



#### **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



Miles Palacios Secretary Director



**Tya Ping** President Director

#### **Management Team**

Doug Menke, General Manager Aisha Panas, Park Services Director Jessica Collins, Executive Assistant Christine Hoffman, Human Resources Director Jared Isaksen, Finance Services Director/ CFO Julie Rocha, Sports & Inclusion Director Sabrina Taylor Schmitt, Recreation & Aquatic Director Holly Thompson, Communications Director



# **THPRD** is Hiring!







Join Team THPRD and find a rewarding, flexible, and fun career in parks and rec waiting for you!



Flexible Schedule & Hours



**Great Experience for People New or Returning to the Workforce** 



**Employee Discounts and Access to Use Facilities** 



Part-time/Seasonal/Full-time Jobs Available



**Competitive Wages and Benefits** 

# Learn more and apply now at thprd.org/jobs

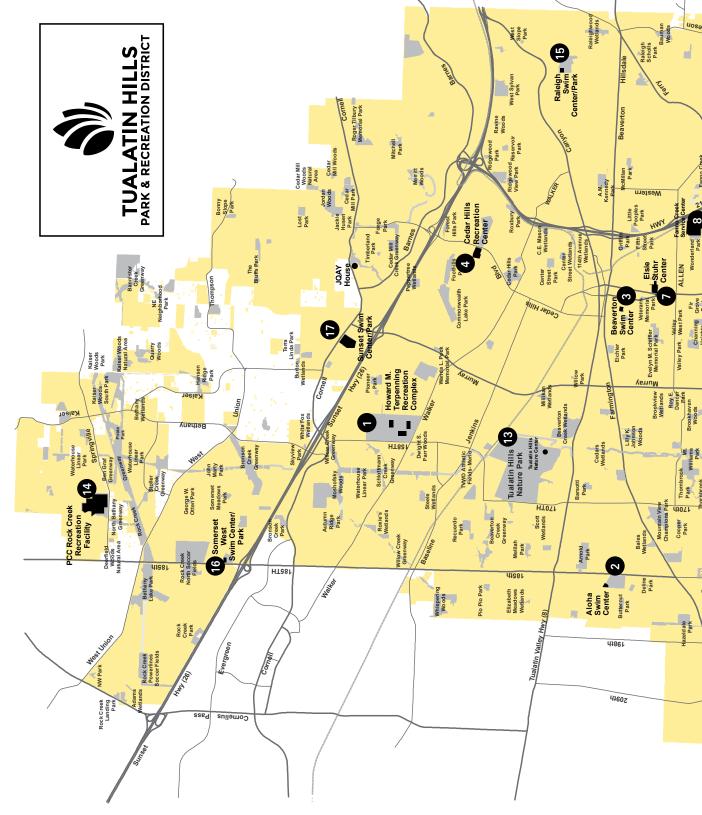
The mission of the Tualatin Hills Park & Recreation District is to provide high-quality park and recreation facilities, programs, services and natural areas that meet the needs of the diverse communities it serves.

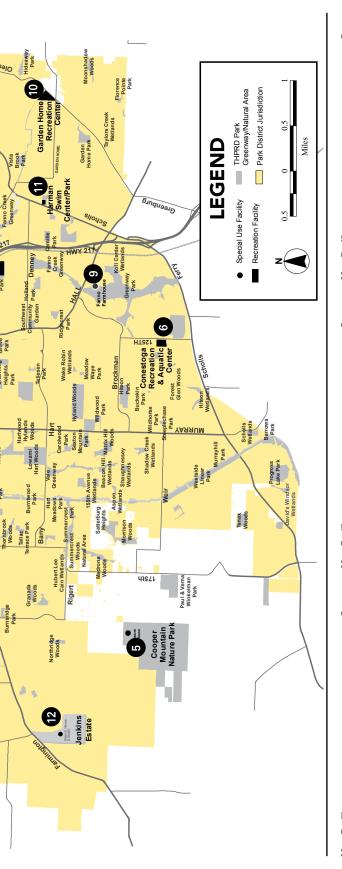
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We strive to produce the most accurate, up-to-date activities guide possible. Some program information may have changed since this guide went to print. NOTE: THPRD may use, for promotional purposes, photos taken at events and during programs.

Parks, Recreation Facilities, Maintained School Grounds & Natural Areas





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15707 SW Walker Road Beaverton, 97006 TriMet #59, 67

Howard M. Terpenning (HMT) Recreation Complex

Administration Office 503-645-6433

Babette Horenstein Tennis Center.......114 503-629-6331 Tualatin Hills Athletic Center ......54 503-629-6330

 Fualatin Hills Aquatic Center
 Aquatic Center

 503-629-6310
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9985 SW 125th Avenue Beaverton, 97008 503-629-6313 TriMet #62, 92 Fanno Creek Service Center 6220 SW 112th Avenue, Suite 100 Beaverton, 97008 503-629-6305

Fanno Farmhouse 8405 SW Creekside Place Beaverton, 97005 503-629-6313 TriMet #76, 78

... 95

Harman Swim Center
 7300 SW Scholls Ferry Road
 Beaverton, 97008
 503-629-6314 TriMet #56

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.... 43

Jenkins Estate/Camp Rivendale 8005 SW Grabhorn Road Aloha, 97007 503-645-6433

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Tablatin Hills Nature Park & Nature Center......... 103 15655 SW Millikan Way Beaverton, 97003 503-629-6350 TriMet MAX Blue Line

PCC Rock Creek Recreation Facility 17705 NW Springville Road Portland, 97229 503-645-6433 TriMet #52, 67 .....46

# Registration – Fall 2023



## Save the Date!

## **REGISTRATION BEGINS SATURDAY, AUGUST 12**

\*Out-of-District Registration begins Monday, August 14.

# **Registration Dates & Times**



Saturday, August 12, 2023 at 8:00 am

You can register 24 hours a day, seven days a week at www.thprd.org/portal You must use a credit card or THPRD gift card to pay.

## Walk-in



Saturday, August 12, 2023 at 8:00 am

Visit any open THPRD recreation or aquatic center (see page 3) to register for classes.

## By phone



503-439-9400\*

Saturday, August 12, 2023 at 8:00 am - 12:00 pm \*Monday, August 14, 2023 at 8:00 am -12:00 pm

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

Fall Registration is for classes and activities that take place from September 3 - December 30, 2023.

\* 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.

# Aquatics Events & Activities

OCT 14 **Pumpkin Bob** 

3:00-4:30 pm Harman Swim Center

OCT 27

**Pumpkin Patch Pool Party** 

4:30-7:30 pm Aloha Swim Center

NOV

**Dive In Movies** 

6:00-8:30 pm Conestoga Recreation & Aquatic Center

NOV 13-18 Patron Appreciation Week

TBD

Beaverton Swim Center

NOV 17 **Dive In Movies** 

6:00-8:30 pm

Conestoga Recreation & Aquatic Center

DEC

**Mermaid Swim** 

5:00-6:30 pm

Beaverton Swim Center

DEC

**Dive In Movies** 

6:00-8:30 pm

Conestoga Recreation & Aquatic Center

DEC 15 **Dive In Movies** 

6:00-8:30 pm

Conestoga Recreation & Aquatic Center

# **Reoccurring Inflatables Schedule**

FRI

Wipeout Fridays

Fridays Aloha Swim Center

SAT

**WIBBIT Saturdays** 9/30, 10/28, 11/25, 12/30 Beaverton Swim Center

SUN

Wipeout Sundays 9/10, 10/8, 11/12, 12/10 Harman Swim Center



For more information, please visit <u>www.thprd.org/activities/events</u>

# **Drop-in Programs & Daily Admissions**

**Membership Passes** 

Amenities Included	General Pass	Deluxe Fitness Pass
Group Fitness Classes (includes Zumba®, Yoga, Cycling, Aerobics, Water Fitness and more!)*	No	$\bigcirc$
Open Gym	$\bigcirc$	$\bigcirc$
Drop-in Sports	$\bigcirc$	$\bigcirc$
Weight Room	$\bigcirc$	$\bigcirc$
Walking Track	$\bigcirc$	$\bigcirc$
Open Swim	$\bigcirc$	$\bigcirc$
Lap Swim	$\bigcirc$	$\bigcirc$
55+ Swim	$\bigcirc$	$\bigcirc$
Indoor Play Park**	$\bigcirc$	$\bigcirc$

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

## Prices General Deluxe Fitness

	Daily	1 month	Annual	Daily	1 month	Annual
Adult (18-64 yrs)	\$6	\$39	\$344	\$9.50	\$66	\$643
Youth (1-17 yrs)* / Senior (65+)*/ Military (individual)*	\$5.50	\$35	\$310	\$8.50	\$59	\$579
Two-person household	N/A	\$59	\$516	N/A	\$99	\$965
Household (3+)	\$15.50	\$78	\$688	N/A	\$132	\$1,286
Out-of-district individual	\$7.50	\$49	\$430	\$12	\$83	\$804
Out-of-district two-person household	N/A	\$74	\$645	N/A	\$124	\$1,206
Out-of-district household (3+)	\$19.50	\$98	\$860	N/A	\$165	\$1,608
In-District Healthcare Partner Program (65+)	N/A	\$0	N/A	N/A	\$40	N/A
Out-of-District Healthcare Partner Program (65+)	N/A	\$0**	N/A	N/A	\$50**	N/A

<sup>\*</sup>Discounts apply to in-district patrons only. Youth, senior and military rates reflect a 10% discount.

## Contact your local THPRD facility or go to thprd.org to learn more!

<sup>\*\*</sup> Indoor Play Park is included for youth pass holders or youth members of a household pass.

<sup>\*\*</sup>A THPRD assessment fee is required for Out of District Silver & Fit patrons.

# Fitness Opportunities

# **FREE Fitness Events**

Join our district wide programs offering a variety of free fitness opportunities throughout the Beaverton area. Achieve your fitness goals while connecting to nature, parks and trails. All ages and abilities are welcome!

#### **Zumba from Around the World**

September 13 • 6-7:30 pm Cedar Hills Recreation Center, outside.

#### Fitness in the Parks • Free classes

September 11- December 16, 2023. thprd.org/fitness-in-the-park

#### Twilight Walk with Me

October 12 • 6 pm

Bring your family and friends to enjoy a free staff lead twilight stroll in Commonwealth Park.

#### **Active Aging Week**

September 5-9, 2023

Active Aging Week is an annual campaign launched by the International Council of Active Aging to promote the benefits of healthy aging and lifestyles. THPRD will be offering a class pass for all patrons 55+ to attend a class free of charge during the week. In addition, Elsie Stuhr Center will be hosting a series of events. Please contact your favorite center or see the website for more information. Class passes will be available at all centers the week of August 28.

#### **Fall Prevention Event**

September 20 • 11 am
Elsie Stuhr Center
Please join us in exploring topics in fall prevention!

## Have one of these programs?



Call or visit your local THPRD facility to see if you're eligble for a free or discounted membership. Currently only available to 65+ patrons.

# **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.



Want to soak up the sunshine? Take your personal training session outside to any of our nature trails or parks. Time outdoors is time well spent! For a full list of our current personal trainers and session pricing, please visit:

thprd.org/activities/personal-training

### **Don't Forget!**

Check out each facility's section for tons of NEW fitness classes, clinics and workshops this Fall!

Look for this icon

# **Financial Aid**

# **Financial Aid Program**





#### To Qualify:

Family Size Max Monthly Income

\$1,580

2 \$2,13 3 \$2,69 4 \$3,25 5 \$3,80 6 \$4,36 7 \$4,92 8 \$5,47

For each additional family member add \$557

## 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:

971-384-9138 financialaid@thprd.org





#### **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

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

# **Adaptive & Inclusion Recreation**





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 individuals experiencing 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 summer camp for individuals experiencing disabilities ages 6-21. This summer camp contributes to the physical, mental, and social growth of campers while promoting dignity, respect, and independence.
- Adaptive Recreation programs in the district such as Adaptive Swim Classes and Adaptive Sportz Center offer individuals experiencing 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





# ¡THPRD está contratando!



¡Únase al equipo de THPRD, donde encontrará una carrera gratificante, flexible y divertida en el sector de parques y recreación!



Programa y horarios flexibles



Una gran experiencia para las personas que se incorporan o se reincorporan al mundo laboral



Descuentos para empleados y acceso al uso de las instalaciones



Trabajos disponibles a tiempo parcial/ temporada/tiempo completo



Sueldos y beneficios competitivos

# Obtenga más información y envíe una solicitud ahora en thprd.org/jobs

La misión de Tualatin Hills Park & Recreation District es el de proveer servicios en parques, recreación, programación y áreas de naturaleza de alta calidad, y que cumplan con las expectativas de la comunidad diversa a la cual servimos.



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Babette Horenstein Tennis Center
Babette Horenstein Tennis Center
Babette Horenstein Tennis Center

Nos esforzamos por producir la guía de actividades más precisa y actualizada posible. Es probable que la información de algunos programas haya cambiado desde que se imprimió esta guía. NOTA: THPRD puede usar, para fines promocionales, las fotos que se toman en eventos y durante los programas.

# Inscripciones - Otoño 2023



# ¡Anote la Fecha!

## LAS INSCRIPCIONES INICIAN EL SÁBADO 12 DE AGOSTO

\*Para personas quienes vivan fuera del distrtito inician el lunes 14 de agosto

# Fechas y Horarios de Inscripción





## Sábado 12 de agosto, 2023 a partir de las 8 am

Puede inscribirse las 24 horas del día en los siete días de la semana en www.thprd.org/portal Debe utilizar una tarjeta de crédito o un certificado de regalo de THPRD

### **En Persona**



## Sábado 12 de agosto, 2023 a partir de las 8 am

Visite cualquier centro de THPRD que se encuentre abierto.

### Por Teléfono



503-439-9400\*

Sábado 12 de agosto, 2023 de 8 am - 12 pm \*Lunes 14 de agosto 2023 de 8 am - 12 pm

\*Tome en cuenta que las inscripciones vía telefónica tienen tiempo de espera. Recomendamos inscribirse en línea o en persona. Vea si es elegible para ir a Centro de Bienvenida.

Las inscripciones de otoño son para clases y actividades que se llevan a cabo entre el 3 de septiembre y el 30 de diciembre, 2023.

\*Para proteger su información personal, THPRD no acepta pagos con tarjeta de crédito vía telefónica. Las personas quienes se inscriban por teléfono tendrán 48 horas para realizar su pago en cualquier centro de THPRD que se encuentre abierto o en línea en www.thprd.org. Si tiene preguntas llámenos al 503-645-6433.

# Abrir una Cuenta en THPRD

#### Para abrir una cuenta de THPRD

Para poder disfrutar de los cientos de actividades, programas, clases, campamentos, y actividades drop-in que tenemos disponibles, primero deberá tener una cuenta vigente con THPRD. Hacer esto es gratis y fácil de hacer.

#### En Línea: www.thprd.org

Paso 1: Visite thord.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: La próxima vez que visite un centro de THPRD lleve un comprobante de domicilio a la recepción.



#### **En Persona**

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: Lleve un comprobante de domicilio.

¡Preguntenos si es elegible para Centro de Bienvenida!



#### 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 ¡Hablamos Español!

#### Comprobante de Domicilio

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), puede entregar otro tipo de comprobante de domicilio, como una factura de servicios públicos, un estado de cuenta bancario o un contrato de alquiler.

Si no tiene ningún comprobante de domicilio, puede optar por pagar la tarifa fuera del distrito o pedir un reembolso prorrateado para su clase. THPRD se reserva el derecho de solicitar un comprobante de domicilio 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: 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 vive dentro del distrito?

También podrá participar. Solo siga las instrucciones de arriba. No es necesario su comprobante de domicilio. 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 thord.org/activities/am-i-in-district

## **Información general** de THPRD

### ¿Estoy dentro del 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.



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.

#### 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 período. De lo contrario, animamos a los padres/tutores a permanecer fuera del salón de clases/gimnasio para lograr el mejor entorno educativo para los piqueños. Los programas fuera del lugar exigen que uno de los padres/tutor esté presente en todo momento si el piqueño 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 patrocina 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

Todas las personas mayores de 6 años usen el vestadores que más se alinee con su género afirmado. Consulte al recepcionista si tiene alguna pregunta.

#### **Duchas**

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

## 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 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 THRPD.

Después de la segunda cancelación en una temporada, se cobrará un cargo por cancelación de \$10 si se cancela cinco días antes, y de \$20 si se cancela dentro de los cinco días.

#### **Campamentos**

Las solicitudes para cancelar o cambiar la inscripción en un campamento deben hacerse al menos 14 días antes del inicio del campamento para recibir un reembolso completo, menos el depósito. Una solicitud aprobada se reembolsará en una tarjeta de regalo de THPRD.

Se cobrará un depósito de \$30 por semana por los campamentos. Los depósitos de los campamentos no son reembolsables ni transferibles.

#### Canchas de tenis

Las solicitudes para cancelar o cambiar una reserva de una cancha de tenis deben hacerse dos días antes de la reserva para recibir un reembolso completo.

#### Descuentos

Hay descuentos disponibles solo para usuarios **del distrito**.

Un usuario que representa a varias clases protegidas, por ejemplo, un veterano militar de 65 años, no es elegible para múltiples descuentos.

## Descuentos para adultos mayores y jóvenes

Hay un 10 % de descuento disponible en todos los centros de THPRD para los usuarios del distrito que sean mayores de 65 años, excepto en Stuhr Center, donde el descuento ya está incluido en el precio. Los descuentos para jóvenes se aplican a las entradas y pases diarios para niños entre 1 y 17 años (no hay descuentos en las clases). La tarifa de descuento para jóvenes es la misma que la tarifa de descuento para jóvenes es la misma que la tarifa de descuento para adultos mayores.

## 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 los 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 aenlas actividades no subvencionadas del distrito. Estas incluyen, entre otros, lecciones privadas, alquiler de centros, viajes, cuidado infantil, concesiones, mercadería y eventos especiales.

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

## **Pases**

Servicios incluidos	Pase General	Pase Deluxe
Clases de fitness en grupo (incluye Zumba®, yoga, ciclismo, ejercicios aeróbicos fitness acuático y mucho más)*	No	$\bigcirc$
Gimnasio abierto	$\bigcirc$	$\bigcirc$
Actividad sin inscripción DROP-IN	$\bigcirc$	$\bigcirc$
Salón de pesas	$\bigcirc$	$\bigcirc$
Pista para caminar	$\bigcirc$	$\bigcirc$
Nado libre	$\bigcirc$	$\bigcirc$
Nado por carril	$\bigcirc$	$\bigcirc$
Nado para mayores de 55 años	$\bigcirc$	$\bigcirc$
Parque de juegos de interior**	$\bigcirc$	$\bigcirc$

<sup>\*</sup>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 (mayores de 55). No se incluye Rabette Horenstein Tennis Center.

## Precios General Deluxe

	Diario	1 mes	Anual	Diario	1 mes	Anual
Adulto (18 a 64 años)	\$6	\$39	\$344	\$9.50	\$66	\$643
Jóvenes (1 a 17 años)*/Adultos mayores (más de 65 años)*/Fuerzas armadas (individual)*	\$5.50	\$35	\$310	\$8.50	\$59	\$579
Grupo familiar de dos personas	N/A	\$59	\$516	N/A	\$99	\$965
Grupo familiar (más de 3 personas)	\$15.50	\$78	\$688	N/A	\$132	\$1,286
Persona que no vive en el distrito	\$7.50	\$49	\$430	\$12	\$83	\$804
Grupo familiar de dos personas que no viven en el distrito	N/A	\$74	\$645	N/A	\$124	\$1,206
Grupo familiar que no vive en el distrito (más de 3 personas)	\$19.50	\$98	\$860	N/A	\$165	\$1,608
Programa del Proveedor de Salud (65+) para quienes viven dentro del distrito	N/A	\$0	N/A	N/A	\$40	N/A
Programa del Proveedor de Salud (65+) para quienes viven fuera del distrito	N/A	\$0**	N/A	N/A	\$50**	N/A

<sup>\*</sup>Los descuentos se aplican solo a los usuarios del distrito. Las tarifas para jóvenes, adultos mayores y miembros de las fuerzas armadas reflejan un descuento del 10 %.

# Para más información visite thpr.org, vaya a un centro de THPRD o llámenos al 503-645-6433 ¡Hablamos español!

<sup>\*\*</sup>La admisión para el parque de juegos interior (Indoor Play Park) está incluida para menores que tengan un Youth Pass o para los menores que sean parte de un pase familiar (Household Pass)

<sup>\*\*</sup>Para personas quienes vivan fuera del distrito se requiere una tarifa adicional para ser parte del Programa de Silver & Fit

# Eventos y actividades en el agua

OCT 14 **Bob Calabaza** 

3:00-4:30 pm Harman Swim Center NOV 17 Película estilo Dive-In

6:00-8:30 pm Conestoga Recreation & Aquatic Center

OCT 27 Fiesta en la Alberca Pumpkin Patch

4:30-7:30 pm Aloha Swim Center DIC 1 Natación de Sirenas

5:00-6:30 pm Beaverton Swim Center

NOV 3 Película estilo Dive-In

6:00-8:30 pm Conestoga Recreation & Aquatic Center DIC 1 Película estilo Dive-In

6:00-8:30 pm

Conestoga Recreation & Aquatic Center

NOV 13-18 Semana de Apreciación de Usuarios

TBD

**Beaverton Swim Center** 

DIC 15 Película estilo Dive-In

6:00-8:30 pm

Conestoga Recreation & Aquatic Center

# Horarios recurrentes de juegos inflables

VIE

Viernes de Wipeout

Viernes Aloha Swim Center

SÁB

Sabados de WIBBIT

9/30, 10/28, 11/25, 12/30 Beaverton Swim Center

DOM

**Domingos de Wipeout** 

9/10, 10/8, 11/12, 12/10 Harman Swim Center



Para más información visite www.thprd.org/activities/events

# Oportunidades de fitness

## **Eventos de Fitness GRATIS**

¡Acompañenos este verano en nuestra programación de fitness gratuita y variada! Disponible en diferentes áreas de Beaverton. Logre sus objetivos de fitness mientras conecta con la naturaleza, los parques y otras familias. Todas las edades y habilidades son bienvenidas.

#### Zumba alrededor del mundo

13 de septiembre • 6-7:30 pm

Cedar Hills Recreation Center, afuera.

### Fitness in the Parks • Clases Gratis

11 septiembre - 16 diciembre, 2023.

thprd.org/fitness-in-the-park

# Walk with Me - Caminata al atardecer 12 de octubre • 6 pm

Traiga a toda su familia a esta caminata guiada por nuestros miembros de staff en Comonwealth Park. Gratis.

### **Active Aging Week**

5-9 de septiembre, 2023

Active Aging Week es una semana que se celebra una vez al año con el objetivo de promover la actividad física en la comunidad de 55 años en adelante, con el fin de compartir los beneficios que tiene el cuidado de la salud y del tener un estilo de vida saludable. Adicionalmente, Elsie Stuhr Center tendrá varios eventos disponibles en celeración. Para más información vaya al sitio web o llámenos al 503-645-6433 ¡Hablamos español!

## Evento de prevención de otoño

20 de septiembre • 11 am

Elsie Stuhr Center

¡Acompañenos para hablar de diferentes temas sobre prevención!

#### ¿Usted es parte de alguno de estos programas?







Lláme o visite un centro de THPRD para ver si es elegible para una membresía gratis o recibir un descuento. Disponible para personas de 65 años+

#### **ENTRENAMIENTO PESONALIZADO**

THPRD ofrece 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 quienes le pueden apoyar en crear un plan que le ayude a alcanzar sus objetivos.

¿Le gustaría aprovechar el buen clima y sol? Lleve sus sesiones de entrenamiento personalizado a cualquiera de los parques o áreas naturales de THPRD y disfrute de la temporada cálida.

thprd.org/activities/personal-training

### ¡No Olvide!

Revise la sección de cada centro para ver todas las NUEVAS clases y actividades que tenemos para el otoño

Busque este ícono



# Descripciones de clases de ejericios

	Descripciones de clases de ejericios
Aerobic Total Body Workout	Esta clase está diseñada para deportistas experimentados o recién llegados en forma. Incluye calentamiento y acondicionamiento aeróbico de bajo impacto con intervalos de trabajo de fuerza y resistencia. Es un excelente ejercicio para todo el cuerpo para comenzar el día. (55+)
Ageless Conditioning	Una combinación de ejercicios aeróbicos, de fortalecimiento y de flexibilidad específicamente para mejorar la fuerza, el equilibrio, el rango de movimiento de las articulaciones, la movilidad y prolongar la vida independiente. (55+)
Balance Basics	Un clase para principiantes para trabajar el equilibrio y la estabilidad fortaleciendo los músculos de la cadera/ piernas y los músculos abdominales; aprender técnicas positivas y ejercicios de equilibrio para mejorar la confianza. Incluye movimientos sentados y de pie realizados con una silla como apoyo. (55+)
Barre	Barre es un ejercicio enérgico que fusiona danza, Pilates y pesas que tonificarán, definirán y cincelarán todo el cuerpo. No se necesita experiencia en baile.
Cardio Core (Water Fitness)	Esta es una clase de acondicionamiento físico divertida y de intensidad moderada adecuada para la mayoría de las personas. La clase se lleva a cabo en la parte menos profunda de la alberca. Los participantes se desafían a sí mismos con la resistencia del agua en el ejercicio de bajo impacto mientras se ejercitan con música animada y alegre. Los participantes trabajan en acondicionamiento aeróbico, fuerza, equilibrio y flexibilidad. Se dedicarán al menos 35 minutos de la clase a cardio puro en una clase de Nivel 2. Se puede utilizar equipo flotante y resistente.
Cardio Fusion	Este programa fusiona los movimientos cardiovasculares y la escultura corporal para que su cuerpo se sienta más fuerte. Es un entrenamiento de fortalecimiento total que se combina con cardio para ayudar a fortalecer los pulmones junto con los grupos musculares. Lo que es más importante, Cardio Fusion ayuda a aumentar la flexibilidad, quemar calorías y definir los músculos centrales.
Chair Fitness	Muévase a través de una variedad de ejercicios diseñados para mejorar la fuerza, el equilibrio y el rango de movimiento. Una silla está disponible para apoyo sentado o de pie.
Cycle Sculpt	¡Acompañanos para sprints, escaladas y buena música! Se recomiende botella de agua y toalla. ¡Todos los niveles de condición física son bienvenidos!
Dig Deep (Water Fitness)	Los participantes pueden usar cinturones de flotación para un entrenamiento de intensidad moderada y cero impacto en la parte profunda de la piscina. Es una forma emocionante y única de hacer ejercicio adecuada para la mayoría de las personas. ¡Las posibilidades de movimiento son ilimitadas! Trabaja en fitness aeróbico, fuerza, equilibrio y flexibilidad.
Essentrics	Fortalecer y estirar todos los músculos del cuerpo de forma excéntrica, reequilibrando la estructura muscular en continuos movimientos de rotación.
HIGH Fitness™	¡Vuelve el Aerobics! Entrenamiento de intervalos coreografiado con picos de cardio intensos y pistas de tonificación con música que conoces y amas! ¡La clase es fácil de seguir y una explosión total! Todos los niveles de condición física son bienvenidos.
Kettlebell Circuit	¡Esta clase de alta intensidad es una forma eficiente y desafiante de acondicionamiento que desarrolla la fuerza, la resistencia y la coordinación utilizando una variedad de ejercicios y equipos como pesas rusas, mancuernas y más!
Low Impact Aerobics	Esta clase es fácil para las articulaciones, quema calorías y desafía a todo el cuerpo. Todos los niveles son bienvenidos.

# Descripciones de clases de ejericios

	Descripciones de clases de ejericios
MELT	Autotratamiento que reduce el dolor crónico y cura las lesiones. Reduzca la inflamación, mejore la alineación y aprenda cómo hacer que todo su cuerpo funcione mejor.
Pilates	Una forma suave de ejercicio de bajo impacto. Es perfecto para todos los niveles de deportistas que buscan aumentar notablemente su fuerza/resistencia muscular, equilibrio, rango de movimiento, coordinación y conciencia general del cuerpo.
Strength & Endurance	Un ejercicio estilo intervalo que incluye entrenamiento cardiovascular y da fuerza para un entrenamiento completo y divertido. Todos los niveles son bienvenidos.
Tai Chi I	Para el estudiante principiante. Aprende Tai Chi para un Mejor Equilibrio y Forma Yang 8/10.
Tai Chi II	Para el estudiante intermedio. Aprende Forma Yang 16 y Yang 24. Esta clase no es apropiado para principiantes.
Tai Chi III	Para el estudiante avanzado. En esta clase aprenderás la Forma 108 Yang. Esta clase no es apropiado para principiantes.
Total Body Strength	Una clase que fortalece todo tu cuerpo. Este entrenamiento desafía a todos los principales grupos musculares mediante ejercicios de sala de pesas como sentadillas, prensas, levantamientos y curls.
TRX Circuit	Esta clase es un entrenamiento de cuerpo completo. El entrenamiento en circuito le permite moverse a través de una variedad de estaciones de fuerza y cardio utilizando pesas, bandas y el TRX. ¡Ven listo para sudar! Esta clase no es apropiada para principiantes. (55+)
Women's Strength Training	Esta clase está dedicada a mujeres mayores de 55 años que buscan un entorno empoderador para aprender a moverse de forma independiente con confianza. Los ejercicios incluyen entrenamiento aeróbico y de fuerza mediante el uso de equipos que pueden modificarse para todos los niveles. (55+)
Yoga, All Levels	Aumenta tu fuerza, flexibilidad y equilibrio con movimientos simples combinados con una respiración consciente.
Yoga, Chair	Aumente la flexibilidad, el equilibrio, la fuerza y la calma con movimientos de yoga realizados desde una silla. El yoga revitaliza los sistemas respiratorio, nervioso, endocrino, digestivo y otros sistemas importantes del cuerpo. (55+)
Yoga, Flow	Este estilo dinámico une la respiración y el movimiento ayudando a desarrollar fuerza, resistencia y flexibilidad.
Yoga, Gentle	Aprende a estirar con movimientos suaves y respiración consciente; aumentar la fuerza y la flexibilidad y traer calma a la mente. Para estudiantes con poca o ninguna experiencia en yoga.
Zumba®	ZUMBA® es una fusión de temas de música/baile latinos e internacionales que crean un ambiente dinámico, emocionante y basado en el principio de que un entrenamiento debe ser DIVERTIDO Y FÁCIL DE HACER. Aprende a estirar con movimientos suaves y respiración consciente; aumentar la fuerza y la flexibilidad y traer calma a la mente.
Zumba® Gold	Olvídese del entrenamiento y únase a la fiesta con este programa de bajo impacto diseñado para principiantes. ¡Esta es una versión suave de Zumba, pase despacio para disminuir el impacto y aumentar la capacidad de aprender los movimientos!
20/20/20	¡Consigue tres tipos de ejercicio por el triple de diversión! Aeróbics para empezar, seguido de entrenamiento de fuerza y terminando con ejercicios de flexibilidad. (55+)

Para ver el horario de cada gimnasio, visit thprd.org/activities/fitness. El día, la hora y el instructor de las clases están sujetos a cambios sin aviso previo.

# Asistencia Financiera

# Programa de Asistencia Financiera



Para calificar:

 Tamaño de la familia
 Ingresos mensuales

 1
 \$1,580

 2
 \$2,137

 3
 \$2,694

 4
 \$3,250

 5
 \$3,807

 6
 \$4,364

 7
 \$4,921

 8
 \$5,478

Agregue \$557 por cada miembro adicional

# ¿Para qué puedo usar los fondos de asistencia financiera?

Los fondos se pueden usar para deportes, natación, clases de fitness, 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:

971-384-9138 financialaid@thprd.org





#### Centro Deportivo

Básquetbol Invierno,

primavera, verano Grados 5 a 12

Voleibol Otoño, verano

Grados 4 a 12

#### **Cedar Hills Recreation Center**

Atletismo Invierno, primavera

Grados 6 a 8

Campo traviesa Verano, otoño

Grados 6 a 8

## Para más información visite la página web

thprd.org/connect/volunteer/ongoing-opportunities

# Recreación Adaptada e Inclusiva





THPRD da oportunidades de recreación adaptada 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 gratis 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 individuos pasando por 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 correo electrónico a inclusion@thprd.org.

# THPRD está contratando asistentes de inclusión

Estamos buscando personas compasivas, amables y confiables que quieran hacer la diferencia en su comunidad. Los asistentes de inclusión dan ayuda individualizada a los usuarios con discapacidades, permitiéndoles la oportunidad de participar en la amplia variedad de programas y actividades disponibles por medio de THPRD.

Más información en thprd.org/jobs





### **Ligas Deportivas Juveniles**

#### Tenemos información de las organizaciones en el Centro Atlético | Athletic Center y en la página web en www.thprd.org

Esta es una lista de ligas deportivas disponibles en el área. Es importante considerar que los contactos de cada liga deportiva (vía telefónica o por correo electrónico) tal vez tengan, o no tengan, atención en español. Esto depende de cada liga ya que son agrupaciones independientes a THPRD. La mayoría de las ligas deportivas pueden ser pagadas por medio del Programa de Asistencia financiera de THPRD, pregúntenos en el 503-619-39-94 o en financialaid@thprd.org

# Sistema de identificación para las ligas deportivas juveniles

Todos los participantes de las ligas deportivas juveniles requieren tener un número de identificación de THPRD. Si vive fuera del distrito deberá pagar una cuota de evaluación antes de participar en una liga deportiva juvenil. Consulte el sitio web para obtener información sobre la tarjeta de identificación THPRD o llámenos al 503-645-6433 ¡Hablamos español!

#### Beisbol/Sóftbol

Las inscripciones para las ligas deportivas de beisbol y sóftbol juvenil se realizan a través de las asociaciones mencionadas a continuación. Las asociaciones están divididas en diferentes escuelas del distrito escolar. Si el estudiante va a una escuela privada, le tocara según la liga deportiva que se encuentra en esa área de escuelas. Póngase en contacto con su asociación apropiada para obtener más información.

Todos los grupos de Liga Deportiva para Menores (Little League ) del área de Beaverton se rigen por la Liga Deportiva para Menores del Distrito 4 de Oregón, <u>www.ord4.com</u>.

**Ligas de Primavera:** Las inscripciones comienzan en Enero. Temporada temporada de Marzo-Junio.

**Ligas de Verano:** Inscripciones son en Enero y Febrero. Temporada de Mayo- Julio.

**Ligas de Otoño:** Inscripciones comienzan en Agosto. El programa es para menores de 6-12 años de edad. Temporada de Septiembre-Octubre.

### Beisbol - Liga Deportiva para Menores | Little League

T-ball: ages 4-6 Softball: ages 4-14 Baseball: ages 4-14

#### Cedar Mill Little League

Escuelas: Barnes, Bonny Slope, Cedar Mill, Findley, Ridgewood, Terra Linda, Tumwater, West TV, Wm Walker, St. Pius, Holy Trinity www.cmllonline.org

#### Murrayhill Little League

Escuelas: Aloha-Huber, Beaver Acres, Chehalem, Cooper Mt., Errol Hassell, Fir Grove, Hazeldale, Hiteon, Kinnaman, Nancy Ryles, Scholls Heights, Sexton Mountain www.murrayhillittleleague.com

#### Raleigh Hills Little League

**Escuelas:** Greenway, McKay, Montclair, Raleigh Hills, Raleigh Park, Vose, Whitford, Conestoga

www.rhbaseball.com Phone: 971-217-7455

#### South Beaverton Girls Little League

Este es un programa para niñas de 4 a 14 años compuesto por jugadoras que provienen de diferentes equipos (Little League) de Beaverton, Aloha y Raleigh Hills. Este es un programa independiente y solo es de softbol.

Escuelas: Aloha Huber Park, Chehalem, Cooper Mountain, Greenway, Errol Hassell, Hazeldale, Kinnaman, McKay, Montclair, Raleigh Hills, Raleigh Park, Vose

president@sbgll.com or southbeavertonll@gmail.com

www.sbgll.com

#### Willow Creek Little League

Este es una liga deportiva de softbol para ninas de 4 a 14 años compuesto por jugadoras que están dentro de los límites de Cedar Mill, Westview y Wolf Creek Little Leagues, las cuales son parte del Distrito 4 de Oregon. Este es un programa independiente y es solo de softbol. (T-ball mixto continuará bajo las ligas de béisbol). www.willowcreeksoftball.com

#### Temporada de primavera/verano

T-ball: 6-8 años, Soft-T-ball: 6-8 años Baseball: 9-18 años, Softball: 9-18 años

#### Fall Ball

Para ver disponibilidad contacte a la asociación de Fall Ball: www.westsideyouthbaseball.com

#### Aloha Junior Baseball/Aloha Softball

Escuelas: 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 503-649-6883

#### Beisbol | Beaverton Junior Baseball

Escuelas: 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

#### Beisbol | Beaverton Blaze Softball

Escuelas: 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

#### Beisbol Juvenil en Mountainside

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

#### Beisbol Juvenil en Sunset

Escuelas: Barnes, Cedar Mill, Findley, Ridgewood, Terra Linda, William Walker, West TV, Catlin Gabel, Cedar Park, Meadow Park, Stoller, Sunset High <a href="http://www.sunsetapollosbaseball.com/youth">http://www.sunsetapollosbaseball.com/youth</a> baseball

#### Beisbol Juvenil en Westview

Escuelas: Beaver Acres, Bethany, Elmonica, Five Oaks, Jacob Wismer, Lenox, McKinley, Oak Hills, Rock Creek, Meadow Park, Springville, Stoller, St. Mary's for Boys, Westview High www.westviewyouthbaseball.com

#### **Baloncesto**

# Programas de Baloncesto de Invierno para grados 5-8 grados

Los Programas de Baloncesto de THPRD para los grados 5-8 son para atletas quienes viven dentro del distrito o asisten a la escuela en el Distrito Escolar de Beaverton. Las prácticas son durante la semana y los juegos principalmente son los sábados en las escuelas de BSD y/o en THPRD Centro Atlético | Athletic Center. La temporada se extiende de diciembre a marzo. La inscripción se ofrece en línea en www.thprd.org. Se requiere su número de identificación de THPRD para registrarse. Si tiene alguna pregunta o necesita ayuda para registrar a su hijo/a, llame al Centro Atlético al 503-629-6330.

### **Ligas Deportivas Juveniles**

#### Baloncesto Recreacional de Primavera para grados 5-8

La Liga Deportiva para Menores Recreacional es para atletas de grados 5-8 quienes viven dentro del distrito o asisten a la escuela en el Distrito Escolar de Beaverton. Las inscripciones inician en febrero. Visite el sitio web para más información.

## Baloncesto Recreacional de Verano para grados 6-8

Este programa está abierto para los atletas quienes comenzaran los grados 6-8 en el año escolar de 2023-2024 y quienes viven dentro del distrito o asisten a la escuela en el Distrito Escolar de Beaverton. Visite el sitio web para más información a partir de mayo.

#### Baloncesto Escolar de Invierno Grados 9-12

Este programa es para atletas de grados 9-12 quienes que no jueguen en equipos escolares en el año escolar 2022-2023. Las inscripciones e información están disponibles en línea a partir de octubre. Consulte nuestro sitio de web para más información.

#### Baloncesto Escolar de Verano Grados 9-12

Este programa es para atletas quienes ingresaran a los grados 9-12 en el año escolar 2022-2023. Las inscripciones e información están disponibles en línea a partir de abril 2023. Para más información consulte nuestra página web.

#### Cricket

#### Beaverton Cricket Club (BCC)

Este es un club local afiliado a THPRD el cual juega con la Liga de Cricket de Oregon. Aquellas personas quienes deseen ser parte del equipo y puedan jugar ambos tipos de cricket: Hard Ball (pelota dura) y Soft Ball (pelota de tenis) pueden solicitar más información en:

<u>www.beavertoncricketclub.com</u> email: beavertoncricclub@gmail.com

#### Club de Cricket de Portland Metro Open

Esta es una organización sin fines de lucro 501(c) (3) y esta certificada en el estado de Oregon como una Organización de Deportes Amateur, la cual se organiza con fines caritativos para apoyar el desarrollo de Cricket como deporte en el área, para jóvenes y adultos. Aquellas personas interesadas pueden solicitar más información en www.pdxcricket.org o pmocc2@gmail.com

#### **Fútbol Americano**

#### **Fútbol Americano Juvenil**

Esta liga es para jugadores en los grados K-8. Los jugadores se registran de acuerdo con el área donde este su escuela. Para registrarse u obtener más información, llame o visite el sitio web que se detalla a continuación. Las inscripciones comienzan a principios de la primavera. Las prácticas y clínicas comienzan en agosto. Los juegos se juegan de septiembre a noviembre. Para obtener más información, visite www.tvyfl.org.

#### Aloha

Inscripción: del 15 de abril al 15 de junio Email: registrar@alohayouthfootball.com www.alohayouthfootball.com

#### Beaverton

Inscripción: del 15 de abril al 15 de junio registrar@beavertonfootball.com www.beavertonfootball.com

#### Mountainside:

Inscripción: del 1 de abril al 15 de junio registrar@mountainsideyouthfootball.com www.mountainsideyouthfootball.com

#### Southridge

Inscripción: del 1 de abril al 15 de junio president@southridgeyouthfootball.com www.southridgeyouthfootball.com

#### Sunset

Inscripción: del 1 de abril al 15 de junio sunsetyouthfootball@comcast.net www.sunsetyouthfootball.org

#### Westview

Inscripción: del 1 de abril al 15 de junio westviewyouthfootball@gmail.com www.westviewyouthfootball.com



A todos nos encanta el fútbol americano. Jugar, entrenar y socializar. Sin embargo, no podríamos jugar ni un solo partido sin árbitros. Hay una falta significativa de oficiales de fútbol americano juvenil. Se necesitan nuevos oficiales cada temporada para poder garantizar que los juegos sucedan y no se pospongan o cancelen. Visite http://www.pfoa.us para obtener más información.

# Se necesitan entrenadores voluntarios

Si tiene experiencia en deportes y desea compartir sus conocimientos entrenando a atletas jóvenes, llame al Centro Atlético al 503-629-6330



### Ligas Deportivas Juveniles

#### Lacrosse

#### Liga Juvenil de Lacrosse de Tualatin Valley

Este es un programa comunitario creado para enseñar lacrosse a los atletas en los grados 1-8 quienes asisten a la escuela en el Distrito Escolar de Beaverton o viven dentro de los límites de THPRD. El registro de jugadores es según el área de asistencia a la escuela. Para obtener más información o registrarse comuníquese con el grupo apropiado para su área.

#### **TVYLL**

president@tvlax.com www.tvlaxtitans.com

#### Aloha

www.tvlaxtitans.com

#### **Beaverton**

president@beavertonbeaverslacrosse.com www.beavertonbeaverslacrosse.com

#### Mountainside

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

#### Southridge

president@southridgeskyhawksyouthlax.com www.leagueathletics.com www.southridgeskyhawksyouthlax.org

#### Sunset

www.sunsetlacrosse.com

#### Westview

president@westviewyouthlacrosse.com www.westviewyouthlacrosse.com

#### Lacrosse – Nivel Preparatoria | High School

#### Aloha

www.alohalacrosse.org

#### Beaverton

Girls: <a href="mailto:beavertongirlslax.com">beavertongirlslax.com</a>
Boys: <a href="mailto:beavertonlacrosse.leagueapps.com">beavertonlacrosse.leagueapps.com</a>

#### Mountainside

www.mountainsidelax.org

#### Southridge

www.southridgelacrosse.org

#### Sunset

 $\underline{www.sunsetlacrosse.com}$ 

#### Westview

www.westviewlacrosse.com



#### Entrenador de fútbol Certificación

Infórmese sobre entrenamiento y certificación como entrenador/a de fútbol. Visite tualatinhillsjuniorsoccerleague.com para información acerca de las clases, fechas de clínicas y ubicaciones.

#### **Fútbol**

#### Liga Juvenil Recreacional Fútbol de Tualatin Hills

Esta liga es para atletas de 5 a 18 años. Las practicas comienzan en agosto y los juegos en septiembre. Cada club es responsable por registrar a sus jugadores. Las inscripciones normalmente son del 1 mayo al 1 de julio. Por favor contacte el club correspondiente, vea la información a continuación o ingrese a tualatinhillsjuniorsoccerleague.com.

#### Aloha United Soccer Club

**Escuelas:** 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.alohaunited.com

#### Milltown United Soccer Club

**Escuelas:** Barnes, Bonny Slope, Cedar Mill, Ridgewood, Terra Linda, Tumwater, West TV, William Walker

milltownregistrar@gmail.com www.milltownsoccer.org

#### Oak Hills Soccer Club

**Escuelas:** Findley, Jacob Wismer, Oak Hills, Sato email: pres@ohsoccer.com

www.ohsoccer.com

#### Somerset West Soccer Club

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

www.somersetwestsoccer.org

#### Westside Soccer Club

**Escuelas:** Chehalem, Fir Grove, Hiteon, Sexton Mt. (east of Murray Blvd.), Vose

WSC: 503-352-0180

www.westsidesoccerclub.com

#### Certificación para Árbitros de Fútbol

Para información sobre el entrenamiento y certificación para ser árbitro de fútbol, así como ver fechas de clínicas y ubicaciones visite tualatinhillsjuniorsoccerleague.com.

## Fútbol recreativo de la escuela secundaria (O/13-U19)

Atletas que no jueguen fútbol en la escuela secundaria pueden inscribirse en la liga recreativa de fútbol de géneros mixto. Consulte con la liga juvenil en su área de asistencia primaria. Si la liga no ofrece inscripción para su escuela secundaria, vaya al siguiente club del área de asistencia más cercano o visite tualatinhillsjuniorsoccerleague.com.

#### Liga Clásica

Los atletas interesados en jugar fútbol competitivo pueden probar para esta liga. Las audiciones serán en mayo. Comuníquese con el representante del club correspondiente para obtener más información sobre las pruebas.

#### Northwest Elite FC

Teléfono: 503-616-9424 northwestelitefc.org

#### Westside Metros Soccer Club

Línea Club: 503-626-2975 john.bain@wsmetros.org www.westsidemetros.org

#### Vóleibol

## Voleibol juvenil y de secundaria de otoño, Grados 4-12

Para atletas que ingresan a los grados 4-12 durante el año escolar 2023-24. La información sobre la liga y el registro en línea estará disponible en julio. Visite la página-web para más información.

## Escuela secundaria y juvenil de verano Voleibol, Grados 4-12

Los atletas que ingresan a los grados 4-12 durante el año escolar 2023-24 son elegibles para jugar en esta liga de verano. La información sobre la liga y las inscripciones en línea estará disponible a mediados de abril. Visite la páginaweb para más información.



### Ligas Deportivas para Adultos

#### **Baloncesto**

#### Baloncesto de Invierno para Adultos

La información sobre la liga y el registro en línea estará disponible a principios de octubre. Los juegos son de noviembre hasta mediados de marzo. Los partidos se juegan de lunes a jueves por la noche. A partir de octubre consulte el sitio web para obtener más información

#### Baloncesto de Verano para Adultos

Los juegos de la liga son de junio hasta mediados de agosto. La información adicional sobre la liga y el registro en línea estará disponible en abril. La información estará disponible en el Athletic Center y en nuestro sitio web.

#### Juego de tirar

La información de la liga estará disponible en el Centro Atlético y en nuestro sitio web en marzo. Los juegos son entre semana durante la primavera, el verano y principios del otoño. La información está disponible en el Centro Atlético y en nuestro sitio web.

#### Kickball

#### Liga de Kickball

¡Kickball se trata de divertirse! ¿Recuerda cuando era niño y jugaba con la pelota con tus amigos? Kickball es un juego de recreo y también un juego de liga competitivo similar al softbol. La información está disponible en el Centro Atlético y en nuestro sitio web en abril.

#### **Fútbol**

# Uso de campos para fútbol

THPRD coordina con las ligas deportivas el uso de campo. Los grupos que desean usar campos por una temporada deben contactar al Centro Atlético | Athletic Center 503-629-6330 para llenar una solicitud de uso de campo.

#### Softbol

#### Uso de Campos de Beisbol y Sóftbol

THPRD coordina la asignación de todos los campos de beisbol/sóftbol de marzo a octubre. Cualquier grupo que desee reservar campos para la primavera y verano debe contactar al Centro Atlético | Athletic Center para llenar una aplicación.

#### Softbol Abierto/Femenil de Verano | Open/Women's Slow Pitch Summer Softball

La información de esta liga está disponible a partir de febrero en nuestra página web o en el Centro Atlético | Athletic Center. Los juegos de Softbol Abierto | Open League son los domingos por la tarde o noche. Los juegos femeniles son los martes en la noche. Los juegos de la liga son de mayo a agosto.

## Softbol Varonil de Verano | Men's Slow Pitch Summer Softball

La información de esta liga está disponible a partir de febrero en el Centro Atlético | Athletic Center. Los juegos son los lunes, jueves y viernes. Los juegos de la liga son de mayo a agosto.

#### Softbol Industrial

Esta liga está diseñada para empleados de compañías y negocios que se encuentren dentro del distrito. Los juegos varoniles son entre semana por la noche. Tenemos paquetes informativos a partir de febrero.

#### Liga de Softbol Femenil | Fall Open and Women's Softball Leagues

La información de esta liga está disponible a partir de julio en la página web o en el Centro Atlético | Athletic Center. Los juegos de Open League son los domingos por la tarde. Los juegos femeniles de Slow Pitch son los martes por las tardes. Los juegos son de agosto a octubre.

#### Liga de Softbol Varonil | Fall Men's One-Pitch League Softbal

Los juegos son entre semana por las noches y son de agosto a octubre. La información de esta liga está disponible a partir de julio en la página web o en el Centro Atlético | Athletic Center.

# Torneo de Softbol para Adultos

Las personas quienes estén interesadas en organizar un torneo de sóftbol en primavera/verano en el complejo de deportes de THPRD deben llenar un Acuerdo (Facility Use Agreeement) y hacer un depósito. Contáctenos en el Centro Atlético | Athletic Center en 503-629-6330 o sportsrentals@thprd.org.

#### Vóleibol

Si está interesado en jugar vóleibol para adultos, pero no tiene un equipo, por favor llame al Centro Atlético | Athletic Center al 503-629-6330. Para inscripciones e información sobre la liga vaya al sitio web.

#### Voleibol de Arena para Adultos de Verano (Equipo Mixto) | Summer Adult Sand Volleyball (Mixed)

Esta liga recreativa juega entre semana por las tardes en Cedar Hills Park de Junio a agosto. La información sobre la liga e inscripción está disponible en línea a partir de abril.

#### Voleibol en Césped para Adultos en Verano | Summer Adult Grass Volleyball (RC4 & RC2)

Esta liga recreativa juega entre semana por las tardes en el complejo HMT de junio a agosto. La información sobre la liga e inscripción está disponible en línea en abril.

#### Voleibol de otoño para adultos

Las ligas se juegan desde mediados de septiembre hasta noviembre. La información sobre la liga e inscripción está disponible en línea a partir de Julio.

#### Voleibol de invierno para adultos

Los juegos son de la mitad de semana en adelante por las tardes y comienzan la primera semana de enero. La información sobre la liga e inscripción está disponible en línea en noviembre.

