Fall 2022 Activities Guide

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

The mission of the Tualatin Hills Park & Recreation District is to provide high-quality park and recreation facilities, programs, services, and natural areas that meet the needs of the diverse communities it serves.

**Vision Statement**

We will enhance healthy and active lifestyles while connecting more people to nature, parks, and programs. We will do this through stewardship of public resources and by providing programs/spaces to fulfill unmet needs.

**Equity & Inclusion Statement**

We acknowledge that all U.S. government agencies have roots stemming from systemic racism and oppression, including THPRD.

We seek to hold ourselves accountable for our role in perpetuating these systems and are committed to taking action to create meaningful change.

We aspire to bring people together, to be a welcoming and inclusive park & recreation district, and to live our values of advancing social and racial equity.

---

**Board of Directors**

Felicita Monteblanco  
Director

Alfredo Moreno  
Director

Barbie Minor  
Secretary Pro Tempore Director

Heidi Edwards  
Secretary Director

Tya Ping  
President Director

**Management Team**

Doug Menke, General Manager  
Jessica Collins, Executive Assistant  
Jared Isaksen, Finance Services Director/ CFO  
Aisha Panas, Park Services Director

Christine Hoffman, Human Resources Director  
Holly Thompson, Communications Director  
Sabrina Taylor Schmitt, Recreation & Aquatic Director  
Julie Rocha, Sports & Inclusion Director
The Tualatin Hills Park & Recreation District is planning for an active summer and is looking to hire staff to care for our sites, create fun summer camp experiences, instruct classes and more!

Clockwise:
- **Flexible schedule & hours**
- **Gain valuable job experience**
- **Network and make new friends**
- **Earn extra money**

Learn more and apply now at thprd.org/jobs

The mission of the Tualatin Hills Park & Recreation District is to provide high-quality park and recreation facilities, programs, services and natural areas that meet the needs of the diverse communities it serves.

We strive to produce the most accurate, up-to-date activities guide possible. Some program information may have changed since this guide went to print. NOTE: THPRD may use, for promotional purposes, photos taken at events and during programs.

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Registration is easy at THPRD

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

Online: www.thprd.org

Summer registration starts Saturday, August 13, 8 am.
You can register 24 hours a day, seven days a week. Just visit www.thprd.org/portal. You must use a credit card or THPRD gift card to pay.

Walk-in

Summer registration starts: Saturday, August 13, 8 am.
Visit any THPRD recreation or aquatic center (see page 3) to register for classes.

By phone: 503-439-9400*

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

Registration starts:
In district:
Saturday, August 13, 8 am-6 pm and Sunday, August 14, noon-4 pm.
Out-of District:
Monday, August 15, 8 am-noon

* 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 THPRD facility or online at www.thprd.org. If you have any questions, call 503-645-6433.

To open a new THPRD account

To enjoy any of our hundreds of classes, programs, camps, and drop-in activities, you must first have a current THPRD account. Accounts are free and easy to create.

Online: www.thprd.org

Step 1: Visit thprd.org/join
Fill out the “Create new household” form for your THPRD account.

Step 2: Activate online account
Follow instructions sent to your email to activate your new online THPRD account.

Step 3: Verify residency in-person at any THPRD facility.
See “Verify Residency” section below.

Walk-in

Step 1: Fill out the Registrant Information Form
Form can be found online or at any THPRD facility.

Step 2: Verify residency residency in-person at any THPRD facility.
See “Verify Residency” section below.

By phone: 503-645-6433*

For additional information, or assistance in creating an account, please contact our administration office at 503-645-6433.

Verify Residency

During your visit to open a new THPRD account or for accounts created online (before your first scheduled class or league, or after no more than five drop-in activities), please bring the following:

• Any government-issued photo ID that includes your current address (for example, an Oregon Driver’s license, Oregon Identification Card, Consular Identification Card).
• If your government-issued photo ID does not include your current address (for example a passport or out-of-state driver's license) please provide an additional proof of residency such as a utility bill, bank statement, or rental agreement.

If you cannot verify your residency, you may opt to pay the out-of-district rate or request a prorated refund for your class. THPRD reserves the right to verify residency at any time; addresses must be verified every five years. Your account expiration date can be found by logging into your online THPRD account here: https://www.thprd.org/portal/.

Why do we verify your address?
People who own property or reside within THPRD’s boundaries support our services through property taxes and are eligible for benefits that include early registration and lower program costs.

Not a resident?
You are still welcome to enjoy every program and activity the district has to offer, follow the instructions above to create a THPRD account, no residency verification required. Two options are available to patrons who live outside of THPRD’s service area.
1. Pay a yearly or quarterly assessment
2. Pay a 25% per-class premium
To learn more about these options, visit thprd.org/activities/am-i-in-district
Tualatin Hills Park & Recreation District  Fall 2022 Activities Guide  www.thprd.org

General Information

Cancellations, Discounts and Refunds

Delays, Closures and Changes
Occasionally centers will be closed or schedules changed or delayed due to special events or makeup classes. We make every effort to announce any change in advance. We strive to provide a clean facility for your enjoyment, and annual closures are required for major repairs and cleaning.

Full or Canceled Classes
All programs operate with a minimum enrollment requirement and maximum enrollment capacities. The district reserves the right to cancel, change or combine programs. Classes will not be canceled within 72 hours of the start date except in extraordinary circumstances. When the district cancels or postpones a class, the total fee will be credited to the participant’s THPRD registration account.

Waiting Lists
Once a class is filled, a waiting list will be created. Note: Even if an additional class is created, it may not be at the same time or day as the waiting list class.

Refunds
THPRD’s policy is to refund monies collected for services, in a timely manner, whether initiated by the district or the participant. If a longer refund request period is necessary, it will be noted in the class description and activities guide and on the patron invoice. No credit will be applied to the participant’s THPRD registration account with less than the required notice. For a complete copy of the THPRD cancellation and refund policy, please visit www.thprd.org.

Class Observation Guidelines
THPRD invites parents/guardians to observe class activities from inside the classroom/gymnasium on the first and last days of the term. Otherwise, we encourage parents/guardians to remain outside the classroom/gymnasium for the best instructional environment for the children. Off-site programs require a parent/guardian to be present at all times if the child is younger than 10 years of age. If you have any questions or concerns regarding these guidelines, please feel free to speak to the instructor or program coordinator. Thank you for your cooperation and understanding.

Inclement Weather
THPRD programs, classes and sponsored activities may be delayed or canceled if weather conditions warrant. For the latest information on THPRD aquatic and recreation center operations during inclement weather, please call our 24-hour hotline at 503-614-4018 or go to our website, www.thprd.org. We will also post notices on social media and provide info to news media.

Dressing Rooms
It is requested that all children ages 6 and older use the locker room that corresponds to their gender identity. Please check with the staff at the front desk if you have any questions.

Showers
If you use a THPRD shower but do not participate in a paid activity, a $3 fee will be charged.

Military Discount
All in-district individuals and their dependents (with government-issued identification/documents) who are currently serving or have served (active duty, National Guard, Reserves, veterans and retirees) in the U.S. military (Army, Navy, Air Force, Marines and Coast Guard) will receive a 10% discount on qualifying programs and services.

When Discounts Do Not Apply
No discounts are available for non-subsidized district activities. These include but are not limited to private lessons, facility rentals, trips, childcare, concessions, merchandise and special events.

Please note: Gift card purchases are nonrefundable. The only exception is for balances less than $5. Patrons who qualify for this exception must request the refund.

Am I in-district?

Live out of district?
Patrons outside the district, including out-of-town guests, are invited to enjoy THPRD programs by choosing between two payment options:

Pay a 25% premium for each class, drop-in activity, fitness pass or program. Typically, out-of-district (OD) rates are listed in this activities guide. This option may not be used for facility rentals. Please note that out-of-district patrons are ineligible to receive discounts provided to in-district youth, seniors, military families and guests with physical or developmental disabilities.

OR

Pay an assessment fee (currently $100 per quarter) that allows all household members to receive in-district rates on all THPRD classes, drop-in activities, fitness passes and other programs for any single term or an entire year.

Out-of-district registration for summer classes begins (online or by phone) at 8 am on Monday, August 15.

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When Discounts Do Not Apply
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Please note: Gift card purchases are nonrefundable. The only exception is for balances less than $5. Patrons who qualify for this exception must request the refund.
The Deluxe Fitness Pass may be used for all fitness classes and drop-in programs at any THPRD facility. It entitles the pass holder to unlimited access to the following:

- Drop-in Sports
- Yoga
- Walking Track
- Group Fitness
- Lap Swim
- Family Swim
- Weight Room
- Open Swim
- Senior Swim
- Water Fitness

Admission to instructor-led classes is based on space availability. Age restrictions apply for Elsie Stuhr activities (55+). Babette Horenstein Tennis Center not included.

Indoor Play Park included for youth pass holders or youth members of a household pass.

<table>
<thead>
<tr>
<th>Deluxe Fitness Pass</th>
<th>Daily</th>
<th>1 month</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult (18-64 yrs)</td>
<td>$8.75</td>
<td>$60</td>
</tr>
<tr>
<td>Youth (1-17 yrs)* / Senior (65+)* / Military (individual)*</td>
<td>$8</td>
<td>$54</td>
</tr>
<tr>
<td>Two-person household</td>
<td>N/A</td>
<td>$90</td>
</tr>
<tr>
<td>Household (3+)</td>
<td>N/A</td>
<td>$120</td>
</tr>
<tr>
<td>Out-of-district individual</td>
<td>$11</td>
<td>$75</td>
</tr>
<tr>
<td>Out-of-district, two-person household</td>
<td>N/A</td>
<td>$113</td>
</tr>
<tr>
<td>Out-of-district household (3+)**</td>
<td>N/A</td>
<td>$150</td>
</tr>
</tbody>
</table>

Admission does not include admission to instructor-led fitness classes. Age restrictions apply for Elsie Stuhr Center activities (55+). Babette Horenstein Tennis Center not included.

<table>
<thead>
<tr>
<th>General Pass</th>
<th>Daily Drop-in</th>
<th>1 month</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult (18-64 yrs)</td>
<td>$5.50</td>
<td>$36</td>
</tr>
<tr>
<td>Youth (1-17 yrs)* / Senior (65+)* / Military (individual)*</td>
<td>$5</td>
<td>$32</td>
</tr>
<tr>
<td>Two-person household</td>
<td>N/A</td>
<td>$54</td>
</tr>
<tr>
<td>Household (3+)</td>
<td>$14.25</td>
<td>$72</td>
</tr>
<tr>
<td>Out-of-district individual</td>
<td>$7</td>
<td>$45</td>
</tr>
<tr>
<td>Out-of-district two-person household</td>
<td>N/A</td>
<td>$68</td>
</tr>
<tr>
<td>Out-of-district household (3+)</td>
<td>$17.75</td>
<td>$90</td>
</tr>
</tbody>
</table>

Pass does not include admission to instructor-led fitness classes. Age restrictions apply for Elsie Stuhr Center activities (55+). Babette Horenstein Tennis Center not included.

Indoor Play Park included for youth pass holders or youth members of a household pass.

*Discounts apply to in-district patrons only.
Youth, senior and military rates reflect a 10% discount.
Fitness Opportunities

**Fitness in the Park**

**FREE!**
September 12 - December 17

Fitness in the Park is a district wide program offering a variety of family friendly workouts throughout the Beaverton area. Enjoy the sunshine and great outdoors with achieving your fitness goals! All ages and fitness levels are welcome, no registration required. View current schedule of classes at: http://www.thprd.org/activities/fitness

**Personal Training**

THPRD offers personal training at our four recreation centers: Cedar Hills Recreation Center, Conestoga Aquatic & Recreation Center, Garden Home Recreation Center, and Elsie Stuhr Center.

We have knowledgeable, certified personal trainers who are ready to create a plan to help you reach your goals.

Whether you want to lose weight, run a marathon, or just become a healthier you, our trainers will give you the tools that you need to get there!

http://www.thprd.org/activities/personal-training

**Stay Fit for FREE**

People 65+ can Receive FREE Monthly THPRD Passes

Many health insurance providers offer members free or discounted gym memberships. THPRD partners with providers to offer access to drop-in activities, weight rooms, walking track, and more.

Visit our webpage to learn more: thprd.org/activities/healthcare-partners

Visit www.thprd.org for more information on any of these programs
Financial Aid Program

To Qualify:

<table>
<thead>
<tr>
<th>Family Size</th>
<th>Max Monthly Income</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>$1,473</td>
</tr>
<tr>
<td>2</td>
<td>$1,984</td>
</tr>
<tr>
<td>3</td>
<td>$2,495</td>
</tr>
<tr>
<td>4</td>
<td>$3,007</td>
</tr>
<tr>
<td>5</td>
<td>$3,518</td>
</tr>
<tr>
<td>6</td>
<td>$4,029</td>
</tr>
<tr>
<td>7</td>
<td>$4,541</td>
</tr>
<tr>
<td>8</td>
<td>$5,052</td>
</tr>
</tbody>
</table>

For each additional family member add $512

What can I use my financial aid funds for?

Funds may be used for sports, swimming, fitness classes, gymnastics, dance, weight rooms, plot fees for the community gardens, affiliated recreational youth sports leagues and more.

For more information:
503-619-3994
financialaid@thprd.org

CALLING COACHES
FOR YEAR-ROUND YOUTH ATHLETIC LEAGUES

Give back to your community and inspire our youth by creating a positive environment that promotes self-confidence and self-esteem.

For more information visit our website
thprd.org/connect/volunteer/ongoing-opportunities

Athletic Center
Basketball Winter, Spring, Summer Grades 5-12
Volleyball Fall, Summer Grades 4-12

Cedar Hills Recreation Center
Track & Field Winter, Spring Grades 6-8
Cross Country Summer, Fall Grades 6-8
THPRD provides Adaptive Recreation opportunities and Inclusion Services for individuals experiencing disabilities to promote access for all.

- **Inclusion Services** is an individualized support program provided for patrons with disabilities in classes and programs offered at THPRD. This is a free service provided by the district.
- **Monday Night TR** at the Elsie Stuhr Center provides a variety of recreational opportunities for individuals 16+ experiencing disabilities.
- **Thursday Night All-Stars** located at the Athletic Center is a drop-in basketball program for individuals 16+ experiencing disabilities.
- **Camp Rivendale** is a specialized youth summer camp for kids with disabilities ages 6-21. This summer camp contributes to the physical, mental, and social growth of campers while promoting dignity, self respect, and independence.
- **Adaptive Recreation** programs in the district such as Adaptive Swim Classes and Adaptive Sportz Center offer individuals with disabilities specialized opportunities within sports and recreation programs.

For more information regarding specialized recreation and inclusion services, please call us at 503-629-6330 or email inclusion@thprd.org.

THPRD is hiring Inclusion Assistants

We are looking for compassionate, kind, and reliable individuals who want to make a difference in their community. Inclusion Assistants provide one-on-one assistance to patrons with disabilities, allowing them the opportunity to participate in the wide variety of programs and activities available through THPRD.

More info at thprd.org/jobs

Adaptive & Inclusive Recreation

THPRD is now hiring lifeguards, aquatics and swim instructors!

Lifeguard Certification classes are available
For more info: www.thprd.org

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¡THPRD está contratando!

¡El Distrito de Parques y Recreación de Tualatin Hills (THPRD) está planeando un verano activo y está contratando personal para cuidar nuestros parques, crear experiencias divertidas en los campamentos de verano, impartir clases y más!

Programa y horarios flexibles
Adquiera valiosa experiencia laboral
Establezca contactos y haga nuevos amigos
Gane dinero extra

Conozca más y aplique ahora en thprd.org/jobs

La misión de Tualatin Hills Park & Recreation District es dar parques y centros recreativos de alta calidad, programas, servicios y áreas naturales que cubran las necesidades de las diversas comunidades a las que sirve.

Nos esforzamos por producir la guía de actividades más precisa y actualizada posible. Alguna información del programa podría haber cambiado desde que se mandó a imprimir esta guía. NOTA: THPRD puede usar, las fotos que se toman en los eventos y durante los programas para fines promocionales.
La inscripción es fácil en THPRD

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

**En línea: www.thprd.org**

La inscripción de verano comienza el sábado 13 de agosto a las 8:00 a. m. Puede inscribirse las 24 horas al día, los siete días de la semana. Solo visite www.thprd.org/portal. Tiene que usar una tarjeta de crédito o una tarjeta de regalo de THPRD para pagar.

**Personalmente**

La inscripción de verano comienza el sábado 13 de agosto a las 8 a. m. Visite cualquier centro recreativo o acuático de THPRD (consulte la página 3) para inscribirse en las clases.

**Por teléfono: 503-439-9400***

* Tenga en cuenta: la inscripción por teléfono puede tener un tiempo de espera más largo. Se recomienda que se inscriba en línea o personalmente.

La inscripción comienza:
- en el distrito: **el sábado 13 de agosto de 8:00 a. m. a 6:00 p. m. y el domingo 14 de agosto de 12:00 p. m. a 4:00 p. m.**
- fuera del distrito: **el lunes 15 de agosto de 8:00 a. m a 12 p. m.**

**Para abrir una cuenta nueva de THPRD**

Para que disfrute de cualquiera de nuestros cientos de clases, programas, campamentos y actividades sin inscripción, primero debe tener una cuenta vigente de THPRD.

**En línea: www.thprd.org**

**Paso 1:** Visite thprd.org/join
Complete el formulario “Crear grupo familiar nuevo” para su cuenta de THPRD.

**Paso 2:** Active la cuenta en línea
Siga las instrucciones que le enviaron a su correo electrónico para activar su nueva cuenta de THPRD en línea.

**Paso 3:** Verifique la residencia
Consulte la sección “Verificar residencia” abajo.

**Personalmente**

**Paso 1:** Complete el formulario de Información de la persona inscrita
Puede encontrar el formulario en línea o en cualquier centro de THPRD.

**Paso 2:** Verifique la residencia
Consulte la sección “Verificar residencia” abajo.

**Por teléfono: 503-645-6433***

Para obtener más información o asistencia para crear una cuenta, comuníquese con nuestra oficina de administración al 503-645-6433.

**Verifique la residencia**

Durante su visita para abrir una nueva cuenta de THPRD o para cuentas creadas en línea (antes de su primera clase o liga programada, o después de no más de cinco actividades sin inscripción), traiga lo siguiente:
- Cualquier identificación con foto proporcionada por el gobierno que incluya su dirección actual (por ejemplo, una licencia de conducir de Oregón, tarjeta de identificación de Oregón, tarjeta de identificación consular).
- Si su identificación con foto proporcionada por el gobierno no incluye su dirección actual (por ejemplo, un pasaporte o una licencia de conducir de otro estado), dé otra prueba de residencia, como una factura de servicios públicos, un estado de cuenta bancario o un contrato de alquiler.

Si no puede verificar su residencia, puede optar por pagar la tarifa fuera del distrito o pedir un reembolso prorrateado para su clase. THPRD se reserva el derecho de verificar la residencia en cualquier momento; las direcciones deben verificarse cada cinco años. Puede encontrar la fecha de vencimiento de su cuenta iniciando sesión en línea en su cuenta de THPRD aquí: https://www.thprd.org/portal/.

**¿Por qué verificamos su dirección?**
Las personas que tienen una propiedad o residen dentro de los límites de THPRD apoyan nuestros servicios a través de los impuestos a la propiedad y son elegibles para beneficios que incluyen inscripción anticipada y programa a menor costo.

**¿No es residente?**
Todavía puede disfrutar de todos los programas y actividades que el distrito tiene para dar; siga las instrucciones de arriba para crear una cuenta de THPRD. No es necesario verificar la residencia. Hay dos opciones disponibles para los usuarios que viven fuera del área de servicio de THPRD:
1. Pagar una cuota anual o trimestral
2. Pagar una prima de 25 % por clase
Para obtener más información sobre estas opciones, visite nuestra thprd.org/activities/am-i-in-district.
Información general de THPRD

¿Estoy en el distrito?

¿Vive fuera del distrito?
Se invita a los usuarios que viven fuera del distrito, incluyendo a los huéspedes de fuera de la ciudad, a disfrutar de los programas de THPRD eligiendo entre dos opciones de pago:

- Pague una prima del 25 % por cada clase, actividad sin inscripción, pase de condición física o programa. Normalmente, las tarifas para personas que viven fuera del distrito (OD) se mencionan en esta guía de actividades. Esta opción no se puede usar para alquileres en el centro. Tenga en cuenta que las personas que no pertenecen al distrito no son elegibles para recibir los descuentos que se les dan a los jóvenes, adultos mayores, familiares de miembros de las fuerzas armadas e invitados con discapacidades físicas o de desarrollo.

- O

Pague una cuota (actualmente $100 por trimestre) que permite a todos los miembros del grupo familiar recibir las mismas tarifas que las personas del distrito en todas las clases de THPRD, actividades sin inscripción, pases de condición física y otros programas por una temporada o por todo el año.

La inscripción para personas que viven fuera del distrito para las clases de verano comienza (en línea o por teléfono) el lunes 15 de agosto a las 8:00 a. m. el lunes.

Cancelaciones, descuentos y reembolsos

Retrasos, cierres y cambios
Ocasionalmente, los centros estarán cerrados o los horarios cambiarán o se retrasarán debido a eventos especiales o clases de maquillaje. Hacemos todo lo posible para anunciar cualquier cambio con antelación. Nos esforzamos por dar un centro limpio para que usted lo disfrute y los cierres anuales son necesarios para hacer reparaciones mayores y para limpiar.

Clases llenas o canceladas
Para poder operar, todos los programas requieren un mínimo de personas inscritas y tienen una capacidad máxima de participantes. El distrito se reserva el derecho a cancelar, cambiar o combinar programas. Las clases no se cancelarán durante las de 72 horas antes de la fecha de inicio, excepto en circunstancias extraordinarias. Cuando el distrito cancele o posponga una clase, el cargo total será acreditado a la cuenta de inscripción en THPRD del participante.

Listas de espera
Una vez se llena una clase, se crea una lista de espera. Nota: incluso si se crea otra clase, puede ser que no sea a la misma hora o el mismo día que la clase de la lista de espera.

Reembolsos
La política de THPRD es reembolsar el dinero recaudado por los servicios, de manera oportuna, ya sea que lo inicie el distrito o el participante. Si es necesario un período de solicitud de reembolso más largo, se mencionará en la descripción de la clase y guía de actividades y en la factura del usuario. No se aplicará ningún crédito a la cuenta de inscripción de THPRD del participante con menos del aviso necesario. Para obtener una copia completa de la política de cancelación y reembolso de THPRD, visite www.thprd.org.

Clases
Las solicitudes para dar de baja o cambiar una clase deben hacerse cinco días antes del primer día de clase para recibir un reembolso completo, menos cualquier cargo aplicable. Las solicitudes que se hagan dentro de los cinco días anteriores a la fecha de inicio se reembolsarán en una tarjeta de regalo de THPRD.

Directrices para observar la clase
THPRD invita a los padres/tutores a observar las actividades de clase desde el interior del salón de clases/gimnasio el primer y último día del periodo. De lo contrario, animamos a los padres/tutores a permanecer fuera del salón de clases/gimnasio para lograr el mejor entorno educativo para los niños. Los programas fuera del lugar exigen que uno de los padres/tutor esté presente en todo momento si el niño es menor de 10 años. Si tiene alguna pregunta o preocupación con respecto a estas directrices, no dude en hablar con el instructor o con el coordinador del programa. Gracias por su colaboración y comprensión.

Inclemencias del tiempo
Los programas, clases y actividades que patrocinan THPRD pueden retrasarse o cancelarse si las condiciones del clima lo justifican. Para obtener la información más reciente sobre las operaciones del centro recreativo y acuático de THPRD durante las inclemencias del tiempo, llame a nuestra línea directa las 24 horas al 503-614-4018 o visite nuestro sitio web, www.thprd.org. También publicaremos avisos en las redes sociales y daremos información a los medios de comunicación.

Vestidores
Se pide que todos los niños de 6 años en adelante usen el vestidor que corresponda a su identidad de género. Consulte con el personal de la recepción si tiene alguna pregunta.

Duchas
Si usa una ducha de THPRD, pero no participa en una actividad pagada, se hará un cargo de $3.

Descuento a las fuerzas armadas
Todas las personas del distrito y sus dependientes (con identificación/documentos proporcionados por el gobierno) que actualmente están sirviendo o han servido (servicio activo, Guardia Nacional, Reservas, veteranos y jubilados) en las fuerzas armadas de las EE. UU. (Ejército, Armada, Fuerza Aérea, Marines y Guardia Costera) recibirán un 10 % de descuento en los programas y servicios que califiquen.

Cuando no aplican los descuentos
No aplican los descuentos a las actividades que no son patrocinadas por el distrito. Las excepciones son para servicios que califiquen.

Tenga en cuenta que: las compras con tarjetas de regalo no son reembolsables. La única excepción es para saldos de menos de $5. Los usuarios que califiquen para esta excepción deben pedir el reembolso.
Programas sin inscripción y admisiones diarias

**Pase de condición física de lujo**

El Pase de condición física de lujo se puede usar para todas las clases de condición física y programas sin inscripción en cualquier centro de THPRD. Da derecho al titular del pase a tener acceso ilimitado a lo siguiente:

- Deportes sin inscripción
- Yoga
- Pista para caminar
- Condición física en grupo
- Nado libre por carril
- Nado familiar
- Salón de pesas
- Nado libre
- Nado para Adultos mayores
- Condición física en agua
- Nado libre por carril
- Nado familiar
- Salón de pesas
- Nado libre
- Nado para Adultos mayores
- Condición física en agua

La admisión a las clases dirigidas por un instructor se basa en la disponibilidad de espacio. Se aplican restricciones de edad para las actividades de Elsie Stuhr (55+). No incluye Babette Horenstein Tennis Center.

El parque de juego bajo techo está incluido para titulares de pases de jóvenes o miembros jóvenes de un pase de grupo familiar.

<table>
<thead>
<tr>
<th>Pase de condición física de lujo</th>
<th>Diario</th>
<th>1 mes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adulto (18-64 años)</td>
<td>$8.75</td>
<td>$60</td>
</tr>
<tr>
<td>Jóvenes (1-17 años)/Adultos mayores (mayores de 65 años)/Fuerzas armadas (individual)*</td>
<td>$8</td>
<td>$54</td>
</tr>
<tr>
<td>Grupo familiar de dos personas</td>
<td>N/A</td>
<td>$90</td>
</tr>
<tr>
<td>Grupo familiar (3+)</td>
<td>N/A</td>
<td>$120</td>
</tr>
<tr>
<td>Persona que no vive en el distrito</td>
<td>$11</td>
<td>$75</td>
</tr>
<tr>
<td>Grupo familiar de dos personas que no viven en el distrito</td>
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<td>$113</td>
</tr>
<tr>
<td>Grupo familiar que no vive en el distrito (3+)**</td>
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<td>$150</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Pase de atención médica en pareja</th>
<th>Diario sin inscripción</th>
<th>1 mes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Individual</td>
<td>N/A</td>
<td>$37</td>
</tr>
<tr>
<td>Personal, no vive en el distrito</td>
<td>N/A</td>
<td>$46</td>
</tr>
</tbody>
</table>

**Pase general**

El Pase general se puede usar en cualquier centro de THPRD para entrar a los siguientes programas sin inscripción:

- Nado libre por carril
- Nado libre
- Nado familiar
- Nado para Adultos mayores
- Gimnasio abierto
- Deportes sin inscripción
- Pista para caminar
- Salones de pesas
- Nado familiar
- Salón de pesas
- Nado libre
- Nado para Adultos mayores
- Condición física en agua

El pase no incluye el ingreso a las clases de condición física dirigidas por un instructor. Se aplican restricciones de edad para las actividades de Elsie Stuhr Center (55+). No incluye Babette Horenstein Tennis Center.

El parque de juego bajo techo está incluido para titulares de pases de jóvenes o miembros jóvenes de un pase de grupo familiar.

<table>
<thead>
<tr>
<th>Pase general</th>
<th>Diario sin inscripción</th>
<th>1 mes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adulto (18-64 años)</td>
<td>$5.50</td>
<td>$36</td>
</tr>
<tr>
<td>Jóvenes (1-17 años)/Adultos mayores (mayores de 65 años)/Fuerzas armadas (individual)*</td>
<td>$5</td>
<td>$32</td>
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<tr>
<td>Grupo familiar de dos personas</td>
<td>N/A</td>
<td>$54</td>
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<tr>
<td>Grupo familiar (3+)</td>
<td>$14.25</td>
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<td>Persona que no vive en el distrito</td>
<td>$7</td>
<td>$45</td>
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<tr>
<td>Grupo familiar de dos personas que no viven en el distrito</td>
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<td>$68</td>
</tr>
<tr>
<td>Grupo familiar que no vive en el distrito (3+)</td>
<td>$17.75</td>
<td>$90</td>
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</tbody>
</table>

*Se aplican descuentos para los usuarios del distrito únicamente.

Las tarifas para jóvenes, adultos mayores y miembros de las fuerzas armadas reflejan un descuento del 10%.
Oportunidades de condición física

Condición física en el parque

¡GRATIS!
del 12 de septiembre
al 17 de diciembre

Fitness in the Park es un programa de todo el distrito que da una variedad de ejercicios para toda la familia en toda el área de Beaverton. ¡Disfrute del sol y del aire libre consiguiendo sus objetivos de condición física! Todas las edades y niveles de condición física son bienvenidos, no se necesita inscripción. Vea el horario de clases actual en: http://www.thprd.org/activities/fitness

Entrenamiento personal

THPRD da entrenamiento personal en nuestros cuatro centros recreativos: Cedar Hills Recreation Center, Conestoga Aquatic & Recreation Center, Garden Home Recreation Center y Elsie Stuhr Center.

Tenemos entrenadores personales expertos y certificados que están listos para crear un plan que lo ayude a alcanzar sus objetivos.

Ya sea que quiera perder peso, correr una maratón o simplemente volverse más saludable, ¡nuestros entrenadores le darán las herramientas que necesita para lograrlo!

http://www.thprd.org/activities/personal-training

Mantente en forma GRATIS

Personas mayores de 65 años pueden recibir pases mensuales de THPRD GRATIS

Muchos proveedores de seguros de salud ofrecen membresías gratuitas o con descuento a gimnasios. THPRD se asocia con proveedores para ofrecer acceso a actividades sin cita previa, a gimnasios, pistas para caminar y más.

Visit our webpage to learn moreVisite nuestra página web para obtener más información: thprd.org/activities/healthcare-partners

Visite www.thprd.org para obtener más información sobre cualquiera de estos programas
¿Para qué puedo usar los fondos de mi ayuda financiera?
Los fondos se pueden usar para deportes, natación, clases de condición física, gimnasia, baile, salas de pesas, cargos de parcela para los jardines de la comunidad, ligas deportivas juveniles recreativas afiliadas y más.

Para obtener más información:
503-619-3994
financialaid@thprd.org
Recreación adaptativa e inclusiva

THPRD da oportunidades de recreación adaptativa y servicios de inclusión para personas con discapacidades para promover el acceso de todos.

- **Servicios de inclusión** es un programa de apoyo personalizado que se da a los usuarios con discapacidades en clases y programas que se dan en THPRD. Este es un servicio gratuito que da el distrito.
- **Monday Night TR** en Elsie Stuhr Center da una variedad de oportunidades recreativas para personas mayores de 16 años con discapacidades.
- **Thursday Night All-Stars** situado en el Centro Deportivo es un programa de básquetbol sin inscripción para personas mayores de 16 años con discapacidades.
- **Camp Rivendale** es un campamento de verano especializado para niños con discapacidades entre las edades de 6 y 21 años. Este campamento de verano contribuye al crecimiento físico, mental y social de los campistas a la vez que promueve la dignidad, el respeto propio y la independencia.
- **Los programas de Recreación adaptativa** en el distrito, como Adaptive Swim Classes y Adaptive Sportz Center, dan a las personas con discapacidades oportunidades especializadas en los programas de deportes y de recreación.

Para obtener más información sobre recreación especializada y servicios de inclusión, llame al 503-629-6330 o envíe un email a include@thprd.org.
Deportes acuáticos

THPRD - Información General

Oficina principal de actividades acuáticas:
Howard M. Terpenning Recreation Complex
15707 SW Walker Road
Beaverton, OR 97006
503-645-6433

Encargada
Sabrina Taylor Schmitt, Gerente de Recreación y Actividades Acuáticas

Directrices para el uso de las piscinas de THPRD
Copias de nuestras directrices para el uso de piscinas están disponibles en la recepción de cada centro de natación.

Vestidores
Los niños de 6 años y mayores deben usar el vestidor de su propio sexo. Aloha, Beaverton, Conestoga, Harman y el Tualatin Hills Aquatic Center están equipados con vestidores familiares para las familias o personas con capacidades diferentes que necesiten ayuda o adaptaciones especiales.

Oportunidades para voluntarios

Actividades acuáticas especializadas
¡Hola nadadores! ¿Tiene talento para trabajar con los nadadores que tienen necesidades especiales? Comuníquese Beaverton Swim Center para conocer las oportunidades para voluntarios al 503-629-6312.

Salvavidas jóvenes
Para las personas que han completado el curso de salvavidas jóvenes. Hay oportunidades disponibles para ser voluntarios en todas las piscinas de THPRD. Comuníquese a las piscinas para obtener información.

Natación libre en THPRD

Natación abierta: natación recreacional no estructurada para todas las edades. Los niños menores de 10 años deben ser supervisados visualmente por uno de los padres, tutor o encargado del cuidado que deberá tener al menos 15 años de edad. Los niños menores de 7 años deben estar acompañados en el agua por uno de los padres, tutor o encargado del cuidado que deberá tener al menos de 15 años de edad. Para obtener más detalles, consulte las reglas de seguridad de nuestro distrito en la página 15. Se requiere una prueba de natación para que los niños naden en el agua que les pase de la cabeza.

Nado de Vuelta: natación de acondicionamiento físico para las personas que pueden nadar continuamente varias vueltas mientras siguen todas las reglas de etiqueta para la natación libre, incluso nadar en círculos. La natación libre es para adultos, a menos que se indique en el horario como Natación libre para todas las edades. Para obtener más información, visite: www.thprd.org
Programas Learn to Swim (Aprenda a nadar) de THPRD

Clases de natación para preescolares
Edades de 3 a 6 años que no han empezado el primer grado

Clases para niños en edad escolar
Edades de 6 a 12 años que han empezado el primer grado

El Nivel 1 es un ajuste inicial al ambiente del agua. Los nadadores experimentarán soplar burbujas y controlar la respiración, explorando el agua mientras están sobre su espalda y boca abajo, tanto con ayuda como sin ayuda. Al finalizar satisfactoriamente, los nadadores podrán patalear usando una tabla para nadar, barco de vapor y un deslizador del largo de dos cuerpos y saltar al agua, todo sin ayuda.

El Nivel 2 desarrollará la confianza para que el nadador flote y se deslice boca abajo y sobre su espalda, mientras se introduce la brazada estilo crol y el estilo combinado hacia atrás. Se introducirá la respiración alterna. El nadador podrá coordinar la respiración de lado con brazada durante cinco respiraciones y cinco longitudes del cuerpo sobre su espalda, braseando y pataleando.

El Nivel 3 se enfocará en desarrollar aún más las habilidades de brazada estilo crol y también aprender la brazada hacia atrás. También empezaremos a introducir las experiencias en aguas profundas manteniéndose a flote y las habilidades de buceo para principiantes. Los nadadores también practicarán realizar habilidades para distancias más largas. Al finalizar satisfactoriamente, los nadadores podrán nadar con brazada estilo crol o brazada hacia atrás 15 yardas.

El Nivel 4 introduce la brazada de pecho y el buceo hacia adelante de pie. En enfoque será aumentar la capacidad y la resistencia de la brazada estilo crol, la brazada hacia atrás y mantenerse a flote. Al finalizar satisfactoriamente, los nadadores podrán nadar con brazada estilo crol o brazada hacia atrás 25 yardas.

El Nivel 5 desarrolla la capacidad de brazada y desarrolla resistencia. Al finalizar satisfactoriamente, el nadador podrá nadar continuamente 300 yardas, mantenerse a flote durante dos minutos, realizar el buceo en aguas poco profundas y demostrar el nado debajo del agua.

¿No está seguro en qué clase inscribirse?
Ofrecemos evaluaciones de nivel gratis. Comuníquese a cualquier piscina de THPRD para obtener el horario.

Guía de selección de niveles de natación

- Los menores de seis meses hasta los tres años se registran en Baby/Toddler & Me.
- Los menores de al menos tres años quienes no hayan iniciado el primer grado escolar y ya sepan ir al baño se registran a los niveles de preescolar Preschool Level 1-3.
- Los menores quienes hayan iniciado el primer grado hasta los 12 años de registran en School Age Level 1-4.
- Los menores de 3 a 6 años que no hayan iniciado el primer grado escolar y ya sepan ir al baño pero no sepan nadar se registran en School Age Level 1-4.
- Los menores de 6 a 12 años que no hayan iniciado el primer grado escolar y ya sepan ir al baño se registran a los niveles de preescolar Preschool Level 1-3.
- Los menores quienes hayan iniciado el primer grado hasta los 12 años de registran en School Age Level 1-4.
- Los menores de 6 a 12 años que hayan iniciado el primer grado escolar y ya sepan ir al baño se registran en School Age Level 1-4.
- Los menores de 12 a 15 años, Nivel 4+
- Los menores de 15+ años

Actividades acuáticas especializadas


Instrucciones de buceo
Prerrequisito: 25 yardas con brazada estilo crol y 25 yardas hacia atrás.
Niveles 1 y 2: se enseñarán los fundamentos básicos en la clase.
Niveles 3 y 4: para buzos permanentes.
Salvavidas jóvenes
Edades de 12 a 15 años, Nivel 4+
Los participantes reciben capacitación integral sobre el conocimiento y las habilidades necesarias para prepararse para el programa de capacitación de salvavidas y para que se les capacite como asistentes del instructor. Los participantes deben tener la capacidad de nadar 300 yardas y mantenerse a flote por dos minutos.

