

# Tualatin Hills Athletic Center



TUALATIN HILLS  
PARK & RECREATION DISTRICT

**Tualatin Hills Athletic Center  
HMT Recreation Complex  
15707 SW Walker Road  
Beaverton, 97006  
503-629-6330**

TriMet Routes #59, #67

Facility Supervisor: Julie Rocha

Fall Term: Sept. 5-Dec. 31, 2017

### Center Hours:

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

Facility Closed: 11/23, 12/2

Holiday Schedule: 11/24, 11/26, 12/24,  
12/26

### Athletic Center Features:

- Indoor Track
- Basketball Courts
- Outdoor Fields

## Inclusion Services

THPRD promotes the power of choice to enhance the quality of life for individuals of all abilities. We do this by providing diverse, accessible recreation in an environment that promotes dignity, success and fun. Through inclusion services, the district may provide reasonable staff support for those who prefer other THPRD programs and/or activities.

To request inclusion services, please call 503-629-6330 or email [inclusion@thprd.org](mailto:inclusion@thprd.org).

## Facility Rentals

Athletic Center courts are available for rental on a limited basis. For details, please call Kyle Kotchik at 503-629-6330.



thprdAthletics



## 5th-8th Grade Winter Basketball Program

The goal of the Tualatin Hills Park & Recreation District youth program is to put the needs of the children first in focusing on their overall physical and emotional development. The purpose is to provide an opportunity for the 6th through 8th grade girls and boys to build fundamental basketball skills and to emphasize the importance of teamwork and sportsmanship. The program is open to participants residing within the THPRD and/or Beaverton School District #48 and Lenox School boundaries.

### Registration begins Sept. 8

Cost: \$123 ID/AP, \$166.25 OD

Cost includes:

- Pre-season practices
- Games
- Game jersey
- 1 ticket to a Blazers game

Games begin in January



## Drop-in Sports

**Badminton, basketball, table tennis, volleyball, pickleball**

Due to heavy demands on gym space, the drop-in schedule varies by week. Schedules are available on the website, or call the Athletic Center.

**Photo ID required.**

### Indoor Walking/Jogging Track (1/6 mile)

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



## Drop-in Sports Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Basketball	11:30-2:30 pm Adult	11:30-2:30 pm Adult	11:30-2:30 pm Adult	11:30-2:30 pm Adult	11:30-2:30 pm Adult	Call for times	Call for times
	2:30-5 pm Family/Teen	2:30-5 pm Family/Teen	2:30-5 pm Family/Teen	2:30-5 pm Family/Teen	2:30-5 pm Family/Teen	Call for times	Call for times
					7-9:45 pm Teen	7-9:45 pm Adult	7-9:45 pm Adult
Badminton	6-8:30 am	6-9 am	6-9 am	6-9 am	6-9 am	Call for times Adult	Call for times Adult
Pickleball		8:30 am-12:30 pm		8:30 am-12:30 pm	8:30 am-12:30 pm	Call for times Adult	Call for times Adult
Volleyball						7-9:45 pm 16+	7-9:45 pm Adult
Table Tennis						Call for times	

All times and days subject to change weekly.

See page 5 for shower and dressing room information.

## Thursday Night All-stars

**This is a recreation and socialization program for teens and adults (ages 13+) with developmental disabilities to play pickup games of basketball.**

**When:** Thursdays, 6:15-7:45 pm (times subject to change)

**Cost:** \$5 each time or 5-punch passes available for \$25

**Location:** THPRD Athletic Center - 15707 SW Walker Road, Beaverton (some Thursdays not available)

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

- ◆ Completed medical/emergency information form
- ◆ Sign up before attending if you are a new participant

◆ Those requiring 1:1 assistance must bring an aide who is required to stay for the entire duration of the activity at the Athletic Center.

**For more information, contact Emily Braman at 503-629-6330.**

We are so much more than just recreation! THPRD classes teach many skills, including self-confidence, cooperation, motivation, active listening, discipline, team-building, effective communication, problem-solving and decision making. Empowerment, ability and positive attitude are celebrated.

### Arts & Crafts - Preschool/Youth

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
<b>Crazy Creations</b> Come experience the joys of arts and crafts as we explore the many ways we express ourselves through drawing, painting, mixed media and more. No class 11/23.				
9/12-10/31 (8) Rm 101	T	11:30 am-12:15 pm ID/AP: \$53	4-6 yrs OD: \$66.25	AC24100
11/7-12/19 (7) Rm 101	T	11:30 am-12:15 pm ID/AP: \$46	4-6 yrs OD: \$57.50	AC24100B
9/12-10/31 (8) Rm 101	T	5:15-6 pm ID/AP: \$53	4-6 yrs OD: \$66.25	AC24109
11/7-12/19 (7) Rm 101	T	5:15-6 pm ID/AP: \$46	4-6 yrs OD: \$57.50	AC24109B
9/14-11/2 (8) Rm 101	Th	11:30 am-12:15 pm ID/AP: \$53	4-6 yrs OD: \$66.25	AC24100A
11/9-12/21 (6) Rm 101	Th	11:30 am-12:15 pm ID/AP: \$40	4-6 yrs OD: \$50	AC24100C
9/14-11/2 (8) Rm 101	Th	5:15-6 pm ID/AP: \$53	4-6 yrs OD: \$66.25	AC24109A
11/9-12/21 (6) Rm 101	Th	5:15-6 pm ID/AP: \$40	4-6 yrs OD: \$50	AC24109C

### Dynamic Drawing

Come learn the basics of art as we explore various methods and materials! Drawing, watercolor, shape and animals are a few of the things you'll be learning about in this class. No experience needed. No class 11/23.

