

Winter

Adaptive & Inclusion Recreation Services • Activities Guide

2022



Youth & Adult Programs & Activities • Financial Aid Available

Registration

Winter registration starts Saturday, December 4 at 8 am.

(Monday, December 6 for out-of-district residents)

Registration is easy at THPRD.

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



Online: www.thprd.org

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



By phone: 503-439-9400

In-district:

Saturday, December 4, 8 am-6 pm

Sunday, December 5, noon-4 pm

Monday, December 6, 8 am-noon

Out-of-district:

Monday, December 6 from 8 am-noon.

After Monday, December 6: call any open THPRD center.



Walk-in*

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

Visit any of the following centers on, or after, Saturday, December 4 to register:

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

*Closed on Saturdays and Sundays

THPRD General Information

Registration Payment

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

Live out of district?

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

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

For more information visit:

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

Inclement Weather

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

Delays, Closures and Changes

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

Financial Aid Program

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

Adaptive and Inclusive Recreation

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



Inscripción

La inscripción de otoño comienza el sábado 4 de diciembre a las 8 a. m.

(Lunes 30 de agosto para residentes fuera del distrito)

La inscripción es fácil en THPRD

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



En línea: www.thprd.org

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



Por teléfono: 503-439-9400

En el distrito: Sábado 4 de diciembre de 8 a. m. a 6 p. m.; domingo 5 de diciembre de 12 p. m. a 4 p. m.; lunes 6 de diciembre de 8 a. m a 12 p. m.

Fuera del distrito: Lunes 6 de diciembre de 8 a. m. a 12 p. m.

Después del lunes 6 de diciembre: llame a cualquier centro de THPRD abierto.



Sin cita previa*

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

Visite cualquiera de los siguientes centros a partir del sábado 4 de diciembre para inscribirse:

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

*Cerrado los sábados y domingos

Información general de THPRD

Pago de inscripción

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

¿Vive fuera del distrito?

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

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

Para obtener más información, visite:

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

Inclemencias del tiempo

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

Retrasos, cierres y cambios

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

Programa de Asistencia Financiera

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

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

Recreación adaptativa e inclusiva

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

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



Adaptive & Inclusion Recreation Services

Services and Recreation Programs for People with Disabilities

Facility Supervisor: Brian Yourstone

Fall Term: January 1 - March 20, 2022

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

Inclusion Services

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

THPRD Scholarships

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

Adaptive & Inclusive Volunteers

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

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

TriMet Lift

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

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

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



Adult TR Programs

Bingo/Board Games

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

1/10	M	6:30-8:30 pm	16-adult	AC32805
Elsie Stuhr Center		ID/AP: \$5.25	OD: \$5.25	
2/21	M	6:30-8:30 pm	16-adult	AC32811
Elsie Stuhr Center		ID/AP: \$5.25	OD: \$5.25	

Weight Room Exercises

Let's get fit! Come gain some muscle with us as we explore all the equipment that the weight room has 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.**

1/17	M	6:30-8:30 pm	16-adult	AC32806
Elsie Stuhr Center		ID/AP: \$5.25	OD: \$5.25	
3/7	M	6:30-8:30 pm	16-adult	AC32813
Elsie Stuhr Center		ID/AP: \$5.25	OD: \$5.25	

Indoor Yard Games

Bad weather can't stop us from playing all of our favorite outdoor games! Come compete with friends in games of cornhole, ladder ball, and more! **You must preregister for this event.**

1/24	M	6:30-8:30 pm	16-adult	AC32807
Elsie Stuhr Center		ID/AP: \$5.25	OD: \$5.25	

Trivia Night

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

1/31	M	6:30-8:30 pm	16-adult	AC32808
Elsie Stuhr Center		ID/AP: \$5.25	OD: \$5.25	

