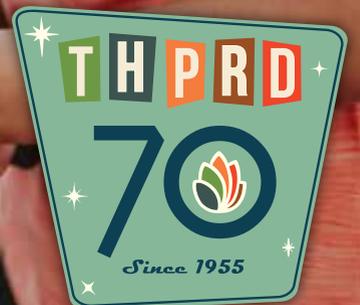


# FALL

## 2025 ACTIVITIES GUIDE



Youth & Adult Programs & Activities • Financial Aid Available

**In-District**

Saturday, August 9, 2025

Sábado, 9 de agosto de 2025

**Out-of-District**

Monday, August 11, 2025

Lunes, 11 de agosto de 2025



**Online  
En línea**

Saturday, August 9, 2025 at 8 am

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

Sábado, 9 de agosto de 2025 a las 8 am

Puede inscribirse las 24 horas del día, los siete días de la semana en [www.thprd.org/portal](http://www.thprd.org/portal). Debe utilizar una tarjeta de crédito o una tarjeta regalo de THPRD para pagar.



**Walk-in  
En persona**

Saturday, August 9, 2025 at 8 am

Visit any THPRD recreation or aquatic center (see page 187) to register for classes.

Sábado, 9 de agosto de 2025 a las 8 am

Visite cualquier centro acuático o de recreación de THPRD (consulte la página 187) para inscribirse en las clases.



**Questions  
Preguntas**

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: [www.thprd.org/facilities/directory](http://www.thprd.org/facilities/directory)

Si tiene preguntas o necesita ayuda con su cuenta en línea, llame al 503-645-6433. Si tiene preguntas sobre el programa, póngase en contacto con el centro donde se lleva a cabo el programa. El directorio de THPRD se puede encontrar en línea, con enlaces a los horarios de atención actuales e información de contacto: [www.thprd.org/facilities/directory](http://www.thprd.org/facilities/directory)

Fall registration is for classes and activities that take place from August 31 - December 27, 2025.

La inscripción de otoño es para clases y actividades que se llevarán a cabo del 31 de agosto al 27 de diciembre de 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 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.

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# Adaptive & Inclusive Recreation Services



TUALATIN HILLS  
PARK & RECREATION DISTRICT

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



**Registration:** A THPRD account is required for all programs / activity registrations. Please see page 136 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 132 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 disabilities. For more information, email us at [volunteers@thprd.org](mailto:volunteers@thprd.org).

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

**Address for Athletic Center:** 50 NW 158th Ave., Beaverton, 97006

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

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

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

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

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



## Programs:

### Monday Night Adult Therapeutic Recreation Classes (TR)

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

### Wednesday Night Teen Therapeutic Recreation Classes (TR)

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

### Thursday Night All-Stars Drop-in Basketball

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

### Thursday Night Wheelchair Drop-in Basketball

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

### Thursday Night Drop in Seated Exercise

A drop-in recreation program for people of all ages and abilities. Activities will focus on building strength, practicing relaxation and getting your heart rate pumping. Classes are held at Garden Home Recreation Center every Thursday from 5 to 6 pm.

### Friday Adaptive Rec Mobile Gardening

A free drop-in gardening program for people of all ages and abilities. The program is held at the garden plots at Mountain View Champions Park.

### 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. See page 8 for more information about current programs. If you are interested in Adaptive Rec Mobile coming to your facility or events, please inquire at [inclusion@thprd.org](mailto:inclusion@thprd.org).

**Adaptive and Inclusion Program Specialist: Sofia Nichols**

**Garden Home Facility Supervisor: Karol Watts**

**For more information on any of these program, call Inclusion at 503-629-6341 or email [inclusion@thprd.org](mailto:inclusion@thprd.org).**

# Recreación Adaptada e Inclusiva

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



**Inscripción:** Se requiere una cuenta de THPRD para todas las inscripciones a programas/actividades. Consulte la página 137 para obtener más información sobre la inscripción.

**Programa de Asistencia Financiera:** Hay asistencia financiera disponible a través del Programa de Becas de THPRD para participantes que viven dentro del distrito y califican. Vea la información en la página 133 o llame a la Oficina Administrativa al 503-619-3994.

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

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

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

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

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

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

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

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

## Programas Facilitados por Servicios Adaptativos e Inclusivos:

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

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

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

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

### Básquetbol estelar sin inscripción previa los jueves por la noche

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

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

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

### Ejercicio sentado los jueves por la noche, sin inscripción previa

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

### Recreación adaptativa móvil para jardinería los viernes

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

### Recreación adaptativa móvil

El programa Adaptive Rec Mobile de THPRD es gratuito y sin necesidad de inscripción previa, para personas de todas las edades. Este programa recreativo inclusivo y comunitario ofrece juegos divertidos adaptados a la sensibilidad sensorial, manualidades y otras actividades en diferentes lugares de nuestra comunidad. Consulta la página 8 para más información sobre los programas actuales. Si estás interesado en que Adaptive Rec Mobile visite tu centro o eventos, por favor comunicarse a [inclusion@thprd.org](mailto:inclusion@thprd.org)

**Especialista en programas de adaptación e inclusión:** Sofia Nichols

**Supervisora de las instalaciones Garden Home:** Karol Watts

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



## Adult Therapeutic Recreation (TR)

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

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

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

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

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

## Monday Therapeutic Recreation (TR)

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class Code
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### TR Beaverton Food Carts Trip

Join us for a trip to the BG Food Cartel, Beaverton's Largest Food Cart Pod. Meet us at Elsie Stuhr Center and we will shuttle everyone to and from the food cart pods in THPRD vehicles. We will be leaving Elsie Stuhr at 6:30 pm sharp so please plan to arrive before then. We will return to Elsie Stuhr by 8:30 pm. Please bring additional money if you would like to purchase any food or beverages on this trip.

**Our Therapeutic Recreation (TR) programs are intended for teens and adults (16+) who experience disabilities. You must pre-register for this program.**

09/08 Elsie Stuhr Center	M	6:30-8:30 pm ID/AP: \$5.75	16-adult OD: \$8	TR25700
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### TR Tennis Night

Game, set, match! Regardless of your skill level, this activity is designed to celebrate the sport with the learning of some fundamental skills and social enjoyment. It's a perfect opportunity to stay active, improve your game and connect with fellow tennis enthusiasts. We will be leaving the Elsie Stuhr center promptly as 6:30p, so please arrive before then. We will return by 8:30pm Tennis Racquets will be supplied.

**Our Therapeutic Recreation (TR) programs are intended for teens and adults (16+) who experience disabilities. You must pre-register for this program.**

09/15 Elsie Stuhr Center	M	6:30-8:30 pm ID/AP: \$5.75	16-adult OD: \$8	TR25701
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### TR Gardening at Mountainview Champions Park

Come get your hands in some soil and show off your green thumb - even if you don't have one! Meet us at Elsie Stuhr Center and we will shuttle everyone to Mountain View Champions Park in THPRD vehicles. We will be leaving Elsie Stuhr Center by 6:30 pm sharp, so please plan to arrive before then - we will return to Elsie Stuhr Center by 8:30 pm for pick-up. Gardening equipment will be supplied!

**Our Therapeutic Recreation (TR) programs are intended for teens and adults (16+) who experience disabilities. You must pre-register for this program.**

09/22 Elsie Stuhr Center	M	6:30-8:30 pm ID/AP: \$5.75	16-adult OD: \$8	TR25702
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### TR Swimming at Harman Swim Center

Let's go swimming! Meet us at Elsie Stuhr Center and we will shuttle everyone to Harman Swim Center in THPRD vehicles. We will be leaving the Elsie Stuhr Center at 6:30 pm sharp, so please plan to arrive before then - we will return to the Elsie Stuhr Center by 8:30 pm for pick-up. Please don't forget to pack a swimsuit, towel, and a change of clothes! Offsite Activity at Harman Swim Center: 7300 SW Scholls Ferry Rd Beaverton, OR 97008.

**Our Therapeutic Recreation (TR) programs are intended for teens and adults (16+) who experience disabilities. You must preregister for this program.**

09/29 Elsie Stuhr Center	M	6:30-8:30 pm ID/AP: \$5.75	16-adult OD: \$8	TR25703
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### TR Adaptive Weight Room

Learn to move through full ranges of motion safely and effectively in an inclusive environment. The circuit will focus on learning proper weight room machine use emphasizing strength, balance, and functional movements that will leave you ready to take on the weight room on your own! This class is designed for those experiencing disabilities

**Our Therapeutic Recreation (TR) programs are intended for teens and adults (16+) who experience disabilities. You must pre-register for this program.**

10/06 Elsie Stuhr Center	M	6:30-8:30 pm ID/AP: \$5.75	16-adult OD: \$8	TR25704
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### TR Volunteer Night

Come join us in making a difference in our community together! We will be making treats for our four-legged friends, and they might join us as well.

**Our Therapeutic Recreation (TR) programs are intended for teens and adults (16+) who experience disabilities. You must pre-register for this event.**

10/13 Elsie Stuhr Center	M	6:30-8:30 pm ID/AP: \$5.75	16-adult OD: \$8	TR25705
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## TR Pumpkin Decorating

Let's decorate some pumpkins! There's really no better way to bring on the fall season than sitting down with some friends to decorate your own pumpkin. Don't forget to bring your creativity and fall spirit!

**Our Therapeutic Recreation (TR) programs are intended for teens and adults (16+) who experience disabilities. You must pre-register for this event.**

10/20 M 6:30-8:30 pm 16-adult TR25706  
Elsie Stuhr Center ID/AP: \$5.75 OD: \$8

## Halloween Dance

Back by popular demand is our annual Halloween Dance and Costume Contest! Dress your best and come boogie to great music with friends old and new. There will be a costume contest and prize for the winner! 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.**

10/27 M 6:30-8:30 pm 16-adult TR25707  
Elsie Stuhr Center ID/AP: \$5.75 OD: \$8

## Bingo & Trivia Night

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 and adults (16+) who experience disabilities. You must pre-register for this program.**

11/03 M 6:30-8:30 pm 16-adult TR25708  
Elsie Stuhr Center ID/AP: \$5.75 OD: \$8

## TR Pickleball 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 pickleball enthusiasts. We will be leaving the Elsie Stuhr center promptly at 6:30 pm, so please arrive before then. We will return by 8:30 pm. All equipment will be supplied.

**Our Therapeutic Recreation (TR) programs are intended for teens and adults (16+) who experience disabilities. You must pre-register for this program.**

11/10 M 6:30-8:30 pm 16-adult TR25709  
Elsie Stuhr Center ID/AP: \$5.75 OD: \$8

## TR Adaptive Weight Room

Learn to move through full ranges of motion safely and effectively in an inclusive environment. The circuit will focus on learning proper weight room machine use emphasizing strength, balance, and functional movements that will leave you ready to take on the weight room on your own! This class is designed for those experiencing disabilities

**Our Therapeutic Recreation (TR) programs are intended for teens and adults (16+) who experience disabilities. You must pre-register for this program.**

11/17 M 6:30-8:30 pm 16-adult TR25710  
Elsie Stuhr Center ID/AP: \$5.75 OD: \$8



## TR Swimming at Harman Swim Center

Meet us at Elsie Stuhr Center and we will shuttle everyone to Harman Swim Center in THPRD vehicles. We will be leaving the Elsie Stuhr Center at 6:30 pm sharp, so please plan to arrive before then - we will return to the Elsie Stuhr Center by 8:30 pm for pick-up. Please don't forget to pack a swimsuit, towel, and a change of clothes! Offsite Activity at Harman Swim Center: 7300 SW Scholls Ferry Rd Beaverton, OR 97008.

**Our Therapeutic Recreation (TR) programs are intended for teens and adults (16+) who experience disabilities. You must pre-register for this program.**

11/24 M 6:30-8:30 pm 16-adult TR25711  
Elsie Stuhr Center ID/AP: \$5.75 OD: \$8

## TR Winter Landscape Painting Night

Join us in painting beautiful winter landscapes 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 pre-register for this event.**

12/01 M 6:30-8:30 pm 16-adult TR25712  
Elsie Stuhr Center ID/AP: \$5.75 OD: \$8



## Holiday Dance

Back by popular demand is our annual Halloween Dance and Costume Contest! Dress your best and come boogie to great music with friends old and new. There will be a costume contest and prize for the winner! 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.**

12/08 M 6:30-8:30 pm 16-adult TR25713  
Elsie Stuhr Center ID/AP: \$5.75 OD: \$8

## TR Swimming at Harman Swim Center

Let's go swimming! Meet us at Elsie Stuhr Center and we will shuttle everyone to Harman Swim Center in THPRD vehicles. We will be leaving the Elsie Stuhr Center at 6:30pm sharp, so please plan to arrive before then - we will return to the Elsie Stuhr Center by 8:30pm 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 pre-register for this program.**

12/15 M 6:30-8:30 pm 16-adult TR25714  
Elsie Stuhr Center ID/AP: \$5.75 OD: \$8

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

## Wednesday Teen TR

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

## Wednesday Teen Therapeutic Recreation (TR)

### Teen TR Tumble Night

Join us for a magical night of lights, music and tumbling. Meet us at Elsie Stuhr Center and we will shuttle everyone to Garden Home Recreation Center in THPRD vehicles. We will be leaving Elsie Stuhr Center at 6:00 pm sharp, so please plan to arrive before then - we will return to Elsie Stuhr Center by 7:30 pm for pick-up. We will be using Garden Home Recreation Center's gymnastics room to practice our balance, enjoy the glowing lights and tumble as a group!

Our Therapeutic Recreation (TR) programs are intended for teens ages 13-20 years of age who experience disabilities. You must pre-register for this program.

09/10 W 6-7:30 pm 13-20 yrs TR25300  
Elsie Stuhr Center ID/AP: \$5.75 OD: \$8



### Teen TR Gardening at Mountainview Champions Park

Come get your hands in some soil and show off your green thumb - even if you don't have one! Meet us at Elsie Stuhr Center and we will shuttle everyone to Mountain View Champions Park in THPRD vehicles. We will be leaving Elsie Stuhr Center by 6:00 pm sharp, so please plan to arrive before then - we will return to Elsie Stuhr Center by 7:30 pm for pick-up. Gardening equipment will be supplied!

Our Therapeutic Recreation (TR) programs are intended for teens ages 13-20 years of age who experience disabilities. You must pre-register for this program.

09/24 W 6-7:30 pm 13-20 yrs TR25301  
Elsie Stuhr Center ID/AP: \$5.75 OD: \$8

### Teen TR Apple Picking

Join us for an apple picking adventure! Meet us at Elsie Stuhr Center and we will shuttle everyone in THPRD vehicles to a local apple orchard. We will be leaving Elsie Stuhr at 6:00 pm sharp, so please plan to arrive before then. We will return to the Elsie Stuhr Center by 7:30 pm. Apple Orchard location TBD.

Our Therapeutic Recreation (TR) programs are intended for teens ages 13-20 years of age who experience disabilities. You must pre-register for this program.

10/08 W 6-7:30 pm 13-20 yrs TR25302  
Elsie Stuhr Center ID/AP: \$5.75 OD: \$8

### Teen TR Pumpkin Decorating

Let's decorate some pumpkins! There's really no better way to bring on the fall season than sitting down with some friends to decorate your own pumpkin. Don't forget to bring your creativity and fall spirit!

Our Therapeutic Recreation (TR) programs are intended for teens ages 13-20 years of age who experience disabilities. You must pre-register for this program.

10/22 W 6-7:30 pm 13-20 yrs TR25303  
Elsie Stuhr Center ID/AP: \$5.75 OD: \$8

### Teen TR Nature Documentary & Nature Mobile

Come join us and THPRD's very own Nature Mobile as we learn about environmental education through hands on learning and lived experiences. After, we encourage you to stay for a short documentary about the role that nature plays throughout our lives.

Our Therapeutic Recreation (TR) programs are intended for teens ages 13-20 years of age who experience disabilities. You must preregister for this program.

11/05 W 6-7:30 pm 13-20 yrs TR25304  
Elsie Stuhr Center ID/AP: \$5.75 OD: \$8

### Teen TR Volunteer Night

Come join us in making a difference in our community together! We will be making treats for our four-legged friends, and they might join us as well. Volunteer location TBD.

Our Therapeutic Recreation (TR) programs are intended for teens ages 13-20 years of age who experience disabilities. You must pre-register for this program.

11/19 W 6-7:30 pm 13-20 yrs TR25305  
Elsie Stuhr Center ID/AP: \$5.75 OD: \$8



### Teen TR Holiday Movie and DIY Craft

You won't want to miss this! There are not many things that are more relaxing than settling down with some hot chocolate and good friends to watch a movie during the holidays. Bring your creativity for a do-it-yourself (DIY) craft during the movie.

Our Therapeutic Recreation (TR) programs are intended for teens ages 13-20 years of age who experience disabilities. You must pre-register for this program.

12/03 W 6-7:30 pm 13-20 yrs TR25306  
Elsie Stuhr Center ID/AP: \$5.75 OD: \$8

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

## Thursday Night All-Stars Drop-in Basketball

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

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

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

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

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

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

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

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

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

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

For more information, email [inclusion@thprd.org](mailto:inclusion@thprd.org) or call 503-629-6341.

## Thursday Night Drop-in Wheelchair Basketball

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

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

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

**ID: \$5.75 OD: \$8**

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



## Adaptive Weight Room Circuit

is back this Fall at Garden Home Recreation Center! See page 100 for details.



## SEATED STRETCH & STRENGTH

**THURSDAY NIGHT  
DROP-IN SEATED  
EXERCISE**

An inclusive recreation program for people of all ages and abilities.

GARDEN HOME  
RECREATION  
CENTER  
THURSDAYS,  
5:00 - 5:45pm

Caregivers are  
encouraged &  
welcome to  
join.



TUALATIN HILLS  
PARK & RECREATION DISTRICT

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



**Adaptive Rec  
Mobile Gardening**

Starting April 4  
Every Friday, 9-10 am

Join us for FREE gardening fun!  
All ages and abilities are welcome.

Mt. View  
Champions Park  
5915 SW 170th Ave.

 TUALATIN HILLS  
PARK & RECREATION DISTRICT

 [www.thprd.org](http://www.thprd.org)

A free drop-in gardening program for people of all ages and abilities. The program is held at the garden plots at Mountain View Champions Park.

## Fall Inclusion Festival

Join us for an inclusive and sensory-friendly event to kick off THPRD’s Adaptive & Inclusion’s Fall programs. We will have fun games, food, and an opportunity to learn about other programs at THPRD.

**All ages & abilities • FREE Event**  
**Friday, September 19 • 5-7 pm**  
**Elsie Stuhr Center**  
**Registration not required**



## THPRD is Hiring Inclusion Assistants

We are looking for compassionate, kind, and reliable individuals who want to make a difference in their community. Inclusion Assistants provide one-on-one support, facilitate inclusion programs and assist patrons to engage in any activity offered at THPRD.

**More info at [thprd.org/jobs](http://thprd.org/jobs)**



## THPRD está contratando asistentes de inclusión

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

**Más información en [thprd.org/jobs](http://thprd.org/jobs)**



# THPRD *Aquatics* - General Information

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

## **Personnel**

Andrew Jackman,  
Patrick Williamson

## **THPRD Pool Guidelines**

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

## **Dressing Rooms**

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

## **Volunteer Opportunities**

### **Adaptive Aquatics**

Hey, swimmers! Do you have a talent for working with swimmers with physical or developmental disabilities? Check out and apply for our Aquatic Champion volunteer position at <https://www.thprd.org/connect/volunteer/ongoing-opportunities>

### **Junior Lifeguarding**

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

### **Aquatic Champion**

This position is a volunteer position that provides volunteers with the opportunity to assist in teaching youth and adult swimming lessons. Volunteers in this position will provide an enjoyable learning environment for program participants, promoting participants' physical, social and personal development. Apply online at <https://www.thprd.org/connect/volunteer/ongoing-opportunities>.

## **Drop-in Swimming at THPRD**

### **Open Swim**

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

### **Lap Swim**

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

### **Independent Exercise/Deep End Open Exercise**

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

Visit [thprd.org](https://www.thprd.org) for more information and fees.



# THPRD Aquatics - General Information

## THPRD Learn To Swim Program

### Preschool Swimming Classes

Ages 3-6 who have not started first grade.

### School-age Classes

Ages 6-12 who have started first grade.

The prerequisite for each level is completing all skills in the previous level confidently, consistently, and comfortably. There is no prerequisite for Level 1.

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

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

**Level 3** The focus is crawl stroke proficiency, introduction of new back skills, and orienting to deeper water. Upon successful completion, they will be able to catch 5 breaths doing crawl stroke, roll on their back, then

swim winging and kicking on their back for a total of 15 yards.

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

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

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

**Level 7** The focus is stroke refinement, preparation for the competitive aquatic activities like swim team, diving, water polo, and synchronized swimming, and

preparation for lifeguarding. Upon successful completion, they will have completed a 500-yard continuous swim, tried skills from each of the competitive aquatic sports, and learned some basic water safety skills.

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

### Swim Lesson Level Registration Guide

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

## Specialty Instruction

### Baby & Me / Toddler & Me

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

A water adjustment class for parent and child. Basic skills are introduced with games and songs. Swim diapers required.

### You & Your Preschooler

3 yrs-5 yrs 11 mos

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

### Adaptive Aquatics

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

### Diving Instruction

Prerequisite: 25 yards crawl and 25 yards on back.

Levels 1 & 2 - Class will teach basics.

Levels 3 & 4 - For continuing divers.

### Splash

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

### Fall Meet Dates:

10/11, 12/6

# THPRD Aquatics - General Information

## Aquatics Professional Training

Facility	Date	Day	Time	ID/AP	OD	Class #
<b>Lifeguard Training</b>						
<i>Ages 15+ years</i>						
Course focuses on the job of a lifeguard in a swimming pool environment. Certification includes first aid and CPR for the professional rescuer. <b>Prerequisites:</b> 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. <b>Certification Requirements:</b> 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.						
Beaverton Swim Center	9/19-10/4	Friday Saturday	4-8 pm 1-4 pm	\$260/\$325		BV252000
Sunset Swim Center	9/20-10/4	Saturday	9am-5pm	\$260/\$325		SS252000
Conestoga	9/28-10/19	Sunday	9:15am-4pm	\$260/\$325		CA252001
Beaverton Swim Center	11/07-11/22	Friday Saturday	4-8 pm 1-4 pm	\$260/\$325		BV252001
Conestoga	11/24-11/26	M-W	9am-5pm	\$260/\$325		CA252002
Harman Swim Center	11/24-11/26	M-W	9am-5pm	\$260/\$325		HM250000
Aquatic Center	12/22-12/30	M-T	9am-4pm	\$260/\$325		AQ252000

### Junior Lifeguarding

*Ages 12-15 years, Level 4+*

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

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

Beaverton Swim Center	9/13-10/25	Saturday	1-3pm	\$100/\$125		BV251077
Conestoga	9/20-10/18	Saturday	11am-1pm	\$100/\$125		CA251000
Sunset Swim Center	11/4-11/6	T-Th	4-8pm	\$100/\$125		SS251000
Aquatic Center	11/24-11/26	M-W	12-4:30pm	\$100/\$125		AQ251000

### 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](http://www.thprd.org/jobs) to learn how to get started!



# THPRD *Aquatic Affiliates*

## Competitive Programs

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

### Tualatin Hills Swim Club

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



### Tualatin Hills Dive Club

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



### Tualatin Hills Barracudas

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



### Tualatin Hills Water Polo Club

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



### Beaverton Area Aquatic Club

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

Tryouts will take place from August 25-27, 2025. Coaches will be available during tryouts to meet parents and answer questions about our program. You can register for tryouts on our website at [baacswim.com](http://baacswim.com). Team registration includes financial information and agreements. Information for new swimmers is available on our website.

We look forward to working with you!

#### Club Fees

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



# Earn to Learn

Creating paid training pathways to employment for aquatic jobs



## Explore an Aquatic Career & Earn a Paycheck

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



- Receive professional training



- Learn job skills & build confidence



- Earn a paycheck



**APPLY TODAY!**

Go to [www.thprd.org/jobs](http://www.thprd.org/jobs) and learn how to get started



[www.thprd.org](http://www.thprd.org)

# Deportes acuáticos THPRD - Información General

Oficina principal de actividades acuáticas:

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

## Encargado

Andrew Jackman,  
Patrick Williamson

## Directrices para el uso de las piscinas de THPRD

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

## Vestidores

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

## Oportunidades para voluntarios

### Actividades acuáticas especializadas

¡Hola nadadores! ¿Tiene talento para trabajar con los nadadores que tienen necesidades especiales? Comuníquese con el Harman Swim Center para oportunidades de voluntarios al 503-629-6314.

### Junior Lifeguarding | Salvavidas

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

### Aquatic Champion | Campeones Acuáticos

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

## Drop-In | Natación Libre

**Natación libre:** natación recreacional no estructurada para todas las edades. Los pequeños menores de 10 años deben ser supervisados visualmente por uno de los padres, tutor o encargado del cuidado que deberá tener al menos 15 años de edad. Los pequeños menores de 7 años deben estar acompañados en el agua por la madre, padre o tutores quienes deben tener 15 años o más. Se requiere una prueba de natación para que los pequeños naden en aguas profundas.

**Natación en Carriles:** natación de acondicionamiento físico para las personas que pueden nadar continuamente varias vueltas mientras siguen todas las reglas de natación libre, incluso nadar en círculos. La natación libre es para adultos, a menos

que se indique en el horario como Natación libre para todas las edades.

### Ejercicio independiente/Ejercicio abierto en aguas profundas

Este programa sin cita previa es natación no estructurada para el fitness acuático personal, el jogging acuático o la caminata acuática en zonas designadas de la por la madre, padre o tutores quienes deben tener 15 años o más.. 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](http://thprd.org) para más información y tarifas.



### Aplica en línea

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

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

# Deportes acuáticos THPRD - Información General

## Programa Aprenda a Nadar en THPRD

### Clases de natación para preescolares

Edades de 3 a 6 años que no han empezado el primer grado

### Clases para niños en edad escolar

Edades de 6 a 12 años que han empezado el primer grado

**Nivel 1** es un ajuste inicial al ambiente del agua.

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

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

**Nivel 3** se enfocará en desarrollar aún más las habilidades de brazada estilo crol y también aprender la brazada hacia atrás. También empezaremos a introducir las experiencias en aguas profundas manteniéndose a flote y las habilidades de buceo para principiantes. Los nadadores también 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 alberca de THPRD para obtener el horario.

### Guía de selección de niveles de natación

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

## Instrucción Especializada

### Baby & Me/Toddler & Me

(Mi bebé y yo/Mi pequeño y yo)

*Bebés (6 meses a 2 años)/pequeñines (2 a 3 años)*

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

### Usted y su hijo en edad preescolar

*3 años a 5 años 11 meses*

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

### Actividades acuáticas especializadas

Un programa de instrucción para todas las edades con necesidades especiales.

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

### Instrucciones de clavado

Prerrequisito: 25 yardas con brazada estilo crol y 25 yardas hacia atrás.

Niveles 1 y 2: se enseñarán los fundamentos básicos en la clase.

Niveles 3 y 4: para clavadistas 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:

**Otoño:** 11 de octubre y 6 de diciembre

# Deportes acuáticos THPRD - Información General

## Formación Profesional Acuática

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

Edades 15 años en adelante

Este curso se enfoca a desarrollarse como salvavidas en un ambiente de albercas como profesión. La certificación incluye primeros auxilios y RCP. **Requisitos previos:** 1) Nadar 300 yardas (utilizando brazada estilo crol y brazada de pecho) 2) Nadar 20 yardas, sumergirse a una profundidad de 7 a 10 pies, recuperar un ladrillo de buceo de 10 lb, regresar a la superficie y nadar de nuevo al punto de inicio en el transcurso de 1 minuto, 40 segundos. **Requisitos para la certificación:** 1) Asistir a todos los horarios de clases (no hay reposiciones, no hay excepciones). 2) Completar con éxito todas las pruebas de habilidades requeridas en RCP, primeros auxilios y Salvavidas. 3) Obtener una puntuación de 80% en los exámenes escritos finales.

Beaverton Swim Center	19/9-4/10	Viernes	4-8pm	\$260	\$325	BV252000
		Sábado	1-4 pm			
Sunset Swim Center	20/9-4/10	Sábado	9am-5pm	\$260	\$325	SS252000
Conestoga	28/9-19/10	Domingo	9:15am-4pm	\$260	\$325	CA252001
Beaverton Swim Center	07/11-22/11	Viernes	4-8 pm	\$260	\$325	BV252001
		Sábado	1-4pm			
Conestoga	24/11-26/11	Lun-Mar-Miér	9am-5pm	\$260	\$325	CA252002
Harman Swim Center	24/11-26/11	Lun-Mar-Miér	9am-5pm	\$260	\$325	HM250000
Aquatic Center	22/12-30/12	Lun-Mar	9am-4pm	\$260	\$325	AQ252000

### Salvavidas júnior | Junior Lifeguarding

Edades de 12 a 15 años, Nivel 4+

El curso de Guarda/Ayudante de Natación Jr. de THPRD cubre los estándares de salvavidas, progresiones de brazada y profesionalismo. Se introducen habilidades de respuesta a emergencias para principiantes, como primeros auxilios, resucitación cardiopulmonar y rescates acuáticos. Durante el curso, los estudiantes reciben experiencia práctica asistiendo a instructores de natación y salvavidas. Los participantes también desarrollarán su fuerza, confianza y técnica de natación.

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

Beaverton Swim Center	13/9-25/10	Sábado	1-3pm	\$100	\$125	BV251077
Conestoga	20/9-18/10	Sábado	11am-1pm	\$100	\$125	CA251000
Sunset Swim Center	4/11-6/11	Mar- Miér-Jue	4-8pm	\$100	\$125	SS251000
Aquatic Center	24/11-26/11	Lun-Mar-Miér	12-4:30pm	\$100	\$125	AQ251000

### Earn to Learn

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

¡Solicite hoy mismo! ¡Vaya a [www.thprd.org/jobs](http://www.thprd.org/jobs) para saber cómo empezar!



# Clubes de Natación de THPRD

## Programas Competitivos

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

### Tualatin Hills Swim Club

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

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

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

### Tualatin Hills Dive Club

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



### Tualatin Hills Barracudas

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



### Tualatin Hills Water Polo Club

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



### Beaverton Area Aquatic Club

Inspira a nadadores de todas las edades a alcanzar su potencial a través de la disciplina, la automotivación y el esfuerzo, en un ambiente positivo de entrenamiento. Animamos a cada atleta a desarrollar su máximo potencial. Las pruebas de admisión se llevarán a cabo del 25 al 27 de agosto de 2025. Los entrenadores estarán disponibles durante las pruebas para conocer a las familias y responder preguntas sobre nuestro programa. Pueden inscribirse para las pruebas en nuestro sitio web a [baacswim.com](http://baacswim.com). La inscripción al equipo incluye información financiera y acuerdos relacionados con la participación. Encuentre información para nadadores nuevos en nuestro sitio web. ¡Esperamos poder trabajar con usted!

#### Cuotas de los clubes

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



# 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



Aprenda habilidades laborales y desarrolle la confianza



Reciba un pago



**¡Aplique hoy!**

Vaya a [thprd.org](http://thprd.org) e infórmese de como registrarse



@THPRD



[www.thprd.org](http://www.thprd.org)

# LIFE JACKET

## LOANER PROGRAM



## Need a life jacket for the pool or lake?

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

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



# Aloha Swim Center



**TUALATIN HILLS**  
PARK & RECREATION DISTRICT

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

TriMet Bus Routes #52, #57, #88

**Center Supervisor:** Dan McGatha

**Aloha Swim Center Hours:**

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

Hours subject to change.

Check thprd.org for most updated schedule.

**Facility Closed:** 11/11, 11/27, 11/28, 12/24, 12/25, 12/31

**Aloha Swim Center Features:**

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



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

## Water Fitness Programs

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

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

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

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

## Fall 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. **Fall Meet Dates: 10/11, 12/6.**

Date	Day	Time	ID/AP	OD	Class#
9/9-12/18	T/Th	6:45-7:30 pm	\$328	\$407.50	AL234020

## Special Event

### Pumpkin Patch Pool Party

**Friday, October 24 | 5-6:30 pm**  
**\$10 ID/\$12.50 (Register a child ONLY)**  
**All Ages | Class ID: AL200000**

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



### Lap N' Cap Challenge

**Fall Term: August 31 – December 27**  
**Drop-in Rates Apply**

Celebrate THPRD's 70th Anniversary by diving into the **Lap N' Cap Challenge!** Swim 70 laps at any THPRD swim center and earn a limited-edition 70-Year Anniversary swim cap. Track your laps, stay active, and take home a piece of THPRD history. **Caps can only be redeemed at Beaverton Swim Center and Aloha Swim Center.** Available while supplies last – make a splash and claim your cap.

### Grandparents Day Pool Party

**Sunday, September 7 • 4-5 pm**  
**Drop-in Rates Apply**

Celebrate THPRD 70th year and enjoy Grandparents Day with a splash! Join us at the pool for a fun-filled hour of laughs, and quality time for grandparents and grandkids alike. Whether your floating, racing, or just relaxing poolside, it's the perfect way to make memories together. All ages welcome!

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#
<b>Preschool Level 1-3</b>					
No class 11/11, 11/24, 11/25, 11/26, 11/27, 11/30.					

9/8-10/20	M	4-4:30 pm	\$73	\$91.25	AL211000
10/27-12/15	M	4-4:30 pm	\$73	\$91.25	AL211001
9/8-10/20	M	4:35-5:05 pm	\$73	\$91.25	AL211002
10/27-12/15	M	4:35-5:05 pm	\$73	\$91.25	AL211003
9/8-10/20	M	5:10-5:40 pm	\$73	\$91.25	AL211004
10/27-12/15	M	5:10-5:40 pm	\$73	\$91.25	AL211005
9/8-10/20	M	6-6:30 pm	\$73	\$91.25	AL211006
10/27-12/15	M	6-6:30 pm	\$73	\$91.25	AL211007
9/8-10/20	M	6:35-7:05 pm	\$73	\$91.25	AL211008
10/27-12/15	M	6:35-7:05 pm	\$73	\$91.25	AL211009
9/8-10/20	M	7:10-7:40 pm	\$73	\$91.25	AL211010
10/27-12/15	M	7:10-7:40 pm	\$73	\$91.25	AL211011
9/9-10/21	T	4-4:30 pm	\$73	\$91.25	AL211012
10/28-12/16	T	4-4:30 pm	\$63	\$78.75	AL211013
9/9-10/21	T	4:35-5:05 pm	\$73	\$91.25	AL211014
10/28-12/16	T	4:35-5:05 pm	\$63	\$78.75	AL211015
9/9-10/21	T	5:10-5:40 pm	\$73	\$91.25	AL211016
10/28-12/16	T	5:10-5:40 pm	\$63	\$78.75	AL211017
9/9-10/21	T	6-6:30 pm	\$73	\$91.25	AL211018
10/28-12/16	T	6-6:30 pm	\$63	\$78.75	AL211019
9/10-10/22	W	4-4:30 pm	\$73	\$91.25	AL211021
10/29-12/17	W	4-4:30 pm	\$73	\$91.25	AL211022
9/10-10/22	W	4:35-5:05 pm	\$73	\$91.25	AL211023
10/29-12/17	W	4:35-5:05 pm	\$73	\$91.25	AL211024
9/10-10/22	W	5:10-5:40 pm	\$73	\$91.25	AL211025
10/29-12/17	W	5:10-5:40 pm	\$73	\$91.25	AL211026
9/10-10/22	W	6-6:30 pm	\$73	\$91.25	AL211027
10/29-12/17	W	6-6:30 pm	\$73	\$91.25	AL211028
9/10-10/22	W	6:35-7:05 pm	\$73	\$91.25	AL211029
10/29-12/17	W	6:35-7:05 pm	\$73	\$91.25	AL211030
9/10-10/22	W	7:10-7:40 pm	\$73	\$91.25	AL211031
10/29-12/17	W	7:10-7:40 pm	\$73	\$91.25	AL211032
9/11-10/23	Th	4-4:30 pm	\$73	\$91.25	AL211033
10/30-12/18	Th	4-4:30 pm	\$73	\$91.25	AL211034
9/11-10/23	Th	4:35-5:05 pm	\$73	\$91.25	AL211035
10/30-12/18	Th	4:35-5:05 pm	\$73	\$91.25	AL211036
9/11-10/23	Th	5:10-5:40 pm	\$73	\$91.25	AL211037
10/30-12/18	Th	5:10-5:40 pm	\$73	\$91.25	AL211038
9/11-10/23	Th	6-6:30 pm	\$73	\$91.25	AL211039
10/30-12/18	Th	6-6:30 pm	\$73	\$91.25	AL211040
9/14-10/26	Su	12-12:30 pm	\$73	\$91.25	AL211041
11/2-12/21	Su	12-12:30 pm	\$73	\$91.25	AL211042
9/14-10/26	Su	12:35-1:05 pm	\$73	\$91.25	AL211043
11/2-12/21	Su	12:35-1:05 pm	\$73	\$91.25	AL211044
9/14-10/26	Su	1:10-1:40 pm	\$73	\$91.25	AL211045
11/2-12/21	Su	1:10-1:40 pm	\$73	\$91.25	AL211046
9/14-10/26	Su	2-2:30 pm	\$73	\$91.25	AL211047
11/2-12/21	Su	2-2:30 pm	\$73	\$91.25	AL211048
9/14-10/26	Su	2:35-3:05 pm	\$73	\$91.25	AL211049
11/2-12/21	Su	2:35-3:05 pm	\$73	\$91.25	AL211050
9/14-10/26	Su	3:10-3:40 pm	\$73	\$91.25	AL211051
11/2-12/21	Su	3:10-3:40 pm	\$73	\$91.25	AL211052

## School Age Level 1-4

No class 11/11, 11/24, 11/25, 11/26, 11/27, 11/30.

9/8-10/20	M	4-4:30 pm	\$73	\$91.25	AL221000
10/27-12/15	M	4-4:30 pm	\$73	\$91.25	AL221001
9/8-10/20	M	4:35-5:05 pm	\$73	\$91.25	AL221002
10/27-12/15	M	4:35-5:05 pm	\$73	\$91.25	AL221003
9/8-10/20	M	5:10-5:40 pm	\$73	\$91.25	AL221004
10/27-12/15	M	5:10-5:40 pm	\$73	\$91.25	AL221005
9/8-10/20	M	6-6:30 pm	\$73	\$91.25	AL221006
10/27-12/15	M	6-6:30 pm	\$73	\$91.25	AL221007
9/8-10/20	M	6:35-7:05 pm	\$73	\$91.25	AL221008
10/27-12/15	M	6:35-7:05 pm	\$73	\$91.25	AL221009
9/8-10/20	M	7:10-7:40 pm	\$73	\$91.25	AL221010
10/27-12/15	M	7:10-7:40 pm	\$73	\$91.25	AL221011
9/9-10/21	T	4-4:30 pm	\$73	\$91.25	AL221012
10/28-12/16	T	4-4:30 pm	\$63	\$78.75	AL221013
9/9-10/21	T	4:35-5:05 pm	\$73	\$91.25	AL221014
10/28-12/16	T	4:35-5:05 pm	\$63	\$78.75	AL221015
9/9-10/21	T	5:10-5:40 pm	\$73	\$91.25	AL221016
10/28-12/16	T	5:10-5:40 pm	\$63	\$78.75	AL221017
9/9-10/21	T	6-6:30 pm	\$73	\$91.25	AL221018
10/28-12/16	T	6-6:30 pm	\$63	\$78.75	AL221019
9/10-10/22	W	4-4:30 pm	\$73	\$91.25	AL221021
10/29-12/17	W	4-4:30 pm	\$73	\$91.25	AL221022
9/10-10/22	W	4:35-5:05 pm	\$73	\$91.25	AL221023
10/29-12/17	W	4:35-5:05 pm	\$73	\$91.25	AL221024
9/10-10/22	W	5:10-5:40 pm	\$73	\$91.25	AL221025
10/29-12/17	W	5:10-5:40 pm	\$73	\$91.25	AL221026
9/10-10/22	W	6-6:30 pm	\$73	\$91.25	AL221027
10/29-12/17	W	6-6:30 pm	\$73	\$91.25	AL221028
9/10-10/22	W	6:35-7:05 pm	\$73	\$91.25	AL221029
10/29-12/17	W	6:35-7:05 pm	\$73	\$91.25	AL221030
9/10-10/22	W	7:10-7:40 pm	\$73	\$91.25	AL221031
10/29-12/17	W	7:10-7:40 pm	\$73	\$91.25	AL221032
9/11-10/23	Th	4-4:30 pm	\$73	\$91.25	AL221033
10/30-12/18	Th	4-4:30 pm	\$73	\$91.25	AL221034
9/11-10/23	Th	4:35-5:05 pm	\$73	\$91.25	AL221035
10/30-12/18	Th	4:35-5:05 pm	\$73	\$91.25	AL221036
9/11-10/23	Th	5:10-5:40 pm	\$73	\$91.25	AL221037
10/30-12/18	Th	5:10-5:40 pm	\$73	\$91.25	AL221038
9/11-10/23	Th	6-6:30 pm	\$73	\$91.25	AL221039
10/30-12/18	Th	6-6:30 pm	\$73	\$91.25	AL221040
9/14-10/26	Su	12-12:30 pm	\$73	\$91.25	AL221041
11/2-12/21	Su	12-12:30 pm	\$73	\$91.25	AL221042
9/14-10/26	Su	12:35-1:05 pm	\$73	\$91.25	AL221043
11/2-12/21	Su	12:35-1:05 pm	\$73	\$91.25	AL221044
9/14-10/26	Su	1:10-1:40 pm	\$73	\$91.25	AL221045
11/2-12/21	Su	1:10-1:40 pm	\$73	\$91.25	AL221046
9/14-10/26	Su	2-2:30 pm	\$73	\$91.25	AL221047
11/2-12/21	Su	2-2:30 pm	\$73	\$91.25	AL221048
9/14-10/26	Su	2:35-3:05 pm	\$73	\$91.25	AL221049
11/2-12/21	Su	2:35-3:05 pm	\$73	\$91.25	AL221050
9/14-10/26	Su	3:10-3:40 pm	\$73	\$91.25	AL221051
11/2-12/21	Su	3:10-3:40 pm	\$73	\$91.25	AL221052

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#
<b>Preschool/School Age Level 5-7</b>					
No class 11/11, 11/24, 11/25, 11/26, 11/27, 11/30.					
9/8-10/20	M	4-4:30 pm	\$73	\$91.25	AL225000
10/27-12/15	M	4-4:30 pm	\$73	\$91.25	AL225001
9/8-10/20	M	4:35-5:05 pm	\$73	\$91.25	AL225002
10/27-12/15	M	4:35-5:05 pm	\$73	\$91.25	AL225003
9/9-10/21	T	4-4:30 pm	\$73	\$91.25	AL225012
10/28-12/16	T	4-4:30 pm	\$63	\$78.75	AL225013
9/9-10/21	T	4:35-5:05 pm	\$73	\$91.25	AL225014
10/28-12/16	T	4:35-5:05 pm	\$63	\$78.75	AL225015
9/10-10/22	W	4-4:30 pm	\$73	\$91.25	AL225021
10/29-12/17	W	4-4:30 pm	\$73	\$91.25	AL225022
9/10-10/22	W	4:35-5:05 pm	\$73	\$91.25	AL225023
10/29-12/17	W	4:35-5:05 pm	\$73	\$91.25	AL225024
9/11-10/23	Th	4-4:30 pm	\$73	\$91.25	AL225033
10/30-12/18	Th	4-4:30 pm	\$73	\$91.25	AL225034
9/11-10/23	Th	4:35-5:05 pm	\$73	\$91.25	AL225035
10/30-12/18	Th	4:35-5:05 pm	\$73	\$91.25	AL225036
9/14-10/26	Su	12:35-1:05 pm	\$73	\$91.25	AL225043
11/2-12/21	Su	12:35-1:05 pm	\$73	\$91.25	AL225044
9/14-10/26	Su	2:35-3:05 pm	\$73	\$91.25	AL225049
11/2-12/21	Su	2:35-3:05 pm	\$73	\$91.25	AL225050

## Specialty Programs

Date	Day	Time	ID/AP	OD	Class#
<b>Baby/Toddler &amp; Me</b>					
Ages 6 month to 3 years old.					
Water adjustment class for adult and child. Basic skills are introduced with games and songs. Swim diapers required. One adult with each child.					
No class 11/30.					
9/14-10/26	Su	12-12:30 pm	\$48	\$60	AL240041
11/2-12/21	Su	12-12:30 pm	\$48	\$60	AL240042
9/14-10/26	Su	2-2:30 pm	\$48	\$60	AL240047
11/2-12/21	Su	2-2:30 pm	\$48	\$60	AL240048



## Teen/Adult Swimming Skills

No class 11/11, 11/24, 11/25, 11/26, 11/27, 11/30.

9/8-10/20	M	6:35-7:05 pm	\$73	\$91.25	AL250008
10/27-12/15	M	6:35-7:05 pm	\$73	\$91.25	AL250009
9/8-10/20	M	7:10-7:40 pm	\$73	\$91.25	AL250010
10/27-12/15	M	7:10-7:40 pm	\$73	\$91.25	AL250011
9/9-10/21	T	4-4:30 pm	\$73	\$91.25	AL250012
9/10-10/22	W	6:35-7:05 pm	\$73	\$91.25	AL250029
10/29-12/17	W	6:35-7:05 pm	\$73	\$91.25	AL250030
9/10-10/22	W	7:10-7:40 pm	\$73	\$91.25	AL250031
10/29-12/17	W	7:10-7:40 pm	\$73	\$91.25	AL250032
9/14-10/26	Su	1:10-1:40 pm	\$73	\$91.25	AL250045
11/2-12/21	Su	1:10-1:40 pm	\$73	\$91.25	AL250046
9/14-10/26	Su	3:10-3:40 pm	\$73	\$91.25	AL250051
11/2-12/21	Su	3:10-3:40 pm	\$73	\$91.25	AL250052

### 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 503-629-6311 for an appointment.

### Lap Swim, Open Swim, and Independent Exercise

Please see online schedule at [thprd.org](http://thprd.org) for updated details about limited lanes, shared pool times, and open swim. Paper schedules are available on site.

### Book Your Birthday or Team Party at Aloha Swim Center

Call 503-629-6312 or email [t.cannon@thprd.org](mailto:t.cannon@thprd.org) for more details.



# Beaverton Swim Center



**TUALATIN HILLS  
PARK & RECREATION DISTRICT**

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

TriMet Bus Routes #52, #76, #78

Facility Supervisor: Dan McGatha

Office Hours:

Monday - Thursday: 7 am – 7:30 pm

Friday: 7 am – 6 pm

Saturday: 9 am – 4 pm

Sunday: Closed

Hours subject to change.

Visit [thprd.org](http://thprd.org) for updated schedules.

**Facility Closed:** 11/11, 11/27, 12/24, 12/25, 12/31.

**Modified Schedule:** 10/31 (No youth classes after 5pm) 11/24, 11/25, 11/26, 11/29.

**Beaverton Swim Center features:**

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

## Fall 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. **Fall Meet Dates: 10/11, 12/6.**

Date	Day	Time	ID/AP	OD	Class#
9/8-12/17	M/W	6:40-7:25 pm	\$340	\$422.50	BV234032
9/9-12/18	T/Th	6:40-7:25 pm	\$328	\$407.50	BV234044

## Water Fitness Programs

**Dig Deep:** Participants wear flotation belts for a zero impact, moderate intensity workout in the deep end of the pool. It is not necessary to be an avid swimmer to participate; but it is helpful for participants to be comfortable in deep water. This is an exciting, unique way to exercise, suitable for most people. Movement possibilities are almost unlimited when suspended in the water; and people work on aerobic fitness, strength, balance and flexibility.

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

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

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



### Lap N' Cap Challenge

**Fall Term: August 31 – December 27**  
**Drop-in Rates Apply**

Celebrate THPRD's 70th Anniversary by diving into the **Lap N' Cap Challenge!** Swim 70 laps at any THPRD swim center and earn a limited-edition 70-Year Anniversary swim cap. Track your laps, stay active, and take home a piece of THPRD history. **Caps can only be redeemed at Beaverton Swim Center and Aloha Swim Center.** Available while supplies last – make a splash and claim your cap.



### Spooktacular Open Swim – Just 70 Cents

**Friday, October 31 • 3-6 pm**  
**Drop-in Rates Apply**

Celebrate THPRD's 70th Anniversary with a frightfully fun Halloween Open Swim for only \$0.70! Come in costume (swim-friendly of course!) and enjoy child friendly spooky music, festive decorations, and family-friendly fun in the pool. It's a hauntingly good deal you won't want to miss!



### THPRD 70th Anniversary Talent Show

**Friday, December 5 • 4-6 pm**  
**Beaverton Swim Center**  
**BVTALENT70TH • \$10 ID \$12.50 OD**

Celebrate 70 amazing years of THPRD with an evening full of talent, community, and fun! Come enjoy performances of all kinds or take the stage yourself and share your talent with friends and neighbors. All ages are welcome to perform or attend.

**Want to perform?**  
Sign up at front desk or email [a.krieger@thprd.org](mailto:a.krieger@thprd.org) **BEFORE Friday, November 14.** Spots are limited, so don't wait!



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

Preschool: Minimum age 3 years and toilet-trained.

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

## Beginning Swimming Skills

Date	Day	Time	ID/AP	OD	Class#
<b>Preschool Level 1-3</b>					
No class 11/11, 11/24, 11/25, 11/26, 11/27, 11/29.					

9/8-10/20	M	9-9:30 am	\$73	\$91.25	BV211000
10/27-12/15	M	9-9:30 am	\$73	\$91.25	BV211001
9/8-10/20	M	9:35-10:05 am	\$73	\$91.25	BV211002
10/27-12/15	M	9:35-10:05 am	\$73	\$91.25	BV211003
9/8-10/20	M	10:10-10:40 am	\$73	\$91.25	BV211004
10/27-12/15	M	10:10-10:40 am	\$73	\$91.25	BV211005
9/10-10/22	W	9-9:30 am	\$73	\$91.25	BV211012
10/29-12/17	W	9-9:30 am	\$73	\$91.25	BV211013
9/10-10/22	W	9:35-10:05 am	\$73	\$91.25	BV211014
10/29-12/17	W	9:35-10:05 am	\$73	\$91.25	BV211015
9/10-10/22	W	10:10-10:40 am	\$73	\$91.25	BV211016
10/29-12/17	W	10:10-10:40 am	\$73	\$91.25	BV211017
9/8-10/20	M	3:45-4:15 pm	\$73	\$91.25	BV211024
10/27-12/15	M	3:45-4:15 pm	\$73	\$91.25	BV211025
9/8-10/20	M	4:20-4:50 pm	\$73	\$91.25	BV211026
10/27-12/15	M	4:20-4:50 pm	\$73	\$91.25	BV211027
9/8-10/20	M	4:55-5:25 pm	\$73	\$91.25	BV211028
10/27-12/15	M	4:55-5:25 pm	\$73	\$91.25	BV211029
9/8-10/20	M	5:45-6:15 pm	\$73	\$91.25	BV211030
10/27-12/15	M	5:45-6:15 pm	\$73	\$91.25	BV211031
9/8-10/20	M	6:20-6:50 pm	\$73	\$91.25	BV211032
10/27-12/15	M	6:20-6:50 pm	\$73	\$91.25	BV211033
9/9-10/21	T	3:45-4:15 pm	\$73	\$91.25	BV211036
10/28-12/16	T	3:45-4:15 pm	\$63	\$78.75	BV211037
9/9-10/21	T	4:20-4:50 pm	\$73	\$91.25	BV211038
10/28-12/16	T	4:20-4:50 pm	\$63	\$78.75	BV211039
9/9-10/21	T	4:55-5:25 pm	\$73	\$91.25	BV211040
10/28-12/16	T	4:55-5:25 pm	\$63	\$78.75	BV211041
9/9-10/21	T	5:45-6:15 pm	\$73	\$91.25	BV211042
10/28-12/16	T	5:45-6:15 pm	\$63	\$78.75	BV211043
9/9-10/21	T	6:20-6:50 pm	\$73	\$91.25	BV211044
10/28-12/16	T	6:20-6:50 pm	\$63	\$78.75	BV211045
9/9-10/21	T	6:55-7:25 pm	\$73	\$91.25	BV211046
10/28-12/16	T	6:55-7:25 pm	\$63	\$78.75	BV211047
9/10-10/22	W	3:45-4:15 pm	\$73	\$91.25	BV211048
10/29-12/17	W	3:45-4:15 pm	\$73	\$91.25	BV211049
9/10-10/22	W	4:20-4:50 pm	\$73	\$91.25	BV211050
10/29-12/17	W	4:20-4:50 pm	\$73	\$91.25	BV211051
9/10-10/22	W	4:55-5:25 pm	\$73	\$91.25	BV211052
10/29-12/17	W	4:55-5:25 pm	\$73	\$91.25	BV211053
9/10-10/22	W	5:45-6:15 pm	\$73	\$91.25	BV211054
10/29-12/17	W	5:45-6:15 pm	\$73	\$91.25	BV211055
9/10-10/22	W	6:20-6:50 pm	\$73	\$91.25	BV211056
10/29-12/17	W	6:20-6:50 pm	\$73	\$91.25	BV211057
9/11-10/23	Th	3:45-4:15 pm	\$73	\$91.25	BV211060
10/30-12/4	Th	3:45-4:15 pm	\$54	\$67.50	BV211061
9/11-10/23	Th	4:20-4:50 pm	\$73	\$91.25	BV211062
10/30-12/4	Th	4:20-4:50 pm	\$54	\$67.50	BV211063
9/11-10/23	Th	4:55-5:25 pm	\$73	\$91.25	BV211064
10/30-12/4	Th	4:55-5:25 pm	\$54	\$67.50	BV211065
9/11-10/23	Th	5:45-6:15 pm	\$73	\$91.25	BV211066
10/30-12/18	Th	5:45-6:15 pm	\$73	\$91.25	BV211067
9/11-10/23	Th	6:20-6:50 pm	\$73	\$91.25	BV211068
10/30-12/18	Th	6:20-6:50 pm	\$73	\$91.25	BV211069
9/11-10/23	Th	6:55-7:25 pm	\$73	\$91.25	BV211070
10/30-12/18	Th	6:55-7:25 pm	\$73	\$91.25	BV211071

9/13-10/25	S	9-9:30 am	\$73	\$91.25	BV211072
11/1-12/20	S	9-9:30 am	\$73	\$91.25	BV211082
9/13-10/25	S	9:35-10:05 am	\$73	\$91.25	BV211073
11/1-12/20	S	9:35-10:05 am	\$73	\$91.25	BV211083
9/13-10/25	S	10:10-10:40 am	\$73	\$91.25	BV211074
11/1-12/20	S	10:10-10:40 am	\$73	\$91.25	BV211084
9/13-10/25	S	11-11:30 am	\$73	\$91.25	BV211075
11/1-12/20	S	11-11:30 am	\$73	\$91.25	BV211085
9/13-10/25	S	11:35 am-12:05 pm	\$73	\$91.25	BV211076
11/1-12/20	S	11:35 am-12:05 pm	\$73	\$91.25	BV211086

## School Age Level 1-4

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

9/8-10/20	M	3:45-4:15 pm	\$73	\$91.25	BV221024
10/27-12/15	M	3:45-4:15 pm	\$73	\$91.25	BV221025
9/8-10/20	M	4:20-4:50 pm	\$73	\$91.25	BV221026
10/27-12/15	M	4:20-4:50 pm	\$73	\$91.25	BV221027
9/8-10/20	M	4:55-5:25 pm	\$73	\$91.25	BV221028
10/27-12/15	M	4:55-5:25 pm	\$73	\$91.25	BV221029
9/8-10/20	M	5:45-6:15 pm	\$73	\$91.25	BV221030
10/27-12/15	M	5:45-6:15 pm	\$73	\$91.25	BV221031
9/8-10/20	M	6:20-6:50 pm	\$73	\$91.25	BV221032
10/27-12/15	M	6:20-6:50 pm	\$73	\$91.25	BV221033
9/8-10/20	M	6:55-7:25 pm	\$73	\$91.25	BV221034
10/27-12/15	M	6:55-7:25 pm	\$73	\$91.25	BV221035
9/9-10/21	T	3:45-4:15 pm	\$73	\$91.25	BV221036
10/28-12/16	T	3:45-4:15 pm	\$63	\$78.75	BV221037
9/9-10/21	T	4:20-4:50 pm	\$73	\$91.25	BV221038
10/28-12/16	T	4:20-4:50 pm	\$63	\$78.75	BV221039
9/9-10/21	T	4:55-5:25 pm	\$73	\$91.25	BV221040
10/28-12/16	T	4:55-5:25 pm	\$63	\$78.75	BV221041
9/9-10/21	T	5:45-6:15 pm	\$73	\$91.25	BV221042
10/28-12/16	T	5:45-6:15 pm	\$63	\$78.75	BV221043
9/9-10/21	T	6:20-6:50 pm	\$73	\$91.25	BV221044
10/28-12/16	T	6:20-6:50 pm	\$63	\$78.75	BV221045
9/9-10/21	T	6:55-7:25 pm	\$73	\$91.25	BV221046
10/28-12/16	T	6:55-7:25 pm	\$63	\$78.75	BV221047
9/10-10/22	W	3:45-4:15 pm	\$73	\$91.25	BV221048
10/29-12/17	W	3:45-4:15 pm	\$73	\$91.25	BV221049
9/10-10/22	W	4:20-4:50 pm	\$73	\$91.25	BV221050
10/29-12/17	W	4:20-4:50 pm	\$73	\$91.25	BV221051
9/10-10/22	W	4:55-5:25 pm	\$73	\$91.25	BV221052
10/29-12/17	W	4:55-5:25 pm	\$73	\$91.25	BV221053
9/10-10/22	W	5:45-6:15 pm	\$73	\$91.25	BV221054
10/29-12/17	W	5:45-6:15 pm	\$73	\$91.25	BV221055
9/10-10/22	W	6:20-6:50 pm	\$73	\$91.25	BV221056
10/29-12/17	W	6:20-6:50 pm	\$73	\$91.25	BV221057
9/10-10/22	W	6:55-7:25 pm	\$73	\$91.25	BV221058
10/29-12/17	W	6:55-7:25 pm	\$73	\$91.25	BV221059
9/11-10/23	Th	3:45-4:15 pm	\$73	\$91.25	BV221060
10/30-12/4	Th	3:45-4:15 pm	\$54	\$67.50	BV221061
9/11-10/23	Th	4:20-4:50 pm	\$73	\$91.25	BV221062
10/30-12/4	Th	4:20-4:50 pm	\$54	\$67.50	BV221063
9/11-10/23	Th	4:55-5:25 pm	\$73	\$91.25	BV221064
10/30-12/4	Th	4:55-5:25 pm	\$54	\$67.50	BV221065
9/11-10/23	Th	5:45-6:15 pm	\$73	\$91.25	BV221066
10/30-12/18	Th	5:45-6:15 pm	\$73	\$91.25	BV221067
9/11-10/23	Th	6:20-6:50 pm	\$73	\$91.25	BV221068
10/30-12/18	Th	6:20-6:50 pm	\$73	\$91.25	BV221069
9/11-10/23	Th	6:55-7:25 pm	\$73	\$91.25	BV221070
10/30-12/18	Th	6:55-7:25 pm	\$73	\$91.25	BV221071

continued

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

9/13-10/25	S	9-9:30 am	\$73	\$91.25	BV221072
11/1-12/20	S	9-9:30 am	\$73	\$91.25	BV221082
9/13-10/25	S	9:35-10:05 am	\$73	\$91.25	BV221073
11/1-12/20	S	9:35-10:05 am	\$73	\$91.25	BV221083
9/13-10/25	S	10:10-10:40 am	\$73	\$91.25	BV221074
11/1-12/20	S	10:10-10:40 am	\$73	\$91.25	BV221084
9/13-10/25	S	11-11:30 am	\$73	\$91.25	BV221075
11/1-12/20	S	11-11:30 am	\$73	\$91.25	BV221085
9/13-10/25	S	11:35 am-12:05 pm	\$73	\$91.25	BV221076
11/1-12/20	S	11:35 am-12:05 pm	\$73	\$91.25	BV221086

## Specialty Programs

Date	Day	Time	ID/AP	OD	Class#
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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 11/11, 11/24, 11/25, 11/26, 11/27, 11/29.**

9/8-10/20	M	9:35-10:05 am	\$48	\$60	BV240002
10/27-12/15	M	9:35-10:05 am	\$48	\$60	BV240003
9/8-10/20	M	4:20-4:50 pm	\$48	\$60	BV240026
10/27-12/15	M	4:20-4:50 pm	\$48	\$60	BV240027
9/9-10/21	T	4:55-5:25 pm	\$48	\$60	BV240040
10/28-12/16	T	4:55-5:25 pm	\$42	\$52.50	BV240041
9/10-10/22	W	9:35-10:05 am	\$48	\$60	BV240014
10/29-12/17	W	9:35-10:05 am	\$48	\$60	BV240015
9/10-10/22	W	4:20-4:50 pm	\$48	\$60	BV240050
10/29-12/17	W	4:20-4:50 pm	\$48	\$60	BV240051
9/11-10/23	Th	4:55-5:25 pm	\$48	\$60	BV240064
10/30-12/4	Th	4:55-5:25 pm	\$35	\$43.75	BV240065
9/13-10/25	S	9:35-10:05 am	\$48	\$60	BV240073
11/1-12/20	S	9:35-10:05 am	\$48	\$60	BV240083

### You & Your Aqua Explorers

**Ages 2 years to 4 years old.**

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

**No class 11/29.**

9/13-10/25	S	11-11:30 am	\$48	\$60	BV241075
11/1-12/20	S	11-11:30 am	\$48	\$60	BV241085

### Teen/Adult Swimming Skills

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

9/8-10/20	M	9-9:30 am	\$73	\$91.25	BV250000
10/27-12/15	M	9-9:30 am	\$73	\$91.25	BV250001
9/8-10/20	M	10:10-10:40 am	\$73	\$91.25	BV250004
10/27-12/15	M	10:10-10:40 am	\$73	\$91.25	BV250005
9/8-10/20	M	6:55-7:25 pm	\$73	\$91.25	BV250034
10/27-12/15	M	6:55-7:25 pm	\$73	\$91.25	BV250035
9/9-10/21	T	6:55-7:25 pm	\$73	\$91.25	BV250046
10/28-12/16	T	6:55-7:25 pm	\$63	\$78.75	BV250047
9/10-10/22	W	9-9:30 am	\$73	\$91.25	BV250012
10/29-12/17	W	9-9:30 am	\$73	\$91.25	BV250013
9/10-10/22	W	10:10-10:40 am	\$73	\$91.25	BV250016
10/29-12/17	W	10:10-10:40 am	\$73	\$91.25	BV250017
9/10-10/22	W	6:55-7:25 pm	\$73	\$91.25	BV250058
10/29-12/17	W	6:55-7:25 pm	\$73	\$91.25	BV250059

9/11-10/23	Th	6:55-7:25 pm	\$73	\$91.25	BV250070
10/30-12/18	Th	6:55-7:25 pm	\$73	\$91.25	BV250071
9/13-10/25	S	9-9:30 am	\$73	\$91.25	BV250072
11/1-12/20	S	9-9:30 am	\$73	\$91.25	BV250082

## Training or Professional Classes

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

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

9/13-10/25	S	1-3 pm	\$100	\$125	BV251077
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### Lifeguard Training

This is a "BLENDED LEARNING" lifeguard class. Prerequisites: Minimum age: 15 years; Swim 300 yards continuously; Tread water for 2 minutes using only the legs; Complete a timed event within 1 minute, 40 seconds by starting in the water, swimming 20 yards, surface dive to a depth of 7 to 10 feet to retrieve a 10-pound object, return to the surface and swim 20 yards on the back to return to the starting point, two hands must remain on the brick, exit the water without using steps or a ladder. Participants who successfully complete the Lifeguarding course receive an American Red Cross certificate for Lifeguarding/First Aid/CPR/AED, valid for 2 years. After registering, the facility will contact participants to set up the pre-test. Successful completion of the pretest and online learning is required for participation. **Student email is required upon registration in course, call the center to update your account.**

9/19-10/4	F/S	Fri: 4-8 pm, Sat: 9 am-5 pm	\$260	\$325	BV252000
11/7-11/22	F/S	Fri: 4-8 pm, Sat: 9 am-5 pm	\$260	\$325	BV252001

## Private Lessons

9/12-10/24	F	9-9:30 am	\$350	\$437.50	BV260000F
10/31-12/19	F	9-9:30 am	\$350	\$437.50	BV260001F
9/12-10/24	F	9:35-10:05 am	\$350	\$437.50	BV260002F
10/31-12/19	F	9:35-10:05 am	\$350	\$437.50	BV260003F
9/12-10/24	F	10:10-10:40 am	\$350	\$437.50	BV260004F
10/31-12/19	F	10:10-10:40 am	\$350	\$437.50	BV260005F

### Winter Break Camps

**Ages 7-12 yrs**

All-day Winter break camp fun! Each day will include games, arts and crafts, and more. Register for just one day or every day. 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.