9/12-10/31 (8) Rm 101	T	6:15-7 pm ID/AP: \$53	6-12 yrs OD: \$66.25	AC24110
11/7-12/19 (7) Rm 101	T	6:15-7 pm ID/AP: \$46	6-12 yrs OD: \$57.50	AC24111
9/12-10/31 (8) Rm 101	T	7:15-8 pm ID/AP: \$53	6-12 yrs OD: \$66.25	AC24112
11/7-12/19 (7) Rm 101	T	7:15-8 pm ID/AP: \$46	6-12 yrs OD: \$57.50	AC24113
9/14-11/2 (8) Rm 101	Th	6:15-7 pm ID/AP: \$53	6-12 yrs OD: \$66.25	AC24110A
11/9-12/21 (6) Rm 101	Th	6:15-7 pm ID/AP: \$40	6-12 yrs OD: \$50	AC24111A
9/14-11/2 (8) Rm 101	Th	7:15-8 pm ID/AP: \$53	6-12 yrs OD: \$66.25	AC24112A
11/9-12/21 (6) Rm 101	Th	7:15-8 pm ID/AP: \$40	6-12 yrs OD: \$50	AC24113A

### Engaging Art

Hands-on, tactile art exploration will encourage your child's creativity. Your child can stretch his or her imagination through open-ended projects, while working with a variety of art media. No class 11/24.

9/15-11/3 (8) Rm 101	F	10:30-11:15 am ID/AP: \$57	3-5 yrs OD: \$71.25	AC25113
11/10-12/22 (6) Rm 101	F	10:30-11:15 am ID/AP: \$43	3-5 yrs OD: \$53.75	AC25114

### Arts & Crafts - Preschool/Youth

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
<b>Messy Little Fingers</b> In this class your child will develop sensory-motor skills and hand-eye coordination, and learn shapes, colors and social skills that will help your child grow and thrive. Parent participation required. No class 11/24.				
9/12-10/31 (8) Rm 101	T	9:15-10 am ID/AP: \$53	1½-3 yrs OD: \$66.25	AC24101
11/7-12/19 (7) Rm 101	T	9:15-10 am ID/AP: \$46	1½-3 yrs OD: \$57.50	AC24102
9/12-10/31 (8) Rm 101	T	10:15-11 am ID/AP: \$53	2-4 yrs OD: \$66.25	AC24103
11/7-12/19 (7) Rm 101	T	10:15-11 am ID/AP: \$46	2-4 yrs OD: \$57.50	AC24104
9/14-11/2 (8) Rm 101	Th	9:15-10 am ID/AP: \$53	1½-3 yrs OD: \$66.25	AC24105
11/9-12/21 (6) Rm 101	Th	9:15-10 am ID/AP: \$40	1½-3 yrs OD: \$57.50	AC24106
9/14-11/2 (8) Rm 101	Th	10:15-11 am ID/AP: \$53	2-4 yrs OD: \$66.25	AC24107
11/9-12/21 (6) Rm 101	Th	10:15-11 am ID/AP: \$40	2-4 yrs OD: \$50	AC24108

### General Interest - Preschool

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
<b>Bright Minds - Preschool Prep</b> Give your preschooler a head start. This class introduces letters, numbers, weather, the calendar and seasons. Lessons incorporate individual and group activities, encouraging both independent and cooperative learning. No class 11/25.				
9/15-11/3 (8) Rm 101	F	9:15-10 am ID/AP: \$57	3-5 yrs OD: \$71.25	AC25111
11/10-12/22 (6) Rm 101	F	9:15-10 am ID/AP: \$43	3-5 yrs OD: \$53.75	AC25112

### Fun with Communication

This class will provide team building activities that encourage children to effectively utilize their speech and language skills.

9/11-10/30 (8) Rm 101	M	11:15 am-12:05 pm ID/AP: \$54	3-6 yrs OD: \$67.50	AC25115
11/6-12/18 (7) Rm 101	M	11:15 am-12:05 pm ID/AP: \$47	3-6 yrs OD: \$58.75	AC25116
9/13-11/1 (8) Rm 101	W	11:15 am-12:05 pm ID/AP: \$54	3-6 yrs OD: \$67.50	AC25117
11/8-12/20 (7) Rm 101	W	11:15 am-12:05 pm ID/AP: \$47	3-6 yrs OD: \$58.75	AC25118



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## General Interest - Preschool

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
<b>Learning Letters, Sounds &amp; Math Through Music and Games, Level 1</b>				
Get your child ready for success in kindergarten. This course encourages children to learn to read and understand basic math concepts through music, hands-on activities and games. Teacher provides at-home course material.				
9/11-10/23 (8) Rm 101	M	9:15-10:05 am ID/AP: \$54	3-4 yrs OD: \$67.50	AC25101
11/6-12/18 (7) Rm 101	M	9:15-10:05 am ID/AP: \$47	3-6 yrs OD: \$58.75	AC25102
9/11-10/23 (8) Rm 101	M	10:15-11:05 am ID/AP: \$54	4-5 yrs OD: \$67.50	AC25103
11/6-12/18 (7) Rm 101	M	10:15-11:05 am ID/AP: \$47	3-6 yrs OD: \$58.75	AC25104
9/13-10/25 (8) Rm 101	W	9:15-10:05 am ID/AP: \$54	3-4 yrs OD: \$67.50	AC25105
11/8-12/20 (7) Rm 101	W	9:15-10:05 am ID/AP: \$47	3-6 yrs OD: \$58.75	AC25106

### Learning Letters, Sounds & Math Through Music and Games, Level 2

Continue to empower your child with math, reading and life skills. In reading we will emphasize reading comprehension, and in math we will explore problem-solving skills using sequencing, measuring, organizing and computing. **Completion of one session of Level 1 required.**

9/13-10/25 (8) Rm 101	W	10:15-11:05 am ID/AP: \$54	3-4 yrs OD: \$67.50	AC25107
11/8-12/20 (7) Rm 101	W	10:15-11:05 am ID/AP: \$47	4-6 yrs OD: \$58.75	AC25108

### Mini Movers

This class blends music, movement and games. Each week will have a different theme to spark imagination through movement while focusing on listening, taking turns and building confidence. **Parent participation required.**

9/11-10/30 (8) Ct 1	M	10:15-10:45 am ID/AP: \$38	2-4 yrs OD: \$47.50	AC25119
11/6-12/18 (7) Ct 1	M	10:15-10:45 am ID/AP: \$34	2-4 yrs OD: \$42.50	AC25120

### Movement Maniacs

Focus on getting fit using movement, music and games. A great class to build confidence and creativity while working on listening skills, group participation and following directions.

