

Winter & Spring

2025 Activities Guide



thprd.org

Youth & Adult Programs & Activities • Financial Aid Available

Registration – Winter & Spring 2025

Registration Dates & Times

Winter 2025

Spring 2025

In-District

Saturday, Dec. 7, 2024

Saturday, Feb. 22, 2025

Out-of-District

Monday, Dec. 9, 2024

Monday, Feb. 24, 2025



Online

Saturday, Dec. 7, 2024 at 8 am

Saturday, Feb. 22, 2025 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. 7, 2024 at 8 am

Saturday, Feb. 22, 2025 at 8 am

Visit any THPRD recreation or aquatic center (see page 3) 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 31, 2024 - March 30, 2025.

Spring registration is for classes and activities that take place from March 31 - June 14, 2025.

Centro

DE BIENVENIDA



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.

Centro was created to provide meaningful access to THPRD's programs, spaces, and registration process in a friendly and inclusive environment.

For more information or to check eligibility, please visit our website or call 503-645-6433 (hablamos español).



THPRD is Hiring!



**TUALATIN HILLS
PARK & RECREATION DISTRICT**



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



Flexible Schedule & Hours



Great Experience for People New or Returning to the Workforce



Employee Discounts and Access to Use Facilities



Part-time/Seasonal/Full-time Jobs Available



Competitive Wages and Benefits

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

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

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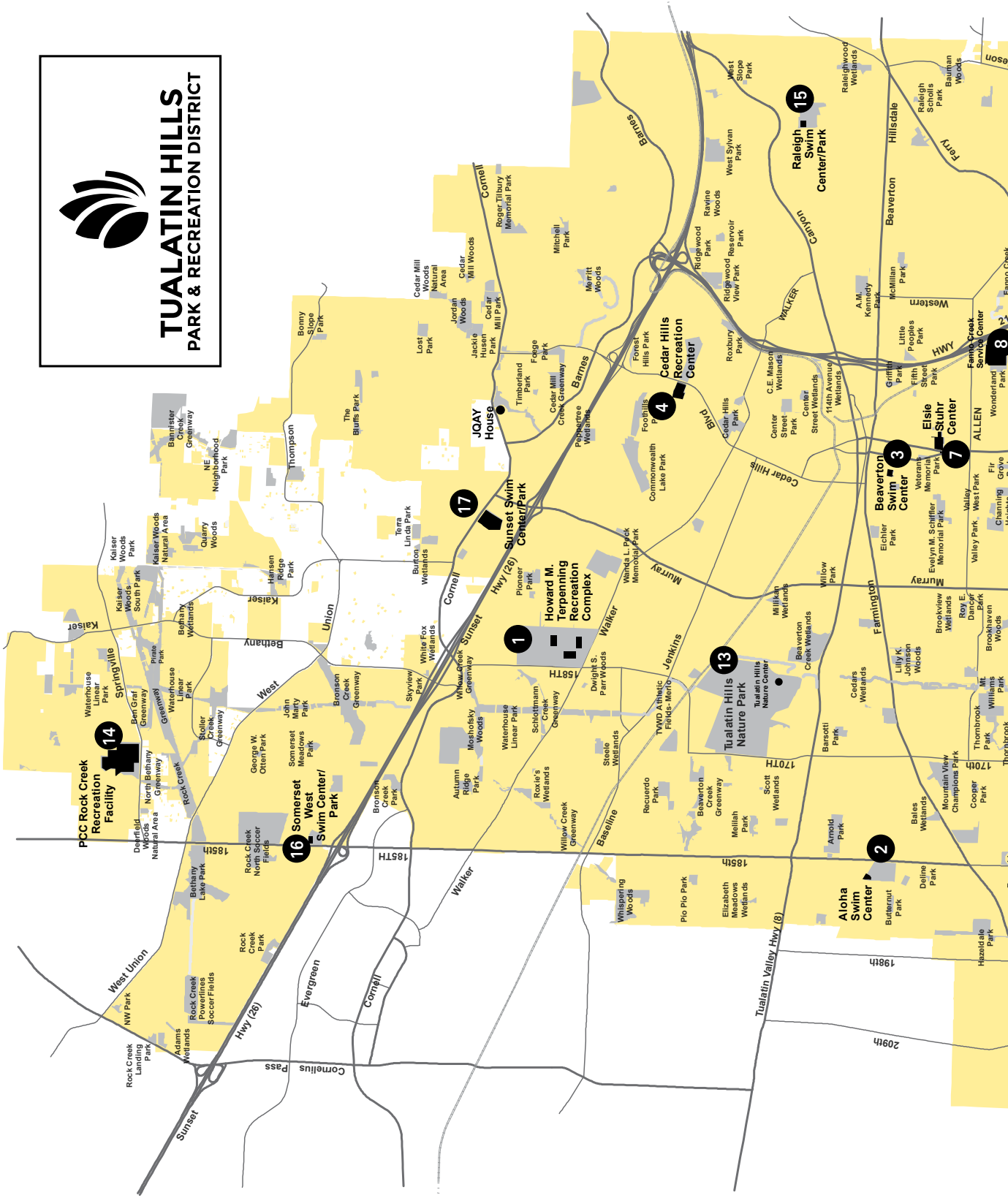
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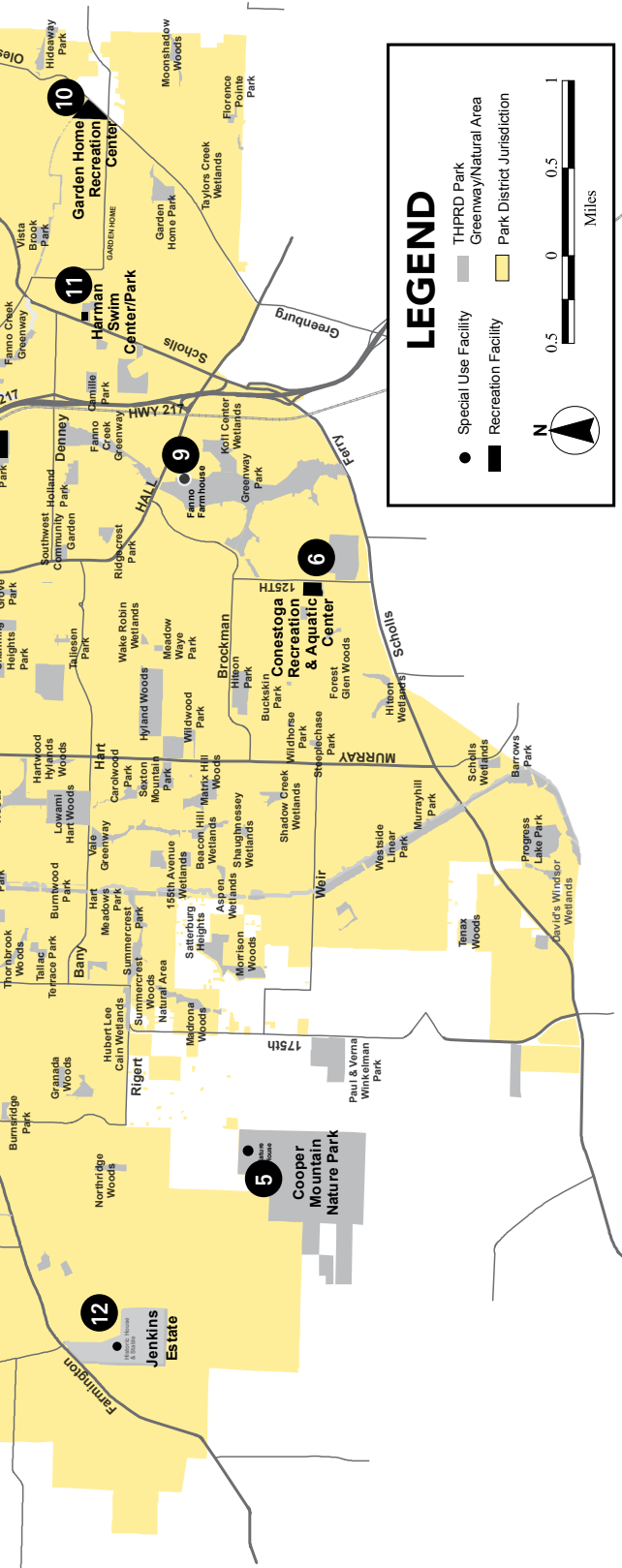
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We strive to produce the most accurate, up-to-date activities guide possible. Some program information may have changed since this guide went to print. NOTE: THPRD may use, for promotional purposes, photos taken at events and during programs.

Parks, Recreation Facilities, Maintained School Grounds & Natural Areas





Map Facility.....	Page	Map Facility.....	Page	Map Facility.....	Page
1 Howard M. Terpenning (HMT) Recreation Complex 15707 SW Walker Road Beaverton, 97006 TriMet #59, 67 Administration Office 503-645-6433	154	6 Conestoga Recreation & Aquatic Center 9985 SW 125th Avenue Beaverton, 97008 503-629-6313 TriMet #62, 92	55, 88	13 Tualatin Hills Nature Park & Nature Center ... 15655 SW Millikan Way Beaverton, 97003 503-629-6350 TriMet MAX Blue Line	128, 129
2 Aloha Swim Center 18650 SW Kinnaman Road Aloha, 97078 503-629-6311 TriMet #52, 57, 88	39	7 Elsie Stuhr Center 5550 SW Hall Blvd. Beaverton, 97005 503-629-6342 TriMet #76, 78, 88	106	14 PCC Rock Creek Recreation Facility 17705 NW Springville Road Portland, 97229 503-645-6433 TriMet #52, 67	67
3 Beaverton Swim Center 12850 SW Third Street Beaverton, 97005 503-629-6312 TriMet #52, 76, 78	43	8 Fanno Creek Service Center 6220 SW 112th Avenue, Suite 100 Beaverton, 97008 503-629-6305	88	15 Raleigh Swim Center (summer only) 3500 SW 78th Avenue Portland, 97225 503-297-6888 TriMet #58	67
4 Cedar Hills Recreation Center 11640 SW Park Way Portland, 97225 503-629-6340 TriMet #20, 59	70	9 Fanno Farmhouse 8405 SW Creekside Place Beaverton, 97005 503-629-6313 TriMet #76, 78	117	16 Somerset West Swim Center (summer only) 18300 NW Parkview Blvd. Portland, 97229 503-645-1413 TriMet #52, 89	52
5 Cooper Mountain Nature Park 18892 SW Kemmer Road Beaverton, 97007 503-629-6350	128	10 Garden Home Recreation Center 7475 SW Oleson Road Portland, 97223 503-629-6341 TriMet #45	48	17 Sunset Swim Center 13707 NW Science Park Drive Portland, 97229 503-629-6315 TriMet #48, 62	52
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		12 Jenkins Estate/Camp Rivendale 8005 SW Grabhorn Road Aloha, 97007 503-645-6433	138		

Drop-in Programs & Daily Admissions

Pricing valid through 6/30/25

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)	\$6.25	\$41	\$359	\$10	\$69	\$672
Youth (1-17 yrs)* / Senior (65+)* / Military (individual)*	\$5.75	\$37	\$323	\$9	\$62	\$605
Two-person household	N/A	\$62	\$539	N/A	\$104	\$1008
Household (3+)	\$16.25	\$82	\$718	N/A	\$138	\$1,344
Out-of-district individual	\$7.75	\$51	\$449	\$12.50	\$86	\$840
Out-of-district two-person household	N/A	\$78	\$674	N/A	\$130	\$1,260
Out-of-district household (3+)	\$20.25	\$103	\$898	N/A	\$173	\$1,680
In-District Healthcare Partner Program (65+)	N/A	\$0	N/A	N/A	\$42	N/A
Out-of-District Healthcare Partner Program (65+)	N/A	\$0**	N/A	N/A	\$53**	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!

Fitness Opportunities

FREE Fitness Events

Fitness in the Park:

Winter: January 12 - March 15, 2025

Spring: April 6 - June 7, 2025

www.thprd.org/fitness-in-the-park

Women's Wellness Fair:

Saturday, March 29, 11am-1:30pm, Cedar Hills Recreation Center

Join us for a NEW event focused on celebrating the beauty of womanhood. This event will feature fitness and nutrition demonstrations from THPRD staff and explore vendors and resources all focused on women's health. Celebrate Women's History Month with THPRD by taking care of future you!

Spring Pop-Up Series at Barsotti Park:

See website for details!

www.thprd.org/fitness-in-the-park

National Senior Health and Fitness Day:

Wednesday, May 28, Elsie Stuhr Center

PERSONAL TRAINING

THPRD offers personal training district-wide whether at a recreation center, pool, or park. Wherever you like to train, we got you!

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



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

thprd.org/activities/personal-training

Mental Health 5k and 1K Fun Run

Sunday, May 4 • 9 am

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.

5K: AC42500 ID: \$10 / OD: \$12.50

1K: AC42501: FREE!



Barre Above® Instructor

Certification Course

Garden Home Recreation Center

February 22, 2025, 9am-5pm

Register here: www.barreabove.com

Barre
ABOVE

Have one of these programs?



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.

Financial Aid

Financial Aid Program



To Qualify:

Family Size	Max Monthly Income
1	\$1,632
2	\$2,215
3	\$2,798
4	\$3,380
5	\$3,963
6	\$4,546
7	\$5,129
8	\$5,712

For each additional family member add \$583
Guidelines valid July 1, 2024 to June 30, 2025

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

Adaptive & Inclusion Recreation

THPRD provides Adaptive Recreation opportunities and Inclusion Services for individuals experiencing disabilities to promote access for all.

Inclusion Services

Individualized supports for patrons experiencing disability in the registered class(es) of their choice. Available at recreation centers throughout the district. For more information about Inclusion Services, email inclusion@thprd.org.


Monday Night Adult Therapeutic Recreation Classes (TR)

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

Wednesday Night Teen Therapeutic Recreation Classes (TR)

A recreation program for teens ages 13-20 years of age with developmental disabilities. Bi-monthly programs 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. **Classes are not held in summer term.**

Inclusive Recreation Classes

Inclusive recreation classes for children and adults with and without disabilities are offered at recreation centers throughout the district. Inclusive classes are marked with a 

Camp Rivendale

A summer day camp providing recreational opportunities for patrons who experience physical, emotional and/or developmental disabilities. For more information, email us at camprivendale@thprd.org.

Adaptive Mobile Recreation

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. If you're interested in Adaptive Rec Mobile joining your own event, please contact us at (503)-629-6341.

Inclusive Yoga

A drop-in recreation program for people of all ages and abilities. Yoga classes are held at Garden Home Recreation Center every Wednesday from 10:45am-11:45am. **Classes are not held in Summer term.**

For more information regarding inclusion services, please call us at 503-629-6341 or email inclusion@thprd.org.



THPRD is Hiring Inclusion Assistants

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

More info at thprd.org/jobs





Declaración de objetivos

La misión de Tualatin Hills Park & Recreation District es proporcionar instalaciones de parques y recreación, programas, servicios y áreas naturales de alta calidad que satisfagan las necesidades de las diversas comunidades a las que sirve.

Declaración de la visión

Mejoraremos los estilos de vida saludables y activos mientras que conectamos a más personas con la naturaleza, los parques y los programas. Lo haremos mediante la administración de los recursos públicos y proporcionando programas/espacios que satisfagan las necesidades no cubiertas.

Declaración de equidad e inclusión

Reconocemos que todas las agencias gubernamentales de los Estados Unidos tienen sus raíces en el racismo y la opresión sistémicos, incluyendo THPRD.

Queremos responsabilizarnos de nuestro papel en la perpetuación de estos sistemas y nos comprometemos a tomar medidas para crear un cambio significativo.

Nos esforzamos a unir a la gente, a ser un distrito de parques y recreación acogedor e inclusivo, y a vivir nuestros valores de fomento de la equidad social y racial.

Junta Directiva



Felicita Monteblanco
Directora



Alfredo Moreno
Presidente Director



Barbie Minor
Directora Secretaria



Miles Palacios
Director



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 Servicios Financieros
Julie Rocha, Directora de Deportes e Inclusión
Sabrina Taylor Schmitt, Directora de Recreación y Acuática
Holly Thompson, Directora de Comunicaciones



¡THPRD está contratando!



**TUALATIN HILLS
PARK & RECREATION DISTRICT**

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



Programa y horarios flexibles



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



Descuentos para empleados y acceso al uso de las instalaciones



Trabajos disponibles a tiempo parcial/de temporada/tiempo completo



Sueldos y beneficios competitivos

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

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

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

Inscripciones - Invierno y primavera 2025

Fechas y Horarios de Inscripción

	Invierno 2025	Primavera 2025
Dentro del Distrito	Sábado, 7 de diciembre de 2024	Sábado, 22 de febrero de 2025
Fuera del Distrito	Lunes, 9 de diciembre de 2024	Lunes, 24 de febrero de 2025



En línea

Sábado 7 de diciembre de 2024
a las 8 am

Sábado 22 de febrero de 2025
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 7 de diciembre de 2024
a las 8 am

Sábado 22 de febrero de 2025
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 31 de diciembre de 2024 al 30 de marzo de 2025.
La inscripción de primavera es para clases y actividades que se llevarán a cabo del 31 de marzo al 8 de junio de 2025.

Centro DE BIENVENIDA



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.

Centro fue creado para proporcionar acceso significativo a los programas, espacios y procesos de inscripción de THPRD en un ambiente amigable e inclusivo.

Para obtener más información o verificar elegibilidad, visite nuestra página web o llame al 503-645-6433 (hablamos español).



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 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 programa a menor coste.

¿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

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 \$106 por trimestre) que permite a todos los miembros del grupo familiar recibir las mismas tarifas que las personas del distrito en todas las clases de THPRD, actividades sin inscripción, pases de condición física y otros programas por una temporada o por todo el año.

Directrices para observar la clase

THPRD invita a los padres/tutores a observar las actividades de clase desde el interior del salón de clases/gimnasio el primer y último día del período. De lo contrario, animamos a los padres/tutores a permanecer fuera del salón de clases/gimnasio para lograr el mejor entorno educativo para los 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.

Inclencias 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 inclencias 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 alinee con su género afirmado. Consulte al recepcionista si tiene alguna pregunta.

Duchas

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

Cancelaciones, descuentos y reembolsos

Retrasos, cierres y cambios

Ocasionalmente, los centros estarán cerrados o los horarios cambiarán o se retrasarán debido a eventos especiales o 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 dos días antes de la reserva para recibir un reembolso completo.

Descuentos

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

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

Descuentos para adultos mayores y jóvenes

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

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

Programas sin inscripción y admisiones diarias

* Precios válidos hasta el 30 de junio de 2025

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)

Precios	General			Deluxe		
	Diario	1 mes	Anual	Diario	1 mes	Anual
Adulto (18 a 64 años)	\$6.25	\$41	\$359	\$10	\$69	\$672
Jóvenes (1 a 17 años)*/Adultos mayores (más de 65 años)*/Fuerzas armadas (individual)*	\$5.75	\$37	\$323	\$9	\$62	\$605
Grupo familiar de dos personas	N/A	\$62	\$539	N/A	\$104	\$1008
Grupo familiar (más de 3 personas)	\$16.25	\$82	\$718	N/A	\$138	\$1,344
Persona que no vive dentro del distrito	\$7.75	\$51	\$449	\$12.50	\$86	\$840
Grupo familiar de dos personas que no viven dentro del distrito	N/A	\$78	\$674	N/A	\$130	\$1,260
Grupo familiar que no vive dentro del distrito (más de 3 personas)	\$20.25	\$103	\$898	N/A	\$173	\$1,680
Programa del Proveedor de Salud (65+) para quienes viven dentro del distrito	N/A	\$0	N/A	N/A	\$42	N/A
Programa del Proveedor de Salud (65+) para quienes viven fuera del distrito	N/A	\$0**	N/A	N/A	\$53**	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!

Eventos y Actividades Acuáticas

Invierno 2025

Beaverton Swim Center:

Nado Libre con Inflables – Enero 3, 10, 17, 24, 31 - Febrero 7, 14, 21, 28 -
Marzo 7, 14, 21, 28 – 3:00-6:00 pm

Conestoga Recreation & Aquatic Center:

Películas en la piscina - Viernes - Enero 3 y 17 – Febrero 7 y 21 – 6:00-8:30 pm
Buceo de Patitos - Viernes 14 de marzo, 5:30-8:30 pm ID de clase: CA37000A

Sunset Swim Center:

Zambullida de Trébol al Atardecer – Sábado Marzo 15, 1:00pm-4:00pm ID de clase:
SS300006

Primavera 2025

Aloha Swim Center:

Vamos a Nadar / ¡Salta al Agua!: Seguridad Acuática 101 - Domingo, Mayo 18,
9:00am-11:30am – ID de Clase: AL4Jumpin1 y ALJumpin2

Beaverton Swim Center:

Nado Libre con Inflables - Viernes, Abril 4, 11, 18, 25 - Mayo 2, 9, 16, 23, 30 - Junio
6, 13 - 3:00-6:00 pm
¡Salta al Agua!: Seguridad Acuática 101 - Sábado, Mayo 3, 1:00pm-2:00pm
ID de Clase: BV4JUMPIN

Conestoga Recreation & Aquatic Center:

Vistazo previo del verano - Viernes, Abril 4, 6:00-8:00 pm
Wipeout! - Viernes, Abril 11 - Mayo 9, 6:00-8:30 pm
Maravilloso Mundo de la Seguridad Acuática - Viernes, Mayo 16, 6:00-8:30 pm

Aquatic Center:

Jungle Joe* - Domingos, Abril 13 – Mayo 18, 31 – 2:00-4:00 pm
**Debe pasar la prueba de nado para usarlo

Plataforma de 10 Metros Abierta![^] - Sábado, Abril 5 y 20 – 1:30-2:30 pm

Plataforma de 10 Metros Abierta![^] - Viernes, Mayo 9 – 7:30-8:15 pm

[^]Debes tener 15 años o más para usarla

Para más información, visite www.thprd.org/activities/events o llámenos al 503-645-6433 ¡Hablamos español!

Oportunidades de fitness

Eventos de Fitness GRATUITOS

Fitness en los parques:

Invierno: 12 de enero - 15 de marzo, 2025

Primavera: 6 de abril - 7 de junio, 2025

<https://www.thprd.org/fitness-in-the-park>

Feria de Bienestar para Mujeres:

Sábado, 29 de marzo, 11am-1:30pm, Cedar Hills Recreation Center

¡Únase a nosotros para un NUEVO evento enfocado en celebrar la belleza de ser mujer! Este evento contará con demostraciones de fitness y nutrición a cargo del personal de THPRD y la oportunidad de explorar vendedores y recursos, todos enfocados en la salud de las mujeres. ¡Celebre el Mes de la Historia de la Mujer con THPRD cuidando de la mujer que será en el futuro!

Serie Pop-Up de Primavera en el Parque Barsotti:

¡Consulte el sitio web para más detalles!

En colaboración con Providence Senior Health. Acompáñenos en un evento esencial diseñado para educar y empoderar a las personas sobre cómo prevenir las caídas y mantener la seguridad en su vida diaria. ¡Aprenda cómo los medicamentos, el calzado y los cambios en su entorno doméstico pueden ayudarle a mantenerse seguro y de pie!

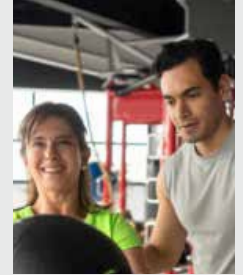
<https://www.thprd.org/fitness-in-the-park>

Día Nacional de la Salud y el Fitness para Personas Mayores:

Miércoles, 28 de mayo, Centro Elsie Stuhr

ENTRENAMIENTO PERSONALIZADO

THPRD ofrece entrenamiento personal en nuestros cuatro centros recreativos: Centro de recreación Cedar Hills, Centro acuático y de recreación Conestoga, Centro de recreación Garden Home y Centro Elsie Stuhr.



Tenemos entrenadores personales expertos y certificados quienes le pueden apoyar en crear un plan que le ayude a alcanzar sus objetivos.

¿Le gustaría aprovechar de la luz solar? Lleve sus sesiones de entrenamiento personalizado a cualquiera de los parques o áreas naturales. ¡El tiempo al aire libre es tiempo bien empleado! Para obtener una lista completa de nuestros entrenadores personales actuales y los precios de las sesiones, visite:

[thprd.org/activities/personal-training](https://www.thprd.org/activities/personal-training)

5K y 1K por la Salud Mental y Carrera Divertida

Domingo 4 de mayo • 9 am

¡Acompáñanos en este evento lleno de diversión en apoyo a la concientización sobre la salud mental! Nuestra carrera de 5k y la carrera divertida de 1k para niños serán una excelente manera de conectarse con su comunidad, mantenerse activo y promover el bienestar positivo para toda la familia.

5K: AC42500 ID: \$10 / OD: \$12.50

1K: AC42501: FREE!



¿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+

Descripciones de clases de ejercicios

Entrenamiento aeróbico de todo el cuerpo	Esta clase está diseñada para deportistas experimentados o recién llegados en forma. Incluye calentamiento y acondicionamiento aeróbico de bajo impacto con intervalos de trabajo de fuerza y resistencia. Es un excelente ejercicio para todo el cuerpo para comenzar el día. (55+)
Acondicionamiento sin edad	Una combinación de ejercicios aeróbicos, de fortalecimiento y de flexibilidad específicamente para mejorar la fuerza, el equilibrio, el rango de movimiento de las articulaciones, la movilidad y prolongar la vida independiente. (55+)
Aqua Jam (Fitness acuático)	Una celebración del ejercicio y la amistad en la alberca. Esta clase se imparte en aguas poco profundas y profundas. El instructor guía y apoya a los participantes en un entrenamiento cardiovascular moderado y de fuerza con su música favorita sin coreografías complejas. Se pueden utilizar diversos equipos resistentes y flotantes. Habrá tiempo dedicado al equilibrio y la flexibilidad. ¡Socializar es bienvenido! (Nivel 1)
Aqua Zumba® (Fitness acuático)	Un ejercicio acuático de bajo impacto alto en energía pero fácil para el cuerpo. Al integrar Zumba Dance con las disciplinas tradicionales de acondicionamiento físico acuático, Aqua Zumba® combina todo en un entrenamiento enfocado en acondicionamiento cardiovascular, tonificación corporal y sobre todo, ¡diversión increíble!
Conceptos básicos de equilibrio	Una clase para principiantes para trabajar el equilibrio y la estabilidad fortaleciendo los músculos de la cadera/piernas y los músculos abdominales; aprender técnicas positivas y ejercicios de equilibrio para mejorar la confianza. Incluye movimientos sentados y de pie realizados con una silla como apoyo. (55+)
Cardio Core (Fitness acuático)	Esta es una clase de acondicionamiento físico divertida y de intensidad moderada adecuada para la mayoría de las personas. La clase se lleva a cabo en la parte menos profunda de la alberca. Los participantes se desafían a sí mismos con la resistencia del agua en el ejercicio de bajo impacto mientras se ejercitan con música animada y alegre. Los participantes trabajan en acondicionamiento aeróbico, fuerza, equilibrio y flexibilidad. Se dedicarán al menos 35 minutos de la clase a cardio puro en una clase de Nivel 2. Se puede utilizar equipo flotante y resistente.
Cardio Fusión	Este programa fusiona los movimientos cardiovasculares y la escultura corporal para que su cuerpo se sienta más fuerte. Es un entrenamiento de fortalecimiento total que se combina con cardio para ayudar a fortalecer los pulmones junto con los grupos musculares. Lo que es más importante, Cardio Fusion ayuda a aumentar la flexibilidad, quemar calorías y definir los músculos centrales.
Fitness en silla	Muévase a través de una variedad de ejercicios diseñados para mejorar la fuerza, el equilibrio y el rango de movimiento. Una silla está disponible para apoyo sentado o de pie.
Explosión de la zona abdominal	Una clase de 30 minutos enfocada en fortalecer todo tu zona abdominal. Mejora la postura, el equilibrio y la coordinación.
Guerrero de las aguas profundas (Fitness acuático)	¡Ponte a prueba con el poder y la diversión de agitar el agua en esta clase de nivel 3! Los participantes usan cinturones de flotación y pueden esperar movimientos de alta intensidad y bajo impacto, seguidos de trabajo de fuerza y abdominales. (Nivel 3)
Cavar hondo (Fitness acuático)	Los participantes pueden usar cinturones de flotación para un entrenamiento de intensidad moderada y cero impacto en la parte profunda de la piscina. Es una forma emocionante y única de hacer ejercicio adecuada para la mayoría de las personas. ¡Las posibilidades de movimiento son ilimitadas! Trabaja en fitness aeróbico, fuerza, equilibrio y flexibilidad.
Excéntricos	Fortalecer y estirar todos los músculos del cuerpo de forma excéntrica, reequilibrando la estructura muscular en continuos movimientos de rotación.
Flex & Stretch (Fitness acuático)	Adecuado para todas las habilidades físicas. Flex and Stretch se enfoca en el rango de movimiento, estiramiento, equilibrio y la movilidad. Se incorpora trabajo cardiovascular suave. Esta clase se imparte en la parte poco profunda de la alberca y se utilizan algunos equipos de flotación y resistencia. (Nivel 1)
HIIT	HIIT (entrenamiento de intervalos de alta intensidad) es una clase de ejercicio cardiovascular que alterna períodos cortos de ejercicio anaeróbico intenso con períodos de recuperación menos intensos.
Aeróbico de bajo impacto	Esta clase es fácil para las articulaciones, quema calorías y desafía a todo el cuerpo. Todos los niveles son bienvenidos.
FUNDIR	MELT es una técnica de autotratamiento suave que mejora la movilidad, estabilidad y el rendimiento. Es clínicamente comprobado para reducir el dolor crónico mientras restaura el bienestar general.
Pilates	Esta clase incorpora movimientos tradicionales de Pilates y más que resulta en un cuerpo largo, delgado y fuerte. Se utilizan Therabands, anillos de Pilates y otros accesorios.

Descripciones de clases de ejercicios

Fuerza y resistencia	Un ejercicio estilo intervalo que incluye entrenamiento cardiovascular y da fuerza para un entrenamiento completo y divertido. Todos los niveles son bienvenidos.
Tai Chi I	Para el estudiante principiante. Aprende Tai Chi para un Mejor Equilibrio y Forma Yang 8/10.
Tai Chi II	Para el estudiante intermedio. Aprende Forma Yang 16 y Yang 24. Esta clase no es apropiada para principiantes.
Tai Chi III	Para el estudiante avanzado. En esta clase aprenderás la Forma 108 Yang. Esta clase no es apropiado para principiantes.
Fuerza corporal total	Una clase que fortalece todo tu cuerpo. Este entrenamiento desafía a todos los principales grupos musculares mediante ejercicios de sala de pesas como sentadillas, prensas, levantamientos y flexiones.
Circuito TRX	Esta clase es un entrenamiento de cuerpo completo. El entrenamiento en circuito le permite moverse a través de una variedad de estaciones de fuerza y cardio utilizando pesas, bandas y el TRX. ¡Ven listo para sudar! Esta clase no es apropiada para principiantes. (55+)
Entrenamiento de fuerza para mujeres	Esta clase está dedicada a mujeres mayores de 55 años que buscan un entorno empoderador para aprender a moverse de forma independiente con confianza. Los ejercicios incluyen entrenamiento aeróbico y de fuerza mediante el uso de equipos que pueden modificarse para todos los niveles. (55+)
Yoga, todos los niveles	Aumenta tu fuerza, flexibilidad y equilibrio con movimientos simples combinados con una respiración consciente.
Yoga, Silla	Aumente la flexibilidad, el equilibrio, la fuerza y la calma con movimientos de yoga realizados desde una silla. El yoga revitaliza los sistemas respiratorio, nervioso, endocrino, digestivo y otros sistemas importantes del cuerpo. (55+)
Yoga, Flujo	Este estilo dinámico une la respiración y el movimiento ayudando a desarrollar fuerza, resistencia y flexibilidad.
Yoga suave	Aprende a estirar con movimientos suaves y respiración consciente; aumentar la fuerza y la flexibilidad y traer calma a la mente. Para estudiantes con poca o ninguna experiencia en yoga.
Yoga, Hatha	Esta es una clase de estructura simple para personas de cualquier nivel. Ayuda a usar la alineación del cuerpo y respiración simple para liberar patrones de pensamientos negativos. Cuando piensas positivamente y el cuerpo se relaja se vuelve más flexible y realizamos posturas seguras con la ayuda de la respiración.
Zumba®	ZUMBA® es una fusión de temas de música/baile latinos e internacionales que crean un ambiente dinámico, emocionante y basado en el principio de que un entrenamiento debe ser DIVERTIDO Y FÁCIL DE HACER. Aprende a estirar con movimientos suaves y respiración consciente; aumentar la fuerza y la flexibilidad y traer calma a la mente.
Zumba® Oro	Olvídense del entrenamiento y únase a la fiesta con este programa de bajo impacto diseñado para principiantes. ¡Esta es una versión suave de Zumba, pase despacio para disminuir el impacto y aumentar la capacidad de aprender los movimientos!
20/20/20	¡Consigue tres tipos de ejercicio por el triple de diversión! Aeróbicos para empezar, seguido de entrenamiento de fuerza y terminando con ejercicios de flexibilidad. (55+)

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

Programa de Asistencia Financiera

Programa de Asistencia Financiera



Para calificar:

Tamaño de familia	Ingresos mensuales máximos
1	\$1,632
2	\$2,215
3	\$2,798
4	\$3,380
5	\$3,963
6	\$4,546
7	\$5,129
8	\$5,712

Por cada miembro adicional de la familia añada \$583
Tabla valida de julio 1, 2024 a junio 30, 2025

¿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



BUSCAMOS



ENTRENADORES



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.

Para más información visite la página web
thprd.org/connect/volunteer/ongoing-opportunities



Centro Deportivo

Baloncesto	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
Travesio de campo	Verano y otoño
	Grados 6 a 8


Recreación Adaptada e Inclusiva

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

Servicios de inclusión es un programa de apoyo personalizado que se da a los usuarios con discapacidades en clases y programas que se dan en THPRD. Este es un servicio gratuito que ofrece el distrito.

Lunes por la noche TR en el Elsie Stuhr Center 5550 SW Hall Blvd, Beaverton, OR 97005 ofrece una variedad de oportunidades recreativas para personas mayores de 16 años con discapacidades del desarrollo.

Miércoles por la noche TR en el Elsie Stuhr Center ofrece una variedad de oportunidades recreativas para adolescentes de 13 a 20 años con discapacidades del desarrollo.

Se ofrecen **clases de recreación inclusiva** para niños y adultos con y sin discapacidades en los centros recreativos de todo el distrito. Las clases inclusivas están marcadas con un 

Campamento Rivendale es un campamento de verano que ofrece oportunidades recreativas para usuarios que experimentan discapacidades físicas, emocionales y/o del desarrollo. Para más información, envíanos un correo a camprivendale@thprd.org

Recreación Móvil Adaptativa es un programa gratuito y de acceso libre de THPRD para todas las edades. Ofrece juegos, manualidades y actividades que son sensorialmente amigables, a través de toda nuestra comunidad. Si estás interesado en que Recreación Móvil Adaptativa se una a su evento, comuníquese con nosotros al (503) 629-6341.

Yoga Inclusivo es un programa sin inscripción previa para todas las edades y habilidades. Las clases son en Garden Home Recreation Center los miércoles de 10:45am a 11:45am. No se imparten en verano.

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



THPRD está contratando asistentes de inclusión

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

Más información en thprd.org/jobs



Ligas Deportivas de THPRD - Información General

Ligas Deportivas Juveniles

Tenemos información de las organizaciones en el Centro Atlético | 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.

Beisbol/Sóftbol

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

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

Ligas de Primavera: Las inscripciones comienzan en Enero. Temporada temporada de marzo-junio.

Ligas de Verano: Inscripciones son en Enero y Febrero. Temporada de mayo- julio.

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

Beisbol - Liga Deportiva para Menores | Little League

T-ball: de 4 a 6 años

Softbol: de 4 a 14 años

Béisbol: de 4 a 14 años

Liga infantil Cedar Mill

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

www.cmllonline.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.rhbaseball.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 softbol.

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

president@sbgll.com o southbeavertonll@gmail.com

www.sbgll.com

Liga infantil de Willow Creek

Este es una liga deportiva de softbol 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 softbol. (T-ball mixto continuará bajo las ligas de béisbol).

www.willowcreeksoftball.com

Temporada de primavera/verano

T-ball: 6-8 años, Soft-T-ball: 6-8 años

Béisbol: 9-18 años, Softball: 9-18 años

Fall Ball - Pelota de Otoño

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

Aloha Junior Baseball/Aloha Softball

Escuelas: Aloha High, Aloha Huber, Chehalem, Cooper Mt., Errol Hassell, Hazeldale, Kinnaman, Mountain View, Nancy Ryles, Sexton Mt., Valley Catholic

AJBO: www.alohajuniorbaseball.org

Aloha Softball: Becky Dawson
503-649-6883

Beisbol | Beaverton Junior Baseball

Escuelas: Barnes, Beaver Acres, Chehalem, Elmonica, McKay, McKinley, Montclair, Raleigh Hills K-8, Raleigh Park, Ridgewood, Vose, West TV, Wm Walker, Cedar Park, Meadow Park, Whitford, Beaverton HS

<https://clubs.bluesombrero.com/BEAVERTONJBO>

Beisbol | Beaverton Blaze Softball

Escuelas: Fir Grove, Greenway, Hiteon, McKay, Montclair, Raleigh Hills, Raleigh Park, Conestoga, Highland Park, Whitford, Beaverton High, Jesuit High, Oregon Episcopal, Southridge High

www.oregonblazefastpitch.com

Beisbol Juvenil en Mountainside

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

mountainsidejbo.com

Beisbol Juvenil en Sunset

Escuelas: Barnes, Cedar Mill, Findley, Ridgewood, Terra Linda, William Walker, West TV, Catlin Gabel, Cedar Park, Meadow Park, Stoller, Sunset High

<http://www.sunsetapollosbaseball.com/youthbaseball>

Beisbol Juvenil en Westview

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

www.westviewyouthbaseball.com

Baloncesto

Programas de Baloncesto de Invierno para grados 5-8 grados

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

Ligas Deportivas de THPRD - Información General

Ligas Deportivas Juveniles

Baloncesto Recreacional de Primavera de los grados 5-8

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

Baloncesto Recreacional de Verano de los grados 6-8

Este programa está abierto para los atletas quienes comenzaran los grados 6-8 en el año escolar de 2025-2026 y quienes viven dentro del distrito o asisten a la escuela en el Distrito Escolar de Beaverton. Visite el sitio web para más información a partir de mayo.

Baloncesto Escolar de Invierno Grados 9-12

Este programa es para atletas de grados 9-12 quienes que no jueguen en equipos escolares en el año escolar 2025-2026. Las inscripciones e información están disponibles en línea a partir de octubre. Consulte nuestro sitio de web para más información.

Baloncesto Escolar de Verano Grados 9-12

Este programa es para atletas quienes ingresaran a los grados 9-12 en el año escolar 2025-2026. Las inscripciones e información están disponibles en línea a partir de abril 2024. 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.

Cricket

Club de críquet de Beaverton (BCC)

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

www.beavertoncricketclub.com
email: beavertoncricclub@gmail.com

Club de Cricket de Portland Metro Open

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



Fútbol Americano

Fútbol Americano Juvenil

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

Aloha

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

Beaverton

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

Mountainside:

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

Southridge

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

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.



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.

TVYLL

president@tvllax.com
www.tvllaxtitans.com

Aloha

www.tvllaxtitans.com

Beaverton

president@beavertonbeaverslacrosse.com
www.beavertonbeaverslacrosse.com

Mountainside

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

Southridge

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

Sunset

www.sunsetlacrosse.com

Westview

president@westviewyouthlacrosse.com
www.westviewyouthlacrosse.com

Lacrosse – Nivel Preparatoria | Secundaria

Aloha

www.alohalacrosse.org

Beaverton

Niñas: beavertongirlslax.com
Niños: beavertonlacrosse.leagueapps.com

Mountainside

www.mountainsidelax.org

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. (oeste de Murray Blvd.)

AUSC: 971-770-2872
www.alohaunited.com

Club de fútbol Milltown United

Escuelas: Barnes, Bonny Slope, Cedar Mill, Ridgewood, Terra Linda, Tumwater, 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. (east of Murray Blvd.), Vose Raleigh Hills, Raleigh Park, Montclair.

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

Vóleibol

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 2025-26 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

Baloncesto

Baloncesto de Invierno para Adultos

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

Baloncesto de Verano para Adultos

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

Cornhole - Juego de Bolsas de Maíz

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



Kickball

Liga de Kickball

¡Kickball se trata de divertirse! ¿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 softbol. La información está disponible en el Centro Atlético y en nuestro sitio 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.

Softbol

Uso de Campos de Beisbol y Sóftbol

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

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

La información de esta liga está disponible a partir de febrero en nuestra página web o en el Centro Atlético. 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 Centro Atlético. 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 Centro Atlético. 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 Centro Atlético.

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 Centro Atlético al 503-629-6330. Para inscripciones e información sobre la liga vaya al sitio web.

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

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

Voleibol en Césped para Adultos en Verano | Summer Adult Grass Volleyball (RC40 & 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.

Voleibol de Otoño para Adultos

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

Voleibol de Invierno para Adultos

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

Voleibol de Primavera para Adultos

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



Deportes acuáticos THPRD - Información General

Oficina principal de actividades acuáticas:

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

Encargado

Andrew Jackman
Director de Actividades Acuáticas

Directrices para el uso de las piscinas de THPRD

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

Vestidores

Todas las personas mayores de 6 años utilizan el vestuario que más se alinee con su género afirmado. Consulte al recepcionista si tiene alguna pregunta. Aloha, Beaverton, Conestoga, Harman y el centro acuático de Tualatin Hills 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

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.

Aplica en línea

thprd.org/connect/voluntariado

Drop-In | Natación Libre

Natación abierta: natación recreacional no estructurada para todas las edades. Los pequeños menores de 10 años deben ser supervisados visualmente por uno de los padres, tutor o encargado del cuidado que deberá tener al menos 15 años de edad.

Los pequeños menores de 7 años deben estar acompañados en el agua por uno de los padres, tutor o encargado del cuidado que deberá tener al menos de 15 años de edad. Se requiere una prueba de natación para que los pequeños naden en el agua que les pase de la cabeza.

Natación en Carriles: natación de acondicionamiento físico para las personas que pueden nadar continuamente varias vueltas mientras siguen todas las reglas de etiqueta para la natación libre, incluso

nadar en círculos. La natación libre es para adultos, a menos que se indique en el horario como Natación libre para todas las edades.

Ejercicio independiente/Ejercicio abierto en aguas profundas

Este programa sin cita previa es un nado no estructurado para el fitness acuático personal, el jogging acuático o la caminata acuática en zonas designadas de la piscina. 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 para más información y tarifas.



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 practican 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.

Herramientas 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 piscina de THPRD para obtener el horario.

Guía de selección de niveles de natación

- Los menores de seis meses hasta los tres años se registran en Baby/Toddler & Me.
- Los menores de al menos tres años quienes no hayan iniciado el primer grado escolar y ya sepan ir al baño se registran a los niveles de preescolar Preschool Level 1-3. Otra opción es You and Your Pre-schooler.
- Menores quienes hayan iniciado el primer grado hasta los 12 años de registran en School Age Level 1-4.
- Alumnos quienes naden 25 yardas en crol frontal y 25 yardas con braceado en reversa podrán registrarse en los niveles Level 5-7
- Los exámenes para verificar el nivel de cada estudiante se realizan en el primer día de clases.

Instrucción Especializada

Baby & Me/Toddler & Me

(Mi bebé y yo/Mi niño pequeño y yo)

Bebés (6 meses a 2 años)/niños pequeños (2 a 3 años)

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

Usted y su hijo en edad preescolar

3 años a 5 años 11 meses

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

Actividades acuáticas especializadas

Un programa de instrucción para 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 permanentes.

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: Feb 8 y Marzo 8

Primavera: Abril 26 y Mayo 10

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 piscinas 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.

Invierno

Harman Swim Center	18/1-20/1	Sáb/Dom/Lun	12pm-6:30pm	\$260	\$325	HM352000
Beaverton Swim Center	24/1-1/2	Vie y Sáb	Vie 4pm-8pm Sáb 9am-5pm	\$260	\$325	BV352000
Conestoga	25/1-2/2	Sáb y Dom	9:15am-4pm	\$260	\$325	CA352000
Beaverton Swim Center	28/2-8/3	Vie y Sáb	Vie 4pm-8pm Sáb 9am-5pm	\$260	\$325	BV352001
Aquatic Center	24/3-27/3	Lun-Jue	9am-4pm	\$260	\$325	AQ352000
Conestoga	24/3-27/3	Lun-Jue	9:15am-4pm	\$260	\$325	CA352001
Harman Swim Center	24/3-27/3	Lun-Jue	11:30am-6:30pm	\$260	\$325	HM352001
Sunset Swim Center	25/3-27/3	Mar/Mié/Jue	9am-5pm	\$260	\$325	SS452001

Primavera

Beaverton Swim Center	18/4-26/4	Vie y Sáb	Vie 4pm-8pm Sáb 9am-5pm	\$260	\$325	BV452000
Conestoga	26/4-4/5	Sáb y Dom	9:15am-4pm	\$260	\$325	CA452000
Conestoga	20/5-5/6	Mar/Jue	4:15pm-8:45pm	\$260	\$325	CA452001
Harman Swim Center	24/5-26/5	Sáb/Dom/Lun	8:30am-5pm	\$260	\$325	HM452000

Salvavidas júnior | Junior Lifeguarding

Edades de 12 a 15 años, Nivel 4+

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

Invierno

Beaverton Swim Center	25/1-22/3	Sábados	1:30pm-3:30pm	\$100	\$125	BV351000
Conestoga	7/1-11/2	Martes	4:30pm-6:30pm	\$100	\$125	CA351000
Sunset Swim Center	24/3-27/3	Lun-Jue	9am-4pm	\$100	\$125	SS451000

Primavera

Beaverton Swim Center	12/4-7/6	Sábados	1:30pm-3:30pm	\$100	\$125	BV451077
Conestoga	1/4-29/4	Martes	4:30pm-6:30pm	\$100	\$125	CA451000

Salvavidas júnior | Junior Lifeguarding - Alternate Track

Edades de 12 a 15 años, Nivel 5+

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

Invierno

Harman Swim Center	7/1-13/2	Mar/Jue	4:05pm-5:15pm	\$100	\$125	HM351000
Harman Swim Center	18/12-20/3	Mar/Jue	4:05pm-5:15pm	\$100	\$125	HM351001

Primavera

Harman Swim Center	1/4-1/5	Mar/Jue	4:05pm-5:15pm	\$100	\$125	HM451000A
Harman Swim Center	6/5-5/6	Mar/Jue	4:05pm-5:15pm	\$100	\$125	HM451001A

Clubes Acuáticos de THPRD

Water Polo

Club de Waterpolo Tualatin Hills

<https://thillswaterpolo.org/>

El Club de Waterpolo Tualatin Hills es un club atlético sin fines de lucro que opera durante todo el año, sirviendo a todos los jóvenes de nuestra comunidad que deseen participar en el deporte del waterpolo.

Número de Membresía de USA Water Polo. Se requiere un número de membresía de USA Water Polo para registrarse con el THWPC.

Todos los atletas deben tener una membresía vigente de USA Water Polo. El requisito mínimo es el nivel bronce para participar en clases, prácticas, la mayoría de los torneos o juegos de práctica.

<https://usawp.sport80.com/>

Introducción a las Clases de Waterpolo

¿Interesado en aprender más sobre el waterpolo? Ven a probar nuestras clases básicas de waterpolo, que proporcionan habilidades esenciales y una comprensión del deporte en un formato recreativo. Esta clase se centra en todos los aspectos divertidos y dinámicos del juego en un ambiente seguro y fácil de aprender.

Edades: 10-14

<https://www.thillswaterpolo.org/classes>

Beaverton Swim Center

Date	Day	Time	ID/AP	OD
6/1-21/3	Lun/Mie	4:15-5pm	\$300	\$337.50
31/3-13/6	Lun/Mie	4:15-5pm	\$300	\$337.50

Sunset Swim Center

Date	Day	Time	ID/AP	OD
6/1-21/3	Lun/Mie	4:45-5:30 pm	\$300	\$337.50
31/3-13/6	Lun/Mie	4:45-5:30 pm	\$300	\$337.50

Prueba Gratuita

Fechas Tentativas de prueba gratuita para Septiembre de 2024 - Julio de 2025:

Septiembre 3 - 6 Septiembre 23 - 27
Octubre 21 - 25 Noviembre 18 - 22
Diciembre 16 - 20 Enero 27 - 31
Febrero 24 - 28 Marzo 17 - 21
Abril 21 - 25 Mayo 26 - 30
Junio 23 - 27

<https://thillswaterpolo.org/youth-free-trial>



Grupos Juveniles del THWPC

10 años y menores: \$80 por mes (ID)
12 años y menores: \$180 por mes (ID)
14 años y menores: \$300 por mes (ID)
Varones de secundaria: \$375 por mes (ID)
Mujeres de secundaria: \$375 por mes (ID)

Club de Water Polo BSD

El Programa de Waterpolo del Club BSD (BSDCWP) es un club patrocinado por la comunidad, que incluye las escuelas secundarias Aloha, Beaverton, Sunset, West View, Southridge y Mountainside, permitiendo que los atletas participen en la Temporada de Waterpolo de Escuelas Secundarias de Oregon.

Para registrarse, comuníquese con bsdclub@thillswaterpolo.org
Registro para Equipos del Club BSD: del 30 de julio al 15 de septiembre.

Los clubes patrocinados por la comunidad son independientes y no reciben fondos, servicios ni supervisión del Distrito Escolar de Beaverton.

Club de Sincronización de Tualatin Hills

¡Descubre la belleza y el atletismo de la Natación Artística! La Natación Artística combina danza, gimnasia y natación en un deporte increíble. El club ofrece programas para todos, desde Recreativos para jóvenes y adultos hasta programas Competitivos para jóvenes y Masters.

En nuestro Programa Recreacional, los nadadores aprenderán las bases del deporte, incluyendo posiciones del cuerpo, propulsión, movimientos básicos, figuras y una rutina en equipo. Abierto a todos los géneros, los participantes deben poder nadar 25 yardas sin asistencia y sentirse cómodos en aguas profundas.

¡Únete a nosotros para un Día de Prueba Gratuita de Sincronización que se ofrece cada mes!

www.thillssynchroclub.org

Club de Natación Tualatin Hills Thunderbolts

Oficina: 503-629-5568
www.thunderboltsswimming.org

Club de Clavados Tualatin Hills

www.tualatinhillsdiveclub.com

Club de Natación para Adultos Tualatin Hills Barracuda Masters

Por favor, contacta a la persona encargada de membresías en: memberships@barracudas.org

o visita www.barracudas.org

Aprenda Ganando

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



Explore una carrera en actividades acuáticas mientras recibe un pago

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



Reciba formación profesional



Aprende herramientas de trabajo y aumenta tu capacidad de seguimiento



Reciba un pago



¡Aplique hoy!

Vaya a thprd.org e infórmese de como registrarse



@THPRD



www.thprd.org

Aquatics Events & Activities

Winter 2025

Beaverton Swim Center

Inflatables Open Swim – 1/3, 1/10, 1/17, 1/24, 1/31, 2/7, 2/14, 2/21, 2/28, 3/7, 3/14, 3/21, 3/28, 3-6pm

Conestoga Aquatic Center

Dive-in movies - Friday, 1/3, 1/17, 2/7, 2/21, 6:00-8:30 pm

Duck Dive - Friday, 3/14, 5:30-8:30 pm Class ID: CA37000A

Sunset Swim Center

Sunset Shamrock Splash – Saturday, 3/15, 1:00pm-4:00pm Class ID: SS300006

Spring 2025

Aloha Swim Center:

Jump-In: Water Safety 101 - Sunday, 5/18, 9:00-11:30am Class ID: AL4Jumpin1 and ALJumpin2

Beaverton Swim Center:

Inflatables Open Swim - Friday, 4/4, 4/11, 4/18, 4/25, 5/2, 5/9, 5/16, 5/23, 5/30, 5/6, 5/13, 3:00-6:00pm

Jump In: Water Safety 101 - Saturday, 5/3, 1:00-2:00pm Class ID: BV4JUMPIN

CRAC:

Summer Preview - Friday, 4/4, 6:00-8:00pm

Wipeout! - Friday, 4/11, 5/9, 6:00-8:30pm

Wonderful World of Water Safety - Friday, 5/16, 6:00-8:30pm

Aquatic Center:

Jungle Joe* - 4/13, 5/18, 5/31, 2:00-4:00 pm

*Must pass the swim test to use

10 Meter Platform Open![^] - Saturday, 4/5, 4/20 1:30-2:30 pm

10 Meter Platform Open![^] - Friday, 5/9 7:30-8:15 pm

[^]Must be 15 yrs. + to use

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

THPRD *Aquatics* - General Information

Main Aquatics Office:
Howard M. Terpenning
Recreation Complex
15707 SW Walker Road
Beaverton, OR 97006
503-629-6310

Personnel

Andrew Jackman,
Aquatics Manager

THPRD Pool Guidelines

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

Dressing Rooms

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

Volunteer Opportunities

Adaptive Aquatics

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

Junior Lifeguarding

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

Aquatic Champion

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

Apply Online

thprd.org/connect/volunteer

Drop-in Swimming at THPRD

Open Swim

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

Lap Swim

A fitness swim for those who can safely swim continuous laps while following all rules of etiquette for lap swim, including circle swimming. Lap swim is for adults unless noted on the schedule as an 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 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: 2/8 & 3/8

Spring Meet Dates: 4/26 & 5/10

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.

Winter

Harman Swim Center	1/18-1/20	Sat/Sun/Mon	12pm-6:30pm	\$260	\$325	HM352000
Beaverton Swim Center	1/24-2/01	Fri	4pm-8pm	\$260	\$325	BV352000
		Sat	9am-5pm			
Conestoga	1/25-2/02	Sat & Sun	9:15am-4pm	\$260	\$325	CA352000
Beaverton Swim Center	2/28-3/08	Fri	4pm-8pm	\$260	\$325	BV352001
		Sat	9am-5pm			
Aquatic Center	3/24-3/27	M-Th	9am-4pm	\$260	\$325	AQ352000
Conestoga	3/24-3/27	M-TH	9:15am-4pm	\$260	\$325	CA352001
Harman Swim Center	3/24-3/27	M-TH	11:30am-6:30pm	\$260	\$325	HM352001
Sunset Swim Center	3/25-3/27	T/W/TH	9am-5pm	\$260	\$325	SS452001

Spring

Beaverton Swim Center	4/18-4/26	Fri	4pm-8pm	\$260	\$325	BV452000
		Sat	9am-5pm			
Conestoga	4/26-5/04	Sat & Sun	9:15am-4pm	\$260	\$325	CA452000
Conestoga	5/20-6/05	T/Th	4:15pm-8:45pm	\$260	\$325	CA452001
Harman Swim Center	5/24-5/26	Sat/Sun/Mon	8:30am-5pm	\$260	\$325	HM452000

Junior Lifeguarding

Ages 12-15 years, Level 4+

Participants receive comprehensive training in the knowledge and skill necessary to prepare for the Lifeguarding program and to be trained as an instructor aide. Participants must be able to swim 300 yards and tread water for two minutes.

Winter

Beaverton Swim Center	1/25-3/22	Saturdays	1:30pm-3:30pm	\$100	\$125	BV351000
Conestoga	1/07-2/11	Tuesdays	4:30pm-6:30pm	\$100	\$125	CA351000
Sunset Swim Center	3/24-3/27	M-TH	9am-4pm	\$100	\$125	SS451000

Spring

Beaverton Swim Center	4/12-6/07	Saturdays	1:30pm-3:30pm	\$100	\$125	BV451077
Conestoga	4/01-4/29	Tuesdays	4:30pm-6:30pm	\$100	\$125	CA451000

Junior Lifeguarding- Alternate Track

Ages 12-15 years

Participants receive comprehensive training in the knowledge and skill necessary to prepare for the Lifeguarding program and to be trained as an instructor aide. Participants do not need to know how to swim prior to taking the class.

Winter

Harman Swim Center	1/07-2/13	T/TH	4:05pm-5:15pm	\$100	\$125	HM351000
Harman Swim Center	12/18-3/20	T/TH	4:05pm-5:15pm	\$100	\$125	HM351001

Spring

Harman Swim Center	4/01-5/01	T/TH	4:05pm-5:15pm	\$100	\$125	HM451000A
Harman Swim Center	5/06-6/05	T/TH	4:05pm-5:15pm	\$100	\$125	HM451001A

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 *Aquatics Clubs*

Water Polo

Tualatin Hills Water Polo Club

<https://thillswaterpolo.org/>

The Tualatin Hills Water Polo Club is a year-round non-profit athletic club serving all youth members of our community who have a desire to participate in the sport of water polo.

USA Water Polo Membership number is required to register with THWPC:

All athletes must have a current USA Water Polo membership. The minimum requirement is the bronze level to participate in classes, practices, most tournaments, or scrimmages.

<https://usawp.sport80.com/>

Introduction to Water Polo Classes

Interested in learning more about water polo? Come try our basic water polo classes that provide essential water polo skills and an 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 environment.

Ages: 10-14

<https://www.thillswaterpolo.org/classes>

Beaverton Swim Center

Date	Day	Time	ID/AP	OD
1/6-3/21	M/W	4:15-5 pm	\$300	\$337.50
3/31-6/13	M/W	4:15-5 pm	\$300	\$337.50

Sunset Swim Center

Date	Day	Time	ID/AP	OD
1/6-3/21	M/W	4:45-5:30 pm	\$300	\$337.50
3/31-6/13	M/W	4:45-5:30 pm	\$300	\$337.50

THWPC Youth Club Groups

- 10 & Under - \$80 per month ID
- 12 & Under - \$180 per month ID
- 14 & Under - \$300 per month ID
- HS Boys - \$375 per month ID
- HS Girls - \$375 per month ID

Youth Water Polo Free Trial

Tentative Free Trial Dates from Sept 2024 - July 2025:

Sept 3- 6	Sept 23 - 27
Oct 21 - 25	Nov. 18 - 22
Dec 16 - 20	Jan. 27 - 31
Feb 24 - Feb 28	Mar 17 - 21
April 21 -25	May 26 - 30
June 23 - 27	

<https://thillswaterpolo.org/youth-free>



The BSD Club Water Polo Program (BSDCWP) is a Community Sponsored Club. which includes Aloha, Beaverton, Sunset, West View, Southridge, and Mountainside high schools that allow athletes to participate in the Oregon High School Water Polo Season.

For registration contact bsdclub@thillswaterpolo.org

Registration for BSD Club Teams: July 30-Sept. 15

Community Sponsored Clubs are independent from and receive no funding, services, or supervision from the Beaverton School District.

Tualatin Hills Synchro Club

Discover the beauty and athleticism of Artistic Swimming! Artistic Swimming combines dance, gymnastics and swim all in one incredible sport! The Club offers everything from Recreational both Youth and Adult to Competitive Youth and Masters programs. In our Recreational Program, swimmers will learn the foundations of the sport including body positions, propulsion, basic movements, figures and a team routine! Open to all genders, participants need to be able to swim 25 yards unassisted and be comfortable in deep water.

Join us for a FREE Try Synchro Day offered each month.

www.thillssynchroclub.org

Tualatin Hills Thunderbolts Swim Club

Office: 503-629-5568
www.thunderboltsswimming.org

Tualatin Hills Dive Club

www.tualatinhillsdiveclub.com

Tualatin Hills Barracuda Masters Swim Club (Adults Only)

Please contact the membership chair at: memberships@barracudas.org

or visit www.barracudas.org

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

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. For more information, please visit the league's website, www.ord4.com.

Spring Leagues: Registration begins in January. Play runs March-June.

Summer Leagues: Registration is in January and February. Play runs May-July.

Fall Leagues: Registration begins in August. The program is for 6-12 year olds. Play runs September-October.

Little League Baseball

T-ball: ages 4-6

Softball: ages 4-14

Baseball: ages 4-14

Cedar Mill Little League

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

Murrayhill Little League

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

Raleigh Hills Little League

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

South Beaverton Girls Little League

A girls (ages 4-14) program that is comprised of players within the combined boundaries of Beaverton, Aloha and Raleigh Hills Little Leagues. It is chartered as an independent, softball-only program.

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

president@sbgll.com or
southbeavertonll@gmail.com
www.sbgll.com

Willow Creek Little League

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

www.willowcreeksoftball.com

Spring/Summer Season

T-ball: 6-8 yrs, **Soft-T-ball:** 6-8 yrs

Baseball: 9-18 yrs, **Softball:** 9-18 yrs

Fall Ball

Contact the association for fall ball availability:
www.westsidelyouthbaseball.com

Aloha Junior Baseball

Aloha High, Aloha Huber, Chehalem, Cooper Mt., Errol Hassell, Hazeldale, Kinnaman, Mountain View, Nancy Ryles, Sexton Mt., Valley Catholic

AJBO: 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
<http://www.sunsetapollosbaseball.com/youthbaseball>

Westview Youth Baseball

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

Basketball

5th-8th Grade Winter Basketball Programs

THPRD's 5th through 8th grade basketball programs are for athletes residing in THPRD boundaries or attending school in the Beaverton School District. Practices are held during the week with games primarily on Saturdays at the BSD schools and/or THPRD Athletic Center. The season runs December-March. For your convenience, registration for youth basketball is now offered online at www.thprd.org 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 2025-26 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 2024-25 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 2025-26 school year. League and online registration will be available in April 2024. 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: beavertoncricclub@gmail.com

Portland Metro Open Cricket Club

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

Those interested in joining PMOCC should direct inquiries to 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.

TVYLL

president@tvllax.com
www.tvllaxtitans.com

Aloha

www.tvllaxtitans.com

Beaverton

president@beavertonbeaverslacrosse.com
www.beavertonbeaverslacrosse.com

Mountainside

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

Southridge

president@southridgeskyhawkseyouthlax.com
www.leagueathletics.com
www.southridgeskyhawkseyouthlax.org

Sunset

www.sunsetlacrosse.com

Westview

president@westviewyouthlacrosse.com
www.westviewyouthlacrosse.com

High School Lacrosse

Aloha

www.alohalacrosse.org

Beaverton

beavertonhighschoolacrosse.teamsnapsites.com

Mountainside

www.mountainsidelax.org

Southridge

www.southridgelacrosse.org

Sunset

www.sunsetlacrosse.com

Westview

www.westviewlacrosse.com



Soccer Coach Certification

For training and certification for soccer coaching, go to 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 2024-25 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 2025-26 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

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

Softball

Baseball/Softball Field Use

THPRD will coordinate the assignment of district wide baseball/softball fields from March 1 through October. Any group wishing to reserve fields for Spring and Summer should first obtain an application form from the Athletic Center.

Open/Women's Slow Pitch Summer Softball

League information will be available at the Athletic Center and on our website, in February. Open League games will be played on Sunday late afternoon and evenings and women's games will be played on Tuesday evenings. League play runs May through August.

Men's Slow Pitch Summer Softball

League information will be available at the Athletic Center website in February. Men's games are played Monday, Thursday and Friday. League play runs May through August.

Industrial Softball

This league is designed for employees of companies/businesses located within the THPRD boundaries. League play will be weekday evenings. Informational packets will be available in February.

Fall Open and Women's Softball Leagues

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

Fall Men's One-Pitch League Softball

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

Adult Softball Tournaments

Individuals interested in hosting Spring/Summer softball tournaments at the THPRD sports complex must submit an facility use agreement and deposit. Call the Athletic Center at 503-629-6330 or send request to 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 & RO2)

This recreational league plays weekday evenings at the HMT complex from June through August. League and online registration information will be available in April.

Adult Fall Volleyball

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

Adult Winter Volleyball

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

Adult Spring Volleyball

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



Aloha Swim Center



**TUALATIN HILLS
PARK & RECREATION DISTRICT**

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

TriMet Bus Routes #52, #57, #88

Facility Supervisor: Patrick Williamson

Aloha Swim Center Hours:

Monday – Friday: 2:45 pm – 9:00 pm
Saturday: Closed
Sunday: 11:00 am – 5:00 pm

Hours subject to change.

Check thprd.org for most updated schedule.

Facility Closed: 1/1, 1/20, 2/17, 4/20, 5/26

Aloha Swim Center Features:

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



Friday Teen Night at the Pool

Get ready for the BEST night of the week! **On the last Friday of EVERY month** we will be hosting a teen night. Teens 12yrs-18yrs are invited to hang out at the pool for an evening of fun, music and socializing. Whether you want to swim, chill by the pool or just meet up with friends, this is the perfect way to kick off your weekend!

Day: Last Friday of Every Month

Time: 4:30 – 8:30 pm

Cost: \$10 ID \$12.50 OD

We'll have music playing, pool games, and plenty of space to relax and enjoy the night. Lifeguards will be on duty to ensure a safe environment for everyone. Don't forget to bring your swimsuit, towel, and some friends to make the night even more fun!

No need to sign up in advance, just show up and dive into the weekend fun. We can't wait to see you there! Snacks included with fee. Must pass swim team to use wipeout inflatable.

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: Winter Meet dates on 2/8 & 3/8					
1/7-3/20	T/Th	6:40-7:25 pm	\$259	\$323.75	AL334047
Spring Term: Spring Meet dates on 4/26 & 5/10					
4/1-6/5	T/Th	6:40-7:25 pm	\$237	\$296.25	AL434047

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/aloa>, or by stopping into the center. The schedule is subject to change without notice.

Special Event

Vamos a Nadar / Jump-In: Water Safety 101
Sunday, May 18 • 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.

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#
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Preschool Level 1-3

No class 1/20, 2/17, 4/20, 5/24, 5/26.

Winter Term:

1/6-2/10	M	3:45-4:15 pm	\$52	\$65	AL311000
2/24-3/17	M	3:45-4:15 pm	\$43	\$53.75	AL311001
1/6-2/10	M	4:20-4:50 pm	\$52	\$65	AL311002
2/24-3/17	M	4:20-4:50 pm	\$43	\$53.75	AL311003
1/6-2/10	M	4:55-5:25 pm	\$52	\$65	AL311004
2/24-3/17	M	4:55-5:25 pm	\$43	\$53.75	AL311005
1/6-2/10	M	5:45-6:15 pm	\$52	\$65	AL311006
2/24-3/17	M	5:45-6:15 pm	\$43	\$53.75	AL311007
1/6-2/10	M	6:20-6:50 pm	\$52	\$65	AL311008
2/24-3/17	M	6:20-6:50 pm	\$43	\$53.75	AL311009
1/6-2/10	M	6:55-7:25 pm	\$52	\$65	AL311010
2/24-3/17	M	6:55-7:25 pm	\$43	\$53.75	AL311011
1/7-2/11	T	4-4:30 pm	\$62	\$77.50	AL311012
2/18-3/18	T	4-4:30 pm	\$52	\$65	AL311013
1/7-2/11	T	4:35-5:05 pm	\$62	\$77.50	AL311014
2/18-3/18	T	4:35-5:05 pm	\$52	\$65	AL311015
1/7-2/11	T	5:10-5:40 pm	\$62	\$77.50	AL311016
2/18-3/18	T	5:10-5:40 pm	\$52	\$65	AL311017
1/7-2/11	T	6-6:30 pm	\$62	\$77.50	AL311018
2/18-3/18	T	6-6:30 pm	\$52	\$65	AL311019
1/8-2/12	W	3:45-4:15 pm	\$62	\$77.50	AL311021
2/19-3/19	W	3:45-4:15 pm	\$52	\$65	AL311022
1/8-2/12	W	4:20-4:50 pm	\$62	\$77.50	AL311023
2/19-3/19	W	4:20-4:50 pm	\$52	\$65	AL311024
1/8-2/12	W	4:55-5:25 pm	\$62	\$77.50	AL311025
2/19-3/19	W	4:55-5:25 pm	\$52	\$65	AL311026
1/8-2/12	W	5:45-6:15 pm	\$62	\$77.50	AL311027
2/19-3/19	W	5:45-6:15 pm	\$52	\$65	AL311028
1/8-2/12	W	6:20-6:50 pm	\$62	\$77.50	AL311029
2/19-3/19	W	6:20-6:50 pm	\$52	\$65	AL311030
1/8-2/12	W	6:55-7:25 pm	\$62	\$77.50	AL311031
2/19-3/19	W	6:55-7:25 pm	\$52	\$65	AL311032
2/20-3/20	Th	4-4:30 pm	\$52	\$65	AL311034
2/20-3/20	Th	4:35-5:05 pm	\$52	\$65	AL311036
1/9-2/13	Th	5:10-5:40 pm	\$62	\$77.50	AL311037
2/20-3/20	Th	5:10-5:40 pm	\$52	\$65	AL311038
1/9-2/13	Th	6-6:30 pm	\$62	\$77.50	AL311039
2/20-3/20	Th	6-6:30 pm	\$52	\$65	AL311040
1/12-3/16	Su	12-12:30 pm	\$99	\$123.75	AL311041
1/12-3/16	Su	12:35-1:05 pm	\$99	\$123.75	AL311042
1/12-3/16	Su	1:10-1:40 pm	\$99	\$123.75	AL311043
1/12-3/16	Su	2-2:30 pm	\$99	\$123.75	AL311044
1/12-3/16	Su	2:35-3:05 pm	\$99	\$123.75	AL311045
1/12-3/16	Su	3:10-3:40 pm	\$99	\$123.75	AL311046

Spring Term:

3/31-4/28	M	3:45-4:15 pm	\$52	\$65	AL411000
5/5-6/2	M	3:45-4:15 pm	\$43	\$53.75	AL411001
3/31-4/28	M	4:20-4:50 pm	\$52	\$65	AL411002
5/5-6/2	M	4:20-4:50 pm	\$43	\$53.75	AL411003
3/31-4/28	M	4:55-5:25 pm	\$52	\$65	AL411004

5/5-6/2	M	4:55-5:25 pm	\$43	\$53.75	AL411005
3/31-4/28	M	5:45-6:15 pm	\$52	\$65	AL411006
5/5-6/2	M	5:45-6:15 pm	\$43	\$53.75	AL411007
3/31-4/28	M	6:20-6:50 pm	\$52	\$65	AL411008
5/5-6/2	M	6:20-6:50 pm	\$43	\$53.75	AL411009
3/31-4/28	M	6:55-7:25 pm	\$52	\$65	AL411010
5/5-6/2	M	6:55-7:25 pm	\$43	\$53.75	AL411011
4/1-4/29	T	4-4:30 pm	\$52	\$65	AL411012
5/6-6/3	T	4-4:30 pm	\$52	\$65	AL411013
4/1-4/29	T	4:35-5:05 pm	\$52	\$65	AL411014
5/6-6/3	T	4:35-5:05 pm	\$52	\$65	AL411015
4/1-4/29	T	5:10-5:40 pm	\$52	\$65	AL411016
5/6-6/3	T	5:10-5:40 pm	\$52	\$65	AL411017
4/1-4/29	T	6-6:30 pm	\$52	\$65	AL411018
5/6-6/3	T	6-6:30 pm	\$52	\$65	AL411019
4/2-4/30	W	3:45-4:15 pm	\$52	\$65	AL411021
5/7-6/4	W	3:45-4:15 pm	\$52	\$65	AL411022
4/2-4/30	W	4:20-4:50 pm	\$52	\$65	AL411023
5/7-6/4	W	4:20-4:50 pm	\$52	\$65	AL411024
4/2-4/30	W	4:55-5:25 pm	\$52	\$65	AL411025
5/7-6/4	W	4:55-5:25 pm	\$52	\$65	AL411026
4/2-4/30	W	5:45-6:15 pm	\$52	\$65	AL411027
5/7-6/4	W	5:45-6:15 pm	\$52	\$65	AL411028
4/2-4/30	W	6:20-6:50 pm	\$52	\$65	AL411029
5/7-6/4	W	6:20-6:50 pm	\$52	\$65	AL411030
4/2-4/30	W	6:55-7:25 pm	\$52	\$65	AL411031
5/7-6/4	W	6:55-7:25 pm	\$52	\$65	AL411032
4/3-5/1	Th	4-4:30 pm	\$52	\$65	AL411033
5/8-6/5	Th	4-4:30 pm	\$52	\$65	AL411034
4/3-5/1	Th	4:35-5:05 pm	\$52	\$65	AL411035
5/8-6/5	Th	4:35-5:05 pm	\$52	\$65	AL411036
4/3-5/1	Th	5:10-5:40 pm	\$52	\$65	AL411037
5/8-6/5	Th	5:10-5:40 pm	\$52	\$65	AL411038
4/3-5/1	Th	6-6:30 pm	\$52	\$65	AL411039
5/8-6/5	Th	6-6:30 pm	\$52	\$65	AL411040
4/6-6/8	Su	12-12:30 pm	\$80	\$100	AL411041
4/6-6/8	Su	12:35-1:05 pm	\$80	\$100	AL411042
4/6-6/8	Su	1:10-1:40 pm	\$80	\$100	AL411043
4/6-6/8	Su	2-2:30 pm	\$80	\$100	AL411044
4/6-6/8	Su	2:35-3:05 pm	\$80	\$100	AL411045
4/6-6/8	Su	3:10-3:40 pm	\$80	\$100	AL411046

School Age Level 1-4

No class 1/20, 2/17, 4/20, 5/24, 5/26.