<b>Cookie Decorator Monday</b>					
12/22	M	9 am-4 pm	7-12 yrs		BV280000
Beaverton Pool			\$85	\$106.25	
<b>Winter Crafts Tuesday</b>					
12/23	T	9 am-4 pm	7-12 yrs		BV280001
Beaverton Pool			\$85	\$106.25	
<b>Swim Prov Friday</b>					
12/26	F	9 am-4 pm	7-12 yrs		BV280002
Beaverton Pool			\$85	\$106.25	

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 Route #62

**Center Supervisor:** Laura Hester  
**Assistant Center Supervisor:** Jenny Wilson

**Facility Hours:**

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

Check online for pool hours.

**Facility Closed:** 11/27, 12/25

**Modified Schedule:** 9/1, 11/11, 11/28, 12/24, 12/31

**Conestoga Recreation & Aquatic Center features:**

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

**Facility Features:**

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

**Conestoga is Hiring**

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

**Interested in becoming a lifeguard?**

Call 503-629-6313 for more information.

**Note: This section is for Conestoga Aquatic programs only. See page 68 for Conestoga Recreation programs.**



Dive-in movies are back, celebrating 70 years of THPRD!  
Fridays: 10/24, 11/7, 11/21, 12/5, 12/19 6-8:30pm

**Daily drop-in rates apply.** Please visit our website for additional information.

**Score <sup>new</sup>**

Score is a recreational water polo team for ages 6 to 17. No prior water polo experience required, participants must be able to swim 25 yards of crawl stroke and 25 yards of backstroke. Score practices consist of swimming, treading water, ball handling, passing, and shooting technique, basic game principles, sportsmanship, teamwork, and communication. **No class 11/24, 11/26.**

9/8-12/17 M/W 6:15-7 pm \$330/\$412.50 CA232100

**Fall 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. **Fall Meet days: 10/11, 12/6. No class 11/11, 11/24, 11/25, 11/26, 11/27.**

9/8-12/17 M/W 7:05-7:50 pm \$340/\$422.50 CA236000MW  
9/9-12/18 T/Th 7:05-7:50 pm \$328/\$407.50 CA236000TTH

**Check out our swim camps!**

See page 29.

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

Preschool: Minimum age 3 years and toilet-trained.

When class ends, pick up your child on the pool deck.

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

## Beginning Swimming Skills

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

No class 11/11, 11/24, 11/25, 11/26, 11/27, 11/29, 11/30.

#### Session 1

9/10-10/22	W	9:30-10 am	\$73/\$91.25		CA211011
9/10-10/22	W	10:55-11:25 am	\$73/\$91.25		CA211015
9/10-10/22	W	11:30 am-12 pm	\$73/\$91.25		CA211017
9/9-10/23	T/Th	9:30-10 am	\$139/\$173.75		CA211031
9/9-10/23	T/Th	10:55-11:25 am	\$139/\$173.75		CA211035
9/9-10/23	T/Th	11:30 am-12 pm	\$139/\$173.75		CA211037
9/8-10/20	M	4:30-5 pm	\$73/\$91.25		CA211041
9/8-10/20	M	5:05-5:35 pm	\$73/\$91.25		CA211043
9/8-10/20	M	5:55-6:25 pm	\$73/\$91.25		CA211045
9/8-10/20	M	6:30-7 pm	\$73/\$91.25		CA211047
9/9-10/21	T	4:30-5 pm	\$73/\$91.25		CA211051
9/9-10/21	T	5:05-5:35 pm	\$73/\$91.25		CA211053
9/9-10/21	T	5:55-6:25 pm	\$73/\$91.25		CA211055
9/9-10/21	T	6:30-7 pm	\$73/\$91.25		CA211057
9/10-10/22	W	4:30-5 pm	\$73/\$91.25		CA211061
9/10-10/22	W	5:05-5:35 pm	\$73/\$91.25		CA211063
9/10-10/22	W	5:55-6:25 pm	\$73/\$91.25		CA211065
9/10-10/22	W	6:30-7 pm	\$73/\$91.25		CA211067
9/11-10/23	Th	4:30-5 pm	\$73/\$91.25		CA211071
9/11-10/23	Th	5:05-5:35 pm	\$73/\$91.25		CA211073
9/11-10/23	Th	5:55-6:25 pm	\$73/\$91.25		CA211075
9/11-10/23	Th	6:30-7 pm	\$73/\$91.25		CA211077
9/13-10/25	S	9-9:30 am	\$73/\$91.25		CA211080
9/13-10/25	S	10:25-10:55 am	\$73/\$91.25		CA211084
9/13-10/25	S	9:35-10:05 am	\$73/\$91.25		CA211082
9/13-10/25	S	11-11:30 am	\$73/\$91.25		CA211086
9/13-10/25	S	11:35 am-12:05 pm	\$73/\$91.25		CA211088
9/14-10/26	Su	1-1:30 pm	\$73/\$91.25		CA211090
9/14-10/26	Su	1:35-2:05 pm	\$73/\$91.25		CA211092
9/14-10/26	Su	2:10-2:40 pm	\$73/\$91.25		CA211094
9/14-10/26	Su	2:10-2:40 pm	\$73/\$91.25		CA211094
9/14-10/26	Su	3-3:30 pm	\$73/\$91.25		CA211096
9/14-10/26	Su	3:35-4:05 pm	\$73/\$91.25		CA211098

#### Session 2

10/29-12/17	W	9:30-10 am	\$73/\$91.25		CA211012
10/29-12/17	W	10:55-11:25 am	\$73/\$91.25		CA211016
10/29-12/17	W	11:30 am-12 pm	\$73/\$91.25		CA211018
10/28-12/18	T/Th	9:30-10 am	\$129/\$161.25		CA211032
10/28-12/18	T/Th	10:55-11:25 am	\$129/\$161.25		CA211036
10/28-12/18	T/Th	11:30 am-12 pm	\$129/\$161.25		CA211038
10/27-12/15	M	4:30-5 pm	\$73/\$91.25		CA211042
10/27-12/15	M	5:05-5:35 pm	\$73/\$91.25		CA211044
10/27-12/15	M	5:55-6:25 pm	\$73/\$91.25		CA211046
10/27-12/15	M	6:30-7 pm	\$73/\$91.25		CA211048
10/28-12/16	T	4:30-5 pm	\$63/\$78.75		CA211052
10/28-12/16	T	5:05-5:35 pm	\$63/\$78.75		CA211054

10/28-12/16	T	5:55-6:25 pm	\$63/\$78.75		CA211056
10/28-12/16	T	6:30-7 pm	\$63/\$78.75		CA211058
10/29-12/17	W	4:30-5 pm	\$73/\$91.25		CA211062
10/29-12/17	W	5:05-5:35 pm	\$73/\$91.25		CA211064
10/29-12/17	W	5:55-6:25 pm	\$73/\$91.25		CA211066
10/29-12/17	W	6:30-7 pm	\$73/\$91.25		CA211068
10/30-12/18	Th	4:30-5 pm	\$73/\$91.25		CA211072
10/30-12/18	Th	5:05-5:35 pm	\$73/\$91.25		CA211074
10/30-12/18	Th	5:55-6:25 pm	\$73/\$91.25		CA211076
10/30-12/18	Th	6:30-7 pm	\$73/\$91.25		CA211078
11/1-12/20	S	9-9:30 am	\$73/\$91.25		CA211081
11/1-12/20	S	9:35-10:05 am	\$73/\$91.25		CA211083
11/1-12/20	S	10:25-10:55 am	\$73/\$91.25		CA211085
11/1-12/20	S	11-11:30 am	\$73/\$91.25		CA211087
11/1-12/20	S	11:35 am-12:05 pm	\$73/\$91.25		CA211089
11/2-12/21	Su	1-1:30 pm	\$73/\$91.25		CA211091
11/2-12/21	Su	1:35-2:05 pm	\$73/\$91.25		CA211093
11/2-12/21	Su	2:10-2:40 pm	\$73/\$91.25		CA211095
11/2-12/21	Su	3-3:30 pm	\$73/\$91.25		CA211097
11/2-12/21	Su	3:35-4:05 pm	\$73/\$91.25		CA211099

### School Age Level 1-2

No class 11/11, 11/24, 11/25, 11/26, 11/27, 11/30.

#### Session 1

9/8-10/20	M	6:30-7 pm	\$73/\$91.25		CA221047
9/9-10/21	T	5:55-6:25 pm	\$73/\$91.25		CA221055
9/10-10/22	W	6:30-7 pm	\$73/\$91.25		CA221067
9/11-10/23	Th	5:55-6:25 pm	\$73/\$91.25		CA221075

#### Session 2

10/27-12/15	M	6:30-7 pm	\$73/\$91.25		CA221048
10/28-12/16	T	5:55-6:25 pm	\$63/\$78.75		CA221056
10/29-12/17	W	6:30-7 pm	\$73/\$91.25		CA221068
10/30-12/18	Th	5:55-6:25 pm	\$73/\$91.25		CA221076

### School Age Level 1-4

No class 11/11, 11/24, 11/25, 11/26, 11/27, 11/29, 11/30.

#### Session 1

9/8-10/20	M	4:30-5 pm	\$73/\$91.25		CA221041
9/8-10/20	M	5:05-5:35 pm	\$73/\$91.25		CA221043
9/8-10/20	M	5:55-6:25 pm	\$73/\$91.25		CA221045
9/9-10/21	T	4:30-5 pm	\$73/\$91.25		CA221051
9/9-10/21	T	5:05-5:35 pm	\$73/\$91.25		CA221053
9/9-10/21	T	6:30-7 pm	\$73/\$91.25		CA221057
9/10-10/22	W	4:30-5 pm	\$73/\$91.25		CA221061
9/10-10/22	W	5:05-5:35 pm	\$73/\$91.25		CA221063
9/10-10/22	W	5:55-6:25 pm	\$73/\$91.25		CA221065
9/11-10/23	Th	4:30-5 pm	\$73/\$91.25		CA221071
9/11-10/23	Th	5:05-5:35 pm	\$73/\$91.25		CA221073
9/11-10/23	Th	6:30-7 pm	\$73/\$91.25		CA221077
9/13-10/25	S	9-9:30 am	\$73/\$91.25		CA221080
9/13-10/25	S	9:35-10:05 am	\$73/\$91.25		CA221082
9/13-10/25	S	10:25-10:55 am	\$73/\$91.25		CA221084
9/13-10/25	S	11-11:30 am	\$73/\$91.25		CA221086
9/14-10/26	Su	1-1:30 pm	\$73/\$91.25		CA221090
9/14-10/26	Su	1:35-2:05 pm	\$73/\$91.25		CA221092
9/14-10/26	Su	2:10-2:40 pm	\$73/\$91.25		CA221094
9/14-10/26	Su	3-3:30 pm	\$73/\$91.25		CA221096
9/14-10/26	Su	3:35-4:05 pm	\$73/\$91.25		CA221098

#### Session 2

10/27-12/15	M	4:30-5 pm	\$73/\$91.25		CA221042
10/27-12/15	M	5:05-5:35 pm	\$73/\$91.25		CA221044
10/27-12/15	M	5:55-6:25 pm	\$73/\$91.25		CA221046

continued

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

10/28-12/16	T	4:30-5 pm	\$63/\$78.75	CA221052
10/28-12/16	T	5:05-5:35 pm	\$63/\$78.75	CA221054
10/28-12/16	T	6:30-7 pm	\$63/\$78.75	CA221058
10/29-12/17	W	4:30-5 pm	\$73/\$91.25	CA221062
10/29-12/17	W	5:05-5:35 pm	\$73/\$91.25	CA221064
10/29-12/17	W	5:55-6:25 pm	\$73/\$91.25	CA221066
10/30-12/18	Th	4:30-5 pm	\$73/\$91.25	CA221072
10/30-12/18	Th	5:05-5:35 pm	\$73/\$91.25	CA221074
10/30-12/18	Th	6:30-7 pm	\$73/\$91.25	CA221078
11/1-12/20	S	9-9:30 am	\$73/\$91.25	CA221081
11/1-12/20	S	9:35-10:05 am	\$73/\$91.25	CA221083
11/1-12/20	S	10:25-10:55 am	\$73/\$91.25	CA221085
11/1-12/20	S	11-11:30 am	\$73/\$91.25	CA221087
11/2-12/21	Su	1-1:30 pm	\$73/\$91.25	CA221091
11/2-12/21	Su	1:35-2:05 pm	\$73/\$91.25	CA221093
11/2-12/21	Su	2:10-2:40 pm	\$73/\$91.25	CA221095
11/2-12/21	Su	3-3:30 pm	\$73/\$91.25	CA221097
11/2-12/21	Su	3:35-4:05 pm	\$73/\$91.25	CA221099

## Spanish Speaking Beginner Level 1-2

Natación para principiantes niveles 1 & 2 - Clase en Español

No hay clase 11/29.

### Sesión 1

9/13-10/25	S	9:35-10:05 am	\$73/\$91.25	CA211082S
9/13-10/25	S	11:35 am-12:05 pm	\$73/\$91.25	CA211088S

### Sesión 2

11/1-12/20	S	9:35-10:05 am	\$73/\$91.25	CA211083S
11/1-12/20	S	11:35 am-12:05 pm	\$73/\$91.25	CA211089S

## Adult Swimming Skills

No class 11/26, 11/30.

### Session 1

9/8-10/20	M	6:30-7 pm	\$73/\$91.25	CA250047
9/10-10/22	W	6:30-7 pm	\$73/\$91.25	CA250067
9/14-10/26	Su	2:10-2:40 pm	\$73/\$91.25	CA250094

### Session 2

10/27-12/15	M	6:30-7 pm	\$73/\$91.25	CA250048
10/29-12/17	W	6:30-7 pm	\$73/\$91.25	CA250068
11/2-12/21	Su	2:10-2:40 pm	\$73/\$91.25	CA250095

## Teens and Tweens

No class 11/11, 11/25, 11/27.

### Session 1

9/9-10/21	T	6:30-7 pm	\$73/\$91.25	CA250057
9/11-10/23	Th	6:30-7 pm	\$73/\$91.25	CA250077

### Session 2

10/28-12/16	T	6:30-7 pm	\$63/\$78.75	CA250058
10/30-12/18	Th	6:30-7 pm	\$73/\$91.25	CA250078

## Intermediate/Advanced Swimming Skills

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

No class 11/11, 11/24, 11/25, 11/26, 11/27, 11/29, 11/30.

### Session 1

9/8-10/20	M	4:30-5 pm	\$73/\$91.25	CA225041
9/8-10/20	M	5:05-5:35 pm	\$73/\$91.25	CA225043
9/8-10/20	M	5:55-6:25 pm	\$73/\$91.25	CA225045

9/9-10/21	T	4:30-5 pm	\$73/\$91.25	CA225051
9/9-10/21	T	5:05-5:35 pm	\$73/\$91.25	CA225053
9/9-10/21	T	5:55-6:25 pm	\$73/\$91.25	CA225055
9/10-10/22	W	4:30-5 pm	\$73/\$91.25	CA225061
9/10-10/22	W	5:05-5:35 pm	\$73/\$91.25	CA225063
9/10-10/22	W	5:55-6:25 pm	\$73/\$91.25	CA225065
9/11-10/23	Th	4:30-5 pm	\$73/\$91.25	CA225071
9/11-10/23	Th	5:05-5:35 pm	\$73/\$91.25	CA225073
9/11-10/23	Th	5:55-6:25 pm	\$73/\$91.25	CA225075
9/13-10/25	S	11:35 am-12:05 pm	\$73/\$91.25	CA225088
9/13-10/25	S	10:25-10:55 am	\$73/\$91.25	CA225084
9/14-10/26	Su	1:35-2:05 pm	\$73/\$91.25	CA225092
9/14-10/26	Su	3:35-4:05 pm	\$73/\$91.25	CA225098

### Session 2

10/27-12/15	M	4:30-5 pm	\$73/\$91.25	CA225042
10/27-12/15	M	5:05-5:35 pm	\$73/\$91.25	CA225044
10/27-12/15	M	5:55-6:25 pm	\$73/\$91.25	CA225046
10/28-12/16	T	4:30-5 pm	\$63/\$78.75	CA225052
10/28-12/16	T	5:05-5:35 pm	\$63/\$78.75	CA225054
10/28-12/16	T	5:55-6:25 pm	\$63/\$78.75	CA225056
10/29-12/17	W	4:30-5 pm	\$73/\$91.25	CA225062
10/29-12/17	W	5:05-5:35 pm	\$73/\$91.25	CA225064
10/29-12/17	W	5:55-6:25 pm	\$73/\$91.25	CA225066
10/30-12/18	Th	4:30-5 pm	\$73/\$91.25	CA225072
10/30-12/18	Th	5:05-5:35 pm	\$73/\$91.25	CA225074
10/30-12/18	Th	5:55-6:25 pm	\$73/\$91.25	CA225076
11/1-12/20	S	10:25-10:55 am	\$73/\$91.25	CA225085
11/1-12/20	S	11:35 am-12:05 pm	\$73/\$91.25	CA225089
11/2-12/21	Su	1:35-2:05 pm	\$73/\$91.25	CA225093
11/2-12/21	Su	3:35-4:05 pm	\$73/\$91.25	CA225099

## Specialty Programs

### Fall 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. **Fall Meet Dates: 10/11, 12/6. No class 11/11, 11/24, 11/25, 11/26, 11/27.**

9/8-12/17	M/W	7:05-7:50 pm	\$340/\$422.50	CA236000MW
9/9-12/18	T/Th	7:05-7:50 pm	\$328/\$407.50	CA236000TTH

### Score new

Score is a recreational water polo team for ages 6 to 17. No prior water polo experience required, participants must be able to swim 25 yards of crawl stroke and 25 yards of backstroke. Score practices consist of swimming, treading water, ball handling, passing, and shooting technique; basic game principles, sportsmanship, teamwork, and communication. **No class 11/24, 11/26.**

9/8-12/17	M/W	6:15-7 pm	\$330/\$412.50	CA232100
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### 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.

9/20-10/11	S	4:15-5 pm	\$78/\$97.50	CA232000
10/25-11/15	S	4:15-5 pm	\$78/\$97.50	CA232001

## 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 11/11, 11/24, 11/25, 11/26, 11/27, 11/28, 11/29, 11/30.

9/8-10/20	M	10:05-10:35 am	\$48/\$60	CA240003
10/27-12/15	M	10:05-10:35 am	\$48/\$60	CA240004
9/10-10/22	W	10:05-10:35 am	\$48/\$60	CA240013
10/29-12/17	W	10:05-10:35 am	\$48/\$60	CA240014
9/12-10/24	F	10:05-10:35 am	\$48/\$60	CA240023
10/31-12/19	F	10:05-10:35 am	\$48/\$60	CA240024
9/9-10/23	T/Th	10:05-10:35 am	\$93/\$116.25	CA240033
10/28-12/18	T/Th	10:05-10:35 am	\$87/\$108.75	CA240034
9/10-10/22	W	6:30-7 pm	\$48/\$60	CA240067
10/29-12/17	W	6:30-7 pm	\$48/\$60	CA240068
9/13-10/25	S	9-9:30 am	\$48/\$60	CA240080
11/1-12/20	S	9-9:30 am	\$48/\$60	CA240081
9/13-10/25	S	11-11:30 am	\$48/\$60	CA240086
11/1-12/20	S	11-11:30 am	\$48/\$60	CA240087
9/14-10/26	Su	1-1:30 pm	\$48/\$60	CA240090
11/2-12/21	Su	1-1:30 pm	\$48/\$60	CA240091

## You & Your Preschooler

Water adjustment class for preschool students who have had difficulty transitioning to a class without adult participation. Basic skills from Level 1 are introduced, with adult participation in the water. No class 11/24, 11/28, 11/30.

9/14-10/26	Su	3-3:30 pm	\$73/\$91.25	CA230096
11/2-12/21	Su	3-3:30 pm	\$73/\$91.25	CA230097
9/12-10/24	F	9:30-10 am	\$73/\$91.25	CA231021
10/31-12/19	F	9:30-10 am	\$73/\$91.25	CA231022
9/8-10/20	M	6:30-7 pm	\$73/\$91.25	CA231047
10/27-12/15	M	6:30-7 pm	\$73/\$91.25	CA231048

## Training or Professional Classes

### Jr. Lifeguard

9/20-10/18	S	11 am-1 pm	\$100/\$125	CA251000
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### Lifeguard Training

Ages 15+ years

11/24-11/26	M-W	9 am-5 pm	\$260/\$325	CA252002
9/28-10/19	Su	9:15 am-4 pm	\$260/\$325	CA252001

## Private Lesson Interest List

Afternoons, Weekends	CA260000
Weekday Mornings	CA260001

## Swim Camps

### Finn's Autumn Adventure Swim Camp

Come chill with our fin-tastic mascot, for a fun fall break day camp! Join Finn and new friends for an afternoon Autumn Adventure, full of swimming, fun games, and cool crafts.

11/24	M	1-4 pm	\$48/\$60	CA272001
11/25	T	1-4pm	\$48/\$60	CA272002

### Finn's Arctic Adventure Swim Camp

Come chill with our fin-tastic mascot, for a fun winter break day camp! Join Finn and new friends for an afternoon Arctic Adventure, full of swimming, fun games, and cool crafts.

12/22	M	1-4 pm	\$48/\$60	CA272003
12/23	T	1-4 pm	\$48/\$60	CA272004
12/29	M	1-4 pm	\$48/\$60	CA272005
12/30	T	1-4 pm	\$48/\$60	CA272006

## Adaptive Swim

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

Since these lessons are individualized, we can tailor them to the specific needs of the swimmer. We allow for non-traditional progression of skills, while continuing to focus on safety, and swimming goals and techniques. Space is extremely limited. Scan the QR code below to register.



# Harman Swim Center



**TUALATIN HILLS**  
PARK & RECREATION DISTRICT

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

TriMet Bus Route #56

Center Supervisor: Joshua Norton

**Hours:**

Monday – Thursday: 8 am - 7 pm

Friday: 8 am - 3 pm

Saturday: 8 am - 2 pm

Sunday: 10:30 am - 3:30 pm

Facility Closed: 11/11, 11/27, 11/28, 12/24, 12/25, 12/31.

Modified Schedule: 9/6, 9/7, 11/29, 11/30, 12/27, 12/28, 1/3, 1/4.

10/31 No classes after 5pm

Harman Swim Center features:

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



**Saturday, October 11**

**Join us for our 13th annual floating  
pumpkin patch! Arts, crafts and prizes.**

HMPKNBOB25A 12:30 – 2:30p \$10.25 ID \$12.75 OD

HMPKNBOB25B 4:30 – 6:30p \$10.25 ID \$12.75 OD

Please call Harman Swim Center for details.

**POOLSIDE PRIDE**  
**FALL 2025**  
Sunday, November 16 • 4-6 pm  
Free Event • HMFALLPRIDE25

## Adaptive Aquatics

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



## Lap Swim, Open Swim, & Water Fitness

Please see online schedule at  
[www.thprd.org](http://www.thprd.org) for updated details.



@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. **No class 11/11, 11/27.**



9/9-10/23	T/Th	1-2p	\$155	\$193.75	HM271020
10/28-12/18	T/Th	1-2p	\$155	\$193.75	HM271021

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#
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### Preschool Level 1-3

No class 11/11, 11/24, 11/25, 11/26, 11/27, 11/29, 11/30.

9/8-10/22	M/W	1:10-1:40 pm	\$139	\$173.75	HM211000
10/27-12/17	M/W	1:10-1:40 pm	\$139	\$173.75	HM211001
9/8-10/22	M/W	1:45-2:15 pm	\$139	\$173.75	HM211002
10/27-12/17	M/W	1:45-2:15 pm	\$139	\$173.75	HM211003
9/8-10/22	M/W	3:30-4 pm	\$139	\$173.75	HM211004
10/27-12/17	M/W	3:30-4 pm	\$139	\$173.75	HM211005
9/8-10/22	M/W	4:40-5:10 pm	\$139	\$173.75	HM211008
10/27-12/17	M/W	4:40-5:10 pm	\$139	\$173.75	HM211009
9/8-10/22	M/W	5:30-6 pm	\$139	\$173.75	HM211010
10/27-12/17	M/W	5:30-6 pm	\$139	\$173.75	HM211011
9/9-10/23	T/Th	1:10-1:40 pm	\$139	\$173.75	HM211020
10/28-12/18	T/Th	1:10-1:40 pm	\$129	\$161.25	HM211021
9/9-10/23	T/Th	1:45-2:15 pm	\$139	\$173.75	HM211022
10/28-12/18	T/Th	1:45-2:15 pm	\$129	\$161.25	HM211023
9/9-10/23	T/Th	3:30-4 pm	\$139	\$173.75	HM211024
10/28-12/18	T/Th	3:30-4 pm	\$129	\$161.25	HM211025
9/9-10/23	T/Th	4:05-4:35 pm	\$139	\$173.75	HM211026
10/28-12/18	T/Th	4:05-4:35 pm	\$129	\$161.25	HM211027
9/9-10/23	T/Th	5:30-6 pm	\$139	\$173.75	HM211030
10/28-12/18	T/Th	5:30-6 pm	\$129	\$161.25	HM211031
9/14-12/14	Su	12:35-1:05 pm	\$129	\$161.25	HM211044
9/14-12/14	Su	2-2:30 pm	\$129	\$161.25	HM211046

## School Age Level 1-4

No class 11/11, 11/24, 11/25, 11/26, 11/27, 11/29, 11/30.

9/8-10/22	M/W	4:05-4:35 pm	\$139	\$173.75	HM221006
10/27-12/17	M/W	4:05-4:35 pm	\$139	\$173.75	HM221007
9/8-10/22	M/W	4:40-5:10 pm	\$139	\$173.75	HM221008
10/27-12/17	M/W	4:40-5:10 pm	\$139	\$173.75	HM221009
9/8-10/22	M/W	6:05-6:35 pm	\$139	\$173.75	HM221012
10/27-12/17	M/W	6:05-6:35 pm	\$139	\$173.75	HM221013
9/9-10/23	T/Th	1:45-2:15 pm	\$139	\$173.75	HM221022HS
10/28-12/18	T/Th	1:45-2:15 pm	\$129	\$161.25	HM221023HS
9/9-10/23	T/Th	3:30-4 pm	\$139	\$173.75	HM221024
10/28-12/18	T/Th	3:30-4 pm	\$129	\$161.25	HM221025
9/9-10/23	T/Th	4:40-5:10 pm	\$139	\$173.75	HM221028
10/28-12/18	T/Th	4:40-5:10 pm	\$129	\$161.25	HM221029
9/9-10/23	T/Th	6:05-6:35 pm	\$139	\$173.75	HM221032
10/28-12/18	T/Th	6:05-6:35 pm	\$129	\$161.25	HM221033
9/14-12/14	Su	12-12:30 pm	\$129	\$161.25	HM221043
9/14-12/14	Su	1:10-1:40 pm	\$129	\$161.25	HM221045

## Intermediate Swimming Skills

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

No class 11/11, 11/24, 11/25, 11/26, 11/27, 11/29, 11/30.

9/8-10/22	M/W	4:05-4:35 pm	\$139	\$173.75	HM225006
10/27-12/17	M/W	4:05-4:35 pm	\$139	\$173.75	HM225007
9/8-10/22	M/W	5:30-6 pm	\$139	\$173.75	HM225010
10/27-12/17	M/W	5:30-6 pm	\$139	\$173.75	HM225011
9/9-10/23	T/Th	4:05-4:35 pm	\$139	\$173.75	HM225026
10/28-12/18	T/Th	4:05-4:35 pm	\$129	\$161.25	HM225027
9/9-10/23	T/Th	5:30-6 pm	\$139	\$173.75	HM225030
10/28-12/18	T/Th	5:30-6 pm	\$129	\$161.25	HM225031
9/14-12/14	Su	12:35-1:05 pm	\$129	\$161.25	HM225044
9/14-12/14	Su	2-2:30 pm	\$129	\$161.25	HM225046

## Specialty Programs

Date	Day	Time	ID/AP	OD	Class#
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### Fall 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 11/24, 11/26, 11/29. Fall Meet Dates: 10/11, 12/6.**

9/8-12/17	M/W	6:05-7 pm	\$445	\$556.20	HM227000
9/13-12/13	S	8-8:55 am	\$216	\$270	HM227001

### Baby/Toddler & Me

No class 11/24, 11/26, 11/2, 11/30.

9/8-10/22	M/W	5:30-6 pm	\$93	\$116.25	HM240010
10/27-12/17	M/W	5:30-6 pm	\$93	\$116.25	HM240011
9/13-12/13	S	8:25-8:55 am	\$87	\$108.75	HM240038
9/14-12/14	Su	1:10-1:40 pm	\$87	\$108.75	HM240045

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

## You & Your Preschooler

No class 11/30

9/14 - 12/14	S	2-3 pm	\$129	\$161.25	HM241046
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## Teen Swimming Skills

No class 11/24, 11/26.

9/8-10/22	M/W	6:05-6:50 pm	\$205	\$256.25	HM250012T
10/27-12/17	M/W	6:05-6:50 pm	\$205	\$256.25	HM250013T

## Teen/Adult Swimming Skills

No class 11/11, 11/25/, 11/27, 11/30.

9/9-10/23	T/Th	6:05-6:50 pm	\$205	\$256.25	HM250032
10/28-12/18	T/Th	6:05-6:50 pm	\$191	\$238.75	HM250033
9/14-12/14	Su	11:45 am-12:30 pm	\$191	\$238.75	HM250043

## Private Lessons Interest List

1/1	Th	5:30-5:45 am	\$0	\$0	HM260000
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## Private Lessons

No class 11/11, 11/24, 11/25, 11/26, 11/27, 11/28, 11/30.

9/8-10/22	M/W	3:30-4 pm	\$700	\$875	HM260004
10/27-12/17	M/W	3:30-4 pm	\$700	\$875	HM260005
9/8-10/22	M/W	5:30-6 pm	\$700	\$875	HM260010
10/27-12/17	M/W	5:30-6 pm	\$700	\$875	HM260011
9/9-10/23	T/Th	12:30-1 pm	\$700	\$875	HM260018
10/28-12/18	T/Th	12:30-1 pm	\$650	\$812.50	HM260019
9/9-10/23	T/Th	3:30-4 pm	\$700	\$875	HM260024
10/28-12/18	T/Th	3:30-4 pm	\$650	\$812.50	HM260025
9/9-10/23	T/Th	5:30-6 pm	\$700	\$875	HM260030
10/28-12/18	T/Th	5:30-6 pm	\$650	\$812.50	HM260031
9/12-10/24	F	12:20-12:50 pm	\$350	\$437.50	HM260034
10/31-12/19	F	12:20-12:50 pm	\$350	\$437.50	HM260035
9/12-10/24	F	12:55-1:25 pm	\$350	\$437.50	HM260036
10/31-12/19	F	12:55-1:25 pm	\$350	\$437.50	HM260037
9/14-12/14	Su	1:10-1:40 pm	\$650	\$812.50	HM260045

## Revive H2O Recovery Program

No Class 11/11, 11/27.

9/9-10/23	T/Th	1-2pm	\$128.50	\$160.50	HM271020
10/28-12/18	T/Th	1-2p	\$128.50	\$160.50	HM271021

## Weekend Pool Rentals Available

Host your next event at Harman Swim Center! Private Pool Party Packages available that include both pool and lobby time. Call the center at 503.629.6314 for more information.

## Training or Professional Classes

Date	Day	Time	ID/AP	OD	Class#
<b>Lifeguard Training</b>					
11/24-11/26	M-W	8:30 am-5:30 pm	\$260	\$325	HM250000

## Special Event

Date	Day	Time	ID/AP	OD	Class#
<b>Ai Chi &amp; Sound Bath Healing</b>					
9/23	T	7:30-8:30 pm	\$13	\$16.25	HM271022

## Pumpkin Bob

10/11	S	12:30-2:30 pm	\$10	\$12.50	HMPKNBOB25A
10/11	S	4:30-6:30 pm	\$10	\$12.50	HMPKNBOB25B

## Fall Pride

11/16	Su	4-6 pm	\$0	\$0	HMFALLPRIDE25
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## Special Event

### Ai Chi & Sound Bath Healing

**Tuesday, September 23 • 7:30-8:30 pm**  
**\$10.25 ID \$12.75**  
**Class ID: HM271022**

Participants will enjoy Ai Chi moves with Kristi, combining breath with movement that enhances memory, balance, flexibility, mobility and coordination. Then participants will float or gently move around in the water with the support of noodles while sound washes over them with crystal singing bowls by Julie.



# Sunset Swim Center



**TUALATIN HILLS  
PARK & RECREATION DISTRICT**

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

TriMet Bus Routes #48, #62

Center Supervisor: Joshua Norton

**Sunset Swim Center Hours:**

Monday – Thursday: 2:30 – 7:30 pm

Friday: 4:30 – 7:30 pm

Saturday: 8 am – 1:30 pm

Sunday: 1:30 – 5 pm

Facility Closed: 11/11, 11/27, 11/28, 12/24, 12/25, 12/31.

**Sunset Swim Center features:**

- ADA Lift available
- Average Pool Temperature: 84°

Lap Swim, Open Swim, and Swim Lessons available. Schedules subject to change. Please check [www.thprd.org](http://www.thprd.org) for the most updated schedule and fitness class descriptions.



@THPRD.Aquatics

**Sunset's  
Spooky Saturday**  
Saturday, October 25 • 1-4 pm  
ID: \$10.25 OD: \$12.75 Class# SS200000

**Sunset's  
School Break  
Camp**  
November 24-26 • 8 am-12 pm  
ID: \$167 OD: \$208.75 • Class# SS281000

## Fall 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. **Fall Meets: 10/11, 12/6**

**No class 11/11, 11/24, 11/26, 11/28, 11/29, 11/30**

Date	Day	Time	ID/AP	OD	Class#
9/8-12/17	M/W	6:35-7:20 pm	\$340	\$422.50	SS234008
9/09-12/18	T/Th	6:35-7:20 pm	\$328	\$407.50	SS234018
9/13-12/20	Sa	12-12:55 pm	\$216	\$267.50	SS234028
9/14-12/21	Su	4:05-5 pm	\$216	\$267.50	SS234038

## Prenatal & Postnatal Water Aerobics

**Tuesday/Thursday  
5:20-6:15 pm  
Drop-in or deluxe pass**



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#
<b>Preschool Level 1-3</b>					
No class 11/11, 11/24, 11/25, 11/26, 11/27, 11/29, 11/30					
9/8-10/22	M/W	4-4:30 pm	\$139	\$173.75	SS211000
10/27-12/17	M/W	4-4:30 pm	\$139	\$173.75	SS211001
9/8-10/22	M/W	4:35-5:05 pm	\$139	\$173.75	SS211002
10/27-12/17	M/W	4:35-5:05 pm	\$139	\$173.75	SS211003
9/8-10/22	M/W	5:20-5:50 pm	\$139	\$173.75	SS211004
10/27-12/17	M/W	5:20-5:50 pm	\$139	\$173.75	SS211005
9/8-10/22	M/W	5:55-6:25 pm	\$139	\$173.75	SS211006
10/27-12/17	M/W	5:55-6:25 pm	\$139	\$173.75	SS211007
9/9-10/23	T/Th	4-4:30 pm	\$139	\$173.75	SS211010
10/28-12/18	T/Th	4-4:30 pm	\$129	\$161.25	SS211011
9/9-10/23	T/Th	4:35-5:05 pm	\$139	\$173.75	SS211012
10/28-12/18	T/Th	4:35-5:05 pm	\$129	\$161.25	SS211013
9/9-10/23	T/Th	5:20-5:50 pm	\$139	\$173.75	SS211014
10/28-12/18	T/Th	5:20-5:50 pm	\$129	\$161.25	SS211015
9/9-10/23	T/Th	5:55-6:25 pm	\$139	\$173.75	SS211016
10/28-12/18	T/Th	5:55-6:25 pm	\$129	\$161.25	SS211017
9/13-10/25	S	10-10:30 am	\$73	\$91.25	SS211022
11/1-12/20	S	10-10:30 am	\$73	\$91.25	SS211023
9/13-10/25	S	10:35-11:05 am	\$73	\$91.25	SS211024
11/1-12/20	S	10:35-11:05 am	\$73	\$91.25	SS211025
9/13-10/25	S	11:20-11:50 am	\$73	\$91.25	SS211026
11/1-12/20	S	11:20-11:50 am	\$73	\$91.25	SS211027
9/14-10/26	Su	1:30-2 pm	\$73	\$91.25	SS211030
11/2-12/21	Su	1:30-2 pm	\$73	\$91.25	SS211031
9/14-10/26	Su	2:05-2:35 pm	\$73	\$91.25	SS211032
11/2-12/21	Su	2:05-2:35 pm	\$73	\$91.25	SS211033
9/14-10/26	Su	2:50-3:20 pm	\$73	\$91.25	SS211034
11/2-12/21	Su	2:50-3:20 pm	\$73	\$91.25	SS211035
9/14-10/26	Su	3:25-3:55 pm	\$73	\$91.25	SS211036
11/2-12/21	Su	3:25-3:55 pm	\$73	\$91.25	SS211037

### School Age Level 1-4

No class 11/11, 11/24, 11/25, 11/26, 11/27, 11/29, 11/30

9/8-10/22	M/W	4-4:30 pm	\$139	\$173.75	SS221000
10/27-12/17	M/W	4-4:30 pm	\$139	\$173.75	SS221001
9/8-10/22	M/W	4:35-5:05 pm	\$139	\$173.75	SS221002
10/27-12/17	M/W	4:35-5:05 pm	\$139	\$173.75	SS221003
9/8-10/22	M/W	5:20-5:50 pm	\$139	\$173.75	SS221004
10/27-12/17	M/W	5:20-5:50 pm	\$139	\$173.75	SS221005
9/8-10/22	M/W	5:55-6:25 pm	\$139	\$173.75	SS221006
10/27-12/17	M/W	5:55-6:25 pm	\$139	\$173.75	SS221007
9/9-10/23	T/Th	4-4:30 pm	\$139	\$173.75	SS221010
10/28-12/18	T/Th	4-4:30 pm	\$129	\$161.25	SS221011
9/9-10/23	T/Th	4:35-5:05 pm	\$139	\$173.75	SS221012
10/28-12/18	T/Th	4:35-5:05 pm	\$129	\$161.25	SS221013
9/9-10/23	T/Th	5:55-6:25 pm	\$139	\$173.75	SS221016
10/28-12/18	T/Th	5:55-6:25 pm	\$129	\$161.25	SS221017
9/13-10/25	S	10:35-11:05 am	\$73	\$91.25	SS221024
11/1-12/20	S	10:35-11:05 am	\$73	\$91.25	SS221025
9/13-10/25	S	11:20-11:50 am	\$73	\$91.25	SS221026
11/1-12/20	S	11:20-11:50 am	\$73	\$91.25	SS221027

9/14-10/26	Su	1:30-2 pm	\$73	\$91.25	SS221030
11/2-12/21	Su	1:30-2 pm	\$73	\$91.25	SS221031
9/14-10/26	Su	2:05-2:35 pm	\$73	\$91.25	SS221032
11/2-12/21	Su	2:05-2:35 pm	\$73	\$91.25	SS221033
9/14-10/26	Su	2:50-3:20 pm	\$73	\$91.25	SS221034
11/2-12/21	Su	2:50-3:20 pm	\$73	\$91.25	SS221035

### Preschool/School Age Level 5-7

No class 11/11, 11/24, 11/25, 11/26, 11/27, 11/29, 11/30

9/8-10/22	M/W	5:55-6:25 pm	\$139	\$173.75	SS225006
10/27-12/17	M/W	5:55-6:25 pm	\$139	\$173.75	SS225007
9/9-10/23	T/Th	5:55-6:25 pm	\$139	\$173.75	SS225016
10/28-12/18	T/Th	5:55-6:25 pm	\$129	\$161.25	SS225017
9/13-10/25	S	11:20-11:50 am	\$73	\$91.25	SS225026
11/1-12/20	S	11:20-11:50 am	\$73	\$91.25	SS225027
9/14-10/26	Su	3:25-3:55 pm	\$73	\$91.25	SS225036
11/2-12/21	Su	3:25-3:55 pm	\$73	\$91.25	SS225037

## Specialty Programs

Date	Day	Time	ID/AP	OD	Class#
<b>Fall Splash</b>					
No class 11/11, 11/24, 11/25, 11/26, 11/27, 11/29, 11/30					
Fall Meets: 10/11, 12/6					

9/8-12/17	M/W	6:35-7:20 pm	\$340	\$422.50	SS234008
9/9-12/18	T/Th	6:35-7:20 pm	\$328	\$407.50	SS234018
9/13-12/20	S	12-12:55 pm	\$216	\$267.50	SS234028
9/14-12/21	Su	4:05-5 pm	\$216	\$267.50	SS234038

### Fall Score

9/12-12/19	F	6:15-7:10 pm	\$192	\$240	SS232020
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### Baby/Toddler & Me

No class 11/11, 11/25, 11/27, 11/29

9/9-10/23	T/Th	5:20-5:50 pm	\$93	\$116.25	SS240014
10/28-12/18	T/Th	5:20-5:50 pm	\$87	\$108.75	SS240015
9/13-10/25	S	10-10:30 am	\$48	\$60	SS240022
11/1-12/20	S	10-10:30 am	\$48	\$60	SS240023

## Deep Water Running new

8-week series

October 4-November 22, 2025

Saturdays • 8:45-9:40 am

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

## Teen/Adult Swimming Skills

No class 11/30

9/14-10/26	Su	3:25-3:55 pm	\$73	\$91.25	SS250036B
11/2-12/21	Su	3:25-3:55 pm	\$73	\$91.25	SS250037B

## Private Lessons

No class 11/11, 11/25, 11/27, 11/29, 11/30

9/9-10/23	T/Th	5:20-5:50 pm	\$700	\$875	SS260014
10/28-12/18	T/Th	5:20-5:50 pm	\$650	\$812.50	SS260015
9/13-10/25	S	10-10:30 am	\$350	\$437.50	SS260022
11/1-12/20	S	10-10:30 am	\$350	\$437.50	SS260023
9/14-10/26	Su	3:25-3:55 pm	\$350	\$437.50	SS260036
11/2-12/21	Su	3:25-3:55 pm	\$350	\$437.50	SS260037

## Training or Professional Classes

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

11/4-11/6	T/W/Th	4-8 pm	\$100	\$125	SS251000
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### Lifeguard Training

9/20, 9/27, 10/4	S	9 am-5 pm	\$260	\$325	SS252000
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## Camps

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

11/24-11/26	M-W	8 am-12 pm	\$167	\$208.75	SS281000
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## Special Event

Date	Day	Time	ID/AP	OD	Class#
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### Sunset Spooky Saturday

10/25	S	1-4 pm	\$10.25	\$12.75	SS200000
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## Weekend Pool Rentals Available

Host your next event at Sunset Swim Center! Private Pool Party Packages available that include both pool and lobby time. Call the center at 503.629.6315 for more information.



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

# Tualatin Hills Aquatic Center



**TUALATIN HILLS**  
PARK & RECREATION DISTRICT

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

TriMet Bus Routes #59, #67

**Facility Supervisor:** Patrick Williamson

**Hours:**

Monday - Friday: 5 am-9 pm  
Saturday & Sunday 12:05-4 pm

**Tualatin Hills Aquatic Center features:**

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



## Water Fitness Programs

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

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

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

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

## Is your child new to THPRD?

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

If your child is new to our lesson program or has not had lessons with THPRD in the past six months, an assessment is encouraged. Call 503-629-6310 for an appointment.

## Lap Swim, Open Swim & Water Fitness

Please see online schedule at [thprd.org](http://thprd.org) for Lap Swim, Open Swim, and Water Fitness opportunities at Conestoga.



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

Preschool: Minimum age 3 years and toilet-trained.

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

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

## Beginning Swimming Skills

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

No Class Days 11/11, 11/24, 11/25, 11/26, 11/27, 11/28

9/8-10/22	M/W	3:20-3:50 pm	\$139/\$173.75		AQ211000
10/27-12/17	M/W	3:20-3:50 pm	\$139/\$173.75		AQ211001
9/8-10/22	M/W	4:30-5 pm	\$139/\$173.75		AQ211004
10/27-12/17	M/W	4:30-5 pm	\$139/\$173.75		AQ211005
9/8-10/22	M/W	5:05-5:35 pm	\$139/\$173.75		AQ211006
10/27-12/17	M/W	5:05-5:35 pm	\$139/\$173.75		AQ211007
9/8-10/22	M/W	5:40-6:10 pm	\$139/\$173.75		AQ211008
10/27-12/17	M/W	5:40-6:10 pm	\$139/\$173.75		AQ211009
9/8-10/22	M/W	6:15-6:45 pm	\$139/\$173.75		AQ211010
10/27-12/17	M/W	6:15-6:45 pm	\$139/\$173.75		AQ211011
9/9-10/23	T/Th	3:20-3:50 pm	\$139/\$173.75		AQ211016
10/28-12/18	T/Th	3:20-3:50 pm	\$129/\$161.25		AQ211017
9/9-10/23	T/Th	4:30-5 pm	\$139/\$173.75		AQ211020
10/28-12/18	T/Th	4:30-4:30 pm	\$129/\$161.25		AQ211021
9/9-10/23	T/Th	5:05-5:35 pm	\$139/\$173.75		AQ211022
10/28-12/18	T/Th	5:05-5:35 pm	\$129/\$161.25		AQ211023
9/9-10/23	T/Th	5:40-6:10 pm	\$139/\$173.75		AQ211024
10/28-12/18	T/Th	5:40-6:10 pm	\$129/\$161.25		AQ211025

### Spanish Speaking Preschool Level 1-3

9/9-10/23	T/Th	5:05-5:35 pm	\$139/\$173.75		AQ211030
10/28-12/18	T/Th	5:05-5:35 pm	\$129/\$161.25		AQ211031

### School Age Level 1-4

9/8-10/22	M/W	3:55-4:25 pm	\$139/\$173.75		AQ222002
10/27-12/17	M/W	3:55-4:25 pm	\$139/\$173.75		AQ222003
9/8-10/22	M/W	4:30-5 pm	\$139/\$173.75		AQ222004
10/27-12/17	M/W	4:30-5 pm	\$139/\$173.75		AQ222005
9/8-10/22	M/W	5:05-5:35 pm	\$139/\$173.75		AQ222006
10/27-12/17	M/W	5:05-5:35 pm	\$139/\$173.75		AQ222007
9/8-10/22	M/W	5:40-6:10 pm	\$139/\$173.75		AQ222008
10/27-12/17	M/W	5:40-6:10 pm	\$139/\$173.75		AQ222009
9/8-10/22	M/W	6:15-6:45 pm	\$139/\$173.75		AQ222010
10/27-12/17	M/W	6:15-6:45 pm	\$139/\$173.75		AQ222011
9/9-10/23	T/Th	3:55-4:25 pm	\$139/\$173.75		AQ222018
10/28-12/18	T/Th	3:55-4:25 pm	\$129/\$161.25		AQ222019
9/9-10/23	T/Th	4:30-5 pm	\$139/\$173.75		AQ222020
10/28-12/18	T/Th	4:30-5 pm	\$129/\$161.25		AQ222021
9/9-10/23	T/Th	5:05-5:35 pm	\$139/\$173.75		AQ222022
10/28-12/18	T/Th	5:05-5:35 pm	\$129/\$161.25		AQ222023
9/9-10/23	T/Th	5:40-6:10 pm	\$139/\$173.75		AQ222024
10/28-12/18	T/Th	5:40-6:10 pm	\$129/\$161.25		AQ222025

## Intermediate Swimming Skills

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

9/8-10/22	M/W	5:05-5:35 pm	\$139/\$173.75		AQ225006
10/27-12/17	M/W	5:05-5:35 pm	\$139/\$173.75		AQ225007
9/8-10/22	M/W	5:40-6:10 pm	\$139/\$173.75		AQ225008
10/27-12/17	M/W	5:40-6:10 pm	\$139/\$173.75		AQ225009
9/8-10/22	M/W	6:15-6:45 pm	\$139/\$173.75		AQ225010
10/27-12/17	M/W	6:15-6:45 pm	\$139/\$173.75		AQ225011
9/9-10/23	T/Th	5:05-5:35 pm	\$139/\$173.75		AQ225022
10/28-12/18	T/Th	5:05-5:35 pm	\$129/\$161.25		AQ225023
9/9-10/23	T/Th	5:40-6:10 pm	\$139/\$173.75		AQ225024
10/28-12/18	T/Th	5:40-6:10 pm	\$129/\$161.25		AQ225025

## Specialty Programs

### Fall Splash

This is a recreational swim team for youth ages 5-17 who can swim 25 yards of crawl stroke and 25 yards of backstroke. Swim meets on some Saturdays. **Fall Meet Dates: 10/11, 12/6**

9/8-12/17	M/W	7-7:45 pm	\$340/\$425		AQ234012
9/9-12/18	T/Th	6:15-7 pm	\$328/\$402		AQ234026

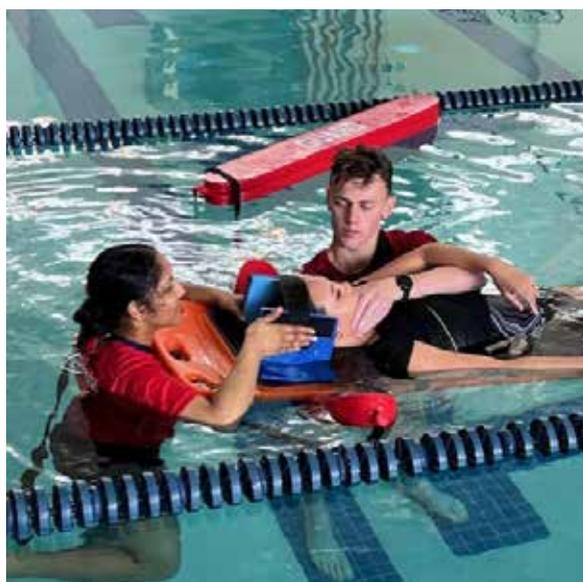
## Training or Professional Classes

### Jr. Lifeguarding

11/24-11/26	M-W	12-4:30 pm	\$100/\$125		AQ251000
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### Lifeguard Training

12/22-12/30	M/T	9 am-4 pm	\$260/\$325		AQ252000
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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)

# Tualatin Hills Athletic Center



**TUALATIN HILLS**  
PARK & RECREATION DISTRICT

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

TriMet Bus Routes #59, #67

**Center Supervisor:** Jeffrey Lee

**Center Hours:**

Monday-Friday      6 am-10 pm  
Saturday              8 am-10 pm  
Sunday                10 am-10 pm

**Facility Closed:**

- Labor Day, Sept. 1
- Thanksgiving Day, Nov. 27
- Christmas Eve, Dec. 24
- Christmas Day, Dec. 25
- New Year's Day, Jan. 1

**Modified Schedule:** 9 am-2 pm

- Veterans Day, Nov. 11
- Friday after Thanksgiving, Nov 28
- New Year's Eve, Dec. 31

**Athletic Center Features:**

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



## Join a Winter League at the Athletic Center!

Adult League*	Registration	Season
Basketball	Late September	November to March
Volleyball	Mid-November	January to March

\*Adult League registration is for a team; individual players can call the Athletic to be added to a Free Agent Interest List

Youth League	Registration	Season
Basketball (5 <sup>th</sup> -12 <sup>th</sup> grade)	Early October	December to March



## 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!**



# THRIVE

## Afterschool Program

### Teaching Healthy Responsible Individuals Values and Education

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

**Enrollment for the 2025-2026 School Year is open as long as space allows.** A non-refundable \$50 enrollment fee is due at the time of registration.

THRIVE tuition options for 2025-2026:

- A. Afterschool care only, 9 payments of \$408
- B. Afterschool care plus seven (7) weeks of summer camp in 2026, 11 payments of \$531

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

Please call the Recreation Center in your attendance zone for more information.

**Tualatin Hills Athletic Center schools served:**

- Beaver Acres Elementary School
- Elmonica Elementary School
- McKinley Elementary School



### Inclusion Services

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



## Indoor Play Park Parque de Juegos Interior

12:30 - 2:30 pm  
Monday/Wednesday/Thursday  
Lunes/Miércoles/Jueves



## 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](mailto:sportsrentals@thprd.org).



## Girl Power Classes

See pages 41-42 for description and pricing.

