



Fall



Cedar Hills Recreation Center • 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

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. 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.

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 or visit our webpage: 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

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. 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.

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 o visite nuestra página web:

www.thprd.org/activities/adaptive-and-inclusive-recreation



Facility Information

**11640 SW Park Way
Portland, 97225
503-629-6340**

TriMet Bus Routes #20, #59

Fall Term: Sept 13 – Dec 31, 2021

Office Hours:

Monday-Friday 6:30 am-8:30 pm
Saturday 8 am-4 pm
Sunday Closed

Facility Closures: 11/25, 12/25

Modified Schedule: 9/6, 11/11, 11/24, 11/26, 12/24

Facility Features:

- Nine-month preschool
- Fully equipped gymnastics room
- Indoor gymnasium
- Kitchen for cooking classes
- Elementary THRIVE Afterschool program
- Outdoor playground/play equipment
- Middle School Afterschool programs
- Weight room and cardio room
- Fitness classes

Get Involved...Volunteer!

We have opportunities for volunteers at our events.
Contact Volunteer Services at volunteer@thprd.org



THPRDCedarHills

Special Events

Group Fitness Classes

Call or visit center for more information and schedule



Friday Night Mystery Date and Kids Night Out

Friday, October 22, 2021

It's a family event! Grown-ups have fun at the Mystery Date and dinner, while the kids have their own party! Bring the whole family for a group discount. See page 7 for details.

Halloween Event

More information to come. Check thprd.org/events.

Indoor Play Park September 13 to May 27

Families with children 6 weeks to 6 years of age can gather on Tuesdays and Thursdays from 9-11 am to interact and develop motor and social skills with indoor play in the gymnasium. Parent supervision is required. Please call the center for more information. Fee (per child): \$4.75 ID, \$6.50 OD

*All times and days subject to change.



Facility Information

Drop-in Sports Programs

The Cedar Hills Recreation Center offers a variety of drop-in sports for youth, family, adults, and seniors. A valid THPRD identification is required for all drop-in participation. Gym-appropriate shoes must be worn. If you are looking for a fitness program, see the fitness section for class offerings.



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Family Gym*		9-11 am Indoor Play Park		9-11 am Indoor Play Park		1-3 pm*
Basketball			6-8 pm (30+)		6-8 pm (18+)	
Pickleball	8-10 am					
Badminton				6-8 pm		

*Non-Team Play. All times and days subject to change daily. See our website for updated information.

Weight/Cardio Room

Weight Room Orientations

Learn the proper techniques for using weight room equipment. This is an hour-long session led by a certified personal trainer designed to get your workout routine off to a great start! Discuss goals and learn how to use some of our weight and cardio machines.

Please call 503-629-6340 to schedule.

\$50.25 ID / \$62.75 OD

Personal Training

Private appointments with a certified personal trainer to customize your fitness program, offer accountability and help you reach your goals. Each session is one hour in length.

1 session: \$57.75 ID / \$72.25 OD

3 sessions: \$173.25 ID / \$216.75 OD

6 sessions: \$346.50 ID / \$433.50 OD



Buddy Training

Working out with a friend is great accountability and just plain fun! Each session is one hour in length, cost is per person. Must have at least two people in group at time of registration. Price is per person.

1 session \$43.25 ID / \$54.00 OD

3 sessions \$129.75 ID / \$162.00 OD

6 sessions \$259.50 ID / \$324.00 OD

A parental waiver is required for weight/cardio room use by anyone 14-16 years old.

We request 24-hour cancellation on all personal training appointments.

Preschool & Afterschool Programs

Nine-Month Preschool 2021-2022

Jump Start & Kids First are preschool programs based around the Reggio Emilia philosophy which uses creative play and social learning to prepare children for kindergarten.

Your child will be placed in a group of children for the nine month preschool program with consistent teachers from September through May.

- A \$50 non-refundable enrollment fee is due at the time of registration.
- Tuition is paid on a monthly basis and is due by the 15th of the previous month (example: November tuition is due by October 15th). If payment is received after the 15th, a late fee of \$30 will be charged.
- All children **MUST** be able to use the restroom independently before entering preschool. Pull-ups are not allowed.
- Children must be correct age by September 1st.

Spaces are limited.

Call the center for more details.



THRIVE Afterschool Program

2021-2022

*Teaching Healthy Responsible
Individuals Values and Education*

We provide high quality afterschool care in a safe and nurturing environment. Our staff is fully trained and will lead students in positive examples. We provide an active program for all abilities. Children will partake in arts and craft projects, physical activities, cooking, enrichment activities and supervised homework time. Students are led in a community service project.

Program is available from school release time to 6 pm, Monday-Friday, for children in grades K-5 who attend Barnes, Ridgewood, West TV, and William Walker.

- A \$50 non-refundable enrollment fee is due at the time of registration.
- Tuition: \$330 per month/ID. Fees are due by the 15th of the month previous. September payment is due August 15, 2021. Late fee of \$30 applies when fees are paid after the 15th of the previous month.
- Tuition includes four (4) Beaverton School District In-Service dates: 10/8, 11/12, 2/4, 4/14
- Tuition does NOT include holidays, winter break, spring break, or additional no school days.
- Individual school no-student days (e.g. conference) dates may be available for an additional fee.

For more information please visit:

thprd.org/activities/after-school-programs

Special Programs

Winter Break Camp

Join us for fun winter break activities like playing games, doing arts & crafts, classroom activities and more. Please bring a drink, snack and a sack lunch each day.