Winter Term:

1/6-2/10	M	3:45-4:15 pm	\$52	\$65	AL321000
2/24-3/17	M	3:45-4:15 pm	\$43	\$53.75	AL321001
1/6-2/10	M	4:20-4:50 pm	\$52	\$65	AL321002
2/24-3/17	M	4:20-4:50 pm	\$43	\$53.75	AL321003
1/6-2/10	M	4:55-5:25 pm	\$52	\$65	AL321004
2/24-3/17	M	4:55-5:25 pm	\$43	\$53.75	AL321005
1/6-2/10	M	5:45-6:15 pm	\$52	\$65	AL321006
2/24-3/17	M	5:45-6:15 pm	\$43	\$53.75	AL321007
1/6-2/10	M	6:20-6:50 pm	\$52	\$65	AL321008
2/24-3/17	M	6:20-6:50 pm	\$43	\$53.75	AL321009
1/6-2/10	M	6:55-7:25 pm	\$52	\$65	AL321010
2/24-3/17	M	6:55-7:25 pm	\$43	\$53.75	AL321011
1/7-2/11	T	4-4:30 pm	\$62	\$77.50	AL321012
2/18-3/18	T	4-4:30 pm	\$52	\$65	AL321013
1/7-2/11	T	4:35-5:05 pm	\$62	\$77.50	AL321014
2/18-3/18	T	4:35-5:05 pm	\$52	\$65	AL321015
1/7-2/11	T	5:10-5:40 pm	\$62	\$77.50	AL321016
2/18-3/18	T	5:10-5:40 pm	\$52	\$65	AL321017
1/7-2/11	T	6-6:30 pm	\$62	\$77.50	AL321018

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

2/18-3/18	T	6-6:30 pm	\$52	\$65	AL321019
1/8-2/12	W	3:45-4:15 pm	\$62	\$77.50	AL321021
2/19-3/19	W	3:45-4:15 pm	\$52	\$65	AL321022
1/8-2/12	W	4:20-4:50 pm	\$62	\$77.50	AL321023
2/19-3/19	W	4:20-4:50 pm	\$52	\$65	AL321024
1/8-2/12	W	4:55-5:25 pm	\$62	\$77.50	AL321025
2/19-3/19	W	4:55-5:25 pm	\$52	\$65	AL321026
1/8-2/12	W	5:45-6:15 pm	\$62	\$77.50	AL321027
2/19-3/19	W	5:45-6:15 pm	\$52	\$65	AL321028
1/8-2/12	W	6:20-6:50 pm	\$62	\$77.50	AL321029
2/19-3/19	W	6:20-6:50 pm	\$52	\$65	AL321030
1/8-2/12	W	6:55-7:25 pm	\$62	\$77.50	AL321031
2/19-3/19	W	6:55-7:25 pm	\$52	\$65	AL321032
2/20-3/20	Th	4-4:30 pm	\$52	\$65	AL321034
2/20-3/20	Th	4:35-5:05 pm	\$52	\$65	AL321036
1/9-2/13	Th	5:10-5:40 pm	\$62	\$77.50	AL321037
2/20-3/20	Th	5:10-5:40 pm	\$52	\$65	AL321038
1/9-2/13	Th	6-6:30 pm	\$62	\$77.50	AL321039
2/20-3/20	Th	6-6:30 pm	\$52	\$65	AL321040
1/12-3/16	Su	12-12:30 pm	\$99	\$123.75	AL321041
1/12-3/16	Su	12:35-1:05 pm	\$99	\$123.75	AL321042
1/12-3/16	Su	1:10-1:40 pm	\$99	\$123.75	AL321043
1/12-3/16	Su	2-2:30 pm	\$99	\$123.75	AL321044
1/12-3/16	Su	2:35-3:05 pm	\$99	\$123.75	AL321045
1/12-3/16	Su	3:10-3:40 pm	\$99	\$123.75	AL321046
Spring Term:					
3/31-4/28	M	3:45-4:15 pm	\$52	\$65	AL421000
5/5-6/2	M	3:45-4:15 pm	\$43	\$53.75	AL421001
3/31-4/28	M	4:20-4:50 pm	\$52	\$65	AL421002
5/5-6/2	M	4:20-4:50 pm	\$43	\$53.75	AL421003
3/31-4/28	M	4:55-5:25 pm	\$52	\$65	AL421004
5/5-6/2	M	4:55-5:25 pm	\$43	\$53.75	AL421005
3/31-4/28	M	5:45-6:15 pm	\$52	\$65	AL421006
5/5-6/2	M	5:45-6:15 pm	\$43	\$53.75	AL421007
3/31-4/28	M	6:20-6:50 pm	\$52	\$65	AL421008
5/5-6/2	M	6:20-6:50 pm	\$43	\$53.75	AL421009
3/31-4/28	M	6:55-7:25 pm	\$52	\$65	AL421010
5/5-6/2	M	6:55-7:25 pm	\$43	\$53.75	AL421011
4/1-4/29	T	4-4:30 pm	\$52	\$65	AL421012
5/6-6/3	T	4-4:30 pm	\$52	\$65	AL421013
4/1-4/29	T	4:35-5:05 pm	\$52	\$65	AL421014
5/6-6/3	T	4:35-5:05 pm	\$52	\$65	AL421015
4/1-4/29	T	5:10-5:40 pm	\$52	\$65	AL421016
5/6-6/3	T	5:10-5:40 pm	\$52	\$65	AL421017
4/1-4/29	T	6-6:30 pm	\$52	\$65	AL421018
5/6-6/3	T	6-6:30 pm	\$52	\$65	AL421019
4/2-4/30	W	3:45-4:15 pm	\$52	\$65	AL421021
5/7-6/4	W	3:45-4:15 pm	\$52	\$65	AL421022
4/2-4/30	W	4:20-4:50 pm	\$52	\$65	AL421023
5/7-6/4	W	4:20-4:50 pm	\$52	\$65	AL421024
4/2-4/30	W	4:55-5:25 pm	\$52	\$65	AL421025
5/7-6/4	W	4:55-5:25 pm	\$52	\$65	AL421026
4/2-4/30	W	5:45-6:15 pm	\$52	\$65	AL421027
5/7-6/4	W	5:45-6:15 pm	\$52	\$65	AL421028
4/2-4/30	W	6:20-6:50 pm	\$52	\$65	AL421029
5/7-6/4	W	6:20-6:50 pm	\$52	\$65	AL421030
4/2-4/30	W	6:55-7:25 pm	\$52	\$65	AL421031
5/7-6/4	W	6:55-7:25 pm	\$52	\$65	AL421032
4/3-5/1	Th	4-4:30 pm	\$52	\$65	AL421033
5/8-6/5	Th	4-4:30 pm	\$52	\$65	AL421034
4/3-5/1	Th	4:35-5:05 pm	\$52	\$65	AL421035
5/8-6/5	Th	4:35-5:05 pm	\$52	\$65	AL421036
4/3-5/1	Th	5:10-5:40 pm	\$52	\$65	AL421037
5/8-6/5	Th	5:10-5:40 pm	\$52	\$65	AL421038
4/3-5/1	Th	6-6:30 pm	\$52	\$65	AL421039

5/8-6/5	Th	6-6:30 pm	\$52	\$65	AL421040
4/6-6/8	Su	12-12:30 pm	\$80	\$100	AL421041
4/6-6/8	Su	12:35-1:05 pm	\$80	\$100	AL421042
4/6-6/8	Su	1:10-1:40 pm	\$80	\$100	AL421043
4/6-6/8	Su	2-2:30 pm	\$80	\$100	AL421044
4/6-6/8	Su	2:35-3:05 pm	\$80	\$100	AL421045
4/6-6/8	Su	3:10-3:40 pm	\$80	\$100	AL421046

Intermediate Swimming Skills

Date	Day	Time	ID/AP	OD	Class#
Preschool/School Age Level 5-7					
No class 1/20, 2/17, 4/20, 5/26.					

Winter Term:

1/6-2/10	M	3:45-4:15 pm	\$52	\$65	AL325000
2/24-3/17	M	3:45-4:15 pm	\$49	\$61.25	AL325001
1/6-2/10	M	4:20-4:50 pm	\$61	\$76.25	AL325002
2/24-3/17	M	4:20-4:50 pm	\$49	\$61.25	AL325003
1/6-2/10	M	4:55-5:25 pm	\$61	\$76.25	AL325004
2/24-3/17	M	4:55-5:25 pm	\$49	\$61.25	AL325005
1/6-2/10	M	5:45-6:15 pm	\$61	\$76.25	AL325006
2/24-3/17	M	5:45-6:15 pm	\$49	\$61.25	AL325007
1/7-2/11	T	4-4:30 pm	\$73	\$91.25	AL325012
2/18-3/18	T	4-4:30 pm	\$61	\$76.25	AL325013
1/7-2/11	T	4:35-5:05 pm	\$73	\$91.25	AL325014
2/18-3/18	T	4:35-5:05 pm	\$61	\$76.25	AL325015
1/8-2/12	W	3:45-4:15 pm	\$73	\$91.25	AL325021
2/19-3/19	W	3:45-4:15 pm	\$61	\$76.25	AL325022
1/8-2/12	W	4:20-4:50 pm	\$73	\$91.25	AL325023
2/19-3/19	W	4:20-4:50 pm	\$61	\$76.25	AL325024
1/8-2/12	W	4:55-5:25 pm	\$73	\$91.25	AL325025
2/19-3/19	W	4:55-5:25 pm	\$61	\$76.25	AL325026
2/20-3/20	Th	4-4:30 pm	\$61	\$76.25	AL325034
2/20-3/20	Th	4:35-5:05 pm	\$61	\$76.25	AL325036

Spring Term:

3/31-4/28	M	3:45-4:15 pm	\$58	\$72.50	AL425000
5/5-6/2	M	3:45-4:15 pm	\$46	\$57.50	AL425001
3/31-4/28	M	4:20-4:50 pm	\$58	\$72.50	AL425002
5/5-6/2	M	4:20-4:50 pm	\$46	\$57.50	AL425003
3/31-4/28	M	4:55-5:25 pm	\$58	\$72.50	AL425004
5/5-6/2	M	4:55-5:25 pm	\$46	\$57.50	AL425005
3/31-4/28	M	5:45-6:15 pm	\$58	\$72.50	AL425006
5/5-6/2	M	5:45-6:15 pm	\$46	\$57.50	AL425007
4/1-4/29	T	4-4:30 pm	\$58	\$72.50	AL425012
5/6-6/3	T	4-4:30 pm	\$58	\$72.50	AL425013
4/1-4/29	T	4:35-5:05 pm	\$58	\$72.50	AL425014
5/6-6/3	T	4:35-5:05 pm	\$58	\$72.50	AL425015
4/2-4/30	W	3:45-4:15 pm	\$58	\$72.50	AL425021
5/7-6/4	W	3:45-4:15 pm	\$58	\$72.50	AL425022
4/2-4/30	W	4:20-4:50 pm	\$58	\$72.50	AL425023
5/7-6/4	W	4:20-4:50 pm	\$58	\$72.50	AL425024
4/2-4/30	W	4:55-5:25 pm	\$58	\$72.50	AL425025
5/7-6/4	W	4:55-5:25 pm	\$58	\$72.50	AL425026
4/3-5/1	Th	4-4:30 pm	\$58	\$72.50	AL425033
5/8-6/5	Th	4-4:30 pm	\$58	\$72.50	AL425034
4/3-5/1	Th	4:35-5:05 pm	\$58	\$72.50	AL425035
5/8-6/5	Th	4:35-5:05 pm	\$58	\$72.50	AL425036

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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Baby/Toddler & Me

Swim Diaper Required. Parent/Guardian Participation Required.
No class 4/20.

Winter Term:

1/12-3/16	Su	12-12:30 pm	\$67	\$83.75	AL340041
1/12-3/16	Su	1:10-1:40 pm	\$67	\$83.75	AL340043
1/12-3/16	Su	2:35-3:05 pm	\$67	\$83.75	AL340045

Spring Term:

4/6-6/8	Su	12-12:30 pm	\$54	\$67.50	AL440001
4/6-6/8	Su	1:10-1:40 pm	\$54	\$67.50	AL440043
4/6-6/8	Su	2:35-3:05 pm	\$54	\$67.50	AL440045



Teen/Adult Swimming Skills

No class 1/20, 2/17, 4/20, 5/26.

Winter Term:

1/6-2/10	M	6:55-7:25 pm	\$52	\$65	AL350010
2/24-3/17	M	6:55-7:25 pm	\$46	\$57.50	AL350011
1/8-2/12	W	6:55-7:25 pm	\$69	\$86.25	AL350031
2/19-3/19	W	6:55-7:25 pm	\$58	\$72.50	AL350032
1/12-3/16	Su	12:35-1:05 pm	\$99	\$123.75	AL350042
1/12-3/16	Su	2-2:30 pm	\$99	\$123.75	AL350044
1/12-3/16	Su	3:10-3:40 pm	\$99	\$123.75	AL350046

Spring Term:

3/31-4/28	M	6:55-7:25 pm	\$58	\$72.50	AL450010
5/5-6/2	M	6:55-7:25 pm	\$46	\$57.50	AL450011
4/2-4/30	W	6:55-7:25 pm	\$58	\$72.50	AL450031
5/7-6/4	W	6:55-7:25 pm	\$58	\$72.50	AL450032
4/6-6/8	Su	12:35-1:05 pm	\$80	\$100	AL450042
4/6-6/8	Su	2-2:30 pm	\$80	\$100	AL450044
4/6-6/8	Su	3:10-3:40 pm	\$80	\$100	AL450046

Lap Swim Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2:45-3:30PM All Age Lap Swim	2:45-3:30PM All Age Lap Swim	2:45-3:30PM All Age Lap Swim	2:45-3:30PM All Age Lap Swim	2:45-7:25PM All Age Lap Swim	All Day POOL CLOSED	4:00-5:00PM All Age Lap Swim

Open Swim Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2:45-3:30PM Open Swim	2:45-3:30PM Open Swim	2:45-3:30PM Open Swim	2:45-3:30PM Open Swim	2:45-7:25PM Open Swim	All Day POOL CLOSED	4:00-5:00PM Open Swim

Schedule is subject to change, please visit <https://www.thprd.org/facilities/aquatics/beaverton> for updated schedule.

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

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: Patrick Williamson

Office Hours: (pool may change based on staffing)

Monday – Thursday: 7:00 am – 7:30 pm

Friday: 7:00 am – 6:00 pm

Saturday: 9:00 am – 4:00 pm

Sunday: Closed

Visit thprd.org for updated schedules.

Facility Closed: 1/1, 1/20, 2/17, 5/26

Beaverton Swim Center features:

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

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.

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

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.

Special Event

Jump-In: Water Safety 101

Saturday, 5/3 • 1-2pm • FREE! • Register Child ONLY

Class ID: BV4JUMPIN

Ages: 2-6 yrs 11mo

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.

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.

MARVELous Monday

3/24 M 9 am – 4 pm 7-12 yrs BV382000
Beaverton Pool ID/AP: \$85 OD: \$106.25

Tasty Tuesday

3/25 T 9 am – 4 pm 7-12 yrs BV382001
Beaverton Pool ID/AP: \$85 OD: \$106.25

Wet n' Wild Wednesday

3/26 W 9 am – 4 pm 7-12 yrs BV382002
Beaverton Pool ID/AP: \$85 OD: \$106.25

Theater Thursday

3/27 Th 9 am – 4 pm 7-12 yrs BV382003
Beaverton Pool ID/AP: \$85 OD: \$106.25

Friday Fun Day

3/28 F 9 am – 4 pm 7-12 yrs BV382004
Beaverton Pool ID/AP: \$85 OD: \$106.25

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 1/20, 2/17 & 5/26.**

Date	Day	Time	ID/AP	OD	Class#
Winter Term: Winter Meet dates on 2/8 & 3/8					
1/6-3/19	M/W	6:40-7:25 pm	\$237	\$296.25	BV334034
1/7-3/20	T/Th	6:40-7:25 pm	\$259	\$323.75	BV334047
Spring Term: Spring Meet dates on 4/26 & 5/10					
3/31-6/4	M/W	6:40-7:25 pm	\$225	\$281.25	BV434034
4/1-6/5	T/Th	6:40-7:25 pm	\$237	\$296.25	BV434047



@THPRD.Aquatics

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

Preschool: Minimum age 3 years and toilet-trained.

When class ends, pick up your preschooler at the dressing

Beginning Swimming Skills

Date	Day	Time	ID/AP	OD	Class#
Preschool Level 1-3					
No class 1/20, 2/17, 5/24, 5/26.					

Winter Term:

1/6-2/10	M	9-9:30 am	\$52	\$65	BV311000
2/24-3/17	M	9-9:30 am	\$43	\$53.75	BV311001
1/6-2/10	M	9:35-10:05 am	\$52	\$65	BV311002
2/24-3/17	M	9:35-10:05 am	\$43	\$53.75	BV311003
1/6-2/10	M	10:10-10:40 am	\$52	\$65	BV311004
2/24-3/17	M	10:10-10:40 am	\$43	\$53.75	BV311005
1/6-2/10	M	3:45-4:15 pm	\$52	\$65	BV311024
2/24-3/17	M	3:45-4:15 pm	\$43	\$53.75	BV311025
1/6-2/10	M	4:20-4:50 pm	\$52	\$65	BV311026
2/24-3/17	M	4:20-4:50 pm	\$43	\$53.75	BV311027
1/6-2/10	M	4:55-5:25 pm	\$52	\$65	BV311028
2/24-3/17	M	4:55-5:25 pm	\$43	\$53.75	BV311029
1/6-2/10	M	5:45-6:15 pm	\$52	\$65	BV311030
2/24-3/17	M	5:45-6:15 pm	\$43	\$53.75	BV311031
1/6-2/10	M	6:20-6:50 pm	\$52	\$65	BV311032
2/24-3/17	M	6:20-6:50 pm	\$43	\$53.75	BV311033
1/6-2/10	M	6:55-7:25 pm	\$52	\$65	BV311034
2/24-3/17	M	6:55-7:25 pm	\$43	\$53.75	BV311035
1/7-2/11	T	3:45-4:15 pm	\$62	\$77.50	BV311036
2/18-3/18	T	3:45-4:15 pm	\$52	\$65	BV311037
1/7-2/11	T	4:20-4:50 pm	\$62	\$77.50	BV311038
2/18-3/18	T	4:20-4:50 pm	\$52	\$65	BV311039
1/7-2/11	T	4:55-5:25 pm	\$62	\$77.50	BV311040
2/18-3/18	T	4:55-5:25 pm	\$52	\$65	BV311041
1/7-2/11	T	5:45-6:15 pm	\$62	\$77.50	BV311042
2/18-3/18	T	5:45-6:15 pm	\$52	\$65	BV311043
1/7-2/11	T	6:20-6:50 pm	\$62	\$77.50	BV311044
2/18-3/18	T	6:20-6:50 pm	\$52	\$65	BV311045
1/7-2/11	T	6:55-7:25 pm	\$62	\$77.50	BV311046
2/18-3/18	T	6:55-7:25 pm	\$52	\$65	BV311047
1/8-2/12	W	9-9:30 am	\$62	\$77.50	BV311012
2/19-3/19	W	9-9:30 am	\$52	\$65	BV311013
1/8-2/12	W	9:35-10:05 am	\$62	\$77.50	BV311014
2/19-3/19	W	9:35-10:05 am	\$52	\$65	BV311015
1/8-2/12	W	10:10-10:40 am	\$62	\$77.50	BV311016
2/19-3/19	W	10:10-10:40 am	\$52	\$65	BV311017
1/8-2/12	W	3:45-4:15 pm	\$62	\$77.50	BV311048
2/19-3/19	W	3:45-4:15 pm	\$52	\$65	BV311049
1/8-2/12	W	4:20-4:50 pm	\$62	\$77.50	BV311050
2/19-3/19	W	4:20-4:50 pm	\$52	\$65	BV311051
1/8-2/12	W	4:55-5:25 pm	\$62	\$77.50	BV311052
2/19-3/19	W	4:55-5:25 pm	\$52	\$65	BV311053
1/8-2/12	W	5:45-6:15 pm	\$62	\$77.50	BV311054
2/19-3/19	W	5:45-6:15 pm	\$52	\$65	BV311055
1/8-2/12	W	6:20-6:50 pm	\$62	\$77.50	BV311056
2/19-3/19	W	6:20-6:50 pm	\$52	\$65	BV311057
1/8-2/12	W	6:55-7:25 pm	\$62	\$77.50	BV311058
2/19-3/19	W	6:55-7:25 pm	\$52	\$65	BV311059
2/20-3/20	Th	3:45-4:15 pm	\$52	\$65	BV311061
2/20-3/20	Th	4:20-4:50 pm	\$52	\$65	BV311063
2/20-3/20	Th	4:55-5:25 pm	\$52	\$65	BV311065

1/9-2/13	Th	5:45-6:15 pm	\$62	\$77.50	BV311066
2/20-3/20	Th	5:45-6:15 pm	\$52	\$65	BV311067
1/9-2/13	Th	6:20-6:50 pm	\$62	\$77.50	BV311068
2/20-3/20	Th	6:20-6:50 pm	\$52	\$65	BV311069
1/9-2/13	Th	6:55-7:25 pm	\$62	\$77.50	BV311070
2/20-3/20	Th	6:55-7:25 pm	\$52	\$65	BV311071
1/11-3/15	S	9-9:30 am	\$99	\$123.75	BV311072
1/11-3/15	S	9:35-10:05 am	\$99	\$123.75	BV311073
1/11-3/15	S	10:10-10:40 am	\$99	\$123.75	BV311074
1/11-3/15	S	11-11:30 am	\$99	\$123.75	BV311075
1/11-3/15	S	11:35 am-12:05 pm	\$99	\$123.75	BV311076
Spring Term:					
3/31-4/28	M	9-9:30 am	\$52	\$65	BV411000
5/5-6/2	M	9-9:30 am	\$43	\$53.75	BV411001
3/31-4/28	M	9:35-10:05 am	\$52	\$65	BV411002
5/5-6/2	M	9:35-10:05 am	\$43	\$53.75	BV411003
3/31-4/28	M	10:10-10:40 am	\$52	\$65	BV411004
5/5-6/2	M	10:10-10:40 am	\$43	\$53.75	BV411005
3/31-4/28	M	3:45-4:15 pm	\$52	\$65	BV411024
5/5-6/2	M	3:45-4:15 pm	\$43	\$53.75	BV411025
3/31-4/28	M	4:20-4:50 pm	\$52	\$65	BV411026
5/5-6/2	M	4:20-4:50 pm	\$43	\$53.75	BV411027
3/31-4/28	M	4:55-5:25 pm	\$52	\$65	BV411028
5/5-6/2	M	4:55-5:25 pm	\$43	\$53.75	BV411029
3/31-4/28	M	5:45-6:15 pm	\$52	\$65	BV411030
5/5-6/2	M	5:45-6:15 pm	\$43	\$53.75	BV411031
3/31-4/28	M	6:20-6:50 pm	\$52	\$65	BV411032
5/5-6/2	M	6:20-6:50 pm	\$43	\$53.75	BV411033
3/31-4/28	M	6:55-7:25 pm	\$52	\$65	BV411034
5/5-6/2	M	6:55-7:25 pm	\$43	\$53.75	BV411035
4/1-4/29	T	3:45-4:15 pm	\$52	\$65	BV411036
5/6-6/3	T	3:45-4:15 pm	\$52	\$65	BV411037
4/1-4/29	T	4:20-4:50 pm	\$52	\$65	BV411038
5/6-6/3	T	4:20-4:50 pm	\$52	\$65	BV411039
4/1-4/29	T	4:55-5:25 pm	\$52	\$65	BV411040
5/6-6/3	T	4:55-5:25 pm	\$52	\$65	BV411041
4/1-4/29	T	5:45-6:15 pm	\$52	\$65	BV411042
5/6-6/3	T	5:45-6:15 pm	\$52	\$65	BV411043
4/1-4/29	T	6:20-6:50 pm	\$52	\$65	BV411044
5/6-6/3	T	6:20-6:50 pm	\$52	\$65	BV411045
4/1-4/29	T	6:55-7:25 pm	\$52	\$65	BV411046
5/6-6/3	T	6:55-7:25 pm	\$52	\$65	BV411047
4/2-4/30	W	9-9:30 am	\$52	\$65	BV411012
5/7-6/4	W	9-9:30 am	\$52	\$65	BV411013
4/2-4/30	W	9:35-10:05 am	\$52	\$65	BV411014
5/7-6/4	W	9:35-10:05 am	\$52	\$65	BV411015
4/2-4/30	W	10:10-10:40 am	\$52	\$65	BV411016
5/7-6/4	W	10:10-10:40 am	\$52	\$65	BV411017
4/2-4/30	W	3:45-4:15 pm	\$52	\$65	BV411048
5/7-6/4	W	3:45-4:15 pm	\$52	\$65	BV411049
4/2-4/30	W	4:20-4:50 pm	\$52	\$65	BV411050
5/7-6/4	W	4:20-4:50 pm	\$52	\$65	BV411051
4/2-4/30	W	4:55-5:25 pm	\$52	\$65	BV411052
5/7-6/4	W	4:55-5:25 pm	\$52	\$65	BV411053
4/2-4/30	W	5:45-6:15 pm	\$52	\$65	BV411054
5/7-6/4	W	5:45-6:15 pm	\$52	\$65	BV411055
4/2-4/30	W	6:20-6:50 pm	\$52	\$65	BV411056
5/7-6/4	W	6:20-6:50 pm	\$52	\$65	BV411057
4/2-4/30	W	6:55-7:25 pm	\$52	\$65	BV411058
5/7-6/4	W	6:55-7:25 pm	\$52	\$65	BV411059
4/3-5/1	Th	3:45-4:15 pm	\$52	\$65	BV411060
5/8-6/5	Th	3:45-4:15 pm	\$52	\$65	BV411061
4/3-5/1	Th	4:20-4:50 pm	\$52	\$65	BV411062
5/8-6/5	Th	4:20-4:50 pm	\$52	\$65	BV411063
4/3-5/1	Th	4:55-5:25 pm	\$52	\$65	BV411064

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

5/8-6/5	Th	4:55-5:25 pm	\$52	\$65	BV411065
4/3-5/1	Th	5:45-6:15 pm	\$52	\$65	BV411066
5/8-6/5	Th	5:45-6:15 pm	\$52	\$65	BV411067
4/3-5/1	Th	6:20-6:50 pm	\$52	\$65	BV411068
5/8-6/5	Th	6:20-6:50 pm	\$52	\$65	BV411069
4/3-5/1	Th	6:55-7:25 pm	\$52	\$65	BV411070
5/8-6/5	Th	6:55-7:25 pm	\$52	\$65	BV411071
4/5-6/7	S	9-9:30 am	\$90	\$112.50	BV411072
4/5-6/7	S	9:35-10:05 am	\$90	\$112.50	BV411073
4/5-6/7	S	10:10-10:40 am	\$90	\$112.50	BV411074
4/5-6/7	S	11-11:30 am	\$90	\$112.50	BV411075
4/5-6/7	S	11:35 am-12:05 pm	\$90	\$112.50	BV411076

School Age Level 1-4

No Class 1/20, 2/17, 5/24, 5/26.

Winter Term:

1/6-2/10	M	3:45-4:15 pm	\$52	\$65	BV321024
2/24-3/17	M	3:45-4:15 pm	\$43	\$53.75	BV321025
1/6-2/10	M	4:20-4:50 pm	\$52	\$65	BV321026
2/24-3/17	M	4:20-4:50 pm	\$43	\$53.75	BV321027
1/6-2/10	M	4:55-5:25 pm	\$52	\$65	BV321028
2/24-3/17	M	4:55-5:25 pm	\$43	\$53.75	BV321029
1/6-2/10	M	5:45-6:15 pm	\$52	\$65	BV321030
2/24-3/17	M	5:45-6:15 pm	\$43	\$53.75	BV321031
1/6-2/10	M	6:20-6:50 pm	\$52	\$65	BV321032
2/24-3/17	M	6:20-6:50 pm	\$43	\$53.75	BV321033
1/6-2/10	M	6:55-7:25 pm	\$52	\$65	BV321034
2/24-3/17	M	6:55-7:25 pm	\$43	\$53.75	BV321035
1/7-2/11	T	3:45-4:15 pm	\$62	\$77.50	BV321036
2/18-3/18	T	3:45-4:15 pm	\$52	\$65	BV321037
1/7-2/11	T	4:20-4:50 pm	\$62	\$77.50	BV321038
2/18-3/18	T	4:20-4:50 pm	\$52	\$65	BV321039
1/7-2/11	T	4:55-5:25 pm	\$62	\$77.50	BV321040
2/18-3/18	T	4:55-5:25 pm	\$52	\$65	BV321041
1/7-2/11	T	5:45-6:15 pm	\$62	\$77.50	BV321042
2/18-3/18	T	5:45-6:15 pm	\$52	\$65	BV321043
1/7-2/11	T	6:20-6:50 pm	\$62	\$77.50	BV321044
2/18-3/18	T	6:20-6:50 pm	\$52	\$65	BV321045
1/7-2/11	T	6:55-7:25 pm	\$62	\$77.50	BV321046
2/18-3/18	T	6:55-7:25 pm	\$52	\$65	BV321047
1/8-2/12	W	3:45-4:15 pm	\$62	\$77.50	BV321048
2/19-3/19	W	3:45-4:15 pm	\$52	\$65	BV321049
1/8-2/12	W	4:20-4:50 pm	\$62	\$77.50	BV321050
2/19-3/19	W	4:20-4:50 pm	\$52	\$65	BV321051
1/8-2/12	W	4:55-5:25 pm	\$62	\$77.50	BV321052
2/19-3/19	W	4:55-5:25 pm	\$52	\$65	BV321053
1/8-2/12	W	5:45-6:15 pm	\$62	\$77.50	BV321054
2/19-3/19	W	5:45-6:15 pm	\$52	\$65	BV321055
1/8-2/12	W	6:20-6:50 pm	\$62	\$77.50	BV321056
2/19-3/19	W	6:20-6:50 pm	\$52	\$65	BV321057
1/8-2/12	W	6:55-7:25 pm	\$62	\$77.50	BV321058
2/19-3/19	W	6:55-7:25 pm	\$52	\$65	BV321059
2/20-3/20	Th	3:45-4:15 pm	\$52	\$65	BV321061
2/20-3/20	Th	4:20-4:50 pm	\$52	\$65	BV321063
2/20-3/20	Th	4:55-5:25 pm	\$52	\$65	BV321065
1/9-2/13	Th	5:45-6:15 pm	\$62	\$77.50	BV321066
2/20-3/20	Th	5:45-6:15 pm	\$52	\$65	BV321067
1/9-2/13	Th	6:20-6:50 pm	\$62	\$77.50	BV321068
2/20-3/20	Th	6:20-6:50 pm	\$52	\$65	BV321069
1/9-2/13	Th	6:55-7:25 pm	\$62	\$77.50	BV321070
2/20-3/20	Th	6:55-7:25 pm	\$52	\$65	BV321071
1/11-3/15	S	9-9:30 am	\$99	\$123.75	BV321072

1/11-3/15	S	9:35-10:05 am	\$99	\$123.75	BV321073
1/11-3/15	S	10:10-10:40 am	\$99	\$123.75	BV321074
1/11-3/15	S	11-11:30 am	\$99	\$123.75	BV321075
1/11-3/15	S	11:35 am-12:05 pm	\$99	\$123.75	BV321076

Spring Term:

3/31-4/28	M	3:45-4:15 pm	\$52	\$65	BV421024
5/5-6/2	M	3:45-4:15 pm	\$43	\$53.75	BV421025
3/31-4/28	M	4:20-4:50 pm	\$52	\$65	BV421026
5/5-6/2	M	4:20-4:50 pm	\$43	\$53.75	BV421027
3/31-4/28	M	4:55-5:25 pm	\$52	\$65	BV421028
5/5-6/2	M	4:55-5:25 pm	\$43	\$53.75	BV421029
3/31-4/28	M	5:45-6:15 pm	\$52	\$65	BV421030
5/5-6/2	M	5:45-6:15 pm	\$43	\$53.75	BV421031
3/31-4/28	M	6:20-6:50 pm	\$52	\$65	BV421032
5/5-6/2	M	6:20-6:50 pm	\$43	\$53.75	BV421033
3/31-4/28	M	6:55-7:25 pm	\$52	\$65	BV421034
5/5-6/2	M	6:55-7:25 pm	\$43	\$53.75	BV421035
4/1-4/29	T	3:45-4:15 pm	\$52	\$65	BV421036
5/6-6/3	T	3:45-4:15 pm	\$52	\$65	BV421037
4/1-4/29	T	4:20-4:50 pm	\$52	\$65	BV421038
5/6-6/3	T	4:20-4:50 pm	\$52	\$65	BV421039
4/1-4/29	T	4:55-5:25 pm	\$52	\$65	BV421040
5/6-6/3	T	4:55-5:25 pm	\$52	\$65	BV421041
4/1-4/29	T	5:45-6:15 pm	\$52	\$65	BV421042
5/6-6/3	T	5:45-6:15 pm	\$52	\$65	BV421043
4/1-4/29	T	6:20-6:50 pm	\$52	\$65	BV421044
5/6-6/3	T	6:20-6:50 pm	\$52	\$65	BV421045
4/1-4/29	T	6:55-7:25 pm	\$52	\$65	BV421046
5/6-6/3	T	6:55-7:25 pm	\$52	\$65	BV421047
4/2-4/30	W	3:45-4:15 pm	\$52	\$65	BV421048
5/7-6/4	W	3:45-4:15 pm	\$52	\$65	BV421049
4/2-4/30	W	4:20-4:50 pm	\$52	\$65	BV421050
5/7-6/4	W	4:20-4:50 pm	\$52	\$65	BV421051
4/2-4/30	W	4:55-5:25 pm	\$52	\$65	BV421052
5/7-6/4	W	4:55-5:25 pm	\$52	\$65	BV421053
4/2-4/30	W	5:45-6:15 pm	\$52	\$65	BV421054
5/7-6/4	W	5:45-6:15 pm	\$52	\$65	BV421055
4/2-4/30	W	6:20-6:50 pm	\$52	\$65	BV421056
5/7-6/4	W	6:20-6:50 pm	\$52	\$65	BV421057
4/2-4/30	W	6:55-7:25 pm	\$52	\$65	BV421058
5/7-6/4	W	6:55-7:25 pm	\$52	\$65	BV421059
4/3-5/1	Th	3:45-4:15 pm	\$52	\$65	BV421060
5/8-6/5	Th	3:45-4:15 pm	\$52	\$65	BV421061
4/3-5/1	Th	4:20-4:50 pm	\$52	\$65	BV421062
5/8-6/5	Th	4:20-4:50 pm	\$52	\$65	BV421063
4/3-5/1	Th	4:55-5:25 pm	\$52	\$65	BV421064
5/8-6/5	Th	4:55-5:25 pm	\$52	\$65	BV421065
4/3-5/1	Th	5:45-6:15 pm	\$52	\$65	BV421066
5/8-6/5	Th	5:45-6:15 pm	\$52	\$65	BV421067
4/3-5/1	Th	6:20-6:50 pm	\$52	\$65	BV421068
5/8-6/5	Th	6:20-6:50 pm	\$52	\$65	BV421069
4/3-5/1	Th	6:55-7:25 pm	\$52	\$65	BV421070
5/8-6/5	Th	6:55-7:25 pm	\$52	\$65	BV421071
4/5-6/7	S	9-9:30 am	\$90	\$112.50	BV421072
4/5-6/7	S	9:35-10:05 am	\$90	\$112.50	BV421073
4/5-6/7	S	10:10-10:40 am	\$90	\$112.50	BV421074
4/5-6/7	S	11-11:30 am	\$90	\$112.50	BV421075
4/5-6/7	S	11:35 am-12:05 pm	\$90	\$112.50	BV421076

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

Intermediate Swimming Skills

Date	Day	Time	ID/AP	OD	Class#
Preschool/School Age Level 5-7					
No class 5/24.					

Winter Term:

1/11-3/15	S	9-9:30 am	\$99	\$123.75	BV325072
1/11-3/15	S	11:35 am-12:05 pm	\$99	\$123.75	BV325076

Spring Term:

4/5-6/7	S	9-9:30 am	\$90	\$112.50	BV425072
4/5-6/7	S	11:35 am-12:05 pm	\$90	\$112.50	BV425076

Specialty Programs

Date	Day	Time	ID/AP	OD	Class#
Baby/Toddler & Me					
No Class 1/20, 2/17, 5/24, 5/26.					
Swim Diaper Required. Parent/Guardian Participation Required.					

Winter Term:

1/6-2/10	M	9:35-10:05 am	\$35	\$43.75	BV340002
2/24-3/17	M	9:35-10:05 am	\$28	\$35	BV340003
1/6-2/10	M	4:55-5:25 pm	\$35	\$43.75	BV340028
2/24-3/17	M	4:55-5:25 pm	\$28	\$35	BV340029
1/7-2/11	T	5:45-6:15 pm	\$41	\$51.25	BV340042
2/18-3/18	T	5:45-6:15 pm	\$35	\$43.75	BV340043
1/8-2/12	W	9:35-10:05 am	\$41	\$51.25	BV340014
2/19-3/19	W	9:35-10:05 am	\$35	\$43.75	BV340015
1/8-2/12	W	4:55-5:25 pm	\$41	\$51.25	BV340052
2/19-3/19	W	4:55-5:25 pm	\$35	\$43.75	BV340053
1/9-2/13	Th	5:45-6:15 pm	\$41	\$51.25	BV340066
2/20-3/20	Th	5:45-6:15 pm	\$35	\$43.75	BV340067
1/11-3/15	S	9:35-10:05 am	\$67	\$83.75	BV340073
1/11-3/15	S	11-11:30 am	\$67	\$83.75	BV340075

Spring Term:

3/31-4/28	M	9:35-10:05 am	\$35	\$43.75	BV440002
5/5-6/2	M	9:35-10:05 am	\$28	\$35	BV440003
3/31-4/28	M	4:55-5:25 pm	\$35	\$43.75	BV440028
5/5-6/2	M	4:55-5:25 pm	\$28	\$35	BV440029
4/1-4/29	T	5:45-6:15 pm	\$35	\$43.75	BV440042
5/6-6/3	T	5:45-6:15 pm	\$35	\$43.75	BV440043
4/2-4/30	W	9:35-10:05 am	\$35	\$43.75	BV440014
5/7-6/4	W	9:35-10:05 am	\$35	\$43.75	BV440015
4/2-4/30	W	4:55-5:25 pm	\$35	\$43.75	BV440052
5/7-6/4	W	4:55-5:25 pm	\$35	\$43.75	BV440053
4/3-5/1	Th	5:45-6:15 pm	\$35	\$43.75	BV440066
5/8-6/5	Th	5:45-6:15 pm	\$35	\$43.75	BV440067
4/5-6/7	S	9:35-10:05 am	\$60	\$75	BV440073
4/5-6/7	S	11-11:30 am	\$60	\$75	BV440075



Teen/Adult Swimming Skills

Winter Term:

1/6-2/10	M	9-9:30 am	\$52	\$65	BV350000
2/24-3/17	M	9-9:30 am	\$43	\$53.75	BV350001
1/6-2/10	M	10:10-10:40 am	\$52	\$65	BV350004
2/24-3/17	M	10:10-10:40 am	\$43	\$53.75	BV350005
1/6-2/10	M	6:55-7:25 pm	\$52	\$65	BV350034
2/24-3/17	M	6:55-7:25 pm	\$43	\$53.75	BV350035
1/7-2/11	T	6:55-7:25 pm	\$62	\$77.50	BV350046
2/18-3/18	T	6:55-7:25 pm	\$52	\$65	BV350047
1/8-2/12	W	9-9:30 am	\$62	\$77.50	BV350012
2/19-3/19	W	9-9:30 am	\$52	\$65	BV350013
1/8-2/12	W	10:10-10:40 am	\$62	\$77.50	BV350015
2/19-3/19	W	10:10-10:40 am	\$52	\$65	BV350017
1/8-2/12	W	6:55-7:25 pm	\$62	\$77.50	BV350058
2/19-3/19	W	6:55-7:25 pm	\$52	\$65	BV350059
1/9-2/13	Th	6:55-7:25 pm	\$62	\$77.50	BV350070
2/20-3/20	Th	6:55-7:25 pm	\$52	\$65	BV350071
1/11-3/15	S	9-9:30 am	\$99	\$123.75	BV350072

Spring Term:

3/31-4/28	M	9-9:30 am	\$52	\$65	BV450000
5/5-6/2	M	9-9:30 am	\$43	\$53.75	BV450001
3/31-4/28	M	10:10-10:40 am	\$52	\$65	BV450004
5/5-6/2	M	10:10-10:40 am	\$43	\$53.75	BV450005
3/31-4/28	M	6:55-7:25 pm	\$52	\$65	BV450034
5/5-6/2	M	6:55-7:25 pm	\$43	\$53.75	BV450035
4/1-4/29	T	6:55-7:25 pm	\$52	\$65	BV450046
5/6-6/3	T	6:55-7:25 pm	\$52	\$65	BV450047
4/2-4/30	W	9-9:30 am	\$52	\$65	BV450012
5/7-6/4	W	9-9:30 am	\$52	\$65	BV450013
4/2-4/30	W	10:10-10:40 am	\$52	\$65	BV450016
5/7-6/4	W	10:10-10:40 am	\$52	\$65	BV450017
4/2-4/30	W	6:55-7:25 pm	\$52	\$65	BV450058
5/7-6/4	W	6:55-7:25 pm	\$52	\$65	BV450059
4/3-5/1	Th	6:55-7:25 pm	\$52	\$65	BV450070
5/8-6/5	Th	6:55-7:25 pm	\$52	\$65	BV450071
4/5-6/7	S	9-9:30 am	\$90	\$112.50	BV450072

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 503-629-6312 for an appointment.

Lap Swim, Open Swim, and Independent Exercise

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

Private Swimming Lessons

No class 1/20, 2/17, 5/24, 5/26

Winter Term:

1/6-2/10	M	9-9:30 am	\$250	\$312.50	BV360000
2/24-3/17	M	9-9:30 am	\$200	\$250	BV360001
1/6-2/10	M	9:35-10:05 am	\$250	\$312.50	BV360002
2/24-3/17	M	9:35-10:05 am	\$200	\$250	BV360003
1/6-2/10	M	10:10-10:40 am	\$250	\$312.50	BV360004
2/24-3/17	M	10:10-10:40 am	\$200	\$250	BV360005
1/8-2/12	W	9-9:30 am	\$300	\$375	BV360012
2/19-3/19	W	9-9:30 am	\$250	\$312.50	BV360013
1/8-2/12	W	9:35-10:05 am	\$300	\$375	BV360014
2/19-3/19	W	9:35-10:05 am	\$250	\$312.50	BV360015
1/8-2/12	W	10:10-10:40 am	\$300	\$375	BV360016
2/19-3/19	W	10:10-10:40 am	\$250	\$312.50	BV360017
1/10-2/14	F	9-9:30 am	\$300	\$375	BV360000F
2/21-3/21	F	9-9:30 am	\$250	\$312.50	BV360001F
1/10-2/14	F	9:35-10:05 am	\$300	\$375	BV360002F
2/21-3/21	F	9:35-10:05 am	\$250	\$312.50	BV360003F
1/10-2/14	F	10:10-10:40 am	\$300	\$375	BV360004F
2/21-3/21	F	10:10-10:40 am	\$250	\$312.50	BV360005F

Spring Term:

3/31-4/28	M	9-9:30 am	\$250	\$312.50	BV460000
5/5-6/2	M	9-9:30 am	\$200	\$250	BV460001
3/31-4/28	M	9:35-10:05 am	\$250	\$312.50	BV460002
5/5-6/2	M	9:35-10:05 am	\$200	\$250	BV460003
3/31-4/28	M	10:10-10:40 am	\$250	\$312.50	BV460004
5/5-6/2	M	10:10-10:40 am	\$200	\$250	BV460005
4/2-4/30	W	9-9:30 am	\$250	\$312.50	BV460012
5/7-6/4	W	9-9:30 am	\$250	\$312.50	BV460013
4/2-4/30	W	9:35-10:05 am	\$250	\$312.50	BV460014
5/7-6/4	W	9:35-10:05 am	\$250	\$312.50	BV460015
4/2-4/30	W	10:10-10:40 am	\$250	\$312.50	BV460016
5/7-6/4	W	10:10-10:40 am	\$250	\$312.50	BV460017
4/4-5/2	F	9-9:30 am	\$250	\$312.50	BV460000F
5/9-6/6	F	9-9:30 am	\$250	\$312.50	BV460001F
4/4-5/2	F	9:35-10:05 am	\$250	\$312.50	BV460002F
5/9-6/6	F	9:35-10:05 am	\$250	\$312.50	BV460003F
4/4-5/2	F	10:10-10:40 am	\$250	\$312.50	BV460004F
5/9-6/6	F	10:10-10:40 am	\$250	\$312.50	BV460005F

Lap Swim Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00-1:30PM 2:30-6:30PM All Age Lap Swim	7:00-1:30PM 2:30-3:30PM All Age Lap Swim	7:00-1:30PM 2:30-6:30PM All Age Lap Swim	7:00AM-1:30PM All Age Lap Swim	7:00-6:00PM All Age Lap Swim	1:05-1:55PM All Age Lap Swim	All Day POOL CLOSED

Open Swim Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	2:30-3:30PM Open Swim			2:30-6:30PM Open Swim	2:00-4:00PM Open Swim	All Day POOL CLOSED

Schedule is subject to change, please visit <https://www.thprd.org/facilities/aquatics/beaverton> for updated schedule.

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

Private Swimming Lessons - INTEREST LIST ONLY

Do not see the time you want from private swim lessons? Add your name to the interest list and we will let you know what times we have coming available.

Winter Term: BV360000PL

Spring Term: BV460000PL

Training or Professional Classes

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

1/25-3/22 S 1:30-3:30 pm \$100 \$125 BV351000

Spring Term:

4/12-6/7 S 1:30-3:30 pm \$100 \$125 BV451077

Lifeguard Training

Ages 15+ years (Additional Certification Fee \$43)

Winter Term:

1/24-2/1 F/S 9 am-5 pm \$260 \$325 BV352000

2/28-3/8 F/S 9 am-5 pm \$260 \$325 BV352001

Spring Term:

4/18-4/26 F/S 9 am-5 pm \$260 \$325 BV452000

Water Fitness Instructor Training

Earn CECs/CEUs for AEA, ACE, AFAA, ATRI and NASM by joining AEA training specialist Karen Creasey for 2 days of educational workshops designed to enhance your fitness programming skill, strengthen your knowledge and explore new and innovative ideas to bring better health to your students and clients!

Saturday, May 17 & Sunday, May 18

Registration required: www.aeawave.org



Harman Swim Center



TUALATIN HILLS
PARK & RECREATION DISTRICT

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

TriMet Bus Routes #56

Facility Supervisor: Joshua Norton

Hours:

Monday – Thursday: 8 am - 7:00 pm

Friday: 8 am - 1:30 pm

Saturday: 8 am - 2:00 pm

Sunday: 10:30 am - 2:30 pm

Facility Closed: 1/1, 1/20, 2/17, 5/26

Harman Swim Center features:

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

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

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.

No class 1/20, 2/17, 5/26.

Date	Day	Time	ID/AP	OD	Class#
Winter Term:					
1/6-3/19	M/W	6:05-7:00 pm	\$279	\$348.75	HM327000
Spring Term:					
3/31-6/4	M/W	6:05-7:00 pm	\$297	\$371.25	HM427000



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.



Harman Swim Center's

POOLSIDE PRIDE

WINTER EDITION

Sunday, February 2 • 3-6 pm
Free Event • HMPRIDE25W

@THPRD.Aquatics

Revive H2O Recovery Program

Recovering from an illness or medical treatment? Regain your strength and create optimal health with this individualized and targeted exercise program run in a small group format. Exercise prescription/workout is based on medical status, fitness level and wellness goal. Medical Release & Health/Medical History Forms requested.



Winter Term:

1/7-2/13	T/Th	1-2 pm	\$154	\$192.50	HM371020
2/18-3/20	T/Th	1-2 pm	\$128.50	\$160.50	HM371021

Spring Term:

4/8-5/8	T/Th	1-2 pm	\$128.50	\$160.50	HM471020
5/13-6/12	T/Th	1-2 pm	\$128.50	\$160.50	HM471021

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

Beginning Swimming Skills

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

No Class 1/20, 2/17, 5/26.

Winter Term:

1/6-2/12	M/W	1:10-1:40 pm	\$108	\$135	HM311000
2/19-3/19	M/W	1:10-1:40 pm	\$108	\$135	HM311001
1/6-2/12	M/W	1:45-2:15 pm	\$108	\$135	HM311002
2/19-3/19	M/W	1:45-2:15 pm	\$108/\$135		HM311003
1/6-2/12	M/W	3:30-4 pm	\$108	\$135	HM311004
2/19-3/19	M/W	3:30-4 pm	\$108	\$135	HM311005
1/6-2/12	M/W	4:40-5:10 pm	\$108	\$135	HM311008
2/19-3/19	M/W	4:40-5:10 pm	\$108	\$135	HM311009
1/6-2/12	M/W	6:05-6:35 pm	\$108	\$135	HM311012
2/19-3/19	M/W	6:05-6:35 pm	\$108	\$135	HM311013
1/7-2/13	T/Th	10:10-10:40 am	\$117	\$146.25	HM311014
2/18-3/20	T/Th	10:10-10:40 am	\$99	\$123.75	HM311015
1/7-2/13	T/Th	1:10-1:40 pm	\$117	\$146.25	HM311020
2/18-3/20	T/Th	1:10-1:40 pm	\$99	\$123.75	HM311021
1/7-2/13	T/Th	1:45-2:15 pm	\$117	\$146.25	HM311022
2/18-3/20	T/Th	1:45-2:15 pm	\$99	\$123.75	HM311023
1/7-2/13	T/Th	3:30-4 pm	\$117	\$146.25	HM311026
2/18-3/20	T/Th	3:30-4 pm	\$99	\$123.75	HM311027
1/7-2/13	T/Th	4:05-4:35 pm	\$117	\$146.25	HM311028
2/18-3/20	T/Th	4:05-4:35 pm	\$99	\$123.75	HM311029
2/18-3/20	T/Th	5:30-6 pm	\$9	\$123.75	HM311031
1/7-2/13	T/Th	5:30-6 pm	\$117	\$146.25	HM311032
1/12-3/16	Su	12:35-1:05 pm	\$99	\$123.75	HM311047

Spring Term:

3/31-4/30	M/W	1:10-1:40 pm	\$99	\$123.75	HM411000
5/5-6/4	M/W	1:10-1:40 pm	\$90	\$112.50	HM411001
3/31-4/30	M/W	1:45-2:15 pm	\$99	\$123.75	HM411002
5/5-6/4	M/W	1:45-2:15 pm	\$90	\$112.50	HM411003

3/31-4/30	M/W	3:30-4 pm	\$99	\$123.75	HM411004
5/5-6/4	M/W	3:30-4 pm	\$90	\$112.50	HM411005
3/31-4/30	M/W	4:40-5:10 pm	\$99	\$123.75	HM411008
5/5-6/4	M/W	4:40-5:10 pm	\$90	\$112.50	HM411009
3/31-4/30	M/W	6:05-6:35 pm	\$99	\$123.75	HM411012
5/5-6/4	M/W	6:05-6:35 pm	\$90	\$112.50	HM411013
4/1-5/1	T/Th	10:10-10:40 am	\$99	\$123.75	HM411014
5/6-6/5	T/Th	10:10-10:40 am	\$99	\$123.75	HM411015
4/1-5/1	T/Th	1:10-1:40 pm	\$99	\$123.75	HM411020
5/6-6/5	T/Th	1:10-1:40 pm	\$99	\$123.75	HM411021
4/1-5/1	T/Th	1:45-2:15 pm	\$99	\$123.75	HM411022
5/6-6/5	T/Th	1:45-2:15 pm	\$99	\$123.75	HM411023
4/1-5/1	T/Th	3:30-4 pm	\$99	\$123.75	HM411026
5/6-6/5	T/Th	3:30-4 pm	\$99	\$123.75	HM411027
4/1-5/1	T/Th	4:05-4:35 pm	\$99	\$123.75	HM411028
5/6-6/5	T/Th	4:05-4:35 pm	\$99	\$123.75	HM411029
4/1-5/1	T/Th	5:30-6 pm	\$99	\$123.75	HM411032
5/6-6/5	T/Th	5:30-6 pm	\$99	\$123.75	HM411033
4/6-6/8	Su	12:35-1:05 pm	\$80	\$100	HM411047
4/6-6/8	Su	2-2:30 pm	\$80	\$100	HM411049

Preschool: Minimum age 3 years and toilet-trained.

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

School Age Level 1-4

No Class 1/20, 2/17, 5/26.

Winter Term:

1/6-2/12	M/W	1:10-1:40 pm	\$108	\$135	HM321000HSL
2/19-3/19	M/W	1:10-1:40 pm	\$108	\$135	HM321001HSL
1/7-2/13	T/Th	1:10-1:40 pm	\$117	\$146.25	HM321020HSL
2/18-3/20	T/Th	1:10-1:40 pm	\$99	\$123.75	HM321021HSL
1/6-2/12	M/W	4:05-4:35 pm	\$108	\$135	HM321006
2/19-3/19	M/W	4:05-4:35 pm	\$108	\$135	HM321007
1/6-2/12	M/W	4:40-5:10 pm	\$108	\$135	HM321008
2/19-3/19	M/W	4:40-5:20 pm	\$108	\$135	HM321009
1/6-2/12	M/W	6:05-6:35 pm	\$108	\$135	HM321012
2/19-3/19	M/W	6:05-6:35 pm	\$108	\$135	HM321013
1/7-2/13	T/Th	3:30-4 pm	\$117	\$146.25	HM321026
2/18-3/20	T/Th	3:30-4 pm	\$99	\$123.75	HM321027
1/7-2/13	T/Th	4:40-5:10 pm	\$117	\$146.25	HM321030
2/18-3/20	T/Th	4:40-5:10 pm	\$99	\$123.75	HM321031
1/7-2/13	T/Th	6:05-6:35 pm	\$117	\$146.25	HM321034
2/18-3/20	T/Th	6:05-6:35 pm	\$99	\$123.75	HM321035
1/12-3/16	Su	12-12:30 pm	\$99	\$123.75	HM321046
1/12-3/16	Su	1:10-1:40 pm	\$99	\$123.75	HM321048

School Age Level 1-4

No Class 1/20, 2/17, 5/26.

Spring Term:

3/31-4/30	M/W	1:10-1:40 pm	\$99	\$123.75	HM421000HSL
5/5-6/4	M/W	1:10-1:40 pm	\$90	\$112.50	HM421001HSL
3/31-4/30	M/W	1:45-2:15 pm	\$99	\$123.75	HM421002HSH
5/5-6/4	M/W	1:45-2:15 pm	\$90	\$112.50	HM421003HSH
3/31-4/30	M/W	4:05-4:35 pm	\$99	\$123.75	HM421006
5/5-6/4	M/W	4:05-4:35 pm	\$90	\$112.50	HM421007
3/31-4/30	M/W	4:40-5:10 pm	\$99	\$123.75	HM421008
5/5-6/4	M/W	4:40-5:10 pm	\$90	\$112.50	HM421009
3/31-4/30	M/W	6:05-6:35 pm	\$99	\$123.75	HM421012
5/5-6/4	M/W	6:05-6:35 pm	\$90	\$112.50	HM421013
4/1-5/1	T/Th	1:10-1:40 pm	\$99	\$123.75	HM421020HSL
5/6-6/5	T/Th	1:10-1:40 pm	\$99	\$123.75	HM421021HSL
4/1-5/1	T/Th	1:45-2:15 pm	\$99	\$123.75	HM421022HSH

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

5/6-6/5	T/Th	1:45-2:15 pm	\$99	\$123.75	HM421023HSH
4/1-5/1	T/Th	3:30-4 pm	\$99	\$123.75	HM421026
5/6-6/5	T/Th	3:30-4 pm	\$99	\$123.75	HM421027
4/1-5/1	T/Th	4:40-5:10 pm	\$99	\$123.75	HM421030
5/6-6/5	T/Th	4:40-5:10 pm	\$99	\$123.75	HM421031
4/1-5/1	T/Th	6:05-6:35 pm	\$99	\$123.75	HM421034
5/6-6/5	T/Th	6:05-6:35 pm	\$99	\$123.75	HM421035
4/6-6/8	Su	12-12:30 pm	\$80	\$100	HM421046
4/6-6/8	Su	1:10-1:40 pm	\$80	\$100	HM421048

Intermediate Swimming Skills

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

No Class 1/20, 2/17, 5/26.

Winter Term:

1/6-2/12	M/W	1:45-2:15 pm	\$108	\$135	HM321002HSH
2/19-3/19	M/W	1:45-2:15 pm	\$108	\$135	HM321003HSH
1/7-2/13	T/Th	1:45-2:15 pm	\$117	\$146.25	HM321022HSH
2/18-3/20	T/Th	1:45-2:15 pm	\$99	\$123.75	HM321023HSH
1/6-2/12	M/W	4:05-4:35 pm	\$108	\$135	HM325006
2/19-3/19	M/W	4:05-4:35 pm	\$108	\$135	HM325007
1/6-2/12	M/W	5:30-6 pm	\$108	\$135	HM325010
2/19-3/19	M/W	5:30-6 pm	\$108	\$135	HM325011
1/7-2/13	T/Th	4:05-4:35 pm	\$117	\$146.25	HM325028
2/18-3/20	T/Th	4:05-4:35 pm	\$99	\$123.75	HM325029
1/7-2/13	T/Th	5:30-6 pm	\$117	\$146.25	HM325032
2/18-3/20	T/Th	5:30-6 pm	\$99	\$123.75	HM325033
1/12-3/16	Su	12:35-1:05 pm	\$99	\$123.75	HM325047

Preschool/School Age Level 5-7

No Class 1/20, 2/17, 5/26.

Spring Term:

3/31-4/30	M/W	4:05-4:35 pm	\$99	\$123.75	HM425006
5/5-6/4	M/W	4:05-4:35 pm	\$90	\$112.50	HM425007
3/31-4/30	M/W	5:30-6 pm	\$99	\$123.75	HM425010
5/5-6/4	M/W	5:30-6 pm	\$90	\$112.50	HM425011
4/1-5/1	T/Th	4:05-4:35 pm	\$99	\$123.75	HM425028
5/6-6/5	T/Th	4:05-4:35 pm	\$99	\$123.75	HM425029
4/1-5/1	T/Th	5:30-6 pm	\$99	\$123.75	HM425032
5/6-6/5	T/Th	5:30-6 pm	\$99	\$123.75	HM425033
4/6-6/8	Su	12:35-1:05 pm	\$80	\$100	HM425047

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. **No class 1/20, 2/17, 5/26.**

Winter Term:

1/6-3/19	M/W	6:05-7 pm	\$279	\$348.75	HM327000
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Spring Term:

3/31-6/4	M/W	6:05-7 pm	\$297	\$371.25	HM427000
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Baby/Toddler & Me

No Class 1/20, 2/17, 5/26.

Winter Term:

1/6-2/12	M/W	5:30-6 pm	\$73	\$91.25	HM340010
2/19-3/19	M/W	5:30-6 pm	\$73	\$91.25	HM340011
1/12-3/16	Su	2-2:30 pm	\$78	\$97.50	HM340049

Spring Term:

3/31-4/30	M/W	5:30-6 pm	\$67	\$83.75	HM440010
5/5-6/4	M/W	5:30-6 pm	\$60	\$75	HM440011
4/6-6/8	Su	2-2:30 pm	\$54	\$67.50	HM440049

You & Your Preschooler

Winter Term:

1/12-3/16	Su	1:10-1:40 pm	\$99	\$123.75	HM341048
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Spring Term:

4/6-6/8	Su	1:10-1:40 pm	\$80	\$100	HM441048
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Teen & Tween Swimming Skills

No Class 1/20, 2/17, 5/26.

Winter Term:

1/6-2/12	M/W	6:05-6:50 pm	\$159	\$198.75	HM350012T
2/19-3/19	M/W	6:05-6:50 pm	\$159	\$198.75	HM350013T

Spring Term:

3/31-4/30	M/W	6:05-6:50 pm	\$145	\$181.25	HM450012T
5/5-6/4	M/W	6:05-6:50 pm	\$131	\$163.75	HM450013T

Teen/Adult Swimming Skills

Winter Term:

1/7-2/13	T/Th	6:05-6:50 pm	\$173	\$216.25	HM350034
2/18-3/20	T/Th	6:05-6:50 pm	\$145	\$181.25	HM350035
1/12-3/16	Su	11:45 am-12:30 pm	\$145	\$181.25	HM350045

Spring Term:

4/1-5/1	T/Th	6:05-6:50 pm	\$145	\$181.25	HM450034
5/6-6/5	T/Th	6:05-6:50 pm	\$145	\$181.25	HM450035
4/6-6/8	Su	11:45 am-12:30 pm	\$117	\$146.25	HM450045

Private Lessons

No Class 1/20, 2/17, 5/26.

Winter Term:

1/6-2/12	M/W	3:30-4 pm	\$550	\$687.50	HM360004
2/19-3/19	M/W	3:30-4 pm	\$450	\$562.50	HM360005
1/6-2/12	M/W	5:30-6 pm	\$550	\$687.50	HM360010
2/19-3/19	M/W	5:30-6 pm	\$450	\$562.50	HM360011
1/7-2/13	T/Th	10:45-11:15 am	\$600	\$750	HM360016
2/18-3/20	T/Th	10:45-11:15 am	\$500	\$625	HM360017
1/7-2/13	T/Th	12:30-1 pm	\$600	\$750	HM360018
2/18-3/20	T/Th	12:30-1 pm	\$500	\$625	HM360019
1/7-2/13	T/Th	4:05-4:35 pm	\$600	\$750	HM360028
2/18-3/20	T/Th	4:05-4:35 pm	\$500	\$625	HM360029
1/7-2/13	T/Th	5:30-6 pm	\$600	\$750	HM360032
2/18-3/20	T/Th	5:30-6 pm	\$500	\$625	HM360033
1/10-2/14	F	12:20-12:50 pm	\$300	\$375	HM360036
2/21-3/21	F	12:20-12:50 pm	\$25	\$312.50	HM360037
1/10-2/14	F	12:55-1:25 pm	\$300	\$375	HM360038
1/12-3/16	Su	12:35-1:05 pm	\$500	\$625	HM360047
1/12-3/16	Su	2-2:30 pm	\$500	\$625	HM360049

Spring Term:

3/31-4/30	M/W	3:30-4 pm	\$500	\$625	HM460004
5/5-6/4	M/W	3:30-4 pm	\$450	\$562.50	HM460005
3/31-4/30	M/W	5:30-6 pm	\$500	\$625	HM460010
5/5-6/4	M/W	5:30-6 pm	\$450	\$562.50	HM460011
4/1-5/1	T/Th	10:45-11:15 am	\$500	\$625	HM460016
5/6-6/5	T/Th	10:45-11:15 am	\$500	\$625	HM460017
4/1-5/1	T/Th	12:30-1 pm	\$500	\$625	HM460018
5/6-6/5	T/Th	12:30-1 pm	\$500	\$625	HM460019
4/1-5/1	T/Th	4:05-4:35 pm	\$500	\$625	HM460028
5/6-6/5	T/Th	4:05-4:35 pm	\$500	\$625	HM460029
4/1-5/1	T/Th	5:30-6 pm	\$500	\$625	HM460032
5/6-6/5	T/Th	5:30-6 pm	\$500	\$625	HM460033
4/4-5/2	F	12:20-12:50 pm	\$250	\$312.50	HM460036
5/9-6/6	F	12:20-12:50 pm	\$250	\$312.50	HM460037
4/4-5/2	F	12:55-1:25 pm	\$250	\$312.50	HM460038
5/9-6/6	F	12:55-1:25 pm	\$250	\$312.50	HM460039
4/6-6/8	Su	12:35-1:05 pm	\$400	\$500	HM460047
4/6-6/8	Su	2-2:30 pm	\$400	\$500	HM460049

Training or Professional Classes

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

Winter Term:

1/7-2/13	T/Th	4:05-5:10 pm	\$100	\$125	HM351000
2/18-3/20	T/Th	4:05-5:10 pm	\$100	\$125	HM351001

Spring Term:

4/1-5/1	T/Th	4:05-5:15 pm	\$100	\$125	HM451000A
5/6-6/5	T/Th	4:05-5:15 pm	\$100	\$125	HM451001A

Lifeguard Training

Winter Term:

1/18-1/20	S/Su/M	12-6:30 pm	\$200	\$250	HM352000
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Spring Term:

3/24-3/27	M-Th	11:30 am-6:30 pm	\$200	\$250	HM352001
5/24-5/26	S/Su/M	8:30 am-5 pm	\$200	\$250	HM452000

Party Packages and Special Events

Date	Day	Time	ID/AP	OD	Class#
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Pool Party Package

Winter Term:

1/3	F	4-5 pm	\$219	\$273.75	HM390000P
1/4	S	2:30-3:30 pm	\$219	\$273.75	HM390001P
1/5	Su	4-5 pm	\$219	\$273.75	HM390002P
1/10	F	4-5 pm	\$219	\$273.75	HM390003P
1/11	S	2:30-3:30 pm	\$219	\$273.75	HM390004P
1/12	Su	4-5 pm	\$219	\$273.75	HM390005P

Spring Term:

4/4	F	4-5 pm	\$219	\$273.75	HM490000
4/5	S	2:30-3:30 pm	\$219	\$273.75	HM490001
4/6	Su	4-5 pm	\$219	\$273.75	HM490002
4/11	F	4-5 pm	\$219	\$273.75	HM490003
4/12	S	2:30-3:30 pm	\$219	\$273.75	HM490004
4/13	Su	4-5 pm	\$219	\$273.75	HM490005
4/18	F	4-5 pm	\$219	\$273.75	HM490006
4/19	S	2:30-3:30 pm	\$219	\$273.75	HM490007

Special Event

Date	Day	Time	ID/AP	OD	Class#
Poolside Pride Party					
2/2	Su	3-6 pm		Free Event	HMPRIDE25W
6/7	S	1-4 pm		Free Event	HMPR25SP



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

Facility Supervisor: Joshua Norton

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

Monday – Thursday: 4:00 – 7:15 pm

Friday: 4:30 – 6:00 pm

Saturday: 8:30 am – 1:00 pm

Sunday: 12:15 – 5:00 pm

Facility Closed: 1/1, 1/20, 2/17, 5/26

Sunset Swim Center features:

- ADA Lift available
- Average Pool Temperature: 84°



NEW Prenatal & Postnatal Aerobics

Pre/post-natal water aerobics for all levels of fitness, trimester and postpartum. Programming includes cardio, strength, core and stretching with low impact from the benefit of the water.

**Tuesdays & Thursdays
5:20-6:15 pm • ID: \$10 OD: \$12.50**

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. **No Class 1/20, 2/17, 4/20, 5/24, 5/25, 5/26**

Date	Day	Time	ID/AP	OD	Class#
Winter Term: Winter Meet dates on 2/8 & 3/8					
1/6–3/19	M/W	6:35-7:20 pm	\$237	\$296.25	SS334008
1/7–3/20	T/TH	6:35-7:20 pm	\$259	\$323.75	SS334019
1/11–3/20	SA	12:00-12:55 pm	\$149	\$186.25	SS334025
1/12–3/21	SU	4:05-5:00 pm	\$149	\$186.25	SS334030
Spring Term: Spring Meet dates on 4/26 & 5/10					
3/31–6/4	M/W	6:35-7:20 pm	\$225	\$281.25	SS434008
4/1–6/5	T/TH	6:35-7:20 pm	\$237	\$296.25	SS434021
4/5–6/7	SA	12:00-12:55 pm	\$136	\$170	SS434027
4/6–6/6	SU	4:05-5:00 pm	\$122	\$152.50	SS434032

Winter/Spring Score ^{new}

Score is a recreational water polo team for ages 6 to 17. Score practices consist of swimming, treading water, ball handling, passing, and shooting technique, basic game principles, sportsmanship, teamwork, and communication. **No Class 4/20, 5/24, 5/25, 5/26.**



Date	Day	Time	ID/AP	OD	Class#
Winter Term:					
1/10–3/21	F	6:15-7:10 pm	\$163	\$203.75	SS332021
2/18–3/20	T/TH	7:30-8:15 pm	\$148	\$185	SS332020
Spring Term:					
4/1–6/5	T/TH	7:30-8:15 pm	\$237	\$296.25	SS432022
4/4–6/6	F	6:15-7:10 pm	\$149	\$186.25	SS432023

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					
No Class 1/20, 2/17, 5/26.					

Winter Term:

1/6-2/12	M/W	4-4:30 pm	\$108/\$135		SS311000
2/19-3/19	M/W	4-4:30 pm	\$90/\$112.50		SS311001
1/6-2/12	M/W	4:35-5:05 pm	\$108/\$135		SS311002
2/19-3/19	M/W	4:35-5:05 pm	\$90/\$112.50		SS311003
1/6-2/12	M/W	5:20-5:50 pm	\$108/\$135		SS311004
2/19-3/19	M/W	5:20-5:50 pm	\$90/\$112.50		SS311005
1/6-2/12	M/W	5:55-6:25 pm	\$108/\$135		SS311006
2/19-3/19	M/W	5:55-6:25 pm	\$90/\$112.50		SS311007
1/7-2/11	T	4-4:30 pm	\$62/\$77.50		SS311011
2/18-3/20	T/Th	4-4:30 pm	\$99/\$123.75		SS311012
1/7-2/11	T	4:35-5:05 pm	\$62/\$77.50		SS311013
2/18-3/20	T/Th	4:35-5:05 pm	\$99/\$123.75		SS311014
1/7-2/13	T/Th	5:20-5:50 pm	\$117/\$146.25		SS311015
2/18-3/20	T/Th	5:20-5:50 pm	\$99/\$123.75		SS311016
1/7-2/13	T/Th	5:55-6:25 pm	\$117/\$146.25		SS311017
2/18-3/20	T/Th	5:55-6:25 pm	\$99/\$123.75		SS311018
1/11-3/15	S	10-10:30 am	\$99/\$123.75		SS311022
1/11-3/15	S	10:35-11:05 am	\$99/\$123.75		SS311023
1/11-3/15	S	11:20-11:50 am	\$99/\$123.75		SS311024
1/12-3/16	Su	1:30-2 pm	\$99/\$123.75		SS311026
1/12-3/16	Su	2:05-2:35 pm	\$99/\$123.75		SS311027
1/12-3/16	Su	2:50-3:20 pm	\$99/\$123.75		SS311028
1/12-3/16	Su	3:25-3:55 pm	\$99/\$123.75		SS311029

Spring Term:

3/31-4/30	M/W	4-4:30 pm	\$99/\$123.75		SS411000
5/5-6/4	M/W	4-4:30 pm	\$90/\$112.50		SS411001
3/31-4/30	M/W	4:35-5:05 pm	\$99/\$123.75		SS411002
5/5-6/4	M/W	4:35-5:05 pm	\$90/\$112.50		SS411003
3/31-4/30	M/W	5:20-5:50 pm	\$99/\$123.75		SS411004
5/5-6/4	M/W	5:20-5:50 pm	\$90/\$112.50		SS411005
3/31-4/30	M/W	5:55-6:25 pm	\$99/\$123.75		SS411006
5/5-6/4	M/W	5:55-6:25 pm	\$90/\$112.50		SS411007
4/1-5/1	T/Th	4-4:30 pm	\$99/\$123.75		SS411013
5/6-6/5	T/Th	4-4:30 pm	\$99/\$123.75		SS411014
4/1-5/1	T/Th	4:35-5:05 pm	\$99/\$123.75		SS411015
5/6-6/5	T/Th	4:35-5:05 pm	\$99/\$123.75		SS411016
4/1-5/1	T/Th	5:20-5:50 pm	\$99/\$123.75		SS411017
5/6-6/5	T/Th	5:20-5:50 pm	\$99/\$123.75		SS411018
4/1-5/1	T/Th	5:55-6:25 pm	\$99/\$123.75		SS411019
5/6-6/5	T/Th	5:55-6:25 pm	\$99/\$123.75		SS411020
4/5-6/7	S	10-10:30 am	\$90/\$112.50		SS411024
4/5-6/7	S	10:35-11:05 am	\$90/\$112.50		SS411025
4/5-6/7	S	11:20-11:50 am	\$90/\$112.50		SS411026
4/6-6/8	Su	1:30-2 pm	\$80/\$100		SS411028
4/6-6/8	Su	2:05-2:35 pm	\$80/\$100		SS411029
4/6-6/8	Su	2:50-3:20 pm	\$80/\$100		SS411030
4/6-6/8	Su	3:25-3:55 pm	\$80/\$100		SS411031

School Age Level 1-4

No Class 1/20, 2/17, 5/26.

