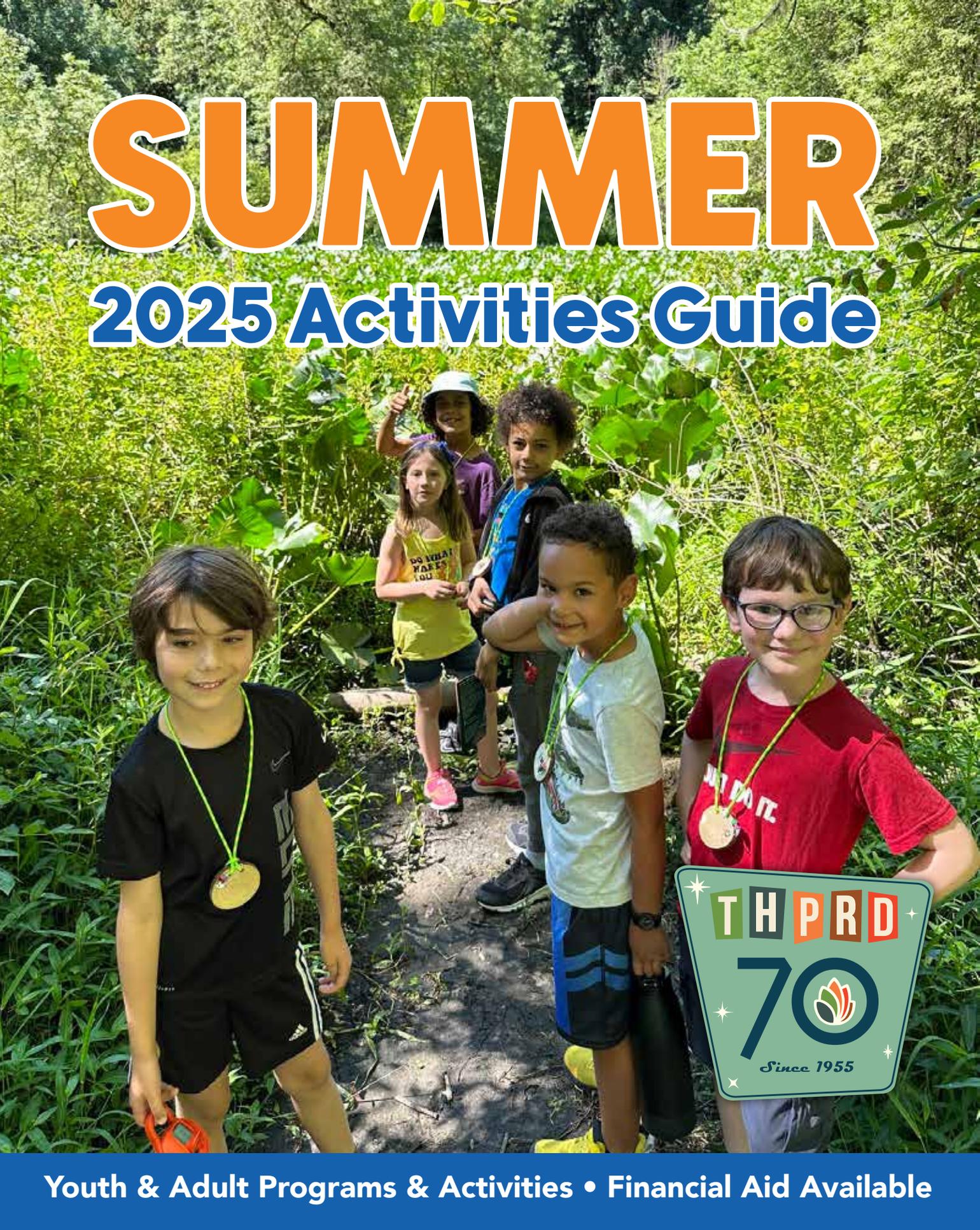


# SUMMER

## 2025 Activities Guide



Youth & Adult Programs & Activities • Financial Aid Available

**In-District**

Saturday, April 12, 2025

Sábado, 12 de abril de 2025

**Out-of-District**

Monday, April 14, 2025

Lunes, 14 de abril de 2025



**Online  
En línea**

Saturday, April 12, 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, 12 de abril 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, April 12, 2025 at 8 am

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

Sábado, 12 de abril 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)

**Summer registration is for classes and activities that take place from June 15 - August 23, 2025.**

**La inscripción de verano es para clases y actividades que se llevarán a cabo del 15 de junio al 23 de agosto 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.

# See what's inside!

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182-183 **Inclusive Recreation**



71-102 **Aquatics**

103-170 **Nature, Recreation,**  
**and Sports Recreation**



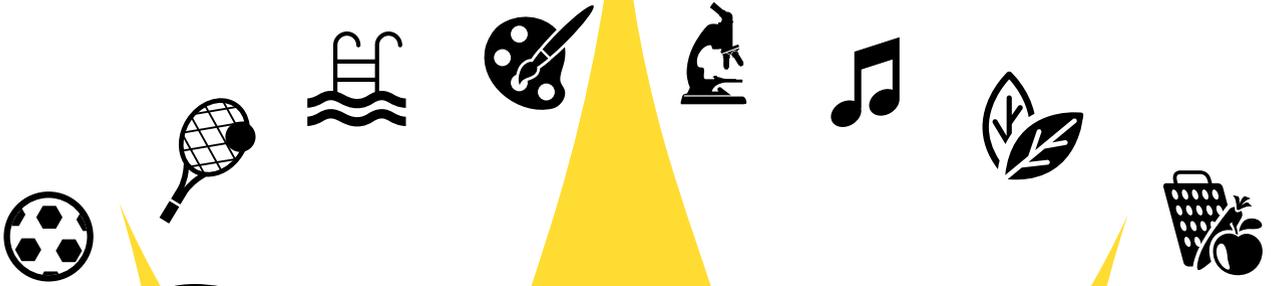
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**Information**

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# Summer Camps 2025



**Full and half-day camps**

# Summer Camps

Aloha Swim Center Camps at a Glance

503-629-6311

Age	6-12 yrs	11-14 yrs	12-15 yrs
Time	9 am-1 pm	9 am-1 pm	9 am-1 pm
<b>Week 1</b> <b>6/16-6/18*</b>	Make a Splash Aquatics Camp		
<b>Week 2</b> <b>6/23-6/27</b>	Make a Splash Aquatics Camp		Jr. Lifeguarding Camp
<b>Week 3</b> <b>6/30-7/3**</b>	Make a Splash Aquatics Camp		
<b>Week 4</b> <b>7/7-7/11</b>	Make a Splash Aquatics Camp	Babysitter's Training Camp	
<b>Week 5</b> <b>7/14-7/18</b>	Make a Splash Aquatics Camp		Jr. Lifeguarding Camp
<b>Week 6</b> <b>7/21-7/25</b>	Make a Splash Aquatics Camp	Babysitter's Training Camp	
<b>Week 7</b> <b>7/28-8/1</b>	Make a Splash Aquatics Camp		Jr. Lifeguarding Camp
<b>Week 8</b> <b>8/4-8/8</b>	Make a Splash Aquatics Camp	Babysitter's Training Camp	
<b>Week 9</b> <b>8/11-8/15</b>	Make a Splash Aquatics Camp		Jr. Lifeguarding Camp
<b>Week 10</b> <b>8/18-8/22</b>	Make a Splash Aquatics Camp	Babysitter's Training Camp	

\* No class 6/19, 6/20 in observance of Juneteenth

\*\* No class 7/4 or 7/5 in observance of Fourth of July



**Enroll in one week or all ten weeks. Aloha Swim Center camps offer a daily swim lesson and free swim for all campers to enjoy.**

**18650 SW Kinnaman Road, Aloha**

# Summer Camps

Aloha Swim Center

503-629-6311

## Summer Camp Deposits and Balances

A \$30 deposit is required for each participant for weeks 2-10. The full balance for week 1 is due at the time of registration. All camp balances are due 14 days before the start of each camp by 5 pm. An individual's space in the camp will be forfeited automatically if the balance is not paid by the two-week prior deadline. The deposit is non-refundable. However, it may be transferred to another THPRD program prior to 5 pm, Friday, May 30.

**No camp on 6/19, 6/20, 7/4.**

## Half-day Summer Camps

### Make a Splash Aquatics Camp • 6-12 yrs

Come join us at Aloha Swim Center for camp! Every week we will be doing crafts, games and activities. Included in your camp are swimming lessons and structured pool time so you don't have to miss out on learning to swim this summer season! Campers need to bring lunch, snacks, sunscreen, water bottle, and a swimsuit plus a towel each day.

#### Week 1: No camp 6/19, 6/20

6/16-6/18	M-W	9 am-1 pm	6-12 yrs	AL182006
Aloha Swim Center		ID/AP: \$160	OD: \$200	

#### Week 2

6/23-6/27	M-F	9 am-1 pm	6-12 yrs	AL182007
Aloha Swim Center		ID/AP: \$240	OD: \$300	

#### Week 3: No camp 7/4

6/30-7/3	M/T/W/Th	9 am-1 pm	6-12 yrs	AL182008
Aloha Swim Center		ID/AP: \$200	OD: \$250	

#### Week 4

7/7-7/11	M-F	9 am-1 pm	6-12 yrs	AL182009
Aloha Swim Center		ID/AP: \$240	OD: \$300	

#### Week 5

7/14-7/18	M-F	9 am-1 pm	6-12 yrs	AL182009
Aloha Swim Center		ID/AP: \$240	OD: \$300	

#### Week 6

7/21-7/25	M-F	9 am-1 pm	6-12 yrs	AL182011
Aloha Swim Center		ID/AP: \$240	OD: \$300	

#### Week 7

7/28-8/1	M-F	9 am-1 pm	6-12 yrs	AL182012
Aloha Swim Center		ID/AP: \$240	OD: \$300	

#### Week 8

8/4-8/8	M-F	9 am-1 pm	6-12 yrs	AL182013
Aloha Swim Center		ID/AP: \$240	OD: \$300	

#### Week 9

8/11-8/15	M-F	9 am-1 pm	6-12 yrs	AL182014
Aloha Swim Center		ID/AP: \$240	OD: \$300	

#### Week 10

8/18-8/22	M-F	9 am-1 pm	6-12 yrs	AL182015
Aloha Swim Center		ID/AP: \$240	OD: \$300	

## Specialty Camps

### Babysitter's Training

This course is taught in-line with the ARC standards for babysitting and is intended to provide youth interested in babysitting with the knowledge and skills necessary to give care safely and responsibly for children and infants. This course will run in conjunction with our age-appropriate camps, to give students hands on experience working with children. This course will certify participants with an ARC "babysitter's training" certificate.

#### Week 4

7/7-7/11	M-F	9 am-1 pm	11-14 yrs	AL156009
Aloha Swim Center		ID/AP: \$283	OD: \$353.75	

#### Week 6

7/21-7/25	M-F	9 am-1 pm	11-14 yrs	AL156011
Aloha Swim Center		ID/AP: \$283	OD: \$353.75	

#### Week 8

8/4-8/8	M-F	9 am-1 pm	11-14 yrs	AL156013
Aloha Swim Center		ID/AP: \$283	OD: \$353.75	

#### Week 10

8/18-8/22	M-F	9 am-1 pm	11-14 yrs	AL156015
Aloha Swim Center		ID/AP: \$283	OD: \$353.75	

### Jr. Lifeguarding Camp • 12-15 yrs

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

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

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

Please bring a sack lunch, swimsuit and towel each day. Comfortable clothes and shoes/sandals with a heel strap are a must! Completion of the emergency contact form and medical information must be completed before the program.

#### Week 2

6/23-6/27	M-F	9 am-1 pm	11-14 yrs	AL151007
Aloha Swim Center		ID/AP: \$214	OD: \$297.50	

#### Week 5

7/14-7/18	M-F	9 am-1 pm	11-14 yrs	AL151010
Aloha Swim Center		ID/AP: \$214	OD: \$297.50	

#### Week 7

7/28-8/1	M-F	9 am-1 pm	11-14 yrs	AL151012
Aloha Swim Center		ID/AP: \$214	OD: \$297.50	

#### Week 9

8/11-8/15	M-F	9 am-1 pm	11-14 yrs	AL151014
Aloha Swim Center		ID/AP: \$214	OD: \$297.50	

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

# Summer Camps

Beaverton Swim Center Camps at a Glance

503-629-6312

Age	7-12 yrs	12-15 yrs
Time	8:45 am-1 pm	9 am-4 pm
<b>Week 1</b> <b>6/16-6/20*</b>	Fun, Sun and Waves Camp	
<b>Week 2</b> <b>6/23-6/27</b>	Fun, Sun and Waves Camp	Jr. Lifeguarding Camp
<b>Week 3</b> <b>6/30-7/3**</b>	Fun, Sun and Waves Camp	
<b>Week 4</b> <b>7/7-7/11</b>	Fun, Sun and Waves Camp	Jr. Lifeguarding Camp
<b>Week 5</b> <b>7/14-7/18</b>	Fun, Sun and Waves Camp	
<b>Week 6</b> <b>7/21-7/25</b>	Fun, Sun and Waves Camp	Jr. Lifeguarding Camp
<b>Week 7</b> <b>7/28-8/1</b>	Fun, Sun and Waves Camp	
<b>Week 8</b> <b>8/4-8/8</b>	Fun, Sun and Waves Camp	Jr. Lifeguarding Camp
<b>Week 9</b> <b>8/11-8/15</b>	Fun, Sun and Waves Camp	
<b>Week 10</b> <b>8/18-8/21</b>	Fun, Sun and Waves Camp	Jr. Lifeguarding Camp

\* No class 6/19 in observance of Juneteenth

\*\* No class 7/4 or 7/5 in observance of Fourth of July



**Enrolling for Jr. Lifeguarding Camp.**  
Learn the responsibilities of becoming a lifeguard in this FUN camp!

**12850 SW Third Street, Beaverton**

# Summer Camps

Beaverton Swim Center

503-629-6312

## Summer Camp Deposits and Balances

A \$30 deposit is required for each participant for weeks 2-10. The full balance for week 1 is due at the time of registration. All camp balances are due 14 days before the start of each camp by 5 pm. An individual's space in the camp will be forfeited automatically if the balance is not paid by the two-week prior deadline. The deposit is non-refundable. However, it may be transferred to another THPRD program prior to 5 pm, Friday, May 30.

**No camp on 6/19, 7/4, 8/22.**

## Half-day Summer Camps

### Camp Fun, Sun and Waves • 7-12 yrs

Come join us at Beaverton Swim Center for camp! Every week we will be doing crafts, games and activities, field trips to local parks, and playing at the city water fountains. Included in your camp are swimming lessons and structured pool time so you don't have to miss out on learning to swim this summer season! Campers need to bring lunch, snacks, sunscreen, water bottle, and a swimsuit plus a towel each day.

#### Week 1: No camp 6/19.

6/16-6/20 M/T/W/F 8:45 am-1 pm 7-12 yrs BV190001  
Beaverton Classroom ID/AP: \$209 OD: \$261.25

#### Week 2

6/23-6/27 M-F 8:45 am-1 pm 7-12 yrs BV190002  
Beaverton Classroom ID/AP: \$250 OD: \$312.50

#### Week 3: No camp 7/4.

6/30-7/3 M/T/W/Th 8:45 am-1 pm 7-12 yrs BV190003  
Beaverton Classroom ID/AP: \$209 OD: \$261.25

#### Week 4

7/7-7/11 M-F 8:45 am-1 pm 7-12 yrs BV190004  
Beaverton Classroom ID/AP: \$250 OD: \$312.50

#### Week 5

7/14-7/18 M-F 8:45 am-1 pm 7-12 yrs BV190005  
Beaverton Classroom ID/AP: \$250 OD: \$312.50

#### Week 6

7/21-7/25 M-F 8:45 am-1 pm 7-12 yrs BV190006  
Beaverton Classroom ID/AP: \$250 OD: \$312.50

#### Week 7

7/28-8/1 M-F 8:45 am-1 pm 7-12 yrs BV190007  
Beaverton Classroom ID/AP: \$250 OD: \$312.50

#### Week 8

8/4-8/8 M-F 8:45 am-1 pm 7-12 yrs BV190008  
Beaverton Classroom ID/AP: \$250 OD: \$312.50

#### Week 9

8/11-8/15 M-F 8:45 am-1 pm 7-12 yrs BV190009  
Beaverton Classroom ID/AP: \$250 OD: \$312.50

#### Week 10: No camp 8/22.

8/18-8/21 M/T/W/Th 8:45 am-1 pm 7-12 yrs BV190010  
Beaverton Classroom ID/AP: \$209 OD: \$261.25

### Jr. Lifeguarding Camp • 12-15 yrs

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

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

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

Please bring a sack lunch, swimsuit and towel each day.

Comfortable clothes and shoes/sandals with a heel strap are a must! Completion of the emergency contact form and medical information must be completed before the program.

#### Week 2

6/23-6/27 M-F 9 am-4 pm 12-15 yrs BV191002  
Beaverton Swim Center ID/AP: \$315 OD: \$393.75

#### Week 4

7/7-7/11 M-F 9 am-4 pm 12-15 yrs BV191004  
Beaverton Swim Center ID/AP: \$315 OD: \$393.75

#### Week 6

7/21-8/1 M-F 9 am-4 pm 12-15 yrs BV191006  
Beaverton Swim Center ID/AP: \$315 OD: \$393.75

#### Week 8

8/4-8/8 M-F 9 am-4 pm 12-15 yrs BV191008  
Beaverton Swim Center ID/AP: \$315 OD: \$393.75

#### Week 10: No camp 8/22.

8/18-8/21 M/T/W/Th 9 am-4 pm 12-15 yrs BV191010  
Beaverton Swim Center ID/AP: \$252 OD: \$315



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

# Summer Camps

Cedar Hills Recreation Center Camps at a Glance

503-629-6340

Age	3-4 yrs	5-6 yrs	7-8 yrs	9-10 yrs	11-16 yrs
<b>Week 1</b> <b>6/16-6/18</b>	Dragonflight Dance and Tumble Camp Lil' Strikers Soccer Camp Preschool Camp Preschool Cooking Camp Preschool Fairy Tale Art Camp Recess Games Camp Tiny Aces Tennis Camp Tiny Trailblazer Basketball Camp	Basketball Skills Camp Camp Funshine Dragonflight Dance and Tumble Camp Fairy Tale Art Camp Gymnastics Camp Lil' Strikers Soccer Camp Preschool Camp Preschool Cooking Camp Recess Games Camp Soccer Skills Camp Tiny Aces Tennis Camp Tiny Trailblazer Basketball Camp	Basketball Skills Camp Camp Summer Craze Dance and Tumble Camp Fairy Tale Art Camp Gymnastics Camp Soccer Skills Camp Tiny Aces Tennis Camp Youth Tennis Camp	Camp Cedar Thrills Dance and Tumble Camp Gymnastics Camp Playmaker's Soccer Camp Role Playing Games Camp Youth Tennis Camp	Camp Summer Journey Dance and Tumble Camp Gymnastics Camp Playmaker's Soccer Camp Role Playing Games Camp Youth Tennis Camp
<b>Week 2</b> <b>6/23-6/27</b>	Home Run Preschool Sports Camp Mini Tennis Camp Preschool Camp Preschool Arrrrrr Camp Tiny Aces Tennis Camp Tiny Touchdown Football Camp Treasure Island Creative Dance Camp	Arrrrrr Camp Camp Funshine Gymnastics Camp Home Run Preschool Sports Camp Mini Tennis Camp Preschool Camp Preschool Arrrrrr Camp Soccer Skills Camp Tiny Aces Tennis Camp Tiny Touchdown Football Camp Treasure Island Creative Dance Camp Wacky Rackets Camp	Arrrrrr Camp Camp Summer Craze Creative Dance Camp Gymnastics Camp Theater Camp: All About Improv! Tiny Aces Tennis Camp Soccer Skills Camp Wacky Rackets Camp Youth Soccer Camp Youth Tennis Camp	Camp Cedar Thrills Cooking, Ultimate Eats Camp Creative Dance Camp Gymnastics Camp Theater Camp: All About Improv! Youth Soccer Camp Youth Tennis Camp	Camp Summer Journey Cooking, Ultimate Eats Camp Creative Dance Camp Gymnastics Camp Outdoor Exploration: Disc Golf Camp Track & Field Throwers Training Camp Youth Tennis Camp
<b>Week 3</b> <b>6/30-7/3</b>	Lil' Strikers Soccer Camp Magical Beats Hip Hop Dance Camp Preschool Camp Preschool Cooking Camp Preschool Forest Friends Art Camp Sports Explorer Camp T-Ball Skills Camp Tiny Aces Tennis Camp	Camp Funshine Gymnastics Camp Lil' Strikers Soccer Camp Magical Beats Hip Hop Dance Camp Nature's Canvas Art Camp Pickleball Kids Preschool Camp Preschool Forest Friends Art Camp Sports Explorer Camp T-Ball Skills Camp Tiny Aces Tennis Camp	Camp Summer Craze Gymnastics Camp Hip Hop Explorations Camp Nature's Canvas Art Camp Pickleball Kids Tiny Aces Tennis Camp Youth Tennis Camp	Camp Cedar Thrills Camp Hogwarts Hip Hop Explorations Camp Gymnastics Camp Hoop Camp Pickleball Kids Ultimate Sports Field Camp Youth Tennis Camp	Camp Hogwarts Camp Summer Journey Gymnastics Camp Hip Hop Exploration Camp Hoop Camp Ultimate Sports Field Camp Youth Tennis Camp
<b>Week 4</b> <b>7/7-7/11</b>	Enchanted Pre-Ballet Adventure Camp Lil' Strikers Soccer Camp Preschool Camp Preschool Magical Art Camp Preschool Cooking Camp T-Ball Skills Camp Tiny Aces Tennis Camp Tiny Trailblazers Basketball Camp	Basketball Skills Camp Camp Funshine Enchanted Pre-Ballet Adventure Camp Gymnastics Camp Lil' Strikers Soccer Camp Magical Art Camp Preschool Camp Preschool Cooking Camp Preschool Magical Art Camp T-Ball Skills Camp Tiny Aces Tennis Camp Tiny Trailblazers Basketball Camp	Basketball Skills Camp Camp Summer Craze Gymnastics Camp Intro to Ballet Dance Camp Magical Art Camp Theater Camp: All About Design! Tiny Aces Tennis Camp Youth Tennis Camp	Camp Cedar Thrills Camp Hogwarts Gymnastics Camp Intro to Ballet Dance Camp Lacrosse Camp Theater Camp: All About Design! Ultimate Sports Field Camp Youth Tennis Camp	Camp Hogwarts Camp Summer Journey Gymnastics Camp Intro to Ballet Dance Camp Lacrosse Camp Ultimate Sports Field Camp Youth Tennis Camp
<b>Week 5</b> <b>7/14-7/18</b>	Home Run Preschool Sports Camp Galaxy and Grace: Pre-Ballet Camp Mini Golfers Adventure Camp: Outdoors! Preschool Camp Preschool Space Odyssey Art Camp Safety Town (2 weeks) Safety Town (2 weeks) Tiny Aces Tennis Camp	Camp Funshine Galaxy and Grace: Pre-Ballet Camp Gymnastics Camp Home Run Preschool Sports Camp Mini Golfers Adventure Camp: Outdoors! Preschool Camp Preschool Space Odyssey Art Camp Safety Town (2 weeks) Soccer Skills Camp Space Odyssey Art Camp Tiny Aces Tennis Camp	Archery Camp Camp Summer Craze Cooking Camp, Youth Musical Mashup Dance Camp Gymnastics Camp Pickleball Kids Soccer Skills Camp Space Odyssey Art Camp Tiny Aces Tennis Camp Young Artists' Playground Youth Tennis Camp	Archery Camp Camp Cedar Thrills Camp Skywalker - A Star Wars Fan Camp! Cooking Camp, Youth Gymnastics Camp Musical Mashup Dance Camp Pickleball Kids Playmaker's Soccer Camp Young Artists' Playground Youth Tennis Camp	Archery Camp Camp Skywalker - A Star Wars Fan Camp! Camp Summer Journey Gymnastics Camp Middle School Pickleball Camp Musical Mashup Dance Camp Playmaker's Soccer Camp Young Artists' Playground Youth Tennis Camp

Camps run for 3, 4 or 5 days. Check the Class List information for specific dates and times.

Camps are spread across the age divisions on this page. Check the Class List for individual age offerings.

11640 SW Park Way, Beaverton

Ages in Grid are a Guide, may not be absolute. Visit [www.thprd.org](http://www.thprd.org) for more info.

# Summer Camps

Cedar Hills Recreation Center Camps at a Glance

503-629-6340

Age	3-5 yrs	5-6 yrs	7-8 yrs	9-10 yrs	11-16 yrs
<b>Week 6</b> <b>7/21-7/25</b>	Jungle Vibes Hip Hop Camp Little Heroes Training Sports Camp Preschool Camp Preschool Jurassic Art Camp Tiny Aces Tennis Camp	Camp Funshine Golf Camp Gymnastics Camp Jurassic Art Camp Jungle Vibes Hip Hop Camp Little Heroes Training Sports Camp Preschool Camp Preschool Jurassic Art Camp Soccer Skills Camp Tiny Aces Tennis Camp	All About Fiber Arts Camp Archery Camp Badminton Skills Camp Camp Summer Craze Cooking Camp, Youth Golf Camp Gymnastics Camp Hip Hop Dance Camp Jurassic Art Camp Soccer Skills Camp Tiny Aces Tennis Camp Youth Soccer Camp Youth Tennis Camp	All About Fiber Arts Camp Archery Camp Badminton Skills Camp Camp Cedar Thrills Cooking Camp, Youth Golf Camp Gymnastics Camp Hip Hop Dance Camp Super Sleuths Camp Youth Soccer Camp Youth Tennis Camp	Archery Camp Camp Summer Journey Gymnastics Camp Hip Hop Dance Camp Sand Volleyball Camp Super Sleuths Camp Weight Training Camp (11-14 yrs) (2 weeks) Youth Tennis Camp
<b>Week 7</b> <b>7/28-8/1</b>	Dress up and Dance for Treasure Camp Preschool Camp Home Run Preschool Sports Camp Preschool Superheroes! Art Camp Safety Town (2 weeks) Safety Town - Bilingual English/Spanish (2 weeks) Tiny Aces Tennis Camp Tiny Stars Cheer Camp Water Fun Camp	All Comers Wrestling Camp Camp Funshine Cartoons and Comics Art Camp Dress up and Dance for Treasure Camp Gymnastics Camp Home Run Preschool Sports Camp Lacrosse Camp Kids Preschool Camp Preschool Superheroes! Art Camp Safety Town (2 weeks) Safety Town - Bilingual English/Spanish (2 weeks) Tiny Aces Tennis Camp Tiny Stars Cheer Camp Water Fun Camp	All Comers Wrestling Camp Archery Camp Camp Summer Craze Cartoons and Comics Art Camp Cheer Camp Cooking Camp, Youth Gymnastics Camp Intro to Ballet Dance Camp Lacrosse Camp Kids Tiny Aces Tennis Camp Water Fun Camp Youth Tennis Camp	All Comers Wrestling Camp Archery Camp Camp Cedar Thrills Cheer Camp Cooking Camp, Youth Gymnastics Camp Intro to Ballet Dance Camp PDX Explorers Camp Youth Tennis Camp	All Comers Wrestling Camp Archery Camp Camp Summer Journey Gymnastics Camp Intro to Ballet Dance Camp Outdoor Exploration: Disc Golf Camp PDX Explorers Camp Youth Tennis Camp
<b>Week 8</b> <b>8/4-8/8</b>	Preschool Camp Preschool Monster Mania Art Camp Tiny Touchdowns Football Camp Tiny Aces Tennis Camp To Infinity and Beyond Dance Camp Water Fun Camp	Camp Funshine Gymnastics Camp Olympian Art Camp Preschool Camp Preschool Monster Mania Art Camp Tiny Aces Tennis Camp Tiny Touchdowns Football Camp To Infinity and Beyond Dance Camp Water Fun Camp	All About Paper Arts Camp Archery Camp Camp Summer Craze Cooking Camp, Youth Flag Football Camp Gymnastics Camp Hip Hop Dance Camp Olympian Art Camp Tiny Aces Tennis Camp Water Fun Camp Youth Tennis Camp Youth Volleyball Camp	All About Paper Arts Camp Archery Camp Camp Cedar Thrills Camp Olympus-A Percy Jackson Fan Camp! Jackson Fan Camp! Cooking Camp, Youth Flag Football Camp Gymnastics Camp Hip Hop Dance Camp Youth Tennis Camp Youth Volleyball Camp	Archery Camp Camp Summer Journey Camp Olympus-A Percy Jackson Fan Camp! Gymnastics Camp Hip Hop Dance Camp Outdoor Exploration: Hiking Camp Volleyball Skills Camp Youth Tennis Camp
<b>Week 9</b> <b>8/11-8/15</b>	Home Run Preschool Sports Camp Lil' Strikers Soccer Camp Ocean Voyage Pre-Ballet Camp Preschool Camp Preschool Under the Sea Art Camp Safety Town (2 weeks) Tiny Aces Tennis Camp Water Fun Camp	Camp Funshine Gymnastics Camp Home Run Preschool Sports Camp Lil' Strikers Soccer Camp Ocean Voyage Pre-Ballet Camp Preschool Camp Preschool Under the Sea Art Camp Safety Town (2 weeks) Tiny Aces Tennis Camp Under the Sea Art Camp Water Fun Camp	Camp Summer Craze Center Stage Dance Camp Gymnastics Camp Tiny Aces Tennis Camp Under the Sea Art Camp Water Fun Camp Youth Tennis Camp Youth Volleyball Camp	Camp Cedar Thrills Center Stage Dance Camp Cooking, Ultimate Eats Camp Gymnastics Camp Youth Tennis Camp Youth Volleyball Camp	Camp Summer Journey Center Stage Dance Camp Cooking, Ultimate Eats Camp Gymnastics Camp Middle School Cross Country Training Camp (2 weeks) Volleyball Skills Camp Youth Tennis Camp
<b>Week 10</b> <b>8/18-8/22</b>	Lil' Strikers Soccer Camp Mini Golfers Adventure Camp Preschool Camp Preschool Rootin' Tootin' Art Camp Recess Games Camp Tiny Aces Tennis Camp Wild West Hip Hop Camp	Camp Funshine Gymnastics Camp Lil' Strikers Soccer Camp Mini Golfers Adventure Camp Preschool Camp Preschool Rootin' Tootin' Art Camp Recess Games Camp Rootin' Tootin' Art Camp Soccer Skills Camp Tiny Aces Tennis Camp Wild West Hip Hop Camp	Boots and Beats: Line Dancing Camp Camp Summer Craze Gymnastics Camp Rootin' Tootin' Art Camp Soccer Skills Camp Tiny Aces Tennis Camp Youth Soccer Camp Youth Tennis Camp	Boots and Beats: Line Dancing Camp Camp Cedar Thrills Cozy Camp Gymnastics Camp Jazzminton@ Sports Camp Youth Soccer Camp Youth Tennis Camp	Boots and Beats: Line Dancing Camp Camp Summer Journey Cozy Camp Gymnastics Camp Jazzminton@ Sports Camp Youth Tennis Camp

Camps run for 3, 4 or 5 days. Check the Class List information for specific dates and times.

Camps are spread across the age divisions on this page. Check the Class List for individual age offerings.

11640 SW Park Way, Beaverton

Ages in Grid are a Guide, may not be absolute. Visit [www.thprd.org](http://www.thprd.org) for more info.

# Summer Camps

Cedar Hills Recreation Center

503-629-6340

## Summer Camp Deposits and Balances

A \$30 deposit is required for each participant for weeks 2-10. The full balance for week 1 is due at the time of registration. All camp balances are due 14 days before the start of each camp by 5 pm. An individual's space in the camp will be forfeited automatically if the balance is not paid by the two-week prior deadline. The deposit is non-refundable. However, it may be transferred to another THPRD program prior to 5 pm, Friday, May 30.

**Deposits are applied to the following camps: Camp Funshine, Camp Summer Craze, Camp Cedar Thrills and Camp Summer Journey.**

## Full-day Summer Camps

### Camp Funshine

Summer Camp is the perfect escape for kids seeking excitement and exploration! Meet new friends and enjoy arts & crafts, outdoor games and more. Campers will take walking field trips to local parks (make sure to wear closed toe shoes), play on inflatables, swim or use the splash pad, and experience the excitement of the foam cannon! Don't miss out on the fun—come be part of the adventure! Bring a water bottle, two snacks and a lunch daily. Offsite field trip locations are subject to change.

<b>Week 1</b>	<b>Dragons and Dungeons</b>				
<b>No camp 6/19, 6/20</b>					
6/16-6/18	M/T/W	8 am-6 pm	5-6 yrs	CH17101	
Rm C1	ID/AP: \$190	OD: \$237.50			
<b>Week 2</b>	<b>A Pirates Life</b>				
Field Trip: Langer's Entertainment Center (Waivers Required)					
6/23-6/27	M-F	8 am-6 pm	5-6 yrs	CH17102	
Rm C1	ID/AP: \$315	OD: \$393.75			
<b>Week 3</b>	<b>Wooded Wonders</b>				
<b>No camp 7/4</b>					
Field Trip: Elephant House					
6/30-7/3	M/T/W/Th	8 am-6 pm	5-6 yrs	CH17103	
Rm C1	ID/AP: \$255	OD: \$318.75			
<b>Week 4</b>	<b>Magical Mysteries</b>				
Field Trip: Superplay					
7/7-7/11	M-F	8 am-6 pm	5-6 yrs	CH17104	
Rm C1	ID/AP: \$315	OD: \$393.7			
<b>Week 5</b>	<b>Galaxy Explorers</b>				
Field Trip: OMSI					
7/14-7/18	M-F	8 am-6 pm	5-6 yrs	CH17105	
Rm C1	ID/AP: \$315	OD: \$393.75			
<b>Week 6</b>	<b>Jungle Quest</b>				
Field Trip: SkyZone (Waivers Required)					
7/21-7/25	M-F	8 am-6 pm	5-6 yrs	CH17106	
Rm C1	ID/AP: \$315	OD: \$393.75			
<b>Week 7</b>	<b>Treasure Trackers</b>				
Field Trip: Oregon Zoo					
7/28-8/1	M-F	8 am-6 pm	5-6 yrs	CH17107	
Rm C1	ID/AP: \$315	OD: \$393.75			
<b>Week 8</b>	<b>Time Travelers</b>				
Field Trip: Next Level Pinball					
8/4-8/8	M-F	8 am-6 pm	5-6 yrs	CH17108	
Rm C1	ID/AP: \$315	OD: \$393.75			

<b>Week 9</b>	<b>Ocean Voyage</b>				
Field Trip: Topgolf					
8/11-8/15	M-F	8 am-6 pm	5-6 yrs	CH17109	
Rm C1	ID/AP: \$315	OD: \$393.75			
<b>Week 10</b>	<b>Wild West</b>				
<b>No camp 8/21, 8/22</b>					
8/18-8/20	M/T/W	8 am-6 pm	5-6 yrs	CH17110	
Rm C1	ID/AP: \$190	OD: \$237.50			

### Camp Summer Craze

Summer Camp is the perfect escape for kids seeking excitement and exploration! Meet new friends and enjoy arts & crafts, outdoor games and more. Campers will take walking field trips to local parks (make sure to wear closed toe shoes), play on inflatables, swim or use the splash pad, and experience the excitement of the foam cannon! Don't miss out on the fun—come be part of the adventure! Bring a water bottle, two snacks and a lunch daily. Offsite field trip locations are subject to change.

<b>Week 1</b>	<b>Dragons and Dungeons</b>				
<b>No camp 6/19, 6/20</b>					
6/16-6/18	M/T/W	8 am-6 pm	7-8 yrs	CH17201	
Rm A	ID/AP: \$190	OD: \$237.50			
<b>Week 2</b>	<b>A Pirates Life</b>				
Field Trip: Langer's Entertainment Center (Waivers Required)					
6/23-6/27	M-F	8 am-6 pm	7-8 yrs	CH17202	
Rm A	ID/AP: \$315	OD: \$393.75			
<b>Week 3</b>	<b>Wooded Wonders</b>				
<b>No camp 7/4</b>					
Field Trip: Elephant House					
6/30-7/3	M/T/W/Th	8 am-6 pm	7-8 yrs	CH17203	
Rm A	ID/AP: \$255	OD: \$318.75			
<b>Week 4</b>	<b>Magical Mysteries</b>				
Field Trip: Superplay					
7/7-7/11	M-F	8 am-6 pm	7-8 yrs	CH17204	
Rm A	ID/AP: \$315	OD: \$393.75			
<b>Week 5</b>	<b>Galaxy Explorers</b>				
Field Trip: OMSI					
7/14-7/18	M-F	8 am-6 pm	7-8 yrs	CH17205	
Rm A	ID/AP: \$315	OD: \$393.75			
<b>Week 6</b>	<b>Jungle Quest</b>				
Field Trip: SkyZone (Waivers Required)					
7/21-7/25	M-F	8 am-6 pm	7-8 yrs	CH17206	
Rm A	ID/AP: \$315	OD: \$393.75			
<b>Week 7</b>	<b>Treasure Trackers</b>				
Field Trip: Oregon Zoo					
7/28-8/1	M-F	8 am-6 pm	7-8 yrs	CH17207	
Rm A	ID/AP: \$315	OD: \$393.75			
<b>Week 8</b>	<b>Time Travelers</b>				
Field Trip: Next Level Pinball					
8/4-8/8	M-F	8 am-6 pm	7-8 yrs	CH17208	
Rm A	ID/AP: \$315	OD: \$393.75			
<b>Week 9</b>	<b>Ocean Voyage</b>				
Field Trip: Topgolf					
8/11-8/15	M-F	8 am-6 pm	7-8 yrs	CH17209	
Rm A	ID/AP: \$315	OD: \$393.75			
<b>Week 10</b>	<b>Wild West</b>				
<b>No camp 8/21, 8/22</b>					
8/18-8/20	M/T/W	8 am-6 pm	7-8 yrs	CH17210	
Rm A	ID/AP: \$190	OD: \$237.50			

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

# Summer Camps

Cedar Hills Recreation Center

503-629-6340

## Camp Cedar Thrills

Summer Camp is the perfect escape for kids seeking excitement and exploration! Meet new friends and enjoy arts & crafts, outdoor games and more. Campers will take walking field trips to local parks (make sure to wear closed toe shoes), play on inflatables, swim or use the splash pad, and experience the excitement of the foam cannon! Don't miss out on the fun—come be part of the adventure! Bring a water bottle, two snacks and a lunch daily. Offsite field trip locations are subject to change.

<b>Week 1</b>	<b>Dragons and Dungeons</b>			
<b>No camp 6/19, 6/20</b>				
6/16-6/18	M/T/W	8 am-6 pm	9-10 yrs	CH17301
Rm C2	ID/AP: \$190	OD: \$237.50		
<b>Week 2</b>	<b>A Pirates Life</b>			
<b>Field Trip: Langer's Entertainment Center (Waivers Required)</b>				
6/23-6/27	M-F	8 am-6 pm	9-10 yrs	CH17302
Rm C2	ID/AP: \$315	OD: \$393.75		
<b>Week 3</b>	<b>Wooded Wonders</b>			
<b>No camp 7/4</b>				
<b>Field Trip: Elephant House</b>				
6/30-7/3	M/T/W/Th	8 am-6 pm	9-10 yrs	CH17303
Rm C2	ID/AP: \$255	OD: \$318.75		
<b>Week 4</b>	<b>Magical Mysteries</b>			
<b>Field Trip: Superplay</b>				
7/7-7/11	M-F	8 am-6 pm	9-10 yrs	CH17304
Rm C2	ID/AP: \$315	OD: \$393.75		
<b>Week 5</b>	<b>Galaxy Explorers</b>			
<b>Field Trip: OMSI</b>				
7/14-7/18	M-F	8 am-6 pm	9-10 yrs	CH17305
Rm C2	ID/AP: \$315	OD: \$393.75		
<b>Week 6</b>	<b>Jungle Quest</b>			
<b>Field Trip: SkyZone (Waivers Required)</b>				
7/21-7/25	M-F	8 am-6 pm	9-10 yrs	CH17306
Rm C2	ID/AP: \$315	OD: \$393.75		
<b>Week 7</b>	<b>Treasure Trackers</b>			
<b>Field Trip: Oregon Zoo</b>				
7/28-8/1	M-F	8 am-6 pm	9-10 yrs	CH17307
Rm C2	ID/AP: \$315	OD: \$393.75		
<b>Week 8</b>	<b>Time Travelers</b>			
<b>Field Trip: Next Level Pinball</b>				
8/4-8/8	M-F	8 am-6 pm	9-10 yrs	CH17308
Rm C2	ID/AP: \$315	OD: \$393.75		
<b>Week 9</b>	<b>Ocean Voyage</b>			
<b>Field Trip: Topgolf</b>				
8/11-8/15	M-F	8 am-6 pm	9-10 yrs	CH17309
Rm C2	ID/AP: \$315	OD: \$393.75		
<b>Week 10</b>	<b>Wild West</b>			
<b>No camp 8/21, 8/22</b>				
8/18-8/20	M/T/W	8 am-6 pm	9-10 yrs	CH17310
Rm C2	ID/AP: \$190	OD: \$237.50		

## Camp Summer Journey

Summer Camp is the perfect escape for kids seeking excitement and exploration! Meet new friends and enjoy arts & crafts, outdoor games and more. Campers will take walking field trips to local parks (make sure to wear closed toe shoes), play on inflatables, swim or use the splash pad, and experience the excitement of the foam cannon! Don't miss out on the fun—come be part of the adventure! Bring a water bottle, two snacks and a lunch daily. Offsite field trip locations are subject to change.

<b>Week 1</b>	<b>Dragons and Dungeons</b>			
<b>No camp 6/19, 6/20</b>				
6/16-6/18	M/T/W	8 am-6 pm	11-14 yrs	CH17401
Rm B	ID/AP: \$190	OD: \$237.50		
<b>Week 2</b>	<b>A Pirates Life</b>			
<b>Field Trip: Langer's Entertainment Center (Waivers Required)</b>				
6/23-6/27	M-F	8 am-6 pm	11-14 yrs	CH17402
Rm B	ID/AP: \$315	OD: \$393.75		
<b>Week 3</b>	<b>Wooded Wonders</b>			
<b>No camp 7/4</b>				
<b>Field Trip: Elephant House</b>				
6/30-7/3	M/T/W/Th	8 am-6 pm	11-14 yrs	CH17403
Rm B	ID/AP: \$255	OD: \$318.75		
<b>Week 4</b>	<b>Magical Mysteries</b>			
<b>Field Trip: Superplay</b>				
7/7-7/11	M-F	8 am-6 pm	11-14 yrs	CH17404
Rm B	ID/AP: \$315	OD: \$393.75		
<b>Week 5</b>	<b>Galaxy Explorers</b>			
<b>Field Trip: OMSI</b>				
7/14-7/18	M-F	8 am-6 pm	11-14 yrs	CH17405
Rm B	ID/AP: \$315	OD: \$393.75		
<b>Week 6</b>	<b>Jungle Quest</b>			
<b>Field Trip: SkyZone (Waivers Required)</b>				
7/21-7/25	M-F	8 am-6 pm	11-14 yrs	CH17406
Rm B	ID/AP: \$315	OD: \$393.75		
<b>Week 7</b>	<b>Treasure Trackers</b>			
<b>Field Trip: Oregon Zoo</b>				
7/28-8/1	M-F	8 am-6 pm	11-14 yrs	CH17407
Rm B	ID/AP: \$315	OD: \$393.75		
<b>Week 8</b>	<b>Time Travelers</b>			
<b>Field Trip: Next Level Pinball</b>				
8/4-8/8	M-F	8 am-6 pm	11-14 yrs	CH17408
Rm B	ID/AP: \$315	OD: \$393.75		
<b>Week 9</b>	<b>Ocean Voyage</b>			
<b>Field Trip: Topgolf</b>				
8/11-8/15	M-F	8 am-6 pm	11-14 yrs	CH17409
Rm B	ID/AP: \$315	OD: \$393.75		
<b>Week 10</b>	<b>Wild West</b>			
<b>No camp 8/21, 8/22</b>				
8/18-8/20	M/T/W	8 am-6 pm	11-14 yrs	CH17410
Rm B	ID/AP: \$190	OD: \$237.50		

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# Summer Camps

Cedar Hills Recreation Center

503-629-6340

## Specialty Camps

### Role Playing Games Camp

Leave the screens at home and make like-minded friends playing tween-friendly sessions of popular tabletop games - fantasy role-playing games, board games, and collaboration and teamwork games! Plus, learn how to play a Dungeons and Dragons 5e one shot with our knowledgeable dungeon masters (DMs), design or bring your own original character (OC), make custom shrinky dink miniatures, and more! All are welcome, we will give out dice sets and teach you everything you need to know! Onsite-only. Bring a lunch, snack and water bottle.

No camp 6/19, 6/20

6/16-6/18 M/T/W 9 am-4 pm 10-13 yrs CH17501  
Rm D ID/AP: \$180 OD: \$225

### Camp Hogwarts

Accio witches and wizards! Join us for a magical Harry Potter-themed camp where you will take lessons in Potions, Herbology, Charms, and more! After the sorting ceremony, earn points for your house by competing in fun team games and activities! Create enchanted crafts like your very own wand. Plus, test your taste buds with the Bertie Bott's Every Flavor Beans challenge! Field trips to the Witch's Castle in Forest Park and the Enchanted Forest are included, subject to substitution. Bring a lunch, snack and water bottle.

No camp 7/4

6/30-7/3 M/T/W/Th 9 am-4 pm 9-12 yrs CH17503  
Rm D ID/AP: \$379 OD: \$473.75  
7/7-7/10 M/T/W/Th 9 am-4 pm 9-12 yrs CH17504  
Rm D ID/AP: \$379 OD: \$473.75

### Camp Skywalker - A Star Wars Fan Camp! new

Join us in a galaxy far, far, away at the new Camp Skywalker, inspired by the Star Wars universe! Build a recycled droid, create galactic crafts, and dive into the science of space as we explore the galaxy together! Train in lightsaber skills and agility and learn the ways of the Force during team-building missions, with a special guest appearance by a Force-sensitive group from another planet. Field trips to OMSI (plus one planetarium show) and Laser Tag are included, subject to substitution. May the Force be with you! Bring a lunch, snack and water bottle.

7/14-7/17 M/T/W/Th 9 am-4 pm 9-12 yrs CH17505  
Rm D ID/AP: \$377 OD: \$471.25

### Super Sleuths Camp new

Hey, you're acting "kinda sus"... Come help us find the imposter in our new and improved Camp Super Sleuths, where we will spend time deciphering clues, solving puzzles, and even using our deductive skills in a real-life version of the hit game Among Us! Field trips to Skyzone and Portland Escape Rooms are included, subject to substitution. Bring a lunch, snack and water bottle.

7/21-7/24 M/T/W/Th 9 am-4 pm 9-12 yrs CH17506  
Rm D ID/AP: \$417 OD: \$521.25

### PDX Explorers Camp

Want to spend the day at the largest arcade on the West Coast, admire the mansions and old-growth forests tucked away in Washington Park, explore a farmers' market and browse through Powell's Bookstore before grabbing Voodoo Donuts, and marvel at the newest OMSI exhibits, all in the same week? Look no further than PDX Explorers, where you can make fast friends and have a ton of fun exploring in and around Portland! Field trips are subject to substitution. Bring a lunch, snack and water bottle.

7/28-7/31 M/T/W/Th 9 am-4 pm 10-13 yrs CH17507  
Rm D ID/AP: \$398 OD: \$497.50

### Camp Olympus - A Percy Jackson Fan Camp!

Welcome to Camp Olympus, an adventurous camp based on Rick Riordan's hit Percy Jackson series. You will be sorted into cabin groups, learn all about Greek mythology, play exciting camp games, create book-inspired crafts, train in agility, speed, sword fighting, and more! Field trip to Tree to Tree Adventure Park included, subject to substitution. Bring a lunch, snack and water bottle.

8/4-8/7 M/T/W/Th 9 am-4 pm 9-12 yrs CH17508  
Rm D ID/AP: \$394 OD: \$492.50

### Camp Cozy new

Welcome to Camp Cozy, the perfect retreat for budding creators, hobby collectors, and anyone looking to unwind and embrace self-care before school starts! This week, you will bake delicious treats, explore fiber arts like crochet and blanket-making, craft DIY bath and body products, and try your hand at other comforting crafts, foods, and drinks that spark warmth and joy. Practice mindfulness through journaling, scrapbooking, yoga, and more. With time set aside for creative reading and writing, plus trips to a forested park, and a local bookstore, you will leave feeling refreshed, inspired, and cozy inside and out! Bring a lunch, snack and water bottle.

8/18-8/21 M/T/W/T 9 am-4 pm 9-12 yrs CH17510  
Rm D ID/AP: \$328 OD: \$410

## Art Camp – Preschool

### Preschool Fairy Tale Art Camp

Join us in preschool art camp as we explore different art projects, read themed stories, and play each day! This week's theme is Fairy Tale Art, so expect to see lots of whimsical crafts and enchanting projects! Bring a snack and a water bottle each day.

No camp 6/19 or 6/20

6/16-6/18 M/T/W 9 am-12 pm 4-5 yrs CH14101  
Rm 2 ID/AP: \$130 OD: \$162.50

### Preschool Arrrrrt Camp

Ahoy, mateys! Join us in preschool art camp as we explore different art projects, read themed stories, and play each day! This week's theme is Pirates, so expect to see lots of nautical crafts and swashbuckling projects! Bring a snack and a water bottle each day.

6/23-6/27 M-F 9 am-12 pm 4-5 yrs CH14102  
Rm 2 ID/AP: \$210 OD: \$262.50

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# Summer Camps

Cedar Hills Recreation Center

503-629-6340

## Preschool Forest Friends Art Camp

Join us in preschool art camp as we explore different art projects, read themed stories, and play each day! This week's theme is Forest Friends, so expect to see lots of your favorite forest creatures and woody projects! Bring a snack and a water bottle each day.

No camp 7/04  
6/30-7/3 M/T/W/Th 9 am-12 pm 4-5 yrs CH14103  
Rm 2 ID/AP: \$170 OD: \$212.50

## Preschool Magical Art Camp

Join us in preschool art camp as we explore different art projects, read themed stories, and play each day! This week's theme is Magical Art, so think wizards, magic wands, unicorns, and more! Bring a snack and a water bottle each day.

7/7-7/11 M-F 9 am-12 pm 4-5 yrs CH14104  
Rm 2 ID/AP: \$210 OD: \$262.50

## Preschool Space Odyssey Art Camp

Join us in preschool art camp as we explore different art projects, read themed stories, and play each day! This week's theme is Space Odyssey, so expect to see lots of celestial crafts and projects that are out of this world! Bring a snack and a water bottle each day.

7/14-7/18 M-F 9 am-12 pm 4-5 yrs CH14105  
Rm 2 ID/AP: \$210 OD: \$262.50

## Preschool Jurassic Art Camp

Join us in preschool art camp as we explore different art projects, read themed stories, and play each day! This week's theme is Jurassic Art, so expect to see lots of prehistoric crafts and your favorite dinosaurs painted to life! Bring a snack and a water bottle each day.

7/21-7/25 M-F 9 am-12 pm 4-5 yrs CH14106  
Rm 2 ID/AP: \$210 OD: \$262.50

## Preschool Superheroes! Art Camp

Join us in preschool art camp as we explore different art projects, read themed stories, and play each day! This week's theme is Superheroes, so expect to see lots of heroic crafts and your favorite characters brought to life! Bring a snack and a water bottle each day.

7/28-8/1 M-F 9 am-12 pm 4-5 yrs CH14107  
Rm 2 ID/AP: \$210 OD: \$262.50

## Preschool Monster Mania Art Camp

Join us in preschool art camp as we explore different art projects, read themed stories, and play each day! This week's theme is Monster Mania, so get ready to create silly spooky crafts, imagine wild creatures, and have monstrously good fun! Bring a snack and a water bottle each day.

8/4-8/8 M-F 9 am-12 pm 4-5 yrs CH14108  
Rm 2 ID/AP: \$210 OD: \$262.50

## Preschool Under the Sea Art Camp

Join us in preschool art camp as we explore different art projects, read themed stories, and play each day! This week's theme is Under the Sea, so expect to see lots of crafts inspired by sea creatures, mermaids, the ocean, and more! Bring a snack and a water bottle each day.

8/11-8/15 M-F 9 am-12 pm 4-5 yrs CH14109  
Rm 2 ID/AP: \$210 OD: \$262.50

## Preschool Rootin' Tootin' Art Camp

Join us in preschool art camp as we explore different art projects, read themed stories, and play each day! This week's theme is Rootin' Tootin', so expect to see lots of cowboy-themed crafts, and horses and cacti galore! Bring a snack and a water bottle each day.

8/18-8/22 M-F 9 am-12 pm 4-5 yrs CH14110  
Rm 2 ID/AP: \$210 OD: \$262.50

## Art Camp – Youth

### Fairy Tale Art Camp

Join us in youth art camp as we explore different art projects, read themed stories, and play each day! This week's theme is Fairy Tale Art, so expect to see lots of whimsical crafts and enchanting projects! Bring a snack and a water bottle each day.

No class 6/19, 6/20  
6/16-6/18 M/T/W 1-4 pm 6-8 yrs CH14211  
Rm 2 ID/AP: \$130 OD: \$162.50

### Arrrrrt Camp

Ahoy, mateys! Join us in youth art camp as we explore different art projects, read themed stories, and play each day! This week's theme is Pirates, so expect to see lots of nautical crafts and swashbuckling projects! Bring a snack and a water bottle each day.

6/23-6/27 M-F 1-4 pm 6-8 yrs CH14212  
Rm 2 ID/AP: \$210 OD: \$262.50

### Nature's Canvas Art Camp

Join us in youth art camp as we explore different art projects, read themed stories, and play each day! This week's theme is Nature's Canvas, so expect to see lots of creations made with and inspired by the natural world around us. Bring a snack and a water bottle each day.

No camp 7/04  
6/30-7/3 M/T/W/Th 1-4 pm 6-8 yrs CH14213  
Rm 2 ID/AP: \$170 OD: \$212.50

### Magical Art Camp

Join us in youth art camp as we explore different art projects, read themed stories, and play each day! This week's theme is Magical, so expect to see lots of spellbound crafts and bewitching projects! Bring a snack and a water bottle each day.

7/7-7/11 M-F 1-4 pm 6-8 yrs CH14214  
Rm 2 ID/AP: \$210 OD: \$262.50

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# Summer Camps

Cedar Hills Recreation Center

503-629-6340

## Space Odyssey Art Camp

Join us in youth art camp as we explore different art projects, read themed stories, and play each day! This week's theme is Spacy Odyssey, so expect to see lots of celestial crafts and projects that are out of this world! Bring a snack and a water bottle each day.

7/14-7/18 M-F 1-4 pm 6-8 yrs CH14215  
Rm 2 ID/AP: \$210 OD: \$262.50

## Jurassic Art Camp

Join us in youth art camp as we explore different art projects, read themed stories, and play each day! This week's theme is Jurassic Art, so expect to see lots of prehistoric crafts and your favorite dinosaurs painted to life! Bring a snack and a water bottle each day.

7/21-7/25 M-F 1-4 pm 6-8 yrs CH14216  
Rm 2 ID/AP: \$210 OD: \$262.50

## Cartoons and Comics Art Camp

Join us in youth art camp as we explore different art projects, read themed stories, and play each day! This week's theme is Cartoons and Comics, so expect to draw, sketch, storyboard, recreate your favorite characters, and make fun pop art designs! Bring a snack and a water bottle each day.

7/28-8/1 M-F 1-4 pm 6-8 yrs CH14217  
Rm 2 ID/AP: \$210 OD: \$262.50



## Olympian Art Camp

Join us in youth art camp as we explore different art projects, read themed stories, and play each day! This week's theme is Olympian, so prepare to dive into the world of Greek myths, legendary heroes, and Ancient Greek inspired crafts! Bring a snack and a water bottle each day.

8/4-8/8 M-F 1-4 pm 6-8 yrs CH14218  
Rm 2 ID/AP: \$210 OD: \$262.50

## Under the Sea Art Camp

Join us in youth art camp as we explore different art projects, read themed stories, and play each day! This week's theme is Under the Sea, so expect to see lots of crafts inspired by sea creatures, mermaids, the ocean, and more! Bring a snack and a water bottle each day.

8/11-8/15 M-F 1-4 pm 6-8 yrs CH14219  
Rm 2 ID/AP: \$210 OD: \$262.50

## Rootin' Tootin' Art Camp

Yeehaw! Join us in youth art camp as we explore different art projects, read themed stories, and play each day! This week's theme is Rootin' Tootin', so expect to see lots of cowboy-themed crafts, and horses and cacti galore! Bring a snack and a water bottle each day.

8/18-8/22 M-F 1-4 pm 6-8 yrs CH14220  
Rm 2 ID/AP: \$210 OD: \$262.50

## Young Artists' Playground

Join us for an exciting week exploring a variety of art forms! A team of rotating instructors from Village Gallery of Arts will introduce different media and approaches throughout the week to build artistic concepts and skills. Featured 2-D and 3-D projects: collage, sculpting, drawing, wall hangings, painting and more.

7/14-7/18 M-F 1-3 pm 7-11 yrs CH14245  
Rm 3 ID/AP: \$145 OD: \$181.25

## All About Fiber Arts Camp new

Unleash your creativity with yarn, thread, felt, and fabric! In this hands-on camp, kids will explore weaving, sewing, and embroidery techniques to make colorful wall hangings, bracelets, and collaborative textile art. Perfect for young crafters who love to create with their hands!

7/21-7/25 M-F 1-3 pm 8-10 yrs CH15243  
Rm 3 ID/AP: \$150 OD: \$187.50

## All About Paper Arts Camp new

Discover the endless possibilities of paper! Campers will learn origami, collage, papermaking, printmaking, and more. A week filled with folding, cutting, and layering fun for budding artists!

8/4-8/8 M-F 1-3 pm 8-10 yrs CH15244  
Rm 3 ID/AP: \$150 OD: \$187.50

## Theater Camp

### Theater Camp: All About Improv! new

Dive into the exciting world of improvisation! This camp teaches quick thinking, creativity, and collaboration through theater games and team exercises. Campers will learn to build characters, tell stories on the spot, and bring their ideas to life with projects and crafts.

6/23-6/27 M-F 1-3 pm 8-10 yrs CH15241  
Rm 3 ID/AP: \$150 OD: \$187.50

### Theater Camp: All About Design! new

Explore the magic behind the scenes! This camp focuses on the creative elements of theater, including set, costume, lighting, and prop design. Campers will craft mini-models, design costumes, and learn how to transform ideas into reality, all while playing fun theater games.

7/7-7/11 M-F 1-3 pm 8-10 yrs CH15242  
Rm 3 ID/AP: \$150 OD: \$187.50

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

# Summer Camps

Cedar Hills Recreation Center

503-629-6340

## Safety Town

### Safety Town

Our two-week Preschool Safety Town Camp is a fun and interactive learning experience designed to introduce young children to essential safety concepts in a friendly and engaging way. Children will explore a miniature "town" where they'll participate in hands-on activities that teach basic safety rules and how to stay safe in various environments, including at home, on the road, and in the community.

Throughout the camp, children will learn important lessons such as pedestrian safety, fire safety, stranger danger, and the importance of wearing seatbelts and helmets. With the help of trained instructors, police, firefighters and more, kids will navigate through various safety stations and engage in age-appropriate games that make learning about safety fun and memorable. Please bring a bicycle helmet, water bottle and a snack daily.

7/14-7/25 (2)	M-F	9-11:15 am	4-6 yrs	CH18155
Rm 12	ID/AP: \$353	OD: \$441.25		
7/14-7/25 (2)	M-F	12:30-2:45 pm	4-6 yrs	CH18165
Rm 12	ID/AP: \$353	OD: \$441.25		
7/28-8/8 (2)	M-F	9-11:15 am	4-6 yr	CH18157
Rm 12	ID/AP: \$353	OD: \$441.25		
8/11-8/22 (2)	M-F	9-11:15 am	4-6 yrs	CH18159
Rm 12	ID/AP: \$353	OD: \$441.25		
8/11-8/22 (2)	M-F	12:30-2:45 pm	4-6 yrs	CH18169
Rm 12	ID/AP: \$353	OD: \$441.25		

### Safety Town - Bilingual English/Spanish

Instruction and materials in English and Spanish.

7/28-8/8 (2)	M-F	12:30-2:45 pm	4-6 yrs	CH18167
Rm 12	ID/AP: \$353	OD: \$441.25		



## Preschool Camp

### Preschool Camp

Join the fun in preschool camp! We will have themed activities, arts, and crafts, and playtime. Bring a snack and water bottle each day.

<b>Week 1</b>	<b>Dragons and Dungeons</b>			
<b>No camp 6/19, 6/20</b>				
6/16-6/18	M/T/W	1-4 pm	3-5 yrs	CH18131
Rm 10	ID/AP: \$130	OD: \$162.50		
<b>Week 2</b>	<b>A Pirate's Life</b>			
6/23-6/27	M-F	1-4 pm	3-5 yrs	CH18132
Rm 10	ID/AP: \$210	OD: \$262.50		
<b>Week 3</b>	<b>Wooded Wonders</b>			
<b>No camp 7/4</b>				
6/30-7/3	M-Th	1-4 pm	3-5 yrs	CH18133
Rm 10	ID/AP: \$170	OD: \$212.50		
<b>Week 4</b>	<b>Magical Mysteries</b>			
7/7-7/11	M-F	1-4 pm	3-5 yrs	CH18134
Rm 10	ID/AP: \$210	OD: \$262.50		
<b>Week 5</b>	<b>Galaxy Explorers</b>			
7/14-7/18	M-F	1-4 pm	3-5 yrs	CH18135
Rm 10	ID/AP: \$210	OD: \$262.50		
<b>Week 6</b>	<b>Jungle Quest</b>			
7/21-7/25	M-F	1-4 pm	3-5 yrs	CH18136
Rm 10	ID/AP: \$210	OD: \$262.50		
<b>Week 7</b>	<b>Treasure Trackers</b>			
7/28-8/1	M-F	1-4 pm	3-5 yrs	CH18137
Rm 10	ID/AP: \$210	OD: \$262.50		
<b>Week 8</b>	<b>Time Travelers</b>			
8/4-8/8	M-F	1-4 pm	3-5 yrs	CH18138
Rm 10	ID/AP: \$210	OD: \$262.50		
<b>Week 9</b>	<b>Ocean Voyage</b>			
8/11-8/15	M-F	1-4 pm	3-5 yrs	CH18139
Rm 10	ID/AP: \$210	OD: \$262.50		
<b>Week 10</b>	<b>Deserted Island</b>			
8/18-8/22	M-F	1-4 pm	3-5 yrs	CH18140
Rm 10	ID/AP: \$210	OD: \$262.50		

## Cooking Camp

### Cooking Camp, Preschool

Have a great time learning to prepare a variety of recipes geared towards preschoolers, by measuring, handling, and assembling yummy foods! Kids practice cooperation, listening, and hand-eye coordination, as well as early math skills. While we cannot guarantee a completely allergy-free environment, please email [k.grant@thprd.org](mailto:k.grant@thprd.org) with 2 weeks' notice to request dietary accommodation. No camp 6/19.

6/16-6/18	M/T/W	10 am-12 pm	4-6 yrs	CH15100
Kitchen	ID/AP: \$115	OD: \$143.75		
6/16-6/18	M/T/W	1-3 pm	4-6 yrs	CH15101
Kitchen	ID/AP: \$115	OD: \$143.75		
6/30-7/3	M/T/W/Th	10 am-12 pm	4-6 yrs	CH15102
Kitchen	ID/AP: \$153	OD: \$191.25		
6/30-7/3	M/T/W/Th	1-3 pm	4-6 yrs	CH15103
Kitchen	ID/AP: \$153	OD: \$191.25		
7/7-7/10	M/T/W/Th	10 am-12 pm	4-6 yrs	CH15104
Kitchen	ID/AP: \$153	OD: \$191.25		
7/7-7/10	M/T/W/Th	1-3 pm	4-6 yrs	CH15105
Kitchen	ID/AP: \$153	OD: \$191.2		

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# Summer Camps

Cedar Hills Recreation Center

503-629-6340

## Cooking Camp, Youth

Learn to prepare a variety of easy and delicious recipes while having fun and making friends! Kids learn about measuring, nutrition, kitchen safety, and much more. While we cannot guarantee a completely allergy-free environment, please email k.grant@thprd.org with 2 weeks' notice to request dietary accommodation.

7/14-7/17	M/T/W/Th	9-11:30 am	7-10 yrs	CH15200
Kitchen	ID/AP: \$180	OD: \$225		
7/14-7/17	M/T/W/Th	1-3:30 pm	7-10 yrs	CH15201
Kitchen	ID/AP: \$180	OD: \$225		
7/21-7/24	M/T/W/Th	9-11:30 am	7-10 yrs	CH15202
Kitchen	ID/AP: \$180	OD: \$225		
7/21-7/24	M/T/W/Th	1-3:30 pm	7-10 yrs	CH15203
Kitchen	ID/AP: \$180	OD: \$225		
7/28-7/31	M/T/W/Th	9-11:30 am	7-10 yrs	CH15204
Kitchen	ID/AP: \$180	OD: \$225		
7/28-7/31	M/T/W/Th	1-3:30 pm	7-10 yrs	CH15205
Kitchen	ID/AP: \$180	OD: \$225		
8/4-8/7	M/T/W/Th	9-11:30 am	7-10 yrs	CH15206
Kitchen	ID/AP: \$180	OD: \$225		
8/4-8/7	M/T/W/Th	1-3:30 pm	7-10 yrs	CH15207
Kitchen	ID/AP: \$180	OD: \$225		

## Cooking, Ultimate Eats Camp

Ready to roll up your sleeves and dive into hands-on cooking? Join us at Ultimate Eats (now with an extra hour of fun!), where you will master essential culinary skills and create a variety of delicious savory and sweet dishes each day, often entirely from scratch! Start the week by reading recipes, making a shopping list, and selecting the freshest ingredients during a grocery shopping trip on Monday. Wrap up the camp with a fun and flavorful food truck field trip on Thursday to celebrate your hard work! While we cannot guarantee a completely allergy-free environment, please email k.grant@thprd.org with 2 weeks' notice to request dietary accommodation.

6/23-6/26	M/T/W/Th	9 am-4 pm	10-13 yrs	CH15302
Kitchen	ID/AP: \$357	OD: \$446.25		
8/11-8/14	M/T/W/Th	9 am-4 pm	10-13 yrs	CH15309
Kitchen	ID/AP: \$357	OD: \$446.25		



## Dance Camp - Preschool

### Dragonflight Dance and Tumble Camp

In this engaging camp, children will be transported into a realm of rhythm, melodies, and hands-on crafts, all inspired by dragons, lore and mystery. Bring a snack and a water bottle each day.

**No camp 6/19, 6/20**

6/16-6/18	M/T/W	9-11:30 am	4-6 yrs	CH11100
Rm 5	ID/AP: \$95	OD: \$118.75		

### Treasure Island Creative Dance Camp

Your little pirates will embark on an adventurous journey of self-expression through dance, imaginative play and treasure-themed crafts. Bring a snack and a water bottle each day. Bring a snack and a water bottle each day.

6/23-6/27	M-F	9-11:30 am	4-6 yrs	CH11101
Rm 5	ID/AP: \$157	OD: \$196.25		

### Magical Beats Hip Hop Camp

Inviting young hip hoppers to explore the art of movement and creativity. Dive into imaginative movement and crafts inspired by the rhythm of the woods. Bring a snack and a water bottle each day.

**No camp 7/4**

6/30-7/3	M/T/W/Th	9-11:30 am	4-6 yrs	CH11102
Rm 5	ID/AP: \$126	OD: \$157.50		

### Enchanted Pre-Ballet Adventure Camp

Step into a magical week-long dance camp journey designed for your little dancers! Campers will uncover the secrets of movement through enchanting ballet sessions and solve magical mysteries with creative crafts. Bring a snack and a water bottle each day.

7/7-7/11	M-F	9-11:30 am	4-6 yrs	CH11103
Rm 5	ID/AP: \$157	OD: \$196.25		

### Galaxy and Grace: Pre-Ballet Camp

Over the course of this enchanting pre-ballet camp, little ones will twirl and leap through a magical galaxy, discovering the grace and joy of ballet movements. Dancers will also create galaxy-themed crafts and enjoy fun, engaging games. Bring a snack and a water bottle each day.

7/14-7/18	M-F	9-11:30 am	4-6 yrs	CH11104
Rm 5	ID/AP: \$157	OD: \$196.25		

### Safari Adventure Hip Hop Camp

Campers will groove to energetic beats, learn hip hop moves, and unleash their creativity through adventure-inspired crafts. This camp combines dance with hands-on activities!

7/21-7/25	M-F	9-11:30 am	4-6 yrs	CH11105
Rm 5	ID/AP: \$157	OD: \$196.25		

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# Summer Camps

Cedar Hills Recreation Center

503-629-6340

## Dress up and Dance for Treasure Camp

This camp will teach dance basics, rhythm, and self expression. In addition, camp will include crafting sessions that bring out the creative pirate in you. Come dressed in your favorite attire! Bring a snack and a water bottle each day.

7/28-8/1 M-F 9-11:30 am 4-6 yrs CH11106  
Rm 5 ID/AP: \$157 OD: \$196.25

## To Infinity and Beyond Dance Camp

Campers will explore dance basics like flexibility, rhythm, and balance. Each day, kids are encouraged to dress up however they like, adding to the excitement of their journey. including engaging games and creative crafts. Bring a snack and a water bottle each day.

8/4-8/8 (1) M-F 9-11:30 am 4-6 yrs CH11107  
Rm 5 ID/AP: \$157 OD: \$196.25

## Ocean Voyage Pre-Ballet Camp

Young dancers will learn basic ballet skills through fun and engaging activities inspired by the sea. It's the perfect introduction to the beautiful art of ballet for your little one.

8/11-8/15 M-F 9-11:30 am 4-6 yrs CH11108  
Rm 5 ID/AP: \$157 OD: \$196.25

## Wild West Hip Hop Camp

Dancers will learn the fundamentals of hip hop through fun, engaging activities inspired by the spirit of the Wild West. This camp will offer excitement, rhythm, and creative exploration. Bring a snack and a water bottle each day.

8/18-8/22 M-F 9-11:30 am 4-6 yrs CH11109  
Rm 5 ID/AP: \$157 OD: \$196.25

## Dance Camp – Youth

### Dance and Tumble Camp

This dance camp combines the joy of dance and the excitement of tumbling. Join us for a dance camp journey filled with rhythmic movements, tumbling, engaging crafts, games and fun.

No camp 6/19, 6/20  
6/16-6/18 M/T/W 1-4 pm 7-11 yrs CH11200  
Rm 5 ID/AP: \$114 OD: \$142.50

### Creative Dance Camp

This creative adventure will focus on rhythm and expression offering a week brimming with imaginative movements and exciting craft exploration. Bring a snack and a water bottle each day.

6/23-6/27 M-F 1-4 pm 7-11 yrs CH11201  
Rm 5 ID/AP: \$189 OD: \$236.25

### Hip Hop Exploration Camp

Campers will learn the fundamentals of hip hop and jazz complemented by the interactive elements of music, games and engaging crafts. Bring a snack and a water bottle each day.

No camp 7/4  
6/30-7/3 M/T/W/Th 1-4 pm 7-11 yrs CH11202  
Rm 5 ID/AP: \$152 OD: \$190

## Intro to Ballet Dance Camp

Participants will engage in ballet routines that focus on building technique, strength, and flexibility. Each day will also include crafts that allow dancers to explore their artistic side. Bring a snack and a water bottle each day.

7/7-7/11 M-F 1-4 pm 7-11 yrs CH11203  
Rm 5 ID/AP: \$189 OD: \$236.25  
7/28-8/1 M-F 1-4 pm 7-11 yrs CH11206  
Rm 5 ID/AP: \$189 OD: \$236.25

## Musical Mashup Dance Camp

Young dancers will be introduced to a variety of dance styles, from hip hop to jazz, ballet to modern. Each day is packed with fun choreography, creative dance games, and activities. Perfect for dancers who love to explore different rhythms and styles in a supportive environment. Bring a snack and a water bottle each day.

7/14-7/18 M-F 1-4 pm 7-11 yrs CH11204  
Rm 5 ID/AP: \$189 OD: \$236.25

## Hip Hop Dance Camp

Join us for an interactive experience that fuses hip-hop dance and creative expression through movement, crafts and games! Bring a snack and a water bottle each day.

7/21-7/25 M-F 1-4 pm 7-11 yrs CH11205  
Rm 5 ID/AP: \$189 OD: \$236.25  
8/4-8/8 M-F 1-4 pm 7-11 yrs CH11207  
Rm 5 ID/AP: \$189 OD: \$236.25

## Center Stage Dance Camp

This camp explores a variety of dance styles, including ballet, jazz, modern, and contemporary. Through engaging activities and fun choreography dancers will develop foundational skills, build confidence, and express their artistry. Each day offers a mix of technique, and group collaboration. Perfect for both beginners and experienced dancers, this camp celebrates the joy of movement and the magic of the stage. Bring a snack and a water bottle each day.

8/11-8/15 M-F 1-4 pm 7-11 yrs CH11208  
Rm 5 ID/AP: \$189 OD: \$236.25

## Boots and Beats: Line Dance Camp

We invite young dancers to step into the rhythm! We will focus on the exciting world of line dancing, offering a variety of styles from classic country to modern hits and hip hop. Each day features a mix of instruction, practice, group collaboration, and creative projects. Perfect for all levels, this camp celebrates the fun of dancing with others. Bring a snack and a water bottle each day.

8/18-8/22 M-F 1-4 pm 7-11 yrs CH11209  
Rm 5 ID/AP: \$189 OD: \$236.25



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# Summer Camps

Cedar Hills Recreation Center

503-629-6340

## Gymnastics Camp

### Gymnastics Camp

Join us for a week of fun, learning gymnastics, creating crafts and activity time. Instruction on floor, beams, vault and bars. Bring a snack and water bottle each day. The camp is designed for beginning gymnastics.