Theme: Winter Wonderland

12/20 (1) M 7:30 am-6 pm 5-11 yrs CH28200
Rm C ID/AP: \$60 OD: \$75

Theme: Baking Memories

12/21 (1) T 7:30 am-6 pm 5-11 yrs CH28201
Rm C ID/AP: \$60 OD: \$75

Theme: Snowy Scientists

12/22 (1) W 7:30 am-6 pm 5-11 yrs CH28202
Rm C ID/AP: \$60 OD: \$75

Theme: Camp Cozy

12/27 (1) M 7:30 am-6 pm 5-11 yrs CH28203
Rm C ID/AP: \$60 OD: \$75

Theme: Frozen Fun

12/28 (1) T 7:30 am-6 pm 5-11 yrs CH28204
Rm C ID/AP: \$60 OD: \$75

Theme: Happy New Year!

12/29 (1) W 7:30 am-6 pm 5-11 yrs CH28205
Rm C ID/AP: \$60 OD: \$75

Friday Night Family Pack

It's a family affair! While the grownups have fun at the Mystery Date, the kids will have their own party! Bring the whole family along for a group discount! This registration is good for two adults and up to three children and all participants must be listed on the same household. *Please register the primary patron for the program*

10/22 (1) F 6-9 pm Adult CH28208
Gym ID/AP: \$150 OD: \$187.50

OR register separately

Friday Night Mystery Date (Couples Only)

Want to try something fun with your sweetie? Join us at Cedar Hills for a Mystery Date Night! You will receive an email the week before the event with a clue to the evenings activity and what you will need to bring and/or wear. Price is per person, not per couple (or register family above).

10/22 (1) F 6-9 pm Adult CH28206
Rm 3 ID/AP: \$50 OD: \$42.50

Friday Kid's Night Out! (Kids Only)

Bring your child to Cedar Hills so you can go out (or stay in!) kid-free! Drop them off for a fun night of pizza, popcorn and a movie! Pack the pajamas and their favorite snuggly for movie time.

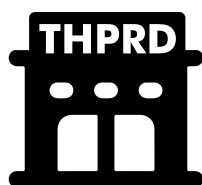
10/22 (1) F 6-9 pm 2-12 yrs CH28207
Rm C ID/AP: \$30 OD: \$42.50

Cedar Hills Drop-in Childcare Begins September 13, 2021

Our childcare program is designed for families using our facility for workouts. There is a two hour maximum. Ages 6 weeks to 9 years. Tentative hours are 9 am-11:30 am and 5:15 pm-8:15 pm. Pricing available on the website or by calling Cedar Hills Recreation Center.

Facility Rentals

The Cedar Hills Recreation Center has several options for classroom rentals for meetings and conferences. For details, call 503-629-6340.



Team Building

Looking for a new or innovative program to increase motivation and boost cooperation for your employee group, business associates or a sports team? Let our staff lead your group in team building exercises! For details, call 503-629-6340.

Arts & Crafts

Arts & Crafts - Preschool

Messy Art

Engage in entertaining and expressive art activities with hands-on art projects structured to allow little artists to experience different materials and techniques. Parent participation required. No unregistered siblings. **No class 11/23**

9/14-10/19 (6) T	9-10 am	1-2 yrs	CH24100
Rm C ID/AP: \$79	OD: \$98.75		
11/2-12/14 (6) T	9-10 am	1-2 yrs	CH24101
Rm C ID/AP: \$79	OD: \$98.75		

Storybook Art

This class starts with a fun story time followed by art-making exploration inspired by that book! Perfect for budding artists and bookworms! Parent participation required. No unregistered siblings. **No class 11/11, 11/25**

9/16-10/21 (6) Th	9-10 am	2-4 yrs	CH24102
Rm C2 ID/AP: \$79	OD: \$98.75		
11/4-12/16 (5) Th	9-10 am	2-4 yrs	CH24103
Rm C ID/AP: \$66	OD: \$82.50		

Arts & Crafts - Youth

After School Art Sampler

Students explore their creativity! Work with sculpture, painting, drawing, collage, creative projects and more. **No class 11/24**

9/15-10/20 (6) W	3:30-4:30 pm	6-10 yrs	CH24200
Rm 3 ID/AP: \$61	OD: \$76.25		
11/3-12/15 (6) W	3:30-4:30 pm	6-10 yrs	CH24201
Rm 3 ID/AP: \$61	OD: \$76.25		

Handwriting and Penmanship

This fun and practical class starts with handwriting basics and then moves on to calligraphy or cursive. **No class 11/11, 11/25**

9/16-10/21 (6) Th	3:30-4:30 pm	6-10 yrs	CH24202
Rm 3 ID/AP: \$61	OD: \$76.25		
11/4-12/16 (5) Th	3:30-4:30 pm	6-10 yrs	CH24203
Rm 3 ID/AP: \$54	OD: \$67.50		

The Art of Nature

Young artists will explore, learn, draw, paint, and create artwork inspired by science and nature.