#### Voleibol de Primavera para Adultos

Los juegos de la liga son de abril a mediados de junio. Los juegos se llevarán a cabo por las tardes. La información sobre la liga e inscripción está disponible en línea a partir de febrero.



# 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

#### **Encargado**

Andrew Jackman
Director de 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

Todas las personas mayores de 6 años usen el vestuario que más se alinee con su género afirmado. Consulte al recepcionista si tiene alguna pregunta. Aloha, Beaverton, Conestoga, Harman y el Tualatin Hills Aquatic Center están equipados con vestidores familiares para las familias o personas con capacidades diferentes que necesitan 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.

#### Junior Lifeguarding | Salvavidas

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.

#### Aquatic Champion | Campeones Acuaticos

Este puesto es un puesto de voluntario que brinda a los voluntarios la oportunidad de enseñar lecciones de natación a jóvenes y adultos. Los voluntarios en este puesto proporcionarán un ambiente de aprendizaje agradable para los participantes del programa, promoviendo el desarrollo físico, social y personal de los participantes.

#### Aplica en Línea

thprd.org/connect/volunteer

## Drop-In | Natación Libre

Natación abierta: natación recreacional no estructurada para todas las edades. Los pequeños 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 piqueños 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. Se requiere una prueba de natación para que los pequeños 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 más información vaya a <u>thprd.org</u>, también puede llamar o visitar un Centro de THPRD.



# Deportes acuáticos THPRD - Información General

### Programa 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

Las destrezas de seguridad son parte integral del programa de lecciones de natación. Se incorporarán las destrezas apropiadas a cada sesión de lecciones.

- 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, braceando y pataleando.
- El Nivel 3 se enfocará en desarrollar aun 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 practican 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.
- El nivel 6 es para continuar desarrollando la eficiencia de la brazada y aumentar resistencia. Aprenderán brazado de mariposa y comenzarán con clavados. Una vez completado, los nadadores podrán nadar 300 yardas de forma continua, mantenerse bajo el agua hasta dos minutos y demostrar habilidades de nado bajo el agua.
- El nivel 7 es para perfeccionar el brazado y prepararse para actividades acuáticas competitivas como es el equipo de natación, clavado, polo acuático, nado sincronizado, y preparación de salvavidas. Una vez completado exitosamente, podrán nadar

500 yardas de forma continua, habrán probado habilidades para deportes acuáticos competitivos y aprendido herramientas básicas de seguridad en el agua.

Herramientas de Seguridad en el Agua: Es un aparte integral del programa Learn How to Swim. Se incorporarán conocimientos básicos en cada sesión de clases.

## ¿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. Otra opción es You and Your Preeschooler.
- Menores quienes hayan iniciado el primer grado hasta los 12 años de registran en School Age Level 1-4.
- Alumnos quienes naden 25 yardas en crol frontal y 25 yardas con braceado en reversa podrán registrarse en los niveles Level 5-7
- Los exámenes para verificar el nivel de cada estudiante se realizan en el primer día de clases.

## Instrucción especializada

#### Baby & Me/Toddler & Me

(Mi bebé y yo/Mi niño pequeño y yo) Bebés (6 meses a 2 años)/niños pequeños (2 a 3 años

Una clase de adaptación al agua para los padres e hijos. Las habilidades básicas se introducen por medio de juegos y canciones. Se requiere el uso de pañales para nadar.

#### Usted y su hijo en edad preescolar

3 años a 5 años 11 meses

Una clase de adaptación al agua para estudiantes en edad preescolar que tienen dificultad para hacer una transición a una clase sin participación de los padres. Se introducen las habilidades básicas del Nivel 1 con la participación de los padres en el agua.

#### Actividades acuáticas especializadas

Un programa de instrucción para niños de todas las edades con discapacidades. Nuestros instructores capacitados proporcionan la oportunidad de recibir un aprendizaje personalizado. Elevación en agua/acuática ADA (solo en Aloha, Beaverton Harman, Sunset).

#### 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.

#### Junior Lifeguarding | Salvavidas

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.

## Junior Lifeguard | Salvavidas Júnior - Pista alternativa

Pista alternativa de la Salvavidas júnior



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

Facility	Date	Day	Time	ID/AP	OD	Class #
· aome		/				Oldoo II

#### Formación de salvavidas

Edades 15+ años

Este curso de enfoca a desarrollarse como salvavidas en un ambiente de piscinas como profesión. La certificación incluye primeros auxilios y RCP. Prerrequisitos: 1) Nadar 300 yardas (utilizando brazada estilo crol y brazada de pecho) 2) Nadar 20 yardas, sumergirse a una profundidad de 7 a 10 piese, 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, primeros auxilios y Salvavidas. 3) Obtener una puntuación de 80% en los exámenes escritos finales.

Sunset Swim Center	9/23-10/7	Sabados	9am-5pm	\$260	\$325	SS252000
Aloha Swim Center	9/24-10/15	Domingos	9am-4pm	\$260	\$325	AL252001
Conestoga	10/1-10/22	Domingos	9:15am-4pm	\$260	\$325	CA252000
Beaverton Swim Center	10/14-11/4	Sabados	9am-4pm	\$200	\$250	BV252000
Harman Swim Center	10/20-11/4	Vie/Sab	3:30pm-7pm	\$260	\$325	HM250000
Aloha Swim Center	12/8-12/10	Vie-Dom	9am-5pm	\$260	\$325	AL252002
Aquatic Center	12/18-12/21	Lun-Jue	9am-4pm	\$260	\$325	AQ252000

#### Junior Lifeguard | Salvavidas Junior

Edades 12-16 años, nivel 4+

Los participantes reciben un entrenamiento sobre el conocimiento y el desarrollo de habilidades necesarias para prepararse como salvavidas y quien desea entrenar como ayudante de instructor. Los participantes deben de poder nadar 300 yardas y mantenerse a flote por al menos 2 minutos.

Conestoga	9/30-10/21	Sabados	11am-1:30pm	\$100	\$125	CA251000
Beaverton Swim Center	10/14-12/9	Sabados	1:30-3:30pm	\$100	\$125	BV251000

#### Campamento de Junior Lifeguard | Salvavidas

Edades 12-16 años, nivel 5+

A fun, hands-on camp format of the junior lifeguarding course.

	Aquatic Center	12/26-12/29	Mar-Vie	9am-4pm	\$287	\$358.75	AQ251000
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#### Junior Lifeguard | Salvavidas - Pista Alternativa

Edades 12-15 años

Diseñado específicamente para jóvenes quienes aún no han aprendido a nadar pero les interesa aprender sobre seguridad en el agua y oportunidades de voluntariado en el tema.

Harman Swim Center 9/23-12/9 Sabados 10am-12:30pm \$100 \$125 HM251000A



Preparación de salvavidas: sesiones de 45 minutos en días sin clases.

http://www.thprd.org/activities/aquatics/lifeguard-training-and-certification

¿Le interesa que le paguen por tomar un curso de salvavidas? Informese sobre Aprende-para-ser-Contratado/a. http://www.thprd.org/activities/aquatics/lifeguard-training-and-certification

# Aprenda Ganando

Oportunidades de entrenamiento pagadas para crear trayectorias hacia empleos en el área de actividades acuáticas



# Explora una carrera en actividades acuáticas mientras recibes un pago

Aprenda Ganando o Earn to Learn ofrece a personas de 16 años en adelante la oportunidad de tener acceso a oportunidades de entrenamiento pagadas. Los candidatos calificados pueden aplicar como salvavidas o instructores, y mientras reciben un pago también reciben entrenamiento, incluyendo certificaciones.







www.thprd.org

# THPRD Aquatics - General Information

#### Main Aquatics Office: Howard M. Terpenning Recreation Complex

15707 SW Walker Road Beaverton, OR 97006 503-629-6310

#### Personnel

**Andrew Jackman**, Aquatics Director

#### **THPRD Pool Guidelines**

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

#### **Dressing Rooms**

It is requested that all individuals age 6 and over use the locker room that is most aligned with their affirmed gender. Please check with front desk staff if you have any questions. Aloha, Beaverton, Conestoga, Harman and the Tualatin Hills Aquatic Center are equipped with accessible single stall changing rooms.

## Volunteer Opportunities

#### **Adaptive Aquatics**

Hey, swimmers! Do you have a talent for working with swimmers with physical or developmental disabilities? Contact Harman Swim Center for volunteer opportunities at 503-629-6314.

#### **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.

#### Aquatic Champion

This position is a volunteer position that provides volunteers with the opportunity to teach youth and adult swimming lessons. Volunteers in this position will provide an enjoyable learning environment for program participants, promoting participants' physical, social and personal development.

#### **Apply Online**

thprd.org/connect/volunteer

## **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.

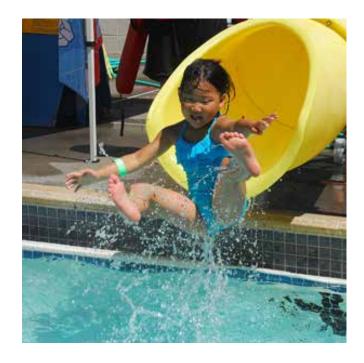
#### **Lap Swim**

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 Allage Lap Swim.

# Independent 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 who have not started first grade.

#### **School-age Classes**

Ages 6-12 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 working 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 **4nclusive** ⊗

An instruction program for all ages experiencing disabilities. Our trained instructors provide a one-on-one learning opportunity. ADA water/aquatic lift available at all pools.

#### Diving Instruction

Prerequisite: 25 yards crawl and 25 yards on back.

Levels 1 & 2 - Class will teach basics. Levels 3 & 4 - For continuing divers.

#### Splash

A recreational swim team for youth ages 5-17 who can swim 25 yards of crawl stroke and 25 yards of backstroke. Swim meets on some Saturdays.

# THPRD Aquatics - General Information

## **Aquatics Professional Training**

Facility	Date	Day	Time	ID/AP	OD	Class #
1 dointy	Buto	Duy	Tillio	ID/AI	0.0	Glado II

#### **Lifeguard Training**

Ages 15+ years

Course focuses on the job of a lifeguard in a swimming pool environment. Certification includes first aid and CPR for the professional rescuer. Prerequisites: 1) 300 yard swim (utilizing crawl stroke 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.

Sunset Swim Center	9/23-10/7	Saturdays	9am-5pm	\$260	\$325	SS252000
Aloha Swim Center	9/24-10/15	Sundays	9am-4pm	\$260	\$325	AL252001
Conestoga	10/1-10/22	Sundays	9:15am-4pm	\$260	\$325	CA252000
Beaverton Swim Center	10/14-11/4	Saturdays	9am-4pm	\$200	\$250	BV252000
Harman Swim Center	10/20-11/4	Fri/Sat <sup>*</sup>	3:30pm-7pm	\$260	\$325	HM250000
Aloha Swim Center	12/8-12/10	Fri-Sun	9am-5pm	\$260	\$325	AL252002
Aquatic Center	12/18-12/21	M-Th	9am-4pm	\$260	\$325	AQ252000

#### **Junior Lifeguarding**

Ages 12-16 years, Level 4+

Participants receive comprehensive training in the knowledge and skill 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.

Conestoga	9/30-10/21	Saturdays	11am-1:30pm	\$100	\$125	CA251000
Beaverton Swim Center	10/14-12/9	Saturdays	1:30-3:30pm	\$100	\$125	BV251000

#### **Junior Lifeguarding Camp**

Ages 12-16 years, Level 5+

A fun, hands-on camp format of the junior lifeguarding course.

Aquatic Center 12/26-12/29 Tu-Fri 9am-4pm \$287 \$358.75 AQ251000

#### Junior Lifeguard/Swim Aide Alternate Track

Ages 12-15

Designed specifically for young people who have not yet learned to swim yet are interested in learning about water safety and volunteer opportunities.

Harman Swim Center 9/23-12/9 Saturdays 10am-12:30pm \$100 \$125 HM251000A

#### **AEA Training Opportunities**

Aqua Aerobics continuing education courses for AEA Fitness Instructors at Beaverton Swim Center. For more information and to register please go to aeawave.org.

#### 10/7

Aquatic Kickboxing 8a-11a Deep HIIT & Sculpt 12p-3p

#### 10/8

Boot Camp Shallow 8a-11a Rated M for Mature 12p-3p

#### **Now Hiring Aqua Aerobics Instrutors**

www.thprd.org/activities/fitness



#### Lifeguard prep - 45-minute sessions on no-school days.

http://www.thprd.org/activities/aquatics/lifeguard-training-and-certification

Interested in being paid to take the Lifeguard Training Course? To learn more about **Earn to Learn** please visit http://www.thprd.org/activities/aquatics/lifeguard-training-and-certification

# Earn to Learn

Creating paid training pathways to employment for aquatic jobs



# Explore an Aquatic Career & Earn a Paycheck

Earn to Learn offers individuals of all ages (16+) paid aquatic training opportunity. Qualified candidates can now apply for a lifeguard or swim instructor position and recieve paid, professional training while obtaining the necessary certifications.







Learn job skillsbuild confidence



• Earn a paycheck



Go to www.thprd.org/jobs and learn how to get started





www.thprd.org

# THPRD Sports Leagues - General Information

## **Sports Leagues - Youth**

#### Organizational information will be available at the Athletic Center and on our website at www.thprd.org

# 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, <a href="https://www.ord4.com">www.ord4.com</a>.

**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

#### Tualatin Hills Park & Recreation District

#### 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@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 503-649-6883

#### **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/youth\_ baseball

#### Westview Youth Baseball

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

#### **Basketball**

# 5th-8th Grade Winter Basketball Programs

THPRD's 5th through 8th grade basketball programs are for athletes 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.

## 5th-8th Grade Recreational Spring Basketball

The Youth Spring Basketball Recreational League is open to athletes 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 athletes 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.

# THPRD Sports Leagues - General Information

## **Sports Leagues - Youth**

#### Winter High School Basketball Grades 9-12

For athletes 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 athletes 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.

#### **Cricket**

#### Beaverton Cricket Club (BCC)

The Beaverton Cricket Club is the local THPRD-affiliated club that plays in the Oregon Cricket League. Those interested in joining the Beaverton Cricket Club and playing both hard (season) ball and soft (tennis) ball cricket should direct general inquiries to:

 $\frac{www.beavertoncricketclub.com}{email: beavertoncricclub@gmail.com}$ 

#### Portland Metro Open Cricket Club

PMOCC is a 501(c)(3) non-profit entity and a State of Oregon certified Amateur Sports Organization, organized for charitable purposes to further the sport of cricket in Portland and surrounding areas and to cultivate interest in the sport of cricket at all youth and adult levels.

Those interested in joining PMOCC should direct inquiries to <a href="www.pdxcricket.org">www.pdxcricket.org</a> or <a href="pmocc2@gmail.com">pmocc2@gmail.com</a>

#### Football

#### Youth Football

The Tualatin Valley Youth Football Leagues are for players in grades K-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
Email: registrar@alohayouthfootball.com
www.alohayouthfootball.com

#### **Beaverton**

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

#### Mountainside:

Registration: April 1-June 15 registrar@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.



#### 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.



# THPRD Sports Leagues - General Information

# **Sports Leagues - Youth**

#### Lacrosse

# Tualatin Valley Youth Lacrosse League

Tualatin Valley Youth Lacrosse League is a community-based program created to teach lacrosse to athletes 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.tvlaxtitans.com

#### Aloha

www.tvlaxtitans.com

#### Beaverton

 $\frac{\text{president@beavertonbeaverslacrosse.com}}{\text{www.beavertonbeaverslacrosse.com}}$ 

#### Mountainside

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

#### Southridge

president@southridgeskyhawksyouthlax.com www.leagueathletics.com www.southridgeskyhawksyouthlax.org

#### Sunset

www.sunsetlacrosse.com

#### Westview

president@westviewyouthlacrosse.com www.westviewyouthlacrosse.com

# **High School Lacrosse**

#### Aloha

www.alohalacrosse.org

#### Beaverton

Girls: beavertongirlslax.com

Boys: beavertonlacrosse.leagueapps.com

#### Mountainside

www.mountainsidelax.org

#### Southridge

www.southridgelacrosse.org

#### Sunset

www.sunsetlacrosse.com

#### Westview

www.westviewlacrosse.com



#### Soccer Coach Certification

For training and certification for soccer coaching, go to <u>tualatinhillsjuniorsoccerleague</u>. <u>com</u> for information on classes and clinic dates and locations.

#### Soccer

#### Tualatin Hills Junior Soccer Recreational League

Teams will be formed of athletes 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.alohaunited.com

#### Milltown United Soccer Club

Schools: Barnes, Bonny Slope, Cedar Mill, Ridgewood, Terra Linda, Tumwater, West TV, William Walker

milltownregistrar@gmail.com www.milltownsoccer.org

#### Oak Hills Soccer Club

Schools: Findley, Jacob Wismer, Oak Hills, Sato 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, and clinic dates and locations, visit tualatinhillsjuniorsoccerleague.com.

# High School Recreational Soccer (O/13-U19)

Athletes not playing high school soccer can register for the recreational coed soccer league. Check with the youth league in your elementary attendance area. If the league does not offer registration for your high school, go to the next closest attendance area club or tualatinhillsjuniorsoccerleague.com.

#### Classic League

Athletes interested in playing competitive soccer may try out for this league. Tryouts will be held in May. Contact the appropriate club representative for more tryout information.

#### Northwest Elite FC

Phone: 503-616-9424 northwestelitefc.org

#### Westside Metros Soccer Club

Club Line: 503-626-2975 john.bain@wsmetros.org www.westsidemetros.org

#### Volleyball

# Fall Youth and High School Volleyball, Grades 4-12

For athletes entering grades 4-12 during the 2023-24 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

Athletes 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.



# THPRD Sports Leagues - General Information

# **Sports Leagues - Adult**

#### **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

#### Cornhole

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

#### **Kickball**

#### 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 in April.

#### 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.

#### 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.

#### Open/Women's Slow Pitch Summer Softball

League information will be available at the Athletic Center and on our website, in February. Open League games will be played on Sunday late afternoon and 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.

#### 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 Open and Women's Softball Leagues

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

#### Fall Men's One-Pitch League Softball

League plays weeknights August through October. Organizational information will be available at the Athletic Center and on our website in July.

# Adult Softball Tournaments

Individuals interested in hosting Spring/ Summer softball tournaments at the THPRD sports complex must submit an facility use agreement and deposit. Call the Athletic Center at 503-629-6330 or send request to <u>sportsrentals@thprd.org</u>.

#### Volleyball

If you are interested in playing adult volleyball but don't have a team, please call the Athletic Center at 503-629-6330. League and registration information can be found on the website.

# Summer Adult Sand Volleyball (Mixed)

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.

#### Adult Fall Volleyball

Leagues play mid-September through November. League and online registration information will be available in July.

#### **Adult Winter Volleyball**

Games are played mid-week evenings and will begin the first week in January. League and registration information will be available in November.

#### Adult Spring Volleyball

League play runs April through mid-June. Games will be held weekday evenings. League and registration information will be available in February.



# Aloha Swim Center



# 18650 SW Kinnaman Road Aloha, 97078 503-629-6311

TriMet Bus Routes #52, #57, #88

Facility Supervisor: Patrick Williamson

Hours: (hours subject to change. Check thprd.org for most

updated schedule)

Monday-Friday 2:30 pm - 9:00 pm Sunday 12:00 pm - 4:00 pm

Facility Closed: 9/4, 11/10, 11/11, 11/23, 11/24,

12/26, 12/31, 1/1

Modified Schedule: 10/31, No lessons

Aloha Swim Center features:

• ADA Lift Available

• Independent Changing Rooms

• Average Pool Temperature: 85°

# **Special Event**

# **Pumpkin Patch Pool Party**

Friday, October 27 | 4:30-7:30 pm \$10 ID/\$12.50 (Register Child ONLY) All Ages | Class ID: AL200000

Join us for a fun spooky swim and pick a pumpkin (one pumpkin per child) in our floating pumpkin patch between 4:30-5pm and then stay for open swim 5-8pm. Fee includes a pumpkin, open swim and treat bag to take home. Enroll child only and an adult must be in the water in a swim suit for children under 6 years old. Registration is required.



### **Private Pool Rentals**

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

Please call 503-629-6311 for more details and pricing information. Or email t.cannon@thprd.org

# **Open Swim Fun Fridays!**

Join us every Friday from 4:30 - 7:30 pm for an open swim with the wipeout. \*Usage of the wipeout requires a swim test; general open swim space is also available. Standard open swim drop-in rates apply.





Come see our Tile Wall created by patrons and staff located in the spectator area.

Class availability subject to change. Fees vary due to number of sessions in each class.

Preschool: Minimum age 3 years and toilet-trained.

When class ends, pick up your preschooler on deck.

School-age: First grade through age 12. The parent, guardian or caregiver of a child <u>under 10 years of age</u> must remain on the premises during class.

# **Beginning Swimming Skills**

Date	Day	Time	ID/AP	OD.	Class#
			ID/AI	OD.	Classii
Prescho	ol Leve	el 1-3			
9/11-10/9	M	4:45-5:15 pm	\$50	\$62.50	AL211000
10/16-11/13	M	4:45-5:15 pm	\$50	\$62.50	AL211001
11/27-12/11	М	4:45-5:15 pm	\$30	\$37.50	AL211002
9/11-10/9	M	5:20-5:50 pm	\$50	\$62.50	AL211021
10/16-11/13	M	5:20-5:50 pm	\$50	\$62.50	AL211022
11/27-12/11	M	5:20-5:50 pm	\$30	\$37.50	AL211023
9/11-10/9	M	6:15-6:45 pm	\$50	\$62.50	AL211036
10/16-11/13	M	6:15-6:45 pm	\$50	\$62.50	AL211037
11/27-12/11	M	6:15-6:45 pm	\$30	\$37.50	AL211038
9/11-10/9	M	6:50-7:20 pm	\$50	\$62.50	AL211047
10/16-11/13	M	6:50-7:20 pm	\$50	\$62.50	AL211048
11/27-12/11	M	6:50-7:20 pm	\$30 \$50	\$37.50	AL211049
9/12-10/10	T T	4:45-5:15 pm	\$50 \$40	\$62.50	AL211003
10/17-11/14 11/28-12/12	T T	4:45-5:15 pm	\$40 \$30	\$50 \$37.50	AL211004 AL211005
9/12-10/10	T T	4:45-5:15 pm 5:20-5:50 pm	\$50 \$50	\$62.50	AL211005 AL211024
10/17-11/14	, T	5:20-5:50 pm	\$40	\$50	AL211024 AL211025
11/28-12/12	T	5:20-5:50 pm	\$30	\$37.50	AL211026
9/12-10/10	Ť	6:15-6:45 pm	\$50	\$62.50	AL211039
10/17-11/14	Ť	6:15-6:45 pm	\$40	\$50	AL211040
11/28-12/12	T	6:15-6:45 pm	\$30	\$37.50	AL211041
9/12-10/10	Т	6:50-7:20 pm	\$50	\$62.50	AL211050
10/17-11/14	T	6:50-7:20 pm	\$40	\$50	AL211051
11/28-12/12	T	6:50-7:20 pm	\$30	\$37.50	AL211052
9/13-10/11	W	4:45-5:15 pm	\$50	\$62.50	AL211006
10/18-11/15	W	4:45-5:15 pm	\$50	\$62.50	AL211007
11/29-12/13	W	4:45-5:15 pm	\$30	\$37.50	AL211008
9/13-10/11	W	5:20-5:50 pm	\$50	\$62.50	AL211027
10/18-11/15	W	5:20-5:50 pm	\$50	\$62.50	AL211028
11/29-12/13	W	5:20-5:50 pm	\$30	\$37.50	AL211029
9/13-10/11	W	6:15-6:45 pm	\$50 \$50	\$62.50	AL211042
10/18-11/15	W W	6:15-6:45 pm	\$50 \$30	\$62.50	AL211043 AL211044
11/29-12/13 9/13-10/11	W	6:15-6:45 pm 6:50-7:20 pm	\$50 \$50	\$37.50 \$62.50	AL211044 AL211053
10/18-11/15	W	6:50-7:20 pm	\$50 \$50	\$62.50	AL211055 AL211054
11/29-12/13	W	6:50-7:20 pm	\$30	\$37.50	AL211055
9/14-10/12	Th	5:20-5:50 pm	\$50	\$62.50	AL211030
10/19-11/16	Th	5:20-5:50 pm	\$50	\$62.50	AL211031
11/30-12/14	Th	5:20-5:50 pm	\$30	\$37.50	AL211032
9/14-10/12	Th	5:55-6:25 pm	\$50	\$62.50	AL211033
10/19-11/16	Th	5:55-6:25 pm	\$50	\$62.50	AL211034
11/30-12/14	Th	5:55-6:25 pm	\$30	\$37.50	AL211035
9/14-10/12	Th	6:50-7:20 pm	\$50	\$62.50	AL211056
10/19-11/16	Th	6:50-7:20 pm	\$50	\$62.50	AL211057
11/30-12/14	Th	6:50-7:20 pm	\$30	\$37.50	AL211058
9/17-10/22	Su	12-12:30 pm	\$60	\$75	AL211009
10/29-12/10	Su	12-12:30 pm	\$60	\$75	AL211010
9/17-10/22	Su	12:35-1:05 pm	\$60 \$60	\$75 \$75	AL211011
10/29-12/10	Su	12:35-1:05 pm	\$60 \$60	\$75 \$75	AL211012
9/17-10/22	Su	1:10-1:40 pm	\$60 \$60	\$75 \$75	AL211013
10/29-12/10 9/17-10/22	Su Su	1:10-1:40 pm 2:10-2:40 pm	\$60 \$60	\$75 \$75	AL211014 AL211015
10/29-12/10	Su	2:10-2:40 pm	\$60 \$60	\$75 \$75	AL211015 AL211016
9/17-10/22	Su	2:45-3:15 pm	\$60	\$75 \$75	AL211010 AL211017
J/ 17-10/22	Ju	2.70-0.10 pill	¥00	Y / J	ALZ   1017

10/29-12/10	Su	2:45-3:15 pm	\$60	\$75	AL211018
9/17-10/22	Su	3:20-3:50 pm	\$60	\$75	AL211019
10/29-12/10	Su	3:20-3:50 pm	\$60	\$75	AL211020

10/29-12/10	Su	3:20-3:50 pm	\$60	\$75	AL211020
School A	ae	Level 1-4			
	•		450	462.50	AL 221000
9/11-10/9 10/16-11/13	M M	4:45-5:15 pm 4:45-5:15 pm	\$50 \$50	\$62.50 \$62.50	AL221000 AL221001
11/27-12/11	M	4:45-5:15 pm	\$30	\$37.50	AL221001 AL221002
9/11-10/9	M	5:20-5:50 pm	\$50 \$50	\$62.50	AL221002 AL221021
10/16-11/13	M	5:20-5:50 pm	\$50 \$50	\$62.50	AL221021 AL221022
11/27-12/11	M	5:20-5:50 pm	\$30	\$37.50	AL221022 AL221023
9/11-10/9	M	6:15-6:45 pm	\$50	\$62.50	AL221023
10/16-11/13	M	6:15-6:45 pm	\$50	\$62.50	AL221037
11/27-12/11	M	6:15-6:45 pm	\$30	\$37.50	AL221038
9/11-10/9	M	6:50-7:20 pm	\$50	\$62.50	AL221047
10/16-11/13	M	6:50-7:20 pm	\$50	\$62.50	AL221048
11/27-12/11	M	6:50-7:20 pm	\$30	\$37.50	AL221049
9/12-10/10	Т	4:45-5:15 pm	\$50	\$62.50	AL221003
10/17-11/14	Τ	4:45-5:15 pm	\$40	\$50	AL221004
11/28-12/12	T	4:45-5:15 pm	\$30	\$37.50	AL221005
9/12-10/10	Т	5:20-5:50 pm	\$50	\$62.50	AL221024
10/17-11/14	T	5:20-5:50 pm	\$40	\$50	AL221025
11/28-12/12	Τ	5:20-5:50 pm	\$30	\$37.50	AL221026
9/12-10/10	T	6:15-6:45 pm	\$50	\$62.50	AL221039
10/17-11/14	T	6:15-6:45 pm	\$40	\$50	AL221040
11/28-12/12	T	6:15-6:45 pm	\$30	\$37.50	AL221041
9/12-10/10	T	6:50-7:20 pm	\$50	\$62.50	AL221050
10/17-11/14	T	6:50-7:20 pm	\$40	\$50	AL221051
11/28-12/12	T	6:50-7:20 pm	\$30	\$37.50	AL221052
9/13-10/11 10/18-11/15	W W	4:45-5:15 pm	\$50	\$62.50	AL221006 AL221007
11/29-12/13	W	4:45-5:15 pm 4:45-5:15 pm	\$50 \$30	\$62.50 \$37.50	AL221007 AL221008
9/13-10/11	W	5:20-5:50 pm	\$50	\$62.50	AL221000
10/18-11/15	W	5:20-5:50 pm	\$50	\$62.50	AL221027
11/29-12/13	W	5:20-5:50 pm	\$30	\$37.50	AL221029
9/13-10/11	W	6:15-6:45 pm	\$50	\$62.50	AL221042
10/18-11/15	W	6:15-6:45 pm	\$50	\$62.50	AL221043
11/29-12/13	W	6:15-6:45 pm	\$30	\$37.50	AL221044
9/13-10/11	W	6:50-7:20 pm	\$50	\$62.50	AL221053
10/18-11/15	W	6:50-7:20 pm	\$50	\$62.50	AL221054
11/29-12/13	W	6:50-7:20 pm	\$30	\$37.50	AL221055
9/14-10/12	Th	5:20-5:50 pm	\$50	\$62.50	AL221030
10/19-11/16	Th	5:20-5:50 pm	\$50	\$62.50	AL221031
11/30-12/14	Th	5:20-5:50 pm	\$30	\$37.50	AL221032
9/14-10/12	Th	5:55-6:25 pm	\$50	\$62.50	AL221033
10/19-11/16	Th	5:55-6:25 pm	\$50 \$30	\$62.50	AL221034
11/30-12/14 9/14-10/12	Th	5:55-6:25 pm	\$30 \$50	\$37.50	AL221035
10/19-11/16	Th Th	6:50-7:20 pm 6:50-7:20 pm	\$50 \$50	\$62.50 \$62.50	AL221056 AL221057
11/30-12/14	Th	6:50-7:20 pm	\$30 \$30	\$37.50	AL221057 AL221058
9/17-10/22	Su	12-12:30 pm	\$50 \$59	\$73.75	AL221000 AL221009
10/29-12/10	Su	12-12:30 pm	\$59	\$73.75	AL221003 AL221010
9/17-10/22	Su	12:35-1:05 pm	\$59	\$73.75	AL221011
10/29-12/10	Su	12:35-1:05 pm	\$59	\$73.75	AL221012
9/17-10/22	Su	1:10-1:40 pm	\$59	\$73.75	AL221013
10/29-12/10	Su	1:10-1:40 pm	\$59	\$73.75	AL221014
9/17-10/22	Su	2:10-2:40 pm	\$59	\$73.75	AL221015
10/29-12/10	Su	2:10-2:40 pm	\$59	\$73.75	AL221016
9/17-10/22	Su	2:45-3:15 pm	\$59	\$73.75	AL221017
3/17-10/22	Su	2:45-3:15 pm	\$59	\$73.75	AL221018
10/29-12/10	Ju	=1.10 01.10 p			
	Su Su	3:20-3:50 pm 3:20-3:50 pm	\$59 \$59	\$73.75 \$73.75	AL221019 AL221020

# **Specialty Programs**

<u> </u>					
Date	Day	Time	ID/AP	OD	Class#
A water adj	os-2 yrs ustment (	& Me / toddlers 2-3 yrs class for parents an ys. Swim diapers re		sic skills are	e introduced
9/17-10/22 10/29-12/10 9/17-10/22 10/29-12/10	Su Su Su Su	12-12:30 pm 12-12:30 pm 2:10-2:40 pm 2:10-2:40 pm	\$40 \$40 \$40 \$40	\$50 \$50 \$50 \$50	AL240009 AL240010 AL240015 AL240016
Teen/Ad	lult Sw	imming Skills			
9/17-10/22 10/29-12/10 9/17-10/22 10/29-12/10	Su Su Su Su	12:35-1:05 pm 12:35-1:05 pm 2:10-2:40 pm 2:10-2:40 pm	\$59 \$59 \$59 \$59	\$73.75 \$73.75 \$73.75 \$73.75	AL250011 AL250012 AL250017 AL250018

# **Fall Splash**

This is a recreational swim team for youth ages 5-17 who can swim 25 yards of crawl stroke and 25 yards of backstroke. Swim meets on some Saturdays.

Date	Day	Time	ID/AP	OD	Class#
9/11-12/1	3 M/W	6:30-7:15	pm \$297	\$371.25	AL234045
9/12-12/1	4 T/Th	6:30-7:15	pm \$286	\$357.50	AL234046



# **Professional Classes**Lifeguard Training Ages 15+ yrs

Includes \$41 certificate fee.

Date	Day	Time	ID/AP	OD	Class#
9/24-10/15	Su	9 am-4 pm	\$260	\$325	AL252001
12/8-12/10	Su/F/S	9 am-5 pm	\$260	\$325	AL252002



# **Drop-in Programs**

# **Water Fitness Programs:**

View THPRD water fitness programs and descriptions at thprd.org/water-fitness-classes.

#### **Deep Water Warrior**

Challenge yourself with the power and fun of water in this level 3 class! Participants wear buoyancy belts and can expect high intensity, low impact moves, followed by strength work and abs. This class is not appropriate for beginners.

#### Aqua HIIT

Come enjoy this new Aqua HIIT level 3 class and focus on higher intensity and on building aerobic endurance and strength. Experience with aqua water fitness recommended.



# Lap Swim, Open Swim, and Independent Exercise

Please see online schedule at thprd.org for updated details and hours.

# **Beaverton Swim Center**



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

TriMet Bus Routes #52, #76, #78

Facility Supervisor: Patrick Williamson

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

Hours subject to change.

Visit thprd.org for updated schedules.

Facility Closed: 9/4, 11/10, 11/11, 11/23, 11/24,

12/26, 12/31, 1/1

#### **Beaverton Swim Center features:**

- ADA Lift Available
- Independent Changing Rooms
- Average Pool Temperature: 86°

# **Special Events**

# Patron Appreciation Week November 13 to 18

We love our patrons and want to show you how much we care. Stop in for a different surprise everyday during Patron Appreciation Week.

# **Tropical Mermaid Swim**

Transform into a mermaid and enjoy a mermaid-themed open swim with family and friends complete with tropical mermaid centered activities. Light refreshments will be provided. Mermaid tails are encouraged but not provided, we ask that you BYOT (bring your own tail).

12/1 F 5-6:30pm \$10/\$12.50 BV280000

# **Water Fitness Programs**

**Dig Deep:** 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.

**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.

View THPRD water fitness programs and descriptions at <a href="mailto:thprd.org/">thprd.org/</a>

water-fitness-classes. No class 10/7 & 10/8



# **Fall Splash**

This is a recreational swim team for youth ages 5-17 who can swim 25 yards of crawl stroke and 25 yards of backstroke. Swim meets on some Saturdays.

Date	Day	Time	ID/AP	OD	Class#
9/11-12/13	3 M/W	6:35-7:20 բ	m \$297	\$371.25	BV234042
9/12-12/14	₽ T/Th	6:35-7:20 բ	m \$297	\$371.25	BV234091
9/11-12/11	M	5:45-6:15	pm \$106	\$132.50	BV235030
9/13-12/13	3 W	5:45-6:15	pm \$106	\$132.50	BV235033

# **AEA Instructor Training Courses**

10/7 & 10/8 (see below for dates and times) Saturday/Sunday

These are continuing education courses for AEA Fitness instructors. For more information and to register, please go to <u>aeawave.org</u>

 Aquatic Kickboxing
 Deep HIIT & Sculpt

 10/7
 10/7

 8-11 am
 12-3 pm

 Boot Camp Shallow
 Rated M for Mature

 10/8
 10/8

 8-11 am
 12-3 pm

@THPRD.Aquatics



# **Beaverton Swim Center**

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

# **Beginning Swimming Skills**

Date	Day	/ Time	ID/AP	OD	Class#
Preschoo	ol I	evel 1-3			
		11/24, 11/25.			
0.000	, ,	,,,			
9/11-10/9	М	9-9:30 am	\$50	\$62.50	BV211000
10/16-11/13	M	9-9:30 am	\$50	\$62.50	BV211001
11/27-12/11	M	9-9:30 am	\$30	\$37.50	BV211002
9/11-10/9	M	9:35-10:05 am	\$50	\$62.50	BV211006
10/16-11/13	M	9:35-10:05 am	\$50	\$62.50	BV211007
11/27-12/11	M	9:35-10:05 am	\$30 \$50	\$37.50	BV211008
9/11-10/9	M M	10:10-10:40 am 10:10-10:40 am	\$50 \$50	\$62.50	BV211012 BV211013
10/16-11/13 11/27-12/11	M	10:10-10:40 am	\$50 \$30	\$62.50 \$37.50	BV211013 BV211014
9/11-10/9	M	4:35-5:05 pm	\$50 \$50	\$62.50	BV211014 BV211018
10/16-11/13	M	4:35-5:05 pm	\$50	\$62.50	BV211010
11/27-12/11	M	4:35-5:05 pm	\$30	\$37.50	BV211020
9/11-10/9	М	5:10-5:40 pm	\$50	\$62.50	BV211024
10/16-11/13	M	5:10-5:40 pm	\$50	\$62.50	BV211025
11/27-12/11	М	5:10-5:40 pm	\$30	\$37.50	BV211026
9/11-10/9	M	5:45-6:15 pm	\$50	\$62.50	BV211030
10/16-11/13	M	5:45-6:15 pm	\$50	\$62.50	BV211031
11/27-12/11	M	5:45-6:15 pm	\$30	\$37.50	BV211032
9/11-10/9	M	6:35-7:05 pm	\$50	\$62.50	BV211036
10/16-11/13	M	6:35-7:05 pm	\$50	\$62.50	BV211037
11/27-12/11	M	6:35-7:05 pm	\$30	\$37.50	BV211038
9/12-10/10	T	9-9:30 am	\$50	\$62.50	BV211049
10/17-11/14	T	9-9:30 am	\$50	\$62.50	BV211050
11/28-12/12	T	9-9:30 am	\$30	\$37.50	BV211051
9/12-10/10 10/17-11/14	T T	9:35-10:05 am 9:35-10:05 am	\$50 \$50	\$62.50	BV211055 BV211056
11/28-12/12	T T	9:35-10:05 am	\$50 \$30	\$62.50 \$37.50	BV211050 BV211057
9/12-10/10	, T	10:10-10:40 am	\$50 \$50	\$62.50	BV211037 BV211061
10/17-11/14	Ť	10:10-10:40 am	\$50	\$62.50	BV211061
11/28-12/12	Ť	10:10-10:40 am	\$30	\$37.50	BV211063
9/12-10/10	Т	4:35-5:05 pm	\$50	\$62.50	BV211067
10/17-11/14	Т	4:35-5:05 pm	\$50	\$62.50	BV211068
11/28-12/12	Т	4:35-5:05 pm	\$30	\$37.50	BV211069
9/12-10/10	Τ	5:10-5:40 pm	\$50	\$62.50	BV211073
10/17-11/14	Т	5:10-5:40 pm	\$50	\$62.50	BV211074
11/28-12/12	Т	5:10-5:40 pm	\$30	\$37.50	BV211075
9/12-10/10	T	5:45-6:15 pm	\$50	\$62.50	BV211079
10/17-11/14	T	5:45-6:15 pm	\$50	\$62.50	BV211080
11/28-12/12	T	5:45-6:15 pm	\$30	\$37.50	BV211081
9/12-10/10	T	6:35-7:05 pm	\$50 \$50	\$62.50	BV211085
10/17-11/14	T T	6:35-7:05 pm	\$50 \$30	\$62.50 \$37.50	BV211086 BV211087
11/28-12/12 9/13-10/11	W	6:35-7:05 pm 9-9:30 am	\$30 \$50	\$37.50 \$62.50	BV211087 BV211003
10/18-11/15	W	9-9:30 am	\$50 \$50	\$62.50	BV211003 BV211004
11/29-12/13	W	9-9:30 am	\$30	\$37.50	BV211004 BV211005
9/13-10/11	W	9:35-10:05 am	\$50	\$62.50	BV211009
10/18-11/15	W	9:35-10:05 am	\$50	\$62.50	BV211010
11/29-12/13	W	9:35-10:05 am	\$30	\$37.50	BV211011
9/13-10/11	W	10:10-10:40 am	\$50	\$62.50	BV211015
10/18-11/15	W	10:10-10:40 am	\$50	\$62.50	BV211016
11/29-12/13	W	10:10-10:40 am	\$30	\$37.50	BV211017
9/13-10/11	W	4:35-5:05 pm	\$50	\$62.50	BV211021
F ID//	۸D _	User is in-district or h	:-	f dist	

10/18-11/15 11/29-12/13	W W	4:35-5:05 pm	\$50	\$62.50	BV211022
11/29-12/13	W			Y 02.00	DVZIIUZZ
		4:35-5:05 pm	\$30	\$37.50	BV211023
9/13-10/11	W	5:10-5:40 pm	\$50	\$62.50	BV211027
10/18-11/15	W	5:10-5:40 pm	\$50	\$62.50	BV211028
11/29-12/13	W	5:10-5:40 pm	\$30	\$37.50	BV211029
9/13-10/11	W	5:45-6:15 pm	\$50	\$62.50	BV211033
10/18-11/15	W	5:45-6:15 pm	\$50	\$62.50	BV211034
11/29-12/13	W	5:45-6:15 pm	\$30	\$37.50	BV211035
9/13-10/11	W	6:35-7:05 pm	\$50	\$62.50	BV211039
10/18-11/15	W	6:35-7:05 pm	\$50	\$62.50	BV211040
11/29-12/13	W	6:35-7:05 pm	\$30	\$37.50	BV211041
9/14-10/12	Th	9-9:30 am	\$50	\$62.50	BV211052
10/19-11/16	Th	9-9:30 am	\$50	\$62.50	BV211053
11/30-12/14	Th	9-9:30 am	\$30	\$37.50	BV211054
9/14-10/12	Th	9:35-10:05 am	\$50	\$62.50	BV211058
10/19-11/16	Th	9:35-10:05 am	\$50	\$62.50	BV211059
11/30-12/14	Th	9:35-10:05 am	\$30	\$37.50	BV211060
9/14-10/12	Th	10:10-10:40 am	\$50	\$62.50	BV211064
10/19-11/16	Th	10:10-10:40 am	\$50	\$62.50	BV211065
11/30-12/14	Th	10:10-10:40 am	\$30	\$37.50	BV211066
9/14-10/12	Th	4:35-5:05 pm	\$50	\$62.50	BV211070
10/19-11/16	Th	4:35-5:05 pm	\$50	\$62.50	BV211071
11/30-12/14	Th	4:35-5:05 pm	\$30	\$37.50	BV211072
9/14-10/12	Th	5:10-5:40 pm	\$50	\$62.50	BV211076
10/19-11/16	Th	5:10-5:40 pm	\$50	\$62.50	BV211077
11/30-12/14	Th	5:10-5:40 pm	\$30	\$37.50	BV211078
9/14-10/12	Th	5:45-6:15 pm	\$50	\$62.50	BV211082
10/19-11/16	Th	5:45-6:15 pm	\$50	\$62.50	BV211083
11/30-12/14	Th	5:45-6:15 pm	\$30	\$37.50	BV211084
9/14-10/12	Th	6:35-7:05 pm	\$50	\$62.50	BV211088
10/19-11/16	Th	6:35-7:05 pm	\$50	\$62.50	BV211089
11/30-12/14	Th	6:35-7:05 pm	\$30	\$37.50	BV211090
9/16-10/21	S	9-9:30 am	\$50	\$62.50	BV211098
9/16-10/21	S	9:35-10:05 am	\$50	\$62.50	BV211099
9/16-10/21	S	10:10-10:40 am	\$50	\$62.50	BV211100
9/16-10/21	S	11-11:30 am	\$50	\$62.50	BV211101
9/16-10/21	S	11:35 am-12:05 pm	\$50	\$62.50	BV211102
10/28-12/9	S	9-9:30 am	\$50	\$62.50	BV211104
10/28-12/9	S	9:35-10:05 am	\$50	\$62.50	BV211105
10/28-12/9	S	10:10-10:40 am	\$50	\$62.50	BV211106
10/28-12/9	S	11-11:30 am	\$50	\$62.50	BV211107
10/28-12/9	S	11:35 am-12:05 pm	\$50	\$62.50	BV211108

#### School Age Level 1-4 No Class 11/11, 11/24, 11/25.

9/11-10/9	М	4:35-5:05 pm	\$50	\$62.50	BV221018
-,	IVI	4.33-3.03 pm	300		DVZZIUIO
10/16-11/13	M	4:35-5:05 pm	\$50	\$62.50	BV221019
11/27-12/11	M	4:35-5:05 pm	\$30	\$37.50	BV221020
9/11-10/9	M	5:10-5:40 pm	\$50	\$62.50	BV221024
10/16-11/13	M	5:10-5:40 pm	\$50	\$62.50	BV221025
11/27-12/11	M	5:10-5:40 pm	\$30	\$37.50	BV221026
9/11-10/9	M	5:45-6:15 pm	\$50	\$62.50	BV221030
10/16-11/13	M	5:45-6:15 pm	\$50	\$62.50	BV221031
11/27-12/11	M	5:45-6:15 pm	\$30	\$37.50	BV221032
9/11-10/9	M	6:35-7:05 pm	\$50	\$62.50	BV221036
10/16-11/13	M	6:35-7:05 pm	\$50	\$62.50	BV221037
11/27-12/11	M	6:35-7:05 pm	\$30	\$37.50	BV221038
9/11-10/9	M	7:10-7:40 pm	\$50	\$62.50	BV221043
10/16-11/13	M	7:10-7:40 pm	\$50	\$62.50	BV221044
11/27-12/11	M	7:10-7:40 pm	\$30	\$37.50	BV221045
9/12-10/10	Т	4:35-5:05 pm	\$50	\$62.50	BV221067
10/17-11/14	Τ	4:35-5:05 pm	\$50	\$62.50	BV221068

# **Beaverton Swim Center**

11/28-12/12	Τ	4:35-5:05 pm	\$30	\$37.50	BV221069
9/12-10/10	T	5:10-5:40 pm	\$50	\$62.50	BV221073
10/17-11/14	T	5:10-5:40 pm	\$50	\$62.50	BV221074
11/28-12/12	T	5:10-5:40 pm	\$30	\$37.50	BV221075
9/12-10/10	T	5:45-6:15 pm	\$50	\$62.50	BV221073
		'			
10/17-11/14	T -	5:45-6:15 pm	\$50	\$62.50	BV221080
11/28-12/12	T	5:45-6:15 pm	\$30	\$37.50	BV221081
9/12-10/10	T	6:35-7:05 pm	\$50	\$62.50	BV221085
10/17-11/14	T	6:35-7:05 pm	\$50	\$62.50	BV221086
11/28-12/12	T	6:35-7:05 pm	\$30	\$37.50	BV221087
9/12-10/10	T	7:10-7:40 pm	\$50	\$62.50	BV221092
10/17-11/14	T	7:10-7:40 pm	\$50	\$62.50	BV221093
11/28-12/12	Ť	7:10-7:40 pm	\$30	\$37.50	BV221094
9/13-10/11	w	•	\$50	\$62.50	BV221034 BV221021
		4:35-5:05 pm			
10/18-11/15	W	4:35-5:05 pm	\$50	\$62.50	BV221022
11/29-12/13	W	4:35-5:05 pm	\$30	\$37.50	BV221023
9/13-10/11	W	5:10-5:40 pm	\$50	\$62.50	BV221027
10/18-11/15	W	5:10-5:40 pm	\$50	\$62.50	BV221028
11/29-12/13	W	5:10-5:40 pm	\$30	\$37.50	BV221029
9/13-10/11	W	5:45-6:15 pm	\$50	\$62.50	BV221033
10/18-11/15	W	5:45-6:15 pm	\$50	\$62.50	BV221034
11/29-12/13	W	5:45-6:15 pm	\$30	\$37.50	BV221035
9/13-10/11	W	6:35-7:05 pm	\$50	\$62.50	BV221039
10/18-11/15	W	6:35-7:05 pm	\$50	\$62.50	BV221040
11/29-12/13	W	6:35-7:05 pm	\$30	\$37.50	BV221040
	W	•	\$50	\$62.50	BV221041
9/13-10/11		7:10-7:40 pm			
10/18-11/15	W	7:10-7:40 pm	\$50	\$62.50	BV221047
11/29-12/13	W	7:10-7:40 pm	\$30	\$37.50	BV221048
9/14-10/12	Th	4:35-5:05 pm	\$50	\$62.50	BV221070
10/19-11/16	Th	4:35-5:05 pm	\$50	\$62.50	BV221071
11/30-12/14	Th	4:35-5:05 pm	\$30	\$37.50	BV221072
9/14-10/12	Th	5:10-5:40 pm	\$50	\$62.50	BV221076
10/19-11/16	Th	5:10-5:40 pm	\$50	\$62.50	BV221077
11/30-12/14	Th	5:10-5:40 pm	\$30	\$37.50	BV221078
9/14-10/12	Th	5:45-6:15 pm	\$50	\$62.50	BV221082
10/19-11/16	Th	5:45-6:15 pm	\$50	\$62.50	BV221083
11/30-12/14	Th	5:45-6:15 pm	\$30	\$37.50	BV221084
9/14-10/12	Th	6:35-7:05 pm	\$50	\$62.50	BV221088
10/19-11/16	Th	6:35-7:05 pm	\$50	\$62.50	BV221089
		•			
11/30-12/14	Th	6:35-7:05 pm	\$30	\$37.50	BV221090
9/14-10/12	Th	7:10-7:40 pm	\$50	\$62.50	BV221095
10/19-11/16	Th	7:10-7:40 pm	\$50	\$62.50	BV221096
11/30-12/14	Th	7:10-7:40 pm	\$30	\$37.50	BV221097
9/16-10/21	S	9-9:30 am	\$50	\$62.50	BV221098
9/16-10/21	S	9:35-10:05 am	\$50	\$62.50	BV221099
9/16-10/21	S	10:10-10:40 am	\$50	\$62.50	BV221100
9/16-10/21	S	11-11:30 am	\$50	\$62.50	BV221101
9/16-10/21	S	11:35 am-12:05 pm	\$50	\$62.50	BV221102
10/28-12/9	S	9-9:30 am	\$50	\$62.50	BV221104
10/28-12/9	S	9:35-10:05 am	\$50	\$62.50	BV221105
10/28-12/9	S	10:10-10:40 am	\$50	\$62.50	BV221103
10/28-12/9	S	11-11:30 am	\$50	\$62.50	BV221100
	S				
10/28-12/9	3	11:35 am-12:05 pm	\$50	\$62.50	BV221108

# **Specialty Programs**

Date	Day	Time	ID/AP	OD	Class#
Baby/To Swim Diaper 11/11, 11/2	r Requi	red. Parent/Guardian	Participation	n Required. N	No Class
9/11-10/9 10/16-11/13	M M	9:35-10:05 am 9:35-10:05 am	\$34 \$34	\$42.50 \$42.50	BV240006 BV240007

11/27-12/11	M	9:35-10:05 am	\$21	\$26.25	BV240008
9/12-10/10	T	5:10-5:40 pm	\$34	\$42.50	BV240073
10/17-11/14	T	5:10-5:40 pm	\$34	\$42.50	BV240074
11/28-12/12	T	5:10-5:40 pm	\$21	\$26.25	BV240075
9/13-10/11	W	9:35-10:05 am	\$34	\$42.50	BV240009
10/18-11/15	W	9:35-10:05 am	\$34	\$42.50	BV240010
11/29-12/13	W	9:35-10:05 am	\$21	\$26.25	BV240011
9/14-10/12	Th	5:10-5:40 pm	\$34	\$42.50	BV240076
10/19-11/16	Th	5:10-5:40 pm	\$34	\$42.50	BV240077
11/30-12/14	Th	5:10-5:40 pm	\$21	\$26.25	BV240078
9/16-10/21	S	9:35-10:05 am	\$34	\$42.50	BV240099
9/16-10/21	S	11-11:30 am	\$34	\$42.50	BV240101
10/28-12/9	S	9:35-10:05 am	\$34	\$42.50	BV240105
10/28-12/9	S	11-11:30 am	\$34	\$42.50	BV240107

### Teen/Adult Swimming Skills

No Class 11/11, 11/24, and 11/25.

