

WINTER & SPRING

2026 ACTIVITIES GUIDE



Youth & Adult Programs & Activities • Financial Aid Available

Registration

Winter 2026

Saturday, Dec. 6, 2025

Monday, Dec. 8, 2025

Spring 2026

Saturday, Feb. 21, 2026

Monday, Feb. 23, 2026

In-District

Out-of-District



Online

Saturday, Dec. 6, 2025 at 8 am

Saturday, Feb. 21, 2026 at 8 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, Dec. 6, 2025 at 8 am

Saturday, Feb. 21, 2026 at 8 am

Visit any THPRD recreation or aquatic center to register for classes.

For questions or support with your online account, please call 503-645-6433. For program questions, please contact the center where the program is being held. The THPRD directory can be found online, with links to current hours of operation and contact information:

<https://www.thprd.org/facilities/directory>

Winter registration is for classes and activities that take place from December 29, 2025 - March 29, 2026.

Spring registration is for classes and activities that take place from March 30 - June 14, 2026.



Centro de Bienvenida is a series of events designed to assist Financial Aid recipients, individuals with disabilities, and English Language Learners who may need language-specific support to access and register for activities.

Inscripciones

Invierno 2026

Primavera 2026

Dentro del Distrito

Sábado, 6 de diciembre de 2025

Sábado, 21 de febrero de 2026

Fuera del Distrito

Lunes, 8 de diciembre de 2025

Lunes, 23 de febrero de 2026



En línea

Sábado 6 de diciembre de 2025
a las 8 am

Sábado 21 de febrero de 2026
a las 8 am

Puedes inscribirte las 24 horas del día, los siete días de la semana en www.thprd.org/portal

Debes usar una tarjeta de crédito o una tarjeta de regalo de THPRD para pagar.



En persona

Sábado 6 de diciembre de 2025
a las 8 am

Sábado 21 de febrero de 2026
a las 8 am

Visita cualquier centro recreativo o acuático de THPRD (ver página 3) para inscribirte en las clases.

La inscripción de invierno es para clases y actividades que se llevarán a cabo del 29 de diciembre de 2025 al 29 de marzo de 2026.

La inscripción de primavera es para clases y actividades que se llevarán a cabo del 30 de marzo al 14 de junio de 2026.



Centro de Bienvenida es una serie de eventos de apoyo, diseñados para asistir a personas del Programa de Asistencia Financiera, personas con discapacidades y/o personas quienes requieren apoyo específico en su idioma para acceder y registrarse en actividades.

See what's inside!



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Adaptive & Inclusive Recreation Services



TUALATIN HILLS
PARK & RECREATION DISTRICT

Inclusion Services is committed towards providing a continuum of staff support to children, teens, and adults with disabilities in order to make all THPRD programming more accessible. We believe in meeting the diverse needs of the community we serve, which promotes the dignity, success and enjoyment of all participants. Individualized support is available for patrons experiencing disability in the registered class(es) of their choice. Available at all THPRD sites throughout the district. At this time, Inclusion Services does not provide Inclusion Assistants for any swim programs. For more information about Inclusion Services, scan the QR code below, email inclusion@thprd.org. or call 503-629-6341.



Registration: A THPRD account is required for all programs / activity registrations. Please see page 164 for more information on registration.

Financial Aid Program: Financial assistance is available through the THPRD Scholarship Program for in-district participants who qualify. See information on page 160 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 disabilities. For more information, email us at volunteers@thprd.org.

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

Address for the Garden Home Recreation Center: 7475 SW Oleson Rd., Portland, 97223

Address for the Mountain View Champion Park: 5915 SW 170th Ave. Beaverton, OR 97007

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 and Inclusion Program Specialist: Sofia Nichols
Garden Home / Inclusion Supervisor: Karol Watts
For more information on any of these program, call Inclusion at 503-629-6341 or email inclusion@thprd.org.

Non-THPRD Caregivers: THPRD does not provide personal care. Caregivers are welcome to join programs. Prior to attending a program, the caregiver participation form must be submitted to Inclusion and a background check must be cleared. Scan the QR code to complete the form.



Programs:

Monday Night Adult Therapeutic Recreation Classes (TR)

A recreation program for patrons 16 years of age and older with disabilities. Weekly events and off-site activities are offered throughout the year. On-site programs are located at the Elsie Stuhr Center 5550 SW Hall Blvd, Beaverton, OR 97005.

Wednesday Night Teen Therapeutic Recreation Classes (TR)

A recreation program for teens ages 13-20 years of age with disabilities. Programs and off-site activities meet and start at the Elsie Stuhr Center 5550 SW Hall Blvd, Beaverton, OR 97005.

Thursday Night All-Stars Drop-in Basketball

A recreational and socialization program for teen and adults ages 16+ with disabilities to play basketball. Games are held at THPRD Athletic Center, 15707 Walker Rd., Beaverton, OR 97006.

Thursday Night Wheelchair Drop-in Basketball

A weekly drop-in program for people ages 16+ to play wheelchair basketball. Games are held at THPRD Athletic Center, 15707 Walker Rd., Beaverton, OR 97006.

Thursday Night Drop in Seated Exercise

A drop-in recreation program for people of all ages and abilities. Activities will focus on building strength, practicing relaxation and getting your heart rate pumping. Classes are held at Garden Home Recreation Center every Thursday from 5 to 5:45 pm.

Adaptive Rec Mobile

THPRD's Adaptive Rec Mobile is a free drop-in program for people of all ages. This inclusive, community-based recreation program provides fun sensory friendly games, crafts, and other activities throughout our community. See page 122 for more information about current programs. If you are interested in Adaptive Rec Mobile coming to your facility or events, please inquire at inclusion@thprd.org.

Newsletter:

Want to learn more information about Inclusion throughout the district? **Scan here to subscribe to our Inclusion Newsletter!**



Recreación Adaptada e Inclusiva

Servicios de Inclusión se compromete a proporcionar un continuo apoyo del personal a pequeños, adolescentes y adultos con discapacidades con el fin de hacer más accesibles todos los programas de THPRD. Creemos en satisfacer las diversas necesidades de la comunidad a la que servimos, lo que promueve la dignidad, el éxito y el disfrute de todos los participantes. El apoyo individualizado está disponible para todas las personas con discapacidad en la(s) clase(s) registrada(s) de su elección. Disponible en todos los sitios de THPRD en todo el distrito. En este momento, los Servicios de Inclusión no proveen Asistentes de Inclusión para ningún programa de natación. Para más información sobre los Servicios de Inclusión, escanee el código QR que aparece abajo, envíe un correo a inclusion@thprd.org o llame al 503-629-6341.



Inscripción: Se requiere una cuenta de THPRD para todas las inscripciones a programas/actividades. Consulte la página 165 para obtener más información sobre la inscripción.

Programa de Asistencia Financiera: Hay asistencia financiera disponible a través del Programa de Becas de THPRD para participantes que viven dentro del distrito y califican. Vea la información en la página 161 o llame a la Oficina Administrativa al 503-645-6433.

Voluntarios para el programa de adaptación e inclusión: ¿Le gustaría tener un impacto positivo y significativo en su comunidad? Únete a nosotros y diviértete trabajando con niños, adolescentes y adultos con discapacidades. Para más información, escríbenos a volunteers@thprd.org

TriMet Lift: Por favor, programe llegadas y recogidas no más de 15 minutos antes y no más de 15 minutos después de las actividades registradas o sin cita previa. El personal no estará disponible fuera de ese horario.

Dirección del Athletic Center: 50 NW 158th Ave., Beaverton, 97006

Dirección del Elsie Stuhr Center: 5550 SW Hall Blvd., Beaverton, 97005

Dirección del Garden Home Recreation Center: 7475 SW Oleson Rd., Portland, 97223

Dirección del Mountain View Champion Park: 5915 SW 170th Ave., Beaverton, OR 97007

Nota: Por razones de seguridad y responsabilidad, el personal de THPRD se reserva el derecho de excluir a cualquier persona que demuestre comportamientos agresivos o desafiantes que no sean apropiados para un entorno comunitario o que pongan en riesgo de lesión al líder o a otro participante. Siempre que sea posible, se recomendarán opciones de programas alternativos.

Cuidadores no afiliados a THPRD: THPRD no proporciona cuidados personales. Los cuidadores son bienvenidos a participar en los programas. Antes de asistir a un programa, se debe entregar el formulario de participación del cuidador al equipo de Inclusión y completar una verificación de antecedentes.

Programas Facilitados por Servicios Adaptativos e Inclusivos:

Clases de recreación terapéutica para adultos los lunes por la noche (TR)

Un programa de recreación para personas de 16 años o más con discapacidades del desarrollo. Se ofrecen eventos semanales y excursiones a otros sitios durante todo el año. Los programas en el sitio se llevan a cabo en Elsie Stuhr Center, 5550 SW Hall Blvd, Beaverton, OR 97005.

Clases de recreación terapéutica para adolescentes los miércoles por la noche (TR)

Un programa de recreación para adolescentes de 13 a 20 años con discapacidades del desarrollo. Los programas y actividades fuera del centro se reúnen e inician en el Centro Elsie Stuhr, 5550 SW Hall Blvd, Beaverton, OR 97005.

Básquetbol estelar sin inscripción previa los jueves por la noche

Un programa recreativo y de socialización para adolescentes y adultos mayores de 16 años con discapacidades para jugar al baloncesto. Los partidos se llevan a cabo en THPRD Athletic Center, 15707 Walker Rd., Beaverton, OR 97006.

Básquetbol sin inscripción previa en silla de ruedas los jueves por la noche

Programa semanal sin inscripción previa para personas mayores de 16 años para jugar baloncesto en silla de ruedas. Los partidos se llevan a cabo en THPRD Athletic Center, 15707 Walker Rd., Beaverton, OR 97006.

Ejercicio sentado los jueves por la noche, sin inscripción previa

Un programa recreativo sin inscripción previa para personas de todas las edades y habilidades. Las actividades se enfocan en fortalecer el cuerpo, practicar la relajación y aumentar el ritmo cardíaco. Las clases se llevan a cabo en el Garden Home Recreation Center todos los jueves de 5 a 6 pm

Recreación adaptativa móvil para jardinería los viernes

Un programa de jardinería gratuito y sin inscripción previa para personas de todas las edades y capacidades. El programa se lleva a cabo en las parcelas de huerto en Mountain View Champions Park.

Recreación adaptativa móvil

El programa Adaptive Rec Mobile de THPRD es gratuito y sin necesidad de inscripción previa, para personas de todas las edades. Este programa recreativo inclusivo y comunitario ofrece juegos divertidos adaptados a la sensibilidad sensorial, manualidades y otras actividades en diferentes lugares de nuestra comunidad. Consulta la página 122 para más información sobre los programas actuales. Si estás interesado en que Adaptive Rec Mobile visite tu centro o eventos, por favor comunicarse a inclusion@thprd.org

Especialista en programas de adaptación e inclusión: Sofia Nichols

Supervisora de las instalaciones Garden Home: Karol Watts

Para obtener más información sobre cualquiera de estos programas, llame al Departamento de Inclusión al 503-629-6341 o envíe un correo electrónico a inclusion@thprd.org.



Adult Therapeutic Recreation (TR)

Join us Monday nights for fun activities in this recreational and social program for teens and adults ages 16+ who are experiencing disabilities. Enjoy arts & crafts, dances, game nights, community outings, and more.

Cost: ID/AP: \$5.75 OD: \$8

Date & Time: Mondays, 6:30-8:30 pm

For more information, please email inclusion@thprd.org. A THPRD Therapeutic Recreation Medical/Emergency information form is required for all participants. Those who require personal care support must have an aide that stays onsite for the duration of the program.

Location: Elsie Stuhr Center, 5550 SW Hall Blvd, Beaverton, OR 97005 (Except where noted, for off-site activities)

Monday Therapeutic Recreation (TR)

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class Code
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TR New Year's Dance!

Say hello to 2026 in the best way...through dancing! Dress your best and come boogie to great music with friends, new and old. Snacks 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 program.**

12/29 (1) Elsie Stuhr Center	M	6:30-8:30 pm ID/AP: \$5.75	16-adult OD: \$8	TR35700
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TR Swimming at Harman Swim Center

Let's go swimming! Meet us at Elsie Stuhr Center and we will shuttle everyone to Harman Swim Center in THPRD vehicles. We will be leaving the Elsie Stuhr Center at 6:30 pm sharp, so please plan to arrive before then - we will return to the Elsie Stuhr Center by 8:30 pm for pick-up. Please don't forget to pack a swimsuit, towel, and a change of clothes! **Offsite Activity at Harman Swim Center: 7300 SW Scholls Ferry Rd Beaverton, OR 97008. Our Therapeutic Recreation (TR) programs are intended for teens and adults (16+) who experience disabilities. You must preregister for this program.**

1/5 (1) OffSite	M	6:30-8:30 pm ID/AP: \$5.75	16-adult OD: \$8	TR35701
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TR Tennis Night

Game, set, match! Regardless of your skill level, this activity is designed to celebrate the sport with the learning of some fundamental skills and social enjoyment. It's a perfect opportunity to stay active, improve your game and connect with fellow tennis enthusiasts. We will be leaving the Elsie Stuhr center promptly at 6:30 pm, so please arrive before then. We will return by 8:30 pm. Tennis Racquets will be supplied. **Our Therapeutic Recreation (TR) programs are intended for teens and adults (16+) who experience disabilities. You must preregister for this program.**

1/12 (1) OffSite	M	6:30-8:30 pm ID/AP: \$5.75	16-adult OD: \$8	TR35702
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TR Bingo Party Night

Join us for a game-filled evening of socializing, bingo, prizes and friendly competition! **Our Therapeutic Recreation (TR) programs are intended for teens ages 13-20 years of age who experience disabilities. You must preregister for this program.**

1/26 (1) Elsie Stuhr Center	M	6:30-8:30 pm ID/AP: \$5.75	16-adult OD: \$8	TR35703
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TR Swimming at Harman Swim Center

Let's go swimming! Meet us at Elsie Stuhr Center and we will shuttle everyone to Harman Swim Center in THPRD vehicles. We will be leaving the Elsie Stuhr Center at 6:30 pm sharp, so please plan to arrive before then - we will return to the Elsie Stuhr Center by 8:30 pm for pick-up. Please don't forget to pack a swimsuit, towel, and a change of clothes! **Offsite Activity at Harman Swim Center: 7300 SW Scholls Ferry Rd Beaverton, OR 97008. Our Therapeutic Recreation (TR) programs are intended for teens and adults (16+) who experience disabilities. You must preregister for this program.**

2/2 (1) OffSite	M	6:30-8:30 pm ID/AP: \$5.75	16-adult OD: \$8	TR35704
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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)

TR Valentine's Day Dance!

Love is in the air! Join us for our annual Valentine's Day Dance! Dress your best and come boogie to great music with friends, new and old. Food 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 program. Program held at Elsie Stuhr Center, 5550 SW Hall Blvd, Beaverton, OR 97005.**

2/9 (1)	M	6:30-8:30 pm	16-adult	TR35705
Elsie Stuhr Center		ID/AP: \$5.75	OD: \$8	



TR Tennis Night

Game, set, match! Regardless of your skill level, this activity is designed to celebrate the sport with the learning of some fundamental skills and social enjoyment. It's a perfect opportunity to stay active, improve your game and connect with fellow tennis enthusiasts. We will be leaving the Elsie Stuhr center promptly as 6:30 pm, so please arrive before then. We will return by 8:30 pm. Tennis Racquets will be supplied. **Our Therapeutic Recreation (TR) programs are intended for teens and adults (16+) who experience disabilities. You must preregister for this program.**

2/23 (1)	M	6:30-8:30 pm	16-adult	TR35706
OffSite		ID/AP: \$5.75	OD: \$8	

TR Beaverton Food Carts Trip

Join us for a trip to the BG Food Cartel, Beaverton's Largest Food Cart Pod. Meet us at Elsie Stuhr Center and we will shuttle everyone to and from the food cart pods in THPRD vehicles. We will be leaving Elsie Stuhr at 6:30 pm sharp so please plan to arrive before then. We will return to Elsie Stuhr by 8:30 pm. Please bring additional money if you would like to purchase any food or beverages on this trip. **Our Therapeutic Recreation (TR) programs are intended for teens and adults (16+) who experience disabilities. You must pre-register for this program.**

3/9 (1)	M	6:30-8:30 pm	16-adult	TR35707
OffSite		ID/AP: \$5.75	OD: \$8	

TR Adaptive Gardening for Any Space

Come get your hands in some soil and show off your green thumb - even if you don't have one. We will be creating individual spring garden boxes, whether you live in an apartment or house this activity is for you. All gardening equipment will be supplied. **Our Therapeutic Recreation (TR) programs are intended for teens and adults (16+) who experience disabilities. You must pre-register for this program.**

3/16 (1)	M	6:30-8:30 pm	16-adult	TR35708
Elsie Stuhr Center		ID/AP: \$5.75	OD: \$8	

TR Tennis Night

Game, set, match! Regardless of your skill level, this activity is designed to celebrate the sport with the learning of some fundamental skills and social enjoyment. It's a perfect opportunity to stay active, improve your game and connect with fellow tennis enthusiasts. We will be leaving the Elsie Stuhr center promptly as 6:30 pm, so please arrive before then. We will return by 8:30 pm. Tennis Racquets will be supplied. **Our Therapeutic Recreation (TR) programs are intended for teens and adults (16+) who experience disabilities. You must preregister for this program.**

3/30 (1)	M	6:30-8:30 pm	16-adult	TR45700
OffSite		ID/AP: \$5.75	OD: \$8	

TR Swimming at Harman Swim Center

Let's go swimming! Meet us at Elsie Stuhr Center and we will shuttle everyone to Harman Swim Center in THPRD vehicles. We will be leaving the Elsie Stuhr Center at 6:30 pm sharp, so please plan to arrive before then - we will return to the Elsie Stuhr Center by 8:30 pm for pick-up. Please don't forget to pack a swimsuit, towel, and a change of clothes! **Offsite Activity at Harman Swim Center: 7300 SW Scholls Ferry Rd Beaverton, OR 97008. Our Therapeutic Recreation (TR) programs are intended for teens and adults (16+) who experience disabilities. You must preregister for this program.**

4/6 (1)	M	6:30-8:30 pm	16-adult	TR45701
OffSite		ID/AP: \$5.75	OD: \$8	

TR Tennis Night

Game, set, match! Regardless of your skill level, this activity is designed to celebrate the sport with the learning of some fundamental skills and social enjoyment. It's a perfect opportunity to stay active, improve your game and connect with fellow tennis enthusiasts. We will be leaving the Elsie Stuhr center promptly as 6:30 pm, so please arrive before then. We will return by 8:30 pm. Tennis Racquets will be supplied. **Our Therapeutic Recreation (TR) programs are intended for teens and adults (16+) who experience disabilities. You must preregister for this program.**

4/13 (1)	M	6:30-8:30 pm	16-adult	TR45702
OffSite		ID/AP: \$5.75	OD: \$8	

TR Volunteer Night

Come join us in making a difference in our community together! We will be making treats for our four-legged friends and they might join us as well. **Our Therapeutic Recreation (TR) programs are intended for teens and adults (16+) who experience disabilities. You must preregister for this event.**

4/20 (1)	M	6:30-8:30 pm	16-adult	TR45703
Elsie Stuhr Center		ID/AP: \$5.75	OD: \$8	

TR Spring Landscape Painting Night

Join us in painting beautiful spring landscapes and flowers in this instructor led class. We'll work on skills like brush techniques and color blending to make your paintings come to life! **Our Therapeutic Recreation (TR) programs are intended for teens and adults (16+) who experience disabilities. You must preregister for this event.**

4/27 (1)	M	6:30-8:30 pm	16-adult	TR45704
Elsie Stuhr Center		ID/AP: \$5.75	OD: \$8	

TR Swimming at Harman Swim Center

Let's go swimming! Meet us at Elsie Stuhr Center and we will shuttle everyone to Harman Swim Center in THPRD vehicles. We will be leaving the Elsie Stuhr Center at 6:30 pm sharp, so please plan to arrive before then - we will return to the Elsie Stuhr Center by 8:30 pm for pick-up. Please don't forget to pack a swimsuit, towel, and a change of clothes! **Offsite Activity at Harman Swim Center: 7300 SW Scholls Ferry Rd Beaverton, OR 97008. Our Therapeutic Recreation (TR) programs are intended for teens and adults (16+) who experience disabilities. You must preregister for this program.**

5/4 (1)	M	6:30-8:30 pm	16-adult	TR45705
OffSite		ID/AP: \$5.75	OD: \$8	

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

TR Bingo Party Night

Join us for a game-filled evening of socializing, bingo, prizes and friendly competition! Our Therapeutic Recreation (TR) programs are intended for teens ages 13-20 years of age who experience disabilities. You must preregister for this program.

5/11 (1) M 6:30-8:30 pm 16-adult TR45706
Elsie Stuhr Center ID/AP: \$5.75 OD: \$8

TR Nature Walk at Commonwealth Park

Join us on a gentle, guided stroll at THPRD's Commonwealth Park. This program is designed for people of all abilities! This inclusive nature walk encourages exploration, connection, and discovery in a supportive environment. Please meet us at Elsie Stuhr Center, 5550 SW Hall Blvd., Beaverton, OR. Transportation will be provided by THPRD staff. Our Therapeutic Recreation (TR) programs are intended for teens and adults (16+) who experience disabilities. You must per-register for this program.

5/18 (1) M 6:30-8:30 pm 16-adult TR45707
Offsite ID/AP: \$5.75 OD: \$8



TR Swimming at Harman Swim Center

Let's go swimming! Meet us at Elsie Stuhr Center and we will shuttle everyone to Harman Swim Center in THPRD vehicles. We will be leaving the Elsie Stuhr Center at 6:30 pm sharp, so please plan to arrive before then - we will return to the Elsie Stuhr Center by 8:30 pm for pick-up. Please don't forget to pack a swimsuit, towel, and a change of clothes! Offsite Activity at Harman Swim Center: 7300 SW Scholls Ferry Rd Beaverton, OR 97008. Our Therapeutic Recreation (TR) programs are intended for teens and adults (16+) who experience disabilities. You must preregister for this program.

5/18 (1) M 6:30-8:30 pm 16-adult TR45707
OffSite ID/AP: \$5.75 OD: \$8

Wednesday Teen Therapeutic Recreation (TR)

A recreation program for teens ages 13-20 years of age with disabilities. Programs and offsite activities meet and start at the Elsie Stuhr Center 5550 SW Hall Blvd, Beaverton, OR 97005.

Teen TR Lego Party

Join us in the world of creating your own Lego masterpiece. Legos will be provided, but feel free to bring your favorite set to complete with friends. You must preregister for this program. Our Therapeutic Recreation (TR) programs are intended for teens ages 13-20 years of age who experience disabilities. You must preregister for this program.

1/7 (1) W 6-7:30 pm 13-20 yrs TR35720
Elsie Stuhr Center ID/AP: \$5.75 OD: \$8

Teen TR Bingo Party Night

Join us for a game-filled evening of socializing, bingo, prizes and friendly competition! Our Therapeutic Recreation (TR) programs are intended for teens ages 13-20 years of age who experience disabilities. You must preregister for this program.

1/21 (1) W 6-7:30 pm 13-20 yrs TR35721
Elsie Stuhr Center ID/AP: \$5.75 OD: \$8



Teen TR Arcade & Games Outing

Join us for an adventure in Beaverton. We will head to a local arcade for games and good times. We will be leaving the Elsie Stuhr Center at 6:30 pm. sharp, so please plan to arrive before then - we will return to the Elsie Stuhr Center by 7:30 pm for pick-up. Our Therapeutic Recreation (TR) programs are intended for teens ages 13-20 years of age who experience disabilities. You must preregister for this program.

2/4 (1) W 6-7:30 pm 13-20 yrs TR35722
OffSite ID/AP: \$5.75 OD: \$8

Teen TR Paint Night

Join us in painting beautiful spring landscapes and flowers in this instructor led class. We'll work on skills like brush techniques and color blending to make your paintings come to life! Our Therapeutic Recreation (TR) programs are intended for teens ages 13-20 years of age who experience disabilities. You must preregister for this program.

2/18 (1) W 6-7:30 pm 13-20 yrs TR35723
Elsie Stuhr Center ID/AP: \$5.75 OD: \$8

Teen TR: Try Out Taekwondo

Have you ever wanted to give Taekwondo a chance? Now is your chance! Learn Taekwondo philosophy, basics, drills, and self-defense techniques in this fun, safe environment. Led by a certified Taekwondo instructor. Our Therapeutic Recreation (TR) programs are intended for teens ages 13-20 years of age who experience disabilities. You must preregister for this program.

3/4 (1) W 6-7:30 pm 13-20 yrs TR35724
Elsie Stuhr Center ID/AP: \$5.75 OD: \$8

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

Teen TR Nature Documentary & Nature Mobile

Come join us and THPRD's very own Nature Mobile as we learn about environmental education through hands on learning and lived experiences. After, we encourage you to stay for a short documentary about the role that nature plays throughout our lives. **Our Therapeutic Recreation (TR) programs are intended for teens ages 13-20 years of age who experience disabilities. You must preregister for this program.**

3/18 (1)	W	6-7:30 pm	13-20 yrs	TR35725
Elsie Stuhr Center		ID/AP: \$5.75	OD: \$8	

Teen TR Arcade & Games Outing

Join us for an adventure in Beaverton. We will head to a local arcade for games and good times. We will be leaving the Elsie Stuhr Center at 6:30 pm. sharp, so please plan to arrive before then - we will return to the Elsie Stuhr Center by 7:30 pm for pick-up. **Our Therapeutic Recreation (TR) programs are intended for teens ages 13-20 years of age who experience disabilities. You must preregister for this program.**

4/1 (1)	W	6-7:30 pm	13-20 yrs	TR45726
OffSite		ID/AP: \$5.75	OD: \$8	

Teen TR Tumble Night

Join us for a magical night of lights, music and tumbling. Meet us at Elsie Stuhr Center and we will shuttle everyone to Garden Home Recreation Center in THPRD vehicles. We will be leaving Elsie Stuhr Center at 6:00 pm sharp, so please plan to arrive before then - we will return to Elsie Stuhr Center by 7:30 pm for pick-up. We will be using Garden Home Recreation Center's gymnastics room to practice our balance, enjoy the glowing lights and tumble as a group! **Our Therapeutic Recreation (TR) programs are intended for teens ages 13-20 years of age who experience disabilities. You must preregister for this program.**

4/15 (1)	W	6-7:30 pm	13-20 yrs	TR45727
OffSite		ID/AP: \$5.75	OD: \$8	

Teen TR Tie Dye Night

Join us for a night of creativity and colors. We will provide all the supplies to make your own tie dye item of your choice. No experience required. **Our Therapeutic Recreation (TR) programs are intended for teens ages 13-20 years of age who experience disabilities. You must preregister for this program.**

5/6 (1)	W	6-7:30 pm	13-20 yrs	TR45729
Elsie Stuhr Center		ID/AP: \$5.75	OD: \$8	



Teen TR Farm Outing

Meet us at Elsie Stuhr Center and we will shuttle everyone to pick seasonal fruits. We will be leaving the Elsie Stuhr Center at 6:30 pm sharp, so please plan to arrive before then - we will return to the Elsie Stuhr Center by 8:30 pm for pick-up. Please don't forget to pack walking shoes and a water bottle. Our Therapeutic Recreation (TR) programs are intended for teens ages 13-20 years of age who experience disabilities. You must preregister for this program.

5/20 (1)	W	6-7:30 pm	13-20 yrs	TR45730
OffSite		ID/AP: \$5.75	OD: \$8	

TR Spring Break Adventure Camp

Staying in town for Spring Break? Join us for a half day camp providing fun recreational opportunities for patrons with disabilities. For more information about registration, please email us at inclusion@thprd.org.

3/23-3/27 (1)	M-F	1-5 pm	6-12 yrs	TR35799
Elsie Stuhr Center		ID/AP: \$166.50	OD: \$231.25	



Free!

Spring Celebration

Mountain View Champions Park

5915 SW 170th Avenue, Beaverton

This is a sensory-sensitive event for people who are experiencing developmental, learning, or physical disabilities.

3 All-Inclusive Egg Hunts

Sensory-Friendly/Quiet
1-2 pm
Free-for-all
2:15-3 pm
Sensory-Friendly/Quiet
3:15-4 pm

Saturday, March 21

1-4 pm

Please scan the QR code below to register and learn more about our event

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

Thursday Night All-Stars Drop-in Basketball

This is a recreation and socialization program for teens and adults ages 16+ with disabilities to play basketball.

All-Stars consists of two games. Games are not based on skill level or ability. Inclusion staff will assign players to teams.

6:00-6:15 pm: Warm-up for 1st game

6:15-7:00 pm: Game #1

7:00-7:15 pm: Warm up for 2nd game

7:15-8:00 pm: Game #2

Location: THPRD Athletic Center - 15707 Walker Rd. Beaverton 97006

Cost: ID: \$5.75 OD: \$8

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

- Completed medical/emergency information form
- Complete code of conduct form
- Those requiring 1:1 assistance must bring an aide who is required to stay for the entire duration of the activity at the Athletic Center.

For more information, email inclusion@thprd.org or call 503-629-6341.

Seated Stretch & Strength

An adaptive group fitness class on **Thursdays at 5 pm at Garden Home Recreation Center**. No registration required, drop-in or deluxe pass.

Adaptive Fitness Opportunities

Adaptive Weight Room Circuit offered on Mondays and Wednesdays at 11 am at Garden Home Recreation Center. To register, see information on page 127.

Thursday Night Drop-in Wheelchair Basketball

This drop-in program is facilitated by players with Inclusion Services staff available as needed. This program provides a weekly opportunity for players of all ages experiencing disabilities to play basketball.

When: Thursdays, 6:30-7:45 pm.

Location: Tualatin Hills Athletic Center (15707 SW Walker Rd, Beaverton)

ID: \$5.75 OD: \$8

For more information about any of the listed programs, please call 503-629-6341 or email us at inclusion@thprd.org.



Inclusive Spring Fling Dance

Join the Inclusion staff of THPRD for an all-abilities silent dance. THPRD will provide headphones for participants who would like to listen to music. This drop-in dance is open to all ages and all abilities.

Elsie Stuhr Center • 5/23/2026
6:00-7:30 pm • Class ID: TR41700
ID: \$5.75 • OD: \$8



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 support, facilitate inclusion programs and assist patrons to engage in any activity offered at THPRD.

More info at thprd.org/jobs



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



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

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,
Patrick Williamson

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? Check out and apply for our Aquatic Champion volunteer position at <https://www.thprd.org/connect/volunteer/ongoing-opportunities>

Junior Lifeguarding

This is for those individuals who have completed the Junior Lifeguard course. Volunteer opportunities are available at all THPRD pools. Apply online at <https://www.thprd.org/connect/volunteer/youth>.

Aquatic Champion

This position is a volunteer position that provides volunteers with the opportunity to assist in teaching 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 at <https://www.thprd.org/connect/volunteer/ongoing-opportunities>.

Drop-in Swimming at THPRD

Open Swim

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

Lap Swim

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

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](https://www.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

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 with a focus on stroke refinement, building endurance, and sportsmanship. Participants must be between the ages of 5 and 17 and be able to swim 25 yards of crawl stroke and 25 yards of backstroke. While not required to compete, swim meets are held on some Saturdays during the season.

Winter Meet Dates:

2/7, 3/7

Spring Meet Dates:

4/18, 5/9

THPRD *Aquatics - General Information*

Aquatics Professional Training

Facility	Date	Day	Time	ID/AP	OD	Class #
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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. Prices below reflect a \$260/\$325 course fee, plus an additional \$50 Red Cross certification fee.

Winter

Beaverton Swim Center	1/23-2/7	Fri & Sat	1-5pm	\$310	\$375	BV352000
Conestoga	1/24-2/1	Sat & Sun	9:15am-4pm	\$310	\$375	CA352000
Sunset Swim Center	1/24-1/26	Sa, Su, M	9am-5pm	\$310	\$375	SS352001
Beaverton Swim Center	2/20-3/7	Fri & Sat	1-5pm	\$310	\$375	BV352001
Aquatic Center	3/23-3/26	M-Th	9am-4pm	\$310	\$375	AQ352000

Spring

Conestoga	4/17-4/20	Fri	4:15-8:45pm	\$310	\$375	CA452000
		Sat-Mon	9:15am-4:15pm			
	6/9-6/11	Mon	4:30-8:30pm	\$310	\$375	CA452000
Sunset Swim Center	4/18-4/20	Sat-Mon	9am-5pm	\$310	\$375	SS452001
Harman Swim Center	5/3-5/17	Sun	8am-5:30pm	\$310	\$375	HM452000

Junior Lifeguarding

Ages 12-15 years, Level 4+

THPRD's Jr. Guard/Swim Aide course covers lifeguard standards, swim stroke progressions, and professionalism. Beginning emergency response skills like first aid, CPR, and water rescues are introduced. During the course, students receive practical experience assisting swim instructors and lifeguards. Participants will also develop their swimming strength, confidence, and technique.

To enroll, participants should be able to swim 100 yards with rhythmic breathing, tread water for 1 minute, and be comfortable in deep water.

Winter

Beaverton Swim Center	1/17-3/7	Sat	1-3pm	\$100	\$125	BV351000
Conestoga	2/8-3/8	Sun	11am-1pm	\$100	\$125	CA351000
Sunset Swim Center	2/24-2/26	T, W, Th	4-8pm	\$100	\$125	SS351000

Spring

Beaverton Swim Center	4/11-6/6	Sat	1-3pm	\$100	\$125	BV451000
Conestoga	4/19-5/17	Sun	11am-1pm	\$100	\$125	CA451000
Sunset Swim Center	5/12-5/14	T, W, Th	4-8pm	\$100	\$125	SS451000

Jr. Lifeguarding, Alternate Track

Ages 12-15 years

THPRD's Jr. Lifeguarding Alternate Track course covers the same topics outlined in the Jr. Lifeguarding course description, with an emphasis on building swimming skills. While participants do not need to know how to swim prior to taking the course, they should be comfortable standing in shallow water.

Winter

Harman Swim Center	3/23-3/26	M-TH	12-5pm	\$100	\$125	HM351000
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Earn to Learn

Apply to become a lifeguard or swim instructor to "earn to learn" for all ages 16+ to an aquatic career at Tualatin Hills Park and Recreation District. Learn the skills and confidence to become an employee while obtaining the necessary certificates.

Apply Today! Go to www.thprd.org/jobs to learn how to get started!



THPRD *Aquatic Affiliates*

Competitive Programs

The clubs are separate organizations from the park district; however, pool use requires a THPRD account. Please contact each club individually for team membership and training schedule information.

Tualatin Hills Swim Club

Tualatin Hills Swim Club (THSC) is dedicated to promoting a culture of inclusivity, opportunity, and equity for all swimmers, families, and staff. We strive to meet the unique needs of our members by creating a welcoming community that celebrates diversity and promotes a sense of unity and belonging. Since 1957, THSC has inspired and motivated swimmers to compete at the local, regional, national, and international levels, making us one of the oldest, most successful, and well-respected swim teams in the PNW. THSC fosters a safe environment where every swimmer is encouraged and supported to reach their highest potential, setting new standards of excellence in the sport. Through relentless dedication, innovative training, and a commitment to personal and athletic growth, we strive to be the premier club for those who seek to compete at the highest levels. Swimmers from age six through high school are encouraged to join! Financial aid is available for those who qualify. Contact membership@thunderboltswimming.org



Tualatin Hills Dive Club

The Tualatin Hills Dive Club has offered diving programs to all ages for more than 40 years. Programs range from lessons to advanced-level competition. For more information, email the dive club at thillsdiveclub@gmail.com or visit the club's website at <https://www.thillsdiveclub.com>



Tualatin Hills Barracudas

The Tualatin Hills Barracudas is a Masters Swim Club that welcomes swimmers 18 years of age and older, regardless of previous organized workout swimming experiences. For more information, please contact the membership chair at membership@barracudas.org or check out the club's website www.barracudas.org.



Tualatin Hills Water Polo Club

The Tualatin Hills Water Polo Club provides programs for athletes ages 7 and older on instructional, recreational, and competitive levels. For more information, visit the club's website www.thillswaterpolo.org.



Beaverton Area Aquatic Club

Inspires swimmers of all ages to achieve their potential through discipline, self-motivation, and hard work in a positive coaching environment. We encourage every athlete to reach their full potential.

Coaches will be available during tryouts to meet parents and answer questions about our program. You can register for tryouts on our website at baacswim.com. Team registration includes financial information and agreements. Information for new swimmers is available on our website.

We look forward to working with you!

Club Fees

- Club fees are set by the clubs themselves.
- All club members must have a THPRD account and check in daily.



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 receive paid, professional training while obtaining the necessary certifications.



- Receive professional training



- Learn job skills
& build confidence



- Earn a paycheck



APPLY TODAY!

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



www.thprd.org

Deportes acuáticos THPRD - Información General

Oficina principal de actividades acuáticas:

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

Encargado

Andrew Jackman,
Patrick Williamson

Directrices para el uso de las piscinas de THPRD

Copias de nuestras directrices para el uso de albercas están disponibles en la recepción de cada centro de natación.

Vestidores

Todas las personas mayores de 6 años utilizan 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 con el Harman Swim Center para oportunidades de voluntarios al 503-629-6314.

Junior Lifeguarding | Salvavidas Juvenil

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 Acuáticos

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.

Drop-In | Natación Libre

Natación libre: 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 pequeños menores de 7 años deben estar acompañados en el agua por la madre, padre o tutores quienes deben tener 15 años o más. Se requiere una prueba de natación para que los pequeños naden en aguas profundas.

Natación en Carriles: natación de acondicionamiento físico para las personas que pueden nadar continuamente varias vueltas mientras siguen todas las reglas de 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.

Ejercicio independiente/Ejercicio abierto en aguas profundas

Este programa sin cita previa es natación no estructurada para el fitness acuático personal, trotar acuático o la caminata acuática en zonas designadas. Los participantes pueden utilizar el equipo de fitness acuático proporcionado en los centros de natación durante este periodo de tiempo. Los participantes deben tener 15 años o más para participar en este programa sin cita previa.

Visite [thprd.org](https://www.thprd.org) para más información y tarifas.



Aplica en línea

Adultos: <https://www.thprd.org/espanol/voluntarios/oportunidades-para-adultos>

Jóvenes: <https://www.thprd.org/espanol/voluntarios/oportunidades-para-jovenes>

Deportes acuáticos THPRD - Información General

Programa Aprenda a Nadar en 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

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 patear usando una tabla para nadar, barco de vapor y un deslizador del largo de dos cuerpos y saltar al agua, todo sin ayuda.

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 pateando.

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

hacia atrás 15 yardas.

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.

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.

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.

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.

Habilidades de Seguridad en el agua:

Es una parte 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 alberca 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 pequeño y yo)

Bebés (6 meses a 2 años)/pequeñines (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 todas las edades con necesidades especiales.

Nuestros instructores capacitados ofrecen una oportunidad de aprendizaje individualizada. Elevadores acuáticos disponibles en todas las piscinas, cumpliendo con la ADA.

Instrucciones de clavado

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 clavadistas continuos.

Splash

Un equipo de natación recreativa con un enfoque en la mejora de la técnica, el desarrollo de la resistencia y el compañerismo. Los participantes deben tener entre 5 y 17 años y poder nadar 25 yardas de estilo libre y 25 yardas de espalda. Aunque no es obligatorio competir, se llevan a cabo competencias de natación algunos sábados durante la temporada.

Fechas de competencias:

Invierno: 2/7, 3/7

Invierno: 4/18, 5/9

Deportes acuáticos THPRD - Información General

Formación Profesional Acuática

Instalación	Fecha	Día	Horario	ID/AP	OD	Clase
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Entrenamiento de Salvavidas | Lifeguard Training

Edades 15 años en adelante
Este curso se enfoca a desarrollarse como salvavidas en un ambiente de albercas como profesión. La certificación incluye primeros auxilios y RCP. **Requisitos previos:** 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 con éxito todas las pruebas de habilidades requeridas en RCP, primeros auxilios y Salvavidas. 3) Obtener una puntuación de 80% en los exámenes escritos finales.

Winter						
Beaverton Swim Center	1/23-2/7	Fri & Sat	1-5pm	\$310	\$375	BV352000
Conestoga	1/24-2/1	Sat & Sun	9:15am-4pm	\$310	\$375	CA352000
Sunset Swim Center	1/24-1/26	Sa, Su, M	9am-5pm	\$310	\$375	SS352001
Beaverton Swim Center	2/20-3/7	Fri & Sat	1-5pm	\$310	\$375	BV352001
Aquatic Center	3/23-3/26	M-Th	9am-4pm	\$310	\$375	AQ352000
Spring						
Conestoga	4/17-4/20	Fri	4:15-8:45pm	\$310	\$375	CA452000
		Sat-Mon	9:15am-4:15pm			
	6/9-6/11	Mon	4:30-8:30pm	\$310	\$375	CA452000
Sunset Swim Center	4/18-4/20	Sat-Mon	9am-5pm	\$310	\$375	SS452001
Harman Swim Center	5/3-5/17	Sun	8am-5:30pm	\$310	\$375	HM452000

Salvavidas Juvenil | Junior Lifeguarding

Edades de 12 a 15 años, Nivel 4+
El curso de Salvavidas Juvenil / Asistente de Natación de THPRD cubre los estándares de salvavidas, el perfeccionamiento de los estilos de natación y el profesionalismo. Se introducen habilidades iniciales de respuesta a emergencias, como primeros auxilios, RCP y rescates en el agua.

Durante el curso, los estudiantes obtienen experiencia práctica apoyando a instructores de natación y salvavidas. Los participantes también desarrollarán su fuerza, confianza y técnica en el agua.

Para inscribirse, los participantes deben ser capaces de nadar 91 metros con respiración rítmica, mantenerse a flote durante 1 minuto y sentirse cómodos en aguas profundas.

Winter						
Beaverton Swim Center	1/17-3/7	Sat	1-3pm	\$100	\$125	BV351000
Conestoga	2/8-3/8	Sun	11am-1pm	\$100	\$125	CA351000
Sunset Swim Center	2/24-2/26	T, W, Th	4-8pm	\$100	\$125	SS351000
Spring						
Beaverton Swim Center	4/11-6/6	Sat	1-3pm	\$100	\$125	BV451000
Conestoga	4/19-5/17	Sun	11am-1pm	\$100	\$125	CA451000
Sunset Swim Center	5/12-5/14	T, W, Th	4-8pm	\$100	\$125	SS451000

Pista alternativa de Salvavidas Juvenil | Junior Lifeguarding, Alternate Track

Edades de 12 a 15 años
El curso alternativo de Salvavidas Juvenil de THPRD cubre los mismos temas descritos en el curso de Salvavidas Juvenil, con un enfoque en desarrollar habilidades de natación. Aunque los participantes no necesitan saber nadar antes de tomar el curso, deben sentirse cómodos estando de pie en agua poco profunda.

Winter						
Harman Swim Center	3/23-3/26	M-TH	12-5pm	\$100	\$125	HM351000

Aprenda Ganando | Earn to Learn

Solicite ser salvavidas o instructor de natación para Aprenda Ganando para todas las edades mayores de 16 años en una carrera acuática en Tualatin Hills Park & Recreation District. Aprenda las habilidades y la confianza para ser empleado mientras obtiene los certificados necesarios.

¡Solicite hoy mismo! ¡Vaya a www.thprd.org/jobs para saber cómo empezar!



Clubes de Natación de THPRD

Programas Competitivos

Los clubes son organizaciones independientes del distrito de parques; sin embargo, para usar la piscina, se requiere una cuenta de THPRD. Por favor, comuníquese directamente con cada club para obtener información sobre la membresía del equipo y los horarios de entrenamiento.

Tualatin Hills Swim Club

Tualatin Hills Swim Club (THSC) está comprometido con promover una cultura de inclusión, oportunidad y equidad para todas las personas nadadoras, sus familias y el personal. Nos esforzamos por responder a las necesidades únicas de nuestros miembros, creando una comunidad acogedora que celebra la diversidad y promueve un sentido de unidad y pertenencia. Desde 1957, THSC ha inspirado y motivado a nadadores a competir a nivel local, regional, nacional e internacional, convirtiéndose en uno de los equipos de natación más antiguos, exitosos y respetados del noroeste del Pacífico (PNW). THSC promueve un ambiente seguro donde cada nadador/a recibe apoyo y aliento para alcanzar su máximo potencial, estableciendo nuevos estándares de excelencia en el deporte.

A través de una dedicación constante, entrenamientos innovadores y un compromiso con el crecimiento personal y deportivo, buscamos ser el club principal para quienes desean competir al más alto nivel.

¡Invitamos a nadadores y nadadoras desde los seis años hasta la escuela secundaria a unirse! Hay ayuda financiera disponible para quienes califiquen. Contactar membership@thunderboltswimming.org

Tualatin Hills Dive Club

Tualatin Hills Dive Club ha ofrecido programas de clavados para todas las edades durante más de 40 años. Sus programas van desde clases hasta competencias de nivel avanzado. Para más información, envía un correo electrónico al club de clavados a thillsdiveclub@gmail.com o visita su sitio web: <https://www.thillsdiveclub.com>



Tualatin Hills Barracudas

El Club de Natación Master Tualatin Hills Barracudas da la bienvenida a nadadores de 18 años en adelante, sin importar su experiencia previa en entrenamientos organizados de natación. Para más información, comuníquese con la persona encargada de membresía en membership@barracudas.org o visita el sitio web del club: www.barracudas.org



Tualatin Hills Water Polo Club

Tualatin Hills Water Polo Club ofrece programas para atletas de 7 años en adelante en niveles de instrucción, recreación y competencia. Para más información, visita el sitio web del club: www.thillswaterpolo.org



Beaverton Area Aquatic Club

Inspira a nadadores de todas las edades a alcanzar su potencial a través de la disciplina, la automotivación y el esfuerzo, en un ambiente positivo de entrenamiento. Animamos a cada atleta a desarrollar su máximo potencial.

Los entrenadores estarán disponibles durante las pruebas para conocer a las familias y responder preguntas sobre nuestro programa. Pueden inscribirse para las pruebas en nuestro sitio web a baacswim.com. La inscripción al equipo incluye información financiera y acuerdos relacionados con la participación. Encuentre información para nadadores nuevos en nuestro sitio web. ¡Esperamos poder trabajar con usted!

Cuotas de los clubes

- Las cuotas de los clubes son establecidas por cada club.
- Todos los miembros del club deben tener una cuenta de THPRD y registrarse diariamente.



Aprinda Ganando

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



Explora una carrera en actividades acuáticas y gana un sueldo.

Aprinda Ganando (Earn to Learn) ofrece a personas de todas las edades (16+) la oportunidad de recibir entrenamiento acuático pagado. Los candidatos elegibles pueden aplicar como socorristas o instructores de natación y recibir entrenamiento profesional pagado mientras obtienen las certificaciones necesarias.



Reciba formación profesional



Aprenda habilidades laborales y desarrolle la confianza



Reciba un pago



¡Aplique hoy!

Vaya a thprd.org e infórmese de como registrarse



@THPRD



www.thprd.org

LIFE JACKET

LOANER PROGRAM



Need a life jacket for the pool or lake?

Tualatin Hills Park and Recreation District year-round pools have life jackets available to be loaned out for new or experienced swimmers. This is a free service to promote safety in and around our pools and natural water areas.

If you need a life jacket, you can borrow one through our Life Jacket Loaner Program. Call the Tualatin Hills Aquatic Center to reserve one for your next water adventure at 503-629-6310.



Aloha Swim Center



TUALATIN HILLS
PARK & RECREATION DISTRICT

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

TriMet Bus Routes #52, #57, #88

Center Supervisor: Dan McGatha

Aloha Swim Center Hours:

Monday - Friday: 2:45 – 7:30 pm
Saturday: Closed
Sunday: 10:45 am – 5 pm

Hours subject to change.

Check thprd.org for most updated schedule.

Facility Closed: 12/31, 1/1, 1/19, 2/16, 4/5, 5/25, 6/19

Aloha Swim Center Features:

- ADA Lift Available
- Independent Changing Rooms
- Average Pool Temperature: 85°



Scan QR code for
up-to-date hours
and schedule.

Special Event

**Vamos a Nadar / Jump-In: Water Safety 101
Sunday, May 17 • 9-11:30am**

FREE! • Register Child ONLY

Class ID: AL4JUMPIN1 – 9-9:45am

Class ID: AL4JUMPIN2 – 10:45-11:30am

This Event will be taught in Spanish. A free one-day water safety and swim lesson activity for children aged 2 - 6 years. One parent or guardian aged 15 or older must be in the pool with each participant. Swim diapers are required for children who are not potty-trained.



Celebrate Your Birthday or Team Party at Aloha Swim Center

Call 503-629-6311 or email t.cannon@thprd.org for more details.



Winter/Spring Splash

A recreational swim team with a focus on stroke refinement, building endurance, and sportsmanship. Participants must be between the ages of 5 and 17 and be able to swim 25 yards of crawl stroke and 25 yards of backstroke. While not required to compete, swim meets are held on some Saturdays during the season.

Date	Day	Time	ID/AP	OD	Class#
Winter Term: Meet dates on 2/7 & 3/7					
1/6-3/19	T/Th	6:35-7:20 pm	\$272	\$337.50	AL334024
Spring Term: Meet dates on 4/18 & 5/9					
3/31-6/4	T/Th	6:35-7:20 pm	\$249	\$308.75	AL434024

Water Fitness Programs

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. *Includes swimming drills.

Dig Deep: This fun and challenging class will start your week off right and keep it going! The class emphasizes cardio conditioning as well as an abdominal workout that will inspire you to come back for more! Flotation belts provided.

Cardio Core: This class is held in the shallow end of the pool. Participants challenge themselves with the resistance of the water in the low-impact work-out as they exercise to lively, upbeat music. Participants work on aerobic conditioning, strength, balance and flexibility. At least 35 minutes of the class will be dedicated to pure cardio in a Level 2 class.

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

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 under 10 years of age must remain on the premises during class.

Beginning Swimming Skills

Date	Day	Time	ID/AP	OD	Class#
Preschool Level 1-3					
No class 1/1, 1/19, 2/16, 4/5, 5/25.					

Winter Term:

1/5-2/9	M	3-3:30 pm	\$54	\$67.50	AL311000
2/23-3/16	M	3-3:30 pm	\$44	\$55	AL311001
1/5-2/9	M	3:35-4:05 pm	\$54	\$67.50	AL311002
2/23-3/16	M	3:35-4:05 pm	\$44	\$55	AL311003
1/5-2/9	M	4:10-4:40 pm	\$54	\$67.50	AL311004
2/23-3/16	M	4:10-4:40 pm	\$44	\$55	AL311005
1/5-2/9	M	4:45-5:15 pm	\$54	\$67.50	AL311006
2/23-3/16	M	4:45-5:15 pm	\$44	\$55	AL311007
1/5-2/9	M	5:30-6 pm	\$54	\$67.50	AL311008
2/23-3/16	M	5:30-6 pm	\$44	\$55	AL311009
1/5-2/9	M	6:05-6:35 pm	\$54	\$67.50	AL311010
2/23-3/16	M	6:05-6:35 pm	\$44	\$55	AL311011
1/5-2/9	M	6:40-7:10 pm	\$54	\$67.50	AL311012
2/23-3/16	M	6:40-7:10 pm	\$44	\$55	AL311013
1/6-2/10	T	3:30-4 pm	\$63	\$78.75	AL311014
2/17-3/17	T	3:30-4 pm	\$54	\$67.50	AL311015
1/6-2/10	T	4:05-4:35 pm	\$63	\$78.75	AL311016
2/17-3/17	T	4:05-4:35 pm	\$54	\$67.50	AL311017
1/6-2/10	T	4:40-5:10 pm	\$63	\$78.75	AL311018
2/17-3/17	T	4:40-5:10 pm	\$54	\$67.50	AL311019
1/6-2/10	T	5:25-5:55 pm	\$63	\$78.75	AL311020
2/17-3/17	T	5:25-5:55 pm	\$54	\$67.50	AL311021
1/6-2/10	T	6-6:30 pm	\$63	\$78.75	AL311022
2/17-3/17	T	6-6:30 pm	\$54	\$67.50	AL311023
1/7-2/11	W	3-3:30 pm	\$63	\$78.75	AL311025
2/18-3/18	W	3-3:30 pm	\$54	\$67.50	AL311026
1/7-2/11	W	3:35-4:05 pm	\$63	\$78.75	AL311027
2/18-3/18	W	3:35-4:05 pm	\$54	\$67.50	AL311028
1/7-2/11	W	4:10-4:40 pm	\$63	\$78.75	AL311029
2/18-3/18	W	4:10-4:40 pm	\$54	\$67.50	AL311030
1/7-2/11	W	4:45-5:15 pm	\$63	\$78.75	AL311031
2/18-3/18	W	4:45-5:15 pm	\$54	\$67.50	AL311032
1/7-2/11	W	5:30-6 pm	\$63	\$78.75	AL311033
2/18-3/18	W	5:30-6 pm	\$54	\$67.50	AL311034
1/7-2/11	W	6:05-6:35 pm	\$63	\$78.75	AL311035
2/18-3/18	W	6:05-6:35 pm	\$54	\$67.50	AL311036
1/7-2/11	W	6:40-7:10 pm	\$63	\$78.75	AL311037
2/18-3/18	W	6:40-7:10 pm	\$54	\$67.50	AL311038
2/19-3/19	Th	3:30-4 pm	\$54	\$67.50	AL311040
2/19-3/19	Th	4:05-4:35 pm	\$54	\$67.50	AL311042
2/19-3/19	Th	4:40-5:10 pm	\$54	\$67.50	AL311044
1/8-2/12	Th	5:25-5:55 pm	\$63	\$78.75	AL311045
2/19-3/19	Th	5:25-5:55 pm	\$54	\$67.50	AL311046
1/8-2/12	Th	6-6:30 pm	\$63	\$78.75	AL311047
2/19-3/19	Th	6-6:30 pm	\$54	\$67.50	AL311048
1/11-3/15	Su	12-12:30 pm	\$101	\$126.25	AL311065
1/11-3/15	Su	12:35-1:05 pm	\$101	\$126.25	AL311066
1/11-3/15	Su	1:10-1:40 pm	\$101	\$126.25	AL311067
1/11-3/15	Su	2-2:30 pm	\$101	\$126.25	AL311068
1/11-3/15	Su	2:35-3:05 pm	\$101	\$126.25	AL311069
1/11-3/15	Su	3:10-3:40 pm	\$101	\$126.25	AL311070

Spring Term:

3/30-4/27	M	3-3:30 pm	\$54	\$67.50	AL411000
5/4-6/1	M	3-3:30 pm	\$44	\$55	AL411001
3/30-4/27	M	3:35-4:05 pm	\$54	\$67.50	AL411002
5/4-6/1	M	3:35-4:05 pm	\$44	\$55	AL411003
3/30-4/27	M	4:10-4:40 pm	\$54	\$67.50	AL411004
5/4-6/1	M	4:10-4:40 pm	\$44	\$55	AL411005
3/30-4/27	M	4:45-5:15 pm	\$54	\$67.50	AL411006
5/4-6/1	M	4:45-5:15 pm	\$44	\$55	AL411007
3/30-4/27	M	5:30-6 pm	\$54	\$67.50	AL411008
5/4-6/1	M	5:30-6 pm	\$44	\$55	AL411009
3/30-4/27	M	6:05-6:35 pm	\$54	\$67.50	AL411010
5/4-6/1	M	6:05-6:35 pm	\$44	\$55	AL411011
3/30-4/27	M	6:40-7:10 pm	\$54	\$67.50	AL411012
5/4-6/1	M	6:40-7:10 pm	\$44	\$55	AL411013
3/31-4/28	T	3:30-4 pm	\$54	\$67.50	AL411014
5/5-6/2	T	3:30-4 pm	\$54	\$67.50	AL411015
3/31-4/28	T	4:05-4:35 pm	\$54	\$67.50	AL411016
5/5-6/2	T	4:05-4:35 pm	\$54	\$67.50	AL411017
3/31-4/28	T	4:40-5:10 pm	\$54	\$67.50	AL411018
5/5-6/2	T	4:40-5:10 pm	\$54	\$67.50	AL411019
3/31-4/28	T	5:25-5:55 pm	\$54	\$67.50	AL411020
5/5-6/2	T	5:25-5:55 pm	\$54	\$67.50	AL411021
3/31-4/28	T	6-6:30 pm	\$54	\$67.50	AL411022
5/5-6/2	T	6-6:30 pm	\$54	\$67.50	AL411023
4/1-4/29	W	3-3:30 pm	\$54	\$67.50	AL411025
5/6-6/3	W	3-3:30 pm	\$54	\$67.50	AL411026
4/1-4/29	W	3:35-4:05 pm	\$54	\$67.50	AL411027
5/6-6/3	W	3:35-4:05 pm	\$54	\$67.50	AL411028
4/1-4/29	W	4:10-4:40 pm	\$54	\$67.50	AL411029
5/6-6/3	W	4:10-4:40 pm	\$54	\$67.50	AL411030
4/1-4/29	W	4:45-5:15 pm	\$54	\$67.50	AL411031
5/6-6/3	W	4:45-5:15 pm	\$54	\$67.50	AL411032
4/1-4/29	W	5:30-6 pm	\$54	\$67.50	AL411033
5/6-6/3	W	5:30-6 pm	\$54	\$67.50	AL411034
4/1-4/29	W	6:05-6:35 pm	\$54	\$67.50	AL411035
5/6-6/3	W	6:05-6:35 pm	\$54	\$67.50	AL411036
4/1-4/29	W	6:40-7:10 pm	\$54	\$67.50	AL411037
5/6-6/3	W	6:40-7:10 pm	\$54	\$67.50	AL411038
4/2-4/30	Th	3:30-4 pm	\$54	\$67.50	AL411039
5/7-6/4	Th	3:30-4 pm	\$54	\$67.50	AL411040
4/2-4/30	Th	4:05-4:35 pm	\$54	\$67.50	AL411041
5/7-6/4	Th	4:05-4:35 pm	\$54	\$67.50	AL411042
4/2-4/30	Th	4:40-5:10 pm	\$54	\$67.50	AL411043
5/7-6/4	Th	4:40-5:10 pm	\$54	\$67.50	AL411044
4/2-4/30	Th	5:25-5:55 pm	\$54	\$67.50	AL411045
5/7-6/4	Th	5:25-5:55 pm	\$54	\$67.50	AL411046
4/2-4/30	Th	6-6:30 pm	\$54	\$67.50	AL411047
5/7-6/4	Th	6-6:30 pm	\$54	\$67.50	AL411048
4/12-6/7	Su	12-12:30 pm	\$82	\$102.75	AL411065
4/12-6/7	Su	12:35-1:05 pm	\$82	\$102.75	AL411066
4/12-6/7	Su	1:10-1:40 pm	\$82	\$102.75	AL411067
4/12-6/7	Su	2-2:30 pm	\$82	\$102.75	AL411068
4/12-6/7	Su	2:35-3:05 pm	\$82	\$102.75	AL411069
4/12-6/7	Su	3:10-3:40 pm	\$82	\$102.75	AL411070

School Age Level 1-4

No class 1/1, 1/19, 2/16, 4/5, 5/25.

Winter Term:

1/5-2/9	M	3-3:30 pm	\$54	\$67.50	AL321000
2/23-3/16	M	3-3:30 pm	\$44	\$55	AL321001
1/5-2/9	M	3:35-4:05 pm	\$54	\$67.50	AL321002
2/23-3/16	M	3:35-4:05 pm	\$44	\$55	AL321003

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

School Age Level 1-4 continued

1/5-2/9	M	4:10-4:40 pm	\$54	\$67.50	AL321004
2/23-3/16	M	4:10-4:40 pm	\$44	\$55	AL321005
1/5-2/9	M	4:45-5:15 pm	\$54	\$67.50	AL321006
2/23-3/16	M	4:45-5:15 pm	\$44	\$55	AL321007
1/5-2/9	M	5:30-6 pm	\$54	\$67.50	AL321008
2/23-3/16	M	5:30-6 pm	\$44	\$55	AL321009
1/5-2/9	M	6:05-6:35 pm	\$54	\$67.50	AL321010
2/23-3/16	M	6:05-6:35 pm	\$44	\$55	AL321011
1/5-2/9	M	6:40-7:10 pm	\$54	\$67.50	AL321012
2/23-3/16	M	6:40-7:10 pm	\$44	\$55	AL321013
1/6-2/10	T	3:30-4 pm	\$63	\$78.75	AL321014
2/17-3/17	T	3:30-4 pm	\$54	\$67.50	AL321015
1/6-2/10	T	4:05-4:35 pm	\$63	\$78.75	AL321016
2/17-3/17	T	4:05-4:35 pm	\$54	\$67.50	AL321017
1/6-2/10	T	4:40-5:10 pm	\$63	\$78.75	AL321018
2/17-3/17	T	4:40-5:10 pm	\$54	\$67.50	AL321019
1/6-2/10	T	5:25-5:55 pm	\$63	\$78.75	AL321020
2/17-3/17	T	5:25-5:55 pm	\$54	\$67.50	AL321021
1/6-2/10	T	6-6:30 pm	\$63	\$78.75	AL321022
2/17-3/17	T	6-6:30 pm	\$54	\$67.50	AL321023
1/7-2/11	W	3-3:30 pm	\$63	\$78.75	AL321025
2/18-3/18	W	3-3:30 pm	\$54	\$67.50	AL321026
1/7-2/11	W	3:35-4:05 pm	\$63	\$78.75	AL321027
2/18-3/18	W	3:35-4:05 pm	\$54	\$67.50	AL321028
1/7-2/11	W	4:10-4:40 pm	\$63	\$78.75	AL321029
2/18-3/18	W	4:10-4:40 pm	\$54	\$67.50	AL321030
1/7-2/11	W	4:45-5:15 pm	\$63	\$78.75	AL321031
2/18-3/18	W	4:45-5:15 pm	\$54	\$67.50	AL321032
1/7-2/11	W	5:30-6 pm	\$63	\$78.75	AL321033
2/18-3/18	W	5:30-6 pm	\$54	\$67.50	AL321034
1/7-2/11	W	6:05-6:35 pm	\$63	\$78.75	AL321035
2/18-3/18	W	6:05-6:35 pm	\$54	\$67.50	AL321036
1/7-2/11	W	6:40-7:10 pm	\$63	\$78.75	AL321037
2/18-3/18	W	6:40-7:10 pm	\$54	\$67.50	AL321038
2/19-3/19	Th	3:30-4 pm	\$54	\$67.50	AL321040
2/19-3/19	Th	4:05-4:35 pm	\$54	\$67.50	AL321042
2/19-3/19	Th	4:40-5:10 pm	\$54	\$67.50	AL321044
1/8-2/12	Th	5:25-5:55 pm	\$63	\$78.75	AL321045
2/19-3/19	Th	5:25-5:55 pm	\$54	\$67.50	AL321046
1/8-2/12	Th	6-6:30 pm	\$63	\$78.75	AL321047
2/19-3/19	Th	6-6:30 pm	\$54	\$67.50	AL321048
1/11-3/15	Su	12-12:30 pm	\$101	\$126.25	AL321065
1/11-3/15	Su	12:35-1:05 pm	\$101	\$126.25	AL321066
1/11-3/15	Su	1:10-1:40 pm	\$101	\$126.25	AL321067
1/11-3/15	Su	2-2:30 pm	\$101	\$126.25	AL321068
1/11-3/15	Su	2:35-3:05 pm	\$101	\$126.25	AL321069
1/11-3/15	Su	3:10-3:40 pm	\$101	\$126.25	AL321070
Spring Term:					
3/30-4/27	M	3-3:30 pm	\$54	\$67.50	AL421000
5/4-6/1	M	3-3:30 pm	\$44	\$55	AL421001
3/30-4/27	M	3:35-4:05 pm	\$54	\$67.50	AL421002
5/4-6/1	M	3:35-4:05 pm	\$44	\$55	AL421003
3/30-4/27	M	4:10-4:40 pm	\$54	\$67.50	AL421004
5/4-6/1	M	4:10-4:40 pm	\$44	\$55	AL421005
3/30-4/27	M	4:45-5:15 pm	\$54	\$67.50	AL421006
5/4-6/1	M	4:45-5:15 pm	\$44	\$55	AL421007
3/30-4/27	M	5:30-6 pm	\$54	\$67.50	AL421008
5/4-6/1	M	5:30-6 pm	\$44	\$55	AL421009
3/30-4/27	M	6:05-6:35 pm	\$54	\$67.50	AL421010
5/4-6/1	M	6:05-6:35 pm	\$44	\$55	AL421011
3/30-4/27	M	6:40-7:10 pm	\$54	\$67.50	AL421012
5/4-6/1	M	6:40-7:10 pm	\$44	\$55	AL421013
3/31-4/28	T	3-3:30 pm	\$54	\$67.50	AL421014

5/5-6/2	T	3-3:30 pm	\$54	\$67.50	AL421015
3/31-4/28	T	4:05-4:35 pm	\$54	\$67.50	AL421016
5/5-6/2	T	4:05-4:35 pm	\$54	\$67.50	AL421017
3/31-4/28	T	4:40-5:10 pm	\$54	\$67.50	AL421018
5/5-6/2	T	4:40-5:10 pm	\$54	\$67.50	AL421019
3/31-4/28	T	5:25-5:55 pm	\$54	\$67.50	AL421020
5/5-6/2	T	5:25-5:55 pm	\$54	\$67.50	AL421021
3/31-4/28	T	6-6:30 pm	\$54	\$67.50	AL421022
5/5-6/2	T	6-6:30 pm	\$54	\$67.50	AL421023
4/1-4/29	W	3-3:30 pm	\$54	\$67.50	AL421025
5/6-6/3	W	3-3:30 pm	\$54	\$67.50	AL421026
4/1-4/29	W	3:35-4:05 pm	\$54	\$67.50	AL421027
5/6-6/3	W	3:35-4:05 pm	\$54	\$67.50	AL421028
4/1-4/29	W	4:10-4:40 pm	\$54	\$67.50	AL421029
5/6-6/3	W	4:10-4:40 pm	\$54	\$67.50	AL421030
4/1-4/29	W	4:45-5:15 pm	\$54	\$67.50	AL421031
5/6-6/3	W	4:45-5:15 pm	\$54	\$67.50	AL421032
4/1-4/29	W	5:30-6 pm	\$54	\$67.50	AL421033
5/6-6/3	W	5:30-6 pm	\$54	\$67.50	AL421034
4/1-4/29	W	6:05-6:35 pm	\$54	\$67.50	AL421035
5/6-6/3	W	6:05-6:35 pm	\$54	\$67.50	AL421036
4/1-4/29	W	6:40-7:10 pm	\$54	\$67.50	AL421037
5/6-6/3	W	6:40-7:10 pm	\$54	\$67.50	AL421038
4/2-4/30	Th	3:30-4 pm	\$54	\$67.50	AL421039
5/7-6/4	Th	3:30-4 pm	\$54	\$67.50	AL421040
4/2-4/30	Th	4:05-4:35 pm	\$54	\$67.50	AL421041
5/7-6/4	Th	4:05-4:35 pm	\$54	\$67.50	AL421042
4/2-4/30	Th	4:40-5:10 pm	\$54	\$67.50	AL421043
5/7-6/4	Th	4:40-5:10 pm	\$54	\$67.50	AL421044
4/2-4/30	Th	5:25-5:55 pm	\$54	\$67.50	AL421045
5/7-6/4	Th	5:25-5:55 pm	\$54	\$67.50	AL421046
4/2-4/30	Th	6-6:30 pm	\$54	\$67.50	AL421047
5/7-6/4	Th	6-6:30 pm	\$54	\$67.50	AL421048
4/12-6/7	Su	12-12:30 pm	\$82	\$102.50	AL421065
4/12-6/7	Su	12:35-1:05 pm	\$82	\$102.50	AL421066
4/12-6/7	Su	1:10-1:40 pm	\$82	\$102.50	AL421067
4/12-6/7	Su	2-2:30 pm	\$82	\$102.50	AL421068
4/12-6/7	Su	2:35-3:05 pm	\$82	\$102.50	AL421069
4/12-6/7	Su	3:10-3:40 pm	\$82	\$102.50	AL421070

Intermediate Swimming Skills

Date	Day	Time	ID/AP	OD	Class#
Preschool/School Age Level 5-7					
No class 1/1, 1/19, 2/16, 4/5, 5/25.					

Winter Term:

1/5-2/9	M	4:10-4:40 pm	\$54	\$67.50	AL325004
2/23-3/16	M	4:10-4:40 pm	\$44	\$55	AL325005
1/5-2/9	M	4:45-5:15 pm	\$54	\$67.50	AL325006
2/23-3/16	M	4:45-5:15 pm	\$44	\$55	AL325007
1/5-2/9	M	5:30-6 pm	\$54	\$67.50	AL325008
2/23-3/16	M	5:30-6 pm	\$44	\$55	AL325009
1/6-2/10	T	4:05-4:35 pm	\$63	\$78.75	AL325016
2/17-3/17	T	4:05-4:35 pm	\$54	\$67.50	AL325017
1/6-2/10	T	4:40-5:10 pm	\$63	\$78.75	AL325018
2/17-3/17	T	4:40-5:10 pm	\$54	\$67.50	AL325019
1/7-2/11	W	4:10-4:40 pm	\$63	\$78.75	AL325029
2/18-3/18	W	4:10-4:40 pm	\$54	\$67.50	AL325030
1/7-2/11	W	4:45-5:15 pm	\$63	\$78.75	AL325031
2/18-3/18	W	4:45-5:15 pm	\$54	\$67.50	AL325032
2/19-3/19	Th	4:05-4:35 pm	\$54	\$67.50	AL325042
2/19-3/19	Th	4:40-5:10 pm	\$54	\$67.50	AL325044
1/11-3/15	Su	1:10-1:40 pm	\$101	\$126.25	AL325067
1/11-3/15	Su	2-2:30 pm	\$101	\$126.25	AL325068

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

Preschool/School Age Level 5-7 continued

Spring Term:

3/30-4/27	M	4:10-4:40 pm	\$54	\$67.50	AL425004
5/4-6/1	M	4:10-4:40 pm	\$44	\$55	AL425005
3/30-4/27	M	4:45-5:15 pm	\$54	\$67.50	AL425006
5/4-6/1	M	4:45-5:15 pm	\$44	\$55	AL425007
3/30-4/27	M	5:30-6 pm	\$54	\$67.50	AL425008
5/4-6/1	M	5:30-6 pm	\$44	\$55	AL425009
3/31-4/28	T	4:05-4:35 pm	\$54	\$67.50	AL425016
5/5-6/2	T	4:05-4:35 pm	\$54	\$67.50	AL425017
3/31-4/28	T	4:40-5:10 pm	\$54	\$67.50	AL425018
5/5-6/2	T	4:40-5:10 pm	\$54	\$67.50	AL425019
4/1-4/29	W	4:10-4:40 pm	\$54	\$67.50	AL425029
5/6-6/6	W	4:10-4:40 pm	\$54	\$67.50	AL425030
4/1-4/29	W	4:45-5:15 pm	\$54	\$67.50	AL425031
5/6-6/3	W	4:45-5:15 pm	\$54	\$67.50	AL425032
4/2-4/30	Th	4:05-4:35 pm	\$54	\$67.50	AL425041
5/7-6/4	Th	4:05-4:35 pm	\$54	\$67.50	AL425042
4/2-4/30	Th	4:40-5:10 pm	\$54	\$67.50	AL425043
5/7-6/4	Th	4:40-5:10 pm	\$54	\$67.50	AL425044
4/12-6/7	Su	1:10-1:40 pm	\$82	\$102.50	AL425067
4/12-6/7	Su	2-2:30 pm	\$82	\$102.50	AL425068

Specialty Programs

Date	Day	Time	ID/AP	OD	Class#
Baby/Toddler & Me					
Ages 6 months to 3 years old.					
Water adjustment class for adult and child. Basic skills are introduced with games and songs. Swim diapers required. One adult with each child.					
No class 4/5.					
Winter Term:					
1/11-3/15	Su	12-12:30 pm	\$67	\$83.75	AL340065
1/11-3/15	Su	12:35-1:05 pm	\$67	\$83.75	AL340066
Spring Term:					
4/12-6/7	Su	12-12:30 pm	\$55	\$68.75	AL440065
4/12-6/7	Su	12:35-1:05 pm	\$55	\$68.75	AL440066

Teen/Adult Swimming Skills

No class 1/1, 1/19, 2/16, 4/5, 5/25.

Winter Term:

1/5-2/9	M	6:05-6:35 pm	\$54	\$67.50	AL350010
2/23-3/16	M	6:05-6:35 pm	\$44	\$55	AL350011
1/5-2/9	M	6:40-7:10 pm	\$54	\$67.50	AL350012
2/23-3/16	M	6:40-7:10 pm	\$44	\$55	AL350013
1/7-2/11	W	6:40-7:10 pm	\$63	\$78.75	AL350037
2/18-3/18	W	6:40-7:10 pm	\$54	\$67.50	AL350038
1/11-3/15	Su	2:35-3:05 pm	\$101	\$126.25	AL350069
1/11-3/15	Su	3:10-3:40 pm	\$101	\$126.25	AL350070

Spring Term:

3/30-4/27	M	6:05-6:35 pm	\$54	\$67.50	AL450010
5/4-6/1	M	6:05-6:35 pm	\$44	\$55	AL450011
3/30-4/27	M	6:40-7:10 pm	\$54	\$67.50	AL450012
5/4-6/1	M	6:40-7:10 pm	\$44	\$55	AL450013
4/1-4/29	W	6:40-7:10 pm	\$54	\$67.50	AL450037
5/6-6/3	W	6:40-7:10 pm	\$54	\$67.50	AL450038
4/12-6/7	Su	2:35-3:05 pm	\$82	\$102.50	AL350069
4/12-6/7	Su	3:10-3:40 pm	\$82	\$102.50	AL350070

Private Lessons

Winter Term:

1/9-1/23	F	3-3:30 pm	\$150	\$187.50	AL360049
1/9-1/23	F	3:35-4:05 pm	\$150	\$187.50	AL360050
1/9-1/23	F	4:10-4:40 pm	\$150	\$187.50	AL360051
1/9-1/23	F	4:45-5:15 pm	\$150	\$187.50	AL360052
1/30-2/13	F	3-3:30 pm	\$150	\$187.50	AL360053
1/30-2/13	F	3:35-4:05 pm	\$150	\$187.50	AL360054
1/30-2/13	F	4:10-4:40 pm	\$150	\$187.50	AL360055
1/30-2/13	F	4:45-5:15 pm	\$150	\$187.50	AL360056
2/20-3/6	F	3-3:30 pm	\$150	\$187.50	AL360057
2/20-3/6	F	3:35-4:05 pm	\$150	\$187.50	AL360058
2/20-3/6	F	4:10-4:40 pm	\$150	\$187.50	AL360059
2/20-3/6	F	4:45-5:15 pm	\$150	\$187.50	AL360060
3/13-3/20	F	3-3:30 pm	\$100	\$125	AL360061
3/13-3/20	F	3:35-4:05 pm	\$100	\$125	AL360062
3/13-3/20	F	4:10-4:40 pm	\$100	\$125	AL360063
3/13-3/20	F	4:45-5:15 pm	\$100	\$125	AL360064

Spring Term:

4/3-4/17	F	3-3:30 pm	\$150	\$187.50	AL460049
4/3-4/17	F	3:35-4:05 pm	\$150	\$187.50	AL460050
4/3-4/17	F	4:10-4:40 pm	\$150	\$187.50	AL460051
4/3-4/17	F	4:45-5:15 pm	\$150	\$187.50	AL460052
4/24-5/8	F	3-3:30 pm	\$150	\$187.50	AL460053
4/24-5/8	F	3:35-4:05 pm	\$150	\$187.50	AL460054
4/24-5/8	F	4:10-4:40 pm	\$150	\$187.50	AL460055
4/24-5/8	F	4:45-5:15 pm	\$150	\$187.50	AL460056
5/15-5/22	F	3-3:30 pm	\$100	\$125	AL460057
5/15-5/22	F	3:35-4:05 pm	\$100	\$125	AL460058
5/15-5/22	F	4:10-4:40 pm	\$100	\$125	AL460059
5/15-5/22	F	4:45-5:15 pm	\$100	\$125	AL460060
5/29-6/5	F	3-3:30 pm	\$100	\$125	AL460061
5/29-6/5	F	3:35-4:05 pm	\$100	\$125	AL460062
5/29-6/5	F	4:10-4:40 pm	\$100	\$125	AL460063
5/29-6/5	F	4:45-5:15 pm	\$100	\$125	AL460064



Beaverton Swim Center



TUALATIN HILLS
PARK & RECREATION DISTRICT

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

TriMet Bus Routes #52, #76, #78

Facility Supervisor: Dan McGatha

Office Hours:

Monday - Thursday: 7 am – 7:30 pm

Friday: 7 am – 6 pm

Saturday: 7:30 am – 4 pm

Sunday: Closed

Hours subject to change.

Visit thprd.org for updated schedules.

Facility Closed: 12/31, 1/1, 1/19, 2/16, 4/5, 5/25, 6/19

Beaverton Swim Center features:

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

Special Event

Friends to the Rescue

Sunday, May 2 • 1-2 pm

FREE! Class ID: BVFRIENDS

Bring a friend and learn swimming and water safety skills on what to do in a water emergency. Get to practice your skills with your BEST buddy and play in open swim afterwards. Geared toward ages 7-12 yrs but families welcome! Under 7 years must have parent in the water. Treats provided! Registration recommended.

Winter/Spring Splash

A recreational swim team with a focus on stroke refinement, building endurance, and sportsmanship. Participants must be between the ages of 5 and 17 and be able to swim 25 yards of crawl stroke and 25 yards of backstroke. While not required to compete, swim meets are held on some Saturdays during the season. **No class 1/19, 2/16, 5/25.**

Date	Day	Time	ID/AP	OD	Class#
Winter Term: Meet dates on 2/8 & 3/8					
1/5-3/18	M/W	6:40-7:25 pm	\$249	\$308.75	BV334034
1/6-3/19	T/Th	6:40-7:25 pm	\$272	\$337.50	BV334047
Spring Term: Meet dates on 4/26 & 5/10					
3/30-6/3	M/W	6:40-7:25 pm	\$238	\$295	BV434034
3/31-6/4	T/Th	6:40-7:25 pm	\$249	\$308.75	BV434047

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. Movement possibilities are almost unlimited when suspended in the water; and people work on aerobic fitness, strength, balance and flexibility.

Cardio Core: The class is held in the shallow end of the pool. Participants challenge themselves with the resistance of the water in the low-impact work-out as they exercise to lively, upbeat music. Participants work on aerobic conditioning, strength, balance and flexibility. At least 35 minutes of the class will be dedicated to pure cardio in Level 2 class.

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

Spring Break Camps • 7-12 yrs

All-day Spring break camp fun! Each day will include games, arts and crafts, and more. Register for just one day or all week. Please remember to send your child every day with a lunch, snacks for morning and afternoon, water bottle, and a swimsuit plus a towel each day.

Manatee Monday

3/23	M	9 am – 4 pm	7-12 yrs	BV382000
		Beaverton Swim Center	ID/AP: \$85	OD: \$106.25

Turtle Tuesday

3/24	T	9 am – 4 pm	7-12 yrs	BV382001
		Beaverton Swim Center	ID/AP: \$85	OD: \$106.25

Walrus Wednesday

3/25	W	9 am – 4 pm	7-12 yrs	BV382002
		Beaverton Swim Center	ID/AP: \$85	OD: \$106.25

Tuna Thursday

3/26	Th	9 am – 4 pm	7-12 yrs	BV382003
		Beaverton Swim Center	ID/AP: \$85	OD: \$106.25

Flounder Fun Day

3/27	F	9 am – 4 pm	7-12 yrs	BV382004
		Beaverton Swim Center	ID/AP: \$85	OD: \$106.25



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 room.

Beginning Swimming Skills

Date	Day	Time	ID/AP	OD	Class#
Preschool Level 1-3					
No class 1/1, 1/19, 2/16, 5/25.					