Capacitación para salvavidas
Edades de 15+ años
El curso se enfoca en el trabajo de un salvavidas en un ambiente de piscina. La certificación incluye primeros auxilios y RCP para el Rescatista profesional.

Prerrequisitos (Nivel 5+):
1) Nadar 300 yardas (utilizando brazada estilo crol y brazada de pecho).
2) Nadar 20 yardas, sumergirse a una profundidad de 7 a 10 pies, recuperar un ladrillo de buceo de 10 lb, regresar a la superficie y nadar de nuevo al punto de inicio en el transcurso de 1 minuto, 40 segundos.

Requisitos para la certificación:
1) Asistir a todos los horarios de clases (no hay reposiciones, no hay excepciones).
2) Completar satisfactoriamente todas las pruebas de habilidades requeridas en RCP para el Rescatista profesional y AED, primeros auxilios y Salvavidas.
3) Obtener una puntuación de 80% en los exámenes escritos finales.
Deportes acuáticos THPRD - Información General

Formación Profesional Acuática

<table>
<thead>
<tr>
<th>Facility</th>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>ID/ AP</th>
<th>OD</th>
<th>Class #</th>
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<tr>
<td>Formación de salvavidas</td>
<td>Consulte la página 17 para conocer los requisitos previos.</td>
<td></td>
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<tr>
<td>Beaverton</td>
<td>9/24-10/15</td>
<td>S</td>
<td>9am-4pm</td>
<td>$41</td>
<td>$41</td>
<td>BV252000</td>
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<tr>
<td>Conestoga</td>
<td>10/30-11/20</td>
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<td>CA252000</td>
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<td>10/29-11/19</td>
<td>S</td>
<td>9am-4pm</td>
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<td>BV252002</td>
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<tr>
<td>Aquatic Center</td>
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<tr>
<td>Beaverton</td>
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<td>$41</td>
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Revisión de salvavidas
Listado de interés

Instructor de salvavidas
Listado de interés

Salvavidas junior
Conestoga | 11/5-12/10 | S | 11am-1:30pm | $100 | $125 | CA251000 |

Campamento de Salvavidas Junior
Beaverton | 12/19-12/22 | M-Th | 9am-3pm | $171 | $213.75 | BV251001 |
Aquatic Center | 12/26-12/29 | M-Th | 9am-3pm | $171 | $213.75 | AQ251002 |

Instructor de Seguridad en el Agua
Listado de interés

Club de natación

Tualatin Hills Thunderbolts Swim Club
Office: 503-629-5568
www.thunderboltswimming.org

Tualatin Hills Dive Club
www.tualatinhillsdiveclub.com

Tualatin Hills Synchro Club
www.thillssynchroclub.org

Tualatin Hills Water Polo Club
www.thillswaterpolo.org

Tualatin Hills Barracuda Masters Swim Club (adultos solamente)
Por favor póngase en contacto con el presidente de miembros en: thb.membership@gmail.com o visite www.barracudas.org
THPRD Aquatics - General Information

Main Aquatics Office:
Howard M. Terpenning
Recreation Complex
15707 SW Walker Road
Beaverton, OR 97006
503-645-6433

Personnel
Sabrina Taylor Schmitt,
Recreation & Aquatics Manager

THPRD Pool Guidelines
Copies of our pool guidelines are available at the front desk of each swim center.

Dressing Rooms
Children ages 6 and older must use the dressing room of their own gender. Aloha, Beaverton, Conestoga, Harman and the Tualatin Hills Aquatic Center are equipped with accessible changing rooms available for families and/or individuals experiencing disabilities who may require assistance or special accommodations.

Volunteer Opportunities

Adaptive Aquatics
Hey, swimmers! Do you have a talent for working with swimmers with physical or developmental disabilities? Contact Beaverton Swim Center for volunteer opportunities at 503-629-6312.

Junior Lifeguarding
This is for those individuals who have completed the Junior Lifeguard course. Volunteer opportunities are available at all THPRD pools. Please call the pools for information.

Drop-in Swimming at THPRD

Open Swim
Unstructured recreational swim for all ages. Children under 10 years of age must be visually supervised by a parent, guardian or caregiver at least 15 years of age. Children under 7 years of age must be accompanied in the water by a parent, guardian or caregiver at least 15 years of age. Swim test required for children swimming in water over their head.

Lap Swim
A fitness swim for those who can safely swim continuous laps while following all rules of etiquette for lap swim, including circle swimming. Lap swim is for adults unless noted on the schedule as an All-age Lap Swim.

Open Exercise/Deep End Open Exercise
This drop-in program is an unstructured swim for personal water fitness, aqua jogging or water walking in designated areas of the pool. Participants can use the water fitness equipment provided at the swim centers during this time frame. Participants must be 15 years or older to participate in this drop-in program.

Visit thprd.org for more information and fees.
THPRD Aquatics - General Information

THPRD Learn To Swim Program

Preschool Swimming Classes
Ages 3-6 yrs who have not started first grade.

School-age Classes
Ages 6-12 yrs who have started first grade.
The prerequisite for each level is completing all skills in the previous level confidently, consistently, and comfortably. There is no prerequisite for Level 1.

Level 1
The focus is submersion and breath control working on independent floating, gliding, and kicking on front and back. Upon successful completion, swimmers will be able to kick while using a kickboard, float on their front and back, steamboat and back glide for two body lengths and jump into the water, all unassisted.

Level 2
The focus is on productive, propulsive arm strokes and effective kicks on front and back. Upon successful completion, the swimmer will be able to coordinate side breathing with arm strokes on a kickboard, swim five body lengths on their back doing winging and kicking, and jump into the water then swim to the wall unassisted.

Level 3
The focus is crawl stroke proficiency, introduction of new back skills, and orienting to deeper water. Upon successful completion, they will be able to catch 5 breaths doing crawl stroke, roll on their back, then swim winging and kicking on their back for a total of 15 yards.

Level 4
The focus is continued stroke development on crawl stroke and backstroke, getting ready for more advanced strokes, and starting the diving progression with sitting and kneeling dives. Upon successful completion, swimmers will be able to swim crawl stroke and backstroke for 15 yards and pass the swim test.

Level 5
The focus is increasing stroke proficiency and endurance, learning breaststroke, and continuing the diving progression with standing dives. Upon successful completion, swimmers will be able to swim 50 yards crawl stroke, 50 yards backstroke, and 25 yards of breaststroke with proper timing and technique.

Level 6
The focus is continued stroke proficiency and endurance, learning butterfly, and finishing the diving progression with long, shallow dives. Upon successful completion, swimmers will be able to swim continuously for 300 yards, tread water for two minutes, and demonstrate underwater swimming.

Level 7
The focus is stroke refinement, preparation for the competitive aquatic activities like swim team, diving, water polo, and synchronized swimming, and preparation for lifeguarding. Upon successful completion, they will have completed a 500-yard continuous swim, tried skills from each of the competitive aquatic sports, and learned some basic water safety skills.

Safety Skills: Safety skills are an integral part of the learn to swim program. Appropriate safety skills will be incorporated into each session of lessons.

Swim Lesson Level Registration Guide

- Students aged six months to three years register for Baby/Toddler & Me.
- Students at least three years old, not started first grade and toilet trained register for Preschool Level 1-3. Another option is You and Your Preschooler.
- Students who have started first grade through age 12 register for School Age Level 1-4.
- Students swimming 25 yards of strong front crawl (head down with side breathing, stretched kicks, and arms over the water) and 25 yards of strong backstroke (feet and body near the surface and arms reaching straight up out of the water) register for Level 5-7.
- Level assessments will be done on the first day of class for all students.

Specialty Instruction

Baby & Me / Toddler & Me
Babies 6 mos-2 yrs / toddlers 2-3 yrs
A water adjustment class for parent and child.
Basic skills are introduced with games and songs. Swim diapers required.

You & Your Preschooler
3 yrs-5 yrs 11 mos
A water adjustment class for preschool students who have had difficulty transitioning to a class without parent participation.
Basic skills from Level 1 are introduced, with parent participation in the water.

Adaptive Aquatics
An instruction program for all ages with disabilities. Our trained instructors provide a one-on-one learning opportunity. ADA water/aquatic lift (Aloha, Beaverton, Harman & Sunset only).

Diving Instruction
Prerequisite: 25 yards crawl and 25 yards on back.
Levels 1 & 2 - Class will teach basics.
Levels 3 & 4 - For continuing divers.

Junior Lifeguarding
Ages 12-15 yrs, Level 4+
Participants receive comprehensive training in the knowledge and skills necessary to prepare for the Lifeguarding program and to be trained as an instructor aide. Participants must be able to swim 300 yards and tread water for two minutes.

Lifeguarding
Ages 15+ yrs
Course focuses on the job of a lifeguard in a swimming pool environment. Certification includes first aid and CPR for the professional rescuer.

Prerequisites (Level 5+):
1) 300 yard swim (utilizing crawlstroke and breaststroke).
2) Swim 20 yards, submerge to a depth of 7-10 ft., retrieve a 10 lb. diving brick, return to the surface and swim back to the starting point within 1 minute, 40 seconds.

Certification Requirements:
1) Attend all class hours (no make-ups, no exceptions).
2) Successfully complete all required skill testing in CPR for the Professional Rescuer and AED, First Aid and Lifeguarding.
3) Score 80% on the final written exams. Offered in traditional class format or blended learning.
Aquatics Professional Training

***Lifeguarding*** See page 20 for prerequisites.

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**Lifeguarding Review**
Interest List

**Lifeguarding Instructor**
Interest List

**Junior Lifeguard**

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**Junior Lifeguard Camp**

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**Water Safety Instructor**
Interest List

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**Aquatic Clubs**

**Tualatin Hills Thunderbolts Swim Club**
Office: 503-629-5568
[www.thunderboltswimming.org](http://www.thunderboltswimming.org)

**Tualatin Hills Dive Club**
[www.tualatinhillsdiveclub.com](http://www.tualatinhillsdiveclub.com)

**Tualatin Hills Synchro Club**
[www.thillssynchroclub.org](http://www.thillssynchroclub.org)

**Tualatin Hills Water Polo Club**
[www.thillswaterpolo.org](http://www.thillswaterpolo.org)

**Tualatin Hills Barracuda Masters Swim Club (adults only)**
Please contact the membership chair at: membership@barracudas.org or visit [www.barracudas.org](http://www.barracudas.org)
Beaverton Swim Center

12850 SW 3rd Street
Beaverton, 97005
503-629-6312

TriMet Bus Routes #52, #76, #78

Facility Supervisor: Lori Leach
Fall Term: Sept. 6 – Dec. 31

Office Hours: (pool may change based on staffing)
Monday-Thursday 7 am-7:30 pm
Friday 7 am-12:30 pm
Saturday 7 am-3:30 pm
Sunday Closed

Facility Closed: 9/5, 11/11, 11/24, 11/25, 12/24, 12/25, 12/26, 12/31, 1/1

Beaverton Swim Center features:
• ADA Lift Available
• Independent Changing Rooms
• Average Pool Temperature: 86°F

Fall Splash

Splash is a recreational swim team. Practices consist of technique, endurance and speed training, sportsmanship, team building and competitive swimming principles. Though swimmers are not required to go to every meet, meet participation is highly encouraged. Prerequisites are level 4 and stroke competency for crawl stroke and backstroke for 25 yards each. Knowledge and experience with breaststroke is preferred. Participants must have started first grade. Please see Splash Swim Team page at www.thprd.org for further details or you can call your center to set up an evaluation.

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Water Fitness Programs

**Dig Deep: Level 2:** Participants wear flotation belts for a zero impact, moderate intensity workout in the deep end of the pool. It is not necessary to be an avid swimmer to participate; but it is helpful for participants to be comfortable in deep water. This is an exciting, unique way to exercise, suitable for most people. Movement possibilities are almost unlimited when suspended in the water; and people work on aerobic fitness, strength, balance and flexibility. There will be at least 35 minutes dedicated to pure cardio to fun, motivating music. Additional buoyant and resistant equipment may be used.

**Cardio Core:** This is a fun, moderate intensity fitness class suitable for most people. The class is held in the shallow end of the pool. Participants challenge themselves with the resistance of the water in the low-impact work-out as they exercise to lively, upbeat music. Participants work on aerobic conditioning, strength, balance and flexibility. At least 35 minutes of the class will be dedicated to pure cardio in a level 2 class. Buoyant and resistant equipment may be used.

**Aqua Zumba®:** A low-impact aquatic exercise that is high in energy but easy on your body. Integrating the Zumba Dance with traditional aquatic fitness disciplines, Aqua Zumba® blends it all together into a workout that is cardio-conditioning, body-toning and, most of all, fun beyond belief!

Schedule can be found online, http://www.thprd.org/facilities/ aquatics/beaverton, or by stopping into the center. The schedule is subject to change without notice.

Special Events

**Family Fun Day: Frolic in the Fall**
Saturday, Oct. 23 • 2-3:30 pm

Come join us as we celebrate the Fall Season! Event is $6 per child and adults are FREE! No registration is required.
### Beaverton Swim Center

**Fall 2022 Activities Guide**

**Tualatin Hills Park & Recreation District**

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**Class availability subject to change. Fees vary due to number of session is in each class.**

**Preschool:** Minimum age 3 years and toilet-trained.

**When class ends, pick up your preschooler at the dressing.**

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### Beginning Swimming Skills

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### Fees: ID/AP = User is in-district or has paid an out-of-district assessment, OD = Out-of-district (no assessment paid)
### Specialty Programs

**Date** | **Day** | **Time** | **ID/AP** | **OD** | **Class#**
---|---|---|---|---|---
**Teen/Adult Swimming Skills**
9/12-10/12 | M/W | 9:30-9:30 am | $87 | $108.75 | BV250000
10/17-11/16 | M/W | 9:30-9:30 am | $87 | $108.75 | BV250001
11/28-12/14 | M/W | 9:30-9:30 am | $54 | $67.50 | BV250002
9/13-10/13 | T/Th | 6:55-7:25 pm | $87 | $108.75 | BV250003
10/18-11/17 | T/Th | 6:55-7:25 pm | $87 | $108.75 | BV250004
11/29-12/15 | T/Th | 6:55-7:25 pm | $54 | $67.50 | BV250005

**Baby/Toddler & Me**

**Date** | **Day** | **Time** | **ID/AP** | **OD** | **Class#**
---|---|---|---|---|---
**Swim Diaper Required**
9/12-10/12 | M/W | 9:35-10:05 am | $61 | $76.25 | BV240003
10/17-11/16 | M/W | 9:35-10:05 am | $61 | $76.25 | BV240004
11/28-12/14 | M/W | 9:35-10:05 am | $37 | $46.25 | BV240005
9/13-10/13 | T/Th | 5:10-5:40 pm | $61 | $76.25 | BV240006
10/18-11/17 | T/Th | 5:10-5:40 pm | $61 | $76.25 | BV240007
11/29-12/15 | T/Th | 5:10-5:40 pm | $37 | $46.25 | BV240008
9/17-10/22 | T/Th | 9:35-10:05 am | $37 | $46.25 | BV240009
9/17-10/22 | S | 11:11-11:30 am | $37 | $46.25 | BV240071
10/29-12/10 | S | 11:11-11:30 am | $37 | $46.25 | BV240072
10/29-12/10 | S | 9-9:30 am | $37 | $46.25 | BV240073
9/17-10/22 | S | 9-9:30 am | $37 | $46.25 | BV240074
9/17-10/22 | S | 11-11:30 am | $37 | $46.25 | BV240075
10/29-12/10 | S | 11-11:30 am | $37 | $46.25 | BV240076

**You & Your Preschooler**

**Date** | **Day** | **Time** | **ID/AP** | **OD** | **Class#**
---|---|---|---|---|---
9/17-10/22 | S | 10:10-10:40 am | $54 | $67.50 | BV241070
10/29-12/10 | S | 10:10-10:40 am | $54 | $67.50 | BV241071

**Adaptive Aquatics**

**Date** | **Day** | **Time** | **ID/AP** | **OD** | **Class#**
---|---|---|---|---|---
9/12-10/12 | M/W | 10:10-10:40 am | $205.50 | $321.25 | BV270006
10/17-11/16 | M/W | 10:10-10:40 am | $205.50 | $321.25 | BV270007
11/28-12/14 | M/W | 10:10-10:40 am | $129.50 | $202.50 | BV270008
9/17-10/22 | S | 9:30-9:30 am | $129.50 | $202.50 | BV270009
9/17-10/22 | S | 9:35-10:05 am | $129.50 | $202.50 | BV270010
9/17-10/22 | S | 10:10-10:40 am | $129.50 | $202.50 | BV270011
9/17-10/22 | S | 11:11-11:30 am | $129.50 | $202.50 | BV270012
9/17-10/22 | S | 11:35 am-12:05 pm | $129.50 | $202.50 | BV270013
10/29-12/10 | S | 9:30-9:30 am | $129.50 | $202.50 | BV270014
10/29-12/10 | S | 9:35-10:05 am | $129.50 | $202.50 | BV270015
10/29-12/10 | S | 10:10-10:40 am | $129.50 | $202.50 | BV270016
10/29-12/10 | S | 11:35 am-12:05 pm | $129.50 | $202.50 | BV270017
10/29-12/10 | S | 11:35 am-12:05 pm | $129.50 | $202.50 | BV270018

**Private Lessons**

**Date** | **Day** | **Time** | **ID/AP** | **OD** | **Class#**
---|---|---|---|---|---
9/16-10/14 | F | 9:30 am | $276 | $345 | BV260000F
10/21-11/18 | F | 9:30 am | $276 | $345 | BV260001F
12/2-12/16 | F | 9:30 am | $166 | $207.50 | BV260002F
9/16-10/14 | F | 9:35-10:05 am | $276 | $345 | BV260003F
10/21-11/18 | F | 9:35-10:05 am | $276 | $345 | BV260004F
12/2-12/16 | F | 9:35-10:05 am | $166 | $207.50 | BV260005F
9/16-10/14 | F | 10:10-10:40 am | $276 | $345 | BV260006F
10/21-11/18 | F | 10:10-10:40 am | $276 | $345 | BV260007F
12/2-12/16 | F | 10:10-10:40 am | $166 | $207.50 | BV260008F

### Professional Classes

**Date** | **Day** | **Time** | **ID/AP** | **OD** | **Class#**
---|---|---|---|---|---
**Lifeguard Training**
9/24-10/15 | S | 9 am-4 pm | $41 | $41 | BV252000
10/29-11/19 | S | 9 am-4 pm | $41 | $41 | BV252002
12/27-12/29 | T/W/Th | 8 am-5 pm | $41 | $41 | BV252003

**Jr. Lifeguard Camp**

12/19-12/22 | M-Th | 9am-3pm | $171 | $213.75 | BV251001

### Special Event

**Date** | **Day** | **Time** | **ID/AP** | **OD** | **Class#**
---|---|---|---|---|---
**Family Fun Day: Frolic in for Fall**
Come join us as we celebrate the start of the Fall Season! Event is $6 per child and adults are FREE! No registration is required.
10/22 | S | 2-3:30 pm | $6/child | Adults/FREE | All Ages

### Interest Lists

Sign up on interest lists to receive emails when classes are added. Registration is on a first come, first served basis for interest lists.

- Private Lesson BV260000
- Adaptive Swim Lessons BV270000
- Lifeguarding BV250000
- Lifeguarding Review BV251000
- Lifeguarding Instructor BV254000
- Water Safety Instructor BV230000

**Fees:** ID/AP = User is in-district or has paid an out-of-district assessment, OD = Out-of-district (no assessment paid)
Conestoga Recreation & Aquatic Center

9985 SW 125th Avenue
Beaverton, 97008
503-629-6313
TriMet Bus Routes #62, #92

Facility Supervisor: Catherine Ellis
Fall Term: Sept. 2 – Dec. 31

Facility Hours:
Monday-Friday 5:30 am-9:30 pm
Saturday 8 am-8 pm
Sunday 9 am-8 pm

Check online for pool hours.
Closed: 11/24, 12/25, 12/26
Modified Schedule:
9 am-2 pm 9/5, 11/11, 11/25

Conestoga Recreation & Aquatic Center features:
- Average Pool Temperature:
  Main Pool - 85° Slide Pool - 90°
- Splash Pad (outdoor)

Facility Features:
- Weight room/fitness center, shower/locker rooms
- THRIVE Afterschool Enrichment Program
- Indoor gym for drop-in sports
- Kitchen for cooking classes
- Two dance/fitness studio rooms
- Classrooms for birthday parties/rentals
- Preschool Indoor Play Park
- Outdoor playground

Conestoga is Hiring
Lifeguards • Sports Instructor • Fitness Instructors
Before and After-school Leaders • Desk Staff
Call 503-629-6313 for more information.

Note: This section is for Conestoga aquatic programs only. See pages 54 for Conestoga recreation programs and see page 63 for fitness classes.

Events

Dive in Movies & Wipeout returning this fall.
Check the website for dates and movie titles.

Beers, Brats & Belly Flops
21+ • October 22 • 7-9 pm

Let’s have some fun!
¡Vamos a divertirnos!

Indoor Play Park
parque de juegos interior

9:30 - 11:30 am
Mondays – Fridays/ lunes - viernes
### Beginning Swimming Skills

**Preschool Levels 1-3**

<table>
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<tr>
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<th>Time</th>
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<th>OD</th>
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### Intermediate Swimming Skills

**Preschool/School Age Level 5-7**

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### Specialty Programs

#### Teen/Adult Swimming Skills

No class 11/27.

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#### Family Beginning Swimming

3-9 yrs. This class is for parents and their children to learn beginning swimming skills (Level 1-3) in the same lesson block. Each student is to be registered separately. At least one parent is to be registered. No class 11/27.

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#### Baby/Toddler & Me

Babies 6 mos-2 yrs / toddlers 2-3 yrs

A water adjustment class for parent and child. Basic skills are introduced with games and songs. Swim diapers required. No class 11/27.

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#### You & Your Preschooler

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#### Fall Splash


<table>
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#### Spanish Speaking – Beginner Levels 1-2, 3-6

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**Fees:** ID/AP = User is in-district or has paid an out-of-district assessment, OD = Out-of-district (no assessment paid)
Training or Professional Classes

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**Jr. Lifeguarding**
The Jr. Lifeguarding course is for students who are ages 12-15 years old and currently an aquatic Level 5 or above. Students will learn the principles and practices of being a lifeguard and swim lesson instructor aid. There are classroom and water sections of the course. The class introduces participants to lifesaving skills, including in-water rescues, use of a rescue tube, and first aid, CPR, and AED skills (no certifications). Participants will shadow lifeguards in rotation to get a real sense of being on the job. Jr. Guard candidates are able to apply as a volunteer Jr. Guard/Swim Aid at any of the THPRD aquatic centers. **No class 11/26.**

**Lifeguard Training**
10/20-11/20 Su 9 am-3:45 pm $41 $41 CA51000

**First Aid/ CPR/ AED Training**
10/11 T 6-8:30 pm $23 $28.75 CA283000
12/6 T 6-8:30 pm $23 $28.75 CA283001

---

Tualatin Hills Park & Recreation District's Annual Giving Drive

**Holiday Gift Card Giving Drive**

November 13 through December 16
Bring or mail your gift card to:
THPRD, c/o Holiday Gift Card Drive
15707 SW Walker Road
Beaverton, OR 97006

@THPRD www.thprd.org 503-645-6433

---

Fees: ID/AP = User is in-district or has paid an out-of-district assessment, OD = Out-of-district (no assessment paid)
Tualatin Hills Aquatic Center

HMT Recreation Complex
15707 SW Walker Road
Beaverton, 97006
503-629-6310

TriMet Bus Routes #59, #67

Facility Supervisor: Lori Leach
Fall Term: Sept. 5 – Dec. 31

Hours: (may change based on staffing)
Monday - Friday  5 am-9 pm
Saturday & Sunday  12-4:30 pm

Facility Closed: 11/24, 12/25, 1/1
Modified Hours: 10/31, 11/11, 11/25, 12/24, 12/31
9 am-2 pm

Tualatin Hills Aquatic Center features:
• ADA Lift Available
• Dive Platforms
• Average Pool Temperature: 83-84°

Water Fitness Programs

Dig Deep: Level 2: Participants wear flotation belts for a zero impact, moderate intensity workout in the deep end of the pool. It is not necessary to be an avid swimmer to participate; but it is helpful for participants to be comfortable in deep water. This is an exciting, unique way to exercise, suitable for most people. Movement possibilities are almost unlimited when suspended in the water; and people work on aerobic fitness, strength, balance and flexibility. There will be at least 35 minutes dedicated to pure cardio to fun, motivating music. Additional buoyant and resistant equipment may be used.

Cardio Core: This is a fun, moderate intensity fitness class suitable for most people. The class is held in the shallow end of the pool. Participants challenge themselves with the resistance of the water in the low-impact work-out as they exercise to lively, upbeat music. Participants work on aerobic conditioning, strength, balance and flexibility. At least 35 minutes of the class will be dedicated to pure cardio in a level 2 class. Buoyant and resistant equipment may be used.

Schedule can be found on line, http://www.thprd.org/facilities/aquatics/aquatic-center, or by stopping into the center. The schedule is subject to change without notice.

Is your child new to THPRD?
THPRD offers swimming level assessments to ensure registration in the appropriate level.
If you child is new to our lesson program or has not had lessons with THPRD in the past six months, an assessment is encouraged. Call 503-629-6310 for an appointment.

Fall Splash

Splash is a recreational swim team. Practices consist of technique, endurance and speed training, sportsmanship, team building and competitive swimming principles. Though swimmers are not required to go to every meet, meet participation is highly encouraged. Prerequisites are level 4 and stroke competency for crawl stroke and backstroke for 25 yards each. Knowledge and experience with breaststroke is preferred. Participants must have started first grade. Please see Splash Swim Team page at www.thprd.org for further details or you can call your center to set up an evaluation.

<table>
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<th>Day</th>
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<th>OD</th>
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<td>M/W</td>
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<td>$348.75</td>
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<td>T/Th</td>
<td>6:15-7 pm</td>
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THPRD.Aquatics
Intermediate Swimming Skills

**Preschool/School Age Level 5-7**

- **9/12-10/12**  M/W  4:30-5 pm  $87  $108.75 AQ225000
- **10/17-11/16**  M/W  4:30-5 pm  $78  $97.50 AQ225001
- **11/28-12/14**  M/W  4:30-5 pm  $52  $65 AQ225002
- **9/12-10/12**  M/W  5:05-5:35 pm  $87  $108.75 AQ225003
- **10/17-11/16**  M/W  5:05-5:35 pm  $78  $97.50 AQ225004
- **11/28-12/14**  M/W  5:05-5:35 pm  $52  $65 AQ225005
- **9/12-10/12**  M/W  5:40-6:10 pm  $87  $108.75 AQ225006
- **10/17-11/16**  M/W  5:40-6:10 pm  $78  $97.50 AQ225007
- **11/28-12/14**  M/W  5:40-6:10 pm  $52  $65 AQ225008
- **9/12-10/12**  M/W  6:15-6:45 pm  $87  $108.75 AQ225009
- **10/17-11/16**  M/W  6:15-6:45 pm  $78  $97.50 AQ225010
- **11/28-12/14**  M/W  6:15-6:45 pm  $52  $65 AQ225011
- **9/13-10/13**  T/Th  4:30-5 pm  $87  $108.75 AQ225015
- **11/29-12/15**  T/Th  4:30-5 pm  $52  $65 AQ225017
- **9/13-10/13**  T/Th  5:05-5:35 pm  $87  $108.75 AQ225018
- **11/29-12/15**  T/Th  5:05-5:35 pm  $52  $65 AQ225020
- **9/13-10/13**  T/Th  5:40-6:10 pm  $87  $108.75 AQ225021
- **11/29-12/15**  T/Th  5:40-6:10 pm  $52  $65 AQ225022
- **9/12-10/10**  M/W  7-7:45 pm  $281 $348.75 AQ234012
- **9/13-12/15**  T/Th  6:15-7 pm  $291 $361.25 AQ234024

**Specialty Programs**

**Fall Splash**

- **9/12-10/14**  M/W  7-7:45 pm  $281 $348.75 AQ234012
- **9/13-12/15**  T/Th  6:15-7 pm  $291 $361.25 AQ234024

**Teen/Adult Swimming Skills - Beginning**

- **9/13-10/13**  T/Th  7:05-7:50 pm  $131 $163.75 AQ250027B
- **10/18-11/17**  T/Th  7:05-7:50 pm  $131 $163.75 AQ250028B
- **11/29-12/15**  T/Th  7:05-7:50 pm  $78  $97.50 AQ250029B

**Private Lessons**

- **9/16-10/28**  F  4:30-5 pm  $350 $437.50 AQ260030
- **11/4-12/16**  F  4:30-5 pm  $250 $312.50 AQ260031
- **9/16-10/28**  F  5:05-5:35 pm  $350 $437.50 AQ260032
- **11/4-12/16**  F  5:05-5:35 pm  $250 $312.50 AQ260033
- **9/16-10/28**  F  5:40-6:10 pm  $350 $437.50 AQ260034
- **11/4-12/16**  F  5:40-6:10 pm  $250 $312.50 AQ260035

**Professional Classes**

**Lifeguarding** - see page 20 for prerequisites

- **12/19-12/24**  M-Th  9am-2:30pm  $41 AQ252000

**Jr. Lifeguard Camp**

- **12/19-12/22**  M-Th  9am-3pm  $171 $213.75 BV251001
Tualatin Hills Athletic Center

HMT Recreation Complex
15707 SW Walker Road
Beaverton, 97006
503-629-6330

TriMet Bus Routes #59, #67
Facility Supervisor: Brian Yourstone

Fall Term: Sept. 4 – Dec. 31

Center Hours:
Monday-Friday 6 am-10 pm
Saturday *8 am-7 pm
Sunday *10 am-7 pm
*Schedule subject to change.

Facility Closed: 9/5, 11/24, 12/24, 12/25, 12/31,
1/1, 1/2

Modified Schedule: 11/11, 11/25, 12/12

Athletic Center Features:
• Indoor Track
• Indoor Courts
• Outdoor Fields
• THRIVE Afterschool Program

Inclusion Services
THPRD promotes the power of choice to enhance the quality of life for individuals of all abilities. We do this by providing diverse, accessible recreation in an environment that promotes dignity, success and fun. Through inclusion services, the district may provide reasonable staff support for those who prefer other THPRD programs and/or activities. To request inclusion services, please call 503-629-6330 or email inclusion@thprd.org.

Court and Sports Field Rentals
Athletic Center courts and sports fields are available for rental on a limited basis. For details, please contact Rocky Krieger at 503-629-6330 or email r.krieger@thprd.org.

THRIVE
Afterschool Program
Providing children with an active and fun environment creates positive impacts that last a lifetime. It’s the central philosophy behind THRIVE, an afterschool program offered Monday through Friday at THPRD Athletic Center.

Children enrolled in all-day kindergarten or grades 1-5 are picked up at school and shuttled to our facility. They can stay at our center until 6 p.m. on regular school days.

Available Schools
• Elmonica Elementary
• Beaver Acres Elementary

Cost (in-district)
• $50 Enrollment Fee (non-refundable)
• $350 per month (if paid by 15th of previous month)
• $380 per month (if paid after the 15th)

Register Today!
• ONLY in person registration will be accepted at the THPRD Athletic Center (50 NW 158th Ave.)
• Due to limited space, enrollment will be on a first-come, first-served basis.

Volunteer Coaches Needed
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 or go to the link and fill out the volunteer coach application.

www.thprd.org/connect/volunteer/ongoing-opportunities
Tualatin Hills Athletic Center
503-629-6330

We are so much 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.

Arts & Crafts – Preschool

<table>
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<tr>
<th>Dates (Weeks)</th>
<th>Location</th>
<th>Day</th>
<th>Time</th>
<th>Ages</th>
<th>Class #</th>
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Messy Little Fingers
Let your child get messy with us as they express themselves through art and learn about their creativity. In this class, your child will develop sensory-motor skills and hand-eye coordination and learn shapes, colors, and social skills to help your child grow and thrive. Your child gets the messy fun while we get the cleanup. Parent participation is required. No class 11/24

9/13-10/13 (6)  T/Th 11:30 am-12:15 pm  2-3 yrs  AC24101
Rm 101
ID/AP: $71  OD: $88.75

9/13-10/13 (6)  M/W 11:30 am-12:15 pm  3-5 yrs  AC24111
Rm 101
ID/AP: $71  OD: $88.75

Girl Power Classes

Girls Fitness & Fun
9/13-10/13  T/Th 3:30-4:15 pm  3-5 yrs  AC22135
10/18-11/17  T/Th 3:30-4:15 pm  3-5 yrs  AC22136
11/22-12/15  T/Th 3:30-4:15 pm  3-5 yrs  AC22137

Pee Wee Soccer GIRLS ONLY
9/16-10/21  F 9:9-45 am  3-5 yrs  AC22138
10/28-12/16  F 9:9-45 am  3-5 yrs  AC22139

Pee Wee Basketball GIRLS ONLY
9/16-10/21  F 10:10-45 am  3-5 yrs  AC22140
10/28-12/16  F 10:10-45 am  3-5 yrs  AC22141

Pee Wee Sportz Center GIRLS ONLY
9/16-10/21  F 11:15 am-12:pm  3-5 yrs  AC22142
10/28-12/16  F 11:15 am-12:pm  3-5 yrs  AC22143

Arts & Crafts

We are so much 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.

Dynamic Drawing & Painting
Explore your creativity while learning drawing and painting techniques using various art materials. All levels welcome! No class 11/24

9/15-10/20 (6)  Th 6:30-7:30 pm  6-11 yrs  AC24131
Rm 101
ID/AP: $53  OD: $66.25

10/27-12/15 (7)  Th 6:30-7:30 pm  6-11 yrs  AC24132
Rm 101
ID/AP: $62  OD: $77.50

General Interest – Preschool

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 is required.

9/12-10/12 (5)  M/W 9:30-10 am  2-3 yrs  AC23101
Ct 1 -Indoor
ID/AP: $54  OD: $67.50

9/13-10/13 (5)  T/Th 3:30-4:15 pm  3-5 yrs  AC24111
Rm 101
ID/AP: $71  OD: $88.75

9/12-10/12 (5)  M/W 11:15-11:45 am  2-3 yrs  AC23110
Ct 1 -Indoor
ID/AP: $54  OD: $67.50

10/17-11/16 (5)  M/W 11:15-11:45 am  2-3 yrs  AC23111
Ct 1 -Indoor
ID/AP: $54  OD: $67.50

11/21-12/14 (4)  M/W 11:15-11:45 am  2-3 yrs  AC23112
Ct 1 -Indoor
ID/AP: $54  OD: $67.50

Girl Power Classes

Girls Fitness & Fun
9/13-10/13  T/Th 3:30-4:15 pm  3-5 yrs  AC22135
10/18-11/17  T/Th 3:30-4:15 pm  3-5 yrs  AC22136
11/22-12/15  T/Th 3:30-4:15 pm  3-5 yrs  AC22137

Pee Wee Soccer GIRLS ONLY
9/16-10/21  F 9:9-45 am  3-5 yrs  AC22138
10/28-12/16  F 9:9-45 am  3-5 yrs  AC22139

Pee Wee Basketball GIRLS ONLY
9/16-10/21  F 10:10-45 am  3-5 yrs  AC22140
10/28-12/16  F 10:10-45 am  3-5 yrs  AC22141

Pee Wee Sportz Center GIRLS ONLY
9/16-10/21  F 11:15 am-12:pm  3-5 yrs  AC22142
10/28-12/16  F 11:15 am-12:pm  3-5 yrs  AC22143

Arts & Crafts – Preschool

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Girl Power Classes

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Pee Wee Sportz Center GIRLS ONLY
9/16-10/21  F 11:15 am-12:pm  3-5 yrs  AC22142
10/28-12/16  F 11:15 am-12:pm  3-5 yrs  AC22143

Arts & Crafts

Let’s be creative together. Join this class for fun and creative projects. Your child will draw, paint and craft projects to develop their artistic talent and expression. Parent participation is required. No class 11/24

9/12-10/12 (5)  M/W 11:30 am-12:15 pm  3-5 yrs  AC24111
Rm 101
ID/AP: $71  OD: $88.75

10/17-11/16 (5)  M/W 11:30 am-12:15 pm  3-5 yrs  AC24112
Rm 101
ID/AP: $71  OD: $88.75

11/21-12/14 (4)  M/W 11:30 am-12:15 pm  3-5 yrs  AC24113
Rm 101
ID/AP: $57  OD: $71.25

9/13-10/13 (5)  T/Th 10:15-11 am  3-5 yrs  AC24114
Rm 101
ID/AP: $71  OD: $88.75

10/18-11/17 (5)  T/Th 10:15-11 am  3-5 yrs  AC24115
Rm 101
ID/AP: $71  OD: $88.75

11/22-12/15 (4)  T/Th 10:15-11 am  3-5 yrs  AC24116
Rm 101
ID/AP: $50  OD: $62.50

Fees: ID/AP = User is in-district or has paid an out-of-district assessment, OD = Out-of-district (no assessment paid)
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. Parent participation is required. No class 11/24

Mini Movin’ w/ Music
This class 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 is required.