<b>Week 1</b>	<b>Dragons and Dungeons</b>				
<b>No camp 6/19, 6/20</b>					
6/16-6/18	M/T/W 8:30 am-12:30 pm	6-11 yrs	CH13271		
Rm 9	ID/AP: \$180 OD: \$225				
<b>Week 2</b>	<b>A Pirates Life</b>				
6/23-6/27	M-F 8:30 am-12:30 pm	6-11 yrs	CH13272		
Rm 9	ID/AP: \$294 OD: \$367.50				
<b>Week 3</b>	<b>Wooded Wonders</b>				
<b>No camp 7/4</b>					
6/30-7/3	M/T/W/Th 8:30 am-12:30 pm	6-11 yrs	CH13273		
Rm 9	ID/AP: \$240 OD: \$300				
<b>Week 4</b>	<b>Magical Mystery</b>				
7/7-7/11	M-F 8:30 am-12:30 pm	6-11 yrs	CH13274		
Rm 9	ID/AP: \$294 OD: \$367.50				
<b>Week 5</b>	<b>Galaxy Explorers</b>				
7/14-7/18	M-F 8:30 am-12:30 pm	6-11 yrs	CH13275		
Rm 9	ID/AP: \$294 OD: \$367.50				
<b>Week 6</b>	<b>Jungle Quest</b>				
7/21-7/25	M-F 8:30 am-12:30 pm	6-11 yrs	CH13276		
Rm 9	ID/AP: \$294 OD: \$367.50				
<b>Week 7</b>	<b>Treasure Trackers</b>				
7/28-8/1	M-F 8:30 am-12:30 pm	6-11 yrs	CH13277		
Rm 9	ID/AP: \$294 OD: \$367.50				
<b>Week 8</b>	<b>Time Travelers</b>				
8/4-8/8	M-F 8:30 am-12:30 pm	6-11 yrs	CH13278		
Rm 9	ID/AP: \$294 OD: \$367.50				
<b>Week 9</b>	<b>Ocean Voyage</b>				
8/11-8/15	M-F 8:30 am-12:30 pm	6-11 yrs	CH13279		
Rm 9	ID/AP: \$294 OD: \$367.50				
<b>Week 10</b>	<b>Wild West</b>				
8/18-8/22	M-F 8:30 am-12:30 pm	6-11 yrs	CH13280		
Rm 9	ID/AP: \$294 OD: \$367.50				

## Sports Camp – Preschool

### Mini Tennis Camp

Originally a class, Mini Tennis Camp invites young kids to explore the exciting world of tennis! Campers will develop motor skills, improve coordination, and learn the basics of group play, all in a fun, supportive environment. It's a week of tennis fun specially designed for the Pee Wees!

6/23-6/27	M-F 12:30-2:30 pm	3 1/2-5 yrs	CH12109
Gym	ID/AP: \$139 OD: \$173.75		

### Little Heroes Training Camp

Calling all future heroes! Young campers will unleash their inner superhero with exciting games, obstacle courses, team challenges, and creative crafts. Each day builds strength, agility, and problem-solving skills. By weeks end, they will earn their Hero Certificate and be ready to save the day!

7/21-7/25	M-F 9-11 am	4-6 yrs	CH12108
Gym	ID/AP: \$139 OD: \$173.75		

## Jumpstart Sports Camp NEW

Held outdoors, Jumpstart Sports Camp focuses on exploration and fun! Campers will develop skills in a variety of sports, create daily craft projects, and enjoy exciting group games and activities. They will make new friends while experiencing the joy of summer camp. Please pack sunscreen, a snack and water bottle each day.

6/23-6/27	M-F 9 am-12 pm	4-6 yrs	CH12135
Playfield A	ID/AP: \$159 OD: \$198.75		
7/14-7/18	M-F 9 am-12 pm	4-6 yrs	CH12136
Playfield A	ID/AP: \$159 OD: \$198.75		
7/28-8/1	M-F 9 am-12 pm	4-6 yrs	CH12137
Playfield A	ID/AP: \$159 OD: \$198.75		
8/11-8/15	M-F 9 am-12 pm	4-6 yrs	CH12138
Playfield A	ID/AP: \$159 OD: \$198.75		

## Tiny Touchdowns Football Camp

Tiny Touchdowns is a flag football camp where fun meets teamwork and sportsmanship! Held outdoors, this camp will introduce the fundamentals of football with warm-ups, games, catching, and football drills for an amazing time on the field. Don't forget to pack a water bottle and sunscreen.

6/23-6/27	M-F 1-3 pm	4-6 yrs	CH12122
Playfield A	ID/AP: \$139 OD: \$173.75		
8/4-8/8	M-F 9:30-11:30 am	4-6 yrs	CH12121
Playfield A	ID/AP: \$139 OD: \$173.75		

## Mini Golfers Adventure Camp: Outdoors!

Enjoy a week of fun under the sun! Kids will explore the basics of mini golf through exciting drills and games on unique, outdoor courses each day. Campers will build coordination and confidence while tackling fun challenges in a supportive environment. All equipment is provided. Remember to bring a snack, water bottle, sunscreen, and a hat for a week full of adventure!

7/14-7/18	M-F 1-3 pm	4-6 yrs	CH12144
Playfield A	ID/AP: \$139 OD: \$173.75		

## Mini Golfers Adventure Camp!

Every day brings a new adventure! Kids will have a blast learning the basics of golf through fun drills and indoor games, exploring a different exciting course daily. Campers will develop hand-eye coordination and patience in a playful, supportive environment. Equipment is provided, just bring a snack, a water bottle, and get ready for a week of fun!

8/18-8/22	M-F 9-11 am	4-6 yrs	CH12145
Gym	ID/AP: \$139 OD: \$173.75		

## Recess Games Camp

Make new friends and have some fun! This camp features classic playground games, timeless recess favorites, and cooperative activities designed to build social and teamwork skills. Camp will be held outdoors, so please bring a water bottle each day.

<b>No camp 6/19, 6/20</b>			
6/16-6/18	M/T/W 12-2 pm	4-6 yrs	CH12117
Playfield A	ID/AP: \$117 OD: \$146.25		
8/18-8/22	M-F 12:30-2:30 pm	4-6 yrs	CH12118
Playfield A	ID/AP: \$139 OD: \$173.75		

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# Summer Camps

Cedar Hills Recreation Center

503-629-6340

## Lil' Strikers Soccer Camp

Perfect for young athletes ready to have fun, this camp introduces basic soccer skills in a playful and engaging way. Through simple drills and exciting games, campers will develop essential motor skills, teamwork, and confidence with the ball. This camp all about having a blast on the field while laying the foundation for future sports success! Campers should wear athletic shoes, bring water, and a snack.

### No camp 6/19, 6/20.

6/16-6/18 M/T/W 9-11 am 4-5 yrs CH12110  
Playfield A ID/AP: \$117 OD: \$146.25

### No camp 7/4.

6/30-7/3 M/T/W/Th 9:30-11:30 am 4-5 yrs CH12111  
Playfield A ID/AP: \$128 OD: \$160

7/7-7/11 M-F 12-2 pm 4-5 yrs CH12112  
Playfield B ID/AP: \$139 OD: \$173.75

8/11-8/15 M-F 1-3 pm 4-5 yrs CH12113  
Playfield A ID/AP: \$139 OD: \$173.75

8/18-8/22 M-F 9:30-10:30 am 4-5 yrs CH12114  
Playfield A ID/AP: \$139 OD: \$173.75

## Sports Explorers Camp

Campers will explore a variety of active sports and games. They will learn basic skills, develop teamwork, and have fun making friends. Please remember to bring sunscreen, a water bottle, and a snack each day.

### No camp 7/4.

6/30-7/3 M/T/W/Th 12-2 pm 4-6 yrs CH12119  
Playfield A ID/AP: \$128 OD: \$160

## T-ball Skills Camp

Step into the diamond and join us for our T-Ball Skills Camp! Engage in games and activities designed to introduce the fundamental skills of throwing, catching, and hitting off a tee. Come ready to play with closed-toed shoes, a snack and a water bottle!

### No camp 7/4.

6/30-7/3 M/T/W/Th 9-11 am 4-6 yrs CH12115  
Playfield A ID/AP: \$128 OD: \$160

7/7-7/11 M-F 9:30-11:30 am 4-6 yrs CH12116  
Playfield A ID/AP: \$139 OD: \$173.75

## Tiny Stars Cheer Camp

Explore, learn and have a blast! Join us for a fun delightful introduction to cheerleading! This camp will be a mix of cheerleading basics, fun games and playful activities emphasizing teamwork and social skills.

7/28-8/1 M-F 9:30-11:30 am 4-6 yrs CH12143  
Gym ID/AP: \$139 OD: \$173.75

## Tiny Trailblazers Basketball Camp

Dribble, shoot, and score! This camp is for our youngest athletes learning the basics of basketball. Campers will work on coordination, develop listening skills, and build teamwork through interactive games and simple drills. Campers should wear athletic shoes, bring water, and a snack.

### No camp 6/19, 6/20.

6/16-6/18 M/T/W 9:30-11:30 am 4-5 yrs CH12100  
Gym ID/AP: \$117 OD: \$146.25

7/7-7/11 M-F 9:30-11:30 am 4-5 yrs CH12101  
Gym ID/AP: \$139 OD: \$173.75

## Water Fun Camp

Get ready for a splash-tastic adventure at Water Fun Camp! Race down the slip-and-slide, join water balloon battles, and enjoy field games with sprinklers and foam cannon fun. Bring a water bottle, towel, sunscreen, water shoes or sandals, and a change of clothes, you are going to get wet and have a blast!

7/28-8/1 M-F 10 am-12 pm 6-8 yrs CH12102

Playfield B ID/AP: \$145 OD: \$181.25  
7/28-8/1 M-F 1-3 pm 4-6 yrs CH12103

Playfield B ID/AP: \$145 OD: \$181.25  
8/4-8/8 M-F 10 am-12 pm 4-6 yrs CH12104

Playfield B ID/AP: \$145 OD: \$181.25  
8/4-8/8 M-F 1-3 pm 6-8 yrs CH12105

Playfield B ID/AP: \$145 OD: \$181.25  
8/11-8/15 M-F 10 am-12 pm 4-6 yrs CH12106

Playfield B ID/AP: \$145 OD: \$181.25  
8/11-8/15 M-F 1-3 pm 6-8 yrs CH12107

Playfield B ID/AP: \$145 OD: \$181.25

## Tiny Aces Tennis Camp

Serve up some excitement this summer! Tiny Aces Tennis Camp is the perfect place for young players to explore the world of tennis while developing essential skills in a group-centered environment. Through interactive drills, engaging games, and collaborative activities, campers will learn the basics of tennis, improve their coordination, and work on teamwork. This camp promotes friendship and group play, offering an energetic and active experience. Pack snacks, a water bottle, sunscreen, and a hat, and get ready for a week of tennis and outdoor adventure!

### No camp 6/19, 6/20.

6/16-6/18 M/T/W 8:30-11:30 am 5-7 yrs CH12238  
Offsite ID/AP: \$135 OD: \$168.75

6/23-6/27 M-F 8:30-11:30 am 5-7 yrs CH12240  
Offsite ID/AP: \$159 OD: \$198.75

### No camp 7/4.

6/30-7/3 M/T/W/Th 8:30-11:30 am 5-7 yrs CH12242  
Offsite ID/AP: \$147 OD: \$183.75

7/7-7/11 M-F 8:30-11:30 am 5-7 yrs CH12244  
Offsite ID/AP: \$159 OD: \$198.75

7/14-7/18 M-F 8:30-11:30 am 5-7 yrs CH12246  
Offsite ID/AP: \$159 OD: \$198.75

7/21-7/25 M-F 8:30-11:30 am 5-7 yrs CH12248  
Offsite ID/AP: \$159 OD: \$198.75

7/28-8/1 M-F 8:30-11:30 am 5-7 yrs CH12250  
Offsite ID/AP: \$159 OD: \$198.75

8/4-8/8 M-F 8:30-11:30 am 5-7 yrs CH12252  
Offsite ID/AP: \$159 OD: \$198.75

8/11-8/15 M-F 8:30-11:30 am 5-7 yrs CH12254  
Offsite ID/AP: \$159 OD: \$198.75

8/18-8/22 M-F 8:30-11:30 am 5-7 yrs CH12256  
Offsite ID/AP: \$159 OD: \$198.75



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

# Summer Camps

Cedar Hills Recreation Center

503-629-6340

## Sports Camp – Youth

### Basketball Skills Camp

This action-packed camp is made for young athletes looking to build a basketball foundation. Campers will develop key skills like dribbling, passing, and shooting through fun drills and games. Perfect for beginners and those looking to sharpen their abilities while having a blast on the court! Campers should wear athletic shoes, bring water, and a snack.

**No camp 6/19, 6/20.**

6/16-6/18	M/T/W	12:30-2:30 pm	6-8 yrs	CH12280
Gym	ID/AP: \$117	OD: \$146.25		
7/7-7/11	M-F	12:30-2:30 pm	6-8 yrs	CH12281
Gym	ID/AP: \$139	OD: \$173.75		

### Golf Camp

Introduce your camper to the basics of golf with fun drills, challenges, and golf etiquette. Age-appropriate clubs are provided. Remember to bring a water bottle, snack, and sunscreen each day!

7/21-7/25	M-F	9-11 am	5-7 yrs	CH12296
Playfield A	ID/AP: \$139	OD: \$173.75		
7/21-7/25	M-F	12-2 pm	7-9 yrs	CH12297
Playfield A	ID/AP: \$139	OD: \$173.75		

### Lacrosse Camp Kids

Welcome to our Lacrosse Fusion Camp! An exciting blend of high-energy lacrosse games and a variety of other fun team-building activities. Work on cradling, passing, catching and shooting. See you on the field! Please bring a water bottle, snack and closed-toed shoes.

7/28-8/1	M-F	1-4 pm	6-8 yrs	CH12207
Playfield A	ID/AP: \$159	OD: \$198.75		

### Pickleball Kids

Campers will enjoy an introduction to the exciting sport of Pickleball through fun drills and games. This sport is a great way to make new friends while staying active this summer! Please bring a snack and water bottle to camp each day.

**No camp 7/4.**

6/30-7/3	M/T/W/Th	1-3 pm	6-9 yrs	CH12287
Gym	ID/AP: \$147	OD: \$183.75		
7/14-7/18	M-F	1-3 pm	7-10 yrs	CH12288
Gym	ID/AP: \$139	OD: \$173.75		

### Soccer Skills Camp

Campers will focus on essential skills like dribbling, passing, and shooting in a fun, supportive environment that fosters a love for the game. They'll develop their soccer IQ and create lasting friendships along the way! Shin protection recommended. Please bring a water bottle and snack every day.

**No camp 6/19, 6/20.**

6/16-6/18	M/T/W	9:30-11:30 am	6-8 yrs	CH12222
Playfield B	ID/AP: \$117	OD: \$146.25		
6/23-6/27	M-F	1-3 pm	6-8 yrs	CH12223
Playfield B	ID/AP: \$139	OD: \$173.75		
7/14-7/18	M-F	9:30-11:30 am	6-8 yrs	CH12224
Playfield B	ID/AP: \$139	OD: \$173.75		

7/21-7/25	M-F	1:30-3:30 pm	6-8 yrs	CH12225
Playfield B	ID/AP: \$139	OD: \$173.75		
8/18-8/22	M-F	9:30-11:30 am	6-8 yrs	CH12226
Playfield B	ID/AP: \$139	OD: \$173.75		

### Wacky Rackets Camp

Get ready for a wild time with badminton, pickleball, tennis, and more! This fun-filled camp is all about trying new racket sports and improving your skills. Come join the excitement! Please bring a water bottle.

6/23-6/27	M-F	8:30-11:30 am	6-8 yrs	CH12236
Gym	ID/AP: \$159	OD: \$198.75		

### Archery Camp

Take aim for fun this summer with a week of Archery Camp! Perfect for all skill levels, this engaging camp will guide participants through the fundamentals of archery --how to load, aim and shoot recurve bows-- while learning safety and skills in a friendly environment. All equipment is provided. Join us at the THPRD Archery Field, located on PCC Rock Creek Campus, where adventure awaits!

7/14-7/18	M-F	9-9:45 am	7-9 yrs	CH12123
PCC Rock Creek	ID/AP: \$59	OD: \$73.75		
7/14-7/18	M-F	10-10:45 am	7-9 yrs	CH12124
PCC Rock Creek	ID/AP: \$59	OD: \$73.75		
7/14-7/18	M-F	11:15 am-12:15 pm	10-11 yrs	CH12125
PCC Rock Creek	ID/AP: \$72	OD: \$90		
7/21-7/25	M-F	9-9:45 am	7-9 yr	CH12126
PCC Rock Creek	ID/AP: \$59	OD: \$73.75		
7/21-7/25	M-F	10-11 am	10-12 yrs	CH12127
PCC Rock Creek	ID/AP: \$72	OD: \$90		
7/21-7/25	M-F	11:30 am-12:30 pm	13-14 yrs	CH12128
PCC Rock Creek	ID/AP: \$72	OD: \$90		
7/28-8/1	M-F	9-9:45 am	7-9 yrs	CH12129
PCC Rock Creek	ID/AP: \$59	OD: \$73.75		
7/28-8/1	M-F	10-11 am	10-12 yrs	CH12130
PCC Rock Creek	ID/AP: \$72	OD: \$90		
7/28-8/1	M-F	11:30 am-12:30 pm	13-14 yrs	CH12131
PCC Rock Creek	ID/AP: \$72	OD: \$90		
8/4-8/8	M-F	9-9:45 am	7-9 yrs	CH12132
PCC Rock Creek	ID/AP: \$59	OD: \$73.75		
8/4-8/8	M-F	10-11 am	10-12 yrs	CH12133
PCC Rock Creek	ID/AP: \$72	OD: \$90		
8/4-8/8	M-F	11:30 am-12:30 pm	13-14 yrs	CH12134
PCC Rock Creek	ID/AP: \$72	OD: \$90		

### Badminton Skills Camp

Join our badminton camp and learn the fundamentals of the game! Participants will receive instruction on grip, net play, footwork, various shots, and the importance of teamwork. No matter your skill level, beginner or with some experience, this camp is designed to help you improve while having fun on the court! Bring a water bottle and small snack each day.

7/21-7/25	M-F	12-2 pm	7-10 yrs	CH12290
Gym	ID/AP: \$139	OD: \$173.75		

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# Summer Camps

Cedar Hills Recreation Center

503-629-6340

## Cheer Camp

Explore the core elements of cheerleading, including arm motions, jumps, tumbling, and routines. Participate in engaging games and activities that highlight teamwork and social skills. The session concludes with a fun performance on the final day! Pom poms provided. Please bring a snack and water bottle each day.

7/28-8/1 M-F 12:30-3:30 pm 7-10 yrs CH12291  
Gym ID/AP: \$159 OD: \$198.75

## Youth Volleyball Camp

Get ready to Set, Pass, & Hit! This camp focuses on developing key skills like passing, serving, and teamwork. Beginners will build a strong foundation, while experienced players can sharpen their techniques for the upcoming season. Volleyball is the ultimate team sport, come enjoy the fun and excitement with us! Don't forget to bring a water bottle each day.

8/4-8/8 M-F 9 am-12 pm 7-10 yrs CH12292  
Gym ID/AP: \$159 OD: \$198.75  
8/11-8/15 M-F 9 am-12 pm 7-10 yrs CH12293  
Gym ID/AP: \$159 OD: \$198.75

## Youth Flag Football Camp

Flag Football Camp is all about fun and fundamentals! From high-fives to high catches, we've got it all. Look forward to fun warm-ups, catching tricks, route-running games, this camp is an introduction to the sport of football filled with laughter and learning. Grab your water bottle and join us for a week of football!

8/4-8/8 M-F 12:30-2:30 pm 7-9 yrs CH12201  
Playfield A ID/AP: \$139 OD: \$173.75

## Youth Soccer Camp

This camp is the perfect introduction to the world of soccer for young players! Campers will learn the basics of the game, including dribbling, passing, and shooting, through fun drills and friendly competition. With an emphasis on teamwork, sportsmanship, and building confidence, this camp helps players develop their skills in a supportive, high-energy environment. Shin protection recommended. Please bring a water bottle and snack every day.

6/23-6/27 M-F 9 am-12 pm 7-10 yrs CH12227  
Playfield B ID/AP: \$159 OD: \$198.75  
7/21-7/25 M-F 9:30 am-12:30 pm 7-10 yrs CH12228  
Playfield B ID/AP: \$159 OD: \$198.75  
8/18-8/22 M-F 12:30-3:30 pm 7-10 yrs CH12229  
Playfield B ID/AP: \$159 OD: \$198.75

## All Comers Wrestling Camp

Step onto the mat and learn the fundamentals of wrestling in a fun, supportive environment! This camp is open to all skill levels, from beginners to experienced wrestlers, and focuses on building strength, technique, and confidence. Through drills, matches, and group activities, participants will develop wrestling skills while fostering teamwork and discipline. Join us for an exciting week of growth on and off the mat! Do not forget to bring water and wear athletic clothing.

7/28-8/1 M-F 12-3 pm 5-11 yrs CH12212  
Gym ID/AP: \$159 OD: \$198.75

## Youth Tennis Camp

Our Youth Tennis Camp introduces young players to the basics of the game, focusing on form, technique, and footwork. Through fun drills, games, and teamwork activities, campers will develop essential tennis skills, improve coordination, and learn how to work together on the court. Pack snacks, a water bottle, sunscreen, and a hat, and join us for a week of learning, play, and teamwork!

### No camp 6/19, 6/20

6/16-6/18 M/T/W 12:30-3:30 pm 8-11 yrs CH12239  
Offsite ID/AP: \$135 OD: \$168.75  
6/23-6/27 M-F 12:30-3:30 pm 8-11 yrs CH12241  
Offsite ID/AP: \$159 OD: \$198.75

### No camp 7/4

6/30-7/3 M/T/W/Th 12:30-3:30 pm 8-11 yrs CH12243  
Offsite ID/AP: \$147 OD: \$183.75  
7/7-7/11 M-F 12:30-3:30 pm 8-11 yrs CH12245  
Offsite ID/AP: \$159 OD: \$198.75  
7/14-7/18 M-F 12:30-3:30 pm 8-11 yrs CH12247  
Offsite ID/AP: \$159 OD: \$198.75  
7/21-7/25 M-F 12:30-3:30 pm 8-11 yrs CH12249  
Offsite ID/AP: \$159 OD: \$198.75  
7/28-8/1 M-F 12:30-3:30 pm 8-11 yrs CH12251  
Offsite ID/AP: \$159 OD: \$198.75  
8/4-8/8 M-F 12:30-3:30 pm 8-11 yrs CH12253  
Offsite ID/AP: \$159 OD: \$198.75  
8/11-8/15 M-F 12:30-3:30 pm 8-11 yrs CH12255  
Offsite ID/AP: \$159 OD: \$198.75  
8/18-8/22 M-F 12:30-3:30 pm 8-11 yrs CH12257  
Offsite ID/AP: \$159 OD: \$198.75

## Hoop Camp

Skill development at its core! Our camp features games and drills to hone the fundamental skills, providing instruction in ball control, shooting, dribbling, passing, and footwork. Elevate your game by joining us on this journey of skill enhancement! Bring a water bottle and gym suitable footwear.

### No camp 7/4

6/30-7/3 M/T/W/Th 9 am-12 pm 9-12 yrs CH12310  
Gym ID/AP: \$147 OD: \$183.75

## Lacrosse Camp

Welcome to our Lacrosse Camp, a high-energy camp filled with lacrosse drills and a variety of other fun team-building activities. We will work on cradling, passing, catching, and shooting. Please bring a water bottle, snack and wear closed toed shoes.

7/7-7/11 M-F 12:30-3:30 pm 9-12 yrs CH12208  
Playfield A ID/AP: \$159 OD: \$198.75



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

# Summer Camps

Cedar Hills Recreation Center

503-629-6340

## Playmaker's Soccer Camp

Campers will focus on teamwork, creativity, and mastering the role of the 'Playmaker'--the player who leads and controls the flow of the game. If you're new to the sport or have prior experience, this camp is designed to elevate your skills while keeping the experience fun. Shin protection recommended. Please bring a water bottle and snack every day.

### No camp 7/4

6/16-6/18	M/T/W	12:30-3:30 pm	9-12 yrs	CH12220
Playfield B	ID/AP: \$135	OD: \$168.75		
7/14-7/18	M-F	12:30-3:30 pm	9-12 yrs	CH12221
Playfield B	ID/AP: \$159	OD: \$198.75		

## Ultimate Sports Field Camp

Get ready for a variety of sports action in this high-energy camp! Campers will participate in a mix of games like soccer, basketball, flag football, as well as field games like capture the flag, kickball, and tug-of-war. Designed to build skills, teamwork, and confidence, this camp offers something for everyone.

### No camp 7/4

6/30-7/3	M/T/W/Th	12:30-2:30 pm	9-12 yrs	CH12316
Playfield B	ID/AP: \$128	OD: \$160		
7/7-7/11	M-F	9-11 am	9-12 yrs	CH12317
Playfield B	ID/AP: \$139	OD: \$173.75		

## Jazzminton® Sport Camp new

Get ready for the wackiest new sport...Jazzminton®! This wild, fun-filled game combines badminton and tennis into a game of fast swings, quick reflexes, and lots of laughs. At camp, you'll learn the ropes (or paddles!) of this zippy new sport. All equipment is provided! Just come ready to move and bring a water bottle.

8/18-8/22	M-F	12-2 pm	10-14 yrs	CH12289
Gym	ID/AP: \$139	OD: \$173.75		

## Sports Camp – Middle School/Teen Sports Camp

### Middle School Cross Country Training Camp

Open to those looking for two weeks of running fun or those interested in extra training ahead of the middle school cross country season. Each day of camp will feature a workout, team-building activities, and time for camaraderie. Camp will go offsite most days for workouts. Check-in at Cedar Hills Recreation Center's Field. Please wear suitable running shoes and bring a water bottle.

8/11-8/21 (2)	M/T/W/Th	10 am-12 pm	11-14 yrs	CH12321
Playfield	ID/AP: \$159	OD: \$198.75		

## Middle Schoolers Pickleball Camp

Get ready to serve, rally, and smash! This camp is perfect for middle schoolers looking to learn or improve their pickleball skills in a fun and engaging environment. Players will focus on the fundamentals, including serving, volleying, and strategy, through drills, games, and friendly matches. Let's build confidence, develop skills, and connect with new friends on the court!

7/14-7/18	M-F	9 am-12 pm	11-14 yrs	CH12315
Gym	ID/AP: \$159	OD: \$198.75		

## Sand Volleyball Camp

Get ready to dig into the fun! Join us for our Sand Volleyball Camp, where you will learn the fundamentals of this exciting and dynamic variation of volleyball. Held outdoors on a sand volleyball court, this camp offers plenty of action and sunshine. Don't forget to bring a towel to brush off the sand! Camp will take place offsite at Cedar Hills Park. Please bring a water bottle, snack, and sunscreen.

7/21-7/25	M-F	11 am-1 pm	11-15 yrs	CH12314
Camp Cedar Hills Park	ID/AP: \$139	OD: \$173.75		

## Track & Field Throwers Training Camp

This camp is designed for athletes who have summer meets planned or those simply wanting an introduction to throwing events in Track & Field. Athletes can expect both event-specific instruction and broad techniques to help develop powerful throwing skills. Each day will include throwing drills, as well as fun throwing-related activities! Throws covered include shot put, discus, and javelin.

6/23-6/27	M-F	4:30-6:30 pm	11-16 yrs	CH12322
Playfield A	ID/AP: \$159	OD: \$198.75		

## Volleyball Skills Camp

Ready to take your volleyball skills to the next level? This camp is designed for players looking to refine their fundamentals and build on their experience. We will focus on enhancing passing, serving, and teamwork while challenging more experienced players to develop advanced techniques. Whether you're fine-tuning your skills or gaining more confidence, this camp is the perfect opportunity to grow. Do not forget to bring a water bottle every day!

8/4-8/8	M-F	1-4 pm	11-14 yrs	CH12294
Gym	ID/AP: \$159	OD: \$198.75		
8/11-8/15	M-F	1-4 pm	11-14 yrs	CH12295
Gym	ID/AP: \$159	OD: \$198.75		

## Weight Training Camp (11-14)

Are you going out for a sport this fall? Want to get a head start on conditioning? Come join us this summer at Cedar Hills and become a strong and fit athlete. This camp will focus on weight training! Get ready for time in the weight room in addition to games, agility drills and conditioning. Develop your speed, power and agility!

7/21-7/31 (2)	M/T/W/Th	12-2 pm	11-14 yrs	CH12302
Wt Rm	ID/AP: \$169	OD: \$211.25		

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

# Summer Camps

Cedar Hills Recreation Center

503-629-6340

## Outdoor Exploration: Disc Golf Camp

Offsite daily, campers will explore multiple disc golf courses, ranging from Greenway to Pier Park. In a noncompetitive environment, campers will learn the basics of disc golf, take on challenges with newly made friends, and enjoy a week of outdoor fun! Discs are provided for the week. Please bring snack, water bottle, and sunscreen.

6/23-6/27	M-F	10:30 am-2:30 pm	11-15 yrs	CH12318
Playfield	ID/AP: \$219	OD: \$273.75		
7/28-8/1	M-F	10:30 am-2:30 pm	11-15 yrs	CH12319
Playfield	ID/AP: \$219	OD: \$273.75		

## Outdoor Exploration: Hiking Camp

Join us for an exciting week of trail adventures! Campers will explore local trails like Forest Park and Chehalem Ridge while learning hiking safety and trail etiquette. Campers will meet each morning at the Cedar Hills Recreation Center field and travel by van to the day's destination. A detailed weekly schedule will be included in the welcome letter. Get ready for a week of discovery, nature, and fun! Please send your child with closed-toed shoes, a water bottle, and a snack.

8/4-8/8	M-F	10:30 am-3 pm	11-15 yrs	CH12320
Playfield	ID/AP: \$219	OD: \$273.75		

## Before/After Camp Care

### Before Camp Care

Drop off your child as early as 7:30 am and kick-start their day with fun, supervised activities before their camp adventure officially begins! While you go about your morning, your child will enjoy exciting pre-camp fun, and we'll make sure they arrive to their scheduled on-site camp when it's time to start. Transportation to offsite programs is not included.

#### Week 1

##### No camp 6/19, 6/20

6/16-6/18	M/T/W	7:30-9 am	4-14 yrs	CH17001
Rm 2	ID/AP: \$35	OD: \$43.75		

#### Week 2

6/23-6/27	M-F	7:30-9 am	4-14 yrs	CH17002
Rm 2	ID/AP: \$59	OD: \$73.75		

#### Week 3

##### No camp 7/4

6/30-7/3	M/T/W/Th	7:30-9 am	4-14 yrs	CH17003
Rm 2	ID/AP: \$47	OD: \$58.75		

#### Week 4

7/7-7/11	M-F	7:30-9 am	4-14 yrs	CH17004
Rm 2	ID/AP: \$59	OD: \$73.75		

#### Week 5

7/14-7/18	M-F	7:30-9 am	4-14 yrs	CH17005
Rm 2	ID/AP: \$59	OD: \$73.75		

#### Week 6

7/21-7/25	M-F	7:30-9 am	4-14 yrs	CH17006
Rm 2	ID/AP: \$59	OD: \$73.75		

#### Week 7

7/28-8/1	M-F	7:30-9 am	4-14 yrs	CH17007
Rm 2	ID/AP: \$59	OD: \$73.75		

#### Week 8

8/4-8/8	M-F	7:30-9 am	4-14 yrs	CH17008
Rm 2	ID/AP: \$59	OD: \$73.75		

#### Week 9

8/11-8/15	M-F	7:30-9 am	4-14 yrs	CH17009
Rm 2	ID/AP: \$59	OD: \$73.75		

#### Week 10

##### No camp 8/21, 8/22

8/18-8/20	M/T/W	7:30-9 am	4-14 yrs	CH17010
Rm 2	ID/AP: \$35	OD: \$43.75		

## After Camp Care

Need a little extra time before picking up your child after a half day camp like preschool, sports, gymnastics or art. No problem! We'll escort your child from their half day camp ending at 4pm or later and provide fun supervised activities. Transportation from offsite programs is not included.

#### Week 1

##### No camp 6/19, 6/20

6/16-6/18	M/T/W	4-6 pm	4-14 yrs	CH17021
Rm 2	ID/AP: \$47	OD: \$58.75		

#### Week 2

6/23-6/27	M-F	4-6 pm	4-14 yrs	CH17022
Rm 2	ID/AP: \$78	OD: \$97.50		

#### Week 3

##### No camp 7/4

6/30-7/3	M/T/W/Th	4-6 pm	4-14 yrs	CH17023
Rm 2	ID/AP: \$62	OD: \$77.50		

#### Week 4

7/7-7/11	M-F	4-6 pm	4-14 yrs	CH17024
Rm 2	ID/AP: \$78	OD: \$97.50		

#### Week 5

7/14-7/18	M-F	4-6 pm	4-14 yrs	CH17025
Rm 2	ID/AP: \$78	OD: \$97.50		

#### Week 6

7/21-7/25	M-F	4-6 pm	4-14 yrs	CH17026
Rm 2	ID/AP: \$78	OD: \$97.50		

#### Week 7

7/28-8/1	M-F	4-6 pm	4-14 yrs	CH17027
Rm 2	ID/AP: \$78	OD: \$97.50		

#### Week 8

8/4-8/8	M-F	4-6 pm	4-14 yrs	CH17028
Rm 2	ID/AP: \$78	OD: \$97.50		

#### Week 9

8/11-8/15	M-F	4-6 pm	4-14 yrs	CH17029
Rm 2	ID/AP: \$103	OD: \$128.75		

#### Week 10

##### No camp 8/21, 8/22

8/18-8/20	M/T/W	4-6 pm	4-14 yrs	CH17030
Rm 3	ID/AP: \$47	OD: \$58.75		

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

# Summer Camps

Conestoga Recreation & Aquatic Center Camps at a Glance

503-629-6313

Age	4-6 yrs	7-8 yrs	8-10 yrs	9-12 yrs	11-16 yrs
<b>Week 1</b> <b>6/16-6/18</b> <b>(no camp 6/19, 6/20)</b>	Butterflies and Ballet Dance Camp Conestoga Explorers (5-6) Game On Mini Hoops Camp Little Padawans Mini Camp Mini Movers Hip Hop Dance Camp	Art Adventures Camp (7-12)* Aqua Odyssey Jr: Classic Swim Camp (7-10) Conestoga Explorers (5-6) Conestoga Pathfinders (7-8) Foundation Builders Basketball Camp (7-12)	Art Adventures Camp (7-12) An Allergy Conscious Cooking Camp (10-14) Aqua Odyssey Jr: Classic Swim Camp (7-10) Aqua Odyssey: Classic Swim Camp (9-12) Conestoga Pathfinders (7-8) Conestoga Trekkers (9-10) Foundation Builders Basketball Camp (7-12)	An Allergy Conscious Cooking Camp (10-14) Aqua Odyssey: Classic Swim Camp Art Adventures Camp (7-12) Conestoga Adventurers (11-14) Conestoga Trekkers (9-10) Foundation Builders Basketball Camp (7-12)	An Allergy Conscious Cooking Camp (10-14) Conestoga Adventurers Foundation Builders Basketball Camp (7-12)
<b>Week 2</b> <b>6/23-6/27</b>	Brick Builders Camp (6-10) Conestoga Explorers (5-6) Imagination Adventure Camp (6-14) Junior Chefs Preschool Camp Little Sluggers T-Ball Mini Camp Sparkle and Spirit Cheer Camp (6-8) Under the Sea Mini Art Camp	Aqua Odyssey Jr: Classic Swim Camp (7-10) Art Sampler Camp (7-12) Brick Builders Camp (6-10) Conestoga Pathfinders (7-8) Conestoga Explorers (5-6) Conestoga Pathfinders (7-8) Imagination Adventure Camp (6-14) Outdoor Academy Camp: Nature Pros (8-12) Rocket Rally Pickleball Camp (7-12) Sparkle and Spirit Cheer Camp (6-8) Sports Action Camp - Tennis & Pickleball Week (7-12) Treasure Quest Camp (7-12)	Aqua Odyssey Jr: Classic Swim Camp (7-10) Art Sampler Camp (7-12) Brick Builders Camp (6-10) Conestoga Pathfinders (7-8) Conestoga Trekkers (9-10) Imagination Adventure Camp (6-14) Outdoor Academy Camp: Nature Pros (8-12) Pastry Paradise Cooking Camp (10-14) Rocket Rally Pickleball Camp (7-12) Sparkle and Spirit Cheer Camp (6-8) Sports Action Camp - Tennis & Pickleball Week (7-12) Treasure Quest Camp (7-12)	Aqua Odyssey: Classic Swim Camp Art Sampler Camp (7-12) Brick Builders Camp (6-10) Conestoga Adventurers (11-14) Conestoga Trekkers (9-10) Imagination Adventure Camp (6-14) Outdoor Academy Camp: Nature Pros (8-12) Pastry Paradise Cooking Camp (10-14) Rocket Rally Pickleball Camp (7-12) Sports Action Camp - Tennis & Pickleball Week (7-12) Treasure Quest Camp (7-12) Weight Training Camp (11-14)	Art Sampler Camp (7-12) Conestoga Adventurers (11-14) Expedition: Adventure! Camp (13-17) Imagination Adventure Camp (6-14) Outdoor Academy Camp: Nature Pros (8-12) Pastry Paradise Cooking Camp (10-14) Sports Action Camp - Tennis & Pickleball Week (7-12) Treasure Quest Camp (7-12) Weight Training Camp (11-14)
<b>Week 3</b> <b>6/30-7/3</b> <b>(no camp 7/4)</b>	Conestoga Explorers (5-6) Little Aces Tennis Mini Camp Mini Striker Soccer Camp	Bump, Set, Spike! Volleyball Camp (7-12) Comic Book Creations Camp (7-12) Conestoga Explorers (5-6) Conestoga Pathfinders (7-8)	Bump, Set, Spike! Volleyball Camp (7-12) Campout Cooking Camp (10-14) Comic Book Creations Camp (7-12) Conestoga Pathfinders (7-8) Conestoga Trekkers (9-10)	Bump, Set, Spike! Volleyball Camp (7-12) Campout Cooking Camp (10-14) Comic Book Creations Camp (7-12) Conestoga Adventurers (11-14) Conestoga Trekkers (9-10) Weight Training Camp (11-14)	Bump, Set, Spike! Volleyball Camp (7-12) Campout Cooking Camp (10-14) Comic Book Creations Camp (7-12) Conestoga Adventurers (11-14) Weight Training Camp (11-14)
<b>Week 4</b> <b>7/7-7/11</b>	Conestoga Explorers (5-6) Jurassic Jungle Preschool Camp Serve and Swing Tennis Camp (6-8) Tiny Chefs Camp: Pizza Party	Aqua Odyssey Jr: Safe Swimmer Camp (7-10) Conestoga Explorers (5-6) Conestoga Pathfinders (7-8) Improv Adventures Camp (8-13) Lawn Games Camp (7-12) Park and Playground Trailblazers Camp (8-12) Rocket Rally Pickleball Camp (7-12) Sabre Fencing Camp (7-12) Serve and Swing Tennis Camp (6-8) Sports Action Camp - Baseball & Softball Week (7-12) Swing and Slide Playground Camp (7-10)	Aqua Odyssey Jr: Safe Swimmer Camp (7-10) Conestoga Pathfinders (7-8) Conestoga Trekkers (9-10) Cupcake Challenge Cooking Camp (10-14) Improv Adventures Camp (8-13) Improv Adventures Camp (8-13) Lawn Games Camp (7-12) Park and Playground Trailblazers Camp (8-12) Rally Rockstars Tennis Camp (9-12 years) Rocket Rally Pickleball Camp (7-12) Sabre Fencing Camp (7-12) Serve and Swing Tennis Camp (6-8) Sports Action Camp - Baseball & Softball Week (7-12) Swing and Slide Playground Camp (7-10)	Conestoga Adventurers (11-14) Conestoga Trekkers (9-10) Cupcake Challenge Cooking Camp (10-14) Improv Adventures Camp (8-13) Jr. Lifeguarding Camp (12-15) Lawn Games Camp (7-12) Park and Playground Trailblazers Camp (8-12) Rally Rockstars Tennis Camp (9-12 years) Rocket Rally Pickleball Camp (7-12) Sabre Fencing Camp (7-12) Sports Action Camp - Baseball & Softball Week (7-12) Swing and Slide Playground Camp (7-10)	Conestoga Adventurers (11-14) Cupcake Challenge Cooking Camp (10-14) Improv Adventures Camp (8-13) Jr. Lifeguarding Camp (12-15) Park and Playground Trailblazers Camp (8-12) Rally Rockstars Tennis Camp (9-12 years) Rocket Rally Pickleball Camp (7-12) Sabre Fencing Camp (7-12) Sports Action Camp - Baseball & Softball Week (7-12)
<b>Week 5</b> <b>7/14-7/18</b>	Brick Builders Camp (6-10) Conestoga Explorers (5-6) Imagination Adventure Camp (6-14) Ooze, Goo & Slimy Science Outdoor Academy Camp: Little Acorns Sports Safari Mini Camp Superhero Mini Art Camp	Adventures in Cardboard: The Original Sandbox (8-12) Aqua Odyssey Jr: Safe Swimmer Camp (7-10) Brick Builders Camp (6-10) Build, Sculpt and Paint Camp (8-13) Conestoga Explorers (5-6) Conestoga Pathfinders (7-8) First Flips Tumbling Camp (7-12) Imagination Adventure Camp (6-14) Jedi Training Camp (7-9)	Adventures in Cardboard: The Original Sandbox (8-12) Aqua Odyssey Jr: Safe Swimmer Camp (7-10) Boredom Busters Camp (10-14) Brick Builders Camp (6-10) Build, Sculpt and Paint Camp (8-13) Conestoga Pathfinders (7-8) Conestoga Trekkers (9-10) Farm to Table Cooking Camp (10-14) First Flips Tumbling Camp (7-12) Imagination Adventure Camp (6-14) Jedi Training Camp (7-9)	Adventures in Cardboard: The Original Sandbox (8-12) Aqua Odyssey Jr: Safe Swimmer Camp (7-10) Boredom Busters Camp (10-14) Brick Builders Camp (6-10) Build, Sculpt and Paint Camp (8-13) Conestoga Adventurers (11-14) Conestoga Trekkers (9-10) Farm to Table Cooking Camp (10-14) First Flips Tumbling Camp (7-12) Imagination Adventure Camp (6-14) Jedi Training Camp (7-9) Jr. Lifeguarding Camp (12-15)	Adventures in Cardboard: The Original Sandbox (8-12) Boredom Busters Camp (10-14) Build, Sculpt and Paint Camp (8-13) Conestoga Adventurers (11-14) Farm to Table Cooking Camp (10-14) First Flips Tumbling Camp (7-12) Imagination Adventure Camp (6-14) Jr. Lifeguarding Camp (12-15)

# Summer Camps

Conestoga Recreation & Aquatic Center Camps at a Glance

503-629-6313

Age	4-6 yrs	7-8 yrs	8-10 yrs	9-12 yrs	11-16 yrs
<b>Week 6</b> 7/21-7/25	Little Sluggers T-Ball Mini Camp Conestoga Explorers (5-6) Cosmic Kids Space Exploration Camp Tiny Chefs Camp: Rainbow Snacks	Aqua Odyssey Jr: Aquatic Sampler Swim Camp (7-10) Conestoga Pathfinders (7-8) Conestoga Explorers (5-6) Girls Got Game: Sports and Empowerment Camp (7-12) Gym Games Galore Camp (7-12) Manga Mania Art Camp (8-13) Sabre Fencing Camp (7-12yr) Swing and Slide Playground Camp (7-12) Treasure Quest Camp (7-12)	Aqua Odyssey Jr: Aquatic Sampler Swim Camp (7-10) Aqua Odyssey: Aquatic Sampler Swim Camp (9-12) Conestoga Pathfinders (7-8) Conestoga Trekkers (9-10) Delicious Desserts Cooking Camp (10-14) Girls Got Game: Sports and Empowerment Camp (7-12) Gym Games Galore Camp (7-12) Manga Mania Art Camp (8-13) Sabre Fencing Camp (7-12yr) Swing and Slide Playground Camp (7-12) Treasure Quest Camp (7-12)	Aqua Odyssey Jr: Aquatic Sampler Swim Camp (7-10) Aqua Odyssey: Aquatic Sampler Swim Camp (9-12) City Surfers Camp (11-16) Conestoga Adventurers (11-14) Conestoga Trekkers (9-10) Delicious Desserts Cooking Camp (10-14) Girls Got Game: Sports and Empowerment Camp (7-12) Gym Games Galore Camp (7-12) Manga Mania Art Camp (8-13) Sabre Fencing Camp (7-12yr) Swing and Slide Playground Camp (7-12) Treasure Quest Camp (7-12)	Aqua Odyssey: Aquatic Sampler Swim Camp (9-12) City Surfers Camp (11-16) Conestoga Adventurers (11-14) Delicious Desserts Cooking Camp (10-14) Girls Got Game: Sports and Empowerment Camp (7-12) Gym Games Galore Camp (7-12) Manga Mania Art Camp (8-13) Sabre Fencing Camp (7-12yr) Swing and Slide Playground Camp (7-12) Treasure Quest Camp (7-12)
<b>Week 7</b> 7/28-8/1	Conestoga Explorers (5-6) Mini Marvels Superhero Training Camp Serve and Swing Tennis Camp (6-8) Superhero Preschool Camp	Aqua Odyssey Jr: Science Swim Camp (7-12) All Star Skills Basketball Camp (7-12) Conestoga Pathfinders (7-8) Conestoga Explorers (5-6) Drama Camp Just for Kids (8-13) Little Lotus Yoga Camp (7-12) Outdoor Academy Camp: Art in Nature (7-10) Sabre Fencing Camp (7-12yr) Serve and Swing Tennis Camp (6-8) Wet n' Wild Water Games Camp (7-12)	All Star Skills Basketball Camp (7-12) Aqua Odyssey Jr: Science Swim Camp (7-12) Aqua Odyssey: Science Swim Camp (9-12) Conestoga Pathfinders (7-8) Conestoga Trekkers (9-10) Drama Camp Just for Kids (8-13) Italian Cuisine Cooking Camp (10-14) Little Lotus Yoga Camp (7-12) Nature Navigators Camp (10-14) Outdoor Academy Camp: Art in Nature (7-10) Rally Rockstars Tennis Camp (9-12 years) Sabre Fencing Camp (7-12yr) Serve and Swing Tennis Camp (6-8) Wet n' Wild Water Games Camp (7-12)	All Star Skills Basketball Camp (7-12) Aqua Odyssey Jr: Science Swim Camp (7-12) Aqua Odyssey: Science Swim Camp (9-12) Conestoga Adventurers (11-14) Conestoga Trekkers (9-10) Drama Camp Just for Kids (8-13) Italian Cuisine Cooking Camp (10-14) Little Lotus Yoga Camp (7-12) Nature Navigators Camp (10-14) Outdoor Academy Camp: Art in Nature (7-10) Rally Rockstars Tennis Camp (9-12 years) Sabre Fencing Camp (7-12yr) Wet n' Wild Water Games Camp (7-12)	All Star Skills Basketball Camp (7-12) Aqua Odyssey Jr: Science Swim Camp (7-12) Aqua Odyssey: Science Swim Camp (9-12) Conestoga Adventurers (11-14) Drama Camp Just for Kids (8-13) Italian Cuisine Cooking Camp (10-14) Little Lotus Yoga Camp (7-12) Nature Navigators Camp (10-14) Rally Rockstars Tennis Camp (9-12 years) Sabre Fencing Camp (7-12yr) Wet n' Wild Water Games Camp (7-12)
<b>Week 8</b> 8/4-8/8	Sports Safari Mini Camp Conestoga Explorers (5-6) Fantastic Fairies Preschool Camp	Aqua Odyssey Jr: Art Swim Camp (7-10) Adventures in Cardboard: Cardboard Metropolis (8-12) Books, Cards, Sculpture and Painting Camp (8-13) Conestoga Pathfinders (7-8) Conestoga Explorers (5-6) Sabre Fencing Camp (7-12yr) Treasure Quest Camp (7-12) Wet n' Wild Water Games Camp (7-12)	Adventures in Cardboard: Cardboard Metropolis (8-12) Aqua Odyssey Jr: Art Swim Camp (7-10) Books, Cards, Sculpture and Painting Camp (8-13) Camp Impact (10-14) Conestoga Pathfinders (7-8) Conestoga Trekkers (9-10) Sabre Fencing Camp (7-12yr) The Science of Cooking Camp (10-14) Treasure Quest Camp (7-12) Wet n' Wild Water Games Camp (7-12)	Adventures in Cardboard: Cardboard Metropolis (8-12) Aqua Odyssey Jr: Art Swim Camp (7-10) Books, Cards, Sculpture and Painting Camp (8-13) Camp Impact (10-14) Conestoga Adventurers (11-14) Conestoga Trekkers (9-10) Sabre Fencing Camp (7-12yr) The Science of Cooking Camp (10-14) Treasure Quest Camp (7-12) Wet n' Wild Water Games Camp (7-12)	Sabre Fencing Camp (7-12yr) Adventures in Cardboard: Cardboard Metropolis (8-12) Books, Cards, Sculpture and Painting Camp (8-13) Camp Impact (10-14) Conestoga Adventurers (11-14) The Science of Cooking Camp (10-14) Treasure Quest Camp (7-12) Wet n' Wild Water Games Camp (7-12)
<b>Week 9</b> 8/11-8/15	Game On Mini Hoops Camp Conestoga Explorers (5-6) Imagination Adventure Camp (6-14) Little Padawans Mini Camp Tiny Truckers Preschool Camp	Aqua Odyssey Jr: Games Swim Camp (7-10) Awesome Art Camp (7-12) Conestoga Pathfinders (7-8) Conestoga Explorers (5-6) Imagination Adventure Camp (6-14) Jedi Training Camp (8-10) Wet n' Wild Water Games Camp (7-12)	Aqua Odyssey Jr: Games Swim Camp (7-10) Aqua Odyssey: Art Swim Camp (9-12) Aqua Odyssey: Games Swim Camp (9-12) Around the Word Cooking Camp (10-14) Awesome Art Camp (7-12) Conestoga Pathfinders (7-8) Conestoga Trekkers (9-10) Imagination Adventure Camp (6-14) Jedi Training Camp (8-10) Wet n' Wild Water Games Camp (7-12)	Aqua Odyssey Jr: Games Swim Camp (7-10) Aqua Odyssey: Art Swim Camp (9-12) Aqua Odyssey: Games Swim Camp (9-12) Around the Word Cooking Camp (10-14) Awesome Art Camp (7-12) Conestoga Adventurers (11-14) Conestoga Trekkers (9-10) Expedition: Adventure! Camp (13-17) Imagination Adventure Camp (6-14) Jedi Training Camp (8-10) Wet n' Wild Water Games Camp (7-12)	Aqua Odyssey: Art Swim Camp (9-12) Aqua Odyssey: Games Swim Camp (9-12) Around the Word Cooking Camp (10-14) Awesome Art Camp (7-12) Conestoga Adventurers (11-14) Expedition: Adventure! Camp (13-17) Imagination Adventure Camp (6-14) Wet n' Wild Water Games Camp (7-12)
<b>Week 10</b> 8/18-8/20 (no camps 8/21,8/22)	Brick Builders Camp (6-10) Conestoga Explorers (5-6) Mini Striker Camp Pixie Damp Camp	Adventures in Cardboard: Castles of Cardboard (8-12) Awesome Art Camp (7-12) Brick Builders Camp (6-10) Conestoga Pathfinders (7-8) Conestoga Explorers (5-6) Hip Hop Dance Camp 7-10	Adventures in Cardboard: Castles of Cardboard (8-12) Awesome Art Camp (7-12) Brick Builders Camp (6-10) Conestoga Pathfinders (7-8) Conestoga Trekkers (9-10) Hip Hop Dance Camp 7-10 Mystery Ingredient Challenge Cooking Camp (10-14)	Adventures in Cardboard: Castles of Cardboard (8-12) Awesome Art Camp (7-12) Brick Builders Camp (6-10) Conestoga Adventurers (11-14) Conestoga Trekkers (9-10) Hip Hop Dance Camp 7-10 Mystery Ingredient Challenge Cooking Camp (10-14)	Adventures in Cardboard: Castles of Cardboard (8-12) Awesome Art Camp (7-12) Conestoga Adventurers (11-14) Mystery Ingredient Challenge Cooking Camp (10-14)

# Summer Camps

Conestoga Recreation & Aquatic Center

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## Summer Camp Deposits and Balances

For full day summer camps, a \$30 deposit is required for each participant for weeks 2-10. The full balance for week 1 is due at the time of registration. All camp balances are due 14 days before the start of each camp by 5 pm. An individual's space in the camp will be forfeited automatically if the balance is not paid by the two-week prior deadline. The deposit is non-refundable.

**However, it may be transferred to another THPRD program prior to 5 pm, Friday, May 30.**

## Full-day Summer Camps - Youth

### Conestoga Explorers (5-6 yrs)

Each week takes campers into a different fantastical world, blending creative storytelling, outdoor play, and hands-on activities that are tailored for everyone. All campers should be sent to camp with closed toe shoes, a water bottle, sunscreen, lunch and two snacks each day. Bring swimsuit and a towel for camp swim days and splash pad time. Splash pad and pool time may vary on weather and availability. Field trip locations are subject to change.

#### Week 1: Enchanted Forest – Mystical Creatures and Magic

**Field Trip: No Field trip. No camp 6/19, 6/20.**

6/16-6/18 (1) M/T/W 8 am-6 pm 5-6 yrs CO17101  
Rm 101 ID/AP: \$189 OD: \$236.25

#### Week 2: Under the Sea – Ocean Kingdoms and Mermaids

**Field trip: Oregon Zoo**

6/23-6/27 (1) M-F 8 am-6 pm 5-6 yrs CO17102  
Rm 101 ID/AP: \$315 OD: \$393.75

#### Week 3: Dino World – The Age of Dinosaurs

**Field Trip: No Field trip. No camp 7/4.**

6/30-7/3 (1) M/T/W/Th 8 am-6 pm 5-6 yrs CO17103  
Rm 101 ID/AP: \$252 OD: \$315

#### Week 4: The Haunted Kingdom – Friendly Ghosts & Ghouls

**Field Trip: Top Golf**

7/7-7/11 (1) M-F 8 am-6 pm 5-6 yrs CO17104  
Rm 101 ID/AP: \$315 OD: \$393.75

#### Week 5: The Wild Safari – Creative Animal Kingdom

**Field Trip: Frog Pond Farms**

7/14-7/18 (1) M-F 8 am-6 pm 5-6 yrs CO17105  
Rm 101 ID/AP: \$315 OD: \$393.75

#### Week 6: Superhero City – Heroes and Villains

**Field Trip: Langers**

7/21-7/25 (1) M-F 8 am-6 pm 5-6 yrs CO17106  
Rm 101 ID/AP: \$315 OD: \$393.75

#### Week 7: Mission Control – Beyond the Stars

**Field Trip: OMSI**

7/28-8/1 (1) M-F 8 am-6 pm 5-6 yrs CO17107  
Rm 101 ID/AP: \$315 OD: \$393.75

#### Week 8: Knights and Princesses – Medieval Quest

**Field Trip: Sky Zone**

8/4-8/8 (1) M-F 8 am-6 pm 5-6 yrs CO17108  
Rm 101 ID/AP: \$315 OD: \$393.75

#### Week 9: Into the Jungle – Rainforest Rescue

**Field Trip: Ultrazone**

8/11-8/15 (1) M-F 8 am-6 pm 5-6 yrs CO17109  
Rm 101 ID/AP: \$315 OD: \$393.75

#### Week 10: Carnival Kingdom – The Grand Finale Celebration

**Field Trip: Onsite Carnival. No camp 8/21, 8/22.**

8/18-8/20 (1) M/T/W 8 am-6 pm 5-6 yrs CO17110  
Rm 101 ID/AP: \$189 OD: \$236.25

### Conestoga Pathfinders (7-8 yrs)

Each week takes campers into a different fantastical world, blending creative storytelling, outdoor play, and hands-on activities that are tailored for everyone. All campers should be sent to camp with closed toe shoes, a water bottle, sunscreen, lunch and two snacks each day. Bring swimsuit and a towel for camp swim days and splash pad time. Splash pad and pool time may vary on weather and availability. Field trip locations are subject to change.

#### Week 1: Enchanted Forest – Mystical Creatures and Magic

**Field Trip: No Field trip. No camp 6/19, 6/20.**

6/16-6/18 (1) M/T/W 8 am-6 pm 7-8 yrs CO17201  
Rm 202 ID/AP: \$189 OD: \$236.25

#### Week 2: Under the Sea – Ocean Kingdoms and Mermaids

**Field Trip: Oregon Zoo**

6/23-6/27 (1) M-F 8 am-6 pm 7-8 yrs CO17202  
Rm 202 ID/AP: \$315 OD: \$393.75

#### Week 3: Dino World – The Age of Dinosaurs

**Field Trip: No Field trip. No camp 7/4.**

6/30-7/3 (1) M/T/W/Th 8 am-6 pm 7-8 yrs CO17203  
Rm 202 ID/AP: \$252 OD: \$315

#### Week 4: The Haunted Kingdom – Friendly Ghosts & Ghouls

**Field Trip: Top Golf**

7/7-7/11 (1) M-F 8 am-6 pm 7-8 yrs CO17204  
Rm 202 ID/AP: \$315 OD: \$393.75

#### Week 5: The Wild Safari – Creative Animal Kingdom

**Field Trip: Frog Pond Farms**

7/14-7/18 (1) M-F 8 am-6 pm 7-8 yrs CO17205  
Rm 202 ID/AP: \$315 OD: \$393.75

#### Week 6: Superhero City – Heroes and Villains

**Field Trip: Langers**

7/21-7/25 (1) M-F 8 am-6 pm 7-8 yrs CO17206  
Rm 202 ID/AP: \$315 OD: \$393.75

#### Week 7: Mission Control – Beyond the Stars

**Field Trip: OMSI**

7/28-8/1 (1) M-F 8 am-6 pm 7-8 yrs CO17207  
Rm 202 ID/AP: \$315 OD: \$393.75

#### Week 8: Knights and Princesses – Medieval Quest

**Field Trip: Sky Zone**

8/4-8/8 (1) M-F 8 am-6 pm 7-8 yrs CO17208  
Rm 202 ID/AP: \$315 OD: \$393.75

#### Week 9: Into the Jungle – Rainforest Rescue

**Field Trip: Ultrazone**

8/11-8/15 (1) M-F 8 am-6 pm 7-8 yrs CO17209  
Rm 202 ID/AP: \$315 OD: \$393.75

#### Week 10: Carnival Kingdom – The Grand Finale Celebration

**Field Trip: Onsite Carnival. No camp 8/21, 8/22.**

8/18-8/20 (1) M/T/W 8 am-6 pm 7-8 yrs CO17210  
Rm 202 ID/AP: \$189 OD: \$236.25

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

# Summer Camps

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## Conestoga Trekkers (9-10 yrs)

Each week takes campers into a different fantastical world, blending creative storytelling, outdoor play, and hands-on activities that are tailored for everyone. All campers should be sent to camp with closed toe shoes, a water bottle, sunscreen, lunch and two snacks each day. Bring swimsuit and a towel for camp swim days and splash pad time. Splash pad and pool time may vary on weather and availability. Field trip locations are subject to change.

### Week 1: Enchanted Forest – Mystical Creatures and Magic

**Field Trip: No Field trip. No camp 6/19, 6/20.**

6/16-6/18 (1) M/T/W 8 am-6 pm 9-10 yrs CO17211  
Rm 205 ID/AP: \$189 OD: \$236.25

### Week 2: Under the Sea – Ocean Kingdoms and Mermaids

**Field Trip: Oregon Zoo**

6/23-6/27 (1) M-F 8 am-6 pm 9-10 yrs CO17212  
Rm 205 ID/AP: \$315 OD: \$393.75

### Week 3: Dino World – The Age of Dinosaurs

**Field Trip: No Field trip. No camp 7/4.**

6/30-7/3 (1) M/T/W/Th 8 am-6 pm 9-10 yrs CO17213  
Rm 205 ID/AP: \$252 OD: \$315

### Week 4: The Haunted Kingdom – Friendly Ghosts & Ghouls

**Field Trip: Top Golf**

7/7-7/11 (1) M-F 8 am-6 pm 9-10 yrs CO17214  
Rm 205 ID/AP: \$315 OD: \$393.75

### Week 5: The Wild Safari – Creative Animal Kingdom

**Field Trip: Frog Pond Farms**

7/14-7/18 (1) M-F 8 am-6 pm 9-10 yrs CO17215  
Rm 205 ID/AP: \$315 OD: \$393.75

### Week 6: Superhero City – Heroes and Villains

**Field Trip: Langers**

7/21-7/25 (1) M-F 8 am-6 pm 9-10 yrs CO17216  
Rm 205 ID/AP: \$315 OD: \$393.75

### Week 7: Mission Control – Beyond the Stars

**Field Trip: OMSI**

7/28-8/1 (1) M-F 8 am-6 pm 9-10 yrs CO17217  
Rm 205 ID/AP: \$315 OD: \$393.75

### Week 8: Knights and Princesses – Medieval Quest

**Field Trip: Sky Zone**

8/4-8/8 (1) M-F 8 am-6 pm 9-10 yrs CO17218  
Rm 205 ID/AP: \$315 OD: \$393.75

### Week 9: Into the Jungle – Rainforest Rescue

**Field Trip: Ultrazone**

8/11-8/15 (1) M-F 8 am-6 pm 9-10 yrs CO17219  
Rm 205 ID/AP: \$315 OD: \$393.75

### Week 10: Carnival Kingdom – The Grand Finale Celebration

**Field Trip: Onsite Carnival. No camp 8/21, 8/22.**

8/18-8/20 (1) M/T/W 8 am-6 pm 9-10 yrs CO17220  
Rm 205 ID/AP: \$189 OD: \$236.25



## Conestoga Adventurers (11-14 yrs)

Each week takes campers into a different fantastical world, blending creative storytelling, outdoor play, and hands-on activities that are tailored for everyone. Adventurers will experience daily field trips around the community, exploring new parks, exciting venues, and hidden gems. All campers should be sent to camp with closed toe shoes, a water bottle, sunscreen, lunch and two snacks each day. Bring swimsuit and a towel for camp swim days and splash pad time. Splash pad and pool time may vary on weather and availability. Field trip locations are subject to change.

### Week 1: Enchanted Forest – Mystical Creatures and Magic

**Field Trip: No Field trip. No camp 6/19, 6/20.**

6/16-6/18 (1) M/T/W 8 am-6 pm 11-14 yrs CO17221  
Rm 200 ID/AP: \$189 OD: \$236.25

### Week 2: Under the Sea – Ocean Kingdoms and Mermaids

**Field Trip: Oregon Zoo**

6/23-6/27 (1) M-F 8 am-6 pm 11-14 yrs CO17222  
Rm 200 ID/AP: \$315 OD: \$393.75

### Week 3: Dino World – The Age of Dinosaurs

**Field Trip: No Field trip. No camp 7/4.**

6/30-7/3 (1) M/T/W/Th 8 am-6 pm 11-14 yrs CO17223  
Rm 200 ID/AP: \$252 OD: \$315

### Week 4: The Haunted Kingdom – Friendly Ghosts & Ghouls

**Field Trip: Top Golf**

7/7-7/11 (1) M-F 8 am-6 pm 11-14 yrs CO17224  
Rm 200 ID/AP: \$315 OD: \$393.75

### Week 5: The Wild Safari – Creative Animal Kingdom

**Field Trip: Frog Pond Farms**

7/14-7/18 (1) M-F 8 am-6 pm 11-14 yrs CO17225  
Rm 200 ID/AP: \$315 OD: \$393.75

### Week 6: Superhero City – Heroes and Villains

**Field Trip: Langers**

7/21-7/25 (1) M-F 8 am-6 pm 11-14 yrs CO17226  
Rm 200 ID/AP: \$315 OD: \$393.75

### Week 7: Mission Control – Beyond the Stars

**Field Trip: OMSI**

7/28-8/1 (1) M-F 8 am-6 pm 11-14 yrs CO17227  
Rm 200 ID/AP: \$315 OD: \$393.75

### Week 8: Knights and Princesses – Medieval Quest

**Field Trip: Sky Zone**

8/4-8/8 (1) M-F 8 am-6 pm 11-14 yrs CO17228  
Rm 200 ID/AP: \$315 OD: \$393.75

### Week 9: Into the Jungle – Rainforest Rescue

**Field Trip: Ultrazone**

8/11-8/15 (1) M-F 8 am-6 pm 11-14 yrs CO17229  
Rm 200 ID/AP: \$315 OD: \$393.75

### Week 10: Carnival Kingdom – The Grand Finale Celebration

**Field Trip: Onsite Carnival. No camp 8/21, 8/22.**

8/18-8/20 (1) M/T/W 8 am-6 pm 11-14 yrs CO17230  
Rm 200 ID/AP: \$189 OD: \$236.25

## Before & After Camp Care Options

Looking for extended care before or after camp? We offer before/after-camp care and flexible options to meet your needs. Families can choose daily drop-in care or register in advance. Transportation is provided from any Conestoga Recreation & Aquatic Center summer camp, with pick-up and drop-off in the gymnasium.

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

# Summer Camps

Conestoga Recreation & Aquatic Center

503-629-6313

## Before-camp Conestoga Extended Care

Attending Sports Camp? Half day camps? Need extended care? We offer before camp care. Transportation provided to any Conestoga Recreation & Aquatic Center summer camps. Drop off will take place in the gymnasium. **No camp 6/21, 6/20, 7/4, 8/21, 8/22.**

Week	Dates	Days	Time	Age	Code	ID/AP	OD
Week 1	6/16-6/18	M/T/W	7:30-9 am	5-14yrs	CO17BC01	\$28	\$35
Week 2	6/23-6/27	M-F	7:30-9 am	5-14yrs	CO17BC02	\$47	\$58.75
Week 3	6/16-6/18	M/T/W/Th	7:30-9 am	5-14yrs	CO17BC03	\$38	\$47.50
Week 4	7/7-7/11	M-F	7:30-9 am	5-14yrs	CO17BC04	\$47	\$58.75
Week 5	7/14-7/18	M-F	7:30-9 am	5-14yrs	CO17BC05	\$47	\$58.75
Week 6	7/21-7/25	M-F	7:30-9 am	5-14yrs	CO17BC06	\$47	\$58.75
Week 7	7/28-8/1	M-F	7:30-9 am	5-14yrs	CO17BC07	\$47	\$58.75
Week 8	8/4-8/8	M-F	7:30-9 am	5-14yrs	CO17BC08	\$47	\$58.75
Week 9	8/11-8/15	M-F	7:30-9 am	5-14yrs	CO17BC09	\$47	\$58.75
Week 10	8/18-8/20	M/T/W	7:30-9 am	5-14yrs	CO17BC10	\$28	\$35

## After-camp Conestoga Extended Care

Attending Sports Camp? Half day camps? Need extended care? We offer after camp care. Transportation provided from any Conestoga Recreation & Aquatic Center summer camps. Pick up will take place in the gymnasium. **No camp 6/19, 6/20, 7/4, 8/21, 8/22.**

Week	Dates	Days	Time	Age	Code	ID/AP	OD
Week 1	6/16-6/18	M/T/W	4-6 pm	5-14yrs	CO17AC01	\$38	\$47.50
Week 2	6/23-6/27	M-F	4-6 pm	5-14yrs	CO17AC02	\$63	\$78.75
Week 3	6/16-6/18	M/T/W/Th	4-6 pm	5-14yrs	CO17AC03	\$50	\$62.50
Week 4	7/7-7/11	M-F	4-6 pm	5-14yrs	CO17AC04	\$63	\$78.75
Week 5	7/14-7/18	M-F	4-6 pm	5-14yrs	CO17AC05	\$63	\$78.75
Week 6	7/21-7/25	M-F	4-6 pm	5-14yrs	CO17AC06	\$63	\$78.75
Week 7	7/28-8/1	M-F	4-6 pm	5-14yrs	CO17AC07	\$63	\$78.75
Week 8	8/4-8/8	M-F	4-6 pm	5-14yrs	CO17AC08	\$63	\$78.75
Week 9	8/11-8/15	M-F	4-6 pm	5-14yrs	CO17AC09	\$63	\$78.75
Week 10	8/18-8/20	M/T/W	4-6 pm	5-14yrs	CO17AC10	\$38	\$47.50

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# Summer Camps

Conestoga Recreation & Aquatic Center

503-629-6313

## Offsite Specialty Camps – Youth

### Boredom Busters Camp **new**

Perfect for game enthusiasts, this camp offers an exciting blend of strategy, creativity, and friendly competition. Campers will explore diverse tabletop games, engage in life-sized board game challenges, and even design their own game. Field trips to local game stores will provide inspiration and hands-on experiences with new and classic games. Whether solving cooperative puzzles, mastering strategic gameplay, or working as a team, campers will enjoy a dynamic and engaging experience filled with fun and friendship. Campers will be off-site most of the day and return to Conestoga Recreation & Aquatic Center by 4:00 PM. Please bring a sack lunch and a drink each day. **Drop-off and pick-up will be at Conestoga Recreation & Aquatic Center.**

7/14-7/18 (1) M-F 9 am-4 pm 10-14 yrs CO18220  
OffSite ID/AP: \$407 OD: \$508.75

### Camp Impact **new**

Camp Impact is designed for individuals eager to impact their community positively. Through partnerships with local organizations and service projects, campers will engage in rewarding opportunities to develop valuable skills and form lasting friendships. This camp offers exciting daily field trips, allowing participants to experience the power of giving back firsthand. Alongside service projects, campers will enjoy games, crafts, and unique activities to make each day memorable. Campers will be off-site all day and return to Conestoga Recreation & Aquatic Center by 4:00 PM. Please bring a sack lunch and a drink each day. **Drop-off and pick-up will be at Conestoga Recreation & Aquatic Center.**

8/4-8/8 (1) M-F 9 am-4 pm 10-14 yrs CO18222  
OffSite ID/AP: \$407 OD: \$508.75

### City Surfers Camp **new**

Get ready for an exciting week of exploration and delicious treats! Campers will take daily field trips to iconic destinations, including Voodoo Doughnuts and Salt & Straw. Along the way, they'll learn how to navigate the city using MAX and TriMet, read maps, and explore different neighborhoods. The week wraps up with an epic scavenger hunt through the city! Campers will be off-site all day and return to the center by 4 PM daily. Please bring a sack lunch and a drink each day. **Drop-off and pick-up will be at Conestoga Recreation & Aquatic Center.**

7/21-7/25 (1) M-F 9 am-4 pm 11-16 yrs CO18221  
OffSite ID/AP: \$438 OD: \$547.50

### Expedition: Adventure Camp **new**

Experience an unforgettable week of adventure in this dynamic traveling camp! Each day offers a new and thrilling experience, from soaring through the treetops on ziplines and conquering high ropes courses to hiking the scenic trails of Silver Lake. Campers will also test their agility on an inflatable obstacle course and explore various exciting indoor and outdoor destinations. With a focus on exploration, teamwork, and adventure, this camp is perfect for those ready to challenge themselves and make lasting memories. Please bring a sack lunch and a drink each day. Campers will be off-site most of the day and return to Conestoga Recreation & Aquatic Center by 4 p.m. daily. **Drop-off and pick-up will be at Conestoga Recreation & Aquatic Center. Due to field trip requirements, all campers must be 13**

### years old by the first day of camp.

6/23-6/27 (1) M-F 9 am-4 pm 13-17 yrs CO18223  
OffSite ID/AP: \$482 OD: \$602.50  
8/11-8/15 (1) M-F 9 am-4 pm 13-17 yrs CO18224  
OffSite ID/AP: \$482 OD: \$602.50

### Imagination Adventure Camp **new**

At Imagination Adventures, we believe in fully immersive role-play experiences where campers can fully embody your own original character and bring them to life in the magical province of Orenwood. Each week campers will go on different adventures, solve puzzles, complete quests, and level up alongside their character through co-creative storytelling! This is a contract camp taught by Imagination Adventures, LLC. **Camp will take place offsite at Greenway Park.**

### Race to Cure the Damp

A strange magical fog is spreading disease on the people and land along the Sword Coast. Join forces with an alchemist and a druid to save Orenwood!

7/7-7/11 (1) M-F 9 am-4 pm 6-14 yrs CO18225  
Greenway Park ID/AP: \$425 OD: \$531.25

### Scout's Honor Lost and Found

A scouting expedition has gotten lost in the Fae Islands. Can you find them and bring them home?

7/14-7/18 (1) M-F 9 am-4 pm 6-14 yrs CO18226  
Greenway Park ID/AP: \$425 OD: \$531.25

### Race to the Fallen Star

Queen Amanthea has offered a handsome reward to anyone who can retrieve a fallen star she had mysterious dreams about.

7/21-7/25 (1) M-F 9 am-4 pm 6-14 yrs CO18227  
Greenway Park ID/AP: \$425 OD: \$531.25

### Nature Navigators Camp **new**

Fish, wildlife, trees, and more! Explore the wonders of the natural world and conservation. Take a field trip to the Bonneville Dam and Hatchery to visit Herman the Sturgeon. Hike at Stub Stewart State Park and learn about the natural world from a Park Ranger. Every day will provide opportunity for fun, learning, and exploration. Campers will be off-site all day and will return to center by 4pm daily. Please be sure to bring a sack lunch and a drink every day. **Drop-off and pick-up will be at Conestoga Recreation & Aquatic Center.**

7/28-8/1 (1) M-F 9 am-4 pm 10-14 yrs CO18228  
OffSite ID/AP: \$407 OD: \$508.75

### Park and Playground Trailblazers Camp

What does your perfect park look like? Explore and imagine your own park while creating amazing memories and making new friends. We will discover new spots and revisit favorites as we rate and review different parks and green spaces. Adventure around to unique sites such as Hidden Creek Park West and have fun while doing it! Please be sure to bring a sack lunch and a drink every day. Campers will be off-site all day and will return to center by 4pm daily. **Drop-off and pick-up will be at Conestoga Recreation & Aquatic Center.**

7/7-7/10 (1) M/T/W/Th 9 am-4 pm 8-12 yrs CO18229  
OffSite ID/AP: \$407 OD: \$508.75

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# Summer Camps

Conestoga Recreation & Aquatic Center

503-629-6313

## Sports Camps – Youth

### Baseball & Softball Week

Step up to the plate for a week of thrilling games, drills, and skill-building. Improve your swing, refine your pitch, and sharpen your fielding through exciting activities. Get ready to make new friends, boost your game, and enjoy a week of nonstop baseball and softball action! Campers may have water activities so please bring a swimsuit, towel, lunch, and water bottle daily. **Camp will take place offsite at Hiteon Park.**

7/7-7/11 (1) M-F 9 am-4 pm 7-12 yrs CO12253  
Hiteon Park ID/AP: \$366 OD: \$457.50

### Tennis & Pickleball Week

Serve up a great summer and elevate your tennis and pickleball game! This camp offers a week of nonstop fun, games, and action on the court. Sharpen your serve, nail those volleys, and master your forehand and backhand for both sports through friendly matches, drills, and skill-building activities. Improve your game, boost your hand-eye coordination, and make new friends along the way. Each camp day includes skill practice, technique instruction, and plenty of game play for both tennis and pickleball. Please send a lunch, two snacks, and a water bottle every day. Drop-off & pick-up will be at Conestoga Recreation & Aquatic Center on back patio. **Camp will take place offsite at Conestoga Middle School.**

6/23-6/27 (1) M-F 9 am-4 pm 7-12 yrs CO12256  
CMS Tennis Courts ID/AP: \$366 OD: \$457.50

### Girls Got Game:

#### Sports and Empowerment Camp

Join us for this unique and inspiring camp where we will split our time between sports exploration and empowering discussions on essential topics such as nutrition and body image, to foster our camper's confidence, strength, and a deeper understanding of what it means to thrive as a girl in today's world. Please send a lunch, two snacks, and a water bottle every day. Drop-off & pick-up will be at Conestoga Recreation & Aquatic Center on the back patio. **Camp will take place offsite at Greenway Park.**

8/11-8/15 (1) M-F 9 am-4 pm 7-12 yrs CO12252  
Greenway Park ID/AP: \$366 OD: \$457.50

## Half-day Preschool Camps at Fanno Farmhouse

**Camp is located at Fanno Farmhouse: 8405 SW Creekside Place (off of Hall Blvd, btwn Greenway & Nimbus).**

## Art Camps

### Under the Sea Mini Art Camp

Join us for an exciting week of art under the sea! We'll have a splash while we learn about shapes, color, and texture. Come prepared to get messy! Little ones will have the awesome opportunity to let their imaginations run wild! Bring a water bottle and snack.