Winter Term:

1/6-2/12	M/W	4-4:30 pm	\$108/\$135		SS322000
2/19-3/19	M/W	4-4:30 pm	\$90/\$112.50		SS322001
1/6-2/12	M/W	4:35-5:05 pm	\$108/\$135		SS322002
2/19-3/19	M/W	4:35-5:05 pm	\$90/\$112.50		SS322003
1/6-2/12	M/W	5:20-5:50 pm	\$108/\$135		SS322004
2/19-3/19	M/W	5:20-5:50 pm	\$90/\$112.50		SS322005
1/6-2/12	M/W	5:55-6:25 pm	\$108/\$135		SS322006
2/19-3/19	M/W	5:55-6:25 pm	\$90/\$112.50		SS322007
1/7-2/11	T	4-4:30 pm	\$62/\$77.50		SS322011
2/18-3/20	T/Th	4-4:30 pm	\$99/\$123.75		SS322012
1/7-2/11	T	4:35-5:05 pm	\$62/\$77.50		SS322013
2/18-3/20	T/Th	4:35-5:05 pm	\$99/\$123.75		SS322014
1/7-2/13	T/Th	5:55-6:25 pm	\$117/\$146.25		SS322017
2/18-3/20	T/Th	5:55-6:25 pm	\$99/\$123.75		SS322018
1/11-3/15	S	10-10:30 am	\$99/\$123.75		SS322022
1/11-3/15	S	10:35-11:05 am	\$99/\$123.75		SS322023
1/11-3/15	S	11:20-11:50 am	\$99/\$123.75		SS322024
1/12-3/16	Su	1:30-2 pm	\$99/\$123.75		SS322026
1/12-3/16	Su	2:05-2:35 pm	\$99/\$123.75		SS322027
1/12-3/16	Su	2:50-3:20 pm	\$99/\$123.75		SS322028
1/12-3/16	Su	3:25-3:55 pm	\$99/\$123.75		SS322029

Spring Term:

3/31-4/30	M/W	4-4:30 pm	\$99/\$123.75		SS422000
5/5-6/4	M/W	4-4:30 pm	\$90/\$112.50		SS422001
3/31-4/30	M/W	4:35-5:05 pm	\$99/\$123.75		SS422002
5/5-6/4	M/W	4:35-5:05 pm	\$90/\$112.50		SS422003
3/31-4/30	M/W	5:55-6:25 pm	\$99/\$123.75		SS422006
5/5-6/4	M/W	5:55-6:25 pm	\$90/\$112.50		SS422007
4/1-5/1	T/Th	4-4:30 pm	\$99/\$123.75		SS422013
5/6-6/5	T/Th	4-4:30 pm	\$99/\$123.75		SS422014
4/1-5/1	T/Th	4:35-5:05 pm	\$99/\$123.75		SS422015
5/6-6/5	T/Th	4:35-5:05 pm	\$99/\$123.75		SS422016
4/1-5/1	T/Th	5:55-6:25 pm	\$99/\$123.75		SS422019
5/6-6/5	T/Th	5:55-6:25 pm	\$99/\$123.75		SS422020
4/5-6/7	S	10-10:30 am	\$90/\$112.50		SS422024
4/5-6/7	S	10:35-11:05 am	\$90/\$112.50		SS422025
4/5-6/7	S	11:20-11:50 am	\$90/\$112.50		SS422026
4/6-6/8	Su	1:30-2 pm	\$80/\$100		SS422028
4/6-6/8	Su	2:05-2:35 pm	\$80/\$100		SS422029
4/6-6/8	Su	2:50-3:20 pm	\$80/\$100		SS422030

Preschool/School Age Level 5-7

No Class 1/20, 2/17, 5/26.

Winter Term:

1/6-2/12	M/W	5:20-5:50 pm	\$108/\$135		SS325004
2/19-3/19	M/W	5:20-5:50 pm	\$90/\$112.50		SS325005
1/7-2/13	T/Th	5:55-6:25 pm	\$117/\$146.25		SS325017
2/18-3/20	T/Th	5:55-6:25 pm	\$99/\$123.75		SS325018
1/11-3/15	S	11:20-11:50 am	\$99/\$123.75		SS325024
1/12-3/16	Su	3:25-3:55 pm	\$99/\$123.75		SS325029

Spring Term:

3/31-4/30	M/W	5:55-6:25 pm	\$99/\$123.75		SS425006
5/5-6/4	M/W	5:55-6:25 pm	\$90/\$112.50		SS425007
4/1-5/1	T/Th	5:55-6:25 pm	\$99/\$123.75		SS425019
5/6-6/5	T/Th	5:55-6:25 pm	\$99/\$123.75		SS425020
4/5-6/7	S	11:20-11:50 am	\$90/\$112.50		SS425026
4/6-6/8	Su	3:25-3:55 pm	\$80/\$100		SS425031

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#
Winter/Spring Splash					
No Class 1/20, 2/17, 5/26.					

Winter Term: Winter Meet dates on 2/8 & 3/8

1/6-3/19	M/W	6:35-7:20 pm	\$237/\$296.25		SS334008
1/7-3/20	T/Th	6:35-7:20 pm	\$259/\$323.75		SS334019
1/11-3/15	SA	12-12:55 pm	\$149/\$186.25		SS334025
1/12-3/16	SU	4:05-5:00 pm	\$149/\$186.25		SS334030

Spring Term: Spring Meet dates on 4/26 & 5/10

3/31-6/4	M/W	6:35-7:20 pm	\$225/\$281.25		SS434008
4/1-6/5	T/Th	6:35-7:20 pm	\$237/\$296.25		SS434021
4/5-6/7	S	12-12:55 pm	\$136/\$170		SS434027
4/6-6/8	Su	4:05-5 pm	\$122/\$152.50		SS434032

Winter/Spring Score new

No Class 4/20, 5/24, 5/25, 5/26.

Winter Term:

1/10-3/21	F	6:15-7:10 pm	\$163/\$203.75		SS332021
2/18-3/20	T/Th	7:30-8:15 pm	\$148/\$185		SS332020

Spring Term:

4/1-6/5	T/Th	7:30-8:15 pm	\$237/\$296.25		SS432022
4/4-6/6	F	6:15-7:10 pm	\$149/\$186.25		SS432023

Baby/Toddler & Me

No Class 1/20, 2/17, 5/26.

Winter Term:

1/7-2/13	T/Th	5:20-5:50 pm	\$79/\$98.75		SS340015
2/18-3/20	T/Th	5:20-5:50 pm	\$67/\$83.75		SS340016
1/11-3/15	S	10-10:30 am	\$67/\$83.75		SS340022

Spring Term:

3/31-4/30	M/W	5:20-5:50 pm	\$67/\$83.75		SS440004
5/5-6/4	M/W	5:20-5:50 pm	\$60/\$75		SS440005
4/1-5/1	T/Th	5:20-5:50 pm	\$67/\$83.75		SS440017
5/6-6/5	T/Th	5:20-5:50 pm	\$67/\$83.75		SS440018
4/5-6/7	S	10-10:30 am	\$60/\$75		SS440024
4/6-6/8	Su	3:25-3:55 pm	\$54/\$67.50		SS440031

Teen/Adult Swimming Skills - Beginning

No Class 1/20, 2/17, 5/26.

Winter Term:

1/6-2/12	M/W	5:55-6:25 pm	\$108/\$135		SS250006B
2/19-3/19	M/W	7:25-7:55 pm	\$90/\$112.50		SS250009
2/19-3/19	M/W	8-8:30 pm	\$90/\$112.50		SS250010

Spring Term:

3/31-4/30	M/W	7:25-7:55 pm	\$99/\$123.75		SS450009
5/5-6/4	M/W	7:25-7:55 pm	\$90/\$112.50		SS450010
3/31-4/30	M/W	8-8:30 pm	\$99/\$123.75		SS450011
5/5-6/4	M/W	8-8:30 pm	\$90/\$112.50		SS450012
4/6-6/8	Su	3:25-3:55 pm	\$80/\$100		SS450031B

Private Lessons

Winter Term:

1/6-2/12	M/W	5:55-6:25 pm	\$550/\$687.50		SS360006
1/7-2/13	T/Th	5:20-5:50 pm	\$600/\$750		SS360015
2/18-3/20	T/Th	5:20-5:50 pm	\$500/\$625		SS360016

Spring Term:

3/31-4/30	M/W	5:20-5:50 pm	\$500/\$625		SS460004
5/5-6/4	M/W	5:20-5:50 pm	\$450/\$562.50		SS460005
4/1-5/1	T/Th	5:20-5:50 pm	\$500/\$625		SS460017
5/6-6/5	T/Th	5:20-5:50 pm	\$500/\$625		SS460018

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: SS360000
 Spring Term: SS460000

Training or Professional Classes

Date	Day	Time	ID/AP	OD	Class#
Jr. Lifeguarding					
3/24-3/27	M-Th	9-4 pm	\$100	\$125	SS451000

Lifeguard Training

3/25-3/27	Tu/W/Th	9-5 pm	\$260	\$325	SS452001
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Special Event

Date	Day	Time	ID/AP	OD	Class#
Sunset Shamrock Splash					
3/15	SA	1-4 pm	\$10	\$12.50	SS300006

Party Rentals



Rent the whole Sunset Swim Center for your next Birthday Party or Function! Call 503-629-6315 for more information or to book your party.

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, 1/20, 2/17, 4/20, 5/26
9 am-2 pm

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
Before and After-school Leaders • 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 87 for Conestoga recreation programs.

Events

Duck Dive • March 14

Join Lucky Ducky for a splashing good time in the pool and dive for a prized duck! Enjoy additional activities in the gymnasium including a coloring contest, bingo, photo booth, indoor play park, cupcake walks, 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. **This is a registered event.**

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

*3/14	F	5:30-5:55 pm	\$18/\$22.50	CA37000A
3/14	F	6:05-6:30 pm	\$18/\$22.50	CA37000B
3/14	F	6:40-7:05 pm	\$18/\$22.50	CA37000C
3/14	F	7:15-7:40 pm	\$18/\$22.50	CA37000D
3/14	F	7:55-8:20 pm	\$18/\$22.50	CA37000E

Wonderful World of Water Safety

Friday, May 16

6-6:45 pm Safety Demonstrations

Join us for an evening of fun and education in the pool. Come early to learn and practice different ways for you and your family to stay safe in different water environments. You will also see demonstrations of life-saving techniques by safety experts. Stick around for the open swim to finish the evening. Get prepared for summer swimming activities and a lifetime of being water safe with this family friendly night! Drop-in rates apply. Event followed by Open Swim from 7pm-8:30pm – drop-in fees apply.

Winter Dive-in Movies

January 3 & 17 • February 7 & 21 • 6-8:30pm

Call the center for movie titles and more information.

Spring Wipeout! April 11 • May 9 • 6-8:30pm



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. 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#
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Preschool Levels 1-3

No class 1/20, 2/17, 4/20, 5/24, 5/25, 5/26.

Winter Term:

1/6-3/17	M	9-9:30 am	\$90/\$112.50		CA311000
1/6-3/17	M	9:35-10:05 am	\$90/\$112.50		CA311001
1/6-3/17	M	11-11:30 am	\$90/\$112.50		CA311003
1/6-3/17	M	11:35 am-12:05 pm	\$90/\$112.50		CA311004
1/8-3/19	W	9-9:30 am	\$108/\$135		CA311006
1/8-3/19	W	9:35-10:05 am	\$108/\$135		CA311007
1/8-3/19	W	11-11:30 am	\$108/\$135		CA311009
1/8-3/19	W	11:35 am-12:05 pm	\$108/\$135		CA311010
1/7-2/13	T/Th	9-9:30 am	\$117/\$146.25		CA311020
2/18-3/20	T/Th	9-9:30 am	\$99/\$123.75		CA311021
1/7-2/13	T/Th	9:35-10:05 am	\$117/\$146.25		CA311022
2/18-3/20	T/Th	9:35-10:05 am	\$99/\$123.75		CA311023
1/7-2/13	T/Th	11-11:30 am	\$117/\$146.25		CA311026
2/18-3/20	T/Th	11-11:30 am	\$99/\$123.75		CA311027
1/7-2/13	T/Th	11:35 am-12:05 pm	\$117/\$146.25		CA311028
2/18-3/20	T/Th	11:35 am-12:05 pm	\$99/\$123.75		CA311029
1/6-2/12	M/W	4:20-4:50 pm	\$108/\$135		CA311040
2/19-3/19	M/W	4:20-4:50 pm	\$90/\$112.50		CA311041
1/6-2/12	M/W	4:55-5:25 pm	\$108/\$135		CA311042
2/19-3/19	M/W	4:55-5:25 pm	\$90/\$112.50		CA311043
1/6-2/12	M/W	5:45-6:15 pm	\$108/\$135		CA311044
2/19-3/19	M/W	5:45-6:15 pm	\$90/\$112.50		CA311045
1/6-2/12	M/W	6:20-6:50 pm	\$108/\$135		CA311046
2/19-3/19	M/W	6:20-6:50 pm	\$90/\$112.50		CA311047
1/7-2/13	T/Th	4:20-4:50 pm	\$108/\$135		CA311050
2/18-3/20	T/Th	4:20-4:50 pm	\$99/\$123.75		CA311051
1/7-2/13	T/Th	4:55-5:25 pm	\$108/\$135		CA311052
2/18-3/20	T/Th	4:55-5:25 pm	\$99/\$123.75		CA311053
1/7-2/13	T/Th	5:45-6:15 pm	\$117/\$146.25		CA311054
2/18-3/20	T/Th	5:45-6:15 pm	\$99/\$123.75		CA311055
1/7-2/13	T/Th	6:20-6:50 pm	\$117/\$146.25		CA311056
2/18-3/20	T/Th	6:20-6:50 pm	\$99/\$123.75		CA311057
1/11-3/15	S	9-9:30 am	\$99/\$123.75		CA311060
1/11-3/15	S	9:35-10:05 am	\$99/\$123.75		CA311062
1/11-3/15	S	10:10-10:40 am	\$99/\$123.75		CA311064
1/11-3/15	S	11-11:30 am	\$99/\$123.75		CA311066
1/11-3/15	S	11:35 am-12:05 pm	\$99/\$123.75		CA311068
1/12-3/16	Su	1-1:30 pm	\$99/\$123.75		CA311070
1/12-3/16	Su	1:35-2:05 pm	\$99/\$123.75		CA311072
1/12-3/16	Su	2:10-2:40 pm	\$99/\$123.75		CA311074
1/12-3/16	Su	3-3:30 pm	\$99/\$123.75		CA311076
1/12-3/16	Su	3:35-4:05 pm	\$99/\$123.75		CA311078

Spring Term:

3/31-6/2	M	9-9:30 am	\$90/\$112.50		CA411000
3/31-6/2	M	9:35-10:05 am	\$90/\$112.50		CA411001
3/31-6/2	M	11-11:30 am	\$90/\$112.50		CA411003

3/31-6/2	M	11:35 am-12:05 pm	\$90/\$112.50		CA411004
4/2-6/4	W	9-9:30 am	\$99/\$123.75		CA411006
4/2-6/4	W	9:35-10:05 am	\$99/\$123.75		CA411007
4/2-6/4	W	11-11:30 am	\$99/\$123.75		CA411009
4/2-6/4	W	11:35 am-12:05 pm	\$99/\$123.75		CA411010
4/1-5/1	T/Th	9-9:30 am	\$99/\$123.75		CA411020
5/6-6/5	T/Th	9-9:30 am	\$99/\$123.75		CA411021
4/1-5/1	T/Th	9:35-10:05 am	\$99/\$123.75		CA411022
5/6-6/5	T/Th	9:35-10:05 am	\$99/\$123.75		CA411023
4/1-5/1	T/Th	11-11:30 am	\$99/\$123.75		CA411026
5/6-6/5	T/Th	11-11:30 am	\$99/\$123.75		CA411027
4/1-5/1	T/Th	11:35 am-12:05 pm	\$99/\$123.75		CA411028
5/6-6/5	T/Th	11:35 am-12:05 pm	\$99/\$123.75		CA411029
3/31-4/30	M/W	4:20-4:50 pm	\$99/\$123.75		CA411040
5/5-6/4	M/W	4:20-4:50 pm	\$90/\$112.50		CA411041
3/31-4/30	M/W	4:55-5:25 pm	\$99/\$123.75		CA411042
5/5-6/4	M/W	4:55-5:25 pm	\$90/\$112.50		CA411043
3/31-4/30	M/W	5:45-6:15 pm	\$99/\$123.75		CA411044
5/5-6/4	M/W	5:45-6:15 pm	\$90/\$112.50		CA411045
3/31-4/30	M/W	6:20-6:50 pm	\$99/\$123.75		CA411046
5/5-6/4	M/W	6:20-6:50 pm	\$90/\$112.50		CA411047
4/1-5/1	T/Th	4:20-4:50 pm	\$99/\$123.75		CA411050
5/6-6/5	T/Th	4:20-4:50 pm	\$99/\$123.75		CA411051
4/1-5/1	T/Th	4:55-5:25 pm	\$99/\$123.75		CA411052
5/6-6/5	T/Th	4:55-5:25 pm	\$99/\$123.75		CA411053
4/1-5/1	T/Th	5:45-6:15 pm	\$99/\$123.75		CA411054
5/6-6/5	T/Th	5:45-6:15 pm	\$99/\$123.75		CA411055
4/1-5/1	T/Th	6:20-6:50 pm	\$99/\$123.75		CA411056
5/6-6/5	T/Th	6:20-6:50 pm	\$99/\$123.75		CA411057
4/5-6/7	S	9-9:30 am	\$90/\$112.50		CA411060
4/5-6/7	S	9:35-10:05 am	\$90/\$112.50		CA411062
4/5-6/7	S	10:10-10:40 am	\$90/\$112.50		CA411064
4/5-6/7	S	11-11:30 am	\$90/\$112.50		CA411066
4/5-6/7	S	11:35 am-12:05 pm	\$90/\$112.50		CA411068
4/6-6/8	Su	1-1:30 pm	\$80/\$100		CA411070
4/6-6/8	Su	1:35-2:05 pm	\$80/\$100		CA411072
4/6-6/8	Su	2:10-2:40 pm	\$80/\$100		CA411074
4/6-6/8	Su	3-3:30 pm	\$80/\$100		CA411076
4/6-6/8	Su	3:35-4:05 pm	\$80/\$100		CA411078

School Age Level 1-2

Winter Term:

1/7-2/13	T/Th	5:45-6:15 pm	\$117/\$146.25		CA321054
2/18-3/20	T/Th	5:45-6:15 pm	\$99/\$123.75		CA321055

Spring Term:

4/1-5/1	T/Th	5:45-6:15 pm	\$99/\$123.75		CA421054
5/6-6/5	T/Th	5:45-6:15 pm	\$99/\$123.75		CA421055

School Age Level 1-4

No class 1/20, 2/17, 4/20, 5/24, 5/25, 5/26

Winter Term:

1/6-2/12	M/W	4:20-4:50 pm	\$108/\$135		CA321040
2/19-3/19	M/W	4:20-4:50 pm	\$90/\$112.50		CA321041
1/6-2/12	M/W	4:55-5:25 pm	\$108/\$135		CA321042
2/19-3/19	M/W	4:55-5:25 pm	\$90/\$112.50		CA321043
1/6-2/12	M/W	5:45-6:15 pm	\$108/\$135		CA321044
2/19-3/19	M/W	5:45-6:15 pm	\$90/\$112.50		CA321045
1/6-2/12	M/W	6:20-6:50 pm	\$108/\$135		CA321046
2/19-3/19	M/W	6:20-6:50 pm	\$90/\$112.50		CA321047
1/7-2/13	T/Th	4:20-4:50 pm	\$108/\$135		CA321050

continued

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

2/18-3/20	T/Th	4:20-4:50 pm	\$99/\$123.75	CA321051
1/7-2/13	T/Th	4:55-5:25 pm	\$108/\$135	CA321052
2/18-3/20	T/Th	4:55-4:55 pm	\$99/\$123.75	CA321053
1/7-2/13	T/Th	6:20-6:20 pm	\$117/\$146.25	CA321056
2/18-3/20	T/Th	6:20-6:50 pm	\$99/\$123.75	CA321057
1/11-3/15	S	9-9:30 am	\$99/\$123.75	CA321060
1/11-3/15	S	9:35-10:05 am	\$99/\$123.75	CA321062
1/11-3/15	S	10:10-10:40 am	\$99/\$123.75	CA321064
1/11-3/15	S	11-11:30 am	\$99/\$123.75	CA321066
1/12-3/16	Su	1-1:30 pm	\$99/\$123.75	CA321070
1/12-3/16	Su	1:35-2:05 pm	\$99/\$123.75	CA321072
1/12-3/16	Su	2:10-2:40 pm	\$99/\$123.75	CA321074
1/12-3/16	Su	3-3:30 pm	\$99/\$123.75	CA321076
1/12-3/16	Su	3:35-4:05 pm	\$99/\$123.75	CA321078

Spring Term:

3/31-4/30	M/W	4:20-4:50 pm	\$99/\$123.75	CA421040
5/5-6/4	M/W	4:20-4:50 pm	\$90/\$112.50	CA421041
3/31-4/30	M/W	4:55-5:25 pm	\$99/\$123.75	CA421042
5/5-6/4	M/W	4:55-5:25 pm	\$90/\$112.50	CA421043
3/31-4/30	M/W	5:45-6:15 pm	\$99/\$123.75	CA421044
5/5-6/4	M/W	5:45-6:15 pm	\$90/\$112.50	CA421045
3/31-4/30	M/W	6:20-6:50 pm	\$99/\$123.75	CA421046
5/5-6/4	M/W	6:20-6:50 pm	\$90/\$112.50	CA421047
4/1-5/1	T/Th	4:20-4:50 pm	\$99/\$123.75	CA421050
5/6-6/5	T/Th	4:20-4:50 pm	\$99/\$123.75	CA421051
4/1-5/1	T/Th	4:55-5:25 pm	\$99/\$123.75	CA421052
5/6-6/5	T/Th	4:55-5:25 pm	\$99/\$123.75	CA421053
4/1-5/1	T/Th	6:20-6:50 pm	\$99/\$123.75	CA421056
5/6-6/5	T/Th	6:20-6:50 pm	\$99/\$123.75	CA421057
4/5-6/7	S	9-9:30 am	\$90/\$112.50	CA421060
4/5-6/7	S	9:35-10:05 am	\$90/\$112.50	CA421062
4/5-6/7	S	10:10-10:40 am	\$90/\$112.50	CA421064
4/5-6/7	S	11-11:30 am	\$90/\$112.50	CA421066
4/6-6/8	Su	1-1:30 pm	\$80/\$100	CA421070
4/6-6/8	Su	1:35-2:05 pm	\$80/\$100	CA421072
4/6-6/8	Su	2:10-2:40 pm	\$80/\$100	CA421074
4/6-6/8	Su	3-3:30 pm	\$80/\$100	CA421076
4/6-6/8	Su	3:35-4:05 pm	\$80/\$100	CA421078

Spanish Speaking Beginner Level 1-2

No class 1/20, 2/17, 5/26.

Winter Term:

1/6-2/12	M/W	6:20-6:50 pm	\$108/\$135	CA311046S
2/19-3/19	M/W	6:20-6:50 pm	\$90/\$112.50	CA311047S

Spring Term:

3/31-4/30	M/W	6:20-6:50 pm	\$99/\$123.75	CA411046S
5/5-6/4	M/W	6:20-6:50 pm	\$90/\$112.50	CA411047S

Home School Level 1-3

Winter Term:

1/10-3/21	F	10:10-10:40 am	\$108/\$135	CA321014
1/10-3/21	F	11-11:30 am	\$108/\$135	CA321015

Spring Term:

4/4-6/6	F	10:10-10:40 am	\$99/\$123.75	CA421014
4/4-6/6	F	11-11:30 am	\$99/\$123.75	CA421015

Home School Level 4-6

Winter Term:

1/10-3/21	F	11:35 am-12:05 pm	\$108/\$135	CA321016
1/10-3/21	F	12:10-12:40 pm	\$108/\$135	CA321017

Spring Term:

4/4-6/6	F	11:35 am-12:05 pm	\$99/\$123.75	CA421016
4/4-6/6	F	12:10-12:40 pm	\$99/\$123.75	CA421017

Adult Swimming Skills

No class 1/20, 2/17, 4/20, 5/25, 5/26.

Winter Term:

1/6-2/12	M/W	6:20-6:50 pm	\$108/\$135	CA350046
2/19-3/19	M/W	6:20-6:50 pm	\$90/\$112.50	CA350047
1/12-3/16	Su	2:10-2:40 pm	\$99/\$123.75	CA350054

Spring Term:

3/31-4/30	M/W	6:20-6:50 pm	\$99/\$123.75	CA450046
5/5-6/4	M/W	6:20-6:50 pm	\$90/\$112.50	CA450047
4/6-6/8	Su	2:10-2:40 pm	\$80/\$100	CA450074

Intermediate/Advanced Swimming Skills

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

No class 1/20, 2/17, 4/20, 5/24, 5/25, 5/26.

Winter Term:

1/6-2/12	M/W	4:20-4:50 pm	\$108/\$135	CA325040
2/19-3/19	M/W	4:20-4:50 pm	\$90/\$112.50	CA325041
1/6-2/12	M/W	4:55-5:25 pm	\$108/\$135	CA325042
2/19-3/19	M/W	4:55-5:25 pm	\$90/\$112.50	CA325043
1/6-2/12	M/W	5:45-6:15 pm	\$108/\$135	CA325044
2/19-3/19	M/W	5:45-6:15 pm	\$90/\$112.50	CA325045
1/7-2/13	T/Th	4:20-4:50 pm	\$108/\$135	CA325050
2/18-3/20	T/Th	4:20-4:50 pm	\$99/\$123.75	CA325051
1/7-2/13	T/Th	4:55-5:25 pm	\$108/\$135	CA325052
2/18-3/20	T/Th	4:55-5:25 pm	\$99/\$123.75	CA325053
1/7-2/13	T/Th	5:45-6:15 pm	\$117/\$146.25	CA325054
2/18-3/20	T/Th	5:45-6:15 pm	\$99/\$123.75	CA325055
1/11-3/15	S	10:10-10:40 am	\$99/\$123.75	CA325064
1/11-3/15	S	11:35 am-12:05 pm	\$99/\$123.75	CA325068
1/12-3/16	Su	1:35-2:05 pm	\$99/\$123.75	CA325072
1/12-3/16	Su	3:35-4:05 pm	\$99/\$123.75	CA325078

Spring Term:

3/31-4/30	M/W	4:20-4:50 pm	\$99/\$123.75	CA425040
5/5-6/4	M/W	4:20-4:50 pm	\$90/\$112.50	CA425041
3/31-4/30	M/W	4:55-5:25 pm	\$99/\$123.75	CA425042
5/5-6/4	M/W	4:55-5:25 pm	\$90/\$112.50	CA425043
3/31-4/30	M/W	5:45-6:15 pm	\$99/\$123.75	CA425044
5/5-6/4	M/W	5:45-6:15 pm	\$90/\$112.50	CA425045
4/1-5/1	T/Th	4:20-4:50 pm	\$99/\$123.75	CA425050
5/6-6/5	T/Th	4:20-4:50 pm	\$99/\$123.75	CA425051
4/1-5/1	T/Th	4:55-5:25 pm	\$99/\$123.75	CA425052
5/6-6/5	T/Th	4:55-5:25 pm	\$99/\$123.75	CA425053
4/1-5/1	T/Th	5:45-6:15 pm	\$99/\$123.75	CA425054
5/6-6/5	T/Th	5:45-6:15 pm	\$99/\$123.75	CA425055
4/5-6/7	S	10:10-10:40 am	\$90/\$112.50	CA425064
4/5-6/7	S	11:35 am-12:05 pm	\$90/\$112.50	CA425068
4/6-6/8	Su	1:35-2:05 pm	\$80/\$100	CA425072
4/6-6/8	Su	3:35-4:05 pm	\$80/\$100	CA425078

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

Specialty Programs

Winter/Spring Splash

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 1/20, 2/17, 5/26.**

Winter Splash: Winter Meet dates on 2/8 & 3/8

1/6-3/19	M/W	6:55-7:40 pm	\$247/\$306.25	CA336000MW
1/7-3/20	T/Th	6:55-7:40 pm	\$269/\$333.75	CA336000TTH

Spring Splash: Spring Meet dates on 4/26 & 5/10

3/31-6/4	M/W	6:55-7:40 pm	\$235/\$291.25	CA436000MW
4/1-6/5	T/Th	6:55-7:40 pm	\$247/\$306.25	CA436000TTH

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:

2/22-3/15	S	4:05-4:50 pm	\$78/\$97.50	CA332000
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Spring Term:

4/12-5/3	S	4:05-4:50 pm	\$78/\$97.50	CA432000
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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 1/20, 2/17, 4/20, 5/24, 5/25, 5/26.

Winter Term:

1/6-3/17	M	10:10-10:40 am	\$60/\$75	CA340002
1/8-3/19	W	10:10-10:40 am	\$73/\$91.25	CA340008
1/10-3/21	F	10:10-10:40 am	\$73/\$91.25	CA340013
1/7-2/13	T/Th	10:10-10:40 am	\$79/\$98.75	CA340024
2/18-3/20	T/Th	10:10-10:40 am	\$67/\$83.75	CA340025
1/6-2/12	M/W	5:45-6:15 pm	\$73/\$91.25	CA340044
2/19-3/19	M/W	5:45-6:15 pm	\$60/\$75	CA340045
1/11-3/15	S	9-9:30 am	\$67/\$83.75	CA340060
1/11-3/15	S	11-11:30 am	\$67/\$83.75	CA340066
1/12-3/16	Su	1-1:30 pm	\$67/\$83.75	CA340070
1/12-3/16	Su	3-3:30 pm	\$67/\$83.75	CA340076

Spring Term:

3/31-6/2	M	10:10-10:40 am	\$60/\$75	CA440002
4/2-6/4	W	10:10-10:40 am	\$67/\$83.75	CA440008
4/4-6/6	F	10:10-10:40 am	\$67/\$83.75	CA440013
4/1-5/1	T/Th	10:10-10:40 am	\$67/\$83.75	CA440024
5/6-6/5	T/Th	10:10-10:40 am	\$67/\$83.75	CA440025
3/31-4/30	M/W	5:45-6:15 pm	\$67/\$83.75	CA440044
5/5-6/4	M/W	5:45-6:15 pm	\$60/\$75	CA440045
4/5-6/7	S	9-9:30 am	\$60/\$75	CA440060
4/5-6/7	S	11-11:30 am	\$60/\$75	CA440066
4/6-6/8	Su	1-1:30 pm	\$54/\$67.50	CA440070
4/6-6/8	Su	3-3:30 pm	\$54/\$67.50	CA440076

You & Your Preschooler

No class 1/20, 2/17.

Winter Term:

1/6-3/17	M	12:10-12:40 pm	\$90/\$112.50	CA341005
1/8-3/19	W	12:10-12:40 pm	\$108/\$135	CA341011
1/10-3/21	F	9:35-10:05 am	\$108/\$135	CA341014
1/7-2/13	T/Th	12:10-12:40 pm	\$117/\$146.25	CA341030
2/18-3/20	T/Th	12:10-12:40 pm	\$99/\$123.75	CA341031
1/7-2/13	T/Th	5:45-6:15 pm	\$117/\$146.25	CA341054
2/18-3/20	T/Th	5:45-6:15 pm	\$99/\$123.75	CA341055

Spring Term:

3/31-6/2	M	12:10-12:40 pm	\$90/\$112.50	CA441005
4/2-6/4	W	12:10-12:40 pm	\$99/\$123.75	CA441011
4/4-6/6	F	9:35-10:05 am	\$99/\$123.75	CA441014
4/1-5/1	T/Th	12:10-12:40 pm	\$99/\$123.75	CA441030
5/6-6/5	T/Th	12:10-12:40 pm	\$99/\$123.75	CA441031
3/31-4/30	M/W	5:45-6:15 pm	\$99/\$123.75	CA441044
5/5-6/4	M/W	5:45-6:15 pm	\$90/\$112.50	CA441045

Training or Professional Classes

Jr. Lifeguarding

The Junior Lifeguarding program is designed for youth ages 12-15 who have achieved at least an Aquatic Level 4 proficiency. This course introduces the fundamental skills and responsibilities of a lifeguard and swim lesson instructor aide.

Participants will engage in both classroom instruction and water-based practice. Key topics include lifesaving techniques, such as in-water rescues, proper use of a rescue tube, and foundational first aid, CPR, and AED skills (note: this course does not include certification).

Students will also have the opportunity to shadow lifeguards during their rotations, gaining practical insight into real-life lifeguarding duties. Upon completing the course, participants may apply for volunteer positions as Junior Guards or Swim Aides at any of THPRD's aquatic centers.

Winter Term:

1/7-2/11	T	4:30-6:30 pm	\$100/\$125	CA35100
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Spring Term:

4/1-4/29	T	4:30-6:30 pm	\$100/\$125	CA451000
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Lifeguard Training

Ages 15+ years

Winter Term:

1/25-2/2	Su/S	9:15 am-4 pm	\$260/\$325	CA352000
3/24-3/27	M-Th	9:15 am-4 pm	\$260/\$325	CA352001

Spring Term:

4/26-5/4	Su/S	9:15 am-4 pm	\$260/\$325	CA452000
5/20-6/5	T/Th	4:15-8:45 pm	\$260/\$325	CA452001

**Thank you to all our
Volunteer Jr. Guards!**

April is National Volunteer Appreciation Month

Tualatin Hills Aquatic Center



TUALATIN HILLS
PARK & RECREATION DISTRICT

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

TriMet Bus Routes #59, #67

Facility Supervisor: Andrew Jackman

Hours: (may change based on staffing)

Monday - Friday 5 am-8 pm

Saturday & Sunday 12-4 pm

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

Facility Closed: 1/1, 1/20

Modified Hours: 2/17, 5/26 9 am-2 pm

Tualatin Hills Aquatic Center features:

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



Spring Term Open Paddleboard/Kayak

Get some indoor practice in before the weather turns nice! Bring your clean Kayak or Paddleboard in on Sunday mornings from 12-1:30 pm (check online schedule for availability)

Water Fitness Programs

Dig Deep: Participants wear flotation belts for a zero impact, moderate intensity workout in the deep end of the pool. It is not necessary to be an avid swimmer to participate; but it is helpful for participants to be comfortable in deep water. This is an exciting, unique way to exercise, suitable for most people.

Cardio Core: This is a fun, moderate intensity fitness class suitable for most people. The class is held in the shallow end of the pool. Participants challenge themselves with the resistance of the water in the low-impact work-out as they exercise to lively, upbeat music.

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



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:					
1/6-3/19	M/W	7-7:45 pm		\$237/\$296.25	AQ334012
1/7-3/20	T/Th	6:15-7 pm		\$237/\$296.25	AQ334026
Spring Term:					
3/31-6/4	M/W	7-7:45 pm		\$225/\$281.25	AQ434012
4/1-6/5	T/Th	6:15-7 pm		\$237/\$296.25	AQ434026

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.

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					

Winter Term:

1/6-2/12	M/W	3:20-3:50 pm	\$108/\$135		AQ311000
2/19-3/19	M/W	3:20-3:50 pm	\$90/\$112.50		AQ311001
1/6-2/12	M/W	4:30-5 pm	\$108/\$135		AQ311004
2/19-3/19	M/W	4:30-5 pm	\$90/\$112.50		AQ311005
1/6-2/12	M/W	5:05-5:35 pm	\$108/\$135		AQ311006
2/19-3/19	M/W	5:05-5:35 pm	\$90/\$112.50		AQ311007
1/6-2/12	M/W	5:40-6:10 pm	\$108/\$135		AQ311008
2/19-3/19	M/W	5:40-6:10 pm	\$90/\$112.50		AQ311009
1/6-2/12	M/W	6:15-6:45 pm	\$108/\$135		AQ311010
2/19-3/19	M/W	6:15-6:45 pm	\$90/\$112.50		AQ311011
1/7-2/13	T/Th	3:20-3:50 pm	\$117/\$146.25		AQ311016
2/18-3/20	T/Th	3:20-3:50 pm	\$80/\$100		AQ311017
1/7-2/13	T/Th	4:30-5 pm	\$117/\$146.25		AQ311020
2/18-3/20	T/Th	4:30-5 pm	\$80/\$100		AQ311021
1/7-2/13	T/Th	5:05-5:35 pm	\$117/\$146.25		AQ311022
2/18-3/20	T/Th	5:05-5:35 pm	\$80/\$100		AQ311023
1/7-2/13	T/Th	5:40-6:10 pm	\$117/\$146.25		AQ311024
2/18-3/20	T/Th	5:40-6:10 pm	\$80/\$100		AQ311025

Spring Term:

3/31-4/30	M/W	3:20-3:50 pm	\$99/\$123.75		AQ411000
5/5-6/4	M/W	3:20-3:50 pm	\$90/\$112.50		AQ411001
3/31-4/30	M/W	4:30-5 pm	\$99/\$123.75		AQ411004
5/5-6/4	M/W	4:30-5 pm	\$90/\$112.50		AQ411005
3/31-4/30	M/W	5:05-5:35 pm	\$99/\$123.75		AQ411006
5/5-6/4	M/W	5:05-5:35 pm	\$90/\$112.50		AQ411007
3/31-4/30	M/W	5:40-6:10 pm	\$99/\$123.75		AQ411008
5/5-6/4	M/W	5:40-6:10 pm	\$90/\$112.50		AQ411009
3/31-4/30	M/W	6:15-6:45 pm	\$99/\$123.75		AQ411010
5/5-6/4	M/W	6:15-6:45 pm	\$90/\$112.50		AQ411011
4/1-5/1	T/Th	3:20-3:50 pm	\$99/\$123.75		AQ411016
5/6-6/5	T/Th	3:20-3:50 pm	\$99/\$123.75		AQ411017
4/1-5/1	T/Th	4:30-5 pm	\$99/\$123.75		AQ411020
5/6-6/5	T/Th	4:30-5 pm	\$99/\$123.75		AQ411021
4/1-5/1	T/Th	5:05-5:35 pm	\$99/\$123.75		AQ411022
5/6-6/5	T/Th	5:05-5:35 pm	\$99/\$123.75		AQ411023
4/1-5/1	T/Th	5:40-6:10 pm	\$99/\$123.75		AQ411024
5/6-6/5	T/Th	5:40-6:10 pm	\$99/\$123.75		AQ411025

School Age Level 1-4

Winter Term:

1/6-2/12	M/W	3:55-4:25 pm	\$108/\$135		AQ322002
2/19-3/19	M/W	3:55-4:25 pm	\$90/\$112.50		AQ322003
1/6-2/12	M/W	4:30-5 pm	\$108/\$135		AQ322004
2/19-3/19	M/W	4:30-5 pm	\$90/\$112.50		AQ322005
1/6-2/12	M/W	5:05-5:05 pm	\$108/\$135		AQ322006
2/19-3/19	M/W	5:05-5:35 pm	\$90/\$112.50		AQ322007
1/6-2/12	M/W	5:40-6:10 pm	\$108/\$135		AQ322008
2/19-3/19	M/W	5:40-6:10 pm	\$90/\$112.50		AQ322009
1/6-2/12	M/W	6:15-6:45 pm	\$108/\$135		AQ322010

2/19-3/19	M/W	6:15-6:45 pm	\$90/\$112.50		AQ322011
1/7-2/13	T/Th	3:55-4:25 pm	\$117/\$146.25		AQ322018
2/18-3/20	T/Th	3:55-4:25 pm	\$80/\$100		AQ322019
1/7-2/13	T/Th	4:30-5 pm	\$117/\$146.25		AQ322020
2/18-3/20	T/Th	4:30-5 pm	\$80/\$100		AQ322021
1/7-2/13	T/Th	5:05-5:35 pm	\$117/\$146.25		AQ322022
2/18-3/20	T/Th	5:05-5:35 pm	\$80/\$100		AQ322023
1/7-2/13	T/Th	5:40-6:10 pm	\$117/\$146.25		AQ322024
2/18-3/20	T/Th	5:40-6:10 pm	\$80/\$100		AQ322025

Spring Term:

3/31-4/30	M/W	3:55-4:25 pm	\$99/\$123.75		AQ422002
5/5-6/4	M/W	3:55-4:25 pm	\$90/\$112.50		AQ422003
3/31-4/30	M/W	4:30-5 pm	\$99/\$123.75		AQ422004
5/5-6/4	M/W	4:30-5 pm	\$90/\$112.50		AQ422005
3/31-4/30	M/W	5:05-5:35 pm	\$99/\$123.75		AQ422006
5/5-6/4	M/W	5:05-5:35 pm	\$90/\$112.50		AQ422007
3/31-4/30	M/W	5:40-6:10 pm	\$99/\$123.75		AQ422008
5/5-6/4	M/W	5:40-6:10 pm	\$90/\$112.50		AQ422009
3/31-4/30	M/W	6:15-6:45 pm	\$99/\$123.75		AQ422010
5/5-6/4	M/W	6:15-6:45 pm	\$90/\$112.50		AQ422011
4/1-5/1	T/Th	3:55-4:25 pm	\$99/\$123.75		AQ422018
5/6-6/5	T/Th	3:55-4:25 pm	\$99/\$123.75		AQ422019
4/1-5/1	T/Th	4:30-5 pm	\$99/\$123.75		AQ422020
5/6-6/5	T/Th	4:30-5 pm	\$99/\$123.75		AQ422021
4/1-5/1	T/Th	5:05-5:35 pm	\$99/\$123.75		AQ422022
5/6-6/5	T/Th	5:05-5:35 pm	\$99/\$123.75		AQ422023
4/1-5/1	T/Th	5:40-6:10 pm	\$99/\$123.75		AQ422024
5/6-6/5	T/Th	5:40-6:10 pm	\$99/\$123.75		AQ422025

Intermediate Swimming Skills

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

Winter Term:

1/6-2/12	M/W	6:15-6:45 pm	\$108/\$135		AQ325010
2/19-3/19	M/W	6:15-6:45 pm	\$90/\$112.50		AQ325011
1/7-2/13	T/Th	5:40-6:10 pm	\$117/\$146.25		AQ325024
2/18-3/20	T/Th	5:40-6:10 pm	\$80/\$100		AQ325025

Spring Term:

3/31-4/30	M/W	6:15-6:45 pm	\$99/\$123.75		AQ425010
5/5-6/4	M/W	6:15-6:45 pm	\$90/\$112.50		AQ425011
4/1-5/1	T/Th	5:40-6:10 pm	\$99/\$123.75		AQ425024
5/6-6/5	T/Th	5:40-6:10 pm	\$99/\$123.75		AQ425025

Specialty Programs

Winter/Spring 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:

1/6-3/19	M/W	7-7:45 pm	\$237/\$296.25		AQ334012
1/7-3/20	T/Th	6:15-7 pm	\$237/\$296.25		AQ334026

Spring Term:

3/31-6/4	M/W	7-7:45 pm	\$225/\$281.25		AQ434012
4/1-6/5	T/Th	6:15-7 pm	\$237/\$296.25		AQ434026

Intro to Artistic Swimming

Discover the beauty and athleticism of Artistic Swimming! Formerly known as Synchronized Swimming, this class combines dance, gymnastics and swim all in one incredible sport! Swimmers will learn the foundations of the sport including body positions, propulsion, basic movements, figures and a team routine! Open to all genders, participants need to be able to swim 25 yards unassisted and be comfortable in deep water.

Winter Term:

1/6-2/12	M/W	4-4:45 pm	\$121	\$151.25	AQ333000
2/19-3/19	M/W	4-4:45 pm	\$99	\$123.75	AQ333001

Spring Term:

3/31-4/30	M/W	4-4:45 pm	\$110	\$137.50	AQ433000
5/5-6/4	M/W	4-4:45 pm	\$99	\$123.75	AQ433001

Training or Professional Classes

Lifeguard Training

3/24-3/27	M-Th	9 am-4 pm	\$260/\$325	AQ352000
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Jungle Joe* • Spring 2025

Sunday, 4/13 2:00-4:00 pm
 Sunday, 5/18 2:00-4:00 pm
 Saturday, 5/31 2:00-4:00 pm
 *Must pass the swim test to use



10 Meter Platform Open!^ Spring 2025

Saturday, 4/5 1:30-2:30 pm
 Sunday, 4/20 1:30-2:30 pm
 Friday, 5/9 7:30-8:15 pm
 ^Must be 15 yrs. + to use



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

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

Facility 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. 20
- Memorial Day, May 26

Modified Schedule: 9 am-2 pm

- Martin Luther King Day, Jan. 20
- President's Day, Feb.17

Athletic Center Features:

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

Indoor Play Park Parque de Juegos Interior

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



@thprdathleticcenter

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: \$7.75

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 4 • 9 am

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.

5K: AC42500 ID: \$10 / OD: \$12.50

1K: AC42501: FREE!



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 23
Presentation 6-6:30 pm
Q&A Session 6:30-7 pm

REGISTRATION: 2025-2026 School Year

- Monday, May 5 - Sunday, May 11: Registration opens for current participants.
- Monday, May 12 - Wednesday, May 14: Registration window for enrolled participant's siblings is open.
- Thursday, May 15: Open enrollment will begin provided space in the program remains.

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

Tualatin Hills Athletic Center schools served:

- Beaver Acres Elementary
- Elmonica Elementary
- McKinley Elementary



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 -12 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



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.

Arts & Crafts – Preschool/Youth

Dates (Weeks) Location	Day	Ages OD	Class #
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Tiny Tot - Arts & Crafts

Class will help develop sensory-motor skills and your child's creativity as they do a daily craft project involving painting, gluing, drawing and other fun activities. Adult participation required.

Winter Term: No class 1/20 or 2/17.

1/6-1/29 (4) Rm 101	M/W	9:30-10:15 am ID/AP: \$57	2-4 yrs OD: \$71.25	AC34101
2/3-2/26 (4) Rm 101	M/W	9:30-10:15 am ID/AP: \$57	2-4 yrs OD: \$71.25	AC34102
3/3-3/19 (3) Rm 101	M/W	9:30-10:15 am ID/AP: \$49	2-4 yrs OD: \$61.25	AC34103
1/7-1/30 (4) Rm 101	T/Th	10:30-11:15 am ID/AP: \$66	2-4 yrs OD: \$82.50	AC34104
2/4-2/27 (4) Rm 101	T/Th	10:30-11:15 am ID/AP: \$66	2-4 yrs OD: \$82.50	AC34105
3/4-3/20 (3) Rm 101	T/Th	10:30-11:15 am ID/AP: \$49	2-4 yrs OD: \$61.25	AC34106

Spring Term: No class 5/26

3/31-4/30 (5) Rm 101	M/W	9:30-10:15 am ID/AP: \$87	2-4 yrs OD: \$108.75	AC44101
5/5-6/4 (5) Rm 101	M/W	9:30-10:15 am ID/AP: \$78	2-4 yrs OD: \$97.50	AC44102
4/1-5/1 (5) Rm 101	T/Th	10:30-11:15 am ID/AP: \$87	2-4 yrs OD: \$108.75	AC44103
5/6-6/5 (5) Rm 101	T/Th	10:30-11:15 am ID/AP: \$87	2-4 yrs OD: \$108.75	AC44104

Dynamic Drawing & Painting

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

Winter Term:

1/9-2/13 (6) Rm 101	Th	6:30-7:30 pm ID/AP: \$63	6-11 yrs OD: \$78.75	AC34201
2/20-3/20 (5) Rm 101	Th	6:30-7:30 pm ID/AP: \$53	6-11 yrs OD: \$66.25	AC34202

Spring Term:

4/3-5/1 (5) Rm 101	Th	6:30-7:30 pm ID/AP: \$53	6-11 yrs OD: \$66.25	AC44201
5/8-6/5 (5) Rm 101	Th	6:30-7:30 pm ID/AP: \$53	6-11 yrs OD: \$66.25	AC44202

General Interest - 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: No class 1/20 or 2/17.

1/6-1/29 (4) Ct 1 -Indoor	M/W	11:15-11:45 am ID/AP: \$48	2-4 yrs OD: \$60	AC33101
2/3-2/26 (4) Ct 1 -Indoor	M/W	11:15-11:45 am ID/AP: \$48	2-4 yrs OD: \$60	AC33102
3/3-3/19 (3) Ct 1 -Indoor	M/W	11:15-11:45 am ID/AP: \$41	2-4 yrs OD: \$51.25	AC33103
1/7-1/30 (4) Ct 1 -Indoor	T/Th	12-12:30 pm ID/AP: \$55	2-4 yrs OD: \$68.75	AC33104
2/4-2/27 (4) Ct 1 -Indoor	T/Th	12-12:30 pm ID/AP: \$55	2-4 yrs OD: \$68.75	AC33105
3/4-3/20 (4) Ct 1 -Indoor	T/Th	12-12:30 pm ID/AP: \$41	2-4 yrs OD: \$51.25	AC33106

Spring Term: No class 5/26

3/31-4/30 (5)	M/W	11:15-11:45 am	2-4 yrs	AC13101
Ct 1 -Indoor		ID/AP: \$69	OD: \$86.25	
5/5-6/4 (5)	M/W	11:15-11:45 am	2-4 yrs	AC13102
Ct 1 -Indoor		ID/AP: \$62	OD: \$77.50	
4/1-5/1 (5)	T/Th	12:12:30 pm	2-4 yrs	AC13103
Ct 1 -Indoor		ID/AP: \$69	OD: \$86.25	
5/6-6/5 (5)	T/Th	12:12:30 pm	2-4 yrs	AC13104
Ct 1 -Indoor		ID/AP: \$69	OD: \$86.25	

Munchkin Sportz Center

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

Winter Term:

1/9-1/30 (4)	Th	3-3:30 pm	2-4 yrs	AC32136
Ct 4 -Indoor		ID/AP: \$28	OD: \$35	
2/6-2/27 (4)	Th	3-3:30 pm	2-4 yrs	AC32137
Ct 4 -Indoor		ID/AP: \$28	OD: \$35	
3/6-3/20 (3)	Th	3-3:30 pm	2-4 yrs	AC32138
Ct 4 -Indoor		ID/AP: \$21	OD: \$26.75	

Spring Term:

4/3-5/1 (5)	Th	3-3:30 pm	2-4 yrs	AC42134
Ct 5 -Indoor		ID/AP: \$35	OD: \$43.75	
5/8-6/5 (5)	Th	3-3:30 pm	2-4 yrs	AC42135
Ct 5 -Indoor		ID/AP: \$35	OD: \$43.75	

Sports & Fitness – Preschool

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.

Winter Term: No class 1/20 or 2/17.

1/6-1/29 (4)	M/W	9-9:45 am	3-5 yrs	AC32101
Ct 1 -Indoor		ID/AP: \$64	OD: \$80	
2/3-2/26 (4)	M/W	9-9:45 am	3-5 yrs	AC32102
Ct 1 -Indoor		ID/AP: \$64	OD: \$80	
3/3-3/19 (3)	M/W	9-9:45 am	3-5 yrs	AC32103
Ct 1 -Indoor		ID/AP: \$55	OD: \$68.75	
1/6-1/29 (4)	M/W	3:45-4:30 pm	3-5 yrs	AC32104
Ct 3 -Indoor		ID/AP: \$64	OD: \$80	
2/3-2/26 (4)	M/W	3:45-4:30 pm	3-5 yrs	AC32105
Ct 3 -Indoor		ID/AP: \$64	OD: \$80	
3/3-3/19 (3)	M/W	3:45-4:30 pm	3-5 yrs	AC32106
Ct 3 -Indoor		ID/AP: \$55	OD: \$68.75	
1/7-1/30 (6)	T/Th	9:45-10:30 am	3-5 yrs	AC32107
Ct 1 -Indoor		ID/AP: \$74	OD: \$92.50	
2/4-2/27 (4)	T/Th	9:45-10:30 am	3-5 yrs	AC32108
Ct 1 -Indoor		ID/AP: \$74	OD: \$92.50	
3/4-3/20 (3)	T/Th	9:45-10:30 am	3-5 yrs	AC32109
Ct 1 -Indoor		ID/AP: \$55	OD: \$68.75	
1/7-1/30 (4)	T/Th	4:45-5:30 pm	3-5 yrs	AC32110
Ct 3 -Indoor		ID/AP: \$74	OD: \$92.50	
2/4-2/27 (4)	T/Th	4:45-5:30 pm	3-5 yrs	AC32111
Ct 3 -Indoor		ID/AP: \$74	OD: \$92.50	
3/4-3/20 (3)	T/Th	4:45-5:30 pm	3-5 yrs	AC32112
Ct 3 -Indoor		ID/AP: \$55	OD: \$68.75	

Spring Term: No class 5/26

3/31-4/30 (5)	M/W	9-9:45 am	3-5 yrs	AC42101
Ct 1 -Indoor		ID/AP: \$92	OD: \$115	
5/5-6/4 (5)	M/W	9-9:45 am	3-5 yrs	AC42102
Ct 1 -Indoor		ID/AP: \$83	OD: \$103.75	
3/31-4/30 (5)	M/W	3:45-4:30 pm	3-5 yrs	AC42103
Ct 3 -Indoor		ID/AP: \$92	OD: \$115	

5/5-6/4 (5)	M/W	3:45-4:30 pm	3-5 yrs	AC42104
Ct 3 -Indoor		ID/AP: \$83	OD: \$103.75	
4/1-5/1 (5)	T/Th	9:45-10:30 am	3-5 yrs	AC42105
Ct 1 -Indoor		ID/AP: \$92	OD: \$115	
5/6-6/3 (5)	T/Th	9:45-10:30 am	3-5 yrs	AC42106
Ct 1 -Indoor		ID/AP: \$92	OD: \$115	
4/1-5/1 (5)	T/Th	4:45-5:30 pm	3-5 yrs	AC42107
Ct 3 -Indoor		ID/AP: \$92	OD: \$115	
5/6-6/5 (5)	T/Th	4:45-5:30 pm	3-5 yrs	AC42108
Ct 3 -Indoor		ID/AP: \$92	OD: \$115	

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:

1/10-2/14 (6)	F	9-9:45 am	3-5 yrs	AC32113
Ct 1 -Indoor		ID/AP: \$55	OD: \$68.75	
2/21-3/21 (5)	F	9-9:45 am	3-5 yrs	AC32114
Ct 1 -Indoor		ID/AP: \$46	OD: \$57.50	

Spring Term:

4/4-5/2 (5)	F	9-9:45 am	3-5 yrs	AC42109
Ct 1 -Indoor		ID/AP: \$46	OD: \$57.50	
5/9-6/6 (5)	F	9-9:45 am	3-5 yrs	AC42110
Ct 1 -Indoor		ID/AP: \$46	OD: \$57.50	

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.

Winter Term: No class 1/20 or 2/17.

1/6-1/29 (4)	M/W	10-10:45 am	3-5 yrs	AC32117
Ct 1 -Indoor		ID/AP: \$64	OD: \$80	
2/3-2/26 (4)	M/W	10-10:45 am	3-5 yrs	AC32118
Ct 1 -Indoor		ID/AP: \$64	OD: \$80	
3/3-3/19 (3)	M/W	10-10:45 am	3-5 yrs	AC32119
Ct 1 -Indoor		ID/AP: \$55	OD: \$68.75	
1/6-1/29 (4)	M/W	3:45-4:30 pm	3-5 yrs	AC32120
Ct 4 -Indoor		ID/AP: \$64	OD: \$80	
2/3-2/26 (4)	M/W	3:45-4:30 pm	3-5 yrs	AC32121
Ct 4 -Indoor		ID/AP: \$64	OD: \$80	
3/3-3/19 (3)	M/W	3:45-4:30 pm	3-5 yrs	AC32122
Ct 4 -Indoor		ID/AP: \$55	OD: \$68.75	
1/10-2/14 (6)	F	10-10:45 am	3-5 yrs	AC32123
Ct 1 -Indoor		ID/AP: \$55	OD: \$68.75	
2/21-3/21 (5)	F	10-10:45 am	3-5 yrs	AC32124
Ct 1 -Indoor		ID/AP: \$46	OD: \$57.50	

Spring Term: No class 5/26

3/31-4/30 (5)	M/W	10-10:45 am	3-5 yrs	AC42111
Ct 1 -Indoor		ID/AP: \$92	OD: \$115	
5/5-6/4 (5)	M/W	10-10:45 am	3-5 yrs	AC42112
Ct 1 -Indoor		ID/AP: \$83	OD: \$103.75	
3/31-4/30 (5)	M/W	3:45-4:30 pm	3-5 yrs	AC42113
Ct 4 -Indoor		ID/AP: \$92	OD: \$115	
5/5-6/4 (5)	M/W	3:45-4:30 pm	3-5 yrs	AC42114
Ct 4 -Indoor		ID/AP: \$83	OD: \$103.75	
4/4-5/2 (5)	F	10-10:45 am	3-5 yrs	AC42115
Ct 1 -Indoor		ID/AP: \$46	OD: \$57.50	
5/9-6/6 (5)	F	10-10:45 am	3-5 yrs	AC42116
Ct 1 -Indoor		ID/AP: \$46	OD: \$57.50	

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

Pee Wee Sportz Center

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

Winter Term:

1/7-1/30 (5)	T/Th	10:45-11:30 am	3-5 yrs	AC32128
Ct 1 -Indoor		ID/AP: \$74	OD: \$92.50	
2/4-2/27 (4)	T/Th	10:45-11:30 am	3-5 yrs	AC32129
Ct 1 -Indoor		ID/AP: \$74	OD: \$92.50	
3/4-3/20 (3)	T/Th	10:45-11:30 am	3-5 yrs	AC32130
Ct 1 -Indoor		ID/AP: \$55	OD: \$68.75	
1/7-1/30 (4)	T/Th	3:45-4:30 pm	3-5 yrs	AC32131
Ct 4 -Indoor		ID/AP: \$74	OD: \$92.50	
2/4-2/27 (4)	T/Th	3:45-4:30 pm	3-5 yrs	AC32132
Ct 4 -Indoor		ID/AP: \$74	OD: \$92.50	
3/4-3/20 (3)	T/Th	3:45-4:30 pm	3-5 yrs	AC32133
Ct 4 -Indoor		ID/AP: \$55	OD: \$68.75	
1/10-2/14 (6)	F	11-11:45 am	3-5 yrs	AC32134
Ct 1 -Indoor		ID/AP: \$55	OD: \$68.75	
2/21-3/21 (5)	F	11-11:45 am	3-5 yrs	AC32135
Ct 1 -Indoor		ID/AP: \$46	OD: \$57.50	

Spring Term:

4/1-5/1 (5)	T/Th	10:45-11:30 am	3-5 yrs	AC42128
Ct 1 -Indoor		ID/AP: \$92	OD: \$115	
5/6-6/5 (5)	T/Th	10:45-11:30 am	3-5 yrs	AC42129
Ct 1 -Indoor		ID/AP: \$92	OD: \$115	
4/1-5/1 (5)	T/Th	3:45-4:30 pm	3-5 yrs	AC42130
Ct 4 -Indoor		ID/AP: \$92	OD: \$115	
5/6-6/5 (5)	T/Th	3:45-4:30 pm	3-5 yrs	AC42131
Ct 4 -Indoor		ID/AP: \$92	OD: \$115	
4/4-5/2 (5)	F	11-11:45 am	3-5 yrs	AC42132
Ct 1 -Indoor		ID/AP: \$46	OD: \$57.50	
5/9-6/6 (5)	F	11-11:45 am	3-5 yrs	AC42133
Ct 1 -Indoor		ID/AP: \$46	OD: \$57.50	

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:

1/7-3/11 (10)	T	2-2:30 pm	3-5 yrs	AC34210
Ct 2 -Indoor		ID/AP: \$74	OD: \$92.50	
1/7-3/11 (10)	T	2-4:5-3:15 pm	3-5 yrs	AC34211
Ct 2 -Indoor		ID/AP: \$74	OD: \$92.50	
1/7-3/11 (10)	T	3:30-4 pm	3-5 yrs	AC34212
Ct 2 -Indoor		ID/AP: \$74	OD: \$92.50	

Spring Term:

4/1-6/3 (10)	T	2-2:30 pm	3-5 yrs	AC44210
Ct 2 -Indoor		ID/AP: \$74	OD: \$92.50	
4/1-6/3 (10)	T	2-4:5-3:15 pm	3-5 yrs	AC44211
Ct 2 -Indoor		ID/AP: \$74	OD: \$92.50	
4/1-6/3 (10)	T	3:30-4 pm	3-5 yrs	AC44212
Ct 2 -Indoor		ID/AP: \$74	OD: \$92.50	

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

Winter Term: No class 1/20 or 2/17.

1/6-1/29 (4)	M/W	3:45-4:30 pm	6-9 yrs	AC32201
Ct 5 -Indoor		ID/AP: \$64	OD: \$80	
2/3-2/26 (4)	M/W	3:45-4:30 pm	6-9 yrs	AC32202
Ct 5 -Indoor		ID/AP: \$64	OD: \$80	
3/3-3/19 (3)	M/W	3:45-4:30 pm	6-9 yrs	AC32203
Ct 5 -Indoor		ID/AP: \$55	OD: \$68.75	
1/7-1/30 (4)	T/Th	4:45-5:30 pm	6-9 yrs	AC32204
Ct 4 -Indoor		ID/AP: \$74	OD: \$92.50	
2/4-2/27 (4)	T/Th	4:45-5:30 pm	6-9 yrs	AC32205
Ct 4 -Indoor		ID/AP: \$74	OD: \$92.50	
3/4-3/20 (3)	T/Th	4:45-5:30 pm	6-9 yrs	AC32206
Ct 4 -Indoor		ID/AP: \$55	OD: \$68.75	
1/10-2/14 (6)	F	4-4:45 pm	6-9 yrs	AC32207
Ct 4 -Indoor		ID/AP: \$55	OD: \$68.75	
2/21-3/21 (5)	F	4-4:45 pm	6-9 yrs	AC32208
Ct 4 -Indoor		ID/AP: \$46	OD: \$57.50	

Spring Term: No class 5/26

3/31-4/30 (5)	M/W	3:45-4:30 pm	6-9 yrs	AC42201
Ct 5 -Indoor		ID/AP: \$92	OD: \$115	
5/5-6/4 (5)	M/W	3:45-4:30 pm	6-9 yrs	AC42202
Ct 5 -Indoor		ID/AP: \$83	OD: \$103.75	
4/1-5/1 (5)	T/Th	4:45-5:30 pm	6-9 yrs	AC42203
Ct 4 -Indoor		ID/AP: \$92	OD: \$115	
5/6-6/5 (5)	T/Th	4:45-5:30 pm	6-9 yrs	AC42204
Ct 4 -Indoor		ID/AP: \$92	OD: \$115	
4/4-5/2 (5)	F	4-4:45 pm	6-9 yrs	AC42205
Ct 4 -Indoor		ID/AP: \$46	OD: \$57.50	
5/9-6/6 (5)	F	4-4:45 pm	6-9 yrs	AC42206
Ct 4 -Indoor		ID/AP: \$46	OD: \$57.50	

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

Winter Term: No class 1/20 or 2/17.

1/6-1/29 (5)	M/W	4:45-5:30 pm	6-9 yrs	AC32214
Ct 3 -Indoor		ID/AP: \$64	OD: \$80	
2/3-2/26 (4)	M/W	4:45-5:30 pm	6-9 yrs	AC32215
Ct 3 -Indoor		ID/AP: \$64	OD: \$80	
3/3-3/19 (3)	M/W	4:45-5:30 pm	6-9 yrs	AC32216
Ct 3 -Indoor		ID/AP: \$55	OD: \$68.75	
1/7-1/30 (4)	T/Th	3:45-4:30 pm	6-9 yrs	AC32217
Ct 3 -Indoor		ID/AP: \$74	OD: \$92.50	
2/4-2/27 (4)	T/Th	3:45-4:30 pm	6-9 yrs	AC32218
Ct 3 -Indoor		ID/AP: \$74	OD: \$92.50	
3/4-3/20 (3)	T/Th	3:45-4:30 pm	6-9 yrs	AC32219
Ct 3 -Indoor		ID/AP: \$55	OD: \$68.75	
1/10-2/14 (6)	F	4-4:45 pm	6-9 yrs	AC32220
Ct 3 -Indoor		ID/AP: \$55	OD: \$68.75	
2/21-3/21 (5)	F	4-4:45 pm	6-9 yrs	AC32221
Ct 3 -Indoor		ID/AP: \$46	OD: \$57.50	
1/10-2/14 (6)	F	5-6 pm	9-12 yrs	AC32222
Ct 3 -Indoor		ID/AP: \$74	OD: \$92.50	
2/21-3/21 (5)	F	5-6 pm	9-12 yrs	AC32223
Ct 3 -Indoor		ID/AP: \$59	OD: \$73.75	

Spring Term: No class 5/26

3/31-4/30 (5)	M/W	4:45-5:30 pm	6-9 yrs	AC42214
Ct 3 -Indoor		ID/AP: \$92	OD: \$115	
5/5-6/4 (5)	M/W	4:45-5:30 pm	6-9 yrs	AC42215
Ct 3 -Indoor		ID/AP: \$83	OD: \$103.75	
4/1-5/1 (5)	T/Th	3:45-4:30 pm	6-9 yrs	AC42216
Ct 3 -Indoor		ID/AP: \$92	OD: \$115	
5/6-6/5 (5)	T/Th	3:45-4:30 pm	6-9 yrs	AC42217
Ct 3 -Indoor		ID/AP: \$92	OD: \$115	
4/4-5/2 (5)	F	4-4:45 pm	6-9 yrs	AC42218
Ct 3 -Indoor		ID/AP: \$46	OD: \$57.50	
5/9-6/6 (5)	F	4-4:45 pm	6-9 yrs	AC42219
Ct 3 -Indoor		ID/AP: \$46	OD: \$57.50	
3/31-4/30 (6)	M/W	5:45-6:30 pm	9-12 yrs	AC42220
Ct 3 -Indoor		ID/AP: \$92	OD: \$115	
5/5-6/4 (5)	M/W	5:45-6:30 pm	9-12 yrs	AC42221
Ct 3 -Indoor		ID/AP: \$83	OD: \$103.75	
4/4-5/2 (5)	F	5-6 pm	9-12 yrs	AC42222
Ct 3 -Indoor		ID/AP: \$59	OD: \$73.75	
5/9-6/6 (5)	F	5-6 pm	9-12 yrs	AC42223
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.

Winter Term:

1/7-1/30 (4)	T/Th	5:45-6:45 pm	9-12 yrs	AC32230
Ct 4 -Indoor		ID/AP: \$94	OD: \$117.50	
2/4-2/27 (4)	T/Th	5:45-6:45 pm	9-12 yrs	AC32231
Ct 4 -Indoor		ID/AP: \$94	OD: \$117.50	
3/4-3/20 (3)	T/Th	5:45-6:45 pm	9-12 yrs	AC32232
Ct 4 -Indoor		ID/AP: \$71	OD: \$88.75	
1/8-1/29 (4)	W	5:45-6:45 pm	9-12 yrs	AC32233
Ct 5 -Indoor		ID/AP: \$47	OD: \$58.75	
2/5-2/26 (4)	W	5:45-6:45 pm	9-12 yrs	AC32234
Ct 5 -Indoor		ID/AP: \$47	OD: \$58.75	
3/5-3/19 (3)	W	5:45-6:45 pm	9-12 yrs	AC32235
Ct 5 -Indoor		ID/AP: \$35	OD: \$43.75	
1/10-2/14 (6)	F	4-5 pm	9-12 yrs	AC32236
Ct 2 -Indoor		ID/AP: \$71	OD: \$88.75	
2/21-3/21 (5)	F	4-5 pm	9-12 yrs	AC32237
Ct 2 -Indoor		ID/AP: \$59	OD: \$73.75	

Spring Term:

4/1-5/1 (5)	T/Th	5:45-6:45 pm	9-12 yrs	AC42230
Ct 4 -Indoor		ID/AP: \$118	OD: \$147.50	
5/6-6/5 (5)	T/Th	5:45-6:45 pm	9-12 yrs	AC42231
Ct 4 -Indoor		ID/AP: \$118	OD: \$147.50	
4/2-4/30 (5)	W	5:45-6:45 pm	9-12 yrs	AC42232
Ct 5 -Indoor		ID/AP: \$59	OD: \$73.75	
5/7-6/4 (5)	W	5:45-6:45 pm	9-12 yrs	AC42233
Ct 5 -Indoor		ID/AP: \$59	OD: \$73.75	
4/4-5/2 (5)	F	4-5 pm	9-12 yrs	AC42234
Ct 2 -Indoor		ID/AP: \$59	OD: \$73.75	
5/9-6/6 (5)	F	4-5 pm	9-12 yrs	AC42235
Ct 2 -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

Winter Term: No class 1/20 or 2/17.

1/6-1/27 (3)	M	5:45-6:45 pm	11-14 yrs	AC32251
Ct 5 -Indoor		ID/AP: \$35	OD: \$43.75	
2/3-2/24 (3)	M	5:45-6:45 pm	11-14 yrs	AC32252
Ct 5 -Indoor		ID/AP: \$35	OD: \$43.75	
3/3-3/17 (3)	M	5:45-6:45 pm	11-14 yrs	AC32253
Ct 5 -Indoor		ID/AP: \$35	OD: \$43.75	
1/10-2/14 (6)	F	5-5:45 pm	9-12 yrs	AC32255
Ct 4 -Indoor		ID/AP: \$55	OD: \$68.75	
2/21-3/21 (5)	F	5-5:45 pm	9-12 yrs	AC32256
Ct 4 -Indoor		ID/AP: \$46	OD: \$57.50	
Spring Term: No class 5/26				
3/31-4/28 (5)	M	5:45-6:45 pm	11-14 yrs	AC42250
Ct 5 -Indoor		ID/AP: \$59	OD: \$73.75	
5/5-6/2 (5)	M	5:45-6:45 pm	11-14 yrs	AC42251
Ct 5 -Indoor		ID/AP: \$47	OD: \$58.75	
4/4-5/2 (5)	F	5-5:45 pm	9-12 yrs	AC42252
Ct 4 -Indoor		ID/AP: \$47	OD: \$58.75	
5/9-6/6 (5)	F	5-5:45 pm	9-12 yrs	AC42253
Ct 4 -Indoor		ID/AP: \$47	OD: \$58.75	

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:

1/10-2/14 (6)	F	5:15-6:15 pm	9-12 yrs	AC32244
Ct 2 -Indoor		ID/AP: \$71	OD: \$88.75	
2/21-3/21 (5)	F	5:15-6:15 pm	9-12 yrs	AC32245
Ct 2 -Indoor		ID/AP: \$59	OD: \$73.75	
1/10-2/14 (6)	F	6-7 pm	12-14 yrs	AC32246
Ct 4 -Indoor		ID/AP: \$71	OD: \$88.75	
2/21-3/21 (5)	F	6-7 pm	12-14 yrs	AC32247
Ct 4 -Indoor		ID/AP: \$59	OD: \$73.75	
Spring Term:				
4/4-5/2 (5)	F	5:15-6:15 pm	9-12 yrs	AC42244
Ct 2 -Indoor		ID/AP: \$59	OD: \$73.75	
5/9-6/6 (5)	F	5:15-6:15 pm	9-12 yrs	AC42245
Ct 2 -Indoor		ID/AP: \$59	OD: \$73.75	
4/4-5/2 (5)	F	6-7 pm	12-14 yrs	AC42246
Ct 4 -Indoor		ID/AP: \$59	OD: \$73.75	
5/9-6/6 (5)	F	6-7 pm	12-14 yrs	AC42247
Ct 4 -Indoor		ID/AP: \$59	OD: \$73.75	

Speed, Agility, and Strength

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

Winter Term: No class 1/20 or 2/17.

1/6-1/29 (4)	M/W	4:45-5:30 pm	8-17 yrs	AC32248
Ct 5 -Indoor		ID/AP: \$64	OD: \$80	
2/3-2/26 (4)	M/W	4:45-5:30 pm	8-17 yrs	AC32249
Ct 5 -Indoor		ID/AP: \$64	OD: \$80	
3/3-3/19 (3)	M/W	4:45-5:30 pm	8-17 yrs	AC32250
Ct 5 -Indoor		ID/AP: \$55	OD: \$68.75	
Spring Term: No class 5/26				
3/31-4/30 (5)	M/W	4:45-5:30 pm	8-14 yrs	AC42248
Ct 5 -Indoor		ID/AP: \$92	OD: \$115	
5/5-6/4 (5)	M/W	4:45-5:30 pm	8-14 yrs	AC42249
Ct 5 -Indoor		ID/AP: \$83	OD: \$103.75	

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

Homeschool PE

In this class, you will learn the basics of different sports. You will 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:				
1/7-1/28 (8)	T	2:30-3:30 pm	6-15 yrs	AC32270
Ct 3 -Indoor		ID/AP: \$47	OD: \$58.75	
2/4-2/25 (8)	T	2:30-3:30 pm	6-15 yrs	AC32271
Ct 3 -Indoor		ID/AP: \$47	OD: \$58.75	
3/4-3/18 (6)	T	2:30-3:30 pm	6-15 yrs	AC32272
Ct 3 -Indoor		ID/AP: \$35	OD: \$43.75	
Spring Term:				
4/1-4/29 (10)	T	2:30-3:30 pm	6-15 yrs	AC42270
Ct 3 -Indoor		ID/AP: \$59	OD: \$73.75	
5/6-6/3 (10)	T	2:30-3:30 pm	6-15 yrs	AC42271
Ct 3 -Indoor		ID/AP: \$59	OD: \$73.75	

Youth Volleyball

The class will cover passing, serving, setting, and hitting skills. No volleyball experience is required.