9/11-10/9	М	9-9:30 am	\$50	\$62.50	BV250000
10/16-11/13	M	9-9:30 am	\$50	\$62.50	BV250001
11/27-12/11	M	9-9:30 am	\$30	\$37.50	BV250002
9/12-10/10	Τ	7:10-7:40 pm	\$50	\$62.50	BV250092
10/17-11/14	Τ	7:10-7:40 pm	\$50	\$62.50	BV250093
11/28-12/12	Τ	7:10-7:40 pm	\$30	\$37.50	BV250094
9/13-10/11	W	9-9:30 am	\$50	\$62.50	BV250003
10/18-11/15	W	9-9:30 am	\$50	\$62.50	BV250004
11/29-12/13	W	9-9:30 am	\$30	\$37.50	BV250005
9/14-10/12	Th	7:10-7:40 pm	\$50	\$62.50	BV250095
10/19-11/16	Th	7:10-7:40 pm	\$50	\$62.50	BV250096
11/30-12/14	Th	7:10-7:40 pm	\$30	\$37.50	BV250097

### **Professional Classes**

Date	Day	Time	ID/AP	OD	Class#		
Junior	Lifegua	arding Ages 1	12-14yrs,	Level 4	+		
10/14-12/9	S	1:30-3:30 pm	\$100	\$125	BV251000		
Lifegua	Lifeguard Training Ages 15+ yrs						
10/14-11/4	S	9 am-4 pm	\$200	\$250	BV252000		

#### Fall Splash

This is a recreational swim team for youth ages 5-17 who can swim 25 yards of crawl stroke and 25 yards of backstroke. Swim meets on some Saturdays.

9/11-12/13	M/W	6:35-7:20 pm	\$297	\$371.25	BV234042
9/12-12/14	T/Th	6:35-7:20 pm	\$297	\$371.25	BV234091

#### Splash Conditioning

9/11-12/11	IVI	5:45-6:15 pm	\$100	\$132.50	BV235030
9/13-12/13	W	5:45-6:15 pm	\$106	\$132.50	BV235033

# Harman Swim Center



# 7300 SW Scholls Ferry Road Beaverton, 97008 503-629-6314

TriMet Bus Routes #56

Facility Supervisor: Joshua Norton

**Hours:** 

Monday – Thursday: 8 am - 6:30 pm
Friday: 8 am - 1 pm
Saturday: 8 am - 2 pm
Sunday: 11 am - 3:30 pm

Facility Closed: 9/4, 11/10, 11/11, 11/23, 11/24,

12/26, 12/31, 1/1

#### Harman Swim Center features:

• ADA Lift Available

• Independent Changing Rooms

• Average Pool Temperature: 88° to 89°

Lap Swim, Open Swim and Fitness Classes Available. Schedules subject to change. Please check www.thprd.org for the most updated schedule and fitness class descriptions.



### Pumpkin Bob October 14

Join us for our 11th annual floating pumpkin patch! Arts, crafts and prizes.

 $\label{eq:Ages 6-14 | HM20000PB | 3-4:30 pm | $10 ID $12.50 OD} Please call Harman Swim Center for details.$ 



# **Water Fitness Programs**

We offer a great variety of classes like Cardio Core, Flex & Stretch, and Aqua Jam. Please see our website or pop in for a complete schedule. https://www.thprd.org/facilities/aquatics/harman.





# **Adaptive Aquatics**

Adaptive Aquatics is a program providing one on one swimming lessons for people of any age over 3, who experience disability. We offer lessons to people who experience cognitive disabilities, physical disabilities, anxieties, behavioral challenges, or sensory differences. Since the lessons are individualized, we can tailor them to the specific needs of the swimmer. We allow for non-traditional progression of skills, while continuing to focus on safety, and swimming goals and techniques. Space is extremely limited.

Date	Day	Time	ID/AP OD	Class#
9/11-10/11	M/W	1:10-1:40 pm	\$232	\$362.50 HM270000
9/11-10/11	M/W	12:35-1:05 pm	\$232	\$362.50HM270000A
10/16-11/15	M/W	12:35-1:05 pm	\$232	\$362.50HM270000B
11/27-12/13	M/W	12:35-1:05 pm	\$146.25	\$228.75HM270000C
10/16-11/15	M/W	1:10-1:40 pm	\$232	\$362.50 HM270001
11/27-12/13	M/W	1:10-1:40 pm	\$146.25	\$228.75 HM270003
9/11-10/11	M/W	2:20-2:50 pm	\$232	\$362.50 HM270006
10/16-11/15	M/W	2:20-2:50 pm	\$232	\$362.50 HM270007
11/27-12/13	M/W	2:20-2:50 pm	\$146.25	\$228.75 HM270008
9/16-12/9	S	9-9:30 am	\$252.75	\$395 HM270057
9/16-12/9	S	9:35-10:05 am	\$252.75	\$395 HM270058
9/16-12/9	S	10:10-10:40 am	\$252.75	\$395 HM270059
9/16-12/9	S	11-11:30 am	\$252.75	\$395 HM270060
9/16-12/9	S	11:35 am-12:05	pm \$252.75	\$395 HM270061



# **Special Events**

# Fall Equinox Saturday September 23rd

Fall Equinox Celebration Saturday, 9/23 1-4pm

Come celebrate the changing of the season with us! Bring in the Autumn in the tranquility of the water with serene music and underwater lights. Enjoy crafts and community. Light refreshments will be served. Suitable for the whole family. Event price: ID: \$10, OD: \$12.50



# Winter Solstice Saturday December 16th

Winter Solstice Celebration Saturday, 12/16 1-4pm

Prepare yourself for the coming year while the days are the darkest and the nights are the coldest. Let the stresses of the season melt away into the water. There will be meditative music, underwater lights, cocoa, and hot cider. There will be crafts and gifts. Suitable for the whole family. Event price: ID: \$10, OD: \$12.50



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

Preschool: Minimum age 3 years and toilet-trained.

When class ends, pick up your preschooler on deck after class.

### **Beginning Swimming Skills**

Date	Day	Time	ID/AP	OD	Class#
Prescho	ol Leve	el 1 & 3			
9/11-10/11	M/W	1:10-1:40 pm	\$95	\$11 <u>8</u> 75	HM211000
10/16-11/15	M/W	1:10-1:40 pm	\$95		HM211001
1/27-12/13	M/W	1:10-1:40 pm	\$59	\$73.75	HM211001
/11-10/11	M/W	1:45-2:15 pm	\$95		HM211003
0/16-11/15	M/W	1:45-2:15 pm	\$95		HM211004
1/27-12/13	M/W	1:45-2:15 pm	\$59	\$73.75	HM211005
/11-10/11	M/W	3:30-4 pm	\$95		HM211012
0/16-11/15	M/W	3:30-4 pm	\$95		HM211013
1/27-12/13	M/W	3:30-4 pm	\$59	\$73.75	HM211014
/11-10/11	M/W	4:05-4:35 pm	\$95	\$118.75	HM211015
0/16-11/15	M/W	4:05-4:35 pm	\$95	\$118.75	HM211016
1/27-12/13	M/W	4:05-4:35 pm	\$59	\$73.75	HM211017
/11-10/11	M/W	4:40-5:10 pm	\$95	\$118.75	HM211018
0/16-11/15	M/W	4:40-5:10 pm	\$95	\$118.75	HM211019
1/27-12/13	M/W	4:40-5:10 pm	\$59	\$73.75	HM211020
/12-10/12	T/Th	10:10-10:40 am	\$95	\$118.75	HM211024
0/17-11/16	T/Th	10:10-10:40 am	\$95	\$118.75	HM211025
0/17-11/16	T/Th	10:45-11:15 am	\$95	\$118.75	HM211028
/12-10/12	T/Th	1:10-1:40 pm	\$95	\$118.75	HM211033
0/17-11/16	T/Th	1:10-1:40 pm	\$95	\$118.75	HM211034
/12-10/12	T/Th	1:45-2:15 pm	\$95	\$118.75	HM211036
0/17-11/16	T/Th	1:45-2:15 pm	\$95	\$118.75	HM211037
/12-10/12	T/Th	3:30-4 pm	\$95	\$118.75	HM211045
/12-10/12	T/Th	4:05-4:35 pm	\$95	\$118.75	HM211048
)/12-10/12	T/Th	4:40-5:10 pm	\$95	\$118.75	HM211051
)/12-10/12	T/Th	5:15-5:45 pm	\$95	\$118.75	HM211054
0/17-11/16	T/Th	5:15-5:45 pm	\$95	\$118.75	HM211055
1/28-12/14	T/Th	5:15-5:45 pm	\$59	\$73.75	HM211056
/17-12/10	Su	12:35-1:05 pm	\$104	\$130	HM211062
/17-12/10	Su	1:10-1:40 pm	\$104	\$130	HM211063

#### School Age Level 1-3

9/11-10/11	M/W	3:30-4 pm	\$95	\$118.75 H	M221012
10/16-11/15	M/W	3:30-4 pm	\$95	\$118.75 H	M221013
11/27-12/13	M/W	3:30-4 pm	\$59	\$73.75 H	M221014
9/12-10/12	T/Th	3:30-4 pm	\$95	\$118.75 H	M221045
10/17-11/16	T/Th	3:30-4 pm	\$95	\$118.75 H	M221046
11/28-12/14	T/Th	3:30-4 pm	\$59	\$73.75 H	M221047
9/12-10/12	T/Th	4:05-4:35 pm	\$95	\$118.75 H	M221048
10/17-11/16	T/Th	4:05-4:35 pm	\$95	\$118.75 H	M221049
11/28-12/14	T/Th	4:05-4:35 pm	\$59	\$73.75 H	M221050
9/12-10/12	T/Th	4:40-5:10 pm	\$95	\$118.75 H	M221051
10/17-11/16	T/Th	4:40-5:10 pm	\$95	\$118.75 H	M221052
11/28-12/14	T/Th	4:40-5:10 pm	\$59	\$73.75 H	M221053
9/17-12/10	Su	12:35-1:05 pm	\$104	\$130 H	M221062

OD

Class#

# **Harman Swim Center**

# **Intermediate/Advanced Swimming Skills**

Date	Day	Time	ID/AP	OD	Class#
Preschoo	ol/Scho	ool Age Level	5		
9/12-10/12 10/17-11/16 11/28-12/14 9/17-12/10	T/Th T/Th T/Th Su	4:40-5:10 pm 4:40-5:10 pm 4:40-5:10 pm 1:45-2:15 pm	\$95 \$95 \$59 \$104	\$118.75 \$73.75	HM225051 HM225052 HM225053 HM225064

11/28-12/14 9/17-12/10	T/Th Su	4:40-5:10 pm 4:40-5:10 pm 1:45-2:15 pm	\$59 \$59 \$104	\$73.75 \$130	HM225052 HM225053 HM225064				
Specialty Programs									
Date	Day	Time	D/AP	OD	Class#				
	reational	swim team for youth and 25 yards of back							
9/11-12/13	M/W	4:05-5 pm	\$297	\$371.25	HM234000				
Baby/To	ddler	& Me							
9/12-10/12 10/17-11/16 11/28-12/14 9/11-10/11 10/16-11/15 11/27-12/13 9/17-12/10	T/Th T/Th T/Th M/W M/W M/W Su	10:45-11:15 am 10:45-11:15 am 10:45-11:15 am 5:15-5:45 pm 5:15-5:45 pm 5:15-5:45 pm 1:45-2:15 pm	\$65 \$65 \$40 \$65 \$65 \$40 \$71	\$81.25 \$81.25 \$50 \$81.25 \$81.25 \$50 \$88.75	HM240004 HM240005 HM240006 HM240021 HM240022 HM240023 HM240064				
Teen/Ad	lult Sw	vimming Skills							
9/12-10/12 10/17-11/16 11/28-12/14 9/17-12/10	T/Th T/Th T/Th Su	5:15-6 pm 5:15-6 pm 5:15-6 pm 11:45 am-12:30 pm	\$143 \$143 \$89 1 \$156	\$178.75 \$111.25	HM250054 HM250055 HM250056 HM250062A				
Private Lessons									

2:20-2:50 pm

2:20-2:50 pm

2:20-2:50 pm

\$500

\$500

\$300

\$625

\$625

\$375

### **Training Programs** Day

Jr. Lifeguarding Alternate Track
This class is for 12-15 year olds who are not yet swimmers. They learn
water safety, emergency management, first aid/CPR (no certification), and
rescues. They learn and improve swimming skills and learn how to assist a
swim instructor as a swim aide.

ID/AP

9/23-12/9 S 10 am-12:30 pm \$100 \$125 HM251000A

#### Lifequarding

Date

Prerequisites: Minimum age: 15 years; Swim 300 yards continuously; Tread water for 2 minutes using only the legs; Complete a timed event within 1 minute, 40 seconds by starting in the water, swimming 20 yards, surface dive to a depth of 7 to 10 feet to retrieve a 10-pound object, return to the surface and swim 20 yards on the back to return to the starting point, exit the water without using steps or a ladder. Participants who successfully complete the Lifeguarding course receive an American Red Cross certificate for Lifeguarding/First Aid/CPR/AED, valid for 2 years. After registering, the facility will contact participants to set up the pre-test. Successful completion of the pretest is required prior to participation. This class runs 3:30-7 on Friday evenings, and 1-5:30 on Saturday afternoons for 3 weeks.

10/20-11/4 F/S 3:30-7 pm \$260 \$325 HM250000

9/11-10/11 M/W

10/16-11/15 M/W

11/27-12/13 M/W

HM260006

HM260007

HM260008

# Sunset<br/>Swim Center



# 13707 NW Science Park Drive Beaverton, 97229 503-629-6315

TriMet Bus Routes #48, #62

Facility Supervisor: Joshua Norton

**Hours:** Lap Swim, Open Swim and Swim Lessons Available. Schedules subject to change. Please check www.thprd.org for the most updated schedule and fitness class descriptions.

#### Office Hours:

Monday – Friday: 3 pm - 7 pm

Facility Closed: 9/4, 11/10, 11/11, 11/23, 11/24,

12/25

#### **Sunset Swim Center features:**

- ADA Lift available
- Average Pool Temperature: 84°



# Lap Swim, Open Swim & Swim Lessons

Please see online schedule at www.thprd.org for updated details about limited lanes, shared pool times and open swim. Paper schedules are available on site.



# Fall Splash

This is a recreational swim team for youth ages 5-17 who can swim 25 yards of crawl stroke and 25 yards of backstroke. Swim meets on some Saturdays

Date	Day	Time	ID/AP	OD	Class#
9/16-12/16	SS	10-10:45 am	\$143	\$178.75	SS234028
9/12-12/14	T/Th	6:45-7:30 pm	\$286	\$357.50	SS234027



# **Sunset Swim Center**

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

Preschool: Minimum age 3 years and toilet-trained.

When class ends, pick up your preschooler on deck after class.

# **Beginning Swimming Skills**

	<u> </u>	T:	JD/AD	0.0	01#
Date	Day	Time	ID/AP	OD	Class#
Preschoo	ol Lev	el 1-3			
9/11-10/11	M/W	4:30-5 pm	\$95	\$118.75	SS211000
10/16-11/15	M/W	4:30-5 pm	\$95	\$118.75	SS211001
11/27-12/13	M/W	4:30-5 pm	\$59	\$73.75	SS211002
9/11-10/11	M/W	5:05-5:35 pm	\$95	\$118.75	SS211003
10/16-11/15	M/W	5:05-5:35 pm	\$95	\$118.75	SS211004
11/27-12/13	M/W	5:05-5:35 pm	\$59	\$73.75	SS211005
9/11-10/11	M/W	5:40-6:10 pm	\$95	\$118.75	SS211006
10/16-11/15	M/W	5:40-6:10 pm	\$95	\$118.75	SS211007
11/27-12/13	M/W	5:40-6:10 pm	\$59	\$73.75	SS211008
9/11-10/11	M/W	6:30-7 pm	\$95	\$118.75	SS211009
10/16-11/15	M/W	6:30-7 pm	\$95	\$118.75	SS211010
11/27-12/13	M/W	6:30-7 pm	\$59	\$73.75	SS211011
9/11-10/11	M/W	7:05-7:35 pm	\$95	\$118.75	SS211012
10/16-11/15	M/W	7:05-7:35 pm	\$95	\$118.75	SS211013
11/27-12/13	M/W	7:05-7:35 pm	\$59	\$73.75	SS211014
9/12-10/12	T/Th	5-5:30 pm	\$95	\$118.75	SS211018
10/17-11/16	T/Th	5-5:30 pm	\$86	\$107.50	SS211019
11/28-12/14	T/Th	5-5:30 pm	\$59	\$73.75	SS211020
9/12-10/12	T/Th	5:35-6:05 pm	\$95	\$118.75	SS211021
10/17-11/16	T/Th	5:35-6:05 pm	\$86	\$107.50	SS211022
11/28-12/14	T/Th	5:35-6:05 pm	\$59	\$73.75	SS211023
9/12-10/12	T/Th	6:10-6:40 pm	\$95	\$118.75	SS211024
10/17-11/16	T/Th	6:10-6:40 pm	\$86	\$107.50	SS211025
11/28-12/14	T/Th	6:10-6:40 pm	\$59	\$73.75	SS211026

### School Age Level 1-4

	_				
9/11-10/11 10/16-11/15 11/27-12/13 9/11-10/11 10/16-11/15 11/27-12/13 9/11-10/11 10/16-11/15	M/W M/W M/W M/W M/W M/W M/W	4:30-5 pm 4:30-5 pm 4:30-5 pm 5:05-5:35 pm 5:05-5:35 pm 5:05-5:35 pm 5:40-6:10 pm 5:40-6:10 pm	\$95 \$95 \$59 \$95 \$95 \$59 \$95 \$95	\$118.75 \$118.75 \$73.75 \$118.75 \$118.75 \$73.75 \$118.75 \$118.75	\$\$222000 \$\$222001 \$\$222002 \$\$222003 \$\$222004 \$\$222005 \$\$222006 \$\$222007
10/16-11/15	M/W	5:05-5:35 pm	\$95	\$118.75	SS222004
11/27-12/13	M/W	5:05-5:35 pm	\$59	\$73.75	SS222005
9/11-10/11	M/W	5:40-6:10 pm	\$95	\$118.75	SS222006
10/17-11/16	T/Th	5-5:30 pm	\$86	\$107.50	SS222019
11/28-12/14	T/Th	5-5:30 pm	\$59	\$73.75	SS222020

9/12-10/12	T/Th	5:35-6:05 pm	\$95	\$118.75	SS222021
10/17-11/16	T/Th	5:35-6:05 pm	\$86	\$107.50	SS222022
11/28-12/14	T/Th	5:35-6:05 pm	\$59	\$73.75	SS222023
9/12-10/12	T/Th	6:10-6:40 pm	\$95	\$118.75	SS222024
10/17-11/16	T/Th	6:10-6:40 pm	\$86	\$107.50	SS222025
11/28-12/14	T/Th	6:10-6:40 pm	\$59	\$73.75	SS222026

### **Specialty Programs**

Specialty Programs							
Date	Day	Time	ID/AP	OD	Class#		
	reational	swim team for youth and 25 yards of bac					
9/16-12/16 9/12-12/14	S T/Th	10-10:45 am 6:45-7:30 pm	\$143 \$286	\$178.75 \$357.50	SS234028 SS234027		
Baby/To	ddler	& Me					
9/11-10/11 10/16-11/15 11/27-12/13 9/12-10/12 10/17-11/16 11/28-12/14	M/W M/W M/W T/Th T/Th	5:05-5:35 pm 5:05-5:35 pm 5:05-5:35 pm 5:35-6:05 pm 5:35-6:05 pm 5:35-6:05 pm	\$65 \$65 \$40 \$65 \$59 \$40	\$81.25 \$81.25 \$50 \$81.25 \$73.75 \$50	SS240003 SS240004 SS240005 SS240021 SS240022 SS240023		
Teen/Ad	lult Sw	vimming Skills	- Begin	ning			
9/11-10/11 10/16-11/15 11/27-12/13 9/12-10/12 10/17-11/16 11/28-12/14	M/W M/W M/W T/Th T/Th	7:40-8:10 pm 7:40-8:10 pm 7:40-8:10 pm 6:10-6:40 pm 6:10-6:40 pm 6:10-6:40 pm	\$95 \$95 \$59 \$95 \$86 \$59	\$118.75 \$73.75 \$118.75 \$107.50	SS250015B SS250016B SS250017B SS250024B SS250025B SS250026B		
Lifeguar	d Trair	ning, Ages 15+	+				
9/23-10/7	S	9:00 am-5:00 pm	\$260	\$325	SS252000		

# **Conestoga Recreation** & Aquatic Center



# 9985 SW 125th Avenue Beaverton, 97008 503-629-6313

TriMet Bus Routes #62, #92

Facility Supervisor: Ann Johnson

**Facility Hours:** 

5:30 am-9:30 pm Monday-Friday

Saturday 8 am-8 pm Sunday 9 am-8 pm

Check online for pool hours.

Closed: 11/23, 12/25

**Modified Schedule:** 

9 am-2 pm 9/4, 11/10, 11/11, 11/24, 12/24

#### 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
- Nine month Preschool (English & Spanish)
- 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

**Lifequards • 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 page 73 for Conestoga recreation programs.

# Dive-in movies are back!

Nov 3 & Nov 17 • Dec 1 & Dec 15 Please visit our website for times and additional information.



# Lap Swim, Open Swim & Water Fitness

Please see online schedule at www.thprd.org for updated details about drop-in activities.

# Fall Splash

This is a recreational swim team for youth ages 5-17 who can swim 25 yards of crawl stroke and 25 yards of backstroke. Swim meets on some Saturdays.

9/11-12/13 M/W 7:05-7:50pm CA234000MW \$297 \$371.25 9/12-12/14 T/Th 7:05-7:50pm \$286 \$357.50 CA234000TTH Class availability subject to change. Fees vary due to number of sessions in each class.

Preschool: Minimum age 3 years and toilet-trained.

When class ends, pick up your preschooler at the dressing room entrance from deck.

School-age: First grade through age 12. The parent, guardian or caregiver of a child <u>under 10 years of age</u> must remain on the premises during class.

# **Beginning Swimming Skills**

Date	Day	Time	ID/AP	OD	Class#
Preschool No class 11/		· <del>-</del>			
9/11-10/11 10/16-11/15 11/27-12/13 9/11-10/11 10/16-11/15 11/27-12/13 9/11-10/11 10/16-11/15 11/27-12/13 9/11-10/11 10/16-11/15 11/27-12/13 9/12-10/12 10/17-11/16 11/28-12/14 9/12-10/12 10/17-11/16 11/28-12/14 9/12-10/12 10/17-11/16 11/28-12/14 9/12-10/12 10/17-11/16 11/28-12/14	M/W M/W M/W M/W M/W M/W M/W M/W M/W M/W	9:30-10 am 9:30-10 am 9:30-10 am 9:30-10 am 10:05-10:35 am 10:05-10:35 am 10:05-10:35 am 10:55-11:25 am 10:55-11:25 am 11:30 am-12 pm 11:30 am-12 pm 11:30 am-12 pm 9:30-10 am 9:30-10 am 10:05-10:35 am 10:05-10:35 am 10:05-10:35 am 10:05-10:35 am 10:55-11:25 am 10:55-11:25 am 10:55-11:25 am 11:30 am-12 pm 11:30 am-12 pm	\$955955955955955955955955955955955955955	\$118.75 \$73.75 \$118.75 \$13.75 \$118.75 \$13.75 \$118.75 \$13.75 \$118.75 \$13.75	CA211001 CA211002 CA211003 CA211004 CA211005 CA211006 CA211007 CA211009 CA211010 CA211011 CA211012 CA211013 CA211014 CA211015 CA211016 CA211017 CA211018 CA211019 CA211019 CA211019 CA211020 CA211020 CA211021 CA211022 CA211023 CA211023
9/15-12/8 9/15-12/8	F F	9:30-10 am 10:05-10:35 am	\$104 \$104	\$130 \$130	CA211025 CA211027
9/15-12/8 9/15-12/8	F F	10:55-11:25 am 11:30 am-12 pm	\$104 \$104	\$130 \$130	CA211029 CA211031

### Preschool Level 1-3

No class 11/11, 11/25 & 10/31

9/11-10/11	M/W	4:30-5 pm	\$95	\$118.75	CA211040
10/16-11/15	M/W	4:30-5 pm	\$95	\$118.75	CA211041
11/27-12/13	M/W	4:30-5 pm	\$59	\$73.75	CA211042
9/11-10/11	M/W	5:05-5:35 pm	\$95	\$118.75	CA211043
10/16-11/15	M/W	5:05-5:35 pm	\$95	\$118.75	CA211044
11/27-12/13	M/W	5:05-5:35 pm	\$59	\$73.75	CA211045
9/11-10/11	M/W	5:55-6:25 pm	\$95	\$118.75	CA211046
10/16-11/15	M/W	5:55-6:25 pm	\$95	\$118.75	CA211047
11/27-12/13	M/W	5:55-6:25 pm	\$59	\$73.75	CA211048
9/11-10/11	M/W	6:30-7 pm	\$95	\$118.75	CA211049
10/16-11/15	M/W	6:30-7 pm	\$95	\$118.75	CA211050
11/27-12/13	M/W	6:30-7 pm	\$59	\$73.75	CA211051
9/12-10/12	T/Th	4:30-5 pm	\$95	\$118.75	CA211055
10/17-11/16	T/Th	4:30-5 pm	\$86	\$107.50	CA211056
11/28-12/14	T/Th	4:30-5 pm	\$59	\$73.75	CA211057

9/12-10/12	T/Th	5:05-5:35 pm	\$95	\$118.75	CA211058
10/17-11/16	T/Th	5:05-5:35 pm	\$86	\$107.50	CA211059
11/28-12/14	T/Th	5:05-5:35 pm	\$59	\$73.75	CA211060
9/12-10/12	T/Th	5:55-6:25 pm	\$95	\$118.75	CA211061
10/17-11/16	T/Th	5:55-6:25 pm	\$86	\$107.50	CA211062
11/28-12/14	T/Th	5:55-6:25 pm	\$59	\$73.75	CA211063
9/12-10/12	T/Th	6:30-7 pm	\$95	\$118.75	CA211064
10/17-11/16	T/Th	6:30-7 pm	\$86	\$107.50	CA211065
11/28-12/14	T/Th	6:30-7 pm	\$59	\$73.75	CA211066
9/16-12/9	S	9-9:30 am	\$104	\$130	CA211070
9/16-12/9	S	9:35-10:05 am	\$104	\$130	CA211072
9/16-12/9	S	11-11:30 am	\$104	\$130	CA211076
9/16-12/9	S	11:35 am-12:05 pm	\$104	\$130	CA211078
9/17-10/22	Su	1-1:30 pm	\$59	\$73.75	CA211080
10/29-12/10	Su	1-1:30 pm	\$59	\$73.75	CA211081
9/17-10/22	Su	1:35-2:05 pm	\$59	\$73.75	CA211082
10/29-12/10	Su	1:35-2:05 pm	\$59	\$73.75	CA211083
9/17-10/22	Su	2:10-2:40 pm	\$59	\$73.75	CA211084
10/29-12/10	Su	2:10-2:40 pm	\$59	\$73.75	CA211085
9/17-10/22	Su	3-3:30 pm	\$59	\$73.75	CA211086
10/29-12/10	Su	3-3:30 pm	\$59	\$73.75	CA211087
9/17-10/22	Su	3:35-4:05 pm	\$59	\$73.75	CA211088
10/29-12/10	Su	3:35-4:05 pm	\$59	\$73.75	CA211089

# School Age Level 1-4

No class 11/11, 11/25 & 10/31

9/11-10/11	M/W	4:30-5 pm	\$95	\$118.75	CA221040
10/16-11/15	M/W	4:30-5 pm	\$95	\$118.75	CA221041
11/27-12/13	M/W	4:30-5 pm	\$59	\$73.75	CA221042
9/11-10/11	M/W	5:05-5:35 pm	\$95	\$118.75	CA221043
10/16-11/15	M/W	5:05-5:35 pm	\$95	\$118.75	CA221044
11/27-12/13	M/W	5:05-5:35 pm	\$59	\$73.75	CA221045
9/11-10/11	M/W	5:55-6:25 pm	\$95	\$118.75	CA221046
10/16-11/15	M/W	5:55-6:25 pm	\$95	\$118.75	CA221047
11/27-12/13	M/W	5:55-6:25 pm	\$59	\$73.75	CA221048
9/11-10/11	M/W	6:30-7 pm	\$95	\$118.75	CA221049
10/16-11/15	M/W	6:30-7 pm	\$95	\$118.75	CA221050
11/27-12/13	M/W	6:30-7 pm	\$59	\$73.75	CA221051
9/12-10/12	T/Th	4:30-5 pm	\$95	\$118.75	CA221055
10/17-11/16	T/Th	4:30-5 pm	\$86	\$107.50	CA221056
11/28-12/14	T/Th	4:30-5 pm	\$59	\$73.75	CA221057
9/12-10/12	T/Th	5:05-5:35 pm	\$95	\$118.75	CA221058
10/17-11/16	T/Th	5:05-5:35 pm	\$86	\$107.50	CA221059
11/28-12/14	T/Th	5:05-5:35 pm	\$59	\$73.75	CA221060
9/12-10/12	T/Th	5:55-6:25 pm	\$95	\$118.75	CA221061
10/17-11/16	T/Th	5:55-6:25 pm	\$86	\$107.50	CA221062
11/28-12/14	T/Th	5:55-6:25 pm	\$59	\$73.75	CA221063
9/12-10/12	T/Th	6:30-7 pm	\$95	\$118.75	CA221064
10/17-11/16	T/Th	6:30-7 pm	\$86	\$107.50	CA221065
11/28-12/14	T/Th	6:30-7 pm	\$59	\$73.75	CA221066
9/16-12/9	S	9-9:30 am	\$104	\$130	CA221070
9/16-12/9	S	9:35-10:05 am	\$104	\$130	CA221072
9/16-12/9	S	10:25-10:55 am	\$104	\$130	CA221074
9/17-10/22	Su	1-1:30 pm	\$59	\$73.75	CA221080
10/29-12/10	Su	1-1:30 pm	\$59	\$73.75	CA221081
9/17-10/22	Su	1:35-2:05 pm	\$59	\$73.75	CA221082
10/29-12/10	Su	1:35-2:05 pm	\$59	\$73.75	CA221083
9/17-10/22	Su	2:10-2:40 pm	\$59	\$73.75	CA221084
10/29-12/10	Su	2:10-2:40 pm	\$59	\$73.75	CA221085
9/17-10/22	Su	3-3:30 pm	\$59	\$73.75	CA221086
10/29-12/10	Su	3-3:30 pm	\$59	\$73.75	CA221087
9/17-10/22	Su	3:35-4:05 pm	\$59	\$73.75	CA221088
10/29-12/10	Su	3:35-4:05 pm	\$59	\$73.75	CA221089

#### Preschool/School Age Level 5-7 No class 11/11, 11/25 & 10/31

9/11-10/11	M/W	4:30-5 pm	\$95	\$118.75	CA225040
10/16-11/15	M/W	4:30-5 pm	\$95	\$118.75	CA225041
11/27-12/13	M/W	4:30-5 pm	\$59	\$73.75	CA225042
9/11-10/11	M/W	5:05-5:35 pm	\$95	\$118.75	CA225043
10/16-11/15	M/W	5:05-5:35 pm	\$95	\$118.75	CA225044
11/27-12/13	M/W	5:05-5:35 pm	\$59	\$73.75	CA225045
9/11-10/11	M/W	5:55-6:25 pm	\$95	\$118.75	CA225046
10/16-11/15	M/W	5:55-6:25 pm	\$95	\$118.75	CA225047
11/27-12/13	M/W	5:55-6:25 pm	\$59	\$73.75	CA225048
9/12-10/12	T/Th	4:30-5 pm	\$95	\$118.75	CA225055
10/17-11/16	T/Th	4:30-5 pm	\$86	\$107.50	CA225056
11/28-12/14	T/Th	4:30-5 pm	\$59	\$73.75	CA225057
9/12-10/12	T/Th	5:05-5:35 pm	\$95	\$118.75	CA225058
10/17-11/16	T/Th	5:05-5:35 pm	\$86	\$107.50	CA225059
11/28-12/14	T/Th	5:05-5:35 pm	\$59	\$73.75	CA225060
9/16-12/9	S	10:25-10:55 am	\$104	\$130	CA225074
9/17-10/22	Su	1:35-2:05 pm	\$59	\$73.75	CA225082
10/29-12/10	Su	1:35-2:05 pm	\$59	\$73.75	CA225083
9/17-10/22	Su	3:35-4:05 pm	\$59	\$73.75	CA225088
10/29-12/10	Su	3:35-4:05 pm	\$59	\$73.75	CA225089

# **Specialty Programs**

#### Baby Toddler & Me

No class 11/10, 11/11 & 11/24

#### Ages 6 months to 3 years old.

Water adjustment class for parents and child. Basic skills are introduced with games and songs. Swim diapers required.

9/11-10/11 10/16-11/15	M/W M/W	10:05-10:35 am 10:05-10:35 am	\$65 \$65	\$81.25 \$81.25	CA240004 CA240005
11/27-12/13 9/12-10/12	M/W T/Th	10:05-10:35 am 10:05-10:35 am	\$40 \$65	\$50 \$81.25	CA240006 CA240016
10/17-11/16	T/Th	10:05-10:35 am	\$65	\$81.25	CA240017
11/28-12/14	T/Th	10:05-10:35 am	\$40	\$50	CA240018
9/15-12/8	F	10:05-10:35 am	\$71	\$88.75	CA240027
9/16-12/9 9/17-10/22	S Su	11-11:30 am 1-1:30 pm	\$71 \$40	\$88.75 \$50	CA240076 CA240080
10/29-12/10	Su	1-1:30 pm	\$40	\$50 \$50	CA240080
9/17-10/22	Su	3-3:30 pm	\$40	\$50	CA240086
10/29-12/10	Su	3-3:30 pm	\$40	\$50	CA240087

#### You & Your Preschooler

9/11-10/11	M/W	11:30 am-12 pm	\$95	\$118.75	CA241010
10/16-11/15	M/W	11:30 am-12 pm	\$95	\$118.75	CA241011
11/27-12/13	M/W	11:30 am-12 pm	\$59	\$73.75	CA241012
9/12-10/12	T/Th	11:30 am-12 pm	\$95	\$118.75	CA241022
10/17-11/16	T/Th	11:30 am-12 pm	\$95	\$118.75	CA241023
11/28-12/14	T/Th	11:30 am-12 pm	\$59	\$73.75	CA241024

#### Spanish Speaking- Beginner Level 1 & 2

9/11-10/11	M/W	6:30-7 pm	\$95	\$118.75CA211049S
10/16-11/15	M/W	6:30-7 pm	\$95	\$118.75CA211050S
11/27-12/13	M/W	6:30-7 pm	\$59	\$73.75 CA211051S

#### Fall Splash

No class 10/31, 11/12, 11/21, 11/22 & 11/23

This is a recreational swim team for youth ages 5-17 who can swim 25 yards of crawl stroke and 25 yards of backstroke. Swim meets on some Saturdays.

9/11-12/13	M/W	7:05-7:50 pm	\$297	\$371.25CA234000MW
9/12-12/14	T/Th	7:05-7:50 pm	\$286	\$357.50CA234000TTH

#### Home School SA 1-4

9/12-10/12	T/Th	9:30-10 am	\$95	\$118.75	CA221013HS
10/17-11/16	T/Th	9:30-10 am	\$95	\$118.75	CA221014HS
11/28-12/14	T/Th	9:30-10 am	\$59	\$73.75	CA221015HS
9/12-10/12	T/Th	10:55-11:25 am	\$95	\$118.75	CA221019HS
10/17-11/16	T/Th	10:55-11:25 am	\$95	\$118.75	CA221020HS
11/28-12/14	T/Th	10:55-11:25 am	\$59	\$73.75	CA221021HS

# Teen/Adult Swimming Skills

No class 11/26

9/17-10/22 Su 2:10-2:40 pm \$59 \$73.75 CA250084 10/29-12/10 Su 2:10-2:40 pm \$59 \$73.75 CA250085

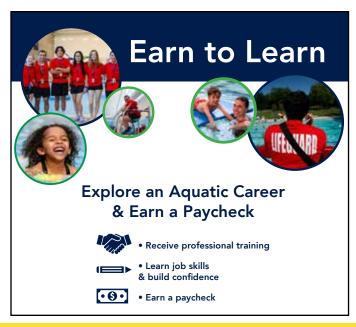
# **Training or Professional Classes**

#### Lifeguard Training

10/1-10/22 Su 9:15 am-4 pm \$260 \$325 CA252000

#### Adult & Pediatric First Aid/CPR/AED

10/13 F 12-2:30 pm \$49 \$61.25 CA255001



# Tualatin Hills Aquatic Center



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

TriMet Bus Routes #59, #67

**Facility Supervisor:** Andrew Jackman **Hours:** (may change based on staffing)

Monday - Friday 7:45 am-9 pm Saturday & Sunday 12-4:30 pm

Hours subject to change. Visit thprd.org for updated schecule.

Facility Closed: 11/23 & 12/25

**Modified Hours:** 9/2, 11/10, 11/24: 9 am-2 pm 11/11, 12/24, 12/31: 12-2 pm

**Tualatin Hills Aquatic Center features:** 

ADA Lift AvailableDive Platforms

• Average Pool Temperature: 83-84°

• Jungle Joe Climbing Structure

• Independent Changing Rooms

#### 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.





# **Water Fitness Programs**

Dig Deep: 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.

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.

Schedule can be found online, <a href="http://www.thprd.org/facilities/aquatics/aquatic-center">http://www.thprd.org/facilities/aquatics/aquatic-center</a>, or by stopping into the center. The schedule is subject to change without notice.



# Fall Splash

This is a recreational swim team for youth ages 5-17 who can swim 25 yards of crawl stroke and 25 yards of backstroke. Swim meets on some Saturdays.

Date	Day	Time	ID/AP OD	Class#
9/11-12/13		7-7:45 pm	\$297/\$371.25	AQ234012
9/12-12/14		6:15-7 pm	\$286/\$357.50	AQ234024

# Lap Swim, Open Swim, and Independent Exercise

Please see online schedule at thprd.org for updated details and hours.

# **Tualatin Hills Aquatic Center**

Class availability subject to change. Fees vary due to number of sessions in each class.

Preschool: Minimum age 3 years and toilet-trained.

When class ends, pick up your preschooler at the dressing room entrance from deck.

School-age: First grade through age 12. The parent, guardian or caregiver of a child <u>under 10 years of age</u> must remain on the premises during class.

### **Beginning Swimming Skills**

Date	Day	Time	ID/AP	OD	Class#
Preschoo	ol Lev	el 1-3			
9/11-10/11 10/16-11/15 11/27-12/13 9/11-10/11 10/16-11/15 11/27-12/13 9/11-10/11 10/16-11/15 11/27-12/13 9/11-10/11 10/16-11/15 11/27-12/13 9/12-10/12 10/17-11/16 11/28-12/14 9/12-10/12	M/W M/W M/W M/W M/W M/W M/W M/W M/W T/Th T/Th T/Th T/Th	4:30-5 pm 4:30-5 pm 4:30-5 pm 5:05-5:35 pm 5:05-5:35 pm 5:05-5:35 pm 5:40-6:10 pm 5:40-6:10 pm 6:15-6:45 pm 6:15-6:45 pm 4:30-5 pm 4:30-5 pm 5:05-5:35 pm 5:05-5:35 pm 5:05-5:35 pm 5:05-5:35 pm 5:05-5:35 pm	\$95 \$95 \$95 \$95 \$95 \$95 \$95 \$95 \$95 \$95	\$118.75 \$118.75 \$73.75 \$118.75 \$118.75 \$118.75 \$118.75 \$118.75 \$118.75 \$118.75 \$118.75 \$118.75 \$118.75 \$118.75 \$118.75 \$118.75 \$118.75 \$118.75 \$118.75	AQ211000 AQ211001 AQ211002 AQ211003 AQ211004 AQ211006 AQ211007 AQ211008 AQ211009 AQ211010 AQ211011 AQ211015 AQ211016 AQ211017 AQ211018 AQ211018 AQ211019 AQ211019 AQ211019 AQ211020 AQ211020
10/17-11/16 11/28-12/14	T/Th T/Th	5:40-6:10 pm 5:40-6:10 pm	\$86 \$59	\$107.50 \$73.75	AQ211022 AQ211023

#### School Age Level 1-4

3C11001 F	ige Le	VCI 1- <del>4</del>			
9/11-10/11	M/W	4:30-5 pm	\$95	\$118.75	AQ222000
10/16-11/15	M/W	4:30-5 pm	\$95	\$118.75	AQ222001
11/27-12/13	M/W	4:30-5 pm	\$59	\$73.75	AQ222002
9/11-10/11	M/W	5:05-5:35 pm	\$95	\$118.75	AQ222003
10/16-11/15	M/W	5:05-5:35 pm	\$95	\$118.75	AQ222004
11/27-12/13	M/W	5:05-5:35 pm	\$59	\$73.75	AQ222005
9/11-10/11	M/W	5:40-6:10 pm	\$95	\$118.75	AQ222006
10/16-11/15	M/W	5:40-6:10 pm	\$95	\$118.75	AQ222007
11/27-12/13	M/W	5:40-6:10 pm	\$59	\$73.75	AQ222008
9/11-10/11	M/W	6:15-6:45 pm	\$95	\$118.75	AQ222009
10/16-11/15	M/W	6:15-6:45 pm	\$95	\$118.75	AQ222010
11/27-12/13	M/W	6:15-6:45 pm	\$59	\$73.75	AQ222011
9/12-10/12	T/Th	4:30-5 pm	\$95	\$118.75	AQ222015
10/17-11/16	T/Th	4:30-5 pm	\$86	\$107.50	AQ222016
11/28-12/14	T/Th	4:30-5 pm	\$59	\$73.75	AQ222017
9/12-10/12	T/Th	5:05-5:35 pm	\$95	\$118.75	AQ222018
10/17-11/16	T/Th	5:05-5:35 pm	\$86	\$107.50	AQ222019
11/28-12/14	T/Th	5:05-5:35 pm	\$59	\$73.75	AQ222020
9/12-10/12	T/Th	5:40-6:10 pm	\$95	\$118.75	AQ222021
10/17-11/16	T/Th	5:40-6:10 pm	\$86	\$107.50	AQ222022
11/28-12/14	T/Th	5:40-6:10 pm	\$59	\$73.75	AQ222023

### **Intermediate Swimming Skills**

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

9/11-10/11	M/W	4:30-5 pm	\$95	\$118.75	AQ225000
10/16-11/15	M/W	4:30-5 pm	\$95	\$118.75	AQ225001
11/27-12/13	M/W	4:30-5 pm	\$59	\$73.75	AQ225002
9/11-10/11	M/W	5:05-5:35 pm	\$95	\$118.75	AQ225003
10/16-11/15	M/W	5:05-5:35 pm	\$95	\$118.75	AQ225004
11/27-12/13	M/W	5:05-5:35 pm	\$59	\$73.75	AQ225005
9/11-10/11	M/W	5:40-6:10 pm	\$95	\$118.75	AQ225006
10/16-11/15	M/W	5:40-6:10 pm	\$95	\$118.75	AQ225007
11/27-12/13	M/W	5:40-6:10 pm	\$59	\$73.75	AQ225008
9/11-10/11	M/W	6:15-6:45 pm	\$95	\$118.75	AQ225009
10/16-11/15	M/W	6:15-6:45 pm	\$95	\$118.75	AQ225010
11/27-12/13	M/W	6:15-6:45 pm	\$59	\$73.75	AQ225011
9/12-10/12	T/Th	4:30-5 pm	\$95	\$118.75	AQ225015
10/17-11/16	T/Th	4:30-5 pm	\$86	\$107.50	AQ225016
11/28-12/14	T/Th	4:30-5 pm	\$59	\$73.75	AQ225017
9/12-10/12	T/Th	5:05-5:35 pm	\$95	\$118.75	AQ225018
10/17-11/16	T/Th	5:05-5:35 pm	\$86	\$107.50	AQ225019
11/28-12/14	T/Th	5:05-5:35 pm	\$59	\$73.75	AQ225020
9/12-10/12	T/Th	5:40-6:10 pm	\$95	\$118.75	AQ225021
10/17-11/16	T/Th	5:40-6:10 pm	\$86	\$107.50	AQ225022
11/28-12/14	T/Th	5:40-6:10 pm	\$59	\$73.75	AQ225023

# **Specialty Programs**

#### Teen/Adult Swimming Skills - Beginning

9/12-10/12	T/Th	7:05-7:50 pm	\$140	\$175	AQ250027B
10/17-11/16	T/Th	7:05-7:50 pm	\$127	\$158.75	AQ250028B
11/28-12/14	T/Th	7:05-7:50 pm	\$86	\$107.50	AQ250029B

# **Training or Professional Classes**

Jr. Lifeguarding	Camp			
12/26-12/29 T/W/Th/F	9 am-4 pm	\$287	\$358.75	AQ251000
Lifeguard Traini	ng			
12/18-12/21 M-Th	9 am-4 pm	\$260	\$325	AQ252000

#### 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 are 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.

9/11-12/13	M/W	7-7:45 pm	\$297/\$371.25	AQ234012
9/12-12/14	T/Th	6:15-7 pm	\$286/\$357.50	AQ234024

# **Aquatic Clubs**

#### **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 (adults only)

Please contact the membership chair at: membership@barracudas.org or visit www. barracudas.org

### 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@barracudas.org o visite www.barracudas.org



# THPRD is now hiring lifeguards, aquatics and swim instructors!

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

# 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

#### **Center Hours:**

Monday-Friday 6 am-10 pm Saturday \*8 am-7 pm Sunday \*10 am-7 pm

\*Schedule subject to change.

Facility Closed: 9/4, 11/23, 12/24, 12/25, 12/31, 1/1

Modified Schedule: 11/24 9 am-2 pm

#### Athletic Center Features:

- Indoor Track
- Indoor Courts
- Outdoor Sports Fields
- THRIVE Afterschool Program

#### **Inclusion Services**

Inclusion Services is committed to providing a continuum of staff support to children, teens, and adults with physical and developmental disabilities to make all THPRD programming more successful. We believe that meeting the diverse needs of our community 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 or email inclusion@thprd.org.



### **Court and Sports Field Rentals**

Whether you're looking for basketball for ten or softball for 1000, the Athletic Center offers six courts and multiple sports fields available for rent on a limited basis. For requests, please email sportsrentals@thprd.org.

# 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. Students are led in a group community service project. Program is available from school release time to 6 pm, Monday-Friday.

Enrollment for the 2023-2024 School Year is open, as long as space allows. A non-refundable \$50 enrollment fee is due at time of registration.

#### THRIVE tuition options for 2023-2024:

- A. Tuition over 9 months at \$389.00 Includes afterschool care only
- B. Tuition over 12 months at \$481.25 Includes afterschool care plus seven (7) weeks of summer camp in 2024.

Tuition does include four (4) BSD in-service days. Tuition does not include holidays, winter break, spring break, or additional no school days.

Please call the Center of attendance zone for more information.

#### **Schools served:**

- Beaver Acres Elementary
- Elmonica Elementary
- McKinley Elementary



thordAthletics

# Indoor Play Park Parque de Juegos Interior

12:30 - 2:30 PM Monday - Thursday/Lunes - Jueves



# **Girl Power Classes**

See page 57 for description and pricing.

#### Girls Fitness & Fun

9/8-10/13 F	11:15 am-12 pm	3-5 yrs	AC22152					
10/20-11/17 F	11:15 am-12 pm	3-5 yrs	AC22153					
12/1-12/15 F	11:15 am-12 pm	3-5 yrs	AC22154					
Pee Wee Soccer GIRLS ONLY								
9/8-10/13 F	9-9:45 am	3-5 yrs	AC22146					
10/20-11/17 F	9-9:45 am	3-5 yrs	AC22147					
12/1-12/15 F	9-9:45 am	3-5 yrs	AC22148					
Pee Wee Hoops GIRLS ONLY								
9/8-10/13 F	10:15-11 am	3-5 yrs	AC22149					
10/20-11/17 F	10:15-11 am	3-5 yrs	AC22150					
12/1-12/15 F	10:15-11 am	3-5 yrs	AC22151					

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.