### Pee Wee Soccer - Girls Only

11/14-12/19 (5)	F	3-5 yrs	AC22115
9/5-10/3 (5)	F	3-5 yrs	AC22116
10/10-11/7 (5)	F	3-5 yrs	AC22117

### Basketball Skills and Scrimmages - Girls Only

9/5-10/3 (5)	F	9-12 yrs	AC22247
10/10-11/7 (4)	F	9-12 yrs	AC22248
11/14-12/19 (5)	F	9-12 yrs	AC22249

### Basketball Skills - Girls Only

9/8-9/29 (4)	M	9-12 yrs	AC22269
10/6-11/3 (5)	M	9-12 yrs	AC22270
11/10-12/15 (5)	M	9-12 yrs	AC22271



## 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. No class 11/11.

9/3-10/1 (5) Rm 101	M/W	9:30-10:15 am ID/AP: \$78	2-4 yrs OD: \$97.50	AC24101
10/6-11/5 (5) Rm 101	M/W	9:30-10:15 am ID/AP: \$87	2-4 yrs OD: \$108.75	AC24102
11/10-12/17 (5) Rm 101	M/W	9:30-10:15 am ID/AP: \$87	2-4 yrs OD: \$108.75	AC24103
9/2-10/2 (5) Rm 101	T/Th	10:30-11:15 am ID/AP: \$87	2-4 yrs OD: \$108.75	AC24104
10/7-11/6 (5) Rm 101	T/Th	10:30-11:15 am ID/AP: \$87	2-4 yrs OD: \$108.75	AC24105
11/13-12/18 (5) Rm 101	T/Th	10:30-11:15 am ID/AP: \$78	2-4 yrs OD: \$97.50	AC24106



### Dynamic Drawing & Painting

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

10/2-11/6 (6) Rm 101	Th	6:30-7:30 pm ID/AP: \$63	6-11 yrs OD: \$78.75	AC24201
11/13-12/18 (5) Rm 101	Th	6:30-7:30 pm ID/AP: \$53	6-11 yrs OD: \$66.25	AC24202

## Sports & Fitness - Preschool

### Tiny Jumpers

With trampolines, music, and games, your tiny tot can work on large motor skills through jumping, balancing, and tumbling. See your child's self-esteem and confidence grow by building strength, balance, and coordination. Adult participation is required. No class 11/11.

9/3-10/1 (5) Ct 1 -Indoor	M/W	11-11:30 am ID/AP: \$61	2-4 yrs OD: \$76.25	AC23101
10/6-11/5 (5) Ct 1 -Indoor	M/W	11-11:30 am ID/AP: \$68	2-4 yrs OD: \$85	AC23102
11/10-12/17 (5) Ct 1 -Indoor	M/W	11-11:30 am ID/AP: \$68	2-4 yrs OD: \$85	AC23103
9/2-10/2 (5) Ct 1 -Indoor	T/Th	12-12:30 pm ID/AP: \$68	2-4 yrs OD: \$85	AC23104
10/7-11/6 (5) Ct 1 -Indoor	T/Th	12-12:30 pm ID/AP: \$68	2-4 yrs OD: \$85	AC23105
11/13-12/18 (5) Ct 1 -Indoor	T/Th	12-12:30 pm ID/AP: \$61	2-4 yrs OD: \$76.25	AC23106

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

## Pee Wee Soccer

Dribbling, shooting, and passing are included in the indoor class. Your athlete will have fun, learn teamwork and cooperation, and build confidence. No class 11/11.

9/3-10/1 (5) Ct 1 -Indoor	M/W	9-9:45 am ID/AP: \$86	3-5 yrs OD: \$107.50	AC22101
10/6-11/5 (5) Ct 1 -Indoor	M/W	9-9:45 am ID/AP: \$95	3-5 yrs OD: \$118.75	AC22102
11/10-12/17 (5) Ct 1 -Indoor	M/W	9-9:45 am ID/AP: \$95	3-5 yrs OD: \$118.75	AC22103
9/3-10/1 (5) Ct 3 -Indoor	M/W	3:45-4:30 pm ID/AP: \$86	3-5 yrs OD: \$107.50	AC22104
10/6-11/5 (5) Ct 3 -Indoor	M/W	3:45-4:30 pm ID/AP: \$95	3-5 yrs OD: \$118.75	AC22105
11/10-12/17 (5) Ct 3 -Indoor	M/W	3:45-4:30 pm ID/AP: \$95	3-5 yrs OD: \$118.75	AC22106
9/2-10/2 (5) Ct 1 -Indoor	T/Th	9:45-10:30 am ID/AP: \$95	3-5 yrs OD: \$118.75	AC22107
10/7-11/6 (5) Ct 1 -Indoor	T/Th	9:45-10:30 am ID/AP: \$95	3-5 yrs OD: \$118.75	AC22108
11/13-12/18 (5) Ct 1 -Indoor	T/Th	9:45-10:30 am ID/AP: \$86	3-5 yrs OD: \$107.50	AC22109
9/2-10/2 (5) Ct 4 -Indoor	T/Th	4:45-5:30 pm ID/AP: \$95	3-5 yrs OD: \$118.75	AC22110
10/7-11/6 (5) Ct 4 -Indoor	T/Th	4:45-5:30 pm ID/AP: \$95	3-5 yrs OD: \$118.75	AC22111
11/13-12/18 (5) Ct 4 -Indoor	T/Th	4:45-5:30 pm ID/AP: \$86	3-5 yrs OD: \$107.50	AC22112

## 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. No class 11/28.

11/14-12/19 (5) Ct 1 -Indoor	F	9-9:45 am ID/AP: \$48	3-5 yrs OD: \$60	AC22115
9/5-10/3 (5) Ct 1 -Indoor	F	9-9:45 am ID/AP: \$48	3-5 yrs OD: \$60	AC22116
10/10-11/7 (5) Ct 1 -Indoor	F	9-9:45 am ID/AP: \$48	3-5 yrs OD: \$60	AC22117

## 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. No class 11/11.

9/3-10/1 (5) Ct 1 -Indoor	M/W	10-10:45 am ID/AP: \$86	3-5 yrs OD: \$107.50	AC22122
10/6-11/5 (5) Ct 1 -Indoor	M/W	10-10:45 am ID/AP: \$95	3-5 yrs OD: \$118.75	AC22123
11/10-12/17 (5) Ct 1 -Indoor	M/W	10-10:45 am ID/AP: \$95	3-5 yrs OD: \$118.75	AC22124
9/2-10/2 (5) Ct 5 -Indoor	T/Th	3:45-4:30 pm ID/AP: \$95	3-5 yrs OD: \$118.75	AC22125
10/7-11/6 (5) Ct 5 -Indoor	T/Th	3:45-4:30 pm ID/AP: \$95	3-5 yrs OD: \$118.75	AC22126
11/13-12/18 (5) Ct 5 -Indoor	T/Th	3:45-4:30 pm ID/AP: \$86	3-5 yrs OD: \$107.50	AC22127
9/5-10/3 (5) Ct 1 -Indoor	F	11-11:45 am ID/AP: \$48	3-5 yrs OD: \$60	AC22128
10/10-11/7 (5) Ct 1 -Indoor	F	11-11:45 am ID/AP: \$48	3-5 yrs OD: \$60	AC22129
11/14-12/19 (5) Ct 1 -Indoor	F	11-11:45 am ID/AP: \$48	3-5 yrs OD: \$60	AC22130

## Pee Wee Hoops

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

9/2-10/2 (5) Ct 1 -Indoor	T/Th	10:45-11:30 am ID/AP: \$95	3-5 yrs OD: \$118.75	AC22131
10/7-11/6 (5) Ct 1 -Indoor	T/Th	10:45-11:30 am ID/AP: \$95	3-5 yrs OD: \$118.75	AC22132
11/13-12/18 (5) Ct 1 -Indoor	T/Th	10:45-11:30 am ID/AP: \$86	3-5 yrs OD: \$107.50	AC22133
9/3-10/1 (5) Ct 4 -Indoor	M/W	3:45-4:30 pm ID/AP: \$95	3-5 yrs OD: \$107.50	AC22134
10/6-11/5 (5) Ct 4 -Indoor	M/W	3:45-4:30 pm ID/AP: \$95	3-5 yrs OD: \$118.75	AC22135
11/10-12/17 (5) Ct 4 -Indoor	M/W	3:45-4:30 pm ID/AP: \$95	3-5 yrs OD: \$118.75	AC22136
9/5-10/3 (5) Ct 1 -Indoor	F	10-10:45 am ID/AP: \$48	3-5 yrs OD: \$60	AC22140
10/10-11/7 (5) Ct 1 -Indoor	F	10-10:45 am ID/AP: \$48	3-5 yrs OD: \$60	AC22141
11/14-12/19 (5) Ct 1 -Indoor	F	10-10:45 am ID/AP: \$48	3-5 yrs OD: \$60	AC22142

## 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.

9/3-10/1 (5) Ct 5 -Indoor	M/W	3:45-4:30 pm ID/AP: \$86	6-9 yrs OD: \$107.50	AC22201
10/6-11/5 (5) Ct 5 -Indoor	M/W	3:45-4:30 pm ID/AP: \$95	6-9 yrs OD: \$118.75	AC22202
11/10-12/17 (5) Ct 5 -Indoor	M/W	3:45-4:30 pm ID/AP: \$95	6-9 yrs OD: \$118.75	AC22203
9/5-10/3 (5) Ct 4 -Indoor	F	4-4:45 pm ID/AP: \$48	6-9 yrs OD: \$60	AC22204
10/10-11/7 (5) Ct 4 -Indoor	F	4-4:45 pm ID/AP: \$48	6-9 yrs OD: \$60	AC22205
11/14-12/19 (5) Ct 4 -Indoor	F	4-4:45 pm ID/AP: \$48	6-9 yrs OD: \$60	AC22206
9/2-10/2 (5) Ct 5 -Indoor	T/Th	4:45-5:30 pm ID/AP: \$95	6-9 yrs OD: \$118.75	AC22207
10/7-11/6 (5) Ct 5 -Indoor	T/Th	4:45-5:30 pm ID/AP: \$95	6-9 yrs OD: \$118.75	AC22208
11/13-12/18 (5) Ct 5 -Indoor	T/Th	4:45-5:30 pm ID/AP: \$86	6-9 yrs OD: \$107.50	AC22209

### Soccer Stars

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

9/5-10/3 (5) Ct 3 -Indoor	F	4-4:45 pm ID/AP: \$48	6-9 yrs OD: \$60	AC22214
10/10-11/7 (5) Ct 3 -Indoor	F	4-4:45 pm ID/AP: \$48	6-9 yrs OD: \$60	AC22215
11/14-12/19 (5) Ct 3 -Indoor	F	4-4:45 pm ID/AP: \$48	6-9 yrs OD: \$60	AC22216
9/5-10/3 (5) Ct 3 -Indoor	F	5-5:50 pm ID/AP: \$51	9-12 yrs OD: \$63.75	AC22217
10/10-11/7 (4) Ct 3 -Indoor	F	5-5:50 pm ID/AP: \$41	9-12 yrs OD: \$51.25	AC22218
11/14-12/19 (5) Ct 3 -Indoor	F	5-5:50 pm ID/AP: \$51	9-12 yrs OD: \$63.75	AC22219
9/5-10/3 (5) Ct 3 -Indoor	F	6-6:50 pm ID/AP: \$51	9-12 yrs OD: \$63.75	AC22220

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

10/10-11/7 (4)	F	6-6:50 pm	9-12 yrs	AC22221
Ct 3 -Indoor		ID/AP: \$41	OD: \$51.25	
11/14-12/19 (5)	F	6-6:50 pm	9-12 yrs	AC22222
Ct 3 -Indoor		ID/AP: \$51	OD: \$63.75	
9/3-10/1 (5)	M/W	4:45-5:30 pm	6-9 yrs	AC22223
Ct 3 -Indoor		ID/AP: \$86	OD: \$107.50	
10/6-11/5 (5)	M/W	4:45-5:30 pm	6-9 yrs	AC22224
Ct 3 -Indoor		ID/AP: \$95	OD: \$118.75	
11/10-12/17 (5)	M/W	4:45-5:30 pm	6-9 yrs	AC22225
Ct 3 -Indoor		ID/AP: \$95	OD: \$118.75	
9/2-10/2 (5)	T/Th	3:45-4:30 pm	6-9 yrs	AC22226
Ct 4 -Indoor		ID/AP: \$95	OD: \$118.75	
10/7-11/6 (5)	T/Th	3:45-4:30 pm	6-9 yrs	AC22227
Ct 4 -Indoor		ID/AP: \$95	OD: \$118.75	
11/13-12/18 (5)	T/Th	3:45-4:30 pm	6-9 yrs	AC22228
Ct 4 -Indoor		ID/AP: \$86	OD: \$107.50	

### Soccer Stars Clinic

This fun 3-day clinic will cover soccer fundamentals and include plenty of gameplay.

11/24-11/26 (1)	M/T/W	9-10 am	6-9 yrs	AC22229
Ct 1 -Indoor		ID/AP: \$35	OD: \$43.75	
11/24-11/26 (1)	M/T/W	10:30 am-12 pm	10-12 yrs	AC22230
Ct 1 -Indoor		ID/AP: \$53	OD: \$66.25	

### Basketball Skills and Scrimmages

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

9/5-10/3 (5)	F	5:15-6:15 pm	9-12 yrs	AC22244
Ct 1 -Indoor		ID/AP: \$59	OD: \$73.75	
10/10-11/7 (4)	F	5:15-6:15 pm	9-12 yrs	AC22245
Ct 1 -Indoor		ID/AP: \$47	OD: \$58.75	
11/14-12/19 (5)	F	5:15-6:15 pm	9-12 yrs	AC22246
Ct 1 -Indoor		ID/AP: \$59	OD: \$73.75	
9/5-10/3 (5)	F	6-7 pm	12-14 yrs	AC22250
Ct 4 -Indoor		ID/AP: \$59	OD: \$73.75	
10/10-11/7 (5)	F	6-7 pm	12-14 yrs	AC22251
Ct 4 -Indoor		ID/AP: \$59	OD: \$73.75	
11/14-12/19 (5)	F	6-7 pm	12-14 yrs	AC22252
Ct 4 -Indoor		ID/AP: \$59	OD: \$73.75	

### Basketball Skills and Scrimmages - Girls Only

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

9/5-10/3 (5)	F	5-5:45 pm	9-12 yrs	AC22247
Ct 4 -Indoor		ID/AP: \$48	OD: \$60	
10/10-11/7 (4)	F	5-5:45 pm	9-12 yrs	AC22248
Ct 4 -Indoor		ID/AP: \$38	OD: \$47.50	
11/14-12/19 (5)	F	5-5:45 pm	9-12 yrs	AC22249
Ct 4 -Indoor		ID/AP: \$48	OD: \$60	

### Basketball Skills

The perfect class for young basketball players looking to improve their skills and have fun! Participants will focus on intensive training on shooting, passing, dribbling, rebounding, and defense that is essential for improvement.

9/5-10/3 (5)	F	4-5 pm	9-12 yrs	AC22260
Ct 1 -Indoor		ID/AP: \$59	OD: \$73.75	
10/10-11/7 (5)	F	4-5 pm	9-12 yrs	AC22261
Ct 1 -Indoor		ID/AP: \$59	OD: \$73.75	
11/14-12/19 (5)	F	4-5 pm	9-12 yrs	AC22262
Ct 1 -Indoor		ID/AP: \$59	OD: \$73.75	
9/3-10/1 (5)	M/W	4:45-5:30 pm	9-12 yrs	AC22263
Ct 5 -Indoor		ID/AP: \$86	OD: \$107.50	

10/6-11/5 (5)	M/W	4:45-5:30 pm	9-12 yrs	AC22264
Ct 5 -Indoor		ID/AP: \$95	OD: \$118.75	
11/10-12/17 (5)	M/W	4:45-5:30 pm	9-12 yrs	AC22265
Ct 5 -Indoor		ID/AP: \$95	OD: \$118.75	
9/3-10/1 (5)	W	6-6:45 pm	9-12 yrs	AC22266
Ct 1 -Indoor		ID/AP: \$48	OD: \$60	
10/8-11/5 (5)	W	6-6:45 pm	9-12 yrs	AC22267
Ct 1 -Indoor		ID/AP: \$48	OD: \$60	
11/12-12/17 (5)	W	6-6:45 pm	9-12 yrs	AC22268
Ct 1 -Indoor		ID/AP: \$48	OD: \$60	

### 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.

9/8-9/29 (4)	M	6-6:45 pm	9-12 yrs	AC22269
Ct 1 -Indoor		ID/AP: \$38	OD: \$47.50	
10/6-11/3 (5)	M	6-6:45 pm	9-12 yrs	AC22270
Ct 1 -Indoor		ID/AP: \$48	OD: \$60	
11/10-12/15 (5)	M	6-6:45 pm	9-12 yrs	AC22271
Ct 1 -Indoor		ID/AP: \$48	OD: \$60	

### Homeschool PE

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

9/2-9/30 (10)	T	2:30-3:30 pm	6-15 yrs	AC22272
Ct 3 -Indoor		ID/AP: \$59	OD: \$73.75	
10/7-11/4 (10)	T	2:30-3:30 pm	6-15 yrs	AC22273
Ct 3 -Indoor		ID/AP: \$59	OD: \$73.75	
11/18-12/16 (8)	T	2:30-3:30 pm	6-15 yrs	AC22274
Ct 3 -Indoor		ID/AP: \$47	OD: \$58.75	

### Youth Volleyball

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

9/5-10/3 (10)	F	5-6 pm	8-12 yrs	AC22257
Ct 5 -Indoor		ID/AP: \$59	OD: \$73.75	
10/10-11/7 (8)	F	5-6 pm	8-12 yrs	AC22258
Ct 5 -Indoor		ID/AP: \$47	OD: \$58.75	
11/14-12/19 (5)	F	5-6 pm	8-12 yrs	AC22259
Ct 6 -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.

9/5-10/3 (10)	F	6:15-7:15 pm	12-17 yrs	AC22301
Ct 5 -Indoor		ID/AP: \$59	OD: \$73.75	
10/10-11/7 (10)	F	6:15-7:15 pm	12-17 yrs	AC22302
Ct 5 -Indoor		ID/AP: \$59	OD: \$73.75	
11/14-12/19 (5)	F	6:15-7:15 pm	12-17 yrs	AC22303
Ct 6 -Indoor		ID/AP: \$59	OD: \$73.75	
9/3-10/1 (5)	M/W	4:45-5:40 pm	12-17 yrs	AC22304
Ct 4 -Indoor		ID/AP: \$99	OD: \$123.75	
10/6-11/5 (5)	M/W	4:45-5:40 pm	12-17 yrs	AC22305
Ct 4 -Indoor		ID/AP: \$110	OD: \$137.50	
11/10-12/17 (5)	M/W	4:45-5:40 pm	12-17 yrs	AC22306
Ct 4 -Indoor		ID/AP: \$110	OD: \$137.50	

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



## Badminton Junior - Beginner

Want to learn the fast-paced and exciting sport of Badminton? Whether you're a beginner, have some experience, or are an elite player, our badminton class offers you a dynamic workout that improves agility, reflexes, and hand-eye coordination while you learn the fundamental core skills of serving, hitting clears, drops, drills, game play, and moving effectively through footwork on the court. Class will be held at Oregon Badminton Academy.

9/8-11/10 (10)	M	5-6 pm	5-17 yrs	AC27201
OffSite		ID/AP: \$250	OD: \$312.50	
9/9-11/11 (10)	T	6-7 pm	5-17 yrs	AC27202
OffSite		ID/AP: \$250	OD: \$312.50	
9/10-11/12 (10)	W	6-7 pm	5-17 yrs	AC27203
OffSite		ID/AP: \$250	OD: \$312.50	
9/12-11/14 (10)	F	6-7 pm	5-17 yrs	AC27204
OffSite		ID/AP: \$250	OD: \$312.50	
9/13-11/15 (10)	S	9-10 am	5-17 yrs	AC27205
OffSite		ID/AP: \$250	OD: \$312.50	
9/13-11/15 (10)	S	10-11 am	5-17 yrs	AC27206
OffSite		ID/AP: \$250	OD: \$312.50	
9/14-11/16 (10)	Su	3-4 pm	5-17 yrs	AC27207
OffSite		ID/AP: \$250	OD: \$312.50	
9/14-11/16 (10)	Su	4-5 pm	5-17 yrs	AC27208
OffSite		ID/AP: \$250	OD: \$312.50	

## 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.

9/5-10/3 (5)	F	7:30-8:30 pm	12-17 yrs	AC22316
Ct 6 -Indoor		ID/AP: \$59	OD: \$73.75	
10/10-11/7 (5)	F	6:15-7:15 pm	12-17 yrs	AC22317
Ct 6 -Indoor		ID/AP: \$59	OD: \$73.75	
11/14-12/19 (5)	F	6:15-7:15 pm	12-17 yrs	AC22318
Ct 6 -Indoor		ID/AP: \$59	OD: \$73.75	

## Youth Volleyball Clinic

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

11/24-11/26 (1)	M/T/W	5-6 pm	8-12 yrs	AC22255
Ct 6 -Indoor		ID/AP: \$35	OD: \$43.75	

## Martial Arts

### Taekwondo, Little Dragons

Learn Taekwondo philosophy, basics, drills, and self-defense techniques in this fun, safe environment. Rank promotion available from white belt through black belt. Grand Master Ruth Takamura Moultrie is Kukkiwon/World Taekwondo certified. No class 11/11 and 11/25.

9/30-12/2 (8)	T	2-2:30 pm	3-5 yrs	AC24211
Ct 1 -Indoor		ID/AP: \$61	OD: \$76.25	
9/30-12/2 (8)	T	2:45-3:15 pm	3-5 yrs	AC24212
Ct 1 -Indoor		ID/AP: \$61	OD: \$76.25	
9/30-12/2 (8)	T	3:30-4 pm	3-5 yrs	AC24213
Ct 1 -Indoor		ID/AP: \$61	OD: \$76.25	

### Taekwondo, White Tigers

Learn Taekwondo philosophy, basics, drills, and self-defense techniques in this fun, safe environment. Rank promotion available from white belt through black belt. Grand Master Ruth Takamura Moultrie is Kukkiwon/World Taekwondo certified. No class 11/11 and 11/25.

9/30-12/2 (8)	T	4:15-5:15 pm	6-14 yrs	AC24214
Ct 1 -Indoor		ID/AP: \$113	OD: \$141.25	

### 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. No class 11/11 and 11/25.

9/30-12/2 (8)	T	5:30-6:30 pm	6-adult	AC24215
Ct 1 -Indoor		ID/AP: \$113	OD: \$141.25	

## Sports & Fitness - Adults

### 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.

9/2-9/30 (5)	T	2-3 pm	adult	AC25101
Ct 6 -Indoor		ID/AP: \$65	OD: \$81.25	
10/7-11/4 (5)	T	2-3 pm	adult	AC25102
Ct 6 -Indoor		ID/AP: \$65	OD: \$81.25	
11/18-12/16 (5)	T	2-3 pm	adult	AC25103
Ct 6 -Indoor		ID/AP: \$65	OD: \$81.25	
9/4-10/2 (5)	Th	2-3 pm	adult	AC25104
Ct 6 -Indoor		ID/AP: \$65	OD: \$81.25	
10/9-11/6 (5)	Th	2-3 pm	adult	AC25105
Ct 6 -Indoor		ID/AP: \$65	OD: \$81.25	
11/13-12/18 (5)	Th	2-3 pm	adult	AC25106
Ct 6 -Indoor		ID/AP: \$65	OD: \$81.25	

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

# 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](http://www.thprd.org)

Financial Aid funds can be used to pay registration league fees for non-competitive leagues.

### Youth Sports League ID System

All youth sports league participants are required to have a valid THPRD ID number, if applicable, prior to participation in a youth sports league. Please see website for THPRD ID card information.

### Baseball/Softball

Registration for youth baseball and softball leagues is done through the associations listed below. Associations are divided by Beaverton School District elementary school attendance areas. If you attend a private school, you will play within your public school attendance area. Contact your appropriate association for more information.

All of the Beaverton Area Little League groups are governed by Oregon District 4 Little League.

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

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

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

### Little League Baseball

**T-ball:** ages 4-6

**Softball:** ages 4-14

**Baseball:** ages 4-14

### Cedar Mill Little League

Barnes, Bonny Slope, Cedar Mill, Findley, Ridgewood, Terra Linda, Tumwater, West TV, Wm Walker, St. Pius, Holy Trinity  
[www.cedarmillbaseball.org](http://www.cedarmillbaseball.org)

### Murrayhill Little League

Aloha-Huber, Beaver Acres, Chehalem, Cooper Mt., Errol Hassell, Fir Grove, Hazeldale, Hiteon, Kinnaman, Nancy Ryles, Scholls Heights, Sexton Mountain  
[www.murrayhilllittleleague.com](http://www.murrayhilllittleleague.com)

### Raleigh Hills Little League

Greenway, McKay, Montclair, Raleigh Hills, Raleigh Park, Vose, Whitford, Conestoga  
[www.rhllbaseball.com](http://www.rhllbaseball.com)  
Phone: 971-217-7455

### South Beaverton Girls Little League

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

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

president@sbgll.com or  
southbeavertonll@gmail.com  
[www.sbgll.com](http://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](http://www.willowcreeksoftball.com)

### Junior Baseball Organization Spring/Summer Season

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

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

### Aloha Junior Baseball

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

[www.alohajuniorbaseball.org](http://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](http://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](http://mountainsidejbo.com)

### Sunset Junior Baseball

Barnes, Cedar Mill, Findley, Ridgewood, Terra Linda, William Walker, West TV, Catlin Gabel, Cedar Park, Meadow Park, Stoller, Sunset High  
[leagues.bluesombrero.com/sunsetapollobaseballclub](http://leagues.bluesombrero.com/sunsetapollobaseballclub)

### Westview Youth Baseball

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

[www.westviewyouthbaseball.com](http://www.westviewyouthbaseball.com)

### Fall Ball

Contact the youth organization to inquire about fall ball availability.

[www.westsideyouthbaseball.com](http://www.westsideyouthbaseball.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](http://www.thprd.org) beginning early October. A current THPRD account number is required to register. For any other questions or help with registering your child, call the Athletic Center at 503-629-6330.

### 5th-8th Grade Recreational Spring Basketball

The Youth Spring Basketball Recreational League is open to athletes currently in grades 5-8 and attending a Beaverton School District #48 middle school or residing within District #48 or THPRD boundaries. Registration will begin February. Check our website for more information.

### 6th-8th Grade Recreational Summer Basketball

The Summer Basketball Recreational League is open to athletes who will be entering grades 6-8 in the 2026-27 school year and attending a Beaverton School District #48 middle school or residing within District #48 or THPRD boundaries. Games will be held on weekdays at the Athletic Center. Check our website for more information in May.

# THPRD Sports Leagues - General Information

## Sports Leagues - Youth

### Winter High School Basketball Grades 9-12

For athletes not playing on school teams in grades 9-12 in the 2026-27 school year. League and online registration information will be available in October. Check our website for more information.

### Summer High School Basketball Grades 9-12

For athletes entering grades 9-12 in the 2026-27 school year. League and online registration will be available in April 2026. Check our website for more information.

## Cricket

### Beaverton Cricket Club (BCC)

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

[www.beavertoncricketclub.com](http://www.beavertoncricketclub.com)  
email: [beavertoncricketclub@gmail.com](mailto:beavertoncricketclub@gmail.com)

### Portland Metro Open Cricket Club

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

Those interested in joining PMOCC should direct inquiries to [www.pdxcricket.org](http://www.pdxcricket.org) or [pmocc2@gmail.com](mailto: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](http://www.tvyfl.org).

#### Aloha

Registration: April 15-June 15  
Email: [registrar@alohayouthfootball.com](mailto:registrar@alohayouthfootball.com)  
[www.alohayouthfootball.com](http://www.alohayouthfootball.com)

#### Beaverton

Registration: April 15-June 15  
[registrar@beavertonfootball.com](mailto:registrar@beavertonfootball.com)  
[www.beavertonfootball.com](http://www.beavertonfootball.com)

#### Mountainside:

Registration: April 1-June 15  
[registrar@mountainsideyouthfootball.com](mailto:registrar@mountainsideyouthfootball.com)  
[www.mountainsideyouthfootball.com](http://www.mountainsideyouthfootball.com)

#### Southridge

Registration: April 15-June 15  
[register@southridgeyouthfootball.com](mailto:register@southridgeyouthfootball.com)  
[www.southridgeyouthfootball.com](http://www.southridgeyouthfootball.com)

#### Sunset

Registration: April 1-June 30  
[sunsetyouthfootball@comcast.net](mailto:sunsetyouthfootball@comcast.net)  
[www.sunsetyouthfootball.org](http://www.sunsetyouthfootball.org)

#### Westview

Registration: April 1-June 15  
[westviewyouthfootball@gmail.com](mailto:westviewyouthfootball@gmail.com)  
[www.westviewyouthfootball.com](http://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](http://www.thprd.org/connect/volunteer/ongoing-opportunities)

# THPRD Sports Leagues - General Information

## Sports Leagues - Youth

### Lacrosse

#### Tualatin Valley Youth Lacrosse League

Tualatin Valley Youth Lacrosse League is a community-based program created to teach lacrosse to athletes in grades 1-8 who attend a Beaverton School District school or reside within THPRD boundaries. Players register according to high school attendance area. To register or get more information, contact the appropriate group for your area.

#### TVLAX

president@tv lax.com  
[www.tvlaxtitans.com](http://www.tvlaxtitans.com)

#### Aloha

<https://www.alohalacrosse.org/>

#### Beaverton

president@beavertonbeaverslacrosse.com  
[beavertonhighschoollacrosse.teamsnapsites.com](http://beavertonhighschoollacrosse.teamsnapsites.com)

#### Mountainside

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

#### Southridge

president@southridgeskyhawksyouthlax.com  
<https://southridgeyouthlax.com/>

#### Sunset

[www.sunsetlacrosse.com](http://www.sunsetlacrosse.com)

#### Westview

president@westviewyouthlacrosse.com  
[www.westviewlacrosse.com](http://www.westviewlacrosse.com)

### High School Lacrosse

#### Aloha

[www.alohalacrosse.org/](http://www.alohalacrosse.org/)

#### Beaverton

[beavertonhighschoollacrosse.teamsnapsites.com](http://beavertonhighschoollacrosse.teamsnapsites.com)

#### Mountainside

<https://mountainsidelax.sportngin.com/>

#### Southridge

<https://www.southridgelacrosse.org/>

#### Sunset

[www.sunsetlacrosse.com](http://www.sunsetlacrosse.com)

#### Westview

[www.westviewlacrosse.com/](http://www.westviewlacrosse.com/)



### Soccer Coach Certification

For training and certification for soccer coaching, go to [tualatinhillsjuniorsoccerleague.com](http://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](http://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](http://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](http://www.milltownsoccer.org)

#### Oak Hills Soccer Club

Schools: Findley, Jacob Wismer, Oak Hills, Sato  
email: [pres@ohsoccer.com](mailto:pres@ohsoccer.com)  
[www.ohsoccer.com](http://www.ohsoccer.com)

#### Somerset West Soccer Club

Schools: Bethany, Elmonica, McKinley, Rock Creek, Springville

president@somersetwestsoccer.org  
[www.somersetwestsoccer.org](http://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](http://www.westsidesoccerclub.com)

### Soccer Referee Certification

For training and certification for soccer referees, and clinic dates and locations, visit [tualatinhillsjuniorsoccerleague.com](http://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](http://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](http://www.bridgecitysoccer.org)

### Oregon Surf

[www.oregonsurf.org](http://www.oregonsurf.org)  
[hello@oregonsurf.org](mailto:hello@oregonsurf.org)

### Westside Metros Soccer Club

Club Line: 503-626-2975  
[john.bain@wsmetros.org](mailto:john.bain@wsmetros.org)  
[www.westsidemetros.org](http://www.westsidemetros.org)

### Volleyball

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

For athletes entering grades 4-12 during the 2025-26 school year. League and online registration information will be available in July. Check the website for more information.

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

Athletes entering grades 4-12 during the 2026-27 school year are eligible to play in this summer league. League and online registration information will be available mid-April. Check the website for more information.



# THPRD Sports Leagues - General Information

## Sports Leagues - Adult

### Basketball

#### Winter Adult Basketball

League and online registration information will be available in early October. League play will begin in November and run through mid-March. Games will be played Monday through Thursday evenings. Check the website for more information in October.

#### Summer Adult Basketball

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

### Cornhole

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



### Kickball

#### Kickball League

Kickball is all about having fun! Remember when you were a kid and played kickball with your friends? Kickball is a playground game and also a competitive league game similar to softball. Organizational information will be available at the Athletic Center and on our website in April. Season runs June through August.

### Soccer

#### Soccer Field Use

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

#### El uso de campo de fútbol

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

### Softball

#### Baseball/Softball Field Use

THPRD will coordinate the assignment of district wide baseball/softball fields from March 1 through October. Any group wishing to reserve fields for Spring and Summer should first obtain an application form from the Athletic Center by emailing [sportsrentals@thprd.org](mailto:sportsrentals@thprd.org).

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

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

#### Men's Slow Pitch Summer Softball

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

#### Industrial Softball

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

#### Fall Open and Women's Softball Leagues

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

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

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

### Adult Softball Tournaments

Individuals interested in hosting Spring/Summer softball tournaments at the THPRD sports complex must submit a facility use agreement and deposit. Call the Athletic Center at 503-629-6330 or send request to [sportsrentals@thprd.org](mailto:sportsrentals@thprd.org).

### Volleyball

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

#### Summer Adult Sand Volleyball (Mixed)

This recreational league plays weekday evenings at Cedar Hills Park from June through August. League and online registration information will be available in April.

#### Summer Adult Grass Volleyball (RO4 & R02)

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

#### Adult Fall Volleyball

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

#### Adult Winter Volleyball

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

#### Adult Spring Volleyball

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



# Ligas Deportivas de THPRD - Información General

## Ligas Deportivas Juveniles

Tenemos información de las organizaciones en el Athletic Center y en la página web en [www.thprd.org](http://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](mailto:financialaid@thprd.org)

### Sistema de identificación para las ligas deportivas juveniles

Todos los participantes de las ligas deportivas juveniles **requieren tener un número de identificación de THPRD**, si corresponde, antes de participar en una liga deportiva juvenil. Consulte el sitio web para obtener información sobre la tarjeta de identificación de THPRD.

## Béisbol/Sóftbol

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

Todos los grupos de Liga Deportiva para Menores (Little League) del área de Beaverton se rigen por la Liga Deportiva para Menores del Distrito 4 de Oregon.

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

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

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

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

T-ball: de 4 a 6 años  
Sóftbol: de 4 a 14 años  
Béisbol: de 4 a 14 años

#### Liga infantil de Cedar Mill

**Escuelas:** Barnes, Bonny Slope, Cedar Mill, Findley, Ridgewood, Terra Linda, Tumwater, West TV, Wm Walker, St. Pius, Holy Trinity  
[www.cedarmillbaseball.org](http://www.cedarmillbaseball.org)

#### Liga infantil de Murrayhill

**Escuelas:** Aloha-Huber, Beaver Acres, Chehalem, Cooper Mt., Errol Hassell, Fir Grove, Hazeldale, Hiteon, Kinnaman, Nancy Ryles, Scholls Heights, Sexton Mountain  
[www.murrayhilllittleleague.com](http://www.murrayhilllittleleague.com)

#### Liga infantil de Raleigh Hills

**Escuelas:** Greenway, McKay, Montclair, Raleigh Hills, Raleigh Park, Vose, Whitford, Conestoga  
[www.rhllbaseball.com](http://www.rhllbaseball.com)  
Phone: 971-217-7455

#### Liga Infantil Femenina del Sur de Beaverton

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

**Escuelas:** Aloha Huber Park, Chehalem, Cooper Mountain, Greenway, Errol Hassell, Hazeldale, Kinnaman, McKay, Montclair, Raleigh Hills, Raleigh Park, Vose  
[president@sbgll.com](mailto:president@sbgll.com)  
[southbeavertonll@gmail.com](mailto:southbeavertonll@gmail.com)  
[www.sbgll.com](http://www.sbgll.com)

#### Liga infantil de Willow Creek

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

### Temporada de primavera/verano

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

#### Béisbol | Aloha Junior Baseball/Aloha Sóftbol

**Escuelas:** Aloha High, Aloha Huber, Chehalem, Cooper Mt., Errol Hassell, Hazeldale, Kinnaman, Mountain View, Nancy Ryles, Sexton Mt., Valley Catholic  
[www.alohajuniorbaseball.org](http://www.alohajuniorbaseball.org)

#### Béisbol | Beaverton Junior Baseball

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

#### Sóftbol | Beaverton Blaze Softball

**Escuelas:** Fir Grove, Greenway, Hiteon, McKay, Montclair, Raleigh Hills, Raleigh Park, Conestoga, Highland Park, Whitford, Beaverton High, Jesuit High, Oregon Episcopal, Southridge High  
[www.oregonblazefastpitch.com](http://www.oregonblazefastpitch.com)

#### Béisbol | Mountainside Junior Baseball

**Escuelas:** Aloha Huber, Chehalem, Cooper Mt., Errol Hassell, Fir Grove, Hazeldale, Kinnaman, Nancy Ryles, Scholls Heights, Sexton Mt., Conestoga, Mountain View, Mountainside High  
[mountainsidejbo.com](http://mountainsidejbo.com)

#### Béisbol | Sunset Junior Baseball

**Escuelas:** Barnes, Cedar Mill, Findley, Ridgewood, Terra Linda, William Walker, West TV, Catlin Gabel, Cedar Park, Meadow Park, Stoller, Sunset High  
[leagues.bluesombrero.com/sunsetapollobaseballclub](http://leagues.bluesombrero.com/sunsetapollobaseballclub)

#### Béisbol | Westview Youth Baseball

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

#### Pelota de Otoño

Para ver disponibilidad contacte a la asociación de Fall Ball: [www.westsideyouthbaseball.com](http://www.westsideyouthbaseball.com)

## Básquetbol

### Programas de Básquetbol 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 el Athletic Center. La temporada se extiende de diciembre-marzo. Para su comodidad, la inscripción para el baloncesto juvenil está disponible en línea en [www.thprd.org](http://www.thprd.org) a partir de principios de octubre. Se requiere su número de identificación de THPRD para registrarse. Si tiene alguna pregunta o necesita ayuda para registrar a su atleta llame al 503-629-6330.

# Ligas Deportivas de THPRD - Información General

## Ligas Deportivas Juveniles

### Básquetbol recreativo de primavera para grados de 5 a 8

La Liga Recreativa de Básquetbol Juvenil de Primavera está abierta a estudiantes que actualmente cursan entre grados 5 a 8 y que asisten a una escuela intermedia del Distrito Escolar de Beaverton #48 o que viven dentro de los límites del Distrito #48 o de THPRD. La inscripción comenzará en febrero.

### Básquetbol recreativo de verano para grados de 6 a 8

Este programa está abierto para los atletas La Liga Recreativa de Básquetbol de Verano está abierta a estudiantes que ingresarán a los grados 6 a 8 en el año escolar 2026-2027 y que asisten a una escuela intermedia del Distrito Escolar de Beaverton #48 o que viven dentro de los límites del Distrito #48 o de THPRD. Los partidos se llevarán a cabo entre semana en el Athletic Center. Consulte nuestro sitio web para más información en mayo.

### 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 2026-2027. 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 2026-2027. Las inscripciones e información están disponibles en línea a partir de abril 2026. Para más información consulte nuestra página web.

### Se necesitan entrenadores voluntarios

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

## 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](http://www.beavertoncricketclub.com)  
email: [beavertoncricclub@gmail.com](mailto: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](http://www.pdxcricket.org) o [pmocc2@gmail.com](mailto:pmocc2@gmail.com)



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

## Fútbol Americano

### Fútbol Americano Juvenil

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

### Aloha

Inscripción: del 15 de abril al 15 de junio  
Email: [registrar@alohayouthfootball.com](mailto:registrar@alohayouthfootball.com)  
[www.alohayouthfootball.com](http://www.alohayouthfootball.com)

### Beaverton

Inscripción: del 15 de abril al 15 de junio  
[registrar@beavertonfootball.com](mailto:registrar@beavertonfootball.com)  
[www.beavertonfootball.com](http://www.beavertonfootball.com)

### Mountainside:

Inscripción: del 1 de abril al 15 de junio  
[registrar@mountainsideyouthfootball.com](mailto:registrar@mountainsideyouthfootball.com)  
[www.mountainsideyouthfootball.com](http://www.mountainsideyouthfootball.com)

### Southridge

Inscripción: del 15 de abril al 15 de junio  
[president@southridgeyouthfootball.com](mailto:president@southridgeyouthfootball.com)  
[www.southridgeyouthfootball.com](http://www.southridgeyouthfootball.com)  
[register@southridgeyouthfootball.com](mailto:register@southridgeyouthfootball.com)

### Sunset

Inscripción: del 1 de abril al 30 de junio  
[sunsetyouthfootball@comcast.net](mailto:sunsetyouthfootball@comcast.net)  
[www.sunsetyouthfootball.org](http://www.sunsetyouthfootball.org)

### Westview

Inscripción: del 1 de abril al 15 de junio  
[westviewyouthfootball@gmail.com](mailto:westviewyouthfootball@gmail.com)  
[www.westviewyouthfootball.com](http://www.westviewyouthfootball.com)



## Ligas Deportivas Juveniles

### Lacrosse

#### Liga Juvenil de Lacrosse de Tualatin Valley

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

#### TVLAX

president@tvfax.com  
[www.tvlaxtitans.com](http://www.tvlaxtitans.com)

#### Aloha

[www.alohalacrosse.org](http://www.alohalacrosse.org)

#### Beaverton

president@beavertonbeaverslacrosse.com  
[beavertonhighschoolacrosse.teamsnapsites.com](http://beavertonhighschoolacrosse.teamsnapsites.com)

#### Mountainside

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

#### Southridge

president@southridgeskyhawksyouthlax.com  
<https://southridgeyouthlax.com/>

#### Sunset

[www.sunsetlacrosse.com](http://www.sunsetlacrosse.com)

#### Westview

president@westviewyouthlacrosse.com  
[www.westviewyouthlacrosse.com](http://www.westviewyouthlacrosse.com)

#### Lacrosse – Nivel Preparatoria | Secundaria

#### Aloha

[www.alohalacrosse.org](http://www.alohalacrosse.org)

#### Beaverton

<https://beavertonhighschoolacrosse.teamsnapsites.com/>

#### Mountainside

<https://mountainsidelax.sportngin.com/>

#### Southridge

[www.southridgelacrosse.org](http://www.southridgelacrosse.org)

#### Sunset

[www.sunsetlacrosse.com](http://www.sunsetlacrosse.com)

#### Westview

[www.westviewlacrosse.com](http://www.westviewlacrosse.com)



### Certificación para Entrenadores de Fútbol

Infórmese sobre entrenamiento y certificación como entrenador/a de fútbol. Visite [tualatinhillsjuniorsoccerleague.com](http://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](http://tualatinhillsjuniorsoccerleague.com).

#### Club de fútbol Aloha United

**Escuelas:** Aloha-Huber, Beaver Acres, Cooper Mt., Errol Hassell, Hazeldale, ISB, Kinnaman, Nancy Ryles, Scholls Heights, Sexton Mt. (este de Murray Blvd.)

AUSC: 971-770-2872  
[www.alohaunited.com](http://www.alohaunited.com)

#### Club de fútbol Milltown United

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

milltownregistrar@gmail.com  
[www.milltownsoccer.org](http://www.milltownsoccer.org)

#### Club de fútbol Oak Hills

**Escuelas:** Findley, Jacob Wismer, Oak Hills, Sato

email: [pres@ohsoccer.com](mailto:pres@ohsoccer.com)  
[www.ohsoccer.com](http://www.ohsoccer.com)

#### Club de fútbol Somerset West

**Escuelas:** Bethany, Elmonica, Lenox, McKinley, Rock Creek, Springville

president@somersetwestsoccer.org  
[www.somersetwestsoccer.org](http://www.somersetwestsoccer.org)

#### Club de fútbol Westside

**Escuelas:** Chehalem, Fir Grove, Hiteon, Sexton Mt. (este of Murray Blvd.), Vose Raleigh Hills, Raleigh Park, Montclair, Greenway, McKay.

WSC: 503-352-0180  
[www.westsidesoccerclub.com](http://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](http://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](http://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.bridgcitysoccer.org](http://www.bridgcitysoccer.org)

### Oregon Surf

[www.oregonsurf.com](http://www.oregonsurf.com)  
[hello@oregonsurf.org](mailto:hello@oregonsurf.org)

### Club de fútbol Westside Metros

Línea Club: 503-626-2975  
[john.bain@wsmetros.org](mailto:john.bain@wsmetros.org)  
[www.westsidemetros.org](http://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 2026-27 son elegibles para jugar en esta liga de verano. La información sobre la liga y las inscripciones en línea estará disponible a mediados de abril. Visite la página-web para más información.



# Ligas Deportivas de THPRD - Información General

## Ligas Deportivas para Adultos

### Básquetbol

#### Básquetbol de Invierno para Adultos

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

#### Básquetbol de Verano para Adultos

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

### Cornhole - Juego de Bolsas de Maíz

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



### Kickball

#### Liga de Kickball

¡Kickball se trata de divertirse! ¿Recuerdas cuando eras niño y jugabas con la pelota con tus amigos? Kickball es un juego de recreo y también un juego de liga competitivo similar al softball. La información está disponible en el Athletic Center y en nuestro sitio web en abril. La temporada dura de junio a agosto.

### Fútbol

#### Uso de campos para fútbol

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

### Sóftbol

#### Uso de Campos de Béisbol y Sóftbol

THPRD coordina la asignación de todos los campos de beisbol/sóftbol de marzo a octubre. Cualquier grupo que desee reservar campos para la primavera y verano debe contactar al Athletic Center para llenar una solicitud. Enviar email a [sportsrentals@thprd.org](mailto:sportsrentals@thprd.org)

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

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

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

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

#### Softbol Industrial

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

#### Liga de Softbol Femenino | Open de Otoño y Ligas de Softbol Femenino

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

#### Liga de Softbol Varonil | Liga de Softbol Varonil de Otoño

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

### Torneo de Softbol para Adultos

Las personas que estén interesadas en organizar un torneo de sóftbol en primavera/verano en el complejo de deportes de THPRD deben llenar un acuerdo de uso de las instalaciones (Facility Use Agreement) y hacer un depósito. Contáctenos en el Centro Atlético en 503-629-6330 o [sportsrentals@thprd.org](mailto:sportsrentals@thprd.org).

### Vóleibol

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

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

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

#### Vóleibol en Césped para Adultos en Verano | Summer Adult Grass Volleyball (R04 & R02)

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

#### Vóleibol de Otoño para Adultos

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

#### Vóleibol de Invierno para Adultos

Los partidos se juegan a mitad de la semana por las tardes y comienzan la primera semana de enero. La información sobre la liga e inscripción está disponible en línea en noviembre.

#### Voleibol de Primavera para Adultos

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



# Cedar Hills Recreation Center



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

TriMet Bus Routes #20, #59

Facility Supervisor: Tyler Fransen

**Facility Hours:**

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

Facility Closures: 9/1, 11/27, 11/28, 12/25, 1/1

Modified Schedule: 10/31, 11/11, 12/24, 12/31

**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



*Coming this Fall*  
**Sundays are back!**

**Weight/Cardio rooms**  
**Classes: Preschool, Sports, Art, Dance and more!**  
**Building hours: 8 am-4 pm**



**Join us for our**  
**Fall Festival**  
**Saturday, October 25 • 11 am - 2 pm**

## Winter Break Camp

Join us for fun winter break activities like playing games, making arts & crafts, doing STEM projects and more. Please bring a water bottle, snack and a sack lunch each day.

<b>Frosty Friends</b>			
12/22	M	7:30 am-6 pm	5-11 yrs CH28203
Rm C1	ID/AP: \$70		OD: \$87.50
<b>Little Elves Workshop</b>			
12/23	T	7:30 am-6 pm	5-11 yrs CH28204
Rm C1	ID/AP: \$70		OD: \$87.50
<b>Snowflake Fun</b>			
12/26	F	7:30 am-6 pm	5-11 yrs CH28205
Rm C1	ID/AP: \$70		OD: \$87.50
<b>Frosty Friend</b>			
12/29	M	7:30 am-6 pm	5-11 yrs CH28206
Rm C1	ID/AP: \$70		OD: \$87.50
<b>Countdown to 2026</b>			
12/30	T	7:30 am-6 pm	5-11 yrs CH28207
Rm C1	ID/AP: \$70		OD: \$87.50
<b>Happy New Year</b>			
1/2	F	7:30 am-6 pm	5-11 yrs CH28208
Rm C1	ID/AP: \$70		OD: \$87.50

## INDOOR PLAY PARK

**Starting September 9**  
**Tuesday/Thursday**  
**10 am-12pm**  
**Price: \$5.75 ID/\$8.00 OD**  
**Adult supervision required**

## 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. See website for up-to-date activities.

	Day	Time
<b>Badminton</b>	Thursday	7-8:30 pm
<b>Basketball (30+)</b>	Monday	7:30-8:30 pm
<b>Open Gym</b>	Monday, Wednesday, Friday	12-1 pm
<b>Play Park</b>	Tuesday, Thursday	10 am-12 pm
<b>Pickleball</b>	Monday, Wednesday, Friday	8-10 am
<b>Volleyball (18+) (Single Court)</b>	Sunday	9 am-12 pm
<b>Youth Open Gymnastics</b>	Friday	6:30-8 pm

\*Dependent on current guidelines

\*\*Non-team play. Play is for family groups.

All times and days are subject to changes daily. Visit [www.thprd.org/facilities/recreation/cedar-hills](http://www.thprd.org/facilities/recreation/cedar-hills) for updated information.



### Get Involved... Volunteer!

We have opportunities for volunteers at our events. Sign up at: [www.thprd.org/volunteer](http://www.thprd.org/volunteer).

### ¡Participe como voluntario!

Tenemos oportunidades para voluntarios en nuestros eventos. Inscríbete en: [www.thprd.org/volunteer](http://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.

## Middle School Teen Time at Cedar Hills Recreation Center



There's something for everyone, so come hang out, make new friends, and create memories! Don't miss out, it's going to be a blast!

- **Board Games:** Grab your friends and challenge them to classic board games like Monopoly, Scrabble, Munchkin, Settlers of Catan and more!
- **Card Games:** Whether it's Uno or Exploding Kittens, bring your favorite card game or try one of ours.
- **Table Tennis:** Show off your ping pong skills and go head-to-head with other teens for some fast-paced action!
- **Foosball:** Spin your way to victory with a lively game of foosball—perfect for showing off your reflexes.
- **Mario Kart:** Race against your friends in the ultimate Mario Kart showdown! Who will come out on top as the fastest racer?

**Fridays • 4:15-6 pm**  
**Drop-in rates apply youth ID \$5.75**

## Gymnastics Rentals

Sundays • 12:30-1:30 pm



Come celebrate your special day in our gymnastics room. Call us today at 503-629-6340 to schedule.

## Sunday Classes this Fall!



### Preschool

Art • Cooking • Dance • Kinder Gym  
 Music • Preschool • Sports

### Youth/Teen

Art • Cooking • Dance • Gymnastics  
 Sports • Theater

## Customer Appreciation Week

November 17- 21



# THRIVE

## Afterschool Program

### Teaching Healthy Responsible Individuals Values and Education

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

**Enrollment for the 2025-2026 School Year is open, as long as space allows.** A non-refundable \$50 enrollment fee is due at time of registration.

#### THRIVE tuition options for 2025-2026:

- A. Afterschool care only, 9 payments of \$408
- B. Afterschool care plus seven (7) weeks of summer camp in 2026, 11 payments of \$537

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

Please call the Recreation Center in your attendance zone for more information.

#### 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

## Nine-Month Preschool



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

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

- A \$50 non-refundable enrollment fee is due at the time of registration.
- Tuition is paid on a monthly basis and is due by the 15th of the previous month (example: November tuition is due by October 15). 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 1.

#### Registration open now. Spaces are limited.

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

[www.thprd.org/facilities/recreation/cedar-hills](http://www.thprd.org/facilities/recreation/cedar-hills)

## We accept Employment Related Day Care (ERDC)!

## Arts & Crafts - Preschool

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

Engage in entertaining and expressive art activities with hands-on art projects structured to allow little artists to experience different materials and techniques. Adult participation required. No unregistered siblings. **No class 11/11, 11/23, 11/25 and 11/27.**

9/7-10/19 (7) Rm 2	Su	9:20-10:20 am ID/AP: \$77	1.5-3.5 yrs OD: \$96.25	CH24100
10/26-12/14 (7) Rm 2	Su	9:20-10:20 am ID/AP: \$77	1.5-3.5 yrs OD: \$96.25	CH24101
9/9-10/21 (7) Rm 2	T	9-10 am ID/AP: \$77	1.5-3.5 yrs OD: \$96.25	CH24102
10/28-12/16 (6) Rm 2	T	9-10 am ID/AP: \$66	1.5-3.5 yrs OD: \$82.50	CH24103
9/11-10/23 (7) Rm 2	Th	9-10 am ID/AP: \$77	1.5-3.5 yrs OD: \$96.25	CH24104
10/30-12/18 (7) Rm 2	Th	9-10 am ID/AP: \$77	1.5-3.5 yrs OD: \$96.25	CH24105

### Art Exploration

Explore everything from paint to papier-mache with fun art activities with hands-on art projects structured to allow young artists to experience different mediums and techniques. Adult participation required. No unregistered siblings. **No class 11/11, 11/25 and 11/27.**

9/9-10/21 (7) Rm 2	T	10:20-11:20 am ID/AP: \$77	3-5 yrs OD: \$96.25	CH24110
10/28-12/16 (6) Rm 2	T	10:20-11:20 am ID/AP: \$66	3-5 yrs OD: \$82.50	CH24111
9/11-10/23 (7) Rm 2	Th	10:20-11:20 am ID/AP: \$77	3-5 yrs OD: \$96.25	CH24112
10/30-12/18 (7) Rm 2	Th	10:20-11:20 am ID/AP: \$77	3-5 yrs OD: \$96.25	CH24113

## Arts & Crafts – Youth

### Youth Painting new

Join us for Youth Painting and unleash your creativity with a new project each week! Explore various painting techniques and mediums, experimenting with different styles, textures, and effects to create some cool artwork to take home. Have fun, make friends, and practice your painting skills in a supportive and creative environment. **No class 11/24.**

9/8-10/20 (7) Rm 2	M	5:30-6:30 pm ID/AP: \$77	6-10 yrs OD: \$96.25	CH24200
10/27-12/15 (7) Rm 2	M	5:30-6:30 pm ID/AP: \$77	6-10 yrs OD: \$96.25	CH24201

### Afterschool Art Sampler

Join us in Afterschool Art Sampler, where you can explore different mediums of art every week! Children will work with painting, drawing, sculpture, collage, creative projects, and more. **No class 11/26.**

9/10-10/22 (7) Rm 2	W	5:30-6:30 pm ID/AP: \$77	6-10 yrs OD: \$96.25	CH24202
10/29-12/17 (7) Rm 2	W	5:30-6:30 pm ID/AP: \$77	6-10 yrs OD: \$96.25	CH24203

## Nature Art

Join us in Nature Art, where young artists will explore, learn, draw, paint, and create artwork each week using natural materials and celebrating the earth's beauty! Expect to take home projects using sticks, twigs, flowers, clay, and more. **No class 11/29.**

9/13-10/18 (6) Rm 2	S	1-2 pm ID/AP: \$66	6-10 yrs OD: \$82.50	CH24204
11/1-12/13 (6) Rm 2	S	1-2 pm ID/AP: \$66	6-10 yrs OD: \$82.50	CH24205

## Arts & Crafts – Teen/Adult

### Teen Comic and Illustration

From mastering the basics of sketching and shading to experimenting with unique styles and mediums, this class is perfect for both beginners and experienced young artists. Whether you're into realistic portraits, imaginative character design, or vibrant abstract art, you'll develop your skills in a supportive and inspiring environment. **No class 11/29.**

9/13-10/18 (6) Rm 2	S	10:30-11:30 am ID/AP: \$66	10-14 yrs OD: \$82.50	CH24300
11/1-12/13 (6) Rm 2	S	10:30-11:30 am ID/AP: \$66	10-14 yrs OD: \$82.50	CH24301

### Mixed Medium Art, All Levels

Come explore various artistic mediums including acrylics, oils, pastels or watercolors. Students are encouraged to bring their own supplies and work on personal projects at their own speed. The instructor will provide personalized support to each student in order to help develop their skills.

9/10-10/22 (7) Rm 3	W	9:30 am-12:30 pm ID/AP: \$179	14-adult OD: \$223.75	CH24502
10/29-12/17 (7) Rm 3	W	9:30 am-12:30 pm ID/AP: \$179	14-adult OD: \$223.75	CH24503

### Watercolor, All Levels

Learn aspects of watercolor painting including still life, design and color harmony. Students are encouraged to bring their own supplies and work on personal projects at their own speed. The instructor will provide personalized support to each student to help develop their skills.

9/9-10/21 (7) Rm 3	T	9:30 am-12:30 pm ID/AP: \$179	14-adult OD: \$223.75	CH24500
10/28-12/16 (6) Rm 3	T	9:30 am-12:30 pm ID/AP: \$154	14-adult OD: \$192.50	CH24501

## Cooking – Preschool

### Tiny Chefs - Preschool Cooking new

Each week, little chefs will help mix, measure, and create fun, kid-friendly recipes while exploring new ingredients and building confidence in the kitchen! Kids practice cooperation, listening, and hand-eye coordination, as well as early math skills. While we cannot guarantee a completely allergy-free environment, please contact Cedar Hills Recreation Center with 2 weeks notice to request dietary accommodation. **No class 11/23.**

9/7-10/19 (7) Kitchen	Su	9-10 am ID/AP: \$134	4-6 yrs OD: \$167.50	CH25102
10/26-12/14 (7) Kitchen	Su	9-10 am ID/AP: \$134	4-6 yrs OD: \$167.50	CH25103

## Kids Cooking Club

### Pizza Party!

Have some fun in the kitchen learning culinary skills and safety! In this class, participants will make some delicious pizza from scratch, all while learning basic cooking techniques. While we cannot guarantee a completely allergy-free environment, please contact Cedar Hills Recreation Center with 2 weeks notice to request dietary accommodation.

9/12 Kitchen F 6-8 pm ID/AP: \$39 7-11 yrs OD: \$48.75 CH25200

### Mexican Recipes!

Have some fun in the kitchen learning culinary skills and safety! In this class, participants will make some delicious Mexican recipes from scratch like elote (Mexican corn) and tacos, all while learning basic cooking techniques. While we cannot guarantee a completely allergy-free environment, please contact Cedar Hills Recreation Center with 2 weeks notice to request dietary accommodation.