Winter Term:				
1/10-2/14 (12)	F	5-6 pm	8-12 yrs	AC32260
Ct 5 -Indoor		ID/AP: \$71	OD: \$88.75	
2/21-3/21 (10)	F	5-6 pm	8-12 yrs	AC32261
Ct 5 -Indoor		ID/AP: \$59	OD: \$73.75	
Spring Term: No class 5/26				
3/31-4/30 (5)	M/W	6-6:45 pm	8-12 yrs	AC42258
Ct 4 -Indoor		ID/AP: \$92	OD: \$115	
5/5-6/4 (5)	M/W	6-6:45 pm	8-12 yrs	AC42259
Ct 4 -Indoor		ID/AP: \$83	OD: \$103.75	
4/4-5/2 (10)	F	5-6 pm	8-12 yrs	AC42260
Ct 5 -Indoor		ID/AP: \$59	OD: \$73.75	
5/9-6/6 (10)	F	5-6 pm	8-12 yrs	AC42261
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

Winter Term: No class 1/20 or 2/17.				
1/6-1/29 (4)	M/W	4:45-5:45 pm	12-17 yrs	AC32301
Ct 4 -Indoor		ID/AP: \$82	OD: \$102.50	
2/3-2/26 (4)	M/W	4:45-5:45 pm	12-17 yrs	AC32302
Ct 4 -Indoor		ID/AP: \$82	OD: \$102.50	
3/3-3/19 (3)	M/W	4:45-5:45 pm	12-17 yrs	AC32303
Ct 4 -Indoor		ID/AP: \$71	OD: \$88.75	
1/10-2/14 (12)	F	6:15-7:15 pm	12-17 yrs	AC32304
Ct 5 -Indoor,		ID/AP: \$71	OD: \$88.75	
2/21-3/21 (10)	F	6:15-7:15 pm	12-17 yrs	AC32305
Ct 5 -Indoor		ID/AP: \$59	OD: \$73.75	
Spring Term: No class 5/26				
3/31-4/30 (5)	M/W	4:45-5:45 pm	12-17 yrs	AC42301
Ct 4 -Indoor		ID/AP: \$118	OD: \$147.50	
5/5-6/4 (5)	M/W	4:45-5:45 pm	12-17 yrs	AC42302
Ct 4 -Indoor		ID/AP: \$106	OD: \$132.50	
4/4-5/2 (10)	F	6:15-7:15 pm	12-17 yrs	AC42303
Ct 5 -Indoor		ID/AP: \$59	OD: \$73.75	
5/9-6/6 (10)	F	6:15-7:15 pm	12-17 yrs	AC42304
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:				
1/10-2/14 (6)	F	7:30-8:30 pm	12-17 yrs	AC32306
Ct 6 -Indoor		ID/AP: \$71	OD: \$88.75	
2/21-3/21 (5)	F	7:30-8:30 pm	12-17 yrs	AC32307
Ct 6 -Indoor		ID/AP: \$59	OD: \$73.75	
Spring Term:				
4/4-5/2 (5)	F	7:30-8:30 pm	12-17 yrs	AC42306
Ct 6 -Indoor		ID/AP: \$59	OD: \$73.75	
5/9-6/6 (5)	F	7:30-8:30 pm	12-17 yrs	AC42307
Ct 6 -Indoor		ID/AP: \$59	OD: \$73.75	

Sports & Fitness – Youth/Teen/Adult

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:				
1/7-3/11 (10)	T	2-2:30 pm	3-5 yrs	AC34210
Ct 2 -Indoor		ID/AP: \$74	OD: \$92.50	
1/7-3/11 (10)	T	2:45-3:15 pm	3-5 yrs	AC34211
Ct 2 -Indoor		ID/AP: \$74	OD: \$92.50	
1/7-3/11 (10)	T	3:30-4 pm	3-5 yrs	AC34212
Ct 2 -Indoor		ID/AP: \$74	OD: \$92.50	
Spring Term:				
4/1-6/3 (10)	T	2-2:30 pm	3-5 yrs	AC44210
Ct 2 -Indoor		ID/AP: \$74	OD: \$92.50	
4/1-6/3 (10)	T	2:45-3:15 pm	3-5 yrs	AC44211
Ct 2 -Indoor		ID/AP: \$74	OD: \$92.50	
4/1-6/3 (10)	T	3:30-4 pm	3-5 yrs	AC44212
Ct 2 -Indoor		ID/AP: \$74	OD: \$92.50	

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:				
1/7-3/11 (10)	T	4:15-5:15 pm	6-14 yrs	AC34213
Ct 2 -Indoor		ID/AP: \$141	OD: \$176.25	
Spring Term:				
4/1-6/3 (10)	T	4:15-5:15 pm	6-14 yrs	AC44213
Ct 2 -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:				
1/7-3/11 (10)	T	5:30-6:30 pm	6-adult	AC34214
Ct 2 -Indoor		ID/AP: \$141	OD: \$176.25	
Spring Term:				
4/1-6/3 (10)	T	5:30-6:30 pm	6-adult	AC44214
Ct 2 -Indoor		ID/AP: \$141	OD: \$176.25	

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

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: No class 1/20 or 2/17.

1/6-1/27 (3)	M	2-3 pm	adult 18+	AC35101
Ct 6 -Indoor		ID/AP: \$39	OD: \$48.75	
2/3-2/24 (3)	M	2-3 pm	adult 18+	AC35102
Ct 6 -Indoor		ID/AP: \$39	OD: \$48.75	
3/3-3/17 (3)	M	2-3 pm	adult 18+	AC35103
Ct 6 -Indoor		ID/AP: \$39	OD: \$48.75	
1/10-2/14 (6)	F	2-3 pm	adult 18+	AC35104
Ct 6 -Indoor		ID/AP: \$78	OD: \$97.50	
2/21-3/21 (5)	F	2-3 pm	adult 18+	AC35105
Ct 6 -Indoor		ID/AP: \$65	OD: \$81.25	
Spring Term:				
4/1-4/29 (5)	T	2-3 pm	adult 18+	AC45101
Ct 6 -Indoor		ID/AP: \$65	OD: \$81.25	
5/6-6/3 (5)	T	2-3 pm	adult 18+	AC45102
Ct 6 -Indoor		ID/AP: \$65	OD: \$81.25	
4/3-5/1 (5)	Th	2-3 pm	adult 18+	AC45103
Ct 6 -Indoor		ID/AP: \$65	OD: \$81.25	
5/8-6/5 (5)	Th	2-3 pm	adult 18+	AC45104
Ct 6 -Indoor		ID/AP: \$65	OD: \$81.25	

Pickleball Private Lesson - Interest List

This interest list will be contacted if private lessons become available. Private lessons are \$63 ID / \$78.75 OD and can be attended by up to 3 people (only one person pays the class fee).

Winter Term:

3/21 (1)	F	2-3 pm	13-adult	AC35106
Ct 1 -Indoor		ID/AP: \$0	OD: \$0	

Spring Term:

6/6 (1)	F	2-3 pm	13-adult	AC45106
Ct 1 -Indoor		ID/AP: \$0	OD: \$0	



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.



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: Brian Schlottmann

Facility Hours:

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

Facility Closures: 1/1, 1/20, 2/17, 5/26

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



CedarHills

Women's Wellness Fair

Free Event • Saturday, March 29 • 11 am - 1:30 pm

Join us for a NEW event focused on celebrating the beauty of womanhood! This event will feature fitness and nutrition demonstrations from THPRD staff and explore vendors and resources all focused on women's health. Celebrate Women's History Month with THPRD by taking of care of future you! 'Workshop space is limited, to register see page 85. For the most up-to-date event details, visit www.thprd.org/events/

Spring Break Camp

Join us for fun spring break activities like playing games, doing arts & crafts, classroom activities and more. Sign up for one day or all five. To register see page 73



Spring Egg Hunt



Saturday, April 19, 2025

It is time for the Cedar Hills Bunny to make an appearance. Join us for a hopping great time gathering candy filled eggs and joining in on activities for the whole family. Registration is required.

All Abilities Egg Hunt

This hunt takes place inside the gymnasium and is a great fit for children sensory sensitivities or mobility needs. It is designed to be inclusive, slower-paced, and is ADA accessible.

10:00-10:15 am 4-8 yrs CH46200

Child and Adult Egg Hunts

Bring your little one for an adventure as you see hidden eggs. Registration covers one adult, one child.

10:30-10:45am	10 mo-2yr	CH46201
10:30-10:45am	2-4yrs	CH46202
10:30-10:45am	4-7yrs	CH46203
11:00-11:15am	10 mo-2yr	CH46204
11:00-11:15am	2-4yrs	CH46205

Child Only Egg Hunts

The eggs have been hidden and the Bunny needs your help finding them. This Egg Hunt is designed for child only. Find a numbered egg and when a prize.

10:30-10:45am	7-11yrs	CH46206
11:00-11:15am	4-7yrs	CH46207
11:00-11:15am	7-11yrs	CH46208

El dia de los niños

(Children's Day/Book Day)

Saturday, May 3 • 11am-1pm

El dia de los niños/El dia de los libros is commonly known as Dia, is an annual celebration of children, families and reading. This nationally recognized event emphasizes the importance of literacy for children of all linguistic and cultural backgrounds. Joins for story time in Spanish, traditional folk dancing, crafts and more!



Admission is free.

Drop-in Sports Programs

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Family Gym	12:00-1:00pm		12:00-1:00pm		12:00-1:00pm	1:00-3:00pm**
Basketball	7:15-8:30pm (30+)				7:00-8:30pm	
Play Park^ Ends 5/22		10:00am-12:00pm		10:00am-12:00pm		
Pickleball	8:00-10:00am		8:00-10:00am		8:00-10:00am	
Badminton				6:00-8:00pm		
Youth Open Gymnastics^					6:30-8:00pm	2:45-3:45pm

**Non-team play.

^Parent Supervision Required.

All times and days are subject to change daily. See our website for updated information.



Get Involved... Volunteer!

We have opportunities for volunteers at our events. Sign up at: www.thprd.org/volunteer.

¡Involúcrate como voluntario/a!

Tenemos oportunidades para voluntarios en nuestros eventos. Inscríbete en: www.thprd.org/volunteer.

Facility Rentals

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

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 / \$7.75 OD



Nine-Month Preschool



Jump Start is a preschool program based around the Reggio Emilia philosophy which uses creative play and social learning to prepare children for kindergarten.

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

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

Spaces are limited.

M/W/F 8:30-11:30 am 4-5 yrs ID/AP: \$390
T/TH 9:30-11:30 am 3.5-4.5yrs ID/AP: \$285

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

www.thprd.org/facilities/recreation/cedar-hills

THPRD Preschool Virtual Open House

Wednesday, January 29, 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 2025-2026 school year.

Registration Opens: Thursday, February 6, 9:00 am for new enrollment.

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

THRIVE

Afterschool Program Teaching Healthy Responsible Individuals Values and Education

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

VIRTUAL OPEN HOUSE

Wednesday, April 23
Presentation 6-6:30 pm
Q&A Session 6:30-7 pm

REGISTRATION: 2025-2026 School Year

- Monday, May 5 - Sunday, May 11: Registration opens for current participants.
- Monday, May 12 - Wednesday, May 14: Registration window for enrolled participant's siblings is open.
- Thursday, May 15: Open enrollment will begin provided space in the program remains.

A non-refundable \$50 enrollment fee is due at 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



Arts & Crafts – Preschool

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

Messy Art

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

Winter Term:

1/7-2/4 (5) Rm 2	T	9-10 am ID/AP: \$54	1.5-3.5 yrs OD: \$67.50	CH34100
2/11-3/18 (6) Rm 2	T	9-10 am ID/AP: \$65	1.5-3.5 yrs OD: \$81.25	CH34101
1/9-2/6 (5) Rm 2	Th	9-10 am ID/AP: \$54	1.5-3.5 yrs OD: \$67.50	CH34102
2/13-3/20 (6) Rm 2	Th	9-10 am ID/AP: \$65	1.5-3.5 yrs OD: \$81.25	CH34103
Spring Term:				
4/1-4/29 (5) Rm 2	T	9-10 am ID/AP: \$54	1.5-3.5 yrs OD: \$67.50	CH44100
5/6-6/3 (5) Rm 2	T	9-10 am ID/AP: \$54	1.5-3.5 yrs OD: \$67.50	CH44101
4/3-5/1 (5) Rm 2	Th	9-10 am ID/AP: \$54	1.5-3.5 yrs OD: \$67.50	CH44102
5/8-6/5 (5) Rm 2	Th	9-10 am ID/AP: \$54	1.5-3.5 yrs OD: \$67.50	CH44103

Art Exploration

Adult Participation Class; One child/One adult ratio. Explore everything from paint to papier-mache with fun art activities with hands-on art projects structured to allow young artists to experience different mediums and techniques. Adult participation required. No unregistered siblings.

Winter Term:

1/7-2/4 (5) Rm 2	T	10:30-11:30 am ID/AP: \$54	2.5-5 yrs OD: \$67.50	CH34104
2/11-3/18 (6) Rm 2	T	10:30-11:30 am ID/AP: \$65	2.5-5 yrs OD: \$81.25	CH34105
1/9-2/6 (5) Rm 2	Th	10:30-11:30 am ID/AP: \$54	2.5-5 yrs OD: \$67.50	CH34106
2/13-3/20 (6) Rm 2	Th	10:30-11:30 am ID/AP: \$65	2.5-5 yrs OD: \$81.25	CH34107
Spring Term:				
4/1-4/29 (5) Rm 2	T	10:30-11:30 am ID/AP: \$54	2.5-5 yrs OD: \$67.50	CH44104
5/6-6/3 (5) Rm 2	T	10:30-11:30 am ID/AP: \$54	2.5-5 yrs OD: \$67.50	CH44105
4/3-5/1 (5) Rm 2	Th	10:30-11:30 am ID/AP: \$54	2.5-5 yrs OD: \$67.50	CH44106
5/8-6/5 (5) Rm 2	Th	10:30-11:30 am ID/AP: \$54	2.5-5 yrs OD: \$67.50	CH44107

Arts & Crafts - Youth

Afterschool Art Sampler

Explore your artistic creativity with a different art project every week! Children will work with painting, drawing, sculpture, collage, creative projects, and more.

Winter Term:

1/8-2/5 (5) Rm 2	W	6-7 pm ID/AP: \$54	6-10 yrs OD: \$67.50	CH34202
2/12-3/19 (6) Rm 2	W	6-7 pm ID/AP: \$65	6-10 yrs OD: \$81.25	CH34203

Spring Term:

4/2-4/30 (5) Rm 2	W	6-7 pm ID/AP: \$54	6-10 yrs OD: \$67.50	CH44202
5/7-6/4 (5) Rm 2	W	6-7 pm ID/AP: \$54	6-10 yrs OD: \$67.50	CH44203

Nature Art

Young artists will explore, learn, draw, paint, and create artwork each week using natural materials and celebrating the earth's beauty! No class 4/19 and 5/24.

Winter Term:

1/11-2/8 (5) Rm 3	S	9-10 am ID/AP: \$54	6-10 yrs OD: \$67.50	CH34204
2/15-3/15 (5) Rm 3	S	9-10 am ID/AP: \$54	6-10 yrs OD: \$67.50	CH34205
Spring Term:				
4/5-5/3 (4) Rm 3	S	9-10 am ID/AP: \$43	6-10 yrs OD: \$53.75	CH44204
5/10-6/7 (4) Rm 3	S	9-10 am ID/AP: \$43	6-10 yrs OD: \$53.75	CH44205

Youth Watercolor

Students will learn about different watercolor techniques and terminology while creating a new watercolor project each week. Projects will include winter-themed and nature-inspired pieces! No class 1/20, 2/17 and 5/26.

Winter Term:

1/6-2/10 (4) Rm 2	M	6-7 pm ID/AP: \$43	6-10 yrs OD: \$53.75	CH34200
2/24-3/17 (5) Rm 2	M	6-7 pm ID/AP: \$54	6-10 yrs OD: \$67.50	CH34201
Spring Term:				
3/31-4/28 (5) Rm 2	M	6-7 pm ID/AP: \$54	6-10 yrs OD: \$67.50	CH44200
5/5-6/2 (4) Rm 2	M	6-7 pm ID/AP: \$43	6-10 yrs OD: \$53.75	CH44201

Arts & Crafts – Teen/Adult

Teen Drawing and Illustration NEW

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 4/19 and 5/24.

Winter Term:

1/11-3/15 (10) Rm 3	S	10:30-11:30 am ID/AP: \$98	10-14 yrs OD: \$122.50	CH34300
Spring Term:				
4/5-6/7 (8) Rm 3	S	10:30-11:30 am ID/AP: \$82	10-14 yrs OD: \$102.50	CH44300

Mixed Medium Art, All Levels

Participants will work at their own pace in an open, informative class. Mediums covered will include acrylic, oil, pastels, and watercolor. Please bring any supplies you would like to work with. The instructor will assist students on an individual basis on their projects.

Winter Term:

1/8-3/19 (11) Rm 3	W	9:30 am-12:30 pm ID/AP: \$269	14-adult OD: \$336.25	CH34502
Spring Term:				
4/2-6/4 (10) Rm 3	W	9:30 am-12:30 pm ID/AP: \$245	14-adult OD: \$306.25	CH44502

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

Watercolor, All Levels

Participants will work at their own pace in an open, informative class. Topics will include still life, design, color harmony and individual critiques. Bring your supplies with you to class. The instructor will assist students on an individual basis on their projects.

Winter Term:

1/7-3/18 (11) T 9:30 am-12:30 pm 14-adult CH34500
Rm 3 ID/AP: \$269 OD: \$336.25

Spring Term:

4/1-6/3 (10) T 9:30 am-12:30 pm 14-adult CH44500
Rm 3 ID/AP: \$245 OD: \$306.25

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!

Adventure Awaits

3/24 (1) M 7:30 am-6 pm 5-11 yrs CH38200
Rm C1 ID/AP: \$70 OD: \$87.50

Creative Creations

3/25 (1) T 7:30 am-6 pm 5-11 yrs CH38201
Rm C1 ID/AP: \$70 OD: \$87.50

Science Spectacular

3/26 (1) W 7:30 am-6 pm 5-11 yrs CH38202
Rm C1 ID/AP: \$70 OD: \$87.50

Nature Explorers

3/27 (1) Th 7:30 am-6 pm 5-11 yrs CH38203
Rm C1 ID/AP: \$70 OD: \$87.50

Wild Wonders

3/28 (1) F 7:30 am-6 pm 5-11 yrs CH38204
Rm C1 ID/AP: \$70 OD: \$87.50

Dance - Preschool

Dance with Me!

Tiny dancers will get to dance along with their favorite grown-up while they learn basic ballet movements that can improve balance and coordination in a nurturing and fun environment. Adult participation is required. No unregistered siblings. No class 1/20, 2/17 and 5/26.

Winter:

1/6-3/17 (9) M 10:15-10:45 am 2-4 yrs CH31108
Rm 5 ID/AP: \$60 OD: \$75

1/7-3/18 (11) T 9:15-9:45 am 2-4 yrs CH31109
Rm 5 ID/AP: \$74 OD: \$92.50

1/8-3/19 (11) W 5:45-6:15 pm 2-4 yrs CH31110
Rm 5 ID/AP: \$74 OD: \$92.50

1/10-3/21 (11) F 9:30-10 am 2-4 yrs CH31111
Rm 5 ID/AP: \$74 OD: \$92.50

1/11-3/22 (11) S 9-9:30 am 2-4 yrs CH31112
Rm 5 ID/AP: \$74 OD: \$92.50

Spring:

3/31-6/2 (9) M 10:15-10:45 am 2-4 yrs CH41108
Rm 5 ID/AP: \$60 OD: \$75

4/1-6/3 (10) T 9:15-9:45 am 2-4 yrs CH41109
Rm 5 ID/AP: \$67 OD: \$83.75

4/2-6/4 (10) W 5:45-6:15 pm 2-4 yrs CH41110
Rm 5 ID/AP: \$67 OD: \$83.75

4/4-6/6 (10) F 9:30-10 am 2-4 yrs CH41111
Rm 5 ID/AP: \$67 OD: \$83.75

4/5-6/7 (8) S 9-9:30 am 2-4 yrs CH41112
Rm 5 ID/AP: \$54 OD: \$67.50

Dance Adventure Kids

Join us for an enchanting journey into the world of dance, designed specifically for your energetic and imaginative dancers! This class is the perfect introduction to the joy of dance, fostering self-expression, creativity, and physical development in a fun and nurturing environment. This is a non-parent participation class.

Winter:

1/7-3/18 (11) T 10-10:45 am 3-5 yrs CH31100
Rm 5 ID/AP: \$94 OD: \$117.50

1/11-3/22 (11) S 10:30-11:15 am 4-6 yrs CH31101
Rm 8 ID/AP: \$94 OD: \$117.50

Spring:

4/1-6/3 (10) T 10-10:45 am 3-5 yrs CH41100
Rm 5 ID/AP: \$85 OD: \$106.25

4/5-6/7 (8) S 10:30-11:15 am 4-6 yrs CH41101
Rm 8 ID/AP: \$68 OD: \$85

Dance and Tumble

Join us for a class designed specifically for young movers! In this energetic class, little ones will explore the joy of movement through creative dance exercises, rhythmic activities, and basic tumbling skills. Our instructors will guide them in developing coordination, balance, and flexibility in a fun and supportive environment. This is a non-parent participation class. No class 1/20, 2/17 and 5/26.

Winter:

1/6-3/17 (9) M 11-11:45 am 3-5 yrs CH31130
Rm 5 ID/AP: \$77 OD: \$96.25

1/8-3/19 (11) W 10:15-11 am 3-5 yrs CH31131
Rm 5 ID/AP: \$94 OD: \$117.50

Spring:

3/31-6/2 (9) M 11-11:45 am 3-5 yrs CH41130
Rm 5 ID/AP: \$77 OD: \$96.25

4/2-6/4 (10) W 10:15-11 am 3-5 yrs CH41131
Rm 5 ID/AP: \$85 OD: \$106.25

Hip Hop Kids

Dance like your favorite pop stars! Discover the magic of dancing in a class that is specially crafted for your younger dancer. In this high-octane class kids will dive into the world of hip hop, learning exciting techniques and combinations. Music choices and dance steps will be age appropriate. This is a non-parent participation class. No class 4/19 and 5/24.

Winter:

1/9-3/20 (11) Th 9:15-10 am 3-5 yrs CH31114
Rm 5 ID/AP: \$94 OD: \$117.50

1/10-3/21 (11) F 10:15-11 am 3-5 yrs CH31115
Rm 5 ID/AP: \$94 OD: \$117.50

1/11-3/22 (11) S 11:45 am-12:30 pm 3-5 yrs CH31116
Rm 5 ID/AP: \$94 OD: \$117.50

1/11-3/22 (11) S 10-10:45 am 4-6 yrs CH31117
Rm D ID/AP: \$94 OD: \$117.50

1/11-3/22 (11) S 11-11:45 am 4-6 yrs CH31118
Rm D ID/AP: \$94 OD: \$117.50

Spring:

4/3-6/5 (10) Th 9:15-10 am 3-5 yrs CH41114
Rm 5 ID/AP: \$85 OD: \$106.25

4/5-6/7 (8) S 11:45 am-12:30 pm 3-5 yrs CH41116
Rm 5 ID/AP: \$68 OD: \$85

4/5-6/7 (8) S 11-11:45 am 4-6 yrs CH41118
Rm D ID/AP: \$68 OD: \$85

Pre-Ballet

This class provides an introduction to ballet steps and terminology, with an emphasis on creative movement, rhythm, balance and coordination. This is a non-parent participation class. No class 1/20, 2/17, 4/19, 5/24 and 5/26.

Winter:

1/6-3/17 (9) Rm 5	M	9:15-10 am ID/AP: \$77	3-5 yrs OD: \$96.25	CH31119
1/8-3/19 (11) Rm 5	W	9:15-10 am ID/AP: \$94	3-5 yrs OD: \$117.50	CH31120
1/9-3/20 (11) Rm 5	Th	10:15-11 am ID/AP: \$94	3-5 yrs OD: \$117.50	CH31121
1/11-3/22 (11) Rm 5	S	9:45-10:30 am ID/AP: \$94	3-5 yrs OD: \$117.50	CH31122
1/11-3/22 (11) Rm 5	S	10:45-11:30 am ID/AP: \$94	3-5 yrs OD: \$117.50	CH31123
1/11-3/22 (11) Rm D	S	9-9:45 am ID/AP: \$94	4-6 yrs OD: \$117.50	CH31124
1/11-3/22 (11) Rm 8	S	11:30 am-12:15 pm ID/AP: \$94	4-6 yrs OD: \$117.50	CH31125

Spring:

3/31-6/2 (9) Rm 5	M	9:15-10 am ID/AP: \$77	3-5 yrs OD: \$96.25	CH41119
4/3-6/5 (10) Rm 5	Th	10:15-11 am ID/AP: \$85	3-5 yrs OD: \$106.25	CH41121
4/5-6/7 (8) Rm 5	S	9:45-10:30 am ID/AP: \$68	3-5 yrs OD: \$85	CH41122
4/5-6/7 (8) Rm 5	S	10:45-11:30 am ID/AP: \$68	3-5 yrs OD: \$85	CH41123
4/5-6/7 (8) Rm 8	S	11:30 am-12:15 pm ID/AP: \$68	4-6 yrs OD: \$85	CH41125

Dance - Youth

Broadway Kids

In this brand-new class, kids will learn basic jazz techniques and dance to Broadway favorites new and old! This is a non-parent participation class.

Winter:

1/9-3/20 (11) Rm D	Th	6-6:45 pm ID/AP: \$94	6-11 yrs OD: \$117.50	CH31212
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Spring:

4/3-6/5 (10) Rm D	Th	6-6:45 pm ID/AP: \$85	6-11 yrs OD: \$106.25	CH41212
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Hip Hop Ballet

This dance class is for students aged 6-9 years old with a curiosity for both hip hop and ballet. No prior dance experience necessary and beginners are welcome. Students will learn the fundamentals of ballet, as well as hip hop moves, gaining an understanding of dance's physicality, artistry, and principles. This is a non-parent participation class.

Winter:

1/7-3/18 (11) Rm D	T	4:30-5:15 pm ID/AP: \$94	6-9 yrs OD: \$117.50	CH31200
1/7-3/18 (11) Rm D	T	5:30-6:15 pm ID/AP: \$94	9-12 yrs OD: \$117.50	CH31201

Spring:

4/1-6/3 (10) Rm D	T	4:30-5:15 pm ID/AP: \$85	6-9 yrs OD: \$106.25	CH41200
4/1-6/3 (10) Rm D	T	5:30-6:15 pm ID/AP: \$85	9-12 yrs OD: \$106.25	CH41201

Intro to Ballet

This dance class is for students aged 6-9 years old with a curiosity for the study of classical ballet. No prior dance experience necessary and beginners are welcome. Students will learn the fundamentals of ballet, gaining an understanding of its physicality, artistry, and principles. No class 1/20 and 2/17.

Winter:

1/6-3/17 (9) Rm 5	M	6:15-7 pm ID/AP: \$77	6-9 yrs OD: \$96.25	CH31202
1/8-3/19 (11) Rm D	W	5:30-6:15 pm ID/AP: \$94	9-12 yrs OD: \$117.50	CH31203

Spring:

4/4-6/6 (10) Rm 8	F	5-5:45 pm ID/AP: \$85	6-11 yrs OD: \$106.25	CH41204
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Intro to Contemporary

This dance class is for students aged 8-12 years old with a curiosity for the study of contemporary dance. No prior dance experience necessary and beginners are welcome. Students will learn the fundamentals of contemporary dance, gaining an understanding of its physicality, artistry, and principles.

Winter:

1/8-3/19 (11) Rm D	W	6:30-7:15 pm ID/AP: \$94	8-12 yrs OD: \$117.50	CH31206
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Intro to Hip Hop

Step into the world of rhythm and creativity with our Intro to Hip Hop 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.

Winter:

1/8-3/19 (11) Rm D	W	4:30-5:15 pm ID/AP: \$94	6-9 yrs OD: \$117.50	CH31207
1/9-3/20 (11) Rm D	Th	5-5:45 pm ID/AP: \$94	9-12 yrs OD: \$117.50	CH31208

Spring:

4/4-6/6 (10) Rm 8	F	6-6:45 pm ID/AP: \$85	7-12 yrs OD: \$106.25	CH41209
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Trendsetter Dance Lab

In this brand new class we will be learning the Internet's most popular and trending dances! We will learn and break down the dances we see online and learn how to perform them! No class 1/20, 2/17 and 5/26.

Winter:

1/6-3/17 (9) Rm 5	M	5:15-6 pm ID/AP: \$77	8-12.5 yrs OD: \$96.25	CH31211
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Spring:

3/31-6/2 (9) Rm 5	M	5:15-6 pm ID/AP: \$77	8-12.5 yrs OD: \$96.25	CH41211
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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:

1/8-3/19 (11) Rm 6	W	7:15-8:15 pm ID/AP: \$152	14-adult OD: \$190	CH31507
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Spring:

4/2-6/4 (10) Rm 6	W	7:15-8:15 pm ID/AP: \$138	14-adult OD: \$172.50	CH41507
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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)

Adult Jazz and Contemporary

Indulge your inner dancer with our Ballet and Jazz class tailored for adults seeking a creative outlet through movement. Explore the fundamentals of both styles with a class fostering self-expression through fluid movements and captivating music. Whether you're a seasoned dancer or just discovering your passion for dance, this class promises to offer a creative outlet and a great workout. All levels welcome.

Winter:				
1/9-3/20 (11)	Th	7-8 pm	14-adult	CH31506
Rm D		ID/AP: \$152	OD: \$190	
Spring:				
4/3-6/5 (10)	Th	7-8 pm	14-adult	CH41506
Rm D		ID/AP: \$138	OD: \$172.50	

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:				
1/7-3/18 (11)	T	6:15-7:15 pm	16-adult	CH31504
Rm D		ID/AP: \$152	OD: \$190	
Spring:				
4/1-6/3 (10)	T	6:15-7:15 pm	16-adult	CH41504
Rm D		ID/AP: \$138	OD: \$172.50	

Belly Dance (Intermediate)

Intermediate class. Participants should have taken Beginning Belly Dance or have instructor's permission. Come join us in the ancient art of belly dance! Low impact full body workout sprinkled with the history, art and lore of this timeless dance style! Focus on developing strength, flexibility, coordination and dance techniques specific to middle eastern and historic world rhythms.

Winter:				
1/7-3/18 (11)	T	7:30-8:30 pm	16-adult	CH31505
Rm D		ID/AP: \$152	OD: \$190	
Spring:				
4/1-6/3 (10)	T	7:30-8:30 pm	16-adult	CH41505
Rm D		ID/AP: \$138	OD: \$172.50	

Classical Ballet

Traditional ballet technique class. Comprehensive barre and center work for returning and motivated beginners. Students develop strength, flexibility, coordination and confidence. All levels welcome. No class 1/20, 2/17 and 5/26

Winter:				
1/6-3/17 (9)	M	7:15-8:15 pm	14-adult	CH31502
Rm 5		ID/AP: \$124	OD: \$155	
1/8-3/19 (11)	W	6:30-8 pm	14-adult	CH31503
Rm 5		ID/AP: \$205	OD: \$256.25	
Spring:				
3/31-6/2 (9)	M	7:15-8:15 pm	14-adult	CH41502
Rm 5		ID/AP: \$124	OD: \$155	
4/2-6/4 (10)	W	6:30-8 pm	14-adult	CH41503
Rm 5		ID/AP: \$194	OD: \$242.50	

Intro to Line Dancing NEW

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, beginners are warmly welcomed!

Winter:				
1/8-3/19 (11)	W	7:25-8:25 pm	16-adult	CH31508
Rm D		ID/AP: \$152	OD: \$190	
Spring:				
4/2-6/4 (10)	W	7:25-8:25 pm	16-adult	CH41508
Rm D		ID/AP: \$138	OD: \$172.50	

Line Dancing (Intermediate)

Join us for an exciting intermediate-level line dance class! Perfect for those with some dance experience or looking to refine their moves, our sessions combine dynamic routines with catchy tunes. You'll enjoy a fun, upbeat workout while learning fresh steps and perfecting your technique. Come dance with, no partner needed, just your enthusiasm and energy!

4/2-6/4 (10)	W	6:15-7:15 pm	16-adult	CH41509
Rm D		ID/AP: \$138	OD: \$172.50	

Spring Dance Recital Classes

Dress rehearsal and pictures will be held at Cedar Hills Recreation Center Friday, June 6. The performance will be held at Cedar Hills Recreation Center Saturday, June 7. The price of costumes is included in the class fee. Some classes may require an adult to provide additional basic costume needs.

Pre-Ballet (Recital Class)

In a supportive and creative environment, your child will explore the magical world of dance through fun activities, colorful props, and imaginative storytelling. Our experienced instructors make learning ballet basics a delightful adventure, all while building social skills and confidence in young dancers. This class provides an introduction to ballet steps and terminology, with an emphasis on creative movement, rhythm, balance and coordination. This is a non-parent participation class. No class 4/19 and 5/24.

Spring Term:				
4/2-6/4 (10)	W	9:15-10 am	3-5 yrs	CH41120
Rm 5		ID/AP: \$132	OD: \$165	
4/5-6/7 (8)	S	9-9:45 am	3-5 yrs	CH41124
Rm D		ID/AP: \$115	OD: \$143.75	

Hip Hop Kids (Recital Class)

Dance like your favorite pop stars! Discover the magic of dancing in a class that is specially crafted for your younger dancer. In this high-octane class kids will dive into the world of hip hop, learning exciting techniques and combinations. Music choices and dance steps will be age appropriate. This is a recital class. This is a non-parent participation class. No class 4/19 and 5/24.

Spring Term:				
4/4-6/6 (10)	F	10:15-11 am	3-5 yrs	CH41115
Rm 5		ID/AP: \$132	OD: \$165	
4/5-6/7 (8)	S	10-10:45 am	4-6 yrs	CH41117
Rm D		ID/AP: \$115	OD: \$143.75	

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. No class 5/26.

Spring Term:				
3/31-6/2 (9)	M	6:15-7 pm	6-9 yrs	CH41202
Rm 5		ID/AP: \$124	OD: \$155	
4/2-6/4 (10)	W	5:30-6:15 pm	9-12 yrs	CH41203
Rm D		ID/AP: \$132	OD: \$165	

Intro to Hip Hop (Recital Class)

Step into the world of rhythm and creativity with our Intro to Hip Hop 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.

Spring Term:				
4/2-6/4 (10)	W	4:30-5:15 pm	6-9 yrs	CH41207
Rm D		ID/AP: \$132	OD: \$165	
4/3-6/5 (10)	Th	5-5:45 pm	9-12 yrs	CH41208
Rm D		ID/AP: \$132	OD: \$165	

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

Preschool Exploration

First Time Friends - Bilingual English/Spanish

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 1/20, 2/17 and 5/26.

Winter Term:

1/6-2/3 (4) Rm 10	M	9:30-11:30 am ID/AP: \$100	2-3.5 yrs OD: \$125	CH38100
2/10-3/17 (5) Rm 10	M	9:30-11:30 am ID/AP: \$125	2-3.5 yrs OD: \$156.25	CH38102
1/8-2/5 (5) Rm 10	W	9:30-11:30 am ID/AP: \$125	2-3.5 yrs OD: \$156.25	CH38104
2/12-3/19 (6) Rm 10	W	9:30-11:30 am ID/AP: \$150	2-3.5 yrs OD: \$187.50	CH38106
1/10-2/7 (5) Rm 10	F	9:30-11:30 am ID/AP: \$125	2-3.5 yrs OD: \$156.25	CH38108
2/14-3/21 (6) Rm 10	F	9:30-11:30 am ID/AP: \$150	2-3.5 yrs OD: \$187.50	CH38110
Spring Term:				
3/31-4/28 (5) Rm 10	M	9:30-11:30 am ID/AP: \$125	2-3.5 yrs OD: \$156.25	CH48100
5/5-6/2 (4) Rm 10	M	9:30-11:30 am ID/AP: \$100	2-3.5 yrs OD: \$125	CH48102
4/2-4/30 (5) Rm 10	W	9:30-11:30 am ID/AP: \$125	2-3.5 yrs OD: \$156.25	CH48104
5/7-6/4 (5) Rm 10	W	9:30-11:30 am ID/AP: \$125	2-3.5 yrs OD: \$156.25	CH48106
4/4-5/2 (5) Rm 10	F	9:30-11:30 am ID/AP: \$125	2-3.5 yrs OD: \$156.25	CH48108
5/9-6/6 (5) Rm 10	F	9:30-11:30 am ID/AP: \$125	2-3.5 yrs OD: \$156.25	CH48110

A-B-C Come Learn with Me - Bilingual English/Spanish

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:

1/7-2/4 (5) Rm 10	T	9-11:30 am ID/AP: \$152	3-4 yrs OD: \$190	CH38112
2/11-3/18 (6) Rm 10	T	9-11:30 am ID/AP: \$182	3-4 yrs OD: \$227.50	CH38114
1/9-2/6 (5) Rm 10	Th	9-11:30 am ID/AP: \$152	3-4 yrs OD: \$190	CH38116
2/13-3/20 (6) Rm 10	Th	9-11:30 am ID/AP: \$182	3-4 yrs OD: \$227.50	CH38118
Spring Term:				
4/1-4/29 (5) Rm 10	T	9-11:30 am ID/AP: \$152	3-4 yrs OD: \$190	CH48112
5/6-6/3 (5) Rm 10	T	9-11:30 am ID/AP: \$152	3-4 yrs OD: \$190	CH48114
4/3-5/1 (5) Rm 10	Th	9-11:30 am ID/AP: \$152	3-4 yrs OD: \$190	CH48116
5/8-6/5 (5) Rm 10	Th	9-11:30 am ID/AP: \$152	3-4 yrs OD: \$190	CH48118

STEM Classes

Science Pals

Adult Participation Class; One child/One adult ratio. 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:

1/8-2/5 (5) Rm 2	W	9-9:45 am ID/AP: \$58	2-3.5 yrs OD: \$72.50	CH35100
2/12-3/19 (6) Rm 2	W	9-9:45 am ID/AP: \$69	2-3.5 yrs OD: \$86.25	CH35101
Spring Term:				
4/2-4/30 (5) Rm 2	W	9-9:45 am ID/AP: \$58	2-3.5 yrs OD: \$72.50	CH45100
5/7-6/4 (5) Rm 2	W	9-9:45 am ID/AP: \$58	2-3.5 yrs OD: \$72.50	CH45101

Science Buddies

Adult Participation Class; One child/One adult ratio. This class is designed to introduce kids to a variety of scientific topics and vocabulary with fun experiments and demonstrations. Adult participation required. No unregistered siblings.

Winter Term:

1/8-2/5 (5) Rm 2	W	10:15-11 am ID/AP: \$58	3-5 yrs OD: \$72.50	CH35110
2/12-3/19 (6) Rm 2	W	10:15-11 am ID/AP: \$69	3-5 yrs OD: \$86.25	CH35111
Spring Term:				
4/2-4/30 (5) Rm 2	W	10:15-11 am ID/AP: \$58	3-5 yrs OD: \$72.50	CH45110
5/7-6/4 (5) Rm 2	W	10:15-11 am ID/AP: \$58	3-5 yrs OD: \$72.50	CH45111

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 4/19 and 5/24.

Winter Term:

1/11-2/8 (5) Rm 2	S	9-10 am ID/AP: \$65	5-6 yrs OD: \$81.25	CH35215
2/15-3/15 (5) Rm 2	S	9-10 am ID/AP: \$65	5-6 yrs OD: \$81.25	CH35216
Spring Term:				
4/5-5/3 (4) Rm 2	S	9-10 am ID/AP: \$52	5-6 yrs OD: \$65	CH45215
5/10-6/7 (4) Rm 2	S	9-10 am ID/AP: \$52	5-6 yrs OD: \$65	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 4/19 and 5/24.

Winter Term:

1/11-2/8 (5) Rm 2	S	10:45-11:45 am ID/AP: \$65	7-10 yrs OD: \$81.25	CH35217
2/15-3/15 (5) Rm 2	S	10:45-11:45 am ID/AP: \$65	7-10 yrs OD: \$81.25	CH35218
Spring Term:				
4/5-5/3 (4) Rm 2	S	10:45-11:45 am ID/AP: \$52	7-10 yrs OD: \$65	CH45217
5/10-6/7 (4) Rm 2	S	10:45-11:45 am ID/AP: \$52	7-10 yrs OD: \$65	CH45218

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

General Interest - Preschool

Circle Sing and Play

Nurture your toddler's energy and creativity in a class designed for children who love to move. Sing songs, dance and read stories while building your toddler's confidence, self-control, and early language skills. Adult participation required. No unregistered siblings. No class 1/20 and 5/26.

Winter Term:

1/6-2/3 (4)	M	9-9:45 am	1.5-2 yrs	CH38120
Rm 2		ID/AP: \$27	OD: \$33.75	
2/10-3/17 (5)	M	9-9:45 am	1.5-2 yrs	CH38121
Rm 2		ID/AP: \$34	OD: \$42.50	

Spring Term:

3/31-4/28 (5)	M	9-9:45 am	1.5-2 yrs	CH48120
Rm 2		ID/AP: \$34	OD: \$42.50	
5/5-6/2 (4)	M	9-9:45 am	1.5-2 yrs	CH48121
Rm 2		ID/AP: \$27	OD: \$33.75	

Music and Movement

Nurture your kiddo's energy and creativity in a class designed for children who love music. Sing songs, dance and read stories while building confidence, self-control, and language skills. Adult participation required. No unregistered siblings. No class 1/20 and 5/26.

Winter Term:

1/6-2/3 (4)	M	10:15-11 am	2.5-4 yrs	CH38122
Rm 2		ID/AP: \$27	OD: \$33.75	
2/10-3/17 (5)	M	10:15-11 am	2.5-4 yrs	CH38123
Rm 2		ID/AP: \$34	OD: \$42.50	

Spring Term:

3/31-4/28 (5)	M	10:15-11 am	2.5-4 yrs	CH48122
Rm 2		ID/AP: \$34	OD: \$42.50	
5/5-6/2 (4)	M	10:15-11 am	2.5-4 yrs	CH48123
Rm 2		ID/AP: \$27	OD: \$33.75	

General Interest - Youth

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 4/19 and 5/24.

Winter Term:

1/11-3/15 (10)	S	12:30-1:30 pm	6-8 yrs	CH35231
Rm 2		ID/AP: \$93	OD: \$116.25	

Spring Term:

4/5-6/7 (8)	S	12:30-1:30 pm	6-8 yrs	CH45231
Rm 2		ID/AP: \$76	OD: \$95	

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:

2/8-2/15 (2)	S	9 am-1 pm	11-15 yrs	CH35300
Rm A		ID/AP: \$89	OD: \$111.25	
3/1-3/8 (2)	S	9 am-1 pm	11-15 yrs	CH35301
Rm A		ID/AP: \$89	OD: \$111.25	

Spring Term:

4/5-4/12 (2)	S	9 am-1 pm	11-15 yrs	CH45300
Rm A		ID/AP: \$89	OD: \$111.25	
5/10-5/17 (2)	S	9 am-1 pm	11-15 yrs	CH45301
Rm A		ID/AP: \$89	OD: \$111.25	

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:

2/22 (1)	S	9-11:45 am	8-12 yrs	CH35302
Rm A		ID/AP: \$36	OD: \$45	
3/15 (1)	S	9-11:45 am	8-11 yrs	CH35303
Rm A		ID/AP: \$36	OD: \$45	

Spring Term:

4/26 (1)	S	9-11:45 am	8-12 yrs	CH45302
Rm A		ID/AP: \$36	OD: \$45	
5/31 (1)	S	9-11:45 am	8-11 yrs	CH45303
Rm A		ID/AP: \$36	OD: \$45	

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!

Winter Term:

1/9-3/13 (10)	Th	6-7 pm	9-12 yrs	CH35230
Rm 2		ID/AP: \$93	OD: \$116.25	

Spring Term:

4/3-6/5 (10)	Th	6-7 pm	9-12 yrs	CH45230
Rm 2		ID/AP: \$93	OD: \$116.25	

Youth Guitar

Learn to play the guitar in a group setting. Learn basic chords and strumming, along with an understanding of how the guitar works. Bring your own guitar, tuner, and picks.

Winter Term:

1/7-2/4 (5)	T	4:40-5:40 pm	8-12 yrs	CH35220
Rm 3		ID/AP: \$48	OD: \$60	
2/11-3/18 (6)	T	4:40-5:40 pm	8-12 yrs	CH35221
Rm 3		ID/AP: \$56	OD: \$70	

Spring Term:

4/1-4/29 (5)	T	4:40-5:40 pm	8-12 yrs	CH45220
Rm 3		ID/AP: \$48	OD: \$60	
5/6-6/3 (5)	T	4:40-5:40 pm	8-12 yrs	CH45221
Rm 3		ID/AP: \$48	OD: \$60	

Youth Guitar, Small Group

Learn basic guitar or continue to improve your skills in a smaller group setting of 2-4 people. Bring your own guitar, tuner, and picks.

Winter Term:

1/7-2/4 (5)	T	3:35-4:35 pm	8-12 yrs	CH35222
Rm 3		ID/AP: \$157	OD: \$196.25	
2/11-3/18 (6)	T	3:35-4:35 pm	8-12 yrs	CH35223
Rm 3		ID/AP: \$185	OD: \$231.25	

Spring Term:

4/1-4/29 (5)	T	3:35-4:35 pm	8-12 yrs	CH45222
Rm 3		ID/AP: \$157	OD: \$196.25	
5/6-6/3 (5)	T	3:35-4:35 pm	8-12 yrs	CH45223
Rm 3		ID/AP: \$157	OD: \$196.25	



General Interest – Teen/Adult

Guitar I

Learn basic chords and strumming patterns, develop technical skills and improve your speed and accuracy between chord changes. Bring your own guitar, tuner, and picks.

Winter Term:				
1/7-2/4 (5)	T	6-7 pm	13-adult	CH35520
Rm 3		ID/AP: \$48	OD: \$60	
2/11-3/18 (6)	T	6-7 pm	13-adult	CH35521
Rm 3		ID/AP: \$56	OD: \$70	
Spring Term:				
4/1-4/29 (5)	T	6-7 pm	13-adult	CH45520
Rm 3		ID/AP: \$48	OD: \$60	
5/6-6/3 (5)	T	6-7 pm	13-adult	CH45521
Rm 3		ID/AP: \$48	OD: \$60	

Guitar II

Get ready to play some songs and tunes! This class is designed to be a continuation of Guitar I, or for students who are mastering the basics of chord progressions and scales and are looking for a more intermediate class. Bring your own guitar, tuner, and picks.

Winter Term:				
1/7-3/18 (11)	T	7:05-8:05 pm	13-adult	CH35524
Rm 3		ID/AP: \$139	OD: \$173.75	
Spring Term:				
4/1-6/3 (10)	T	7:05-8:05 pm	13-adult	CH45524
Rm 3		ID/AP: \$127	OD: \$158.75	

Guitar Private Lesson Interest List

INTEREST LIST ONLY. For one-on-one guitar instruction. Must bring your own guitar, tuner, and picks. We will contact those on the interest list when a private lesson is available. Private lesson cost is \$60 per 30 minute class. Class is typically scheduled between 3:00-8:30 pm on Tuesday's.

Winter Term:				
1/7-3/18 (11)	T	3-3:30 pm	8-adult	CH35530
Spring Term:				
4/1-6/3 (10)	T	3-3:30 pm	8-adult	CH45530

Cooking - Youth

Kid's Cooking Series: Around the World!

Embark on a cooking adventure and explore global flavors with new and exciting easy recipes from around the world! Students will learn culinary techniques and terminology while learning to make a variety of delicious recipes! Please note: We cannot guarantee an allergy-free environment or menu.

Winter Term:				
1/11-2/8 (5)	S	10-11:30 am	8-10 yrs	CH35210
Kitchen		ID/AP: \$128	OD: \$160	
2/15-3/15 (5)	S	10-11:30 am	8-10 yrs	CH35211
Kitchen		ID/AP: \$128	OD: \$160	

Kid's Cooking Series: Baking 101!

In this course, aspiring bakers will learn to measure, mix, and cook tasty treats like cookies, cupcakes, and more, all while building their skills and confidence in the kitchen! Please note: We cannot guarantee an allergy-free environment or menu. No class 4/19.

Spring Term:				
4/5-5/3 (4)	S	10-11:30 am	8-10 yrs	CH45210
Kitchen		ID/AP: \$103	OD: \$128.75	

Kid's Cooking Series: Baking 201!

In this course, budding bakers will build upon their existing skills in measuring and mixing to make even cooler recipes, all while building their skills and confidence in the kitchen! Please note: We cannot guarantee an allergy-free environment or menu. No class 5/24.

Spring Term:				
5/10-6/7 (4)	S	10-11:30 am	8-10 yrs	CH45211
Kitchen		ID/AP: \$103	OD: \$128.75	

Kid's Cooking Club

Come have some Friday night fun in the kitchen while learning culinary skills and safety! Please note: We cannot guarantee an allergy-free environment or menu.

Winter Term:				
Breakfast for Dinner!				
1/31 (1)	F	6-8 pm	8-10 yrs	CH35202
Kitchen		ID/AP: \$39	OD: \$48.75	
Cookies and Hot Coco!				
1/10 (1)	F	6-8 pm	8-10 yrs	CH35200
Kitchen		ID/AP: \$39	OD: \$48.75	
Cozy Comfort Foods!				
1/17 (1)	F	6-8 pm	8-10 yrs	CH35201
Kitchen		ID/AP: \$39	OD: \$48.75	
Cupid's Sweet Treats!				
2/7 (1)	F	6-8 pm	8-10 yrs	CH35203
Kitchen		ID/AP: \$39	OD: \$48.75	
Sushi Rollin'!				
2/28 (1)	F	6-8 pm	8-10 yrs	CH35204
Kitchen		ID/AP: \$39	OD: \$48.75	
Chilly? Chili!				
3/7 (1)	F	6-8 pm	8-10 yrs	CH35205
Kitchen		ID/AP: \$39	OD: \$48.75	
Spring:				
Spring Treats!				
4/4 (1)	F	6-8 pm	8-10 yrs	CH45200
Kitchen		ID/AP: \$39	OD: \$48.75	
Brunch Favorites!				
4/11 (1)	F	6-8 pm	8-10 yrs	CH45201
Kitchen		ID/AP: \$39	OD: \$48.75	
Snack Attack!				
4/18 (1)	F	6-8 pm	8-10 yrs	CH45202
Rm 2		ID/AP: \$39	OD: \$48.75	
Celebrating Cinco de Mayo!				
5/2 (1)	F	6-8 pm	8-10 yrs	CH45203
Kitchen		ID/AP: \$39	OD: \$48.75	
All About Chocolate!				
5/9 (1)	F	6-8 pm	8-10 yrs	CH45204
Kitchen		ID/AP: \$39	OD: \$48.75	
Junior Cupcake Wars!				
5/30 (1)	F	6-8 pm	8-10 yrs	CH45205
Kitchen		ID/AP: \$39	OD: \$48.75	



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

Cooking – Teen/Adult

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! Please note: We cannot guarantee an allergy-free environment.

Winter:

3 Course Valentine's Menu

1/24 (1) F 6:15-8:45 pm 16-adult CH35501
Kitchen ID/AP: \$45 OD: \$56.25

Focaccia Bread Workshop

2/21 (1) F 6:15-8:45 pm 16-adult CH35502
Kitchen ID/AP: \$45 OD: \$56.25

Classic Irish Fare

3/14 (1) F 6:15-6:45 pm 16-adult CH35503
Kitchen ID/AP: \$45 OD: \$56.25

Spring:

Exploring French Cuisine

4/25 (1) F 6:15-8:45 pm 16-adult CH45501
Kitchen ID/AP: \$45 OD: \$56.25

Spring Treats

5/16 (1) F 6:15-8:45 pm 16-adult CH45502
Kitchen ID/AP: \$45 OD: \$56.25

Easy Tapas

6/6 (1) F 6:15-8:45 pm 16-adult CH45503
Kitchen ID/AP: \$45 OD: \$56.25

Kid's Night Out!

Bring your child to Cedar Hills so you can go out (or stay in!) kid-free! Drop them off for a fun night of games, pizza, popcorn and a movie!

Winter Term:

1/24 (1) F 6-9 pm 4-12 yrs CH38206
Rm C1 ID/AP: \$55 OD: \$68.75

2/21 (1) F 6-9 pm 4-12 yrs CH38207
Rm C1 ID/AP: \$55 OD: \$68.75

3/14 (1) F 6-9 pm 4-12 yrs CH38208
Rm C1 ID/AP: \$55 OD: \$68.75

Spring Term:

4/25 (1) F 6-9 pm 4-12 yrs CH48206
Rm C1 ID/AP: \$55 OD: \$68.75

5/16 (1) F 6-9 pm 4-12 yrs CH48207
Rm C1 ID/AP: \$55 OD: \$68.75

6/6 (1) F 6-9 pm 4-12 yrs CH48208
Rm C1 ID/AP: \$55 OD: \$68.75



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)

Winter Term:

1/8-2/5 (5) W 9:15-10 am 2-3 yrs CH33100
Rm 9 ID/AP: \$68 OD: \$85

2/12-3/19 (6) W 9:15-10 am 2-3 yrs CH33101
Rm 9 ID/AP: \$82 OD: \$102.50

1/10-2/7 (5) F 9:15-10 am 2-3 yrs CH33102
Rm 9 ID/AP: \$68 OD: \$85

2/14-3/21 (6) F 9:15-10 am 2-3 yrs CH33103
Rm 9 ID/AP: \$82 OD: \$102.50

Spring Term:

4/2-4/30 (5) W 9:15-10 am 2-3 yrs CH43100
Rm 9 ID/AP: \$68 OD: \$85

5/7-6/4 (5) W 9:15-10 am 2-3 yrs CH43101
Rm 9 ID/AP: \$68 OD: \$85

4/4-5/2 (5) F 9:15-10 am 2-3 yrs CH43102
Rm 9 ID/AP: \$68 OD: \$85

5/9-6/6 (5) F 9:15-10 am 2-3 yrs CH43103
Rm 9 ID/AP: \$68 OD: \$85

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 4/19 and 5/24.

Winter Term:

1/8-2/5 (5) W 10:30-11:15 am 2.5-3.5 yrs CH33125
Rm 9 ID/AP: \$68 OD: \$85

2/12-3/19 (6) W 10:30-11:15 am 2.5-3.5 yrs CH33126
Rm 9 ID/AP: \$82 OD: \$102.50

1/10-2/7 (5) F 10:30-11:15 am 2.5-3.5 yrs CH33127
Rm 9 ID/AP: \$68 OD: \$85

2/14-3/21 (6) F 10:30-11:15 am 2.5-3.5 yrs CH33128
Rm 9 ID/AP: \$82 OD: \$102.50

1/11-2/8 (5) S 8:05-8:50 am 2.5-3.5 yrs CH33129
Rm 9 ID/AP: \$68 OD: \$85

2/15-3/15 (5) S 8:05-8:50 am 2.5-3.5 yrs CH33130
Rm 9 ID/AP: \$68 OD: \$85

Spring Term:

4/2-4/30 (5) W 10:30-11:15 am 2.5-3.5 yrs CH43125
Rm 9 ID/AP: \$68 OD: \$85

5/7-6/4 (5) W 10:30-11:15 am 2.5-3.5 yrs CH43126
Rm 9 ID/AP: \$68 OD: \$85

4/4-5/2 (5) F 10:30-11:15 am 2.5-3.5 yrs CH43127
Rm 9 ID/AP: \$68 OD: \$85

5/9-6/6 (5) F 10:30-11:15 am 2.5-3.5 yrs CH43128
Rm 9 ID/AP: \$68 OD: \$85

4/5-5/3 (4) S 8:05-8:50 am 2.5-3.5 yrs CH43129
Rm 9 ID/AP: \$55 OD: \$68.75

5/10-6/7 (4) S 8:05-8:50 am 2.5-3.5 yrs CH43130
Rm 9 ID/AP: \$55 OD: \$68.75

Gymnastics

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

Gymnastics Class Descriptions

Kindergym: (2-3 yrs)

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 6:30-8:00 pm • Saturdays 2:45-3:45 pm

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

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 1/20, 2/17, 4/19, 5/24. and 5/26.

Winter Term:

1/6-3/17 (9) Rm 9	M	9:15-10 am ID/AP: \$123	3.5-4 yrs OD: \$153.75	CH33150
1/6-3/17 (9) Rm 9	M	4-4:45 pm ID/AP: \$123	3.5-4 yrs OD: \$153.75	CH33151
1/7-3/18 (11) Rm 9	T	9:15-10 am ID/AP: \$150	3.5-4 yrs OD: \$187.50	CH33152
1/7-3/18 (11) Rm 9	T	5-5:45 pm ID/AP: \$150	3.5-4 yrs OD: \$187.50	CH33153
1/9-3/20 (11) Rm 9	Th	10:30-11:15 am ID/AP: \$150	3.5-4 yrs OD: \$187.50	CH33154
1/11-3/15 (10) Rm 9	S	9-9:45 am ID/AP: \$136	3.5-4 yrs OD: \$170	CH33155
1/6-3/17 (9) Rm 9	M	10:30-11:15 am ID/AP: \$123	4-6 yrs OD: \$153.75	CH33175
1/6-3/17 (9) Rm 9	M	5-5:45 pm ID/AP: \$123	4-6 yrs OD: \$153.75	CH33176
1/7-3/18 (11) Rm 9	T	10:30-11:15 am ID/AP: \$150	4-6 yrs OD: \$187.50	CH33177
1/8-3/19 (11) Rm 9	W	4-4:45 pm ID/AP: \$150	4-6 yrs OD: \$187.50	CH33178
1/9-3/20 (11) Rm 9	Th	9:15-10 am ID/AP: \$150	4-6 yrs OD: \$187.50	CH33179
1/9-3/20 (11) Rm 9	Th	4-4:45 pm ID/AP: \$150	4-6 yrs OD: \$187.50	CH33180
1/11-3/15 (10) Rm 9	S	10:15-11 am ID/AP: \$136	4-6 yrs OD: \$170	CH33181

Spring Term:

3/31-6/2 (9) Rm 9	M	9:15-10 am ID/AP: \$123	3.5-4 yrs OD: \$153.75	CH43150
3/31-6/2 (9) Rm 9	M	4-4:45 pm ID/AP: \$123	3.5-4 yrs OD: \$153.75	CH43151
4/1-6/3 (10) Rm 9	T	9:15-10 am ID/AP: \$136	3.5-4 yrs OD: \$170	CH43152
4/1-6/3 (10) Rm 9	T	5-5:45 pm ID/AP: \$136	3.5-4 yrs OD: \$170	CH43153
4/3-6/5 (10) Rm 9	Th	10:30-11:15 am ID/AP: \$136	3.5-4 yrs OD: \$170	CH43154
4/5-6/7 (8) Rm 9	S	9-9:45 am ID/AP: \$109	3.5-4 yrs OD: \$136.25	CH43155
3/31-6/2 (9) Rm 9	M	10:30-11:15 am ID/AP: \$123	4-6 yrs OD: \$153.75	CH43175
3/31-6/2 (9) Rm 9	M	5-5:45 pm ID/AP: \$123	4-6 yrs OD: \$153.75	CH43176
4/1-6/3 (10) Rm 9	T	10:30-11:15 am ID/AP: \$136	4-6 yrs OD: \$170	CH43177
4/2-6/4 (10) Rm 9	W	4-4:45 pm ID/AP: \$136	4-6 yrs OD: \$170	CH43178
4/3-6/5 (10) Rm 9	Th	9:15-10 am ID/AP: \$136	4-6 yrs OD: \$170	CH43179
4/3-6/5 (10) Rm 9	Th	4-4:45 pm ID/AP: \$136	4-6 yrs OD: \$170	CH43180
4/5-6/7 (8) Rm 9	S	10:15-11 am ID/AP: \$109	4-6 yrs OD: \$136.25	CH43181

Gymnastics – Youth/Teen

Gymnastics Rec Lvl 1

This is a beginning level gymnastics class where participants will work on rolls, handstands and cartwheels on the floor, casting and strength moves on the bars as well as jumping and balancing on the beam. No class 1/20, 2/17, 4/19, 5/24. and 5/26.

Winter Term:

1/6-3/17 (9) Rm 9	M	6:15-7 pm ID/AP: \$123	6-8 yrs OD: \$153.75	CH33200
1/7-3/18 (11) Rm 9	T	4-4:45 pm ID/AP: \$150	6-8 yrs OD: \$187.50	CH33201
1/7-3/18 (11) Rm 9	T	6:15-7 pm ID/AP: \$150	6-8 yrs OD: \$187.50	CH33202
1/8-3/19 (11) Rm 9	W	5-5:45 pm ID/AP: \$150	6-8 yrs OD: \$187.50	CH33203
1/9-3/20 (11) Rm 9	Th	6:15-7 pm ID/AP: \$150	6-8 yrs OD: \$187.50	CH33204
1/10-3/21 (11) Rm 9	F	4-4:45 pm ID/AP: \$150	6-8 yrs OD: \$187.50	CH33205
1/11-3/15 (10) Rm 9	S	11:15 am-12 pm ID/AP: \$136	6-8 yrs OD: \$170	CH33206
1/11-3/15 (10) Rm 9	S	1:30-2:15 pm ID/AP: \$136	6-8 yrs OD: \$170	CH33207
1/7-3/18 (11) Rm 9	T	7:15-8 pm ID/AP: \$150	9-13 yrs OD: \$187.50	CH33225
1/8-3/19 (11) Rm 9	W	6:15-7 pm ID/AP: \$150	9-13 yrs OD: \$187.50	CH33226
1/9-3/20 (11) Rm 9	Th	5-5:45 pm ID/AP: \$150	9-13 yrs OD: \$187.50	CH33227
1/11-3/15 (10) Rm 9	S	12:15-1 pm ID/AP: \$136	9-13 yrs OD: \$170	CH33228

Spring Term:

3/31-6/2 (9) Rm 9	M	6:15-7 pm ID/AP: \$123	6-8 yrs OD: \$153.75	CH43200
4/1-6/3 (10) Rm 9	T	4-4:45 pm ID/AP: \$136	6-8 yrs OD: \$170	CH43201
4/1-6/3 (10) Rm 9	T	6:15-7 pm ID/AP: \$136	6-8 yrs OD: \$170	CH43202
4/2-6/4 (10) Rm 9	W	5-5:45 pm ID/AP: \$136	6-8 yrs OD: \$170	CH43203
4/3-6/5 (10) Rm 9	Th	6:15-7 pm ID/AP: \$136	6-8 yrs OD: \$170	CH43204
4/4-6/6 (10) Rm 9	F	4-4:45 pm ID/AP: \$136	6-8 yrs OD: \$170	CH43205
4/5-6/7 (8) Rm 9	S	11:15 am-12 pm ID/AP: \$109	6-8 yrs OD: \$136.25	CH43206
4/5-6/7 (8) Rm 9	S	1:30-2:15 pm ID/AP: \$109	6-8 yrs OD: \$136.25	CH43207
4/1-6/3 (10) Rm 9	T	7:15-8 pm ID/AP: \$136	9-13 yrs OD: \$170	CH43225
4/2-6/4 (10) Rm 9	W	6:15-7 pm ID/AP: \$136	9-13 yrs OD: \$170	CH43226
4/3-6/5 (10) Rm 9	Th	5-5:45 pm ID/AP: \$136	9-13 yrs OD: \$170	CH43227
4/5-6/7 (8) Rm 9	S	12:15-1 pm ID/AP: \$109	9-13 yrs OD: \$136.25	CH43228

Boys' Gymnastics new

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 4/19 and 5/26.

4/5-6/7 (8) Rm 9	S	1:30-2:15pm ID/AP: \$109	6-10 years OD: \$136.25	CH43240
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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 1/20, 2/17 and 5/26.

Winter Term:

1/6-3/17 (9)	M	7:15-8:15 pm	7-14 yrs	CH33250
Rm 9		ID/AP: \$148	OD: \$185	
1/8-3/19 (11)	W	7:15-8:15 pm	7-14 yrs	CH33251
Rm 9		ID/AP: \$181	OD: \$226.25	
1/10-3/21 (11)	F	5-6 pm	7-14 yrs	CH33252
Rm 9		ID/AP: \$181	OD: \$226.25	

Spring Term:

3/31-6/2 (9)	M	7:15-8:15 pm	7-14 yrs	CH43250
Rm 9		ID/AP: \$148	OD: \$185	
4/2-6/4 (10)	W	7:15-8:15 pm	7-14 yrs	CH43251
Rm 9		ID/AP: \$164	OD: \$205	
4/4-6/6 (10)	F	5-6 pm	7-14 yrs	CH43252
Rm 9		ID/AP: \$164	OD: \$205	

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:

1/9-3/20 (11)	Th	7:15-8:15 pm	7-14 yrs	CH33275
Rm 9		ID/AP: \$181	OD: \$226.25	

Spring Term:

4/3-6/5 (10)	Th	7:15-8:15 pm	7-14 yrs	CH43275
Rm 9		ID/AP: \$164	OD: \$205	

Sports - Preschool

Soccer Stars: Adult & Child Edition new

Join us for Soccer Stars! A fun engaging soccer class designed for children ages 3-4 with an active adult participation. Your child will learn soccer skills through a variety of enjoyable and interactive games. Our staff will provide positive instruction and a friendly supportive atmosphere. Adults are encouraged to participate alongside their children. No unregistered siblings.

Winter Term:

1/11-2/8 (5)	S	8:30-9:15 am	3-4 yrs	CH32100
Gym		ID/AP: \$49	OD: \$61.25	
2/15-3/15 (5)	S	8:30-9:15 am	3-4 yrs	CH32101
Gym		ID/AP: \$49	OD: \$61.25	

Pee Wee Soccer

Your child will learn soccer skills through a variety of fun games. Staff will provide positive instruction while your child develops a love for the game. Shin guards encouraged. No Class 4/19 and 5/24.

Winter Term:

1/11-2/8 (5)	S	9:30-10:15 am	4-6 yrs	CH32102
Gym		ID/AP: \$49	OD: \$61.25	
2/15-3/15 (5)	S	9:30-10:15 am	4-6 yrs	CH32103
Gym		ID/AP: \$49	OD: \$61.25	

Spring Term:

4/5-6/7 (8)	S	8:30-9:15 am	3-5 yrs	CH42101
Gym		ID/AP: \$74	OD: \$92.50	
4/5-6/7 (8)	S	9:30-10:15 am	4-6 yrs	CH42102
Gym		ID/AP: \$74	OD: \$92.50	

Pee Wee Superstars

Pee Wee superstars will learn skills including dribbling, shooting, passing, teamwork and receiving for a variety of sports. No Class 4/19 and 5/24.

Winter Term:

1/11-2/8 (5)	S	10:45-11:30 am	4-6 yrs	CH32104
Gym		ID/AP: \$49	OD: \$61.25	
2/15-3/15 (5)	S	10:45-11:30 am	4-6 yrs	CH32105
Gym		ID/AP: \$49	OD: \$61.25	
1/11-2/8 (5)	S	11:45 am-12:30 pm	4-6 yrs	CH32106
Gym		ID/AP: \$49	OD: \$61.25	
2/15-3/15 (5)	S	11:45 am-12:30 pm	4-6 yrs	CH32107
Gym		ID/AP: \$49	OD: \$61.25	

Spring Term:

4/5-6/7 (8)	S	10:45-11:30 am	3-5 yrs	CH42110
Gym		ID/AP: \$74	OD: \$92.50	
4/5-6/7 (8)	S	11:45 am-12:30 pm	4-6 yrs	CH42111
Gym		ID/AP: \$74	OD: \$92.50	

Sports – Youth/Teen

Archery, Beginning

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 at THPRD Archery Field located on PCC Rock Creek Campus. No class 5/24.

Winter Term:

2/1-3/15 (7)	S	9:15-10 am	7-9 yrs	CH32233
PCC Rock Creek		ID/AP: \$76	OD: \$95	
2/1-3/15 (7)	S	10:15-11 am	10-11 yrs	CH32234
PCC Rock Creek		ID/AP: \$76	OD: \$95	
2/1-3/15 (7)	S	11:30 am-12:15 pm	11-13 yrs	CH32235
PCC Rock Creek		ID/AP: \$76	OD: \$95	
2/2-3/16 (7)	Su	12:45-1:30 pm	7-9 yrs	CH32230
PCC Rock Creek		ID/AP: \$76	OD: \$95	
2/2-3/16 (7)	Su	1:45-2:30 pm	10-11 yrs	CH32231
PCC Rock Creek		ID/AP: \$76	OD: \$95	
2/2-3/16 (7)	Su	3-3:45 pm	11-13 yrs	CH32232
PCC Rock Creek		ID/AP: \$76	OD: \$95	

Spring Term:

4/5-6/7 (9)	S	9:15-10 am	7-9 yrs	CH42230
PCC Rock Creek		ID/AP: \$95	OD: \$118.75	
4/5-6/7 (9)	S	10:15-11 am	10-11 yrs	CH42231
PCC Rock Creek		ID/AP: \$95	OD: \$118.75	
4/5-6/7 (9)	S	11:30 am-12:15 pm	12-13 yrs	CH42232
PCC Rock Creek		ID/AP: \$108	OD: \$135	
4/6-6/8 (9)	Su	12:45-1:30 pm	7-9 yrs	CH42233
PCC Rock Creek		ID/AP: \$95	OD: \$118.75	
4/6-6/8 (9)	Su	1:45-2:30 pm	10-11 yrs	CH42234
PCC Rock Creek		ID/AP: \$95	OD: \$118.75	
4/6-6/8 (9)	Su	3-3:45 pm	12-13 yrs	CH42235
PCC Rock Creek		ID/AP: \$95	OD: \$118.75	

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. No Class 1/20

Winter Term:

1/6-2/10 (5)	M	6:30-7:15 pm	7-10 yrs	CH32226
Gym		ID/AP: \$48	OD: \$60	
2/24-3/17 (4)	M	6:30-7:15 pm	7-10 yrs	CH32227
Gym		ID/AP: \$39	OD: \$48.75	

Spring Term:

4/7-6/2 (8)	M	6:30-7:15 pm	7-10 yrs	CH42220
Gym		ID/AP: \$79	OD: \$98.75	

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

Cedar Hills Athletes

Cedar Hills athletes will learn skills including dribbling, shooting, passing, teamwork and receiving for a variety of sports.

Winter Term:

1/11-2/8 (5)	S	9:30-10:15 am	5-7 yrs	CH32200
Gym		ID/AP: \$49	OD: \$61.25	
2/15-3/15 (5)	S	9:30-10:15 am	5-7 yrs	CH32201
Gym		ID/AP: \$49	OD: \$61.25	
1/8-3/19 (11)	W	5-5:45 pm	7-10 yrs	CH32202
Gym		ID/AP: \$88	OD: \$110	

Spring Term:

4/2-6/4 (10)	W	5-5:45 pm	7-10 yrs	CH42200
Gym		ID/AP: \$80	OD: \$100	
4/5-6/7 (8)	S	9:45-10:30 am	5-7 yrs	CH42201
Gym		ID/AP: \$74	OD: \$92.50	
4/5-6/7 (8)	S	8:45-9:30 am	7-10 yrs	CH42202
Gym		ID/AP: \$74	OD: \$92.50	

Elementary Track Club

Step into the world of youth sports with our new 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 class will end with a track meet, location TBD at local High School Campus. Join us for fun athletic exploration! T-shirt Fee: \$8. No class 4/19

Spring Term:

4/5-5/17 (6)	S	10-11:30 am	7-10 yrs	CH49101
Playfield A		ID/AP: \$111	OD: \$138.75	

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! No class 4/19 and 5/24.

Winter Term:

1/10-2/7 (5)	F	6-7 pm	11-13 yrs	CH32228
Gym		ID/AP: \$53	OD: \$66.25	
2/14-3/21 (6)	F	6-7 pm	11-13 yrs	CH32229
Gym		ID/AP: \$62	OD: \$77.50	

Spring Term:

4/4-5/2 (4)	F	6-7 pm	11-13 yrs	CH42226
Gym		ID/AP: \$44	OD: \$55	
5/9-6/6 (5)	F	6-7 pm	11-13 yrs	CH42227
Gym		ID/AP: \$53	OD: \$66.25	

Soccer, Beginning

Enjoy skill building: dribbling, shooting and passing. Class will focus on individual skills and may include scrimmages for part of class. Shin guards recommended.

Winter Term:

1/11-3/15 (10)	S	10:45-11:30 am	5-7 yrs	CH32206
Playfield		ID/AP: \$90	OD: \$112.50	
1/11-3/15 (10)	S	11:45 am-12:30 pm	7-10 yrs	CH32207
Playfield		ID/AP: \$90	OD: \$112.50	
1/8-3/19 (10)	W	6-6:45 pm	7-10 yrs	CH32208
Playfield		ID/AP: \$99	OD: \$123.75	

Spring Term:

4/2-6/4 (10)	W	6-6:45 pm	7-10 yrs	CH42206
Playfield		ID/AP: \$90	OD: \$112.50	
4/5-6/7 (8)	S	10:45-11:30 am	5-7 yrs	CH42207
Playfield		ID/AP: \$79	OD: \$98.75	
4/5-6/7 (8)	S	11:45 am-12:30 pm	7-10 yrs	CH42208
Playfield		ID/AP: \$79	OD: \$98.75	

Soccer, Intermediate

A fun intermediate level class. Designed for those who have previous game experience or have taken beginning classes and are ready to enhance their individual kicking, passing, dribbling, play strategies and team skills. No class 4/19 or 5/24

4/5-6/7 (8)	S	1-2 pm	10-12 yrs	CH42209
Playfield		ID/AP: \$96	OD: \$120	

Volleyball, Beginning

Come learn basic volleyball fundamentals, including bumping, passing, ball control, serving, rules of the game and more. Children will work together in a positive environment learning how to be part of a team. No class 1/20, 2/17 and 5/26

Winter Term:

1/6-3/17 (9)	M	4:30-5:15 pm	10-14 yrs	CH32262
Gym		ID/AP: \$92	OD: \$115	

Spring Term:

4/7-6/2 (8)	M	4:30-5:15 pm	10-14 yrs	CH42262
Gym		ID/AP: \$82	OD: \$102.50	

Volleyball, Intermediate

Ideal for players who want to progress beyond basics and are looking for training with a focus on both individual and team skills. (A prior beginner class or past team experience recommended.) No class 1/20, 2/17 and 5/26.

