financiera se pueden usar para campamentos, deportes, natación, clases de acondicionamiento físico, gimnasia, baile, salas de pesas, tarifas de parcela para los jardines comunitarios, ligas deportivas juveniles recreativas afiliadas y más. Para obtener más información o para inscribirse, visite:

<http://www.thprd.org/espanol/inscripcion/asistencia-financiera>

## Recreación adaptativa e inclusiva

THPRD da oportunidades de recreación adaptativa y servicios de inclusión para personas con discapacidades para promover el acceso de todos los miembros de nuestra comunidad a la recreación. Para obtener más información sobre los servicios especializados de recreación e inclusión, llame al 503-629-6330, envíe un email a [inclusion@thprd.org](mailto:inclusion@thprd.org) o visite nuestra página web:

[www.thprd.org/activities/adaptive-and-inclusive-recreation](http://www.thprd.org/activities/adaptive-and-inclusive-recreation)



# Adaptive & Inclusion Recreation Services

## Services and Recreation Programs for People with Disabilities

Facility Supervisor: Brian Yourstone

Fall Term: September 7-December 31, 2021

**Registration:** A THPRD identification card is required for all programs/activity registrations.

### Inclusion Services

Inclusion Services is committed towards providing a continuum of staff support to children, teens and adults with physical and developmental disabilities in order to make all THPRD programming more accessible. We believe that meeting the diverse needs of the community we serve promotes the dignity, success and enjoyment of all participants. Individuals looking for staff support in THPRD programs, or for more information about Inclusion Services, should call 503-629-6330.

### THPRD Scholarships

Assistance is available through the THPRD Scholarship Program for in-district participants who qualify. See information on page 3 or call the Administration Office at 503-645-6433 for details.

### Adaptive & Inclusive Volunteers

Would you like to have a meaningful and positive impact in your community? Join us and have fun working with children, teens, and adults with developmental disabilities. Call us at 503-629-6330 for more information.

For safety and liability reasons, THPRD staff reserve the right to exclude any individual who displays aggressive or challenging behaviors that are inappropriate to a community setting or put the leader or another participant at risk of injury. Alternative program options will be recommended whenever possible.

### TriMet Lift

Please schedule arrivals and pickups no more than 15 minutes before and no later than 15 minutes after registered/drop-in activities. Staff will not be available before or after that time.

**Address for Athletic Center:** 50 NW 150th Ave., Beaverton, 97006

**Address for the Stuhr Center:** 5550 SW Hall Blvd., Beaverton, 97005

## Yard Games

Join us on the lawn outside of the Stuhr Center for a night of outdoor games! Test your skills and compete against friends in a variety of yard games including Corn Hole, Ladderball, and more! **You must preregister for this event.**

9/13 M 6:30-8:30 pm 16-adult AC22001  
Elsie Stuhr Center ID/AP: \$5.25 OD: \$5.25

## Welcome Back BINGO!

It has been too long! Join us in celebrating the return of Monday night programs with some friendly rounds of Bingo. This is a great opportunity to reconnect with old friends and make some new ones. **You must preregister for this event.**

9/20 M 6:30-8:30 pm 16-adult AC22002  
Elsie Stuhr Center ID/AP: \$5.25 OD: \$5.25

## Zumba®

Bust out your dancing shoes and let's boogie!! Come show us your best moves as we dance along to hit songs with a zumba instructor. Zumba® is a great way to get active while having fun! **You must preregister for this event.**

9/27 M 6:30-8:00 pm 16-adult AC22003  
Elsie Stuhr Center ID/AP: \$5.25 OD: \$5.25

10/18 M 6:30-8:00 pm 16-adult AC22006  
Elsie Stuhr Center ID/AP: \$5.25 OD: \$5.25

11/22 M 6:30-8:00 pm 16-adult AC22011  
Elsie Stuhr Center ID/AP: \$5.25 OD: \$5.25

## Bowling

Show us how you knock over the competition at one of our local bowling alleys! **You must preregister for this event. Please bring \$20 to cover your bowling and food costs.**

10/11 M 6:30-8:30 pm 16-adult AC22005  
Elsie Stuhr Center ID/AP: \$5.25 OD: \$5.25

11/15 M 6:30-8:30 pm 16-adult AC22010  
Elsie Stuhr Center ID/AP: \$5.25 OD: \$5.25

## Trivia/Game Night

Come test your brain power and take your best guess at our trivia and game night! We will cover a variety of topics and have multiple games to choose from during this night of teamwork and strategy. **You must preregister for this event.**

10/4 M 6:30-8:30 pm 16-adult AC22004  
Elsie Stuhr Center ID/AP: \$5.25 OD: \$5.25

# Adaptive & Inclusion Recreation Services

## Movie Night

Sit back and get cozy to enjoy a classic Fall movie during our October Movie Night. Popcorn and drinks will be provided for your moviegoing experience. **You must preregister for this event.**

10/11 M 6:30-8:30 pm 16-adult AC22005  
Elsie Stuhr Center ID/AP: \$5.25 OD: \$5.25

## Night out on the Town

Hope you have a big appetite tonight because we will be heading to one of our many local restaurants for a delicious meal and great conversations.