6/23-6/27 (1) M-F 2-4 pm 4-6 yrs CO18109  
Fanno Farmhouse ID/AP: \$175 OD: \$218.75

### Superhero City Mini Art Camp

Artists Assemble! We'll have a SUPER time while we learn about shapes, color, and texture. Come prepared to get messy! Little ones will have the awesome opportunity to let their imaginations run wild! Bring a water bottle and snack.

7/14-7/18 (1) M-F 2-4pm 4-6yrs CO18110  
Fanno Farmhouse ID/AP: \$175 OD: \$218.75

## Cooking Camps

### Tiny Chefs Camp

Young chefs will learn all about the kitchen in this fun cooking camp geared towards preschoolers, by measuring, handling, and assembling yummy food! Kids practice cooperation, listening, and hand-eye coordination, as well as early math skills. Please note: we cannot guarantee an allergy-free environment or menu. Bring a water bottle and snack.

**Pizza Party**  
7/7-7/11 (1) M-F 2-4 pm 4-6 yrs CO18111  
Fanno Farmhouse ID/AP: \$175 OD: \$218.75

**Rainbow Snacks**  
7/21-7/25 (1) M-F 2-4 pm 4-6 yrs CO18112  
Fanno Farmhouse ID/AP: \$175 OD: \$218.75

## Specialty Camps

### Junior Chefs Preschool Camp

This week is the perfect cooking camp for little ones eager to explore the kitchen! In this hands-on fun-filled camp, preschoolers will learn measuring, pouring, cooking basics, and safety in the kitchen. We will make simple, delicious dishes that they can proudly call their own. Every activity is designed to spark creativity and build confidence in little chefs! Please note: We cannot ensure an allergy free environment. Bring water bottle and snack.

6/23-6/27 (1) M-F 9 am-12 pm 4-6 yrs CO18101  
Fanno Farmhouse ID/AP: \$234 OD: \$292.50

### Jurassic Jungle Preschool Camp

Get ready for a prehistoric adventure! Little learners will embark on a fun-filled journey through a world of dinosaurs and other jungle creatures. Dig for dinos, use your creativity with paints and arts & crafts, play fun games, and more. Join us for a roaring good time. Bring a water bottle and snack.

7/7-7/11 (1) M-F 9 am-12 pm 4-6 yrs CO18102  
Fanno Farmhouse ID/AP: \$234 OD: \$292.50

### Ooze, Goo & Slimy Science Preschool Camp

Get ready to get messy and have a blast! Little scientists will experiment with slime, gooey stuff, and other messy arts! Campers will love getting their hands dirty while discovering the magic of experiments. With hands-on activities, fun games, and lots of giggles, this camp is the perfect place for young minds to explore and play. Bring a water bottle and snack.

7/14-7/18 (1) M-F 9 am-12 pm 4-6 yrs CO18103  
Fanno Farmhouse ID/AP: \$234 OD: \$292.50

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# Summer Camps

Conestoga Recreation & Aquatic Center

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## Cosmic Kids Space Exploration Preschool Camp

Blast off into a galaxy of fun! Young astronauts will explore outer space through games, crafts, activities, and more. Ignite your imagination while discovering the wonders of the universe. Bring a water bottle and snack.

7/21-7/25 (1) M-F 9 am-12 pm 4-6 yrs CO18104  
Fanno Farmhouse ID/AP: \$234 OD: \$292.50

## Superhero Preschool Camp

Calling all little heroes! Come on the adventure of the summer to discover your superpowers. We will design our own costumes along with other fun crafts, and go on a real adventure in Fanno Creek Park! Bring a water bottle and snack.

7/28-8/1 (1) M-F 9 am-12 pm 4-6 yrs CO18105  
Fanno Farmhouse ID/AP: \$234 OD: \$292.50

## Fantastic Fairies Preschool Camp

Fly into a world of magic, wonder, and pixie dust! Little dreamers will enter an enchanting journey full of fairy themed songs, crafts, stories, and more. Every day is a new adventure full of sparkle and joy. Participants are welcome to wear any festive outfits from home to camp if they wish. Bring a water bottle and snack.

8/4-8/8 (1) M-F 9 am-12 pm 4-6 yrs CO18106  
Fanno Farmhouse ID/AP: \$234 OD: \$292.50

## Tiny Truckers Camp Preschool Camp

Start your engines, truck fans! We are ready to get down n' dirty and play with, learn about, and build our own trucks, planes, and cars. Drive into a day full of fun games, crafts, and activities. Bring a water bottle and snack.

8/11-8/15 (1) M-F 9 am-12 pm 4-6 yrs CO18107  
Fanno Farmhouse ID/AP: \$234 OD: \$292.50

## Half-day Camps – Preschool Dance Camps

### Butterflies and Ballet Dance Camp

Twirl, flutter, and flit like a butterfly all while exploring ballet vocabulary and techniques! This enchanting camp combines the grace of ballet with the magic of butterflies. Each day campers will learn delicate ballet moves, make beautiful crafts, and listen to whimsical stories. Please bring a snack and water bottle every day. **No camp 6/19, 6/20.**

6/16-6/18 (1) M/T/W 9 am-12 pm 4-6 yrs CO11100  
Rm 204 ID/AP: \$155 OD: \$193.75

### Mini Movers Hip Hop Dance Camp

Get ready to groove, shake, and make some moves! Join us for an journey through all things hip hop. This camp will provide an introduction to hip hop steps, while focusing on rhythm, musicality, balance and coordination. We will mix in dance games, funky crafts, and cool stories to make this dance camp a favorite! Each day campers will learn delicate ballet moves, make beautiful crafts, and listen to whimsical stories. Please bring a snack and water bottle every day. **No camp 6/19, 6/20.**

6/16-6/18 (1) M/T/W 1-4 pm 4-6 yrs CO11101  
Rm 204 ID/AP: \$155 OD: \$193.75

## Pixie Dust Dance Camp

Experience the magic of dance in a whimsical dance camp. Join us for each imaginative day filled with melodies from timeless Disney® classics, stories, and crafts. With faith, trust, and just a little pinch of pixie dust we'll dance our way to a world of creativity, friendship, and magic. Please send a snack and a water bottle every day. **No camp 8/21, 8/22.**

8/18-8/20 (1) M/T/W 9 am-12 pm 4-6 yrs CO11102  
Rm 204 ID/AP: \$155 OD: \$193.75

## Little Padawans Mini Camp

Join us for a week of out-of-this-world-fun. Train to be a Jedi through fun games, drills, and making your own "light saber"! Work together with other padawans to forge new friendships and tackle tasks. May the force (and fun!) be with you. Please bring a snack and a water bottle each day. **Camp will take place offsite at Hiteon Park. No camp 6/19, 6/20.**

6/16-6/18 (1) M/T/W 9 am-12 pm 4-6 yrs CO18113  
Hiteon Park ID/AP: \$127 OD: \$158.75  
8/11-8/15 (1) M-F 9 am-12 pm 4-6 yrs CO18114  
Hiteon Park ID/AP: \$196 OD: \$245

## Mini Marvels Superhero Training Camp

Campers, assemble! Join us for a super fun sports camp filled with challenges, rescue missions, and costume-making. What superpowers will you discover? Please bring a snack and a water bottle each day. **Camp will take place offsite at Hiteon Park.**

7/28-8/1 (1) M-F 9 am-12 pm 4-6 yrs CO18115  
Hiteon Park ID/AP: \$196 OD: \$245

## Outdoor Academy Camp: Little Acorns NEW

Calling all young explorers, this camp is perfect for you to take your first steps into learning about our natural world! This camp is designed for kids to discover the wonders of nature in a fun and engaging way. Through hands-on activities like nature walks and bug hunts, campers will learn about their environment and have a great time doing it. Each day will be filled with games, crafts, and nature-based activities to ignite curiosity. Please snack and water bottle daily. **Camp will take place offsite at Greenway Park.**

7/14-7/18 (1) M-F 9 am-12 pm 4-6 yrs CO18116  
Greenway Park ID/AP: \$196 OD: \$245

## Sports Camps

### Game On Mini Hoops Camp

Get ready to learn how to dribble, shoot, and score in this introductory basketball camp! Campers will be introduced to basic skills through games and activities. From slam dunks to swish shots campers will boost their confidence and teamwork while having a blast. Please bring snack and water bottle daily. **No camp 6/19, 6/20.**

6/16-6/18 (1) M/T/W 9 am-12 pm 4-6 yrs CO12130  
GYM #1 ID/AP: \$132 OD: \$165  
8/11-8/15 (1) M-F 9 am-12 pm 4-6 yrs CO12131  
GYM #1 ID/AP: \$201 OD: \$251.25

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

# Summer Camps

Conestoga Recreation & Aquatic Center

503-629-6313

## Mini Striker Soccer Camp

Kick off your summer with action and excitement at this mini-camp! Campers will learn the basic skills and rules of soccer through fun drills and mini-games. Please bring a snack and water bottle daily. **Camp will take place offsite at Hiteon Park. No camp 7/4, 8/21, 8/22.**

6/30-7/3 (1)	M/T/W/Th	9 am-12 pm	4-6 yrs	CO12135
Hiteon Park		ID/AP: \$167	OD: \$208.75	
8/18-8/20 (1)	M/T/W	9 am-12 pm	4-6 yrs	CO12136
Hiteon Park		ID/AP: \$132	OD: \$165	

## Little Aces Tennis Mini Camp

Ace summer with this fun-filled introductory tennis camp. Learn the basics of tennis through exciting drill and games. Campers will swing into action learning forehands, backhands, and serves. Please bring snack and water bottle daily. **No camp 7/4.**

6/30-7/3 (1)	M/T/W/Th	9 am-12 pm	4-6 yrs	CO12132
GYM #1		ID/AP: \$167	OD: \$208.75	

## Little Sluggers T-Ball Mini Camp

Step up to the plate for a week of non-stop fun! Little Sluggers is perfect for budding baseball stars who are ready to swing, run, and learn the basics of the game. Each day is filled with drills, games, and plenty of chances to hit, catch, and score! Please bring snack and water bottle daily. **Camp will take place offsite at Hiteon Park.**

6/23-6/27 (1)	M-F	9 am-12 pm	4-6 yrs	CO12133
Hiteon Park		ID/AP: \$201	OD: \$251.25	
7/21-7/25 (1)	M-F	9 am-12 pm	4-6 yrs	CO12134
Hiteon Park		ID/AP: \$201	OD: \$251.25	

## Sports Safari Mini Camp

Kick off your summer with action and excitement at this mini-camp! Campers will learn the basic skills and rules of soccer through fun drills and mini-games. Please bring a snack and water bottle daily. **Camp will take place offsite at Hiteon Park.**

7/14-7/18 (1)	M-F	9 am-12 pm	4-6 yrs	CO12137
Hiteon Park		ID/AP: \$201	OD: \$251.25	
8/4-8/8 (1)	M-F	9 am-12 pm	4-6 yrs	CO12138
Hiteon Park		ID/AP: \$201	OD: \$251.25	

## Half-Day Camps – Youth

### Art Camps

#### Art Adventures Camp

Unleash your creativity and imagination at this fun filled art camp. Campers will have the opportunity to explore a variety of mediums including: clay, paper mache, paint, and more! Explore your artistic side and create beautiful art you get to take home! Please bring a snack and water bottle every day. **No camp 6/19, 6/20, 8/21, 8/22.**

6/16-6/18 (1)	M/T/W	10 am-1 pm	7-12 yrs	CO14201
Rm 200		ID/AP: \$145	OD: \$181.25	
8/18-8/20 (1)	M/T/W	10 am-1 pm	8-13 yrs	CO14202

Rm 200 ID/AP: \$145 OD: \$181.25

#### Art Sampler Camp

Get ready to explore a world of creativity at this variety-based art camp! Your imagination will know no limits as you create pop-up cards, tie-dye shirts, recycled art creations, and more. Campers will be inspired and challenged with different art styles and techniques. Please bring a snack and water bottle every day.

6/23-6/27 (1)	M-F	10 am-1 pm	7-12 yrs	CO14203
Rm 200		ID/AP: \$214	OD: \$267.50	

#### Build, Sculpt and Paint Camp

Explore creativity and self-expression while you design and build your own mixed media sculptures! Throughout the week we will be sculpting in clay, constructing 3-D creations, and building one-of-a-kind sculptures using plaster strips and balloons. Campers will be encouraged to express themselves and create unique pieces of art. Take home all your incredible creations and show them off. Please bring a snack and water bottle every day.

7/14-7/18 (1)	M-F	10 am-1 pm	8-13 yrs	CO14206
Rm 200		ID/AP: \$214	OD: \$267.50	

#### Manga Mania Art Camp

Dive into the world of manga and anime character design! In this camp we will explore character costume and clothing creation, design, and world-building elements to make their characters come alive! This camp is an excellent companion to Comic Book Creations Camp. Please send a snack and a water bottle every day.

7/21-7/25 (1)	M-F	10 am-1 pm	8-13 yrs	CO14210
Rm 200		ID/AP: \$214	OD: \$267.50	

#### Books, Cards, Sculpture and Painting Camp

Go wild creating your own book, cards, sculpture, and acrylic painting on canvas. Learn illustrating techniques while you make petal and theater cards, illustrate and bind a book, paint on canvas, and sculpt with plaster strips. Please send a snack and a water bottle every day.

8/4-8/8 (1)	M-F	10 am-1 pm	8-13 yrs	CO14205
Rm 200		ID/AP: \$214	OD: \$267.50	

#### Awesome Art Camp

Get inspired through a wide variety of amazing art projects. We will sculpt, paint, and draw our way through this fun filled week. This camp is designed to prompt creativity and excitement about art! Please bring a snack and a water bottle every day.

8/11-8/15 (1)	M-F	10 am-1 pm	7-12 yrs	CO14204
Rm 200		ID/AP: \$214	OD: \$267.50	

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# Summer Camps

Conestoga Recreation & Aquatic Center

503-629-6313

## Cooking Camps

### Freedom to Feast: An Allergy Conscious Cooking Camp

Explore the world of delicious food without worry! Our hands-on cooking camp is designed to empower young chefs by teaching them how to create tasty, allergy-safe meals. From crafting sweet treats to savory snacks, kids will learn how to cook in a fun, safe, and inclusive way. Come ready to have fun cooking in our indoor and outdoor kitchens. **Please note we will be focusing on dairy-free and gluten-free recipes but cannot guarantee a fully allergy free environment.**

**No camp 6/19, 6/20.**

6/16-6/18 (1) M/T/W 9 am-12 pm 10-14 yrs CO15200  
Rm 202 ID/AP: \$185 OD: \$231.25

### Pastry Paradise Cooking Camp

Roll into the delicious world of pastry making as we bake, fold, and roll our way through classics and modern treats alike. From croissants to puff pastry, campers will learn baking techniques, kitchen safety, and culinary creativity. Come ready to have fun cooking in our indoor and outdoor kitchens. **Please note we cannot guarantee an allergy free environment or menu.**

6/23-6/26 (1) M/T/W/Th 9 am-12 pm 10-14 yrs CO15201  
Rm 202 ID/AP: \$230 OD: \$287.50

### Campout Cooking Camp

Discover the art of outdoor inspired cooking! From foil wrapped meals to smores and more, we will explore delicious, portable dishes perfect for the outdoors. Come ready to have fun cooking in our indoor and our outdoor kitchens! **Please note we cannot guarantee an allergy-free environment or menu.**

6/30-7/3 (1) M/T/W/Th 9 am-12 pm 10-14 yrs CO15202  
Rm 202 ID/AP: \$230 OD: \$287.50

### Cupcake Challenge Cooking Camp

It's cupcake week, where every day is a sweet celebration. Campers will explore the art of cupcake baking and decorating. Master creating a fluffy batter, tasting fillings, and and creative flavors.

Perfect for young bakers with a sweet tooth. Come ready to have fun cooking in our indoor and our outdoor kitchens! **Please note we cannot guarantee an allergy-free environment or menu.**

7/7-7/10 (1) M/T/W/Th 9 am-12 pm 10-14 yrs CO15203  
Rm 202 ID/AP: \$230 OD: \$287.50

### Farm to Table Cooking Camp

Campers will explore the journey from fresh ingredients to delicious meals in this cooking camp. Each day we will learn how to prepare vibrant dishes that celebrate the flavors of fruits, vegetables, and herbs. Campers will discover the basics of cooking with fresh and sustainable ingredients. This week offers a trip to go berry picking

along with kitchen safety and hands-on cooking! Come ready to have fun cooking in our indoor and our outdoor kitchens! **Please note we cannot guarantee an allergy-free environment or menu.**

7/14-7/17 (1) M/T/W/Th 9 am-12 pm 10-14 yrs CO15204  
Rm 202 ID/AP: \$230 OD: \$287.50

### Delicious Desserts Cooking Camp

Indulge your sweet tooth at Dessert Week, where we will be whipping up all things delicious! Campers will explore a variety of dessert styles and techniques. We will learn about balance, flavors, and presentation to create treats that are as good as they look.

Perfect for aspiring bakers and dessert enthusiasts, this week is all about creative, hands-on baking, cooking, and fun! Come ready to have fun cooking in our indoor and our outdoor kitchens! **Please note we cannot guarantee an allergy-free environment or menu.**

7/21-7/24 (1) M/T/W/Th 9 am-12 pm 10-14 yrs CO15205  
Rm 202 ID/AP: \$230 OD: \$287.50

### Italian Cuisine Cooking Camp

Young chefs will dive into the flavors of Italy, learning how to make classics like pasta and pizza! Each day, campers will explore new flavors and gain hands-on cooking experience. Perfect for kids eager to discover the magic of Italian cooking, this week offers delicious bites and fun along the way. Come ready to have fun cooking in our indoor and our outdoor kitchens! **Please note we cannot guarantee an allergy-free environment or menu.**

7/28-7/31 (1) M/T/W/Th 9 am-12 pm 10-14 yrs CO15206  
Rm 202 ID/AP: \$230 OD: \$287.50

### The Science of Cooking Camp

This week, campers will go beyond the recipes, learning the "why" behind baking as they mix, measure, and experiment with ingredients. From understanding yeast in bread to exploring how different fats affect your baking, each activity combines delicious results with hands-on cooking and learning. Perfect for kids who love to bake and experiment. Come ready to have fun cooking in our indoor and our outdoor kitchens! **Please note we cannot guarantee an allergy-free environment or menu.**

8/4-8/7 (1) M/T/W/Th 9 am-12 pm 10-14 yrs CO15207  
Rm 202 ID/AP: \$230 OD: \$287.50

### Around the World Cooking Camp

Head out on a culinary journey around the world! Campers will discover unique flavors and from recipes from cultures across the globe. They will prepare and taste dishes that tell stories of different places and people. It's a deliciously fun way to explore the world, one bite at a time! Come ready to have fun cooking in our indoor and our outdoor kitchens! **Please note we cannot guarantee an allergy-free environment or menu.**

8/11-8/14 (1) M/T/W/Th 9 am-12 pm 10-14 yrs CO15208  
Rm 202 ID/AP: \$230 OD: \$287.50

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

# Summer Camps

Conestoga Recreation & Aquatic Center

503-629-6313

## Mystery Ingredient Challenge Cooking Camp

Get ready for a week of culinary adventure! Each day, campers will face a new challenge as they uncover a secret ingredient that must be included in their dish. This week is all about creativity, problem solving, and thinking outside the box. Through fun, hands-on cooking experiences campers will unlock the potential of unexpected ingredients. Come ready to have fun cooking in our indoor and our outdoor kitchens! **Please note we cannot guarantee an allergy-free environment or menu. No camp on 8/21.**

8/18-8/20 (1) M/T/W 9 am-12 pm 10-14 yrs CO15209  
Rm 202 ID/AP: \$185 OD: \$231.25

## Dance Camps

### Hip Hop Hype Dance Camp

Get hyped for an epic week of dancing, fun, fresh moves. This camp is all about bringing energy, creativity, and style to the dance floor. This camp will provide an introduction to hip hop steps, while focusing on rhythm, musicality, balance and coordination. From funky crafts to rhythmic games, campers will be moving to the beat all day long. Please send a snack and a water bottle every day. **No camp 8/21, 8/22.**

8/18-8/20 (1) M/T/W 1-4 pm 7-10 yrs CO11200  
Rm 204 ID/AP: \$155 OD: \$193.75

## Fitness Camps

### Weight Training Camp

Are you going out for a sport this fall? Want to get a head start on conditioning? Come join us this summer at Conestoga and become a strong and fit athlete. This camp will focus on weight training, with time in the weight room in addition to games, agility drills, and conditioning. Develop your speed, power, and agility! **No camp 7/4.**

6/23-7/03 (2) M/T/W/Th 12-2pm 11-14 yrs CO12522  
Weight Room ID/AP: \$148 OD: \$185

## Specialty Camps

### Adventures in Cardboard: The Original Sandbox

Kids will unleash their imagination by designing and building amazing structures - all using cardboard! Campers are welcome to bring any of their ideas to the table in this creativity-based camp. From creating costumes and cities, to playing adventure games, this camp is packed with fun! Please bring a water bottle and snack each day.

7/14-7/18 (1) M-F 9 am-12 pm 8-12 yrs CO18200  
GYM #1 ID/AP: \$196 OD: \$245

### Adventures in Cardboard: Cardboard Metropolis

Enter a world of imagination where kids become architects and urban planners. Design and build their own themed cities, all from cardboard! Campers will work individually and in teams to create buildings, bridges, and sculptures. There are endless possibilities! Bring a water bottle and snack each day.

8/4-8/8 (1) M-F 1-4 pm 8-12 yrs CO18201  
GYM #2 ID/AP: \$196 OD: \$245

### Adventures in Cardboard: Castles of Cardboard

Step into a world where creativity and craftsmanship reign supreme as we challenge campers to build castles, armor, and more - all from the humble material of cardboard. Young artisans will use their imagination to design and construct their own medieval creations. Get ready to wield your duct tape, test your designs in action, and rule the cardboard kingdom! Bring a water bottle and snack each day. their own themed cities, all from cardboard! Campers will work individually and in teams to create buildings, bridges, and sculptures. There are endless possibilities! Bring a water bottle and snack each day.

8/18-8/22 (1) M-F 9 am-12 pm 8-12 yrs CO18202  
GYM #2 ID/AP: \$196 OD: \$245

### Brick Builders Camp

Welcome to the Brick Builders Camp! Let creativity soar as kids dive into the world of LEGO®. Through imaginative challenges and endless possibilities, campers build, design, and explore the wonders of this iconic brick universe. Please bring a snack and a water bottle every day.

6/23-6/27 (1) M-F 1-4 pm 6-10 yrs CO18203  
GYM #2 ID/AP: \$196 OD: \$245

7/14-7/18 (1) M-F 9 am-12 pm 6-10 yrs CO18204  
GYM #2 ID/AP: \$196 OD: \$245

8/18-8/22 (1) M-F 1-4 pm 6-10 yrs CO18205  
GYM #2 ID/AP: \$196 OD: \$245

### Comic Book Creations Camp

Make up imaginary, stories and more through graphic novels. Learn to use pictures, symbols, and text to convey information quickly and simply. Camp will discuss different types of humor and employ elements of storytelling and graphic novel imagery. Please bring a snack and water bottle every day. **No camp 7/4.**

6/30-7/3 (1) M/T/W/Th 10 am-1 pm 7-12 yrs CO14207  
Rm 200 ID/AP: \$180 OD: \$225

### Drama Camp Just for Kids

Create your very own play! Learn improvisational skills, stage presence, and timing. Build imagination and listening skills through exciting and fun drama games. You'll write your own scripts, make stage props, and perform your complete play on that last day of camp. Bravo! Please bring a snack and water bottle every day.

7/28-8/1 (1) M-F 10 am-1 pm 8-13 yrs CO14208  
Rm 200 ID/AP: \$214 OD: \$267.50

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# Summer Camps

Conestoga Recreation & Aquatic Center

503-629-6313

## Gym Games Galore Camp

Get ready for Gym Games Galore! Dive into an action-packed week filled with popular PE and gym games. From classics like Sharks and Minnows and Big Base to new favorites like Shipwreck and Elimination, join in the fun, and make new friends in an energetic and exciting environment. Please bring a snack and water bottle each day.

7/21-7/25 (1) M-F	1-4 pm	7-12 yrs	CO12235
GYM #2	ID/AP: \$201	OD: \$251.25	

## First Flips Tumbling Camp new

Flip into fun at this introductory tumbling camp! This week is all about learning new skills, gaining confidence, and having fun. Delve into tumbling fundamentals and explore introductory dance techniques often used in cheer. Please bring a snack and water bottle each day.

7/14-7/18 (1) M-F	1-4 pm	7-12 yrs	CO12233
Rm 201	ID/AP: \$201	OD: \$251.25	

## Improv Adventures Camp

Let your imagination run wild in this improv-based camp. Play hilarious and fun improv games while learning stage presence, timing, and improvisational skills. Stay tuned for an amazing performance for families on the last day of camp! Please bring a snack and water bottle every day.

7/7-7/11 (1) M-F	10 am-1 pm	8-13 yrs	CO14209
Rm 200	ID/AP: \$214	OD: \$267.50	

## Jedi Training Camp

Join us at Jedi Training Camp this summer where young Jedi will start their intergalactic training. Through exciting challenges, obstacle courses, and team missions' campers will learn to "use the force". We will practice "light saber" deflection techniques with fun games and activities. Please bring a snack and water bottle daily. **Camp will take place offsite at Greenway Park.**

7/14-7/18 (1) M-F	1-4 pm	7-9 yrs	CO18206
Greenway Park	ID/AP: \$196	OD: \$245	
8/11-8/15 (1) M-F	9 am-12 pm	8-10 yrs	CO18207
Greenway Park	ID/AP: \$196	OD: \$245	

## Lawn Games Camp

Get ready to have some fun! We are going to learn and play an assortment of traditional and new outdoor games throughout the week. Spike ball, Cornhole, giant connect four, ladder toss, croquet, and more! Please a snack and water bottle daily. **Camp will take place offsite at Greenway Park.**

7/7-7/11 (1) M-F	1-4 pm	7-12 yrs	CO12236
Greenway Park	ID/AP: \$201	OD: \$251.25	

## Little Lotus Yoga Camp new

Relaxation is fun! Join us for a serene journey of self-discovery through mindfulness crafts, games, and practices. With yoga and breathing exercises, we will nurture our bodies and minds. No yoga experience is required for this beginner camp. Please bring a snack and water bottle daily.

7/28-8/1 (1) M-F	1-4 pm	7-12 yrs	CO12237
Rm 201	ID/AP: \$201	OD: \$251.25	

## Outdoor Academy Camp: Art in Nature new

Creativity meets the great outdoors in this unique summer camp! Designed for young artists and nature enthusiasts, this camp offers an opportunity to explore the beauty of nature while developing artistic skills. From creating crafts with sticks and leaves, to painting landscapes, campers will engage in art projects inspired by the natural world. Along with games and other activities, this will be a week to remember! Please a snack and water bottle daily. **Camp will take place offsite at Greenway Park.**

7/28-8/1 (1) M-F	9 am-12 pm	7-10 yrs	CO18209
Greenway Park	ID/AP: \$196	OD: \$245	

## Outdoor Academy Camp: Nature Pros new

Welcome to Outdoor Academy: Nature Pros, the ultimate camp for young adventurers who want to connect with nature! This summer campers will become nature experts by exploring, playing games, and doing fun nature-based crafts. Every day offers exciting hands-on experiences from learning about tracking animals to the local plants. Kids will discover the wonder of the great outdoors, develop confidence, and build friendships. Please bring a snack and water bottle daily. **Camp will take place offsite at Greenway Park.**

6/23-6/27 (1) M-F	9 am-12 pm	8-12 yrs	CO18208
Greenway Park	ID/AP: \$196	OD: \$245	

## Swing and Slide Playground Camp new

Join the fun at our Swing and Slide Playground Camp! Experience the joy of classic games like tag, capture the flag, and more. Kids bond, play, and learn teamwork in this energetic outdoor adventure. Please bring a snack and water bottle daily. **Camp will take place offsite at Greenway Park.**

7/7-7/11 (1) M-F	9 am-12 pm	7-12 yrs	CO18210
Greenway Park	ID/AP: \$196	OD: \$245	
7/21-7/25 (1) M-F	1-4 pm	7-12 yrs	CO18211
Greenway Park	ID/AP: \$196	OD: \$245	

## Treasure Quest Camp

Join us for an unforgettable journey as young adventurers create their own maps to seek treasure, delve into making secret codes, unleash their creativity through crafts and games! Please bring a snack and water bottle daily. **Camp will take place offsite at Greenway Park.**

6/23-6/27 (1) M-F	1-4 pm	7-12 yrs	CO18212
Greenway Park	ID/AP: \$196	OD: \$245	
7/21-7/25 (1) M-F	9 am-12 pm	7-12 yrs	CO18213
Greenway Park	ID/AP: \$196	OD: \$245	
8/4-8/8 (1) M-F	9 am-12 pm	7-12 yrs	CO18214
Greenway Park	ID/AP: \$196	OD: \$245	

## Wet n' Wild Water Games Camp

When it's hot outside, the water comes out! Water balloons, water toys, slip n' slide, sprinkler relays, and more! Come cool off with us this summer! Campers will have water activities so please bring swimsuit, towel, snack, and water bottle daily. **Camp will take place offsite at Greenway Park.**

7/28-8/1 (1) M-F	1-4 pm	7-12 yrs	CO12249
Greenway Park	ID/AP: \$201	OD: \$251.25	
8/4-8/8 (1) M-F	1-4 pm	7-12 yrs	CO12250
Greenway Park	ID/AP: \$201	OD: \$251.25	
8/11-8/15 (1) M-F	1-4 pm	7-12 yrs	CO12251
Greenway Park	ID/AP: \$201	OD: \$251.25	

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# Summer Camps

Conestoga Recreation & Aquatic Center

503-629-6313

## Sport Camps

### Bump, Set, Spike! Volleyball Camp

Learn the fundamentals of volleyball in this beginner-friendly camp. Develop teamwork and confidence as you bump, set, spike, and serve your way through exciting drills and fun games. Put those new skills to the test with scrimmages and friendly competition. Please bring a snack and water bottle each day. **No camp 7/4.**

6/30-7/3 (1)	M/T/W/Th	1-4 pm	7-12 yrs	CO12231
GYM #2		ID/AP: \$167	OD: \$208.75	
8/11-8/15 (1)	M-F	1-4 pm	7-12 yrs	CO12232
GYM #2		ID/AP: \$201	OD: \$251.25	

### Foundation Builders Basketball Camp

Join us for a basketball skill-building camp! This camp is perfect for young basketball enthusiasts who want to improve their skills, learn cool moves, and make new friends on the court. Enhance your game through shooting, passing, and footwork drills and mini-games. Please bring a snack and water bottle each day. **No camp 6/19, 6/20.**

6/16-6/18 (1)	M/T/W	1-4 pm	7-12 yrs	CO12234
GYM #2		ID/AP: \$132	OD: \$165	

### All Star Skills Basketball Camp

In this camp, players will sharpen fundamental skills with a focus on ball control, shooting, dribbling, passing, footwork, and in-game strategies. Elevate your game through instruction designed to enhance overall basketball proficiency. Slam dunk into fun games and new friendships along the way. Please bring a snack and water bottle each day.

7/28-8/1 (1)	M-F	1-4 pm	7-12 yrs	CO12230
GYM #2		ID/AP: \$201	OD: \$251.25	

### Rally Rockstars Tennis Camp

Serve up a great summer and improve your tennis game! At Rally Rockstars, you'll enjoy a week of nonstop fun, games, and tennis action. Sharpen your serve, nail those volleys, and improve your forehand and backhand through friendly matches and drills. Elevate your game and make friends on the court while you work on your skills and hand-eye coordination. This camp is for beginning tennis players. Please bring a snack, water bottle, sunblock, and hat to camp each day. **Drop-off & pick-up will be at Conestoga Recreation & Aquatic Center on the back patio. Location: Offsite at Conestoga Middle School.**

7/28-8/1 (1)	M-F	9 am-12 pm	9-12 yrs	CO12238
CMS Tennis Courts		ID/AP: \$201	OD: \$251.25	
7/7-7/11 (1)	M-F	1-4 pm	9-12 yrs	CO12239
CMS Tennis Courts		ID/AP: \$201	OD: \$251.25	

### Rocket Rally Pickleball Camp

Serve up some fun this week practicing one of the fastest growing sports around - Pickleball! You'll have a blast learning the basics of pickleball through games and drills. With friendly competition you'll rally, play, and have an action-filled week. Each camp day includes skill practice, drills, and technique instruction. Please bring a snack and water bottle daily. **Camp will take place at the Conestoga Recreation & Aquatic Center.**

6/23-6/27 (1)	M-F	9 am-12 pm	7-12 yrs	CO12240
GYM #1		ID/AP: \$201	OD: \$251.25	
7/7-7/11 (1)	M-F	1-4 pm	7-12 yrs	CO12241
GYM #2		ID/AP: \$201	OD: \$251.25	

### Sabre Fencing Camp

Learn the basic tactical and technical skills of the Olympic sport of saber fencing. This dynamic sport offers challenges to quick thinking (it is like the physical game of chess!), improves coordination, strength, and agility. Fun games are incorporated while learning the footwork and drills. Safety is emphasized. Sanitized equipment is assigned to each individual on the first day. **All equipment is provided. Sabre fencing skills are introduced with skill practice and technique instruction provided by Oregon Fencing Alliance.**

7/7-7/11 (1)	M-F	9 am-12 pm	7-12 yrs	CO12242
GYM #1		ID/AP: \$200	OD: \$250	
7/21-7/25 (1)	M-F	9 am-12 pm	7-12 yrs	CO12243
GYM #1		ID/AP: \$200	OD: \$250	
7/28-8/1 (1)	M-F	9 am-12 pm	7-12 yrs	CO12244
GYM #1		ID/AP: \$200	OD: \$250	
8/4-8/8 (1)	M-F	9 am-12 pm	7-12 yrs	CO12245
GYM #1		ID/AP: \$200	OD: \$250	

### Serve and Swing Tennis Camp

Serve up a great summer and improve your tennis game! At Serve and Swing, you'll enjoy a week of nonstop fun, games, and tennis action. Sharpen your serve, nail those volleys, and improve your forehand and backhand through friendly matches and drills. Elevate your game and make friends on the court while you work on your skills and hand-eye coordination. This camp is for beginning tennis players. Please bring a snack, water bottle, sunblock, and hat to camp each day. Drop-off & pick-up will be at Conestoga Recreation & Aquatic Center on the back patio. **Location: Offsite at Conestoga Middle School.**

7/7-7/11 (1)	M-F	9 am-12 pm	6-8 yrs	CO12246
CMS Tennis Courts		ID/AP: \$201	OD: \$251.25	
7/28-8/1 (1)	M-F	1-4 pm	6-8 yrs	CO12247
CMS Tennis Courts		ID/AP: \$201	OD: \$251.25	

### Sparkle and Spirit Cheer Camp

Get ready to shine at this high-energy introductory cheer camp. No prior cheer or gymnastic experience is necessary. This week is all about bringing cheer to every moment with choreography and cheers that will leave campers feeling confident and empowered. From fun games to skill building, campers will end camp sparkling with cheer! Please bring a snack and water bottle to camp each day.

6/23-6/27 (1)	M-F	1-4 pm	6-8 yrs	CO12248
Rm 201		ID/AP: \$201	OD: \$251.25	

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# Summer Camps

Conestoga Recreation & Aquatic Center

503-629-6313

## Swim Camps

### Aqua Odyssey Jr Swim Camps

Aqua Odyssey Jr Swim Camps offer a variety of group games, crafts, and summer activities. From the pool to the playground, our camp is designed to ignite the spirit of adventure in every camper! Check online for full descriptions of weekly themes. Every week will be packed with daily swim lessons, fun games, crafts, and summer activities that will be sure to make a splash. Swim lesson will cover level 1-3 skills based off individual abilities.

#### Classic Camp Jr

6/16-6/18 M-W 9 am-12 pm 7-10yrs \$144/\$180 CA172001  
6/23-6/27 M-F 9 am-12 pm 7-10yrs \$225/\$281.25 CA172002

#### Safe Swimmer Camp

7/7-7/11 M-F 9 am-2 pm 7-10yrs \$225/\$281.25 CA172204  
7/14-7/18 M-F 9 am-12 pm 7-10yrs \$225/\$281.25 CA172205

#### Aquatic Sampler Jr.

7/21-7/25 M-F 9 am-12 pm 7-10yrs \$225/\$281.25 CA172206

#### Science Jr.

7/28-8/1 M-F 9 am-12 pm 7-10yrs \$225/\$281.25 CA172207

#### Art Jr.

8/4-8/8 M-F 9 am-12 pm 7-10yrs \$225/\$281.25 CA172208

#### Games Jr

8/11-8/15 M-F 9 am-12 pm 7-10yrs \$225/\$281.25 CA172209

### Aqua Odyssey Swim Camps

Aqua Odyssey Swim Camps offer a variety of group games, team-building exercises, and fun challenges. From the pool to the playground, our camp is designed to ignite the spirit of adventure in every camper! Each week will have a different theme with campers enjoying time in the pool. Swim lessons not included in this camp. Check online for full description of weekly themes.

#### Classic Camp

6/16-6/18 M-W 1-4 pm 9-12yrs \$131/\$163.75 CA172201  
6/23-6/27 M-F 1-4 pm 9-12yrs \$205/\$256.25 CA172202

#### Aquatic Sampler

7/21-7/25 M-F 1-4 pm 9-12yrs \$205/\$256.25 CA172206

#### Science

7/28-8/1 M-F 1-4 pm 9-12yrs \$205/\$256.25 CA172207

#### Art

8/4-8/8 M-F 1-4 pm 9-12yrs \$205/\$256.25 CA172208

#### Games

8/11-8/15 M-F 1-4 pm 9-12yrs \$205/\$256.25 CA172209

### Jr. Lifeguard Camp

Junior Lifeguard Camp focuses on developing swimming skills to help participants meet the American Red Cross Lifeguard Training course prerequisite and improve stroke technique. The camp 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. Camp will also include training to aid in swimming lessons and, of course, water games. If you're looking for a fun, hands-on camp, this is the one! (Level 4+)

7/7-7/11 M-F 1-4 pm 12-15yrs \$200/\$250 CA172204

7/14-7/18 M-F 1-4 pm 12-15yrs \$200/\$250 CA172205

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# Summer Camps

Garden Home Recreation Center Camps at a Glance

503-629-6341

Age	3-5 yrs	5-7 yrs	6-8 yrs	8-10 yrs	10-14 yrs
<b>Week 1</b> 6/17-6/21		Soccer Camp	Camp Garden Gnome: Scientists Week	Camp Willows: Sports Week Camp Hogwarts	Cuisine Quest: Global Eats Camp Hogwarts
<b>Week 2</b> 6/23-6/27	Gymnastics Camp- Pre gym Toon Town Adventures	Sports Mania	Camp Garden Gnome: Animation Week Coding with Kids	Camp Willows: Animal Week Art Camp: Mixed Media Mania Glam Squad: Wearable Wonders Stitchable Fun Coding with Kids DIY Beauty Lab	Art Camp: Mixed Media Mania Glam Squad: Wearable Wonders Stitchable Fun From Pantry to Plate: Home Basics Coding with Kids DIY Beauty Lab
<b>Week 3</b> 6/30-7/3	Mini Soccer Camp	Mini Soccer Camp Minecraft explorers using LEGO	Camp Garden Gnome: Dino week Backyard Chefs: Junior Grillers Gymnastics Camp- Gym 1 Minecraft Masters using LEGO	Camp Willows: Hogwarts Week DIY Beauty Lab Backyard Chefs: Junior Grillers Cinematic Adventures: Filmmaking Fun Minecraft Masters using LEGO	DIY Beauty Lab Backyard Chefs: Grill Masters Cinematic Adventures: Filmmaking Fun Minecraft Masters using LEGO
<b>Week 4</b> 7/7-7/11	Gymnastics Camp- Pre gym Mini Hoopers Little Artists' Studio	Art Camp: Pokémon Mini Hoopers Pickleball 101: Youth Camp	Camp Garden Gnome: Pokémon Week Art Camp: Pokémon	Camp Willows: Pokémon Week Music Camp: Guitar 101 Coding with Kids	Stitch & Create: Sewing by Hand From Pantry to Plate: Home Basics Music Camp: Guitar 101 Coding with Kids
<b>Week 5</b> 7/14-7/18		Once Upon a Recipe Sports and Splash Camp	Camp Garden Gnome: Explorers Gymnastics Camp-Gym 1 Soap & Candle Making	Camp Willows: Adventure Week Music Camp: Adventures in songwriting Gymnastics Camp- Gym 1 Coding with Kids Soap & Candle Making	Soap & Candle Making Music Camp: Adventures in songwriting Coding with Kids Soap & Candle Making
<b>Week 6</b> 7/21-7/25	Gymnastics Camp- Pre gym Taekwondo Camp: Little Dragons Construction Mini Camp	Pickleball 101: Youth Camp Sports Mania	Camp Garden Gnome: Ninja Week Taekwondo Camp: White Tigers Builders Workshop	Camp Willows: Scientists Week Art Camp: Anime Music Camp: Rock the Bass Taekwondo Camp: White Tigers Builders Workshop	Art Camp: Anime Adventures in Baking Music Camp: Rock the Bass Taekwondo Camp: White Tigers
<b>Week 7</b> 7/28-8/1		Kitchen Quest: Mini Chefs Sports and Splash Camp	Camp Garden Gnome: Wizards Week Hooked on Crochet Glam Squad: Wearable Wonders Gymnastics Camp- Gym 1 Imagination Adventures: The Lost City of Elves	Camp Willows: Gamer Week Art Camp: 3D Art Hooked on Crochet Glam Squad: Wearable Wonders Kitchen Quest: Future Foodies Music Camp: Studio Sessions Imagination Adventures: The Lost City of Elves	Art Camp: 3D Art Music Camp: Studio Sessions Imagination Adventures: The Lost City of Elves
<b>Week 8</b> 8/4-8/8	Gymnastics Camp- Pre gym Ooey Goopy Adventures	Drama Dreamers Soccer Camp Ooey Goopy Adventures	Camp Garden Gnome: Pirate Week Drama Dreamers Imagination Adventures: Palace of Time	Camp Willows: Snack-Galore Week Art Camp: Leaf & Brush Drama Dreamers Coding with Kids Imagination Adventures: Palace of Time	Art Camp: Leaf & Brush Adventures in Baking Coding with Kids Imagination Adventures: Palace of Time Weight Training Camp
<b>Week 9</b> 8/11-8/15		Kitchen Quest: Mini Chefs Sports and Splash Camp Pokémon Explorers using LEGO	Camp Garden Gnome: Superhero Week Gymnastics Camp- Gym 1 Imagination Adventures: Mage University Rivalry DIY Beauty Lab Pokémon Masters using LEGO	Camp Willows: SPLASH! Week DIY Beauty Lab Imagination Adventures: Mage University Rivalry Kitchen Quest: Future Foodies Pokémon Masters using LEGO	DIY Beauty Lab Imagination Adventures: Mage University Rivalry Pokémon Masters using LEGO
<b>Week 10</b> 8/18-8/22		Wildlife Wonders using LEGO	Camp Garden Gnome #10: Carnival Week Design Challenges using LEGO	Camp Willows: Carnival Week Design Challenges using LEGO	Design Challenges using LEGO

7475 SW Oleson Road, Portland

# Summer Camps

Garden Home Recreation Center

503-629-6341

## Summer Camp Deposits and Balances

A \$30 deposit is required for each participant for weeks 2-10. The full balance for week 1 is due at the time of registration. All camp balances are due 14 days before the start of each camp by 5 pm. An individual's space in the camp will be forfeited automatically if the balance is not paid by the two-week prior deadline. The deposit is non-refundable. However, it may be transferred to another THPRD program prior to 5 pm, Friday, May 30.

## Full-Day Camps

### Camp Garden Gnomes

There is nothing better than summer camp for trying new things and doing the things we love: crafts, sports, games, science, cooking, art and so much more. Let our staff turn this summer into an experience your kids will never forget! Bring a sack lunch, 2 snacks, sunscreen, and water bottle daily. **A \$30 deposit is included in this camp payment. Deposits are non-refundable, transferrable only prior to 5 pm, May 30, 2025.**

#### Camp Garden Gnome #1: Scientists Week.

**Trips this week: OMSI. No camp on 6/19.**

6/16-6/20 (1) M-T/W/F 8 am-6 pm 6-7 yrs GH17201  
Rm A ID/AP: \$252 OD: \$315

#### Camp Garden Gnome #2: Animation Week

**Trips this week: Wunderland.**

6/23-6/27 (1) M-F 8 am-6 pm 6-7 yrs GH17202  
Rm A ID/AP: \$315 OD: \$393.75

#### Camp Garden Gnome #3: Dino week

**Trip this week: Oaks Park. No camp on 7/4.**

6/30-7/3 (1) M-T/W/Th 8 am-6 pm 6-7 yrs GH17203  
Rm A ID/AP: \$252 OD: \$315

#### Camp Garden Gnome #4: Pokémon Week

**Trips this week: Oregon Zoo.**

7/7-7/11 (1) M-F 8 am-6 pm 6-7 yrs GH17204  
Rm A ID/AP: \$315 OD: \$393.75

#### Camp Garden Gnome #5: Explorers

**Trips this week: Sunny's Legendary Frozen Yogurt.**

7/14-7/18 (1) M-F 8 am-6 pm 6-7 yrs GH17205  
Rm A ID/AP: \$315 OD: \$393.75

#### Camp Garden Gnome #6: Ninja Week

**Trips this week: Defy.**

7/21-7/25 (1) M-F 8 am-6 pm 6-7 yrs GH17206  
Rm A ID/AP: \$315 OD: \$393.75

#### Camp Garden Gnome #7: Wizards Week

**Trips this week: Murase Plaza Park.**

7/28-8/1 (1) M-F 8 am-6 pm 6-7 yrs GH17207  
Rm A ID/AP: \$315 OD: \$393.75

#### Camp Garden Gnome #8: Pirate Week

**Trips this week: King Pins.**

8/4-8/8 (1) M-F 8 am-6 pm 6-7 yrs GH17208  
Rm A ID/AP: \$315 OD: \$393.75

#### Camp Garden Gnome #9: Superhero Week

**Trips this week: Langer's Entertainment Center.**

8/11-8/15 (1) M-F 8 am-6 pm 6-7 yrs GH17209  
Rm A ID/AP: \$315 OD: \$393.75

#### Camp Garden Gnome #10: Carnival Week

**\*Camp will take place offsite this week. Trips this week: Kona Ice Visit. .**

8/18-8/22 (1) M-F 8 am-6 pm 6-7 yrs GH17210  
Gym ID/AP: \$315 OD: \$393.75

### Camp Willows

Your child will have a fun week exploring and adventuring with crafts, sports, games, science, cooking, art and so much more. Let our staff turn this summer into an experience your kids will never forget! Bring a sack lunch, 2 snacks, sunscreen, and a water bottle daily. **A \$30 deposit is included in this camp payment. Deposits are non-refundable, transferrable only prior to 5 pm, May 30, 2025.**

#### Camp Willows #1: Sports Week

**Trips this week: Wilson Murase Plaza Park & No camp on 6/19.**

6/16-6/20 (1) M-T/W/F 8 am-6 pm 8-10 yrs GH17211  
Rm C ID/AP: \$252 OD: \$315

#### Camp Willows #2: Animal Week

**Trips this week: Oregon Zoo.**

6/23-6/27 (1) M-F 8 am-6 pm 8-10 yrs GH17212  
Rm C ID/AP: \$315 OD: \$393.75

#### Camp Willows #3: Hogwarts Week

**Trip this week: Harman Swim Center & Ice Cream. No camp on 7/4.**

6/30-7/3 (1) M-T/W/Th 8 am-6 pm 8-10 yrs GH17213  
Rm C ID/AP: \$252 OD: \$315

#### Camp Willows #4: Pokémon Week

**Trips this week: Langer's Entertainment Center.**

7/7-7/11 (1) M-F 8 am-6 pm 8-10 yrs GH17214  
Rm C ID/AP: \$315 OD: \$393.75

#### Camp Willows #5: Adventure Week

**Trips this week: OMSI.**

7/14-7/18 (1) M-F 8 am-6 pm 8-10 yrs GH17215  
Rm C ID/AP: \$315 OD: \$393.75

#### Camp Willows #6: Scientists Week

**Trips this week: Harman Swim Center.**

7/21-7/25 (1) M-F 8 am-6 pm 8-10 yrs GH17216  
Rm C ID/AP: \$315 OD: \$393.75

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# Summer Camps

Garden Home Recreation Center

503-629-6341

## Camp Willows #7: Gamer Week

**Trips this week: Super play.**

7/28-8/1 (1) M-F 8 am-6 pm 8-10 yrs GH17217  
Rm C ID/AP: \$315 OD: \$393.75

## Camp Willows #8: Snack-Galore Week

**Trips this week: Sunny's Legendary Froyo.**

8/4-8/8 (1) M-F 8 am-6 pm 8-10 yrs GH17218  
Rm C ID/AP: \$315 OD: \$393.75

## Camp Willows #9: SPLASH! Week

**Trips this week: Wilson Murase Plaza Park.**

8/11-8/15 (1) M-F 8 am-6 pm 8-10 yrs GH17219  
Rm C ID/AP: \$315 OD: \$393.75

## Camp Willows #10: Carnival Week

**Trips this week: Kona Ice Visit.**

8/18-8/22 (1) M-F 8 am-6 pm 8-10 yrs GH17220  
Rm C ID/AP: \$315 OD: \$393.75



## Art Mini Camps

### Half Day – Youth

#### Art Camp: Mixed Media Mania **new**

Explore a variety of art mediums, from paint and markers to clay and collage. This hands-on camp allows young artists to experiment, get creative, and create unique masterpieces using different materials and techniques. Bring a snack and water bottle daily.

6/23-6/27 (1) M-F 1:30-4:30 pm 9-13 yrs GH16201  
Rm 13 ID/AP: \$195 OD: \$243.75

#### Art Camp: Pokémon

Kids will explore the basics of drawing and creating their favorite Pokémon characters. Using simple techniques and colorful materials, young artists will bring Pokémon to life through easy-to-follow projects. Bring a snack and a water bottle daily.

7/7-7/11 (1) M-F 1:30-4:30 pm 5-8 yrs GH16202  
Rm 13 ID/AP: \$195 OD: \$243.75

#### Art Camp: Anime

Kids will learn the basics of drawing and designing anime characters that are fun and age appropriate. With easy-to-follow techniques, they'll explore the colorful, dynamic world of anime through exciting art projects. Bring a snack and a water bottle daily.

7/21-7/25 (1) M-F 9 am-12 pm 9-13 yrs GH16203  
Rm 13 ID/AP: \$195 OD: \$243.75

#### Art Camp: 3D Art **new**

Kids will explore the basics of creating stunning 3D art using a variety of materials. They'll learn how to transform flat ideas into dynamic, three-dimensional creations. It's a fun and creative way for young artists to develop new skills and bring their imagination to life! Bring a snack and a water bottle daily.

7/28-8/1 (1) M-F 9 am-12 pm 8-12 yrs GH16204  
Rm 13 ID/AP: \$195 OD: \$243.75

#### Art Camp: Leaf & Brush

Kids will explore the beauty of nature for their creations. From leaves and flowers to rocks and twigs, they'll use natural materials and simple techniques to create stunning artwork. It's the perfect way for young artists to connect with the environment while developing their artistic skills! Bring a snack and a water bottle daily.

8/4-8/8 (1) M-F 9 am-12 pm 8-12 yrs GH16205  
Rm 13 ID/AP: \$195 OD: \$243.75

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# Summer Camps

Garden Home Recreation Center

503-629-6341

## Stitchable Fun

Learn to do embroidery, arm knitting, and crochet. You will make lots of cool things to take home, including hair bows, stuffed animals, and more! Bring a snack and a water bottle daily.

6/23-6/27 (1) M-F 9 am-12 pm 9-13 yrs GH15210  
Rm 13 ID/AP: \$199 OD: \$248.75

## Stitch & Create: Sewing by Hand

Learn to sew by hand! Make your own hand puppets, hair accessories, bags and more from a wide variety of fabrics and threads. Bring snack and water bottle daily.

7/7-7/11 (1) M-F 9 am-12 pm 10-13 yrs GH15213  
Rm 13 ID/AP: \$199 OD: \$248.75

## Soap & Candle Making

Learn to make homemade soap and candles. Each day you will make something new to use at home! Bring snack and water bottle daily.

7/14-7/18 (1) M-F 9 am-12 pm 10-13 yrs GH15214  
Rm 13 ID/AP: \$199 OD: \$248.75  
7/14-7/18 (1) M-F 1:30-4:30 pm 6-9 yrs GH15215  
Rm 13 ID/AP: \$199 OD: \$248.75



## DIY Beauty Lab

It's time to relax and unwind at the Beauty Bar. Learn how to make cleansing face masks, body scrubs, bath fizzies, and so much more. We'll go over makeup tips, creating a self-care regimen, and even make some earth-friendly makeup must haves. Bring a snack and a water bottle daily. Bring a snack and a water bottle daily

6/30-7/3 (1) M/T/W/Th 9 am-12 pm 9-13 yrs GH15211  
Rm 13 ID/AP: \$159 OD: \$198.75  
8/11-8/15 (1) M-F 9 am-12 pm 6-8 yrs GH15219  
Rm 13 ID/AP: \$199 OD: \$248.75  
8/11-8/15 (1) M-F 1:30-4:30 pm 9-13 yrs GH15220  
Rm 13 ID/AP: \$199 OD: \$248.75

## Glam Squad: Wearable Wonders new

From bracelets to keychains, kids will learn to design and make fun, personalized pieces to wear and share. A perfect camp for young makers and fashion lovers! Bring a snack and a water bottle daily.

7/28-8/1 (1) M-F 9 am-12 pm 7-10 yrs GH15221  
Rm F ID/AP: \$199 OD: \$248.75

## Hooked on Crochet new

Kids will learn the basics of crochet and make fun, colorful projects! With each stitch, they'll discover the magic of yarn and bring their creative ideas to life. It's the perfect camp for young makers who love to craft and get creative! Bring snack and water bottle daily.

7/28-8/1 (1) M-F 1:30-4:30 pm 7-10 yrs GH15217  
Rm 13 ID/AP: \$199 OD: \$248.75



## Cooking Camps

### Half Day Camps – Youth

#### Once Upon a Recipe new

In this fun cooking and baking camp little chefs will create easy, delicious desserts inspired by their favorite characters and movies. From fairy tale treats to animated snacks, kids will have a blast mixing, baking, and decorating while bringing beloved stories to life in the kitchen! Please note that we can not guarantee an allergy free environment or menu.

7/14-7/18 (1) M-F 9 am-12 pm 5-7 yrs GH15101  
Kitchen ID/AP: \$119 OD: \$148.75  
7/14-7/18 (1) M-F 1:30-4:30 pm 5-7 yrs GH15102  
Kitchen ID/AP: \$119 OD: \$148.75

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

# Summer Camps

Garden Home Recreation Center

503-629-6341

## Kitchen Quest: Mini Chefs

Kids will learn basic cooking skills and create simple, tasty recipes they can make at home. From measuring and mixing to cooking up delicious dishes, young chefs will build confidence in the kitchen while having a blast preparing their favorite meals and snacks! Please note that we can not guarantee an allergy free environment or menu.

7/28-8/1 (1)	M-F	9 am-12 pm	5-7 yrs	GH15103
Kitchen	ID/AP: \$119	OD: \$148.75		
8/11-8/15 (1)	M-F	9 am-12 pm	5-7 yrs	GH15104
Kitchen	ID/AP: \$119	OD: \$148.75		



## Backyard Chefs: Junior Grillers

Fire up the fun in our Jr. Grilling class! Kids will learn simple grilling techniques while enjoying the outdoors, creating tasty meals and snacks on the grill. From mastering safety basics to preparing easy, delicious recipes, this class is perfect for young grillers ready to develop their cooking skills. **No camp on 7/4.** Please note that we can not guarantee an allergy free environment or menu.

6/30-7/3 (1)	M/T/W/Th	9 am-12 pm	7-9 yrs	GH15202
Kitchen	ID/AP: \$96	OD: \$120		

## Kitchen Quest: Future Foodies

Kids will learn introductory cooking skills and create simple, tasty recipes they can make at home. From measuring and mixing to cooking up delicious dishes, young chefs will build confidence in the kitchen while having a blast preparing their favorite meals and snacks! Please note that we can not guarantee an allergy free environment or menu.

7/28-8/1 (1)	M-F	1:30-4:30 pm	8-10 yrs	GH15206
Kitchen	ID/AP: \$119	OD: \$148.75		
8/11-8/15 (1)	M-F	1:30-4:30 pm	8-10 yrs	GH15208
Kitchen	ID/AP: \$119	OD: \$148.75		

## From Pantry to Plate: Home Basics new

Become a confident home chef in this hands-on cooking camp for older kids! Learn how to prepare simple, delicious meals you can make at home while practicing essential kitchen skills like chopping, measuring, and meal prep. Perfect for building independence and having fun in the kitchen! This week we will take a trip to our local Trader Joes! Please note that we can not guarantee an allergy free environment or menu.

6/23-6/27 (1)	M-F	9 am-4 pm	10-13 yrs	GH15201
Kitchen	ID/AP: \$347	OD: \$433.75		
7/7-7/11 (1)	M-F	9 am-4 pm	10-13 yrs	GH15204
Kitchen	ID/AP: \$347	OD: \$433.75		

## Backyard Chefs: Grill Masters

Fire up the fun in our Jr. Grilling class! Kids will learn simple grilling techniques while enjoying the outdoors, creating tasty meals and snacks on the grill. From mastering safety basics to preparing easy, delicious recipes, this class is perfect for young grillers ready to develop their cooking skills. **No camp on 7/4.** Please note that we can not guarantee an allergy free environment or menu.

6/30-7/3 (1)	M/T/W/Th	1:30-4:30 pm	10-13 yrs	GH15203
Kitchen	ID/AP: \$96	OD: \$120		

## Adventures in Baking

Learn to make easy desserts and treats like cookies and cupcakes while building baking skills and having a great time creating delicious goodies. This week we will take a trip to our local berry farm! Please note that we can not guarantee an allergy free environment or menu.

7/21-7/25 (1)	M-F	9 am-4 pm	10-13 yrs	GH15205
Kitchen	ID/AP: \$347	OD: \$433.75		
8/4-8/8 (1)	M-F	9 am-4 pm	10-13 yrs	GH15207
Kitchen	ID/AP: \$347	OD: \$433.75		



## Cuisine Quest: Global Eats

Kids will explore tasty Asian and Mexican dishes and desserts! They'll learn to make simple, delicious foods while discovering the cultures behind them. A fun way to cook and try new flavors! This week we will take a trip to our local Trader Joes! Please note that we can not guarantee an allergy free environment or menu.

6/16-6/20 (1)	M/T/W/F	9 am-4 pm	10-13 yrs	GH15200
Kitchen	ID/AP: \$278	OD: \$347.50		

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# Summer Camps

Garden Home Recreation Center

503-629-6341

## Theater Camps

### Drama Dreamers

Open the gates to enchantment and wonder while your child acts out their favorite story book. Young actors develop new creative abilities through acting and creating set backdrops and costumes. An excellent way to introduce children to theatrical acting. Bring a snack and water bottle daily

8/4-8/8 (1) M-F 1-4:30 pm 7-12 yrs GH15218  
Rm 13 ID/AP: \$199 OD: \$248.75

### Cinematic Adventures: Filmmaking Fun new

Kids will learn the basics of storytelling, camera work, and editing to create their own short films. From script to screen, they'll have a blast bringing their ideas to life and making their very own movie magic! Bring a snack and water bottle daily

6/30-7/3 (1) M/T/W/Th 1:30-4:30 pm 8-12 yrs GH15212  
Rm 13 ID/AP: \$159 OD: \$198.75

## Music Camps

### Music Camp: Adventures in Songwriting new

Strum, Write, and Play! Join our Songwriting Camp where young musicians turn their ideas into songs! Kids will learn the basics of songwriting, explore melodies and lyrics, and create their own tunes in a fun and supportive environment. Perfect for aspiring songwriters and music lovers! Bring a snack and water bottle daily.

7/14-7/18 (1) M-F 1-4 pm 8-12 yrs GH16210  
Rm 8 ID/AP: \$173 OD: \$216.25

### Music Camp: Guitar 101 new

Strum, pick, and play at our guitar camp for kids! Whether you're a beginner or looking to improve, kids will learn the basics of guitar, play fun songs, and build their musical skills in a supportive and engaging environment. Perfect for young music lovers! Bring a snack and water bottle daily.

7/7-7/11 (1) M-F 1-4 pm 8-12 yrs GH16209  
Rm 8 ID/AP: \$173 OD: \$216.25



### Music Camp: Rock the Bass new

Groove, Pluck, and Play! Join our Bass Guitar Camp where kids lay down the beat and bring the rhythm to life! Whether they are beginners or looking to improve, campers will learn bass fundamentals, play fun songs, and develop their musical skills in a supportive and engaging environment. Bring a snack and water bottle daily. \*Instruments not provided.

7/21-7/25 (1) M-F 1-4 pm 8-12 yrs GH16211  
Rm 8 ID/AP: \$173 OD: \$216.25

### Music Camp: Studio Sessions new

Sound, Mix, and Create! Join our Studio Sessions Camp, where kids step into the world of music production! Campers will explore recording, mixing, and creating their own tracks while learning the basics of studio equipment in a fun and hands-on environment. Bring a water bottle daily!

7/28-8/1 (1) M-F 1-4 pm 8-12 yrs GH16212  
Rm 8 ID/AP: \$173 OD: \$216.25

## Gymnastics Camps

### Half Day – Preschool

#### Gymnastics Camp- Pre gym 3.5-5 yrs

This fun camp focuses on giving everyone a chance to get moving in a safe and playful environment. Kids will have a blast learning simple tumbling skills while staying active and having fun. Parents are invited to watch the last hour on the final day of camp. Please remember to bring a snack each day.

6/23-6/27 (1) M-F 9 am-12 pm 3.5-5 yrs GH13101  
Rm 3 ID/AP: \$197 OD: \$246.25  
7/7-7/11 (1) M-F 9 am-12 pm 3.5-5 yrs GH13103  
Rm 3 ID/AP: \$197 OD: \$246.25  
7/21-7/25 (1) M-F 9 am-12 pm 3.5-5 yrs GH13105  
Rm 3 ID/AP: \$197 OD: \$246.25  
8/4-8/8 (1) M-F 9 am-12 pm 3.5-5 yrs GH13107  
Rm 3 ID/AP: \$197 OD: \$246.25

### Half Day – Youth

#### Gymnastics Camp- Gym 1: 6-8 yrs

This fun camp focuses on giving everyone a chance to get moving in a safe and playful environment. Kids will have a blast learning simple tumbling skills while staying active and having fun. Parents are invited to watch the last hour on the final day of camp. Please remember to bring a snack each day.

6/30-7/3 (1) M/T/W/Th 9 am-12 pm 6-8 yrs GH13102  
Rm 3 ID/AP: \$157 OD: \$196.25  
7/14-7/18 (1) M-F 9 am-12 pm 6-8 yrs GH13104  
Rm 3 ID/AP: \$197 OD: \$246.25  
7/28-8/1 (1) M-F 9 am-12 pm 6-8 yrs GH13106  
Rm 3 ID/AP: \$197 OD: \$246.25  
8/11-8/15 (1) M-F 9 am-12 pm 6-8 yrs GH13108  
Rm 3 ID/AP: \$197 OD: \$246.25

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# Summer Camps

Garden Home Recreation Center

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## Gymnastics Camp- Gym 1: 8-10 yrs

This fun camp focuses on giving everyone a chance to get moving in a safe and playful environment. Kids will have a blast learning simple tumbling skills while staying active and having fun. Parents are invited to watch the last hour on the final day of camp. Please remember to bring a snack each day

7/14-7/18 (1) M-F 1-4 pm 8-10 yrs GH13201  
Rm 3 ID/AP: \$197 OD: \$246.25

## Sports Camps

### Half Day – Preschool

#### Taekwondo Camp: Little Dragons

A concentrated class where your child will learn the basics of Taekwondo, including vocabulary, philosophy, and self-defense skills. Promotes confidence and discipline in a safe, fun environment. Please bring snack and water bottle daily. Additional weeks of camp may be offered. Contact the center for more details.

7/21-7/25 (1) M-F 9:30-10:30 am 3-5 yrs GH12139  
Gym ID/AP: \$52 OD: \$65

#### Mini Soccer Camp

Learn to dribble, pass, trap, shoot and more! Games and fun activities as we develop soccer skills. Bring a snack and water bottle daily. No camp on 7/4.

6/30-7/3 (1) M/T/W/Th 9 am-12 pm 4-6 yrs GH12103  
Field B ID/AP: \$149 OD: \$186.25

#### Mini Hoopers

Mini hoopers camp will focus on catching, dribbling, passing & shooting a basketball. Positive attitude, fair play and fun will be emphasized. Please bring a water bottle.

7/7-7/11 (1) M-F 9 am-12 pm 4-6 yrs GH12104  
Gym ID/AP: \$186 OD: \$232.50

### Half Day – Youth

#### Pickleball 101: Youth Camp new

Join us for an action-packed week of pickleball fun! Kids will learn the basics of the game, improve their skills, and enjoy friendly competition in a supportive environment. Perfect for beginners or those looking to improve their game!

7/7-7/11 (1) M-F 12-4 pm 5-7 yrs GH12220  
Field B ID/AP: \$186 OD: \$232.50  
7/21-7/25 (1) M-F 1-4 pm 5-7 yrs GH12221  
Field B ID/AP: \$186 OD: \$232.50

## Soccer Camp

Learn to dribble, pass, trap, shoot and more! Games and fun activities as we develop soccer skills. Bring a snack and water bottle daily. No camp on 6/19.

6/16-6/20 (1) M/T/W/F 9 am-12 pm 5-7 yrs GH12101  
Field C ID/AP: \$149 OD: \$186.25  
8/4-8/8 (1) M-F 9 am-12 pm 5-7 yrs GH12108  
Field B ID/AP: \$186 OD: \$232.50



## Sports and Splash Camp

A week of fun with a twist! Be prepared to get wet, as we do different sports and fun group games all with water! Bring snack, water bottle, change of clothes and towel daily.

7/14-7/18 (1) M-F 9 am-12 pm 5-7 yrs GH12105  
Field B ID/AP: \$186 OD: \$232.50  
7/28-8/1 (1) M-F 9 am-12 pm 5-7 yrs GH12107  
Field B ID/AP: \$186 OD: \$232.50  
8/11-8/15 (1) M-F 9 am-12 pm 5-7 yrs GH12109  
Field B ID/AP: \$186 OD: \$232.50

## Sports Mania

Join us as we learn and play different sports each day: Basketball, field hockey, soccer, t-ball and more! Bring a snack and water bottle daily.

6/23-6/27 (1) M-F 9 am-12 pm 5-7 yrs GH12102  
Field B ID/AP: \$186 OD: \$232.50  
7/21-7/25 (1) M-F 9 am-12 pm 5-7 yrs GH12106  
Field B ID/AP: \$186 OD: \$232.50

## Taekwondo Camp: White Tigers

Teaches the basics of Taekwondo, including vocabulary, philosophy, and self-defense skills. Promotes confidence and discipline in a safe, fun environment. Bring a sack lunch and water bottle daily. Additional weeks of camp may be offered. Contact the center for more details.

7/21-7/25 (1) M-F 11 am-2 pm 6-14 yrs GH12140  
Gym ID/AP: \$136 OD: \$170

# Summer Camps

Garden Home Recreation Center

503-629-6341

## Archery Mini Camp

3 days of indoor archery! Learn to shoot, scoring, balloons and team event! \$60 lab fee payable to the instructor on the first day. **\*Held at: Archers Afield, 11945 SW Pacific Hwy Ste #121, Tigard, OR 97223 Tigard Plaza Shopping Center, Lower Level, Corner of Hall & Hwy 99**

6/23-6/25 (1)	M/T/W	11 am-12 pm	7-12 yrs	GH12204
OffSite	ID/AP: \$18	OD: \$22.50		
6/23-6/25 (1)	M/T/W	1-2 pm	7-12 yrs	GH12205
OffSite	ID/AP: \$18	OD: \$22.50		
7/7-7/9 (1)	M/T/W	11 am-12 pm	7-12 yrs	GH12206
OffSite	ID/AP: \$18	OD: \$22.50		
7/7-7/9 (1)	M/T/W	1-2 pm	7-12 yrs	GH12207
OffSite	ID/AP: \$18	OD: \$22.50		
7/21-7/23 (1)	M/T/W	11 am-12 pm	7-12 yrs	GH12208
OffSite	ID/AP: \$18	OD: \$22.50		
7/21-7/23 (1)	M/T/W	1-2 pm	7-12 yrs	GH12209
OffSite	ID/AP: \$18	OD: \$22.50		
^8/4-8/6 (1)	M/T/W	11 am-12 pm	7-12 yrs	GH12210
OffSite	ID/AP: \$18	OD: \$22.50		
8/4-8/6 (1)	M/T/W	1-2 pm	7-12 yrs	GH12211
OffSite	ID/AP: \$18	OD: \$22.50		
8/18-8/20 (1)	M/T/W	11 am-12 pm	7-12 yrs	GH12212
OffSite	ID/AP: \$18	OD: \$22.50		
8/18-8/20 (1)	M/T/W	1-2 pm	7-12 yrs	GH12213
OffSite	ID/AP: \$18	OD: \$22.50		

## Archery Fun

\$68 lab fee payable to the instructor on the first day. 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 & Hwy 99**

6/21-7/12 (4)	S	11 am-12 pm	7-adult	GH12200
OffSite	ID/AP: \$18	OD: \$22.50		
6/22-7/13 (4)	Su	11 am-12 pm	7-adult	GH12201
OffSite	ID/AP: \$18	OD: \$22.50		
7/19-8/9 (4)	S	11 am-12 pm	7-adult	GH12202
OffSite	ID/AP: \$18	OD: \$22.50		
7/20-8/10 (4)	Su	11 am-12 pm	7-adult	GH12203
OffSite	ID/AP: \$18	OD: \$22.50		

## Specialty Camps

### Half Day – Preschool

#### Construction Mini Camp

You can build it...robots, rockets, hammer, glue, building blocks, cardboard & more. Join us for a fun week of building! Please remember to bring a snack each day.

7/21-7/25 (1)	M-F	9 am-12 pm	3.5-5 yrs	GH14103
Rm F	ID/AP: \$191	OD: \$238.75		

## Little Artists' Studio

Little Artists is a hands-on preschool camp where creativity comes to life! Kids will explore painting, sculpting, drawing, and more as they experiment with different art forms in a fun and messy way. Each day is a new adventure in color, texture, and imagination. Perfect for little hands and big ideas!

7/7-7/11 (1)	M-F	9 am-12 pm	3.5-5 yrs	GH14102
Rm F	ID/AP: \$191	OD: \$238.75		

## Toon Town Adventures

Through creative arts and crafts, storytelling, and outdoor adventures, kids will immerse themselves in the worlds of beloved characters while fostering imagination, teamwork, and fun. Perfect for little adventurers ready to explore and create! Bring a snack and water bottle daily.

6/23-6/27 (1)	M-F	9 am-12 pm	3.5-5 yrs	GH14101
Rm F	ID/AP: \$191	OD: \$238.75		

## Ooey Goopy Adventures

Join us for a week of fun learning about science in a fun, hands-on learning environment. Goopy, slimy activities such as making slime, mini chemistry experiments, games, story time and more!

8/4-8/8 (1)	M-F	9 am-12 pm	4-6 yrs	GH14104
Rm F	ID/AP: \$191	OD: \$238.75		

## Half Day – Youth

### Builders Workshop

Learn how to hammer, build, glue and construct a variety of projects. Focus on problem solving, increasing dexterity and observation skills. Bring snack and water bottle daily.

7/21-7/25 (1)	M-F	1:30-4:30 pm	6-9 yrs	GH15216
Rm 13	ID/AP: \$199	OD: \$248.75		

### Camp Hogwarts

For the Potterhead in your life, Camp Hogwarts will bring the magic of the books and films to life with wand-making, spell practice and Quidditch practice of course! Bring a snack and water bottle daily. No camp on 6/19.

6/16-6/19 (1)	M/T/W/Th	1:30-4:30 pm	8-12 yrs	GH15209
Rm 13	ID/AP: \$159	OD: \$198.75		

### Coding with Kids

Python: Intro (New Coders) Unleash your creativity with Scratch, a fun drag-and-drop coding tool. Learn coding basics like loops and variables if you're new or explore advanced concepts like functions and game physics if you're returning. Build exciting games, animations, and story projects, like the Greedy Birds! \*Bring a snack and water bottle daily. \*This camp is in partnership with Coding with Kids: Computer Programming Academy.

6/23-6/27 (1)	M-F	1-4 pm	8-12 yrs	GH16213
Rm F	ID/AP: \$349	OD: \$436.25		
7/7-7/11 (1)	M-F	1-4 pm	8-12 yrs	GH16215
Rm F	ID/AP: \$173	OD: \$216.25		
7/14-7/18 (1)	M-F	9 am-4 pm	8-12 yrs	GH16216
Rm F	ID/AP: \$173	OD: \$216.25		
8/4-8/8 (1)	M-F	1-4 pm	8-12 yrs	GH16219
Rm F	ID/AP: \$173	OD: \$216.25		

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

# Summer Camps

Garden Home Recreation Center

503-629-6341

## Fitness Camps

### Weight Training Camp

Are you going out for a sport this fall? Want to get a head start on conditioning? Come join us this summer and become a strong and fit athlete. This camp will focus on weight training! Get ready for time in the weight room in addition to games, agility drills and conditioning. Develop your speed, power and agility!

8/4-8/14 (2) M/T/W/Th 12-2 pm 11-14 yrs GH12110  
WtRm ID/AP: \$169 OD: \$211.25

## LEGO Camps

### Minecraft explorers using LEGO®

Venture into the world of Minecraft in our unique LEGO® experience. Get ready to build your base, craft your tools, use your Minecart to harvest raw resources, and battle to stop the Ender Dragon from ending the world. Come explore the endless possibilities of LEGO® with a trained Play-Well instructor. Bring a snack and water bottle daily. **No Camp on 7/4.**

6/30-7/3 (1) M/T/W/Th 9 am-12 pm 5-7 yrs GH16220  
Rm F ID/AP: \$199 OD: \$248.75

### Minecraft Masters using LEGO®

Bring your favorite Minecraft adventures to life with our enthusiastic Play-Well instructors. In a Minecraft world powered by LEGO® resources, we will build shelters to keep out Creepers, craft mystical items that only true masters can wield, and perfect our crossbow skills to stop the Wither from taking over! If you can imagine it, we can build it. Bring a snack and water bottle daily.