No class 11/27

9/18-10/23 (6) S	9-10 am	6-10 yrs	CH24204
Rm 3 ID/AP: \$61	OD: \$76.25		
11/6-12/18 (6) S	9-10 am	6-10 yrs	CH24205
Rm 3 ID/AP: \$61	OD: \$76.25		

Arts & Crafts - Teen/Adult

Mixed Medium Art, All Levels

Participants will work at their own pace in an open, informative class. Mediums covered will include acrylic, oil, pastels, and watercolor. Supply list will be provided. **No class 11/23**

9/14-10/19 (6) T	9:30 am-12:30 pm	14-adult	CH24500
Rm 3 ID/AP: \$118	OD: \$147.50		
11/2-12/14 (6) T	9:30 am-12:30 pm	14-adult	CH24501
Rm 3 ID/AP: \$118	OD: \$147.50		

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 will be provided. **No class 11/24**

9/15-10/20 (6) W	9:30 am-12:30 pm	14-adult	CH24502
Rm 3 ID/AP: \$118	OD: \$147.50		
11/3-12/15 (6) W	9:30 am-12:30 pm	14-adult	CH24503
Rm 3 ID/AP: \$118	OD: \$147.50		

Dance - Preschool

Creative Dance

Rhythm and a variety of beginning dance techniques, movement combinations and routines to a variety of music and incorporation of dance props. **No class 11/11, 11/22, 11/23, 11/25, 11/26**

9/13-12/6 (12) M	11-11:30 am	3-5 yrs	CH21100
Rm 5	ID/AP: \$60	OD: \$75	
9/14-12/7 (12) T	11-11:45 am	3-5 yrs	CH21101
Rm 5	ID/AP: \$79	OD: \$98.75	
9/16-12/9 (11) Th	10:15-10:45 am	2-3 yrs	CH21102
Rm 5	ID/AP: \$55	OD: \$68.75	
9/17-12/10 (12) F	10-10:45 am	3-5 yrs	CH21103
Rm 5	ID/AP: \$79	OD: \$98.75	

Dancing Royalty

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

No class 11/11, 11/23, 11/25, 11/27

9/14-12/7 (12) T	9-9:30 am	3-5 yrs	CH21104
Rm 5	ID/AP: \$60	OD: \$75	
9/16-12/9 (11) Th	11:15 am-12 pm	3-5 yrs	CH21105
Rm 5	ID/AP: \$72	OD: \$90	
9/18-12/11 (12) S	11:30am-12:15pm	4-6 yrs	CH21106
Rm 5	ID/AP: \$79	OD: \$98.75	

Hip Hop Kids

Dance like your favorite pop stars! Class is designed for the younger student; In this high-energy class, kids will learn fun hip hop techniques and combinations, dancing to their favorite music. Music choices and dance steps will be age appropriate. **No class 11/11, 11/25, 11/26**

9/16-12/9 (11) Th	9-9:45 am	3-5 yrs	CH21107
Rm 5	ID/AP: \$72	OD: \$90	
9/17-12/10 (12) F	11:15 am-12 pm	4-6 yrs	CH21108
Rm 5	ID/AP: \$79	OD: \$98.75	

Intro to Ballet and Jazz

Class will expose young dancers to introductory ballet and jazz techniques. **No class 11/24**

9/15-12/8 (12) W	9-9:45 am	4-6 yrs	CH21109
Rm 5	ID/AP: \$79	OD: \$98.75	

Pre-Ballet

This class provides an introduction to ballet steps and terminology, with an emphasis on creative movement, rhythm, balance and coordination.

No class 11/11, 11/23, 11/25, 11/27

9/13-12/6 (12) M	10-10:30 am	3-5 yrs	CH21110
Rm 5	ID/AP: \$60	OD: \$75	
9/14-12/7 (12) T	10-10:45 am	4-6 yrs	CH21111
Rm 5	ID/AP: \$79	OD: \$98.75	
9/15-12/8 (12) W	11:15 am-12 pm	4-6 yrs	CH21112
Rm 5	ID/AP: \$79	OD: \$98.75	
9/18-12/11 (12) S	9-9:30 am	3-5 yrs	CH21113
Rm D	ID/AP: \$60	OD: \$75	
9/18-12/11 (12) S	10-10:30 am	3-5 yrs	CH21114
Rm D	ID/AP: \$60	OD: \$75	
9/18-12/11 (12) S	9-9:45 am	3-5 yrs	CH21115
Rm 5	ID/AP: \$79	OD: \$98.75	
9/18-12/11 (12) S	10:15-11 am	3-5 yrs	CH21116
Rm 5	ID/AP: \$79	OD: \$98.75	

Tiny Tutus

Tiny dancers will learn basic ballet movements that can improve balance and coordination in a nurturing and fun environment. Parent participation is required. No unregistered siblings.

No class 11/22, 11/24, 11/26

9/13-12/6 (12) M	9-9:30 am	2-3 yrs	CH21117
Rm 5	ID/AP: \$60	OD: \$75	
9/15-12/8 (12) W	10:15-10:45 am	2-3 yrs	CH21118
Rm 5	ID/AP: \$60	OD: \$75	
9/17-12/10 (12) F	9-9:30 am	3-5 yrs	CH21119
Rm 5	ID/AP: \$60	OD: \$75	

Dance Classes: What Should I Wear?

Clothing that allows for a full range of movement such as leggings, tights, or sweatpants with a leotard or t-shirt. Shoes are determined by the style of the dance. (ballet shoes or bare feet for ballet; athletic shoes for hip hop)

Dance - Youth

Ballet and Jazz Combo

Class will expose young dancers to ballet and jazz techniques. **No class 11/11, 11/25**

9/16-12/9 (11) Th 3:30-4:15 pm 6-12 yrs CH21200
Rm 5 ID/AP: \$72 OD: \$90

Classical Ballet I/II

This formal ballet class follows the traditional structure of barre work to stretch and strengthen, center and across the floor movements. Dancers gain strength, flexibility and work on ballet jumps and turns. **No class 11/23**

9/14-12/7 (12) T 3:30-4:15 pm 6-10 yrs CH21201
Rm 5 ID/AP: \$79 OD: \$98.75

Hip Hop Kids

Dance like your favorite pop stars! Class is designed for the younger student. In this high-energy class, kids will learn fun hip hop techniques and combinations, dancing to their favorite music. Music choices and dance steps will be age appropriate. **No class 11/27**