9/13-11/1 (8) Ct 1	W	1:45-2:15 pm ID/AP: \$36	3-6 yrs OD: \$45	AC22105
11/8-12/20 (7) Ct 1	W	1:45-2:15 pm ID/AP: \$31	3-6 yrs OD: \$38.75	AC22106

### Movers and Shakers

Shake your shakers, tap your sticks, and move your body in this fast paced music class. This is an active and fun way to explore learning through movement using a variety of music and instruments.

9/11-10/30 (8) Ct 1	M	1:45-2:15 pm ID/AP: \$36	3-6 yrs OD: \$45	AC22103
11/6-12/18 (7) Ct 1	M	1:45-2:15 pm ID/AP: \$31	3-6 yrs OD: \$38.75	AC22104

## General Interest - Preschool

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
<b>Munchkin Music &amp; More</b>				
Sing, dance and have fun while music gently leads your child to discover movement. Help develop strength, coordination and balance in this class. <b>Parent participation required. No class 11/24.</b>				
9/12-10/31 (8) Ct 1	T	11-11:30 am ID/AP: \$36	2-4 yrs OD: \$45	AC22109
11/7-12/19 (7) Ct 1	T	11-11:30 am ID/AP: \$31	2-4 yrs OD: \$38.75	AC22110
9/13-11/1 (8) Ct 1	W	9:30-10 am ID/AP: \$36	2-4 yrs OD: \$45	AC22111
11/8-12/20 (7) Ct 1	W	9:30-10 am ID/AP: \$31	2-4 yrs OD: \$38.75	AC22112
9/14-11/2 (8) Ct 1	Th	11-11:30 am ID/AP: \$36	2-4 yrs OD: \$45	AC22113
11/9-12/21 (6) Ct 1	Th	11-11:30 am ID/AP: \$27	2-4 yrs OD: \$33.75	AC22114

### Tiny Jumpers

With the use of trampolines, music and games, your tiny tot can work on large motor skills through jumping, balancing and tumbling. By building strength, balance and coordination, you will see your child's self-esteem and confidence grow. **Parent participation required. No class 11/25.**

9/12-10/31 (8) Ct 1	T	8:45-9:15 am ID/AP: \$38	1½-3 yrs OD: \$47.50	AC25121
11/7-12/19 (7) Ct 1	T	8:45-9:15 am ID/AP: \$34	1½-3 yrs OD: \$42.50	AC25122
9/12-10/31 (8) Ct 1	T	10:15-10:45 am ID/AP: \$38	1½-3 yrs OD: \$47.50	AC25123
11/7-12/19 (7) Ct 1	T	10:15-10:45 am ID/AP: \$34	1½-3 yrs OD: \$42.50	AC25124
9/15-11/3 (8) Ct 1	F	8:45-9:15 am ID/AP: \$38	1½-3 yrs OD: \$47.50	AC25125
11/10-12/22 (6) Ct 1	F	8:45-9:15 am ID/AP: \$29	1½-3 yrs OD: \$36.25	AC25126
9/15-11/3 (8) Ct 1	F	9:30-10 am ID/AP: \$38	1½-3 yrs OD: \$47.50	AC25127
11/10-12/22 (6) Ct 1	F	9:30-10 am ID/AP: \$38	1½-3 yrs OD: \$47.50	AC25128

### Tots in Tow

Parent and child will have fun together learning creative movement activities, including musical games, parachute games and more in a playful environment! Your child will learn better balance, coordination and flexibility while gaining confidence. **Parent participation required. No class 11/24.**

9/11-10/30 (8) Ct 1	M	9:30-10 am ID/AP: \$36	1½-2½ yrs OD: \$45	AC23117
11/6-12/18 (7) Ct 1	M	9:30-10 am ID/AP: \$31	1½-3½ yrs OD: \$38.75	AC23118
9/14-11/2 (8) Ct 1	Th	10:15-10:45 am ID/AP: \$36	1½-2½ yrs OD: \$45	AC23119
11/9-12/21 (6) Ct 1	Th	10:15-10:45 am ID/AP: \$27	1½-3½ yrs OD: \$33.75	AC23120

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

## Sports & Fitness - Preschool

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



A sports-based program designed for children with special needs and disabilities that provides the basics for participation in sports. Kids play to their own level while developing important socialization skills and learning about peer unity through team play.

9/9-10/28 (8) Ct 1	S	9-10 am ID/AP: \$78	3-5 yrs OD: \$97.50	AC22701
11/4-12/16 (8) Ct 1	S	9-10 am ID/AP: \$78	3-5 yrs OD: \$97.50	AC22703

### Diamond Dreams



Get ready for T-Ball by learning basic skills: throwing, catching, hitting off a tee, base running and more in a fun environment. Your child will learn to love the sport along with learning sportsmanship, cooperation, self-confidence and more. **Glove optional. No class 11/25.**

9/15-11/3 (8) Ct 2	F	11:45 am-12:15 pm ID/AP: \$36	3-6 yrs OD: \$45	AC22101
11/10-12/22 (6) Ct 2	F	11:45 am-12:15 pm ID/AP: \$27	3-6 yrs OD: \$33.75	AC22102

### Fitness Fun for Girls

This fitness class for girls will introduce basketball, baseball, soccer, track, tumbling and more while mixed with team-building activities and fitness music. They will learn a variety of ways to stay active, while building confidence, character and body strength. **No class 11/24.**

9/14-11/2 (8) Ct 1	Th	1:45-2:15 pm ID/AP: \$36	3-6 yrs OD: \$45	AC22200
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### Munchkin Sportz Center

Introduce your child to a variety of sports each week. Instructor will assist you in the fundamentals of each sport, from baseball to soccer and beyond. Your child will learn cooperation and teamwork and build their self-esteem. **Parent participation required. No class 11/24, 11/25.**