Winter Term:

1/6-3/17 (9)	M	5:30-6:15 pm	10-14 yrs	CH32263
Gym		ID/AP: \$92	OD: \$115	

Spring Term:

4/7-6/2 (8)	M	5:30-6:15 pm	10-14 yrs	CH42263
Gym		ID/AP: \$82	OD: \$102.50	



Middle School Track & Field

Join a Track & Field team and train two days a week at your school's campus. Each school will be scheduled for one off-site practice and three meets (Meet schedule TBD on a Tuesday or Thursday in April & May). THPRD will provide bus transportation from the middle schools to all scheduled meet locations, at local high schools. Parents are responsible for arranging transportation home from practices and meets. (No transportation home provided) Regular practices at each school campus are 4:20-5:35pm except ISB 3:15-4:30pm. One off-site practice will be scheduled (TBD) in March at a local high school and that practice will end at 6:30pm. The 2 regular meets will end at 7:30pm, and the District Meet will end at 8pm. \$8 fee for team shirt. **No Practice 3/25, 3/27, or School Conference/No School Days.**

Cedar Park Track & Field				
3/6-5/15 (11)	T/Th	4:20-5:35 pm	11-14 yrs	CH39100
Cedar Park MS		ID/AP: \$196	OD: \$196	
Conestoga Track & Field				
3/6-5/15 (10)	T/Th	4:20-5:35 pm	11-14 yrs	CH39101
Conestoga MS		ID/AP: \$196	OD: \$196	
Five Oaks Track & Field				
3/6-5/15 (10)	T/Th	4:20-5:35 pm	11-14 yrs	CH39102
Five Oaks MS		ID/AP: \$196	OD: \$196	
Highland Park Track & Field				
3/6-5/15 (10)	T/Th	4:20-5:35 pm	11-14 yrs	CH39103
Highland Park MS		ID/AP: \$196	OD: \$196	
ISB Track & Field				
3/6-5/15 (10)	T/Th	3:15-4:30 pm	11-14 yrs	CH39109
ISB MS		ID/AP: \$206	OD: \$206	
Meadow Park Track & Field				
3/6-5/15 (10)	T/Th	4:20-5:35 pm	11-14 yrs	CH39104
Meadow Park MS		ID/AP: \$196	OD: \$196	
Mt. View Track & Field				
3/6-5/15 (10)	T/Th	4:20-5:35 pm	11-14 yrs	CH39105
Mt. View MS		ID/AP: \$196	OD: \$196	
Stoller Track & Field				
3/6-5/15 (10)	T/Th	4:20-5:35 pm	11-14 yrs	CH39106
Stoller MS		ID/AP: \$196	OD: \$196	
Tumwater Track & Field				
3/6-5/15 (10)	T/Th	4:20-5:35 pm	11-14 yrs	CH39107
Tumwater MS		ID/AP: \$196	OD: \$196	
Whitford Track & Field				
3/6-5/15 (10)	T/Th	4:20-5:35 pm	11-14 yrs	CH39108
Whitford MS		ID/AP: \$196	OD: \$196	



Middle School Track & Field Clinic

Join us for our Middle School Track & Field Clinic! It's a great opportunity for young athletes to prepare for the upcoming track season. Whether you're interested in sprints, shot put, or other events, our clinic offers a wide range of disciplines to suit your interests. The clinic will be held both indoors and outdoors. Intended for students registered for Middle School Track & Field Program.

Winter Term:				
2/8-3/1 (4)	S	12:1-3:00 pm	11-14 yrs	CH39110
Covered Area		ID/AP: \$58	OD: \$72.50	

Karate – Youth/Adult

Karate Kids

Beginning karate with a less structured curriculum. Children will gain skills in self-confidence, respect, cooperation, effective communication and motivation. Uniforms are not required.

Winter Term:

1/7-2/4 (5)	T	5:30-6:15 pm	6-8 yrs	CH32213
Rm 5		ID/AP: \$41	OD: \$51.25	
2/11-3/18 (6)	T	5:30-6:15 pm	6-8 yrs	CH32214
Rm 5		ID/AP: \$49	OD: \$61.25	
1/9-2/6 (5)	Th	5:15-6 pm	6-8 yrs	CH32215
Rm 5		ID/AP: \$41	OD: \$51.25	
2/13-3/20 (6)	Th	5:15-6 pm	6-10 yrs	CH32216
Rm 5		ID/AP: \$49	OD: \$61.25	
1/9-2/6 (5)	Th	6:15-7 pm	6-10 yrs	CH32217
Rm 5		ID/AP: \$41	OD: \$51.25	
2/13-3/20 (6)	Th	6:15-7 pm	6-10 yrs	CH32218
Rm 5		ID/AP: \$49	OD: \$61.25	

Spring Term:

4/1-4/29 (5)	T	5:30-6:15 pm	6-8 yrs	CH42240
Rm 5		ID/AP: \$41	OD: \$51.25	
5/6-6/3 (5)	T	5:30-6:15 pm	6-8 yrs	CH42241
Rm 5		ID/AP: \$41	OD: \$51.25	
4/3-5/1 (5)	Th	5:15-6 pm	6-8 yrs	CH42242
Rm 5		ID/AP: \$41	OD: \$51.25	
5/8-6/5 (5)	Th	5:15-6 pm	6-8 yrs	CH42243
Rm 5		ID/AP: \$41	OD: \$51.25	
4/3-5/1 (5)	Th	6:15-7 pm	6-8 yrs	CH42244
Rm 5		ID/AP: \$41	OD: \$51.25	
5/8-6/5 (5)	Th	6:15-7 pm	6-8 yrs	CH42245
Rm 5		ID/AP: \$41	OD: \$51.25	

Family Karate

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. No class 4/19 and 5/24

Winter Term:

1/11-3/22 (11)	S	2-3 pm	7- Adult	CH32223
Rm 5		ID/AP: \$129	OD: \$161.25	
Spring Term:				
4/5-6/7 (8)	S	2-3 pm	7- Adult	CH42251
Rm 5		ID/AP: \$98	OD: \$122.50	

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.

Winter Term:

1/7-3/18 (11)	T	6:45-7:45 pm	7- Adult	CH32219
Rm 5		ID/AP: \$129	OD: \$161.25	
1/9-3/20 (11)	Th	7:30-8:30 pm	7- Adult	CH32220
Rm 5		ID/AP: \$129	OD: \$161.25	
1/10-3/21 (11)	F	5:30-6:30 pm	7- Adult	CH32221
Rm 5		ID/AP: \$129	OD: \$161.25	

Spring Term:

4/1-6/3 (10)	T	6:45-7:45 pm	7- Adult	CH42246
Rm 5		ID/AP: \$117	OD: \$146.25	
4/3-6/5 (10)	Th	7:30-8:30 pm	7- Adult	CH42247
Rm 5		ID/AP: \$117	OD: \$146.25	
4/4-6/6 (10)	F	5:30-6:30 pm	7- Adult	CH42248
Rm 5		ID/AP: \$117	OD: \$146.25	

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

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.

Winter Term:				
1/10-3/21 (11)	F	7-8 pm	7- Adult	CH32222
Rm 5		ID/AP: \$136	OD: \$170	
Spring Term:				
4/4-6/6 (10)	F	7-8 pm	7- Adult	CH42249
Rm 5		ID/AP: \$124	OD: \$155	

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.

Winter Term:				
1/10-3/21 (11)	F	7-8 pm	7- Adult	CH32222A
Rm 6		ID/AP: \$136	OD: \$170	
Spring Term:				
4/4-6/6 (10)	F	7-8 pm	7- Adult	CH42250
Rm 6		ID/AP: \$124	OD: \$155	

Karate Kata Workshop new

This class is designed for Intermediate and Advanced Karate students looking to work on skills. Class registration by instructor invitation only.

Winter Term:				
1/11 (1)	S	12-1:30 pm	10-adult	CH32212
Rm 6		ID/AP: \$22	OD: \$27.50	

Karate Wellness for Older Adults new

Embrace the art of karate at any age! This class offers a welcoming and supportive environment for those 55 and older. Join us for a journey where you will enhance your flexibility, improve your balance, sharpen self-awareness and bolster confidence! Come join us! No uniform needed.

Winter Term:				
1/10-2/7 (5)	F	11 am-12 pm	Adult	CH32224
Rm 6		ID/AP: \$52	OD: \$65	
2/14-3/21 (6)	F	11 am-12 pm	Adult	CH32225
Rm 6		ID/AP: \$62	OD: \$77.50	
Spring Term:				
4/4-5/2 (5)	F	11 am-12 pm	Adult	CH42252
Rm 6		ID/AP: \$52	OD: \$65	
5/9-6/6 (5)	F	11 am-12 pm	Adult	CH42253
Rm 6		ID/AP: \$52	OD: \$65	

Women's Wellness Fair - Mini Workshops

These 15-minute mini workshops will feature fitness and nutrition demonstrations all focused on women from THPRD fitness staff. Workshops include MELT Method with Lori; Strength Training for Women (include training with the menstrual cycle tips) with Gretchen; Fueling on the Go! Easy, Quick Snacks with Denice; and Meditation for Relaxation: How to Let it All Go (3 or 4 mini meditation/breathing techniques to take a pause when life is feeling all too much) with Kristi A. Both groups will experience all 4 workshops.

Saturday, March 29 • 11:40 am-12:50 pm • Cost: FREE

Group A: CH32500

Group B: CH32501

Fitness – Teen/Adult

Middle School Weight Training

Weight training program specifically designed for middle school students. This group training includes entry into the Cedar Hills Recreation Center weight room during class time only. No class 1/20, 1/27, 4/7 and 4/14.

Winter Term:				
1/6-2/12 (6)	M/W	4:30-5:30 pm	11-14 yrs	CH32250
Wt Rm		ID/AP: \$96	OD: \$120	
2/19-3/19 (5)	M/W	4:30-5:30 pm	11-14 yrs	CH32251
Wt Rm		ID/AP: \$87	OD: \$108.75	
Spring Term:				
3/31-4/30 (5)	M/W	4:30-5:30 pm	11-14 yrs	CH42270
Wt Rm		ID/AP: \$77	OD: \$96.25	
5/5-6/4 (5)	M/W	4:30-5:30 pm	11-14 yrs	CH42271
Wt Rm		ID/AP: \$87	OD: \$108.75	

Muscle Up with Yoga

Develop a safe and more stable yoga practice while increasing your range of motion through muscle activation. This 6-week series will teach you how to activate key muscles and will leave you feeling stronger and more stable as you move through life.

Spring Term:				
4/5-5/10 (6)	S	12-1:15 pm	14-adult	CH42551
Rm 6		ID/AP: \$89	OD: \$111.25	



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:				
1/11 (1)	S	11 am-12:30 pm	14-adult	CH32550
Wt Rm		ID/AP: \$18	OD: \$22.50	
Spring Term:				
4/16 (1)	W	5:30-7 pm	14-adult	CH42550
Wt Rm		ID/AP: \$18	OD: \$22.50	

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.

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 \$9.50 ID. Passes available.

Weight Room Orientation

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

\$60.75 ID/\$76 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 \$51.50 ID/ \$64.50 OD

3 sessions \$154.50 ID/ \$193.50 OD

6 sessions \$309 ID/ \$387 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 \$68.50 ID/ \$85.75 OD

3 sessions \$205.50 ID/ \$257.25 OD

6 sessions \$411 ID/ \$514.50 OD

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

Conestoga Recreation & Aquatic Center



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, 1/20, 2/17, 4/20, 5/26
9 am-2 pm

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
Afterschool Leaders • Desk Staff
Call 503-629-6313 for more information.

Note: This section is for Conestoga Recreation programs only. See page 54 for Conestoga Aquatic programs.

Events

Conestoga Butterfly Project

January 1-31

Honoring International Holocaust Remembrance Day

Join us for the Conestoga Butterfly Project, a meaningful community art initiative to remember International Holocaust Remembrance Day. All patrons are invited to design and decorate their butterflies, symbolizing resilience, hope, and the lives lost during the Holocaust. Once completed, these butterflies will be displayed throughout our facility during January, serving as a collective tribute to honor the memory of those who perished and to promote education and reflection to this important part of history. Everyone is welcome to participate.

Duck Dive

Friday, March 14 • 5:30-7 pm

Join Lucky Ducky for a splashing good time in the pool and dive for prize ducks! Enjoy additional activities in the gymnasium including coloring contest, bingo, photo booth, a cupcake walk, indoor play park, and more. **Registration required. See page 52 for details.**

Summer Preview

Friday, April 4 • 6-8 pm

Get ready for an unforgettable summer! Our summer camps are back, bringing more exciting adventures, creativity, and fun opportunities this year. From hands-on arts and crafts to thrilling outdoor activities, there's something for every interest and age. Explore our wide range of classes and camps tailored to keep your kids engaged and active all summer. Join us for light refreshments, connect with our team, and get a sneak peek of what's in store. Whether your child is a budding artist, an aspiring athlete, or an outdoor enthusiast, we have the perfect camp for them.

Personal Training Open House

Friday, April 4 • 6-8 pm

Please join us to chat with trainers and learn about training options in the water, outdoors, on the yoga mat, and more! Enter for a chance to win a free personal training session!

Wonderful World of Water Safety

Friday, May 16 • 6-8:30 pm

Join us for an evening of fun and education in the pool. Come early to learn and practice different ways for you and your family to stay safe in different water environments. You will also see demonstrations of life-saving techniques by safety experts. Stick around for the open swim to finish the evening. Get prepared for summer swimming activities and a lifetime of being water safe with this family friendly night! **Drop-in rates apply. See page 53 for details.**

Kickoff Pride Month Dance Party

May 31 • 6-8 pm

Join us for an exciting and inclusive celebration as we kick off Pride Month with a lively dance party honoring our LGBTQ+ community! Bring your friends, family, and loved ones to enjoy a fun filled evening on the dance floor. We'll have a fantastic DJ spinning tunes all night, creating the perfect vibe for dancing and celebration.

In addition to dancing, there will be plenty of kid-friendly activities, including arts and craft stations where children can create Pride-themed crafts. Families can also participate in fun games and activities celebrating acceptance and togetherness. This event is open to everyone, so come as you are and show your pride!

LEGO® STEM Explorers

*No school day camps.

Engage your child's creativity and problem-solving skills in our exciting no-school-day LEGO® STEM camp. Through imaginative builds, interactive games, and hands-on projects, participants will explore the world of STEM in a fun and collaborative environment. Please ensure your child brings a water bottle, lunch, and two snacks daily.

2/18 (1)	T	7:30 am-6 pm	5-10 yrs	C037107
Rm 205		ID/AP: \$97	OD: \$121.25	
4/7 (1)	M	7:30 am-6 pm	5-10 yrs	C037108
Rm 101		ID/AP: \$97	OD: \$121.25	
4/14 (1)	M	7:30 am-6 pm	5-10 yrs	C037109
Rm 101		ID/AP: \$97	OD: \$121.25	



Journey to STEAM Spring Break Camps

LEGO® Architects

Embark on a creative journey as Lego Architects, where young builders explore the world of design and construction. Students will bring their architectural dreams to life with colorful Lego bricks, building structures such as bridges, buildings, castles, and towns. Topics include architectural styles, structural integrity, and urban planning. Please remember to send your camper with a water bottle, lunch, and snacks every day.

3/24-3/28 (1)	M/T/W/Th/F	12-3 pm	6-11 yrs	C037208
Rm 204		ID/AP: \$215	OD: \$268.75	

LEGO® Coding and Robotics

Young engineers will dive into the exciting world of robotics, designing and building their own functional robots while exploring key STEM concepts like sensors, motors, and basic programming. Using Lego Spike, students will engage in hands-on learning, sparking creativity and problem-solving skills as they master coding and automation. Please remember to send your camper with a water bottle, lunch, and snacks every day.

3/24-3/28 (1)	M/T/W/Th/F	8:30-11:30 am	6-11 yrs	C037207
Rm 204		ID/AP: \$215	OD: \$268.75	



Spring Break Camps

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

Foundations of Art: Spring Break Camp

Unleash your creativity in this hands-on art adventure. In Foundation of Art, campers will explore various art mediums, including painting, sculpture, comic book creation, and more. Campers will dive into a new form of artistic expression each day, experimenting with different materials and techniques. Whether you enjoy the brush strokes of painting, the tactile experience of sculpting, or the story telling in comic books, this camp offers something for every budding artist. By the end of the week, you'll have discovered your favorite way to create and take home some fantastic art pieces.

3/24-3/27 (1)	M-Th	10 am-3 pm	8-13 yrs	C037206
Rm 200		ID/AP: \$306	OD: \$382.50	

Spring Break Camp: Adventure Island!

Join us for a week of treasure hunts, obstacle courses, and map-making, as kids explore "uncharted territories" and discover hidden treasures! Campers may travel offsite to Greenway Park. Register for just one day, every day, or anything in between. Please remember to send your camper every day with a water bottle, lunch, and snack for the morning & afternoon.

3/24 (1)	M	7:30 am-6 pm	5-7 yrs	C037101
Rm 202/203		ID/AP: \$70	OD: \$87.50	
3/25 (1)	T	7:30 am-6 pm	5-7 yrs	C037102
Rm 202/203		ID/AP: \$70	OD: \$87.50	
3/26 (1)	W	7:30 am-6 pm	5-7 yrs	C037103
Rm 202/203		ID/AP: \$70	OD: \$87.50	
3/27 (1)	Th	7:30 am-6 pm	5-7 yrs	C037104
Rm 202/203		ID/AP: \$70	OD: \$87.50	
3/28 (1)	F	7:30 am-6 pm	5-7 yrs	C037105
Rm 202/203		ID/AP: \$70	OD: \$87.50	
3/24 (1)	M	7:30 am-6 pm	8-13 yrs	C037201
Rm 205		ID/AP: \$70	OD: \$87.50	
3/25 (1)	T	7:30 am-6 pm	8-13 yrs	C037202
Rm 205		ID/AP: \$70	OD: \$87.50	
3/26 (1)	W	7:30 am-6 pm	8-13 yrs	C037203
Rm 205		ID/AP: \$70	OD: \$87.50	
3/27 (1)	Th	7:30 am-6 pm	8-13 yrs	C037204
Rm 205		ID/AP: \$70	OD: \$87.50	
3/28 (1)	F	7:30 am-6 pm	8-13 yrs	C037205
Rm 205		ID/AP: \$70	OD: \$87.50	

THPRD Preschool Virtual Open House

Wednesday, January 29, 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 2025-2026 school year.

Registration Opens: Thursday, February 6, 9:00 am
for new enrollment.

For more information please visit:

www.thprd.org/activities/preschool-programs

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
\$390 per month • Sept.-May • Alliums

Monday/Wednesday/Friday • 1-4 pm • 4-5 yrs
\$390 per month • Sept.-May • Shallots

Tuesday/Thursday • 9-11:30 am • 2½-3½ yrs
\$285 per month • Sept.-May • Pearls

Tuesday/Thursday • 1-4 pm • 4-5 yrs
\$305 per month • Sept.-May • Vidalias

*Prices reflect In-District 2024-2025 rates.

Bilingual Spanish Nine-Month Preschool

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

A \$50 non-refundable 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 • \$390 ID per month

Tuesday/Thursday • 9 am-12 pm
3-4 yrs • Sept.-May • \$305 ID per month

*Prices reflect In-District 2024-2025 rates.

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 23

Presentation 6-6:30 pm

Q&A Session 6:30-7 pm

REGISTRATION: 2025-2026 School Year

- Monday, May 5 - Sunday, May 11: Registration opens for current participants.
- Monday, May 12 - Wednesday, May 14: Registration window for enrolled participant’s siblings is open.
- Thursday, May 15: Open enrollment will begin provided space in the program remains.

A non-refundable \$50 enrollment fee is due at 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



Preschool

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
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Playschool Jr - Winter Wonderland **new**

Welcome to "Winter Wonderland," a magical playschool class where young learners will immerse themselves in the wonders of winter! As snowflakes fall and the world transforms into a sparkling landscape, children will engage in a variety of hands-on activities that celebrate the season. This class fosters creativity, sensory exploration, and social interaction while encouraging a love for the beauty of winter.

Winter Term:

1/7-2/4 (5) Rm 202	T	9-11 am ID/AP: \$133	2 ½ -3 yrs OD: \$166.25	C038100
1/9-2/6 (5) Rm 202	Th	9-11 am ID/AP: \$133	2 ½ -3 yrs OD: \$166.25	C038101
2/11-3/18 (6) Rm 202	T	9-11 am ID/AP: \$158	2 ½ -3 yrs OD: \$197.50	C038102
2/13-3/20 (6) Rm 202	Th	9-11 am ID/AP: \$158	2 ½ -3 yrs OD: \$197.50	C038103

Playschool Jr - Spring into Nature **new**

Welcome to "Spring into Nature," an engaging playschool class designed to celebrate the beauty and renewal of spring! As the world awakens with vibrant flowers, buzzing insects, and new life, children will embark on an exciting journey of exploration and creativity. This class emphasizes hands-on activities that encourage a love for nature and the changing seasons.

Spring Term:

4/1-4/29 (5) Rm 202	T	9-11 am ID/AP: \$133	2 ½ -3 yrs OD: \$166.25	C048100
4/3-5/1 (5) Rm 202	Th	9-11 am ID/AP: \$133	2 ½ -3 yrs OD: \$166.25	C048101
5/6-6/3 (5) Rm 202	T	9-11 am ID/AP: \$133	2 ½ -3 yrs OD: \$166.25	C048102
5/8-6/5 (5) Rm 202	Th	9-11 am ID/AP: \$133	2 ½ -3 yrs OD: \$166.25	C048103

Playschool - Winter Wonderland **new**

The classroom atmosphere is creative, positive, fun, and will build a foundation for lifelong learning. Each class provides the skills to share and engage in cooperative play, as well as friendly socialization. Children are also introduced to early learning including colors, numbers, the alphabet, and dramatic play. You may register for one or more days a week. **No class 1/20, 2/17.**

Winter Term:

1/6-2/3 (4) Rm 202	M	9-11:30 am ID/AP: \$130	4-5 yrs OD: \$162.50	C038104
1/8-2/5 (5) Rm 202	W	9-11:30 am ID/AP: \$161	4-5 yrs OD: \$201.25	C038105
1/10-2/7 (5) Rm 202	F	9-11:30 am ID/AP: \$161	4-5 yrs OD: \$201.25	C038106
2/10-3/17 (5) Rm 202	M	9-11:30 am ID/AP: \$161	4-5 yrs OD: \$201.25	C038107
2/12-3/19 (6) Rm 202	W	9-11:30 am ID/AP: \$192	4-5 yrs OD: \$240	C038108
2/14-3/21 (6) Rm 202	F	9-11:30 am ID/AP: \$192	4-5 yrs OD: \$240	C038109

Playschool - Spring into Nature **new**

Welcome to "Spring into Nature," an engaging playschool class designed to celebrate the beauty and renewal of spring! As the world awakens with vibrant flowers, buzzing insects, and new life, children will embark on an exciting journey of exploration and creativity. This class emphasizes hands-on activities that encourage a love for nature and the changing seasons. **No class 5/26.**

Spring Term:

3/31-4/28 (5) Rm 202	M	9-11:30 am ID/AP: \$161	4-5 yrs OD: \$201.25	C048104
4/2-4/30 (5) Rm 202	W	9-11:30 am ID/AP: \$161	4-5 yrs OD: \$201.25	C048105
4/4-5/2 (5) Rm 202	F	9-11:30 am ID/AP: \$161	4-5 yrs OD: \$201.25	C048106
5/5-6/2 (4) Rm 202	M	9-11:30 am ID/AP: \$130	4-5 yrs OD: \$162.50	C048107
5/7-6/4 (5) Rm 202	W	9-11:30 am ID/AP: \$161	4-5 yrs OD: \$201.25	C048108
5/9-6/6 (5) Rm 202	F	9-11:30 am ID/AP: \$161	4-5 yrs OD: \$201.25	C048109

Circle Storytime **new**

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:

1/9-2/6 (5) Rm 200	Th	10:30-11:15 am ID/AP: \$36	1 yr-3 yrs OD: \$45	C035104
2/13-3/20 (6) Rm 200	Th	10:30-11:15 am ID/AP: \$42	1 yr-3 yrs OD: \$52.50	C035105

Spring Term:

4/3-5/1 (5) Rm 200	Th	10:30-11:15 am ID/AP: \$36	1 yr-3 yrs OD: \$45	C045104
5/8-6/5 (5) Rm 200	Th	10:30-11:15 am ID/AP: \$36	1 yr-3 yrs OD: \$45	C045105

Arts & Crafts – Preschool

Art Tots - Paint n' More

Children delight in exploring and creating art. We focus on techniques that demonstrate the elements of art including line, shape, form, color, and texture. Come prepared to get messy! Adult participation is required to help guide and encourage the children. Please note that unregistered siblings cannot attend. **No class 1/20, 2/17, 4/20, 5/24, 5/25, 5/26.**

Winter Term:

1/6-2/3 (4) Rm 200	M	9:30-10:15 am ID/AP: \$35	2-5 yrs OD: \$43.75	C034100
2/10-3/17 (5) Rm 200	M	9:30-10:15 am ID/AP: \$42	2-5 yrs OD: \$52.50	C034101
1/10-2/7 (5) Rm 200	F	9:30-10:15 am ID/AP: \$42	2-5 yrs OD: \$52.50	C034102
2/14-3/21 (6) Rm 200	F	9:30-10:15 am ID/AP: \$48	2-5 yrs OD: \$60	C034103
1/11-2/8 (5) Rm 200	S	9:30-10:15 am ID/AP: \$42	2-5 yrs OD: \$52.50	C034104
2/15-3/15 (5) Rm 200	S	9:30-10:15 am ID/AP: \$42	2-5 yrs OD: \$52.50	C034105
1/5-2/2 (5) Rm 200	Su	3:45-4:30 pm ID/AP: \$42	2-5 yrs OD: \$52.50	C034106
2/9-3/16 (6) Rm 200	Su	3:45-4:30 pm ID/AP: \$48	2-5 yrs OD: \$60	C034107

Spring Term:

3/31-4/28 (5) Rm 200	M	9:30-10:15 am ID/AP: \$42	2-5 yrs OD: \$52.50	C044100
5/5-6/2 (4) Rm 200	M	9:30-10:15 am ID/AP: \$35	2-5 yrs OD: \$43.75	C044101

continued

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

4/4-5/2 (5) Rm 200	F	9:30-10:15 am ID/AP: \$42	2-5 yrs OD: \$52.50	C044102
5/9-6/6 (5) Rm 200	F	9:30-10:15 am ID/AP: \$42	2-5 yrs OD: \$52.50	C044103
4/5-5/3 (5) Rm 200	S	9:30-10:15 am ID/AP: \$42	2-5 yrs OD: \$52.50	C044104
5/10-6/7 (4) Rm 200	S	9:30-10:15 am ID/AP: \$35	2-5 yrs OD: \$43.75	C044105
3/30-4/27 (4) Rm 200	Su	3:45-4:30 pm ID/AP: \$35	2-5 yrs OD: \$43.75	C044106
5/4-6/1 (4) Rm 200	Su	3:45-4:30 pm ID/AP: \$35	2-5 yrs OD: \$43.75	C044107

Arts & Crafts – Youth

Afterschool Art

Dive into a world of creativity each week with new projects using diverse materials like clay, colored pencils, and acrylic paints. Every session offers a unique artistic adventure, encouraging imagination and hands-on learning. **No class 1/20, 2/17, 3/14, 5/26.**

Winter Term:				
1/6-3/17 (9) Rm 205	M	4-5 pm ID/AP: \$79	5-7 yrs OD: \$98.75	C034211
1/6-3/17 (9) Rm 205	M	5:30-6:30 pm ID/AP: \$79	8-14 yrs OD: \$98.75	C034212
1/10-3/21 (10) Rm 205	F	4-5 pm ID/AP: \$87	5-7 yrs OD: \$108.75	C034213
1/10-3/21 (10) Rm 205	F	5:30-6:30 pm ID/AP: \$87	8-14 yrs OD: \$108.75	C034214
Spring Term:				
3/31-6/2 (9) Rm 205	M	4-5 pm ID/AP: \$79	5-7 yrs OD: \$98.75	C044211
3/31-6/2 (9) Rm 205	M	5:30-6:30 pm ID/AP: \$79	8-14 yrs OD: \$98.75	C044212
4/4-6/6 (10) Rm 205	F	4-5 pm ID/AP: \$87	5-7 yrs OD: \$108.75	C044213
4/4-6/6 (10) Rm 205	F	5:30-6:30 pm ID/AP: \$87	8-14 yrs OD: \$108.75	C044214

Art Adventures

Engage in a dynamic art experience where you'll experiment with various techniques and mediums, such as clay modeling, sketching with pencils, and painting with vibrant colors. Fresh concepts and tools will be introduced each week to expand your artistic skills. **No class 5/24.**

Winter Term:				
1/11-3/15 (10) Rm 200	S	10:30-11:30 am ID/AP: \$87	7-11 yrs OD: \$108.75	C034200
Spring Term:				
4/5-6/7 (9) Rm 200	S	10:30-11:30 am ID/AP: \$79	7-11 yrs OD: \$98.75	C044200

Art and Graphic Novel Studios

Unleash your creativity by crafting unique stories through the art of graphic novels! In this class, participants will learn how to effectively combine images, symbols, and text to communicate ideas. We'll explore various styles of humor and storytelling techniques while mastering the visual elements of graphic novel creation. **No class 4/20, 5/24, 5/25.**

Winter Term:				
1/11-3/15 (10) Rm 200	S	3:30-4:30 pm ID/AP: \$87	7-12 yrs OD: \$108.75	C034202
1/5-3/16 (11) Rm 200	Su	1-2 pm ID/AP: \$94	7-12 yrs OD: \$117.50	C034203
Spring Term:				
4/5-6/7 (9) Rm 200	S	3:30-4:30 pm ID/AP: \$79	7-12 yrs OD: \$98.75	C044202
3/30-6/1 (8) Rm 200	Su	1-2 pm ID/AP: \$72	7-12 yrs OD: \$90	C044203

Art Odyssey

Embark on a weekly artistic journey exploring different mediums, from sculpting with clay to painting with watercolors. Each class is designed to inspire creativity and allow students to discover their unique creative voice through diverse projects. **No class 5/24.**

Winter Term:				
1/11-3/15 (10) Rm 200	S	12-1 pm ID/AP: \$87	11-15 yrs OD: \$108.75	C034201
Spring Term:				
4/5-6/7 (9) Rm 200	S	12-1 pm ID/AP: \$79	11-15 yrs OD: \$98.75	C044201

Drawing and Painting: Beyond the Basics

Explore and develop painting and drawing techniques that inspire and encourage individual expression through art. A variety of art materials used.

Winter Term:				
1/8-3/19 (11) Rm 200	W	5-6 pm ID/AP: \$94	7-9 yrs OD: \$117.50	C034204
1/8-3/19 (11) Rm 200	W	6:30-7:30 pm ID/AP: \$94	10-15 yrs OD: \$117.50	C034205
Spring Term:				
4/2-6/4 (10) Rm 200	W	5-6 pm ID/AP: \$87	7-9 yrs OD: \$108.75	C044204
4/2-6/4 (10) Rm 200	W	6:30-7:30 pm ID/AP: \$87	10-15 yrs OD: \$108.75	C044205

Manga Magic Art Studio

Explore the captivating world of manga and anime character design in this immersive class. Participants will dive into the distinctive art style of manga, characterized by its bold lines, expressive characters, and dynamic storytelling. The class will focus on the fundamentals of creating compelling characters, including costume and clothing design, and the essential elements of world-building to enhance character development. **No class 4/20, 5/25, 5/26.**

Winter Term:				
1/5-3/16 (11) Rm 200	Su	2:15-3:15 pm ID/AP: \$94	7-12 yrs OD: \$117.50	C034206
1/11-3/15 (10) Rm 200	S	2:30-3:30 pm ID/AP: \$87	7-12 yrs OD: \$108.75	C034207
Spring Term:				
4/5-6/7 (9) Rm 200	S	2:30-3:30 pm ID/AP: \$79	7-12 yrs OD: \$98.75	C044206
3/30-6/1 (8) Rm 200	Su	2:15-3:15 pm ID/AP: \$72	7-12 yrs OD: \$90	C044207

Arts & Crafts – Teen/Adult

Family Art

Bring your family and create something truly special with clay, paint, collage, and more! Cost includes one child and one adult but only the child needs to register. No unregistered family members.

Winter Term:				
1/10 (1) Rm 200	F	6-8 pm ID/AP: \$48	4-8 yrs OD: \$60	C034208
2/7 (1) Rm 200	F	6-8 pm ID/AP: \$48	8-14 yrs OD: \$60	C034209
3/14 (1) Rm 200	F	6-8 pm ID/AP: \$48	6-12 yrs OD: \$60	C034210
Spring Term:				
4/11 (1) Rm 200	F	6-8 pm ID/AP: \$48	4-8 yrs OD: \$60	C044208
5/16 (1) Rm 200	F	6-8 pm ID/AP: \$48	8-14 yrs OD: \$60	C044209
5/30 (1) Rm 200	F	6-8 pm ID/AP: \$48	6-12 yrs OD: \$60	C044210

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

Fused Glass Creations

Unleash your creativity in this hands-on Fused Glass class, which is perfect for beginners and experienced artists! This class teaches you the art of arranging colorful glass pieces to create your unique design. Under the guidance of an expert instructor, you'll explore techniques for layering and arranging glass, which will then be fused together in a kiln.

Winter Term:

Fused Glass: 8" Round Panel in a Stand

In this class, students will choose from a variety of different 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 the instructor in class. Materials fee includes the cost of the frame as well.

1/11 (1) S 11 am-2 pm 14-adult C034500
Rm 203 ID/AP: \$25 OD: \$31.25

Fused Glass: "Mosaic" Sun Catcher

For this unique project students will design on a 12" square glass base and then using fine frit, create "grout lines" to mimic a traditional mosaic look when fused. This project will have loops fused in for hanging. \$75 materials fee, payable to instructor in class.

1/25 (1) S 11 am-2 pm 14-adult C034501
Rm 203 ID/AP: \$25 OD: \$31.25

Fused Glass: 5 Foot Rain Chain

Students in this class will choose from various materials, elements (such as bells and metal embellishments), and glass shapes, like flowers and birds, to create a one-of-a-kind long rain chain ready to hang. \$85 materials fee each, payable to the instructor in class. Additional elements \$5-\$10 each.

2/8 (1) S 11 am-2 pm 14-adult C034502
Rm 203 ID/AP: \$25 OD: \$31.25

Fused Glass: 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. \$100 materials fee, payable to the instructor in class. Materials fee includes the cost of the frame as well.

2/22 (1) S 11 am-2 pm 14-adult C034503
Rm 203 ID/AP: \$25 OD: \$31.25

Fused Glass: Flowers in a Tree Stump Garden

In this class students will choose a natural wood tree stump to use as a "garden" base. Then they will decorate each to create their "garden" using glass cut into leaf and flower shapes. Each leaf and flower will have a piece of sturdy copper wire fused into it, which will then be mounted into the wood stump creating a beautiful, fused flower garden. Materials Fee payable to instructor in class - \$50 for 5 flowers, 3 leaves and 1 stump. Additional flowers or leaves are \$5 each.

3/8 (1) S 11 am-2 pm 14-adult C034504
Rm 203 ID/AP: \$25 OD: \$31.25



Spring Term:

Fused Glass: Landscape Panel

Create a large 6" x 12 rectangular landscape or abstract panel that will be shaped in an 'S' shape to stand and be viewable from all sides. \$50 materials fee, payable to the instructor in class.

4/5 (1) S 11 am-2 pm 14-adult C044500
Rm 203 ID/AP: \$25 OD: \$31.25

Fused Glass: Kiln Carving A Large Bowl or Hanging Birdbath

In this class we are not going to work with glass but rather carve a design into type of fiber paper made for kiln work. The design made will be placed on a kiln shelf, glass will be placed over the design and the heat of the kiln will "carve" the design into the bottom of the glass, creating a beautiful 3-dimensional pattern. This project will be a 12" diameter round piece that can either be slumped into a bowl shape or slumped and have three loops added for hanging as a birdbath. \$75 materials fee, payable to instructor in class.

4/19 (1) S 11 am-2 pm 14-adult C044501
Rm 203 ID/AP: \$25 OD: \$31.25

Fused Glass: Spoon Rests and/or Nightlights

Students will have 2 different projects to choose from, they can do either or both. Choosing from a variety of glasses and colors to design a useful yet beautiful spoon rest or nightlight. \$30 materials fee each, payable to the instructor in class.

5/3 (1) S 11 am-2 pm 14-adult C044502
Rm 203 ID/AP: \$25 OD: \$31.25

Fused Glass: 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 metal stake to add whimsy and color to your garden or flower pots. These garden stakes also make excellent gifts. \$25 materials fee each, payable to the instructor in class.

5/17 (1) S 11 am-2 pm 14-adult C044503
Rm 203 ID/AP: \$25 OD: \$31.25

Fused Glass: Square Panel in a Stand

In this class, students will choose from various shapes and colors of glass to create a unique 12" square glass panel to be displayed in a powder-coated steel frame. \$95 material fee per dish, payable to instructor, day of class (includes the cost of the frame).

5/31 (1) S 11 am-2 pm 14-adult C044504
Rm 203 ID/AP: \$25 OD: \$31.25

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

Dance – Preschool

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 1/20, 2/17, 5/24, 5/26.**

Winter Term:

1/6-3/17 (9) M 4-4:45 pm 4-6 yrs C031100
Rm 204 ID/AP: \$73 OD: \$91.25

Spring Term:

3/31-6/2 (9) M 4-4:45 pm 4-6 yrs C041100
Rm 204 ID/AP: \$73 OD: \$91.25

4/5-6/7 (9) S 2:15-3 pm 4-6 yrs C041101
Rm 204 ID/AP: \$73 OD: \$91.25

Ballet/Tap

Learn beginning technique for ballet and tap and develop coordination, strength, and balance. Tap shoes required. **No class 5/24.**

Winter Term:

1/8-3/19 (11) W 5-5:45 pm 4-6 yrs C031103
Rm 204 ID/AP: \$89 OD: \$111.25

Spring Term:

4/2-6/4 (10) W 5-5:45 pm 4-6 yrs C041103
Rm 204 ID/AP: \$81 OD: \$101.25

4/5-6/7 (9) S 11-11:45 am 4-6 yrs C041104
Rm 204 ID/AP: \$73 OD: \$91.25

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:

4/4-6/6 (10) F 9-9:45 am 3-5 yrs C041105
Rm 204 ID/AP: \$81 OD: \$101.25

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 5/24.**

Winter Term:

1/8-3/19 (11) W 4-4:45 pm 3 ½ -5 yrs C031109
Rm 204 ID/AP: \$89 OD: \$111.25

Spring Term:

4/5-6/7 (9) S 9:45-10:30 am 3 ½ -5 yrs C041108
Rm 204 ID/AP: \$73 OD: \$91.25

4/2-6/4 (10) W 4-4:45 pm 3 ½ -5 yrs C041109
Rm 204 ID/AP: \$81 OD: \$101.25

Munchkin Movement

Join us for a fun-filled class where little ones sing, dance, and listen to engaging stories while developing their social and language skills. Adult participation is required to help guide and encourage the children. Please note that unregistered siblings cannot attend.

Winter Term:

1/9-2/6 (5) Th 11:30 am-12:15 pm 2-4 yrs C031106
Rm 204 ID/AP: \$41 OD: \$51.25

2/13-3/20 (6) Th 11:30 am-12:15 pm 2-4 yrs C031107
Rm 204 ID/AP: \$49 OD: \$61.25

Spring Term:

4/3-5/1 (5) Th 11:30 am-12:15 pm 2-4 yrs C041106
Rm 204 ID/AP: \$41 OD: \$51.25

5/8-6/5 (5) Th 11:30 am-12:15 pm 2-4 yrs C041107
Rm 204 ID/AP: \$41 OD: \$51.25

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 1/20, 2/17, 5/26.**

Winter Term:

1/6-2/3 (4) M 11-11:45 am 1 yr-2 yrs C035100
Rm 200 ID/AP: \$30 OD: \$37.50

2/10-3/17 (5) M 11-11:45 am 1 yr-2 yrs C035101
Rm 200 ID/AP: \$36 OD: \$45

1/10-2/7 (5) F 11-11:45 am 1 yr-2 yrs C035102
Rm 200 ID/AP: \$36 OD: \$45

2/14-3/21 (6) F 11-11:45 am 1 yr-2 yrs C035103
Rm 200 ID/AP: \$42 OD: \$52.50

Spring Term:

3/31-4/28 (5) M 11-11:45 am 1 yr-2 yrs C045100
Rm 200 ID/AP: \$36 OD: \$45

5/5-6/2 (4) M 11-11:45 am 1 yr-2 yrs C045101
Rm 200 ID/AP: \$30 OD: \$37.50

4/4-5/2 (5) F 11-11:45 am 1 yr-2 yrs C045102
Rm 200 ID/AP: \$36 OD: \$45

5/9-6/6 (5) F 11-11:45 am 1 yr-2 yrs C045103
Rm 200 ID/AP: \$36 OD: \$45

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:

4/4-6/6 (10) F 11:15 am-12 pm 3-5 yrs C041102
Rm 204 ID/AP: \$81 OD: \$101.25

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 5/24.**

Winter Term:

1/9-2/6 (5) Th 9-9:30 am 2 ½ -3 yrs C031110
Rm 204 ID/AP: \$32 OD: \$40

2/13-3/20 (6) Th 9-9:30 am 2 ½ -3 yrs C031111
Rm 204 ID/AP: \$38 OD: \$47.50

1/11-2/8 (5) S 9-9:30 am 2 ½ -3 yrs C031112
Rm 204 ID/AP: \$32 OD: \$40

2/15-3/15 (4) S 9-9:30 am 2 ½ -3 yrs C031113
Rm 204 ID/AP: \$32 OD: \$40

Spring Term:

4/3-5/1 (5) Th 9-9:30 am 2 ½ -3 yrs C041110
Rm 204 ID/AP: \$32 OD: \$40

5/8-6/5 (5) Th 9-9:30 am 2 ½ -3 yrs C041111
Rm 204 ID/AP: \$32 OD: \$40

4/5-5/3 (5) S 9-9:30 am 2 ½ -3 yrs C041112
Rm 204 ID/AP: \$32 OD: \$40

5/10-6/7 (4) S 9-9:30 am 2 ½ -3 yrs C041113
Rm 204 ID/AP: \$26 OD: \$32.50

Tiny Tot Hip Hop

In this energetic class, young dancers will explore the basics of hip-hop through rhythm, musicality, and coordination. They'll engage in age-appropriate choreography set to contemporary and upbeat music, helping to enhance their movement skills and sense of timing. With a focus of fun and creativity, this class encourages self-expression and confidence while fostering a love for dance. Each session includes interactive activities and playful exercises to keep toddlers engaged and excited about learning new moves.

Winter Term:				
1/10-2/7 (5)	F	10-10:45 am	2 ½ -3 yrs	CO31114
Rm 204		ID/AP: \$41	OD: \$51.25	
2/14-3/21 (6)	F	10-10:45 am	2 ½ -3 yrs	CO31115
Rm 204		ID/AP: \$49	OD: \$61.25	
Spring Term:				
4/4-5/2 (5)	F	10-10:45 am	2 ½ -3 yrs	CO41114
Rm 204		ID/AP: \$41	OD: \$51.25	
5/9-6/6 (5)	F	10-10:45 am	2 ½ -3 yrs	CO41115
Rm 204		ID/AP: \$41	OD: \$51.25	

Dance – Youth

Ballet II

This class is designed for students who have taken pre or beginning ballet classes and are ready to advance their skill development. **No class 5/26.**

Spring Term:				
3/31-6/2 (9)	M	5-5:45 pm	6-9 yrs	CO41200
Rm 204		ID/AP: \$73	OD: \$91.25	

Ballet/Tap/Jazz

Ready for variety? We'll learn some basic technique and fun routines in this fast-paced class. Tap shoes required. **No class 5/24.**

Winter Term:				
1/8-3/19 (11)	W	6:15-7:15 pm	6-9 yrs	CO31201
Rm 204		ID/AP: \$109	OD: \$136.25	
Spring Term:				
4/2-6/4 (10)	W	6:15-7:15 pm	6-9 yrs	CO41201
Rm 204		ID/AP: \$99	OD: \$123.75	
4/5-6/7 (9)	S	12-12:45 pm	6-9 yrs	CO41202
Rm 204		ID/AP: \$75	OD: \$93.75	

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 5/26.**

Spring Term:				
3/31-6/2 (9)	M	6:15-7:15 pm	6-9 yrs	CO41203
Rm 204		ID/AP: \$89	OD: \$111.25	

Hip Hop

This dynamic class invites danced to dive into hip-hop, focusing on rhythm, musicality, and coordination. Participants will learn exciting choreography set to contemporary and upbeat music to enhance their movement skills and timing. This class helps build confidence and a passion for dance by emphasizing creativity and self-expression. **No class 5/14, 5/24.**

Winter Term:				
1/10-3/21 (10)	F	6-7 pm	9-14 yrs	CO31205
Rm 204		ID/AP: \$99	OD: \$123.75	
1/11-3/15 (10)	S	11:30 am-12:15 pm	9-14 yrs	CO31206
Rm 201		ID/AP: \$81	OD: \$101.25	
Spring Term:				
4/11-6/6 (9)	F	5-5:45 pm	7-10 yrs	CO41204
Rm 204		ID/AP: \$73	OD: \$91.25	
4/11-6/6 (9)	F	6-7 pm	9-14 yrs	CO41205
Rm 204		ID/AP: \$89	OD: \$111.25	
4/5-6/7 (9)	S	11:30 am-12:15 pm	9-14 yrs	CO41206
Rm 201		ID/AP: \$73	OD: \$91.25	

Dance Recital Classes

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 3/15.**

1/11-3/8 (9)	S	2:15-3 pm	4-6 yrs	CO31101
Rm 204		ID/AP: \$123	OD: \$153.75	

Ballet/Tap Recital

Learn beginning technique for ballet and tap and develop coordination, strength, and balance. Tap shoes required. **No class 3/15.**

1/11-3/8 (9)	S	11-11:45 am	4-6 yrs	CO31104
Rm 204		ID/AP: \$123	OD: \$153.75	

Creative Dance Recital

Learn beginning technique for ballet and tap and develop coordination, strength, and balance. Tap shoes required. **No class 3/15.**

1/10-3/21 (11)	F	9-9:45 am	3-5 yrs	CO31105
Rm 204		ID/AP: \$139	OD: \$173.75	

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. **No class 3/15.**

1/11-3/8 (9)	S	9:45-10:30 am	3 ½ -5 yrs	CO31108
Rm 204		ID/AP: \$123	OD: \$153.75	

Pre-Ballet Recital

Explore developmental ballet concepts such as balance, strength, control, coordination, and basic terminology. Techniques are introduced through props and fun music. **No class 3/15.**

1/10-3/21 (11)	F	11:15 am-12 pm	3-5 yrs	CO31102
Rm 204		ID/AP: \$139	OD: \$173.75	

Ballet II Recital

This class is designed for students who have taken pre or beginning ballet classes and are ready to advance their skill development. **No class 1/20, 2/17.**

1/6-3/17 (9)	M	5-5:45 pm	6-9 yrs	CO31200
Rm 204		ID/AP: \$123	OD: \$153.75	

Ballet/Tap/Jazz Recital

Ready for variety? We'll learn some basic technique and fun routines in this fast-paced class. Tap shoes required. **No class 3/15.**

1/11-3/8 (9)	S	12-12:45 pm	6-9 yrs	CO31202
Rm 204		ID/AP: \$123	OD: \$153.75	

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 1/20, 2/17.**

1/6-3/17 (9)	M	6:15-7:15 pm	6-9 yrs	CO31203
Rm 204		ID/AP: \$139	OD: \$173.75	

Hip Hop Recital

Young dancers will learn hip hop rhythm, musicality, coordination, and age-appropriate choreography to contemporary and upbeat music. **No class 3/14.**

1/10-3/21 (9)	F	5-5:45 pm	7-10 yrs	CO31204
Rm 204		ID/AP: \$123	OD: \$153.75	

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

Dance Recital Details

Recital Rehearsal

Friday, March 14 • 5:30-8:30 pm

Dance Recital

Saturday, March 15 • 11 am

Held at Garden Home Recreation Center
7475 SW Oleson Rd
Portland, OR 97223



Cooking - Youth

Youth Cooking Series: Kitchen Basics 101

New to the kitchen and don't know where to start? Join us for Kitchen Basics 101, where we will learn about kitchen safety, food terminology, and techniques, as well as explore entry level recipes. This class is best suited to students who are new to the kitchen. Please note: We cannot guarantee an allergy free environment. **No class 5/24.**

Winter Term:

1/11-2/8 (5)	S	9-11 am	6-12 yrs	C035221
Rm 202		ID/AP: \$130	OD: \$162.50	
2/15-3/15 (5)	S	9-11 am	6-12 yrs	C035222
Rm 202		ID/AP: \$130	OD: \$162.50	

Spring Term:

4/5-5/3 (5)	S	9-11 am	6-12 yrs	C045221
Rm 202		ID/AP: \$130	OD: \$162.50	
5/10-6/7 (4)	S	9-11 am	6-12 yrs	C045222
Rm 202		ID/AP: \$108	OD: \$135	

Youth 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:

1/8-2/5 (5)	W	6:30-8 pm	8-14 yrs	C035216
Rm 202		ID/AP: \$108	OD: \$135	
2/12-3/19 (6)	W	6:30-8 pm	8-14 yrs	C035220
Rm 202		ID/AP: \$126	OD: \$157.50	

Spring Term:

4/2-4/30 (5)	W	6:30-8 pm	8-14 yrs	C045216
Rm 202		ID/AP: \$108	OD: \$135	
5/7-6/4 (5)	W	6:30-8 pm	8-14 yrs	C045220
Rm 202		ID/AP: \$108	OD: \$135	



Volunteer Appreciation Month April 2025



We love our volunteers!
¡Apreciamos a nuestros voluntarios!

Calling all Junior Chefs!

This is the perfect class for kids that like to cook or want to learn! Register for just one class, all of them, or anything in between! Join us as we utilize seasonal produce to make delicious dishes. Please note that we cannot guarantee an allergy free environment.

Winter Term:

Sweet Treats

1/17 (1) F 6-8:30 pm 8-12 yrs C035207
Rm 202 ID/AP: \$46 OD: \$57.50

Cookie Science

1/24 (1) F 6-8:30 pm 8-12 yrs C035208
Rm 202 ID/AP: \$46 OD: \$57.50

Italian Cuisine

1/31 (1) F 6-8:30 pm 8-12 yrs C035209
Rm 202 ID/AP: \$46 OD: \$57.50

Valentine Treats

2/14 (1) F 6-8:30 pm 8-12 yrs C035210
Rm 202 ID/AP: \$46 OD: \$57.50

Snack Attack!

2/21 (1) F 6-8:30 pm 8-12 yrs C035211
Rm 202 ID/AP: \$46 OD: \$57.50

Shamrocking Shakes

2/28 (1) F 6-8:30 pm 8-12 yrs C035212
Rm 202 ID/AP: \$46 OD: \$57.50

Prep for Pi(e) Day!

3/7 (1) F 6-8:30 pm 8-12 yrs C035213
Rm 202 ID/AP: \$46 OD: \$57.50

Spring Term:

Springtime Sweets

4/18 (1) F 6-8:30 pm 8-12 yrs C045207
Rm 202 ID/AP: \$46 OD: \$57.50

Chocolate Lovers

4/25 (1) F 6-8:30 pm 8-12 yrs C045208
Rm 202 ID/AP: \$46 OD: \$57.50

Pasta, Pasta, Pasta!

5/9 (1) F 6-8:30 pm 8-12 yrs C045209
Rm 202 ID/AP: \$46 OD: \$57.50

No Bake Treats

5/16 (1) F 6-8:30 pm 8-12 yrs C045210
Rm 202 ID/AP: \$46 OD: \$57.50

Tasty Tacos

5/23 (1) F 6-8:30 pm 8-12 yrs C045211
Rm 202 ID/AP: \$46 OD: \$57.50

Summertime Sweets

6/6 (1) F 6-8:30 pm 8-12 yrs C045212
Rm 202 ID/AP: \$46 OD: \$57.50

Cooking – Family

The best memories are made in the kitchen! Join us for this fun, family class where we will make some delicious dishes and have tons of fun! Please note that we cannot guarantee an allergy free environment. Cost includes one child and one adult but only the child needs to register. No unregistered siblings.

Cupcake Contest

2/7 (1) F 6-8:30 pm 6-14 yrs C035214
Rm 202 ID/AP: \$92 OD: \$115

Sundaes from Scratch

3/21 (1) F 6-8:30 pm 6-14 yrs C035215
Rm 202 ID/AP: \$92 OD: \$115

Spring Term:

Breakfast for Dinner

5/30 (1) F 6-8:30 pm 6-14 yrs C045215
Rm 202 ID/AP: \$92 OD: \$115

Family Pizza Party

5/2 (1) F 6-8:30 pm 6-14 yrs C045214
Rm 202 ID/AP: \$92 OD: \$115

General Interest – Youth/Teen/Adult

Babysitting 101

This course is designed to help middle school and teenage youth learn what it takes to be a responsible, caring, trustworthy, competent, capable, and safe babysitter. Students should bring paper and a pencil, as well as a water bottle, and a snack for both class days. **No class 5/25.**

Winter Term:

1/12-1/19 (2) Su 9:30 am-1:30 pm 11-15 yrs C035201
Rm 101 ID/AP: \$95 OD: \$118.75

2/9-2/16 (2) Su 9:30 am-1:30 pm 11-15 yrs C035202
Rm 101 ID/AP: \$95 OD: \$118.75

3/2-3/9 (2) Su 9:30 am-1:30 pm 11-15 yrs C035203
Rm 101 ID/AP: \$95 OD: \$118.75

Spring Term:

4/6-4/13 (2) Su 9:30 am-1:30 pm 11-15 yrs C045201
Rm 101 ID/AP: \$95 OD: \$118.75

4/27-5/4 (2) Su 9:30 am-1:30 pm 11-15 yrs C045202
Rm 101 ID/AP: \$95 OD: \$118.75

5/18-6/1 (2) Su 9:30 am-1:30 pm 11-15 yrs C045203
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:

1/19 (1) Su 2:45-5:30 pm 8-12 yrs C035204
Rm 101 ID/AP: \$43 OD: \$53.75

2/16 (1) Su 2:45-5:30 pm 8-12 yrs C035205
Rm 101 ID/AP: \$43 OD: \$53.75

3/9 (1) Su 2:45-5:30 pm 8-12 yrs C035206
Rm 101 ID/AP: \$43 OD: \$53.75

Spring Term:

4/13 (1) Su 2:45-5:30 pm 8-12 yrs C045204
Rm 101 ID/AP: \$43 OD: \$53.75

5/4 (1) Su 2:45-5:30 pm 8-12 yrs C045205
Rm 101 ID/AP: \$43 OD: \$53.75

6/1 (1) Su 2:45-5:30 pm 8-12 yrs C045206
Rm 101 ID/AP: \$43 OD: \$53.75

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

Introduction to American Sign Language

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:				
1/7-2/11 (6)	T	7-8 pm	15-adult	C032522
Rm 200		ID/AP: \$109	OD: \$136.25	
Spring Term:				
4/1-5/6 (6)	T	7-8 pm	15-adult	C042522
Rm 200		ID/AP: \$109	OD: \$136.25	

Kids Night Out

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:

The Wonder of Water

Unleash your inner scientist! From creating colorful eruptions to exploring the wonders of water tension, our interactive science activities will ignite your curiosity and spark your imagination.

1/10 (1)	F	6-9 pm	7-12 yrs	C035230
Rm 202, Rm 203		ID/AP: \$48	OD: \$60	

Glow in the Dark Dance Slumber Party

Get ready to light up the night and have a blast! This electrifying dance party is the ultimate glow-in-the-dark extravaganza combined with Open Swim, new friends, and PJ jams during this extended 3.5-hour program.

2/14 (1)	F	5:45-9:15 pm	7-12 yrs	C035231
Rm 200		ID/AP: \$56	OD: \$70	

Lucky Ducks

Join us for a very special evening, celebrating spring and all things ducks! Kids will participate in Conestoga's Duck Dive event, including pool time and fun activities in the gym, plus pizza dinner!

3/14 (1)	F	6-9 pm	7-12 yrs	C035232
Rm 200		ID/AP: \$48	OD: \$60	

Spring Term:

Treasure Island

Ahoy, mateys! Get ready to set sail on an epic quest for an evening full of high-seas fun, a treasure hunt, and pirate games. X marks the spot!

4/11 (1)	F	6-9 pm	7-12 yrs	C045230
Rm 202, Rm 203		ID/AP: \$48	OD: \$60	

Marine Marvels

Jump into the exciting world of marine animals' amazing adaptations! Kids will explore how sea creatures use their unique traits to thrive in the ocean and compete in fun relay races.

5/9 (1)	F	6-9 pm	7-12 yrs	C045231
Rm 200		ID/AP: \$48	OD: \$60	

Dive into Summer!

Welcome to summer! Kids will get a chance to make tie dye bandanas and play some classic summertime games. Don't miss out on the coolest kick-off to summer ever—fun, food, and friends!

6/6 (1)	F	6-9 pm	7-12 yrs	C045232
Rm 200		ID/AP: \$48	OD: \$60	

Journey to STEAM LEGO® Engineering Class

Discover the pinnacle of LEGO® education with these awesome new classes, led by Journey to STEAM, an educational organization dedicated to offering engineering programs for kids both after school and in home school. Unleash the potential of holistic education through Journey to STEAM's innovative LEGO® programs. Learn more at: <https://journeytosteam.com/>



LEGO® Architects

Embark on a creative journey as LEGO Architects, where young builders explore the world of design and construction, bringing their architectural dreams (bridges, buildings, castles, towns) to life with colorful LEGO bricks.

Winter Term:

1/9-2/6 (5)	Th	3-4 pm	5-7 yrs	C034112
Rm 205		ID/AP: \$150	OD: \$187.50	
2/13-3/20 (6)	Th	3-4 pm	5-7 yrs	C034113
Rm 205		ID/AP: \$175	OD: \$218.75	
1/9-2/6 (5)	Th	4:30-5:30 pm	8-10 yrs	C034217
Rm 205		ID/AP: \$150	OD: \$187.50	
2/13-3/20 (6)	Th	4:30-5:30 pm	8-10 yrs	C034218
Rm 205		ID/AP: \$175	OD: \$218.75	

Spring Term:

4/3-5/1 (5)	Th	3-4 pm	5-7 yrs	C044112
Rm 205		ID/AP: \$150	OD: \$187.50	
5/8-6/5 (5)	Th	3-4 pm	5-7 yrs	C044113
Rm 205		ID/AP: \$150	OD: \$187.50	
4/3-5/1 (5)	Th	4:30-5:30 pm	8-10 yrs	C044217
Rm 205		ID/AP: \$150	OD: \$187.50	
5/8-6/5 (5)	Th	4:30-5:30 pm	8-10 yrs	C044218
Rm 205		ID/AP: \$150	OD: \$187.50	

LEGO® STEM Explorers – No School Day Camp

Beat the no school boredom and embark on a STEM journey with imaginative LEGO builds, games, and hands-on projects. Join us for fun, friendship, and the joy of learning with LEGO! Please remember to send a water bottle, lunch, and two snacks with your child every day.

2/18 (1)	T	7:30 am-6 pm	5-10 yrs	C037107
Rm 205		ID/AP: \$97	OD: \$121.25	
4/7 (1)	M	7:30 am-6 pm	5-10 yrs	C037108
Rm 101		ID/AP: \$97	OD: \$121.25	
4/14 (1)	M	7:30 am-6 pm	5-10 yrs	C037109
Rm 101		ID/AP: \$97	OD: \$121.25	

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

Sports – Preschool

Developing Your Young Athlete

Together with your athlete, we'll encourage large motor skill development through a variety of fun games while introducing small children to group a setting. The instructor provides skill guidance to adults. **Adult participation is required to help guide and encourage the children. No unregistered siblings. No class 1/20, 2/17, 5/24, 5/26.**

Winter Term:				
1/6-2/3 (4)	M	9:30-10 am	2-3 yrs	C032100
GYM #2		ID/AP: \$34	OD: \$42.50	
2/10-3/17 (5)	M	9-9:30 am	2-3 yrs	C032101
GYM #2		ID/AP: \$41	OD: \$51.25	
1/11-2/8 (5)	S	12:15-12:45 pm	2-3 yrs	C032102
GYM #1		ID/AP: \$41	OD: \$51.25	
2/15-3/15 (5)	S	12:15-12:45 pm	2-3 yrs	C032103
GYM #1		ID/AP: \$41	OD: \$51.25	
Spring Term:				
3/31-4/28 (5)	M	9:30-10 am	2-3 yrs	C042100
GYM #2		ID/AP: \$41	OD: \$51.25	
5/5-6/2 (4)	M	9:30-10 am	2-3 yrs	C042101
GYM #2		ID/AP: \$34	OD: \$42.50	
4/5-5/3 (5)	S	12:15-12:45 pm	2-3 yrs	C042102
GYM #1		ID/AP: \$41	OD: \$51.25	
5/10-6/7 (4)	S	12:15-12:45 pm	2-3 yrs	C042103
GYM #1		ID/AP: \$34	OD: \$42.50	

Munchkin Basketball

This basketball class will feature fun drills, games, and group activities which emphasize building confidence, learning new skills, growing self-esteem, improving coordination and motor skills, and experiencing teamwork. **Adult participation is required to help guide and encourage the children. No class 4/20, 5/25.**

Winter Term:				
1/5-2/2 (5)	Su	3-3:45 pm	3-5 yrs	C032118
GYM #1		ID/AP: \$53	OD: \$66.25	
2/9-3/16 (6)	Su	3-3:45 pm	3-5 yrs	C032119
GYM #1		ID/AP: \$62	OD: \$77.50	
Spring Term:				
3/30-4/27 (4)	Su	3-3:45 pm	3-5 yrs	C042118
GYM #1		ID/AP: \$43	OD: \$53.75	
5/4-6/1 (4)	Su	3-3:45 pm	3-5 yrs	C042119
GYM #1		ID/AP: \$43	OD: \$53.75	

Munchkin Soccer

This soccer class will feature fun drills, games, and group activities which emphasize building confidence, learning new skills, growing self-esteem, improving coordination and motor skills, and experiencing teamwork. **Adult participation is required to help guide and encourage the children. No class 4/20, 5/24, 5/25.**

Winter Term:				
1/11-2/8 (5)	S	1-1:45 pm	3-5 yrs	C032114
GYM #1		ID/AP: \$53	OD: \$66.25	
2/15-3/15 (5)	S	1-1:45 pm	3-5 yrs	C032115
GYM #1		ID/AP: \$53	OD: \$66.25	
1/5-2/2 (5)	Su	2-2:45 pm	3-5 yrs	C032116
GYM #1		ID/AP: \$53	OD: \$66.25	
2/9-3/16 (6)	Su	2-2:45 pm	3-5 yrs	C032117
GYM #1		ID/AP: \$62	OD: \$77.50	
Spring Term:				
4/5-5/3 (5)	S	1-1:45 pm	3-5 yrs	C042114
GYM #1		ID/AP: \$53	OD: \$66.25	
5/10-6/7 (4)	S	1-1:45 pm	3-5 yrs	C042115
GYM #1		ID/AP: \$43	OD: \$53.75	
3/30-4/27 (4)	Su	2-2:45 pm	3-5 yrs	C042116
GYM #1		ID/AP: \$43	OD: \$53.75	
5/4-6/1 (4)	Su	2-2:45 pm	3-5 yrs	C042117
GYM #1		ID/AP: \$43	OD: \$53.75	

Munchkin Sports

Introducing youth to a variety of sports through fun games, drills, and activities. Sports classes are designed to engage preschoolers in sports while building confidence, learning new skills, growing self-esteem, improving coordination and motor skills, and experiencing teamwork. **Parent Participation encouraged. No class 4/20, 5/24, 5/25.**

Winter Term:				
1/11-2/8 (5)	S	2-2:45 pm	3-5 yrs	C032110
GYM #1		ID/AP: \$53	OD: \$66.25	
2/15-3/15 (5)	S	2-2:45 pm	3-5 yrs	C032111
GYM #1		ID/AP: \$53	OD: \$66.25	
1/5-2/2 (5)	Su	1-1:45 pm	3-5 yrs	C032112
GYM #1		ID/AP: \$53	OD: \$66.25	
2/9-3/16 (6)	Su	1-1:45 pm	3-5 yrs	C032113
GYM #1		ID/AP: \$62	OD: \$77.50	
Spring Term:				
4/5-5/3 (5)	S	2-2:45 pm	3-5 yrs	C042110
GYM #1		ID/AP: \$53	OD: \$66.25	
5/10-6/7 (4)	S	2-2:45 pm	3-5 yrs	C042111
GYM #1		ID/AP: \$43	OD: \$53.75	
3/30-4/27 (4)	Su	1-1:45 pm	3-5 yrs	C042112
GYM #1		ID/AP: \$43	OD: \$53.75	
5/4-6/1 (4)	Su	1-1:45 pm	3-5 yrs	C042113
GYM #1		ID/AP: \$43	OD: \$53.75	

Munchkin Tumblers

Munchkin Tumblers is designed for kids with boundless energy and a love for movement, this class offers a safe and stimulating environment for exploring basic tumbling techniques, developing coordination, and building confidence. **Adult participation is required to help guide and encourage the children.**

Winter Term:				
1/8-2/5 (5)	W	10:30-11:15 am	3 1/2-5 yrs	C032108
Rm 204		ID/AP: \$41	OD: \$51.25	
2/12-3/19 (6)	W	10:30-11:15 am	3 1/2-5 yrs	C032109
Rm 204		ID/AP: \$48	OD: \$60	
Spring Term:				
4/2-4/30 (5)	W	10:30-11:15 am	3 1/2-5 yrs	C042108
Rm 204		ID/AP: \$53	OD: \$66.25	
5/7-6/4 (5)	W	10:30-11:15 am	3 1/2-5 yrs	C042109
Rm 204		ID/AP: \$53	OD: \$66.25	

Tiny Tumblers

Tiny Tumblers is a class specially designed to introduce children to the fundamentals of gymnastics while fostering confidence, coordination, and a love for physical activity. **Adult participation is required to help guide and encourage the children.**

Winter Term:				
1/8-2/5 (5)	W	9:45-10:15 am	2 1/2-3 yrs	C032106
Rm 204		ID/AP: \$33	OD: \$41.25	
2/12-3/19 (6)	W	9:45-10:15 am	2 1/2-3 yrs	C032107
Rm 204		ID/AP: \$38	OD: \$47.50	
Spring Term:				
4/2-4/30 (5)	W	9:45-10:15 am	2 1/2-3 yrs	C042106
Rm 204		ID/AP: \$41	OD: \$51.25	
5/7-6/4 (5)	W	9:45-10:15 am	2 1/2-3 yrs	C042107
Rm 204		ID/AP: \$41	OD: \$51.25	

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

Preschool P.E.

Join our Preschool P.E. class, where our little ones embark on an exciting journey of movement, fun, and healthy habits! Preschoolers will engage in age-appropriate activities that promote physical development, social interaction, and a love for staying active. **Adult participation is required to help guide and encourage the children. No class 1/20, 2/17, 5/26.**

Winter Term:

1/6-2/3 (4) GYM #2	M	10:30-11:15 am	3-4 yrs	C032104
		ID/AP: \$43	OD: \$53.75	
2/10-3/17 (5) GYM #2	M	10:30-11:15 am	3-4 yrs	C032105
		ID/AP: \$53	OD: \$66.25	

Spring Term:

3/31-4/28 (5) GYM #2	M	10:30-11:15 am	3-4 yrs	C042104
		ID/AP: \$53	OD: \$66.25	
5/5-6/2 (4) GYM #2	M	10:30-11:15 am	3-4 yrs	C042105
		ID/AP: \$43	OD: \$53.75	

Sports – Youth/Teen

Basketball Basics

Learn basic basketball skills including passing, ball control, dribbling, shooting, and footwork. This is a great class for those just starting to build basketball skills. Children will work together in a positive environment learning how to be part of a team. **No class 1/20, 2/17, 4/20, 5/25, 5/26.**

Winter Term:

1/6-3/17 (9) GYM #1	M	4-4:45 pm	6-8 yrs	C032204
		ID/AP: \$68	OD: \$85	
1/5-3/16 (11) GYM #2	Su	2-2:45 pm	6-8 yrs	C032205
		ID/AP: \$82	OD: \$102.50	

Spring Term:

3/31-6/2 (9) GYM #1	M	4-4:45 pm	6-8 yrs	C042204
		ID/AP: \$68	OD: \$85	
3/30-6/1 (8) GYM #2	Su	2-2:45 pm	6-8 yrs	C042205
		ID/AP: \$62	OD: \$77.50	

Basketball Drills & Scrimmage

This class is ideal for children who know the basics of basketball but need help with skill progression and scrimmage experience. Give your athlete a well-rounded understanding of this great game.

Winter Term:

1/7-3/18 (11) GYM #1	T	5-5:45 pm	12-15 yrs	C032208
		ID/AP: \$82	OD: \$102.50	
1/8-3/19 (11) GYM #2	W	5-5:45 pm	12-15 yrs	C032209
		ID/AP: \$82	OD: \$102.50	

Spring Term:

4/1-6/3 (10) GYM #1	T	5-5:45 pm	12-15 yrs	C042208
		ID/AP: \$75	OD: \$93.75	
4/2-6/4 (10) GYM #2	W	5-5:45 pm	12-15 yrs	C042209
		ID/AP: \$75	OD: \$93.75	

Basketball Skills

Learn basic basketball skills including passing, ball control, dribbling, shooting, and footwork. This is a great class for those just starting to build basketball skills. Children will work together in a positive environment learning how to be part of a team. **No class 5/24.**

Winter Term:

1/7-3/18 (11) GYM #1	T	4-4:45 pm	9-11 yrs	C032212
		ID/AP: \$82	OD: \$102.50	
1/9-3/20 (11) GYM #1	Th	4-4:45 pm	9-11 yrs	C032213
		ID/AP: \$82	OD: \$102.50	
1/11-3/15 (10) GYM #2	S	1-1:45 pm	9-11 yrs	C032214
		ID/AP: \$75	OD: \$93.75	

Spring Term:

4/1-6/3 (10) GYM #1	T	4-4:45 pm	9-11 yrs	C042212
		ID/AP: \$75	OD: \$93.75	
4/3-6/5 (10) GYM #1	Th	4-4:45 pm	9-11 yrs	C042213
		ID/AP: \$75	OD: \$93.75	
4/5-6/7 (9) GYM #2	S	1-1:45 pm	9-11 yrs	C042214
		ID/AP: \$68	OD: \$85	

Flag Football

Flag Football will be held in the gymnasium. Athletes will participate in football drills focusing on throwing, catching, running routes, and teamwork. **No class 4/20, 5/25.**

Winter Term:

1/8-3/19 (11) GYM #1	W	4-4:45 pm	7-10 yrs	C032200
		ID/AP: \$82	OD: \$102.50	
1/5-3/16 (11) GYM #2	Su	3-3:45 pm	7-10 yrs	C032201
		ID/AP: \$82	OD: \$102.50	

Spring Term:

4/2-6/4 (10) GYM #1	W	4-4:45 pm	7-10 yrs	C042200
		ID/AP: \$75	OD: \$93.75	
3/30-6/1 (8) GYM #2	Su	3-3:45 pm	7-10 yrs	C042201
		ID/AP: \$62	OD: \$77.50	

Futsal Fun

Get ready to kick off your soccer journey with Futsal Fun! Participants will learn the fundamentals of futsal in a fun and supportive environment, developing essential skills, building confidence, and making new friends along the way. **No class 1/20, 2/17, 5/26.**

Winter Term:

1/6-3/17 (9) GYM #2	M	5-5:45 pm	9-12 yrs	C032230
		ID/AP: \$68	OD: \$85	

Spring Term:

3/31-6/2 (9) GYM #2	M	5-5:45 pm	9-12 yrs	C042230
		ID/AP: \$68	OD: \$85	

Girls Basketball

Girls will learn basic basketball skills including passing, ball control, dribbling, shooting, and footwork. This is a great class for those just starting to build basketball skills. Girls will work together in a positive environment learning how to be part of a team.

Winter Term:

1/9-3/20 (11) GYM #1	Th	5-5:45 pm	8-10 yrs	C032226
		ID/AP: \$82	OD: \$102.50	

Spring Term:

4/3-6/5 (10) GYM #1	Th	5-5:45 pm	8-10 yrs	C042226
		ID/AP: \$75	OD: \$93.75	

Girls Basketball Scrimmage

This class is ideal for girls who know the basics of basketball but need help with skill progression and scrimmage experience. Give your athlete a well-rounded understanding of this great game.

Winter Term:

1/9-3/20 (11) GYM #1	Th	6-6:45 pm	11-13 yrs	C032228
		ID/AP: \$82	OD: \$102.50	

Spring Term:

4/3-6/5 (10) GYM #1	Th	6-6:45 pm	11-13 yrs	C042228
		ID/AP: \$75	OD: \$93.75	

Homeschool P.E.

Calling all homeschooled kids to join us for an action-packed Homeschool P.E. class! Designed to provide a dynamic and engaging physical education experience, this class offers a blend of fun activities, skill development, and social interaction in a safe and welcoming environment.