6/30-7/3 (1) M/T/W/Th 1-4 pm 7-12 yrs GH16221  
Rm F ID/AP: \$199 OD: \$248.75

### Pokémon Explorers using LEGO®

Calling all Pokémon trainers! With the Pokémon Championship approaching, join our enthusiastic Play-Well Instructors as we build and catch our favorite Pokémon, rescue Pikachu from Team Rocket, take a ride on the S.S. Anne to uncover rare and mystic Pokémon, and battle to see who will hold the title of Pokémon Master. Come along on our journey to catch 'em all!!! Bring a snack and water bottle daily.

8/11-8/15 (1) M-F 9 am-12 pm 5-7 yrs GH16222  
Rm F ID/AP: \$249 OD: \$311.25

### Pokémon Masters using LEGO®

LEGO® Master, I choose you!! In the race to be crowned the Ultimate Pokémon Champion, we need your help! Learn to build your favorite Pokémon, level up by teaching them special moves, evolve them into more powerful versions, and come face to face with the current champion in an epic battle for the title. Learn from our Play-Well Pokémon Masters so you can make it to the top! Bring a snack and water bottle daily.

8/11-8/15 (1) M-F 1-4 pm 7-12 yrs GH16223  
Rm F ID/AP: \$249 OD: \$311.25

## Wildlife Wonders using LEGO®

Design and build your way through the animal kingdom, from sea to safari, using tens of thousands of LEGO® parts. With the guidance of an experienced Play-Well instructor, you'll recreate diverse habitats while crafting animals in their natural surroundings. Your animal adventure awaits! Bring a snack and water bottle daily.

8/18-8/22 (1) M-F 9 am-12 pm 5-7 yrs GH16224  
Rm F ID/AP: \$249 OD: \$311.25

## Design Challenges using LEGO

Ready to put your skills to the test? Join our instructors as they guide you through the fundamentals of mechanisms that will inspire your creativity, then, it's your turn to innovate! Working with unique design parameters, you'll construct structures and vehicles, push them to their limits, and see what they can withstand. Compete head-to-head and put real-world concepts into action with exciting LEGO® challenges! Bring a snack and water bottle daily.

8/18-8/22 (1) M-F 1-4 pm 7-12 yrs GH16225  
Rm F ID/AP: \$249 OD: \$311.25

## Imagination Adventures new

Imagination Adventures is a unique co-creative Live Action Role Play storytelling experience that allows campers to become the heroes of their own epic adventures. Campers will create their own original character in our one-of-a-kind game system, earn experience points to use on epic powers, and get exercise in an outdoor environment, all the while learning important soft skills in a fun and rewarding gamified experience. "We aim to empower every adventurer to be the hero of their own story." Camp sizes are smaller to allow for more individual instruction.

### Imagination Adventures: The Lost City of Elves

An archeological expedition seeks to prove the existence of an underground offshoot of elves from a long ago civil war. Help them further their knowledge and uncover long hidden secrets!

7/28-8/1 (1) M-F 8:30 am-4:30 pm 6-14 yrs GH16206  
Field A ID/AP: \$425 OD: \$531.25

### Imagination Adventures: Palace of Time

A shifting palace has been spotted in the desert. It is rumored to contain a magical item that could topple kingdoms. Find it and ensure it remains safe!

8/4-8/8 (1) M-F 8:30 am-4:30 pm 6-14 yrs GH16207  
Field A ID/AP: \$425 OD: \$531.25

### Imagination Adventures: Mage University Rivalry

The two Mage Universities of Orenwood have long been rivals, but they are now sparring on the streets over an artifact both schools lay claim to. Help them solve their differences and learn about the artifact, before it's too late!

8/11-8/15 (1) M-F 8:30 am-4:30 pm 6-14 yrs GH16208  
Field A ID/AP: \$425 OD: \$531.25

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

# Summer Camps

Tualatin Hills Nature Center • Cooper Mountain Nature Park • Jenkins Estate • Camps • 503-629-6350

Age	4-6 yrs	6-9 yrs	6-9 yrs	7-10 yrs	10-13 yrs	6-10 yrs
<b>Times</b>	9 am-noon 1-4 pm	9 am-noon	8:30 am-4 pm	8 am-5 pm	8 am-5 pm	8:30 am-3:30 pm
<b>Camp</b>	Camp Wild Things	Mini Nature Camp	Wild Adventures Camp	Nature Explorers Camp	Camp Green	Sports & Nature Camp
<b>Location</b>	Jenkins Estate	Cooper Mountain Nature House	Cooper Mountain Nature House	Tualatin Hills Nature Center	Tualatin Hills Nature Center	Tualatin Hills Athletic Center
<b>Week 1</b> 6/16-6/18**	Fairytale Forest *	Nature Spies	Nature Spies	Jurassic Birds	Wetland Wonders	
<b>Week 2</b> 6/23-6/27	Junior Rangers	Sense-sational Scientists	Sense-sational Scientists	Living with the Land	Wings of the Wild	Bug Out in the Dug Out
<b>Week 3</b> 6/30-7/3***	Little Nature Scientists *	Pollinator Pals	Pollinator Pals	Hot Rocks	Magical Oregon	Field to Forest
<b>Week 4</b> 7/7-7/11	Tiny Gnomes Garden Adventures	Grossology	Grossology	Care of Magical Creatures	Rooted in Nature	Animal Athletes
<b>Week 5</b> 7/14-7/18	Dino Tracks & Trails *	Wilderness Explorers	Wilderness Explorers	Poseidon's Ocean Odyssey	Hood to Coast	Cold-blooded Competition
<b>Week 6</b> 7/21-7/25	Backyard Campout	Hunters and Hunted	Hunters and Hunted	Farms Vs. Zombies	Wilderness Warriors	Bug Out in the Dug Out
<b>Week 7</b> 7/28-8/1	Bugs, Slugs and Hungry Caterpillars *	Nature Spies	Nature Spies	Jurassic Birds	Rockin' Out	Field to Forest
<b>Week 8</b> 8/4-8/8	Sights and Sounds of Nature	Sense-sational Scientists	Sense-sational Scientists	The Wild Side of Art	No Bones About It	Animal Athletes
<b>Week 9</b> 8/11-8/15	Junior Rangers *	Pollinator Pals	Pollinator Pals	Treasure Hunt	Magical Oregon	Cold-blooded Competition
<b>Week 10</b> 8/18-8/22	Fairytale Forest	Grossology	Grossology	S'more Camping, Please!	Wildlife Expedition	

\*Offered in afternoon

\*\*No camp 6/19 and 6/20

\*\*\*No camp 7/4

15655 SW Millikan Way, Beaverton

# Summer Camps

Nature Specialty Camps at a Glance • 503-629-6350

Age	7-10 or 11-14 yrs	0-5 yrs	6-10 yrs	6-10 yrs
<b>Times</b>	9 am-noon	1-3 pm M/W/F	9 am-1 pm W/TH/F	9 am-1 pm W/TH/F
<b>Camp</b>	Art in Nature	Owls & Owlets Camp	Family Nature Day Camp	Grandparents Camp
<b>Location</b>	Tualatin Hills Nature Center	Jenkins Gatehouse	Tualatin Hills Nature Center	Elsie Stuhr Center
<b>Week 1</b> 6/16-6/18 <sup>^</sup>				
<b>Week 2</b> 6/23-6/27		Owls & Owlets Camp		Grandparents Camp
<b>Week 3</b> 6/30-7/3 <sup>^^</sup>	Art in Nature (11-14 yrs)			
<b>Week 4</b> 7/7-7/11		Owls & Owlets Camp		Grandparents Camp
<b>Week 5</b> 7/14-7/18	Art in Nature (7-10 yrs)			
<b>Week 6</b> 7/21-7/25		Owls & Owlets Camp	Family Nature Day Camp	
<b>Week 7</b> 7/28-8/1	Art in Nature (7-10 yrs)			
<b>Week 8</b> 8/4-8/8		Owls & Owlets Camp		Grandparents Camp
<b>Week 9</b> 8/11-8/15	Art in Nature (11-14 yrs)			
<b>Week 10</b> 8/18-8/22		Owls & Owlets Camp		

<sup>^</sup>No camp 6/19 and 6/20

<sup>^^</sup>No camp 7/4

# Summer Camps

Tualatin Hills Nature Center • Cooper Mountain Nature Park • Jenkins Estate • Camps - 503-629-6350

## Summer Camp Deposits and Balances

A \$30 deposit is required for each participant for weeks 2-10. The full balance for week 1 is due at the time of registration. All camp balances are due 14 days before the start of each camp by 5 pm. An individual's space in the camp will be forfeited automatically if the balance is not paid by the two-week prior deadline. The deposit is non-refundable. However, it may be transferred to another THPRD camp program prior to 5 pm, Friday, May 30.

Deposits are applied to the following camps: Nature Explorers Camp, Camp Green, Wild Adventure Camp.



## Owls & Owlets Camp • 0-5 yrs

Embark on a fun-filled outdoor adventure with your little one as we explore hands-on activities, sensory play, and nature-based crafts. Connect with other families, make new friends, and discover the wonders of the natural world through games, storytelling, and exploration! **Camp meets at the Jenkins Estate Gatehouse.** Every week we will have a different theme. Cancellations made at least 14 days before start date will be refunded. Registration fee is per child (six months-5 years), adult participation required, up to 2 children per adult.

6/23-6/27	M/W/F	1-3 pm	0-5 yrs	NP17152
Jenkins Estate		ID/AP: \$98	OD: \$122.50	
7/7-7/11	M/W/F	1-3 pm	0-5 yrs	NP17154
Jenkins Estate		ID/AP: \$98	OD: \$122.50	
7/21-7/25	M/W/F	1-3 pm	0-5 yrs	NP17156
Jenkins Estate		ID/AP: \$98	OD: \$122.50	
8/4-8/8	M/W/F	1-3 pm	0-5 yrs	NP17158
Jenkins Estate		ID/AP: \$98	OD: \$122.50	
8/18-8/22	M/W/F	1-3 pm	0-5 yrs	NP17160
Jenkins Estate		ID/AP: \$98	OD: \$122.50	



## 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. Some themes will be repeated twice over the summer. Camps with the same theme will have the same content. Campers need to bring a snack, a bottle of water, and a small backpack each day. **Camp meets at the Jenkins Estate Gatehouse.**

### Fairytale Forest

Step into the enchanting realm of the forest, where giggles and nature's magic collide in a whirlwind of whimsy! Every day, from sparkly bug hunts to potion-making with glittery leaves, it is a fantastical adventure. Our little nature sprites will engage in silly fairy dances and embark on quests to find hidden treasures in the magical woods. **No camp 6/19 and 6/20.**

6/16-6/18	M/T/W	9 am-noon	4-6 yrs	NP17101A
Jenkins Estate		ID/AP: \$116	OD: \$145	
6/16-6/18	M/T/W	1-4 pm	4-6 yrs	NP17101B
Jenkins Estate		ID/AP: \$116	OD: \$145	

### Junior Rangers

Join us for a fun adventure in nature and earn your Junior Ranger badge! Explore the outdoors as we discover animal tracks, plants, and birds along the trails. Use special maps to help us find our way and learn how we can protect nature together.

6/23-6/27	M-F	9 am-noon	4-6 yrs	NP17102
Jenkins Estate		ID/AP: \$192	OD: \$240	

### Little Nature Scientists

Get ready for a week of hands-on discovery as our little nature scientists dive into the wonders of the great outdoors. Our campers will unleash their inner nature scientists by making a baking soda and vinegar volcano, erupting with laughter and excitement! With a week full of engaging experiments, our curious kiddos will surely spark a love for science and nature in the most fun and whimsical way. **No camp on 7/4.**

6/30-7/3	M/T/W/Th	9 am-noon	4-6 yrs	NP17103A
Jenkins Estate		ID/AP: \$154	OD: \$192.50	
6/30-7/3	M/T/W/Th	1-4 pm	4-6 yrs	NP17103B
Jenkins Estate		ID/AP: \$154	OD: \$192.50	

### Tiny Gnomes Garden Adventures

Dig in, get your hands dirty and discover the wonders of nature through the magic of gardening! Each day, little gardeners will explore the world of plants, flowers and vegetables while engaging in fun, hands-on activities. They will plant seeds, care for growing plants and discover the incredible life cycle of flowers. Along the way they'll learn about helpful insects and animals and discover the importance of taking care of the local environment.

7/7-7/11	M-F	9 am-noon	4-6 yrs	NP17104
Jenkins Estate		ID/AP: \$192	OD: \$240	

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# Summer Camps

Tualatin Hills Nature Center • Cooper Mountain Nature Park • Jenkins Estate • Camps • 503-629-6350

## Dino Tracks & Trails

Prepare for an exciting adventure where little explorers become detectives, discovering the amazing world of animals – just like paleontologists track dinosaurs – by the clues they leave behind! Our tiny detectives will learn how to identify animal tracks, signs and habitats, all while making connections to the prehistoric creatures that once roamed the earth.

7/14-7/18	M-F	9 am-noon	4-6 yrs	NP17105A
Jenkins Estate		ID/AP: \$192	OD: \$240	
7/14-7/18	M-F	1-4 pm	4-6 yrs	NP17105B
Jenkins Estate		ID/AP: \$192	OD: \$240	

## Backyard Campout

Join us in the forest of Jenkins Estate, where the magic of storytelling meets the wonders of the great outdoors! This camp invites children to let their imaginations run wild amidst nature's backyard. Each day unfolds as a new chapter of exploration and creativity, where nature becomes the backdrop for their imaginative adventures.

7/21-7/25	M-F	9 am-noon	4-6 yrs	NP17106
Jenkins Estate		ID/AP: \$192	OD: \$240	

## Bugs, Slugs and Hungry Caterpillars

Welcome to the wacky world of insect exploration, where pint-sized explorers embark on a hilariously buggy adventure! Our little entomologists will embark on daily magnifying glass expeditions, bug-themed crafts, and other creepy-crawly activities. Get ready for a week of bug-filled fun!

7/28-8/1	M-F	9 am-noon	4-6 yrs	NP17107A
Jenkins Estate		ID/AP: \$192	OD: \$240	
7/28-8/1	M-F	1-4 pm	4-6 yrs	NP17107B
Jenkins Estate		ID/AP: \$192	OD: \$240	

## Sights and Sounds of Nature

Curious kids will embark on a week full of wonder, exploring the great outdoors through all five senses! From listening to the rustling leaves and bird songs to discovering the colors, shapes, and textures of nature, campers will dive deep into the "why" behind the world around them. Through hands-on activities, games, and sensory exploration, they'll spark their curiosity, creativity, and love for learning in the natural world!

8/4-8/8	M-F	9 am-noon	4-6 yrs	NP17108
Jenkins Estate		ID/AP: \$192	OD: \$240	

## Junior Rangers

Join us for a fun adventure in nature and earn your Junior Ranger badge! Explore the outdoors as we discover animal tracks, plants, and birds along the trails. Use special maps to help us find our way and learn how we can protect nature together.

8/11-8/15	M-F	9 am-noon	4-6 yrs	NP17109A
Jenkins Estate		ID/AP: \$192	OD: \$240	
8/11-8/15	M-F	1-4 pm	4-6 yrs	NP17109B
Jenkins Estate		ID/AP: \$192	OD: \$240	

## Fairytale Forest

Step into the enchanting realm of the forest, where giggles and nature's magic collide in a whirlwind of whimsy! Every day, from sparkly bug hunts to potion-making with glittery leaves, it is a fantastical adventure. Our little nature sprites will engage in silly fairy dances and embark on quests to find hidden treasures in the magical woods.

8/18-8/22	M-F	9 am-noon	4-6 yrs	NP17110
Jenkins Estate		ID/AP: \$192	OD: \$240	

## Art in Nature Camp • 7-10 yrs

Unleash your creativity while exploring the wonders of the outdoors! This camp invites young artists to discover the beauty of nature through imaginative, hands-on art projects inspired by the plants, animals, and landscapes around them. Campers need to bring a snack, a bottle of water, and a small backpack each day. **Camp meets at the Tualatin Hills Nature Center.**

## Sketching Naturally

Get ready for creative adventures! Campers will make their own sketchbooks and head out to the park to capture nature scenes and craft art supplies from natural materials, turning the outdoors into their own art studio!

7/14-7/18	M-F	9 am-noon	7-10 yrs	NP17231
Tualatin Hills Nature Center		ID/AP: \$215	OD: \$268.75	

## Creature Creation

Campers will explore a variety of mediums to create art inspired by real-life animals and fantastical creatures from their imaginations. They'll also incorporate materials from the natural world to bring their creations to life.

7/28-8/1	M-F	9 am-noon	7-10 yrs	NP17232
Tualatin Hills Nature Center		ID/AP: \$215	OD: \$268.75	



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# Summer Camps

Tualatin Hills Nature Center • Cooper Mountain Nature Park • Jenkins Estate • Camps • 503-629-6350

## 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. Some themes will be repeated twice over the summer. Camps with the same theme will have the same content. Campers need to bring a snack, bottle of water, and small backpack each day. **Camp meets at the Cooper Mountain Nature House.**



## Nature Spies

Sharpen your nature sleuthing skills as well as learn about plants and animals. Take a closer look at animal evidence along the trail and specimens in the classroom. Your mission is to decipher the clues animals leave behind. No camp 6/19 and 6/20.

6/16-6/18 M/T/W 9 am-noon 6-9 yrs CM17240  
Cooper Mountain Nature House ID/AP/OD: \$116

## Sense-sational Scientists

Grab your lab coat and safety goggles as you become a scientist this week. Create and conduct mind-blowing nature experiments and use all 5 senses to observe results. Some of them are bound to surprise you!

6/23-6/27 M-F 9 am-noon 6-9 yrs CM17241  
Cooper Mountain Nature House ID/AP/OD: \$192

## Pollinator Pals

Explore the world of pollination! Celebrate the creatures that keep our flowers blooming and food growing! Learn about the bees, butterflies, bats, moths, and hummingbirds that make it all happen. No camp 7/4.

6/30-7/3 M/T/W/Th 9 am-noon 6-9 yrs CM17242  
Cooper Mountain Nature House ID/AP/OD: \$154

## Grossology

Explore the science of gross and slimy things in nature. From squishy mud and creepy bugs, strange fungus and mysterious scat, we'll discover the yucky things that make nature so interesting. Dive into owl pellets and get up close to investigate slugs and snail slime!

7/7-7/11 M-F 9 am-noon 6-9 yrs CM17243  
Cooper Mountain Nature House ID/AP/OD: \$192

## Wilderness Explorers

Every day is filled with adventure as we head into the park and learn what it means to be a wilderness explorer! Learn about tracking, use maps to find your way and develop a deeper appreciation for the natural world.

7/14-7/18 M-F 9 am-noon 6-9 yrs CM17244  
Cooper Mountain Nature House ID/AP/OD: \$192

## Hunters and Hunted

Everyone needs food at Cooper Mountain. Many animals are prowling around in search of their next meal. Predators and prey constantly have to change and adapt to survive. Explore the food web and discover how animals hunt and avoid being eaten.

7/21-7/25 M-F 9 am-noon 6-9 yrs CM17245  
Cooper Mountain Nature House ID/AP/OD: \$192

## Nature Spies

Sharpen your nature sleuthing skills as well as learn about plants and animals. Take a closer look at animal evidence along the trail and specimens in the classroom. Your mission is to decipher the clues animals leave behind.

7/28-8/1 M-F 9 am-noon 6-9 yrs CM17246  
Cooper Mountain Nature House ID/AP/OD: \$192

## Sense-sational Scientists

Grab your lab coat and safety goggles as you become a scientist this week. Create and conduct mind-blowing nature experiments and use all 5 senses to observe results. Some of them are bound to surprise you!

8/4-8/8 M-F 9 am-noon 6-9 yrs CM17247  
Cooper Mountain Nature House ID/AP/OD: \$192

## Pollinator Pals

Explore the world of pollination! Celebrate the creatures that keep our flowers blooming and food growing! Learn about the bees, butterflies, bats, moths, and hummingbirds that make it all happen.

8/11-8/15 M-F 9 am-noon 6-9 yrs CM17248  
Cooper Mountain Nature House ID/AP/OD: \$192



## Grossology

Explore the science of gross and slimy things in nature. From squishy mud and creepy bugs, strange fungus and mysterious scat, we'll discover the yucky things that make nature so interesting. Dive into owl pellets and get up close to investigate slugs and snail slime!

8/18-8/22 M-F 9 am-noon 6-9 yrs CM17249  
Cooper Mountain Nature House ID/AP/OD: \$192

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

# Summer Camps

Tualatin Hills Nature Center • Cooper Mountain Nature Park • Jenkins Estate • Camps • 503-629-6350

## Wild Adventures Camp • 6-9 yrs

Wild Adventures Camps are full-day camps for elementary-age children filled with discovery, fun, and wild adventures. Play nature games, make new creations, and explore the trails and habitats of the park with new friends. Some themes will be repeated twice over the summer. Camps with the same theme will have the same content. Bring lunch, drinking water, two snacks, and a backpack daily. **Camp meets at the Cooper Mountain Nature Park.**

**A \$30 deposit option is available for this camp. See the Camp Deposits and Balances box on page 48 for details.**

## Nature Spies

Sharpen your nature sleuthing skills as well as learn about plants and animals. Take a closer look at animal evidence along the trail and specimens in the classroom. Your mission is to decipher the clues animals leave behind. No camp 6/19 and 6/20.

6/16-6/18 M/T/W 8:30 am-4 pm 6-9 yrs CM17220  
Cooper Mountain Nature House ID/AP/OD: \$194

## Sense-sational Scientists

Grab your lab coat and safety goggles as you become a scientist this week. Create and conduct mind-blowing nature experiments and use all 5 senses to observe results. Some of them are bound to surprise you!

6/23-6/27 M-F 8:30 am-4 pm 6-9 yrs CM17221  
Cooper Mountain Nature House ID/AP/OD: \$ 322

## Pollinator Pals

Explore the world of pollination! Celebrate the creatures that keep our flowers blooming and food growing! Learn about the bees, butterflies, bats, moths, and hummingbirds that make it all happen. No camp on 7/4.

6/30-7/3 M/T/W/Th 8:30 am-4 pm 6-9 yrs CM17222  
Cooper Mountain Nature House ID/AP/OD: \$258

## Grossology

Explore the science of gross and slimy things in nature. From squishy mud and creepy bugs, strange fungus and mysterious scat, we'll discover the yucky things that make nature so interesting. Dive into owl pellets and get up close to investigate slugs and snail slime!

7/7-7/11 M-F 8:30 am-4 pm 6-9 yrs CM17223  
Cooper Mountain Nature House ID/AP/OD: \$322



## Wilderness Explorers

Every day is filled with adventure as we head into the park and learn what it means to be a wilderness explorer! Learn about tracking, use maps to find your way and develop a deeper appreciation for the natural world.

7/14-7/18 M-F 8:30 am-4 pm 6-9 yrs CM17224  
Cooper Mountain Nature House ID/AP/OD: \$322

## Hunters and the Hunted

Everyone needs food at Cooper Mountain. Many animals are prowling around in search of their next meal. Predators and prey constantly have to change and adapt to survive. Explore the food web and discover how animals hunt and avoid being eaten.

7/21-7/25 M-F 8:30 am-4 pm 6-9 yrs CM17225  
Cooper Mountain Nature House ID/AP/OD: \$322

## Nature Spies

Sharpen your nature sleuthing skills as well as learn about plants and animals. Take a closer look at animal evidence along the trail and specimens in the classroom. Your mission is to decipher the clues animals leave behind.

7/28-8/1 M-F 8:30 am-4 pm 6-9 yrs CM17226  
Cooper Mountain Nature House ID/AP/OD: \$322

## Sense-sational Scientists

Grab your lab coat and safety goggles as you become a scientist this week. Create and conduct mind-blowing nature experiments and use all 5 senses to observe results. Some of them are bound to surprise you!

8/4-8/8 M-F 8:30 am-4 pm 6-9 yrs CM17227  
Cooper Mountain Nature House ID/AP/OD: \$322

## Pollinator Pals

Explore the world of pollination! Celebrate the creatures that keep our flowers blooming and food growing! Learn about the bees, butterflies, bats, moths, and hummingbirds that make it all happen.

8/11-8/15 M-F 8:30 am-4 pm 6-9 yrs CM17228  
Cooper Mountain Nature House ID/AP/OD: \$322

# Summer Camps

Tualatin Hills Nature Center • Cooper Mountain Nature Park • Jenkins Estate • Camps • 503-629-6350

## Grossology

Explore the science of gross and slimy things in nature. From squishy mud and creepy bugs, strange fungus and mysterious scat, we'll discover the yucky things that make nature so interesting. Dive into owl pellets and get up close to investigate slugs and snail slime!

8/18-8/22 M-F 8:30 am-4 pm 6-9 yrs CM17229  
Cooper Mountain Nature House ID/AP/OD: \$322

## Sports and Nature Camp • Ages 6-10 yrs

Campers will discover and play several sports and explore nearby natural areas. You can expect to combine fun movements and games with exciting nature components. Some camp themes will repeat over the summer; camps with the same theme will have the same content. Bring lunch, a water bottle, two snacks, and a backpack daily. This joint camp is led by Athletic Center and Nature Center staff. **The camp will be held outside at the HMT campus.**

### Bug Out in the Dug Out

This camp is a unique opportunity for campers to develop their sports skills while exploring the fascinating world of insects. Throughout the week campers will engage in a variety of bat-related sports and insect-inspired outdoor activities, designed to improve their agility, coordination and teamwork.

6/23-6/27 M-F 8:30 am-3:30 pm 6-10 yrs SN17201  
HMT Soccer Field ID/AP: \$300 OD: \$375



### Field to Forest

Where fitness meets nature! Each day will feature exciting field sports, developing skills like agility, coordination and endurance. Campers will also explore the differences between the two environments, learning about how animals and plants thrive in the wide-open fields and how the forest provides shelter, food and resources to countless species. No camp on 7/4.

6/30-7/3 M/T/W/Th 8:30 am-3:30 pm 6-10 yrs SN17202  
HMT Soccer Field ID/AP: \$240 OD: \$300

### Animal Athletes

Get ready to unleash your inner animal as we explore the incredible athletic abilities of the animal kingdom through fun games and physical challenges! This week, campers will discover the importance of balance, strength, and speed in sports, while learning how different animals are perfectly adapted to thrive in their environments.

7/7-7/11 M-F 8:30 am-3:30 pm 6-10 yrs SN17203  
HMT Soccer Field ID/AP: \$300 OD: \$375

### Cold-blooded Competition

Ready to embrace your inner reptile? The competition begins here! Join us for a perfect mix of physical activity, outdoor exploration and fun facts about nature. Campers will not only improve their athletic skills, but also gain a deeper appreciation for cold-blooded creatures and their vital role in the natural world.

7/14-7/18 M-F 8:30 am-3:30 pm 6-10 yrs SN17204  
HMT Soccer Field ID/AP: \$300 OD: \$375

### Bug Out in the Dug Out

This camp is a unique opportunity for campers to develop their sports skills while exploring the fascinating world of insects. Throughout the week campers will engage in a variety of bat-related sports and insect-inspired outdoor activities, designed to improve their agility, coordination and teamwork.

7/21-7/25 M-F 8:30 am-3:30 pm 6-10 yrs SN17205  
HMT Soccer Field ID/AP: \$300 OD: \$375

### Field to Forest

Where fitness meets nature! Each day will feature exciting field sports, developing skills like agility, coordination and endurance. Campers will also explore the differences between the two environments, learning about how animals and plants thrive in the wide-open fields and how the forest provides shelter, food and resources to countless species.

7/28-8/1 M-F 8:30 am-3:30 pm 6-10 yrs SN17206  
HMT Soccer Field ID/AP: \$300 OD: \$375

### Animal Athletes

Get ready to unleash your inner animal as we explore the incredible athletic abilities of the animal kingdom through fun games and physical challenges! This week, campers will discover the importance of balance, strength, and speed in sports, while learning how different animals are perfectly adapted to thrive in their environments.

8/4-8/8 M-F 8:30am-3:30pm 6-10 yrs SN17207  
HMT Soccer Field ID/AP: \$300 OD: \$375

### Cold-blooded Competition

Ready to embrace your inner reptile? The competition begins here! Join us for a perfect mix of physical activity, outdoor exploration and fun facts about nature. Campers will not only improve their athletic skills, but also gain a deeper appreciation for cold-blooded creatures and their vital role in the natural world.

8/11-8/15 M-F 8:30 am-3:30 pm 6-10 yrs SN17208  
HMT Soccer Field ID/AP: \$300 OD: \$375

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# Summer Camps

Tualatin Hills Nature Center • Cooper Mountain Nature Park • Jenkins Estate • Camps • 503-629-6350

## Nature Explorers Camp • Ages 7-10 yrs

Expand your science knowledge, learn about plants and animals, hike 2-5 miles daily, play games, and experience natural areas around our region. **Campers will spend four days at the Tualatin Hills Nature Park, with field trips on Wednesdays.** Bring lunch, a full-sized water bottle, two snacks, and a backpack daily. Field trips are subject to change. A few themes will be repeated twice over the summer, and camps with the same theme will have the same content.

**A \$30 deposit option is available for this camp. See the Camp Deposits and Balances box on page 48 for details.**

### Jurassic Birds

How are dinosaurs related to birds? How do birds outsmart other animals and humans? Let's search the Nature Park to find out hoo-hoo lives here, conduct scientific bird counts and owl pellet dissections, and find out which bird behaviors and parts are the same as their dinosaur relatives. **No camp on 6/19 and 6/20.**

Field Trip: No field trip this week  
6/16-6/18 M/T/W 8 am-5 pm 7-10 yrs NP17200  
Tualatin Hills Nature Center ID/AP: \$195 OD: \$243.75



### Living with the Land

The Indigenous peoples of the Northwest rely on the land for food, medicine, and various essentials that sustain their way of life. Discover the plants and animals they utilize and try your hand at creating some similar items. Together, we'll forage for edible plants, craft baskets, and explore ways to care for our local ecosystems.

Field Trip: Ridgefield National Wildlife Refuge  
6/23-6/27 M-F 8 am-5 pm 7-10 yrs NP17201  
Tualatin Hills Nature Center ID/AP: \$325 OD: \$406.25

### Hot Rocks

From mountaintops to caves below ground, rocks shape our world. We will explore the rock cycle, build our own volcanoes, and eat our way through a couple of edible geology lessons. **No camp on 7/4.**

Field Trip: Rice Rock Museum and Vernonia Lake  
6/30-7/3 M/T/W/TH 8 am-5 pm 7-10 yrs NP17202  
Tualatin Hills Nature Center ID/AP: \$260 OD: \$325

### Care of Magical Creatures

Please accept this invitation and join us to learn how owls fly silently, spiders spin webs, and what makes a newt poisonous if it doesn't bite. We'll even cook up some potions of our own as we try to find some magical creatures in the Nature Park!

Field Trip: Silver Falls State Park  
7/7-7/11 M-F 8 am-5 pm 7-10 yrs NP17203  
Tualatin Hills Nature Center ID/AP: \$325 OD: \$406.25



### Poseidon's Ocean Odyssey

Join Percy, Annabeth, Grover, and the heroes of Mount Olympus on a quest to discover the mysteries of the ocean, the water cycle, and creatures that live in shallow water and the deep sea. **No camp on 6/19 and 6/20.**

Field Trip: Oswald West State Park  
7/14-7/18 M-F 8 am-5 pm 7-10 yrs NP17204  
Tualatin Hills Nature Center ID/AP: \$325 OD: \$406.25

### Farms Vs. Zombies

Discover which plants in the Nature Park and on farms have special powers to help protect them against invaders! Watch out for thorns, poisonous plants, toxic berries and the many defenses plants have. We'll go berry picking, visit a working farm, look for food in the forest and play some zombie games this week.

Field Trip: Local Area Farm  
7/21-7/25 M-F 8 am-5 pm 7-10 yrs NP17205  
Tualatin Hills Nature Center ID/AP: \$325 OD: \$406.25

### Jurassic Birds

How are dinosaurs related to birds? How do birds outsmart other animals and humans? Let's search the Nature Park to find out hoo-hoo lives here, conduct scientific bird counts and owl pellet dissections, and find out which bird behaviors and parts are the same as their dinosaur relatives.

Field Trip: Bonneville Dam and Fish Hatchery  
7/28-8/1 M-F 8 am-5 pm 7-10 yrs NP17206  
Tualatin Hills Nature Center ID/AP: \$325 OD: \$406.25

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# Summer Camps

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## The Wild Side of Art

Nature, with its array of colors, textures, and beauty, has sparked the creativity of artists for centuries. Share your artistic vision through a variety of media as we travel to inspiring spots around the area and observe nature through different lenses.

Field Trip: Wildwood Recreation Site

8/4-8/8 M-F 8 am-5 pm 7-10 yrs NP17207  
Tualatin Hills Nature Center ID/AP: \$325 OD: \$406.25



## Treasure Hunt

Arrrrrre ye ready for adventure? Come and learn all the mapping and orienteering skills needed to be a true nature pirate as we search for local hidden treasures and tell tales of Oregon's own swashbucklin' natural history.

Field Trip: Oswald West State Park

8/11-8/15 M-F 8 am-5 pm 7-10 yrs NP17208  
Tualatin Hills Nature Center ID/AP: \$325 OD: \$406.25

## S'more Camping Please

Let's do all our favorite camping activities! We will set up tents, tell stories, eat s'mores, learn how to use a compass, and other wilderness survival skills.

Field Trip: Oxbow Regional Park

8/18-8/22 M-F 8 am-5 pm 7-10 yrs NP17209  
Tualatin Hills Nature Center ID/AP: \$325 OD: \$406.25

## Camp Green • Ages 10-13 yrs

Camp Green provides opportunities to delve into the natural world in which we live. We'll do science-based activities and explore how our daily lives intertwine with the environment. Some camp themes will repeat over the summer; camps with the same theme will have the same content. Bring lunch, drinking water, two snacks, and a backpack daily.

**Camp meets and picks up daily at the Tualatin Hills Nature Center but does travel off-site for field trips to regional locations. Field trip locations are subject to change. Campers must be dropped off by 8:30 am and will be available for pick-up starting at 4 pm.**

A \$30 deposit option is available for this camp. See the Camp Deposits and Balances box on page 48 for details.

## Wetland Wonders

Frogs, beavers, birds, and bugs: Something wild is going on in our wetlands. Explore the wet waterways of Oregon and find out what makes them an important part of our environment. **No camp on 6/19 and 6/20.**

Field Trip: Jackson Bottom Wetlands

6/16-6/18 M/T/W 8 am-5 pm 10-13 yrs NP17501  
Tualatin Hills Nature Center ID/AP: \$208 OD: \$260

## Wings of the Wild

With binoculars in hand, spend the week exploring local birding hotspots looking for birds of prey and native Oregon birds. We will explore the science behind flight, birding basics, and discover the unique adaptations of these birds.

Field Trips: Tualatin River National Wildlife Refuge, Oxbow Regional Park

6/23-6/27 M-F 8 am-5 pm 10-13 yrs NP17502  
Tualatin Hills Nature Center ID/AP: \$346 OD: \$432.50

## Magical Oregon

Join us as we explore the mythical creatures and enchanted places of Oregon. Discover local plants and learn the art of herbology, brewing potions from nature's magic. This week is sure to be an adventure filled with wonder, mystery, and the secrets of the natural world! **No camp on 7/4.**

Field Trips: Wildwood Recreation Site, Silver Falls State Park

6/30-7/3 M-Th 8 am-5 pm 10-13 yrs NP17503  
Tualatin Hills Nature Center ID/AP: \$277 OD: \$346.25

## Rooted in Nature

Become a forestry specialist this week, as we explore old and new growth forests across the region. This week will incorporate the topics of forest management, plant identification, and forest ecology. Field trips this week will bring us to stand next to trees that are over four hundred years old and discover the effects of forest disturbances such as weather, wind, and fire.

Field Trips: Tillamook Forest, Columbia River Gorge

7/7-7/11 M-F 8 am-5 pm 10-13 yrs NP17504  
Tualatin Hills Nature Center ID/AP: \$346 OD: \$432.50

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# Summer Camps

Tualatin Hills Nature Center • Cooper Mountain Nature Park • Jenkins Estate • Camps • 503-629-6350

## Hood to Coast

Streams, rivers, lakes, waterfalls, and oceans. This week we will dip into the science of water by visiting many of our local water features. We will trace the path of a water droplet from the high reaches of Mt. Hood, to the Oregon Coast. Along the way we will learn about the water cycle, water chemistry, water conservation, and about the creatures that live in and around water. This week is bound to be a splash!

Field trips: Mirror Lake, Oswald West  
7/14-7/18 M-F 8 am-5 pm 10-13 yrs NP17505  
Tualatin Hills Nature Center ID/AP: \$346 OD: \$432.50



## Wilderness Warriors

Can you survive in the wild? This week campers will battle the elements as they learn valuable wilderness skills. Through a series of challenges, campers will learn fire building techniques, wilderness first aid, shelter making skills, and will become experts in leaving no trace. Our field trips will include hiking opportunities to practice our skills and become true wilderness warriors!

Field Trips: Gales Creek Campground, Salmon River Trail  
7/21-7/25 M-F 8 am-5 pm 10-13 yrs NP17506  
Tualatin Hills Nature Center ID/AP: \$346 OD: \$432.50

## Rockin' Out

Take a closer look at how earthquakes, landslides, and volcanic activity have created our landscape here in the Pacific Northwest. Hunt for rocks and minerals to get a clear understanding of the geologic history of Oregon and our planet.

Field Trips: Rice Rock Museum, Oceanside  
7/28-8/1 M-F 8 am-5 pm 10-13 yrs NP17507  
Tualatin Hills Nature Center ID/AP: \$346 OD: \$432.50

## No Bones About It

Have you ever wondered what it would be like without all of your bones? Discover how creatures have adapted to live on our planet without bones. Explore the flying and crawling invertebrates we see on land, as well as those that live in tide pools and underwater.

Field Trips: Oxbow Regional Park, Oregon Coast  
8/4-8/8 M-F 8 am-5 pm 10-13 yrs NP17508  
Tualatin Hills Nature Center ID/AP: \$346 OD: \$432.50

## Magical Oregon

Join us as we explore the mythical creatures and enchanted places of Oregon. Discover local plants and learn the art of herbology, brewing healing potions from nature's magic. This week is sure to be an adventure filled with wonder, mystery, and the secrets of the natural world!

Field Trips: Wildwood Recreation Site, Silver Falls State Park  
8/11-8/15 M-F 8 am-5 pm 10-13 yrs NP17509  
Tualatin Hills Nature Center ID/AP: \$346 OD: \$432.50

## Wildlife Expedition

From waterfowl habitat preservation and fisheries management to the creation of migration corridors, wildlife biologists develop various ways for native animals and humans to live together in Oregon. Explore careers in wildlife management, identify wildlife, and hone your observation skills.

Field Trips: Bonneville Dam and Hatchery, Park Ranger Field Day  
8/18-8/22 M-F 8 am-5 pm 10-13 yrs NP17510  
Tualatin Hills Nature Center ID/AP: \$346 OD: \$432.50

## Art in Nature Camp • 11-14 yrs

Dive into nature with your creativity! This camp invites older kids to explore the plants and animals around them while expressing themselves through art. From capturing nature's beauty to sparking imaginative ideas, campers will gain inspiration from the outdoors. Campers need to bring a snack, a bottle of water, and a small backpack each day. **Camp meets at the Tualatin Hills Nature Center.**

## Sketching Naturally

Get ready for creative adventures! Campers will make their own sketchbooks and head out to the park to capture nature scenes and craft art supplies from natural materials, turning the outdoors into their own art studio! **No camp on 7/3 and 7/4.**

6/30-7/2 M/T/W 9 am-noon 11-14 yrs NP17230  
Tualatin Hills Nature Center ID/AP: \$129 OD: \$161.25

## Sculpting With Nature

Bring creatures to life through art! In this camp, campers will explore a variety of art mediums to create works inspired by real-life animals and fantastical creatures from imaginary worlds.

8/11-8/15 M-F 9 am-noon 11-14 yrs NP17233  
Tualatin Hills Nature Center ID/AP: \$215 OD: \$268.75

## Family Nature Day Camp • 6-10 yrs

Join us for a fun week of outdoor adventures at Family Nature Camp! This camp is designed for parents, guardians, and kids to connect through fun, hands-on activities and nature exploration. Work together on creative nature-inspired crafts, discover local wildlife, and enjoy games and challenges as you explore the great outdoors. Each participant should bring lunch, drinking water, a small snack, and a backpack daily. **Camp meets at the Tualatin Hills Nature Center.**

Registration fee is per child, adult participation required, up to 2 children per adult.

7/23-25 W/Th/F 9 am-1 pm 6-10 yrs NP1790  
Tualatin Hills Nature Center ID/AP: \$150 OD: \$187.50

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# Summer Camps

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## Grandparents Camp • 6-10 yrs

Calling all abuelas, babushkas, pop pops and mimis! Join us for an exciting week of intergenerational bonding and nature adventures at Grandparents Camp! Co-hosted in partnership with Elsie Stuhr Center, this camp is designed to create lasting memories and strengthen the special connection between grandparents and their grandchildren. Throughout the week, the young and young-at-heart will have the opportunity to collaborate on nature-inspired crafts, learn about local flora and fauna, and participate in team-building games that strengthen familial bonds. Each participant should bring lunch, drinking water, a small snack, and a backpack daily. **Camp meets at the Elsie Stuhr Center.**

Registration fee is per child, adult participation required, up to 2 children per adult.

6/25-6/27	W/Th/F	9 am-1 pm	6-10 yrs	ES17601
	Elsie Stuhr Center	ID/AP: \$120	OD: \$150	
7/9-7/11	W/Th/F	9 am-1 pm	6-10 yrs	ES17602
	Elsie Stuhr Center	ID/AP: \$120	OD: \$150	
8/6-8/8	W/Th/F	9 am-1 pm	6-10 yrs	ES17603
	Elsie Stuhr Center	ID/AP: \$120	OD: \$150	

## 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.



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# Summer Camps

Jenkins Estate Camps

971-258-6743

## Jenkins Estate Camps

### Intermediate Wilderness Survival Camp

No prerequisites needed. Full day of building survival skills and testing yourself against real life survival scenarios! Skills taught/practiced include shelters, fire safety/building, knife safety, tracking, foraging teamwork, traps, orienteering, cordage and knots, and primitive skills. We dive even deeper into skills the group finds most engaging. Our goal is building initiative, self-control, and judgment skills while connecting with the natural world and having fun. The week ends with an exciting final scenario and a certificate of achievement. No prerequisites. Bring appropriate clothing, water shoes, bug spray, snacks, and lunch.

#### No Camp 6/19

6/16-6/20 (1) M/T/W/F	9 am-4 pm	8-11 yrs	JE17200
Main House-Dining Room	ID/AP: \$285.50	OD: \$356.75	
7/14-7/18 (1) M-F	9 am-4 pm	8-11 yrs	JE17202
Meadow	ID/AP: \$371	OD: \$463.75	
8/18-8/22 (1) M-F	9 am-4 pm	8-11 yrs	JE17205
Meadow	ID/AP: \$371	OD: \$463.75	



### Bush Crafting (Nature Makers) Camp

Build. Cool. Stuff. This camp is all about tool use, creativity, and engineering. Each day we will introduce a new building project that participants will work on throughout the week to bring home. Projects are generally themed for camping and outdoors. We even try to build the tools we will use to build the other things! Projects may include creating a wood baton, natural fiber cordage, hand carved wood spoon and/or bowl, paracord survival bracelets or belts, dream catchers, feather sticks, natural dye projects, walking sticks, fishing spears/traps, and more. Projects vary depending on instructor and group/individual interest. Participants practice focus, follow through, patience, and develop problem solving and common sense as they work through projects.

7/28-8/1 (1) M-F	9 am-4 pm	8-12 yrs	JE17203
Meadow	ID/AP: \$372	OD: \$465	

### Fish, Forage, Fire! Camp

Learn the art of being a true outdoorsman! Our primary activities will be fishing, archery and foraging along with skills that help you do those things well. Learn and develop diverse skill sets of food acquisition! Fish lessons, as allows, will include baiting, cleaning and cooking as well as gear, casting and, of course, fishing. Foraging will include plant ID and how to safely harvest in various seasons. Archery practice will occur several times throughout the week with an emphasis on safety, practical use, and form. Bring appropriate clothing, snacks, and lunch.

6/23-6/27 (1) M-F	9 am-4 pm	8-13 yrs	JE17201
Meadow	ID/AP: \$406	OD: \$507.50	
8/4-8/8 (1) M-F	9 am-4 pm	8-13 yrs	JE17204
Meadow	ID/AP: \$406	OD: \$507.50	



### Sew & Design: Doll Making Camp

Students are invited to dive into the exciting world of fashion design in this camp! Guided by designer Oxana Ake, students will learn to sketch, hand-sew, and create their own dolls complete with stylish outfits. This class goes beyond crafting—students will explore the history and traditions of dolls, discover the stories behind them, and learn how to turn their inspiration into unique designs. They'll create doll bodies, design clothing, and even use recycled fabrics to promote sustainability and creativity. No prior sewing experience is needed—just imagination and enthusiasm!

6/23-6/27 (1) M-F	9 am-2 pm	8-12 yrs	JE17206
Main House-Living Room	ID/AP: \$270	OD: \$337.50	
7/28-7/31 (1) M/T/W/Th	9 am-2 pm	8-12 yrs	JE17207
Main House-Living Room	ID/AP: \$270	OD: \$337.50	

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# Summer Camps

Tualatin Hills Nature Center • Cooper Mountain Nature Park • Jenkins Estate • Camps • 503-629-6350

## Fashion Design Camp

This camp invites young fashionistas to dive headfirst into the exciting world of design and create clothes they'll wear! Guided by fashion designer Oxana Ake, participants will learn to find inspiration, sketch their ideas, design and fit clothes using mannequins, and master sewing techniques. They'll then showcase their fabulous creations in a fun fashion show. This camp ignites creativity, builds confidence, and encourages sustainable practices by empowering students to design and create their own wardrobes. No experience is needed – just enthusiasm and a creative imagination!

8/4-8/8 (1) M-F      9 am-2 pm      8-12 yrs      JE17208  
Main House-Living Room      ID/AP: \$351      OD: \$438.75



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

# Summer Camps

Tualatin Hills Athletic Center Camps at a Glance

503-629-6330

Age	6-10 yrs Half-Day	6-10 yrs	6-14 yrs	10-14 yrs
<b>Week 1</b> 6/16-6/20 No camp 6/19			Basketball Camp Sports Madness OUTDOOR Imagination Adventure	
<b>Week 2</b> 6/23-6/27	Soccer Mini Camp	Sports and Nature Camp Bug Out in the Dug Out	Sports Madness INDOOR Imagination Adventure	Soccer Camp
<b>Week 3</b> 6/30-7/3 No camp 7/4		Sports and Nature Camp Field to Forest	Sports Madness OUTDOOR Basketball Camp Imagination Adventure	
<b>Week 4</b> 7/7-7/11	Soccer Mini Camp	Sports and Nature Camp Animal Athletes	Sports Madness INDOOR	Soccer Camp
<b>Week 5</b> 7/14-7/18		Sports and Nature Camp Cold-blooded Competition	Basketball Camp	Flag Football Camp
<b>Week 6</b> 7/21-7/25	Soccer Mini Camp	Sports and Nature Camp Bug Out in the Dug Out	Sports Madness INDOOR	Flag Football Camp - GIRLS ONLY *OSAA Emerging Activity
<b>Week 7</b> 7/28-8/1	Soccer Mini Camp	Sports and Nature Camp Field to Forest	Sports Madness INDOOR	Soccer Camp
<b>Week 8</b> 8/4-8/8	Soccer Mini Camp	Sports and Nature Camp Animal Athletes	Basketball Camp *No camp 8/7 or 8/8	Flag Football Camp
<b>Week 9</b> 8/11-8/15	Soccer Mini Camp	Sports and Nature Camp Cold-blooded Competition	Sports Madness INDOOR	Soccer
<b>Week 10</b> 8/18-8/20	Soccer Mini Camp		Sports Madness OUTDOOR	

Soccer Mini Camps are 1/2 day camps.

Camps run for 5 days unless noted.

No camp on 6/19 and 7/4, EXCEPT Imagination Adventure Camp

Week 8 Basketball Camp is for 3 days only.

Week 10 camps 3 days.

Camps are spread across the age divisions on this page.

Check the Class List information for specific dates and times.

15707 SW Walker Rd, Beaverton

# Summer Camps

Tualatin Hills Athletic Center

503-629-6330

## Summer Camp Deposits and Balances

A \$30 deposit is required for each participant for weeks 2-10. The full balance for week 1 is due at the time of registration. All camp balances are due 14 days before the start of each camp by 5 pm. An individual's space in the camp will be forfeited automatically if the balance is not paid by the two-week prior deadline. The deposit is non-refundable. However, it may be transferred to another THPRD program prior to 5 pm, Friday, May 30.

Please note: After May 30, deposits will no longer be transferable.

No camp on 6/19 or 7/4.

## Half-Day Camp

### Soccer Mini Camp

Campers will develop soccer skills, focusing on passing, dribbling, conditioning, and offensive and defensive strategies. In addition to soccer skills, your child will learn teamwork, self-confidence, and sportsmanship.

6/23-6/27	M-F	8:30 am-12 pm	6-10 yrs	AC17102
	Soccer Field	ID/AP: \$123	OD: \$153.75	
7/7-7/11	M-F	8:30 am-12 pm	6-10 yrs	AC17104
	Soccer Field	ID/AP: \$123	OD: \$153.75	
7/21-7/25	M-F	8:30 am-12 pm	6-10 yrs	AC17106
	Soccer Field	ID/AP: \$123	OD: \$153.75	
7/28-8/1	M-F	8:30 am-12 pm	6-10 yrs	AC17107
	Soccer Field	ID/AP: \$123	OD: \$153.75	
8/4-8/8	M-F	8:30 am-12 pm	6-10 yrs	AC17108
	Soccer Field	ID/AP: \$123	OD: \$153.75	
8/11-8/15	M-F	8:30 am-12 pm	6-10 yrs	AC17109
	Soccer Field	ID/AP: \$123	OD: \$153.75	
8/18-8/20	M/T/W	8:30 am-12 pm	6-10 yrs	AC17110
	Soccer Field	ID/AP: \$74	OD: \$92.50	

## Full-Day Camp

### Sports & Nature Camp

Campers will discover and play several sports and explore nearby natural areas. You can expect to combine fun movements and games with exciting nature components. This joint camp is led by Athletic Center and Nature Center staff. The camp will be held outside at the HMT campus. Some camp themes will repeat over the summer; camps with the same theme will have the same content. Bring lunch, a water bottle, two snacks, and a backpack daily.

#### Animal Athletes

7/7-7/11	M-F	8:30 am-3:30 pm	6-10 yrs	SN17203
	Soccer Field	ID/AP: \$300	OD: \$375	
8/4-8/8	M-F	8:30 am-3:30 pm	6-10 yrs	SN17207
	Soccer Field	ID/AP: \$300	OD: \$375	

#### Bug Out in the Dug Out

6/23-6/27	M-F	8:30 am-3:30 pm	6-10 yrs	SN17201
	Soccer Field	ID/AP: \$300	OD: \$375	
7/21-7/25	M-F	8:30 am-3:30 pm	6-10 yrs	SN17205
	Soccer Field	ID/AP: \$300	OD: \$375	

### Cold-blooded Competition

7/14-7/18	M-F	8:30 am-3:30 pm	6-10 yrs	SN17204
	Soccer Field	ID/AP: \$300	OD: \$375	
8/11-8/15	M-F	8:30 am-3:30 pm	6-10 yrs	SN17208
	Soccer Field	ID/AP: \$300	OD: \$375	

### Field to Forest – No camp 7/4

6/30-7/3	M-Th	8:30 am-3:30 pm	6-10 yrs	SN17202
	Soccer Field	ID/AP: \$300	OD: \$375	
7/28-8/1	M-F	8:30 am-3:30 pm	6-10 yrs	SN17206
	Soccer Field	ID/AP: \$300	OD: \$375	

### Basketball Camp

Campers will be grouped with kids of similar ages to develop basketball skills, including shooting, passing, dribbling, rebounding, and defending. They will also learn teamwork, rebound, and build confidence. There will be no camp on 6/19 or 7/4.

6/16-6/20	M/T/W/F	9 am-4 pm	6-14 yrs	AC17201
	Ct 4 -Indoor	ID/AP: \$277	OD: \$346.25	
6/30-7/3	M-Th	9 am-4 pm	6-14 yrs	AC17203
	Ct 4 -Indoor	ID/AP: \$277	OD: \$346.25	
7/14-7/18	M-F	9 am-4 pm	6-14 yrs	AC17205
	Ct 4 -Indoor	ID/AP: \$346	OD: \$432.50	
8/4-8/6	M/T/W	9 am-4 pm	6-14 yrs	AC17208
	Ct 4 -Indoor	ID/AP: \$207	OD: \$258.75	

### Flag Football Camp

Campers will develop football skills focusing on passing, receiving, kicking, skilled positions, and offensive and defensive strategies. Your child will learn teamwork, self-confidence, sportsmanship, and football skills. The camp will be non-contact.

7/14-7/18	M-F	8 am-3 pm	10-14 yrs	AC17505
	Soccer Field	ID/AP: \$346	OD: \$432.50	
8/4-8/8	M-F	8 am-3 pm	6-14 yrs	AC17508
	Soccer Field	ID/AP: \$346	OD: \$432.50	

### Flag Football Camp - GIRLS ONLY new

Campers will develop football skills focusing on passing, receiving, kicking, skilled positions, and offensive and defensive strategies. Your child will learn teamwork, self-confidence, sportsmanship, and football skills. The camp will be non-contact. Learn more about this emerging activity at <https://www.youtube.com/watch?v=iMcTkfitzE0>

7/21-7/25	M-F	8 am-3 pm	10-14 yrs	AC17506
	Soccer Field	ID/AP: \$346	OD: \$432.50	

### Soccer Camp

Campers will develop soccer skills focusing on passing, dribbling, conditioning, and offensive/defensive strategies. Along with soccer skills, your child will learn teamwork, self-confidence, and sportsmanship.

6/23-6/27	M-F	8 am-3 pm	10-14 yrs	AC17402
	Soccer Field	ID/AP: \$346	OD: \$432.50	
7/7-7/11	M-F	8 am-3 pm	10-14 yrs	AC17404
	Soccer Field	ID/AP: \$346	OD: \$432.50	
7/28-8/1	M-F	8 am-3 pm	10-14 yrs	AC17407
	Soccer Field	ID/AP: \$346	OD: \$432.50	
8/11-8/15	M-F	8 am-3 pm	10-14 yrs	AC17409
	Soccer Field	ID/AP: \$346	OD: \$432.50	

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

# Summer Camps

Tualatin Hills Athletic Center

503-629-6330

## Sports Madness Camp - OUTDOOR

Sports Madness camp serves as an introduction to sports for children wanting to learn a variety of sports. The camp environment and curriculum are based on sports instruction and fun in hopes of planting the seeds for a lifetime of sports passion, appreciation, and, above all, participation. Campers will be divided by age and participate in a variety of fun games and activities while making new friends. No camp 6/19 or 7/4.

6/16-6/20	M/T/W/F	8 am-3 pm	6-14 yrs	AC17301
Soccer Field		ID/AP: \$277	OD: \$346.25	
6/30-7/3	M/T/W/Th	8 am-3 pm	6-14 yrs	AC17303
Soccer Field		ID/AP: \$277	OD: \$346.25	
8/18-8/20	M/T/W	8 am-3 pm	6-14 yrs	AC17310
Soccer Field		ID/AP: \$207	OD: \$258.75	

## Sports Madness Camp - INDOOR

Sports Madness camp serves as an introduction to sports for children wanting to learn a variety of sports. The camp environment and curriculum are based on sports instruction and fun in hopes to plant the seeds for a lifetime of sports passion, appreciation, and, above all, participation. Campers will be divided by age and participate in a variety of fun games and activities while making new friends.

6/23-6/27	M-F	9 am-4 pm	6-14 yrs	AC17302
Ct 4 -Indoor		ID/AP: \$346	OD: \$432.50	
7/7-7/11	M-F	9 am-4 pm	6-14 yrs	AC17304
Ct 4 -Indoor		ID/AP: \$346	OD: \$432.50	
7/21-7/25	M-F	9 am-4 pm	6-14 yrs	AC17305
Ct 4 -Indoor		ID/AP: \$346	OD: \$432.50	
7/28-8/1	M-F	9 am-4 pm	6-14 yrs	AC17307
Ct 4 -Indoor		ID/AP: \$346	OD: \$432.50	
8/11-8/15	M-F	9 am-4 pm	6-14 yrs	AC17309
Ct 4 -Indoor		ID/AP: \$346	OD: \$432.50	

## Imagination Adventure Camp

Imagination Adventures is an immersive live-action role play game where young adventurers get to create a fictional hero and embark on epic adventures to save the province of Orenwood (a fictional counterpart to Oregon state). These adventures will overflow with puzzles and conundrums to get adventurers' brains working on riddles, problem-solving, fictional conflict resolution, and more to build the necessary skills for lifelong success. Each week-long day camp is a fully original story from start to finish, crafted especially for age-appropriate learning, and the adventurers' choices shape the world of Orenwood and their own epic quests!

**Week 1: Hugg the Barbarian's Last Treasure Hunt.** Join Hugg, an aging barbarian, on one last adventure before retirement. Solve puzzles, fight monsters, and earn riches.

6/16-6/20	M-F	8:30 am-4:30 pm	6-14 yrs	AC17701
Soccer Field		ID/AP: \$425	OD: \$531.25	

**Week 2: Invitation to Mystery.** This week, a strange letter teleported you to a castle that seems to have no way out. Solve puzzles and battle ghosts to find your way home. No camp 7/4.

6/30-7/3	M-Th	8:30 am-4:30 pm	6-14 yrs	AC17703
Soccer Field		ID/AP: \$340	OD: \$425	

**Week 3: Mirror Imagine Intrigue.** The Dwarven King asked you to come and uncover the doppelganger hiding somewhere in his court. Immerse yourself in the mystery storyline with court intrigue.

6/23-6/27	M-F	8:30 am-4:30 pm	6-14 yrs	AC17702
Soccer Field		ID/AP: \$425	OD: \$531.25	

See additional Imagination Adventure Camps at Conestoga Recreation & Aquatics and Garden Home Recreation Centers.



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

# Summer Camps

Camp Rivendale

503-629-6341



## Camp Rivendale



Camp Rivendale is a summer program providing recreational opportunities for children, adolescents, and young adults experiencing disabilities. Campers are encouraged to explore music, visual arts, sports, games, nature, and water. Campers can expect a weekly outing in the community, exploring the estate and adapted activities. Weekly activities are designed to engage campers in recreational activities and build confidence.

Staff and volunteers help cultivate peer relationships which allow campers to feel individually supported while promoting dignity, inclusivity and adventure.

Camp Rivendale is located at the historic Jenkins Estate.

Address: 8005 SW Grabhorn Road, Beaverton OR 97007

\*Camp entrance located at the cross street of SW Grabhorn Road and SW Tremont Way\*

For any questions/concerns please email [camprivendale@thprd.org](mailto:camprivendale@thprd.org) or call 503-629-6341

### Registration Process:

1. Summer registration opens (April 12, 2025). Register for camp online or in person at any THPRD facility. Camp fills up quickly so please DO NOT wait to register.
2. Once your registration is received, Inclusion Staff will email a copy of the Camp Rivendale Application to you. This needs to be completed and returned within two weeks of your registration in order to ensure a fun experience for your camper.
3. At Camp Rivendale we prioritize the safety, equity and inclusion of our campers. In order to adhere to THPRD standards the capacity for camp is 30 campers. Once capacity is reached for each session you will be added to a waitlist and informed should space become available.
4. Payment for camp can be made at any time, but the deadline is the Monday prior to your session start date.

#### Session 1: Camp Rivendale Wildflowers (Ages 6-12)

<b>Week 1</b>				
6/23-6/27	M-F	9 am-1 pm	6-12 yrs	CR17700
Jenkins Estate		ID/AP: \$275	OD: \$368.75	
<b>Week 2</b>				
6/30-7/3	M-Th	9 am-1 pm	6-12 yrs	CR17701
Jenkins Estate		ID/AP: \$220	OD: \$295	
<b>Week 3</b>				
7/7-7/11	M-F	9 am-1 pm	6-12 yrs	CR17702
Jenkins Estate		ID/AP: \$275	OD: \$368.75	
<b>Week 4</b>				
7/14-7/18	M-F	9 am-1 pm	6-12 yrs	CR17703
Jenkins Estate		ID/AP: \$275	OD: \$368.75	
<b>Week 5</b>				
7/21-7/25	M-F	9 am-1 pm	6-12 yrs	CR17704
Jenkins Estate		ID/AP: \$275	OD: \$368.75	

#### Session 2: Camp Rivendale Rangers (Ages 13-20)

<b>Week 1</b>				
7/28-8/1	M-F	9 am-1 pm	13-20 yrs	CR17705
Jenkins Estate		ID/AP: \$275	OD: \$368.75	
<b>Week 2</b>				
8/4-8/8	M-F	9 am-1 pm	13-20 yrs	CR17706
Jenkins Estate		ID/AP: \$275	OD: \$368.75	
<b>Week 3</b>				
8/11-8/15	M-F	9 am-1 pm	13-20 yrs	CR17707
Jenkins Estate		ID/AP: \$275	OD: \$368.75	
<b>Week 4</b>				
8/18-8/22	M-F	9 am-1 pm	13-20 yrs	CR17708
Jenkins Estate		ID/AP: \$275	OD: \$368.75	

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

# Summer Camps

Babette Horenstein Tennis Center

503-629-6331

## Outdoor Camps @ Sunset Park

Class #	Dates	Days	Times	ID/AP	OD	Sessions
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### 10 and Under Tennis Camp @ Sunset Park (Ages 7-10, All Levels)

Are you seeking a week-long camp to enhance and develop your child's tennis skills? Camp will run for 4 hours each day. Players will work on tennis skills, hand-eye coordination drills, tennis games and field games and activities. Please bring a snack & water bottle to camp each day. **Camp will take place outdoors at Sunset Park: 13707 NW Science Park Drive, Portland OR 97229.**

TC12111	6/16-6/20	M/T/W/F	9 am-1 pm	\$264	\$330	4
TC12112	6/23-6/27	M-F	9 am-1 pm	\$330	\$412.50	5
TC12121	6/30-7/3	M-Th	9 am-1 pm	\$264	\$330	4
TC12122	7/7-7/11	M-F	9 am-1 pm	\$330	\$412.50	5
TC12131	7/14-7/18	M-F	9 am-1 pm	\$330	\$412.50	5
TC12132	7/21-7/25	M-F	9 am-1 pm	\$330	\$412.50	5
TC12141	7/28-8/1	M-F	9 am-1 pm	\$330	\$412.50	5
TC12142	8/4-8/8	M-F	9 am-1 pm	\$330	\$412.50	5
TC12151	8/11-8/15	M-F	9 am-1 pm	\$330	\$412.50	5
TC12152	8/18-8/22	M-F	9 am-1 pm	\$330	\$412.50	5

### Junior Development Tennis Camp @ Sunset Park (Ages 10-14, All Levels)

Are you seeking a week-long camp to enhance and develop your child's tennis skills? Camp will run for 4 hours each day. Players will work on tennis skills, hand-eye coordination drills, tennis games and field games and activities. Please bring a snack & water bottle to camp each day. **Camp will take place outdoors at Sunset Park: 13707 NW Science Park Drive, Portland OR 97229.**

TC13111	6/16-6/20	M/T/W/F	9 am-1 pm	\$264	\$330	4
TC13112	6/23-6/27	M-F	9 am-1 pm	\$330	\$412.50	5
TC13121	6/30-7/3	M-Th	9 am-1 pm	\$264	\$330	4
TC13122	7/7-7/11	M-F	9 am-1 pm	\$330	\$412.50	5
TC13131	7/14-7/18	M-F	9 am-1 pm	\$330	\$412.50	5
TC13132	7/21-7/25	M-F	9 am-1 pm	\$330	\$412.50	5
TC13141	7/28-8/1	M-F	9 am-1 pm	\$330	\$412.50	5
TC13142	8/4-8/8	M-F	9 am-1 pm	\$330	\$412.50	5
TC13151	8/11-8/15	M-F	9 am-1 pm	\$330	\$412.50	5
TC13152	8/18-8/22	M-F	9 am-1 pm	\$330	\$412.50	5



## Indoor Camps @ BHTC

Class #	Dates	Days	Times	ID/AP	OD	Sessions
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### Age 7 to 10 Green Ball Tennis Camp Level 2+ @BHTC

Come out and join the staff for this week-long indoor camp. Players work on shot consistency, offensive and defensive shots, doubles and singles movement, and specialty shots. Students will be introduced to game scoring along with an emphasis on rallying in different scenarios. This camp is taught with an emphasis on point play and rallying while continuing to develop the skills. **Class will take place indoors at BHTC: 15707 SW Walker Road, Beaverton, OR 97006.**

TC12211	6/16-6/18	M/T/W	3-5 pm	\$134	\$167.50	3
TC12212	6/23-6/26	M-Th	3-5 pm	\$179	\$223.75	4
TC12221	6/30-7/3	M-Th	3-5 pm	\$179	\$223.75	4
TC12222	7/7-7/10	M-Th	3-5 pm	\$179	\$223.75	4
TC12231	7/14-7/16	M-W	3-5 pm	\$134	\$167.50	3
TC12232	7/21-7/24	M-Th	3-5 pm	\$179	\$223.75	4
TC12241	7/28-7/31	M-Th	3-5 pm	\$179	\$223.75	4
TC12242	8/4-8/7	M-Th	3-5 pm	\$179	\$223.75	4
TC12251	8/11-8/14	M-Th	3-5 pm	\$179	\$223.75	4
TC12252	8/18-8/21	M-Th	3-5 pm	\$179	\$223.75	4

### Age 11 to 14 Junior Development Tennis Camp Level 2+ @BHTC

Come out and join the staff for this week-long indoor camp. Players work on shot consistency, offensive and defensive shots, doubles and singles movement, and specialty shots. Students will be introduced to game scoring along with an emphasis on rallying in different scenarios. This camp is taught with an emphasis on point play and rallying while continuing to develop the skills. **Class will take place indoors at BHTC: 15707 SW Walker Road, Beaverton, OR 97006.**

TC13411	6/16-6/18	M/T/W	4-6 pm	\$134	\$167.50	3
TC13412	6/23-6/26	M-Th	4-6 pm	\$179	\$223.75	4
TC13421	6/30-7/3	M-Th	4-6 pm	\$179	\$223.75	4
TC13422	7/7-7/10	M-Th	4-6 pm	\$179	\$223.75	4
TC13431	7/14-7/16	M/T/W	4-6 pm	\$134	\$167.50	3
TC13432	7/21-7/24	M-Th	4-6 pm	\$179	\$223.75	4
TC13441	7/28-7/31	M-Th	4-6 pm	\$179	\$223.75	4
TC13442	8/4-8/7	M-Th	4-6 pm	\$179	\$223.75	4
TC13451	8/11-8/14	M-Th	4-6 pm	\$179	\$223.75	4
TC13452	8/18-8/21	M-Th	4-6 pm	\$179	\$223.75	4

### Age 11 to 14 Advanced Junior Development Tennis Camp Level 3+ @BHTC

Are you looking for a week-long class to enhance and develop your tennis skills? Class will run for 2.5 hours each day. Players will work on skill development, stroke production, offensive and defensive skill and strategies along with focus on Singles and Doubles work. **Class will take place indoors at BHTC: 15707 SW Walker Road, Beaverton, OR 97006.**

TC13611	6/16-6/18	M-W	9-11:30 am	\$168	\$210	3
TC13612	6/23-6/26	M-Th	9-11:30 am	\$224	\$280	4
TC13621	6/30-7/3	M-Th	9-11:30 am	\$224	\$280	4
TC13622	7/7-7/10	M-Th	9-11:30 am	\$224	\$280	4
TC13631	7/14-7/16	M-W	9-11:30 am	\$168	\$210	3
TC13632	7/21-7/24	M-Th	9-11:30 am	\$224	\$280	4
TC13641	7/28-7/31	M-Th	9-11:30 am	\$224	\$280	4
TC13642	8/4-8/7	M-Th	9-11:30 am	\$224	\$280	4
TC13651	8/11-8/14	M-Th	9-11:30 am	\$224	\$280	4
TC13652	8/18-8/21	M-Th	9-11:30 am	\$224	\$280	4

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

# Summer Camps

Babette Horenstein Tennis Center

503-629-6331

## Indoor Camps @ BHTC

Class #	Dates	Days	Times	ID/AP	OD	Sessions
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### Age 13 to 18 High School Tennis Prep Camp 3+

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.

**Class will take place indoors at BHTC: 15707 SW Walker Road, Beaverton, OR 97006.**

TC15311	6/16-6/18	M-W	12-2:30 pm	\$168	\$210	3
TC15312	6/23-6/26	M-Th	12-2:30 pm	\$224	\$280	4
TC15321	6/30-7/3	M-Th	12-2:30 pm	\$224	\$280	4
TC15322	7/7-7/10	M-Th	12-2:30 pm	\$224	\$280	4
TC15331	7/14-7/16	M-W	12-2:30 pm	\$168	\$210	3
TC15332	7/21-7/24	M-Th	12-2:30 pm	\$224	\$280	4
TC15341	7/28-7/31	M-Th	12-2:30 pm	\$224	\$280	4
TC15342	8/4-8/7	M-Th	12-2:30 pm	\$224	\$280	4
TC15351	8/11-8/14	M-Th	12-2:30 pm	\$224	\$280	4
TC15352	8/18-8/21	M-Th	12-2:30 pm	\$224	\$280	4

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

# Adaptive & Inclusive Recreation Services



TUALATIN HILLS  
PARK & RECREATION DISTRICT

## Recreation Services for People Experiencing Disabilities

### Inclusion Services

Inclusion Services is committed towards providing a continuum of staff support to children, teens, and adults with 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 one to one 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.



**Registration:** A THPRD account is required for all programs / activity registrations. Please see page 178 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 174 or call the Administrative Office at 503-619-3994.

### Adaptive & Inclusive Volunteers

Would you like to have a meaningful and positive impact in your community? Join us and have fun working with children, teens, and adults with developmental disabilities. 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 background check must be cleared.



## Programs Facilitated by Adaptive & Inclusive Services:

### 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.

### Camp Rivendale

A summer day camp providing recreational opportunities for patrons ages 6-20 with disabilities. For more information, email us at [camprivendale@thprd.org](mailto:camprivendale@thprd.org).

### Adaptive Mobile Recreation

THPRD's Adaptive Rec Mobile is a free drop-in program for people of all ages. This inclusive, community-based recreation program provides fun sensory friendly games, crafts, and other activities throughout our community. If you are interested in Adaptive Rec Mobile coming to your facility or events, please inquire at [inclusion@thprd.org](mailto:inclusion@thprd.org).

### 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 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).**



## Camp Rivendale



Camp Rivendale is a summer program providing recreational opportunities for children, adolescents, and young adults experiencing disabilities. Campers are encouraged to explore music, visual arts, sports, games, nature, and water. Campers can expect a weekly outing in the community, exploring the estate and adapted activities. Weekly activities are designed to engage campers in recreational activities and build confidence.

Staff and volunteers help cultivate peer relationships which allow campers to feel individually supported while promoting dignity, inclusivity and adventure.

Camp Rivendale is located at the historic Jenkins Estate.

Address: 8005 SW Grabhorn Road, Beaverton OR 97007

\*Camp entrance located at the cross street of SW Grabhorn Road and SW Tremont Way\*

For any questions/concerns please email [camprivendale@thprd.org](mailto:camprivendale@thprd.org) or call 503-629-6341

### Registration Process:

1. Summer registration opens (April 12, 2025). Register for camp online or in person at any THPRD facility. Camp fills up quickly so please DO NOT wait to register.
2. Once your registration is received, Inclusion Staff will email a copy of the Camp Rivendale Application to you. This needs to be completed and returned within two weeks of your registration in order to ensure a fun experience for your camper.
3. At Camp Rivendale we prioritize the safety, equity and inclusion of our campers. In order to adhere to THPRD standards the capacity for camp is 30 campers. Once capacity is reached for each session you will be added to a waitlist and informed should space become available.
4. Payment for camp can be made at any time, but the deadline is the Monday prior to your session start date.

#### Session 1: Camp Rivendale Wildflowers (Ages 6-12)

<b>Week 1</b>				
6/23-6/27	M-F	9 am-1 pm	6-12 yrs	CR17700
Jenkins Estate		ID/AP: \$275	OD: \$368.75	
<b>Week 2</b>				
6/30-7/3	M-Th	9 am-1 pm	6-12 yrs	CR17701
Jenkins Estate		ID/AP: \$220	OD: \$295	
<b>Week 3</b>				
7/7-7/11	M-F	9 am-1 pm	6-12 yrs	CR17702
Jenkins Estate		ID/AP: \$275	OD: \$368.75	
<b>Week 4</b>				
7/14-7/18	M-F	9 am-1 pm	6-12 yrs	CR17703
Jenkins Estate		ID/AP: \$275	OD: \$368.75	
<b>Week 5</b>				
7/21-7/25	M-F	9 am-1 pm	6-12 yrs	CR17704
Jenkins Estate		ID/AP: \$275	OD: \$368.75	

#### Session 2: Camp Rivendale Rangers (Ages 13-20)

<b>Week 1</b>				
7/28-8/1	M-F	9 am-1 pm	13-20 yrs	CR17705
Jenkins Estate		ID/AP: \$275	OD: \$368.75	
<b>Week 2</b>				
8/4-8/8	M-F	9 am-1 pm	13-20 yrs	CR17706
Jenkins Estate		ID/AP: \$275	OD: \$368.75	
<b>Week 3</b>				
8/11-8/15	M-F	9 am-1 pm	13-20 yrs	CR17707
Jenkins Estate		ID/AP: \$275	OD: \$368.75	
<b>Week 4</b>				
8/18-8/22	M-F	9 am-1 pm	13-20 yrs	CR17708
Jenkins Estate		ID/AP: \$275	OD: \$368.75	

## 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: \$7.75 (**\$8 starting 7/1/2025**)

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

For more information, please email [inclusion@thprd.org](mailto: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)	Day	Time	Ages	Class Code
Location		ID/AP	OD	

### TR Hiking Night

Join us for a beginner walk in the woods! Meet us at Elsie Stuhr Center and we will shuttle everyone to the hiking destination. We will be leaving the Elsie Stuhr Center at 6:30 pm sharp, so please plan to arrive 15 minutes before then - we will return to the Elsie Stuhr Center by 8:30 pm for pick-ups. Don't forget your walking shoes and water bottle - extra sunscreen and bug spray will be provided by inclusion staff.