9/19 Kitchen F 6-8 pm ID/AP: \$39 7-11 yrs OD: \$48.75 CH25201

### Best Brownies Ever!

Have some fun in the kitchen learning culinary skills and safety! In this class, participants will make some delicious brownies from scratch, all while learning basic cooking techniques. While we cannot guarantee a completely allergy-free environment, please contact Cedar Hills Recreation Center with 2 weeks notice to request dietary accommodation.

10/3 Kitchen F 6-8 pm ID/AP: \$39 7-11 yrs OD: \$48.75 CH25202

### Homemade Pasta!

Have some fun in the kitchen learning culinary skills and safety! In this class, participants will make some delicious pasta and sauce from scratch, all while learning basic cooking techniques. While we cannot guarantee a completely allergy-free environment, please contact Cedar Hills Recreation Center with 2 weeks notice to request dietary accommodation.

10/10 Kitchen F 6-8 pm ID/AP: \$39 7-11 yrs OD: \$48.75 CH25203

### Hearty Soups and Bread! (Vegetarian)

In this class, participants will make some yummy and filling vegetarian soups, and a side of bread to go with them! While we cannot guarantee a completely allergy-free environment, please contact Cedar Hills Recreation Center with 2 weeks notice to request dietary accommodation.

11/7 Kitchen F 6-8 pm ID/AP: \$39 7-11 yrs OD: \$48.75 CH25204

### Spaghetti and "Meat"balls! (Vegan, Gluten-Free)

Have some fun in the kitchen learning culinary skills and safety! In this class, participants will make the best vegan, gluten-free spaghetti and meatballs you've ever had! While we cannot guarantee a completely allergy-free environment, please contact Cedar Hills Recreation Center with 2 weeks notice to request dietary accommodation.

11/14 Kitchen F 6-8 pm ID/AP: \$39 7-11 yrs OD: \$48.75 CH25205

### Warm Fruit Pies!

Have some fun in the kitchen learning culinary skills and safety! In this class, participants will make the best mini fruit pies for a cold winter's night! While we cannot guarantee a completely allergy-free environment, please contact Cedar Hills Recreation Center with 2 weeks notice to request dietary accommodation.

11/21 Kitchen F 6-8 pm ID/AP: \$39 7-11 yrs OD: \$48.75 CH25206

### Holiday Treats!

Have some fun in the kitchen learning culinary skills and safety! In this class, participants will make some tasty and sweet holiday treats! While we cannot guarantee a completely allergy-free environment, please contact Cedar Hills Recreation Center with 2 weeks notice to request dietary accommodation.

12/12 Kitchen F 6-8 pm ID/AP: \$39 7-11 yrs OD: \$48.75 CH25207

## Cooking - Youth

### Kids Cooking Series - Around the World!

Embark on a cooking adventure and explore global flavors with easy recipes from around the world! Students will learn culinary techniques and terminology while learning to make a variety of new and delicious foods each week! While we cannot guarantee a completely allergy-free environment, please contact Cedar Hills Recreation Center with 2 weeks notice to request dietary accommodation. **No class 10/25, 11/29.**

9/13-10/18 (6) S 10-11:30 am ID/AP: \$156 7-11 yrs OD: \$195 CH25210

11/1-12/13 (6) S 10-11:30 am ID/AP: \$156 7-11 yrs OD: \$195 CH25211

## Cooking - Teen/Adult

### Teens Cooking Series - Delicious and Easy new

Break away from all the frozen dinners and learn to make some truly delicious and easy meals in our new Teen Cooking Series! Recipes learned each week will be new, exciting, and taste amazing, all while being able to be recreated easily at home. While we cannot guarantee a completely allergy-free environment, please contact Cedar Hills Recreation Center with 2 weeks notice to request dietary accommodation. **No class 11/23.**

9/7-10/19 (7) Su 11 am-12:30 pm ID/AP: \$182 11-14 yrs OD: \$227.50 CH25310

10/26-12/14 (7) Su 11 am-12:30 pm ID/AP: \$182 11-14 yrs OD: \$227.50 CH25311

## 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.

### Moroccan Night!

Come join our Adult Cooking Nights, conveniently scheduled alongside our Kid's Night Out program, so you can take advantage of registering for both! Tonight we are learning how to make some delicious Moroccan recipes and treats! Please note: We cannot guarantee an allergy-free environment.

9/26 Kitchen F 6-8:30 pm ID/AP: \$46 16-Adult OD: \$57.50 CH25500

### Focaccia Bread Workshop

Tonight we are learning all about focaccia! Please note: We cannot guarantee an allergy-free environment.

10/17 Kitchen F 6-8:30 pm ID/AP: \$46 16-Adult OD: \$57.50 CH25501

### Holiday Desserts

Tonight we are learning recipes for delicious holiday desserts that are sure to impress! Please note: We cannot guarantee an allergy-free environment.

12/5 Kitchen F 6-8:30 pm ID/AP: \$46 16-Adult OD: \$57.50 CH25502

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

## Dance – Preschool

### Dance with Me!

Little ones will twirl, leap, and move to the music alongside their favorite grown-up in this joyful introduction to creative movement. Together, you'll explore basic ballet steps that help build balance, coordination, and confidence, all in a playful, supportive environment. Adult participation is required. Please note: no unregistered siblings. **No class 10/25, 11/11, 11/24, 11/25, 11/28 and 11/29.**

9/7-12/14 (14) Rm 5	Su	1:30-2 pm ID/AP: \$89	2-4 yrs OD: \$111.25	CH21100
9/8-12/15 (14) Rm 5	M	9:15-9:45 am ID/AP: \$89	2-4 yrs OD: \$111.25	CH21101
9/9-12/16 (13) Rm 5	T	9:15-9:45 am ID/AP: \$83	2-4 yrs OD: \$103.75	CH21102
9/12-12/19 (14) Rm 5	F	10:10:30 am ID/AP: \$89	2-4 yrs OD: \$111.25	CH21103
9/13-12/13 (12) Rm 5	S	9-9:30 am ID/AP: \$76	2-4 yrs OD: \$95	CH21104

### Dance Adventure Kids

Step into the magic of movement with a class designed just for your energetic and imaginative dancers! This joyful introduction to dance encourages self-expression, creativity, and physical growth in a playful and supportive setting. This is a non-parent participation class. **No class 11/11, 11/24, 11/25, and 11/26.**

9/8-12/15 (14) Rm 5	M	11-11:45 am ID/AP: \$125	3-5 yrs OD: \$156.25	CH21130
9/9-12/16 (13) Rm 5	T	10:10:45 am ID/AP: \$117	3-5 yrs OD: \$146.25	CH21131
9/10-12/17 (14) Rm 5	W	10:15-11 am ID/AP: \$125	3-5 yrs OD: \$156.25	CH21132
9/10-12/17 (14) Rm 5	W	5:30-6:15 pm ID/AP: \$125	3-5 yrs OD: \$156.25	CH21133

### Pre-Ballet

This playful and engaging dance class introduces young dancers to the foundations of ballet, including basic steps, positions, and terminology. With a strong focus on creative movement, rhythm, balance, and coordination, students build confidence and body awareness in a fun and supportive environment designed to spark imagination and a love for dance. **No class 10/25, 11/24, 11/26, 11/27, and 11/29.**

9/7-12/14 (14) Rm 5	Su	9-9:45 am ID/AP: \$125	4-6 yrs OD: \$156.25	CH21119
9/8-12/15 (14) Rm 5	M	10:10:45 am ID/AP: \$125	3-5 yrs OD: \$156.25	CH21120
9/10-12/17 (14) Rm 5	W	9:15-10 am ID/AP: \$125	3-5 yrs OD: \$156.25	CH21121
9/11-12/18 (14) Rm 5	Th	10:15-11 am ID/AP: \$125	3-5 yrs OD: \$156.25	CH21122
9/13-12/13 (12) Rm 5	S	9:45-10:30 am ID/AP: \$109	4-6 yrs OD: \$136.25	CH21125
9/13-12/13 (12) Rm D	S	10:10:45 am ID/AP: \$109	3-5 yrs OD: \$136.25	CH21123
9/13-12/13 (12) Rm D	S	11-11:45 am ID/AP: \$109	3-5 yrs OD: \$136.25	CH21124
9/13-12/13 (12) Rm 5	S	12-12:45 pm ID/AP: \$109	4-6 yrs OD: \$136.25	CH21126

## Hip Hop Kids

This high-energy class is designed just for young dancers, blending age-appropriate hip hop moves with fun music and dynamic combos. It's the perfect way to build confidence, coordination, and rhythm while having a blast. **No class 10/25, 11/26, 11/27, 11/25, 11/28 and 11/29.**

9/7-12/14 (14) Rm 5	Su	10-10:45 am ID/AP: \$125	4-6 yrs OD: \$156.25	CH21110
9/10-12/17 (14) Rm 5	W	11:15 am-12 pm ID/AP: \$125	3-5 yrs OD: \$156.25	CH21111
9/11-12/18 (14) Rm 5	Th	9:15-10 am ID/AP: \$125	3-5 yrs OD: \$156.25	CH21112
9/12-12/19 (14) Rm 5	F	10:45-11:30 am ID/AP: \$125	3-5 yrs OD: \$156.25	CH21113
9/13-12/13 (12) Rm D	S	9-9:45 am ID/AP: \$109	3-5 yrs OD: \$136.25	CH21114
9/13-12/13 (12) Rm D	S	12-12:45 pm ID/AP: \$109	3-5 yrs OD: \$136.25	CH21115
9/13-12/13 (12) Rm 5	S	10:45-11:30 am ID/AP: \$109	4-6 yrs OD: \$136.25	CH21116

## Dance – Youth

### Hip Hop Ballet

This fun and energetic class blends the elegance of ballet with the rhythm and groove of hip hop. No dance experience needed; beginners are warmly welcome! Dancers will explore the fundamentals of both styles while building coordination, confidence, and a love for movement. **No Class 11/11, 11/25, and 11/27.**

9/9-12/16 (13) Rm D	T	4:30-5:15 pm ID/AP: \$117	6-9 yrs OD: \$146.25	CH21200
9/11-12/18 (14) Rm D	Th	6:15-7 pm ID/AP: \$125	6-9 yrs OD: \$156.25	CH21201
9/11-12/18 (14) Rm D	Th	7:15-8 pm ID/AP: \$125	9-12 yrs OD: \$156.25	CH21202

### Intro to Ballet

This dance class welcomes students curious about the study of classical ballet. No prior dance experience is needed, and beginners are encouraged to join. Students will explore ballet fundamentals, building an understanding of its technique, artistry, and core principles. **No class 10/24, 10/31, 11/11, 11/23, 11/25, 11/27, and 11/28.**

9/7-12/14 (14) Rm 5	Su	11-11:45 am ID/AP: \$125	6-11 yrs OD: \$156.25	CH21203
9/11-12/18 (14) Rm D	Th	5:15-6 pm ID/AP: \$125	6-11 yrs OD: \$156.25	CH21204
9/12-12/19 (12) Rm 8	F	5-5:45 pm ID/AP: \$109	6-11 yrs OD: \$136.25	CH21205

### Intro to Hip Hop

Step into a world of rhythm and creativity with our Intro to Hip Hop class; the perfect way for kids to dive into hip hop dance! This high-energy class focuses on fun, movement, and building confidence on the dance floor. Tennis shoes required. **No class 10/24, 10/31, 11/11, 11/25, 11/26 and 11/28.**

9/7-12/14 (14) Rm 5	Su	12-12:45 pm ID/AP: \$125	6-11 yrs OD: \$156.25	CH21206
9/9-12/16 (13) Rm D	T	5:30-6:15 pm ID/AP: \$117	6-11 yrs OD: \$146.25	CH21207
9/10-12/17 (14) Rm D	W	5:15-6 pm ID/AP: \$125	6-11 yrs OD: \$156.25	CH21208
9/12-12/19 (12) Rm 8	F	6-6:45 pm ID/AP: \$109	6-11 yrs OD: \$136.25	CH21209

## Line Dance Kids new

Move with the beat in our brand new Intro to Line Dance class. A fun and energetic way for kids to learn the basics of line dancing! This engaging class focuses on movement, coordination, and building confidence, all while dancing to upbeat current music and popular dances. **No Class 11/23.**

9/7-12/14 (14) Su 2:15-3 pm 6-11 yrs CH21210  
Rm 5 ID/AP: \$125 OD: \$156.25

## Trendsetter Dance Lab

In this class, we will be learning the Internet's most popular and trending dances! We'll break down the moves from viral videos and learn how to perform them with confidence and style. The class will be upbeat, fun, and always age-appropriate! **No Class 11/24.**

9/8-12/15 (14) M 5-5:45 pm 9-12 yrs CH21211  
Rm 5 ID/AP: \$125 OD: \$156.25

## 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. **No class 11/26 and 11/27.**

9/10-12/17 (13) W 7:15-8:15 pm 14-adult CH21506  
Rm 6 ID/AP: \$175 OD: \$218.75

### Adult Hip Hop (Intermediate)

Level up your hip hop skills in this new class with fun combos, musicality and style. For dancer ready to be challenged and grow. **No class 11/27.**

9/11-12/18 (13) Th 7:15-8:15 pm 14-adult CH21507  
Rm 6 ID/AP: \$175 OD: \$218.75

### Beginner Ballet 14 +

This beginner-level traditional ballet technique class focuses on comprehensive barre and center work tailored specifically for new dancers. Students will build a strong foundation while developing strength, flexibility, coordination, and confidence. No prior experience needed. All levels are welcome! **No class 11/24.**

9/8-12/15 (13) M 6-7 pm 14-adult CH21501  
Rm 5 ID/AP: \$175 OD: \$218.75

### Classical Ballet 14 +

This beginner-level traditional ballet technique class focuses on comprehensive barre and center work tailored specifically for new dancers. Students will build a strong foundation while developing strength, flexibility, coordination, and confidence. No prior experience needed. All levels are welcome! **No class 11/24 and 11/26.**

9/8-12/15 (13) M 7:15-8:15 pm 14-adult CH21502  
Rm 5 ID/AP: \$175 OD: \$218.75

9/10-12/17 (13) W 6:30-8 pm 14-adult CH21503  
Rm 5 ID/AP: \$240 OD: \$300

### 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. **No class 11/11 and 11/25.**

9/9-12/9 (12) T 6:15-7:15 pm 16-adult CH21504  
Rm D ID/AP: \$162 OD: \$202.50

### Belly Dance (Intermediate)

For dancers ready to be challenged. Low impact full body workout sprinkled with the history, art and lore of this timeless dance style! Focus on developing strength, flexibility, coordination and dance techniques specific to middle eastern and historic world rhythms. **No class 11/11 and 11/25.**

9/9-12/9 (12) T 7:30-8:30 pm 16-adult CH21505  
Rm D ID/AP: \$162 OD: \$202.50

### Intro to Line Dancing

Join us for a lively introduction to line dancing! Whether you're taking your first steps or refining your moves, our classes offer a blend of energetic routines and catchy tunes. Get ready for a workout that feels like fun as we groove to upbeat music and learn new steps together. No dance background required and beginners are warmly welcomed! **No class 11/26.**

9/10-12/17 (14) W 7:30-8:30 pm 16-adult CH21508  
Rm D ID/AP: \$175 OD: \$218.75

## First Time Friends

This class encourages children to emotionally and socially adapt to a classroom setting. We will strengthen our skills in sharing, listening and following directions; learn to make transitions and much more through art, stories and free play. Please bring a snack and water bottle to class. This is a non-parent participation class. **No class 11/23, 11/24, 11/26, and 11/28.**

9/7-10/19 (7) Su 9:30-11:30 am 2-3.5 yrs CH28100  
Rm 10 ID/AP: \$177 OD: \$221.25

10/26-12/14 (7) Su 9:30-11:30 am 2-3.5 yrs CH28101  
Rm 10 ID/AP: \$177 OD: \$221.25

9/8-10/20 (7) M 9:30-11:30 am 2-3.5 yrs CH28102  
Rm 10 ID/AP: \$177 OD: \$221.25

9/8-10/20 (7) M 12:15-2:15 pm 2-3.5 yrs CH28103  
Rm 10 ID/AP: \$177 OD: \$221.25

10/27-12/15 (7) M 9:30-11:30 am 2-3.5 yrs CH28104  
Rm 10 ID/AP: \$177 OD: \$221.25

10/27-12/15 (7) M 12:15-2:15 pm 2-3.5 yrs CH28105  
Rm 10 ID/AP: \$177 OD: \$221.25

9/10-10/22 (7) W 9:30-11:30 am 2-3.5 yrs CH28106  
Rm 10 ID/AP: \$177 OD: \$221.25

10/29-12/17 (7) W 9:30-11:30 am 2-3.5 yrs CH28108  
Rm 10 ID/AP: \$177 OD: \$221.25

9/12-10/24 (7) F 9:30-11:30 am 2-3.5 yrs CH28110  
Rm 10 ID/AP: \$177 OD: \$221.25

10/31-12/19 (7) F 9:30-11:30 am 2-3.5 yrs CH28112  
Rm 10 ID/AP: \$177 OD: \$221.25

## A-B-C Come Learn with Me

This class improves social and cognitive skills and helps children become comfortable in a classroom setting. Through art, music and sensory play, we will begin to explore the development of problem-solving, imagination and attention span. Please bring a snack and water bottle to class. This is a non-parent participation class. **No class 11/11, 11/25, and 11/27.**

9/9-10/21 (7) T 9-11:30 am 3-4 yrs CH28115  
Rm 10 ID/AP: \$211 OD: \$263.75

9/9-10/21 (7) T 12:30-3 pm 3-4 yrs CH28116  
Rm 10 ID/AP: \$211 OD: \$263.75

10/28-12/16 (6) T 9-11:30 am 3-4 yrs CH28117  
Rm 10 ID/AP: \$181 OD: \$226.25

10/28-12/16 (6) T 12:30-3 pm 3-4 yrs CH28118  
Rm 10 ID/AP: \$181 OD: \$226.25

9/11-10/23 (7) Th 9-11:30 am 3-4 yrs CH28119  
Rm 10 ID/AP: \$211 OD: \$263.75

10/30-12/18 (7) Th 9-11:30 am 3-4 yrs CH28121  
Rm 10 ID/AP: \$211 OD: \$263.75

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 11/23 and 11/24.**

9/7-10/19 (7) Rm 2	Su	8:15-9 am ID/AP: \$48	1.5-2 yrs OD: \$60	CH28125
10/26-12/14 (7) Rm 2	Su	8:15-9 am ID/AP: \$48	1.5-2 yrs OD: \$60	CH28126
9/8-10/20 (7) Rm 2	M	9-9:45 am ID/AP: \$48	1.5-2 yrs OD: \$60	CH28127
10/27-12/15 (7) Rm 2	M	9-9:45 am ID/AP: \$48	1.5-2 yrs OD: \$60	CH28128

### Music and Movement

Nurture your kiddo's energy and creativity in a class designed for children who love music. Sing songs, dance and read stories while building confidence, self-control, and language skills. Adult participation required. No unregistered siblings. **No class 11/24.**

9/8-10/20 (7) Rm 2	M	10:15-11 am ID/AP: \$48	2.5-3 yrs OD: \$60	CH28130
10/27-12/15 (7) Rm 2	M	10:15-11 am ID/AP: \$48	2.5-3 yrs OD: \$60	CH28131

### Science Pals

Engage in entertaining science projects structured to introduce little learners to a variety of scientific topics and vocabulary. Adult participation required. No unregistered siblings. **No class 11/26.**

9/10-10/22 (7) Rm 2	W	9-9:45 am ID/AP: \$67	2.5-4 yrs OD: \$83.75	CH25100
10/29-12/17 (7) Rm 2	W	9-9:45 am ID/AP: \$67	2.5-4 yrs OD: \$83.75	CH25101

### Science Buddies

This class is designed to introduce kids to a variety of scientific topics and vocabulary with fun experiments and demonstrations. Adult participation required. No unregistered siblings. **No class 11/26.**

9/10-10/22 (7) Rm 2	W	10:15-11 am ID/AP: \$67	3-5 yrs OD: \$83.75	CH25110
10/29-12/17 (7) Rm 2	W	10:15-11 am ID/AP: \$67	3-5 yrs OD: \$83.75	CH25111

## General Interest – Youth

### 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 11/29.**

9/13-10/18 (6) Rm C1	S	9-10 am ID/AP: \$79	5-6 yrs OD: \$98.75	CH25215
11/1-12/13 (6) Rm C1	S	9-10 am ID/AP: \$79	5-6 yrs OD: \$98.75	CH25216

### 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 11/29.**

9/13-10/18 (6) Rm C1	S	10:45-11:45 am ID/AP: \$79	7-10 yrs OD: \$98.75	CH25217
11/1-12/13 (6) Rm C1	S	10:45-11:45 am ID/AP: \$79	7-10 yrs OD: \$98.75	CH25218

## Afterschool Adventure Club new

Come join us in Afterschool Adventure Club, where you'll use your imagination and storytelling abilities to explore magical worlds, create unique characters, and go on epic quests together! Inspired by Dungeons & Dragons, this class will build storytelling, teamwork, and critical thinking skills through collaborative roleplay and creative problem-solving. **No class 11/27.**

9/11-10/23 (7) Rm 2	Th	5:30-6:30 pm ID/AP: \$66	8-12 yrs OD: \$82.50	CH25230
10/30-12/18 (7) Rm 2	Th	5:30-6:30 pm ID/AP: \$66	8-12 yrs OD: \$82.50	CH25231

## 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 11/23.**

9/7-10/19 (7) Rm 2	Su	12-1 pm ID/AP: \$66	6-8 yrs OD: \$82.50	CH25240
10/26-12/14 (7) Rm 2	Su	12-1 pm ID/AP: \$66	6-8 yrs OD: \$82.50	CH25241

## Intro to Theater Workshop

In this class, students will learn all about what goes into a theater stage production including acting, directing, designing, and more, all while doing fun theater games and projects each week! **No class 11/23.**

9/7-10/19 (7) Rm 2	Su	10:30-11:30 am ID/AP: \$66	8-10 yrs OD: \$82.50	CH25242
10/26-12/14 (7) Rm 2	Su	10:30-11:30 am ID/AP: \$66	8-10 yrs OD: \$82.50	CH25243

## 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 a pen or pencil.

11/8-11/15 (2) Rm A	S	8 am-12 pm ID/AP: \$98	11-15 yrs OD: \$122.50	CH25300
12/6-12/13 (2) Rm A	S	8:30 am-12:30 pm ID/AP: \$98	11-15 yrs OD: \$122.50	CH25301

## 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.

11/15 Rm A	S	1-3:30 pm ID/AP: \$37	8-12 yrs OD: \$46.25	CH25302
11/22 Rm A	S	8:30-11:15 am ID/AP: \$37	8-12 yrs OD: \$46.25	CH25303

*Coming this Fall*

# Sundays are back!

**Weight/Cardio rooms**

**Classes: Preschool, Sports, Art, Dance and more!**

**Building hours: 8 am-4 pm**

## 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](http://www.thprd.org).**

**Fridays 6:30-8 pm**

## General Interest – Teen/Adult

### Youth/Teen Guitar

Learn to play the guitar in a group setting! This youth and teen beginner's class will teach you basic chords and strumming and help you understand how the guitar works. Once you're ready, move up to Guitar I. Bring your own guitar, tuner, and picks. **No class 11/11 and 11/25.**

9/9-10/21 (7) Rm 3	T	4:40-5:40 pm	7-15 yrs	CH25220
		ID/AP: \$67	OD: \$83.75	
10/28-12/16 (6) Rm 3	T	4:40-5:40 pm	7-15 yrs	CH25221
		ID/AP: \$58	OD: \$72.50	

### Guitar I

Learn basic chords and strumming patterns, develop technical skills, and improve your speed and accuracy between chord changes in this beginner's guitar class for teens and adults. Once you're ready, move up into Guitar II! Bring your own guitar, tuner, and picks. **No class 11/11 and 11/25.**

9/9-10/21 (7) Rm 3	T	6-7 pm	16-adult	CH25522
		ID/AP: \$67	OD: \$83.75	
10/28-12/16 (6) Rm 3	T	6-7 pm	16-adult	CH25523
		ID/AP: \$58	OD: \$72.50	

### Guitar II

Get ready to play some songs and tunes! This class is designed to be a continuation of Guitar I, or for people who have mastered the basics of chord progressions and scales and are looking for a more intermediate class. Bring your own guitar, tuner, and picks. **No class 11/11 and 11/25.**

9/9-10/21 (7) Rm 3	T	7:05-8:05 pm	16-adult	CH25524
		ID/AP: \$67	OD: \$83.75	
10/28-12/16 (6) Rm 3	T	7:05-8:05 pm	16-adult	CH25525
		ID/AP: \$58	OD: \$72.50	

### Guitar, Small Group Lesson

Learn to play the guitar in a small group of no more than 4 people. Register solo or bring a friend or family member you can learn together with! Bring your own guitar, tuner, and picks. **No class 11/11 and 11/25.**

9/9-10/21 (7) Rm 3	T	3:35-4:35 pm	7-adult	CH25520
		ID/AP: \$189	OD: \$236.25	
10/28-12/16 (6) Rm 3	T	3:35-4:35 pm	7-adult	CH25521
		ID/AP: \$162	OD: \$202.50	

### 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 waitlist to set up private lessons when available. Private lesson cost is \$60 per 30-minute class. Class is typically scheduled between 3 and 8pm on Tuesday's.

9/9-12/16 (13) Rm 3	T	3-3:30 pm	7-adult	CH25530
		ID/AP: \$0	OD: \$0	

## Kid's Night Out

Let us handle the fun while you take the night off. At Kids Night Out, your child will enjoy active games, a hands-on craft, and a pizza dinner—then settle in for a movie and popcorn. It's a night full of creativity, play, and relaxed fun with friends, all supervised by our friendly Cedar Hills staff.

9/26 Rm C1	F	6-9 pm	5-10 yrs	CH28200
		ID/AP: \$59	OD: \$73.75	
10/17 Rm C1	F	6-9 pm	5-10 yrs	CH28201
		ID/AP: \$59	OD: \$73.75	
12/5 Rm C1	F	6-9 pm	5-10 yrs	CH28202
		ID/AP: \$59	OD: \$73.75	

## Gymnastics - Preschool

### KinderGym

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 one adult & participant. **No class 11/23, 11/26, and 11/28.**

9/7-10/19 (7) Rm 9	Su	8:15-9 am	2-3 yrs	CH23100
		ID/AP: \$99	OD: \$123.75	
10/26-12/14 (7) Rm 9	Su	8:15-9 am	2-3 yrs	CH23101
		ID/AP: \$99	OD: \$123.75	
9/10-10/22 (7) Rm 9	W	9:15-10 am	2-3 yrs	CH23102
		ID/AP: \$99	OD: \$123.75	
10/29-12/17 (7) Rm 9	W	9:15-10 am	2-3 yrs	CH23103
		ID/AP: \$99	OD: \$123.75	
9/12-10/24 (7) Rm 9	F	9:15-10 am	2-3 yrs	CH23104
		ID/AP: \$99	OD: \$123.75	
10/31-12/19 (7) Rm 9	F	9:15-10 am	2-3 yrs	CH23105
		ID/AP: \$99	OD: \$123.75	

### KinderStars

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 one adult & participant. **No class 11/23, 11/26, 11/28, and 11/29.**

9/10-10/22 (7) Rm 9	W	10:30-11:15 am	2.5-3.5 yrs	CH23130
		ID/AP: \$99	OD: \$123.75	
10/29-12/17 (7) Rm 9	W	10:30-11:15 am	2.5-3.5 yrs	CH23131
		ID/AP: \$99	OD: \$123.75	
9/12-10/24 (7) Rm 9	F	10:30-11:15 am	2.5-3.5 yrs	CH23132
		ID/AP: \$99	OD: \$123.75	
10/31-12/19 (7) Rm 9	F	10:30-11:15 am	2.5-3.5 yrs	CH23133
		ID/AP: \$99	OD: \$123.75	
9/13-10/18 (6) Rm 9	S	8:15-9 am	2.5-3.5 yrs	CH23134
		ID/AP: \$85	OD: \$106.25	
11/1-12/13 (6) Rm 9	S	8:15-9 am	2.5-3.5 yrs	CH23135
		ID/AP: \$85	OD: \$106.25	

### Pre-Gymnastics

This is a beginning level gymnastics class that will focus on all four Olympic events. Students will get an introduction to floor, vault, bars and beam through obstacle courses with a focus on listening and following directions. **No class 10/25, 10/31, 11/11, 11/23, 11/24, 11/25, 11/26, 11/27, 11/28, and 11/29.**

9/7-10/19 (7) Rm 9	Su	9:15-10 am	3.5-4 yrs	CH23150
		ID/AP: \$99	OD: \$123.75	
10/26-12/14 (7) Rm 9	Su	9:15-10 am	3.5-4 yrs	CH23151
		ID/AP: \$85	OD: \$106.25	
9/8-10/20 (7) Rm 9	M	9:15-10 am	3.5-4 yrs	CH23152
		ID/AP: \$99	OD: \$123.75	
10/27-12/15 (7) Rm 9	M	9:15-10 am	3.5-4 yrs	CH23153
		ID/AP: \$99	OD: \$123.75	
9/8-10/20 (7) Rm 9	M	4-4:45 pm	3.5-4 yrs	CH23154
		ID/AP: \$99	OD: \$123.75	
10/27-12/15 (7) Rm 9	M	4-4:45 pm	3.5-4 yrs	CH23155
		ID/AP: \$99	OD: \$123.75	
9/9-10/21 (7) Rm 9	T	9:15-10 am	3.5-4 yrs	CH23156
		ID/AP: \$99	OD: \$123.75	
10/28-12/16 (6) Rm 9	T	9:15-10 am	3.5-4 yrs	CH23157
		ID/AP: \$85	OD: \$106.25	
9/9-10/21 (7) Rm 9	T	5-5:45 pm	3.5-4 yrs	CH23158
		ID/AP: \$99	OD: \$123.75	
10/28-12/16 (6) Rm 9	T	5-5:45 pm	3.5-4 yrs	CH23159
		ID/AP: \$85	OD: \$106.25	
9/10-10/22 (7) Rm 9	W	4-4:45 pm	3.5-4 yrs	CH23160
		ID/AP: \$99	OD: \$123.75	
10/29-12/17 (7) Rm 2	W	4-4:45 pm	3.5-4 yrs	CH23161
		ID/AP: \$99	OD: \$123.75	

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

9/11-10/23 (7) Rm 9	Th	10:30-11:15 am ID/AP: \$99	3.5-4 yrs OD: \$123.75	CH23162
10/30-12/18 (7) Rm 9	Th	10:30-11:15 am ID/AP: \$99	3.5-4 yrs OD: \$123.75	CH23163
9/13-10/18 (6) Rm 9	S	9:15-10 am ID/AP: \$85	3.5-4 yrs OD: \$106.25	CH23164
11/1-12/13 (6) Rm 9	S	9:15-10 am ID/AP: \$85	3.5-4 yrs OD: \$106.25	CH23165
9/7-10/19 (7) Rm 9	Su	10:30-11:15 am ID/AP: \$99	4-6 yrs OD: \$123.75	CH23175
10/26-12/14 (7) Rm 9	Su	10:30-11:15 am ID/AP: \$99	4-6 yrs OD: \$123.75	CH23176
9/8-10/20 (7) Rm 9	M	10:30-11:15 am ID/AP: \$99	4-6 yrs OD: \$123.75	CH23177
10/27-12/15 (7) Rm 9	M	10:30-11:15 am ID/AP: \$99	4-6 yrs OD: \$123.75	CH23178
9/8-10/20 (7) Rm 9	M	5-5:45 pm ID/AP: \$99	4-6 yrs OD: \$123.75	CH23179
10/27-12/15 (7) Rm 9	M	5-5:45 pm ID/AP: \$99	4-6 yrs OD: \$123.75	CH23180
9/9-10/21 (7) Rm 9	T	10:30-11:15 am ID/AP: \$99	4-6 yrs OD: \$123.75	CH23181
10/28-12/16 (6) Rm 9	T	10:30-11:15 am ID/AP: \$85	4-6 yrs OD: \$106.25	CH23182
9/9-10/21 (7) Rm 9	T	4-4:45 pm ID/AP: \$99	4-6 yrs OD: \$123.75	CH23183
10/28-12/16 (6) Rm 9	T	4-4:45 pm ID/AP: \$85	4-6 yrs OD: \$106.25	CH23184
9/11-10/23 (7) Rm 9	Th	9:15-10 am ID/AP: \$99	4-6 yrs OD: \$123.75	CH23185
10/30-12/18 (7) Rm 9	Th	9:15-10 am ID/AP: \$99	4-6 yrs OD: \$123.75	CH23186
9/11-10/23 (7) Rm 9	Th	4-4:45 pm ID/AP: \$99	4-6 yrs OD: \$123.75	CH23187
10/30-12/18 (7) Rm 9	Th	4-4:45 pm ID/AP: \$99	4-6 yrs OD: \$123.75	CH23188
9/13-10/18 (6) Rm 9	S	10:15-11 am ID/AP: \$85	4-6 yrs OD: \$106.25	CH23189
11/1-12/13 (6) Rm 9	S	10:15-11 am ID/AP: \$85	4-6 yrs OD: \$106.25	CH23190
9/13-10/18 (6) Rm 9	S	3-3:45 pm ID/AP: \$85	4-6 yrs OD: \$106.25	CH23191
11/1-12/13 (6) Rm 9	S	3-3:45 pm ID/AP: \$85	4-6 yrs OD: \$106.25	CH23192

## Gymnastics - Youth

### Boys' Gymnastics

Designed as an introduction to boys' gymnastics skills, working on flexibility and strength. We will work on gymnastics skills for boys' events including vault, bars, rings and floor exercises. All skill levels welcome. **No class 10/25 and 11/29.**

9/13-12/13 (12) Rm 9	S	1:45-2:30 pm ID/AP: \$169	6-10 yrs OD: \$211.25	CH23240
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### Gymnastics Rec Lvl 1

This is a beginning level gymnastics class that will focus on all four Olympic events. Students will get an introduction to floor, vault, bars and beam through obstacle courses with a focus on listening and following directions. **No class 10/25, 11/11, 11/25, 11/26, 11/27, 11/28, and 11/29.**

9/8-12/15 (14) Rm 9	M	6:15-7 pm ID/AP: \$197	6-8 yrs OD: \$246.25	CH23201
9/9-12/16 (13) Rm 9	T	6:15-7 pm ID/AP: \$183	6-8 yrs OD: \$228.75	CH23202
9/10-12/17 (14) Rm 9	W	5-5:45 pm ID/AP: \$197	6-8 yrs OD: \$246.25	CH23203

9/11-12/18 (14) Rm 9	Th	6:15-7 pm ID/AP: \$197	6-8 yrs OD: \$246.25	CH23204
9/12-12/19 (12) Rm 9	F	4-4:45 pm ID/AP: \$169	6-8 yrs OD: \$211.25	CH23205
9/13-12/13 (12) Rm 9	S	11:30am-12:15pm ID/AP: \$169	6-8 yrs OD: \$211.25	CH23206
9/7-12/14 (14) Rm 9	Su	11:30am-12:15pm ID/AP: \$197	6-8 yrs OD: \$246.25	CH23200
9/9-12/16 (13) Rm 9	T	7:15-8 pm ID/AP: \$183	9-13 yrs OD: \$228.75	CH23225
9/10-12/17 (14) Rm 9	W	6:15-7 pm ID/AP: \$197	9-13 yrs OD: \$246.25	CH23226
9/11-12/18 (14) Rm 9	Th	5-5:45 pm ID/AP: \$197	9-13 yrs OD: \$246.25	CH23227
9/13-12/13 (12) Rm 9	S	12:45-1:30 pm ID/AP: \$169	9-13 yrs OD: \$211.25	CH23228

### 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 10/24, 10/31, 11/24, 11/26 and 11/28.**

9/8-12/15 (14) Rm 9	M	7:15-8:15 pm ID/AP: \$255	7-14 yrs OD: \$318.75	CH23250
9/10-12/17 (14) Rm 9	W	7:15-8:15 pm ID/AP: \$255	7-14 yrs OD: \$318.75	CH23251
9/12-12/19 (12) Rm 2	F	5-6 pm ID/AP: \$218	7-14 yrs OD: \$272.50	CH23252

### Gymnastics Rec Lvl 2 & 3

Gymnast **MUST** have passed Gymnastics Level 1.5 before enrolling. This class works on all Level 2 skills and Level 3 skills. **No class 11/27.**

9/11-12/18 (14) Rm 9	Th	7:15-8:15 pm ID/AP: \$255	7-14 yrs OD: \$318.75	CH23275
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## Sports – Preschool

### Pee Wee Athletes

This playful and active class introduces little ones to a new sport or game each week! From kicking soccer balls and tossing bean bags to running around in silly relays, kids will build coordination, confidence, and a love for movement. It's all about trying new things, playing together, and having tons of fun! Adults are welcome to join in and be part of the fun as their child learns and grows on the court. **No class 11/23 and 11/29.**

9/14-10/19 (6) Gym	Su	12:45-1:30 pm ID/AP: \$59	4-6 yrs OD: \$73.75	CH22106
11/2-12/14 (6) Rm 2	Su	12:45-1:30 pm ID/AP: \$59	4-6 yrs OD: \$73.75	CH22107
9/13-10/18 (6) Gym	S	11-11:45 am ID/AP: \$59	3-5 yrs OD: \$73.75	CH22104
11/1-12/13 (6) Gym	S	11-11:45 am ID/AP: \$59	3-5 yrs OD: \$73.75	CH22105

### Pee Wee Basketball NEW

Drizzle, bounce, and shoot! This energetic class introduces young players to the basics of basketball in a playful and encouraging environment. Coaches use creative games and skill-building activities to teach coordination, teamwork, and confidence. Adults are welcome to join in and be part of the fun as their child learns and grows on the court. **No class 11/23.**

9/14-10/19 (6) Gym	Su	1:45-2:30 pm ID/AP: \$59	4-6 yrs OD: \$73.75	CH22108
11/2-12/14 (6) Gym	Su	1:45-2:30 pm ID/AP: \$59	4-6 yrs OD: \$73.75	CH22109

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

## Pee Wee Soccer

Your child will learn soccer skills through a variety of fun, active games designed just for little ones! Coaches will provide positive instruction while helping your child develop coordination, confidence, and a love for the game. Adults are encouraged to participate alongside their children to support learning and share in the fun. **No class 11/29.**

9/13-10/18 (6)	S	8:45-9:30 am	3-5 yrs	CH22100
Gym		ID/AP: \$59	OD: \$73.75	
11/1-12/13 (6)	S	8:45-9:30 am	3-5 yrs	CH22101
Gym		ID/AP: \$59	OD: \$73.75	
9/13-10/18 (6)	S	9:45-10:30 am	4-6 yrs	CH22102
Gym		ID/AP: \$59	OD: \$73.75	
11/1-12/13 (6)	S	9:45-10:30 am	4-6 yrs	CH22103
Gym		ID/AP: \$59	OD: \$73.75	

## Mini Tennis Class

Serve up some fun this Fall! Our Mini Tennis Class is perfect for little ones ready to jump into the exciting world of tennis. Taking place indoors, this class focuses on building motor skills, coordination, and early teamwork, all in a playful, supportive environment. It's tennis fun made just for Pee Wees. **No class 11/29.**

9/13-10/18 (6)	S	12-12:45 pm	3-5 yrs	CH22110
Gym		ID/AP: \$59	OD: \$73.75	
11/1-12/13 (6)	S	12-12:45 pm	3-5 yrs	CH22111
Gym		ID/AP: \$59	OD: \$73.75	

## Sports-Youth

### 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 outside at THPRD Archery Field located on PCC Rock Creek Campus

9/7-11/2 (9)	Su	12:45-1:30 pm	7-9 yrs	CH22230
PCC Rock Creek		ID/AP: \$98	OD: \$122.50	
9/7-11/2 (9)	Su	1:45-2:30 pm	10-12 yrs	CH22231
PCC Rock Creek		ID/AP: \$98	OD: \$122.50	
9/7-11/2 (9)	Su	3-3:45 pm	12-14 yrs	CH22232
PCC Rock Creek		ID/AP: \$98	OD: \$122.50	

### Cedar Hills Athletes

This high-energy gym class keeps kids active with a new sport or game each week. Whether they're dribbling basketballs, throwing footballs, kicking soccer balls, or running relay races, young athletes build coordination, confidence, and all-around skills while having nonstop fun. Perfect for kids who love to play it all. **No class 11/11 and 11/25.**

9/9-12/16 (13)	T	4:30-5:15 pm	5-7 yrs	CH22200
Gym		ID/AP: \$102	OD: \$127.50	

### Soccer, Beginning

This outdoor soccer class is focused on building essential skills like dribbling, passing, and shooting. Players will develop individual techniques through fun drills and friendly scrimmages. **No class 10/25 and 11/29.**

9/13-12/13 (12)	S	10-10:45 am	5-7 yrs	CH22205
Playfield		ID/AP: \$95	OD: \$118.75	
9/13-12/13 (12)	S	11-11:45 am	6-9 yrs	CH22206
Playfield		ID/AP: \$95	OD: \$118.75	

## Indoor Flag Football new

Get ready to run, pass, and score! This non-contact class introduces young athletes to the fundamentals of football in a fun, team-focused setting. Players will practice throwing, catching, handoffs, defense, and flag pulling through games and drills designed for their age group. Held indoors in the gym. **No class 11/23.**

9/14-10/19 (6)	Su	3-3:45 pm	6-9 yrs	CH22201
Gym		ID/AP: \$59	OD: \$73.75	
11/2-12/14 (6)	Su	3-3:45 pm	6-9 yrs	CH22202
Gym		ID/AP: \$59	OD: \$73.75	

## Soccer, Beginning - Intro to Futsal new

Kick off your soccer journey in this fun indoor class that blends traditional soccer with elements of futsal! Players will work on core skills like dribbling, shooting, and passing through engaging drills and activities. The focus will be on individual development, with the possibility of scrimmage play included in some sessions. Perfect for beginners looking to build confidence and enjoy the game in a fast-paced, indoor setting! **No class 11/11 and 11/25.**

9/9-12/16 (13)	T	5:30-6:15 pm	6-8 yrs	CH22208
Gym		ID/AP: \$102	OD: \$127.50	

## Basketball Fundamentals

Have fun and gain confidence learning the fundamentals of basketball! Each night of class will put emphasis on developing specific skills. We will work on shooting, passing, dribbling, ball handling, footwork and defense as well as game comprehension. **No class 11/28.**

9/12-10/17 (6)	F	5:30-6:15 pm	7-10 yrs	CH22238
Gym		ID/AP: \$61	OD: \$76.25	
11/7-12/19 (6)	F	5:30-6:15 pm	7-10 yrs	CH22239
Gym		ID/AP: \$61	OD: \$76.25	

## Pickleball Kids

Kids will be introduced to the fast-growing sport of Pickleball through active games, skill-building drills, and tons of fun! This class is designed to help young players learn the basics while building confidence and coordination. Please bring a water bottle and wear gym suitable athletic shoes. **No class 11/26.**

9/10-10/22 (7)	W	4:30-5:15 pm	7-10 yrs	CH22247
Gym		ID/AP: \$74	OD: \$92.50	
10/29-12/17 (7)	W	4:30-5:15 pm	7-10 yrs	CH22248
Gym		ID/AP: \$74	OD: \$92.50	

## Futsal - Drills, Skills, & Scrimmages new

Where soccer intermediate meets futsal. This class combines the speed and precision of futsal with the fundamentals of soccer to help players improve ball control, passing accuracy, and game awareness. With structured drills and fast-paced scrimmages, players will refine their skills in a dynamic and challenging setting. **No class 11/11 and 11/25.**

9/9-12/16 (13)	T	6:45-7:30 pm	8-11 yrs	CH22209
Gym		ID/AP: \$102	OD: \$127.50	

## Girls Basketball Class new

Build confidence and have fun while learning the fundamentals of basketball in a supportive, all-girls class! Each class will focus on key skills such as shooting, passing, dribbling, ball handling, footwork, defense, and overall game understanding. We will be using women's-sized basketballs to help players develop proper technique and feel for the game. **No class 11/24.**

9/8-10/20 (7)	M	6:45-7:30 pm	8-11 yrs	CH22245
Gym		ID/AP: \$74	OD: \$92.50	
10/27-12/15 (7)	M	6:45-7:30 pm	8-11 yrs	CH22246
Gym		ID/AP: \$74	OD: \$92.50	

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

## Boys Volleyball new

Build skills and confidence in this volleyball class for boys, focusing on bumping, passing, serving, and game play. Perfect for beginners or those with some experience, with nets set higher than in co-ed youth classes. **No class 11/27.**

9/11-10/23 (7)	Th	5:45-6:30 pm	10-14 yrs	CH22266
Gym		ID/AP: \$74	OD: \$92.50	
10/30-12/18 (7)	Th	5:45-6:30 pm	8-11 yrs	CH22267
Gym		ID/AP: \$74	OD: \$92.50	

## Youth Volleyball new

Bump, set, and serve! This class introduces players to the fundamentals of volleyball, including passing, ball control, serving, and teamwork. Kids will develop skills and confidence through fun drills and team play as they grow, learn the rules of the game, and enjoy working together on the court. **No class 11/27.**

9/11-10/23 (7)	Th	4:45-5:30 pm	8-11 yrs	CH22264
Gym		ID/AP: \$74	OD: \$92.50	
10/30-12/18 (7)	Th	4:45-5:30 pm	8-11 yrs	CH22265
Gym		ID/AP: \$74	OD: \$92.50	

## Soccer, Intermediate

Take your game to the next level in this outdoor intermediate soccer class. Refine skills like dribbling, passing, and shooting through drills and gameplay. **No class 10/25 and 11/29.**

9/13-12/13 (12)	S	12:30-1:30 pm	9-12 yrs	CH22207
Playfield		ID/AP: \$115	OD: \$143.75	

## Volleyball, Beginning

Come learn the basics of volleyball, including bumping, passing, ball control, serving, and the rules of the game. Children will work together in a positive and supportive environment, learning how to be part of a team while developing essential skills. **No class 11/24.**

9/8-10/20 (7)	M	4:45-5:30 pm	10-13 yrs	CH22260
Gym		ID/AP: \$74	OD: \$92.50	
10/27-12/15 (7)	M	4:45-5:30 pm	10-13 yrs	CH22261
Gym		ID/AP: \$74	OD: \$92.50	

## Volleyball, Intermediate

For players ready to move beyond the basics. Participants will develop their skills in a positive and supportive environment, focusing on technique, court awareness, and team play. Prior experience in a beginner class or on a team is recommended. **No class 11/24.**

9/8-10/20 (7)	M	5:45-6:30 pm	11-14 yrs	CH22262
Gym		ID/AP: \$74	OD: \$92.50	
10/27-12/15 (7)	M	5:45-6:30 pm	11-14 yrs	CH22263
Gym		ID/AP: \$74	OD: \$92.50	

## Sports - Middle School

### Middle School Basketball Skills Clinic

Develop your game and become a better basketball player! This clinic will focus on introducing and developing fundamental skills, on-court concepts and small group work. From jump stops and pivots to ball handling and shooting mechanics, expect to be challenged! **No class 11/28.**

9/12-10/17 (6)	F	6:30-7:30 pm	11-14 yrs	CH22242
Gym		ID/AP: \$68	OD: \$85	
11/7-12/19 (6)	F	6:30-7:30 pm	11-14 yrs	CH22243
Gym		ID/AP: \$68	OD: \$85	

## Middle School Pickleball

Get ready to serve, rally, and smash! This fun, fast-paced class helps middle schoolers build confidence and sharpen their pickleball skills through drills, games, and friendly matches. Learn the fundamentals, improve your strategy, and make new friends on the court! **No class 11/26.**

9/10-10/22 (7)	W	5:30-6:15 pm	11-14 yrs	CH22249
Gym		ID/AP: \$74	OD: \$92.50	
10/29-12/17 (7)	W	5:30-6:15 pm	11-14 yrs	CH22250
Gym		ID/AP: \$74	OD: \$92.50	

## 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 9/22, 11/10, 11/24, and 11/26.**

9/8-10/22 (7)	M/W	4:45-5:45 pm	11-14 yrs	CH22270
Wt Rm		ID/AP: \$125	OD: \$156.25	
10/27-12/17 (7)	M/W	4:45-5:45 pm	11-14 yrs	CH22271
Wt Rm		ID/AP: \$125	OD: \$156.25	

## XC Extra Miles - Saturday Training

Add extra miles and extra camaraderie with our Saturday Cross Country sessions. Runners from across the district come together for fun and focused workouts featuring distance runs, drills, and games designed to improve speed, endurance, and confidence. Open to all athletes participating in the Middle School Cross Country program, these sessions are the perfect way to get race-ready while connecting with teammates beyond weekday practices. Practices held at Cedar Hills Recreation Center.

9/20-10/18 (5)	S	10-11:30 am	11-14 yrs	CH29110
Covered Area		ID/AP: \$69	OD: \$86.25	



## Bowling Classes



Take aim for fun and discover the thrill of bowling, a timeless activity that's perfect for all ages and skill levels! Taught by KingPins staff, these beginner-friendly classes will guide you through the fundamentals of how to hold, aim, and roll the ball with confidence. Participants will learn bowling techniques, etiquette, and terminology in an engaging environment. All necessary equipment, including bowling shoes and balls, is provided so all you need to bring is your enthusiasm! Please note: Youth under age 10 must have an adult present on-site during the class. Classes held at KingPins Beaverton, 2725 SW Cedar Hills Blvd, Beaverton, OR 97005

### Youth Bowling (6-17)

9/13-10/11 (5)	S	11:30 am-12:45 pm	6-17 yrs	CH22323
KingPins		ID/AP: \$76	OD: \$95	
10/18-11/15 (5)	S	11:30 am-12:45 pm	6-17 yrs	CH22324
KingPins		ID/AP: \$76	OD: \$95	

### Adult Bowling (18+)

9/11-10/9 (5)	Th	4:30-5:45 pm	18-adult	CH22400
KingPins		ID/AP: \$76	OD: \$95	
10/16-11/13 (5)	Th	4:30-5:45 pm	18-adult	CH22401
KingPins		ID/AP: \$76	OD: \$95	

### 50+ Bowling

<b>No class 11/11.</b>				
9/9-10/7 (5)	T	12:30-1:45 pm	50-adult	CH22600
KingPins		ID/AP: \$76	OD: \$95	
10/14-11/18 (5)	T	12:30-1:45 pm	50-adult	CH22601
KingPins		ID/AP: \$76	OD: \$95	

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

## Middle School Cross Country

Join the middle school cross country team, get involved with your school, and meet new friends. Train twice a week at your Middle School campus, then represent your team at meets against other local middle schools. Practices and meets are held outdoors. Please dress for the weather, we run rain or shine. Transportation is provided from your school to meet venues. Parents are required to pick up athletes from the meet locations after events. Meets take place on Tuesdays and Thursdays and are hosted at local high schools and the HMT Complex. The district meet is tentatively scheduled for Saturday, November 1st. For more details, please visit the Middle School Programs page.

<b>Cedar Park Cross Country</b>				
9/9-10/30 (8)	T/Th	4:30-5:45 pm	11-14 yrs	CH29100
Cedar Park MS		ID/AP: \$196	OD: \$196	
<b>Conestoga Cross Country</b>				
9/9-10/30 (8)	T/Th	4:30-5:45 pm	11-14 yrs	CH29101
Conestoga MS		ID/AP: \$196	OD: \$196	
<b>Five Oaks Cross Country</b>				
9/9-10/30 (8)	T/Th	4:30-5:45 pm	11-14 yrs	CH29102
Five Oaks MS		ID/AP: \$196	OD: \$196	
<b>Highland Park Cross Country</b>				
9/9-10/30 (8)	T/Th	4:30-5:45 pm	11-14 yrs	CH29103
Highland Park MS		ID/AP: \$196	OD: \$196	
<b>ISB Cross Country</b>				
9/9-10/30 (8)	T/Th	3:25-4:40 pm	11-14 yrs	CH29109
ISB MS		ID/AP: \$206	OD: \$206	
<b>Meadow Park Cross Country</b>				
9/9-10/30 (8)	T/Th	4:30-5:45 pm	11-14 yrs	CH29104
Meadow Park MS		ID/AP: \$196	OD: \$196	
<b>Mt. View Cross Country</b>				
9/9-10/30 (8)	T/Th	4:30-5:45 pm	11-14 yrs	CH29105
Mt. View MS		ID/AP: \$196	OD: \$196	
<b>Stoller Cross Country</b>				
9/9-10/30 (8)	T/Th	4:30-5:45 pm	11-14 yrs	CH29106
Stoller MS		ID/AP: \$196	OD: \$196	
<b>Tumwater Cross Country</b>				
9/9-10/30 (8)	T/Th	4:30-5:45 pm	11-14 yrs	CH29107
Tumwater MS		ID/AP: \$196	OD: \$196	
<b>Whitford Cross Country</b>				
9/9-10/30 (8)	T/Th	4:30-5:45 pm	11-14 yrs	CH29108
Whitford MS		ID/AP: \$196	OD: \$196	

## Winter Break Camp

Winter break is better with friends, fun, and hands-on activities! Kids will stay active and engaged with games, arts & crafts, and creative STEM projects each day. Please remember to pack a water bottle, a snack, and a sack lunch.

### Frosty Friends

12/22	M	7:30 am-6 pm	5-11 yrs	CH28203
Rm C1		ID/AP: \$70	OD: \$87.50	

### Little Elves Workshop

12/23	T	7:30 am-6 pm	5-11 yrs	CH28204
Rm C1		ID/AP: \$70	OD: \$87.50	

### Snowflake Fun

12/26	F	7:30 am-6 pm	5-11 yrs	CH28205
Rm C1		ID/AP: \$70	OD: \$87.50	

### Frosty Friend

12/29	M	7:30 am-6 pm	5-11 yrs	CH28206
Rm C1		ID/AP: \$70	OD: \$87.50	

### Countdown to 2026

12/30	T	7:30 am-6 pm	5-11 yrs	CH28207
Rm C1		ID/AP: \$70	OD: \$87.50	

### Happy New Year

1/2	F	7:30 am-6 pm	5-11 yrs	CH28208
Rm C1		ID/AP: \$70	OD: \$87.50	

## Karate Classes

### Karate Kids

Karate Kids introduces children to martial arts through fun games and interactive drills. Kids build coordination, confidence, and respect while learning basic karate moves and key values like focus, teamwork, and self-discipline. No uniforms are required. **No class 11/11, 11/25, and 11/27.**

9/9-10/21 (7)	T	5:30-6:15 pm	6-8 yrs	CH22210
Rm 5		ID/AP: \$54	OD: \$67.50	
10/28-12/16 (6)	T	5:30-6:15 pm	6-8 yrs	CH22211
Rm 5		ID/AP: \$47	OD: \$58.75	
9/11-10/23 (7)	Th	6-6:45 pm	6-8 yrs	CH22212
Rm 5		ID/AP: \$54	OD: \$67.50	
10/30-12/18 (7)	Th	6-6:45 pm	6-8 yrs	CH22213
Rm 5		ID/AP: \$54	OD: \$67.50	

### 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. **No class 11/11, 11/25, 11/27, and 11/28.**

9/9-12/16 (13)	T	6:45-7:45 pm	8-adult	CH22220
Rm 5		ID/AP: \$151	OD: \$188.75	
9/11-12/11 (13)	Th	7:15-8:15 pm	8-adult	CH22221
Rm 5		ID/AP: \$151	OD: \$188.75	
9/12-12/12 (11)	F	5:30-6:30 pm	8-adult	CH22222
Rm 5		ID/AP: \$127	OD: \$158.75	

### Karate, Intermediate

Must have experience with traditional Okinawan Karate, ranked green belt or higher and subject to instructor's discretion. In addition to blocks, strikes, kicks, grabs, holds, releases, and breakfalls, you will also work with bo staff as well as various katas. Students tested for rank in these classes. A white uniform is required for this class, information given at first class. Additional fees may be required for uniform. **No class 10/24, 10/31, 11/28.**

9/12-12/12 (11)	F	7-8 pm	8-adult	CH22223
Rm 5		ID/AP: \$127	OD: \$158.75	

### Karate, Advanced

Must have experience with traditional Okinawan Karate, ranked brown belt or higher and subject to instructor's discretion. In addition to blocks, strikes, kicks, grabs, holds, releases, and breakfalls, you will also work with bo staff as well as various katas. Students tested for rank in these classes. A white uniform is required for this class, information given at first class. Additional fees may be required for uniform. **No class 10/24, 10/31, and 11/28.**

9/12-12/12 (11)	F	7-8 pm	8-adult	CH22224
Rm 6		ID/AP: \$127	OD: \$158.75	

### Karate Testing (Invite only)

Class registration by instructor invitation only. Karate level testing

12/7 (1)	Su	12:30-3:30 pm	8-adult	CH22225
Rm 5		ID/AP: \$139	OD: \$173.75	

### Fitness Class Descriptions

Classes are for ages 14+. For our updated fitness schedule, visit [www.thprd.org/recreation/cedarhills](http://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](http://thprd.org/facilities/recreation/cedar-hills).  
Single Fitness Class \$10.25 ID. Passes available.

### Weight Room Orientation

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

**\$63 ID / \$78.50 OD**

#### Buddy Training

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

**1 session \$53 ID/ \$66.25 OD**  
**3 sessions \$149.25 ID/ \$186.50 OD**  
**6 sessions \$272.25 ID/ \$340.25 OD**

#### Personal Training

Private appointments with a certified personal trainer to customize your fitness program, offer accountability and help you reach your goals. Each session is one hour in length.

**1 session \$71 ID/ \$88.75 OD**  
**3 sessions \$200 ID/ \$250 OD**  
**6 sessions \$365 ID/ \$456.25 OD**

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:** 11/27, 12/25

**Modified Schedule:** 9/1, 11/11, 11/28, 12/24, 12/31  
9-2 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  
Swim Instructors • Camp Staff • Desk Staff  
Call 503-629-6313 for more information.

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

## Events



### Threads of Culture

**September 20 – 10 am-6 pm**

Join us to celebrate and honor the beauty and diversity of cultures through storytelling. Make your own bookmark, create your own story booklet, taste food favorites from around the world, and more!



### Halloween Silly Walk

**October 18 • 4-6:30 pm**

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



### Give & Get Fit Food Drive

**November 1-20**

Bring in your non-perishable food donations! All donations will go to a local food pantry. As a thank you, enter to win a raffle for a fitness themed gift basket and get tips on staying active during the rainy season.