9/18-12/11 (12) S 11-11:45 am 5-8 yrs CH21202
Rm D ID/AP: \$79 OD: \$98.75

Hip Hop Street Dance

Learn techniques and routines from a variety of dance styles - hip hop, locking, street jazz, contemporary and more. Get ready to move. Tennis shoes required. **No class 11/23**

9/14-12/7 (12) T 3:45-4:30 pm 9-12 yrs CH21204
Rm 5 ID/AP: \$79 OD: \$98.75

Hip Hop Video Dance

Learn about popular dance styles with upbeat routines and technical skills for today's dance world! Tennis shoes required. **No class 11/22**

9/13-12/6 (12) M 3:30-4:15 pm 9-14 yrs CH21203
Rm 5 ID/AP: \$79 OD: \$98.75

Introduction to Ballet

This class is for students with a curiosity for the study of classical ballet. No prior dance experience necessary and beginners are welcome. Students will learn the fundamentals of ballet, gaining an understanding of its physicality, artistry, and principles. **No class 11/11, 11/22**

9/13-12/6 (12) M 4:30-5:15 pm 6-12 yrs CH21205
Rm 5 ID/AP: \$79 OD: \$98.75
9/16-12/9 (11) Th 4:30-5:15 pm 6-12 yrs CH21206
Rm 5 ID/AP: \$72 OD: \$90

Dance - Teen/Adult

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. **No class 11/24**

9/15-12/8 (12) W 6:30-8 pm 14-adult CH21500
Rm 5 ID/AP: \$134 OD: \$167.50



General Interest - Preschool

A-B-C Come Learn with Me

This class improves social and cognitive skills and helps children become comfortable in a classroom setting. Through art, music and sensory play, we will begin to explore the development of problem-solving, imagination and attention span. **No class 11/11, 11/23, 11/24**

9/14-12/14 (13) T 9:30 am-12 pm 3-4 yrs CH28106
Rm A ID/AP: \$308 OD: \$385
9/16-12/16 (13) Th 9:30 am-12 pm 3-4 yrs CH28107
Rm A ID/AP: \$308 OD: \$385



First Time Friends

This class encourages children to emotionally and socially adapt to a classroom setting. We will strengthen our skills in sharing, listening and following directions; learn to make transitions and much more through art, stories and free play.

No class 11/22, 11/24, 11/27

9/13-12/13 (13) M 9:30-11:30 am 2-3 yrs CH28100
Rm A ID/AP: \$257 OD: \$321.25
9/15-12/15 (13) W 9:30-11:30 am 2-3 yrs CH28101
Rm A ID/AP: \$257 OD: \$321.25
9/17-12/17 (13) F 9:30-11:30 am 2-3 yrs CH28103
Rm A ID/AP: \$257 OD: \$321.25

Silly Scientists

This class is designed to introduce kids to a variety of scientific topics and vocabulary with fun experiments and demonstrations.

9/18-10/23 (6) S 9-10 am 5-6 yrs CH25210
Rm C ID/AP: \$61 OD: \$76.25
11/6-12/18 (6) S 9-10 am 5-6 yrs CH25211
Rm C ID/AP: \$61 OD: \$76.25

General Interest - Youth

Awesome Engineers

This class is designed to introduce kids to the magic of engineering by exploring engineering concepts in a fun, hands-on way. **No class 11/27**

9/18-10/23 (6) S 10:30-11:30 am 7-10 yrs CH25212
Rm C ID/AP: \$61 OD: \$76.25
11/6-12/18 (6) S 10:30-11:30 am 7-10 yrs CH25213
Rm C ID/AP: \$61 OD: \$76.25

Babysitting 101

Help your young adult learn what it takes to be a responsible, trustworthy, and competent babysitter. Students should bring paper and a pencil, as well as a water bottle, a snack, and sack lunch that needs no refrigeration or microwave.

9/25 (1) S 8 am-4 pm 11-15 yrs CH25300
Rm B ID/AP: \$59 OD: \$73.75
10/16 (1) S 8 am-4 pm 11-15 yrs CH25301
Rm B ID/AP: \$59 OD: \$73.75
11/6 (1) S 8 am-4 pm 11-15 yrs CH25302
Rm B ID/AP: \$59 OD: \$73.75

General Interest

General Interest - Youth

Home Alone

This course is designed to prepare children for the responsibility of being home alone. We will cover phone calls, answering the door, home security, first aid techniques, establishing household rules and more.

9/18 (1)	S	9-11:45 am	8-11 yrs	CH25303
Rm B	ID/AP: \$36	OD: \$45		
10/2 (1)	S	9-11:45 am	8-11 yrs	CH25304
Rm B	ID/AP: \$36	OD: \$45		
10/30 (1)	S	9-11:45 am	8-11 yrs	CH25305
Rm B	ID/AP: \$36	OD: \$45		

Kids Cooking Club

We'll have some fun in the kitchen making snacks while learning culinary skills and safety! Please note: In this class, participants will create delicious fall favorites. We cannot guarantee an allergy free environment or menu.

Kids Cooking Club-Culinary Skills

9/17 (1)	F	6-8 pm	8-10 yrs	CH25200
Kitchen	ID/AP: \$33	OD: \$41.25		

Kids Cooking Club-Healthy Snacks

10/1 (1)	F	6-8 pm	8-10 yrs	CH25201
Kitchen	ID/AP: \$33	OD: \$41.25		

Kids Cooking Club- Pizza Party!