Winter Term:

1/5-2/9	M	9-9:30 am	\$54	\$67.50	BV311000
2/23-3/16	M	9-9:30 am	\$44	\$55	BV311001
1/5-2/9	M	9:35-10:05 am	\$54	\$67.50	BV311002
2/23-3/16	M	9:35-10:05 am	\$44	\$55	BV311003
1/5-2/9	M	10:10-10:40 am	\$54	\$67.50	BV311004
2/23-3/16	M	10:10-10:40 am	\$44	\$55	BV311005
1/7-2/11	W	9-9:30 am	\$63	\$78.75	BV311012
2/18-3/18	W	9-9:30 am	\$54	\$67.50	BV311013
1/7-2/11	W	9:35-10:05 am	\$63	\$78.75	BV311014
2/18-3/18	W	9:35-10:05 am	\$54	\$67.50	BV311015
1/7-2/11	W	10:10-10:40 am	\$63	\$78.75	BV311016
2/18-3/18	W	10:10-10:40 am	\$54	\$67.50	BV311017
1/5-2/9	M	3:45-4:15 pm	\$54	\$67.50	BV311024
2/23-3/16	M	3:45-4:15 pm	\$44	\$55	BV311025
1/5-2/9	M	4:20-4:50 pm	\$54	\$67.50	BV311026
2/23-3/16	M	4:20-4:50 pm	\$44	\$55	BV311027
1/5-2/9	M	4:55-5:25 pm	\$54	\$67.50	BV311028
2/23-3/16	M	4:55-5:25 pm	\$44	\$55	BV311029
1/5-2/9	M	5:45-6:15 pm	\$54	\$67.50	BV311030
2/23-3/16	M	5:45-6:15 pm	\$44	\$55	BV311031
1/5-2/9	M	6:20-6:50 pm	\$54	\$67.50	BV311032
2/23-3/16	M	6:20-6:50 pm	\$44	\$55	BV311033
1/5-2/9	M	6:55-7:25 pm	\$54	\$67.50	BV311034
2/23-3/16	M	6:55-7:25 pm	\$44	\$55	BV311035
1/6-2/10	T	3:45-4:15 pm	\$63	\$78.75	BV311036
2/17-3/17	T	3:45-4:15 pm	\$54	\$67.50	BV311037
1/6-2/10	T	4:20-4:50 pm	\$63	\$78.75	BV311038
2/17-3/17	T	4:20-4:50 pm	\$54	\$67.50	BV311039
1/6-2/10	T	4:55-5:25 pm	\$63	\$78.75	BV311040
2/17-3/17	T	4:55-5:25 pm	\$54	\$67.50	BV311041
1/6-2/10	T	5:45-6:15 pm	\$63	\$78.75	BV311042
2/17-3/17	T	5:45-6:15 pm	\$54	\$67.50	BV311043
1/6-2/10	T	6:20-6:50 pm	\$63	\$78.75	BV311044
2/17-3/17	T	6:20-6:50 pm	\$54	\$67.50	BV311045
1/6-2/10	T	6:55-7:25 pm	\$63	\$78.75	BV311046
2/17-3/17	T	6:55-7:25 pm	\$54	\$67.50	BV311047
1/7-2/11	W	3:45-4:15 pm	\$63	\$78.75	BV311048
2/18-3/18	W	3:45-4:15 pm	\$54	\$67.50	BV311049
1/7-2/11	W	4:20-4:50 pm	\$63	\$78.75	BV311050
2/18-3/18	W	4:20-4:50 pm	\$54	\$67.50	BV311051
1/7-2/11	W	4:55-5:25 pm	\$63	\$78.75	BV311052
2/18-3/18	W	4:55-5:25 pm	\$54	\$67.50	BV311053
1/7-2/11	W	5:45-6:15 pm	\$63	\$78.75	BV311054
2/18-3/18	W	5:45-6:15 pm	\$54	\$67.50	BV311055
1/7-2/11	W	6:20-6:50 pm	\$63	\$78.75	BV311056
2/18-3/18	W	6:20-6:50 pm	\$54	\$67.50	BV311057
1/7-2/11	W	6:55-7:25 pm	\$63	\$78.75	BV311058
2/18-3/18	W	6:55-7:25 pm	\$54	\$67.50	BV311059
2/19-3/19	Th	3:45-4:15 pm	\$54	\$67.50	BV311061
2/19-3/19	Th	4:20-4:50 pm	\$54	\$67.50	BV311063
2/19-3/19	Th	4:55-5:25 pm	\$54	\$67.50	BV311065

Preschool Level 1-3 continued

1/8-2/12	Th	5:45-6:15 pm	\$63	\$78.75	BV311066
2/19-3/19	Th	5:45-6:15 pm	\$54	\$67.50	BV311067
1/8-2/12	Th	6:20-6:50 pm	\$63	\$78.75	BV311068
2/19-3/19	Th	6:20-6:50 pm	\$54	\$67.50	BV311069
1/8-2/12	Th	6:55-7:25 pm	\$63	\$78.75	BV311070
2/19-3/19	Th	6:55-7:25 pm	\$54	\$67.50	BV311071
1/10-3/14	S	9-9:30 am	\$101	\$126.25	BV311072
1/10-3/14	S	9:35-10:05 am	\$101	\$126.25	BV311073
1/10-3/14	S	10:10-10:40 am	\$101	\$126.25	BV311074
1/10-3/14	S	11-11:30 am	\$101	\$126.25	BV311075
1/10-3/14	S	11:35 am-12:05 pm	\$101	\$126.25	BV311076

Spring Term:

3/30-4/27	M	9-9:30 am	\$54	\$67.50	BV411000
5/4-6/1	M	9-9:30 am	\$44	\$55	BV411001
3/30-4/27	M	9:35-10:05 am	\$54	\$67.50	BV411002
5/4-6/1	M	9:35-10:05 am	\$44	\$55	BV411003
3/30-4/27	M	10:10-10:40 am	\$54	\$67.50	BV411004
5/4-6/1	M	10:10-10:40 am	\$44	\$55	BV411005
4/1-4/29	W	9-9:30 am	\$54	\$67.50	BV411012
5/6-6/3	W	9-9:30 am	\$54	\$67.50	BV411013
4/1-4/29	W	9:35-10:05 am	\$54	\$67.50	BV411014
5/6-6/3	W	9:35-10:05 am	\$54	\$67.50	BV411015
4/1-4/29	W	10:10-10:40 am	\$54	\$67.50	BV411016
5/6-6/3	W	10:10-10:40 am	\$54	\$67.50	BV411017
3/30-4/27	M	3:45-4:15 pm	\$54	\$67.50	BV411024
5/4-6/1	M	3:45-4:15 pm	\$44	\$55	BV411025
3/30-4/27	M	4:20-4:50 pm	\$54	\$67.50	BV411026
5/4-6/1	M	4:20-4:50 pm	\$44	\$55	BV411027
3/30-4/27	M	4:55-5:25 pm	\$54	\$67.50	BV411028
5/4-6/1	M	4:55-5:25 pm	\$44	\$55	BV411029
3/30-4/27	M	5:45-6:15 pm	\$54	\$67.50	BV411030
5/4-6/1	M	5:45-6:15 pm	\$44	\$55	BV411031
3/30-4/27	M	6:20-6:50 pm	\$54	\$67.50	BV411032
5/4-6/1	M	6:20-6:50 pm	\$44	\$55	BV411033
3/30-4/27	M	6:55-7:25 pm	\$54	\$67.50	BV411034
5/4-6/1	M	6:55-7:25 pm	\$44	\$55	BV411035
3/31-4/28	T	3:45-4:15 pm	\$54	\$67.50	BV411036
5/5-6/2	T	3:45-4:15 pm	\$54	\$67.50	BV411037
3/31-4/28	T	4:20-4:50 pm	\$54	\$67.50	BV411038
5/5-6/2	T	4:20-4:50 pm	\$54	\$67.50	BV411039
3/31-4/28	T	4:55-5:25 pm	\$54	\$67.50	BV411040
5/5-6/2	T	4:55-5:25 pm	\$54	\$67.50	BV411041
3/31-4/28	T	5:45-6:15 pm	\$54	\$67.50	BV411042
5/5-6/2	T	5:45-6:15 pm	\$54	\$67.50	BV411043
3/31-4/28	T	6:20-6:50 pm	\$54	\$67.50	BV411044
5/5-6/2	T	6:20-6:50 pm	\$54	\$67.50	BV411045
3/31-4/28	T	6:55-7:25 pm	\$54	\$67.50	BV411046
5/5-6/2	T	6:55-7:25 pm	\$54	\$67.50	BV411047
4/1-4/29	W	3:45-4:15 pm	\$54	\$67.50	BV411048
5/6-6/3	W	3:45-4:15 pm	\$54	\$67.50	BV411049
4/1-4/29	W	4:20-4:50 pm	\$54	\$67.50	BV411050
5/6-6/3	W	4:20-4:50 pm	\$54	\$67.50	BV411051
4/1-4/29	W	4:55-5:25 pm	\$54	\$67.50	BV411052
5/6-6/3	W	4:55-5:25 pm	\$54	\$67.50	BV411053
4/1-4/29	W	5:45-6:15 pm	\$54	\$67.50	BV411054
5/6-6/3	W	5:45-6:15 pm	\$54	\$67.50	BV411055
4/1-4/29	W	6:20-6:50 pm	\$54	\$67.50	BV411056
5/6-6/3	W	6:20-6:50 pm	\$54	\$67.50	BV411057
4/1-4/29	W	6:55-7:25 pm	\$54	\$67.50	BV411058
5/6-6/3	W	6:55-7:25 pm	\$54	\$67.50	BV411059
4/2-4/30	Th	3:45-4:15 pm	\$54	\$67.50	BV411060

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

Preschool Level 1-3 continued

5/7-6/4	Th	3:45-4:15 pm	\$54	\$67.50	BV411061
4/2-4/30	Th	4:20-4:50 pm	\$54	\$67.50	BV411062
5/7-6/4	Th	4:20-4:50 pm	\$54	\$67.50	BV411063
4/2-4/30	Th	4:55-5:25 pm	\$54	\$67.50	BV411064
5/7-6/4	Th	4:55-5:25 pm	\$54	\$67.50	BV411065
4/2-4/30	Th	5:45-6:15 pm	\$54	\$67.50	BV411066
5/7-6/4	Th	5:45-6:15 pm	\$54	\$67.50	BV411067
4/2-4/30	Th	6:20-6:50 pm	\$54	\$67.50	BV411068
5/7-6/4	Th	6:20-6:50 pm	\$54	\$67.50	BV411069
4/2-4/30	Th	6:55-7:25 pm	\$54	\$67.50	BV411070
5/7-6/4	Th	6:55-7:25 pm	\$54	\$67.50	BV411071
4/4-6/6	S	9-9:30 am	\$92	\$115	BV411072
4/4-6/6	S	9:35-10:05 am	\$92	\$115	BV411073
4/4-6/6	S	10:10-10:40 am	\$92	\$115	BV411074
4/4-6/6	S	11-11:30 am	\$92	\$115	BV411075
4/4-6/6	S	11:35 am-12:05 pm	\$92	\$115	BV411076

School Age Level 1-4 No class 1/1, 1/19, 2/16, 5/25.

Winter Term:

1/5-2/9	M	3:45-4:15 pm	\$54	\$67.50	BV321024
2/23-3/16	M	3:45-4:15 pm	\$44	\$55	BV321025
1/5-2/9	M	4:20-4:50 pm	\$54	\$67.50	BV321026
2/23-3/16	M	4:20-4:50 pm	\$44	\$55	BV321027
1/5-2/9	M	4:55-5:25 pm	\$54	\$67.50	BV321028
2/23-3/16	M	4:55-5:25 pm	\$44	\$55	BV321029
1/5-2/9	M	5:45-6:15 pm	\$54	\$67.50	BV321030
2/23-3/16	M	5:45-6:15 pm	\$44	\$55	BV321031
1/5-2/9	M	6:20-6:50 pm	\$54	\$67.50	BV321032
2/23-3/16	M	6:20-6:50 pm	\$44	\$55	BV321033
1/5-2/9	M	6:55-7:25 pm	\$54	\$67.50	BV321034
2/23-3/16	M	6:55-7:25 pm	\$44	\$55	BV321035
1/6-2/10	T	3:45-4:15 pm	\$63	\$78.75	BV321036
2/17-3/17	T	3:45-4:15 pm	\$54	\$67.50	BV321037
1/6-2/10	T	4:20-4:50 pm	\$63	\$78.75	BV321038
2/17-3/17	T	4:20-4:50 pm	\$54	\$67.50	BV321039
1/6-2/10	T	4:55-5:25 pm	\$63	\$78.75	BV321040
2/17-3/17	T	4:20-4:50 pm	\$54	\$67.50	BV321041
1/6-2/10	T	5:45-6:15 pm	\$63	\$78.75	BV321042
2/17-3/17	T	5:45-6:15 pm	\$54	\$67.50	BV321043
1/6-2/10	T	6:20-6:50 pm	\$63	\$78.75	BV321044
2/17-3/17	T	6:20-6:50 pm	\$54	\$67.50	BV321045
1/6-2/10	T	6:55-7:25 pm	\$63	\$78.75	BV321046
2/17-3/17	T	6:55-7:25 pm	\$54	\$67.50	BV321047
1/7-2/11	W	3:45-4:15 pm	\$63	\$78.75	BV321048
2/18-3/18	W	3:45-4:15 pm	\$54	\$67.50	BV321049
1/7-2/11	W	4:20-4:50 pm	\$63	\$78.75	BV321050
2/18-3/18	W	4:20-4:50 pm	\$54	\$67.50	BV321051
1/7-2/11	W	4:55-5:25 pm	\$63	\$78.75	BV321052
2/18-3/18	W	4:55-5:25 pm	\$54	\$67.50	BV321053
1/7-2/11	W	5:45-6:15 pm	\$63	\$78.75	BV321054
2/18-3/18	W	5:45-6:15 pm	\$54	\$67.50	BV321055
1/7-2/11	W	6:20-6:50 pm	\$63	\$78.75	BV321056
2/18-3/18	W	6:20-6:50 pm	\$54	\$67.50	BV321057
1/7-2/11	W	6:55-7:25 pm	\$63	\$78.75	BV321058
2/18-3/18	W	6:55-7:25 pm	\$54	\$67.50	BV321059
2/19-3/19	Th	3:45-4:15 pm	\$54	\$67.50	BV321061
2/19-3/19	Th	4:20-4:50 pm	\$54	\$67.50	BV321063
2/19-3/19	Th	4:55-5:25 pm	\$54	\$67.50	BV321065

School Age Level 1-4 continued

1/8-2/12	Th	5:45-6:15 pm	\$63	\$78.75	BV321066
2/19-3/19	Th	5:45-6:15 pm	\$54	\$67.50	BV321067
1/8-2/12	Th	6:20-6:50 pm	\$63	\$78.75	BV321068
2/19-3/19	Th	6:20-6:50 pm	\$54	\$67.50	BV321069
1/8-2/12	Th	6:55-7:25 pm	\$63	\$78.75	BV321070
2/19-3/19	Th	6:55-7:25 pm	\$54	\$67.50	BV321071
1/10-3/14	S	9-9:30 am	\$101	\$126.25	BV321072
1/10-3/14	S	9:35-10:05 am	\$101	\$126.25	BV321073
1/10-3/14	S	10:10-10:40 am	\$101	\$126.25	BV321074
1/10-3/14	S	11-11:30 am	\$101	\$126.25	BV321075
1/10-3/14	S	11:35 am-12:05 pm	\$101	\$126.25	BV321076

Spring Term:

3/30-4/27	M	3:45-4:15 pm	\$54	\$67.50	BV421024
5/4-6/1	M	3:45-4:15 pm	\$44	\$55	BV421025
3/30-4/27	M	4:20-4:50 pm	\$54	\$67.50	BV421026
5/4-6/1	M	4:20-4:50 pm	\$44	\$55	BV421027
3/30-4/27	M	4:55-5:25 pm	\$54	\$67.50	BV421028
5/4-6/1	M	4:55-5:25 pm	\$44	\$55	BV421029
3/30-4/27	M	5:45-6:15 pm	\$54	\$67.50	BV421030
5/4-6/1	M	5:45-6:15 pm	\$44	\$55	BV421031
3/30-4/27	M	6:20-6:50 pm	\$54	\$67.50	BV421032
5/4-6/1	M	6:20-6:50 pm	\$44	\$55	BV421033
3/30-4/27	M	6:55-7:25 pm	\$54	\$67.50	BV421034
5/4-6/1	M	6:55-7:25 pm	\$44	\$55	BV421035
3/31-4/28	T	3:45-4:15 pm	\$54	\$67.50	BV421036
5/5-6/2	T	3:45-4:15 pm	\$54	\$67.50	BV421037
3/31-4/28	T	4:20-4:50 pm	\$54	\$67.50	BV421038
5/5-6/2	T	4:20-4:50 pm	\$54	\$67.50	BV421039
3/31-4/28	T	4:55-5:25 pm	\$54	\$67.50	BV421040
5/5-6/2	T	4:55-5:25 pm	\$54	\$67.50	BV421041
3/31-4/28	T	5:45-6:15 pm	\$54	\$67.50	BV421042
5/5-6/2	T	5:45-6:15 pm	\$54	\$67.50	BV421043
3/31-4/28	T	6:20-6:50 pm	\$54	\$67.50	BV421044
5/5-6/2	T	6:20-6:50 pm	\$54	\$67.50	BV421045
3/31-4/28	T	6:55-7:25 pm	\$54	\$67.50	BV421046
5/5-6/2	T	6:55-7:25 pm	\$54	\$67.50	BV421047
4/1-4/29	W	3:45-4:15 pm	\$54	\$67.50	BV421048
5/6-6/3	W	3:45-4:15 pm	\$54	\$67.50	BV421049
4/1-4/29	W	4:20-4:50 pm	\$54	\$67.50	BV421050
5/6-6/3	W	4:20-4:50 pm	\$54	\$67.50	BV421051
4/1-4/29	W	4:55-5:25 pm	\$54	\$67.50	BV421052
5/6-6/3	W	4:55-5:25 pm	\$54	\$67.50	BV421053
4/1-4/29	W	5:45-6:15 pm	\$54	\$67.50	BV421054
5/6-6/3	W	5:45-6:15 pm	\$54	\$67.50	BV421055
4/1-4/29	W	6:20-6:50 pm	\$54	\$67.50	BV421056
5/6-6/3	W	6:20-6:50 pm	\$54	\$67.50	BV421057
4/1-4/29	W	6:55-7:25 pm	\$54	\$67.50	BV421058
5/6-6/3	W	6:55-7:25 pm	\$54	\$67.50	BV421059
4/2-4/30	Th	3:45-4:15 pm	\$54	\$67.50	BV421060
5/7-6/4	Th	3:45-4:15 pm	\$54	\$67.50	BV421061
4/2-4/30	Th	4:20-4:50 pm	\$54	\$67.50	BV421062
5/7-6/4	Th	4:20-4:50 pm	\$54	\$67.50	BV421063
4/2-4/30	Th	4:55-5:25 pm	\$54	\$67.50	BV421064
5/7-6/4	Th	4:55-5:25 pm	\$54	\$67.50	BV421065
4/2-4/30	Th	5:45-6:15 pm	\$54	\$67.50	BV421066
5/7-6/4	Th	5:45-6:15 pm	\$54	\$67.50	BV421067
4/2-4/30	Th	6:20-6:50 pm	\$54	\$67.50	BV421068
5/7-6/4	Th	6:20-6:50 pm	\$54	\$67.50	BV421069
4/2-4/30	Th	6:55-7:25 pm	\$54	\$67.50	BV421070
5/7-6/4	Th	6:55-7:25 pm	\$54	\$67.50	BV421071
4/4-6/6	S	9-9:30 am	\$92	\$115	BV421072

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

School Age Level 1-4 continued

4/4-6/6	S	9:35-10:05 am	\$92	\$115	BV421073
4/4-6/6	S	10:10-10:40 am	\$92	\$115	BV421074
4/4-6/6	S	11-11:30 am	\$92	\$115	BV421075
4/4-6/6	S	11:35 am-12:05 pm	\$92	\$115	BV421076

Intermediate/Advanced Swimming

Date	Day	Time	ID/AP	OD	Class#
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Preschool/School Age Level 5-7

No class 5/24.

Winter Term:

1/10-3/14	S	9-9:30 am	\$101	\$126.25	BV325072
1/10-3/14	S	11:35 am-12:05 pm	\$101	\$126.25	BV325076

Spring Term:

4/4-6/6	S	9-9:30 am	\$92	\$115	BV425072
4/4-6/6	S	11:35 am-12:05 pm	\$92	\$115	BV425076

Specialty Programs

Date	Day	Time	ID/AP	OD	Class#
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Baby/Toddler & Me

Ages 6 month to 3 years old.

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

No Class 1/19, 2/16, 5/25.

Winter Term:

1/5-2/9	M	9:35-10:05 am	\$35	\$43.75	BV340002
2/23-3/16	M	9:35-10:05 am	\$29	\$36.25	BV340003
1/5-2/9	M	4:55-5:25 pm	\$35	\$43.75	BV340028
2/23-3/16	M	4:55-5:25 pm	\$29	\$36.25	BV340029
1/6-2/10	T	5:45-6:15 pm	\$42	\$52.50	BV340042
2/17-3/17	T	5:45-6:15 pm	\$35	\$43.75	BV340043
1/7-2/11	W	9:35-10:05 am	\$42	\$52.50	BV340014
2/18-3/18	W	9:35-10:05 am	\$35	\$43.75	BV340015
1/10-3/14	S	9:35-10:05 am	\$67	\$83.75	BV340073

Spring Term:

3/30-4/27	M	9:35-10:05 am	\$35	\$43.75	BV440002
5/4-6/1	M	9:35-10:05 am	\$29	\$36.25	BV440003
3/30-4/27	M	4:55-5:25 pm	\$35	\$43.75	BV440028
5/4-6/1	M	4:55-5:25 pm	\$29	\$36.25	BV440029
3/31-4/28	T	5:45-6:15 pm	\$35	\$43.75	BV440042
5/5-6/2	T	5:45-6:15 pm	\$35	\$43.75	BV440043
4/1-4/29	W	9:35-10:05 am	\$35	\$43.75	BV440014
5/6-6/3	W	9:35-10:05 am	\$35	\$43.75	BV440015
4/4-6/6	S	9:35-10:05 am	\$61	\$76.25	BV440073

Deep Water Running - 6 week series

18-adult

For novice and seasoned runners- including athletes recovering from injuries, individuals with joint sensitivity or anyone just looking for a little cross-training. Meet us on Saturday mornings to enhance aerobic conditioning, improve muscular endurance, and increase mobility using water resistance in a non-impact environment.

Winter Term:

1/31-3/7	S	9-9:55 am	\$80	\$100	BV335072
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You & Your Aqua Explorers

Ages 2 years to 4 years old.

Help your child learn introduction to preschool level one skills. Your little swimmer will build confidence in a class setting with you by their side. Swim diapers required or toilet trained. One adult with each child.

No class 11/29.

Winter Term:

1/7-2/11	W	4:55-5:25 pm	\$42	\$52.50	BV341052
2/18-3/18	W	4:55-5:25 pm	\$35	\$43.75	BV341053
1/8-2/12	Th	5:45-6:15 pm	\$42	\$52.50	BV341066
2/19-3/19	Th	5:45-6:15 pm	\$35	\$43.75	BV341067
1/10-3/14	S	11-11:30 am	\$67	\$83.75	BV341075

Spring Term:

4/1-4/29	W	4:55-5:25 pm	\$35	\$43.75	BV441052
5/6-6/3	W	4:55-5:25 pm	\$35	\$43.75	BV441053
4/2-4/30	Th	5:45-6:15 pm	\$35	\$43.75	BV441066
5/7-6/4	Th	5:45-6:15 pm	\$35	\$43.75	BV441067
4/4-6/6	S	11-11:30 am	\$61	\$76.25	BV441075

Teen/Adult Swimming Skills

No class 11/11, 11/24, 11/25, 11/26, 11/27, 11/29.

Winter Term:

1/5-2/9	M	9-9:30 am	\$54	\$67.50	BV350000
2/23-3/16	M	9-9:30 am	\$44	\$55	BV350001
1/5-2/9	M	10:10-10:40 am	\$54	\$67.50	BV350004
2/23-3/16	M	10:10-10:40 am	\$44	\$55	BV350005
1/5-2/9	M	6:55-7:25 pm	\$54	\$67.50	BV350034
2/23-3/16	M	6:55-7:25 pm	\$44	\$55	BV350035
1/6-2/10	T	6:55-7:25 pm	\$63	\$78.75	BV350046
2/17-3/17	T	6:55-7:25 pm	\$54	\$67.50	BV350047
1/7-2/11	W	9-9:30 am	\$63	\$78.75	BV350012
2/18-3/18	W	9-9:30 am	\$54	\$67.50	BV350013
1/7-2/11	W	10:10-10:40 am	\$63	\$78.75	BV350016
2/18-3/18	W	10:10-10:40 am	\$54	\$67.50	BV350017
1/7-2/11	W	6:55-7:25 pm	\$63	\$78.75	BV350058
2/18-3/18	W	6:55-7:25 pm	\$54	\$67.50	BV350059
1/8-2/12	Th	6:55-7:25 pm	\$63	\$78.75	BV350070
2/19-3/19	Th	6:55-7:25 pm	\$54	\$67.50	BV350071
1/10-3/14	S	9-9:30 am	\$101	\$126.25	BV350072

Spring Term:

3/30-4/27	M	9-9:30 am	\$54	\$67.50	BV450000
5/4-6/1	M	9-9:30 am	\$44	\$55	BV450001
3/30-4/27	M	10:10-10:40 am	\$54	\$67.50	BV450004
5/4-6/1	M	10:10-10:40 am	\$44	\$55	BV450005
3/30-4/27	M	6:55-7:25 pm	\$54	\$67.50	BV450034
5/4-6/1	M	6:55-7:25 pm	\$44	\$55	BV450035
3/31-4/28	T	6:55-7:25 pm	\$54	\$67.50	BV450046
5/5-6/2	T	6:55-7:25 pm	\$54	\$67.50	BV450047
4/1-4/29	W	9-9:30 am	\$54	\$67.50	BV450012
5/6-6/3	W	9-9:30 am	\$54	\$67.50	BV450013
4/1-4/29	W	10:10-10:40 am	\$54	\$67.50	BV450016
5/6-6/3	W	10:10-10:40 am	\$54	\$67.50	BV450017
4/1-4/29	W	6:55-7:25 pm	\$54	\$67.50	BV450058
5/6-6/3	W	6:55-7:25 pm	\$54	\$67.50	BV450059
4/2-4/30	Th	6:55-7:25 pm	\$54	\$67.50	BV450070
5/7-6/4	Th	6:55-7:25 pm	\$54	\$67.50	BV450071
4/4-6/6	S	9-9:30 am	\$92	\$115	BV450072

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

Training or Professional Classes

Date	Day	Time	ID/AP	OD	Class#
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Jr. Lifeguarding

The Jr. Lifeguarding course is for students who are ages 12-15 years old and currently at aquatic Level 4 or above. Students will learn the principles and practices of being a lifeguard and swim lesson instructor aid. There are classroom and water sections for the course. The class introduces participants to lifesaving skills, including in-water rescues, use of a rescue tube, and first aid, CPR, and AED skills (no certifications). Participants will shadow lifeguards in rotation to get a real sense of being on the job. Jr. Guard candidates can apply as a volunteer Guard/Swim Aid at any of the THPRD aquatic centers.

Winter Term:

1/17-3/7	S	1-3 pm	\$100	\$125	BV351000
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Spring Term:

4/11-6/6	S	1-3 pm	\$100	\$125	BV451000
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Lifeguard Training

This is a "BLENDED LEARNING" lifeguard class. Prerequisites: Minimum age: 15 years; Swim 150 yards continuously; Tread water for 2 minutes using only the legs, then swim another 50 yards; 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 back, with both hands on the brick, 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. Student email is required upon registration in course, call the Center to update your account.

Winter Term:

1/23-2/7	F/S	Friday 4-8 pm	\$310	\$375	BV352000
		Saturday 1-5 pm			
2/20-3/7	F/S	Friday 4-8 pm	\$310	\$375	BV352001
		Saturday 4-8 pm			

Private Swimming Lesson Interest List

Winter Term:

BV360000IL

Spring Term:

BV460000IL

Private Lessons

Winter Term:

1/9-1/30	F	9-9:30 am	\$200	\$250	BV360000
2/6-2/27	F	9-9:30 am	\$200	\$250	BV360001
3/6-3/20	F	9-9:30 am	\$150	\$187.50	BV360002
1/9-1/30	F	9:35-10:05 am	\$200	\$250	BV360003
2/6-2/27	F	9:35-10:05 am	\$200	\$250	BV360004
3/6-3/20	F	9:35-10:05 am	\$150	\$187.50	BV360005
1/9-1/30	F	10:10-10:40 am	\$200	\$250	BV360006
2/6-2/27	F	10:10-10:40 am	\$200	\$250	BV360007
3/6-3/20	F	10:10-10:40 am	\$150	\$187.50	BV360008
1/9-1/30	F	4-4:30 pm	\$200	\$250	BV360009
2/6-2/27	F	4-4:30 pm	\$200	\$250	BV360010
3/6-3/20	F	4-4:30 pm	\$150	\$187.50	BV360011

Private Lessons continued

1/9-1/30	F	4:35-5:05 pm	\$200	\$250	BV360012
2/6-2/27	F	4:35-5:05 pm	\$200	\$250	BV360013
3/6-3/20	F	4:35-5:05 pm	\$150	\$187.50	BV360014
1/9-1/30	F	5:10-5:40 pm	\$200	\$250	BV360015
2/6-2/27	F	5:10-5:40 pm	\$200	\$250	BV360016
3/6-3/20	F	5:10-5:40 pm	\$150	\$187.50	BV360017

Spring Term:

4/3-5/1	F	9-9:30 am	\$250	\$312.50	BV460000
5/8-6/5	F	9-9:30 am	\$250	\$312.50	BV460001
4/3-5/1	F	9:35-10:05 am	\$250	\$312.50	BV460002
5/8-6/5	F	9:35-10:05 am	\$250	\$312.50	BV460003
4/3-5/1	F	10:10-10:40 am	\$250	\$312.50	BV460004
5/8-6/5	F	10:10-10:40 am	\$250	\$312.50	BV460005
4/3-5/1	F	4-4:30 pm	\$250	\$312.50	BV460006
5/8-6/5	F	4-4:30 pm	\$250	\$312.50	BV460007
4/3-5/1	F	4:35-5:05 pm	\$250	\$312.50	BV460008
5/8-6/5	F	4:35-5:05 pm	\$250	\$312.50	BV460009
4/3-5/1	F	5:10-5:40 pm	\$250	\$312.50	BV460010
5/8-6/5	F	5:10-5:40 pm	\$250	\$312.50	BV460011

Adaptive Swim

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. Scan the QR code below to register.



Lap Swim, Open Swim, & Water Fitness

Please see online schedule at
www.thprd.org for updated details.



@THPRD.Aquatics

Conestoga Recreation & Aquatic Center



TUALATIN HILLS
PARK & RECREATION DISTRICT

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

TriMet Bus Route #62

Center Supervisor: Laura Hester

Assistant Center Supervisor: Jenny Wilson

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.

Facility Closed: 1/1

Modified Schedule: 12/31, 1/19, 2/16, 4/5, 5/25

Conestoga Recreation & Aquatic Center features:

- Average Pool Temperature:
Main Pool - 85° Slide Pool - 90°
- Outdoor Splash Pad (seasonal)
- Independent changing rooms

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

**Lifeguards • Sports Instructor • Fitness Instructors
Swim Instructors • Camp Staff • Desk Staff**

Interested in becoming a lifeguard?

Call 503-629-6313 for more information.

Note: This section is for Conestoga Aquatic programs only. See page 101 for Conestoga Recreation programs.

Special Event



Duck Dive • April 3



Join Lucky Duck for a splashing good time in the pool and dive for prized ducks! Enjoy additional activities in the gymnasium including a coloring contest, bingo, photo booth, indoor play park, a cupcake walk, and more. All children must have an adult present at the event, and children under the age of 7 must have an adult over the age of 18 yrs. in the water during the event.

*Sensory sensitive time frame for individuals with sensory sensitivities. Water features and music will not be on during this time frame.

4/3	F	5:30-5:55 pm	\$12/\$15	CA37000A
4/3	F	6:05-6:30 pm	\$12/\$15	CA37000B
4/3	F	6:40-7:05 pm	\$12/\$15	CA37000C
4/3	F	7:15-7:40 pm	\$12/\$15	CA37000D
4/3	F	7:55-8:20 pm	\$12/\$15	CA37000E

Winter Dive-in Movies

January 9 & 23 • February 6 & 20 • 6-8:30pm

Call the center for movie titles and more information.

Sunday Fundays!

February 15 • March 8 • April 12 • May 10

4:15-7 pm

Bad weather blues got you down? Join us for Sunday Fundays at the pool! These open swims will feature games, activities, and toys for the whole family! *Daily drop-in fees apply.

Swim Camps

Penguin March

March into spring with this animal-themed swim camp! Campers will learn about different animals, create fun crafts, and have a blast in the pool.

3/23	M	1-4 pm	\$48	\$60	CA372001
3/24	T	1-4 pm	\$48	\$60	CA372002
3/25	W	1-4 pm	\$48	\$60	CA372003

Lap Swim, Open Swim & Water Fitness

Please see online schedule at thprd.org for Lap Swim, Open Swim, and Water Fitness opportunities at Conestoga.

Spring Wipeout!

April 10 • May 20 • 6-8:30pm



Conestoga Aquatics: Frequently Asked Questions

Q: If my child has taken swimming lessons somewhere other than THPRD, how do I know which level to register for?

Please see the provided information in the THPRD Aquatics – General Information pages in this guide. For children who can swim 25 yards each of front crawl and backstroke with proper technique, level evaluations are scheduled upon request.

Q: What is the required adult-to-child ratio during open swim?

An adult with 2 or 3 non-swimmers will be asked to put all non-swimmers in life jackets. If there are more than 3 non-swimmers, additional adult supervision is required.

Q: Are flotation devices allowed in the pool?

Flotation device guidelines may vary from center to center. At Conestoga, unless a flotation device is provided by staff, only U.S. Coast Guard approved life jackets may be used.

Q: How often do you require swim tests for the deep end?

To use the deep end, a swim test is required for anyone 14 years and younger. This is a daily requirement for all drop-in programs, including open swims and lap swims. For guests 15 years and older, any safety concerns will be addressed by staff on an individual basis.

Q: How old does a child need to be to play in the water on their own?

Any child 6 years and younger is required to have an adult in the water with them and within arm's reach at all times, regardless of swimming ability. A non-swimming child of any age should have a guardian within arm's reach at all times.

Q: Where should I watch my child's swim lessons?

Unless you are getting in the water as a part of a parent participation class, parents and guardians should observe their swimmer in the spectator area located upstairs. For accommodations, please speak with the deck manager on duty.

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 child on the pool deck.

School-age: First grade through age 12. An adult must remain on the premises during class for children under 10 years of age.

Beginning Swimming Skills

Date	Day	Time	ID/AP	OD	Class#
Preschool Levels 1-3					

Winter Term Session 1:

No Class 1/19.

1/5-2/9	M	9:30-10 am	\$54	\$67.50	CA311001
1/5-2/9	M	10:55-11:25 am	\$54	\$67.50	CA311005
1/5-2/9	M	11:30 am-12 pm	\$54	\$67.50	CA311007
1/5-2/9	M	4:30-5 pm	\$54	\$67.50	CA311041
1/5-2/9	M	5:05-5:35 pm	\$54	\$67.50	CA311043
1/5-2/9	M	5:55-6:25 pm	\$54	\$67.50	CA311045
1/5-2/9	M	6:30-7 pm	\$54	\$67.50	CA311047
1/6-2/12	T/Th	9:30-10 am	\$120	\$150	CA311011
1/6-2/12	T/Th	10:55-11:25 am	\$120	\$150	CA311015
1/6-2/12	T/Th	11:30 am-12 pm	\$120	\$150	CA311017
1/6-2/10	T	4:30-5 pm	\$63	\$78.75	CA311051
1/6-2/10	T	5:05-5:35 pm	\$63	\$78.75	CA311053
1/6-2/10	T	5:55-6:25 pm	\$63	\$78.75	CA311055
1/6-2/10	T	6:30-7 pm	\$63	\$78.75	CA311057
1/6-2/10	T	7:05-7:35 pm	\$63	\$78.75	CA311059
1/7-2/11	W	9:30-10 am	\$63	\$78.75	CA311021
1/7-2/11	W	10:55-11:25 am	\$63	\$78.75	CA311025
1/7-2/11	W	4:30-5 pm	\$63	\$78.75	CA311061
1/7-2/11	W	5:05-5:35 pm	\$63	\$78.75	CA311063
1/7-2/11	W	5:55-6:25 pm	\$63	\$78.75	CA311065
1/7-2/11	W	6:30-7 pm	\$63	\$78.75	CA311067
1/8-2/12	Th	4:30-5 pm	\$63	\$78.75	CA311071
1/8-2/12	Th	5:05-5:35 pm	\$63	\$78.75	CA311073
1/8-2/12	Th	5:55-6:25 pm	\$63	\$78.75	CA311075
1/8-2/12	Th	6:30-7 pm	\$63	\$78.75	CA311077
1/8-2/12	Th	7:05-7:35 pm	\$63	\$78.75	CA311060
1/10-3/14	S	9-9:30 am	\$101	\$126.25	CA311081
1/10-3/14	S	9:35-10:05 am	\$101	\$126.25	CA311082
1/10-3/14	S	10:25-10:55 am	\$101	\$126.25	CA311083
1/10-3/14	S	11-11:30 am	\$101	\$126.25	CA311084
1/10-3/14	S	11:35 am-12:05 pm	\$101	\$126.25	CA311085
1/11-3/15	Su	1-1:30 pm	\$101	\$126.25	CA311091
1/11-3/15	Su	1:35-2:05 pm	\$101	\$126.25	CA311092
1/11-3/15	Su	2:10-2:40 pm	\$101	\$126.25	CA311093
1/11-3/15	Su	3-3:30 pm	\$101	\$126.25	CA311094
1/11-3/15	Su	3:35-4:05 pm	\$101	\$126.25	CA311095

Winter Term Session 2:

2/17-3/19	T/Th	9:30-10 am	\$101	\$126.25	CA311012
2/17-3/19	T/Th	10:55-11:25 am	\$101	\$126.25	CA311016
2/17-3/19	T/Th	11:30 am-12 pm	\$101	\$126.25	CA311018
2/17-3/17	T	4:30-5 pm	\$54	\$67.50	CA311052
2/17-3/17	T	5:05-5:35 pm	\$54	\$67.50	CA311054
2/17-3/17	T	5:55-6:25 pm	\$54	\$67.50	CA311056
2/17-3/17	T	6:30-7 pm	\$54	\$67.50	CA311058
2/17-3/17	T	7:05-7:35 pm	\$54	\$67.50	CA311079
2/18-3/18	W	9:30-10 am	\$54	\$67.50	CA311022
2/18-3/18	W	10:55-11:25 am	\$54	\$67.50	CA311026
2/18-3/18	W	4:30-5 pm	\$54	\$67.50	CA311062
2/18-3/18	W	5:05-5:35 pm	\$54	\$67.50	CA311064
2/18-3/18	W	5:55-6:25 pm	\$54	\$67.50	CA311066
2/18-3/18	W	6:30-7 pm	\$54	\$67.50	CA311068
2/19-3/19	Th	4:30-5 pm	\$54	\$67.50	CA311072
2/19-3/19	Th	5:05-5:35 pm	\$54	\$67.50	CA311074
2/19-3/19	Th	5:55-6:25 pm	\$54	\$67.50	CA311076
2/19-3/19	Th	6:30-7 pm	\$54	\$67.50	CA311078
2/19-3/19	Th	7:05-7:35pm	\$54	\$67.50	CA311080

continued

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

2/23-3/16	M	9:30-10 am	\$44	\$55	CA311002
2/23-3/16	M	10:55-11:25 am	\$44	\$55	CA311006
2/23-3/16	M	11:30 am-12 pm	\$44	\$55	CA311008
2/23-3/16	M	4:30-5 pm	\$44	\$55	CA311042
2/23-3/16	M	5:05-5:35 pm	\$44	\$55	CA311044
2/23-3/16	M	5:55-6:25 pm	\$44	\$55	CA311046
2/23-3/16	M	6:30-7 pm	\$44	\$55	CA311048

Spring Term Session 1:

No class 5/23, 5/24.

3/30-4/27	M	9:30-10 am	\$54	\$67.50	CA411001
3/30-4/27	M	10:55-11:25 am	\$54	\$67.50	CA411005
3/30-4/27	M	11:30 am-12 pm	\$54	\$67.50	CA411007
3/30-4/27	M	4:30-5 pm	\$54	\$67.50	CA411041
3/30-4/27	M	5:05-5:35 pm	\$54	\$67.50	CA411043
3/30-4/27	M	5:55-6:25 pm	\$54	\$67.50	CA411045
3/30-4/27	M	6:30-7 pm	\$54	\$67.50	CA411047
3/31-4/30	T/Th	9:30-10 am	\$101	\$126.25	CA411011
3/31-4/30	T/Th	10:55-11:25 am	\$101	\$126.25	CA411015
3/31-4/30	T/Th	11:30 am-12 pm	\$101	\$126.25	CA411017
3/31-4/28	T	4:30-5 pm	\$54	\$67.50	CA411051
3/31-4/28	T	5:05-5:35 pm	\$54	\$67.50	CA411053
3/31-4/28	T	5:55-6:25 pm	\$54	\$67.50	CA411055
3/31-4/28	T	6:30-7 pm	\$54	\$67.50	CA411057
4/1-4/29	W	9:30-10 am	\$54	\$67.50	CA411021
4/1-4/29	W	10:55-11:25 am	\$54	\$67.50	CA411025
4/1-4/29	W	4:30-5 pm	\$54	\$67.50	CA411061
4/1-4/29	W	5:05-5:35 pm	\$54	\$67.50	CA411063
4/1-4/29	W	5:55-6:25 pm	\$54	\$67.50	CA411065
4/1-4/29	W	6:30-7 pm	\$54	\$67.50	CA411067
4/2-4/30	Th	4:30-5 pm	\$54	\$67.50	CA411071
4/2-4/30	Th	5:05-5:35 pm	\$54	\$67.50	CA411073
4/2-4/30	Th	5:55-6:25 pm	\$54	\$67.50	CA411075
4/2-4/30	Th	6:30-7 pm	\$54	\$67.50	CA411077
4/4-6/6	S	9-9:30 am	\$92	\$115	CA411081
4/4-6/6	S	9:35-10:05 am	\$92	\$115	CA411082
4/4-6/6	S	10:10-10:40 am	\$92	\$115	CA411083
4/4-6/6	S	11-11:30 am	\$92	\$115	CA411084
4/4-6/6	S	11:35 am-12:05 pm	\$92	\$115	CA411085
4/12-6/7	Su	1-1:30 pm	\$82	\$102.50	CA411091
4/12-6/7	Su	1:35-2:05 pm	\$82	\$102.50	CA411092
4/12-6/7	Su	2:10-2:40 pm	\$82	\$102.50	CA411093
4/12-6/7	Su	3-3:30 pm	\$82	\$102.50	CA411094
4/12-6/7	Su	3:35-4:05 pm	\$82	\$102.50	CA411095

Spring Term Session 2:

No class 5/25.

5/4-6/1	M	9:30-10 am	\$44	\$55	CA411002
5/4-6/1	M	10:55-11:25 am	\$44	\$55	CA411006
5/4-6/1	M	11:30 am-12 pm	\$44	\$55	CA411008
5/4-6/1	M	4:30-5 pm	\$44	\$55	CA411042
5/4-6/1	M	5:05-5:35 pm	\$44	\$55	CA411044
5/4-6/1	M	5:55-6:25 pm	\$44	\$55	CA411046
5/4-6/1	M	6:30-7 pm	\$44	\$55	CA411048
5/5-6/2	T	4:30-5 pm	\$54	\$67.50	CA411052
5/5-6/2	T	5:05-5:35 pm	\$54	\$67.50	CA411054
5/5-6/2	T	5:55-6:25 pm	\$54	\$67.50	CA411056
5/5-6/2	T	6:30-7 pm	\$54	\$67.50	CA411058
5/5-6/4	T/Th	9:30-10 am	\$101	\$126.25	CA411012
5/5-6/4	T/Th	10:55-11:25 am	\$101	\$126.25	CA411016
5/5-6/4	T/Th	11:30 am-12 pm	\$101	\$126.25	CA411018
5/6-6/3	W	9:30-10 am	\$54	\$67.50	CA411022
5/6-6/3	W	10:55-11:25 am	\$54	\$67.50	CA411026
5/6-6/3	W	4:30-5 pm	\$54	\$67.50	CA411062
5/6-6/3	W	5:05-5:35 pm	\$54	\$67.50	CA411064
5/6-6/3	W	5:55-6:25 pm	\$54	\$67.50	CA411066

5/6-6/3	W	6:30-7 pm	\$54	\$67.50	CA411068
5/7-6/4	Th	4:30-5 pm	\$54	\$67.50	CA411072
5/7-6/4	Th	5:05-5:35 pm	\$54	\$67.50	CA411074
5/7-6/4	Th	5:55-6:25 pm	\$54	\$67.50	CA411076
5/7-6/4	Th	6:30-7 pm	\$54	\$67.50	CA411078

School Age Level 1-2

Winter Term Session 1:

1/5-2/9	M	6:30-7pm	\$54	\$67.50	CA321047
1/6-2/10	T	6:30-7pm	\$63	\$78.75	CA321057
1/7-2/11	W	6:30-7pm	\$63	\$78.75	CA321067
1/8-2/12	Th	6:30-7pm	\$63	\$78.75	CA321077

Winter Term Session 2:

2/23-3/16	M	6:30-7pm	\$44	\$55	CA321048
2/17-3/17	T	6:30-7pm	\$54	\$67.50	CA321058
2/18-3/18	W	6:30-7pm	\$54	\$67.50	CA321068
2/19-3/19	Th	6:30-7pm	\$54	\$67.50	CA321078

Spring Term Session 1:

3/31-4/28	T	5:55-6:25 pm	\$54	\$67.50	CA421055
4/2-4/30	Th	5:55-6:25 pm	\$54	\$67.50	CA421075

Spring Term Session 2:

5/5-6/2	T	5:55-6:25 pm	\$54	\$67.50	CA421056
5/7-6/4	Th	5:55-6:25 pm	\$54	\$67.50	CA421076

School Age Level 1-4

Winter Term Session 1:

No class 1/19.

1/5-2/9	M	4:30-5 pm	\$54	\$67.50	CA321041
1/5-2/9	M	5:05-5:35 pm	\$54	\$67.50	CA321043
1/5-2/9	M	5:55-6:25 pm	\$54	\$67.50	CA321045
1/6-2/10	T	4:30-5 pm	\$63	\$78.75	CA321051
1/6-2/10	T	5:05-5:35 pm	\$63	\$78.75	CA321053
1/6-2/10	T	5:55-6:25 pm	\$63	\$78.75	CA321055
1/7-2/11	W	4:30-5 pm	\$63	\$78.75	CA321061
1/7-2/11	W	5:05-5:35 pm	\$63	\$78.75	CA321063
1/7-2/11	W	5:55-6:25 pm	\$63	\$78.75	CA321065
1/8-2/12	Th	4:30-5 pm	\$63	\$78.75	CA321071
1/8-2/12	Th	5:05-5:35 pm	\$63	\$78.75	CA321073
1/8-2/12	Th	5:55-6:25 pm	\$63	\$78.75	CA321077
1/10-3/14	S	9-9:30 am	\$101	\$126.25	CA321081
1/10-3/14	S	9:35-10:05 am	\$101	\$126.25	CA321082
1/10-3/14	S	10:25-10:55 am	\$101	\$126.25	CA321083
1/11-3/15	Su	1-1:30 pm	\$101	\$126.25	CA321091
1/11-3/15	Su	1:35-2:05 pm	\$101	\$126.25	CA321092
1/11-3/15	Su	2:10-2:40 pm	\$101	\$126.25	CA321093
1/11-3/15	Su	3-3:30 pm	\$101	\$126.25	CA321094
1/11-3/15	Su	3:35-4:05 pm	\$101	\$126.25	CA321095

Winter Term Session 2:

2/17-3/17	T	4:30-5 pm	\$54	\$67.50	CA321052
2/17-3/17	T	5:05-5:35 pm	\$54	\$67.50	CA321054
2/17-3/17	T	5:55-6:25 pm	\$54	\$67.50	CA321056
2/18-3/18	W	4:30-5 pm	\$54	\$67.50	CA321062
2/18-3/18	W	5:05-5:35 pm	\$54	\$67.50	CA321064
2/18-3/18	W	5:55-6:25 pm	\$54	\$67.50	CA321066
2/19-3/19	Th	4:30-5 pm	\$54	\$67.50	CA321072
2/19-3/19	Th	5:05-5:35 pm	\$54	\$67.50	CA321074
2/19-3/19	Th	5:55-6:25 pm	\$54	\$67.50	CA321076
2/23-3/16	M	4:30-5 pm	\$44	\$55	CA321042
2/23-3/16	M	5:05-5:35 pm	\$44	\$55	CA321044
2/23-3/16	M	5:55-6:25 pm	\$44	\$55	CA321046

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

Spring Term Session 1:

No class 5/23, 5/24.

3/30-4/27	M	4:30-5 pm	\$54	\$67.50	CA421041
3/30-4/27	M	5:05-5:35 pm	\$54	\$67.50	CA421043
3/30-4/27	M	5:55-6:25 pm	\$54	\$67.50	CA421045
3/30-4/27	M	6:30-7 pm	\$54	\$67.50	CA421047
3/31-4/28	T	4:30-5 pm	\$54	\$67.50	CA421051
3/31-4/28	T	5:05-5:35 pm	\$54	\$67.50	CA421053
3/31-4/28	T	6:30-7 pm	\$54	\$67.50	CA421057
4/1-4/29	W	4:30-5 pm	\$54	\$67.50	CA421061
4/1-4/29	W	5:05-5:35 pm	\$54	\$67.50	CA421063
4/1-4/29	W	5:55-6:25 pm	\$54	\$67.50	CA421065
4/1-4/29	W	6:30-7 pm	\$54	\$67.50	CA421067
4/2-4/30	Th	4:30-5 pm	\$54	\$67.50	CA421071
4/2-4/30	Th	5:05-5:35 pm	\$54	\$67.50	CA421073
4/2-4/30	Th	6:30-7 pm	\$54	\$67.50	CA421077
4/4-6/6	S	9-9:30 am	\$92	\$115	CA421081
4/4-6/6	S	9:35-10:05 am	\$92	\$115	CA421082
4/4-6/6	S	10:25-10:55 am	\$92	\$115	CA421083
4/12-6/7	Su	1-1:30 pm	\$82	\$102.50	CA421091
4/12-6/7	Su	1:35-2:05 pm	\$82	\$102.50	CA421092
4/12-6/7	Su	2:10-2:40 pm	\$82	\$102.50	CA421093
4/12-6/7	Su	3-3:30 pm	\$82	\$102.50	CA421094
4/12-6/7	Su	3:35-4:05 pm	\$821	\$102.50	CA421095

Spring Term Session 2:

No class 5/25.

5/4-6/1	M	4:30-5 pm	\$44	\$55	CA421042
5/4-6/1	M	5:05-5:35 pm	\$44	\$55	CA421044
5/4-6/1	M	5:55-6:25 pm	\$44	\$55	CA421046
5/4-6/1	M	6:30-7 pm	\$44	\$55	CA421048
5/5-6/2	T	4:30-5 pm	\$54	\$67.50	CA421052
5/5-6/2	T	5:05-5:35 pm	\$54	\$67.50	CA421054
5/5-6/2	T	6:30-7 pm	\$54	\$67.50	CA421058
5/6-6/3	W	4:30-5 pm	\$54	\$67.50	CA421062
5/6-6/3	W	5:05-5:35 pm	\$54	\$67.50	CA421064
5/6-6/3	W	5:55-6:25 pm	\$54	\$67.50	CA421066
5/6-6/3	W	6:30-7 pm	\$54	\$67.50	CA421068
5/7-6/4	Th	4:30-5 pm	\$54	\$67.50	CA421072
5/7-6/4	Th	5:05-5:35 pm	\$54	\$67.50	CA421074
5/7-6/4	Th	6:30-7 pm	\$54	\$67.50	CA421078

Spanish Speaking Beginner Level 1-2

Natación para principiantes niveles 1 & 2 - Clase en Español

Winter Term:

1/10-3/14	S	9:35-10:05 am	\$101	\$126.25	CA311082S
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Spring Term:

No hay clase 5/23.

4/4-6/6	S	9:35-10:05 am	\$92	\$115	CA411082S
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Adult Swimming Skills

Winter Term Session 1:

No class 1/19.

1/5-2/9	M	5:55-6:25 pm	\$54	\$67.50	CA350045
1/7-2/11	W	5:55-6:25 pm	\$63	\$78.75	CA350065
1/11-3/15	Su	2:10-2:40 pm	\$101	\$126.25	CA350093

Winter Term Session 2:

2/18-3/18	W	5:55-6:25 pm	\$54	\$67.50	CA350066
2/23-3/16	M	5:55-6:25 pm	\$44	\$55	CA350046

Spring Term Session 1:

No class 5/24.

3/30-4/27	M	6:30-7 pm	\$54	\$67.50	CA450047
4/1-4/29	W	6:30-7 pm	\$54	\$67.50	CA450067
4/12-6/7	Su	2:10-2:40 pm	\$82	\$102.50	CA450093

Spring Term Session 2:

No class 5/25.

5/4-6/1	M	6:30-7 pm	\$44	\$55	CA450048
5/6-6/3	W	6:30-7 pm	\$54	\$67.50	CA450068

Teens and Tweens Instruction

Winter Term Session 1:

1/6-2/10	T	5:55-6:25 pm	\$63	\$78.75	CA351055
1/8-2/12	Th	5:55-6:25 pm	\$63	\$78.75	CA351075

Winter Term Session 2:

2/17-3/17	T	5:55-6:25 pm	\$54	\$67.50	CA351056
2/19-3/19	Th	5:55-6:25 pm	\$54	\$67.50	CA351076

Spring Term Session 1:

3/31-4/28	T	6:30-7 pm	\$54	\$67.50	CA451057
4/2-4/30	Th	6:30-7 pm	\$54	\$67.50	CA451077

Spring Term Session 2:

5/5-6/2	T	6:30-7 pm	\$54	\$67.50	CA451058
5/7-6/4	Th	6:30-7 pm	\$54	\$67.50	CA451078

Intermediate/Advanced Swimming Skills

Date	Day	Time	ID/AP	OD	Class#
Preschool/School Age 5-7					

Winter Term Session 1:

No class 1/19.

1/5-2/9	M	4:30-5 pm	\$54	\$67.50	CA325041
1/5-2/9	M	5:05-5:35 pm	\$54	\$67.50	CA325043
1/5-2/9	M	6:30-7 pm	\$54	\$67.50	CA325047
1/6-2/10	T	4:30-5 pm	\$63	\$78.75	CA325051
1/6-2/10	T	5:05-5:35 pm	\$63	\$78.75	CA325053
1/6-2/10	T	6:30-7 pm	\$63	\$78.75	CA325057
1/7-2/11	W	4:30-5 pm	\$63	\$78.75	CA325061
1/7-2/11	W	5:05-5:35 pm	\$63	\$78.75	CA325063
1/7-2/11	W	6:30-7 pm	\$63	\$78.75	CA325067
1/8-2/12	Th	4:30-5 pm	\$63	\$78.75	CA325071
1/8-2/12	Th	5:05-5:35 pm	\$63	\$78.75	CA325073
1/8-2/12	Th	6:30-7 pm	\$63	\$78.75	CA325077
1/10-3/14	S	10:25-10:55 am	\$101	\$126.25	CA325083
1/11-3/15	Su	1:35-2:05 pm	\$101	\$126.25	CA325092
1/11-3/15	Su	3:35-4:05 pm	\$101	\$126.25	CA325095

Winter Term Session 2:

2/17-3/17	T	4:30-5 pm	\$54	\$67.50	CA325052
2/17-3/17	T	5:05-5:35 pm	\$54	\$67.50	CA325054
2/17-3/17	T	6:30-7 pm	\$54	\$67.50	CA325058
2/18-3/18	W	4:30-5 pm	\$54	\$67.50	CA325062
2/18-3/18	W	5:05-5:35 pm	\$54	\$67.50	CA325064
2/18-3/18	W	6:30-7 pm	\$54	\$67.50	CA325066
2/19-3/19	Th	4:30-5 pm	\$54	\$67.50	CA325078
2/19-3/19	Th	5:05-5:35 pm	\$54	\$67.50	CA325074
2/19-3/19	Th	6:30-7 pm	\$54	\$67.50	CA325078
2/23-3/16	M	4:30-5 pm	\$44	\$55	CA325042
2/23-3/16	M	5:05-5:35 pm	\$44	\$55	CA325044
2/23-3/16	M	6:30-7 pm	\$44	\$55	CA325048

Spring Term Session 1:

No class 5/23, 5/24.

3/30-4/27	M	4:30-5 pm	\$54	\$67.50	CA425041
3/30-4/27	M	5:05-5:35 pm	\$54	\$67.50	CA425043
3/30-4/27	M	5:55-6:25 pm	\$54	\$67.50	CA425045
3/31-4/28	T	4:30-5 pm	\$54	\$67.50	CA425051
3/31-4/28	T	5:05-5:35 pm	\$54	\$67.50	CA425053
3/31-4/28	T	5:55-6:25 pm	\$54	\$67.50	CA425055
4/1-4/29	W	4:30-5 pm	\$54	\$67.50	CA425061
4/1-4/29	W	5:05-5:35 pm	\$54	\$67.50	CA425063
4/1-4/29	W	5:55-6:25 pm	\$54	\$67.50	CA425065
4/2-4/30	Th	4:30-5 pm	\$54	\$67.50	CA425071
4/2-4/30	Th	5:05-5:35 pm	\$54	\$67.50	CA425073
4/2-4/30	Th	5:55-6:25 pm	\$54	\$67.50	CA425075
4/4-6/6	S	10:25-10:55 am	\$92	\$115	CA425083
4/12-6/7	Su	1:35-2:05 pm	\$82	\$102.50	CA425092
4/12-6/7	Su	3:35-4:05 pm	\$82	\$102.50	CA425095

Spring Term Session 2:

No class 5/25.

5/4-6/1	M	4:30-5 pm	\$44	\$55	CA425042
5/4-6/1	M	5:05-5:35 pm	\$44	\$55	CA425044
5/4-6/1	M	5:55-6:25 pm	\$44	\$55	CA425046
5/5-6/2	T	4:30-5 pm	\$54	\$67.50	CA425052
5/5-6/2	T	5:05-5:35 pm	\$54	\$67.50	CA425054
5/5-6/2	T	5:55-6:25 pm	\$54	\$67.50	CA425056
5/6-6/3	W	4:30-5 pm	\$54	\$67.50	CA425062
5/6-6/3	W	5:05-5:35 pm	\$54	\$67.50	CA425064
5/6-6/3	W	5:55-6:25 pm	\$54	\$67.50	CA425066
5/7-6/4	Th	4:30-5 pm	\$54	\$67.50	CA425072
5/7-6/4	Th	5:05-5:35 pm	\$54	\$67.50	CA425074
5/7-6/4	Th	5:55-6:25 pm	\$54	\$67.50	CA425076

Specialty Programs

Splash

A recreational swim team with a focus on stroke refinement, building endurance, and sportsmanship. Participants must be between the ages of 5 and 17 and be able to swim 25 yards of crawl stroke and 25 yards of backstroke. While not required to compete, swim meets are held on some Saturdays during the season.

Winter Splash

No class 1/19, 2/16.

Swim meets on 2/7 & 3/7.

1/5-3/18	M/W	6:45-7:30 pm	\$249	\$308.75	CA336000MW
1/6-3/19	T/Th	6:45-7:30 pm	\$272	\$337.50	CA336000TTH
1/10-3/14	S	11:05-11:50 am	\$136	\$170	CA336000S

Spring Splash

Swim meets on 4/18 & 5/9.

3/30-6/3	M/W	7:05-7:50 pm	\$238	\$295	CA436000MW
3/31-6/4	T/Th	7:05-7:50 pm	\$249	\$308.75	CA436000TTH
4/4-6/6	S	11:05-11:50 am	\$124	\$155	CA436000S

Water Polo Basics

Recreational water polo class that provides basic skills and understanding of the sport in a recreational format. This class focuses on all the fun, dynamic aspects of the game in a safe, easy-to-learn aquatic experience that will motivate kids to swim and stay fit.

Winter Term:

1/24-2/14 S 4:05-4:50 pm \$75 \$93.75 CA332000

Spring Term:

4/18-5/16 S 4:05-4:50 pm \$75 \$93.75 CA432000

Baby Toddler & Me

Ages 6 months to 3 years old.

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

Winter Term Session 1:

No class 1/19.

1/5-2/9	M	10:05-10:35 am	\$35	\$43.75	CA340003
1/5-2/9	M	6:30-7 pm	\$35	\$43.75	CA340047
1/6-2/12	T/Th	10:05-10:35 am	\$80	\$100	CA340013
1/7-2/11	W	10:05-10:35 am	\$42	\$52.50	CA340023
1/7-2/11	W	6:30-7 pm	\$42	\$52.50	CA340067
1/9-2/13	F	10:05-10:35 am	\$42	\$52.50	CA340033
1/10-3/14	S	9-9:30 am	\$67	\$83.75	CA340081
1/10-3/14	S	11-11:30 am	\$67	\$83.75	CA340084
1/11-3/15	Su	1-1:30 pm	\$67	\$83.75	CA340091

Winter Term Session 2:

2/17-3/19	T/Th	10:05-10:35 am	\$67	\$83.75	CA340014
2/18-3/18	W	10:05-10:35 am	\$35	\$43.75	CA340024
2/18-3/18	W	6:30-7 pm	\$35	\$43.75	CA340068
2/20-3/20	F	10:05-10:35 am	\$35	\$43.75	CA340034
2/23-3/16	M	10:05-10:35 am	\$29	\$36.25	CA340004
2/23-3/16	M	6:30-7 pm	\$29	\$36.25	CA340048

Spring Term Session 1:

No class 5/23, 5/24.

3/30-4/27	M	10:05-10:35 am	\$35	\$43.75	CA440003
3/30-4/27	M	5:55-6:25 pm	\$35	\$43.75	CA440045
3/31-4/30	T/Th	10:05-10:35 am	\$67	\$83.75	CA440013
4/1-4/29	W	10:05-10:35 am	\$35	\$43.75	CA440023
4/1-4/29	W	5:55-6:25 pm	\$35	\$43.75	CA440065
4/3-5/1	F	10:05-10:35 am	\$35	\$43.75	CA440031
4/4-6/6	S	9-9:30 am	\$61	\$76.25	CA440081
4/4-6/6	S	11-11:30 am	\$61	\$76.25	CA440084
4/12-6/7	Su	1-1:30 pm	\$55	\$68.75	CA440091

Spring Term Session 2:

No class 5/25.

5/4-6/1	M	10:05-10:35 am	\$29	\$36.25	CA440004
5/4-6/1	M	5:55-6:25 pm	\$29	\$36.25	CA440046
5/5-6/4	T/Th	10:05-10:35 am	\$67	\$83.75	CA440014
5/6-6/3	W	10:05-10:35 am	\$35	\$43.75	CA440024
5/6-6/3	W	5:55-6:25 pm	\$35	\$43.75	CA440066
5/8-6/5	F	10:05-10:35 am	\$35	\$43.75	CA440032

You & Your Preschooler

Water adjustment class for preschool students who have had difficulty transitioning to a class without adult participation. Basic skills from Level 1 are introduced, with adult participation in the water.

Winter Term Session 1:

1/6-2/10	T	6:30-7 pm	\$63	\$78.75	CA341057
1/7-2/11	W	11:30 am-12 pm	\$63	\$78.75	CA341027
1/8-2/12	Th	6:30-7 pm	\$63	\$78.75	CA341077
1/9-2/13	F	9:30-10 am	\$63	\$78.75	CA341031
1/11-3/15	Su	3-3:30 pm	\$102	\$126	CA341094

Winter Term Session 2:

2/17-3/17	T	6:30-7 pm	\$54	\$67.50	CA341058
2/18-3/18	W	11:30 am-12 pm	\$54	\$67.50	CA341028
2/19-3/19	Th	6:30-7 pm	\$54	\$67.50	CA341078
2/20-3/20	F	9:30-10 am	\$54	\$67.50	CA341032

Spring Term Session 1:

No class 5/24.

3/31-4/28	T	5:55-6:25 pm	\$54	\$67.50	CA441055
4/1-4/29	W	11:30 am-12 pm	\$54	\$67.50	CA441027
4/2-4/30	Th	5:55-6:25 pm	\$54	\$67.50	CA441075
4/3-5/1	F	9:30-10 am	\$54	\$67.50	CA441041
4/12-6/7	Su	3-3:30 pm	\$82	\$102.50	CA441094

Spring Term Session 2:

5/5-6/2	T	5:55-6:25 pm	\$54	\$67.50	CA441056
5/6-6/3	W	11:30 am-12 pm	\$54	\$67.50	CA441028
5/7-6/4	Th	5:55-6:25 pm	\$54	\$67.50	CA441076
5/8-6/5	F	9:30-10 am	\$54	\$67.50	CA441042

Training or Professional Classes

Jr. Lifeguard

Winter Term:

2/8-3/8	Su	1:30-3:30 pm	\$100	\$125	CA351000
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Spring Term:

4/19-5/17	Su	1:30-3:30 pm	\$100	\$125	CA451000
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Lifeguard Training

Ages 15+ years

Winter Term:

1/24-2/1	Su/S	9:15 am-4 pm	\$260	\$325	CA352000
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Spring Term:

4/17-4/20	F	4:15-8:45 pm	\$260	\$325	CA452000
	S/Su/M	9:15 am-4:15 pm			
6/8-6/11	M	4:30-8:30 pm	\$260	\$325	CA452001
	T/W/Th	2:30 pm- 8:30 pm			

Private Lesson Interest List

Winter Term:

Afternoons, Weekends	CA360000
Weekday Mornings	CA360001

Spring Term:

Afternoons, Weekends	CA460000
Weekday Mornings	CA460001

Swim Camps

Penguin March

March into spring with this animal-themed swim camp! Campers will learn about different animals, create fun crafts, and have a blast in the pool.

3/23	M	1-4 pm	\$48	\$60	CA372001
3/24	T	1-4 pm	\$48	\$60	CA372002
3/25	W	1-4 pm	\$48	\$60	CA372003

Wonderful World of Water Safety

 Sunday, May 17 • 4:30-7 pm 

Join us for some fun and education in the pool in which we will practice different ways to stay safe in various water environments. There will also be demonstrations of life-saving techniques by safety experts. Get prepared for summer swimming activities and a lifetime of being water safe with this family-friendly night! Drop-in rates apply if staying for the open swim after the event.

Adaptive Swim

Adaptive swim lessons are designed for individuals (age 3 and older) with developmental, cognitive, and/or physical disabilities. These one-on-one classes can be personalized for the needs of each participant. We offer lessons to people who experience cognitive disabilities, physical disabilities, anxieties, behavioral challenges, or sensory sensitivities. Since these 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. Scan the QR code below to register.



Harman Swim Center



TUALATIN HILLS
PARK & RECREATION DISTRICT

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

TriMet Bus Route #56

Center Supervisor: Joshua Norton

Hours:

Monday – Thursday: 8 am - 7 pm

Friday: 8 am - 3 pm

Saturday: 8 am - 2 pm

Sunday: 10:30 am - 2:30 pm

Facility Closed: 1/1, 1/19, 2/16, 4/5, 5/25

Harman Swim Center features:

- ADA Lift Available
- Independent Changing Rooms
- Average Pool Temperature: 90°

**POOLSIDE
PRIDE**

FREE EVENT



Winter Edition

Saturday, March 8 • 6–8 pm HM3PRIDE

Spring Edition

Saturday, May 16 • 6–8 pm HM4PRIDE



@THPRD.Aquatics

Winter & Spring Splash

A recreational swim team with a focus on stroke refinement, building endurance, and sportsmanship. Participants must be between the ages of 5 and 17 and be able to swim 25 yards of crawl stroke and 25 yards of backstroke. While not required to compete, swim meets are held on some Saturdays during the season. **No Class 1/19, 2/16, 5/23**

Date	Day	Time	ID/AP	OD	Class#
1/05-3/18	M/W	6:05-7 pm	\$338	\$422.50	HM334000
1/10-3/14	Sa	8:00-8:55 am	\$169	\$211.25	HM334001
3/30-6/3	M/W	6:05-7 pm	\$276	\$345	HM434000
4/4-6/6	Sa	8-8:55 am	\$137	\$171.25	HM434001



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. Scan the QR code below to register.



Lap Swim, Open Swim, & Water Fitness

Please see online schedule at
www.thprd.org for updated details.

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 after class.

Beginning Swimming Skills

Date	Day	Time	ID/AP	OD	Class#
Preschool Level 1-3					

Winter Term: No class 1/19, 2/16

1/5-2/11	M/W	1:10-1:40 pm	\$111	\$138.75	HM311000
2/18-3/18	M/W	1:10-1:40 pm	\$92	\$115	HM311001
1/5-2/11	M/W	1:45-2:15 pm	\$111	\$138.75	HM311002
2/18-3/18	M/W	1:45-2:15 pm	\$92	\$115	HM311003
1/5-2/11	M/W	3:30-4 pm	\$111	\$138.75	HM311004
2/18-3/18	M/W	3:30-4 pm	\$92	\$115	HM311005
1/5-2/11	M/W	4:40-5:10 pm	\$111	\$138.75	HM311008
2/18-3/18	M/W	4:40-5:10 pm	\$92	\$115	HM311009
1/5-2/11	M/W	5:30-6 pm	\$111	\$138.75	HM311010
2/18-3/18	M/W	5:30-6 pm	\$92	\$115	HM311011
1/6-2/12	T/Th	1:10-1:40 pm	\$120	\$150	HM311020
2/17-3/19	T/Th	1:10-1:40 pm	\$120	\$150	HM311021
1/6-2/12	T/Th	1:45-2:15 pm	\$120	\$150	HM311022
2/17-3/19	T/Th	1:45-2:15 pm	\$120	\$150	HM311023
1/6-2/12	T/Th	3:30-4 pm	\$120	\$150	HM311026
2/17-3/19	T/Th	3:30-4 pm	\$120	\$150	HM311027
2/17-3/19	T/Th	4:05-4:35 pm	\$120	\$150	HM311029
1/6-2/12	T/Th	5:30-6 pm	\$120	\$150	HM311032
2/17-3/19	T/Th	5:30-6 pm	\$120	\$150	HM311033
1/11-3/15	Su	12:35-1:05 pm	\$101	\$126.25	HM311047
1/11-3/15	Su	1:10-1:40 pm	\$101	\$126.25	HM311048

Spring Term: No class 4/5, 5/23, 5/24, 5/25

3/30-4/29	M/W	1:10-1:40 pm	\$101	\$126.25	HM411000
5/4-6/3	M/W	1:10-1:40 pm	\$92	\$115	HM411001
3/30-4/29	M/W	1:45-2:15 pm	\$101	\$126.25	HM411002
5/4-6/3	M/W	1:45-2:15 pm	\$92	\$115	HM411003
3/30-4/29	M/W	3:30-4 pm	\$101	\$126.25	HM411004
5/4-6/3	M/W	3:30-4 pm	\$92	\$115	HM411005
3/30-4/29	M/W	4:40-5:10 pm	\$101	\$126.25	HM411008
5/4-6/3	M/W	4:40-5:10 pm	\$92	\$115	HM411009
5/4-6/3	M/W	5:30-6 pm	\$101	\$126.25	HM411010
5/4-6/3	M/W	5:30-6 pm	\$92	\$115	HM411011
3/31-4/30	T/Th	1:10-1:40 pm	\$101	\$126.25	HM411020
5/5-6/4	T/Th	1:10-1:40 pm	\$101	\$126.25	HM411021
3/31-4/30	T/Th	1:45-2:15 pm	\$101	\$126.25	HM411022
5/5-6/4	T/Th	1:45-2:15 pm	\$101	\$126.25	HM411023
3/31-4/30	T/Th	3:30-4 pm	\$101	\$126.25	HM411026
5/5-6/4	T/Th	3:30-4 pm	\$101	\$126.25	HM411027
3/31-4/30	T/Th	4:05-4:35 pm	\$101	\$126.25	HM411028
5/5-6/4	T/Th	4:05-4:35 pm	\$101	\$126.25	HM411029
3/31-4/30	T/Th	5:30-6 pm	\$101	\$126.25	HM411032
5/5-6/4	T/Th	5:30-6 pm	\$101	\$126.25	HM411033
4/12-6/7	Su	12:35-1:05 pm	\$82	\$102.50	HM411047
4/12-6/7	Su	1:10-1:40 pm	\$82	\$102.50	HM411048

School Age Level 1-4

Winter Term: No class 1/19, 2/16

1/5-2/11	M/W	4:05-4:35 pm	\$111	\$138.75	HM321006
2/18-3/18	M/W	4:05-4:35 pm	\$92	\$115	HM321007
1/5-2/11	M/W	4:40-5:10 pm	\$111	\$138.75	HM321008
2/18-3/18	M/W	4:40-5:10 pm	\$92	\$115	HM321009

1/5-2/11	M/W	6:05-6:35 pm	\$111	\$138.75	HM321012
2/18-3/18	M/W	6:05-6:35 pm	\$92	\$115	HM321013
1/6-2/12	T/Th	3:30-4 pm	\$120	\$150	HM321026
2/17-3/19	T/Th	3:30-4 pm	\$101	\$126.25	HM321027
1/6-2/12	T/Th	4:40-5:10 pm	\$120	\$150	HM321030
2/17-3/19	T/Th	4:40-5:10 pm	\$101	\$126.25	HM321031
1/6-2/12	T/Th	6:05-6:35 pm	\$120	\$150	HM321034
2/17-3/19	T/Th	6:05-6:35 pm	\$101	\$126.25	HM321035
1/11-3/15	Su	12-12:30 pm	\$101	\$126.25	HM321046
1/11-3/15	Su	1:10-1:40 pm	\$101	\$126.25	HM321048

Spring Term: No class 4/15, 5/23, 5/24, 5/25

3/30-4/29	M/W	4:05-4:35 pm	\$101	\$126.25	HM421006
5/4-6/3	M/W	4:05-4:35 pm	\$92	\$115	HM421007
3/30-4/29	M/W	4:40-5:10 pm	\$101	\$126.25	HM421008
5/4-6/3	M/W	4:40-5:10 pm	\$92	\$115	HM421009
3/30-4/29	M/W	6:05-6:35 pm	\$101	\$126.25	HM421012
5/4-6/3	M/W	6:05-6:35 pm	\$92	\$115	HM421013
3/31-4/30	T/Th	3:30-4 pm	\$101	\$126.25	HM421026
5/5-6/4	T/Th	3:30-4 pm	\$101	\$126.25	HM421027
3/31-4/30	T/Th	4:40-5:10 pm	\$101	\$126.25	HM421030
5/5-6/4	T/Th	4:40-5:10 pm	\$101	\$126.25	HM421031
3/31-4/30	T/Th	6:05-6:35 pm	\$101	\$126.25	HM421034
5/5-6/4	T/Th	6:05-6:35 pm	\$101	\$126.25	HM421035
4/12-6/7	Su	12-12:30 pm	\$82	\$102.50	HM421046
4/12-6/7	Su	1:10-1:40 pm	\$82	\$102.50	HM421048
5/4-6/3	M/W	1:45-2:15 pm	\$92	\$115	HM421003HSH

Intermediate Swimming Skills

Date	Day	Time	ID/AP	OD	Class#
Preschool/School Age Level 5-7					

Winter Term: No class 1/19, 2/16

1/5-2/11	M/W	4:05-4:35 pm	\$111	\$138.75	HM325006
2/18-3/18	M/W	4:05-4:35 pm	\$92	\$115	HM325007
1/5-2/11	M/W	5:30-6 pm	\$111	\$138.75	HM325010
2/18-3/18	M/W	5:30-6 pm	\$92	\$115	HM325011
1/6-2/12	T/Th	4:05-4:35 pm	\$120	\$150	HM325028
2/17-3/19	T/Th	4:05-4:35 pm	\$101	\$126.25	HM325029
1/6-2/12	T/Th	5:30-6 pm	\$120	\$150	HM325032
2/17-3/19	T/Th	5:30-6 pm	\$101	\$126.25	HM325033
1/11-3/15	Su	12:35-1:05 pm	\$101	\$126.25	HM325047
1/11-3/15	Su	2-2:30 pm	\$101	\$126.25	HM325049

Spring Term: No class 4/5, 5/23, 5/24, 5/25

3/30-4/29	M/W	4:05-4:35 pm	\$101	\$126.25	HM425006
5/4-6/3	M/W	4:05-4:35 pm	\$92	\$115	HM425007
3/30-4/29	M/W	5:30-6 pm	\$101	\$126.25	HM425010
5/4-6/3	M/W	5:30-6 pm	\$92	\$115	HM425011
3/31-4/30	T/Th	4:05-4:35 pm	\$101	\$126.25	HM425028
5/5-6/4	T/Th	4:05-4:35 pm	\$101	\$126.25	HM425029
3/31-4/30	T/Th	5:30-6 pm	\$101	\$126.25	HM425032
5/5-6/4	T/Th	5:30-6 pm	\$101	\$126.25	HM425033
4/12-6/7	Su	12:35-1:05 pm	\$82	\$102.50	HM425047

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

Specialty Programs

Date	Day	Time	ID/AP	OD	Class#
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Winter & Spring Splash

A recreational swim team with a focus on stroke refinement, building endurance, and sportsmanship. Participants must be between the ages of 5 and 17 and be able to swim 25 yards of crawl stroke and 25 yards of backstroke. While not required to compete, swim meets are held on some Saturdays during the season.

Winter Splash: No class 1/19, 2/16

1/05-3/18	M/W	6:05-7 pm	\$338	\$422.50	HM334000
1/10-3/14	Sa	8:00-8:55 am	\$169	\$211.25	HM334001

Spring Splash: No class 5/25

3/30-6/3	M/W	6:05-7 pm	\$276	\$345	HM434000
4/4-6/6	Sa	8-8:55 am	\$137	\$171.25	HM434001

Baby/Toddler & Me

Winter Term:

1/10-3/14	S	8:25-8:55 am	\$67	\$83.75	HM340001
1/5-2/11	M/W	5:30-6 pm	\$74	\$92.50	HM340010
2/18-3/18	M/W	5:30-6 pm	\$61	\$76.25	HM340011
1/11-3/15	Su	1:10-1:40 pm	\$67	\$83.75	HM340048

Spring Term: No class 4/5, 5/23, 5/24, 5/25

3/30-4/29	M/W	5:30-6 pm	\$67	\$83.75	HM440010
4/4-6/6	S	8:25-8:55 am	\$61	\$76.25	HM440001
4/12-6/7	Su	1:10-1:40 pm	\$64	\$80	HM440048

You & Your Preschooler

Winter Term:

1/11-3/15	Su	2-2:30 pm	\$101	\$126.25	HM341049
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Spring Term: No class 4/15, 5/24

4/12-6/7	Su	2-2:30 pm	\$82	\$102.50	HM441049
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Teen Swimming Skills

Winter Term: No class 1/19

1/5-2/11	M/W	6:05-6:50 pm	\$163	\$203.75	HM350012T
2/18-3/18	M/W	6:05-6:50 pm	\$134	\$167.50	HM350013T

Spring Term: No class 5/25

3/30-4/29	M/W	6:05-6:50 pm	\$149	\$186.25	HM450012T
5/4-6/3	M/W	6:05-6:50 pm	\$134	\$167.50	HM450013T

Teen/Adult Swimming Skills

Winter Term:

1/6-2/12	T/Th	6:05-6:50 pm	\$177	\$221.25	HM350034
2/17-3/19	T/Th	6:05-6:50 pm	\$149	\$186.25	HM350035
1/11-3/15	Su	11:45 am-12:30 pm	\$149	\$186.25	HM350045

Spring Term:

3/31-4/30	T/Th	6:05-6:50 pm	\$149	\$186.25	HM450034
5/5-6/4	T/Th	6:05-6:50 pm	\$149	\$186.25	HM450035
4/12-6/7	Su	11:45 am-12:30 pm	\$120	\$150	HM450045

Private Lessons

Winter Term: No class 1/19, 2/16

1/5-2/11	M/W	3:30-4 pm	\$550	\$687.50	HM360004
2/18-3/18	M/W	3:30-4 pm	\$450	\$562.50	HM360005

1/5-2/11	M/W	5:30-6 pm	\$550	\$687.50	HM360010
2/18-3/18	M/W	5:30-6 pm	\$450	\$562.50	HM360011
1/6-2/12	T/Th	10:45-11:15 am	\$600	\$750	HM360016
2/17-3/19	T/Th	10:45-11:15 am	\$500	\$625	HM360017
1/6-2/12	T/Th	12:30-1 pm	\$600	\$750	HM360018
2/17-3/19	T/Th	12:30-1 pm	\$500	\$625	HM360019
1/6-2/12	T/Th	4:05-4:35 pm	\$600	\$750	HM360028
2/17-3/19	T/Th	4:05-4:35 pm	\$500	\$625	HM360029
1/6-2/12	T/Th	5:30-6 pm	\$600	\$750	HM360032
2/17-3/19	T/Th	5:30-6 pm	\$500	\$625	HM360033
1/9-2/13	F	12:20-12:50 pm	\$300	\$375	HM360036
2/20-3/20	F	12:20-12:50 pm	\$250	\$312.50	HM360037
1/9-2/13	F	12:55-1:25 pm	\$300	\$375	HM360038
2/20-3/20	F	12:55-1:25 pm	\$250	\$312.50	HM360039
1/11-3/15	Su	12:35-1:05 pm	\$500	\$625	HM360047
1/11-3/15	Su	2-2:30 pm	\$500	\$625	HM360049

Spring Term: No class 4/5, 5/23, 5/24, 5/25

3/30-4/29	M/W	3:30-4 pm	\$500	\$625	HM460004
5/4-6/3	M/W	3:30-4 pm	\$450	\$562.50	HM460005
3/30-4/29	M/W	5:30-6 pm	\$500	\$625	HM460010
5/4-6/3	M/W	5:30-6 pm	\$450	\$562.50	HM460011
3/31-4/30	T/Th	10:45-11:15 am	\$500	\$625	HM460016
5/5-6/4	T/Th	10:45-11:15 am	\$500	\$625	HM460017
3/31-4/30	T/Th	12:30-1 pm	\$500	\$625	HM460018
5/5-6/4	T/Th	12:30-1 pm	\$500	\$625	HM460019
3/31-4/30	T/Th	4:05-4:35 pm	\$500	\$625	HM460028
5/5-6/4	T/Th	4:05-4:35 pm	\$500	\$625	HM460029
5/5-6/4	T/Th	5:30-6 pm	\$500	\$625	HM460033
4/3-5/1	F	12:20-12:50 pm	\$250	\$312.50	HM460036
5/8-6/5	F	12:20-12:50 pm	\$250	\$312.50	HM460037
4/3-5/1	F	12:55-1:25 pm	\$250	\$312.50	HM460038
5/8-6/5	F	12:55-1:25 pm	\$250	\$312.50	HM460039
4/12-6/7	Su	12:35-1:05 pm	\$400	\$500	HM460047
4/12-6/7	Su	2-2:30 pm	\$400	\$500	HM460049

Revive H2O Recovery Program

Recovering from an illness or medical treatment? Regain your strength and create optimal health with this gentle and supportive class. Medical Release & Health/Medical History Forms requested.