### Veterans Day Breakfast

**November 11 • 9-11 am**

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



### Sensory Santa

**December 13 & 14 • 10 am-5 pm**

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

## Dive-in movies are back!

**Fridays: 10/24, 11/7, 11/21, 12/5, 12/19 • 6-8:30 pm**  
Skip the theater and dive into the fun! All movies will be shown with closed captioning. Daily drop-in rates apply. Please visit our website for additional information.

**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](http://www.thprd.org/activities/preschool-programs)

Monday/Wednesday/Friday • 9 am-12 pm  
3-4 yrs • \$398 per month • Sept.-May • Alliums

Monday/Wednesday/Friday • 1-4 pm  
4-5 yrs • \$398 per month • Sept.-May • Shallots

Tuesday/Thursday • 9-11:30 am  
2½-3½ yrs • \$290 per month • Sept.-May • Pearls

Tuesday/Thursday • 1-4 pm  
4-5 yrs • \$310 per month • Sept.-May • Vidalias

\*Prices reflect In-District 2025-2026 rates.

**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](http://www.thprd.org/activities/preschool-programs)

Monday/Wednesday/Friday • 9 am-12 pm  
4-5 yrs • Sept.-May • \$398 ID per month

Tuesday/Thursday • 9 am-12 pm  
3-4 yrs • Sept.-May • \$310 ID per month

\*Prices reflect In-District 2025-2026 rates.

**Preescolar Bilingüe en  
Español de Nueve Meses**

Nuestro salón de clases ofrece un ambiente creativo, positivo y enriquecedor, inspirado en la cultura e influencias hispanas. Los estudiantes interactuarán en español e inglés a lo largo de la clase, participando en actividades prácticas como juegos, arte, manualidades, canciones y mucho más. Alentamos a los niños a desarrollar sus habilidades de autosuficiencia, lenguaje y habilidades socio-emocionales, además de su crecimiento académico. Para confirmar su inscripción, se requiere un pago de \$50 no reembolsable.

**Welcome Back Indoor Playpark!**



**Mondays • Wednesdays • Fridays  
9:30-11:30 am  
Drop-in fees apply**

## THRIVE Afterschool Program

### Teaching Healthy Responsible Individuals Values and Education

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

**Enrollment for the 2025-2026 School Year is open, as long as space allows.** A non-refundable \$50 enrollment fee is due at time of registration.

#### THRIVE tuition options for 2025-2026:

- A. Afterschool care only, 9 payments of \$408
- B. Afterschool care plus seven (7) weeks of summer camp in 2026, 11 payments of \$531

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

Please call the Recreation Center in your attendance zone for more information.

#### Conestoga Recreation & Aquatic Center schools served:

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



## 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! Now offering new day of the week!

### Voices of the World

Join us for exciting legends, folktales, and myths passed down through generations. Let's explore cultures through imagination and storytelling, celebrating the voices of the world—together!

9/21 (1)	Su	4:45-7:45 pm	7-12 yrs	C025230
Rm 202/203		ID/AP: \$49	OD: \$61.25	

### Haunted Escape!

Welcome to Conestoga, where shadows dance and secrets whisper through the halls...enter if you dare! Kids will work together to uncover hidden clues, solve puzzling riddles, and outsmart spooky surprises.

10/19 (1)	Su	4:45-7:45 pm	7-12 yrs	C025231
Rm 202/203		ID/AP: \$49	OD: \$61.25	

### Pokémon Spishy Splash!

Calling all Pokémon Masters! Join us for a thrilling adventure - full of swimming, captivating games, and imaginative crafts.

11/16 (1)	Su	4:45-7:45 pm	7-12 yrs	C025232
Rm 202/203		ID/AP: \$49	OD: \$61.25	

### Aurora Explorers

Explore the magical Arctic where friendly animals play under shimmering Northern Lights. From polar bears to arctic foxes, the icy tundra is full of surprises!

12/21 (1)	Su	4:45-7:45 pm	7-12 yrs	C025233
Rm 202/203		ID/AP: \$49	OD: \$61.25	

## Winter Break Camps

### Adventures in the Arctic

Bundle up for Arctic Adventures! In this winter break camp, kids will play chilly-themed games, create frosty crafts, and make new friends in a fun, festive environment. Get ready for a cool time filled with creativity, laughter, and wintery fun- no snow gear required! Please send a water bottle, lunch and two snacks each day.

12/22 (1)	M	7:30 am-6 pm	5-7 yrs	C027101
Rm 101		ID/AP: \$70	OD: \$87.50	
12/23 (1)	T	7:30 am-6 pm	5-7 yrs	C027102
Rm 101		ID/AP: \$70	OD: \$87.50	
12/26 (1)	F	7:30 am-6 pm	5-7 yrs	C027103
Rm 101		ID/AP: \$70	OD: \$87.50	
12/29 (1)	M	7:30 am-6 pm	5-7 yrs	C027104
Rm 101		ID/AP: \$70	OD: \$87.50	
12/30 (1)	T	7:30 am-6 pm	5-7 yrs	C027105
Rm 101		ID/AP: \$70	OD: \$87.50	
1/2 (1)	F	7:30 am-6 pm	5-7 yrs	C027106
Rm 101		ID/AP: \$70	OD: \$87.50	
12/22 (1)	M	7:30 am-6 pm	8-14 yrs	C027201
Rm 202/203		ID/AP: \$70	OD: \$87.50	
12/23 (1)	T	7:30 am-6 pm	8-14 yrs	C027202
Rm 202/203		ID/AP: \$70	OD: \$87.50	
12/26 (1)	F	7:30 am-6 pm	8-14 yrs	C027203
Rm 202/203		ID/AP: \$70	OD: \$87.50	
12/29 (1)	M	7:30 am-6 pm	8-14 yrs	C027204
Rm 202/203		ID/AP: \$70	OD: \$87.50	
12/30 (1)	T	7:30 am-6 pm	8-14 yrs	C027205
Rm 202/203		ID/AP: \$70	OD: \$87.50	
1/2 (1)	F	7:30 am-6 pm	8-14 yrs	C027206
Rm 202/203		ID/AP: \$70	OD: \$87.50	

## Code Ninja No School Day & Winter Break Camps

### Code Ninjas Day Off Camp: Stop Motion Magic Day Camp

In this camp, campers will use various crafting and materials, such as play doh, pipe cleaners, etc. to create stop-motion animation videos. They will also create their own short Claymation by building rapid prototypes and editing photo frames. Throughout the day, they will develop and grow their storytelling techniques, planning, and production skills; and use them to complete a culminating project! Please remember to send your camper with a water bottle, lunch, and snacks every day. This class is instructed by Code Ninjas staff.

10/10 (1) F 9 am-3 pm 8-14 yrs C027213  
Rm 200 ID/AP: \$114 OD: \$142.50

### Roblox- World Creators Day Camp

In this 1-day camp, campers will learn how to build Roblox worlds using terrain tools to create thematic worlds, learn advanced building techniques, create an animated door using scripts, add sounds to their games, and much more! Throughout the day, kids will develop their building and coding skills, using them to create a project they will be proud to show their friends and families. Please remember to send your camper with a water bottle, lunch, and snacks every day. This class is instructed by Code Ninjas staff.

12/22 (1) M 9 am-3 pm 8-14 yrs C027207  
Rm 200 ID/AP: \$114 OD: \$142.50

### Minecraft Mastery - Redstone Day Camp

In this 1-day camp, campers will explore the world of Minecraft Redstone, using Minecraft Java Edition. Campers will learn more about electricity and circuitry, both inside and outside of Minecraft. Throughout the day, kids will use their skills and knowledge to craft a variety of tools in Redstone, including lightbulbs, levers, switches, and more advanced components. Please remember to send your camper with a water bottle, lunch, and snacks every day. This class is instructed by Code Ninjas staff.

12/23(1) T 9 am-3 pm 8-14 yrs C027208  
Rm 200 ID/AP: \$114 OD: \$142.50

### LEGO Robotics Day Camp

In this hands-on camp, campers will dive into the world of robotics using the LEGO Spike Prime robotics kit! They'll learn the fundamentals of designing, building, and coding their very own robots. As they explore sensors, motors, and coding, campers will put their creativity to the test, constructing unique robotic creations that can interact with their environment. It's a fun-filled day of building, problem-solving, and discovering the exciting possibilities of robotics! Please remember to send your camper with a water bottle, lunch, and snacks every day. This class is instructed by Code Ninjas staff.

12/26(1) F 9 am-3 pm 8-14 yrs C027209  
Rm 200 ID/AP: \$114 OD: \$142.50

### Stop Motion Magic Day Camp

In this camp, campers will use various crafting and materials, such as play doh, pipe cleaners, etc. to create stop-motion animation videos. They will also create their own short Claymation by building rapid prototypes and editing photo frames. Throughout the day, they will develop and grow their storytelling techniques, planning, and production skills; and use them to complete a culminating project! Please remember to send your camper with a water bottle, lunch, and snacks every day. This class is instructed by Code Ninjas staff.

12/29 (1) M 9 am-3 pm 8-14 yrs C027210  
Rm 200 ID/AP: \$114 OD: \$142.50

### Roblox Arctic Adventure Camp

This winter-themed Roblox camp is the perfect opportunity for campers to unleash their creativity on the developer side of the game they already love! Campers will dive into Roblox Studio, mastering its tools as they defend snow forts in epic snowball fights, design exciting winter marble runs, and create their own frosty adventures. Whether they're just starting out or already experienced, kids will have a blast exploring new challenges and pushing their limits in this fun and immersive experience. Please remember to send your camper with a water bottle, lunch, and snacks every day. This class is instructed by Code Ninjas staff.

12/30(1) T 9 am-3 pm 8-14 yrs C027211  
Rm 200 ID/AP: \$114 OD: \$142.50

### Minecraft Artc Mod Builders Day Camp

This wintery Minecraft camp is the perfect place for campers to discover their potential on the developer side of the game they already love. We will be using MCreator to design new winter themed mods in Minecraft. Create your own peppermint sword or Christmas Tree ax, discover how to alter their properties, and we will test them against mobs to see how they hold up. We aren't stopping there though. We will create our own wintery enchantments, biomes, and more! Designed for both beginners and experts, campers will have tons of fun pushing their limits on platform they thought they knew. Please remember to send your camper with a water bottle, lunch, and snacks every day. This class is instructed by Code Ninjas staff.

1/2(1) F 9 am-3 pm 8-14 yrs C027212  
Rm 200 ID/AP: \$114 OD: \$142.50

### Code Ninjas Day Off Camp: Future Minds AI Academy Day Camp

In this 1-day camp, campers prepare for the future by exploring Artificial Intelligence (AI) and utilizing and tinkering with a variety of tools, games, and resources. Campers will teach AI using image recognition through Google's Teachable Machine that will allow them to control things in Scratch programs. Campers will also explore AI through multiple interactive simulations, such as Quick Draw, Magic Sketch Pad, Evolution, and ArtBot.

1/5 (1) M 9 am-3 pm 8-14 yrs C027214  
Rm 200 ID/AP: \$114 OD: \$142.50

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

## Preschool

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
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### Playschool: Fantastic Fall Fun

Welcome to "Fantastic Fall Fun," a fun and engaging playschool class designed for young learners to explore the wonders of the fall season! As the leaves change color and the air turns crisp, children will embark on a journey through the sights, sounds, and experiences that autumn has to offer. Playschool activities include free play, sensory play, arts & crafts, movement, and circle time. This hands-on class encourages creativity, sensory exploration, and making new friends! **No class 11/11, 11/24, 11/25, 11/26, 11/27, 11/28.**

9/8-10/20 (7) Rm 202	M	9-11:30 am ID/AP: \$195	2 ½ -5 ½ yrs OD: \$243.75	CO28100
9/9-10/21 (7) Rm 202	T	9-11:30 am ID/AP: \$195	2 ½ -5 ½ yrs OD: \$243.75	CO28101
9/10-10/22 (7) Rm 202	W	9-11:30 am ID/AP: \$195	2 ½ -5 ½ yrs OD: \$243.75	CO28102
9/11-10/23 (7) Rm 202	Th	9-11:30 am ID/AP: \$195	2 ½ -5 ½ yrs OD: \$243.75	CO28103
9/12-10/24 (7) Rm 202	F	9-11:30 am ID/AP: \$195	2 ½ -5 ½ yrs OD: \$243.75	CO28104
10/27-12/15 (7) Rm 202	M	9-11:30 am ID/AP: \$195	2 ½ -5 ½ yrs OD: \$243.75	CO28105
10/28-12/16 (6) Rm 202	T	9-11:30 am ID/AP: \$168	2 ½ -5 ½ yrs OD: \$210	CO28106
10/29-12/17 (7) Rm 202	W	9-11:30 am ID/AP: \$195	2 ½ -5 ½ yrs OD: \$243.75	CO28107
10/30-12/18 (7) Rm 202	Th	9-11:30 am ID/AP: \$195	2 ½ -5 ½ yrs OD: \$243.75	CO28108
10/31-12/19 (7) Rm 202	F	9-11:30 am ID/AP: \$195	2 ½ -5 ½ yrs OD: \$243.75	CO28109

### Circle Storytime

This fun and inclusive program helps stimulate children's cognitive and sensory development through interactive storytelling, music, and sensory play. Adult participation is required to help guide and encourage the children. Please note that unregistered siblings cannot attend. **No class 11/26.**

9/10-10/22 (7) Rm 205	W	10:45-11:30 am ID/AP: \$50	1-3 yrs OD: \$62.50	CO25104
10/29-12/17 (7) Rm 205	W	10:45-11:30 am ID/AP: \$50	1-3 yrs OD: \$62.50	CO25105

## 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 11/23, 11/24, 11/28, 11/29.**

9/8-10/20 (7) Rm 205	M	9:30-10:15 am ID/AP: \$74	2-5 yrs OD: \$92.50	CO24100
10/27-12/15 (7) Rm 205	M	9:30-10:15 am ID/AP: \$74	2-5 yrs OD: \$92.50	CO24101
9/12-10/24 (7) Rm 205	F	9:30-10:15 am ID/AP: \$74	2-5 yrs OD: \$92.50	CO24102
10/31-12/19 (7) Rm 205	F	9:30-10:15 am ID/AP: \$74	2-5 yrs OD: \$92.50	CO24103
9/13-10/25 (7) Rm 205	S	9:30-10:15 am ID/AP: \$74	2-5 yrs OD: \$92.50	CO24104
11/1-12/13 (6) Rm 205	S	9:30-10:15 am ID/AP: \$65	2-5 yrs OD: \$81.25	CO24105
9/7-10/19 (7) Rm 205	Su	3:45-4:30 pm ID/AP: \$74	2-5 yrs OD: \$92.50	CO24106
10/26-12/14 (7) Rm 205	Su	3:45-4:30 pm ID/AP: \$74	2-5 yrs OD: \$92.50	CO24107



## Arts & Craft – Youth

### Afterschool Art

In Afterschool Art, students will discover a new medium or technique each week like clay, pencils, paint, and more while building their creative skills. **No class 11/24, 11/28.**

9/8-10/20 (7) Rm 205	M	4-5 pm ID/AP: \$88	5-7 yrs OD: \$110	CO24220
10/27-12/15 (7) Rm 205	M	4-5 pm ID/AP: \$88	5-7 yrs OD: \$110	CO24221
9/8-10/20 (7) Rm 205	M	5:15-6:15 pm ID/AP: \$88	8-14 yrs OD: \$110	CO24222
10/27-12/15 (7) Rm 205	M	5:15-6:15 pm ID/AP: \$88	8-14 yrs OD: \$110	CO24223
9/12-10/24 (7) Rm 205	F	4-5 pm ID/AP: \$88	5-7 yrs OD: \$110	CO24224
10/31-12/19 (7) Rm 205	F	4-5 pm ID/AP: \$88	5-7 yrs OD: \$110	CO24225
9/12-10/24 (7) Rm 205	F	5:15-6:15 pm ID/AP: \$88	8-14 yrs OD: \$110	CO24226
11/7-12/19 (6) Rm 205	F	5:15-6:15 pm ID/AP: \$77	8-14 yrs OD: \$96.25	CO24227

### Animal Art

Join us for a fun and creative art adventure! In this class, students will explore drawing and painting techniques to bring their favorite animals to life. From colorful parrots to playful puppies, young artists will unleash their imaginations while learning new skills in a supportive and exciting environment. **No class 11/29.**

9/13-10/25 (7) Rm 205	S	10:30-11:15 am ID/AP: \$74	5-7 yrs OD: \$92.50	CO24200
11/1-12/13 (6) Rm 205	S	10:30-11:15 am ID/AP: \$65	5-7 yrs OD: \$81.25	CO24201

### Art and Graphic Novel Studio

Make up imaginary stories and more through graphic novels. Learn to use pictures, symbols, and text to convey information quickly and simply. Class will discuss different types of humor and employ elements of storytelling and graphic novel imagery. **No class 11/29.**

9/13-10/25 (7) Rm 205	S	12-1 pm ID/AP: \$74	7-12 yrs OD: \$92.50	CO24202
11/1-12/13 (6) Rm 205	S	12-1 pm ID/AP: \$65	7-12 yrs OD: \$81.25	CO24203

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

## Comic Book Creations

Unleash your imagination and bring your original characters and stories to life through the exciting world of comics! Students will explore the basics of comic book storytelling, including panel layout, visual pacing, and combining images with dialogue and narration. **No class 11/23.**

9/7-10/19 (7)	Su	1-2 pm	7-12 yrs	CO24204
Rm 205		ID/AP: \$77	OD: \$96.25	
10/26-12/14 (7)	Su	1-2 pm	7-12 yrs	CO24205
Rm 205		ID/AP: \$77	OD: \$96.25	

## Drawing and Painting: Beyond the Basics

Explore and develop painting and drawing techniques that inspire and encourage individual expression through art. A variety of art materials are used. **No class 11/26.**

9/10-10/22 (7)	W	5-6 pm	7-12 yrs	CO24206
Rm 205		ID/AP: \$88	OD: \$110	
10/29-12/17 (7)	W	5-6 pm	7-12 yrs	CO24207
Rm 205		ID/AP: \$88	OD: \$110	
9/10-10/22 (7)	W	6:30-7:30 pm	10-14 yrs	CO24208
Rm 205		ID/AP: \$88	OD: \$110	
10/29-12/17 (7)	W	2:15-3:15 pm	10-14 yrs	CO24209
Rm 205		ID/AP: \$88	OD: \$110	

## Manga Magic Art Studio

Dive into the world of manga and anime character design! In this class we will explore character costume and clothing creation, design and world-building elements to make their characters come alive! This class is an excellent companion to Art and Graphic Novel Studios. **No class 11/23.**

9/7-10/19 (7)	Su	2:15-3:15 pm	7-12 yrs	CO24210
Rm 205		ID/AP: \$88	OD: \$110	
10/26-12/14 (7)	Su	2:15-3:15 pm	7-12 yrs	CO24211
Rm 205		ID/AP: \$88	OD: \$110	

## Mythical Creature Studios new

In Mythical Creatures Studio, artists will use various mediums to create legendary beasts while learning techniques like sketching, shading, color blending, and building texture. Bring dragons, unicorns, and your own magical creatures to life through imaginative art!

9/13-10/25 (7)	S	3:30-4:30 pm	7-12 yrs	CO24212
Rm 205		ID/AP: \$74	OD: \$92.50	
11/1-12/13 (6)	S	3:30-4:30 pm	7-12 yrs	CO24213
Rm 205		ID/AP: \$77	OD: \$96.25	

## Outer Space Art Adventures new

Blast off into creativity! In Outer Space Art Adventures, young artists will explore sketching, painting, and color blending techniques to create planets, aliens, spaceships, and distant galaxies using a variety of art mediums. **No class 11/23.**

9/13-10/25 (7)	S	2:30-3:15 pm	6-10 yrs	CO24214
Rm 205		ID/AP: \$74	OD: \$92.50	
11/1-12/13 (6)	S	2:30-3:15 pm	6-10 yrs	CO24215
Rm 205		ID/AP: \$65	OD: \$81.25	



## Arts & Crafts – Teen/Adult

### Family Art Lab

Create, explore, and have fun together! Designed for families with children ages 5-10, this class offers a variety of hands-on art stations featuring different projects and mediums. All activities are accessible for every skill level, no experience needed, just a willingness to create! Cost includes one child and one adult but only the child needs to register. No unregistered family members.

9/19 (1)	F	6:30-8:30 pm	5-10 yrs	CO24500
Rm 205		ID/AP: \$58	OD: \$72.50	
10/25 (1) S		6:30-8:30 am	5-10 yrs	CO24501
Rm 205		ID/AP: \$58	OD: \$72.50	
11/14 (1) F		6:30-8:30 pm	5-10 yrs	CO24502
Rm 205		ID/AP: \$58	OD: \$72.50	
12/12 (1) F		6:30-8:30 pm	5-10 yrs	CO24503
Rm 205		ID/AP: \$58	OD: \$72.50	

## Community Crafting Nights

Get creative and connect at our new drop-in Community Crafting Nights! Bring your own supplies and enjoy time to work on personal projects in a relaxed, social setting.

**1st Sunday of the month | 5:30–8:00pm**

**4th Thursday of the month | 7:00–9:30pm**

Ages 14+. Drop-in fees apply. No materials provided.

## Fused Glass Workshops

### Fused Glass: Plant Stake

Starting with clear glass wedge-shaped base, students will choose from a variety of glasses and colors to design a beautiful garden stake to display in a flowerpot or garden. \$15 materials fee each, payable to the instructor in class.

9/12 (1) F 11 am-1 pm 14-adult CO24504  
Rm 203 ID/AP: \$18 OD: \$22.50

### Fused Glass: Four Panel Lantern

In this class, students will be given 4 small panels of clear glass to embellish each using a variety of colored and patterned glasses. After fusing, these 4 panels will be inserted into a metal lantern. \$75 materials fee, payable to the instructor in class.

9/13 (1) S 11 am-2 pm 14-adult CO24505  
Rm 203 ID/AP: \$25 OD: \$31.25

### Fused Glass: Rainbow Dish

In this class, students will start with a clear glass rainbow-shaped (an arch) to decorate. This piece will then be fused and slumped into a rainbow-shaped dish. \$45 materials fee, payable to the instructor in class.

9/26 (1) F 11 am-1 pm 14-adult CO24506  
Rm 203 ID/AP: \$18 OD: \$22.50

### Fused Glass: 6" Suncatcher

Students in this class will have a choice of either a 6" circle or square piece of glass to create a design using a variety of colored glass and embellishments. These projects will then be fired in a kiln and made suitable for hanging. \$40 materials fee, payable to the instructor in class.

9/27 (1) S 11 am-2 pm 14-adult CO24507  
Rm 203 ID/AP: \$25 OD: \$31.25

### Fused Glass: Nightlight or Sunflower Dish

Students in this class will have the choice of making either a nightlight (that comes ready to plug in and use) or a super cute small sunflower dish. Nightlight: \$25 materials fee, payable to the instructor in class. Sunflower Dish: \$20 materials fee, payable to the instructor in class.

10/10 (1) F 11 am-1 pm 14-adult CO24508  
Rm 203 ID/AP: \$22 OD: \$27.50

### Fused Glass: Wind Chimes

A very popular class because wind chimes never go out of style! In this class students are given pre-cut base clear glass pieces and then, using a large variety of colors and shapes of glass, they will create their own unique wind chimes. No prior experience is required. Wind chimes are returned to students ready for hanging. Materials Fee: \$45 each, payable to the instructor in class.

10/11 (1) S 11 am-2 pm 14-adult CO24509  
Rm 203 ID/AP: \$25 OD: \$31.25

### Fused Glass: Ornament

Choose from a variety of shapes, including pumpkins, flowers, leaves, cats, dragonflies, as well as holiday shapes like bells, angels, mittens, and many more. Not just for the tree anymore! These can be hung as small sun catchers in a window or given as gifts. Make as many as you like. Materials fee: \$12 each, payable to instructor in class.

10/24 (1) F 11 am-1 pm 14-adult CO24510  
Rm 203 ID/AP: \$22 OD: \$27.50

### Fused Glass: Tapas Plates

The word Tapas means "small plates", usually used to serve appetizers, small plates of food, or hold trinkets. These oval dishes also make unique gifts. Students are given pre-cut oval glass and given a variety of pre-cut shapes and colors of glass to make their own unique "small plates" No prior experience needed. \$40 materials fee, payable to instructor in class.

10/25 (1) S 11 am-2 pm 14-adult CO24511  
Rm 203 ID/AP: \$25 OD: \$31.25

### Fused Glass: Ornament

Choose from a variety of shapes, including pumpkins, flowers, leaves, cats, dragonflies, as well as holiday shapes like bells, angels, mittens, and many more. Not just for the tree anymore! These can be hung as small sun catchers in a window or given as gifts. Make as many as you like. Materials fee: \$12 each, payable to instructor in class.

11/7 (1) F 11 am-1 pm 14-adult CO24512  
Rm 203 ID/AP: \$18 OD: \$22.50

### Fused Glass: Bird Shaped Dish

Students in this class will begin with a pre-cut bird shape of clear glass. Then, using a variety of colors and glass embellishments, they'll design their own bird dish. \$40 materials fee, payable to instructor in class.

11/8 (1) S 11 am-2 pm 14-adult CO24513  
Rm 203 ID/AP: \$25 OD: \$31.25

### Fused Glass: Ornament

Choose from a variety of shapes, including pumpkins, flowers, leaves, cats, dragonflies, as well as holiday shapes like bells, angels, mittens, and many more. Not just for the tree anymore! These can be hung as small sun catchers in a window or given as gifts. Make as many as you like. Materials fee: \$12 each, payable to instructor in class.

12/5 (1) F 11 am-1 pm 14-adult CO24514  
Rm 203 ID/AP: \$18 OD: \$22.50

12/6 (1) S 11 am-2 pm 14-adult CO24515  
Rm 203 ID/AP: \$25 OD: \$31.25



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## 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 11/24.**

9/8-10/20 (7)	M	4-4:45 pm	4-6 yrs	CO21100
Rm 204		ID/AP: \$59	OD: \$73.75	
10/27-12/15 (7)	M	4-4:45 pm	4-6 yrs	CO21101
Rm 204		ID/AP: \$59	OD: \$73.75	

### Ballet/Tap

Explore developmental ballet concepts such as balance, strength, control, coordination, and basic terminology. Techniques are introduced through props and fun music. **No class 11/26, 11/29.**

9/10-10/22 (7)	W	5-5:45 pm	4-6 yrs	CO21104
Rm 204		ID/AP: \$59	OD: \$73.75	
10/29-12/17 (7)	W	5-5:45 pm	4-6 yrs	CO21105
Rm 204		ID/AP: \$59	OD: \$73.75	
9/13-10/25 (7)	S	11-11:45 am	4-6 yrs	CO21106
Rm 204		ID/AP: \$59	OD: \$73.75	
11/1-12/13 (6)	S	11-11:45 am	4-6 yrs	CO21107
Rm 204		ID/AP: \$51	OD: \$63.75	

### Creative Dance

Explore the artistry of movement! Experience rhythm, diverse dance techniques, and creative routines set to a variety of music and incorporates the use of dance props. **No class 11/28.**

9/12-10/24 (7)	F	9-9:45 am	3-5 yrs	CO21108
Rm 204		ID/AP: \$59	OD: \$73.75	
10/31-12/19 (7)	F	9-9:45 am	3-5 yrs	CO21109
Rm 204		ID/AP: \$59	OD: \$73.75	

### Dance Palooza

Not sure what kind of dance your child will like? Sample ballet, jazz, hip hop, and creative movement. We'll use props, move like animals, and play dance games. **No class 11/26, 11/29.**

9/13-10/25 (7)	S	9:45-10:30 am	3 ½ - 5 yrs	CO21112
Rm 204		ID/AP: \$59	OD: \$73.75	
11/1-12/13 (6)	S	9:45-10:30 am	3 ½ - 5 yrs	CO21113
Rm 204		ID/AP: \$51	OD: \$63.75	
9/10-10/22 (7)	W	4-4:45 pm	3 ½ - 5 yrs	CO21114
Rm 204		ID/AP: \$59	OD: \$73.75	
10/29-12/17 (7)	W	4-4:45 pm	3 ½ - 5 yrs	CO21115
Rm 204		ID/AP: \$59	OD: \$73.75	

### Munchkin Movement

Sing songs, dance, and read stories while building social and language skills. Adult participation is required to help guide and encourage the children. Please note that unregistered siblings cannot attend. **No class 11/26.**

9/10-10/22 (7)	W	9:15-10 am	1 ½-3 yrs	CO21110
Rm 204		ID/AP: \$59	OD: \$73.75	
10/29-12/17 (7)	W	9:15-10 am	1 ½-3 yrs	CO21111
Rm 204		ID/AP: \$59	OD: \$73.75	



### Munchkin Mozarts

Nurture your toddler's energy and creativity in a class designed for children who love to move. Play instruments, sing, dance, and uncover an engaging musical world while building your toddler's confidence, self-control, and early language skills. Adult participation is required to help guide and encourage the children. Please note that unregistered siblings cannot attend. **No class 11/24, 11/28.**

9/8-10/20 (7)	M	11-11:45 am	1 yr-2 yrs	CO25100
Rm 200		ID/AP: \$50	OD: \$62.50	
10/27-12/15 (7)	M	11-11:45 am	1 yr-2 yrs	CO25101
Rm 200		ID/AP: \$50	OD: \$62.50	
9/12-10/24 (7)	F	11-11:45 am	1 yr-2 yrs	CO25102
Rm 200		ID/AP: \$50	OD: \$62.50	
10/31-12/19 (7)	F	11-11:45 am	1 yr-2 yrs	CO25103
Rm 200		ID/AP: \$50	OD: \$62.50	

### Pre-Ballet

Explore developmental ballet concepts such as balance, strength, control, coordination, and basic terminology. Techniques are introduced through props and fun music. **No class 11/28.**

9/12-10/24 (7)	F	11:15 am-12 pm	3-5 yrs	CO21102
Rm 204		ID/AP: \$59	OD: \$73.75	
10/31-12/19 (7)	F	11:15 am-12 pm	3-5 yrs	CO21103
Rm 204		ID/AP: \$59	OD: \$73.75	

### Tiny Dancers

Tiny dancers will learn basic ballet movements and other forms of dance and improve both balance and coordination in a nurturing and fun environment. Props and fun music are incorporated. Adult participation is required to help guide and encourage the children. Please note that unregistered siblings cannot attend. **No class 11/26, 11/29.**

9/10-10/22 (7)	W	10:15-10:45 am	2-3 yrs	CO21116
Rm 204		ID/AP: \$59	OD: \$73.75	
10/29-12/17 (7)	W	10:15-10:45 am	2-3 yrs	CO21117
Rm 204		ID/AP: \$46	OD: \$57.50	
9/13-10/25 (7)	S	9-9:30 am	2 ½ -3 yrs	CO21118
Rm 204		ID/AP: \$46	OD: \$57.50	
11/1-12/13 (6)	S	9-9:30 am	2 ½ -3 yrs	CO21119
Rm 204		ID/AP: \$39	OD: \$48.75	

### Tiny Tot Hip Hop

Young dancers will learn hip hop rhythm, musicality, coordination, and age-appropriate choreography to contemporary and upbeat music. Adult participation is required to help guide and encourage the children. Please note that unregistered siblings cannot attend. **No class 11/28.**

9/12-10/24 (7)	F	10-10:30 am	2-3 yrs	CO21120
Rm 204		ID/AP: \$46	OD: \$57.50	
10/31-12/19 (7)	F	10-10:30 am	2-3 yrs	CO21121
Rm 204		ID/AP: \$46	OD: \$57.50	

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## Dance – Youth

### Ballet II

This class is designed for students who have taken pre- or beginning ballet classes, as well as motivated beginners. Dancers will strengthen their technique through floor work, barre exercises, and an introduction to basic choreography, with a focus on balance, coordination, and musicality. **No class 11/24.**

9/8-10/20 (7)	M	5-5:45 pm	6-8 yrs	C021200
Rm 204		ID/AP: \$59	OD: \$73.75	
10/27-12/15 (7)	M	5-5:45 pm	6-8 yrs	C021201
Rm 204		ID/AP: \$59	OD: \$73.75	

### Ballet/Tap/Jazz

Ready for variety? In this fast-paced class, dancers will learn basic ballet, tap, and jazz techniques while building coordination and rhythm. Tap shoes required. **No class 11/26, 11/29.**

9/10-10/22 (7)	W	6:15-7 pm	6-8 yrs	C021202
Rm 204		ID/AP: \$59	OD: \$73.75	
10/29-12/17 (7)	W	6:15-7 pm	6-8 yrs	C021203
Rm 204		ID/AP: \$59	OD: \$73.75	
9/13-10/25 (7)	S	12-12:45 pm	6-8 yrs	C021204
Rm 204		ID/AP: \$59	OD: \$73.75	
11/1-12/13 (6)	S	12-12:45 pm	6-8 yrs	C021205
Rm 204		ID/AP: \$51	OD: \$63.75	

### 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 11/24.**

9/8-10/20 (7)	M	6-7 pm	6-8 yrs	C021206
Rm 204		ID/AP: \$72	OD: \$90	
10/27-12/15 (7)	M	6-7 pm	6-8 yrs	C021207
Rm 204		ID/AP: \$72	OD: \$90	

### Contemporary/Jazz/Improv

This dynamic dance class blends contemporary, jazz, and improv styles to help young dancers build technique, express themselves, and move with confidence. Dancers will explore choreography and creative movement while developing strength, flexibility, and musicality in a supportive, high-energy environment. **No class 11/28.**

9/12-10/24 (7)	F	5-6 pm	9-13 yrs	C021210
Rm 204		ID/AP: \$72	OD: \$90	
11/7-12/19 (6)	F	5-6 pm	9-13 yrs	C021211
Rm 204		ID/AP: \$62	OD: \$77.50	

### Hip Hop

Young dancers will learn hip hop rhythm, musicality, coordination, and age-appropriate choreography to contemporary and upbeat music. **No class 10/18, 11/29.**

9/13-10/25 (6)	S	11:30 am-12:15 pm	7-11 yrs	C021208
Rm 201		ID/AP: \$53	OD: \$66.25	
11/8-12/13 (5)	S	11:30 am-12:15 pm	6-9 yrs	C021209
Rm 201		ID/AP: \$42	OD: \$52.50	

## Dance – Teen/Adult

### Mindful Movement

This open-level, open-age class blends mindful movement and dance to help you reconnect with your body and the joy of moving. Less focused on technique, it's a space to slow down, explore, and move with intention and presence. **No class 11/28.**

9/12-10/24 (7)	F	4-4:45 pm	13-adult	C021212
Rm 204		ID/AP: \$51	OD: \$63.75	
11/7-12/19 (6)	F	4-4:45 pm	13-adult	C021213
Rm 204		ID/AP: \$51	OD: \$63.75	

## General Interest – Youth

### Youth Cooking Series

#### Youth Cooking Series: Foodie Academy

Build on your kitchen skills in this next-level cooking class! Students will practice more advanced techniques, including knife skills, while exploring a variety of new recipes and cooking methods. Some prior experience is recommended. Please note: we cannot guarantee an allergy-free environment. **No class 9/20, 11/29.**

9/13-10/25 (6)	S	9-11:30 am	10-14 yrs	C025216
Rm 202		ID/AP: \$182	OD: \$227.50	
11/1-12/6 (5)	S	9-11:30 am	10-14 yrs	C025217
Rm 202		ID/AP: \$154	OD: \$192.50	

#### Youth Cooking Series: Quick and Easy Recipes

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. **No class 11/26.**

9/10-10/22 (7)	W	6:30-8 pm	8-12 yrs	C025214
Rm 202		ID/AP: \$144	OD: \$180	
10/29-12/17 (7)	W	6:30-8 pm	8-12 yrs	C025215
Rm 202		ID/AP: \$144	OD: \$180	

## Youth – Cooking Workshops

### Put that in your pastry bag and pipe it

Immerse yourself in the art of the pastry bag with Chef Cat. She will inspire you with her creative techniques for crafting stunning buttercream flowers using various Russian pastry tips, perfect for exquisite cupcakes. Armed with her special buttercream recipe, you'll create beautiful cupcakes to take home and cherish. Please note that we cannot guarantee an allergy-free environment.

10/10 (1)	F	6-8:30 pm	8-12 yrs	C025211
Rm 202		ID/AP: \$42	OD: \$52.50	

### Artisan Bread Basket

Embrace the magic of baking delicious yeast breads in this hands-on class, all through the innovative 5-minute bucket bread method. Discover the joy of creating a natural yeast starter while learning the secrets to making amazing no-knead bucket bread. Each participant will take home their own sourdough starter, and an Artisan loaf of bread they created. Please note that we cannot guarantee an allergy-free environment.

11/21 (1)	F	6-8:30 pm	8-12 yrs	C025212
Rm 202		ID/AP: \$42	OD: \$52.50	

### Holiday Cookies

Join Chef Cat in the kitchen for a delightful experience in making decadent holiday cookies! You will create three unique holiday cookie recipes from scratch and leave with dozens of treats to share. Learn techniques that will elevate your baking and bring joy to your holiday celebrations. Please note that we cannot guarantee an allergy-free environment.

12/19 (1)	F	6-8:30 pm	8-12 yrs	C025213
Rm 202		ID/AP: \$42	OD: \$52.50	

### Okie Dokie, Let's Make Gnocchi

Gnocchi is a delightful choice as both an appetizer and a main dish. Join Chef Cat on a culinary journey as she leads you through the creation of these irresistible Italian dumplings. Savor gnocchi with Alfredo sauce enhanced by fresh herbs and experience the joy of spinach gnocchi tossed in olive oil and garlic, complemented by sun-dried tomatoes, fresh mozzarella, and aromatic herbs. Please note that we cannot guarantee an allergy-free environment.

9/26 (1)	F	6-8:30pm	8-12 yrs	C025210
Rm 203		ID/AP: \$42	OD: \$52.50	

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

## General Interest – Youth

### Code Ninjas Coding Club: Adventures in Game Design

Let's make video games! Students will explore different programming concepts as they create various games inspired by Breakout, Snake, Flappy Bird, and more using a block-based programming language called Scratch, a kid-friendly, visual programming environment developed by MIT. We will introduce basic game design and programming concepts like loops, functions, and even video detection to create their own games. This class is instructed by Code Ninjas staff.

9/16-11/4(8) T 4:30-5:30p 9-14 yrs C027216  
Rm 200 ID/AP: \$156.25 OD: \$195.25

## General Interest – Teen/Adult

### 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! **No class 11/11, 11/25.**

9/9-10/21 (7) T 7-8 pm 15-adult C022540  
Rm 200 ID/AP: \$122 OD: \$152.50

10/28-12/16 (6) T 7-8 pm 15-adult C022541  
Rm 200 ID/AP: \$105 OD: \$131.25

### American Sign Language Skills

Explore American Sign Language further in this skills class. Students should be familiar with the basics of ASL. Take advantage of this opportunity to broaden your communication abilities! **No class 11/27.**

9/11-10/23 (7) Th 7-8 pm 15-adult C022542  
Rm 200 ID/AP: \$122 OD: \$152.50

10/30-12/18 (7) Th 7-8 pm 15-adult C022543  
Rm 200 ID/AP: \$122 OD: \$152.50

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

10/26-11/2 (2) Su 9:30 am-1:30 pm 11-15 yrs C025200  
Rm 101 ID/AP: \$88 OD: \$110

11/9-11/16 (2) Su 9:30 am-1:30 pm 11-15 yrs C025201  
Rm 101 ID/AP: \$88 OD: \$110

12/7-12/14 (2) Su 9:30 am-1:30 pm 11-15 yrs C025202  
Rm 101 ID/AP: \$88 OD: \$110

### Home Alone

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

10/26 (1) Su 2:45-5:30 pm 8-12 yrs C025204  
Rm 101 ID/AP: \$38 OD: \$47.50

11/9 (1) Su 2:45-5:30 pm 8-12 yrs C025205  
Rm 101 ID/AP: \$38 OD: \$47.50

12/7 (1) Su 2:45-5:30 pm 8-12 yrs C025206  
Rm 101 ID/AP: \$38 OD: \$47.50

## Sports – Preschool

### Developing Your Young Athlete

Every athlete starts somewhere! Together we will work to develop fundamental skills that every young athlete needs to succeed. We will focus on developing large motor skills through a variety of fun games! Along with building confidence and improving motor skills, kids will also learn about teamwork and how to take turns. Adult participation is required to help guide and encourage the children. Please note that unregistered siblings cannot attend. **No class 11/24, 11/29.**

9/8-10/20 (7) M 9:30-10 am 2 ½ -3 ½ yrs C022100  
GYM #2 ID/AP: \$56 OD: \$70

10/27-12/15 (7) M 9:30-10 am 2 ½ -3 ½ yrs C022101  
GYM #2 ID/AP: \$56 OD: \$70

9/13-10/25 (7) S 9:15-9:45am 2 ½ -3 ½ yrs C022102  
GYM #1 ID/AP: \$56 OD: \$70

11/1-12/13 (6) S 9:15-9:45 am 2 ½ -3 ½ yrs C022103  
GYM #1 ID/AP: \$49 OD: \$61.25

### 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 encouraged to help guide and encourage the children. **No class 11/29.**

9/13-10/25 (7) S 1:30-2:15 pm 3-5 yrs C022118  
GYM #1 ID/AP: \$74 OD: \$92.50

11/1-12/13 (6) S 1:30-2:15 pm 3-5 yrs C022119  
GYM #1 ID/AP: \$64 OD: \$80

9/13-10/25 (7) S 2:30-3:15 pm 3-5 yrs C022120  
GYM #1 ID/AP: \$74 OD: \$92.50

11/1-12/13 (6) S 2:30-3:15 pm 3-5 yrs C022121  
GYM #1 ID/AP: \$64 OD: \$80

### 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 encouraged to help guide and encourage the children. **No class 11/29.**

9/13-10/25 (7) S 11:15 am-12 pm 3-5 yrs C022114  
GYM #1 ID/AP: \$74 OD: \$92.50

11/1-12/13 (6) S 11:15 am-12 pm 3-5 yrs C022115  
GYM #1 ID/AP: \$64 OD: \$80

9/13-10/25 (7) S 12:15-1 pm 3-5 yrs C022116  
GYM #1 ID/AP: \$74 OD: \$92.50

11/1-12/13 (6) S 12:15-1 pm 3-5 yrs C022117  
GYM #1 ID/AP: \$64 OD: \$80

### 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. Adult participation is encouraged to help guide and encourage the children. **No class 11/23, 11/29.**

9/13-10/25 (7) S 10-10:45 am 3-5 yrs C022110  
GYM #1 ID/AP: \$74 OD: \$92.50

11/1-12/13 (6) S 10-10:45 am 3-5 yrs C022111  
GYM #1 ID/AP: \$64 OD: \$80

9/7-10/19 (7) Su 2:30-3:15 pm 3-5 yrs C022112  
GYM #1 ID/AP: \$74 OD: \$92.50

10/26-12/14 (7) Su 2:30-3:15 pm 3-5 yrs C022113  
GYM #1 ID/AP: \$74 OD: \$92.50

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

## Munchkin Tumblers

This tumbling class is designed for kids with boundless energy and a love for movement! Kids will experience a safe and stimulating environment for exploring basic tumbling techniques, developing coordination, learning to follow directions, and listening skills while building confidence. Adult participation is required to help guide and encourage the children. Please note that unregistered siblings cannot attend. **No class 11/27.**

9/11-10/23 (7)	Th	10:15-11 am	3-5 yrs	C022108
Rm 204		ID/AP: \$56	OD: \$70	
10/30-12/18 (7)	Th	10:15-11 am	3-5 yrs	C022109
Rm 204		ID/AP: \$56	OD: \$70	

## Tiny Tumblers

This class is a great introduction to tumbling! Kids will experience a safe and stimulating environment for exploring basic tumbling techniques, developing coordination, learning to follow directions, and listening skills while building confidence. Adult participation is required to help guide and encourage the children. Please note that unregistered siblings cannot attend. **No class 11/27.**

9/11-10/23 (7)	Th	9:30-10 am	2-4 yrs	C022106
Rm 204		ID/AP: \$45	OD: \$56.25	
10/30-12/18 (7)	Th	9:30-10 am	2-4 yrs	C022107
Rm 204		ID/AP: \$45	OD: \$56.25	

## Preschool P.E.

Join us for this fun class, where 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 encouraged to help guide and encourage the children. Please note that unregistered siblings cannot attend. **No class 11/24.**

9/8-10/20 (7)	M	10:15-11 am	3-5 yrs	C022104
GYM #2		ID/AP: \$74	OD: \$92.50	
10/27-12/15 (7)	M	10:15-11 am	3-5 yrs	C022105
GYM #2		ID/AP: \$74	OD: \$92.50	

## Sports – Youth/Teen

### Basketball Basics

Come learn basketball fundamentals in a fun and supportive environment. This class is perfect for kids wanting to try a new sport or those looking to start their basketball journey! Through various interactive drills and activities, players will learn many essential skills such as: ball control, passing, dribbling, shooting, and game play. **No class 11/11, 11/25, 11/29.**

9/9-10/21 (7)	T	4-4:45 pm	6-8 yrs	C022230
GYM #2		ID/AP: \$56	OD: \$70	
10/28-12/16 (6)	T	4-4:45 pm	6-8 yrs	C022231
GYM #2		ID/AP: \$49	OD: \$61.25	
9/13-10/25 (7)	S	11:15 am-12 pm	6-8 yrs	C022232
GYM #2		ID/AP: \$56	OD: \$70	
11/1-12/13 (6)	S	11:15 am-12 pm	6-8 yrs	C022233
GYM #2		ID/AP: \$49	OD: \$61.25	

### 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 11/11, 11/25, 11/27, 11/29.**

9/9-10/21 (7)	T	5-5:45 pm	9-11 yrs	C022236
GYM #2		ID/AP: \$56	OD: \$70	
10/28-12/16 (6)	T	5-5:45 pm	9-11 yrs	C022237
GYM #2		ID/AP: \$49	OD: \$61.25	
9/11-10/23 (7)	Th	4-4:45 pm	9-11 yrs	C022238
GYM #1		ID/AP: \$56	OD: \$70	
10/30-12/18 (7)	Th	4-4:45 pm	9-11 yrs	C022239
GYM #1		ID/AP: \$56	OD: \$70	

9/13-10/25 (7)	S	12:15-1 pm	9-11 yrs	C022240
GYM #2		ID/AP: \$56	OD: \$70	
11/1-12/13 (6)	S	12:15-1 pm	9-11 yrs	C022241
GYM #2		ID/AP: \$49	OD: \$61.25	

### Basketball Drills & Scrimmage

This class is ideal for players who know the basics of basketball and need help with skill progression and scrimmage experience. Give your athlete a well-rounded understanding of this great game. **No class 11/11, 11/25.**

9/9-10/21 (7)	T	6:15-7 pm	12-15 yrs	C022330
GYM #2		ID/AP: \$56	OD: \$70	
10/28-12/16 (6)	T	6:15-7 pm	12-15 yrs	C022331
GYM #2		ID/AP: \$49	OD: \$61.25	

### Flag Football

Athletes will participate in football drills focusing on throwing, catching, running routes, and teamwork. This class is held in the gymnasium. **No class 11/27.**

9/11-10/23 (7)	Th	5-5:45 pm	7-10 yrs	C022242
GYM #2		ID/AP: \$56	OD: \$70	
10/30-12/18 (7)	Th	5-5:45 pm	7-10 yrs	C022243
GYM #2		ID/AP: \$56	OD: \$70	
9/11-10/23 (7)	Th	6:15-7 pm	7-10 yrs	C022244
GYM #2		ID/AP: \$56	OD: \$70	
10/30-12/18 (7)	Th	6:15-7 pm	7-10 yrs	C022245
GYM #2		ID/AP: \$56	OD: \$70	

### Futsal Basics

Get ready to kick off your futsal journey! Kids 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 11/23.**

9/8-10/20 (7)	M	5-5:45 pm	6-8 yrs	C022220
GYM #2		ID/AP: \$56	OD: \$70	
10/27-12/15 (7)	M	5-5:45 pm	6-8 yrs	C022221
GYM #2		ID/AP: \$56	OD: \$70	

### Futsal Skills new

Learn basic futsal skills including ball control, passing, dribbling, and footwork. This is a great class for those wanting to build on their futsal skills. Kids will work together in a positive environment, experiencing the fun of being part of a team. Bring a water bottle. Shin guards recommended. **No class 11/24.**

9/8-10/20 (7)	M	6:15-7 pm	9-12 yrs	C022222
GYM #2		ID/AP: \$56	OD: \$70	
10/27-12/15 (7)	M	6:15-7 pm	9-12 yrs	C022223
GYM #2		ID/AP: \$56	OD: \$70	

### Futsal Skills Advanced new

This class is ideal for kids who are experienced with futsal and need help with skill progression and scrimmage experience. Give your athlete a well-rounded understanding of this great game. Bring a water bottle. Shin guards recommended. **No class 11/11, 11/25.**

9/9-10/21 (7)	T	5-5:45 pm	13-16 yrs	C022320
GYM #1		ID/AP: \$56	OD: \$70	
10/28-12/16 (6)	T	5-5:45 pm	13-16 yrs	C022321
GYM #1		ID/AP: \$49	OD: \$61.25	

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## Girls Basketball

Come learn the fundamentals of basketball in a fun and supportive environment! This a great class for beginners or those new to the sport. In addition to learning how to work on a team, girls will learn the basics of many essential basketball skills through interactive drills and activities such as: ball control, passing, dribbling, shooting, and game play. **No class 11/27.**

9/11-10/23 (7) GYM #1	Th	5-5:45 pm ID/AP: \$56	9-11 yrs OD: \$70	CO22234
10/30-12/18 (7) GYM #1	Th	5-5:45 pm ID/AP: \$56	9-11 yrs OD: \$70	CO22235

## Girls Basketball Scrimmage

Girls will learn basic basketball skills including passing, ball control, dribbling, shooting, and footwork. This is a great class for those just starting to build basketball skills. Girls will work together in a positive environment, learning how to be part of a team. **No class 11/27.**

9/11-10/23 (7) GYM #1	Th	6:15-7 pm ID/AP: \$56	12-15 yrs OD: \$70	CO22332
10/30-12/18 (7) GYM #1	Th	6:15-7 pm ID/AP: \$56	12-15 yrs OD: \$70	CO22334

## Homeschool P.E.

Calling all kids learning from home to join us for an action-packed 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. **No class 11/26.**

9/10-10/22 (7) GYM #1	W	2:30-3:30 pm ID/AP: \$68	6-15 yrs OD: \$85	CO22210
10/29-12/17 (7) GYM #1	W	2:30-3:30 pm ID/AP: \$68	6-15 yrs OD: \$85	CO22211

## Lacrosse: Stick to the Basics

Join us for a fun and informative way to learn the basics of lacrosse - all levels are welcome! 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 11/23.**

9/7-10/19 (7) GYM #1	Su	3:30-4:15 pm ID/AP: \$56	8-12 yrs OD: \$70	CO22250
10/26-12/14 (7) GYM #1	Su	3:30-4:15 pm ID/AP: \$56	8-12 yrs OD: \$70	CO22251

## Pickleball Kids

Come learn pickleball fundamentals in a fun and encouraging environment! Players will learn the rules and scoring of pickleball, as well as develop basic pickleball skills through a variety of fun drills, activities, and practice matches. **No class 11/23.**

9/7-10/19 (7) GYM #2	Su	12:15-1 pm ID/AP: \$56	8-11 yrs OD: \$70	CO22260
10/26-12/14 (7) GYM #2	Su	12:15-1 pm ID/AP: \$56	8-11 yrs OD: \$70	CO22261

## Soccer Basics

Kids will learn the basic soccer fundamentals in a fun and supportive environment, developing essential skills, building confidence, and making new friends along the way. **No class 11/29.**

9/13-10/25 (7) GYM #2	S	9-9:45 am ID/AP: \$56	6-8 yrs OD: \$70	CO22224
11/1-12/13 (6) GYM #2	S	9-9:45 am ID/AP: \$49	6-8 yrs OD: \$61.25	CO22225

## Soccer Skills new

Expand your soccer skills in this class, including ball control, passing, dribbling, and footwork. This is a great class for those wanting to build on their soccer skills. Kids will work together in a positive environment, experiencing the fun of being part of a team. Bring a water bottle. Shin guards recommended. **No class 11/29.**

9/13-10/25 (7) GYM #2	S	10-10:45 am ID/AP: \$56	9-11 yrs OD: \$70	CO22226
11/1-12/13 (6) GYM #2	S	10-10:45 am ID/AP: \$49	9-11 yrs OD: \$61.25	CO22227

## Soccer Drills & Scrimmage

This class is ideal for kids who are experienced with soccer and need help with skill progression and scrimmage experience. Give your athlete a well-rounded understanding of this great game. Bring a water bottle. Shin guards recommended. **No class 11/29.**

9/13-10/25 (7) GYM #1	S	4:30-5:15 pm ID/AP: \$56	12-15 yrs OD: \$70	CO22322
11/1-12/13 (6) GYM #1	S	4:30-5:15 pm ID/AP: \$49	12-15 yrs OD: \$61.25	CO22323

## 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. **No class 11/11, 11/25.**

9/9-10/21 (7) GYM #1	T	6:15-7 pm ID/AP: \$56	8-12 yrs OD: \$70	CO22272
10/28-12/16 (6) GYM #1	T	6:15-7 pm ID/AP: \$49	8-12 yrs OD: \$61.25	CO22273

## Teen Pickleball

Join our teen pickleball class 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 10/31, 11/28.**

9/12-10/24 (7) GYM #1	F	5:15-6 pm ID/AP: \$56	12-16 yrs OD: \$70	CO22360
11/7-12/19 (6) GYM #1	F	5:15-6 pm ID/AP: \$49	12-16 yrs OD: \$61.25	CO22361

## Volleyball Basics

Come learn basic volleyball fundamentals, including bumping, passing, ball control, serving, rules of the game, and more. Children will work together in a positive environment learning how to be part of a team. **No class 11/24, 11/26.**

9/8-10/20 (7) GYM #1	M	4-4:45 pm ID/AP: \$74	7-8 yrs OD: \$92.50	CO22200
10/27-12/15 (7) GYM #1	M	4-4:45 pm ID/AP: \$74	7-8 yrs OD: \$92.50	CO22201
9/10-10/22 (7) GYM #1	W	4-4:45 pm ID/AP: \$74	7-8 yrs OD: \$92.50	CO22202
10/29-12/17 (7) GYM #1	W	4-4:45 pm ID/AP: \$74	7-8 yrs OD: \$92.50	CO22203
9/8-10/20 (7) GYM #1	M	5-5:45 pm ID/AP: \$74	9-11 yrs OD: \$92.50	CO22204
10/27-12/15 (7) GYM #1	M	5-5:45 pm ID/AP: \$74	9-11 yrs OD: \$92.50	CO22205
9/10-10/22 (7) GYM #1	W	5-5:45 pm ID/AP: \$74	9-11 yrs OD: \$92.50	CO22206
10/29-12/17 (7) GYM #1	W	5-5:45 pm ID/AP: \$74	9-11 yrs OD: \$92.50	CO22207

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

## Volleyball Skills

This class is perfect for those who wish get extra practice and 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 11/24, 11/26.**

9/8-10/20 (7) GYM #1	M	6:15-7 pm ID/AP: \$74	12-15 yrs OD: \$92.50	CO22301
10/27-12/15 (7) GYM #1	M	6:15-7 pm ID/AP: \$74	12-15 yrs OD: \$92.50	CO22302
9/10-10/22 (7) GYM #1	W	6:15-7 pm ID/AP: \$74	12-15 yrs OD: \$92.50	CO22303
10/29-12/17 (7) GYM #1	W	6:15-7 pm ID/AP: \$74	12-15 yrs OD: \$92.50	CO22304

## Youth Dodgeball Club new

It's time to dodge, duck, dip, dive! Join us as we explore different variations of this classic game, make new friends, and have fun. **No class 11/29.**

9/13-10/25 (7) GYM #1	S	3:45-4:30 pm ID/AP: \$56	7-10 yrs OD: \$70	CO22212
11/1-12/13 (6) GYM #1	S	3:45-4:30 pm ID/AP: \$49	7-10 yrs OD: \$61.25	CO22213

## 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; improve in agility, flexibility, and strength; and learn basic self-defense principles. A white karate uniform is recommended. **No class 11/11, 11/13, 11/25, 11/27.**

9/23-12/9 (10) Rm 204	T	4-4:45 pm ID/AP: \$79	6-8 yrs OD: \$98.75	CO22290
9/25-12/4 (10) Rm 204	T	4-4:45 pm ID/AP: \$79	6-8 yrs OD: \$98.75	CO22291

### Karate Beginners

Students will learn to build self-confidence, discipline, cooperation, effective communication, and motivation. In addition, they will learn basic blocks, punches, and kicks and progress through various skills in agility, flexibility, and strength. White uniforms required. **No class 11/11, 11/13, 11/25, 11/27.**

9/23-12/09 (10) Rm 204	T	5-6 pm ID/AP: \$96	9-10 yrs OD: \$120	CO22292
9/25-12/11 (10) Rm 204	Th	5-6 pm ID/AP: \$96	9-10 yrs OD: \$120	CO22293

### Kendo: Japanese Fencing

Learn the basic skills and techniques of Japanese swordsmanship. Martial arts philosophy and manners will be presented. An additional \$36 fee for a bamboo practice sword is due first night of class, payable to Obukan Kendo Club. **No class 10/31, 11/28.**

9/26-12/12 (10) Rm 201	F	6:45-7:45 pm ID/AP: \$96	10-adult OD: \$120	CO22590
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## Sports – Adult

### Pickleball Basics

This adult class for pickleball beginners will teach you the fundamental basics of pickleball through exciting drills and games. **No class 11/11, 11/23, 11/25, 11/26.**

9/9-10/21 (7) GYM #1	T	9:30-10:30 am ID/AP: \$68	18-adult OD: \$85	CO22500
10/28-12/16 (6) GYM #1	T	9:30-10:30 am ID/AP: \$59	18-adult OD: \$73.75	CO22501
9/10-10/22 (7) GYM #2	W	5-5:45 pm ID/AP: \$56	18-adult OD: \$70	CO22502
10/29-12/17 (7) GYM #2	W	5-5:45 pm ID/AP: \$56	18-adult OD: \$70	CO22503
9/7-10/19 (7) GYM #2	Su	2:30-3:30 pm ID/AP: \$68	18-adult OD: \$85	CO22506
10/26-12/14 (7) GYM #2	Su	2:30-3:30 pm ID/AP: \$68	18-adult OD: \$85	CO22507

### Pickleball Basics - Interest List Only

This adult class for pickleball beginners will teach you the fundamental basics of pickleball through exciting drills and games. Interest List Only. Patrons will be notified by 9/4 if the class is running. **No class 11/27.**

9/11-10/23 (7) GYM #1	Th	9:30-10:30 am ID/AP: \$68	18-adult OD: \$85	CO22504
10/30-12/18 (7) GYM #1	Th	9:30-10:30 am ID/AP: \$68	18-adult OD: \$85	CO22505

### Pickleball Drills

This adult class for experienced pickleball players looking to build their skill level through new drills, game play, and strategies. Let's take your pickleball game to the next level! **No class 10/31, 11/11, 11/25, 11/26, 11/28.**

9/9-10/21 (7) GYM #1	T	11 am-12 pm ID/AP: \$68	18-adult OD: \$85	CO22510
10/28-12/16 (6) GYM #1	T	11 am-12 pm ID/AP: \$59	18-adult OD: \$73.75	CO22511
9/10-10/22 (7) GYM #2	W	6:15-7 pm ID/AP: \$56	18-adult OD: \$70	CO22512
10/29-12/17 (7) GYM #2	W	6:15-7 pm ID/AP: \$56	18-adult OD: \$70	CO22513
9/12-10/24 (7) GYM #1	F	6:30-7:30 pm ID/AP: \$68	18-adult OD: \$85	CO22516
11/7-12/19 (6) GYM #1	F	6:30-7:30 pm ID/AP: \$59	18-adult OD: \$73.75	CO22517

### Pickleball Drills - Interest List Only

This adult class for pickleball beginners will teach you the fundamental basics of pickleball through exciting drills and games. Interest List Only. Patrons will be notified by 9/4 if the class is running. **No class 11/27.**

9/11-10/23 (7) GYM #1	Th	11 am-12 pm ID/AP: \$68	18-adult OD: \$85	CO22514
10/30-12/18 (7) GYM #1	Th	11 am-12 pm ID/AP: \$68	18-adult OD: \$85	CO22515

## Intermediate Pickleball

This adult class is designed for players who have already gained basic skills and knowledge of the game and are looking to improve and refine their techniques, strategies, and overall performance on the pickleball court. **No class 10/31, 11/23, 11/28.**

9/12-10/24 (7)	F	4-5 pm	18-adult	CO22521
GYM #1		ID/AP: \$68	OD: \$85	
11/7-12/19 (6)	F	4-5 pm	18-adult	CO22522
GYM #1		ID/AP: \$59	OD: \$73.75	
9/7-10/19 (7)	Su	3:45-4:45 pm	18-adult	CO22523
GYM #2		ID/AP: \$68	OD: \$85	
10/26-12/14 (7)	Su	3:45-4:45 pm	18-adult	CO22524
GYM #2		ID/AP: \$68	OD: \$85	

## Sports – Family

### Family Karate new

Students will learn to build self-confidence, discipline, cooperation, effective communication, and motivation. In addition, they will learn blocks, punches, and kicks; and progress through various ranks while developing skills in agility, flexibility, and strength. Martial arts philosophy and manners will be presented. White Karate uniforms required. All participants need to be enrolled. Children under 10 yrs should be with an enrolled adult. **No class 11/11, 11/13, 11/25, 11/27.**

9/23-12/11 (20) T/Th		6:15-7:15 pm	8-adult	CO22294
Rm 101		ID/AP:\$159	OD:\$198.75	

### Family Pickleball

Learn to play pickleball with your athlete in this group class. Adult participation is required to help guide and encourage the children. Please note that unregistered siblings cannot attend. Cost includes one adult. **No class 11/23.**

9/7-10/19 (7)	Su	1:15-2 pm	6-10 yrs	CO22534
GYM #2		ID/AP: \$112	OD: \$140	
10/26-12/14 (7)	Su	1:15-2 pm	6-10 yrs	CO22535
GYM #2		ID/AP: \$112	OD: \$140	

### Family Tennis

Learn to play tennis with your athlete in this group class. Basic intro level 1 class. Adult participation is required to help guide and encourage the children. Please note that unregistered siblings cannot attend. Cost includes one adult. **No class 11/23.**

9/7-10/19 (7)	Su	12:15-1 pm	6-10 yrs	CO22530
GYM #1		ID/AP: \$112	OD: \$140	
10/26-12/14 (7)	Su	12:15-1 pm	6-10 yrs	CO22531
GYM #1		ID/AP: \$112	OD: \$140	
9/7-10/19 (7)	Su	1:15-2 pm	6-10 yrs	CO22532
GYM #1		ID/AP: \$112	OD: \$140	
10/26-12/14 (7)	Su	1:15-2 pm	6-10 yrs	CO22533
GYM #1		ID/AP: \$112	OD: \$140	

## 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. **No class 9/23, 11/11, 11/25, 11/27.**

9/9-10/23 (7)	T/Th	4:45-5:45 pm	11-14 yrs	CO22270
Weight Room		ID/AP: \$125	OD: \$156.25	
10/28-12/18 (7)	T/Th	4:45-5:45 pm	11-14 yrs	CO22271
Weight Room		ID/AP: \$125	OD: \$156.25	

## Bhangra Dance Fitness

A high-energy Folk dance from Punjab, India which is known for its vibrant and rhythmic movements. It combines fast-paced footwork, jumps, arm swings, and expressive movements, making it an increasingly popular cardiovascular workout for all fitness levels.