# Join a Fall league at the Athletic Center!

Looking for a fun and active way to spend your fall? Get in on the action and meet new friends while staying fit and healthy. Don't miss this exciting opportunity to challenge yourself and have fun! To join a league, go to:

www.thprd.org/activities/sports

# Registration for the volleyball league will start in early August.

- Youth Volleyball 4th And 5th
- Middle School Volleyball 6th Thru 8th
- High School Volleyball 9th Thru 12th
- Adult Volleyball 18 Yrs.+

#### Registration for softball will start in mid-August.

- Men's Softball 18 Yrs. +
- Open Softball 18 Yrs. +
- Women's Softball 18 Yrs +



#### Arts & Crafts - Preschool/Youth

Dates (Weeks)	Day	Time	Ages	Class #
Location		ID/AP	OD	

#### **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. Adult participation is required.

9/6-10/11 (6) Rm 101	M/W	<b>10:15-11 am</b> ID/AP: \$87	<b>2.5-3 yrs</b> OD: \$108.75	AC24101
<b>10/16-11/15 (5)</b> Rm 101	M/W	<b>10:15-11 am</b> ID/AP: \$79	<b>2.5-3 yrs</b> OD: \$98.75	AC24102
11/27-12/13 (3) Rm 101	M/W	<b>10:15-11 am</b> ID/AP: \$48	<b>2.5-3 yrs</b> OD: \$60	AC24103
9/5-10/12 (6) Rm 101	T/Th	11:30 am-12:15 pm ID/AP: \$95	<b>2.5-3 yrs</b> OD: \$118.75	AC24104
10/17-11/16 (5) Rm 101	T/Th	11:30 am-12:15 pm ID/AP: \$79	<b>2.5-3 yrs</b> OD: \$98.75	AC24105
11/28-12/14 (3) Rm 101	T/Th	11:30 am-12:15 pm ID/AP: \$48	<b>2.5-3 yrs</b> OD: \$60	AC24106

#### **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. Adult participation is required.

9/6-10/11 (6) Rm 101	M/W	11:30 am-12:15 pm ID/AP: \$87	<b>3-5 yrs</b> OD: \$108.75	AC24107
<b>10/16-11/15 (5)</b> Rm 101	M/W	11:30 am-12:15 pm ID/AP: \$79	<b>3-5 yrs</b> OD: \$98.75	AC24108
11/27-12/13 (3) Rm 101	M/W	11:30 am-12:15 pm ID/AP: \$48	<b>3-5 yrs</b> OD: \$60	AC24109
<b>9/5-10/12 (6)</b> Rm 101	T/Th	<b>10:15-11 am</b> ID/AP: \$87	<b>3-5 yrs</b> OD: \$108.75	AC24110
10/17-11/16 (5) Rm 101	T/Th	<b>10:15-11 am</b> ID/AP: \$79	<b>3-5 yrs</b> OD: \$98.75	AC24111
11/28-12/14 (3) Rm 101	T/Th	<b>10:15-11 am</b> ID/AP: \$48	<b>3-5 yrs</b> OD: \$60	AC24112

#### **Dynamic Drawing & Painting**

Explore your creativity while learning drawing and painting techniques using various art materials. All levels are welcome!

9/7-10/12 (6)	Th	6:30-7:30 pm	6-11 yrs	AC24210
Rm 101		ID/AP: \$63	OD: \$78.75	
10/19-11/16 (5)	Th	6:30-7:30 pm	6-11 yrs	AC24211
Rm 101		ID/AP: \$53	OD: \$66.25	
11/30-12/14 (3)	Th	6:30-7:30 pm	6-11 yrs	AC24212
Rm 101		ID/AP: \$32	OD: \$40	

#### **General Interest - Preschool**

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #

#### Munchkin Sportz Center

Enjoy an exciting and fun way to introduce your child to various sports. Your child will learn cooperation and teamwork and build their self-esteem. Adult participation is required.

9/6-10/11 (6) Ct 1 -Indoor	M/W	<b>9-9:30 am</b> ID/AP: \$67	<b>2 -3 yrs</b> OD: \$83.75	AC22101
10/16-11/15 (5) Ct 1 -Indoor	M/W	<b>9-9:30 am</b> ID/AP: \$60	<b>2-3 yrs</b> OD: \$75	AC22102
11/27-12/13 (3) Ct 1 -Indoor	M/W	<b>9-9:30 am</b> ID/AP: \$36	<b>2-3 yrs</b> OD: \$45	AC22103
9/6-10/11 (6) Ct 2 -Indoor	M/W	<b>11:15-11:45 am</b> ID/AP: \$67	<b>2-3 yrs</b> OD: \$83.75	AC22104
10/16-11/15 (5) Ct 2 -Indoor	M/W	<b>11:15-11:45 am</b> ID/AP: \$60	<b>2-3 yrs</b> OD: \$75	AC22105
11/27-12/13 (3) Ct 2 -Indoor	M/W	<b>11:15-11:45 am</b> ID/AP: \$36	<b>2-3 yrs</b> OD: \$45	AC22106
9/5-10/12 (6) Ct 1 -Indoor	T/Th	9:45-10:15 am ID/AP: \$72	<b>2-3 yrs</b> OD: \$90	AC22107
10/17-11/16 (5) Ct 1 -Indoor	T/Th	<b>9:45-10:15 am</b> ID/AP: \$60	<b>2-3 yrs</b> OD: \$75	AC22108
11/28-12/14 (3) Ct 1 -Indoor	T/Th	<b>9:45-10:15 am</b> ID/AP: \$36	<b>2-3 yrs</b> OD: \$45	AC22109
9/5-10/12 (6) Ct 2 -Indoor	T/Th	<b>11:15-11:45 am</b> ID/AP: \$72	<b>2-3 yrs</b> OD: \$90	AC22110
10/17-11/16 (5) Ct 2 -Indoor	T/Th	<b>11:15-11:45 am</b> ID/AP: \$60	<b>2-3 yrs</b> OD: \$75	AC22111
11/28-12/14 (3) Ct 2 -Indoor	T/Th	<b>11:15-11:45 am</b> ID/AP: \$36	<b>2-3 yrs</b> OD: \$45	AC22112

#### **Tiny Jumpers**

With trampolines, music, and games, your tiny tot can work on large motor skills through jumping, balancing, and tumbling. See your child's self-esteem and confidence grow by building strength, balance, and coordination. Adult participation is required.

9/6-10/11 (6) Ct 1 -Indoor	M/W	11:30 am-12 pm ID/AP: \$67	<b>2-3 yrs</b> OD: \$83.75	AC22113
10/16-11/15 (5) Ct 1 -Indoor	M/W	<b>11:30 am-12 pm</b> ID/AP: \$60	<b>2-3 yrs</b> OD: \$75	AC22114
11/27-12/13 (3) Ct 1 -Indoor	M/W	11:30 am-12 pm ID/AP: \$36	<b>2-3 yrs</b> OD: \$45	AC22115
9/5-10/12 (6) Ct 1 -Indoor	T/Th	9-9:30 am ID/AP: \$72	<b>2-3 yrs</b> OD: \$90	AC22116
10/17-11/16 (5) Ct 1 -Indoor	T/Th	<b>9-9:30 am</b> ID/AP: \$60	<b>2-3 yrs</b> OD: \$75	AC22117
11/28-12/14 (3) Ct 1 -Indoor	T/Th	<b>9-9:30 am</b> ID/AP: \$36	<b>2-3 yrs</b> OD: \$45	AC22118

#### **Beginner Tumbling**

While working with your child in their first tumbling class, you will be confident that they will be prepared to listen and follow instructions when they enter preschool. Together we will work on balancing, jumping, and tumbling skills while building the confidence needed to play and get along in a classroom. We will use music and simple games as we go through a fun course designed to build on all skills. Adult participation is required.

9/6-10/11 (6)	M/W	9:45-10:15 am	2-3 yrs	AC23101
Ct 1 -Indoor		ID/AP: \$67	OD: \$83.75	
10/16-11/15 (5)	M/W	9:45-10:15 am	2-3 yrs	AC23102
Ct 1 -Indoor		ID/AP: \$60	OD: \$75	
11/27-12/13 (3)	M/W	9:45-10:15 am	2-3 yrs	AC23103
Ct 1 -Indoor		ID/AP: \$36	OD: \$45	

# **Tualatin Hills Athletic Center**

#### **Tumbling**

A fun way for your athlete to work on gymnastic skills! Emphasizes basic movements, jumps, floor work fundamentals, somersaults, etc. Builds strength, flexibility, coordination, and confidence.

9/6-10/11 (6) Ct 1 -Indoor	M/W	<b>10:45-11:15 am</b> ID/AP: \$67	<b>3-5 yrs</b> OD: \$83.75	AC23104
10/16-11/15 (5) Ct 1 -Indoor	M/W	<b>10:45-11:15 am</b> ID/AP: \$60	<b>3-5 yrs</b> OD: \$75	AC23105
11/27-12/13 (3) Ct 1 -Indoor	M/W	<b>10:45-11:15 am</b> ID/AP: \$36	<b>3-5 yrs</b> OD: \$45	AC23106
9/5-10/12 (6) Ct 1 -Indoor	T/Th	<b>10:45-11:15 am</b> ID/AP: \$72	<b>3-5 yrs</b> OD: \$90	AC23107
10/17-11/16 (5) Ct 1 -Indoor	T/Th	<b>10:45-11:15 am</b> ID/AP: \$60	<b>3-5 yrs</b> OD: \$75	AC23108
11/28-12/14 (3) Ct 1 -Indoor	T/Th	<b>10:45-11:15 am</b> ID/AP: \$36	<b>3-5 yrs</b> OD: \$45	AC23109

# Sports & Fitness - Preschool

Dates (Weeks)	Day	Time	Ages	Class #
Location		ID/AP	OD	

#### Pee Wee Soccer

Dribbling, shooting, and passing are included in the indoor class. Your athlete will have fun, learn teamwork and cooperation, and build confidence.

0011114011001				
9/6-10/11 (6) Ct 2 -Indoor	M/W	<b>9-9:45 am</b> ID/AP: \$97	<b>3-5 yrs</b> OD: \$121.25	AC22119
10/16-11/15 (5) Ct 2 -Indoor	M/W	<b>9-9:45 am</b> ID/AP: \$88	<b>3-5 yrs</b> OD: \$110	AC22120
11/27-12/13 (3) Ct 2 -Indoor	M/W	<b>9-9:45 am</b> ID/AP: \$53	<b>3-5 yrs</b> OD: \$66.25	AC22121
9/5-10/12 (6) Ct 2 -Indoor	T/Th	<b>10-10:45 am</b> ID/AP: \$106	<b>3-5 yrs</b> OD: \$132.50	AC22122
10/17-11/16 (5) Ct 2 -Indoor	T/Th	<b>10-10:45 am</b> ID/AP: \$88	<b>3-5 yrs</b> OD: \$110	AC22123
11/28-12/14 (3) Ct 2 -Indoor	T/Th	<b>10-10:45 am</b> ID/AP: \$53	<b>3-5 yrs</b> OD: \$66.25	AC22124
9/6-10/11 (6) Ct 3 -Indoor	M/W	<b>3:30-4:15 pm</b> ID/AP: \$97	<b>3-5 yrs</b> OD: \$121.25	AC22125
10/16-11/15 (5) Ct 3 -Indoor	M/W	<b>3:30-4:15 pm</b> ID/AP: \$88	<b>3-5 yrs</b> OD: \$110	AC22126
11/27-12/13 (3) Ct 3 -Indoor	M/W	<b>3:30-4:15 pm</b> ID/AP: \$53	<b>3-5 yrs</b> OD: \$66.25	AC22127
9/5-10/12 (6) Ct 5 -Indoor	T/Th	<b>3:45-4:30 pm</b> ID/AP: \$106	<b>3-5 yrs</b> OD: \$132.50	AC22128
10/17-11/16 (6) Ct 5 -Indoor	T/Th	<b>3:45-4:30 pm</b> ID/AP: \$88	<b>3-5 yrs</b> OD: \$110	AC22129
11/28-12/14 (3) Ct 5 -Indoor	T/Th	<b>3:45-4:30 pm</b> ID/AP: \$53	<b>3-5 yrs</b> OD: \$66.25	AC22130

#### 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.

9/6-10/11 (6) Ct 2 -Indoor	M/W	<b>10-10:45 am</b> ID/AP: \$97	<b>3-5 yrs</b> OD: \$121.25	AC22131
10/16-11/15 (5) Ct 2 -Indoor	M/W	<b>10-10:45 am</b> ID/AP: \$88	<b>3-5 yrs</b> OD: \$110	AC22132
11/27-12/13 (3) Ct 2 -Indoor	M/W	<b>10-10:45 am</b> ID/AP: \$53	<b>3-5 yrs</b> OD: \$66.25	AC22133
9/6-10/11 (6) Ct 4 -Indoor	M/W	<b>3:30-4:15 pm</b> ID/AP: \$97	<b>3-5 yrs</b> OD: \$121.25	AC22134

continued

10/16-11/15 (5) Ct 4 -Indoor	M/W	<b>3:30-4:15 pm</b> ID/AP: \$88	<b>3-5 yrs</b> OD: \$110	AC22135
11/27-12/13 (3) Ct 4 -Indoor	M/W	3:30-4:15 pm ID/AP: \$53	<b>3-5 yrs</b> OD: \$66.25	AC22136

#### Pee Wee Sportz Center

Join this fun class that teaches basic techniques for a variety of sports. Athletes will build confidence and self-esteem while learning to follow directions using activities and games. Soccer, T-ball, and basketball included.

9/6-10/11 (6) Ct 2 -Indoor	M/W	<b>12-12:45 pm</b> ID/AP: \$97	<b>3-5 yrs</b> OD: \$121.25	AC22137
10/16-11/15 (5) Ct 2 -Indoor	M/W	<b>12-12:45 pm</b> ID/AP: \$88	<b>3-5 yrs</b> OD: \$110	AC22138
11/27-12/13 (3) Ct 2 -Indoor	M/W	<b>12-12:45 pm</b> ID/AP: \$53	<b>3-5 yrs</b> OD: \$66.25	AC22139
9/5-10/12 (6) Ct 1 -Indoor	T/Th	<b>11:30 am-12:15 pm</b> ID/AP: \$106	<b>3-5 yrs</b> OD: \$132.50	AC22140
10/17-11/16 (5) Ct 1 -Indoor	T/Th	<b>11:30 am-12:15 pm</b> ID/AP: \$88	<b>3-5 yrs</b> OD: \$110	AC22141
11/28-12/14 (3) Ct 1 -Indoor	T/Th	<b>11:30 am-12:15 pm</b> ID/AP: \$53	<b>3-5 yrs</b> OD: \$66.25	AC22142
9/5-10/12 (6) Ct 2 -Indoor	T/Th	<b>9-9:45 am</b> ID/AP: \$106	<b>3-5 yrs</b> OD: \$132.50	AC22143
10/17-11/16 (5) Ct 2 -Indoor	T/Th	<b>9-9:45 am</b> ID/AP: \$88	<b>3-5 yrs</b> OD: \$110	AC22144
11/28-12/14 (3) Ct 2 -Indoor	T/Th	<b>9-9:45 am</b> ID/AP: \$53	<b>3-5 yrs</b> OD: \$66.25	AC22145

#### Pee Wee Soccer GIRLS ONLY

A place where girls can build their self-esteem and self-confidence playing the game they love. Learn basic skills: ball handling, shooting, passing, defense/offense, footwork, and more. Learn the skills and game in a fun environment.

9/8-10/13 (6)	F	9-9:45 am	3-5 yrs	AC22146
Ct 1 -Indoor		ID/AP: \$53	OD: \$66.25	
10/20-11/17 (5)	F	9-9:45 am	3-5 yrs	AC22147
Ct 1 -Indoor		ID/AP: \$44	OD: \$55	
12/1-12/15 (3)	F	9-9:45 am	3-5 yrs	AC22148
Ct 1 -Indoor		ID/AP: \$26	OD: \$32.50	

#### Pee Wee Hoops GIRLS ONLY

A place where girls can build their self-esteem and self-confidence playing the game they love. Learn basic skills: ball handling, shooting, passing, defense/offense, footwork, and more. Learn the skills and game in a fun environment.

9/8-10/13 (6)	F	10:15-11 am	3-5 yrs	AC22149
Ct 1 -Indoor		ID/AP: \$53	OD: \$66.25	
10/20-11/17 (5)	F	10:15-11 am	3-5 yrs	AC22150
Ct 1 -Indoor		ID/AP: \$44	OD: \$55	
12/1-12/15 (3)	F	10:15-11 am	3-5 yrs	AC22151
Ct 1 -Indoor		ID/AP: \$26	OD: \$32.50	

#### Girls Fitness & Fun

Join this fun, new class that teaches basic techniques for various sports. Your Pee Wee athlete will build confidence and self-esteem while learning to follow directions using activities and games.

9/8-10/13 (6) Ct 1 -Indoor	F	<b>11:15 am-12 pm</b> ID/AP: \$53	<b>3-5 yrs</b> OD: \$66.25	AC22152
10/20-11/17 (5) Ct 1 -Indoor	F	11:15 am-12 pm ID/AP: \$44	<b>3-5 yrs</b> OD: \$55	AC22153
12/1-12/15 (3) Ct 1 -Indoor	F	<b>11:15 am-12 pm</b> ID/AP: \$26	<b>3-5 yrs</b> OD: \$32.50	AC22154

# **Tualatin Hills Athletic Center**

#### 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. Grand Master Ruth Takamura Moultrie is Kukkiwon/ World Taekwondo certified.

9/26-12/5 (11)	Т	2-2:30 pm	3-5 yrs	AC24201
Ct 2 -Indoor		ID/AP: \$70	OD: \$87.50	
9/26-12/5 (11)	Т	2:45-3:15 pm	3-5 yrs	AC24202
Ct 2 -Indoor		ID/AP: \$70	OD: \$87.50	

# **Sports & Fitness - Youth/Teen**

Dates (Weeks)	Day	Time	Ages	Class #
Location		ID/AP	OD	

#### Adaptive Sports Center Inclusive (S)

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

9/15-10/6 (4) Ct 1 -Indoor	F	<b>5:30-6:15 pm</b> ID/AP: \$40	<b>5-7 yrs</b> OD: \$50	AC25201
9/15-10/6 (4) Ct 1 -Indoor	F	<b>6:20-7:05 am</b> ID/AP: \$40	<b>8-10 yrs</b> OD: \$50	AC25202
10/13-11/3 (4) Ct 1 -Indoor	F	<b>5:30-6:15 pm</b> ID/AP: \$40	<b>5-7 yrs</b> OD: \$50	AC25203
10/13-11/3 (4) Ct 1 -Indoor	F	<b>6:20-7:05 pm</b> ID/AP: \$40	<b>8-10 yrs</b> OD: \$50	AC25204
12/1-12/22 (4) Ct 1 -Indoor	F	<b>5:30-6:15 pm</b> ID/AP: \$40	<b>5-7 yrs</b> OD: \$50	AC25205
12/1-12/22 (4) Ct 1 -Indoor	F	<b>6:20-7:05 pm</b> ID/AP: \$40	<b>8-10 yrs</b> OD: \$50	AC25206

#### Hoop It Up!

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 that is essential for improvement.

9/6-10/11 (6) Ct 5 -Indoor	M/W	<b>3:45-4:30 pm</b> ID/AP: \$97	<b>6-9 yrs</b> OD: \$121.25	AC22201
10/16-11/15 (5) Ct 5 -Indoor	M/W	<b>3:45-4:30 pm</b> ID/AP: \$88	<b>6-9 yrs</b> OD: \$110	AC22202
11/27-12/13 (3) Ct 5 -Indoor	M/W	<b>3:45-4:30 pm</b> ID/AP: \$53	<b>6-9 yrs</b> OD: \$66.25	AC22203
9/5-10/12 (6) Ct 4 -Indoor	T/Th	<b>3:45-4:30 pm</b> ID/AP: \$106	<b>6-9 yrs</b> OD: \$132.50	AC22204
10/17-11/16 (5) Ct 4 -Indoor	T/Th	<b>3:45-4:30 pm</b> ID/AP: \$88	<b>6-9 yrs</b> OD: \$110	AC22205
11/28-12/14 (3) Ct 4 -Indoor	T/Th	<b>3:45-4:30 pm</b> ID/AP: \$53	<b>6-9 yrs</b> OD: \$66.25	AC22206
9/5-10/12 (6) Ct 5 -Indoor	T/Th	<b>4:45-5:30 pm</b> ID/AP: \$106	<b>6-9 yrs</b> OD: \$132.50	AC22207
10/17-11/16 (5) Ct 5 -Indoor	T/Th	<b>4:45-5:30 pm</b> ID/AP: \$88	<b>6-9 yrs</b> OD: \$110	AC22208
11/28-12/14 (3) Ct 5 -Indoor	T/Th	<b>4:45-5:30 pm</b> ID/AP: \$53	<b>6-9 yrs</b> OD: \$66.25	AC22209
9/8-10/13 (6) Ct 5 -Indoor	F	<b>4-4:45 pm</b> ID/AP: \$53	<b>6-9 yrs</b> OD: \$66.25	AC22210
10/20-11/17 (5) Ct 5 -Indoor	F	<b>4-4:45 pm</b> ID/AP: \$44	<b>6-9 yrs</b> OD: \$55	AC22211
12/1-12/15 (3) Ct 5 -Indoor	F	<b>4-4:45 pm</b> ID/AP: \$26	<b>6-9 yrs</b> OD: \$32.50	AC22212

#### **Basketball Skills**

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 that is essential for improvement.

9/6-10/11 (6) Ct 4 -Indoor	M/W	<b>4:45-5:30 pm</b> ID/AP: \$97	<b>9-12 yrs</b> OD: \$121.25	AC22213
10/16-11/15 (5) Ct 4 -Indoor	M/W	<b>4:45-5:30 pm</b> ID/AP: \$88	<b>9-12 yrs</b> OD: \$110	AC22214
11/27-12/13 (3) Ct 4 -Indoor	M/W	<b>4:45-5:30 pm</b> ID/AP: \$53	<b>9-12 yrs</b> OD: \$66.25	AC22215
9/5-10/12 (6) Ct 4 -Indoor	T/Th	<b>4:45-5:30 pm</b> ID/AP: \$106	<b>9-12 yrs</b> OD: \$132.50	AC22216
10/17-11/16 (5) Ct 4 -Indoor	T/Th	<b>4:45-5:30 pm</b> ID/AP: \$88	<b>9-12 yrs</b> OD: \$110	AC22217
11/28-12/14 (3) Ct 4 -Indoor	T/Th	<b>4:45-5:30 pm</b> ID/AP: \$53	<b>9-12 yrs</b> OD: \$66.25	AC22218
9/8-10/13 (6) Ct 3 -Indoor	F	<b>4-5 pm</b> ID/AP: \$65	<b>8-10 yrs</b> OD: \$81.25	AC22219
10/20-11/17 (5) Ct 3 -Indoor	F	<b>4-5 pm</b> ID/AP: \$54	<b>8-10 yrs</b> OD: \$67.50	AC22220
12/1-12/15 (3) Ct 3 -Indoor	F	<b>4-5 pm</b> ID/AP: \$33	<b>8-10 yrs</b> OD: \$41.25	AC22221
9/8-10/13 (6) Ct 4 -Indoor	F	<b>4-5 pm</b> ID/AP: \$65	<b>10-12 yrs</b> OD: \$81.25	AC22222
10/20-11/17 (5) Ct 4 -Indoor	F	<b>4-5 pm</b> ID/AP: \$54	<b>10-12 yrs</b> OD: \$67.50	AC22223
12/1-12/15 (3) Ct 4 -Indoor	F	<b>4-5 pm</b> ID/AP: \$33	<b>10-12 yrs</b> OD: \$41.25	AC22224

#### **Soccer Stars**

This introduction to fundamentals and proper soccer techniques emphasizes teamwork, fair play, fun, and cooperation and builds up confidence. Shin guards and gym shoes are recommended.

9/6-10/11 (6) Ct 3 -Indoor	M/W	<b>4:45-5:30 pm</b> ID/AP: \$97	<b>6-8 yrs</b> OD: \$121.25	AC22225
10/16-11/15 (5) Ct 3 -Indoor	M/W	<b>4:45-5:30 pm</b> ID/AP: \$88	<b>6-8 yrs</b> OD: \$110	AC22226
11/27-12/13 (3) Ct 3 -Indoor	M/W	<b>4:45-5:30 pm</b> ID/AP: \$53	<b>6-8 yrs</b> OD: \$66.25	AC22227
9/8-10/13 (6) Ct 5 -Indoor	F	<b>5:15-6 pm</b> ID/AP: \$53	<b>6-8 yrs</b> OD: \$66.25	AC22228
<b>10/20-11/17 (5)</b> Ct 5 -Indoor	F	<b>5:15-6 pm</b> ID/AP: \$44	<b>6-8 yrs</b> OD: \$55	AC22229

#### **Basketball Skills and Scrimmages**

The perfect class for young basketball players looking to improve their skills and have fun! Participants will focus on the continued development of skills and strategies and will feature many scrimmages.

	-		_	
9/8-10/13 (6) Ct 3 -Indoor	F	<b>5:30-6:30 pm</b> ID/AP: \$65	<b>12-14 yrs</b> OD: \$81.25	AC22230
10/20-11/17 (5) Ct 3 -Indoor	F	<b>5:30-6:30 pm</b> ID/AP: \$54	<b>12-14 yrs</b> OD: \$67.50	AC22231
12/1-12/15 (3) Ct 3 -Indoor	F	<b>5:30-6:30 pm</b> ID/AP: \$33	<b>12-14 yrs</b> OD: \$41.25	AC22232
9/8-10/13 (6) Ct 4 -Indoor	F	<b>5:30-6:30 pm</b> ID/AP: \$65	<b>12-14 yrs</b> OD: \$81.25	AC22233
10/20-11/17 (5) Ct 4 -Indoor	F	<b>5:30-6:30 pm</b> ID/AP: \$54	<b>12-14 yrs</b> OD: \$67.50	AC22234
12/1-12/15 (3) Ct 4 -Indoor	F	<b>5:30-6:30 pm</b> ID/AP: \$33	<b>12-14 yrs</b> OD: \$41.25	AC22235

# **Tualatin Hills Athletic Center**

#### 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!

9/5-10/10 (12) Ct 3 -Indoor	T	<b>2:30-3:30 pm</b> ID/AP: \$65	<b>6-15 yrs</b> OD: \$81.25	AC22250
10/17-11/14 (9) Ct 3 -Indoor	Т	2:30-3:30 pm ID/AP: \$54	<b>6-15 yrs</b> OD: \$67.50	AC22251
11/28-12/12 (5) Ct 3 -Indoor	Т	2:30-3:30 pm ID/AP: \$33	<b>6-15 yrs</b> OD: \$41.25	AC22252

#### Speed, Agility, and Strength

The class works to improve your athlete's overall strength, balance, stability, coordination, quickness, and speed. Training is a series of drills and specific exercises that develop the body's core muscle groups and the neuromuscular pathways that control athletic movement.

9/6-10/11 (6) Ct 5 -Indoor	M/W	4:45-5:30 pm ID/AP: \$97	<b>8-17 yrs</b> OD: \$121.25	AC22260
Ct 5 -indoor		ID/AP: \$97	OD: \$121.25	
10/16-11/15 (5)	M/W	4:45-5:30 pm	8-17 yrs	AC22261
Ct 5 -Indoor		ID/AP: \$88	OD: \$110	
11/27-12/13 (3)	M/W	4:45-5:30 pm	8-17 yrs	AC22262
Ct 5 -Indoor		ID/AP: \$53	OD: \$66.25	

#### Youth Volleyball

Volleyball is a sport loved by many. Learn and practice volleyball skills such as serving, passing, and hitting. Participants will learn fundamental skills for a lifetime of playing volleyball.

9/8-10/13 (6) Ct 6 -Indoor	F	<b>5-6 pm</b> ID/AP: \$65	<b>8-12 yrs</b> OD: \$81.25	AC22263
10/20-11/17 (5) Ct 6 -Indoor	F	<b>5-6 pm</b> ID/AP: \$54	<b>8-12 yrs</b> OD: \$67.50	AC22264
12/1-12/15 (3) Ct 6 -Indoor	F	<b>5-6 pm</b> ID/AP: \$33	<b>8-12 yrs</b> OD: \$41.25	AC22265

#### Teen Volleyball

Work on the volleyball skills you will need during the season - serving, passing, spiking, and offensive and defensive strategizing.

9/8-10/13 (6) Ct 6 -Indoor	F	<b>6:15-7:15 pm</b> ID/AP: \$65	<b>12-17 yrs</b> OD: \$81.25	AC22301
10/20-11/17 (5) Ct 6 -Indoor	F	6:15-7:15 pm ID/AP: \$54	<b>12-17 yrs</b> OD: \$67.50	AC22302
12/1-12/15 (3) Ct 6 -Indoor	F	6:15-7:15 pm ID/AP: \$33	<b>12-17 yrs</b> OD: \$41.25	AC22303

#### Advanced Volleyball Skills

Volleyball players with the fundamentals of passing, setting, and hitting can learn different systems (5-1, 6-2, 4-2), positions, and strategies, as well as refine their other skills.

9/8-10/13 (6)	F	7:45-8:45 pm	11-17 yrs	AC22304
Ct 6 -Indoor		ID/AP: \$65	OD: \$81.25	
10/20-11/17 (5)	F	7:45-8:45 pm	11-17 yrs	AC22305
Ct 6 -Indoor		ID/AP: \$54	OD: \$67.50	
12/1-12/15 (3)	F	7:45-8:45 pm	11-17 yrs	AC22306
Ct 6 -Indoor		ID/AP: \$33	OD: \$41.25	

#### 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

9/26-12/5 (11)	T	3:45-4:45 pm	6-14 yrs	AC24203
Ct 2 -Indoor		ID/AP: \$113	OD: \$141.25	

### Sports & Fitness – Youth/Teen/Adult

#### Taekwondo, Family

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

9/26-12/5 (11)	T	5-6 pm	6-adult	AC24204
Ct 2 -Indoor		ID/AP: \$113	OD: \$141.25	

# **NOW HIRING**

thprd.org/jobs

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



#### **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/ongoingopportunities





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

TriMet Bus Routes #20, #59

Facility Supervisor: Brian Schlottmann

**Facility Hours:** 

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

Facility Closures: 9/4, 11/11, 11/23, 11/24,

12/24, 12/25

Modified Schedule: 11/10

#### **Facility Features:**

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







# Saturday, October 28 11:00 am - 3:00 pm



Carnival Games
Face Painting
Bounce House
Pumpkin Painting
Pirate's Cove
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, classroom activities and more. Please bring a drink, snack and a sack lunch each day.

Winter Wonderland							
	M	7:30 am-6 pm		CH28203			
Rm C1		ID/AP: \$60	OD: \$75				
Snow Mu	ıch Fun						
12/19 (1)	Т	7:30 am-6 pm	5-11 yrs	CH28204			
Rm C1		ID/AP: \$60	OD: \$75				
Project P	olar Bea	r					
12/20 (1)	W	7:30 am-6 pm	5-11 yrs	CH28205			
Rm C1		ID/AP: \$60	OD: \$75				
Reindeer	Games						
12/21 (1)	Th	7:30 am-6 pm	5-11 yrs	CH28206			
Rm C1		ID/AP: \$60	OD: \$75				
Festive F	riday						
12/22 (1)	F	7:30 am-6 pm	5-11 yrs	CH28207			
Rm C1		ID/AP: \$60	OD: \$75				
Celebrate	Celebrate and Create Camp						
12/27 (1)	W	7:30 am-6 pm	5-11 yrs	CH28208			
Rm C1		ID/AP: \$60	OD: \$75				
Adventurer Camp							
		7:30 am-6 pm	5-11 yrs	CH28209			
Rm C1		ID/AP: \$60	OD: \$75				

# Active Aging Week September 5-9

7:30 am-6 pm

ID/AP: \$60

Countdown to Fun Camp

12/29 (1) F

Rm C1

5-11 yrs

OD: \$75

CH28210

# **Drop-in Sports Programs**

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Family Gym	12:00-2:00pm		12:00-2:00pm		12:00-2:00pm	1:00-3:00pm
Basketball	7:15-8:30pm (30+)				7:00-8:30pm (18+)	
Play Park		10:00am-12:00pm Starting October		10:00am-12:00pm Starting October		
Pickleball	8:30-10:30am		8:00-10:00am		8:30-10:30am	
Badminton				6:00-8:00pm		_

<sup>\*</sup>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

# ¡Involúcrate como voluntario/a!

Si te gustaría ayudarnos en algún evento contacta a Servicios de Voluntariado en volunteer@thprd.org

# **Facility Rentals**

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



### **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.

9/29 (1)	F	6-9:30 pm	4-12 yrs CH28200
Rm D		ID/AP: \$59	OD: \$73.75
10/20 (1)	F	6-9:30 pm	4-12 yrs CH28201
Rm D		ID/AP: \$59	OD: \$73.75
12/1 (1)	F	6-9:30 pm	4-12 yrs CH28202
Rm D		ID/AP: \$59	OD: \$73.75

# **Team Building**

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

# Nine-Month Preschool 2023-2024 School Year



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

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

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

#### Spaces are limited.

Call Cedar Hills Recreation Center for more details at 503-629-6340 or visit:

www.thprd.org/activities/preschool-programs

# **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. Students are led in a group community service project. Program is available from school release time to 6 pm, Monday-Friday.

Enrollment for the 2023-2024 School Year is open, as long as space allows. A non-refundable \$50 enrollment fee is due at time of registration.

#### **THRIVE tuition options for 2023-2024:**

- A. Tuition over 9 months at \$389.00 Includes afterschool care only
- B. Tuition over 12 months at \$481.25 Includes afterschool care plus seven (7) weeks of summer camp in 2024

Tuition does include four (4) BSD in-service days. Tuition does not include holidays, winter break, spring break, or additional no school days.

Please call the Center of attendance zone for more information.

#### **Schools served:**

- Barnes Elementary School
- Ridgewood Elementary School
- West Tualatin Valley Elementary School
- William Walker Elementary School
- Cedar Park Middle School

#### Arts & Crafts - Preschool

Dates (Weeks)	Day	Time	Ages	Class #
Location		ID/AP	OD	

#### **Art Exploration**

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. Adult participation required. No unregistered siblings. No class 11/21 or 11/23.

9/12-10/17 (6) Rm C1	T	<b>9-10 am</b> ID/AP: \$65	<b>2.5-5 yrs</b> OD: \$81.25	CH24100
<b>10/24-12/12 (7)</b> Rm C1	T	<b>9-10 am</b> ID/AP: \$73	<b>2.5-5 yrs</b> OD: \$91.25	CH24101
9/14-10/19 (6) Rm C1	Th	<b>9-10 am</b> ID/AP: \$65	<b>2.5-5 yrs</b> OD: \$81.25	CH24102
<b>10/26-12/14 (7)</b> Rm C1	Th	<b>9-10 am</b> ID/AP: \$73	<b>2.5-5 yrs</b> OD: \$91.25	CH24103

#### **Messy Art**

Engage in entertaining and expressive art activities with hands-on art projects structured to allow little artists to experience different materials and techniques. Adult participation required. No unregistered siblings. No class 11/21 or 11/23.

9/12-10/17 (6) Rm C1	Т	<b>10:20-11:20 am</b> ID/AP: \$65	<b>1.5-3 yrs</b> OD: \$81.25	CH24104
<b>10/24-12/12 (7)</b> Rm C1	T	<b>10:20-11:20 am</b> ID/AP: \$73	<b>1.5-3 yrs</b> OD: \$91.25	CH24105
9/14-10/19 (6) Rm C1	Th	<b>10:20-11:20 am</b> ID/AP: \$65	<b>1.5-3 yrs</b> OD: \$81.25	CH24106
10/26-12/14 (7) Rm C1	Th	10:20-11:20 am ID/AP: \$73	<b>1.5-3 yrs</b> OD: \$91.25	CH24107

#### **Arts & Crafts - Youth**

#### Afterschool Art Sampler

Students explore their creativity! Work with sculpture, painting, drawing, collage, creative projects and more. No class 11/22.

<b>9/13-10/18 (6)</b> Rm 3	W	<b>5-6 pm</b> ID/AP: \$65	<b>6-10 yrs</b> OD: \$81.25	CH24200
<b>10/25-12/13 (7)</b> Rm 3	W	<b>5-6 pm</b> ID/AP: \$73	<b>6-10 yrs</b> OD: \$91.25	CH24201
<b>9/13-10/18 (6)</b> Rm 3	W	<b>6:20-7:20 pm</b> ID/AP: \$65	<b>6-10 yrs</b> OD: \$81.25	CH24202
<b>10/25-12/13 (7)</b> Rm 3	W	6:20-7:20 pm ID/AP: \$73	<b>6-10 yrs</b> OD: \$91.25	CH24203

#### **Nature Art**

Young artists will explore, learn, draw, paint, and create artwork inspired by science and nature. No class 11/11 or 11/25.

9/16-10/21 (6)	S	9-10 am	6-10 yrs	CH24204
Rm 3		ID/AP: \$65	OD: \$81.25	
11/4-12/9 (4)	S	9-10 am	6-10 yrs	CH24205
Rm 3		ID/AP: \$45	OD: \$56.25	

#### **All Preschool and Youth Classes**

Participants must meet the age requirement prior to the first class meeting. Classes are designed for children to be able to participate in a class setting without a parent. **Parent participation classes** will be specifically noted.

#### **New! Teen Comic Illustration**

Come explore basic comic design and storytelling skills through creative exercises and fun projects! Kids will practice drawing action, comic lettering, and design unique characters, backgrounds and objects, all while discovering how to tell stories in the form of comics. No class 10/28, 11/11, or 11/25.

9/16-12/9 (10)	S	10:30-11:30 am	10-14 yrs	CH24300
Rm 3		ID/AP: \$95	OD: \$118.75	

#### **Youth Watercolor**

Students will learn about different watercolor techniques and terminology while creating a new project each week. No class 11/20.

M	<b>5-6 pm</b> ID/AP: \$65	<b>6-10 yrs</b> OD: \$81.25	CH24206
M	<b>5-6 pm</b> ID/AP: \$73	<b>6-10 yrs</b> OD: \$91.25	CH24207
M	<b>6:20-7:20 pm</b> ID/AP: \$65	<b>6-10 yrs</b> OD: \$81.25	CH24208
M	<b>6:20-7:20 pm</b> ID/AP: \$73	<b>6-10 yrs</b> OD: \$91.25	CH24209
	M M	ID/AP: \$65 M 5-6 pm ID/AP: \$73 M 6:20-7:20 pm ID/AP: \$65 M 6:20-7:20 pm	ID/AP: \$65   OD: \$81.25     M   5-6 pm   6-10 yrs     ID/AP: \$73   OD: \$91.25     M   6:20-7:20 pm   6-10 yrs     ID/AP: \$65   OD: \$81.25     M   6:20-7:20 pm   6-10 yrs

#### Arts & Crafts - Teen/Adult

#### Drawing

Expand or learn new techniques with pen and pencil exploring contour and intuitive sketching also drawing from life to develop eye to hand skills to see better. Supply list emailed before class. No class 11/22.

10/4-12/13 (10)	W	12:45-2:45 pm	14-adult	CH24504
Rm 3		ID/AP: \$188	OD: \$235	

#### Mixed Medium Art, All Levels

Participants will work at their own pace in an open, informative class. Mediums covered will include acrylic, oil, pastels, and watercolor. Please bring any supplies you would like to work with. No Class 11/22.

10/4-12/13 (10)	W	9:30 am-12:30 pm	14-adult	CH24500
Rm 3		ID/AP: \$252	OD: \$315	

#### Watercolor, All Levels

Participants will work at their own pace in an open, informative class. Topics will include still life, design, color harmony and individual critiques. A supply list will be provided. No Class 11/21.

10/10-12/12 (9)	Т	9:30 am-12:30 pm	14-adult	CH24502
Rm 3		ID/AP: \$229	OD: \$286.25	

#### Dance - Preschool

#### **Creative Dance**

Rhythm and a variety of beginning dance techniques, movement combinations and routines to a variety of music and incorporation of dance props. No class 11/10, 11/20, 11/21, 11/22, 11/23, 11/24.

<b>9/11-12/11 (13)</b> Rm 5	M	<b>10:15-11 am</b> ID/AP: \$99	<b>3-5 yrs</b> OD: \$123.75	CH21102
<b>9/12-12/12 (13)</b> Rm 5	T	<b>10-10:45 am</b> ID/AP: \$99	<b>3-5 yrs</b> OD: \$123.75	CH21103
<b>9/14-12/14 (13)</b> Rm D	Th	<b>10:15-11 am</b> ID/AP: \$99	<b>3-5 yrs</b> OD: \$123.75	CH21104
<b>9/15-12/15 (12)</b> Rm 5	F	<b>9:45-10:30 am</b> ID/AP: \$89	<b>3-5 yrs</b> OD: \$111.25	CH21105
<b>9/13-12/13 (13)</b> Rm 5	W	<b>10:15-11 am</b> ID/AP: \$99	<b>3-5 yrs</b> OD: \$123.75	CH21106

#### Dance with Me!

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 siblings. No class 10/28, 11/10, 11/11, 11/20, 11/21, 11/24, 11/25.

9/11-12/11 (13) Rm D	M	<b>10:15-10:45 am</b> ID/AP: \$76	<b>2-4 yrs</b> OD: \$95	CH21107
9/12-12/12 (13) Rm 5	T	<b>9:15-9:45 am</b> ID/AP: \$76	<b>2-4 yrs</b> OD: \$95	CH21108
<b>9/15-12/15 (12)</b> Rm 5	F	<b>9-9:30 am</b> ID/AP: \$71	<b>2-4 yrs</b> OD: \$88.75	CH21109
<b>9/16-12/9 (10)</b> Rm D	S	<b>9-9:30 am</b> ID/AP: \$61	<b>2-4 yrs</b> OD: \$76.25	CH21110

#### **Dress Up and Dance**

Dancers will let their imaginations run wild as they learn dance basics that strengthen flexibility, rhythm and grace among superheroes, princesses and more! Come dressed in your favorite outfit and show us your moves! No class 10/28, 11/10, 11/11, 11/20, 11/21, 11/24, 11/25.

9/12-12/12 (13)	Т	9-9:45 am	3-5 yrs	CH21111
Rm D		ID/AP: \$99	OD: \$123.75	
9/15-12/15 (12)	F	9:15-10 am	3-5 yrs	CH21112
Rm D		ID/AP: \$91	OD: \$113.75	
9/16-12/9 (10)	S	11-11:45 am	4-6 yrs	CH21113
Rm D		ID/AP: \$76	OD: \$95	

#### **Hip Hop Kids**

Dance like your favorite pop stars! This class is designed for younger hip hop students. 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 10/28, 11/10, 11/11, 11/23, 11/24, 11/25.

9/14-12/14 (13) Rm 5	Th	<b>9:15-10 am</b> ID/AP: \$99	<b>3-5 yrs</b> OD: \$123.75	CH21114
<b>9/15-12/15 (12)</b> Rm D	F	<b>10:15-11 am</b> ID/AP: \$91	<b>3-5 yrs</b> OD: \$113.75	CH21115
<b>9/16-12/9 (10)</b> Rm 5	S	<b>11-11:45 am</b> ID/AP: \$76	<b>4-6 yrs</b> OD: \$95	CH21116
9/16-12/9 (10) Rm 5	S	<b>12:30-1:15 pm</b> ID/AP: \$76	<b>4-6 yrs</b> OD: \$95	CH21116A

#### **Little Dance Stars**

All our dancers will be grooving to fun music and beats! This class lets little dance stars discover musical skills, develop coordination, and learn how to interact with children their own age through dance, movement, and creativity. No class 11/10, 11/20, 11/24.

9/11-12/11 (13) Rm D	M	<b>9:30-10 am</b> ID/AP: \$76	<b>3-4 yrs</b> OD: \$95	CH21117
9/15-12/15 (12) Rm D	F	<b>11:15-11:45 am</b> ID/AP: \$68	<b>3-4 yrs</b> OD: \$85	CH21118

#### **Pre-Ballet**

This class introduces ballet steps and terminology, with an emphasis on creative movement, rhythm, balance and coordination. No class 10/28, 11/11, 11/20, 11/21, 11/22, 11/23, 11/25.

<b>9/11-12/11 (13)</b> Rm 5	М	<b>9:15-10 am</b> ID/AP: \$99	<b>4-5 yrs</b> OD: \$123.75	CH21119
<b>9/14-12/14 (13)</b> Rm D	Th	<b>9:15-10 am</b> ID/AP: \$99	<b>4-5 yrs</b> OD: \$123.75	CH21120
<b>9/14-12/14 (13)</b> Rm 5	Th	<b>10:15-10:45 am</b> ID/AP: \$76	<b>3-5 yrs</b> OD: \$95	CH21121
<b>9/13-12/13 (13)</b> Rm 5	W	<b>9:15-10 am</b> ID/AP: \$99	<b>4-5 yrs</b> OD: \$123.75	CH21122

9/12-12/12 (13) Rm D	Т	<b>10-10:30 am</b> ID/AP: \$76	<b>3-5 yrs</b> OD: \$95	CH21123
<b>9/16-12/9 (10)</b> Rm D	S	<b>9:45-10:30 am</b> ID/AP: \$79	<b>4-6 yrs</b> OD: \$98.75	CH21124
<b>9/16-12/9 (10)</b> Rm 5	S	<b>10-10:45 am</b> ID/AP: \$79	<b>4-6 yrs</b> OD: \$98.75	CH21125
9/16-12/9 (10) Rm 8	S	<b>10:30-11 am</b> ID/AP: \$61	<b>3-5 yrs</b> OD: \$76.25	CH21126
9/16-12/9 (10) Rm 8	S	<b>11:15-11:45 am</b> ID/AP: \$61	<b>3-5 yrs</b> OD: \$76.25	CH21127
<b>9/16-12/9 (10)</b> Rm 5	S	<b>9-9:45 am</b> ID/AP: \$79	<b>4-6 yrs</b> OD: \$98.75	CH21128

#### Dance - Youth

#### **Hip Hop Ballet**

This class fuses ballet movements with hip hop grooves for a fun dance fusion! No class 10/31,11/21, 11/23.

9/12-12/12 (12) Rm D	T	<b>4:30-5:15 pm</b> ID/AP: \$91	<b>6-11 yrs</b> OD: \$113.75	CH21200
9/14-12/14 (13) Rm D	Th	<b>6:15-7 pm</b> ID/AP: \$99	<b>6-11 yrs</b> OD: \$123.75	CH21201

#### Intro to Ballet

This class is for students with a curiosity for the study of classical ballet. No prior dance experience necessary and beginners are welcome. Students will learn the fundamentals of ballet, gaining an understanding of its physicality, artistry, and principles. No class 11/20, 11/22.

9/11-12/11 (13)	M	6:15-7 pm	6-11 yrs	CH21202
Rm 5		ID/AP: \$99	OD: \$123.75	
9/13-12/13 (13)	W	6:15-7 pm	6-11 yrs	CH21204
Rm D		ID/AP: \$99	OD: \$123.75	

#### Intro to Contemporary

This class is for students with a curiosity for the study of contemporary dance. No prior dance experience necessary and beginners are welcome. Students will learn the fundamentals of contemporary dance, gaining an understanding of its physicality, artistry, and principles. No class 11/20, 11/22.

9/11-12/11 (13)	M	6:15-7 pm	6-11 yrs	CH21205
Rm D		ID/AP: \$99	OD: \$123.75	
9/13-12/13 (13)	W	5:15-6 pm	6-11 yrs	CH21206
Rm D		ID/AP: \$99	OD: \$123.75	

#### Intro to Hip Hop

Learn about popular dance styles with upbeat routines and technical skills for today's dance world! No prior dance experience necessary and beginners are welcome. Tennis shoes required. No class 10/31, 11/21, 11/20, 11/23.

9/12-12/12 (12) Rm D	T	5:30-6:15 pm ID/AP: \$91	<b>6-11 yrs</b> OD: \$113.75	CH21207
9/14-12/14 (13)	Th	5:15-6 pm	6-11 yrs	CH21208
Rm D		ID/AP: \$99	OD: \$123.75	
9/11-12/11 (13) Rm D	M	<b>5:15-6 pm</b> ID/AP: \$99	<b>6-11 yrs</b> OD: \$123.75	CH21209

#### **Tik Tok Dance Tutorial**

We will be learning the Internet's hottest TikTok dances! Having the TikTok app or account is not required or needed but we will learn and break down age appropriate dances we see online and learn how to do them! No class 11/20.

9/11-12/11 (13)	M	5:15-6 pm	9-12 yrs	CH21211
Rm 5		ID/AP: \$99	OD: \$123.75	

#### Dance - Teen/Adult

#### 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 11/23.

9/14-12/14 (13)	Th	7:15-8:15 pm	16-adult	CH21502
Rm D		ID/AP: \$122	OD: \$152.50	

#### **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 11/22.

9/13-12/13 (13)	W	6:30-8 pm	14-adult	CH21503
Rm 5		ID/AP: \$167	OD: \$208.75	

#### **Adult Hip Hop**

Come learn upbeat Hip Hop skills and routines featuring fun music for today's dance world! No prior dance experience necessary and beginners are welcome. No class 11/22.

9/13-12/13 (13)	W	7:15-8:15 pm	14-adult	CH21210
Rm D		ID/AP: \$122	OD: \$152.50	

#### **Belly Dance**

All levels welcome! Come explore the ancient art of belly dancing! Low impact full body workout sprinkled with the history, art, and lore of this timeless dance style! Focus on developing strength, flexibility, coordination and dance techniques specific to middle eastern and historic world rhythms. No class 10/31,11/21.

9/12-12/12 (12)	Т	6:25-7:25 pm	16-adult	CH21504
Rm D		ID/AP: \$112	OD: \$140	

#### **Belly Dance (Intermediate)**

Intermediate class. Participants should have taken Beginning Belly Dance or have instructor's permission. Come join us in the ancient art of belly dance! Low impact full body workout sprinkled with the history, art and lore of this timeless dance style! Focus on developing strength, flexibility, coordination, and dance techniques specific to middle eastern and historic world rhythms. No class 10/31, 11/21.

9/26-12/12 (10)	Т	7:25-8:25 pm	16-adult	CH21505
Rm D		ID/AP: \$94	OD: \$117.50	

### **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 11/10, 11/20, 11/22, 11/23, 11/24.

<b>9/11-10/16 (6)</b> Rm 10	M	<b>9:30-11:30 am</b> ID/AP: \$159	<b>2-3.5 yrs</b> OD: \$198.75	CH28100
<b>10/23-12/11 (7)</b> Rm 10	M	<b>9:30-11:30 am</b> ID/AP: \$184	<b>2-3.5 yrs</b> OD: \$230	CH28101
<b>9/13-10/18 (6)</b> Rm 10	W	<b>9:30-11:30 am</b> ID/AP: \$159	<b>2-3.5 yrs</b> OD: \$198.75	CH28102
<b>10/25-12/13 (7)</b> Rm 10	W	<b>9:30-11:30 am</b> ID/AP: \$184	<b>2-3.5 yrs</b> OD: \$230	CH28103
<b>9/15-10/20 (6)</b> Rm 10	F	<b>9:30-11:30 am</b> ID/AP: \$159	<b>2-3.5 yrs</b> OD: \$198.75	CH28104
<b>10/27-12/15 (6)</b> Rm 10	F	<b>9:30-11:30 am</b> ID/AP: \$159	<b>2-3.5 yrs</b> OD: \$198.75	CH28105

#### 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 7/3.

<b>9/12-10/17 (6)</b> Rm 10	T	<b>9:30 am-12 pm</b> ID/AP: \$186	<b>3-4 yrs</b> OD: \$232.50	CH28110
10/24-12/12 (7) Rm 10	T	<b>9:30 am-12 pm</b> ID/AP: \$216	<b>3-4 yrs</b> OD: \$270	CH28111
<b>9/14-10/19 (6)</b> Rm 10	Th	9:30 am-12 pm ID/AP: \$186	<b>3-4 yrs</b> OD: \$232.50	CH28112
10/26-12/14 (7) Rm 10	Th	9:30 am-12 pm ID/AP: \$186	<b>3-4 yrs</b> OD: \$232.50	CH28113

### **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 11/22.

9/13-10/18 (6)	W	9-9:45 am	1.5-2 yrs	CH28120
Rm A		ID/AP: \$43	OD: \$53.75	
10/25-12/13 (7)	W	9-9:45 am	1.5-2 yrs	CH28121
Rm A		ID/AP: \$50	OD: \$62.50	

#### Music and Movement

Nurture your kiddo'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 11/22.