Winter Term:				
1/8-3/19 (11)	W	2:30-3:30 pm	6-15 yrs	CO32242
GYM #1		ID/AP: \$100	OD: \$125	
Spring Term:				
4/2-6/4 (10)	W	2:30-3:30 pm	6-15 yrs	CO42242
GYM #1		ID/AP: \$91	OD: \$113.75	

Lacrosse: Stick to the Basics

Unleash your curiosity and dive into the exhilarating world of lacrosse with our "Lacrosse: Stick to the Basics" class! Whether you're new to the sport or simply curious about trying something new, this class provides a fun and informative way to learn the basics of lacrosse. Through engaging drills and hands-on practice, participants will gain a solid foundation in the skills and rules of this fast-paced and dynamic game. **No class 4/20, 5/25.**

Winter Term:				
1/5-3/16 (11)	Su	4-4:45 pm	8-12 yrs	CO32238
GYM #1, GYM #2		ID/AP: \$82	OD: \$102.50	
Spring Term:				
3/30-6/1 (8)	Su	4-4:45 pm	8-12 yrs	CO42238
GYM #1, GYM #2		ID/AP: \$62	OD: \$77.50	

Soccer Drills & Scrimmage

Learn the fundamentals and proper techniques of soccer in this program. Develop ball control, passing, dribbling, and defensive skills. Skill development and scrimmages each week. Bring water bottle. Shin guards recommended. **No class 4/20, 5/25.**

Winter Term:				
1/7-3/18 (11)	T	6-6:45 pm	11-13 yrs	CO32232
GYM #1		ID/AP: \$82	OD: \$102.50	
1/5-3/16 (11)	Su	1-1:45 pm	9-12 yrs	CO32233
GYM #2		ID/AP: \$82	OD: \$102.50	
Spring Term:				
4/1-6/3 (10)	T	6-6:45 pm	11-13 yrs	CO42232
GYM #1		ID/AP: \$75	OD: \$93.75	
3/30-6/1 (8)	Su	1-1:45 pm	11-13 yrs	CO42233
GYM #2		ID/AP: \$62	OD: \$77.50	

Soccer Skills

Through games and skill drills, children will learn soccer basics including dribbling, trapping, passing, and more. Class emphasizes teamwork, fair play, and fun. Shin guards recommended. **No class 5/24.**

Winter Term:				
1/11-3/15 (10)	S	12-12:45 pm	6-8 yrs	CO32236
GYM #2		ID/AP: \$75	OD: \$93.75	
Spring Term:				
4/5-6/7 (9)	S	12-12:45 pm	6-8 yrs	CO42236
GYM #2		ID/AP: \$68	OD: \$85	

Team Handball

Welcome to the exhilarating world of 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:				
1/7-3/18 (11)	T	6-6:45 pm	8-12 yrs	CO32259
GYM #2		ID/AP: \$82	OD: \$102.50	
Spring Term:				
4/1-6/3 (10)	T	6-6:45 pm	8-12 yrs	CO42259
GYM #2		ID/AP: \$75	OD: \$93.75	

Volleyball Basics

This class is perfect for beginners who want to learn the basics of volleyball or for those who wish to refine their skills. Each player will be guided through essential techniques, strategies, and teamwork principles to help them excel on the court. **No class 1/20, 2/17, 5/26.**

Winter Term:				
1/6-3/17 (9)	M	6-6:45 pm	12-14 yrs	CO32222
GYM #1		ID/AP: \$90	OD: \$112.50	
1/8-3/19 (11)	W	6-6:45 pm	12-14 yrs	CO32223
GYM #1		ID/AP: \$108	OD: \$135	
Spring Term:				
3/31-6/2 (9)	M	6-6:45 pm	12-14 yrs	CO42222
GYM #1		ID/AP: \$90	OD: \$112.50	
4/2-6/4 (10)	W	6-6:45 pm	12-14 yrs	CO42223
GYM #1		ID/AP: \$99	OD: \$123.75	

Volleyball, Beginners

Come learn basic volleyball fundamentals, including bumping, passing, ball control, serving, rules of the game, and more. Children will work together in a positive environment learning how to be part of a team. **No class 1/20, 2/17, 5/26.**

Winter Term:				
1/6-3/17 (9)	M	5-5:45 pm	8-11 yrs	CO32218
GYM #1		ID/AP: \$90	OD: \$112.50	
1/8-3/19 (11)	W	5-5:45 pm	8-11 yrs	CO32219
GYM #1		ID/AP: \$108	OD: \$135	
Spring Term:				
3/31-6/2 (9)	M	5-5:45 pm	8-11 yrs	CO42218
GYM #1		ID/AP: \$90	OD: \$112.50	
4/2-6/4 (10)	W	5-5:45 pm	8-11 yrs	CO42219
GYM #1		ID/AP: \$99	OD: \$123.75	

Youth Sports Development Program

Empower the young athletes of tomorrow with our Youth Sports Development Program! This comprehensive class is designed to nurture the physical, mental, and social growth of children through structured sports activities. With a focus on skill development, teamwork, and character-building, this program creates a foundation for a lifelong love of sports and a holistic approach to personal growth. **No class 5/24.**

Winter Term:				
1/11-3/15 (10)	S	2-2:45 pm	8-12 yrs	CO32240
GYM #2		ID/AP: \$75	OD: \$93.75	
Spring Term:				
4/5-6/7 (9)	S	2-2:45 pm	8-12 yrs	CO42240
GYM #2		ID/AP: \$68	OD: \$85	

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

Pickleball for all ages!

Adult Pickleball Drills

This adult class will teach you the game of pickleball through exciting drills and games. Come learn about the fastest growing sport in America! **No class 3/14.**

Winter Term:				
1/7-3/18 (11)	T	11 am-12 pm	18-adult	C032504
GYM #2		ID/AP: \$100	OD: \$125	
1/9-3/20 (11)	Th	11 am-12 pm	18-adult	C032505
GYM #2		ID/AP: \$100	OD: \$125	
1/10-3/21 (10)	F	6:15-7:15 pm	18-adult	C032506
GYM #1		ID/AP: \$91	OD: \$113.75	
Spring Term:				
4/1-6/3 (10)	T	11 am-12 pm	18-adult	C042504
GYM #2		ID/AP: \$91	OD: \$113.75	
4/3-6/5 (10)	Th	11 am-12 pm	18-adult	C042505
GYM #2		ID/AP: \$91	OD: \$113.75	
4/11-6/6 (9)	F	6:15-7:15 pm	18-adult	C042506
GYM #1		ID/AP: \$83	OD: \$103.75	

Pickleball Beginners

This adult class will teach you the game of pickleball through exciting drills and games. **No class 3/14.**

Winter Term:				
1/7-3/18 (11)	T	9:45-10:45 am	18-adult	C032500
GYM #2		ID/AP: \$100	OD: \$125	
1/9-3/20 (11)	Th	9:45-10:45 am	18-adult	C032501
GYM #2		ID/AP: \$100	OD: \$125	
Spring Term:				
4/1-6/3 (10)	T	9:45-10:45 am	18-adult	C042500
GYM #2		ID/AP: \$91	OD: \$113.75	
4/3-6/5 (10)	Th	9:45-10:45 am	18-adult	C042501
GYM #2		ID/AP: \$91	OD: \$113.75	

Intermediate Pickleball

Intermediate Pickleball class is designed for players who have already gained basic skills and knowledge of the game but are looking to improve and refine their techniques, strategies, and overall performance on the pickleball court. **No class 3/14.**

Winter Term:				
1/10-3/21 (10)	F	4-5 pm	18-adult	C032510
GYM #1		ID/AP: \$91	OD: \$113.75	
1/11-3/15 (10)	S	8:30-9:30 am	18-adult	C032511
GYM #1		ID/AP: \$91	OD: \$113.75	
Spring Term:				
4/11-6/6 (9)	F	4-5 pm	18-adult	C042510
GYM #1		ID/AP: \$83	OD: \$103.75	
4/5-6/7 (9)	S	8:30-9:30 am	18-adult	C042511
GYM #1		ID/AP: \$83	OD: \$103.75	

Pickleball Kids

Children will learn the basics of pickleball through exciting drills and games. Come learn about the fastest growing sport in America! **No class 5/24.**

Winter Term:				
1/11-3/15 (10)	S	9:45-10:30 am	8-11 yrs	C032257
GYM #1		ID/AP: \$75	OD: \$93.75	
Spring Term:				
4/5-6/7 (9)	S	9:45-10:30 am	8-11 yrs	C042257
GYM #1		ID/AP: \$68	OD: \$85	

Teens Pickleball

Join our Teen Pickleball for an exhilarating introduction to one of the fastest-growing sports! This class is perfect for teens seeking fun and camaraderie on the court. **No class 3/14.**

Winter Term:				
1/10-3/21 (10)	F	5:15-6 pm	12-16 yrs	C032514
GYM #1		ID/AP: \$75	OD: \$93.75	
Spring Term:				
4/11-6/6 (9)	F	5:15-6 pm	12-16 yrs	C042514
GYM #1		ID/AP: \$68	OD: \$85	

Sports – Family

Family Pickleball

Learn to play Pickleball with your athlete in this group class. Adult participation required. No unregistered siblings. Cost includes one adult. **No class 5/24.**

Winter Term:				
1/11-3/15 (10)	S	10:45-11:30 am	8-11 yrs	C032516
GYM #1		ID/AP: \$150	OD: \$187.50	
Spring Term:				
4/5-6/7 (9)	S	10:45-11:30 am	8-11 yrs	C042516
GYM #1		ID/AP: \$136	OD: \$170	

Family Tennis

Learn to play tennis with your athlete in this group class. Basic intro level 1 class. Adult participation required. No unregistered siblings. Cost includes one adult. **No class 4/20, 5/25.**

Winter Term:				
1/5-3/16 (22)	Su	12-12:45 pm	6-10 yrs	C032518
GYM #1, GYM #2		ID/AP: \$160	OD: \$200	
Spring Term:				
3/30-6/1 (16)	Su	12-12:45 pm	6-10 yrs	C042518
GYM #1, GYM #2		ID/AP: \$128	OD: \$160	



Fitness – Teen/Adult

Middle School Weight Training

Weight training program specifically designed for middle school students. This group training includes entry into the Conestoga Recreation & Aquatic Center weight room during class time only.

Winter Term:

1/7-2/13 (6)	T/Th	4:30-5:30 pm	11-14 yrs	C032270
Weight Room		ID/AP: \$116	OD: \$145	
2/20-3/20 (5)	T/Th	4:30-5:30 pm	11-14 yrs	C032271
Weight Room		ID/AP: \$87	OD: \$108.75	

Spring Term:

4/1-5/1 (5)	T/Th	4:30-5:30 pm	11-14 yrs	C042270
Weight Room		ID/AP: \$96	OD: \$120	
5/6-6/5 (5)	T/Th	4:30-5:30 pm	11-14 yrs	C042271
Weight Room		ID/AP: \$96	OD: \$120	

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:

1/25 (1)	S	11 am-12:30 pm	14-adult	C032550
Weight Room		ID/AP: \$18	OD: \$22.50	

Spring Term:

4/26 (1)	S	11 am-12:30 pm	14-adult	C042550
Weight Room		ID/AP: \$18	OD: \$22.50	

Ready, Set, Prehab!

Strengthening today to prevent pain tomorrow. This clinic will go into the benefits of prehab, what that means for your body, what that looks like as a basic outline. This clinic will include movement.

Spring Term:

4/26 (1)	S	11am-12:30pm	21-adult	C042551
Room 201		ID/AP: \$24	OD: \$30	

Rest & Renewal: Sleep Improvement Clinic

Learn more about relaxation practices, sleep hygiene, stress reduction techniques, and circadian rhythms in this clinic that will include light movement.

Winter Term:

2/8 (1)	S	12-1pm	21-adult	C032551
Room 201		ID/AP: \$18	OD: \$22.50	

Love and Lotus Flow Workshop

Grab your best friend, partner or those you love near and dear and experience the fun and challenge of partner yoga! Move through your favorite poses with your favorite person! Cost is per person.

2/15 (1)	S	4:30 pm-6pm	18-adult	C032552
Room 201		ID/AP: \$27	OD: \$33.75	

Black Light Zumba®! Ages 14+

January 11 • February 8 • March 8

6-7:15 pm • Room 201 • Drop-in or deluxe pass

Wear reflective clothing and/or body paints. Bring friends and have a unique workout experience with Black Light Zumba®!

Karate – Youth/Teen/Adult

Karate Kids

Students will learn to build self-confidence, discipline, cooperation, effective communication, and motivation. In addition, they will learn basic blocks, punches, and kicks and progress through various skills in agility, flexibility, and strength. White uniforms recommended.

Winter Term:

1/7-3/18 (11)	T	4-4:45 pm	6-8 yrs	C032244
Rm 204		ID/AP: \$84	OD: \$105	
1/9-3/20 (11)	Th	4-4:45 pm	6-8 yrs	C032245
Rm 204		ID/AP: \$84	OD: \$105	

Spring Term:

4/1-6/3 (10)	T	4-4:45 pm	6-8 yrs	C042244
Rm 204		ID/AP: \$77	OD: \$96.25	
4/3-6/5 (10)	Th	4-4:45 pm	6-8 yrs	C042245
Rm 204		ID/AP: \$77	OD: \$96.25	

Beginning Karate

Students will learn to build self-confidence, discipline, cooperation, effective communication, and motivation. In addition, they will learn basic blocks, punches, and kicks and progress through various skills in agility, flexibility, and strength. White uniforms required.

Winter Term:

1/7-3/18 (11)	T	5-6 pm	8-15 yrs	C032248
Rm 204		ID/AP: \$102	OD: \$127.50	
1/9-3/20 (11)	Th	5-6 pm	8-15 yrs	C032249
Rm 204		ID/AP: \$102	OD: \$127.50	
1/7-3/18 (11)	T	6:15-7:15 pm	8-adult	C032250
Rm 204		ID/AP: \$102	OD: \$127.50	

Spring Term:

4/1-6/3 (10)	T	5-6 pm	8-15 yrs	C042248
Rm 204		ID/AP: \$93	OD: \$116.25	
4/3-6/5 (10)	Th	5-6 pm	8-15 yrs	C042249
Rm 204		ID/AP: \$93	OD: \$116.25	
4/1-6/3 (10)	T	6:15-7:15 pm	8-adult	C042250
Rm 204		ID/AP: \$93	OD: \$116.25	

Karate Intermediate

Students will learn to build self-confidence, discipline, cooperation, effective communication, and motivation. In addition, they will learn basic blocks, punches, and kicks and progress through various skills in agility, flexibility, and strength. Participants should have completed Karate Beginners before enrolling in this class. Students will need to have instructor approval before registering. White uniforms required.

Winter Term:

1/9-3/20 (11)	Th	6:15-7:15 pm	8-adult	C032255
Rm 204		ID/AP: \$136	OD: \$170	

Spring Term:

4/3-6/5 (10)	Th	6:15-7:15 pm	8-adult	C042255
Rm 204		ID/AP: \$124	OD: \$155	

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. No class 3/14.

Winter Term:

1/10-3/21 (10)	F	6:30-7:30 pm	10-adult	C032520
Rm 201		ID/AP: \$93	OD: \$116.25	

Spring Term:

4/11-6/6 (9)	F	6:30-7:30 pm	10-adult	C042520
Rm 201		ID/AP: \$84	OD: \$105	

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

Birthday Parties

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



Facility Rentals

Our facility rentals offer accommodating spaces for a wide range of occasions. Whether you're planning a memorable grad party, a cozy baby shower, a professional meeting space for your business needs, or a spacious gym for practice sessions, we've got you covered. Contact us today to book your ideal space at an affordable price.

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

Registered Program Interest
Survey: Conestoga Recreation &
Aquatic Center



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.

\$60.75 ID/\$76 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 \$51.50 ID/ \$64.50 OD

3 sessions \$154.50 ID/ \$193.50 OD

6 sessions \$309 ID/ \$387 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 \$68.50 ID/ \$85.75 OD

3 sessions \$205.50 ID/ \$257.25 OD

6 sessions \$411 ID/ \$514.50 OD



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

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

TriMet Bus Routes #76, #78, #88

Facility Supervisor: Juan Caez

Hours:

Monday-Thursday: 8 am-5 pm

Friday: 8 am-2pm

Facility Closed: 1/20, 2/17, 5/26

Age and Membership Requirements

Adults 55 and better may participate at the Elsie Stuhr Center. Please note that adults 65 and better will qualify for the senior discount at the center. A THPRD identification card is required for all program/activity registrations. See page 139 for out of district information.

Elsie Stuhr Center Drop-In Activities

- Pool (Billiards) open daily
- Cribbage: Mondays, 8am-10:30am
- Haircuts: Mondays, 2-5pm
- In Stitches (Knitting Group): 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, Weds., 2-5pm
- 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
- Ballroom Dance: Thursdays, 2-4pm
- Pinochle: Fridays, 10am-1pm
- Chess/Go: Mondays/Wednesdays, 2-5pm

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.



Discover, Explore, and Enjoy with these Spring Trips

4/19: Tulip Festival



5/15: Astoria Trip



6/3: Fort Vancouver Trip



ARTS & CRAFTS

Dates (Weeks) Location	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.

1/6-3/17 (9) Spruce	M ID/AP: \$126	12:30-2 pm SD: \$113.25	ES34604 OD: \$157.50
1/9-3/13 (10) Spruce	Th ID/AP: \$140	12:30-2 pm SD: \$126	ES34605 OD: \$175
3/31-6/2 (10) Spruce	M ID/AP: \$140	12:30-2 pm SD: \$126	ES44604A OD: \$175
4/3-6/5 (10) Spruce	Th ID/AP: \$140	12:30-2 pm SD: \$126	ES44604B OD: \$175



Creative Painting

This class explores both realism and abstract techniques in an inspiring, creative atmosphere using the paint medium of your choice; Oils, Acrylics, Watercolors, or Pastels are welcome. (Teresa)

1/6-3/10 (8) Spruce	M ID/AP: \$205	9 am-12 pm SD: \$184.50	ES34607 OD: \$256.25
1/9-3/13 (10) Spruce	Th ID/AP: \$249	9:15 am-12:15 pm SD: \$224	ES34608 OD: \$311.25
3/31-6/2 (10) Spruce	M ID/AP: \$249	9 am-12 pm SD: \$224	ES44607B OD: \$311.25
4/3-6/5 (10) Spruce	Th ID/AP: \$249	9 am-12 pm SD: \$224	ES44607D OD: \$311.25

Crocheting Beginners new

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. (Cheri)

1/7-2/25 (8) Willow	T ID/AP: \$121	11 am-12:30 pm SD: \$108.75	ES34600 OD: \$151.25
4/1-5/20 (8) Poplar	T ID/AP: \$121	11 am-12:30 pm SD: \$108.75	ES44600A OD: \$151.25



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. (Cheri)

1/14-3/4 (8) Willow	T ID/AP: \$121	12:45-2:15 pm SD: \$108.75	ES34601 OD: \$151.25
4/8-5/27 (8) Poplar	T ID/AP: \$121	12:45-2:15 pm SD: \$108.75	ES44601A OD: \$151.25

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! (Teresa)

1/8-3/12 (10) Cedar Rm	W ID/AP: \$140	1:30-3 pm SD: \$126	ES34606 OD: \$175
4/2-6/4 (10) Cedar Rm	W ID/AP: \$140	1:30-3 pm SD: \$126	ES44605B OD: \$175

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)

Pottery

This pottery class is a mix of beginners and experience students. Supplies included. Students are responsible to clean their own workspace after class. (Marjanna)

1/8-3/12 (10)	W	10 am-1 pm	ES34609
Spruce	ID/AP: \$249	SD: \$224	OD: \$311.25
4/2-6/4 (10)	W	10 am-1 pm	ES44609A
Spruce	ID/AP: \$249	SD: \$224	OD: \$311.25



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. (Sharon)

1/10-3/14 (10)	F	9 am-12 pm	ES34602
Spruce	ID/AP: \$254	SD: \$228.50	OD: \$317.50
4/4-5/30 (9)	F	9 am-12 pm	ES44602A
Spruce	ID/AP: \$230	SD: \$207	OD: \$287.50

Featured Workshop: Wood Carving 101 new

Enjoy creating an ornament while you learn the very basics of wood carving in this hands-on single-session workshop. Try your hand at a new skill in a welcoming environment. Instructor supplies wood, tools, paints and safety gear. (Nancy)

1/7 (1)	T	10-11:30 am	ES34603W
Spruce	ID/AP: \$24	SD: \$21.50	OD: \$30
4/8 (1)	T	10-11:30 am	ES44603W
Spruce	ID/AP: \$24	SD: \$21.50	OD: \$30

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. (Nancy)

1/14-3/18 (10)	T	10-11:30 am	ES34603A
Spruce	ID/AP: \$145	SD: \$130.50	OD: \$181.25
4/15-6/3 (8)	T	10-11:30 am	ES44603A
Spruce	ID/AP: \$118	SD: \$106	OD: \$147.50
1/14-3/18 (10)	T	12:15-1:45 pm	ES34603B
Spruce	ID/AP: \$145	SD: \$130.50	OD: \$181.25
4/15-6/3 (8)	T	12:15-1:45 pm	ES44603B
Spruce	ID/AP: \$118	SD: \$106	OD: \$147.50

DANCE

Ballroom Dance: Beginners

Discover the magic of ballroom dance in our beginner-friendly class. Learn the graceful Waltz, the smooth Foxtrot, and more with ease. Led by experienced instructors, this class focuses on building confidence and improving balance. No partner or experience needed, just your enthusiasm to learn and have fun. Join us for a delightful journey into the world of ballroom dance! (Linda)

1/8-3/12 (10)	W	3-4 pm	ES31604
Oak Rm	ID/AP: \$131	SD: \$117.75	OD: \$163.75
4/2-5/28 (9)	W	3-4 pm	ES41604
Oak Rm	ID/AP: \$118	SD: \$106	OD: \$147.50

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! (Linda)

1/10-3/14 (10)	F	10-11 am	ES31604B
Fir	ID/AP: \$120	SD: \$108	OD: \$150

East Coast Swing

Discover the magic of ballroom dance in our beginner-friendly class. Learn the graceful Waltz, the smooth Foxtrot, and more with ease. Led by experienced instructors, this class focuses on building confidence and improving balance. No partner or experience needed, just your enthusiasm to learn and have fun. Join us for a delightful journey into the world of ballroom dance! (Linda)

1/8-3/12 (10)	W	1:45-2:45 pm	ES31603
Oak Rm	ID/AP: \$131	SD: \$117.75	OD: \$163.75
4/2-5/28 (9)	W	1:45-2:45 pm	ES41603
Oak Rm	ID/AP: \$118	SD: \$106	OD: \$147.50

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 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! (Patti)

1/9-3/13 (10)	Th	4-5 pm	ES31605
Manzanita	ID/AP: \$138	SD: \$124	OD: \$172.50
4/3-4/24 (4)	Th	2-3 pm	ES41605
Manzanita	ID/AP: \$59	SD: \$53	OD: \$73.75

Salsa for Beginners

Welcome to our beginner salsa classes, Level 1! 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! (Karla)

1/6-3/10 (8)	M	2-3 pm	ES31601
Oak Rm	ID/AP: \$112	SD: \$100.75	OD: \$140
3/31-5/19 (8)	M	2-3 pm	ES41601B
Oak Rm	ID/AP: \$115	SD: \$103.50	OD: \$143.75



Salsa: Intermediate

At this level, you'll enhance your skills with more intricate moves and refined techniques. You'll learn steps like the Left Turn, Cross Body Lead with Inside Turn and Outside Turn, Open Break with Followers Right Turn, and the captivating Cumbia Step. Additionally, you'll explore advanced techniques, from molding in turns to using the torso, keeping the line for followers, maintaining a one-foot distance, chest-to-chest connection, hand/frame switch, hair comb/loop, torso movement, negative/positive connection, engaged lats, and leading for leaders on three dance tracks. Prepare to elevate your skills and enjoy salsa even more! (Karla)No class on Nov. 11 and Nov. 25

1/6-3/10 (8)	M	3:15-4:15 pm	ES31602
Oak Rm	ID/AP: \$112	SD: \$100.75	OD: \$140
3/31-5/19 (8)	M	3:15-4:15 pm	ES41602B
Oak Rm	ID/AP: \$112	SD: \$100.75	OD: \$140

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. (Tony)

4/3-5/8 (6)	Th	10-11:30 am	ES45600A
Dogwood	ID/AP: \$31	SD: \$27.75	OD: \$38.75

HEALTH AND WELLNESS GROUPS

Pre-Diabetes/Diabetes Support Group

First AND Third Thursdays 1-2 pm

MS Support Group

Second Thursdays 10-12 pm

Alzheimer's Support Group

Second Thursdays 12-2 pm

Inspired Writings

Second & Fourth Thursdays 2-4pm

Stuhr Book Club

Third Thursdays 10:30-12pm

Visually Impaired People of Beaverton

Fourth Thursdays 10-11am

Welcome!

Newcomers' Welcome!

Join us to learn all about the Elsie Stuhr Center! It's a great way to check out the variety of classes we offer while touring the facility.

Tuesday, February 18 11am • Willow Room
Tuesday, April 8 11am • Willow Room

Around the World: Folk Art & Crafts new

Explore the rich tapestry of global folk arts and crafts in this engaging class designed to ignite creativity in young minds. From every corner of the world, students will discover a myriad of traditional techniques and ideas. Using everyday materials, each project is crafted to inspire and encourage hands-on exploration. Whether it's painting, cutting, pasting, molding, or beyond, students will embark on a journey of artistic discovery, learning to appreciate the diversity and beauty of cultural expressions through their own imaginative creations. (Evelyn)

1/9-3/13 (10)	Th	10-11:30 am	ES34610
Poplar	ID/AP: \$140	SD: \$126	OD: \$175
4/17-6/5 (8)	Th	10-11:30 am	ES44610A
Poplar	ID/AP: \$113	SD: \$101.50	OD: \$141.25

Coffee & Canvas

Join artist Kelly Lovell for an artful morning of Coffee & Canvas. Participants will be taken step by step through a fun and simple painting, while you enjoy freshly roasted coffee.

2/11 (1)	T	2-3:30 pm	ES34615
Spruce	ID/AP: \$25	SD: \$22.50	OD: \$31.25
5/6 (1)	T	2-3:30 pm	ES44615D
Spruce	ID/AP: \$25	SD: \$22.50	OD: \$31.25

Conversational Spanish

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

1/6-3/17 (9)	M	9:30-11 am	ES35616
Willow	ID/AP: \$55	SD: \$49.50	OD: \$68.75
3/31-6/2 (9)	M	9:30-11 am	ES45616A
Willow	ID/AP: \$55	SD: \$49.50	OD: \$68.75

Come to Lunch at the Stuhr Center

Beaverton Meals on Wheels is the meal provider at the Elsie Stuhr Center. Come to lunch Mondays and Wednesdays from 11:30am-1pm. Cost per person is \$9.05. For those ages 60 and older, please donate what you are able. Entertainment provided while lunch is served.

Meals on Wheels: 503-643-8352

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)

Getting the Most from your Smartphone (Android)

Do you have an Android phone? Attend a crash course on daily smartphone operations, from the very basics to using your contacts, email, browsing the internet, adjusting settings, and more! The first session will include a general overview on many subjects. Requests will be taken for topics to explore in the second session. Come with something specific you'd like to learn! (Galena)

2/11-2/18 (2)	T	9:30-11:30 am	ES35606
Cedar Rm	ID/AP: \$40	SD: \$36	OD: \$50
4/15-4/22 (2)	T	9:30-11:30 am	ES45606
Cedar Rm	ID/AP: \$40	SD: \$36	OD: \$50

Getting the Most from your Smartphone (iPhone)

Do you have an iPhone? Attend a crash course on daily smartphone operations, from the very basics to using your contacts, email, browsing the internet, adjusting settings, and more! The first session will include a general overview on many subjects. Requests will be taken for topics to explore in the second session. Come with something specific you'd like to learn! (Galena)

2/13-2/20 (2)	Th	9:30-11:30 am	ES35607
Cedar Rm	ID/AP: \$40	SD: \$36	OD: \$50
4/7-4/14 (2)	M	9:30-11:30 am	ES45607
Cedar Rm	ID/AP: \$40	SD: \$36	OD: \$50

TECH SUPPORT

Meet one-on-one with an expert to discuss and troubleshoot smartphone and computer issues

Thursdays – By appointment at the front desk
Appointment Times: 9am / 9:45am / 10:30am

Laughter Sessions

Well, we all have heard of the old saying laughter is the best medicine. Join us for some much-needed relaxation and rejuvenation with this weekly Laughter Therapy class. We will decrease tension, stress and will boost our morale and well-being utilizing a combination of laughter exercises, play, affirmation, breathing, and mindfulness. You choose to play at your own level, ability, passion and willingness. (Stefano)

1/13-3/3 (6)	M	1-2:30 pm	ES35601
Willow	ID/AP: \$75	SD: \$67.50	OD: \$93.75
4/14-5/19 (6)	M	1-2:30 pm	ES45601A
Willow	ID/AP: \$75	SD: \$67.50	OD: \$93.75



Parenting Grown Children

Being a parent doesn't stop at eighteen, as parents of adult children I know. We will explore the complexities, joys, trials, and tribulations between parents and adult children and learn some skills and perspectives that can be helpful in building stronger and healthier relationships. (Marilyn)

2/4-2/18 (3)	T	10-11:30 am	ES32615
Dogwood	ID/AP: \$60	SD: \$54	OD: \$75
5/6-5/20 (3)	T	10-11:30 am	ES42615
Dogwood	ID/AP: \$60	SD: \$54	OD: \$75

Photography I

Learn the basics of composition, lighting, and camera settings to capture stunning images. From landscapes to portraits, explore various photography genres and techniques. Receive hands-on guidance from experienced instructors to unleash your creative potential. Join us and start capturing moments that tell your unique story through the lens! (Bob)

1/8-3/19 (11)	W	10:45 am-12:15 pm	ES35602
Cedar Rm	ID/AP: \$204	SD: \$183.50	OD: \$255
4/2-5/28 (9)	W	10:45 am-12:15 pm	ES45603A
Cedar Rm	ID/AP: \$168	SD: \$151	OD: \$210

Photography II

Take better pictures. Learn the settings on your camera and how they affect the quality of your photographs. There will be field trips and class will meet off site occasionally. For a week-to-week schedule, please contact the office. Lab time provided during class. Photography I class as a prerequisite is preferred, or instructor approval. (Bob)

1/8-3/19 (11)	W	9-10:30 am	ES35603
Cedar Rm	ID/AP: \$204	SD: \$183.50	OD: \$255
4/2-5/28 (9)	W	9-10:30 am	ES45604A
Cedar Rm	ID/AP: \$168	SD: \$151	OD: \$210

Piano for Beginners I

Embark on your musical journey with our beginner piano lessons. Learn the fundamentals of playing the piano in a supportive and encouraging environment. From mastering basic melodies to understanding essential music theory, this class sets a strong foundation for your musical exploration. No prior experience necessary

1/6-3/10 (10)	M	9-10:30 am	ES34612
Dogwood	ID/AP: \$293	SD: \$263.50	OD: \$366.25
3/31-6/2 (9)	M	9-10:30 am	ES44612A
Dogwood	ID/AP: \$264	SD: \$237.50	OD: \$330



Piano for Beginners II

The second level of our beginner piano lessons. Pick up where you left off from our Beginner I class and master new melodies while improving your knowledge of music theory.

1/8-3/12 (10)	W	9-10:30 am	ES34613
Dogwood	ID/AP: \$293	SD: \$263.50	OD: \$366.25
4/2-6/4 (10)	W	9-10:30 am	ES44613A
Dogwood	ID/AP: \$293	SD: \$263.50	OD: \$366.25

Piano, Intermediate

Ready to take your piano skills to the next level? Join our intermediate piano class and refine your technique. Dive deeper into music theory, explore new genres, and tackle more challenging pieces. Elevate your playing and continue your journey toward piano proficiency with us!

1/6-3/10 (8)	M	10:45 am-12:15 pm	ES34614
Dogwood	ID/AP: \$237	SD: \$213.25	OD: \$296.25
3/31-6/2 (10)	M	10:45 am-12:15 pm	ES44614A
Dogwood	ID/AP: \$293	SD: \$263.50	OD: \$366.25

DAVS PROGRAMS

Circle of Friends

Looking to connect with new people at the Elsie Stuhr Center? Led by a facilitator, this group will meet once a week for 8 weeks to help build social connections through fun activities and lively discussions.

1/14-3/4 (8)	T	10-11:30 am	ES35611
Willow	ID/AP: \$24	SD: \$24	OD: \$40

Tools to Build Mind/Body Health

How we handle stress, relate to others, and make healthy choices can change over time as we age. Join us to explore the relationship between mental and physical health and learn tools to build a more resilient mind-body connection. Presented by the Washington County Older Adult Behavioral Health Initiative, Andy Wallace and Jenny Moore. Participants will gain understanding of the effects of stress, change, and loneliness on mental health, learn tips for safe use of alcohol and medications for older adults and develop strategies for maintaining mind/body health.

1/16 (1)	Th	11 am-12:30 pm	ES35610
Willow	ID/AP: \$3	SD: \$3	OD: \$5

Winter Reading: Loneliness Book Club

Join us for a discussion of the groundbreaking book *Together, The Healing Power of Human Connection in a Sometimes Lonely World* by Vivek Murthy. Themes of the book include the how and why of making our communities more friendly, connected, and livable for the long term. Books are provided to registered participants and will be ready for pick up from the Elsie Stuhr Center starting December 2. Presented by the Older Adult Behavioral Health Initiative.

2/6 (1)	Th	11 am-12:30 pm	ES35608
Cedar Rm	ID/AP: \$3	SD: \$3	OD: \$5

Neurographic Art

Learn how to transform stress into beautiful works of art using paper and ink. This process helps relieve stress through meditative, process-based art-making that's rooted in mindful self-compassion that anyone can do. Come relax with us! Facilitated by the Older Adult Behavioral Health Initiative.

3/6 (1)	Th	11 am-12:30 pm	ES35609
Cedar Rm	ID/AP: \$3	SD: \$3	OD: \$5

The Story Is Yours NEW

Where have you been and what have you done and what do you know? One way to think about life experience is as accumulated riches. And one way to think of writing is as an expression of those riches. This class is about learning how to tap into your experience and shape it into short stories, personal essays, memoirs or poetry--your choice. Learn how to use the steps in the writing process to create deeply satisfying reflections on what life has taught you. Brief readings by well-known writers help deepen your writing even more. Let's have some fun! No class on November 28. (Carol)

1/9-2/27 (8)	Th	10-11:30 am	ES35604
Poplar	ID/AP: \$118	SD: \$106	OD: \$147.50
4/3-5/15 (7)	Th	10-11 am	ES45600B
Poplar	ID/AP: \$79	SD: \$71	OD: \$98.75

SPECIAL EVENTS

Grandparents Camp

Calling all abuelas, babushkas, pop pops and mimis! Join us for nature adventures at Grandparents Camp this Spring Break! 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 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, drinking water, two snacks, and a backpack daily. Limit of two (2) grandchildren per grandparent. Registration fee is per grandchild.

3/26-3/28 (1)	W/Th/F	9 am-1 pm	ES17600
Poplar	ID/AP: \$116	SD: \$104.24	OD: \$145

St Patrick's Day Dance

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! Must pre-register at the front desk no later than Feb. 12

3/14 (1)	F	2-4 pm	ES38602
Manzanita	ID/AP: \$3	SD: \$3	OD: \$5

Valentine's Dance

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! We'll provide musical entertainment and yummy refreshments for all to enjoy!

2/14 (1)	F	2-4 pm	ES38601
Manzanita	ID/AP: \$3	SD: \$3	OD: \$5

Cinco de Mayo Dance

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

5/2 (1)	F	2-4 pm	ES48601
Manzanita	ID/AP: \$3	SD: \$3	OD: \$5

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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 that your body feels better throughout your day! Come away with a short routine to get your started.

2/26 (1)	W	9:30-11 am	ES32684
Fitness Room	ID/AP: \$18	SD: \$16	OD: \$22.50
5/7 (1)	W	9:30-11 am	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. David

1/14 (1)	T	1:30-3 pm	ES32679
Fitness Room	ID/AP: \$18	SD: \$16	OD: \$22.50
4/15 (1)	T	1:30-3 pm	ES42679
Fitness Room	ID/AP: \$18	SD: \$16	OD: \$22.50



SPRING MELT SERIES

Intro to MELT concepts and techniques, Mini Hand and Foot Treatments

4/8 (1)	T	12:30-1:30 pm	ES42681
Oak Rm	ID/AP: \$15	SD: \$13.50	OD: \$18.75

MELT assessments and techniques, Soft Ball Hand and Foot Treatments

4/15 (1)	T	12:30-1:30 pm	ES42682
Oak Rm	ID/AP: \$15	SD: \$13.50	OD: \$18.75

MELT Full Hand and Foot Treatments

4/22 (1)	T	12:30-1:30 pm	ES42683
Oak Rm	ID/AP: \$15	SD: \$13.50	OD: \$18.75

MELT 50-Second Facial, Forearm Treatments, Bunion Band

4/29 (1)	T	12:30-1:30 pm	ES42684
Oak Rm	ID/AP: \$15	SD: \$13.50	OD: \$18.75

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!

1/8 (1)	W	9:30-11 am	ES32685
Fitness Room	ID/AP: \$18	SD: \$16	OD: \$22.50
5/28 (1)	W	9:30-11 am	ES42687
Fitness Room	ID/AP: \$18	SD: \$16	OD: \$22.50



REVIVE, Exercise Recovery Program

Recovering from an illness or medical treatment? Regain your strength and create optimal health with this individualized and targeted exercise program. Exercise prescription/workout is based on medical status, fitness level and wellness goal. Medical Release & Health/Medical History Forms requested.

1/7-2/13 (6)	T/Th	12-1 pm	ES32689
Fitness Room	ID/AP: \$154	SD: \$138.50	OD: \$192.50
2/18-3/20 (5)	T/Th	12-1 pm	ES32690
Fitness Room	ID/AP: \$128.50	SD: \$115.50	OD: \$160.50
4/8-5/8 (5)	T/Th	12-1 pm	ES42689
Fitness Room	ID/AP: \$128.50	SD: \$115.50	OD: \$160.50
5/13-6/12 (5)	T/Th	12-1 pm	ES42690
Fitness Room	ID/AP: \$128.50	SD: \$115.50	OD: \$160.50

Weight Room Clinics

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

Shoulder

1/29 (1)	W	9:30-11 am	ES32686
Fitness Room	ID/AP: \$18	SD: \$16	OD: \$22.50

4/23 (1)	W	9:30-11 am	ES42685
Fitness Room	ID/AP: \$18	SD: \$16	OD: \$22.50

Hip/Knee

3/12 (1)	W	9:30-11 am	ES32687
Fitness Room	ID/AP: \$18	SD: \$16	OD: \$22.50

Strength & Mobility for Pickleball

This 5-week series will focus on increasing strength and mobility to help you avoid injury and increase your skills to take your pickleball game to the next level! Class to include strength and mobility training and pickleball related exercises.

4/29-5/29 (5)	T/Th	2-3 pm	ES42691
Manzanita	ID/AP: \$148	SD: \$133	OD: \$185

Weight Room 101

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

1/22 (1)	W	10-11 am	ES32688
Fitness Room	Complimentary		
4/9 (1)	W	10-11 am	ES42688
Fitness Room	Complimentary		

Bone and Joint Health Workshop

Join our Bone & Joint Health Workshop to understand and address the risk of Osteopenia and Osteoporosis, conditions that can affect anyone. Explore the crucial intersection of nutrition and movement for optimal bone health. Learn strategies to incorporate bone-building foods into your diet and participate in a mindful yoga asana practice focused on enhancing balance and joint longevity.

5/15 (1)	Th	1-3 pm	ES42680
Willow	ID/AP: \$24	SD: \$21.50	OD: \$30

National Senior Health and Fitness Day

Come celebrate this day with the Elsie Stuhr Center!
Wednesday, May 28



SPORTS

Pickleball

Come join the fun and learn how to play America's fastest growing sport that is suitable for ages 5 to 99! You will learn the basic rules of pickleball to get you started on our brand-new 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.

4/16-5/21 (6)	W	11:15 am-12:30 pm	ES42603
OffSite	ID/AP: \$119	SD: \$107	OD: \$148.75

LUNCH TRIPS

Lunch Trip to Chart House

Join us as we head to Chart House, which boasts some of the best seafood in Portland, as well as some of the city's best views. Price includes transportation and escort. Cost of lunch is NOT included.

1/30 (1)	Th	11 am-1:30 pm	ES36609
OffSite	ID/AP: \$18	SD: \$16	OD: \$22.50

Lunch trip to McMenamins Edgefield

Join us as we head to Casa Zoraya, a historic estate with multiple dining options, set within a sprawling property featuring gardens, art, and on-site wineries. Reservations will be made at the Black Rabbit Restaurant. Price includes transportation and escort. Cost of lunch is NOT included.

2/25 (1)	T	11 am-1:30 pm	ES36607
OffSite	ID/AP: \$18	SD: \$16	OD: \$22.50

Lunch Trip to Nicholas Restaurant (Gresham)

Join us as we head to Nicholas Restaurant in Gresham, a family-owned Lebanese and Mediterranean restaurant known for its fresh and flavorful dishes, with a warm, welcoming atmosphere. Price includes transportation and escort. Cost of lunch is NOT included.

4/15 (1)	T	11 am-1:30 pm	ES46610
OffSite	ID/AP: \$18	SD: \$16	OD: \$22.50

Lunch trip to Salty's

Join us as we head to Salty's, a stylish river-side restaurant with wonderful views of the Columbia River. Price includes transportation and escort. Cost of lunch is NOT included.

5/29 (1)	Th	11 am-1:30 pm	ES46608
OffSite	ID/AP: \$18	SD: \$16	OD: \$22.50

TRIPS & TOURS

Spirit Mountain Casino Trip

Try your luck at Spirit Mountain Casino! Enjoy a day of gaming, dining, and entertainment at Oregon'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.

3/18 (1)	T	9 am-4 pm	ES36601
OffSite	ID/AP: \$33	SD: \$29.50	OD: \$41.25



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)

Tulip Festival Trip

Join us for a vibrant day trip to the Tulip Festival, starting with a visit to Marquam Hill Ranch to learn about llamas, followed by a delicious lunch at Lou's Kitchen in Mt. Angel. We'll then head to the stunning Wooden Shoe Tulip Festival to stroll through acres of colorful blooms and enjoy the beauty of spring!

4/18 (1)	F	8:30 am-5 pm	ES48603
OffSite	ID/AP: \$135	SD: \$121.50	OD: \$168.75



Astoria Trip

Explore the historic charm of Astoria on this day trip, featuring a visit to the iconic Astoria Column, a delightful lunch, and an immersive experience at the Columbia River Maritime Museum. Discover stunning views, rich history, and maritime heritage all in one memorable adventure!

5/15 (1)	Th	8 am-5:30 pm	ES48602
OffSite	ID/AP: \$124	SD: \$111.50	OD: \$155



Fort Vancouver Trip

Discover history and scenic beauty on our Fort Vancouver trip! After exploring the historic site, we'll enjoy a tasty lunch at Who Song & Larry's, then take a leisurely walk along the picturesque Vancouver Waterfront. It's a day full of rich history, great food, and stunning views!

6/3 (1)	T	9 am-4:30 pm	ES48604
OffSite	ID/AP: \$102	SD: \$91.75	OD: \$127.50





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.

NueroFitness 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.

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 6 - March 29

Spring Term: March 30 - June 14

Center Hours:

Monday-Friday: 7 am - 8:30 pm

Saturday: 8 am - 1 pm

Sunday: Closed

Facility Closed:

- **Wednesday, January 1**
- **Monday, January 20**
- **Monday, February 17**
- **Monday, May 26**

Facility Features:

- Weight room/fitness center, shower/locker rooms
- THRIVE Afterschool Enrichment Program
- Indoor gym for drop-in sports
- Kitchen for cooking classes
- Fully-equipped gymnastics room, three dance/fitness studio rooms
- Gym with stage
- Sports fields, outdoor playground and play equipment
- Fanno Creek Regional Trail (walking, running and biking)
- West Portland Boxing Team
- Garden Home Community Library



Facility Rentals



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 party packages (NEW)

Email c.negrette@thprd.org or call 503-629-6341 for more information.

Events

**Black History 101
Mobile Museum
Saturday, January 4
10 am-3 pm**



**Lunar New Year
Celebration
Saturday, February 8
4-9 pm**



**Marhaba Arab
Celebration
Saturday, April 19
11 am-3 pm**



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 117 for more details.

Spring Break Archery Mini Camp

Three days of indoor archery! Learn to shoot, score, balloons, and take part in a team event! **Offsite Camp.**

See page 120 for more details.

Fitness Classes and Drop-In Sports

See page 124 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



Have a good program idea?

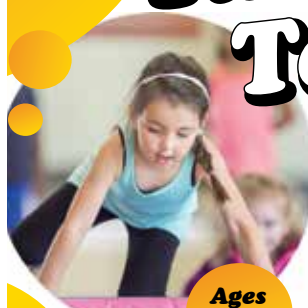
Are you interested in teaching a new class?

Contact Karol Johnston at k.johnston@thprd.org
or call 503-629-6341 X 2340



Garden Home Recreation Center

Tumble Tots



Ages
1-5 yrs

Drop-in Program

Tuesdays & Thursdays
9-10:30 am &
10:45 am-12 pm
Saturdays
9-10:30 am

ID: \$5.75 OD: \$7.75

Adult participation
is required for this
drop-in program



Tumble Tots Party Rentals

For more information please
call 503-629-6341



www.thprd.org

West Portland & Beaverton Boxing



"Building champions of the heart,
mind and body."

Registration is accepted anytime throughout the year.
For more details, call Jason Marquait, head coach, at
503-246-0131. **Hablamos Español.**



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 thprd.org for our outreach schedule and our FREE monthly Pokemon events with Oregon Pokemon.



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 23
Presentation 6-6:30 pm
Q&A Session 6:30-7 pm

REGISTRATION: 2025-2026 School Year

- Monday, May 5 - Sunday, May 11: Registration opens for current participants.
- Monday, May 12 - Wednesday, May 14: Registration window for enrolled participant's siblings is open.
- Thursday, May 15: Open enrollment will begin provided space in the program remains.

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

Schools we serve:

- Fir Grove
- McKay
- Vose
- Montclair
- Raleigh Hills
- Chehalem

For more information, call Garden Home Recreation Center at 503-629-6341.

Adaptive Mobile Recreation

THPRD's Adaptive Rec Mobile is a free drop-in program for people of all ages. This inclusive and community-based recreation program provides fun sensory friendly games, crafts, and other activities. Happening every Monday from 1-2pm at Garden Home Recreation Center!



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.

3/24 (1) Rm C	M	7:30 am-6 pm ID/AP: \$65	6-10 yrs OD: \$81.25	GH37201
3/25 (1) Rm C	T	7:30 am-6 pm ID/AP: \$65	6-10 yrs OD: \$81.25	GH37202
3/26 (1) Rm C	W	7:30 am-6 pm ID/AP: \$65	6-10 yrs OD: \$81.25	GH37203
3/27 (1) Rm C	Th	7:30 am-6 pm ID/AP: \$65	6-10 yrs OD: \$81.25	GH37204
3/28 (1) Rm C	F	7:30 am-6 pm ID/AP: \$65	6-10 yrs OD: \$81.25	GH37205



Little Yogi's Fitness Fun

Drop in every Friday and enjoy time engaging with your child in this yoga, movement, and more program. You will get moving, children will stimulate their imagination and channel energy while learning fun yoga and movement exercises, songs, and games. Class is for walkers to age 3.5 years. Parent/guardian participation required. Deluxe pass eligible and drop-in rates apply.

Weekly Rm 8	F	10:45-11:30 am ID/AP: \$8.50	1-3 yrs OD: \$10
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Arts & Crafts – Youth

3D Art for Homeschoolers

In this beginner-friendly class, young artists will explore the exciting world of 3D art! Using materials like paper, clay, and found objects, students will learn how to create sculptures and three-dimensional designs. This class encourages creativity and hands-on exploration as kids bring their ideas to life in new and fun ways. Perfect for beginners. No prior experience needed!

1/7-3/11 (10) Rm 13	T	2-3 pm ID/AP: \$98	7-9 yrs OD: \$122.50	GH34204
4/1-6/3 (10) Rm 13	T	2-3 pm ID/AP: \$98	9-14 yrs OD: \$122.50	GH44204

Clay-Nation Creations

In this fun and hands-on class, young artists will explore the world of clay! Over the course of the class, students will learn basic clay sculpting techniques to create unique and imaginative projects. They'll have the chance to design and shape their own sculptures, which they'll paint and personalize after drying. This class is perfect for artists who love to get creative and work with their hands. No prior experience is necessary. Just bring your imagination! All materials are provided, and students will take home their masterpieces at the end of the session.

1/7-2/4 (5) Rm 13	T	4-5 pm ID/AP: \$55	7-9 yrs OD: \$68.75	GH34205
4/1-4/29 (5) Rm 13	T	4-5 pm ID/AP: \$55	7-9 yrs OD: \$68.75	GH44205

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!

2/11-3/11 (5) Rm 13	T	4:15-5:15 pm ID/AP: \$55	9-14 yrs OD: \$68.75	GH34206
5/6-6/3 (5) Rm 13	T	4:15-5:15 pm ID/AP: \$55	9-14 yrs OD: \$68.75	GH44206



Arts & Crafts – Adults

Cricut Designs

Learn how to unlock the full potential of your Cricut machine in this beginner-friendly class! Teens and adults will discover how to design, cut, and apply vinyl to create custom projects like decals, t-shirts, home decor, and more. Whether you're crafting for fun or starting a business, this class will teach you essential tips and tricks for working with vinyl.

1/7-2/4 (5) Rm 13	T	6-7 pm ID/AP: \$55	16-adult OD: \$68.75	GH34503
2/11-3/11 (5) Rm 13	T	6-7 pm ID/AP: \$55	16-adult OD: \$68.75	GH34504
4/1-4/29 (5) Rm 13	T	6-7 pm ID/AP: \$46	16-adult OD: \$57.50	GH44503
5/6-6/3 (5) Rm 13	T	6-7 pm ID/AP: \$38	16-adult OD: \$47.50	GH44504

Scrapbooking/Vision Board Creations

This fun and creative class introduces beginners to the art of scrapbooking and vision board making! Students will learn how to combine photos, magazine clippings, and decorative elements to design unique scrapbooks and vision boards that reflect their goals and memories. Perfect for anyone looking to express themselves through personalized crafts!

2/13-3/13 (5) Rm 13	Th	6-7 pm ID/AP: \$55	16-adult OD: \$68.75	GH34502
5/8-6/5 (5) Rm 13	Th	6-7 pm ID/AP: \$55	16-adult OD: \$68.75	GH44502

Wood Customization

In this creative class, students will bring their own wooden items anything from skateboards to clocks, chairs, and more to customize and transform! Using Cricut machines for vinyl designs or hand-drawn artwork with paint and markers, students will learn techniques to make their wooden pieces unique. Whether you're personalizing decor or crafting a one-of-a-kind skateboard, this class is all about creativity and customization!

1/9-2/6 (5) Rm 13	Th	6-7 pm ID/AP: \$55	16-adult OD: \$68.75	GH34501
4/3-5/1 (5) Rm 13	Th	6-7 pm ID/AP: \$55	16-adult OD: \$68.75	GH44501

Dance – Preschool

Mini Flamenco Dancers

Mini Flamenco Dancers introduces our youngest dancers to the basics of footwork, palmas (hand percussion), and cante (singing in Spanish). This Spring students will learn Tangos.

1/10-3/14 (10) Rm 14	F	5-5:45 pm ID/AP: \$80	3-6 yrs OD: \$100	GH31109
4/4-6/6 (10) Rm 14	F	5-5:45 pm ID/AP: \$80	3-6 yrs OD: \$100	GH41109

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.

1/7-3/11 (10) Rm 14	T	4-4:45 pm ID/AP: \$80	3.5-5 yrs OD: \$100	GH31106
4/1-6/3 (10) Rm 14	T	4-4:45 pm ID/AP: \$80	3.5-5 yrs OD: \$100	GH41106

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.

1/9-3/13 (10) Rm 14	Th	4-4:45 pm ID/AP: \$80	4-6 yrs OD: \$100	GH31108
4/3-6/5 (10) Rm 14	Th	4-4:45 pm ID/AP: \$80	4-6 yrs OD: \$100	GH41108

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



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).

Ballet/Tap

Sample two of the most fundamental dance forms in this fun class.

1/7-3/11 (10) Rm 14	T	5-5:45 pm ID/AP: \$80	4-6 yrs OD: \$100	GH31103
4/1-6/3 (10) Rm 14	T	5-5:45 pm ID/AP: \$80	4-6 yrs OD: \$100	GH41103

Dance – Youth

Flamenco Kids

Flamenco Kids is an introductory class for our older dancers that will teach them footwork, palmas (hand percussion), and cante (singing in Spanish). This age group will work on more advanced techniques and choreographies. This Spring students will learn Tangos.

1/10-3/14 (10) Rm 14	F	6-7 pm ID/AP: \$98	7-11 yrs OD: \$122.50	GH31203
4/4-6/6 (10) Rm 14	F	6-7 pm ID/AP: \$98	7-11 yrs OD: \$122.50	GH41203

Ballet

Traditional ballet techniques class. Comprehensive barre and center work for motivated beginners and intermediate dancers. Students develop strength, flexibility, coordination and confidence.

1/9-3/13 (10) Rm 14	Th	5-5:45 pm ID/AP: \$80	6-9 yrs OD: \$100	GH31200
4/3-6/5 (10) Rm 14	Th	5-5:45 pm ID/AP: \$80	6-9 yrs OD: \$100	GH41200

Ballet/Tap/Jazz

Ready for variety? We'll learn some basic technique and fun routines in this fast-paced class. Tap shoes required.

1/7-3/11 (10) Rm 14	T	6:05-7 pm ID/AP: \$92	6-9 yrs OD: \$115	GH31201
4/1-6/3 (10) Rm 14	T	6:05-7 pm ID/AP: \$92	6-9 yrs OD: \$115	GH41201

Musical Theater

Develop your acting, singing and dancing skills as we perform scenes from SpongeBob the musical.

1/9-3/13 (10) Rm 14	Th	6:05-7 pm ID/AP: \$92	6-9 yrs OD: \$115	GH31202
4/3-6/5 (10) Rm 14	Th	6:05-7 pm ID/AP: \$92	6-9 yrs OD: \$115	GH41202

Dance – Adult

Flamenco Adults

A class for beginning and returning flamenco dancers who wants to learn & improve their dance technique, footwork and flamenco rhythms.

1/11-3/15 (10) Rm 14	S	11:45 am-12:45 pm ID/AP: \$98	13-adult OD: \$122.50	GH31304
4/5-6/7 (10) Rm 14	S	11:45 am-12:45 pm ID/AP: \$98	13-adult OD: \$122.50	GH41304

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.

1/9-3/13 (10) Rm 14	Th	7:15-8 pm ID/AP: \$91	13-adult OD: \$113.75	GH31301
4/3-6/5 (10) Rm 14	Th	7:15-8 pm ID/AP: \$91	13-adult OD: \$113.75	GH41301

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.

1/7-3/11 (10) Rm 14	T	7:05-8 pm ID/AP: \$123	13-adult OD: \$153.75	GH31300
4/1-6/3 (10) Rm 14	T	7:05-8 pm ID/AP: \$123	13-adult OD: \$153.75	GH41300

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 classes 1/20 & 2/17.**

1/6-3/10 (8) Rm 14	M	6:30-7:30 pm ID/AP: \$94	13-adult OD: \$117.50	GH31302
3/31-6/2 (9) Rm 14	M	6:30-7:30 pm ID/AP: \$101	13-adult OD: \$126.25	GH41302

Gymnastics – Preschool

Tumble Bears: Pre Gym

This is an introduction to Gymnastics for preschool aged children. In this class they will be introduced to gymnastics events through fun obstacle courses and drills. They will focus on beginning gymnastics skills, flexibility, strength, following directions, and listening. No gymnastics experience is necessary. **No classes on 1/20, 2/17, and 5/26.**

1/6-3/10 (8) Rm 3	M	5:30-6:15 pm ID/AP: \$110	3-5 yrs OD: \$137.50	GH33105
1/9-3/13 (10) Rm 3	Th	5:30-6:15 pm ID/AP: \$127	3-5 yrs OD: \$158.75	GH33107
3/31-6/2 (9) Rm 3	M	5:30-6:15 pm ID/AP: \$119	3-5 yrs OD: \$148.75	GH43105
4/1-6/3 (10) Rm 3	T	5:30-6:15 pm ID/AP: \$121	3-5 yrs OD: \$151.25	GH43107
4/3-6/5 (10) Rm 3	Th	5:30-6:15 pm ID/AP: \$127	3-5 yrs OD: \$158.75	GH43109



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

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 classes on 1/20, 2/17, and 5/26.**

1/6-3/10 (8) Rm 3	M	6:45-7:30 pm ID/AP: \$110	6-8 yrs OD: \$137.50	GH33106
1/7-3/11 (10) Rm 3	T	6:45-7:30 pm ID/AP: \$121	6-8 yrs OD: \$151.25	GH33108
1/9-3/13 (10) Rm 3	Th	6:45-7:30 pm ID/AP: \$127	6-8 yrs OD: \$158.75	GH33110
1/9-3/13 (10) Rm 3	Th	7:45-8:30 pm ID/AP: \$127	9-11 yrs OD: \$158.75	GH33111
3/31-6/2 (9) Rm 3	M	6:45-7:30 pm ID/AP: \$119	6-8 yrs OD: \$148.75	GH43106
4/1-6/3 (10) Rm 3	T	6:45-7:30 pm ID/AP: \$127	6-8 yrs OD: \$158.75	GH43108
4/3-6/5 (10) Rm 3	Th	6:45-7:30 pm ID/AP: \$127	6-8 yrs OD: \$158.75	GH43110
4/3-6/5 (10) Rm 3	Th	7:45-8:30 pm ID/AP: \$127	9-11 yrs OD: \$158.75	GH43111

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. Instructors are Kukkiwon/World Taekwondo certified. **No classes 1/20, 2/17, and 5/26.**

1/6-3/3 (7) Gym	M	3:15-3:45 pm ID/AP: \$43	3-5 yrs OD: \$53.75	GH32130
1/7-3/4 (9) Gym	T	4:15-4:45 pm ID/AP: \$50	3-5 yrs OD: \$62.50	GH32131
3/31-6/2 (9) Gym	M	3:15-3:45 pm ID/AP: \$52	3-5 yrs OD: \$65	GH42130
4/1-6/3 (10) Gym	T	4:15-4:45 pm ID/AP: \$55	3-5 yrs OD: \$68.75	GH42132

Sports & Fitness – Youth

Soccer: Level 1

Athletes will focus on teamwork, fair play, drills, dribbling and scrimmages in a fun and encouraging atmosphere.

4/2-4/30 (5) Gym	W	5:30-6:15 pm ID/AP: \$35	5-7 yrs OD: \$43.75	GH42200
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Basketball: Level 1

Athletes will focus on teamwork, fair play, drills, dribbling and scrimmages in a fun and encouraging atmosphere.

1/8-3/12 (10) Gym	W	5:30-6:15 pm ID/AP: \$69	5-7 yrs OD: \$86.25	GH32200
5/7-6/4 (5) Gym	W	5:30-6:15 pm ID/AP: \$35	5-7 yrs OD: \$43.75	GH42201



Basketball Scrimmages

Athletes will focus on improving skills already established. The focus will be on elevating a sense of teamwork, fair play, drills, dribbling and scrimmages in a fun and encouraging atmosphere.

1/8-3/12 (10) Gym	W	6:30-7:15 pm ID/AP: \$69	7-9 yrs OD: \$86.25	GH32001
5/7-6/4 (5) Gym	W	6:30-7:15 pm ID/AP: \$35	7-9 yrs OD: \$43.75	GH42001

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 classes on 1/20, 2/17, and 5/26.**

1/6-3/3 (7) Gym	M	4-5 pm ID/AP: \$82	6-14 yrs OD: \$102.50	GH32220
3/31-6/2 (9) Gym	M	4-5 pm ID/AP: \$102	6-14 yrs OD: \$127.50	GH42220

Family Taekwondo

Learn Taekwondo philosophy, basics, drills, and self-defense techniques in this fun, safe environment. Rank promotion available from white belt through black belt. Instructors are Kukkiwon/World Taekwondo certified. **No classes on 1/20, 2/17, and 5/26.**

1/6-3/3 (9) Gym	M	5:15-6:15 pm ID/AP: \$96	6-adult OD: \$120	GH32230
3/31-6/2 (10) Gym	M	5:15-6:15 pm ID/AP: \$111	6-adult OD: \$138.75	GH42230

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**

3/24-3/26 (1) Offsite	M/T/W	10:30-11:30 am ID/AP: \$15	7-adult OD: \$18.75	GH42235
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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**

1/11-2/1 (4) OffSite	S	11 am-12 pm ID/AP: \$15	7-adult OD: \$18.75	GH32231
1/12-2/2 (4) OffSite	Su	4-5 pm ID/AP: \$15	7-adult OD: \$18.75	GH32232
2/8-3/1 (4) OffSite	S	11 am-12 pm ID/AP: \$15	7-adult OD: \$18.75	GH32233
2/9-3/2 (4) OffSite	Su	4-5 pm ID/AP: \$15	7-adult OD: \$18.75	GH32234
4/5-4/26 (4) OffSite	S	11 am-12 pm ID/AP: \$15	7-adult OD: \$18.75	GH42231
4/6-4/27 (4) OffSite	Su	11 am-12 pm ID/AP: \$15	7-adult OD: \$18.75	GH42232
5/3-5/24 (4) OffSite	S	11 am-12 pm ID/AP: \$15	7-adult OD: \$18.75	GH42233
5/4-5/25 (4) OffSite	Su	4-5 pm ID/AP: \$15	7-adult OD: \$18.75	GH42234

General Interest – Preschool

Homeschool STEM Explorers

In this exciting class, young innovators will dive into the world of STEM (Science, Technology, Engineering, and Math) through fun, hands-on projects! Students will build, experiment, and problem-solve while working on engaging activities. Perfect for curious minds who love to learn through doing!

1/9-3/13 (10) Rm 13	Th	10-10:45 am ID/AP: \$84	4-6 yrs OD: \$105	GH34201
4/3-6/5 (10) Rm 13	Th	10-10:45 am ID/AP: \$84	4-6 yrs OD: \$105	GH44201

General Interest – Youth

Coding for kids: Beginner level K-2

This class offers young children the perfect opportunity to develop their computational thinking skills and have a blast with their friends! The course is tailored for early readers and takes into consideration their cognitive abilities and attention span. Beginners learn essential coding concepts, such as Loops and Conditions. Returning students encounter new challenges. Projects include games, stories, and even animated characters.

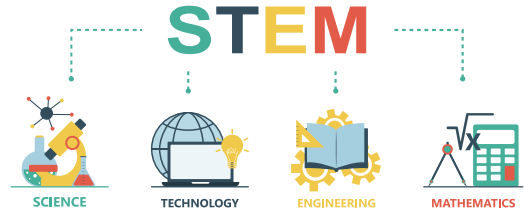
1/8-3/12 (10) Rm F	W	3:45-5:45 pm ID/AP: \$349	5-8 yrs OD: \$436.25	GH35201
4/2-6/4 (10) Rm F	W	3:45-5:45 pm ID/AP: \$349	5-8 yrs OD: \$436.25	GH45201



Coding for kids: Beginner level 3rd-5th grade

Get ready to learn how to code and express your creativity! Using Scratch, a fun drag-and-drop coding tool, you will build exciting projects like games, animations, and interactive stories. If you're just starting out, you'll code your games with basic concepts, such as loops and variables. Returning students will move on to more interesting concepts like using special conditions and functions. Advanced students will explore advanced topics like game physics!

1/9-3/13 (10) Rm F	Th	3:45-5:45 pm ID/AP: \$349	8-11 yrs OD: \$436.25	GH35202
4/3-6/5 (10) Rm F	Th	3:45-5:45 pm ID/AP: \$349	8-11 yrs OD: \$436.25	GH45202



Homeschool STEM Explorers

In this exciting class, young innovators will dive into the world of STEM (Science, Technology, Engineering, and Math) through fun, hands-on projects! Students will build, experiment, and problem-solve while working on engaging activities. Perfect for curious minds who love to learn through doing!

1/9-3/13 (10) Rm 13	Th	11 am-12 pm ID/AP: \$98	7-9 yrs OD: \$122.50	GH34202
1/9-3/13 (10) Rm 13	Th	12:30-1:30 pm ID/AP: \$98	10-14 yrs OD: \$122.50	GH34203
4/3-6/5 (10) Rm C	Th	11 am-12 pm ID/AP: \$98	7-9 yrs OD: \$122.50	GH44202
4/3-6/5 (10) Rm C	Th	12:30-1:30 pm ID/AP: \$98	10-14 yrs OD: \$122.50	GH44203

Afterschool STEM Explorers

In this exciting class, young innovators will dive into the world of STEM (Science, Technology, Engineering, and Math) through fun, hands-on projects! Students will build, experiment, and problem-solve while working on engaging activities. Perfect for curious minds who love to learn through doing! **No classes on 1/20, 2/17, and 5/26.**

1/6-3/10 (8) Rm F	M	4-4:45 pm ID/AP: \$53	6-8 yrs OD: \$66.25	GH34207
1/6-3/10 (8) Rm F	M	5-5:45 pm ID/AP: \$53	9-11 yrs OD: \$66.25	GH34208

Parents Night Off: Kids Night In

Join us on Friday evening from 6 to 8 pm for a fun-filled event! Kids can enjoy movies, pizza, arts and crafts, gymnastics, and more, all in a safe and nurturing environment. Meanwhile, parents can enjoy a well-deserved break. Mark your calendars for a night out while your kids have a blast!

1/24 (1) Rm C	F	6-8 pm ID/AP: \$35	6-10 yrs OD: \$43.75	GH38201
2/28 (1) Rm C	F	6-8 pm ID/AP: \$35	6-10 yrs OD: \$43.75	GH38202
3/21 (1) Rm C	F	6-8 pm ID/AP: \$35	6-10 yrs OD: \$43.75	GH38203
4/25 (1) Rm C	F	6-8 pm ID/AP: \$35	6-10 yrs OD: \$43.75	GH48201
5/23 (1) Rm C	F	6-8 pm ID/AP: \$35	6-10 yrs OD: \$43.75	GH48202

TR Parents Night Out

Parents, we invite you to take advantage of our Parents Night Out! Take a well-deserved evening off while our inclusion staff put on fun activities. Kids can enjoy fun sensory-related arts, crafts, and games in a safe and engaging environment. This adaptive recreation opportunity is for individuals experiencing disabilities. Mark your calendars for a fun night out while your kids have a blast! You must pre-register for this program.

1/24 (1) Gym	F	6-8 pm ID/AP: \$10	7-11 yrs OD: \$12.50	TR35310
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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)

General Interest – Adults

Antique Clock Repair

When your tick no longer tocks, learn how to dis-assemble, clean and repair your old mechanical clock. No electric or battery clocks please. Bring your own clock, pliers, screwdrivers, 1 large & small plastic container with lid. \$17 lab fee payable to instructor at first class.

1/6-3/10 (8) Rm 13	M	6-7:45 pm	16-adult	GH35400
		ID/AP: \$96	OD: \$120	
3/31-6/2 (9) Rm 13	M	6-7:45 pm	16-adult	GH45400
		ID/AP: \$106	OD: \$132.50	

Authentic Middle Eastern Cooking - Appetizers and Salads

Come learn about Middle Eastern food and culture! This is a single session class, and we'll cover different kinds of appetizers, salads, and dipping sauces!

1/17 (1) Kitchen	F	6-8 pm	16-adult	GH35505
		ID/AP: \$33	OD: \$41.25	
4/11 (1) Kitchen	F	6-8 pm	16-adult	GH45505
		ID/AP: \$33	OD: \$41.25	
6/6 (1) Kitchen	F	6-8 pm	16-adult	GH45513
		ID/AP: \$33	OD: \$41.25	

Authentic Middle Eastern Cooking - Baking

Come learn about Middle Eastern food and culture! This is a single session class, and we'll make different kinds of baked goods from Lahm Bel Ajeen to Manakeesh, and more!

1/10 (1) Kitchen	F	6-8 pm	16-adult	GH35504
		ID/AP: \$33	OD: \$41.25	
3/7 (1) Kitchen	F	6-8 pm	16-adult	GH35511
		ID/AP: \$33	OD: \$41.25	
4/4 (1) Kitchen	F	6-8 pm	16-adult	GH45504
		ID/AP: \$33	OD: \$41.25	
5/23 (1) Kitchen	F	6-8 pm	16-adult	GH45511
		ID/AP: \$33	OD: \$41.25	

Authentic Middle Eastern Cooking - Breakfast & Brunches

Come learn about Middle Eastern food and culture! This is a single session class and we'll be making delicious breakfast and brunch recipes from different kinds of Shakshuka, to Ful Mudammas, Falafel, and more!

2/28 (1) Kitchen	F	6-8 pm	16-adult	GH35510
		ID/AP: \$33	OD: \$41.25	
5/16 (1) Kitchen	F	6-8 pm	16-adult	GH45510
		ID/AP: \$33	OD: \$41.25	

Authentic Middle Eastern Cooking - Centerpieces

Come learn about Middle Eastern food and culture! This is a single session class and we'll be making authentic and elegant main dishes for your dinner parties!

2/14 (1) Kitchen	F	6-8 pm	16-adult	GH35508
		ID/AP: \$33	OD: \$41.25	
5/2 (1) Kitchen	F	6-8 pm	16-adult	GH45508
		ID/AP: \$33	OD: \$41.25	
5/30 (1) Kitchen	F	6-8 pm	16-adult	GH45512
		ID/AP: \$33	OD: \$41.25	



Authentic Middle Eastern Cooking - Desserts

Come learn about Middle Eastern food and culture! This is a single session class, and you'll learn a variety of Mahalabia (Milk Pudding) recipes, Luqaimat, and more!

2/7 (1) Kitchen	F	6-8 pm	16-adult	GH35507
		ID/AP: \$33	OD: \$41.25	
4/25 (1) Kitchen	F	6-8 pm	16-adult	GH45507
		ID/AP: \$33	OD: \$41.25	

Authentic Middle Eastern Cooking - Soups and Stews

Come learn about Middle Eastern food and culture! This is a single session class and we'll be making some hearty soups and stews for this fall!

1/24 (1) Kitchen	F	6-8 pm	16-adult	GH35506
		ID/AP: \$33	OD: \$41.25	
4/18 (1) Kitchen	F	6-8 pm	16-adult	GH45506
		ID/AP: \$33	OD: \$41.25	

Authentic Middle Eastern Cooking - Teas & Cookies

Come learn about Middle Eastern food and culture! This is a single session class and we'll be preparing different kinds of teas, Turkish coffee, and sweet & savory treats that pair well with them!

2/21 (1) Kitchen	F	6-8 pm	16-adult	GH35509
		ID/AP: \$33	OD: \$41.25	
5/9 (1) Kitchen	F	6-8 pm	16-adult	GH45509
		ID/AP: \$33	OD: \$41.25	

Cooking Authentic Indian Food: Culinary Delights

Explore authentic Indian Vegetarian cuisine using fresh ingredients. Learn to cook breads, main dishes, side dishes and tasty last-minute meals. Enjoy the simple pleasure of cooking Indian cuisine from scratch while boosting your health and wellness

1/9 (1) Kitchen	Th	5:30-7:30 pm	16-adult	GH35512
		ID/AP: \$33.25	OD: \$41.50	
1/16 (1) Kitchen	Th	5:30-7:30 pm	16-adult	GH35513
		ID/AP: \$33.25	OD: \$41.50	
1/23 (1) Kitchen	Th	5:30-7:30 pm	16-adult	GH35514
		ID/AP: \$33.25	OD: \$41.50	
1/30 (1) Kitchen	Th	5:30-7:30 pm	16-adult	GH35515
		ID/AP: \$33.25	OD: \$41.50	
2/6 (1) Kitchen	Th	5:30-7:30 pm	16-adult	GH35516
		ID/AP: \$33.25	OD: \$41.50	
2/13 (1) Kitchen	Th	5:30-7:30 pm	16-adult	GH35517
		ID/AP: \$33.25	OD: \$41.50	
2/20 (1) Kitchen	Th	5:30-7:30 pm	16-adult	GH35518
		ID/AP: \$33.25	OD: \$41.50	
2/27 (1) Kitchen	Th	5:30-7:30 pm	16-adult	GH35519
		ID/AP: \$33.25	OD: \$41.50	
3/6 (1) Kitchen	Th	5:30-7:30 pm	16-adult	GH35520
		ID/AP: \$33.25	OD: \$41.50	

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

Barre Above® Instructor Certification Course

Garden Home Recreation Center
February 22, 2025, 9 am-5 pm
Register here: www.barreabove.com

Barre
ABOVE

Adaptive Yoga is back!

Join Instructor Rose for a welcoming and warm Yoga class. Find joy in every pose with us! Drop-in or Deluxe pass eligible.

Wednesdays, 10:45-11:45 am
Garden Home Recreation Center

New Music classes coming to new Garden Home Recreation Center

- Guitar 1
- Bass Guitar
- Music making for homeschool kids
- Songwriting
- Beginner Music Production & Recording

To learn more about these classes and for more information, call 503-629-6341.



Cooking Authentic Indian Food: Snacks, Appetizers, Breakfast, & Street Food

Explore authentic Indian Vegetarian cuisine using fresh ingredients. Learn to cook breads, main dishes, side dishes and tasty last-minute meals. Enjoy the simple pleasure of cooking Indian cuisine from scratch while boosting your health and wellness

4/3 (1)	Th	5:30-7:30 pm	16-adult	GH45514
Kitchen		ID/AP: \$33.25	OD: \$41.50	
4/10 (1)	Th	5:30-7:30 pm	16-adult	GH45515
Kitchen		ID/AP: \$33.25	OD: \$41.50	
4/17 (1)	Th	5:30-7:30 pm	16-adult	GH45516
Kitchen		ID/AP: \$33.25	OD: \$41.50	
4/24 (1)	Th	5:30-7:30 pm	16-adult	GH45517
Kitchen		ID/AP: \$33.25	OD: \$41.50	
5/1 (1)	Th	5:30-7:30 pm	16-adult	GH45518
Kitchen		ID/AP: \$33.25	OD: \$41.50	
5/8 (1)	Th	5:30-7:30 pm	16-adult	GH45519
Kitchen		ID/AP: \$33.25	OD: \$41.50	
5/15 (1)	Th	5:30-7:30 pm	16-adult	GH45520
Kitchen		ID/AP: \$33.25	OD: \$41.50	
5/22 (1)	Th	5:30-7:30 pm	16-adult	GH45521
Kitchen		ID/AP: \$33.25	OD: \$41.50	
5/29 (1)	Th	5:30-7:30 pm	16-adult	GH45522
Kitchen		ID/AP: \$33.25	OD: \$41.50	
6/5 (1)	Th	5:30-7:30 pm	16-adult	GH45523
Kitchen		ID/AP: \$33.25	OD: \$41.50	

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

Fitness – Teen / Adult

Middle School Weight Training

Weight training program specifically designed for middle school students. This group training includes entry into the Garden Home Recreation Center weight room during class time only. **No classes 1/20, 1/27, and 5/26.**

1/6-2/12 (6)	M/W	4:45-5:45 pm	11-14 yrs	GH32250
Wt Rm		ID/AP: \$96	OD: \$120	
2/19-3/19 (5)	M/W	4:45-5:45 pm	11-14 yrs	GH32251
Wt Rm		ID/AP: \$87	OD: \$108.75	
3/31-4/30 (5)	M/W	4:45-5:45 pm	11-14 yrs	GH42250
Wt Rm		ID/AP: \$77	OD: \$96.25	
5/5-6/4 (5)	M/W	4:45-5:45 pm	11-14 yrs	GH42251
Wt Rm		ID/AP: \$87	OD: \$108.75	

Adaptive Weight Room Circuit new

Learn to move through full ranges of motion safely and effectively in a fun and 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! Sign up week by week or for all 8 weeks at once.