10/15 (1)	F	6-8 pm	8-10 yrs	CH25202
Kitchen	ID/AP: \$33	OD: \$41.25		

Kids Cooking Club-Halloween Treats

10/22 (1)	F	6-8 pm	8-10 yrs	CH25203
Kitchen	ID/AP: \$33	OD: \$41.25		

Kids Cooking Club-Hearty Soups and Bread

11/5 (1)	F	6-8 pm	8-10 yrs	CH25204
Kitchen	ID/AP: \$33	OD: \$41.25		

Kids Cooking Club- Fall Faves

11/19 (1)	F	6-8 pm	8-10 yrs	CH25205
Kitchen	ID/AP: \$33	OD: \$41.25		

Kids Cooking Club-Desserts

12/3 (1)	F	6-8 pm	8-10 yrs	CH25206
Kitchen	ID/AP: \$33	OD: \$41.25		

Kids Cooking Club- Breakfast for Dinner

12/17 (1)	F	6-8 pm	8-10 yrs	CH25207
Kitchen	ID/AP: \$33	OD: \$41.25		

Kid's Cooking Series: Intro to Cooking

Students will create a variety of fun and delicious recipes while learning important culinary skills, such as knife and kitchen tool use and safety, reading a recipe, stove top cooking, baking and roasting. Please note: We cannot guarantee an allergy free environment or menu.

No class 11/27

9/25-10/23 (5)	S	10-11:30 am	8-10 yrs	CH25208
Kitchen	ID/AP: \$116	OD: \$145		
11/6-12/11 (5)	S	12:30-2 pm	11-14 yrs	CH25209
Kitchen	ID/AP: \$116	OD: \$145		

Youth Guitar

Learn to play the guitar. Learn basic chords and strumming, along with an understanding of how the guitar works. Bring your own guitar, tuner, and picks. **No class 11/23. Group class.**

9/14-12/14 (13)	T	6-7 pm	8-11 yrs	CH25224
Rm 3	ID/AP: \$113	OD: \$141.25		



General Interest - Teen/Adult

Adult Cooking: Pasta from Scratch

Boxed pasta has nothing on pasta made from scratch! Learn how create your own pasta dough, roll it, shape it and cook it to perfection. You will also create delicious homemade sauces to accompany your pasta. Please note: We cannot guarantee an allergy free environment or menu.

12/10 (1) F 6-8:30 pm 14-adult CH25500
Kitchen ID/AP: \$42 OD: \$52.50

Guitar I

Learn basic chords and strumming patterns, develop technical skills and improve your speed and accuracy between chord changes. Bring your own guitar, tuner, and picks. **No class**

11/23. Group class.

9/14-12/14 (13) T 7-8 pm 10-adult CH25225
Rm 3 ID/AP: \$113 OD: \$141.25

Guitar Private Lessons

Learn basic guitar or continue to improve your skills. Must bring your own guitar. **No class**

11/11, 11/23

9/14-10/19 (6) T	3-3:30 pm	7-adult CH25214
Rm 3 ID/AP: \$272	OD: \$340	
11/2-12/14 (6) T	3-3:30 pm	7-adult CH25215
Rm 3 ID/AP: \$272	OD: \$340	
9/14-10/19 (6) T	3:30-4 pm	7-adult CH25216
Rm 3 ID/AP: \$272	OD: \$340	
11/2-12/14 (6) T	3:30-4 pm	7-adult CH25217
Rm 3 ID/AP: \$272	OD: \$340	
9/14-10/19 (6) T	4-4:30 pm	7-adult CH25218
Rm 3 ID/AP: \$272	OD: \$340	
11/2-12/14 (6) T	4-4:30 pm	7-adult CH25219
Rm 3 ID/AP: \$272	OD: \$340	
9/14-10/19 (6) T	4:30-5 pm	7-adult CH25220
Rm 3 ID/AP: \$272	OD: \$340	
11/2-12/14 (6) T	4:30-5 pm	7-adult CH25221
Rm 3 ID/AP: \$272	OD: \$340	
9/14-10/19 (6) T	5:30-6 pm	7-adult CH25222
Rm 3 ID/AP: \$272	OD: \$340	
11/2-12/14 (6) T	5:30-6 pm	7-adult CH25223
Rm 3 ID/AP: \$272	OD: \$340	



Gymnastics

Cedar Hills offers a comprehensive gymnastics program designed to help students reach their full potential according to their personal ability and speed. All students will receive instruction on beam, floor, vault and bars. Great care is taken to provide a fun and safe atmosphere with quality instruction. Students with long hair need to pull it back with a band. Please do not wear tights or jeans. Safety guidelines will be discussed at first class.

Gymnastics Class Descriptions

Kindergym: (1½-3 yrs)

(PP) Parent Participation Class; One child/ one parent ratio. Guided by our gymnastics staff, you and your child will share fun exercise time such as balancing on the beam, swinging on the bars and rolling down our mats. Motor skills and body awareness are developed while having fun. Our teachers will guide the parents on how to direct your child through our obstacle courses.

Kinderstars: (2½-4 yrs)

(PP) Parent Participation Class; One child/ one parent ratio. This class is geared toward the gymnasts who are ready to start participating in a slightly more structured environment. Through the use of obstacle courses on the beam, bars and floor exercise mats the children will learn beginning gymnastics skills as well as social skills such as taking turns, and learning to participate in gymnastics class without a lot of assistance from their parent. The parent should expect to stay only close and involved enough for their child to feel safe and comfortable.

Preschool Pre-Gymnastics:

(3-6 yrs)

This is an introduction to gymnastics for preschool aged children (no gymnastics experience needed). In this class, they will be introduced to all four gymnastics events through fun obstacle course and drills. They will focus on beginning gymnastics skills, flexibility, strength and lots of fun! Following directions, listening and line movement will be focused on each week through lesson plans.