9/13-10/18 (6)	W	10:15-11 am	2.5-3 yrs	CH28130
Rm A		ID/AP: \$43	OD: \$53.75	
10/25-12/13 (7)	W	10:15-11 am	2.5-3 yrs	CH28131
Rm A		ID/AP: \$50	OD: \$62.50	

#### 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 11/20.

9/11-10/16 (6)	M	9-9:45 am	2.5-4 yrs	CH25100
Rm C1		ID/AP: \$57	OD: \$71.25	
10/23-12/11 (7)	M	9-9:45 am	2.5-4 yrs	CH25101
Rm C1		ID/AP: \$63	OD: \$78.75	

#### Science Buddies

Adult Participation Class; One child/One adult ratio. 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 11/20.

9/11-10/16 (6)	M	10:15-11 am	3-5 yrs	CH25110
Rm C1		ID/AP: \$57	OD: \$71.25	
10/23-12/11 (7)	M	10:15-11 am	3-5 yrs	CH25111
Rm C1		ID/AP: \$63	OD: \$78.75	

#### **Super Scientists**

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

9/16-10/21 (6)	S	9-10 am	5-6 yrs	CH25215
Rm C1		ID/AP: \$76	OD: \$95	
11/4-12/9 (4)	S	9-10 am	5-6 yrs	CH25216
Rm C1		ID/AP: \$51	OD: \$63.75	

#### **General Interest - Youth**

#### Awesome Engineers

This class is designed to introduce kids to the magic of engineering by exploring engineering concepts in a fun, hands-on way. No class 11/11 or 11/25.

9/16-10/21 (6) Rm C1	S	<b>10:45-11:45 am</b> ID/AP: \$76	<b>7-10 yrs</b> OD: \$95	CH25217
11/4-12/9 (4) Rm C1	S	<b>10:45-11:45 am</b> ID/AP: \$51	<b>7-10 yrs</b> OD: \$63.75	CH25218

#### 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, and a snack for both class days.

10/14-10/21 (2) Rm A	S	<b>8 am-12 pm</b> ID/AP: \$95	<b>11-15 yrs</b> OD: \$118.75	CH25300
11/4-11/18 (2) Rm A	s	<b>8 am-12 pm</b> ID/AP: \$95	<b>11-15 yrs</b> OD: \$118.75	CH25301
12/2-12/9 (2) Rm A	S	8:30 am-12:30 pm	<b>11-15 yrs</b> OD: \$118.75	CH25302

#### **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.

10/14 (1) Rm A	S	1:15-4 pm ID/AP: \$40	<b>8-11 yrs</b> OD: \$50	CH25303
11/4 (1)	s	1:15-4 pm	8-11 yrs OD: \$50	CH25304
Rm A 12/16 (1)	S	ID/AP: \$40 <b>8:30-11:15 am</b>	0D: จอบ 8-11 yrs	CH25305
Rm A		ID/AP: \$40	OD: \$50	

#### Intro to Theater Workshop

Dive into theater! In this workshop, we will explore what goes in to making a stage production including acting, directing, and designing. This class will build self confidence and encourage creative and collaborative learning. Please note there is no final performance or production. No previous experience required!

9/14-10/19 (6) Rm 3	Th	<b>6:30-7:30 pm</b> ID/AP: \$60	<b>7-10 yrs</b> OD: \$75	CH25230
10/26-12/14 (7) Rm 3	Th	6:30-7:30 pm ID/AP: \$67	<b>7-10 yrs</b> OD: \$83.75	CH25231
<b>9/16-10/21 (6)</b> Rm 3	S	<b>12:30-1:30 pm</b> ID/AP: \$60	<b>7-10 yrs</b> OD: \$75	CH25232
<b>11/4-12/9 (4)</b> Rm 3	S	6:30-7:30 pm ID/AP: \$45	<b>7-10 yrs</b> OD: \$56.25	CH25233

#### Teen Intro to Theater Workshop

Dive into theater! In this workshop, we will explore what goes in to making a stage production including acting, directing, and designing. This class will build self confidence and encourage creative and collaborative learning. Please note there is no final performance or production. No previous experience required! No class 11/23.

9/14-12/14 (13)	Th	5-6 pm	11-14 yrs	CH25310
Rm 3		ID/AP: \$111	OD: \$138.75	

# Kid's Cooking Club

We'll have some fun in the kitchen learning culinary skills and safety! In this class, participants will learn basic culinary techniques. Please note: We cannot guarantee an allergy free environment or menu.

Afterschool Snacks					
	9/22 (1)	F	6-8 pm	8-10 yrs	CH25201
	Kitchen		ID/AP: \$42	OD: \$52.50	
	Pizza Party!				
	10/6 (1)	F	6-8 pm	8-10 yrs	CH25202
	Kitchen		ID/AP: \$42	OD: \$52.50	
	Good Luck Treats				
	10/13 (1)	F	6-8 pm	8-10 yrs	CH25203
	Kitchen		ID/AP: \$42	OD: \$52.50	
	Halloween Goodies	S			
	10/20 (1)	F	6-8 pm	8-10 yrs	CH25204
	Kitchen		ID/AP: \$42	OD: \$52.50	
	Fall Faves				
	11/3 (1)	F	6-8 pm	8-10 yrs	CH25205
	Kitchen		ID/AP: \$42	OD: \$52.50	
	Game Day Apps				
	11/17 (1)	F	6-8 pm	8-10 yrs	CH25206
	Kitchen		ID/AP: \$42	OD: \$52.50	
	Hearty Soups and				
	12/1 (1)	F	6-8 pm	8-10 yrs	CH25207
	Kitchen		ID/AP: \$42	OD: \$52.50	
	Homemade Pasta	_			
	12/8 (1)	F	6-8 pm	8-10 yrs	CH25208
	Kitchen		ID/AP: \$42	OD: \$52.50	
	Holiday Treats	_		0.40	
	12/15 (1)	F	6-8 pm	8-10 yrs	CH25209
	Kitchen		ID/AP: \$42	OD: \$52.50	



#### Kid's 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.

9/16-10/21 (6)	S	10-11:30 am	8-10 yrs	CH25212
Kitchen		ID/AP: \$156	OD: \$195	
11/4-12/9 (4)	S	10-11:30 am	8-10 yrs	CH25213
Kitchen		ID/ΔP: \$120	OD: \$150	

#### **Youth Guitar**

Learn to play the guitar in a group setting. Learn basic chords and strumming, along with an understanding of how the guitar works. Bring your own guitar, tuner, and picks. No class 10/31 or 11/21.

9/12-10/17 (6)	Т	4:40-5:40 pm	8-12 yrs	CH25220
Rm 3		ID/AP: \$68	OD: \$85	
10/24-12/12 (6)	T	4:40-5:40 pm	8-12 yrs	CH25221
Rm 3		ID/AP: \$68	OD: \$85	

#### Youth Guitar, Small Group

Learn basic guitar or continue to improve your skills in a smaller group setting of 2-4 people. Bring your own guitar, tuner, and picks. No class 10/31 or 11/21.

9/12-10/17 (6) Rm 3	T	<b>3:35-4:35 pm</b> ID/AP: \$232	<b>8-12 yrs</b> OD: \$290	CH25222
10/24-12/12 (6) Rm 3	T	3:35-4:35 pm ID/AP: \$232	<b>8-12 yrs</b> OD: \$290	CH25223

### General Interest - Teen/Adult

#### Guitar

Learn basic chords and strumming patterns, develop technical skills and improve your speed and accuracy between chord changes. Bring your own guitar, tuner, and picks. No class 10/31 or 11/21

9/12-10/17 (6)	Т	6-7 pm	13-adult	CH25520
Rm 3		ID/AP: \$68	OD: \$85	
10/24-12/12 (6)	Т	6-7 pm	13-adult	CH25521
Rm 3		ID/AP: \$68	OD: \$85	

#### **Guitar II**

This class is designed to be a continuation of Guitar I for students who are beginning to master the basics of chord progressions and scales and are looking for a more intermediate class. Instructor approval required to attend. Bring your own guitar, tuner, and picks. No class 10/31 or 11/21.

<b>9/12-10/17 (6)</b> Rm 3	Т	<b>7:05-8:05 pm</b> ID/AP: \$91	<b>13-adult</b> OD: \$113.75	CH25524
10/24-12/12 (6) Rm 3	Т	<b>7:05-8:05 pm</b> ID/AP: \$91	<b>13-adult</b> OD: \$113.75	CH25525

#### **Guitar Private Lesson**

One on one instruction, must bring your own guitar.

9/12-10/17 (6) Rm 3	T	<b>3-3:30 pm</b> ID/AP: \$384	<b>8-adult</b> OD: \$480	CH25530
10/24-12/12 (6) Rm 3	T	3-3:30 pm ID/AP: \$384	8-adult OD: \$480	CH25531

# Winter Break Camps

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

Winter Wonderlan	Winter Wonderland					
12/18 (1)	M	7:30 am-6 pm	5-11 yrs	CH28203		
Rm C1		ID/AP: \$60	OD: \$75			
Snow Much Fun						
12/19 (1)	Т	7:30 am-6 pm	5-11 yrs	CH28204		
Rm C1		ID/AP: \$60	OD: \$75			
Project Polar Bear						
12/20 (1)	W	7:30 am-6 pm	5-11 yrs	CH28205		
Rm C1		ID/AP: \$60	OD: \$75			
Reindeer Games						
12/21 (1)	Th	7:30 am-6 pm	5-11 yrs	CH28206		
Rm C1		ID/AP: \$60	OD: \$75			
Festive Friday						
12/22 (1)	F	7:30 am-6 pm	5-11 yrs	CH28207		
Rm C1		ID/AP: \$60	OD: \$75			
Celebrate and Cre	ate C	amp				
12/27 (1)	W	7:30 am-6 pm	5-11 yrs	CH28208		
Rm C1		ID/AP: \$60	OD: \$75			
Adventurer Camp						
12/28 (1)	Th	7:30 am-6 pm	5-11 yrs	CH28209		
Rm C1		ID/AP: \$60	OD: \$75			
Countdown to Fun Camp						
12/29 (1)	F	7:30 am-6 pm	5-11 yrs	CH28210		
Rm C1		ID/AP: \$60	OD: \$75			

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# **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.

9/29 (1)	F	6-9:30 pm	4-12 yrs CH28200
Rm D		ID/AP: \$59	OD: \$73.75
10/20 (1)	F	6-9:30 pm	4-12 yrs CH28201
Rm D		ID/AP: \$59	OD: \$73.75
12/1 (1)	F	6-9:30 pm	4-12 yrs CH28202
Rm D		ID/AP: \$59	OD: \$73.75



### **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) Adult Participation Class; One child/ one adult 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 adults on how to direct your child through our obstacle courses.

#### Kinderstars: (2.5-3.5 yrs)

(PP) Adult Participation Class; One child/ one adult 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 adult. The adult 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.

# Gymnastics Rec 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.

#### Gymnastics Rec Level 1.5: (6-14 yrs)

Gymnast <u>MUST</u> 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.

#### Gymnastics Rec 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.

### **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 11/10, 11/22, 11/24.

<b>9/13-10/18 (6)</b> Rm 9	W	<b>9:15-10 am</b> ID/AP: \$77	<b>2-3.0 yrs</b> OD: \$96.25	CH23100
10/25-12/13 (7) Rm 9	W	<b>9:15-10 am</b> ID/AP: \$89	<b>2-3.0 yrs</b> OD: \$111.25	CH23101
<b>9/15-10/20 (6)</b> Rm 9	F	9:15-10 am ID/AP: \$77	<b>2-3.0 yrs</b> OD: \$96.25	CH23102
<b>10/27-12/15 (6)</b> Rm 9	F	9:15-10 am ID/AP: \$77	<b>2-3.0 yrs</b> OD: \$96.25	CH23103

#### **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 11/10, 11/22, 11/24.

<b>9/13-10/18 (6)</b> Rm 9	W	<b>10:30-11:15 am</b> ID/AP: \$77	<b>2.5-3.5 yrs</b> OD: \$96.25	CH23125
<b>10/25-12/13 (7)</b> Rm 9	W	<b>10:30-11:15 am</b> ID/AP: \$89	<b>2.5-3.5 yrs</b> OD: \$111.25	CH23126
<b>9/15-10/20 (6)</b> Rm 9	F	<b>10:30-11:15 am</b> ID/AP: \$77	<b>2.5-3.5 yrs</b> OD: \$96.25	CH23127
10/27-12/15 (6) Rm 9	F	<b>10:30-11:15 am</b> ID/AP: \$77	2.5-3.5 yrs OD: \$96.25	CH23128

#### **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 10/28, 10/31 (after 4 pm), 11/11, 11/20, 11/21, 11/23, 11/25.

<b>9/11-12/11 (13)</b> Rm 9	M	<b>9:15-10 am</b> ID/AP: \$166	<b>3.5-4.5 yrs</b> OD: \$207.50	CH23150
<b>9/11-12/11 (13)</b> Rm 9	M	<b>4:30-5:15 pm</b> ID/AP: \$166	<b>3.5-4.5 yrs</b> OD: \$207.50	CH23151
<b>9/12-12/12 (13)</b> Rm 9	T	<b>9:15-10 am</b> ID/AP: \$166	<b>3.5-4.5 yrs</b> OD: \$207.50	CH23152
<b>9/14-12/14 (13)</b> Rm 9	Th	<b>10:30-11:15 am</b> ID/AP: \$166	<b>3.5-4.5 yrs</b> OD: \$207.50	CH23153
<b>9/16-12/9 (10)</b> Rm 9	S	<b>8:30-9:15 am</b> ID/AP: \$130	<b>3.5-4.5 yrs</b> OD: \$162.50	CH23154
<b>9/11-12/11 (13)</b> Rm 9	M	<b>10:30-11:15 am</b> ID/AP: \$166	<b>4-6 yrs</b> OD: \$207.50	CH23175
<b>9/12-12/12 (13)</b> Rm 9	T	<b>10:30-11:15 am</b> ID/AP: \$166	<b>4-6 yrs</b> OD: \$207.50	CH23176
<b>9/12-12/12 (12)</b> Rm 9	T	<b>4:30-5:15 pm</b> ID/AP: \$154	<b>4-6 yrs</b> OD: \$192.50	CH23177
<b>9/14-12/14 (13)</b> Rm 9	Th	<b>9:15-10 am</b> ID/AP: \$166	<b>4-6 yrs</b> OD: \$207.50	CH23178
<b>9/16-12/9 (10)</b> Rm 9	S	<b>9:30-10:15 am</b> ID/AP: \$130	<b>4-6 yrs</b> OD: \$162.50	CH23179

## **Gymnastics - Youth**

#### **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 No class 10/28, 10/31 (after 4 pm), 11/11, 11/20, 11/21, 11/22, 11/23, 11/25.

<b>9/11-12/11 (13)</b> Rm 9	M	<b>5:30-6:15 pm</b> ID/AP: \$166	<b>6-8 yrs</b> OD: \$207.50	CH23200
<b>9/12-12/12 (12)</b> Rm 9	Т	<b>5:30-6:15 pm</b> ID/AP: \$154	<b>6-8 yrs</b> OD: \$192.50	CH23201
<b>9/13-12/13 (13)</b> Rm 9	W	<b>4:30-5:15 pm</b> ID/AP: \$166	<b>6-8 yrs</b> OD: \$207.50	CH23202
<b>9/14-12/14 (13)</b> Rm 9	Th	<b>4:30-5:15 pm</b> ID/AP: \$166	<b>6-8 yrs</b> OD: \$207.50	CH23203
<b>9/16-12/9 (10)</b> Rm 9	S	1:00-1:45 pm ID/AP: \$130	<b>6-8 yrs</b> OD: \$162.50	CH23204
<b>9/11-12/11 (13)</b> Rm 9	M	<b>6:45-7:30 pm</b> ID/AP: \$166	<b>9-13 yrs</b> OD: \$207.50	CH23225
<b>9/12-12/12 (12)</b> Rm 9	Т	<b>6:45-7:30 pm</b> ID/AP: \$154	<b>9-13 yrs</b> OD: \$192.50	CH23226
<b>9/13-12/13 (13)</b> Rm 9	W	<b>5:30-6:15 pm</b> ID/AP: \$166	<b>9-13 yrs</b> OD: \$207.50	CH23227
<b>9/14-12/14 (13)</b> Rm 9	Th	<b>5:30-6:15 pm</b> ID/AP: \$166	<b>9-13 yrs</b> OD: \$207.50	CH23228
<b>9/16-12/9 (10)</b> Rm 9	S	2:00-2:45 pm ID/AP: \$130	<b>9-13 yrs</b> OD: \$162.50	CH23229
<b>9/16-12/9 (10)</b> Rm 9	S	<b>2-2:45 pm</b> ID/AP: \$130	<b>9-13 yrs</b> OD: \$162.50	CH23230

#### **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 11/22.

9/13-12/13 (13)	W	6:45-7:45 pm	7-14 yrs	CH23250
Rm 9		ID/AP: \$201	OD: \$251.25	

#### Gymnastics Rec Lvl 2 & 3

Gymnasts MUST have passed Gymnastics Level 1.5 before enrolling. This class works on all Level 2 skills and Level 3 skills. No class 11/23.

9/14-12/14 (13)	Th	6:45-7:45 pm	7-14 yrs	CH23275
Rm 9		ID/AP: \$201	OD: \$251.25	

### **Sports - Preschool**

#### Pee Wee Athletes

Your child will learn motor skills through a variety of fun games. Staff will provide positive instruction while your child develops a love for various games. Various sports and gym games introduced. No class 10/28, 11/11, 11/22, 11/25.

10/25-12/6 (6)	W	10:15-11 am	3-5 yrs	CH22105
Gym		ID/AP: \$40	OD: \$50	
9/16-12/9 (10)	S	10:45-11:30 am	3-5 yrs	CH22102
Gym		ID/AP: \$74	OD: \$92.50	
9/16-12/9 (10)	S	11:45 am-12:30 pm	4-6 yrs	CH22103
Gym		ID/AP: \$74	OD: \$92.50	

#### Pee Wee Basketball

Your child will learn Basketball skills through a variety of fun games. Staff will provide positive instruction while your child develops a love for the game. No equipment required.

9/13-10/18 (6)	W	10:15-11 am	3-5 yrs	CH22104
Gym		ID/AP: \$40	OD: \$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 class 10/28, 11/11 or 11/25.

<b>9/16-12/9 (10)</b> Gym	S	8:30-9:15 am ID/AP: \$74	<b>3-5 yrs</b> OD: \$92.50	CH22100
<b>9/16-12/9 (10)</b> Gym	S	<b>9:30-10:15 am</b> ID/AP: \$74	<b>4-6 yrs</b> OD: \$92.50	CH22101

### **Sports - Youth**

#### 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. This class takes place off-site at PCC Rock Creek Archery Range.

9/16-10/28 (7) S	9-9:45 am	7-9 yrs	CH22230
PCC Rock Creek	ID/AP: \$78	OD: \$97.50	
9/16-10/28 (7) S	10-10:45 am	10-11 yrs	CH22231
PCC Rock Creek	ID/AP: \$78	OD: \$97.50	
9/16-10/28 (7) S	11:15 am-12 pm	10-11 yrs	CH22232
PCC Rock Creek	ID/AP: \$78	OD: \$97.50	

#### **Basketball Fundamentals**

Have fun and gain confidence learning the fundamentals of basketball! Each night of class will put emphasis on developing specific skills. We will work on shooting, passing, dribbling, ball handling, footwork and defense as well as game comprehension.

9/11-10/2 (4) Gym	M	<b>6-7 pm</b> ID/AP: \$41	<b>7-10 yrs</b> OD: \$51.25	CH22240
10/9-10/30 (4) Gym	M	<b>6-7 pm</b> ID/AP: \$41	<b>7-10 yrs</b> OD: \$51.25	CH22241
11/6-12/11 (5) Gym	M	<b>6-7 pm</b> ID/AP: \$47	<b>7-10 yrs</b> OD: \$58.75	CH22242

#### **Cedar Hills Athletes**

Cedar Hills athletes will learn skills including dribbling, shooting, passing, teamwork and receiving for a variety of sports. No class 10/28, 11/11, 11/20, 11/25.

9/16-12/9 (10) Gym	S	8:30-9:15 am ID/AP: \$72	<b>5-7 yrs</b> OD: \$90	CH22200
9/16-12/9 (10) Gym	S	9:30-10:15 am ID/AP: \$72	<b>7-10 yrs</b> OD: \$90	CH22201
9/13-12/13 (13) Gym	W	<b>5-5:45 pm</b> ID/AP: \$92	<b>7-10 yrs</b> OD: \$115	CH22205

#### 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, 11/11, 11/20, 11/25.

9/16-12/9 (10) Playfield	S	<b>10:45-11:30 am</b> ID/AP: \$72	<b>5-7 yrs</b> OD: \$90	CH22202
9/16-12/9 (10) Playfield	S	11:45 am-12:30 pm ID/AP: \$72	<b>6-8 yrs</b> OD: \$90	CH22203
9/13-12/13 (13) Gym	W	<b>6-6:45 pm</b> ID/AP: \$92	<b>7-10 yrs</b> OD: \$115	CH22204

#### Soccer, Intermediate

A fun intermediate level class. Designed for those who have previous game experience or have taken beginning classes and are ready to enhance their individual kicking, passing, dribbling, play strategies and team skills. No class 10/28,11/11 or 11/25.

9/16-12/9 (10)	S	1-2 pm	9-12 yrs	CH22206
Playfield		ID/AP: \$117	OD: \$146.25	

### Karate - Youth/Adult

#### **Karate Kids**

An introduction to 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 10/31, 11/21,11/23.

<b>9/12-10/17 (6)</b> Rm 5	Т	<b>5:30-6:15 pm</b> ID/AP: \$55	<b>6-8 yrs</b> OD: \$68.75	CH22210
10/24-12/12 (6) Rm 5	Т	<b>5:30-6:15 pm</b> ID/AP: \$55	<b>6-8 yrs</b> OD: \$68.75	CH22211
<b>9/14-10/19 (6)</b> Rm 5	Th	<b>5-5:45 pm</b> ID/AP: \$55	<b>6-8 yrs</b> OD: \$68.75	CH22214
<b>10/26-12/14 (7)</b> Rm 5	Th	<b>5-5:45 pm</b> ID/AP: \$62	<b>6-8 yrs</b> OD: \$77.50	CH22215
<b>9/14-10/19 (6)</b> Rm 5	Th	<b>6-6:45 pm</b> ID/AP: \$55	<b>8-10 yrs</b> OD: \$68.75	CH22216
<b>10/26-12/14 (7)</b> Rm 5	Th	<b>6-6:45 pm</b> ID/AP: \$62	<b>8-10 yrs</b> OD: \$77.50	CH22217

#### Karate, Beginning

Shorin-ryu is a self-defense oriented, traditional Okinawan karate style. Learn basic blocks, punches, kicks and breakfall techniques. A white uniform is required for this class, information given at first class. Additional fees may be required. Students test for rank/advancement during class. No classes 10/27, 10/31,11/10, 11/21, 11/23, 11/24.

9/12-12/12 (12) Rm 5	Т	<b>6:45-7:45 pm</b> ID/AP: \$106	<b>7-adult</b> OD: \$132.50	CH22220
9/14-12/14 (13) Rm 5	Th	<b>7:15-8:15 pm</b> ID/AP: \$115	<b>7-adult</b> OD: \$143.75	CH22221
<b>9/15-12/15 (11)</b> Rm 5	F	5:30-6:30 pm ID/AP: \$98	<b>7-adult</b> OD: \$122.50	CH22222

#### 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 10/27, 11/10, 11/24.

9/15-12/15 (11)	F	7-8 pm	10-adult	CH22223
Rm 5		ID/AP: \$131	OD: \$163.75	

#### 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 10/27, 11/11, 11/25

9/15-12/15 (11)	F	7-8 pm	10-adult	CH22224
Rm 6		ID/AP: \$131	OD: \$163.75	

# **Cedar Hills Recreation Center**

### **Sports - Teen**

### 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 at the Middle School, then represent your team in meets with other middle school teams. Program held outside; dress for the weather - we go rain or shine. On meet days parents are required to pick up from the meet location. Meets are held at local high schools and at the HMT Complex. Additional T-shirt fee: \$8

<b>4:15 pm-5:30 pm</b> ID/AP: \$190	<b>11-14 yrs</b> OD: \$237.50	CH29100
y 4:15 pm-5:30 pm ID/AP: \$190	<b>11-14 yrs</b> OD: \$237.50	CH29101
4:15 pm-5:30 pm ID/AP: \$190	<b>11-14 yrs</b> OD: \$237.50	CH29102
######################################	<b>11-14 yrs</b> OD: \$237.50	CH29103
<b>2:30 pm-3:45 pm</b> ID/AP: \$190	<b>11-14 yrs</b> OD: \$237.50	CH29109
4:15 pm-5:30 pm ID/AP: \$190	<b>11-14 yrs</b> OD: \$237.50	CH29104
<b>4:15 pm-5:30 pm</b> ID/AP: \$190	<b>11-14 yrs</b> OD: \$237.50	CH29105
<b>4:15 pm-5:30 pm</b> ID/AP: \$190	<b>11-14 yrs</b> OD: \$237.50	CH29106
4:15 pm-5:30 pm ID/AP: \$190	<b>11-14 yrs</b> OD: \$237.50	CH29107
<b>4:15 pm-5:30 pm</b> ID/AP: \$190	<b>11-14 yrs</b> OD: \$237.50	CH29108
	4:15 pm-5:30 pm ID/AP: \$190  y 4:15 pm-5:30 pm ID/AP: \$190  4:15 pm-5:30 pm ID/AP: \$190  intry 4:15 pm-5:30 pm ID/AP: \$190  2:30 pm-3:45 pm ID/AP: \$190  intry 4:15 pm-5:30 pm ID/AP: \$190  4:15 pm-5:30 pm ID/AP: \$190	4:15 pm-5:30 pm



### Middle School Basketball Skills Clinic

Develop your game and become a better basketball player! This clinic will focus on introducing and developing fundamental skills, on-court concepts and small group work. From jump stops and pivots to ball handling and shooting mechanics, expect to be challenged! No class 11/10, 11/24.

9/15-10/20 (6) Gym	F	<b>6-7 pm</b> ID/AP: \$60	<b>11-14 yrs</b> OD: \$75	CH22243
<b>11/3-12/15 (5)</b> Gym	F	<b>6-7 pm</b> ID/AP: \$50	<b>11-14 yrs</b> OD: \$62.50	CH22244

### 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. No class 11/20, 11/22

9/11-10/18 (6) Wt Rm	M/W	<b>4:15-5:15 pm</b> ID/AP: \$121	<b>11-14 yrs</b> OD: \$151.25	CH22270
10/23-12/13 (7) Wt Rm	M/W	4:15-5:15 pm ID/AP: \$153	<b>11-14 yrs</b> OD: \$191.25	CH22271

### Fitness - Teen/Adult

### **Back and Core Clinic**

This clinic will specialize in targeting your core muscles. CPT Gretchen Maybee will walk you through specific stretches and strength exercises in a small group setting. By the end of this clinic, you will have a list of exercises that you can incorporate into your own workout to improve overall function.

10/21 (1)	S	12-1:30 pm	14-adult	CH22574
Wt Rm		ID/AP: \$18	OD: \$22.50	

### MELT Method: Pelvic Floor, Tight Hips, Core Strength

Learn MELT moves to improve your pelvic stability, mobility, and control. Strengthen your pelvic floor and lower abdominal muscles to relieve low back pain. Learn the importance of NeuroCore strengthening to support and stabilize you!

9/ <b>25 (1)</b> Rm 8	M	<b>6-7:30 pm</b> ID/AP: \$20	<b>14-adult</b> OD: \$25	CH22571
11/27 (1) Rm 8	M	<b>6-7:30 pm</b> ID/AP: \$20	14-adult OD: \$25	CH22572

### Navigate Your Weight Room

Learn machine adjustments, basic techniques for using fitness room equipment, and receive a basic exercise program during this 1-1/2 hour session with CPT Gretchen. Small group format. Maximum five people.

11/4 (1)	S	10-11:30 am	14-adult	CH22573
Wt Rm		ID/AP: \$18	OD: \$22.50	

# Active Aging Week September 5-9

# **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.

#### Barre

Barre is an energetic, workout that fuses dance, Pilates, and weights that will tone, define and chisel the whole body. No dance experience necessary.

### **Low Impact Aerobics**

This class is easy on your joints, burns calories and challenges your entire body. All levels welcome.

### **MELT**

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

### **Pilates**

This class incorporates traditional Pilates moves and more to give you a body that is long, lean and strong. Theraband's, Pilates rings and other props used.

### **Strength & Endurance**

An interval style workout that includes cardio and strength training for a complete and fun workout. All levels welcome.

### Tai Chi I

For the beginning student. Learn Tai Chi for Better Balance and Yang 8/10 Form.

### Tai Chi II

Tai Chi II For the intermediate student. Learn Yang 16 Form and 24 Yang Form. Not appropriate for beginners.

### Tai Chi III

For the advanced student. In this class you will learn the 108 Yang Form. Not appropriate for beginners.

### **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

Increase your strength, flexibility and balance with simple movements combined with conscious breathing.

### Yoga, Flow

This dynamic style links breath and movement helping to build strength, stamina and flexibility.

### Yoga, Gentle

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.

### Yoga & Meditation

This dynamic style links breath and movement helping to build strength, stamina and flexibility.

### **Zumba®**

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

Day, time, and instructor of classes are subject to change without notice. Check website for schedule at <a href="mailto:thprd.org/facilities/recreation/cedar-hills.">thprd.org/facilities/recreation/cedar-hills.</a> Single Fitness Class \$9.50 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.

\$58.25 ID/\$72.75 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 \$49.25 ID/ \$61.50 OD

3 sessions \$147.75 ID/ \$184.50 OD

6 sessions \$295.50 ID/ \$369.00 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 \$65.50 ID/ \$82 OD

3 sessions \$196.50 ID/ \$246 OD

6 sessions \$393 ID/ \$492 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: Ann Johnson

**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 Facility: 11/23 & 12/25

Modified Schedule:

9 am-2 pm 9/4, 11/10, 11/11, 11/24, 12/24

### Conestoga Recreation & Aquatic Center features:

- Average Pool Temperature:
   Main Pool 85° Slide Pool 90°
- Splash Pad (outdoor) Seasonal
- Independent Changing Rooms

### **Facility Features:**

- Weight room/fitness center, shower/locker rooms
- THRIVE Afterschool Enrichment Program
- 9 month preschool
- Indoor gym for drop-in sports
- Kitchen for cooking classes
- Two dance/fitness studio rooms
- Classrooms for birthday parties/rentals
- Preschool Indoor Play Park (Closed for summer)
- Outdoor playground

# **Conestoga is Hiring**

Lifeguards • Sports Instructors • Fitness Instructors
Afterschool Leaders • Desk Staff

Call 503-629-6313 for more information.

Note: This section is for Conestoga Recreation programs only. See page 48 for Conestoga Aquatic programs.

# **Events**



### Active Aging Week September 5-9

Active Aging Week is an annual campaign launched by the International Council of Active Aging to promote the benefits of healthy aging and lifestyles. THPRD will be offering a class pass for all patrons 55+ to attend a class free of charge during the week. Please contact the center or website for more information. Class passes will be available at all centers the week of August 28.



### Cultural Book Fair September 16

Story tellers read the books they grew up with in the language from their place of origin. During the event there are different resources, including books in different languages, library card sign-up and more.



### Halloween Silly Walk October 14 • 4 pm-6:30 pm

Little ones trick-or-treat throughout the parking lot, enjoy a DJ dance party, and character meet-and-greets.



# Give & Get Fit Food Drive November 1-18

Bring in your food donations, get a free pass to a Conestoga Fitness Class! Visit the center for more details.



### Dia de los Muertos November 4 • 3 pm-9 pm

Join us for the Dia de Los Muertos festival featuring altars, danza, music, art, food, and performances. Everyone is welcome to join this festival that is a joyful way to celebrate loved ones who have passed.



### Veterans Day Breakfast November 11 • 9 am-11 am

Join us for a Veterans Day breakfast to honor and celebrate our local veterans. Military families are invited to enjoy free drop-in programs.



# Sensory Santa December 9 • 10 am-5 pm

A free inclusive event provided to families that have children on the autism spectrum and other special or sensory needs an opportunity to meet Santa in a lower stress environment, no lines, no crowds. Pre-registration is required and will take place starting November 14th. There are limited spots, please contact the center to let us know what accommodation we can do to make this Santa visit a special experience for your child.

### **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 & Aguatic 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.

# **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.

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

> Tuesday/Thursday • 9 am-Noon 3-4 yrs • Sept.-May • \$295 ID per month



# **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. Students are led in a group community service project. Program is available from school release time to 6 pm, Monday-Friday.

Enrollment for the 2023-2024 School Year is open, as long as space allows. A non-refundable \$50 enrollment fee is due at time of registration.

### THRIVE tuition options for 2023-2024:

- A. Tuition over 9 months at \$389.00 per month Includes afterschool care only
- B. Tuition over 12 months at \$481.25 per month Includes afterschool care plus seven (7) weeks of summer camp in 2024

Tuition does include four (4) BSD in-service days. Tuition does not include holidays, winter break, spring break, or additional no school days.

### **Schools served:**

- Greenway Elementary
- Hiteon Elementary
- Nancy Ryles Elementary
- Sexton Mountain Elementary
- Scholls Heights Elementary
- Other Schools Elementary
- Conestoga Middle School

# **Winter Break Camp**

All-day winter break camp fun! Each day will include games, arts, crafts, and more. Register for just one day, every day, or anything in between. Please remember to send your student every day with a water bottle, lunch, and snack for the morning & afternoon.

Monday, 12/18: Winter Wonderland								
<b>12/18 (1)</b> Rm 205	M	<b>7:30 am-6 pm</b> ID/AP: \$65	<b>5-13 yrs</b> OD: \$80	CO27201				
Tuesday, 12	Tuesday, 12/19: Arctic Adventures							
<b>12/19 (1)</b> Rm 205	Т	<b>7:30 am-6 pm</b> ID/AP: \$65	<b>5-13 yrs</b> OD: \$80	CO27202				
Wednesday:	12/20:	Cozy Comforts						
<b>12/20 (1)</b> Rm 205	W	<b>7:30 am-6 pm</b> ID/AP: \$65	<b>5-13 yrs</b> OD: \$80	CO27203				
Thursday, 12	2/21: Ar	ctic Art						
<b>12/21 (1)</b> Rm 205	Th	<b>7:30 am-6 pm</b> ID/AP: \$65	<b>5-13 yrs</b> OD: \$80	CO27204				
Friday, 12/2	2: Frosty	/ Fun!						
<b>12/22 (1)</b> Rm 205	F	<b>7:30 am-6 pm</b> ID/AP: \$65	<b>5-13 yrs</b> OD: \$80	CO27205				
Wednesday,	12/27:	Snowy Science						
<b>12/27 (1)</b> Rm 205	W	<b>7:30 am-6 pm</b> ID/AP: \$65	<b>5-13 yrs</b> OD: \$80	CO27206				
Thursday, 12	2/28: Ne	w Year, New Adv	entures!					
<b>12/28 (1)</b> Rm 205	Th	<b>7:30 am-6 pm</b> ID/AP: \$65	<b>5-13 yrs</b> OD: \$80	CO27208				
Friday, 12/2	Friday, 12/29: Camp Countdown!							
<b>12/29 (1)</b> Rm 205	F	<b>7:30 am-6 pm</b> ID/AP: \$65	<b>5-13 yrs</b> OD: \$80	CO27209				

# **Sensory Santa**

### December 9 • 10 am-5 pm

A free inclusive event provided to families that have children on the autism spectrum and other special or sensory needs an opportunity to meet Santa in a lower stress environment, no lines, no crowds. Pre-registration is required and will take place starting November 14th. There are limited spots, please contact the center to let us know what accommodation we can do to make this Santa visit a special experience for your child.



# 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, 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 programs & services 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.

# Dive-in movies are back!

Nov 3 & Nov 17 • Dec 1 & Dec 15 Please visit our website for times and additional information.



# **Conestoga Recreation & Aquatic Center**

### **Preschool**

Dates (Weeks)	Day	Time	Ages	Class #
Location		ID/AP	OĎ	

### 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 11/21 & 11/23.

T	9-11 am	2-3 yrs	CO28100
	ID/AP: \$155	OD: \$193.75	
Th	9-11 am	2-3 vrs	CO28101
	ID/AP: \$155	OD: \$193.75	
Т	9-11 am	2-3 vrs	CO28102
	ID/AP: \$155	OD: \$193.75	
Th	9-11 am	2-3 yrs	CO28103
	ID/AP: \$155	OD: \$193.75	
	Т	ID/AP: \$155 Th 9-11 am ID/AP: \$155 T 9-11 am ID/AP: \$155 Th 9-11 am	ID/AP: \$155 OD: \$193.75  Th 9-11 am 2-3 yrs ID/AP: \$155 OD: \$193.75  T 9-11 am 2-3 yrs ID/AP: \$155 OD: \$193.75  Th 9-11 am 2-3 yrs Th 9-11 am 2-3 yrs

### 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 11/10, 11/20, 11/22 & 11/24.

9/11-10/23 (7) Rm 202	M	<b>9-11:30 am</b> ID/AP: \$189	<b>4-5 yrs</b> OD: \$236.25	CO28110
<b>9/13-10/25 (7)</b> Rm 202	W	<b>9-11:30 am</b> ID/AP: \$189	<b>4-5 yrs</b> OD: \$236.25	CO28111
<b>9/15-10/27 (7)</b> Rm 202	F	<b>9-11:30 am</b> ID/AP: \$189	<b>4-5 yrs</b> OD: \$236.25	CO28112
10/30-12/18 (7) Rm 202	M	<b>9-11:30 am</b> ID/AP: \$189	<b>4-5 yrs</b> OD: \$236.25	CO28113
11/1-12/20 (7) Rm 202	W	<b>9-11:30 am</b> ID/AP: \$189	<b>4-5 yrs</b> OD: \$236.25	CO28114
11/3-12/15 (6) Rm 202	F	9-11:30 am ID/AP: \$163	<b>4-5 yrs</b> OD: \$203.75	CO28115

# **Indoor Play Park is Back!** Parque de Juegos Interior



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

### 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 unregistered siblings. No class 11/19, 11/10, 11/20, 11/23, 11/24 & 11/25.

9/10-10/22 (7) Rm 200	Su	3:45-4:30 pm ID/AP: \$52	<b>2-4 yrs</b> OD: \$65	CO24108
<b>9/11-10/23 (7)</b> Rm 200	M	<b>9:30-10:15 am</b> ID/AP: \$52	<b>2-4 yrs</b> OD: \$65	CO24100
<b>9/14-10/26 (7)</b> Rm 200	Th	<b>9:30-10:15 am</b> ID/AP: \$52	<b>2-4 yrs</b> OD: \$65	CO24102
<b>9/15-10/27 (7)</b> Rm 200	F	<b>9:30-10:15 am</b> ID/AP: \$52	<b>2-4 yrs</b> OD: \$65	CO24104
<b>9/16-10/28 (7)</b> Rm 200	S	<b>9:30-10:15 am</b> ID/AP: \$52	<b>2-4 yrs</b> OD: \$65	CO24106
10/29-12/17 (7) Rm 200	Su	3:45-4:30 pm ID/AP: \$52	<b>2-4 yrs</b> OD: \$65	CO24109
10/30-12/18 (7) Rm 200	M	<b>9:30-10:15 am</b> ID/AP: \$52	<b>2-4 yrs</b> OD: \$65	CO24101
11/2-12/21 (7) Rm 200	Th	<b>9:30-10:15 am</b> ID/AP: \$52	<b>2-4 yrs</b> OD: \$65	CO24103
11/3-12/15 (6) Rm 200	F	<b>9:30-10:15 am</b> ID/AP: \$47	<b>2-4 yrs</b> OD: \$58.75	CO24105
11/4-12/16 (5) Rm 200	S	9:30-10:15 am ID/AP: \$40	<b>2-4 yrs</b> OD: \$50	CO24107

#### 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 unregistered siblings. No class 11/10, 11/20 & 11/24.

<b>9/11-10/23 (7)</b> Rm 200	M	<b>11-11:45 am</b> ID/AP: \$47	<b>1-2 yrs</b> OD: \$58.75	CO25100
<b>9/15-10/27 (7)</b> Rm 200	F	<b>11-11:45 am</b> ID/AP: \$47	<b>1-2 yrs</b> OD: \$58.75	CO25102
10/30-12/18 (7) Rm 200	M	<b>11-11:45 am</b> ID/AP: \$47	<b>1-2 yrs</b> OD: \$58.75	CO25101
<b>11/3-12/15 (6)</b> Rm 200	F	<b>11-11:45 am</b> ID/AP: \$41	<b>1-2 yrs</b> OD: \$51.2	CO25103

### Wee Theater

Introduce your child to the magical world of theater! In this interactive class, children will explore their imagination, creativity and self-expression through storytelling, music, movement, and role-playing. Adult participation required. No unregistered siblings. No class 11/21.

<b>9/12-10/24 (7)</b> Rm 200	Т	<b>11-11:45 am</b> ID/AP: \$47	3-5 yrs OD: \$58.75	CO25107
10/31-12/19 (7)	Т	11-11:45 am	3-5 yrs	CO25108
Rm 200		ID/AP: \$47	OD: \$58.75	

# Arts & Crafts- Youth

### **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 11/11, 11/19 & 11/25.

9/10-10/22 (7) Rm 200	Su	<b>1-2 pm</b> ID/AP: \$62	<b>7-11 yrs</b> OD: \$77.50	CO24204
9/16-10/28 (7) Rm 200	S	<b>4:45-5:45 pm</b> ID/AP: \$62	<b>7-11 yrs</b> OD: \$77.50	CO24206
<b>10/29-12/17 (7)</b> Rm 200	Su	<b>1-2 pm</b> ID/AP: \$62	<b>7-11 yrs</b> OD: \$77.50	CO24205
<b>11/4-12/16 (5)</b> Rm 200	S	<b>4:45-5:45 pm</b> ID/AP: \$47	<b>7-11 yrs</b> OD: \$58.75	CO24207

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

### **Drawing and 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. **No class 11/22.** 

9/13-10/25 (7) Rm 200	W	<b>5-6 pm</b> ID/AP: \$62	<b>7-9 yrs</b> OD: \$77.50	CO24208
9/13-10/25 (7)	w	6:30-7:30 pm	10-14 yrs	CO24210
Rm 200	**	ID/AP: \$62	OD: \$77.50	0024210
11/1-12/20 (7)	W	5-6 pm	7-9 yrs	CO24209
Rm 200		ID/AP: \$62	OD: \$77.50	
11/1-12/20 (7)	W	6:30-7:30 pm	10-14 yrs	CO24211
Rm 200		ID/AP: \$62	OD: \$77.50	

### **Art Adventures**

Each week will be different using a variety of mediums including clay, pencils, paint and more! No class 11/11 & 11/25.

9/16-10/28 (7) Rm 200	S	<b>11 am-12 pm</b> ID/AP: \$62	<b>7-11 yrs</b> OD: \$77.50	CO24200
11/4-12/16 (5)	S	11 am-12 pm	7-11 yrs	CO24201
Rm 200		ID/AP: \$47	OD: \$58.75	

# Now Available! **Inclusive ○**

### **Sensory Studio**

Sensory Studio is an inclusive art class for young artists to explore textures, colors and techniques. Join us for this multi-sensory experience that ignites creativity while promoting cognitive and motor development.

No class 11/21

9/12-10/24 (7)	Т	9:30-10:15 am	2-4 yrs	CO24110
Rm 200		ID/AP: \$52	OD: \$65	
10/31-12/19 (7)	Т	9:30-10:15 am	2-4 yrs	CO24111
Rm 200		ID/AP: \$52	OD: \$65	

### Sense of Discovery

Join us as we explore, socialize, and create with our 5 senses! Children will learn to play and enjoy child-led sensory playtime! No class 11/21 & 11/23.

9/12-10/24 (7)	Т	12:30-2pm	3-5yrs	CO28116
Rm 202		ID/AP: \$120	OD: \$150	
9/14-10/26 (7)	Th	12:30-2pm	3-5yrs	CO28117
Rm 202		ID/AP: \$120	OD: \$150	
11/02-12/21 (7)	Th	12:30-2pm	3-5yrs	CO28119
Rm 202		ID/AP: \$120	OD: \$150	
11/07-12/19 (6)	T	12:30-2pm	3-5yrs	CO28118
Rm 202		ID/AP: \$105	OD: \$131.25	

### **Sensory Storytime**

This fun and inclusive program helps stimulate children's cognitive and sensory development through interactive storytelling, music, and sensory play. Adult participation required. No unregistered siblings. **No class 11/23.** 

<b>9/14-10/26 (7)</b> Rm 200	Th	<b>11-11:45 am</b> ID/AP: \$47	<b>1-3 yrs</b> OD: \$58.75	CO25104
<b>11/2-12/21 (7)</b> Rm 200	Th	<b>11-11:45 am</b> ID/AP: \$47	<b>1 yr-2 yrs</b> OD: \$58.75	CO25106

### Fall Festive Classes

### Fall Family Laughs and Crafts

Looking for some quality time with your family this fall? Enjoy fun and laughter while creating adorable crafts with your loved ones. Cost includes one child and one adult but only the child needs to register. No unregistered siblings.

9/29 (1)	F	6-8 pm	4-17 yrs	CO24217
Rm 200		ID/AP: \$50	OD: \$62.50	

### Halloween Craft Night new

Looking for some quality time with your family this fall? Enjoy fun and laughter while creating spooktacular crafts with your loved ones. Cost includes one child and one adult but only the child needs to register. No unregistered siblings.

10/20 (1)	F	6-8 pm	4-17 yrs	CO24218
Rm 200		ID/AP: \$50	OD: \$62.50	



# **Fused Glass Workshops**

### Five Flower Rain Chain

In this class students will use a wide variety of pre-cut shapes and colors to create their own unique rain chain. Materials fee: \$45 each, payable to instructor in class.

9/16 (1)	S	11 am-1:30 pm	14-adult	CO24500
Rm 203		ID/AP: \$20	OD: \$25	

### 6" Round Suncatcher

Create a sparkling sun catcher using a variety of colorful pre-cut glass shapes. Students will receive these projects ready for hanging. Materials Fee: \$40 each, payable to instructor in class.

9/30 (1)	S	11 am-1:30 pm	14-adult	CO24501
Rm 203	ID/AP: \$20		OD: \$25	

### 8" Round Bird Bath (with stand)

Make an 8-inch round bird bath. Students will design a colorful basin that will be fired and fitted with the stand for display. Materials fee: \$65, payable to instructor in class.

10/14 (1)	S	11 am-1:30 pm	14-adult	CO24502
Rm 203		ID/AP: \$20	OD: \$25	

### 8" Round Kiln Carved Suncatcher

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 slumped in a mold to form a stunning sun catcher. Materials fee: \$45, payable to instructor in class.

10/28 (1)	S	11 am-1:30 pm	14-adult	CO24503
Rm 203		ID/AP: \$20	OD: \$25	

#### **Ornaments**

Choose from a variety of base shapes to make holiday ornaments to give as gifts to friends and family or keep for your own tree. Each ornament comes with a bail glued on and ready for hanging. Materials fee: \$10 each, payable to instructor in class.

11/18 (1)	S	11 am-1:30 pm	14-adult	CO24504
Rm 203		ID/AP: \$20	OD: \$25	
12/2 (1)	S	11 am-1:30 pm	14-adult	CO24505
Rm 203		ID/AP: \$20	OD: \$25	
12/16 (1)	S	11 am-1:30 pm	14-adult	CO24506
Rm 203		ID/AP: \$20	OD: \$25	



### Art for Tweens and Teens

Students explore their creativity! Work with painting, drawing, collage, creative projects, and more. No class 11/11 & 11/25.

9/16-10/28 (7) Rm 200	S	<b>2-3 pm</b> ID/AP: \$62	<b>11-15 yrs</b> OD: \$77.50	CO24202
11/4-12/16 (5) Rm 200	S	<b>2-3 pm</b> ID/AP: \$47	<b>11-15 yrs</b> OD: \$58.75	CO24203

### **Family Art**

Bring your family and create something truly special with clay, paint, collage & more! Fun for all ages, everybody is welcome at Family Art Night! Cost includes one child and one adult but only the child needs to register. No unregistered siblings.

9/ <b>22 (1)</b> Rm 200	F	<b>6-8 pm</b> ID/AP: \$48	<b>4-17 yrs</b> OD: \$60	C024212
10/6 (1) Rm 200	F	<b>6-8 pm</b> ID/AP: \$48	<b>4-17 yrs</b> OD: \$60	C024213
11/3 (1) Rm 200	F	<b>6-8 pm</b> ID/AP: \$48	<b>4-17 yrs</b> OD: \$60	CO24214
11/17 (1) Rm 200	F	<b>6-8 pm</b> ID/AP: \$48	<b>4-17 yrs</b> OD: \$60	CO24215
<b>12/1 (1)</b> Rm 200	F	<b>6-8 pm</b> ID/AP: \$48	<b>4-17 yrs</b> OD: \$60	CO24216

### 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 11/21, 11/22 & 11/23.** 

<b>9/12-10/24 (7)</b> Rm 204	T	9:45-10:30 am ID/AP: \$54	<b>3-5 yrs</b> OD: \$67.50	CO21106
<b>9/13-10/25 (7)</b> Rm 204	W	<b>9-9:45 am</b> ID/AP: \$54	<b>3-5 yrs</b> OD: \$67.50	CO21104
9/14-10/26 (7) Rm 204	Th	<b>10:15-11 am</b> ID/AP: \$54	<b>3-5 yrs</b> OD: \$67.50	CO21108
10/31-12/19 (7) Rm 204	T	9:45-10:30 am ID/AP: \$54	<b>3-5 yrs</b> OD: \$67.50	CO21107
11/1-12/20 (7) Rm 204	W	<b>9-9:45 am</b> ID/AP: \$54	<b>3-5 yrs</b> OD: \$67.50	CO21105
11/2-12/21 (7) Rm 204	Th	<b>10:15-11 am</b> ID/AP: \$54	<b>3-5 yrs</b> OD: \$67.50	CO21109

#### **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 11/11, 11/20 & 11/25.** 

9/11-10/23 (7) Rm 204	M	<b>4-4:45 pm</b> ID/AP: \$54	<b>4-6 yrs</b> OD: \$67.50	CO21100
9/16-10/28 (7) Rm 204	S	2:15-3 pm ID/AP: \$54	<b>4-6 yrs</b> OD: \$67.50	C021102
10/30-12/18 (7) Rm 204	M	<b>4-4:45 pm</b> ID/AP: \$54	<b>4-6 yrs</b> OD: \$67.50	CO21101
11/4-12/16 (5) Rm 204	S	2:15-3 pm ID/AP: \$39	<b>4-6 yrs</b> OD: \$48.75	CO21103

### **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 11/10 & 11/24.

9/15-10/27 (7) Rm 204	F	<b>11:15 am-12 pm</b> ID/AP: \$54	<b>3-5 yrs</b> OD: \$67.50	CO21110
11/3-12/15 (5) Rm 204	F	<b>11:15 am-12 pm</b> ID/AP: \$39	<b>3-5 yrs</b> OD: \$48.75	C021111



# 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).

### Ballet/Tap

Learn beginning technique for ballet and tap and develop coordination, strength and balance. Tap shoes required. No class 11/11, 11/22 & 11/25.