9/11-10/30 (8) Ct 2	M	11:45 am-12:15 pm ID/AP: \$36	2-3 yrs OD: \$45	AC22189
11/6-12/18 (7) Ct 2	M	11:45 am-12:15 pm ID/AP: \$31	2-3 yrs OD: \$38.75	AC22190
9/13-11/1 (8) Ct 1	W	10:15-10:45 am ID/AP: \$36	2-3 yrs OD: \$45	AC22191
11/8-12/20 (7) Ct 1	W	10:15-10:45 am ID/AP: \$31	2-3 yrs OD: \$38.75	AC22192
9/13-11/1 (8) Ct 2	W	11-11:30 am ID/AP: \$36	2-3 yrs OD: \$45	AC22193
11/8-12/20 (7) Ct 2	W	11-11:30 am ID/AP: \$31	2-3 yrs OD: \$38.75	AC22194
9/14-11/2 (8) Ct 2	Th	9:30-10 am ID/AP: \$36	2-3 yrs OD: \$45	AC22195
11/9-12/21 (6) Ct 2	Th	9:30-10 am ID/AP: \$26	2-3 yrs OD: \$32.50	AC22196
9/15-11/3 (8) Ct 1	F	3:50-6:20 pm ID/AP: \$36	2-3 yrs OD: \$45	AC22197
11/10-12/22 (6) Ct 1	F	5:50-6:20 pm ID/AP: \$27	2-3 yrs OD: \$33.75	AC22198

## Sports & Fitness - Preschool

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
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### Music, Rhythm, & Hip Hop

A variety of music will be used to make it easy and fun to follow along with the beat and rhythm of a song. Your child will improve their confidence and self-esteem as they move to the rhythm and beat.

9/12-10/31 (8) Ct 1	T	1:45-2:15 pm ID/AP: \$36	3-6 yrs OD: \$45	AC22107
11/7-12/19 (7) Ct 1	T	1:45-2:15 pm ID/AP: \$31	3-6 yrs OD: \$38.75	AC22108

### Pee Wee Cheerleading

Your child will enjoy learning how to do cheers, dance, jump and use pom poms through a variety of games, activities and songs. Cheering instills confidence and encourages involvement. **No class 11/24.**

11/9-12/21 (6) Ct 1	Th	1:45-2:15 pm ID/AP: \$27	3½-6 yrs OD: \$33.75	AC22199
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### Pee Wee Hoops

Start your child off learning the basics of basketball and building their confidence in a fun environment. Learn to catch, pass, dribble and shoot a basketball. Emphasizes positive attitude, fair play and fun. **No class 11/24, 11/25.**

9/11-10/30 (8) Ct 2	M	11-11:30 am ID/AP: \$36	3-6 yrs OD: \$45	AC22121
11/6-12/18 (7) Ct 2	M	11-11:30 am ID/AP: \$31	3-6 yrs OD: \$38.75	AC22122
9/11-10/30 (8) Ct 2	M	3:30-4 pm ID/AP: \$36	3-6 yrs OD: \$45	AC22123
11/6-12/18 (7) Ct 2	M	3:30-4 pm ID/AP: \$31	3-6 yrs OD: \$38.75	AC22124
9/11-10/30 (8) Ct 1	M	4:45-5:15 pm ID/AP: \$36	3-6 yrs OD: \$45	AC22125
11/6-12/18 (7) Ct 1	M	4:45-5:15 pm ID/AP: \$31	3-6 yrs OD: \$38.75	AC22126
9/11-10/30 (8) Ct 2	M	6-6:30 pm ID/AP: \$36	3-6 yrs OD: \$45	AC22127
11/6-12/18 (7) Ct 2	M	6-6:30 pm ID/AP: \$31	3-6 yrs OD: \$38.75	AC22128
9/12-10/31 (8) Ct 2	T	9:30-10 am ID/AP: \$36	3-6 yrs OD: \$45	AC22129
11/7-12/19 (7) Ct 2	T	9:30-10 am ID/AP: \$31	3-6 yrs OD: \$38.75	AC22130
9/12-10/31 (8) Ct 2	T	11:45 am-12:15 pm ID/AP: \$36	3-6 yrs OD: \$45	AC22131
11/7-12/19 (7) Ct 2	T	11:45 am-12:15 pm ID/AP: \$31	3-5 yrs OD: \$38.75	AC22132
9/12-10/31 (8) Ct 1	T	3:50-4:20 pm ID/AP: \$36	3-5 yrs OD: \$45	AC22133
11/7-12/19 (7) Ct 1	T	3:50-4:20 pm ID/AP: \$31	3-6 yrs OD: \$38.75	AC22134
9/13-11/1 (8) Ct 2	W	10:15-10:45 am ID/AP: \$36	3-6 yrs OD: \$45	AC22135
11/8-12/20 (7) Ct 2	W	10:15-10:45 am ID/AP: \$31	3-6 yrs OD: \$38.75	AC22136
9/14-11/2 (8) Ct 2	Th	10:15-10:45 am ID/AP: \$36	3-6 yrs OD: \$45	AC22137
11/9-12/21 (6) Ct 2	Th	10:15-10:45 am ID/AP: \$27	3-6 yrs OD: \$33.75	AC22138
9/14-11/2 (8) Ct 2	Th	3:45-4:15 pm ID/AP: \$36	3-6 yrs OD: \$45	AC22139

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## Sports & Fitness - Preschool

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
<b>Pee Wee Hoops (continued)</b>				
11/9-12/21 (6) Ct 2	Th	3:45-4:15 pm ID/AP: \$27	3-6 yrs OD: \$33.75	AC22140
9/14-11/2 (8) Ct 1	Th	5:45-6:15 pm ID/AP: \$36	3-5 yrs OD: \$45	AC22141
11/9-12/21 (6) Ct 1	Th	5:45-6:15 pm ID/AP: \$36	3-5 yrs OD: \$45	AC22142
9/15-11/3 (8) Ct 2	F	9:30-10 am ID/AP: \$36	3-5 yrs OD: \$45	AC22143
11/10-12/22 (6) Ct 2	F	9:30-10 am ID/AP: \$27	3-5 yrs OD: \$33.75	AC22144
9/15-11/3 (8) Ct 1	F	4:30-5 pm ID/AP: \$36	3-5 yrs OD: \$45	AC22145
11/10-12/22 (6) Ct 1	F	4:30-5 pm ID/AP: \$27	3-5 yrs OD: \$33.75	AC22146

### Pee Wee Soccer

Dribbling, trapping and passing are included in this indoor class. Your child will have fun, learn teamwork and cooperation, and build up confidence. Shin guards and gym shoes recommended. No class 11/24, 11/25.