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 is required. No class 11/24

Music, Rhythm & Hip Hop
Have fun in this class with kids’ movement music, including songs with a hip-hop beat. A variety of music will be used to make it easy and fun to follow along with the beat and rhythm. Your child will improve their confidence and self-esteem as they move to the rhythm and beat. No class 11/24

Munchkin Sportz Center
Enjoy an exciting and fun way to introduce your child to various sports. Your child will learn cooperation, teamwork, and build their self-esteem. Parent participation is required. No class 11/24

Sports & Fitness - Preschool

Pee Wee Soccer
Dribbling, trapping, and passing are included in this indoor class. Your child will have fun, learn teamwork and cooperation, and build confidence. Shin guards and gym shoes are recommended. No class 11/24

Fees: ID/AP = User is in-district or has paid an out-of-district assessment, OD = Out-of-district (no assessment paid)
Pee Wee Hoops
Start your child off learning the basics of basketball and building their confidence in a fun environment. Learn to catch, pass, dribble and shoot a basketball. Emphasizes positive attitude, fair play, and fun. No class 11/24

<table>
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Pee Wee Sportz Center
Join this fun, new class that teaches basic techniques for various sports. Boys and girls will build confidence and self-esteem while learning to follow directions using activities and games. Soccer, T-ball, and basketball included.

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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.

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Pee Wee Basketball GIRLS ONLY
Start your child off learning the basics of basketball and building their confidence in a fun environment. Learn to catch, pass, dribble and shoot a basketball. Emphasizes positive attitude, fair play, and fun. No class 11/11 and 11/25

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Pee Wee Sportz Center GIRLS ONLY
Join this fun, new class that teaches basic techniques for various sports. Girls will build confidence and self-esteem while learning to follow directions using activities and games. Soccer, T-ball, and basketball included. No class 11/11 and 11/25

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Fees: ID/AP = User is in-district or has paid an out-of-district assessment, OD = Out-of-district (no assessment paid)
Sports & Fitness – Youth/Teen

Adaptive Sportz Center
An inclusive sports-based program designed to provide the basics for participation in sports. Kids play to their level while developing essential socialization skills and learning about peer unity through team play.

Basketball Hot Shots
The perfect class for young basketball players looking to improve their skills and have fun! Participants will focus on intensive training on shooting, passing, dribbling, rebounding, and defense essential for improvement. No class 11/11/24

Basketball Skillz
For the young player who has the basic skills and wants to increase their level and understanding of game situations and strategies. Instruction will provide focused and intensive training that is essential for improvement. No class 11/11 and 11/25

Basketball Scrimmages
This basketball class is for players that already have basic basketball skills and concepts. Most of the course will be dedicated to controlled scrimmage games and building their skill level. No class 11/11 and 11/25

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

Speed, Agility, and Strength
This class improves your athlete’s overall strength, balance, agility, coordination, and speed using a series of drills and specific exercises.

PE for Homeschooled Kids
Learn the basics of different sports in this class. Learn to play basketball, soccer, baseball, volleyball, and other fun sports. Participants will learn respect, sportsmanship, teamwork, and self-confidence while having fun!

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### 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 11/11 and 11/25**

<table>
<thead>
<tr>
<th>Date</th>
<th>Days</th>
<th>Time</th>
<th>Age</th>
<th>Fee</th>
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<th>Location</th>
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<td>8-12</td>
<td>$59</td>
<td>6</td>
<td>Indoor</td>
<td>ID/AP</td>
<td>$73.75</td>
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</tbody>
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### Teen Volleyball
Work on the volleyball skills you will need during the season - serving, passing, spiking, and offensive and defensive strategies. **No class 11/11 and 11/25**

<table>
<thead>
<tr>
<th>Date</th>
<th>Days</th>
<th>Time</th>
<th>Age</th>
<th>Fee</th>
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<td>$59</td>
<td>6</td>
<td>Indoor</td>
<td>ID/AP</td>
<td>$73.75</td>
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</table>

### Advanced Volleyball Skills
Volleyball players who already have the fundamentals of passing, setting, and hitting will have the opportunity to learn different systems (5-1, 6-2, 4-2), positions, and strategies and refine their other skills. **No class 11/11 and 11/25**

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<thead>
<tr>
<th>Date</th>
<th>Days</th>
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<th>Age</th>
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<td>Indoor</td>
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<td>$73.75</td>
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### Sports & Fitness – Youth/Teen/Adults

#### Taekwondo, Little Dragons
Learn Taekwondo philosophy, basics, drills, and self-defense techniques in this fun, safe environment. Rank promotion is available from white belt through black belt. Instructors are Kukkiwon/World Taekwondo certified. Grand Master Ruth Takamura Moultrie

<table>
<thead>
<tr>
<th>Date</th>
<th>Days</th>
<th>Time</th>
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<td>$86.25</td>
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#### Taekwondo, White Tigers
Learn Taekwondo philosophy, basics, drills, and self-defense techniques in this fun, safe environment. Rank promotion is available from white belt through black belt. Instructors are Kukkiwon/World Taekwondo certified. Grand Master Ruth Takamura Moultrie

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<thead>
<tr>
<th>Date</th>
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#### Family Taekwondo
Learn Taekwondo philosophy, basics, drills, and self-defense techniques in this fun, safe environment. Rank promotion is available from white belt through black belt. Instructors are Kukkiwon/World Taekwondo certified. Grand Master Ruth Takamura Moultrie

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### NOW HIRING
[thprd.org/jobs](http://thprd.org/jobs)

- Volleyball Officials
- Softball Umpires
- Instructors (Preschool, General Interest, Tumbling, Dance)
- Custodian
- Front Desk Support

Fees: ID/AP = User is in-district or has paid an out-of-district assessment, OD = Out-of-district (no assessment paid)
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 website 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.ord4.com.

Spring Leagues: Registration begins in January. Play runs March-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 4-6
Softball: ages 4-14
Baseball: ages 4-14

Cedar Mill Little League
Barnes, Bonny Slope, Cedar Mill, FIndley, Ridgewood, Terra Linda, Tumwater, West TV, Wm Walker, St. Pius, Holy Trinity
www.cmllonline.org

Murrayhill Little League
Aloha-Huber, Beaver Acres, Chehalem, Cooper Mt., Errol Hassell, Fir Grove, Hazeldale, Hiteon, Kinnaman, Nancy Ryles, Scholls Heights, Sexton Mountain
www.murrayhilllittleleague.com

Raleigh Hills Little League
Greenway, McKay, Montclair, Raleigh Hills, Raleigh Park, Vose, Whitford, Conestoga
www.rhbaseball.com
Phone: 971-217-7455

South Beaverton Girls Little League
A girls (ages 4-14) program that is comprised of players within the combined boundaries of Beaverton, Aloha and Raleigh Hills Little Leagues. It is chartered as an independent, softball-only program.
Aloha Huber Park, Chehalem, Cooper Mountain, Greenway, Errol Hassell, Hazeldale, Kinnaman, McKay, Montclair, Raleigh Hills, Raleigh Park, Vose
President: Andy Peterson, 971-238-7156
president@sbgll.com or southbeavertonll@gmail.com
www.sbgll.com

Willow Creek Little League
This is a little league girls softball program comprised of players within the combined boundaries of Cedar Mill, Westview, and Wolf Creek Little Leagues based under Oregon District 4. It is chartered as an independent, softball-only program. (Co-ed t-ball will continue under the baseball leagues.) This program is open to girls ages 4-14 yrs.
www.willowcreeksoftball.com

Spring/Summer Season
T-ball: 6-8 yrs, Soft-T-ball: 6-8 yrs
Baseball: 9-18 yrs, Softball: 9-18 yrs

Fall Ball
Contact the association for fall ball availability: www.westsideyouthbaseball.com

Aloha Junior Baseball/Aloha Softball
Aloha High, Aloha Huber, Chehalem, Cooper Mt., Errol Hassell, Hazeldale, Kinnaman, Mountain View, Nancy Ryles, Sexton Mt., Valley Catholic
AJBO: www.alohajuniorbaseball.org
Aloha Softball: Becky Dawson
503-649-6683

Beaverton Junior Baseball
Barnes, Beaver Acres, Chehalem, Elmonica, McKay, McKinley, Montclair, Raleigh Hills K-8, Raleigh Park, Ridgewood, Vose, West TV, Wm Walker, Cedar Park, Meadow Park, Whitford, Beaverton HS
https://clubs.bluesombrero.com/BEAVERTONJBO

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.oregonblazefastpitch.com

Mountainside Junior Baseball
Aloha Huber, Chehalem, Cooper Mt, Errol Hassell, Fir Grove, Hazeldale, Kinnaman, Nancy Ryles, Scholls Heights, Sexton Mt., Conestoga, Mountain View, Mountainside High
mountainsidejbo.com

Sunset Junior Baseball
Barnes, Cedar Mill, Findley, Ridgewood, Terra Linda, William Walker, West TV, Catlin Gabel, Cedar Park, Meadow Park, Stoller, Sunset High
http://www.sunsetapollosbaseball.com/young_baseball

Westview Youth Baseball
Beaver Acres, Bethany, Elmonica, Five Oaks, Jacob Wimer, Lenox, McKinley, Oak Hills, Rock Creek, Meadow Park, Springville, Stoller, St. Mary’s for Boys, Westview High
www.westviewyouthbaseball.com

Rip City Softball
Rip City Softball is an ASA affiliated Junior Olympic fast-pitch softball organization whose mission is to develop players capable of competing at the highest levels in the country with the demonstrated skills necessary to earn a college scholarship. Our dedicated coaches and volunteer staff facilitate our athletes’ growth by conducting challenging practices and scheduling the highest level of competitive activity available. Reaching these goals must be accomplished within the proper framework, instilling character, self-esteem, confidence and sportsmanship. We promote competitive softball for girls’ 10U through 18U.
www.ripcitysoftball.org

Basketball

5th-8th Grade Winter Basketball Programs
THPRD’s 5th through 8th grade basketball programs are for girls and boys residing in THPRD 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 December-March. For your convenience, registration for youth basketball is now offered online at www.thprd.org. A current THPRD card number is required to register. For any other questions or help with registering your child, call the Athletic Center at 503-629-6330.
Sports Leagues - Youth

5th-8th Grade 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. Registration will begin February. Check our website for more information.

6th-8th Grade Recreational Summer Basketball
The Summer Basketball Recreational League is open to boys and girls who will be entering grades 6-8 in the 2023-24 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.

Winter High School Basketball Grades 9-12
For boys and girls not playing on school teams in grades 9-12 in the 2022-23 school year. League and online registration information will be available in October. Check our website for more information.

Summer High School Basketball Grades 9-12
For boys and girls entering grades 9-12 in the 2023-24 school year. League and online registration will be available in April 2023. Check our website for more information.

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 early spring. Practices and clinics begin in August. Games are played September to November. For more information, visit www.tvyfl.org.

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

Beaverton
Registration: April 15-June 15
registrar@beavertonfootball.com
www.beavertonfootball.com

Mountainside:
Registration: April 1-June 15
president@mountainsideyouthfootball.com
www.mountainsideyouthfootball.com

Southridge
Registration: April 15-June 15
president@southridgeyouthfootball.com
www.southridgeyouthfootball.com

Sunset
Registration: April 1-June 30
sunsetyouthfootball@comcast.net
www.sunsetyouthfootball.org

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

We all love football. Playing, coaching, and socializing. However, we couldn’t play even a single game without officials. There is a significant shortage of youth and high school football officials. New officials are needed this season to ensure games are not postponed or canceled. Please visit http://www.pfoa.us for more information.

Rugby

Rugby Oregon offers Spring, Summer and Fall league and camp opportunities. Grades 3 and 4 play Touch Rugby, Grades 5 and 6 play Ruck Touch Rugby and Grades 7-12 play Contact Rugby.

For more information:
www.rugbyoregon.com/page/show/1030314-register

Volunteer Coaches Needed
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.
Tualatin Valley Youth Lacrosse League

Tualatin Valley Youth Lacrosse League is a community-based program created to teach lacrosse to girls and boys in grades 1-8 who attend a Beaverton School District school or reside within 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@tvlax.com
www.tvlaxtitan.com

Aloha
www.tvlaxtitan.com

Beaverton
president@beavertonbeaverslacrosse.com
www.beavertonbeaverslacrosse.com

Mountainside
info@mountainsidelax.com
www.mountainsidelax.com
https://facebook.com/mountainsidelax

Southridge
president@southridgeskyhawksyouthlacrosse.com
www.leagueathletics.com
www.southridgeskyhawksyouthlacrosse.org

Sunset
www.sunsetlacrosse.com

Westview
president@westviewyouthalax.com
www.westviewyouthalax.com

High School Lacrosse

Aloha
www.alohalacrosse.org

Beaverton
Girls: beavertonlaxgirls.com
Boys: beavertonlacrosse.leagueapps.com

Mountainside
www.mountainsidelax.org

Southridge
www.southridgelacrosse.org

Sunset
www.sunsetlacrosse.com

Westview
www.westviewlacrosse.com

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 May 1-July 1. Please contact the appropriate club listed below for more information or log on to tualatinhillsjuniorsoccerleague.com.

Aloha United Soccer Club
Schools: Aloha-Huber, Beaver Acres, Cooper Mt., Errol Hassell, Hazeldale, ISB, Kinnaman, Nancy Ryles, Scholls Heights, Sexton Mt. (west of Murray Blvd.)
AUSC: 971-770-2872
www.alohauinited.com

Milltown United Soccer Club
Schools: Barnes, Bonny Slope, Cedar Mill, Ridgewood, Terra Linda, Tumwater, West TV, William Walker
milltownregistrar@gmail.com
www.milltowsoccer.org

Oak Hills Soccer Club
Schools: Findley, Jacob Wismer, Oak Hills, Satō
email: pres@ohsoccer.com
www.ohsoccer.com

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

Westside Soccer Club
Schools: Chehalem, Fir Grove, Hiteon, Sexton Mt. (east of Murray Blvd.), Vose
WSC: 503-352-0180
www.westsidesoccerclub.com

Soccer Referee Certification

For training and certification for soccer referees, go to www.thjsl.org. For information on classes and clinic dates and locations, visit tualatinhillsjuniorsoccerleague.com.

Volleyball

Fall Youth and High School Volleyball, Grades 4-12
For girls and boys entering grades 4-12 during the 2022-23 school year. League and online registration information will be available in July. Check the website for more information.

Summer Youth and High School Volleyball, Grades 4-12
Girls and boys entering grades 4-12 during the 2023-24 school year are eligible to play in this summer league. League and online registration information will be available mid-April. Check the website for more information.
Basketball
Winter Adult Basketball
League and online registration information will be available in early October. League play will begin in November and run through mid-March. Games will be played Monday through Thursday evenings. Check the website for more information in October.

Summer Adult Basketball
League play will begin in June and continue through mid-August. Additional league and online registration information will be available in April. Check the website for more information. Organizational information will be available at the Athletic Center and on our website.

Soccer

Adult Soccer Leagues
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.

Softball

Baseball/Softball Field Use
THPRD will coordinate the assignment of district wide baseball/softball fields from March 1 through October. 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, in February. 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 website in February. Men’s games are played Monday, 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. Informational packets will be available in February.

Fall Coed and Women’s Softball Leagues
League information will be available at the Athletic Center and on our website, www.thprd.org, by July. Coed games will be on Sunday evenings. Women’s slow pitch games will be Tuesday evenings. League play will run late August through October.

Volleyball

Summer Adult Sand Volleyball (coed)
This recreational league plays weekday evenings at Cedar Hills Park from June through August. League and online registration information will be available in April.

Summer Adult Grass Volleyball (RC4 & RC2)
This recreational league plays weekday evenings at the HMT complex from June through August. League and online registration information will be available in April.

Fall Men’s One-Pitch and Senior League Softball
League plays weeknights August through early October. Organizational information will be available at the Athletic Center and on our website in July.

Flag Football
League information will be available at the Athletic Center and on our website by March. Games will be played on weekends through Spring, Summer, and early Fall. Organizational information will be available at the Athletic Center and on our website.

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. Organizational information will be available at the Athletic Center and on our website.

Soccer

Soccer Field Use
THPRD coordinates the scheduling of soccer fields for community sports leagues and adult teams throughout the year. Groups wanting seasonal use should call the Athletic Center at 503-629-6330 for a field use application.

El uso de campo de fútbol
THPRD coordinara el horario de los campos para ligas de deportes durante el año. Grupos que quieren usar campos por una temporada necesitan llamar el Athletic Center 503-629-6330 para una solicitud de uso de campos.

Adult Softball Tournaments
Individuals interested in hosting Spring/Summer softball tournaments at the THPRD sports complex must submit an application form and deposit. Call the Athletic Center at 503-629-6330 for available dates.
Cedar Hills
Recreation Center

11640 SW Park Way
Portland, 97225
503-629-6340
TriMet Bus Routes #20, #59

Facility Supervisor: Ann Johnson

Fall Term: Sept. 4 – Dec. 31
Office Hours:
Monday-Friday 6:30 am-8:30 pm
Saturday 8 am-4 pm
Sunday Closed

Facility Closures: 9/5, 11/24, 11/25, 12/25,
12/26, 1/1, 1/2

Modified Schedule: 11/11, 12/24, 12/31

Facility Features:
• Nine-month preschool
• Drop-in childcare, morning/evenings
• Fully equipped gymnastics room
• Indoor gymnasium for drop-in sports
• Kitchen for cooking classes
• Middle School Afterschool Programs
• Outdoor playground and play equipment
• Preschool Indoor Playpark
• THRIVE Afterschool Program
• Weight room/cardio room, shower/locker rooms

Fall Family Fun Fest
Saturday, October 29
11:00am-2:00pm
A Fun Family Event
11640 SW Park Way
Portland, 97225
503-629-6340

Games
Kids Activities
Bounce House
Arts & Crafts
Candy
And More!
Visit www.thprd.org for more information

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

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<td>RM C</td>
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<td></td>
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</table>

<table>
<thead>
<tr>
<th>Reindeer Games</th>
<th>12/27</th>
<th>T</th>
<th>7:30 am-6 pm</th>
<th>5-11 yrs</th>
<th>CH28207</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td>ID/AP: $60</td>
<td>OD: $75</td>
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<td></td>
<td>RM C</td>
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</table>

<table>
<thead>
<tr>
<th>Holiday Hoopla</th>
<th>12/28</th>
<th>W</th>
<th>7:30 am-6 pm</th>
<th>5-11 yrs</th>
<th>CH28208</th>
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<tbody>
<tr>
<td></td>
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<td></td>
<td>RM C</td>
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</table>

<table>
<thead>
<tr>
<th>Project Polar Bear</th>
<th>12/29</th>
<th>Th</th>
<th>7:30 am-6 pm</th>
<th>5-11 yrs</th>
<th>CH28209</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td>ID/AP: $60</td>
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<td></td>
<td></td>
<td></td>
<td>RM C</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>New Year’s Eve Party</th>
<th>12/30</th>
<th>F</th>
<th>7:30 am-6 pm</th>
<th>5-11 yrs</th>
<th>CH28210</th>
</tr>
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<tbody>
<tr>
<td></td>
<td></td>
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<td>ID/AP: $60</td>
<td>OD: $75</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>RM C</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Kids Night Out
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.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>ID/AP</th>
<th>OD</th>
</tr>
</thead>
<tbody>
<tr>
<td>9/30</td>
<td>6-10 pm</td>
<td>4-12 yrs</td>
<td>$53</td>
<td>$66.25</td>
</tr>
<tr>
<td>10/14</td>
<td>6-10 pm</td>
<td>4-12 yrs</td>
<td>$53</td>
<td>$66.25</td>
</tr>
<tr>
<td>12/9</td>
<td>6-10 pm</td>
<td>4-12 yrs</td>
<td>$53</td>
<td>$66.25</td>
</tr>
</tbody>
</table>

Visit www.thprd.org for more 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.

<table>
<thead>
<tr>
<th></th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Open Gym</td>
<td>12-2pm</td>
<td>12-2pm</td>
<td>12-2pm</td>
<td>12-2pm</td>
<td>1-3pm Family only*</td>
<td></td>
</tr>
<tr>
<td>Basketball</td>
<td>7:15-8:30pm (30+)</td>
<td>7-8:30pm (18+)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Play Park</td>
<td>9:30-11:30am</td>
<td>9:30-11:30am</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Badminton</td>
<td>6-8pm</td>
<td>6-8pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Non-team play. Play is for family groups.
All times and days are subject to change daily. See our website for updated information.

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

Involucrate en...Voluntar!
Tenemos oportunidades para voluntarios en nuestros eventos.
Póngase en contacto con los servicios de voluntariado.

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

Childcare
The Childcare program is designed for patrons using the facility for drop-in or fitness programs. Visit the CHRC website for dates, time, and pricing.
thprd.org/facilities/recreation/cedar-hills
Nine-Month Preschool

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 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 3.5 years old for T/Th or 4 years old for M/W/F by September 1st.

Spaces are limited.

Call Cedar Hills Recreation Center at 503-629-6340 for more details or to register.

THRIVE Afterschool Program
Teaching Healthy Responsible Individuals Values and Education

We provide high quality afterschool care in a safe and nurturing environment. We provide an active program for all abilities. Children take part in arts and craft projects, physical activities, cooking, enrichment activities and supervised homework time. Monthly themes are related to diversity, inclusion, and equity. Students are led in a group community service project. Program is available from school release time to 6 pm, Monday-Friday.

REGISTRATION: 2022-2023 School Year

Open enrollment is ongoing, as long as space in the program remains.

Tuition: $350 per month/ID. Fees are due by the 15th of the prior month. September payment is due by August 15, 2022. Late fee of $30 applies when fees are paid after the 15th of the previous month.

A non-refundable $50 enrollment fee is due at time of registration.

Tuition does not include holidays, winter break, spring break, or additional no school days. Tuition does include four (4) BSD in-service days.
(10/14, 11/10, 2/3, 4/13)

Individual no-school days (e.g. conference) may be available for an additional fee.

For more information, please visit: thprd.org/activities/after-school-programs
### Arts & Crafts – Preschool

<table>
<thead>
<tr>
<th>Messy Art</th>
<th>Engage in entertaining and expressive art activities with hands-on art projects structured to allow little artists to experience different materials and techniques. Adult participation required. No unregistered siblings. No class 11/22, 11/24.</th>
</tr>
</thead>
<tbody>
<tr>
<td>9/13-10/25 (7) T</td>
<td>9-10 am</td>
</tr>
<tr>
<td>Rm C</td>
<td>ID/AP: $68</td>
</tr>
<tr>
<td>11/1-12/13 (6) T</td>
<td>9-10 am</td>
</tr>
<tr>
<td>Rm C</td>
<td>ID/AP: $61</td>
</tr>
<tr>
<td>11/15-10/27 (7) Th</td>
<td>9-10 am</td>
</tr>
<tr>
<td>Rm C</td>
<td>ID/AP: $68</td>
</tr>
<tr>
<td>11/3-12/15 (6) Th</td>
<td>9-10 am</td>
</tr>
<tr>
<td>Rm C</td>
<td>ID/AP: $61</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Art Exploration</th>
<th>Explore everything from paint to papier-mache with fun art activities with hands-on art projects structured to allow young artists to experience different mediums and techniques. Parent participation required. No unregistered siblings. No class 11/22, 11/24.</th>
</tr>
</thead>
<tbody>
<tr>
<td>9/13-10/25 (7) T</td>
<td>10:30-11:30 am</td>
</tr>
<tr>
<td>Rm C</td>
<td>ID/AP: $77</td>
</tr>
<tr>
<td>11/1-12/13 (6) T</td>
<td>10:30-11:30 am</td>
</tr>
<tr>
<td>Rm C</td>
<td>ID/AP: $69</td>
</tr>
<tr>
<td>11/15-10/27 (7) Th</td>
<td>10:30-11:30 am</td>
</tr>
<tr>
<td>Rm C</td>
<td>ID/AP: $77</td>
</tr>
<tr>
<td>11/3-12/15 (6) Th</td>
<td>10:30-11:30 am</td>
</tr>
<tr>
<td>Rm C</td>
<td>ID/AP: $69</td>
</tr>
</tbody>
</table>

### Arts & Crafts - Youth

<table>
<thead>
<tr>
<th>Afterschool Art Sampler</th>
<th>Students explore their creativity! Work with sculpture, painting, drawing, collage, creative projects and more. No class 11/23.</th>
</tr>
</thead>
<tbody>
<tr>
<td>9/14-10/26 (7) W</td>
<td>5-6 pm</td>
</tr>
<tr>
<td>Rm 3</td>
<td>ID/AP: $68</td>
</tr>
<tr>
<td>11/2-12/14 (6) W</td>
<td>5-6 pm</td>
</tr>
<tr>
<td>Rm 3</td>
<td>ID/AP: $61</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Handwriting and Penmanship</th>
<th>The fun and practical class starts with handwriting basics and then moves on to calligraphy or cursive. No class 11/24.</th>
</tr>
</thead>
<tbody>
<tr>
<td>9/15-10/27 (7) Th</td>
<td>5-6 pm</td>
</tr>
<tr>
<td>Rm 3</td>
<td>ID/AP: $61</td>
</tr>
<tr>
<td>11/3-12/15 (6) Th</td>
<td>5-6 pm</td>
</tr>
<tr>
<td>Rm 3</td>
<td>ID/AP: $55</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Nature Art</th>
<th>Young artists will explore, learn, draw, paint, and create artwork inspired by science and nature. No class 10/29, 11/26.</th>
</tr>
</thead>
<tbody>
<tr>
<td>9/17-10/22 (6) S</td>
<td>9-10 am</td>
</tr>
<tr>
<td>Rm 3</td>
<td>ID/AP: $55</td>
</tr>
<tr>
<td>10/5-12/10 (5) S</td>
<td>9-10 am</td>
</tr>
<tr>
<td>Rm 3</td>
<td>ID/AP: $49</td>
</tr>
</tbody>
</table>

### All Preschool and Youth Classes

**Youth Watercolor**  
Students learn about different watercolor techniques and terminology while creating a new project each week. No class 10/31, 11/21.

| 9/12-10/17 (6) M | 5-6 pm | 6-10 yrs | CH24206 |
| Rm 3 | ID/AP: $65 | OD: $81.25 |
| 10/24-12/17 (7) M | 5-6 pm | 6-10 yrs | CH24207 |
| Rm 3 | ID/AP: $75 | OD: $93.75 |

### Mixed Medium Art, All Levels

**Art & Crafts – Teen/Adult**  
Participants will work at their own pace in an open, informative class. Mediums covered will include acrylic, oil, pastels, and watercolor. Please bring any supplies you would like to work with. If you would like guidance on what to bring, please email s.pace@thprd.org.

| 9/14-11/16 (10) W | 9:30 am-12:30 pm | 14-adult | CH24501 |
| Rm 3 | ID/AP: $225 | OD: $281.25 |

### Watercolor, All Levels

**Dance – Preschool**  
Tiny dancers will get to dance along with their favorite grown-up while they learn basic ballet movements that can improve balance and coordination in a nurturing and fun environment. Adult participation is required. No unregistered sibling. No class 10/28, 10/29, 11/11, 11/21-26.

| 9/12-12/12 (13) M | 10:30-11 am | 2-4 yrs | CH21107 |
| Rm D | ID/AP: $68 | OD: $85 |
| 9/13-12/13 (13) T | 9:15-9:45 am | 2-4 yrs | CH21108 |
| Rm 5 | ID/AP: $68 | OD: $85 |
| 9/16-12/16 (11) F | 9:30 am | 2-4 yrs | CH21109 |
| Rm 5 | ID/AP: $58 | OD: $72.50 |
| 9/17-12/10 (11) S | 9:30 am | 2-4 yrs | CH21110 |
| Rm D | ID/AP: $58 | OD: $72.50 |

### Dance with Me!

**Hot Dog Dance Party!**  
Hot dog, hot dog, hot diggity dog! Join us every week for a Disney-themed dance party. Perfect for littles with lots of wiggles! No class 11/21.

| 9/12-12/12 (13) M | 9:30-10 am | 2-3 yrs | CH21117 |
| Rm D | ID/AP: $68 | OD: $85 |
### 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 10/28, 11/11, 11/21-25.

<table>
<thead>
<tr>
<th>Date</th>
<th>Days</th>
<th>Time</th>
<th>Age</th>
<th>Room</th>
<th>ID/AP</th>
<th>OD</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>9/12-12/12</td>
<td>M</td>
<td>10:15-10:45 am</td>
<td>3-5 yrs</td>
<td>5</td>
<td>$85</td>
<td>$75</td>
<td>CH21119</td>
</tr>
<tr>
<td>9/13-13/13</td>
<td>T</td>
<td>10:15-10:45 am</td>
<td>3-5 yrs</td>
<td>5</td>
<td>$85</td>
<td>$111.25</td>
<td>CH21103</td>
</tr>
<tr>
<td>9/14-14/14</td>
<td>W</td>
<td>10:15-10:45 am</td>
<td>3-5 yrs</td>
<td>5</td>
<td>$85</td>
<td>$111.25</td>
<td>CH21106</td>
</tr>
<tr>
<td>9/15-15/15</td>
<td>Th</td>
<td>10:15-10:45 am</td>
<td>3-5 yrs</td>
<td>5</td>
<td>$85</td>
<td>$111.25</td>
<td>CH21104</td>
</tr>
<tr>
<td>9/16-16/16</td>
<td>F</td>
<td>9:45-10:15 am</td>
<td>3-5 yrs</td>
<td>5</td>
<td>$95</td>
<td>$72.50</td>
<td>CH21105</td>
</tr>
</tbody>
</table>

### Dress Up and Dance
Dancers will let their imaginations run wild as they learn dance basics that strengthen flexibility, rhythm and grace among superheros, princesses and more! Come dressed in your favorite outfit and show us your moves! No class 10/28-29, 11/11, 11/25-26.

<table>
<thead>
<tr>
<th>Date</th>
<th>Days</th>
<th>Time</th>
<th>Age</th>
<th>Room</th>
<th>ID/AP</th>
<th>OD</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>9/13-13/13</td>
<td>T</td>
<td>9:15-9:45 am</td>
<td>3-5 yrs</td>
<td>D</td>
<td>$68</td>
<td>$85</td>
<td>CH21111</td>
</tr>
<tr>
<td>9/16-16/16</td>
<td>F</td>
<td>9:15-10 am</td>
<td>4-5 yrs</td>
<td>D</td>
<td>$68</td>
<td>$93.75</td>
<td>CH21112</td>
</tr>
<tr>
<td>9/17-17/10</td>
<td>S</td>
<td>11-11:45 am</td>
<td>3-6 yrs</td>
<td>D</td>
<td>$75</td>
<td>$93.75</td>
<td>CH21113</td>
</tr>
</tbody>
</table>

### Ballet Folklorico (Mexican Folk Dance)
This class will introduce footwork, coordination, and rhythm to traditional Mexican music. No class 11/23.

<table>
<thead>
<tr>
<th>Date</th>
<th>Days</th>
<th>Time</th>
<th>Age</th>
<th>Room</th>
<th>ID/AP</th>
<th>OD</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>9/14-10/26</td>
<td>W</td>
<td>9:15-10 am</td>
<td>4-6 yrs</td>
<td>5</td>
<td>$48</td>
<td>$60</td>
<td>CH21100</td>
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<tr>
<td>11/2-12/14</td>
<td>W</td>
<td>9:15-10 am</td>
<td>4-6 yrs</td>
<td>5</td>
<td>$41</td>
<td>$51.25</td>
<td>CH21101</td>
</tr>
</tbody>
</table>

### 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 11/24.

<table>
<thead>
<tr>
<th>Date</th>
<th>Days</th>
<th>Time</th>
<th>Age</th>
<th>Room</th>
<th>ID/AP</th>
<th>OD</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>9/15-15/15</td>
<td>Th</td>
<td>9:15-10 am</td>
<td>3-5 yrs</td>
<td>5</td>
<td>$89</td>
<td>$111.25</td>
<td>CH21114</td>
</tr>
<tr>
<td>9/16-16/11</td>
<td>F</td>
<td>10:30-11:15 am</td>
<td>3-5 yrs</td>
<td>5</td>
<td>$89</td>
<td>$93.75</td>
<td>CH21115</td>
</tr>
<tr>
<td>9/17-17/10</td>
<td>S</td>
<td>11-11:45 am</td>
<td>3-6 yrs</td>
<td>5</td>
<td>$75</td>
<td>$93.75</td>
<td>CH21116</td>
</tr>
</tbody>
</table>

### Pre-Ballet
This class provides an introduction to ballet steps and terminology, with an emphasis on creative movement, rhythm, balance and coordination. No class 10/29, 11/21-26.

<table>
<thead>
<tr>
<th>Date</th>
<th>Days</th>
<th>Time</th>
<th>Age</th>
<th>Room</th>
<th>ID/AP</th>
<th>OD</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>9/12-12/12</td>
<td>M</td>
<td>9:15-10 am</td>
<td>3-5 yrs</td>
<td>5</td>
<td>$89</td>
<td>$111.25</td>
<td>CH21119</td>
</tr>
<tr>
<td>9/15-15/15</td>
<td>Th</td>
<td>9:15-10 am</td>
<td>3-5 yrs</td>
<td>5</td>
<td>$89</td>
<td>$111.25</td>
<td>CH21120</td>
</tr>
<tr>
<td>9/15-15/15</td>
<td>Th</td>
<td>10:15-10:45 am</td>
<td>3-5 yrs</td>
<td>5</td>
<td>$89</td>
<td>$95</td>
<td>CH21121</td>
</tr>
<tr>
<td>9/17-17/10</td>
<td>S</td>
<td>9:30-9:45 am</td>
<td>3-5 yrs</td>
<td>8</td>
<td>$58</td>
<td>$72.50</td>
<td>CH21122</td>
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<tr>
<td>9/17-17/10</td>
<td>S</td>
<td>9:45-10 am</td>
<td>4-6 yrs</td>
<td>5</td>
<td>$75</td>
<td>$93.75</td>
<td>CH21128</td>
</tr>
</tbody>
</table>

Fees: ID/AP = User is in-district or has paid an out-of-district assessment, OD = Out-of-district (no assessment paid)
### Tik Tok Dance Tutorial
In this class we will be learning the Internet’s hottest TikTok dances! Having the TikTok app or account is not needed. We will learn and break down age-appropriate dances shown online and learn how to do them! No class 10/31, 11/21. *Classes are not posted online.*

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Age</th>
<th>Room</th>
<th>ID/AP</th>
<th>OD</th>
</tr>
</thead>
<tbody>
<tr>
<td>9/12-12/12</td>
<td>M</td>
<td>5:30-6:15 pm</td>
<td>8-12 yrs</td>
<td>CH21211</td>
<td>$82</td>
<td>$102.50</td>
</tr>
</tbody>
</table>

### Dance – Teen/Adult

#### Adult Contemporary
For the past dancer and beginner dancer: Come nourish your soul with exercise, artistic expression, creativity, and camaraderie. We will be practicing contemporary technique (rooted in ballet), choreography skills, and artistic collaboration with other dancers to create meaningful pieces. No class 10/31, 11/21.

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Age</th>
<th>Room</th>
<th>ID/AP</th>
<th>OD</th>
</tr>
</thead>
<tbody>
<tr>
<td>9/12-12/12</td>
<td>M</td>
<td>7-8 pm</td>
<td>16-adult</td>
<td>CH21501</td>
<td>$101</td>
<td>$126.25</td>
</tr>
</tbody>
</table>

#### Adult Jazz
Jazz is a fun dance style that relies heavily on originality and improvisation. Many jazz dancers mix different styles into their dancing, incorporating their own expression. No experience required. All skill levels welcome. No class 11/24.