9/13-10/25 (7)	W	5-5:45 pm	4-6 yrs	CO21112
Rm 204		ID/AP: \$54	OD: \$67.50	
9/16-10/28 (7)	S	11-11:45 am	4-6 yrs	CO21114
Rm 204		ID/AP: \$54	OD: \$67.50	
11/1-12/20 (7)	W	5-5:45 pm	4-6 yrs	CO21113
Rm 204		ID/AP: \$54	OD: \$67.50	
11/4-12/16 (5)	S	11-11:45 am	4-6 yrs	CO21115
Rm 204		ID/AP: \$39	OD: \$48.75	

### **Broadway Kids**

A star is born. Basic ballet and jazz movement are introduced as well as creative exploration of music, singing and spatial awareness. No class 11/21.

9/12-10/24 (7)	T	11-11:45 am	4-6 yrs	CO21116
Rm 204		ID/AP: \$54	OD: \$67.50	
10/31-12/19 (7)	Т	11-11:45 am	4-6 yrs	CO21117
Rm 204		ID/AP: \$54	OD: \$67.50	

### **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 unregistered siblings. No class 11/11, 11/21, 11/22, 11/23 & 11/25.

9/12-10/24 (7) Rm 204	Т	<b>9-9:30 am</b> ID/AP: \$42	<b>2-3 yrs</b> OD: \$52.50	CO21128
9/13-10/25 (7) Rm 204	W	<b>10-10:45 am</b> ID/AP: \$54	<b>2-3 yrs</b> OD: \$67.50	CO21130
9/14-10/26 (7) Rm 204	Th	<b>9-9:45 am</b> ID/AP: \$54	<b>2-3 yrs</b> OD: \$67.50	CO21132
9/16-10/28 (7) Rm 204	S	<b>9-9:30 am</b> ID/AP: \$42	<b>2-3 yrs</b> OD: \$52.50	CO21134
10/31-12/19 (7) Rm 204	Т	<b>9-9:30 am</b> ID/AP: \$42	<b>2-3 yrs</b> OD: \$52.50	CO21129
11/1-12/20 (7) Rm 204	W	<b>10-10:45 am</b> ID/AP: \$54	<b>2-3 yrs</b> OD: \$67.50	CO21131
11/2-12/21 (7) Rm 204	Th	<b>9-9:45 am</b> ID/AP: \$54	<b>2-3 yrs</b> OD: \$67.50	CO21133
<b>11/4-12/16 (5)</b> Rm 204	S	<b>9-9:45 am</b> ID/AP: \$30	<b>2-3 yrs</b> OD: \$37.50	CO21135

### **Creative Dance**

Rhythm and a variety of beginning dance techniques, movement combinations and routines to a variety of music and incorporation of dance props. **No class** 11/10, 11/22 & 11/24.

9/13-10/25 (7) Rm 204	W	<b>11:15 am-12 pm</b> ID/AP: \$54	<b>3-5 yrs</b> OD: \$67.50	CO21118
<b>9/15-10/27 (7)</b> Rm 204	F	<b>9-9:45 am</b> ID/AP: \$54	<b>3-5 yrs</b> OD: \$67.50	CO21120
11/1-12/20 (7) Rm 204	W	<b>11:15 am-12 pm</b> ID/AP: \$54	<b>3-5 yrs</b> OD: \$67.50	CO21119
11/3-12/22 (5) Rm 204	F	<b>9-9:45 am</b> ID/AP: \$39	<b>3-5 yrs</b> OD: \$48.75	C021121

#### **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 11/11, 11/22 & 11/25.

9/13-10/25 (7) Rm 204	W	<b>4-4:45 pm</b> ID/AP: \$54	<b>3-5 yrs</b> OD: \$67.50	C021124
9/16-10/28 (7) Rm 204	S	<b>10-10:45 am</b> ID/AP: \$54	<b>3-5 yrs</b> OD: \$67.50	CO21126
11/1-12/20 (7) Rm 204	W	<b>4-4:45 pm</b> ID/AP: \$54	<b>3-5 yrs</b> OD: \$67.50	CO21125
11/4-12/16 (5) Rm 204	S	<b>10-10:45 am</b> ID/AP: \$39	<b>3-5 yrs</b> OD: \$48.75	CO21127

### Dance and Tumble new

Learn the fundamentals of dance and an introduction to tumbling and gymnastics techniques often used in dance. No class 11/23.

9/14-10/26 (7)	Th	11:30 am-12:15 pm		CO21122
Rm 204 11/2-12/21 (7)	Th	ID/AP: \$54 11:30 am-12:15 pm	OD: \$67.50	C021123
Rm 204	•••	ID/ΔP· \$54	OD: \$67.50	0021123

### **Tiny Tot Hip Hop**

Young dancers will learn hip hop rhythm, musicality, coordination, and ageappropriate choreography to contemporary and upbeat music. **No class 11/10** & 11/24.

9/15-10/27 (7) Rm 204	F	<b>10-10:45 am</b> ID/AP: \$54	<b>3-5 yrs</b> OD: \$67.50	CO21136
11/3-12/15 (5)	F	10-10:45 am	3-5 yrs	CO21137
Rm 204		ID/AP: \$39	OD: \$48.75	

### 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 11/20.** 

9/11-10/23 (7)	M	5-5:45 pm	6-9 yrs	CO21200
Rm 204		ID/AP: \$54	OD: \$67.50	
10/30-12/18 (7)	M	5-5:45 pm	6-9 yrs	CO21201
Rm 204		ID/AP: \$54	OD: \$67.50	

### Ballet/Tap/Jazz

Ready for variety? We'll learn some basic technique and fun routines in this fast-paced class. Tap shoes required. **No class 11/22**.

9/13-10/25 (7) Rm 204	W	<b>6:15-7:15 pm</b> ID/AP: \$67	<b>6-9 yrs</b> OD: \$83.75	C021202
9/16-10/28 Room 204	S	<b>12-12:45pm</b> ID/AP \$54	<b>6-9 yrs</b> OD: \$67.50	C021202A
11/1-12/20 (7) Rm 204	W	6:15-7:15 pm ID/AP: \$67	<b>6-9 yrs</b> OD: \$83.75	CO21203
11/4-12/16 Room 204	S	<b>12-12:45pm</b> ID/AP: \$39	<b>6-9 yrs</b> OD: \$48.75	CO21203A

### **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** 11/20.

9/11-10/23 (7) Rm 204	M	<b>6:15-7:15 pm</b> ID/AP: \$67	<b>6-10 yrs</b> OD: \$83.75	CO21204
<b>10/30-12/18 (7)</b> Rm 204	M	<b>6:15-7:15 pm</b> ID/AP: \$67	<b>6-10 yrs</b> OD: \$83.75	CO21205

### Intro to Contemporary

This class is for students with a curiosity for the study of contemporary dance. No prior dance experience necessary and beginners are welcome. Students will learn the fundamentals of contemporary dance, gaining an understanding of its physicality, artistry, and principles. No class 11/21.

9/12-10/24 (7)	Т	5:30-6:15 pm	7-12 yrs	CO21206
Rm 201		ID/AP: \$54	OD: \$67.50	
11/7-12/19 (6)	Т	5:30-6:15 pm	7-12 yrs	CO21207
Rm 201		ID/AP: \$47	OD: \$58.75	

### Hip Hop

Young dancers will learn hip hop rhythm, musicality, coordination, and age-appropriate choreography to contemporary and upbeat music. **No class** 11/10, 11/11, 11/24 & 11/25.

9/15-10/27 (7) Rm 204	F	<b>5-5:45 pm</b> ID/AP: \$54	<b>7-10 yrs</b> OD: \$67.50	CO21208
9/15-10/27 (7) Rm 204	F	<b>6-7 pm</b> ID/AP: \$67	<b>9-14 yrs</b> OD: \$83.75	CO21210
9/16-10/28 (7) Rm 204	S	3:15-4 pm ID/AP: \$54	<b>6-10 yrs</b> OD: \$67.50	C021212
11/3-12/15 (5) Rm 204	F	<b>5-5:45 pm</b> ID/AP: \$39	<b>7-10 yrs</b> OD: \$48.75	CO21209
11/3-12/15 (5) Rm 204	F	<b>6-7 pm</b> ID/AP: \$48	<b>9-14 yrs</b> OD: \$60	C021211
11/4-12/16 (5) Rm 204	S	<b>3:15-4 pm</b> ID/AP: \$39	<b>6-10 yrs</b> OD: \$48.75	C021213

### Dance & Drama- Adults

#### Ballet/Jazz for Adults

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. **No class 11/22**.

9/13-10/25 (7)	W	7:30-8:30 pm	13-adult	CO21500
Rm 204		ID/AP: \$67	OD: \$83.75	
11/1-12/20 (7)	W	7:30-8:30 pm	13-adult	CO21501
Rm 204		ID/AP: \$67	OD: \$83.75	

### Contemporary for Adults

Explore the joy of contemporary dance in this recreational class. All levels are welcome to learn expressive movement, technique, and choreography. Join us for a creative and energizing experience.

9/11-10/23 (7)	M	7:30-8:30 pm	13-adult	CO21502
Rm 204		ID/AP: \$67	OD: \$83.75	
10/30-12/18 (7)	M	7:30-8:30 pm	13-adult	CO21503
Rm 204		ID/AP: \$67	OD: \$83.75	

# **General Interest- Youth**

### 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. Students should bring paper and a pencil, as well as a water bottle, and a snack for both class days.

10/15-10/22 (2)	Su	9:30 am-1:30 pm	11-15 yrs	CO25200
Rm 101		ID/AP: \$82	OD: \$102.50	
11/12-11/19 (2)	Su	9:30 am-1:30 pm	11-15 yrs	CO25201
Rm 101		ID/AP: \$82	OD: \$102.50	
12/3-12/10 (2)	Su	9:30 am-1:30 pm	11-15 yrs	CO25202
Rm 101		ID/AP: \$82	OD: \$102.50	

### **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.

10/15 (1)	Su	2:45-5:30 pm	8-12 yrs	CO25203
Rm 101		ID/AP: \$35	OD: \$43.75	
11/12 (1)	Su	2:45-5:30 pm	8-12 yrs	CO25204
Rm 101		ID/AP: \$35	OD: \$43.75	
12/3 (1)	Su	2:45-5:30 pm	8-12 yrs	CO25205
Rm 101		ID/AP: \$35	OD: \$43.75	



# **Sports & Fitness- Preschool**

### **Developing Your Young Athlete**

Together with your athlete, 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 adults. Adult participation required. No unregistered siblings. No class 11/11, 11/19, 11/23 & 11/25.

9/10-10/22 (7) GYM #1	Su	<b>3:15-4 pm</b> ID/AP: \$84	<b>2-3 yrs</b> OD: \$105	C022102
<b>9/14-10/26 (7)</b> GYM #2	Th	9:30-10:15 am ID/AP: \$84	<b>2-3 yrs</b> OD: \$105	C022100
<b>9/16-10/28 (7)</b> GYM #1	S	<b>9-9:45 am</b> ID/AP: \$84	<b>2-3 yrs</b> OD: \$105	CO22101
<b>10/29-12/17 (7)</b> GYM #1	Su	<b>3:15-4 pm</b> ID/AP: \$84	<b>2-3 yrs</b> OD: \$105	CO22105
11/2-12/21 (7) GYM #2	Th	<b>9:30-10:15 am</b> ID/AP: \$84	<b>2-3 yrs</b> OD: \$105	C022103
<b>11/4-12/16 (5)</b> GYM #1	S	<b>9-9:45 am</b> ID/AP: \$61	<b>2-3 yrs</b> OD: \$76.25	C022104

### Munchkin Basketball

Featuring basketball drills, games and group activity. This class is designed to get preschoolers engaged in basketball which emphasizes confidence, build, self-esteem, teach teamwork and improve both coordination and motor skills. No class 11/11, 11/19, 11/23 & 11/25.

9/10-10/22 (7) GYM #2	Su	2:15-3 pm ID/AP: \$84	<b>3-5 yrs</b> OD: \$105	CO22114
<b>9/14-10/26 (7)</b> GYM #2	Th	<b>12:30-1:15 pm</b> ID/AP: \$84	<b>3-5 yrs</b> OD: \$105	CO22112
<b>9/16-10/28 (7)</b> GYM #1	S	<b>12:15-1 pm</b> ID/AP: \$84	<b>3-5 yrs</b> OD: \$105	CO22113
10/29-12/17 (7) GYM #2	Su	<b>2:15-3 pm</b> ID/AP: \$84	<b>3-5 yrs</b> OD: \$105	CO22117
11/2-12/21 (7) GYM #2	Th	<b>12:30-1:15 pm</b> ID/AP: \$84	<b>3-5 yrs</b> OD: \$105	CO22115
11/4-12/16 (5) GYM #1	S	<b>12:15-1 pm</b> ID/AP: \$61	<b>3-5 yrs</b> OD: \$76.25	CO22116

### Munchkin Soccer

This soccer class will feature drills, games, and group activities which emphasize confidence, build, self-esteem, teach teamwork and improve both coordination and motor skills. **No class 11/11, 11/19, 11/23 & 11/25.** 

9/10-10/22 (7) GYM #2	Su	<b>3:15-4 pm</b> ID/AP: \$84	<b>3-5 yrs</b> OD: \$105	CO22119
9/14-10/26 (7) GYM #2	Th	11:30 am-12:15 pm ID/AP: \$84	<b>3-5 yrs</b> OD: \$105	CO22120
9/16-10/28 (7) GYM #1	S	<b>11:15 am-12 pm</b> ID/AP: \$84	<b>3-5 yrs</b> OD: \$105	CO22118
<b>10/29-12/17 (7)</b> GYM #2	Su	<b>3:15-4 pm</b> ID/AP: \$84	<b>3-5 yrs</b> OD: \$105	CO22123
11/2-12/21 (7) GYM #2	Th	11:30 am-12:15 pm ID/AP: \$84	<b>3-5 yrs</b> OD: \$105	C022121
<b>11/4-12/16 (5)</b> GYM #1	S	<b>11:15 am-12 pm</b> ID/AP: \$61	<b>3-5 yrs</b> OD: \$76.25	CO22122

### **Munchkin Sports**

Introducing youth to a variety of sports through games, drills and activities. Sports classes are designed to engage preschooler into sports while building confidence, learning new skills, growing self-esteem and teamwork. Building, developing, and improving coordination and motor skills. **No class 11/11**, 11/19, 11/23 & 11/25.

9/10-10/22 (7) GYM #1	Su	<b>2:15-3 pm</b> ID/AP: \$84	<b>3-5 yrs</b> OD: \$105	CO22108
9/14-10/26 (7) GYM #2	Th	<b>10:30-11:15 am</b> ID/AP: \$84	<b>3-5 yrs</b> OD: \$105	C022107
9/16-10/28 (7) GYM #2	S	<b>11:15 am-12 pm</b> ID/AP: \$84	<b>3-5 yrs</b> OD: \$105	CO22106
<b>10/29-12/17 (7)</b> GYM #1	Su	<b>2:15-3 pm</b> ID/AP: \$84	<b>3-5 yrs</b> OD: \$105	CO22110
11/2-12/21 (7) GYM #2	Th	<b>10:30-11:15 am</b> ID/AP: \$84	<b>3-5 yrs</b> OD: \$105	CO22109
11/4-12/16 (5) GYM #2	S	<b>11:15 am-12 pm</b> ID/AP: \$61	<b>3-5 yrs</b> OD: \$76.25	C022111

# **Sports & Fitness-Youth**

### ADAPTIVE Sports Inclusive ( ) New

An inclusive sports-based program designed to provide 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. **No class** 11/11, 11/25.

11/4-12/16 (10) S	10-10:45 am	5-8 yrs	CO22700
GYM #1.GYM #2	ID/AP: \$63	OD: \$78.75	

### Pickleball Kids - Basics new

Children will learn the basics of pickleball through exciting drills and games. Come learn about the fastest growing sport in America! **No class 11/19.** 

9/10-10/22 (7) GYM #1	Su	<b>11-11:45 am</b> ID/AP: \$49	<b>8-11 yrs</b> OD: \$61.25	C022232
10/29-12/17 (7) GYM #1	Su	<b>11-11:45 am</b> ID/AP: \$49	<b>8-11 yrs</b> OD: \$61.25	C022233

### **Soccer Studs**

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 11/20**.

9/11-10/23 (7) GYM #1	M	<b>5-5:45 pm</b> ID/AP: \$49	<b>6-8 yrs</b> OD: \$61.25	CO22226
10/30-12/18 (7) GYM #1	М	5-5:45 pm ID/AP: \$49	<b>6-8 yrs</b> OD: \$61.25	CO22227

### 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. No class 11/20 & 11/22.

9/11-10/23 (7) GYM #1	M	<b>6-6:45 pm</b> ID/AP: \$51	<b>8-12 yrs</b> OD: \$63.75	CO22228
9/13-10/25 (7) GYM #1	W	<b>6-6:45 pm</b> ID/AP: \$51	<b>8-12 yrs</b> OD: \$63.75	CO22229
10/30-12/18 (7) GYM #1	M	<b>6-6:45 pm</b> ID/AP: \$51	<b>8-12 yrs</b> OD: \$63.75	CO22230
<b>11/1-12/20 (7)</b> GYM #1	W	<b>6-6:45 pm</b> ID/AP: \$51	<b>8-12 yrs</b> OD: \$63.75	C022231

#### **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 11/11, 11/20, 11/22 & 11/25.

9/11-10/23 (7) GYM #1	M	<b>4-4:45 pm</b> ID/AP: \$49	<b>6-8 yrs</b> OD: \$61.25	CO22202
9/13-10/25 (7) GYM #1	W	<b>5-5:45 pm</b> ID/AP: \$49	<b>6-8 yrs</b> OD: \$61.25	C022203
9/16-10/28 (7) GYM #1	S	1:15-2 pm ID/AP: \$49	<b>6-8 yrs</b> OD: \$61.25	CO22204
10/30-12/18 (7) GYM #1	M	<b>4-4:45 pm</b> ID/AP: \$49	<b>6-8 yrs</b> OD: \$61.25	CO22205
11/1-12/20 (7) GYM #1	W	<b>5-5:45 pm</b> ID/AP: \$49	<b>6-8 yrs</b> OD: \$61.25	CO22206
11/4-12/16 (5) GYM #1	S	<b>1:15-2 pm</b> ID/AP: \$36	<b>6-8 yrs</b> OD: \$45	C022207

### **Basketball Drills & Scrimmage**

This class is ideal for children who know the basics of basketball but need help with skill progression and scrimmage experience. Give your athlete a well-rounded understanding of this great game. No class 11/20 & 11/22.

9/12-10/24 (7) GYM #1	T	<b>5-5:45 pm</b> ID/AP: \$49	<b>8-12 yrs</b> OD: \$61.25	CO22208
<b>9/14-10/26 (7)</b> GYM #1	Th	<b>6-7 pm</b> ID/AP: \$60	<b>12-15 yrs</b> OD: \$75	CO22209
4410 40104 (3)			40.45	
<b>11/2-12/21 (7)</b> GYM #1	Th	<b>6-7 pm</b> ID/AP: \$60	<b>12-15 yrs</b> OD: \$75	C022211

### 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 11/21.** 

<b>9/12-10/24 (7)</b> GYM #1	Т	<b>6-6:45 pm</b> ID/AP: \$49	<b>9-12 yrs</b> OD: \$61.25	CO22224
<b>11/7-12/19 (6)</b> GYM #1	Т	<b>6-6:45 pm</b> ID/AP: \$45	<b>9-12 yrs</b> OD: \$56.25	CO22225

### Soccer Drills & 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 a water bottle. Shin guards recommended. No class 11/11 & 11/25.

9/16-10/28 (7)	S	12:15-1 pm	8-11 yrs	CO22222
GYM #2		ID/AP: \$49	OD: \$61.25	
11/4-12/16 (5)	S	12:15-1 pm	8-11 yrs	CO22223
GYM #2		ID/AP: \$36	OD: \$45	

# **Conestoga Recreation & Aquatic Center**

# 503-629-6313

### Arena Flag Football new

Arena Flag Football will be held in the gymnasium. Athletes will participate in football drills focusing on throwing, catching, running routes, and teamwork. No class 11/22.

9/13-10/25 (7)	W	4-4:45 pm	7-10 yrs	CO22200
GYM #1		ID/AP: \$49	OD: \$61.25	
11/1-12/20 (7)	W	4-4:45 pm	7-10 yrs	CO22201
GYM #1		ID/AP: \$49	OD: \$61.25	

### Girls Basketball new

Girls will 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. Girls will work together in a positive environment learning how to be part of a team. No class 11/23.

9/14-10/26 (7)	Th	5-5:45 pm	8-10 yrs	CO22214
GYM #1		ID/AP: \$49	OD: \$61.25	
11/2-12/21 (7)	Th	5-5:45 pm	8-10 yrs	CO22215
GYM #1		ID/AP: \$49	OD: \$61.25	

# **Sports & Fitness- Teen/Adults**

### Middle School Weight Training new

Weight training program specifically designed for Middle School students aged 11-14 y/o. This group training includes entry into the Conestoga Recreation & Aquatic Center weight room during class time only. No class 11/21 & 11/22.

9/12-10/26 (14) Weight Room	T/Th	<b>4:15-5:15 pm</b> ID/AP: \$153	<b>11-14 yrs</b> OD: \$191.25	CO22522
11/02-12/21 (13) Weight Room	T/Th	4:15-5:15 pm ID/AP: \$147	<b>11-14 yrs</b> OD: \$178.75	CO22522A

### Middle School Yoga new

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 11/21 & 11/23.

9/12-10/26(14)	T/Th	4:15-5:15 pm	11-14 yrs	CO22520
Rm 201		ID/AP: \$125	OD: \$156.25	
11/02-12/21 (13)	T/Th	4:15-5:15 pm	11-14 yrs	CO22520A
Rm 201		ID/AP: \$117	OD: \$146.25	

### Pickleball Beginners new

This adult class will teach you the game of pickleball through exciting drills and games. Come learn about the fastest growing sport in America! No class 11/10, 11/21 & 11/24.

9/12-10/24 (7) GYM #2	Т	<b>9:45-10:45 am</b> ID/AP: \$60	<b>18-adult</b> OD: \$75	CO22506
9/15-10/27 (7) GYM #2	F	<b>9:45-10:45 am</b> ID/AP: \$60	<b>18-adult</b> OD: \$75	CO22507
10/31-12/19 (7) GYM #2	Т	<b>9:45-10:45 am</b> ID/AP: \$60	<b>18-adult</b> OD: \$75	CO22508
11/3-12/15 (5) GYM #2	F	<b>9:45-10:45 am</b> ID/AP: \$44	<b>18-adult</b> OD: \$55	CO22509

### Adult Pickleball Drills new

This adult class will help develop new skills and strategies to take your pickleball game to the next level. No class 11/10, 11/21 & 11/24.

9/12-10/24 (7) GYM #2	Т	<b>11 am-12 pm</b> ID/AP: \$60	<b>18-adult</b> OD: \$75	CO22510
9/15-10/27 (7) GYM #2	F	<b>11 am-12 pm</b> ID/AP: \$60	<b>18-adult</b> OD: \$75	CO22511
10/31-12/19 (7) GYM #2	T	<b>11 am-12 pm</b> ID/AP: \$60	<b>18-adult</b> OD: \$75	CO22512
11/3-12/15 (5) GYM #2	F	11 am-12 pm ID/AP: \$44	<b>18-adult</b> OD: \$55	CO22513

### High School Weight Training New

Weight training program specifically designed for High School students aged 14-18 y/o. This group training includes entry into the Conestoga Recreation & Aquatic Center weight room during class time only. No class 11/20 & 11/22.

9/11-10/25(14) Weight Room	M/W	<b>4:15-5:15 pm</b> ID/AP: \$153	<b>14-18 yrs</b> OD: \$191.25	CO22523
10/30-12/20 (14) Weight Room	M/W	<b>4:15-5:15 pm</b> ID/AP: \$153	<b>14-18 yrs</b> OD: \$191.25	CO22523A

### High School Yoga new

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 11/20 & 11/22.

9/11-10/25 (14) Rm 201	M/W	<b>4:15-5:15 pm</b> ID/AP: \$125	<b>14-18 yrs</b> OD: \$156.25	CO22521
10/30-12/20 (14) Rm 201	M/W	4:15-5:15 pm ID/AP: \$125	<b>14-18 yrs</b> OD: \$156.25	CO22521A

### Hip/Knee/Ankle Clinic new

This clinic will specialize in targeting areas of the body. CPT Gretchen Maybee will walk you through specific stretches and strength exercises for your hips, knees, and ankles in a small group setting. By the end of this clinic, you will have a list of exercises that you can incorporate into your own workout to improve the function of your lower body.

9/30 (1)	S	12-1:30 pm	14-adult	CO22551
Weight Room		ID/AP: \$18	OD: \$22.50	

### **Navigate Your Weight 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. CPT Gretchen

10/18 (1)	W	5:30-7 pm	14-adult	CO22549
Weight Room		ID/AP: \$18	OD: \$22.50	

### 

Learn simple ways to keep your fascia, nervous system & lymphatic system healthy with MELT. And "walk away feeling like you've had a massage.

10/21 (1)	S	1-3 pm	14-adult	CO22550
Rm 201		ID/AP \$23	OD: \$28.75	

### Hips in Motion: Yoga Workshop new

Please join Certified Yoga Instructor and Personal Trainer, Kristi, for a workshop dedicated to hip mobility and strength. Addressing mobility and stability in the hips, shoulders, and spine, we'll work to improve the movement and function of your entire body.

10/28 (1)	S	12-1:30 pm	14-adult	CO22552
Rm 201		ID/AP: \$18	OD: \$22.50	

### REVIVE, Exercise Recovery Program new

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 11/23.



9/12-10/26 (14) Weightroom	T/Th	<b>5:30-6:30pm</b> ID/AP: \$138	<b>14-adult</b> OD:172.50	CO22553
10/31-12/21 (16) Weightroom	T/Th	<b>5:30-6:30pm</b> ID/AP: \$148.50	<b>14-adult</b> OD:185.50	CO22554

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 Pickleball new

Learn to play Pickleball with your athlete in this group class. Adult participation required. No unregistered siblings. Cost includes one adult. **No class 11/19.** 

9/10-10/22 (7) Su	12-12:45 pm	8-11 yrs	CO22502
GYM #1, GYM #2	ID/AP: \$49	OD: \$61.25	
10/29-12/17 (7) Su	12-12:45 pm	8-11 yrs	CO22503
GYM #1. GYM #2	ID/AP: \$49	OD: \$61.25	

### **Family Tennis**

Come learn to play tennis with your athlete in this group class. Basic intro Level 1 class. Adult participation required. No unregistered siblings. Cost includes one adult. Racquet optional. **No class 11/19.** 

9/10-10/22 (7) Su	1-1:45 pm	6-10 yrs	CO22212
GYM #1, GYM #2	ID/AP: \$49	OD: \$61.25	
10/29-12/17 (7) Su	1-1:45 pm	6-10 yrs	CO22213
GYM #1 GYM #2	ID/ΔP: \$49	OD: \$61.25	

### Family Fun & Games New

Join us on Friday nights for some family fun. You will participate together in sports games and team building activities. Adult participation required. No unregistered siblings. Cost includes one adult. No class 11/10 & 11/24.

9/15-10/27 (7) GYM #1	F	<b>5-5:45 pm</b> ID/AP: \$49	<b>6-8 yrs</b> OD: \$61.25	CO22500
11/3-12/15 (5) GYM #1	F	<b>5-5:45 pm</b> ID/AP: \$36	<b>6-8 yrs</b> OD: \$45	CO22501

### Family Sports new

You will participate together in sports games and team building activities. Every day is a different sport focusing on new skills. Adult participation required. No unregistered siblings. Cost includes one adult. No class 11/10 & 11/24.

<b>9/15-10/27 (7)</b> GYM #1	F	<b>4-4:45 pm</b> ID/AP: \$49	<b>6-8 yrs</b> OD: \$61.25	CO22504
11/3-12/15 (5)	F	4-4:45 pm ID/AP: \$36	<b>6-8 yrs</b> OD: \$45	CO22505
GYM #1		ID/AF: \$30	UD: \$45	



### Karate- Youth/Adult

#### **Karate Kids**

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. White uniforms required. No class 10/31, 11/21 & 11/23.

9/12-12/19 (13)	T	4-4:45 pm	6-8 yrs	CO22218
Rm 204		ID/AP: \$63	OD: \$78.75	
9/14-12/21 (14)	Th	4-4:45 pm	6-8 yrs	CO22219
Rm 204		ID/AP: \$67	OD: \$83.75	

### **Beginning Karate**

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. White Uniforms required. No class 10/31, 11/21 & 11/23.

9/12-12/19 (13)	T	5-6 pm	8-15 yrs	CO22164
Rm 204		ID/AP: \$91	OD: \$113.75	
9/12-12/19 (13)	T	6:15-7:15 pm	8-15 yrs	CO22165
Rm 204		ID/AP: \$91	OD: \$113.75	
9/14-12/21 (14)	Th	5-6 pm	8-15 yrs	CO22166
Rm 204		ID/AP: \$96	OD: \$120	

### Karate Intermediate new

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. Participants should have completed Karate Beginners before enrolling in this class or have instructor approval. White uniforms required. No class 11/23.

9/14-12/21 (14)	Th	6:15-7:15 pm	8-adult	CO22216
Rm 204		ID/AP: \$128	OD: \$160	

### Kendo: Japanese Fencing

Learn the basic skills and techniques of Japanese swordsmanship. Martial arts philosophy and manners will be presented. An additional fee for the bamboo practice sword is due first night of class, payable to Obukan Kendo Club. **No class 11/24.** 

9/15-12/15 (12)	F	6:30-7:30 pm	10-adult	CO22514
GYM #2		ID/AP: \$82	OD: \$102.50	



# Youth Cooking

Join us for this fun cookies series where you can choose all of them, just one, or anything in between! Join us as we utilize seasonal produce to make delicious dishes. Please note that we cannot guarantee an allergy-free

Fall Faves							
<b>9/16 (1)</b> Rm 202	S	9:30 am-12 pm ID/AP: \$44	<b>8-12 yrs</b> OD: \$55	CO25206			
Cutest Fo	Cutest Foods EVER						
<b>9/23 (1)</b> Rm 202	S	9:30 am-12 pm ID/AP: \$44	<b>8-12 yrs</b> OD: \$55	CO25207			
Mystery T	heme						
<b>9/30 (1)</b> Rm 202	S	<b>9:30 am-12 pm</b> ID/AP: \$44	<b>8-12 yrs</b> OD: \$55	CO25208			
No Bake F	avorites	1					
10/7 (1) Rm 202	S	<b>9:30 am-12 pm</b> ID/AP: \$44	<b>8-12 yrs</b> OD: \$55	CO25209			
Pizza Part	у						
<b>10/14 (1)</b> Rm 202	S	9:30 am-12 pm ID/AP: \$44	<b>8-12 yrs</b> OD: \$55	CO25210			
Halloween	Treats						
<b>10/21 (1)</b> Rm 202	S	9:30 am-12 pm ID/AP: \$44	<b>8-12 yrs</b> OD: \$55	CO25211			
Food Scie	nce						
<b>10/28 (1)</b> Rm 202	S	9:30 am-12 pm ID/AP: \$44	<b>8-12 yrs</b> OD: \$55	CO25212			
Cupcake (	Creation	s					
11/4 (1) Rm 202	S	9:30 am-12 pm ID/AP: \$44	<b>8-12 yrs</b> OD: \$55	CO25213			
Turkey Tre	eats						
11/18 (1) Rm 202	S	9:30 am-12 pm ID/AP: \$44	<b>8-12 yrs</b> OD: \$55	CO25214			
Warm Winter Faves							
<b>12/2 (1)</b> Rm 202	S	<b>9:30 am-12 pm</b> ID/AP: \$44	<b>8-12 yrs</b> OD: \$55	CO25215			
Holiday Co	ookies						
<b>12/16 (1)</b> Rm 202	S	<b>9:30 am-12 pm</b> ID/AP: \$44	<b>8-12 yrs</b> OD: \$55	CO25216			



# **Family Cooking**

### **Holiday Cookie Decorating**

Join us for a delightful family holiday cookie decorating class! Get into the festive spirit as we provide the pre-made cookies and all the decorating supplies. Enjoy quality time together while creating beautiful and delicious treats. Fun guaranteed for all! Please note that we cannot guarantee an allergy-free environment. Cost includes one child and one adult but only the child needs to register. No unregistered siblings.

12/15 (1)	F	6-8 pm	6-13 yrs	CO25217
Rm 202		ID/AP: \$50	OD: \$62.50	

### Quick and Easy Recipes for Beginners

In this class, students will learn basic cooking techniques and terminology, as well as explore different recipes. This class is best suited to students who are less experienced in the kitchen. Please note: We cannot guarantee an allergy free environment.

9/13-10/25 (7)	W	6:30-8 pm	8-12 yrs	CO25218
Rm 202		ID/AP: \$170	OD: \$212.50	
11/1-12/20 (7)	W	6:30-8 pm	8-12 yrs	CO25219
Rm 202		ID/AP: \$170	OD: \$212.50	

#### Make Your Own Cookbook

In this class, students will each pick one recipe and together we will explore different versions of those recipes. At the end of the term, students will take home a copy of their own cookbook filled with their customized recipes! This class is best suited to students who are already comfortable in the kitchen. Please note: We cannot guarantee an allergy free environment. No class 11/11, 11/25 & 12/9.

9/16-10/21 (6)	S	1:30-3:30 pm	8-12 yrs	CO25222
Rm 202		ID/AP: \$182	OD: \$227.50	
10/28-12/16 (5)	S	1:30-3:30 pm	8-12 yrs	CO25223
Rm 202		ID/AP: \$153	OD: \$191.25	

# **New Breadmaking classes:**

### Focaccia Breadmaking Workshop new

Master the art of Italian focaccia bread with this no-knead, no-fuss method that is perfect for beginners! Learn mixing, dimpling, and flavoring techniques. Participants will take home a loaf to bake the following day plus recipes for flavored focaccia, pizza dough and delicious dips! Participants are asked to please bring a large bowl to take their dough home in.

10/29 (1) Rm 202	Su	2-4:30 pm ID/AP: \$80	<b>16-adult</b> OD: \$100	CO25226
11/17 (1) Rm 202	F	<b>6-8:30 pm</b> ID/AP: \$80	<b>16-adult</b> OD: \$100	CO25227

### Sourdough Breadmaking Workshop new

Learn sourdough baking basics for home bakers. No-knead process, shaping, folding, and scoring loaves, caring for starters, and using leftovers. All materials provided, including take home sourdough starter, a loaf to bake at home, a proving basket, and recipes. No experience needed! Please bring a large bowl to take your dough home in, as well as a pint mason jar or small tupperware for the sourdough starter.

10/20 (1) Rm 202	F	6-8:30 pm ID/AP: \$80	<b>16-adult</b> OD: \$100	CO25224
12/3 (1) Rm 202	Su	2-4:30 pm ID/AP: \$80	<b>16-adult</b> OD: \$100	CO25225

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

# **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.

### Dig Deep (Water Fitness)

Focus on range-of-motion, stretching and moderate aerobic activity. Float belts provided.

#### Essentrics

Strengthen and stretch every muscle in the body eccentrically, rebalancing the muscular structure in continuous rotational movements.

### **Kettlebell Circuit**

This high intensity class is an efficient and challenging form of conditioning which develops strength, endurance, and coordination utilizing a variety of exercises and equipment such as kettlebells, dumbbells, and more!

### **Low Impact Aerobics**

This class is easy on your joints, burns calories and challenges your entire body. All levels welcome.

### **MELT**

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

### **BodyMind Groove**

A fun, functional, flowing workout. Explore a fusion of movements from NIA and yoga flow.

### Strength & Endurance

An interval style workout that includes cardio and strength training for a complete and fun workout. All levels welcome.

### Tai Chi I

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

### Tai Chi II

Participants will learn, practice and do three Tai Chi forms - 24 Move Yang Style Tai Chi, 40 Move Yang "Competition" Style Tai Chi, and 13 Move Yang Saber Tai Chi. Chi Gong will also be included. Class not suitable for beginners.

### **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

Increase your strength, flexibility and balance with simple movements combined with conscious breathing.

### Yoga, Flow

This dynamic style links breath and movement helping to build strength, stamina and flexibility.

### Yoga/Mat Pilates

This class combines yoga, mat pilates and precise movements to improve joint function.

### **Pilates Restore & Renew**

Slower-paced; allowing opening of the body versus stretching; supported releases; mindful activities providing stress relief and healthful benefits for the mind as well as the body. Using props, awareness, and relaxation to achieve results.

### **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/Zumba® Toning

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

# **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.

\$58.25 ID/\$72.75 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 \$49.25 ID/ \$61.50 OD

3 sessions \$147.75 ID/ \$184.50 OD

6 sessions \$295.50 ID/ \$369.00 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 \$65.50 ID/ \$82 OD

3 sessions \$196.50 ID/ \$246 OD

6 sessions \$393 ID/ \$492 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: Karol Johnston

Hours:

Monday - Friday 8 am-2 pm

Facility Closed: 9/4, 11/10, 11/23, 11/24,

12/25, 1/1

### 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, 9:30-11:30am
- Bingo: Wednesdays, 11am-1pm
- Mah-jongg: Thursdays, 10am-1pm
- Stuhr Book Club: 3rd Thursdays, 10:30am-12pm
- Mexican Poker: 1st and 3rd Thursdays, 10am-12pm
- Bunko: 2nd & 4th Thursdays, 11am-2pm
- Pinochle: Fridays, 10am-1pm



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# Día de los Muertos Altar October 30 – November 3

Enjoy our community altar.



Saturday, September 30 ● 9 am-12 pm

- Health Screenings/Sevices
- Local Non-Profit Resources
- Senior Services Vendors
- Free Give-Aways & Raffle Prizes
- Free Seminars & Workshops
- And More! See website for vendor information.

**Elsie Stuhr Center** 

# **Holiday Bazaar**

Saturday, December 2 • 9 am- 3 pm

100+ local art and craft vendors, holiday music, prizes and more.

Free admission (See website for vendor information).





This annual program is in collaboration with St. Matthews Church to provide gifts to less fortunate children in our community.





Check out a doll from the Front Desk Beginning October 18th
Purchase OR make an outfit for it & return it by: Monday, November 20th
Winners announced: Monday, November 27th at 12 noon.

### Arts & Crafts - 55 & Better

### **Creative Painting**

This class explores 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 11/23 (Teresa)

10/9-12/11 (10)	M	9:15 am-12:15 pm	ES24601
Spruce	ID/AP: \$238	SD: \$214	OD: \$297.50
10/5-12/14 (10)	Th	9:30 am-12:30 pm	ES24603
Spruce	ID/AP: \$238	SD: \$214	OD: \$297.50

### 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. Work on your own projects under the guidance of our experienced instructor. Please bring your own needles and pattern. (Cheri)

9/12-11/14 (10)	T	12-1:30 pm	ES24605
Cedar Rm	ID/AP: \$142	SD: \$127.75	OD: \$177.50

### Jewelry Design new

Design and create your own jewelry! Learn the basics for working with wire and beads. Supply list available at the front desk. (Some supplies provided by instructor for a fee) (Teresa)

10/9-12/11 (10)	M	12:30-2 pm	ES24606
Spruce	ID/AP: \$142	SD: \$127.75	OD: \$177.50



### Mosaic Coaster Workshop new

Create your own 4X4 design or use one of the patterns. All the materials provided, and there is no cutting involved. You need to be able to use your hands to hold small tiles, and be able to sit for 3 hours (there will be a 15-minute break). (Alaka)

10/2 (1)	M	10 am-1 pm	ES24606A
Oak Rm	ID/AP: \$19	SD: \$7 OD: \$23.75	SrOD: \$13.75

### 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)

11/1-12/13 (6)	W	9-10:30 am	ES24607
Cedar Rm	ID/AP: \$87	SD: \$78.25	OD: \$108.75

### **Potterv**

This pottery class is a mix of beginners and experience students. The instructor will be taking a 15-minute break scheduled from 11:30-11:45am and must be observed. Supplies included. Students are responsible to clean their own work space after class. (Marjanna)

9/27-10/25 (5)	W	10 am-1 pm	ES24609
Spruce	ID/AP: \$126	SD: \$113.25	OD: \$157.50
11/1-12/6 (5)	W	10 am-1 pm	ES24611
Spruce	ID/AP: \$126	SD: \$113.25	OD: \$157.50

### Stained Glass

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. The instructor will be taking a 15-minute break scheduled from 10:30-10:45am and must be observed. \*No class 11/10 & 11/24 (Sharon)

9/15-12/8 (10)	F	9 am-12 pm	ES24613
Spruce	ID/AP: \$238	SD: \$214	OD: \$297.50

### Wood Carving

Come and enjoy carving on your own projects with a helpful instructor or learn to carve in relief, round & cottonwood bark. 3 carving projects supplied by instructor. \$20 lab the fee covers cut glove and thumb guard, cut mat, wood (for 3 projects) and use of instructor's tools during class time paid to instructor. (Nancy)

9/26-12/5 (10)	T	10-11:30 am	ES24615
Spruce	ID/AP: \$142	SD: \$127.75	OD: \$177.50



### **Newcomers' Welcome!**

Join us to learn all about the Elsie Stuhr Center! It's a great way to check out the variety of classes we offer while touring the facility.

12/12 T 11 am Willow Room

### DANCE

### Line Dancing

Have fun learning line dances to both classic and popular country music. No partner needed. (Denise)

9/21-11/16 (9)	Th	12:15-1:15 pm	ES21601
Manzanita	ID/AP: \$90	SD: \$81	OD: \$112.50

### **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)

10/10 (1)	T	10 am-12 pm	ES25601
Willow	ID/AP: \$11	SD: \$9.75	OD: \$13.75

### **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

9/26-9/28 (1)	T/Th	8:30 am-12:15 pm	ES25602
Willow	ID/AP: \$29	SD: \$26	OD: \$36.25
10/24-10/26 (1)	T/Th	8:30 am-12:15 pm	ES25603
Willow	ID/AP: \$29	SD: \$26	OD: \$36.25
11/28-11/30 (1)	T/Th	8:30 am-12:15 pm	ES25604
Willow	ID/AP: \$29	SD: \$26	OD: \$36.25

### Aging Gracefully -- Facials from the Kitchen new

Skincare does not have to be expensive and it does not have to come from a department store in a pretty bottle. You will learn the history on skincare through the ages and discuss what is best for aging skin. There will be a demonstration of facials that can be done at home and you will receive a recipe booklet to take with you. (Dorothy)

10/27 (1)	F	9:30-11 am	ES25604A
Willow	ID/AP: \$18	SD: \$16	OD: \$22.50

### American Mah Jongg, Beginning

We have fun, enjoy the company of others, exercise our thinking by learning to play the wonderful game of American Mah Jongg! No prior knowledge of the game required. Equipment is provided for you during class! (Bill)

9/12-10/17 (6)	T	10:30 am-12 pm	ES25605
Dogwood	ID/AP: \$41	SD: \$36.75	OD: \$51.25
10/24-11/28 (6)	T	10:30 am-12 pm	ES25606
Dogwood	ID/AP: \$41	SD: \$36.75	OD: \$51.25

### American Mah Jongg, Intermediate

Continue learning the American version of Mah Jongg. We will discuss the numerous rules, conventions, strategies and tactics. You must be able to identify all tiles and have a rudimentary knowledge of the rules, or instructor approval. \*No class 11/23 (Bill)

9/14-10/19 (6)	Th	10:30 am-12 pm	ES25607
Dogwood	ID/AP: \$41	SD: \$36.75	OD: \$51.25
10/26-12/7 (6)	Th	10:30 am-12 pm	ES25608
Dogwood	ID/AP: \$41	SD: \$36.75	OD: \$51.25

### Conversational Spanish

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

9/11-12/11 (13)	M	9:30-11 am	ES25609
Cedar Rm	ID/AP: \$76	SD: \$68.25	OD: \$95

### Creating Affirmations and Vision Board for 2024 Rew

Affirmations help us become clear and focused about what we want to do in our lives. Writing, drawing, and creating a Vision Board for the New Year is a great opportunity to build on that understanding and help us all focus on our actions and decisions with a new perspective. The teachers for this workshop have been creating affirmations and vision boards every year for more than 10 years, creating space and opportunities each year to live their lives fully and joyfully. Join them in creating your own affirmations and Vision Boards. Supplies included. A 15-minute break will be observed. (Marilyn)

10/19 (1)	Th	9 am-12 pm	ES25610
Willow	ID/AP: \$28	SD: \$25	OD: \$35

### Drama, Playwriting, and "Acting Up"! new

We'll talk about the challenges, fears, and joys we experience in our "senior" years. After the initial discussions, we will first write a short story. In subsequent weeks, we will read the stories out loud and choose our favorites to turn into plays. The most exciting part of this is, we will act out the play; assigning various parts, working on a theater presentation, and eventually we will perform the play(s) for an audience of family and friends. (Merica)

9/18-12/18 (14)	M	10-11 am	ES25611
Willow	ID/AP: \$54	SD: \$48.50	OD: \$67.50

# FRIENDSHIP OVER FIFTY

Finding new friends later in life can be a challenge. Talk tips, get resources and learn new ways to make new friends and keep the old with this special series.

### How to Date and Make Friends in Older Adulthood

Get information and advice on dating and sexuality later in life. Presenters will cover safety, having open discussions with a partner, and resources for comfort.

9/15 (1)	F	9-11 am	ES25612
Willow	ID/AP: 11	SD: \$9.75	OD: \$13.75

### **Personality Types**

What's your personality type? Learn about how you show up to relationships, your strengths and some areas where you might struggle. Get a better understanding of yourself and how you fit with others while practicing self-compassion.

10/20 (1)	F	9-11 am	ES25613
Willow	ID/AP: \$11	SD: \$9.75	OD: \$13.75

### **Advanced Social Skills**

Being a great friend doesn't just happen, it takes work just like anything else in our lives. Learn simple tools to start practicing "listening with empathy" to help build more meaningful connections with others. We'll cover building empathy in relationships, reflective listening, avoiding judgment, and setting boundaries and practice these skills through engaging activities and self-reflection.

11/17 (1)	F	9-11 am	ES25614
Willow	ID/AP: \$11	SD: \$9.75	OD: \$13.75

### **Speed Friending Event**

Let's put these workshops to work at this fun and open speed friending event. Get to know others through short, structured 1:1 and small groups conversations. Make some new connections and have fun practicing advanced social skills.

12/15 (1)	F	9-11 am	ES25615
Fir	ID/AP: \$15	SD: \$13.50	OD: \$18.75

# Elsie Stuhr Center

### Grandparenting With Skill and Grace

Being one step away from being a parent with youndchildren can be a difficult position. We will work on some communication and listening skills that can make a big difference in the success and stability of those very important relationships. A 15-minute break will be observed. (Marilyn)

10/12 (1) 9-11:30 am ES25616 Willow ID/AP: \$20 SD: \$18 OD: \$25



# Legacy Project Series at Beaverton City Library Main (12375 SW 5th Street)

Hosted by Washington County Disability, Aging and Veterans Services, the Beaverton Committee on Aging and the Elsie Stuhr Center. Register at www.beavertonlibrary.org/register or call 503-644-2197

### Session 1: Your Care: Advance Directives, health care proxies, end-of-life care

Presented by Vicki Horn, Veterans Supervisor with Washington County Disability, Aging and Veterans Services.

**FREE** Wednesday, September 20 3-4:30pm

### Session 2: Your Data & Documents: Financial and legal planning

Presented by Christine Leffler, Financial Advisor with Edward Jones Financial Planning.

Wednesday, September 27 3-4:30pm FREE

### Session 3: Your Possessions: Estate planning, down-sizing, and gift-giving

Presented by Jill Williams, Older Adult Behavioral Health Specialist with Multnomah County.

FREE Wednesday, October 4 3-4:30pm

### Session 4: Funerals, memorials and options for body disposition

Presented by Deborah Threadgill, Owner/Operator Threadgill Memorial.

Wednesday, October 11 3-4:30pm FREE

### Parenting Grown Children; Patience is a Virtue for All of Us new

The role of parent is one we have for the rest of our lives once we have children. This workshop will encourage participants to consider a new perspective that recognizes who holds which problems and how to best deal with concerns parents have about adult children. There will be some opportunities to build some tools for communication and expectations that can be very helpful in those grown up relationships. A 15-minute break will be observed. (Marilyn)

10/5 (1) 9-11:30 am ES25617 Willow ID/AP: \$20 SD: \$18 OD: \$25

### Piano for Beginners

Students will be taught the basic note values, note reading for ranges in the Middle-C Position, and C-Position, and basic dynamics used in piano. There will be lessons on music theory, sight and note reading, as well as listening exercises. This class is suitable for students who have no prior knowledge in music. Music and Theory exercises will be handed out and assigned by the instructor. The instructor will also tailor the lesson plans based on the assessment of each participant in the group class setting. (Evelyn)

9/11-10/30 (8) 11 am-12:30 pm ES25618 Dogwood ID/AP: \$203 SD: \$182.50 OD: \$253.75

#### Piano, Intermediate

Level 2 (Intermediate) - pre-requisite: students must possess prior knowledge in note values and have basic note reading skills. The class continues the study of G-Position notes, and playing more repertoire and technique using both hands. Bass clef notes will be made the focus to strengthen hands together playing skills. Accidentals, triads, key signatures will also be introduced in class. (Evelyn)

9/11-10/30 (8) 9-10:30 am ES25619 Dogwood ID/AP: \$203 SD: \$182.50 OD: \$253.75 9/13-11/1 (8) 9-10:30 am ES25619A \٨/ SD: \$182.50 OD: \$253.75 Dogwood ID/AP: \$203

# Ye Ole Fashioned Radio Dramas new

Here is your chance to work with the actual scripts and learn the creative art of radio acting. We'll also make our own sound effects in the same way that it was done in the "days of yore". Our first show will be the Dec. 18, 1947 Holiday show "MY FRIEND IRMA". We will delight our friends, families with a live show. No experience is necessary. \*No class 11/10, 11/24 & 12/1.

11:30 am-12:30 pm ES25650 9/15-12/8 (10) Willow ID/AP: \$140 SD: \$126 OD: \$175

### Come to Lunch at the Stuhr Center

Beaverton Meals on Wheels is the meal provider at the Elsie Stuhr Center. Come to lunch Mondays and Wednesdays from 11:30am-1pm. Cost per person is \$9.05. For those ages 60 and older, please donate what you are able. Entertainment provided while lunch is served.

Meals on Wheels: 503-643-8352

### **Fall Prevention Event**

September 20 at 11am

Please join us in exploring topics of fall prevention.

### Elsie Stuhr Center

### **FITNESS**

### Danceability new

Danceability is a dance class for all people with mixed experiences, with and without disabilities We learn improvisational dance using the Danceability method. No dance experience is needed. It is fun and gives people a sense of confidence and well-being. You don't have to do anything you don't want to do, and we learn to make choices in our movements rather than learn choreography. You may also observe this class.