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

6/9 (1)	M	6:30-8:30 pm	16-adults	TR15700
Elsie Stuhr Center		ID/AP: \$5.75	OD: \$7.75	

### TR Singalong Movie Night

Calling all dancing queens! Join us for a night of singing, flower art, and a rocking good time. We will be putting a movie on the big screen and singing along to the soundtrack. No singing experience required.

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

6/16 (1)	M	6:30-8:30 pm	16-adults	TR15701
Elsie Stuhr Center		ID/AP: \$5.75	OD: \$7.75	

## TR Zumba & Yoga

Yoga and Zumba are great ways to get active while having fun! For the Zumba portion, everyone will have the opportunity to show us your best dance moves as we dance along to hit songs! After, we'll end our class with calming stretches and various breathing techniques. \*Led by a certified Yoga and Zumba instructor.

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

6/23 (1)	M	6:30-8:30 pm	16-adults	TR15702
Elsie Stuhr Center		ID/AP: \$5.75	OD: \$7.75	

## TR Swimming at Harman Swim Center

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

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

6/30 (1)	M	6:30-8:30 pm	16-adults	TR15703
Elsie Stuhr Center		ID/AP: \$5.75	OD: \$7.75	

## TR Gardening Outing

Meet at Elsie Stuhr Center and we will shuttle to Mountain View Champions Park to learn about plants, bugs and soil. 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-ups.

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

7/7 (1)	M	6:30-8:30 pm	16-adults	TR15704
Elsie Stuhr Center		ID/AP: \$5.75	OD: \$8	

## TR Summer Hoedown Throwdown

Dust off your dancing shoes for a night of learning to two-step and line dance, all while partying with your pals. Drinks and snacks will be provided.

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

7/14 (1)	M	6:30-8:30 pm	16-adults	TR15705
Elsie Stuhr Center		ID/AP: \$5.75	OD: \$8	

## TR Recycled Art Class

Let's reduce, reuse, and recycle and make fun art along the way. Bring your creativity and we will provide supplies to make your own art masterpiece. No art experience required.

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

7/21 (1)	M	6:30-8:30 pm	16-adults	TR15706
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)

## 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-ups. Please don't forget to pack a swimsuit, towel, and a change of clothes!

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

7/28 (1)	M	6:30-8:30 pm	16-adults	TR15707
		Elsie Stuhr Center ID/AP: \$5.75	OD: \$8	

## TR Table Games Tournament

Join us for a learn and play night with ping pong, pool and many more! No gaming experience required. Let inclusion staff know if you have a game you would like to request!

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

8/4 (1)	M	6:30-8:30 pm	16-adults	TR15708
		Elsie Stuhr Center ID/AP: \$5.75	OD: \$8	

## TR End of Summer Carnival

Finish out the summer TR season with games, cool treats, and fun times with your friends!

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

8/11 (1)	M	6:30-8:30 pm	16-adults	TR15709
		Elsie Stuhr Center ID/AP: \$5.75	OD: \$8	



## Teen Therapeutic Recreation (TR)

Join us on Wednesday nights for fun activities in this recreational and social program for teens ages 13-20 who are experiencing disabilities. Enjoy fun outings, arts, and movement

**Cost:** ID: \$5.75 OD:\$7.75 (**\$8 starting 7/1/25**)

(Except where noted, for off-site activities)

**Date & Time:** See times below

For more information, please email [inclusion@thprd.org](mailto:inclusion@thprd.org). A THPRD Therapeutic Recreation Medical/Emergency information form is required for all participants.

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

\*Additional program information will be sent out one week prior to all registered participants.

## Wednesday Teen Therapeutic Recreation (TR)

### Teen TR Test it out!

Have you ever painted with bubble wrap? Or seen the inside of a kumquat? Join us for a night of sensory activities where we will be using our five senses to explore the world around us. Staff will be providing items to touch, smell, hear, and eat. Please note any allergies during registration and/or reach out to inclusion staff prior to the program

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

7/9 (1)	W	4:30-6:30 pm	13-20 Yrs	TR15798
		Elsie Stuhr Center ID/AP: \$5.75	OD: \$8	

### Teen TR Wet Pet Outing

Meet at Elsie Stuhr and we'll shuttle to The World of Wet Pets with the widest selection of marine and freshwater fish, invertebrates and aquatic plants. Staff will take our group through a journey to learn about wet pets from the experts themselves.

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

7/16 (1)	W	4:30-6:30 pm	13-20 Yrs	TR15797
		Elsie Stuhr Center ID/AP: \$5.75	OD: \$8	

### Teen TR Make Your Own Snack Pack

Join us in practicing your culinary skills making ready-to-eat snacks and take home your creations. All supplies will be provided. Please reach out to inclusion staff for any dietary requests, as we want everyone to leave with a tray they want to eat.

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

7/23 (1)	W	4:30-6:30 pm	13-20 Yrs	TR15796
		Elsie Stuhr Center ID/AP: \$5.75	OD: \$8	

### Teen TR Legos & Root Beer Floats

Join us in the world of creating your own Lego masterpiece. Legos will be provided, but feel free to bring your favorite set to complete with friends.

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

7/30 (1)	W	4:30-6:30 pm	13-20 Yrs	TR15795
		Elsie Stuhr Center ID/AP: \$5.75	OD: \$8	

## TR Community Adventure Outing: Bonneville Dam

Come learn about Oregon's fish and wildlife systems and explore the Bonneville Dam. Meet at Elsie Stuhr Center and inclusion staff will shuttle everyone to and from Bonneville Dam. Bring your walking shoes, bottle of water and your curiosity!

This program is intended for teens and adults ages 16+ who experience disabilities. You must preregister for this program.

8/20 (1)	W	2-6 pm	16-adults	TR15776
Elsie Stuhr Center		ID/AP: \$5.75	OD: \$8	



## Adaptive Rec Mobile Gardening

Starting April 4  
Every Friday, 9-10 am

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



ML View  
Champions Park  
5915 SW 170th Ave.

TUALATIN HILLS  
PARK & RECREATION DISTRICT

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.

# TRI TOGETHER PEDAL RUN DIP

**August 16, 2025 • 9 am-1 pm • HMT Complex**

The TRI Together is an inclusive family friendly event hosted by THPRD to provide an opportunity for people of all abilities to come together and be active. This triathlon is intended for beginners and groups of all ages. The course includes:

- 50 or 100 yard swim
- 2 mile wheeled ride (bike/mobility device)
- 0.5 or 1-mile run

Athletes can do the triathlon independently or as a team. THPRD Inclusion Program is available to assist with any of your adaptive needs. To inquire about adaptive equipment and strategies to successfully participate please email [inclusion@thprd.org](mailto:inclusion@thprd.org).

### Register options:

**Individuals: TRI2025I or Family 4+: TRI2025F**

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: \$7.75 (\$8 starting 7/1/25)

**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: \$7.75 (\$8 starting 7/1/25)**

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).



# 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 *Aquatics* - General Information

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

## **Personnel**

**Andrew Jackman,**  
Aquatics Manager

## **THPRD Pool Guidelines**

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

## **Dressing Rooms**

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

## **Volunteer Opportunities**

### **Adaptive Aquatics**

Hey, swimmers! Do you have a talent for working with swimmers with physical or developmental disabilities? 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.

**Summer Meet Dates:**

6/28, 7/19, 8/2, 8/16

# THPRD Aquatics - General Information

## Aquatics Professional Training

Facility	Date	Day	Time	ID/AP	OD	Class #
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### Lifeguard Training

Ages 15+ years

Course focuses on the job of a lifeguard in a swimming pool environment. Certification includes first aid and CPR for the professional rescuer. **Prerequisites:** 1) 300 yard swim (utilizing crawl stroke and breaststroke) 2) Swim 20 yards, submerge to a depth of 7-10 ft., retrieve a 10 lb. diving brick, return to the surface and swim back to the starting point within 1 minute, 40 seconds. **Certification Requirements:** 1) Attend all class hours (no make-ups, no exceptions). 2) Successfully complete all required skill testing in CPR for the Professional Rescuer and AED, First Aid and Lifeguarding 3) Score 80% on the final written exams.

Aquatic Center	6/24-7/10	T/TH	11:30am-3:30pm	\$260	\$325	AQ152000
Sunset Swim Center	7/1-7/3	T-TH	9am-5pm	\$260	\$325	SS152001
Harman Swim Center	7/5-7/11	Sat & Sun, Fri	8:30am-5pm	\$260	\$325	HM150000
Conestoga	7/19-7/27	Sat & Sun	9:15am-4pm	\$260	\$325	CA152000
Beaverton Swim Center	8/22-8/24	Fri-Sun	9am-6pm	\$260	\$325	BV152053

### 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.

**Jr. Lifeguarding classes will also be offered in a camp format throughout the District! Please see center pages for additional details.**

Aquatic Center	7/29-8/07	T/TH	1-5pm	\$100	\$125	AQ15100
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### Junior Lifeguarding- Alternate Track

Ages 12-15 years

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

Harman Swim Center	6/17-7/17	T/TH	12:15-2:30pm	\$100	\$125	HM15100A
Harman Swim Center	7/22-8/21	T/TH	12:15-2:30pm	\$100	\$125	HM151001A

### 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 *Aquatics Clubs*

## 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

The Tualatin Hills Swim Club provides the opportunity for swimmers of all ages and levels to develop their skills. For more information, call Head Coach Franz Resseguie at (503) 629-5568 or visit the club's website [www.thunderboltswimming.org](http://www.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

The Beaverton Area Aquatic Club (BAAC) inspires swimmers of all ages to achieve their potential through discipline, self-motivation, and hard work in a positive environment. For more information, contact BAAC coaches at [baac.coaches3@gmail.com](mailto:baac.coaches3@gmail.com) or visit our website at [www.baac.com](http://www.baac.com).



#### 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**  
Director de Actividades Acuáticas

## Directrices para el uso de las piscinas de THPRD

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

## Vestidores

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

## Oportunidades para voluntarios

### Actividades acuáticas especializadas

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

### Junior Lifeguarding | Salvavidas

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

### Aquatic Champion | Campeones Acuáticos

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

## Drop-In | Natación Libre

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

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

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

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

### Ejercicio independiente/Ejercicio abierto en aguas profundas

Este programa sin cita previa es un nado no estructurado para el fitness acuático personal, el jogging acuático o la caminata acuática en zonas designadas de la piscina. Los participantes pueden utilizar el equipo de fitness acuático proporcionado en los centros de natación durante este periodo de tiempo. Los participantes deben tener 15 años o más para participar en este programa sin cita previa. Visite [thprd.org](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 piscina de THPRD para obtener el horario.

### Guía de selección de niveles de natación

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

## Instrucción Especializada

### Baby & Me/Toddler & Me

(Mi bebé y yo/Mi niño pequeño y yo)

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

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

### Usted y su hijo en edad preescolar

*3 años a 5 años 11 meses*

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

### Actividades acuáticas especializadas

Un programa de instrucción para 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:

**Verano:** junio 28, julio 19, agosto 2 y 16

# Deportes acuáticos THPRD - Información General

## Formación Profesional Acuática

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

*Edades 15 años en adelante*

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

Aquatic Center	24/6-10/7	Mar/Jue	11:30am-3:30pm	\$260	\$325	AQ152000
Sunset Swim Center	1/7-3/7	Mar/Jue	9am-5pm	\$260	\$325	SS152001
Harman Swim Center	5/7-11/7	Sáb y dom, vie	8:30am-5pm	\$260	\$325	HM150000
Conestoga	19/7-27/7	Sáb y dom	9:15am-4pm	\$260	\$325	CA152000
Beaverton Swim Center	22/8-24/8	Vie-Dom	9am-6pm	\$260	\$325	BV152053

### Salvavidas junior | 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.

¡También se ofrecerán clases de salvavidas para jóvenes en formato de campamento en todo el distrito! Consulte las páginas centrales para obtener más información.

Aquatic Center	29/7-7/8	Mar/Jue	1-5pm	\$100	\$125	AQ15100
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### Salvavidas junior | Junior Lifeguarding - Alternate Track

*Edades de 12 a 15 años, Nivel 5+*

El curso de modalidad alterna de Jr. Guard de THPRD cubre los mismos temas descritos en la descripción del curso de Jr. Guard, con énfasis en el desarrollo de habilidades de natación. Si bien los participantes no necesitan saber nadar antes de tomar el curso, deben sentirse cómodos de pie en aguas poco profundas.

Harman Swim Center	17/6-17/7	Mar/Jue	12:15-2:30pm	\$100	\$125	HM15100A
Harman Swim Center	22/7-21/8	Mar/Jue	12:15-2:30pm	\$100	\$125	HM151001A

### 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, comunícate directamente con cada club para obtener información sobre la membresía del equipo y los horarios de entrenamiento.

### Club de Natación Tualatin Hills

El Club de Natación Tualatin Hills brinda la oportunidad a nadadores de todas las edades y niveles de desarrollar sus habilidades. Para más información, contacta al entrenador principal Franz Resseguie al (503) 629-5568 o visita el sitio web del club: [www.thunderboltswimming.org](http://www.thunderboltswimming.org).



### Club de Clavados Tualatin Hills

El Club de Clavados Tualatin Hills 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, comunícate 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)



### Club de Waterpolo Tualatin Hills

El Club de Waterpolo Tualatin Hills 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)



### Club Acuático del Área de Beaverton (BAAC)

El Club Acuático del Área de Beaverton (BAAC) inspira a nadadores de todas las edades a alcanzar su máximo potencial a través de la disciplina, la automotivación y el esfuerzo en un ambiente positivo. Para más información, contacta a los entrenadores de BAAC en [baac.coaches3@gmail.com](mailto:baac.coaches3@gmail.com) o visita nuestro sitio web: [www.baac.com](http://www.baac.com)



#### Cuotas del Club

- 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

### Aloha Swim Center Hours:

**Monday - Thursday:** 9 am – 7 pm  
**Friday:** 9 am – 4 pm  
**Saturday:** Closed  
**Sunday:** 11 am – 5 pm

Hours subject to change.  
Check [thprd.org](http://thprd.org) for most updated schedule.

**Facility Closed:** 6/19, 7/4.

### Aloha Swim Center Features:

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



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



@THPRD.Aquatics

## Summer 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. **Summer Meet dates: 6/28, 7/19, 8/2, 8/16.**

Date	Day	Time	ID/AP	OD	Class#
6/17-8/14	T/Th	5:45-6:30 pm	\$205	\$256.25	AL134034

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



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

Preschool: Minimum age 3 years and toilet-trained.

When class ends, pick up your preschooler on deck.

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

## Beginning Swimming Skills

Date	Day	Time	ID/AP	OD	Class#
<b>Preschool Level 1-3</b>					
No class 6/19, 7/4, 7/5.					

6/16-7/16	M/W	3:45-4:15 pm	\$101	\$126.25	AL111016
7/21-8/20	M/W	3:45-4:15 pm	\$101	\$126.25	AL111017
6/16-7/16	M/W	4:20-4:50 pm	\$101	\$126.25	AL111018
7/21-8/20	M/W	4:20-4:50 pm	\$101	\$126.25	AL111019
6/16-7/16	M/W	4:55-5:25 pm	\$101	\$126.25	AL111020
7/21-8/20	M/W	4:55-5:25 pm	\$101	\$126.25	AL111021
6/16-7/16	M/W	5:45-6:15 pm	\$101	\$126.25	AL111022
7/21-8/20	M/W	5:45-6:15 pm	\$101	\$126.25	AL111023
6/16-7/16	M/W	6:20-6:50 pm	\$101	\$126.25	AL111024
7/21-8/20	M/W	6:20-6:50 pm	\$101	\$126.25	AL111025
6/16-7/16	M/W	6:55-7:25 pm	\$101	\$126.25	AL111026
7/21-8/20	M/W	6:55-7:25 pm	\$101	\$126.25	AL111027
6/17-7/17	T/Th	3:45-4:15 pm	\$92	\$115	AL111028
7/22-8/21	T/Th	3:45-4:15 pm	\$101	\$126.25	AL111029
6/17-7/17	T/Th	4:20-4:50 pm	\$92	\$115	AL111030
7/22-8/21	T/Th	4:20-4:50 pm	\$101	\$126.25	AL111031
6/17-7/17	T/Th	4:55-5:25 pm	\$92	\$115	AL111032
7/22-8/21	T/Th	4:55-5:25 pm	\$101	\$126.25	AL111033
6/15-8/17	Su	12-12:30 pm	\$92	\$115	AL111000
6/15-8/17	Su	12:35-1:05 pm	\$92	\$115	AL111001
6/15-8/17	Su	1:10-1:40 pm	\$92	\$115	AL111002
6/15-8/17	Su	2-2:30 pm	\$92	\$115	AL111003
6/15-8/17	Su	2:35-3:05 pm	\$92	\$115	AL111004
6/15-8/17	Su	3:10-3:40 pm	\$92	\$115	AL111005

## School Age Level 1-4

No class 6/19, 7/4, 7/5.

6/16-7/16	M/W	3:45-4:15 pm	\$101	\$126.25	AL121016
7/21-8/20	M/W	3:45-4:15 pm	\$101	\$126.25	AL121017
6/16-7/16	M/W	4:20-4:50 pm	\$101	\$126.25	AL121018
7/21-8/20	M/W	4:20-4:50 pm	\$101	\$126.25	AL121019
6/16-7/16	M/W	4:55-5:25 pm	\$101	\$126.25	AL121020
7/21-8/20	M/W	4:55-5:25 pm	\$101	\$126.25	AL121021
6/16-7/16	M/W	5:45-6:15 pm	\$101	\$126.25	AL121022
7/21-8/20	M/W	5:45-6:15 pm	\$101	\$126.25	AL121023
6/16-7/16	M/W	6:20-6:50 pm	\$101	\$126.25	AL121024
7/21-8/20	M/W	6:20-6:50 pm	\$101	\$126.25	AL121025
6/16-7/16	M/W	6:55-7:25 pm	\$101	\$126.25	AL121026
7/21-8/20	M/W	6:55-7:25 pm	\$101	\$126.25	AL121027
6/17-7/17	T/Th	3:45-4:15 pm	\$92	\$115	AL121028
7/22-8/21	T/Th	3:45-4:15 pm	\$101	\$126.25	AL121029
6/17-7/17	T/Th	4:20-4:50 pm	\$92	\$115	AL121030
7/22-8/21	T/Th	4:20-4:50 pm	\$101	\$126.25	AL121031
6/17-7/17	T/Th	4:55-5:25 pm	\$92	\$115	AL121032
7/22-8/21	T/Th	4:55-5:25 pm	\$101	\$126.25	AL121033
6/15-8/17	Su	12-12:30 pm	\$92	\$115	AL121000
6/15-8/17	Su	12:35-1:05 pm	\$92	\$115	AL120001
6/15-8/17	Su	1:10-1:40 pm	\$92	\$115	AL121002
6/15-8/17	Su	2-2:30 pm	\$92	\$115	AL121003
6/15-8/17	Su	2:35-3:05 pm	\$92	\$115	AL121004
6/15-8/17	Su	3:10-3:40 pm	\$92	\$115	AL121005

## Intermediate Swimming Skills

Date	Day	Time	ID/AP	OD	Class#
<b>Preschool/School Age Level 5-7</b>					
No class 6/19, 7/4, 7/5.					

6/16-7/16	M/W	3:45-4:15 pm	\$101	\$126.25	AL125016
7/21-8/20	M/W	3:45-4:15 pm	\$101	\$126.25	AL125017
6/16-7/16	M/W	4:20-4:50 pm	\$101	\$126.25	AL125018
7/21-8/20	M/W	4:20-4:50 pm	\$101	\$126.25	AL125019
7/22-8/21	T/Th	3:45-4:15 pm	\$101	\$126.25	AL125028
7/22-8/21	T/Th	3:45-4:15 pm	\$101	\$126.25	AL125029
7/22-8/21	T/Th	4:20-4:50 pm	\$101	\$126.25	AL125030
7/22-8/21	T/Th	4:20-4:50 pm	\$101	\$126.25	AL125031
6/15-8/17	Su	1:10-1:40 pm	\$92	\$115	AL125002
6/15-8/17	Su	2:35-3:05 pm	\$92	\$115	AL125004

## Specialty Programs

Date	Day	Time	ID/AP	OD	Class#
					

### Baby/Toddler & Me

Ages 6 months to 3 years old.

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

No class 6/19, 7/4, 7/5.

6/23-6/27	M-F	9-9:30 am	\$35	\$43.75	AL140007
7/7-7/11	M-F	9-9:30 am	\$35	\$43.75	AL140009
7/21-7/25	M-F	9-9:30 am	\$35	\$43.75	AL140011
8/4-8/8	M-F	9-9:30 am	\$35	\$43.75	AL140013
8/18-8/22	M-F	9-9:30 am	\$35	\$43.75	AL140015
6/15-8/17	Su	12-12:30 pm	\$61	\$76.25	AL140000

### Teen/Adult Swimming Skills

No class 6/19, 7/4, 7/5.

6/15-8/17	Su	12:35-1:05 pm	\$92	\$115	AL150001
6/15-8/17	Su	2:35-3:05 pm	\$92	\$115	AL150003
6/15-8/17	Su	3:10-3:40 pm	\$92	\$115	AL150005
6/16-7/16	M/W	4:55-5:25 pm	\$101	\$126.25	AL150020
7/21-8/20	M/W	4:55-5:25 pm	\$101	\$126.25	AL150021
6/16-7/16	M/W	6:20-6:50 pm	\$101	\$126.25	AL150026
7/21-8/20	M/W	6:55-7:25 pm	\$101	\$126.25	AL150027
6/17-7/17	T/Th	4:55-5:25 pm	\$92	\$115	AL150032
7/22-8/21	T/Th	4:55-5:25 pm	\$101	\$126.25	AL150033

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

# Beaverton Swim Center



**TUALATIN HILLS**  
PARK & RECREATION DISTRICT

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

TriMet Bus Routes #52, #76, #78

**Office Hours:**

**Monday - Thursday:** 7 am – 7:30 pm  
**Friday:** 7 am – 4 pm  
**Saturday:** 8 am – 4 pm  
**Sunday:** Closed

Hours subject to change.

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

**Facility Closed: 6/19, 7/4.**

**Beaverton Swim Center features:**

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



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



@THPRD.Aquatics

## Summer 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. **Summer meet dates: 6/28, 7/19, 8/2, 8/16.**

Date	Day	Time	ID/AP	OD	Class#
6/16-8/13	M/W	10-10:45 am	\$216	\$270	BV134010
6/16-8/13	M/W	6:40-7:25 pm	\$216	\$270	BV134040
6/17-8/14	T/Th	6:40-7:25 pm	\$205	\$256.25	BV134054

## Water Fitness Programs

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

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

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



Make sure to check out our **new** class  
**You & Your Aqua Explorers**

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>					
<b>No class 6/19, 7/4, 7/5.</b>					
6/16-6/27	M-F	9:35-10:05 am	\$92	\$115	BV111005
6/30-7/11	M-F	9:35-10:05 am	\$92	\$115	BV111006
7/14-7/25	M-F	9:35-10:05 am	\$101	\$126.25	BV111007
7/28-8/8	M-F	9:35-10:05 am	\$101	\$126.25	BV111008
8/11-8/22	M-F	9:35-10:05 am	\$101	\$126.25	BV111009
6/16-6/27	M-F	10:10-10:40 am	\$92	\$115	BV111010
6/30-7/11	M-F	10:10-10:40 am	\$92	\$115	BV111011
7/14-7/25	M-F	10:10-10:40 am	\$101	\$126.25	BV111012
7/28-8/8	M-F	10:10-10:40 am	\$101	\$126.25	BV111013
8/11-8/22	M-F	10:10-10:40 am	\$101	\$126.25	BV111014
6/16-6/27	M-F	11-11:30 am	\$92	\$115	BV111015
6/30-7/11	M-F	11-11:30 am	\$92	\$115	BV111016
7/14-7/25	M-F	11-11:30 am	\$101	\$126.25	BV111017
7/28-8/8	M-F	11-11:30 am	\$101	\$126.25	BV111018
8/11-8/22	M-F	11-11:30 am	\$101	\$126.25	BV111019
6/16-6/27	M-F	11:35 am-12:05 pm	\$92	\$115	BV111020
6/30-7/11	M-F	11:35 am-12:05 pm	\$92	\$115	BV111021
7/14-7/25	M-F	11:35 am-12:05 pm	\$101	\$126.25	BV111022
7/28-8/8	M-F	11:35 am-12:05 pm	\$101	\$126.25	BV111023
8/11-8/22	M-F	11:35 am-12:05 pm	\$101	\$126.25	BV111024
6/16-7/16	M/W	3:45-4:15 pm	\$101	\$126.25	BV111030
7/21-8/20	M/W	3:45-4:15 pm	\$101	\$126.25	BV111031
6/16-7/16	M/W	4:20-4:50 pm	\$101	\$126.25	BV111032
7/21-8/20	M/W	4:20-4:50 pm	\$101	\$126.25	BV111033
6/16-7/16	M/W	4:55-5:25 pm	\$101	\$126.25	BV111034
7/21-8/20	M/W	4:55-5:25 pm	\$101	\$126.25	BV111035
6/16-7/16	M/W	5:45-6:15 pm	\$101	\$126.25	BV111036
7/21-8/20	M/W	5:45-6:15 pm	\$101	\$126.25	BV111037
6/16-7/16	M/W	6:20-6:50 pm	\$101	\$126.25	BV111038
7/21-8/20	M/W	6:20-6:50 pm	\$101	\$126.25	BV111039
6/17-7/17	T/Th	3:45-4:15 pm	\$92	\$115	BV111044
7/22-8/21	T/Th	3:45-4:15 pm	\$101	\$126.25	BV111045
6/17-7/17	T/Th	4:20-4:50 pm	\$92	\$115	BV111046
7/22-8/21	T/Th	4:20-4:50 pm	\$101	\$126.25	BV111047
6/17-7/17	T/Th	4:55-5:25 pm	\$92	\$115	BV111048
7/22-8/21	T/Th	4:55-5:25 pm	\$101	\$126.25	BV111049
6/17-7/17	T/Th	5:45-6:15 pm	\$92	\$115	BV111050
7/22-8/21	T/Th	5:45-6:15 pm	\$101	\$126.25	BV111051
6/17-7/17	T/Th	6:20-6:50 pm	\$92	\$115	BV111052
7/22-8/21	T/Th	6:20-6:50 pm	\$101	\$126.25	BV111053
6/21-8/23	S	9-9:30 am	\$92	\$115	BV111057
6/21-8/23	S	9:35-10:05 am	\$92	\$115	BV111058
6/21-8/23	S	10:10-10:40 am	\$92	\$115	BV111059
6/21-8/23	S	11-11:30 am	\$92	\$115	BV111060
6/21-8/23	S	11:35 am-12:05 pm	\$92	\$115	BV111061

## School Age Level 1-4

No class 6/19, 7/4, 7/5.

6/16-6/27	M-F	9-9:30 am	\$92	\$115	BV121000
6/30-7/11	M-F	9-9:30 am	\$92	\$115	BV121001
7/14-7/25	M-F	9-9:30 am	\$101	\$126.25	BV121002
7/28-8/8	M-F	9-9:30 am	\$101	\$126.25	BV121003
8/11-8/22	M-F	9-9:30 am	\$101	\$126.25	BV121004
6/16-6/27	M-F	9:35-10:05 am	\$92	\$115	BV121005
6/30-7/11	M-F	9:35-10:05 am	\$92	\$115	BV121006
7/14-7/25	M-F	9:35-10:05 am	\$101	\$126.25	BV121007
7/28-8/8	M-F	9:35-10:05 am	\$101	\$126.25	BV121008
8/11-8/22	M-F	9:35-10:05 am	\$101	\$126.25	BV121009
6/16-6/27	M-F	10:10-10:40 am	\$92	\$115	BV121010
6/30-7/11	M-F	10:10-10:40 am	\$92	\$115	BV121011
7/14-7/25	M-F	10:10-10:40 am	\$101	\$126.25	BV121012
7/28-8/8	M-F	10:10-10:40 am	\$101	\$126.25	BV121013
8/11-8/22	M-F	10:10-10:40 am	\$101	\$126.25	BV121014
6/16-6/27	M-F	11-11:30 am	\$92	\$115	BV121015
6/30-7/11	M-F	11-11:30 am	\$92	\$115	BV121016
7/14-7/25	M-F	11-11:30 am	\$101	\$126.25	BV121017
7/28-8/8	M-F	11-11:30 am	\$101	\$126.25	BV121018
8/11-8/22	M-F	11-11:30 am	\$101	\$126.25	BV121019
6/16-6/27	M-F	11:35 am-12:05 pm	\$92	\$115	BV121020
6/30-7/11	M-F	11:35 am-12:05 pm	\$92	\$115	BV121021
7/14-7/25	M-F	11:35 am-12:05 pm	\$101	\$126.25	BV121022
7/28-8/8	M-F	11:35 am-12:05 pm	\$101	\$126.25	BV121023
8/11-8/22	M-F	11:35 am-12:05 pm	\$101	\$126.25	BV121024
6/16-6/27	M-F	12:10-12:40 pm	\$92	\$115	BV121025
6/30-7/11	M-F	12:10-12:40 pm	\$92	\$115	BV121026
7/14-7/25	M-F	12:10-12:40 pm	\$101	\$126.25	BV121027
7/28-8/8	M-F	12:10-12:40 pm	\$101	\$126.25	BV121028
8/11-8/22	M-F	12:10-12:40 pm	\$101	\$126.25	BV121029
6/16-7/16	M/W	3:45-4:15 pm	\$101	\$126.25	BV121030
7/21-8/20	M/W	3:45-4:15 pm	\$101	\$126.25	BV121031
6/16-7/16	M/W	4:20-4:50 pm	\$101	\$126.25	BV121032
7/21-8/20	M/W	4:20-4:50 pm	\$101	\$126.25	BV121033
6/16-7/16	M/W	4:55-5:25 pm	\$101	\$126.25	BV121034
7/21-8/20	M/W	4:55-5:25 pm	\$101	\$126.25	BV121035
6/16-7/16	M/W	5:45-6:15 pm	\$101	\$126.25	BV121036
7/21-8/20	M/W	5:45-6:15 pm	\$101	\$126.25	BV121037
6/16-7/16	M/W	6:20-6:50 pm	\$101	\$126.25	BV121038
7/21-8/20	M/W	6:20-6:50 pm	\$101	\$126.25	BV121039
6/16-7/16	M/W	6:55-7:25 pm	\$101	\$126.25	BV121041
7/21-8/20	M/W	6:55-7:25 pm	\$101	\$126.25	BV121042
6/17-7/17	T/Th	3:45-4:15 pm	\$92	\$115	BV121044
7/22-8/21	T/Th	3:45-4:15 pm	\$101	\$126.25	BV121045
6/17-7/17	T/Th	4:20-4:50 pm	\$92	\$115	BV121046
7/22-8/21	T/Th	4:20-4:50 pm	\$101	\$126.25	BV121047
6/17-7/17	T/Th	4:55-5:25 pm	\$92	\$115	BV121048
7/22-8/21	T/Th	4:55-5:25 pm	\$101	\$126.25	BV121049
6/17-7/17	T/Th	5:45-6:15 pm	\$92	\$115	BV121050
7/22-8/21	T/Th	5:45-6:15 pm	\$101	\$126.25	BV121051
6/17-7/17	T/Th	6:20-6:50 pm	\$92	\$115	BV121052
7/22-8/21	T/Th	6:20-6:50 pm	\$101	\$126.25	BV121053
6/21-8/23	S	9-9:30 am	\$92	\$115	BV121057
6/21-8/23	S	9:35-10:05 am	\$92	\$115	BV121058
6/21-8/23	S	10:10-10:40 am	\$92	\$115	BV121059
6/21-8/23	S	11-11:30 am	\$92	\$115	BV121060
6/21-8/23	S	11:35 am-12:05 pm	\$92	\$115	BV121061

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 6/19, 7/4, 7/5.					
6/16-6/27	M-F	12:10-12:40 pm	\$92	\$115	BV125025
6/30-7/11	M-F	12:10-12:40 pm	\$92	\$115	BV125026
7/14-7/25	M-F	12:10-12:40 pm	\$101	\$126.25	BV125027
7/28-8/8	M-F	12:10-12:40 pm	\$101	\$126.25	BV125028
8/11-8/22	M-F	12:10-12:40 pm	\$101	\$126.25	BV125029
6/21-8/23	S	9:9-30 am	\$92	\$115	BV125057
6/21-8/23	S	10:10-10:40 am	\$92	\$115	BV125059
6/21-8/23	S	11:35 am-12:05 pm	\$92	\$115	BV125061

## 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 6/19, 7/4, 7/5.					

6/16-6/27	M-F	9:35-10:05 am	\$61	\$76.25	BV140005
6/30-7/11	M-F	9:35-10:05 am	\$61	\$76.25	BV140006
7/14-7/25	M-F	9:35-10:05 am	\$67	\$83.75	BV140007
7/28-8/8	M-F	9:35-10:05 am	\$67	\$83.75	BV140008
8/11-8/22	M-F	9:35-10:05 am	\$67	\$83.75	BV140009
6/17-7/17	T/Th	4:20-4:50 pm	\$61	\$76.25	BV140046
7/22-8/21	T/Th	4:20-4:50 pm	\$67	\$83.75	BV140047
6/21-8/23	S	9:35-10:05 am	\$61	\$76.25	BV140058

## You & Your Aqua Explorers new

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 6/19, 7/4, 7/5.

6/21-8/23	S	11-11:30 am	\$61	\$76.25	BV141060
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## Teen/Adult Swimming Skills

No class 6/19, 7/4, 7/5.					
6/16-6/27	M-F	9-9:30 am	\$92	\$115	BV150000
6/30-7/11	M-F	9-9:30 am	\$92	\$115	BV150001
7/14-7/25	M-F	9-9:30 am	\$101	\$126.25	BV150002
7/28-8/8	M-F	9-9:30 am	\$101	\$126.25	BV150003
8/11-8/22	M-F	9-9:30 am	\$101	\$126.25	BV150004
6/16-7/16	M/W	6:55-7:25 pm	\$101	\$126.25	BV150041
7/21-8/20	M/W	6:55-7:25 pm	\$101	\$126.25	BV150042
6/17-7/17	T/Th	6:55-7:25 pm	\$92	\$115	BV150055
7/22-8/21	T/Th	6:55-7:25 pm	\$101	\$126.25	BV150056
6/21-8/23	S	9-9:30 am	\$92	\$115	BV150057

## Diving

No class 6/19, 7/4, 7/5.

6/17-7/17	T/Th	10-10:45 am	\$90	\$112.50	BV13508
7/22-8/21	T/Th	10-10:45 am	\$100	\$125	BV13509

## Training or Professional Classes

Date	Day	Time	ID/AP	OD	Class#
<b>Lifeguard Training</b>					
This is a "BLENDED LEARNING" lifeguard class. Prerequisites: Minimum age: 15 years; Swim 150 yards continuously; Tread water for 2 minutes using only the legs and swim an additional 50 yards; Complete a timed event within 1 minute, 40 seconds by starting in the water, swimming 20 yards, surface dive to a depth of 7 to 10 feet to retrieve a 10-pound object, return to the surface and swim 20 yards on 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.					
8/22-8/24	F/S/Su	9 am-6 pm	\$260	\$325	BV152053



## Is your child new to THPRD?

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

If your child is new to our lesson program or has not had lessons with THPRD in the past six months, an assessment is encouraged. Call 503-629-6312 for an appointment.

## Lap Swim, Open Swim, and Independent Exercise

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

# 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:** 6/19, 7/4

**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

## Summer 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. **Swim meets will be held on the following days: 6/28, 7/19, 8/2. The District Meet will be held on 8/16. No class 6/19.**

Date	Day	Time	ID/AP	OD	Class#
6/16-8/13	M/W	7:15-8 pm	\$216/\$270		CA134001MW
6/17-8/14	T/Th	8:30-9:15 am	\$205/\$256.25		CA134000TTH
6/17-8/14	T/Th	7:15-8 pm	\$205/\$256.25		CA134001TTH

## Summer Theme Nights

Enjoy organized pool games, music, and more! Food for purchase may be available from vendors. 

**June 27, 6-8:30pm: Bluey and Friends**

Wackadoo! This pool party is gonna be awesome!

**July 18, 6-8:30pm: Swifty Pool Party Karaoke**

Shake it off and join us for some Swiftie Summer fun!

**August 15, 6-8:30pm: End of Summer Pool Party**

Join us as we celebrate the end of summer with a splash!

## Wipeout is Back!

July 11 & August 8 • 6-8:30 pm



## Splash Pad

Get ready for summer fun as our outdoor splash pad is set to reopen! Jump into excitement with family and friends every day during regular facility hours. Daily drop-in rates apply.



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

Preschool: Minimum age 3 years and toilet-trained.

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

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

## Beginning Swimming Skills

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

No class 6/19, 7/5, 7/6, 8/2.

6/16-6/26	M-Th	9:30-10 am	\$73/\$91.25		CA111001
6/30-7/10	M-Th	9:30-10 am	\$82/\$102.50		CA111002
7/14-7/24	M-Th	9:30-10 am	\$82/\$102.50		CA111003
7/28-8/7	M-Th	9:30-10 am	\$82/\$102.50		CA111004
8/11-8/21	M-Th	9:30-10 am	\$82/\$102.50		CA111005
6/16-6/26	M-Th	10:05-10:35 am	\$73/\$91.25		CA111006
6/30-7/10	M-Th	10:05-10:35 am	\$82/\$102.50		CA111007
7/14-7/24	M-Th	10:05-10:35 am	\$82/\$102.50		CA111008
7/28-8/7	M-Th	10:05-10:35 am	\$82/\$102.50		CA111009
8/11-8/21	M-Th	10:05-10:35 am	\$82/\$102.50		CA111010
6/16-6/26	M-Th	10:55-11:25 am	\$73/\$91.25		CA111011
6/30-7/10	M-Th	10:55-11:25 am	\$82/\$102.50		CA111012
7/14-7/24	M-Th	10:55-11:25 am	\$82/\$102.50		CA111013
7/28-8/7	M-Th	10:55-11:25 am	\$82/\$102.50		CA111014
8/11-8/21	M-Th	10:55-11:25 am	\$82/\$102.50		CA111015
6/16-6/26	M-Th	11:30 am-12 pm	\$73/\$91.25		CA111016
6/30-7/10	M-Th	11:30 am-12 pm	\$82/\$102.50		CA111017
7/14-7/24	M-Th	11:30 am-12 pm	\$82/\$102.50		CA111018
7/28-8/7	M-Th	11:30 am-12 pm	\$82/\$102.50		CA111019
8/11-8/21	M-Th	11:30 am-12 pm	\$82/\$102.50		CA111020
6/16-6/26	M-Th	12:05-12:35 pm	\$73/\$91.25		CA111021
6/30-7/10	M-Th	12:05-12:35 pm	\$82/\$102.50		CA111022
7/14-7/24	M-Th	12:05-12:35 pm	\$82/\$102.50		CA111023
7/28-8/7	M-Th	12:05-12:35 pm	\$82/\$102.50		CA111024
8/11-8/21	M-Th	12:05-12:05 pm	\$82/\$102.50		CA111025
6/16-7/16	M/W	4:05-4:35 pm	\$101/\$126.25		CA111030
7/21-8/20	M/W	4:05-4:35 pm	\$101/\$126.25		CA111031
6/16-7/16	M/W	4:40-5:10 pm	\$101/\$126.25		CA111032
7/21-8/20	M/W	4:40-5:10 pm	\$101/\$126.25		CA111033
6/16-7/16	M/W	5:15-5:45 pm	\$101/\$126.25		CA111034
7/21-8/20	M/W	5:15-5:45 pm	\$101/\$126.25		CA111035
6/16-7/16	M/W	6:05-6:35 pm	\$101/\$126.25		CA111036
7/21-8/20	M/W	6:05-6:35 pm	\$101/\$126.25		CA111037
6/16-7/16	M/W	6:40-7:10 pm	\$101/\$126.25		CA111038
7/21-8/20	M/W	6:40-7:10 pm	\$101/\$126.25		CA111039
6/17-7/17	T/Th	4:05-4:35 pm	\$92/\$115		CA111040
7/22-8/21	T/Th	4:05-4:35 pm	\$101/\$126.25		CA111041
6/17-7/17	T/Th	4:40-5:10 pm	\$92/\$115		CA111042
7/22-8/21	T/Th	4:40-5:10 pm	\$101/\$126.25		CA111043
6/17-7/17	T/Th	5:15-5:45 pm	\$92/\$115		CA111044
7/22-8/21	T/Th	5:15-5:45 pm	\$101/\$126.25		CA111045
6/17-7/17	T/Th	6:05-6:35 pm	\$92/\$115		CA111046
7/22-8/21	T/Th	6:05-6:35 pm	\$101/\$126.25		CA111047
6/17-7/17	T/Th	6:40-7:10 pm	\$92/\$115		CA111048
7/22-8/21	T/Th	6:40-7:10 pm	\$101/\$126.25		CA111049
6/21-8/23	S	9-9:30 am	\$82/\$102.50		CA111050
6/21-8/23	S	9:35-10:05 am	\$82/\$102.50		CA111051

6/21-8/23	S	10:10-10:40 am	\$82/\$102.50		CA111052
6/21-8/23	S	11-11:30 am	\$82/\$102.50		CA111053
6/21-8/23	S	11:35 am-12:05 pm	\$82/\$102.50		CA111054
6/15-8/17	Su	1-1:30 pm	\$92/\$115		CA111055
6/15-8/17	Su	1:35-2:05 pm	\$92/\$115		CA111056
6/15-8/17	Su	2:10-2:40 pm	\$92/\$115		CA111057
6/15-8/17	Su	3-3:30 pm	\$92/\$115		CA111058
6/15-8/17	Su	3:35-4:05 pm	\$92/\$115		CA111059

### School Age Level 1-2

No class 6/19, 7/5, 8/2.

6/16-7/16	M/W	5:15-5:45 pm	\$101/\$126.25		CA121034
7/21-8/20	M/W	5:15-5:45 pm	\$101/\$126.25		CA121035
6/17-7/17	T/Th	6:05-6:35 pm	\$92/\$115		CA121046
7/22-8/21	T/Th	6:05-6:35 pm	\$101/\$126.25		CA121047
6/17-7/17	T/Th	6:40-7:10 pm	\$92/\$115		CA121048
7/22-8/21	T/Th	6:40-7:10 pm	\$101/\$126.25		CA121049
6/21-8/23	S	11:35 am-12:05 pm	\$82/\$102.50		CA121054

### School Age Level 1-4

No class 6/19, 7/5, 7/6, 8/2.

6/16-6/26	M-Th	9:30-10 am	\$73/\$91.25		CA121001
6/30-7/10	M-Th	9:30-10 am	\$82/\$102.50		CA121002
7/14-7/24	M-Th	9:30-10 am	\$82/\$102.50		CA121003
7/28-8/7	M-Th	9:30-10 am	\$82/\$102.50		CA121004
8/11-8/21	M-Th	9:30-10 am	\$82/\$102.50		CA121005
6/16-6/26	M-Th	10:05-10:35 am	\$73/\$91.25		CA121006
6/30-7/10	M-Th	10:05-10:35 am	\$82/\$102.50		CA121007
7/14-7/24	M-Th	10:05-10:35 am	\$82/\$102.50		CA121008
7/28-8/7	M-Th	10:05-10:35 am	\$82/\$102.50		CA121009
8/11-8/21	M-Th	10:05-10:35 am	\$82/\$102.50		CA121010
6/16-6/26	M-Th	10:55-11:25 am	\$73/\$91.25		CA121011
6/30-7/10	M-Th	10:55-11:25 am	\$82/\$102.50		CA121012
7/14-7/24	M-Th	10:55-11:25 am	\$82/\$102.50		CA121013
7/28-8/7	M-Th	10:55-11:25 am	\$82/\$102.50		CA121014
8/11-8/21	M-Th	10:55-11:25 am	\$82/\$102.50		CA121015
6/16-6/26	M-Th	11:30 am-12 pm	\$73/\$91.25		CA121016
6/30-7/10	M-Th	11:30 am-12 pm	\$82/\$102.50		CA121017
7/14-7/24	M-Th	11:30 am-12 pm	\$82/\$102.50		CA121018
7/28-8/7	M-Th	11:30 am-12 pm	\$82/\$102.50		CA121019
8/11-8/21	M-Th	11:30 am-12 pm	\$82/\$102.50		CA121020
6/16-7/16	M/W	4:05-4:35 pm	\$101/\$126.25		CA121030
7/21-8/20	M/W	4:05-4:35 pm	\$101/\$126.25		CA121031
6/16-7/16	M/W	4:40-5:10 pm	\$101/\$126.25		CA121032
7/21-8/20	M/W	4:40-5:10 pm	\$101/\$126.25		CA121033
6/16-7/16	M/W	6:05-6:35 pm	\$101/\$126.25		CA121036
7/21-8/20	M/W	6:05-6:35 pm	\$101/\$126.25		CA121037
6/16-7/16	M/W	6:40-7:10 pm	\$101/\$126.25		CA121038
7/21-8/20	M/W	6:40-7:10 pm	\$101/\$126.25		CA121039
6/17-7/17	T/Th	4:05-4:35 pm	\$92/\$115		CA121040
7/22-8/21	T/Th	4:05-4:35 pm	\$101/\$126.25		CA121041
6/17-7/17	T/Th	4:40-5:10 pm	\$92/\$115		CA121042
7/22-8/21	T/Th	4:40-5:10 pm	\$101/\$126.25		CA121043
6/17-7/17	T/Th	5:15-5:45 pm	\$92/\$115		CA121044
7/22-8/21	T/Th	5:15-5:45 pm	\$101/\$126.25		CA121045
6/21-8/23	S	9-9:30 am	\$82/\$102.50		CA121050
6/21-8/23	S	9:35-10:05 am	\$82/\$102.50		CA121051
6/21-8/23	S	10:10-10:40 am	\$82/\$102.50		CA121052
6/21-8/23	S	11-11:30 am	\$82/\$102.50		CA121053
6/15-8/17	Su	1-1:30 pm	\$92/\$115		CA121055
6/15-8/17	Su	1:35-2:05 pm	\$92/\$115		CA121056
6/15-8/17	Su	2:10-2:40 pm	\$92/\$115		CA121057

continued

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

6/15-8/17	Su	3-3:30 pm	\$92/\$115	CA121058
6/15-8/17	Su	3:35-4:05 pm	\$92/\$115	CA121059

## Intermediate/Advanced Swimming Skills

Date	Day	Time	ID/AP	OD	Class#
<b>Preschool/School Age Level 5-7</b>					
No class 6/19, 7/5, 7/6, 8/2.					
6/16-6/26	M-Th	9:30-10 am	\$73/\$91.25		CA125101
6/30-7/10	M-Th	9:30-10 am	\$82/\$102.50		CA125102
7/14-7/24	M-Th	9:30-10 am	\$82/\$102.50		CA125103
7/28-8/7	M-Th	9:30-10 am	\$82/\$102.50		CA125104
8/11-8/21	M-Th	9:30-10 am	\$82/\$102.50		CA125105
6/16-6/26	M-Th	10:55-11:25 am	\$73/\$91.25		CA125111
6/30-7/10	M-Th	10:55-11:25 am	\$82/\$102.50		CA125112
7/14-7/24	M-Th	10:55-11:25 am	\$82/\$102.50		CA125113
7/28-8/7	M-Th	10:55-11:25 am	\$82/\$102.50		CA125114
8/11-8/21	M-Th	10:55-11:25 am	\$82/\$102.50		CA125115
6/16-7/16	M/W	4:05-4:35 pm	\$101/\$126.25		CA125130
7/21-8/20	M/W	4:05-4:35 pm	\$101/\$126.25		CA125131
6/16-7/16	M/W	4:40-5:10 pm	\$101/\$126.25		CA125132
7/21-8/20	M/W	4:40-5:10 pm	\$101/\$126.25		CA125133
6/16-7/16	M/W	6:40-7:10 pm	\$101/\$126.25		CA125138
7/21-8/20	M/W	6:40-7:10 pm	\$101/\$126.25		CA125139
6/17-7/17	T/Th	4:05-4:35 pm	\$92/\$115		CA125140
7/22-8/21	T/Th	4:05-4:35 pm	\$101/\$126.25		CA125141
6/17-7/17	T/Th	5:15-5:45 pm	\$92/\$115		CA125144
7/22-8/21	T/Th	5:15-5:45 pm	\$101/\$126.25		CA125145
6/17-7/17	T/Th	6:05-6:35 pm	\$92/\$115		CA125146
7/22-8/21	T/Th	6:05-6:35 pm	\$101/\$126.25		CA125147
6/17-7/17	T/Th	6:40-7:10 pm	\$92/\$115		CA125148
7/22-8/21	T/Th	6:40-7:10 pm	\$101/\$126.25		CA125149
6/21-8/23	S	9:35-10:05 am	\$82/\$102.50		CA125151
6/21-8/23	S	11-11:30 am	\$82/\$102.50		CA125153
6/15-8/17	Su	1:35-2:05 pm	\$92/\$115		CA125156
6/15-8/17	Su	3-3:30 pm	\$92/\$115		CA125158

## Specialty Programs

### Summer Splash

Recreational swim team with a focus on stroke refinement, building endurance, and sportsmanship. Participants must be between the ages of 5 and 17 and be able to swim 25 yards of crawl stroke and 25 yards of backstroke. While not required to compete, swim meets are held on some Saturdays during the season. **Swim meets will be held on the following days: 6/28, 7/19, 8/2. The District Meet will be held on 8/16. No class 6/19.**

6/16-8/13	M/W	7:15-8 pm	\$216/\$270		CA134001MW
6/17-8/14	T/Th	8:30-9:15 am	\$205/\$256.25		CA134000TTH
6/17-8/14	T/Th	7:15-8 pm	\$205/\$256.25		CA134001TTH

### Adult Swimming Skills

Whether you're a first-time swimmer or returning to the pool, this class is designed for adults looking to improve their swimming skills. Beginning to intermediate swimming skills will be taught based on individual ability. No class. **No class 6/19, 7/5, 7/6, 8/2.**

6/17-7/17	T/Th	6:40-7:10 pm	\$92/\$115		CA150048
7/22-8/21	T/Th	6:40-7:10 pm	\$101/\$126.25		CA150049
6/21-8/23	S	11:35 am-12:05 pm	\$82/\$102.50		CA150054
6/15-8/17	Su	3:35-4:05 pm	\$92/\$115		CA150059

### 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 6/19, 7/5, 7/6, 8/2.

6/16-7/16	M/W	10:05-10:35 am	\$67/\$83.75		CA140001
6/17-7/17	T/Th	10:05-10:35 am	\$61/\$76.25		CA140002
7/21-8/20	M/W	10:05-10:35 am	\$67/\$83.75		CA140003
7/22-8/21	T/Th	10:05-10:35 am	\$67/\$83.75		CA140004
6/16-7/16	M/W	6:05-6:35 pm	\$67/\$83.75		CA140026
7/21-8/20	M/W	6:05-6:35 pm	\$67/\$83.75		CA140037
6/17-7/17	T/Th	4:40-5:10 pm	\$61/\$76.25		CA140042
7/22-8/21	T/Th	4:40-5:10 pm	\$67/\$83.75		CA140043
6/21-8/23	S	9-9:30 am	\$55/\$68.75		CA140050
6/21-8/23	S	10:10-10:40 am	\$55/\$68.75		CA140052
6/15-8/17	Su	1-1:30 pm	\$61/\$76.25		CA140055

### Teens & Tweens Swim Instruction

Swim lessons for tweens and teens ages 11-17. All skill levels are welcome. We will work on basic strokes, water safety, and confidence with their peers in class. **No class 6/19.**

6/16-6/26	M-Th	11:30 am-12 pm	\$73/\$91.25		CA150016
6/30-7/10	M-Th	11:30 am-12 pm	\$82/\$102.50		CA150017
7/14-7/24	M-Th	11:30 am-12 pm	\$82/\$102.50		CA150018
7/28-8/7	M-Th	11:30 am-12 pm	\$82/\$102.50		CA150019
8/11-8/21	M-Th	11:30 am-12 pm	\$82/\$102.50		CA150020
6/17-7/17	T/Th	6:05-6:35 pm	\$92/\$115		CA150046
7/22-8/21	T/Th	6:05-6:35 pm	\$101/\$126.25		CA150047

### 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.

6/16-7/16	M/W	5:15-6 pm	\$145/\$181.25		CA132035
7/21-8/20	M/W	5:15-6 pm	\$145/\$181.25		CA132035A

### You & Your Preschooler

No class 6/19, 7/6.

6/16-7/16	M/W	5:15-5:45 pm	\$101/\$126.25		CA141034
7/21-8/20	M/W	5:15-5:45 pm	\$101/\$126.25		CA141035
6/17-7/17	T/Th	6:40-7:10 pm	\$92/\$115		CA141048
7/22-8/21	T/Th	6:40-7:10 pm	\$101/\$126.25		CA141049
6/15-8/17	Su	2:10-2:40 pm	\$92/\$115		CA141057

## 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.

## 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.



## Training or Professional Classes

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

7/13	Su	9:15 am-12:30 pm	\$64/\$80	CA151000
8/10	Su	9:15 am-12:30 pm	\$64/\$80	CA151001

### Lifeguard Training

Ages 15+ years

7/19-7/27	Su/S	9:15 am-4 pm	\$200/\$250	CA152000
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### Lifeguard Recertification

8/9	S	9:15 am-4 pm	\$100/\$125	CA152100
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## Swim Camps

### Aqua Odyssey Jr Swim Camps

Aqua Odyssey Jr Swim Camps offer a variety of group games, crafts, and summer activities. From the pool to the playground, our camp is designed to ignite the spirit of adventure in every camper! Check online for full descriptions of weekly themes. Every week will be packed with daily swim lessons, fun games, crafts, and summer activities that will be sure to make a splash. Swim lesson will cover level 1-3 skills based off individual abilities. **No camp 6/19, 6/20.**

#### Classic Camp Jr.

6/16-6/18	M-W	9 am-12 pm	7-10yrs	\$144/\$180	CA172001
6/23-6/27	M-F	9 am-12 pm	7-10yrs	\$225/\$281.25	CA172002

#### Safe Swimmer Camp

7/7-7/11	M-F	9 am-12 pm	7-10yrs	\$225/\$281.25	CA172204
7/14-7/18	M-F	9 am-12 pm	7-10yrs	\$225/\$281.25	CA172205

#### Aquatic Sampler Jr.

7/21-7/25	M-F	9 am-12 pm	7-10yrs	\$225/\$281.25	CA172206
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#### Science Jr.

7/28-8/1	M-F	9 am-12 pm	7-10yrs	\$225/\$281.25	CA172207
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#### Art Jr.

8/4-8/8	M-F	9 am-12 pm	7-10yrs	\$225/\$281.25	CA172208
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#### Games Jr.

8/11-8/15	M-F	9 am-12 pm	7-10yrs	\$225/\$281.25	CA172209
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### Aqua Odyssey Swim Camps

Aqua Odyssey Swim Camps offer a variety of group games, team-building exercises, and fun challenges. From the pool to the playground, our camp is designed to ignite the spirit of adventure in every camper! Each week will have a different theme with campers enjoying time in the pool. Swim lessons not included in this camp. Check online for full description of weekly themes. **No camp 6/19, 6/20.**

#### Classic Camp

6/16-6/18	M-W	1-4 pm	9-12yrs	\$131/\$163.75	CA172201
6/23-6/27	M-F	1-4 pm	9-12yrs	\$205/\$256.25	CA172202

#### Aquatic Sampler

7/21-7/25	M-F	1-4 pm	9-12yrs	\$205/\$256.25	CA172206
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#### Science

7/28-8/1	M-F	1-4 pm	9-12yrs	\$205/\$256.25	CA172207
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#### Art

8/4-8/8	M-F	1-4 pm	9-12yrs	\$205/\$256.25	CA172208
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#### Games

8/11-8/15	M-F	1-4 pm	9-12yrs	\$205/\$256.25	CA172209
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### Jr. Lifeguard Camp

Junior Lifeguard Camp focuses on developing swimming skills to help participants meet the American Red Cross Lifeguard Training course prerequisite and improve stroke technique. The camp 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. Camp will also include training to aid in swimming lessons and, of course, water games. If you're looking for a fun, hands-on camp, this is the one! (Level 4+)

7/7-7/11	M-F	1-4 pm	12-15yrs	\$200/\$250	CA172204
7/14-7/18	M-F	1-4 pm	12-15yrs	\$200/\$250	CA172205

# Harman Swim Center



**TUALATIN HILLS**  
PARK & RECREATION DISTRICT

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

TriMet Bus Route #56

**Facility 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:** 6/19, 7/4, 9/1

**Harman Swim Center features:**

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

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

## 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.



## Mermaid Tea Party

**Saturday, July 19  
11 am-1 pm & 3-5 pm**

Join us at Harman Swim center to enjoy our warm water and delight in a tea party with real mermaids! Our local Oregon Mers will be in the water to interact with and perform for guests. Look forward to snacks, activities and photo ops at Harman's Mermaid Tea Party. Space is limited so sign up now!



## Lap Swim, Open Swim & Fitness classes available

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

## Camp Harman: Summertime Fun!

Camp will involve outdoor games and activities, crafts, swim lessons, and water time every day.



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 6/19, 7/6.					
6/16-7/16	M/W	3:15-3:45 pm	\$101	\$126.25	HM111000
7/21-8/20	M/W	3:30-4 pm	\$101	\$126.25	HM111001
6/16-7/16	M/W	3:50-4:20 pm	\$101	\$126.25	HM111002
6/16-7/16	M/W	4:40-5:10 pm	\$101	\$126.25	HM111004
7/21-8/20	M/W	4:40-5:10 pm	\$101	\$126.25	HM111005
6/16-7/16	M/W	5:30-6 pm	\$101	\$126.25	HM111006
7/21-8/20	M/W	5:30-6 pm	\$101	\$126.25	HM111007
6/16-7/16	M/W	6:05-6:35 pm	\$101	\$126.25	HM111008
7/21-8/20	M/W	6:05-6:35 pm	\$101	\$126.25	HM111009
6/17-7/17	T/Th	10:10-10:40 am	\$92	\$115	HM111012
7/22-8/21	T/Th	10:10-10:40 am	\$101	\$126.25	HM111013
6/17-7/17	T/Th	11:20-11:50 am	\$92	\$115	HM111016
7/22-8/21	T/Th	11:20-11:50 am	\$101	\$126.25	HM111017
6/17-7/17	T/Th	5:30-6 pm	\$92	\$115	HM111032
7/22-8/21	T/Th	5:30-6 pm	\$101	\$126.25	HM111033
6/17-7/17	T/Th	6:40-7:10 pm	\$92	\$115	HM111036
7/22-8/21	T/Th	6:40-7:10 pm	\$101	\$126.25	HM111037
6/15-8/17	Su	12:35-1:05 pm	\$92	\$115	HM111045
6/15-8/17	Su	1:10-1:40 pm	\$92	\$115	HM111046

## School Age Level 1-4

No class 6/19, 7/6.

6/16-7/16	M/W	3:30-4 pm	\$101	\$126.25	HM121000
7/21-8/20	M/W	3:30-4 pm	\$101	\$126.25	HM121001
6/16-7/16	M/W	4:05-4:35 pm	\$101	\$126.25	HM121002
7/21-8/20	M/W	4:05-4:35 pm	\$101	\$126.25	HM121003
6/16-7/16	M/W	4:40-5:10 pm	\$101	\$126.25	HM121004
7/21-8/20	M/W	4:40-5:10 pm	\$101	\$126.25	HM121005
6/16-7/16	M/W	6:05-6:35 pm	\$101	\$126.25	HM121008
7/21-8/20	M/W	6:05-6:35 pm	\$101	\$126.25	HM121009
6/17-7/17	T/Th	10:10-10:40 am	\$92	\$115	HM121012
7/22-8/21	T/Th	10:10-10:40 am	\$101	\$126.25	HM121013
6/17-7/17	T/Th	10:45-11:15 am	\$92	\$115	HM121014
7/22-8/21	T/Th	10:45-11:15 am	\$101	\$126.25	HM121015
6/17-7/17	T/Th	6:05-6:35 pm	\$92	\$115	HM121034
7/22-8/21	T/Th	6:05-6:35 pm	\$101	\$126.25	HM121035
6/15-8/17	Su	12-12:30 pm	\$92	\$115	HM121044
6/15-8/17	Su	12:35-1:05 pm	\$92	\$115	HM121045
6/15-8/17	Su	2-2:30 pm	\$92	\$115	HM121047

## Intermediate Swimming Skills

Date	Day	Time	ID/AP	OD	Class#
<b>Preschool/School Age Level 5-7</b> No class 6/19, 7/6.					
6/16-7/16	M/W	4:05-4:35 pm	\$101	\$126.25	HM125002
7/21-8/20	M/W	4:05-4:35 pm	\$101	\$126.25	HM125003
6/16-7/16	M/W	5:30-6 pm	\$101	\$126.25	HM125006
7/21-8/20	M/W	5:30-6 pm	\$101	\$126.25	HM125007
6/16-7/16	M/W	6:40-7:10 pm	\$101	\$126.25	HM125010

7/21-8/20	M/W	6:40-7:10 pm	\$101	\$126.25	HM125011
6/17-7/17	T/Th	10:45-11:15 am	\$92	\$115	HM125014
7/22-8/21	T/Th	10:45-11:15 am	\$101	\$126.25	HM125015
6/17-7/17	T/Th	11:20-11:50 am	\$92	\$115	HM125016
7/22-8/21	T/Th	11:20-11:50 am	\$101	\$126.25	HM125017
6/17-7/17	T/Th	5:30-6 pm	\$92	\$115	HM125032
7/22-8/21	T/Th	5:30-6 pm	\$101	\$126.25	HM125033
6/15-8/17	Su	1:10-1:40 pm	\$92	\$115	HM125046

## Specialty Programs

Date	Day	Time	ID/AP	OD	Class#
<b>Summer Splash</b> 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. <b>No class 7/6.</b>					

6/16-8/13	M/W	6:15-7:10 pm	\$262	\$327.50	HM134000
6/21-8/9	S	8-8:55 am	\$109	\$136.25	HM134001

## Baby/Toddler & Me

No Class 7/5, 7/6.

6/16-7/16	M/W	5:30-6 pm	\$67	\$83.75	HM140006
7/21-8/20	M/W	5:30-6 pm	\$67	\$83.75	HM140007
6/21-8/23	S	8:25-8:55 am	\$61	\$76.25	HM140038A
6/15-8/17	Su	2-2:30 pm	\$61	\$76.25	HM140047

## You & Your Preschooler

No Class 7/6.

6/15-8/17	Su	1:10-1:40 pm	\$92	\$115	HM141046
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## Teen Swimming Skills

No Class 6/19.

6/16-7/16	M/W	6:40-7:20 pm	\$133	\$166.25	HM150010T
7/21-8/20	M/W	6:40-7:20 pm	\$133	\$166.25	HM150011T
6/17-7/17	T/Th	11:20-11:50 am	\$92	\$115	HM150016T
7/22-8/21	T/Th	11:20-11:50 am	\$101	\$126.25	HM150017T

## Teen/Adult Swimming Skills

No Class 6/19, 7/6.

6/17-7/17	T/Th	6:40-7:20 pm	\$120	\$150	HM150036
7/22-8/21	T/Th	6:40-7:20 pm	\$133	\$166.25	HM150037
6/15-8/17	Su	11:45 am-12:30 pm	\$134	\$167.50	HM150043

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

## Private Lessons

No Class 6/19, 7/6.

6/17-7/17	T/Th	11:20-11:50 am	\$450	\$562.50	HM160016
7/22-8/21	T/Th	11:20-11:50 am	\$500	\$625	HM160017
6/17-7/17	T/Th	12:15-12:45 pm	\$450	\$562.50	HM160018
7/22-8/21	T/Th	12:15-12:45 pm	\$500	\$625	HM160019
6/17-7/17	T/Th	3:30-4 pm	\$450	\$562.50	HM160026
7/22-8/21	T/Th	3:30-4 pm	\$500	\$625	HM160027
6/17-7/17	T/Th	4:05-4:35 pm	\$450	\$562.50	HM160028
7/22-8/21	T/Th	4:05-4:35 pm	\$500	\$625	HM160029
6/17-7/17	T/Th	4:40-5:10 pm	\$450	\$562.50	HM160030
7/22-8/21	T/Th	4:40-5:10 pm	\$500	\$625	HM160031
6/17-7/17	T/Th	6:40-7:10 pm	\$450	\$562.50	HM160036
7/22-8/21	T/Th	6:40-7:10 pm	\$500	\$625	HM160037
6/15-8/17	Su	12:35-1:05 pm	\$450	\$562.50	HM160045
6/15-8/17	Su	2-2:30 pm	\$450	\$562.50	HM160047

## Camps

No Class No class 6/19, 7/6.

6/16-6/18	M-W	9 am-12 pm	\$178	\$222.50	HM190001
6/23-6/26	M-Th	9 am-12 pm	\$200	\$250	HM190003
6/30-7/3	M-Th	9 am-12 pm	\$200	\$250	HM190005
7/7-7/10	M-Th	9 am-12 pm	\$200	\$250	HM190007
7/14-7/18	M/F	9 am-12 pm	\$200	\$250	HM190009
7/21-7/25	M/F	9 am-12 pm	\$200	\$250	HM190011
7/28-8/1	M/F	9 am-12 pm	\$200	\$250	HM190013
8/4-8/8	M/F	9 am-12 pm	\$200	\$250	HM190015
8/11-8/15	M/F	9 am-12 pm	\$200	\$250	HM190017
8/18-8/22	M/F	9 am-12 pm	\$200	\$250	HM190019

## Training or Professional Classes

Date	Day	Time	ID/AP	OD	Class#
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### Jr Lifeguard/Swim Aide Alternate Track

6/17-7/17	T/Th	12:15-2:30 pm	\$100	\$125	HM151000A
7/22-8/21	T/Th	12:15-2:30 pm	\$100	\$125	HM151001A

### Lifeguard Training

7/5-7/11	Su/F/S	8:30 am-5:30 pm	\$260	\$325	HM150000
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## Party Packages

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

Party packages are available for these days throughout the summer. For your dates please call the center at 503-629-6314.

6/20	F	4-5 pm	\$219	\$273.75	HM180001P
6/21	S	2:30-3:30 pm	\$219	\$273.75	HM180002P
6/22	Su	4-5 pm	\$219	\$273.75	HM180003P

## Special Event

Date	Day	Time	ID/AP	OD	Class#
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### Mermaid Tea Party

7/19	S	11 am-1 pm	\$10	\$12.50	HM25MERTEA1
7/19	S	3-5 pm	\$10	\$12.50	HM25MERTEA2

### Poolside Pride Summer Edition

8/22	F	6-8 pm	\$10	\$12.50	HMPRIDE25S
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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)

# Sunset Swim Center



**TUALATIN HILLS**  
PARK & RECREATION DISTRICT

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

TriMet Bus Routes #48, #62

**Facility Supervisor:** Joshua Norton

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

**Monday – Thursday:** 12 – 8 pm  
**Friday:** 12 – 7:30 pm  
**Saturday:** 8:30 am – 1:30 pm  
**Sunday:** 1:30 – 5 pm

**Facility Closed:** 6/19, 7/4, 9/1

**Sunset Swim Center features:**

- ADA Lift available
- Average Pool Temperature: 84°



@THPRD.Aquatics

## Party Rentals



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

## Summer Score

Score is a recreational water polo team for ages 6 to 17. Score practices consist of swimming, treading water, ball handling, passing, and shooting technique, basic game principles, sportsmanship, teamwork, and communication.



**No Class 6/19, 7/4, 9/1.**

Date	Day	Time	ID/AP	OD	Class#
6/17-8/14	T/Th	7:30-8:15p	\$205	\$256.25	SS132039
6/20-8/22	F	6:15-7:10p	\$137	\$171.25	SS132040

## Camp Sunset

Camp Sunset is a half day water focused camp. Each day at camp your child will enjoy crafts, outdoor activities, and water time! While in the pool your camper will take part in a group swim lesson taught by our experienced swim instructors in addition to open swim! See page 96 for details.



## Prenatal & Postnatal Water Aerobics

Starting Tuesday, September 10

**Tuesday/Thursday**  
5:20-6:15 pm  
ID \$10 OD \$12.50

**Sunset Swim Center**

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

## Cardio Core

**Saturdays • 8:45-9:40 am**



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 6/19, 7/4, 7/5, 7/6.					
6/16-6/27	M-F	12-12:30 pm	\$92	\$115	SS111000
6/30-7/11	M-F	12-12:30 pm	\$92	\$115	SS111001
7/14-7/25	M-F	12-12:30 pm	\$101	\$126.25	SS111002
7/28-8/8	M-F	12-12:30 pm	\$101	\$126.25	SS111003
8/11-8/22	M-F	12-12:30 pm	\$101	\$126.25	SS111004
6/16-6/27	M-F	12:35-1:05 pm	\$92	\$115	SS111005
6/30-7/11	M-F	12:35-1:05 pm	\$92	\$115	SS111006
7/14-7/25	M-F	12:35-1:05 pm	\$101	\$126.25	SS111007
7/28-8/8	M-F	12:35-1:05 pm	\$101	\$126.25	SS111008
8/11-8/22	M-F	12:35-1:05 pm	\$101	\$126.25	SS111009
6/16-6/27	M-F	1:20-1:50 pm	\$92	\$115	SS111010
6/30-7/11	M-F	1:20-1:50 pm	\$92	\$115	SS111011
7/14-7/25	M-F	1:20-1:50 pm	\$101	\$126.25	SS111012
7/28-8/8	M-F	1:20-1:50 pm	\$101	\$126.25	SS111013
8/11-8/22	M-F	1:20-1:50 pm	\$101	\$126.25	SS111014
6/16-7/16	M/W	4-4:30 pm	\$101	\$126.25	SS111015
7/21-8/20	M/W	4-4:30 pm	\$101	\$126.25	SS111016
6/16-7/16	M/W	4:35-5:05 pm	\$101	\$126.25	SS111017
7/21-8/20	M/W	4:35-5:05 pm	\$101	\$126.25	SS111018
6/16-7/16	M/W	5:20-5:50 pm	\$101	\$126.25	SS111020
6/16-7/16	M/W	5:55-6:25 pm	\$101	\$126.25	SS111021
7/21-8/20	M/W	5:55-6:25 pm	\$101	\$126.25	SS111022
6/17-7/17	T/Th	4-4:30 pm	\$92	\$115	SS111030
7/22-8/21	T/Th	4-4:30 pm	\$101	\$126.25	SS111031
6/17-7/17	T/Th	4:35-5:05 pm	\$92	\$115	SS111032
7/22-8/21	T/Th	4:35-5:05 pm	\$101	\$126.25	SS111033
6/17-7/17	T/Th	5:20-5:50 pm	\$92	\$115	SS111034
7/22-8/21	T/Th	5:20-5:50 pm	\$101	\$126.25	SS111035
6/17-7/17	T/Th	5:55-6:25 pm	\$92	\$115	SS111036
7/22-8/21	T/Th	5:55-6:25 pm	\$101	\$126.25	SS111037
6/21-8/23	S	10-10:30 am	\$92	\$115	SS111041
6/21-8/23	S	10:35-11:05 am	\$92	\$115	SS111042
6/21-8/23	S	11:20-11:50 am	\$92	\$115	SS111043
6/15-8/17	Su	1:30-2 pm	\$92	\$115	SS111044
6/15-8/17	Su	2:05-2:35 pm	\$92	\$115	SS111045
6/15-8/17	Su	2:50-3:20 pm	\$92	\$115	SS111046
6/15-8/17	Su	3:25-3:55 pm	\$92	\$115	SS111047

### School Age Level 1-4

No class 6/19, 7/4, 7/5, 7/6.

6/16-6/27	M-F	12-12:30 pm	\$92	\$115	SS121000
7/14-7/25	M-F	12-12:30 pm	\$101	\$126.25	SS121002
7/28-8/8	M-F	12-12:30 pm	\$101	\$126.25	SS121003
8/11-8/22	M-F	12-12:30 pm	\$101	\$126.25	SS121004
6/16-6/27	M-F	12:35-1:05 pm	\$92	\$115	SS121005
6/30-7/11	M-F	12:35-1:05 pm	\$92	\$115	SS121006
7/14-7/25	M-F	12:35-1:05 pm	\$101	\$126.25	SS121007
7/28-8/8	M-F	12:35-1:05 pm	\$101	\$126.25	SS121008
8/11-8/22	M-F	12:35-1:05 pm	\$101	\$126.25	SS121009

6/16-6/27	M-F	1:20-1:50 pm	\$92	\$115	SS121010
6/30-7/11	M-F	1:20-1:50 pm	\$92	\$115	SS121011
7/14-7/25	M-F	1:20-1:50 pm	\$101	\$126.25	SS121012
7/28-8/8	M-F	1:20-1:50 pm	\$101	\$126.25	SS121013
8/11-8/22	M-F	1:20-1:50 pm	\$101	\$126.25	SS121014
6/16-7/16	M/W	4-4:30 pm	\$101	\$126.25	SS121015
7/21-8/20	M/W	4-4:30 pm	\$101	\$126.25	SS121016
6/16-7/16	M/W	4:35-5:05 pm	\$101	\$126.25	SS121017
7/21-8/20	M/W	4:35-5:05 pm	\$101	\$126.25	SS121018
6/16-7/16	M/W	5:55-6:25 pm	\$101	\$126.25	SS121021
7/21-8/20	M/W	5:55-6:25 pm	\$101	\$126.25	SS121022
6/17-7/17	T/Th	4-4:30 pm	\$92	\$115	SS121030
7/22-8/21	T/Th	4-4:30 pm	\$101	\$126.25	SS121031
6/17-7/17	T/Th	4:35-5:05 pm	\$92	\$115	SS121032
7/22-8/21	T/Th	4:35-5:05 pm	\$101	\$126.25	SS121033
6/17-7/17	T/Th	5:55-6:25 pm	\$92	\$115	SS121036
7/22-8/21	T/Th	5:55-6:25 pm	\$101	\$126.25	SS121037
6/21-8/23	S	10-10:30 am	\$92	\$115	SS121041
6/21-8/23	S	10:35-11:05 am	\$92	\$115	SS121042
6/21-8/23	S	11:20-11:50 am	\$92	\$115	SS121043
6/15-8/17	Su	1:30-2 pm	\$92	\$115	SS121044
6/15-8/17	Su	2:05-2:35 pm	\$92	\$115	SS121045
6/15-8/17	Su	2:50-3:20 pm	\$92	\$115	SS121046

### Preschool/School Age Level 5-7

No class 6/19, 7/4, 7/5, 7/6.