10/26 (1)	Su	12-1 pm	14-adult	CO22552
Rm 201		ID/AP: \$12	OD: \$15	
11/2 (1)	Su	12-1 pm	14-adult	CO22553
Rm 201		ID/AP: \$12	OD: \$15	
11/9 (1)	Su	12-1 pm	14-adult	CO22554
Rm 201		ID/AP: \$12	OD: \$15	
11/16 (1)	Su	12-1 pm	14-adult	CO22555
Rm 201		ID/AP: \$12	OD: \$15	

## MELT NeuroStrength

MELT Method is a gentle self-care technique that enhances mobility, stability, and performance and is clinically proven to reduce chronic pain while restoring overall wellbeing. In this MELT NeuroStrength 2-Part Series, we will focus on rehydrating our connective tissue, learning the importance of connecting our breath to consciously connect to and activate the autonomic core reflex. We will focus on what stays stable as we move major muscles with control. Our goal is to Reconnect, Rebalance, Rehydrate, Release tension. Then to Reintegrate and Repattern.

9/28 (1)	Su	12-1:30 pm	14-adult	CO22551
Rm 201		ID/AP: \$18	OD: \$22.50	

## Pilates and MELT

MELT Method is a gentle self-care technique that enhances mobility, stability, and performance and is clinically proven to reduce chronic pain while restoring overall wellbeing. In this MELT NeuroStrength 2-Part Series, we will focus on rehydrating our connective tissue, learning the importance of connecting our breath to consciously connect to and activate the autonomic core reflex. We will focus on what stays stable as we move major muscles with control. Our goal is to Reconnect, Rebalance, Rehydrate, Release tension. Then to Reintegrate and Repattern.

9/14 (1)	Su	12-1:30 pm	14-adult	CO22550
Rm 201		ID/AP: \$18	OD: \$22.50	

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

## Facility Rentals & Birthday Parties at Conestoga

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

### Birthday Parties

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

### Facility Rentals

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

### Splash Pad Rentals

Exploring alternative ways to celebrate a birthday? Consider our private splash pad rentals! For more information, check out our website.

Please call 503-629-6313 or scan QR code below for more details and pricing information.



## Fitness Instructor Training

Earn CEC's/CEUs with Dr.Emily Splichal, Functional Podiatrist and Human Movement Specialist.

- Pelvic Balance Training October 18, 2025
- Run Injury Free Training October 19, 2025

To register scan QR code or visit [www.ebfaglobal.com](http://www.ebfaglobal.com)



## Black Light Zumba®! Ages 14+

November 8 • December 13 • January 10 • February 7 • March 7  
6-7:15pm • 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®!



## Zumba Gold® Certification Course

September 21 • 8:30am-6pm

Register at [www.zumba.com](http://www.zumba.com)

## Fitness Class Descriptions

Classes are for ages 14+. For Conestoga's updated fitness schedule, visit [www.thprd.org/recreation/conestoga](http://www.thprd.org/recreation/conestoga)

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

### 20/20/20

Get three types of fitness for three times the fun! Aerobics to start, followed by strength training, and finishing with flexibility exercises.

### Cardio Fusion

A work out that pairs moderate aerobics with exercises and dance moves that are designed to improve strength, balance and flexibility.

### Dig Deep (Water Fitness)

Focus on range-of-motion, stretching and moderate aerobic activity. Float belts provided.

### Essentrics

Strengthen and stretch every muscle in the body eccentrically, rebalancing the muscular structure in continuous rotational movements.

### Low Impact Aerobics

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

### Restore & Renew

Slower-paced; allowing opening of the body versus stretching; supported releases; mindful activities providing stress relief and healthful benefits for the mind as well as the body. Using props, awareness, and relaxation to achieve results.

### Strength & Endurance

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

### Stretch, Core, and More

Walk taller, feel stronger! This class focuses on flexibility, core strength, and postural work.

### Tai Chi I

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

### Total Body Strength

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

### Yoga, All Levels

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

### Yoga, Flow

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

### Yoga/Mat Pilates

This class combines yoga, mat pilates and precise movements to improve joint function.

### Zumba®

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

### Zumba® Gold/Zumba® Toning

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

## Weight Room Orientation

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

**\$63 ID / \$78.50 OD**

### Buddy Training

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

**1 session \$53 ID/ \$66.25 OD**  
**3 sessions \$149.25 ID/ \$186.50 OD**  
**6 sessions \$272.25 ID/ \$340.25 OD**

### Personal Training

Private appointments with a certified personal trainer to customize your fitness program, offer accountability and help you reach your goals. Each session is one hour in length.

**1 session \$71 ID/ \$88.75 OD**  
**3 sessions \$200 ID/ \$250 OD**  
**6 sessions \$365 ID/ \$456.25 OD**

# Elsie Stuhr Center



TUALATIN HILLS  
PARK & RECREATION DISTRICT

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

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



TriMet Bus Routes #76, #78, #88  
Center Supervisor: Juan Caez

Hours:  
Monday-Thursday: 8 am-5 pm  
Friday: 8 am-2 pm  
Facility Closed: 9/1, 11/11, 11/27, 11/28,  
12/24, 12/25, 12/31

## 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, 3-5pm
- **In Stitches**: Mondays, 10am-1:30pm
- **Malaysian Mah-jongg**: Mondays, 1-3pm
- **Table Tennis**: Mondays, 3-5 pm, Wednesdays 3-5pm
- **Texas Hold'em**: Tuesday, 9:30am-2pm, Thurs., 1-5pm
- **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, 11 am-2pm
- **Social Dance**: Thursdays, 2-4pm
- **Pinochle**: Fridays, 10am-1pm
- **Drop-in Art**: Fridays, 11:30am-1:30pm
- **Tripoley & Blackjack**: Fridays, 12-2pm

## 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.



## Health & Wellness



## Resource Fair

Saturday, September 27 • 9 am-12:30 pm

- Health Screenings/Services
- Local Non-Profit Resources
- Senior Services Vendors
- Free Give-Aways & Raffle Prizes
- Free Presentations & Vaccinations clinics
- And More! See website for vendor information.

Elsie Stuhr Center

## Holiday Bazaar

Saturday, December 6 • 9 am- 3 pm

100+ local art and craft vendors, holiday music, prizes and more. Free admission



## Autumn Afternoon Tea Party and Hat Contest

Friday, November 14 • 2-3:30 pm



## ARTS & CRAFTS

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

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

9/8-10/13 (6) Spruce	M ID/AP: \$137	12:30-2:30 pm SD: \$123.25	ES24600 OD: \$171.25
9/11-10/16 (6) Spruce	Th ID/AP: \$137	12:30-2:30 pm SD: \$123.25	ES24601 OD: \$171.25
10/20-12/1 (6) Spruce	M ID/AP: \$137	12:30-2:30 pm SD: \$123.25	ES24602 OD: \$171.25
10/23-12/4 (6) Spruce	Th ID/AP: \$137	12:30-2:30 pm SD: \$123.25	ES24603 OD: \$171.25

### Ceramics Workshop Fall Luminaries new

This is a two-day workshop. When the session is over you will have 2-3 small luminaries to brighten up your fall nights. Day one will be spent learning ceramic techniques such as slab and coil construction to form your luminaries. Day two (two weeks later) is reserved for glazing and finishing your masterpieces. Work will be picked up one week after the session is over.

10/1-10/15 (2) Spruce	W ID/AP: \$95	1:30-4 pm SD: \$85.50	ES24605 OD: \$118.75
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### Color Pencil new

Learn the basics of drawing, compositions and more while exploring techniques specific to colored pencils, such as color mixing, lifting, burnishing, form, volume and space and much more. Supply list at the front desk.

9/10-10/15 (6) Poplar	W ID/AP: \$137	10:30 am-12:30 pm SD: \$123.25	ES24643 OD: \$171.25
10/22-12/3 (6) Poplar	W ID/AP: \$137	10:30 am-12:30 pm SD: \$123.25	ES24644 OD: \$171.25

### 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.

9/8-10/13 (6) Larch	M ID/AP: \$183	9:15 am-12:15 pm SD: \$164.50	ES24606 OD: \$228.75
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9/11-10/16 (6) Spruce	Th ID/AP: \$183	9:15 am-12:15 pm SD: \$164.50	ES24607 OD: \$228.75
10/20-12/1 (6) Larch	M ID/AP: \$183	9:15 am-12:15 pm SD: \$164.50	ES24608 OD: \$228.75
10/23-12/4 (6) Spruce	Th ID/AP: \$183	9:15 am-12:15 pm SD: \$164.50	ES24609 OD: \$228.75

### Gallery Walk in the Pearl District

Join us for a gallery walk in Downtown Portland! We'll meet in the vibrant Pearl District, known for its inspiring art galleries. After exploring some local art spots, we'll enjoy lunch together at one of the district's popular eateries. Itinerary will be available at the front desk.

9/19 OffSite	F ID/AP: \$25	10 am-2 pm SD: \$22.50	ES24604 OD: \$31.25
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### Crocheting Beginners

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

9/9-10/14 (6) Willow	T ID/AP: \$97	11 am-12:30 pm SD: \$87.25	ES24610 OD: \$121.25
10/21-12/9 (6) Willow	T ID/AP: \$97	11 am-12:30 pm SD: \$87.25	ES24611 OD: \$121.25

### 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.

9/9-10/14 (6) Willow	T ID/AP: \$97	12:45-2:15 pm SD: \$87.25	ES24612 OD: \$121.25
10/21-12/9 (6) Willow	T ID/AP: \$97	12:45-2:15 pm SD: \$87.25	ES24613 OD: \$121.25

### 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!

9/10-10/22 (7) Cedar Rm	W ID/AP: \$131	1-2:30 pm SD: \$117.75	ES24615 OD: \$163.75
10/29-12/10 (6) Cedar Rm	W ID/AP: \$113	1-2:30 pm SD: \$101.50	ES24616 OD: \$141.25

### Intro to Pottery new

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

9/8-10/20 (7) Spruce	M ID/AP: \$190	9 am-12 pm SD: \$171	ES24635 OD: \$237.50
10/27-12/8 (6) Spruce	M ID/AP: \$167	9 am-12 pm SD: \$150.25	ES24636 OD: \$208.75

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

## Pottery

This pottery class is for experienced students. Supplies included. Students are responsible for cleaning their own workspace after class.

9/10-10/22 (7)	W	10 am-1 pm	ES24630
Spruce	ID/AP: \$212	SD: \$190.75	OD: \$265
10/29-12/10 (6)	W	10 am-1 pm	ES24631
Spruce	ID/AP: \$183	SD: \$164.50	OD: \$228.75

## Jewelry Crafting by Hand new

This jewelry course will not only stimulate your creativity but is a great therapeutic activity that will help you reduce stress. You will learn a technique called wire mesh to make rings, pendants and earrings. This is a Spanish immersion class.

9/16-10/21 (6)	T	10-11 am	ES24617
Poplar	ID/AP: \$77	SD: \$69.25	OD: \$96.25
10/28-12/9 (5)	T	10-11 am	ES24618
Poplar	ID/AP: \$69	SD: \$62	OD: \$86.25

## Knitting Workshop new

Have you been curious about knitting, but not sure if the craft is right for you? Or maybe you learned how to knit a long time ago, then life happened and you're not confident on the basics anymore. Perhaps you crochet but would like to explore knitting. Possibly you'd just like a little time for mindful creativity. If any of these scenarios sound familiar, then this workshop is for you!!! Get in on the fun with yarn & enjoy a friendly, supportive environment by signing up for this workshop!

11/20	Th	10 am-12 pm	ES24619
Willow	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.

9/9-10/14 (6)	T	10-11:30 am	ES24639
Spruce	ID/AP: \$113	SD: \$101.50	OD: \$141.25
10/21-12/9 (6)	T	10-11:30 am	ES24640
Spruce	ID/AP: \$113	SD: \$101.50	OD: \$141.25
9/9-10/14 (6)	T	12:15-1:45 pm	ES24641
Spruce	ID/AP: \$113	SD: \$101.50	OD: \$141.25
10/21-12/9 (6)	T	12:15-1:45 pm	ES24642
Spruce	ID/AP: \$113	SD: \$101.50	OD: \$141.25

# Welcome!

## Newcomers' Welcome!

Come take a tour of the center while you learn about our classes, fitness schedules, and drop-in activities.  
**Tuesday, August 5 • 11 am**

## Stained Glass

Learn to build stained glass projects using the Tiffany-Style copper foil method. Step-by-step instruction covers pattern and glass selection, glass cutting, fitting, foiling, soldering skills and patina application. All levels welcome.

9/12-10/24 (7)	F	9 am-12 pm	ES24637
Spruce	ID/AP: \$192	SD: \$172.75	OD: \$240
10/31-12/12 (6)	F	9 am-12 pm	ES24638
Spruce	ID/AP: \$165	SD: \$148.50	OD: \$206.25

## DANCE

### Dance Basics: Beginners new

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!

9/10-10/22 (7)	W	12:45-1:45 pm	ES21600
Maple Birch	ID/AP: \$98	SD: \$88	OD: \$122.50
10/29-12/10 (6)	W	12:45-1:45 pm	ES21601
Maple Birch	ID/AP: \$84	SD: \$75.50	OD: \$105

### Dance Beyond the Basics new

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!

9/10-10/22 (7)	W	2-3 pm	ES21602
Maple Birch	ID/AP: \$98	SD: \$88	OD: \$122.50
10/29-12/10 (6)	W	2-3 pm	ES21603
Maple Birch	ID/AP: \$84	SD: \$75.50	OD: \$105

## Line Dancing

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

9/11-10/23 (7)	Th	4-5 pm	ES21608
Manzanita	ID/AP: \$98	SD: \$88	OD: \$122.50
10/30-12/11 (6)	Th	4-5 pm	ES21609
Manzanita	ID/AP: \$84	SD: \$75.50	OD: \$105

## HEALTH AND WELLNESS GROUPS

<b>Ukelele Jam</b>	
First Thursdays	2:30-4 pm
<b>Pre-Diabetes/Diabetes Support Group</b>	
First AND Third Thursdays	1-2 pm
<b>MS Support Group</b>	
Second Thursdays	10-12 pm
<b>Alzheimer's Support Group</b>	
Second Thursdays	12-2 pm
<b>Stuhr Book Club</b>	
Third Thursdays	10:30-12pm
<b>Visually Impaired People of Beaverton</b>	
Fourth Thursdays	10-11am

### Salsa Time

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

9/8-10/20 (7)	M	2-3 pm	ES21610
Oak Rm	ID/AP: \$98	SD: \$88	OD: \$122.50
10/27-12/15 (7)	M	2-3 pm	ES21611
Oak Rm	ID/AP: \$98	SD: \$88	OD: \$122.50

## 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.

9/11-10/16 (6)	Th	10-11:30 am	ES25600
Dogwood	ID/AP: \$31	SD: \$27.75	OD: \$38.75
10/30-12/11 (6)	Th	10-11:30 am	ES25601
Dogwood	ID/AP: \$31	SD: \$27.75	OD: \$38.75

### Circle of Caregivers

This educational program is designed to help family caregivers take care of themselves while caring for a relative or friend with a chronic illness.

9/4-10/9 (6)	Th	2-3:30 pm	ES25602
Willow	ID/AP: \$20	SD: \$18	OD: \$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.

9/24	W	2-3:30 pm	ES24614
Spruce	ID/AP: \$25	SD: \$22.50	OD: \$31.25

### Conversational Spanish

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

9/8-12/8 (13)	M	9:30-11 am	ES25603
Willow	ID/AP: \$63	SD: \$56.50	OD: \$78.75

### Cookie Decorating Workshop

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

12/11	Th	1-3 pm	ES25604
Poplar	ID/AP: \$47	SD: \$42.25	OD: \$58.75



### Estate Planning Essentials - A Will is Just the Beginning

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

10/30	Th	10-11:30 am	ES25605
Willow	ID/AP: \$15	SD: \$13.50	OD: \$18.75

### Photography, All Levels

Take better pictures. Learn the settings on your camera and how they affect the quality of your photographs. There will be field trips and class will meet off site occasionally. Lab time provided during class.

9/10-10/22 (7)	W	11 am-12:30 pm	ES25608
Cedar Rm	ID/AP: \$141	SD: \$126.75	OD: \$176.25
10/29-12/10 (6)	W	11 am-12:30 pm	ES25609
Cedar Rm	ID/AP: \$122	SD: \$109.75	OD: \$152.50

### 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.

9/8-10/13 (6)	M	1-2:30 pm	ES25610
Willow	ID/AP: \$92	SD: \$82.75	OD: \$115

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)

## Parenting Grown Children

Being a parent doesn't stop at eighteen, as parents of adult children 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.

9/16-9/30 (3)	T	10:0 am-11:30 am	ES25611
Cedar	ID/AP: \$65	SD: \$58.50	OD: \$81.25

## Piano for Beginners

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 is necessary.

9/8-10/20 (7)	M	9-10:30 am	ES24622
Dogwood	ID/AP: \$224	SD: \$201.50	OD: \$280
10/27-12/8 (6)	M	9-10:30 am	ES24623
Dogwood	ID/AP: \$194	SD: \$174.50	OD: \$242.50

## Piano 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.

9/8-10/20 (7)	M	10:45 am-12:15 pm	ES24624
Dogwood	ID/AP: \$224	SD: \$201.50	OD: \$280
10/27-12/8 (6)	M	10:45 am-12:15 pm	ES24625
Dogwood	ID/AP: \$194	SD: \$174.50	OD: \$242.50

## Piano III

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!

9/10-10/22 (7)	W	9-10:30 am	ES24626
Dogwood	ID/AP: \$224	SD: \$201.50	OD: \$280
10/29-12/10 (6)	W	9-10:30 am	ES24627
Dogwood	ID/AP: \$194	SD: \$174.50	OD: \$242.50
9/10-10/22 (7)	W	10:45 am-12:15 pm	ES24628
Dogwood	ID/AP: \$224	SD: \$201.50	OD: \$280
10/29-12/10 (6)	W	10:45 am-12:15 pm	ES24629
Dogwood	ID/AP: \$194	SD: \$174.50	OD: \$242.50

## Portland Opera to Go Presents The Elixir of Love

Friday, October 10 at 3pm in the Manzanita Room

A heartfelt, playful journey of self-discovery, Donizetti's much-loved L'Elisir d'amore is presented as a fifty-minute English language production by Portland Opera to Go. With full sets and costumes made to travel, this delightful romp is accessible to youth audiences, but captivating for all.

This event is free. Register at the front desk as space is limited.

## FITNESS

### Getting to Know your Pelvic Floor

Explore the anatomy of the pelvis and how this relates to continence, breathing, and more! Bring your questions!

11/4 (1)	T	1-2 pm	ES22678
Cedar Rm	Complimentary		

## Mobility for Better Movement

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

10/29	W	9:30-11 am	ES22686
Fitness Room	ID/AP: \$20	SD: \$18	OD: \$25

## 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.

10/29	W	1:30-3 pm	ES22679
Fitness Room	ID/AP: \$20	SD: \$18	OD: \$25

## 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!

10/8	W	9:30-11 am	ES22687
Poplar	ID/AP: \$20	SD: \$18	OD: \$25

## 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.

9/9-10/23 (14)	T/Th	12-1 pm	ES22689
Fitness Room	ID/AP: \$155	SD: \$139.50	OD: \$193.75
10/28-12/18 (14)	T/Th	12-1 pm	ES22690
Fitness Room	ID/AP: \$155	SD: \$139.50	OD: \$193.75

## Weight Room 101

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

10/1	W	9:30-10:30 am	ES22688
Fitness Room	Complimentary		

## Weight Room Clinic

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

### Back and Core Clinic

9/10 (1)	W	9:30-11 am	ES22683
Fitness Room	ID/AP: \$20	SD: \$18	OD: \$25

### Hip and Knee Clinic

9/24 (1)	W	9:30-11 am	ES22684
Fitness Room	ID/AP: \$20	SD: \$18	OD: \$25

### Shoulder Clinic

11/12	W	9:30-11 am	ES22685
Fitness Room	ID/AP: \$20	SD: \$18	OD: \$25

## MARK YOUR CALENDAR

### Fall Prevention Event: September 25 • 10 am-12 pm

Elsie Stuhr Center Partnering with Providence Senior Health to bring you a special event designed to educate and empower individuals on how to prevent falls and maintain safety in their daily lives. You will learn exercises that keep you on your feet, speak with pharmacists about medications, and more. **(No registration required)**

### Elsie Stuhr Day December 12, 2025

Celebrate the incredible legacy of Elsie Stuhr, the visionary who launched the initiative to establish the Tualatin Hills Park & Recreation District in 1955.

## 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.

9/8-10/6 (5)	M	11 am-12 pm	ES25612
OffSite	ID/AP: \$93	SD: \$83.50	OD: \$116.25



## DROP-IN TABLE TENNIS



EVERY MONDAY AND WEDNESDAY 3-5 PM IN THE FIR ROOM  
ID: \$6.25 SD: 5.75 OD: \$7.75

## SPECIAL EVENTS

### Halloween Party

Join us for our spooktacular Halloween Dance & Costume Party! Get in the Halloween spirit and enjoy an afternoon of good music, good company, great costumes and yummy treats. Don't miss out on the fun! Prizes awarded for the best costumes.

10/31	F	2-4 pm	ES26612
Manzanita	ID/AP: \$3	SD: \$3	OD: \$5

### Autumn Afternoon Tea Party & Hat Contest

Dress in your favorite fall attire, don your most fabulous hat, and join us for a cozy afternoon of laughter, elegance and seasonal delights with tea, of course!

11/14	F	2-3:30 pm	ES26613
Manzanita	ID/AP: \$10	SD: \$9	OD: \$12.50



## BREAKFAST & A HIKE

### Breakfast and a Hike - Black Bear Diner & Nature Park

Join us as we meet at the Elsie Stuhr Center to board a small bus toward Black Bear Diner. Enjoy the breakfast of your choice before we head to Tualatin Hills Nature Park for a beautiful guided 1.5 paved trail hike by one of the Bilingual Naturalist at the park. Cost of breakfast is not included. Trail difficulty: Easy.

10/7	T	9 am-12 pm	ES26602
OffSite	ID/AP: \$22	SD: \$19.75	OD: \$27.50

### Breakfast and a Hike - Reedville Cafe & Rood Bridge Park

This trip will take us to the delicious Reedville Cafe for breakfast followed by a hike at Rood Bridge Park. This park has 58 acres of beautiful gardens, ponds, wetlands and wooded area. Cost of breakfast not included.

11/18	T	9 am-12 pm	ES26603
OffSite	ID/AP: \$22	SD: \$19.75	OD: \$27.50

## LUNCH TRIPS

### Lunch Trip to Brooklyn Trattoria

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

9/23	T	11 am-1:30 pm	ES26604
OffSite	ID/AP: \$19	SD: \$17	OD: \$23.75

### Lunch Trip to Filberts Farmhouse Kitchen

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

11/6	Th	11 am-2 pm	ES26605
OffSite	ID/AP: \$22	SD: \$19.75	OD: \$27.50



### Lunch and Shopping - Sinju Japanese Restaurant and Bridgeport Mall

Join us for a festive lunch followed by a little holiday shopping. Cost of lunch not included.

12/9	T	11:15 am-2:45 pm	ES26606
OffSite	ID/AP: \$24	SD: \$21.50	OD: \$30

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)

## TRIPS & TOURS

### Adventure Trip - High Life Zip Line Tour

Join us in ziplining in a beautiful natural setting, complete with seasoned timber, ponds, and a seven-acre lake, all while zipping through the air under the expert watch and assistance of highly trained guides. Please plan on 2.5 hours, but tour could be shorter depending on the number of participants. This trip includes transportation and chaperone, you will be responsible for booking your zipline tour with High Life Adventures in Warrenton at 503-861-9875.

9/9	T	8:30 am-3:30 pm	ES26600
OffSite	ID/AP: \$45	SD: \$40.50	OD: \$56.25

### Adventure Trip - Skydive Oregon

Join us for a once in a lifetime thrill! This skydiving day trip is designed for the adventurous who have always wanted to take the leap. It includes transportation and chaperone, you will be responsible for booking your jump through Skydive Oregon in Molalla at 503-829-3483.

10/21	T	9:30 am-4:30 pm	ES26601
OffSite	ID/AP: \$61	SD: \$54.75	OD: \$76.25

### Mt. Angel Oktoberfest

Join the town of Mt. Angel as they celebrate in the German/Swiss festival of Oktoberfest! Take your time and wander the streets enjoying music, arts & crafts, food and drinks. Lederhosen are highly encouraged!

9/11	Th	10 am-3:30 pm	ES26608
OffSite	ID/AP: \$41	SD: \$36.75	OD: \$51.25



### Mount Hood Railroad Autumn Trip

Experience autumn and all its beauty with this scenic train ride through the lower Hood River Valley. The train will travel through forest trees, orchards and vineyards before stopping at The Fruit Company for shopping and lunch. Transportation, chaperone, train tickets and lunch included.

10/16	Th	9:30 am-3:30 pm	ES26609
OffSite	ID/AP: \$126	SD: \$113.25	OD: \$157.50

### Evergreen Aviation & Space Museum

We are headed to experience the Evergreen Aviation & Space Museum where history and innovation come alive. Explore more than 150 aircraft, spacecraft and aviation artifacts that trace the evolution of flight. Transportation, museum admission and chaperone included. Lunch not included.

11/13	Th	10 am-3 pm	ES26610
OffSite	ID/AP: \$62	SD: \$55.75	OD: \$77.50

### Pittock Mansion

There's no better tradition than visiting the Pittock Mansion during the holidays. Join us on the Stuhr bus as we tour the beautifully decorated mansion in this year's theme, Holiday Classics!

12/18	Th	9:30 am-12:30 pm	ES26607
OffSite	ID/AP: \$31	SD: \$27.75	OD: \$38.75



## COLLETTE TOURS

### Collette Tours

Tualatin Hills Parks and Recreation District is pleased to announce a new affiliation with Collette Travel Services. With 107 years of tour mastery in the making, Collette leads the way in curating 4-star, guided tours that connect culturally curious travelers to the world's iconic 'must-sees', along with meaningful engagement with people and culture.

You're invited to a special travel presentation on July 14, 2025 from 11:00 to 12:30PM at the Elsie Stuhr Center (Willow Room). Our local Collette Travel Services representative will present the 2026 tour line-up as we celebrate the launch of this new travel program.

#### 2026 Tour Lineup

- Celebrating America's 250th Anniversary (March 2026)
- America's Music Cities (June 2026)
- Canadian Rockies & Glacier National Park (August 2026)
- Spotlight on Tuscany (October 2026)
- European Christmas Markets (December 2026)



### Fitness Class Intensity Guide

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

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

**Active Now (Intermediate Level)** - This class is for individuals who exercise at least twice a week and engage in physical activity most days of the week. Classes include moderate intensity, low impact exercise. May include moderate strength and stretching exercises. There will be optional floor work.

**Just getting started (Entry Level)** - This class is for beginners or those returning to exercise. Class includes basic steps, gentle pace, lower intensity. May include seated or standing light strength and stretching exercises. Class will help maintain and improve physical function to remain independent and prevent illness, disability or injury.

**Need a little help (Chair Fitness)**- This class is for those wishing to exercise while seated. Class includes rhythmic movement, range of motion, strength, balance, and stretching exercises. Class will help maintain or improve physical function for basic self-care.



## Elsie Stuhr Center Fitness Class Descriptions

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

**Aerobic Total Body Workout (TBW)** This class is designed for the experienced exerciser or fit newcomer. It includes warmup and low-impact aerobic conditioning with intervals of strength and endurance work.

**TRX Circuit** This class is a total body workout. Circuit training allows you to move through a variety of strength and cardio stations utilizing weights, bands, and, the TRX. Come ready to sweat! This class is not appropriate for beginners.

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

**Active Now:** These classes are for those who are active at least twice a week.

**20/20/20** Get three types of fitness for three times the fun! Aerobics to start, followed by strength training, and finishing with flexibility exercises.

**Yoga, All Levels** Practice poses with an emphasis on breath, alignment, symmetry and technique to build strength, flexibility and balance. Develop the mind-spirit connection in a structured, progressive format.

**Zumba Gold** A modified version of Zumba. Participants enjoy low-impact, simple moves.

**Getting Started:** Entry level or those returning to exercise.

**Ageless Conditioning** Combines aerobic, strengthening and flexibility exercises specifically to enhance strength, balance, joint range of motion, mobility and extend independent living.

**Cardio Fusion** A workout that pairs moderate aerobics with exercises and dance moves that are designed to improve balance, coordination and flexibility. You'll also use light weights/bands for some toning work. This workout gets the heart rate up without stressing the knees, legs and lower back. Effective exercise, dance and music make for a fun workout.

**Essentrics** A workout that draws on the flowing movements of Tai Chi creating health and balance, principles of physiotherapy which create a pain free body, and strengthening theories. Floor work may be included at end of class.

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

**Pilates** A low impact gentle form of exercise. Perfect for all levels of exercisers who are looking to remarkably increase their muscle strength/endurance, balance, range of motion, coordination and overall body awareness.

**Tai Chi, Basic Footwork & Balance** Designed for beginning students, class introduces concepts, focuses on balance and footwork and lays ground work for learning the Tai Chi Ch'uan 24 form.

**Tai Chi 24 Form Beginning** Designed for beginning students, this class introduces Tai Chi concepts and the first part (Forms 1 through 12). Practice meditative mind-body exercise with slow and rhythmical movements to increase balance, flexibility, muscle strength, and enhance well-being.

**Yoga, Gentle** Learn how to stretch with simple movements and conscious breathing; increase strength and flexibility and bring calmness to the mind. For students with little or no yoga experience.

**Needs a Little Help:** For those wishing to exercise while primarily seated.

**Balance Basics** Beginning class to work on balance and stability by strengthening the hip/leg muscles and abdominal muscles; learn positive techniques and balance exercises to improve confidence. Includes seated moves and standing moves done with chair for support.

**FUNctional Chair Fitness** Move through a variety of exercises designed to improve strength, balance, and range of motion. A chair is available for seated or standing support.

**Total Body Workout (TBW) From A Chair with Balance** This class focuses on exercises for strength, full-body cardiovascular moves, and flexibility -- all while seated. Balance work will be with a chair for support. This is a great class to get fit and meet people.

**Yoga, Chair** Increase flexibility, balance, strength and calmness with yoga movements done from a chair. Yoga revitalizes the respiratory, nervous, endocrine, digestive and other major systems of the body.

Stop into the center for a paper copy of the schedule or find it online: <https://www.thprd.org/facilities/recreation/elsie-stuhr-center>. Classes and instructors are subject to change at any time without notice. We recommend checking the website for the most up-to-date schedule.

# 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**

**Fall Term: August 27 – December 27**

**Center Hours:**

**Monday – Friday** 7 am - 8:30 pm

**Saturday** 8 am – 4 pm

**Sunday** 8 am – 4 pm

(beginning October 5)

**Facility Closed:**

- Monday, September 1
- Tuesday, November 11
- Thursday, November 27
- Wednesday, December 24
- Thursday, December 25

**Modified Schedule:**

- Friday, October 31: No youth programs after 5 pm.
- Friday, November 28: 9 am – 2 pm

**Facility Features:**

- Weight room/fitness center, shower/locker rooms
- THRIVE Afterschool Enrichment Program
- Indoor gym for drop-in sports
- Kitchen for cooking classes
- Fully-equipped gymnastics room, and three dance/fitness studio rooms
- Gym with stage
- Sports fields, outdoor playground and play equipment
- Fanno Creek Regional Trail (walking, running and biking)
- West Portland Boxing Team
- Garden Home Community Library



## Facility Rentals

Garden Home Recreation Center has spaces available for rent during building hours. This includes:

- Gym rentals
- Room rentals
- Outside Covered Area
- Birthday parties
- Gymnastics room party packages

Call 503-629-6341 for more information.

## Events



### Sempoashochitl Festival

**October 25**

**4 – 8 pm**

## Zumba® from Around the World

**September 17 6-7:30pm**

**Garden Home Recreation Center in the Gym**

Mark your calendar. Grab your friends and join the THPRD fitness team for an exhilarating evening celebration of culture through Zumba®! No registration required.

## Fall & Winter Break Camps

### Fall Camps

No school during Thanksgiving break? Join all-day fall 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 95 for more details.

### Winter Break Camps

Join us for all-day winter break fun! Each day will include games, sports, arts and crafts and more. Please remember to send your camper with a water bottle, lunch and a snack each day.

See page 95 for more details.

### Winter Break Art Mini Camp

Come join our single day mini art camps. Each day will feature three unique art and craft projects for your kids to explore their creativity and imagination using clay, mixed media, sculpture, and more!

See page 95 for more details.



[gardenhomelibrary.org](http://gardenhomelibrary.org) | 503-245-9932

Hours: Monday-Friday, 10 am-6 pm  
Saturday, 10 am-3 pm

Garden Home Community Library is located within our center. A member of Washington County Cooperative Library Services, the library opens the door to an incredibly rich, county-wide collection of books, movies, music, games and more. Visit to explore the collection, use a computer, printer or Wi-Fi, get reading recommendations, and relax.



Join us for weekly story times on Wednesdays and Saturdays at 10 am!

### Preschools

Funny Farm Early Learning Center, Inc. • 503-245-3107

### West Portland & Beaverton Boxing

*"Building champions of the heart, mind and body."*



Registration is accepted anytime throughout the year. For more details, call Jason Marquoit, head coach, at 503-246-0131. **Hablamos Español.**



### Drop-In Program

**Tuesdays and Thursdays**  
9 – 10:30 am & 10:45 am – 12 pm  
**Saturdays**  
9 – 10:30 am

### Special Tumble Tots Events

- Little Leaves Big Art: 9/18
- Spooky Tots: 10/30
- Fall Into Fun: 11/20
- Polar Party: 12/18



9:00 am – 12:00 pm • Drop-in rates apply.



### Have a good program idea?

Are you interested in teaching a new class?  
Call us at 503-629-6341.



# 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](http://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.

**Enrollment for the 2025-2026 School Year is open, as long as space allows.** A non-refundable \$50 enrollment fee is due at time of registration.

#### THRIVE tuition options for 2025-2026:

- A. Afterschool care only, 9 payments of \$408
- B. Afterschool care plus seven (7) weeks of summer camp in 2026, 11 payments of \$531

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

#### Schools Garden Home Recreation Center serve:

- Fir Grove
- McKay
- Vose
- Montclair
- Raleigh Hills
- Chehalem, Onsite at school

For more information, call Garden Home Recreation Center at 503-629-6341.

#### Fall Camps

No school during Thanksgiving break? Join all-day fall 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.

11/24 (1) Rm C	M	7:30 am-6 pm ID/AP: \$65	6-10 yrs OD: \$81.25	GH27201
11/25 (1) Rm C	T	7:30 am-6 pm ID/AP: \$65	6-10 yrs OD: \$81.25	GH27202
11/26 (1) Rm C	W	7:30 am-6 pm ID/AP: \$65	6-10 yrs OD: \$81.25	GH27203

#### Winter Break Art Mini Camp

Come join our single day mini art camps. Each day will feature three unique art and craft projects for your kids to explore their creativity and imagination!

12/22 (1) Rm 13	M	9:30 am-1 pm ID/AP: \$38	6-10 yrs OD: \$47.50	GH24217
12/23 (1) Rm 13	T	9:30 am-1 pm ID/AP: \$38	6-10 yrs OD: \$47.50	GH24218
12/29 (1) Rm 13	M	9:30 am-1 pm ID/AP: \$38	6-10 yrs OD: \$47.50	GH24219
12/30 (1) Rm 13	T	9:30 am-1 pm ID/AP: \$38	6-10 yrs OD: \$47.50	GH24220



#### Winter Break Camps

All-day winter break camp fun! Each day will include games, sports, arts and crafts, and more. Register for single days or the whole week. Please remember to send your child every day with a water bottle, lunch, and a snack.

12/22 (1) Rm C	M	7:30 am-6 pm ID/AP: \$65	6-10 yrs OD: \$81.25	GH27211
12/23 (1) Rm C	T	7:30 am-6 pm ID/AP: \$65	6-10 yrs OD: \$81.25	GH27212
12/26 (1) Rm C	F	7:30 am-6 pm ID/AP: \$65	6-10 yrs OD: \$81.25	GH27213
12/29 (1) Rm C	M	7:30 am-6 pm ID/AP: \$65	6-10 yrs OD: \$81.25	GH27214
12/30 (1) Rm C	T	7:30 am-6 pm ID/AP: \$65	6-10 yrs OD: \$81.25	GH27215
1/2 (1) Rm C	F	7:30 am-6 pm ID/AP: \$65	6-10 yrs OD: \$81.25	GH27216

## Arts & Crafts – Youth

### 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. **No class on 11/11.**

9/16-10/14 (5)	T	3:30-4:30 pm	5-7 yrs	GH24205
Rm 13		ID/AP: \$47	OD: \$58.75	
10/21-11/18 (5)	T	3:30-4:30 pm	5-7 yrs	GH24206
Rm 13		ID/AP: \$47	OD: \$58.75	
10/21-11/18 (4)	T	3:30-4:30 pm	5-7 yrs	GH24206
Rm 13		ID/AP: \$41	OD: \$51.25	
10/21-11/18 (4)	T	5-6 pm	8-10 yrs	GH24208
Rm 13		ID/AP: \$39	OD: \$48.75	

### 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!

9/18-10/16 (5)	Th	12-1 pm	7-11 yrs	GH24203
Rm 13		ID/AP: \$44	OD: \$55	
10/23-11/20 (5)	Th	12-1 pm	7-11 yrs	GH24204
Rm 13		ID/AP: \$44	OD: \$55	

### Craft the Seasons: Autumn Art & Apple Bites new

Celebrate the magic of each season in this fun, hands-on workshop! Each session focuses on the current holiday or seasonal theme, where kids will make yummy treats and create festive DIY crafts to take home.

11/25 (1)	T	10 am-12 pm	7-10 yrs	GH26200
Rm 13		ID/AP: \$18	OD: \$22.50	

### Craft the Seasons: Snowflake & Sparkle Studio new

Celebrate the magic of each season in this fun, hands-on workshop! This week, we'll focus on making ornaments and heartfelt gifts perfect for friends and family.

12/2 (1)	T	4-6 pm	7-10 yrs	GH26201
Rm 13		ID/AP: \$18	OD: \$22.50	



### Craft the Seasons: Snow Globe Magic new

Celebrate the magic of each season in this fun, hands-on workshop! This week, we will design our own mini winter wonderland with a handmade snow globe to take home.

12/9 (1)	T	4-6 pm	7-10 yrs	GH26202
Rm 13		ID/AP: \$18	OD: \$22.50	

### Craft the Seasons: Holiday House Edition new

This week, get into the festive spirit by designing and decorating your very own holiday house! Using fun, creative materials, kids will build and personalize DIY holiday houses and enjoy a sweet seasonal treat to go with it.

12/23 (1)	T	10 am-12 pm	7-10 yrs	GH26203
Rm F		ID/AP: \$18	OD: \$22.50	

### Craft the Seasons: Holiday Sweet Treats new

This week, get into the festive spirit by decorating your very own holiday treats! Kids will be able to decorate their own holiday treats and take home to enjoy or eat in the moment!

12/30 (1)	T	2-4 pm	7-10 yrs	GH26204
Rm 13		ID/AP: \$18	OD: \$22.50	

## Arts & Crafts – Adults

### Cozy & Crafty: Autumn Holiday Family Crafts new

Celebrate the beauty of fall by crafting together! Families will create leaf wreaths, mini pumpkin centerpieces, and harvest-themed decorations. Plus, enjoy some warm treats to make the season extra special.

11/24 (1)	M	4-6 pm	7-adult	GH28217
Rm 13		ID/AP: \$22	OD: \$27.50	

### Cozy & Crafty: Family Gingerbread Designs new

Work together as a family to design and decorate gingerbread-style houses while enjoying holiday music and treats.

12/22 (1)	M	2-4 pm	7-adult	GH28219
Rm 13		ID/AP: \$22	OD: \$27.50	

### Cozy & Crafty: Family Holiday Crafting Workshop new

Families craft simple gifts together like ornaments, bath salts, greeting cards and more! Perfect for giving to teachers, neighbors, or loved ones.

12/8 (1)	M	4-6 pm	7-adult	GH28218
Rm 13		ID/AP: \$22	OD: \$27.50	



## Cozy & Crafty: Family Holiday Treats new

Come together for a fun family workshop filled with tasty creations! Work as a team to make and decorate a variety of sweet treats. It's a great way to enjoy some quality time and indulge in some delicious fun!

12/29 (1)	M	2-4 pm	7-adult	GH28220
Kitchen		ID/AP: \$22	OD: \$27.50	

## Adult Crochet Workshop

Join us for a relaxing two-hour crochet workshop where you'll learn the basics and create one cozy project to take home. Perfect for beginners or those looking to refresh their skills, this class provides all the materials and guidance you need to complete a handmade item you'll be proud of!

10/20 (1)	M	5:30-7:30 pm	16-adult	GH24400
Rm F		ID/AP: \$18	OD: \$22.50	
11/17 (1)	M	5:30-7:30 pm	16-adult	GH24401
Rm F		ID/AP: \$18	OD: \$22.50	
12/15 (1)	M	5:30-7:30 pm	16-adult	GH24402
Rm F		ID/AP: \$18	OD: \$22.50	

## Family Art Studio new

Get creative together in this fun and colorful monthly family art workshop! Each session features a variety of hands-on arts and crafts projects inspired by the current season or upcoming holiday. From painting to crafting and everything in between, there's something new to enjoy every month. Come make memories and masterpieces as a family!

9/20 (1)	S	11 am-1 pm	7-adult	GH28208
Rm 13		ID/AP: \$18	OD: \$22.50	
10/18 (1)	S	11 am-1 pm	7-adult	GH28209
Rm 13		ID/AP: \$18	OD: \$22.50	
11/15 (1)	S	11 am-1 pm	7-adult	GH28210
Rm 13		ID/AP: \$18	OD: \$22.50	
12/20 (1)	S	11 am-1 pm	7-adult	GH28211
Rm 13		ID/AP: \$18	OD: \$22.50	

## Dance – Preschool

### Dance Combo

Experience ballet, jazz, hip-hop, and creative movement all in one class. We will use props and play games as we discover the joy of dance. **No Class on 11/11.**

9/16-11/18 (9)	T	4-4:45 pm	3.5-5 yrs	GH21106
Rm 14		ID/AP: \$74	OD: \$92.50	



### 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).

### Pre-Ballet

A fun experience for young dancer's 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.

9/18-11/20 (10)	Th	4-4:45 pm	4-6 yrs	GH21108
Rm 14		ID/AP: \$82	OD: \$102.50	

## Ballet/Tap

Sample two of the most fundamental dance forms in this fun class. **No Class on 11/11.**

9/16-11/18 (9)	T	5-5:45 pm	4-6 yrs	GH21103
Rm 14		ID/AP: \$74	OD: \$92.50	

## Hip-Hop: Mini Dancers new

Get ready to groove! This playful class introduces young dancers to hip hop basics with fun moves, music, and lots of energy. Kids will learn simple steps, improve coordination, and build confidence, all while having a blast!

9/19-11/7 (8)	F	3:45-4:45 pm	4-6 yrs	GH21209
Rm 14		ID/AP: \$81	OD: \$101.25	

## Dance – Youth

### Creative Movement

This fun class helps kids explore movement through dance, games, and imagination. They'll build confidence, express themselves, and work together, all while having a great time! No experience needed.

9/15-11/3 (8)	M	3-4 pm	8-12 yrs	GH21205
Rm 14		ID/AP: \$81	OD: \$101.25	

### Jazz Dance

Get ready to groove and express yourself in this high-energy class! Students will learn exciting jazz routines, work on technique, and explore different rhythms while having fun and building confidence.

9/15-11/3 (8)	M	4:15-5:15 pm	8-12 yrs	GH21206
Rm 14		ID/AP: \$81	OD: \$101.25	

## Hip-Hop: Beginner new

Step into the beat with this high-energy class! Students will learn cool hip hop moves, practice rhythm, and build confidence while dancing to the latest music. Get ready to have fun and express yourself through movement!

9/15-11/3 (8)	M	5:30-6:30 pm	10-14 yrs	GH21207
Rm 14		ID/AP: \$81	OD: \$101.25	



## 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 11/11.**

9/16-11/18 (9)	T	6:15-7 pm	6-8 yrs	GH21201
Rm 14		ID/AP: \$74	OD: \$92.50	

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

## Ballet

Traditional ballet techniques class. Comprehensive barre and center work for motivated beginners and intermediate dancers. Students develop strength, flexibility, coordination and confidence.

9/18-11/20 (10) Th 5-5:45 pm 6-8 yrs GH21200  
Rm 14 ID/AP: \$82 OD: \$102.50

## Musical Theater

Develop your acting, singing and dancing skills as we perform scenes from "Scooby Doo, Where are You?"

9/18-11/20 (10) Th 6:05-7 pm 6-8 yrs GH21202  
Rm 14 ID/AP: \$95 OD: \$118.75

## Hip-Hop: Intro new

Kickstart your hip hop journey in this fun, beginner-friendly class! Learn the basic moves, grooves, and rhythms of hip hop dance while building confidence and creativity. Perfect for newcomers who want to get their groove on and have fun!

9/19-11/7 (8) F 5-6 pm 7-9 yrs GH21210  
Rm 14 ID/AP: \$81 OD: \$101.25

## 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 Fall students will learn Tangos.

9/20-11/22 (10) S 11-11:45 am 6-10 yrs GH21204  
Rm 14 ID/AP: \$82 OD: \$102.50

## Dance – Adults

### Beginning Belly Dance

Learn the basic isolations and fluid movements of Belly Dance while building core strength and enhancing flexibility. Good for all levels, from beginners to dancers with previous experience who want to fine tune their skills. Class includes movement practice, veil work, and short choreography.

9/15-11/17 (10) M 6:30-7:30 pm 13-adult GH21302  
Rm 14 ID/AP: \$112 OD: \$140

### 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. **No Class 11/11**

9/16-11/18 (9) T 7:05-8 pm 13-adult GH21300  
Rm 14 ID/AP: \$114 OD: \$142.50

### Adult Tap: Beginner/Intermediate

A great class for the new tapper or anyone who needs to review the basics. You'll be doing the soft shoe in just a few weeks! Tap shoes preferred, ballet shoes or socks acceptable.

9/18-11/20 (10) Th 7:15-8 pm 13-adult GH21301  
Rm 14 ID/AP: \$93 OD: \$116.25

### Flamenco- Adults

A class for beginning and returning flamenco dancers who wants to learn and improve their dance technique, footwork and flamenco rhythms.

9/20-11/22 (10) S 12-1 pm 13-adult GH21304  
Rm 14 ID/AP: \$101 OD: \$126.25



## 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, and strength, following directions, and listening. No gymnastics experience is necessary. **No Class on 11/11.**

9/15-11/17 (10) M	4:15-5 pm	3-5 yrs	GH23104
Rm 3	ID/AP: \$132	OD: \$165	
9/16-11/18 (9) T	5-5:45 pm	3-5 yrs	GH23106
Rm 3	ID/AP: \$118	OD: \$147.50	
9/18-11/20 (10) Th	4:15-5 pm	3-5 yrs	GH23107
Rm 3	ID/AP: \$132	OD: \$165	
9/19-11/21 (9) F	11:15 am-12 pm	3-5 yrs	GH23108
Rm 3	ID/AP: \$118	OD: \$147.50	

### Tumble Cubs: Little Gym

This is an Adult Participation Class with a one-child-per-adult ratio. You and your child will enjoy engaging activities together, such as balancing on the beam, swinging on the bars, and rolling down the mats. This hands-on class fosters movement and bonding in a fun, supportive environment. A gymnastics instructor will lead the class in a group setting.

9/19-10/17 (5) F	9:15-10 am	2-3.5 yrs	GH23109
Rm 3	ID/AP: \$66	OD: \$82.50	
9/19-10/17 (5) F	10:15-11 am	2-3.5 yrs	GH23110
Rm 3	ID/AP: \$66	OD: \$82.50	
10/24-11/21 (4) F	9:15-10 am	2-3.5 yrs	GH23111
Rm 3	ID/AP: \$53	OD: \$66.25	
^10/24-11/21 (4) F	10:15-11 am	2-3.5 yrs	GH23112
Rm 3	ID/AP: \$53	OD: \$66.25	

## Gymnastics – Youth

### Gymnastics: Beginner I

Recommended for students who have had a pre-gymnastics class prior. Emphasis on strength and flexibility skills needed for gymnastics. The main skills introduced are forward and backward rolls, handstands, cartwheels and bridge. **No Class on 11/11.**

9/15-11/17 (10) M	5:15-6 pm	6-8 yrs	GH23113
Rm 3	ID/AP: \$132	OD: \$165	
9/16-11/18 (9) T	6-6:45 pm	6-8 yrs	GH23114
Rm 3	ID/AP: \$118	OD: \$147.50	
9/18-11/20 (10) Th	5:15-6 pm	6-8 yrs	GH23115
Rm 3	ID/AP: \$132	OD: \$165	
9/18-11/20 (10) Th	6:20-7:05 pm	9-12 yrs	GH23116
Rm 3	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)

## Gymnastics: Level 1.5

Prerequisite: Completion of Gymnastics Level 1 required. This class is designed for gymnasts who are ready to build on their foundational skills. On the floor, we'll focus on one-handed cartwheels, round-offs, and bridge kick-overs. On the bars, students will work toward mastering pullovers and back hip circles. Beam work will include jump combinations, leaps, and introductory handstands. This level continues to develop strength, coordination, and confidence as students progress toward more advanced skills.

9/15-11/17 (10)	M	6:20-7:05 pm	7-14 yrs	GH23117
Rm 3		ID/AP: \$132		OD: \$165

## 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.

9/15-11/17 (10)	M	3:15-3:45 pm	3-5 yrs	GH22130
Gym		ID/AP: \$57	OD: \$71.25	
9/19-11/21 (9)	F	4:15-4:45 pm	3-5 yrs	GH22131
Gym		ID/AP: \$51	OD: \$63.75	



### Pee Wee Sports

Learn the fundamentals of the game - dribbling, passing and shooting in a non-competitive environment all while having lots of fun! **No class 11/11.**

9/16-10/14 (5)	T	4-4:45 pm	3-5 yrs	GH22101
Gym		ID/AP: \$36	OD: \$45	
10/21-11/18 (4)	T	4-4:45 pm	3-5 yrs	GH22102
Gym		ID/AP: \$31	OD: \$38.75	
9/18-10/16 (5)	Th	4-4:45 pm	3-5 yrs	GH22103
Gym		ID/AP: \$36	OD: \$45	
10/23-11/20 (5)	Th	4-4:45 pm	3-5 yrs	GH22104
Gym		ID/AP: \$36	OD: \$45	

## Sports & Fitness – Youth

### Family Taekwondo

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

9/15-11/17 (10)	M	5:15-6:15 pm	6-adult	GH22230
Gym		ID/AP: \$113	OD: \$141.25	

## Indonesian Martial Arts

In Naga, all ages are welcome to develop essential self-defense skills while building courage, strength, and inner peace. More than a martial arts school, Naga is a supportive community of peaceful warriors dedicated to empowering each other for life beyond the mat. Beginners welcome!

9/29-12/10 (11)	M/W	6:30-8 pm	11-adult	GH22236
Gym		ID/AP: \$251	OD: \$313.75	

## Taekwondo: White Tigers

Learn Taekwondo philosophy, basics, drills, and self-defense techniques in this fun, safe environment. Rank promotion available from white belt through black belt. Instructors are Kukkiwon / World Taekwondo certified.

9/15-11/17 (10)	M	4-5 pm	6-14 yrs	GH22220
Gym		ID/AP: \$113	OD: \$141.25	
9/19-11/21 (9)	F	5-6 pm	6-14 yrs	GH22221
Gym		ID/AP: \$100	OD: \$125	

## Homeschool PE

Stay active and have fun with this interactive PE class designed for homeschoolers! Students will engage in a variety of activities, from sports and games to fitness challenges, all while developing teamwork, coordination, and a love for physical activity.

9/16-10/14 (5)	T	2:30-3:30 pm	8-12 yrs	GH22204
Gym		ID/AP: \$39	OD: \$48.75	
10/21-11/18 (5)	T	2:30-3:30 pm	8-12 yrs	GH22205
Gym		ID/AP: \$39	OD: \$48.75	

## Basketball: Level 1

Athletes will focus on teamwork, fair play, drills, dribbling and scrimmages in a fun and encouraging atmosphere.

9/16-10/14 (5)	T	5-5:45 pm	5-7 yrs	GH22202
Gym		ID/AP: \$36	OD: \$45	
9/18-10/16 (5)	Th	5-5:45 pm	5-7 yrs	GH22203
Gym		ID/AP: \$36	OD: \$45	

## Soccer: Level 1

Athletes will focus on teamwork, fair play, drills, dribbling and scrimmages in a fun and encouraging atmosphere. **No Class 11/11.**

10/21-11/18 (4)	T	5-5:45 pm	5-7 yrs	GH22200
Gym		ID/AP: \$29	OD: \$36.25	
10/23-11/20 (5)	Th	5-5:45 pm	5-7 yrs	GH22201
Gym		ID/AP: \$36	OD: \$45	

## Little Strength Squad new

Ready, set, strong! In this high-energy, skill-building class, kids will explore the fundamentals of strength and fitness using body weight movements, light resistance, and fun fitness games. Little Strength Squad focuses on developing coordination, confidence, and body awareness in a supportive and playful environment. This class emphasizes proper form, safe movement, and teamwork, laying the foundation for a lifetime of healthy activity.