11/3 (1) F 12:15-1:15 pm ES22602

Manzanita Complimentary

# **MELT Series**

# Intro to MELT concepts and techniques, Mini Hand and Foot Treatments

Intro to MELT concepts and techniques, Mini Hand and Foot Treatments. MELT balls for purchase from the instructor. (Gail)

 10/4 (1)
 W
 11:15 am-12:15 pm
 ES22681

 Oak Rm
 ID/AP: \$15
 SD: \$13.50
 OD: \$18.75

### **MELT Assessments and Techniques**

MELT assessments and techniques, Soft Ball Hand and Foot Treatments. (Gail)

10/11 (1) W 11:15 am-12:15 pm ES22682 Oak Rm ID/AP: \$15 SD: \$13.50 OD: \$18.75

### **MELT Full Hand and Foot Treatments**

90

MELT Full Hand and Foot Treatments using Large and Small Soft and Firm Balls. (Gail)  $\,$ 

10/18 (1) W 11:15 am-12:15 pm ES22683 Oak Rm ID/AP: \$15 SD: \$13.50 OD: \$18.75

### MELT 50-Second Facial, Forearm Treatments, Bunion Band

MELT Bonus Treatments, 50-Second Facial, Forearm Treatments, Bunion Band. (Gail)

10/25 (1) W 11:15 am-12:15 pm ES22684 Oak Rm ID/AP: \$15 SD: \$13.50 OD: \$18.75



### Mindfulness for Anxiety and Depression New

Chronic stressors, if not addressed, may lead to anxiety and a possible downward trajectory to depression. This program investigates methods of breaking that chain of progression through the science of mindfulness. Learn techniques for controlling stress-induced anxiety and depressive ideation. Skills include: breathing and relaxation exercises; brief daily mindful practices; meditative movement drills; and mindful meditations to train present-moment awareness and intentional focus. (Kent)

11/1-11/15 (3) W 11 am-12:30 pm ES22677 Oak Rm ID/AP: \$66 SD: \$59.25 OD: \$82.50

### Natural Hacks for Memory Support Seminar new

While age-related cognitive decline might seem inevitable, it doesn't have to be! The formula for supporting our brain and our memory is simple. Discover how good nutrition and healthy habits can support our memory throughout our lifespan in this complimentary seminar from a Nutritional Health Coach from Natural Grocers.

10/16 (1) M 11 am-12 pm ES22680

Cedar Rm Complimentary

### **Navigate Your Weight 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. (Gretchen)

10/5 (1) Th 9-10:30 am ES22679 Fitness Room ID/AP: \$18 SD: \$16 OD: \$22.50

### **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. (Jeanette)

 9/12-10/26 (7)
 T/Th
 12-1 pm
 ES22689

 Fitness Room
 ID/AP: \$138
 SD: \$124
 OD: \$172.50

 10/31-12/21 (8)
 T/Th
 12-1 pm
 ES22690

 Fitness Room
 ID/AP: \$148.50
 SD: \$133.50
 OD: \$185.50

### Weight 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. Registration required. (Jeanette)

10/20 (1) F 10-11 am ES22688

Fitness Room Complimentary

# **Weight Room Clinic**

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 small group setting. By the end of each clinic, you will have a list of exercises that you can incorporate into you own workout. (Jeanette)

Back/Core			
9/18 (1)	M	10-11:30 am	ES22685
Fitness Room	ID/AP: \$18	SD: \$16	OD: \$22.50
Shoulder			
10/23 (1)	M	10-11:30 am	ES22686
Fitness Room	ID/AP: \$18	SD: \$16	OD: \$22.50
Hip/Knee			
11/20 (1)	M	10-11:30 am	ES22687
Fitness Room	ID/AP: \$18	SD: \$16	OD: \$22.50

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)

### 55 + Hikers new

Join us for fun, adventure, and to meet new people. Targeted for active adults (55+), these excursions vary in distance and difficulty and take place rain or shine. Participants must be able to walk on uneven surfaces and without assistance. Space is limited and registration is required. Hikes are led by a THPRD Fitness Instructor. Transportation not provided.

Sandy River Delta

9/23 (1)	S	9-11:30an	n	ES22691
Offsite	ID/AP: \$11.	.00	SD: \$9.75	OD: \$13.75

Triple Falls

10/14 (1)	S 9-11:3	30am	ES22692
Offsite	ID/AP: \$11.00	SD: \$9.75	OD: \$13.75

Lower Macleay Park to Pittock Mansion

11/05 (1)	S 9-11:3	30am	ES22693
Offsite	ID/AP: \$11.00	SD: \$9.75	OD: \$13.75

### SPECIAL EVENTS

### Health & Wellness Fair

Health Services and screenings, Health & Wellness Resource Vendors, Raffle Prizes and more! See website for vendor registration fees.

9/30 (1)	S	9 am-12 pm	ES28600
	_		

Fir Free

### Halloween Dance

Join us for a Spooktacular Halloween Dance and Costume party! Get into the Halloween spirit and enjoy an afternoon dance with good company, great costumes and yummy treats. Prizes will be awarded for best costume. Don't miss out on the fun! Registration required.

10/27	F	12-2pm	ES8600A

Manzanita \$3

### **Holiday Bazaar**

Holiday Bazaar Saturday, Dec. 2 9 am - 4 pm Featuring more than 100 vendors of handcrafted items. Food truck sales - Noon-4 pm. All day raffle drawings Elsie Stuhr Center 5550 SW Hall Blvd, Beaverton, OR 97005 503-629-6342 Visit www.thprd.org for more information New Vendor Registration: Phone-in registration for floor space begins on Wednesday, Sept. 5, at 8:30 am. Registration will continue after this date during regular office hours until all spaces are filled. Please be aware that last year's vendors have priority and will have pre-registered prior to this date. You may register for yourself only, limit two spaces per person. See website for vendor registration fees.

12/2 (1)	S	9 am-4 pm	ES28602
Fir	Free		



### Elsie Stuhr Day

Never one to shy away from a challenge, Elsie Stuhr began an initiative campaign to establish the Tualatin Hills Park & Recreation District in the early 1950s. She was a local physical education instructor determined that Beaverton-area residents needed more opportunities for physical and recreational activities. Elsie was a woman of great vision, but even she probably couldn't have foreseen then what her fledgling park district would become. Join us as we celebrate her vision by participating in opportunities in several dimensions of wellness. We will have physical, intellectual, social, environmental, spiritual, and emotional wellness opportunities for you to enjoy. A complete schedule for event will be available December 1st.

12/15 (1)	F	12-2 pm	ES28603
Manzanita	Free		

### New Year's Dance

Say goodbye to 2023 with a formal dance. Come ready to celebrate the new year with appetizers and sparkling cider. Registration required.

1/05	F	12-2pm	ESS8604
Manzanita	\$3		

### **SPORTS**

### **Pickleball**

Come join the fun and learn how to play America's fastest growing sport that is suitable for ages 5 to 99! You will learn the basic rules of pickleball to get you started on the court. Lessons on how to serve and hit the ball, footwork and movement will also be taught. Every class will start off with basic warm-up exercises, and drills. Pickleball etiquette, a game and scoring methods will also be introduced throughout the semester. Pickleball is safe and a great cardio activity that can be played at your own pace and level of intensity.

9/13-10/18 (6)	W	11:15 am-12:45 pm	ES22603
Offsite	ID/AP: \$96	SD: \$86.25	OD: \$120

### **TRIPS**

### Multnomah Falls and Hood River Fruit Loop

First, we will visit Multnomah Falls and then we'll head onto the Hood River Fruit Loop trail, a 35-mile scenic drive which includes all the farms, fruit stands, wineries, breweries and cider places that have found an oasis for growing fresh fruit in Hood River! Stops may include: Apple Valley Country Store (celebrate the bounty of Hood River's fall fruit harvest. Daily treats will include: Freshpicked local pears, fresh pear pies, scones, cookies and hand pies. Huckleberry and pumpkin milkshakes), The Old Trunk (a family friendly Antique Store, Fruit Stand, Soda Fountain, and Flower & Berry "Farmette"), The Gorge White House Fruit Stand and Winery (featuring hard ciders, wines, farm fresh food, fruit, flowers, & more), and Lunch at the Riverside Restaurant. Trip includes lunch escort, and transportation. Bring some money for purchases at our stops.

9/13 (1)	W	8:30 am-4:30 pm	ES27600
OffSite	ID/AP: \$86	SD: \$82.25	OD: \$95



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)

# Elsie Stuhr Center

### **Yamhill County Wine Tour**

Travel with us through the beautiful fall foliage of Yamhill County and have a couple of wine tastings to celebrate what this region is famous for. We will stop at Carlton Wine Makers Studio and Domaine Willamette. We'll also enjoy a "burger bar" lunch at Golden Valley Brewery. Fees include lunch, tasting fees, escort, and transportation.

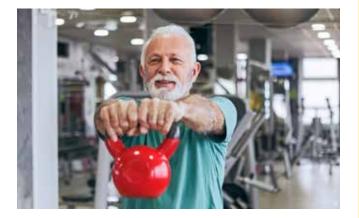
10/4 (1) W 10 am-4:30 pm ES27601 OffSite ID/AP: \$149 SD: \$145.50 OD: \$157.50



# **Active Aging Week**

September 5-9, 2023

Active Aging Week is an annual campaign launched by the International Council of Active Aging to promote the benefits of healthy aging and lifestyles. THPRD will be offering a class pass for all patrons 55+ to attend a class free of charge during the week. In addition, Elsie Stuhr Center will be hosting a series of events. Please contact the center or website for more information. Class passes will be available at all centers the week of August 28.



# Stuhr Center 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.

\$58.25 ID/ \$72.75 OD

### **Personal Training**

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

1 session \$65.50 ID/ \$82 OD 3 sessions \$196.50 ID/ \$246 OD 6 sessions \$393 ID/ \$492 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 \$49.25 ID/ \$61.50 OD 3 sessions \$147.75 ID/ \$184.50 OD 6 sessions \$295.50 ID/ \$369.00 OD

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



### **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.



# Elsie Stuhr Center Fitness Classes

### **Athlete:** Exercises almost every day or works at a physically demanding job.

Outdoor TRX Circuit 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.

Active Now: These classes are for those who are active at least twice a week. 20/20/20 Get three types of fitness for three times the fun! Aerobics to start, followed by strength training, and finishing with flexibility exercises.

Fitness Room Circuit This class is designed to increase muscular strength while improving cardiovascular health. Each class will be a total body workout incorporating alternating intervals of cardio and strength training exercises using fitness

Women's Strength Training A This class is dedicated to women 55+ seeking an empowering environment to learn how to lift weights independently with confidence. Exercises include squats, deadlift, and functional training moves to improve overall strength.

Yoga, All Levels Practice poses with an emphasis on breath, alignment, symmetry and technique to build strength, flexibility and balance. Develop the mind-spirit connection in a structured, progressive format.

Zumba Gold A modified version of Zumba. Participants enjoy low-impact, simple moves.

### **Getting Started:** Entry level or those returning to exercise.

Aerobic Total Body Workout (TBW) This class is designed for the experienced exerciser or fit newcomer. It includes warmup and low-impact aerobic conditioning with intervals of strength and endurance work. It's a great total-body workout

Ageless Conditioning Combines aerobic, strengthening and flexibility exercises specifically to enhance strength, balance, joint range of motion, mobility and extend independent living.

Cardio Fusion 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.

Essentrics 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.

Pilates A low impact gentle form of exercise. It's perfect for all levels of exercisers who are looking to remarkably increase their muscle strength/endurance, balance, range of motion, coordination and overall body awareness.

Tai Chi, Basic Footwork & Balance 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.

### Tai Chi I/Intro to Qi Gong

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-style Tai Chi 8-Form. This introductory program will focus on basic elements, including mindful breathing, weight shifting, and coordination of leg and arm movements.

Tai Chi 24 Form Beginning 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 rhythmical movements to increase balance, flexibility, muscle strength, and enhance well-being.

Yoga, Gentle 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.

### **Needs a Little Help:** For those wishing to exercise while primarily seated.

Balance Basics 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.

FUNctional Chair Fitness Move through a variety of exercises designed to improve strength, balance, and range of motion. A chair is available for seated or standing support.

Total Body Workout (TBW) From A Chair with Balance 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.

Yoga, Chair 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.

Stop into the center for a paper copy of the schedule or find it online: thprd.org/facilities/recreation/elsie-stuhrcenter. Classes and instructors are subject to change at any time without notice. We recommend checking the website for the most up-to-date schedule.



# 7475 SW Oleson Road Portland, 97223 503-629-6341

TriMet Route #45

Facility Supervisor: Karol Johnston

**Center Hours:** 

Monday-Friday: 8 am-8 pm Saturday-Sunday: Closed

### **Facility Closed:**

- Monday, September 4
- Thursday, November 23
- Monday, December 25
- Monday, January 1

### **Modified Schedule:**

Friday, November 10: 9 am-2 pm

• Friday, November 24: 9 am-2 pm

### **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
- Sports fields, outdoor playground and play equipment
- Fanno Creek Regional Trail (walking, running and biking)
- West Portland Boxing Team
- Garden Home Community Library

### **Facility Rentals**

The Garden Home Recreation Center is available for rental space during building hours. Visit our website or call 503-629-6341 for more information.

### **Fitness Classes and Drop-In Sports**

See page 101 for Garden Home Recreation Center's description of classes.

# **Free Events**

# Casa Abierta Saturday, September 16 | 11 am – 1 pm



¡Explora nuestro centro! Infórmese sobre clases de otoño, programas, ayuda financiera, Rec Mobile, y otros recursos comunitarios.

Explore our center! Learn about fall classes, programs, financial aid, Rec Mobile, and other community resources.



# Sempoashochitl Festival Saturday, October 21 | Time: TBD

Get to know the traditional Day of the Dead Flower and celebrate life and nature.



# Dia de los Muertos Altar October 30 - November 3

Enjoy our community altar and join us for craft activities.

# Winter Break Camps

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

12/18 (1) Rm C	M	8 am-6 pm ID/AP: \$60	<b>6-10 yrs</b> OD: \$75	GH27201A
12/19 (1) Rm C	Т	8 am-6 pm ID/AP: \$60	<b>6-10 yrs</b> OD: \$75	GH27201B
<b>12/20 (1)</b> Rm C	W	8 am-6 pm ID/AP: \$60	<b>6-10 yrs</b> OD: \$75	GH27201C
<b>12/21 (1)</b> Rm C	Th	8 am-6 pm ID/AP: \$60	<b>6-10 yrs</b> OD: \$75	GH27201D
<b>12/22 (1)</b> Rm C	F	8 am-6 pm ID/AP: \$60	<b>6-10 yrs</b> OD: \$75	GH27201E
<b>12/26 (1)</b> Rm C	Т	8 am-6 pm ID/AP: \$60	<b>6-10 yrs</b> OD: \$75	GH27202A
<b>12/27 (1)</b> Rm C	W	8 am-6 pm ID/AP: \$60	<b>6-10 yrs</b> OD: \$75	GH27202B
<b>12/28 (1)</b> Rm C	Th	8 am-6 pm ID/AP: \$60	<b>6-10 yrs</b> OD: \$75	GH27202C
<b>12/29 (1)</b> Rm C	F	8 am-6 pm ID/AP: \$60	<b>6-10 yrs</b> OD: \$75	GH27202D



### gardenhomelibrary.org | 503-245-9932

Hours: Monday-Friday, 10 am-6 pm Saturday, 10 am-3 pm

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.



# **West Portland & Beaverton Boxing**

"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. Hablamos Espanol.

# new (

# Mini Athletes! (Drop-in Program)

This program is an adult/quardian-led open gym for little ones 1 to 5 years old to play and explore on the various gym equipment. Refer to the online schedule for the most updated dates & times.



## **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





Check our website at www.thprd.org for our Fall outreach schedule and our FREE monthly



Pokémon events with Oregon Pokémon.



# 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. Students are led in a group community service project. Program is available from school release time to 6 pm, Monday-Friday.

Enrollment for the 2023-2024 School Year is open, as long as space allows. A non-refundable \$50 enrollment fee is due at time of registration.

### THRIVE tuition options for 2023-2024:

- A. Tuition over 9 months at \$389.00 per month Includes afterschool care only
- B. Tuition over 12 months at \$481.25 per month Includes afterschool care plus seven (7) weeks of summer camp in 2024

Tuition does include four (4) BSD in-service days. Tuition does not include holidays, winter break, spring break, or additional no school days.

### **Schools served:**

- Chehalem Elementary
- Fir Grove Elementary
- McKay Elementary
- Montclair Elementary
- Raleigh Hills Elementary
- Raleigh Park Elementary
- Vose Elementary
- Whitford Elementary

### Arts & Crafts - Preschool

Dates (Weeks)	Day	Time	Ages	Class #
Location		ID/AP	OD	

### Come Paint With Me

In this class, caregivers and their child will paint together using a variety of objects. Marble painting, shaving cream painting and more! Adult participation required. \*One child/one adult.

 9/19-11/28 (11)
 T
 10-11 am
 2.5-5 yrs
 GH24101

 Rm 13
 ID/AP: \$79
 OD: \$98.75

### Crazy Creations new

Learn how to draw simple objects, animals with the help of shapes and numbers or alphabets. Have fun using colors, paint, glue, cutting and pasting. We will create some fun things with reusable materials easily found at home. Adult participation required. \*One child/one adult. No class 11/23.

9/21-11/30 (10) Th 10-11 am 2.5-5 yrs GH24100 Rm 13 ID/AP: \$60 OD: \$75

### Arts & Crafts – Youth

### Art with Clay

Students in this class will use clay as a medium to express their artistic ideas. Coil pots, sculptures and much more!

 9/18-11/20 (10)
 M
 3:30-4:30 pm
 6-8 yrs
 GH24203

 Rm 13
 ID/AP: \$101
 OD: \$126.25

9/18-11/20 (10) M 5-6 pm 9-12 yrs GH24204 Rm 13 ID/AP: \$101 OD: \$126.25

### **Art Exploration**

Let this class be your art outlet! Your art teacher will have a guided project for the day, including canvas, paper mache, decoupage, and more!

 9/19-11/28 (11)
 T
 3:45-4:30 pm
 5-7 yrs
 GH24202

 Rm 13
 ID/AP: \$94
 OD: \$117.50

#### **Afterschool Artists**

Be inspired by the masters and experience lots of mediums: paint, pastels, clay, mixed media, and more.

9/19-11/21 (10) T 5-6 pm 8-11 yrs GH24205 Rm 13 ID/AP: \$101 OD: \$126.25

### **Cartooning & Anime**

Design cartoon characters and anime drawings using fundamental skills in this beginner's cartooning/anime class for youth inspired by anime culture.

9/20-11/22 (10) W 3:30-4:30 pm 6-8 yrs GH24206 Rm 13 ID/AP: \$101 OD: \$126.25

9/20-11/22 (10) W 5-6 pm 9-12 yrs GH24207 Rm 13 ID/AP: \$101 OD: \$126.25

### Nature Inspired Art new

Join our instructor, gather and explore our natural surroundings by using nature landscapes and inspiration to create art. **No class 11/23**.

9/21-11/30 (10) Th 3:45-4:30 pm 5-7 yrs GH24200 Rm 13 ID/AP: \$87 OD: \$108.75

 9/21-11/30 (10)
 Th
 5-5:45 pm
 8-11 yrs
 GH24201

 Rm 13
 ID/AP: \$87
 OD: \$108.75

### Paper Art

In this class students will be using paper to create amazing works of art. Book making, collage and much more!

<b>9/22-12/1 (9)</b> Rm 13	F	<b>3:30-4:30 pm</b> ID/AP: \$89	<b>6-8 yrs</b> OD: \$111.25	GH24208
9/22-12/1 (9) Rm 13	F	<b>5-6 pm</b> ID/AP: \$89	<b>9-12 yrs</b> OD: \$111.25	GH24209

### **Family Art Night**

Join us for a fun family evening of creative expression through different mixed mediums. Bring your family and create memories together! Fun for all ages and abilities. Registration required for each participant.

10/13 (1)	F	6:30-8 pm	5 – adult	GH24102
Gym		ID/AP: \$16	OD: \$20	
12/8 (1)	F	6:30-8 pm	5 – adult	GH24103
Gym		ID/AP: \$16	OD: \$20	

### **Fall Dance Recital Classes**

The following classes listed below are recital classes. Rehearsal and performance information will be sent at a later date.

### **Dance - Preschool & Youth**

### **Dancing & Twirling**

Little ones will love participating in movement activities that incorporate dance, batons, tumbling and playing with props like balls and scarves. Activities introduced will help develop balance, motor skills and more. Adult participation required; no unregistered siblings allowed in class. Recital Class.

9/18-11/20 (10)	M	9-9:45 am	2-3 yrs	GH21107
Rm 14		ID/AP: \$116	OD: \$135	

### **Dance Combo**

Experience ballet, jazz, hip-hop, and creative movement all in one class. We will use props and play games as we discover the joy of dance. Recital Class. **No class 10/31.** 

9/18-11/20 (10)	M	10-10:45 am	3.5-5 yrs	GH21105
Rm 14		ID/AP: \$116	OD: \$135	
9/19-11/21 (10)	T	4-4:45 pm	3.5-5 yrs	GH21106
Rm 14		ID/AP: \$116	OD: \$135	

# Dance - Youth

### **Ballet**

Traditional ballet techniques class. Comprehensive barre and center work for returning and motivated beginners. Students develop strength, flexibility, coordination, and confidence. All levels welcome. Recital class.

9/21-11/16 (9)	Th	5-5:45 pm	6-9 yrs	GH21200
Rm 14		ID/AP: \$109	OD: \$126.25	

### Ballet/Tap

Sample two of the most fundamental dance forms in this fun class. Recital class. No class 10/31.

9/18-11/20 (10) Rm 14	M	<b>11:15 am-12 pm</b> ID/AP: \$116	<b>4-6 yrs</b> OD: \$135	GH21102
9/19-11/21 (9) Rm 14	T	<b>5-5:45 pm</b> ID/AP: \$109	<b>4-6 yrs</b> OD: \$126.25	GH21103

### **Pre-Ballet**

A fun experience for young dancers first independent ballet class. Develop grace, good posture and coordination while dancing to loved songs. Basic ballet movements explored through age-appropriate games and dance props. Recital Class.

9/21-11/16 (9)	Th	4-4:45 pm	4-6 yrs	GH21108
Rm 14		ID/AP: \$109	OD: \$126.25	

### Ballet/Tap/Jazz

Ready for variety? We'll learn some basic techniques and fun routines in this fast-paced class. Tap shoes required. Recital Class. No class 10/31.

9/19-11/21 (9)	Т	6:05-7 pm	6-9 yrs	GH21201
Rm 14		ID/AP: \$119	OD: \$138.75	

### **Musical Theater**

Travel down the yellow brick road with the Scare Crow, Tin Man, Lion and Dorothy! Kids will sing, dance and act as we perform scenes from both the Wizard of Oz and The Wiz. Recital Class.

9/21-11/16 (9)	Th	6:05-7 pm	6-9 yrs	GH21202
Rm 14		ID/AP: \$119	OD: \$138.75	

### Dance - Adults

### Adult Tap: Beginner/Intermediate

A great class for the new tapper or anyone who needs to review the basics. You'll be doing the soft shoe in just a few weeks! Tap shoes preferred, ballet shoes or socks acceptable.

9/21-11/16 (9)	Th	7:15-8 pm	13-adult	GH21301
Rm 14		ID/AP: \$79	OD: \$98.75	

### **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. Recital class. **No class 10/31.** 

9/19-11/21 (9)	Т	7:05-8 pm	13-adult	GH21300
Rm 14		ID/AP: \$105	OD: \$131.25	



# 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; tap shoes for tap).

# **Active Aging Week**

September 5-9, 2023

Active Aging Week is an annual campaign launched by the International Council of Active Aging to promote the benefits of healthy aging and lifestyles. THPRD will be offering a class pass for all patrons 55+ to attend a class free of charge during the week. In addition, Elsie Stuhr Center will be hosting a series of events. Please contact the center or website for more information. Class passes will be available at all centers the week of August 28.

# **Gymnastics – Preschool**

### 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.

9/11-11/13 (10) M 5:30-6:15 pm 3-5 yrs GH23105 Rm 3 ID/AP: \$121 OD: \$151.25

### **Gymnastics: Beginner I**

Recommended for students who have had a pre-gymnastics class prior. Emphasis on strength and flexibility skills needed for gymnastics. The main skills introduced are forward and backward rolls, handstands, cartwheels, and bridge.

9/11-11/13 (10) M 6:45-7:30 pm 6-8 yrs GH23106 Rm 3 ID/AP: \$121 OD: \$151.25

### General Interest - Youth & Adult

# Cooking Authentic Indian Food: Curries, Spices & Flat Breads

Learn to cook authentic, healthy, and delicious Indian vegetarian cuisine. Explore a variety of recipes through hands-on cooking for main courses, curries, rice dishes, appetizers and more. Explore the usage of different spices, legumes, lentils, and methods of cooking used in Indian cuisine. Learn to make popular vegetarian Indian curries/lentils, a variety of Indian flat breads & rice dishes utilizing traditional Indian spices.4-part series class. No class 11/23.

 10/5-10/26 (4)
 Th
 5:30-7:30 pm
 16-adult
 GH25503

 Kitchen
 ID/AP: \$134
 OD: \$167.50

 11/2-11/30 (4)
 Th
 5:30-7:30 pm
 16-adult
 GH25504

 Kitchen
 ID/AP: \$134
 OD: \$167.50

### Cooking Authentic Indian Food: South Indian Food

Wish to explore Street food from Southern India? Join us to make delicious Dosa. Which is a delicious crepe served with flavor packed chutneys & Sambhar (lentil soup).1-day class.

9/28 (1) Th 5:30-7:30 pm 16-adult GH25502 Kitchen ID/AP: \$33 OD: \$41.25

# Cooking Authentic Indian Food: Teas, Snacks & Appetizers

Explore various types of Indian tea. Find your favorite cup of tea. Learn to make some snacks & appetizers to go with your tea.1-day class.

9/21 (1) Th 5:30-7:30 pm 16-adult GH25501 Kitchen ID/AP: \$33 OD: \$41.25

### Cooking Authentic Indian Food: Vegetarian Food

Curious if vegetarian cooking is for you? Learn the basics of lentils & legumes' nutrition. Learn to cook delicious though simple curry and bread with very few ingredients. Join us for a fun and interactive experience where you will come to enjoy a full meal. Come hungry, we will sample our creations.1-day class.

9/14 (1) Th 5:30-7:30 pm 16-adult GH25500 Kitchen ID/AP: \$33 OD: \$41.25

### **Antique Clock Repair**

When your tick no longer tocks, learn how to dis-assemble, clean, and repair your old mechanical clock. No electric or battery clocks please. Bring your own clock, pliers, screwdrivers, 1 large & small plastic container with lid. \$16 lab fee payable to instructor at first class.

9/18-11/20 (10) M 6 pm-7:45pm adult GH25400 Rm 9 ID/AP: \$128 OD: \$160

## **Sports & Fitness - Preschool**

### **Pee Wee Sports**

Learn the fundamentals of the game - dribbling, passing, and shooting in a non-competitive environment all while having lots of fun! No class 11/23.

9/19-10/19 (5) T/Th 3:15-4 pm 3-5 yrs GH22100 OD: \$82.50 ID/AP: \$66 Gym 11/7-12/7 (5) T/Th 3:15-4 pm 3-5 yrs GH22101 ID/AP: \$59 OD: \$73.75 Gym

### 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.

3:15-3:45 pm GH22130 9/25-12/4 (11) 3-5 yrs OD: \$72.50 Gym ID/AP: \$58 3-5 yrs 3-3:25 pm 9/27-12/6 (11) W GH22131 ID/AP: \$52 OD: \$65 Gym 9/27-12/6 (11) 3:30-3:55 pm 3-5 yrs GH22132 W Gym ID/AP: \$52 OD: \$65

## **Sports & Fitness - Youth & Adult**

### Soccer: Level 1

Athletes will focus on teamwork, fair play, drills, dribbling and scrimmages in a fun and encouraging atmosphere.

9/19-10/19 (5) T/Th 4:10-4:55 pm 5-7 yrs GH22200 Gym ID/AP: \$66 OD: \$82.50

### Soccer: Level 2

Athletes will focus on improving skills already established. The focus will be on elevating a sense of teamwork, fair play, drills, dribbling and scrimmages in a fun and encouraging atmosphere.

9/19-10/19 (5) T/Th 5:10-5:55 pm 6-9 yrs GH22001 Gym ID/AP: \$66 OD: \$82.50

### Soccer: Level 3

Athletes will focus on improving skills already established. The focus will be on elevating a sense of teamwork, fair play, drills, dribbling and scrimmages in a fun and encouraging atmosphere. An emphasis on scrimmaging will take place in this class to put already developed skills into play.

9/19-10/19 (5) T/Th 6-6:45 pm 8-10 yrs GH22002 Gym ID/AP: \$66 OD: \$82.50

### Basketball: Level 1

Athletes will focus on teamwork, fair play, drills, dribbling and scrimmages in a fun and encouraging atmosphere. **No class 11/23.** 

11/7-12/7 (5) T/Th 4:10-4:55 pm 5-7 yrs GH22210 Gym ID/AP: \$59 OD: \$73.75

### Basketball: Level 2

Athletes will focus on improving skills already established. The focus will be on elevating a sense of teamwork, fair play, drills, dribbling and scrimmages in a fun and encouraging atmosphere. **No class 11/23.** 

11/7-12/7 (5) T/Th 5:10-5:55 pm G-9 yrs GH22211 Gym ID/AP: \$59 OD: \$73.75

### Basketball: Level 3

Athletes will focus on improving skills already established. The focus will be on elevating a sense of teamwork, fair play, drills, dribbling and scrimmages in a fun and encouraging atmosphere. An emphasis on scrimmaging will take place in this class to put already developed skills into play. **No class 11/23.** 

11/7-12/7 (5) T/Th 6-6:45 pm 8-10 yrs GH22212 Gym ID/AP: \$59 OD: \$73.75

### Floor Hockey

Take your best shot and discover how fun and exciting playing floor hockey can be. This modified version of ice hockey can be played in regular shoes on virtually any hard surface with a small ball and hockey sticks.

11/1-11/29 (5)	W	4:15-5 pm	7-9 yrs	GH22214
Gvm		ID/AP· \$33	OD: \$41.25	

### **Football**

This class is focused on fun while learning the basic football skills simplified, teamwork, cooperation, and will build up confidence. Class is non-contact and held indoors.

9/20 (5)	W	4:15-5 pm	8-10 yrs	GH22213
Gym		ID/AP: \$33	OD: \$41.25	

### 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.

9/25-12/4 (11)	M	4-5 pm	6-14 yrs	GH22220
Gvm		ID/AP: \$117	OD: \$146.25	

### **Teen Sports**

Instructors will spend class time working on both individual and group skills. Participants will be encouraged to work on meeting personal goals and understanding the meaning of team work and sportsmanship. **No class** 11/10 & 11/24.

9/22-10/20 (5) Gvm	F	4:30-5:30 pm ID/AP: \$41	<b>13-16 yrs</b> OD: \$51.25	GH22302
11/3-12/8 (4)	F	4:30-5:30 pm	13-16 yrs	GH22303
Gvm		ID/AP: \$37	OD: \$46.25	

### 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.

9/25-12/4 (11)	M	5:15-6:15 pm	6-adult	GH22230
Gvm		ID/AP: \$117	OD: \$146.25	

### **Speed and Agility**

The class works to improve your athlete's overall strength, balance, stability, coordination, quickness, and speed. Training is a series of drills and specific exercises that develop the body's core muscle groups and the neuromuscular pathways that control athletic movement.

9/20-10/18 (5)	W	5:10-5:55 pm	11-14 yrs	GH22300
Gym		ID/AP: \$33	OD: \$41.25	
11/1-11/29 (5)	W	5:10-5:55 pm	11-14 yrs	GH22301
Gym		ID/AP: \$33	OD: \$41.25	



### **Archery Fun**

\$68 lab fee payable to the instructor on the first night. This is a 4 week indoor program. Archery is presented to beginners in a recreational format. Children, 7 & up, and adults are welcome. You'll start at the beginning learning archery techniques and safety. Each week is different. Held Offsite at: Archers Afield, 11945 SW Pacific Hwy Ste #121, Tigard, OR 97223 Tigard Plaza Shopping Center, Lower Level, Corner of Hall & Hwy 99

9/23-10/14 (4) OffSite	S	<b>11 am-12 pm</b> ID/AP: \$15	<b>7-adult</b> OD: \$18.75	GH25200
9/24-10/15 (4) OffSite	Su	<b>4-5 pm</b> ID/AP: \$15	<b>7-adult</b> OD: \$18.75	GH25201
9/25-10/16 (4) OffSite	M	<b>5-6 pm</b> ID/AP: \$15	<b>7-adult</b> OD: \$18.75	GH25202
10/21-11/11 (4) OffSite	S	<b>11 am-12 pm</b> ID/AP: \$15	<b>7-adult</b> OD: \$18.75	GH25203
10/22-11/12 (4) OffSite	Su	<b>4-5 pm</b> ID/AP: \$15	<b>7-adult</b> OD: \$18.75	GH25204
10/23-11/13 (4) OffSite	M	<b>5-6 pm</b> ID/AP: \$15	<b>7-adult</b> OD: \$18.75	GH25205
11/18-12/9 (4) OffSite	S	<b>11 am-12 pm</b> ID/AP: \$15	<b>7-adult</b> OD: \$18.75	GH25206
11/19-12/10 (4) OffSite	Su	<b>4-5 pm</b> ID/AP: \$15	<b>7-adult</b> OD: \$18.75	GH25207
11/20-12/11 (4) OffSite	М	<b>5-6 pm</b> ID/AP: \$15	<b>7-adult</b> OD: \$18.75	GH25208

### Winter Break Camp

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 every day with a water bottle, lunch, and a snack.

12/18 (1) Rm C	М	<b>8 am-6 pm</b> ID/AP: \$60	<b>6-10 yrs</b> OD: \$75	GH27201A
12/19 (1) Rm C	T	8 am-6 pm ID/AP: \$60	<b>6-10 yrs</b> OD: \$75	GH27201B
12/20 (1) Rm C	W	8 am-6 pm ID/AP: \$60	<b>6-10 yrs</b> OD: \$75	GH27201C
12/21 (1) Rm C	Th	8 am-6 pm ID/AP: \$60	<b>6-10 yrs</b> OD: \$75	GH27201D
12/22 (1) Rm C	F	8 am-6 pm ID/AP: \$60	<b>6-10 yrs</b> OD: \$75	GH27201E
12/26 (1) Rm C	T	8 am-6 pm ID/AP: \$60	<b>6-10 yrs</b> OD: \$75	GH27202A
12/27 (1) Rm C	W	8 am-6 pm ID/AP: \$60	<b>6-10 yrs</b> OD: \$75	GH27202B
12/28 (1) Rm C	Th	8 am-6 pm ID/AP: \$60	<b>6-10 yrs</b> OD: \$75	GH27202C
<b>12/29 (1)</b> Rm C	F	8 am-6 pm ID/AP: \$60	<b>6-10 yrs</b> OD: \$75	GH27202D

### **Navigate Your Weight Room**

Learn machine adjustments, basic technique for using fitness room equipment, and receive a basic exercise program during this 1-1/2 hour session with CPT Gretchen.

12/07 (1)	Th	9-10:30am	14 yrs-adult	GH22573
Wt Rm		ID/AP: \$16	OD: \$20	

"The meaning of life is to find your gift. The purpose of life is to give it away."

-Pablo Picasso

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

# **Garden Home Fitness Class Descriptions**

### **Cardio Fusion**

A work out 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.

### MELT

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

### **Pilates**

A low impact gentle form of exercise. It's perfect for all levels of exercisers who are looking to remarkably increase their muscle strength/endurance, balance, range of motion, coordination and overall body awareness.

### 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.

### **Total Body Blitz**

A high intensity, interval based class that combines full body strength training with high intensity cardio bursts guaranteed to make you sweat!

### Yoga, Flow

This dynamic style links breath and movement helping to build strength, stamina and flexibility.

### 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 are dynamic, exciting, and based on the principle that a workout should be FUN AND EASY TO DO.

To see current schedule visit: <a href="www.thprd.org/facilities/recreation/garden-home">www.thprd.org/facilities/recreation/garden-home</a> Schedule and instructors are subject to change at any time.

# **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.

\$58.25 ID/\$72.75 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 \$49.25 ID/ \$61.50 OD

3 sessions \$147.75 ID/ \$184.50 OD

6 sessions \$295.50 ID/ \$369.00 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 \$65.50 ID/ \$82 OD

3 sessions \$196.50 ID/ \$246 OD

6 sessions \$393 ID/ \$492 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.

# **Nature & Trails**



# Nature & Trails Department Fanno Creek Service Center 6220 SW 112th Avenue Beaverton, OR 97008 503-629-6350

**Bruce Barbarasch**Nature & Trails Manager

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.



www.thprd.org

# **Nature Programs**



# Tualatin Hills Nature Center 15655 SW Millikan Way Beaverton, OR 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, OR 97007 • 503-629-6350

Center Supervisor: Karen Munday

Park Hours: Dawn until dusk, unless otherwise posted.

**Nature Center Hours:** 

Monday – Friday: 9:00 am – 4 pm Saturday: 10:00 am – 3 pm

Facility Closures: 9/4 & 11/23.

### **Nature Center Offers:**

- Nature Studies Preschool, Youth & Family
- Nature Camps
- Events
- School and Group Programs
- Fitness

www.facebook.com/THPRDNature



# 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 acquire a THPRD residency card, at no extra charge, before registration begins. Cooper Mountain program registration for both in-district and out-of-district patrons will begin Saturday, August 12, 2023 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.

# **Group Nature Programs: All Ages**

Perfect for preschools, scout troops, youth groups, homeschool groups, afterschool clubs and businesses. Led by environmental education staff, these outdoor, hands-on, engaging programs can be scheduled at the Tualatin Hills Nature Park, Cooper Mountain Nature Park, and other THPRD natural areas or at your private facility. Fill out our online request form at www.thprd. org/activities/nature/group-nature-program-request/ to set up a program for your group.

**Locations:** Cooper Mountain Nature Park, Tualatin Hills Nature Park and natural areas throughout Beaverton.



# **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 thord.org or call 503-629-6350 for rates and availability.



# **Newt Day**

Saturday, November 4 Noon – 4 pm

Explore the habitats of the rough-skinned newt as you learn about what newts and their fellow forest inhabitants need to survive. From streams and ponds to terrestrial forests, we will look at the habitat needs of a variety of aquatic invertebrates, amphibians, reptiles, and mammals through indoor exhibits. Venture out into the park to find evidence of these plants and animals on a self-guided adventure. 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. Register to arrive during a specific start time and plan to stay 2 hours to explore the event. Pre-registration is recommended.

Noon - 1:00 pm 3+ NP26100 1:00 - 2:00 pm 3+ NP26101 2:00 - 3:00 pm 3+ NP26102

Location: Tualatin Hills Nature Center

Admission: \$5 per person or \$20 per family, children 2

years and under are free

# **Special Events**

# Fall Native Plant Sale Starts Sunday, August 20

THPRD and the Friends of the Tualatin Hills Nature Park are 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 20! Plants will be available for pick-up at the Tualatin Hills Nature Park on October 6 or 7.

Here's how it works;

- 1. Online plant ordering begins on August 20 at www.sparrowhawknativeplants.com.
  - 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 17.
- 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 6 or 7.
- ~ 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 Kids Preschool Program**

This September-through-May nature-based program for preschoolers introduces developmentally appropriate activities throughout the year in a curriculum structure that focuses on experiential learning through exposure to nature and the changing seasons. Children develop skills through a balance of tactile activities, play, and academic experiences and are given the opportunities and guidance to advance their communication and problem-solving skills. Numbers, letters, and words are introduced through structured, nature-based activities and observation of the seasons and rhythms of nature. Children will form friendships, learn respect, and have the opportunity to grow with the help of caring teachers in a safe, active, natural environment.

### **Ages 3-4** Chipmunks

**Humminabirds** 

T/Th 9-11:30 am Tualatin Hills Nature Center

\$275/month (2023-24 school year)

T/Th 9-11:30 am Jenkins Estate Gatehouse \$275/month (2023-24 school year)

### Ages 4-5 Ladybugs

M/W/F 8:30-11:30 am Tualatin Hills Nature Center

\$375/month (2023-24 school year)

\$375/month (2023-24 school year)

**Owls** 

M/W/F 1-4 pm

Tualatin Hills Nature Center

**Dragonflies** 

M/W/F 9 am-noon Jenkins Estate Gatehouse

\$375/month (2023-24 school year)



# 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-quided or led by one of our naturalists. scouts 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, Math in Nature, Art Creator and Explorer, or Citizen Science badges.

# **Brownies**

### Brownies Math in Nature Badge Program

Get outside and explore the shapes, symmetry, and patterns you can find in nature. Go on a scavenger hunt through the park as you join our naturalists for a day that includes hikes and hands-on activities where you can complete the steps to earning your Math in Nature badge! Join as a troop or individually. Badge is not included with registration.

9/30 NP25170 10 am-12 pm 7-11 yrs **Tualatin Hills Nature Center** ID/AP: \$16 OD: \$20

NOTE: If your troop can't make this date, give us a call and we can set up a group Hiker, Bug, Eco Learner, Animal Habitats, Flowers, Math in Nature, Art Creator, Art Explorer, or Citizen Science badges.

# **Nature Mobile**

The Nature Mobile is a mobile classroom that allows Tualatin Hills Nature Center staff to bring environmental education programs to schools, parks, libraries, and neighborhoods throughout the park district.

To see current schedules and to learn more about the Nature Mobile visit our website: https://www.thprd. org/facilities/nature/nature-mobile or call 503-629-6350.

# **Nature Store**

The Nature Store is located in the lobby of the Tualatin Hills Nature Center and offers a wide range of gifts and nature-related books for all ages. All profits from store sales go back to the Tualatin Hills Park Foundation to provide scholarships for school field trips to the Tualatin Hills Nature Park.



### Nature Studies - Preschool

Dates (Weeks)	Day	Ages	Class #
Location		OD	

### **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. Sign up for one or multiple sessions. This is a drop-off program for children of preschool age, without adult participation. Children need to be bathroom independent and dressed for the weather. No class 11/21.

### Colors of Nature

Colors of Mature			
9/19-10/17 (5) T	9:30-11:30 ar	n 3-5 yrs	NP25120
Tualatin Hills Nature Park		D/AP: \$131	OD: \$163.75
Wings and Things			
9/20-10/18 (5) W	9:30-11:30 ar	n 3-5 yrs	CM25120
Cooper Mountain Nature	Park I	D/AP/OD: \$131	
Forest Friends			
10/24-12/12 (7) T	9:30-11:30 ar	n 3-5 yrs	NP25121
Tualatin Hills Nature Park		D/AP: \$177	OD: \$221.25
Marvelous Mammals			
10/25-11/15 (4) W	9:30-11:30 ar	n 3-5 yrs	CM25121
Cooper Mountain Nature	Park I	D/AP/OD: \$105	



# 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.

9/23	S	10-11 am	2-5 yrs	NP25100
Tualatin Hills	Nature Park		ID/AP: \$9	
9/28	Th	10-11 am	2-5 yrs	NP25101
Tualatin Hills	Nature Park		ID/AP: \$9	OD: \$11.25
10/7	S	10-11 am	2-5 yrs	NP25102
Tualatin Hills	Nature Park		ID/AP: \$9	OD: \$11.25
10/12	Th	10-11 am	2-5 yrs	NP25103
Tualatin Hills	Nature Park		ID/AP: \$9	OD: \$11.25
10/21	S	10-11 am		NP25104
Tualatin Hills	Nature Park		ID/AP: \$9	OD: \$11.25
10/26	Th	10-11 am	2-5 yrs	NP25105
Tualatin Hills	Nature Park		ID/AP: \$9	OD: \$11.25
11/2	Th	10-11 am	2-5 yrs	NP25106
Tualatin Hills			ID/AP: \$9	OD: \$11.25
11/9	Th	10-11 am	2-5 yrs	NP25107
Tualatin Hills	Nature Park		ID/AP: \$9	OD: \$11.25
11/18	S	10-11 am	2-5 yrs	NP25108
Tualatin Hills	Nature Park		ID/AP: \$9	OD: \$11.25
11/30	Th	10-11 am		NP25119
Tualatin Hills	Nature Park		ID/AP: \$9	OD: \$11.25
12/2	S	10-11 am	2-5 yrs	NP25110
Tualatin Hills	Nature Park		ID/AP: \$9	OD: \$11.25
12/7	Th	10-11 am		NP25111
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 es por un niño y dos miembros adicionales de la familia. Se requiere la participación de un adulto.

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. Adult participation required.

9/16	S	10-11 am	2-5 yrs	NP25112
Tualatin Hills	Nature Park		ID/AP: \$9	OD: \$11.25
10/14	S	10-11 am	2-5 yrs	NP25113
Tualatin Hills	Nature Park		ID/AP: \$9	OD: \$11.25
10/22	Su	2-3 pm	2-5 yrs	NP25114
Tualatin Hills	Nature Park		ID/AP: \$9	OD: \$11.25
11/11	S	10-11 am	2-5 yrs	NP25115
Tualatin Hills	Nature Park		ID/AP: \$9	OD: \$11.25
11/19	Su	2-3 pm	2-5 yrs	NP25116
Tualatin Hills	Nature Park		ID/AP: \$9	OD: \$11.25
12/9	S	10-11 am	2-5 yrs	NP25117
Tualatin Hills	Nature Park		ID/AP: \$9	OD: \$11.25

# **Nature Programs**

#### Art in Nature

Explore how nature itself can be both the subject and the media of artistic expression. Join us for a guided hike and be inspired to create a nature-inspired masterpiece in this program that blends artistic discovery with nature education. Price includes materials. Price is per child. Adult participation required.

9/28	Th	10-11 am	3-6 yrs	CM25100
Cooper Mountain	n Nature	House	ID/AP/OD: \$13	
10/5	Th	10-11 am	3-6 yrs	CM25101
Cooper Mountain	n Nature	House	ID/AP/OD: \$13	
10/12	Th	10-11 am	3-6 yrs	CM25102
Cooper Mountain	n Nature	House	ID/AP/OD: \$13	
10/19	Th	10-11 am	3-6 yrs	CM25103
Cooper Mountain	n Nature	House	ID/AP/OD: \$13	

#### 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!

Bug Hunt				
9/22	F	6:30-9 pm	6-12 yrs	NP25200
Tualatin Hills	s Nature Pa	rk	ID/AP: \$27 OD: \$3	3.75
Animal Superp	owers			
10/6	F	6:30-9 pm	6-12 yrs	CM25200
Cooper Mou	ntain Natur	e Park	ID/AP/OD: \$27	
Slime Makers				
11/3	F	6:30-9 pm	6-12 yrs	NP25201
Tualatin Hills	s Nature Pa	rk	ID/AP: \$27 OD: \$3	3.75
<b>Busy Builders</b>				
12/1	F	6:30-9 pm	6-12 yrs	CM25201
Cooper Mou	ntain Natur	e Park	ID/AP/OD: \$27	
Night Tracks				
12/15	F	6:30-9 pm	6-12 yrs	NP25202
Tualatin Hills	s Nature Pa	rk .	ID/AP: \$27 OD: \$3	3.75

#### 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.

#### Predators of the Prairie

9/15	F	7-9 pm		6 yrs-adult	CM25500
Cooper Mountain	Nature F	House	ID/AP/O	D: \$18	
<b>Brilliant Bats</b>					
9/29	F	7-9 pm		6 yrs-adult	NP25500
Tualatin Hills Nat	ure Cente	er	ID/AP: \$	18 OD: \$22.50	
All About Owls					
10/20	F	6:30-8:30 pr	n	6 yrs-adult	CM25501
Cooper Mountain	Nature F	House	ID/AP/O	D: \$18	
Disappearing Act					
11/17	F	6:30-8:30 pr	n	6 yrs-adult	NP25501
Tualatin Hills Nat	ure Cente	er .	ID/AP: \$	18 OD: \$22.50	

#### **Nature Camps**

### Nature Day-off Camps • 7-13 yrs

Nature Day-off 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 super powers of spiders, and weave your way around the Nature Park to track all the different kinds of super spider species here.

10/13	F	8:00	am-5:00 pm	7-13 yrs	NP27220	
Tualatin Hills	Nature Cer	ter	ID/AP:	\$80	OD: \$100	

#### Plants Vs. Zombies

Discover which plants in the Nature Park have special powers to help protect them against invaders! We'll look for these plants in the forest, make a zombie seed craft to take home, and play some plant games.

10/27	F	8:00	am-5:00 pm	7-13 yrs	NP27221
Tualatin Hills	Nature Ce	nter	ID/AP:	\$80	OD: \$100

#### Grossology

Slime, fungus, creepy-crawlies, and dead stuff in nature will be explored during this day of all things gross. From now on when people say "Ewww!" you will say "Wow, cool!"

11/10	F	8:00	am-5:00 pm	7-13 yrs	NP27222
Tualatin Hills	Nature Cer	ter	ID/AP:	\$80	OD: \$100

#### Autumn Snapshots (conference days)

Red, orange, and yellow leaves are ablaze this time of year and we're going out into the park to practice our nature photography skills. We'll make a frame for each camper's best picture of the day!

11/2	Th	8:00 am-5:	00 pm	7-13 yr	s	NP27223A
Tualatin Hills	Nature Cer	nter	ID/AP:	\$80	OD: \$	100
11/8	W	8:00 am-5:	00 pm	7-13 yr	s	NP27223B
Tualatin Hills	Nature Cer	nter	ID/AP:	\$80	OD: \$	100

#### Fantastic Flyers (conference days)

Look! Up in the sky! Is it a bird? A bat? A bug? Explore the different ways living creatures take to the skies, then have fun designing and building your own flying creature.

11/3	F	8:00 am-5:0	00 pm	7-13 yrs	S	NP27224A
Tualatin Hi	Is Nature Cer	nter	ID/AP:	\$80	OD: \$	100
11/9	Th	8:00 am-5:0	00 pm	7-13 yrs	S	NP27224B
Tualatin Hi	Is Nature Cer	nter	ID/ΔP·	\$80	OD: \$	100

#### **Local Harvest**

Get ready for some dirty fingernails as we learn about where food comes from. Learn to cook with the delicious fruits and vegetables grown here in the Pacific Northwest.

11/20	M	8:00	am-5:00 pm	7-13 yrs	;	NP27225
Tualatin Hills	Nature Cer	iter	ID/AP:	\$80	OD: \$1	00

#### **Tracks and Trails**

Follow the tracks of local wildlife to discover their secrets and signs. Traverse the park and pick up clues to solve the mystery of tracks left in the wild.

11/21	Т	8:00 am-5:00 pm	7-13	yrs N	P27226
Tualatin Hill	s Nature Cer	nter IĎ/A	P: \$80	OD: \$100	)

# **Nature Programs**

#### Web of Life

From the smallest bugs and plants to the predators of the wild, everything gets eaten and passes on its energy to the next animal. Follow this energy transfer through the web of life and figure out how all the pieces of the web fit together.