6/16-7/16	M/W	5:55-6:25 pm	\$101	\$126.25	SS125021
7/21-8/20	M/W	5:55-6:25 pm	\$101	\$126.25	SS125022
6/17-7/17	T/Th	5:55-6:25 pm	\$92	\$115	SS125036
7/22-8/21	T/Th	5:55-6:25 pm	\$101	\$126.25	SS125037
6/21-8/23	S	11:20-11:50 am	\$92	\$115	SS125043
6/15-8/17	Su	3:25-3:55 pm	\$92	\$115	SS125047

## Specialty Programs

Date	Day	Time	ID/AP	OD	Class#
<b>Summer Splash</b>					
No class 6/19, 7/4, 7/6. Meets: 6/28, 7/19, 8/2, 8/16.					
6/16-8/13	M/W	6:35-7:20 pm	\$216	\$270	SS134023
6/15-8/17	Su	4:05-5 pm	\$137	\$171.25	SS134048
6/17-8/14	T/Th	6:35-7:20 pm	\$205	\$256.25	SS134038
<b>Summer Score</b>					
No Class 7/4.					
6/20-8/22	F	6:15-7:10 pm	\$137	\$171.25	SS132040
6/17-8/14	T/Th	7:30-8:15 pm	\$205	\$256.25	SS132039



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

## Baby/Toddler & Me

No class 6/19, 7/4, 7/5, 7/6.

6/16-7/16	M/W	5:20-5:50 pm	\$67	\$83.75	SS140019
7/21-8/20	M/W	5:20-5:50 pm	\$67	\$83.75	SS140020
6/17-7/17	T/Th	5:20-5:50 pm	\$61	\$76.25	SS140034
7/22-8/21	T/Th	5:20-5:50 pm	\$67	\$83.75	SS140035
6/21-8/23	S	10-10:30 am	\$61	\$76.25	SS140041
6/15-8/17	Su	3:25-3:55 pm	\$61	\$76.25	SS140047

## Teen/Adult Swimming Skills

No class 6/19, 7/4, 7/5, 7/6.

6/16-7/16	M/W	7:25-7:55 pm	\$101	\$126.25	SS150026
7/21-8/20	M/W	7:25-7:55 pm	\$101	\$126.25	SS150027
6/16-7/16	M/W	8-8:30 pm	\$101	\$126.25	SS150028
7/21-8/20	M/W	8-8:30 pm	\$101	\$126.25	SS150029
6/15-8/17	Su	3:25-3:55 pm	\$92	\$115	SS150047

## Private Lessons

No class 6/19, 7/4, 7/5, 7/6.

6/16-6/27	M-F	12-12:30 pm	\$450	\$562.50	SS160000
6/30-7/11	M-F	12-12:30 pm	\$450	\$562.50	SS160001
7/14-7/25	M-F	12-12:30 pm	\$500	\$625	SS160002
7/28-8/8	M-F	12-12:30 pm	\$500	\$625	SS160003
8/11-8/22	M-F	12-12:30 pm	\$500	\$625	SS160004
6/16-6/27	M-F	12:35-1:05 pm	\$450	\$562.50	SS160005
6/30-7/11	M-F	12:35-1:05 pm	\$450	\$562.50	SS160006
7/14-7/25	M-F	12:35-1:05 pm	\$500	\$625	SS160007
7/28-8/8	M-F	12:35-1:05 pm	\$500	\$625	SS160008
8/11-8/22	M-F	12:35-1:05 pm	\$500	\$625	SS160009
6/16-6/27	M-F	1:20-1:50 pm	\$450	\$562.50	SS160010
6/30-7/11	M-F	1:20-1:50 pm	\$450	\$562.50	SS160011
7/14-7/25	M-F	1:20-1:50 pm	\$500	\$625	SS160012
7/28-8/8	M-F	1:20-1:50 pm	\$500	\$625	SS160013
8/11-8/22	M-F	1:20-1:50 pm	\$500	\$625	SS160014
6/16-7/16	M/W	5:20-5:50 pm	\$500	\$625	SS160019
7/21-8/20	M/W	5:20-5:50 pm	\$500	\$625	SS160020
6/17-7/17	T/Th	5:20-5:50 pm	\$450	\$562.50	SS160034
7/22-8/21	T/Th	5:20-5:50 pm	\$500	\$625	SS160035
6/15-8/17	Su	3:25-3:55 pm	\$450	\$562.50	SS160047

## Private Lessons – INTEREST LIST ONLY

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

Summer Term: SS160099

## Training or Professional Classes

Date	Day	Time	ID/AP	OD	Class#
<b>Jr. Lifeguarding</b>					
6/23-6/26	M-Th	9 am-4 pm	\$100	\$125	SS151001
8/4-8/7	M-Th	9 am-4 pm	\$100	\$125	SS151007

## Lifeguard Training

7/1-7/3	T/W/Th	9 am-5 pm	\$260	\$325	SS152001
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## Camps

Date	Day	Time	ID/AP	OD	Class#
<b>Camp Sunset</b>					
Camp Sunset is a half day water focused camp. Each day at camp your child will enjoy crafts, outdoor activities, and water time! While in the pool your camper will take part in a group swim lesson taught by our experienced swim instructors in addition to open swim! No class 6/19.					
6/16-6/18	M-W	9 am-12 pm	\$166	\$207.50	SS180000
6/23-6/26	M-Th	9 am-12 pm	\$197	\$246.25	SS180001
7/7-7/10	M-Th	9 am-12 pm	\$197	\$246.25	SS180003
7/14-7/17	M-Th	9 am-12 pm	\$197	\$246.25	SS180004
7/21-7/24	M-Th	9 am-12 pm	\$197	\$246.25	SS180005
7/28-7/31	M-Th	9 am-12 pm	\$197	\$246.25	SS180006
8/4-8/7	M-Th	9 am-12 pm	\$197	\$246.25	SS180007
8/11-8/14	M-Th	9 am-12 pm	\$197	\$246.25	SS180008
8/18-8/21	M-Th	9 am-12 pm	\$197	\$246.25	SS180009

## Kids Fit & Fun Camp

School may be out but fun is in! Join us as we take your regular P.E. class to the next level. We'll play games and challenges that focus on team work and positive mindsets, to speed and balance, and everything in between. It's the perfect blend of play and learning, all while enjoying the fresh air! Bring a snack and water bottle every day.

7/7-7/17	M-Th	12-2 pm	\$144	\$180	SS130008
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# 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.

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

## 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#
<b>Preschool Level 1-3</b>					
No class 6/19, 7/4.					

6/16-6/27	M-F	9:15-9:45 am	\$92/\$115		AQ111000
6/30-7/11	M-F	9:15-9:45 am	\$92/\$115		AQ111001
7/14-7/25	M-F	9:15-9:45 am	\$101/\$126.25		AQ111002
7/28-8/8	M-F	9:15-9:45 am	\$101/\$126.25		AQ111003
8/11-8/22	M-F	9:15-9:45 am	\$101/\$126.25		AQ111004
6/16-6/27	M-F	9:50-10:20 am	\$92/\$115		AQ111005
6/30-7/11	M-F	9:50-10:20 am	\$92/\$115		AQ111006
7/14-7/25	M-F	9:50-10:20 am	\$101/\$126.25		AQ111007
7/28-8/8	M-F	9:50-10:20 am	\$101/\$126.25		AQ111008
8/11-8/22	M-F	9:50-10:20 am	\$101/\$126.25		AQ111009
6/16-6/27	M-F	10:25-10:55 am	\$92/\$115		AQ111010
6/30-7/11	M-F	10:25-10:55 am	\$92/\$115		AQ111011
7/14-7/25	M-F	10:25-10:55 am	\$101/\$126.25		AQ111012
7/28-8/8	M-F	10:25-10:55 am	\$101/\$126.25		AQ111013
8/11-8/22	M-F	10:25-10:55 am	\$101/\$126.25		AQ111014
6/16-6/27	M-F	11-11:30 am	\$92/\$115		AQ111015
6/30-7/11	M-F	11-11:30 am	\$92/\$115		AQ111016
7/14-7/25	M-F	11-11:30 am	\$101/\$126.25		AQ111017
7/28-8/8	M-F	11-11:30 am	\$101/\$126.25		AQ111018
8/11-8/22	M-F	11-11:30 am	\$101/\$126.25		AQ111019
6/16-7/16	M/W	4:30-5 pm	\$101/\$126.25		AQ111020
7/21-8/20	M/W	4:30-5 pm	\$101/\$126.25		AQ111021
6/16-7/16	M/W	5:05-5:35 pm	\$101/\$126.25		AQ111022
7/21-8/20	M/W	5:05-5:35 pm	\$101/\$126.25		AQ111023
6/16-7/16	M/W	5:40-6:10 pm	\$101/\$126.25		AQ111024
7/21-8/20	M/W	5:40-6:10 pm	\$101/\$126.25		AQ111025
6/16-7/16	M/W	6:15-6:45 pm	\$101/\$126.25		AQ111026
7/21-8/20	M/W	6:15-6:45 pm	\$101/\$126.25		AQ111027
6/17-7/17	T/Th	4:30-5 pm	\$92/\$115		AQ111028
7/22-8/21	T/Th	4:30-5 pm	\$101/\$126.25		AQ111029
6/17-7/17	T/Th	5:05-5:35 pm	\$92/\$115		AQ111030
7/22-8/21	T/Th	5:05-5:35 pm	\$101/\$126.25		AQ111031
6/17-7/17	T/Th	5:40-6:10 pm	\$92/\$115		AQ111032
7/22-8/21	T/Th	5:40-6:10 pm	\$101/\$126.25		AQ111033
6/17-7/17	T/Th	6:15-6:45 pm	\$92/\$115		AQ111034
7/22-8/21	T/Th	6:15-6:45 pm	\$101/\$126.25		AQ111035

## School Age Level 1-4

6/16-6/27	M-F	9:15-9:45 am	\$92/\$115		AQ113000
6/30-7/11	M-F	9:15-9:45 am	\$92/\$115		AQ113001
7/14-7/25	M-F	9:15-9:45 am	\$101/\$126.25		AQ113002
7/28-8/8	M-F	9:15-9:45 am	\$101/\$126.25		AQ113003
8/11-8/22	M-F	9:15-9:45 am	\$101/\$126.25		AQ113004
6/16-6/27	M-F	9:50-10:20 am	\$92/\$115		AQ113005
6/30-7/11	M-F	9:50-10:20 am	\$92/\$115		AQ113006
7/14-7/25	M-F	9:50-10:20 am	\$101/\$126.25		AQ113007
7/28-8/8	M-F	9:50-10:20 am	\$101/\$126.25		AQ113008
8/11-8/22	M-F	9:50-10:20 am	\$101/\$126.25		AQ113009
6/16-6/27	M-F	10:25-10:55 am	\$92/\$115		AQ113010

6/30-7/11	M-F	10:25-10:55 am	\$92/\$115		AQ113011
7/14-7/25	M-F	10:25-10:55 am	\$101/\$126.25		AQ113012
7/28-8/8	M-F	10:25-10:55 am	\$101/\$126.25		AQ113013
8/11-8/22	M-F	10:25-10:55 am	\$101/\$126.25		AQ113014
6/16-6/27	M-F	11-11:30 am	\$92/\$115		AQ113015
6/30-7/11	M-F	11-11:30 am	\$92/\$115		AQ113016
7/14-7/25	M-F	11-11:30 am	\$101/\$126.25		AQ113017
7/28-8/8	M-F	11-11:30 am	\$101/\$126.25		AQ113018
8/11-8/22	M-F	11-11:30 am	\$101/\$126.25		AQ113019
6/16-7/16	M/W	4:30-5 pm	\$101/\$126.25		AQ113020
7/21-8/20	M/W	4:30-5 pm	\$101/\$126.25		AQ113021
6/16-7/16	M/W	5:05-5:35 pm	\$101/\$126.25		AQ113022
7/21-8/20	M/W	5:05-5:35 pm	\$101/\$126.25		AQ113023
6/16-7/16	M/W	5:40-6:10 pm	\$101/\$126.25		AQ113024
7/21-8/20	M/W	5:40-6:10 pm	\$101/\$126.25		AQ113025
6/16-7/16	M/W	6:15-6:45 pm	\$101/\$126.25		AQ113026
7/21-8/20	M/W	6:15-6:45 pm	\$101/\$126.25		AQ113027
6/17-7/17	T/Th	4:30-5 pm	\$92/\$115		AQ113028
7/22-8/21	T/Th	4:30-5 pm	\$101/\$126.25		AQ113029
6/17-7/17	T/Th	5:05-5:35 pm	\$92/\$115		AQ113030
7/22-8/21	T/Th	5:05-5:35 pm	\$101/\$126.25		AQ113031
6/17-7/17	T/Th	5:40-6:10 pm	\$92/\$115		AQ113032
7/22-8/21	T/Th	5:40-6:10 pm	\$101/\$126.25		AQ113033
6/17-7/17	T/Th	6:15-6:45 pm	\$92/\$115		AQ113034
7/22-8/21	T/Th	6:15-6:45 pm	\$101/\$126.25		AQ113035

## Intermediate Swimming Skills

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

6/16-6/27	M-F	9:15-9:45 am	\$92/\$115		AQ125000
6/30-7/11	M-F	9:15-9:45 am	\$92/\$115		AQ125001
7/14-7/25	M-F	9:15-9:45 am	\$101/\$126.25		AQ125002
7/28-8/8	M-F	9:15-9:45 am	\$101/\$126.25		AQ125003
8/11-8/22	M-F	9:15-9:45 am	\$101/\$126.25		AQ125004
6/16-6/27	M-F	9:50-10:20 am	\$92/\$115		AQ125005
6/30-7/11	M-F	9:50-10:20 am	\$92/\$115		AQ125006
7/14-7/25	M-F	9:50-10:20 am	\$101/\$126.25		AQ125007
7/28-8/8	M-F	9:50-10:20 am	\$101/\$126.25		AQ125008
8/11-8/22	M-F	9:50-10:20 am	\$101/\$126.25		AQ125009
6/16-6/27	M-F	10:25-10:55 am	\$92/\$115		AQ125010
6/30-7/11	M-F	10:25-10:55 am	\$92/\$115		AQ125011
7/14-7/25	M-F	10:25-10:55 am	\$101/\$126.25		AQ125012
7/28-8/8	M-F	10:25-10:55 am	\$101/\$126.25		AQ125013
8/11-8/22	M-F	10:25-10:55 am	\$101/\$126.25		AQ125014
6/16-6/27	M-F	11-11:30 am	\$92/\$115		AQ125015
6/30-7/11	M-F	11-11:30 am	\$92/\$115		AQ125016
7/14-7/25	M-F	11-11:30 am	\$101/\$126.25		AQ125017
7/28-8/8	M-F	11-11:30 am	\$101/\$126.25		AQ125018
8/11-8/22	M-F	11-11:30 am	\$101/\$126.25		AQ125019
6/16-7/16	M/W	4:30-5 pm	\$101/\$126.25		AQ125020
7/21-8/20	M/W	4:30-5 pm	\$101/\$126.25		AQ125021
6/16-7/16	M/W	5:05-5:35 pm	\$101/\$126.25		AQ125022
7/21-8/20	M/W	5:05-5:35 pm	\$101/\$126.25		AQ125023
6/16-7/16	M/W	5:40-6:10 pm	\$101/\$126.25		AQ125024
7/21-8/20	M/W	5:40-6:10 pm	\$101/\$126.25		AQ125025
6/17-7/17	T/Th	4:30-5 pm	\$92/\$115		AQ125028
7/22-8/21	T/Th	4:30-5 pm	\$101/\$126.25		AQ125029
6/17-7/17	T/Th	5:05-5:35 pm	\$92/\$115		AQ125030
7/22-8/21	T/Th	5:05-5:35 pm	\$101/\$126.25		AQ125031
6/17-7/17	T/Th	5:40-6:10 pm	\$92/\$115		AQ125032
7/22-8/21	T/Th	5:40-6:10 pm	\$101/\$126.25		AQ125033

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

## Specialty Programs

### Summer 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. **Summer Meet dates: 6/28, 7/19, 8/2. District Meet: 8/16.**

6/16-8/13	M/W	6-6:45 pm	\$216/\$270	AQ134026
6/17-8/14	T/Th	6-6:45 pm	\$205/\$256.25	AQ134032
6/16-8/15	M/W/F	10:15-11 am	\$307/\$383.75	AQ134010

### Baby/Toddler & Me

6/17-7/17	T/Th	5:40-6:10 pm	\$61/\$76.25	AQ140032
7/22-8/21	T/Th	5:40-6:10 pm	\$67/\$83.75	AQ140033

### Diving - Beginning

6/17-7/17	T/Th	9:15-10 am	\$90/\$112.50	AQ133010
7/22-8/21	T/Th	9:15-10 am	\$100/\$125	AQ133011

## Training or Professional Classes

### Jr. Lifeguarding

7/29-8/7	T/Th	1-5 pm	\$100/\$125	AQ15100
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### Lifeguard Training

6/24-7/10	T/Th	11:30 am-3:30 pm	\$260/\$325	AQ152000
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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)

# Raleigh Swim Center



**TUALATIN HILLS**  
PARK & RECREATION DISTRICT

**3500 SW 78th Ave.  
Portland, 97225  
503-297-6888**

TriMet Bus Route #56

## Outdoor Pool

Facility Supervisor: Patrick Williamson

### Hours:

Monday-Friday: 6 am-6 pm

Saturday-Sunday: 12-4 pm

### Raleigh Swim Center features:

- ADA Lift
- Average Pool Temperature: 84°

## 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. Flotation belts provided.

**Cardio Core:** Shallow water exercise class focusing on cardiovascular conditioning, muscle fitness, and range-of-motion. For those looking to improve fitness by adding a low-impact, high-energy aquatic exercise.

**Ai Chi:** Improve balance and strength while reducing stress with this low impact flow in shallow water. Ai Chi combines breath with movement that enhances memory, balance, flexibility, mobility and coordination.

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

## Have a get together, party or just want to have a pool to yourself this summer?

Raleigh Swim Center is offering rentals on Sundays 12-4 pm

Book your rental today by contacting the Tualatin Hills Aquatic Center at 503-629-6310 or email [j.canova@thprd.org](mailto:j.canova@thprd.org)



@THPRD.Aquatics

## Coming this Summer to Raleigh Swim Center

### Adult Summer League

Join us for 30 minutes of coached lap swim to work on your technique using drills and getting stroke tips to refine your lap swim.

Guage your improvement and development utilizing our timed event offerings to compare not only your previous times but with other Adult Summer League participants.

Mondays/Wednesdays from 5:15-5:45 pm



We have partnered with Grown-up Swimming® to bring you fun and relaxed swim meets this Summer! Put your Adult Summer League experience and training to the test with these optional in person swim meets from Grown-Up Swimming® For more info contact John at [j.canova@thprd.org](mailto:j.canova@thprd.org).



## Special Events

### Raleigh Swim Out The Solstice

Saturday June 21, 2025 at 7 – 9 pm

### Sweat & Swim Fitness Event

Saturday July 12, 2025 at 10 am

# Somerset West Swim Center



**TUALATIN HILLS**  
PARK & RECREATION DISTRICT

**18300 NW Park View Blvd.  
Portland, 97229  
971-317-6833**

TriMet Bus Routes #48, #52

## Outdoor Pool

Facility Supervisor: Patrick Williamson

Hours:

Monday – Friday: 6 am-4 pm

Saturday & Sunday: 12-4pm

Somerset West Swim Center features:

- Average Pool Temperature: 84°
- ADA Lift Available

### Have a get together, party or just want to have a pool to yourself this summer?

Somerset West Swim Center is offering rentals on Saturdays 12-4 pm

Book your rental today by contacting the Tualatin Hills Aquatic Center at 503-629-6310 or email [j.canova@thprd.org](mailto:j.canova@thprd.org)



@THPRD.Aquatics

## Coming this Summer to Somerset West Swim Center

### Adult Summer League

Join us for 30 minutes of coached lap swim to work on your technique using drills and getting stroke tips to refine your lap swim.

Guage your improvement and development utilizing our timed event offerings to compare not only your previous times but with other Adult Summer League participants.

Tuesdays/Thursdays from 8-8:30 am



We have partnered with Grown-up Swimming® to bring you fun and relaxed swim meets this Summer! Put your Adult Summer League experience and training to the test with these optional in person swim meets from Grown-Up Swimming® For more info contact John at [j.canova@thprd.org](mailto:j.canova@thprd.org).



## Special Event

### Somerset Swim Out The Solstice

Join us on June 20 from 6:45-9:15 pm for an open swim till the sun goes down on the longest day.



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</b>					
No class 6/19 & 7/4.					

6/16-7/11	M/W/F	8:55-9:25 am	\$111/\$138.75		SW111001
7/14-8/1	M/W/F	8:55-9:25 am	\$92/\$115		SW111002
8/4-8/22	M/W/F	8:55-9:25 am	\$92/\$115		SW111003
6/16-7/11	M/W/F	9:30-10 am	\$111/\$138.75		SW111004
7/14-8/1	M/W/F	9:30-10 am	\$92/\$115		SW111005
8/4-8/22	M/W/F	9:30-10 am	\$92/\$115		SW111006
6/16-7/11	M/W/F	10:20-10:50 am	\$111/\$138.75		SW111007
7/14-8/1	M/W/F	10:20-10:50 am	\$92/\$115		SW111008
8/4-8/22	M/W/F	10:20-10:50 am	\$92/\$115		SW111009
6/16-7/11	M/W/F	10:55-11:25 am	\$111/\$138.75		SW111010
7/14-8/1	M/W/F	10:55-11:25 am	\$92/\$115		SW111011
8/4-8/22	M/W/F	10:55-11:25 am	\$92/\$115		SW111012
6/17-7/17	T/Th	9:30-10 am	\$92/\$115		SW111025
7/22-8/21	T/Th	9:30-10 am	\$101/\$126.25		SW111026
6/17-7/17	T/Th	10:20-10:50 am	\$92/\$115		SW111027
7/22-8/21	T/Th	10:20-10:50 am	\$101/\$126.25		SW111028
6/17-7/17	T/Th	10:55-11:25 am	\$92/\$115		SW111029
7/22-8/21	T/Th	10:55-11:25 am	\$101/\$126.25		SW111030
6/17-7/17	T/Th	11:30 am-12 pm	\$92/\$115		SW111031
7/22-8/21	T/Th	11:30 am-12 pm	\$101/\$126.25		SW111032

## School Age Level 1-4

6/16-7/11	M/W/F	8:55-9:25 am	\$111/\$138.75		SW113001
7/14-8/1	M/W/F	8:55-9:25 am	\$92/\$115		SW113002
8/4-8/22	M/W/F	8:55-9:25 am	\$92/\$115		SW113003
6/16-7/11	M/W/F	10:20-10:50 am	\$111/\$138.75		SW113007
7/14-8/1	M/W/F	10:20-10:50 am	\$92/\$115		SW113008
8/4-8/22	M/W/F	10:20-10:50 am	\$92/\$115		SW113009
6/16-7/11	M/W/F	10:55-11:25 am	\$111/\$138.75		SW113010
7/14-8/1	M/W/F	10:55-11:25 am	\$92/\$115		SW113011
8/4-8/22	M/W/F	10:55-11:25 am	\$92/\$115		SW113012
6/16-7/11	M/W/F	11:30 am-12 pm	\$111/\$138.75		SW113013
7/14-8/1	M/W/F	11:30 am-12 pm	\$92/\$115		SW113014
8/4-8/22	M/W/F	11:30 am-12 pm	\$92/\$115		SW113015
6/17-7/17	T/Th	8:55-9:25 am	\$92/\$115		SW113023
7/22-8/21	T/Th	8:55-9:25 am	\$101/\$126.25		SW113024
6/17-7/17	T/Th	9:30-10 am	\$92/\$115		SW113025
7/22-8/21	T/Th	9:30-10 am	\$101/\$126.25		SW113026
6/17-7/17	T/Th	10:55-11:25 am	\$92/\$115		SW113029
7/22-8/21	T/Th	10:55-11:25 am	\$101/\$126.25		SW113030
6/17-7/17	T/Th	11:30 am-12 pm	\$92/\$115		SW113031
7/22-8/21	T/Th	11:30 am-12 pm	\$101/\$126.25		SW113032

## Intermediate/Advanced Swimming Skills

Date	Day	Time	ID/AP	OD	Class#
<b>Preschool/School Age Level 5-7</b>					
6/16-7/11	M/W/F	9:30-10 am	\$111/\$138.75		SW125004
7/14-8/1	M/W/F	9:30-10 am	\$92/\$115		SW125005
8/4-8/22	M/W/F	9:30-10 am	\$92/\$115		SW125006
6/17-7/17	T/Th	10:20-10:50 am	\$92/\$115		SW125027
7/22-8/21	T/Th	10:20-10:50 am	\$101/\$126.25		SW125028

## Specialty Programs

Date	Day	Time	ID/AP	OD	Class#
<b>Teen/Adult Swimming Skills - Beginning</b>					

6/16-7/11	M/W/F	9:30-10 am	\$111/\$138.75		SW150004B
7/14-8/1	M/W/F	9:30-10 am	\$92/\$115		SW150005B
8/4-8/22	M/W/F	9:30-10 am	\$92/\$115		SW150006B
6/17-7/17	T/Th	8:55-9:25 am	\$92/\$115		SW150023B
7/22-8/21	T/Th	8:55-9:25 am	\$101/\$126.25		SW150024B

## Baby/Toddler & Me

6/16-7/11	M/W/F	11:30 am-12 pm	\$74/\$92.50		SW140013
7/14-8/1	M/W/F	11:30 am-12 pm	\$61/\$76.25		SW140014
8/4-8/22	M/W/F	11:30 am-12 pm	\$61/\$76.25		SW140015
6/17-7/17	T/Th	10:20-10:50 am	\$61/\$76.25		SW140027
7/22-8/21	T/Th	10:20-10:50 am	\$67/\$83.75		SW140028

## Summer 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. **Summer Meet dates: 6/28, 7/19, 8/2. District Meet: 8/16.**

6/16-8/15	M/W/F	8-8:45 am	\$307	\$383.75	SW134000
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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

Facility Supervisor: Jeffrey Lee

**Center Hours:**

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

**Facility Closed:**      July 4

**Modified Schedule:**    June 19, 9 am-2 pm

**Athletic Center Features:**

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



## THPRD's Twilight Track Meet

July 10, 17, 24 & 31

**FREE EVENT • Registration not required**

Join us for a free all-ages track meet at Aloha High School this July. Check-in starts at 5:30 pm, with the first event beginning at 5:55 pm.



@thprdathleticcenter



**August 16, 2025 • 9 am-1 pm • HMT Complex**

The TRI Together is an inclusive family friendly event hosted by THPRD to provide an opportunity for people of all abilities to come together and be active. This triathlon is intended for beginners and groups of all ages. The course includes:

- 50 or 100 yard swim
- 2 mile wheeled ride (bike/mobility device)
- 0.5 or 1-mile run

Athletes can do the triathlon independently or as a team. THPRD Inclusion Program is available to assist with any of your adaptive needs. To inquire about adaptive equipment and strategies to successfully participate please email [inclusion@thprd.org](mailto:inclusion@thprd.org).

**Register options:**

**Individuals: TRI2025I or Family 4+: TRI2025F**

## Join a Fall League at the Athletic Center!

Adult League*	Registration	Season
Volleyball	Late July	Sept. - Nov.
Softball	August	Sept. - Oct.
Cornhole	Late July	Aug. - Sept.

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

Youth League	Registration	Season
Volleyball (4 <sup>th</sup> -12 <sup>th</sup> grade)	Late July	Sept. - Nov.

Are you looking for a fun and active way to spend your Fall season? Join the action and meet new friends while staying fit and healthy. Don't miss this exciting opportunity to challenge yourself and have fun!

To join a league, go to: [thprd.org/activities/sports](http://thprd.org/activities/sports)



## THRIVE Afterschool Program

### Teaching Healthy Responsible Individuals Values and Education

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

#### VIRTUAL OPEN HOUSE

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

#### REGISTRATION: 2025-2026 School Year

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

**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

**We accept  
ERDC!**

### Court and Sports Field Rentals

The Athletic Center offers six courts and multiple sports fields for rent on a limited basis. Whether you're looking for basketball or softball, we can accommodate groups of all sizes. For requests and availability, please email [sportsrentals@thprd.org](mailto:sportsrentals@thprd.org).



### Volunteer Coaches Needed

If you have experience in sports and the desire to share your knowledge by coaching young athletes, please call the Athletic Center at 503-629-6330 or go to the link and fill out the volunteer coach application.

**Apply Today!**



## Outdoor Recreation

### Skate Park

The Tualatin Hills skate park is located on the north end of the HMT Recreation Complex. There is also a skate park located at the Evelyn M. Schiffler Memorial Park. Helmets and protective gear are highly recommended. Park hours are dawn to dusk, weather permitting.

### Novice Skate Park

The novice skate park is located next to the big skate park at the north end of the HMT Recreation Complex. Helmets and protective gear are highly recommended. Hours are dawn to dusk, weather permitting.

### Roller Hockey Rink

Visit our outdoor roller hockey arena, located on the north end of the HMT Recreation Complex. Arena hours are dawn to dusk, weather permitting.

### Basketball Courts

In addition to the Athletic Center, basketball courts are available in many of our parks, weather permitting.

Visit <http://www.thprd.org/parks-and-trails/find-park>

### Volleyball

You can enjoy three outdoor locations for grass or sand volleyball; Carolwood Park, Raleigh Park, and Cedar Hills Park

### Bocce Ball

There are bocce courts located at Cedar Hills Park and Ridgewood View Park for drop-in play. Call the Athletic Center with any questions.

### Pickleball

Pickleball can be played at Raleigh Park. Pickleball can also be played at the following locations but you must bring your own nets; Athletic Center, Cedar Hills Park, Mountain View Champions Park, Ridgewood View Park, Rock Creek Landing Park, and Raleigh Park.

### Disc Golf

Greenway Park has a nine-hole disc golf course. Visit [www.thprd.org](http://www.thprd.org) for more information.

### Futsal

Cedar Hills Park and Mountain View Champions Park have futsal nets set up during the week. Call the Athletic Center with any questions.

## 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.



## Arts & Crafts – Preschool/Youth

Dates (Weeks) Location	Day	Ages OD	Class #
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### Messy Little Fingers

Let your child get messy with us as they express themselves through art and learn about their creativity. In this class, your child will develop sensory-motor skills and hand-eye coordination and learn shapes, colors, and social skills to help your child grow and thrive. Your child gets the messy fun while we get the cleanup. Adult participation is required. No class 6/19 or 7/4.

6/16-7/2 (3) Rm 101	M/W	10:15-11 am ID/AP: \$51	2 ½ -3 yrs OD: \$63.75	AC14101
7/7-7/30 (4) Rm 101	M/W	10:15-11 am ID/AP: \$68	2 ½ -3 yrs OD: \$85	AC14102
8/4-8/20 (3) Rm 101	M/W	10:15-11 am ID/AP: \$51	2 ½ -3 yrs OD: \$63.75	AC14103
6/17-7/3 (3) Rm 101	T/Th	11:30 am-12:15 pm ID/AP: \$42	2 ½ -3 yrs OD: \$52.50	AC14104
7/8-7/31 (4) Rm 101	T/Th	11:30 am-12:15 pm ID/AP: \$68	2 ½ -3 yrs OD: \$85	AC14105
8/5-8/21 (3) Rm 101	T/Th	11:30 am-12:15 pm ID/AP: \$51	2 ½ -3 yrs OD: \$63.75	AC14106

### Arts & Crafts

Let's be creative together. Join this class for fun and creative projects. Your child will draw, paint, and craft projects to develop their artistic talent and expression. Adult participation is required. No class 6/19.

6/16-7/2 (3) Rm 101	M/W	11:30 am-12:15 pm ID/AP: \$51	3-5 yrs OD: \$63.75	AC14107
7/7-7/30 (4) Rm 101	M/W	11:30 am-12:15 pm ID/AP: \$68	3-5 yrs OD: \$85	AC14108
8/4-8/20 (3) Rm 101	M/W	11:30 am-12:15 pm ID/AP: \$51	3-5 yrs OD: \$63.75	AC14109
6/17-7/3 (3) Rm 101	T/Th	10:15-11 am ID/AP: \$42	3-5 yrs OD: \$52.50	AC14110
7/8-7/31 (4) Rm 101	T/Th	10:15-11 am ID/AP: \$68	3-5 yrs OD: \$85	AC14111
8/5-8/21 (3) Rm 101	T/Th	10:15-11 am ID/AP: \$51	3-5 yrs OD: \$63.75	AC14112

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

### Munchkin Sportz Center

Enjoy an exciting and fun way to introduce your child to various sports. Your child will learn cooperation and teamwork and build their self-esteem. Adult participation is required. No class 7/4.

6/16-7/2 (4)	M/W	10-10:30 am	2 ½ -3 yrs	AC12101
Ct 1 -Indoor		ID/AP: \$39	OD: \$48.75	
7/7-7/30 (4)	M/W	10-10:30 am	2 ½ -3 yrs	AC12102
Ct 1 -Indoor		ID/AP: \$52	OD: \$65	
8/4-8/20 (3)	M/W	10-10:30 am	2 ½ -3 yrs	AC12103
Ct 1 -Indoor		ID/AP: \$39	OD: \$48.75	
6/20-7/18 (4)	F	10-10:30 am	2 ½ -3 yrs	AC12104
Ct 1 -Indoor		ID/AP: \$26	OD: \$32.50	
7/25-8/22 (4)	F	10-10:30 am	2 ½ -3 yrs	AC12105
Ct 1 -Indoor		ID/AP: \$26	OD: \$32.50	

### 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.

6/16-7/2 (3)	M/W	11-11:30 am	2-3 yrs	AC12106
Ct 1 -Indoor		ID/AP: \$39	OD: \$48.75	
7/7-7/30 (4)	M/W	11-11:30 am	2-3 yrs	AC12107
Ct 1 -Indoor		ID/AP: \$52	OD: \$65	
8/4-8/20 (3)	M/W	11-11:30 am	2-3 yrs	AC12108
Ct 1 -Indoor		ID/AP: \$39	OD: \$48.75	

### Beginner Tumbling

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

6/16-7/2 (3)	M/W	11:45 am-12:15 pm	2-3 yrs	AC13101
Ct 1 -Indoor		ID/AP: \$39	OD: \$48.75	
7/7-7/30 (4)	M/W	11:45 am-12:15 pm	2-3 yrs	AC13102
Ct 1 -Indoor		ID/AP: \$52	OD: \$65	
8/4-8/20 (3)	M/W	11:45 am-12:15 pm	2-3 yrs	AC13103
Ct 1 -Indoor		ID/AP: \$39	OD: \$48.75	

## Sports & Fitness - Preschool

### Pee Wee Soccer

Dribbling, shooting, and passing are included in the indoor class. Your athlete will have fun, learn teamwork and cooperation, and build confidence. No class 6/19.

6/16-7/2 (3)	M/W	9-9:45 am	3-5 yrs	AC12109
Ct 1 -Indoor		ID/AP: \$57	OD: \$71.25	
7/7-7/30 (4)	M/W	9-9:45 am	3-5 yrs	AC12110
Ct 1 -Indoor		ID/AP: \$74	OD: \$92.50	
8/4-8/20 (3)	M/W	9-9:45 am	3-5 yrs	AC12111
Ct 1 -Indoor		ID/AP: \$57	OD: \$71.25	
6/16-7/2 (3)	M/W	11:15 am-12 pm	3-5 yrs	AC12112
Ct 2 -Indoor		ID/AP: \$57	OD: \$71.25	
7/7-7/30 (4)	M/W	11:15 am-12 pm	3-5 yrs	AC12113
Ct 2 -Indoor		ID/AP: \$74	OD: \$92.50	
8/4-8/20 (3)	M/W	11:15 am-12 pm	3-5 yrs	AC12114
Ct 2 -Indoor		ID/AP: \$57	OD: \$71.25	
6/17-7/3 (3)	T/Th	11:15 am-12 pm	3-5 yrs	AC12115
Ct 1 -Indoor		ID/AP: \$48	OD: \$60	
7/8-7/31 (4)	T/Th	11:15 am-12 pm	3-5 yrs	AC12116
Ct 1 -Indoor		ID/AP: \$74	OD: \$92.50	

8/5-8/21 (3)	T/Th	11:15 am-12 pm	3-5 yrs	AC12117
Ct 1 -Indoor		ID/AP: \$48	OD: \$60	
6/17-7/3 (3)	T/Th	4:45-5:30 pm	3-5 yrs	AC12118
Ct 2 -Indoor		ID/AP: \$48	OD: \$60	
7/8-7/31 (4)	T/Th	4:45-5:30 pm	3-5 yrs	AC12119
Ct 2 -Indoor		ID/AP: \$74	OD: \$92.50	
8/5-8/21 (3)	T/Th	4:45-5:30 pm	3-5 yrs	AC12120
Ct 2 -Indoor		ID/AP: \$57	OD: \$71.25	

### 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 6/19.

6/16-7/2 (3)	M/W	12:15-1 pm	3-5 yrs	AC12121
Ct 2 -Indoor		ID/AP: \$57	OD: \$71.25	
7/7-7/30 (4)	M/W	12:15-1 pm	3-5 yrs	AC12122
Ct 2 -Indoor		ID/AP: \$74	OD: \$92.50	
8/4-8/20 (3)	M/W	12:15-1 pm	3-5 yrs	AC12123
Ct 2 -Indoor		ID/AP: \$57	OD: \$71.25	
6/17-7/3 (3)	T/Th	10-10:45 am	3-5 yrs	AC12124
Ct 1 -Indoor		ID/AP: \$48	OD: \$60	
7/8-7/31 (4)	T/Th	10-10:45 am	3-5 yrs	AC12125
Ct 1 -Indoor		ID/AP: \$74	OD: \$92.50	
8/5-8/21 (3)	T/Th	10-10:45 am	3-5 yrs	AC12126
Ct 1 -Indoor		ID/AP: \$48	OD: \$60	
6/17-7/3 (3)	T/Th	3:30-4:15 pm	3-5 yrs	AC12127
Ct 2 -Indoor		ID/AP: \$48	OD: \$60	
7/8-7/31 (4)	T/Th	3:30-4:15 pm	3-5 yrs	AC12128
Ct 2 -Indoor		ID/AP: \$74	OD: \$92.50	
8/5-8/21 (3)	T/Th	3:30-4:15 pm	3-5 yrs	AC12129
Ct 2 -Indoor		ID/AP: \$57	OD: \$71.25	

### 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 6/19 or 7/4.

6/16-7/2 (3)	M/W	3:30-4:15 pm	3-5 yrs	AC12130
Ct 2 -Indoor		ID/AP: \$57	OD: \$71.25	
7/7-7/30 (5)	M/W	3:30-4:15 pm	3-5 yrs	AC12131
Ct 2 -Indoor		ID/AP: \$74	OD: \$92.50	
8/4-8/20 (3)	M/W	3:30-4:15 pm	3-5 yrs	AC12132
Ct 2 -Indoor		ID/AP: \$57	OD: \$71.25	
6/17-7/3 (3)	T/Th	9-9:45 am	3-5 yrs	AC12133
Ct 1 -Indoor		ID/AP: \$48	OD: \$60	
7/8-7/31 (4)	T/Th	9-9:45 am	3-5 yrs	AC12134
Ct 1 -Indoor		ID/AP: \$74	OD: \$92.50	
8/5-8/21 (3)	T/Th	9-9:45 am	3-5 yrs	AC12135
Ct 1 -Indoor		ID/AP: \$48	OD: \$60	
6/17-7/3 (3)	T/Th	2:30-3:15 pm	3-5 yrs	AC12136
Ct 1 -Indoor		ID/AP: \$48	OD: \$60	
7/8-7/31 (4)	T/Th	2:30-3:15 pm	3-5 yrs	AC12137
Ct 1 -Indoor		ID/AP: \$74	OD: \$92.50	
8/5-8/21 (3)	T/Th	2:30-3:15 pm	3-5 yrs	AC12138
Ct 1 -Indoor		ID/AP: \$57	OD: \$71.25	
6/20-7/18 (4)	F	9-9:45 am	3-5 yrs	AC12139
Ct 1 -Indoor		ID/AP: \$38	OD: \$47.50	
7/25-8/22 (4)	F	9-9:45 am	3-5 yrs	AC12140
Ct 1 -Indoor		ID/AP: \$38	OD: \$47.50	

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

## Sports & Fitness – Youth/Teen

### Hoop It Up!

The perfect class for young basketball players looking to improve their skills and have fun! Participants will focus on intensive training on shooting, passing, dribbling, rebounding, and defense that is essential for improvement. No class 6/19 or 7/4.

6/16-7/2 (3) Ct 2 -Indoor	M/W	9-9:45 am ID/AP: \$57	6-9 yrs OD: \$71.25	AC12201
7/7-7/30 (4) Ct 2 -Indoor	M/W	9-9:45 am ID/AP: \$74	6-9 yrs OD: \$92.50	AC12202
8/4-8/20 (3) Ct 2 -Indoor	M/W	9-9:45 am ID/AP: \$57	6-9 yrs OD: \$71.25	AC12203
6/16-7/2 (3) Ct 2 -Indoor	M/W	2:30-3:15 pm ID/AP: \$57	6-9 yrs OD: \$71.25	AC12204
7/7-7/30 (4) Ct 2 -Indoor	M/W	2:30-3:15 pm ID/AP: \$74	6-9 yrs OD: \$92.50	AC12205
8/4-8/20 (3) Ct 2 -Indoor	M/W	2:30-3:15 pm ID/AP: \$57	6-9 yrs OD: \$71.25	AC12206
6/17-7/3 (3) Ct 2 -Indoor	T/Th	2:30-3:15 pm ID/AP: \$48	6-9 yrs OD: \$60	AC12207
7/8-7/31 (4) Ct 2 -Indoor	T/Th	2:30-3:15 pm ID/AP: \$74	6-9 yrs OD: \$92.50	AC12208
8/5-8/21 (3) Ct 2 -Indoor	T/Th	2:30-3:15 pm ID/AP: \$57	6-9 yrs OD: \$71.25	AC12209
6/20-7/18 (4) Ct 2 -Indoor	F	10:15-11 am ID/AP: \$38	6-9 yrs OD: \$47.50	AC12210
7/25-8/22 (4) Ct 2 -Indoor	F	10:15-11 am ID/AP: \$38	6-9 yrs OD: \$47.50	AC12211

### Hoop It Up! Girls Only

The perfect class for young basketball players looking to improve their skills and have fun! Participants will focus on intensive training on shooting, passing, dribbling, rebounding, and defense that is essential for improvement. No class 6/19.

6/17-7/3 (3) Ct 2 -Indoor	T/Th	9-9:45 am ID/AP: \$48	6-9 yrs OD: \$60	AC12212
7/8-7/31 (4) Ct 2 -Indoor	T/Th	9-9:45 am ID/AP: \$74	6-9 yrs OD: \$92.50	AC12213
8/5-8/21 (3) Ct 2 -Indoor	T/Th	9-9:45 am ID/AP: \$48	6-9 yrs OD: \$60	AC12214

### Soccer Stars

This introduction to fundamentals and proper soccer techniques emphasizes teamwork, fair play, fun, and cooperation and builds up confidence. Shin guards and gym shoes are recommended. No class 6/19 or 7/4.

6/16-7/2 (3) Ct 2 -Indoor	M/W	10-10:45 am ID/AP: \$57	6-8 yrs OD: \$71.25	AC12215
7/7-7/30 (4) Ct 2 -Indoor	M/W	10-10:45 am ID/AP: \$74	6-8 yrs OD: \$92.50	AC12216
8/4-8/20 (3) Ct 2 -Indoor	M/W	10-10:45 am ID/AP: \$57	6-8 yrs OD: \$71.25	AC12217
6/16-7/2 (3) Ct 1 -Indoor	M/W	4:45-5:30 pm ID/AP: \$57	6-8 yrs OD: \$71.25	AC12218
7/7-7/30 (4) Ct 1 -Indoor	M/W	4:45-5:30 pm ID/AP: \$74	6-8 yrs OD: \$92.50	AC12219
8/4-8/20 (3) Ct 1 -Indoor	M/W	4:45-5:30 pm ID/AP: \$57	6-8 yrs OD: \$71.25	AC12220
6/17-7/3 (3) Ct 2 -Indoor	T/Th	11:15 am-12 pm ID/AP: \$48	6-8 yrs OD: \$60	AC12221
7/8-7/31 (4) Ct 2 -Indoor	T/Th	11:15 am-12 pm ID/AP: \$74	6-8 yrs OD: \$92.50	AC12222
8/5-8/21 (3) Ct 2 -Indoor	T/Th	11:15 am-12 pm ID/AP: \$48	6-8 yrs OD: \$60	AC12223
6/17-7/3 (3) Ct 1 -Indoor	T/Th	6-6:45 pm ID/AP: \$48	6-8 yrs OD: \$60	AC12224

7/8-7/31 (4) Ct 1 -Indoor	T/Th	6-6:45 pm ID/AP: \$74	6-8 yrs OD: \$92.50	AC12225
8/5-8/21 (3) Ct 1 -Indoor	T/Th	6-6:45 pm ID/AP: \$57	6-8 yrs OD: \$71.25	AC12226
6/20-7/18 (4) Ct 2 -Indoor	F	9-9:45 am ID/AP: \$38	6-8 yrs OD: \$47.50	AC12227
7/25-8/22 (4) Ct 2 -Indoor	F	9-9:45 am ID/AP: \$38	6-8 yrs OD: \$47.50	AC12228
6/16-7/2 (3) Ct 1 -Indoor	M/W	6-7 pm ID/AP: \$74	9-11 yrs OD: \$92.50	AC12230
7/7-7/30 (4) Ct 1 -Indoor	M/W	6-7 pm ID/AP: \$98	9-11 yrs OD: \$122.50	AC12231
8/4-8/20 (3) Ct 1 -Indoor	M/W	6-7 pm ID/AP: \$74	9-11 yrs OD: \$92.50	AC12232
6/17-7/3 (3) Ct 2 -Indoor	T/Th	12:15-1 pm ID/AP: \$48	9-11 yrs OD: \$60	AC12233
7/8-7/31 (4) Ct 1 -Indoor	T/Th	12:15-1 pm ID/AP: \$74	9-11 yrs OD: \$92.50	AC12234
8/5-8/21 (3) Ct 2 -Indoor	T/Th	12:15-1 pm ID/AP: \$48	9-11 yrs OD: \$60	AC12235

### Soccer Stars - Girls Only

This introduction to fundamentals and proper soccer techniques emphasizes teamwork, fair play, fun, and cooperation and builds up confidence. Shin guards and gym shoes are recommended. No class 6/19 or 7/4.

6/17-7/3 (3) Ct 1 -Indoor	T/Th	4:45-5:30 pm ID/AP: \$48	6-9 yrs OD: \$60	AC12236
7/8-7/31 (4) Ct 1 -Indoor	T/Th	4:45-5:30 pm ID/AP: \$74	6-9 yrs OD: \$92.50	AC12237
8/5-8/21 (3) Ct 1 -Indoor	T/Th	4:45-5:30 pm ID/AP: \$57	6-9 yrs OD: \$71.25	AC12238
6/20-7/18 (4) Ct 1 -Indoor	F	11-11:45 am ID/AP: \$38	6-9 yrs OD: \$47.50	AC12239
7/25-8/22 (4) Ct 1 -Indoor	F	11-11:45 am ID/AP: \$38	6-9 yrs OD: \$47.50	AC12240

### Basketball Skills

The perfect class for young basketball players looking to improve their skills and have fun! Participants will focus on intensive training on shooting, passing, dribbling, rebounding, and defense that is essential for improvement. No class 6/19 or 7/4.

6/16-7/2 (3) Ct 1 -Indoor	M/W	2:30-3:15 pm ID/AP: \$57	9-12 yrs OD: \$71.25	AC12241
7/7-7/30 (4) Ct 1 -Indoor	M/W	2:30-3:15 pm ID/AP: \$74	9-12 yrs OD: \$92.50	AC12242
8/4-8/20 (3) Ct 1 -Indoor	M/W	2:30-3:15 pm ID/AP: \$57	9-12 yrs OD: \$71.25	AC12243
6/16-7/2 (3) Ct 2 -Indoor	M/W	6-6:45 pm ID/AP: \$57	9-12 yrs OD: \$71.25	AC12244
7/7-7/30 (4) Ct 2 -Indoor	M/W	6-6:45 pm ID/AP: \$74	9-12 yrs OD: \$92.50	AC12245
8/4-8/20 (3) Ct 2 -Indoor	M/W	6-6:45 pm ID/AP: \$57	9-12 yrs OD: \$71.25	AC12246
6/17-7/3 (3) Ct 2 -Indoor	T/Th	6-6:45 pm ID/AP: \$48	9-12 yrs OD: \$60	AC12247
7/8-7/31 (4) Ct 2 -Indoor	T/Th	6-6:45 pm ID/AP: \$74	9-12 yrs OD: \$92.50	AC12248
8/5-8/21 (3) Ct 2 -Indoor	T/Th	6-6:45 pm ID/AP: \$57	9-12 yrs OD: \$71.25	AC12249
6/20-7/18 (4) Ct 2 -Indoor	F	11:15 am-12:15 pm ID/AP: \$49	9-12 yrs OD: \$61.25	AC12250
7/25-8/22 (4) Ct 2 -Indoor	F	11:15 am-12:15 pm ID/AP: \$49	9-12 yrs OD: \$61.25	AC12251
6/20-7/18 (4) Ct 2 -Indoor	F	4-5 pm ID/AP: \$49	9-12 yrs OD: \$61.25	AC12252

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

7/25-8/22 (5)	F	4-5 pm	9-12 yrs	AC12253
Ct 2 -Indoor		ID/AP: \$61	OD: \$76.25	
6/16-7/2 (3)	M/W	3:30-4:30 pm	12-14 yrs	AC12254
Ct 1 -Indoor		ID/AP: \$74	OD: \$92.50	
7/7-7/30 (4)	M/W	3:30-4:30 pm	12-14 yrs	AC12255
Ct 1 -Indoor		ID/AP: \$98	OD: \$122.50	
8/4-8/20 (3)	M/W	3:30-4:30 pm	12-14 yrs	AC12256
Ct 2 -Indoor		ID/AP: \$74	OD: \$92.50	
6/20-7/18 (4)	F	4-5 pm	12-14 yrs	AC12257
Ct 1 -Indoor		ID/AP: \$49	OD: \$61.25	
7/25-8/22 (5)	F	4-5 pm	12-14 yrs	AC12258
Ct 1 -Indoor		ID/AP: \$61	OD: \$76.25	

### Basketball Skills - Girls Only

The perfect class for young basketball players looking to improve their skills and have fun! Participants will focus on intensive training on shooting, passing, dribbling, rebounding, and defense that is essential for improvement. No class 6/19.

6/17-7/3 (3)	T/Th	10-11 am	9-12 yrs	AC12260
Ct 2 -Indoor		ID/AP: \$61	OD: \$76.25	
7/8-7/31 (4)	T/Th	10-11 am	9-12 yrs	AC12261
Ct 2 -Indoor		ID/AP: \$98	OD: \$122.50	
8/5-8/21 (3)	T/Th	10-11 am	9-12 yrs	AC12262
Ct 2 -Indoor		ID/AP: \$61	OD: \$76.25	

### Speed, Agility, and Strength

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

6/16-7/2 (3)	M/W	4:45-5:30 pm	8-17 yrs	AC12267
Ct 2 -Indoor		ID/AP: \$57	OD: \$71.25	
7/7-7/30 (4)	M/W	4:45-5:30 pm	8-17 yrs	AC12268
Ct 2 -Indoor		ID/AP: \$74	OD: \$92.50	
8/4-8/20 (3)	M/W	4:45-5:30 pm	8-17 yrs	AC12269
Ct 2 -Indoor		ID/AP: \$57	OD: \$71.25	

### Youth Sports and Games

Keep active with this class that will rotate through different sports and games like basketball, soccer, dodgeball, kickball, and other favorites from PE class! No class 6/19.

6/17-7/3 (3)	T/Th	3:30-4:15 pm	6-9 yrs	AC12275
Ct 1 -Indoor		ID/AP: \$48	OD: \$60	
7/8-7/31 (4)	T/Th	3:30-4:15 pm	6-9 yrs	AC12276
Ct 1 -Indoor		ID/AP: \$74	OD: \$92.50	
8/5-8/21 (3)	T/Th	3:30-4:15 pm	6-9 yrs	AC12277
Ct 1 -Indoor		ID/AP: \$57	OD: \$71.25	

### 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. No class 7/4.

6/20-7/18 (4)	F	5:30-6:30 pm	10-12 yrs	AC12301
Ct 1 -Indoor		ID/AP: \$49	OD: \$61.25	
7/25-8/22 (5)	F	5:30-6:30 pm	10-12 yrs	AC12302
Ct 1 -Indoor		ID/AP: \$61	OD: \$76.25	

### 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. No class 7/4.

6/20-7/18 (4)	F	5:30-6:30 pm	10-12 yrs	AC12303
Ct 2 -Indoor		ID/AP: \$49	OD: \$61.25	
7/25-8/22 (5)	F	5:30-6:30 pm	10-12 yrs	AC12304
Ct 2 -Indoor		ID/AP: \$61	OD: \$76.25	

### Youth Volleyball

Volleyball is a sport loved by many. Learn and practice volleyball skills such as serving, passing, and hitting. Participants will learn fundamental skills for a lifetime of playing volleyball. No class 6/19 or 7/4.

6/17-7/3 (3)	T/Th	4:45-5:45 pm	8-12 yrs	AC12270
Ct 6 -Indoor		ID/AP: \$59	OD: \$73.75	
7/8-7/31 (4)	T/Th	4:45-5:45 pm	8-12 yrs	AC12271
Ct 6 -Indoor		ID/AP: \$94	OD: \$117.50	
8/5-8/21 (3)	T/Th	4:45-5:45 pm	8-12 yrs	AC12272
Ct 6 -Indoor		ID/AP: \$74	OD: \$92.50	
6/20-7/18 (4)	F	5-6 pm	8-12 yrs	AC12273
Ct 6 -Indoor		ID/AP: \$49	OD: \$61.50	
7/25-8/22 (5)	F	5-6 pm	8-12 yrs	AC12274
Ct 6 -Indoor		ID/AP: \$59	OD: \$73.75	

### Teen Volleyball

Work on the volleyball skills you will need during the season - serving, passing, spiking, and offensive and defensive strategizing. No class 6/19 or 7/4.

6/17-7/3 (3)	T/Th	6-7 pm	12-17 yrs	AC12305
Ct 6 -Indoor		ID/AP: \$59	OD: \$73.75	
7/8-7/31 (4)	T/Th	6-7 pm	12-17 yrs	AC12306
Ct 6 -Indoor		ID/AP: \$94	OD: \$117.50	
8/5-8/21 (3)	T/Th	6-7 pm	12-17 yrs	AC12307
Ct 6 -Indoor		ID/AP: \$74	OD: \$92.50	
6/20-7/18 (4)	F	6:30-7:30 pm	12-17 yrs	AC12308
Ct 6 -Indoor		ID/AP: \$49	OD: \$61.50	
7/25-8/22 (5)	F	6:30-7:30 pm	12-17 yrs	AC12309
Ct 6 -Indoor		ID/AP: \$59	OD: \$73.75	

### Advanced Volleyball Skills

Volleyball players that already have the fundamentals of passing, setting, and hitting will have the opportunity to learn different systems (5-1, 6-2, 4-2), positions, and strategies, as well as refine their other skills. No class 7/4.

6/20-7/18 (4)	F	7:45-8:45 pm	11-17 yrs	AC12310
Ct 6 -Indoor		ID/AP: \$49	OD: \$61.50	
7/25-8/22 (5)	F	7:45-8:45 pm	11-17 yrs	AC12311
Ct 6 -Indoor		ID/AP: \$59	OD: \$73.75	

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

# 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. For more information, please visit the league's website, [www.ord4.com](http://www.ord4.com).

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

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

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

### Little League Baseball

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

**Softball:** ages 4-14

**Baseball:** ages 4-14

### Cedar Mill Little League

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

### 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

AJBO: [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 association for 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 2025-26 school year and attending a Beaverton School District #48 middle school or residing within District #48 or THPRD boundaries. Games will be held on weekdays at the Athletic Center. Check our website for more information in May.

# THPRD Sports Leagues - General Information

## Sports Leagues - Youth

### Winter High School Basketball Grades 9-12

For athletes not playing on school teams in grades 9-12 in the 2025-26 school year. League and online registration information will be available in October. Check our website for more information.

### Summer High School Basketball Grades 9-12

For athletes entering grades 9-12 in the 2025-26 school year. League and online registration will be available in April 2025. 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: [beavertoncricclub@gmail.com](mailto:beavertoncricclub@gmail.com)

### Portland Metro Open Cricket Club

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

Those interested in joining PMOCC should direct inquiries to [www.pdxcricket.org](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 2025-26 school year are eligible to play in this summer league. League and online registration information will be available mid-April. Check the website for more information.



# THPRD Sports Leagues - General Information

## Sports Leagues - Adult

### Basketball

#### Winter Adult Basketball

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

#### Summer Adult Basketball

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

### Cornhole

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



### Kickball

#### Kickball League

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

### Soccer

#### Soccer Field Use

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

#### El uso de campo de fútbol

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.

#### 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 Centro Atlético | 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.

## Beisbol/Sóftbol

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

Todos los grupos de Liga Deportiva para Menores (Little League) del área de Beaverton se rigen por la Liga Deportiva para Menores del Distrito 4 de Oregon, [www.ord4.com](http://www.ord4.com).

**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.

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

T-ball: de 4 a 6 años

Softbol: de 4 a 14 años

Béisbol: de 4 a 14 años

#### Liga infantil Cedar Mill

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

**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 softbol para niñas de 4 a 14 años compuesto por jugadoras que están dentro de los límites de Cedar Mill, Westview y Wolf Creek Little Leagues, las cuales son parte del Distrito 4 de Oregon. Este es un programa independiente y es solo de softbol. (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

#### Beisbol | 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

AJBO: [www.alohajuniorbaseball.org](http://www.alohajuniorbaseball.org)

#### Beisbol | Beaverton Junior Baseball

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

#### 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)

#### Beisbol | 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)

#### Beisbol | 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)

#### Beisbol | Westside 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)

## Baloncesto

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

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

# Ligas Deportivas de THPRD - Información General

## Ligas Deportivas Juveniles

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

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

### Baloncesto Recreacional de Verano de los grados 6-8

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

### Baloncesto Escolar de Invierno Grados 9-12

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

### Baloncesto Escolar de Verano Grados 9-12

Este programa es para atletas quienes ingresaran a los grados 9-12 en el año escolar 2025-2026. Las inscripciones e información están disponibles en línea a partir de abril 2025. 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.pdxcricquet.org](http://www.pdxcricquet.org) o [pmocc2@gmail.com](mailto:pmocc2@gmail.com)



### Fútbol Americano

#### Fútbol Americano Juvenil

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

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



# Ligas Deportivas de THPRD - Información General

## Ligas Deportivas Juveniles

### Lacrosse

#### Liga Juvenil de Lacrosse de Tualatin Valley

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

#### TVYLL

president@tvllax.com  
[www.tvllaxtitans.com](http://www.tvllaxtitans.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

milltownregistrat@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.bridgocitysoccer.org](http://www.bridgocitysoccer.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 2025-26 son elegibles para jugar en esta liga de verano. La información sobre la liga y las inscripciones en línea estará disponible a mediados de abril. Visite la página-web para más información.



# Ligas Deportivas de THPRD - Información General

## Ligas Deportivas para Adultos

### Baloncesto

#### Baloncesto de Invierno para Adultos

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

#### Baloncesto de Verano para Adultos

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

### Cornhole - Juego de Bolsas de Maíz

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



### Kickball

#### Liga de Kickball

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

### Fútbol

#### Uso de campos para fútbol

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

### Softbol

#### Uso de Campos de Beisbol y Sóftbol

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

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

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

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

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

#### Softbol Industrial

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

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

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

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

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

### Torneo de Softbol para Adultos

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

### Vóleibol

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

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

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

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

#### Voleibol de Otoño para Adultos

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

#### Voleibol de Invierno para Adultos

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

#### Voleibol de Primavera para Adultos

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



# Cedar Hills Recreation Center



TUALATIN HILLS  
PARK & RECREATION DISTRICT

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

TriMet Bus Routes #20, #59

**Facility Supervisor:** Tyler Fransen

**Facility Hours:**

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

**Facility Closures:** 6/19, 7/4, 9/1

**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



## Summer Preview Summer Fun Awaits!



Friday, April 11 • 2:30-4:00 pm  
Cedar Hills Park • **FREE EVENT**

Get ready for foam-tastic fun! Bring your kiddo and learn about Cedar Hills summer classes, camps, and upcoming events while they run through our foam cannon, play darts on our 15-foot soccer board, and enjoy a variety of yard games. Bring a towel and be ready to have fun.



## Family Pride in the Park



Saturday, June 28 • 11:00 am -2:00 pm  
**FREE EVENT**

Celebrate Pride with a fun, family social event at Cedar Hills Recreation Center. Families, friends and individual are invited to join us for community event to celebrate LGBTQ diversity.

## Summer Events



### Join Us for Hot Dog Wednesdays!



June 25, July 16, & August 13 • 5-7 pm

Enjoy a hot dog for just \$3 or make it a full meal with hot dog, chips, and a drink for just \$5. Bring the whole family and join us outdoors for a Hot Dog Meal! Weather permitting, this may include our water slide, obstacle course, and more! Check out the activities below for each date. Meatless Option Available While Supplies last.



### Summer Kick Off



Wednesday, June 25 • 5-7 pm

Weather permitting, this may include our water slide, obstacle course, and more! **Hot Dog Wednesday** from 5-7 pm the same night!



### Build Together, Play Together



Wednesday, July 16 • 5-7 pm

Join us for a **FREE** event celebrating Parks and Recreation Month! "Build Together, Play Together" will feature exciting activities, including inflatables, as well as information about the wide range of programs we offer. Learn about the resources designed to ensure equal access for all. Discover how the values of THPRD Parks and Recreation work to strengthen our community. **Hot Dog Wednesday** from 5-7 pm the same night!



### Line Dance Party



Wednesday, August 13 • 6-7 pm

**Free Event!**

Get ready to kick up your heels at our Line Dance Event! Whether you're a beginner or an experienced dancer, this instructor-led hoedown promises an evening packed with music, movement, and fun. **Hot Dog Wednesday** from 5-7 pm the same night!

## 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
Badminton	Thursday	6:00-8:00 pm
Basketball (30+)	Monday	7:15-8:30 pm
Open Gym	Saturday	1:00-3:00 pm
Youth Open Gymnastics	Friday	5:45-7:15 pm
Youth Open Gymnastics	Saturday	2:45-3:45 pm



### 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.

## Nine-Month Preschool



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

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

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

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

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

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

## Middle School Cross Country 2025 Fall

**Registration opens Saturday, August 9<sup>th</sup>**

Cedar Park • Conestoga • Five Oaks • Highland Park • ISB Meadow Park • Mt. View • Stoller • Tumwater • Whitford

# THRIVE

## Afterschool Program

### Teaching Healthy Responsible Individuals Values and Education

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

### VIRTUAL OPEN HOUSE

Wednesday, April 23

Presentation 6-6:30 pm

Q&A Session 6:30-7 pm

### REGISTRATION: 2025-2026 School Year

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

**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.

### **Cedar Hills Recreation Center schools served:**

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

## Arts & Crafts - Youth

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

### Youth Watercolor

Children will learn about different watercolor techniques and terminology while creating new watercolor projects each week. Projects will include summer-themed and nature-inspired pieces!

6/16-8/18 (10)	M	4:30-5:30 pm	6-10 yrs	CH14201
Rm 3		ID/AP: \$111	OD: \$138.75	

### Art Sampler

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

6/18-8/20 (10)	W	4:30-5:30 pm	6-10 yrs	CH14202
Rm 3		ID/AP: \$111	OD: \$138.75	

### Nature Art

Young artists will explore, learn, draw, paint, and create artwork each week using natural materials and celebrating the earth's beauty! No class 7/05.

6/21-8/23 (9)	S	9-10 am	6-10 yrs	CH14203
Rm 3		ID/AP: \$101	OD: \$126.25	

## Arts & Crafts – Teen/Adult

### Watercolor, All Levels

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

6/17-8/19 (10)	T	9:30 am-12:30 pm	14-adult	CH14500
Rm 3		ID/AP: \$245	OD: \$306.25	

### Mixed Medium Art, All Levels

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

6/18-8/20 (10)	W	9:30 am-12:30 pm	14-adult	CH14502
Rm 3		ID/AP: \$245	OD: \$306.25	

## Dance – Preschool/Youth

### Dance with Me!

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

6/18-8/20 (10)	W	5:30-6 pm	2-4 yrs	CH11110
Rm D		ID/AP: \$69	OD: \$86.25	
6/21-8/23 (9)	S	9-9:30 am	2-4 yrs	CH11111
Rm D		ID/AP: \$62	OD: \$77.50	

## Hip Hop Kids

Dance like your favorite pop stars! Discover the magic of dancing in a class that is specially crafted for your younger dancer. In this high-octane class kids will dive into the world of hip hop, learning exciting techniques and combinations. Music choices and dance steps will be age appropriate. This is a non-parent participation class. No class 7/5/25.

6/21-8/23 (9)	S	11-11:45 am	3-5 yrs	CH11112
Rm 5		ID/AP: \$79	OD: \$98.75	
6/21-8/23 (9)	S	11:45 am-12:30 pm	4-6 yrs	CH11113
Rm D		ID/AP: \$79	OD: \$98.75	
6/21-8/23 (9)	S	1-1:45 pm	3-5 yrs	CH11114
Rm 8		ID/AP: \$79	OD: \$98.75	

## Pre-Ballet

This class provides an introduction to ballet steps and terminology, with an emphasis on creative movement, rhythm, balance and coordination. This is a non-parent participation class. No class on 7/5/25.

6/21-8/23 (9)	S	9-9:45 am	3-5 yrs	CH11116
Rm 5		ID/AP: \$79	OD: \$98.75	
6/21-8/23 (9)	S	10-10:45 am	3-5 yrs	CH11117
Rm 5		ID/AP: \$79	OD: \$98.75	
6/21-8/23 (9)	S	12-12:45 pm	3-5 yrs	CH11115
Rm 8		ID/AP: \$79	OD: \$98.75	
6/17-8/19 (10)	T	5:15-6 pm	4-6 yrs	CH11120
Rm D		ID/AP: \$88	OD: \$110	
6/21-8/23 (9)	S	9:45-10:30 am	4-6 yrs	CH11118
Rm D		ID/AP: \$79	OD: \$98.75	
6/21-8/23 (9)	S	10:45-11:30 am	4-6 yrs	CH11119
Rm D		ID/AP: \$79	OD: \$98.75	

## Dance and Tumble

Join us for a class designed specifically for young movers! In this energetic class, little ones will explore the joy of movement through creative dance exercises, rhythmic activities, and basic tumbling skills. Our instructors will guide them in developing coordination, balance, and flexibility in a fun and supportive environment. This is a non-parent participation class.

6/17-8/19 (10)	T	4:15-5 pm	4-6 yrs	CH11122
Rm 5		ID/AP: \$88	OD: \$110	

## Broadway Dance

In this brand new class, kids will learn basic jazz techniques and dance to Broadway favorites new and old!

6/16-8/18 (10)	M	4:30-5:15 pm	5-7 yrs	CH11131
Rm 5		ID/AP: \$88	OD: \$110	

## Intro to Ballet

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

6/18-8/20 (10)	W	6:15-7 pm	6-8 yrs	CH11126
Rm D		ID/AP: \$88	OD: \$110	
6/18-8/20 (10)	W	5:30-6:15 pm	9-12 yrs	CH11127
Rm 5		ID/AP: \$88	OD: \$110	

## Intro to Ballet and Jazz

In addition to exploring the enchanting world of ballet, this class also introduces young students to the improvisational art form of jazz dance. This class invites all dance levels to discover the expressive movements, syncopated rhythms, and spirited energy that define jazz dance. Embrace the fusion of classical grace and contemporary flair as your student delves into both ballet and jazz.

6/16-8/18 (10)	M	5:30-6:15 pm	6-8 yrs	CH11124
Rm 5		ID/AP: \$88	OD: \$110	

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

## Intro to Hip Hop

Step into the world of rhythm and creativity with our Intro to Hip Hop class. The perfect introduction to hip hop dance for kids! This class is all about fun, movement, and building confidence on the dance floor. Tennis shoes required.

6/26-8/21 (9)	Th	5:30-6:15 pm	6-8 yrs	CH11128
Rm D		ID/AP: \$79	OD: \$98.75	
6/26-8/21 (9)	Th	6:30-7:15 pm	9-12 yrs	CH11129
Rm D		ID/AP: \$79	OD: \$98.75	

## 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.

6/26-8/21 (9)	Th	7:25-8:25 pm	14-adult	CH11502
Rm 5		ID/AP: \$127	OD: \$158.75	

### Belly Dance

All levels welcome! Come explore the ancient art of belly dance! Low impact full body workout sprinkled with the history, art and lore of this timeless dance style! Focus on developing strength, flexibility, coordination and dance techniques specific to middle eastern and historic world rhythms.

6/17-8/19 (10)	T	6:15-7:15 pm	16-adult	CH11504
Rm D		ID/AP: \$142	OD: \$177.50	

### Belly Dance (Intermediate)

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

6/17-8/19 (10)	T	7:30-8:30 pm	16-adult	CH11505
Rm D		ID/AP: \$142	OD: \$177.50	

### Beginner Ballet 14 +

Traditional ballet technique class. Comprehensive barre and center work tailored for beginner ballet students. Students develop strength, flexibility, coordination and confidence. All levels welcome.

6/16-8/18 (10)	M	6:15-7:15 pm	14-adult	CH11499
Rm 5		ID/AP: \$141	OD: \$176.25	

### Classical Ballet 14 +

Traditional ballet technique class. Comprehensive barre and center work for returning and motivated beginners. Students develop strength, flexibility, coordination and confidence. All levels welcome.

6/16-8/18 (10)	M	7:30-8:30 pm	14-adult	CH11500
Rm 5		ID/AP: \$142	OD: \$177.50	
6/18-8/20 (10)	W	6:30-8 pm	14-adult	CH11501
Rm 5		ID/AP: \$199	OD: \$248.75	

### Intro to Line Dancing

Join us for a lively introduction to line dancing! Whether you're taking your first steps or refining your moves, our classes offer a blend of energetic routines and catchy tunes. Get ready for a workout that feels like fun as we groove to upbeat music and learn new steps together. No dance background required – beginners are warmly welcomed!

6/18-8/20 (10)	W	7:15-8:15 pm	16-adult	CH11508
Rm 6		ID/AP: \$142	OD: \$177.50	

## Preschool Exploration

### First Time Friends

This class encourages children to emotionally and socially adapt to a classroom setting. We will strengthen our skills in sharing, listening and following directions; learn to make transitions and much more through art, stories and free play. Please bring a snack and water bottle to class. This is a non-parent participation class.

6/16-8/18 (10)	M	9:30-11:30 am	2-3 ½ yrs	CH18100
Rm 10		ID/AP: \$248	OD: \$310	
6/18-8/20 (10)	W	9:30-11:30 am	2-3 ½ yrs	CH18102
Rm 10		ID/AP: \$248	OD: \$310	
6/20-8/22 (9)	F	9:30-11:30 am	2-3 ½ yrs	CH18104
Rm 10		ID/AP: \$223	OD: \$278.25	

### 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.

6/17-8/19 (10)	T	9-11:30 am	3-4 yrs	CH18110
Rm 10		ID/AP: \$296	OD: \$370	
6/26-8/21 (9)	Th	9-11:30 am	3-4 yrs	CH18112
Rm 10		ID/AP: \$266	OD: \$332.50	

## General Interest – Guitar

### Youth Guitar

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

6/17-8/19 (10)	T	3:35-4:35 pm	8-13 yrs	CH15220
Rm 3		ID/AP: \$96	OD: \$120	

### Youth Guitar, Small Group

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

6/17-8/19 (10)	T	4:40-5:40 pm	8-13 yrs	CH15221
Rm 3		ID/AP: \$311	OD: \$388.75	

### Guitar I

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

6/17-8/19 (10)	T	6-7 pm	13-adult	CH15520
Rm 3		ID/AP: \$96	OD: \$120	

### Guitar II

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

6/17-8/19 (10)	T	7:05-8:05 pm	13-adult	CH15524
Rm 3		ID/AP: \$122	OD: \$152.50	

### 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 interest list when a private lesson is available.

6/17-8/19 (10)	T	3-3:30 pm	8-adult	CH15530
Rm 3				

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

## 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 5:45-7:15 pm • Saturdays 2:45-3:45 pm**

## General Interest – Science

### 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 7/5.

6/21-8/23 (9)	S	9-10 am	5-6 yrs	CH15215
Rm 2		ID/AP: \$119	OD: \$148.75	

### 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 7/5.

6/21-8/23 (9)	S	10:45-11:45 am	7-10 yrs	CH15217
Rm 2		ID/AP: \$119	OD: \$148.75	

## Gymnastics

### 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 adult & participant) Adult Participation Class; One child/One adult ratio, no unregistered siblings.

6/17-7/15 (5)	T	12:45-1:30 pm	2-3 yrs	CH13100
Rm 9		ID/AP: \$70	OD: \$87.50	
7/22-8/19 (5)	T	12:45-1:30 pm	2-3 yrs	CH13101
Rm 9		ID/AP: \$70	OD: \$87.50	
6/21-7/19 (4)	S	8:05-8:50 am	2-3 yrs	CH13102
Rm 9		ID/AP: \$56	OD: \$70	
7/26-8/23 (5)	S	8:05-8:50 am	2-3 yrs	CH13103
Rm 9		ID/AP: \$70	OD: \$87.50	

### 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 adult & participant) Adult Participation Class; One child/One adult ratio, no unregistered siblings.

6/17-7/15 (5)	T	1:45-2:30 pm	2 ½ - 3 ½ yrs	CH13125
Rm 9		ID/AP: \$70	OD: \$87.50	
7/22-8/19 (5)	T	1:45-2:30 pm	2 ½ - 3 ½ yrs	CH13126
Rm 9		ID/AP: \$70	OD: \$87.50	
6/21-7/19 (4)	S	9:9:45 am	2 ½ - 3 ½ yrs	CH13127
Rm 9		ID/AP: \$56	OD: \$70	
7/26-8/23 (5)	S	9:9:45 am	2 ½ - 3 ½ yrs	CH13128
Rm 9		ID/AP: \$70	OD: \$87.50	

### 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.

6/16-8/18 (10)	M	12:45-1:30 pm	3 ½ - 4 yrs	CH13150
Rm 9		ID/AP: \$141	OD: \$176.25	
6/16-8/18 (10)	M	3-3:45 pm	3 ½ - 4 yrs	CH13151
Rm 9		ID/AP: \$141	OD: \$176.25	
6/17-8/19 (10)	T	5-5:45 pm	3 ½ - 4 yrs	CH13152
Rm 9		ID/AP: \$141	OD: \$176.25	
6/18-8/20 (10)	W	1:45-2:30 pm	3 ½ - 4 yrs	CH13153
Rm 9		ID/AP: \$141	OD: \$176.25	
6/26-8/21 (9)	Th	1:45-2:30 pm	3 ½ - 4 yrs	CH13154
Rm 9		ID/AP: \$127	OD: \$158.75	
6/21-8/23 (9)	S	10:15-11 am	3 ½ - 4 yrs	CH13155
Rm 9		ID/AP: \$127	OD: \$158.75	

6/16-8/18 (10)	M	5-5:45 pm	4-6 yrs	CH13175
Rm 9		ID/AP: \$141	OD: \$176.25	
6/18-8/20 (10)	W	3-3:45 pm	4-6 yrs	CH13176
Rm 9		ID/AP: \$141	OD: \$176.25	
6/26-8/21 (9)	Th	12:45-1:30 pm	4-6 yrs	CH13177
Rm 9		ID/AP: \$127	OD: \$158.75	
6/26-8/21 (9)	Th	3-3:45 pm	4-6 yrs	CH13178
Rm 9		ID/AP: \$127	OD: \$158.75	
6/21-8/23 (9)	S	11:15 am-12 pm	4-6 yrs	CH13179
Rm 9		ID/AP: \$127	OD: \$158.75	

### Boys' Gymnastics

We will work on gymnastics skills for boys' events including vault, bars, rings and floor exercises. Designed as an introduction to boys' gymnastics skills, working on flexibility and strength. All skill levels welcome. No class 7/4.