9/30-10/30 (5)	T/Th	3:30-4:30 pm	7-10 yrs	GH22280
Rm 2		ID/AP: \$91	OD: \$113.75	

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

## Sports & Fitness – Adults

### Adaptive Weight Room Circuit

Learn to move through full ranges of motion safely and effectively in an inclusive environment. The circuit will focus on learning proper weight room machine use emphasizing strength, balance, and functional movements that will leave you ready to take on the weight room on your own! This class is designed for those experiencing disabilities. **No classes on 11/10, 11/24, 11/26.**

9/8-10/22 (14)	M/W	11 am-12 pm	14-adult	GH22711
Wt Rm		ID/AP: \$125	OD: \$156.25	
10/27-12/17 (13)	M/W	11 am-12 pm	14-adult	GH22712
Wt Rm		ID/AP: \$116	OD: \$145	

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

Enter this 1.5 hour journey into a deeper understanding of self, as you are guided through a unique sound healing experience. Set your intention on allowing the Magic of Sound Healing experience to guide you through a healing meditation. Sound and vibration create a very natural and unique healing experience.

10/10 (1)	F	6-7:30 pm	14-adult	GH22571
Rm 2		ID/AP: \$20	OD: \$25	
10/24 (1)	F	6-7:30 pm	14-adult	GH22572
Rm 2		ID/AP: \$20	OD: \$25	

### Archery Fun

**\$68 lab fee payable to the instructor on the first night.** This is a 4-week indoor program. Archery is presented to beginners in a recreational format. Children, 7 & up, and adults are welcome. You'll start at the beginning learning archery techniques and safety. Each week is different. **Held at: Archers Afield, 11945 SW Pacific Hwy Ste #121, Tigard, OR 97223 Tigard Plaza Shopping Center, Lower Level, Corner of Hall and Hwy 99**

9/20-10/11 (4)	S	11 am-12 pm	7-adult	GH22231
OffSite		ID/AP: \$15	OD: \$18.75	
9/21-10/12 (4)	Su	4-5 pm	7-adult	GH22232
OffSite		ID/AP: \$15	OD: \$18.75	
10/18-11/8 (4)	S	11 am-12 pm	7-adult	GH22233
OffSite		ID/AP: \$15	OD: \$18.75	
10/19-11/9 (4)	Su	4-5 pm	7-adult	GH22234
OffSite		ID/AP: \$15	OD: \$18.75	
11/15-12/6 (4)	S	11 am-12 pm	7-adult	GH22235
OffSite		ID/AP: \$15	OD: \$18.75	
11/16-12/7 (4)	Su	4-5 pm	7-adult	GH22235A
OffSite		ID/AP: \$15	OD: \$18.75	

### Intro to MELT concepts and techniques, Mini Hand and Foot Treatments

Intro to MELT concepts and techniques, Mini Hand and Foot Treatments. MELT balls for purchase from the instructor.

10/7 (1)	T	12:45-1:45 pm	14-adult	GH22574
Rm 2		ID/AP: \$15	OD: \$18.75	

### MELT for Pelvic Stability

Designed for individuals dealing with SI joint dysfunction, pelvic pain, incontinence, or prolapse, as well anyone who wants to improve the health and function of their pelvis, core, and lower body. Experience How MELT techniques can improve your pelvic health and core stability and even reduce hip and pelvic pain.

10/11 (1)	S	12-1:30 pm	14-adult	GH22573
Rm 2		ID/AP: \$20	OD: \$25	

### MELT Assessments and Techniques

MELT assessments and techniques, Soft Ball Hand and Foot Treatments.

10/14 (1)	T	12:45-1:45 pm	14-adult	GH22575
Rm 2		ID/AP: \$15	OD: \$18.75	

### MELT Full Hand and Foot Treatments

MELT Full Hand and Foot Treatments using Large and Small Soft and Firm Balls.

10/21 (1)	T	12:45-1:45 pm	14-adult	GH22576
Rm 2		ID/AP: \$15	OD: \$18.75	

### MELT 50-Second Facial, Forearm Treatments, Bunion Band

MELT Bonus Treatments featuring a 50-Second Facial, Forearm Treatments, and Bunion Band.

10/28 (1)	T	12:45-1:45 pm	14-adult	GH22577
Rm 2		ID/AP: \$15	OD: \$18.75	

## 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.

9/17-11/19 (10)	W	4-5 pm	5-8 yrs	GH25201
Rm F		ID/AP: \$78	OD: \$97.50	

### 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! So, get ready to have a blast!

9/18-11/20 (10)	Th	4-5 pm	8-11 yrs	GH25202
Rm F		ID/AP: \$78	OD: \$97.50	

### Chess Wizards

Chess Wizards has been teaching the game of chess since 2002. Join us for tons of challenging chess lessons, exciting games, and cool prizes. You'll improve your chess skills, meet new friends, and work out your most powerful muscle - your brain! We include all the materials necessary for your child to participate. Unleash your brain power and spend part of your vacation with Chess Wizards!

9/18-11/20 (10)	Th	4-5 pm	5-11 yrs	GH25203
Rm 13		ID/AP: \$299	OD: \$373.75	

## 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!

9/17-10/15 (5) Rm 13	W	3:45-5:15 pm ID/AP: \$67	7-10 yrs OD: \$83.75	GH24213
10/22-11/19 (5) Rm 13	W	3:45-5:15 pm ID/AP: \$67	7-10 yrs OD: \$83.75	GH24214
9/17-10/15 (5) Rm 13	W	5:45-7:15 pm ID/AP: \$67	11-14 yrs OD: \$83.75	GH24215
10/22-11/19 (5) Rm 13	W	5:45-7:15 pm ID/AP: \$67	11-14 yrs OD: \$83.75	GH24216



## Out & About: Field Trip Fun! new

Let's go on an adventure! In this drop-off program, participants will ride with our awesome staff to a local fun spot to play, explore, and make new friends. Whether it's a park, playground, or cool community place, every trip is packed with laughter, games, and good times!

10/4 (1) Gym	S	9 am-12:30 pm ID/AP: \$47	8-11 yrs OD: \$58.75	GH28201
11/1 (1) Gym	S	9 am-12:30 pm ID/AP: \$47	8-11 yrs OD: \$58.75	GH28202
12/6 (1) Gym	S	9 am-12:30 pm ID/AP: \$47	8-11 yrs OD: \$58.75	GH28203



## Homeschool STEAM Explorers new

In this exciting class, young innovators will dive into the world of STEAM (Science, Technology, Engineering, Art, and Math) through fun, hands-on projects! Students will build, create, experiment, and problem-solve while working on engaging activities. Perfect for curious minds who love to learn through doing and expressing their creativity!

9/18-10/16 (5) Rm 13	Th	10:30-11:30 am ID/AP: \$44	7-11 yrs OD: \$55	GH24201
10/23-11/20 (5) Rm 13	Th	10:30-11:30 am ID/AP: \$44	7-11 yrs OD: \$55	GH24202

## General Interest – Adults

### Community Hike Outing: Trail Together! new

Lace up your shoes and hit the trail with us! This monthly event invites teens and adults and to meet at Garden Home Recreation Center before heading out with staff to explore a nearby hiking trail. Ride together in our THPRD vehicles with friends and neighbors, enjoy the fresh air and beautiful scenery, then return to the center feeling refreshed and reconnected. It's a great way to get moving, meet new people, and enjoy the outdoors together!

10/11 (1) Gym	S	9:30 am-12:30 pm ID/AP: \$33	7-adult OD: \$41.25	GH28215
11/8 (1) Gym	S	9:30 am-12:30 pm ID/AP: \$33	7-adult OD: \$41.25	GH28216

### Family Beauty Lab new

Get ready to mix and create! In this fun family workshop, you'll work together to make awesome self-care goodies like bath bombs, lip balm, soaps, and lotion bars. Each month, we'll focus on one or two hands-on projects to take home and enjoy. It's the perfect blend of creativity, science, and quality time!

9/27 (1) Rm 13	S	10:30 am-12 pm ID/AP: \$19	7-adult OD: \$23.75	GH28204
10/25 (1) Rm 13	S	10:30 am-12 pm ID/AP: \$19	7-adult OD: \$23.75	GH28205
11/22 (1) Rm 13	S	10:30 am-12 pm ID/AP: \$19	7-adult OD: \$23.75	GH28206
12/27 (1) Rm 13	S	10:30 am-12 pm ID/AP: \$19	7-adult OD: \$23.75	GH28207

### Family STEAM Lab new

Join us on Saturday mornings for a hands-on family STEAM adventure! Each session features exciting science, technology, engineering, art, and math activities designed for curious minds of all ages. Work together to explore, build, create, and discover. Perfect for families who love to learn and play together!

10/11 (1) Rm 13	S	10:30 am-12 pm ID/AP: \$19	7-adult OD: \$23.75	GH28212
11/8 (1) Rm 13	S	10:30 am-12 pm ID/AP: \$19	7-adult OD: \$23.75	GH28213
12/13 (1) Rm 13	S	10:30 am-12 pm ID/AP: \$19	7-adult OD: \$23.75	GH28214

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



## Cooking – Adults

### Bites & Balance: Easy Nutrition Workshops new

In this monthly workshop, adults will explore simple, healthy snack and meal ideas centered around a different theme each month. Learn how to prep easy, nutritious foods that fit your lifestyle, from low-sugar snacks to high-protein bites and meal-prepping tips. Perfect for anyone looking to build better habits with real, everyday foods.

9/25 (1)	Th	11 am-1 pm	16-adult	GH25405
Kitchen		ID/AP: \$28	OD: \$35	
10/23 (1)	Th	11 am-1 pm	16-adult	GH25406
Kitchen		ID/AP: \$28	OD: \$35	
11/20 (1)	Th	11 am-1 pm	16-adult	GH25407
Kitchen		ID/AP: \$28	OD: \$35	
12/18 (1)	Th	11 am-1 pm	16-adult	GH25408
Kitchen		ID/AP: \$28	OD: \$35	

## Authentic Middle Eastern Cooking

Every week, our instructor, Bushra, will show you how to make different Middle Eastern delicacies with a tasting at the conclusion of each class!

### Savory Baking & Soups

9/19 (1)	F	5-7:30 pm	16-adult	GH25504
Kitchen		ID/AP: \$35	OD: \$43.75	

### Soups, Appetizers, & Bread

9/26 (1)	F	5-7:30 pm	16-adult	GH25505
Kitchen		ID/AP: \$35	OD: \$43.75	

### Puddings & Desserts

10/3 (1)	F	5-7:30 pm	16-adult	GH25506
Kitchen		ID/AP: \$35	OD: \$43.75	

### Main Dishes & Pickled Vegetables

10/10 (1)	F	5-7:30 pm	16-adult	GH25507
Kitchen		ID/AP: \$35	OD: \$43.75	

### Baking Kleicha

10/17 (1)	F	5-7:30 pm	16-adult	GH25508
Kitchen		ID/AP: \$35	OD: \$43.75	

### Main Dishes made with Bulgar & Rice

10/24 (1)	F	5-7:30 pm	16-adult	GH25509
Kitchen		ID/AP: \$35	OD: \$43.75	

### Baklava & Halva

10/31 (1)	F	5-7:30 pm	16-adult	GH25510
Kitchen		ID/AP: \$35	OD: \$43.75	

### Falafel, Salad, & Dip

11/7 (1)	F	5-7:30 pm	16-adult	GH25511
Kitchen		ID/AP: \$35	OD: \$43.75	

### Shawarma, Salad, & Dip

11/14 (1)	F	5-7:30 pm	16-adult	GH25512
Kitchen		ID/AP: \$35	OD: \$43.75	

### Main Dishes made with Bulgar

11/21 (1)	F	5-7:30 pm	16-adult	GH25513
Kitchen		ID/AP: \$35	OD: \$43.75	

### Adult Cooking: Sip & Snack Social new

Sip, snack, and socialize in this cozy monthly kitchen class! Each session features a set of small, snackable treats to make and enjoy, perfect for sharing (or keeping all to yourself). Enjoy fresh coffee or tea while you mix, bake, or create something tasty alongside others. It's the ultimate combo of good vibes, great flavors, and hands-on fun. Every month brings something new!

9/27 (1)	S	10:30 am-12:15 pm	16-adult	GH25402
Kitchen		ID/AP: \$26	OD: \$32.50	
10/25 (1)	S	10:30 am-12:15 pm	16-adult	GH25403
Kitchen		ID/AP: \$26	OD: \$32.50	
11/22 (1)	S	10:30 am-12:15 pm	16-adult	GH25404
Kitchen		ID/AP: \$26	OD: \$32.50	



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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.

### FUNctional Chair Fitness

Move through a variety of exercises designed to improve strength and range of motion. A chair is available for seated or standing support.

### HIIT

HIIT (High Intensity Interval Training) is a cardiovascular exercise class alternating short periods of intense anaerobic exercise with less intense recovery periods.

### Low Impact Aerobics

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

### MELT

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

### Stretch, Core, and More

Walk taller, feel stronger! This class focuses on flexibility, core strength, and postural work.

### Tai Chi II

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

### Tai Chi III

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

### Total Body Strength

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

### Yoga, Flow

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

### Yoga, Gentle

Learn how to stretch with gentle movements and conscious breathing; increase strength and flexibility and bring calmness to the mind. For students with little or no yoga experience.

### Yoga, Hatha

This is a simply structured class to help people at any level use body alignment and simple breath to release negative thought patterns. As we think positively and relax, the body becomes more flexible, and we safely go into and through poses using breath, easily.

### Zumba®

ZUMBA® is a fusion of Latin and International music / dance themes are dynamic, exciting, and based on the principle that a workout should be FUN AND EASY TO DO.

To see current schedule visit: [www.thprd.org/facilities/recreation/garden-home](http://www.thprd.org/facilities/recreation/garden-home)  
Schedule and instructors are subject to change at any time.

## Weight Room Orientation

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

**\$63 ID / \$78.50 OD**

### Buddy Training

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

**1 session \$53 ID/ \$66.25 OD**

**3 sessions \$149.25 ID/ \$186.50 OD**

**6 sessions \$272.25 ID/ \$340.25 OD**

### Personal Training

Private appointments with a certified personal trainer to customize your fitness program, offer accountability and help you reach your goals. Each session is one hour in length.

**1 session \$71 ID/ \$88.75 OD**

**3 sessions \$200 ID/ \$250 OD**

**6 sessions \$365 ID/ \$456.25 OD**

*A parental waiver is required for weight / cardio room use by anyone 14-17 years old.  
Call 503-629-6341 to schedule your weight / cardio room walkthrough at Garden Home Recreation Center.  
We request 24-hour cancellation on all personal training appointments.*

# Jenkins Estate



**TUALATIN HILLS**  
PARK & RECREATION DISTRICT

**Jenkins Estate**  
**8005 SW Grabhorn**  
**Beaverton, OR 97007 • 971-258-6743**

**Office Hours:**

Monday-Friday: 8 am - 5 pm

**Estate Hours:**

Dawn till dusk, unless otherwise posted.

Estate Gate closes at 2 pm daily.

Camp Rivendale Gate and Grabhorn Rd.  
Gate open dawn until dusk

**Facility Closed:**

- **9/1 - Labor Day**
- **11/27 - Thanksgiving**
- **12/24 - Christmas Eve**
- **12/25 - Christmas**
- **1/1 - New Years Day**

**Jenkins Estate Features:**

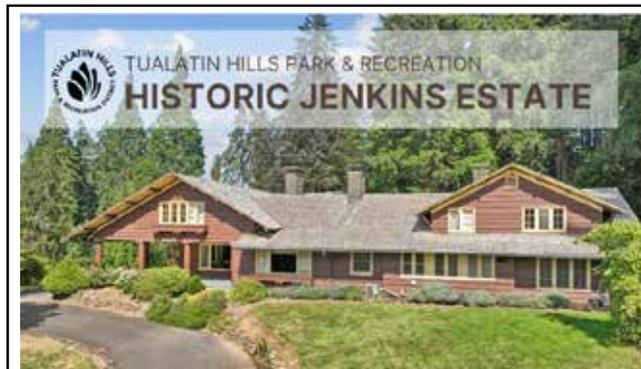
- **Historic Main House:** A historic, seven-bedroom English hunting lodge, built in 1912 with stunning Victorian-inspired details, perfect for hosting memorable events and gatherings.
- **Stable:** Beautifully restored horse stable with gleaming hardwood floors, ideal for hosting events.
- **Extensive Grounds:** 68 acres of land with beautiful gardens, 2.8 miles of trails, natural amphitheater and outdoor spaces.
- **Listed on the National Register of Historic Places:** Preserved for its historical significance.
- **Outdoor Recreation:** Hiking trails, picnic areas, and access to Camp Rivendale's playground.
- **Event Venue:** Available for rentals for various events, including weddings, corporate gatherings, and community events.
- **Educational Opportunities:** Offers recreational programs and specialty workshops
- **Accessible Amenities:** Parking lots, ADA restrooms, and drinking fountains.



@historicjenkinsestate



@historicjenkinsestate



Built in 1912, The Historic Jenkins Estate has been a beautiful venue for years. THPRD acquired the property in 1976 and it has been a part of the district ever since. In bringing the Estate back to life, the district was careful to restore its bygone charm and ensure it was a community resource for everybody.

The Jenkins Estate offers a unique and versatile venue because of its prime outdoor spaces and multiple buildings that will make small and large groups alike feel at home. More recently, various types of special events like weddings, special celebrations, small gatherings, celebration of life, and corporate events have been hosted at The Jenkins Estate. The Main House has 5 rooms for rent and can hold small gatherings up to roughly 60 people in the entire house. The Stables has two large rooms for rent and can hold up to roughly 200 people. The Jenkins Estate also has many outside locations like a small tea house, large meadows and 2.8 miles worth of trails.



3D Walkthrough  
Main House



3D Walkthrough  
Stable



Video  
Preview

Reach out today to book your next event at the Historic Jenkins Estate!

Call (971) 258-6743

Check out our website!

[www.thprd.org/facilities/historic/jenkins-estate](http://www.thprd.org/facilities/historic/jenkins-estate)

## Rhododendron Garden Party at Jenkins Estate

Help us spruce up the Rhododendron Gardens at Jenkins Estate! Volunteers will help weed, mulch, and resurface gravel trails, as needed. Please bring a reusable water bottle to drink from throughout the day. Tools and gloves will be provided. No gardening experience necessary. Parking is available in the lower lot, just below the Rhododendron Gardens.

For Volunteer opportunities, email Heather Marshall, [h.marshall@thprd.org](mailto:h.marshall@thprd.org) o llámame 971-708-4491.



## Grupo de Trabajo en Huertas Rododendro en Jenkins Estate

¡Ayúdanos a arreglar la huerta rododendro en Jenkins Estate! Los voluntarios nos ayudaran a eliminar hierbas, agregar abono, y repavimentar senderos de grava según sea necesario. Traiga una botella de agua reutilizable para beber durante su turno. Se proporcionarán herramientas y guantes. No se requiere de experiencia en jardinería. Estacionamiento disponible en el lote más bajo, debajo de la Huerta Rododendro.

Para oportunidades de voluntariado, envíe un correo electrónico Heather Marshall, [h.marshall@thprd.org](mailto:h.marshall@thprd.org) o llámame 971-708-4491.

## Tea House Permit Now Available

Host your next special event at the charming Tea House! This idyllic venue is perfect for intimate gatherings, including engagements, micro wedding ceremonies, and private date nights. To book the Tea House and obtain the necessary permit, simply contact us. Permits start at just \$50. Tables and chairs are available for rent at an additional charge to accommodate your event needs. Let us know how we can help create a memorable experience for you. Contact us today to reserve your date: Email [h.marshall@thprd.org](mailto:h.marshall@thprd.org) or call 971-258-6743.



*Tea House*



*Tea Garden*

## Specialty Workshops – Youth

### Discover the birds of Jenkins Estate

Sharpen your observation skills, learn to identify local species and enjoy a peaceful morning exploring the diverse habitats of this historic estate with fellow bird enthusiasts. In this class is designed for all experience levels. Sharpen your observation skills, learn to identify local species and enjoy a peaceful morning exploring the diverse habitats of this historic estate with fellow bird enthusiasts. In this class is designed for all experience levels.

9/13 S 10-11:30 am 16+ NP25404  
Tualatin Hills Nature Center ID/AP: \$18 OD: \$22.50

## Specialty Workshops – Adult

### Paint Your Pet

Join Bottle & Bottega for a special pet painting party at the Jenkins Estate! Pre-sketch included in cost. Email a picture of your pet and your pre-sketch canvas will be ready for you to paint on class day. Beer, wine, cider, and soft drinks will be available for purchase. Feel free to bring your own snacks.

10/22 (1) W 6-8 pm 21 yrs + JE24402  
Main House-Living Room ID/AP: \$69 OD: \$86.25



## Then & Now: Frame Your Jenkins Memory

### Celebrate THPRD's 70<sup>th</sup> with a Recreated Photo Session!

Join us in celebrating Tualatin Hills Park and Recreation District's (THPRD) 70th anniversary by stepping back in time and recreating a cherished memory! We're offering a unique opportunity to capture new family photos while honoring our rich history at Jenkins Estate!

For just \$50, you'll receive a 30-minute mini photo session with a professional photographer. From your session, you'll get ten high-quality digital images to keep.

The highlight of this special event is the photo recreation! We ask that you bring a printed and framed photo taken at Jenkins Estate to your session. Our photographer will help you recreate this iconic image, and you'll receive a digital copy of this special recreated photo at no additional cost (this will be in addition to your three chosen images). By participating, you grant THPRD permission to share your recreated photo on our social media channels as part of our 70th-anniversary celebration.

This is a fantastic and affordable way to get beautiful family photos just in time for the holiday season while being a part of THPRD's milestone celebration!

Contact us today to schedule your photoshoot: Email [H.Marshall@thprd.org](mailto:H.Marshall@thprd.org) or call 971-258-6743.

## Paint and Sip

Join Bottle & Bottega at the Jenkins Estate for a painting party! NO EXPERIENCE NEEDED. Step-by-step painting instruction is provided by one of our talented artists. The registration fee includes all paint supplies, instruction, aprons, and a 16x20 take-home canvas. Beer, wine, cider, and soft drinks will be available for purchase. Feel free to bring your own snacks.

11/12 (1) W 6-8 pm 21yrs+ JE24400  
Main House-Dining Room ID/AP: \$53 OD: \$66.25

## Tie-Dye Workshop: with a focus on the ice dye method

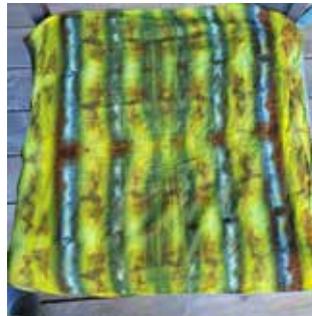
Prepare to get hands-on with color! In this engaging 3-hour workshop, instructor Henry will lead you through the exciting process of Ice Dyeing with Reactive Dyes. Designed for 1st explorations into ice dyeing, you'll learn step-by-step how to transform a plain cotton shirt and bandana into vibrant works of art using this unique, contemporary technique.

The class will cover:

- Various folds to create designs
- How the 4 basic dyes create all the colors and bind with the fabric
- Learn some of the why's behind the color separations that can be achieved during ice dyeing
- Tips and tricks for applying the dyes
- Best practices for wash out and care of your projects
- Discussion of common problems in tie dyeing and ways to troubleshoot

Come prepared to experiment and leave with your own wearable (after 48 hours) masterpieces!

11/18 (1) T 1-4 pm 16-adult JE24500  
Main House-Living Room ID/AP: \$120 OD: \$150



## Special Events

### Pokémon Play Party

Get ready for an electrifying afternoon of Pokémon fun! Calling all trainers and their awesome grown-ups to our special Play Party. We're bringing the excitement of the Pokémon world to the Jenkins Estate with engaging games, hands-on crafts, and delicious snacks. And hold onto your Poké Balls – a special Pokémon guest will be making an appearance! Don't miss this chance to level up your fun on this no-school day. Parents or guardians must remain present to join in the adventure.

11/25 (1) T 10-11:30 am 2-6 yrs JE26100  
Stable-Great Room ID/AP: \$35 OD: \$43.75

## NOW BOOKING

### 2026 Wedding Dates at the Historic Jenkins Estate!

Nestled among centuries-old trees, the Historic Jenkins Estate has witnessed countless love stories unfold beneath its timeless architecture. For generations, couples have begun their forever within these storied walls, each adding their chapter to the estate's rich history of romance and celebration.

Whether you envision an intimate gathering where whispered vows are exchanged before joining loved ones for a candlelit dinner, or dream of dancing the night away with hundreds of guests on our expansive grounds, the Jenkins Estate embraces your unique love story. Step into a legacy of cherished beginnings at the Historic Jenkins Estate!

**MAIN HOUSE** Accommodates gatherings of up to 85 guests when combining the interior spaces and covered patio. Three additional indoor rooms are available as preparation suites for the wedding party.

**STABLE** Two-level renovated event space that can accommodate 100 guests seated or 200 standing.

**MEADOW** Outdoor area off of the Stable event space & perfect for events up to 200, with plenty of room for dancing & more. Intimate covered/open-air space that can accommodate 20 guests undercover or more surrounding the house.

All venue rentals include tables & chairs, day-of wedding coordinator, an onsite venue manager, & onsite, as well as WIFI & restrooms.



**BOOK WITH US TODAY!**

For more information, please contact Heather Marshall by email at [h.marshall@thprd.org](mailto:h.marshall@thprd.org) or by phone at 971-708-4491.



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

**Greg Creager**  
Nature & Trails Supervisor

THPRD offers nearly 160 natural areas. The Nature & Trails Department, with the support of the community, serves as the steward of these areas by managing wildlife habitat, native plant communities and the trails that guide you through these natural areas. These sites are important reminders of our natural heritage and provide a variety of benefits, including clean water, wildlife corridors and opportunities to connect with nature.

There are trails to suit every need spread throughout the park district, ranging from paved regional trails that connect to other cities and shopping areas to earthen trails that will help you explore neighborhood natural areas. Trail descriptions and downloadable maps are on our website: <http://www.thprd.org/parks-and-trails/trails/>.

## Registration for Programs at Cooper Mountain Nature Park

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



## Visit Tualatin Hills Nature Park

**15655 SW Millikan Way, Beaverton, OR 97003**

The Tualatin Hills Nature Park provides a unique habitat for many plants and animals. Explore the park's ponds, creeks, marshes, and forests on 1.5 miles of paved trails, four miles of secondary trails, and 222 acres of ecologically diverse habitats.

## Visit Cooper Mountain Nature Park

**18892 SW Kemmer Rd., Beaverton, OR 97007**

Overlooking the Tualatin River Valley, Cooper Mountain Nature Park is located on the edge of Beaverton. This 230-acre park offers visitors 3½ miles of trails traversing the park and passing through each of its distinct habitats, from conifer forest to prairies and oak woodlands. Visitors are rewarded with grand views of the Chehalem Mountains, close-up looks at Oregon white oaks and a small prairie that has sat relatively undisturbed for hundreds of years. The park also features a nature play area for children.

Metro and THPRD work in partnership to manage Cooper Mountain Nature Park. Together the two agencies continue habitat restoration and wildlife monitoring, maintain hiking trails and the Nature House and provide environmental education programs to visitors of all ages.

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

# Nature Programs



**TUALATIN HILLS**  
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:

- 9/1 - Labor Day
- 11/27 - Thanksgiving
- 12/24 - Christmas Eve
- 12/25 - Christmas
- 1/1 - New Years Day

Modified Schedule: 9 am – 2 pm

- 11/11, 11/28, 12/31

Nature Center Offers:

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



 [www.facebook.com/THPRDNature](https://www.facebook.com/THPRDNature)

 [www.instagram.com/tualatinhillsnaturecenter](https://www.instagram.com/tualatinhillsnaturecenter)

## 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](http://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](http://thprd.org) or call for details and to reserve your party.

# Newt Day

**Saturday, November 8 • 12 – 4 pm**

Join us as we celebrate the 70th anniversary of THPRD and explore the cycles that keep the forest thriving. From the changing seasons to the life cycles of plants and animals, discover the amazing ways everything is connected. Come enjoy hands-on activities, fun discovery stations, self-guided park exploration, and meet some of the animals that call our forest home. This family-friendly event is designed to inspire nature exploration during the season when it is tempting to stay inside.

This event is free, courtesy of a special sponsorship from the Friends of the Tualatin Hills Nature Park.

No registration needed.

Location: Tualatin Hills Nature Center  
Admission: Free



## Nature Store

The Nature Store is in the Tualatin Hills Nature Center lobby and offers various gifts and nature-related books for all ages. All profits from store sales go back to the Tualatin Hills Park Foundation to provide scholarships for school field trips to the Tualatin Hills Nature Park.



## Group Nature Programs: All Ages

Perfect for preschools, scout troops, youth groups, homeschool groups, afterschool clubs, and businesses. Led by environmental education staff, these outdoor, hands-on, engaging programs can be scheduled year-round. Call today to schedule a guided hike for your group.

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



## School Nature Programs: K-12<sup>th</sup> 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](http://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/](http://www.thprd.org/activities/nature/group-nature-program-request/) to set up a program for your class. **Locations:** Cooper Mountain Nature Park, Tualatin Hills Nature Park, other THPRD natural areas, or at your school.

## Scouts in Nature: Girl Scouts

### *Brownies Outdoor Art Creator Badge*

Get outside and be inspired by the beauty of nature! Join our naturalists for a day of art in the park that includes hikes and hands-on activities where you can complete the steps to earning your Outdoor Art Creator Badge! Join as a troop or individually. Badge is not included with registration.

10/18 S 10 am-12 pm 7-9 yrs NP25270  
Tualatin Hills Nature Center ID/AP: \$16 OD: \$20

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



## Nature Kids Preschool Program

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

### **Ages 3-4**

#### **Chipmunks**

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

#### **Hummingbirds**

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

### **Ages 4-5**

#### **Ladybugs**

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

#### **Owls**

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

#### **Dragonflies**

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



## New Drop-in Programs!

Look for this icon



## Nature Studies – Youth/Family

Dates (Weeks)	Day	Time	Class #
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**Indoor Nature Play Park** DROP-IN new

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

**Knee-High Naturalists in THPRD Parks** new

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

9/13	S	10-11 am	2-5 yrs	NP25100
Cooper Mountain Nature Park				
9/27	S	10-11 am	2-5 yrs	NP25101
Jenkins Estate				
10/11	S	10-11 am	2-5 yrs	NP25102
Greenway Park				
11/22	S	10-11 am	2-5 yrs	NP25103
Jordan Woods Natural Area				
12/13	S	10-11 am	2-5 yrs	NP25104
Commonwealth Lake Park				

**Pequeños Naturalistas**

Salga, conozca a otras familias y explore la vida silvestre en nuestro parque natural en estas aventuras de la naturaleza, dirigidas por nuestro guía que habla español. El precio es por un niño y dos miembros adicionales de la familia. Se requiere la participación de un adulto.

Get outside, meet other families, and explore the wildlife in the Tualatin Hills Nature Park on these nature adventures led by our Spanish-speaking nature guide. The price includes one child and two additional family members. An adult is required to accompany each registered child.

9/21	Su	2-3 pm	2-5 yrs	NP25120
Tualatin Hills Nature Center				
10/18	S	10-11 am	2-5 yrs	NP25121
Tualatin Hills Nature Center				
11/15	S	10-11 am	2-5 yrs	NP25122
Tualatin Hills Nature Center				



**Creature Features** new

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

<b>Scampering Squirrels</b>				
9/6	S	10-11 am	2-5 yrs	NP25150
Tualatin Hills Nature Center				
<b>Busy Bats</b>				
10/4	S	10-11 am	2-5 yrs	NP25151
Tualatin Hills Nature Center				
<b>Nifty Newts</b>				
11/1	S	10-11 am	2-5 yrs	NP25152
Tualatin Hills Nature Center				
<b>Cozy Critters</b>				
12/6	S	10-11 am	2-5 yrs	NP25153
Tualatin Hills Nature Center				

**Art in Nature**

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

<b>Plant Pigments</b>				
9/3-9/24 (4)	W	10-11 am	2-5 yrs	CM25230
Cooper Mountain Nature Park				
<b>Creepy Crawly Creations</b>				
10/1-10/22 (4)	W	10-11 am	2-5 yrs	CM25231
Cooper Mountain Nature Park				
<b>Magic of Fall Colors</b>				
10/29-11/19 (4)	W	10-11 am	2-5 yrs	CM25232
Cooper Mountain Nature Park				



## Preschool Explorers

Embark on a weekly outdoor adventure filled with songs, stories, art, and imaginative play. Each session fosters curiosity, friendships, and a connection to the natural world. This is a drop-off program for children of preschool age, without adult participation, ideal for those new to preschool or seeking a once-a-week enrichment experience. Dress for the weather. Register for one or multiple sessions. No class 11/11.

### Tree Tales and Tiny Forest Friends

9/23-10/14 (4) T 9:30-11:30 am 3-5 yrs NP25130  
Tualatin Hills Nature Center ID/AP: \$90 OD: \$112.50

### Colors of Nature

9/25-10/16 (4) Th 9:30-11:30 am 3-5 yrs CM25130  
Cooper Mountain Nature Park ID/AP/OD: \$90

### Mud, Moss and Magic

10/21-11/18 (4) T 9:30-11:30 am 3-5 yrs NP25131  
Tualatin Hills Nature Center ID/AP: \$90 OD: \$112.50

### Who's Awake at Night?

10/23-11/13 (4) Th 9:30-11:30 am 3-5 yrs CM25131  
Cooper Mountain Nature Park ID/AP/OD: \$90

### Slippery Trails and Slimy Tales

12/2-12/16 (3) T 9:30-11:30 am 3-5 yrs NP25132  
Tualatin Hills Nature Center ID/AP: \$66 OD: \$82.50

## Park After Dark

Journey into the forest and enjoy the sights and sounds of nature at night. Spend the first part of the program learning about the featured nature topic and then head out for a guided hike. The price is per person. An adult must register and accompany youth participants.

### Ducks after Dark

9/20 S 7-9 pm 6 yrs-adult NP25500  
Tualatin Hills Nature Center ID/AP: \$18 OD: \$22.50

### Masters of Disguise

10/24 F 6:30-8:30 pm 6 yrs-adult NP25501  
Tualatin Hills Nature Center ID/AP: \$18 OD: \$22.50

### Leaf it to Nature

11/1 S 6:30-8:30 pm 6 yrs-adult CM25500  
Cooper Mountain Nature House ID/AP/OD: \$18

### Winter Tracks & Trails

12/5 F 6:30-8:30 pm 6 yrs-adult NP25502  
Tualatin Hills Nature Center ID/AP: \$18 OD: \$22.50

## Kid's Nature Night Out

Experience the Nature Park in a way few others ever do, at night! Learn about what happens at the Nature Park after the sun goes down through an evening hike, nature crafts, games, and activities. No grown-ups allowed!

### Campfire Creatures

9/5 F 6:30-9 pm 6-12 yrs CM25200  
Cooper Mountain Nature House ID/AP/OD: \$27

### Slime Time!

9/26 F 6:30-9 pm 6-12 yrs NP25200  
Tualatin Hills Nature Center ID/AP: \$27 OD: \$33.75

### Spooky Senses

10/17 F 6:30-9 pm 6-12 yrs NP25201  
Tualatin Hills Nature Center ID/AP: \$27 OD: \$33.75

### Tree Talks

11/21 F 6:30-9 pm 6-12 yrs NP25202  
Tualatin Hills Nature Center ID/AP: \$27 OD: \$33.75

## 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!

### People in Nature

09/27 S 4-6 pm 12-16 yrs CM25300  
Cooper Mountain Nature House ID/AP/OD: \$20

### Moody Vibes

11/15 S 3-5 pm 12-16 yrs NP25300  
Tualatin Hills Nature Center ID/AP: \$20 OD: \$25

## Camp Wild Things Day Off Camp • 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 need to dress for the weather and bring a snack, bottle of water and a small backpack each day.

## Newt Adventure

Spend the morning in search of newts, salamanders, and slimy critters.

11/11 T 9 am-12 pm 4-6 yrs NP27120  
Tualatin Hills Nature Center ID/AP: \$40 OD: \$50

## 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.

## Sherlock Bones

Sharpen your animal-sleuthing skills as we learn to decipher the clues animals leave behind. Learn identification techniques used by biologists. Then take a closer look at animal bones, skulls, and other animal evidence both in the classroom and on the trail.

9/22 M 8 am-5 pm 7-13 yrs NP27200  
Tualatin Hills Nature Center ID/AP: \$89 OD: \$111.25

## Wilderness Survival

Learn the skills of how to survive in the wilderness. Make shelters, collect water, use a map and compass, and practice archery.

10/10 F 8 am-5 pm 7-13 yrs NP27201  
Tualatin Hills Nature Center ID/AP: \$89 OD: \$111.25

## Fantastic Flyers

Look! Up in the sky! Is it a bird? A bat? A bug? Explore the different ways living creatures take to the skies, then have fun designing and building your own flying creature. (Sign up for the days your child's school has conferences.)

10/23 Th 8 am-5 pm 7-13 yrs NP27203A  
Tualatin Hills Nature Center ID/AP: \$89 OD: \$111.25

## Secrets of the Forest

Discover the secrets and hidden treasures of Oregon forests as we hunt for the oldest and weirdest trees in the Nature Park, hidden animal homes, and ferns that taste like licorice. (Sign up for the days your child's school has conferences.)

10/17 F 8 am-5 pm 7-13 yrs NP27202  
Tualatin Hills Nature Center ID/AP: \$89 OD: \$111.25

10/24 F 8 am-5 pm 7-13 yrs NP27203B  
Tualatin Hills Nature Center ID/AP: \$89 OD: \$111.25

## Grossology

Slime, fungus, creepy-crawlies, and dead stuff in nature will be explored during this day of all things gross. From now on when people say "Ewww!" you will say "Wow, cool!"

10/31 F 8 am-5 pm 7-13 yrs NP27204  
Tualatin Hills Nature Center ID/AP: \$89 OD: \$111.25

## Newts about the Nature Park

Rough-skinned newts are the most poisonous animal in Oregon! Join us as we explore their home, learn all about their fascinating life cycle, and if luck is on our side, we might even get to meet one up close. Don't miss out on this newt-tastic adventure!

11/10 M 8 am-5 pm 7-13 yrs NP27205  
Tualatin Hills Nature Center ID/AP: \$89 OD: \$111.25

## Rocks and Blocks

Dig into the science of geology and learn how rocks and minerals shape and build our world. Learn how geologists identify real-life rocks such as cobblestone, obsidian, andesite, and get into creative game mode as we engineer our own world through rocks and blocks.

11/11 T 8 am-5 pm 7-13 yrs NP27206  
Tualatin Hills Nature Center ID/AP: \$89 OD: \$111.25

## Autumn Snapshots

Capture the magic of fall in a natural world painted in red, orange, and yellow! Join us in the park to practice our nature photography skills and special frame to showcase your favorite shot of the day.

11/24 M 8 am-5 pm 7-13 yrs NP27207  
Tualatin Hills Nature Center ID/AP: \$89 OD: \$111.25

## Local Harvest

Get ready for some dirty fingernails as we learn about where food comes from. Learn to cook with the delicious fruits and vegetables grown here in the Pacific Northwest.

11/25 T 8 am-5 pm 7-13 yrs NP27208  
Tualatin Hills Nature Center ID/AP: \$89 OD: \$111.25

## Eco-Art

View nature from the perspective of an artist. Learn about the elements of art including textures and form, while gathering inspiration and materials from the natural world. Apply our observations in the assembling of your artistic creation.

11/26 W 8 am-5 pm 7-13 yrs NP27209  
Tualatin Hills Nature Center ID/AP: \$89 OD: \$111.25



# Winter 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.

## Nature's Magic

From flower to seed and caterpillar to butterfly, it's no secret that nature is magical. Join us to uncover the nature park's wonders and learn a few nature magic tricks of our own as we become Nature Magicians!

12/22 M 9 am-12 pm 4-6 yrs NP27100  
Tualatin Hills Nature Center ID/AP: \$40 OD: \$50

## Animal Builders

Explore the amazing feats of construction that our animal neighbors accomplish using sticks, stones, mud, and plants. Then, roll up your sleeves and use nature's toolbox to build your own wild creation!

12/23 T 9 am-12 pm 4-6 yrs NP27101  
Tualatin Hills Nature Center ID/AP: \$40 OD: \$50

## Baby Animals!

Whether born or hatched, fuzzy or feathery, animal babies are adorable. Examine the lives of young animals, the special ways they survive, and how they are cared for.

12/29 M 9 am-12 pm 4-6 yrs NP27102  
Tualatin Hills Nature Center ID/AP: \$40 OD: \$50

## Frosty Forest

Bundle up and prepare for a frosty adventure along the trails. Learn about how the forest changes during the winter season and take a guess at where some of our favorite creatures might be hiding.

12/30 T 9 am-12 pm 4-6 yrs NP27103  
Tualatin Hills Nature Center ID/AP: \$40 OD: \$50

## Junior Rangers

Ring in the New Year by earning your Junior Ranger badge. Follow animal trails and search for footprints, chew marks, and animal clues! Learn some of the important jobs that park rangers do.

12/31 W 9 am-12 pm 4-6 yrs NP27104  
Tualatin Hills Nature Center ID/AP: \$40 OD: \$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.

## Treasure Hunt

Learn mapping and orienteering skills as we search for hidden treasures in nature. Create a treasure map of your own.

12/22 M 1-4 pm 6-9 yrs NP27240  
Tualatin Hills Nature Center ID/AP: \$40 OD: \$50

## All About Owls

Dissect owl pellets, check out our owl specimens, learn owl calls, and take a nature walk to explore where they live.

12/23 T 1-4 pm 6-9 yrs NP27241  
Tualatin Hills Nature Center ID/AP: \$40 OD: \$50

## Winter Nature Scientists

Follow the clues and use our nature scientist tools to discover what animals and plants are in the park and how they spend their winter days.

12/29	M	1-4 pm	6-9 yrs	NP27242
Tualatin Hills Nature Center			ID/AP: \$40	OD: \$50

## Nature's Masterpieces

Art takes many shapes and forms. Join us as we unearth the natural art in the park- from spiraling spider webs to colorful flora and fauna. Finally, make your own multi-media masterpiece!

12/30	T	1-4 pm	6-9 yrs	NP27243
Tualatin Hills Nature Center			ID/AP: \$40	OD: \$50

## Winter Homes

How do animals adapt their homes for the cold season? Build a mini shelter and create cozy crafts while learning about hibernation and migration. Discover the science and creativity behind winter survival.

12/31	W	1-4 pm	6-9 yrs	NP27244
Tualatin Hills Nature Center			ID/AP: \$40	OD: \$50

## 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.

## Migration Vacation

Frogs, newts, and birds on the move! Discover the paths and methods that various animals use to move from one place to another, while trying to figure out what motivates the movement.

12/22	M	8 am-5 pm	7-10 yrs	NP27210
Tualatin Hills Nature Center			ID/AP: \$89	OD: \$111.25

## Web of Life

From the smallest bugs and plants to the predators of the wild, everything gets eaten and passes on its energy to the next animal. Follow this energy transfer through the web of life and figure out how all the pieces of the web fit together.

12/23	T	8 am-5 pm	7-10 yrs	NP27211
Tualatin Hills Nature Center			ID/AP: \$89	OD: \$111.25

## Hibernation Station

Animals have many clever ways to survive the winter. Hibernation is just one of them. Discover the many ways animals and plants cope with the cold. Search the park for winter residents, create a craft creature, and build a home for it.

12/29	M	8 am-5 pm	7-10 yrs	NP27212
Tualatin Hills Nature Center			ID/AP: \$89	OD: \$111.25

## Ranger Day

Discover what it takes to become a ranger and take care of the forests in our area. You'll meet a ranger and get the chance to earn a junior ranger badge in this camp all about forestry.

12/30	T	8 am-5 pm	7-10 yrs	NP27213
Tualatin Hills Nature Center			ID/AP: \$89	OD: \$111.25

## Water- Who Needs It?

Humans, plants, and wildlife all depend on clean, healthy water to survive. We'll learn about the water cycle and how water is used, recycled, and the effects it has on different communities.

12/31	W	8 am-5 pm	7-10 yrs	NP27214
Tualatin Hills Nature Center			ID/AP: \$89	OD: \$111.25

## Nature Studies – Adult

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

### Nature Sketch & Stroll new

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

9/5	F	10-11:30 am	16+	NP25400
Tualatin Hills Nature Center			ID/AP: \$15	OD: \$18.75
10/3	F	10-11:30 am	16+	NP25401
Tualatin Hills Nature Center			ID/AP: \$15	OD: \$18.75
11/7	F	10-11:30 am	16+	NP25402
Tualatin Hills Nature Center			ID/AP: \$15	OD: \$18.75
12/5	F	10-11:30 am	16+	NP25403
Tualatin Hills Nature Center			ID/AP: \$15	OD: \$18.75

### Discover the Birds of Jenkins Estate (Partner with Jenkins)

new

Sharpen your observation skills, learn to identify local species and enjoy a peaceful morning exploring the diverse habitats of this historic estate with fellow bird enthusiasts. This class is designed for all experience levels.

9/13	S	10-11:30 am	16+	NP25404
Tualatin Hills Nature Center			ID/AP: \$18	OD: \$22.50

### Nature-Inspired Fiber Arts Circle DROP-IN new

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

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

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



## 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.

9/20 S 10 am-12 pm 16+ NP25405  
Tualatin Hills Nature Center ID/AP: \$22 OD: \$27.50

## Nature Board Game Nights

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

9/26 F 6-9 pm 21+ NP25406  
Tualatin Hills Nature Center ID/AP: \$15 OD: \$18.75  
10/17 F 6-9 pm 21+ NP25407  
Tualatin Hills Nature Center ID/AP: \$15 OD: \$18.75  
11/21 F 6-9 pm 21+ NP25408  
Tualatin Hills Nature Center ID/AP: \$15 OD: \$18.75

## Night Owls: Hoots and Hops

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

10/3 F 7-9 pm 21+ NP25409  
Tualatin Hills Nature Center ID/AP: \$22 OD: \$27.50

## Breakfast and a Hike-Black Bear Diner & Nature Park new

Join us as we meet at the Elsie Stuhr Center to board a small bus toward Black Bear Diner. Enjoy the breakfast of your choice before we head to Tualatin Hills Nature Park for a beautiful guided 1.5 paved trail hike by one of the Bilingual Naturalist at the park. Cost of breakfast is not included. Trail difficulty: Easy.

10/7 T 9 am-12 pm 55+ ES26602  
OffSite ID/AP: \$22 OD: \$27.50

## Mini-Habitat Tabletop Garden with Native Plants

Learn to create a one-of-a-kind mini-habitat centerpiece using Pacific Northwest native plants. We will cover basic planting, floral design composition techniques and then have fun decorating our centerpieces. Walk away with a mix of native and non-native succulent tabletop garden with information about native plants and resources!

10/23 Th 6-8 pm 16+ NP25410  
Tualatin Hills Nature Center ID/AP: \$64 OD: \$80

## Nature Still Life new

Discover the beauty in nature's details through still life art as we sketch a curated collection of natural objects—like skulls, feathers, flowers, and more—and drawing creative inspiration from the surrounding scenery of Cooper Mountain Nature Park. All skill levels are welcome. Participants are encouraged to bring their own art supplies, or purchase a basic starter kit available on-site.

10/25 S 10 am-12 pm 16+ CM25400  
Cooper Mountain Nature House ID/AP/OD: \$18



## Common Fall Mushrooms of the Pacific Northwest and their Lookalikes (classroom and field)

Join mushroom enthusiast Leah Bendlin to learn some of the most common and memorable mushrooms found in the fall in the Pacific Northwest. We will focus especially on common edibles and how to tell them apart from poisonous or just otherwise tricky potential lookalikes, noting particular physical features and habitats that will help you identify them on your own. We will begin with the presentation indoors, followed by a walk in the nature park to discuss the species we encounter and practice our skills in the field.

11/15 S 11 am-1:30 pm 16+ NP25411  
Tualatin Hills Nature Center ID/AP: \$32 OD: \$40

## Winter Wreaths and Boughs

Make your own winter wreath or boughs! We will start with a short walk into the nature park to gather inspiration and natural materials. Then warm up inside and choose from the materials we collected in advance or that you just gathered to make your own winter wreath creation.

12/6 S 3-5 pm 16+ NP25412  
Tualatin Hills Nature Center ID/AP: \$28 OD: \$35

## Fitness Classes at the Tualatin Hills Nature Center

### New Moon Yoga – Libra

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

10/20 M 6-7:30 pm 14+ NP22501  
Tualatin Hills Nature Center ID/AP: \$20 OD: \$25

### Full Moon Yoga - Taurus

The full moon is a great time to illuminate the intention you set during the previous new moon. Join us for an all levels yoga practice, designed to align with the full moon. All participants will receive a crystal.

11/5 W 6-7:30 pm 14+ CM22500  
Cooper Mountain Nature House ID/AP/OD: \$20

### Restorative Yoga and Crystal Sound Bath

Restorative yoga is a passive practice focused on relaxation and long held poses. Sound healing is a therapeutic practice that utilizes vibrational frequencies to promote physical, emotional, and spiritual well-being. Join us as we connect, stretch, heal and rest.

12/12 F 6-7:30 pm 14+ NP22502  
Tualatin Hills Nature Center ID/AP: \$30 OD: \$37.50

## Drop-In Yoga

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



# 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](http://www.thprd.org/facilities/nature/nature-mobile) or call 503-629-6350.



# Babette Horenstein Tennis Center



**TUALATIN HILLS**  
PARK & RECREATION DISTRICT

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

TriMet Bus Routes: #67, 59

Center Supervisor: Troy Christiansen

**Building Hours\*:**

Monday-Thursday 9 am-10 pm

Friday 9 am-9 pm

Saturday-Sunday 8 am-7 pm

*\*Hours subject to change.*

**Facility Closed:** 11/27, 12/25, 1/1

**Modified Hours:** 9/1, 11/11, 11/28, 12/24, 12/31

**No Class Dates:** 9/1, 9/26-9/28, 10/31 (no youth class after 5 pm), 11/11, 11/14-11/16, 11/23-11/29, 12/12-12/14, 12/21-12/31

*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 \$3.50 for those not playing tennis. (Supply your own towel. Five minute maximum.)

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



## RESERVE A COURT

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



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

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

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

## Tennis Court Rate Per Hour\*

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

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

## Pickleball Court Rate Per Hour\*

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

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

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

## Play Tennis in the Parks

THPRD maintains 97 outdoor neighborhood tennis courts and 6 permanent pickleball courts at 34 park sites throughout our community.

These courts are free to use and available on a first-come, first-serve basis, unless otherwise noted. Please limit play to 60 minutes.

Some sites may be permitted for programs or have a reservation option. For more information, go to [www.thprd.org](http://www.thprd.org) or scan the QR code.



## Youth Level Guide

If your Student's Level is:	1	1.5	2	2.5	3	3.5
	↓	↓	↓	↓	↓	↓
Look for this Class Level:	1	2	3	3+		

You may notice we have removed the half levels for all our youth programs. Please refer to the graphic above for what level you should register for. If you have additional questions, you can email [j.rankin@thprd.org](mailto:j.rankin@thprd.org) or call the Tennis Center at 503-629-6331.

### YOUTH PROGRAMS PLAYER PROGRESSION

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

Some areas to keep in mind:

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

## 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 a class, even at the lower level, than to have no class at all. So sign up for the entire term at your current level!*

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

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

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

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

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

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

## PREPARING FOR YOUR TENNIS CLASS

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

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



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

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

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

## Youth Classes

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

Class #	Dates	Days	Times	ID/AP	OD	Sessions
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### Age 5 Red Ball Tiny Tot Tennis

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 balls.

TC20111	9/9-10/7	T	4-4:45 pm	\$63	\$78.75	5
TC20112	9/11-10/9	Th	4-4:45 pm	\$63	\$78.75	5
TC20121	10/14-11/4	T	4-4:45 pm	\$50	\$62.50	4
TC20122	10/16-11/13	Th	4-4:45 pm	\$63	\$78.75	5
TC20131	11/18-12/16	T	4-4:45 pm	\$50	\$62.50	4
TC20132	11/20-12/18	Th	4-4:45 pm	\$50	\$62.50	4

### Age 6 Red Ball Tiny Tot Tennis

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.

TC20211	9/8-10/6	M	4-4:45 pm	\$63	\$78.75	5
TC20212	9/10-10/8	W	4-4:45 pm	\$63	\$78.75	5
TC20213	9/11-10/9	Th	4-4:45 pm	\$63	\$78.75	5
TC20221	10/13-11/10	M	4-4:45 pm	\$63	\$78.75	5
TC20222	10/15-11/12	W	4-4:45 pm	\$63	\$78.75	5
TC20223	10/16-11/13	Th	4-4:45 pm	\$63	\$78.75	5
TC20231	11/17-12/15	M	4-4:45 pm	\$50	\$62.50	4
TC20232	11/19-12/17	W	4-4:45 pm	\$50	\$62.50	4
TC20233	11/20-12/18	Th	4-4:45 pm	\$50	\$62.50	4

### Age 7 to 8 Red Ball Tennis Introduction new

This class is for players who are new to tennis and have never played before. Students will learn the basic tennis skills: forehand and backhands, volleys, overhead and serve. This class is taught using red compression tennis balls.

TC21111	9/8-10/6	M	4-4:45 pm	\$63	\$78.75	5
TC21121	10/13-11/10	M	4-4:45 pm	\$63	\$78.75	5
TC21131	11/17-12/15	M	4-4:45 pm	\$50	\$62.50	4

Class #	Dates	Days	Times	ID/AP	OD	Sessions
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### Age 7 to 8 Red Ball Tennis Level 1

This class is for those who have played tennis before or completed one session of our introduction class. Players will continue skill development for the core fundamentals: Forehands, backhands, volleys, overheads, and serves.

TC21211	9/8-10/6	M	4-4:45 pm	\$63	\$78.75	5
TC21212	9/9-10/7	T	4-4:45 pm	\$63	\$78.75	5
TC21213	9/9-10/7	T	4-4:45 pm	\$63	\$78.75	5
TC21214	9/11-10/9	Th	4-4:45 pm	\$63	\$78.75	5
TC21215	9/11-10/9	Th	4-4:45 pm	\$63	\$78.75	5
TC21221	10/13-11/10	M	4-4:45 pm	\$63	\$78.75	5
TC21222	10/14-11/4	T	4-4:45 pm	\$50	\$62.50	4
TC21223	10/14-11/4	T	4-4:45 pm	\$50	\$62.50	4
TC21224	10/16-11/13	Th	4-4:45 pm	\$63	\$78.75	5
TC21225	10/16-11/13	Th	4-4:45 pm	\$63	\$78.75	5
TC21231	11/17-12/15	M	4-4:45 pm	\$50	\$62.50	4
TC21232	11/18-12/16	T	4-4:45 pm	\$50	\$62.50	4
TC21233	11/18-12/16	T	4-4:45 pm	\$50	\$62.50	4
TC21234	11/20-12/18	Th	4-4:45 pm	\$63	\$78.75	4
TC21235	11/20-12/18	Th	4-4:45 pm	\$50	\$62.50	4

### Age 7 to 8 Red Ball Tennis Level 1 Clinic

These single session classes are for those who have played tennis before or completed one session of our introduction class. Players will continue skill development for the core fundamentals: Forehands, backhands, volleys, overheads, and serves.

TC21216	9/12	F	4:30-5:15 pm	\$13	\$16.25	1
TC21217	9/19	F	4:30-5:15 pm	\$13	\$16.25	1
TC21226	10/3	F	4:30-5:15 pm	\$13	\$16.25	1
TC21227	10/10	F	4:30-5:15 pm	\$13	\$16.25	1
TC21228	10/17	F	4:30-5:15 pm	\$13	\$16.25	1
TC21229	10/24	F	4:30-5:15 pm	\$13	\$16.25	1
TC21236	11/7	F	4:30-5:15 pm	\$13	\$16.25	1
TC21238	11/21	F	4:30-5:15 pm	\$13	\$16.25	1
TC21239	12/5	F	4:30-5:15 pm	\$13	\$16.25	1
TC21241	12/12	F	4:30-5:15 pm	\$13	\$16.25	1
TC21242	12/19	F	4:30-5:15 pm	\$13	\$16.25	1



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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### Age 7 to 8 Orange Ball Tennis Level 2

Continued skill development of hitting from a stationary position 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.

TC21311	9/9-10/7	T	4-4:45 pm	\$84	\$105	5
TC21312	9/9-10/7	T	4:45-5:30 pm	\$84	\$105	5
TC21313	9/10-10/8	W	5-5:45 pm	\$84	\$105	5
TC21314	9/11-10/9	Th	4-4:45 pm	\$84	\$105	5
TC21315	9/11-10/9	Th	5-5:45 pm	\$84	\$105	5
TC21316	9/11-10/9	Th	5-5:45 pm	\$84	\$105	5
TC21321	10/14-11/4	T	4-4:45 pm	\$67	\$83.75	4
TC21322	10/14-11/4	T	4:45-5:30 pm	\$67	\$83.75	4
TC21323	10/15-11/12	W	5-5:45 pm	\$84	\$105	5
TC21324	10/16-11/13	Th	4-4:45 pm	\$84	\$105	5
TC21325	10/16-11/13	Th	5-5:45 pm	\$84	\$105	5
TC21326	10/16-11/13	Th	5-5:45 pm	\$84	\$105	5
TC21331	11/18-12/16	T	4-4:45 pm	\$67	\$83.75	4
TC21332	11/18-12/16	T	4:45-5:30 pm	\$67	\$83.75	4
TC21333	11/19-12/17	W	5-5:45 pm	\$67	\$83.75	4
TC21334	11/20-12/18	Th	4-4:45 pm	\$67	\$83.75	4
TC21335	11/20-12/18	Th	5-5:45 pm	\$67	\$83.75	4
TC21336	11/20-12/18	Th	5-5:45 pm	\$67	\$83.75	4

### Age 9 to 10 Red Ball Tennis Introduction new

This class is for players who are new to tennis and have never played before. Students will learn the basic tennis skills: forehand and backhands, volleys, overhead and serve. This class is taught using red compression tennis balls.

TC22111	9/9-10/7	T	4-4:45 pm	\$63	\$78.75	5
TC22121	10/14-11/4	T	4-4:45 pm	\$50	\$62.50	4
TC22131	11/18-12/16	T	4-4:45 pm	\$50	\$62.50	4

### Age 9 to 10 Red Ball Tennis Level 1

This class is for those who have played tennis before or completed one session of our introduction class. Players will continue skill development for the core fundamentals: Forehands, backhands, volleys, overheads, and serves.