Winter Term:

1/6-2/12	T/Th	1-2 pm	\$146	\$182.50	HM371020
2/17-3/19	T/Th	1-2 pm	\$127	\$158.75	HM371021

Spring Term:

4/7-5/7	T/Th	1-2 pm	\$127	\$158.75	HM471020
5/12-6/11	T/Th	1-2 pm	\$127	\$158.75	HM471021

Training or Professional Classes

Date	Day	Time	ID/AP	OD	Class#
Jr. Lifeguarding					
3/23-3/26	M-Th	12-5 pm	\$100	\$125	HM351000
5/3-5/17	Su	8 am-5:30 pm	\$260	\$325	HM452000

Special Event

Date	Day	Time	ID/AP	OD	Class#
Ai Chi & Sound Bath Healing					
Participants will enjoy Ai Chi moves with Kristi, combining breath with movement that enhances memory, balance, flexibility, mobility and coordination. Then participants will float or gently move around in the water with the support of noodles while sound washes over them with crystal singing bowls by Julie. Refreshments and mingling to follow.					
2/7	S	5-6:30 pm	\$10.25	\$12.75	HM371022
5/2	S	5-6:30 pm	\$10.25	\$12.75	HM471022



Poolside Pride

3/7	S	6-8 pm	FREE		HM3PRIDE
5/16	S	6-8 pm	FREE		HM4PRIDE

Pool Rental

4/3	F	5-6 pm	\$226.50	\$283	HM490000P
4/4	S	2:30-3:30 pm	\$226.50	\$283	HM490001P
4/12	Su	4-5 pm	\$226.50	\$283	HM490002P

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

Sunset Swim Center



TUALATIN HILLS
PARK & RECREATION DISTRICT

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

TriMet Bus Routes #48, #62

Center Supervisor: Joshua Norton

Sunset Swim Center Hours:

Monday – Friday: 4 – 7:30 pm

Saturday: 8:30 am – 1 pm

Sunday: 12:15 – 6:30 pm

Facility Closed: 1/1, 1/19, 2/16, 4/5, 5/25.

Sunset Swim Center features:

- ADA Lift available
- Average Pool Temperature: 84°

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.**



@THPRD.Aquatics

Sunset's Spring Break Camp

3/23-3/26 M-Th 8 am-12 pm ID \$167 OD \$208.75 SS381000

Come join us for Sunset's Spring Break Camp! Camp will involve fun games, crafts, and activities, ending with a swim lesson in the pool.

Winter/Spring Splash

A recreational swim team with a focus on stroke refinement, building endurance, and sportsmanship. Participants must be between the ages of 5 and 17 and able to swim 25 yards of crawl stroke and 25 yards of backstroke. While not required to compete, swim meets are held on some Saturdays during the season. Offered on M/W, T/Th, Sa or Su please see page 43 for details.

Winter/Spring Score

Score is a recreational water polo team for ages 6 to 17. No prior water polo experience required; participants must be able to swim 25 yards of crawl stroke and 25 yards of backstroke. Score practices consist of swimming, treading water, ball handling, passing, and shooting technique; basic game principles, sportsmanship, teamwork, and communication. Offered on Tues & Fri see page 43 for details.

Sunset Shamrock Splash

Saturday, March 14 • 2-4 pm • SS300000

Join us for fun crafts, followed by an open swim and a raffle! Cost includes crafts and entrance to open swim. Parent participation encouraged. **ID \$10.25 OD \$12.75**



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 after class.

Beginning Swimming Skills

Date	Day	Time	ID/AP	OD	Class#
Preschool Level 1-3					

Winter Term: No class 1/19, 2/16

1/5-2/11	M/W	4-4:30 pm	\$111	\$138.75	SS311000
2/18-3/18	M/W	4-4:30 pm	\$92	\$115	SS311001
1/5-2/11	M/W	4:35-5:05 pm	\$111	\$138.75	SS311002
2/18-3/18	M/W	4:35-5:05 pm	\$92	\$115	SS311003
1/5-2/11	M/W	5:20-5:50 pm	\$111	\$138.75	SS311004
2/18-3/18	M/W	5:20-5:50 pm	\$92	\$115	SS311005
1/5-2/11	M/W	5:55-6:25 pm	\$111	\$138.75	SS311006
2/18-3/18	M/W	5:55-6:25 pm	\$92	\$115	SS311007
1/6-2/10	T	4-4:30 pm	\$63	\$78.75	SS311011
2/17-3/19	T/Th	4-4:30 pm	\$101	\$126.25	SS311012
1/6-2/10	T	4:35-5:05 pm	\$63	\$78.75	SS311013
2/17-3/19	T/Th	4:35-5:05 pm	\$101	\$126.25	SS311014
1/6-2/12	T/Th	5:20-5:50 pm	\$120	\$150	SS311015
2/17-3/19	T/Th	5:20-5:50 pm	\$101	\$126.25	SS311016
1/6-2/12	T/Th	5:55-6:25 pm	\$120	\$150	SS311017
2/17-3/19	T/Th	5:55-6:25 pm	\$101	\$126.25	SS311018
1/10-3/14	S	10-10:30 am	\$101	\$126.25	SS311022
1/10-3/14	S	10:35-11:05 am	\$101	\$126.25	SS311023
1/10-3/14	S	11:20-11:50 am	\$101	\$126.25	SS311024
1/11-3/15	Su	1:30-2 pm	\$101	\$126.25	SS311026
1/11-3/15	Su	2:05-2:35 pm	\$101	\$126.25	SS311027
1/11-3/15	Su	2:50-3:20 pm	\$101	\$126.25	SS311028
1/11-3/15	Su	3:25-3:55 pm	\$101	\$126.25	SS311029

Spring Term: No class 4/5, 5/23, 5/24, 5/25

3/30-4/29	M/W	4-4:30 pm	\$101	\$126.25	SS411000
5/4-6/3	M/W	4-4:30 pm	\$92	\$115	SS411001
3/30-4/29	M/W	4:35-5:05 pm	\$101	\$126.25	SS411002
5/4-6/3	M/W	4:35-5:05 pm	\$92	\$115	SS411003
3/30-4/29	M/W	5:20-5:50 pm	\$101	\$126.25	SS411004
5/4-6/3	M/W	5:20-5:50 pm	\$92	\$115	SS411005
3/30-4/29	M/W	5:55-6:25 pm	\$101	\$126.25	SS411006
5/4-6/3	M/W	5:55-6:25 pm	\$92	\$115	SS411007
3/31-4/30	T/Th	4-4:30 pm	\$101	\$126.25	SS411013
5/5-6/4	T/Th	4-4:30 pm	\$101	\$126.25	SS411014
3/31-4/30	T/Th	4:35-5:05 pm	\$101	\$126.25	SS411015
5/5-6/4	T/Th	4:35-5:05 pm	\$101	\$126.25	SS411016
3/31-4/30	T/Th	5:20-5:50 pm	\$101	\$126.25	SS411017
5/5-6/4	T/Th	5:20-5:50 pm	\$101	\$126.25	SS411018
3/31-4/30	T/Th	5:55-6:25 pm	\$101	\$126.25	SS411019
5/5-6/4	T/Th	5:55-6:25 pm	\$101	\$126.25	SS411020
4/4-6/6	S	10-10:30 am	\$92	\$115	SS411024
4/4-6/6	S	10:35-11:05 am	\$92	\$115	SS411025
4/4-6/6	S	11:20-11:50 am	\$92	\$115	SS411026
4/12-6/7	Su	1:30-2 pm	\$82	\$102.50	SS411028
4/12-6/7	Su	2:05-2:35 pm	\$82	\$102.50	SS411029
4/12-6/7	Su	2:50-3:20 pm	\$82	\$102.50	SS411030
4/12-6/7	Su	3:25-3:55 pm	\$82	\$102.50	SS411031

School Age Level 1-4

Winter Term: No class 1/19, 2/16

1/5-2/11	M/W	4-4:30 pm	\$111	\$138.75	SS322000
2/18-3/18	M/W	4-4:30 pm	\$92	\$115	SS322001
1/5-2/11	M/W	4:35-5:05 pm	\$111	\$138.75	SS322002
2/18-3/18	M/W	4:35-5:05 pm	\$92	\$115	SS322003
1/5-2/11	M/W	5:20-5:50 pm	\$111	\$138.75	SS322004
2/18-3/18	M/W	5:20-5:50 pm	\$92	\$115	SS322005
1/5-2/11	M/W	5:55-6:25 pm	\$111	\$138.75	SS322006
2/18-3/18	M/W	5:55-6:25 pm	\$92	\$115	SS322007
1/6-2/10	T	4-4:30 pm	\$63	\$78.75	SS322011
2/17-3/19	T/Th	4-4:30 pm	\$101	\$126.25	SS322012
1/6-2/10	T	4:35-5:05 pm	\$63	\$78.75	SS322013
2/17-3/19	T/Th	4:35-5:05 pm	\$101	\$126.25	SS322014
1/6-2/12	T/Th	5:55-6:25 pm	\$120	\$150	SS322017
2/17-3/19	T/Th	5:55-6:25 pm	\$101	\$126.25	SS322018
1/10-3/14	S	10:35-11:05 am	\$101	\$126.25	SS322023
1/10-3/14	S	11:20-11:50 am	\$101	\$126.25	SS322024
1/11-3/15	Su	1:30-2 pm	\$101	\$126.25	SS322026
1/11-3/15	Su	2:05-2:35 pm	\$101	\$126.25	SS322027
1/11-3/15	Su	2:50-3:20 pm	\$101	\$126.25	SS322028

Spring Term: No class 4/5, 5/23, 5/24, 5/25

3/30-4/29	M/W	4-4:30 pm	\$101	\$126.25	SS422000
5/4-6/3	M/W	4-4:30 pm	\$92	\$115	SS422001
3/30-4/29	M/W	4:35-5:05 pm	\$101	\$126.25	SS422002
5/4-6/3	M/W	4:35-5:05 pm	\$92	\$115	SS422003
3/30-4/29	M/W	5:55-6:25 pm	\$101	\$126.25	SS422006
5/4-6/3	M/W	5:55-6:25 pm	\$92	\$115	SS422007
3/31-4/30	T/Th	4-4:30 pm	\$101	\$126.25	SS422013
5/5-6/4	T/Th	4-4:30 pm	\$101	\$126.25	SS422014
3/31-4/30	T/Th	4:35-5:05 pm	\$101	\$126.25	SS422015
5/5-6/4	T/Th	4:35-5:05 pm	\$101	\$126.25	SS422016
3/31-4/30	T/Th	5:55-6:25 pm	\$101	\$126.25	SS422019
5/5-6/4	T/Th	5:55-6:25 pm	\$101	\$126.25	SS422020
4/4-6/6	S	10:35-11:05 am	\$92	\$115	SS422025
4/4-6/6	S	11:20-11:50 am	\$92	\$115	SS422026
4/12-6/7	Su	1:30-2 pm	\$82	\$102.50	SS422028
4/12-6/7	Su	2:05-2:35 pm	\$82	\$102.50	SS422029
4/12-6/7	Su	2:50-3:20 pm	\$82	\$102.50	SS422030

Preschool/School Age Level 5-7

Winter Term: No class 1/19, 2/16

1/5-2/11	M/W	5:55-6:25 pm	\$111	\$138.75	SS325006
2/18-3/18	M/W	5:55-6:25 pm	\$92	\$115	SS325007
1/6-2/12	T/Th	5:55-6:25 pm	\$120	\$150	SS325017
2/17-3/19	T/Th	5:55-6:25 pm	\$101	\$126.25	SS325018
1/10-3/14	S	11:20-11:50 am	\$101	\$126.25	SS325024
1/11-3/15	Su	3:25-3:55 pm	\$101	\$126.25	SS325029

Spring Term: No class 4/5, 5/23, 5/24, 5/25

3/30-4/29	M/W	5:55-6:25 pm	\$101	\$126.25	SS425006
5/4-6/3	M/W	5:55-6:25 pm	\$92	\$115	SS425007
3/31-4/30	T/Th	5:55-6:25 pm	\$101	\$126.25	SS425019
5/5-6/4	T/Th	5:55-6:25 pm	\$101	\$126.25	SS425020
4/4-6/6	S	11:20-11:50 am	\$92	\$115	SS425026
4/12-6/7	Su	3:25-3:55 pm	\$82	\$102.50	SS425031

Specialty Programs

Date	Day	Time	ID/AP	OD	Class#
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Baby/Toddler & Me

Winter Term:

1/6-2/12	T/Th	5:20-5:50 pm	\$80	\$100	SS340015
2/17-3/19	T/Th	5:20-5:50 pm	\$67	\$83.75	SS340016
1/10-3/14	S	10-10:30 am	\$67	\$83.75	SS340022

Spring Term: No class 4/5, 5/23, 5/24, 5/25

3/30-4/29	M/W	5:20-5:50 pm	\$67	\$83.75	SS440004
5/4-6/3	M/W	5:20-5:50 pm	\$61	\$76.25	SS440005
3/31-4/30	T/Th	5:20-5:50 pm	\$67	\$83.75	SS440017
5/5-6/4	T/Th	5:20-5:50 pm	\$67	\$83.75	SS440018
4/4-6/6	S	10-10:30 am	\$61	\$76.25	SS440024

Teen/Adult Swimming Skills

Winter Term: No class 2/16

2/18-3/18	M/W	7:25-7:55 pm	\$92	\$115	SS350009
2/18-3/18	M/W	8-8:30 pm	\$92	\$115	SS350010

Spring Term: No class 5/25

3/30-4/29	M/W	7:25-7:55 pm	\$101	\$126.25	SS450009
5/4-6/3	M/W	7:25-7:55 pm	\$92	\$115	SS450010
3/30-4/29	M/W	8-8:30 pm	\$101	\$126.25	SS450011
5/4-6/3	M/W	8-8:30 pm	\$92	\$115	SS450012

Teen/Adult Swimming Skills - Beginning

Winter Term:

1/11-3/15	Su	3:25-3:55 pm	\$101	\$126.25	SS350029B
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Spring Term: No class 4/5, 5/24

4/12-6/7	Su	3:25-3:55 pm	\$82	\$102.50	SS450031B
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Splash

Winter Term: No class 1/19, 2/16

1/5-3/18	M/W	6:35-7:20 pm	\$239	\$298.75	SS334008
1/6-3/19	T/Th	6:35-7:20 pm	\$262	\$327.50	SS334019
1/10-3/14	S	12-12:55 pm	\$152	\$190	SS334025
1/11-3/15	Su	4:05-5 pm	\$152	\$190	SS334030

Spring Term: No class 4/5, 5/23, 5/24, 5/25

3/30-6/3	M/W	6:35-7:20 pm	\$228	\$285	SS434008
3/31-6/4	T/Th	6:35-7:20 pm	\$239	\$298.75	SS434021
4/4-6/6	S	12-12:55 pm	\$137	\$171.25	SS434027
4/12-6/7	Su	4:05-5 pm	\$123	\$153.75	SS434032
4/12-6/7	Su	5:05-6 pm	\$123	\$153.75	SS434033

Score

Winter Term:

2/17-3/17	T	7:30-8:25 pm	\$82	\$102.50	SS332020
1/9-3/13	F	6:15-7:10 pm	\$151	\$188.75	SS332021

Spring Term:

3/31-6/2	T	7:30-8:25 pm	\$151	\$188.75	SS432022
4/3-6/5	F	6:15-7:10 pm	\$151	\$188.75	SS432023

Private Lessons

Winter Term:

1/6-2/12	T/Th	5:20-5:50 pm	\$600	\$750	SS360015
2/17-3/19	T/Th	5:20-5:50 pm	\$500	\$625	SS360016
1/10-3/14	S	10-10:30 am	\$500	\$625	SS360022
1/11-3/15	Su	3:25-3:55 pm	\$500	\$625	SS360029

Spring Term: No class 4/5, 5/23, 5/24, 5/25

3/30-4/29	M/W	5:20-5:50 pm	\$500	\$625	SS460004
5/4-6/3	M/W	5:20-5:50 pm	\$450	\$562.50	SS460005
3/31-4/30	T/Th	5:20-5:50 pm	\$500	\$625	SS460017
5/5-6/4	T/Th	5:20-5:50 pm	\$500	\$625	SS460018
4/4-6/6	S	10-10:30 am	\$450	\$562.50	SS460024
4/12-6/7	Su	3:25-3:55 pm	\$400	\$500	SS460031

Private Lessons – INTEREST LIST ONLY

Interested in additional private lesson opportunities? Please add your name to the interest list, and we will email you if additional times become available.

Winter Term: SS360099

Spring Term: SS460099

Training or Professional Classes

Date	Day	Time	ID/AP	OD	Class#
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Jr. Lifeguarding

Winter Term:

2/24-2/26	T/W/Th	4-8 pm	\$100	\$125	SS351000
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Spring Term:

5/12-5/14	T/W/Th	4-8 pm	\$100	\$125	SS451000
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Lifeguard Training

Winter Term:

1/24-1/26	Su/M/S	9 am-5 pm	\$260	\$325	SS352001
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Spring Term:

4/18-4/20	Su/M/S	9 am-5 pm	\$260	\$325	SS452001
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Camps

Date	Day	Time	ID/AP	OD	Class#
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Sunset's Spring Break Camp

3/23-3/26	M-Th	8 am-12 pm	\$167	\$208.75	SS381000
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Special Event

Date	Day	Time	ID/AP	OD	Class#
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Sunset's Shamrock Splash

3/14	S	2-4 pm	\$10.25	\$12.75	SS30000
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Tualatin Hills Aquatic Center



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

TriMet Bus Routes #59, #67

Facility Supervisor: Patrick Williamson

Hours:

Monday - Thursday:	5 am - 9:30 pm
Friday:	5 am - 9 pm
Saturday	6 am - 4 pm
Sunday	12 - 4 pm

Tualatin Hills Aquatic Center features:

- ADA Lift Available
- Dive Platforms
- Average Pool Temperature: 83-84°
- Independent Changing Rooms



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.

Power Pool Circuit: A shallow water class combining various types of resistance and cardio training. Participants can expect to use resistance bands, aquabells, kickboards, and more in a circuit style format for added fun and excitement!

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

Is your child new to THPRD?

THPRD offers swimming level assessments to ensure registration in the appropriate level.

If your 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.

Lap Swim, Open Swim & Water Fitness

Please see online schedule at thprd.org for Lap Swim, Open Swim, and Water Fitness opportunities at Conestoga.



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 under 10 years of age must remain on the premises during class.

Beginning Swimming Skills

Date	Day	Time	ID/AP	OD	Class#
Preschool Level 1-3					
No Class 1/19, 2/16, 5/25					

Winter Term:

1/5-2/11	M/W	3:20-3:50 pm	\$111	\$138.75	AQ311000
2/18-3/18	M/W	3:20-3:50 pm	\$92	\$115	AQ311001
1/5-2/11	M/W	4:30-5 pm	\$111	\$138.75	AQ311004
2/18-3/18	M/W	4:30-5 pm	\$92	\$115	AQ311005
1/5-2/11	M/W	5:05-5:35 pm	\$111	\$138.75	AQ311006
2/18-3/18	M/W	5:05-5:35 pm	\$92	\$115	AQ311007
1/5-2/11	M/W	5:40-6:10 pm	\$111	\$138.75	AQ311008
2/18-3/18	M/W	5:40-6:10 pm	\$92	\$115	AQ311009
1/5-2/11	M/W	6:15-6:45 pm	\$111	\$138.75	AQ311010
2/18-3/18	M/W	6:15-6:45 pm	\$92	\$115	AQ311011
1/6-2/12	T/Th	3:20-3:50 pm	\$120	\$150	AQ311016
2/17-3/17	T/Th	3:20-3:50 pm	\$82	\$102.50	AQ311017
1/6-2/12	T/Th	4:30-5 pm	\$120	\$150	AQ311020
2/17-3/17	T/Th	4:30-5 pm	\$82	\$102.50	AQ311021
1/6-2/12	T/Th	5:05-5:35 pm	\$120	\$150	AQ311022
2/17-3/17	T/Th	5:05-5:35 pm	\$82	\$102.50	AQ311023
1/6-2/12	T/Th	5:40-6:10 pm	\$120	\$150	AQ311024
2/17-3/17	T/Th	5:40-6:10 pm	\$82	\$102.50	AQ311025

Spring Term:

3/30-4/29	M/W	3:20-3:50 pm	\$101	\$126.25	AQ411000
5/4-6/3	M/W	3:20-3:50 pm	\$92	\$115	AQ411001
3/30-4/29	M/W	4:30-5 pm	\$101	\$126.25	AQ411004
5/4-6/3	M/W	4:30-5 pm	\$92	\$115	AQ411005
3/30-4/29	M/W	5:05-5:35 pm	\$101	\$126.25	AQ411006
5/4-6/3	M/W	5:05-5:35 pm	\$92	\$115	AQ411007
3/30-4/29	M/W	5:40-6:10 pm	\$101	\$126.25	AQ411008
5/4-6/3	M/W	5:40-6:10 pm	\$92	\$115	AQ411009
3/30-4/29	M/W	6:15-6:45 pm	\$101	\$126.25	AQ411010
5/4-6/3	M/W	6:15-6:45 pm	\$92	\$115	AQ411011
3/31-4/30	T/Th	3:20-3:50 pm	\$101	\$126.25	AQ411016
5/5-6/4	T/Th	3:20-3:50 pm	\$101	\$126.25	AQ411017
3/31-4/30	T/Th	4:30-5 pm	\$101	\$126.25	AQ411020
5/5-6/4	T/Th	4:30-5 pm	\$101	\$126.25	AQ411021
3/31-4/30	T/Th	5:05-5:35 pm	\$101	\$126.25	AQ411022
5/5-6/4	T/Th	5:05-5:35 pm	\$101	\$126.25	AQ411023
3/31-4/30	T/Th	5:40-6:10 pm	\$101	\$126.25	AQ411024
5/5-6/4	T/Th	5:40-6:10 pm	\$101	\$126.25	AQ411025

School Age Level 1-4

Winter Term:

1/5-2/11	M/W	3:55-4:25 pm	\$111	\$138.75	AQ322002
2/18-3/18	M/W	3:55-4:25 pm	\$92	\$115	AQ322003
1/5-2/11	M/W	4:30-5 pm	\$111	\$138.75	AQ322004
2/18-3/18	M/W	4:30-5 pm	\$92	\$115	AQ322005
1/5-2/11	M/W	5:05-5:35 pm	\$111	\$138.75	AQ322006
2/18-3/18	M/W	5:05-5:35 pm	\$92	\$115	AQ322007
1/5-2/11	M/W	5:40-6:10 pm	\$111	\$138.75	AQ322008
2/18-3/18	M/W	5:40-6:10 pm	\$92	\$115	AQ322009

1/5-2/11	M/W	6:15-6:45 pm	\$111	\$138.75	AQ322010
2/18-3/18	M/W	6:15-6:45 pm	\$92	\$115	AQ322011
1/6-2/12	T/Th	3:55-4:25 pm	\$120	\$150	AQ322018
2/17-3/17	T/Th	3:55-4:25 pm	\$82	\$102.50	AQ322019
1/6-2/12	T/Th	4:30-5 pm	\$120	\$150	AQ322020
2/17-3/17	T/Th	4:30-5 pm	\$82	\$102.50	AQ322021
1/6-2/12	T/Th	5:05-5:35 pm	\$120	\$150	AQ322022
2/17-3/17	T/Th	5:05-5:35 pm	\$82	\$102.50	AQ322023
1/6-2/12	T/Th	5:40-6:10 pm	\$120	\$150	AQ322024
2/17-3/17	T/Th	5:40-6:10 pm	\$82	\$102.50	AQ322025

Spring Term:

3/30-4/29	M/W	3:55-4:25 pm	\$101	\$126.25	AQ422002
5/4-6/3	M/W	3:55-4:25 pm	\$92	\$115	AQ422003
3/30-4/29	M/W	4:30-5 pm	\$101	\$126.25	AQ422004
5/4-6/3	M/W	4:30-5 pm	\$92	\$115	AQ422005
3/30-4/29	M/W	5:05-5:35 pm	\$101	\$126.25	AQ422006
5/4-6/3	M/W	5:05-5:35 pm	\$92	\$115	AQ422007
3/30-4/29	M/W	5:40-6:10 pm	\$101	\$126.25	AQ422008
5/4-6/3	M/W	5:40-6:10 pm	\$92	\$115	AQ422009
3/30-4/29	M/W	6:15-6:45 pm	\$101	\$126.25	AQ422010
5/4-6/3	M/W	6:15-6:45 pm	\$92	\$115	AQ422011
3/31-4/30	T/Th	3:55-4:25 pm	\$101	\$126.25	AQ422018
5/5-6/4	T/Th	3:55-4:25 pm	\$101	\$126.25	AQ422019
3/31-4/30	T/Th	4:30-5 pm	\$101	\$126.25	AQ422020
5/5-6/4	T/Th	4:30-5 pm	\$101	\$126.25	AQ422021
3/31-4/30	T/Th	5:05-5:35 pm	\$101	\$126.25	AQ422022
5/5-6/4	T/Th	5:05-5:35 pm	\$101	\$126.25	AQ422023
3/31-4/30	T/Th	5:40-6:10 pm	\$101	\$126.25	AQ422024
5/5-6/4	T/Th	5:40-6:10 pm	\$101	\$126.25	AQ422025

Intermediate Swimming Skills

Date	Day	Time	ID/AP	OD	Class#
Preschool/School Age Level 5-7					

Winter Term:

1/5-2/11	M/W	5:05-5:35 pm	\$111	\$138.75	AQ325006
2/18-3/18	M/W	5:05-5:35 pm	\$92	\$115	AQ325007
1/5-2/11	M/W	5:40-6:10 pm	\$111	\$138.75	AQ325008
2/18-3/18	M/W	5:40-6:10 pm	\$92	\$115	AQ325009
1/5-2/11	M/W	6:15-6:45 pm	\$111	\$138.75	AQ325010
2/18-3/18	M/W	6:15-6:45 pm	\$92	\$115	AQ325011
1/6-2/12	T/Th	5:05-5:35 pm	\$120	\$150	AQ325022
2/17-3/17	T/Th	5:05-5:35 pm	\$82	\$102.50	AQ325023
1/6-2/12	T/Th	5:40-6:10 pm	\$120	\$150	AQ325024
2/17-3/17	T/Th	5:40-6:10 pm	\$82	\$102.50	AQ325025

Spring Term:

3/30-4/29	M/W	5:05-5:35 pm	\$101	\$126.25	AQ425006
5/4-6/3	M/W	5:05-5:35 pm	\$92	\$115	AQ425007
3/30-4/29	M/W	5:40-6:10 pm	\$101	\$126.25	AQ425008
5/4-6/3	M/W	5:40-6:10 pm	\$92	\$115	AQ425009
3/30-4/29	M/W	6:15-6:45 pm	\$101	\$126.25	AQ425010
5/4-6/3	M/W	6:15-6:45 pm	\$92	\$115	AQ425011
3/31-4/30	T/Th	5:05-5:35 pm	\$101	\$126.25	AQ425022
5/5-6/4	T/Th	5:05-5:35 pm	\$101	\$126.25	AQ425023
3/31-4/30	T/Th	5:40-6:10 pm	\$101	\$126.25	AQ425024
5/5-6/4	T/Th	5:40-6:10 pm	\$101	\$126.25	AQ425025

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

Specialty Programs

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.

Winter Term:

1/5-3/18	M/W	7-7:45 pm	\$249	\$308.75	AQ334012
1/6-3/17	T/Th	6:15-7 pm	\$249	\$308.75	AQ334026

Spring Term:

3/30-6/3	M/W	7-7:45 pm	\$238	\$295	AQ434012
3/31-6/4	T/Th	6:15-7 pm	\$249	\$308.75	AQ434026

Training or Professional Classes

Lifeguard Training

Winter Term:

3/23-3/26	M-Th	9 am-4 pm	\$260	\$325	AQ352000
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PROMOTE YOUR BUSINESS AT THPRD

Sponsorship Opportunities

- 1M+ annual park & facility visitors
- Newsletter: 58K+ subscribers
- Website: 1.2M annual visitors
- Hundreds of annual events = opportunities for every business



Click to learn more!



Elsie Stuhr Center



TUALATIN HILLS
PARK & RECREATION DISTRICT

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

Center Supervisor: Juan Caez

Hours:

Monday-Thursday: 8 am-5 pm

Friday: 8 am-2 pm

Saturday: 8 am-4 pm

Facility Closed: 1/1, 1/19, 2/16, 5/25

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 166 for out of district information.

Elsie Stuhr Center Drop-In Activities

- **Pool** (Billiards): open daily
- **Cribbage**: Mondays, 8am-10:30am
- **Haircuts**: Mondays, 3-5pm
- **In Stitches**: Mondays, 10am-1:30pm
- **Malaysian Mah-jongg**: Mondays, 1-3pm
- **Table Tennis**: Mondays, 3-5 pm, Wednesdays 3-5pm
- **Texas Hold'em**: Tuesday, 9:30am-2pm, Thurs., 1-5pm
Saturdays 11:45am-3:45
- **Bridge**: Wednesdays, 9:30-11:30am
- **Bingo**: Mondays, 2-4pm, Wednesdays, 11am-1pm
- **American 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
- **Social Dance**: Thursdays, 2-4pm
- **Pinochle**: Fridays, 10am-1pm
- **Drop-in Art**: Fridays, 11:30am-1:30pm

Monthly Newsletter

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



Explore and Enjoy with these Spring Trips!

2/19: Wine Tasting Trip to Hamacher Wines



3/19: Ilani Casino Trip



4/30: Oregon State Capitol Tour



ARTS & CRAFTS

Dates (Weeks) Location	Day ID	Time SD	Class # OD
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Beginning Watercolor

Dive into the world of watercolor painting in our beginner-friendly class. Learn essential techniques and unleash your creativity as you experiment with vibrant colors and fluid strokes. Whether you're picking up a brush for the first time or looking to refine your skills, our supportive instructors will guide you through the process. Join us and explore the beautiful art of watercolor painting in a relaxed and encouraging atmosphere.

1/5-3/9 (8)	M	12:30-2:30 pm	ES34600
Spruce	ID/AP: \$157	SD: \$141.25	OD: \$196.25
3/30-5/18 (8)	M	12:30-2:30 pm	ES44600
Spruce	ID/AP: \$157	SD: \$141.25	OD: \$196.25

Intermediate Watercolor

Dive into the world of watercolor painting in our intermediate-friendly class. Learn essential techniques and unleash your creativity as you experiment with vibrant colors and fluid strokes. Join us and explore the beautiful art of watercolor painting in a relaxed and encouraging atmosphere.

1/8-3/12 (10)	Th	12:30-2:30 pm	ES34602
Spruce	ID/AP: \$193	SD: \$173.50	OD: \$241.25
4/2-5/28 (9)	Th	12:30-2:30 pm	ES44602
Spruce	ID/AP: \$175	SD: \$157.50	OD: \$218.75

Colored Pencil

Unlock the vibrant world of colored pencil art! Whether you're a beginner exploring drawing for the first time or a more experienced artist looking to sharpen your technique, this class will guide you through the fundamentals.

1/7-3/11 (10)	W	10 am-12:30 pm	ES34610
Poplar	ID/AP: \$227	SD: \$204.25	OD: \$283.70
4/1-5/27 (9)	W	10 am-12:30 pm	ES44610
Poplar	ID/AP: \$205	SD: \$184.50	OD: \$256.25

Crocheting Beginners

Discover the joy of crocheting in our beginner-friendly class. Learn essential techniques while creating beautiful pieces. Choose from a variety of projects tailored to your skill level. Join us for a creative journey filled with fun and new skills. No experience required.

1/6-3/10 (10)	T	11 am-12:30 pm	ES34608
Cedar	ID/AP: \$155	SD: \$139.50	OD: \$193.75
3/31-5/26 (9)	T	11 am-12:30 pm	ES44608
Cedar	ID/AP: \$140	SD: \$126	OD: \$175

Crocheting for the fun of it!

This class delves deeper into the craft of crocheting. Learn advanced stitches, pattern reading, and project customization. Connect with fellow enthusiasts as you tackle new challenges and create beautiful pieces. Class will have the option of working on a variety of projects.

1/6-3/10 (10)	T	12:45-2:15 pm	ES34609
Cedar	ID/AP: \$155	SD: \$139.50	OD: \$193.75
3/31-5/26 (9)	T	12:45-2:15 pm	ES44609
Cedar	ID/AP: \$140	SD: \$126	OD: \$175

Saturday Workshop Series!

Check our website for upcoming photography, pottery, glass fusion, painting and more workshops!

Drawing

Discover the joy of drawing in our welcoming class. Learn fundamental techniques and unleash your creativity as you explore various mediums and styles. Whether you're a beginner or have some experience, our supportive instructors will guide you every step of the way. Join us and unlock your artistic potential in a fun and inspiring environment!

1/7-3/11 (10)	W	1-2:30 pm	ES34611
Poplar	ID/AP: \$155	SD: \$139.50	OD: \$193.75
4/1-5/27 (9)	W	1-2:30 pm	ES44611
Poplar	ID/AP: \$140	SD: \$126	OD: \$175

Ceramics Workshop Garden Pots and Ornaments

This is a two-day workshop. When the session is over you will have 2-3 gardening pots to plant beautiful spring flowers. Day one will be spent learning ceramic techniques such as slab and coil construction to form your pots and garden ornament. Day two (two weeks later) is reserved for glazing and finishing your masterpieces. Work will be picked up one week after the session is over.

02/28-03/14 (2)	S	10 am-1 pm	ES34617
Spruce	ID/AP: \$95	SD: \$85.50	OD: 118.75

Intro to Pottery

This class will introduce you to many clay methods including pinch, slab, coil, and wheel throwing basics. We will make projects such as sculpture, cups, bowls, containers, and pots for the garden. Students are not expected to have prior knowledge of ceramic practices. This class is perfect for a new beginner as well as someone in need of a reminder of the basics.

1/5-3/9 (8)	M	9 am-12 pm	ES34618
Spruce	ID/AP: \$219	SD: \$197	OD: \$273.75
3/30-5/18 (8)	M	9 am-12 pm	ES44613
Spruce	ID/AP: \$219	SD: \$197	OD: \$273.75

Pottery

This pottery class is a mix of beginners and experienced students. Supplies included. Students are responsible for cleaning their own workspace after class.

1/7-3/11 (10)	W	10 am-1 pm	ES34619
Spruce	ID/AP: \$271	SD: \$243.75	OD: \$338.75
4/1-5/27 (9)	W	10 am-1 pm	ES44614
Spruce	ID/AP: \$245	SD: \$220.50	OD: \$306.25

Painting Workshop

In this workshop, the instructor gives individual instruction in oils, acrylics, watercolor or pastels. Beginning, Intermediate and Advanced skills welcome.

1/5-3/9 (8)	M	9:15 am-12:15 pm	ES34604
Larch	ID/AP: \$219	SD: \$197	OD: \$273.75
1/8-3/12 (10)	Th	9:15 am-12:15 pm	ES34606
Spruce	ID/AP: \$271	SD: \$243.75	OD: \$338.75
3/30-5/18 (8)	M	9:15 am-12:15 pm	ES44604
Larch	ID/AP: \$219	SD: \$197	OD: \$273.75
4/2-5/28 (9)	Th	9:15 am-12:15 pm	ES44606
Spruce	ID/AP: \$245	SD: \$220.50	OD: \$306.25

Welcome!

Newcomers' Welcome!

Come take a tour of the center while you learn about our classes, fitness schedules, and drop-in activities.

**First Tuesday of every month
at the Stuhr lobby - 11 am**

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.

1/9-3/13 (10)	F	9 am-12 pm	ES34620
Spruce	ID/AP: \$271	SD: \$243.75	OD: \$338.75
4/3-5/29 (9)	F	9 am-12 pm	ES44620
Spruce	ID/AP: \$245	SD: \$270.50	OD: \$306.25

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 fee for participants just starting out paid to instructor which covers cut glove and thumb guard, cut mat, and use of instructor's tools during class time.

1/6-2/24 (8)	T	10 am-12 pm	ES34622
Spruce	ID/AP: \$157	SD: \$141.25	OD: \$196.25
1/6-2/24 (8)	T	12:30-2:30 pm	ES34623
Spruce	ID/AP: \$157	SD: \$141.25	OD: \$196.25
4/7-5/26 (7)	T	10 am-12 pm	ES44622
Spruce	ID/AP: \$139	SD: \$125	OD: \$173.75
4/7-5/26 (7)	T	12:30-2:30 pm	ES44623
Spruce	ID/AP: \$139	SD: \$125	OD: \$173.75

DANCE

Ballroom Dance: Beyond Beginners

Add new skills to your ballroom dance repertoire with a class that goes beyond the basic moves of Waltz, Foxtrot, and more. No partner needed, but some knowledge of ballroom dance is expected. Come ready to take your dancing to the next level and have fun!

1/7-3/11 (10)	W	2-3 pm	ES31602
Maple Birch	ID/AP: \$140	SD: \$126	OD: \$175
4/1-5/27 (9)	W	2-3 pm	ES41602
Maple Birch	ID/AP: \$126	SD: \$113.25	OD: \$157.50

Country Swing

Whether you're new to dancing or just looking to sharpen your skills, this fun and energetic class introduces the fundamentals of Country Swing. Learn basic footwork, turns and other stylish techniques.

1/8-3/12 (10)	Th	2:30-3:30pm	ES31600
Manzanita	ID/AP: \$140	SD: \$126	OD: \$175
4/2-5/28 (9)	Th	2:30-3:30pm	ES41600
Manzanita	ID/AP: \$126	SD: \$113.25	OD: \$157.50

Line Dancing

Join our vibrant Line Dancing class for a fun and energetic experience. Learn popular line dances like the Electric Slide, Boot Scootin' Boogie, and more in a supportive atmosphere. Led by experienced instructors, this class is perfect for people looking to improve coordination and stay active. No partner required - just bring your enthusiasm and willingness to learn. Step into the rhythm and join us for a fantastic time on the dance floor!

1/8-3/12 (10)	Th	4-5 pm	ES31604
Manzanita	ID/AP: \$140	SD: \$126	OD: \$175
4/2-5/28 (9)	Th	4-5 pm	ES41604
Manzanita	ID/AP: \$126	SD: \$113.25	OD: \$157.50

Salsa Time

Welcome to our beginner salsa classes! You'll learn the basic steps and scale up to more advanced moves, such as right turns for followers and leaders, the Cross Body Lead, and the Side Pass. Additionally, you'll refine techniques like the starting position, dancing on the ball of the feet, finger connection, resistance, hip movement, timing, and various position variations. Get ready to take your first steps and enjoy the salsa experience!

1/5-3/9 (8)	M	2-3 pm	ES31606
Oak Rm	ID/AP: \$112	SD: \$100.75	OD: \$140
3/30-5/18 (8)	M	2-3 pm	ES41606
Oak Rm	ID/AP: \$112	SD: \$100.75	OD: \$140

HEALTH AND WELLNESS GROUPS

Ukelele Jam

First Thursdays 2:30-4 pm

Pre-Diabetes/Diabetes Support Group

First AND Third Thursdays 1-2 pm

MS Support Group

Second Thursdays 10-12 pm

Inspired Writings

Second & Fourth Thursdays 2-4 pm

Stuhr Book Club

Third Thursdays 10:30-12pm

LGBTQ+ Support Group

Third Thursdays 2-3:30 pm

Visually Impaired People of Beaverton

Fourth Thursdays 10-11am

ENRICHMENT CLASSES

American Mah Jongg, Beginning

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

1/8-2/12 (6)	Th	10-11:30 am	ES35600
Poplar	ID/AP: \$31	SD: \$27.75	OD: \$38.75
4/2-5/7 (6)	Th	10-11:30 am	ES45600
Poplar	ID/AP: \$31	SD: \$27.75	OD: \$38.75

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)

Container Gardening Workshop

Container gardening offers a unique opportunity to showcase your creativity while nurturing plants in a limited space. In this workshop, we will get creative while planting a productive mini-garden for your windowsill, patio or balcony. Gardening gloves will be provided.

5/13 (1)	W	1:30-3 pm	ES45602
Willow	ID/AP: \$11	SD: \$9.75	OD: \$13.75

Conversational Spanish

Learn to carry on a conversation in Spanish with this fun, interactive class.

1/5-3/9 (8)	M	9:30-11 am	ES35603
Willow	ID/AP: \$46	SD: \$41.25	OD: \$57.50
3/30-5/18 (8)	M	9:30-11 am	ES45603
Willow	ID/AP: \$46	SD: \$41.25	OD: \$57.50

Estate Planning Essentials - A Will is Just the Beginning

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. (Ben Rasche - Caress Law, PC)

1/22 (1)	Th	10-11:30 am	ES35605
Willow	ID/AP: \$15	SD: \$13.50	OD: \$18.75
4/16 (1)	Th	10-11:30 am	ES45605
Willow	ID/AP: \$15	SD: \$13.50	OD: \$18.75

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. Lab time provided during class.

1/7-3/11 (10)	W	11 am-12:30 pm	ES35608
Cedar	ID/AP: \$149	SD: \$134	OD: \$186.75
4/1-5/27 (9)	W	11 am-12:30 pm	ES45608
Cedar	ID/AP: \$135	SD: \$121.50	OD: \$168.75

Piano: Advanced

For confident pianists who enjoy tackling challenging repertoire and refining technique. We'll explore complex rhythms, a wider range of genres, and more advanced theory, while polishing performance skills and personal expression. Instructor approval needed to enroll in this class.

1/5-3/9 (8)	M	11 am-12:30 pm	ES35611
Dogwood	ID/AP: \$191	SD: \$171.75	OD: \$238.75
3/30-5/18 (8)	M	11 am-12:30 pm	ES45611
Dogwood	ID/AP: \$191	SD: \$171.75	OD: \$238.75

Piano: Beginner

For those with little or no experience reading music or playing keyboard instruments. We'll start at the very beginning by learning the notes, basic rhythms, and simple songs in a fun, supportive setting. No prior experience needed - just curiosity and a willingness to try!

1/7-3/11 (10)	W	9-10:30 am	ES35612
Dogwood	ID/AP: \$236	SD: \$212.25	OD: \$295
4/1-5/27 (9)	W	9-10:30 am	ES45612
Dogwood	ID/AP: \$213	SD: \$191.50	OD: \$266.25

Piano: Intermediate

For players comfortable reading music and playing with both hands in a variety of keys. We'll add richer harmonies, more expressive playing, and new musical styles. Includes chord inversions, lead sheets, and short ensemble projects.

1/7-3/11 (10)	W	11 am-12:30 pm	ES35613
Dogwood	ID/AP: \$236	SD: \$212.25	OD: \$295
4/1-5/27 (9)	W	11 am-12:30 pm	ES45613
Dogwood	ID/AP: \$213	SD: \$191.50	OD: \$266.25

Piano: Late Beginner

For players who can read simple notes in both treble and bass clefs and play easy songs with two hands together. We'll build fluency, strengthen coordination, and expand your repertoire. Includes simple chords, more keys, and fun ensemble playing.

1/5-3/9 (8)	M	9-10:30 am	ES35610
Dogwood	ID/AP: \$191	SD: \$171.75	OD: \$238.75
3/30-5/18 (8)	M	9-10:30 am	ES45610
Dogwood	ID/AP: \$191	SD: \$171.75	OD: \$238.75

Pixels in Your Pocket, Using Your iPhone Camera

Discover how to get the most out of your iPhone camera taking still images (not video). Through demos and class assignments you will learn how and when to use the iPhone camera's shooting modes; portrait, pano, etc. Delve into photography tips and tricks to improve your use of light, composition, moment and focus. Learn best practices to organize and share your photos with family and friends. You'll also practice photo editing techniques to bring out the best in your photos and create your own artistic expression. This course is ideal for the casual or more experienced photographer interested in an introduction to iPhone Photography. iPhone 13 or higher strongly recommended. *Class can be taught in both Spanish and English

1/7-3/11 (10)	W	1-2:30 pm	ES35607
Cedar	ID/AP: \$149	SD: \$134	OD: \$186.75
4/1-5/27 (9)	W	1-2:30 pm	ES45607
Cedar	ID/AP: \$135	SD: \$121.50	OD: \$168.75



DAVS Programming Gratitude Club

Start cultivating a greater sense of awareness and mindful appreciation of yourself, others and the outside world. Learn about the art and science of gratitude and how growing your personal gratitude practice helps support greater personal well-being as well as stronger, more deeply connected communities. Build on your gratitude practice with a weekly lecture and evidence-based activities that include mindfulness, journaling, group discussion, personal reflection.

1/22-2/12 (4) Th 10-11:30 am ES35604
Cedar ID/AP: \$12 SD: \$12 OD: \$12



Spring Cookie Decorating Workshop

Join us for a fun and interactive Spring Cookie Workshop where you'll learn tips and tricks on how to decorate festive cookies. Cookies and decoration kit included.

4/4 (1) S 12-2 pm ES45604
Poplar ID/AP: \$48 SD: \$43 OD: \$60

FITNESS

Mobility for Better Movement

Have you heard the phrase "Motion is Lotion"? Learn how your body is connected head to feet, and strategies for moving more thoughtfully so your body feels better throughout your day! Come away with a short routine to get started.

3/11 (1)	W	2-3:30 pm	ES32686
Fitness Room	ID/AP: \$18	SD: \$16	OD: \$22.50
6/3 (1)	W	2-3:30 pm	ES42686
Fitness Room	ID/AP: \$18	SD: \$16	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.

2/4 (1)	W	2-3:30 pm	ES32679
Fitness Room	ID/AP: \$18	SD: \$16	OD: \$22.50
3/7 (1)	S	10:30am-12 pm	ES32680
Fitness Room	ID/AP: \$18	SD: \$16	OD: \$22.50
5/6 (1)	W	2-3:30 pm	ES42679
Fitness Room	ID/AP: \$18	SD: \$16	OD: \$22.50

Posture Clinic

Ready to move with more ease and confidence? Join our Stand Tall: Posture Clinic and unlock the secrets to better posture. We'll dive into beneficial exercises, explore common postural deviations and how to correct them, and discover why good posture is your secret superpower!

2/25 (1)	W	2-3:30 pm	ES32687
Oak	ID/AP: \$18	SD: \$16	OD: \$22.50
5/20 (1)	W	2-3:30 pm	ES42687
Oak	ID/AP: \$18	SD: \$16	OD: \$22.50

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. Weight Room Orientations are financial aid eligible.

\$63 ID / \$78.50 OD

Buddy Training

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

1 session \$53 ID/ \$66.25 OD
3 sessions \$149.25 ID/ \$186.50 OD
6 sessions \$272.25 ID/ \$340.25 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 \$71 ID/ \$88.75 OD
3 sessions \$200 ID/ \$250 OD
6 sessions \$365 ID/ \$456.25 OD

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)

STRIVE, Semi-Personal Training

A semi personal training format that allows for a more personalized approach. This is the ideal class for people who are comfortable in the weight room and would like a little something more. Let us help as you "strive" for your fitness goals! Plan to meet with the trainer prior to the first class for introductions and details.

1/6-2/12 (12)	Tu/Th	1-2 pm	ES32675
Fitness Room	ID/AD: \$132	SD: \$118.75	OD: \$165
2/17-3/19 (10)	Tu/Th	1-2 pm	ES32676
Fitness Room	ID/AD: \$110	SD: \$99	OD: \$137.50
4/7-5/7 (10)	Tu/Th	1-2pm	ES42675
Fitness Room	ID/AD: \$110	SD: \$99	OD: \$137.50
5/12-6/11 (10)	Tu/Th	1-2pm	ES42676
Fitness Room	ID/AD: \$110	SD: \$99	OD: \$137.50



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 a small group setting. By the end of each clinic, you will have a list of exercises that you can incorporate into your own workout.

Back and Core Clinic

1/28 (1)	W	2-3:30 pm	ES32678
Fitness Room	ID/AP: \$18	SD: \$16	OD: \$22.50
4/29 (1)	W	2-3:30 pm	ES42678
Fitness Room	ID/AP: \$18	SD: \$16	OD: \$22.50

Hip and Knee Clinic

3/4 (1)	W	2-3:30 pm	ES32677
Fitness Room	ID/AP: \$18	SD: \$16	OD: \$22.50
5/27 (1)	W	2-3:30 pm	ES42677
Fitness Room	ID/AP: \$18	SD: \$16	OD: \$22.50

Shoulder Clinic

1/20 (1)	T	2-3:30 pm	ES32685
Fitness Room	ID/AP: \$18	SD: \$16	OD: \$22.50
4/22 (1)	W	2-3:30 pm	ES42685
Fitness Room	ID/AP: \$18	SD: \$16	OD: \$22.50

National Senior Health & Fitness Day Wednesday, May 27

This FREE, all-day event celebrates active living for adults 55 and better, featuring a variety of engaging activities designed to promote health, wellness and community connection.

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.

1/6-2/12 (12)	T/Th	2:15-3:15 pm	ES32689
Fitness Room	ID/AP: \$146	SD: \$131.25	OD: \$182.50
2/17-3/19 (10)	T/Th	2:15-3:15 pm	ES32690
Fitness Room	ID/AP: \$127	SD: \$114.25	OD: \$158.75
4/7-5/7 (10)	T/Th	2:15-3:15 pm	ES42689
Fitness Room	ID/AP: \$127	SD: \$114.25	OD: \$158.75
5/12-6/11 (10)	T/Th	2:15-3:15 pm	ES42690
Fitness Room	ID/AP: \$127	SD: \$114.25	OD: \$158.75

Weight Room 101

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

1/16 (1)	F	9:15-10:15 am	ES32688
Fitness Room	ID/AP: \$0	SD: \$0	OD: \$0
4/17 (1)	F	9:15-10:15 am	ES42688
Fitness Room	ID/AP: \$0	SD: \$0	OD: \$0



SPORTS

Karate as a Practice

This class will focus on the difference a regular karate practice can make in your life. Students will come to understand the self defense applications of the basic movements as they work on them. Then, students will expand their understanding of those basic moves through Kata or forms and working with partners in the class. One wonderful outcome of this work is the greater sense participants will have of their own body and mind that can improve awareness, coordination, and balance. The regular practice will give you a better understanding of your physical strengths and challenges.

1/8-3/12 (10)	Th	1:30-2:30pm	ES35606
Manzanita	ID/AP: \$105	SD: \$94.50	OD: \$131.25
4/2-5/28 (9)	Th	1:30-2:30pm	ES45606
Manzanita	ID/AP: \$95	SD: \$85.50	OD: \$118.75



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 our on-site 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.

4/22-5/27 (6)	W	11:30 am-12:30 pm	ES41608
OffSite	ID/AP: \$100	SD: \$90	OD: \$125

SPECIAL EVENTS

New Year's Party

Say hello to 2026 in the best way... Dancing! Join us for the Elsie Stuhr Center New Year's Formal Dance. Dress up and enjoy a live band, hors d'oeuvres and a toast in the new year!

1/2 (1)	F	2-4 pm	ES36606
Manzanita	ID/AP: \$3	SD: \$3	OD: \$5

Valentine's Day Party

Join us for our Valentine's Day dance at the Elsie Stuhr Center! Dance the night away to sweet melodies in a festive atmosphere filled with love and joy. Bring your special someone or come solo to enjoy an evening of music, dancing, and fun!

2/13 (1)	F	2-4 pm	ES36607
Manzanita	ID/AP: \$3	SD: \$3	OD: \$5

St. Patrick's Day Party

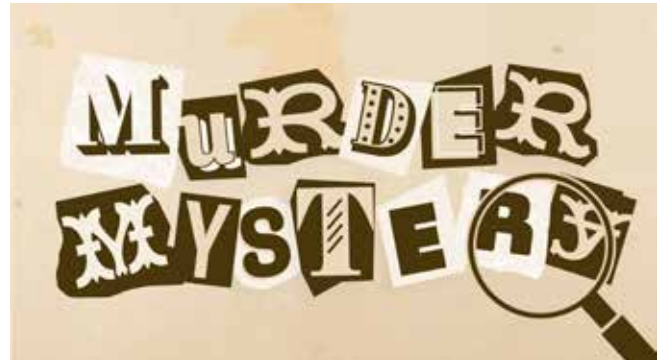
Celebrate St. Patrick's Day with a lively dance at the Elsie Stuhr Center! Enjoy an evening filled with festive live music, dancing, and a touch of Irish flair. Wear your green and join us for a fun-filled night that's sure to get your feet moving and your spirits high!

3/13 (1)	F	2-4 pm	ES36608
Manzanita	ID/AP: \$3	SD: \$3	OD: \$5

Grandparents Camp! 6-10 yrs

Calling all abuelas, babushkas, pop pops and mimis! Join us for an exciting week of inter-generational bonding and nature adventures at Grandparents Camp! Co-hosted in partnership with the Nature Center, this camp is designed to create lasting memories and strengthen the special connection between grandparents and their grandchildren. Throughout the week, the young and young-at-heart will have the opportunity to collaborate on nature-inspired crafts, learn about local flora and fauna, and participate in team-building games that strengthen familial bonds. Each participant should bring lunch, drinking water, a small snack, and a backpack daily. Cancellations made at least 14 days before the start date will be refunded. Registration fee is per child, adult participation is required, up to 2 children per adult.

3/25-3/27 (1)	W/Th/F	9 am-1 pm	ES37600
Poplar	ID/AP: \$120		OD: \$150



Murder Mystery Party

Are you into mysteries or who-done-its? Then this Clue-themed murder mystery party is for you! Come enjoy appetizers, refreshments and an afternoon of crime solving. Prize will be given to the best dressed! *This is a single registration, guest registrations (ES46614) are allowed one guest 21 or older. So bring your spouse, family member or bestie to this fun event!

4/18 (1)	S	1-4 pm	ES46613
Willow	ID/AP: \$22	SD: \$19.75	OD: \$27.50

Murder Mystery Party with Guest

Are you into mysteries or who do its? Then this Clue-themed murder mystery party is for you! Come enjoy appetizers, refreshments and an afternoon of crime solving. Prize will be given to the best dressed! Guest registrations are allowed one guest 21 or older. So bring your spouse, family member or bestie to this fun event!

4/18 (1)	S	1-4 pm	ES46614
Manzanita	ID/AP: \$44	SD: \$39.50	OD: \$55

Cinco de Mayo Party

Enjoy the Latin rhythms as we celebrate Cinco de Mayo! A live band will keep you dancing. We'll provide the music and yummy refreshments for all to enjoy!

5/1 (1)	F	2-4 pm	ES46612
Manzanita	ID/AP: \$3	SD: \$3	OD: \$5

Earth Day Walk

Wednesday, April 22, 2026

Meet at the Stuhr Center front lobby @ 9am.

No registration needed.



BRUNCH & A STROLL

Brunch & a Stroll - Babica Hen Cafe & Luscher Farm City Park

Join us as we meet at the Elsie Stuhr Center to board a small bus toward Babica Hen Cafe in Lake Oswego. Enjoy the breakfast of your choice before we head to Luscher Farm City Park for a beautiful stroll around the gardens. Cost of brunch is NOT included.

4/23 (1)	Th	9 am-12:30 pm	ES46610
OffSite	ID/AP: \$32	SD: \$28.75	OD: \$40

Brunch & a Stroll - Pappy's Greasy Spoon & Molalla State Park

Join us as we meet at the Elsie Stuhr Center to board a small bus toward Pappy's Greasy Spoon Restaurant in Canby. Enjoy the breakfast of your choice before we head to Molalla State Park for a relaxing stroll along the Willamette River. Cost of brunch is NOT included.

5/14 (1)	Th	9 am-12:30 pm	ES46611
OffSite	ID/AP: \$32	SD: \$28.75	OD: \$40

LUNCH TRIPS

Lunch Trip to Higgins Restaurant

Price includes transportation and escort. Cost of lunch is NOT included.

1/15 (1)	Th	11 am-2 pm	ES36602
OffSite	ID/AP: \$22	SD: \$19.75	OD: \$27.50

Lunch Trip Copper River Restaurant

Price includes transportation and escort. Cost of lunch is NOT included.

2/5 (1)	Th	11 am-2 pm	ES36603
OffSite	ID/AP: \$22	SD: \$19.75	OD: \$27.50

Lunch Trip to Kells Brewery

Price includes transportation and escort. Cost of lunch is NOT included.

3/5 (1)	Th	11:30 am-2:30 pm	ES36604
OffSite	ID/AP: \$22	SD: \$19.75	OD: \$27.50

Lunch Trip to Loam

Price includes transportation and escort. Cost of lunch is NOT included.

4/9 (1)	Th	11 am-2 pm	ES46606
OffSite	ID/AP: \$22	SD: \$19.75	OD: \$27.50

Lunch Trip to Stone Cliff Inn

Price includes transportation and escort. Cost of lunch is NOT included.

5/7 (1)	Th	10:30 am-2 pm	ES46607
OffSite	ID/AP: \$25	SD: \$22.50	OD: \$31.25

Lunch Trip to Pambiche

Price includes transportation and escort. Cost of lunch is NOT included.

5/21 (1)	Th	11 am-2 pm	ES46608
OffSite	ID/AP: \$22	SD: \$19.75	OD: \$27.50

TRIPS & TOURS

Wine Tasting Trip to Hamacher Wines

Join us for an afternoon of wine tasting! We will be visiting Hamacher Wines and their award-winning wines. Remember to try their charcuterie vending machine as well! Transportation and chaperone included, tasting fee is NOT included.

2/19 (1)	Th	12-2:15 pm	ES36601
OffSite	ID/AP: \$21	SD: \$18.75	OD: \$26.25

Ilani Casino Trip

Try your luck at Ilani Casino! Enjoy a day of gaming, dining, and entertainment at Washington's premier casino. Whether you're a seasoned player or just looking for a fun day out, this trip promises excitement and adventure! Price includes transportation and escort. Cost of lunch is NOT included.

3/19 (1)	Th	9 am-4 pm	ES36600
OffSite	ID/AP: \$34	SD: \$30.50	OD: \$42.50

The Oregon Garden

Visit the beautiful Oregon Garden with the Elsie Stuhr Center! We'll ride a bus to Silverton and spend a relaxing day in this 80-acre botanical garden, featuring more than 20 specialty gardens showcasing the diverse botanical beauty that can be found in the Willamette Valley and throughout the Pacific Northwest. Transportation, admission, tram tour and lunch box included.

4/2 (1)	Th	9 am-3 pm	ES46600
OffSite	ID/AP: \$79	SD: \$71	OD: \$98.75

Oregon State Capitol Tour

Come with us as we tour the Oregon State Capitol Building, explore exhibits and discover Oregon's history. Enjoy the beauty of the capitol grounds and cherry blossom trees before we continue on to lunch at The Yard Food Park. Transportation and chaperone included, price of lunch is NOT included.

4/30 (1)	Th	9 am-3 pm	ES46601
OffSite	ID/AP: \$43	SD: \$38.50	OD: \$53.75

Explore Lincoln City

Explore Lincoln City with us as we make stops at Chinook Winds Casino and the Lincoln City Outlet Mall. Price includes transportation and escort. Cost of lunch is NOT included.

5/28 (1)	Th	8 am-4:30 pm	ES46602
OffSite	ID/AP: \$53	SD: \$47.50	OD: \$66.25

Adventure Trip - Willamette Jet Boat Excursions

Beautiful downtown Portland and its bridges are just the start as you jet along the Willamette. Packed with history and exciting jet boat spins, it's an hour full of adventure! Visit Swan Island, the waterfront shipyard (where you'll find the "port" in Portland) and discover the history behind the iconic bridges that earned Portland the famous nickname "Bridge City". This trip includes transportation, tickets and chaperone.

6/4 (1)	Th	12:30-3:30 pm	ES46603
OffSite	ID/AP: \$86	SD: \$77.25	OD: \$107.50





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 Class Descriptions

Athlete: Exercises almost every day or works at a physically demanding job.

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.

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.

Women's Strength Training This class is dedicated to women 55+ seeking an empowering environment to learn how to move independently with confidence. Exercises include aerobic and strength training through the use of equipment that can be modified for all levels.

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.

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.

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.

NeuroFitness for Parkinson's This class addresses the common symptoms of Parkinson's disease (rigidity, hand dexterity, balance, gait, coordination and more). Engage the brain and body to encourage more fluid, balanced movement. Participants will be standing and moving about the room (chairs available as needed for balance assist and rest).

Pilates A low impact gentle form of exercise. 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 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: <https://www.thprd.org/facilities/recreation/elsie-stuhr-center>. Classes and instructors are subject to change at any time without notice. We recommend checking the website for the most up-to-date schedule.

Nature & Trails



TUALATIN HILLS
PARK & RECREATION DISTRICT

**Nature & Trails Department
Fanno Creek Service Center
6220 SW 112th Avenue
Beaverton, OR 97008
503-629-6350**

Greg Creager
Nature & Trails Supervisor

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/>.

Registration for Programs at Cooper Mountain Nature Park

Out-of-district patrons can register for Cooper Mountain Nature Park programs at the in-district fee rate. A THPRD residency card is required, at no extra charge, before registration begins. This special out-of-district fee exemption is only valid for Cooper Mountain Nature Park programs.



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. Explore the park's ponds, creeks, marshes, and forests on 1.5 miles of paved trails, four miles of secondary trails, and 222 acres of ecologically diverse habitats.

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.

Both nature parks are open dawn to dusk. For the protection of wildlife, pets, including dogs, are not allowed at either park. Patrons must remain on trails to avoid poison oak and protect wildlife.

Nature Programs

Tualatin Hills Nature Center
15655 SW Millikan Way
Beaverton, OR 97003 • 503-629-6350

TriMet Bus Route #57, #62, #67
Westside Light Rail (MAX) Blue Line - Merlo/158th

Cooper Mountain Nature Park
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 am – 5 pm

Saturday: 10 am – 3 pm

Facility Closed: 1/1, 4/5, 5/25

Modified Schedule: 9 am – 2 pm
12/31, 1/19, 2/16

Nature Center Offers:

- Nature Studies – Preschool, Youth & Family
- Nature Camps
- Events
- School and Group Programs
- Fitness
- Adult Classes



Facility Rentals

The Tualatin Hills Nature Center and Cooper Mountain Nature House have limited capacity rental spaces for your next event. Rentals are available when programs are not in session. Please visit thprd.org or call 503-629-6350 for rates and availability.



Nature Birthday Parties

Whether your child loves bugs, knows all about birds, or 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
- Easy access to the adjacent park

Program options for ages 3 -12 years. Visit thprd.org or call for details and to reserve your party.



www.facebook.com/THPRDNature



www.instagram.com/tualatinhillsnaturecenter

Spring Native Plant Sale

Online Sale Starts Sunday, March 1

The Friends of the Tualatin Hills Nature Park and THPRD are teaming up with Sparrowhawk Native Plants to bring back our Spring Native Plant Sale! Together, we are offering over 100 species of habitat-friendly native plants and a portion of the proceeds supporting the Friends of Tualatin Hills Nature Park!

Save the Date: Online ordering begins on March 1! Plants will be available for pick-up at the Tualatin Hills Nature Park on May 1 or 2.

Here's how it works;

1. Online plant ordering begins on March 1 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 March 29.
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 May 1 or 2.

The Friends of the Tualatin Hills Nature Park sponsors this event, with proceeds going towards future park improvements and environmental education programs.



Nature Store

The Nature Store is in the Tualatin Hills Nature Center lobby and offers various 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.



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 year-round. Call today to schedule a guided hike for your group.

Locations: Cooper Mountain Nature Park, Tualatin Hills Nature Park, and other THPRD natural areas.



School Nature Programs: K-12th grade

Our experienced environmental educators lead these engaging, hands-on programs at nature parks and natural areas within walking distance of schools. Activities incorporate core concepts from the Next Generation Science Standards while fostering memorable outdoor learning experiences that cannot be duplicated in a classroom. Visit www.thprd.org to learn which programs help reinforce the scientific practices and crosscutting concepts your class is working on this year. Fill out our online request form at www.thprd.org/activities/nature/group-nature-program-request/ to set up a program for your class. **Locations:** Cooper Mountain Nature Park, Tualatin Hills Nature Park, other THPRD natural areas, or at your school.

Scouts in Nature: Girl Scouts

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.

4/25 S 10 am-12 pm 7-9 yrs NP45270
Tualatin Hills Nature Center ID/AP: \$16 OD: \$20

NOTE Daisies, Brownies & Juniors: If your troop can't make this date, fill out the Nature Program Request Form and we can set up a group program for Math in Nature/Outdoor Art Creator badges or a Citizen Science Journey Workshop that works with your schedule: www.thprd.org/activities/nature/girl-scout-programs.



Nature Kids Preschool Program

This September-through-May nature-based program for preschoolers introduces developmentally appropriate activities throughout the year in a curriculum that focuses on experiential learning through exposure to nature and the changing seasons. Children develop skills through tactile activities, play, and academic experiences. There is guidance to advance their communication and problem-solving skills in a safe, active, natural environment.

Ages 3-4

Chipmunks

T/Th 9-11:30 am \$290/month (2025-26 school year)
Tualatin Hills Nature Center

Hummingbirds

T/Th 9-11:30 am \$290/month (2025-26 school year)
Jenkins Estate

Ages 4-5

Ladybugs

M/W/F 8:30-11:30 am \$398/month (2025-26 school year)
Tualatin Hills Nature Center

Owls

M/W/F 1-4 pm \$398/month (2025-26 school year)
Tualatin Hills Nature Center

Dragonflies

M/W/F 9 am-noon \$398/month (2025-26 school year)
Jenkins Estate

THPRD Preschool Virtual Open House

Wednesday, January 28, from 5:30 – 6:15 pm

THPRD will host a virtual open house for anyone interested in learning about our THPRD nine-month preschool programs for the 2026-2027 school year.

Registration Opens: Thursday, February 5, 9:00 am for new enrollment.

For more information please visit:
www.thprd.org/activities/preschool-programs



Nature Studies – Youth/Family

Indoor Nature Play Park **DROP-IN**

When the park is too wet and cold, come play with us indoors—where nature comes inside! Join us in our warm and cozy indoor space where you and your little one can play, learn, and connect with nature—rain or shine. Our self-guided activity stations offer grown-ups a simple, engaging framework to explore nature-based play alongside their children. You'll also find thoughtful parent resources and inquiry prompts designed to spark curiosity and support meaningful conversations about the natural world. Adult supervision is required; adults get in for free, youth drop-in fees apply. To view the Nature Center's drop-in schedule, go to thprd.org/facilities/nature/nature-center.



Dates (Weeks) Location	Day	Time	Ages ID/AP/OD	Class #
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Knee-High Naturalists in THPRD Parks

Join us on these nature adventures as we explore the wildlife in our local parks. We'll search for clues that animals have left behind and get up close looks at treasures from our naturalist's backpack that may include skulls, pelts, pellets or even scat! It's a great way to get outside with your preschool child, meet other families and learn about the natural world. The price includes one child and two additional family members. An adult is required to accompany each registered child. Meeting points will be emailed out to participants prior to the start of each event.

Winter Term:

1/17	S	10 -11 am	2-5 yrs ID/AP: \$10	NP35100 OD: \$12.50
Bethany Lake Park				
2/14	S	10-11 am	2-5 yrs ID/AP: \$10	NP35101 OD: \$12.50
Evelyn Schiffer Park				
3/14	S	10-11 am	2-5 yrs ID/AP: \$10	NP35102 OD: \$12.50
Lowami Hart Woods Natural Area				

Spring Term:

4/11	S	10-11 am	2-5 yrs ID/AP: \$10	NP45100 OD: \$12.50
Recuerdo Park				
5/9	S	10-11 am	2-5 yrs ID/AP: \$10	NP45101 OD: \$12.50
Hazeldale Park				

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. The price includes one child and two additional family members. An adult is required to accompany each registered child.

Winter Term:

2/22	Su	2-3 pm	2-5 yrs ID/AP: \$10	NP35120 OD: \$12.50
Tualatin Hills Nature Center				
3/21	S	10-11 am	2-5 yrs ID/AP: \$10	NP35121 OD: \$12.50
Tualatin Hills Nature Center				

Spring Term:

4/19	Su	2-3 pm	2-5 yrs ID/AP: \$10	NP45120 OD: \$12.50
Tualatin Hills Nature Center				
5/16	S	10-11 am	2-5 yrs ID/AP: \$10	NP45121 OD: \$12.50
Tualatin Hills Nature Center				



Creature Features

As the seasons change, so does life in the Nature Park. Learn about wildlife in this series of classes. Hear stories, meet other parents and kids, and see natural treasures up close. Each class includes a story time, simple craft project and a short nature walk. Adult participation required. Siblings under 2 are welcome to join at no extra cost.

Winter Term:

Slimy Slugs

2/7	S	10-11 am	2-5 yrs ID/AP: \$10	NP35150 OD: \$12.50
Tualatin Hills Nature Center				

Fun with Frogs

3/7	S	10-11 am	2-5 yrs ID/AP: \$10	NP35151 OD: \$12.50
Tualatin Hills Nature Center				

Spring Term:

Brilliant Bunnies

4/4	S	10-11 am	2-5 yrs ID/AP: \$10	NP45150 OD: \$12.50
Tualatin Hills Nature Center				

Helpful Hummingbirds

5/2	S	10-11 am	2-5 yrs ID/AP: \$10	NP45151 OD: \$12.50
Tualatin Hills Nature Center				

Art in Nature

Discover how nature can be both the inspiration and the tools for creative artwork. Each day will start with a gentle, guided nature walk that's perfect for inspiring curious little explorers. Then we'll get to work on our one-of-a-kind masterpieces, all while building fine motor skills through fun, hands-on activities. Each series will introduce little ones to a range of different art techniques such as painting, sculpture, collage and so much more! Price is per child and includes materials and adult registration. Grown-up participation is required - come create memories (and art!) together.

Winter Term:

Winter Wonders

2/4-2/25 (4)	W	10-11 am	2-5 yrs ID/AP/OD: \$56	CM35230
Cooper Mountain Nature Park				

Fancy Flyers

3/4-3/18 (3)	W	10-11 am	2-5 yrs ID/AP/OD: \$42	CM35231
Cooper Mountain Nature Park				

Spring Term:

Signs of Spring

4/8-4/29 (4)	W	10-11 am	2-5 yrs ID/AP/OD: \$56	CM45230
Cooper Mountain Nature Park				

Sun, Clouds & Rainbow Magic

5/6-5/27 (4)	W	10-11 am	2-5 yrs ID/AP/OD: \$56	CM45231
Cooper Mountain Nature Park				



Preschool Explorers

Embark on a weekly outdoor adventure filled with songs, stories, art, and imaginative play. Each session fosters curiosity, friendships, and a connection to the natural world. This is a drop-off program for children of preschool age, without adult participation, ideal for those new to preschool or seeking a once-a-week enrichment experience. Dress for the weather. Register for one or multiple sessions. Children are required to be potty-trained and bathroom independent for this program. **No class 1/27.**

Winter Term:**Winter Light and Shadows**

1/13-2/3 (3)	T	9:30-11:30 am	3-5 yrs	NP35130
Tualatin Hills Nature Center			ID/AP: \$68	OD: \$85

Nests, Nooks & Burrows

2/10-3/17 (6)	T	9:30-11:30 am	3-5 yrs	NP35131
Tualatin Hills Nature Center			ID/AP: \$135	OD: \$168.75

Cozy Coats and Camouflage

2/12-3/19(6)	Th	9:30-11:30 am	3-5 yrs	CM35130
Cooper Mountain Nature Park			ID/AP/OD: \$135	

Spring Term:**Soggy Trails and Slimy Tales**

3/31-4/21 (4)	T	9:30-11:30 am	3-5 yrs	NP45130
Tualatin Hills Nature Center			ID/AP: \$90	OD: \$112.50

We Dig Rocks!

4/9-5/14 (6)	Th	9:30-11:30 am	3-5 yrs	CM45130
Cooper Mountain Nature Park			ID/AP/OD: \$135	

Buds, Blooms, and Tiny Seeds

4/28-5/19 (4)	T	9:30-11:30 am	3-5 yrs	NP45131
Tualatin Hills Nature Center			ID/AP: \$90	OD: \$112.50

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 nature topic and then head out for a guided hike. The price is per person. An adult must register and accompany youth participants.

Winter Term:**Survival Strategies**

1/24	S	6:30-8:30 pm	6 yrs-adult	NP35500
Tualatin Hills Nature Center			ID/AP: \$18	OD: \$22.50

Winter Wonderland

2/7	S	6:30-8:30 pm	6 yrs-adult	NP35501
Tualatin Hills Nature Center			ID/AP: \$18	OD: \$22.50

Frog Chorus

2/21	S	6:30-8:30 pm	6 yrs-adult	NP35502
Tualatin Hills Nature Center			ID/AP: \$18	OD: \$22.50

Predators & Prey

3/21	S	6:30-8:30 pm	6 yrs-adult	CM35500
Cooper Mountain Nature Park			ID/AP/OD: \$18	

Spring Term:**Hoot & Hike**

4/4	S	7-9 pm	6 yrs-adult	NP45500
Tualatin Hills Nature Center			ID/AP: \$18	OD: \$22.50

Nighttime Nectar Seekers

4/18	S	7-9 pm	6 yrs-adult	CM45500
Cooper Mountain Nature Park			ID/AP/OD: \$18	

Fungus Among Us

5/9	S	7-9 pm	6 yrs-adult	NP45501
Tualatin Hills Nature Center			ID/AP: \$18	OD: \$22.50

Howl at the Moon

5/30	S	7:30-9:30 pm	6 yrs-adult	CM45501
Cooper Mountain Nature Park			ID/AP/OD: \$18	

Mason Bee Workshop

Discover our amazing native pollinators. Mason bees are non-aggressive and fun to observe. Learn about their fascinating life cycle and receive the materials you need to start a colony in your own backyard. The fee includes one tube of dormant bees which will emerge later in the spring. The price is per person. An adult must register and accompany youth participants.

3/7	S	1-2:30 pm	6 yrs-adult	CM35400
Cooper Mountain Nature Park			ID/AP/OD: \$23	

**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 grown-ups allowed!

Winter Term:**Egg-cellent Adventures**

1/16	F	6:30-9 pm	6-12 yrs	NP35200
Tualatin Hills Nature Center			ID/AP: \$27	OD: \$33.75

Carnivorous Creatures

1/30	F	6:30-9 pm	6-12 yrs	NP35201
Tualatin Hills Nature Center			ID/AP: \$27	OD: \$33.75

Wildlife Detectives

2/13	F	6:30-9 pm	6-12 yrs	NP35202
Tualatin Hills Nature Center			ID/AP: \$27	OD: \$33.75

Animal Olympics

3/13	F	6:30-9 pm	6-12 yrs	CM35200
Cooper Mountain Nature Park			ID/AP/OD: \$27	

Spring Term:**Bugtopia**

4/10	F	6:30-9 pm	6-12 yrs	NP45200
Tualatin Hills Nature Center			ID/AP: \$27	OD: \$33.75

Nature's Superpowers

4/24	F	6:30-9 pm	6-12 yrs	NP45201
Tualatin Hills Nature Center			ID/AP: \$27	OD: \$33.75

Bee-lieve it or Not!

5/8	F	6:30-9 pm	6-12 yrs	CM45200
Cooper Mountain Nature Park			ID/AP/OD: \$27	

Songs of Spring

5/22	F	6:30-9 pm	6-12 yrs	NP45202
Tualatin Hills Nature Center			ID/AP: \$27	OD: \$33.75

Nightlife in the Meadow

6/5	F	6:30-9 pm	6-12 yrs	CM45201
Cooper Mountain Nature Park			ID/AP/OD: \$27	

Nature Studies – Teens

Nature Photography Workshop

This immersive experience will empower young shutterbugs to capture the enchanting world of nature through their lenses. We will explore artistic techniques amidst the beauty of the outdoors, learning to frame vibrant landscapes, uncover intricate details, and portray the magic of the seasons. Equipment is not required, but bring a smartphone or camera if you have one!

Winter Term:

Storytelling in Nature

3/7 S 3-5 pm 12-16 yrs NP35300
Tualatin Hills Nature Center ID/AP: \$20 OD: \$25

Spring Term:

Signs of Spring

5/16 S 4-6 pm 12-16 yrs NP45300
Tualatin Hills Nature Center ID/AP: \$20 OD: \$25

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.

Winter Term

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!

1/5 M 8 am-5 pm 7-13 yrs NP37200
Tualatin Hills Nature Center ID/AP: \$89 OD: \$111.25

Egg-citing Birds

Get ready for an egg-citing adventure with our feathered friends! Dive into the world of birds as we dissect owl pellets to uncover hidden treasures and examine real bird specimens. Tune your ears to the symphony of bird call on a nature walk. Plus, we'll have a blast with bird-themed crafts and games along the way. Join us for a flapping good time!

1/19 M 8 am-5 pm 7-13 yrs NP37201
Tualatin Hills Nature Center ID/AP: \$89 OD: \$111.25

Get Buggy With it!

We'll use bug nets, hand lenses and our curiosity this week as we search out bug that creep, crawl, swim, and fly. We'll explore the variety of benefits that bugs offer to their habitats and how humans wouldn't be able to survive without them.

1/26 M 8 am-5 pm 7-13 yrs NP37202
Tualatin Hills Nature Center ID/AP: \$89 OD: \$111.25

Forest Investigators

We'll discover how to identify various species and examine forest findings up close. Along the way, we'll explore the forces that influence tree growth and uncover the important role fire has played in shaping our landscapes.

1/27 T 8 am-5 pm 7-13 yrs NP37203
Tualatin Hills Nature Center ID/AP: \$89 OD: \$111.25

Weather Wizards

Ever wonder why the sky is blue or how weather changes from day to day? Put on your wizarding hat to explore the science of weather. We'll learn atmospheric spell casting and use a barometer throughout the day to track our own local weather patterns.

2/16 M 8 am-5 pm 7-13 yrs NP37204
Tualatin Hills Nature Center ID/AP: \$89 OD: \$111.25

Spring Term

Spring into 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.

4/6 M 8 am-5 pm 7-13 yrs NP47200
Tualatin Hills Nature Center ID/AP: \$89 OD: \$111.25

Wetland Wanderings

The wetlands are full in the spring! Search for animals that live in and around the wetland. Investigate the different body parts and behaviors that help aquatic plants and animals live in a wet environment.

4/20 M 8 am-5 pm 7-13 yrs NP47201
Tualatin Hills Nature Center ID/AP: \$89 OD: \$111.25



Spring Break Nature Camps

Camp Wild Things • 4-6 yrs

Build your child's sense of wonder about nature and invite them to explore wildlife and the world around them. Games, songs, new friends, crafts, and adventure make this a good camp for young children. Campers should dress for the weather and bring a snack, a water bottle, and a small backpack each day.

Furry Forest Friends

Join us for an adventure-filled week and learn about all the furry creatures that live in the Tualatin Hills Nature Park. Each day will introduce little explorers to a new animal and send them out on the trails to see what they can find.

3/23-3/27 M-F 9 am-12 pm 4-6 yrs NP37100
Tualatin Hills Nature Center ID/AP: \$192 OD: \$240

Mini Nature 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 should dress for the weather and bring a snack, a water bottle, and a small backpack each day.

Predator and Prey

Campers will track animal clues, play nature games that mimic survival strategies, and learn how different creatures hunt, hide, and survive in the wild. Together we'll discover who's chasing, who's hiding, and how it all fits together in the food web.

3/23-3/27 M-F 1-4 pm 6-9 yrs NP37300
Tualatin Hills Nature Center ID/AP: \$192 OD: \$240

Wild Adventures Camp • 6-9 yrs

Wild Adventures Camps are full-day camps for elementary-age children filled with discovery, fun, and wild adventures. Play nature games, make new creations, and explore the trails and habitats of the park with brand new friends. Bring a lunch, drinking water, two snacks, and a backpack daily. Dress for the weather. Camps are held at the Cooper Mountain Nature Park.

Tracks and Trails

Sharpen your nature sleuthing skills as we learn to decipher the clues animals leave behind. Take a closer look at bones and skulls and search for other animal evidence along the trails.

3/23-3/27M-F8:30-4 pm6-9 yrsCM37220

Cooper Mountain Nature ParkID/AP/OD: \$322

Nature Explorers Camp • 7-10 yrs

Nature Explorers 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.

Outdoor Adventures

Let's get out and enjoy the great outdoors together! We'll explore nature, track and journal the local wildlife we see and get dirty playing out in the great outdoors!

3/23-3/27M-F8 am-5 pm7-10 yrsNP37215

Tualatin Hills Nature CenterID/AP: \$325OD: \$406.25

Grandparents Camp! • 6-10 yrs

Calling all abuelas, babushkas, pop pops and mimis! Join us for nature adventures at Grandparents Camp! Co-hosted in partnership with Elsie Stuhr Recreation Center, this camp is designed to create lasting memories and strengthen the special connection between grandparents and their grandchildren. Throughout the week, the young and young-at-heart will have the opportunity to collaborate on nature-inspired crafts, learn about local flora and fauna, and participate in team-building games that strengthen familial bonds.

Bring lunch, waterbottle, two snacks, and a backpack daily. Limit of two (2) grandchildren per grandparent. Registration fee is per grandchild.

3/25-3/27W-F9 am-1 pm6-10 yrsES37600

Elsie Stuhr Recreation CenterID/AP:\$120OD:\$150



Nature Studies – Adult

Connect with nature and fellow nature-lovers through our adult programs. Whether you're joining a guided walk, strengthening your identification skills, expressing your creativity through nature-inspired art, or enjoying nature-themed board games with a drink in hand, there's something for everyone.

Nature-Inspired Fiber Arts Circle new

This drop-in crafting circle offers a welcoming space for any skill level to explore the world of fiber arts through a natural lens. Whether you're looking to connect with others while working on an ongoing project or explore new craft techniques, this is the perfect opportunity to connect with other crafters in a relaxing nature setting.

Please bring your own projects and supplies, we will have a nature inspired project you can learn and a limited supply of materials to use.

Every Third Friday5-7 pm16+Drop in

Tualatin Hills Nature Center



Nature Sketch & Stroll

This unique walking class includes time to stop, observe, and draw inspiration directly from nature using a variety of art techniques. As we explore the trails, you'll learn about the plants and animals we encounter, blending art with a deeper understanding of the environment. Participants are welcome to bring their own art supplies, or purchase a basic starter kit available on-site.

Winter Term			
2/6	F	10-11:30 am	16+
Tualatin Hills Nature Center		ID/AP: \$15	NP35402
3/6	F	10-11:30 am	16+
Tualatin Hills Nature Center		ID/AP: \$15	NP35405
Spring Term			
4/3	F	10-11:30 am	16+
Tualatin Hills Nature Center		ID/AP: \$15	NP45400
5/1	F	10-11:30 am	16+
Tualatin Hills Nature Center		ID/AP: \$15	NP45403
6/5	F	10-11:30 am	16+
Tualatin Hills Nature Center		ID/AP: \$15	NP45405

Nature Board Game Nights

Join us for a fun and educational Nature Board Game Night! Our experienced instructors will guide you through gameplay and strategies as you compete with fellow nature enthusiasts to build habitats, collect resources, and explore a variety of captivating board games inspired by the great outdoors. Drinks will be available for purchase separately. We'll demo one game and have others available to borrow. Must be 21+ and bring ID.