Adaptive & Inclusion Recreation Services

Bowling

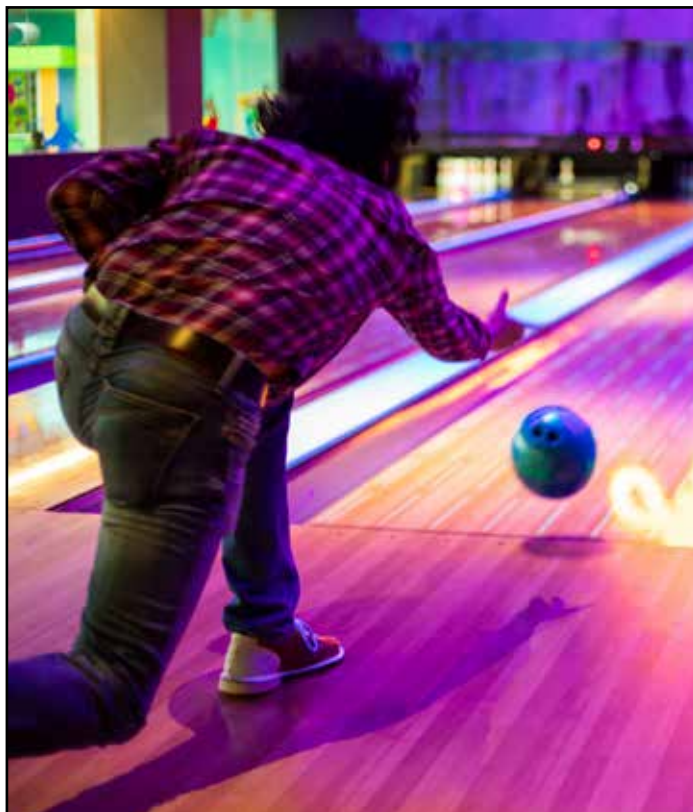
Show us how you knock over the competition at one of our local bowling alleys! Transportation will be provided by THPRD to and from the bowling alley. Meet at the Elsie Stuhr Center and we will shuttle everyone to and from the bowling alley in THPRD vehicles. We will be leaving the Stuhr Center at 6:30pm sharp, so please be there before then. **You must preregister for this event.** Program fee includes bowling price. If interested in buying food, please bring extra money.

2/7 M 6:30-8:30 pm 16-adult AC32809
Elsie Stuhr Center ID/AP: \$15 OD: \$15
3/21 M 6:30-8:30 pm 16-adult AC32815
Elsie Stuhr Center ID/AP: \$15 OD: \$15

Valentines Art Exploration

This is your opportunity to express yourself through various types of artforms! We will have multiple projects for you to choose from and make a masterpiece! **You must preregister for this event.**

2/14 M 6:30-8:30 pm 16-adult AC32810
Elsie Stuhr Center ID/AP: \$5.25 OD: \$5.25



Movie Night

Bring your coziest blanket if you would like, and beverages and popcorn will be provided. **You must preregister for this event.**

2/28 M 6:30-8:30 pm 16-adult AC32812
Elsie Stuhr Center ID/AP: \$5.25 OD: \$5.25

Shamrock Shakedown

Wear your GREEN! Join your friends to celebrate St. Patrick's Day with dancing, snacks, and games. **You must preregister for this event.**

3/14 M 6:30-8:30 pm 16-adult AC32814
Elsie Stuhr Center ID/AP: \$5.25 OD: \$5.25

THPRD Sensory Bags

Introducing THPRD sensory bags! Any participant has the opportunity to check out an item included in the bag to assist with their success in thprd programs. These items have a variety of uses and can help with things like sensory overload, stimming, lack of focus, and redirection. Sensory and fidget items are now available for check-out at the following centers: Cedar hills rec center, Garden Home rec center, Conestoga rec and aquatic center, the Nature Center, and the Athletic Center.



Adaptive & Inclusion Recreation Services

Adult TR Programs

Thursday Night All-stars

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

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

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

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

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

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

For more information, email inclusion@thprd.org or call 503-629-6330.

Youth Programs

Adaptive Sportz Center

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

01/14-02/11 (5) F 6:30-7:15 pm 5-7 yrs AC32802

Ct 1 -Indoor ID/AP: \$42 OD: \$52.50

02/18-03/18 (5) F 6:30-7:15 pm 5-7 yrs AC32803

Ct 1 -Indoor ID/AP: \$42 OD: \$52.50

01/14-02/11 (5) F 7:20-8:05 pm 8-11 yrs AC32804

Ct 1 -Indoor ID/AP: \$42 OD: \$52.50

02/18-03/18 (5) F 7:20-8:05 pm 8-11 yrs AC32805

Ct 1 -Indoor ID/AP: \$42 OD: \$52.50

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)

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

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, email inclusion@thprd.org or call 503-629-6330.



T H P R D Welcomes you!



TUALATIN HILLS
PARK & RECREATION DISTRICT