TC22211	9/8-10/6	M	4-4:45 pm	\$63	\$78.75	5
TC22212	9/8-10/6	M	4-4:45 pm	\$63	\$78.75	5
TC22213	9/10-10/8	W	4-4:45 pm	\$63	\$78.75	5
TC22214	9/10-10/8	W	4-4:45 pm	\$63	\$78.75	5
TC22215	9/13-10/11	S	9-9:45 am	\$50	\$62.50	4
TC22216	9/13-10/11	S	9-9:45 am	\$50	\$62.50	4
TC22221	10/13-11/10	M	4-4:45 pm	\$63	\$78.75	5
TC22222	10/13-11/10	M	4-4:45 pm	\$63	\$78.75	5
TC22223	10/15-11/12	W	4-4:45 pm	\$63	\$78.75	5
TC22224	10/15-11/12	W	4-4:45 pm	\$63	\$78.75	5
TC22225	10/18-11/8	S	9-9:45 am	\$50	\$62.50	4
TC22226	10/18-11/8	S	9-9:45 am	\$50	\$62.50	4
TC22231	11/17-12/15	M	4-4:45 pm	\$50	\$62.50	4
TC22232	11/17-12/15	M	4-4:45 pm	\$50	\$62.50	4
TC22233	11/19-12/17	W	4-4:45 pm	\$50	\$62.50	4
TC22234	11/19-12/17	W	4-4:45 pm	\$50	\$62.50	4
TC22235	11/22-12/20	S	9-9:45 am	\$50	\$62.50	4
TC22236	11/22-12/20	S	9-9:45 am	\$50	\$62.50	4

Class #	Dates	Days	Times	ID/AP	OD	Sessions
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### Age 9 to 10 Red Ball Tennis Level 1 Clinic

These single session classes are for those who have played tennis before or completed one session of our introduction class. Players will continue skill development for the core fundamentals: Forehands, backhands, volleys, overheads, and serves.

TC22217	9/12	F	4:30-5:15 pm	\$13	\$16.25	1
TC22218	9/19	F	4:30-5:15 pm	\$13	\$16.25	1
TC22227	10/3	F	4:30-5:15 pm	\$13	\$16.25	1
TC22228	10/10	F	4:30-5:15 pm	\$13	\$16.25	1
TC22229	10/17	F	4:30-5:15 pm	\$13	\$16.25	1
TC22230	10/24	F	4:30-5:15 pm	\$13	\$16.25	1
TC22237	11/7	F	4:30-5:15 pm	\$13	\$16.25	1
TC22239	11/21	F	4:30-5:15 pm	\$13	\$16.25	1
TC22241	12/5	F	4:30-5:15 pm	\$13	\$16.25	1
TC22242	12/12	F	4:30-5:15 pm	\$13	\$16.25	1
TC22243	12/19	F	4:30-5:15 pm	\$13	\$16.25	1

### Age 9 to 10 Orange Ball Tennis Level 2

Continued 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.

TC22311	9/9-10/7	T	4-4:45 pm	\$84	\$105	5
TC22312	9/10-10/8	W	4-4:45 pm	\$84	\$105	5
TC22313	9/10-10/8	W	4-4:45 pm	\$84	\$105	5
TC22314	9/11-10/9	Th	4-4:45 pm	\$84	\$105	5
TC22321	10/14-11/4	T	4-4:45 pm	\$67	\$83.75	4
TC22322	10/15-11/12	W	4-4:45 pm	\$84	\$105	5
TC22323	10/15-11/12	W	4-4:45 pm	\$84	\$105	5
TC22324	10/16-11/13	Th	4-4:45 pm	\$84	\$105	5
TC22331	11/18-12/16	T	4-4:45 pm	\$67	\$83.75	4
TC22332	11/19-12/17	W	4-4:45 pm	\$67	\$83.75	4
TC22333	11/19-12/17	W	4-4:45 pm	\$67	\$83.75	4
TC22334	11/20-12/18	Th	4-4:45 pm	\$67	\$83.75	4



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
<b>Age 9 to 10 Orange Ball Tennis Clinic Level 2</b>						
In these single session classes, continued 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.						
TC22315	9/12	F	4:30-5:15 pm	\$17	\$21.25	1
TC22316	9/19	F	4:30-5:15 pm	\$17	\$21.25	1
TC22325	10/3	F	4:30-5:15 pm	\$17	\$21.25	1
TC22326	10/10	F	4:30-5:15 pm	\$17	\$21.25	1
TC22327	10/17	F	4:30-5:15 pm	\$17	\$21.25	1
TC22328	10/24	F	4:30-5:15 pm	\$17	\$21.25	1
TC22335	11/7	F	4:30-5:15 pm	\$17	\$21.25	1
TC22337	11/21	F	4:30-5:15 pm	\$17	\$21.25	1
TC22338	12/5	F	4:30-5:15 pm	\$17	\$21.25	1
TC22339	12/12	F	4:30-5:15 pm	\$17	\$21.25	1
TC22341	12/19	F	4:30-5:15 pm	\$17	\$21.25	1

Class #	Dates	Days	Times	ID/AP	OD	Sessions
<b>Age 9 to 10 Green Ball Tennis Level 3</b>						
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.						
TC22411	9/10-10/8	W	4-4:45 pm	\$84	\$105	5
TC22421	10/15-11/12	W	4-4:45 pm	\$84	\$105	5
TC22431	11/19-12/17	W	4-4:45 pm	\$67	\$83.75	4

Class #	Dates	Days	Times	ID/AP	OD	Sessions
<b>Age 9 to 13 Family Tennis</b>						
This class is designed for family play, one child and one adult. This class is for all levels of play. The adult and child will develop their basic tennis skills: groundstrokes, volleys, overheads and serves. Price includes one child and one adult.						
TC24111	9/11-10/9	Th	7-8 pm	\$84	\$105	5
TC24121	10/16-11/13	Th	7-8 pm	\$84	\$105	5
TC24131	11/20-12/18	Th	7-8 pm	\$67	\$83.75	4

Class #	Dates	Days	Times	ID/AP	OD	Sessions
<b>Age 9 to 13 Junior Match Play Tennis Level 3</b>						
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.						
TC23511	9/12-10/10	F	5:30-7 pm	\$134	\$167.50	4
TC23521	10/17-11/7	F	5:30-7 pm	\$134	\$167.50	4
TC23531	11/21-12/19	F	5:30-7 pm	\$134	\$167.50	4

Class #	Dates	Days	Times	ID/AP	OD	Sessions
<b>Age 10 to 13 Advanced Junior Training Tennis Level 4</b>						
This class is designed for players who have advanced past level 3.5 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.						
TC25111	9/9-10/7	T	5-6:30 pm	\$168	\$210	5
TC25121	10/14-11/4	T	5-6:30 pm	\$134	\$167.50	4
TC25131	11/18-12/16	T	5-6:30 pm	\$134	\$167.50	4



Class #	Dates	Days	Times	ID/AP	OD	Sessions
<b>Age 11 to 14 Orange Ball Tennis Introduction <span style="background-color: red; color: white; padding: 2px;">new</span></b>						
This class is for players who are new to tennis and have never played before. Students will learn the basic tennis skills: forehand and backhands, volleys, overhead, and serve. This class is taught using orange compression tennis balls.						
TC22511	9/10-10/8	W	5-6 pm	\$84	\$105	5
TC22521	10/15-11/12	W	5-6 pm	\$84	\$105	5
TC22531	11/19-12/17	W	5-6 pm	\$67	\$83.75	4

Class #	Dates	Days	Times	ID/AP	OD	Sessions
<b>Age 11 to 14 Orange Ball Tennis Level 1</b>						
This class is for those who have played tennis before or completed one session of our introduction class. Players will continue skill development for the core fundamentals: forehands, backhands, volleys, overheads, and serves.						
TC23211	9/8-10/6	M	5-6 pm	\$84	\$105	5
TC23212	9/8-10/6	M	5-6 pm	\$84	\$105	5
TC23213	9/10-10/8	W	5-6 pm	\$84	\$105	5
TC23214	9/11-10/9	Th	6-7 pm	\$84	\$105	5
TC23215	9/13-10/11	S	10-11 am	\$67	\$83.75	4
TC23216	9/13-10/11	S	10-11 am	\$67	\$83.75	4
TC23221	10/13-11/10	M	5-6 pm	\$84	\$105	5
TC23222	10/13-11/10	M	5-6 pm	\$84	\$105	5
TC23223	10/15-11/12	W	5-6 pm	\$84	\$105	5
TC23224	10/16-11/13	Th	6-7 pm	\$84	\$105	5
TC23225	10/18-11/8	S	10-11 am	\$67	\$83.75	4
TC23226	10/18-11/8	S	10-11 am	\$67	\$83.75	4
TC23231	11/17-12/15	M	5-6 pm	\$67	\$83.75	4
TC23232	11/17-12/15	M	5-6 pm	\$67	\$83.75	4
TC23233	11/19-12/17	W	5-6 pm	\$67	\$83.75	4
TC23234	11/20-12/18	Th	6-7 pm	\$67	\$83.75	4
TC23235	11/22-12/20	S	10-11 am	\$67	\$83.75	4
TC23236	11/22-12/20	S	10-11 am	\$67	\$83.75	4

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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### Age 11 to 14 Orange Ball Tennis Level 2

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.

TC23311	9/8-10/6	M	5-6 pm	\$112	\$140	5
TC23312	9/8-10/6	M	5-6 pm	\$112	\$140	5
TC23313	9/9-10/7	T	5-6 pm	\$112	\$140	5
TC23314	9/9-10/7	T	5-6 pm	\$112	\$140	5
TC23315	9/11-10/9	Th	5-6 pm	\$112	\$140	5
TC23316	9/11-10/9	Th	5-6 pm	\$112	\$140	5
TC23321	10/13-11/10	M	5-6 pm	\$112	\$140	5
TC23322	10/13-11/10	M	5-6 pm	\$112	\$140	5
TC23323	10/14-11/4	T	5-6 pm	\$90	\$112.50	4
TC23324	10/14-11/4	T	5-6 pm	\$90	\$112.50	4
TC23325	10/16-11/13	Th	5-6 pm	\$112	\$140	5
TC23326	10/16-11/13	Th	5-6 pm	\$112	\$140	5
TC23331	11/17-12/15	M	5-6 pm	\$90	\$112.50	4
TC23332	11/17-12/15	M	5-6 pm	\$90	\$112.50	4
TC23333	11/18-12/16	T	5-6 pm	\$90	\$112.50	4
TC23334	11/18-12/16	T	5-6 pm	\$90	\$112.50	4
TC23335	11/20-12/18	Th	5-6 pm	\$90	\$112.50	4
TC23336	11/20-12/18	Th	5-6 pm	\$90	\$112.50	4

### Age 11 to 14 Yellow Ball Tennis Level 3

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.

TC23411	9/9-10/7	T	5-6 pm	\$112	\$140	5
TC23412	9/11-10/9	Th	5-6 pm	\$112	\$140	5
TC23421	10/14-11/4	T	5-6 pm	\$90	\$112.50	4
TC23422	10/16-11/13	Th	5-6 pm	\$112	\$140	5
TC23431	11/18-12/16	T	5-6 pm	\$90	\$112.50	4
TC23432	11/20-12/18	Th	5-6 pm	\$90	\$112.50	4



Class #	Dates	Days	Times	ID/AP	OD	Sessions
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### Age 13 to 18 Orange Ball Tennis Introduction new

This class is for players who are new to tennis and have never played before. Students will learn the basic tennis skills: forehand and backhands, volleys, overhead and serve. This class is taught using orange compression tennis balls.

TC26111	9/9-10/7	T	5:45-6:45 pm	\$84	\$105	5
TC26121	10/14-11/4	T	5:45-6:45 pm	\$67	\$83.75	4
TC26131	11/18-12/16	T	5:45-6:45 pm	\$67	\$83.75	4

### Age 13 to 18 Orange Ball Tennis Level 1

This class is for those who have played tennis before or completed one session of our introduction class. Players will continue skill development for the core fundamentals: forehands, backhands, volleys, overheads, and serves.

TC26211	9/9-10/8	W	5-6 pm	\$84	\$105	5
TC26221	10/15-11/12	W	5-6 pm	\$84	\$105	5
TC26231	11/19-12/17	W	5-6 pm	\$67	\$83.75	4

### Age 13 to 18 Green Ball Tennis Level 2

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.

TC26311	9/8-10/6	M	5:15-6:15 pm	\$112	\$140	5
TC26312	9/11-10/9	Th	5-6 pm	\$112	\$140	5
TC26321	10/13-11/10	M	5:15-6:15 pm	\$112	\$140	5
TC26322	10/16-11/13	Th	5-6 pm	\$112	\$140	5
TC26331	11/17-12/15	M	5:15-6:15 pm	\$90	\$112.50	4
TC26332	11/20-12/18	Th	5-6 pm	\$90	\$112.50	4

### Age 13 to 18 Yellow Ball Tennis Level 3

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.

TC26411	9/12-10/10	F	5:15-6:15 pm	\$90	\$112.50	4
TC26421	10/17-11/7	F	5:15-6:15 pm	\$90	\$112.50	4
TC26431	11/21-12/19	F	5:15-6:15 pm	\$90	\$112.50	4

### Age 13 to 18 High School Training Level 4

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.

TC26511	9/10-10/8	W	5-6:30 pm	\$168	\$210	5
TC26521	10/15-11/12	W	5-6:30 pm	\$168	\$210	5
TC26531	11/19-12/17	W	5-6:30 pm	\$134	\$167.50	4

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 Classes

### 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.

TC27211	9/8-10/6	M	6-7:15 pm	\$90	\$112.50	5
TC27212	9/8-10/6	M	6-7:15 pm	\$90	\$112.50	5
TC27213	9/9-10/7	T	10-11:15 am	\$90	\$112.50	5
TC27214	9/10-10/8	W	6:30-7:45 pm	\$90	\$112.50	5
TC27215	9/10-10/8	W	6:30-7:45 pm	\$90	\$112.50	5
TC27216	9/11-10/9	Th	10-11:30 am	\$108	\$135	5
TC27217	9/11-10/9	Th	10-11:30 am	\$108	\$135	5
TC27221	10/13-11/10	M	6-7:15 pm	\$90	\$112.50	5
TC27222	10/13-11/10	M	6-7:15 pm	\$90	\$112.50	5
TC27223	10/14-11/4	T	10-11:15 am	\$72	\$90	4
TC27224	10/15-11/12	W	6:30-7:45 pm	\$90	\$112.50	5
TC27225	10/15-11/12	W	6:30-7:45 pm	\$90	\$112.50	5
TC27226	10/16-11/13	Th	10-11:30 am	\$108	\$135	5
TC27227	10/16-11/13	Th	10-11:30 am	\$108	\$135	5
TC27231	11/17-12/15	M	6-7:15 pm	\$72	\$90	4
TC27232	11/17-12/15	M	6-7:15 pm	\$72	\$90	4
TC27233	11/18-12/16	T	10-11:15 am	\$72	\$90	4
TC27234	11/19-12/17	W	6:30-7:45 pm	\$72	\$90	4
TC27235	11/19-12/17	W	10-11:30 am	\$86	\$107.50	4
TC27236	11/20-12/18	Th	10-11:30 am	\$86	\$107.50	4
TC27237	11/20-12/18	Th	10-11:30 am	\$86	\$107.50	4

## Special Events at the Tennis Center

Therapeutic Recreation Tennis Night	9/5
USTA Pacific Cup	9/26-9/28
Therapeutic Recreation Pickleball Night	11/10
USTA Tennis on Campus	11/14-11/16
USTA Team Tennis Event	11/21-11/23
Courts 4 Cards	12/5
USTA Level 4 Tournament	12/12-12/14



Class #	Dates	Days	Times	ID/AP	OD	Sessions
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### Green Ball Level 1.5-2 Drill & Plays new

Join Coach Katherine's Drill & Play for new players level 1.5-2 wishing to transition into league play. Green compression balls will be used.

Dates are TBD. Register for the interest list to be contacted when dates are announced: **TC2GBDP**



### Adult Tennis Level 1.5

This class will continue to develop the skills learned in Level 1 with continued foundation skill development with Introduction to approach shots and beginning doubles strategy.

TC27311	9/8-10/6	M	6-7:30 pm	\$108	\$135	5
TC27312	9/9-10/7	T	10-11:30 am	\$108	\$135	5
TC27313	9/9-10/7	T	10-11:30 am	\$108	\$135	5
TC27314	9/9-10/7	T	6:45-8:15 pm	\$108	\$135	5
TC27315	9/11-10/9	Th	6-7:30 pm	\$108	\$135	5
TC27321	10/13-11/10	M	6-7:30 pm	\$108	\$135	5
TC27322	10/14-11/4	T	10-11:30 am	\$86	\$107.50	4
TC27323	10/14-11/4	T	10-11:30 am	\$86	\$107.50	4
TC27324	10/14-11/4	T	6:45-8:15 pm	\$86	\$107.50	4
TC27325	10/16-11/13	Th	6-7:30 pm	\$108	\$135	5
TC27331	11/17-12/15	M	6-7:30 pm	\$86	\$107.50	4
TC27332	11/18-12/16	T	10-11:30 am	\$86	\$107.50	4
TC27333	11/18-12/16	T	10-11:30 am	\$86	\$107.50	4
TC27334	11/18-12/16	T	6:45-8:15 pm	\$86	\$107.50	4
TC27335	11/20-12/18	Th	6-7:30 pm	\$86	\$107.50	4

### Adult Tennis Stroking Analysis

This class is available for players Level 1.5 and up. The main goal of this class is to work on the technical portion of your game. You will cover ground strokes, volleys, serves, and returns during the session. The ball machine is utilized in this class. You will receive feedback on your shots and get a lot of hitting repetition on the ball machine.

TC27411	9/10-10/8	W	6:15-7:45 pm	\$108	\$135	5
TC27412	9/14-10/12	Su	9-10:30 am	\$86	\$107.50	4
TC27421	10/15-11/12	W	6:15-7:45 pm	\$108	\$135	5
TC27422	10/19-11/9	Su	6:15-7:45 pm	\$86	\$107.50	4
TC27431	11/19-12/17	W	6:15-7:45 pm	\$86	\$107.50	4
TC27432	11/23-12/14	Su	9-10:30 am	\$65	\$81.25	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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## Adult Tennis Level 2

In this class, students will continue skill work for groundstrokes with an emphasis on grips and footwork, followed by court positioning for doubles, and developing your transition game for both singles and doubles. New skills to be introduced in this class include ball placement, lob, return of serve, and overhead footwork.

TC27511	9/8-10/6	M	6-7:30 pm	\$137	\$171.25	5
TC27512	9/9-10/7	T	10-11:30 am	\$137	\$171.25	5
TC27513	9/11-10/9	Th	10-11:30 am	\$137	\$171.25	5
TC27514	9/11-10/9	Th	6-7:30 pm	\$137	\$171.25	5
TC27515	9/13-10/11	S	11 am-12:30 pm	\$110	\$137.50	4
TC27521	10/13-11/10	M	6-7:30 pm	\$137	\$171.25	5
TC27522	10/14-11/4	T	10-11:30 am	\$110	\$137.50	4
TC27523	10/16-11/13	Th	10-11:30 am	\$137	\$171.25	5
TC27524	10/16-11/13	Th	6-7:30 pm	\$137	\$171.25	5
TC27525	10/18-11/15	S	6-7:30 pm	\$137	\$171.25	5
TC27531	11/17-12/15	M	6-7:30 pm	\$110	\$137.50	4
TC27532	11/18-12/16	T	10-11:30 am	\$110	\$137.50	4
TC27533	11/20-12/18	Th	10-11:30 am	\$110	\$137.50	4
TC27534	11/20-12/18	Th	6-7:30 pm	\$110	\$137.50	4
TC27535	11/22-12/20	S	11 am-12:30 pm	\$110	\$137.50	4

## Fall Drill & Plays



Join Coach Katherine for an afternoon 90-minute class that gives you a 30-minute, fast-paced warmup, followed by an hour of organized match play.

Three levels of play offered: NTRP 2.0-2.5, NTRP 2.5-3.0, and NTRP 3.0-3.5.

Thursday dates are TBD. Register for the interest list to be contacted when dates are announced: **TC2DPL**

Class #	Dates	Days	Times	ID/AP	OD	Sessions
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## Adult Tennis Level 2-2.5

Continued development of court positioning for doubles play and review of the basics of forehand and backhand strokes including grips, footwork and approaching the net. Introduction to ball placement, lob, doubles movement and strategy, beginning singles strategy, return of serve and overhead footwork. Instructor approval required prior to signing up for this level.

TC27611	9/12-10/10	F	10-11:30 am	\$110	\$137.50	4
TC27621	10/17-11/7	F	10-11:30 am	\$110	\$137.50	4
TC27631	11/21-12/19	F	10-11:30 am	\$110	\$137.50	4

## Adult Doubles Strategy and Skills Level 2.5 +

This class is for Adult NTRP Levels 2.5 +. For this class, you will work on doubles strategies and skill development using live ball point play.

TC27911	9/10-10/8	W	10-11:30 am	\$137	\$171.25	5
TC27921	10/15-11/12	W	10-11:30 am	\$137	\$171.25	5
TC27931	11/19-12/17	W	10-11:30 am	\$110	\$137.50	4

## Adult Tennis Level 2.5

This class will emphasize live ball skills as our coaches put players into different singles and doubles play scenarios. Advanced skill development includes work on hitting topspin and slice groundstrokes and continued work on offensive and defensive shots

TC27811	9/8-10/6	M	10-11:30 am	\$137	\$171.25	5
TC27812	9/8-10/6	M	10-11:30 am	\$137	\$171.25	5
TC27813	9/9-10/7	T	6:30-8 pm	\$137	\$171.25	5
TC27814	9/9-10/7	T	6:30-8 pm	\$137	\$171.25	5
TC27815	9/10-10/8	W	6-7:30 pm	\$137	\$171.25	5
TC27816	9/11-10/9	Th	10-11:30 am	\$137	\$171.25	5
TC27817	9/12-10/10	F	6:15-7:45 pm	\$110	\$137.50	4
TC27821	10/13-11/10	M	10-11:30 am	\$137	\$171.25	5
TC27822	10/13-11/10	M	10-11:30 am	\$137	\$171.25	5
TC27823	10/14-11/4	T	6:30-8 pm	\$110	\$137.50	4
TC27824	10/14-11/4	T	6:30-8 pm	\$110	\$137.50	4
TC27825	10/15-11/12	W	6-7:30 pm	\$137	\$171.25	5
TC27826	10/16-11/13	Th	10-11:30 am	\$137	\$171.25	5
TC27827	10/17-11/14	F	6:15-7:45 pm	\$137	\$171.25	5
TC27831	11/17-12/15	M	10-11:30 am	\$110	\$137.50	4
TC27832	11/17-12/15	M	10-11:30 am	\$110	\$137.50	4
TC27833	11/18-12/16	T	6:30-8 pm	\$110	\$137.50	4
TC27834	11/18-12/16	T	6:30-8 pm	\$110	\$137.50	4
TC27835	11/19-12/17	W	6-7:30 pm	\$110	\$137.50	4
TC27836	11/20-12/18	Th	10-11:30 am	\$110	\$137.50	4
TC27837	11/20-12/18	Th	6:15-7:45 pm	\$110	\$137.50	4

## Adult Drill and Play Level 2.5-3

This 90-minute class gives you a 30-minute, fast-paced warmup followed by an hour of organized match play with a pro. Level of play is NTRP 2.5-3.

TC28111	9/11-10/9	Th	6-7:30 pm	\$137	\$171.25	5
TC28121	10/16-11/13	Th	6-7:30 pm	\$137	\$171.25	5
TC28131	11/20-12/18	Th	6-7:30 pm	\$110	\$137.50	4

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

Class #	Dates	Days	Times	ID/AP	OD	Sessions
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### Senior Tennis Level 2.5+

For players over the age of 55. In this class you'll work on doubles strategies and advanced tactics with drilling, match and point play, along with tips on your groundstrokes, volleys, and serve.

TC27711	9/11-10/9	Th	10-11:30 am	\$137	\$171.25	5
TC27721	10/16-11/13	Th	10-11:30 am	\$137	\$171.25	5
TC27731	11/20-12/18	Th	10-11:30 am	\$137	\$171.25	5



### Adult 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.

TC28211	9/9-10/7	T	10-11:30 am	\$143	\$178.75	5
TC28212	9/9-10/7	T	6:15-7:45 pm	\$143	\$178.75	5
TC28213	9/9-10/7	T	6:15-7:45 pm	\$143	\$178.75	5
TC28214	9/14-10/12	Su	11 am-12:30 pm	\$114	\$142.50	4
TC28215	9/14-10/12	Su	11 am-12:30 pm	\$114	\$142.50	4
TC28221	10/14-11/4	T	10-11:30 am	\$114	\$142.50	4
TC28222	10/14-11/4	T	6:15-7:45 pm	\$114	\$142.50	4
TC28223	10/14-11/4	T	6:15-7:45 pm	\$114	\$142.50	4
TC28224	10/19-11/9	Su	11 am-12:30 pm	\$114	\$142.50	4
TC28225	10/19-11/9	Su	11 am-12:30 pm	\$114	\$142.50	4
TC28231	11/18-12/16	T	10-11:30 am	\$114	\$142.50	4
TC28232	11/18-12/16	T	6:15-7:45 pm	\$114	\$142.50	4
TC28233	11/18-12/16	T	6:15-7:45 pm	\$114	\$142.50	4
TC28234	11/23-12/14	Su	11 am-12:30 pm	\$86	\$107.50	3
TC28235	11/23-12/14	Su	11 am-12:30 pm	\$86	\$107.50	3

## Interested in Volunteering with THPRD?

Check out and apply for volunteer opportunities at [www.thprd.org/connect/volunteer](http://www.thprd.org/connect/volunteer), or contact Melissa Marcum Volunteer Service: [Volunteers@thprd.org](mailto:Volunteers@thprd.org) or 503-619-3941.



## Fall THPRD League

Looking for some competitive play this Fall? Want to meet other players at your level of play? Check out the THPRD Adult Fall Tennis League!

Teams are formed in late August or early September. Each match consists of a men's doubles match, a women's doubles match, and two mixed doubles matches all playing an 8-game pro set.

Matches are played indoor at the Tennis Center. More information and team registration forms can be found on our League page: <https://www.thprd.org/facilities/sports/babette-horenstein-tennis-center/tennis-leagues>.



If you do not have a team, but are interested in playing, sign up for the Fall League interest list:

**TC2FLRED** (Red Division NTRP 3.0)  
**TC2FLGRN** (Green Division NTRP 3.5)

Contact Katherine Lomartire at [k.lomartire@thprd.org](mailto:k.lomartire@thprd.org) with questions.

## Private Lessons (Tennis or Pickleball)

Prefer one-on-one instruction? Improve your skills during a 60-minute private lesson with a Teaching Pro.

**ID: \$65.50 / OD: \$87.75 per hour**

Semi-Private Group Lessons also available.

**ID: \$100 / OD: \$125 per hour**



Lesson times are limited to instructor & court availability. Private lessons are released on the 3rd Wednesday at 5pm for the following month. Register online.



### Interest List

You can also register for the summer private lesson interest list to be emailed as additional private lessons are added.

**Tennis: TC18000**

**Pickleball: TC19800**

Class #	Dates	Days	Times	ID/AP	OD	Sessions
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## Weekly Hit Groups

These single session clinics & classes will be released for registration on Wednesdays at 5pm, one week prior to the class date. Scan the QR codes to register for next week's Hit Group.

Join Coach Scott for a fast-paced hour of drilling and point play designed to keep you moving with different doubles drills and raise your heart rate at the same time.

### Drills and Conditioning 3.5+

Thursdays from 6pm – 7:30pm

This Hit Group is for Adult NTRP Levels 3.5 or higher.



### Drills and Conditioning 4.0+

Mondays from 6:15pm – 7:45pm

Wednesdays from 6pm – 7:30pm

This Hit Group is for Adult NTRP Levels 4 or higher.



*Please note: Classes will not be visible on the search until released.*

### Adult 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.

TC28511	9/9-10/7	T	6:15-7:45 pm	\$143	\$178.75	5
TC28521	10/14-11/4	T	6:15-7:45 pm	\$114	\$142.50	4
TC28531	11/18-12/16	T	6:15-7:45 pm	\$114	\$142.50	4



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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## Pickleball Classes

### Adult Pickleball Level 1

Ready to learn how to play pickleball. Join Coach Jake for an introduction to pickleball. In this class you will learn the fundamentals, scoring and everything you need to learn to start playing.

TC29111	9/9-10/7	T	12-1:30 pm	\$108	\$135	5
TC29121	10/14-11/4	T	12-1:30 pm	\$86	\$107.50	4
TC29131	11/18-12/16	T	12-1:30 pm	\$86	\$107.50	4

### Adult Pickleball Level 2

Ready to continue advancing your pickleball skills. Join Coach Brian Loomis for Pickleball Level 2 class. This class is for those that have completed our Level 1 class or with previous pickleball experience. Level 2 will build on the skills and concepts from the level 1 class.

TC29211	9/10-10/8	W	10:30 am-12 pm	\$137	\$171.25	5
TC29221	10/15-11/12	W	10:30 am-12 pm	\$137	\$171.25	5
TC29231	11/19-12/17	W	10:30 am-12 pm	\$110	\$137.50	4

### Adult Pickleball Hit with a Pro

Come join Coach Jake 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 with Coach Jake.

TC29311	9/11-10/9	Th	12-1:30 pm	\$137	\$171.25	5
TC29321	10/16-11/13	Th	12-1:30 pm	\$137	\$171.25	5
TC29331	11/20-12/18	Th	12-1:30 pm	\$110	\$137.50	4



## PLAY PICKLEBALL WITH YOUR FRIENDS

BHTC has 4 outdoor pickleball courts available for reservation (year-round) and 8 indoor pickleball courts (Mid-September to May) available by reservation at set times.

Reservations can be made via the Court Reserve App or at CourtReserve.com. Fee is per court, per hour; not per person playing.



Select the pickleball schedule of your choosing:

- Outdoor Pickleball (Stadium Courts A-D);
- Air Structure Pickleball (Courts #11A – Court#14B); or
- Indoor Pickleball Mid-Day Special (Courts #11A – Court#14B – Discount rate available weekdays from 2 to 4 pm)

### Outdoor Courts:

Monday- Friday	9 am to 8 pm (or sunset)
Saturday/Sunday	8 am to 7 pm (or sunset)

### Indoor Courts:

Monday/Wednesday	12 to 10 pm
Tuesday/Thursday	9 am to 4 pm & 6 to 10 pm
Fridays	12 to 9 pm
Saturday/Sunday	8 am to 12:30 pm & 5 to 7 pm

Hours are subject to change without notice. Visit the Activity Schedule on our home page for the most up-to-date information.



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# Fitness Opportunities

## FREE Fitness Events

### Fitness in the Park:

September 15- December 7

[www.thprd.org/fitness-in-the-park](http://www.thprd.org/fitness-in-the-park)

### Zumba® from Around the World:

September 17, 6-7:30pm

Garden Home Recreation Center in the Gym

Mark your calendar. grab your friends, and join the THPRD fitness team for an exhilarating evening celebration of culture through Zumba®!

### Fall Prevention Event:

September 25, 10 am-12 pm, Elsie Stuhr Center

Partnering with Providence Senior Health to bring you a special event designed to educate and empower individuals on how to prevent falls and maintain safety in their daily lives. You will learn exercises that keep you on your feet, speak with pharmacists about medications, and more.

### Harvest Hike

November 28, 10 am, Jenkins Estate

Gather your loved ones for a scenic 2-mile, family friendly hike that promises fresh air, lovely views, and quality time together. Rain or shine, this special day after Thanksgiving event is the perfect way to embrace the beauty of nature.

### Elsie Stuhr Day

December 12, Elsie Stuhr Center

Celebrate the incredible legacy of Elsie Stuhr, the visionary who launched the initiative to establish the Tualatin Hills Park & Recreation District in 1955.

## Drop in and Deluxe Pass for Classes

We offer fitness classes like yoga, pilates, strength training, aqua aerobics, and much more at the following locations:

- Tualatin Hills Aquatic Center
- Aloha Swim Center
- Beaverton Swim Center
- Harman Swim Center
- Cedar Hills Recreation Center
- Conestoga Recreation & Aquatic Center
- Elsie Stuhr Center (55+)
- Garden Home Recreation Center
- Tualain Hills Nature Center

**Schedules available online at [thprd.org](http://thprd.org) or in center!**

**Inquiries to Fitness Specialist, Jen Smirl**  
503-629-6330  
[j.smirl@thprd.org](mailto:j.smirl@thprd.org)

## 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](http://thprd.org/activities/personal-training)

## 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.

## Fitness Instructor Trainings

(see page 82):

- Zumba Gold Instructor Training - September 21
- Pelvic Balance Training - October 18
- Run Injury Free Training - October 19

# Oportunidades de fitness

## Eventos de Fitness GRATUITOS

### **Fitness en el parque:**

15 de septiembre – 7 de diciembre

[www.thprd.org/fitness-in-the-park](http://www.thprd.org/fitness-in-the-park)

### **Zumba® from Around the World:**

17 de septiembre, de 6-7:30 pm

Garden Home Recreation Center, en el gimnasio

¡Marca tu calendario, invita a tus amistades y acompaña al equipo de ejercicio de THPRD en una noche llena de energía y celebración cultural a través de Zumba®!

### **Evento de Prevención de Caídas:**

Raleigh Swim Center

25 de septiembre, de 10 am-12 pm, Elsie Stuhr Center

En colaboración con Providence Senior Health, te traemos un evento especial diseñado para educar y empoderar a las personas en la prevención de caídas y el mantenimiento de la seguridad en su vida diaria. Aprenderá ejercicios para mantener el equilibrio, podrá conversar con farmacéuticos sobre sus medicamentos ¡y mucho más!

### **Caminata de Otoño (Harvest Hike):**

28 de noviembre, 10 am, Jenkins Estate

Reúna a sus seres queridos para una caminata escénica de 2 millas, apta para toda la familia, que promete aire fresco, lindas vistas y momentos de calidad juntos. Lluvia o trueno, este evento especial después del Día de Acción de Gracias es la manera perfecta de conectarse con la naturaleza.

### **Día de Elsie Stuhr**

12 de diciembre, en el Elsie Stuhr Center

Celebremos el increíble legado de Elsie Stuhr, la visionaria que lanzó la iniciativa para establecer el Tualatin Hills Park & Recreation District en 1955.

### **Opción sin inscripción previa y pase Deluxe para clases**

Ofrecemos clases de fitness como yoga, pilates, entrenamiento de fuerza, aeróbic acuático y mucho más en las siguientes ubicaciones:

Tualatin Hills Aquatic Center  
Aloha Swim Center  
Beaverton Swim Center  
Harman Swim Center  
Cedar Hills Recreation Center  
Conestoga Recreation & Aquatic Center  
Elsie Stuhr Center (mayores de 55 años)  
Garden Home Recreation Center  
Tualatin Hills Nature Center

¡Horarios disponibles en línea en [thprd.org](http://thprd.org) o en el centro!

Consultas al especialista en Fitness Specialist, Jen Smirl  
503-629-6330  
[j.smirl@thprd.org](mailto:j.smirl@thprd.org)

## ENTRENAMIENTO PERSONALIZADO

THPRD ofrece entrenamiento personal en nuestros cuatro centros recreativos: Disponible en los Centros Recreativos de Cedar Hills, Conestoga, Garden Home y 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](http://thprd.org/activities/personal-training)

### ¿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+

### Entrenamientos para Instructores de Fitness

(ver página 82):

- Entrenamiento de Instructores de Zumba Gold - 21 de septiembre
- Entrenamiento de Equilibrio Pélvico - 18 de octubre
- Entrenamiento para Correr sin Lesiones - 19 de octubre

# Financial Aid

## Financial Aid Program



### To Qualify:

Family Size	Max Monthly Income
1	\$1,696
2	\$2,292
3	\$2,888
4	\$3,483
5	\$4,079
6	\$4,675
7	\$5,271
8	\$5,867

For each additional family member add \$596  
Guidelines valid July 1, 2025 to June 30, 2026

### What can I use my financial aid funds for?

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

### For more information:

**971-384-9138**  
**[financialaid@thprd.org](mailto: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](http://thprd.org/connect/volunteer/ongoing-opportunities)**

# Programa de Asistencia Financiera

## Programa de Asistencia Financiera



### Para calificar:

Tamaño de familia	Ingresos mensuales máximos
1	\$1,696
2	\$2,292
3	\$2,888
4	\$3,483
5	\$4,079
6	\$4,675
7	\$5,271
8	\$5,867

Por cada miembro adicional de la familia añada \$596  
Tabla válida de julio 1, 2025 a junio 30, 2026

### ¿Para qué puedo utilizar mis fondos de asistencia financiera?

Los fondos pueden utilizarse para deportes, natación, clases de fitness, gimnasia, danza, salas de pesas, cuotas de parcela para los jardines comunitarios, ligas deportivas juveniles recreativas afiliadas y mucho más.

### Para más información:

**971-384-9138**

[financialaid@thprd.org](mailto:financialaid@thprd.org)



Para las ligas deportivas juveniles de todo el año

Contribuya a su comunidad e inspire a nuestros jóvenes creando un entorno positivo que fomente la confianza en sí mismos y la autoestima.



#### Athletic Center

Básquetbol	Invierno, primavera y verano
	Grados 5 a 12
Voleibol	Otoño y verano
	Grados 4 a 12

#### Cedar Hills Recreation Center

Atletismo	Invierno y primavera
	Grados 6 a 8
A campo traviesa	Verano y otoño
	Grados 6 a 8

**Para más información visite la página web**  
[thprd.org/connect/volunteer/ongoing-opportunities](http://thprd.org/connect/volunteer/ongoing-opportunities)

# Drop-in Programs & Daily Admissions

Pricing valid through 6/30/26

Amenities Included	General Pass	Deluxe Fitness Pass
<b>Group Fitness Classes</b> (includes Zumba®, Yoga, Cycling, Aerobics, Water Fitness and more!)*	⊗	✓
Open Gym	✓	✓
Drop-in Sports	✓	✓
Weight Room	✓	✓
Walking Track	✓	✓
Open Swim	✓	✓
Lap Swim	✓	✓
55+ Swim	✓	✓
Indoor Play Park**	✓	✓

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

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

Prices	General			Deluxe Fitness		
	Daily	1 month	Annual	Daily	1 month	Annual
Adult (18-64 yrs)	\$6.50	\$42	\$372	\$10.25	\$71	\$695
Youth (1-17 yrs)* / Senior (65+)* / Military (individual)*	\$5.75	\$38	\$334	\$9.25	\$64	\$626
Two-person household	N/A	\$63	\$557	N/A	\$106	\$1,043
Household (3+)	\$16.75	\$84	\$743	N/A	\$142	\$1,390
Out-of-district individual	\$8	\$52	\$465	\$12.75	\$89	\$869
Out-of-district two-person household	N/A	\$79	\$697	N/A	\$133	\$1,303
Out-of-district household (3+)	\$21	\$105	\$929	N/A	\$177	\$1,738
In-District Healthcare Partner Program (65+)	N/A	\$0	N/A	N/A	\$43	N/A
Out-of-District Healthcare Partner Program (65+)	N/A	\$0**	N/A	N/A	\$54**	N/A

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

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

**Contact your local THPRD facility or go to [thprd.org](http://thprd.org) to learn more!**

# Programas sin inscripción y admisiones diarias

\* Precios válidos hasta el 30 de junio de 2026

Servicios incluidos	Pase General	Pase Deluxe
Clases de fitness en grupo (incluye Zumba®, yoga, ciclismo, ejercicios aeróbicos fitness acuático y mucho más)*	✗	✓
Gimnasio abierto	✓	✓
Deportes sin inscripción	✓	✓
Salón de pesas	✓	✓
Pista para caminar	✓	✓
Natación libre	✓	✓
Natación por carril	✓	✓
Natación para mayores de 55 años	✓	✓
Parque de juegos de interior**	✓	✓

\*La admisión a las clases dirigidas por un instructor se basa en la disponibilidad de espacio. Se aplican restricciones de edad para las actividades de Elsie Stuhr (mayores de 55). No se incluye el Centro de Tenis Babette Horenstein.

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

	General			Deluxe		
	Diario	1 mes	Anual	Diario	1 mes	Anual
Adulto (18 a 64 años)	\$6.50	\$42	\$372	\$10.25	\$71	\$695
Jóvenes (1 a 17 años)*/Adultos mayores (más de 65 años)*/Fuerzas armadas (individual)*	\$5.75	\$38	\$334	\$9.25	\$64	\$626
Grupo familiar de dos personas	N/A	\$63	\$557	N/A	\$106	\$1043
Grupo familiar (más de 3 personas)	\$16.75	\$84	\$743	N/A	\$142	\$1,390
Persona que no vive dentro del distrito	\$8	\$52	\$465	\$12.75	\$89	\$869
Grupo familiar de dos personas que no viven dentro del distrito	N/A	\$79	\$697	N/A	\$133	\$1,303
Grupo familiar que no vive dentro del distrito (más de 3 personas)	\$21	\$105	\$929	N/A	\$177	\$1,738
Programa del Proveedor de Salud (65+) para quienes viven dentro del distrito	N/A	\$0	N/A	N/A	\$43	N/A
Programa del Proveedor de Salud (65+) para quienes viven fuera del distrito	N/A	\$0**	N/A	N/A	\$54**	N/A

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

\*\*Para personas quienes viven fuera del distrito se requiere una cuota adicional para ser parte del Programa de Silver & Fit

**Para más información visite [thpr.org](http://thpr.org), vaya a un centro de THPRD o llámenos al 503-645-6433 ¡Hablamos español!**

# Opening a THPRD account

## To open a new THPRD account

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

### Online: [www.thprd.org](http://www.thprd.org)

#### **Step 1:** Visit [thprd.org/join](http://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](http://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/](http://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](http://thprd.org/activities/am-i-in-district)

# Abrir una Cuenta en THPRD

## Para abrir una cuenta de THPRD

Para poder disfrutar de los cientos de actividades, programas, clases, campamentos, y actividades sin inscripción que tenemos disponibles, primero debe tener una cuenta vigente con THPRD. Esto es gratis y fácil de hacer.

### En Línea: [www.thprd.org](http://www.thprd.org)

**Paso 1:** Visite [thprd.org/join](http://thprd.org/join)

Complete el formulario "Crear grupo familiar nuevo" para su cuenta de THPRD.

**Paso 2:** Active la cuenta en línea

Siga las instrucciones que le enviaron a su correo electrónico para activar su nueva cuenta de THPRD en línea.

**Paso 3:** La próxima vez que visite un centro de THPRD lleve un comprobante de domicilio a la recepción.

### En Persona

**Paso 1:** Complete el formulario de información de la persona inscrita

Puede encontrar el formulario en línea o en cualquier centro de THPRD.

**Paso 2:** Lleve un comprobante de domicilio.

**¡Pregúntenos si es elegible para Centro de Bienvenida!**

**Para más información vaya a [thprd.org/events/centro-de-bienvenida](http://thprd.org/events/centro-de-bienvenida)**

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

## Comprobante de Domicilio

Durante su visita para abrir una nueva cuenta de THPRD o para cuentas creadas en línea (antes de su primera clase o liga programada, o después de no más de cinco actividades sin inscripción), traiga lo siguiente:

\*Cualquier identificación con foto proporcionada por el gobierno que incluya su dirección actual (por ejemplo, una licencia de conducir de Oregón, tarjeta de identificación de Oregón, tarjeta de identificación consular).

\*Si su identificación con foto proporcionada por el gobierno no incluye su dirección actual (por ejemplo, un pasaporte o una licencia de conducir de otro estado), puede entregar otro tipo de comprobante de domicilio, como una factura de servicios públicos, un estado de cuenta bancario o un contrato de alquiler.

Si no tiene ningún comprobante de domicilio, puede optar por pagar la cuota fuera del distrito o pedir un reembolso prorrateado para su clase. THPRD se reserva el derecho de solicitar un comprobante de domicilio en cualquier momento; las direcciones deben verificarse cada cinco años. Puede encontrar la fecha de vencimiento de su cuenta iniciando sesión en línea en su cuenta de THPRD aquí: [www.thprd.org/portal/](http://www.thprd.org/portal/).

## ¿Por qué verificamos su dirección?

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

## ¿No vive dentro del distrito?

También podrá participar. Solo siga las instrucciones de arriba. No es necesario su comprobante de domicilio. Hay dos opciones disponibles para los usuarios que viven fuera del área de servicio de THPRD.

1. Pagar una cuota anual o trimestral
2. Pagar una prima de 25 % por clase

Para obtener más información sobre estas opciones, visite nuestra [thprd.org/activities/am-i-in-district](http://thprd.org/activities/am-i-in-district)

# General Information

## Am I in-district?

### Live out of district?

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

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

OR

**Pay an assessment fee** (currently \$142.50 per quarter) that allows all household members to receive in-district rates on all THPRD classes, drop-in activities, fitness passes and other programs for any single term or an entire year.

### Out-of-district registration dates:

**Fall registration at 8am on Monday, August 11.**

## Class Observation Guidelines

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

## Inclement Weather

THPRD programs, classes and sponsored activities may be delayed or canceled if weather conditions warrant. For the latest information on THPRD aquatic and recreation center operations during inclement weather, sign up for text alerts by texting "join" to 833-340-0174 to subscribe. We will also post notices on [www.thprd.org](http://www.thprd.org), social media and provide info to news media.

## Dressing Rooms

It is requested that all individuals age 6 and over use the locker room that is most aligned with their affirmed gender. Please check with front desk staff if you have any questions.

## Showers

If you use a THPRD shower but do not participate in a paid activity, a \$3.50 fee will be charged.

## Cancellations, Discounts and Refunds

### Delays, Closures and Changes

Occasionally centers will be closed or schedules changed or delayed due to special events or make-up 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](http://www.thprd.org).

### Classes

Requests to drop or change a class must be made five days prior to the first day of class to receive a full refund minus any applicable fees. Requests made within five days up to the start date will be refunded on a THPRD gift card.

After a patron's second cancellation in a term, a cancellation fee of \$10 will be charged if canceled five days before, and \$20 if within five days.

### Camps

Requests to drop or change a camp registration must be made at least 14 days prior to the start of the camp to receive a full refund minus

deposit. An approved request will be refunded on a THPRD gift card. A deposit of \$30 per week will be charged for camps. Camp deposits are nonrefundable and nontransferable.

### Tennis Courts

Requests to drop or change a reservation for a tennis court must be made 48 hours prior to the reservation for a full refund.

### Discounts

Discounts are available to **in-district** patrons only.

A patron representing multiple protected classes – for example, a 65-year-old military veteran – would not be eligible for multiple discounts.

### Senior and Youth Discounts

A 10% discount is available at all THPRD facilities for **in-district** patrons 65 years and older, except at the Stuhr Center, where a discount is already included in the price. Youth discounts apply to daily admissions and passes (no discounts on classes) to children between the ages of 1 and 17. The youth discount rate is the same as the senior discount rate.

### Military Discount

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

### When Discounts Do Not Apply

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

### Passes

Deluxe and general passes are non-refundable and non-transferable. No refunds given for deluxe or general passes.

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

# Información general de THPRD

## ¿Estoy dentro del distrito?

### ¿Vive fuera del distrito?

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

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

**Pague una cuota** (actualmente \$142.50 por trimestre) que permite a todos los miembros del grupo familiar recibir las mismas tarifas que las personas del distrito en todas las clases de THPRD, actividades sin inscripción, pases de condición física y otros programas por una temporada o por todo el año.

### Fechas de inscripción fuera del distrito:

**Inscripción de otoño a las 8:00 a. m. el lunes 11 de agosto.**

## 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](http://www.thprd.org). También publicaremos avisos en las redes sociales y daremos información a los medios de comunicación.

## Vestidores

Todas las personas mayores de 6 años utilizan los vestidores que más se alineen con su género afirmado. Consulte al recepcionista si tiene alguna pregunta.

## Duchas

Si usa una ducha de THPRD, pero no participa en una actividad pagada, se hará un cargo de \$3.50.

## Cancelaciones, descuentos y reembolsos

### Retrasos, cierres y cambios

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

### Clases llenas o canceladas

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

### Listas de espera

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

### Reembolsos

La política de THPRD es reembolsar el dinero recaudado por los servicios, de manera oportuna, ya sea que lo inicie el distrito o el participante.

Si es necesario un período de solicitud de reembolso más largo, se mencionará en la descripción de la clase y guía de actividades y en la factura del usuario. No se aplicará ningún crédito a la cuenta de inscripción de THPRD del participante con menos del aviso necesario.

Para obtener una copia completa de la política de cancelación y reembolso de THPRD, visite [www.thprd.org](http://www.thprd.org).

### Clases

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

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

### Campamentos

Las solicitudes para cancelar o cambiar la inscripción en un campamento deben hacerse al menos 14 días antes del inicio

del campamento para recibir un reembolso completo, menos el depósito. Una solicitud aprobada se reembolsará en una tarjeta de regalo de THPRD.

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

### Canchas de tenis

Las solicitudes para cancelar o cambiar una reserva de una cancha de tenis deben hacerse 48 horas antes de la reserva para recibir un reembolso completo.

### Descuentos

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

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

### Descuentos para adultos mayores y jóvenes

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

### Descuento a las fuerzas armadas

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

### Cuando no aplican los descuentos

No aplican los descuentos en las actividades no subvencionadas del distrito. Estas incluyen, entre otros, lecciones privadas, alquiler de centros, viajes, cuidado infantil, concesiones, mercadería y eventos especiales.

### Pases

Los pases Deluxe y generales no son reembolsables ni transferibles.

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



**Mission Statement**

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

**Vision Statement**

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

**Equity & Inclusion 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



**Pradnya Patil**  
Director



**Alfredo Moreno**  
President  
Director



**Barbie Minor**  
Director



**Miles Palacios**  
Secretary  
Director



**Tya Ping**  
Secretary Pro-Tempore  
Director

### Management Team

Doug Menke, General Manager  
Aisha Panas, Deputy General Manager  
Jessica Collins, Executive Assistant  
Jared Isaksen, Finance Director

Julie Rocha, Sports & Inclusion Director  
Steve Sutton, Human Resources Director  
Sabrina Taylor Schmitt, Recreation & Aquatic Director  
Holly Thompson, Communications Director





**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



**Pradnya Patil**  
Directora



**Alfredo Moreno**  
Presidente Director



**Barbie Minor**  
Directora



**Miles Palacios**  
Director Secretaria



**Tya Ping**  
Presidenta Secretaria Pro-Tempore

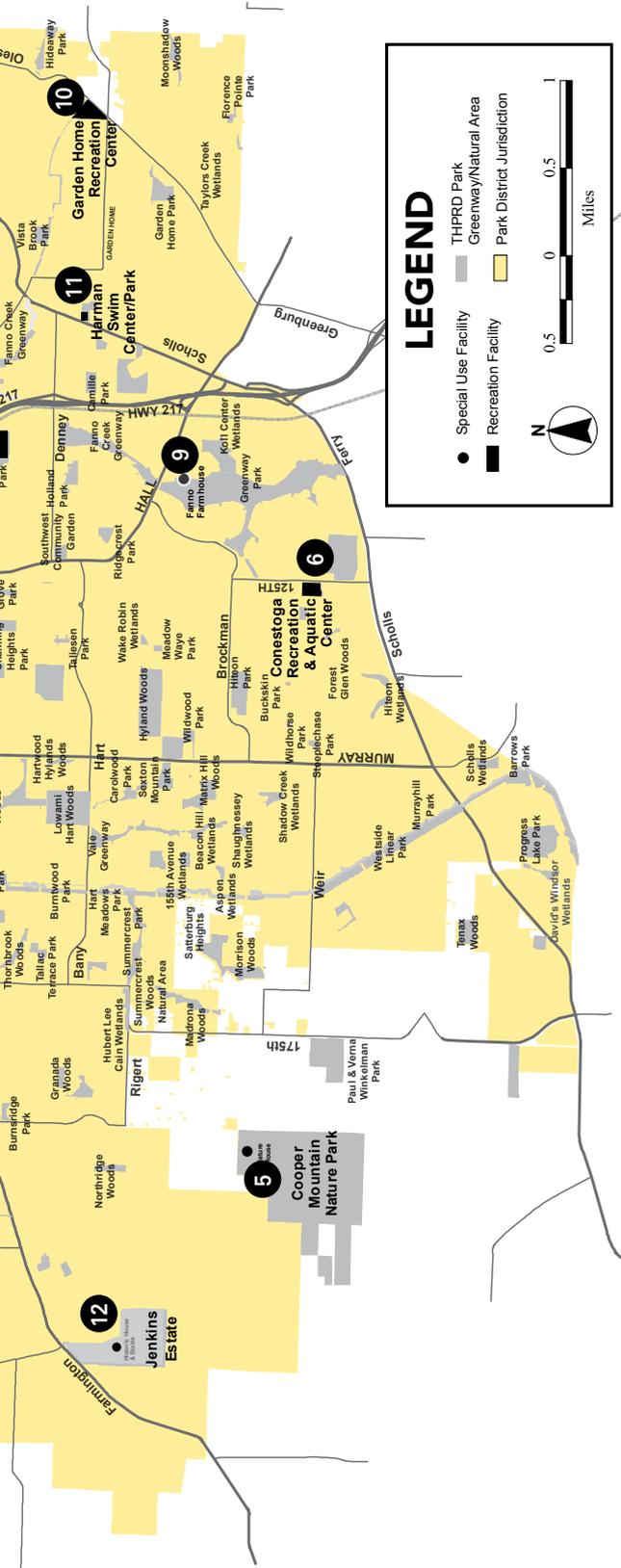
**Equipo de Supervisores**

Doug Menke, Director General  
Aisha Panas, Subdirectora General  
Jessica Collins, Asistente Ejecutiva  
Jared Isaksen, Director de Financieros

Julie Rocha, Directora de Deportes e Inclusión  
Steve Sutton, Director de Recursos Humanos  
Sabrina Taylor Schmitt, Directora de Recreación y Acuática  
Holly Thompson, Directora de Comunicaciones







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<b>1</b> Howard M. Terpenning (HMT) Recreation Complex 15707 SW Walker Road Beaverton, 97006 TriMet #59, 67 Administration Office 503-645-6433	59, 67	<b>6</b> Conestoga Recreation & Aquatic Center ..... 9985 SW 125th Avenue Beaverton, 97008 503-629-6313 TriMet #62, 92	26, 68	<b>13</b> Tualatin Hills Nature Park & Nature Center ..... 15655 SW Millikan Way Beaverton, 97003 503-629-6350 TriMet MAX Blue Line	109
<b>2</b> Aloha Swim Center ..... 18650 SW Kinnaman Road Aloha, 97078 503-629-6311 TriMet #52, 57, 88	20	<b>7</b> Elsie Stuhr Center ..... 5550 SW Hall Blvd. Beaverton, 97005 503-629-6342 TriMet #76, 78, 88	84	<b>14</b> PCC Rock Creek Recreation Facility 17705 NW Springville Road Portland, 97229 503-645-6433 TriMet #52, 67	67
<b>3</b> Beaverton Swim Center ..... 12850 SW Third Street Beaverton, 97005 503-629-6312 TriMet #52, 76, 78	23	<b>8</b> Fanno Creek Service Center 6220 SW 112th Avenue, Suite 100 Beaverton, 97008 503-629-6305	88	<b>15</b> Raleigh Swim Center (summer only) 3500 SW 78th Avenue Portland, 97225 503-297-6888 TriMet #58	67
<b>4</b> Cedar Hills Recreation Center ..... 11640 SW Park Way Portland, 97225 503-629-6340 TriMet #20, 59	52	<b>9</b> Fanno Farmhouse 8405 SW Creekside Place Beaverton, 97005 503-629-6313 TriMet #76, 78	93	<b>16</b> Somerset West Swim Center (summer only) 18300 NW Parkview Blvd. Portland, 97229 503-645-1413 TriMet #52, 89	33
<b>5</b> Cooper Mountain Nature Park ..... 18892 SW Kemmer Road Beaverton, 97007 503-629-6350	108	<b>10</b> Garden Home Recreation Center ..... 7475 SW Oleson Road Portland, 97223 503-629-6341 TriMet #45	93	<b>17</b> Sunset Swim Center ..... 13707 NW Science Park Drive Portland, 97229 503-629-6315 TriMet #48, 62	33
		<b>11</b> Harman Swim Center ..... 7300 SW Scholls Ferry Road Beaverton, 97008 503-629-6314 TriMet #56	30		
		<b>12</b> Jenkins Estate/Camp Rivendale ..... 8005 SW Grabhorn Road Aloha, 97007 503-645-6433	104		

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# Fall 2025 - Events Calendar

Day	Event Name	Time	Location
<b>September</b>			
12-21	Welcoming Week	See website	District wide & center hosted events
13	Cultural Book Festival	9 am-12 pm	Conestoga Recreation & Aquatic Center
21	Cedar Mill Cider Festival	12-4 pm	John Quincy Adams Young House
27	Health & Wellness Fair	8 am-1:30 pm	Elsie Stuhr Center
<b>October</b>			
11	Harman's Pumpkin Bob	12:30-2:30 pm 4:30-6:30 pm	Harman Swim Center
18	Halloween Silly Walk & Dance Party	4-6:30 pm	Conestoga Recreation & Aquatic Center
25	Fall Festival	11 am- 2 pm	Cedar Hills Recreation Center
25	Sunset's Spooky Saturday	1-4 pm	Sunset Swim Center
25	Sempoashochitl Festival	4-8 pm	Garden Home Recreation Center
<b>November</b>			
3-8	Three Sister Seeds Celebration	center business hours- while supplies last	Garden Home Recreation Center
8	Newt Day	12-4 pm	Tualatin Hills Nature Center
16	Poolside Pride: Fall "Wicked"	4-6 pm	Harman Swim Center
5	Blood Drive	8 am-1 pm	Conestoga Recreation & Aquatic Center
10-15	Missing Man Table remembrance	center business hours	Garden Home Recreation Center
11	Veteran's Day Pancake Breakfast	9-11 am	Conestoga Recreation & Aquatic Center
17-21	Pancreatic Cancer Awareness Week	All Day	Harman Swim Center
<b>December</b>			
3-5	Centro de Bienvenida	4-7 pm	Administration Center & Elsie Stuhr Center
6	Holiday Bazaar	9 am-3 pm	Elsie Stuhr Center
12	Elsie Stuhr Day	All Day	Elsie Stuhr Center
13	Sensory Santa	All Day by appointment	Conestoga Recreation & Aquatic Center
26	Kwanzaa Celebration	5-8 pm	Tualatin Hills Athletic Center



Fall Festival at Cedar Hills Recreation Center



Holiday Bazaar at Elsie Stuhr Center



Newt Day at Tualatin Hills Nature Center

# T H P R D Welcomes you!



**TUALATIN HILLS**  
PARK & RECREATION DISTRICT