Winter Term

1/16	F	6-9 pm	21+	NP35400
Tualatin Hills Nature Center				ID/AP: \$15 OD: \$18.75
2/13	F	6-9 pm	21+	NP35403
Tualatin Hills Nature Center				ID/AP: \$15 OD: \$18.75
3/20	F	6-9 pm	21+	NP35407
Tualatin Hills Nature Center				ID/AP: \$15 OD: \$18.75

Spring Term

4/17	F	6-9 pm	21+	NP45401
Tualatin Hills Nature Center				ID/AP: \$15 OD: \$18.75
5/15	F	6-9 pm	21+	NP45404
Tualatin Hills Nature Center				ID/AP: \$15 OD: \$18.75

Winter Term

Night Owls: Hoots and Hops

This is the perfect time of year to step into the forest to listen for sounds of courting owls. Join other owl enthusiasts for beer, enjoy a talk and presentation about our local owls, and head out into the park to listen and look for our residential owls. Drinks will be available for purchase separately. Must be 21+ and bring ID.

1/23	F	7-9 pm	21+	NP35401
Tualatin Hills Nature Center				ID/AP: \$22 OD: \$27.50

Bees and Brews

Our native pollinators are amazing. Mason bees are non-aggressive and fun to observe. Learn about their fascinating life cycle, enjoy a beer and receive the materials you need to start a colony in your own backyard. The fee includes one tube of dormant bees which will emerge later in the spring. Drinks will be available for purchase separately. Must be 21+ and bring ID.

2/20	F	7-9 pm	21+	NP35404
Tualatin Hills Nature Center				ID/AP: \$28 OD: \$35

Forest Ecology

How is a forest put together? Join us for a guided nature walk with a Master Naturalist and you'll learn all about local types of forest, their ecological structures, and the many living beings who call them home.

3/14	S	10-11:30 am	16+	CM35401
Cooper Mountain Nature Park				ID/AP/OD: \$22

Common Spring Mushroom of the Pacific Northwest (classroom and field)

In this presentation, we will learn some of the most common and memorable mushrooms found in spring in the Pacific Northwest. We will focus on common edibles like oysters and morels, indicator species, as well as other interesting and beautiful non-edible species. We will learn how to tell edibles 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. After the presentation, we will take a walk in Tualatin Hills Nature Park to look for mushrooms!

3/21	S	10 am-12 pm	16+	NP35408
Tualatin Hills Nature Center				ID/AP: \$32 OD: \$40

Spring Term

Spring Wildflower Walk

Spring is wildflower season! Join our Master Naturalist for a wildflower walk at the Tualatin Hills Nature Center, where we'll discover what species grow this time of year. We'll also learn what roles wildflowers play in their ecosystem, and why they're so important to our native pollinators.

4/25	S	10:30 am-12 pm	16+	NP45402
Tualatin Hills Nature Center				ID/AP: \$20 OD: \$25

Birds and Bagels

Start your morning with a warm bagel and a walk through the park as we search for and identify local birds. This beginner-friendly birding hike is perfect for those curious about the feathered friends in our area. Binoculars provided (and of course bagels).

5/2	S	8:30-10:30 am	16+	CM45402
Cooper Mountain Nature Park				ID/AP/OD: \$22



Fitness Classes at the Tualatin Hills Nature Center

The Magic of Sound: A Powerful Approach to Well-Being

Enter this 1.5 hour journey into a deeper understanding of self, as you are guided through a unique sound healing experience. Set your intention on allowing the magic of sound healing to guide you through a healing meditation.

2/27	F	6-7:30 pm	14+	NP32502
Tualatin Hills Nature Center				ID/AP: \$20 OD: \$25

Full Flower Moon Hike & Yoga

Embrace the renewal of spring as you join us for a Full Flower Moon hike, yoga, and a soothing sound bath with Tracy. Experience increased vitality, mindfulness, and deep relaxation while connecting with nature under our luminous moon. Participants can expect a 2 mile hike, followed by a 30 minute yoga class and 30 minutes of sound bath meditation.

5/1	F	6-8 pm	14+	CM42500
Cooper Mountain Nature House				ID/AP/OD: \$32

New Moon Yoga - Taurus

The new moon is a great time to reflect and set intentions for the coming lunar cycle. Join us for an all levels yoga practice, designed to align with the new moon. All participants will receive a crystal.

5/16	S	6-7:30 pm	14+	NP42501
Tualatin Hills Nature Center				ID/AP: \$21 OD: \$26.25

Drop-In Programs

Drop-In Yoga

The Tualatin Hills Nature Center offers yoga classes for ages 14+. The day, time, and instructor of classes are subject to change without notice. For a complete list of THPRD fitness offerings, please visit thprd.org/activities/fitness. To view the nature center fitness drop-in schedule, please visit: thprd.org/facilities/nature/nature-center.



Nature-Inspired Fiber Arts Circle new

This drop-in crafting circle offers a welcoming space for any skill level to explore the world of fiber arts through a natural lens. Whether you're looking to connect with others while working on an ongoing project or explore new craft techniques, this is the perfect opportunity to connect with other crafters in a relaxing nature setting.

Please bring your own projects and supplies, we will have a nature inspired project you can learn and a limited supply of materials to use.

Every Third Friday 5-7 pm 16+ Drop-in
Tualatin Hills Nature Center



**Scan QR code for
Drop-in class schedule
at Nature Center**



**TUALATIN HILLS
PARK & RECREATION DISTRICT**

Nature Mobile

The Nature Mobile is a mobile classroom that allows THPRD's Nature Center staff to bring environmental education programs to schools, parks, libraries, and neighborhoods throughout the park district.

Look for the Nature Mobile at your neighborhood park and join us for Free nature programs! Children of all ages are welcome with an adult. To view the locations, times, and topics schedule, visit our website: www.thprd.org/facilities/nature/nature-mobile or call 503-629-6350.



Babette Horenstein Tennis Center



TUALATIN HILLS
PARK & RECREATION DISTRICT

HMT Recreation Complex
15707 SW Walker Road
Beaverton, 97006
503-629-6331

TriMet Bus Routes: #67, 59

Center Supervisor: Troy Christiansen

Building Hours*:

Monday-Thursday 9 am-10 pm

Friday 9 am-9 pm

Saturday-Sunday 8 am-7 pm

**Hours subject to change.*

Facility Closed: 1/1, 4/5

Modified Hours: 1/19, 2/16, 5/25

No Class Dates: 1/19, 2/16, 3/23-3/29, 4/5, 4/10-4/11, 5/14-5/16, 5/21-5/23, 5/25

Enjoy playing tennis and pickleball via group and/or private lesson instruction, open play, social events, tournaments, league play and more.

Follow us for updates and more!



@TennisCenter



@babettehorensteintenniscenter

Babette Horenstein Tennis Center Features:

- 6 Indoor Tennis Courts (year round)
- 1 Outdoor Tennis Court (year round)
- 8 Seasonal Tennis Courts (outdoor from May – September, Indoor from October – April)
- 5 of our Tennis Courts have Pickleball lines (available for pickleball play at set times only)
- Showers available for \$3.50 for those not playing tennis. (Supply your own towel. Five minute maximum.)

THPRD is a Net Generation USTA provider, a member of Tennis Industry Association, and a National Recreation & Park Association Tennis in the Parks member.



RESERVE A COURT

Courts at the Babette Horenstein Tennis Center (BHTC) are available by reservation only via the Court Reserve system.



Create your account and book courts at <http://app.courtreserve.com/portal/THPRD>.

- Courts become available for registration at 7:30am a week prior for In-District Patrons (6 days prior for Out-of-District Patrons.)
- Full payment must be made at the time the reservation is made.
- Full refund if cancelled at least 48 hours prior.
- Ball Machine available on Courts 1-6 for an additional \$7.25.

Due to the wide variety of programs we offer, we cannot guarantee court assignments, only court reservation time. Call for more information.

Tennis Court Rate Per Hour*

Indoor: \$26 ID/\$32.50 OD/ \$23.50 SR

Outdoor: \$12 ID/\$15 OD/ \$10.50 SR

Pickleball Court Rate Per Hour*

Indoor: \$16 ID/\$20 OD/ \$14.50 SR

Outdoor: \$8 ID/ \$12.50 OD/ \$7.00 SR

**Effective 7/1/2025. Pricing subject to change. Senior/ Military (SR) discount available to in-district residents only.*



PREPARING FOR YOUR TENNIS CLASS

Shoes: Only Tennis Shoes with proper support should be worn. They are built with side-to-side movement in mind and offer more lateral stability.

For your safety, no cleated shoes, boots, heels, sandals/open-toed shoes, flats or other street shoes are allowed on the Tennis court.



Choosing a Racquet: Use the sizing guide below or have your child stand up straight and measure from the ground to the fingertip.

Racquet Size	Child's Age	Child's Height
21 inches	4-5 years	4-5 years
23 inches	6-8 years	45-49"
25 inches	9-10 years	50-55"
26 inches	10+ years	Over 55"

THPRD has loaner racquets available to use during class, if needed.

FREQUENTLY ASKED QUESTIONS

Q: How long does it take to move up a level?

A: Completing a class does not guarantee advancement. In fact, most students stay in a level for multiple seasons before reaching the benchmarks needed to move up. Practicing the skills taught outside of class is just one way to help you advance. Ask your instructor for more tips.

Q: Can I register for multiple levels at the same time?

A: You can only register for the level listed in your THPRD account (or level 1 if you do not have a level yet). If your level advances during the term, we can then look for openings to enroll you in.

Please note: it's better to have the consistency of a class, even at the lower level, than to have no class at all. So sign up for the entire term at your current level!

Q: I've been taking lessons outside of THPRD, how do I get a level assignment?

A: If you have taken lessons with a private coach or non-THPRD facility, contact the Tennis Center to schedule a free 15-minute evaluation. Our instructor will briefly test your skills and assign a level accordingly.

Q: My child's birthday is next month, can I register them for the next age group?

A: The system will allow you to register for the class if their age falls within the requirements by the start of the class.

Q: Why is there no instructor listed for the class?

A: With the Activity Guides being produced months in advance and our coaches' schedules changing often, instructors are not assigned until closer to the start of class. If you have a preference, requests can be sent to j.rankin@thprd.org and we can see if we are able to accommodate.

YOUTH PROGRAMS PLAYER PROGRESSION

Players are required to meet certain competencies to move up a level. Coaches are evaluating players throughout the session.

Some areas to keep in mind:

- ✓ Technical deficiencies, such as grips and swing patterns, will be considered.
- ✓ Success Rallying and point play is another consideration
- ✓ Top players in a class will not automatically be promoted to a higher-level class
- ✓ It is very common for players to be in a class for more than one session
- ✓ Parents and players will be notified at the end of the session IF they are ready for the next level.

Youth Classes

Children under 10 years of age must be visually supervised by a parent, guardian or caregiver at least 15 years of age.

Class #	Dates	Days	Times	ID/AP	OD	Sessions
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RED BALL CLASSES

Players are introduced to basic tennis skills using the Red Compression ball which will bounce slower and lower. This will help while working on technical development along with consistency and directional control. These classes will be played on a 36ft court with 19-23-inch racquets.

Tennis Tiny Tot Age 5

Winter Term:

TC30111	1/6-1/27	T	4-4:45 pm	\$50	\$62.50	4
TC30112	1/8-1/29	Th	4-4:45 pm	\$50	\$62.50	4
TC30121	2/3-2/24	T	4-4:45 pm	\$50	\$62.50	4
TC30122	2/5-2/26	Th	4-4:45 pm	\$50	\$62.50	4
TC30131	3/3-3/17	T	4-4:45 pm	\$38	\$47.50	3
TC30132	3/5-3/19	Th	4-4:45 pm	\$38	\$47.50	3

Spring Term:

TC40111	3/31-4/28	T	4-4:45 pm	\$63	\$78.75	5
TC40112	4/2-4/30	Th	4-4:45 pm	\$63	\$78.75	5
TC40121	5/5-6/2	T	4-4:45 pm	\$63	\$78.75	5
TC40122	5/7-6/4	Th	4-4:45 pm	\$38	\$47.50	3



Class #	Dates	Days	Times	ID/AP	OD	Sessions
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Tennis Tiny Tot Age 6

Winter Term:

TC30211	1/5-1/26	M	4-4:45 pm	\$38	\$47.50	3
TC30212	1/6-1/27	T	4-4:45 pm	\$50	\$62.50	4
TC30213	1/7-1/28	W	4-4:45 pm	\$50	\$62.50	4
TC30214	1/8-1/29	Th	4-4:45 pm	\$50	\$62.50	4
TC30221	2/2-2/23	M	4-4:45 pm	\$38	\$47.50	3
TC30222	2/3-2/24	T	4-4:45 pm	\$50	\$62.50	4
TC30223	2/4-2/25	W	4-4:45 pm	\$50	\$62.50	4
TC30224	2/5-2/26	Th	4-4:45 pm	\$50	\$62.50	4
TC30231	3/2-3/16	M	4-4:45 pm	\$38	\$47.50	3
TC30232	3/3-3/17	T	4-4:45 pm	\$38	\$47.50	3
TC30233	3/4-3/18	W	4-4:45 pm	\$38	\$47.50	3
TC30234	3/5-3/19	Th	4-4:45 pm	\$38	\$47.50	3

Spring Term:

TC40211	3/30-4/27	M	4-4:45 pm	\$63	\$78.75	5
TC40212	3/31-4/28	T	4-4:45 pm	\$63	\$78.75	5
TC40213	4/1-4/29	W	4-4:45 pm	\$63	\$78.75	5
TC40214	4/2-4/30	Th	4-4:45 pm	\$63	\$78.75	5
TC40221	5/4-6/1	M	4-4:45 pm	\$50	\$62.50	4
TC40222	5/5-6/2	T	4-4:45 pm	\$63	\$78.75	5
TC40223	5/6-6/3	W	4-4:45 pm	\$63	\$78.75	5
TC40224	5/7-6/4	Th	4-4:45 pm	\$38	\$47.50	3

INTRODUCTION CLASSES

Classes for those who have never played tennis before.

Tennis Introduction Age 7 to 8

Winter Term:

TC31111	1/5-1/26	M	4-4:45 pm	\$38	\$47.50	3
TC31112	1/7-1/28	W	5:15-6 pm	\$50	\$62.50	4
TC31121	2/2-2/23	M	4-4:45 pm	\$38	\$47.50	3
TC31122	2/4-2/25	W	5:15-6 pm	\$50	\$62.50	4
TC31131	3/2-3/16	M	4-4:45 pm	\$38	\$47.50	3
TC31132	3/4-3/18	W	5:15-6 pm	\$38	\$47.50	3

Spring Term:

TC41111	3/30-4/27	M	4-4:45 pm	\$63	\$78.75	5
TC41112	4/1-4/29	W	5:15-6 pm	\$63	\$78.75	5
TC41121	5/4-6/1	M	4-4:45 pm	\$50	\$62.50	4
TC41122	5/6-6/3	W	5:15-6 pm	\$63	\$78.75	5

Tennis Introduction Age 9 to 10

Winter Term:

TC32111	1/6-1/27	T	4-5 pm	\$67	\$83.75	4
TC32112	1/8-1/29	Th	4-5 pm	\$67	\$83.75	4
TC32121	2/3-2/24	T	4-5 pm	\$67	\$83.75	4
TC32122	2/5-2/26	Th	4-5 pm	\$67	\$83.75	4
TC32131	3/3-3/17	T	4-5 pm	\$50	\$62.50	3
TC32132	3/5-3/19	Th	4-5 pm	\$50	\$62.50	3

Spring Term:

TC42111	3/31-4/28	T	4-5 pm	\$84	\$105	5
TC42112	4/2-4/30	Th	4-5 pm	\$84	\$105	5
TC42121	5/5-6/2	T	4-5 pm	\$84	\$105	5
TC42122	5/7-6/4	Th	4-5 pm	\$50	\$62.50	3

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

Class #	Dates	Days	Times	ID/AP	OD	Sessions
Classes for those who have played tennis before or completed one session of our introduction class.						

Tennis Level 1 Age 7 to 8

Winter Term:

TC31211	1/5-1/26	M	4-4:45 pm	\$38	\$47.50	3
TC31212	1/6-1/27	T	4-4:45 pm	\$50	\$62.50	4
TC31213	1/7-1/28	W	4-4:45 pm	\$50	\$62.50	4
TC31214	1/8-1/29	Th	4-4:45 pm	\$50	\$62.50	4
TC31215	1/9-1/30	F	4:15-5 pm	\$50	\$62.50	4
TC31221	2/2-2/23	M	4-4:45 pm	\$38	\$47.50	3
TC31222	2/3-2/24	T	4-4:45 pm	\$50	\$62.50	4
TC31223	2/4-2/25	W	4-4:45 pm	\$50	\$62.50	4
TC31224	2/5-2/26	Th	4-4:45 pm	\$50	\$62.50	4
TC31225	2/6-2/27	F	4:15-5 pm	\$50	\$62.50	4
TC31231	3/2-3/16	M	4-4:45 pm	\$38	\$47.50	3
TC31232	3/3-3/17	T	4-4:45 pm	\$38	\$47.50	3
TC31233	3/4-3/18	W	4-4:45 pm	\$38	\$47.50	3
TC31234	3/5-3/19	Th	4-4:45 pm	\$38	\$47.50	3
TC31235	3/6-3/20	F	4:15-5 pm	\$38	\$47.50	3

Spring Term:

TC41211	3/30-4/27	M	4-4:45 pm	\$63	\$78.75	5
TC41212	3/31-4/28	T	4-4:45 pm	\$63	\$78.75	5
TC41213	4/1-4/29	W	4-4:45 pm	\$63	\$78.75	5
TC41214	4/2-4/30	Th	4-4:45 pm	\$63	\$78.75	5
TC41215	4/3-5/1	F	4:15-5 pm	\$50	\$62.50	4
TC41221	5/4-6/1	M	4-4:45 pm	\$50	\$62.50	4
TC41222	5/5-6/2	T	4-4:45 pm	\$63	\$78.75	5
TC41223	5/6-6/3	W	4-4:45 pm	\$63	\$78.75	5
TC41224	5/7-6/4	Th	4-4:45 pm	\$38	\$47.50	3
TC41225	5/8-6/5	F	4:15-5 pm	\$38	\$47.50	3

Tennis Level 1 Age 9 to 10

Winter Term:

TC32211	1/5-1/26	M	4-5 pm	\$50	\$62.50	3
TC32212	1/7-1/28	W	4-5 pm	\$67	\$83.75	4
TC32213	1/9-1/30	F	4:15-5:15 pm	\$67	\$83.75	4
TC32214	1/10-1/31	S	9-10 am	\$67	\$83.75	4
TC32221	2/2-2/23	M	4-5 pm	\$50	\$62.50	3
TC32222	2/4-2/25	W	4-5 pm	\$67	\$83.75	4
TC32223	2/6-2/27	F	4:15-5:15 pm	\$67	\$83.75	4
TC32224	2/7-2/28	S	9-10 am	\$67	\$83.75	4
TC32231	3/2-3/16	M	4-5 pm	\$50	\$62.50	3
TC32232	3/4-3/18	W	4-5 pm	\$50	\$62.50	3
TC32233	3/6-3/20	F	4:15-5:15 pm	\$50	\$62.50	3
TC32234	3/7-3/21	S	9-10 am	\$50	\$62.50	3

Spring Term:

TC42211	3/30-4/27	M	4-5 pm	\$84	\$105	5
TC42212	4/1-4/29	W	4-5 pm	\$84	\$105	5
TC42213	4/3-5/1	F	4:15-5:15 pm	\$67	\$83.75	4
TC42214	4/4-5/2	S	4-5 pm	\$67	\$83.75	4
TC42221	5/4-6/1	M	4-5 pm	\$67	\$83.75	4
TC42222	5/6-6/3	W	4-5 pm	\$84	\$105	5
TC42223	5/8-6/5	F	4:15-5:15 pm	\$50	\$62.50	3
TC42224	5/9-6/6	S	4-5 pm	\$50	\$62.50	3

Class #	Dates	Days	Times	ID/AP	OD	Sessions
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Tennis Level 1 Age 11 to 14

Winter Term:

TC33211	1/5-1/26	M	5-6 pm	\$50	\$62.50	3
TC33212	1/7-1/28	W	5:15-6:15 pm	\$67	\$83.75	4
TC33213	1/8-1/29	Th	6-7 pm	\$67	\$83.75	4
TC33214	1/10-1/31	S	10:15-11:15 am	\$67	\$83.75	4
TC33221	2/2-2/23	M	5-6 pm	\$50	\$62.50	3
TC33222	2/4-2/25	W	5:15-6:15 pm	\$67	\$83.75	4
TC33223	2/5-2/26	Th	6-7 pm	\$67	\$83.75	4
TC33224	2/7-2/28	S	10:15-11:15 am	\$67	\$83.75	4
TC33231	3/2-3/16	M	5-6 pm	\$50	\$62.50	3
TC33232	3/4-3/18	W	5:15-6:15 pm	\$50	\$62.50	3
TC33233	3/5-3/19	Th	6-7 pm	\$50	\$62.50	3
TC33234	3/7-3/21	S	10:15-11:15 am	\$50	\$62.50	3

Spring Term:

TC43211	3/30-4/27	M	5-6 pm	\$84	\$105	5
TC43212	4/1-4/29	W	5:15-6:15 pm	\$84	\$105	5
TC43213	4/2-4/30	Th	6-7 pm	\$84	\$105	5
TC43214	4/4-5/2	S	10:15-11:15 am	\$67	\$83.75	4
TC43221	5/4-6/1	M	5-6 pm	\$67	\$83.75	4
TC43222	5/6-6/3	W	5:15-6:15 pm	\$84	\$105	5
TC43223	5/7-6/4	Th	6-7 pm	\$50	\$62.50	3
TC43224	5/9-6/6	S	10:15-11:15 am	\$50	\$62.50	3

Tennis Level 1 Age 13 to 18

Winter Term:

TC36211	1/7-1/28	W	5:15-6:15 pm	\$67	\$83.75	4
TC36221	2/4-2/25	W	5:15-6:15 pm	\$67	\$83.75	4
TC36231	3/4-3/18	W	5:15-6:15 pm	\$50	\$62.50	3

Spring Term:

TC46211	4/1-4/29	W	5:15-6:15 pm	\$84	\$105	5
TC46221	5/6-6/3	W	5:15-6:15 pm	\$84	\$105	5



Class #	Dates	Days	Times	ID/AP	OD	Sessions
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ORANGE BALL CLASSES

For players that have can demonstrate competencies to play on a bigger court. These classes are played on a 60 ft court using the orange compression ball which will bounce slower and lower than a yellow ball. Activities and games will focus on further developing groundstroke consistency, serve technique, and net play. Serve and transition skills will be emphasized as players develop match-play experience in both singles and doubles.

Tennis Level 2 Age 7 to 8

Winter Term:

TC31311	1/6-1/27	T	4-4:45 pm	\$67	\$83.75	4
TC31312	1/6-1/27	T	4:45-5:30 pm	\$67	\$83.75	4
TC31313	1/7-1/28	W	5-5:45 pm	\$67	\$83.75	4
TC31314	1/8-1/29	Th	4-4:45 pm	\$67	\$83.75	4
TC31315	1/8-1/29	Th	5-5:45 pm	\$67	\$83.75	4
TC31321	2/3-2/24	T	4-4:45 pm	\$67	\$83.75	4
TC31322	2/3-2/24	T	4:45-5:30 pm	\$67	\$83.75	4
TC31323	2/4-2/25	W	5-5:45 pm	\$67	\$83.75	4
TC31324	2/5-2/26	Th	4-4:45 pm	\$67	\$83.75	4
TC31325	2/5-2/26	Th	5-5:45 pm	\$67	\$83.75	4
TC31331	3/3-3/17	T	4-4:45 pm	\$50	\$62.50	3
TC31332	3/3-3/17	T	4:45-5:30 pm	\$50	\$62.50	3
TC31333	3/4-3/18	W	5-5:45 pm	\$50	\$62.50	3
TC31334	3/5-3/19	Th	4-4:45 pm	\$50	\$62.50	3
TC31335	3/5-3/19	Th	5-5:45 pm	\$50	\$62.50	3

Spring Term:

TC41311	3/31-4/28	T	4-4:45 pm	\$84	\$105	5
TC41312	3/31-4/28	T	4:45-5:30 pm	\$84	\$105	5
TC41313	4/1-4/29	W	5-5:45 pm	\$84	\$105	5
TC41314	4/2-4/30	Th	4-4:45 pm	\$84	\$105	5
TC41315	4/2-4/30	Th	5-5:45 pm	\$84	\$105	5
TC41321	5/5-6/2	T	4-4:45 pm	\$84	\$105	5
TC41322	5/5-6/2	T	4:45-5:30 pm	\$84	\$105	5
TC41323	5/6-6/3	W	5-5:45 pm	\$84	\$105	5
TC41324	5/7-6/4	Th	4-4:45 pm	\$50	\$62.50	3
TC41325	5/7-6/4	Th	5-5:45 pm	\$50	\$62.50	3



Class #	Dates	Days	Times	ID/AP	OD	Sessions
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Tennis Level 2 Age 9 to 10

Winter Term:

TC32311	1/5-1/26	M	5-6 pm	\$67	\$83.75	3
TC32312	1/6-1/27	T	4-5 pm	\$90	\$112.50	4
TC32313	1/7-1/28	W	4-5 pm	\$90	\$112.50	4
TC32314	1/8-1/29	Th	4-5 pm	\$90	\$112.50	4
TC32315	1/9-1/30	F	4:15-5:15 pm	\$90	\$112.50	4
TC32321	2/2-2/23	M	5-6 pm	\$67	\$83.75	3
TC32322	2/3-2/24	T	4-5 pm	\$90	\$112.50	4
TC32323	2/4-2/25	W	4-5 pm	\$90	\$112.50	4
TC32324	2/5-2/26	Th	4-5 pm	\$90	\$112.50	4
TC32325	2/6-2/27	F	4:15-5:15 pm	\$90	\$112.50	4
TC32331	3/2-3/16	M	5-6 pm	\$67	\$83.75	3
TC32332	3/3-3/17	T	4-5 pm	\$67	\$83.75	3
TC32333	3/4-3/18	W	4-5 pm	\$67	\$83.75	3
TC32334	3/5-3/19	Th	4-5 pm	\$67	\$83.75	3
TC32335	3/6-3/20	F	4:15-5:15 pm	\$67	\$83.75	3

Spring Term:

TC42311	3/30-4/27	M	5-6 pm	\$112	\$140	5
TC42312	3/31-4/28	T	4-5 pm	\$112	\$140	5
TC42313	4/1-4/29	W	4-5 pm	\$112	\$140	5
TC42314	4/2-4/30	Th	4-5 pm	\$112	\$140	5
TC42315	4/3-5/1	F	4:15-5:15 pm	\$90	\$112.50	4
TC42321	5/4-6/1	M	5-6 pm	\$90	\$112.50	4
TC42322	5/5-6/2	T	4-5 pm	\$112	\$140	5
TC42323	5/6-6/3	W	4-5 pm	\$112	\$140	5
TC42324	5/7-6/4	Th	4-5 pm	\$67	\$83.75	3
TC42325	5/8-6/5	F	4:15-5:15 pm	\$67	\$83.75	3

INTRODUCTION CLASSES

Classes for those who have never played tennis before.

Tennis Introduction Age 11 to 14

Winter Term:

TC32511	1/7-1/28	W	5:15-6:15 pm	\$67	\$83.75	4
TC32512	1/8-1/29	Th	5:15-6:15 pm	\$67	\$83.75	4
TC32521	2/4-2/25	W	5:15-6:15 pm	\$67	\$83.75	4
TC32522	2/5-2/26	Th	5:15-6:15 pm	\$67	\$83.75	4
TC32531	3/4-3/18	W	5:15-6:15 pm	\$50	\$62.50	3
TC32532	3/5-3/19	Th	5:15-6:15 pm	\$50	\$62.50	3

Spring Term:

TC42511	4/1-4/29	W	5:15-6:15 pm	\$84	\$105	5
TC42512	4/2-4/30	Th	5:15-6:15 pm	\$84	\$105	5
TC42521	5/6-6/3	W	5:15-6:15 pm	\$84	\$105	5
TC42522	5/7-6/4	Th	5:15-6:15 pm	\$50	\$62.50	3

Tennis Introduction Age 13 to 18

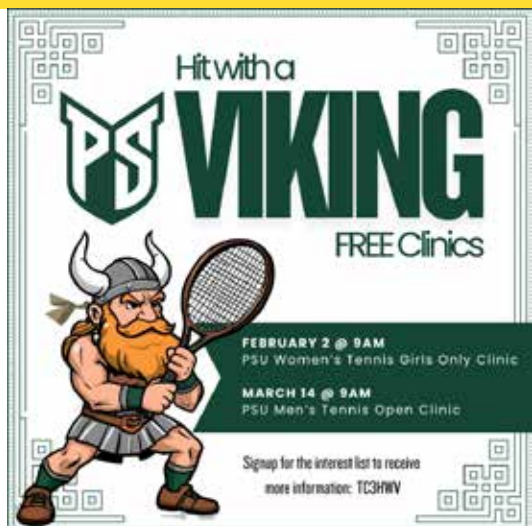
Winter Term:

TC36111	1/6-1/27	T	5:45-6:45 pm	\$67	\$83.75	4
TC36121	2/3-2/24	T	5:45-6:45 pm	\$67	\$83.75	4
TC36131	3/3-3/17	T	5:45-6:45 pm	\$50	\$62.50	3

Spring Term:

TC46111	3/31-4/28	T	5:45-6:45 pm	\$84	\$105	5
TC46121	5/5-6/2	T	5:45-6:45 pm	\$84	\$105	5

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



Class #	Dates	Days	Times	ID/AP	OD	Sessions
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GREEN BALL CLASSES

This program is for players that are working to further develop their fundamentals to begin to play competitive tennis. The focus will be on more rally and match-based play with an emphasis on stroke mechanics, strategic philosophies, and the athletic skills needed to play the sport. Players will play on a 78 foot court in this class.

Tennis Level 2 Age 11 to 14

Winter Term:

TC33311	1/5-1/26	M	5:15-6:15 pm	\$67	\$83.75	3
TC33312	1/6-1/27	T	5-6 pm	\$90	\$112.50	4
TC33313	1/8-1/29	Th	5:15-6:15 pm	\$90	\$112.50	4
TC33321	2/2-2/23	M	5:15-6:15 pm	\$67	\$83.75	3
TC33322	2/3-2/24	T	5-6 pm	\$90	\$112.50	4
TC33323	2/5-2/26	Th	5:15-6:15 pm	\$90	\$112.50	4
TC33331	3/2-3/16	M	5:15-6:15 pm	\$67	\$83.75	3
TC33332	3/3-3/17	T	5-6 pm	\$67	\$83.75	3
TC33333	3/5-3/19	Th	5:15-6:15 pm	\$67	\$83.75	3

Spring Term:

TC43311	3/30-4/27	M	5:15-6:15 pm	\$112	\$140	5
TC43312	3/31-4/28	T	5-6 pm	\$112	\$140	5
TC43313	4/2-4/30	Th	5:15-6:15 pm	\$112	\$140	5
TC43321	5/4-6/1	M	5:15-6:15 pm	\$90	\$112.50	4
TC43322	5/5-6/2	T	5-6 pm	\$112	\$140	5
TC43323	5/7-6/4	Th	5:15-6:15 pm	\$67	\$83.75	3

Tennis Level 2 Age 13 to 18

Winter Term:

TC36311	1/5-1/26	M	5-6 pm	\$67	\$83.75	3
TC36312	1/8-1/29	Th	5-6 pm	\$90	\$112.50	4
TC36321	2/2-2/23	M	5-6 pm	\$67	\$83.75	3
TC36322	2/5-2/26	Th	5-6 pm	\$90	\$112.50	4
TC36331	3/2-3/16	M	5-6 pm	\$67	\$83.75	3
TC36332	3/5-3/19	Th	5-6 pm	\$67	\$83.75	3

Spring Term:

TC46311	3/30-4/27	M	5-6 pm	\$112	\$140	5
TC46312	4/2-4/30	Th	5-6 pm	\$112	\$140	5
TC46321	5/4-6/1	M	5-6 pm	\$90	\$112.50	4
TC46322	5/7-6/4	Th	5-6 pm	\$67	\$83.75	3

Class #	Dates	Days	Times	ID/AP	OD	Sessions
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Tennis Level 3 Age 9 to 10

Winter Term:

TC32411	1/7-1/28	W	4-5 pm	\$90	\$112.50	4
TC32421	2/4-2/25	W	4-5 pm	\$90	\$112.50	4
TC32431	3/4-3/18	W	4-5 pm	\$67	\$83.75	3

Spring Term:

TC42411	4/1-4/29	W	4-5 pm	\$112	\$140	5
TC42421	5/6-6/3	W	4-5 pm	\$112	\$140	5

SPECIALTY CLASSES

Girls Only Tennis Level 1 Age 11 to 14

This class is for Girls just starting to play tennis and are learning the basic skills of serving, backhands, forehands, and volleys. This class will be taught by one of our female coaches.

Winter Term:

TC33111	1/6-1/27	T	5:15-6:15 pm	\$67	\$83.75	4
TC33121	2/3-2/24	T	5:15-6:15 pm	\$67	\$83.75	4
TC33131	3/3-3/17	T	5:15-6:15 pm	\$50	\$62.50	3

Spring Term:

TC43111	3/31-4/28	T	5:15-6:15 pm	\$84	\$105	5
TC43121	5/5-6/2	T	5:15-6:15 pm	\$84	\$105	5

Family Tennis Age 9 to 13

This class is designed for family play, one child and one adult.

Winter Term:

TC34111	1/8-1/29	Th	7-8 pm	\$67	\$83.75	4
TC34121	2/5-2/26	Th	7-8 pm	\$67	\$83.75	4
TC34131	3/5-3/19	Th	7-8 pm	\$50	\$62.50	3

Spring Term:

TC44111	4/2-4/30	Th	7-8 pm	\$84	\$105	5
TC44121	5/7-6/4	Th	7-8 pm	\$50	\$62.50	3



Tennis Level 3 Match Play Age 9 to 13

Winter Term:

TC33511	1/9-1/30	F	5:30-7 pm	\$134	\$167.50	4
TC33521	2/6-2/27	F	5:30-7 pm	\$134	\$167.50	4
TC33531	3/6-3/20	F	5:30-7 pm	\$101	\$126.25	3

Spring Term:

TC43511	4/3-5/1	F	5:30-7 pm	\$134	\$167.50	4
TC43521	5/8-6/5	F	5:30-7 pm	\$101	\$126.25	3



Class #	Dates	Days	Times	ID/AP	OD	Sessions
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Tennis Level 3 Age 11 to 14

Winter Term:

TC33411	1/6-1/27	T	5-6 pm	\$90	\$112.50	4
TC33412	1/8-1/29	Th	5-6 pm	\$90	\$112.50	4
TC33421	2/3-2/24	T	5-6 pm	\$90	\$112.50	4
TC33422	2/5-2/26	Th	5-6 pm	\$90	\$112.50	4
TC33431	3/3-3/17	T	5-6 pm	\$67	\$83.75	3
TC33432	3/5-3/19	Th	5-6 pm	\$67	\$83.75	3

Spring Term:

TC43411	3/31-4/28	T	5-6 pm	\$112	\$140	5
TC43412	4/2-4/30	Th	5-6 pm	\$112	\$140	5
TC43421	5/5-6/2	T	5-6 pm	\$112	\$140	5
TC43422	5/7-6/4	Th	5-6 pm	\$67	\$83.75	3

Class #	Dates	Days	Times	ID/AP	OD	Sessions
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Tennis Level 3 Age 13 to 18

Winter Term:

TC36411	1/9-1/30	F	5:15-6:15 pm	\$90	\$112.50	4
TC36421	2/6-2/27	F	5:15-6:15 pm	\$90	\$112.50	4
TC36431	3/6-3/20	F	5:15-6:15 pm	\$67	\$83.75	3

Spring Term:

TC46411	4/3-5/1	F	5:15-6:15 pm	\$90	\$112.50	4
TC46421	5/8-6/5	F	5:15-6:15 pm	\$67	\$83.75	3

Tennis Level 4 Advanced Junior Training Age 10 to 13

Winter Term:

TC35111	1/6-1/27	T	5-6:30 pm	\$134	\$167.50	4
TC35121	2/3-2/24	T	5-6:30 pm	\$134	\$167.50	4
TC35131	3/3-3/17	T	5-6:30 pm	\$101	\$126.25	3

Spring Term:

TC45111	3/31-4/28	T	5-6:30 pm	\$168	\$210	5
TC45121	5/5-6/2	T	5-6:30 pm	\$168	\$210	5

Tennis Level 4 High School Prep Age 13-18

Winter Term Only:

TC36511	1/7-1/28	W	5:15-6:45 pm	\$134	\$167.50	4
TC36521	2/4-2/25	W	5:15-6:45 pm	\$134	\$167.50	4
TC36531	3/4-3/18	W	5:15-6:45 pm	\$101	\$126.25	3

ADULT CLASSES AT BHTC

Adult Tennis Level 1

Introduction to tennis. For beginners and players with no prior class instruction. This class will cover the tennis basics: forehand and backhand groundstrokes, volleys, overheads and serves, along with player court positioning and game scoring.

Winter Term:

TC37211	1/5-1/26	M	6-7:30 pm	\$65	\$81.25	3
TC37212	1/6-1/27	T	10-11:30 am	\$86	\$107.50	4
TC37213	1/7-1/28	W	6:45-8:15 pm	\$86	\$107.50	4
TC37214	1/8-1/29	Th	10-11:30 am	\$86	\$107.50	4
TC37221	2/2-2/23	M	6-7:30 pm	\$65	\$81.25	3
TC37222	2/3-2/24	T	10-11:30 am	\$86	\$107.50	4
TC37223	2/4-2/25	W	6:45-8:15 pm	\$86	\$107.50	4
TC37224	2/5-2/26	Th	10-11:30 am	\$86	\$107.50	4
TC37231	3/2-3/16	M	6-7:30 pm	\$65	\$81.25	3
TC37232	3/3-3/17	T	10-11:30 am	\$65	\$81.25	3
TC37233	3/4-3/18	W	6:45-8:15 pm	\$65	\$81.25	3
TC37234	3/5-3/19	Th	10-11:30 am	\$65	\$81.25	3

Spring Term:

TC47211	3/30-4/27	M	6-7:30 pm	\$108	\$135	5
TC47212	3/31-4/28	T	10-11:30 am	\$108	\$135	5
TC47213	4/1-4/29	W	6:45-8:15 pm	\$108	\$135	5
TC47214	4/2-4/30	Th	10-11:30 am	\$108	\$135	5
TC47221	5/4-6/1	M	6-7:30 pm	\$86	\$107.50	4
TC47222	5/5-6/2	T	10-11:30 am	\$108	\$135	5
TC47223	5/6-6/3	W	6:45-8:15 pm	\$108	\$135	5
TC47224	5/7-6/4	Th	10-11:30 am	\$65	\$81.25	3



Special Events at the Tennis Center



2/7 & 3/14	Hit with a Viking Event
4/10-4/11	Jesuit High School Tennis Tournament
5/14-5/16	Metro District Tennis Tournament
5/21-5/23	OSAA High School State Tournament
1/12, 2/23, 3/30, 4/13	Adult Therapeutic Recreation Inclusion Tennis Events See page 5 for details.

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

Class #	Dates	Days	Times	ID/AP	OD	Sessions
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Adult Tennis Level 1.5

This class will continue to develop the skills learned in Level 1. Continued foundation skill development with Introduction to approach shots and beginning doubles strategy.

Winter Term:

TC37311	1/5-1/26	M	6-7:30 pm	\$65	\$81.25	3
TC37312	1/6-1/27	T	10-11:30 am	\$86	\$107.50	4
TC37313	1/6-1/27	T	6:45-8:15 pm	\$86	\$107.50	4
TC37314	1/8-1/29	Th	6-7:30 pm	\$86	\$107.50	4
TC37321	2/2-2/23	M	6-7:30 pm	\$65	\$81.25	3
TC37322	2/3-2/24	T	10-11:30 am	\$86	\$107.50	4
TC37323	2/3-2/24	T	6:45-8:15 pm	\$86	\$107.50	4
TC37324	2/5-2/26	Th	6-7:30 pm	\$86	\$107.50	4
TC37331	3/2-3/16	M	6-7:30 pm	\$65	\$81.25	3
TC37332	3/3-3/17	T	10-11:30 am	\$65	\$81.25	3
TC37333	3/3-3/17	T	6:45-8:15 pm	\$65	\$81.25	3
TC37334	3/5-3/19	Th	6-7:30 pm	\$65	\$81.25	3

Spring Term:

TC47311	3/30-4/27	M	6-7:30 pm	\$108	\$135	5
TC47312	3/31-4/28	T	10-11:30 am	\$108	\$135	5
TC47313	3/31-4/28	T	6:45-8:15 pm	\$108	\$135	5
TC47314	4/2-4/30	Th	6-7:30 pm	\$108	\$135	5
TC47321	5/4-6/1	M	6-7:30 pm	\$86	\$107.50	4
TC47322	5/5-6/2	T	10-11:30 am	\$108	\$135	5
TC47323	5/5-6/2	T	6:45-8:15 pm	\$108	\$135	5
TC47324	5/7-6/4	Th	6-7:30 pm	\$65	\$81.25	3

Adult Tennis Stroking Analysis

This class is available for players level 1.5 and up. The main goal of this class is to work on the technical portion of your game. You will cover ground strokes, volleys, serves, and returns during the session. The ball machine is utilized in this class. You will receive feedback on your shots and get a lot of hitting repetition on the ball machine.

Winter Term:

TC37411	1/7-1/28	W	6:15-7:45 pm	\$86	\$107.50	4
TC37412	1/11-2/1	Su	9-10:30 am	\$86	\$107.50	4
TC37421	2/4-2/25	W	6:15-7:45 pm	\$86	\$107.50	4
TC37422	2/8-3/1	Su	9-10:30 am	\$86	\$107.50	4
TC37431	3/4-3/18	W	6:15-7:45 pm	\$65	\$81.25	3
TC37432	3/8-3/22	Su	9-10:30 am	\$65	\$81.25	3

Spring Term:

TC47411	4/1-4/29	W	6:15-7:45 pm	\$108	\$135	5
TC47412	4/12-5/3	Su	9-10:30 am	\$86	\$107.50	4
TC47421	5/6-6/3	W	6:15-7:45 pm	\$108	\$135	5
TC47422	5/10-6/7	Su	9-10:30 am	\$86	\$107.50	4

Private Lessons

Prefer one-on-one instruction? Improve your skills during a 60-minute private lesson with a Teaching Pro.

ID: \$65.50 / OD: \$87.75 per hour

Lesson times are limited to instructor & court availability. Private lessons are released on the 3rd Wednesday at 5pm for the following month. Register online.

Tennis Private Lesson Interest List

You can also register for our private lesson interest lists to be emailed information whenever additional private lessons are added.

Winter: TC38800

Spring: TC48800

Class #	Dates	Days	Times	ID/AP	OD	Sessions
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Winter Drill & Play Interest List



Join the interest list to be contacted when dates are released.

Interested in Coach Katherine's Thursday afternoon Drill & Play classes this winter/Spring?

Winter: TC3DPL

Spring: TC4DPL

Interested in our evening Green Ball Drill & Play (levels 1.5-2) classes this winter/spring?

Winter: TC3GBDP

Spring: TC4GBDP

Adult Tennis Level 2

In this class, students will continue skill work for groundstrokes with an emphasis on grips and footwork, followed by court positioning for doubles, and developing your transition game for both singles and doubles. New skills to be introduced in this class include Ball placement, Lob, return of serve, and overhead footwork.

Winter Term:

TC37511	1/5-1/26	M	6:15-7:45 pm	\$82	\$102.50	3
TC37512	1/6-1/27	T	10-11:30 am	\$110	\$137.50	4
TC37513	1/8-1/29	Th	10-11:30 am	\$110	\$137.50	4
TC37514	1/8-1/29	Th	6-7:30 pm	\$110	\$137.50	4
TC37515	1/10-1/31	S	11:15 am-12:45 pm	\$110	\$137.50	4
TC37521	2/2-2/23	M	6:15-7:45 pm	\$82	\$102.50	3
TC37522	2/3-2/24	T	10-11:30 am	\$110	\$137.50	4
TC37523	2/5-2/26	Th	10-11:30 am	\$110	\$137.50	4
TC37524	2/5-2/26	Th	6-7:30 pm	\$110	\$137.50	4
TC37525	2/7-2/28	S	11:15 am-12:45 pm	\$110	\$137.50	4
TC37531	3/2-3/16	M	6:15-7:45 pm	\$82	\$102.50	3
TC37532	3/3-3/17	T	10-11:30 am	\$82	\$102.50	3
TC37533	3/5-3/19	Th	10-11:30 am	\$82	\$102.50	3
TC37534	3/5-3/19	Th	6-7:30 pm	\$82	\$102.50	3
TC37535	3/7-3/21	S	11:15 am-12:45 pm	\$82	\$102.50	3

Class #	Dates	Days	Times	ID/AP	OD	Sessions
Spring Term:						
TC47511	3/30-4/27	M	6:15-7:45 pm	\$137	\$171.25	5
TC47512	3/31-4/28	T	10-11:30 am	\$137	\$171.25	5
TC47513	4/2-4/30	Th	10-11:30 am	\$137	\$171.25	5
TC47514	4/2-4/30	Th	6-7:30 pm	\$137	\$171.25	5
TC47515	4/4-5/2	S	11:15 am-12:45 pm	\$137.50	4	4
TC47521	5/4-6/1	M	6:15-7:45 pm	\$110	\$137.50	4
TC47522	5/5-6/2	T	10-11:30 am	\$137	\$171.25	5
TC47523	5/7-6/4	Th	10-11:30 am	\$82	\$102.50	3
TC47524	5/7-6/4	Th	6-7:30 pm	\$82	\$102.50	3
TC47525	5/9-6/6	S	11:15 am-12:45 pm	\$82	\$102.50	3



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.

Winter Term:						
TC37611	1/9-1/30	F	10-11:30 am	\$110	\$137.50	4
TC37621	2/6-2/27	F	10-11:30 am	\$110	\$137.50	4
TC37631	3/6-3/20	F	10-11:30 am	\$82	\$102.50	3
TC47611	4/3-5/1	F	10-11:30 am	\$110	\$137.50	4
TC47621	5/8-6/5	F	10-11:30 am	\$82	\$102.50	3

Adult Tennis Level 2.5

This class will emphasize live ball skills as our coaches put players into different singles and doubles play scenarios. Advanced skill development includes work on hitting topspin and slice groundstrokes and continued work on offensive and defensive shots.

Winter Term:						
TC37811	1/5-1/26	M	10-11:30 am	\$82	\$102.50	3
TC37812	1/6-1/27	T	6:30-8 pm	\$110	\$137.50	4
TC37813	1/7-1/28	W	6-7:30 pm	\$110	\$137.50	4
TC37814	1/8-1/29	Th	10-11:30 am	\$110	\$137.50	4
TC37815	1/9-1/30	F	6:15-7:45 pm	\$110	\$137.50	4
TC37821	2/2-2/23	M	10-11:30 am	\$82	\$102.50	3
TC37822	2/3-2/24	T	6:30-8 pm	\$110	\$137.50	4
TC37823	2/4-2/25	W	6-7:30 pm	\$110	\$137.50	4
TC37824	2/5-2/26	Th	10-11:30 am	\$110	\$137.50	4
TC37825	2/6-2/27	F	6:15-7:45 pm	\$110	\$137.50	4
TC37831	3/2-3/16	M	10-11:30 am	\$82	\$102.50	3
TC37832	3/3-3/17	T	6:30-8 pm	\$82	\$102.50	3
TC37833	3/4-3/18	W	6-7:30 pm	\$82	\$102.50	3
TC37834	3/5-3/19	Th	10-11:30 am	\$82	\$102.50	3
TC37835	3/6-3/20	F	6:15-7:45 pm	\$82	\$102.50	3

Class #	Dates	Days	Times	ID/AP	OD	Sessions
Spring Term:						
TC47811	3/30-4/27	M	10-11:30 am	\$137	\$171.25	5
TC47812	3/31-4/28	T	6:30-8 pm	\$137	\$171.25	5
TC47813	4/1-4/29	W	6-7:30 pm	\$137	\$171.25	5
TC47814	4/2-4/30	Th	10-11:30 am	\$137	\$171.25	5
TC47815	4/3-5/1	F	6:15-7:45 pm	\$110	\$137.50	4
TC47821	5/4-6/1	M	10-11:30 am	\$110	\$137.50	4
TC47822	5/5-6/2	T	6:30-8 pm	\$137	\$171.25	5
TC47823	5/6-6/3	W	6-7:30 pm	\$137	\$171.25	5
TC47824	5/7-6/4	Th	10-11:30 am	\$82	\$102.50	3
TC47825	5/8-6/5	F	6:15-7:45 pm	\$82	\$102.50	3

Adult Tennis Doubles Strategy and Skills Level 2.5 +

This class is for Adult NTRP Levels 2.5 +. This class is for Adult NTRP Levels 3.5 +. For this class, you will work on doubles strategies and skill development using live ball point play.

Winter Term:						
TC37911	1/7-1/28	W	10-11:30 am	\$110	\$137.50	4
TC37921	2/4-2/25	W	10-11:30 am	\$110	\$137.50	4
TC37931	3/4-3/18	W	10-11:30 am	\$82	\$102.50	3
Spring Term:						
TC47911	4/1-4/29	W	10-11:30 am	\$137	\$171.25	5
TC47921	5/6-6/3	W	10-11:30 am	\$137	\$171.25	5

Winter THPRD League

Looking for some competitive play this Winter? Want to meet other players at your level of play? Check out the THPRD Adult Winter Tennis League!

Teams are formed in late January. Each match consists of a men's doubles match, a women's doubles match, and two mixed doubles matches all playing an 8-game pro set.

Matches are played indoor at the Tennis Center. More information and team registration forms can be found on our League page: <https://www.thprd.org/facilities/sports/babette-horenstein-tennis-center/tennis-leagues>.



If you do not have a team, but are interested in playing, sign up for the Winter League interest list:

TC3WTRED (Red Division NTRP 3.0)
TC3WTGRN (Green Division NTRP 3.5)

Contact Katherine Lomartire at k.lomartire@thprd.org with questions.

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

Class #	Dates	Days	Times	ID/AP	OD	Sessions
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Senior Tennis Level 2.5 +

In this class you'll work on doubles strategies and advanced tactics with drilling, match and point play, along with tips on your groundstrokes, volleys, and serve.

Winter Term:

TC37711	1/8-1/29	Th	10-11:30 am	\$110	\$137.50	4
TC37721	2/5-2/26	Th	10-11:30 am	\$110	\$137.50	4
TC37731	3/5-3/19	Th	10-11:30 am	\$82	\$102.50	3

Spring Term:

TC47711	4/2-4/30	Th	10-11:30 am	\$137	\$171.25	5
TC47721	5/7-6/4	Th	10-11:30 am	\$82	\$102.50	3

Adult Tennis Drill and Play Level 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.

Winter Term:

TC38111	1/8-1/29	Th	6:15-7:45 pm	\$110	\$137.50	4
TC38121	2/5-2/26	Th	6:15-7:45 pm	\$110	\$137.50	4
TC38131	3/5-3/19	Th	6:15-7:45 pm	\$82	\$102.50	3

Spring Term:

TC48111	4/2-4/30	Th	6:15-7:45 pm	\$137	\$171.25	5
TC48121	5/7-6/4	Th	6:15-7:45 pm	\$82	\$102.50	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.

Winter Term:

TC38211	1/6-1/27	T	10-11:30 am	\$114	\$142.50	4
TC38212	1/6-1/27	T	6:15-7:45 pm	\$114	\$142.50	4
TC38213	1/11-2/1	Su	11 am-12:30 pm	\$114	\$142.50	4
TC38221	2/3-2/24	T	10-11:30 am	\$114	\$142.50	4
TC38222	2/3-2/24	T	6:15-7:45 pm	\$114	\$142.50	4
TC38223	2/8-3/1	Su	11 am-12:30 pm	\$114	\$142.50	4
TC38231	3/3-3/17	T	10-11:30 am	\$86	\$107.50	3
TC38232	3/3-3/17	T	6:15-7:45 pm	\$86	\$107.50	3
TC38233	3/8-3/22	Su	11 am-12:30 pm	\$86	\$107.50	3

Spring Term:

TC48211	3/31-4/28	T	10-11:30 am	\$143	\$178.75	5
TC48212	3/31-4/28	T	6:15-7:45 pm	\$143	\$178.75	5
TC48213	4/12-5/3	Su	11 am-12:30 pm	\$114	\$142.50	4
TC48221	5/5-6/2	T	10-11:30 am	\$143	\$178.75	5
TC48222	5/5-6/2	T	6:15-7:45 pm	\$143	\$178.75	5
TC48223	5/10-6/7	Su	11 am-12:30 pm	\$114	\$142.50	4

Adult Tennis Level 3.5 +

You MUST be a NTRP 3.5+ 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.

Winter Term:

TC38511	1/6-1/27	T	6:15-7:45 pm	\$114	\$142.50	4
TC38521	2/3-2/24	T	6:15-7:45 pm	\$114	\$142.50	4
TC38531	3/3-3/17	T	6:15-7:45 pm	\$86	\$107.50	3

Spring Term:

TC48511	3/31-4/28	T	6:15-7:45 pm	\$143	\$178.75	5
TC48521	5/5-6/2	T	6:15-7:45 pm	\$143	\$178.75	5

Class #	Dates	Days	Times	ID/AP	OD	Sessions
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Weekly Hit Groups



These single session clinics & classes will be released for registration on **Wednesdays at 5 pm**, one week prior to the class date.

Join Coach Scott for a fast-paced hour of drilling and point play designed to keep you moving with different doubles drills and raise your heart rate at the same time.

Drills and Conditioning 4.0+

Mondays from 6:15pm – 7:45pm

Wednesdays from 6pm – 7:30pm

This Hit Group is for Adult NTRP Levels 4 or higher.



Scan the QR codes to register for next week's Hit Group. Please note: Classes will not be visible on the search until released.

Interested in Volunteering with THPRD?

Check out and apply for volunteer opportunities at www.thprd.org/connect/volunteer, or contact Melissa Marcum Volunteer Service: Volunteers@thprd.org or 503-619-3941.



Play Tennis in the Parks

THPRD maintains 97 outdoor neighborhood tennis courts and 6 permanent pickleball courts at 34 park sites throughout our community.

These courts are free to use and available on a first-come, first-serve basis, unless otherwise noted. Please limit play to 60 minutes.

Some sites may be permitted for programs or have a reservation option. For more information, go to www.thprd.org or scan the QR code.





PLAY PICKLEBALL WITH YOUR FRIENDS

BHTC has 4 outdoor pickleball courts available for reservation (year-round) and 8 indoor pickleball courts (Mid-September to May) available by reservation at set times.

Reservations can be made via the Court Reserve App or at CourtReserve.com. Fee is per court, per hour; not per person playing.



Select the pickleball schedule of your choosing:

- Outdoor Pickleball (Stadium Courts A-D);
- Air Structure Pickleball (Courts #11A – Court#14B); or
- Indoor Pickleball Mid-Day Special (Courts #11A – Court#14B – Discount rate available weekdays from 2 to 4 pm)

Outdoor Courts:

Monday- Friday	9 am to 8 pm (or sunset)
Saturday/Sunday	8 am to 7 pm (or sunset)

Indoor Courts:

Monday/Wednesday	12 to 10 pm
Tuesday/Thursday	9 am to 4 pm & 6 to 10 pm
Fridays	12 to 9 pm
Saturday/Sunday	8 am to 12:30 pm & 5 to 7 pm

Hours are subject to change without notice. Visit the Activity Schedule on our home page for the most up-to-date information.

Play Pickleball in the Parks

THPRD maintains 26 pickleball courts (6 with permanent nets) throughout our neighborhoods. These courts are free to use and available on a first-come first-serve basis, unless otherwise noted. Please limit play to 60 minutes.



Adult Pickleball Leagues

The Babette Horenstein Tennis Center is now offering Adult Pickleball Leagues to bring players together of the same level for matches throughout the season. Players must be a minimum of 18 years of age to participate and be at least a UTR Level 3 rating.

Divisions: Women, CoEd

Levels: Social/Casual (UTR 3-4), Intermediate (UTR 5-6)

For more information on forming a team or obtaining a UTR rating, visit our Pickleball Page:

<https://www.thprd.org/activities/sports/pickleball>.

INTERESTED IN FINDING A TEAM TO PLAY ON?

Each division has a player interest list by level.

Signup at <https://tinyurl.com/BHTC-PB>.



Babette Horenstein Tennis Center

Glow-n-Dark

PICKLEBALL

COMING THIS WINTER:

Select Saturdays from 5-7pm

1/10, 1/24, 2/7, 2/21

Register online

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

Class #	Dates	Days	Times	ID/AP	OD	Sessions
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Adult Pickleball Level 101

Get ready to learn how to play pickleball! Join Coach Jake for an introduction to pickleball. In this class you will learn the fundamentals, scoring and everything you need to learn to start playing.

Winter Term:

TC39111	1/6-1/27	T	12-1:30 pm	\$86	\$107.50	4
TC39121	2/3-2/24	T	12-1:30 pm	\$86	\$107.50	4
TC39131	3/3-3/17	T	12-1:30 pm	\$65	\$81.25	3

Spring Term:

TC49111	3/31-4/28	T	10-11:30 am	\$108	\$135	5
TC49121	5/5-6/2	T	10-11:30 am	\$108	\$135	5

Glow-in-the-Dark Pickleball

Get ready to light up the court's literally! Join us for a high-energy night of Glow-in-the-Dark Pickleball, where the lights go down and the fun turns up. Wear your neon gear and we'll provide the rest to create an unforgettable, action-packed experience that's perfect for players of all skill levels.

TC39511	1/10	S	5-7 pm	\$15	\$18.75	1
TC39512	1/24	S	5-7 pm	\$15	\$18.75	1
TC39521	2/7	S	5-7 pm	\$15	\$18.75	1
TC39522	2/21	S	5-7 pm	\$15	\$18.75	1

Pickleball Special Events

March PNW PIG Chase

Hosted by Pickleball is Great
March 13-15



For more information visit www.pickleballisgreat.com

Class #	Dates	Days	Times	ID/AP	OD	Sessions
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Adult Pickleball Hit with the Pro

Come join Coach Jake for organized pickleball practice. Prerequisite for this 90-minute clinic is the completion of our Level 1 pickleball class or previous pickleball experience. Each session will work on different playing skills and strategies.

Winter Term:

TC39312	1/8-1/29	Th	12-1:30 pm	\$110	\$137.50	4
TC39322	2/5-2/26	Th	12-1:30 pm	\$110	\$137.50	4
TC39332	3/5-3/19	Th	12-1:30 pm	\$82	\$102.50	3

Spring Term:

TC39312	4/2-4/30	Th	10-11:30 am	\$110	\$137.50	5
TC39322	5/7-6/4	Th	10-11:30 am	\$110	\$137.50	3

Private Pickleball Lessons

Prefer one-on-one instruction? Improve your skills during a 60-minute private lesson with a Teaching Pro.

ID: \$65.50 / OD: \$87.75 per hour

Lesson times are limited to instructor & court availability. Private lessons are released on the 3rd Wednesday at 5pm for the following month. Register online.

Pickleball Private Lesson Interest List

You can also register for our private lesson interest lists to be emailed information whenever additional private lessons are added.

Winter: TC39800

Spring: TC49800



Cedar Hills Recreation Center



TUALATIN HILLS
PARK & RECREATION DISTRICT

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

TriMet Bus Routes #20, #59

Facility Supervisor: Tyler Fransen

Winter: December 28 – March 28

Spring: March 29 – June 13

Facility Hours:

Monday-Friday 6:30 am - 8:30 pm

Saturday 8 am - 4 pm

Sunday 8 am - 4 pm

Facility Closures: 1/1, 1/19, 2/16, 4/5, 5/25

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



@thprdcedarhills



Spring Egg Hunt

Saturday, April 4, 2026

ID: \$8 • OD: \$12.50 per child

All Abilities Egg Hunt

This hunt takes place inside the gymnasium and is a great fit for children with sensory sensitivities or mobility needs. It is designed to be inclusive and is ADA accessible.*

10:00 - 10:15 am 4-8 yr CH46208

Child and Adult Egg Hunts

Bring your little one for an adventure as you seek hidden eggs. Registration covers one adult, one child.*

10:30-10:45am 10 mo-2yr CH46200

10:30-10:45am 2-4 yr CH46202

10:30-10:45am 4-7 yr CH46204

11:00-11:15am 10 mo-2yr CH46201

11:00-11:15am 2-4 yr CH46203

Child Only Egg Hunts

The eggs have been hidden and the Bunny needs your help finding them. This Egg Hunt is designed for child participation only. Find a numbered egg and win a prize.*

10:30-10:45am 7-11 yr CH46206

11:00-11:15am 4-7 yr CH46205

11:00-11:15am 7-11 yr CH46207

*Registration Required



Día de los niños

(Children's Day/Book Day)

Sunday, May 31 • 11am - 1pm

Get ready for a fun celebration of literacy that's perfect for kids from all linguistic and cultural backgrounds! Join us for a day to honor the power of stories and bring the joy of learning to young minds. Enjoy activities such as lotería, arts and crafts, bilingual story time, and receive FREE books to take home!

Domingo 31 de mayo • 11am - 1 pm

¡Prepárate para un día lleno de diversión, perfecto para niños de todos los idiomas y culturas! Celebra el poder de las historias, la magia del aprendizaje y el orgullo de nuestras raíces. Disfruten juegos como lotería, actividades creativas, cuentos bilingües... ¡y libros GRATIS para llevar a casa!

Drop-in Sports Programs

The Cedar Hills Recreation Centers 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
Badminton				7-8:30 pm	
Basketball (30+)	7:30-8:30 pm				
Open Gym**	12-1 pm		12-1 pm		12-1 pm
Pickleball	8-10 am		7:30-9:30 am		7:30-9:30 am
Play Park		10 am-12 pm		10 am-12 pm	
Youth Open Gymnastics (Adult Supervision Required)					6:30-8 pm

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

Women’s Wellness Fair

Saturday, March 28 at 11am
Cedar Hills Recreation Center

Celebrate Women’s History Month with a welcoming event featuring vendors and resources all focused on women’s health including FREE mini workshops led by our certified trainers and instructors.

Gymnastics Party Rentals



Make your child’s special day unforgettable with a high-energy gymnastics party led by our experienced instructors! Available on Sundays only.

We offer a 45-minute instructor-led session that includes:

- Warm-up activities
- Gymnastics-based games
- Skill-building on various equipment
- A fun cool-down period

Children will enjoy a circuit-style class, where they can learn new gymnastics skills and techniques in a safe and supportive environment.

For more details and pricing, please call 503-629-6340 or visit our website for additional information.

Indoor Play Park

Tuesdays & Thursdays
10 am - 12 pm

Families with children 6 years and under can gather to interact and develop motor and social skills during indoor play.

Adult Supervision is required.
\$5.75 ID / \$8 OD per child



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.

VIRTUAL OPEN HOUSE

Wednesday, April 22

Presentation: 6-6:30 pm

Q&A Session: 6:30-7 pm

REGISTRATION: 2026-2027 School Year

- **Monday, May 4 - Sunday, May 10:** Registration opens for current participants.
- **Monday, May 11 - Wednesday, May 13:** Registration window for enrolled participant's siblings is open.
- **Thursday, May 14:** Open enrollment will begin, provided space in the program remains.

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

Cedar Hills Recreation Center schools served:

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

**We accept
ERDC!**

Jump Start Preschool

Inspire. Learn. Grow.

Give your child the best start to kindergarten.

Our program is designed around the Reggio Emilia philosophy, focusing on creative play, hands-on exploration, and social learning in a nurturing environment.

Preschool is an exciting time for kids, to make new friends, interactive creative learning and prepare for kindergarten and beyond.

Registration is now open for the 2025-2026 school year!

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

www.thprd.org/facilities/recreation/cedar-hills



Nine-month Preschool Open House

THPRD will host a virtual open house for anyone interested in learning about our nine-month preschool programs for the 2026-2027 school year.

Registration Opens:

Thursday, February 5th at 9am

Scan QR code for
more information.



Arts & Crafts - Preschool

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
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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 5/24.

Winter Term:

1/11-2/8 (5) Rm 2	Su	10-11 am ID/AP: \$55	1.5-4 yrs OD: \$68.75	CH34100
2/15-3/15 (5) Rm 2	Su	9:20-10:20 am ID/AP: \$55	1.5-4 yrs OD: \$68.75	CH34101
1/6-2/10 (6) Rm 2	T	10-11 am ID/AP: \$65	1.5-4 yrs OD: \$82.50	CH34102
2/17-3/17 (5) Rm 2	T	10-11 am ID/AP: \$55	1.5-4 yrs OD: \$68.75	CH34103

Spring Term:

4/12-5/31 (7) Rm 2	Su	10-11 am ID/AP: \$77	1.5-4 yrs OD: \$96.25	CH44100
3/31-4/28 (5) Rm 2	T	10-11 am ID/AP: \$55	1.5-4 yrs OD: \$68.75	CH44102
5/5-6/2 (5) Rm 2	T	10-11 am ID/AP: \$55	1.5-4 yrs OD: \$68.75	CH44103



Summer Preview Summer Fun Awaits!

Friday, April 10 • 2:30-4:00 pm
Cedar Hills Park • **FREE EVENT**

Get ready for foam-tastic fun! Bring your kiddo and learn about Cedar Hills summer classes, camps, and upcoming events while they run through our foam cannon, play darts on our 15-foot soccer board, and enjoy a variety of yard games. Bring a towel and be ready to have fun.

Arts & Crafts - Youth

Afterschool Art Sampler

Join us in Afterschool Art Sampler, where your child can explore different mediums of art every week! Children will work with painting, drawing, sculpture, collage, creative projects, and more.

Winter Term:

1/7-2/11 (6) Rm 2	W	5:30-6:30 pm ID/AP: \$66	6-10 yrs OD: \$82.50	CH34202
2/18-3/18 (5) Rm 2	W	5:30-6:30 pm ID/AP: \$55	6-10 yrs OD: \$68.75	CH34203

Spring Term:

4/1-4/29 (5) Rm 2	W	5:30-6:30 pm ID/AP: \$55	6-10 yrs OD: \$68.75	CH44202
5/6-6/3 (5) Rm 2	W	5:30-6:30 pm ID/AP: \$55	6-10 yrs OD: \$68.75	CH44203



Nature Art

Join us in Nature Art, where young artists will explore, learn, draw, paint, and create artwork each week using natural materials and celebrating the Earth's beauty! Expect to take home projects using sticks, twigs, flowers, clay, and more. No class 5/23.

Winter Term:

1/10-2/7 (5) Rm 2	S	1-2 pm ID/AP: \$55	6-10 yrs OD: \$68.75	CH34204
2/14-3/14 (5) Rm 2	S	1-2 pm ID/AP: \$55	6-10 yrs OD: \$68.75	CH34205

Spring Term:

4/11-5/2 (4) Rm 2	S	1-2 pm ID/AP: \$44	6-10 yrs OD: \$55	CH44204
5/9-6/6 (4) Rm 2	S	1-2 pm ID/AP: \$44	6-10 yrs OD: \$55	CH44205

Youth Painting

Join us for Youth Painting and unleash your child's creativity with a new project each week! Explore various painting techniques and mediums, experimenting with different styles, textures, and effects to create some cool artwork to take home. Have fun, make friends, and practice painting skills in a supportive and creative environment. No class 1/19.

Winter Term:

1/12-2/9 (4) Rm 2	M	5:30-6:30 pm ID/AP: \$44	6-10 yrs OD: \$55	CH34200
2/23-3/16 (4) Rm 2	M	5:30-6:30 pm ID/AP: \$44	6-10 yrs OD: \$55	CH34201

Spring Term:

3/30-4/27 (5) Rm 2	M	5:30-6:30 pm ID/AP: \$55	6-10 yrs OD: \$68.75	CH44200
5/4-6/1 (4) Rm 2	M	5:30-6:30 pm ID/AP: \$44	6-10 yrs OD: \$55	CH44201

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

Arts & Crafts – Teen/Adult

Teen Comic and Illustration

From mastering the basics of sketching and shading to experimenting with unique styles and mediums, this class is perfect for both beginners and experienced young artists. Whether you're into realistic portraits, imaginative character design, or vibrant abstract art, you'll develop your skills in a supportive and inspiring environment. **No class 5/23.**

Winter Term:

1/10-2/7 (5)	S	10:30-11:30 am	10-14 yrs	CH34300
Rm 2		ID/AP: \$55	OD: \$68.75	
2/14-3/14 (5)	S	10:30-11:30 am	10-14 yrs	CH34301
Rm 2		ID/AP: \$55	OD: \$68.75	

Spring Term:

4/11-5/2 (4)	S	10:30-11:30 am	10-14 yrs	CH44300
Rm 2		ID/AP: \$44	OD: \$55	
5/9-6/6 (4)	S	10:30-11:30 am	10-14 yrs	CH44301
Rm 2		ID/AP: \$44	OD: \$55	

Watercolor, All Levels

Learn aspects of watercolor painting including still life, design and color harmony. Students are encouraged to bring their own supplies and work on personal projects at their own speed. The instructor will provide personalized support to each student to help develop their skills.

Winter Term:

1/6-2/10 (6)	T	9:30 am-12:30 pm	14-adult	CH34500
Rm 3		ID/AP: \$154	OD: \$192.50	
2/17-3/17 (5)	T	9:30 am-12:30 pm	14-adult	CH34501
Rm 3		ID/AP: \$128	OD: \$160	

Spring Term:

3/31-4/28 (5)	T	9:30 am-12:30 pm	14-adult	CH44500
Rm 3		ID/AP: \$128	OD: \$160	
5/5-6/2 (5)	T	9:30 am-12:30 pm	14-adult	CH44501
Rm 3		ID/AP: \$128	OD: \$160	

Painting, All Levels

Come explore various artistic mediums including acrylics, oils, pastels or watercolors. Students are encouraged to bring their own supplies and work on personal projects at their own speed. The instructor will provide personalized support to each student in order to help develop their skills.

Winter Term:

1/9-2/15 (6)	F	9:30 am-12:30 pm	14-adult	CH34502
Rm 3		ID/AP: \$154	OD: \$192.50	
2/20-3/20 (5)	F	9:30 am-12:30 pm	14-adult	CH34503
Rm 3		ID/AP: \$128	OD: \$160	

Spring Term:

4/3-5/1 (5)	F	9:30 am-12:30 pm	14-adult	CH44502
Rm 3		ID/AP: \$128	OD: \$160	
5/8-6/5 (5)	F	9:30 am-12:30 pm	14-adult	CH44503
Rm 3		ID/AP: \$128	OD: \$160	



Spring Break Camp

Looking for an exciting way to spend Spring Break? Come and join us for fun activities. Our camp offers a variety of engaging games, creative arts and crafts, and interactive classroom activities designed to keep you entertained and learning! Each day provides new adventures and opportunities for making friends and having a blast. Don't forget to pack a water bottle, snack, and sack lunch for your child each day. We can't wait to see you there!

Meadow Monday				
3/23	M	7:30 am-6 pm	5-11 yrs	CH38200
Rm C1		ID/AP: \$70	OD: \$87.50	
Tulip Tuesday				
3/24	T	7:30 am-6 pm	5-11 yrs	CH38201
Rm C1		ID/AP: \$70	OD: \$87.50	
Wildflower Wednesday				
3/25	W	7:30 am-6 pm	5-11 yrs	CH38202
Rm C1		ID/AP: \$70	OD: \$87.50	
Sunshine Thursday				
3/26	Th	7:30 am-6 pm	5-11 yrs	CH38203
Rm C1		ID/AP: \$70	OD: \$87.50	
Fresh-Air Friday				
3/27	F	7:30 am-6 pm	5-11 yrs	CH38204
Rm C1		ID/AP: \$70	OD: \$87.50	

Dance - Preschool

Dance with Me!

Little ones will twirl, leap, and move to the music alongside their favorite grown-up in this joyful introduction to creative movement. Together, you'll explore basic ballet steps that help build balance, coordination, and confidence, all in a playful, supportive environment. Adult participation is required. Please note: no unregistered siblings. **No class 5/23 and 5/24.**

Winter Term:

1/11-3/15 (10)	Su	1:30-2 pm	2-4 yrs	CH31100
Rm 5		ID/AP: \$69	OD: \$86.25	
1/6-3/17 (11)	T	9:15-9:45 am	2-4 yrs	CH31101
Rm 5		ID/AP: \$76	OD: \$95	
1/9-3/20 (11)	F	10:10-30 am	2-4 yrs	CH31102
Rm 5		ID/AP: \$76	OD: \$95	
1/9-3/20 (11)	F	5:15-5:45 pm	2-4 yrs	CH31103
Rm D		ID/AP: \$76	OD: \$95	
1/10-3/21 (11)	S	9:15-9:45 am	2-4 yrs	CH31104
Rm 5		ID/AP: \$76	OD: \$95	

Spring Term:

4/12-5/31 (7)	Su	1:30-2 pm	2-4 yrs	CH41100
Rm 5		ID/AP: \$48	OD: \$60	
3/31-6/2 (10)	T	9:15-9:45 am	2-4 yrs	CH41101
Rm 5		ID/AP: \$69	OD: \$86.25	
4/3-6/5 (10)	F	10:10-30 am	2-4 yrs	CH41102
Rm 5		ID/AP: \$69	OD: \$86.25	
4/3-6/5 (10)	F	5:15-5:45 pm	2-4 yrs	CH41103
Rm D		ID/AP: \$69	OD: \$86.25	
4/11-5/30 (7)	S	9:15-9:45 am	2-4 yrs	CH41104
Rm 5		ID/AP: \$48	OD: \$60	

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

Dance Adventure Kids

Step into the magic of movement with a class designed just for your energetic and imaginative dancers! This joyful introduction to dance encourages self-expression, creativity, and physical growth in a playful and supportive setting. This is a non-parent participation class. **No class 1/19 and 2/16.**

Winter Term:

1/12-3/16 (8)	M	11:15 am-12 pm	3-5 yrs	CH31130
Rm 5		ID/AP: \$70	OD: \$87.50	
1/6-3/17 (11)	T	10:10:45 am	3-5 yrs	CH31131
Rm 5		ID/AP: \$97	OD: \$121.25	
1/7-3/18 (11)	W	10:15-11 am	3-5 yrs	CH31132
Rm 5		ID/AP: \$97	OD: \$121.25	
1/7-3/18 (11)	W	4:30-5:15 pm	4-6 yrs	CH31133
Rm D		ID/AP: \$97	OD: \$121.25	

Spring Term:

3/31-6/2 (10)	T	10:10:45 am	3-5 yrs	CH41131
Rm 5		ID/AP: \$88	OD: \$110	
4/1-6/3 (10)	W	10:15-11 am	3-5 yrs	CH41132
Rm 5		ID/AP: \$88	OD: \$110	
4/1-6/3 (10)	W	4:30-5:15 pm	4-6 yrs	CH41133
Rm D		ID/AP: \$88	OD: \$110	

Hip Hop Kids

This high-energy class is designed just for young dancers, blending age-appropriate hip hop moves with fun music and dynamic combos. It's the perfect way to build confidence, coordination, and rhythm while having a blast. **No class 1/19, 2/16, 5/23, 5/24 and 5/25.**

Winter Term:

1/11-3/15 (10)	Su	10:10:45 am	4-6 yrs	CH31110
Rm 5		ID/AP: \$88	OD: \$110	
1/12-3/16 (8)	M	10:15-11 am	3-5 yrs	CH31111
Rm 5		ID/AP: \$70	OD: \$87.50	
1/7-3/18 (11)	W	11:15 am-12 pm	3-5 yrs	CH31112
Rm 5		ID/AP: \$97	OD: \$121.25	
1/8-3/19 (11)	Th	9:15-10 am	3-5 yrs	CH31113
Rm 5		ID/AP: \$97	OD: \$121.25	
1/9-3/20 (11)	F	10:45-11:30 am	3-5 yrs	CH31114
Rm 5		ID/AP: \$97	OD: \$121.25	
1/9-3/20 (11)	F	6-6:45 pm	3-5 yrs	CH31115
Rm D		ID/AP: \$97	OD: \$121.25	
1/10-3/21 (11)	S	10:10:45 am	4-6 yrs	CH31116
Rm D		ID/AP: \$97	OD: \$121.25	
1/10-3/21 (11)	S	11-11:45 am	4-6 yrs	CH31117
Rm D		ID/AP: \$97	OD: \$121.25	
1/10-3/21 (11)	S	11-11:45 am	3-5 yrs	CH31118
Rm 5		ID/AP: \$97	OD: \$121.25	

Spring Term:

4/12-5/31 (7)	Su	10:10:45 am	4-6 yrs	CH41110
Rm 5		ID/AP: \$61	OD: \$76.25	
3/30-6/1 (9)	M	10:15-11 am	3-5 yrs	CH41111
Rm 5		ID/AP: \$79	OD: \$98.75	
4/1-6/3 (10)	W	11:15 am-12 pm	3-5 yrs	CH41112
Rm 5		ID/AP: \$88	OD: \$110	
4/2-6/4 (10)	Th	9:15-10 am	3-5 yrs	CH41113
Rm 5		ID/AP: \$88	OD: \$110	
4/3-6/5 (10)	F	6-6:45 pm	3-5 yrs	CH41115
Rm D		ID/AP: \$88	OD: \$110	
4/11-6/6 (8)	S	11-11:45 am	4-6 yrs	CH41117
Rm D		ID/AP: \$70	OD: \$87.50	
4/11-6/6 (8)	S	11-11:45 am	3-5 yrs	CH41118
Rm 5		ID/AP: \$70	OD: \$87.50	

Pre-Ballet

This playful and engaging dance class introduces young dancers to the foundations of ballet, including basic steps, positions, and terminology. With a strong focus on creative movement, rhythm, balance, and coordination, students build confidence and body awareness in a fun and supportive environment designed to spark imagination and a love for dance. **No class 1/19, 2/16, 5/23, 5/24, and 5/24.**

Winter Term:

1/11-3/15 (10)	Su	9-9:45 am	4-6 yrs	CH31119
Rm 5		ID/AP: \$88	OD: \$110	
1/12-3/16 (8)	M	9:15-10 am	3-5 yrs	CH31120
Rm 5		ID/AP: \$70	OD: \$87.50	
1/7-3/18 (11)	W	9:15-10 am	3-5 yrs	CH31121
Rm 5		ID/AP: \$97	OD: \$121.25	
1/8-3/19 (11)	Th	10:15-11 am	3-5 yrs	CH31122
Rm 5		ID/AP: \$97	OD: \$121.25	
1/10-3/21 (11)	S	10:10:45 am	3-5 yrs	CH31123
Rm 5		ID/AP: \$97	OD: \$121.25	
1/10-3/21 (11)	S	9-9:45 am	4-6 yrs	CH31124
Rm D		ID/AP: \$97	OD: \$121.25	
1/10-3/21 (11)	S	12-12:45 pm	4-6 yrs	CH31125
Rm 8		ID/AP: \$97	OD: \$121.25	

Spring Term:

4/12-5/31 (7)	Su	9-9:45 am	4-6 yrs	CH41119
Rm 5		ID/AP: \$61	OD: \$76.25	
3/30-6/1 (9)	M	9:15-10 am	3-5 yrs	CH41120
Rm 5		ID/AP: \$79	OD: \$98.75	
4/2-6/4 (10)	Th	10:15-11 am	3-5 yrs	CH41122
Rm 5		ID/AP: \$88	OD: \$110	
4/11-5/30 (7)	S	10-10:45 am	3-5 yrs	CH41123
Rm 5		ID/AP: \$61	OD: \$76.25	
4/11-6/6 (8)	S	12-12:45 pm	4-6 yrs	CH41125
Rm 8		ID/AP: \$70	OD: \$87.50	

Dance - Youth**Hip Hop Ballet**

This fun and energetic class blends the elegance of ballet with the rhythm and groove of hip hop. No dance experience needed, beginners are warmly welcome! Dancers will explore the fundamentals of both styles while building coordination, confidence, and a love for movement.