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Age</th>
<th>Room</th>
<th>ID/AP</th>
<th>OD</th>
</tr>
</thead>
<tbody>
<tr>
<td>9/15-12/15</td>
<td>Th</td>
<td>7:15-8:15 pm</td>
<td>16-adult</td>
<td>CH21502</td>
<td>$109</td>
<td>$136.25</td>
</tr>
</tbody>
</table>

#### 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 11/23.

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Age</th>
<th>Room</th>
<th>ID/AP</th>
<th>OD</th>
</tr>
</thead>
<tbody>
<tr>
<td>9/14-12/14</td>
<td>W</td>
<td>6:30-8 pm</td>
<td>14-adult</td>
<td>CH21503</td>
<td>$151</td>
<td>$188.75</td>
</tr>
</tbody>
</table>

### Preschool Exploration

#### 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 11/11, 11/21-25.

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Age</th>
<th>Room</th>
<th>ID/AP</th>
<th>OD</th>
</tr>
</thead>
<tbody>
<tr>
<td>9/12-10/24</td>
<td>M</td>
<td>9:30-11:30 am</td>
<td>2-3 yrs</td>
<td>CH28100</td>
<td>$82</td>
<td>$102.50</td>
</tr>
<tr>
<td>10/31-12/12</td>
<td>M</td>
<td>9:30-11:30 am</td>
<td>2-3 yrs</td>
<td>CH28101</td>
<td>$82</td>
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</tr>
<tr>
<td>9/14-10/26</td>
<td>W</td>
<td>9:30-11:30 am</td>
<td>2-3 yrs</td>
<td>CH28102</td>
<td>$82</td>
<td>$102.50</td>
</tr>
<tr>
<td>11/2-12/14</td>
<td>W</td>
<td>9:30-11:30 am</td>
<td>2-3 yrs</td>
<td>CH28103</td>
<td>$82</td>
<td>$102.50</td>
</tr>
<tr>
<td>9/16-10/21</td>
<td>F</td>
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<td>2-3 yrs</td>
<td>CH28104</td>
<td>$82</td>
<td>$102.50</td>
</tr>
<tr>
<td>11/4-12/16</td>
<td>F</td>
<td>9:30-11:30 am</td>
<td>2-3 yrs</td>
<td>CH28105</td>
<td>$82</td>
<td>$102.50</td>
</tr>
</tbody>
</table>

#### 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 11/22-24.

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Age</th>
<th>Room</th>
<th>ID/AP</th>
<th>OD</th>
</tr>
</thead>
<tbody>
<tr>
<td>9/13-10/25</td>
<td>T</td>
<td>9:30 am-12 pm</td>
<td>3-4 yrs</td>
<td>CH28110</td>
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<td>3-4 yrs</td>
<td>CH28111</td>
<td>$82</td>
<td>$102.50</td>
</tr>
<tr>
<td>9/15-10/27</td>
<td>Th</td>
<td>9:30 am-12 pm</td>
<td>3-4 yrs</td>
<td>CH28112</td>
<td>$82</td>
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<tr>
<td>11/3-12/15</td>
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<td>3-4 yrs</td>
<td>CH28113</td>
<td>$82</td>
<td>$102.50</td>
</tr>
</tbody>
</table>

### 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).
General Interest - Preschool

Circle Sing and Play
Nurture your toddler’s energy and creativity in a class designed for children who love to move. Sing songs, dance and read stories while building your toddler’s confidence, self-control, and early language skills. Adult participation required. No unregistered siblings. No class 11/23.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Room</th>
<th>ID/AP</th>
<th>OD</th>
<th>Class Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>9/14-10/26</td>
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<td>1-2</td>
<td>A</td>
<td>$36</td>
<td>$45</td>
<td>CH28120</td>
</tr>
<tr>
<td>11/2-12/14</td>
<td>9:30 am</td>
<td>1-2</td>
<td>A</td>
<td>$31</td>
<td>$38.75</td>
<td>CH28121</td>
</tr>
<tr>
<td>9/14-10/26</td>
<td>9:45-10:15</td>
<td>1-2</td>
<td>A</td>
<td>$36</td>
<td>$45</td>
<td>CH28122</td>
</tr>
<tr>
<td>11/2-12/14</td>
<td>9:45-10:15</td>
<td>1-2</td>
<td>A</td>
<td>$31</td>
<td>$38.75</td>
<td>CH28123</td>
</tr>
</tbody>
</table>

Music and Movement
Nurture your child’s energy and creativity in a class designed for children who love music. Sing songs, dance and read stories while building confidence, self-control, and language skills. Adult participation required. No unregistered siblings. No class 11/23.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Room</th>
<th>ID/AP</th>
<th>OD</th>
<th>Class Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>9/14-10/26</td>
<td>10:45-11:15</td>
<td>2-4</td>
<td>A</td>
<td>$36</td>
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<td>2-4</td>
<td>A</td>
<td>$31</td>
<td>$38.75</td>
<td>CH28131</td>
</tr>
<tr>
<td>9/14-10/26</td>
<td>11:30 am-12 pm</td>
<td>2-4</td>
<td>A</td>
<td>$36</td>
<td>$45</td>
<td>CH28132</td>
</tr>
<tr>
<td>11/2-12/14</td>
<td>11:30 am-12 pm</td>
<td>2-4</td>
<td>A</td>
<td>$31</td>
<td>$38.75</td>
<td>CH28133</td>
</tr>
</tbody>
</table>

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.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Room</th>
<th>ID/AP</th>
<th>OD</th>
<th>Class Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>11/5</td>
<td>1:30-4:30</td>
<td>8-11</td>
<td>A</td>
<td>$32</td>
<td>$40</td>
<td>CH25303</td>
</tr>
<tr>
<td>11/19</td>
<td>1:30-4:30</td>
<td>8-11</td>
<td>A</td>
<td>$32</td>
<td>$40</td>
<td>CH25304</td>
</tr>
<tr>
<td>12/10</td>
<td>1:30-4:30</td>
<td>8-11</td>
<td>A</td>
<td>$32</td>
<td>$40</td>
<td>CH25305</td>
</tr>
</tbody>
</table>

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 that needs no refrigeration or microwave for both days of class.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Room</th>
<th>ID/AP</th>
<th>OD</th>
<th>Class Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>10/22, 11/5</td>
<td>8:15 am-12:15 pm</td>
<td>11-15</td>
<td>A</td>
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<td>$88.75</td>
<td>CH25300</td>
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<tr>
<td>11/12, 11/19</td>
<td>8:15 am-12:15 pm</td>
<td>11-15</td>
<td>A</td>
<td>$73</td>
<td>$88.75</td>
<td>CH25301</td>
</tr>
<tr>
<td>12/3, 12/10</td>
<td>8:15 am-12:15 pm</td>
<td>11-15</td>
<td>A</td>
<td>$73</td>
<td>$88.75</td>
<td>CH25302</td>
</tr>
</tbody>
</table>

General Interest – Teen/Adult

Adult Cooking

One Pan Meals
10/1          | S          | 1-3 pm   | 14-adult | CH25500 |
          | Kitchen    | ID/AP: $39 | OD: $48.75 |
Comfort Foods
11/19        | S          | 1-3 pm   | 14-adult | CH25501 |
          | Kitchen    | ID/AP: $39 | OD: $48.75 |
Holiday Cookies
12/10        | S          | 1-3 pm   | 14-adult | CH25502 |
          | Kitchen    | ID/AP: $39 | OD: $48.75 |

Kids Cooking Series: Easy and Delicious
Students will learn culinary techniques and terminology while learning to make a variety of delicious recipes! Please note: We cannot guarantee an allergy free environment or menu. No class 10/29, 11/26

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Room</th>
<th>ID/AP</th>
<th>OD</th>
<th>Class Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>9/17-10/22</td>
<td>10:30-11:30</td>
<td>8-10</td>
<td>A</td>
<td>$139</td>
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<td>11/5-12/10</td>
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<td>8-10</td>
<td>A</td>
<td>$129</td>
<td>$161.25</td>
<td>CH25213</td>
</tr>
</tbody>
</table>

Kid’s Cooking Club
We’ll have some fun in the kitchen learning culinary skills and safety! In this class, participants will make some delicious food, all while learning basic culinary techniques. Please note: We cannot guarantee an allergy free environment or menu.

Pizza Party!
9/16          | F          | 6-8 pm  | 8-10 yrs | CH25202 |
          | Kitchen    | ID/AP: $39 | OD: $48.75 |
Game Day Treats
9/23          | F          | 6-8 pm  | 8-10 yrs | CH25203 |
          | Kitchen    | ID/AP: $39 | OD: $48.75 |
Culinary Skills
10/7          | F          | 6-8 pm  | 8-10 yrs | CH25204 |
          | Kitchen    | ID/AP: $39 | OD: $48.75 |
Halloween Treats
10/21         | F          | 6-8 pm  | 8-10 yrs | CH25205 |
          | Kitchen    | ID/AP: $39 | OD: $48.75 |
Healthy Snacks
11/4          | F          | 6-8 pm  | 8-10 yrs | CH25206 |
          | Kitchen    | ID/AP: $39 | OD: $48.75 |
Fall Faves
11/18         | F          | 6-8 pm  | 8-10 yrs | CH25207 |
          | Kitchen    | ID/AP: $39 | OD: $48.75 |
Afterschool Snacks
12/2          | F          | 6-8 pm  | 8-10 yrs | CH25208 |
          | Kitchen    | ID/AP: $39 | OD: $48.75 |
Holiday Treats
12/16         | F          | 6-8 pm  | 8-10 yrs | CH25209 |
          | Kitchen    | ID/AP: $39 | OD: $48.75 |
Music Classes

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.

<table>
<thead>
<tr>
<th>Dates</th>
<th>Days</th>
<th>Time</th>
<th>Ages</th>
<th>ID/AP</th>
<th>OD</th>
<th>CRN</th>
</tr>
</thead>
<tbody>
<tr>
<td>9/13-10/25</td>
<td>T</td>
<td>4:30-5:30 pm</td>
<td>8-12 yrs</td>
<td>$62</td>
<td>$77.50</td>
<td>CH25220</td>
</tr>
<tr>
<td>11/1-12/13</td>
<td>T</td>
<td>4:30-5:30 pm</td>
<td>8-12 yrs</td>
<td>$64</td>
<td>$87.50</td>
<td>CH25221</td>
</tr>
</tbody>
</table>

Guitar I, Small Group
Learn basic guitar or continue to improve your skills in a smaller group of 2-3 people. Bring your own guitar, tuner, and picks. No class 11/22.

<table>
<thead>
<tr>
<th>Dates</th>
<th>Days</th>
<th>Time</th>
<th>Ages</th>
<th>ID/AP</th>
<th>OD</th>
<th>CRN</th>
</tr>
</thead>
<tbody>
<tr>
<td>9/13-10/25</td>
<td>T</td>
<td>3:30-4:30 pm</td>
<td>8-12 yrs</td>
<td>$179</td>
<td>$223.75</td>
<td>CH25222</td>
</tr>
<tr>
<td>11/1-12/13</td>
<td>T</td>
<td>3:30-4:30 pm</td>
<td>8-12 yrs</td>
<td>$154</td>
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<td>CH25223</td>
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<tr>
<td>9/13-10/25</td>
<td>T</td>
<td>7-8 pm</td>
<td>13-adult</td>
<td>$179</td>
<td>$223.75</td>
<td>CH25523</td>
</tr>
<tr>
<td>11/1-12/13</td>
<td>T</td>
<td>7-8 pm</td>
<td>13-adult</td>
<td>$154</td>
<td>$192.50</td>
<td>CH25524</td>
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</tbody>
</table>

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.

<table>
<thead>
<tr>
<th>Dates</th>
<th>Days</th>
<th>Time</th>
<th>Ages</th>
<th>ID/AP</th>
<th>OD</th>
<th>CRN</th>
</tr>
</thead>
<tbody>
<tr>
<td>9/13-10/25</td>
<td>T</td>
<td>6-7 pm</td>
<td>13-adult</td>
<td>$62</td>
<td>$77.50</td>
<td>CH25520</td>
</tr>
<tr>
<td>11/1-12/13</td>
<td>T</td>
<td>6-7 pm</td>
<td>13-adult</td>
<td>$54</td>
<td>$67.50</td>
<td>CH25521</td>
</tr>
</tbody>
</table>

Guitar Private Lesson
Guitar Private Lesson interest list. One on one instruction, must bring your own guitar. We will contact those on the interest list when a private lesson is available. Classes are typically help on Tuesday afternoon and evening.

<table>
<thead>
<tr>
<th>Dates</th>
<th>Days</th>
<th>Time</th>
<th>Ages</th>
<th>ID/AP</th>
<th>OD</th>
<th>CRN</th>
</tr>
</thead>
<tbody>
<tr>
<td>9/13-12/13</td>
<td>T</td>
<td>TBD</td>
<td>13-adult</td>
<td>$55</td>
<td>$68.75</td>
<td>CH25530</td>
</tr>
</tbody>
</table>

Science Pals
Engage in entertaining science projects structured to introduce little learners to a variety of scientific topics and vocabulary. Adult participation required. No unregistered siblings. No class 11/21.

<table>
<thead>
<tr>
<th>Dates</th>
<th>Days</th>
<th>Time</th>
<th>Ages</th>
<th>ID/AP</th>
<th>OD</th>
<th>CRN</th>
</tr>
</thead>
<tbody>
<tr>
<td>9/12-10/24</td>
<td>M</td>
<td>9-9:45 am</td>
<td>2-4 yrs</td>
<td>$59</td>
<td>$73.75</td>
<td>CH25100</td>
</tr>
<tr>
<td>10/31-12/12</td>
<td>M</td>
<td>9-9:45 am</td>
<td>2-4 yrs</td>
<td>$53</td>
<td>$66.25</td>
<td>CH25101</td>
</tr>
</tbody>
</table>

Science Buddies
This class is designed to introduce kids to a variety of scientific topics and vocabulary with fun experiments and demonstrations. Adult participation required. No unregistered siblings. No class 11/21.

<table>
<thead>
<tr>
<th>Dates</th>
<th>Days</th>
<th>Time</th>
<th>Ages</th>
<th>ID/AP</th>
<th>OD</th>
<th>CRN</th>
</tr>
</thead>
<tbody>
<tr>
<td>9/12-10/24</td>
<td>M</td>
<td>10:15-11 am</td>
<td>3-5 yrs</td>
<td>$59</td>
<td>$73.75</td>
<td>CH25110</td>
</tr>
<tr>
<td>10/31-12/12</td>
<td>M</td>
<td>10:15-11 am</td>
<td>3-5 yrs</td>
<td>$53</td>
<td>$66.25</td>
<td>CH25111</td>
</tr>
</tbody>
</table>

Super Scientists
This class is designed to introduce kids to a variety of scientific topics and vocabulary with fun experiments and demonstrations. No class 11/26.

<table>
<thead>
<tr>
<th>Dates</th>
<th>Days</th>
<th>Time</th>
<th>Ages</th>
<th>ID/AP</th>
<th>OD</th>
<th>CRN</th>
</tr>
</thead>
<tbody>
<tr>
<td>9/17-10/22</td>
<td>S</td>
<td>9-10 am</td>
<td>5-6 yrs</td>
<td>$72</td>
<td>$90</td>
<td>CH25200</td>
</tr>
<tr>
<td>11/5-12/10</td>
<td>S</td>
<td>9-10 am</td>
<td>5-6 yrs</td>
<td>$65</td>
<td>$81.25</td>
<td>CH25201</td>
</tr>
</tbody>
</table>

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 11/26.

<table>
<thead>
<tr>
<th>Dates</th>
<th>Days</th>
<th>Time</th>
<th>Ages</th>
<th>ID/AP</th>
<th>OD</th>
<th>CRN</th>
</tr>
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<tbody>
<tr>
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<td>10:30-11:30 am</td>
<td>7-10 yrs</td>
<td>$72</td>
<td>$90</td>
<td>CH25210</td>
</tr>
<tr>
<td>11/5-12/10</td>
<td>S</td>
<td>10:30-11:30 am</td>
<td>7-10 yrs</td>
<td>$65</td>
<td>$81.25</td>
<td>CH25211</td>
</tr>
</tbody>
</table>

Fees: ID/AP = User is in-district or has paid an out-of-district assessment, OD = Out-of-district (no assessment paid)
Cedar Hills Recreation Center

**Gymnastics**

Cedar Hills offers a comprehensive gymnastics program designed to help students reach their full potential according to their personal ability. 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: (2-3 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: (2.5-3.5 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: (3.5-6 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 courses, 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.

**REC Gymnastics Level 1: (6-13 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.

**Evaluation Classes**

Prior to enrollment in Level 1.5 and Level 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. The evaluation process ensures that each class member is experiencing success working at the skill level and provides a more positive environment for all. Evaluations can be scheduled through our front office.

**REC Gymnastics Level 1.5: (6-14 yrs)**
Gymnast **MUST** pass Gymnastics Level 1 before enrolling and/or have instructor approval by evaluation. 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 with flexibility as well as building core strength to achieve the skills needed to move-up to Level 2.

**REC Gymnastics Level 2/3: (6-14 yrs)**
Gymnast **MUST** pass Gymnastics Level 1.5 before enrolling and/or have instructor approval by evaluation. This class works on the bar skills of stride circles and one-leg shoot throughs, underswings and sole circle dismounts. On the beam, work is done on handstands, cartwheels and full turns. On the floor exercise, backbend kick-overs, tictocs, back handspring drills and handstand rolls are introduced. The handstand flat back is taught for vaulting and the level of conditioning and flexibility training is increased.

Fees: ID/AP = User is in-district or has paid an out-of-district assessment, OD = Out-of-district (no assessment paid)
Gymnastics – Preschool

KinderGym
Adult Participation Class; One child/One adult 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 adult & participant) No class 11/11, 11/23-25.

9/14-10/26 (7) W 9:15-10 am 2-3 yrs CH23100
Rm 9
ID/AP: $78 OD: $97.50
11/2-12/14 (6) W 9:15-10 am 2-3 yrs CH23101
Rm 9
ID/AP: $83.75
9/16-10/21 (6) F 9:15-10 am 2-3 yrs CH23102
Rm 9
ID/AP: $83.75
11/4-12/16 (5) F 9:15-10 am 2-3 yrs CH23103
Rm 9
ID/AP: $71.25
9/16-10/21 (6) F 10:30-11:15 am 2-3 yrs CH23104
Rm 9
ID/AP: $83.75
11/4-12/16 (5) F 10:30-11:15 am 2-3 yrs CH23105
Rm 9
ID/AP: $71.25

KinderStars
Adult Participation Class; One child/One adult 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 adult. No class 11/11, 11/23-25.

9/14-10/26 (7) W 10:30-11:15 am 2.5-3.5 yrs CH23125
Rm 9
ID/AP: $78 OD: $97.50
11/2-12/14 (6) W 10:30-11:15 am 2.5-3.5 yrs CH23126
Rm 9
ID/AP: $83.75
9/16-10/21 (6) F 11:30 am-12:15 pm 2.5-3.5 yrs CH23127
Rm 9
ID/AP: $83.75
11/4-12/16 (5) F 11:30 am-12:15 pm 2.5-3.5 yrs CH23128
Rm 9
ID/AP: $71.25

Pre-Gymnastics
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 10/29, 11/11, 11/21-25.

9/12-12/12 (13) M 9:15-10 am 3.5-4 yrs CH23150
Rm 9
ID/AP: $145 OD: $181.25
9/13-12/13 (13) T 9:15-10 am 3.5-4 yrs CH23151
Rm 9
ID/AP: $145 OD: $181.25
9/14-12/14 (13) W 4:30-5:15 pm 3.5-4 yrs CH23153
Rm 9
ID/AP: $145 OD: $181.25
9/15-12/15 (13) Th 10:30-11:15 am 3.5-4 yrs CH23154
Rm 9
ID/AP: $145 OD: $181.25
9/17-12/10 (11) S 8:30-9:15 am 3.5-4 yrs CH23155
Rm 9
ID/AP: $124 OD: $155
9/12-12/12 (13) M 10:30-11:15 am 4-6 yrs CH23175
Rm 9
ID/AP: $145 OD: $181.25
9/13-12/13 (13) T 10:30-11:15 am 4-6 yrs CH23176
Rm 9
ID/AP: $145 OD: $181.25
9/15-12/15 (13) Th 9:15-10 am 4-6 yrs CH23177
Rm 9
ID/AP: $145 OD: $181.25
9/15-12/15 (13) Th 4:30-5:15 pm 4-6 yrs CH23178
Rm 9
ID/AP: $145 OD: $181.25
9/17-12/10 (11) S 9:30-10:15 am 4-6 yrs CH23179
Rm 9
ID/AP: $124 OD: $155

Gymnastics – Youth/Teen

Gymnastics Rec Lvl 1
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 10/29, 10/31, 11/21-26.

9/12-12/12 (12) M 4:30-5:15 pm 6-8 yrs CH23200
Rm 9
ID/AP: $134 OD: $167.50
9/12-12/12 (12) M 5:30-6:15 pm 6-8 yrs CH23201
Rm 9
ID/AP: $134 OD: $167.50
9/13-12/13 (13) T 5:30-6:15 pm 6-8 yrs CH23202
Rm 9
ID/AP: $145 OD: $181.25
9/14-12/14 (13) W 5:30-6:15 pm 6-8 yrs CH23203
Rm 9
ID/AP: $145 OD: $181.25
9/17-12/10 (11) S 10:45-11:30 am 6-8 yrs CH23204
Rm 9
ID/AP: $124 OD: $155
9/17-12/10 (11) S 1-1:45 pm 6-8 yrs CH23205
Rm 9
ID/AP: $124 OD: $155
9/12-12/12 (12) M 6:45-7:30 pm 9-14 yrs CH23225
Rm 9
ID/AP: $134 OD: $167.50
9/13-12/13 (13) T 4:30-5:15 pm 9-14 yrs CH23226
Rm 9
ID/AP: $145 OD: $181.25
9/13-12/13 (13) T 6:45-7:30 pm 9-14 yrs CH23227
Rm 9
ID/AP: $145 OD: $181.25
9/15-12/15 (13) Th 5:30-6:15 pm 9-14 yrs CH23228
Rm 9
ID/AP: $145 OD: $181.25
9/17-12/10 (11) S 11:45 am-12:30 pm 9-14 yrs CH23229
Rm 9
ID/AP: $124 OD: $155
9/17-12/10 (11) S 2:2-4:5 pm 9-14 yrs CH23230
Rm 9
ID/AP: $124 OD: $155

Gymnastics Rec Lvl 1.5
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 11/23.

9/14-12/14 (13) W 6:45-7:45 pm 6-14 yrs CH23250
Rm 9
ID/AP: $171 OD: $213.75

Gymnastics Rec Lvl 2 & 3
Gymnast MUST have passed Gymnastics Level 1.5 before enrolling. This class works on all Level 2 skills and Level 3 skills. No class 11/24.

9/15-12/15 (13) Th 6:45-7:45 pm 6-14 yrs CH23275
Rm 9
ID/AP: $171 OD: $213.75

Fees: ID/AP = User is in-district or has paid an out-of-district assessment, OD = Out-of-district (no assessment paid)
Cedar Hills Recreation Center

503-629-6340

**Sports – Preschool**

**Pee Wee Athletes**
Your child will learn skills including dribbling, shooting, passing, teamwork and receiving for a variety of sports. No classes 10/29, 11/26

9/17-12/17 (12) S 10:45-11:30 am 3-5 yrs CH22102
Gym
ID/AP: $73
OD: $91.25

9/17-12/17 (12) S 11:45 am-12:30 pm 4-6 yrs CH22103
Gym
ID/AP: $73
OD: $91.25

**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 11/23.

9/14-12/14 (13) W 10-10:45 am 3-5 yrs CH22105
Gym
ID/AP: $78
OD: $97.50

**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 10/29, 11/23, 11/26.

9/17-12/17 (12) S 10:45-11:30 am 3-5 yrs CH22102
Gym
ID/AP: $73
OD: $91.25

9/17-12/17 (12) S 11:45 am-12:30 pm 4-6 yrs CH22103
Gym
ID/AP: $73
OD: $91.25

**Sports – Youth**

**Cedar Hills Athletes**
Your child will learn skills including dribbling, shooting, passing, teamwork and receiving for a variety of sports. No classes 10/29, 11/26.

9/12-12/12 (12) M 5-5:45 pm 7-10 yrs CH22205
Gym
ID/AP: $78
OD: $111.25

9/17-12/17 (12) S 8:30-9:15 am 5-7 yrs CH22200
Playfield
ID/AP: $82
OD: $102.50

9/17-12/17 (12) S 9:30-10:15 am 7-10 yrs CH22201
Playfield
ID/AP: $82
OD: $102.50

**Basketball Skills Series:**

**Basketball Skills: Shooting**

9/12-10/3 (4) M 6-7 pm 7-10 yrs CH22240
Gym
ID/AP: $37
OD: $46.25

**Basketball Skills: Passing & Dribbling**

10/10-11/7 (4) M 6-7 pm 7-10 yrs CH22241
Gym
ID/AP: $37
OD: $46.25

**Basketball Skills: Footwork & Defense**

11/14-12/12 (4) M 6-7 pm 7-10 yrs CH22242
Gym
ID/AP: $37
OD: $46.25

**Karate – Youth/Adult**

**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 class 11/22-24.

9/13-10/18 (6) T 5:30-6:15 pm 6-8 yrs CH22210
Rm 5
ID/AP: $85
OD: $68.75

9/15-10/20 (6) Th 5-5:45 pm 6-8 yrs CH22214
Rm 5
ID/AP: $85
OD: $68.75

9/16-10/20 (6) Th 6-6:45 pm 8-10 yrs CH22216
Rm 5
ID/AP: $85
OD: $68.75

**Karate, Beginning**
Shorin-ryu is a self-defense orientated, 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 10/28, 11/11, 11/22-25.

9/13-12/13 (13) T 5:30-6:15 pm 7-adult CH22220
Rm 5
ID/AP: $115
OD: $143.75

9/16-12/16 (13) Th 7:15-8:15 pm 7-adult CH22222
Rm 5
ID/AP: $115
OD: $143.75

9/15-12/15 (13) Th 5-5:45 pm 7-adult CH22221
Rm 5
ID/AP: $85
OD: $102.50

9/16-12/16 (11) F 5:30-6:30 pm 7-adult CH22223
Rm 5
ID/AP: $85
OD: $102.50

**Karate, Intermediate**
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 for uniform. No class 10/28, 11/11, 11/25

9/16-12/16 (11) F 7-8 pm 10-adult CH22224
Rm 6
ID/AP: $123
OD: $153.75

**Karate, Advanced**
Must have experience with traditional Okinawan Karate, ranked brown 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 for uniform. No class 10/28, 11/11, 11/25

9/16-12/16 (11) F 7-8 pm 10-adult CH22224
Rm 6
ID/AP: $123
OD: $153.75

**Soccer, Beginning**
Enjoy skill building; dribbling, shooting and passing. Class will focus on individual skills and may include scrimmages for part of class. No class 10/28, 11/23, 11/26.

9/14-12/14 (13) W 5:30-6:15 pm 7-10 yrs CH22204
Playfield
ID/AP: $101
OD: $126.25

9/17-12/17 (12) S 10:45-11:30 am 5-7 yrs CH22202
Playfield
ID/AP: $94
OD: $117.50

9/17-12/17 (12) S 11:45 am-12:30 pm 5-7 yrs CH22203
Playfield
ID/AP: $94
OD: $117.50

Fees: ID/AP = User is in-district or has paid an out-of-district assessment, OD = Out-of-district (no assessment paid)
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, 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
9/8-10/25 (8) T/Th 4:15-5:30 pm 11-14 yrs CH29100
OffSite ID/AP: $155 OD: $193.75
Conestoga Cross Country
9/8-10/25 (8) T/Th 4:15-5:30 pm 11-14 yrs CH29101
OffSite ID/AP: $155 OD: $193.75
Five Oaks Cross Country
9/8-10/25 (8) T/Th 4:15-5:30 pm 11-14 yrs CH29102
OffSite ID/AP: $155 OD: $193.75
Highland Park Cross Country
9/8-10/25 (8) T/Th 4:15-5:30 pm 11-14 yrs CH29103
OffSite ID/AP: $155 OD: $193.75
ISB Cross Country
9/8-10/25 (8) T/Th 2:15-3:30 pm 11-14 yrs CH29109
OffSite ID/AP: $155 OD: $193.75
Meadow Park Cross Country
9/8-10/25 (8) T/Th 4:15-5:30 pm 11-14 yrs CH29104
OffSite ID/AP: $155 OD: $193.75
Mt. View Cross Country
9/8-10/25 (8) T/Th 4:15-5:30 pm 11-14 yrs CH29105
OffSite ID/AP: $155 OD: $193.75
Stoller Cross Country
9/8-10/25 (8) T/Th 4:15-5:30 pm 11-14 yrs CH29106
OffSite ID/AP: $155 OD: $193.75
Tumwater Cross Country
9/8-10/25 (8) T/Th 4:15-5:30 pm 11-14 yrs CH29107
OffSite ID/AP: $155 OD: $193.75
Whitford Cross Country
9/8-10/25 (8) T/Th 4:15-5:30 pm 11-14 yrs CH29108
OffSite ID/AP: $155 OD: $193.75

Middle School Weight Training
Weight training program specifically designed for middle school students. This group training includes entry into the Cedar Hills Recreation Center weight room during class time only.

9/12-10/12 (5) M/W 4:15-5:15 pm 11-14 yrs CH22270
Wt Rm ID/AP: $94 OD: $117.50
10/17-11/16 (5) M/W 4:15-5:15 pm 11-14 yrs CH22271
Wt Rm ID/AP: $87 OD: $108.75

Archery
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.

9/17-10/29 (7) S 9-9:45 am 7-9 yrs CH22230
OffSite ID/AP: $73 OD: $91.25
9/17-10/29 (7) S 10-10:45 am 10-11 yrs CH22231
OffSite ID/AP: $73 OD: $91.25
9/17-10/29 (7) S 11:15 am-12 pm 10-11 yrs CH22232

Fitness – Teen/Adult
MELT Method: Hand/Foot Treatment, Rebalance Sequence, and Neck Decompress
Got Back Pain? Learn the best MELT moves and sequence for decompressing tension in the Lower Back and Lower Body.

9/24 (1) S 12-1:30 pm 14-adult CH22571
Rm 6 ID/AP: $16 OD: $20

MELT: Upper Body Length + NeuroCore Strengthening
Restoring hydration to the upper body is key to keeping your neck and shoulders pain-free. Learn the MELT Basics for decompressing tension in the upper body, shoulders & neck.

11/19 (1) S 12-1:30 pm 14-adult CH22572
Rm 6 ID/AP: $16 OD: $20

Navigate your Fitness Room
Learn machine adjustments, basic technique for using fitness room equipment, and receive a basic exercise program during this 1-1/2 hour session. Small group format. Maximum five people.

10/8 (1) S 10:30 am-12 pm 14-adult CH22573
Wt Rm ID/AP: $16 OD: $20

Participants must be 55+ and are not allowed for previously attended classes.
## Cedar Hills Adult Fitness Descriptions

<table>
<thead>
<tr>
<th>Activity</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Functional Chair Fitness</strong></td>
<td>Increase muscular strength, range of movement and activities for daily living. A chair is used for seated or standing support. May include floor work.</td>
</tr>
<tr>
<td><strong>HIGH Fitness™</strong></td>
<td>Aerobics is back! Choreographed interval training with intense cardio peaks and toning tracks set to music you know and love! The class is easy to follow and a total blast! All fitness levels welcome.</td>
</tr>
<tr>
<td><strong>Low Impact Aerobics</strong></td>
<td>This class is easy on your joints, burns calories and challenges your entire body. All levels welcome.</td>
</tr>
<tr>
<td><strong>Strength &amp; Endurance</strong></td>
<td>An interval style workout that includes cardio and strength training for a complete and fun workout. All levels welcome.</td>
</tr>
<tr>
<td><strong>Tai Chi I</strong></td>
<td>For the beginning student. Learn Tai Chi for Better Balance and Yang 8/10 Form.</td>
</tr>
<tr>
<td><strong>Tai Chi II</strong></td>
<td>Tai Chi II For the intermediate student. Learn Yang 16 Form and 24 Yang Form. Not appropriate for beginners.</td>
</tr>
<tr>
<td><strong>Tai Chi III</strong></td>
<td>For the advanced student. In this class you will learn the 108 Yang Form. Not appropriate for beginners.</td>
</tr>
<tr>
<td><strong>Total Body Strength</strong></td>
<td>A class that strengthens your entire body. This workout challenges all your major muscle groups using weight room exercises like squats, presses, lifts and curls.</td>
</tr>
<tr>
<td><strong>Yoga, All Levels</strong></td>
<td>Increase your strength, flexibility and balance with simple movements combined with conscious breathing.</td>
</tr>
<tr>
<td><strong>Yoga, Flow</strong></td>
<td>This dynamic style links breath and movement helping to build strength, stamina and flexibility.</td>
</tr>
<tr>
<td><strong>Yoga, Gentle</strong></td>
<td>Learn how to stretch with simple movements and conscious breathing; increase strength and flexibility and bring calmness to the mind. For students with little or no yoga experience.</td>
</tr>
<tr>
<td><strong>Zumba®</strong></td>
<td>Forget the workout, just lose yourself in the music! Zumba® classes feature exotic rhythms set to high-energy Latin and international beats.</td>
</tr>
</tbody>
</table>

Day, time, and instructor of classes are subject to change without notice. Check website for schedule at [thprd.org/facilities/recreation/cedar-hills](http://thprd.org/facilities/recreation/cedar-hills)

Single Fitness Class $8.25 ID. Passes available.

## Weight Room Orientation

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.

$53.50 ID/$67.00 OD

## Buddy Training

2-Person Small Group Training is a great way to get together and work out. A personal trainer will work with each group’s goal and design a workout to meet those goals. Each session is an hour long. (Cost is per person; must have 2 in group at time of registration.) Both participants must register.

- **1 session** $45.25 ID / $56.50 OD
- **3 sessions** $135.75 ID / $169.50 OD
- **6 sessions** $271.50 ID / $339.00 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** $60.25 ID / $75.25 OD
- **3 sessions** $180.75 ID / $225.75 OD
- **6 sessions** $271.50 ID / $339 OD

Fees: ID/AP = User is in-district or has paid an out-of-district assessment, OD = Out-of-district (no assessment paid)
Conestoga Recreation & Aquatic Center

9985 SW 125th Avenue
Beaverton, 97008
503-629-6313
TriMet Bus Routes #62, #92

Facility Supervisor: Catherine Ellis
Fall Term: Sept. 2 – Dec. 31

Facility Hours:
Monday-Friday 5:30 am-9:30 pm
Saturday 8 am-8 pm
Sunday 9 am-8 pm

Check online for pool hours.
Closed: 11/24, 12/25, 12/26
Modified Schedule:
9 am-2 pm 9/5, 1/11, 11/25

Conestoga Recreation & Aquatic Center features:
• Average Pool Temperature:
  Main Pool - 85°  Slide Pool - 90°
• Splash Pad (outdoor)

Facility Features:
• Weight room/fitness center, shower/locker rooms
• THRIVE Afterschool Enrichment Program
• Indoor gym for drop-in sports
• Kitchen for cooking classes
• Two dance/fitness studio rooms
• Classrooms for birthday parties/rentals
• Preschool Indoor Play Park
• Outdoor playground

Conestoga is Hiring
Lifeguards • Sports Instructor • Fitness Instructors
Before and After-school Leaders • Desk Staff
Call 503-629-6313 for more information.

Note: This section is for Conestoga Recreation programs only. See page 26 for Conestoga Aquatic programs.

Let’s have some fun! ¡Vamos a divertirnos!
Indoor Play Park
parque de juegos interior

9:30 - 11:30 am
Mondays – Fridays/ lunes - viernes

Events
Sensory Santa Visit
Saturday, Dec. 10th & Sunday, Dec. 11th
10am-5pm
Pre-registration event.
Call 503-629-6313 to register, starting Nov. 14th.
Fanno Farmers Nine-Month Preschool

**Fanno Farmhouse, 8405 SW Creekside Place, Beaverton**

At the Fanno Farmers Preschool, children will learn about themselves and how the world works through the Reggio Emilia approach. We teach and support independence and self-help, all while meeting the Beaverton School District’s kindergarten readiness benchmarks. Please call the Conestoga Recreation & Aquatic Center for more information about this unique preschool.

A $50 non-refundable deposit is due at the time of registration. Registration is underway, call Conestoga for more information and to get signed up.

- Monday/Wednesday/Friday • 9 am-noon • 3-4 yrs
  - $375 per month • Sept.-May • Alliums
- Monday/Wednesday/Friday • 1-4 pm • 4-5 yrs
  - $375 per month • Sept.-May • Shallots
- Tuesday/Thursday • 9-11:30 am • 2½-3½ yrs
  - $275 per month • Sept.-May • Pearls
- Tuesday/Thursday • 1-4 pm • 4-5 yrs
  - $295 per month • Sept.-May • Vidalias

*Prices reflect In-District rates.

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Facility Rentals & Birthday Parties at Conestoga

Let us host your next birthday party or special event! We specialize in making your experience enjoyable.

**Birthday Parties**

We offer different packages that are sure to be easy, fun and memorable. Whether it’s splashing in our pool, playing your favorite activities in our gym setup that is perfect for the youngsters, the kids are sure to have a great time. All packages include one hour in a party room with a party leader.

**Facility Rentals**

Whether it’s a high school graduation, baby shower, or a private pool/gym practice, our facility offers a wide range of potential to make your special event exactly what you are looking for, at an affordable price.

Please call 503-629-6313 for more details and pricing information.

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Bilingual Spanish Nine-Month Preschool

Our classroom atmosphere is a creative, positive, and enriching experience mixed with Spanish culture and influences. Students will interact in Spanish and English throughout the class, while engaging in hands-on activities such as games, arts & crafts, songs, and more! We encourage children to develop their self-help, language and social-emotional skills in addition to academics.

A $50 non-refundable deposit is due at the time of registration. Registration is underway, call Conestoga for more information and to get signed up.

- 1 session $60.25 ID/ $75.25 OD
- 3 sessions $180.75 ID/ $225.75 OD
- 6 sessions $361.50 ID/ $451.50 OD

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Did you know we have Personal Training?

- Monday/Wednesday/Friday • 9 am-Noon
  - 4-5 yrs • Sept.-May • $375 ID

**New in Fall of 2022/2023:**

- Tuesday/Thursday • 9 am-Noon
  - 3-4 yrs • Sept.-May • $295 ID
Conestoga Recreation & Aquatic Center 503-629-6313

Playschool Jr, Fall
The classroom atmosphere is creative, positive, fun and will build a foundation for lifelong learning. Each class provides the skills to share and engage in cooperative play, as well as friendly socialization. Children are also introduced to early learning including colors, numbers, the alphabet, and dramatic play. You may register for one or more days a week. No class 11/24.

<table>
<thead>
<tr>
<th>Dates (Weeks)</th>
<th>Day</th>
<th>Time</th>
<th>Ages</th>
<th>Class #</th>
</tr>
</thead>
<tbody>
<tr>
<td>9/13-10/25 (7)</td>
<td>T</td>
<td>9-11 am</td>
<td>ID/AP: $110</td>
<td>OD: $137.50 CO28100</td>
</tr>
<tr>
<td>9/15-10/27 (7)</td>
<td>Th</td>
<td>9-11 am</td>
<td>ID/AP: $110</td>
<td>OD: $137.50 CO28101</td>
</tr>
<tr>
<td>11/1-12/8 (6)</td>
<td>T</td>
<td>9-11 am</td>
<td>ID/AP: $94</td>
<td>OD: $117.50 CO28102</td>
</tr>
<tr>
<td>11/3-12/8 (5)</td>
<td>Th</td>
<td>9-11 am</td>
<td>ID/AP: $79</td>
<td>OD: $98.75 CO28103</td>
</tr>
</tbody>
</table>

Playschool, Fall
The classroom atmosphere is creative, positive, fun and will build a foundation for lifelong learning. Each class provides the skills to share and engage in cooperative play, as well as friendly socialization. Children are also introduced to early learning including colors, numbers, the alphabet, and dramatic play. You may register for one or more days a week. No class 11/24, 11/25.