9/11-10/30 (8) Ct 2	M	9:30-10 am ID/AP: \$36	3-6 yrs OD: \$45	AC22147
11/6-12/18 (7) Ct 2	M	9:30-10 am ID/AP: \$31	3-6 yrs OD: \$38.75	AC22148
9/11-10/30 (8) Ct 2	M	10:15-10:45 am ID/AP: \$36	3-6 yrs OD: \$45	AC22149
11/6-12/18 (7) Ct 2	M	10:15-10:45 am ID/AP: \$31	3-6 yrs OD: \$38.75	AC22150
9/11-10/30 (8) Ct 1	M	1-1:30 pm ID/AP: \$36	3-6 yrs OD: \$45	AC22151
11/6-12/18 (7) Ct 1	M	1-1:30 pm ID/AP: \$31	3-6 yrs OD: \$38.75	AC22152
9/11-10/30 (8) Ct 1	M	3:30-4 pm ID/AP: \$36	3-6 yrs OD: \$45	AC22153
11/6-12/18 (7) Ct 1	M	3:30-4 pm ID/AP: \$31	3-6 yrs OD: \$38.75	AC22154
9/11-10/30 (8) Ct 1	M	4:05-4:35 pm ID/AP: \$36	3-6 yrs OD: \$45	AC22155
11/6-12/18 (7) Ct 1	M	4:05-4:35 pm ID/AP: \$31	3-6 yrs OD: \$38.75	AC22156
9/11-10/30 (8) Ct 2	M	6:45-7:15 pm ID/AP: \$36	3-6 yrs OD: \$45	AC22157
11/6-12/18 (7) Ct 2	M	6:45-7:15 pm ID/AP: \$31	3-6 yrs OD: \$38.75	AC22158
9/12-10/31 (8) Ct 2	T	10:15-10:45 am ID/AP: \$36	3-6 yrs OD: \$45	AC22159
11/7-12/19 (7) Ct 2	T	10:15-10:45 am ID/AP: \$31	3-6 yrs OD: \$38.75	AC22160
9/12-10/31 (8) Ct 2	T	11-11:30 am ID/AP: \$36	3-6 yrs OD: \$45	AC22161
11/7-12/19 (7) Ct 2	T	11-11:30 am ID/AP: \$31	3-5 yrs OD: \$38.75	AC22162
9/12-10/31 (8) Ct 1	T	4:25-4:55 pm ID/AP: \$36	4-6 yrs OD: \$45	AC22163
11/7-12/19 (7) Ct 1	T	4:25-4:55 pm ID/AP: \$31	3-6 yrs OD: \$38.75	AC22164
9/12-10/31 (8) Ct 1	T	5-5:30 pm ID/AP: \$36	3-6 yrs OD: \$45	AC22165
11/7-12/19 (7) Ct 1	T	5-5:30 pm ID/AP: \$31	3-6 yrs OD: \$38.75	AC22166

## Sports & Fitness - Preschool

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
<b>Pee Wee Soccer (continued)</b>				
9/13-11/1 (8) Ct 2	W	9:30-10 am ID/AP: \$36	3-6 yrs OD: \$45	AC22167
11/8-12/20 (7) Ct 2	W	9:30-10 am ID/AP: \$31	3-6 yrs OD: \$38.75	AC22168
9/13-11/1 (8) Ct 2	W	11:45 am-12:15 pm ID/AP: \$36	3-6 yrs OD: \$45	AC22169
11/8-12/20 (7) Ct 2	W	11:45 am-12:15 pm ID/AP: \$31	3-5 yrs OD: \$38.75	AC22170
9/13-11/1 (8) Ct 1	W	3:30-4 pm ID/AP: \$36	3-6 yrs OD: \$45	AC22171
11/8-12/20 (7) Ct 1	W	3:30-4 pm ID/AP: \$31	3-6 yrs OD: \$38.75	AC22172
9/14-11/2 (8) Ct 2	Th	11-11:30 am ID/AP: \$36	3-6 yrs OD: \$45	AC22173
11/9-12/21 (6) Ct 2	Th	11-11:30 am ID/AP: \$27	3-6 yrs OD: \$33.75	AC22174
9/14-11/2 (8) Ct 2	Th	11:45 am-12:15 pm ID/AP: \$36	3-6 yrs OD: \$45	AC22175
11/9-12/21 (6) Ct 2	Th	11:45 am-12:15 pm ID/AP: \$27	3-6 yrs OD: \$33.75	AC22176
9/14-11/2 (8) Ct 1	Th	1-1:30 pm ID/AP: \$36	3-6 yrs OD: \$45	AC22177
11/9-12/21 (6) Ct 1	Th	1-1:30 pm ID/AP: \$27	3-6 yrs OD: \$33.75	AC22178
9/14-11/2 (8) Ct 3	Th	3:45-4:15 pm ID/AP: \$36	3-6 yrs OD: \$45	AC22179
11/9-12/21 (6) Ct 3	Th	3:45-4:15 pm ID/AP: \$27	3-6 yrs OD: \$33.75	AC22180
9/14-11/2 (8) Ct 3	Th	4:20-4:50 pm ID/AP: \$36	3-6 yrs OD: \$45	AC22181
11/9-12/21 (6) Ct 3	Th	4:20-4:50 pm ID/AP: \$27	3-6 yrs OD: \$33.75	AC22182
9/15-11/3 (8) Ct 2	F	10:15-10:45 am ID/AP: \$36	3-6 yrs OD: \$45	AC22183
11/10-12/22 (6) Ct 2	F	10:15-10:45 am ID/AP: \$27	3-6 yrs OD: \$33.75	AC22184
9/15-11/3 (8) Ct 2	F	11-11:30 am ID/AP: \$36	3-6 yrs OD: \$45	AC22185
11/10-12/22 (6) Ct 2	F	11-11:30 am ID/AP: \$27	3-6 yrs OD: \$33.75	AC22186
9/15-11/3 (8) Ct 1	F	5:10-5:40 pm ID/AP: \$36	3-6 yrs OD: \$45	AC22187
11/10-12/22 (6) Ct 1	F	5:10-5:40 pm ID/AP: \$27	3-6 yrs OD: \$33.75	AC22188

### Pee Wee Soccer, Girls Only

Dribbling, trapping and passing are included in this indoor class just for girls. Your daughter will have fun, learn teamwork and cooperation, and build up confidence. Shin guards and gym shoes recommended.