Transportation to and from the restaurant will be provided by THPRD from the Elsie Stuhr Center.

**You must preregister for this event. Please bring \$20 to cover your food costs.**

10/18 M 6:30-8:30 pm 16-adult AC22006  
Elsie Stuhr Center ID/AP: \$5.25 OD: \$5.25

## Halloween Party/Costume Contest

Calling all ghosts, ghouls, and whatever else may be out there this time of year! Dust off your costume or bring a new one to show it off in our costume contest. Enjoy a festive night of friends, music, and activities at our Halloween Party! **You must preregister for this event.**

10/25 M 6:30-8:30 pm 14-adult AC22007  
Elsie Stuhr Center ID/AP: \$5.25 OD: \$5.25

## BINGO!

Join us for an ever-popular game of Bingo. This is a great chance to get social and make friends, as well as enjoy the excitement that comes with yelling out, "BINGO!!" **You must preregister for this event.**

11/1 M 6:30-8:30 pm 16-adult AC22008  
Elsie Stuhr Center ID/AP: \$5.25 OD: \$5.25

## Talent Show

Here's your chance to be a star! Take the stage and show us that amazing talent you have at our talent show. Bring music, props, and whatever you need to show off what you've got! **You must preregister for this event.**

11/8 M 6:30-8:30 pm 16-adult AC22009  
Elsie Stuhr Center ID/AP: \$5.25 OD: \$5.25

## Walk-A-Thon

Burn off all that delicious Thanksgiving food at our Walk-A-Thon! We will start with multiple guessing games about how many laps will be walked, and end with prizes for the ones with the closest guesses! **You must preregister for this event.**

11/29 M 6:30-8:30 pm 16-adult AC22012  
Elsie Stuhr Center ID/AP: \$5.25 OD: \$5.25

## Holiday Movie Night

You won't want to miss this! There's not many things more relaxing than settling down with some hot chocolate and good friends to watch a movie around the holidays. Bring your coziest blanket if you would like, and beverages and popcorn will be provided. **You must preregister for this event.**

12/6 M 6:30-8:30 pm 16-adult AC22013  
Elsie Stuhr Center ID/AP: \$5.25 OD: \$5.25

## Holiday BINGO!

Join us for a holiday themed game of Bingo! This is a great chance to get social and make friends, as well as enjoy the excitement that comes with yelling out, "BINGO!!" **You must preregister for this event.**

12/13 M 6:30-8:30 pm 16-adult AC22014  
Elsie Stuhr Center ID/AP: \$5.25 OD: \$5.25

# Adaptive & Inclusion Recreation Services

## Adaptive Sportz Center Inclusive

A sports-based program designed to be an inclusive program that provides the basics for participation in sports. Kids play to their own level while developing important socialization skills and learning about peer unity through team play. Classes hosted at Athletic Center.

**No Class 11/26.**

9/17-10/8 (4)	F	6:30-7:15 pm	5-8 yrs	AC22701
Ct 5 -Indoor	ID/AP: \$34	OD: \$42.50		
10/15-11/5 (4)	F	6:30-7:15 pm	5-8 yrs	AC22702
Ct 5 -Indoor	ID/AP: \$34	OD: \$42.50		
11/12-12/10 (4)	F	6:30-7:15 pm	5-8 yrs	AC22703
Ct 5 -Indoor	ID/AP: \$34	OD: \$42.50		
9/17-10/8 (4)	F	7:20-8:05 pm	9-12 yrs	AC22704
Ct 5 -Indoor	ID/AP: \$34	OD: \$42.50		
10/15-11/5 (4)	F	7:20-8:05 pm	9-12 yrs	AC22705
Ct 5 -Indoor	ID/AP: \$34	OD: \$42.50		
11/12-12/10 (4)	F	7:20-8:05 pm	9-12 yrs	AC22706
Ct 5 -Indoor	ID/AP: \$34	OD: \$42.50		

## Thursday Night All-stars

This is a recreation and socialization program for teens and adults (ages 13+) with developmental disabilities to play pickup games of basketball.

**When:** Thursdays, 6:15-7:45 pm (times subject to change)

**Cost:** \$5.25 each time or 5-punch passes available for \$26.25

**Location:** THPRD Athletic Center - 15707 SW Walker Road, Beaverton (some Thursdays not available)

**Participation is on a drop-in basis and requires the following:**

- Completed medical/emergency information form
- Sign up before attending if you are a new participant
- Those requiring 1:1 assistance must bring an aide who is required to stay for the entire duration of the activity at the Athletic Center.

For more information, email [inclusion@thprd.org](mailto:inclusion@thprd.org) or call 503-629-6330.







# T H P R D Welcomes you!



**TUALATIN HILLS**  
PARK & RECREATION DISTRICT