1/13-3/5 (8)	M/W	11 am-12 pm	14-adult	GH32511
Wt Rm		ID/AP: \$125	OD: \$156.25	
1/13-1/15 (1)	M/W	11 am-12 pm	14-adult	GH32512
Wt Rm		ID/AP: \$20	OD: \$25	
1/22 (1)	W	11 am-12 pm	14-adult	GH32513
Wt Rm		ID/AP: \$10	OD: \$12.50	
1/27-1/29 (1)	M/W	11 am-12 pm	14-adult	GH32514
Wt Rm		ID/AP: \$20	OD: \$25	
2/3-2/5 (1)	M/W	11 am-12 pm	14-adult	GH32515
Wt Rm		ID/AP: \$20	OD: \$25	
2/10-2/12 (1)	M/W	11 am-12 pm	14-adult	GH32516
Wt Rm		ID/AP: \$20	OD: \$25	
2/19 (1)	W	11 am-12 pm	14-adult	GH32517
Wt Rm		ID/AP: \$10	OD: \$12.50	
2/24-2/26 (1)	M/W	11 am-12 pm	14-adult	GH32518
Wt Rm		ID/AP: \$20	OD: \$25	
3/3-3/5 (1)	M/W	11 am-12 pm	14-adult	GH32519
Wt Rm		ID/AP: \$20	OD: \$25	



Body & Food Relationship Workshop

Delve into a sustainable and balanced perspective that considers the profound meanings food holds, encompassing culture, family, memory, emotion, spirituality, and more. Say goodbye to diet culture language as we embrace fresh viewpoints on food and body image. This workshop is a transformative journey towards fostering a healthier and more mindful relationship with what we eat. Join us to nourish not just your body but also your understanding of the broader impact of food in our lives.

1/25 (1)	S	11 am-12:30 pm	14-adult	GH32520
Rm 2		ID/AP: \$22	OD: \$27.50	

Navigate Your Weight Room

Learn machine adjustments, basic technique for using fitness room equipment, and receive a basic exercise program during this 1.5 hour session with CPT. Small group format. Maximum five people.

3/8 (1) Wt Rm	S	11 am-12:30 pm ID/AP: \$18	14-adult OD: \$22.50	GH32573
5/10 (1) Wt Rm	S	11 am-12:30 pm ID/AP: \$18	14-adult OD: \$22.50	GH42573

Ba Gua Series

Ba Gua (bah gwah), or Eight Diagrams method, is a soft Chinese martial art that has much in common with its "sister style" Tai Chi. Bagua movements are soft and continuously flowing like Tai Chi but feature more circular and spiraling choreography. It is taught as both a health-enhancing, life-long exercise and an effective mind-body self-defense art. If you like Tai Chi, Ba Gua will be a great complementary practice. Ba Gua is suitable for all age groups and athletic abilities. No class 1/20 and 2/17.

1/6-3/10 (8) Rm 2	M	5:30-6:30 pm ID/AP: \$104	14-adult OD: \$130	GH32572
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Garden Home Fitness Class Descriptions

Cardio Fusion

A work out that pairs moderate aerobics with exercises and dance moves that are designed to improve strength, balance and flexibility.

Essentrics

Strengthen and stretch every muscle in the body eccentrically, rebalancing the muscular structure in continuous rotational movements.

Low Impact Aerobics

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

FUNctional Chair Fitness

Move through a variety of exercises designed to improve strength and range of motion. A chair is available for seated or standing support.

MELT

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

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.

Tai Chi for Self Defense

This class will teach the Yang Family 37 form in a full traditional curriculum of study: from form practice to partner drills (pushing hands) to nonviolent self-protection methods.

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.

HIIT

HIIT (High Intensity Interval Training) is a cardiovascular exercise class alternating short periods of intense anaerobic exercise with less intense recovery periods.

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.

\$60.75 ID/\$76 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 \$51.50 ID/ \$64.50 OD

3 sessions \$154.50 ID/ \$193.50 OD

6 sessions \$309 ID/ \$387 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 \$68.50 ID/ \$85.75 OD

3 sessions \$205.50 ID/ \$257.25 OD

6 sessions \$411 ID/ \$514.50 OD

*A parental waiver is required for weight/cardio room use by anyone 14-16 years old.
We request 24-hour cancellation on all personal training appointments.*



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

Greg Creager
Nature & Trails Supervisor

Bruce Barbarasch
Sustainability Manager

THPRD offers nearly 160 natural areas. The Nature & Trails Department, with the support of the community, serves as the steward of these areas by managing wildlife habitat, native plant communities and the trails that guide you through these natural areas. These sites are important reminders of our natural heritage and provide a variety of benefits, including clean water, wildlife corridors and opportunities to connect with nature.

There are trails to suit every need spread throughout the park district, ranging from paved regional trails that connect to other cities and shopping areas to earthen trails that will help you explore neighborhood natural areas. Trail descriptions and downloadable maps are on our website: <http://www.thprd.org/parks-and-trails/trails/>.

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 Cooper Mountain Nature Park

18892 SW Kemmer Rd., Beaverton, OR 97007

Overlooking the Tualatin River Valley, Cooper Mountain Nature Park is located on the edge of Beaverton. This 230-acre park offers visitors 3½ miles of trails traversing the park and passing through each of its distinct habitats, from conifer forest to prairies and oak woodlands. Visitors are rewarded with grand views of the Chehalem Mountains, close-up looks at Oregon white oaks and a small prairie that has sat relatively undisturbed for hundreds of years. The park also features a nature play area for children.

Metro and THPRD work in partnership to manage Cooper Mountain Nature Park. Together the two agencies continue habitat restoration and wildlife monitoring, maintain hiking trails and the Nature House and provide environmental education programs to visitors of all ages.

Visit Tualatin Hills Nature Park

15655 SW Millikan Way, Beaverton, OR 97003

The Tualatin Hills Nature Park provides a unique habitat for many plants and animals. Come explore the park's ponds, creeks, marshes and forests on 1½ miles of paved trails, four miles of secondary trails and 222 acres of ecologically diverse habitats.

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

Nature Programs



TUALATIN HILLS
PARK & RECREATION DISTRICT

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

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

Cooper Mountain Nature House
18892 SW Kemmer Road
Beaverton, OR 97007 • 503-629-6350

Center Supervisor: Karen Munday

Park Hours: Dawn until dusk, unless otherwise posted.

Nature Center Hours:

Monday – Friday: 9 am – 5 pm

Saturday: 10 am – 3 pm

Facility Closed:

- 1/1 - New Year's Day
- 4/20 - Easter
- 5/26 - Memorial Day

Modified Schedule:

- 12/31 - New Year's Eve, 9 am-2 pm
- 1/20 – MLK, Open 9 am – 5 pm for camps
- 2/17 - Presidents' Day Open 9 am – 5 pm for camps

Nature Center Offers:

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

Special Events

Spring Native Plant Sale Online Sale Starts Sunday, March 2

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 2! Plants will be available for pick-up at the Tualatin Hills Nature Park on May 9 or 10.

Here's how it works;

1. Online plant ordering begins on March 2 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 30.
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 9 or 10.

~ **Plants for the Planet** ~ **Proceeds for the Community** ~

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



www.facebook.com/THPRDNature



www.instagram.com/tualatinhillsnaturecenter

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.



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.

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.



Scouts in Nature: Girl Scouts

Daisies, Brownies & Juniors

Brownies & Juniors: 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.

4/12	\$	10 am-12 pm	7-11 yrs	NP45270
Tualatin Hills Nature Center			ID/AP: \$16	OD: \$20

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



THPRD Preschool Virtual Open House

Wednesday, January 29, 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 2025-2026 school year.

Registration Opens: Thursday, February 6, 9:00 am for new enrollment.

For more information please visit:
www.thprd.org/activities/preschool-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 \$285/month (2024-25 school year)
 Tualatin Hills Nature Center

Hummingbirds

T/Th 9-11:30 am \$285/month (2024-25 school year)
 Jenkins Estate Gatehouse

Ages 4-5

Ladybugs

M/W/F 8:30-11:30 am \$390/month (2024-25 school year)
 Tualatin Hills Nature Center

Owls

M/W/F 1-4 pm \$390/month (2024-25 school year)
 Tualatin Hills Nature Center

Dragonflies

M/W/F 9 am-noon \$390/month (2024-25 school year)
 Jenkins Estate Gatehouse



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 include Bug Safari, Flying Feathered Friends, Forest Fairies & Gnomes, Mammal Mania, and Stories in the Forest. Visit thprd.org or call for details and to reserve your party.



Nature Studies – Preschool

Dates (Weeks) Location	Day	Time	Ages ID/AP/OD	Class #
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Nature Kids Preschool Explorers

Join us for an adventure in nature preschool and exercise your natural curiosity. Come together with friends for hands-on games, songs, stories, crafts and outside play. Dress for the weather. Sign up for one or both sessions. This is a drop-off program for children of preschool age, without adult participation.

Winter Term:

Water, Snow, and Ice!

1/14-2/4 (4)	T	9:30-11:30 am	3-5 yrs ID/AP: \$88	NP35130 OD: \$110
Tualatin Hills Nature Center				

Puddle Hoppers

2/25-3/18 (4)	T	9:30-11:30 am	3-5 yrs ID/AP: \$88	NP35131 OD: \$110
Tualatin Hills Nature Center				

Birds and Bugs

2/27-3/20 (4)	Th	9:30-11:30 am	3-5 yrs ID/AP/OD: \$88	CM35130
Cooper Mountain Nature Park				

Spring Term:

Frogs, Bogs and Logs

4/1-4/22 (4)	T	9:30-11:30 am	3-5 yrs ID/AP: \$88	NP45130 OD: \$110
Tualatin Hills Nature Center				

Plant Pals

4/3-4/24 (4)	Th	9:30-11:30 am	3-5 yrs ID/AP/OD: \$88	CM45130
Cooper Mountain Nature Park				

Forest Builders

4/29-5/20 (4)	T	9:30-11:30 am	3-5 yrs ID/AP: \$88	NP45131 OD: \$110
Tualatin Hills Nature Center				

Nature Sensations

5/1-5/22 (4)	Th	9:30-11:30 am	3-5 yrs ID/AP/OD: \$88	CM45131
Cooper Mountain Nature Park				

Nature Studies – Youth/Family

Knee-High Naturalists

Get outside, meet other families, and explore the wildlife in the Tualatin Hills Nature Park on these nature adventures. Price includes one child and two additional family members. An adult is required to accompany each registered child.

Winter Term:

1/11	S	10-11 am	2-5 yrs ID/AP: \$9	NP35100 OD: \$11.25
Tualatin Hills Nature Center				

1/18	S	2-3 pm	2-5 yrs ID/AP: \$9	NP35101 OD: \$11.25
Tualatin Hills Nature Center				

1/25	S	10-11 am	2-5 yrs ID/AP: \$9	NP35102 OD: \$11.25
Tualatin Hills Nature Center				

2/8	S	10-11 am	2-5 yrs ID/AP: \$9	NP35103 OD: \$11.25
Tualatin Hills Nature Center				

2/15	S	2-3pm	2-5 yrs ID/AP: \$9	NP35104 OD: \$11.25
Tualatin Hills Nature Center				

2/22	S	10-11 am	2-5 yrs ID/AP: \$9	NP35105 OD: \$11.25
Tualatin Hills Nature Center				

3/8	S	10-11 am	2-5 yrs ID/AP: \$9	NP35106 OD: \$11.25
Tualatin Hills Nature Center				

3/15	S	2-3pm	2-5 yrs ID/AP: \$9	NP35107 OD: \$11.25
Tualatin Hills Nature Center				

3/22	S	10-11 am	2-5 yrs ID/AP: \$9	NP35108 OD: \$11.25
Tualatin Hills Nature Center				

Spring Term:

4/12	S	10-11 am	2-5 yrs ID/AP: \$9	NP45100 OD: \$11.25
Tualatin Hills Nature Center				

4/19	S	2-3pm	2-5 yrs ID/AP: \$9	NP45101 OD: \$11.25
Tualatin Hills Nature Center				

4/26	S	10-11 am	2-5 yrs ID/AP: \$9	NP45102 OD: \$11.25
Tualatin Hills Nature Center				

5/10	S	10-11 am	2-5 yrs ID/AP: \$9	NP45103 OD: \$11.25
Tualatin Hills Nature Center				

5/17	S	2-3pm	2-5 yrs ID/AP: \$9	NP45104 OD: \$11.25
Tualatin Hills Nature Center				
5/24	S	10-11 am	2-5 yrs ID/AP: \$9	NP45105 OD: \$11.25
Tualatin Hills Nature Center				
5/31	S	10-11 am	2-5 yrs ID/AP: \$9	NP45106 OD: \$11.25
Tualatin Hills Nature Center				
6/7	S	10-11 am	2-5 yrs ID/AP: \$9	NP45107 OD: \$11.25
Tualatin Hills Nature Center				

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:

2/1	S	10-11am	2-5 yrs ID/AP: \$9	NP35109 OD: \$11.25
Tualatin Hills Nature Center				

3/2	Su	2-3 pm	2-5 yrs ID/AP: \$9	NP35110 OD: \$11.25
Tualatin Hills Nature Center				

Spring Term:

4/6	Su	2-3 pm	2-5 yrs ID/AP: \$9	NP45108 OD: \$11.25
Tualatin Hills Nature Center				

5/3	S	10-11am	2-5 yrs ID/AP: \$9	NP45109 OD: \$11.25
Tualatin Hills Nature Center				

6/8	Su	2-3 pm	2-5 yrs ID/AP: \$9	NP45110 OD: \$11.25
Tualatin Hills Nature Center				

Art in Nature

Explore how nature itself can be both the subject and the medium of artistic expression. Join us for a guided hike and be inspired to create a nature-inspired masterpiece in this program that blends artistic discovery with nature education. Price is per child and includes materials and adult registration. Adult participation is required.

Winter Term:

1/22	W	10-11 am	2-5 yrs ID/AP/OD: \$13	CM35230
Cooper Mountain Nature House				

2/5	W	10-11 am	2-5 yrs ID/AP/OD: \$13	CM35231
Cooper Mountain Nature House				

2/19	W	10-11 am	2-5 yrs ID/AP/OD: \$13	CM35232
Cooper Mountain Nature House				

3/5	W	10-11 am	2-5 yrs ID/AP/OD: \$13	CM35233
Cooper Mountain Nature House				

3/19	W	10-11 am	2-5 yrs ID/AP/OD: \$13	CM35234
Cooper Mountain Nature House				

Spring Term:

4/2	W	10-11 am	2-5 yrs ID/AP/OD: \$13	CM45230
Cooper Mountain Nature House				

4/16	W	10-11 am	2-5 yrs ID/AP/OD: \$13	CM45231
Cooper Mountain Nature House				

4/30	W	10-11 am	2-5 yrs ID/AP/OD: \$13	CM45232
Cooper Mountain Nature House				

5/14	W	10-11 am	2-5 yrs ID/AP/OD: \$13	CM45233
Cooper Mountain Nature House				

5/28	W	10-11 am	2-5 yrs ID/AP/OD: \$13	CM45234
Cooper Mountain Nature House				



Park After Dark

Journey into the forest and enjoy the sights and sounds of nature at night. Spend the first part of the program learning about the featured nocturnal topic and then head out for a guided hike. The price is per person. Adult participation and registration are required for youth participants (under age 16).

Winter Term:

Cozy Critters

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

Amazing Amphibians

2/15	S	6:30-8:30 pm	6 yrs-adult	NP35501
		Tualatin Hills Nature Center	ID/AP: \$18	OD: \$22.50

Creatures of the Night

3/15	S	7-9 pm	6 yrs-adult	CM35500
		Cooper Mountain Nature House	ID/AP/OD: \$18	

Spring Term:

Moonlit Migration

4/26	S	7-9 pm	6 yrs-adult	NP45500
		Tualatin Hills Nature Center	ID/AP: \$18	OD: \$22.50

Wings of Spring

5/17	S	7-9 pm	6 yrs-adult	NP45501
		Tualatin Hills Nature Center	ID/AP: \$18	OD: \$22.50

Starry Night

6/6	F	7-9 pm	6 yrs-adult	CM45500
		Cooper Mountain Nature House	ID/AP/OD: \$18	

Mason Bees

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 is per person and includes one tube of dormant bees which will emerge later in the spring. Adult participation and registration are required for youth participants (under age 16).

3/1	S	1-2:30 pm	6 yrs-adult	CM35400
		Cooper Mountain Nature House	ID/AP/OD: \$22	

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.

Winter Term:

Night Vision

1/24	F	6:30-9 pm	6-12 yrs	NP35200
		Tualatin Hills Nature Center	ID/AP: \$27	OD: \$33.75

Winter Wetlands

2/7	F	6:30-9 pm	6-12 yrs	NP35201
		Tualatin Hills Nature Center	ID/AP: \$27	OD: \$33.75

Busy Builders

2/28	F	6:30-9 pm	6-12 yrs	NP35202
		Tualatin Hills Nature Center	ID/AP: \$27	OD: \$33.75

Mysteries on the Mountain

3/7	F	6:30-9 pm	6-12 yrs	CM35200
		Cooper Mountain Nature House	ID/AP/OD: \$27	

Spring Term:

Survive the Night

4/4	F	6:30-9 pm	6-12 yrs	CM45200
		Cooper Mountain Nature House	ID/AP/OD: \$27	

Bats and Birds

4/18	F	6:30-9 pm	6-12 yrs	NP45200
		Tualatin Hills Nature Center	ID/AP: \$27	OD: \$33.75

Nature Scientists

5/9	F	6:30-9 pm	6-12 yrs	NP45201
		Tualatin Hills Nature Center	ID/AP: \$27	OD: \$33.75

Predators of the Sky

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

Sounds of Summer

6/13	F	6:30-9 pm	6-12 yrs	NP45202
		Tualatin Hills Nature Center	ID/AP: \$27	OD: \$33.75

Nature Camps

Nature Day-off Camps • 7-13 yrs

Nature Day-off camps are a great way to make new friends and have fun while discovering nature. Expand your knowledge of science, learn about plants and animals, and hike two to five miles daily. Bring a lunch, drinking water, two snacks, and a backpack daily. Dress for the weather. Camps are held at the Tualatin Hills Nature Center.

Winter Term:

Art from the Earth

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.

1/17	F	8 am-5 pm	7-13 yrs	NP37200
		Tualatin Hills Nature Center	ID/AP: \$85	OD: \$106.25

Nature's Superheroes

Become a Nature Superhero as you explore your own secret identity and the various ways you can protect nature. Explore the powers and adaptations that plants and animals have to survive the most extreme conditions and dangers of the wild.

1/20	M	8 am-5 pm	7-13 yrs	NP37201
		Tualatin Hills Nature Center	ID/AP: \$85	OD: \$106.25

Eco-Science

Donning lab coats and safety goggles, campers will become scientists in nature. Create and conduct mind-blowing nature experiments while observing the results.

1/27	M	8 am-5 pm	7-13 yrs	NP37202
		Tualatin Hills Nature Center	ID/AP: \$85	OD: \$106.25

Blocks and Rocks

From conducting electricity to providing the materials to build our cities, rocks and minerals shape our world. We will learn how geologists ID rocks such as cobblestone, obsidian, andesite, and get into game mode as we engineer our own world through rocks and blocks!

2/17	M	8 am-5 pm	7-13 yrs	NP37203
		Tualatin Hills Nature Center	ID/AP: \$85	OD: \$106.25

Treasure Hunt

Learn mapping and orienteering skills as we search for hidden treasures in nature. Then create a treasure map of your own.

2/18	T	8 am-5 pm	7-13 yrs	NP37204
		Tualatin Hills Nature Center	ID/AP: \$85	OD: \$106.25

Spring Term:

Outdoor Detectives

Become an outdoor detective and explore the park for clues. Learn about the mysterious animals that live in the forest while we hike and use scientific equipment to investigate our findings.

4/7	M	8 am-5 pm	7-13 yrs	NP47200
		Tualatin Hills Nature Center	ID/AP: \$85	OD: \$106.25

Fungus Friends

Learn about the diverse world of fungi while we explore the park. From slime molds to mushrooms we'll learn to identify all of the fungal friends in the forest and learn how they help or harm animals and plants.

4/14 M 8 am-5 pm 7-13 yrs NP47201
Tualatin Hills Nature Center ID/AP: \$85 OD: \$106.25

Bug-e-mon (Conference Days)

See how many different species of insects you can catch. Make your own insect trading cards and battle it out to see which species can survive!

4/24 Th 8 am-5 pm 7-13 yrs NP47202A
Tualatin Hills Nature Center ID/AP: \$85 OD: \$106.25

5/1 Th 8 am-5 pm 7-13 yrs NP47202B
Tualatin Hills Nature Center ID/AP: \$85 OD: \$106.25

Plants Vs. Zombies (Conference Days)

Discover which plants in the Nature Park have special powers to help protect them against invaders! We'll look for these plants in the forest, make a zombie seed craft to take home, and play some plant games.

4/25 F 8 am-5 pm 7-13 yrs NP47203A
Tualatin Hills Nature Center ID/AP: \$85 OD: \$106.25

5/2 F 8 am-5 pm 7-13 yrs NP47203B
Tualatin Hills Nature Center ID/AP: \$85 OD: \$106.25



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.

Wild World of Reptiles

Hiss like a snake, hop like a frog and dive into the exciting world of reptiles and amphibians. From playful lizards to friendly turtles, this week is sure to spark curiosity and ignite imaginations!

3/24-3/28 M-F 9 am-12 pm 4-6 yrs NP37100
Tualatin Hills Nature Center ID/AP: \$186 OD: \$232.50

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.

Magical Forest

We'll weave our own stories of magic, fairies, and myth together as we adventure through nature! Craft fairy houses, make sparkling crafts, listen to riddles and stories, and discover the magic of the forest.

3/24-3/28 M-F 1-4 pm 6-9 yrs NP37300
Tualatin Hills Nature Center ID/AP: \$186 OD: \$232.50

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.

Junior Rangers

Help us protect the Cooper Mountain Nature Park and earn your badge as a Junior Ranger. Learn the difference between common animal tracks, plants and birds along the trails. Use maps to help hikers find their way.

3/24-3/28 M-F 8:30-4 pm 6-9 yrs CM37220
Cooper Mountain Nature House ID/AP/OD: \$310

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.

Jurassic Birds

How are dinosaurs related to birds? How do birds outsmart other animals and humans? Let's search the Nature Park to find out hoo-hoo lives here, conduct scientific bird counts and owl pellet dissections, and find out which bird behaviors and bird parts are the same as their dinosaur relatives.

3/24-3/28 M-F 8 am-5 pm 7-10 yrs NP37207
Tualatin Hills Nature Center ID/AP: \$315 OD: \$393.75

Grandparents Camp! • 6-10 yrs

Calling all abuelas, babushkas, pop pops and mimis! Join us for nature adventures at Grandparents Camp this Spring Break! 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 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, drinking water, two snacks, and a backpack daily. Limit of two (2) grandchildren per grandparent. Registration fee is per grandchild.

3/26-3/28 W-F 9am-1pm 6-10 yrs ES37600
Elsie Stuhr Recreation Center ID/AP:\$110 OD:\$145

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!

The Art of Winter

2/8 S 3-5 pm 12-16 yrs NP35300
Tualatin Hills Nature Center ID/AP: \$20 OD: \$25

Magical Macro

5/24 S 4-6 pm 12-16 yrs CM45300
Cooper Mountain Nature House ID/AP/OD: \$20

Nature Studies – Adult



Winter Term:

Night Owls: Hoots and Hops

This is the perfect time of year to step into the forest to listen for the sounds of courting owls. Join other owl enthusiasts for beer, enjoy a talk and presentation about our local owls, then head out into the park to listen and look for our resident owls.

1/25 S 7-9 pm 21+ NP35400
Tualatin Hills Nature Center ID/AP: \$31 OD: \$38.75

Winter Nature Trivia Night

Join us for an evening of fun and discovery at Winter Nature Trivia Night! Dive into the wonders of the natural world as you test your knowledge on wildlife, ecosystems, and seasonal phenomena. Whether you're a nature enthusiast or just curious, this event offers a chance to learn, compete, and enjoy a cozy night surrounded by fellow nature lovers. Prizes, refreshments (including beer and cider), and plenty of interactive questions await—come warm up your mind and spirit with us! Ages 21 and up only, up to 2 drinks are included.

1/31 F 7-9 pm 21+ NP35401
Tualatin Hills Nature Center ID/AP: \$30 OD: \$37.50

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 a round of beer and one tube of dormant bees which will emerge later in the spring.

2/21 F 7-9 pm 21+ NP35402
Tualatin Hills Nature Center ID/AP: \$34 OD: \$42.50

Guided Forest Bathing

Forest Bathing is a research-backed practice that supports wellness, and deeper relationships with the natural world. You'll immerse yourself in the forest, slow down, and breathe deep. We'll explore gentle and meditative practices, all while "bathing" in the sights, sounds, scents, and textures of the beautiful Tualatin Hills Nature Park. Please dress for the weather.

3/8 S 11 am-1:30 pm 16+ NP35404
Tualatin Hills Nature Center ID/AP: \$22 OD: \$27.50

I Like Lichens

You've seen these unusual life forms growing on trees, rocks, and even buildings. Learn about lichen biology, the role of lichens in their ecosystems and the incredible lichens found in the Pacific Northwest.

3/22 S 10:30 am-12 pm 16+ NP35405
Tualatin Hills Nature Center ID/AP: \$20 OD: \$25

Spring Term:



Common Spring Mushroom of the Pacific Northwest

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!

4/5 S 11 am-1:30 pm 16+ NP45400
Tualatin Hills Nature Center ID/AP: \$28 OD: \$35

What's That Tree?

Are you ready to connect with nature and deepen your understanding of local flora? This engaging course will guide you through the fundamentals of identifying various tree species, focusing on key characteristics such as leaf shape, bark texture, and branching patterns. Through hands-on learning and nature hike, you'll gain the skills to confidently recognize trees in your surroundings and appreciate their ecological significance.

4/19 S 10-11:30 am 16+ NP45401
Tualatin Hills Nature Center ID/AP: \$18 OD: \$22.50

Spring Bird Walk

Join us for a hands-on bird identification class designed for nature enthusiasts of all levels! Whether you're a beginner eager to learn or an experienced birder looking to refine your skills, this class will equip you with the tools to recognize and appreciate the diverse avian species in your area.

4/26 S 8-10:30 am 16+ CM45400
Cooper Mountain Nature House ID/AP/OD: \$20

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.

5/3 S 10:30 am -12:00 pm 16+ CM45401
Cooper Mountain Nature House ID/AP/OD: \$20

Wall Mounted Habitat Garden

Learn to create a one-of-a-kind wall-mounted mini-habitat garden using Pacific Northwest native plants. We will cover basic planting, floral design composition techniques and then have fun decorating our living wall-mounted gardens. Walk away with a woodland wall-mounted garden with information about native plants and resources. Mount it on the wall to adorn your outdoor patio while attracting beneficial insects to your garden, it is a win-win. For this class, cancellation or drops must be received 7 days in advance. No refunds or credit will be given with less than 7 days' notice.

5/15 Th 6:30-8 pm 16+ NP45402
Tualatin Hills Nature Center ID/AP: \$65 OD: \$81.25

LGBTQIA + Guided Forest Bathing

Forest Bathing is a research-backed practice that supports wellness, and deeper relationships with the natural world. You'll immerse yourself in the forest, slow down, and breathe deep. We'll explore gentle and meditative practices, all while "bathing" in the sights, sounds, scents, and textures of the beautiful Tualatin Hills Nature Park. Please dress for the weather. This class is for people who identify as LGBTQIA +

6/7 S 10 am-12 pm 16+ NP45403
Tualatin Hills Nature Center ID/AP: \$22 OD: \$27.50

Fitness -Teen/Adult

Lunar Eclipse Yoga

A lunar eclipse reveals energies that help us complete a journey or shift our course in some way. Join us for all levels yoga as we align our with our body, mind, and soul with the month's total lunar eclipse. Each participant will receive a crystal.

3/14 F 6 -7:30 pm 14+ NP32501
Tualatin Hills Nature Center ID/AP: \$20 OD: \$25

Spring Awakening Yoga Series

Breathe in the beautiful changes of the seasons with our 5-week Yoga series! Flow through different poses while taking in the views of Cooper Mountain Nature House. Each week will focus on bringing your mind and body out of the cold hibernation of winter and into the vibrancy of a new spring. No class on 4/20.

4/6-5/4 Su 10-11:15 am 14+ CM42500
Cooper Mountain Nature House ID/AP/OD: \$60

Movement & Merlot

Join us for a 75-minute All Levels Flow Yoga class and then stay for the wine! We'll be offering tastings of a few different local Pacific Northwest wines and light appetizers. Participants must bring ID to program. 21+ event.

4/25 F 6-8 pm 21+ NP42401
Tualatin Hills Nature Center ID/AP: \$38 OD: \$47.50

Artful Asana

A 2.5 hour yoga and painting event. Beginning with yoga, opening up the senses and becoming more in tune with yourself, with nature, and the creative energy being cultivated in the space. Ending with painting. Unwind with gentle stretches and creative expression as we flow through poses and brush strokes, bringing relaxation and vibrant colors together in perfect harmony. There is a \$5 supply fee on the day of the event, cash only.

5/10 S 2-4:30 pm 14+ CM42500
Cooper Mountain Nature House ID/AP/OD: \$40

Full Moon Yoga

The full moon is a time to transform any energy, emotion, or behavior. Join us for all levels yoga as we align our with our body, mind, and soul with the month's full moon. Each participant will receive a crystal.

5/12 M 6 -7:30 pm 14+ NP42501
Tualatin Hills Nature Center ID/AP: \$20 OD: \$25





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.



Drop-In Fitness Classes

The Tualatin Hills Nature Center offers yoga and tai chi 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.



Jenkins Estate



TUALATIN HILLS
PARK & RECREATION DISTRICT

Jenkins Estate
8005 SW Grabhorn
Beaverton, OR 97007 • 971-258-6743

Office Hours:
Monday-Friday: 8 am - 5 pm

Estate Hours:
Dawn till dusk, unless otherwise posted.

Estate Gate closes at 2pm daily.

Camp Rivendale Gate and Grabhorn Rd.
Gate open dawn until dusk

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.



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



@historicjenkinsestate

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 Joy Trimble, j.trimble@thprd.org or call 503-619-3963.



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 de experiencia en jardinería. Estacionamiento disponible en el lote más bajo, debajo de la Huerta Rododendro.

Para oportunidades de voluntariado, envíe un correo electrónico Joy Trimble, j.trimble@thprd.org o llámame 503-619-3963.



Construido en 1912, El Historico Jenkins Estate ha sido un hermoso lugar durante años. THPRD adquirió la propiedad en 1976 y ha sido parte del distrito desde entonces. Al devolverle la vida a la propiedad, el distrito tuvo cuidado de restaurar su encanto pasado y garantizar que fuera un recurso comunitario para todos. El Historico Jenkins Estate ofrece un lugar único y versátil debido a sus excelentes espacios al aire libre y múltiples edificios que harán que grupos grandes y pequeños se sientan como en casa. Más recientemente, en El Historico Jenkins Estate se han organizado varios tipos de eventos especiales como bodas, celebraciones especiales, pequeñas reuniones y eventos corporativos. ¡PONTE EN CONTACTO HOY PARA RESERVAR TU PRÓXIMO EVENTO EN EL HISTÓRICO JENKINS ESTATE!!



THPRD offers corporate wellness programs as an add-on for retreats & trainings. These programs include yoga, meditation, Pilates, and more. Investing in employee wellness can benefit your company in many ways. Contact h.marshall@hprd.org for more information

Art- Toddler/Preschool

Family Earth Art

Join us for a magical morning of family fun and artistic exploration at the stunning Jenkins Estate. Discover the beauty of the natural world while creating unique works of art using materials found right on the grounds. Our experienced instructor will guide you and your family through a series of mini art lessons, teaching you various techniques and inspiring your imagination. We'll explore the 68 acres of breathtaking scenery, collecting natural treasures to incorporate into your creations. From leaf imprints to stone sculptures, the possibilities are endless! This hands-on experience fosters creativity, connection, and a deep appreciation for nature. All children must be accompanied by a parent or guardian, ensuring a safe and enjoyable experience for everyone.

Winter Term:

1/7-1/28 (4)	T	10-11 am	2 yrs - 5 yrs	JE34100A
		Stable-Great Room	ID/AP: \$46	OD: \$57.50
2/4-2/25 (4)	T	10-11 am	2 yrs - 5 yrs	JE34100B
		Stable-Great Room	ID/AP: \$46	OD: \$57.50
3/4-3/18 (3)	T	10-11 am	2 yrs - 5 yrs	JE34100C
		Stable-Great Room	ID/AP: \$36	OD: \$45

Spring Term:

4/1-4/29 (5)	T	10-11 am	2 yrs - 5 yrs	JE44100A
		Stable-Great Room	ID/AP: \$56	OD: \$70
5/6-6/10 (6)	T	10-11 am	2 yrs - 5 yrs	JE44100B
		Stable-Great Room	ID/AP: \$67	OD: \$83.75



Fun with Fine Motor Development

This engaging class is designed to help young children develop essential fine motor skills while having fun with art projects. Through a variety of hands-on activities, children will improve their hand-eye coordination, dexterity, and pencil grip, preparing them for the classroom and preschool. Explore a variety of art mediums, including painting, drawing, coloring, and crafting. Practice important fine motor skills, such as cutting, pasting, buttoning, and zipping. Enhance hand-eye coordination through fun and engaging activities. Build the foundational skills necessary for success in preschool and beyond. Join us for a fun and educational experience that will help your child develop essential skills for a lifetime!

Winter Term:

1/7-1/28 (4)	T	11:30 am-12:30 pm	2 ½ yrs - 4 yrs	JE34101A
		Stable-Great Room	ID/AP: \$52	OD: \$65
2/4-2/25 (4)	T	11:30 am-12:30 pm	2 ½ yrs - 4 yrs	JE34101B
		Stable-Great Room	ID/AP: \$52	OD: \$65
3/4-3/18 (3)	T	11:30 am-12:30 pm	2 ½ yrs - 4 yrs	JE34101C
		Stable-Great Room	ID/AP: \$42	OD: \$52.50

Spring Term:

4/1-4/29 (5)	T	11:30 am-12:30 pm	2 ½ yrs - 4 yrs	JE44101A
		Stable-Great Room	ID/AP: \$62	OD: \$77.50
5/6-6/10 (6)	T	11:30 am-12:30 pm	2 ½ yrs - 4 yrs	JE44101B
		Stable-Great Room	ID/AP: \$72	OD: \$90



Art- Youth/Teen

Art of Homeschoolers

Join our fun and engaging art class designed exclusively for homeschoolers! Discover a world of artistic expression through a variety of creative techniques. Our curriculum is packed with exciting projects that will inspire your child's imagination. Experiment with various art materials, including paints, pencils, markers, clay, and more. Master a variety of artistic techniques, from drawing and painting to sculpting and mixed media. Develop your child's self-expression and confidence through creative exploration. Engage in hands-on projects that are both educational and enjoyable.

Winter Term:

1/9-2/13 (6)	Th	1:30-2:30 pm	6 yrs - 10 yrs	JE34300A
		Stable-Great Room	ID/AP: \$118	OD: \$147.50
2/20-3/20 (5)	Th	1:30-2:30 pm	6 yrs - 10 yrs	JE34300B
		Stable-Great Room	ID/AP: \$101	OD: \$126.25
1/9-2/13 (6)	Th	3-4 pm	11 yrs - 17 yrs	JE34301A
		Stable-Great Room	ID/AP: \$118	OD: \$147.50
2/20-3/20 (5)	Th	3-4 pm	11 yrs - 17 yrs	JE34301B
		Stable-Great Room	ID/AP: \$101	OD: \$126.25

Spring Term:

4/3-5/1 (5)	Th	1:30-2:30 pm	6 yrs - 10 yrs	JE44300A
		Stable-Great Room	ID/AP: \$101	OD: \$126.25
5/8-6/12 (6)	Th	1:30-2:30 pm	6 yrs - 10 yrs	JE44300B
		Stable-Great Room	ID/AP: \$118	OD: \$147.50
4/3-5/1 (5)	Th	3-4 pm	11 yrs - 17 yrs	JE44301A
		Stable-Great Room	ID/AP: \$101	OD: \$126.25
5/8-6/12 (6)	Th	3-4 pm	11 yrs - 17 yrs	JE44301B
		Stable-Great Room	ID/AP: \$118	OD: \$147.50

Art- Teen/Adult

Create your own DND World

Are you ready to embark on an epic adventure and create your own unique D&D world? This class will provide you with the tools and inspiration to design a rich and immersive setting for your next campaign. Learn the essential elements of worldbuilding, including geography, history, cultures, and magic systems. Develop compelling characters with unique backstories, motivations, and abilities. Create exciting and engaging quests that challenge your players and drive the story forward. Design memorable encounters with monsters, NPCs, and environmental hazards. Learn effective storytelling techniques to keep your players engaged and invested in the world you've created. No experience necessary! This class is open to all levels of D&D players.

Winter Term:

1/9-1/30 (4)	Th	4:15-5:15 pm	13 yrs - adult	JE35506A
		Stable-Great Room	ID/AP: \$76	OD: \$95
2/6-2/27 (4)	Th	4:15-5:15 pm	13 yrs - adult	JE35506B
		Stable-Great Room	ID/AP: \$76	OD: \$95
3/6-3/20 (3)	Th	4:15-5:15 pm	13 yrs - adult	JE35506C
		Stable-Great Room	ID/AP: \$63	OD: \$78.75

Spring Term:

4/3-5/1 (5)	Th	4:30-5:30 pm	13 yrs - adult	JE45506A
		Stable-Great Room	ID/AP: \$68	OD: \$85
5/8-6/12 (6)	Th	4:30-5:30 pm	13 yrs - adult	JE45506B
		Stable-Great Room	ID/AP: \$78	OD: \$97.50

Crafting- Teen/Adult

Beginner's Knitting Basics

Join our fun and welcoming knitting class and discover the joy of creating beautiful handmade items while making new friends. Whether you're a complete beginner or looking to refresh your skills, this class is perfect for anyone who wants to learn to knit in a relaxed and supportive environment. All materials provided

Winter Term:

1/9-1/30 (4)	Th	3:30-5 pm	15 yrs - adult	JE34500A
		Main House-Dining Room	ID/AP: \$73	OD: \$91.25
2/6-2/27 (4)	Th	3:30-5 pm	15 yrs - adult	JE34500B
		Main House-Dining Room	ID/AP: \$73	OD: \$91.25
3/6-3/20 (3)	Th	3:30-5 pm	15 yrs - adult	JE34500C
		Main House-Dining Room	ID/AP: \$59	OD: \$73.75

Spring Term:

4/3-5/1 (5)	Th	3:30-5 pm	15 yrs - adult	JE44500A
		Main House-Dining Room	ID/AP: \$87	OD: \$108.75
5/8-6/12 (6)	Th	3:30-5 pm	15 yrs - adult	JE44500B
		Main House-Dining Room	ID/AP: \$101	OD: \$126.25

Modern Crocheting

Unwind and create with crocheting! Our beginner-friendly class teaches essential techniques, so you can make beautiful pieces. Whether you're a complete beginner or looking to brush up on your skills, join us for a fun and relaxing creative journey. All material included

Winter Term:

1/9-1/30 (4)	Th	5:30-7 pm	15 yrs - adult	JE34501A
		Main House-Dining Room	ID/AP: \$73	OD: \$91.25
2/6-2/27 (4)	Th	5:30-7 pm	15 yrs - adult	JE34501B
		Main House-Dining Room	ID/AP: \$73	OD: \$91.25
3/6-3/20 (3)	Th	5:30-7 pm	15 yrs - adult	JE34501C
		Main House-Dining Room	ID/AP: \$59	OD: \$73.75

Spring Term:

4/3-5/1 (5)	Th	5:30-7 pm	15 yrs - adult	JE44501A
		Main House-Dining Room	ID/AP: \$87	OD: \$108.75
5/8-6/12 (6)	Th	5:30-7 pm	15 yrs - adult	JE44501B
		Main House-Dining Room	ID/AP: \$101	OD: \$126.25



Music- Youth

Music for Homeschoolers

Discover the joy of music in this engaging class designed for homeschoolers. Explore the fundamentals of music theory while learning to play a variety of percussion instruments. You'll have fun experimenting with tambourines, cowbells, glockenspiels, and hand drums. This class will foster a love of music and provide a valuable educational experience.

Winter Term:

1/7-2/11 (6)	T	3:30-4:30 pm	6 yrs -13 yrs	JE35503A
		Main House-Dining Room	ID/AP: \$88	OD: \$110
2/18-3/18 (5)	T	3:30-4:30 pm	6 yrs -13 yrs	JE35503B
		Main House-Dining Room	ID/AP: \$76	OD: \$95

Spring Term:

4/1-4/29 (5)	T	3:30-4:30 pm	6 yrs -13 yrs	JE45503A
		Main House-Dining Room	ID/AP: \$65	OD: \$81.25
5/6-6/10 (6)	T	3:30-4:30 pm	6 yrs -13 yrs	JE45503B
		Main House-Dining Room	ID/AP: \$78	OD: \$97.50

Music- Teen/Adult

Bass Guitar-Level 1

In this Bass Guitar Level 1 class, you'll learn the fundamentals of guitar playing. We'll cover everything from the anatomy of the guitar to essential chords, scales, and music theory. You'll also practice various playing techniques, like picking, strumming, and vibrato. To help you build confidence, we'll work on live performance skills. And the best part? You'll get to choose a song to learn to play. The maximum student enrollment is four. You must provide your own Bass guitar.

Winter Term:

1/7-1/28 (4)	T	5-6 pm	13 yrs -adult	JE35504A
		Main House-Dining Room	ID/AP: \$106	OD: \$132.50
2/4-2/25 (4)	T	5-6 pm	13 yrs -adult	JE35504B
		Main House-Dining Room	ID/AP: \$106	OD: \$132.50
3/4-3/18 (3)	T	5-6 pm	13 yrs -adult	JE35504C
		Main House-Dining Room	ID/AP: \$79	OD: \$98.75

Spring Term:

4/1-4/29 (5)	T	5-6 pm	13 yrs -adult	JE45504A
		Main House-Dining Room	ID/AP: \$132	OD: \$165
5/6-6/10 (6)	T	5-6 pm	13 yrs -adult	JE45504B
		Main House-Dining Room	ID/AP: \$159	OD: \$198.75

Music Theory

Discover the building blocks of music in this comprehensive class. Learn to read and understand notation, identify intervals, and master scales, chords, and key signatures. Explore rhythm, meter, and Roman numeral analysis. Understand chord progressions and key modulation. Whether you're a beginner or seeking to enhance your skills, this class will provide a solid foundation in music theory.

Winter Term:

1/7-1/28 (4)	T	6-7 pm	14 yrs - adult	JE35505A
		Main House-Dining Room	ID/AP: \$90	OD: \$112.50
2/4-2/25 (4)	T	6-7 pm	14 yrs - adult	JE35505B
		Main House-Dining Room	ID/AP: \$90	OD: \$112.50
3/4-3/18 (3)	T	6-7 pm	14 yrs - adult	JE35505C
		Main House-Dining Room	ID/AP: \$79	OD: \$98.75

Spring Term:

4/1-4/29 (5)	T	6-7 pm	14 yrs - adult	JE45505A
		Main House-Dining Room	ID/AP: \$132	OD: \$165
5/6-6/10 (6)	T	6-7 pm	14 yrs - adult	JE45505B
		Main House-Dining Room	ID/AP: \$159	OD: \$198.75

Song Writing

This songwriting class will guide you through the process of creating original songs from start to finish. Learn essential songwriting techniques and explore a variety of musical genres.

Course Topics:

- Song Structure:** Understand the fundamental elements of a song, including verses, choruses, bridges, and outros.
- Rhythm Sections:** Develop strong rhythm sections using drums, bass, and other rhythmic instruments.
- Lead Sections:** Create memorable melodies and harmonies for lead instruments like guitar, piano, or vocals.
- Solos:** Learn to write engaging solos and improvisations that complement your songs.
- Lyric Writing:** Explore techniques for writing compelling lyrics that convey your message and connect with listeners.
- Genre Exploration:** Experiment with different musical genres, such as rock, pop, electronic, hip-hop, and more.

This class will provide you with the tools and inspiration to write your own songs!

Spring Term:

4/3-5/1 (5)	Th	5-6 pm	13 yrs -adult	JE45500A
			ID/AP: \$132	OD: \$165
				Main House-Lolomi Room
5/8-6/12 (6)	Th	5-6 pm	13 yrs -adult	JE45500B
			ID/AP: \$159	OD: \$198.75
				Main House-Lolomi Room

Intro to Music Production & Recording

This introductory class will equip you with the essential skills to create your own music. Learn to use GarageBand, a powerful music production software, to compose, record, and mix your tracks. Course Highlights: **GarageBand Fundamentals:** Master the basics of GarageBand, including its interface, tools, and features. **Drum Beat Creation:** Learn to create compelling drum patterns and grooves using various drum kits. **MIDI Composition:** Explore the world of MIDI instruments and compose melodies and harmonies using digital sounds. **Recording Instruments:** Learn to record acoustic and electric guitar, bass guitar, keyboards, and vocals using proper microphone techniques. **Audio Effects:** Apply a variety of internal effects like reverb, delay, distortion, compression, and EQ to shape the sound of your tracks. **Audio Interface:** Understand the role of an audio interface and how to connect it to your computer and instruments. All equipment, including computers, audio interfaces, microphones, instruments, and GarageBand, will be provided. Enroll today and start your journey as a music producer!

Winter Term:

1/9-1/30 (4)	Th	6:30-7:30 pm	14 yrs - adult	JE35502A
			ID/AP: \$135	OD: \$168.75
				Main House-Lolomi Room
2/6-2/27 (4)	Th	6:30-7:30 pm	14 yrs - adult	JE35502B
			ID/AP: \$135	OD: \$168.75
				Main House-Lolomi Room
3/6-3/20 (3)	Th	6:30-7:30 pm	14 yrs - adult	JE35502C
			ID/AP: \$119	OD: \$148.75
				Main House-Lolomi Room
Spring Term:				
4/3-5/1 (5)	Th	6:30-7:30 pm	14 yrs - adult	JE45502A
			ID/AP: \$198	OD: \$247.50
				Main House-Lolomi Room
5/8-6/12 (6)	Th	6:30-7:30 pm	14 yrs - adult	JE45502B
			ID/AP: \$238	OD: \$297.50
				Main House-Lolomi Room

Winter Term:

1/9-1/30 (4)	Th	4-5 pm	14 yrs - adult	JE35501A
			ID/AP: \$90	OD: \$112.50
				Main House-Lolomi Room
2/6-2/27 (4)	Th	4-5 pm	14 yrs - adult	JE35501B
			ID/AP: \$90	OD: \$112.50
				Main House-Lolomi Room
3/6-3/20 (3)	Th	4-5 pm	14 yrs - adult	JE35501C
			ID/AP: \$79	OD: \$98.75
				Main House-Lolomi Room

Spring Term:

4/3-5/1 (5)	Th	4-5 pm	14 yrs - adult	JE45501A
			ID/AP: \$132	OD: \$165
				Main House-Lolomi Room
5/8-6/12 (6)	Th	4-5 pm	14 yrs - adult	JE45501B
			ID/AP: \$159	OD: \$198.75
				Main House-Lolomi Room



Guitar-Level 1

In this Guitar Level 1 class, you'll learn the fundamentals of guitar playing. We'll cover everything from the anatomy of the guitar to essential chords, scales, and music theory. You'll also practice various playing techniques, like picking, strumming, and vibrato. To help you build confidence, we'll work on live performance skills. And the best part? You'll get to choose a song to learn to play. The maximum student enrollment is four.

Winter Term:

1/9-1/30 (4)	Th	5-6 pm	13 yrs -adult	JE35500A
			ID/AP: \$106	OD: \$132.50
				Main House-Lolomi Room
2/6-2/27 (4)	Th	5-6 pm	13 yrs -adult	JE35500B
			ID/AP: \$106	OD: \$132.50
				Main House-Lolomi Room
3/6-3/20 (3)	Th	5-6 pm	13 yrs -adult	JE35500C
			ID/AP: \$79	OD: \$98.75
				Main House-Lolomi Room



Dance- Teen/Adult

Introduction to Line Dancing

No partner needed! Line dancing is a fantastic way to get fit, socialize, and have a great time. Perfect for beginners, this class will teach you the basic steps and moves to get you started on the dance floor.

Winter Term:

1/7-1/28 (4)	T	6-7 pm	16 yrs - adult	JE31401A
			ID/AP: \$59	OD: \$73.75
				Stable-Grand Loft
2/4-2/25 (4)	T	6-7 pm	16 yrs - adult	JE31401B
			ID/AP: \$59	OD: \$73.75
				Stable-Grand Loft
3/4-3/18 (3)	T	6-7 pm	16 yrs - adult	JE31401C
			ID/AP: \$44	OD: \$55
				Stable-Grand Loft

Spring Term:

4/1-4/29 (5)	T	6-7 pm	16 yrs - adult	JE41401A
Stable-Grand Loft			ID/AP: \$65	OD: \$81.25
5/6-6/10 (6)	T	6-7 pm	16 yrs - adult	JE41401B
Stable-Grand Loft			ID/AP: \$78	OD: \$97.50



Bachata

Our experienced instructor will guide you through a fun and engaging learning environment, helping you develop your skills and confidence. Learn the basic and intermediate steps of bachata, including the Dominican style and sensual style. Connect with other dancers and build a supportive community. Bachata is a great way to get a workout and improve your coordination. Enjoy the music and the social atmosphere of bachata dancing. No partner needed! La instructora es bilingüe

Winter Term:

1/9-1/30 (4)	Th	5-6 pm	16 yrs - adult	JE31403A
Stable-Grand Loft			ID/AP: \$59	OD: \$73.75
2/6-2/27 (4)	Th	5-6 pm	16 yrs - adult	JE31403B
Stable-Grand Loft			ID/AP: \$59	OD: \$73.75
3/6-3/20 (3)	Th	5-6 pm	16 yrs - adult	JE31403C
Stable-Grand Loft			ID/AP: \$44	OD: \$55

Spring Term:

4/3-5/1 (5)	Th	5-6 pm	16 yrs - adult	JE41403A
Stable-Grand Loft			ID/AP: \$65	OD: \$81.25
5/8-6/12 (6)	Th	5-6 pm	16 yrs - adult	JE41403B
Stable-Grand Loft			ID/AP: \$78	OD: \$97.50

Salsa Sensation

Whether you're a beginner or a seasoned dancer looking to refine your moves, our Salsa classes have something for everyone. Our experienced instructor will guide you through the exciting world of Salsa, from the fundamental steps to intricate shines and complex patterns. No partner needed. La instructora es bilingüe

Winter Term:

1/9-1/30 (4)	Th	6:30-7:30 pm	16 yrs - adult	JE31402A
Stable-Grand Loft			ID/AP: \$59	OD: \$73.75
2/6-2/27 (4)	Th	6:30-7:30 pm	16 yrs - adult	JE31402B
Stable-Grand Loft			ID/AP: \$59	OD: \$73.75
3/6-3/20 (3)	Th	6:30-7:30 pm	16 yrs - adult	JE31402C
Stable-Grand Loft			ID/AP: \$44	OD: \$55

Spring Term:

4/3-5/1 (5)	Th	6:30-7:30 pm	16 yrs - adult	JE41402A
Stable-Grand Loft			ID/AP: \$65	OD: \$81.25
5/8-6/12 (6)	Th	6:30-7:30 pm	16 yrs - adult	JE41402B
Stable-Grand Loft			ID/AP: \$78	OD: \$97.50

Specialty - Teen/Adult

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

Join us for this 1 ½ hour journey into a deeper understanding of self through Chakra Therapeutics, relaxing into gentle Yoga asanas, and experiencing the Magic of Sound Healing. Allow your mind, body, spirit, and emotions to merge into a state of "flow" as you are guided through a unique healing experience. We will diminish and resolve the "dissonance" in our systems, to alleviate and eradicate corresponding physical, mental and emotional symptoms.

Winter Term:

2/10 (1)	M	6-7:30 pm	21yrs +	JE32402
Stable-Grand Loft			ID/AP: \$20	OD: \$25

Spring Term:

4/7 (1)	M	6-7:30 pm	21yrs +	JE42402
Stable-Grand Loft			ID/AP: \$20	OD: \$25

Crystals for Better Health and Wellbeing

There are many diverse types of crystals on Earth. Some people believe they hold healing abilities for the body, mind and soul. While sipping delicious tea during this interactive workshop Reiki Master instructor Amy Kelsey of The Whispering Well will support the class through the following key components of crystal awareness. Discovering the perfect stones to meet you where you are on life's journey. Learn various healing properties of rocks and their magical uses to promote wellbeing. Experience Intuitive Stone Readings, personally or collectively based class preference.

Winter Term:

3/25 (1)	T	10 am-12 pm	16 yrs - adult	JE35304
Stable-Great Room			ID/AP: \$130	OD: \$162.50

Spring Term:

6/24 (1)	T	10 am-12 pm	16 yrs - adult	JE45304
Stable-Great Room			ID/AP: \$130	OD: \$162.50



Weaving Stories: Reflections in Tarot

Discover the art of self-reflection through the ancient practice of tarot. In this class, we'll dive deep into the rich symbology of the cards, exploring how they can serve as mirrors to our inner world. Through guided discussions, journaling prompts, and hands-on activities like crafting and live tarot readings, you'll learn to weave personal narratives and develop a meaningful relationship with the cards. Whether you're a novice or have experience with tarot, this class is designed to nurture your intuition, storytelling, and self-awareness in a supportive, communal environment. Instructor: Rishika Krishna with the Sage Press

Winter Term:

1/7-1/28 (4)	T	6-7 pm	16 yrs +	JE35300A
Main House-Ralph Jenkins Room			ID/AP: \$104	OD: \$130
2/4-2/25 (4)	T	6-7 pm	16 yrs +	JE35300B
Main House-Ralph Jenkins Room			ID/AP: \$104	OD: \$130
3/4-3/18 (3)	T	6-7 pm	16 yrs +	JE35300C
Main House-Ralph Jenkins Room			ID/AP: \$78	OD: \$97.50

Spring Term:

4/1-4/29 (5)	T	6-7 pm	16 yrs +	JE45300A
Main House-Ralph Jenkins Room			ID/AP: \$130	OD: \$162.50
5/6-6/10 (6)	T	6-7 pm	16 yrs +	JE45300B
Main House-Ralph Jenkins Room			ID/AP: \$156	OD: \$195

Introductory to Henna Drawing Art

Discover the ancient art of henna drawing in this introductory class! Learn the basics of henna application and design techniques. You'll have the opportunity to practice on paper and yourself as you explore various henna patterns. No prior experience necessary. All materials provided.

Winter Term:

1/7-1/28 (4)	T	6-7 pm	16 yrs - adult	JE35400A
		Main House-Belle Jenkins Room	ID/AP: \$173	OD: \$216.25
2/4-2/25 (4)	T	6-7 pm	16 yrs - adult	JE35400B
		Main House-Belle Jenkins Room	ID/AP: \$173	OD: \$216.25
3/4-3/18 (3)	T	6-7 pm	16 yrs - adult	JE35400C
		Main House-Belle Jenkins Room	ID/AP: \$129	OD: \$161.25
1/9-1/30 (4)	Th	11 am-12 pm	16 yrs - adult	JE35401A
		Main House-Belle Jenkins Room	ID/AP: \$173	OD: \$216.25
2/6-2/27 (4)	Th	11 am-12 pm	16 yrs - adult	JE35401B
		Main House-Belle Jenkins Room	ID/AP: \$173	OD: \$216.25
3/6-3/20 (3)	Th	11 am-12 pm	16 yrs - adult	JE35401C
		Main House-Belle Jenkins Room	ID/AP: \$129	OD: \$161.25

Spring Term:

4/1-4/29 (5)	T	6-7 pm	16 yrs - adult	JE45400A
		Main House-Belle Jenkins Room	ID/AP: \$173	OD: \$216.25
5/6-6/10 (6)	T	6-7 pm	16 yrs - adult	JE45400B
		Main House-Belle Jenkins Room	ID/AP: \$207	OD: \$258.75
4/3-5/1 (5)	Th	11 am-12 pm	16 yrs - adult	JE45401A
		Main House-Belle Jenkins Room	ID/AP: \$173	OD: \$216.25
5/8-6/12 (6)	Th	11 am-12 pm	16 yrs - adult	JE45401B
		Main House-Belle Jenkins Room	ID/AP: \$207	OD: \$258.75



Chakra Awakening

Explore and awaken the seven chakras of the body in this series of classes. With Reiki Master instructor, Amy Kelsey of The Whispering Well; prepare to experience a true awakening for all chakra of the body through visualization, Reiki, and sound therapy. Enjoy delicious tea and leave each session with a tool to help continued progress through your unique chakra awakening journey.

Week 1 – Root Chakra (Source, Foundation, Roots)

Week 2 – Sacral Chakra (Creativity and Emotions)

Week 3 – Solar Plex Chakra (Self Confidence, Personal Power, Life Force Energy)

Week 4 – Heart Chakra (All Aspects of Love)

Week 5 – Throat Chakra (Voice and Finding One's Truth)

Week 6 – Third Eye Chakra (Inner Wisdom and Intuition)

Week 7 – Crown Chakra (Divine and Spirituality)

For class selection massage tables, yoga mats and comfortable chairs with coverings are provided, no need to bring bedding. Dress comfortably.

Winter Term:

1/9-2/20 (7)	Th	10-11 am	18yrs +	JE35302A
		Stable-Great Room	ID/AP: \$618	OD: \$772.50

Celestial Journeys: Poetry in the Stars

Embark on a journey through the cosmos with "Celestial Journeys," a class dedicated to self-reflection through astrology. Together, we'll explore planetary positions, moon phases, and the intricate dance of the stars, using them as tools for personal insight and growth. Through writing exercises, group discussions, and reflective journaling, you'll connect with the celestial rhythms that influence our lives. This class is open to all, from astrology beginners to seasoned stargazers, offering a space to deepen your understanding and find poetic inspiration in the universe's movements. Instructor: Rishika Krishna with the Sage Press

Winter Term:

1/9-1/30 (4)	Th	6-7 pm	16 yrs +	JE35301A
		Main House-Ralph Jenkins Room	ID/AP: \$104	OD: \$130
2/6-2/27 (4)	Th	6-7 pm	16 yrs +	JE35301B
		Main House-Ralph Jenkins Room	ID/AP: \$104	OD: \$130
3/6-3/20 (3)	Th	6-7 pm	16 yrs +	JE35301C
		Main House-Ralph Jenkins Room	ID/AP: \$78	OD: \$97.50

Spring Term:

4/3-5/1 (5)	Th	6-7 pm	16 yrs +	JE45301A
		Main House-Ralph Jenkins Room	ID/AP: \$130	OD: \$162.50
5/8-6/12 (6)	Th	6-7 pm	16 yrs +	JE45301B
		Main House-Ralph Jenkins Room	ID/AP: \$156	OD: \$195



INTEREST LIST: Private- Reiki in the Wilderness

Join the interest list and a staff member of the Jenkins Estate staff will contact you to schedule a convenient time. Reiki in the Wilderness Description: Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. The practitioner administers Reiki by "laying on hands" and is based on the idea that an unseen "life force energy" flows through us and is what causes us to be alive. If one's "life force energy" is low, then we are more likely to get sick or feel stress, and if it is high, we are more capable of being happy and healthy. Rest, relax, renew in glorious nature on Jenkins Estate; while experiencing Reiki therapy from Master Practitioner, Amy Kelsey of The Whispering Well. Dress comfortably, clients stay fully clothed during all Reiki therapy sessions. For clients a massage table, yoga mat and comfortable chair with coverings are provided, no need to bring bedding.

- 30 min session: \$65.00
- 60 min session: \$110.00

Location: Tea House (outdoor) OR Lolomi Room (indoor), location is your choice.

Winter Term:		
1/6-3/21 (11)	18 yrs +	JE35303
Spring Term:		
4/1-6/19 (12)	18 yrs +	JE45303



Special Events

Drag Bingo with Poison Waters

Join us for a night of laughter, fun, and fierceness at our Drag Bingo extravaganza hosted by the one and only Poison Waters at the Historic Jenkins Estate! Admission Ticket includes 1 bingo sheet per round for the whole night. Pre - Registration is required, limited tickets will be sold day of event. Beer, Seltzer, Wine, Soft Drinks, and Pizza Available for purchase night of event. Please email a.gallegos@thprd.org for special dietary concerns by 1/30.

1/31	F	6-7:30 pm	21 yrs +	JE36402
			ID/AP: \$10	OD: \$12.50

Ikebana (Japanese Flower Arrangement) Workshop

Immerse yourself in the timeless art of Ikebana, a Japanese floral arrangement that celebrates the natural world. This workshop offers a unique opportunity to learn the core principles, techniques, and philosophy behind this exquisite craft. Guided by experienced instructor, you will explore the harmonious balance of form, color, and space. From understanding the essential components of Ikebana – natural materials, vase, and kenzan – to mastering basic techniques, this workshop covers it all.

All supplies and tools are provided, making this workshop accessible to beginners and enthusiasts alike. Let your creativity bloom as you embark on a journey of artistic exploration and tranquility.

1/25	S	10 am-12 pm	16-adult	JE36400
			ID/AP: \$65	OD: \$81.25
4/12	S	10 am-12 pm	16-adult	JE46400
			ID/AP: \$65	OD: \$81.25

Galentine's Wine Tour

Join us for an unforgettable day exploring the heart of Oregon wine country. Our tour begins at the charming Jenkins Estate, where you'll meet your fellow wine enthusiasts and board our comfortable coach. Savor the scenic beauty of the Willamette Valley as we visit two renowned wineries. Immerse yourself in the world of wine with guided tastings, learn about the unique terroir of the region, and discover new favorites. To enhance your experience, enjoy a complementary charcuterie cup paired with the stunning valley views during your journey between wineries. Our tour concludes back at Jenkins Estate, leaving you with lasting memories and a newfound appreciation for Oregon's finest wines. Must be 21 years or older to participate. Fee does not include wine tastings Unwind, explore, and savor the taste of the valley.

2/8	S	1-3:30 pm	21 yrs +	JE36401
			ID/AP: \$30	OD: \$37.50

Sip Savor & Spark: A Valentine's Event at the Jenkins Estate

Join us for an unforgettable evening at the historic Jenkins Estate! Celebrate the season of love with live music, local vendors, a selection of fine wines and craft brews, and delicious bites from our featured food truck. Capture the moment with our fun photo booth! Whether you're single or coupled up, this event is sure to spark your Valentine's Day spirit. Pre-registration is not required but encouraged

Don't miss this opportunity to celebrate love, friendship, and good times at the beautiful Jenkins Estate.

2/14	F	4-7 pm	21yrs +	JE0114
			ID/AP: \$5	OD: \$5

Fairytale Tea Party

Step into a magical world of enchantment at our Fairy Tale Tea Party! Join us for an afternoon of royal fun, where dreams come true. Little princes and princesses will delight in meeting a special royal guest, dancing to enchanting tunes, and creating a magical craft to take home. Our royal visitor will be making a grand entrance for a meet and greet, photo opportunities, and a magical dance party. Enjoy delicious treats and light refreshments and craft as you immerse yourself in a fairy tale adventure. Parents or guardians must stay with their child throughout the event.

6/26	Th	10-11:30 am	2-6 yrs	JE46100
			ID/AP: \$35	OD: \$43.75

Derby Days at The Jenkins Estate

Experience the thrill and excitement of the Kentucky Derby at the historic Jenkins Estate. Immerse yourself in the spirit of the Kentucky Derby with a social hour filled with mingling, friends, and festive attire. Enjoy a delicious grazing table and delectable appetizers, with drinks available for purchase. Capture unforgettable moments with our photo opportunities. Don't miss this opportunity to experience the glamour and charm of the Derby at the iconic Jenkins Estate. This event is 21 yrs +

Saturday, May 2, 2025 • 12 to 6 pm
Location: Jenkin Estate - Stable
Tickets on Sale December 7



Adaptive & Inclusive Recreation Services



TUALATIN HILLS
PARK & RECREATION DISTRICT

Recreation Services for People Experiencing Disabilities

Inclusion Services

Inclusion Services is committed towards providing a continuum of staff support to children, teens, and adults with physical and developmental disabilities in order to make all THPRD programming more accessible. We believe that meeting the diverse needs of the community we serve promotes the dignity, success and enjoyment of all participants. Individuals looking for additional support in THPRD programs, or for more information about Inclusion Services, should call 503-629-6341 or email inclusion@thprd.org.

Registration: A THPRD account is required for all programs / activity registrations. Please see page 167 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 7 or call the Administrative Office at 503-619-3994.

Adaptive & Inclusive Volunteers

Would you like to have a meaningful and positive impact in your community? Join us and have fun working with children, teens, and adults with developmental disabilities. Call us at 503-629-6341 for more information.

TriMet Lift

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

Address for Athletic Center: 50 NW 158th Ave., Beaverton, 97006

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

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

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.

Non-THPRD Caregivers: THPRD does not provide personal care. Caregivers are welcome to join programs. Prior to the start of a program, application must be submitted to Inclusion and background check must be cleared.

Adaptive and Inclusion Program Specialist: Sofia Nichols

Garden Home Facility Supervisor: Karol Johnston

For more information on any of these program, call Inclusion at 503-629-6341 or email inclusion@thprd.org.

Adaptive & Inclusive Recreation Services Consists of Nine programs:

Inclusion Services

Individualized supports for patrons experiencing disability in the registered class(es) of their choice. Available at recreation centers throughout the district. For more information about Inclusion Services, email inclusion@thprd.org.

Monday Night Adult Therapeutic Recreation Classes (TR)

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

Wednesday Night Teen Therapeutic Recreation Classes (TR)

A recreation program for teens ages 13-20 years of age with developmental disabilities. Bi-monthly programs 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. **Classes are not held in summer term.**

Thursday Night All-Stars Drop-in Basketball


A recreational and socialization program for teen and adults (16+) with physical and developmental disabilities to play pickup games of basketball. Games are held at THPRD Athletic Center, 15707 Walker Rd., Beaverton, OR 97006. **Games run year-round.**

Thursday Night Wheelchair Drop-in Basketball

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

Inclusive Recreation Classes

Inclusive recreation classes for children and adults with and without disabilities are offered at recreation centers throughout the district.

Inclusive classes are marked with a  icon.

Camp Rivendale

A summer day camp providing recreational opportunities for patrons who experience physical, emotional and/or developmental disabilities. For more information, email us at camprivendale@thprd.org.

Adaptive Mobile Recreation

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. : If you are interested in Adaptive Rec Mobile coming to your facility or events, please contact us at 503-629-6341.

Inclusive Yoga

A drop-in recreation program for people of all ages and abilities. Yoga classes are held at Garden Home Recreation Center every Wednesday from 10:45am-11:45am.

Adult Therapeutic Recreation (TR)

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

Cost: ID/AP: \$5.75 OD: \$7.75

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

For more information and to get on our email list, please call, 503-629-6341. A THPRD Therapeutic Recreation Medical/Emergency Information form is required for all participants.

Those who require 1:1 support must have an aide that stays on site for the duration of the activity or event.

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

Monday Night TR

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

Say hello to 2025 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 pre-register for this program.

1/6	M	6:30-8:30 pm ID: \$5.75	16-adult OD: \$7.75	TR35700
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TR The Magic of Sound & Tea Party

Join us for this 1.5-hour journey into a deeper understanding of the Magic of Sound Healing! Come lay on a mat, relax and enjoy the sounds. Tea will be provided. led by a certified THPRD instructor.

Our Therapeutic Recreation (TR) programs are intended for teens and adults (16+) who experience disabilities.

You must preregister for this program.

1/13	M	6:30-8:30 pm ID: \$5.75	16-adult OD: \$7.75	TR35701
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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 enter in THPRD vehicles. We will be leaving the Elsie Stuhr Center at 6:30p.m. sharp, so please plan to arrive before then - we will return to the Elsie Stuhr Center by 8:30p.m. 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.

1/27	M	6:30-8:30 pm ID: \$5.75	16-adult OD: \$7.75	TR35702
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Yoga & Zumba

Yoga and Zumba are great ways to get active while having fun! For the Zumba portion, everyone will have the opportunity to show us your best dance moves as we dance along to hit songs! After, we'll end our class with calming stretches and various breathing techniques.

Our Therapeutic Recreation (TR) programs are intended for teens and adults (16+) who experience disabilities.

You must preregister for this program.

2/3	M	6:30-8:30 pm ID: \$5.75	16-adult OD: \$7.75	TR35703
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TR Valentine's Day Dance

Back by popular demand is our annual Valentines 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.

2/10	M	6:30-8:30 pm ID: \$5.75	16-adult OD: \$7.75	TR35704
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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 enter in THPRD vehicles. We will be leaving the Elsie Stuhr Center at 6:30p.m. sharp, so please plan to arrive before then - we will return to the Elsie Stuhr Center by 8:30p.m. 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.

2/24	M	6:30-8:30 pm ID: \$5.75	16-adult OD: \$7.75	TR35705
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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 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 program.

3/3 M 6:30-8:30 pm 16-adult TR35706
Elsie Stuhr Center ID: \$5.75 OD: \$7.75



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 6:30p, so please arrive before then. We will return by 8:30p. 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.

3/10 M 6:30-8:30 pm 16-adult TR35707
Off-Site ID: \$5.75 OD: \$7.75

TR Dumpling Cooking Class

Join us in learning the fundamentals of cooking in this hands-on class. In this class you'll learn a range of cooking techniques and will get to enjoy what you've made at the end of class! Please note that THPRD cannot guarantee an allergy-free environment.

Our Therapeutic Recreation (TR) programs are intended for individuals ages 16+ who experience disabilities.

You must preregister for this program.

3/17 M 6:30-8:30 pm 16-adult TR35708
Elsie Stuhr Center ID: \$5.75 OD: \$7.75



TR Pajama & Movie Night

You won't want to miss this! Wear your comfiest pajamas and join us for a cozy movie night in. Snacks and soda will be provided. We encourage you to bring a pillow and/or blanket!

Our Therapeutic Recreation (TR) programs are intended for teens and adults (16+) who experience disabilities.

You must preregister for this program.

3/24 M 6:30-8:30 pm 16-adult TR35709
Elsie Stuhr Center ID: \$5.75 OD: \$7.75

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 6:30p.m. sharp, so please plan to arrive before then - we will return to the Elsie Stuhr Center by 8:30p.m. 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.

3/31 M 6:30-8:30 pm 16-adult TR35726
Harman Swim Center ID: \$5.75 OD: \$7.75

TR Karaoke & Trivia Night

Get ready for an evening of song, laughter, and brainteasers at our Karaoke and Trivia Night Showdown! This dynamic event combines the thrill of karaoke with the excitement of trivia challenges. Whether you're ready to belt out your favorite tunes or eager to showcase your knowledge, this activity promises endless fun!

Our Therapeutic Recreation (TR) programs are intended for teens and adults (16+) who experience disabilities.

You must preregister for this program.

4/7 M 6:30-8:30 pm 16-adult TR35700
Elsie Stuhr Center ID: \$5.75 OD: \$7.75



TR Taekwondo Class

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 and adults (16+) who experience disabilities.

You must preregister for this program.

4/14	M	6:30-8:30 pm	16-adult	TR35702
Elsie Stuhr Center		ID: \$5.75	OD: \$7.75	

TR Vision Board Making

Unleash your creativity and your goals with our Vision Board workshop! We invite you to create a visual representation of your dreams and aspirations, helping you to envision and manifest your personal and professional goals. Whether you're aiming for new achievements, personal growth, or simply want to inspire yourself, this workshop is the perfect opportunity to focus your intentions and invite motivation.

Our Therapeutic Recreation (TR) programs are intended for teens and adults (16+) who experience disabilities.

You must preregister for this program.

4/21	M	6:30-8:30 pm	16-adult	TR35703
Elsie Stuhr Center		ID: \$5.75	OD: \$7.75	

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 6:30p.m. sharp, so please plan to arrive before then - we will return to the Elsie Stuhr Center by 8:30p.m. 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.

4/28	M	6:30-8:30 pm	16-adult	TR35705
Harman Swim Center		ID: \$5.75	OD: \$7.75	

TR Star Wars Movie Night

Prepare to embark on an epic cinematic adventure as we dive into a galaxy far, far away! Join us for a thrilling Star Wars movie night filled with classic moments, heroic battles, and timeless stories. Whether you're a Jedi Master or a Sith Lord, this evening will bring excitement and nostalgia for all new and old fans of the Star Wars saga. Costumes are encouraged and themed snacks will be provided.

Our Therapeutic Recreation (TR) programs are intended for teens and adults (16+) who experience disabilities.

You must preregister for this program.