9/12-10/31 (8) Ct 1	T	1-1:30 pm ID/AP: \$36	3-6 yrs OD: \$45	AC22119
11/7-12/19 (7) Ct 1	T	1-1:30 pm ID/AP: \$31	3-6 yrs OD: \$38.75	AC22120

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## Sports & Fitness - Preschool

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
<b>Sportz Center</b>				
Learn basic techniques to a variety of sports. Boys and girls will build confidence and self-esteem while learning to follow directions using activities and games. Soccer, T-ball and basketball included. <b>No class 11/25.</b>				
9/13-11/1 (8) Ct 1	W	1-1:30 pm ID/AP: \$36	3-6 yrs OD: \$45	AC22115
11/8-12/20 (7) Ct 1	W	1-1:30 pm ID/AP: \$31	3-6 yrs OD: \$38.75	AC22116
9/15-11/3 (8) Ct 1	F	6:30-7 pm ID/AP: \$36	3-6 yrs OD: \$45	AC22117
11/10-12/22 (6) Ct 1	F	6:30-7 pm ID/AP: \$31	3-6 yrs OD: \$38.75	AC22118

### Tiny Tumblers

Your child will build strength through play with ramps, slides and climbers. Play environment will encourage discovery and work on balance and coordination with parental guidance. Perfect for prewalkers and walkers. **Parent participation required. No class 11/25.**

9/12-10/31 (8) Ct 1	T	9:30-10 am ID/AP: \$38	10 mths-1½ yrs OD: \$47.50	AC25129
11/7-12/19 (7) Ct 1	T	9:30-10 am ID/AP: \$34	10 mths-1½ yrs OD: \$42.50	AC25130
9/15-11/3 (8) Ct 1	F	10:15-10:45 am ID/AP: \$38	10 mths-1½ yrs OD: \$47.50	AC25131
11/10-12/22 (6) Ct 1	F	10:15-10:45 am ID/AP: \$29	10 mths-1½ yrs OD: \$36.25	AC25132

## Outdoor Recreation

### Tualatin Hills Skate Park

The skate park is located on the north end of the Howard M. Terpenning Recreation Complex. 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 Howard M. Terpenning Recreation Complex. Helmets and protective gear are highly recommended. Hours are dawn to dusk, weather permitting.

### Outdoor Pickleball Area

Located at the Howard M. Terpenning Recreation Complex. M-F 8:30 am-12:30 pm, T/Th 6-9:30 pm and Sat 10 am-1 pm. Pickleball can also be played at Elsie Stuhr Center, Rock Creek Landing and Ridgewood View Park\*

\*Please bring your own net

### Outdoor Roller Hockey Rink

Visit our outdoor roller hockey arena, located on the north end of the Howard M. Terpenning Recreation Complex. Arena hours are dawn to dusk, weather permitting.

### Cedar Hills Park Bocce Courts

There are three bocce courts at Ridgewood View Park and Cedar Hills Park ready for drop-in play. Call the Athletic Center with any questions.

### Greenway Park Disc Golf

Greenway Park has a nine-hole disc golf course. Look for tournament information in the spring at [www.thprd.org](http://www.thprd.org).

## Sports & Fitness - Preschool

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
<b>Beginner Tumbling</b>				
We will work on balancing, jumping and tumbling skills while building the confidence needed to play and get along in a classroom. We will be using music and simple games designed to build on all skills. <b>Parent participation required. No class 11/24, 11/25.</b>				
9/11-10/30 (8) Ct 1	M	11-11:30 am ID/AP: \$36	2-4 yrs OD: \$45	AC23101
11/6-12/18 (7) Ct 1	M	11-11:30 am ID/AP: \$31	2-4 yrs OD: \$38.75	AC23102
9/13-11/1 (8) Ct 1	W	11-11:30 am ID/AP: \$36	2-4 yrs OD: \$45	AC23103
11/8-12/20 (7) Ct 1	W	11-11:30 am ID/AP: \$31	2-4 yrs OD: \$38.75	AC23104
9/14-11/2 (8) Ct 1	Th	9:30-10 am ID/AP: \$36	2-4 yrs OD: \$45	AC23105
11/9-12/21 (6) Ct 1	Th	9:30-10 am ID/AP: \$27	2-4 yrs OD: \$33.75	AC23106
9/15-11/3 (8) Ct 1	F	11-11:30 am ID/AP: \$36	2-4 yrs OD: \$45	AC23107
11/10-12/22 (6) Ct 1	F	11-11:30 am ID/AP: \$27	2-4 yrs OD: \$33.75	AC23108

### Tumbling


A fun way for your child to work on gymnastic skills! Emphasizes basic movements, jumps, floor work fundamentals, somersaults, etc. Builds strength, flexibility, coordination and confidence. **No class 11/24.**

9/11-10/30 (8) Ct 1	M	11:45 am-12:15 pm ID/AP: \$36	3-6 yrs OD: \$45	AC23109
11/6-12/18 (7) Ct 1	M	11:45 am-12:15 pm ID/AP: \$31	3-6 yrs OD: \$38.75	AC23110
9/12-10/31 (8) Ct 1	T	11:45 am-12:15 pm ID/AP: \$36	3-6 yrs OD: \$45	AC23111
11/7-12/19 (7) Ct 1	T	11:45 am-12:15 pm ID/AP: \$31	3-6 yrs OD: \$38.75	AC23112
9/13-11/1 (8) Ct 1	W	11:45 am-12:15 pm ID/AP: \$36	3-6 yrs OD: \$45	AC23113
11/8-12/20 (7) Ct 1	W	11:45 am-12:15 pm ID/AP: \$31	3-6 yrs OD: \$38.75	AC23114
9/14-11/2 (8) Ct 1	Th	11:45 am-12:15 pm ID/AP: \$36	3-6 yrs OD: \$45	AC23115
11/9-12/21 (6) Ct 1	Th	11:45 am-12:15 pm ID/AP: \$27	3-6 yrs OD: \$33.75	AC23116



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## Sports & Fitness - Youth/Teen

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
<b>Adaptive Sportz Center</b> <span style="float: right;"><b>Inclusive</b> </span>				
A sports-based program designed for children with special needs and disabilities that provides the basics for participation in sports. Kids play to their own level while developing important socialization skills and learning about peer unity through team play.				
9/9-10/28 (6) Ct 1	S	10:15-11:15 am ID/AP: \$58	6-8 yrs OD: \$72.50	AC22702
11/4-12/16 (6) Ct 1	S	10:15-11:15 am ID/AP: \$58	6-8 yrs OD: \$72.50	AC22704