6/20-8/22 (9)	F	3-3:45 pm	9-13 yrs	CH13240
Rm 9		ID/AP: \$127	OD: \$158.75	

### Gymnastics Rec Lvl 1

This is a beginning level gymnastics class where participants will work on rolls, handstands and cartwheels on the floor, casting and strength moves on the bars as well as jumping and balancing on the beam.

6/16-8/18 (10)	M	6:15-7 pm	6-8 yrs	CH13200
Rm 9		ID/AP: \$141	OD: \$176.25	
6/17-8/19 (10)	T	6:15-7 pm	6-8 yrs	CH13201
Rm 9		ID/AP: \$141	OD: \$176.25	
6/18-8/20 (10)	W	12:45-1:30 pm	6-8 yrs	CH13202
Rm 9		ID/AP: \$141	OD: \$176.25	
6/18-8/20 (10)	W	5-5:45 pm	6-8 yrs	CH13203
Rm 9		ID/AP: \$141	OD: \$176.25	
6/26-8/21 (9)	Th	6:15-7 pm	6-8 yrs	CH13204
Rm 9		ID/AP: \$127	OD: \$158.75	
6/21-8/23 (9)	S	12:15-1 pm	6-8 yrs	CH13205
Rm 9		ID/AP: \$127	OD: \$158.75	
6/16-8/18 (10)	M	1:45-2:30 pm	9-13 yrs	CH13225
Rm 9		ID/AP: \$141	OD: \$176.25	
6/17-8/19 (10)	T	3-3:45 pm	9-13 yrs	CH13226
Rm 9		ID/AP: \$141	OD: \$176.25	
6/18-8/20 (10)	W	6:15-7 pm	9-13 yrs	CH13227
Rm 9		ID/AP: \$141	OD: \$176.25	
6/26-8/21 (9)	Th	5-5:45 pm	9-13 yrs	CH13228
Rm 9		ID/AP: \$127	OD: \$158.75	
6/21-8/23 (9)	S	1:30-2:15 pm	9-13 yrs	CH13229
Rm 9		ID/AP: \$127	OD: \$158.75	

### 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.

6/16-8/18 (10)	M	7:15-8:15 pm	7-14 yrs	CH13250
Rm 9		ID/AP: \$170	OD: \$212.50	
6/18-8/20 (10)	W	7:15-8:15 pm	7-14 yrs	CH13251
Rm 9		ID/AP: \$170	OD: \$212.50	
6/20-8/22 (9)	F	4-5 pm	7-14 yrs	CH13252
Rm 9		ID/AP: \$153	OD: \$191.25	

### 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.

6/17-8/19 (10)	T	7:15-8:15 pm	7-14 yrs	CH13260
Rm 9		ID/AP: \$170	OD: \$212.50	
6/26-8/21 (9)	Th	7:15-8:15 pm	7-14 yrs	CH13261
Rm 9		ID/AP: \$153	OD: \$191.25	
6/20-8/22 (9)	F	5:20-6:20 pm	7-14 yrs	CH13262
Rm 9		ID/AP: \$153	OD: \$191.25	

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



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 new

6/17-7/15 (5) OffSite	T	3:15-4:30 pm ID/AP: \$76	6-17 yrs OD: \$95	CH12323
7/22-8/19 (5) OffSite	T	3:15-4:30 pm ID/AP: \$76	6-17 yrs OD: \$95	CH12324

### Adult Bowling (18+) new

6/17-7/15 (5) OffSite	T	5-6:15 pm ID/AP: \$76	18-adult OD: \$95	CH12400
7/22-8/19 (5) OffSite	T	5-6:15 pm ID/AP: \$76	18-adult OD: \$95	CH12401

### 50+ Bowling new

6/17-7/15 (5) OffSite	T	1:30-2:45 pm ID/AP: \$76	50-adult OD: \$95	CH12600
7/22-8/19 (5) OffSite	T	1:30-2:45 pm ID/AP: \$76	50-adult OD: \$95	CH12601



## Sports – Youth/Adult

### Karate Kids

Karate with a less structured curriculum than our Beginning Karate class. Children will gain skills in self-confidence, respect, cooperation, effective communication and motivation. Uniforms are not required.

6/17-7/15 (5) Rm 5	T	5:30-6:15 pm ID/AP: \$41	6-8 yrs OD: \$51.25	CH12258
7/22-8/19 (5) Rm 5	T	5:30-6:15 pm ID/AP: \$41	6-8 yrs OD: \$51.25	CH12259
6/26-8/21 (9) Rm 5	Th	5:15-6 pm ID/AP: \$73	6-8 yrs OD: \$91.25	CH12260
6/20-8/15 (8) Rm 5	F	5:15-6 pm ID/AP: \$82	6-8 yrs OD: \$102.50	CH12261
6/21-8/16 (8) Rm 5	S	1-1:45 pm ID/AP: \$82	6-8 yrs OD: \$102.50	CH12262

### 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, more information will be given at first class. Additional fees may be required. Students may test for rank/ advancement during class.

6/17-8/19 (10) Rm 5	T	6:35-7:35 pm ID/AP: \$117	7-adult OD: \$146.25	CH12266
6/26-8/21 (9) Rm 5	Th	6:15-7:15 pm ID/AP: \$106	7-adult OD: \$132.50	CH12267
6/20-8/15 (8) Rm 5	F	6:10-7:10 am ID/AP: \$94	7-adult OD: \$117.50	CH12268

### Karate Wellness for Older Adults

Come join us! This karate class is designed for age 50 and better! Based on traditional Okinawan Karate, this training in basic techniques, Kata(forms), and Partner work is designed to help you enhance flexibility, improve balance, sharpen awareness, and gain confidence. Enjoy working with peers of similar age and ability. No uniform required. No class 7/4

6/20-8/8 (7) Rm 6	F	11 am-12 pm ID/AP: \$69	Adult OD: \$86.25	CH12269
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### 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, more information will be given at first class. Additional fees may be required. Students may test for rank/ advancement during class.

6/21-8/16 (8) Rm 5	S	2-3 pm ID/AP: \$94	7-Adult OD: \$117.50	CH12265
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### 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, more information will be given at first class. Additional fees may be required for uniform. No class 7/4.

6/20-8/15 (8) Rm 5	F	6:25-7:25 pm ID/AP: \$101	10-adult OD: \$126.25	CH12270
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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)

## 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 7/4.

6/20-8/15 (8)	F	6:25-7:25 pm	10-adult	CH12271
Rm 6		ID/AP: \$101	OD: \$126.25	

## 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 on 7/4.

6/20-7/25 (5)	F	6-7 pm	11-13 yrs	CH12306
Gym		ID/AP: \$52	OD: \$65	
8/1-8/22 (4)	F	6-7 pm	11-13 yrs	CH12307
Gym		ID/AP: \$44	OD: \$55	

## Jazzminton®: A Fast-Paced Paddle Sport!

Jazzminton® combines badminton and tennis into a thrilling game that builds coordination, reaction time, and strategy. The class will start indoors with drills and matches, then transition outdoors for the final three weeks. Perfect for beginners, all equipment provided!

7/7-8/11 (6)	M	3:15-4:15 pm	10-14 yrs	CH12308
Gym		ID/AP: \$53	OD: \$66.25	

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

### 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.

**Before July 1, 2025**  
\$60.75 ID / \$76 OD

**Starting July 1, 2025**  
\$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.

**Before July 1, 2025**

1 session \$51.50 ID/ \$64.50 OD  
3 sessions \$154.50 ID/ 193.50 OD  
6 sessions \$309 ID/ \$387 OD

**Starting July 1, 2025**

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.

**Before July 1, 2025**

1 session \$68.50 ID/ \$85.75 OD  
3 sessions \$205.50 ID/ \$257.25 OD  
6 sessions \$411 ID/ \$514.50 OD

**Starting July 1, 2025**

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:** 6/19, 7/4

## 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 (closed for summer)
- 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 87 for Conestoga Aquatic programs.**

## Summer Events

### Natsu Matsuri (夏祭り)

**Saturday, June 21 • 3-9 pm**

Take part in an exciting evening celebrating Japanese culture and the summer solstice while supporting local small businesses. Interact with wonderful vendors at an open-air night market, immerse yourself in the culture, and support non-profits that benefit our community. There will be plenty of booths to peruse through, foods to eat, and activities for all ages! Everyone is welcome!

### Parks & Recreation Palooza

**Sunday, July 13**

Join us for Parks & Rec Palooza, a special one-day event celebrating Parks & Rec Month. Lots of fun activities for patrons of all ages, including Open Gym and a complementary visit to the Splash Pad! Check out our Special Events page for more information about our drop-in and class offerings.

### Big Truck Day

**Saturday, August 2 • 9:30 am-1pm**

Discover the excitement of big trucks and heavy machinery at our family-friendly event! Step inside, sound the horn and explore these impressive vehicles up close. Our parking lot will showcase an array of big rigs and more, creating an unforgettable experience for all ages. Enjoy a variety of attractions, including food trucks, a picnic area, and a giant sandbox, along with other engaging activities. Don't miss this hands-on event designed to entertain and inspire the entire family!

## Hiring for Summer

- Camp Directors & Assistant Directors
- Camp Leaders & Assistants
- Instructors: Art, Dance, Cooking, Sports, Swim
- Party Leaders & Host Gym Monitors
- Inclusion Aides
- Lifeguards & Swim Instructors

## 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.



Indoor Playpark Closed for Summer. See you in the fall!



## Volunteers are needed at Conestoga Recreation & Aquatic Center!

Special Events • Sports Classes • Art Classes  
Summer Camps • Preschool • Jr. Guard

Check out and apply for volunteer opportunities at [thprd.org/connect/volunteer](http://thprd.org/connect/volunteer), or contact Volunteer Services at [volunteer@thprd.org](mailto:volunteer@thprd.org), 503-619-3941.

**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.

**THRIVE**

**Afterschool Program**

**Teaching Healthy Responsible  
Individuals Values and Education**

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

**VIRTUAL OPEN HOUSE**

Wednesday, April 23

Presentation 6-6:30 pm

Q&A Session 6:30-7 pm

**REGISTRATION: 2025-2026 School Year**

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

**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.

**Conestoga Recreation & Aquatic Center schools served:**

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



## Arts & Crafts – Preschool

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
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### 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 7/5, 7/6, 8/2.**

6/21-8/23 (8) Rm 200	S	9:30-10:15 am ID/AP: \$62	2-4 yrs OD: \$77.50	CO14100
6/15-8/17 (9) Rm 200	Su	2-2:45 pm ID/AP: \$68	2-4 yrs OD: \$85	CO14101

## Arts & Crafts – Youth

### Art Adventures

Engage in a dynamic art experience where you'll experiment with various techniques and mediums, such as clay modeling, sketching with pencils, and painting with vibrant colors. Fresh concepts and tools will be introduced each week to expand your artistic skills. **No class 7/5, 8/2.**

6/21-8/23 (8) Rm 200	S	10:30-11:30 am ID/AP: \$67	7-12 yrs OD: \$83.75	CO14211
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### Animal Art new

Embark on a weekly artistic journey exploring different mediums, from sculpting with clay to painting with watercolors. Each class is designed to inspire creativity and allow students to discover their unique creative voice through diverse projects. **No class 7/5, 8/2.**

6/21-8/23 (8) Rm 200	S	11:45 am-12:45 pm ID/AP: \$67	7-13 yrs OD: \$83.75	CO14214
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### Drawing and Painting Beyond the Basics

Explore and develop painting and drawing techniques that inspire and encourage individual expression through art. A variety of art materials used. **No class 7/6.**

6/15-8/17 (9) Rm 200	Su	3:15-4 pm ID/AP: \$63	7-12 yrs OD: \$78.75	CO14215
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### Comic Book Creations

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 7/5, 7/6, 8/2.**

6/21-8/23 (8) Rm 200	S	1:30-2:30 pm ID/AP: \$67	7-12 yrs OD: \$83.75	CO14212
6/15-8/17 (9) Rm 200	Su	4:45-5:45 pm ID/AP: \$75	7-12 yrs OD: \$93.75	CO14213

### Manga Magic Art Studio

Explore the captivating world of manga and anime character design in this immersive class. Participants will dive into the distinctive art style of manga, characterized by its bold lines, expressive characters, and dynamic storytelling. This class will focus on the fundamentals of creating compelling characters, including costume and clothing design, and the essential elements of world-building to enhance character development. **No class 7/5, 8/2.**

6/21-8/23 (8) Rm 200	S	2:45-3:45 pm ID/AP: \$67	7-12 yrs OD: \$83.75	CO14216
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## Arts & Crafts – Teen/Adult

### Family Art

Bring your family and create something truly special with clay, paint, collage, and more! Cost includes one child and one adult but only the child needs to register. No unregistered family members.

6/28 (1) Rm 200	S	5-7 pm ID/AP: \$50	6-12 yrs OD: \$62.50	CO14500
7/19 (1) Rm 200	S	5-7 pm ID/AP: \$50	6-12 yrs OD: \$62.50	CO14501
8/9 (1) Rm 200	S	5-7 pm ID/AP: \$50	6-12 yrs OD: \$62.50	CO14502

### Fused Glass, Suncatcher

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

6/28 (1) Rm 203	S	11 am-1:30 pm ID/AP: \$24	14-adult OD: \$30	CO14503
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### Fused Glass, Windchimes

In this class students are given pre-cut base glass pieces and then using a large variety colors and shapes of glass, they will create their own unique wind chimes. This is a fun and popular project. No prior experience is required. Wind chimes are returned to students ready for hanging. Materials Fee - \$45 each - payable to the instructor in class.

7/19 (1) Rm 203	S	11 am-1:30 pm ID/AP: \$24	14-adult OD: \$30	CO14504
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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.

6/23-8/11 (8) Rm 204	M	4:15-5 pm ID/AP: \$66	4-6 yrs OD: \$82.50	CO11103
6/21-8/23 (8) Rm 204	S	2-2:45 pm ID/AP: \$66	4-6 yrs OD: \$82.50	CO11104

### Ballet/Tap

Learn beginning technique for ballet and tap and develop coordination, strength, and balance. Tap shoes required.

6/25-8/13 (8) Rm 204	W	5:15-6 pm ID/AP: \$66	4-6 yrs OD: \$82.50	CO11105
6/21-8/23 (8) Rm 204	S	11-11:45 am ID/AP: \$66	4-6 yrs OD: \$82.50	CO11106

### Creative Dance

Rhythm and a variety of beginning dance techniques, movement combinations, and routines to a variety of music and incorporation of dance props.

6/25-8/13 (8) Rm 204	W	9:30-10:15 am ID/AP: \$66	3-6 yrs OD: \$82.50	CO11107
6/27-8/15 (7) Rm 204	F	2-2:45 pm ID/AP: \$58	3-6 yrs OD: \$72.50	CO11108
6/21-8/23 (8) Rm 204	S	3-3:45 pm ID/AP: \$66	3-6 yrs OD: \$82.50	CO11109

## 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 7/5, 8/2.**

6/25-8/13 (8) Rm 204	W	4:15-5 pm ID/AP: \$66	3.5-5 yrs OD: \$82.50	CO11110
6/26-8/14 (8) Rm 204	Th	10:30-11:15 am ID/AP: \$66	3-5 yrs OD: \$82.50	CO11111
6/21-8/23 (8) Rm 204	S	9:45-10:30 am ID/AP: \$66	3.5-5 yrs OD: \$82.50	CO11112
6/24-8/12 (8) Rm 204	T	2-2:45 pm ID/AP: \$66	4-6 yrs OD: \$82.50	CO11209

## Munchkin Movement

Join us for a fun-filled class where little ones sing, dance, and listen to engaging stories while developing their social and language skills. Adult participation is required to help guide and encourage the children. Please note that unregistered siblings cannot attend. **No class 7/4.**

6/26-8/14 (8) Rm 204	Th	9:30-10:15 am ID/AP: \$66	6 mths-2 yrs OD: \$82.50	CO11113
6/27-8/15 (7) Rm 204	F	9:45-10:30 am ID/AP: \$58	6 mths-2 yrs OD: \$72.50	CO11114

## 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 7/4.**

6/27-8/15 (7) Rm 204	F	10:45-11:30 am ID/AP: \$58	6 mths-2 yrs OD: \$72.50	CO11115
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## 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 7/4, 7/5, 8/2.**

6/27-8/15 (7) Rm 204	F	9-9:30 am ID/AP: \$45	6 mths-2 yrs OD: \$56.25	CO11116
6/21-8/23 (8) Rm 204	S	9-9:30 am ID/AP: \$66	2.5-3 yrs OD: \$82.50	CO11117

## Dance – Youth

### Ballet Basics

Using a traditional ballet class structure of barre and floor work, dancers will gain strength and flexibility, as well as learn ballet fundamentals and vocabulary.

6/24-8/12 (8) Rm 204	T	10:30-11:15 am ID/AP: \$66	6-9 yrs OD: \$82.50	CO11201
6/25-8/13 (8) Rm 204	W	2-2:45 pm ID/AP: \$66	6-9 yrs OD: \$82.50	CO11202

### Ballet I

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.

6/26-8/14 (8) Rm 204	Th	2-2:45 pm ID/AP: \$66	6-9 yrs OD: \$82.50	CO11203
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### Ballet II

This class is designed for students who have taken pre or beginning ballet classes and are ready to advance their skill development.

6/23-8/11 (8) Rm 204	M	5:15-6 pm ID/AP: \$66	6-9 yrs OD: \$82.50	CO11204
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## Ballet/Tap/Jazz

Ready for variety? We'll learn some basic technique and fun routines in this fast-paced class. **No class 7/5, 8/2.**

6/25-8/13 (8) Rm 204	W	12-12:45 pm ID/AP: \$81	6-9 yrs OD: \$101.25	CO11205
6/21-8/23 (8) Rm 204	S	12:15-1 pm ID/AP: \$66	6-9 yrs OD: \$82.50	CO11206

## Broadway Bound/Theater

A star is born! Dive into the magic of basic ballet and jazz movements, ignite creativity through music, singing, and spatial awareness.

6/23-8/11 (8) Rm 204	M	6:30-7:30 pm ID/AP: \$81	6-9 yrs OD: \$101.25	CO11207
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## Broadway Kids

Using a traditional ballet class structure of barre and floor work, dancers will gain strength and flexibility, as well as learn ballet fundamentals and vocabulary.

6/25-8/13 (8) Rm 204	W	10:30-11:15 am ID/AP: \$66	6-9 yrs OD: \$82.50	CO11208
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## Hip Hop

This dynamic class invites danced to dive into hip-hop, focusing on rhythm, musicality, and coordination. Participants will learn exciting choreography set to contemporary and upbeat music to enhance their movement skills and timing. This class helps build confidence and a passion for dance by emphasizing creativity and self-expression. **No class 7/4, 7/5, 8/2.**

6/27-8/15 (7) Rm 204	F	4-4:45 pm ID/AP: \$58	7-9 yrs OD: \$72.50	CO11210
6/27-8/15 (7) Rm 204	F	5-6 pm ID/AP: \$71	7-9 yrs OD: \$88.75	CO11211
6/21-8/23 (8) Rm 204	S	4-4:45 pm ID/AP: \$66	7-9 yrs OD: \$82.50	CO11212

## 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.

### Little Makers

It's crafting time! Kids will have a blast building their own DIY birdhouses, designing personalized magnets, and exploring their artistic side.

7/11 (1) Rm 202	F	6-9 pm ID/AP: \$48	7-12 yrs OD: \$60	CO15230
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### Beach, Please!

Experience the ultimate "beach day" at Conestoga. Enjoy pool time, an epic castle cup building challenge, and craft a delicious beach scene that you can actually eat!

8/8 (1) Rm 202	F	6-9 pm ID/AP: \$48	7-12 yrs OD: \$60	CO15231
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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)

## Sports – Preschool

### Developing Your Young Athlete

Together with your athlete, we'll encourage large motor skill development through a variety of fun games while introducing small children to group a setting. The instructor provides skill guidance to adults. Adult participation is required to help guide and encourage the children. Please note that unregistered siblings cannot attend. **No class 7/5, 8/2.**

6/21-8/16 (7) S 9-9:30 am 2 ½ -3 ½ yrs C012101  
GYM #2 ID/AP: \$72 OD: \$90

### 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 7/5, 8/2.**

6/21-8/16 (7) S 11-11:45 am 4-6 yrs C012105  
GYM #2 ID/AP: \$91 OD: \$113.75

### Munchkin Sports

Introducing youth to a variety of sports through fun games, drills, and activities. Sports classes are designed to engage preschoolers in sports while building confidence, learning new skills, growing self-esteem, improving coordination and motor skills, and experiencing teamwork. Adult participation is encouraged to help guide and encourage the children. **No class 7/5, 8/2.**

6/21-8/16 (7) S 10-10:45 am 4-6 yrs C012103  
GYM #2 ID/AP: \$91 OD: \$113.75

## Sports – Youth

### Basketball Hoops

Learn or develop your basketball skills. Emphasis on ball control, passing, dribbling, shooting, footwork, and game situations. **No class 7/5, 8/2.**

6/21-8/16 (7) S 9-9:45 am 6-8 yrs C012200  
GYM #1 ID/AP: \$53 OD: \$66.25

### Soccer Skills

Children will work on developing their soccer skills in an environment that encourages praise and positive reinforcement. This is a great place for your child to make new friends and continue to explore all the fun that soccer has to offer. **No class 7/5, 8/2.**

6/21-8/16 (7) S 10-10:45 am 5-7 yrs C012202  
GYM #1 ID/AP: \$53 OD: \$66.25

### Soccer Studs

Learn the fundamentals and proper techniques of soccer in this program. Develop ball control, passing, dribbling, and defensive skills. Skill development and scrimmages each week. Bring a water bottle. Shin guards recommended. **No class 7/5, 8/2.**

6/21-8/16 (7) S 11-11:45 am 8-11 yrs C012204  
GYM #1 ID/AP: \$53 OD: \$66.25

### Tennis Basics

Take this introductory class if you are new to the game of tennis or are starting to play after a prolonged layoff. Offsite location: Conestoga Middle School Tennis Courts. Bring a water bottle. **No class 7/4.**

6/27-8/15 (7) F 4-4:45 pm 7-10 yrs C012212  
CMS Tennis Courts ID/AP: \$108 OD: \$135

### Teens Tennis

Do you like tennis but don't know how to play it? Join this class and have fun learning basic tennis skills while meeting new friends. Off-site location: Conestoga Middle School Tennis Courts. Bring a water bottle. **No class 7/4.**

6/27-8/15 (7) F 5-5:45 pm 11-15 yrs C012300  
CMS Tennis Courts ID/AP: \$108 OD: \$135

## Sports – Youth/Adult

### 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. Off-site location: Conestoga Middle School Tennis Courts. Bring a water bottle. **No class 7/6.**

6/15-8/17 (9) Su 12-12:45 pm 8-11 yrs C012502  
GYM #1 ID/AP: \$134 OD: \$167.50

### Family Tennis

Learn to play tennis with your child in this group class. Basic intro level class. Adult participation is required to help guide and encourage the children. Please note that unregistered siblings cannot attend. Cost includes one adult. Off-site location: Conestoga Middle School Tennis Courts. Bring a water bottle. **No class 7/4.**

6/27-8/15 (7) F 6-6:45 pm 4-6 yrs C012500  
CMS Tennis Courts ID/AP: \$140 OD: \$175



## Pickleball Classes – All ages

### Adult Pickleball Drills

This adult class will help develop new skills and strategies to take your pickleball game to the next level. **No class 7/4, 7/6.**

6/15-8/17 GYM #1	Su	2:15-3:15 pm ID/AP: \$82	18-adult OD: \$102.50	CO12400
6/27-8/15 GYM #1	F	4:15-5:15 pm ID/AP: \$65	18-adult OD: \$81.25	CO12401

### Intermediate Pickleball

Intermediate pickleball class is designed for players who have already gained basic skills and knowledge of the game but are looking to improve and refine their techniques, strategies, and overall performance on the pickleball court. **No class 7/6.**

6/15-8/17 GYM #1	Su	1-2 pm ID/AP: \$82	18-adult OD: \$102.50	CO12210
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### Pickleball Beginners

Come learn about the fastest growing sport in America! Exciting drills and games will teach you the basics of pickleball. **No class 7/4, 7/5, 8/2.**

6/27-8/15 GYM #1	F	5:30-6:30 pm ID/AP: \$65	16-adult OD: \$81.25	CO12219
6/21-8/16 GYM #1	S	1-2 pm ID/AP: \$65	16-adult OD: \$81.25	CO12220

### Pickleball Kids

Children will learn the basics of pickleball through exciting drills and games. Come learn about the fastest growing sport in America! **No class 7/5, 8/2.**

6/21-8/16 GYM #1	S	12-12:45 pm ID/AP: \$53	8-11 yrs OD: \$66.25	CO12208
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### Teens Pickleball

Athletes will learn the basics of pickleball through exciting drills and games. Come learn about the fastest growing sport in America! **No class 7/5, 8/2.**

6/21-8/16 GYM #1	S	2:15-3 pm ID/AP: \$53	12-15 yrs OD: \$66.25	CO12207
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## Karate Classes

### Beginning Karate

Students will learn to build self-confidence, discipline, cooperation, effective communication, and motivation. In addition, they will learn basic blocks, punches, and kicks and progress through various skills in agility, flexibility, and strength. White uniforms required.

6/17-8/19 (10) Rm 204	T	5-6 pm ID/AP: \$94	8-13 yrs OD: \$117.50	CO12262
6/17-8/19 (10) Rm 204	T	6:15-7:15 pm ID/AP: \$94	13-adult OD: \$117.50	CO12261
6/26-8/14 (8) Rm 204	Th	5-6 pm ID/AP: \$75	8-13 yrs OD: \$93.75	CO12265

### Karate Kids

Students will learn to build self-confidence, discipline, cooperation, effective communication, and motivation. In addition, they will learn basic blocks, punches, and kicks and progress through various skills in agility, flexibility, and strength. White uniforms recommended.

6/17-8/19 (10) Rm 204	T	4-4:45 pm ID/AP: \$77	6-8 yrs OD: \$96.25	CO12263
6/26-8/14 (8) Rm 204	Th	4-4:45 pm ID/AP: \$62	6-8 yrs OD: \$77.50	CO12264

### Karate Intermediate

Students will learn to build self-confidence, discipline, cooperation, effective communication, and motivation. In addition, they will learn basic blocks, punches, and kicks and progress through various skills in agility, flexibility, and strength. Instructor approval is required before enrollment. White uniforms required.

6/26-8/14 (8) Rm 204	Th	6:15-7:15 pm ID/AP: \$101	8-adult OD: \$126.25	CO12266
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### Kendo: Japanese Fencing

Learn the basic skills and techniques of Japanese swordsmanship. Martial arts philosophy and manners will be presented. Additional \$36 fee for the bamboo practice sword is due first night of class, payable to Obukan Kendo Club. **No class 7/4.**

6/27-8/15 (7) Rm 201	F	6:45-7:45 am ID/AP: \$66	10-adult OD: \$82.5	CO12550
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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)

## 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.

**Before July 1, 2025**  
\$60.75 ID / \$76 OD

**Starting July 1, 2025**  
\$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.

#### Before July 1, 2025

1 session \$51.50 ID/ \$64.50 OD

3 sessions \$154.50 ID/ 193.50 OD

6 sessions \$309 ID/ \$387 OD

#### Starting July 1, 2025

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.

#### Before July 1, 2025

1 session \$68.50 ID/ \$85.75 OD

3 sessions \$205.50 ID/ \$257.25 OD

6 sessions \$411 ID/ \$514.50 OD

#### Starting July 1, 2025

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

Facility Supervisor: Juan Caez

Hours:

Monday-Thursday: 8 am-5 pm

Friday: 8 am-2 pm

Facility Closed: 6/19, 7/4

## 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, 11am-2pm
- **Social Dance**: Thursdays, 2-4pm
- **Pinochle**: Fridays, 10am-1pm

## 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.



## Day Trips This Summer

**Seaside: Muscle & Chrome Car Show**  
Saturday, June 14



**Sternwheeler Expedition Cruise**  
Thursday, July 24



**Timberline Excursion**  
Tuesday, August 12



## ARTS & CRAFTS

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

Dive into the world of watercolor painting in our beginner-friendly class. Learn essential techniques and unleash your creativity as you experiment with vibrant colors and fluid strokes. Whether you're picking up a brush for the first time or looking to refine your skills, our supportive instructors will guide you through the process. Join us and explore the beautiful art of watercolor painting in a relaxed and encouraging atmosphere. **No class on June 19.**

6/16-8/18 (10) Spruce	M ID/AP: \$193	12:30-2:30 pm SD: \$173.50	ES14607 OD: \$241.25
6/26-8/21 (9) Spruce	Th ID/AP: \$175	12:30-2:30 pm SD: \$157.50	ES14606 OD: \$218.75

### 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.

6/16-8/18 (10) Spruce	M ID/AP: \$271	9 am-12 pm SD: \$243.75	ES14609 OD: \$338.75
6/26-8/21 (9) Spruce	Th ID/AP: \$245	9 am-12 pm SD: \$220.50	ES14610 OD: \$306.25

### Crocheting Beginners

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

6/17-8/19 (10) Cedar Rm	T ID/AP: \$155	10:30 am-12 pm SD: \$139.50	ES14601 OD: \$193.75
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### 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.

6/17-8/19 (10) Cedar Rm	T ID/AP: \$155	12:30-2 pm SD: \$139.50	ES14602 OD: \$193.75
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### 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!

6/18-8/20 (10) Cedar Rm	W ID/AP: \$155	1-2:30 pm SD: \$139.50	ES14608 OD: \$193.75
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### Pottery

This pottery class is a mix of beginners and experience students. Supplies included. Students are responsible to clean their own workspace after class.

6/18-8/20 (10) Spruce	W ID/AP: \$271	10 am-1 pm SD: \$243.75	ES14611 OD: \$338.75
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### Printmaking Workshop

Learn basic skills in Drypoint, Lino/Woodcut and how to use a press.

6/24-7/15 (4) Spruce	T ID/AP: \$105	2:30-4:30 pm SD: \$94.50	ES14618 OD: \$131.25
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### 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. **No class on July 4.**

6/20-8/22 (9) Spruce	F ID/AP: \$245	9 am-12 pm SD: \$220.50	ES14603 OD: \$306.25
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### 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.

6/17-7/15 (5) Spruce	T ID/AP: \$83	10-11:30 am SD: \$74.50	ES14604 OD: \$103.75
7/22-8/19 (5) Spruce	T ID/AP: \$83	10-11:30 am SD: \$74.50	ES14605 OD: \$103.75

## DANCE

### Ballroom Dance: Beginners

Discover the magic of ballroom dance in our beginner-friendly class. Learn the graceful Waltz, the smooth Foxtrot, and more with ease. Led by experienced instructors, this class focuses on building confidence and improving balance. No partner or experience needed, just your enthusiasm to learn and have fun. Join us for a delightful journey into the world of ballroom dance!

6/18-7/16 (5) Oak Rm	W ID/AP: \$70	3:15-4:15 pm SD: \$63	ES11607 OD: \$87.50
7/23-8/20 (5) Oak Rm	W ID/AP: \$70	3:15-4:15 pm SD: \$63	ES11608 OD: \$87.50

### East Coast Swing

Discover the magic of ballroom dance in our beginner-friendly class. Learn the graceful Waltz, the smooth Foxtrot, and more with ease. Led by experienced instructors, this class focuses on building confidence and improving balance. No partner or experience needed, just your enthusiasm to learn and have fun. Join us for a delightful journey into the world of ballroom dance!

6/18-7/16 (5) Oak Rm	W ID/AP: \$70	1:45-2:45 pm SD: \$63	ES11605 OD: \$87.50
7/23-8/20 (5) Oak Rm	W ID/AP: \$70	1:45-2:45 pm SD: \$63	ES11606 OD: \$87.50

## Line Dancing

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

<b>6/19-7/17 (5)</b>	<b>Th</b>	<b>4-5 pm</b>	<b>ES11609</b>
Manzanita	ID/AP: \$70	SD: \$63	OD: \$87.50
<b>7/24-8/21 (5)</b>	<b>Th</b>	<b>4-5 pm</b>	<b>ES11610</b>
Manzanita	ID/AP: \$70	SD: \$63	OD: \$87.50



## Salsa Time

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

<b>6/16-7/14 (5)</b>	<b>M</b>	<b>2-3 pm</b>	<b>ES11603</b>
Oak Rm	ID/AP: \$70	SD: \$63	OD: \$87.50
<b>7/21-8/18 (5)</b>	<b>M</b>	<b>2-3 pm</b>	<b>ES11604</b>
Oak Rm	ID/AP: \$70	SD: \$63	OD: \$87.50

## HEALTH AND WELLNESS GROUPS

### Pre-Diabetes/Diabetes Support Group

First AND Third Thursdays 1-2 pm

### MS Support Group

Second Thursdays 10-12 pm

### Alzheimer's Support Group

Second Thursdays 12-2 pm

### Inspired Writings

Second & Fourth Thursdays 2-4pm

### Stuhr Book Club

Third Thursdays 10:30-12pm

### Visually Impaired People of Beaverton

Fourth Thursdays 10-11am

## ENRICHMENT CLASSES

### 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.

<b>7/22</b>	<b>T</b>	<b>2-3:30 pm</b>	<b>ES14620</b>
Spruce	ID/AP: \$25	SD: \$22.50	OD: \$31.25

### Conversational Spanish

Learn to carry on a conversation in Spanish.

<b>6/16-8/18 (10)</b>	<b>M</b>	<b>9:30-11 am</b>	<b>ES15602</b>
Willow	ID/AP: \$53	SD: \$47.50	OD: \$66.25

### OSU Master Gardener Classes

OSU Master Gardeners are volunteer educators, neighbors, and on-the-ground researchers who serve their community with solid training in science-based, sustainable gardening and a love of lifelong learning.

Please reach out to Elsie Stuhr Center for upcoming summer classes at 503-629-6342.



### 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)

<b>8/5</b>	<b>T</b>	<b>10-11:30 am</b>	<b>ES15617</b>
Willow	ID/AP: \$15	SD: \$13.50	OD: \$18.75

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)

**TECH SUPPORT**

Need help with your technological device? Meet one-on-one with an expert to discuss and troubleshoot issues. Appointments can be made every Thursday at the front desk for 9 am, 9:45 am and 10:30 am.

Thursdays – By appointment at the front desk

Poplar ID/AP: \$6 SD: \$5.25 OD: \$7.50

**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.

6/16-6/30 (3) M 1-2:30 pm ES15603  
Willow ID/AP: \$49 SD: \$44 OD: \$61.25

**Introduction to Photography**

Learn the basics of composition, lighting, and camera settings to capture stunning images. From landscapes to portraits, explore various photography genres and techniques. Receive hands-on guidance from experienced instructors to unleash your creative potential. Join us and start capturing moments that tell your unique story through the lens!

6/18-8/20 (10) W 9-10:30 am ES15606  
Cedar Rm ID/AP: \$199 SD: \$179 OD: \$248.75

**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. Introduction to Photography class as a prerequisite is preferred, or instructor approval.

6/18-8/20 (10) W 11 am-12:30 pm ES15607  
Cedar Rm ID/AP: \$199 SD: \$179 OD: \$248.75

**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.

6/16-7/14 (5) M 9-10:30 am ES14612  
Dogwood ID/AP: \$163 SD: \$146.50 OD: \$203.75  
7/21-8/18 (5) M 9-10:30 am ES14613  
Dogwood ID/AP: \$163 SD: \$146.50 OD: \$203.75  
6/18-7/16 (5) W 9-10:30 am ES14616  
Dogwood ID/AP: \$163 SD: \$146.50 OD: \$203.75  
7/23-8/20 (5) W 9-10:30 am ES14617  
Dogwood ID/AP: \$163 SD: \$146.50 OD: \$203.75

**Piano, Intermediate**

Ready to take your piano skills to the next level? Join our intermediate piano class and refine your technique. Dive deeper into music theory, explore new genres, and tackle more challenging pieces. Elevate your playing and continue your journey toward piano proficiency with us!

6/16-7/14 (5) M 11 am-12:30 pm ES14614  
Dogwood ID/AP: \$163 SD: \$146.50 OD: \$203.75  
7/21-8/18 (5) M 11 am-12:30 pm ES14615  
Dogwood ID/AP: \$163 SD: \$146.50 OD: \$203.75

**FITNESS**

**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.

6/17-7/24 (6) T/Th 12-1 pm ES12689  
Fitness Room ID/AP: \$129 SD: \$116 OD: \$161.25  
7/29-8/28 (5) T/Th 12-1 pm ES12690  
Fitness Room ID/AP: \$118 SD: \$106 OD: \$147.50

**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.

6/17-7/15 (5) T 9-10am ES12601  
Outside/Field Area (of ESC) ID/AP: \$93 SD: \$83.50 OD: \$116.25  
7/22-8/19 (5) T 9-10am ES12602  
Outside/Field Area (of ESC) ID/AP: \$93 SD: \$83.50 OD: \$116.25  
6/17-7/15 (5) T 10:30-11:30am ES12603  
Outside/Field Area (of ESC) ID/AP: \$93 SD: \$83.50 OD: \$116.25  
7/22-8/19 (5) T 10:30-11:30am ES12604  
Outside/Field Area (of ESC) ID/AP: \$93 SD: \$83.50 OD: \$116.25

**DAVS PROGRAMS**

**Golden Years, Golden Rules: Responsible Gambling for Older Adults**

Learn the benefits and potential risks of gambling. We'll explore how gambling can be a fun and social activity, while gaining knowledge and tools to enjoy gambling safely and responsibly.

6/24 T 11 am-12:30 pm ES15611  
Willow ID/AP: \$3 SD: \$3  
OD: \$5

**Age-Positive Card-Marking Workshop**

Join us at this workshop and make beautifully affirming handmade cards with local artist, Eleanor Clagett, that celebrate life at every age. Participants will learn a variety of techniques to decorate their cards and will be inspired by age-positive words of wisdom.

7/16 W 2-4 pm ES15612  
Willow ID/AP: \$3 SD: \$3 OD: \$5



**DROP-IN TABLE TENNIS**



EVERY MONDAY AND WEDNESDAY 3-5 PM IN THE FIR ROOM  
ID: \$5.75 OD: \$7.75

## Wellness Walk Mondays

Join us for Wellness Walks! Enjoy a refreshing walk around the area near the center. These free walks are open to everyone. Stay active, connect with others, and embrace wellness together!

Please meet outside the front lobby of the Elsie Stuhr Center by 9am.

**Monday, June 16**  
**Monday, July 14**  
**Monday, August 18**



## SPECIAL EVENTS

### Grandparents Camp

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

6/25-6/27	W/Th/F	9 am-1 pm	ES17601
Poplar	ID/AP: \$120	SD: \$108	OD: \$150
7/9-7/11	W/Th/F	9 am-1 pm	ES17602
Poplar	ID/AP: \$120	SD: \$108	OD: \$150
8/6-8/8	W/Th/F	9 am-1 pm	ES17603
Poplar	ID/AP: \$120	SD: \$108	OD: \$150



### Summer Sock Hop

Put on your poodle skirts and leather jackets for a rockin' night of classic '50s fun! Dance to timeless hits, sip on root beer floats, and enjoy a nostalgic evening filled with retro charm. Don't forget your saddle shoes and best dance moves!

8/15	F	2-4 pm	ES11602
Manzanita	ID/AP: \$3	SD: \$3	OD: \$5

### Those Summer Nights Dance

Get ready for a Grease-inspired evening filled with lively music, retro vibes, and plenty of summer fun. Don your best Pink Ladies or T-Birds swag, hit the dance floor, and let the good times roll!

6/20	F	2-4 pm	ES11601
Manzanita	ID/AP: \$3	SD: \$3	OD: \$5

## BREAKFAST & A HIKE

### Breakfast and a Hike - Hale's & Jackson Bottom Wetlands

Join us as we meet at the Elsie Stuhr Center to board a small bus toward Hale's Restaurant in Hillsboro. Enjoy the breakfast of your choice before we head south to the beautiful Jackson Bottom Wetlands where a 1.4-mile looped trail awaits us. Cost of breakfast is not included. Trail difficulty: Easy.

7/1	T	9 am-12 pm	ES16604
OffSite	ID/AP: \$27	SD: \$24.25	OD: \$33.75

### Breakfast and a Hike - Fat Milo's & Tualatin River National Wildlife Refuge

Join us as we meet at the Elsie Stuhr Center to board a small bus toward Fat Milo's. Enjoy the breakfast dishes of your choice before we make our way to the beautiful Tualatin River National Wildlife Refuge where a 1.4-mile loop trail awaits us. Cost of breakfast is not included. Trail difficulty: Easy.

8/5	T	9 am-12 pm	ES16605
OffSite	ID/AP: \$27	SD: \$24.25	OD: \$33.75



## LUNCH TRIPS

### Lunch Trip to Gramma's Corner Kitchen

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

<b>8/19</b>	<b>T</b>	<b>11 am-1:30 pm</b>	<b>ES16603</b>
OffSite	ID/AP: \$19	SD: \$17	OD: \$23.75



### Lunch Trip to Langdon Grill

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

<b>7/29</b>	<b>T</b>	<b>11 am-1:30 pm</b>	<b>ES16602</b>
OffSite	ID/AP: \$19	SD: \$17	OD: \$23.75

### Lunch Trip to The Vintage Room

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

<b>7/15</b>	<b>T</b>	<b>11 am-1:30 pm</b>	<b>ES16601</b>
OffSite	ID/AP: \$19	SD: \$17	OD: \$23.75

## TRIPS & TOURS

### Explore Seaside & Muscle and Chrome Car Show

Spend a day in Seaside during the 2025 Muscle and Chrome Car Show. We will start the day with a stop at the historic Camp 18, where you can stretch your legs and take in the rustic charm. Once in Seaside, stroll the iconic Promenade, explore unique shops along Broadway Street, and admire the classic cars on display. A boxed lunch from Ingallina's will be provided.

<b>6/14</b>	<b>S</b>	<b>8 am-3 pm</b>	<b>ES16606</b>
OffSite	ID/AP: \$62	SD: \$55.75	OD: \$77.50

### Sternwheeler Expedition Cruise

Experience the breathtaking beauty of the Columbia Gorge on an unforgettable adventure! Enjoy a scenic ride aboard the historic Sternwheeler, followed by time to explore the impressive Bonneville Dam at your own pace. A delicious, boxed lunch from Ingallina's will be provided, making for a perfect day of stunning views, rich history, and great food.

<b>7/24</b>	<b>Th</b>	<b>9:30 am-3 pm</b>	<b>ES16607</b>
OffSite	ID/AP: \$124	SD: \$111.50	OD: \$155

### Timberline Excursion

Join us for a scenic adventure to the historic Timberline Lodge on Mt. Hood. We will stop at Government Camp before exploring the lodge's stunning architecture and rich history on a guided tour. With time to relax, take in breathtaking views, and visit the gift shops, this trip promises a perfect day in the mountains. Food will not be provided.

<b>8/12</b>	<b>T</b>	<b>9 am-3 pm</b>	<b>ES16608</b>
OffSite	ID/AP: \$43	SD: \$38.50	OD: \$53.75



### 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 April 22, 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**

**Summer Term: June 15 – August 23**

**Center Hours:**

**Monday – Friday** 7:00 am - 8:30 pm

**Saturday** 8:00 am – 1:00 pm

**Sunday** Closed

**Facility Closed:** Friday, July 4

**Modified Schedule:** Thursday, June 19, 9 am- 2pm

### Facility Features:

- Weight room/fitness center, shower/locker rooms
- THRIVE Afterschool Enrichment Program
- Indoor gym for drop-in sports
- Kitchen for cooking classes
- Fully-equipped gymnastics room, three dance/fitness studio rooms
- Gym with stage
- Sports fields, outdoor playground and play equipment
- Fanno Creek Regional Trail (walking, running and biking)
- West Portland Boxing Team
- Garden Home Community Library



### Facility Rentals



Garden Home Recreation Center has spaces available for rent during building hours. This includes:

- Gym rentals
- Room rentals
- Outside Covered Area
- Birthday parties
- Gymnastics room party packages

Email [c.negrette@thprd.org](mailto:c.negrette@thprd.org) or call 503-629-6341 for more information.

### Fitness Classes and Drop-In Sports

See page 147 for Garden Home Recreation Center's description of classes.

## Events

### Pride Party

**Friday, June 13**  
**6-8:30 pm**



### Fiesta de Frida: Frida Kahlo Birthday Celebration

**Tuesday, July 8**  
**All day**



### Canine Community Carnival

**Date: Sunday, August 24**  
**Time: 9am -12 pm**



## NEW Music Camps at Garden Home Recreation Center!

Young music lovers are invited to join our talented instructor, Alex, to learn the basics of guitar, play fun songs, and build their musical skills in a supportive and engaging environment! Alex learned guitar, bass guitar, piano, and drums at the age of 10 and continued his musical journey by playing in bands and teaching music to a variety of people. Since 2018, he has taught music at several schools in California and Oregon, including School of Rock and Traveling Music Lessons. **See page 42 for more information.**





[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

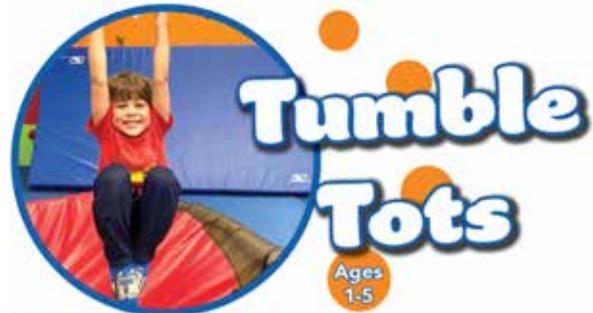
Funny Farm Early Learning Center, Inc. • 503-245-3107

### 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.**



See you again in the fall!



### Have a good program idea?

Are you interested in teaching a new class? Contact Karol Watts at [k.watts@thprd.org](mailto:k.watts@thprd.org) or call 503-629-6341 X 2340

## Rec Mobile Camps

Campers will be spending a fantastic week in camp participating in games, making arts and crafts, hiking, playing sports, and more!

This **FREE** summer camp is for individuals who:

- Live in low-income housing.
- Qualify for THPRD scholarships.
- Are in homeless status.

**For ages: 6-10 years.**

**Must have completed first grade - 5th grade.**

Call Garden Home Recreation Center at 503-629-6341 for more information.



# 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.

#### VIRTUAL OPEN HOUSE

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

#### REGISTRATION: 2025-2026 School Year

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

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.

#### Schools we serve:

- Fir Grove
- McKay
- Vose
- Montclair
- Raleigh Hills
- Chehalem, Onsite at school

For more information, call Garden Home Recreation Center at 503-629-6341.

## 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.

6/24-8/12 (8) T 4-4:45 pm 3.5-5 yrs GH11101  
Rm 14 ID/AP: \$66 OD: \$82.50

### Mini Flamenco Dancers

Mini Flamenco Dancers introduces our youngest dancers to the basics of footwork, palmas (hand percussion), and cante (singing in Spanish). You and your child will enjoy learning to dance together!

7/11-8/15 (6) F 5:15-6 pm 3-6 yrs GH11109  
Rm 8 ID/AP: \$49 OD: \$61.25

### Pre-Ballet

A fun experience for young dancers' first independent ballet class. Develop grace, good posture and coordination while dancing to loved songs. Basic ballet movements explored through age appropriate games and dance props.

6/26-8/14 (8) Th 4-4:45 pm 4-6 yrs GH11102  
Rm 14 ID/AP: \$66 OD: \$82.50



### Ballet/Tap

Sample two of the most fundamental dance forms in this fun class.

6/24-8/12 (8) T 5-5:45 pm 4-6 yrs GH11202  
Rm 14 ID/AP: \$66 OD: \$82.50

## Dance - Youth

### Ballet

Traditional ballet technique class. Comprehensive barre and center work for returning and motivated beginners. Students develop strength, flexibility, coordination and confidence. All levels welcome.

6/26-8/14 (8) Th 5-5:45 pm 6-8 yrs GH11201  
Rm 14 ID/AP: \$66 OD: \$82.50

### Musical Theater

Develop your acting, singing and dancing skills as we perform scenes from the "Mary Poppins" movies.

6/26-8/14 (8) Th 6:05-7 pm 6-8 yrs GH11203  
Rm 14 ID/AP: \$70 OD: \$87.50

## Ballet/Tap/Jazz

Ready for variety? We'll learn some basic technique and fun routines in this fast paced class. Tap shoes required.

6/24-8/12 (8) T 6:05-7 pm 6-9 yrs GH11206  
Rm 14 ID/AP: \$80 OD: \$100

## Beginning Flamenco

A class for beginning flamenco dancers who wants to learn dance technique, footwork and flamenco rhythms.

7/11-8/15 (6) F 6:05-7:05 pm 7-11yrs GH11303  
Rm 8 ID/AP: \$61 OD: \$76.25



## Dance – Teen / Adult

### Beginning/Intermediate Adult Tap

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.

6/26-8/14 (8) Th 7:15-8 pm 13-adult GH11500  
Rm 14 ID/AP: \$69 OD: \$86.25

### Advanced Adult Tap

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.

6/24-8/12 (8) T 7:05-8 pm 13-adult GH11501  
Rm 14 ID/AP: \$84 OD: \$105

### 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. \*This class is wait-list only until an Instructor is confirmed

6/23-8/11 (8) M 6:30-7:30 pm 13-adult GH11302  
Rm 14 ID/AP: \$86 OD: \$107.50

### Flemenco- Adults

A class for beginning and returning flamenco dancers who wants to learn & improve their dance technique, footwork and flamenco rhythms.

7/11-8/15 (6) F/S 11:45 am-12:45 pm 13-adult GH11304  
Rm 8 ID/AP: \$111 OD: \$138.75

## Cooking – Teen / Adult

### Authentic Middle Eastern Cooking - Breakfast & Brunches

Discover the vibrant flavors of Middle Eastern breakfast and brunch in this cooking class! Learn to create a variety of delicious and traditional dishes to start your day.

7/11 (1) F 5-7:30 pm 16-adult GH15501  
Kitchen ID/AP: \$34 OD: \$42.50

### Authentic Middle Eastern Cooking - Appetizers and Salads

Learn to make delicious Middle Eastern appetizers, fresh salads, and flavorful dipping sauces in this fun cooking class! Perfect for food lovers of all levels

7/18 (1) F 5-7:30 pm 16-adult GH15502  
Kitchen ID/AP: \$34 OD: \$42.50

### Authentic Middle Eastern Cooking - Baking

Explore the rich traditions of Middle Eastern baking in this cooking class! Learn to make a variety of flavorful baked goods perfect for sharing and enjoying.

7/25 (1) F 5-7:30 pm 16-adult GH15503  
Kitchen ID/AP: \$34 OD: \$42.50

8/15 (1) F 5-7:30 pm 16-adult GH15506  
Kitchen ID/AP: \$34 OD: \$42.50

### Authentic Middle Eastern Cooking - Desserts

Explore the art of Middle Eastern desserts in this cooking class! Learn to make a variety of traditional sweet treats using simple techniques and ingredients, perfect for anyone looking to expand their culinary skills and satisfy their sweet tooth.

8/1 (1) F 5-7:30 pm 16-adult GH15504  
Kitchen ID/AP: \$34 OD: \$42.50



### Authentic Middle Eastern Cooking- Rice Dishes

Explore the rich and flavorful world of Middle Eastern rice dishes in this hands-on cooking class! Learn to prepare a variety of traditional recipes perfect for any occasion.

8/8 (1) F 5-7:30 pm 16-adult GH15505  
Kitchen ID/AP: \$34 OD: \$42.50

### Authentic Middle Eastern Cooking - Teas & Cookies

Immerse yourself in the traditions of Middle Eastern hospitality! Learn to prepare aromatic teas, Turkish coffee, and a variety of sweet and savory treats that pair perfectly with them.

8/22 (1) F 5-7:30 pm 16-adult GH15507  
Kitchen ID/AP: \$34 OD: \$42.50

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

## Garden Home Fitness Class Descriptions

### Cardio Fusion

A work out that pairs moderate aerobics with exercises and dance moves that are designed to improve strength, balance and flexibility.

### Essentrics

Strengthen and stretch every muscle in the body eccentrically, rebalancing the muscular structure in continuous rotational movements.

### FUNctional Chair Fitness

Move through a variety of exercises designed to improve strength and range of motion. A chair is available for seated or standing support.

### HIIT

HIIT (High Intensity Interval Training) is a cardiovascular exercise class alternating short periods of intense anaerobic exercise with less intense recovery periods.

### Low Impact Aerobics

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

### MELT

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

### Stretch, Core, and More

Walk taller, feel stronger! This class focuses on flexibility, core strength, and postural work.

### Tai Chi II

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

### Tai Chi III

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

### Total Body Strength

A class that strengthens your entire body. This workout challenges all your major muscle groups using weight room exercises like squats, presses, lifts and curls.

### Yoga, Flow

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

### Yoga, Gentle

Learn how to stretch with gentle movements and conscious breathing; increase strength and flexibility and bring calmness to the mind. For students with little or no yoga experience.

### Yoga, Hatha

This is a simply structured class to help people at any level use body alignment and simple breath to release negative thought patterns. As we think positively and relax, the body becomes more flexible, and we safely go into and through poses using breath, easily.

### Zumba®

ZUMBA® is a fusion of Latin and International music / dance themes are dynamic, exciting, and based on the principle that a workout should be FUN AND EASY TO DO.

To see current schedule visit: [www.thprd.org/facilities/recreation/garden-home](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.

**Before July 1, 2025**  
\$60.75 ID / \$76 OD

**Starting July 1, 2025**  
\$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.

**Before July 1, 2025**

1 session \$51.50 ID/ \$64.50 OD  
3 sessions \$154.50 ID/ 193.50 OD  
6 sessions \$309 ID/ \$387 OD

**Starting July 1, 2025**

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.

**Before July 1, 2025**

1 session \$68.50 ID/ \$85.75 OD  
3 sessions \$205.50 ID/ \$257.25 OD  
6 sessions \$411 ID/ \$514.50 OD

**Starting July 1, 2025**

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.  
Email [c.negrette@thprd.org](mailto:c.negrette@thprd.org) for 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

### Jenkins Estate Features:

- Historic Main House: A historic, seven-bedroom English hunting lodge, built in 1912 with stunning Victorian-inspired details, perfect for hosting memorable events and gatherings.
- Stable: Beautifully restored horse stable with gleaming hardwood floors, ideal for hosting events.
- Extensive Grounds: 68 acres of land with beautiful gardens, 2.8 miles of trails, natural amphitheater and outdoor spaces.
- Listed on the National Register of Historic Places: Preserved for its historical significance.
- Outdoor Recreation: Hiking trails, picnic areas, and access to Camp Rivendale's playground.
- Event Venue: Available for rentals for various events, including weddings, corporate gatherings, and community events.
- Educational Opportunities: Offers recreational programs and specialty workshops
- Accessible Amenities: Parking lots, ADA restrooms, and drinking fountains.



Built in 1912, The Historic Jenkins Estate has been a beautiful venue for years. THPRD acquired the property in 1976 and it has been a part of the district ever since. In bringing the Estate back to life, the district was careful to restore its bygone charm and ensure it was a community resource for everybody.

The Jenkins Estate offers a unique and versatile venue because of its prime outdoor spaces and multiple buildings that will make small and large groups alike feel at home. More recently, various types of special events like weddings, special celebrations, small gatherings, celebration of life, and corporate events have been hosted at The Jenkins Estate. The Main House has 5 rooms for rent and can hold small gatherings up to roughly 60 people in the entire house. The Stables has two large rooms for rent and can hold up to roughly 200 people. The Jenkins Estate also has many outside locations like a small tea house, large meadows and 2.8 miles worth of trails.



3D Walkthrough  
Main House



3D Walkthrough  
Stable



Video  
Preview

Reach out today to book your next event at the  
Historic Jenkins Estate!

Call (971) 258-6743

Check out our website!

[www.thprd.org/facilities/historic/jenkins-estate](http://www.thprd.org/facilities/historic/jenkins-estate)



@historicjenkineseate

## Rhododendron Garden Party at Jenkins Estate

Help us spruce up the Rhododendron Gardens at Jenkins Estate! Volunteers will help weed, mulch, and resurface gravel trails, as needed. Please bring a reusable water bottle to drink from throughout the day. Tools and gloves will be provided. No gardening experience necessary. Parking is available in the lower lot, just below the Rhododendron Gardens.

For Volunteer opportunities, email Joy Trimble, [j.trimble@thprd.org](mailto:j.trimble@thprd.org) or call 503-619-3963.



## Grupo de Trabajo en Huertas Rododendro en Jenkins Estate

¡Ayúdanos a arreglar la huerta rododendro en Jenkins Estate! Los voluntarios nos ayudaran a eliminar hierbas, agregar abono, y repavimentar senderos de grava según sea necesario. Traiga una botella de agua reutilizable para beber durante su turno. Se proporcionarán herramientas y guantes. No se requiere de experiencia en jardinería. Estacionamiento disponible en el lote más bajo, debajo de la Huerta Rododendro.

Para oportunidades de voluntariado, envíe un correo electrónico Joy Trimble, [j.trimble@thprd.org](mailto:j.trimble@thprd.org) o llámame 503-619-3963.

## 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.



THPRD offers corporate wellness programs as an add-on for retreats & trainings. These programs include yoga, meditation, Pilates, and more. Investing in employee wellness can benefit your company in many ways. Contact [h.marshall@thprd.org](mailto:h.marshall@thprd.org) for more information

## Specialty Workshops – Youth

### Fun Sewing for Kids - Sea Animal Toys

Students will dive into the creative world of sewing in this fun-filled one day workshop! Guided by designer Oxana Ake, they'll bring their favorite underwater creatures to life by crafting adorable sea animal toys. Children will learn how to use patterns to cut out fabric pieces, practice basic hand-sewing techniques, and choose colors to personalize their creations. All materials are provided, and students will take home their very own handmade sea animal toy to treasure. A perfect blend of creativity, learning, and fun! Parent participation is highly encouraged.

6/17 (1) T 10-11:30 am 5-7 yrs JE14200  
Main House-Living Room ID/AP: \$45 OD: \$56.25

### Embroidery in Nature

Students can enjoy a relaxing and creative outdoor embroidery workshop inspired by the beauty of nature! Surrounded by flowers and birdsong at Jenkins Estate Park, participants will sketch their inspirations and learn basic embroidery stitches to turn their designs into beautiful art pieces. This class makes embroidery fun and approachable, fostering creativity and a connection to the natural world. If the weather doesn't cooperate, the class will move indoors with stunning park views.

6/19 (1) Th 9-11 am 8-12 yrs JE14201  
Main House-Living Room ID/AP: \$46.50 OD: \$58



### Crafting Tiny Plushy Animals

Students 5 and up will hand-sew an adorable plushy mouse, filling it with fiber to create a 3D figure. This fun and engaging class teaches valuable sewing techniques while sparking creativity. The finished mouse can be used as a toy, key chain, or even a part of a necklace! Guided by Oxana Ake, this STEAM-inspired class blends creativity, fine motor skills, and problem-solving for a rewarding experience. Parent participation is highly encouraged.

7/1 (1) T 10-11:30 am 5-7 yrs JE14202  
Main House-Living Room ID/AP: \$45 OD: \$56.25



### Sewing for Beginners – Create a Tote Bag

Students will learn the basics of sewing on a machine while creating their very own tote bag using materials from repurposed, washed clothing. This hands-on session teaches valuable skills like handling a sewing machine, stitching straight lines, and assembling fabric pieces, while also introducing students to the importance of sustainability by turning old clothes into something new and useful. By the end of this workshop, students will leave with a stylish, eco-friendly tote bag they can proudly wear and use.

7/22 (1) T 10 am-12 pm 8-12 yrs JE14203  
Main House-Living Room ID/AP: \$46.50 OD: \$58

### Tiny Treasures: Ring Making for Kids

Students will enjoy this simple and fun introduction to jewelry-making, crafting soft wire rings, one for each day of the week! Guided by Oxana Ake, this class encourages creativity and teaches basic techniques to design beautiful, wearable pieces with ease. Perfect for beginners, this class inspires confidence and shows how simple steps can create something unique and stylish. Parent participation is highly encouraged.

8/12 (1) T 10 am-12 pm 5-7 yrs JE14204  
Main House-Living Room ID/AP: \$36 OD: \$45

### Bring Your Pet to Life in Felt Workshop

Students aged 8 and up are invited to unleash their creativity and learn the art of wet felting by making a 3D felt version of their beloved pet! Guided by Oxana Ake, this workshop will teach the techniques of shaping wool into 3D forms, capturing the unique features of their furry, feathery, or scaly friend. Using merino carded wool and other natural fibers, children will create a one-of-a-kind felt pet that's both adorable and a cherished keepsake.

8/26 (1) T 9 am-1 pm 8-12 yrs JE14205  
Main House-Living Room ID/AP: \$99.75 OD: \$124.50



## 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-sketches 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.

6/19 (1)	Th	7-9 pm	16yrs +	JE14400
Main House-Living Room		ID/AP: \$69	OD: \$86.25	
7/17 (1)	Th	7-9 pm	16yrs +	JE14401
Main House-Living Room		ID/AP: \$69	OD: \$86.25	
8/21 (1)	Th	7-9 pm	16yrs +	JE14402
Main House-Living Room		ID/AP: \$69	OD: \$86.25	

### 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.

8/3 (1)	Su	12-2 pm	16yrs +	JE14406
Meadow		ID/AP: \$70	OD: \$87.50	
9/14 (1)	Su	12-2 pm	16yrs +	JE14407
Meadow		ID/AP: \$70	OD: \$87.50	





**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:

- 6/19 – Juneteenth
- 7/4 – Fourth of July
- 9/1 – Labor Day

Nature Center Offers:

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



## Facility Rentals

The Tualatin Hills Nature Center and Cooper Mountain Nature House have limited capacity rental spaces for your next event. Rentals are available when programs are not in session. Please visit [thprd.org](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.

 [www.facebook.com/THPRDNature](https://www.facebook.com/THPRDNature)

 [www.instagram.com/tualatinhillsnaturecenter](https://www.instagram.com/tualatinhillsnaturecenter)

## Nature Store

The Nature Store is in the Tualatin Hills Nature Center lobby and offers various gifts and nature-related books for all ages. All profits from store sales go back to the Tualatin Hills Park Foundation to provide scholarships for school field trips to the Tualatin Hills Nature Park.



## School Nature Programs: K-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.

## Group Nature Programs: All Ages

Perfect for preschools, scout troops, youth groups, homeschool groups, afterschool clubs, and businesses. Led by environmental education staff, these outdoor, hands-on, engaging programs can be scheduled year-round. Call today to schedule a guided hike for your group.

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



## Scouts in Nature: Girl Scouts

*Daisies, Brownies & Juniors*

A visit to a park is an excellent activity for your troop to do as part of a regular meeting or as an extra activity. Whether self-guided or led by one of our naturalists; scouts can work towards earning their petals and badges through nature exploration. We can customize a group program for your troop's needs to achieve your Hiker, Bug, Eco Learner, Animal Habitats, Flowers, Art Creator, and Explorer or Citizen Science badges. Fill out the Nature Program Request Form to schedule a badge or workshop program: [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



## Nature Studies – Youth/Family

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

Get outside, meet other families, and explore the wildlife in the Tualatin Hills Nature Park on these nature adventures. Price includes one child and two additional family members. An adult is required to accompany each registered child.

6/28 Tualatin Hills Nature Center	S	10-11 am	2-5 yrs ID/AP: \$10	NP15101 OD: \$12.50
7/26 Tualatin Hills Nature Center	S	10-11 am	2-5 yrs ID/AP: \$10	NP15102 OD: \$12.50
8/9 Tualatin Hills Nature Center	S	10-11 am	2-5 yrs ID/AP: \$10	NP15103 OD: \$12.50
9/6 Tualatin Hills Nature Center	S	10-11 am	2-5 yrs ID/AP: \$10	NP15104 OD: \$12.50

### 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.

6/21 Tualatin Hills Nature Center	S	10-11 am	2-5 yrs ID/AP: \$10	NP15121 OD: \$12.50
7/13 Tualatin Hills Nature Center	Su	2-3 pm	2-5 yrs ID/AP: \$10	NP15122 OD: \$12.50
8/24 Tualatin Hills Nature Center	Su	2-3 pm	2-5 yrs ID/AP: \$10	NP15123 OD: \$12.50

### Grown-up and Me Nature Yogis new

A space for kids and their grown-ups to play together and develop a love for nature and yoga while meeting other families in the beautiful setting of the Tualatin Hills Nature Park. Class meets each Saturday for 4 weeks. Registration fee is per child, adult participation required.

7/12-8/2 (4) Tualatin Hills Nature Center	S	9-10 am	2-5 yrs ID/AP: \$46	NP15132 OD: \$57.50
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### Little Nature Yogis new

During this four-week series, children will use their imaginations, build their social skills, and develop a love for nature while learning fun yoga and movement exercises, songs and games in the Tualatin Hills Nature Park.

7/12-8/2 (4) Tualatin Hills Nature Center	S	11 am-noon	5-8 yrs ID/AP: \$46	NP15131 OD: \$57.50
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## Park After Dark

Journey into the forest and enjoy the sights and sounds of nature at night. Spend the first part of the program learning about the featured nocturnal topic and then head out for a guided hike. The price is per person. An adult must register and accompany youth participants.

<b>Secret Lives of Pollinators</b>			
6/21	S	7-9 pm	6 yrs-adult
Tualatin Hills Nature Center			ID/AP: \$18
			NP15501
			OD: \$22.50
<b>Scurrying in the Night</b>			
7/11	F	7-9 pm	6 yrs-adult
Cooper Mountain Nature House			ID/AP/OD: \$18
			CM15501
<b>Scents of Summer</b>			
8/1	F	7-9 pm	6 yrs-adult
Tualatin Hills Nature Center			ID/AP: \$18
			NP15502
			OD: \$22.50
<b>New Moon Adventures</b>			
8/23	S	7-9 pm	6 yrs-adult
Cooper Mountain Nature House			ID/AP/OD: \$18
			CM15502

## Specialty Family Camps



## Owls & Owlets Camp new

Embark on a fun-filled outdoor adventure with your little one as we explore hands-on activities, sensory play, and nature-based crafts. Connect with other families, make new friends, and discover the wonders of the natural world through games, storytelling, and exploration! **Camp meets at the Jenkins Estate Gatehouse.** Every week we will have a different theme. Cancellations made at least 14 days before start date will be refunded. Registration fee is per child (six months-5 years), adult participation required, up to 2 children per adult.

6/23-6/27	M/W/F	1-3 pm	0-5 yrs	NP17152
Jenkins Estate			ID/AP: \$98	OD: \$122.50
7/7-7/11	M/W/F	1-3 pm	0-5 yrs	NP17154
Jenkins Estate			ID/AP: \$98	OD: \$122.50
7/21-7/25	M/W/F	1-3 pm	0-5 yrs	NP17156
Jenkins Estate			ID/AP: \$98	OD: \$122.50
8/4-8/8	M/W/F	1-3 pm	0-5 yrs	NP17158
Jenkins Estate			ID/AP: \$98	OD: \$122.50
8/18-8/22	M/W/F	1-3 pm	0-5 yrs	NP17160
Jenkins Estate			ID/AP: \$98	OD: \$122.50

## Family Nature Camp new

Join us for fun outdoor adventures at Family Nature Camp! This camp is designed for parents, guardians, and kids to connect through fun, hands-on activities and nature exploration. Work together on creative nature-inspired crafts, discover local wildlife, and enjoy games and challenges as you explore the great outdoors. Each participant should bring lunch, drinking water, a small snack, and a backpack daily. **Camp meets at the Tualatin Hills Nature Center.** Cancellations made at least 14 days before start date will be refunded. Registration fee is per child, adult participation required, up to 2 children per adult.

7/23-25	W/Th/F	9 am-1 pm	6-10 yrs	NP17700
Tualatin Hills Nature Center			ID/AP: \$150	OD: \$187.50



## Grandparents Camp

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

6/25-6/27	M/Th/F	9 am-1 pm	6-10 yrs	ES17601
Elsie Stuhr Center			ID/AP: \$120	OD: \$150
7/9-7/11	M/Th/F	9 am-1 pm	6-10 yrs	ES17602
Elsie Stuhr Center			ID/AP: \$120	OD: \$150
8/6-8/8	M/Th/F	9 am-1 pm	6-10 yrs	ES17603
Elsie Stuhr Center			ID/AP: \$120	OD: \$150

## Nature Studies – Adult

### Kokedama: Create a Moss Ball with Native Plants

Learn to create and care for a striking and unique Japanese moss ball using our own Pacific Northwest native plants to feature their beauty, versatility, and purpose for our habitat. Adorn your outdoor space by hanging it on your covered patio or balcony while helping our wildlife. The workshop includes all the materials for assembling your moss ball, a step-by-step breakdown of the process, and helpful care tips for keeping your creation happy and healthy. For this class, cancellation or drops must be received seven days in advance. No refunds or credit will be given with less than seven days' notice.

7/17 **Th** 6:30-8 pm 16+ **NP15401**  
Tualatin Hills Nature Center ID/AP: \$67 OD: \$83.75



### Bats and Brews

Learn about local bat species in Beaverton over a pint of Oregon beer. We'll delve into various myths associated with bats, helping you distinguish between bat facts and fiction! Then, we'll venture into the park at dusk equipped with a bat detector to explore the realm of our nocturnal winged companions.

8/8 **F** 7-9 pm 21+ **NP15403**  
Tualatin Hills Nature Center ID/AP: \$34 OD: \$42.50



### 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. Ages 21 and up only, up to 2 drinks are included, non-alcoholic options will be available.

6/27 **F** 6-9 pm 21+ **NP15400**  
Tualatin Hills Nature Center ID/AP: \$30 OD: \$37.50  
7/25 **F** 6-9 pm 21+ **NP15402**  
Tualatin Hills Nature Center ID/AP: \$30 OD: \$37.50  
8/22 **F** 6-9 pm 21+ **NP15405**  
Tualatin Hills Nature Center ID/AP: \$30 OD: \$37.50

### Creative Nature Journaling

Learn to document outdoor experiences through sketching, mapping, and reflection. This course focuses on creativity and mindfulness, using techniques like pencil sketches, ink, and watercolors to create personal records of nature walks. A journal and art materials will be provided, but participants are welcome to bring their own. Ideal for anyone looking to connect with nature and develop a meaningful nature journal.

7/12 **S** 10 am-noon 16+ **CM15400**  
Cooper Mountain Nature House ID/AP/OD: \$24

### Tea and Trails

Embark on a guided hike with a knowledgeable naturalist through the stunning forest and oak savanna habitats of Cooper Mountain Nature Park. Sip tea as you explore the scenic trails, learning about the park's unique plants, wildlife, and ecosystems. This relaxing experience combines the warmth of tea with the wonder of nature, creating a mindful journey perfect for all skill levels.

8/16 **S** 9-11 am 16+ **CM15401**  
Cooper Mountain Nature House ID/AP/OD: \$18

## Fitness Classes at the Tualatin Hills Nature Center

### Pilates and Pours

Join a one-hour mat Pilates class to rejuvenate the body followed by coffee and espresso tasting from a local roastery and mingling!

6/28 **S** 10:30 am-12 pm 14+ **NP12501**  
Tualatin Hills Nature Center ID/AP: \$28 OD: \$35

### Yoga for Menopause Workshop

A yoga workshop for menopause stages which focuses on supporting the physical, mental, and emotional changes that occur during this time. It will include gentle poses to improve flexibility, balance, and strength, while also promoting relaxation and reducing stress.

6/30 **M** 6-7:15 pm 14+ **NP12502**  
Tualatin Hills Nature Center ID/AP: \$16 OD: \$20

### Yoga on the Mountain

Join us as we embark on an adventure at Cooper Mountain. Hike through oak and coniferous woodlands and fields, followed by a mindful yoga asana practice at the Nature House for more soul-nurturing connection. Bring essentials like comfortable shoes, sun protection, water, snacks, an outdoor blanket, and your yoga mat. Immerse yourself in a community experience, connecting consciously with nature, others, and yourself. Hike at 9 am followed by Yoga at 10:30 am.

7/26 **S** 9-11:30 am 14+ **CM12500**  
Cooper Mountain Nature House ID/AP/OD: \$34



# 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.



## Drop-In Fitness Classes

The Tualatin Hills Nature Center offers yoga and tai chi classes for ages 14+. The day, time, and instructor of classes are subject to change without notice. For a complete list of THPRD fitness offerings, please visit [thprd.org/activities/fitness](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).



# Babette Horenstein Tennis Center



**TUALATIN HILLS**  
PARK & RECREATION DISTRICT

**Babette Horenstein Tennis Center**  
**15707 SW Walker Road**  
**Beaverton, 97006**  
**503-629-6331**

TriMet Bus Routes: #67, 59

**Building Hours:**

Monday-Thursday 9 am-10 pm  
Friday 9 am-9 pm  
Saturday-Sunday 8 am-7 pm

\*Hours subject to change.

**No class dates: 6/19, 7/17**

**Facility Closed: 7/4**

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

**Follow us for updates and more!**



@TennisCenter



@babettehorensteintenniscenter

**Babette Horenstein Tennis Center Features:**

- 6 Indoor Tennis Courts (year round)
- 1 Outdoor Tennis Court (year round)
- 8 Seasonal Tennis Courts (outdoor from May – September, Indoor from October – April)
- 5 of our Tennis Courts have Pickleball lines (available for pickleball play at set times only)
- Showers available for \$3 for those not playing tennis. (Supply your own towel. Five minute maximum.)

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



## Court Rates and Reservations

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

BHTC now uses Court Reserve for our court reservation system.



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

- Courts become available for registration at 7:30 am one week prior for In-District Patrons (6 days prior for Out-of-District Patrons.)
- Full payment required at the time the reservation is made. Full refund if cancelled at least 48 hours prior.
- Ball Machine available on Courts 1-6 for an additional \$7.25.
- For additional details on reserving a court, visit <https://www.thprd.org/facilities/sports/babette-horenstein-tennis-center/court-reservations>

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

## Tennis Court Rate Per Hour\*

Indoor: \$26 ID/\$32.50 OD/ \$23.50 SR  
Outdoor: \$12 ID/\$15 OD/ \$10.50 SR

## Pickleball Court Rate Per Hour\*

Indoor: \$16 ID/\$20 OD/ \$14.50 SR  
Outdoor: \$8 ID/ \$12.50 OD/ \$7.00 SR

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

# PREPARING FOR YOUR TENNIS CLASS

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

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



**Why use low-compression balls?** They bounce lower and slower which is perfect for teaching students of varying heights and skill levels.