Boys Gymnastics, All Levels:

(5-10 yrs)

We will work on gymnastics skills and techniques for the vault, bars and floor exercise. They will development of flexibility and strength. All skill levels welcome. Please make sure your gymnast comes with shorts/ pants and a tucked in t-shirt.

Rec. Gymnastics Level 1:

(5-13 yrs)

This class is the beginning level of gymnastics for school-aged children (no gymnastics experience needed). We introduce the fundamentals of gymnastics such as rolls, handstands and cartwheels on the floor, casting and strength moves on the bars as well as jumping and balancing on the beam. The students will learn all the basic skills used in gymnastics through the use of stations incorporating strength and flexibility activities.

Rec. Gymnastics Level 1.5:

(5-13 yrs)

Instructor approval needed and/or the gymnast has passed Gymnastics Level 1. We will emphasize one-handed cartwheels, round-offs, bridge kick-overs and many other tumbling progressions on floor. On the bars, we will work pullovers and back hip circles and on the beam, jump combinations, leaps and handstands are introduced. We teach classes using stations and drills that will help them with flexibility as well as build their core strength to achieve the skills needed to move-up to Level 2.

Gymnastics Level 2/3: (6-13 yrs)

Gymnast MUST have passed Gymnastics Level 1.5 before enrolling and/or has instructor approval.

This class works on the following skills: Bars – stride circles and one-leg shoot throughs, underswings and sole circle dismounts on the beam – handstands, cartwheels and full turns and on the floor - back-bend kick-overs, tictocs, back handspring drills and handstand rolls. The handstand flat back is taught for vaulting and the level of conditioning and flexibility training is increased.

Evaluations

Prior to enrollment into our Level 1.5, 2/3 classes, a student must have passed the previous level or be evaluated by our staff to assure placement in the appropriate class. This free 5-10 minute evaluation will determine which level class is appropriate for them. This helps to ensure that each class member is experiencing success working at the same skill level and provides a more positive environment for all. Evaluations can be scheduled through our front office.

Gymnastics - Preschool

Kindergym, 1.5-3 yrs

(PP) Parent Participation Class; One child/One parent ratio. You and your child will share fun exercise time such as balancing on the beam, swinging on the bars and rolling down our mats. (This is a hands-on class for parents)

No class 11/26

9/17-12/17 (13) F 9:15-10 am 1-3 yrs CH23100
Rm 9 ID/AP: \$108 OD: \$135
9/17-12/17 (13) F 11:30 am-12:15 pm 1-3 yrs CH23102
Rm 9 ID/AP: \$108 OD: \$135

KinderStars, 2.5-4 yrs

(PP) Parent Participation Class; One child/One parent ratio. This class is more structured than Kindergym. Children will do obstacle courses, beam, bars and tumbling as well as develop social skills such as taking turns, and learning to participate in gymnastics class without a lot of assistance from their parent. **No class 11/26**

9/17-12/17 (13) F 10:30-11:15 am 2-4 yrs CH23101
Rm 9 ID/AP: \$108 OD: \$135



Pre-Gymnastics 3-4 yrs

This is a beginning level gymnastics class that will focus on all four Olympic events. Students will get an introduction to floor, vault, bars and beam through obstacle courses with a focus on listening and following directions. **No class 11/11, 11/23, 11/24, 11/25, 11/27**

9/13-12/13 (13) M 9:15-10 am 3-4 yrs CH23110
Rm 9 ID/AP: \$108 OD: \$135
9/14-12/14 (13) T 9:15-10 am 3-4 yrs CH23111
Rm 9 ID/AP: \$108 OD: \$135
9/15-12/15 (13) W 9:15-10 am 3-4 yrs CH23112
Rm 9 ID/AP: \$108 OD: \$135
9/16-12/16 (12) Th 9:15-10 am 3-4 yrs CH23113
Rm 9 ID/AP: \$100 OD: \$125
9/15-12/15 (13) W 5:30-6:15 pm 3-4 yrs CH23114
Rm 9 ID/AP: \$108 OD: \$135
9/18-12/18 (13) S 8:30-9:15 am 3-4 yrs CH23115
Rm 9 ID/AP: \$108 OD: \$135

Pre-Gymnastics 4-6 yrs

This is a beginning level gymnastics class that will focus on all four Olympic events. Students will get an introduction to floor, vault, bars and beam through obstacle courses with a focus on listening and following directions. **No class 11/11, 11/22, 11/23, 11/24, 11/25**

9/13-12/13 (13) M 10:30-11:15 am 4-6 yrs CH23120
Rm 9 ID/AP: \$108 OD: \$135
9/14-12/14 (13) T 10:30-11:15 am 4-6 yrs CH23121
Rm 9 ID/AP: \$108 OD: \$135
9/15-12/15 (13) W 10:30-11:15 am 4-6 yrs CH23122
Rm 9 ID/AP: \$108 OD: \$135
9/16-12/16 (12) Th 10:30-11:15 am 4-6 yrs CH23123
Rm 9 ID/AP: \$100 OD: \$125
9/16-12/16 (12) Th 5:30-6:15 pm 4-6 yrs CH23124
Rm 9 ID/AP: \$100 OD: \$125
9/18-12/18 (13) S 9:45-10:30 am 4-6 yrs CH23125
Rm 9 ID/AP: \$108 OD: \$135

Gymnastics - Youth

Gymnastics Level 1 5-8 yrs

This is a beginning level gymnastics class where participants will work on rolls, handstands and cartwheels on the floor, casting and strength moves on the bars as well as jumping and balancing on the beam. **No class 11/11, 11/22, 11/23, 11/27**