5/5	M	6:30-8:30 pm	16-adult	TR35707
Elsie Stuhr Center		ID: \$5.75	OD: \$7.75	

TR Hiking Night

Join us for a beautiful hike around Jenkins Estate! As a group we will walk the trails, visit the OSU Master Gardeners Garden, and soak up the breathtaking views of the Tualatin Valley. Meet us at Elsie Stuhr Center and we will shuttle everyone to Jenkins Estate. We will be leaving the Elsie Stuhr Center at 6:30p.m. sharp, so please plan to arrive before then - we will return to the Elsie Stuhr Center by 8:30p.m. for pick-up.

Our Therapeutic Recreation (TR) programs are intended for teens and adults (16+) who experience disabilities.

You must preregister for this program.

5/12	M	6:30-8:30 pm	16-adult	TR35708
Elsie Stuhr Center		ID: \$5.75	OD: \$7.75	



TR Beaverton Food Carts Trip

Join us for a trip to The BG Food Cartel, Beaverton's Largest Food Cart Pod. Meet us at The 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 p.m. sharp so please plan to arrive before then. We will return to Elsie Stuhr by 8:30 p.m. Please bring additional money if you would like to purchase any food or beverages on this trip.

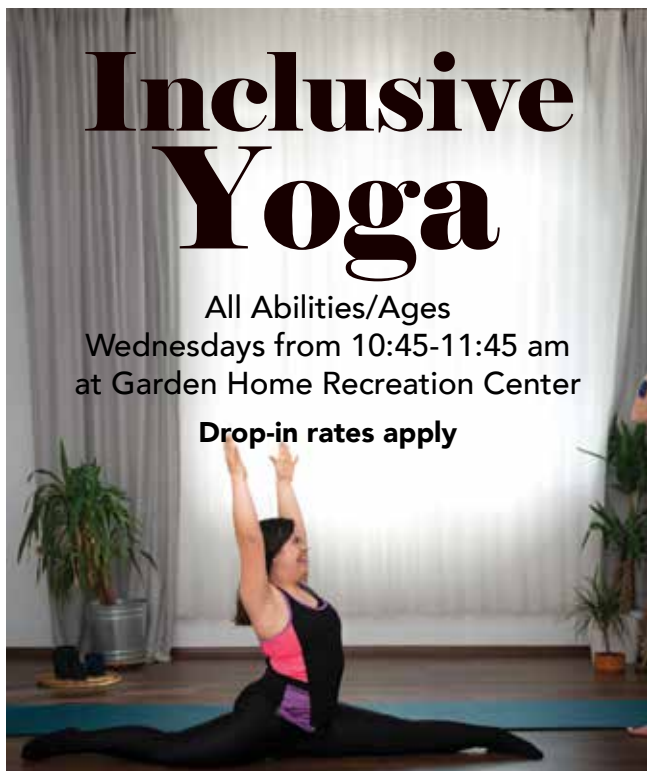
Our Therapeutic Recreation (TR) programs are intended for teens and adults (16+) who experience disabilities.

You must preregister for this program.

5/19	M	6:30-8:30 pm	16-adult	TR35709
Off-Site		ID: \$5.75	OD: \$7.75	



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



Inclusive Yoga

All Abilities/Ages
 Wednesdays from 10:45-11:45 am
 at Garden Home Recreation Center
Drop-in rates apply

Teen Therapeutic Recreation (TR)

Join us on Wednesday evenings for fun activities in this recreational and social program for teens (13-20) experiencing disabilities. Enjoy fun outings, arts, and movement.

Cost: ID: \$5.75 OD:\$7.75

(Except where noted, for off-site activities)

Date & Time: Bi-monthly Wednesdays, 4:30-6:30pm

For more information and to get on our email list, please call, 503-629-6342. A THPRD Therapeutic Recreation Medical/Emergency Information form is required for all participants.

Those who require 1:1 support must have an aide that stays on site for the duration of the activity or event.

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

*Additional program information will be sent out one week prior to all registered participants.

Wednesday Teen TR

Teen TR Pajama & Movie Night

You won't want to miss this! There are not many things that are more relaxing than settling down with good friends to watch a movie. Popcorn and soda will be provided. We encourage you to wear your pajamas or comfiest clothes and bring a pillow and/or blanket!

Our Therapeutic Recreation (TR) programs are intended for teens ages 13-20 years of age who experience disabilities.

You must preregister for this program.

1/8	W	4:30-6:30 pm	13-20	TR35300
Elsie Stuhr Center		ID: \$5.75	OD: \$7.75	

Teen TR Bingo & Trivia

Join us for a game-filled evening of socializing, bingo and friendly competition! It's time to show off what you know about pop culture, history and all sorts of various topics.

Our Therapeutic Recreation (TR) programs are intended for teens ages 13-20 years of age who experience disabilities.

You must preregister for this program.

1/22	W	4:30-6:30 pm	13-20	TR35304
Elsie Stuhr Center		ID: \$5.75	OD: \$7.75	



Teen TR Volunteer Night

Come join us in making a difference in our community together! THPRD vans will be transporting participants to volunteer site. We will be leaving Elsie Stuhr at 6:30 p.m. sharp so please plan to arrive before then. We will return to Elsie Stuhr by 8:30 p.m. Volunteer location TBD.

Our Therapeutic Recreation (TR) programs are intended for teens ages 13-20 years of age who experience disabilities.

You must preregister for this program.

2/5	W	4:30-6:30 pm	13-20	TR35305
Off-Site		ID: \$5.75	OD: \$7.75	

Teen TR STEM Night

Ever wondered how things work the way that they do? Well gear up for an evening of exploration and discovery at our STEM Night! We will explore the world of science, technology, engineering, and mathematics through interactive activities, experiments, and projects.

Our Therapeutic Recreation (TR) programs are intended for teens ages 16-20 years of age experiencing disabilities.

You must preregister for this event.

2/19	W	4:30-6:30 pm	13-20	TR35307
Elsie Stuhr Center		ID: \$5.75	OD: \$7.75	

Teen TR Spring Landscape 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 Teen Therapeutic Recreation (TR) programs are intended for teens ages 13-20 experiencing disabilities.

You must preregister for this program.

3/5	W	4:30-6:30 pm	13-20	TR35308
Elsie Stuhr Center		ID: \$5.75	OD: \$7.75	

Teen TR Dumping Cooking Classes

Join us in learning the fundamentals of cooking in this hands-on class. In this class you'll learn a range of cooking techniques and will get to enjoy what you've made at the end of class! Please note that THPRD cannot guarantee an allergy-free environment.

Our Teen Therapeutic Recreation (TR) programs are intended for teens ages 13-20 experiencing disabilities.

You must preregister for this program.

3/19	W	4:30-6:30 pm	13-20	TR35309
Elsie Stuhr Center		ID: \$5.75	OD: \$7.75	

Teen TR Volunteer Night

Come join us in making a difference in our community together! THPRD vans will be transporting participants to volunteer site. We will be leaving Elsie Stuhr at 6:30 p.m. sharp so please plan to arrive before then. We will return to Elsie Stuhr by 8:30 p.m. Volunteer location TBD.

Our Therapeutic Recreation (TR) programs are intended for teens ages 13-20 years of age who experience disabilities.

You must preregister for this program.

4/2	W	4:30-6:30 pm	13-20	TR45300
Off-site		ID: \$5.75	OD: \$7.75	

Teen TR Vision Board Workshop

Unleash your creativity and your goals with our Vision Board workshop! We invite you to create a visual representation of your dreams and aspirations, helping you to envision and manifest your personal and professional goals. Whether you're aiming for new achievements, personal growth, or simply want to inspire yourself, this workshop is the perfect opportunity to focus your intentions and invite motivation.

Our Therapeutic Recreation (TR) programs are intended for teens ages 13-20 years of age who experience disabilities.

You must preregister for this program.

4/16	W	4:30-6:30 pm	13-20	TR45301
Elsie Stuhr Center		ID: \$5.75	OD: \$7.75	

Teen 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 6:30p.m. sharp, so please plan to arrive before then - we will return to the Elsie Stuhr Center by 8:30p.m. 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 ages 13-20 years of age who experience disabilities.

You must preregister for this program.

4/30	W	4:30-6:30 pm	13-20	TR45302
Off-site		ID: \$5.75	OD: \$7.75	

Teen TR Hiking Night

Join us for a beautiful hike around Jenkins Estate! As a group we will walk the trails, visit the OSU Master Gardeners Garden, and soak up the breathtaking views of the Tualatin Valley. Meet us at Elsie Stuhr Center and we will shuttle everyone to Jenkins Estate. We will be leaving the Elsie Stuhr Center at 6:30p.m. sharp, so please plan to arrive before then - we will return to the Elsie Stuhr Center by 8:30p.m. for pick-ups.

Our Therapeutic Recreation (TR) programs are intended for teens ages 13-20 years of age who experience disabilities.

You must preregister for this program.

5/14	W	4:30-6:30 pm	13-20	TR45303
Off-site		ID: \$5.75	OD: \$7.75	

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

Teen TR Pokémon Extravaganza

Get ready for a Pokémon themed extravaganza that is filled with all things Pokémon, bringing together fans for an evening filled with games and adventures in the world of Pikachu, Charizard, and more! Whether you're a seasoned Trainer or just starting your Pokémon journey, this even promises excitement, creativity, and plenty of Pokémon fun!

Our Therapeutic Recreation (TR) programs are intended for teens ages 13-20 years of age who experience disabilities.

You must preregister for this program.

5/28	W	4:30-6:30 pm	13-20	TR45304
Elsie Stuhr Center		ID: \$5.75	OD: \$7.75	

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 - 15707 Walker Rd. Beaverton 97006

ID: \$5.75 OD: \$7.75

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.



NEW Adaptive and Inclusive Programs!

Therapeutic Recreation Parent's Night Out new

Parents night out. This program is intended for children experiencing disabilities. You must pre-register for this program. Address: 7475 SW Oleson Rd, Portland, OR 97223.

You must preregister for this program.

1/24	F	6-8pm	7-11	TR35310
Garden Home Recreation Center		ID: \$10 OD: \$12.50		



Let's Play Sensory Class new

Join us in introducing your kids to the world of sensory learning through hands-on experience. Sensory play encourages learning through exploration, creativity, and problem solving. Kids will have the opportunity to engage in peer socializing and problem solving. Address: 7475 SW Oleson Rd, Portland, OR 97223.

2/7	F	12:15-1pm	3-6	TR35311
Garden Home Recreation Center		ID: \$5.75 OD: \$7.75		
2/14	F	12:15-1pm	3-6	TR35312
Garden Home Recreation Center		ID: \$5.75 OD: \$7.75		
2/21	F	12:15-1pm	3-6	TR35313
Garden Home Recreation Center		ID: \$5.75 OD: \$7.75		

Spring Break Adventure Camp new

Staying in town for Spring Break? Join us for a new half day camp providing recreational opportunities for patrons who experience physical, emotional and/or developmental disabilities. For more information about registration, please email us at inclusion@thprd.org. **Pre-registration required.**

3/24-3/28	M-F	1-5pm	7-12	TR45305
Garden Home Recreation Center		ID: \$166.50 OD: \$231.25		



Thursday Night Drop-in Wheelchair Basketball

Join THPRD for wheelchair basketball!

This drop-in program provides a weekly opportunity for youth and adults experiencing physical disabilities to play wheelchair basketball.

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

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

ID: \$5.75 OD: \$7.75

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



Adaptive Mobile Recreation at Garden Home Recreation Center Free Drop-in Program for All Ages Mondays, 1-2 pm

Join us for this inclusive community-based recreation program providing fun sensory-friendly activities for all ability levels!

Garden Home Recreation Center, 7475 SW Oleson Rd.



Inclusive Spring Fling Silent Dance new

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

5/23 F 6-7:30 pm All Ages TR45307
Garden Home Recreation Center ID: \$5.75 OD: \$7.75



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

Babette Horenstein Tennis Center



**TUALATIN HILLS
PARK & RECREATION DISTRICT**

Babette Horenstein Tennis Center
15707 SW Walker Road
Beaverton, 97006
503-629-6331

TriMet Bus Routes: #67, 59

Facility Supervisor: Vacant

Building Hours:

Monday-Thursday 9 am-10 pm
Friday 9 am-9 pm
Saturday-Sunday 8 am-7 pm

*Hours subject to change.

**No class dates: 1/20, 2/17, 4/11-4/12, 5/15-5/17,
5/22-5/24, 5/26**

Facility Closed: 1/1, 4/20

Enjoy playing tennis 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 for those not playing tennis. (Supply your own towel. Five minute maximum.)

THPRD VOLUNTEERS!

For volunteer opportunities, email Melissa Marcum, m.marcum@thprd.org or call 503-619-3941.

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



Court Rates and Reservations

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

BHTC now uses Court Reserve for our court reservation system.



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

- Courts become available for registration at 7:30 am one week prior for In-District Patrons (6 days prior for Out-of-District Patrons.)
- Full payment required 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 \$6.

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 7/1/2024. 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 running shoes, cleated shoes, boots, sandals/open-toed shoes, heels, flats or other street shoes are allowed on the Tennis court.



Why use low-compression balls? They bounce lower and slower which is perfect for teaching students of varying heights and skill levels.

Red Ball (36%)	Orange Ball (60%)	Green Dot Ball (75%)	Yellow Ball (100%)
Tiny Tots	8 & Under	10 & Under	High School
8 & Under	10 & Under	Jr. Development	Adv. Jr. Training
10 & Under	Jr. Development	High School	
	High School	Adv. Jr. Training	

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	Classes
21 inches	4-5 years	40-44"	Tiny Tots
23 inches	6-8 years	45-49"	8 & Under
25 inches	9-10 years	50-55"	10 & Under
26 inches	10+ years	Over 55"	Jr. Development, High School

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

Youth Classes at BHTC

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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Tiny Tot Beginner Tennis (Red Ball) Age 5
 Learn the basic tennis skills: forehand and backhands, volleys, overhead, and serve along with hand and eye coordination skill work. This class is taught using red compression tennis balls.

Winter:						
TC31111	1/7-2/11	T	4-4:45 pm	\$74	\$92.50	6
TC31112	1/9-2/13	Th	4-4:45 pm	\$74	\$92.50	6
TC31121	2/18-3/18	T	4-4:45 pm	\$61	\$76.25	5
TC31122	2/20-3/20	Th	4-4:45 pm	\$61	\$76.25	5
Spring:						
TC41111	4/1-4/29	T	4-4:45 pm	\$61	\$76.25	5
TC41112	4/3-5/1	Th	4-4:45 pm	\$61	\$76.25	5
TC41121	5/6-6/3	T	4-4:45 pm	\$61	\$76.25	5
TC41122	5/8-6/5	Th	4-4:45 pm	\$61	\$76.25	5

Tiny Tot Advanced Tennis (Red Ball) Age 6
 Learn the basic tennis skills: forehand and backhands, volleys, overhead, and serve along with hand and eye coordination skill work. This class is taught using red compression tennis balls.

Winter:						
TC31211	1/6-2/10	M	4-4:45 pm	\$61	\$76.25	5
TC31212	1/7-2/11	T	4-4:45 pm	\$74	\$92.50	6
TC31221	2/24-3/17	M	4-4:45 pm	\$49	\$61.25	4
TC31222	2/18-3/18	T	4-4:45 pm	\$61	\$76.25	5
Spring:						
TC41211	3/31-4/28	M	4-4:45 pm	\$61	\$76.25	5
TC41212	4/1-4/29	T	4-4:45 pm	\$61	\$76.25	5
TC41221	5/5-6/2	M	4-4:45 pm	\$61	\$76.25	5
TC41222	5/6-6/3	T	4-4:45 pm	\$61	\$76.25	5

8 and Under Tennis Level 1 (Red Ball) Age 7 to 8
 Learn the basic tennis skills: forehand and backhands, volleys, overhead and serve. This class is taught using red compression tennis balls.

Winter:						
TC31311	1/7-2/11	T	4-4:45 pm	\$74	\$92.50	6
TC31312	1/9-2/13	Th	4-4:45 pm	\$74	\$92.50	6
TC31313	1/9-2/13	Th	5-5:45 pm	\$74	\$92.50	6
TC31321	2/18-3/18	T	4-4:45 pm	\$61	\$76.25	5
TC31322	2/20-3/20	Th	4-4:45 pm	\$61	\$76.25	5
TC31323	2/20-3/20	Th	5-5:45 pm	\$61	\$76.25	5
Spring:						
TC41311	4/1-4/29	T	4-4:45 pm	\$61	\$76.25	5
TC41312	4/3-5/1	Th	4-4:45 pm	\$61	\$76.25	5
TC41313	4/3-5/1	Th	5-5:45 pm	\$61	\$76.25	5
TC41321	5/6-6/3	T	4-4:45 pm	\$61	\$76.25	5
TC41322	5/8-6/5	Th	4-4:45 pm	\$37	\$46.25	3
TC41323	5/8-6/5	Th	5-5:45 pm	\$37	\$46.25	3

Class #	Dates	Days	Times	ID/AP	OD	Sessions
8 and Under Tennis Level 1 Clinic (Red Ball) Age 7 to 8						
Learn the basic tennis skills: forehand and backhands, volleys, overhead and serve. This class is taught using red compression tennis balls.						
Winter:						
TC31314A	1/10	F	4-4:45 pm	\$12	\$15	1
TC31314B	1/17	F	4-4:45 pm	\$12	\$15	1
TC31314C	1/24	F	4-4:45 pm	\$12	\$15	1
TC31314D	1/31	F	4-4:45 pm	\$12	\$15	1
TC31314E	2/7	F	4-4:45 pm	\$12	\$15	1
TC31314F	2/14	F	4-4:45 pm	\$12	\$15	1
TC31324A	2/21	F	4-4:45 pm	\$12	\$15	1
TC31324B	2/28	F	4-4:45 pm	\$12	\$15	1
TC31324C	3/7	F	4-4:45 pm	\$12	\$15	1
TC31324D	3/14	F	4-4:45 pm	\$12	\$15	1
TC31324E	3/21	F	4-4:45 pm	\$12	\$15	1
Spring:						
TC41314A	4/4	F	4-4:45 pm	\$12	\$15	1
TC41314B	4/18	F	4-4:45 pm	\$12	\$15	1
TC41314C	4/25	F	4-4:45 pm	\$12	\$15	1
TC41314D	5/2	F	4-4:45 pm	\$12	\$15	1
TC41324A	5/9	F	4-4:45 pm	\$12	\$15	1
TC41324B	5/30	F	4-4:45 pm	\$12	\$15	1
TC41324C	6/6	F	4-4:45 pm	\$12	\$15	1

8 and Under Tennis Level 1.5 (Orange Ball) Age 7 to 8
 Continued skill development of hitting from a stationary position and while moving to the ball. Player will develop volley skills and awareness of court positioning for both singles and doubles play. Students will be introduced to game scoring along with an emphasis on rallying in different scenarios. Class is taught with orange compression balls. Advancement from previous level required.

Winter:						
TC31411	1/7-2/11	T	4-4:45 pm	\$74	\$92.50	6
TC31412	1/7-2/11	T	4:45-5:30 pm	\$74	\$92.50	6
TC31413	1/9-2/13	Th	4-4:45 pm	\$74	\$92.50	6
TC31421	2/18-3/18	T	4-4:45 pm	\$61	\$76.25	5
TC31422	2/18-3/18	T	4:45-5:30 pm	\$61	\$76.25	5
TC31423	2/20-3/20	Th	4-4:45 pm	\$61	\$76.25	5
Spring:						
TC41411	4/1-4/29	T	4-4:45 pm	\$61	\$76.25	5
TC41412	4/1-4/29	T	4:45-5:30 pm	\$61	\$76.25	5
TC41413	4/3-5/1	Th	4-4:45 pm	\$61	\$76.25	5
TC41421	5/6-6/3	T	4-4:45 pm	\$61	\$76.25	5
TC41422	5/6-6/3	T	4:45-5:30 pm	\$61	\$76.25	5
TC41423	5/8-6/5	Th	4-4:45 pm	\$37	\$46.25	3

8 and Under Tennis Level 2 (Orange Ball) Age 7 to 8
 Continued skill development of hitting from a stationary position and while moving to the ball. Player will develop volley skills and awareness of court positioning for both singles and doubles play. Students will be introduced to game scoring along with an emphasis on rallying in different scenarios. Class is taught with orange compression balls. Advancement from previous level required.

Winter:						
TC31511	1/9-2/13	Th	4-4:45 pm	\$98	\$122.50	6
TC31521	2/20-3/20	Th	4-4:45 pm	\$82	\$102.50	5
Spring:						
TC41511	4/3-5/1	Th	4-4:45 pm	\$82	\$102.50	5
TC41521	5/8-6/5	Th	4-4:45 pm	\$49	\$61.25	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
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10 and Under Tennis Level 1 (Red Ball) Age 9 to 10

Introduction to the basic tennis skills: forehand, backhand, volley, overhead and serves. This class is taught using red compression balls.

Winter:

TC31611	1/6-2/10	M	4-4:45 pm	\$61	\$76.25	5
TC31612	1/8-2/12	W	4-4:45 pm	\$74	\$92.50	6
TC31613	1/11-2/15	S	9-9:45 am	\$74	\$92.50	6
TC31621	2/24-3/17	M	4-4:45 pm	\$49	\$61.25	4
TC31622	2/19-3/19	W	4-4:45 pm	\$61	\$76.25	5
TC31623	2/22-3/22	S	9-9:45 am	\$61	\$76.25	5

Spring:

TC41611	3/31-4/28	M	4-4:45 pm	\$61	\$76.25	5
TC41612	4/2-4/30	W	4-4:45 pm	\$61	\$76.25	5
TC41613	4/5-5/3	S	9-9:45 am	\$49	\$61.25	4
TC41621	5/5-6/2	M	4-4:45 pm	\$49	\$61.25	4
TC41622	5/7-6/4	W	4-4:45 pm	\$61	\$76.25	5
TC41623	5/10-6/7	S	9-9:45 am	\$37	\$46.25	3

10 and Under Tennis Level 1 Clinic (Red Ball) Age 9 to 10

Introduction to the basic tennis skills: forehand, backhand, volley, overhead and serves. This class is taught using red compression balls.

Winter:

TC31614A	1/10	F	4-4:45 pm	\$12	\$15	1
TC31614B	1/17	F	4-4:45 pm	\$12	\$15	1
TC31614C	1/24	F	4-4:45 pm	\$12	\$15	1
TC31614D	1/31	F	4-4:45 pm	\$12	\$15	1
TC31614E	2/7	F	4-4:45 pm	\$12	\$15	1
TC31614F	2/14	F	4-4:45 pm	\$12	\$15	1
TC31624A	2/21	F	4-4:45 pm	\$12	\$15	1
TC31624B	2/28	F	4-4:45 pm	\$12	\$15	1
TC31624C	3/7	F	4-4:45 pm	\$12	\$15	1
TC31624D	3/14	F	4-4:45 pm	\$12	\$15	1
TC31624E	3/21	F	4-4:45 pm	\$12	\$15	1

Spring:

TC41614A	4/4	F	4-4:45 pm	\$12	\$15	1
TC41614B	4/18	F	4-4:45 pm	\$12	\$15	1
TC41614C	4/25	F	4-4:45 pm	\$12	\$15	1
TC41614D	5/2	F	4-4:45 pm	\$12	\$15	1
TC41624A	5/9	F	4-4:45 pm	\$12	\$15	1
TC41624B	5/30	F	4-4:45 pm	\$12	\$15	1
TC41624C	6/6	F	4-4:45 pm	\$12	\$15	1

Class #	Dates	Days	Times	ID/AP	OD	Sessions
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10 and Under Tennis Level 1.5 (Orange Ball) Age 9 to 10

Continued development of hitting ball from a stationary position and while moving to the ball. Player will develop volley skills and awareness of court positioning for both singles and doubles play. Students will be introduced to game scoring along with an emphasis on rallying in different scenarios. Class is taught using orange compression balls. Advancement from previous level required.

Winter:

TC31711	1/6-2/10	M	4-4:45 pm	\$61	\$76.25	5
TC31712	1/8-2/12	W	4-4:45 pm	\$74	\$92.50	6
TC31713	1/8-2/12	W	6:15-7 pm	\$74	\$92.50	6
TC31721	2/24-3/17	M	4-4:45 pm	\$49	\$61.25	4
TC31722	2/19-3/19	W	4-4:45 pm	\$61	\$76.25	5
TC31723	2/19-3/19	W	6:15-7 pm	\$61	\$76.25	5

Spring:

TC41711	3/31-4/28	M	4-4:45 pm	\$61	\$76.25	5
TC41712	4/2-4/30	W	4-4:45 pm	\$61	\$76.25	5
TC41713	4/2-4/30	W	6:15-7 pm	\$61	\$76.25	5
TC41721	5/5-6/2	M	4-4:45 pm	\$49	\$61.25	4
TC41722	5/7-6/4	W	4-4:45 pm	\$61	\$76.25	5
TC41723	5/7-6/4	W	6:15-7 pm	\$61	\$76.25	5

10 and under Tennis Level 2 (Orange Ball) Age 9 to 10

Continued development of hitting ball from a stationary position and while moving to the ball. Player will develop volley skills and awareness of court positioning for both singles and doubles play. Students will be introduced to game scoring along with an emphasis on rallying in different scenarios. Class is taught using orange compression balls. Advancement from previous level required.

Winter:

TC31811	1/6-2/10	M	4-4:45 pm	\$82	\$102.50	5
TC31812	1/8-2/12	W	4-4:45 pm	\$98	\$122.50	6
TC31813	1/9-2/13	Th	4-4:45 pm	\$98	\$122.50	6
TC31821	2/24-3/17	M	4-4:45 pm	\$66	\$82.50	4
TC31822	2/19-3/19	W	4-4:45 pm	\$82	\$102.50	5
TC31823	2/20-3/20	Th	4-4:45 pm	\$82	\$102.50	5

Spring:

TC41811	3/31-4/28	M	4-4:45 pm	\$82	\$102.50	5
TC41812	4/2-4/30	W	4-4:45 pm	\$82	\$102.50	5
TC41813	4/3-5/1	Th	4-4:45 pm	\$82	\$102.50	5
TC41821	5/5-6/2	M	4-4:45 pm	\$66	\$82.50	4
TC41822	5/7-6/4	W	4-4:45 pm	\$82	\$102.50	5
TC41823	5/8-6/5	Th	4-4:45 pm	\$49	\$61.25	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
10 and under Tennis Level 2 Clinic (Orange Ball) Age 9 to 10						
Continued development of hitting ball from a stationary position and while moving to the ball. Player will develop volley skills and awareness of court positioning for both singles and doubles play. Students will be introduced to game scoring along with an emphasis on rallying in different scenarios. Class is taught using orange compression balls. Advancement from previous level required.						
Winter:						
TC31814A	1/10	F	4-4:45 pm	\$16	\$20	1
TC31814B	1/17	F	4-4:45 pm	\$16	\$20	1
TC31814C	1/24	F	4-4:45 pm	\$16	\$20	1
TC31814D	1/31	F	4-4:45 pm	\$16	\$20	1
TC31814E	2/7	F	4-4:45 pm	\$16	\$20	1
TC31814F	2/14	F	4-4:45 pm	\$16	\$20	1
TC31824A	2/21	F	4-4:45 pm	\$16	\$20	1
TC31824B	2/28	F	4-4:45 pm	\$16	\$20	1
TC31824C	3/7	F	4-4:45 pm	\$16	\$20	1
TC31824D	3/14	F	4-4:45 pm	\$16	\$20	1
TC31824E	3/21	F	4-4:45 pm	\$16	\$20	1
Spring:						
TC41814A	4/4	F	4-4:45 pm	\$16	\$20	1
TC41814B	4/18	F	4-4:45 pm	\$16	\$20	1
TC41814C	4/25	F	4-4:45 pm	\$16	\$20	1
TC41814D	5/2	F	4-4:45 pm	\$16	\$20	1
TC41824A	5/9	F	4-4:45 pm	\$16	\$20	1
TC41824B	5/30	F	4-4:45 pm	\$16	\$20	1
TC41824C	6/6	F	4-4:45 pm	\$16	\$20	1

10 and Under Tennis Level 2.5 (Orange Ball) Age 9 to 10

This class is taught with an emphasis on point play and rallying while continuing to develop the skills from Level 2. Players work on shot consistency, offensive and defensive shots, doubles and singles movement and specialty shots. Class is taught using orange compression balls. Advancement from previous level required.

Winter:						
TC31911	1/7-2/11	T	4-4:45 pm	\$98	\$122.50	6
TC31912	1/8-2/12	W	4-4:45 pm	\$98	\$122.50	6
TC31921	2/18-3/18	T	4-4:45 pm	\$82	\$102.50	5
TC31922	2/19-3/19	W	4-4:45 pm	\$82	\$102.50	5
Spring:						
TC41911	4/1-4/29	T	4-4:45 pm	\$82	\$102.50	5
TC41912	4/2-4/30	W	4-4:45 pm	\$82	\$102.50	5
TC41921	5/6-6/3	T	4-4:45 pm	\$82	\$102.50	5
TC41922	5/7-6/4	W	4-4:45 pm	\$82	\$102.50	5

Tennis Junior Match Play Level 2.5+ (9 to 13 Years)

Athletic development skills will be practiced to start each class. Introduction to match play for players levels 2.5-3. Coaches will organize competitive matches among players. This is a good supplement to regular group lessons. Advancement from previous level required.

Winter:						
TC32411	1/10-2/14	F	5-6:30 pm	\$197	\$246.25	6
TC32421	2/21-3/21	F	5-6:30 pm	\$164	\$205	5
Spring:						
TC42411	4/2-4/30	W	5-6:30 pm	\$164	\$205	5
TC42412	4/4-5/2	F	5-6:30 pm	\$131	\$163.75	4
TC42421	5/7-6/4	W	5-6:30 pm	\$164	\$205	5
TC42422	5/9-6/6	F	5-6:30 pm	\$98	\$122.50	3

Class #	Dates	Days	Times	ID/AP	OD	Sessions
Family Tennis (Ages 9-13)						
This class is designed for family play, one child and one adult. The child should be a level 1.5-2.5. The adult and child will develop their basic tennis skills: groundstrokes, volleys, overheads and serves. Price includes one child and one adult.						
Winter:						
TC32511	1/9-2/13	Th	7-8 pm	\$142	\$177.50	6
TC32521	2/20-3/20	Th	7-8 pm	\$118	\$147.50	5
Spring:						
TC42511	4/3-5/1	Th	7-8 pm	\$118	\$147.50	5
TC42521	5/8-6/5	Th	7-8 pm	\$71	\$88.75	3

Junior Development Tennis Level 1 (Orange Ball) Age 11 to 14

This player is just starting to play tennis and is learning the basic skills of serving, backhands, forehands and volleys. This class will use orange compression balls.

Winter:						
TC32011	1/6-2/10	M	5-6 pm	\$82	\$102.50	5
TC32012	1/8-2/12	W	5-6 pm	\$98	\$122.50	6
TC32013	1/9-2/13	Th	5-6 pm	\$98	\$122.50	6
TC32014	1/11-2/15	S	10-11 am	\$98	\$122.50	6
TC32021	2/24-3/17	M	5-6 pm	\$66	\$82.50	4
TC32022	2/19-3/19	W	5-6 pm	\$82	\$102.50	5
TC32023	2/20-3/20	Th	5-6 pm	\$82	\$102.50	5
TC32024	2/22-3/22	S	10-11 am	\$82	\$102.50	5
Spring:						
TC42011	3/31-4/28	M	5-6 pm	\$82	\$102.50	5
TC42012	4/2-4/30	W	5-6 pm	\$82	\$102.50	5
TC42013	4/3-5/1	Th	5-6 pm	\$82	\$102.50	5
TC42014	4/5-5/3	S	10-11 am	\$66	\$82.50	4
TC42021	5/5-6/2	M	5-6 pm	\$66	\$82.50	4
TC42022	5/7-6/4	W	5-6 pm	\$82	\$102.50	5
TC42023	5/8-6/5	Th	5-6 pm	\$49	\$61.25	3
TC42024	5/10-6/7	S	10-11 am	\$49	\$61.25	3

Junior Development Tennis Level 1.5 (Orange Ball) Age 11 to 14

Continued development of hitting from a stationary position and while moving to the ball. Development of volley skills and awareness of court positioning for both singles and doubles play. Students will be introduced to game scoring along with an emphasis on rallying in different scenarios. Class is taught using orange compression balls. Advancement from previous level required.

Winter:						
TC32111	1/6-2/10	M	5-6 pm	\$82	\$102.50	5
TC32112	1/7-2/11	T	5:45-6:45 pm	\$98	\$122.50	6
TC32113	1/8-2/12	W	5-6 pm	\$98	\$122.50	6
TC32114	1/9-2/13	Th	6-7 pm	\$98	\$122.50	6
TC32121	2/24-3/17	M	5-6 pm	\$66	\$82.50	4
TC32122	2/18-3/18	T	5:45-6:45 pm	\$82	\$102.50	5
TC32123	2/19-3/19	W	5-6 pm	\$82	\$102.50	5
TC32124	2/20-3/20	Th	6-7 pm	\$82	\$102.50	5
Spring:						
TC42111	3/31-4/28	M	5-6 pm	\$82	\$102.50	5
TC42112	4/1-4/29	T	5:45-6:45 pm	\$82	\$102.50	5
TC42113	4/2-4/30	W	5-6 pm	\$82	\$102.50	5
TC42114	4/3-5/1	Th	6-7 pm	\$82	\$102.50	5
TC42121	5/5-6/2	M	5-6 pm	\$66	\$82.50	4
TC42122	5/6-6/3	T	5:45-6:45 pm	\$82	\$102.50	5
TC42123	5/7-6/4	W	5-6 pm	\$82	\$102.50	5
TC42124	5/8-6/5	Th	6-7 pm	\$49	\$61.25	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
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Junior Development Tennis Level 2(Orange Ball) Age 11 to 14

Continued development of hitting from a stationary position and while moving to the ball. Development of volley skills and awareness of court positioning for both singles and doubles play. Students will be introduced to game scoring along with an emphasis on rallying in different scenarios. Class is taught using orange compression balls. Advancement from previous level required.

Winter:

TC32211	1/6-2/10	M	5-6 pm	\$109	\$136.25	5
TC32212	1/7-2/11	T	5-6 pm	\$131	\$163.75	6
TC32213	1/8-2/12	W	5-6 pm	\$131	\$163.75	6
TC32214	1/9-2/13	Th	5-6 pm	\$131	\$163.75	6
TC32221	2/17-3/17	M	5-6 pm	\$109	\$136.25	5
TC32222	2/18-3/18	T	5-6 pm	\$109	\$136.25	5
TC32223	2/19-3/19	W	5-6 pm	\$109	\$136.25	5
TC32224	2/20-3/20	Th	5-6 pm	\$109	\$136.25	5

Spring:

TC42211	3/31-4/28	M	5-6 pm	\$109	\$136.25	5
TC42212	4/1-4/29	T	5-6 pm	\$109	\$136.25	5
TC42213	4/2-4/30	W	5-6 pm	\$109	\$136.25	5
TC42214	4/3-5/1	Th	5-6 pm	\$109	\$136.25	5
TC42221	5/5-6/2	M	5-6 pm	\$87	\$108.75	4
TC42222	5/6-6/3	T	5-6 pm	\$109	\$136.25	5
TC42223	5/7-6/4	W	5-6 pm	\$109	\$136.25	5
TC42224	5/8-6/5	Th	5-6 pm	\$66	\$82.50	3

Junior Development Tennis Level 2.5 (Green Ball) Age 11 to 14

Continued development of hitting from a stationary position and while moving to the ball. Development of volley skills and awareness of court positioning for both singles and doubles play. Students will be introduced to game scoring along with an emphasis on rallying in different scenarios. Class is taught using green dot compression balls. Advancement from previous level required.

Winter:

TC32311	1/7-2/11	T	5-6 pm	\$131	\$163.75	6
TC32312	1/9-2/13	Th	5-6 pm	\$131	\$163.75	6
TC32321	2/18-3/18	T	5-6 pm	\$109	\$136.25	5
TC32322	2/20-3/20	Th	5-6 pm	\$109	\$136.25	5

Spring:

TC42311	4/1-4/29	T	5-6 pm	\$109	\$136.25	5
TC42312	4/3-5/1	Th	5-6 pm	\$109	\$136.25	5
TC42321	5/6-6/3	T	5-6 pm	\$109	\$136.25	5
TC42322	5/8-6/5	Th	5-6 pm	\$66	\$82.50	3

Advanced Junior Training Age 10-13 Level 3+

This class is designed for players that have advanced past level 2.5 and are starting to participate in tournament competition. Coaches will work on offensive and defensive situations along with advanced singles and doubles strategies. Our coaches will work to prepare players for tournament competition. Advancement from previous level required.

Winter:

TC32611	1/7-2/11	T	5-6:30 pm	\$197	\$246.25	6
TC32621	2/18-3/18	T	5-6:30 pm	\$164	\$205	5

Spring:

TC42611	4/1-4/29	T	5-6:30 pm	\$164	\$205	5
TC42621	5/6-6/3	T	5-6:30 pm	\$164	\$205	5

FREQUENTLY ASKED REGISTRATION 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 class, even at the lower level, then 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 published months earlier and our coaches' schedules changing often, instructors are not assigned in advance. If you have a preference, requests can be sent to j.rankin@thprd.org and we can see if we are able to accommodate.

Class #	Dates	Days	Times	ID/AP	OD	Sessions
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High School Tennis Level 1 (Orange Ball) Age 13 to 18

Athletic development skills will be practiced to start each class. Player will learn the basic tennis skills: forehand, backhand, serve and volley. This class will use orange compression balls.

Winter:

TC32711	1/8-2/12	W	5-6 pm	\$98	\$122.50	6
TC32721	2/19-3/19	W	5-6 pm	\$82	\$102.50	5

Spring:

TC42711	4/2-4/30	W	5-6 pm	\$82	\$102.50	5
TC42721	5/7-6/4	W	5-6 pm	\$82	\$102.50	5

High School Tennis Level 1.5 (Orange Ball) Age 13 to 18

Continued development of hitting from a stationary position and while moving to the ball. Development of volley skills and awareness of court positioning for both singles and doubles play. Students will be introduced to game scoring along with an emphasis on rallying in different scenarios. Class is taught using orange compression balls. Advancement from previous level required.

Winter:

TC32811	1/6-2/10	M	5:15-6:15 pm	\$82	\$102.50	5
TC32812	1/7-2/11	T	5-6 pm	\$98	\$122.50	6
TC32821	2/17-3/17	M	5:15-6:15 pm	\$82	\$102.50	5
TC32822	2/18-3/18	T	5-6 pm	\$82	\$102.50	5

Spring:

TC42811	3/31-4/28	M	5:15-6:15 pm	\$82	\$102.50	5
TC42812	4/1-4/29	T	5-6 pm	\$82	\$102.50	5
TC42821	5/5-6/2	M	5:15-6:15 pm	\$66	\$82.50	4
TC42822	5/6-6/3	T	5-6 pm	\$82	\$102.50	5

High School Tennis Level 2 (Orange Ball) Age 13 to 18

Continued development of hitting from a stationary position and while moving to the ball. Development of volley skills and awareness of court positioning for both singles and doubles play. Students will be introduced to game scoring along with an emphasis on rallying in different scenarios. Class is taught using orange compression balls. Advancement from previous level required.

Winter:

TC32911	1/9-2/13	Th	5-6 pm	\$131	\$163.75	6
TC32921	2/20-3/20	Th	5-6 pm	\$109	\$136.25	5

Spring:

TC42911	4/3-5/1	Th	5-6 pm	\$109	\$136.25	5
TC42921	5/8-6/5	Th	5-6 pm	\$66	\$82.50	3

High School Tennis Level 2.5 (Green Ball) Age 13 to 18

This class is taught with an emphasis on point play and rallying while continuing to develop the skills from level 2. Players work on shot consistency, offensive and defensive shots, doubles and singles movement and specialty shots. Class is taught using green compression balls. Advancement from previous level required.

Winter:

TC33011	1/10-2/14	F	5:15-6:15 pm	\$131	\$163.75	6
TC33021	2/21-3/21	F	5:15-6:15 pm	\$109	\$136.25	5

Spring:

TC43011	4/4-5/2	F	5:15-6:15 pm	\$87	\$108.75	4
TC43021	5/9-6/6	F	5:15-6:15 pm	\$66	\$82.50	3

Class #	Dates	Days	Times	ID/AP	OD	Sessions
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High School Prep Level 3+ (Age 13 to 18)

Advanced high school program for players on their high school team or who already play at that level as incoming freshman. Focus on high-intensity hitting, match strategy, footwork, and physical conditioning and skill development. Advancement from previous level required.

Winter Only:

TC33111	1/8-2/26	W	5-6:30 pm	\$262	\$327.50	8
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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)

Spring Break Camps

Class #	Dates	Days	Times	ID/AP	OD	Sessions
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Spring Break 10 and Under Camp Level 2 (Orange Ball) Age 9 to 10

Join us for this 4-day spring break camp. Coaches will continue development of hitting ball from a stationary position and while moving to the ball. Players will develop volley skills and awareness of court positioning for both singles and doubles play. Students will be introduced to game scoring along with an emphasis on rallying in different scenarios.

TC31815	3/24-3/27	M-Th	9-11 am	\$175	\$218.75	4
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Can't make it all week? Register for individual days instead:
 Monday - TC31815A Tuesday - TC31815B Wednesday - TC31815C
 Thursday - TC31815D

Spring Break Junior Development Camp Level 2+ (Orange Ball) Age 11 to 14

Join us for this 4-day spring break camp. Coaches will continue the development of hitting from a stationary position while moving to the ball. Development of volley skills and awareness of court positioning for both singles and doubles play. Students will be introduced to game scoring along with an emphasis on rallying in different scenarios.

TC32225	3/24-3/27	M-Th	11:15 am-1:15 pm	\$175	\$218.75	4
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Can't make it all week? Register for individual days instead:
 Monday - TC32225A Tuesday - TC32225B Wednesday - TC32225C
 Thursday - TC32225D

Spring Break Advanced Junior Training Camp Level 3+ (Age 10-13)

Join the coaches for this 4-day spring break camp. Coaches will work on offensive and defensive situations, along with advanced singles and doubles strategies, and prepare players for tournament competitions.

TC32631	3/24-3/27	M-Th	3:45-5:45 pm	\$175	\$218.75	4
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Can't make it all week? Register for individual days instead:
 Monday - TC32631A Tuesday - TC32631B Wednesday - TC32631C
 Thursday - TC32631D

Spring Break High School Prep Camp Level 2+ (Age 13 to 18)

Join us for a 4-day spring break camp. Coaches will focus on high-intensity hitting, match play strategy, footwork, physical conditioning, and skill development.

TC33121	3/24-3/27	M-Th	3:45-5:45 pm	\$175	\$218.75	4
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Can't make it all week? Register for individual days instead:
 Monday - TC33121A Tuesday - TC33121B Wednesday - TC33121C
 Thursday - TC33121D

Class #	Dates	Days	Times	ID/AP	OD	Sessions
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Spring Break Adult Hit with the Pro Camp Level 2.5-3

Join us for our 4-day Spring Break Hit with the Pro clinic. In this clinic, you will play against the coaches in high-intensity doubles drills where you will work on offensive and defensive skills and strategies.

TC33927	3/24-3/27	M-Th	10:45 am-12:15 pm	\$108	\$135	4
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Can't make it all week? Register for individual days instead:
 Monday - TC33927A Tuesday - TC33927B Wednesday - TC33927C
 Thursday - TC33927D

Spring Break Adult Training Camp Level 2.5+

Join the staff for this 4-day Adult Spring Break Camp. Each day will have a different focus and theme including Hit with the Pros, Stroking Analysis, Drills and Conditioning, and Doubles play.

TC33926	3/24-3/27	M-Th	6-8 pm	\$144	\$180	4
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Can't make it all week? Register for individual days instead:
 Monday - TC33926A Tuesday - TC33926B Wednesday - TC33926C
 Thursday - TC33926D

Spring Break Hit with the Pro's Level 1.5-2

Join us for our 4-day Spring Break Hit with the Pro clinic. In this clinic, you will play against the coaches in high-intensity doubles drills where you will work on offensive and defensive skills and strategies. You can register for the entire week or specific days.

TC33626	3/24-3/27	M-Th	9-10:30 am	\$84	\$105	4
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Can't make it all week? Register for individual days instead:
 Monday - TC33626A Tuesday - TC33626B Wednesday - TC33626C
 Thursday - TC33626D



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



FREQUENTLY ASKED QUESTIONS

We had some exciting changes happen at the Tennis Center last July. We transitioned to a new court reservations system called Court Reserve!

What is Court Reserve and why are we using it?

Court Reserve is a reservation system designed specifically for racquet sports. It is mobile-responsive and user-friendly. With Court Reserve, you will be able to manage your bookings online or via a mobile-friendly app which gives users the flexibility to customize their reservation, add a ball machine rental, and/or cancel their courts. Additionally, this system will allow you to see why courts are not available (i.e. courts in use for classes, events, etc.).

How can we reserve a court with Court Reserve?

You will need to create a free Court Reserve account to book courts: <https://app.courtreserve.com/Portal/THPRD>. You will also need to have a valid, up-to-date THPRD account (no accounts, expired accounts or accounts needing address verification will be marked as OD). All new accounts will need to be verified by the Tennis Center staff before patrons can begin reserving courts, so plan ahead and register now.

Please note: all Court Reserve accounts will be Single Users (i.e. each family member will need to create their own Court Reserve account).

Court will continue to release at 7:30am one week prior for In-District patrons (or 6 days for Out-of-District patrons), with payment due at the time of booking. The 2 court per day, per user, limit will still be in effect, as well as the 48 hour (indoor) / 4 hour (outdoor) cancellation policy.

Which locations can we reserve courts at?

All 15 courts at the Tennis Center will be available for reservations during business hours when not in use for programming, events, and/or rentals. We are open from 9am to 10pm Monday to Thursday, 9am to 9pm on Fridays, and 8am to 7pm on Saturdays and Sunday.

Additionally, from May 1st to September 30th, we have 3 off-site locations that patrons can reserve:

- Raleigh Park (Pickleball, 4 courts): 10am to 1pm on Mondays, Wednesdays, & Fridays; 5pm –8pm Tuesdays and Thursdays.
- Cedar Hills Park (Pickleball, 3 courts): 10am to 1pm on Mondays, Wednesdays, & Fridays; 5pm –8pm Tuesdays and Thursdays.
- PCC Rock Creek (Tennis, 2 courts): 5pm –8pm Tuesdays and Thursdays.

What about Classes and Private Lessons?

Our Tennis & Pickleball Classes, Hit Groups/Mixers, and Private Lessons will continue to be in the THPRD System: <https://www.thprd.org/portal/>. Only our court reservations and rentals will go through Court Reserve.

Special activities (including league play, school matches and tournaments) can be scheduled by contacting Jim Rankin.

Additional questions?

Talk to the Front Desk Staff or call 503-629-6331.

Adult Classes

Class #	Dates	Days	Times	ID/AP	OD	Sessions
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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:

TC33511	1/6-2/10	M	6-7:15 pm	\$88	\$110	5
TC33512	1/7-2/11	T	10-11:15 am	\$105	\$131.25	6
TC33513	1/8-2/12	W	6:30-7:45 pm	\$105	\$131.25	6
TC33514	1/9-2/13	Th	10-11:30 am	\$126	\$157.50	6
TC33521	2/24-3/17	M	6-7:15 pm	\$70	\$87.50	4
TC33522	2/18-3/18	T	10-11:15 am	\$88	\$110	5
TC33523	2/19-3/19	W	6:30-7:45 pm	\$88	\$110	5
TC33524	2/20-3/20	Th	10-11:30 am	\$105	\$131.25	5

Spring:

TC43511	3/31-4/28	M	6-7:15 pm	\$88	\$110	5
TC43512	4/1-4/29	T	10-11:15 am	\$88	\$110	5
TC43513	4/2-4/30	W	6:30-7:45 pm	\$88	\$110	5
TC43514	4/3-5/1	Th	10-11:30 am	\$105	\$131.25	5
TC43521	5/5-6/2	M	6-7:15 pm	\$70	\$87.50	4
TC43522	5/6-6/3	T	10-11:15 am	\$88	\$110	5
TC43523	5/7-6/4	W	6:30-7:45 pm	\$88	\$110	5
TC43524	5/8-6/5	Th	10-11:30 am	\$63	\$78.75	3

Weekly Hit Groups

These single session clinics & classes will be released for registration, on Wednesday at 5pm, one week prior to the class date.

Drills and Skills Doubles Clinic 3.5+

Join us for a one-day Doubles Strategy clinic. In this clinic, the coaches will take you through different offensive and defensive doubles strategies with some fast-paced drills and gameplay.

Wednesdays from 10am-11:30am

Drills and Conditioning 3.5+

This Hit Group is for Adult NTRP Levels 3.5+. Join Scott for a fast-paced hour of drilling and point play. Scott will keep you moving with different doubles drills and raise your heart-rate at the same time.

Mondays from 6:15pm – 7:45pm

Thursdays from 6pm – 7:30pm

Drills and Conditioning 4.0+

This Hit Group is for Adult NTRP Levels 4+. Join Scott for a fast-paced hour of drilling and point play. Scott will keep you moving with different doubles drills and raise your heart-rate at the same time.

Wednesdays from 6pm – 7:30pm

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 NTRP Level 1. Introduction to approach shots and beginning doubles strategy. Advancement from previous level required.

Winter:

TC33611	1/6-2/10	M	6-7:30 pm	\$105	\$131.25	5
TC33612	1/7-2/11	T	10-11:30 am	\$126	\$157.50	6
TC33613	1/7-2/11	T	6:45-8:15 pm	\$126	\$157.50	6
TC33614	1/9-2/13	Th	6-7:30 pm	\$126	\$157.50	6
TC33615	1/12-2/16	Su	11:30 am-1 pm	\$126	\$157.50	6
TC33621	2/24-3/17	M	6-7:30 pm	\$84	\$105	4
TC33622	2/18-3/18	T	10-11:30 am	\$105	\$131.25	5
TC33623	2/18-3/18	T	6:45-8:15 pm	\$105	\$131.25	5
TC33624	2/20-3/20	Th	6-7:30 pm	\$105	\$131.25	5
TC33625	2/23-3/23	Su	11:30 am-1 pm	\$105	\$131.25	5

Spring:

TC43611	3/31-4/28	M	6-7:30 pm	\$105	\$131.25	5
TC43612	4/1-4/29	T	10-11:30 am	\$105	\$131.25	5
TC43613	4/1-4/29	T	6:45-8:15 pm	\$105	\$131.25	5
TC43614	4/3-5/1	Th	6-7:30 pm	\$105	\$131.25	5
TC43615	4/6-5/4	Su	11:30 am-1 pm	\$105	\$131.25	5
TC43621	5/5-6/2	M	6-7:30 pm	\$84	\$105	4
TC43622	5/6-6/3	T	10-11:30 am	\$105	\$131.25	5
TC43623	5/6-6/3	T	6:45-8:15 pm	\$105	\$131.25	5
TC43624	5/8-6/5	Th	6-7:30 pm	\$63	\$78.75	3
TC43625	5/11-6/8	Su	11:30 am-1 pm	\$105	\$131.25	5

Adult Stroking Tennis Analysis

This class is available for players NTRP level 1.5 and up. The main goal of this class is to work on the technical portion of your game. During the session you will cover ground strokes, volleys, serves and returns. The ball machine is utilized with this class. You will receive feedback on your shots and get a lot of hitting repetition on the ball machine. Advancement from previous level required.

Winter:

TC34811	1/12-2/16	Su	9-10:30 am	\$126	\$157.50	6
TC34821	2/23-3/23	Su	9-10:30 am	\$105	\$131.25	5

Spring:

TC44811	4/6-5/4	Su	9-10:30 am	\$105	\$131.25	5
TC44821	5/11-6/8	Su	9-10:30 am	\$105	\$131.25	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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Adult Tennis Level 2

Continued development of court positioning for doubles play and review of the basics of forehand and backhand strokes including grips, footwork and approaching the net. Introduction to ball placement, lob, doubles movement and strategy, beginning singles strategy, return of serve and overhead footwork. Advancement from previous level required.

Winter:						
TC33711	1/6-2/10	M	6-7:30 pm	\$135	\$168.75	5
TC33712	1/7-2/11	T	10-11:30 am	\$162	\$202.50	6
TC33713	1/9-2/13	Th	10-11:30 am	\$162	\$202.50	6
TC33714	1/9-2/13	Th	6-7:30 pm	\$162	\$202.50	6
TC33715	1/11-2/15	S	11 am-12:30 pm	\$162	\$202.50	6
TC33721	2/24-3/17	M	6-7:30 pm	\$108	\$135	4
TC33722	2/18-3/18	T	10-11:30 am	\$135	\$168.75	5
TC33723	2/20-3/20	Th	10-11:30 am	\$135	\$168.75	5
TC33724	2/20-3/20	Th	6-7:30 pm	\$135	\$168.75	5
TC33725	2/22-3/22	S	11 am-12:30 pm	\$135	\$168.75	5
Spring:						
TC43711	3/31-4/28	M	6-7:30 pm	\$135	\$168.75	5
TC43712	4/1-4/29	T	10-11:30 am	\$135	\$168.75	5
TC43713	4/3-5/1	Th	10-11:30 am	\$135	\$168.75	5
TC43714	4/3-5/1	Th	6-7:30 pm	\$135	\$168.75	5
TC43715	4/5-5/3	S	11 am-12:30 pm	\$108	\$135	4
TC43721	5/5-6/2	M	6-7:30 pm	\$108	\$135	4
TC43722	5/6-6/3	T	10-11:30 am	\$135	\$168.75	5
TC43723	5/8-6/5	Th	10-11:30 am	\$81	\$101.25	3
TC43724	5/8-6/5	Th	6-7:30 pm	\$81	\$101.25	3
TC43725	5/10-6/7	S	11 am-12:30 pm	\$81	\$101.25	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. Advancement from previous level required.

Winter:						
TC33811	1/10-2/14	F	10-11:30 am	\$162	\$202.50	6
TC33821	2/21-3/21	F	10-11:30 am	\$135	\$168.75	5
Spring:						
TC43811	4/4-5/2	F	10-11:30 am	\$108	\$135	4
TC43821	5/9-6/6	F	10-11:30 am	\$81	\$101.25	3



Class #	Dates	Days	Times	ID/AP	OD	Sessions
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Adult Tennis Level 2.5

Continued development of court positioning for doubles play and review of the basics of forehand and backhand strokes including grips, footwork and approaching the net. Introduction to ball placement, lob, doubles movement and strategy, beginning singles strategy, return of serve and overhead footwork. Advancement from previous level required.

Winter:						
TC33911	1/6-2/10	M	10-11:30 am	\$135	\$168.75	5
TC33912	1/7-2/11	T	6:30-8 pm	\$162	\$202.50	6
TC33913	1/8-2/12	W	6-7:30 pm	\$162	\$202.50	6
TC33914	1/9-2/13	Th	10-11:30 am	\$162	\$202.50	6
TC33915	1/10-2/14	F	6:15-7:45 pm	\$162	\$202.50	6
TC33921	2/24-3/17	M	10-11:30 am	\$108	\$135	4
TC33922	2/18-3/18	T	6:30-8 pm	\$135	\$168.75	5
TC33923	2/19-3/19	W	6-7:30 pm	\$135	\$168.75	5
TC33924	2/20-3/20	Th	10-11:30 am	\$135	\$168.75	5
TC33925	2/21-3/21	F	6:15-7:45 pm	\$135	\$168.75	5
Spring:						
TC43911	3/31-4/28	M	10-11:30 am	\$135	\$168.75	5
TC43912	4/1-4/29	T	6:30-8 pm	\$135	\$168.75	5
TC43913	4/2-4/30	W	6-7:30 pm	\$135	\$168.75	5
TC43914	4/3-5/1	Th	10-11:30 am	\$135	\$168.75	5
TC43915	4/4-5/2	F	6:15-7:45 pm	\$108	\$135	4
TC43921	5/5-6/2	M	10-11:30 am	\$135	\$168.75	5
TC43922	5/6-6/3	T	6:30-8 pm	\$135	\$168.75	5
TC43923	5/7-6/4	W	6-7:30 pm	\$135	\$168.75	5
TC43924	5/8-6/5	Th	10-11:30 am	\$81	\$101.25	3
TC43925	5/9-6/6	F	6:15-7:45 pm	\$81	\$101.25	3

Adult Drill and Play Levels 2.5 - 3.0

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. Advancement from previous level required.

Winter:						
TC34011	1/9-2/13	Th	6-7:30 pm	\$162	\$202.50	6
TC34021	2/20-3/20	Th	6-7:30 pm	\$135	\$168.75	5
Spring:						
TC44011	4/3-5/1	Th	6-7:30 pm	\$135	\$168.75	5
TC44021	5/8-6/5	Th	6-7:30 pm	\$81	\$101.25	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. Advancement from previous level required.

Winter:						
TC34111	1/7-2/11	T	10-11:30 am	\$171	\$213.75	6
TC34112	1/7-2/11	T	6:15-7:45 pm	\$171	\$213.75	6
TC34113	1/12-2/16	Su	10:45 am-12:15 pm	\$171	\$213.75	6
TC34121	2/18-3/18	T	10-11:30 am	\$143	\$178.75	5
TC34122	2/18-3/18	T	6:15-7:45 pm	\$143	\$178.75	5
TC34123	2/23-3/23	Su	10:45 am-12:15 pm	\$143	\$178.75	5
Spring:						
TC44111	4/1-4/29	T	10-11:30 am	\$143	\$178.75	5
TC44112	4/1-4/29	T	6:15-7:45 pm	\$143	\$178.75	5
TC44113	4/6-5/4	Su	10:45 am-12:15 pm	\$143	\$178.75	5
TC44121	5/6-6/3	T	10-11:30 am	\$143	\$178.75	5
TC44122	5/6-6/3	T	6:15-7:45 pm	\$143	\$178.75	5
TC44123	5/11-6/8	Su	10:45 am-12:15 pm	\$143	\$178.75	5

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

Adult Tennis Level 4

You MUST be a NTRP 4.0 level player or have instructor approval to register for this class. This is a competitive hit group that involves high intensity drills and point play. Taught with a game-based emphasis where most of the instructional points are strategic and match-play based. Advancement from previous level required.

Winter:

TC34611	1/7-2/11	T	6:15-7:45 pm	\$171	\$213.75	6
TC34621	2/18-3/18	T	6:15-7:45 pm	\$143	\$178.75	5

Spring:

TC44611	4/1-4/29	T	6:15-7:45 pm	\$143	\$178.75	5
TC44621	5/6-6/3	T	6:15-7:45 pm	\$143	\$178.75	5

Pickleball Classes

Class #	Dates	Days	Times	ID/AP	OD	Sessions
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Pickleball Level 1

Ready to Learn how to play pickleball. Join the coach for an introduction to pickleball. In this class you will learn the fundamentals, scoring and everything you need to learn to start playing.

Winter:

TC35011	1/7-2/11	T	12-1:30 pm	\$126	\$157.50	6
TC35021	2/18-3/18	T	12-1:30 pm	\$105	\$131.25	5

Spring:

TC45011	4/1-4/29	T	12-1:30 pm	\$105	\$131.25	5
TC45021	5/6-6/3	T	12-1:30 pm	\$105	\$131.25	5

Pickleball Level 2

Ready to continue advancing your pickleball skills. Join the coach for Pickleball Level 2 class. This class is for those that have completed our Level 1 class or previous pickleball experience. Level 2 will build on the skills and concepts from the level 1 class.

Winter:

TC35111	1/8-2/12	W	10:30 am-12 pm	\$162	\$202.50	6
TC35121	2/19-3/19	W	10:30 am-12 pm	\$135	\$168.75	5

Spring:

TC45111	4/2-4/30	W	10:30 am-12 pm	\$135	\$168.75	5
TC45121	5/7-6/4	W	10:30 am-12 pm	\$135	\$168.75	5

Pickleball Hit with the Pro

Come join the coach for organized pickleball practice. Prerequisite for this 90-minute clinic is completion of our Level 1 pickleball class or previous pickleball experience. Each session will work on different playing skills and strategies.

Winter:

TC35211	1/9-2/13	Th	12-1:30 pm	\$162	\$202.50	6
TC35221	2/20-3/20	Th	12-1:30 pm	\$135	\$168.75	5

Spring:

TC45211	4/3-5/1	Th	12-1:30 pm	\$135	\$168.75	5
TC45221	5/8-6/5	Th	12-1:30 pm	\$81	\$101.25	3

Private Lessons (Tennis or Pickleball)

Prefer one-on-one instruction? Improve your skills during a 60-minute private lesson with a Teaching Pro.

\$63 ID / \$78.75 OD per hour

Lesson times are limited to instructor & court availability.

Interest List

You can also register for the fall private lesson interest list to be emailed as additional private lessons are added.

	Winter	Spring
Tennis	TC39911	TC49911
Pickleball	TC39911P	TC49911P

Special Events at the Tennis Center

4/11-4/12: Jesuit Invitational High School Tournament

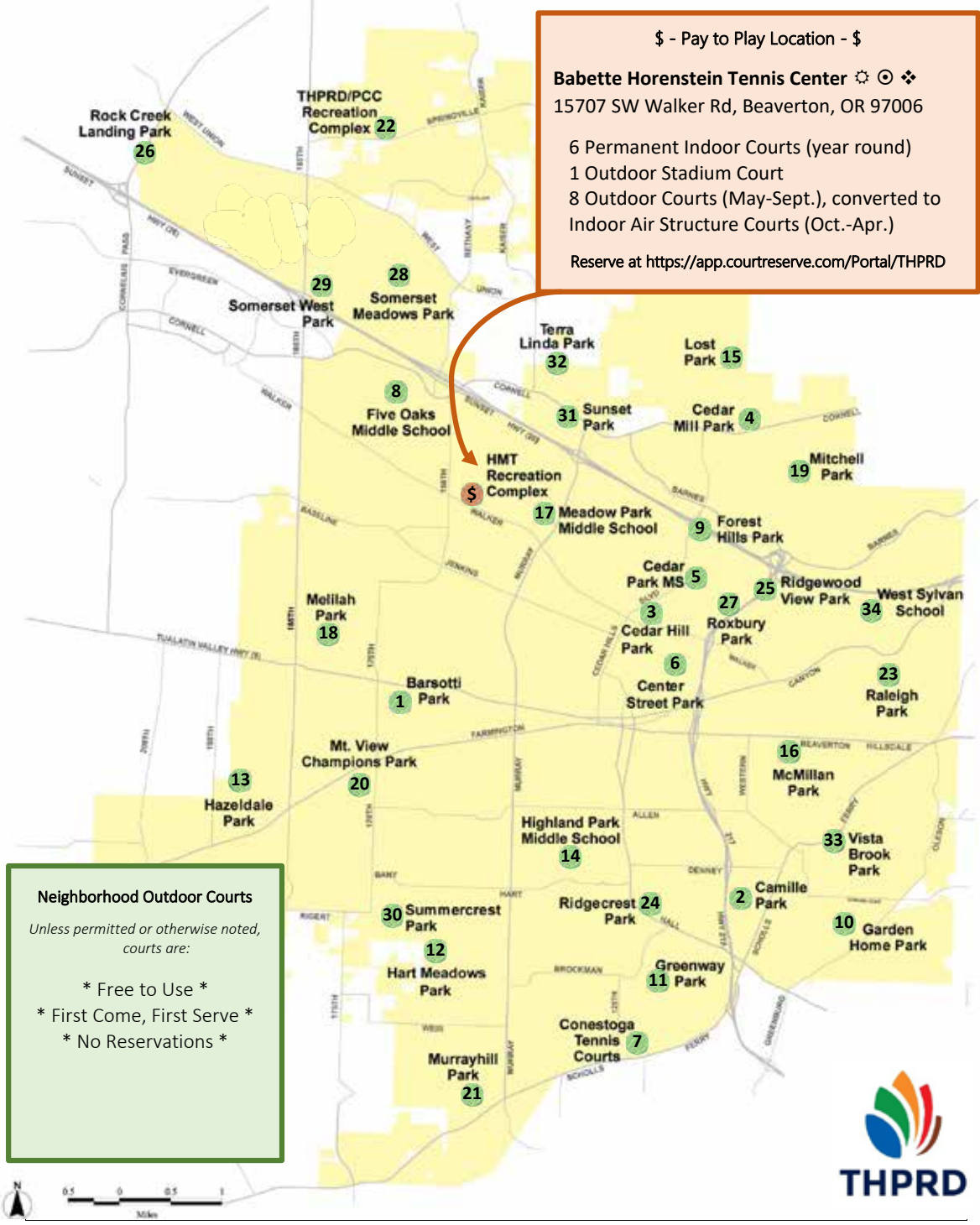
5/15-5/17: Metro League High School Districts Tournament

5/22-5/24: High School State Tournament



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

OUTDOOR TENNIS COURTS MAP



Play in the Parks

THPRD maintains 98 outdoor neighborhood tennis courts and 6 permanent pickleball courts at 37 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 between 5/1 and 9/30. For more information, go to www.thprd.org or scan QR code.



1. **Barsotti Park** ① △
↳ Youth-Sized Only
16610 SW Blanton St.
2. **BHTC** ① ⚙️ ❖ Ⓞ \$
↳ Season Outdoor courts.
Registration required.
15707 Walker Road
3. **Camille Park East** ② and **West** ②
10299 SW Marjorie Ln.
4. **Cedar Hills Park** ③ Ⓞ ⚙️ \$
↳ Pickleball Only
2300 SW Cedar Hills Blvd
5. **Cedar Mill Park** ② ❖ Ⓞ
10385 NW Cornell Rd.
6. **Cedar Park MS** ④ ❖ △
11100 SW Park Way.
7. **Center Street Park** ②
11895 SW Center St.
8. **Conestoga Middle School** ③ ❖
12250 SW Conestoga Dr.
9. **Elsie Struh Senior Center** ① Ⓞ
↳ Pickleball Only
5550 SW Hall Blvd
10. **Five Oaks Middle School** ④
1600 NW 173rd Ave.
11. **Forest Hills Park** ② ❖
1070 SW Portola Ave.
12. **Garden Home Park** ② ❖
8020 SW 83rd Ave.
13. **Greenway Park** ② ❖
9150 SW Downing Dr.
14. **Hart Meadows Park** ②
16999 SW Rigert Rd.
15. **Hazeldale Park** ②
19500 SW Rosa Rd.
16. **Highland Park Middle School** ④
7000 SW Wilson Ave.
17. **Lost Park** ②
2120 NW 111th Ave.
18. **McMillian Park** ②
4900 SW Chestnut Pl.
19. **Meadow Park Middle School** ④
14100 SW Downing St.
20. **Melilah Park** ②
2960 SW 182nd Ave.
21. **Mitchell Park** ② ❖
225 NW 93rd Pl.
22. **Mt. View Champions Park** ④
5915 SW 170th Ave.
23. **Murray Hill** ②
↳ No Car Access
14845 SW Murray Scholls Dr.
24. **Parivar Park** ② Ⓞ
↳ Pickleball Only
7765 NW 167th Ave.
25. **PCC Rock Creek** Ⓞ ⚙️ ❖ \$
17705 NW Springville Rd.
26. **Raleigh Park** ② ❖, ④ Ⓞ \$
3500 SW 78th Ave.
27. **Ridgecrest Park** ②
7594 SW Cresmoor Dr.
28. **Ridgewood View Park** ② Ⓞ
10001 SW Ardenwood St.
29. **Rock Creek Landing** ② Ⓞ
21450 NW Rock Creek Blvd.
30. **Roxbury Park** ② ❖
2385 SW Roxbury Ave.
31. **Somerset Meadows Park** ② ❖
3400 NW Parkview Dr.
32. **Somerset West Park** ②
18300 NW Park View Blvd.
33. **Summercrest Park** ②
8138 SW 165th Ave.
34. **Sunset Park** ④ ❖ Ⓞ
13707 NW Science Park Dr.
35. **Terra Linda Park** ②
13855 NW Pettygrove St.
36. **Vista Brook Park** ② ❖
6697 SW 88th Ave.
37. **West Sylvan Middle School** ②
8111 SW West Slope Dr.

LEGEND

- | | | | |
|-------------------------|-------------------------------|---------------------------|---|
| ① Number of Courts | △ 60' Youth-Sized Court Lines | ⚙️ Lights | Ⓞ Pickleball Court Lines Only (Bring Own Net) |
| ↳ Notes or Restrictions | ❖ Backboards & Hitting Walls | \$ Reservations Available | Ⓞ Dedicated Pickleball Courts with Nets |

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

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 \$106 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:

Winter registration at 8am on Monday, December 9.

Spring registration at 8am on Monday, February 24.

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 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 two days prior to the reservation for a full refund.

Discounts

Discounts are available to **in-district** patrons only.

A patron representing multiple protected classes – for example, a 65-year-old military veteran – would not be eligible for multiple discounts.

Senior and Youth Discounts

A 10% discount is available at all THPRD facilities for **in-district** patrons 65 years and older, except at the Stuhr Center, where a discount is already included in the price. Youth discounts apply to daily admissions and passes (no discounts on classes) to children between the ages of 1 and 17. The youth discount rate is the same as the senior discount rate.

Military Discount

All **in-district** individuals and their dependents (with 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.

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Mission Statement

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

Vision Statement

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

Equity & Inclusion Statement

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

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

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

Board of Directors



Felicita Monteblanco
Director



Alfredo Moreno
President
Director



Barbie Minor
Secretary
Director



Miles Palacios
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 Services Director/ CFO
Julie Rocha, Sports & Inclusion Director
Sabrina Taylor Schmitt, Recreation & Aquatic Director
Holly Thompson, Communications Director



Winter & Spring 2025 - Events Calendar

Day	Event Name	Time	Location
December			
1-18	Letters to Santa (actual start: November 27)	All day	Available at various locations
6	Dive-in Movie	6-8:30pm	Conestoga Recreation & Aquatic Center
7	Tropical Mermaid Swim	5-6:30pm	Beaverton Swim Center
7	Holiday Bazaar	9am-3pm	Elsie Stuhr Center
7	Multicultural Art Exhibit	12-6pm	Garden Home Recreation Center
13	Elsie Stuhr Day	8am-2pm	Elsie Stuhr Center
14-15	Sensory Santa (pre-registration required)	10am-5pm	Conestoga Recreation & Aquatic Center
20	Holiday Dance (ages 55+)	2-4pm	Elsie Stuhr Center
20	Dive-in Movie	6-8:30pm	Conestoga Recreation & Aquatic Center
27	Joyous Kwanzaa Celebration	5-8pm	Tualatin Hills Athletic Center
January			
3	New Year's Dance (ages 55+)	2-4pm	Elsie Stuhr Center
3	Dive-in Movie	6-8:30pm	Conestoga Recreation & Aquatic Center
4	Black History 101 Mobile Museum	10am-3pm	Garden Home Recreation Center
13-16	Patron Appreciation Week	All day	Beaverton Swim Center
17	Dive-in Movie	6-8:30pm	Conestoga Recreation & Aquatic Center
February			
2	Poolside Pride	3-6pm	Harman Swim Center
7	Dive-in Movie	6-8:30pm	Conestoga Recreation & Aquatic Center
8	Lunar New Year Celebration	4-9pm	Garden Home Recreation Center
21	Dive-in Movie	6-8:30pm	Conestoga Recreation & Aquatic Center
March			
7	Dive-in Movie	6-8:30pm	Conestoga Recreation & Aquatic Center
14	Duck Dive	5:30-7pm	Conestoga Recreation & Aquatic Center
15	Sunset Shamrock Splash	1-4pm	Sunset Swim Center
15	Holi Celebration	3:30-5pm	Parivar Park
29	Women's Wellness Fair	11am-1:30pm	Cedar Hills Recreation Center



Holi event



Lunar New Year Celebration event



Duck Dive event

Winter & Spring 2025 - Events Calendar

Day	Event Name	Time	Location
April			
4	Summer Preview	6-8pm	Conestoga Recreation & Aquatic Center
4	Personal Training Open House	6-8pm	Conestoga Recreation & Aquatic Center
5	10 Meter Platform Open! (ages 15+)	1:30-2:30pm	Tualatin Hills Aquatic Center
6	Eid al-Fitr	2-6pm	Tualatin Hills Athletic Center
11	Wipeout!	6-8:30pm	Conestoga Recreation & Aquatic Center
13	Jungle Joe (must pass swim test to use)	2-4pm	Tualatin Hills Aquatic Center
19	Marhaba Arab Celebration	11am-3pm	Garden Home Recreation Center
19	Spring Egg Hunt (registration required)	10-11:15am	Cedar Hills Recreation Center
20	10 Meter Platform Open! (ages 15+)	1:30-2:30pm	Tualatin Hills Aquatic Center
May			
2	Derby Days at The Jenkins Estate (ages 21+)	12-6pm	Jenkins Estate - Stable
3	El día de los Niños (Children's Day / Book Day)	11am-1pm	Cedar Hills Recreation Center
3	Jump-In Water Safety 101 (registration required)	1-2pm	Beaverton Swim Center
4	Mental Health 5K and 1K Fun Run	9am	Tualatin Hills Athletic Center
9	Wipeout!	6-8:30pm	Conestoga Recreation & Aquatic Center
9	10 Meter Platform Open! (ages 15+)	7:30-8:15pm	Tualatin Hills Aquatic Center
16	Wonderful World of Water Safety	6-8:30pm	Conestoga Recreation & Aquatic Center
17	Oregon Chinese Coalition Culture Day Event	11am-4pm	Elsie Stuhr Center
18	Jump-In Water Safety 101 (registration required)	9-11:30am	Aloha Swim Center
18	Jungle Joe (must pass swim test to use)	2-4pm	Tualatin Hills Aquatic Center
26	Memorial Day Event (10am Band, 11am ceremony)	10am-12pm	Veterans Memorial Park
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



Oregon Chinese Coalition Culture Day event



El día de los Niños event



Memorial Day event