Red Ball (36%)	Orange Ball (60%)	Green Dot Ball (75%)	Yellow Ball (100%)
Tiny Tots	8 & Under	10 & Under	High School
8 & Under	10 & Under	Jr. Development	Adv. Jr. Training
10 & Under	Jr. Development	High School	
	High School	Adv. Jr. Training	

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



Racquet Size	Child's Age	Child's Height	Classes
21 inches	4-5 years	40-44"	Tiny Tots
23 inches	6-8 years	45-49"	8 & Under
25 inches	9-10 years	50-55"	10 & Under
26 inches	10+ years	Over 55"	Jr. Development, High School

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

## Sunset Park Camps

Class #	Dates	Days	Times	ID/AP	OD	Sessions
<b>10 and Under Tennis Camp @ Sunset Park (Ages 7-10, All Levels)</b>						
Are you seeking a week-long camp to enhance and develop your tennis skills? Camp will run for 4 hours each day. Players will work on tennis skills, hand-eye coordination drills, tennis games and Field Games and activities. Please bring a snack & water bottle to camp each day. <b>Camp will take place outdoors at Sunset Park: 13707 NW Science Park Drive, Portland OR 97229.</b>						
TC12111	6/16-6/20	M/T/W/F	9 am-1 pm	\$264	\$330	4
TC12112	6/23-6/27	M-F	9 am-1 pm	\$330	\$412.50	5
TC12121	6/30-7/3	M-Th	9 am-1 pm	\$264	\$330	4
TC12122	7/7-7/11	M-F	9 am-1 pm	\$330	\$412.50	5
TC12131	7/14-7/18	M-F	9 am-1 pm	\$330	\$412.50	5
TC12132	7/21-7/25	M-F	9 am-1 pm	\$330	\$412.50	5
TC12141	7/28-8/1	M-F	9 am-1 pm	\$330	\$412.50	5
TC12142	8/4-8/8	M-F	9 am-1 pm	\$330	\$412.50	5
TC12151	8/11-8/15	M-F	9 am-1 pm	\$330	\$412.50	5
TC12152	8/18-8/22	M-F	9 am-1 pm	\$330	\$412.50	5

## Junior Development Tennis Camp @ Sunset Park (Ages 10-14, All Levels)

Are you seeking a week-long camp to enhance and develop your tennis skills? Camp will run for 4 hours each day. Players will work on tennis skills, hand-eye coordination drills, tennis games and Field Games and activities. Please bring a snack & water bottle to camp each day. **Camp will take place outdoors at Sunset Park: 13707 NW Science Park Drive, Portland OR 97229.**

TC13111	6/16-6/20	M/T/W/F	9 am-1 pm	\$264	\$330	4
TC13112	6/23-6/27	M-F	9 am-1 pm	\$330	\$412.50	5
TC13121	6/30-7/3	M-Th	9 am-1 pm	\$264	\$330	4
TC13122	7/7-7/11	M-F	9 am-1 pm	\$330	\$412.50	5
TC13131	7/14-7/18	M-F	9 am-1 pm	\$330	\$412.50	5
TC13132	7/21-7/25	M-F	9 am-1 pm	\$330	\$412.50	5
TC13141	7/28-8/1	M-F	9 am-1 pm	\$330	\$412.50	5
TC13142	8/4-8/8	M-F	9 am-1 pm	\$330	\$412.50	5
TC13151	8/11-8/15	M-F	9 am-1 pm	\$330	\$412.50	5



## Indoor Camps at BHTC

Class #	Dates	Days	Times	ID/AP	OD	Sessions
<b>Age 7 to 10 Green Ball Tennis Camp Level 2+</b>						
Come out and join the staff for this week-long indoor camp. Players work on shot consistency, offensive and defensive shots, doubles and singles movement, and specialty shots. Students will be introduced to game scoring along with an emphasis on rallying in different scenarios. This camp is taught with an emphasis on point play and rallying while continuing to develop the skills.						
TC12211	6/16-6/18	M/T/W	3-5 pm	\$134	\$167.50	3
TC12212	6/23-6/26	M-Th	3-5 pm	\$179	\$223.75	4
TC12221	6/30-7/3	M-Th	3-5 pm	\$179	\$223.75	4
TC12222	7/7-7/10	M-Th	3-5 pm	\$179	\$223.75	4
TC12231	7/14-7/16	M-W	3-5 pm	\$134	\$167.50	3
TC12232	7/21-7/24	M-Th	3-5 pm	\$179	\$223.75	4
TC12241	7/28-7/31	M-Th	3-5 pm	\$179	\$223.75	4
TC12242	8/4-8/7	M-Th	3-5 pm	\$179	\$223.75	4
TC12251	8/11-8/14	M-Th	3-5 pm	\$179	\$223.75	4
TC12252	8/18-8/21	M-Th	3-5 pm	\$179	\$223.75	4

## Age 11 to 14 Junior Development Tennis Camp Level 2+

Come out and join the staff for this week-long indoor camp. Players work on shot consistency, offensive and defensive shots, doubles and singles movement, and specialty shots. Students will be introduced to game scoring along with an emphasis on rallying in different scenarios. This camp is taught with an emphasis on point play and rallying while continuing to develop the skills.

TC13411	6/16-6/18	M-W	4-6 pm	\$134	\$167.50	3
TC13412	6/23-6/26	M-Th	4-6 pm	\$179	\$223.75	4
TC13421	6/30-7/3	M-Th	4-6 pm	\$179	\$223.75	4
TC13422	7/7-7/10	M-Th	4-6 pm	\$179	\$223.75	4
TC13431	7/14-7/16	M-W	4-6 pm	\$134	\$167.50	3
TC13432	7/21-7/24	M-Th	4-6 pm	\$179	\$223.75	4
TC13441	7/28-7/31	M-Th	4-6 pm	\$179	\$223.75	4
TC13442	8/4-8/7	M-Th	4-6 pm	\$179	\$223.75	4
TC13451	8/11-8/14	M-Th	4-6 pm	\$179	\$223.75	4
TC13452	8/18-8/21	M-Th	4-6 pm	\$179	\$223.75	4

## Age 11 to 14 Advanced Junior Development Tennis Camp Level 3+

Are you looking for a week-long class to enhance and develop your tennis skills? Class will run for 2.5 hours each day. Players will work on skill development, stroke production, offensive and defensive skill and strategies along with focus on Singles and Doubles work. Class will take place indoors at BHTC: 15707 SW Walker Road, Beaverton, OR 97006.

TC13611	6/16-6/18	M-W	9-11:30 am	\$168	\$210	3
TC13612	6/23-6/26	M-Th	9-11:30 am	\$224	\$280	4
TC13621	6/30-7/3	M-Th	9-11:30 am	\$224	\$280	4
TC13622	7/7-7/10	M-Th	9-11:30 am	\$224	\$280	4
TC13631	7/14-7/16	M-W	9-11:30 am	\$168	\$210	3
TC13632	7/21-7/24	M-Th	9-11:30 am	\$224	\$280	4
TC13641	7/28-7/31	M-Th	9-11:30 am	\$224	\$280	4
TC13642	8/4-8/7	M-Th	9-11:30 am	\$224	\$280	4
TC13651	8/11-8/14	M-Th	9-11:30 am	\$224	\$280	4
TC13652	8/18-8/21	M-Th	9-11:30 am	\$224	\$280	4

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

## Youth Classes

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.

TC10111	6/16-6/18	M-W	9-9:45 am	\$38	\$47.50	3
TC10112	6/16-6/18	M-W	3-3:45 pm	\$38	\$47.50	3
TC10113	6/23-6/26	M-Th	9-9:45 am	\$50	\$62.50	4
TC10114	6/23-6/26	M-Th	3-3:45 pm	\$50	\$62.50	4
TC10121	6/30-7/3	M-Th	9-9:45 am	\$50	\$62.50	4
TC10122	6/30-7/3	M-Th	3-3:45 pm	\$50	\$62.50	4
TC10123	7/7-7/10	M-Th	9-9:45 am	\$50	\$62.50	4
TC10124	7/7-7/10	M-Th	3-3:45 pm	\$50	\$62.50	4
TC10131	7/14-7/16	M-W	9-9:45 am	\$38	\$47.50	3
TC10132	7/14-7/16	M-W	3-3:45 pm	\$38	\$47.50	3
TC10133	7/21-7/24	M-Th	9-9:45 am	\$50	\$62.50	4
TC10134	7/21-7/24	M-Th	3-3:45 pm	\$50	\$62.50	4
TC10141	7/28-7/31	M-Th	9-9:45 am	\$50	\$62.50	4
TC10142	7/28-7/31	M-Th	3-3:45 pm	\$50	\$62.50	4
TC10143	8/4-8/7	M-Th	9-9:45 am	\$50	\$62.50	4
TC10144	8/4-8/7	M-Th	3-3:45 pm	\$50	\$62.50	4
TC10151	8/11-8/14	M-Th	9-9:45 am	\$50	\$62.50	4
TC10152	8/11-8/14	M-Th	3-3:45 pm	\$50	\$62.50	4
TC10153	8/18-8/21	M-Th	9-9:45 am	\$50	\$62.50	4
TC10154	8/18-8/21	M-Th	3-3:45 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.

TC10211	6/16-6/18	M-W	9-9:45 am	\$38	\$47.50	3
TC10212	6/16-6/18	M-W	10:45-11:30 am	\$38	\$47.50	3
TC10213	6/16-6/18	M-W	3:45-4:30 pm	\$38	\$47.50	3
TC10214	6/23-6/26	M-Th	9-9:45 am	\$50	\$62.50	4
TC10215	6/23-6/26	M-Th	10:45-11:30 am	\$50	\$62.50	4
TC10216	6/23-6/26	M-Th	3:45-4:30 pm	\$50	\$62.50	4
TC10221	6/30-7/3	M-Th	9-9:45 am	\$50	\$62.50	4
TC10222	6/30-7/3	M-Th	10:45-11:30 am	\$50	\$62.50	4
TC10223	6/30-7/3	M-Th	3:45-4:30 pm	\$50	\$62.50	4
TC10224	7/7-7/10	M-Th	9-9:45 am	\$50	\$62.50	4
TC10225	7/7-7/10	M-Th	10:45-11:30 am	\$50	\$62.50	4
TC10226	7/7-7/10	M-Th	3:45-4:30 pm	\$50	\$62.50	4
TC10231	7/14-7/16	M-W	9-9:45 am	\$38	\$47.50	3
TC10232	7/14-7/16	M-W	10:45-11:30 am	\$38	\$47.50	3
TC10233	7/14-7/16	M-W	3:45-4:30 pm	\$38	\$47.50	3
TC10234	7/21-7/24	M-Th	9-9:45 am	\$50	\$62.50	4
TC10235	7/21-7/24	M-Th	10:45-11:30 am	\$50	\$62.50	4
TC10236	7/21-7/24	M-Th	3:45-4:30 pm	\$50	\$62.50	4
TC10241	7/28-7/31	M-Th	9-9:45 am	\$50	\$62.50	4
TC10242	7/28-7/31	M-Th	10:45-11:30 am	\$50	\$62.50	4
TC10243	7/28-7/31	M-Th	3:45-4:30 pm	\$50	\$62.50	4
TC10244	8/4-8/7	M-Th	9-9:45 am	\$50	\$62.50	4
TC10245	8/4-8/7	M-Th	10:45-11:30 am	\$50	\$62.50	4
TC10246	8/4-8/7	M-Th	3:45-4:30 pm	\$50	\$62.50	4
TC10251	8/11-8/14	M-Th	9-9:45 am	\$50	\$62.50	4
TC10252	8/11-8/14	M-Th	10:45-11:30 am	\$50	\$62.50	4
TC10253	8/11-8/14	M-Th	3:45-4:30 pm	\$50	\$62.50	4
TC10254	8/18-8/21	M-Th	9-9:45 am	\$50	\$62.50	4
TC10255	8/18-8/21	M-Th	10:45-11:30 am	\$50	\$62.50	4
TC10256	8/18-8/21	M-Th	3:45-4:30 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

Learn the basic tennis skills: forehand and backhands, volleys, overhead and serve.

TC11111	6/16-6/18	M-W	9-9:45 am	\$38	\$47.50	3
TC11112	6/16-6/18	M-W	12:45-1:30 pm	\$38	\$47.50	3
TC11113	6/16-6/18	M-W	3-3:45 pm	\$38	\$47.50	3
TC11114	6/23-6/26	M-Th	9-9:45 am	\$50	\$62.50	4
TC11115	6/23-6/26	M-Th	12:45-1:30 pm	\$50	\$62.50	4
TC11116	6/23-6/26	M-Th	3-3:45 pm	\$50	\$62.50	4
TC11121	6/30-7/3	M-Th	9-9:45 am	\$50	\$62.50	4
TC11122	6/30-7/3	M-Th	12:45-1:30 pm	\$50	\$62.50	4
TC11123	6/30-7/3	M-Th	3-3:45 pm	\$50	\$62.50	4
TC11124	7/7-7/10	M-Th	9-9:45 am	\$50	\$62.50	4
TC11125	7/7-7/10	M-Th	12:45-1:30 pm	\$50	\$62.50	4
TC11126	7/7-7/10	M-Th	3-3:45 pm	\$50	\$62.50	4
TC11131	7/14-7/16	M-W	9-9:45 am	\$38	\$47.50	3
TC11132	7/14-7/16	M-W	12:45-1:30 pm	\$38	\$47.50	3
TC11133	7/14-7/16	M-W	3-3:45 pm	\$38	\$47.50	3
TC11134	7/21-7/24	M-Th	9-9:45 am	\$50	\$62.50	4
TC11135	7/21-7/24	M-Th	12:45-1:30 pm	\$50	\$62.50	4
TC11136	7/21-7/24	M-Th	3-3:45 pm	\$50	\$62.50	4
TC11141	7/28-7/31	M-Th	9-9:45 am	\$50	\$62.50	4
TC11142	7/28-7/31	M-Th	12:45-1:30 pm	\$50	\$62.50	4
TC11143	7/28-7/31	M-Th	3-3:45 pm	\$50	\$62.50	4
TC11144	8/4-8/7	M-Th	9-9:45 am	\$50	\$62.50	4
TC11145	8/4-8/7	M-Th	12:45-1:30 pm	\$50	\$62.50	4
TC11146	8/4-8/7	M-Th	3-3:45 pm	\$50	\$62.50	4
TC11151	8/11-8/14	M-Th	9-9:45 am	\$50	\$62.50	4
TC11152	8/11-8/14	M-Th	12:45-1:30 pm	\$50	\$62.50	4
TC11153	8/11-8/14	M-Th	3-3:45 pm	\$50	\$62.50	4
TC11154	8/18-8/21	M-Th	9-9:45 am	\$50	\$62.50	4
TC11155	8/18-8/21	M-Th	12:45-1:30 pm	\$50	\$62.50	4
TC11156	8/18-8/21	M-Th	3-3:45 pm	\$50	\$62.50	4

### 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.

TC11211	6/16-6/18	M-W	10:45-11:30 am	\$50	\$62.50	3
TC11212	6/16-6/18	M-W	3-3:45 pm	\$50	\$62.50	3
TC11213	6/23-6/26	M-Th	10:45-11:30 am	\$67	\$83.75	4
TC11214	6/23-6/26	M-Th	3-3:45 pm	\$67	\$83.75	4
TC11221	6/30-7/3	M-Th	10:45-11:30 am	\$67	\$83.75	4
TC11222	6/30-7/3	M-Th	3-3:45 pm	\$67	\$83.75	4
TC11223	7/7-7/10	M-Th	10:45-11:30 am	\$67	\$83.75	4
TC11224	7/7-7/10	M-Th	3-3:45 pm	\$67	\$83.75	4
TC11231	7/14-7/16	M-W	10:45-11:30 am	\$50	\$62.50	3
TC11232	7/14-7/16	M-W	3-3:45 pm	\$50	\$62.50	3
TC11233	7/21-7/24	M-Th	10:45-11:30 am	\$67	\$83.75	4
TC11234	7/21-7/24	M-Th	3-3:45 pm	\$67	\$83.75	4
TC11241	7/28-7/31	M-Th	10:45-11:30 am	\$67	\$83.75	4
TC11242	7/28-7/31	M-Th	3-3:45 pm	\$67	\$83.75	4
TC11243	8/4-8/7	M-Th	10:45-11:30 am	\$67	\$83.75	4
TC11244	8/4-8/7	M-Th	3-3:45 pm	\$67	\$83.75	4
TC11251	8/11-8/14	M-Th	10:45-11:30 am	\$67	\$83.75	4
TC11252	8/11-8/14	M-Th	3-3:45 pm	\$67	\$83.75	4
TC11253	8/18-8/21	M-Th	10:45-11:30 am	\$67	\$83.75	4
TC11254	8/18-8/21	M-Th	3-3:45 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
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## Age 9 to 10 Red Ball Tennis Level 1

Introduction to the basic tennis skills: forehand, backhand, volley, overhead and serves.

TC12311	6/16-6/18	M-W	9:45-10:30 am	\$38	\$47.50	3
TC12312	6/16-6/18	M-W	3-3:45 pm	\$38	\$47.50	3
TC12313	6/23-6/26	M-Th	9:45-10:30 am	\$50	\$62.50	4
TC12314	6/23-6/26	M-Th	3-3:45 pm	\$50	\$62.50	4
TC12321	6/30-7/3	M-Th	9:45-10:30 am	\$50	\$62.50	4
TC12322	6/30-7/3	M-Th	3-3:45 pm	\$50	\$62.50	4
TC12323	7/7-7/10	M-Th	9:45-10:30 am	\$50	\$62.50	4
TC12324	7/7-7/10	M-Th	3-3:45 pm	\$50	\$62.50	4
TC12331	7/14-7/16	M-W	9:45-10:30 am	\$38	\$47.50	3
TC12332	7/14-7/16	M-W	3-3:45 pm	\$38	\$47.50	3
TC12333	7/21-7/24	M-Th	9:45-10:30 am	\$50	\$62.50	4
TC12334	7/21-7/24	M-Th	3-3:45 pm	\$50	\$62.50	4
TC12341	7/28-7/31	M-Th	9:45-10:30 am	\$50	\$62.50	4
TC12342	7/28-7/31	M-Th	3-3:45 pm	\$50	\$62.50	4
TC12343	8/4-8/7	M-Th	9:45-10:30 am	\$50	\$62.50	4
TC12344	8/4-8/7	M-Th	3-3:45 pm	\$50	\$62.50	4
TC12351	8/11-8/14	M-Th	9:45-10:30 am	\$50	\$62.50	4
TC12352	8/11-8/14	M-Th	3-3:45 pm	\$50	\$62.50	4



## Family Tennis

Learn tennis together in this beginner (level 1.5-2.5) family class! Price includes one child plus one adult.  
6:15-7:15 pm

TC14111	W	6/18-7/2	\$67 ID / \$83.75 OD
TC14121	Th	7/10-7/31	\$67 ID / \$83.75 OD
TC14141	W	8/6-8/20	\$67 ID / \$83.75 OD

Class #	Dates	Days	Times	ID/AP	OD	Sessions
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## Age 9 to 10 Orange Ball Tennis Level 2

Continued development of hitting ball from a stationary position and while moving to the ball. Player will develop volley skills and awareness of court positioning for both singles and doubles play. Students will be introduced to game scoring along with an emphasis on rallying in different scenarios.

TC12411	6/16-6/18	M-W	9:45-10:30 am	\$50	\$62.50	3
TC12412	6/16-6/18	M-W	3:45-4:30 pm	\$50	\$62.50	3
TC12413	6/23-6/26	M-Th	9:45-10:30 am	\$67	\$83.75	4
TC12414	6/23-6/26	M-Th	3:45-4:30 pm	\$67	\$83.75	4
TC12421	6/30-7/3	M-Th	9:45-10:30 am	\$67	\$83.75	4
TC12422	6/30-7/3	M-Th	3:45-4:30 pm	\$67	\$83.75	4
TC12423	7/7-7/10	M-Th	9:45-10:30 am	\$67	\$83.75	4
TC12424	7/7-7/10	M-Th	3:45-4:30 pm	\$67	\$83.75	4
TC12431	7/14-7/16	M-W	9:45-10:30 am	\$50	\$62.50	3
TC12432	7/14-7/16	M-W	3:45-4:30 pm	\$50	\$62.50	3
TC12433	7/21-7/24	M-Th	9:45-10:30 am	\$67	\$83.75	4
TC12434	7/21-7/24	M-Th	3:45-4:30 pm	\$67	\$83.75	4
TC12441	7/28-7/31	M-Th	9:45-10:30 am	\$67	\$83.75	4
TC12442	7/28-7/31	M-Th	3:45-4:30 pm	\$67	\$83.75	4
TC12443	8/4-8/7	M-Th	9:45-10:30 am	\$67	\$83.75	4
TC12444	8/4-8/7	M-Th	3:45-4:30 pm	\$67	\$83.75	4
TC12451	8/11-8/14	M-Th	9:45-10:30 am	\$67	\$83.75	4
TC12452	8/11-8/14	M-Th	3:45-4:30 pm	\$67	\$83.75	4
TC12453	8/18-8/21	M-Th	9:45-10:30 am	\$67	\$83.75	4
TC12454	8/18-8/21	M-Th	3:45-4:30 pm	\$67	\$83.75	4

Adult, Youth, High School, Swim  
**TENNIS CAMPS**

In partnership with Tualatin Hills  
Park & Recreation District

Located throughout  
the THPRD Parks:  
across Beaverton,  
Portland & Hillsboro.

Learn More

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 9 to 10 Green 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.

TC12511	6/16-6/18	M-W	4:45-6:15 pm	\$101	\$126.25	3
TC12512	6/23-6/26	M-Th	4:45-6:15 pm	\$134	\$167.50	4
TC12521	6/30-7/3	M-Th	4:45-6:15 pm	\$134	\$167.50	4
TC12522	7/7-7/10	M-Th	4:45-6:15 pm	\$134	\$167.50	4
TC12531	7/14-7/16	M-W	4:45-6:15 pm	\$101	\$126.25	3
TC12532	7/21-7/24	M-Th	4:45-6:15 pm	\$134	\$167.50	4
TC12541	7/28-7/31	M-Th	4:45-6:15 pm	\$134	\$167.50	4
TC12542	8/4-8/7	M-Th	4:45-6:15 pm	\$134	\$167.50	4
TC12551	8/11-8/14	M-Th	4:45-6:15 pm	\$134	\$167.50	4
TC12552	8/18-8/21	M-Th	4:45-6:15 pm	\$134	\$167.50	4

### Age 11 to 14 Junior Development Orange Ball Tennis Level 1

This player is just starting to play tennis and is learning the basic skills of serving, backhands, forehands and volleys. This class will use orange compression balls.

TC13211	6/16-6/18	M-W	9:45-10:45 am	\$50	\$62.50	3
TC13212	6/16-6/18	M-W	11:30 am-12:30 pm	\$50	\$62.50	3
TC13213	6/23-6/26	M-Th	9:45-10:45 am	\$67	\$83.75	4
TC13214	6/23-6/26	M-Th	11:30 am-12:30 pm	\$67	\$83.75	4
TC13221	6/30-7/3	M-Th	9:45-10:45 am	\$67	\$83.75	4
TC13222	6/30-7/3	M-Th	11:30 am-12:30 pm	\$67	\$83.75	4
TC13223	7/7-7/10	M-Th	9:45-10:45 am	\$67	\$83.75	4
TC13224	7/7-7/10	M-Th	11:30 am-12:30 pm	\$67	\$83.75	4
TC13231	7/14-7/16	M-W	9:45-10:45 am	\$50	\$62.50	3
TC13232	7/14-7/16	M-W	11:30 am-12:30 pm	\$50	\$62.50	3
TC13233	7/21-7/24	M-Th	9:45-10:45 am	\$67	\$83.75	4
TC13234	7/21-7/24	M-Th	11:30 am-12:30 pm	\$67	\$83.75	4
TC13241	7/28-7/31	M-Th	9:45-10:45 am	\$67	\$83.75	4
TC13242	7/28-7/31	M-Th	11:30 am-12:30 pm	\$67	\$83.75	4
TC13243	8/4-8/7	M-Th	9:45-10:45 am	\$67	\$83.75	4
TC13244	8/4-8/7	M-Th	11:30 am-12:30 pm	\$67	\$83.75	4
TC13251	8/11-8/14	M-Th	9:45-10:45 am	\$67	\$83.75	4
TC13252	8/11-8/14	M-Th	11:30 am-12:30 pm	\$67	\$83.75	4
TC13253	8/18-8/21	M-Th	9:45-10:45 am	\$67	\$83.75	4
TC13254	8/18-8/21	M-Th	11:30 am-12:30 pm	\$67	\$83.75	4



Class #	Dates	Days	Times	ID/AP	OD	Sessions
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### Age 11 to 14 Junior Development 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.

TC13311	6/16-6/18	M-W	11 am-12 pm	\$67	\$83.75	3
TC13312	6/16-6/18	M-W	1:30-2:30 pm	\$67	\$83.75	3
TC13313	6/23-6/26	M-Th	11 am-12 pm	\$90	\$112.50	4
TC13314	6/23-6/26	M-Th	1:30-2:30 pm	\$90	\$112.50	4
TC13321	6/30-7/3	M-Th	11 am-12 pm	\$90	\$112.50	4
TC13322	6/30-7/3	M-Th	1:30-2:30 pm	\$90	\$112.50	4
TC13323	7/7-7/10	M-Th	11 am-12 pm	\$90	\$112.50	4
TC13324	7/7-7/10	M-Th	1:30-2:30 pm	\$90	\$112.50	4
TC13331	7/14-7/16	M-W	11 am-12 pm	\$67	\$83.75	3
TC13332	7/14-7/16	M-W	1:30-2:30 pm	\$67	\$83.75	3
TC13333	7/21-7/24	M-Th	11 am-12 pm	\$90	\$112.50	4
TC13334	7/21-7/24	M-Th	1:30-2:30 pm	\$90	\$112.50	4
TC13341	7/28-7/31	M-Th	11 am-12 pm	\$90	\$112.50	4
TC13342	7/28-7/31	M-Th	1:30-2:30 pm	\$90	\$112.50	4
TC13343	8/4-8/7	M-Th	11 am-12 pm	\$90	\$112.50	4
TC13344	8/4-8/7	M-Th	1:30-2:30 pm	\$90	\$112.50	4
TC13351	8/11-8/14	M-Th	11 am-12 pm	\$90	\$112.50	4
TC13352	8/11-8/14	M-Th	1:30-2:30 pm	\$90	\$112.50	4
TC13353	8/18-8/21	M-Th	11 am-12 pm	\$90	\$112.50	4
TC13354	8/18-8/21	M-Th	1:30-2:30 pm	\$90	\$112.50	4

## OREGON ELITE TENNIS

Oregon Elite Tennis is a high performance junior tennis academy. OET is designed for competitive junior players at the advanced or intermediate level. We help tennis players define and achieve their goals while emphasizing the fundamentals of tennis through footwork, proper stroke technique, strategy, and mental toughness. There are three levels of summer instruction.

- **Level 1: Elite** (Highest and most competitive)
- **Level 2: Advanced / Intermediate Tournament Players**
- **Level 3: Intermediate & Beginning** (For players starting to play competitive tournaments)

All levels are weekly camps running throughout the summer. If interested in participating, please contact [info@oel.tennis](mailto:info@oel.tennis)

Class #	Dates	Days	Times	ID/AP	OD	Sessions
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### Age 11 to 14 Junior Development 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.

TC13511	6/16-6/18	M-W	4:45-6:15 pm	\$101	\$126.25	3
TC13512	6/23-6/26	M-Th	4:45-6:15 pm	\$134	\$167.50	4
TC13521	6/30-7/3	M-Th	4:45-6:15 pm	\$134	\$167.50	4
TC13522	7/7-7/10	M-Th	4:45-6:15 pm	\$134	\$167.50	4
TC13531	7/14-7/16	M-W	4:45-6:15 pm	\$101	\$126.25	3
TC13532	7/21-7/24	M-Th	4:45-6:15 pm	\$134	\$167.50	4
TC13541	7/28-7/31	M-Th	4:45-6:15 pm	\$134	\$167.50	4
TC13542	8/4-8/7	M-Th	4:45-6:15 pm	\$134	\$167.50	4
TC13551	8/11-8/14	M-Th	4:45-6:15 pm	\$134	\$167.50	4
TC13552	8/18-8/21	M-Th	4:45-6:15 pm	\$134	\$167.50	4

### Age 13 to 18 High School Orange Ball Tennis Level 1

Athletic development skills will be practiced to start each class. Player will learn the basic tennis skills: forehand, backhand, serve and volley.

TC15111	6/16-6/18	M-W	5:15-6:15 pm	\$50	\$62.50	3
TC15112	6/23-6/26	M-Th	5:15-6:15 pm	\$67	\$83.75	4
TC15121	6/30-7/3	M-Th	5:15-6:15 pm	\$67	\$83.75	4
TC15122	7/7-7/10	M-Th	5:15-6:15 pm	\$67	\$83.75	4
TC15131	7/14-7/16	M-W	5:15-6:15 pm	\$50	\$62.50	3
TC15132	7/21-7/24	M-Th	5:15-6:15 pm	\$67	\$83.75	4
TC15141	7/28-7/31	M-Th	5:15-6:15 pm	\$67	\$83.75	4
TC15142	8/4-8/7	M-Th	5:15-6:15 pm	\$67	\$83.75	4
TC15151	8/11-8/14	M-Th	5:15-6:15 pm	\$67	\$83.75	4
TC15152	8/18-8/21	M-Th	5:15-6:15 pm	\$67	\$83.75	4

### Age 13 to 18 High School 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.

TC15211	6/16-6/18	M-W	5:15-6:15 pm	\$67	\$83.75	3
TC15212	6/23-6/26	M-Th	5:15-6:15 pm	\$90	\$112.50	4
TC15221	6/30-7/3	M-Th	5:15-6:15 pm	\$90	\$112.50	4
TC15222	7/7-7/10	M-Th	5:15-6:15 pm	\$90	\$112.50	4
TC15231	7/14-7/16	M-W	5:15-6:15 pm	\$67	\$83.75	3
TC15232	7/21-7/24	M-Th	5:15-6:15 pm	\$90	\$112.50	4
TC15241	7/28-7/31	M-Th	5:15-6:15 pm	\$90	\$112.50	4
TC15242	8/4-8/7	M-Th	5:15-6:15 pm	\$90	\$112.50	4
TC15251	8/11-8/14	M-Th	5:15-6:15 pm	\$90	\$112.50	4
TC15252	8/18-8/21	M-Th	5:15-6:15 pm	\$90	\$112.50	4

## THPRD VOLUNTEERS!

Check out and apply for volunteer opportunities at [thprd.org/connect/volunteer](http://thprd.org/connect/volunteer), or contact Volunteer Services at [volunteer@thprd.org](mailto:volunteer@thprd.org), 503-619-3941.

Class #	Dates	Days	Times	ID/AP	OD	Sessions
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### Age 13 to 18 High School Tennis Prep Camp 3+

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.

TC15311	6/16-6/18	M-W	12-2:30 pm	\$168	\$210	3
TC15312	6/23-6/26	M-Th	12-2:30 pm	\$224	\$280	4
TC15321	6/30-7/3	M-Th	12-2:30 pm	\$224	\$280	4
TC15322	7/7-7/10	M-Th	12-2:30 pm	\$224	\$280	4
TC15331	7/14-7/16	M-W	12-2:30 pm	\$168	\$210	3
TC15332	7/21-7/24	M-Th	12-2:30 pm	\$224	\$280	4
TC15341	7/28-7/31	M-Th	12-2:30 pm	\$224	\$280	4
TC15342	8/4-8/7	M-Th	12-2:30 pm	\$224	\$280	4
TC15351	8/11-8/14	M-Th	12-2:30 pm	\$224	\$280	4
TC15352	8/18-8/21	M-Th	12-2:30 pm	\$224	\$280	4



## Special Events at the Tennis Center

- 6/20-6/22**     **Adult 55 Sectionals**
- 7/25-7/27**     **USTA Level 5 Tournament**
- 7/15-7/20**     **Oregon Tennis Championships**
- 8/2-8/3**         **JTT Sectionals**
- 8/8-8/10**        **USTA Adult 18 Sectional Championships**
- 8/22-8/24**      **USTA Adult 40 Sectional Championships**

**Plus, be on the lookout for details on our USTA Level 7 Mini Tournaments for ages 12 to 18 coming this Summer.**



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

## Adult Classes

Class #	Dates	Days	Times	ID/AP	OD	Sessions
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### Adult Tennis Level 1

Introduction to tennis. For beginners and players with no prior class instruction. This class will cover the tennis basics: forehand and backhand groundstrokes, volleys, overheads and serves, along with player court positioning and game scoring.

TC16111	6/16-6/30	M	10:45 am-12 pm	\$54	\$67.50	3
TC16112	6/16-6/30	M	6:15-7:45 pm	\$65	\$81.25	3
TC16121	7/7-7/28	M	10:45 am-12 pm	\$72	\$90	4
TC16122	7/8-7/29	T	6:15-7:45 pm	\$86	\$107.50	4
TC16141	8/4-8/18	M	10:45 am-12 pm	\$54	\$67.50	3
TC16142	8/4-8/18	M	6:15-7:45 pm	\$65	\$81.25	3

### Adult Tennis Level 1.5

This class will continue to develop the skills learned in Level 1. Continued foundation skill development with introduction to approach shots and beginning doubles strategy.

TC16211	6/17-7/1	T	9-10:30 am	\$65	\$81.25	3
TC16212	6/18-7/2	W	9-10:30 am	\$65	\$81.25	3
TC16221	7/7-7/28	M	6:15-7:45 pm	\$86	\$107.50	4
TC16222	7/8-7/29	T	9-10:30 am	\$86	\$107.50	4
TC16223	7/9-7/30	W	9-10:30 am	\$86	\$107.50	4
TC16224	7/9-7/30	W	6:15-7:45 pm	\$86	\$107.50	4
TC16241	8/4-8/18	M	6:15-7:45 pm	\$65	\$81.25	3
TC16242	8/5-8/19	T	9-10:30 am	\$65	\$81.25	3
TC16243	8/6-8/20	W	9-10:30 am	\$65	\$81.25	3



Class #	Dates	Days	Times	ID/AP	OD	Sessions
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### Adult Tennis Training Camp Level 1.5-2

Ready to take your game to the next level? Join us for this 3 day Adult Training Camp. Each day will have a different focus and theme including: Hit with the Pros, Stroking Analysis, and Doubles Strategies. You can register for all 3 days or the specific days as well.

TC16311	6/16-6/18	M-W	6:15-7:45 pm	\$65	\$81.25	3
TC16312	6/23-6/26	M-Th	6:15-7:45 pm	\$86	\$107.50	4
TC16321	6/30-7/3	M-Th	6:15-7:45 pm	\$86	\$107.50	4

### \*Adult Tennis Hit with the Pro Training Clinic 1.5-2 MONDAY ONLY.

TC16311A	6/16	M	6:15-7:45 pm	\$22	\$27.50	1
TC16312A	6/23	M	6:15-7:45 pm	\$22	\$27.50	1
TC16321A	6/30	M	6:15-7:45 pm	\$22	\$27.50	1

### \*Adult Stroking Tennis Analysis Training Clinic 1.5-2 TUESDAY ONLY.

TC16311B	6/17	T	6:15-7:45 pm	\$22	\$27.50	1
TC16312B	6/24	T	6:15-7:45 pm	\$22	\$27.50	1
TC16321B	7/1	T	6:15-7:45 pm	\$22	\$27.50	1

### \*Adult Tennis Doubles Strategy Training Clinic 1.5-2 WEDNESDAY ONLY.

TC16311C	6/18	W	6:15-7:45 pm	\$22	\$27.50	1
TC16312C	6/25	W	6:15-7:45 pm	\$22	\$27.50	1

### \*Adult Tennis Drill & Play Training Clinic 1.5-2 THURSDAY ONLY.

TC16312D	6/26	Th	6:15-7:45 pm	\$22	\$27.50	1
TC16321D	7/3	Th	6:15-7:45 pm	\$22	\$27.50	1

### Cardio Tennis Level 1.5-3

Cardio Tennis is a high-energy fitness activity that combines features of the sport of tennis with cardiovascular exercise, delivering the ultimate, full body, calorie burning aerobic workout.

TC16411	6/26-7/3	Th	10:45-11:45 am	\$37	\$46.25	2
TC16421	7/10-7/31	Th	10:45-11:45 am	\$55	\$68.75	3
TC16441	8/7-8/21	Th	10:45-11:45 am	\$55	\$68.75	3

### Adult Stroking Tennis 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.

TC16511	6/17-7/1	T	6:15-7:45 pm	\$65	\$81.25	3
TC16512	7/7-7/28	M	6:15-7:45 pm	\$86	\$107.50	4
TC16541	8/5-8/19	T	6:15-7:45 pm	\$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.

TC16611	6/16-6/30	M	9-10:30 am	\$82	\$102.50	3
TC16612	6/26-7/3	Th	9-10:30 am	\$55	\$68.75	2
TC16621	7/7-7/28	M	9-10:30 am	\$110	\$137.50	4
TC16622	7/8-7/29	T	6:15-7:45 pm	\$110	\$137.50	4
TC16623	7/10-7/31	Th	9-10:30 am	\$82	\$102.50	3
TC16641	8/4-8/18	M	9-10:30 am	\$82	\$102.50	3
TC16642	8/7-8/21	Th	9-10:30 am	\$82	\$102.50	3

### Adult Tennis Training Camp Level 2-2.5

Ready to take your game to the next level? Join us for this 4 day Adult Training Camp. Each day will have a different focus and theme including Hit with the Pros, Stroking Analysis, Doubles Strategies and Drill & Play. You can register for all 4 days or the specific days as well.

TC16741	8/4-8/7	M/T/W/Th	6:15-7:45 pm	\$110	\$137.50	4
TC16751	8/11-8/14	M/T/W/Th	6:15-7:45 pm	\$110	\$137.50	4
TC16752	8/18-8/21	M/T/W/Th	6:15-7:45 pm	\$110	\$137.50	4

### \*Adult Tennis Hit with the Pro Training Clinic 2-2.5

MONDAY ONLY.

TC16741A	8/4	M	6:15-7:45 pm	\$27	\$33.75	1
TC16751A	8/11	M	6:15-7:45 pm	\$27	\$33.75	1
TC16752A	8/18	M	6:15-7:45 pm	\$27	\$33.75	1

### \*Adult Stroking Tennis Analysis Training Clinic 2-2.5

TUESDAY ONLY.

TC16741B	8/5	T	6:15-7:45 pm	\$27	\$33.75	1
TC16751B	8/12	T	6:15-7:45 pm	\$27	\$33.75	1
TC16752B	8/19	T	6:15-7:45 pm	\$27	\$33.75	1

### \*Adult Tennis Doubles Strategy Training Clinic 2-2.5

WEDNESDAY ONLY.

TC16741C	8/6	W	6:15-7:45 pm	\$27	\$33.75	1
TC16751C	8/13	W	6:15-7:45 pm	\$27	\$33.75	1
TC16752C	8/20	W	6:15-7:45 pm	\$27	\$33.75	1

### \*Adult Tennis Drill & Play Training Clinic 2-2.5

THURSDAY ONLY.

TC16741D	8/7	Th	6:15-7:45 pm	\$27	\$33.75	1
TC16751D	8/14	Th	6:15-7:45 pm	\$27	\$33.75	1
TC16752D	8/21	Th	6:15-7:45 pm	\$27	\$33.75	1

### 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.

TC16811	6/16-6/30	M	6:15-7:45 pm	\$82	\$102.50	3
TC16812	6/17-7/1	T	10:45 am-12 pm	\$72	\$90	3
TC16821	7/8-7/29	T	10:45 am-12 pm	\$96	\$120	4
TC16841	8/5-8/19	T	10:45 am-12 pm	\$72	\$90	3

Class #	Dates	Days	Times	ID/AP	OD	Sessions
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### Adult Drill and Play Levels 2.5 - 3.0

This 90-minute class gives you a 30-minute, fast-paced warmup followed by an hour of organized match play with a pro. The level of play is 2.5-3.

TC17111	6/26-7/3	Th	6:15-7:45 pm	\$55	\$68.75	2
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### Adult Tennis Level 3

This class will further develop the use of topspin and slice groundstrokes and their role in tennis strategy. Development of aggressive play at the net as well as singles and doubles strategies.

TC17211	6/17-7/1	T	6:15-7:45 pm	\$86	\$107.50	3
TC17241	8/5-8/19	T	6:15-7:45 pm	\$86	\$107.50	3

### Adult Tennis Doubles Strategy Level 3+

Join us for this Doubles Strategy class. Coaches will take you through different offensive and defensive doubles strategies with fast-paced drills and game-play.

TC17311	8/7-8/21	Th	6:15-7:45 pm	\$86	\$107.50	3
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### Adult Tennis Doubles Skills and Strategies 3.5+

This class is for Adult NTRP Levels 3.5+ . Join for fast-paced drilling and point play to work on your game and skill development.

TC17511	6/18-7/2	W	10:45 am-12:15 pm	\$86	\$107.50	3
TC17521	7/9-7/30	W	10:45 am-12:15 pm	\$114	\$142.50	4
TC17541	8/6-8/20	W	10:45 am-12:15 pm	\$86	\$107.50	3



**Drills and Conditioning**

Join Coach Scott for a fast-paced hour of drilling and point play. Scott will keep you moving with different doubles drills and raise your heart-rate at the same time.

**NTRP Levels 3.5+:**  
Thursdays  
6:15pm – 7:45pm

**NTRP Levels 4+:**  
Wednesdays  
6:15pm – 7:45pm

*Weekly Hit Groups*

These classes will be released for registration each Wednesday at 5pm, one week prior to the class date.

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>Adult Tennis Training Camp Level 2.5-3</b>						
Ready to take your game to the next level? Join us for this 4 day Adult Training Camp. Each day will have a different focus and theme including Hit with the Pros, Stroking Analysis, Doubles Strategies and Drill & Play. You can register for all 4 days or the specific days as well.						
TC16921	7/7-7/10	M-Th	6:15-7:45 pm	\$110	\$137.50	4
TC16931	7/14-7/16	M-W	6:15-7:45 pm	\$82	\$102.50	3
TC16932	7/21-7/24	M-Th	6:15-7:45 pm	\$110	\$137.50	4
TC16941	7/28-7/31	M-Th	6:15-7:45 pm	\$110	\$137.50	4
<b>*Adult Tennis Hit with the Pro Training Clinic 2.5-3</b>						
<b>MONDAY ONLY.</b>						
TC16921A	7/7	M	6:15-7:45 pm	\$27	\$33.75	1
TC16931A	7/14	M	6:15-7:45 pm	\$27	\$33.75	1
TC16932A	7/21	M	6:15-7:45 pm	\$27	\$33.75	1
TC16941A	7/28	M	6:15-7:45 pm	\$27	\$33.75	1
<b>*Adult Stroking Tennis Analysis Training Clinic 2.5-3</b>						
<b>TUESDAY ONLY.</b>						
TC16921B	7/8	T	6:15-7:45 pm	\$27	\$33.75	1
TC16931B	7/15	T	6:15-7:45 pm	\$27	\$33.75	1
TC16932B	7/22	T	6:15-7:45 pm	\$27	\$33.75	1
TC16941B	7/29	T	6:15-7:45 pm	\$27	\$33.75	1
<b>*Adult Tennis Doubles Strategy Training Clinic 2.5-3</b>						
<b>WEDNESDAY ONLY.</b>						
TC16921C	7/9	W	6:15-7:45 pm	\$27	\$33.75	1
TC16931C	7/16	W	6:15-7:45 pm	\$27	\$33.75	1
TC16932C	7/23	W	6:15-7:45 pm	\$27	\$33.75	1
TC16941C	7/30	W	6:15-7:45 pm	\$27	\$33.75	1
<b>*Adult Tennis Drill &amp; Play Training Clinic 2.5-3</b>						
<b>THURSDAY ONLY.</b>						
TC16921D	7/10	Th	6:15-7:45 pm	\$27	\$33.75	1
TC16932D	7/24	Th	6:15-7:45 pm	\$27	\$33.75	1
TC16941D	7/31	Th	6:15-7:45 pm	\$27	\$33.75	1

Class #	Dates	Days	Times	ID/AP	OD	Sessions
<b>Summer League</b>						
Looking for some competitive play in the summer? Want to meet other players at your level of play? Check out the Tualatin Hills Summer Adult Tennis League! Teams are formed in May. 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. Played at the Tennis Center and the PCC Rock Creek courts -- begins in late June and runs through the end of August.						
If you do not have a team, but are interested in playing, signup for the Summer League interest list:						
3-3.5	TC1SUMGRN					
2.5-3.0	TC1SUMRED					
Contact Katherine Lomartire at <a href="mailto:k.lomartire@thprd.org">k.lomartire@thprd.org</a> with questions.						
Looking for 1.5-2.0 league or 4+ league? Check out the summer social league below.						



**THPRD**

**USTA**  
PACIFIC NORTHWEST

## SUMMER SOCIAL LEAGUE

In partnership with Tualatin Hills Park & Recreation District

### Discover Tennis Your Way!

Discovery League:  
Perfect for players new to the game.

Advanced League:  
For players rated 4.0 and above.



Learn More

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

## Private Lessons (Tennis or Pickleball)

Prefer one-on-one instruction? Improve your skills during a 60-minute private lesson with a Teaching Pro.

**\$65.50 ID / \$87.75 OD per hour**

Lesson times are limited to instructor & court availability.

### 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**

## Pickleball Classes

Class #	Dates	Days	Times	ID/AP	OD	Sessions
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### Pickleball Youth Class (Ages 8 to 12)

Ready to learn how to play pickleball? In this class you will learn the fundamentals, scoring, and everything you need to learn to start playing.

TC19211	7/10-7/31	Th	9-10:30 am	\$65	\$81.25	3
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### Adult Pickleball Camp

Come out for this 3-day Adult Pickleball Camp. If you are new to the game or looking to further your skills come join us for this 9-hour Outdoor camp. Staff will teach foundations along with offensive and defensive strategies to further your game.

TC19311	7/28-8/1	M/W/F	9 am-12 pm	\$129	\$161.25	3
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### Pickleball Level 1

Ready to learn how to play pickleball? In this class you will learn the fundamentals, scoring and everything you need to learn to start playing.

TC19411	6/17-7/1	T	9-10:30 am	\$65	\$81.25	3
TC19421	7/8-7/29	T	9-10:30 am	\$86	\$107.50	4
TC19441	8/5-8/19	T	9-10:30 am	\$65	\$81.25	3

### Pickleball Level 2

Ready to continue advancing your pickleball skills? Join Brian Loomis for Pickleball Level 2 class. This class is for those that have completed our Level 1. Level 2 will build on the skills and concepts from the level 1 class.

TC19511	6/26-7/3	Th	9-10:30 am	\$55	\$68.75	2
TC19541	8/7-8/21	Th	9-10:30 am	\$82	\$102.50	3

### Pickleball Hit with the 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.

TC19611	6/17-7/1	T	10:45 am-12:15 pm	\$82	\$102.50	3
TC19621	7/8-7/29	T	10:45 am-12:15 pm	\$110	\$137.50	4

Class #	Dates	Days	Times	ID/AP	OD	Sessions
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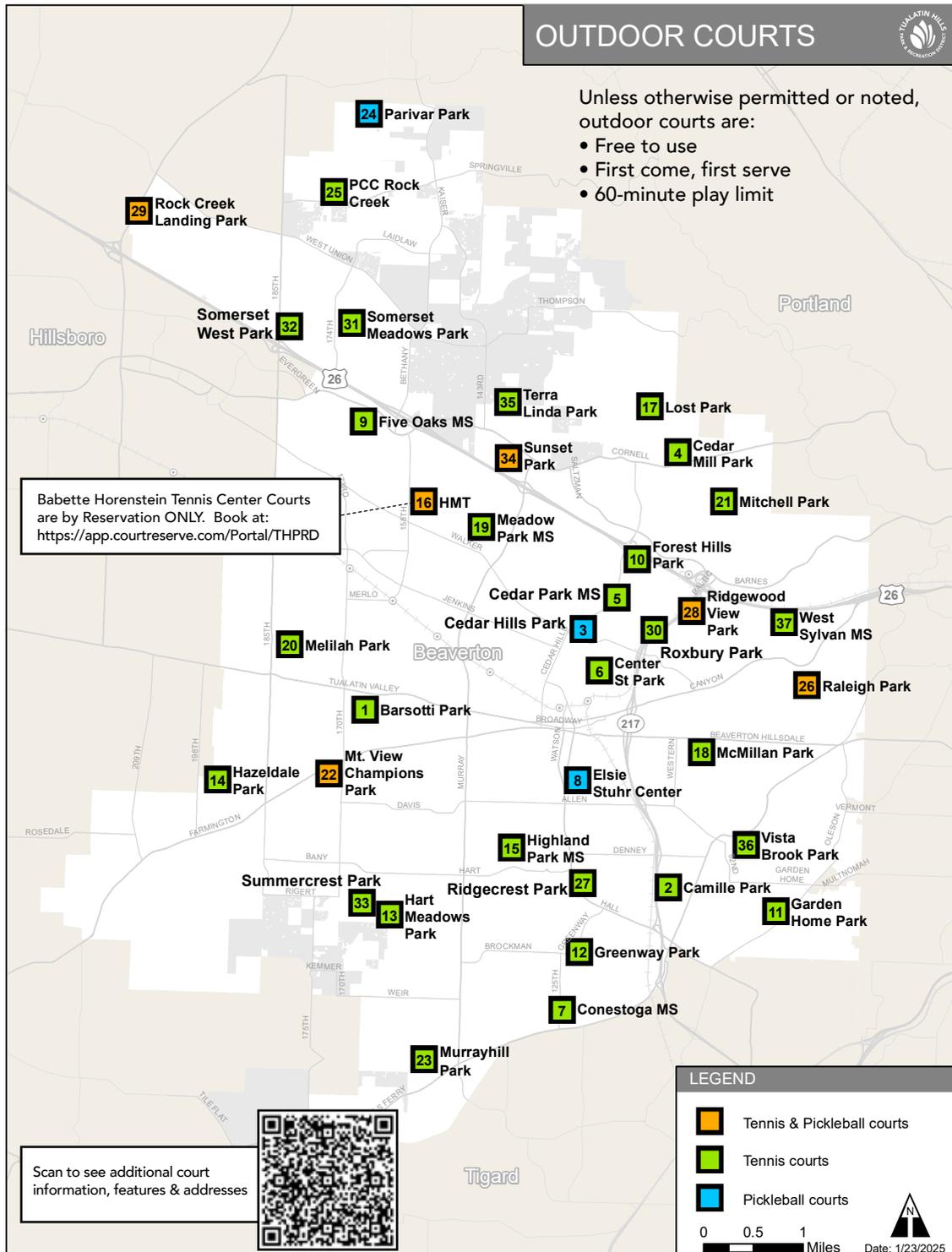
### Pickleball Drill and Play 3.0 +

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 start with a warm-up with organized play with coach Jake with strategy and technical feedback.

TC19711	6/26-7/3	Th	10:45 am-12:15 pm	\$55	\$68.75	2
TC19721	7/10-7/31	Th	10:45 am-12:15 pm	\$110	\$137.50	4
TC19741	8/7-8/21	Th	10:45 am-12:15 pm	\$82	\$102.50	3



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



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# Fitness Opportunities

## FREE Fitness Events

### **Fitness in the Park:**

June 15 – August 23, 2025

Join THPRD Fitness instructors under the sun at your favorite local parks! All ages and fitness levels are welcome, no registration required.

[www.thprd.org/fitness-in-the-park](http://www.thprd.org/fitness-in-the-park)

### **Walk with Me:**

June 18 – August 20, Wednesdays at 9 am

Join a THPRD fitness instructor and enjoy a walk on THPRD trails, parks, and surrounding areas with your friends and family! All levels are welcome. No registration required.

6/18	Rock Creek Trail
6/25	Cedar Mill Creek Trail
7/2	Commonwealth Lake Park
7/9	Hansen Ridge
7/16	Waterhouse Park
7/23	Jenkins Estate
7/30	Greenway Park
8/6	Lowami Hart Woods
8/13	Fanno Creek Trail
8/20	Jackie Husen Park

### **Sweat & Swim:**

Raleigh Swim Center

July 12 • 10-11:30 am

Join THPRD Aqua Aerobics instructors for a lively fitness event in honor of Park & Recreation Month!

### **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  
Tualatin Hills Nature Center  
Raleigh Swim Center

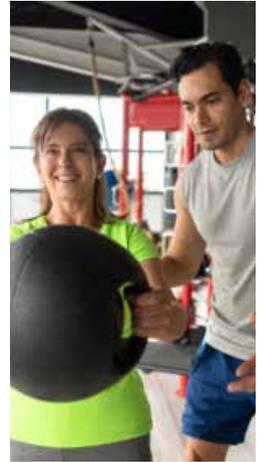
Schedules available online at [thprd.org](http://thprd.org) or in center!

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.

**TRI  
TOGETHER  
PEDAL  
RUN  
DIP**

August 16, 2025 • 9 am-1 pm  
HMT Complex

Please see page 103 for more information.

# Oportunidades de fitness

## Eventos de Fitness GRATUITOS

### Fitness en el parque:

15 de junio - 23 de agosto de 2025

¡Acompañe a los instructores de fitness de THPRD bajo el sol en sus parques locales favoritos! Todas las edades y niveles de condición física son bienvenidos, sin necesidad de inscripción.

[www.thprd.org/fitness-in-the-park](http://www.thprd.org/fitness-in-the-park)

### Camine Conmigo (Walk With Me):

18 de junio - 20 de agosto, miércoles a las 9 am

Acompañe a un instructor de fitness de THPRD y disfrute de un paseo por los senderos, parques y alrededores de THPRD con sus amigos y familiares. Todos los niveles son bienvenidos. Sin necesidad de inscripción.

18 de junio	Rock Creek Trail
25 de junio	Cedar Mill Creek Trail
2 de julio	Commonwealth Lake Park
9 de julio	Hansen Ridge
16 de julio	Waterhouse Park
23 de julio	Jenkins Estate
30 de julio	Greenway Park
6 de agosto	Lowami Hart Woods
13 de agosto	Fanno Creek Trail
20 de agosto	Jackie Husen Park

### Sude y Nade (Sweat & Swim):

Raleigh Swim Center

El 12 de julio • 10-11:30 am

¡Acompañe a los instructores de Aqua Aeróbic de THPRD para un evento de fitness animado en honor al Mes del Parque y la Recreación!

### 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  
Raleigh Swim 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: Centro de recreación Cedar Hills, Centro acuático y de recreación Conestoga, Centro de recreación Garden Home y Centro Elsie Stuhr.



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

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

[thprd.org/activities/personal-training](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+

**TRI  
TOGETHER  
PEDAL  
RUN  
DIP**

16 de agosto de 2025 • 9:00-1:00  
Complejo HMT

Consulte la página 103 para obtener más información.

# Financial Aid

## Financial Aid Program



### To Qualify:

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

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

### What can I use my financial aid funds for?

Funds may be used for sports, swimming, fitness classes, gymnastics, dance, weight rooms, plot fees for the community gardens, affiliated recreational youth sports leagues and more.

### For more information:

**971-384-9138**  
**financialaid@thprd.org**

**CALLING COACHES**

**FOR YEAR-ROUND YOUTH ATHLETIC LEAGUES**

Give back to your community and inspire our youth by creating a positive environment that promotes self-confidence and self-esteem.



#### Athletic Center

Basketball	Winter, Spring, Summer Grades 5-12
Volleyball	Fall, Summer Grades 4-12

#### Cedar Hills Recreation Center

Track & Field	Winter, Spring Grades 6-8
Cross Country	Summer, Fall Grades 6-8

**For more information visit our website**  
[thprd.org/connect/volunteer/ongoing-opportunities](http://thprd.org/connect/volunteer/ongoing-opportunities)

# Programa de Asistencia Financiera

## Programa de Asistencia Financiera



Para calificar:

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

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

### ¿Para qué puedo utilizar mis fondos de asistencia financiera?

Los fondos pueden utilizarse para deportes, natación, clases de fitness, gimnasia, danza, salas de pesas, cuotas de parcela para los jardines comunitarios, ligas deportivas juveniles recreativas afiliadas y mucho más.

Para más información:

**971-384-9138**

[financialaid@thprd.org](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.

Para más información visite la página web  
[thprd.org/connect/volunteer/ongoing-opportunities](http://thprd.org/connect/volunteer/ongoing-opportunities)



#### Centro Deportivo

Baloncesto	Invierno, primavera y verano
	Grados 5 a 12
Voleibol	Otoño y verano
	Grados 4 a 12

#### Cedar Hills Recreation Center

Atletismo	Invierno y primavera
	Grados 6 a 8
Travesio de campo	Verano y otoño
	Grados 6 a 8

# 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 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 coste.

### ¿No vive dentro del distrito?

También podrá participar. Solo siga las instrucciones de arriba. No es necesario su comprobante de domicilio. Hay dos opciones disponibles para los usuarios que viven fuera del área de servicio de THPRD.

1. Pagar una cuota anual o trimestral
2. Pagar una prima de 25 % por clase

Para obtener más información sobre estas opciones, visite nuestra [thprd.org/activities/am-i-in-district](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:

**Summer registration at 8am on Monday, April 14.**

## 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 fee will be charged.

## Cancellations, Discounts and Refunds

### Delays, Closures and Changes

Occasionally centers will be closed or schedules changed or delayed due to special events or makeup classes. We make every effort to announce any change in advance. We strive to provide a clean facility for your enjoyment, and annual closures are required for major repairs and cleaning.

### Full or Canceled Classes

All programs operate with a minimum enrollment requirement and maximum enrollment capacities. The district reserves the right to cancel, change or combine programs. Classes will not be canceled within 72 hours of the start date except in extraordinary circumstances. When the district cancels or postpones a class, the total fee will be credited to the participant's THPRD registration account.

### Waiting Lists

Once a class is filled, a waiting list will be created. Note: Even if an additional class is created, it may not be at the same time or day as the waiting list class.

### Refunds

THPRD's policy is to refund monies collected for services, in a timely manner, whether initiated by the district or the participant.

If a longer refund request period is necessary, it will be noted in the class description and activities guide and on the patron invoice. No credit will be applied to the participant's THPRD registration account with less than the required notice.

For a complete copy of the THPRD cancellation and refund policy, please visit [www.thprd.org](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 two days prior to the reservation for a full refund.

### Discounts

Discounts are available to **in-district** patrons only.

A patron representing multiple protected classes – for example, a 65-year-old military veteran – would not be eligible for multiple discounts.

### Senior and Youth Discounts

A 10% discount is available at all THPRD facilities for **in-district** patrons 65 years and older, except at the Stuhr Center, where a discount is already included in the price. Youth discounts apply to daily admissions and passes (no discounts on classes) to children between the ages of 1 and 17. The youth discount rate is the same as the senior discount rate.

### Military Discount

All **in-district** individuals and their dependents (with government-issued identification/documents) who are currently serving or have served (active duty, National Guard, Reserves, veterans and retirees) in the U.S. military (Army, Navy, Air Force, Marines and Coast Guard) will receive a 10% discount on qualifying programs and services.

### When Discounts Do Not Apply

No discounts are available for non-subsidized district activities. These include but are not limited to private lessons, facility rentals, trips, childcare, concessions, merchandise and special events.

### Passes

Deluxe and general passes are non-refundable and non-transferable. No refunds given for deluxe or general passes.

**Please note:** Gift card purchases are nonrefundable. The only exception is for balances less than \$5. Patrons who qualify for this exception must request the refund.

# 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 no pertenecientes al distrito:**  
Inscripción de verano a las 8:00 a. m. el lunes 14 de abril.

### Directrices para observar la clase

THPRD invita a los padres/tutores a observar las actividades de clase desde el interior del salón de clases/gimnasio el primer y último día del período. De lo contrario, animamos a los padres/tutores a permanecer fuera del salón de clases/gimnasio para lograr el mejor entorno educativo para los niños. Los programas fuera del lugar exigen que uno de los padres/tutor esté presente en todo momento si el pequeño es menor de 10 años. Si tiene alguna pregunta o preocupación con respecto a estas directrices, no dude en hablar con el instructor o con el coordinador del programa. Gracias por su colaboración y comprensión.

### Inclemencias del tiempo

Los programas, clases y actividades que patrocina THPRD pueden retrasarse o cancelarse si las condiciones del clima lo justifican. Para obtener la información más reciente sobre las operaciones del centro recreativo y acuático de THPRD durante las inclemencias del tiempo, llame a nuestra línea directa las 24 horas al 503-614-4018 o visite nuestro sitio web, [www.thprd.org](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.

## 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 dos días antes de la reserva para recibir un reembolso completo.

### Descuentos

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

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

### Descuentos para adultos mayores y jóvenes

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

### Descuento a las fuerzas armadas

Todas las personas **del distrito** y sus dependientes (con identificación/documentos proporcionados por el gobierno) que actualmente están sirviendo o han servido (servicio activo, Guardia Nacional, Reservas, veteranos y jubilados) en las fuerzas armadas de los EE. UU. (Ejército, Armada, Fuerza Aérea, Marines y Guardia Costera) recibirán un 10 % de descuento en los programas y servicios que califiquen.

### Cuando no aplican los descuentos

No aplican los descuentos en las actividades no subvencionadas del distrito. Estas incluyen, entre otros, lecciones privadas, alquiler de centros, viajes, cuidado infantil, concesiones, mercadería y eventos especiales.

### 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.

# Adaptive & Inclusive Recreation

## Recreation Services for People Experiencing Disabilities

### Inclusion Services

Inclusion Services is committed to 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 one to one support is available for patrons experiencing disability in the registered class(es) of their choice. Available at all THPRD sites throughout the district. For more information about Inclusion Services, 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 178 for more information on registration.

**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 background check must be cleared.



**Adaptive and Inclusion Program Specialist: Sofia Nichols**  
**Garden Home Facility Supervisor: Karol Watts**  
For more information on any of these programs, call Inclusion at 503-629-6341 or email [inclusion@thprd.org](mailto:inclusion@thprd.org).

## Programs Facilitated by Adaptive & Inclusive Services:

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

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

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

A recreation program for teens ages 13-20 years of age with developmental disabilities. Bi-monthly programs and off-site activities are offered. On-site programs are located 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.

### Camp Rivendale

A summer day camp providing recreational opportunities for patrons ages 6-20 with disabilities. For more information, email us at [camprivendale@thprd.org](mailto:camprivendale@thprd.org).

### Adaptive Recreation Mobile

THPRD's Adaptive Rec Mobile is a free drop-in program for people of all ages. This inclusive, community-based recreation program provides fun sensory friendly games, crafts, and other activities throughout our community. If you are interested in Adaptive Rec Mobile coming to your facility or events, please inquire at [inclusion@thprd.org](mailto:inclusion@thprd.org).

### 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.

## 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 in engaging in any activity offered at THPRD.

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



# Recreación Adaptada e Inclusiva

## Servicios de Recreación para Personas con Discapacidades

### Servicios de Inclusión

Servicios de Inclusión se compromete a proporcionar un continuo apoyo del personal a niños, 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 los clientes con discapacidad en la(s) clase(s) registrada(s) de su elección. Disponible en todos los centros de THPRD del distrito. Para obtener más información sobre los servicios de inclusión, envíe un correo electrónico 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 179 para obtener más información sobre la inscripción.

**Cuidadores no pertenecientes a THPRD:** THPRD no proporciona cuidados personales. Los cuidadores pueden participar en los programas. Antes de asistir a un programa, se debe enviar el formulario de participación del cuidador a Inclusión y se debe realizar una verificación de antecedentes.



**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).

## Programas Facilitados por Servicios Adaptativos e Inclusivos:

### Clases de Recreación Terapéutica para Adultos los Lunes por la Noche (TR)

Un programa de recreación para clientes de 16 años o más con discapacidades del desarrollo. Se ofrecen eventos semanales y actividades fuera del sitio 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. Se ofrecen programas bimensuales y actividades fuera del sitio. Los programas en el sitio se llevan a cabo en Elsie Stuhr Center, 5550 SW Hall Blvd, Beaverton, OR 97005.

### Baloncesto estelar sin cita 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 encuentros se llevan a cabo en THPRD Athletic Center, 15707 Walker Rd., Beaverton, OR 97006.

### Baloncesto sin cita previa en silla de ruedas los jueves por la noche

Programa semanal sin cita 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.

### Campamento Rivendale

Campamento de verano durante el día que ofrece oportunidades recreativas para clientes con discapacidades de 6 a 20 años. Para obtener más información, envíenos un correo electrónico a [camprivendale@thprd.org](mailto:camprivendale@thprd.org).

### Recreación adaptativa móvil

Adaptive Rec Mobile de THPRD es un programa gratuito sin cita previa para personas de todas las edades. Este programa de recreación inclusivo y basado en la comunidad ofrece juegos divertidos y sensorialmente amigables, manualidades y otras actividades en toda nuestra comunidad. Si está interesado en que Adaptive Rec Mobile acuda a sus instalaciones o eventos, solicite información en [inclusion@thprd.org](mailto:inclusion@thprd.org).

### Recreación adaptativa móvil para jardinería los viernes

Un programa de jardinería gratuito y sin cita 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.

## 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)





**Mission Statement**

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

**Vision Statement**

We will enhance healthy and active lifestyles while connecting more people to nature, parks, and programs. We will do this through stewardship of public resources and by providing programs/spaces to fulfill unmet needs.

**Equity & Inclusion Statement**

We acknowledge that all U.S. government agencies have roots stemming from systemic racism and oppression, including THPRD.

We seek to hold ourselves accountable for our role in perpetuating these systems and are committed to taking action to create meaningful change.

We aspire to bring people together, to be a welcoming and inclusive park & recreation district, and to live our values of advancing social and racial equity.

## Board of Directors



**Felicita Monteblanco**  
Director



**Alfredo Moreno**  
President  
Director



**Barbie Minor**  
Secretary  
Director



**Miles Palacios**  
Director



**Tya Ping**  
Secretary Pro-Tempore  
Director

### Management Team

Doug Menke, General Manager  
Aisha Panas, Deputy General Manager  
Jessica Collins, Executive Assistant

Jared Isaksen, Finance Services Director/ CFO  
Julie Rocha, Sports & Inclusion Director  
Sabrina Taylor Schmitt, Recreation & Aquatic Director  
Holly Thompson, Communications Director





### Declaración de objetivos

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

### Declaración de la visión

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

### Declaración de equidad e inclusión

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

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

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

## Junta Directiva



**Felicita Monteblanco**  
Directora



**Alfredo Moreno**  
Presidente Director



**Barbie Minor**  
Directora Secretaria



**Miles Palacios**  
Director



**Tya Ping**  
Presidenta Secretaria Pro-Tempore

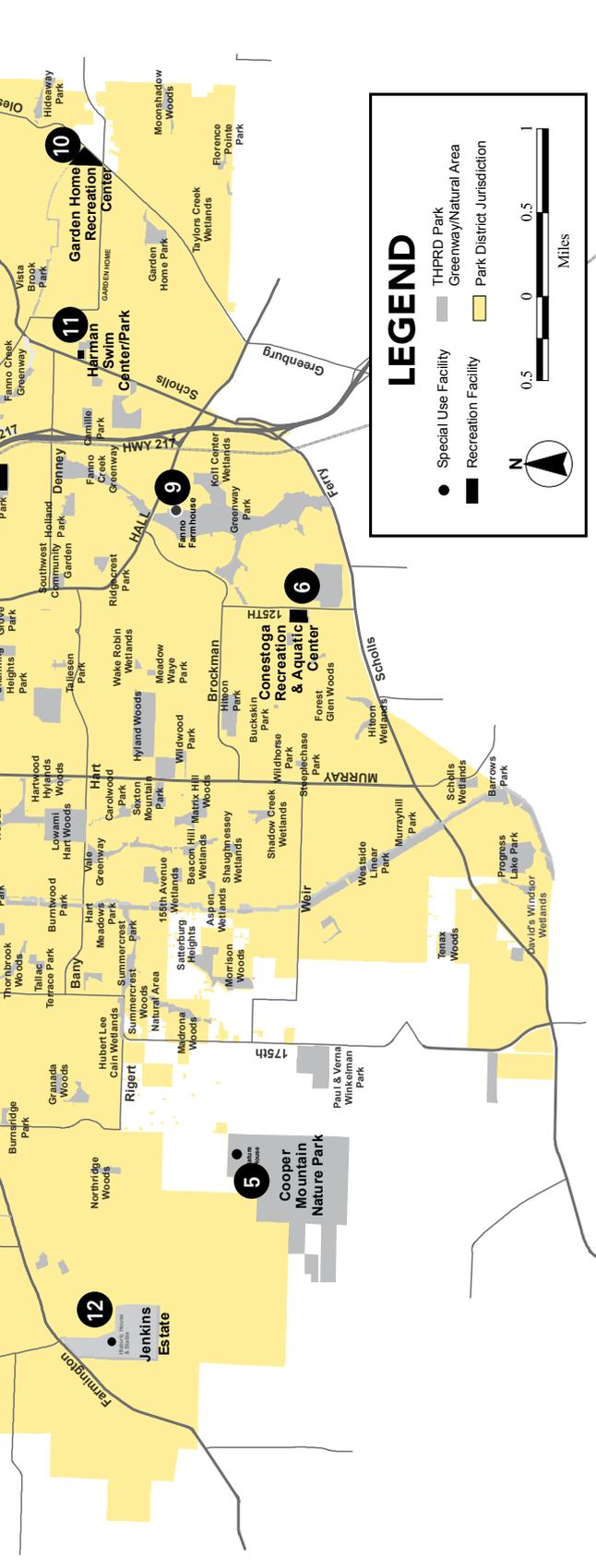
### Equipo de Supervisores

Doug Menke, Director General  
Aisha Panas, Subdirectora General  
Jessica Collins, Asistente Ejecutiva

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







Map Facility.....	Page.....	Map Facility.....	Page.....	Map Facility.....	Page.....
<b>1</b> Howard M. Terpenning (HMT) Recreation Complex 15707 SW Walker Road Beaverton, 97006 TriMet #59, 67 Administration Office 503-645-6433	154	<b>6</b> Conestoga Recreation & Aquatic Center ..... 9985 SW 125th Avenue Beaverton, 97008 503-629-6313 TriMet #62, 92	55, 88	<b>13</b> Tualatin Hills Nature Park & Nature Center ... 15655 SW Millikan Way Beaverton, 97003 503-629-6350 TriMet MAX Blue Line	128, 129
<b>2</b> Aloha Swim Center ..... 18650 SW Kinnaman Road Aloha, 97078 503-629-6311 TriMet #52, 57, 88	39	<b>7</b> Elsie Stuhr Center ..... 5550 SW Hall Blvd. Beaverton, 97005 503-629-6342 TriMet #76, 78, 88	106	<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	43	<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	70	<b>9</b> Fanno Farmhouse 8405 SW Creekside Place Beaverton, 97005 503-629-6313 TriMet #76, 78	117	<b>16</b> Somerset West Swim Center (summer only) 18300 NW Parkview Blvd. Portland, 97229 503-645-1413 TriMet #52, 89	52
<b>5</b> Cooper Mountain Nature Park ..... 18892 SW Kemmer Road Beaverton, 97007 503-629-6350	128	<b>10</b> Garden Home Recreation Center ..... 7475 SW Oleson Road Portland, 97223 503-629-6341 TriMet #45	48	<b>17</b> Sunset Swim Center ..... 13707 NW Science Park Drive Portland, 97229 503-629-6315 TriMet #48, 62	62
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# Summer 2025 - Events Calendar

Day	Event Name	Time	Location
<b>June</b>			
13	Pride Party	6-9 pm	Garden Home Recreation Center
15	Sunset's Summer Kick Off	1-4 pm	Sunset Swim Center
15	EID ul-Adha Event	4-8 pm	Cedar Hills Park
20	§Summer @ Pool - Bluey and Friends Theme Night	6-8:30 pm	Conestoga Recreation & Aquatic Center
25	§Hot Dog Wednesday	5-7 pm	Cedar Hills Recreation Center
26	Summer Kick-off Event [concert/activities] Beaverton Safe Routes to School Bike Rodeo	6:30-8:30 pm	Mt. View Champions Park
29	*Beaverton PRIDE (THPRD Activity Booth)		City Park
<b>July</b>			
4	4th of July Celebration & Concert	11 am-2 pm	Veterans Memorial Park
10	§Summer Splash Day	4-7 pm	Arnold Park
10	Twilight Track Meet	5:30-7:30 pm	Aloha High School Track
11	§Wipeout	6-8:30 pm	Conestoga Recreation & Aquatic Center
12	Pump it up with Pride	9:30-11 am	Cedar Hills Recreation Center
12	Pride in the Park	10 am-12 pm	Cedar Hills Recreation Center
12	Sweat & Swim	10-11:30 am	Raleigh Swim Center
16	§Hot Dog Wednesday	5-7 pm	Cedar Hills Recreation Center
17	Concert in the Park	6:30-8 pm	Timberland Park
17	Twilight Track Meet	5:30-7:30 pm	Aloha High School Track
18	§Summer @ Pool - Swifty Eras Tour Theme Night	6-8:30 pm	Conestoga Recreation & Aquatic Center
19	Mermaid Tea Party	11 am-1 pm & 3-5 pm	Harman Swim Center
22	Enchanted Family Day	10 am-12 pm	Roxbury Park
24	Twilight Track Meet	5:30-7:30 pm	Aloha High School Track
26	Beaverton Band & Stages Performing Arts Youth Academy Concert in the Park	5-7 pm	Autumn Ridge Park
31	Twilight Track Meet	5:30-7:30 pm	Aloha High School Track
<b>August</b>			
2	Big Truck Day (9 am Silent start)	9:30 am-1 pm	Conestoga Recreation & Aquatic Center
5	*National Night Out (Beaverton Police Department)	5 pm	Schiffler Park
6	Theater in the Park	6:30 pm	Raleigh Park
8	§Wipeout	6-8:30 pm	Conestoga Recreation & Aquatic Center
9	Skates in the Park – all wheels welcome!	5-7:30 pm	see <a href="http://www.thprd.com/events">www.thprd.com/events</a> for location
13	§Hot Dog Wednesday	5-7 pm	Cedar Hills Recreation Center
14	Concert in the Park	6:30-8 pm	Camille Park
15	§Summer @ Pool - Pool Party	6-8:30 pm	Conestoga Recreation & Aquatic Center
16	§Tri Together Pedal • Run • Dip	9 am	HMT Complex
20	§Summer Splash Day	4-7 pm	Schiffler Park
22	Poolside Pride: Summer	6-8 pm	Harman Swim Center
24	Canine Community Carnival	9 am-12 pm	Garden Home Recreation Center
28	Enchanted Family Day	10 am-12 pm	Pio Pio Park

\*This event is not hosted by THPRD.

§Small admission fee.

# T H P R D Welcomes you!



**TUALATIN HILLS**  
PARK & RECREATION DISTRICT