Winter Term:

1/6-3/17 (11)	T	4:30-5:15 pm	6-11 yrs	CH31200
Rm D		ID/AP: \$97	OD: \$121.25	
1/8-3/19 (11)	Th	6-6:45 pm	6-9 yrs	CH31201
Rm D		ID/AP: \$97	OD: \$121.25	
1/8-3/19 (11)	Th	7-7:45 pm	9-12 yrs	CH31202
Rm D		ID/AP: \$97	OD: \$121.25	

Spring Term:

3/31-6/2 (10)	T	4:30-5:15 pm	6-11 yrs	CH41200
Rm D		ID/AP: \$88	OD: \$110	
4/2-6/4 (10)	Th	6-6:45 pm	6-9 yrs	CH41201
Rm D		ID/AP: \$88	OD: \$110	
4/2-6/4 (10)	Th	7-7:45 pm	9-12 yrs	CH41202
Rm D		ID/AP: \$88	OD: \$110	



Intro to Ballet

This dance class welcomes students curious about the study of classical ballet. No prior dance experience is needed, and beginners are encouraged to join. Students will explore ballet fundamentals, building an understanding of its technique, artistry, and core principles. **No class 5/23, 5/24.**

Winter Term:

1/11-3/15 (10)	Su	11-11:45 am	6-11 yrs	CH31203
Rm 5		ID/AP: \$88	OD: \$110	
1/7-3/18 (11)	W	5:30-6:15 pm	9-12 yrs	CH31204
Rm 5		ID/AP: \$97	OD: \$121.25	
1/8-3/19 (11)	Th	5-5:45 pm	6-9 yrs	CH31205
Rm D		ID/AP: \$97	OD: \$121.25	
1/10-3/21 (11)	S	12-12:45 pm	6-12 yrs	CH31206
Rm 5		ID/AP: \$97	OD: \$121.25	

Spring Term:

4/12-5/31 (7)	Su	11-11:45 am	6-11 yrs	CH41203
Rm 5		ID/AP: \$61	OD: \$76.25	
4/1-6/3 (10)	W	5:30-6:15 pm	9-12 yrs	CH41204
Rm 5		ID/AP: \$88	OD: \$110	
4/11-6/6 (8)	S	12-12:45 pm	6-11 yrs	CH41206
Rm 5		ID/AP: \$70	OD: \$87.50	

Intro to Hip Hop

Step into a world of rhythm and creativity with our Intro to Hip Hop class; the perfect way for kids to dive into hip hop dance! This high-energy class focuses on fun, movement, and building confidence on the dance floor. Tennis shoes required. **No class 5/24.**

Winter Term:

1/11-3/15 (10)	Su	12-12:45 pm	6-11 yrs	CH31207
Rm 5		ID/AP: \$88	OD: \$110	
1/6-3/17 (11)	T	5:30-6:15 pm	6-11 yrs	CH31208
Rm D		ID/AP: \$97	OD: \$121.25	
1/7-3/18 (11)	W	5:30-6:15 pm	6-11 yrs	CH31209
Rm D		ID/AP: \$97	OD: \$121.25	

Spring Term:

4/12-5/31 (7)	Su	12-12:45 pm	6-11 yrs	CH41207
Rm 5		ID/AP: \$61	OD: \$76.25	
3/31-6/2 (10)	T	5:30-6:15 pm	6-11 yrs	CH41208
Rm D		ID/AP: \$88	OD: \$110	

Line Dance Kids new

Move with the beat in our brand-new Intro to Line Dance class. A fun and energetic way for kids to learn the basics of line dancing! This engaging class focuses on movement, coordination, and building confidence, all while dancing to upbeat current music and popular dances. **No class 5/24.**

Winter Term:

1/11-3/15 (10)	Su	2:15-3 pm	6-11 yrs	CH31210
Rm 5		ID/AP: \$88	OD: \$110	

Spring Term:

4/12-5/31 (7)	Su	2:15-3 pm	6-11 yrs	CH41210
Rm 5		ID/AP: \$61	OD: \$76.25	

Trendsetter Dance Lab

In this class, we will be learning the Internet's most popular and trending dances! We'll break down the moves from viral videos and learn how to perform them with confidence and style. The class will be upbeat, fun, and always age-appropriate! .

Winter Term:

1/7-3/18 (11)	W	6:30-7:15 pm	7-11 yrs	CH31211
Rm D		ID/AP: \$97	OD: \$121.25	

Spring Term:

4/1-6/3 (10)	W	6:30-7:15 pm	7-11 yrs	CH41211
Rm D		ID/AP: \$88	OD: \$110	

Dance – Teen/Adult**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.

Winter Term:

1/7-3/18 (11)	W	7:15-8:15 pm	14-adult	CH31506
Rm 6		ID/AP: \$117	OD: \$146.25	

Spring Term:

4/1-6/3 (10)	W	7:15-8:15 pm	14-adult	CH41506
Rm 6		ID/AP: \$107	OD: \$133.75	

Adult Hip Hop (Intermediate)

Level up your Hip Hop skills in this new class with fun combos, musicality and style. For dancers ready to be challenged and grow.

Winter Term:

1/8-3/19 (11)	Th	7:15-8:15 pm	14-adult	CH31507
Rm 6		ID/AP: \$117	OD: \$146.25	

Spring Term:

4/2-6/4 (10)	Th	7:15-8:15 pm	14-adult	CH41507
Rm 6		ID/AP: \$107	OD: \$133.75	

Belly Dance

All levels welcome! Come explore 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.

Winter Term:

1/6-3/17 (11)	T	6:15-7:15 pm	16-adult	CH31504
Rm D		ID/AP: \$117	OD: \$146.25	

Spring Term:

3/31-6/2 (10)	T	6:15-7:15 pm	16-adult	CH41504
Rm D		ID/AP: \$107	OD: \$133.75	

Belly Dance (Intermediate)

Take your belly dance practice to the next level! This class offers a low-impact, full-body workout while deepening your understanding of history, art, and lore behind this timeless dance form. Refine your strength, flexibility, coordination, and technique with more challenging movements and rhythms for dancers ready to be pushed and inspired.

Winter Term:

1/6-3/17 (11)	T	7:30-8:30 pm	16-adult	CH31505
Rm D		ID/AP: \$117	OD: \$146.25	

Spring Term:

3/31-6/2 (10)	T	7:30-8:30 pm	16-adult	CH41505
Rm D		ID/AP: \$107	OD: \$133.75	

Beginner Ballet 14 +

Step into the world of ballet with this entry-level class designed for new dancers. Focused barre and center work help students build technique, strength, flexibility, and coordination, all while fostering confidence and grace. Open to all levels, no previous experience is necessary, making it an ideal starting point for anyone curious about ballet. **No class 1/19, 2/16 and 5/25.**

Winter Term:

1/12-3/16 (8)	M	6-7 pm	14-adult	CH31501
Rm 5		ID/AP: \$85	OD: \$106.25	

Spring Term:

3/30-6/1 (9)	M	6-7 pm	14-adult	CH41501
Rm 5		ID/AP: \$96	OD: \$120	

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

Classical Ballet 14 +

This beginner-level traditional ballet technique class focuses on comprehensive barre and center work tailored specifically for new dancers. Students will build a strong foundation while developing strength, flexibility, coordination, and confidence. No prior experience needed. All levels are welcome! **No class 1/19, 2/16 and 5/25.**

Winter Term:

1/12-3/16 (8)	M	7:15-8:15 pm	14-adult	CH31502
Rm 5		ID/AP: \$85	OD: \$106.25	
1/7-3/18 (11)	W	6:30-8 pm	14-adult	CH31503
Rm 5		ID/AP: \$158	OD: \$197.50	

Spring Term:

3/30-6/1 (9)	M	7:15-8:15 pm	14-adult	CH41502
Rm 5		ID/AP: \$96	OD: \$120	
4/1-6/3 (10)	W	6:30-8 pm	14-adult	CH41503
Rm 5		ID/AP: \$144	OD: \$180	
4/1-6/3 (10)	W	7:25-8:25 pm	16-adult	CH41508
Rm D		ID/AP: \$107	OD: \$133.75	

Intro to Line Dancing

Join us for a lively introduction to line dancing! Whether you're taking your first steps or refining your moves, our classes offer a blend of energetic routines and catchy tunes. Get ready for a workout that feels like fun as we groove to upbeat music and learn new steps together. No dance background required, and beginners are warmly welcomed!

Winter Term:

1/7-3/18 (11)	W	7:25-8:25 pm	16-adult	CH31508
Rm D		ID/AP: \$117	OD: \$146.25	

Spring Term:

4/1-6/3 (10)	W	7:25-8:25 pm	16-adult	CH41508
Rm D		ID/AP: \$107	OD: \$133.75	

**Facility Rentals**

Host your next event with us!

Whether you're planning a baby shower, retirement party, or an end-of-the-year celebration, our facility is the perfect place to gather. With access to our rooms or gym for your favorite activities, everyone will enjoy the celebration.

Available for:

- Birthday parties
- Family gatherings
- Team celebrations
- And more!

For more details and pricing, please call 503-629-6340 or visit our website for additional information.

Let us help you make your event memorable!

Spring Dance Recital Classes

Your dancer will be working toward a special recital piece to showcase their new skills. Dress rehearsal will be held at Cedar Hills Recreation Center the evening of Friday, June 5. The performance will be held at Cedar Hills Recreation Center the morning of Saturday, June 6. The price of the costumes is included in the class fee. Some classes may require an adult to provide additional basic costume needs.

Pre-Ballet (Recital Class)

Explore the magical world of dance through fun activities, colorful props, and imaginative storytelling. Our experienced instructors make learning ballet basics a delightful adventure. **No class 5/23.**

4/1-6/3 (10)	W	9:15-10 am	3-5 yrs	CH41121
Rm 5		ID/AP: \$144	OD: \$180	
4/11-5/30 (7)	S	9-9:45 am	4-6 yrs	CH41124
Rm D		ID/AP: \$119	OD: \$148.75	

Dance Adventure Kids (Recital Class)

This joyful introduction to dance encourages self-expression, creativity, and physical growth in a playful and supportive setting. **No class 5/25.**

3/30-6/1 (9)	M	11:15 am-12 pm	4-6 yrs	CH41130
Rm 5		ID/AP: \$136	OD: \$170	

Hip Hop Kids (Recital Class)

This high-energy class is designed just for young dancers, blending age-appropriate hip hop moves with fun music and dynamic combos. **No class 5/23.**

4/3-6/5 (10)	F	10:45-11:30 am	3-5 yrs	CH41114
Rm 5		ID/AP: \$144	OD: \$180	
4/11-6/6 (8)	S	10-10:45 am	4-6 yrs	CH41116
Rm D		ID/AP: \$119	OD: \$148.75	

Intro to Ballet (Recital Class)

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.

4/2-6/4 (10)	Th	5-5:45 pm	6-9 yrs	CH41205
Rm D		ID/AP: \$144	OD: \$180	

Intro to Hip Hop (Recital Class)

The perfect introduction to hip hop dance for kids! This class is all about fun, movement, and building confidence on the dance floor. Tennis shoes required.

4/1-6/3 (10)	W	5:30-6:15 pm	6-11 yrs	CH41209
Rm D		ID/AP: \$144	OD: \$180	



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. Please bring a snack and water bottle to class. This is a non-parent participation class. **No class 1/19, 2/16, 5/24 and 5/25.**

Winter Term:

1/11-2/8 (5)	Su	9:30-11:30 am	2-3.5 yrs	CH38100
Rm 10		ID/AP: \$126	OD: \$157.50	
2/15-3/15 (5)	Su	9:30-11:30 am	2-3.5 yrs	CH38101
Rm 10		ID/AP: \$126	OD: \$157.50	
1/12-2/9 (4)	M	9:30-11:30 am	2-3.5 yrs	CH38102
Rm 10		ID/AP: \$101	OD: \$126.25	
2/23-3/16 (4)	M	9:30-11:30 am	2-3.5 yrs	CH38104
Rm 10		ID/AP: \$101	OD: \$126.25	
1/7-2/11 (6)	W	9:30-11:30 am	2-3.5 yrs	CH38106
Rm 10		ID/AP: \$152	OD: \$190	
2/18-3/18 (5)	W	9:30-11:30 am	2-3.5 yrs	CH38108
Rm 10		ID/AP: \$126	OD: \$157.50	
1/9-2/13 (6)	F	9:30-11:30 am	2-3.5 yrs	CH38110
Rm 10		ID/AP: \$152	OD: \$190	
2/20-3/20 (5)	F	9:30-11:30 am	2-3.5 yrs	CH38112
Rm 10		ID/AP: \$126	OD: \$157.50	

Spring Term:

4/12-5/31 (7)	Su	9:30-11:30 am	2-3.5 yrs	CH48100
Rm 10		ID/AP: \$177	OD: \$221.25	
3/30-4/27 (5)	M	9:30-11:30 am	2-3.5 yrs	CH48102
Rm 10		ID/AP: \$126	OD: \$157.50	
5/4-6/1 (4)	M	9:30-11:30 am	2-3.5 yrs	CH48103
Rm 10		ID/AP: \$101	OD: \$126.25	
4/1-4/29 (5)	W	9:30-11:30 am	2-3.5 yrs	CH48106
Rm 10		ID/AP: \$126	OD: \$157.50	
5/6-6/3 (5)	W	9:30-11:30 am	2-3.5 yrs	CH48108
Rm 10		ID/AP: \$126	OD: \$157.50	
4/3-5/1 (5)	F	9:30-11:30 am	2-3.5 yrs	CH48110
Rm 10		ID/AP: \$126	OD: \$157.50	
5/8-6/5 (5)	F	9:30-11:30 am	2-3.5 yrs	CH48112
Rm 10		ID/AP: \$126	OD: \$157.50	

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. Please bring a snack and water bottle to class. This is a non-parent participation class.

Winter Term:

1/6-2/10 (6)	T	9-11:30 am	3-4 yrs	CH38115
Rm 10		ID/AP: \$181	OD: \$226.25	
2/17-3/17 (5)	T	9-11:30 am	3-4 yrs	CH38117
Rm 10		ID/AP: \$151	OD: \$188.75	
1/8-2/12 (6)	Th	9-11:30 am	3-4 yrs	CH38119
Rm 10		ID/AP: \$181	OD: \$226.25	
2/19-3/19 (5)	Th	9-11:30 am	3-4 yrs	CH38121
Rm 10		ID/AP: \$151	OD: \$188.75	

Spring Term:

3/31-4/28 (5)	T	9-11:30 am	3-4 yrs	CH48115
Rm 10		ID/AP: \$151	OD: \$188.75	
5/5-6/2 (5)	T	9-11:30 am	3-4 yrs	CH48117
Rm 10		ID/AP: \$151	OD: \$188.75	
4/2-4/30 (5)	Th	9-11:30 am	3-4 yrs	CH48119
Rm 10		ID/AP: \$151	OD: \$188.75	
5/7-6/4 (5)	Th	9-11:30 am	3-4 yrs	CH48121
Rm 10		ID/AP: \$151	OD: \$188.75	

Cooking – Preschool

Tiny Chefs - Preschool Cooking new

Each week, little chefs will help mix, measure, and create fun, kid-friendly recipes while exploring new ingredients and building confidence in the kitchen! Kids will practice cooperation, listening, and hand-eye coordination, as well as early math skills. While we cannot guarantee a completely allergy-free environment, please call (503) 629-6340 with 2 weeks' notice to request dietary accommodation. **No class 5/24.**

Winter Term:

1/11-2/8 (5)	Su	9-10 am	4-6 yrs	CH35102
Kitchen		ID/AP: \$96	OD: \$120	
2/15-3/15 (5)	Su	9-10 am	4-6 yrs	CH35103
Kitchen		ID/AP: \$96	OD: \$120	

Spring Term:

4/12-5/31 (7)	Su	9-10 am	4-6 yrs	CH45102
Kitchen		ID/AP: \$134	OD: \$167.50	

Cooking – Youth

Kids Cooking Series - Around the World!

Embark on a cooking adventure and explore global flavors with easy recipes from around the world! Students will learn culinary techniques and terminology while learning to make a variety of new and delicious foods each week! While we cannot guarantee a completely allergy-free environment, please call (503) 629-6340 with 2 weeks' notice to request dietary accommodation. **No class 5/23.**

Winter Term:

1/10-2/7 (5)	S	10-11:30 am	7-11 yrs	CH35210
Kitchen		ID/AP: \$130	OD: \$162.50	
2/14-3/14 (5)	S	10-11:30 am	7-11 yrs	CH35211
Kitchen		ID/AP: \$130	OD: \$162.50	

Spring Term:

4/11-5/2 (4)	S	10-11:30 am	7-11 yrs	CH45210
Kitchen		ID/AP: \$104	OD: \$130	
5/9-6/6 (4)	S	10-11:30 am	7-11 yrs	CH45211
Kitchen		ID/AP: \$104	OD: \$130	



Kid's Cooking Club

Have some fun in the kitchen learning culinary skills and safety! In this class, participants will make some delicious dishes from scratch, all while learning basic cooking techniques. While we cannot guarantee a completely allergy-free environment, please call (503) 629-6340 with 2 weeks' notice to request dietary accommodation.

Winter Term:

Cookies and Hot Coco!

1/9	F	6-8 pm	7-11 yrs	CH35200
Kitchen		ID/AP: \$39	OD: \$48.75	

Breakfast For Dinner!

1/23	F	6-8 pm	7-11 yrs	CH35201
Kitchen		ID/AP: \$39	OD: \$48.75	

Best Brownies Ever!

1/30	F	6-8 pm	7-11 yrs	CH35202
Kitchen		ID/AP: \$39	OD: \$48.75	

Cupid's Sweet Treats!

2/13	F	6-8 pm	7-11 yrs	CH35203
Kitchen		ID/AP: \$39	OD: \$48.75	

Chilly? Chilli! (Vegan, Gluten Free)

2/20	F	6-8 pm	7-11 yrs	CH35204
Kitchen		ID/AP: \$39	OD: \$48.75	

Sushi Rollin'!

2/27	F	6-8 pm	7-11 yrs	CH35205
Kitchen		ID/AP: \$39	OD: \$48.75	

St. Paddy's Sweet Treats!

3/13	F	6-8 pm	7-11 yrs	CH35206
Kitchen		ID/AP: \$39	OD: \$48.75	

Spring Term:

Spring Treats!

4/3	F	6-8 pm	8-10 yrs	CH45200
Kitchen		ID/AP: \$39	OD: \$48.75	

Brunch Favorites!

4/10	F	6-8 pm	8-10 yrs	CH45201
Kitchen		ID/AP: \$39	OD: \$48.75	

Snack Attack!

4/17	F	6-8 pm	8-10 yrs	CH45202
Kitchen		ID/AP: \$39	OD: \$48.75	

Celebrating Cinco de Mayo!

5/1	F	6-8 pm	8-10 yrs	CH45203
Kitchen		ID/AP: \$39	OD: \$48.75	

All About Chocolate!

5/8	F	6-8 pm	8-10 yrs	CH45204
Kitchen		ID/AP: \$39	OD: \$48.75	

Junior Cupcake Wars!

5/29	F	6-8 pm	8-10 yrs	CH45205
Kitchen		ID/AP: \$39	OD: \$48.75	



Cooking – Teen/Adult

Teens Cooking Series - Delicious and Easy new

Break away from all the frozen dinners and learn to make some truly delicious and easy meals in our new Teen Cooking Series! Recipes learned each week will be new, exciting, and taste amazing, all while being able to be recreated easily at home. While we cannot guarantee a completely allergy-free environment, please call (503) 629-6340 with 2 weeks' notice to request dietary accommodation. **No class 5/24.**

Winter Term:

1/11-2/8 (5)	Su	11 am-12:30 pm	11-14 yrs	CH35310
Kitchen		ID/AP: \$130	OD: \$162.50	

2/15-3/15 (5)	Su	11 am-12:30 pm	11-14 yrs	CH35311
Kitchen		ID/AP: \$130	OD: \$162.50	

Spring Term:

4/12-5/31 (7)	Su	11 am-12:30 pm	11-14 yrs	CH45310
Kitchen		ID/AP: \$182	OD: \$227.50	

Adult's Cooking Night Out

Come join our Adult Cooking Nights, conveniently scheduled alongside our Kid's Night Out program, so you can take advantage of registering for both! While we cannot guarantee a completely allergy-free environment, please call (503) 629-6340 with 2 weeks' notice to request dietary accommodation.

Winter Term:

Sourdough Bread Workshop

1/16	F	6-8:30 pm	16-adult	CH35500
Kitchen		ID/AP: \$46	OD: \$57.50	

3 Course Valentine's Menu

2/6	F	6-8:30 pm	16-adult	CH35501
Kitchen		ID/AP: \$46	OD: \$57.50	

Classic Irish Fare

3/6	F	6-8:30 pm	16-adult	CH35502
Kitchen		ID/AP: \$46	OD: \$57.50	

Spring Term:

Exploring French Cuisine

4/24	F	6-8:30 pm	16-adult	CH45501
Kitchen		ID/AP: \$46	OD: \$57.50	

Spring Treats

5/15	F	6-8:30 pm	16-adult	CH45502
Kitchen		ID/AP: \$46	OD: \$57.50	

Easy Tapas

6/5	F	6-8:30 pm	16-adult	CH45503
Kitchen		ID/AP: \$46	OD: \$57.50	

Kid's Night Out

Let us handle the fun while you take the night off. At Kids Night Out, your child will enjoy active games, a hands-on craft, and a pizza dinner, then settle in for a movie and popcorn. It's a night full of creativity, play, and relaxed fun with friends, all supervised by our friendly Cedar Hills staff.

Winter Term:

1/16	F	6-9 pm	5-10 yrs	CH38206
Rm C1		ID/AP: \$54	OD: \$67.50	

2/6	F	6-9 pm	5-10 yrs	CH38207
Rm C1		ID/AP: \$54	OD: \$67.50	

3/6	F	6-9 pm	5-10 yrs	CH38208
Rm C1		ID/AP: \$54	OD: \$67.50	

Spring Term:

4/24	F	6-9 pm	5-10 yrs	CH48206
Rm C1		ID/AP: \$54	OD: \$67.50	

5/15	F	6-9 pm	5-10 yrs	CH48207
Rm C1		ID/AP: \$54	OD: \$67.50	

6/12	F	6-9 pm	5-10 yrs	CH48208
Rm C2		ID/AP: \$54	OD: \$67.50	

General Interest – Youth

Afterschool Adventure Club new

Come join us in Afterschool Adventure Club, where you'll use your imagination and storytelling abilities to explore magical worlds, create unique characters, and go on epic quests together! Inspired by Dungeons & Dragons, this class will build storytelling, teamwork, and critical thinking skills through collaborative roleplay and creative problem-solving.

Winter Term:

1/8-2/12 (6) Rm 2	Th	5:30-6:30 pm ID/AP: \$57	8-12 yrs OD: \$71.25	CH35230
2/19-3/19 (5) Rm 2	Th	5:30-6:30 pm ID/AP: \$47	8-12 yrs OD: \$58.75	CH35231

Spring Term:

4/2-4/30 (5) Rm 2	Th	5:30-6:30 pm ID/AP: \$47	8-12 yrs OD: \$58.75	CH45230
5/7-6/4 (5) Rm 2	Th	5:30-6:30 pm ID/AP: \$47	8-12 yrs OD: \$58.75	CH45231

Babysitting 101

This course is designed to help young adults learn what it takes to be a responsible, caring, trustworthy, competent, capable, and safe babysitter. You must attend both classes to receive a certificate of completion on the final day. Students should bring a water bottle, snack, notepad, and something to write with.

Winter Term:

2/7-2/14 (2) Rm A	S	8:30 am-12:30 pm ID/AP: \$95	11-15 yrs OD: \$118.75	CH35300
2/28-3/7 (2) Rm A	S	8:30 am-12:30 pm ID/AP: \$95	11-15 yrs OD: \$118.75	CH35301

Spring Term:

4/11-4/18 (2) Rm A	S	8:30 am-12:30 pm ID/AP: \$95	11-15 yrs OD: \$118.75	CH45300
5/2-5/9 (2) Rm A	S	8:30 am-12:30 pm ID/AP: \$95	11-15 yrs OD: \$118.75	CH45301

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.

Winter Term:

2/21 (1) Rm A	S	9-11:45 am ID/AP: \$41	8-12 yrs OD: \$51.25	CH35302
3/14 (1) Rm A	S	9-11:45 am ID/AP: \$41	8-12 yrs OD: \$51.25	CH35303

Spring Term:

4/25 (1) Rm A	S	9-11:45 am ID/AP: \$41	8-12 yrs OD: \$51.25	CH45302
5/16 (1) Rm A	S	9-11:45 am ID/AP: \$41	8-12 yrs OD: \$51.25	CH45303

Intro to Theater Workshop

In this class, students will learn all about what goes into a theater stage production including acting, directing, designing, and more, all while doing fun theater games and projects each week! **No class 5/24.**

Winter Term:

1/11-2/8 (5) Rm 2	Su	10:30-11:30 am ID/AP: \$47	8-10 yrs OD: \$58.75	CH35242
2/15-3/15 (5) Rm 2	Su	10:30-11:30 am ID/AP: \$47	8-10 yrs OD: \$58.75	CH35243

Spring Term:

4/12-5/31 (7) Rm 2	Su	10:30-11:30 am ID/AP: \$66	8-10 yrs OD: \$82.50	CH45242
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Music – Preschool

Circle Sing and Play

Nurture your toddlers 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 1/19, 2/16, 5/24 and 5/25.**

Winter Term:

1/11-2/8 (5) Rm 2	Su	9-9:45 am ID/AP: \$34	1.5-3 yrs OD: \$42.50	CH38125
2/15-3/15 (5) Rm 2	Su	9-9:45 am ID/AP: \$34	1.5-3 yrs OD: \$42.50	CH38126
1/13-2/10 (4) Rm 2	T	9-9:45 am ID/AP: \$28	1.5-3 yrs OD: \$35	CH38127
2/24-3/17 (4) Rm 2	T	9-9:45 am ID/AP: \$28	1.5-3 yrs OD: \$35	CH38128

Spring Term:

4/12-5/31 (7) Rm 2	Su	9-9:45 am ID/AP: \$48	1.5-3 yrs OD: \$60	CH48125See
3/31-4/28 (5) Rm 2	T	9-9:45 am ID/AP: \$34	1.5-3 yrs OD: \$42.50	CH48127
5/5-6/2 (4) Rm 2	T	9-9:45 am ID/AP: \$28	1.5-3 yrs OD: \$35	CH48128

Music – Youth/Adult

Magical Musical Theater

Embrace your passion for singing, dancing, acting, and the Broadway scene! Elevate your theater skills as we delve into a variety of timeless musical theater classics each week, through creative crafts, fun games, and cooperative activities! **No class 5/24.**

Winter Term:

1/11-2/8 (5) Rm 2	Su	12-1 pm ID/AP: \$47	6-8 yrs OD: \$58.75	CH35240
2/15-3/15 (5) Rm 2	Su	12-1 pm ID/AP: \$47	6-8 yrs OD: \$58.75	CH35241

Spring Term:

4/12-5/31 (7) Rm 2	Su	12-1 pm ID/AP: \$66	6-8 yrs OD: \$82.50	CH45240
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Guitar I

Learn basic chords and strumming patterns, develop technical skills, and improve your speed and accuracy between chord changes in this beginner's guitar class for teens and adults. Once you're ready, move up into Guitar II! Bring your own guitar, tuner, and picks.

Winter Term:

1/6-2/10 (6) Rm 3	T	6-7 pm ID/AP: \$58	16-adult OD: \$72.50	CH35522
2/17-3/17 (5) Rm 3	T	6-7 pm ID/AP: \$48	16-adult OD: \$60	CH35523

Spring Term:

3/31-4/28 (5) Rm 3	T	6-7 pm ID/AP: \$48	16-adult OD: \$60	CH45522
5/5-6/2 (5) Rm 3	T	6-7 pm ID/AP: \$48	16-adult OD: \$60	CH45523



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

Guitar II

Get ready to play some songs and tunes! This class is designed to be a continuation of Guitar I, or for people who have mastered the basics of chord progressions and scales and are looking for a more intermediate class. Bring your own guitar, tuner, and picks.

Winter Term:

1/6-2/10 (6) Rm 3	T	7:05-8:05 pm ID/AP: \$58	16-adult OD: \$72.50	CH35524
2/17-3/17 (5) Rm 3	T	7:05-8:05 pm ID/AP: \$48	16-adult OD: \$60	CH35525

Spring Term:

3/31-4/28 (5) Rm 3	T	7:05-8:05 pm ID/AP: \$48	16-adult OD: \$60	CH45524
5/5-6/2 (5) Rm 3	T	7:05-8:05 pm ID/AP: \$48	16-adult OD: \$60	CH45525

Guitar Private Lesson Interest List

INTEREST LIST ONLY. For one-on-one guitar instruction. Bring your own guitar, tuner, and picks. We will contact those on the waitlist to set up private lessons when available. Private lesson cost is \$60 per 30-minute class. Class is typically scheduled between 3 and 8pm on Tuesday's.

Winter Term:

1/6-3/17 (11) Rm 3	T	3-3:30 pm ID/AP: \$0	7-adult OD: \$0	CH35530
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Spring Term:

3/31-6/2 (10) Rm 3	T	3-3:30 pm ID/AP: \$0	7-adult OD: \$0	CH45530
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Guitar, Small Group Lesson

Learn to play the guitar in a small group setting of no more than 4 people. Register solo, or bring a friend or family member you can learn together with! Bring your own guitar, tuner, and picks.

Winter Term:

1/6-2/10 (6) Rm 3	T	3:35-4:35 pm ID/AP: \$192	7-adult OD: \$240	CH35520
2/17-3/17 (5) Rm 3	T	3:35-4:35 pm ID/AP: \$158	7-adult OD: \$197.50	CH35521

Spring Term:

3/31-4/28 (5) Rm 3	T	3:35-4:35 pm ID/AP: \$158	7-adult OD: \$197.50	CH45520
5/5-6/2 (5) Rm 3	T	3:35-4:35 pm ID/AP: \$158	7-adult OD: \$197.50	CH45521

Youth/Teen Guitar

Learn to play the guitar in a group setting! This youth and teen beginner's class will teach you basic chords and strumming and help you understand how the guitar works. Once you're ready, move up to Guitar I. Bring your own guitar, tuner, and picks.

Winter Term:

1/6-2/10 (6) Rm 3	T	4:40-5:40 pm ID/AP: \$58	7-15 yrs OD: \$72.50	CH35220
2/17-3/17 (5) Rm 3	T	4:40-5:40 pm ID/AP: \$48	7-15 yrs OD: \$60	CH35221

Spring Term:

3/31-4/28 (5) Rm 3	T	4:40-5:40 pm ID/AP: \$48	7-15 yrs OD: \$60	CH45220
5/5-6/2 (5) Rm 3	T	4:40-5:40 pm ID/AP: \$48	7-15 yrs OD: \$60	CH45221

STEM Classes – Preschool/Youth**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.

Winter Term:

1/7-2/11 (6) Rm 2	W	9-9:45 am ID/AP: \$57	2.5-4 yrs OD: \$71.25	CH35100
2/18-3/18 (5) Rm 2	W	9-9:45 am ID/AP: \$48	2.5-4 yrs OD: \$60	CH35101

Spring Term:

4/1-4/29 (5) Rm 2	W	9-9:45 am ID/AP: \$48	2.5-4 yrs OD: \$60	CH45100
5/6-6/3 (5) Rm 2	W	9-9:45 am ID/AP: \$48	2.5-4 yrs OD: \$60	CH45101

Earth Science

Join us for an exciting, nature-based Earth Science class where students become scientists, artists, and adventurers! Each week, we'll explore a different natural theme through outdoor exploration, scientific observation, and creative expression. Possible field trip to Commonwealth Lake. Parent participation required.

Spring Term:

4/1-4/29 (5) Rm 2	W	10:15-11 am ID/AP: \$48	3-5 yrs OD: \$60	CH45112
5/6-6/3 (5) Rm 2	W	10:15-11 am ID/AP: \$48	3-5 yrs OD: \$60	CH45113

Super Scientists

Hey Super Scientists! Come join us as we introduce kids to a variety of scientific topics and vocabulary with fun experiments, demonstrations, and projects each day, where no two weeks are the same! **No class 5/23.**

Winter Term:

1/10-2/7 (5) Rm C1	S	9-10 am ID/AP: \$66	5-6 yrs OD: \$82.50	CH35215
2/14-3/14 (5) Rm C1	S	9-10 am ID/AP: \$66	5-6 yrs OD: \$82.50	CH35216

Spring Term:

4/11-5/2 (4) Rm C1	S	9-10 am ID/AP: \$53	5-6 yrs OD: \$66.25	CH45215
5/9-6/6 (4) Rm C1	S	9-10 am ID/AP: \$53	5-6 yrs OD: \$66.25	CH45216

Awesome Engineers

Hey Awesome Engineers! This class is designed to introduce kids to the magic of engineering by exploring engineering concepts in a fun, hands-on way. With a new project and engineering challenge each week, no two days are the same! **No class 5/23.**

Winter Term:

1/10-2/7 (5) Rm C1	S	10:45-11:45 am ID/AP: \$66	7-10 yrs OD: \$82.50	CH35217
2/14-3/14 (5) Rm C1	S	10:45-11:45 am ID/AP: \$66	7-10 yrs OD: \$82.50	CH35218

Spring Term:

4/11-5/2 (4) Rm C1	S	10:45-11:45 am ID/AP: \$53	7-10 yrs OD: \$66.25	CH45217
5/9-6/6 (4) Rm C1	S	10:45-11:45 am ID/AP: \$53	7-10 yrs OD: \$66.25	CH45218

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)

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. Adult Participation Class; One child/ one adult ratio.

Kinderstars: (2.5-3.5 yrs)

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. Adult Participation Class; One child/ one adult ratio.

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.

Boys Gymnastics: (6-10 yrs)

We will work on gymnastics skills for boys' events including vault, bars, rings and floor exercises. Designed as an introduction to boys' gymnastics skills, working on flexibility and strength. All skill levels welcome.



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 during open gymnastics times through our front office.

Gymnastics Rec Level 1.5: (6-14 yrs)

Gymnast **MUST** pass Gymnastics Level 1 before enrolling and/or have instructor approval by evaluation. We will emphasize one-handed cartwheels, round-offs, bridge kick-overs and many other tumbling progressions on floor. On the bars, we will work pullovers and back hip circles and on the beam, jump combinations, leaps and handstands are introduced. We teach classes using stations and drills that will help with flexibility as well as building core strength to achieve the skills needed to move-up to Level 2.

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.

Youth Drop-In Open Gymnastics

Youth 3.5 to 14 years can drop in and practice on bars, beams and floor equipment. Adult supervision in the room is required. Room supervisor will monitor that all equipment is being used appropriately. They are there to help answer questions, no instruction is provided. Regular Drop-in rates apply. **See online schedule for up-to-date schedule at www.thprd.org.**

Fridays 6:30-8 pm

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 5/24.**

Winter Term:

1/11-2/8 (5)	Su	8:15-9 am	2-3 yrs	CH33100
Rm 9		ID/AP: \$70	OD: \$87.50	
2/15-3/15 (5)	Su	8:15-9 am	2-3 yrs	CH33101
Rm 9		ID/AP: \$70	OD: \$87.50	
1/7-2/11 (6)	W	9:15-10 am	2-3 yrs	CH33102
Rm 9		ID/AP: \$85	OD: \$106.25	
2/18-3/18 (5)	W	9:15-10 am	2-3 yrs	CH33103
Rm 9		ID/AP: \$70	OD: \$87.50	
1/9-2/13 (6)	F	9:15-10 am	2-3 yrs	CH33104
Rm 9		ID/AP: \$85	OD: \$106.25	
2/20-3/20 (5)	F	9:15-10 am	2-3 yrs	CH33105
Rm 9		ID/AP: \$70	OD: \$87.50	

Spring Term:

4/12-5/31 (7)	Su	8:15-9 am	2-3 yrs	CH43100
Rm 9		ID/AP: \$99	OD: \$123.75	
4/1-4/29 (5)	W	9:15-10 am	2-3 yrs	CH43102
Rm 9		ID/AP: \$70	OD: \$87.50	
5/6-6/3 (5)	W	9:15-10 am	2-3 yrs	CH43103
Rm 9		ID/AP: \$70	OD: \$87.50	
4/3-5/1 (5)	F	9:15-10 am	2-3 yrs	CH43104
Rm 9		ID/AP: \$70	OD: \$87.50	
5/8-6/5 (5)	F	9:15-10 am	2-3 yrs	CH43105
Rm 9		ID/AP: \$70	OD: \$87.50	

KinderStars

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 5/23.**

Winter Term:

1/7-2/11 (6)	W	10:30-11:15 am	2.5-3.5 yrs	CH33130
Rm 9		ID/AP: \$85	OD: \$106.25	
2/18-3/18 (5)	W	10:30-11:15 am	2.5-3.5 yrs	CH33131
Rm 9		ID/AP: \$70	OD: \$87.50	
1/9-2/13 (6)	F	10:30-11:15 am	2.5-3.5 yrs	CH33132
Rm 9		ID/AP: \$85	OD: \$106.25	
2/20-3/20 (5)	F	10:30-11:15 am	2.5-3.5 yrs	CH33133
Rm 9		ID/AP: \$70	OD: \$87.50	
1/10-2/7 (5)	S	8:15-9 am	2.5-3.5 yrs	CH33134
Rm 9		ID/AP: \$70	OD: \$87.50	
2/14-3/14 (5)	S	8:15-9 am	2.5-3.5 yrs	CH33135
Rm 9		ID/AP: \$70	OD: \$87.50	

Spring Term:

4/1-4/29 (5)	W	10:30-11:15 am	2.5-3.5 yrs	CH43130
Rm 9		ID/AP: \$70	OD: \$87.50	
5/6-6/3 (5)	W	10:30-11:15 am	2.5-3.5 yrs	CH43131
Rm 9		ID/AP: \$70	OD: \$87.50	
4/3-5/1 (5)	F	10:30-11:15 am	2.5-3.5 yrs	CH43132
Rm 9		ID/AP: \$70	OD: \$87.50	
5/8-6/5 (5)	F	10:30-11:15 am	2.5-3.5 yrs	CH43133
Rm 9		ID/AP: \$70	OD: \$87.50	
4/11-5/2 (4)	S	8:15-9 am	2.5-3.5 yrs	CH43134
Rm 9		ID/AP: \$56	OD: \$70	
5/9-6/6 (4)	S	8:15-9 am	2.5-3.5 yrs	CH43135
Rm 9		ID/AP: \$56	OD: \$70	

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 1/19, 2/16, 5/23, 5/24 and 5/25.**

Winter Term:

1/11-2/8 (5)	Su	9:15-10 am	3.5-4 yrs	CH33150
Rm 9		ID/AP: \$70	OD: \$87.50	
2/15-3/15 (5)	Su	9:15-10 am	3.5-4 yrs	CH33151
Rm 9		ID/AP: \$70	OD: \$87.50	
1/12-2/9 (4)	M	9:15-10 am	3.5-4 yrs	CH33152
Rm 9		ID/AP: \$56	OD: \$70	
2/23-3/16 (4)	M	9:15-10 am	3.5-4 yrs	CH33153
Rm 9		ID/AP: \$56	OD: \$70	
1/12-2/9 (4)	M	4-4:45 pm	3.5-4 yrs	CH33154
Rm 9		ID/AP: \$56	OD: \$70	
2/23-3/16 (4)	M	4-4:45 pm	3.5-4 yrs	CH33155
Rm 9		ID/AP: \$56	OD: \$70	
1/6-2/10 (6)	T	9:15-10 am	3.5-4 yrs	CH33156
Rm 9		ID/AP: \$85	OD: \$106.25	
2/17-3/17 (5)	T	9:15-10 am	3.5-4 yrs	CH33157
Rm 8		ID/AP: \$70	OD: \$87.50	
1/6-2/10 (6)	T	5-5:45 pm	3.5-4 yrs	CH33158
Rm 9		ID/AP: \$85	OD: \$106.25	
2/17-3/17 (5)	T	5-5:45 pm	3.5-4 yrs	CH33159
Rm 9		ID/AP: \$70	OD: \$87.50	
1/7-2/11 (6)	W	4-4:45 pm	3.5-4 yrs	CH33160
Rm 9		ID/AP: \$85	OD: \$106.25	
2/18-3/18 (5)	W	4-4:45 pm	3.5-4 yrs	CH33161
Rm 9		ID/AP: \$70	OD: \$87.50	
1/8-2/12 (6)	Th	10:30-11:15 am	3.5-4 yrs	CH33162
Rm 9		ID/AP: \$85	OD: \$106.25	
2/19-3/19 (5)	Th	10:30-11:15 am	3.5-4 yrs	CH33163
Rm 9		ID/AP: \$70	OD: \$87.50	
1/10-2/7 (5)	S	9:15-10 am	3.5-4 yrs	CH33164
Rm 9		ID/AP: \$70	OD: \$87.50	
2/14-3/14 (5)	S	9:15-10 am	3.5-4 yrs	CH33165
Rm 9		ID/AP: \$70	OD: \$87.50	
1/11-2/8 (5)	Su	10:30-11:15 am	4-6 yrs	CH33175
Rm 9		ID/AP: \$70	OD: \$87.50	
2/15-3/15 (5)	Su	10:30-11:15 am	4-6 yrs	CH33176
Rm 9		ID/AP: \$70	OD: \$87.50	
1/12-2/9 (4)	M	10:30-11:15 am	4-6 yrs	CH33177
Rm 9		ID/AP: \$56	OD: \$70	
2/23-3/16 (4)	M	10:30-11:15 am	4-6 yrs	CH33178
Rm 9		ID/AP: \$56	OD: \$70	
1/12-2/9 (4)	M	5-5:45 pm	4-6 yrs	CH33179
Rm 9		ID/AP: \$56	OD: \$70	
2/23-3/16 (4)	M	5-5:45 pm	4-6 yrs	CH33180
Rm 9		ID/AP: \$56	OD: \$70	
1/6-2/10 (6)	T	10:30-11:15 am	4-6 yrs	CH33181
Rm 9		ID/AP: \$85	OD: \$106.25	
2/17-3/17 (5)	T	10:30-11:15 am	4-6 yrs	CH33182
Rm 9		ID/AP: \$70	OD: \$87.50	
1/6-2/10 (6)	T	4-4:45 pm	4-6 yrs	CH33183
Rm 9		ID/AP: \$85	OD: \$106.25	
2/17-3/17 (5)	T	4-4:45 pm	4-6 yrs	CH33184
Rm 9		ID/AP: \$70	OD: \$87.50	
1/8-2/12 (6)	Th	9:15-10 am	4-6 yrs	CH33185
Rm 9		ID/AP: \$85	OD: \$106.25	
2/19-3/19 (5)	Th	9:15-10 am	4-6 yrs	CH33186
Rm 9		ID/AP: \$70	OD: \$87.50	
1/8-2/12 (6)	Th	4-4:45 pm	4-6 yrs	CH33187
Rm 9		ID/AP: \$85	OD: \$106.25	
2/19-3/19 (5)	Th	4-4:45 pm	4-6 yrs	CH33188
Rm 9		ID/AP: \$70	OD: \$87.50	
1/10-2/7 (5)	S	10:30-11:15 am	4-6 yrs	CH33189
Rm 9		ID/AP: \$70	OD: \$87.50	

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

2/14-3/14 (5) Rm 9	S	10:30-11:15 am ID/AP: \$70	4-6 yrs OD: \$87.50	CH33190
1/10-2/7 (5) Rm 9	S	3-3:45 pm ID/AP: \$70	4-6 yrs OD: \$87.50	CH33191
2/14-3/14 (5) Rm 9	S	3-3:45 pm ID/AP: \$70	4-6 yrs OD: \$87.50	CH33192
Spring Term:				
4/12-5/31 (7) Rm 9	Su	9:15-10 am ID/AP: \$99	3.5-4 yrs OD: \$123.75	CH43150
3/30-4/27 (5) Rm 9	M	9:15-10 am ID/AP: \$70	3.5-4 yrs OD: \$87.50	CH43152
5/4-6/1 (4) Rm 9	M	9:15-10 am ID/AP: \$56	3.5-4 yrs OD: \$70	CH43153
3/30-4/27 (5) Rm 9	M	4-4:45 pm ID/AP: \$70	3.5-4 yrs OD: \$87.50	CH43154
5/4-6/1 (4) Rm 9	M	4-4:45 pm ID/AP: \$56	3.5-4 yrs OD: \$70	CH43155
3/31-4/28 (5) Rm 9	T	9:15-10 am ID/AP: \$70	3.5-4 yrs OD: \$87.50	CH43156
5/5-6/2 (5) Rm 9	T	9:15-10 am ID/AP: \$70	3.5-4 yrs OD: \$87.50	CH43157
3/31-4/28 (5) Rm 9	T	5-5:45 pm ID/AP: \$70	3.5-4 yrs OD: \$87.50	CH43158
5/5-6/2 (5) Rm 9	T	5-5:45 pm ID/AP: \$70	3.5-4 yrs OD: \$87.50	CH43159
4/1-4/29 (5) Rm 9	W	4-4:45 pm ID/AP: \$70	3.5-4 yrs OD: \$87.50	CH43160
5/6-6/3 (5) Rm 9	W	4-4:45 pm ID/AP: \$70	3.5-4 yrs OD: \$87.50	CH43161
4/2-4/30 (5) Rm 9	Th	10:30-11:15 am ID/AP: \$70	3.5-4 yrs OD: \$87.50	CH43162
5/7-6/4 (5) Rm 9	Th	10:30-11:15 am ID/AP: \$70	3.5-4 yrs OD: \$87.50	CH43163
4/11-5/2 (4) Rm 9	S	9:15-10 am ID/AP: \$56	3.5-4 yrs OD: \$70	CH43164
5/9-6/6 (4) Rm 9	S	9:15-10 am ID/AP: \$56	3.5-4 yrs OD: \$70	CH43165
4/12-5/31 (7) Rm 9	Su	10:30-11:15 am ID/AP: \$99	4-6 yrs OD: \$123.75	CH43175
3/30-4/27 (5) Rm 9	M	10:30-11:15 am ID/AP: \$70	4-6 yrs OD: \$87.50	CH43177
5/4-6/1 (4) Rm 9	M	10:30-11:15 am ID/AP: \$56	4-6 yrs OD: \$70	CH43178
3/30-4/27 (5) Rm 9	M	5-5:45 pm ID/AP: \$70	4-6 yrs OD: \$87.50	CH43179
5/4-6/1 (4) Rm 9	M	5-5:45 pm ID/AP: \$56	4-6 yrs OD: \$70	CH43180
3/31-4/28 (5) Rm 9	T	10:30-11:15 am ID/AP: \$70	4-6 yrs OD: \$87.50	CH43181
5/5-6/2 (5) Rm 9	T	10:30-11:15 am ID/AP: \$70	4-6 yrs OD: \$87.50	CH43182
3/31-4/28 (5) Rm 9	T	4-4:45 pm ID/AP: \$70	4-6 yrs OD: \$87.50	CH43183
5/5-6/2 (5) Rm 9	T	4-4:45 pm ID/AP: \$70	4-6 yrs OD: \$87.50	CH43184
4/2-4/30 (5) Rm 8	Th	9:15-10 am ID/AP: \$70	4-6 yrs OD: \$87.50	CH43185
5/7-6/4 (5) Rm 9	Th	9:15-10 am ID/AP: \$70	4-6 yrs OD: \$87.50	CH43186
4/2-4/30 (5) Rm 9	Th	4-4:45 pm ID/AP: \$70	4-6 yrs OD: \$87.50	CH43187
5/7-6/4 (5) Rm 9	Th	4-4:45 pm ID/AP: \$70	4-6 yrs OD: \$87.50	CH43188
4/11-5/2 (4) Rm 9	S	10:30-11:15 am ID/AP: \$56	4-6 yrs OD: \$70	CH43189
5/9-6/6 (4) Rm 9	S	10:30-11:15 am ID/AP: \$56	4-6 yrs OD: \$70	CH43190
4/11-5/2 (4) Rm 9	S	3-3:45 pm ID/AP: \$56	4-6 yrs OD: \$70	CH43191
5/9-6/6 (4) Rm 9	S	3-3:45 pm ID/AP: \$56	4-6 yrs OD: \$70	CH43192

Gymnastics – Youth/Teen

Boys' Gymnastics

We will work on gymnastics skills for boys' events including vault, bars, rings and floor exercises. Designed as an introduction to boys' gymnastics skills, working on flexibility and strength. All skill levels welcome. **No class 5/23.**

Winter Term:

1/10-3/14 (10) Rm 9	S	1:45-2:30 pm ID/AP: \$141	6-10 yrs OD: \$176.25	CH33240
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Spring Term:

4/11-6/6 (8) Rm 9	S	1:45-2:30 pm ID/AP: \$113	6-10 yrs OD: \$141.25	CH43240
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Gymnastics Rec Lvl 1

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 1/19, 2/16, 5/23, 5/24 and 5/25.**

Winter Term:

1/11-3/15 (10) Rm 9	Su	11:30 am-12:15 pm ID/AP: \$141	6-8 yrs OD: \$176.25	CH33200
1/12-3/16 (8) Rm 9	M	6:15-7 pm ID/AP: \$113	6-8 yrs OD: \$141.25	CH33201
1/6-3/17 (11) Rm 9	T	6:15-7 pm ID/AP: \$155	6-8 yrs OD: \$193.75	CH33202
1/7-3/18 (11) Rm 9	W	5-5:45 pm ID/AP: \$155	6-8 yrs OD: \$193.75	CH33203
1/8-3/19 (11) Rm 9	Th	6:15-7 pm ID/AP: \$155	6-8 yrs OD: \$193.75	CH33204
1/9-3/20 (11) Rm 9	F	4-4:45 pm ID/AP: \$155	6-8 yrs OD: \$193.75	CH33205
1/10-3/14 (10) Rm 9	S	11:30 am-12:15 pm ID/AP: \$141	6-8 yrs OD: \$176.25	CH33206
1/6-3/17 (11) Rm 9	T	7:15-8 pm ID/AP: \$155	9-13 yrs OD: \$193.75	CH33225
1/7-3/18 (11) Rm 9	W	6:15-7 pm ID/AP: \$155	9-13 yrs OD: \$193.75	CH33226
1/8-3/19 (11) Rm 9	Th	5-5:45 pm ID/AP: \$155	9-13 yrs OD: \$193.75	CH33227
1/10-3/14 (10) Rm 9	S	12:45-1:30 pm ID/AP: \$141	9-13 yrs OD: \$176.25	CH33228

Spring Term:

4/12-5/31 (7) Rm 9	Su	11:30 am-12:15 pm ID/AP: \$99	6-8 yrs OD: \$123.75	CH43200
3/30-6/1 (9) Rm 9	M	6:15-7 pm ID/AP: \$127	6-8 yrs OD: \$158.75	CH43201
3/31-6/2 (10) Rm 9	T	6:15-7 pm ID/AP: \$141	6-8 yrs OD: \$176.25	CH43202
4/1-6/3 (10) Rm 9	W	5-5:45 pm ID/AP: \$141	6-8 yrs OD: \$176.25	CH43203
4/2-6/4 (10) Rm 9	Th	6:15-7 pm ID/AP: \$141	6-8 yrs OD: \$176.25	CH43204
4/3-6/5 (10) Rm 9	F	4-4:45 pm ID/AP: \$141	6-8 yrs OD: \$176.25	CH43205
4/11-6/6 (8) Rm 9	S	11:30 am-12:15 pm ID/AP: \$113	6-8 yrs OD: \$141.25	CH43206
3/31-6/2 (10) Rm 9	T	7:15-8 pm ID/AP: \$141	9-13 yrs OD: \$176.25	CH43225
4/1-6/3 (10) Rm 9	W	6:15-7 pm ID/AP: \$141	9-13 yrs OD: \$176.25	CH43226
4/2-6/4 (10) Rm 9	Th	5-5:45 pm ID/AP: \$141	9-13 yrs OD: \$176.25	CH43227
4/11-6/6 (8) Rm 9	S	12:45-1:30 pm ID/AP: \$113	9-13 yrs OD: \$141.25	CH43228

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

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 1/19, 2/16, 5/25.**

Winter Term:

1/12-3/16 (8)	M	7:15-8:15 pm	7-14 yrs	CH33250
Rm 9		ID/AP: \$136	OD: \$170	
1/7-3/18 (11)	W	7:15-8:15 pm	7-14 yrs	CH33251
Rm 9		ID/AP: \$186	OD: \$232.50	
1/9-3/20 (11)	F	5-6 pm	7-14 yrs	CH33252
Rm 9		ID/AP: \$186	OD: \$232.50	

Spring Term:

3/30-6/1 (9)	M	7:15-8:15 pm	7-14 yrs	CH43250
Rm 9		ID/AP: \$153	OD: \$191.25	
4/1-6/3 (10)	W	7:15-8:15 pm	7-14 yrs	CH43251
Rm 9		ID/AP: \$170	OD: \$212.50	
4/3-6/5 (10)	F	5-6 pm	7-14 yrs	CH43252
Rm 9		ID/AP: \$170	OD: \$212.50	

Gymnastics Rec Lvl 2 & 3

Gymnast **MUST** have passed Gymnastics Level 1.5 before enrolling. This class works on all Level 2 skills and Level 3 skills.

Winter Term:

1/8-3/19 (11)	Th	7:15-8:15 pm	7-14 yrs	CH33275
Rm 9		ID/AP: \$186	OD: \$232.50	

Spring Term:

4/2-6/4 (10)	Th	7:15-8:15 pm	7-14 yrs	CH43275
Rm 9		ID/AP: \$170	OD: \$212.50	

Sports - Preschool**Mini Tennis Class**

Serve up some fun this Fall! Our Mini Tennis Class is perfect for little ones ready to jump into the exciting world of tennis. Taking place indoors, this class focuses on building motor skills, coordination, and early teamwork, all in a playful, supportive environment. It's tennis fun made just for Pee Wees. **No class 5/23.**

Winter Term:

1/10-2/7 (5)	S	12-12:45 pm	3.5-5 yrs	CH32110
Gym		ID/AP: \$49	OD: \$61.25	
2/14-3/14 (5)	S	12-12:45 pm	3.5-5 yrs	CH32111
Gym		ID/AP: \$49	OD: \$61.25	
1/10-2/7 (5)	S	1-1:45 pm	3.5-5 yrs	CH32112
Gym		ID/AP: \$49	OD: \$61.25	
2/14-3/14 (5)	S	1-1:45 pm	3.5-5 yrs	CH32113
Gym		ID/AP: \$49	OD: \$61.25	

Spring Term:

4/11-5/2 (4)	S	12-12:45 pm	3.5-5 yrs	CH42110
Gym		ID/AP: \$39	OD: \$48.75	
4/11-5/2 (4)	S	1-1:45 pm	3.5-5 yrs	CH42111
Gym		ID/AP: \$39	OD: \$48.75	
5/9-6/6 (4)	S	12-12:45 pm	3.5-5 yrs	CH42112
Gym		ID/AP: \$39	OD: \$48.75	
5/9-6/6 (4)	S	1-1:45 pm	3.5-5 yrs	CH42113
Gym		ID/AP: \$39	OD: \$48.75	

Pee Wee Basketball

Dribble, bounce, and shoot! This energetic class introduces young players to the basics of basketball in a playful and encouraging environment. Coaches use creative games and skill-building activities to teach coordination, teamwork, and confidence. Adults are welcome to join in and be part of the fun as their child learns and grows on the court.

Winter Term:

1/11-2/8 (5)	Su	1:45-2:30 pm	4-5 yrs	CH32108
Gym		ID/AP: \$49	OD: \$61.25	
2/15-3/15 (5)	Su	1:45-2:30 pm	4-5 yrs	CH32109
Gym		ID/AP: \$49	OD: \$61.25	
Spring Term:				
4/12-5/17 (6)	Su	1:45-2:30 pm	4-5 yrs	CH42108
Gym		ID/AP: \$59	OD: \$73.75	

Pee Wee Soccer

Your child will learn soccer skills through a variety of fun and active games designed just for little ones! Coaches will provide positive instruction while helping your child develop coordination, confidence, and a love for the game. Adults are encouraged to participate alongside their children to support learning and share in the fun. **No class 5/23.**

Winter Term:

1/10-2/7 (5)	S	8:45-9:30 am	3-5 yrs	CH32100
Gym		ID/AP: \$49	OD: \$61.25	
2/14-3/14 (5)	S	8:45-9:30 am	3-5 yrs	CH32101
Gym		ID/AP: \$49	OD: \$61.25	
1/10-2/7 (5)	S	9:45-10:30 am	4-6 yrs	CH32102
Gym		ID/AP: \$49	OD: \$61.25	
2/14-3/14 (5)	S	9:45-10:30 am	4-6 yrs	CH32103
Gym		ID/AP: \$49	OD: \$61.25	

Spring Term:

4/11-5/2 (4)	S	8:45-9:30 am	3-5 yrs	CH42100
Gym		ID/AP: \$39	OD: \$48.75	
4/11-5/2 (4)	S	9:45-10:30 am	3-5 yrs	CH42101
Gym		ID/AP: \$39	OD: \$48.75	
5/9-6/6 (4)	S	8:45-9:30 am	3-5 yrs	CH42102
Gym		ID/AP: \$39	OD: \$48.75	
5/9-6/6 (4)	S	9:45-10:30 am	3-5 yrs	CH42103
Gym		ID/AP: \$39	OD: \$48.75	

Pee Wee Superstars

This playful and active class introduces little ones to a new sport or game each week! From kicking soccer balls and tossing bean bags to running around in silly relays, kids will build coordination, confidence, and a love for movement. It's all about trying new things, playing together, and having tons of fun! Adults are welcome to join in and be part of the fun as their child learns and grows on the court. **No class 5/23.**

Winter Term:

1/10-2/7 (5)	S	11-11:45 am	4-6 yrs	CH32104
Gym		ID/AP: \$49	OD: \$61.25	
2/14-3/14 (5)	S	11-11:45 am	4-6 yrs	CH32105
Gym		ID/AP: \$49	OD: \$61.25	
Spring Term:				
4/11-5/2 (4)	S	11-11:45 am	4-6 yrs	CH42104
Gym		ID/AP: \$39	OD: \$48.75	
5/9-6/6 (4)	S	11-11:45 am	4-6 yrs	CH42105
Gym		ID/AP: \$39	OD: \$48.75	

Cedar Hills Athletes

This high-energy gym class keeps kids active with a new sport or game each week. Whether they are dribbling basketballs, throwing footballs, kicking soccer balls, or running relay races, young athletes build coordination, confidence, and all-around skills while having nonstop fun. Perfect for kids who love to play it all.

Winter Term:

1/6-3/17 (11) T 4:30-5:15 pm 5-7 yrs CH32200
Gym ID/AP: \$86 OD: \$107.50

Spring Term:

3/31-6/2 (10) T 4:30-5:15 pm 5-7 yrs CH42200
Gym ID/AP: \$78 OD: \$97.50

Soccer, Beginning

This outdoor soccer class is focused on building essential skills like dribbling, passing, and shooting. Players will develop individual techniques through fun drills and friendly scrimmages. **No class 5/23.**

Winter Term:

1/10-3/14 (10) S 10-10:45 am 5-7 yrs CH32205
Playfield B ID/AP: \$79 OD: \$98.75

1/10-3/14 (10) S 11-11:45 am 6-9 yrs CH32206
Playfield B ID/AP: \$79 OD: \$98.75

Spring Term:

4/11-6/6 (8) S 10-10:45 am 5-7 yrs CH42205
Playfield B ID/AP: \$63 OD: \$78.75

4/11-6/6 (8) S 11-11:45 am 6-9 yrs CH42206
Playfield B ID/AP: \$63 OD: \$78.75

Sports - Youth**Archery, Beginning (Rock Creek PCC)**

Take aim for fun and discover the thrill of archery, a timeless activity that's perfect for all skill levels! This relaxed and engaging class will guide you through the basics - how to load, aim, and shoot recurve bows. Participants will learn archery safety, terminology, and skills in a friendly environment. All necessary equipment is provided. Classes are held outside at THPRD Archery Field located on PCC Rock Creek Campus

Winter Term:

1/25-3/15 (8) Su 12:45-1:30 pm 7-9 yrs CH32230
PCC Rock Creek ID/AP: \$87 OD: \$108.75

1/25-3/15 (8) Su 1:45-2:30 pm 8-10 yrs CH32231
PCC Rock Creek ID/AP: \$87 OD: \$108.75

1/25-3/15 (8) Su 3-3:45 pm 10-14 yrs CH32232
PCC Rock Creek ID/AP: \$87 OD: \$108.75

1/24-3/14 (8) S 9-9:45 am 7-9 yrs CH32233
PCC Rock Creek ID/AP: \$87 OD: \$108.75

1/24-3/14 (8) S 10-10:45 am 8-10 yrs CH32234
PCC Rock Creek ID/AP: \$87 OD: \$108.75

1/24-3/14 (8) S 11:15 am-12 pm 10-14 yrs CH32235
PCC Rock Creek ID/AP: \$87 OD: \$108.75

Spring Term:

4/12-5/17 (6) Su 12:45-1:30 pm 7-9 yrs CH42230
PCC Rock Creek ID/AP: \$65 OD: \$81.25

4/12-5/17 (6) Su 1:45-2:30 pm 8-10 yrs CH42231
PCC Rock Creek ID/AP: \$65 OD: \$81.25

4/12-5/17 (6) Su 3-3:45 pm 10-14 yrs CH42232
PCC Rock Creek ID/AP: \$65 OD: \$81.25

4/11-5/16 (6) S 10-10:45 am 7-9 yrs CH42233
PCC Rock Creek ID/AP: \$65 OD: \$81.25

4/11-5/16 (6) S 10-10:45 am 8-10 yrs CH42234
PCC Rock Creek ID/AP: \$65 OD: \$81.25

4/11-5/16 (6) S 11:15 am-12 pm 10-14 yrs CH42235
PCC Rock Creek ID/AP: \$65 OD: \$81.25

Basketball Fundamentals Jr.

Have fun and gain confidence learning the fundamentals of basketball! Each day 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.

Winter Term:

1/11-2/8 (5) Su 3-3:45 pm 6-8 yrs CH32240
Gym ID/AP: \$51 OD: \$63.75

2/15-3/15 (5) Su 3-3:45 pm 6-8 yrs CH32241
Gym ID/AP: \$51 OD: \$63.75

Spring Term:

4/12-5/17 (6) Su 3-3:45 pm 6-8 yrs CH42257
Gym ID/AP: \$61 OD: \$76.25

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.

Winter Term:

1/9-2/13 (6) F 5:30-6:15 pm 7-10 yrs CH32238
Gym ID/AP: \$61 OD: \$76.25

2/20-3/20 (5) F 5:30-6:15 pm 7-10 yrs CH32239
Gym ID/AP: \$51 OD: \$63.75

Spring Term:

4/3-5/1 (5) F 5:30-6:15 pm 7-10 yrs CH42237
Gym ID/AP: \$51 OD: \$63.75

5/8-5/29 (4) F 5:30-6:15 pm 7-10 yrs CH42238
Gym ID/AP: \$41 OD: \$51.25

Girls Basketball Class

Build confidence and have fun while learning the fundamentals of basketball in a supportive, all-girls class! Each class will focus on key skills such as shooting, passing, dribbling, ball handling, footwork, defense, and overall game understanding. We'll be using women's-sized basketballs to help players develop proper technique and feel for the game. **No class on 1/19, 2/16 and 5/25.**

Winter Term:

1/12-3/16 (8) M 6:45-7:30 pm 8-11 yrs CH32245
Gym ID/AP: \$84 OD: \$105

Spring Term:

3/30-6/1 (9) M 6:45-7:30 pm 8-11 yrs CH42245
Gym ID/AP: \$94 OD: \$117.50

Indoor Flag Football

Get ready to run, pass, and score! This non-contact class introduces young athletes to the fundamentals of football in a fun, team-focused setting. Players will practice throwing, catching, handoffs, defense, and flag pulling through games and drills designed for their age group. Held indoors in the gym.

Winter Term:

1/11-2/8 (5) Su 12:45-1:30 pm 6-9 yrs CH32201
Gym ID/AP: \$49 OD: \$61.25

2/15-3/15 (5) Su 12:45-1:30 pm 6-9 yrs CH32202
Gym ID/AP: \$49 OD: \$61.25

Spring Term:

4/12-5/17 (6) Su 12:45-1:30 pm 6-9 yrs CH42201
Gym ID/AP: \$59 OD: \$73.75



Elementary Track Club

Step into the world of youth sports with our Elementary Track Club! Open to students in grades 3-5, children will have the opportunity to create friendships and learn about running, throwing, and jumping in a fun and exciting environment. The season will end with a fun oriented "track meet" field day against the other teams, meet location to be determined at a local venue. Join us for fun athletic exploration! Fee includes team shirts.

Spring Term:

Practices at Cedar Hills Recreation Center				
Team Blue:				
4/11-5/16 (6)	S	10-11:15 am	7-10 yrs	CH49100
Playfield A		ID/AP: \$119	OD: \$148.75	
Team Red:				
Practices at Greenway Park				
4/11-5/16 (6)	S	10-11:15 am	7-10 yrs	CH49101
Greenway Park		ID/AP: \$119	OD: \$148.75	
Team Black:				
Practices at Mitchell Park				
4/11-5/16 (6)	S	10-11:15 am	7-10 yrs	CH49102
Mitchell Park		ID/AP: \$119	OD: \$148.75	

Pickleball Kids

Kids will be introduced to the fast-growing sport of Pickleball through active games, skill-building drills, and tons of fun! This class is designed to help young players learn the basics while building confidence and coordination. Please bring a water bottle and wear gym suitable athletic shoes. **No class 5/23.**

Winter Term:

1/7-2/11 (6)	W	4:30-5:15 pm	8-10 yrs	CH32247
Gym		ID/AP: \$63	OD: \$78.75	
2/18-3/18 (5)	W	4:30-5:15 pm	8-10 yrs	CH32248
Gym		ID/AP: \$52	OD: \$65	
1/10-2/7 (5)	S	2-2:45 pm	6-7 yrs	CH32268
Gym		ID/AP: \$52	OD: \$65	
2/14-3/14 (5)	S	2-2:45 pm	6-7 yrs	CH32269
Gym		ID/AP: \$52	OD: \$65	
Spring Term:				
4/1-4/29 (5)	W	4:30-5:15 pm	8-10 yrs	CH42210
Gym		ID/AP: \$52	OD: \$65	
5/6-6/3 (5)	W	4:30-5:15 pm	8-10 yrs	CH42211
Gym		ID/AP: \$52	OD: \$65	
4/11-6/6 (8)	S	2-2:45 pm	6-7 yrs	CH42268
Gym		ID/AP: \$84	OD: \$105	

Soccer, Beginning - Intro to Futsal

Kick off your soccer journey in this fun indoor class that blends traditional soccer with elements of futsal! Players will work on core skills like dribbling, shooting, and passing through engaging drills and activities. The focus will be on individual development, with the possibility of scrimmage play included in some sessions. Perfect for beginners looking to build confidence and enjoy the game in a fast-paced, indoor setting!

Winter Term:

1/6-3/17 (11)	T	5:30-6:15 pm	6-8 yrs	CH32208
Gym		ID/AP: \$86	OD: \$107.50	
Spring Term:				
3/31-6/2 (10)	T	5:30-6:15 pm	6-8 yrs	CH42208
Gym		ID/AP: \$78	OD: \$97.50	

Futsal - Drills, Skills, & Scrimmages

Where soccer intermediate meets futsal. This class combines the speed and precision of futsal with the fundamentals of soccer to help players improve ball control, passing accuracy, and game awareness. With structured drills and fast-paced scrimmages, players will refine their skills in a dynamic and challenging setting.

Winter Term:

1/6-3/17 (11)	T	6:45-7:30 pm	8-11 yrs	CH32209
Gym		ID/AP: \$86	OD: \$107.50	

Spring Term:

3/31-6/2 (10)	T	6:45-7:30 pm	8-11 yrs	CH42209
Gym		ID/AP: \$78	OD: \$97.50	

Soccer, Intermediate

Take your game to the next level in this outdoor intermediate soccer class. Refine skills like dribbling, passing, and shooting through drills and game play. **No Class 5/23.**

Spring Term:

4/11-6/6 (8)	S	12:15-1:15 pm	9-12 yrs	CH42207
Playfield B		ID/AP: \$76	OD: \$95	

Youth Volleyball

Bump, set, and serve! This class introduces players to the fundamentals of volleyball, including passing, ball control, serving, and teamwork. Kids will develop skills and confidence through fun drills and team play as they grow, learn the rules of the game, and enjoy working together on the court.

Winter Term:

1/8-2/12 (6)	Th	4:45-5:30 pm	8-10 yrs	CH32262
Gym		ID/AP: \$63	OD: \$78.75	

2/19-3/19 (5)	Th	4:45-5:30 pm	8-10 yrs	CH32263
Gym		ID/AP: \$52	OD: \$65	

Spring Term:

4/2-6/4 (10)	Th	4:45-5:30 pm	8-10 yrs	CH42262
Gym		ID/AP: \$102	OD: \$127.50	

Boys Volleyball

Build skills and confidence in this volleyball class for boys, focusing on bumping, passing, serving, and game play. Perfect for beginners or those with some experience, with nets set higher than in co-ed youth classes.

Winter Term:

1/8-2/12 (6)	Th	5:45-6:30 pm	10-14 yrs	CH32264
Gym		ID/AP: \$63	OD: \$78.75	

2/19-3/19 (5)	Th	5:45-6:30 pm	10-14 yrs	CH32265
Gym		ID/AP: \$52	OD: \$65	

Spring Term:

4/2-6/4 (10)	Th	5:45-6:30 pm	10-14 yrs	CH42264
Gym		ID/AP: \$102	OD: \$127.50	

Volleyball, Beginning

Come learn the basics of volleyball, including bumping, passing, ball control, serving, and the rules of the game. Children will work together in a positive and supportive environment, learning how to be part of a team while developing essential skills. **No class on 1/19, 2/16 and 5/25.**

Winter Term:

1/12-3/16 (8)	M	4:45-5:30 pm	10-13 yrs	CH32260
Gym		ID/AP: \$84	OD: \$105	

Spring Term:

3/30-6/1 (9)	M	4:45-5:30 pm	10-13 yrs	CH42260
Gym		ID/AP: \$94	OD: \$117.50	

Volleyball, Intermediate

For players ready to move beyond the basics. Participants will develop their skills in a positive and supportive environment, focusing on technique, court awareness, and team play. Prior experience in a beginner class or on a team is recommended. **No class on 1/19, 2/16 and 5/25.**

Winter Term:

1/12-3/16 (8) M 5:45-6:30 pm 11-14 yrs CH32261
Gym ID/AP: \$84 OD: \$105

Spring Term:

3/30-6/1 (9) M 5:45-6:30 pm 11-14 yrs CH42261
Gym ID/AP: \$94 OD: \$117.50

Sports – Middle School**Middle School Track & Field**

Join your school's Track & Field team and represent your school against other middle school teams! Practices take place at your child's middle school campus, meeting at your school's covered area, with one off-site practice held at a local high school. Each team will also compete in three meets on Tuesdays or Thursdays in April and May, with THPRD providing bus transportation from the middle schools to all meet locations. Parents/guardians are responsible for arranging transportation home from practices and meets, as no return transportation is provided. Regular practices run 4:30-5:45 pm at each school (ISB practices run 3:25-4:40 pm). The program includes sprints (100m, 200m, 400m), distance events (800m, 1500m), throwing (shot put, discus, javelin), and jumps (high jump, long jump). **There is a \$8 fee for the team shirt. No practices 3/24, 3/26, or during school conferences/no school days.**

Cedar Park Track & Field

3/3-5/12 (10) T/Th 4:30-5:45 pm 11-14 yrs CH39100
Cedar Park MS ID/AP: \$196 OD: \$196

Conestoga Track & Field

3/3-5/12 (10) T/Th 4:30-5:45 pm 11-14 yrs CH39101
Conestoga MS ID/AP: \$196 OD: \$196

Five Oaks Track & Field

3/3-5/12 (10) T/Th 4:30-5:45 pm 11-14 yrs CH39102
Five Oaks MS ID/AP: \$196 OD: \$196

Highland Park Track & Field

3/3-5/12 (10) T/Th 4:30-5:45 pm 11-14 yrs CH39103
Highland MS ID/AP: \$196 OD: \$196

ISB Track & Field

3/3-5/12 (10) T/Th 3:25-4:40 pm 11-14 yrs CH39109
ISB MS ID/AP: \$206 OD: \$206

Meadow Park Track & Field

3/3-5/12 (10) T/Th 4:30-5:45 pm 11-14 yrs CH39104
Meadow Park MS ID/AP: \$196 OD: \$196

Mt. View Track & Field

3/3-5/12 (10) T/Th 4:30-5:45 pm 11-14 yrs CH39105
Mt. View MS ID/AP: \$196 OD: \$196

Stoller Track & Field

3/3-5/12 (10) T/Th 4:30-5:45 pm 11-14 yrs CH39106
Stoller MS ID/AP: \$196 OD: \$196

Tumwater Track & Field

3/3-5/12 (10) T/Th 4:30-5:45 pm 11-14 yrs CH39107
Tumwater MS ID/AP: \$196 OD: \$196

Whitford Track & Field

3/3-5/12 (10) T/Th 4:30-5:45 pm 11-14 yrs CH39108
Whitford MS ID/AP: \$196 OD: \$196

Middle School Track & Field Clinic

Join us for our Middle School Preseason Clinic! This is a great opportunity to get some extra practice before the season begins, refine your skills, or explore new events as a first-time athlete. Participants will break into smaller groups such as distance, throwing, sprints, and jumps when possible to kick off the season the right way!

Winter Term:

2/7-2/28 (4) S 12:1-3:30 pm 11-14 yrs CH39110
Rm 6 ID/AP: \$59 OD: \$73.75

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!

Winter Term:

1/9-2/13 (6) F 6:30-7:30 pm 11-14 yrs CH32242
Gym ID/AP: \$77 OD: \$96.25

2/20-3/20 (5) F 6:30-7:30 pm 11-14 yrs CH32243
Gym ID/AP: \$64 OD: \$80

Spring Term:

4/3-5/1 (5) F 6:30-7:30 pm 11-14 yrs CH42255
Gym ID/AP: \$64 OD: \$80

5/8-6/5 (5) F 6:30-7:30 pm 11-14 yrs CH42256
Gym ID/AP: \$64 OD: \$80

Middle School Pickleball

Get ready to serve, rally, and smash! This fun, fast-paced class helps middle schoolers build confidence and sharpen their pickleball skills through drills, games, and friendly matches. Learn the fundamentals, improve your strategy, and make new friends on the court!

Winter Term:

1/7-2/11 (6) W 5:30-6:15 pm 11-14 yrs CH32249
Gym ID/AP: \$63 OD: \$78.75

2/18-3/18 (5) W 5:30-6:15 pm 11-14 yrs CH32250
Gym ID/AP: \$52 OD: \$65

Spring Term:

4/1-5/29 (6) W 5:30-6:15 pm 11-14 yrs CH42212
Gym ID/AP: \$51 OD: \$63.75

Middle School Weight Training

This weight training program focuses on building coordination, mobility and helping middle school students ages 11-14 yrs old to learn proper handling of weight equipment. This group class is located in the Cedar Hills Recreation Center Weight room and can only be accessed during class time. **No class 1/19, 1/26, 4/6, 4/20 and 5/25.**

Winter Term:

1/7-2/11 (6) M/W 4:45-5:45 pm 11-14 yrs CH32270
Wt Rm ID/AP: \$90 OD: \$112.50

2/18-3/18 (5) M/W 4:45-5:45 pm 11-14 yrs CH32271
Wt Rm ID/AP: \$90 OD: \$112.50

Spring Term:

3/30-4/29 (5) M/W 4:45-5:45 pm 11-14 yrs CH42270
Wt Rm ID/AP: \$80 OD: \$100

5/4-6/3 (5) M/W 4:45-5:45 pm 11-14 yrs CH42271
Wt Rm ID/AP: \$90 OD: \$112.50

Karate – Youth/Adult**Karate Kids**

Karate Kids introduces children to martial arts through fun games and interactive drills. Kids build coordination, confidence, and respect while learning basic karate moves and key values like focus, teamwork, and self-discipline. No uniforms required. **No class 5/23.**

Winter Term:

1/6-2/10 (6) T 5:30-6:15 pm 6-8 yrs CH32213
Rm 5 ID/AP: \$47 OD: \$58.75

2/17-3/17 (5) T 5:30-6:15 pm 6-8 yrs CH32214
Rm 5 ID/AP: \$39 OD: \$48.75

1/8-2/12 (6) Th 6-6:45 pm 6-8 yrs CH32215
Rm 5 ID/AP: \$47 OD: \$58.75

2/19-3/19 (5) Th 6-6:45 pm 6-8 yrs CH32216
Rm 5 ID/AP: \$39 OD: \$48.75

1/10-3/14 (10) S 1-1:45 pm 6-10 yrs CH32217
Rm 5 ID/AP: \$78 OD: \$97.50

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

Spring Term:

4/11-6/6 (8) Rm 5	S	1-1:45 pm ID/AP: \$62	6-10 yrs OD: \$77.50	CH42239
3/31-4/28 (5) Rm 5	T	5:30-6:15 pm ID/AP: \$39	6-8 yrs OD: \$48.75	CH42240
5/5-6/2 (5) Rm 5	T	5:30-6:15 pm ID/AP: \$39	6-8 yrs OD: \$48.75	CH42241
4/2-4/30 (5) Rm 5	Th	6-6:45 pm ID/AP: \$39	6-8 yrs OD: \$48.75	CH42242
5/7-6/4 (5) Rm 5	Th	6-6:45 pm ID/AP: \$39	6-8 yrs OD: \$48.75	CH42243

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 class 5/23.**

Winter Term:

1/6-3/17 (11) Rm 5	T	6:45-7:45 pm ID/AP: \$127	8-adult OD: \$158.75	CH32218
1/8-3/19 (11) Rm 5	Th	7:15-8:15 pm ID/AP: \$127	8-adult OD: \$158.75	CH32219
1/9-3/13 (10) Rm 5	F	5:30-6:30 pm ID/AP: \$116	8-adult OD: \$145	CH32220
1/10-3/14 (10) Rm 5	S	2-3 pm ID/AP: \$116	7-adult OD: \$145	CH32221

Spring Term:

4/11-6/6 (8) Rm 5	S	2:15-3:15 pm ID/AP: \$93	8-adult OD: \$116.25	CH42246
3/31-6/2 (10) Rm 5	T	6:45-7:45 am ID/AP: \$116	8-adult OD: \$145	CH42247
4/2-6/4 (10) Rm 5	Th	7:15-8:15 pm ID/AP: \$116	8-adult OD: \$145	CH42248
4/3-6/5 (10) Rm 5	F	5:30-6:30 pm ID/AP: \$116	8-adult OD: \$145	CH42249

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.

Winter Term:

1/9-3/13 (10) Rm 5	F	7-8 pm ID/AP: \$116	10-adult OD: \$145	CH32222
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Spring Term:

4/3-6/5 (10) Rm 5	F	7-8 pm ID/AP: \$116	8-adult OD: \$145	CH42250
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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.

Winter Term:

1/9-3/13 (10) Rm 6	F	7-8 pm ID/AP: \$116	10-adult OD: \$145	CH32222A
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Spring Term:

4/3-6/5 (10) Rm 6	F	7-8 pm ID/AP: \$116	8-adult OD: \$145	CH42251A
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Bowling Classes



TUALATIN HILLS
PARK & RECREATION DISTRICT



Take aim for fun and discover the thrill of bowling, a timeless activity that's perfect for all ages and skill levels! Taught by KingPins staff, these beginner-friendly classes will guide you through the fundamentals of how to hold, aim, and roll the ball with confidence. Participants will learn bowling techniques, etiquette, and terminology in an engaging environment. All necessary equipment, including bowling shoes and balls, is provided so all you need to bring is your enthusiasm! Classes held at KingPins Beaverton, 2725 SW Cedar Hills Blvd, Beaverton, OR 97005.

Youth Bowling (6-17) at KingPins

Please note: Youth under age 10 must have an adult present on-site during the class. **No class 5/23.**

Winter Term:

1/10-2/7 (5) KingPins	S	11:30 am-12:45 pm ID/AP: \$76	6-17 yrs OD: \$95	CH32323
2/14-3/14 (5) KingPins	S	11:30 am-12:45 pm ID/AP: \$76	6-17 yrs OD: \$95	CH32324

Spring Term:

4/4-5/2 (5) KingPins	S	11:30 am-12:45 pm ID/AP: \$76	6-17 yrs OD: \$95	CH42323
5/9-6/13 (5) KingPins	S	11:30 am-12:45 pm ID/AP: \$76	6-17 yrs OD: \$95	CH42324

Adult Bowling (18+) at KingPins

Winter Term:

1/8-2/5 (5) KingPins	Th	4:30-5:45 pm ID/AP: \$76	18-Adult OD: \$95	CH32400
2/12-3/12 (5) KingPins	Th	4:30-5:45 pm ID/AP: \$76	18-Adult OD: \$95	CH32401

Spring Term:

4/2-4/30 (5) KingPins	Th	4:30-5:45 pm ID/AP: \$76	18-Adult OD: \$95	CH42400
5/7-6/4 (5) KingPins	Th	4:30-5:45 pm ID/AP: \$76	18-Adult OD: \$95	CH42401

50+ Bowling at KingPins

Winter Term:

1/6-2/3 (5) KingPins	T	12:30-1:45 pm ID/AP: \$76	50-Adult OD: \$95	CH32600
2/10-3/10 (5) KingPins	T	12:30-1:45 pm ID/AP: \$76	50-Adult OD: \$95	CH32601

Spring Term:

3/31-4/28 (5) KingPins	T	12:30-1:45 pm ID/AP: \$76	50-Adult OD: \$95	CH42600
5/5-6/2 (5) KingPins	T	12:30-1:45 pm ID/AP: \$76	50-Adult OD: \$95	CH42601



Sports – Adult

Adult Pickleball Drills new

Designed to help adults build strategy and improve gameplay. Sessions include targeted drills to develop core skills, followed by controlled scrimmage play to put those skills into practice.

Winter Term:

1/11-3/8 (8)	Su	11:30 am-12:30 pm	18-Adult	CH32501
Gym		ID/AP: \$78	OD: \$97.50	
1/7-3/4 (8)	W	9:45-10:45 am	18-Adult	CH32500
Gym		ID/AP: \$78	OD: \$97.50	

Spring Term:

4/12-5/17 (6)	Su	11:30 am-12:30 pm	18-Adult	CH42501
Gym		ID/AP: \$58	OD: \$72.50	
4/1-5/20 (8)	W	9:45-10:45 am	18-Adult	CH42500
Gym		ID/AP: \$78	OD: \$97.50	

Pickleball Fundamentals new

This beginner-friendly class introduces players to the fundamentals of pickleball, including serving, dinking, scoring, and court positioning. Each session combines drills with guided play to give participants the tools and confidence they need to enjoy matches beyond the classroom.

Winter Term:

1/11-3/8 (8)	Su	10-11 am	16-adult	CH32502
Gym		ID/AP: \$78	OD: \$97.50	

Spring Term:

4/12-5/17 (6)	Su	10-11 am	16-adult	CH42502
Gym		ID/AP: \$58	OD: \$72.50	

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. Small group format. Maximum five people.

Winter Term:

3/14 (1)	S	10-11:30 am	14-adult	CH32550
Wt Rm		ID/AP: \$18	OD: \$22.50	

Spring Term:

4/18 (1)	S	10-11:30 am	14-adult	CH42550
Wt Rm		ID/AP: \$18	OD: \$22.50	

Middle School Teen Time

FRIDAYS AT 4:15-6 PM

There's something for everyone, so come hang out, make new friends, and create memories!