<table>
<thead>
<tr>
<th>Dates (Weeks)</th>
<th>Day</th>
<th>Time</th>
<th>Ages</th>
<th>Class #</th>
</tr>
</thead>
<tbody>
<tr>
<td>9/12-10/24 (7)</td>
<td>M</td>
<td>9-11:30 am</td>
<td>ID/AP: $134</td>
<td>OD: $167.50 CO28104</td>
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<tr>
<td>9/14-10/26 (7)</td>
<td>W</td>
<td>9-11:30 am</td>
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<td>OD: $167.50 CO28105</td>
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<tr>
<td>9/16-10/28 (7)</td>
<td>F</td>
<td>9-11:30 am</td>
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<tr>
<td>10/31-12/5 (6)</td>
<td>M</td>
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<tr>
<td>11/2-12/7 (6)</td>
<td>W</td>
<td>9-11:30 am</td>
<td>ID/AP: $115</td>
<td>OD: $143.75 CO28108</td>
</tr>
<tr>
<td>11/4-12/9 (4)</td>
<td>F</td>
<td>9-11:30 am</td>
<td>ID/AP: $77</td>
<td>OD: $96.25 CO28109</td>
</tr>
</tbody>
</table>

Blasting off into Outer Space
Join us as we have fun exploring outer space, games, crafts, activities & more! No class 11/24.

<table>
<thead>
<tr>
<th>Dates (Weeks)</th>
<th>Day</th>
<th>Time</th>
<th>Ages</th>
<th>Class #</th>
</tr>
</thead>
<tbody>
<tr>
<td>10/31-12/5 (6)</td>
<td>M</td>
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<td>OD: $92.50 CO28118</td>
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<tr>
<td>11/3-12/8 (5)</td>
<td>Th</td>
<td>9-10:30 am</td>
<td>ID/AP: $61</td>
<td>OD: $76.25 CO28114</td>
</tr>
</tbody>
</table>

Create, Explore & Discover!
Discover creativity through sensory play and lively music as you interact with a kaleidoscope of arts and craft media. No class 11/11, 11/24, 11/25.

<table>
<thead>
<tr>
<th>Dates (Weeks)</th>
<th>Day</th>
<th>Time</th>
<th>Ages</th>
<th>Class #</th>
</tr>
</thead>
<tbody>
<tr>
<td>9/14-10/26 (7)</td>
<td>W</td>
<td>9-10:30 am</td>
<td>ID/AP: $86</td>
<td>OD: $107.50 CO28116</td>
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<tr>
<td>9/15-10/27 (7)</td>
<td>Th</td>
<td>9-10:30 am</td>
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<td>11/4-12/9 (4)</td>
<td>F</td>
<td>9-10:30 am</td>
<td>ID/AP: $49</td>
<td>OD: $61.25 CO28120</td>
</tr>
</tbody>
</table>

**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).

<table>
<thead>
<tr>
<th>Dates (Weeks)</th>
<th>Day</th>
<th>Time</th>
<th>Ages</th>
<th>Class #</th>
</tr>
</thead>
<tbody>
<tr>
<td>9/12-10/24 (7)</td>
<td>M</td>
<td>9-10:30 am</td>
<td>ID/AP: $86</td>
<td>OD: $107.50 CO28115</td>
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<tr>
<td>9/13-10/25 (7)</td>
<td>T</td>
<td>9-10:30 am</td>
<td>ID/AP: $86</td>
<td>OD: $107.50 CO28110</td>
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<tr>
<td>11/2-12/7 (6)</td>
<td>W</td>
<td>9-10:30 am</td>
<td>ID/AP: $74</td>
<td>OD: $92.50 CO28119</td>
</tr>
</tbody>
</table>

**Dinosaur Discovery**
Come to explore the jungle and learn about dinosaurs and other jungle creatures! Dig for dino’’s, arts & crafts, painting, games and more.

<table>
<thead>
<tr>
<th>Dates (Weeks)</th>
<th>Day</th>
<th>Time</th>
<th>Ages</th>
<th>Class #</th>
</tr>
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<tbody>
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<td>9-10:30 am</td>
<td>ID/AP: $74</td>
<td>OD: $92.50 CO28112</td>
</tr>
</tbody>
</table>

**Superhero Adventures**
A fun adventure for all superheroes! Sports activities, challenges, rescue missions and costume making, join the fun!

<table>
<thead>
<tr>
<th>Dates (Weeks)</th>
<th>Day</th>
<th>Time</th>
<th>Ages</th>
<th>Class #</th>
</tr>
</thead>
<tbody>
<tr>
<td>9/10-12/3 (12)</td>
<td>S</td>
<td>9:30-10:15 am</td>
<td>ID/AP: $64</td>
<td>OD: $80 CO24102</td>
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<tr>
<td>9/11-12/4 (12)</td>
<td>Su</td>
<td>2:25 pm</td>
<td>ID/AP: $64</td>
<td>OD: $80 CO24103</td>
</tr>
<tr>
<td>9/12-12/5 (13)</td>
<td>M</td>
<td>9:30-10:15 am</td>
<td>ID/AP: $69</td>
<td>OD: $86.25 CO24100</td>
</tr>
<tr>
<td>9/16-12/9 (11)</td>
<td>F</td>
<td>9:30-10:15 am</td>
<td>ID/AP: $59</td>
<td>OD: $73.75 CO24101</td>
</tr>
</tbody>
</table>

**STEAM**
**Arts & Crafts – Preschool**
Art Tots - Paint n’ More
Children delight in exploring and creating art. We focus on techniques that demonstrate the elements of art including line, shape, form, color, and texture. Come prepared to get messy! Adult participation required. No class 11/11, 11/25-27.

<table>
<thead>
<tr>
<th>Dates (Weeks)</th>
<th>Day</th>
<th>Time</th>
<th>Ages</th>
<th>Class #</th>
</tr>
</thead>
<tbody>
<tr>
<td>9/10-12/3 (12)</td>
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<td>9:30-10:15 am</td>
<td>ID/AP: $64</td>
<td>OD: $80 CO24102</td>
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<td>9/11-12/4 (12)</td>
<td>M</td>
<td>2:25 pm</td>
<td>ID/AP: $64</td>
<td>OD: $80 CO24103</td>
</tr>
<tr>
<td>9/12-12/5 (13)</td>
<td>F</td>
<td>9:30-10:15 am</td>
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<td>OD: $86.25 CO24100</td>
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<tr>
<td>9/16-12/9 (11)</td>
<td>F</td>
<td>9:30-10:15 am</td>
<td>ID/AP: $59</td>
<td>OD: $73.75 CO24101</td>
</tr>
</tbody>
</table>

**Munchkin Mozarts**
Nurture your toddler’s energy and creativity in a class designed for children who love to move. Play instruments, sing, dance and uncover an engaging musical world while building your toddler’s confidence, self-control, and early language skills. Adult participation required. No class 11/11, 11/25.

<table>
<thead>
<tr>
<th>Dates (Weeks)</th>
<th>Day</th>
<th>Time</th>
<th>Ages</th>
<th>Class #</th>
</tr>
</thead>
<tbody>
<tr>
<td>9/12-12/5 (13)</td>
<td>M</td>
<td>11-11:45 am</td>
<td>ID/AP: $69</td>
<td>OD: $86.25 CO24104</td>
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<tr>
<td>9/16-12/9 (11)</td>
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<td>11-11:45 am</td>
<td>ID/AP: $59</td>
<td>OD: $73.7 CO24105</td>
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</tbody>
</table>

Fees: ID/AP = User is in-district or has paid an out-of-district assessment, OD = Out-of-district (no assessment paid)
**Conestoga Recreation & Aquatic Center**

**503-629-6313**

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**Arts & Crafts – Youth**

**Art Adventures**
Each week will be different using a variety of mediums including clay, pencils, paint and more! **No class 11/26.**

9/10-12/3 (12) S 11-11:45 am 7-11 yrs CO24201
Rm 200 ID/AP: $64 OD: $80

**Art and Graphic Novel Studios**
Make up imaginary, stories and more through graphic novels. Learn to use pictures, symbols and text to convey information quickly and simply. Class will discuss different types of humor and employ elements of storytelling and graphic novel imagery. **No class 11/27.**

9/11-12/4 (12) Su 4:45-5:45 pm 8-12 yrs CO24203
Rm 200 ID/AP: $80 OD: $100

**Art for Teens**
Students explore their creativity! Work with painting, drawing, collage, creative projects and more. **No class 11/27.**

9/11-12/4 (12) Su 3:15-4:15 pm 12-16 yrs CO24202
Rm 200 ID/AP: $80 OD: $1

**Drawing & Painting Beyond the Basics**
Explore and develop painting and drawing techniques that inspire and encourage individual expression through art. A variety of art materials used.

9/14-12/7 (13) W 5-6 pm 7-9 yrs CO24204
Rm 200 ID/AP: $86 OD: $107.50
9/14-12/7 (13) W 6:30-7:30 pm 10-13 yrs CO24205
Rm 200 ID/AP: $86 OD: $107.50

**Family Art Night**
Bring your family and create something truly special with clay, paint, collage & more! Fun for all ages, everybody is welcome at Family Art Night! Each participant needs to register.

9/23 (1) F 6-8 pm 4-adult CO24206
Rm 200 ID/AP: $12 OD: $15
10/21 (1) F 6-8 pm 4-adult CO24207
Rm 200 ID/AP: $12 OD: $15
11/4 (1) F 6-8 pm 4-adult CO24208
Rm 200 ID/AP: $12 OD: $15
12/9 (1) F 6-8 pm 4-adult CO24209
Rm 200 ID/AP: $12 OD: $15

**Fused Glass**

**Wind Chimes**
In this class students are given precut base glass pieces and then using a large variety colors and shapes of glass they will create their own unique wind chimes. This is a fun and popular project. No prior experience is required. Wind chimes are returned to students ready for hanging. Materials Fee - $45/per wind chimes - payable to the instructor in class.

9/17 (1) S 11 am-1:30 pm 14-adult CO24500
Rm 203 ID/AP: $14 OD: $17.50

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**Winter Break Day Fun**
All-day winter break camp fun! Each day will include games, sports, arts, and crafts, and more. Register for one or all individual days. Please remember to send your child every day with a water bottle, lunch, and snack for the morning & afternoon.

12/19 (1) M 7:30 am-6 pm 5-13 yrs CO27201
Rm 200, 202, 203 ID/AP: $60 OD: $75
12/20 (1) T 7:30 am-6 pm 5-13 yrs CO27202
Rm 200, 202, 203 ID/AP: $60 OD: $75
12/21 (1) W 7:30 am-6 pm 5-13 yrs CO27203
Rm 200, 202, 203 ID/AP: $60 OD: $75
12/22 (1) Th 6:30 am-7 pm 5-13 yrs CO27204
Rm 200, 202, 203 ID/AP: $60 OD: $75
12/23 (1) F 7:30 am-6 pm 5-13 yrs CO27205
Rm 200, 202, 203 ID/AP: $60 OD: $75
12/27 (1) T 7:30 am-6 pm 5-13 yrs CO27207
Rm 200, 202, 203 ID/AP: $60 OD: $75
12/28 (1) W 7:30 am-6 pm 5-13 yrs CO27208
Rm 200, 202, 203 ID/AP: $60 OD: $75
12/29 (1) Th 7:30 am-6 pm 5-13 yrs CO27209
Rm 200, 202, 203 ID/AP: $60 OD: $75
12/30 (1) F 7:30 am-6 pm 5-13 yrs CO27209
Rm 200, 202, 203 ID/AP: $60 OD: $75

**5” Square Dishes**
In this class students are given precut clear glass that is the base of these sweet square dishes. Then using a wide variety of colors and precut shapes they will create 5” square dishes suitable for serving desserts, collecting trinkets, or giving as gifts. No prior experience is required. Materials Fee - $35/per dish - payable to the instructor in class.

10/1 (1) S 11 am-1:30 pm 14-adult CO24501
Rm 203 ID/AP: $14 OD: $17.50

**Night Lights & Magnets**
In this class students have a choice of different projects and different colors of glass to choose from to use as the base for their projects. Then using a wide variety of different precut shapes and colors they will create their own unique nightlights and/or magnets. After fusing, the nightlights and magnets come ready for use. Materials fee - Magnets $10/each or 3/$25, Nightlights $25/each.

10/15 (1) S 11 am-1:30 pm 14-adult CO24502
Rm 203 ID/AP: $14 OD: $17.50

**Tapas Dishes**
Tapas means small plates, in this class students are given precut oval shaped clear glass for this project. Using a wide variety of colors and shapes of glass they will create their own unique "small plates". No prior experience is required. Materials Fee - $40/per dish - payable to the instructor in class.

10/29 (1) S 11 am-1:30 pm 14-adult CO24503
Rm 203 ID/AP: $14 OD: $17.50

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Ornaments
Kiln Carving: Using Exacto knives and scissors, students will cut and shape designs that will be placed under glass in a kiln where the heat will carve the design into the glass creating intricate 3D patterns. The glass is then slump ed in a mold to form a stunning transparent dish. Materials fee $45, payable to instructor the day of class.

11/12 (1) S 11 am-1:30 pm 14-adult CO24504
Rm 203 ID/AP: $14 OD: $17.50
11/26 (1) S 11 am-1:30 pm 14-adult CO24505
Rm 203 ID/AP: $14 OD: $17.50
12/3 (1) S 11 am-1:30 pm 14-adult CO24506
Rm 203 ID/AP: $14 OD: $17.50

Dance & Drama – Preschool

Ballet Basics
A wonderful introduction to ballet steps and terminology. This class will teach children balance and poise while developing strength and coordination. No class 11/24.

9/13-10/18 (6) T 10:30-11:15 am 3½ - 5 yrs CO21101
Rm 204 ID/AP: $55 OD: $68.75
9/15-10/20 (6) Th 10:30-11:15 am 3½ - 5 yrs CO21103
Rm 204 ID/AP: $55 OD: $68.75
10/25-12/6 (7) T 10:30-11:15 am 3½ - 5 yrs CO21114
Rm 204 ID/AP: $64 OD: $80
10/27-12/8 (6) Th 10:30-11:15 am 3½ - 5 yrs CO21116
Rm 204 ID/AP: $64 OD: $80

Ballet
Follow the traditional ballet class structure of barre work, dancers will gain strength and flexibility and work on ballet jumps, turns and vocabulary. All levels welcome. No class 10/31.

9/12-10/17 (6) M 4-4:45 pm 4-6 yrs CO21102
Rm 204 ID/AP: $55 OD: $68.75
10/24-12/5 (6) M 4-4:45 pm 4-6 yrs CO21115
Rm 204 ID/AP: $55 OD: $68.75

Ballet Prep
This class bridges the gap between early childhood classes and other ballet offerings. Explore developmental ballet concepts such as balance, strength, control, coordination, and basic terminology. Techniques are introduced through props and fun music. No class 11/11, 11/25.

9/16-10/21 (6) F 10:45-11:30 am 3½ - 5 yrs CO21105
Rm 204 ID/AP: $55 OD: $68.75
10/28-12/9 (6) F 10:45-11:30 am 3½ - 5 yrs CO21118
Rm 204 ID/AP: $45 OD: $56.25

Ballet / Tap
Learn beginning technique for ballet and tap and develop coordination, strength, and balance. Tap shoes required.

9/14-10/19 (6) W 5-5:45 pm 4-6 yrs CO21104
Rm 204 ID/AP: $55 OD: $68.75
10/26-12/7 (7) W 5-5:45 pm 4-6 yrs CO21117
Rm 204 ID/AP: $64 OD: $80

Broadway Kids
A star is born. Basic ballet and jazz movement are introduced as well as creative exploration of music, singing and spatial awareness.

9/13-10/18 (6) T 11:30 am-12:15 pm 4-6 yrs CO21106
Rm 204 ID/AP: $55 OD: $68.75
10/25-12/6 (7) T 11:30 am-12:15 pm 4-6 yrs CO21119
Rm 204 ID/AP: $64 OD: $80

Dance Palooza
Not sure what kind of dance your child will like? Sample ballet, jazz, hip hop, and creative movement. We’ll use props, move like animals, and play dance games. No class 11/26.

9/14-10/19 (6) W 4-4:45 pm 3½ - 5 yrs CO21107
Rm 204 ID/AP: $55 OD: $68.75
9/17-10/22 (6) S 10-10:45 am 3½ - 5 yrs CO21108
Rm 204 ID/AP: $55 OD: $68.75
10/26-12/7 (7) W 4-4:45 pm 3½ - 5 yrs CO21120
Rm 204 ID/AP: $64 OD: $80
10/29-12/10 (7) S 10-10:45 am 3½ - 5 yrs CO21121
Rm 204 ID/AP: $64 OD: $80

Dance & Tumble
Learn the fundamentals of dance and an introduction to tumbling and gymnastics techniques often used in dance. No class 11/24.

9/15-10/20 (6) Th 11:30 am-12:15 pm 4-6 yrs CO21109
Rm 204 ID/AP: $55 OD: $68.75
10/27-12/8 (6) Th 11:30 am-12:15 pm 4-6 yrs CO21122
Rm 204 ID/AP: $55 OD: $68.75

Tiny Dancers
Tiny dancers will learn basic ballet movements and other forms of dance and improve both balance and coordination in a nurturing and fun environment. Props and fun music are incorporated. Parent participation required. No class 11/24, 26.

9/13-10/18 (6) T 9:15-10 am 2½ - 3 yrs CO21110
Rm 204 ID/AP: $55 OD: $68.75
9/15-10/20 (6) Th 9:15-10 am 2½ - 3 yrs CO21111
Rm 204 ID/AP: $55 OD: $68.75
9/17-10/22 (6) S 9-9:45 am 2½ - 3 yrs CO21112
Rm 204 ID/AP: $55 OD: $68.75
10/25-12/6 (7) T 9:15-10 am 2½ - 3 yrs CO21123
Rm 204 ID/AP: $64 OD: $80
10/27-12/8 (6) Th 9:15-10 am 2½ - 3 yrs CO21124
Rm 204 ID/AP: $64 OD: $80
10/29-12/10 (7) S 9-9:45 am 2½ - 3 yrs CO21125
Rm 204 ID/AP: $64 OD: $80

Tiny Tot Hip Hop
Young dancers will learn hip hop rhythm, musicality, coordination, and age-appropriate choreography to contemporary and upbeat music. No class 11/11, 11/25.

9/16-10/21 (6) F 9:30-10:15 am 4-6 yrs CO21113
Rm 204 ID/AP: $55 OD: $68.75
10/28-12/9 (5) F 9:30-10:15 am 4-6 yrs CO21126
Rm 204 ID/AP: $45 OD: $56.25

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### Dance & Drama – Youth

#### Ballet II
This class is designed for students who have had pre-ballet or beginning ballet classes and are ready to advance their skill development. **No class 10/31.**

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Age</th>
<th>ID/ AP</th>
<th>OD</th>
<th>Code</th>
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<tr>
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<td>5:50-5:45 pm</td>
<td>6-9</td>
<td>$55</td>
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<td>CO21201</td>
</tr>
<tr>
<td>10/24-12/5 (6)</td>
<td>M</td>
<td>5:50-5:45 pm</td>
<td>6-9</td>
<td>$55</td>
<td>$68.75</td>
<td>CO21209</td>
</tr>
</tbody>
</table>

#### Ballet/Tap
Learn beginning technique for ballet and tap and develop coordination, strength, and balance. **No class 11/26.**

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Age</th>
<th>ID/ AP</th>
<th>OD</th>
<th>Code</th>
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<tr>
<td>9/17-10/22 (6)</td>
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<td>$80</td>
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<tr>
<td>10/29-12/10 (7)</td>
<td>S</td>
<td>11:15 am-12 pm</td>
<td>5-8</td>
<td>$64</td>
<td>$80</td>
<td>CO21208</td>
</tr>
</tbody>
</table>

#### Ballet/Tap/Jazz
Ready for variety? We’ll learn basic techniques and fun routines to help kids be versatile dancers. Tap shoes required.

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Age</th>
<th>ID/ AP</th>
<th>OD</th>
<th>Code</th>
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<tbody>
<tr>
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<td>M</td>
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<td>6-9</td>
<td>$79</td>
<td>$98.75</td>
<td>CO21212</td>
</tr>
</tbody>
</table>

#### Broadway Bound/Theater
Get a taste of Broadway! This class combines acting, singing and dancing. Develop your creative interests and experience a final performance. **No class 10/31.**

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
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<th>ID/ AP</th>
<th>OD</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
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<td>$83.75</td>
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</tr>
</tbody>
</table>

#### Classical Ballet
Ballet is the foundation of dance! Classes include traditional barre and center work to create good technical habits while building strength and flexibility.

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Age</th>
<th>ID/ AP</th>
<th>OD</th>
<th>Code</th>
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<tbody>
<tr>
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<td>8-12</td>
<td>$55</td>
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</table>

#### Hip Hop
Young dancers will learn hip hop rhythm, musicality, coordination, and age-appropriate choreography to contemporary and upbeat music. **No class 11/11, 11/25.**

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Age</th>
<th>ID/ AP</th>
<th>OD</th>
<th>Code</th>
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<tbody>
<tr>
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<td>8-11</td>
<td>$45</td>
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<td>CO21214</td>
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</tbody>
</table>

### Dance & Drama – Adult

#### Adult Ballet/Jazz
Each class will incorporate ballet and jazz dance combinations and routines and will encourage individual expression and personal style. Includes a warm-up that develops strength, flexibility, coordination, and dance techniques specific to ballet and jazz dance.

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Age</th>
<th>ID/ AP</th>
<th>OD</th>
<th>Code</th>
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<tbody>
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<td>13-adult</td>
<td>$64</td>
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</table>

#### Adult Tap - Intermediate/Advanced
Want to improve your technique? Need to dust off your tap shoes because it’s been a while? This class will get you moving with skill practice and fun choreography. **No class 10/31.**

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Age</th>
<th>ID/ AP</th>
<th>OD</th>
<th>Code</th>
</tr>
</thead>
<tbody>
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<td>13-adult</td>
<td>$67</td>
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</table>

#### General Interest – Youth/Adult

##### Babysitting 101
This course is designed to help middle school and teenage youth learn what it takes to be a responsible, caring, trustworthy, competent, capable, and safe babysitter. Bring paper, writing utensil, drink, and lunch to class. Participants need to attend full duration of class to obtain certificate. Breaks and meal period throughout day.

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Age</th>
<th>ID/ AP</th>
<th>OD</th>
<th>Code</th>
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<td>Su</td>
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<td>11-15</td>
<td>$62</td>
<td>$77.50</td>
<td>CO25202</td>
</tr>
</tbody>
</table>

##### Home Alone
This course is designed to prepare children for the responsibilities of being home alone. We will cover phone calls, answering the door, home security, first aid techniques, establishing household rules and more. Bring paper, writing utensil and drink to class.

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Age</th>
<th>ID/ AP</th>
<th>OD</th>
<th>Code</th>
</tr>
</thead>
<tbody>
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<td>10/23 (1)</td>
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<td>8-12</td>
<td>$21</td>
<td>$26.25</td>
<td>CO25203</td>
</tr>
</tbody>
</table>

**Fees:** ID/AP = User is in-district or has paid an out-of-district assessment, OD = Out-of-district (no assessment paid)
**General Interest – Youth**

**Cooking**
Join us for a new cooking series where you can choose all of them or just one. Join us as we utilize seasonal produce to make delicious dishes. Cannot accommodate for allergies.

**Youth Cooking: Seasonal Menu**
9/17 (1)  S  9:30-11:30 am  8-12 yrs  CO25206
Rm 202
Youth Cooking: Unexpected Combinations
9/24 (1)  S  9:30-11:30 am  8-12 yrs  CO25207
Rm 202
Youth Cooking: Fun with Food (Appetizers)
10/1 (1)  S  9:30-11:30 am  8-12 yrs  CO25208
Rm 202
Youth Cooking: Muffins
10/8 (1)  S  9:30-11:30 am  8-12 yrs  CO25209
Rm 202
Youth Cooking: Recipes from Around the World
10/15 (1)  S  9:30-11:30 am  8-12 yrs  CO25210
Rm 202
Youth Cooking: Soups
10/22 (1)  S  9:30-11:30 am  8-12 yrs  CO25211
Rm 202
Youth Cooking: Salsas, Dips & more
11/5 (1)  S  9:30-11:30 am  8-12 yrs  CO25212
Rm 202
Youth Cooking: Cupcake Creations
11/12 (1)  S  9:30-11:30 am  8-12 yrs  CO25213
Rm 202
Youth Cooking: Holiday Treats
11/19 (1)  S  9:30-11:30 am  8-12 yrs  CO25214
Rm 202
Youth Cooking: Mexican Treats
12/3 (1)  S  9:30-11:30 am  8-12 yrs  CO25215
Rm 202

**General Interest – Family**

**Cooking**
Join us for a new cooking series where you can choose all of them or just one. Join us as we utilize seasonal produce to make delicious dishes. Cannot accommodate for allergies. Each participant needs to register. Youth needs to register with an adult.

**Family Cooking: Seasonal Menu**
9/16 (1)  F  6-8 pm  10-adult  CO25217
Rm 202
Family Cooking: Empanadas
10/7 (1)  F  6-8 pm  10-adult  CO25218
Rm 202
Family Cooking: Dips, Salsas & More
10/21 (1)  F  6-8 pm  10-adult  CO25219
Rm 202
Family Cooking: Food Prep Tips & Tricks
11/4 (1)  F  6-8 pm  10-adult  CO25220
Rm 202
Family Cooking: Comfort Foods
11/18 (1)  F  6-8 pm  10-adult  CO25221
Rm 202
Family Cooking: Holiday Treats
12/2 (1)  F  6-8 pm  10-adult  CO25222
Rm 202

**Sports & Fitness - Preschool**

**Developing Your Young Athlete**
Together with your child, we'll encourage large motor skill development through a variety of fun games while introducing small children to group a setting. The instructor provides skill guidance to parents. Adult participation required. No class 11/10, 11/24, 11/26, 11/27.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Days</th>
<th>Age</th>
<th>Room</th>
<th>ID/AP</th>
<th>OD</th>
</tr>
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<tbody>
<tr>
<td>9/13-12/6 (13)</td>
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<td>2-3 yrs</td>
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<td>11/9-11/12 (13)</td>
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<td>3:15-4 pm</td>
<td>2-3 yrs</td>
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<td>9/13-12/6 (13)</td>
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<td>11/11-11/12 (13)</td>
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</table>

**Munchkin Basketball**
Featuring drills, games, and group activity for a variety of sports. Sports classes are designed to get preschoolers engaged in sports which emphasize confidence, build, self-esteem, teach teamwork and improve both coordination and motor skills. No class 11/10, 11/24, 11/26, 11/27.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
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<th>Age</th>
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<td>T</td>
<td>11:30 am-12:15 pm</td>
<td>3-5 yrs</td>
<td>GYM #2</td>
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<tr>
<td>9/15-12/8 (11)</td>
<td>Th</td>
<td>11:30 am-12:15 pm</td>
<td>3-5 yrs</td>
<td>GYM #2</td>
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<tr>
<td>9/10-12/10 (13)</td>
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<td>3-5 yrs</td>
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<td>3:15-4 pm</td>
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<td>GYM #2</td>
<td>ID/AP: $77</td>
<td>OD: $96.25</td>
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</table>

**Munchkin Soccer**
Featuring drills, games, and group activity for a variety of sports. Sports classes are designed to get preschoolers engaged in sports which emphasize confidence, build, self-esteem, teach teamwork and improve both coordination and motor skills. No class 11/10, 11/24, 11/26, 11/27.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Days</th>
<th>Age</th>
<th>Room</th>
<th>ID/AP</th>
<th>OD</th>
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<tbody>
<tr>
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<tr>
<td>11/9-11/11 (13)</td>
<td>Su</td>
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<td>3-5 yrs</td>
<td>GYM #1</td>
<td>ID/AP: $77</td>
<td>OD: $96.25</td>
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</table>

**Munchkin Sports**
Introducing youth to a variety of sports through games, drills, and activities. Sports classes are designed to engage preschoolers into sports while building confidence, learning new skills, growing self-esteem, and teamwork. Building, developing, and improving coordination and motor skills. No class 11/10, 11/24, 11/26, 11/27.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
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<th>Age</th>
<th>Room</th>
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<tr>
<td>9/10-12/10 (13)</td>
<td>S</td>
<td>10:45 am</td>
<td>3-5 yrs</td>
<td>GYM #1</td>
<td>ID/AP: $77</td>
<td>OD: $96.25</td>
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<tr>
<td>11/9-11/11 (13)</td>
<td>Su</td>
<td>2:15-3 pm</td>
<td>3-5 yrs</td>
<td>GYM #1</td>
<td>ID/AP: $77</td>
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<td>11/9-11/11 (13)</td>
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<td>GYM #1</td>
<td>ID/AP: $77</td>
<td>OD: $96.25</td>
</tr>
</tbody>
</table>

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Sports & Fitness – Youth

Basketball Basics
Learn basic basketball skills including passing, ball control, dribbling, shooting and footwork. This is a great class for those just starting to build basketball skills. Children will work together in a positive environment learning how to be part of a team. No class 10/31.

9/10-12/10 (13) S 1:15-2 pm 6-8 yrs CO22124
GYM #1 ID/AP: $77 OD: $96.25
9/12-12/5 (12) M 4-4:45 pm 6-8 yrs CO22122
GYM #2 ID/AP: $71 OD: $88.75
9/14-12/7 (13) W 4-4:45 pm 6-8 yrs CO22123
GYM #2 ID/AP: $77 OD: $96.25

Basketball Conditioning
This class is ideal for children who know the basics of basketball but need help with skill progression and scrimmage experience. Give your child a well-rounded understanding of this great game. No class 11/24.

9/13-10/20 (6) T/Th 5:30-6:15 pm 8-12 yrs CO22204
GYM #1 ID/AP: $71 OD: $88.75
9/13-10/20 (6) T/Th 6:45-7:30 pm 12-15 yrs CO22205
GYM #1 ID/AP: $71 OD: $88.75
10/25-12/8 (7) T/Th 5:30-6:15 pm 8-12 yrs CO22204A
GYM #1 ID/AP: $77 OD: $96.25
10/25-12/8 (7) T/Th 6:45-7:30 pm 12-15 yrs CO22205A
GYM #1 ID/AP: $77 OD: $96.25

Soccer Skills
Through games and skill drills, children will learn soccer basics including dribbling, trapping, passing and more. Class emphasizes teamwork, fair play, and fun. Shin guards recommended. No class 10/31.

9/12-12/5 (12) M 5:45-6 pm 6-8 yrs CO22125
GYM #2 ID/AP: $71 OD: $88.75

Soccer Drills, Skills & Scrimmage
Learn the fundamentals and proper techniques of soccer in this program. Develop ball control, passing, dribbling and defensive skills. Skill development and scrimmages each week. Bring water bottle. Shin guards recommended. No class 10/31, 11/27.

9/11-12/4 (12) Su 5:30-6:15 pm 8-11 yrs CO22208
GYM #1 ID/AP: $71 OD: $88.75
9/12-12/5 (12) M 6:15-7 pm 8-11 yrs CO22207
GYM #2 ID/AP: $71 OD: $88.75

Strong Girls. Strong Minds.
Building strength and resiliency through sports. There is a significant number of girls who drop out of sports around puberty. Half of this camp will be sports activities. Half will be discussions based around relevant topics to girls, nutrition, body image, social media, etc.

9/14-12/7 (13) W 4-5 pm 11-14 yrs CO22206
GYM #1 ID/AP: $103 OD: $128.75

Tennis Basics
Children will work on developing their tennis skills in an environment that encourages praise and positive reinforcement. This is a great place for your child to make new friends and continue to explore all the fun that tennis has to offer. Racquet optional. No class 11/27.

9/11-12/11 (13) Su 1:15-2 pm 8-12 yrs CO22200
GYM #1, GYM #2 ID/AP: $77 OD: $96.25

Volleyball, Beginners
Come learn basic volleyball fundamentals, including bumping, passing, ball control, serving, rules of the game and more. Children will work together in a positive environment learning how to be part of a team.

9/14-12/7 (13) W 5:45-6:45 pm 8-12 yrs CO22216
GYM #1 ID/AP: $77 OD: $96.25

Volleyball, Intermediate Skills
This class is for those who know the basic rules of volleyball but need help with their skill progression and actual game experience. Must have taken a beginner course to register and will be assessed on the first day of class.

9/14-12/7 (13) W 6:15-7:15 pm 8-12 yrs CO22209
GYM #1 ID/AP: $103 OD: $128.75

Teen Yoga
Combine conscious breathing with simple movements to lengthen, strengthen and improve your flexibility. Focus on breathing, proper alignment and mind/body awareness to create calm and balance on and off the mat. No class 10/31.

9/12-12/5 (12) M 4-5 pm 11-16 yrs CO22217
Rm 201 ID/AP: $113 OD: $141.25
9/14-12/7 (13) W 4-5 pm 11-16 yrs CO22218
Rm 201 ID/AP: $123 OD: $153.75

Lacrosse: Beginning
Learn the basics of Lacrosse. Concentrate on the fundamentals and rules of Lacrosse. No class 10/31.

9/12-12/5 (12) M 4-4:45 pm 7-10 yrs CO22219
GYM #1 ID/AP: $71 OD: $88.75
9/12-12/5 (12) M 5:54-7:15 pm 7-10 yrs CO22230
GYM #1 ID/AP: $71 OD: $88.75

Lacrosse: Intermediate
Learn the basics of Lacrosse. Concentrate on the fundamentals and rules of Lacrosse. No class 10/31.

9/12-12/5 (12) M 6:15-7:15 pm 8-12 yrs CO22231
GYM #1 ID/AP: $88 OD: $110

Fees: ID/AP = User is in-district or has paid an out-of-district assessment, OD = Out-of-district (no assessment paid)
Sports & Fitness – Family

Family Tennis
Come learn to play tennis with your child in this group class. Basic intro Level 1 class. Parent participation required. Register child only, cost includes one adult. Racquet optional. **No class 11/27.**

9/11-12/11 (13) Su 12-12:45 pm 6-adult CO22117
GYM #1, GYM #2
ID/AP: $77 OD: $96.25

Martial Arts

Kids Martial Arts
Students will learn to build self-confidence, discipline, cooperation, effective communication, and motivation. In addition, they will learn basic blocks, punches, and kicks and progress through various skills in agility, flexibility, and strength. Uniforms not required. **No class 11/10, 11/24.**

9/13-12/13 (14) T 4-4:45 pm 6-8 yrs CO22118
Rm 204
ID/AP: $87 OD: $108.75
9/13-12/13 (14) T 5-5:45 pm 6-8 yrs CO22121
Rm 204
ID/AP: $87 OD: $108.75
9/15-12/15 (12) Th 4-4:45 pm 6-8 yrs CO22119
Rm 204
ID/AP: $74 OD: $92.50
9/15-12/8 (11) Th 5-5:45 pm 6-8 yrs CO22120
Rm 204
ID/AP: $68 OD: $85

Beginning Martial Arts
Students will learn to build self-confidence, discipline, cooperation, effective communication, and motivation. In addition, they will learn basic blocks, punches, and kicks and progress through various skills in agility, flexibility, and strength. Uniforms not required. **No class 11/10, 11/24.**

9/13-12/13 (14) T 6:15-7:15 pm 8-11 yrs CO22201
Rm 204
ID/AP: $107 OD: $133.75
9/15-12/8 (11) Th 6:15-7:15 pm 8-11 yrs CO22202
Rm 204
ID/AP: $92 OD: $115

Kendo: Japanese Fencing
Learn the basic skills and techniques of Japanese swordsmanship. Martial arts philosophy and manners will be presented. Additional fee $30 for the bamboo practice sword is due first night of class, payable to Obukan Kendo Club. **No class 11/11 & 11/25.**

9/16-12/9 (11) F 6:30-7:25 pm 10-adult CO22203
GYM #2
ID/AP: $79 OD: $98.75

Fees: ID/AP = User is in-district or has paid an out-of-district assessment, OD = Out-of-district (no assessment paid)

Navigate your Fitness Room
Learn machine adjustments, techniques for using equipment with confidence, and receive a basic exercise program during this 1.5-hour session. Small group format with a limit of 5 participants.

10/22 (1) S 10-11 am 14-adult CO22549
Weight Room ID/AP: $14 OD: $17.50
11/17 (1) Th 5:30-6:30 pm 14-adult CO22550
Weight Room ID/AP: $14 OD: $17.50

Active Aging Week
Celebrate Active Aging Week with us at THPRD! Try a new class for FREE this week.

Participants must be 55+ and are not allowed for previously attended classes.
Fitness Class Descriptions

**Classes are for ages 14+. For Conestoga's updated fitness schedule, visit www.thprd.org/recreation/conestoga**

*Day, time, and instructor of classes are subject to change without notice.*

### 20/20
This class offers equal parts of cardio, resistance, and stretch training to deliver a well-rounded workout that is motivated by music.

### Black Light Fridays
Various formats and instructors, but guaranteed fun! Wear reflective clothing and/or body paints. Bring friends and have a unique workout experience!

### Cycling
Come join us for sprints, climbs & great beats! Water bottle and towel recommended. All fitness levels welcome!