9/13-12/13 (13) M	5:30-6:15 pm	5-8 yrs	CH23200
Rm 9 ID/AP: \$108	OD: \$135		
9/14-12/14 (13) T	5:30-6:15 pm	5-8 yrs	CH23201
Rm 9 ID/AP: \$108	OD: \$135		
9/18-12/18 (13) S	11:15 am-12 pm	5-8 yrs	CH23205
Rm 9 ID/AP: \$108	OD: \$135		

Gymnastics Level 1 6-13 yrs

This is a beginning level gymnastics class where participants will work on rolls, handstands and cartwheels on the floor, casting and strength moves on the bars as well as jumping and balancing on the beam. **No class 11/22, 11/23, 11/27**

9/13-12/13 (13) M	6:45-7:30 pm	6-12 yrs	CH23210
Rm 9 ID/AP: \$108	OD: \$135		
9/14-12/14 (13) T	6:45-7:30 pm	6-12 yrs	CH23211
Rm 9 ID/AP: \$108	OD: \$135		
9/18-12/18 (13) S	12:30-1:15 pm	6-12 yrs	CH23215
Rm 9 ID/AP: \$108	OD: \$135		

Gymnastics Level 1.5 6-13 yrs

Must pass Gymnastics Level 1 before entering this class. We will emphasize one-handed cartwheels, round-offs and bridge kick-overs on the floor. On the bars we will work on pullovers and back hip circles. On the beam, jump combinations, leaps and handstands are introduced. **No class 11/24**

9/15-12/15 (13) W	6:45-7:45 pm	6-13 yrs	CH23230
Rm 9 ID/AP: \$133	OD: \$166.25		

Gymnastics Level 2/3, 6-14 yrs

Gymnast **MUST** have passed Gymnastics Level 1.5 before enrolling and/or has instructor approval. This class works on all Level 2 skills and Level 3 skills if gymnast is able and approved by instructor. **No class 11/11, 11/25, 11/27**

9/16-12/16 (12) Th	6:45-7:45 pm	6-14 yrs	CH23240
Rm 9 ID/AP: \$123	OD: \$153.75		
9/18-12/18 (13) S	2-3 pm	6-14 yrs	CH23245
Rm 9 ID/AP: \$133	OD: \$166.25		



Sports - Preschool

Pee Wee Athletes

Pee Wee athletes will learn skills including dribbling, shooting, passing, teamwork and receiving for a variety of sports. **No classes 11/27**

9/18-12/18 (13) S 10:45-11:30 am 3-5 yrs CH22102
 Gym ID/AP: \$74 OD: \$92.50
 9/18-12/18 (13) S 11:45 am-12:30 pm 4-6 yrs CH22103
 Gym ID/AP: \$74 OD: \$92.50

Pee Wee Soccer

Your child will learn soccer skills through a variety of fun games. Staff will provide positive instruction while your child develops a love for the game. Shin guards encouraged. **No classes 11/27**

9/18-12/18 (13) S 8:30-9:15 am 3-5 yrs CH22100
 Gym ID/AP: \$74 OD: \$92.50
 9/18-12/18 (13) S 9:30-10:15 am 4-6 yrs CH22101
 Gym ID/AP: \$74 OD: \$92.50
 9/15-12/15 (13) W 9-9:45 am 4-6 yrs CH22104
 Gym ID/AP: \$74 OD: \$92.50

Pee Wee Basketball

Your child will learn basketball skills through a variety of fun games. Staff will provide positive instruction while your child runs, shoots, dribbles and develops a love for the game. **No classes Thanksgiving Week.**

9/15-12/15 (13) W 10:15-10:45 am 4-6 yrs CH22105
 Gym ID/AP: \$74 OD: \$92.50



Sports - Youth

Cedar Hills Athletics

Young athletes will learn skills including dribbling, shooting, passing, teamwork and receiving for a variety of sports. **No classes 11/27**

9/18-12/18 (13) S 8:30-9:15 am 5-7 yrs CH22200
 Playfield ID/AP: \$97 OD: \$121.25
 9/18-12/18 (13) S 9:30-10:15 am 7-10 yrs CH22201
 Playfield ID/AP: \$97 OD: \$121.25
 9/15-12/15 (13) W 5-5:45 pm 7-10 yrs CH22205
 Playfield ID/AP: \$97 OD: \$121.25

Archery, Beginning

Gain experience in this growing Olympic sport with all the necessary equipment. Students will learn the basic skills of archery, including learning to load, aim, and shoot recurve bows. Archery safety, terminology, scoring and archery games will also be included in the program.

No classes 11/27

9/18-10/30 (7) S 9-9:45 am 7-10 yrs CH22230
 PCC Rock Creek ID/AP: \$70 OD: \$87
 9/18-10/30 (7) S 10-10:45 am 10-12 yrs CH22231
 PCC Rock Creek ID/AP: \$70 OD: \$87
 9/18-10/30 (7) S 11:15 am-12 pm 12-14 yrs CH22232
 PCC Rock Creek ID/AP: \$70 OD: \$87

Sports - Youth

Basketball Series

Basketball Skills: Shooting

We will focus on shooting to improve individual skill level. If you are looking to refine your mechanics or improve your all-around game, these clinics are for you!

9/13-9/27 (3) M 6-7 pm 7-10 yrs CH22240
Gym ID/AP: \$30 OD: \$37.50

Basketball Skills: Passing & Dribbling

We will focus on passing and dribbling to improve individual skill level. If you are looking to refine your mechanics or improve your all-around game, these clinics are for you!