11/22 W 8:00 am-5:00 pm 7-13 yrs NP27227 Tualatin Hills Nature Center ID/AP: \$80 OD: \$100

#### Kids at Nature Play

Let's go play in the woods! From building forts to play capture the flag in the forest, we'll get dirty playing out in nature.

 12/8
 F
 8:00 am-5:00 pm
 7-13 yrs
 NP27228

 Tualatin Hills Nature Center
 ID/AP: \$80
 OD: \$100

#### **Full-Day Winter Break Camps**

#### **Animal Engineers**

Campers will explore the amazing feats of construction our animal neighbors accomplish using sticks, stones, mud, plants and other materials. We'll make a few engineering projects of our own too!

 12/18
 M
 8:00 am-5:00 pm
 7-13 yrs
 NP27229

 Tualatin Hills Nature Center
 ID/AP: \$80
 OD: \$100

#### Eco-Art

View nature from the perspective of an artist. Learn about the elements of art including textures and form, while gathering inspiration and materials from the natural world. Apply our observations in the assembling of your artistic creation.

12/19 T 8:00 am-5:00 pm 7-13 yrs NP27230 Tualatin Hills Nature Center ID/AP: \$80 OD: \$100

#### **Migration Vacation**

Frogs, newts, and birds on the move! Discover the paths and methods that various animals use to move from one place to another, while trying to figure out what motivates the movement.

12/20 W 8:00 am-5:00 pm 7-13 yrs NP27231 Tualatin Hills Nature Center ID/AP: \$80 OD: \$100

#### Skywalker Solstice

Join us in celebrating one of the shortest days of the year. Strengthen and train your Jedi force by studying the stars above us. We'll even make our own light sabers! May the forest be with you.

12/21 Th 8:00 am-5:00 pm 7-13 yrs NP27232 Tualatin Hills Nature Center ID/AP: \$80 OD: \$100

#### Who Gives a Hoot!

Dissect owl pellets, check out our owl specimens, learn owl calls and a take a nature walk to hear the owls in our forest.

**12/22 F 8:00 am-5:00 pm 7-13 yrs NP27233**Tualatin Hills Nature Center ID/AP: \$80 OD: \$100

#### Secrets of the 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.

12/28 Th 8:00 am-5:00 pm 7-13 yrs NP27234 Tualatin Hills Nature Center ID/AP: \$80 OD: \$100

#### Water- Who Needs It?

Humans, plants, and wildlife all depend on clean, healthy water to survive. We'll learn about the water cycle and how water is used, recycled, and the effects it has on different communities.

12/29 F 8:00 am-5:00 pm 7-13 yrs NP27235 Tualatin Hills Nature Center ID/AP: \$80 OD: \$100

#### 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.

#### Fur, Fluff & Fuzz

Discover the furry animals that call the nature park home. Follow tracks, listen to stories, and sing songs as we explore creatures with the warmest winter coats.

**12/18-12/22** M-F 9:00 am-12:00 am 4-6 yrs NP27100 Tualatin Hills Nature Center ID/AP: \$ 180 OD: \$ 216

#### 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.

#### Wildlife Neighbors

It's cold, rainy, and there might be some snow! Find out what the animals are doing and where they are going when winter comes to the park.

**12/18-12/22** M-F 1:00 pm-4:00 pm 6-9 yrs NP27101 Tualatin Hills Nature Center ID/AP: \$ 180 OD: \$ 216

# **Nature Programs**

#### Nature Studies - Adult

#### Writing Haiku Poetry in Nature

Haiku poetry is a traditional form of Japanese poetry through which the poet conveys their experience of nature via a simple written formula. This class introduces participants to classical Haiku poetry, and guides them to write their own haiku poems while spending time in nature.

9/9 Sa 10 am-12 pm 16 + NP25550 Tualatin Hills Nature Center ID/AP: \$23.50 OD: \$28.50

#### Attracting Birds to Your Backyard

Get ready to brighten up your home this coming winter by inviting birds to visit your backyard. We'll learn about offering seed, suet, water, and plantings to attract a wide variety of birds for a close-up view.

10/7 S 10-12:30pm 16+ CM25550 Cooper Mountain Nature House ID/AP: \$16 OD: \$20

# Common Fall Mushrooms of the Pacific Northwest and their Lookalikes (classroom and field)

In this presentation, we will learn some of the most common and memorable mushrooms found in 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 to identify them on your own.

10/12 Th 6:30 pm-8:00 pm 16+ NP25550 Tualatin Hills Nature Center ID/AP: \$19 OD: \$23.75

#### **Living Centerpieces**

Learn how to create a one-of-a-kind living centerpiece with indoor succulents, adorned with rose quartz/amethyst, dried flowers/seed pods, and decorative branches. We'll do a short journaling (mini-journal included), cover basic planting, and flower arrangement techniques, then decorate our living centerpieces. You'll go home with your own living altar and journal, feeling connected with yourself and nature in a deeper meaningful way. For this class, cancellations or drops must be received 7 days in advance. No refunds or credit will be given with less than 7 days' notice.

10/19 Th 6:30 pm-8:00 pm 17 + NP25552 Tualatin Hills Nature Center ID/AP: \$63 OD: \$78.75

#### 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.

 10/28
 S
 7-9 pm
 16 +
 NP25553

 Tualatin Hills Nature Center
 ID/AP: \$18
 OD: \$22.50

#### Introduction to Mushroom Identification

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. Then we'll take a walk in the park to see mushrooms and practice our new ID skills! Participants are encouraged to bring in their own field guides for reference.

11/10 F 10:30 am-12 pm 16+ NP25554 Tualatin Hills Nature Center ID/AP: \$19 OD: \$23.75

#### Covotes

Urban coyotes are hidden neighbors who live both in our parks and neighborhoods. Learn tips for living with coyotes and how we manage coyotes 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.

**2/1 F 7-9 pm 16+ NP25545**Tualatin Hills Nature Center ID/AP: \$18 OD: \$22.50

#### 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. Then warm up inside and choose from the materials we collected in advance or that you just gathered to make your own winter wreath creation.

**12/2 S 4** pm-6pm **16** + **NP25556** Tualatin Hills Nature Center ID/AP: \$27 OD: \$33.75

#### Fitness - Teen/Adult

#### **Movement and Merlot**

Join us at the Cooper Mountain Nature Park for a 75-minute All Levels Flow Yoga class and then stay for the wine! We'll be offering tastings of a few different local Oregon wines and light appetizers.

10/18 W 6-8:00 pm 21+ NP22400 Cooper Mountain Nature House ID/AP: \$35 OD: \$43.75

#### Let Go Restorative Yoga

Bring awareness to the beauty of healing your parasympathetic nervous system in this cozy two hour yoga workshop. Learn different styles of pranayama (breathwork) along with long held poses.

 12/6
 W
 6-8 pm
 14 +
 NP22401

 Tualatin Hills Nature Center
 ID/AP: \$18
 OD: \$22.50



# Fitness classes at the Tualatin Hills Nature Center!

The Tualatin Hills Nature Center is offering evening yoga classes! Classes are for ages 14+. Day, time, and instructor of classes are subject to change without notice. For a complete list of our fitness offerings, please visit:  $\frac{thprd.org/activities}{fitness}$ 

See our website for details and schedules: thprd.org/facilities/nature/nature-center

# Adaptive & Inclusive Recreation Services



# Services and Recreation Programs for People with Disabilities

Facility Supervisor: Brian Yourstone

**Registration:** A THPRD identification card is required for all programs/activity registrations. See page 6 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**

Financial assistance is available through the THPRD Scholarship Program for in-district participants who qualify. See information on page 8 or call the Administrative Office at 503-645-6433.

#### **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 Elsie Stuhr Center: 5550 SW Hall Blvd., Beaverton, 97005

**Please Note:** 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 six 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 experience physical, emotions and/or developmental disabilities. The camp runs during the summer for campers ages 6 to 21. During the last two weeks of the summer, we will run our adult adventure weeks program for campers ages 22+.

#### **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.

#### Therapeutic Rec Mobile

description here.

For more information on any of these program, call Inclusion at 503-629-3863 or email at inclusion@thprd.org.

#### Thursday Night All-stars Basketball

This is a recreation and socialization program for teens and adults (16+) with physical and developmental disabilities to play pickup games of basketball.

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

Cost: \$5.25 ID/OD

Location: THPRD Athletic Center - 50 NW 158th Ave.

Beaverton 97006

# 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 503-619-3863.

#### **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.



## **Adaptive and Inclusive Recreation Programs**

#### 503-629-6330

#### 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.

Cost: ID/AP: \$5.50 OD:\$7.50

(Except where noted, for off-site activities) Date & Time: Mondays, 6:30-8:30 pm

For more information and to get on our email list, please call, 503-

629-6330. A THPRD Therapeutic Recreation Medical/Emergency

Information form is required for all participants.

Those who require 1:1 support must have an aide that stays on site for the duration of the activity or event.

#### Adult TR Events

\* 9/4- NO TR Labor Day

Dates (Weeks)	Day	Time	Class Code
Location			OD

#### Night Owl Hike at THPRD's Nature Center

Come help us identify hooting owls of The Pacific Northwest on a walk through one of our local wetlands. Meet at the Elsie Stuhr Center and we will shuttle everyone to and from The Nature Center in THPRD vehicles. We will be leaving the Stuhr Center at 6:30 pm sharp, so please arrive before then.

Our Therapeutic Recreation (TR) programs are intended for teens and adults (16+) who experience disabilities.

You must preregister for this event.

6:30-8:30 pm 16-adult TR25701 ID/AP: \$5.25 Elsie Stuhr Center OD: \$5.25

#### **Bocce Ball & Yard Games**

Join us for a friendly Bocce Ball Tournament with other outdoor yard games. Prizes will be given out to the winner of our competition!

Our Therapeutic Recreation (TR) programs are intended for teens and adults (16+) who experience disabilities.

You must preregister for this event.

6:30-8:30 pm 16-adult TR25702 Elsie Stuhr Center ID/AP: \$5.25 OD: \$5.25

#### Walk-a-Thon

Come join new and old friends as we walk around a marked course at the Elsie Stuhr Center. Count your steps with one of our pedometers or walk at your own pace. All abilities as welcome!

Our Therapeutic Recreation (TR) programs are intended for teens and adults (16+) who experience disabilities.

You must preregister for this event.

9/25 6:30-8:30 pm 16-adult TR25703 Elsie Stuhr Center ID/AP: \$5.25 OD: \$5.25

#### Pottery Sculpting & Painting

Don't be afraid to get your hands messy and create your own masterpiece with clay! There is sure to be some museum-worthy sculptures by the end of the night.

Our Therapeutic Recreation (TR) programs are intended for teens and adults (16+) who experience disabilities.

You must preregister for this event.

6:30-8:30 pm TR25704 16-adult Elsie Stuhr Center ID/AP: \$5.25 OD: \$5.25

10/9- No TR Columbus Day

#### Bingo!

Join us for a night of Bingo. This is a great chance to socialize and enjoy the excitement that comes with yelling out, "Bingo!"

Our Therapeutic Recreation (TR) programs are intended for teens and adults (16+) who experience disabilities.

You must preregister for this event.

10/16 M 6:30-8:30 pm 16-adult TR25705 Flsie Stuhr Center ID/AP: \$5.25 OD: \$5.25

#### **Build Your Own Herb Garden**

Join us in creating your very own herb garden to take home. In this program, we'll make our own labeled plant stakes and learn about how we all can use different herbs in our everyday lives.

Our Therapeutic Recreation (TR) programs are intended for teens and adults (16+) who experience disabilities.

You must preregister for this event.

10/23 M 6:30-8:30 pm 16-adult TR25706 Elsie Stuhr Center ID/AP: \$5.25 OD: \$5.25

#### Halloween Dance & Costume Contest

Back by popular demand is our annual Halloween Dance and Costume Contest! Dress your best and come boogie to great music with friends new and old. There will be a costume contest and prize for the winner! Dinner and drinks will be provided.

Our Therapeutic Recreation (TR) programs are intended for teens and adults (16+) who experience disabilities.

You must preregister for this event.

6:30-8:30 pm 16-adult TR25707 Elsie Stuhr Center ID/AP: \$5.25 OD: \$5.25

#### Yoga & Zumba

Yoga and Zumba are great ways to get active while having fun! Together we'll work on calming stretches and breathing techniques. For the Zumba portion, everyone will have the opportunity to show us your best dance moves as we dance along to hit songs!

Our Therapeutic Recreation (TR) programs are intended for teens and adults (16+) who experience disabilities.

You must preregister for this event.

6:30-8:30 pm TR25708 11/6 16-adult ID/AP: \$5.25 Elsie Stuhr Center OD: \$5.25

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

# **Adaptive and Inclusive Recreation Programs**

#### 503-629-6330

#### **DIY Terrariums**

Join us in building your very own terrarium! A terrarium is like an aquarium but for plants. You'll have the opportunity to create and take home a small ecosystem that will look like a miniature garden or forest.

Our Therapeutic Recreation (TR) programs are intended for teens and adults (16+) who experience disabilities.

#### You must preregister for this event.

11/13	M	6:30-8:30 pm	16-adult	TR25709
Elsie Stuhr Cer	nter	ID/AP: \$5.25	OD: \$5.25	

#### **Team Challenge Night**

Bring on your friendly competition at our first ever Team Challenge Game Night! Everyone will be on a team and compete in various challenges, games, and activities. A prize will be given to the team who wins!

Our Therapeutic Recreation (TR) programs are intended for teens and adults (16+) who experience disabilities.

#### You must preregister for this event.

11/20	M	6:30-8:30 pm	16-adult	TR25710
Elsie Stuhr Cer	nter	ID/AP: \$5.25	OD: \$5.25	

#### **Dancing & Zumba**

Bust out your dancing shoes and let's boogie! Join us in unique dance rhythms and help us create a party-like atmosphere. Everyone is encouraged to participate at their own level.

Our Therapeutic Recreation (TR) programs are intended for teens and adults (16+) who experience disabilities.

You must preregister for this event.

12/4	M	6:30-8:30 pm	16-adult	TR25711
Elsie Stuhr Ce	nter	ID/AP: \$5.25	OD: \$5.25	

#### Create Your Own Vision Board

Let's get creative! Join us in creating your own visual representation of goals through a collage of pictures and words.

Our Therapeutic Recreation (TR) programs are intended for teens and adults (16+) who experience disabilities.

You must preregister for this event.

12/11	M	6:30-8:30 pm	16-adult	TR25712
Elsie Stuhr C	enter	ID/AP: \$5.25	OD: \$5.25	

#### **Holiday Movie Night**

You won't want to miss this! There are not many things that are more relaxing than settling down with some hot chocolate and good friends to watch a movie during the holidays. Popcorn and hot chocolate will be provided.

Our Therapeutic Recreation (TR) programs are intended for teens and adults (16+) who experience disabilities.

You must preregister for this event.

12/18	M	6:30-8:30 pm	16-adult	TR25713
Elsie Stuhr Cen	ter	ID/AP: \$5.25	OD: \$5.25	

12/25- No TR Christmas

#### **Adaptive Recreation**

#### **Adaptive Sport Center**

An inclusive sports-based program designed to provide the basics of participation in sports. Kids play at their own level while developing essential socialization skills and learning about peer unity through team play. Classes are hosted at the Athletic Center on Court #1.

9/15-10/6 (4) F AC Ct 1- Indoor	5:30-6:15pm ID/AP: \$40	<b>5-7 yrs</b> OD: \$50	AC25201					
9/15-10/6 (4) F AC Ct 1- Indoor	<b>6:20-7:05pm</b> ID/AP: \$40	<b>8-11 yrs</b> OD: \$50	AC25202					
10/13-11/3 (4) F AC Ct 1- Indoor	5:30-6:15pm ID/AP: \$40	<b>5-7 yrs</b> OD: \$50	AC25203					
10/13-11/3 (4) F AC Ct 1- Indoor	6:20-7:05pm ID/AP: \$40	<b>8-11 yrs</b> OD: \$50	AC25204					
11/10-11/24- NO Adap	tive Sports Center							
<b>12/1-12/22 (4) F</b> AC Ct 1- Indoor	5:30-6:15pm ID/AP: \$40	<b>5-7 yrs</b> OD: \$50	AC25205					
<b>12/1-12/22 (4) F</b> AC Ct 1- Indoor	<b>6:20-7:05pm</b> ID/AP: \$40	<b>8-11 yrs</b> OD: \$50	AC25206					
12/29- NO Adaptive Sports Center								

# **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

No class dates: 11/23 & 11/24

**Building Hours:** 

Monday-Thursday 9 am-10 pm Friday 9 am-9 pm Saturday-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 \$3 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 106 tennis courts and 4 permanent pickleball courts at 35 park sites throughout our community. For specific locations see court list on page 115 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.





For current pickleball opportunities please visit our pickleball page at www.thprd.org/activities/sports/pickleball.

#### **Court Rates and Reservations**

- You may make a reservation online at www.thprd.org. at 8 am one week prior. 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 on courts 1-6 only 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:

\$25/hour

\$22.50/hour senior \$22.50/hour military

#### Out-of-district:

\$31.25/hour no assessment \$25/hour AP (assessment paid)

#### Pickleball Rates:

ID: \$14/hr

ID military/senior: \$12.50/hr

OD: \$17.50/hr



#### **Outdoor Courts**

#### In-district:

\$10/hour

\$9/hour senior

\$9/hour military

#### **Out-of-district:**

\$12.50/hour no assessment \$10/hour AP (assessment paid)

#### Outdoor pickleball courts:

ID: \$6/hr

ID military/senior: \$5.25/hr

OD: \$7.50/hr

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 for online. You can also register for the Fall private lesson interest list TC29911 to be contacted when additional private lessons are added. For more information contact Jim Rankin at <a href="mailto:i.rankin@thprd.org">i.rankin@thprd.org</a>. Lesson times are added throughout the season based on instructor & court availability.

#### Outdoor Neighborhood Tennis Courts

## Barsotti Park (60' youth court)

16570 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^\*+ P

15707 SW Walker Rd NE Corner of SW Walker Rd & SW 158th

#### **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 Cresmoor, 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\*

6410 SW Scholls Ferry Rd at SW 88th Ave

#### West Sylvan School

8111 SW West Slope Dr

#### Westview High School

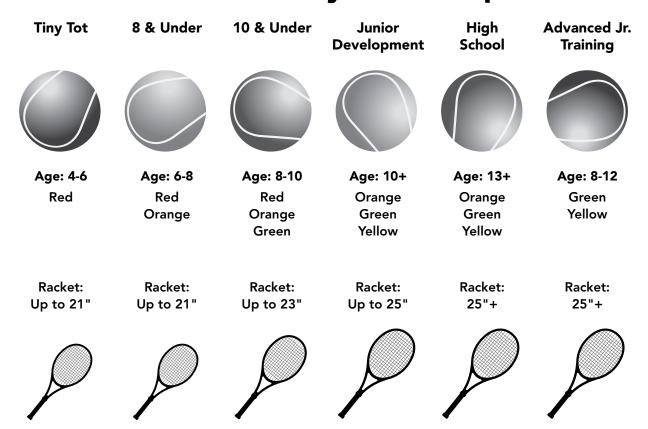
4200 NW 185th Ave, between Hwy 26 & NW West Union Rd

\*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**



For more information contact Jim Rankin at j.rankin@thprd.org

#### Class # Dates Days Times ID/AP OD Classes

#### **Tennis Tiny Tot Beginner (5-6 Years)**

Development of coordination and motor skills with an emphasis on racquet handling and stroke production by hitting tennis balls. Instructor approval required for next level.

TC21111	9/5-10/10	T	3:45-4:30 pm	\$71	\$88.75	6
TC21112	9/7-10/12	Th	3:45-4:30 pm	\$71	\$88.75	6
TC21121	10/17-11/14	Τ	3:45-4:30 pm	\$59	\$73.75	5
TC21122	10/19-11/16	Th	3:45-4:30 pm	\$59	\$73.75	5
TC21141	11/28-12/12	Τ	3:45-4:30 pm	\$36	\$45	3
TC21142	11/30-12/14	Th	3:45-4:30 pm	\$36	\$45	3

#### 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.

TC22111	9/5-10/10	T	3:45-4:30 pm	\$71	\$88.75	6
TC22112	9/7-10/12	Th	3:45-4:30 pm	\$71	\$88.75	6
TC22121	10/17-11/14	T	3:45-4:30 pm	\$59	\$73.75	5
TC22122	10/19-11/16	Th	3:45-4:30 pm	\$59	\$73.75	5
TC22141	11/28-12/12	T	3:45-4:30 pm	\$36	\$45	3
TC22142	11/30-12/14	Th	3:45-4:30 pm	\$36	\$45	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 with orange compression balls. Instructor approval required prior to signing up for this level.

TC22211	9/5-10/10	T	3:45-4:30 pm	\$71	\$88.75	6
TC22212	9/7-10/12	Th	3:45-4:30 pm	\$71	\$88.75	6
TC22221	10/17-11/14	T	3:45-4:30 pm	\$59	\$73.75	5
TC22222	10/19-11/16	Th	3:45-4:30 pm	\$59	\$73.75	5
TC22241	11/28-12/12	Τ	3:45-4:30 pm	\$36	\$45	3
TC22242	11/30-12/14	Th	3:45-4:30 pm	\$36	\$45	3

#### 8 and Under Tennis Level 1.5-2 Clinic (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 with orange compression balls. Instructor approval required prior to signing up for this level.

TC22331 11/21 T 4-5 pm \$20 \$25	1
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#### Class # Dates Days Times ID/AP

#### 8 and Under Tennis Level 2 (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 with orange compression balls. Instructor approval required prior to signing up for this level.

TC22311	9/7-10/12	Th	3:45-4:30 pm	\$90	\$112.50	6
TC22321	10/19-11/16	Th	3:45-4:30 pm	\$75	\$93.75	5
TC22341	11/30-12/14	Th	3.45-4.30 nm	\$45	\$56.25	3

#### 10 and Under Tennis Level 1 (Red Ball) Age 8 to 10

Introduction to the basic tennis skills: forehand, backhand, volley, overhead and serves. This class is taught using red compression balls. Instructor approval required for next level.

TC23111	9/11-10/16	M	3:45-4:30 pm	\$71	\$88.75	6
TC23112	9/6-10/11	W	3:45-4:30 pm	\$71	\$88.75	6
TC23113	9/8-10/13	F	4-4:45 pm	\$71	\$88.75	6
TC23114	9/9-10/14	S	9-9:45 am	\$71	\$88.75	6
TC23121	10/23-11/13	M	3:45-4:30 pm	\$47	\$58.75	4
TC23122	10/18-11/15	W	3:45-4:30 pm	\$59	\$73.75	5
TC23123	10/20-11/17	F	4-4:45 pm	\$59	\$73.75	5
TC23124	10/21-11/18	S	9-9:45 am	\$59	\$73.75	5
TC23141	11/27-12/11	M	3:45-4:30 pm	\$36	\$45	3
TC23142	11/29-12/13	W	3:45-4:30 pm	\$36	\$45	3
TC23143	12/1-12/15	F	4-4:45 pm	\$36	\$45	3
TC23144	12/2-12/16	S	9-9:45 am	\$36	\$45	3

#### 10 and Under Tennis Level 1.5 (Orange Ball) Age 8 to 10

Continued development of hitting ball 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.

TC23211	9/11-10/16	M	3:45-4:30 pm	\$71	\$88.75	6
TC23212	9/6-10/11	W	3:45-4:30 pm	\$71	\$88.75	6
TC23221	10/23-11/13	M	3:45-4:30 pm	\$47	\$58.75	4
TC23222	10/18-11/15	W	3:45-4:30 pm	\$59	\$73.75	5
TC23241	11/27-12/11	M	3:45-4:30 pm	\$36	\$45	3
TC23242	11/29-12/13	W	3:45-4:30 pm	\$36	\$45	3

#### 10 and Under Tennis Level 1.5-2 Clinic (Orange Ball) Age 8 to 10

Continued development of hitting ball 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.

TC23331 11/20 4-5:30 pm \$30 \$37.50 1

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

www.thprd.org Fall 2023 Activities Guide Tualatin Hills Park & Recreation District 117

# Class # Dates Days Times ID/AP OD Classes 10 and Under Tennis Level 2 (Orange Ball) Age 8 to 10

Continued development of hitting ball 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.

TC23311	9/11-10/16	M	3:45-4:30 pm	\$90	\$112.50	6
TC23312	9/6-10/11	W	3:45-4:30 pm	\$90	\$112.50	6
TC23313	9/8-10/13	F	4-4:45 pm	\$90	\$112.50	6
TC23321	10/23-11/13	M	3:45-4:30 pm	\$60	\$75	4
TC23322	10/18-11/15	W	3:45-4:30 pm	\$75	\$93.75	5
TC23323	10/20-11/17	F	4-4:45 pm	\$75	\$93.75	5
TC23341	11/27-12/11	M	3:45-4:30 pm	\$45	\$56.25	3
TC23342	11/29-12/13	W	3:45-4:30 pm	\$45	\$56.25	3
TC23343	12/1-12/15	F	4-4:45 pm	\$45	\$56.25	3

#### 10 and Under Tennis Level 2.5 (Orange Ball) Age 8 to 10

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 orange compression balls. Instructor approval required prior to signing up for this level.

TC23411	9/5-10/10	Τ	3:45-4:30 pm	\$90	\$112.50	6
TC23412	9/6-10/11	W	3:45-4:30 pm	\$90	\$112.50	6
TC23421	10/17-11/14	Τ	3:45-4:30 pm	\$75	\$93.75	5
TC23422	10/18-11/15	W	3:45-4:30 pm	\$75	\$93.75	5
TC23441	11/28-12/12	Τ	3:45-4:30 pm	\$45	\$56.25	3
TC23442	11/29-12/13	W	3:45-4:30 pm	\$45	\$56.25	3

#### 10 and under Tennis Level 2.5 Clinic (Orange Ball) Age 8 to 10

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 orange compression balls. Instructor approval required prior to signing up for this level.

TC23431 11/20 M 4	1-5:30 pm	\$30	\$37.50	1
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#### 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 2.5-3. Coaches will organize competitive matches among players. This is a good supplement to regular group lessons.

TC24511	9/8-10/13	F	5:30-7 pm	\$180	\$225	6
TC24521	10/20-11/17	F	5:30-7 pm	\$150	\$187.50	5
TC24541	12/1-12/15	F	5:30-7 pm	\$90	\$112.50	3

#### Family Tennis (Ages 9-13)

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.

TC24611	9/7-10/12	Th	7-8 pm	\$142	\$177.50	6
TC24621	10/19-11/16	Th	7-8 pm	\$118	\$147.50	5
TC24641	11/30-12/14	Th	7-8 pm	\$71	\$88.75	3

# Class # Dates Days Times ID/AP OD Classes Junior Development Tennis Level 1 (Orange Ball) Age 10 to 13

This player is just starting to play tennis and is learning the basic skills of serving, backhands, forehands and volleys. This class will use orange compression balls. Instructor approval required for next level.

TC24111	9/11-10/16	M	5-6 pm	\$95	\$118.75	6	
TC24112	9/6-10/11	W	5-6 pm	\$95	\$118.75	6	
TC24113	9/7-10/12	Th	5-6 pm	\$95	\$118.75	6	
TC24114	9/9-10/14	S	10:15-11:15 am	\$95	\$118.75	6	
TC24121	10/23-11/13	M	5-6 pm	\$63	\$78.75	4	
TC24122	10/18-11/15	W	5-6 pm	\$79	\$98.75	5	
TC24123	10/19-11/16	Th	5-6 pm	\$79	\$98.75	5	
TC24124	10/21-11/18	S	10:15-11:15 am	\$79	\$98.75	5	
TC24141	11/27-12/11	M	5-6 pm	\$47	\$58.75	3	
TC24142	11/29-12/13	W	5-6 pm	\$47	\$58.75	3	
TC24143	11/30-12/14	Th	5-6 pm	\$47	\$58.75	3	
TC24144	12/2-12/16	S	10:15-11:15 am	\$47	\$58.75	3	

#### Junior Development Tennis Level 1.5 (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.

9/11-10/16	M	5-6 pm	\$95	\$118.75	6
9/6-10/11	W	5-6 pm	\$95	\$118.75	6
9/6-10/11	W	5-6 pm	\$95	\$118.75	6
10/23-11/13	M	5-6 pm	\$63	\$78.75	4
10/18-11/15	W	5-6 pm	\$79	\$98.75	5
10/19-11/16	Th	5-6 pm	\$79	\$98.75	5
11/27-12/11	M	5-6 pm	\$47	\$58.75	3
11/29-12/13	W	5-6 pm	\$47	\$58.75	3
11/30-12/14	Th	5-6 pm	\$47	\$58.75	3
	9/6-10/11 9/6-10/11 10/23-11/13 10/18-11/15 10/19-11/16 11/27-12/11 11/29-12/13	9/6-10/11 W 9/6-10/11 W 10/23-11/13 M 10/18-11/15 W 10/19-11/16 Th 11/27-12/11 M 11/29-12/13 W	9/6-10/11 W 5-6 pm 9/6-10/11 W 5-6 pm 10/23-11/13 M 5-6 pm 10/18-11/15 W 5-6 pm 10/19-11/16 Th 5-6 pm 11/27-12/11 M 5-6 pm 11/29-12/13 W 5-6 pm	9/6-10/11 W 5-6 pm \$95 9/6-10/11 W 5-6 pm \$95 10/23-11/13 M 5-6 pm \$63 10/18-11/15 W 5-6 pm \$79 10/19-11/16 Th 5-6 pm \$79 11/27-12/11 M 5-6 pm \$47 11/29-12/13 W 5-6 pm \$47	9/6-10/11         W         5-6 pm         \$95         \$118.75           9/6-10/11         W         5-6 pm         \$95         \$118.75           10/23-11/13         M         5-6 pm         \$63         \$78.75           10/18-11/15         W         5-6 pm         \$79         \$98.75           10/19-11/16         Th         5-6 pm         \$79         \$98.75           11/27-12/11         M         5-6 pm         \$47         \$58.75           11/29-12/13         W         5-6 pm         \$47         \$58.75

#### Junior Development Tennis Level 1.5-2 Clinic (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.

1024331 11/21 1 3-0 pm 920 923	TC24331	11/21	T	5-6 pm	\$20	\$25	
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# Class # Dates Days Times ID/AP OD Classes

# 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.

TC24311	9/11-10/16	M	5-6 pm	\$120	\$150	6
TC24312	9/5-10/10	T	5-6 pm	\$120	\$150	6
TC24313	9/6-10/11	W	5-6 pm	\$120	\$150	6
TC24314	9/7-10/12	Th	5-6 pm	\$120	\$150	6
TC24315	9/8-10/13	F	5-6 pm	\$120	\$150	6
TC24321	10/23-11/13	M	5-6 pm	\$80	\$100	4
TC24322	10/17-11/14	T	5-6 pm	\$100	\$125	5
TC24323	10/18-11/15	W	5-6 pm	\$100	\$125	5
TC24324	10/19-11/16	Th	5-6 pm	\$100	\$125	5
TC24325	10/20-11/17	F	5-6 pm	\$100	\$125	5
TC24341	11/27-12/11	M	5-6 pm	\$60	\$75	3
TC24342	11/28-12/12	Τ	5-6 pm	\$60	\$75	3
TC24343	11/29-12/13	W	5-6 pm	\$60	\$75	3
TC24344	11/30-12/14	Th	5-6 pm	\$60	\$75	3
TC24345	12/1-12/15	F	5-6 pm	\$60	\$75	3

#### 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.

TC24411	9/5-10/10	Т	5-6 pm	\$120	\$150	6
TC24412	9/7-10/12	Th	5-6 pm	\$120	\$150	6
TC24421	10/17-11/14	T	5-6 pm	\$100	\$125	5
TC24422	10/19-11/16	Th	5-6 pm	\$100	\$125	5
TC24441	11/28-12/12	T	5-6 pm	\$60	\$75	3
TC24442	11/30-12/14	Th	5-6 pm	\$60	\$75	3

#### Advanced Junior Training Age 8-10 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.

TC23511	9/6-10/11	W	4:45-6 pm	\$150	\$187.50	6
TC23521	10/18-11/15	W	4:45-6 pm	\$125	\$156.25	5
TC23541	11/29-12/13	W	4:45-6 pm	\$81	\$101.25	3

#### 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.

TC24711	9/5-10/10	Τ	5-6:30 pm	\$180	\$225	6
TC24721	10/17-11/14	T	5-6:30 pm	\$150	\$187.50	5
TC24741	11/28-12/12	Т	5-6:30 pm	\$90	\$112.50	3

#### Class # Dates Days Times ID/AP OD Classes

#### 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.

TC25111	9/6-10/11	W	6-7 pm	\$95	\$118.75	6
TC25121	10/18-11/15	W	6-7 pm	\$79	\$98.75	5
TC25141	11/29-12/13	W	6-7 pm	\$47	\$58.75	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.

TC25211	9/5-10/10	Т	6:30-7:30 pm	\$95	\$118.75	6
TC25221	10/17-11/14	T	6:30-7:30 pm	\$79	\$98.75	5
TC25241	11/28-12/12	Т	6:30-7:30 pm	\$47	\$58.75	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.

TC25311	9/7-10/12	Th	6-7 pm	\$120	\$150	6
1020011	0// 10/12		o / piii	¥120	¥ 100	U
TC25221	10/19-11/16	Th	6-7 pm	\$100	¢125	5
1020021	10/19-11/10	111	0-7 pm	3100	9120	5
TC2E241	11/30-12/14	Th	6 7 nm	660	675	2
1620341	11/30-12/14	111	6-7 pm	\$60	\$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.

TC25411	9/8-10/13	F	4-5 pm	\$120	\$150	6
TC25421	10/20-11/17	F	4-5 pm	\$100	\$125	5
TC25441	12/1-12/15	F	4-5 nm	\$60	\$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.

TC25511	9/5-10/10	Т	5-6:30 pm	\$180	\$225	6
TC25521	10/17-11/14	T	5-6:30 pm	\$150	\$187.50	5
TC25541	11/28-12/12	Т	5-6:30 pm	\$90	\$112.50	3

#### High School Prep Clinic 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.

TTC25531 11/21 T 4-5:30 pm \$30 \$37.50	1
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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)

www.thprd.org Fall 2023 Activities Guide Tualatin Hills Park & Recreation District 119



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.

					1400 -0	-
TC26111	9/11-10/16	M	6:15-7:30 pm	\$98	\$122.50	6
TC26112	9/6-10/11	W	6-7:15 pm	\$98	\$122.50	6
TC26113	9/7-10/12	Th	10-11:30 am	\$117	\$146.25	6
TC26121	10/23-11/13	M	6:15-7:30 pm	\$65	\$81.25	4
TC26122	10/18-11/15	W	6-7:15 pm	\$81	\$101.25	5
TC26123	10/19-11/16	Th	10-11:30 am	\$98	\$122.50	5
TC26141	11/27-12/11	M	6:15-7:30 pm	\$49	\$61.25	3
TC26142	11/29-12/13	W	6-7:15 pm	\$49	\$61.25	3
TC26143	11/30-12/14	Th	11 am-12:30 pm	\$59	\$73.75	3

#### 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.

TC26211	9/5-10/10	T	10-11:30 am	\$117	\$146.25	6
TC26212	9/5-10/10	T	6:30-8 pm	\$117	\$146.25	6
TC26213	9/7-10/12	Th	6-7:30 pm	\$117	\$146.25	6
TC26221	10/17-11/14	T	10-11:30 am	\$98	\$122.50	5
TC26222	10/17-11/14	T	6:30-8 pm	\$98	\$122.50	5
TC26223	10/19-11/16	Th	6-7:30 pm	\$98	\$122.50	5
TC26241	11/28-12/12	T	10-11:30 am	\$59	\$73.75	3
TC26242	11/28-12/12	T	6:30-8 pm	\$59	\$73.75	3
TC26243	11/30-12/14	Th	6-7:30 pm	\$59	\$73.75	3

#### Adult Level 1.5 Clinic

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.

TC26231	11/21	T	10-11:30 am	\$20	\$25	1
TC26232	11/21	T	6-7:30 pm	\$20	\$25	1

#### Class # Dates Days Times

#### Adult Tennis Level 2

Continued development of court positioning for doubles play and review of the basics of forehand 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.

TC26311	9/11-10/16	M	6-7:30 pm	\$149	\$186.25	6
TC26312	9/5-10/10	T	10-11:30 am	\$149	\$186.25	6
TC26313	9/7-10/12	Th	10-11:30 am	\$149	\$186.25	6
TC26314	9/7-10/12	Th	6-7:30 pm	\$149	\$186.25	6
TC26315	9/9-10/14	S	11:30 am-1 pm	\$149	\$186.25	6
TC26321	10/23-11/13	M	6-7:30 pm	\$99	\$123.75	4
TC26322	10/17-11/14	T	6-7:30 pm	\$124	\$155	5
TC26323	10/19-11/16	Th	10-11:30 am	\$124	\$155	5
TC26324	10/19-11/16	Th	6-7:30 pm	\$124	\$155	5
TC26325	10/21-11/18	S	11:30 am-1 pm	\$124	\$155	5
TC26341	11/27-12/11	M	6-7:30 pm	\$74	\$92.50	3
TC26342	11/28-12/12	T	6-7:30 pm	\$74	\$92.50	3
TC26343	11/30-12/14	Th	10-11:30 am	\$74	\$92.50	3
TC26344	11/30-12/14	Th	6-7:30 pm	\$74	\$92.50	3
TC26345	12/2-12/16	S	11:30 am-1 pm	\$74	\$92.50	3

#### **Adult Tennis Level 2 Clinic**

Continued development of court positioning for doubles play and review of the basics of forehand 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.

TC26331	11/20	М	6-7:30 pm	\$25	\$31.25	1
TC26332	11/21	Т	10-11:30 am	\$25	\$31.25	1

#### Adult Tennis Level 2-2.5

Continued development of court positioning for doubles play and review of the basics of forehand 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.

TC26411	9/8-10/13	F	10-11:30 am	\$149	\$186.25	6	
TC26421	10/20-11/17	F	10-11:30 am	\$124	\$155	5	
TC26441	12/1-12/15	F	10-11:30 am	\$74	\$92.50	3	

#### Adult Tennis Level 2.5

Continued development of court positioning for doubles play and review of the basics of forehand 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.

TC26611	9/11-10/16	M	10-11:30 am	\$149	\$186.25	6
TC26612	9/5-10/10	T	6:30-8 pm	\$149	\$186.25	6
TC26613	9/6-10/11	W	6-7:30 pm	\$149	\$186.25	6
TC26614	9/7-10/12	Th	10-11:30 am	\$149	\$186.25	6
TC26615	9/8-10/13	F	10-11:30 am	\$149	\$186.25	6
TC26621	10/23-11/13	M	10-11:30 am	\$99	\$123.75	4
TC26622	10/17-11/14	T	6:30-8 pm	\$124	\$155	5
TC26623	10/18-11/15	W	6-7:30 pm	\$124	\$155	5
TC26624	10/19-11/16	Th	10-11:30 am	\$124	\$155	5
TC26625	10/20-11/17	F	10-11:30 am	\$124	\$155	5
TC26641	11/27-12/11	M	10-11:30 am	\$74	\$92.50	3
TC26642	11/28-12/12	T	6:30-8 pm	\$74	\$92.50	3
TC26643	11/29-12/13	W	6-7:30 pm	\$74	\$92.50	3
TC26644	11/30-12/14	Th	10-11:30 am	\$74	\$92.50	3
TC26645	12/1-12/15	F	10-11:30 am	\$74	\$92.50	3

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

ID/AP

#### Class # Dates Days Times ID/AP OD Classes Adult Tennis Level 2.5 Clinic

Continued development of court positioning for doubles play and review of the basics of forehand 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.

TC26631	11/20	М	10-11:30 am	\$25	\$31.25	1
TC26632	11/21	T	6-7:30 pm	\$25	\$31.25	1

#### 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	9/7-10/12	Th	6-7:30 pm	\$149	\$186.25	6
TC26721	10/19-11/16	Th	6-7:30 pm	\$124	\$155	5
TC26741	11/30-12/14	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.

9/5-10/10	1	6-7:30 pm	\$153	\$191.25	ь
9/10-10/15	Su	11 am-12:30 pm	\$153	\$191.25	6
10/17-11/14	T	6-7:30 pm	\$128	\$160	5
10/22-11/19	Su	11 am-12:30 pm	\$128	\$160	5
11/28-12/12	T	6-7:30 pm	\$77	\$96.25	3
12/3-12/17	Su	11 am-12:30 pm	\$77	\$96.25	3
	9/3-10/10 9/10-10/15 10/17-11/14 10/22-11/19 11/28-12/12 12/3-12/17	9/10-10/15 Su 10/17-11/14 T 10/22-11/19 Su 11/28-12/12 T	9/10-10/15 Su 11 am-12:30 pm 10/17-11/14 T 6-7:30 pm 10/22-11/19 Su 11 am-12:30 pm 11/28-12/12 T 6-7:30 pm	9/10-10/15 Su 11 am-12:30 pm \$153 10/17-11/14 T 6-7:30 pm \$128 10/22-11/19 Su 11 am-12:30 pm \$128 11/28-12/12 T 6-7:30 pm \$77	9/10-10/15 Su 11 am-12:30 pm \$153 \$191.25 10/17-11/14 T 6-7:30 pm \$128 \$160 10/22-11/19 Su 11 am-12:30 pm \$128 \$160 11/28-12/12 T 6-7:30 pm \$77 \$96.25

#### **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	9/10-10/15	Su	9-10:30 am	\$117	\$146.25	6	
TC29121	10/22-11/19	Su	9-10:30 am	\$98	\$122.50	5	
TC29141	12/3-12/17	Su	9-10:30 am	\$59	\$73.75	3	

#### 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	9/6	W	10-11:30 am	\$26	\$32.50	1
TC28112	9/13	W	10-11:30 am	\$26	\$32.50	1
TC28113	9/20	W	10-11:30 am	\$26	\$32.50	1
TC28114	9/27	W	10-11:30 am	\$26	\$32.50	1
TC28115	10/4	W	10-11:30 am	\$26	\$32.50	1
TC28116	10/11	W	10-11:30 am	\$26	\$32.50	1
TC28117	10/18	W	10-11:30 am	\$26	\$32.50	1
TC28118	10/25	W	10-11:30 am	\$26	\$32.50	1
TC28119	11/1	W	10-11:30 am	\$26	\$32.50	1
TC28120	11/8	W	10-11:30 am	\$26	\$32.50	1
TC28121	11/15	W	10-11:30 am	\$26	\$32.50	1
TC28122	11/29	W	10-11:30 am	\$26	\$32.50	1
TC28123	12/6	W	10-11:30 am	\$26	\$32.50	1
TC28124	12/13	W	10-11:30 am	\$26	\$32.50	1

#### Class # Days Adult Tennis Drills and Conditioning 3.5+

Dates

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.

Times

TC28311	9/7	Th	6:15-7:45 pm	\$26	\$32.50	1
TC28312	9/14	Th	6:15-7:45 pm	\$26	\$32.50	1
TC28313	9/21	Th	6:15-7:45 pm	\$26	\$32.50	1
TC28314	9/28	Th	6:15-7:45 pm	\$26	\$32.50	1
TC28315	10/5	Th	6:15-7:45 pm	\$26	\$32.50	1
TC28316	10/12	Th	6:15-7:45 pm	\$26	\$32.50	1
TC28317	10/19	Th	6:15-7:45 pm	\$26	\$32.50	1
TC28318	10/26	Th	6:15-7:45 pm	\$26	\$32.50	1
TC28319	11/2	Th	6:15-7:45 pm	\$26	\$32.50	1
TC28320	11/9	Th	6:15-7:45 pm	\$26	\$32.50	1
TC28321	11/16	Th	6:15-7:45 pm	\$26	\$32.50	1
TC28322	11/30	Th	6:15-7:45 pm	\$26	\$32.50	1
TC28323	12/7	Th	6:15-7:45 pm	\$26	\$32.50	1
TC28324	12/14	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	9/11	M	6-7:30 pm	\$26	\$32.50	1
TC28412	9/18	M	6-7:30 pm	\$26	\$32.50	1
TC28413	9/25	M	6-7:30 pm	\$26	\$32.50	1
TC28414	10/2	M	6-7:30 pm	\$26	\$32.50	1
TC28415	10/9	M	6-7:30 pm	\$26	\$32.50	1
TC28416	10/16	M	6-7:30 pm	\$26	\$32.50	1
TC28417	10/23	M	6-7:30 pm	\$26	\$32.50	1
TC28418	10/30	M	6-7:30 pm	\$26	\$32.50	1
TC28419	11/6	M	6-7:30 pm	\$26	\$32.50	1
TC28420	11/13	M	6-7:30 pm	\$26	\$32.50	1
TC28421	11/27	M	6-7:30 pm	\$26	\$32.50	1
TC28422	12/4	M	6-7:30 pm	\$26	\$32.50	1
TC28423	12/11	M	6-7:30 pm	\$26	\$32.50	1

#### 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	9/5-10/10	T	6-7:30 pm	\$153	\$191.25	6
TC27221	10/17-11/14	T	6-7:30 pm	\$128	\$160	5
TC27241	11/28-12/12	Т	6-7:30 nm	\$77	\$96.25	3

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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)

# **Babette Horenstein Tennis Center**

Class #	Dates	Days	Times	ID/AP	OD	Classes
This clas	s is for Adult N	ITRP Lev Scott wil	onditioning 4.0 - rels 4+. Join Scott f I keep you moving w same time.	or a fast-		
TC28211 TC28212 TC28213 TC28214 TC28215 TC28216 TC28217 TC28218 TC28219 TC28220 TC28220 TC282221 TC28222 TC28223 TC28223	9/6 9/13 9/20 9/27 10/4 10/11 10/18 10/25 11/1 11/8 11/15 11/29 12/6 12/13	W W W W W W W W W W	6-7:30 pm 6-7:30 pm	\$26 \$26 \$26 \$26 \$26 \$26 \$26 \$26 \$26 \$26	\$32.50 \$32.50 \$32.50 \$32.50 \$32.50 \$32.50 \$32.50 \$32.50 \$32.50 \$32.50 \$32.50 \$32.50 \$32.50	1 1 1 1 1 1 1 1 1 1 1 1
Ready to introduct	ion to pickleba	ll. In this	kleball. Join coach Br s class you will learn n to start playing.			coring
TC29211 TC29221 TC29231	9/5-10/10 10/17-11/14 11/28-12/12	T T T	12-1:30 pm 12-1:30 pm 12-1:30 pm	\$117 \$98 \$59	\$146.25 \$122.50 \$73.75	
Ready to Picklebal class and	Level 2 class.	This cla I from Br	ur pickleball skills. Jo ss is for those that h ian Loomis. Level 2	ave com	pleted our l	Level 1
TC29311 TC29321 TC29331	9/6-10/11 10/18-11/15 11/29-12/13	W W W	10:30 am-12 pm 10:30 am-12 pm 10:30 am-12 pm	\$149 \$124 \$74	\$186.25 \$155 \$92.50	6 5 3
Come joi 90-minut picklebal	e clinic is com	for organ pletion o ach sess	o Clinic ized pickleball practi f our Level 1 pickleb ion will work on diffe	all class of	or previous	
TC29411 TC29421 TC29441	9/7-10/12 10/19-11/16 11/30-12/14	Th Th Th	12-1:30 pm 12-1:30 pm 12-1:30 pm	\$149 \$124 \$74	\$186.25 \$155 \$92.50	6 5 3

# Opening a THPRD account

#### 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 at www.thprd.org/activities/create-an-account or at any THPRD facility.

**Step 2:** Verify 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, 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: 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

# General Information

#### 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 \$103 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 Fall classes begins at 8am on Monday, August 14 online or by phone.

#### **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 individuals age 6 and over use the locker room that is most aligned with their affirmed gender. Please check with front desk staff 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.

#### 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 guid.

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.

#### Classes

Requests to drop or change a class must be made five days prior to the first day of class to receive a full refund minus any applicable fees. Requests made within five days up to the start date will be refunded on a THRPD gift card.

After a patron's second cancellation in a term, a cancellation fee of \$10 will be charged if canceled five days before, and \$20 if within five days.

#### Camps

Requests to drop or change a camp registration must be made at least 14 days prior to the start of the camp to receive a full refund minus deposit. An approved request will be refunded on a THPRD gift card. A deposit of \$30 per week will be charged for camps. Camp deposits are nonrefundable and nontransferable.

#### **Tennis Courts**

Requests to drop or change a reservation for a tennis court must be made two days prior to the reservation for a full refund.

#### **Discounts**

Discounts are available to **in-district** patrons only.

A patron representing multiple protected classes – for example, a 65-year-old military veteran – would not be eligible for multiple discounts

#### **Senior and Youth Discounts**

A 10% discount is available at all THPRD facilities for **in-district** patrons 65 years and older, except at the Stuhr Center, where a discount is already included in the price. Youth discounts apply to daily admissions and passes (no discounts on classes) to children between the ages of 1 and 17. The youth discount rate is the same as the senior discount rate.

#### **Military Discount**

All in-district individuals and their dependents (with governmentissued 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.

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# Fall 2023 - Events Calendar

Day	Event Name	Time	Location
Septem	ber		
5-9	Active Aging Week	TBD	Various recreation facilities
8-17	Welcoming Week	TBD	Various district locations
13	Zumba from Around the World	6-7:30 pm	Cedar Hills Recreation Center
16	Casa Abierta	11 am-1 pm	Garden Home Recreation Center
16	Cultural Book Fair	TBD	Conestoga Recreation & Aquatic Center
24	Cedar Mill Cider Festival	1-4 pm	JQAY House
Octobe	r		
14	Pumpkin Bob	3-4:30 pm	Harman Swim Center
14	Halloween Silly Walk & Dance Party	4-6:30 pm	Conestoga Recreation & Aquatic Center
21	Festival del Sempoashochitl	TBD	Garden Home Recreation Center
27	Pumpkin Patch Pool Party	4:30-7:30 pm	Aloha Swim Center
Novem	ber		
3	Dive-In Movies	6-8:30 pm	Conestoga Recreation & Aquatic Center
4	Dia de los Muertos Festival	5-9 pm	Conestoga Recreation & Aquatic Center
11	Veterans Day Commemoration	11 am	Veterans Memorial Park
11	Veterans Day Breakfast	9-11 am	Conestoga Recreation & Aquatic Center
13-18	Patron Appreciation Week	TBD	Beaverton Swim Center
17	Dive-In Movies	6-8:30 pm	Conestoga Recreation & Aquatic Center
Decem	oer		
1-19	Letters to Santa	Starts Nov. 25	Various THPRD facilities
1	Mermaid Swim	5-6:30 pm	Beaverton Swim Center
1	Dive-In Movies	6-8:30 pm	Conestoga Recreation & Aquatic Center
9	Sensory Santa	10 am-5 pm	Conestoga Recreation & Aquatic Center
15	Dive-In Movies	6-8:30 pm	Conestoga Recreation & Aquatic Center



Sempoashochitl Festival



Halloween Silly Walk & Dance Party



Cedar Mill Cider Festival

# THPRD Welcomes you!