### Dig Deep (Water Fitness)
Focus on range-of-motion, stretching and moderate aerobic activity. Float belts provided.

### Let’s Have a Ball!
Simple and fun workout with balance balls. This class will help mobilize joints, improve stability and coordination, and also strengthen and stretch muscles.

### Low Impact Aerobics
Low-impact workout designed to challenge your entire body with cardio-step, weight training and core work.

### MELT
Self-treatment that reduces chronic pain and heals injuries. Reduce inflammation, improve alignment and learn how to keep your whole body working better.

### Strength & Endurance
An interval style workout that includes cardio and strength training for a complete and fun workout.

### Tai Chi I
For the beginning student. Learn Tai Chi for better balance and Yang 8/10 Form.

### Total Body Strength
A class that strengthens your entire body. This workout challenges all your major muscle groups using weight room exercises like squats, presses, lifts and curls.

### Yoga, All Levels
This yoga class is perfect for all levels. This well-rounded workout develops flexibility, core strength, balance and inner peace.

### Yoga, Flow
You’ll be guided through postures in a Vinyasa style, improving strength, flexibility and balance.

### Yoga, Gentle
Learn how to stretch deeply with simple movements combined with conscious breathing

### Zumba®
Forget the workout, just lose yourself in the music! Zumba® classes feature exotic rhythms set to high-energy Latin and international beats.

### Zumba® Gold
Ditch the work out and join the party with this low impact program designed for beginners. This is a gentle version of Zumba, slowed down to decrease impact and increase ability to learn the moves!

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**Weight/Cardio Room**

### Weight Room Orientation
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.

$53.50 ID/$67.00 OD

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### Buddy Training
2-Person Small Group Training is a great way to get together and work out. A personal trainer will work with each group’s goal and design a workout to meet those goals. Each session is an hour long. (Cost is per person; must have 2 in group at time of registration.) Both participants must register.

- 1 session $45.25 ID / $56.50 OD
- 3 sessions $135.75 ID / $169.50 OD
- 6 sessions $271.50 ID / $339.00 OD

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### 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: $60.25 ID / $75.25 OD
- 3 sessions: $180.75 ID / $225.75 OD
- 6 sessions: $271.50 ID / $339.00 OD
Elsie Stuhr Center

Lifelong Recreation, Arts, Fitness & Social Opportunities for People Age 55+

5550 SW Hall Blvd
Beaverton, 97005
503-629-6342

TriMet Bus Routes #76, #78, #88

Facility Supervisor: Emily Kent
Fall Term: Sept. 6 – Dec. 31
Hours:
Monday - Friday 8 am-2 pm
Facility Closed: 11/11, 11/24, 11/25, 12/26

Age and Membership Requirements
Adults 55 and better may participate at the Elsie Stuhr Center. Please note that adults 65 and better will qualify for the senior discount at the center. A THPRD identification card is required for all program/activity registrations. See page 5 for out of district information.

Elsie Stuhr Center Drop-In Activities
- Pool (Billiards) open daily, Monday-Friday, 8am-2pm, $5/month or $1/day
- Cribbage: Mondays, 8am-10:30am
- In Stiches (Knitting Group): Mondays, 10am-1:30pm
- Texas Hold’em: Tuesday, 10am-2pm
- Bridge: Wednesdays, 10am-1pm
- Bingo: Wednesdays, 11am-1pm
- Mahjong: Thursdays, 10am-1pm
- Bunko: 2nd & 4th Thursdays, 12-2pm
- Pinochle: Fridays, 10am-1pm
- Movie Friday: Fourth Friday, 11am-1pm

Special Events

Saturday, Sept. 24
9 am - 1 pm
Elsie Stuhr Center

- Health Services
- Health & Wellness Resource Vendors
- Raffle Prizes
- And more!

Stuhr Book Club
Meets every third Thursday of the month at 10:30am-12pm.

October 20: "The Dutch House" by Ann Patchett
November 17: "Tightrope" by Nicholas Kristof & Sheryl WuDunn
December 15: "Where'd You Go Bernadette" by Maria Semple

Monthly Newsletter
The Sentinel is a monthly publication of the Elsie Stuhr Center that outlines the center’s events. It may be emailed to you at no charge. Call us at 503-629-6342 for more information.

Maryhill Museum Trip
We will visit Maryhill Museum and the Stonehenge Memorial. Trip includes Admission, box lunch, transportation by Blue Star & escort.

9/29 (1) OffSite Th ID/AP: $57 SD: $51.25 OD: $71.25

www.thprd.org Fall 2022 Activities Guide Tualatin Hills Park & Recreation District
### Arts & Crafts

#### Creative Painting - Part 1
This is a 2-part class. There is a 15-minute break scheduled and must be observed. Material Fee is included in Part 1. Explore both realism and abstract techniques in an inspiring, creative atmosphere using the paint medium of your choice; Oils, Acrylics, Watercolors, or Pastels are welcome. No class on 11/24 (Teresa)

<table>
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<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Class #</th>
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<tbody>
<tr>
<td>9/12-11/14</td>
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<td>9/15-11/17</td>
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<td></td>
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<td>Spruce ID/AP: $133</td>
<td>SD: $119.50</td>
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#### Creative Painting - Part 2
This is a 2-part class. There is a 15-minute break scheduled and must be observed. Material Fee is included in Part 1. Explore both realism and abstract techniques in an inspiring, creative atmosphere using the paint medium of your choice; Oils, Acrylics, Watercolors, or Pastels are welcome. No class on 11/24 (Teresa)

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<td>10:45 am-12:15 pm</td>
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<td>Spruce ID/AP: $133</td>
<td>SD: $119.50</td>
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#### Crocheting for the fun of it!
Learn the basics of crocheting and have fun making gifts for friends and loved ones. Class will have the option of working on a variety of projects. Supply list will be emailed one week before class.

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<td>ES24605A</td>
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<td></td>
<td></td>
<td>Oak Rm ID/AP: $173</td>
<td>SD: $155.50</td>
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#### Knitting
Work on your own projects under the guidance of our experienced instructor. Please bring your own knitting needles and pattern. (Cheri)

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<td>9/13-12/13</td>
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<td></td>
<td></td>
<td>Oak Rm ID/AP: $173</td>
<td>SD: $155.50</td>
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#### Photography, All Levels
Take better pictures. Learn the settings on your camera and how they affect the quality of your photographs. There will be field trips and class will meet off site occasionally. For a week to week schedule, please contact the office. Lab time provided during class. Digital camera basics as a prerequisite is preferred, or instructor approval. (Bob)

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<tr>
<td>10/12-12/14</td>
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<tr>
<td></td>
<td></td>
<td>Willow ID/AP: $128</td>
<td>SD: $115</td>
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</table>

#### Pottery - Part 1
This is a 2-part class. There is a 15-minute break scheduled and must be observed. Material Fee is included in Part 1. This pottery class is a mix of beginners and experience students. Supplies included. Students are responsible to clean their own work space after class. (Marjanna)

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<tr>
<td>9/14-10/26</td>
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<td></td>
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<td>Spruce ID/AP: $96</td>
<td>SD: $86.25</td>
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<tr>
<td>11/2-12/14</td>
<td>W</td>
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<td>ES24610</td>
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<td></td>
<td></td>
<td>Spruce ID/AP: $96</td>
<td>SD: $86.25</td>
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#### Pottery - Part 2
This is a 2-part class. There is a 15-minute break scheduled and must be observed. Material Fee is included in Part 1. This pottery class is a mix of beginners and experience students. Supplies included. Students are responsible to clean their own work space after class. (Marjanna)

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<td>Spruce ID/AP: $87</td>
<td>SD: $78.25</td>
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<td>11/2-12/14</td>
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<td>11:45 am-1:15 pm</td>
<td>ES24610A</td>
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<tr>
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<td></td>
<td>Spruce ID/AP: $87</td>
<td>SD: $78.25</td>
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</table>

#### Stained Glass - Part 1
This is a 2-part class. There is a 15-minute break scheduled and must be observed. Material Fee is included in Part 1. Learn to build stained glass projects using the Tiffany-Style copper foil method. Step-by-step instruction covers pattern and glass selection, glass cutting, fitting, foiling, soldering skills and patina application. All levels welcome. No class 9/23, 11/11, 11/25 (Sharon)

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<tbody>
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<td></td>
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<td>Spruce ID/AP: $145</td>
<td>SD: $130.50</td>
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</table>

#### Stained Glass - Part 2
This is a 2-part class. There is a 15-minute break scheduled and must be observed. Material Fee is included in Part 1. Learn to build stained glass projects using the Tiffany-Style copper foil method. Step-by-step instruction covers pattern and glass selection, glass cutting, fitting, foiling, soldering skills and patina application. All levels welcome. No class 9/23, 11/11, 11/25 (Sharon)

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<td>Spruce ID/AP: $136</td>
<td>SD: $122.25</td>
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#### Thinking in Circles
From the largest galaxy to the tiniest microscopic particle, patterns connect us, move us, and inform us. The process of folding circles reveals these patterns found everywhere in our lives and engages the hands, eyes, mind and creative spirit. In this class, we will discover relationships between things we might consider dissimilar - such as a soccer ball and a virus, a snowflake and a DNA double helix, or a Greek labyrinth and a Tibetan mandala... find your own connections! (Ashley)

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<tr>
<td>10/25-11/15</td>
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<td>Spruce ID/AP: $66</td>
<td>SD: $59.25</td>
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#### Wood Carving
Learn to carve in relief, round & cottonwood bark, 3 projects or more. $20 lab fee for participants just starting out paid to instructor. (Nancy)

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<td>Spruce ID/AP: $178</td>
<td>SD: $160</td>
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#### Dance
**Line Dancing**
Have fun learning line dances to both classic and popular country music. No partner needed. (Denise)

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<th>Date</th>
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<td></td>
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<td>Manzanita ID/AP: $84</td>
<td>SD: $75.50</td>
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Fees: ID/AP= User is in-district or has paid an out-of-district assessment  
SD= Senior Discount  
OD= Out-of-district (no assessment paid)
ENRICHMENT CLASSES

A Will is Not Enough in Oregon
Many people do not realize that more is needed than just a simple will. In this program, the audience will receive practical advice on how to safeguard their assets and health care wishes during and after their lifetime. They will also acquire up to date knowledge about wills, living trusts, health care documents, issues regarding guardianship, conservatorship, and power of attorney. This program also gives information on how to avoid probate and what to do when family complications arise. (Schneider Rasche LLC)

10/12 (1) W 10 am-12 pm ES25600
Willow ID/AP: $10 SD: $9 OD: $12.50

AARP Safe Driver
Learn about skills and strategies you can use on the road every day. Discover defensive driving techniques to help you deal with aggressive drivers. Explore local laws and traffic rules for drivers. Get tips for proper maintenance of your vehicle so it’s safe before you drive. (And More). An additional charge of $20 for AARP members/$25 for non-members payable to AARP will be due at class.

9/27-9/28 (2) T/W 8:30 am-12:15 pm ES25602
Cedar Rm ID/AP: $19 SD: $17 OD: $23.75

9/25-10/26 (2) T/W 8:30 am-12:15 pm ES25604
Cedar Rm ID/AP: $19 SD: $17 OD: $23.75

11/22-11/23 (2) T/W 8:30 am-12:15 pm ES25606
Cedar Rm ID/AP: $19 SD: $17 OD: $23.75

12/27-12/28 (2) T/W 8:30 am-12:15 pm ES25608
Cedar Rm ID/AP: $19 SD: $17 OD: $23.75

Brain Fitness, Life Skills
A fun, cognitive skills program to enhance brain function and mental abilities that will improve memory, processing, problem solving, visualization, and focus. Use your imagination, creativity and brain power to increase brain potential and give yourself a mental tune-up! No class on 9/23, 11/11, 11/25 (Susan)

9/13-12/16 (14) T/F 12:45-1:45 pm ES25610
Willow ID/AP: $238 SD: $214 OD: $297.50

Bridge 1
Learn the game of bridge, or refresh your skills. We will cover partner communication and the current bridge tactics. Activities include lecture and play of hand.(Alaka)

9/12-11/14 (10) M 12-1:30 pm ES25611
Cedar Rm ID/AP: $135 SD: $121.50 OD: $168.75

Cabaret Vocal Ensemble
Come to the Cabaret, better yet, SING in the Cabaret! All types of music performed. Open to all singers, no audition required. No class on 11/24 (Evelyn)

9/15-12/15 (13) Th 10:30 am-12 pm ES25612
Willow ID/AP: $162 SD: $145.75 OD: $202.50

Conversational Spanish
Learn to carry on a conversation is Spanish. (Mary Francis)

9/12-12/12 (14) M 9:30-11 am ES25614
Willow ID/AP: $97 SD: $87.25 OD: $121.25

SUPPORT GROUPS

Alzheimer’s Support Group
Second Thursdays 12pm-2pm Cedar Rm

Diabetes Support Group
First Thursdays 1pm-2pm Cedar Rm

Multiple Sclerosis Group
Fourth Thursdays 11am-1pm Cedar Rm

One on one appointments from 11 am-2 pm will be available for open enrollment Oct. 15 – Dec. 7, 2022. Please register at the front desk. Drop in appointments available 3rd Wednesdays of the month 12-2 pm.
COOKING CLASSES

Indian Favorite Foods
Have you wanted to learn to cook Indian Foods? Join Sonali to cook some simple and authentic dishes. Come hungry, we will sample our creations! Menus will be published in newsletter for each week. (Sonali)

9/23 (1)  
Fir  
ID/AP: $21  
SD: $18.75  
OD: $26.25  
9/28 (1)  
Fir  
ID/AP: $21  
SD: $18.75  
OD: $26.25  
10/3 (1)  
Fir  
ID/AP: $21  
SD: $18.75  
OD: $26.25  
10/8 (1)  
Fir  
ID/AP: $21  
SD: $18.75  
OD: $26.25

Simple Foods from Around the World
Have you wanted to learn to cook Asian dishes? Join Evelyn to cook some simple and authentic dishes. Come hungry, we will sample our creations! Menus will be published in newsletter for each week. (Evelyn)

10/14 (1)  
Fir  
ID/AP: $21  
SD: $18.75  
OD: $26.25  
10/19 (1)  
Fir  
ID/AP: $21  
SD: $18.75  
OD: $26.25  
10/24 (1)  
Fir  
ID/AP: $21  
SD: $18.75  
OD: $26.25  
11/2 (1)  
Fir  
ID/AP: $21  
SD: $18.75  
OD: $26.25

Mahjong, Beginning
Learn the American version of an ancient Chinese game. Words like Bam, Crak, and Pung will be a part of your new vocabulary. Open to singles or couples. Sets are provided in class.

9/14-10/19 (6)  
W  
10:30 am-12 pm  
ES25638  
Fir  
ID/AP: $37  
SD: $33.25  
OD: $46.25

Naga Self Defense Workshop
Naga’s Empowerment programs are nationally recognized, state-of-the-art, delivered by experienced professionals trained in up-to-date best practices. Research proves that self-defense works. Our graduates of empowerment classes are less fearful, more aware of their boundaries, and able to speak up sooner than before taking the class. (Silvia)

10/11 (1)  
Oak Rm  
ID/AP: $35  
SD: $35  
OD: $43.75

Piano 1
Has learning to play the piano always been on your bucket list? No experience required. Keyboards available for classroom use. No class on 11/24 (Helle)

9/15-12/15 (13)  
Th  
10:30 am-12 pm  
ES25640  
Dogwood  
ID/AP: $232  
SD: $208.75  
OD: $290

Piano 2
Requires minimal music reading. (Helle)

9/14-12/14 (14)  
W  
12:30-2 pm  
ES25641  
Dogwood  
ID/AP: $250  
SD: $225  
OD: $312.50

Piano 3
Intro to key signatures. (Helle)

9/14-12/14 (14)  
W  
10:30 am-12 pm  
ES25642  
Dogwood  
ID/AP: $250  
SD: $225  
OD: $312.50

Piano 4
Able to read in different time & key signatures. No class on 11/24 (Helle)

9/15-12/15 (13)  
Th  
12:30-2 pm  
ES25643  
Dogwood  
ID/AP: $232  
SD: $208.75  
OD: $290

Reading the Holocaust
Together we’ll explore some lesser-known writings on the Holocaust, with a focus on diarists, especially by local survivors in the Portland, Oregon area. There will be a chance to read excerpts together and discuss our reactions, as well as a reading and resource list for further study and exploration.

10/7 (1)  
F  
10-11:30 am  
ES25644  
Willow  
ID/AP: $14  
SD: $12.50  
OD: $17.50

Smartphone-Android-Novice
For the new user of a smartphone. Discover how these devices can help you stay in touch and manage your life. Bring fully charged phone to class. Does NOT cover Apple phones. (Jaydon, MOWP)

10/12 (1)  
W  
12-2 pm  
ES25660  
Willow  
ID/AP: $10  
SD: $9  
OD: $12.50

Smartphone-Apple-Novice
For the new user of an Apple smartphone. Discover how these devices can help you stay in touch and manage your life. Bring fully charged phone to class. Does NOT cover Android phones. (Jaydon, MOWP)

10/19 (1)  
W  
12-2 pm  
ES25661  
Willow  
ID/AP: $10  
SD: $9  
OD: $12.50

Technology Assistance- Laptops and Tablets
For the new user of a Laptop or Tablet. Discover how these devices can help you stay in touch and manage your life. Bring device fully charged to class. (Jaydon, MOWP)

10/26 (1)  
W  
12-2 pm  
ES25662  
Willow  
ID/AP: $10  
SD: $9  
OD: $12.50

Fees:  ID/AP=User is in-district or has paid an out-of-district assessment  
SD=Senior Discount  
OD=Out-of-district (no assessment paid)
**FITNESS**

**Fitness Room 101**
Learn machine adjustments and basic technique for using fitness room equipment during this one-hour session. Please wear fitness apparel. Complimentary and limited to 4 people.

10/12 (1) W 11 am-12 pm ES22676
Fitness Room Complimentary

**Feed Your Brain**
Nutrition for concentration and focus. Do you find it hard to concentrate or focus? Do you feel irritable or moody for no apparent reason? Do you suffer from periodic brain fog? This nutrition workshop is for you! Learn the secrets of better brain health. Presented by Mary Van Steenbergen, Nutritional Health Coach from National Grocers.

10/24 (1) M 11 am-12 pm ES22677
Fitness Room Complimentary

**Navigate your Fitness Room**
Learn machine adjustments, techniques for using equipment with confidence, and receive a basic exercise program during this 1.5 hours session. Small group format with a limit of 5 participants.

9/15 (1) Th 10-11:30 am ES22679
Fitness Room ID/AP: $16 SD: $14.25 OD: $20
11/17 (1) Th 10-11:30 am ES22680
Fitness Room ID/AP: $16 SD: $14.25 OD: $20

**REVIVE, Exercise Recovery Program**
Recovering from an illness or medical treatment? Regain your strength and create optimal health with this individualized and targeted exercise program. Exercise prescription/workout is based on medical status, fitness level and wellness goal. Medical Release & Health/Medical History Forms requested. No class 11/24.

9/20-12/8 (23) T/Th 12-1 pm ES22619
Fitness Room ID/AP: $217 SD: $195.50 OD: $271.25

**Weight Room Clinics**
These clinics will specialize in targeting areas of interest one at a time. A trainer will walk you through specific stretches and strength exercises for the shoulders, back, hips and knees in a small group setting. Be the end of each clinic you will have a list of exercises that you can incorporate into your own workout.

<table>
<thead>
<tr>
<th>Back</th>
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</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Fitness Room ID/AP: $14 SD: $12.50 OD: $17.50</td>
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<table>
<thead>
<tr>
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<table>
<thead>
<tr>
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</thead>
<tbody>
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</table>

<table>
<thead>
<tr>
<th>Core</th>
<th>12/5 (1) M 10-11:30 am ES22685</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>Oak Rm ID/AP: $14 SD: $12.50 OD: $17.50</td>
</tr>
</tbody>
</table>

**Weight/Cardio Room**

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

$53.50 ID/ $67 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 $60.25 ID/ $75.25 OD
3 sessions $180.75 ID/ $225.75 OD
6 sessions $361.50 ID/ $451.50 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.

1 session $45.25 ID/ $56.50 OD
3 sessions $135.75 ID/ $169.50 OD
6 sessions $271.50 ID/ $339.00 OD

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

Participants must be 55+ and are not allowed for previously attended classes.
Complimentary Seminars:

September 7, Women’s Health with PT Solutions:
Pelvic floor dysfunction can be the cause for a variety of conditions such as incontinence, pelvic pain, and even low back pain. This course will go over various types of pelvic floor dysfunction, how menopause plays a role, and what you can do to prevent and treat it.
ES22681 Oak Room 12-1 PM

September 20, Fall Prevention with Providence Health & Services:
Providence experts will offer a free educational presentation on how to reduce your risk of falling. Learn how medications, footwear, and home environment can keep you safe.
ES22675 Cedar Room 12:30-1:30 PM

October 5, Arthritis: What it is and What it Means for You with PT Solutions:
Arthritis can often be seen as a scary diagnosis when struggling with pain. We will go over what arthritis is, its symptoms, and what you can do to reduce the pain and get back to doing what you love.
ES22682 Oak Room 12-1 PM

October 24, Feed Your Brain Nutrition with Natural Grocers:
Do you find it hard to concentrate or focus? Do you feel irritable or moody for no apparent reason? This nutrition workshop is for you! Learn the secrets of better brain health.
ES22677 Oak Room 11 AM- 12 PM

December 7, Strength Training for the Aging Population with PT Solutions:
Strength training has many lasting benefits to help improve and maintain overall quality of life and to reduce your risk of falls, heart disease, and diabetes. This course will teach you the importance of strength training and how to incorporate it in to your work out.
ES22683 Oak Room 12-1 PM
Fitness Class Intensity Guide

The following can be utilized as a guide to the type of fitness class you may be looking for.

**Athlete (Advanced Level)** - This is a class for those that exercise or participate in sports nearly every day. Higher intensity workouts with more challenging strength and conditioning portion. Floor work included. Exercise will help build reserve and maintain level of fitness, and provides conditioning for improving performance.

**Active Now (Intermediate Level)** - This class is for individuals who exercise at least twice a week and engage in physical activity most days of the week. Classes include moderate intensity, low impact exercise. May include moderate strength and stretching exercises. There will be optional floor work.

**Just getting started (Entry Level)** - This class is for beginners or those returning to exercise. Class includes basic steps, gentle pace, lower intensity. May include seated or standing light strength and stretching exercises. Class will help maintain and improve physical function to remain independent and prevent illness, disability or injury.

**Need a little help (Chair Fitness)** - This class is for those wishing to exercise while seated. Class includes rhythmic movement, range of motion, strength, balance, and stretching exercises. Class will help maintain or improve physical function for basic self-care.
### Active Now: These classes are for those who are active at least twice a week.

<table>
<thead>
<tr>
<th>TRX Circuit Class</th>
<th>This class is a total body workout. Circuit training allows you to move through a variety of strength and cardio stations utilizing weights, bands, and, the TRX. Come ready to sweat! This class is not appropriate for beginners.</th>
</tr>
</thead>
</table>

### Getting Started: Entry level or those returning to exercise.

<table>
<thead>
<tr>
<th>Aerobic Total Body Workout (TBW)</th>
<th>This class is designed for the experienced exerciser or fit newcomer. It includes warmup and low-impact aerobic conditioning with intervals of strength and cardiovascular work. It's a great total-body workout to start your day.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ageless Conditioning</td>
<td>Combines aerobic, strengthening and flexibility exercises specifically to enhance strength, balance, joint range of motion, mobility and extend independent living.</td>
</tr>
<tr>
<td>Barre</td>
<td>Burn calories while creating a longer, stronger, more flexible body. Ballet, Pilates, and yoga moves improve standing posture and balance. A chair is used as the 'barre'.</td>
</tr>
<tr>
<td>Cardio Fusion</td>
<td>A workout that pairs moderate aerobics with exercises and dance moves that are designed to improve balance, coordination and flexibility. You'll also use light weights/bands for some toning work. This workout gets the heart rate up without stressing the knees, legs and lower back. Effective exercise, dance and music make for a fun workout.</td>
</tr>
<tr>
<td>Essentrics</td>
<td>A workout that draws on the flowing movements of Tai Chi creating health and balance, principles of physiotherapy which create a pain free body, and strengthening theories. Floor work may be included at end of class.</td>
</tr>
<tr>
<td>Let's Have a Ball</td>
<td>Simple and fun workout with balance ball. This class will help mobilize joints, improve stability and coordination, and also strength and stretch muscle.</td>
</tr>
<tr>
<td>Tai Chi, Basic Footwork &amp; Balance</td>
<td>Designed for beginning students, class introduces concepts, focuses on balance and footwork and lays ground work for learning the Tai Chi Ch’uan 24 form.</td>
</tr>
<tr>
<td>Tai Chi 1/Intro to Qi Gong</td>
<td>This class combines breathing and movement exercises from Qigong and elements from Yang-style Tai Chi. Participants will learn Shibashi Set One, which has been described as a gentle, beautiful, and flowing Qigong exercise that is very relaxing, and the Yang-stly Tai Chi 8-Form. This introductory program will focus on basic elements, including mindful breathing, weight shifting, and coordination of leg and arm movements.</td>
</tr>
<tr>
<td>Tai Chi 24 Form Beginning</td>
<td>Designed for beginning students, this class introduces Tai Chi concepts and the first part (Forms 1 through 12). Practice meditative mind-body exercise with slow and rhythmic movements to increase balance, flexibility, muscle strength, and enhance well-being.</td>
</tr>
<tr>
<td>Yoga, Gentle</td>
<td>Learn how to stretch with simple movements and conscious breathing; increase strength and flexibility and bring calmness to the mind. For students with little or no yoga experience.</td>
</tr>
</tbody>
</table>

### Needs a Little Help: For those wishing to exercise while primarily seated.

<table>
<thead>
<tr>
<th>Balance Basics</th>
<th>Beginning class to work on balance and stability by strengthening the hip/leg muscles and abdominal muscles; learn positive techniques and balance exercises to improve confidence. Includes seated moves and standing moves done with chair for support.</th>
</tr>
</thead>
<tbody>
<tr>
<td>FUNctional Chair Fitness</td>
<td>Move through a variety of exercises designed to improve strength, balance, and range of motion. A chair is available for seated or standing support.</td>
</tr>
<tr>
<td>Total Body Workout (TBW) From A Chair with Balance</td>
<td>This class focuses on exercises for strength, full-body cardiovascular moves, and flexibility -- all while seated. Balance work will be with a chair for support. This is a great class to get fit and meet people.</td>
</tr>
<tr>
<td>Yoga, Chair</td>
<td>Increase flexibility, balance, strength and calmness with yoga movements done from a chair. Yoga revitalizes the respiratory, nervous, endocrine, digestive and other major systems of the body.</td>
</tr>
</tbody>
</table>

Stop into the center for a paper copy of the schedule or find it online: http://www.thprd.org/facilities/recreation/elsie-stuhr-center. Classes and instructors are subject to change at any time without notice. We recommend checking the website for the most up-to-date schedule.
Garden Home Recreation Center

7475 SW Oleson Road
Portland, 97223
503-629-6341
TriMet Route #45

Facility Supervisor: Emily Kent
Fall Term: Sept. 4 – Dec. 31
Hours: Monday-Friday: 8 am-8 pm

Facility Closed:
• Monday, September 5
• Thursday, November 24
• Monday, December 26
• Monday, January 2
Modified Schedule: 11/10, 11/25

Facility Features:
• Weight room/fitness center, shower/locker rooms
• THRIVE Afterschool Enrichment Program
• Indoor gym for drop-in sports
• Kitchen for cooking classes
• Fully-equipped gymnastics room, three dance/fitness studio rooms
• Gym with stage for performances
• Preschool Indoor Play Park
• Sports fields, outdoor playground and play equipment
• Fanno Creek Regional Trail (walking, running and biking)
• West Portland Boxing Team
• Garden Home Community Library

Special Events

Welcoming Week
September 9 – September 16

Day of Unity
Wednesday, October 19
Celebrating bullying prevention month

Día de los Muertos
October 28 – November 3
Enjoy our community altar and join us for craft activities!

Music and Dance Around the World
Join us in November to celebrate our global dance communities.

Patron Appreciation Week
November 14 – November 18

Winter Break Camps
Join us for all-day winter break camp fun! Each day will include games, sports, arts and crafts and more. Please remember to send your camper with a water bottle, lunch and a snack each day.

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Ages</th>
<th>ID/AP</th>
<th>OD</th>
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<tbody>
<tr>
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<td>M</td>
<td>8:00 am - 6 pm</td>
<td>6-11 yrs</td>
<td>GH27201A</td>
<td></td>
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<tr>
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<tr>
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<td>12/22</td>
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<td>12/28</td>
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<td>OD: $75</td>
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<tr>
<td>12/29</td>
<td>TH</td>
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<td>OD: $75</td>
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Facility Rentals
The Garden Home Recreation Center has several options for meetings, conferences, and gym rentals. Visit our website or call 503-629-6341 for more information.

Fitness Classes and Drop-In Sports
See page 76 for Garden Home Recreation Center’s schedule and description of classes.
Garden Home Community Library

gardenhomelibrary.org | 503-245-9932

Garden Home Community Library is located within our center. A member of Washington County Cooperative Library Services, the library opens the door to an incredibly rich, county-wide collection of books, movies, music, games and more. Visit to explore the collection, use a computer, printer or Wi-Fi, get reading recommendations, and relax.

Hours: Monday-Friday, 10 am-6 pm
Saturday, 10 am-3 pm

Check gardenhomelibrary.org for updates and information.

West Portland Boxing Team

“Building champions of the heart, mind and body.”

Registration is accepted anytime throughout the year. For more details, call Jason Marquoit, head coach, at 503-246-0131.

Licensed Preschools

Listed below are three nonprofit preschools that are housed in the Garden Home Recreation Center.

- Small Friends, Inc. - 503-388-2266
- Funny Farm Early Learning Center, Inc. - 503-245-3107
- Head Start - 503-693-3262
THRIVE Afterschool Program
Teaching Healthy Responsible Individuals Values and Education

We provide high quality afterschool care in a safe and nurturing environment. We provide an active program for all abilities. Children take part in arts and craft projects, physical activities, cooking, enrichment activities and supervised homework time. Monthly themes are related to diversity, inclusion, and equity. Students are led in a group community service project. Program is available from school release time to 6 pm Monday-Friday.

Available Schools
Chehalem
Fir Grove
McKay
Montclair
Raleigh Hills
Raleigh Park
Vose
Whitford

Program Components
Healthy Living
Physical Activity
Life Skills
Social/Peer
Interaction
Education Support
Fun

THRIVE After School Care (Grades K-8)
2:30-6 pm | $350 per month ID
Please call the center at 503-629-6341 for more information or to register.

REGISTRATION: 2022-2023 School Year is ongoing.
Open enrollment is ongoing, as long as space in the program remains.

Tuition: $350 per month (In district). Fees are due by the 15th of the prior month. September payment is due by August 15th. Late fee of $30 applies when fees are paid after the 15th of the previous month.

A non-refundable $50 enrollment fee is due at the time of registration.

Tuition does not include holidays, winter break, spring break, or additional no school days. Tuition does include four (4) BSD in-service days.

For more information, please visit: thprd.org/activities/after-school-programs or contact our center at 503-629-6341.
### Arts & Crafts – Youth

<table>
<thead>
<tr>
<th>Dates (Weeks)</th>
<th>Day</th>
<th>Time</th>
<th>Ages</th>
<th>Class #</th>
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<td>9/20-11/22 (10)</td>
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<td>3:45-4:30 pm</td>
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<tr>
<td>9/19-11/21 (10)</td>
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<tr>
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<td>M</td>
<td>4-4:45 pm</td>
<td>3-5 yrs</td>
<td>GH21105</td>
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<tr>
<td>9/19-11/21 (10)</td>
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<td>3-5 yrs</td>
<td>GH21102</td>
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<tr>
<td>9/22-12/1 (10)</td>
<td>Th</td>
<td>4-4:45 pm</td>
<td>4-6 yrs</td>
<td>GH21108</td>
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</tbody>
</table>

### Dance-Youth

#### 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.

9/20-11/22 (10) | Th  | 5:05-6 pm  | 5-8 yrs | GH21200
9/20-11/22 (10) | T   | 6:05-7 pm  | 6-9 yrs | GH21201

#### Ballet/Tap/Jazz
Ready for variety? We’ll learn some basic technique and fun routines in this fast-paced class. Tap shoes required.

9/20-11/22 (10) | T   | 6:05-7 pm  | 6-9 yrs | GH21201

#### Musical Theater
Supercalifragilisticexpialidocious! Kids will have fun acting, singing and dancing in scenes from both Mary Poppins and Mary Poppins Returns. No class 11/24.

9/20-11/22 (10) | Th  | 6:05-7 pm  | 6-10 yrs | GH21202

### Dance-Adults

#### Advanced Tap for Adults
This class is for the advanced tapper ready to explore complex rhythms and fun choreography. Must have at least 1 year of Tap experience or permission of instructor to register.

9/20-11/22 (10) | Th  | 7:05-8 pm  | 13-adult | GH21300

### Gymnastics – Preschool

#### Kid Fit-Gymnastics Fun
Help your child develop motor skills and increase body awareness and coordination through tumbling, climbing, balance and jumping. Parent participation required and one parent/one child ratio. No unregistered siblings.

9/19-11/21 (10) | M   | 9-9:45 am  | 0-3 yrs | GH23100
9/19-11/21 (10) | M   | 10-10:45 am| 0-3 yrs | GH23101
9/21-11/23 (10) | W   | 9:15-10 am | 0-3 yrs | GH23102
9/21-11/23 (10) | W   | 10:30-11:15 am | 0-3 yrs | GH23103

Fees: ID/AP = User is in-district or has paid an out-of-district assessment, OD = Out-of-district (no assessment paid)
## Tumble Bears- Pre Gym
This is an introduction to Gymnastics for preschool aged children. In this class they will be introduced to gymnastics events through fun obstacle courses and drills. They will focus on beginning gymnastics skills, flexibility, strength, following directions, and listening. No gymnastics experience is necessary.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Fee Details</th>
</tr>
</thead>
<tbody>
<tr>
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<td>11:30 am-12:15 pm</td>
<td>3-5 yrs</td>
<td>GH23104</td>
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<tr>
<td>Rm 3</td>
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<td>ID/AP: $77</td>
</tr>
</tbody>
</table>

## Tumble Bears- Pre Gym
This is an introduction to Gymnastics for preschool aged children. In this class they will be introduced to gymnastics events through fun obstacle courses and drills. They will focus on beginning gymnastics skills, flexibility, strength, following directions, and listening. No gymnastics experience is necessary. No class 11/24.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Fee Details</th>
</tr>
</thead>
<tbody>
<tr>
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<td>3-5 yrs</td>
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<tr>
<td>Th</td>
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<td>6:45-7:30 pm</td>
<td>4-6 yrs</td>
<td>GH23106</td>
</tr>
<tr>
<td>Th</td>
<td></td>
<td></td>
<td>ID/AP: $77</td>
</tr>
</tbody>
</table>

## Sports & Fitness – Preschool

### Tiny Tot Sports
A fun and active class for kids and parents. Encourages large motor skills development as we play group games, basketball, soccer and more. Parent participation required.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Fee Details</th>
</tr>
</thead>
<tbody>
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<td></td>
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<tr>
<td>9/22-11/17</td>
<td>9-9:30 am</td>
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</tr>
<tr>
<td>Th</td>
<td></td>
<td></td>
<td>Gym ID/AP: $41</td>
</tr>
</tbody>
</table>

### Taekwondo, Little Dragons
Learn Taekwondo philosophy, basics, drills, and self-defense techniques in this fun, safe environment. Rank promotion available from white belt through black belt. Instructors are Kukkiwon/World Taekwondo certified. No class 10/31.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Fee Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>9/19-11/28</td>
<td>3:15-3:45 pm</td>
<td>3-5 yrs</td>
<td>GH22130</td>
</tr>
<tr>
<td>M</td>
<td></td>
<td></td>
<td>Gym ID/AP: $37</td>
</tr>
</tbody>
</table>

### Taekwondo, Little Dragons
Learn Taekwondo philosophy, basics, drills, and self-defense techniques in this fun, safe environment. Rank promotion available from white belt through black belt. Instructors are Kukkiwon/World Taekwondo certified.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Fee Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>9/21-11/23</td>
<td>3-3:25 pm</td>
<td>3-5 yrs</td>
<td>GH22131</td>
</tr>
<tr>
<td>W</td>
<td></td>
<td></td>
<td>Gym ID/AP: $33</td>
</tr>
<tr>
<td>9/21-11/23</td>
<td>3:30-3:55 pm</td>
<td>3-5 yrs</td>
<td>GH22132</td>
</tr>
<tr>
<td>W</td>
<td></td>
<td></td>
<td>Gym ID/AP: $33</td>
</tr>
</tbody>
</table>

## Pee Wee Soccer
Learn the fundamentals of the game - dribbling, passing and shooting in a non-competitive environment all while having lots of fun!