10/4-10/18 (3) M 6-7 pm 7-10 yrs CH22241
Gym ID/AP: \$30 OD: \$37.50

Basketball Skills: Footwork & Defense

We will focus on footwork and defense to improve individual skill level. If you are looking to refine your mechanics or improve your all-around game, these clinics are for you!

10/25-11/15 (4) M 6-7 pm 7-10 yrs CH22242
Gym ID/AP: \$40 OD: \$50

Basketball Skills: Skills & Scrimmages

Athletes will work on 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.

11/29-12/13 (3) M 6-7 pm 7-10 yrs CH22243
Gym ID/AP: \$30 OD: \$37.50

Beginning Soccer

Enjoy skill building: dribbling, shooting and passing. Class will focus on individual skills and may include scrimmages for part of class. **No classes 11/27**

9/18-12/18 (13) S 10:45-11:30 am 5-7 yrs CH22202
Playfield ID/AP: \$97 OD: \$121.25

9/18-12/18 (13) S 11:45 am-12:30 pm 7-10 yrs CH22203
Playfield ID/AP: \$97 OD: \$121.25

9/15-12/15 (13) W 6-6:45 pm 7-10 yrs CH22204
Playfield ID/AP: \$97 OD: \$121.25

Karate Kids

Beginning karate with a less structured curriculum. Children will gain skills in self-confidence, respect, cooperation, effective communication and motivation. Uniforms are not required. **No classes 11/23, 11/25**

9/14-10/19 (6) T 5:30-6:15 pm 6-8 yrs CH22210
Rm 5 ID/AP: \$40 OD: \$50

10/26-12/14 (7) T 5:30-6:15 pm 6-8 yrs CH22211
Rm 5 ID/AP: \$46 OD: \$57.50

9/16-10/21 (6) Th 5-5:45 pm 6-8 yrs CH22214
Rm 5 ID/AP: \$40 OD: \$50

10/28-12/16 (6) Th 5-5:45 pm 6-8 yrs CH22215
Rm 5 ID/AP: \$40 OD: \$50

9/16-10/21 (6) Th 6-6:45 pm 6-10 yrs CH22216
Rm 5 ID/AP: \$40 OD: \$50

10/28-12/16 (8) Th 6-6:45 pm 6-10 yrs CH22217
Rm 5 ID/AP: \$33 OD: \$41.25

Karate, Beginning

Shorin-ryu is a self-defense oriented, traditional Okinawan karate style. Learn basic blocks, punches, kicks and breakfall techniques. A white uniform is required for this class, information given at first class. Additional fees may be required. Students test for rank/advancement during class. **No classes 11/23, 11/25, 11/26**

9/14-12/14 (13) T 6:45-7:45 pm 7-adult CH22220
Rm 5 ID/AP: \$147 OD: \$183.75

9/16-12/16 (12) Th 7:15-8:15 pm 7-adult CH22221
Rm 5 ID/AP: \$136 OD: \$170

9/17-12/17 (13) F 5:30-6:30 pm 7-adult CH22222
Rm 5 ID/AP: \$147 OD: \$183.75

Sports - Youth

Karate, Intermediate/Advanced

Must have experience with traditional Okinawan Karate, ranked green belt or higher and subject to instructor's discretion. In addition to blocks, strikes, kicks, grabs, holds, releases, and breakfalls, you will also work with bo staff as well as various katas. Students tested for rank in these classes. A white uniform is required for this class, information given at first class. Additional fees may be required. **No class 11/26**

9/17-12/17 (13) F 7-8 pm 7-adult CH22223
Rm 5 ID/AP: \$160 OD: \$200



Middle School Cross Country

Join a middle school cross country team, get involved in your school and meet new friends. Train two days a week time & location TBD, then represent your team in the district meet with other middle school teams. Program held outside; dress for the weather - we go rain or shine.

Cedar Park Cross Country

9/21-11/4 (7) T/Th 4-5:30 pm 11-14 yrs CH29100
OffSite D/AP: \$125 OD: \$156.25

Conestoga Cross Country

9/21-11/4 (7) T/Th 4-5:30 pm 11-14 yrs CH29101
OffSite ID/AP: \$125 OD: \$156.25

Five Oaks Cross Country

9/21-11/4 (8) T/Th 4-5:30 pm 11-14 yrs CH29102
OffSite ID/AP: \$125 OD: \$156.25

Highland Park Cross Country

9/21-11/4 (7) T/Th 4-5:30 pm 11-14 yrs CH29103
OffSite ID/AP: \$125 OD: \$156.25

ISB Cross Country

9/21-11/4 (7) T/Th 2:15-3:30 pm 11-14 yrs CH29109
Rm 2 ID/AP: \$125 OD: \$156.25

Meadow Park Cross Country

9/21-11/4 (8) T/Th 4-5:30 pm 11-14 yrs CH29104
OffSite ID/AP: \$125 OD: \$156.25

Mt. View Cross Country

9/21-11/4 (7) T/Th 4-5:30 pm 11-14 yrs CH29105
OffSite ID/AP: \$125 OD: \$156.25

Stoller Cross Country

9/21-11/4 (7) T/Th 4-5:30 pm 11-14 yrs CH29106
OffSite ID/AP: \$125 OD: \$156.25

Tumwater Cross Country

9/21-11/4 (7) T/Th 4-5:30 pm 11-14 yrs CH29107
OffSite ID/AP: \$125 OD: \$156.25

Whitford Cross Country

9/21-11/4 (8) T/Th 4-5:30 pm 11-14 yrs CH29108
OffSite ID/AP: \$125 OD: \$156.25

THPRD Welcomes you!



TUALATIN HILLS
PARK & RECREATION DISTRICT