DROP-IN RATES APPLY



Board Games
Challenge friends with classics like Monopoly, Scrabble, and Settlers of Catan, and more!



Card Games
Enjoy favorites like Uno or try Exploding Kittens, or bring your own game!



Table Tennis
Compete in fast-paced ping pong matches and show off your skills!



Mario Kart
Race against friends to see who will come out on top as the fastest racer!

Don't miss out, it's going to be a blast!

PROMOTE YOUR BUSINESS AT THPRD

Sponsorship Opportunities

- 1M+ annual park & facility visitors
- Newsletter: 58K+ subscribers
- Website: 1.2M annual visitors
- Hundreds of annual events = opportunities for every business



Click to learn more!



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 our updated fitness schedule, visit www.thprd.org/recreation/cedarhills

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

Barre Strength

Tone, sculpt, stretch, and have fun in this low impact but intense full body workout class. If you like Pilates, Yoga and weight training, this class is for you!

Barefoot Balance & Core

Strengthen from the ground up with this barefoot workout class that will focus on strength, balance and core training like never before! Increase stability, proprioception, and coordination in this fun workout suitable for all fitness levels.

Core Blast

A 30-minute class focused on strengthening your entire core. Improve posture, balance, and coordination.

HIIT

HIIT (High Intensity Interval Training) is a cardiovascular exercise class alternating short periods of intense anaerobic exercise with less intense recovery periods.

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.

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.

Yoga + Melt

Discover how MELT can transform your yoga practice by preparing your fascia and nervous system before you flow. This hybrid class combines gentle MELT techniques with mindful yoga to create safer, more sustainable movement.

Day, time, and instructor of classes are subject to change without notice.
Check website for schedule at thprd.org/facilities/recreation/cedar-hills.
Single Fitness Class \$10.25 ID. Passes available.

Weight Room Orientation

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

\$63 ID / \$78.50 OD

Buddy Training

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

1 session \$53 ID/ \$66.25 OD
3 sessions \$149.25 ID/ \$186.50 OD
6 sessions \$272.25 ID/ \$340.25 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 \$71 ID/ \$88.75 OD
3 sessions \$200 ID/ \$250 OD
6 sessions \$365 ID/ \$456.25 OD

Conestoga Recreation & Aquatic Center



TUALATIN HILLS
PARK & RECREATION DISTRICT

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

TriMet Bus Routes #62

Center Supervisor: Laura Hester

Assistant Center Supervisor: Jenny Wilson

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.

Facility Closed: 1/1

Modified Schedule: 12/31, 1/19, 2/16, 4/5, 5/25

Conestoga Recreation & Aquatic Center features:

- Average Pool Temperature:
Main Pool - 85° Slide Pool - 90°
- Outdoor Splash Pad (seasonal)
- Independent changing rooms

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

**Lifeguards • Sports Instructors • Fitness Instructors
Swim Instructors • Camp Staff • Desk Staff**
Call 503-629-6313 for more information.

Note: This section is for Conestoga Recreation programs only. See page 31 for Conestoga Aquatic programs.

Events



Soup-er Bowl Sunday new

Sunday, February 8 • 3:30-7:30 pm

Celebrate the big game with us at a free, family friendly Superbowl watch party! Enjoy soup inspired by each team, watch the game on the big screen, and take part in fun games and activities for all ages. Whether you're here for football, food or community, this is the place to be!



Duck Dive

Friday, April 3 • 5:30-7 pm

Join Lucky Ducky for a splashing good time in the pool and dive for prized duck! Enjoy additional activities in the gymnasium including a coloring contest, bingo, photo booth, indoor play park, a cupcake walk, and more. All children must have an adult present at the event, and children under the age of 7 must have an adult over the age of 18 yrs. in the water during the event.

*Sensory sensitive time frame for individuals with sensory sensitivities. Water features and music will not be on during this time frame. See page 30 for more details.



Wonderful World of Water Safety

Sunday, May 17 • 4:30-7 pm

Get ready for some fun and education in the pool in which we will practice different ways to stay safe in various water environments. There will also be demonstrations of live-saving techniques by safety experts. Get prepared for summer swimming activities and a lifetime of being water safe with this family-friendly night! Drop-in rates apply if staying for the open swim after the event.



Kickoff Pride Month Dance Party

Sunday, June 7 • 4-7 pm

Kick off Pride Month with an evening full of energy, joy, and community at our Pride Dance Party! Bring your friends, family, and loved ones for a night of music, dancing, and celebration honoring the LGBTQ+ community.

This celebration is fun for all ages! Kids can enjoy arts and crafts stations to make Pride-themed creations, along with games and activities that highlight acceptance, love, and togetherness. Families are welcome to come, connect, and celebrate in a safe and inclusive space.

Enjoy free Splash Pad access during the event.



Fanno Farmers Nine-Month Preschool

Fanno Farmhouse • 8405 SW Creekside Place

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

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

For more information please visit:

www.thprd.org/activities/preschool-programs

Monday/Wednesday/Friday • 9 am-12 pm
3-4 yrs • \$398 per month • Sept.-May • Alliums

Monday/Wednesday/Friday • 1-4 pm
4-5 yrs • \$398 per month • Sept.-May • Shallots

Tuesday/Thursday • 9-11:30 am
2½-3½ yrs • \$290 per month • Sept.-May • Pearls

Tuesday/Thursday • 1-4 pm
4-5 yrs • \$310 per month • Sept.-May • Vidalias

*Prices reflect In-District 2025-2026 rates.

Now Offering Pearls at Conestoga Recreation & Aquatic Center!

Due to high demand and an extensive waitlist, we're excited to expand our Pearls program. For availability and enrollment details, please contact the center directly. Spots are limited!

THPRD Preschool Virtual Open House

Wednesday January 28, 2026

5:30-6:15pm

THPRD will host a virtual open house for anyone interested in learning about our nine-month preschool programs for the 2026-2027 school year.

Registration opens: Thursday, February 5, at 9am for new enrollment. Scan QR code for more information.



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 enrollment fee is due at the time of registration.

For more information please visit:

www.thprd.org/activities/preschool-programs

Monday/Wednesday/Friday • 9 am-12 pm
4-5 yrs • Sept.-May • \$398 ID per month

Tuesday/Thursday • 9 am-12 pm
3-4 yrs • Sept.-May • \$310 ID per month

*Prices reflect In-District 2025-2026 rates.

Preescolar Bilingüe en Español de Nueve Meses

Nuestro salón de clases ofrece un ambiente creativo, positivo y enriquecedor, inspirado en la cultura e influencias hispanas. Los estudiantes interactuarán en español e inglés a lo largo de la clase, participando en actividades prácticas como juegos, arte, manualidades, canciones y mucho más. Animamos a los niños a desarrollar sus habilidades de autosuficiencia, lenguaje y habilidades socio-emocionales, además de su crecimiento académico. Para confirmar su inscripción, se requiere un pago de \$50 no reembolsable.

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.

VIRTUAL OPEN HOUSE

Wednesday, April 22

Presentation: 6-6:30 pm

Q&A Session: 6:30-7 pm

REGISTRATION: 2026-2027 School Year

- **Monday, May 4 - Sunday, May 10:** Registration opens for current participants.
- **Monday, May 11 - Wednesday, May 13:** Registration window for enrolled participant's siblings is open.
- **Thursday, May 14:** Open enrollment will begin, provided space in the program remains.

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

Conestoga Recreation & Aquatic Center schools served:

Greenway Elementary
Hiteon Elementary
Nancy Ryles Elementary
Sexton Mountain Elementary
Scholls Heights Elementary
Conestoga Middle School
Arco Iris new

**We accept
ERDC!**

Early Development/Preschool

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
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Playschool- Wonderful Winter

Welcome to Wonderful Winter, a fun and engaging playschool class celebrating the magic and wonder of the season! As snowflakes fall and winter landscapes come to life, young learners will explore the preschool setting through hands-on activities that spark creativity and curiosity. Each session includes free play, sensory exploration, winter-themed arts & crafts, movement, and circle time. Children will discover the joys of winter, engage in seasonal learning, and make new friends while enjoying a playful introduction to the preschool environment. **No class 1/19.**

9/8-10/20 (7) Rm 202	M	9-11:30 am ID/AP: \$195	2 ½ - 5 ½ yrs OD: \$243.75	C028100
1/5-2/9 (5) Rm 202	M	9-11:30 am ID/AP: \$125	2 ½ - 5 ½ yrs OD: \$156.25	C038100
2/23-3/16 (4) Rm 202	M	9-11:30 am ID/AP: \$101	2 ½ - 5 ½ yrs OD: \$126.25	C038101
1/6-2/10 (6) Rm 202	T	9-11:30 am ID/AP: \$149	2 ½ - 5 ½ yrs OD: \$186.25	C038102
2/17-3/17 (5) Rm 202	T	9-11:30 am ID/AP: \$125	2 ½ - 5 ½ yrs OD: \$156.25	C038103
1/7-2/11 (6) Rm 202	W	9-11:30 am ID/AP: \$149	2 ½ - 5 ½ yrs OD: \$186.25	C038104
2/18-3/18 (5) Rm 202	W	9-11:30 am ID/AP: \$125	2 ½ - 5 ½ yrs OD: \$156.25	C038105
1/8-2/12 (6) Rm 202	Th	9-11:30 am ID/AP: \$149	2 ½ - 5 ½ yrs OD: \$186.25	C038106
2/19-3/19 (5) Rm 202	Th	9-11:30 am ID/AP: \$125	2 ½ - 5 ½ yrs OD: \$156.25	C038107
1/9-2/13 (6) Rm 202	F	9-11:30 am ID/AP: \$149	2 ½ - 5 ½ yrs OD: \$186.25	C038108
2/20-3/20 (5) Rm 202	F	9-11:30 am ID/AP: \$125	2 ½ - 5 ½ yrs OD: \$156.25	C038109

Playschool- Splendid Spring

Welcome to Splendid Spring, a fun and engaging playschool class celebrating the beauty and renewal of the season! As flowers bloom, insects buzz, and new life emerges, young learners will explore the preschool setting through hands-on activities that spark creativity and curiosity. Each session includes free play, sensory exploration, spring-themed arts & crafts, movement, and circle time. Children will connect with nature, enjoy the wonders of spring, and make new friends while experiencing a playful introduction to the preschool environment. **No class 5/25.**

3/30-4/27 (5) Rm 202	M	9-11:30 am ID/AP: \$125	2 ½ - 5 ½ yrs OD: \$156.25	C048100
5/4-6/1 (4) Rm 202	M	9-11:30 am ID/AP: \$101	2 ½ - 5 ½ yrs OD: \$126.25	C048101
3/31-4/28 (5) Rm 202	T	9-11:30 am ID/AP: \$125	2 ½ - 5 ½ yrs OD: \$156.25	C048102
5/5-6/2 (5) Rm 202	T	9-11:30 am ID/AP: \$125	2 ½ - 5 ½ yrs OD: \$156.25	C048103
4/1-4/29 (5) Rm 202	W	9-11:30 am ID/AP: \$125	2 ½ - 5 ½ yrs OD: \$156.25	C048104
5/6-6/3 (5) Rm 202	W	9-11:30 am ID/AP: \$125	2 ½ - 5 ½ yrs OD: \$156.25	C048105
4/2-4/30 (5) Rm 202	Th	9-11:30 am ID/AP: \$125	2 ½ - 5 ½ yrs OD: \$156.25	C048106
5/7-6/4 (5) Rm 202	Th	9-11:30 am ID/AP: \$125	2 ½ - 5 ½ yrs OD: \$156.25	C048107
4/3-5/1 (5) Rm 202	F	9-11:30 am ID/AP: \$125	2 ½ - 5 ½ yrs OD: \$156.25	C048108
5/8-6/5 (5) Rm 202	F	9-11:30 am ID/AP: \$125	2 ½ - 5 ½ yrs OD: \$156.25	C048109

Circle Storytime

This fun and inclusive program helps stimulate children's cognitive and sensory development through interactive storytelling, music, and sensory play. Adult participation is required to help guide and encourage the children. Please note that unregistered siblings cannot attend.

Winter Term:

1/7-2/11 (6)	W	11-11:45 am	1 yr-3 yrs	CO35102
Rm 205		ID/AP: \$43	OD: \$53.75	
2/18-3/18 (5)	W	11-11:45 am	1-3 yrs	CO35105
Rm 205		ID/AP: \$37	OD: \$46.25	

Spring Term:

4/1-4/29 (5)	W	11-11:45 am	1 yr-3 yrs	CO45105
Rm 205		ID/AP: \$37	OD: \$46.25	
5/6-6/3 (5)	W	11-11:45 am	1 yr-3 yrs	CO45106
Rm 205		ID/AP: \$37	OD: \$46.25	

Art

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 is required to help guide and encourage the children. Please note that unregistered siblings cannot attend. **No class 1/19, 2/16, 5/23, 5/24, 5/25.**

Winter Term:

1/5-3/16 (9)	M	9:30-10:15 am	2-5 yrs	CO34100
Rm 205		ID/AP: \$68	OD: \$85	
1/9-3/20 (11)	F	9:30-10:15 am	2-5 yrs	CO34101
Rm 205		ID/AP: \$81	OD: \$101.25	
1/10-3/14 (10)	S	9:30-10:15 am	2-5 yrs	CO34102
Rm 205		ID/AP: \$74	OD: \$92.50	
1/11-3/15 (10)	Su	3:45-4:30 pm	2-5 yrs	CO34103
Rm 205		ID/AP: \$74	OD: \$92.50	

Spring Term:

3/30-6/1 (9)	M	9:30-10:15 am	2-5 yrs	CO44100
Rm 205		ID/AP: \$68	OD: \$85	
4/3-6/5 (10)	F	9:30-10:15 am	2-5 yrs	CO44101
Rm 205		ID/AP: \$74	OD: \$92.50	
4/4-6/6 (9)	S	9:30-10:15 am	2-5 yrs	CO44102
Rm 205		ID/AP: \$68	OD: \$85	
3/29-5/31 (9)	Su	3:45-4:30 pm	2-5 yrs	CO44103
Rm 205		ID/AP: \$68	OD: \$85	

Dance

Munchkin Movement

Sing songs, play dance party, and read stories while building social and language skills. Adult participation is required to help guide and encourage the children. Please note that unregistered siblings cannot attend.

Winter Term:

1/9-3/20 (11)	F	10-10:45 am	1 ½ -2 yrs	CO31105
Rm 204		ID/AP: \$92	OD: \$115	

Spring Term:

4/3-6/5 (10)	F	10-10:45 am	1 ½ -2 yrs	CO41105
Rm 204		ID/AP: \$83	OD: \$103.75	

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 is required to help guide and encourage the children. Please note that unregistered siblings cannot attend. **No class 1/19, 2/16, 5/25.**

Winter Term:

1/5-2/9 (5)	M	11-11:45 am	1 yr-2 yrs	CO35100
Rm 205		ID/AP: \$37	OD: \$46.25	
1/9-2/13 (5)	F	11-11:45 am	1 yr-2 yrs	CO35102
Rm 205		ID/AP: \$37	OD: \$46.25	
2/23-3/16 (4)	M	11-11:45 am	1-2 yrs	CO35101
Rm 205		ID/AP: \$31	OD: \$38.75	
2/20-3/20 (5)	F	11-11:45 am	1-2 yrs	CO35103
Rm 205		ID/AP: \$37	OD: \$46.25	

Spring Term:

3/30-4/27 (5)	M	11-11:45 am	1 yr-2 yrs	CO45100
Rm 205		ID/AP: \$37	OD: \$46.25	
5/4-6/1 (5)	M	11-11:45 am	1 yr-2 yrs	CO45101
Rm 205		ID/AP: \$37	OD: \$46.25	
4/3-5/1 (5)	F	11-11:45 am	1 yr-2 yrs	CO45102
Rm 205		ID/AP: \$37	OD: \$46.25	
5/8-6/5 (5)	F	11-11:45 am	1 yr-2 yrs	CO45103
Rm 205		ID/AP: \$37	OD: \$46.25	

Ballet

Using a traditional ballet class structure of barre and floor work, dancers will gain strength and flexibility, as well as work on ballet jumps, turns, and vocabulary. All levels welcome. **No class 5/25.**

Spring Term:

3/30-6/1 (9)	M	4-4:45 pm	4-6 yrs	CO41100
Rm 204		ID/AP: \$75	OD: \$93.75	

Ballet/Tap

Learn beginning technique for ballet and tap and develop coordination, strength, and balance. Tap shoes required. **No class 5/23.**

Winter Term:

1/10-3/14 (10)	S	11-11:45 am	4-6 yrs	CO31103
Rm 204		ID/AP: \$83	OD: \$103.75	

Spring Term:

4/1-6/3 (10)	W	5-5:45 pm	4-6 yrs	CO41102
Rm 204		ID/AP: \$83	OD: \$103.75	
4/4-6/6 (9)	S	11-11:45 am	4-6 yrs	CO41103
Rm 204		ID/AP: \$75	OD: \$93.75	

Creative Dance

Explore the artistry of movement! Experience rhythm, diverse dance techniques, and creative routines set to a variety of music and incorporates the use of dance props.

Spring Term:

4/3-6/5 (10)	F	9-9:45 am	3-5 yrs	CO41104
Rm 204		ID/AP: \$83	OD: \$103.75	

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 5/23.**

Winter Term:

1/10-3/14 (10)	S	9:45-10:30 am	3 ½ -5 yrs	CO31106
Rm 204		ID/AP: \$83	OD: \$103.75	

Spring Term:

4/4-6/6 (9)	S	9:45-10:30 am	3 ½ -5 yrs	CO41106
Rm 204		ID/AP: \$75	OD: \$93.75	
4/1-6/3 (10)	W	4-4:45 pm	3 ½ -5 yrs	CO41107
Rm 204		ID/AP: \$83	OD: \$103.75	

Pre-Ballet

Explore developmental ballet concepts such as balance, strength, control, coordination, and basic terminology. Techniques are introduced through props and fun music.

Spring Term:

4/3-6/5 (10)	F	11:15 am-12 pm	3-5 yrs	CO41101
Rm 204		ID/AP: \$83	OD: \$103.75	

Tiny Dancers

Tiny dancers will learn basic ballet movements and other forms of dance and improve both balance and coordination in a nurturing and fun environment. Props and fun music are incorporated. Adult participation is required to help guide and encourage the children. Please note that unregistered siblings cannot attend. **No class 5/23.**

Winter Term:

1/10-3/14 (10)	S	9-9:30 am	2.5-3 yrs	CO31108
Rm 204		ID/AP: \$65	OD: \$81.25	

Spring Term:

4/4-6/6 (9)	S	9-9:30 am	2.5-3 yrs	CO41108
Rm 204		ID/AP: \$58	OD: \$72.50	

Dance Recital Classes

Recital will be held at Garden Home Recreation Center on 3/21 at 11am with dress rehearsal on 3/20 at 5:30pm. Please note: Cost includes a \$50 recital fee.

Ballet - Recital

Using a traditional ballet class structure of barre and floor work, dancers will gain strength and flexibility, as well as work on ballet jumps, turns, and vocabulary. All levels welcome. **No class 1/19, 2/16.**

Winter Term:

1/5-3/16 (9)	M	4-4:45 pm	4-6 yrs	CO31100
Rm 204		ID/AP: \$125	OD: \$156.25	

Ballet/Tap - Recital

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

Winter Term:

1/7-3/18 (11)	W	5-5:45 pm	4-6 yrs	CO31102
Rm 204		ID/AP: \$142	OD: \$177.50	

Dance Palooza - Recital

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.

Winter Term:

1/7-3/18 (11)	W	4-4:45 pm	3 ½ -5 yrs	CO31107
Rm 204		ID/AP: \$142	OD: \$177.50	

Creative Dance - Recital

Explore the artistry of movement! Experience rhythm, diverse dance techniques, and creative routines set to a variety of music and incorporates the use of dance props.

Winter Term:

1/9-3/20 (11)	F	9-9:45 am	3-5 yrs	CO31104
Rm 204		ID/AP: \$142	OD: \$177.50	

Pre-Ballet - Recital

Explore developmental ballet concepts such as balance, strength, control, coordination, and basic terminology. Techniques are introduced through props and fun music.

Winter Term:

1/9-3/20 (11)	F	11:15 am-12 pm	3-5 yrs	CO31101
Rm 204		ID/AP: \$142	OD: \$177.50	

Tiny Tot Hip Hop

Young dancers will learn hip hop rhythm, musicality, coordination, and age-appropriate choreography to contemporary and upbeat music. Adult participation is required to help guide and encourage the children. Please note that unregistered siblings cannot attend. **No class 5/23.**

Winter Term:

1/10-3/14 (10)	S	2-2:45 pm	3-5 yrs	CO31109
Rm 204		ID/AP: \$83	OD: \$103.75	

Spring Term:

4/4-6/6 (9)	S	2-2:45 pm	3-5 yrs	CO41109
Rm 204		ID/AP: \$75	OD: \$93.75	

Sports

Basketball Rookies

A fun first step into basketball for preschoolers! Children will practice dribbling, passing, and shooting through playful games and skill stations that build coordination, teamwork, and confidence. No experience needed just excitement to learn and play! Adults are encouraged to join in to guide and encourage their little ones. Please note that unregistered siblings cannot attend. **No class 5/23.**

Winter Term:

1/10-2/14 (6)	S	1:30-2:15 pm	3-5 yrs	CO32118
GYM #1		ID/AP: \$64	OD: \$80	

2/21-3/14 (4)	S	1:30-2:15 pm	3-5 yrs	CO32119
GYM #1		ID/AP: \$45	OD: \$56.25	

1/10-2/14 (6)	S	2:30-3:15 pm	3-5 yrs	CO32120
GYM #1		ID/AP: \$64	OD: \$80	

2/21-3/14 (4)	S	2:30-3:15 pm	3-5 yrs	CO32121
GYM #1		ID/AP: \$45	OD: \$56.25	

Spring Term:

4/4-5/2 (5)	S	1:30-2:15 pm	3-5 yrs	CO42118
GYM #1		ID/AP: \$54	OD: \$67.50	

5/9-6/6 (4)	S	1:30-2:15 pm	3-5 yrs	CO42119
GYM #1		ID/AP: \$45	OD: \$56.25	

4/4-5/2 (5)	S	2:30-3:15 pm	3-5 yrs	CO42120
GYM #1		ID/AP: \$54	OD: \$67.50	

5/9-6/6 (4)	S	2:30-3:15 pm	3-5 yrs	CO42121
GYM #1		ID/AP: \$45	OD: \$56.25	

Parent & Me Self-Defense

Stay safe and have fun together! Parents and little ones learn simple moves, practice awareness, and build confidence through games, movement, and teamwork. One-to-one adult participation is required to help guide and encourage the children. Please note that unregistered siblings cannot attend.

Winter Term:

1/6-2/10 (6)	T	2-2:45 pm	4-5 yrs	CO32128
GYM #2		ID/AP: \$49	OD: \$61.25	

2/17-3/17 (5)	T	2-2:45 pm	4-5 yrs	CO32129
GYM #2		ID/AP: \$42	OD: \$52.50	

Spring Term:

3/31-4/28 (5)	T	2-2:45 pm	4-5 yrs	CO42128
GYM #2		ID/AP: \$42	OD: \$52.50	

5/5-6/02 (5)	T	2-2:45 pm	4-5 yrs	CO42129
GYM #2		ID/AP: \$42	OD: \$52.50	

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

P.E. Rookies new

This energetic class introduces preschoolers to basic physical skills through fun games. Kids practice running, jumping, throwing, catching, and balancing while learning teamwork and following directions. Adults are encouraged to join in to guide and cheer on their little athletes. Please note that unregistered siblings cannot attend. **No class 1/19, 5/25.**

Winter Term:

1/5-2/9 (5)	M	10:15-11 am	3-5 yrs	C032104
GYM #2		ID/AP: \$54	OD: \$67.50	
2/23-3/16 (4)	M	10:15-11 am	3-5 yrs	C032105
GYM #2		ID/AP: \$45	OD: \$56.25	

Spring Term:

3/30-4/27 (5)	M	10:15-11 am	3-5 yrs	C042104
GYM #2		ID/AP: \$54	OD: \$67.50	
5/4-6/1 (4)	M	10:15-11 am	3-5 yrs	C042105
GYM #2		ID/AP: \$45	OD: \$56.25	

Rookie Sports new

Introduce preschoolers to basketball, soccer, and baseball through fun games and skill-building activities. Kids develop coordination, confidence, and teamwork. Adults are encouraged to join in to guide and encourage their little ones. Please note that unregistered siblings cannot attend. **No class 5/23.**

Winter Term:

1/10-2/14 (6)	S	10:10-45 am	3-5 yrs	C032110
GYM #1		ID/AP: \$64	OD: \$80	
2/21-3/14 (4)	S	10:10-45 am	3-5 yrs	C032111
GYM #1		ID/AP: \$45	OD: \$56.25	

Spring Term:

4/4-5/2 (5)	S	10:10-45 am	3-5 yrs	C042110
GYM #1		ID/AP: \$54	OD: \$67.50	
5/9-6/6 (4)	S	10:10-45 am	3-5 yrs	C042111
GYM #1		ID/AP: \$45	OD: \$56.25	

Soccer Rookies new

A playful introduction to soccer for preschoolers! Kids will learn the basics—dribbling, passing, and shooting—through fun games and activities that build coordination, teamwork, and confidence. No experience needed—just lots of energy and a love for play! Adults are encouraged to join in to guide and encourage their little ones. Please note that unregistered siblings cannot attend. **No class 5/23.**

Winter Term:

1/10-2/14 (6)	S	11:15 am-12 pm	3-5 yrs	C032114
GYM #1		ID/AP: \$64	OD: \$80	
2/21-3/14 (4)	S	11:15 am-12 pm	3-5 yrs	C032115
GYM #1		ID/AP: \$45	OD: \$56.25	
1/10-2/14 (6)	S	12:15-1 pm	3-5 yrs	C032116
GYM #1		ID/AP: \$64	OD: \$80	
2/21-3/14 (4)	S	12:15-1 pm	3-5 yrs	C032117
GYM #1		ID/AP: \$45	OD: \$56.25	

Spring Term:

4/4-5/2 (5)	S	11:15 am-12 pm	3-5 yrs	C042114
GYM #1		ID/AP: \$54	OD: \$67.50	
5/9-6/6 (4)	S	11:15 am-12 pm	3-5 yrs	C042115
GYM #1		ID/AP: \$45	OD: \$56.25	
4/4-5/2 (5)	S	12:15-1 pm	3-5 yrs	C042116
GYM #1		ID/AP: \$54	OD: \$67.50	
5/9-6/6 (4)	S	12:15-1 pm	3-5 yrs	C042117
GYM #1		ID/AP: \$45	OD: \$56.25	

Tumbling Tykes

Toddlers will jump, roll, and tumble in this fun, active class! We'll build coordination, strength, and confidence through basic tumbling skills in a safe, padded space. Adults join in to guide and encourage their little ones. Please note that unregistered siblings cannot attend.

Winter Term:

1/6-2/10 (6)	T	9:30-10 am	2-3 yrs	C032122
GYM #2		ID/AP: \$39	OD: \$48.75	
2/17-3/17 (5)	T	9:30-10 am	2-3 yrs	C032123
GYM #2		ID/AP: \$34	OD: \$42.50	

Spring Term:

3/31-4/28 (5)	T	9:30-10 am	2-3 yrs	C042122
GYM #2		ID/AP: \$34	OD: \$42.50	
5/5-6/2 (5)	T	9:30-10 am	2-3 yrs	C042123
GYM #2		ID/AP: \$34	OD: \$42.50	

Tumbling Rookies new

Preschoolers will leap, roll, and balance their way through fun tumbling activities! This class builds coordination, strength, and confidence while introducing basic tumbling skills in a safe, padded space. Adults are encouraged to join in to guide and encourage their little ones. Please note that unregistered siblings cannot attend.

Winter Term:

1/6-2/10 (6)	T	10:15-11 am	4-5 yrs	C032124
GYM #2		ID/AP: \$49	OD: \$61.25	
1/6-2/10 (6)	T	1:15-2 pm	4-5 yrs	C032126
GYM #2		ID/AP: \$49	OD: \$61.25	
2/17-3/17 (5)	T	10:15-11 am	4-5 yrs	C032125
GYM #2		ID/AP: \$42	OD: \$52.50	
2/17-3/17 (5)	T	1:15-2 pm	4-5 yrs	C032126
GYM #2		ID/AP: \$42	OD: \$52.50	

Spring Term:

3/31-4/28 (5)	T	10:15-11 am	4-5 yrs	C042124
GYM #2		ID/AP: \$42	OD: \$52.50	
3/31-4/28 (5)	T	1:15-2 pm	4-5 yrs	C042126
GYM #2		ID/AP: \$42	OD: \$52.50	
5/5-6/2 (5)	T	10:15-11 am	4-5 yrs	C042125
GYM #2		ID/AP: \$42	OD: \$52.50	
5/5-6/2 (5)	T	1:15-2 pm	4-5 yrs	C042127
GYM #2		ID/AP: \$42	OD: \$52.50	

Tykes in Training new

This fun, active class helps toddlers develop motor skills through jumping, running, throwing, and balancing. Adults join to guide and cheer on their little athletes. Please note that unregistered siblings cannot attend. **No class 1/19, 5/23, 5/23.**

Winter Term:

1/5-2/9 (5)	M	9:30-10 am	2 ½ -3 ½ yrs	C032100
GYM #2		ID/AP: \$42	OD: \$52.50	
2/23-3/16 (4)	M	9:30-10 am	2 ½ -3 ½ yrs	C032101
GYM #2		ID/AP: \$35	OD: \$43.75	
1/10-2/14 (6)	S	9:15-9:45 am	2 ½ -3 ½ yrs	C032102
GYM #1		ID/AP: \$49	OD: \$61.25	
2/21-3/14 (4)	S	9:15-9:45 am	2 ½ -3 ½ yrs	C032103
GYM #1		ID/AP: \$35	OD: \$43.75	

Spring Term:

3/30-4/27 (5)	M	9:30-10 am	2 ½ -3 ½ yrs	C042100
GYM #2		ID/AP: \$42	OD: \$52.50	
5/4-6/1 (4)	M	9:30-10 am	2 ½ -3 ½ yrs	C042101
GYM #2		ID/AP: \$35	OD: \$43.75	
4/4-5/2 (5)	S	9:15-9:45 am	2 ½ -3 ½ yrs	C042102
GYM #1		ID/AP: \$42	OD: \$52.50	
5/9-6/6 (4)	S	9:15-9:45 am	2 ½ -3 ½ yrs	C042103
GYM #1		ID/AP: \$35	OD: \$43.75	

Sunday Night Swim and Pizza Party!

Create unforgettable memories at Conestoga! Each night includes Open Swim time with themed crafts, games, and activities. Kids will enjoy a pizza dinner with new friends.

Winter Term:

Board Game Night

Get ready for a brain-boosting, dice-rolling good time tonight! It's an evening of laughs, fun, and friendly competition with trivia and board games galore.

1/18 (1)	Su	4:45-7:45 pm	5-12 yrs	C035230
Rm 202, Rm 203		ID/AP: \$49	OD: \$61.25	

Slumber Party

You're invited to a spectacular slumber party themed night at Conestoga! We will enjoy a DIY eye mask craft, sing along to karaoke, and party the night away during this extended 3.5-hour program.

2/15 (1)	Su	4:45-8:15 pm	5-12 yrs	C035231
Rm 202, Rm 203		ID/AP: \$54	OD: \$67.50	

Galaxy Snap

Blast off into a galaxy of fun where kids will build cosmic puzzles and craft their own stellar magnets! Explore the stars, spark creativity, and make out-of-this-world memories.

3/15 (1)	Su	4:45-7:45 pm	5-12 yrs	C035232
Rm 202, Rm 203		ID/AP: \$49	OD: \$61.25	

Spring Term:

Treasure Island

Ahoy, mateys! Join your crew and get ready to set sail on a thrilling and tasty treasure hunt. Sharpen your wits and hoist the sails, because this booty won't find itself!

4/19 (1)	Su	4:45-7:45 pm	5-12 yrs	C045230
Rm 202, Rm 203		ID/AP: \$49	OD: \$61.25	

Marine Marvels

Jump into the wild world of marine animals and their superpowers! From sneaky skills to flashy fins, kids will discover how sea creatures stay safe in the deep blue sea. Extended Program: kids will dive into fun at a special water safety event to learn how we can stay safe, too!

5/17 (1)	Su	4:15-7:45 pm	5-12 yrs	C045231
Rm 202, Rm 203		ID/AP: \$54	OD: \$67.50	

Spring Break Camps

Looking for something fun to do over spring break? Join us for a week full of laughter, learning, and non-stop excitement! From nature walks and science experiments to art projects and team games, every day brings something new. It's the perfect way for kids to stay active, make new friends, and enjoy their break to the fullest.

3/23 (1)	M	7:30 am-6 pm	5-12 yrs	C025372323
Rm 202		ID/AP: \$70	OD: \$87.50	
3/24 (1)	T	7:30 am-6 pm	5-12 yrs	C025372324
Rm 202		ID/AP: \$70	OD: \$87.50	
3/25 (1)	W	7:30 am-6 pm	5-12 yrs	C025372325
Rm 202		ID/AP: \$70	OD: \$87.50	
3/26 (1)	Th	7:30 am-6 pm	5-12 yrs	C025372326
Rm 202		ID/AP: \$70	OD: \$87.50	
3/27 (1)	F	7:30 am-6 pm	5-12 yrs	C025372327
Rm 202		ID/AP: \$70	OD: \$87.50	

No School Day? Code in with Code Ninjas Day Camps!

Code Ninjas Coding Club: Adventures in Game Design

Let's make video games! Students will explore different programming concepts as they create various games inspired by Breakout, Snake, Flappy Bird, and more using a block-based programming language called Scratch, a kid-friendly, visual programming environment developed by MIT. We will introduce basic game design and programming concepts like loops, functions, and even video detection to create their own games. This class is instructed by Code Ninjas staff.

1/13-3/3 (8)	T	4:30-5:30 pm	8-14 yrs	C037205
Rm 205		ID/AP: \$178.50	OD: \$223	

Code Ninjas Day Off Camp: LEGO Robotics Day Camp

In this hands-on camp, campers will dive into the world of robotics using the LEGO Spike Prime robotics kit! They'll learn the fundamentals of designing, building, and coding their very own robots. As they explore sensors, motors, and coding, campers will put their creativity to the test, constructing unique robotic creations that can interact with their environment. It's a fun-filled day of building, problem-solving, and discovering the exciting possibilities of robotics! Please remember to send your camper with a water bottle, lunch, and snacks every day. This class is instructed by Code Ninjas staff.

1/27 (1)	T	9 am-3 pm	8-14 yrs	C037206
Rm 205		ID/AP: \$135.75	OD: \$169.50	

Code Ninjas Spring Break Camp: Stop Motion Magic Day Camp

In this camp, campers will use various crafting and materials, such as play doh, pipe cleaners, etc. to create stop-motion animation videos. They will also create their own short Claymation by building rapid prototypes and editing photo frames. Throughout the day, they will develop and grow their storytelling techniques, planning, and production skills; and use them to complete a culminating project! Please remember to send your camper with a water bottle, lunch, and snacks every day. This class is instructed by Code Ninjas staff.

3/23-3/27 (1)	M-F	9 am-12 pm	8-14 yrs	C037208
Rm 205		ID/AP: \$339.25	OD: \$424	

Code Ninjas Spring Break Camp: LEGO Robotics Day Camp

In this hands-on camp, campers will dive into the world of robotics using the LEGO Spike Prime robotics kit! They'll learn the fundamentals of designing, building, and coding their very own robots. As they explore sensors, motors, and coding, campers will put their creativity to the test, constructing unique robotic creations that can interact with their environment. It's a fun-filled day of building, problem-solving, and discovering the exciting possibilities of robotics! Please send a water bottle and a snack each day. This class is instructed by Code Ninjas staff.

3/23-3/27 (1)	M-F	12:30-3:30 pm	8-14 yrs	C037209
Rm 205		ID/AP: \$339.25	OD: \$424	

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

Yoga Tykes new

A fun, gentle yoga class for toddlers and their grown-ups. Through simple poses and playful movements, kids build balance, coordination, and confidence. Adults join in to guide and encourage their little ones. Please note that unregistered siblings cannot attend.

Winter Term:

1/8-2/12 (6)	Th	9:30-10 am	2-3 yrs	C032106
Rm 204		ID/AP: \$39	OD: \$48.75	
2/19-3/19 (5)	Th	9:30-10 am	2-3 yrs	C032107
Rm 204		ID/AP: \$34	OD: \$42.50	

Spring Term:

4/2-4/30 (5)	Th	9:30-10 am	2-3 yrs	C042106
Rm 204		ID/AP: \$34	OD: \$42.50	
5/7-6/4 (5)	Th	9:30-10 am	2-3 yrs	C042107
Rm 204		ID/AP: \$34	OD: \$42.50	

Yoga Rookies new

Wiggle, stretch, and have fun in this gentle yoga class for preschoolers and grown-ups. Using simple poses and songs, kids build balance and coordination. Adults join in to guide and encourage their little ones. Please note that unregistered siblings cannot attend.

Winter Term:

1/8-2/12 (6)	Th	10:15-11 am	4-5 yrs	C032108
Rm 204		ID/AP: \$49	OD: \$61.25	
2/19-3/19 (5)	Th	10:15-11 am	4-5 yrs	C032109
Rm 204		ID/AP: \$42	OD: \$52.50	

Spring Term:

4/2-4/30 (5)	Th	10:15-11 am	4-5 yrs	C042108
Rm 204		ID/AP: \$42	OD: \$52.50	
5/7-6/4 (5)	Th	10:15-11 am	4-5 yrs	C042109
Rm 204		ID/AP: \$42	OD: \$52.50	



Art

Afterschool Art

In Afterschool Art, students will discover a new medium or technique each week like clay, pencils, paint, and more while building their creative skills. No class 1/19, 2/16, 5/25.

Winter Term:

1/5-3/16 (9)	M	4-5 pm	5-7 yrs	C034208
Rm 205		ID/AP: \$81	OD: \$101.25	
1/5-3/16 (9)	M	5:15-6:15 pm	8-14 yrs	C034209
Rm 205		ID/AP: \$81	OD: \$101.25	
1/9-3/20 (11)	F	4-5 pm	5-7 yrs	C034210
Rm 205		ID/AP: \$97	OD: \$121.25	

Spring Term:

3/30-6/1 (9)	M	4:15-5:15 pm	5-7 yrs	C044208
Rm 205		ID/AP: \$81	OD: \$101.25	
3/30-6/1 (9)	M	5:30-6:30 pm	8-14 yrs	C044209
Rm 205		ID/AP: \$81	OD: \$101.25	
4/3-6/5 (10)	F	4:15-5:15 pm	5-7 yrs	C044210
Rm 205		ID/AP: \$89	OD: \$111.25	

Animal Art

Join us for a fun and creative art adventure! In this class, students will explore drawing and painting techniques to bring their favorite animals to life. From colorful parrots to playful puppies, young artists will unleash their imaginations while learning new skills in a supportive and exciting environment. **No class 5/23.**

Winter Term:

1/10-3/14 (10)	S	10:30-11:15 am	5-7 yrs	C034200
Rm 205		ID/AP: \$74	OD: \$92.50	

Spring Term:

4/4-6/6 (9)	S	10:30-11:15 am	5-7 yrs	C044200
Rm 205		ID/AP: \$68	OD: \$85	

Art and Graphic Novel Studio

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 5/23.**

Winter Term:

1/10-3/14 (10)	S	11:30 am-12:30 pm	7-12 yrs	C034201
Rm 205		ID/AP: \$89	OD: \$111.25	

Spring Term:

4/4-6/6 (9)	S	11:30 am-12:30 pm	7-12 yrs	C044201
Rm 205		ID/AP: \$81	OD: \$101.25	

Comic Book Creations

Unleash your imagination and bring your original characters and stories to life through the exciting world of comics! Students will explore the basics of comic book storytelling, including panel layout, visual pacing, and combining images with dialogue and narration. **No class 5/24.**

Winter Term:

1/11-3/15 (10)	Su	1-2 pm	7-12 yrs	C034202
Rm 205		ID/AP: \$89	OD: \$111.25	

Spring Term:

4/5-5/31 (8)	Su	1-2 pm	7-12 yrs	C044202
Rm 205		ID/AP: \$73	OD: \$91.25	

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 are used.

Winter Term:

1/7-3/18 (11)	W	5-6 pm	7-12 yrs	C034203
Rm 205		ID/AP: \$97	OD: \$121.25	
1/7-3/18 (11)	W	6:30-7:30 pm	10-14 yrs	C034204
Rm 205		ID/AP: \$97	OD: \$121.25	

Spring Term:

4/1-6/3 (10)	W	5-6 pm	7-12 yrs	C044203
Rm 205		ID/AP: \$89	OD: \$111.25	
4/1-6/3 (10)	W	6:30-7:30 pm	10-14 yrs	C044204
Rm 205		ID/AP: \$89	OD: \$111.25	

Jedi Masterpieces

Young artists will journey through the galaxy of creativity as they explore painting, drawing, and mixed media. Using the Force of imagination, Padawans will learn new techniques with a variety of art materials to create their own galactic masterpieces. **No class 5/23.**

Winter Term:

1/10-3/14 (10)	S	2-3 pm	6-10 yrs	C034207
Rm 205		ID/AP: \$89	OD: \$111.25	

Spring Term:

4/4-6/6 (9)	S	2-3 pm	6-10 yrs	C044207
Rm 205		ID/AP: \$81	OD: \$101.25	

Manga Magic Art Studio

Dive into the world of manga and anime character design! In this class we will explore character costume and clothing creation, design and world-building elements to make their characters come alive! This class is an excellent companion to Art and Graphic Novel Studios. **No class 5/24.**

Winter Term:

1/11-3/15 (10)	Su	2:15-3:15 pm	7-12 yrs	C034205
Rm 205		ID/AP: \$89	OD: \$111.25	

Spring Term:

3/29-5/31 (9)	Su	2:15-3:15 pm	7-12 yrs	C044205
Rm 205		ID/AP: \$81	OD: \$101.25	

Mythical Creature Studios

In Mythical Creatures Studios, artists will use various mediums to create legendary beasts while learning techniques like sketching, shading, color blending, and building texture. Bring dragons, unicorns, and your own magical creatures to life through imaginative art! **No class 5/23.**

Winter Term:

1/10-3/14 (10)	S	3:30-4:30 pm	7-12 yrs	C034206
Rm 205		ID/AP: \$89	OD: \$111.25	

Spring Term:

4/4-6/6 (9)	S	3:30-4:30 pm	7-12 yrs	C044206
Rm 205		ID/AP: \$81	OD: \$101.25	

Family Art Lab

Create, explore, and have fun together! Designed for families with children ages 5–10, this class offers a variety of hands-on art stations featuring different projects and mediums. All activities are accessible for every skill level—no experience needed, just a willingness to create! Cost includes one child and one adult but only the child needs to register. No unregistered family members.

Winter Term:

1/16 (1)	F	6-8 pm	5-10 yrs	C034500
Rm 205		ID/AP: \$55	OD: \$68.75	

2/13 (1)	F	6-8 pm	5-10 yrs	C034501
Rm 205		ID/AP: \$55	OD: \$68.75	

3/13 (1)	F	6-8 pm	5-10 yrs	C034502
Rm 205		ID/AP: \$55	OD: \$68.75	

Spring Term:

4/10 (1)	F	6:30-8:30 pm	5-10 yrs	C044500
Rm 205		ID/AP: \$55	OD: \$68.75	

5/8 (1)	F	6:30-8:30 pm	5-10 yrs	C044501
Rm 205		ID/AP: \$55	OD: \$68.75	

6/5 (1)	F	6:30-8:30 pm	5-10 yrs	C044502
Rm 205		ID/AP: \$55	OD: \$68.75	

Cooking Series

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.

Winter Term:

1/7-2/11 (6)	W	6:30-8 pm	8-12 yrs	C035216
Rm 202		ID/AP: \$126	OD: \$157.50	

2/18-3/18 (5)	W	6:30-8 pm	8-12 yrs	C035217
Rm 202		ID/AP: \$107	OD: \$133.75	

Spring Term:

4/1-4/29 (5)	W	6:30-8 pm	8-12 yrs	C045216
Rm 202		ID/AP: \$107	OD: \$133.75	

5/6-6/3 (5)	W	6:30-8 pm	8-12 yrs	C045217
Rm 202		ID/AP: \$107	OD: \$133.75	

Foodie Academy

Build on your kitchen skills in this next-level cooking class! Students will practice more advanced techniques, including knife skills, while exploring a variety of new recipes and cooking methods. Some prior experience is recommended. Please note: We cannot guarantee an allergy-free environment. **No class 5/23.**

Winter Term:

1/10-2/14 (6)	S	9-11:30 am	10-14 yrs	C035218
Rm 202		ID/AP: \$186	OD: \$232.50	

2/21-3/14 (4)	S	9-11:30 am	10-14 yrs	C035219
Rm 202		ID/AP: \$131	OD: \$163.75	

Spring Term:

4/4-5/2 (5)	S	9:30-11:30 am	10-14 yrs	C045218
Rm 202		ID/AP: \$135	OD: \$168.75	

5/9-6/6 (4)	S	9:30-11:30 am	10-14 yrs	C045219
Rm 202		ID/AP: \$112	OD: \$140	



One Day Cooking Workshops

Winter Term:

Gluten Free Dessert

Indulge your sweet tooth without the gluten! From rich chocolate delights to fruity favorites, you'll learn how to make gluten-free treats that are just as satisfying as their traditional counterparts. Along the way, we will share tips and tricks for baking success without wheat flour. Please note that we cannot guarantee an allergy-free environment.

1/9 (1) F 5:30-8 pm 8-12 yrs C035210
Rm 202 ID/AP: \$42 OD: \$52.50

Lasagna

A true classic of Italian comfort food, lasagna is always a crowd-pleaser. You'll learn techniques to balance flavors, build hearty layers, and bake a lasagna that's sure to become a favorite at your table. Please note that we cannot guarantee an allergy-free environment.

1/16 (1) F 5:30-8 pm 8-12 yrs C035211
Rm 202 ID/AP: \$42 OD: \$52.50

Chocolate, chocolate, chocolate!

Celebrate the magic of chocolate in all its forms! This class is all about indulgence-exploring rich, decadent chocolate desserts that highlight the versatility of this beloved ingredient. From smooth and silky to bold and intense, you'll learn techniques to create chocolate-forward treats that are sure to satisfy any sweet tooth. Please note that we cannot guarantee an allergy-free environment.

1/30 (1) F 5:30-8 pm 8-12 yrs C035212
Rm 202 ID/AP: \$42 OD: \$52.50

Pastry

Learn the art of creating delicate, flaky, and irresistible pastries from scratch. This class will guide you through essential techniques for making doughs, fillings, and perfect baked layers, whether sweet or savory. You'll gain tips for shaping, rolling, and baking pastries to achieve that professional-quality texture and flavor. Please note that we cannot guarantee an allergy-free environment.

2/13 (1) F 5:30-8 pm 8-12 yrs C035213
Rm 202 ID/AP: \$42 OD: \$52.50

Ice Cream, What a Dream!

Cool off with the ultimate homemade treat! In this class, you'll learn how to make creamy, delicious ice cream from scratch, exploring classic flavors and fun variations. Discover tips for achieving the perfect texture, balancing flavors, and creating a frozen dessert that's sure to impress. Please note that we cannot guarantee an allergy-free environment.

2/27 (1) F 5:30-8 pm 8-12 yrs C035214
Rm 202 ID/AP: \$42 OD: \$52.50

Pie in my eye - Galette

Discover the rustic charm of galettes, the free-form pies that are as beautiful as they are delicious. In this class, you'll learn how to make flaky pastry dough, assemble sweet or savory fillings, and bake a perfectly golden galette. With tips on shaping, folding, and flavor combinations, you'll leave ready to create these elegant yet approachable treats at home. Please note that we cannot guarantee an allergy-free environment.

3/13 (1) F 5:30-8 pm 8-12 yrs C035215
Rm 202 ID/AP: \$42 OD: \$52.50

Spring Term:

Gluten Free Savory

Explore the world of flavorful, satisfying dishes- all gluten-free! This class focuses on creating hearty, savory recipes that are perfect for any meal, from appetizers to main courses. You'll learn techniques for working with gluten-free ingredients while maintaining texture and taste, so you can enjoy meals that are both delicious and approachable. Please note that we cannot guarantee an allergy-free environment.

4/3 (1) F 5:30-8 pm 8-12 yrs C045210
Rm 202 ID/AP: \$42 OD: \$52.50

Put That In Your Pastry Bag and Pipe It

Immerse yourself in the art of the pastry bag with Chef Cat. She will inspire you with her creative techniques for crafting stunning buttercream flowers using various Russian pastry tips, perfect for exquisite cupcakes. Armed with her special buttercream recipe, you'll create beautiful cupcakes to take home and cherish. Please note that we cannot guarantee an allergy-free environment.

4/17 (1) F 5:30-8 pm 8-12 yrs C045211
Rm 202 ID/AP: \$42 OD: \$52.50

Tacos, tacos, tacos!

Spice up your kitchen with the flavors of authentic tacos! In this class, you'll learn how to prepare fresh tortillas, flavorful fillings, and delicious toppings to build tacos that are both satisfying and fun to eat. From classic combinations to creative twists, you'll gain techniques to make tacos perfect for any meal. Please note that we cannot guarantee an allergy-free environment.

5/1 (1) F 5:30-8 pm 8-12 yrs C045212
Rm 202 ID/AP: \$42 OD: \$52.50

Pizza Party

Discover the secrets to making delicious, homemade pizza from dough to toppings! In this class, you'll learn how to prepare a flavorful crust, balance sauces and cheeses, and assemble a pizza that's perfectly baked every time. Whether you love classic combinations or creative toppings, you'll gain the skills to make pizza that rivals your favorite pizzeria. Please note that we cannot guarantee an allergy-free environment.

5/15 (1) F 5:30-8 pm 8-12 yrs C045213
Rm 202 ID/AP: \$42 OD: \$52.50

Pasta From Scratch

Learn the art of making fresh, homemade pasta from start to finish! In this class, you'll master the techniques for creating tender, flavorful dough, rolling it to perfection, and shaping it into a variety of pasta types. From classic noodles to stuffed pasta, you'll gain the skills to bring authentic Italian flavors into your own kitchen. Please note that we cannot guarantee an allergy-free environment.

5/29 (1) F 5:30-8 pm 8-12 yrs C045214
Rm 202 ID/AP: \$42 OD: \$52.50

Tea Party Treats

Step into a world of elegance and whimsy with delightful treats perfect for a tea party. In this class, you'll learn to create dainty finger sandwiches, petite pastries, and sweet confections that are as beautiful as they are delicious. Gain tips on presentation, flavor pairings, and techniques to make your tea-time spread both charming and memorable. Please note that we cannot guarantee an allergy-free environment.

6/5 (1) F 5:30-8 pm 8-12 yrs C045215
Rm 202 ID/AP: \$42 OD: \$52.50

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

Dance

Ballet/Tap/Jazz

Ready for variety? In this fast-paced class, dancers will learn basic ballet, tap, and jazz techniques while building coordination and rhythm. Tap shoes required.

Winter Term:

1/10-3/14 (10)	S	12-12:45 pm	6-8 yrs	C031202
Rm 204		ID/AP: \$83	OD: \$103.75	

Ballet II

This class is designed for students who have taken pre- or beginning ballet classes, as well as motivated beginners. Dancers will strengthen their technique through floor work, barre exercises, and an introduction to basic choreography, with a focus on balance, coordination, and musicality. **No class 5/25.**

Spring Term:

3/30-6/1 (9)	M	5-5:45 pm	6-8 yrs	C041200
Rm 204		ID/AP: \$75	OD: \$93.75	

Ballet/Tap/Jazz

Ready for variety? In this fast-paced class, dancers will learn basic ballet, tap, and jazz techniques while building coordination and rhythm. Tap shoes required. **No class 5/23.**

Spring Term:

4/1-6/3 (10)	W	6:15-7 pm	6-8 yrs	C041201
Rm 204		ID/AP: \$83	OD: \$103.75	
4/4-6/6 (9)	S	12-12:45 pm	6-8 yrs	C041202
Rm 204		ID/AP: \$83	OD: \$103.75	

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 5/25.**

Spring Term:

3/30-6/1 (8)	M	6:15-7:15 pm	6-8 yrs	C041203
Rm 204		ID/AP: \$92	OD: \$115	

Contemporary/Jazz/Improv

This dynamic dance class blends contemporary, jazz, and improv styles to help young dancers build technique, express themselves, and move with confidence. Dancers will explore choreography and creative movement while developing strength, flexibility, and musicality in a supportive, high-energy environment.

4/3-6/5 (10)	F	4:30-5:30 pm	9-13 yrs	C041205
Rm 204		ID/AP: \$102	OD: \$127.50	

Hip Hop

Young dancers will learn hip hop rhythm, musicality, coordination, and age-appropriate choreography to contemporary and upbeat music. **No class 5/23.**

4/4-6/6 (9)	S	3-3:45 pm	7-11 yrs	C041204
Rm 204		ID/AP: \$75	OD: \$93.75	

Dance Recital Classes

Recital will be held at Garden Home Recreation Center on 3/21 at 11 am with dress rehearsal on 3/20 at 5:30 pm.

Please note: Cost includes a \$50 recital fee.

Ballet II -Recital

This class is designed for students who have taken pre- or beginning ballet classes, as well as motivated beginners. Dancers will strengthen their technique through floor work, barre exercises, and an introduction to basic choreography, with a focus on balance, coordination, and musicality. **No class 1/19, 2/16.**

Winter Term:

1/5-3/16 (9)	M	5-5:45 pm	6-8 yrs	C031200
Rm 204		ID/AP: \$125	OD: \$156.25	

Ballet/Tap/Jazz -Recital

Ready for variety? In this fast-paced class, dancers will learn basic ballet, tap, and jazz techniques while building coordination and rhythm. Tap shoes required.

Winter Term:

1/7-3/18 (11)	W	6:15-7 pm	6-8 yrs	C031201
Rm 204		ID/AP: \$142	OD: \$177.50	

Broadway Bound/Theater -Recital

Get a taste of Broadway! This class combines acting, singing, and dancing. Develop your creative interests and experience a final performance. **No class 1/19, 2/16.**

Winter Term:

1/5-3/16 (9)	M	6:15-7:15 pm	6-8 yrs	C031203
Rm 204		ID/AP: \$142	OD: \$177.50	

Contemporary/Jazz/Improv -Recital

This dynamic dance class blends contemporary, jazz, and improv styles to help young dancers build technique, express themselves, and move with confidence. Dancers will explore choreography and creative movement while developing strength, flexibility, and musicality in a supportive, high-energy environment.

Winter Term:

1/9-3/13 (10)	F	4:30-5:15 pm	9-13 yrs	C031205
Rm 204		ID/AP: \$133	OD: \$166.25	

Hip Hop -Recital

Young dancers will learn hip hop rhythm, musicality, coordination, and age-appropriate choreography to contemporary and upbeat music.

Winter Term:

1/10-3/14 (10)	S	3-3:45 pm	7-11 yrs	C031204
Rm 204		ID/AP: \$133	OD: \$166.25	

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

Fitness

Middle School Weight Training

This weight training program focuses on building coordination, mobility and helping middle school students ages 11-14 yrs old to learn proper handling of weight equipment. This group class is located in the Conestoga Recreation & Aquatic Center Weight room and can only be accessed during class time. **No class 1/27.**

Winter Term:

1/6-2/12 (12)	T/Th	4:45-5:45 pm	11-14 yrs	C032270
Rm 201,Weight Room		ID/AP: \$110	OD: \$137.50	

2/17-3/19 (10)	T/Th	4:45-5:45 pm	11-14 yrs	C032271
Rm 201,Weight Room		ID/AP: \$100	OD: \$125	

Spring Term:

3/31-4/30 (10)	T/Th	4:45-5:45 pm	11-14 yrs	C042270
Rm 201,Weight Room		ID/AP: \$100	OD: \$125	

5/5-6/4 (10)	T/Th	4:45-5:45 pm	11-14 yrs	C042271
Weight Room		ID/AP: \$100	OD: \$125	

General Interest

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.

Winter Term:

1/11-1/18 (2)	Su	9:30 am-1:30 pm	11-15 yrs	C035200
Rm 101		ID/AP: \$95	OD: \$118.75	

2/8-2/15 (2)	Su	9:30 am-1:30 pm	11-15 yrs	C035201
Rm 101		ID/AP: \$95	OD: \$118.75	

3/1-3/8 (2)	Su	9:30 am-1:30 pm	11-15 yrs	C035202
Rm 101		ID/AP: \$95	OD: \$118.75	

Spring Term:

3/29-4/5 (2)	Su	9:30 am-1:30 pm	11-15 yrs	C045200
Rm 101		ID/AP: \$95	OD: \$118.75	

4/19-4/26 (2)	Su	9:30 am-1:30 pm	11-15 yrs	C045201
Rm 101		ID/AP: \$95	OD: \$118.75	

5/10-5/17 (2)	Su	9:30 am-1:30 pm	11-15 yrs	C045202
Rm 101		ID/AP: \$95	OD: \$118.75	

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.

Winter Term:

1/11 (1)	Su	2:45-5:30 pm	8-12 yrs	C035204
Rm 101		ID/AP: \$41	OD: \$51.25	

2/8 (1)	Su	2:45-5:30 pm	8-12 yrs	C035205
Rm 101		ID/AP: \$41	OD: \$51.25	

3/1 (1)	Su	2:45-5:30 pm	8-12 yrs	C035206
Rm 101		ID/AP: \$41	OD: \$51.25	

Spring Term:

3/29 (1)	Su	2:45-5:30 pm	8-12 yrs	C045204
Rm 101		ID/AP: \$41	OD: \$51.25	

4/19 (1)	Su	2:45-5:30 pm	8-12 yrs	C045205
Rm 101		ID/AP: \$41	OD: \$51.25	

5/10 (1)	Su	2:45-5:30 pm	8-12 yrs	C045206
Rm 101		ID/AP: \$41	OD: \$51.25	

Code Ninjas Coding Club: Adventures in Game Design

Let's make video games! Students will explore different programming concepts as they create various games inspired by Breakout, Snake, Flappy Bird, and more using a block-based programming language called Scratch, a kid-friendly, visual programming environment developed by MIT. We will introduce basic game design and programming concepts like loops, functions, and even video detection to create their own games.

Winter Term:

1/13-3/3 (8)	T	4:30-5:30 pm	8-14 yrs	C037216
Rm 205		ID/AP: \$156.25	OD: \$195.25	

Spring Term:

4/7-4/28 (4)	T	4:30-5:30 pm	8-14 yrs	C047216
Rm 205		ID/AP: \$156.25	OD: \$195.25	

Introduction to American Sign Language

Taught by a deaf instructor, this class is perfect for anyone interested in learning American Sign Language. You will have the chance to acquire the essential skills needed to communicate using the language, including the alphabet, emotions, colors, numbers, and key phrases. You will have the tools to hold basic conversations inside and outside the classroom. Take advantage of this opportunity to broaden your communication abilities!

Winter Term:

1/6-2/10	T	7-8:15 pm	15-adult	C032540
Rm 203		ID/AP: \$105	OD: \$131.25	

Spring Term:

3/31-5/5	Th	7-8:15 pm	15-adult	C042540
Rm 203		ID/AP: \$105	OD: \$131.25	

Intermediate American Sign Language

Explore American Sign Language further in this intermediate skills class, taught by a deaf instructor! Students should be familiar with the basics of ASL. Take advantage of this opportunity to broaden your communication abilities!

Winter Term:

1/8-2/12	T	7-8:15 pm	15-adult	C032542
Rm 203		ID/AP: \$105	OD: \$131.25	

Spring Term:

4/2-5/7	Th	7-8:15 pm	15-adult	C032542
Rm 203		ID/AP: \$105	OD: \$131.25	

Sports

Basketball Starters

A fun introduction to basketball fundamentals! Players will learn basic skills such as dribbling, passing, shooting, and defense through engaging drills and games. This class builds coordination, confidence, and teamwork, perfect for those new to the sport. **No class 5/23.**

Winter Term:

1/6-2/10 (6)	T	4-4:45 pm	6-8 yrs	C032230
GYM #2		ID/AP: \$49	OD: \$61.25	

2/17-3/17 (5)	T	4-4:45 pm	6-8 yrs	C032231
GYM #2		ID/AP: \$42	OD: \$52.50	

1/10-2/14 (6)	S	11:15 am-12 pm	6-8 yrs	C032232
GYM #2		ID/AP: \$49	OD: \$61.25	

2/21-3/14 (4)	S	11:15 am-12 pm	6-8 yrs	C032233
GYM #2		ID/AP: \$35	OD: \$43.75	

Spring Term:

4/4-5/2 (5)	S	11:15 am-12 pm	6-8 yrs	C042230
GYM #2		ID/AP: \$42	OD: \$52.50	

5/9-6/6 (4)	S	11:15 am-12 pm	6-8 yrs	C042231
GYM #2		ID/AP: \$35	OD: \$43.75	

3/31-4/28 (5)	T	4-4:45 pm	6-8 yrs	C042232
GYM #2		ID/AP: \$42	OD: \$52.50	

5/5-6/2 (5)	T	4-4:45 pm	6-8 yrs	C042233
GYM #2		ID/AP: \$42	OD: \$52.50	

Basketball Pros new

For players ready to build on basic skills and develop more advanced techniques. This class focuses on improving dribbling, shooting, passing, defense, and game strategy through skill drills and scrimmages. **No class 5/23.**

Winter Term:

1/6-2/10 (6)	T	5-5:45 pm	9-11 yrs	C032236
GYM #2		ID/AP: \$49	OD: \$61.25	
2/17-3/17 (5)	T	5-5:45 pm	9-11 yrs	C032237
GYM #2		ID/AP: \$42	OD: \$52.50	
1/8-2/12 (6)	Th	4-4:45 pm	9-11 yrs	C032238
GYM #1		ID/AP: \$49	OD: \$61.25	
2/19-3/19 (5)	Th	4-4:45 pm	9-11 yrs	C032239
GYM #1		ID/AP: \$42	OD: \$52.50	
1/10-2/14 (6)	S	12:15-1 pm	9-11 yrs	C032240
GYM #2		ID/AP: \$49	OD: \$61.25	
2/21-3/14 (4)	S	12:15-1 pm	9-11 yrs	C032241
GYM #2		ID/AP: \$35	OD: \$43.75	

Spring Term:

3/31-4/28 (5)	T	5-5:45 pm	9-11 yrs	C042236
GYM #2		ID/AP: \$42	OD: \$52.50	
5/5-6/2 (5)	T	5-5:45 pm	9-11 yrs	C042237
GYM #2		ID/AP: \$42	OD: \$52.50	
4/2-4/30 (5)	Th	4-4:45 pm	9-11 yrs	C042238
GYM #1		ID/AP: \$42	OD: \$52.50	
5/7-6/4 (5)	Th	4-4:45 pm	9-11 yrs	C042239
GYM #1		ID/AP: \$42	OD: \$52.50	
4/4-5/2 (5)	S	12:15-1 pm	9-11 yrs	C042240
GYM #2		ID/AP: \$42	OD: \$52.50	
5/9-6/6 (4)	S	12:15-1 pm	9-11 yrs	C042241
GYM #2		ID/AP: \$35	OD: \$43.75	

Basketball All-Stars new

For skilled players focused on refining advanced techniques and game strategy. Emphasizes shooting, ball handling, defense, and teamwork through challenging drills and competitive play. Develops game awareness and confidence.

Winter Term:

1/6-2/10 (6)	T	6:15-7 pm	12-15 yrs	C032330
GYM #2		ID/AP: \$49	OD: \$61.25	
2/17-3/17 (5)	T	6:15-7 pm	12-15 yrs	C032331
GYM #2		ID/AP: \$42	OD: \$52.50	

Spring Term:

3/31-4/28 (5)	T	6:15-7 pm	12-15 yrs	C042330
GYM #2		ID/AP: \$42	OD: \$52.50	
5/5-6/2 (5)	T	6:15-7 pm	12-15 yrs	C042331
GYM #2		ID/AP: \$42	OD: \$52.50	

Conestoga Sports Club new

The Cougar Sports Club features indoor soccer/futsal, ending the session with a fun mini-tournament. Students are picked up from Conestoga Middle School and transported to the recreation center.

Winter Term:

01/5- 02/09 (6)	M	4:15-6 pm	11-14 yrs	C038301
GYM #2		ID/AP: \$110	OD: \$137.50	
2/23-3/16 (4)	M	4:15-6 pm	11-14 yrs	C038302
GYM #2		ID/AP: \$82	OD: \$102.50	

Spring Term:

4/1-4/29 (5)	W	4:15-6pm	11-14 yrs	C048301
GYM #2		ID/AP: \$92	OD: \$115	
5/6-6/3 (5)	W	4:15-6pm	11-14 yrs	C048302
GYM #2		ID/AP: \$92	OD: \$115	

Girls Flag Football Starters new

A fun, non-contact introduction to football just for girls! Players learn passing, catching, running, and flag pulling through games and drills that build teamwork, skills, and confidence in a supportive environment. Class is indoors. **No class 5/24.**

Winter Term:

1/11-2/8 (5)	Su	2:30-3:15 pm	8-10 yrs	C032246
GYM #1		ID/AP: \$42	OD: \$52.50	
2/15-3/15 (5)	Su	2:30-3:15 pm	8-10 yrs	C032247
GYM #1		ID/AP: \$42	OD: \$52.50	

Spring Term:

3/29-4/26 (5)	Su	2:30-3:15 pm	8-10 yrs	C042246
GYM #1		ID/AP: \$42	OD: \$52.50	
5/3-5/31 (4)	Su	2:30-3:15 pm	8-10 yrs	C042247
GYM #1		ID/AP: \$42	OD: \$52.50	

Kids Self-Defense

Build confidence, awareness, and strength! Kids learn practical self-defense skills, how to stay calm under pressure, and how to make safe choices. Through games, movement, and teamwork, students gain confidence while having fun and staying active.

Winter Term:

1/6-2/10 (6)	T	3-3:45 pm	4-5 yrs	C032130
GYM #2		ID/AP: \$49	OD: \$61.25	
2/17-3/17 (5)	T	3-3:45 pm	4-5 yrs	C032131
GYM #2		ID/AP: \$42	OD: \$52.50	

Spring Term:

3/31-4/28 (5)	T	3-3:45 pm	4-5 yrs	C042130
GYM #2		ID/AP: \$42	OD: \$52.50	
5/5-6/2 (5)	T	3-3:45 pm	4-5 yrs	C042131
GYM #2		ID/AP: \$42	OD: \$52.50	

Flag Football Pros new

A fun, non-contact introduction to football! Players will learn the basics of passing, catching, running routes, and flag pulling through engaging drills and team games. Class is indoors.

Winter Term:

1/8-2/12 (6)	Th	5-5:45 pm	7-10 yrs	C032242
GYM #2		ID/AP: \$49	OD: \$61.25	
2/19-3/19 (5)	Th	5-5:45 pm	7-10 yrs	C032243
GYM #2		ID/AP: \$42	OD: \$52.50	
1/8-2/12 (6)	Th	6:15-7 pm	7-10 yrs	C032244
GYM #2		ID/AP: \$49	OD: \$61.25	
2/19-3/19 (5)	Th	6:15-7 pm	7-10 yrs	C032245
GYM #2		ID/AP: \$42	OD: \$52.50	

Spring Term:

4/2-4/30 (5)	Th	5-5:45 pm	7-10 yrs	C042242
GYM #2		ID/AP: \$49	OD: \$61.25	
5/7-6/4 (5)	Th	5-5:45 pm	7-10 yrs	C042243
GYM #2		ID/AP: \$42	OD: \$52.50	
4/2-4/30 (5)	Th	6:15-7 pm	7-10 yrs	C042244
GYM #2		ID/AP: \$42	OD: \$52.50	
5/7-6/4 (5)	Th	6:15-7 pm	7-10 yrs	C042245
GYM #2		ID/AP: \$42	OD: \$52.50	



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

Futsal Starters new

A fun and fundamental introduction to futsal, the indoor version of soccer! Players will practice dribbling, passing, and shooting while learning the rules and strategies of the game. Shin guards recommended. **No class 1/19, 5/25.**

Winter Term:

1/5-2/9 (5)	M	5-5:45 pm	6-8 yrs	C032220
GYM #2		ID/AP: \$42	OD: \$52.50	
2/23-3/16 (4)	M	5-5:45 pm	6-8 yrs	C032221
GYM #2		ID/AP: \$35	OD: \$43.75	

Spring Term:

3/30-4/27 (5)	M	5-5:45 pm	6-8 yrs	C042220
GYM #2		ID/AP: \$42	OD: \$52.50	
5/4-6/1 (4)	M	5-5:45 pm	6-8 yrs	C042221
GYM #2		ID/AP: \$35	OD: \$43.75	

Futsal Pros new

For players ready to take their futsal skills to the next level! This class focuses on improving ball control, passing accuracy, quick decision-making, and game strategy through advanced drills and fast-paced scrimmages. Shin guards recommended. **No class 1/19, 5/25.**

Winter Term:

1/5-2/9 (5)	M	6:15-7 pm	9-12 yrs	C032222
GYM #2		ID/AP: \$42	OD: \$52.50	
2/23-3/16 (4)	M	6:15-7 pm	9-12 yrs	C032223
GYM #2		ID/AP: \$35	OD: \$43.75	

Spring Term:

3/30-4/27 (5)	M	6:15-7 pm	9-12 yrs	C042222
GYM #2		ID/AP: \$42	OD: \$52.50	
5/4-6/1 (4)	M	6:15-7 pm	9-12 yrs	C042223
GYM #2		ID/AP: \$35	OD: \$43.75	

Futsal All-Stars new

For players with solid skills looking to improve ball control, passing, and game awareness through fun drills and games. Builds confidence and teamwork in a supportive environment. Shin guards recommended.

Winter Term:

1/6-2/10 (6)	T	5-5:45 pm	13-16 yrs	C032320
GYM #1		ID/AP: \$49	OD: \$61.25	
2/17-3/17 (5)	T	5-5:45 pm	13-16 yrs	C032321
GYM #1		ID/AP: \$42	OD: \$52.50	

Spring Term:

3/31-4/28 (5)	T	5-5:45 pm	13-16 yrs	C042320
GYM #1		ID/AP: \$42	OD: \$52.50	
5/5-6/2 (5)	T	5-5:45 pm	13-16 yrs	C042321
GYM #1		ID/AP: \$42	OD: \$52.50	

Girls Basketball Pros new

Designed for girls with basic basketball skills who want to elevate their game. This class focuses on improving ball handling, shooting accuracy, defensive techniques, and team strategy through skill drills and competitive play in a supportive environment.

Winter Term:

1/8-2/12 (6)	Th	5-5:45 pm	9-11 yrs	C032234
GYM #1		ID/AP: \$49	OD: \$61.25	
2/19-3/19 (5)	Th	5-5:45 pm	9-11 yrs	C032235
GYM #1		ID/AP: \$42	OD: \$52.50	

Spring Term:

4/2-4/30 (5)	Th	5-5:45 pm	9-11 yrs	C042234
GYM #1		ID/AP: \$42	OD: \$52.50	
5/7-6/4 (5)	Th	5-5:45 pm	9-11 yrs	C042235
GYM #1		ID/AP: \$42	OD: \$52.50	

Girls Basketball All-Stars new

For experienced female players looking to enhance advanced skills and basketball IQ. Focuses on shooting, ball handling, defense, and team strategy through competitive drills and gameplay. Builds confidence, agility, and court awareness.

Winter Term:

1/8-2/12 (6)	Th	6:15-7 pm	12-15 yrs	C032332
GYM #1		ID/AP: \$49	OD: \$61.25	
2/19-3/19 (5)	Th	6:15-7 pm	12-15 yrs	C032334
GYM #1		ID/AP: \$42	OD: \$52.50	

Spring Term:

4/2-4/30 (5)	Th	6:15-7 pm	12-15 yrs	C042332
GYM #1		ID/AP: \$42	OD: \$52.50	
5/7-6/4 (5)	Th	6:15-7 pm	12-15 yrs	C042334
GYM #1		ID/AP: \$42	OD: \$52.50	

Soccer Starters: Indoors new

Participants will learn basic skills like dribbling, passing, and shooting through fun drills and games. This class helps build coordination, confidence, and teamwork in a supportive, encouraging environment. Perfect for kids just starting out! Shin guards recommended. **No class 5/23.**

Winter Term:

1/10-2/14 (6)	S	3:45-4:30 pm	7-10 yrs	C032212
GYM #1		ID/AP: \$64	OD: \$80	
2/21-3/14 (4)	S	3:45-4:30 pm	7-10 yrs	C032213
GYM #1		ID/AP: \$45	OD: \$56.25	

Spring Term:

1/10-2/14 (6)	S	9-9:45 am	6-8 yrs	C032224
GYM #2		ID/AP: \$49	OD: \$61.25	
2/21-3/14 (4)	S	9-9:45 am	6-8 yrs	C032225
GYM #2		ID/AP: \$45	OD: \$56.25	

Winter Term:

1/8-2/12 (6)	Th	4-4:45 pm	6-8 yrs	C032238
GYM #1		ID/AP: \$49	OD: \$61.25	
2/19-3/19 (5)	Th	4-4:45 pm	6-8 yrs	C032238
GYM #1		ID/AP: \$42	OD: \$52.50	

Spring Term:

4/4-5/2 (5)	S	3:45-4:30 pm	7-10 yrs	C042212
GYM #1		ID/AP: \$54	OD: \$67.50	
5/9-6/6 (4)	S	3:45-4:30 pm	7-10 yrs	C042213
GYM #1		ID/AP: \$45	OD: \$56.25	

Spring Term:

4/4-5/2 (5)	S	9-9:45 am	6-8 yrs	C042224
GYM #2		ID/AP: \$54	OD: \$67.50	
5/9-6/6 (4)	S	9-9:45 am	6-8 yrs	C042225
GYM #2		ID/AP: \$45	OD: \$56.25	

Spring Term:

4/2-4/30 (5)	Th	4-4:45 pm	6-8 yrs	C042238
GYM #1		ID/AP: \$42	OD: \$52.50	
5/7-6/4 (5)	Th	4-4:45 pm	6-8 yrs	C042239
GYM #1		ID/AP: \$42	OD: \$52.50	

Soccer Pros: Indoors new

Designed for players with basic soccer skills who want to improve their technique and game understanding. This class focuses on refining dribbling, passing, shooting, and positioning through skill-building drills and small-sided games. Shin guards recommended. **No class 5/23.**

Winter Term:

1/10-2/14 (6)	S	10-10:45 am	9-11 yrs	C032226
GYM #2		ID/AP: \$49	OD: \$61.25	
2/21-3/14 (4)	S	10-10:45 am	9-11 yrs	C032227
GYM #2		ID/AP: \$35	OD: \$43.75	

Spring Term:

4/4-5/2 (5)	S	10-10:45 am	9-11 yrs	C042226
GYM #2		ID/AP: \$42	OD: \$52.50	
5/9-6/6 (4)	S	10-10:45 am	9-11 yrs	C042227
GYM #2		ID/AP: \$35	OD: \$43.75	

Soccer All-Stars: Indoors new

For experienced players aiming to sharpen technical skills and game strategy. Focuses on advanced dribbling, passing, shooting, and tactical play through drills and competitive games. Shin guards recommended. **No class 5/23.**

Winter Term:

1/10-2/14 (6)	S	4:45-5:30 pm	12-15 yrs	C032322
GYM #1		ID/AP: \$49	OD: \$61.25	
2/21-3/14 (4)	S	4:45-5:30 pm	12-15 yrs	C032323
GYM #1		ID/AP: \$35	OD: \$43.75	

Spring Term:

4/4-5/2 (5)	S	4:45-5:30 pm	12-15 yrs	C042322
GYM #1		ID/AP: \$42	OD: \$52.50	
5/9-6/6 (4)	S	4:45-5:30 pm	12-15 yrs	C042323
GYM #1		ID/AP: \$35	OD: \$43.75	

Team Handball

This class serves as an introduction to one of the most dynamic and fast-paced team sports around the globe. Team Handball combines elements of basketball, soccer, and hockey, offering players an adrenaline-filled experience on the court.

Winter Term:

1/6-2/10 (6)	T	6:15-7 pm	8-12 yrs	C032272
GYM #1		ID/AP: \$49	OD: \$61.25	
2/17-3/17 (5)	T	6:15-7 pm	8-12 yrs	C032273
GYM #1		ID/AP: \$42	OD: \$52.50	

Spring Term:

3/31-4/28 (5)	T	6:15-7 pm	8-12 yrs	C042272
GYM #1		ID/AP: \$42	OD: \$52.50	
5/5-6/2 (5)	T	6:15-7 pm	8-12 yrs	C042273
GYM #1		ID/AP: \$42	OD: \$52.50	

Ultimate Frisbee Starters new

An exciting, fast-paced team sport that combines elements of soccer and football using a flying disc. Players practice throwing, catching, and strategic movement to work together and score points. Great for building endurance, coordination, and teamwork. **No class 5/24.**

Winter Term:

1/11-2/8 (5)	Su	3:30-4:15 pm	8-12 yrs	C032250
GYM #1		ID/AP: \$42	OD: \$52.50	
2/15-3/15 (5)	Su	3:30-4:15 pm	8-12 yrs	C032251
GYM #1		ID/AP: \$42	OD: \$52.50	

Spring Term:

3/29-4/26 (5)	Su	3:30-4:15 pm	8-12 yrs	C042250
GYM #1		ID/AP: \$42	OD: \$52.50	
5/3-5/31 (4)	Su	3:30-4:15 pm	8-12 yrs	C042251
GYM #1		ID/AP: \$35	OD: \$43.75	

Volleyball Starters new

A fun and active introduction to volleyball! Players will learn the basics of serving, passing, setting, and hitting through engaging drills and games that build skills, coordination, and teamwork. **No class 1/19, 5/25.**

Winter Term:

1/5-2/9 (5)	M	4-4:45 pm	7-8 yrs	C032200
GYM #1		ID/AP: \$54	OD: \$67.50	
2/23-3/16 (4)	M	4-4:45 pm	7-8 yrs	C032201
GYM #1		ID/AP: \$45	OD: \$56.25	
1/7-2/11 (6)	W	4-4:45 pm	7-8 yrs	C032202
GYM #1		ID/AP: \$64	OD: \$80	
2/18-3/18 (5)	W	4-4:45 pm	7-8 yrs	C032203
GYM #1		ID/AP: \$54	OD: \$67.50	
1/5-2/9 (5)	M	5-5:45 pm	9-11 yrs	C032204
GYM #1		ID/AP: \$54	OD: \$67.50	
2/23-3/16 (4)	M	5-5:45 pm	9-11 yrs	C032205
GYM #1		ID/AP: \$45	OD: \$56.25	
1/7-2/11 (6)	W	5-5:45 pm	9-11 yrs	C032206
GYM #1		ID/AP: \$64	OD: \$80	

2/18-3/18 (5)	W	5-5:45 pm	9-11 yrs	C032207
GYM #1		ID/AP: \$54	OD: \$67.50	
Spring Term:				
3/30-4/27 (5)	M	4-4:45 pm	7-8 yrs	C042200
GYM #1		ID/AP: \$54	OD: \$67.50	
5/4-6/1 (4)	M	4-4:45 pm	7-8 yrs	C042201
GYM #1		ID/AP: \$45	OD: \$56.25	
3/30-4/27 (5)	M	5-5:45 pm	9-11 yrs	C042202
GYM #1		ID/AP: \$54	OD: \$67.50	
5/4-6/1 (4)	M	5-5:45 pm	9-11 yrs	C042203
GYM #1		ID/AP: \$45	OD: \$56.25	
4/1-4/29 (5)	W	4-4:45 pm	9-11 yrs	C042204
GYM #1		ID/AP: \$54	OD: \$67.50	
5/6-6/3 (5)	W	4-4:45 pm	9-11 yrs	C042205
GYM #1		ID/AP: \$54	OD: \$67.50	
4/1-4/29 (5)	W	5-5:45 pm	9-11 yrs	C042206
GYM #1		ID/AP: \$54	OD: \$67.50	
5/6-6/3 (5)	W	5-5:45 pm	9-11 yrs	C042207
GYM #1		ID/AP: \$54	OD: \$67.50	

Karate For All Ages

Karate Kids

Students will learn basic blocks, punches, and kicks. They will improve in agility, flexibility, and strength as well as learn basic self-defense principles. White Karate uniforms are required.

Winter Term:

1/6-3/10 (10)	T	4-4:45 pm	6-8 yrs	C032290
Rm 204		ID/AP: \$79	OD: \$98.75	
1/8-3/12 (10)	Th	4-4:45 pm	6-8 yrs	C032291
Rm 204		ID/AP: \$79	OD: \$98.75	

Spring Term:

3/31-6/2 (10)	T	4-4:45 pm	6-8 yrs	C042290
Rm 204		ID/AP: \$79	OD: \$98.75	
4/2-6/4 (10)	Th	4-4:45 pm	6-8 yrs	C042291
Rm 204		ID/AP: \$79	OD: \$98.75	

Karate Foundations

Students will learn to build self-confidence, discipline, and motivation. In addition, they will learn basic blocks, punches, and kicks and progress through various skill work. White Karate uniforms are required.

Winter Term:

1/6-3/10 (10)	T	5-5:45 pm	8-10 yrs	C032292
Rm 204		ID/AP: \$79	OD: \$98.75	
1/8-3/12 (10)	Th	5-5:45 pm	8-10 yrs	C032293
Rm 204		ID/AP: \$79	OD: \$98.75	

Spring Term:

3/31-6/2 (10)	T	5-5:45 pm	8-10 yrs	C042292
Rm 204		ID/AP: \$79	OD: \$98.75	
4/2-6/4 (10)	Th	5-5:45 pm	8-10 yrs	C042293
Rm 204		ID/AP: \$79	OD: \$98.75	

Martial Arts

Kendo: Japanese Fencing

Learn the basic skills and techniques of Japanese swordsmanship. Martial arts philosophy and manners will be presented. Additional \$36 fee for the bamboo practice sword is due first night of class, payable to Obukan Kendo Club.