### Basketball Hot Shots

Improve skills and work on shooting, passing, dribbling, rebounding and defense. Class will give the kind of focused, intensive training that is essential to improvement. **No class 11/24.**


9/11-10/30 (8) Ct 2	M	5-5:45 pm ID/AP: \$49	9-12 yrs OD: \$61.25	AC22201
11/6-12/18 (7) Ct 2	M	5-5:45 pm ID/AP: \$43	9-12 yrs OD: \$53.75	AC22202
9/12-10/31 (8) Ct 2	T	4:55-5:40 pm ID/AP: \$49	9-12 yrs OD: \$61.25	AC22203
11/7-12/19 (7) Ct 2	T	4:55-5:40 pm ID/AP: \$43	9-12 yrs OD: \$53.75	AC22204
9/13-11/1 (8) Ct 2	W	3:45-4:30 pm ID/AP: \$49	9-12 yrs OD: \$61.25	AC22205
11/8-12/20 (7) Ct 2	W	3:45-4:30 pm ID/AP: \$43	9-12 yrs OD: \$53.75	AC22206
9/14-11/2 (8) Ct 2	Th	5:30-6:15 pm ID/AP: \$49	9-12 yrs OD: \$61.25	AC22207
11/9-12/21 (6) Ct 2	Th	5:30-6:15 pm ID/AP: \$37	9-12 yrs OD: \$46.25	AC22208

### Basketball Scrimmages

This class is for players that already have basic basketball skills and concepts. Students will have drills and instruction with most of class dedicated to controlled scrimmage games. Develop basketball skills along with sportsmanship, teamwork and self-confidence. **No class 11/25.**

9/15-11/3 (8) Ct 2	F	5:20-6:20 pm ID/AP: \$63	12-14 yrs OD: \$78.75	AC22209
9/15-11/3 (8) Ct 3	F	5:20-6:20 pm ID/AP: \$63	9-12 yrs OD: \$78.75	AC22209A
9/15-11/3 (8) Ct 4	F	5:20-6:20 pm ID/AP: \$63	9-12 yrs OD: \$78.75	AC22209B
11/10-12/22 (6) Ct 2	F	5:20-6:20 pm ID/AP: \$47	12-14 yrs OD: \$58.75	AC22210
11/10-12/22 (6) Ct 3	F	5:20-6:20 pm ID/AP: \$47	9-12 yrs OD: \$58.75	AC22210A
11/10-12/22 (6) Ct 4	F	5:20-6:20 pm ID/AP: \$47	9-12 yrs OD: \$58.75	AC22210B

## THPRD Inclusive Classes

**Inclusive**  When you see this icon by a class, it means the class is inclusive, designed for participants with or without disabilities.

## Sports & Fitness - Youth/Teen

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
<b>Basketball Skillz</b>				
Learn the game at a higher level and have a better understanding of game situations and strategies. Instruction will give focused and intensive training that is essential to improvement. <b>No class 11/25.</b>				
9/13-11/1 (8) Ct 2	W	5:35-6:35 pm ID/AP: \$63	9-12 yrs OD: \$78.75	AC22211
11/8-12/20 (7) Ct 2	W	5:35-6:35 pm ID/AP: \$55	9-12 yrs OD: \$68.75	AC22212
9/15-11/3 (8) Ct 2	F	4:15-5:15 pm ID/AP: \$63	10-12 yrs OD: \$78.75	AC22213
11/10-12/22 (6) Ct 2	F	4:15-5:15 pm ID/AP: \$55	10-12 yrs OD: \$68.75	AC22214
9/15-11/3 (8) Ct 3	F	4:15-5:15 pm ID/AP: \$63	7-10 yrs OD: \$78.75	AC22215
11/10-12/22 (6) Ct 3	F	4:15-5:15 pm ID/AP: \$47	7-10 yrs OD: \$58.75	AC22216
9/15-11/3 (8) Ct 4	F	4:15-5:15 pm ID/AP: \$63	7-10 yrs OD: \$78.75	AC22217
11/10-12/22 (6) Ct 4	F	4:15-5:15 pm ID/AP: \$47	7-10 yrs OD: \$58.75	AC22218

### Girls Only Basketball

A place where girls can build their self-esteem and self-confidence playing the game they love. Learn basic skills: ball handling, shooting, passing, defense/offense, footwork and more. Learn the skills and game in a fun environment. **No class 11/24.**

9/14-11/2 (8) Ct 1	Th	3:45-4:30 pm ID/AP: \$49	6-9 yrs OD: \$61.25	AC22261
11/9-12/21 (6) Ct 1	Th	3:45-4:30 pm ID/AP: \$37	6-9 yrs OD: \$46.25	AC22262
9/14-11/2 (8) Ct 1	Th	4:45-5:30 pm ID/AP: \$49	9-12 yrs OD: \$61.25	AC22263
11/9-12/21 (6) Ct 1	Th	4:45-5:30 pm ID/AP: \$37	9-12 yrs OD: \$46.25	AC22264

### Elite Basketball

This curriculum teaches the fundamentals of dribbling, passing and shooting in a fun, positive environment. Specifically designed for high school players, all athletes regardless of skill level will learn new skills along with respect, teamwork and responsibility.