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Fee Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>9/20-11/22</td>
<td>9:45-10:30 am</td>
<td>3-5 yrs</td>
<td>GH22100</td>
</tr>
<tr>
<td>T</td>
<td></td>
<td></td>
<td>Gym ID/AP: $59</td>
</tr>
</tbody>
</table>

## Sports & Fitness – Youth & Adult

### Soccer Skills & Scrimmages
Athletes will focus on teamwork, fair play, drills and scrimmages in a fun and encouraging atmosphere.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Fee Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>9/20-11/22</td>
<td>4-5 pm</td>
<td>5-7 yrs</td>
<td>GH22200</td>
</tr>
<tr>
<td>T</td>
<td></td>
<td></td>
<td>Gym ID/AP: $74</td>
</tr>
<tr>
<td>9/20-11/22</td>
<td>5:15-6:15 pm</td>
<td>8-10 yrs</td>
<td>GH22201</td>
</tr>
<tr>
<td>Th</td>
<td></td>
<td></td>
<td>Gym ID/AP: $74</td>
</tr>
</tbody>
</table>

### Basketball Skills & Scrimmages
Athletes will focus on teamwork, fair play, drills and scrimmages in a fun and encouraging atmosphere.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Fee Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>9/22-11/17</td>
<td>5:30-6:30 pm</td>
<td>5-7 yrs</td>
<td>GH22210</td>
</tr>
<tr>
<td>Th</td>
<td></td>
<td></td>
<td>Gym ID/AP: $66</td>
</tr>
</tbody>
</table>

### Taekwondo, White Tigers
Learn Taekwondo philosophy, basics, drills, and self-defense techniques in this fun, safe environment. Rank promotion available from white belt through black belt. Instructors are Kukkiwon/World Taekwondo certified. No class 10/31.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Fee Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>9/19-11/28</td>
<td>4-5 pm</td>
<td>6-14 yrs</td>
<td>GH22220</td>
</tr>
<tr>
<td>M</td>
<td></td>
<td></td>
<td>Gym ID/AP: $61</td>
</tr>
</tbody>
</table>

### Family Taekwondo
Learn Taekwondo philosophy, basics, drills, and self-defense techniques in this fun, safe environment. Rank promotion available from white belt through black belt. Instructors are Kukkiwon/World Taekwondo certified. No class 10/31.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Fee Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>9/19-11/26</td>
<td>5:15-6:15 pm</td>
<td>6-adult</td>
<td>GH22230</td>
</tr>
<tr>
<td>M</td>
<td></td>
<td></td>
<td>Gym ID/AP: $61</td>
</tr>
</tbody>
</table>

Participants must be 55+ and are not allowed for previously attended classes.

---

**Fees:** ID/AP = User is in-district or has paid an out-of-district assessment, OD = Out-of-district (no assessment paid)
### Building self-esteem in Children
Providing guidance and discipline while respecting your child’s sense of self and helping them build self-esteem is a critical parenting technique. Parents in this class will gain an increased awareness of the things we do as parents that sabotage our parenting. We will practice identifying neutral and positive behavior in our children as we learn the importance of paying positive attention to positive and neutral behavior. We will practice listening to inner reality and share descriptive language designed to support the positive behaviors we want from our kids. Marilyn Mays has over 30 years of experience teaching families in a variety of settings. Please join her in this 2-hour workshop “Nothing bolsters our sense of self-esteem so much as knowing we are loved not because of what we have achieved or will achieve, but because we are here and alive, because we are who we are.” JoAnne Nordling

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Age</th>
<th>Room</th>
<th>ID/AP</th>
<th>OD</th>
</tr>
</thead>
<tbody>
<tr>
<td>9/26</td>
<td>M</td>
<td>6-8 pm</td>
<td>Adult</td>
<td>GH24207</td>
<td>ID/AP: $25</td>
<td>OD: $30.50</td>
</tr>
<tr>
<td>Rm 10</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Rental spaces available!
Garden Home Recreation Center offers a classroom setting that will hold up to 40 people for your private or public meeting, event, or small gathering.

We also have a gymnasium available for sports events or large gatherings for up to 100 people.

Please reach out to us to see if we might be the right fit for you. Call us at 503-629-6341.

### Winter Break Camps

#### Winter Break Camp Single Day
All-day winter break camp fun! Each day will include games, sports, arts and crafts, and more. Register for single days or the whole week. Please remember to send your child everyday with a water bottle, lunch, and a snack.

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Age</th>
<th>Room</th>
<th>ID/AP</th>
<th>OD</th>
</tr>
</thead>
<tbody>
<tr>
<td>12/19</td>
<td>M</td>
<td>8 am-6 pm</td>
<td>6-11 yrs</td>
<td>GH27201A</td>
<td>ID/AP: $60</td>
<td>OD: $75</td>
</tr>
<tr>
<td>Rm C</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12/20</td>
<td>T</td>
<td>8 am-6 pm</td>
<td>6-11 yrs</td>
<td>GH27201B</td>
<td>ID/AP: $60</td>
<td>OD: $75</td>
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<tr>
<td>Rm C</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12/21</td>
<td>W</td>
<td>8 am-6 pm</td>
<td>6-11 yrs</td>
<td>GH27201C</td>
<td>ID/AP: $60</td>
<td>OD: $75</td>
</tr>
<tr>
<td>Rm C</td>
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<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>12/22</td>
<td>Th</td>
<td>8 am-6 pm</td>
<td>6-11 yrs</td>
<td>GH27201D</td>
<td>ID/AP: $60</td>
<td>OD: $75</td>
</tr>
<tr>
<td>Rm C</td>
<td></td>
<td></td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>12/23</td>
<td>F</td>
<td>8 am-6 pm</td>
<td>6-11 yrs</td>
<td>GH27201E</td>
<td>ID/AP: $60</td>
<td>OD: $75</td>
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<tr>
<td>Rm C</td>
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<td></td>
<td></td>
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<tr>
<td>12/27</td>
<td>T</td>
<td>8 am-6 pm</td>
<td>6-11 yrs</td>
<td>GH27202A</td>
<td>ID/AP: $60</td>
<td>OD: $75</td>
</tr>
<tr>
<td>Rm C</td>
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<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>12/28</td>
<td>W</td>
<td>8 am-6 pm</td>
<td>6-11 yrs</td>
<td>GH27202B</td>
<td>ID/AP: $60</td>
<td>OD: $75</td>
</tr>
<tr>
<td>Rm C</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>12/29</td>
<td>Th</td>
<td>8 am-6 pm</td>
<td>6-11 yrs</td>
<td>GH27202C</td>
<td>ID/AP: $60</td>
<td>OD: $75</td>
</tr>
<tr>
<td>Rm C</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12/30</td>
<td>F</td>
<td>8 am-6 pm</td>
<td>6-11 yrs</td>
<td>GH27202D</td>
<td>ID/AP: $60</td>
<td>OD: $75</td>
</tr>
<tr>
<td>Rm C</td>
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</tr>
</tbody>
</table>

### Building self-esteem in Children

Building self-esteem in Children.

Providing guidance and discipline while respecting your child’s sense of self and helping them build self-esteem is a critical parenting technique. Parents in this class will gain an increased awareness of the things we do as parents that sabotage our parenting. We will practice identifying neutral and positive behavior in our children as we learn the importance of paying positive attention to positive and neutral behavior. We will practice listening to inner reality and share descriptive language designed to support the positive behaviors we want from our kids. Marilyn Mays has over 30 years of experience teaching families in a variety of settings. Please join her in this 2-hour workshop “Nothing bolsters our sense of self-esteem so much as knowing we are loved not because of what we have achieved or will achieve, but because we are here and alive, because we are who we are.” JoAnne Nordling

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<thead>
<tr>
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<tbody>
<tr>
<td>ID/AP = User is in-district or has paid an out-of-district assessment, OD = Out-of-district (no assessment paid)</td>
</tr>
</tbody>
</table>

**Garden Home Recreation Center**

503-629-6341
Garden Home Fitness Class Descriptions

**Cardio Fusion**
A workout that pairs moderate aerobics with exercises and dance moves that are designed to improve strength, balance and flexibility.

**Essentrics**
Strengthen and stretch every muscle in the body eccentrically, rebalancing the muscular structure in continuous rotational movements.

**Low Impact Aerobics**
This class is easy on your joints, burns calories and challenges your entire body. All levels welcome.

**FUNctional Chair Fitness**
Move through a variety of exercises designed to improve strength and range of motion. A chair is available for seated or standing support.

**Tai Chi II**
For the beginning student. Learn Tai Chi for Better Balance and Yang 8/10 Form.

**Tai Chi III**
For the advanced student. In this class you will learn the 108 Yang Form. Not appropriate for beginners.

**Yoga, Gentle**
Learn how to stretch with gentle movements and conscious breathing; increase strength and flexibility and bring calmness to the mind. For students with little or no yoga experience.

**Yoga, Hatha**
This is a simply structured class to help people at any level use body alignment and simple breath to release negative thought patterns. As we think positively and relax, the body becomes more flexible, and we safely go into and through poses using breath, easily.

**Zumba®**
ZUMBA® is a fusion of Latin and International music / dance themes that create a dynamic, exciting, and based on the principle that a workout should be FUN AND EASY TO DO.

To see current schedule visit: http://www.thprd.org/facilities/recreation/garden-home
Schedule and instructors are subject to change at any time.

---

**Weight/Cardio Room**

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

$53.50 ID/ $67 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 $60.25 ID/ $75.25 OD
- 3 sessions $180.75 ID/ $225.75 OD
- 6 sessions $361.50 ID/ $451.50 OD

**Buddy Training**
2-Person Small Group Training is a great way to get together and work out. A personal trainer will work with each group’s goal and design a workout to meet those goals. Each session is an hour long. (Cost is per person; must have 2 in group at time of registration.) Both participants must register.

- 1 session $45.25 ID/ $56.50 OD
- 3 sessions $135.75 ID/ $169.50 OD
- 6 sessions $271.50 ID/ $339.00 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.
THPRD offers nearly 160 natural areas. The Nature & Trails Department, with the support of the community, serves as the steward of these areas by managing wildlife habitat, native plant communities and the trails that guide you through these natural areas. These sites are important reminders of our natural heritage and provide a variety of benefits, including clean water, wildlife corridors and opportunities to connect with nature.

There are trails to suit every need spread throughout the park district, ranging from paved regional trails that connect to other cities and shopping areas to earthen trails that will help you explore neighborhood natural areas. Trail descriptions and downloadable maps are on our website: http://www.thprd.org/parks-and-trails/trails/. Printed maps that cover the entire park district are available for free at all THPRD facilities and select community destinations like libraries.

Visit Cooper Mountain Nature Park

18892 SW Kemmer Rd., Beaverton, OR 97007

Overlooking the Tualatin River Valley, Cooper Mountain Nature Park is located on the edge of Beaverton. This 230-acre park offers visitors 3½ miles of trails traversing the park and passing through each of its distinct habitats, from conifer forest to prairies and oak woodlands. Visitors are rewarded with grand views of the Chehalem Mountains, close-up looks at Oregon white oaks and a small prairie that has sat relatively undisturbed for hundreds of years. The park also features a nature play area for children. Metro and THPRD work in partnership to manage Cooper Mountain Nature Park. Together the two agencies continue habitat restoration and wildlife monitoring, maintain hiking trails and the Nature House and provide environmental education programs to visitors of all ages.

Visit Tualatin Hills Nature Park

15655 SW Millikan Way, Beaverton, OR 97003

The Tualatin Hills Nature Park provides a unique habitat for many plants and animals. Come explore the park’s ponds, creeks, marshes and forests on 1½ miles of paved trails, four miles of secondary trails and 222 acres of ecologically diverse habitats.

Both nature parks are open dawn to dusk. For the protection of wildlife, pets, including dogs, are not allowed at either park. Patrons must remain on trails to avoid poison oak and protect wildlife.
Nature Programs

Tualatin Hills Nature Center
15655 SW Millikan Way
Beaverton, 97003 • 503-629-6350

TriMet Bus Route #57, #62, #67
Westside Light Rail (MAX) Blue Line - Merlo/158th

Cooper Mountain Nature House
18892 SW Kemmer Road
Beaverton, 97007 • 503-629-6350

Interpretive Programs Supervisor: Kristin Smith

**Fall Term**: Sept. 4 – Dec. 31

**Park Hours**: Dawn until dusk, unless otherwise posted.

**Nature Center Hours**: Call the Nature Center at 503-629-6350 for hours and information.

[www.facebook.com/THPRDNature](http://www.facebook.com/THPRDNature)
[www.twitter.com/THPRDNature](http://www.twitter.com/THPRDNature)

### Nature Birthday Parties

Whether your child loves bugs, knows all about birds or just likes being outside, we can provide a memorable experience for your child’s birthday. Our packages include a one-hour nature program of your choice, a party room with tables and chairs, and easy access to the adjacent park. Program options for ages 3-12 include: Bug Safari, Flying Feathered Friends, Forest Fairies & Gnomes, Mammal Mania, and Stories in the Forest. Visit thprd.org or call for details and to reserve your party.

### Facility Rentals

The Tualatin Hills Nature Center and Cooper Mountain Nature House have limited capacity rental spaces for your next event. Rentals currently have availability when programs are not scheduled. Please visit thprd.org or call 503-629-6350 for rates and availability.

### Registration for Programs at Cooper Mountain Nature Park

Out-of-district patrons are able to register for programs at Cooper Mountain Nature Park at the in-district fee rate. You will need to set up a THPRD account, at no extra charge, before registration begins. Cooper Mountain program registration for both in-district and out-of-district patrons will begin Saturday, August 13 for Fall term. Please see page 4 for more information. This special out-of-district fee exemption is only valid for programs at Cooper Mountain Nature Park.
Newt Day
Saturday, November 5
Noon – 4 pm

A bright orange belly and poisonous skin are just a couple of the rough-skinned newt’s adaptations. Come find out how newts evade predators, survive both in and out of water and camouflage themselves with a single leaf. Learn about the amazing adaptations of newts and other forest inhabitants at exhibits and interactive activities. This is a family-friendly event that provides activities designed to inspire exploration of nature during the season when it is tempting to stay inside. Space is limited and pre-registration is recommended. Register to arrive during a specific start time, and plan to stay 2 hours to explore the entire event. Price is per person, children 2 years and under are free.

11/5 S Noon – 1:00 pm 3+ NP28100
11/5 S 1:00 – 2:00 pm 3+ NP28101
11/5 S 2:00 – 3:00 pm 3+ NP28102
11/5 S 3:00 – 4:00 pm 3+ NP28203
Tualatin Hills Nature Center ID/AP: $5 OD: $6.25

Group Nature Programs
Perfect for preschools, scout troops, youth groups, homeschool groups, afterschool clubs and businesses. Led by environmental education staff, these all-ages, outdoor, hands-on, minds-on programs can be scheduled at the Tualatin Hills Nature Park, Cooper Mountain Nature Park, and other THPRD natural areas.

Visit thprd.org or call for details and to schedule a nature program for your group.

Fall Native Plant Sale
Online Sale Start Monday, August 15
THPRD is teaming up with Sparrowhawk Native Plants for our Fall Native Plant Sale! Together, we are offering thousands of habitat-friendly native plants and information about the benefits of native plants with a portion of the proceeds supporting the Friends of Tualatin Hills Nature Park!

Save the Date: online ordering begins on August 15! Plants will be available for pick-up at Tualatin Hills Nature Park on October 21 and 22, just in time for fall planting.

Here’s how it works;

   - Select from 100 species of premium-quality native plants. These climate-resilient plants will enhance your garden, allowing it to best support pollinators and wildlife.
   - Get your order in quickly. Pre-ordering is required, and some species are likely to sell out on opening day. The last day to order is September 15.

2. At check-out, select to pick-up your order at the Tualatin Hills Nature Park so the Friends of Tualatin Hills Nature Park benefits from your purchase!

3. Pick-up your plants at Tualatin Hills Nature Park (15655 SW Millikan Way, Beaverton, OR 97003) at your selected time slot on October 21 or 22.

~ Plants for the Planet ~ Proceeds for the Community ~

The Friends of the Tualatin Hills Nature Park sponsors this event, with proceeds going towards future park improvements and environmental education programs.
Nature Programs

Scouts in Nature
Girl Scouts
Daisies, Brownies & Juniors

A visit to a park is a great activity for your troop to do as part of a regular meeting or as an extra activity. Whether self-guided or led by one of our naturalists, girls can work towards earning their petals and badges through nature exploration. We can also customize a group program for your troop’s needs to earn your Hiker, Bug, Eco Learner, Animal Habitats, Flowers, Art Creator and Explorer, Math in Nature or Citizen Science badges. Fill out our group Nature Program Request Form here to schedule a badge or workshop program that works with your troop’s schedule. http://www.thprd.org/activities/nature/girl-scout-programs

Brownies & Juniors
Citizen Science Journey Workshop

Get started on your Citizen Science Journey with a guided naturalist from the Nature Center. Sharpen your five senses and observation skills, create your field journal, and get started on data collection! You will be ready to start entering your findings on a citizen science website to contribute to scientific research. Price is per person. Join as a troop or individually. Badge is not included with registration.

10/15 S 10 am-noon Tualatin Hills Nature Center
7-11 yrs NP25170
ID/AP: $14 OD: $17.50

NOTE: If your troop can’t make this date, give us a call and we can set up a group Citizen Science Journey Workshop, Outdoor Art Creator/Explorer badge, or another badge program that works with your schedule.

Nature Kids
Preschool Program

This nature-based preschool program follows a curriculum that focuses on experiential learning. Numbers, letters, and words are introduced through structured nature-based activities. Children spend time outdoors daily and develop communication and problem-solving skills as they explore nature, build friendships, and learn in a supportive and friendly environment.

<table>
<thead>
<tr>
<th>Ages 3-4</th>
<th></th>
<th>Tualatin Hills Nature Center</th>
<th>Jenkins Estate Gatehouse</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chipmunks</td>
<td>T/Th 9-11:30 am</td>
<td>$275 per month (2022-23 school year)</td>
<td></td>
</tr>
<tr>
<td>Hummingbirds</td>
<td>T/Th 9-11:30 am</td>
<td>$275 per month (2022-23 school year)</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Ages 4-5</th>
<th></th>
<th>Tualatin Hills Nature Center</th>
<th>Jenkins Estate Gatehouse</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ladybugs</td>
<td>M/W/F 8:30-11:30 am</td>
<td>$375 per month (2022-23 school year)</td>
<td></td>
</tr>
<tr>
<td>Owls</td>
<td>M/W/F 1-4 pm</td>
<td>$375 per month (2022-23 school year)</td>
<td></td>
</tr>
<tr>
<td>Dragonflies</td>
<td>M/W/F 9 am-noon</td>
<td>$375 per month (2022-23 school year)</td>
<td></td>
</tr>
</tbody>
</table>
Nature Programs

Tualatin Hills Park & Recreation District Fall 2022 Activities Guide www.thprd.org

Nature Programs 503-629-6350

Nature Programs

Nature Studies – Preschool

<table>
<thead>
<tr>
<th>Dates (Weeks)</th>
<th>Day</th>
<th>Time</th>
<th>Ages</th>
<th>Location</th>
<th>ID/AP</th>
<th>OD</th>
<th>Class #</th>
</tr>
</thead>
<tbody>
<tr>
<td>9/20-10/25 (6)</td>
<td>T</td>
<td>9:30-11:30 am</td>
<td>3-5 yrs</td>
<td>Tualatin Hills Nature Center</td>
<td>$132</td>
<td>$165</td>
<td>NP25121</td>
</tr>
<tr>
<td>11/1-12/6 (6)</td>
<td>T</td>
<td>9:30-11:30 am</td>
<td>3-5 yrs</td>
<td>Tualatin Hills Nature Center</td>
<td>$132</td>
<td>$165</td>
<td>NP25122</td>
</tr>
</tbody>
</table>

Nature Kids Preschool Explorers

Join us for an adventure in nature preschool and exercise your natural curiosity. Come together with friends for hands-on games, songs, stories, crafts, and outside play. Dress for the weather. Sign up for one or both sessions. This is a drop-off program for children of preschool age, without adult participation.

9/20-10/25 (6) T 9:30-11:30 am 3-5 yrs NP25121
Tualatin Hills Nature Park ID/AP: $132 OD: $165
11/1-12/6 (6)  T 9:30-11:30 am 3-5 yrs NP25122
Tualatin Hills Nature Park ID/AP: $132 OD: $165

Nature Studies – Youth/Family

Knee-high Naturalists

Get outside, meet other families, and explore the wildlife in the Tualatin Hills Nature Park on these nature adventures. Price includes one child and two additional family members. Parent participation required.

9/22 Th 10-11 am 2-5 yrs NP25101
Tualatin Hills Nature Park ID/AP: $9 OD: $11.25
10/1 S 10-11 am 2-5 yrs NP25102
Tualatin Hills Nature Park ID/AP: $9 OD: $11.25
10/6 Th 10-11 am 2-5 yrs NP25103
Tualatin Hills Nature Park ID/AP: $9 OD: $11.25
10/13 Th 10-11 am 2-5 yrs NP25104
Tualatin Hills Nature Park ID/AP: $9 OD: $11.25
10/20 Th 10-11 am 2-5 yrs NP25105
Tualatin Hills Nature Park ID/AP: $9 OD: $11.25
10/27 Th 10-11 am 2-5 yrs NP25106
Tualatin Hills Nature Park ID/AP: $9 OD: $11.25
11/3 Th 10-11 am 2-5 yrs NP25107
Tualatin Hills Nature Park ID/AP: $9 OD: $11.25

Pequeños Naturalistas

Salga, conozca a otras familias y explore la vida silvestre en nuestro parque natural en estas aventuras de la naturaleza, dirigidas por nuestro guía que habla español. El precio incluye a un niño y dos miembros adicionales de la familia. Se requiere la participación de los padres.

Get outside, meet other families, and explore the wildlife in the Tualatin Hills Nature Park on these nature adventures, led by our Spanish-speaking nature guide. Price includes one child and two additional family members. Parent participation required.

9/24 S 10-11 am 2-5 yrs NP25110
Tualatin Hills Nature Park ID/AP: $9 OD: $11.25
10/29 S 10-11 am 2-5 yrs NP25111
Tualatin Hills Nature Park ID/AP: $9 OD: $11.25
11/13 Su 1-2 pm 2-5 yrs NP25112
Tualatin Hills Nature Park ID/AP: $9 OD: $11.25

Kid’s Nature Night Out

Experience the Nature Park in a way few others ever do, at night! Learn about what happens at the Nature Park after the sun goes down through an evening hike, nature crafts, games, and activities. No parents allowed!

Animal Engineers
9/23 F 6:30-9 pm 6-12 yrs NP25201
Tualatin Hills Nature Park ID/AP: $27 OD: $33.75
Evening Adventures
10/8 S 6:30-9 pm 6-12 yrs NP25202
Tualatin Hills Nature Park ID/AP: $27 OD: $33.75
Spooktacular Plants & Potions
10/21 F 6:30-9 pm 6-12 yrs CM25203
Cooper Mountain Nature House ID/AP/OD: $27

Owl Outing
11/18 F 6:30-9 pm 6-12 yrs NP25204
Tualatin Hills Nature Park ID/AP: $27 OD: $33.75

Park After Dark

Journey into the forest and enjoy the sights and sounds of nature at night. Spend the first part of the program learning about the featured nocturnal topic and then head out for a guided hike. Price is per person. Parent participation and registration required.

Night Hike
9/30 F 7-9 pm 6 yrs-adult NP25501
Tualatin Hills Nature Center ID/AP: $18 OD: $22.50
10/7 F 7-9 pm 6 yrs-adult CM25502
Cooper Mountain Nature House ID/AP/OD: $18
12/2 F 6:30-8:30 pm 6 yrs-adult NP25503
Tualatin Hills Nature Center ID/AP: $18 OD: $22.50

Full Day Nature Camps • 7-13 yrs

Nature camps are a great way to make new friends and have fun while discovering nature. Expand your knowledge of science, learn about plants and animals, and hike two to five miles daily. Bring a lunch, drinking water, two snacks, and a backpack daily. Dress for the weather. Camps are held at the Tualatin Hills Nature Center.

Super Spiders
Are your spidey-senses tingling? Discover the superpowers of spiders and weave your way around the Nature Park to track all the different kinds of super spider species here.

10/14 F 8:30 am-4:00 pm 7-13 yrs NP27201
Tualatin Hills Nature Center ID/AP: $75 OD: $93.75

Mammal Tracks
Mammals are a diverse group of animals. Explore the adaptations mammals use to survive and discover the various habitats where they live. Learn what mammals live in the park, and head out on the trails to look for their tracks! (Sign up for the week your child’s school has conferences: 10/27-28 OR 11/3)

10/27 Th 8:30 am-4:00 pm 7-10 yrs NP27202A
Tualatin Hills Nature Center ID/AP: $75 OD: $93.75
11/3 Th 8:30 am-4:00 pm 7-10 yrs NP27202B
Tualatin Hills Nature Center ID/AP: $75 OD: $93.75
Nature Programs

Creepy, Crawly, Fun!
Enjoy the park as we examine a variety of animal species that travel along the forest floor. Step into the world of these creatures as we learn about their habits and habitats. (Sign up for the week your child’s school has conferences: 10/27-28 OR 11/3. No camp 11/4.)

10/28 F 8:30 am-4:00 pm 7-10 yrs NP27203
Tualatin Hills Nature Center ID/AP: $75 OD: $93.75

Newts about the Nature Park
Rough-skinned newts have the most poisonous skin in all of Oregon! Investigate where these cute animals live, their life cycle, and if we’re lucky, get to see one up close.

11/10 Th 8:30 am-4:00 pm 7-13 yrs NP27204
Tualatin Hills Nature Center ID/AP: $75 OD: $93.75

Nature Scientists
Become a nature scientist! Learn how you can make observations, create your own field journal, and learn how you can contribute to scientific research!

12/23 F 8:30 am-4:00 pm 7-13 yrs NP27210
Tualatin Hills Nature Center ID/AP: $75 OD: $93.75

Incredible Predators
Not all animals live at the top of the food chain, but the ones that do are amazing. Learn about the remarkable ways predators hunt, survive, and thrive in nature. Spend time in the forest and study skulls and pelts.

11/28 M 8:30 am-4:00 pm 7-13 yrs NP27205
Tualatin Hills Nature Center ID/AP: $75 OD: $93.75

Winter Break Nature Camps – Full-Day

Hibernation Station
Animals have many clever ways to survive the winter; hibernation is just one of them. Discover the many ways animals and plants cope with the cold.

12/19 M 8:30 am-4:00 pm 7-13 yrs NP27206
Tualatin Hills Nature Center ID/AP: $75 OD: $93.75

Winter Nature Art
Nature, with its array of colors, textures, and beauty, has sparked the creativity of artists for centuries. Share your artistic vision as we explore nature through different lenses.

12/20 T 8:30 am-4:00 pm 7-13 yrs NP27207
Tualatin Hills Nature Center ID/AP: $75 OD: $93.75

Winter Solstice
Celebrate one of the shortest days of the year by making the most of every minute of daylight. Learn about how day length affects the actions and growth of both plants and animals. Create a solstice celebration of your own.

12/21 W 8:30 am-4:00 pm 7-13 yrs NP27208
Tualatin Hills Nature Center ID/AP: $75 OD: $93.75

Frosty Forest
Discover the secrets and hidden treasures of Oregon forests as we hunt for the oldest and weirdest trees in the Nature Park, hidden animal homes, and ferns that taste like licorice.

12/22 Th 8:30 am-4:00 pm 7-13 yrs NP27209
Tualatin Hills Nature Center ID/AP: $75 OD: $93.75

Winter Break Nature Camps – Half-Day

Camp Wild Things • 4-6 yrs
Camp Wild Things is a half-day camp for preschool age children where we build your child’s sense of wonder about nature and invite them to explore wildlife and the world around them. This camp is full of games, songs, new friends, crafts, and adventure. Campers need to dress for the weather and bring a snack, bottle of water and a small backpack each day.

12/19-12/23 M-F 9:00 am-12:00 pm 4-6 yrs NP27101
Tualatin Hills Nature Center ID/AP: $ 175 OD: $ 218.75

Mini Camp • 6-9 yrs
Mini Nature Camps are half-day camps for elementary age children filled with fun and adventure. Create crafts, play games, make new friends, and explore the trails and habitats of the park. Campers need to bring a snack, bottle of water, and small backpack each day.

12/19-12/23 M-F 1:30 pm-4:30 pm 6-9 yrs NP27102
Tualatin Hills Nature Center ID/AP: $ 175 OD: $ 218.75

Winter Nature Detectives
1, 2, 3, what will we see? Follow the clues to discover what animals are in the park and how they spend their winter days.

12/19-12/23 M-F 9:00 am-12:00 pm 6-9 yrs NP27101
Tualatin Hills Nature Center ID/AP: $ 175 OD: $ 218.75

Extreme Animals
Learn about the stickiest, the fastest, and all the other animal superheroes of the natural world. Discover the amazing ways animals have found to get what they need to survive, no matter what it takes.

12/29 Th 8:30 am-4:00 pm 7-13 yrs NP27211
Tualatin Hills Nature Center ID/AP: $75 OD: $93.75

Animal Communication
Hoots and howls aren’t the only ways that animals talk to each other. Besides sound, animals use other methods to send messages including body language, dancing, and scent-marking. Learn how they do it and practice communicating as they do—without saying a word!

12/30 F 8:30 am-4:00 pm 7-13 yrs NP27212
Tualatin Hills Nature Center ID/AP: $75 OD: $93.75
Nature Programs

Tualatin Hills Park & Recreation District Fall 2022 Activities Guide

www.thprd.org

Nature Programs

Nature Studies – Adult

Kokedama: Create a Moss Ball with Native Plants
Learn to create and care for a striking and unique Japanese moss ball using our own Pacific Northwest native plants to feature their beauty, versatility, and purpose for our habitat. Adorn your outdoor space by hanging in on your covered patio or balcony while helping our wildlife. The workshop includes all the materials for assembling your moss ball, a step-by-step breakdown of the process, and helpful care tips for keeping your creation happy and healthy. You will walk away with instruction about native plants, resources, and a moss ball for your home. For this class, cancellation or drops must be received seven days in advance. No refunds or credit will be given with less than seven days notice.

9/24 S 11 am-12:30 pm 16+ NP25551
Tualatin Hills Nature Center
ID/AP: $55
OD: $68.70

Night Owls
This is the perfect time of year to step into the forest to listen for the sounds of courting owls. Join other owl enthusiasts for a talk and presentation about our local owls, then head out into the park to listen and look for our resident owls.

10/15 S 7-9 pm 16+ NP25552
Tualatin Hills Nature Center
ID/AP: $18
OD: $22.50

Introduction to Mushroom Identification (Classroom program)
This class will cover the basics of mushroom identification for beginners, including mushrooms’ physical features, lifestyles, ecology, and fun anecdotes about mushroom oddities and beauty. Participants are strongly encouraged to bring in their own mushroom finds and field guides, although some of each will be provided. The first part of the class is an educational presentation. In the second part of class, we will work in small groups with guided practice to identify mushrooms.

10/19 W 6:30 – 8:45 pm 16+ CM25553
Cooper Mountain Nature House
ID/AP/OD: $28

Common Fall Mushrooms of the Pacific Northwest and their Lookalikes (Classroom & field program)
Join mushroom enthusiast Leah Bendlin to learn some of the most common and memorable mushrooms found in the fall in the Pacific Northwest. We will focus especially on common edibles and how to tell them apart from poisonous or just otherwise tricky potential lookalikes, noting particular physical features and habitats that will help you identify them on your own. We will begin with the presentation indoors, followed by a walk in the nature park to discuss the species we encounter and practice our skills in the field.

11/18 F 10 am-12:30 pm 16+ NP25554
Tualatin Hills Nature Center
ID/AP: $28
OD: $35

Winter Wreaths and Boughs
Make your own winter wreath or boughs! We will start with a short walk into the nature park to gather inspiration and natural materials. Warm up inside and choose from the materials we collected in advance or that you just gathered to make your own winter wreath creation.

11/19 S 3-5 pm 16+ NP25555
Tualatin Hills Nature Center
ID/AP: $27
OD: $33.75

Mini-Habitat Tabletop Garden with Native Plants
Learn to create a one-of-a-kind mini-habitat centerpiece using Pacific Northwest native plants. We will cover basic planting, floral design composition techniques and then have fun decorating our centerpieces. Walk away with either a woodland or succulent tabletop garden with information about native plants and resources! For this class, cancellation or drops must be received seven days in advance. No refunds or credit will be given with less than seven days notice.

12/8 Th 6-7:30 pm 16+ NP25556
Tualatin Hills Nature Center
ID/AP: $65
OD: $81.25

Coyotes
Urban coyotes are hidden neighbors who live both in our parks and neighborhoods. Learn tips for living with coyotes and how they adapt to living in our parks. Start off inside with a presentation and head out into the park to explore coyote habitats and search for signs and sounds of our nocturnal residents.

12/9 F 7-9 pm 16+ CM25557
Cooper Mountain Nature House
ID/AP/OD: $18
Adaptive & Inclusive Recreation Services

Services and Recreation Programs for People with Disabilities
Facility Supervisor: Brian Yourstone

Fall Term: Sept. 4 – Dec. 31
Registration: A THPRD identification card is required for all programs/activity registrations. See page 4 for out-of-district information.

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 7 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.

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 158th Ave., Beaverton, 97006
Address for the Stuhr Center: 5550 SW Hall Blvd., Beaverton, 97005

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.

Adaptive & Inclusive Recreation Services consists of five programs:

Inclusion Services
Individualized supports for patrons experiencing disability in the registered class(es) of their choice. Available at recreation centers throughout the district.

Therapeutic Recreation (TR)
A recreation program for patrons 16 years of age and older with developmental disabilities. Weekly events and off-site activities are offered throughout the year.

Inclusive Recreation Classes
Inclusive recreation classes for children and adults with and without disabilities are offered at recreation centers throughout the district. Inclusive classes are marked with a

Camp Rivendale
A summer day camp providing recreational opportunities for patrons who have physical, emotional, and/or developmental disabilities. The camp runs during the summer for campers ages 6 to 21.

Adaptive Recreation
A recreation and sports program for children with physical and developmental disabilities. Classes are offered throughout the year for ages 4 to adult.
For more information on any of these program, call Inclusion at 503-629-6330 or email at inclusion@thprd.org.

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 each time, or 5-punch passes available for $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 or call 503-629-6330.
## Youth Programs

### Adaptive Sportz Center
An inclusive sports-based program designed to provide the basics for participation in sports. Kids play to their level while developing essential socialization skills and learning about peer unity through team play—classes hosted at Athletic Center.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>ID/OD</th>
<th>Class Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>10/7-11/4 (5)</td>
<td>F 5:30-6:15 pm</td>
<td>5-7 yrs</td>
<td>AC22801</td>
</tr>
<tr>
<td>10/7-11/4 (5)</td>
<td>F 6:20-7:05 pm</td>
<td>8-11 yrs</td>
<td>AC22802</td>
</tr>
<tr>
<td>11/18-12/16 (5)</td>
<td>F 5:30-6:15 pm</td>
<td>5-7 yrs</td>
<td>AC22803</td>
</tr>
<tr>
<td>11/18-12/16 (5)</td>
<td>F 6:20-7:05 pm</td>
<td>8-11 yrs</td>
<td>AC22804</td>
</tr>
</tbody>
</table>

### Adult Therapeutic Recreation (TR)
Join us Monday nights for fun activities in this recreational and social program for teens and adults (16+). Enjoy arts & crafts, dances, game nights and more.

**Date & Time:** Mondays, 6:30-8:30 pm

**Cost:** $5 (Except where noted, for off-site activities)

**For more information and to get on our email list, please call, 503-629-6330.**

### Adult TR Events

#### Bowling
Show us how you knock over the competition at one of our local bowling alleys! Transportation will be provided by THPRD to and from the bowling alley. Meet at the Elsie Stuhr Center and we will shuttle everyone to and from the bowling alley in THPRD vehicles. We will be leaving the Stuhr Center at 6:30pm sharp, so please be there before then. We will return to the Elsie Stuhr Center by 8:30 pm.

You must preregister for this event. Program fee includes bowling price. If interested in buying food, please bring extra money.

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<tr>
<th>Day</th>
<th>Time</th>
<th>ID/OD</th>
<th>Class Code</th>
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</thead>
<tbody>
<tr>
<td>9/12</td>
<td>M 6:30-8:30 pm</td>
<td>16-adult</td>
<td>AC22701</td>
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</tbody>
</table>

#### Hiking Exploration
Join us on a hiking adventure at one of our amazing parks! THPRD will provide transportation to and from the hike. Meet at the Elsie Stuhr Center, and we will shuttle everyone in THPRD vehicles. We will be leaving the Stuhr Center at 6:30 pm sharp, so please be there before then. We will return to the Elsie Stuhr Center by 8:30 pm.

Details for the hike will be emailed to you prior to this program. You must preregister for this event.

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<th>Day</th>
<th>Time</th>
<th>ID/OD</th>
<th>Class Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>9/19</td>
<td>M 6:30-8:30 pm</td>
<td>16-adult</td>
<td>AC22702</td>
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</tbody>
</table>

#### Yoga on the Grass
We will be doing yoga in the grass field outside of Elsie Stuhr if the weather holds up. If not, that’s ok too; we will move the party inside!

You must preregister for this event.

<table>
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<tr>
<th>Date</th>
<th>Time</th>
<th>ID/OD</th>
<th>Class Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>9/26</td>
<td>M 6:30-8:30 pm</td>
<td>16-adult</td>
<td>AC22703</td>
</tr>
</tbody>
</table>

#### Trivia/Game Night
Test your brainpower and take your best guess at our trivia and game night! We will cover various topics and have multiple games to choose from during this night of teamwork and strategy.

You must preregister for this event.

<table>
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<tr>
<th>Date</th>
<th>Time</th>
<th>ID/OD</th>
<th>Class Code</th>
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<tbody>
<tr>
<td>10/10</td>
<td>M 6:30-8:30 pm</td>
<td>16-adult</td>
<td>AC22705</td>
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</table>

#### 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.

<table>
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<th>Date</th>
<th>Time</th>
<th>ID/OD</th>
<th>Class Code</th>
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</thead>
<tbody>
<tr>
<td>10/17</td>
<td>M 6:30-8:30 pm</td>
<td>16-adult</td>
<td>AC22706</td>
</tr>
</tbody>
</table>

#### Mad Science
Grab your lab coats and goggles because tonight will be filled with explosive fun! We will have multiple hands-on science projects to try during this exciting and informative night.