Winter Term:

1/9-3/13 (10)	F	6:45-7:45 pm	10-adult	C032590
Rm 201		ID/AP: \$96	OD: \$120	

Spring Term:

4/3-6/5 (10)	F	6:45-7:45 pm	10-adult	C042590
Rm 201		ID/AP: \$96	OD: \$120	

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

Fused Glass Workshops

Winter Term:

6" Suncatcher

Students in this class will have a choice of either a 6" circle or square piece of glass to create a design using a variety of colored glass and embellishments. These projects will then be fired in a kiln and made suitable for hanging. \$40 materials fee each, payable to the instructor in class

1/9 (1)	F	11 am-1 pm	14-adult	C034504
Rm 203		ID/AP: \$18	OD: \$22.50	

Kiln Carved Dish

Using scissors and exacto knives, 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 placed on a mold and formed into a stunning transparent dish. \$45 materials fee, payable to the instructor in class.

1/10 (1)	S	11 am-2 pm	14-adult	C034505
Rm 203		ID/AP: \$25	OD: \$31.25	

Garden Stake

Students will choose from a variety of shapes such as birds, flowers, fish, and more, to create unique art pieces that are glued to a 15" metal stake to add whimsy and color to your garden or flowerpots. These garden stakes also make excellent gifts. \$25 materials fee, payable to the instructor in class.

1/23 (1)	F	11 am-1 pm	14-adult	C034506
Rm 203		ID/AP: \$18	OD: \$22.50	

Tapas Dishes

Tapas means small plates; in this class students are given precut oval shaped clear glass for this project. Using a wide variety of colors and shapes of glass they will create their own unique "small plates". No prior experience is required. \$30 materials fee, payable to the instructor in class.

1/24 (1)	S	11 am-2 pm	14-adult	C034507
Rm 203		ID/AP: \$25	OD: \$31.25	

Coasters

Using a variety of colorful precut shapes of glass, students will make their own unique coasters to use in the home or give as gifts. Coasters come ready for use with small rubber feet attached. Create a single coaster or a set of 4. Materials fee, payable to the instructor in class: \$15 each or 4 for \$55

2/6 (1)	F	11 am-1 pm	14-adult	C034508
Rm 203		ID/AP: \$18	OD: \$22.50	

Wind Chimes

In this class students are given pre-cut base clear glass pieces and then, using a large variety of colors and shapes of glass, they will create their own unique wind chimes. No prior experience is required. Wind chimes are returned to students ready for hanging. Materials Fee: \$50 each, payable to the instructor in class.

2/7 (1)	S	11 am-2 pm	14-adult	C034509
Rm 203		ID/AP: \$25	OD: \$31.25	

Night Lights or Magnets

In this class, students will use a wide variety of precut shapes and colors to create their own unique nightlights and/or magnets. After fusing, the nightlights and magnets come ready for use. Materials fee, payable to the instructor in class: Magnets-\$10 each or 3 for \$25/Nightlights- \$25 each

2/20 (1)	F	11 am-1 pm	14-adult	C034510
Rm 203		ID/AP: \$18	OD: \$22.50	

Suncatchers

Create a sparkling 6" square suncatcher using a variety of colorful precut glass shapes. Students will receive these projects ready for hanging. \$45 materials fee each, payable to instructor in class.

2/21 (1)	S	11 am-2 pm	14-adult	C034511
Rm 203		ID/AP: \$25	OD: \$31.25	

8" Round Panel in Stand

In this class, students will choose from various shapes and colors of glass to create a unique 8" round glass panel to be displayed in a welded steel frame. Materials fee: \$95 each, payable to instructor in class. (Stand included)

3/6 (1)	F	11 am-1 pm	14-adult	C034512
Rm 203		ID/AP: \$18	OD: \$22.50	

Yard Art

Students in this class will begin with a pre-cut bird shaped piece of clear glass. Then, using a variety of colors and glass embellishments, they'll design their own bird dish. \$100 materials fee, payable to instructor in class. (Includes frame)

3/7 (1)	S	11 am-2 pm	14-adult	C034513
Rm 203		ID/AP: \$25	OD: \$31.25	

Spring Term:

Garden Stake

Starting with clear glass wedge-shaped base, students will choose from a variety of glasses and colors to design a beautiful garden stake to display in a flowerpot or garden. \$25 materials fee each, payable to the instructor in class.

4/3 (1)	F	11 am-1 pm	14-adult	C044504
Rm 203		ID/AP: \$18	OD: \$22.50	

Kiln Carved Suncatcher

Using scissors and exacto knives, 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 placed on a mold and formed into a stunning transparent dish. This piece comes ready for hanging with loops fired into the glass. \$45 materials fee, payable to the instructor in class.

4/4 (1)	S	11 am-2 pm	14-adult	C044505
Rm 203		ID/AP: \$25	OD: \$31.25	

Plant Stake

Starting with clear glass wedge-shaped base, students will choose from a variety of glasses and colors to design a beautiful garden stake to display in a flowerpot or garden. \$15 materials fee each, payable to the instructor in class.

4/17 (1)	F	9-11 am	14-adult	C044506
Rm 203		ID/AP: \$18	OD: \$22.50	

Continued

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

Fused Glass Workshops continued

Tapas Plates

The word Tapas means "small plates", usually used to serve appetizers, small plates of food, or hold trinkets. These oval dishes also make unique gifts. Students are given pre-cut oval glass and given a variety of pre-cut shapes and colors of glass to make their own unique "small plates", No prior experience needed. \$30 materials fee, payable to instructor in class.

4/18 (1) S	11 am-2 pm	14-adult	C044507
Rm 203	ID/AP: \$25	OD: \$31.25	

6" Suncatcher

Students in this class will have a choice of either a 6" circle or square piece of glass to create a design using a variety of colored glass and embellishments. These projects will then be fired in a kiln and made suitable for hanging. \$40 materials fee, payable to the instructor in class.

5/1 (1) F	11 am-1 pm	14-adult	C044508
Rm 203	ID/AP: \$18	OD: \$22.50	

Wind Chimes

A very popular class because wind chimes never go out of style! In this class students are given pre-cut base clear glass pieces and then, using a large variety of colors and shapes of glass, they will create their own unique wind chimes. No prior experience is required. Wind chimes are returned to students ready for hanging. \$50 materials fee, payable to instructor in class.

5/2 (1) S	11 am-2 pm	14-adult	C044509
Rm 203	ID/AP: \$25	OD: \$31.25	

Coasters

Using a variety of colorful precut shapes of glass, students will make their own unique coasters to use in the home or give as gifts. Coasters come ready for use with small rubber feet attached. Create a single coaster or a set of 4. Materials fee, payable to the instructor in class: \$15 each or 4 for \$55

5/15 (1) F	11 am-1 pm	14-adult	C044510
Rm 203	ID/AP: \$18	OD: \$22.50	

Kiln Carved Suncatcher

Using scissors and exacto knives, 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 placed on a mold and formed into a stunning transparent dish. This piece comes ready for hanging with loops fired into the glass. \$45 materials fee, payable to the instructor in class.

5/16 (1) S	11 am-2 pm	14-adult	C044511
Rm 203	ID/AP: \$25	OD: \$31.25	

8" Round Panel in Stand

In this class, students will choose from various shapes and colors of glass to create a unique 8" round glass panel to be displayed in a welded steel frame. \$95 materials fee, payable to instructor in class. (Includes stand)

5/29 (1) F	11 am-1 pm	14-adult	C044512
Rm 203	ID/AP: \$18	OD: \$22.50	

Yard Art

Students in this class will create a 4" x 24" panel to insert into a 4-foot-tall, welded steel frame garden stake. These are great projects to enhance your garden or yard. Materials Fee payable to the instructor in class - \$100 each (includes frame)

5/30 (1) S	11 am-2 pm	14-adult	C044513
Rm 203	ID/AP: \$25	OD: \$31.25	

Volleyball All-Stars new

For experienced players to refine skills with advanced serving, setting, hitting, blocking, and tactics. Competitive drills and scrimmages build agility and teamwork. **No class 1/19, 5/25.**

Winter Term:

1/5-2/9 (5)	M	6:15-7 pm	12-15 yrs	C032301
GYM #1		ID/AP: \$54	OD: \$67.50	
2/23-3/16 (4)	M	6:15-7 pm	12-15 yrs	C032302
GYM #1		ID/AP: \$45	OD: \$56.25	
1/7-2/11 (6)	W	6:15-7 pm	12-15 yrs	C032303
GYM #1		ID/AP: \$64	OD: \$80	
2/18-3/18 (5)	W	6:15-7 pm	12-15 yrs	C032304
GYM #1		ID/AP: \$54	OD: \$67.50	

Spring Term:

3/30-4/27 (5)	M	6:15-7 pm	12-15 yrs	C042301
GYM #1		ID/AP: \$54	OD: \$67.50	
5/4-6/1 (4)	M	6:15-7 pm	12-15 yrs	C042302
GYM #1		ID/AP: \$45	OD: \$56.25	
4/1-4/29 (5)	W	6:15-7 pm	12-15 yrs	C042303
GYM #1		ID/AP: \$54	OD: \$67.50	
5/6-6/3 (5)	W	6:15-7 pm	12-15 yrs	C042304
GYM #1		ID/AP: \$54	OD: \$67.50	

Youth/Teen/Adult Dance

MindBody Movement

This open-level, open-age class blends mindful movement and dance to help you reconnect with your body and the joy of moving. Less focused on technique, it's a space to slow down, explore, and move with intention and presence.

Winter Term:

1/9-3/13 (10)	F	5:45-6:45 pm	13-adult	C031206
Rm 204		ID/AP: \$102	OD: \$127.50	

Spring Term:

4/3-6/5 (10)	F	5:45-6:45 pm	13-adult	C041206
Rm 204		ID/AP: \$102	OD: \$127.50	

Fitness

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 David. Small group format. Maximum five people.

Winter Term:

1/10 (1)	S	10:30 am-12 pm	14-adult	C032550
Weight Room		ID/AP: \$18	OD: \$22.50	

Spring Term:

4/11 (1)	S	10:30 am-12 pm	14-adult	C042550
Weight Room		ID/AP: \$18	OD: \$22.50	

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

Family Sports

Family Karate

Students develop confidence, discipline, and teamwork while learning martial arts skills and ranks. Uniforms required. Children under 10 must attend with an enrolled adult. All must be enrolled.

Winter Term:

1/6-3/10 (10)	T	6:15-7:15 pm	8-adult	C032295
Rm 204		ID/AP: \$79	OD: \$98.75	
1/8-3/12 (10)	Th	6:15-7:15pm	8-adult	C032296
Rm 204		ID/AP: \$79	OD: \$98.75	

Spring Term:

3/31-6/2 (10)	T	6:15-7:15pm	8-adult	C042295
Rm 204		ID/AP: \$79	OD: \$98.75	
4/2-6/4 (10)	Th	6:15-7:15pm	8-adult	C042296
Rm 204		ID/AP: \$79	OD: \$98.75	



Pickleball Pals: Adult + Child

Learn to play pickleball with your athlete in this group class. Adults join in to guide and encourage their athletes. Please note that unregistered siblings cannot attend. Cost includes one adult and one child. **No class 5/24.**

Winter Term:

1/11-2/8 (5)	Su	1:15-2 pm	6-10 yrs	C032534
GYM #2		ID/AP: \$84	OD: \$105	
2/15-3/15 (5)	Su	1:15-2 pm	6-10 yrs	C032535
GYM #2		ID/AP: \$84	OD: \$105	

Spring Term:

3/29-4/26 (5)	Su	1:15-2 pm	6-10 yrs	C042534
GYM #2		ID/AP: \$84	OD: \$105	
5/3-5/31 (4)	Su	1:15-2 pm	6-10 yrs	C042535
GYM #2		ID/AP: \$84	OD: \$105	

Tennis Together

Learn to play tennis with your athlete in this group class. Basic intro level 1 class. Adults join in to guide and encourage their athletes. Please note that unregistered siblings cannot attend. Cost includes one adult. **No class 5/24.**

Winter Term:

1/11-2/8 (5)	Su	12:15-1 pm	6-10 yrs	C032530
GYM #1		ID/AP: \$84	OD: \$105	
2/15-3/15 (5)	Su	12:15-1 pm	6-10 yrs	C032531
GYM #1		ID/AP: \$84	OD: \$105	
1/11-2/8 (5)	Su	1:15-2 pm	6-10 yrs	C032532
GYM #1		ID/AP: \$41	OD: \$51.25	
2/15-3/15 (5)	Su	1:15-2 pm	6-10 yrs	C032533
GYM #1		ID/AP: \$84	OD: \$105	

Spring Term:

3/29-4/26 (5)	Su	12:15-1 pm	6-10 yrs	C042530
GYM #1		ID/AP: \$84	OD: \$105	
5/3-5/31 (4)	Su	12:15-1 pm	6-10 yrs	C042531
GYM #1		ID/AP: \$74	OD: \$92.50	
3/29-4/26 (5)	Su	1:15-2 pm	6-10 yrs	C042532
GYM #1		ID/AP: \$84	OD: \$105	
5/3-5/31 (4)	Su	1:15-2 pm	6-10 yrs	C042533
GYM #1		ID/AP: \$74	OD: \$92.50	

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 or 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.

Splash Pad Rentals (Seasonal)

Exploring alternative ways to celebrate a birthday? Consider our private splash pad rentals! For more information, check out our website.

Please call 503-629-6313 or scan QR code below for more details and pricing information.



Pickleball For All Ages

Pickleball Kids

A fun intro to pickleball for kids! Learn serving, volleying, and scoring through games that build coordination, agility, and teamwork. Perfect for beginners! **No class 5/24.**

Winter Term:

1/11-2/8 (5)	Su	12:15-1 pm	8-11 yrs	C032260
GYM #2		ID/AP: \$42	OD: \$52.50	
2/15-3/15 (5)	Su	12:15-1 pm	8-11 yrs	C032261
GYM #2		ID/AP: \$42	OD: \$52.50	

Spring Term:

3/29-4/26 (5)	Su	12:15-1 pm	8-11 yrs	C042260
GYM #2		ID/AP: \$42	OD: \$52.50	
5/3-5/31 (4)	Su	12:15-1 pm	8-11 yrs	C042261
GYM #2		ID/AP: \$35	OD: \$43.75	

Teen Pickleball

A fun and active class for teens to learn and improve pickleball skills. Players will practice serving, volleying, and scoring through engaging drills and games that build coordination, agility, and sportsmanship. Perfect for beginners and those with some experience.

Winter Term:

1/9-2/13 (6)	F	5:15-6 pm	12-16 yrs	C032360
GYM #1		ID/AP: \$49	OD: \$61.25	
2/20-3/13 (4)	F	5:15-6 pm	12-16 yrs	C032361
GYM #1		ID/AP: \$35	OD: \$43.75	

Spring Term:

4/10-5/1 (4)	F	5:15-6 pm	12-16 yrs	C042360
GYM #1		ID/AP: \$37	OD: \$46.25	
5/8-6/5 (5)	F	5:15-6 pm	12-16 yrs	C042361
GYM #1		ID/AP: \$42	OD: \$52.50	

Pickleball Basics

A beginner-friendly class where adults learn and practice pickleball fundamentals like serving, volleying, and scoring. Enjoy fun drills and games that build fitness, coordination, and social connections. **No class 5/24.**

Winter Term:

1/6-2/10 (6)	T	9:30-10:30 am	18-adult	C032500
GYM #1		ID/AP: \$59	OD: \$73.75	
2/17-3/17 (5)	T	9:30-10:30 am	18-adult	C032501
GYM #1		ID/AP: \$50	OD: \$62.50	
1/9-2/13 (6)	F	2:45-3:45 pm	18-adult	C032502
GYM #2		ID/AP: \$59	OD: \$73.75	
2/20-3/20 (5)	F	2:45-3:45 pm	18-adult	C032503
GYM #2		ID/AP: \$50	OD: \$62.50	
1/11-2/8 (5)	Su	2:30-3:30 pm	18-adult	C032506
GYM #2		ID/AP: \$50	OD: \$62.50	
2/15-3/15 (5)	Su	2:30-3:30 pm	18-adult	C032507
GYM #2		ID/AP: \$50	OD: \$62.50	

Spring Term:

3/29-4/26 (5)	Su	2:30-3:30 pm	18-adult	C042500
GYM #2		ID/AP: \$50	OD: \$62.50	
5/3-5/31 (4)	Su	2:30-3:30 pm	18-adult	C042501
GYM #2		ID/AP: \$44	OD: \$54.50	
3/31-4/28 (5)	T	9:30-10:30 am	18-adult	C042502
GYM #1		ID/AP: \$50	OD: \$62.50	
5/5-6/2 (5)	T	9:30-10:30 am	18-adult	C042503
GYM #1		ID/AP: \$50	OD: \$62.50	
4/3-4/31 (5)	F	2:45-3:45 pm	18-adult	C042506
GYM #2		ID/AP: \$50	OD: \$62.50	
5/8-6/5 (5)	F	2:45-3:45 pm	18-adult	C042507
GYM #2		ID/AP: \$50	OD: \$62.50	

Pickleball Drills

Focused practice sessions designed to improve your pickleball skills. Work on serving, volleying, dinking, and footwork through targeted drills that build precision, agility, and game confidence. Suitable for players of all levels.

Winter Term:

1/6-2/10 (6)	T	11 am-12 pm	18-adult	C032510
GYM #1		ID/AP: \$59	OD: \$73.75	
2/17-3/17 (5)	T	11 am-12 pm	18-adult	C032511
GYM #1		ID/AP: \$50	OD: \$62.50	
1/7-2/11 (6)	W	6:15-7:15 pm	18-adult	C032512
GYM #2		ID/AP: \$59	OD: \$73.75	
2/18-3/18 (5)	W	6:15-7:15 pm	18-adult	C032513
GYM #2		ID/AP: \$50	OD: \$62.50	
1/9-2/13 (6)	F	6:30-7:30 pm	18-adult	C032516
GYM #1		ID/AP: \$59	OD: \$73.75	
2/20-3/13 (4)	F	6:30-7:30 pm	18-adult	C032517
GYM #1		ID/AP: \$41	OD: \$51.25	

Spring Term:

4/1-4/29 (5)	W	6:15-7:15 pm	18-adult	C042510
GYM #2		ID/AP: \$50	OD: \$62.50	
5/6-6/3 (5)	W	6:15-7:15 pm	18-adult	C042511
GYM #2		ID/AP: \$50	OD: \$62.50	
4/10-5/1 (4)	F	6:30-7:30 pm	18-adult	C042512
GYM #1		ID/AP: \$44	OD: \$55	
5/8-6/5 (5)	F	6:30-7:30 pm	18-adult	C042513
GYM #1		ID/AP: \$50	OD: \$62.50	
3/31-4/28 (5)	T	11 am-12 pm	18-adult	C042516
GYM #1		ID/AP: \$50	OD: \$62.50	
5/5-6/2 (5)	T	11 am-12 pm	18-adult	C042517
GYM #1		ID/AP: \$50	OD: \$62.50	

Pickleball Intermediate

For players with basic skills ready to improve their technique and strategy. This class focuses on refining serves, volleys, and court positioning through drills and gameplay. Build confidence, consistency, and smarter play. **No class 5/24.**

Winter Term:

1/9-2/13 (6)	F	4-5 pm	18-adult	C032521
GYM #1		ID/AP: \$59	OD: \$73.75	
2/20-3/13 (4)	F	4-5 pm	18-adult	C032522
GYM #1		ID/AP: \$44	OD: \$54.50	
1/11-2/8 (5)	Su	3:45-4:45 pm	18-adult	C032523
GYM #2		ID/AP: \$50	OD: \$62.50	
2/15-3/15 (5)	Su	3:45-4:45 pm	18-adult	C032524
GYM #2		ID/AP: \$50	OD: \$62.50	

Spring Term:

4/10-5/1 (4)	F	4-5 pm	18-adult	C042521
GYM #1		ID/AP: \$44	OD: \$54.50	
5/8-6/5 (5)	F	4-5 pm	18-adult	C042522
GYM #1		ID/AP: \$50	OD: \$62.50	
3/29-4/26 (5)	Su	3:45-4:45 pm	18-adult	C042523
GYM #2		ID/AP: \$50	OD: \$62.50	
5/3-5/31 (4)	Su	3:45-4:45 pm	18-adult	C042524
GYM #2		ID/AP: \$44	OD: \$55	

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.

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.

Cardio Fusion

A work out that pairs moderate aerobics with exercises and dance moves that are designed to improve strength, balance and flexibility.

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.

Low Impact Aerobics

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

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.

Strength & Endurance

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

Stretch, Core, and More

Walk taller, feel stronger! This class focuses on flexibility, core strength, and postural work.

Tai Chi I

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

Total Body Strength

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

Yoga, All Levels

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.

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. Weight Room Orientations are financial aid eligible.

\$63 ID / \$78.50 OD

Buddy Training

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

1 session \$53 ID/ \$66.25 OD

3 sessions \$149.25 ID/ \$186.50 OD

6 sessions \$272.25 ID/ \$340.25 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 \$71 ID/ \$88.75 OD

3 sessions \$200 ID/ \$250 OD

6 sessions \$365 ID/ \$456.25 OD

Garden Home Recreation Center



TUALATIN HILLS
PARK & RECREATION DISTRICT

7475 SW Oleson Road
Portland, 97223
503-629-6341

TriMet Route #45

Center Supervisor: Karol Watts

Winter Term: January 5 – March 29

Spring Term: March 30 – June 14

Center Hours:

Monday – Friday 7 am – 8:30 pm

Saturday 8 am – 4 pm

Sunday 8 am – 4 pm

Facility Closed:

- Wednesday, December 31
- Thursday, January 1
- Monday, January 19
- Monday, February 16
- Sunday, April 5
- Monday, May 25

Facility Features:

- Weight room/fitness center, shower/locker rooms
- THRIVE Afterschool Enrichment Program
- Indoor gym for drop-in sports
- Kitchen for cooking classes
- Fully-equipped gymnastics room, and 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

Garden Home Recreation Center has spaces available for rent during building hours. This includes:

- Gym rentals
- Room rentals
- Outside Covered Area
- Birthday parties
- Gymnastics room

NEW: Sunday rentals are now available!

Call 503-629-6341 for more information.

Events

Lunar New Year Celebration

Saturday, February 28

4 - 9 pm

FREE EVENT



Marhaba Arab Celebration

Saturday, April 18

11 am - 3 pm

FREE EVENT



Spring Break Camps

No school during spring break? Join us for all-day 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.

See page 123 for more details.

Spring Break Mini Art Camp

Come join our single day mini art camps. Each day will feature three unique art and craft projects for your kids to explore their creativity and imagination!

See page 123 for more details.

Spring Break Archery Mini Camp

Three days of indoor archery! Learn to shoot, score, balloons and a team event!

See page 123 for more details.

Fitness Classes and Drop-In Sports

See page 132 for Garden Home Recreation Center's description of classes.



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.



Join us for weekly story times on Wednesdays and Saturdays at 10 am!

Preschools

Funny Farm Early Learning Center, Inc. • 503-245-3107

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 Español.**

Ages: 1-5

Join us for
Tumble Tots

Drop-in playtime in our Gymnastics Room

Tuesdays & Thursdays: 9 – 10:30 am & 10:45 am – 12 pm

Saturdays: 9 – 10:30 am

ID: \$5.75 • OD: \$8

Special Tumble Tots Events

9 am -12 pm

Valentine's Day Fun

February 5

Leprechauns, Shamrocks, & More!

March 12

Spring Into Fun

April 23

Drop-in rates apply.



**TUALATIN HILLS
PARK & RECREATION DISTRICT**

Rec Mobile

Every child deserves a chance at a healthy lifestyle that includes active play, challenging activities, creative projects, and encouraging mentors!

THPRD's Rec Mobile provides free athletic, artistic, and educational programs at local schools, parks and housing complexes.

Check out website at www.thprd.org for our outreach schedule.



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.

VIRTUAL OPEN HOUSE

Wednesday, April 22

Presentation: 6-6:30 pm

Q&A Session: 6:30-7 pm

REGISTRATION: 2026-2027 School Year

- **Monday, May 4 - Sunday, May 10:** Registration opens for current participants.
- **Monday, May 11 - Wednesday, May 13:** Registration window for enrolled participant's siblings is open.
- **Thursday, May 14:** Open enrollment will begin, provided space in the program remains.

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

Schools Garden Home Recreation Center serve:

- Fir Grove
- McKay
- Vose
- Montclair
- Raleigh Hills
- Raleigh Park
- Chehalem, Onsite at school

**We accept
ERDC!**



Have a good program idea?

Are you interested in teaching a new class?
Call us at 503-629-6341.

Spring Break Camps

Spring Break Camp

All-day spring break camp fun! Each day will include games, sports, arts and crafts, and more. Register for single days or the whole week. Please remember to send your child everyday with a water bottle, lunch, and a snack.

3/23 (1) Rm C	M	7:30 am-6 pm ID/AP: \$97	6-10 yrs OD: \$121.25	GH37210
3/24 (1) Rm C	T	7:30 am-6 pm ID/AP: \$97	6-10 yrs OD: \$121.25	GH37211
3/25 (1) Rm C	W	7:30 am-6 pm ID/AP: \$97	6-10 yrs OD: \$121.25	GH37212
3/26 (1) Rm C	Th	7:30 am-6 pm ID/AP: \$97	6-10 yrs OD: \$121.25	GH37213
3/27 (1) Rm C	F	7:30 am-6 pm ID/AP: \$97	6-10 yrs OD: \$121.25	GH37214

Spring Break Art Mini Camp

Come join our single day mini art camps. Each day will feature three unique art and craft projects for your kids to explore their creativity and imagination!

3/23 (1) Rm 13	M	9:30 am-12:30 pm ID/AP: \$34	6-10 yrs OD: \$42.50	GH34217
3/24 (1) Rm 13	T	9:30 am-12:30 pm ID/AP: \$34	6-10 yrs OD: \$42.50	GH34218
3/25 (1) Rm 13	W	9:30 am-12:30 pm ID/AP: \$34	6-10 yrs OD: \$42.50	GH34219
3/26 (1) Rm 13	Th	9:30 am-12:30 pm ID/AP: \$34	6-10 yrs OD: \$42.50	GH34220

Spring Break Archery Mini Camp

3 days of indoor archery! Learn to shoot, score, balloons and a team event! \$60 lab fee payable to the instructor on the first day. Held at: Archers Afield, 11945 SW Pacific Hwy Ste #121, Tigard, OR 97223 Tigard Plaza Shopping Center, Lower Level, Corner of Hall and Hwy 99

3/23-3/25 (1) OffSite	M/T/W	10:30-11:30 am ID/AP: \$15	7-adult OD: \$18.75	GH32235
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Arts & Crafts – Youth

Craft the Seasons

Celebrate the magic of each season in this fun, hands-on workshop! Each session focuses on the current holiday or seasonal theme, where kids will create festive DIY crafts to take home.

Frosty Fun Crafts

1/27 (1)	T	11 am-1 pm	7-10 yrs	GH36200
Rm 13		ID/AP: \$18	OD: \$22.50	

Hearts & Crafts

2/13 (1)	F	4-6 pm	7-10 yrs	GH36201
Rm 13		ID/AP: \$18	OD: \$22.50	

Springtime Creations

3/27 (1)	F	10 am-12 pm	7-10 yrs	GH36202
Rm 13		ID/AP: \$18	OD: \$22.50	

Arts & Crafts – Adults

Cozy & Crafty

Springtime Creations

Celebrate the beauty of fall by crafting together! Families will create leaf wreaths, mini pumpkin centerpieces, and harvest-themed decorations. Plus, enjoy some warm treats to make the season extra special.

3/24 (1)	T	2-4 pm	7-adult	GH37221
Rm 13		ID/AP: \$22	OD: \$27.50	

Tie-Dye Together

Celebrate Earth Day with colorful family fun! Each participant will receive a t-shirt and tie-dye kit to create their own vibrant designs. Bring other items from home to customize even more!

4/19 (1)	Su	11 am-1 pm	7-adult	GH48217
Rm 13		ID/AP: \$22	OD: \$27.50	

Bright Days, Fun Crafts

Join us for a fun art workshop the whole family can enjoy! This session features easy, hands-on projects like sun catchers, beachy frames, or flower collages. All supplies are included, just bring your creativity and enjoy crafting together!

5/8 (1)	F	4-6 pm	7-adult	GH48218
Rm 13		ID/AP: \$22	OD: \$27.50	



Adult Crochet Workshop

Join us for a relaxing two-hour crochet workshop where you'll learn the basics and create one cozy project to take home. Perfect for beginners or those looking to refresh their skills, this class provides all the materials and guidance you need to complete a handmade item you'll be proud of!

1/26 (1)	M	5:30-7:30 pm	16-adult	GH34400
Rm 13		ID/AP: \$18	OD: \$22.50	
2/23 (1)	M	5:30-7:30 pm	16-adult	GH34401
Rm 13		ID/AP: \$18	OD: \$22.50	
3/16 (1)	M	5:30-7:30 pm	16-adult	GH34402
Rm 13		ID/AP: \$18	OD: \$22.50	
4/13 (1)	M	5:30-7:30 pm	16-adult	GH44400
Rm 13		ID/AP: \$18	OD: \$22.50	
5/11 (1)	M	5:30-7:30 pm	16-adult	GH44401
Rm 13		ID/AP: \$15	OD: \$18.75	
6/8 (1)	M	5:30-7:30 pm	16-adult	GH44402
Rm 13		ID/AP: \$18	OD: \$22.50	

Family Art Studio

Get creative together in this fun and colorful monthly family art workshop! Each session features a variety of hands-on arts and crafts projects inspired by the current season or upcoming holiday. From painting to crafting and everything in between, there's something new to enjoy every month. Come make memories and masterpieces as a family!

1/25 (1)	Su	11 am-1 pm	7-adult	GH37215
Rm 13		ID/AP: \$18	OD: \$22.50	
2/22 (1)	Su	11 am-1 pm	7-adult	GH37216
Rm 13		ID/AP: \$18	OD: \$22.50	
3/8 (1)	Su	11 am-1 pm	7-adult	GH37217
Rm 13		ID/AP: \$18	OD: \$22.50	
4/18 (1)	S	11 am-1 pm	7-adult	GH48208
Rm 13		ID/AP: \$18	OD: \$22.50	
5/16 (1)	S	11 am-1 pm	7-adult	GH48209
Rm 13		ID/AP: \$18	OD: \$22.50	

Dance – Preschool

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.

1/13-3/17 (10)	T	4-4:45 pm	3-5-5 yrs	GH31106
Rm 14		ID/AP: \$82	OD: \$102.50	
3/31-5/26 (9)	T	4-4:45 pm	3-5-5 yrs	GH41106
Rm 14		ID/AP: \$74	OD: \$92.50	

Ballet/Tap

Sample two of the most fundamental dance forms in this fun class.

1/13-3/17 (10)	T	5-5:45 pm	4-6 yrs	GH31103
Rm 14		ID/AP: \$82	OD: \$102.50	
3/31-5/26 (9)	T	5-5:45 pm	4-6 yrs	GH41103
Rm 14		ID/AP: \$74	OD: \$92.50	

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.

1/15-2/12 (5)	Th	4-4:45 pm	4-6 yrs	GH31108
Rm 14		ID/AP: \$41	OD: \$51.25	
2/19-3/19 (5)	Th	4-4:45 pm	4-6 yrs	GH31109
Rm 14		ID/AP: \$41	OD: \$51.25	
4/2-4/30 (5)	Th	4-4:45 pm	4-6 yrs	GH41108
Rm 14		ID/AP: \$41	OD: \$51.25	
5/7-5/28 (4)	Th	4-4:45 pm	4-6 yrs	GH41109
Rm 14		ID/AP: \$33	OD: \$41.25	

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

Mini Flamenco Dancers

Mini Flamenco Dancers introduces our youngest dancers to the basics of footwork, palmas (hand percussion), and cante (singing in Spanish).

1/16-2/13 (5)	F	5:15-6 pm	3-6 yrs	GH31204
Rm 14		ID/AP: \$41	OD: \$51.25	
2/20-3/20 (5)	F	5:15-6 pm	3-6 yrs	GH31205
Rm 14		ID/AP: \$41	OD: \$51.25	
4/3-5/1 (5)	F	5:15-6 pm	3-6 yrs	GH41204
Rm 14		ID/AP: \$41	OD: \$51.25	
5/8-5/29 (4)	F	5:15-6 pm	3-6 yrs	GH41205
Rm 14		ID/AP: \$33	OD: \$41.25	



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).

Dance – Youth

Ballet/Tap/Jazz

Ready for variety? We'll learn some basic technique and fun routines in this fast paced class. Tap shoes required.

1/13-3/17 (10)	T	6:15-7 pm	6-8 yrs	GH31201
Rm 14		ID/AP: \$82	OD: \$102.50	
3/31-5/26 (9)	T	6:15-7 pm	6-8 yrs	GH41201
Rm 14		ID/AP: \$74	OD: \$92.50	

Ballet

Traditional ballet techniques class. Comprehensive barre and center work for motivated beginners and intermediate dancers. Students develop strength, flexibility, coordination and confidence.

1/15-2/12 (5)	Th	5:5-45 pm	6-8 yrs	GH31200
Rm 14		ID/AP: \$41	OD: \$51.25	
2/19-3/19 (5)	Th	5:5-45 pm	6-8 yrs	GH31208
Rm 14		ID/AP: \$41	OD: \$51.25	
4/2-4/30 (5)	Th	5:5-45 pm	6-8 yrs	GH41200
Rm 14		ID/AP: \$41	OD: \$51.25	
5/7-5/28 (4)	Th	5:5-45 pm	6-8 yrs	GH41208
Rm 14		ID/AP: \$33	OD: \$41.25	

Musical Theater

Develop your acting, singing and dancing skills as we perform scenes from Frozen and Frozen 2 during winter term and Encanto during spring.

1/15-3/19 (10)	Th	6:05-7 pm	6-8 yrs	GH31202
Rm 14		ID/AP: \$95	OD: \$118.75	
4/2-5/28 (9)	Th	6:05-7 pm	6-8 yrs	GH41202
Rm 14		ID/AP: \$85	OD: \$106.25	

Beginning Flamenco

A class for beginning flamenco dancers who wants to learn dance technique, footwork and flamenco rhythms.

1/16-2/13 (5)	F	6:05-7:05 pm	7-11 yrs	GH31206
Rm 14		ID/AP: \$55	OD: \$68.75	
2/20-3/20 (5)	F	6:05-7:05 pm	7-11 yrs	GH31207
Rm 14		ID/AP: \$55	OD: \$68.75	
4/3-5/1 (5)	F	6:05-7:05 pm	7-11 yrs	GH41206
Rm 14		ID/AP: \$55	OD: \$68.75	
5/8-5/29 (4)	F	6:05-7:05 pm	7-11 yrs	GH41207
Rm 14		ID/AP: \$44	OD: \$55	

Dance – Adults

Beginning Belly Dance

Learn the basic isolations and fluid movements of Belly Dance while building core strength and enhancing flexibility. Good for all levels, from beginners to dancers with previous experience who want to fine tune their skills. Class includes movement practice, veil work, and short choreography. ***No Class 1/19 and 2/16***

1/12-3/16 (8)	M	6:30-7:30 pm	13-adult	GH31302
Rm 14		ID/AP: \$92	OD: \$115	
3/30-5/18 (8)	M	6:30-7:30 pm	13-adult	GH41302
Rm 14		ID/AP: \$92	OD: \$115	

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.

1/13-3/17 (10)	T	7:05-8 pm	13-adult	GH31300
Rm 14		ID/AP: \$127	OD: \$158.75	
3/31-5/26 (9)	T	7:05-8 pm	13-adult	GH41300
Rm 14		ID/AP: \$114	OD: \$142.50	

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.

1/15-3/19 (10)	Th	7:15-8 pm	13-adult	GH31301
Rm 14		ID/AP: \$93	OD: \$116.25	
4/2-5/28 (9)	Th	7:15-8 pm	13-adult	GH41301
Rm 14		ID/AP: \$85	OD: \$106.25	

Flamenco - Adults

A class for beginning and returning flamenco dancers who wants to learn & improve their dance technique, footwork and flamenco rhythms.

1/16-3/20 (10)	F	7:15-8:15 pm	13-adult	GH31304
Rm 14		ID/AP: \$101	OD: \$126.25	
4/3-5/29 (9)	F	7:15-8:15 pm	13-adult	GH41304
Rm 14		ID/AP: \$91	OD: \$113.75	

Gymnastics – Preschool

Tumble Cubs: Little Gym

This is an Adult Participation Class with a one-child-per-adult ratio. You and your child will enjoy engaging activities together, such as balancing on the beam, swinging on the bars, and rolling down the mats. This hands-on class fosters movement and bonding in a fun, supportive environment. A gymnastics instructor will lead the class in a group setting. ***No Class 1/19, 2/16, and 5/25***

1/12-2/9 (4)	M	10:15-11 am	2.5-3.5 yrs	GH33109
Rm 3		ID/AP: \$53	OD: \$66.25	
2/23-3/16 (4)	M	10:15-11 am	2.5-3.5 yrs	GH33111
Rm 3		ID/AP: \$53	OD: \$66.25	
3/30-4/27 (5)	M	10:15-11 am	2.5-3.5 yrs	GH43109
Rm 3		ID/AP: \$66	OD: \$82.50	
5/4-6/1 (4)	M	10:15-11 am	2.5-3.5 yrs	GH43111
Rm 3		ID/AP: \$53	OD: \$66.25	

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

Tumble Bears: Pre Gym

This is an introduction to Gymnastics for preschool aged children. In this class they will be introduced to gymnastics events through fun obstacle courses and drills. They will focus on beginning gymnastics skills, flexibility, strength, following directions, and listening. No gymnastics experience is necessary. ***No Class 1/19, 2/16, and 5/25***

1/12-3/16 (8)	M	9:15-10 am	3-5 yrs	GH33108
Rm 3		ID/AP: \$105	OD: \$131.25	
1/12-3/16 (8)	M	4:15-5 pm	3-5 yrs	GH33104
Rm 3		ID/AP: \$105	OD: \$131.25	
1/13-3/17 (10)	T	5-5:45 pm	3-5 yrs	GH33106
Rm 3		ID/AP: \$132	OD: \$165	
1/15-3/19 (10)	Th	4:15-5 pm	3-5 yrs	GH33107
Rm 3		ID/AP: \$132	OD: \$165	
3/30-6/1 (9)	M	9:15-10 am	3-5 yrs	GH43108
Rm 3		ID/AP: \$118	OD: \$147.50	
3/30-6/1 (9)	M	4:15-5 pm	3-5 yrs	GH43104
Rm 3		ID/AP: \$118	OD: \$147.50	
3/31-6/2 (10)	T	5-5:45 pm	3-5 yrs	GH43106
Rm 3		ID/AP: \$132	OD: \$165	
4/2-6/4 (10)	Th	4:15-5 pm	3-5 yrs	GH43107
Rm 3		ID/AP: \$132	OD: \$165	

**Gymnastics – Youth****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. ***No Class 1/19, 2/16 and 5/25***

1/12-3/16 (8)	M	5:15-6 pm	6-8 yrs	GH33113
Rm 3		ID/AP: \$105	OD: \$131.25	
1/13-3/17 (10)	T	6-6:45 pm	6-8 yrs	GH33114
Rm 3		ID/AP: \$132	OD: \$165	
1/15-3/19 (10)	Th	5:15-6 pm	6-8 yrs	GH33115
Rm 3		ID/AP: \$132	OD: \$165	
1/15-3/19 (10)	Th	6:20-7:05 pm	9-12 yrs	GH33116
Rm 3		ID/AP: \$132	OD: \$165	
3/30-6/1 (9)	M	5:15-6 pm	6-8 yrs	GH43113
Rm 3		ID/AP: \$118	OD: \$147.50	
3/31-6/2 (10)	T	6-6:45 pm	6-8 yrs	GH43114
Rm 3		ID/AP: \$132	OD: \$165	
4/2-6/4 (10)	Th	5:15-6 pm	6-8 yrs	GH43115
Rm 3		ID/AP: \$132	OD: \$165	
4/2-6/4 (10)	Th	6:20-7:05 pm	9-12 yrs	GH43116
Rm 3		ID/AP: \$132	OD: \$165	

Gymnastics: Level 1.5

Prerequisite: Completion of Gymnastics Level 1 required. This class is designed for gymnasts who are ready to build on their foundational skills. On the floor, we'll focus on one-handed cartwheels, round-offs, and bridge kick-overs. On the bars, students will work toward mastering pullovers and back hip circles. Beam work will include jump combinations, leaps, and introductory handstands. This level continues to develop strength, coordination, and confidence as students progress toward more advanced skills. ***No Class 1/19, 2/16, and 5/25***

1/12-3/16 (8)	M	6:20-7:05 pm	7-14 yrs	GH33117
Rm 3		ID/AP: \$105	OD: \$131.25	
3/30-6/1 (9)	M	6:20-7:05 pm	7-14 yrs	GH43117
Rm 3		ID/AP: \$118	OD: \$147.50	

Sports & Fitness – Preschool**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. ***No Class 1/19, 2/16, and 5/25***

1/12-3/16 (8)	M	3:15-3:45 pm	3-5 yrs	GH32130
Gym		ID/AP: \$46	OD: \$57.50	
3/30-6/1 (9)	M	3:15-3:45 pm	3-5 yrs	GH42130
Gym		ID/AP: \$51	OD: \$63.75	

Pee Wee Sports

Learn the fundamentals of the game - dribbling, passing and shooting in a non-competitive environment all while having lots of fun!

1/13-2/10 (5)	T	4-4:45 pm	3-5 yrs	GH32101
Gym		ID/AP: \$36	OD: \$45	
2/17-3/17 (5)	T	4-4:45 pm	3-5 yrs	GH32102
Gym		ID/AP: \$36	OD: \$45	
1/15-2/12 (5)	Th	4-4:45 pm	3-5 yrs	GH32103
Gym		ID/AP: \$36	OD: \$45	
2/19-3/19 (5)	Th	4-4:45 pm	3-5 yrs	GH32104
Gym		ID/AP: \$36	OD: \$45	
3/31-4/28 (5)	T	4-4:45 pm	3-5 yrs	GH42101
Gym		ID/AP: \$36	OD: \$45	
5/5-5/26 (4)	T	4-4:45 pm	3-5 yrs	GH42102
Gym		ID/AP: \$29	OD: \$36.25	
4/2-4/30 (5)	Th	4-4:45 pm	3-5 yrs	GH42103
Gym		ID/AP: \$36	OD: \$45	
5/7-5/28 (4)	Th	4-4:45 pm	3-5 yrs	GH42104
Gym		ID/AP: \$29	OD: \$36.25	

Sports & Fitness – Youth**Taekwondo: White Tigers**

Learn Taekwondo philosophy, basics, drills, and self-defense techniques in this fun, safe environment. Rank promotion available from white belt through black belt. Instructors are Kukkiwon/World Taekwondo certified. ***No Class 1/19, 2/16, and 5/25***

1/12-3/16 (8)	M	4-5 pm	6-14 yrs	GH32220
Gym		ID/AP: \$91	OD: \$113.75	
3/30-6/1 (9)	M	4-5 pm	6-14 yrs	GH42220
Gym		ID/AP: \$102	OD: \$127.50	

Middle School Weight Training

This weight training program focuses on building coordination, mobility and helping middle school students ages 11-14 yrs old to learn proper handling of weight equipment. This group class is located in the Garden Home Recreation Center Weight room and can only be accessed during class time. ***No class 1/19, 2/16 and 5/25***

1/7-2/11 (6)	M/W	4:45-5:45 pm	11-14 yrs	GH32270
Wt Rm		ID/AP: \$90	OD: \$112.50	
2/18-3/18 (5)	M/W	4:45-5:45 pm	11-14 yrs	GH32271
Wt Rm		ID/AP: \$90	OD: \$112.50	
3/30-4/29 (5)	M/W	4:45-5:45 pm	11-14 yrs	GH42270
Wt Rm		ID/AP: \$80	OD: \$100	
5/4-6/3 (5)	M/W	4:45-5:45 pm	11-14 yrs	GH42271
Wt Rm		ID/AP: \$90	OD: \$112.50	



Homeschool PE

Stay active and have fun with this interactive PE class designed for homeschoolers! Students will engage in a variety of activities, from sports and games to fitness challenges, all while developing teamwork, coordination, and a love for physical activity.

1/13-2/10 (5)	T	2:30-3:30 pm	8-12 yrs	GH32204
Gym		ID/AP: \$39	OD: \$48.75	
2/17-3/17 (5)	T	2:30-3:30 pm	8-12 yrs	GH32205
Gym		ID/AP: \$39	OD: \$48.75	
4/10-5/29 (8)	F	12:30-1:30 pm	8-12 yrs	GH42204
Gym		ID/AP: \$81	OD: \$101.25	

Basketball: Level 1

Athletes will focus on teamwork, fair play, drills, dribbling and scrimmages in a fun and encouraging atmosphere.

1/13-2/10 (5)	T	5-5:45 pm	5-7 yrs	GH32200
Gym		ID/AP: \$36	OD: \$45	
2/17-3/17 (5)	T	5-5:45 pm	5-7 yrs	GH32202
Gym		ID/AP: \$36	OD: \$45	
3/31-4/28 (5)	T	5-5:45 pm	5-7 yrs	GH42200
Gym		ID/AP: \$36	OD: \$45	
5/5-5/26 (4)	T	5-5:45 pm	5-7 yrs	GH42202
Gym		ID/AP: \$29	OD: \$36.25	

Soccer: Level 1

Athletes will focus on teamwork, fair play, drills, dribbling and scrimmages in a fun and encouraging atmosphere.

1/15-2/12 (5)	Th	5-5:45 pm	5-7 yrs	GH32201
Gym		ID/AP: \$36	OD: \$45	
2/19-3/19 (5)	Th	5-5:45 pm	5-7 yrs	GH32203
Gym		ID/AP: \$36	OD: \$45	
4/2-4/30 (5)	Th	5-5:45 pm	5-7 yrs	GH42201
Gym		ID/AP: \$36	OD: \$45	
5/7-5/28 (4)	Th	5-5:45 pm	5-7 yrs	GH42203
Gym		ID/AP: \$29	OD: \$36.25	

Sports & Fitness – Adults

Adaptive Weight Room Circuit

Learn to move through full ranges of motion safely and effectively in an inclusive environment. The circuit will focus on learning proper weight room machine use emphasizing strength, balance, and functional movements that will leave you ready to take on the weight room on your own! This class is designed for those experiencing disabilities. ***No classes on 1/19, 2/16, and 5/25***

1/5-2/11 (6)	M/W	11 am-12 pm	14-adult	GH32711
Wt Rm		ID/AP: \$113	OD: \$141.25	
2/18-3/25 (6)	M/W	11 am-12 pm	14-adult	GH32712
Wt Rm		ID/AP: \$113	OD: \$141.25	
3/30-4/29 (5)	M/W	11 am-12 pm	14-adult	GH42711
Wt Rm		ID/AP: \$103	OD: \$128.75	
5/4-6/3 (5)	M/W	11 am-12 pm	14-adult	GH42712
Wt Rm		ID/AP: \$92	OD: \$115	



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 is Kukkiwon/World Taekwondo certified Master Ruth. ***No classes on 1/19, 2/16, and 5/25***

1/12-3/16 (8)	M	5:15-6:15 pm	6-adult	GH32230
Gym		ID/AP: \$91	OD: \$113.75	
3/30-6/1 (9)	M	5:15-6:15 pm	6-adult	GH42230
Gym		ID/AP: \$102	OD: \$127.50	

Indonesian Martial Arts

In Naga, all ages are welcome to develop essential self-defense skills while building courage, strength, and inner peace. More than a martial arts school, Naga is a supportive community of peaceful warriors dedicated to empowering each other for life beyond the mat. Beginners welcome! ***No classes on 1/19, 2/16, and 5/25***

1/12-3/25 (11)	M/W	6:30-8 pm	11-adult	GH32236
Gym		ID/AP: \$251	OD: \$313.75	
3/30-6/3 (10)	M/W	6:30-8 pm	11-adult	GH42236
Gym		ID/AP: \$239	OD: \$298.75	

Move Through Menopause

Menopause is a life stage that brings new changes. Our fitness training also needs to change and adapt to this new stage of life. Come, learn how to exercise right to support your mind and body in navigating through menopause.

1/14-2/4 (4)	W	6-7:30 pm	14-99 yrs	GH32574
Rm 2		ID/AP: \$78	OD: 97.50	

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

The Magic of Sound: A Powerful Approach to Well-Being

Enter this 1.5 hour journey into a deeper understanding of self, as you are guided through a unique sound healing experience. Set your intention on allowing the Magic of Sound Healing experience to guide you through a healing meditation. Sound and vibration create a very natural and unique healing experience.

4/10 (1)	F	6-7:30 pm	14-adult	GH42571
Rm 2		ID/AP: \$20	OD: \$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 at: **Archers Afield, 11945 SW Pacific Hwy Ste #121, Tigard, OR 97223, Tigard Plaza Shopping Center, Lower Level, Corner of Hall and Hwy 99.**

1/10-1/31 (4)	S	11 am-12 pm	7-adult	GH32231
OffSite		ID/AP: \$15	OD: \$18.75	
1/11-2/1 (4)	Su	4-5 pm	7-adult	GH32232
OffSite		ID/AP: \$15	OD: \$18.75	
2/7-2/28 (4)	S	11 am-12 pm	7-adult	GH32233
OffSite		ID/AP: \$15	OD: \$18.75	
2/8-3/1 (4)	Su	4-5 pm	7-adult	GH32234
OffSite		ID/AP: \$15	OD: \$18.75	
4/4-4/25 (4)	S	11 am-12 pm	7-adult	GH42231
OffSite		ID/AP: \$15	OD: \$18.75	
4/5-4/26 (4)	Su	4-5 pm	7-adult	GH42232
OffSite		ID/AP: \$15	OD: \$18.75	
5/2-5/23 (4)	S	11 am-12 pm	7-adult	GH42233
OffSite		ID/AP: \$15	OD: \$18.75	
5/3-5/24 (4)	Su	4-5 pm	7-adult	GH42234
OffSite		ID/AP: \$15	OD: \$18.75	

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. Small group format. Maximum five people.

1/24 (1)	S	12-1:30 pm	14-adult	GH32573
Wt Rm		ID/AP: \$18	OD: \$22.50	
5/16 (1)	S	12-1:30 pm	14-adult	GH42573
Wt Rm		ID/AP: \$18	OD: \$22.50	

General Interest – Preschool

Creative Cubs Workshop:

Winter wonderland explorations new

Hands-on activities and joyful play designed just for preschoolers: Warm up with a week of stories, crafts, and winter wonderland fun designed for curious preschoolers

1/28 (1)	W	9 am-12 pm	3.5-5.5 yrs	GH31005
Rm 13		ID/AP: \$25	OD: \$31.25	

Building & Exploring new

Hands-on activities and joyful play designed just for preschoolers: Little builders will explore, create, and play with blocks, materials, and hands-on projects that spark imagination and problem-solving skills.

2/11 (1)	W	9 am-12 pm	3.5-5.5 yrs	GH31006
Rm 13		ID/AP: \$25	OD: \$31.25	

Nature Time new

Hands-on activities and joyful play designed just for preschoolers: From bugs to blossoms, little ones will dive into spring fun with crafts, games, and nature-inspired play.

3/11 (1)	W	9 am-12 pm	3.5-5.5 yrs	GH31007
Rm 13		ID/AP: \$25	OD: \$31.25	

Creative Cubs Workshop: Slimy Science Lab

Little scientists will explore the gooey, squishy, and slimy side of science! Hands-on experiments let preschoolers discover, play, and learn in a fun, safe environment.

4/15 (1)	W	9 am-12 pm	3.5-5.5 yrs	GH41005
Rm 13		ID/AP: \$25	OD: \$31.25	



Little Artists Studio

Preschoolers will unleash their creativity with painting, crafting, and imaginative projects! Each activity is designed to encourage self-expression and hands-on fun.

5/13 (1)	W	9 am-12 pm	3.5-5.5 yrs	GH41006
Rm 13		ID/AP: \$25	OD: \$31.25	

Stay & Play Studio: Parent & Me new

This one-hour session offers sensory exploration, creative crafts, and interactive play areas designed for preschoolers. Families are welcome to drop in anytime during the hour or stay and play for the full session. Registration is required to help us plan and provide materials for all participants.

1/23 (1)	F	10-11 am	2-5 yrs	GH34100
Rm 13		ID/AP: \$10	OD: \$12.50	
2/6 (1)	F	10-11 am	2-5 yrs	GH34101
Rm 13		ID/AP: \$10	OD: \$12.50	
2/20 (1)	F	10-11 am	2-5 yrs	GH34102
Rm 13		ID/AP: \$10	OD: \$12.50	
2/27 (1)	F	10-11 am	2-5 yrs	GH34103
Rm 13		ID/AP: \$10	OD: \$12.50	
3/13 (1)	F	10-11 am	2-5 yrs	GH34104
Rm 13		ID/AP: \$10	OD: \$12.50	
3/27 (1)	F	10-11 am	2-5 yrs	GH44100
Rm 13		ID/AP: \$10	OD: \$12.50	
4/10 (1)	F	10-11 am	2-5 yrs	GH44101
Rm 13		ID/AP: \$10	OD: \$12.50	
4/24 (1)	F	10-11 am	2-5 yrs	GH44102
Rm 13		ID/AP: \$10	OD: \$12.50	
5/8 (1)	F	10-11 am	2-5 yrs	GH44103
Rm 13		ID/AP: \$10	OD: \$12.50	
5/22 (1)	F	10-11 am	2-5 yrs	GH44104
Rm 13		ID/AP: \$10	OD: \$12.50	

General Interest – Youth

DIY Beauty Lab

In this fun, hands-on class, students will learn how to make their own beauty and spa items like lip balm, soap, candles, and more! From selecting scents to mixing ingredients, young creators will enjoy crafting personalized products to take home and share. Perfect for anyone who loves to get creative with self-care items!

1/13-2/10 (5)	T	3:45-5:15 pm	7-10 yrs	GH34213
Rm 13		ID/AP: \$67	OD: \$83.75	
1/13-2/10 (5)	T	5:45-7:15 pm	11-14 yrs	GH34215
Rm 13		ID/AP: \$67	OD: \$83.75	
2/17-3/17 (5)	T	3:45-5:15 pm	7-10 yrs	GH34214
Rm 13		ID/AP: \$67	OD: \$83.75	
2/17-3/17 (5)	T	5:45-7:15 pm	11-14 yrs	GH34216
Rm 13		ID/AP: \$67	OD: \$83.75	
3/31-4/28 (5)	T	3:45-5:15 pm	7-10 yrs	GH44213
Rm 13		ID/AP: \$67	OD: \$83.75	
3/31-4/28 (5)	T	5:45-7:15 pm	11-14 yrs	GH44215
Rm 13		ID/AP: \$67	OD: \$83.75	
5/5-5/26 (4)	T	3:45-5:15 pm	7-10 yrs	GH44214
Rm 13		ID/AP: \$51	OD: \$63.75	
5/5-5/26 (4)	T	5:45-7:15 pm	11-14 yrs	GH44216
Rm 13		ID/AP: \$51	OD: \$63.75	



Coding for kids: Beginner level K-2nd Grade

Tailored for early readers, this course helps students boost their computational thinking while having fun with friends! Beginners learn coding basics like Loops and Conditions. Returning students tackle new challenges, such as debugging. All students build exciting games, stories, and animated characters.

1/14-3/18 (10)	W	4-5 pm	5-8 yrs	GH35201
Rm 13		ID/AP: \$349	OD: \$436.25	
4/1-5/27 (9)	W	4-5 pm	5-8 yrs	GH45201
Rm 13		ID/AP: \$314	OD: \$392.50	

Coding for kids: Beginner level 3rd-5th grade

Unleash your creativity with Scratch, a fun drag-and-drop coding tool. Learn coding basics like loops and variables if you're new, or explore advanced concepts like functions and game physics if you're returning. Build exciting games, animations, and story projects, like the Greedy Birds!

1/15-3/19 (10)	Th	4-5 pm	8-11 yrs	GH35202
Rm 13		ID/AP: \$349	OD: \$436.25	
4/2-5/28 (9)	Th	4-5 pm	8-11 yrs	GH45202
Rm 13		ID/AP: \$314	OD: \$392.50	

Chess Wizards

Chess Wizards has been teaching the game of chess since 2002. Join us for tons of challenging chess lessons, exciting games, and cool prizes. You'll improve your chess skills, meet new friends, and work out your most powerful muscle - your brain! We include all the materials necessary for your child to participate. Unleash your brain power with Chess Wizards!

1/15-3/19 (10)	Th	5:30-6:30 pm	5-11 yrs	GH35200
Rm 13		ID/AP: \$299	OD: \$373.75	
4/2-5/28 (9)	Th	5:30-6:30 pm	5-11 yrs	GH45200
Rm 13		ID/AP: \$269	OD: \$336.25	

Out & About: Field Trip Fun!

Let's go on an adventure! In this drop-off program, participants will ride with our awesome staff to a local fun spot to play, explore, and make new friends. Whether it's a park, playground, or cool community place, every trip is packed with laughter, games, and good times!

1/24 (1)	S	9 am-12:30 pm	8-11 yrs	GH38201
OffSite		ID/AP: \$47	OD: \$58.75	
2/21 (1)	S	9 am-12:30 pm	8-11 yrs	GH38202
OffSite		ID/AP: \$47	OD: \$58.75	
3/21 (1)	S	9 am-12:30 pm	8-11 yrs	GH38203
OffSite		ID/AP: \$47	OD: \$58.75	
5/23 (1)	S	9 am-12:30 pm	8-11 yrs	GH48201
OffSite		ID/AP: \$47	OD: \$58.75	
5/30 (1)	S	9 am-12:30 pm	8-11 yrs	GH48202
OffSite		ID/AP: \$47	OD: \$58.75	

The Sensory Lab

Free choice meets sensory adventure! Kids will rotate through a variety of hands-on stations, exploring textures, colors, and sounds while developing fine motor skills and creativity.

1/31 (1)	S	10-11:30 am	5-9 yrs	GH35203
Rm 13		ID/AP: \$14	OD: \$17.50	
2/28 (1)	S	10-11:30 am	5-9 yrs	GH35204
Rm 13		ID/AP: \$14	OD: \$17.50	
3/28 (1)	S	10-11:30 am	5-9 yrs	GH35205
Rm 13		ID/AP: \$14	OD: \$17.50	
4/25 (1)	S	10-11:30 am	5-9 yrs	GH45203
Rm 13		ID/AP: \$14	OD: \$17.50	
5/23 (1)	S	10-11:30 am	5-9 yrs	GH45204
Rm 13		ID/AP: \$14	OD: \$17.50	

Cooking – Youth

Youth Chefs Club

New Year, New Recipes new

Kick off the New Year with fresh flavors! Young chefs will explore new ingredients and recipes that spark creativity in the kitchen. ***All recipes will be vegetarian friendly*.**

1/18 (1)	Su	1:30-3:30 pm	7-10 yrs	GH37200
Kitchen		ID/AP: \$22	OD: \$27.50	

Cozy Bites new

Warm up in the kitchen with fun recipes perfect for chilly days! Kids will create comforting, hands-on dishes that are delicious, cozy, and full of flavor. ***All recipes will be vegetarian friendly*.**

2/15 (1)	Su	1:30-3:30 pm	7-10 yrs	GH37201
Kitchen		ID/AP: \$22	OD: \$27.50	

Garden Fresh Cooking new

Celebrate the season with fresh vegetarian recipes inspired by fruits, vegetables, and the flavors of spring gardens. ***All recipes will be vegetarian friendly*.**

3/15 (1)	Su	1:30-3:30 pm	7-10 yrs	GH37202
Kitchen		ID/AP: \$22	OD: \$27.50	

Sweet & Savory Creations new

Young chefs will enjoy hands-on cooking with bright flavors, fun recipes, and spring-inspired treats using fresh fruit and veggies. ***All recipes will be vegetarian friendly*.**

4/12 (1)	Su	1:30-3:30 pm	7-10 yrs	GH47200
Kitchen		ID/AP: \$22	OD: \$27.50	
4/12 (1)	Su	1:30-3:30 pm	7-10 yrs	GH47201
Kitchen		ID/AP: \$22	OD: \$27.50	

Springtime Treats new

Young chefs will explore the flavors of fresh, seasonal produce in fun recipes. From garden to plate, kids will learn hands-on cooking and enjoy healthy, delicious creations. ***All recipes will be vegetarian friendly*.**

5/17 (1)	Su	1:30-3:30 pm	7-10 yrs	GH47202
Kitchen		ID/AP: \$22	OD: \$27.50	

Next-Level Kitchen:**Fresh Start Kitchen** new

Kick off the year in style! Teens will experiment with fresh ingredients and vegetarian recipes that boost creativity and teach essential cooking skills.

1/14 (2)	W	4:30-6:30 pm	11-14 yrs	GH37300
Kitchen		ID/AP: \$22	OD: \$27.50	
4/15 (2)	W	4:30-6:30 pm	11-14 yrs	GH37300
Kitchen		ID/AP: \$22	OD: \$27.50	

Cozy Classics new

Teens will master hearty, warming recipes that are perfect for sharing or enjoying on a chilly evening.

2/18 (1)	W	4:30-6:30 pm	11-14 yrs	GH37301
Kitchen		ID/AP: \$22	OD: \$27.50	
5/13 (1)	W	4:30-6:30 pm	11-14 yrs	GH47301
Kitchen		ID/AP: \$22	OD: \$27.50	

Flavor Lab new

Take your taste buds on an adventure! Teens will explore bold flavors, unique ingredient combinations, and hands-on techniques to create exciting vegetarian dishes.

3/18 (1)	W	4:30-6:30 pm	11-14 yrs	GH37302
Kitchen		ID/AP: \$22	OD: \$27.50	

Cooking – Adults
Middle Eastern Cooking:**Dolma**

This iconic Middle Eastern dish refers to stuffed grape leaves, but other vegetables can be used in addition to the grape leaves. A delicious mixture of mainly rice, meat or vegan stuffing can be used in stuffing.

1/16 (1)	F	5:30-7:30 pm	16-adult	GH35500
Kitchen		ID/AP: \$36	OD: \$45	

Rice Dishes

Well-loved authentic Middle Eastern dishes made with fine rice and fresh ingredients made easy to cook.

1/23 (1)	F	5:30-7:30 pm	16-adult	GH35501
Kitchen		ID/AP: \$36	OD: \$45	
5/15 (1)	F	5:30-7:30 pm	16-adult	GH45505
Kitchen		ID/AP: \$36	OD: \$45	

Dip, Salad, & Falafel

Deep fried balls or patties made from ground chickpeas or fava beans with garlic, onions, fresh herbs and spices served in sandwiches with special dip and salad.

1/30 (1)	F	5:30-7:30 pm	16-adult	GH35502
Kitchen		ID/AP: \$36	OD: \$45	

Main Dish (Tepsi Baytinijan)

An Iraqi casserole. The main ingredient of the dish is eggplant, which is sliced and fried before placing in a baking dish, accompanied with chunks of lamb/beef/veal and/or meatballs, plus tomatoes, onions and garlic.

2/6 (1)	F	5:30-7:30 pm	16-adult	GH35503
Kitchen		ID/AP: \$36	OD: \$45	

Kanafeh, Geymar and Turkish Coffee

In this class, we will be making a well-known pastry and clotted cream to be enjoyed with Turkish coffee.

2/13 (1)	F	5:30-7:30 pm	16-adult	GH35504
Kitchen		ID/AP: \$36	OD: \$45	

Burek, Fatayer and Tea

A variety of savory pastries served with black tea flavored with cardamom.

2/20 (1)	F	5:30-7:30 pm	16-adult	GH35505
Kitchen		ID/AP: \$36	OD: \$45	

Baklava and Turkish coffee

In this class, we will make two kinds of baklava while enjoying freshly made Turkish coffee in the beginning of the class.

2/27 (1)	F	5:30-7:30 pm	16-adult	GH35506
Kitchen		ID/AP: \$36	OD: \$45	
5/1 (1)	F	5:30-7:30 pm	16-adult	GH45503
Kitchen		ID/AP: \$36	OD: \$45	

All Vegan (main dish, dip, & dessert)

In this class, we will be making flavorful and nutritious dishes with no dairy and meat free.

3/6 (1)	F	5:30-7:30 pm	16-adult	GH35507
Kitchen		ID/AP: \$36	OD: \$45	

Cauliflower Dishes

In this class, we will be making savory dishes made with cauliflower as one of the main components.

3/13 (1)	F	5:30-7:30 pm	16-adult	GH35508
Kitchen		ID/AP: \$36	OD: \$45	

Carrot Dishes

In this class, we will be making a dessert and main dish made with carrot as one of the main ingredients.

3/20 (1)	F	5:30-7:30 pm	16-adult	GH35509
Kitchen		ID/AP: \$36	OD: \$45	

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Orange Desserts and Turkish Coffee

In this class, we will be making different dessert authentic to Middle Eastern cuisine all flavored with orange while enjoyed Turkish coffee made fresh in the beginning of the class.

4/3 (1)	F	5:30-7:30 pm	16-adult	GH45500
Kitchen		ID/AP: \$36	OD: \$45	

Bulgur Dishes

Exploring some of the region famous dishes made with bulgur as one of the main ingredients.

4/17 (1)	F	5:30-7:30 pm	16-adult	GH45501
Kitchen		ID/AP: \$36	OD: \$45	

Street Food

Exploring flavorful and nutritious dishes common in different parts of Middle East.

4/24 (1)	F	5:30-7:30 pm	16-adult	GH45502
Kitchen		ID/AP: \$36	OD: \$45	

Baking

Baking sweet and savory pastries to be enjoyed with black tea flavored with mint.

5/8 (1)	F	5:30-7:30 pm	16-adult	GH45504
Kitchen		ID/AP: \$36	OD: \$45	

Breakfast and Brunch Dishes

Exploring dishes served for breakfast and brunch time.

5/22 (1)	F	5:30-7:30 pm	16-adult	GH45506
Kitchen		ID/AP: \$36	OD: \$45	

Summer Dishes

Stuffed grey squash with delicious stuffing that got beef, rice and spices served with white basmati rice.

5/29 (1)	F	5:30-7:30 pm	16-adult	GH45507
Kitchen		ID/AP: \$36	OD: \$45	

General Interest – Adults

Calligraphy Basics new

Start your journey into beautiful writing! This beginner-friendly class covers basic calligraphy tools, techniques, and simple projects to practice your skills.

4/1-4/29 (5)	W	6-8 pm	16-adult	GH44403
Rm 12		ID/AP: \$71	OD: \$88.75	

Intro to Calligraphy: Hand Lettering 101 new

Learn the art of beautiful writing! In this hands-on class, you'll explore calligraphy and hand lettering techniques, practice lettering styles, and create your own personalized project to take home.

3/4-3/18 (3)	W	6-8 pm	16-adult	GH34403
Rm 12		ID/AP: \$44	OD: \$55	

5/13-5/27 (3)	W	6-8 pm	16-adult	GH44404
Rm 12		ID/AP: \$44	OD: \$55	

Family Beauty Lab

Get ready to mix and create! In this fun family workshop, you'll work together to make awesome self-care goodies like bath bombs, lip balm, soaps, and lotion bars. Each month, we'll focus on one or two hands-on projects to take home and enjoy. It's the perfect blend of creativity, science, and quality time!

1/17 (1)	S	10:30 am-12 pm	7-adult	GH37205
Rm 13		ID/AP: \$19	OD: \$23.75	
2/14 (1)	S	10:30 am-12 pm	7-adult	GH37206
Rm 13		ID/AP: \$19	OD: \$23.75	
3/14 (1)	S	10:30 am-12 pm	7-adult	GH37207
Rm 13		ID/AP: \$19	OD: \$23.75	
4/11 (1)	S	10:30 am-12 pm	7-adult	GH48204
Rm 13		ID/AP: \$19	OD: \$23.75	
5/9 (1)	S	10:30 am-12 pm	7-adult	GH48205
Rm 13		ID/AP: \$19	OD: \$23.75	

Family STEAM Lab

Join us on Saturday mornings for a hands-on family STEAM adventure! Each session features exciting science, technology, engineering, art, and math activities designed for curious minds of all ages. Work together to explore, build, create, and discover. Perfect for families who love to learn and play together!

1/24 (1)	S	10:30 am-12 pm	7-adult	GH37218
Rm 13		ID/AP: \$19	OD: \$23.75	
2/21 (1)	S	10:30 am-12 pm	7-adult	GH37219
Rm 13		ID/AP: \$19	OD: \$23.75	
4/25 (1)	S	10:30 am-12 pm	7-adult	GH48212
Rm 13		ID/AP: \$19	OD: \$23.75	
5/30 (1)	S	10:30 am-12 pm	7-adult	GH48213
Rm 13		ID/AP: \$19	OD: \$23.75	

Community Hike Outing: Trail Together!

Lace up your shoes and join us for a monthly group hike! Teens and adults will meet at the Garden Home Recreation Center before heading out with staff to explore a nearby trail. Ride together in THPRD vehicles, enjoy the fresh air and beautiful scenery, then return feeling refreshed and reconnected. A fun way to get moving, meet new people, and enjoy the outdoors!

4/19 (1)	Su	9:30 am-12:30 pm	7-adult	GH48215
Outside Covered Area		ID/AP: \$33	OD: \$41.25	
5/24 (1)	Su	9:30 am-12:30 pm	7-adult	GH48216
Outside Covered Area		ID/AP: \$33	OD: \$41.25	



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.

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.

HIIT

HIIT (High Intensity Interval Training) is a cardiovascular exercise class alternating short periods of intense anaerobic exercise with less intense recovery periods.

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.

Stretch, Core, and More

Walk taller, feel stronger! This class focuses on flexibility, core strength, and postural work.

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 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, 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: www.thprd.org/facilities/recreation/garden-home
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. Weight Room Orientations are financial aid eligible.

\$63 ID / \$78.50 OD

Buddy Training

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

1 session \$53 ID/ \$66.25 OD
3 sessions \$149.25 ID/ \$186.50 OD
6 sessions \$272.25 ID/ \$340.25 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 \$71 ID/ \$88.75 OD
3 sessions \$200 ID/ \$250 OD
6 sessions \$365 ID/ \$456.25 OD

A parental waiver is required for weight / cardio room use by anyone 14-17 years old.
Call 503-629-6341 to schedule your weight / cardio room walkthrough at Garden Home Recreation Center.
We request 24-hour cancellation on all personal training appointments.

Jenkins Estate



TUALATIN HILLS
PARK & RECREATION DISTRICT

Jenkins Estate
8005 SW Grabhorn
Beaverton, OR 97007 • 971-258-6743

Facility Supervisor: Heather Marshall

Office Hours:

Monday-Friday: 8 am - 5 pm

Park Hours: Dawn till dusk, unless otherwise posted.

Estate Gate closes at 2 pm daily.

Camp Rivendale Gate and Grabhorn Rd.
Gate open dawn until dusk

Facility Closed:

- **New Year's Day, January 1**
- **Martin Luther King Day, January 19**
- **President's Day, February 16**
- **Easter Sunday, April 5**
- **Memorial Day, May 25**

Jenkins Estate Features:

- **Historic Main House:** A historic, seven-bedroom English hunting lodge, built in 1912 with stunning Victorian-inspired details, perfect for hosting memorable events and gatherings.
- **Stable:** Beautifully restored horse stable with gleaming hardwood floors, ideal for hosting events.
- **Extensive Grounds:** 68 acres of land with beautiful gardens, 2.8 miles of trails, natural amphitheater and outdoor spaces.
- **Listed on the National Register of Historic Places:** Preserved for its historical significance.
- **Outdoor Recreation:** Hiking trails, picnic areas, and access to Camp Rivendale's playground.
- **Event Venue:** Available for rentals for various events, including weddings, corporate gatherings, and community events.
- **Educational Opportunities:** Offers recreational programs and specialty workshops
- **Accessible Amenities:** Parking lots, ADA restrooms, and drinking fountains.



@historicjenkinsestate



@historicjenkinsestate



Built in 1912, The Historic Jenkins Estate has been a beautiful venue for years. THPRD acquired the property in 1976 and it has been a part of the district ever since. In bringing the Estate back to life, the district was careful to restore its bygone charm and ensure it was a community resource for everybody.

The Jenkins Estate offers a unique and versatile venue because of its prime outdoor spaces and multiple buildings that will make small and large groups alike feel at home. More recently, various types of special events like weddings, special celebrations, small gatherings, celebration of life, and corporate events have been hosted at The Jenkins Estate. The Main House has 5 rooms for rent and can hold small gatherings up to roughly 60 people in the entire house. The Stables has two large rooms for rent and can hold up to roughly 200 people. The Jenkins Estate also has many outside locations like a small tea house, large meadows and 2.8 miles worth of trails.



3D Walkthrough
Main House



3D Walkthrough
Stable



Video
Preview

Reach out today to book your next event at the Historic Jenkins Estate!

Call (971) 258-6743

Check out our website!

www.thprd.org/facilities/historic/jenkins-estate

Rhododendron Garden Party at Jenkins Estate

Help us spruce up the Rhododendron Gardens at Jenkins Estate! Volunteers will help weed, mulch, and resurface gravel trails, as needed. Please bring a reusable water bottle to drink from throughout the day. Tools and gloves will be provided. No gardening experience necessary. Parking is available in the lower lot, just below the Rhododendron Gardens.

For Volunteer opportunities, email Heather Marshall, h.marshall@thprd.org o llámame 971-708-4491.



Grupo de Trabajo en Huertas Rododendro en Jenkins Estate

¡Ayúdanos a arreglar la huerta rododendro en Jenkins Estate! Los voluntarios nos ayudaran a eliminar hierbas, agregar abono, y repavimentar senderos de grava según sea necesario. Traiga una botella de agua reutilizable para beber durante su turno. Se proporcionarán herramientas y guantes. No se requiere experiencia en jardinería. Estacionamiento disponible en el lote más bajo, debajo de la Huerta Rododendro.

Para oportunidades de voluntariado, envíe un correo electrónico Heather Marshall, h.marshall@thprd.org o llámame 971-708-4491.

Tea House Permit Now Available

Host your next special event at the charming Tea House! This idyllic venue is perfect for intimate gatherings, including engagements, micro wedding ceremonies, and private date nights. To book the Tea House and obtain the necessary permit, simply contact us. Permits start at just \$50. Tables and chairs are available for rent at an additional charge to accommodate your event needs. Let us know how we can help create a memorable experience for you. Contact us today to reserve your date: Email h.marshall@thprd.org or call 971-258-6743.



Tea House



Tea Garden

Art- Teen/Adult

Paint Your Pet

Join Bottle & Bottega for a special pet painting party at the Jenkins Estate! Pre-sketch included in cost. Email a picture of your pet and your pre-sketch canvas will be ready for you to paint on class day. Beer, wine, cider, and soft drinks will be available for purchase for participants 21yrs + . Feel free to bring your own snacks.

Winter Term:

12/11 (1)	Th	6:30-9 pm	18 yrs +	JE34400
Main House- Living Room			ID/AP: \$74	OD: \$92.50
1/27 (1)	T	6:30-9 pm	18 yrs +	JE34403
Main House- Living Room			ID/AP: \$74	OD: \$92.50
2/26 (1)	Th	6:30-9 pm	18 yrs +	JE34405
Main House- Living Room			ID/AP: \$74	OD: \$92.50
3/28 (1)	S	1-3:30 pm	18 yrs +	JE34407
Main House-Living Room			ID/AP: \$74	OD: \$92.50

Spring Term:

4/11 (1)	S	6:30-9 pm	18 yrs +	JE44400
Main House-Living Room			ID/AP: \$74	OD: \$92.50
5/28 (1)	Th	6:30-9 pm	18 yrs +	JE44403
Main House-Living Room			ID/AP: \$74	OD: \$92.50



Paint & Sip

Join Bottle & Bottega at the Jenkins Estate for a painting party! NO EXPERIENCE NEEDED. Step-by-step painting instruction is provided by one of our talented artists. The registration fee includes all paint supplies, instruction, aprons, and a take-home canvas. Beer, wine, cider, and soft drinks will be available for purchase. Feel free to bring your own snacks.

Winter Term:

1/9 (1)	F	6:30-8:30 pm	21 yrs +	JE34402
Main House- Living Room			ID/AP: \$57	OD: \$71.25

Fa La La Family Paint Party

Gather the whole family and celebrate the season with Bottle & Bottega! Join us at the historic Jenkins Estate for a festive, all-ages paint party. No experience is required! Our talented artist will guide you step-by-step as you create your very own holiday masterpiece. This is the perfect way to make art and memories together, whether you're a kid, parent, or grandparent. Your ticket includes access to a hot cocoa bar, and you're welcome to bring your own snacks to enjoy. Seats are limited, and each person must register to participate. Registration for this class closes on 12/26 at 1 PM, which is also the last day to drop the class for a refund. Reserve your spot today to make this holiday season extra special!

Winter Term:

12/27 (1)	S	1-3 pm	all ages	JE34401
Stable-Grand Loft			ID/AP: \$57	OD: \$71.25

Valentine's Day Paint + Sip

Ditch the usual dinner and join us for a creative and romantic paint night! This special event is a great way to connect with your date or friend and create a beautiful piece of art together. You don't need to be an artist to join in on the fun; our instructor will provide easy, step-by-step guidance. We'll have a selection of wine, beer, and cider available for purchase (21+), and you are welcome to bring your own snacks to pair with your painting. Make this Valentine's Day extra special by booking your spot today. The deadline to register or drop for a refund is February 14th at 1 p.m.

Winter Term:

2/14 (1)	S	6:30-8:30 pm	18 yrs +	JE34404
Main House-Living Room			ID/AP: \$57	OD: \$71.25

Night Court - Book Club Trivia + Painting Party!

Step into a world of magic, romance, and adventure with our special book-inspired paint night! This event is perfect for fans of fantasy series. Our artist will guide you step by step as you create a canvas inspired by the mystical courts, starry skies, and enchanted settings of your favorite books.

No painting experience is needed—just bring your creativity! While your paint dries, we'll host a round of fantasy-inspired trivia. Test your knowledge of iconic courts, characters, and magical moments for a chance to win prizes.

This is a great night out for book clubs, fan groups, or anyone who loves bringing their favorite Romantasy worlds to life. We'll have wine, beer, and cider available for purchase for participants over the age of 21. Feel free to bring your own snacks.

Winter Term:

3/12 (1)	Th	6:30-8:30 pm	18yrs +	JE34406
Main House-Living Room			ID/AP: \$57	OD: \$71.25

Rhododendron Paint Party

Step into the beauty of our historic Jenkins Estate for a relaxing evening of painting and sipping. Whether you come with a partner, a friend, or on your own, you'll be inspired by the vibrant colors and floral charm of our rhododendron garden.

No painting experience is needed! Our talented artist will guide you step by step to create your own floral masterpiece. Beer, wine, cider, and soft drinks will be available for purchase for participants 21yrs + . Feel free to bring your own snacks.

Spring Term:

4/25 (1)	S	1-3 pm	15 yrs +	JE44401
Main House-Living Room			ID/AP: \$57	OD: \$71.25

Mother's Day Paint Party

Celebrate Mom with an afternoon of creativity and quality time with Bottle & Bottega! This special Mother's Day paint party is designed for all ages—no experience needed. Our talented artist will guide everyone step by step to create a beautiful masterpiece Mom will cherish. Bring the whole family—to share in this creative experience together and celebrate our Moms.

Spring Term:

5/10 (1) Su 1-3 pm all ages JE44402
Stable-Grand Loft ID/AP: \$57 OD: \$71.25

Dragon Riders Book Club Paint & Trivia Night!

Enter the world of courage, loyalty, and fire-breathing adventure with Bottle & Bottega for a fantasy-inspired paint night! Guided by our artist, you'll create a canvas inspired by the soaring skies, dragon bonds, and epic challenges. No painting experience needed—just bring your imagination (and maybe your wingleader).

Between brushstrokes, join us for a round of book-themed trivia testing your knowledge of riders, dragons, and the deadly trials of the war college

Spring Term:

6/11 (1) Th 6:30-8:30 pm 18 yrs + JE44404
Main House-Living Room ID/AP: \$57 OD: \$71.25

Painting in the Park

Enjoy a relaxing summer afternoon painting in the beautiful Jenkins Estate meadow! Bottles and Bodega presents a unique picnic-style painting experience. We provide all the supplies—easels, paints, brushes, blankets, and parasols. Just bring yourself and your creativity! Easy access to parking and restrooms.

Spring Term:

6/28 (1) Su 1-3 pm 16 yrs + JE44405
Meadow ID/AP: \$75 OD: \$93.75



Spring Break Camps

Fashion Design Camp

This camp invites young fashionistas to dive headfirst into the exciting world of design and create clothes they'll wear! Guided by fashion designer Oxana Ake, participants will learn to find inspiration, sketch their ideas, design and fit clothes using mannequins, and master sewing techniques. They'll then showcase their fabulous creations in a fun fashion show. This camp ignites creativity, builds confidence, and encourages sustainable practices by empowering students to design and create their own wardrobes. No experience is needed – just enthusiasm and a creative imagination!

3/23-3/27 M-F 9 am-2 pm 8-12 yrs JE47208
Main House-Living Room ID/AP: \$390 OD: \$487.50



Specialty - Teen/Adult

New Moon Yoga – Pisces

The new moon is a great time to reflect and set intentions for the coming lunar cycle. Join us for an all levels yoga practice, designed to align with the new moon. All participants will receive a crystal.

Winter:

3/18 (1) W 6-7:30 pm 14yrs + JE42500
Stable-Grand Loft ID/AP: \$21 OD: \$26.25

Queens Honoring Queens Brunch: Drag Bingo at the Jenkins Estate

Sunday, May 10th, 2026 10am-12pm

Join us for an unforgettable celebration as drag royalty-Poison Waters pays tribute to the most important queens in our lives! Open to ages 12 and up. The historic Jenkins Estate provides the perfect backdrop for this fabulous morning of entertainment, food, and fun.

Your ticket includes:

- Exciting drag queen bingo with fabulous prizes
- Build-your-own flower bouquet bar – create a personal arrangement to take home or gift
- Delicious breakfast buffet featuring gourmet morning favorites
- Access to our glamorous photo station with props and professional lighting
- One complimentary drink ticket (bubbles, wine, or non-alcoholic options available)

Whether you're treating someone special or simply treating yourself, this event promises glamour, laughter, and memories that will last long after the final bingo call.