You must preregister for this event.

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<tr>
<th>Date</th>
<th>Time</th>
<th>ID/OD</th>
<th>Class Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>10/24</td>
<td>M 6:30-8:30 pm</td>
<td>16-adult</td>
<td>AC22707</td>
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</table>

#### Pumpkin painting and crafts
Show us your creative side, and join us for a night of painting pumpkins and various other Fall crafts!

You must preregister for this event.

<table>
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<tr>
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<th>ID/OD</th>
<th>Class Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>10/31</td>
<td>M 6:30-8:30 pm</td>
<td>16-adult</td>
<td>AC22708</td>
</tr>
</tbody>
</table>

#### 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.

<table>
<thead>
<tr>
<th>Date</th>
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<th>ID/OD</th>
<th>Class Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>11/7</td>
<td>M 6:30-8:30 pm</td>
<td>16-adult</td>
<td>AC22709</td>
</tr>
</tbody>
</table>

#### Weight Room Exercises
Let’s get fit! Come gain some muscle with us as we explore all the weight room equipment to offer. This program does not require previous weight room experience and is designed for everyone to participate at their own pace.

You must preregister for this event.

<table>
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<tr>
<th>Date</th>
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<th>ID/OD</th>
<th>Class Code</th>
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<tbody>
<tr>
<td>11/7</td>
<td>M 6:30-8:30 pm</td>
<td>16-adult</td>
<td>AC22710</td>
</tr>
</tbody>
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**Fees:** ID/AP = User is in-district or has paid an out-of-district assessment, OD = Out-of-district (no assessment paid)
Bingo/Board Games
Join us for a night of Bingo and board games! This is a great chance to get social and make friends and enjoy the excitement that comes with yelling out, “BINGO!!”
You must preregister for this event.

11/14 M 6:30-8:30 pm 16-adult AC22710
Elsie Stuhr Center ID/AP: $5.00 OD: $5.00

Turkey Crafts
Gobble Gobble! Tonight, we will have multiple Thanksgiving/turkey-themed crafts to try your hand at.
You must preregister for this event.

11/21 M 6:30-8:30 pm 16-adult AC22711
Elsie Stuhr Center ID/AP: $5.00 OD: $5.00

Bowling
Show us how you knock over the competition at one of our local bowling alleys! THPRD will provide transportation to and from the bowling alley. Meet at the Elsie Stuhr Center, and we will shuttle everyone to and from the bowling alley in THPRD vehicles. We will be leaving the Stuhr Center at 6:30 pm sharp, so please be there before then. We will return to the Elsie Stuhr Center by 8:30 pm.
You must preregister for this event. Details will be emailed to you prior to this program. The program fee includes the bowling price. If you are interested in buying food, please bring extra money.

11/28 M 6:30-8:30 pm 16-adult AC22712
Elsie Stuhr Center ID/AP: $15 OD: $15

Holiday Movie Night
You won’t want to miss this! There are 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 like, and beverages and popcorn will be provided.
You must preregister for this event.

12/5 M 6:30-8:30 pm 16-adult AC22713
Elsie Stuhr Center ID/AP: $5.00 OD: $5.00

Holiday BINGO & games
Join us for holiday-themed games of Bingo! This is a great chance to get social and make friends and enjoy the excitement that comes with yelling out, “BINGO!!”
You must preregister for this event.

12/12 M 6:30-8:30 pm 16-adult AC22714
Elsie Stuhr Center ID/AP: $5.00 OD: $5.00

Weight Room Exercises
Let’s get fit! Come gain some muscle with us as we explore all the weight room equipment to offer. This program does not require previous weight room experience and is designed for everyone to participate at their own pace.
You must preregister for this event.

12/19 M 6:30-8:30 pm 16-adult AC22715
Elsie Stuhr Center ID/AP: $5.00 OD: $5.00

Thursday Night Wheelchair Basketball
Join THPRD and Adaptive Sports Northwest for wheelchair basketball!
This drop-in program provides a weekly opportunity for youth and adults experiencing physical disabilities to play wheelchair basketball.

When: Most Thursdays, 6:30-7:45 pm. (times subject to change)
Location: Tualatin Hills Athletic Center (15707 SW Walker Rd, Beaverton)

To participate: A completed Medical Emergency Information Form is required.
• Those requiring 1:1 assistance must submit a non-thprd aide form. Once form is processed, participant must bring an aide for the entire duration of the activity.
• *A limited number of sports wheelchairs are available for participants that do not have a personal sports chair and can be requested in the medical form.

For more information about any of the listed programs, please call 503-629-6330 or email us at inclusion@thprd.org.

Fees: ID/AP = User is in-district or has paid an out-of-district assessment, OD = Out-of-district (no assessment paid)
Babette Horenstein
Tennis Center

HMT Recreation Complex
15707 SW Walker Road
Beaverton, 97006
503-629-6331

TriMet Bus Routes: #67, 59

Facility Supervisor: Brian Yourstone

Fall Term: Sept. 4 – Dec. 31

Building Hours:
Monday-Thursday 9 am-10 pm
Friday-Sunday 9 am-6 pm

Babette Horenstein Tennis Center Features:
- 14 indoor courts October through April
- Six indoor courts and eight outdoor lighted tennis courts (May through September)
- One outdoor stadium court
- Showers available for $2.75 for those not playing tennis. Supply your own towel. Five minute maximum

Enjoy playing tennis via group and private instruction, open play, social events, tournaments, league play and more.

THPRD VOLUNTEERS!
For volunteer opportunities, email Jim Rankin, j.rankin@thprd.org or call 503-629-6331 x1523.

THPRD is a Net Generation USTA provider, a member of Tennis Industry Association, and a National Recreation & Park Association Tennis in the Parks member.

Play Tennis in the Parks
THPRD maintains 107 tennis courts and four permanent pickleball courts at 35 park sites throughout our community. For specific locations see court list on page 7 or call the Tennis Center at 503-629-6331.

Children under 10 years of age must be visually supervised by a parent, guardian or caregiver at least 15 years of age.
Babette Horenstein Tennis Center

Court Rates and Reservations
- You may make a reservation online at www.thprd.org. Full payment must be made at the time the reservation is made.
- Payments accepted include cash, check, THPRD gift card or credit card, with a token (in person - VISA, MasterCard or Discover).
- Full refund if cancelled at least two days prior.
- Ball Machine available for $6 - Call for availability.

Indoor Courts
In-district patrons: may reserve seven days in advance.
Out-of-district patrons: may reserve six days in advance.
In-district: $23/hour adult, $20.50/hour senior, $20.50/hour military
Out-of-district: $28.75/hour no assessment, $23/hour AP (assessment paid)

Pickleball Rates:
ID: $12/hr
ID military/senior: $10.75/hr
OD: $15/hr

Outdoor Courts
In-district: $11/hour adult, $9.75/hour senior, $9.75/hour military
Out-of-district: $13.75/hour no assessment, $11/hour AP (assessment paid)
Outdoor pickleball courts: $6/hr ID, $5.25/hr senior/military, $7.50/hr OD

Due to the wide variety of programs we offer, we cannot guarantee court assignments, only court reservations.
Call for more information.

Private Tennis Instruction
Improve your skills and strategies with private or semi-private instruction. Private lessons start at a base rate of $63/hour for in-district patrons. Lessons will be available to register online. You can also register for the Fall private lesson interest list TC26000 to be contacted when additional private lessons are added. For more information contact Jim Rankin at j.rankin@thprd.org. Lesson times are limited to instructor availability.

Outdoor Neighborhood Tennis Courts

Barsotti Park (60' youth court)
16670 SW Blanton St
Camille Park East and West
Access at W end of SW Marjorie, S end of SW 105th Ave
Cedar Mill Park*
10385 NW Cornell Rd, W of NW 102nd Ave
Cedar Park School*
11100 SW Park Way & SW Cedar Hills Blvd
Center Street Park
11895 SW Center St
Conestoga Middle School*
12250 SW Conestoga Dr
Five Oaks Middle School
1600 NW 173rd Ave, S of NW Cornell Rd
Forest Hills Park+
SW Butner Rd & SW Portola Ave, access off SW Portola, S of Sunset Hwy, E of SW Cedar Hills Blvd
Garden Home Park*
8200 SW 83rd Ave
Greenway Park+
E of SW Greenway, between SW Hall & SW Scholls Ferry Rd
Hazeldale Park (Rosa)
Access off SW Rosa between SW 196th Ave & SW 194th Ave
Highland Park Middle School
7000 SW Wilson Ave, S on SW Wilson Ave from SW Allen Blvd
Howard M. Terpenning Recreation Complex^*
15707 SW Walker Rd
NE Corner of SW Walker Rd & SW 158th Ave
Lost Park
2120 NW 111th Ave, N of NW Lost Park Dr
McMillan Park
Access off SW Chestnut, N of SW Cypress & SW 99th Ave
Meadow Park Middle School
14100 SW Downing St, N of SW Walker Rd, E of SW Meadow Dr
Melilah Park
Access off SW Arborcrest or SW 180th Ave, E of SW 182nd Ave
Mitchell Park*
Access off NW 93rd, W of NW Leahy Rd

Mt View Champions Park
17500 SW Farmington Rd
Murrayhill Park
No car access, SW Scholls Ferry Rd, SW Weir Rd, SW 155th Ave
PCC Rock Creek**
17705 NW Springville Rd (6 lighted)
Raleigh Park*
P
3500 SW 78th Ave & SW Fairway
Reservoir Park (closed)
Access off SW Inglewood St, N of SW Imperial
Ridgecrest Park
Access off SW Cresmon, W of SW Hillcrest, off SW Hall Blvd
Ridgewood View Park P
NE and SE corners of Hwy 217 & SW Meade- includes 2 pickleball court lines
Rock Creek Landing P
NE corner of NW Cornelius Pass Rd & NW Rock Creek Blvd- includes 2 pickleball court lines
Roxbury Park*
SE corner of SW Berkshire & SW Roxbury
Somerset Meadows Park*
SE corner of NW Somerset & NW Park View, N of NW Park View, E of NW 174th Ave
Somerset West Park
18300 NW Park View, E of NW 185th Ave, N of Hwy 26
Summercrest Park East
E of SW Rigert & SW 170th Ave
Summercrest Park West
Access off SW 171st Ave, S of SW Juliann
Sunset Park*
13707 NW Science Park Dr
S of NW Cornell Rd, W of NW Murray
Terra Linda Park
Access S of NW Burton, E of NW 139th Ave
Vista Brook Park*
P
6410 SW Scholls Ferry Rd at SW 88th Ave
West Sylvan School
8111 SW West Slope Dr
Westview High School
4200 NW 185th Ave, between Hwy 26 & NW West Union Rd

*Includes backboard  ^Includes outdoor lights  +Includes hitting wall  P  Pickleball  For more information, go to www.thprd.org
For your safety, only tennis shoes are allowed on the tennis courts. No running shoes, cleated shoes, boots, sandals, heels, black-soled, flats or street shoes.

THPRD Junior Player Development

<table>
<thead>
<tr>
<th>Tiny Tot</th>
<th>8 &amp; Under</th>
<th>10 &amp; Under</th>
<th>Junior Development</th>
<th>High School</th>
<th>Advanced Jr. Training</th>
</tr>
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<tbody>
<tr>
<td>Age: 4-6</td>
<td>Age: 6-8</td>
<td>Age: 8-10</td>
<td>Age: 10+</td>
<td>Age: 13+</td>
<td>Age: 8-12</td>
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<tr>
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<td>Orange</td>
<td>Orange</td>
<td>Green</td>
<td>Green</td>
<td>Yellow</td>
</tr>
</tbody>
</table>

For more information contact Jim Rankin at j.rankin@thprd.org
8 and Under Tennis Level 1 (Red Ball) Age 6 to 8
Learn the basic tennis skills: forehand and backhands, volleys, overhead and serve. This class is taught using red compression tennis balls. Instructor approval required for next level. Masks are optional.

TC22111 9/13-10/4 T 3:45-4:30 pm $47 $58.75 4
TC22112 9/15-10/6 Th 3:45-4:30 pm $47 $58.75 4
TC22121 10/11-11/1 T 3:45-4:30 pm $47 $58.75 4
TC22122 10/13-11/3 Th 3:45-4:30 pm $47 $58.75 4
TC22131 11/8-11/29 T 3:45-4:30 pm $47 $58.75 4
TC22132 11/10-12/1 Th 3:45-4:30 pm $47 $58.75 4
TC22141 12/6-12/20 T 3:45-4:30 pm $35 $43.75 3
TC22142 12/8-12/22 Th 3:45-4:30 pm $35 $43.75 3

TC22211 9/13-10/4 T 3:45-4:30 pm $47 $58.75 4
TC22212 9/15-10/6 Th 3:45-4:30 pm $47 $58.75 4
TC22221 10/11-11/1 T 3:45-4:30 pm $47 $58.75 4
TC22222 10/13-11/3 Th 3:45-4:30 pm $47 $58.75 4
TC22231 11/8-11/29 T 3:45-4:30 pm $47 $58.75 4
TC22232 11/10-12/1 Th 3:45-4:30 pm $47 $58.75 4
TC22241 12/6-12/20 T 3:45-4:30 pm $35 $43.75 3
TC22242 12/8-12/22 Th 3:45-4:30 pm $35 $43.75 3

8 and Under Tennis Level 1.5 (Orange Ball) Age 6 to 8
Continued skill development of hitting from a stationary position and while moving to the ball. Player will develop volley skills and awareness of court positioning for both singles and doubles play. Students will be introduced to game scoring along with an emphasis on rallying in different scenarios. Class is taught using orange compression balls. Instructor approval required prior to signing up for this level. Masks are optional.

TC22311 9/15-10/6 Th 3:45-4:30 pm $59 $73.75 4
TC22321 10/13-11/3 Th 3:45-4:30 pm $59 $73.75 4
TC22331 11/10-12/1 Th 3:45-4:30 pm $59 $73.75 4
TC22341 12/8-12/22 Th 3:45-4:30 pm $44 $55 3

TC23111 9/12-10/3 M 3:45-4:30 pm $47 $58.75 4
TC23112 9/14-10/5 W 3:45-4:30 pm $47 $58.75 4
TC23113 9/16-10/7 F 4-4:45 pm $47 $58.75 4
TC23114 9/17-10/8 S 9-9:45 am $47 $58.75 4
TC23121 10/10-10/31 M 3:45-4:30 pm $47 $58.75 4
TC23122 10/12-11/2 W 3:45-4:30 pm $47 $58.75 4
TC23123 10/14-11/4 F 4-4:45 pm $47 $58.75 4
TC23124 10/15-11/5 S 9-9:45 am $47 $58.75 4
TC23131 11/7-11/28 M 3:45-4:30 pm $47 $58.75 4
TC23132 11/9-11/30 W 3:45-4:30 pm $47 $58.75 4
TC23133 11/18-12/2 F 4-4:45 pm $24 $30 2
TC23134 11/12-12/3 S 9-9:45 am $47 $58.75 4
TC23141 12/5-12/19 M 3:45-4:30 pm $35 $43.75 3
TC23142 12/7-12/21 W 3:45-4:30 pm $35 $43.75 3
TC23143 12/9-12/23 F 4-4:45 pm $35 $43.75 3
TC23144 12/10-12/17 S 9-9:45 am $24 $30 2

TC23211 12/5-12/19 M 3:45-4:30 pm $35 $43.75 3
TC23222 12/7-12/21 W 3:45-4:30 pm $35 $43.75 3
TC23232 12/9-12/23 F 4-4:45 pm $35 $43.75 3
TC23242 12/10-12/17 S 9-9:45 am $24 $30 2

 Fees: ID/AP = User is in-district or has paid an out-of-district assessment, OD = Out-of-district (no assessment paid)
<table>
<thead>
<tr>
<th>Section</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>10 and Under Tennis Level 2 (Orange Ball) Age 8 to 10</td>
<td>Continued development of hitting from a stationary position and while moving to the ball. Player will develop volley skills and awareness of court positioning for both singles and doubles play. Students will be introduced to game scoring along with an emphasis on rallying in different scenarios. Class is taught using orange compression balls. Instructor approval required prior to signing up for this level. Masks are optional. No class 11/25.</td>
</tr>
<tr>
<td>Family Tennis (Ages 9-13)</td>
<td>This class is designed for family play, one child and one adult. The child should be a beginner, level 1-2. The adult and child will develop their basic tennis skills: groundstrokes, volleys, overheads and serves. Price includes one child and one adult. Masks are optional.</td>
</tr>
<tr>
<td>Advanced Junior Training Age 8-10 Level 3+</td>
<td>This class is designed for players that have advanced past level 2.5 and are starting to participate in tournament competition. Coaches will work on offensive and defensive situations along with advanced singles and doubles strategies. Our coaches will work to prepare players for tournament competition. Masks are optional.</td>
</tr>
<tr>
<td>Junior Development Tennis Level 1.5 (Orange Ball) Age 10 to 13</td>
<td>Continued development of hitting from a stationary position and while moving to the ball. Development of volley skills and awareness of court positioning for both singles and doubles play. Students will be introduced to game scoring along with an emphasis on rallying in different scenarios. Class is taught using orange compression balls. Instructor approval required prior to signing up for this level. Masks are optional.</td>
</tr>
</tbody>
</table>

**Play Tennis in the Parks**

THPRD maintains 108 tennis courts at 35 park sites throughout our community. For specific locations, see page 88 or call the Tennis Center at 503-629-6331.

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**Fees:**
- ID/AP = User is in-district or has paid an out-of-district assessment
- OD = Out-of-district (no assessment paid)
Junior Development Tennis Level 2 (Orange Ball) Age 10 to 13
Continued development of hitting from a stationary position and while moving to the ball. Development of volley skills and awareness of court positioning for both singles and doubles play. Students will be introduced to game scoring along with an emphasis on rallying in different scenarios. Class is taught using orange compression balls. Instructor approval required prior to signing up for this level. Masks are optional. No class 11/25.

TC24321 10/10-10/31 M 5-6 pm $73 $91.25 4
TC24322 10/11-11/1 T 5-6 pm $73 $91.25 4
TC24323 10/12-11/2 W 5-6 pm $73 $91.25 4
TC24324 10/13-11/3 Th 5-6 pm $73 $91.25 4
TC24325 10/14-11/4 F 5:15-6:15 pm $73 $91.25 4
TC24331 11/9-11/30 W 5-6 pm $73 $91.25 4
TC24332 11/10-11/21 Th 5-6 pm $73 $91.25 4
TC24335 11/11-11/22 F 5:15-6:15 pm $73 $91.25 4
TC24341 12/5-12/19 M 5-6 pm $73 $91.25 4
TC24342 12/6-12/20 T 5-6 pm $73 $91.25 4
TC24343 12/7-12/21 W 5-6 pm $73 $91.25 4
TC24344 12/8-12/22 Th 5-6 pm $73 $91.25 4
TC24345 12/9-12/23 F 5:15-6:15 pm $73 $91.25 4

Junior Development Tennis Level 2.5 (Green Ball) Age 10 to 13
This class is taught with an emphasis on point play and rallying while continuing to develop the skills from level 2. Players work on shot consistency, offensive and defensive shots, doubles and singles movement and specialty shots. Class is taught using green compression balls. Instructor approval required prior to signing up for this level. Masks are optional.

TC24421 9/10-10/6 M 5-6 pm $73 $91.25 4
TC24422 10/10-11/21 Th 5-6 pm $73 $91.25 4
TC24431 11/10-12/1 Th 5-6 pm $73 $91.25 4
TC24441 12/6-12/20 T 5-6 pm $73 $91.25 4
TC24442 12/8-12/22 Th 5-6 pm $73 $91.25 4

Tennis Junior Match Play Level 2.5+ (9 to 13 Years)
Athletic development skills will be practiced to start each class. Introduction to match play for players levels 2.5+. Coaches will organize competitive matches among players. This is a good supplement to regular group lessons. Masks are optional. No class 11/25.

TC24521 10/10-11/4 F 5-6 pm $73 $91.25 4
TC24531 11/11-12/2 F 5:30-7 pm $73 $91.25 4
TC24541 12/9-12/23 F 5:30-7 pm $73 $91.25 4

Advanced Junior Training Age 10-13 Level 3+
This class is designed for players that have advanced past level 2.5 and are starting to participate in tournament competition. Coaches will work on offensive and defensive situations along with advanced singles and doubles strategies. Our coaches will work to prepare players for tournament competition. Masks are optional.

TC24711 9/13-10/4 T 5-6:30 pm $108 $135 4
TC24721 10/10-11/1 T 5-6:30 pm $108 $135 4
TC24731 11/8-11/29 T 5-6:30 pm $108 $135 4
TC24741 12/6-12/20 T 5-6:30 pm $81 $101.25 3

High School Tennis Level 1 (14-18 Years)
Athletic development skills will be practiced to start each class. Player will learn the basic tennis skills: forehand, backhand, serve and volley. This class will use orange compression balls. Instructor approval required for next level. Masks are optional.

TC25111 9/14-10/5 W 6-7 pm $58 $72.50 4
TC25121 10/12-11/2 W 6-7 pm $58 $72.50 4
TC25131 11/9-11/30 W 6-7 pm $58 $72.50 4
TC25141 12/7-12/21 W 6-7 pm $43 $53.75 3

High School Tennis Level 1.5 (14 to 18 Years)
Continued development of hitting from a stationary position and while moving to the ball. Development of volley skills and awareness of court positioning for both singles and doubles play. Students will be introduced to game scoring along with an emphasis on rallying in different scenarios. Class is taught using orange compression balls. Instructor approval required prior to signing up for this level. Masks are optional.

TC25211 9/13-10/4 T 6:30-7:30 pm $58 $72.50 4
TC25221 10/11-11/1 T 6:30-7:30 pm $58 $72.50 4
TC25231 11/9-11/30 T 6:30-7:30 pm $58 $72.50 4
TC25241 12/6-12/20 T 6:30-7:30 pm $43 $53.75 3

High School Tennis Level 2 (14-18 Years)
Continued development of hitting from a stationary position and while moving to the ball. Development of volley skills and awareness of court positioning for both singles and doubles play. Students will be introduced to game scoring along with an emphasis on rallying in different scenarios. Class is taught using orange compression balls. Instructor approval required prior to signing up for this level. Masks are optional.

TC25311 9/15-10/6 Th 6-7 pm $73 $91.25 4
TC25321 10/13-11/3 Th 6-7 pm $73 $91.25 4
TC25331 11/10-12/1 Th 6-7 pm $73 $91.25 4
TC25341 12/8-12/22 Th 6-7 pm $55 $68.75 3

High School Tennis Level 2.5 (14-18 Years)
This class is taught with an emphasis on point play and rallying while continuing to develop the skills from level 2. Players work on shot consistency, offensive and defensive shots, doubles and singles movement and specialty shots. Class is taught using green compression balls. Instructor approval required prior to signing up for this level. Masks are optional. No class 11/25.

TC25411 9/16-10/7 F 4-5 pm $73 $91.25 4
TC25421 10/14-11/4 F 4-5 pm $73 $91.25 4
TC25431 11/18-12/2 F 4-5 pm $37 $46.25 2
TC25441 12/9-12/23 F 4-5 pm $55 $68.75 3
### High School Prep Level 3+ (Ages 14 to 18)
Advanced high school program for players on their high school team or who already play at that level as incoming freshman. Focus on high-intensity hitting, match strategy, footwork, and physical conditioning and skill development. Masks are optional.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Dates</th>
<th>Days</th>
<th>Time</th>
<th>ID</th>
<th>OD</th>
<th>Price</th>
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<td>$94</td>
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</table>

### Adult Tennis Level 1
Introduction to tennis. For beginners and players with no prior class instruction. This class will cover the tennis basics: forehand and backhand groundstrokes, volleys, overheads and serves, along with player court positioning and game scoring. Instructor approval required for next level.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Dates</th>
<th>Days</th>
<th>Time</th>
<th>ID</th>
<th>OD</th>
<th>Price</th>
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</table>

### Adult Tennis Level 1.5
This class will continue to develop the skills learned in NTRP Level 1. Introduction to approach shots and beginning doubles strategy. Instructor approval required prior to signing up for this level.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Dates</th>
<th>Days</th>
<th>Time</th>
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<th>OD</th>
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### Adult Tennis Level 2
Continued development of court positioning for doubles play and review of the basics offorehand and backhand strokes including grips, footwork and approaching the net. Introduction to ball placement, lob, doubles movement and strategy, beginning singles strategy, return of serve and overhead footwork. Instructor approval required prior to signing up for this level.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Dates</th>
<th>Days</th>
<th>Time</th>
<th>ID</th>
<th>OD</th>
<th>Price</th>
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### Adult Tennis Level 2-2.5
Continued development of court positioning for doubles play and review of the basics offorehand and backhand strokes including grips, footwork and approaching the net. Introduction to ball placement, lob, doubles movement and strategy, beginning singles strategy, return of serve and overhead footwork. Instructor approval required prior to signing up for this level.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Dates</th>
<th>Days</th>
<th>Time</th>
<th>ID</th>
<th>OD</th>
<th>Price</th>
</tr>
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<tbody>
<tr>
<td>TC26611</td>
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### Adult Tennis Level 2.5
Continued development of court positioning for doubles play and review of the basics offorehand and backhand strokes including grips, footwork and approaching the net. Introduction to ball placement, lob, doubles movement and strategy, beginning singles strategy, return of serve and overhead footwork. Instructor approval required prior to signing up for this level.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Dates</th>
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<td>11:30 am-1 pm</td>
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<td>4</td>
</tr>
</tbody>
</table>
Adult Tennis Drill and Play 2.5-3
This 90-minute class gives you a 30-minute, fast-paced warmup followed by an hour of organized match play with a pro. Level of play is NTRP 2.5-3.

TC26711 9/15-10/6 Th 6-7:30 pm $99 $123.75 4
TC26721 10/13-11/3 Th 6-7:30 pm $99 $123.75 4
TC26731 11/10-12/1 Th 6-7:30 pm $99 $123.75 4
TC26741 12/8-12/22 Th 6-7:30 pm $74 $92.50 3

Adult Tennis Level 3
This class will further develop the use of topspin and slice groundstrokes and their role in tennis strategy. Development of aggressive play at the net as well as singles and doubles strategies. Instructor approval required prior to signing up for this level.

TC27111 9/13-10/4 T 6-7:30 pm $99 $123.75 4
TC27112 9/13-10/9 Su 11 am-12:30 pm $99 $123.75 4
TC27112 10/11-11/6 T 6-7:30 pm $99 $123.75 4
TC27131 11/8-11/29 T 6-7:30 pm $99 $123.75 4
TC27132 11/13-12/4 Su 11 am-12:30 pm $99 $123.75 4
TC27141 12/6-12/20 T 6-7:30 pm $74 $92.50 3
TC27142 12/11-12/18 Su 11 am-12:30 pm $49 $61.25 2

Adult Tennis Level 4
You MUST be a NTRP 4.0 level player or have instructor approval to register for this class. This is a competitive hit group that involves high intensity drills and point play. Taught with a game-based emphasis where most of the instructional points are strategic and match-play based.

TC27211 9/13-10/4 T 6-7:30 pm $102 $127.50 4
TC27221 10/11-11/1 T 6-7:30 pm $102 $127.50 4
TC27231 11/8-11/29 T 6-7:30 pm $102 $127.50 4
TC27241 12/6-12/20 T 6-7:30 pm $77 $96.25 3

Adult Tennis Drills and Play 2.5-3
This 90-minute class gives you a 30-minute, fast-paced warmup followed by an hour of organized match play with a pro. Level of play is NTRP 2.5-3.

TC26711 9/15-10/6 Th 6-7:30 pm $99 $123.75 4
TC26721 10/13-11/3 Th 6-7:30 pm $99 $123.75 4
TC26731 11/10-12/1 Th 6-7:30 pm $99 $123.75 4
TC26741 12/8-12/22 Th 6-7:30 pm $74 $92.50 3

Adult Tennis Drills and Conditioning 4.0 +
This class is for Adult NTRP Levels 4+. Join Scott for a fast-paced hour of drilling and point play. Scott will keep you moving with different doubles drills and raise your heart-rate at the same time.

TC28211 9/14 W 6-7:30 pm $26 $32.50 1
TC28212 9/21 W 6-7:30 pm $26 $32.50 1
TC28213 9/28 W 6-7:30 pm $26 $32.50 1
TC28214 10/5 W 6-7:30 pm $26 $32.50 1
TC28215 10/12 W 6-7:30 pm $26 $32.50 1
TC28216 10/19 W 6-7:30 pm $26 $32.50 1
TC28217 10/26 W 6-7:30 pm $26 $32.50 1
TC28218 11/2 W 6-7:30 pm $26 $32.50 1
TC28219 11/9 W 6-7:30 pm $26 $32.50 1
TC28221 11/16 W 6-7:30 pm $26 $32.50 1
TC28222 11/23 W 6-7:30 pm $26 $32.50 1
TC28223 11/30 W 6-7:30 pm $26 $32.50 1
TC28224 12/7 W 6-7:30 pm $26 $32.50 1
TC28225 12/14 W 6-7:30 pm $26 $32.50 1
TC28226 12/21 W 6-7:30 pm $26 $32.50 1

Adult Tennis Drills and Conditioning 3.5 +
This class is for Adult NTRP Levels 3.5+. Join Scott for a fast-paced hour of drilling and point play. Scott will keep you moving with different doubles drills and raise your heart-rate at the same time.

TC28311 9/15 Th 6:15-7:45 pm $26 $32.50 1
TC28312 9/22 Th 6:15-7:45 pm $26 $32.50 1
TC28313 9/29 Th 6:15-7:45 pm $26 $32.50 1
TC28314 10/6 Th 6:15-7:45 pm $26 $32.50 1
TC28315 10/13 Th 6:15-7:45 pm $26 $32.50 1
TC28316 10/20 Th 6:15-7:45 pm $26 $32.50 1
TC28317 10/27 Th 6:15-7:45 pm $26 $32.50 1
TC28318 11/3 Th 6:15-7:45 pm $26 $32.50 1
TC28319 11/10 Th 6:15-7:45 pm $26 $32.50 1
TC28321 11/17 Th 6:15-7:45 pm $26 $32.50 1
TC28322 12/1 Th 6:15-7:45 pm $26 $32.50 1
TC28323 12/8 Th 6:15-7:45 pm $26 $32.50 1
TC28324 12/15 Th 6:15-7:45 pm $26 $32.50 1
TC28325 12/22 Th 6:15-7:45 pm $26 $32.50 1

Adult Tennis Singles Slam 3.5 +
This Clinic is for NTRP Level 3.5+. Join Scott for some singles strategies, including offense and defense against different styles of play and effective stroke production.

TC28411 9/12 M 6-7:30 pm $26 $32.50 1
TC28412 9/19 M 6-7:30 pm $26 $32.50 1
TC28413 9/26 M 6-7:30 pm $26 $32.50 1
TC28414 10/3 M 6-7:30 pm $26 $32.50 1
TC28415 10/10 M 6-7:30 pm $26 $32.50 1
TC28416 10/17 M 6-7:30 pm $26 $32.50 1
TC28417 10/24 M 6-7:30 pm $26 $32.50 1
TC28418 10/31 M 6-7:30 pm $26 $32.50 1
TC28419 11/7 M 6-7:30 pm $26 $32.50 1
TC28421 11/14 M 6-7:30 pm $26 $32.50 1
TC28422 11/21 M 6-7:30 pm $26 $32.50 1
TC28423 11/28 M 6-7:30 pm $26 $32.50 1
TC28424 12/5 M 6-7:30 pm $26 $32.50 1

For current pickleball opportunities please visit our pickleball page at www.thprd.org/activities/sports/pickleball.
Babette Horenstein Tennis Center

TC28425 12/12 M 6-7:30 pm $26 $32.50 1
TC28426 12/19 M 6-7:30 pm $26 $32.50 1

Adult Tennis Doubles Skills and Strategies 3.5+
This class is for Adult NTRP Levels 3.5+. Join for fast-paced drilling and point play to work on your game and skill development.

TC28111 9/14 W 10-11:30 am $25 $31.25 1
TC28112 9/21 W 10-11:30 am $25 $31.25 1
TC28113 9/28 W 10-11:30 am $25 $31.25 1
TC28114 10/5 W 10-11:30 am $25 $31.25 1
TC28115 10/12 W 10-11:30 am $25 $31.25 1
TC28116 10/19 W 10-11:30 am $25 $31.25 1
TC28117 10/26 W 10-11:30 am $25 $31.25 1
TC28118 11/2 W 10-11:30 am $25 $31.25 1
TC28119 11/9 W 10-11:30 am $25 $31.25 1
TC28121 11/16 W 10-11:30 am $25 $31.25 1
TC28122 11/23 W 10-11:30 am $25 $31.25 1
TC28123 11/30 W 10-11:30 am $25 $31.25 1
TC28124 12/7 W 10-11:30 am $25 $31.25 1
TC28125 12/14 W 10-11:30 am $25 $31.25 1
TC28126 12/21 W 10-11:30 am $25 $31.25 1

Adult Stroking Tennis Analysis
This class is available for players NTRP level 1.5 and up. The main goal of this class is to work on the technical portion of your game. During the session you will cover ground strokes, volleys, serves and returns. The ball machine is utilized with this class. You will receive feedback on your shots and get a lot of hitting repetition on the ball machine.

TC29111 9/18-10/9 Su 9-10:30 am $94 $117.50 4
TC29121 10/16-11/6 Su 9-10:30 am $94 $117.50 4
TC29131 11/13-12/4 Su 9-10:30 am $94 $117.50 4
TC29141 12/11-12/18 Su 9-10:30 am $47 $58.75 2

Fees: ID/AP = User is in-district or has paid an out-of-district assessment, OD = Out-of-district (no assessment paid)
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Tualatin Hills Park & Recreation District

2022 Fact Sheet

THPRD by the Numbers

Population: 270,000
Square miles area served: 50
Mobile Recreation Vans: 5
Volunteer options: 1,000+
Community Garden Plots: 405
Community Murals: 4

Facilities

- 6 Recreation Centers (including one for ages 55+)
- THPRD
- 6 Swim Centers
- 104 Baseball/Softball Fields Scheduled/Maintained*
- 147 Multi-purpose Fields Scheduled/Maintained*
- Basketball/Multipurpose Courts
- 110 Tennis Courts Indoor/Outdoor

Parks & Trails

- 117 Parks
- 2 Nature Parks
- 5 Off-leash areas
- 3 Skate Parks
- 162 Natural Areas
- Miles of Trails: 51 paved, 17 unpaved
- Waterways: 27 Miles of Streams
- Lakes: 3

*Includes fields owned by Beaverton School District
Hoja informativa 2022

THPRD en cifras

270,000 Personas
50 Millas cuadradas área servida
5 Camionetas móviles de recreación

1,000+ Opciones de voluntariado
405 Huertos comunitarios
4 Murales comunitarios

Centros

6 Centros de recreación (incluyendo uno para mayores de 55 años)
6 Centros de natación
6 de interior
2 de exterior

104 Campos de béisbol/softball programados/mantenidos*
147 Campos multiusos programados/mantenidos*
10 Canchas de basketball/multiusos
50 cubiertas
110 Canchas de tenis cubiertas/exterior

Parques y senderos

117 Parques
2 Parques naturales
5 Áreas sin correa
3 Parques de skate
162 Espacios naturales
51 Millas de senderos pavimentados
17 sin pavimentar
27 Vías fluviales
3 Lagos

*Incluye campos propiedad del Distrito Escolar de Beaverton

Declaración de la misión:
La misión de THPRD es dar áreas naturales, parques y centros recreativos, servicios y programas de alta calidad que satisfagan las necesidades de las diversas comunidades a las que sirve.

Declaración de equidad e inclusión:
Reconocemos que todos los organismos gubernamentales de los EE. UU. tienen raíces derivadas del racismo y la opresión sistemáticos, incluyendo el THPRD. Buscamos hacernos responsables de nuestro papel en la perpetuación de estos sistemas y estamos comprometidos a tomar medidas para crear un cambio significativo. Aspiramos a unir a las personas, a ser un distrito de parques y recreación acogedor e inclusivo, y a vivir nuestros valores de promover la equidad social y racial.

Contáctenos por teléfono:
503-645-6433

Sitio web:
www.thprd.org

Junta directiva:
Felicita Monteblanco, Alfredo Moreno, Barbie Minor (Secretaria pro tempore), Heidi Edwards (Secretaria) y Tya Ping (Presidente)
# Fall 2022 Events Schedule

## SEPTEMBER

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<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
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<tbody>
<tr>
<td>9-18</td>
<td>Welcoming Week &amp; Concert</td>
<td>District wide and center hosted events</td>
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<tr>
<td>18</td>
<td>Cedar Mill Cider Festival</td>
<td>John Quincy Adams Young House</td>
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## OCTOBER

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>9</td>
<td>Dog event</td>
<td>Pop-up at potential new site</td>
</tr>
<tr>
<td>15</td>
<td>Silly Trail Walk</td>
<td>Conestoga Recreation &amp; Aquatic Center</td>
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<tr>
<td>22</td>
<td>Halloween Spooky Trail Walk</td>
<td>Fir Grove Park</td>
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## NOVEMBER

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
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<tbody>
<tr>
<td>11</td>
<td>Veterans Day Commemoration</td>
<td>Veterans Memorial Park</td>
</tr>
<tr>
<td>TBD</td>
<td>Dia De Los Muertos</td>
<td>TBD</td>
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</tbody>
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## DECEMBER

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>1-19</td>
<td>Letters to Santa</td>
<td>District wide</td>
</tr>
</tbody>
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Welcomes you!