Space is limited, so secure your tickets early for this celebration where fabulousness meets fun in honor of the queens who make our lives shine.

Pre-registration required. Registration closes May 9th or when sold out.
Call 971-258-6743 or Email H.marshall@thprd.org to register!



NOW BOOKING**2026 Wedding Dates at the Historic Jenkins Estate!**

Nestled among centuries-old trees, the Historic Jenkins Estate has witnessed countless love stories unfold beneath its timeless architecture. For generations, couples have begun their forever within these storied walls, each adding their chapter to the estate's rich history of romance and celebration.

Whether you envision an intimate gathering where whispered vows are exchanged before joining loved ones for a candlelit dinner, or dream of dancing the night away with hundreds of guests on our expansive grounds, the Jenkins Estate embraces your unique love story. Step into a legacy of cherished beginnings at the Historic Jenkins Estate!

MAIN HOUSE Accommodates gatherings of up to 85 guests when combining the interior spaces and covered patio. Three additional indoor rooms are available as preparation suites for the wedding party.

STABLE Two-level renovated event space that can accommodate 100 guests seated or 200 standing.

MEADOW Outdoor area off of the Stable event space & perfect for events up to 200, with plenty of room for dancing & more. Intimate covered/open-air space that can accommodate 20 guests undercover or more surrounding the house.

All venue rentals include tables & chairs, day-of wedding coordinator, an onsite venue manager, & onsite, as well as WIFI & restrooms.

**BOOK WITH US TODAY!**

For more information, please contact Heather Marshall by email at h.marshall@thprd.org or by phone at 971-708-4491.

Tualatin Hills Athletic Center



TUALATIN HILLS
PARK & RECREATION DISTRICT

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

TriMet Bus Routes #59, #67

Center Supervisor: Jeffrey Lee

Center Hours:

Monday-Friday	6 am-10 pm
Saturday	8 am-10 pm
Sunday	10 am-10 pm

Facility Closed:

- New Year's Day, Jan. 1
- Easter Sunday, Apr. 5
- Memorial Day, May 25

Modified Schedule: 9 am-2 pm

- Martin Luther King Day, Jan. 19
- President's Day, Feb. 16
- Juneteenth, Jun. 19

Athletic Center Features:

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



Thursday Night All-Stars Drop-in Basketball

This is a recreation and socialization program for teens and adults (16+) with physical and developmental disabilities to play pickup games of basketball.

All-Stars consists of two games. Games are not based on skill level or ability. You are welcome to game 1 or game 2, but not both games.

6:00-6:15 pm: Warm-up for 1st game

6:15-7:00 pm: Game #1

7:00-7:15 pm: Warm up for 2nd game

7:15-8:00 pm: Game #2

Location: THPRD Athletic Center - 50 NW 158th Ave.
Beaverton 97006

ID: \$5.75 OD: \$8

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

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

For more information, email inclusion@thprd.org or call 503-629-6341.

Mental Health 5K and 1K Fun Run

Sunday, May 3 at HMT Campus Softball Fields

Join us for a fun-filled event supporting mental health awareness. Our 5K Run and 1K Fun Run will be a great way to connect with your community, get active, and promote positive well-being for the whole family. Meet at the Softball Fields.

1K- AC42501 \$5.00/ID \$6.25/OD 11 y/o and over,
start time 9 am

1K- AC42502 10 y/o and under FREE, start time 9 am

5K- AC42500 \$10.00/ID \$12.50/OD, start time 9:45 am

www.thprd.org/events/



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.

VIRTUAL OPEN HOUSE

Wednesday, April 22

Presentation: 6-6:30 pm

Q&A Session: 6:30-7 pm

REGISTRATION: 2026-2027 School Year

- **Monday, May 4 - Sunday, May 10:** Registration opens for current participants.
- **Monday, May 11 - Wednesday, May 13:** Registration window for enrolled participant's siblings is open.
- **Thursday, May 14:** Open enrollment will begin, provided space in the program remains.

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

Tualatin Hills Athletic Center schools served:

Beaver Acres Elementary School
Elmonica Elementary School
McKinley Elementary School

**We accept
ERDC!**



Court and Sports Field Rentals

The Athletic Center offers six courts and multiple sports fields for rent on a limited basis. Whether you're looking for basketball or softball, we can accommodate groups of all sizes. For requests and availability, please email sportsrentals@thprd.org.



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.

Apply Today!



Outdoor Recreation

Skate Park

The Tualatin Hills skate park is located on the north end of the HMT Recreation Complex. There is also a skate park located at the Evelyn M. Schiffler Memorial Park. Helmets and protective gear are highly recommended. Park hours are dawn to dusk, weather permitting.

Novice Skate Park

The novice skate park is located next to the big skate park at the north end of the HMT Recreation Complex. Helmets and protective gear are highly recommended. Hours are dawn to dusk, weather permitting.

Roller Hockey Rink

Visit our outdoor roller hockey arena, located on the north end of the HMT Recreation Complex. Arena hours are dawn to dusk, weather permitting.

Basketball Courts

In addition to the Athletic Center, basketball courts are available in many of our parks, weather permitting.

Visit <http://www.thprd.org/parks-and-trails/find-park>

Volleyball

You can enjoy three outdoor locations for grass or sand volleyball; Carolwood Park, Raleigh Park, and Cedar Hills Park

Bocce Ball

There are bocce courts located at Cedar Hills Park and Ridgewood View Park for drop-in play. Call the Athletic Center with any questions.

Pickleball

Pickleball can be played at Raleigh Park. Pickleball can also be played at the following locations but you must bring your own nets; Athletic Center, Cedar Hills Park, Ridgewood View Park, Rock Creek Landing Park, and Raleigh Park.

Disc Golf

Greenway Park has a nine-hole disc golf course. Visit www.thprd.org for more information.

Futsal

Cedar Hills Park has futsal nets set up during the week. Call the Athletic Center with any questions.

Join a Spring league at the Athletic Center!

Adult League*	Registration	Season
Volleyball	Early February	April-June
Softball	Early March	April-August
Cornhole	Early April	May-June
Kickball	Early April	June-August

*Adult League registration is for a team; individual players can call the Athletic Center to be added to a Free Agent Interest List.

Individuals who have questions can e-mail adultvolleyball@thprd.org

Youth League	Registration	Season
Basketball (5 th - 8 th grade)	Early February	April-May

Are you looking for a fun and active way to spend your Spring season? Join 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: thprd.org/activities/sports



Indoor Play Park Parque de Juegos Interior

12:30 - 2:30 pm
Monday/Wednesday/Thursday
Lunes/Miércoles/Jueves



Arts & Crafts – Preschool/Youth

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
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Dynamic Drawing & Painting

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

Winter Term:

1/8-2/12 (6) Rm 101	Th	6:30-7:30 pm ID/AP: \$71	6-11 yrs OD: \$88.75	AC34201
2/19-3/19 (5) Rm 101	Th	6:30-7:30 pm ID/AP: \$59	6-11 yrs OD: \$73.75	AC34202

Spring Term:

4/2-4/30 (5) Rm 101	Th	6:30-7:30 pm ID/AP: \$59	6-11 yrs OD: \$73.75	AC44201
5/7-6/4 (5) Rm 101	Th	6:30-7:30 pm ID/AP: \$59	6-11 yrs OD: \$73.75	AC44202

Sports & Fitness - Preschool

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.

Winter Term:

1/5-1/28 (4) Ct 1 -Indoor	M/W	12:15-12:45 pm ID/AP: \$47	2-4 yrs OD: \$58.75	AC33101
2/2-2/25 (4) Ct 1 -Indoor	M/W	12:15-12:45 pm ID/AP: \$47	2-4 yrs OD: \$58.75	AC33102
3/2-3/18 (3) Ct 1 -Indoor	M/W	12:15-12:45 pm ID/AP: \$41	2-4 yrs OD: \$51.25	AC33103
1/6-2/10 (6) Ct 1 -Indoor	T	11:15-11:45 am ID/AP: \$41	2-4 yrs OD: \$51.25	AC33104
2/17-3/17 (5) Ct 1 -Indoor	T	11:15-11:45 am ID/AP: \$34	2-4 yrs OD: \$42.50	AC33105
1/8-2/12 (6) Ct 1 -Indoor	Th	11:15-11:45 am ID/AP: \$41	2-4 yrs OD: \$51.25	AC33106
2/19-3/19 (5) Ct 1 -Indoor	Th	11:15-11:45 am ID/AP: \$34	2-4 yrs OD: \$42.50	AC33107

Spring Term:

3/30-4/29 (5) Ct 1 -Indoor	M/W	12:15-12:45 pm ID/AP: \$68	2-4 yrs OD: \$85	AC43101
5/4-6/3 (5) Ct 1 -Indoor	M/W	12:15-12:45 pm ID/AP: \$68	2-4 yrs OD: \$85	AC43102
3/31-4/28 (5) Ct 1 -Indoor	T	11:15-11:45 am ID/AP: \$34	2-4 yrs OD: \$42.50	AC43103
5/5-6/2 (5) Ct 1 -Indoor	T	11:15-11:45 am ID/AP: \$34	2-4 yrs OD: \$42.50	AC43104
4/2-4/30 (5) Ct 1 -Indoor	Th	11:15-11:45 am ID/AP: \$34	2-4 yrs OD: \$42.50	AC43105
5/7-6/4 (5) Ct 1 -Indoor	Th	11:15-11:45 am ID/AP: \$34	2-4 yrs OD: \$42.50	AC43106

Pee Wee Hoops

Start your child off learning the basics of basketball and building their confidence in a fun environment. Learn to catch, pass, dribble and shoot a basketball. Emphasizes positive attitude, fair play, and fun. No class 1/19, 2/16.

Winter Term:

1/5-1/28 (4) Ct 1 -Indoor	M/W	10-10:45 am ID/AP: \$67	3-5 yrs OD: \$83.75	AC32131
2/2-2/25 (4) Ct 1 -Indoor	M/W	10-10:45 am ID/AP: \$67	3-5 yrs OD: \$83.75	AC32132
3/2-3/18 (3) Ct 1 -Indoor	M/W	10-10:45 am ID/AP: \$57	3-5 yrs OD: \$71.25	AC32133

1/6-2/10 (6) Ct 1 -Indoor	T	9-9:45 am ID/AP: \$57	3-5 yrs OD: \$71.25	AC32134
1/5-1/28 (4) Ct 4 -Indoor	M/W	4-4:45 pm ID/AP: \$67	3-5 yrs OD: \$83.75	AC32139
2/2-2/25 (4) Ct 4 -Indoor	M/W	4-4:45 pm ID/AP: \$67	3-5 yrs OD: \$83.75	AC32140
3/2-3/18 (3) Ct 4 -Indoor	M/W	4-4:45 pm ID/AP: \$57	3-5 yrs OD: \$71.25	AC32141
1/9-2/13 (6) Ct 1 -Indoor	F	10-10:45 am ID/AP: \$57	3-5 yrs OD: \$71.25	AC32142
1/8-2/12 (6) Ct 1 -Indoor	Th	9-9:45 am ID/AP: \$57	3-5 yrs OD: \$71.25	AC32143
2/19-3/19 (5) Ct 1 -Indoor	Th	9-9:45 am ID/AP: \$48	3-5 yrs OD: \$60	AC32144
Spring Term:				
3/31-4/28 (5) Ct 1 -Indoor	T	9-9:45 am ID/AP: \$48	3-5 yrs OD: \$60	AC42131
5/5-6/2 (5) Ct 1 -Indoor	T	9-9:45 am ID/AP: \$48	3-5 yrs OD: \$60	AC42132
4/2-4/30 (5) Ct 1 -Indoor	Th	9-9:45 am ID/AP: \$48	3-5 yrs OD: \$60	AC42133
5/7-6/4 (5) Ct 1 -Indoor	Th	9-9:45 am ID/AP: \$48	3-5 yrs OD: \$60	AC42134
3/30-4/29 (5) Ct 1 -Indoor	M/W	10-10:45 am ID/AP: \$95	3-5 yrs OD: \$118.75	AC42139
5/4-6/3 (5) Ct 1 -Indoor	M/W	10-10:45 am ID/AP: \$95	3-5 yrs OD: \$118.75	AC42140
3/30-4/29 (5) Ct 4 -Indoor	M/W	4-4:45 pm ID/AP: \$95	3-5 yrs OD: \$118.75	AC42142
5/4-6/3 (5) Ct 4 -Indoor	M/W	4-4:45 pm ID/AP: \$95	3-5 yrs OD: \$118.75	AC42143
4/3-5/1 (5) Ct 1 -Indoor	F	10-10:45 am ID/AP: \$48	3-5 yrs OD: \$60	AC42144
5/8-6/5 (5) Ct 1 -Indoor	F	10-10:45 am ID/AP: \$48	3-5 yrs OD: \$60	AC42145

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. No class 1/19, 2/16.

Winter Term:

1/5-1/28 (4) Ct 1 -Indoor	M/W	9-9:45 am ID/AP: \$67	3-5 yrs OD: \$83.75	AC32101
2/2-2/25 (4) Ct 1 -Indoor	M/W	9-9:45 am ID/AP: \$67	3-5 yrs OD: \$83.75	AC32102
3/2-3/18 (3) Ct 1 -Indoor	M/W	9-9:45 am ID/AP: \$57	3-5 yrs OD: \$71.25	AC32103
1/6-2/10 (6) Ct 1 -Indoor	T	10-10:45 am ID/AP: \$57	3-5 yrs OD: \$71.25	AC32104
2/17-3/17 (5) Ct 1 -Indoor	T	10-10:45 am ID/AP: \$48	3-5 yrs OD: \$60	AC32105
1/8-2/12 (6) Ct 1 -Indoor	Th	10-10:45 am ID/AP: \$57	3-5 yrs OD: \$71.25	AC32106
1/5-1/28 (4) Ct 3 -Indoor	M/W	3:40-4:25 pm ID/AP: \$67	3-5 yrs OD: \$83.75	AC32108
2/2-2/25 (4) Ct 3 -Indoor	M/W	3:40-4:25 pm ID/AP: \$67	3-5 yrs OD: \$83.75	AC32109
3/2-3/18 (3) Ct 3 -Indoor	M/W	3:40-4:25 pm ID/AP: \$57	3-5 yrs OD: \$71.25	AC32110
1/6-1/29 (4) Ct 4 -Indoor	T/Th	5:15-6 pm ID/AP: \$76	3-5 yrs OD: \$95	AC32111
2/3-2/26 (4) Ct 4 -Indoor	T/Th	5:15-6 pm ID/AP: \$76	3-5 yrs OD: \$95	AC32112
3/3-3/19 (3) Ct 4 -Indoor	T/Th	5:15-6 pm ID/AP: \$57	3-5 yrs OD: \$71.25	AC32113

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

Spring Term:

3/30-4/29 (5)	M/W	9-9:45 am	3-5 yrs	AC42101
Ct 1 -Indoor		ID/AP: \$95	OD: \$118.75	
5/4-6/3 (6)	M/W	9-9:45 am	3-5 yrs	AC42102
Ct 1 -Indoor		ID/AP: \$95	OD: \$118.75	
3/31-4/28 (5)	T	10-10:45 am	3-5 yrs	AC42103
Ct 1 -Indoor		ID/AP: \$48	OD: \$60	
5/5-6/2 (5)	T	10-10:45 am	3-5 yrs	AC42104
Ct 1 -Indoor		ID/AP: \$48	OD: \$60	
4/2-4/30 (5)	Th	10-10:45 am	3-5 yrs	AC42105
Ct 1 -Indoor		ID/AP: \$48	OD: \$60	
5/7-6/4 (5)	Th	10-10:45 am	3-5 yrs	AC42106
Ct 1 -Indoor		ID/AP: \$48	OD: \$60	
3/30-4/29 (5)	M/W	3:40-4:25 pm	3-5 yrs	AC42108
Ct 3 -Indoor		ID/AP: \$95	OD: \$118.75	
5/4-6/3 (5)	M/W	3:40-4:25 pm	3-5 yrs	AC42109
Ct 3 -Indoor		ID/AP: \$95	OD: \$118.75	
3/31-4/30 (5)	T/Th	5:15-6 pm	3-5 yrs	AC42110
Ct 4 -Indoor		ID/AP: \$95	OD: \$118.75	
5/5-6/4 (5)	T/Th	5:15-6 pm	3-5 yrs	AC42111
Ct 4 -Indoor		ID/AP: \$95	OD: \$118.75	

Pee Wee Soccer - Girls Only

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

Winter Term:

1/9-2/13 (6)	F	9-9:45 am	3-5 yrs	AC32115
Ct 1 -Indoor		ID/AP: \$57	OD: \$71.25	
2/20-3/20 (5)	F	9-9:45 am	3-5 yrs	AC32116
Ct 1 -Indoor		ID/AP: \$48	OD: \$60	

Spring Term:

4/3-5/1 (5)	F	9-9:45 am	3-5 yrs	AC42115
Ct 1 -Indoor		ID/AP: \$48	OD: \$60	
5/8-6/5 (5)	F	9-9:45 am	3-5 yrs	AC42116
Ct 1 -Indoor		ID/AP: \$48	OD: \$60	

Pee Wee Sportz Center

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.

Winter Term:

1/6-1/29 (4)	T/Th	4:15-5 pm	3-5 yrs	AC32122
Ct 5 -Indoor		ID/AP: \$76	OD: \$95	
2/3-2/26 (4)	T/Th	4:15-5 pm	3-5 yrs	AC32123
Ct 5 -Indoor		ID/AP: \$76	OD: \$95	
3/3-3/19 (3)	T/Th	4:15-5 pm	3-5 yrs	AC32124
Ct 5 -Indoor		ID/AP: \$57	OD: \$71.25	
1/9-2/13 (6)	F	11-11:45 am	3-5 yrs	AC32125
Ct 1 -Indoor		ID/AP: \$57	OD: \$71.25	
2/20-3/20 (5)	F	11-11:45 am	3-5 yrs	AC32126
Ct 1 -Indoor		ID/AP: \$48	OD: \$60	
1/5-1/28 (4)	M/W	11-11:45 am	3-5 yrs	AC32127
Ct 1 -Indoor		ID/AP: \$67	OD: \$83.75	
2/2-2/25 (4)	M/W	11-11:45 am	3-5 yrs	AC32128
Ct 1 -Indoor		ID/AP: \$67	OD: \$83.75	
3/2-3/18 (3)	M/W	11-11:45 am	3-5 yrs	AC32129
Ct 1 -Indoor		ID/AP: \$57	OD: \$71.25	

Spring Term:

3/30-4/29 (5)	M/W	11-11:45 am	3-5 yrs	AC42120
Ct 1 -Indoor		ID/AP: \$95	OD: \$118.75	
5/4-6/3 (5)	M/W	11-11:45 am	3-5 yrs	AC42121
Ct 1 -Indoor		ID/AP: \$95	OD: \$118.75	
3/31-4/30 (5)	T/Th	4:15-5 pm	3-5 yrs	AC42122
Ct 5 -Indoor		ID/AP: \$95	OD: \$118.75	
5/5-6/4 (5)	T/Th	4:15-5 pm	3-5 yrs	AC42123
Ct 5 -Indoor		ID/AP: \$95	OD: \$118.75	

4/3-5/1 (5)	F	11-11:45 am	3-5 yrs	AC42124
Ct 1 -Indoor		ID/AP: \$48	OD: \$60	
5/8-6/5 (5)	F	11-11:45 am	3-5 yrs	AC42125
Ct 1 -Indoor		ID/AP: \$48	OD: \$60	

Sports & Fitness – Youth/Teen

Hoop It Up!

Start your child off learning the basics of basketball and building their confidence in a fun environment. Learn to catch, pass, dribble and shoot a basketball. Emphasizes positive attitude, fair play, and fun. No class 1/19, 2/16.

Winter Term:

1/5-1/28 (4)	M/W	3:45-4:30 pm	6-9 yrs	AC32201
Ct 5 -Indoor		ID/AP: \$67	OD: \$83.75	
2/2-2/25 (5)	M/W	3:45-4:30 pm	6-9 yrs	AC32202
Ct 5 -Indoor		ID/AP: \$67	OD: \$83.75	
3/2-3/18 (3)	M/W	3:45-4:30 pm	6-9 yrs	AC32203
Ct 5 -Indoor		ID/AP: \$57	OD: \$71.25	
1/6-1/29 (4)	T/Th	5:15-6 pm	6-9 yrs	AC32204
Ct 5 -Indoor		ID/AP: \$76	OD: \$95	
2/3-2/26 (4)	T/Th	5:15-6 pm	6-9 yrs	AC32205
Ct 5 -Indoor		ID/AP: \$76	OD: \$95	
3/3-3/19 (3)	T/Th	5:15-6 pm	6-9 yrs	AC32206
Ct 5 -Indoor		ID/AP: \$57	OD: \$71.25	
1/9-2/13 (6)	F	4-4:45 pm	6-9 yrs	AC32207
Ct 4 -Indoor		ID/AP: \$57	OD: \$71.25	
2/20-3/20 (5)	F	4-4:45 pm	6-9 yrs	AC32208
Ct 4 -Indoor		ID/AP: \$48	OD: \$60	

Spring Term:

3/30-4/29 (5)	M/W	3:45-4:30 pm	6-9 yrs	AC42235
Ct 5 -Indoor		ID/AP: \$95	OD: \$118.75	
5/4-6/3 (5)	M/W	3:45-4:30 pm	6-9 yrs	AC42236
Ct 5 -Indoor		ID/AP: \$95	OD: \$118.75	
3/31-4/30 (5)	T/Th	5:15-6 pm	6-9 yrs	AC42237
Ct 5 -Indoor		ID/AP: \$95	OD: \$118.75	
5/5-6/4 (5)	T/Th	5:15-6 pm	6-9 yrs	AC42238
Ct 5 -Indoor		ID/AP: \$95	OD: \$118.75	
4/3-5/1 (5)	F	4-4:45 pm	6-9 yrs	AC42241
Ct 4 -Indoor		ID/AP: \$48	OD: \$60	
5/8-6/5 (5)	F	4-4:45 pm	6-9 yrs	AC42242
Ct 4 -Indoor		ID/AP: \$48	OD: \$60	

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. No class 1/19, 2/16.

Winter Term:

1/5-1/28 (4)	M/W	4:40-5:25 pm	6-9 yrs	AC32209
Ct 3 -Indoor		ID/AP: \$67	OD: \$83.75	
2/2-2/25 (4)	M/W	4:45-5:30 pm	6-9 yrs	AC32210
Ct 3 -Indoor		ID/AP: \$67	OD: \$83.75	
3/2-3/18 (3)	M/W	4:45-5:30 pm	6-9 yrs	AC32211
Ct 3 -Indoor		ID/AP: \$57	OD: \$71.25	
1/5-1/28 (4)	M/W	5:35-6:20 pm	9-12 yrs	AC32212
Ct 3 -Indoor		ID/AP: \$67	OD: \$83.75	
2/2-2/25 (4)	M/W	5:35-6:20 pm	9-12 yrs	AC32213
Ct 3 -Indoor		ID/AP: \$67	OD: \$83.75	
3/2-3/18 (3)	M/W	5:35-6:20 pm	9-12 yrs	AC32214
Ct 3 -Indoor		ID/AP: \$57	OD: \$71.25	
1/6-1/29 (4)	T/Th	4:15-5 pm	6-9 yrs	AC32215
Ct 4 -Indoor		ID/AP: \$76	OD: \$95	
2/3-2/26 (4)	T/Th	4:15-5 pm	6-9 yrs	AC32216
Ct 4 -Indoor		ID/AP: \$76	OD: \$95	
3/3-3/19 (3)	T/Th	4:15-5 pm	6-9 yrs	AC32217
Ct 4 -Indoor		ID/AP: \$57	OD: \$71.25	

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

1/9-2/13 (6)	F	4-4:45 pm	6-9 yrs	AC32218
Ct 3 -Indoor		ID/AP: \$57	OD: \$71.25	
2/20-3/20 (5)	F	4-4:45 pm	6-9 yrs	AC32219
Ct 3 -Indoor		ID/AP: \$48	OD: \$60	
1/9-2/13 (6)	F	5-5:50 pm	9-12 yrs	AC32220
Ct 3 -Indoor		ID/AP: \$61	OD: \$76.25	
2/20-3/20 (5)	F	5-5:50 pm	9-12 yrs	AC32221
Ct 3 -Indoor		ID/AP: \$51	OD: \$63.75	
1/9-2/13 (6)	F	6-7 pm	10-12 yrs	AC32222
Ct 3 -Indoor		ID/AP: \$71	OD: \$88.75	
2/20-3/20 (5)	F	6-7 pm	10-12 yrs	AC32223
Ct 3 -Indoor		ID/AP: \$59	OD: \$73.75	
Spring Term:				
3/30-4/29 (5)	M/W	4:45-5:30 pm	6-9 yrs	AC42220
Ct 3 -Indoor		ID/AP: \$95	OD: \$118.75	
5/4-6/3 (5)	M/W	4:45-5:30 pm	6-9 yrs	AC42221
Ct 3 -Indoor		ID/AP: \$95	OD: \$118.75	
3/30-4/29 (5)	M/W	5:35-6:20 pm	9-12 yrs	AC42222
Ct 3 -Indoor		ID/AP: \$95	OD: \$118.75	
5/4-6/3 (5)	M/W	5:35-6:20 pm	9-12 yrs	AC42223
Ct 3 -Indoor		ID/AP: \$95	OD: \$118.75	
3/31-4/30 (5)	T/Th	4:15-5 pm	9-12 yrs	AC42224
Ct 4 -Indoor		ID/AP: \$95	OD: \$118.75	
5/5-6/4 (5)	T/Th	4:15-5 pm	9-12 yrs	AC42225
Ct 4 -Indoor		ID/AP: \$95	OD: \$118.75	
4/3-5/1 (5)	F	4-4:45 pm	6-9 yrs	AC42229
Ct 3 -Indoor		ID/AP: \$48	OD: \$60	
5/8-6/5 (5)	F	4-4:45 pm	6-9 yrs	AC42230
Ct 3 -Indoor		ID/AP: \$48	OD: \$60	
4/3-5/1 (5)	F	5-5:50 pm	9-12 yrs	AC42231
Ct 3 -Indoor		ID/AP: \$51	OD: \$63.75	
5/8-6/5 (5)	F	5-5:50 pm	9-12 yrs	AC42232
Ct 3 -Indoor		ID/AP: \$51	OD: \$63.75	
4/3-5/1 (5)	F	6-7 pm	9-12 yrs	AC42233
Ct 3 -Indoor		ID/AP: \$59	OD: \$73.75	
5/8-6/5 (5)	F	6-7 pm	9-12 yrs	AC42234
Ct 3 -Indoor		ID/AP: \$59	OD: \$73.75	

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. No class 1/19, 2/16.

Winter Term:				
1/5-1/28 (4)	M/W	4:45-5:45 pm	9-12 yrs	AC32260
Ct 5 -Indoor		ID/AP: \$82	OD: \$102.50	
2/2-2/25 (4)	M/W	4:45-5:45 pm	9-12 yrs	AC32261
Ct 5 -Indoor		ID/AP: \$82	OD: \$102.50	
3/2-3/18 (3)	M/W	4:45-5:45 pm	9-12 yrs	AC32262
Ct 5 -Indoor		ID/AP: \$71	OD: \$88.75	
1/9-2/13 (6)	F	4-5 pm	9-12 yrs	AC32263
Ct 1 -Indoor		ID/AP: \$71	OD: \$88.75	
2/20-3/20 (5)	F	4-5 pm	9-12 yrs	AC32264
Ct 1 -Indoor		ID/AP: \$59	OD: \$73.75	
1/9-2/13 (6)	F	6-7 pm	9-12 yrs	AC32274
Ct 2 -Indoor		ID/AP: \$71	OD: \$88.75	
2/20-3/20 (5)	F	6-7 pm	9-12 yrs	AC32275
Ct 2 -Indoor		ID/AP: \$59	OD: \$73.75	
Spring Term:				
3/30-4/29 (5)	M/W	4:45-5:45 pm	9-12 yrs	AC42260
Ct 5 -Indoor		ID/AP: \$118	OD: \$147.50	
5/4-6/3 (5)	M/W	4:45-5:45 pm	9-12 yrs	AC42261
Ct 5 -Indoor		ID/AP: \$118	OD: \$147.50	
4/3-5/1 (5)	F	4-5 pm	9-12 yrs	AC42262
Ct 1 -Indoor		ID/AP: \$59	OD: \$73.75	
5/8-6/5 (5)	F	4-5 pm	9-12 yrs	AC42263
Ct 1 -Indoor		ID/AP: \$59	OD: \$73.75	

4/3-5/1 (5)	F	6-7 pm	9-12 yrs	AC42264
Ct 2 -Indoor		ID/AP: \$59	OD: \$73.75	
5/8-6/5 (5)	F	6-7 pm	9-12 yrs	AC42265
Ct 2 -Indoor		ID/AP: \$59	OD: \$73.75	
4/1-4/29 (5)	W	6-7 pm	12-14 yrs	AC42266
Ct 5 -Indoor		ID/AP: \$59	OD: \$73.75	
5/6-6/3 (5)	W	6-7 pm	12-14 yrs	AC42267
Ct 5 -Indoor		ID/AP: \$59	OD: \$73.75	

Basketball Skills - Girls Only

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. No class 1/19, 2/16.

Winter Term:				
1/5-2/9 (5)	M	6-6:45 pm	9-12 yrs	AC32269
Ct 5 -Indoor		ID/AP: \$48	OD: \$60	
2/23-3/16 (4)	M	6-6:45 pm	9-12 yrs	AC32270
Ct 5 -Indoor		ID/AP: \$38	OD: \$47.50	
Spring Term:				
3/30-4/27 (5)	M	6-6:45 pm	9-12 yrs	AC42271
Ct 5 -Indoor		ID/AP: \$48	OD: \$60	
5/4-6/1 (5)	M	6-6:45 pm	9-12 yrs	AC42272
Ct 5 -Indoor		ID/AP: \$48	OD: \$60	

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.

Winter Term:				
1/9-2/13 (6)	F	5:15-6:15 pm	9-12 yrs	AC32244
Ct 1 -Indoor		ID/AP: \$71	OD: \$88.75	
2/20-3/20 (5)	F	5:15-6:15 pm	9-12 yrs	AC32245
Ct 1 -Indoor		ID/AP: \$59	OD: \$73.75	
1/9-2/13 (6)	F	6:25-7:25 pm	12-14 yrs	AC32249
Ct 1 -Indoor		ID/AP: \$71	OD: \$88.75	
2/20-3/20 (5)	F	6:25-7:25 pm	12-14 yrs	AC32250
Ct 1 -Indoor		ID/AP: \$59	OD: \$73.75	
Spring Term:				
4/3-5/1 (5)	F	6:25-7:25 pm	12-14 yrs	AC42268
Ct 1 -Indoor		ID/AP: \$59	OD: \$73.75	
5/8-6/5 (5)	F	6:25-7:25 pm	12-14 yrs	AC42269
Ct 1 -Indoor		ID/AP: \$59	OD: \$73.75	
4/3-5/1 (5)	F	5:15-6:15 pm	9-12 yrs	AC42275
Ct 1 -Indoor		ID/AP: \$59	OD: \$73.75	
5/8-6/5 (5)	F	5:15-6:15 pm	9-12 yrs	AC42276
Ct 1 -Indoor		ID/AP: \$59	OD: \$73.75	

Basketball Skills and Scrimmages - Girls Only

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.

Winter Term:				
1/9-2/13 (6)	F	5-6 pm	9-12 yrs	AC32247
Ct 4 -Indoor		ID/AP: \$71	OD: \$88.75	
2/20-3/20 (5)	F	5-6 pm	9-12 yrs	AC32248
Ct 4 -Indoor		ID/AP: \$59	OD: \$73.75	
Spring Term:				
4/3-5/1 (5)	F	5-6 pm	9-12 yrs	AC42273
Ct 4 -Indoor		ID/AP: \$59	OD: \$73.75	
5/8-6/5 (5)	F	5-6 pm	9-12 yrs	AC42274
Ct 4 -Indoor		ID/AP: \$59	OD: \$73.75	

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

Youth Volleyball

The class will cover the skills of passing, serving, setting and hitting. No volleyball experience is required.

Winter Term:

1/9-2/13 (12)	F	5-6 pm	8-12 yrs	AC32257
Ct 5 -Indoor		ID/AP: \$71	OD: \$88.75	
2/20-3/20 (10)	F	5-6 pm	8-12 yrs	AC32258
Ct 5 -Indoor		ID/AP: \$59	OD: \$73.75	

Spring Term:

3/30-4/29 (5)	M/W	6:10-7 pm	8-12 yrs	AC42255
Ct 4 -Indoor		ID/AP: \$102	OD: \$127.50	
5/4-6/3 (5)	M/W	6:10-7 pm	8-12 yrs	AC42256
Ct 4 -Indoor		ID/AP: \$102	OD: \$127.50	
4/3-5/1 (10)	F	5-6 pm	8-12 yrs	AC42257
Ct 5 -Indoor		ID/AP: \$59	OD: \$73.75	
5/8-6/5 (10)	F	5-6 pm	8-12 yrs	AC42258
Ct 5 -Indoor		ID/AP: \$59	OD: \$73.75	

Teen Volleyball

The class will cover the skills of passing, serving, setting and hitting. No volleyball experience is required. No class 1/19, 2/16.

Winter Term:

1/5-1/28 (4)	M/W	5-6 pm	12-17 yrs	AC32301
Ct 4 -Indoor		ID/AP: \$82	OD: \$102.50	
2/2-2/25 (4)	M/W	5-6 pm	12-17 yrs	AC32302
Ct 4 -Indoor		ID/AP: \$82	OD: \$102.50	
3/2-3/18 (3)	M/W	5-6 pm	12-17 yrs	AC32303
Ct 4 -Indoor		ID/AP: \$71	OD: \$88.75	
1/9-2/13 (12)	F	6:15-7:15 pm	12-17 yrs	AC32304
Ct 5 -Indoor		ID/AP: \$71	OD: \$88.75	
2/20-3/20 (9)	F	6:15-7:15 pm	12-17 yrs	AC32305
Ct 5 -Indoor		ID/AP: \$59	OD: \$73.75	

Spring Term:

3/30-4/29 (5)	M/W	5-6 pm	12-17 yrs	AC42301
Ct 4 -Indoor		ID/AP: \$118	OD: \$147.50	
5/4-6/3 (5)	M/W	5-6 pm	12-17 yrs	AC42302
Ct 4 -Indoor		ID/AP: \$118	OD: \$147.50	
4/3-5/1 (10)	F	6:15-7:15 pm	12-17 yrs	AC42304
Ct 5 -Indoor		ID/AP: \$59	OD: \$73.75	
5/8-6/5 (10)	F	6:15-7:15 pm	12-17 yrs	AC42305
Ct 5 -Indoor		ID/AP: \$59	OD: \$73.75	

Advanced Volleyball Skills

This class is designed for players who have already had volleyball instruction and are familiar with the skills of passing, setting, serving and hitting. Class will refine those skills and develop strategy and familiarity with formations.

Winter Term:

1/9-2/13 (6)	F	6:15-7:15 pm	12-17 yrs	AC32316
Ct 4 -Indoor		ID/AP: \$71	OD: \$88.75	
2/20-3/20 (5)	F	6:15-7:15 pm	12-17 yrs	AC32317
Ct 4 -Indoor		ID/AP: \$59	OD: \$73.75	

Spring Term:

4/3-5/1 (5)	F	6:15-7:15 pm	12-17 yrs	AC42316
Ct 4 -Indoor		ID/AP: \$59	OD: \$73.75	
5/8-6/5 (5)	F	6:15-7:15 pm	12-17 yrs	AC42317
Ct 4 -Indoor		ID/AP: \$59	OD: \$73.75	

Homeschool PE

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!

Winter Term:

1/6-2/10 (12)	T	2:45-3:45 pm	6-16 yrs	AC32276
Ct 3 -Indoor		ID/AP: \$71	OD: \$88.75	
2/17-3/17 (10)	T	2:45-3:45 pm	6-16 yrs	AC32277
Ct 3 -Indoor		ID/AP: \$59	OD: \$73.75	

Spring Term:

3/31-4/28 (10)	T	2:45-3:45 pm	6-16 yrs	AC42277
Ct 3 -Indoor		ID/AP: \$59	OD: \$73.75	
5/5-6/2 (10)	T	2:45-3:45 pm	6-16 yrs	AC42278
Ct 3 -Indoor		ID/AP: \$59	OD: \$73.75	

Martial Arts

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.

Winter Term:

1/6-3/10 (10)	T	2-2:30 pm	3-5 yrs	AC34211
Ct 1 -Indoor		ID/AP: \$76	OD: \$95	
1/6-3/10 (10)	T	2:45-3:15 pm	3-5 yrs	AC34212
Ct 1 -Indoor		ID/AP: \$76	OD: \$95	
1/6-3/10 (10)	T	3:30-4 pm	3-5 yrs	AC34213
Ct 1 -Indoor		ID/AP: \$76	OD: \$95	

Spring Term:

3/31-6/2 (10)	T	2-2:30 pm	3-5 yrs	AC44212
Ct 1 -Indoor		ID/AP: \$76	OD: \$95	
3/31-6/2 (10)	T	2:45-3:15 pm	3-5 yrs	AC44213
Ct 1 -Indoor		ID/AP: \$76	OD: \$95	
3/31-6/2 (10)	T	3:30-4 pm	3-5 yrs	AC44214
Ct 1 -Indoor		ID/AP: \$76	OD: \$95	

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

Winter Term:

1/6-3/10 (10)	T	4:15-5:15 pm	6-14 yrs	AC34214
Ct 1 -Indoor		ID/AP: \$141	OD: \$176.25	

Spring Term:

3/31-6/2 (10)	T	4:15-5:15 pm	6-14 yrs	AC44215
Ct 1 -Indoor		ID/AP: \$141	OD: \$176.25	

Taekwondo, Family

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.

Winter Term:

1/6-3/10 (10)	T	5:30-6:30 pm	6-adult	AC34215
Ct 1 -Indoor		ID/AP: \$141	OD: \$176.25	

Spring Term:

3/31-6/2 (10)	T	5:30-6:30 pm	6-adult	AC44216
Ct 1 -Indoor		ID/AP: \$141	OD: \$176.25	

Sports & Fitness – Adult

Adult Pickleball Level 1

This class will cover the fundamentals of pickleball including the rules, basic techniques and strategies. No experience is required. Pickleball paddles are available if you do not have your own.

Winter Term:

1/6-2/10 (6)	T	2-3 pm	adult	AC35101
Ct 6 -Indoor		ID/AP: \$78	OD: \$97.50	
2/17-3/17 (5)	T	2-3 pm	adult	AC35102
Ct 6 -Indoor		ID/AP: \$65	OD: \$81.25	
1/8-2/12 (6)	Th	2-3 pm	adult	AC35103
Ct 6 -Indoor		ID/AP: \$78	OD: \$97.50	
2/19-3/19 (5)	Th	2-3 pm	adult	AC35104
Ct 6 -Indoor		ID/AP: \$65	OD: \$81.25	

Spring Term:

3/31-4/28 (5)	T	2-3 pm	adult	AC45101
Ct 5 -Indoor		ID/AP: \$65	OD: \$81.25	
5/5-6/2 (5)	T	2-3 pm	adult	AC45102
Ct 5 -Indoor		ID/AP: \$65	OD: \$81.25	
4/2-4/30 (5)	Th	2-3 pm	adult	AC45103
Ct 5 -Indoor		ID/AP: \$65	OD: \$81.25	
5/7-6/4 (5)	Th	2-3 pm	adult	AC45104
Ct 5 -Indoor		ID/AP: \$65	OD: \$81.25	

Sports & Fitness – Youth/Teen

Badminton Junior - Beginner

Want to learn a fast-paced and exciting sport of Badminton? Whether you're a beginner, have some experience, or are an elite player, our badminton class offers you a dynamic workout that improves agility, reflexes, and hand-eye coordination while learning the fundamental core skills of serving, hitting clears, drops, drills, game play and moving effectively through footwork on the court.

Winter Term:

1/6-3/10 (10)	T	6-7 pm	5-17 yrs	AC37201
OffSite		ID/AP: \$250	OD: \$312.50	
1/7-3/11 (10)	W	6-7 pm	5-17 yrs	AC37202
OffSite		ID/AP: \$250	OD: \$312.50	
1/8-3/12 (10)	Th	6-7 pm	5-17 yrs	AC37203
OffSite		ID/AP: \$250	OD: \$312.50	
1/9-3/13 (10)	F	6-7 pm	5-17 yrs	AC37204
OffSite		ID/AP: \$250	OD: \$312.50	
1/10-3/14 (10)	S	9-10 am	5-17 yrs	AC37205
OffSite		ID/AP: \$250	OD: \$312.50	
1/10-3/14 (10)	S	10-11 am	5-17 yrs	AC37206
OffSite		ID/AP: \$250	OD: \$312.50	
1/11-3/15 (10)	Su	3-4 pm	5-17 yrs	AC37207
OffSite		ID/AP: \$250	OD: \$312.50	
1/11-3/15 (10)	Su	4-5 pm	5-17 yrs	AC37208
OffSite		ID/AP: \$250	OD: \$312.50	

Spring Term:

3/31-6/2 (10)	T	6-7 pm	5-17 yrs	AC47201
OffSite		ID/AP: \$250	OD: \$312.50	
4/1-6/3 (10)	W	6-7 pm	5-17 yrs	AC47202
OffSite		ID/AP: \$250	OD: \$312.50	
4/2-6/4 (10)	Th	6-7 pm	5-17 yrs	AC47203
OffSite		ID/AP: \$250	OD: \$312.50	
4/3-6/5 (10)	F	6-7 pm	5-17 yrs	AC47204
OffSite		ID/AP: \$250	OD: \$312.50	
4/4-6/6 (10)	S	9-10 am	5-17 yrs	AC47205
OffSite		ID/AP: \$250	OD: \$312.50	
4/4-6/6 (10)	S	10-11 am	5-17 yrs	AC47206
OffSite		ID/AP: \$250	OD: \$312.50	
4/5-6/7 (10)	Su	3-4 pm	5-17 yrs	AC47207
OffSite		ID/AP: \$250	OD: \$312.50	
4/5-6/7 (10)	Su	4-5 pm	5-17 yrs	AC47208
OffSite		ID/AP: \$250	OD: \$312.50	



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

Financial Aid funds can be used to pay registration league fees for non-competitive leagues.

Youth Sports League ID System

All youth sports league participants are required to have a valid THPRD ID number, 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.

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.cedarmillbaseball.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.rhllbaseball.com

Phone: 971-217-7455

South Beaverton Girls Little League

A girls (ages 4-14) program that is comprised of players within the combined boundaries of Beaverton, Aloha and Raleigh Hills Little Leagues. It is chartered as an independent, softball-only program.

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

president@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

Junior Baseball Organization Spring/Summer Season

T-ball: 6-8 yrs, **Soft-T-ball:** 6-8 yrs

Baseball: 9-18 yrs, **Softball:** 9-18 yrs

Aloha Junior Baseball

Aloha High, Aloha Huber, Chehalem, Cooper Mt., Errol Hassell, Hazeldale, Kinnaman, Mountain View, Nancy Ryles, Sexton Mt., Valley Catholic

www.alohajuniorbaseball.org

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
leagues.bluesombrero.com/sunsetapollobaseballclub

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.westviyyouthbaseball.com

Fall Ball

Contact the youth organization to inquire about fall ball availability.

www.westsideryouthbaseball.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 beginning early October. A current THPRD account 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 2026-27 school year and attending a Beaverton School District #48 middle school or residing within District #48 or THPRD boundaries. Games will be held on weekdays at the Athletic Center. 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 2026-27 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 2026-27 school year. League and online registration will be available in April 2026. 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:

www.beavertoncricketclub.com
email: beavertoncricketclub@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 www.pdxcricket.org or pmocc2@gmail.com



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
register@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. To apply: www.thprd.org/connect/volunteer/ongoing-opportunities

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.

TVLAX

president@tv lax.com
www.tv laxtitans.com

Aloha

<https://www.alohalacrosse.org/>

Beaverton

president@beavertonbeaverslacrosse.com
beavertonhighschoollacrosse.teamsnapsites.com

Mountainside

info@mountainsidelax.com
<https://mountainsidelax.sportngin.com/>
<https://facebook.com/mountainsidelax>

Southridge

president@southridgeskyhawksoythlax.com
<https://southridgeyouthlax.com/>

Sunset

www.sunsetlacrosse.com

Westview

president@westviewyouthlacrosse.com
www.westviewlacrosse.com

High School Lacrosse

Aloha

www.alohalacrosse.org/

Beaverton

beavertonhighschoollacrosse.teamsnapsites.com

Mountainside

<https://mountainsidelax.sportngin.com/>

Southridge

<https://www.southridgelacrosse.org/>

Sunset

www.sunsetlacrosse.com

Westview

www.westviewlacrosse.com/



Soccer Coach Certification

For training and certification for soccer coaching, go to tualatinhillsjuniorsoccerleague.com 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, 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, 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, Raleigh Hills, Raleigh Park, Montclair, Greenway, McKay.
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.

Bridge City Soccer Academy

www.bridgecitysoccer.org

Oregon Surf

www.oregonsurf.org
hello@oregonsurf.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 2025-26 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 2026-27 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. Season runs June through August.

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

El uso de campo de fútbol THPRD coordinará el horario de los campos para ligas de deportes durante el año. Grupos que quieren usar campos por una temporada necesitan llamar al 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 by emailing sportsrentals@thprd.org.

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 a facility use agreement and deposit. Call the Athletic Center at 503-629-6330 or send request to sportsrentals@thprd.org.

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 (RO4 & R02)

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.



Ligas Deportivas de THPRD - Información General

Ligas Deportivas Juveniles

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

Los fondos de asistencia financiera se pueden utilizar para pagar la inscripción de ligas no competitivas.

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) puede que 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 971-384-9138 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 corresponde, antes de participar en una liga deportiva juvenil. Consulte el sitio web para obtener información sobre la tarjeta de identificación de THPRD.

Béisbol/Sóftbol

Las inscripciones para las ligas deportivas de béisbol 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.

Ligas de Primavera: Las inscripciones comienzan en Enero. 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.

Béisbol - Liga Deportiva para Menores | Little League

T-ball: de 4 a 6 años
Sóftbol: de 4 a 14 años
Béisbol: de 4 a 14 años

Liga infantil de Cedar Mill

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

Liga infantil de Murrayhill

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

Liga infantil de Raleigh Hills

Escuelas: Greenway, McKay, Montclair, Raleigh Hills, Raleigh Park, Vose, Whitford, Conestoga
www.rhllbaseball.com
Phone: 971-217-7455

Liga Infantil Femenina del Sur de Beaverton

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 sóftbol.

Escuelas: Aloha Huber Park, Chehalem, Cooper Mountain, Greenway, Errol Hassell, Hazeldale, Kinnaman, McKay, Montclair, Raleigh Hills, Raleigh Park, Vose
president@sbgll.com
southbeavertonll@gmail.com
www.sbgll.com

Liga infantil de Willow Creek

Este es una liga deportiva de sóftbol para niñas 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 Oregón. Este es un programa independiente y es solo de sóftbol. (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
Béisbol: 9-18 años, Softball: 9-18 años

Béisbol | Aloha Junior Baseball/Aloha Sóftbol

Escuelas: Aloha High, Aloha Huber, Chehalem, Cooper Mt., Errol Hassell, Hazeldale, Kinnaman, Mountain View, Nancy Ryles, Sexton Mt., Valley Catholic
www.alohajuniorbaseball.org

Béisbol | 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>

Sóftbol | 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

Béisbol | Mountainside Junior Baseball

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

Béisbol | Sunset Junior Baseball

Escuelas: Barnes, Cedar Mill, Findley, Ridgewood, Terra Linda, William Walker, West TV, Catlin Gabel, Cedar Park, Meadow Park, Stoller, Sunset High
leagues.bluesombrero.com/sunsetapollobaseballclub

Béisbol | Westview Youth Baseball

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

Pelota de Otoño

Para ver disponibilidad contacte a la asociación de Béisbol en otoño: www.westsideryouthbaseball.com

Básquetbol

Programas de Básquetbol de Invierno para grados 5-8 grados

Los Programas de Básquetbol 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 el Athletic Center. La temporada se extiende de diciembre-marzo. Para su comodidad, la inscripción para el Básquetbol juvenil está disponible en línea en www.thprd.org a partir de principios de octubre. Se requiere su número de identificación de THPRD para registrarse. Si tiene alguna pregunta o necesita ayuda para registrar a su atleta llame al 503-629-6330.

Ligas Deportivas de THPRD - Información General

Ligas Deportivas Juveniles

Básquetbol recreativo de primavera para grados de 5 a 8

La Liga Recreativa de Básquetbol Juvenil de Primavera está abierta a estudiantes que actualmente cursan entre grados 5 a 8 y que asisten a una escuela intermedia del Distrito Escolar de Beaverton #48 o que viven dentro de los límites del Distrito #48 o de THPRD. La inscripción comenzará en febrero.

Básquetbol recreativo de verano para grados de 6 a 8

Este programa está abierto para los atletas La Liga Recreativa de Básquetbol de Verano está abierta a estudiantes que ingresarán a los grados 6 a 8 en el año escolar 2026-2027 y que asisten a una escuela intermedia del Distrito Escolar de Beaverton #48 o que viven dentro de los límites del Distrito #48 o de THPRD. Los partidos se llevarán a cabo entre semana en el Athletic Center. Consulte nuestro sitio web para más información en mayo.

Básquetbol 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 2026-2027. Las inscripciones e información están disponibles en línea a partir de octubre. Consulte nuestro sitio de web para más información.

Básquetbol Escolar de Verano Grados 9-12

Este programa es para atletas quienes ingresarán a los grados 9-12 en el año escolar 2026-2027. Las inscripciones e información están disponibles en línea a partir de abril 2026. Para más información consulte nuestra página web.

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.

Críquet

Club de críquet de Beaverton (BCC)

Este es un club local afiliado a THPRD el cual juega con la Liga de Críquet 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:

www.beavertoncricketclub.com
email: beavertoncricketclub@gmail.com

Club de Críquet 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 Críquet como deporte en el área, para jóvenes y adultos. Aquellas personas interesadas pueden solicitar más información en www.pdxcricket.org o pmocc2@gmail.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.

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 15 de abril al 15 de junio
president@southridgeyouthfootball.com
www.southridgeyouthfootball.com
register@southridgeyouthfootball.com

Sunset

Inscripción: del 1 de abril al 30 de junio
sunsetyouthfootball@comcast.net
www.sunsetyouthfootball.org

Westview

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



Ligas Deportivas de THPRD - Información General

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.

TVLAX

president@tvfax.com
www.tvlaxtitans.com

Aloha

www.alohalacrosse.org

Beaverton

president@beavertonbeaverslacrosse.com
beavertonhighschoollacrosse.teamsnapsites.com

Mountainside

info@mountainsidelax.com
<https://mountainsidelax.sportngin.com/>
<https://facebook.com/mountainsidelax>

Southridge

president@southridgeskyhawksyouthlax.com
<https://southridgeyouthlax.com/>

Sunset

www.sunsetlacrosse.com

Westview

president@westviewyouthlacrosse.com
www.westviewyouthlacrosse.com

Lacrosse – Nivel Preparatoria | Secundaria

Aloha

www.alohalacrosse.org

Beaverton

<https://beavertonhighschoollacrosse.teamsnapsites.com/>

Mountainside

<https://mountainsidelax.sportngin.com/>

Southridge

www.southridgelacrosse.org

Sunset

www.sunsetlacrosse.com

Westview

www.westviewlacrosse.com



Certificación para Entrenadores de Fútbol

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.

Club de fútbol Aloha United

Escuelas: Aloha-Huber, Beaver Acres, Cooper Mt., Errol Hassell, Hazeldale, ISB, Kinnaman, Nancy Ryles, Scholls Heights, Sexton Mt. (este de Murray Blvd.)

AUSC: 971-770-2872
www.alohaunited.com

Club de fútbol Milltown United

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

milltownregistrar@gmail.com
www.milltownsoccer.org

Club de fútbol Oak Hills

Escuelas: Findley, Jacob Wismer, Oak Hills, Sato

email: pres@ohsoccer.com

www.ohsoccer.com

Club de fútbol Somerset West

Escuelas: Bethany, Elmonica, Lenox, McKinley, Rock Creek, Springville

president@somersetwestsoccer.org
www.somersetwestsoccer.org

Club de fútbol Westside

Escuelas: Chehalem, Fir Grove, Hiteon, Sexton Mt. (este of Murray Blvd.), Vose Raleigh Hills, Raleigh Park, Montclair, Greenway, McKay.

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.

Academia de fútbol Bridge City

www.bridgecitysoccer.org

Oregon Surf

www.oregonsurf.com
hello@oregonsurf.org

Club de fútbol Westside Metros

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

Voleibol

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

Para atletas que ingresan a los grados 4-12 durante el año escolar 2025-26. 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 2026-27 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 página-web para más información.



Ligas Deportivas de THPRD - Información General

Ligas Deportivas para Adultos

Básquetbol

Básquetbol 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 de web para obtener más información.

Básquetbol 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 de web.

Cornhole - Juego de Bolsas de Maíz

La información de la liga estará disponible en el Athletic Center 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 Athletic Center y en nuestro sitio web.



Kickball

Liga de Kickball

¡Kickball se trata de divertirse! ¿Recuerdas cuando eras niño y jugabas con la pelota con tus amigos? Kickball es un juego de recreo y también un juego de liga competitivo similar al softball. La información está disponible en el Athletic Center y en nuestro sitio de web en abril. La temporada dura de junio a agosto.

Fútbol

Uso de campos para fútbol

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

Sóftbol

Uso de Campos de Béisbol 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 Athletic Center para llenar una solicitud. Enviar correo electrónico a sportsrentals@thprd.org

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 Athletic Center. Los juegos de Softbol Abierto | Open League son los domingos por la tarde o noche. Los juegos femeninos son los martes por 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 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 Femenino | Open de Otoño y Ligas de Softbol Femenino

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

Liga de Softbol Varonil | Liga de Softbol Varonil de Otoño

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 Athletic Center.

Torneo de Softbol para Adultos

Las personas que estén interesadas en organizar un torneo de sóftbol en primavera/verano en el complejo de deportes de THPRD deben llenar un acuerdo de uso de las instalaciones (Facility Use Agreement) y hacer un depósito. Contáctenos en el Centro Atlético en 503-629-6330 o sportsrentals@thprd.org.

Vóleibol

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

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

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

Vóleibol en Césped para Adultos en Verano | Summer Adult Grass Volleyball (R04 & R02)

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.

Vóleibol 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.

Vóleibol de Invierno para Adultos

Los partidos se juegan a mitad de la semana 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 durante la semana por las tardes. La información sobre la liga e la inscripción está disponible en línea a partir de febrero.



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Fitness Opportunities

Free Fitness Events

Fitness in the Park

Winter: January 12 – March 22

Spring: March 30 – June 7

Fitness in the Park are free fitness classes at various THPRD parks. No registration required. Learn more: www.thprd.org/fitness-in-the-park

Sweetheart Stroll

Sunday, February 8 at 10 am

Commonwealth Park

A Family Walk & Roll. Join us for an early morning walk with those you love most! This scenic 1.5 mile walk is accessible to people of all ages and abilities! Meet at the park entrance near the intersection of SW Dellwood Ave and SW Foothill Drive

Women's Wellness Fair

Saturday, March 28 at 11am

Cedar Hills Recreation Center

Celebrate Women's History Month with a welcoming event featuring vendors and resources all focused on women's health including FREE mini workshops led by our certified trainers and instructors.

National Senior Health & Fitness Day

Wednesday, May 27

Elsie Stuhr Center

This FREE, all-day event celebrates active living for adults 55 and better, featuring a variety of engaging activities designed to promote health, wellness, and community connection.

Mental Health 5K and 1K Fun Run

Sunday, May 3 at HMT Campus Softball Fields

Join us for a fun-filled event supporting mental health awareness. Our 5K Run and 1K Fun Run will be a great way to connect with your community, get active, and promote positive well-being for the whole family. Meet at the Softball Fields.

1K- AC42501 \$5.00/ID \$6.25/OD 11 y/o and over, start time 9 am

1K- AC42502 10 y/o and under FREE, start time 9 am

5K- AC42500 \$10.00/ID \$12.50/OD, start time 9:45 am

www.thprd.org/events/



Fitness Instructor Education

Zumba ® Basic I Certification course January 10, 2026, 9 am- 5 pm at Conestoga Recreation & Aquatic Center • zumba.com

Oportunidades de fitness

Actividades de Fitness Gratis

Fitness in the Park

Clases de ejercicio GRATIS en varios parques de THPRD. ¡No se necesita inscripción!
Únete este invierno (12 de enero – 22 de marzo) y primavera (30 de marzo – 7 de junio).
Obtén más información:
www.thprd.org/fitness-in-the-park

Paseo de los Enamorados

Domingo 8 de febrero a las 10 am
Parque Commonwealth
Una caminata familiar "Walk & Roll". ¡Únete a nosotros para una caminata matutina con tus seres queridos!
Este recorrido escénico de 1.5 millas es accesible para personas de todas las edades y habilidades.
Punto de encuentro: entrada del parque cerca de la intersección de SW Dellwood Ave y SW Foothill Drive.

Feria de Bienestar para Mujeres

Sábado 28 de marzo a las 11 am
En Cedar Hills Recreation Center
Celebra el Mes de la Historia de la Mujer con un evento acogedor que contará con vendedores y recursos enfocados en la salud de las mujeres, ¡incluyendo mini talleres GRATIS dirigidos por nuestras entrenadoras e instructoras certificadas!

Día Nacional de la Salud y el Ejercicio para Personas Mayores

Miércoles 27 de mayo
En Elsie Stuhr Center
Este evento GRATIS de todo el día celebra un estilo de vida activo para adultos de 55 años o más, con una variedad de actividades diseñadas para promover la salud, el bienestar y la conexión comunitaria.

Carrera de 5K por la Salud Mental y Caminata Recreativa de 1K

Únete a nosotros para un evento lleno de diversión que apoya la concientización sobre la salud mental. Nuestra carrera de 5K y caminata recreativa de 1K son una excelente manera de conectar con tu comunidad, mantenerte activo y promover el bienestar de toda la familia. Punto de encuentro: campos de sóftbol.

1K- AC42501 \$5.00/ID \$6.25/OD Para mayores de 11 años

Hora de inicio: 9 am

1K- AC42502 GRATIS para niños de 10 años o menos Hora de inicio: 9 am

5K- AC42500 \$10.00/ID \$12.50/OD, Hora de inicio: 9:45 am

www.thprd.org/events/



Capacitación para Instructores de Ejercicio

Curso de Certificación Zumba® Basic I 10 de enero de 2026, de 9 am a 5 pm en Conestoga Recreation & Aquatic Center • zumba.com

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.

Sessions	Single Person	Buddy Training*
1 Session	\$71	\$53
3 Sessions	\$200	\$149.25
6 Sessions	\$365	\$272.25

*price per person

Weight Room Orientation

**\$63 ID /
\$78.50 OD**



Have one of these programs?

HEALTHWAYS
SilverSneakers
FITNESS

Silver&Fit.

RenewActive
by UnitedHealthcare

One Pass

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

Entrenamiento personal



Citas privadas con una entrenadora o un entrenador personal certificado para personalizar tu programa de ejercicio, ofrecerte acompañamiento y ayudarte a alcanzar tus metas. Cada sesión tiene una duración de una hora.

Sesiones	Una persona	En grupo*
1 Sesión	\$71	\$53
3 Sesiones	\$200	\$149.25
6 Sesiones	\$365	\$272.25

*precio por persona

Orientación de la Sala de Pesas

**\$63 ID /
\$78.50 OD**



¿Usted es parte de alguno de estos programas?



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

Financial Aid Program



To Qualify:

Family Size	Max Monthly Income
1	\$1,696
2	\$2,292
3	\$2,888
4	\$3,483
5	\$4,079
6	\$4,675
7	\$5,271
8	\$5,867

For each additional family member add \$596
Guidelines valid July 1, 2025 to June 30, 2026

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



CALLING COACHES



FOR YEAR-ROUND YOUTH ATHLETIC LEAGUES

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



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

Programa de Asistencia Financiera

Programa de Asistencia Financiera



Para calificar:

Tamaño de familia	Ingresos mensuales máximos
1	\$1,696
2	\$2,292
3	\$2,888
4	\$3,483
5	\$4,079
6	\$4,675
7	\$5,271
8	\$5,867

Por cada miembro adicional de la familia añada \$596
Tabla válida de julio 1, 2025 a junio 30, 2026

¿Para qué puedo utilizar mis fondos de asistencia financiera?

Los fondos pueden utilizarse para deportes, natación, clases de fitness, gimnasia, danza, salas de pesas, cuotas de parcela para los jardines comunitarios, ligas deportivas juveniles recreativas afiliadas y mucho más.

Para más información:

971-384-9138

financialaid@thprd.org



Para las ligas deportivas juveniles de todo el año

Contribuya a su comunidad e inspire a nuestros jóvenes creando un entorno positivo que fomente la confianza en sí mismos y la autoestima.



Athletic Center

Básquetbol	Invierno, primavera y verano
	Grados 5 a 12
Voleibol	Otoño y verano
	Grados 4 a 12

Cedar Hills Recreation Center

Atletismo	Invierno y primavera
	Grados 6 a 8
A campo traviesa	Verano y otoño
	Grados 6 a 8

Para más información visite la página web
thprd.org/connect/volunteer/ongoing-opportunities

Drop-in Programs & Daily Admissions

Pricing valid through 6/30/26

Amenities Included	General Pass	Deluxe Fitness Pass
Group Fitness Classes (includes Zumba®, Yoga, Cycling, Aerobics, Water Fitness and more!)*	✗	✓
Open Gym	✓	✓
Drop-in Sports	✓	✓
Weight Room	✓	✓
Walking Track	✓	✓
Open Swim	✓	✓
Lap Swim	✓	✓
55+ Swim	✓	✓
Indoor Play Park**	✓	✓

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

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

Prices	General			Deluxe Fitness		
	Daily	1 month	Annual	Daily	1 month	Annual
Adult (18-64 yrs)	\$6.50	\$42	\$372	\$10.25	\$71	\$695
Youth (1-17 yrs)* / Senior (65+)* / Military (individual)*	\$5.75	\$38	\$334	\$9.25	\$64	\$626
Two-person household	N/A	\$63	\$557	N/A	\$106	\$1,043
Household (3+)	\$16.75	\$84	\$743	N/A	\$142	\$1,390
Out-of-district individual	\$8	\$52	\$465	\$12.75	\$89	\$869
Out-of-district two-person household	N/A	\$79	\$697	N/A	\$133	\$1,303
Out-of-district household (3+)	\$21	\$105	\$929	N/A	\$177	\$1,738
In-District Healthcare Partner Program (65+)	N/A	\$0	N/A	N/A	\$43	N/A
Out-of-District Healthcare Partner Program (65+)	N/A	\$0**	N/A	N/A	\$54**	N/A

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

**A THPRD assessment fee is required for Out of District Silver & Fit patrons.

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

Programas sin inscripción y admisiones diarias

* Precios válidos hasta el 30 de junio de 2026

Servicios incluidos	Pase General	Pase Deluxe
Clases de fitness en grupo (incluye Zumba®, yoga, ciclismo, ejercicios aeróbicos fitness acuático y mucho más)*	✗	✓
Gimnasio abierto	✓	✓
Deportes sin inscripción	✓	✓
Salón de pesas	✓	✓
Pista para caminar	✓	✓
Natación libre	✓	✓
Natación por carril	✓	✓
Natación para mayores de 55 años	✓	✓
Parque de juegos de interior**	✓	✓

*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 el Centro de Tenis Babette Horenstein.

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

	General			Deluxe		
	Diario	1 mes	Anual	Diario	1 mes	Anual
Adulto (18 a 64 años)	\$6.50	\$42	\$372	\$10.25	\$71	\$695
Jóvenes (1 a 17 años)*/Adultos mayores (más de 65 años)*/Fuerzas armadas (individual)*	\$5.75	\$38	\$334	\$9.25	\$64	\$626
Grupo familiar de dos personas	N/A	\$63	\$557	N/A	\$106	\$1043
Grupo familiar (más de 3 personas)	\$16.75	\$84	\$743	N/A	\$142	\$1,390
Persona que no vive dentro del distrito	\$8	\$52	\$465	\$12.75	\$89	\$869
Grupo familiar de dos personas que no viven dentro del distrito	N/A	\$79	\$697	N/A	\$133	\$1,303
Grupo familiar que no vive dentro del distrito (más de 3 personas)	\$21	\$105	\$929	N/A	\$177	\$1,738
Programa del Proveedor de Salud (65+) para quienes viven dentro del distrito	N/A	\$0	N/A	N/A	\$43	N/A
Programa del Proveedor de Salud (65+) para quienes viven fuera del distrito	N/A	\$0**	N/A	N/A	\$54**	N/A

*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 personas quienes viven fuera del distrito se requiere una cuota adicional para ser parte del Programa de Silver & Fit

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

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.

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

Abrir una Cuenta en THPRD

Para abrir una cuenta de THPRD

Para poder disfrutar de los cientos de actividades, programas, clases, campamentos, y actividades sin inscripción que tenemos disponibles, primero debe tener una cuenta vigente con THPRD. Esto es gratis y fácil de hacer.



En Línea: www.thprd.org

Paso 1: Visite thprd.org/join

Complete el formulario "Crear grupo familiar nuevo" para su cuenta de THPRD.

Paso 2: Active la cuenta en línea

Siga las instrucciones que le enviaron a su correo electrónico para activar su nueva cuenta de THPRD en línea.

Paso 3: 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.

¡Pregúntenos si es elegible para Centro de Bienvenida!

Para más información vaya a thprd.org/events/centro-de-bienvenida

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 cuota 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 programas 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 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 \$142.50 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 dates:

Fall registration at 8am on Monday, August 11.

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, sign up for text alerts by texting "join" to 833-340-0174 to subscribe. We will also post notices on www.thprd.org, 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 \$3.50 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 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 THPRD 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 48 hours 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 government-issued identification/documents) who are currently serving or have served (active duty, National Guard, Reserves, veterans and retirees) in the U.S. military (Army, Navy, Air Force, Marines and Coast Guard) will receive a 10% discount on qualifying programs and services.

When Discounts Do Not Apply

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

Passes

Deluxe and general passes are non-refundable and non-transferable. No refunds given for deluxe or general passes.

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.

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 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 utilizar para alquileres en el centro. *Tenga en cuenta que las personas que no viven dentro del 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 \$142.50 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.

Fechas de inscripción fuera del distrito:

Inscripción de Invierno a las 8:00 am el lunes, 8 de diciembre.
Inscripción de Primavera a las 8:00 am el lunes, 23 de febrero.

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 niños. Los programas fuera del lugar exigen que uno de los padres/tutor esté presente en todo momento si el pequeño 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 utilizan los vestidores que más se alineen 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 \$3.50.

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 para reponer clases. Hacemos todo lo posible para anunciar cualquier cambio con antelación. Nos esforzamos por dar un centro limpio para que usted lo disfrute y los cierres anuales son necesarios para hacer reparaciones mayores y para limpiar.

Clases llenas o canceladas

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

Listas de espera

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

Reembolsos

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

Clases

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

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 48 horas 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 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 en las actividades no subvencionadas del distrito. Estas incluyen, entre otros, lecciones privadas, alquiler de centros, viajes, cuidado infantil, concesiones, mercadería y eventos especiales.

Pases

Los pases Deluxe y generales no son reembolsables ni transferibles.

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.



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, & Belonging Statement

THPRD's goal is to serve every individual with dignity, fairness, and respect. We are dedicated and hold ourselves accountable to being a welcoming and inclusive organization that lives our values by advancing equity, inclusion, fairness, belonging, and respect for all. As stewards of public lands and spaces, we are committed to keeping these spaces safe, accessible and bringing people together.

Board of Directors



Pradnya Patil
Director



Alfredo Moreno
President
Director



Barbie Minor
Director



Miles Palacios
Secretary
Director



Tya Ping
Secretary Pro-Tempore
Director

Management Team

Doug Menke, General Manager
Aisha Panas, Deputy General Manager
Jessica Collins, Executive Assistant
Jared Isaksen, Finance Director

Julie Rocha, Sports & Inclusion Director
Steve Sutton, Human Resources Director
Sabrina Taylor Schmitt, Recreation & Aquatic Director
Holly Thompson, Communications Director





Misión

La misión de Tualatin Hills Park & Recreation District (THPRD) es ofrecer instalaciones, programas, servicios y áreas naturales de alta calidad que satisfagan las necesidades de las diversas comunidades a las que servimos.

Visión

Promoveremos estilos de vida saludables y activos mientras conectamos a más personas con la naturaleza, los parques y los programas. Lograremos esto a través de una gestión responsable de los recursos públicos y ofreciendo programas y espacios que respondan a las necesidades no satisfechas de la comunidad.

Declaración de Equidad, Inclusión y Pertenencia

El objetivo de THPRD es servir a cada persona con dignidad, justicia y respeto. Nos comprometemos y asumimos la responsabilidad de ser una organización acogedora e inclusiva, que vive sus valores al promover la equidad, la inclusión, la justicia, la pertenencia y el respeto para todas las personas. Como organización que resguarda las tierras y los espacios públicos, nos comprometemos a mantenerlos seguros, accesibles y a buscar siempre las mejores formas de reunir a las personas y fortalecer el sentido de comunidad.

Junta Directiva



Pradnya Patil
Directora



Alfredo Moreno
Presidente Director



Barbie Minor
Directora



Miles Palacios
Director Secretaria



Tya Ping
Presidenta Secretaria
Pro-Tempore

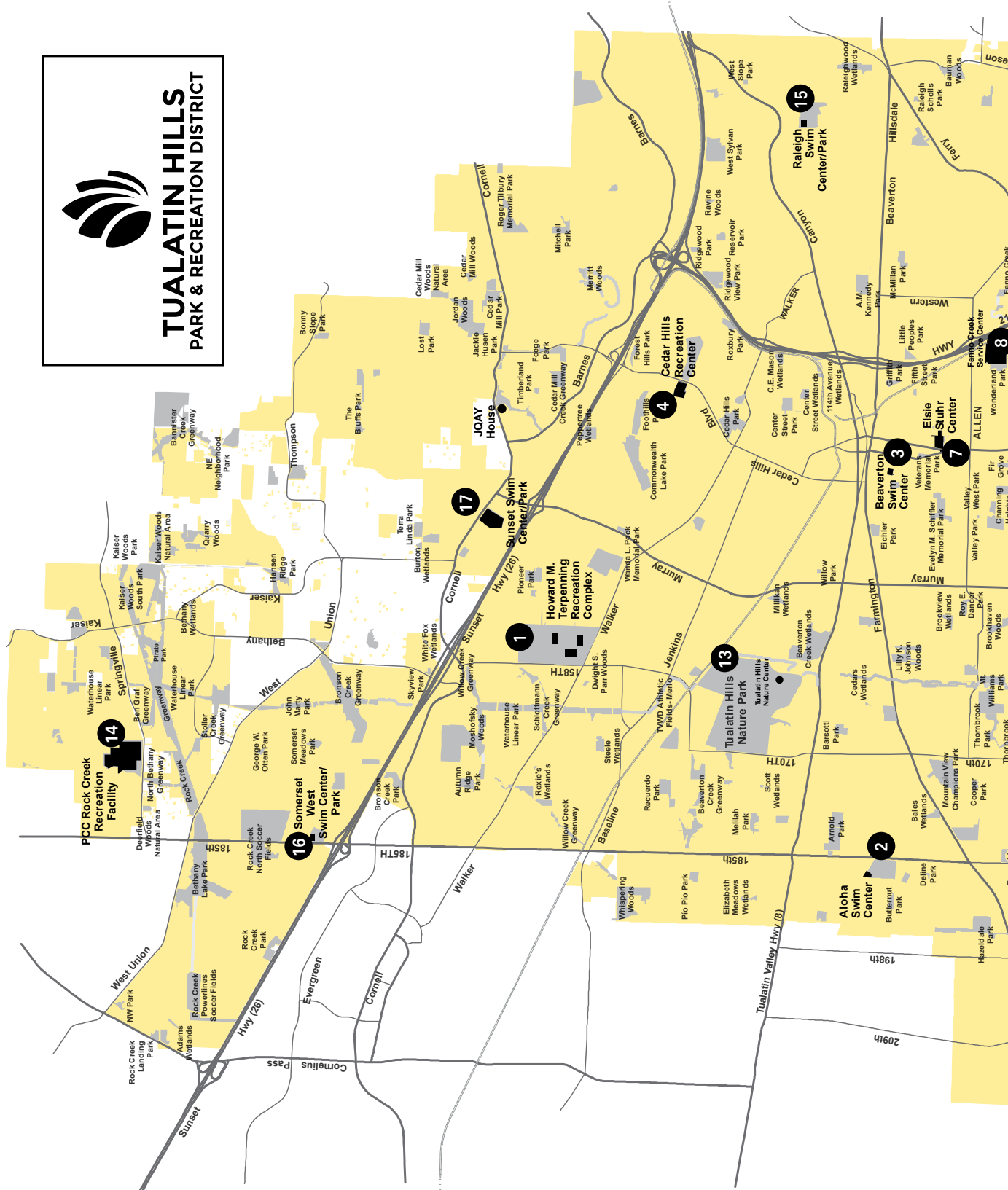
Equipo de Supervisores

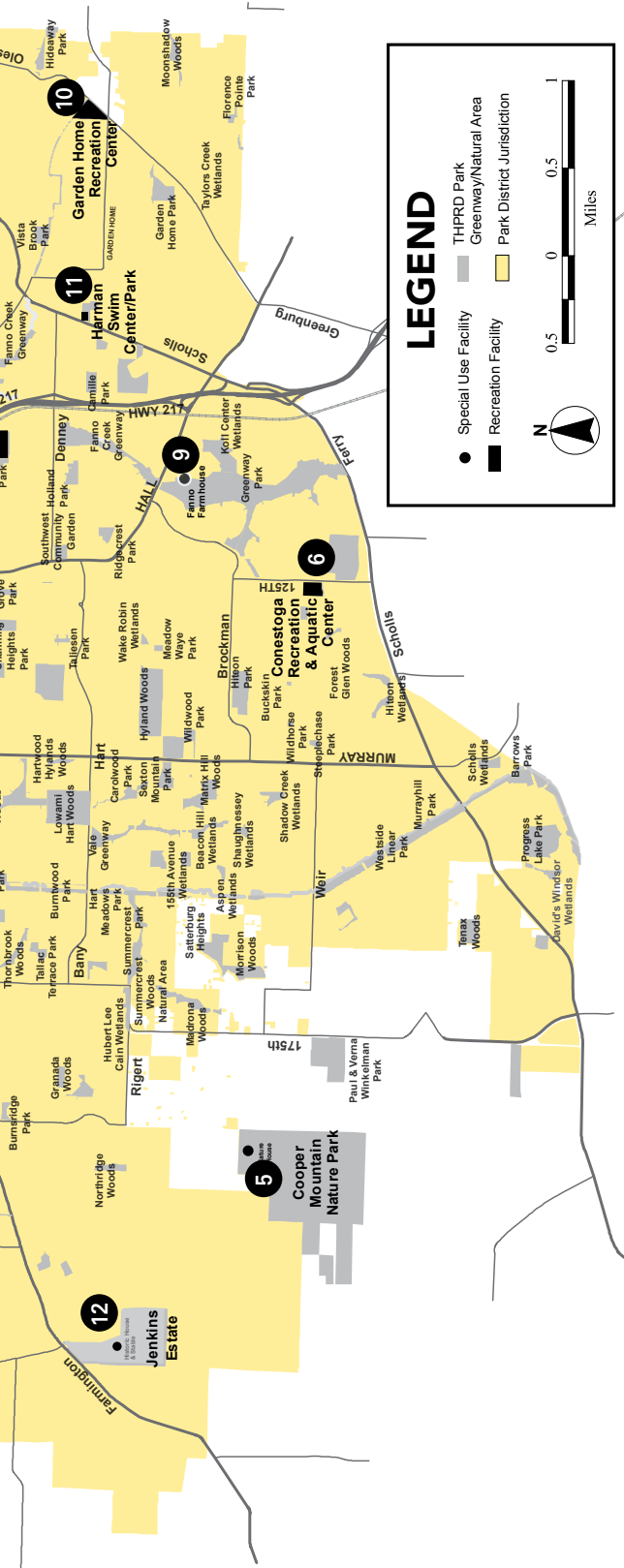
Doug Menke, Director General
Aisha Panas, Subdirectora General
Jessica Collins, Asistente Ejecutiva
Jared Isaksen, Director de Financieros

Julie Rocha, Directora de Deportes e Inclusión
Steve Sutton, Director de Recursos Humanos
Sabrina Taylor Schmitt, Directora de Recreación y Acuática
Holly Thompson, Directora de Comunicaciones



Parks, Recreation Facilities, Maintained School Grounds & Natural Areas





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Facility Rentals	22, 58, 86, 118		81, 103, 123, 140		

Winter & Spring - Events Calendar

Day	Event Name	Time	Location
December			
3-5	Centro de Bienvenida	4-7 pm	Administration Center & Elsie Stuhr Center
6	Holiday Bazaar	9 am-3 pm	Elsie Stuhr Center
12	Elsie Stuhr Day	All Day	Elsie Stuhr Center
13	Sensory Santa	All Day by appointment	Conestoga Recreation & Aquatic Center
27	Kwanzaa Celebration	5-8 pm	Tualatin Hills Athletic Center
January			
2	New Year's Dance (ages 55+)	2-4pm	Elsie Stuhr Center
9	Dive-in Movie	6-8:30pm	Conestoga Recreation & Aquatic Center
10	Glow-in-the-Dark Pickleball	5-7pm	Babette Hortenstein Tennis Center
28	Virtual Preschool Open House	5:30-6:15pm	THNC, CRAC, CHRC, see website for details
February			
7	Dive-in Movie	6-8:30pm	Conestoga Recreation & Aquatic Center
7	Hit with a Viking (Girls Only)	8-10am	Babette Hortenstein Tennis Center
7	Glow-in-the-Dark Pickleball	5-7pm	Babette Hortenstein Tennis Center
8	Soup-er Bowl Sunday	3:30-7:30pm	Conestoga Recreation & Aquatic Center
13	Valentine's Dance	2-4pm	Elsie Stuhr Center
15	Sunday Funday at the Pool	4-9pm	Garden Home Recreation Center
20	Dive-in Movie	6-8:30pm	Conestoga Recreation & Aquatic Center
21	Glow-in-the-Dark Pickleball	5-7pm	Babette Hortenstein Tennis Center
28	Lunar New Year Celebration	4-9pm	Garden Home Recreation Center
March			
8	Sunday Funday at the Pool	4:15-7pm	Conestoga Recreation & Aquatic Center
13	St. Patrick's Day Dance	2-4pm	Elsie Stuhr Center
14	Holi Celebration	3:30-5pm	Harvest Park
14	Hit with a Viking	8-10am	Babette Hortenstein Tennis Center
14	Sunset Shamrock Splash	2-4pm	Sunset Swim Center
21	Spring Celebration (Silent Egg Hunt)	1-4pm	Mountain View Champions Park
22	Eid al-Fitr	2-6pm	Tualatin Hills Athletic Center
23	Free Splash Pad day	All Day	Conestoga Recreation & Aquatic Center

Winter & Spring - Events Calendar

April

3	Duck Dive, Summer Preview, & Fitness Open House	5-7pm	Conestoga Recreation & Aquatic Center
10	Wipeout	6-8:30pm	Conestoga Recreation & Aquatic Center
10	Summer Preview Foam Cannon	2-4pm	Cedar Hills Park
12	Sunday Funday at the Pool	4:15-7pm	Conestoga Recreation & Aquatic Center
18	Murder Mystery Party	1-4pm	Elsie Stuhr Center
4	Egg Hunt	10-11:30am	Cedar Hills Recreation Center
18	Marhaba Arab Celebration	11am-3pm	Garden Home Recreation Center
19-25	Volunteer Appreciation Week	Various	Conestoga Recreation & Aquatic Center

May

1	Cinco de Mayo Dance	2-4pm	Elsie Stuhr Center
2	Friends to the Rescue	1-2pm	Beaverton Swim Center
3	Wipeout	11am-1pm	Conestoga Recreation & Aquatic Center
TBD	Family Fishing Day	9-2pm	Commonwealth Lake Park
10	Sunday Funday at the Pool	4:15pm-7:00pm	Conestoga Recreation & Aquatic Center
17	Wonderful World of Water Safety	6-8:30p	Conestoga Recreation & Aquatic Center
17	Vamos a Nadar	9-11:30am	Aloha Swim Center
26	Inclusive Spring Fling Dance	6:00p - 7:30p	Elsie Stuhr Center
29	National Senior Health & Fitness Day	9am-4pm	Elsie Stuhr Center
31	El día de los niños	11am-2pm	Cedar Hills Recreation Center
28	National Senior Health and Fitness Day	All day	Elsie Stuhr Center
31	Kickoff Pride Month Dance Party	6-8pm	Conestoga Recreation & Aquatic Center
31	Jungle Joe (must pass swim test to use)	2-4pm	Tualatin Hills Aquatic Center



Eid al-Fitr event



Lunar New Year Celebration event



El día de los Niños event

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Activities Guide Highlights

- Our Activities Guide is available both in print and digital editions.
- 30,000 copies are printed each year.
- 1 Million+ visits to the THPRD website annually.
- Show the community you support local parks and recreation programs.
- Sponsorship dollars help fund district operations that support Adaptive and Inclusive Recreation Services, the Rec Mobile Program, Financial Aid Program, and more!

COST PER AD

Ad Size	One Issue	Two Issues	Three Issues
Inside Back Cover	\$2,500	\$2,250	\$2,025
Back Cover	\$2,250	\$2,025	\$1,823
Full Page	\$2,000	\$1,800	\$1,620
1/2 Page	\$1,750	\$1,575	\$1,418
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Contact

McKenzie Miller

Sponsorship Administrator

m.miller@thprd.org or 971-254-5066



THPRD Welcomes you!



TUALATIN HILLS
PARK & RECREATION DISTRICT