9/15-11/3 (8) Ct 2	F	6:30-7:30 pm ID/AP: \$63	14-17 yrs OD: \$78.75	AC22305
11/10-12/22 (6) Ct 2	F	6:30-7:30 pm ID/AP: \$47	14-17 yrs OD: \$58.75	AC22306



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## Sports & Fitness - Youth/Teen

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
<b>Hoop It Up!</b> Perfect for any young player who is looking to learn basketball skills, make new friends and have fun! Participants will develop the concepts of offense and defense through skills, along with learning respect for the game, teamwork and fair play. <b>No class 11/24.</b>				
9/11-10/30 (8) Ct 2	M	4:10-4:55 pm ID/AP: \$49	5-8 yrs OD: \$61.25	AC22219
11/6-12/18 (7) Ct 2	M	4:10-4:55 pm ID/AP: \$43	5-8 yrs OD: \$53.75	AC22220
9/12-10/31 (8) Ct 2	T	3:50-4:35 pm ID/AP: \$49	5-8 yrs OD: \$61.25	AC22221
11/7-12/19 (7) Ct 2	T	3:50-4:35 pm ID/AP: \$43	5-8 yrs OD: \$53.75	AC22222
9/13-11/1 (8) Ct 2	W	4:40-5:25 pm ID/AP: \$49	5-8 yrs OD: \$61.25	AC22223
11/8-12/20 (7) Ct 2	W	4:40-5:25 pm ID/AP: \$43	5-8 yrs OD: \$53.75	AC22224
9/14-11/2 (8) Ct 2	Th	4:30-5:15 pm ID/AP: \$49	5-8 yrs OD: \$61.25	AC22225
11/9-12/21 (6) Ct 2	Th	4:30-5:15 pm ID/AP: \$37	5-8 yrs OD: \$46.25	AC22226

### Indoor Hockey

Your child will learn the basics of Indoor Hockey. Stops, starts, turns, crossovers, stick handling, passing and shooting will all be covered in this class. **No class 11/26.**

9/10-10/29 (8) Ct 6	Su	6:25-7:25 pm ID/AP: \$63	6-16 yrs OD: \$78.75	AC22265
11/5-12/17 (6) Ct 6	Su	6:25-7:25 pm ID/AP: \$47	6-16 yrs OD: \$58.75	AC22266

### PE for Homeschooled Kids

Learn how to dribble and shoot a basketball; kick a soccer ball; hit, catch and throw a baseball; send a volleyball back over the net and more. Participants will learn respect, sportsmanship, teamwork and self-confidence while having fun!

9/12-10/31 (8) Ct 1	T	2:45-3:45 pm ID/AP: \$63	6-16 yrs OD: \$78.75	AC22243
11/7-12/19 (7) Ct 1	T	2:45-3:45 pm ID/AP: \$55	6-16 yrs OD: \$68.75	AC22244

### Skateboarding 101

Perfect for someone who has never ridden a skateboard, this introductory class is designed to help riders build a foundation for safe skateboarding skills and learn about safety equipment, riding, turning, board control, foot placement and more. **Required Equipment: Helmet**

9/11-10/30 (8) Ct 4	M	3:40-4:25 pm ID/AP: \$49	5-12 yrs OD: \$61.25	AC22245
11/6-12/18 (7) Ct 4	M	3:40-4:25 pm ID/AP: \$43	5-12 yrs OD: \$53.75	AC22246
9/11-10/30 (8) Ct 4	M	4:35-5:20 pm ID/AP: \$49	5-12 yrs OD: \$61.25	AC22247
11/6-12/18 (7) Ct 4	M	4:35-5:20 pm ID/AP: \$43	5-12 yrs OD: \$53.75	AC22248
9/13-11/1 (8) Ct 3	W	3:40-4:25 pm ID/AP: \$49	5-12 yrs OD: \$61.25	AC22249

## Sports & Fitness - Youth/Teen

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
<b>Skateboarding 101 (continued)</b>				
11/8-12/20 (7) Ct 3	W	3:40-4:25 pm ID/AP: \$43	5-12 yrs OD: \$53.75	AC22250
9/13-11/1 (8) Ct 3	W	4:35-5:20 pm ID/AP: \$49	5-12 yrs OD: \$61.25	AC22251
11/8-12/20 (7) Ct 3	W	4:35-5:20 pm ID/AP: \$43	5-12 yrs OD: \$53.75	AC22252

### 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 recommended. **No class 11/24.**

9/11-10/30 (8) Ct 3	M	3:35-4:20 pm ID/AP: \$49	6-9 yrs OD: \$61.25	AC22227
11/6-12/18 (7) Ct 3	M	3:35-4:20 pm ID/AP: \$43	6-9 yrs OD: \$53.75	AC22228
9/11-10/30 (8) Ct 3	M	4:30-5:30 pm ID/AP: \$63	9-12 yrs OD: \$78.75	AC22229
11/6-12/18 (7) Ct 3	M	4:30-5:30 pm ID/AP: \$55	9-12 yrs OD: \$68.75	AC22230
9/12-10/31 (8) Ct 1	T	5:40-6:25 pm ID/AP: \$49	6-9 yrs OD: \$61.25	AC22231
11/7-12/19 (7) Ct 1	T	5:40-6:25 pm ID/AP: \$43	6-9 yrs OD: \$53.75	AC22232
9/12-10/31 (8) Ct 2	T	5:40-6:40 pm ID/AP: \$63	9-12 yrs OD: \$78.75	AC22233
11/7-12/19 (7) Ct 2	T	5:40-6:40 pm ID/AP: \$55	9-12 yrs OD: \$68.75	AC22234
9/13-11/1 (8) Ct 1	W	4:15-5 pm ID/AP: \$49	6-9 yrs OD: \$61.25	AC22235
11/8-12/20 (7) Ct 1	W	4:15-5 pm ID/AP: \$43	6-9 yrs OD: \$53.75	AC22236
9/13-11/1 (8) Ct 1	W	5:15-6:15 pm ID/AP: \$63	9-12 yrs OD: \$78.75	AC22237
11/8-12/20 (7) Ct 1	W	5:15-6:15 pm ID/AP: \$55	9-12 yrs OD: \$68.75	AC22238
9/14-11/2 (8) Ct 3	Th	5:5-45 pm ID/AP: \$49	6-9 yrs OD: \$61.25	AC22239
11/9-12/21 (6) Ct 3	Th	5:5-45 pm ID/AP: \$37	6-9 yrs OD: \$46.25	AC22240
9/14-11/2 (8) Ct 3	Th	5:50-6:50 pm ID/AP: \$63	9-12 yrs OD: \$78.75	AC22241
11/9-12/21 (6) Ct 3	Th	5:50-6:50 pm ID/AP: \$47	9-12 yrs OD: \$58.75	AC22242

### Speed, Agility, and Strength

This class will focus on improving an athlete's speed, agility, and strength. An excellent conditioning program for any sport. **This class will be held outdoors on the fields of the THPRD HMT Campus.**

9/18-10/25 (6) Soccer Field	M/W	5:15-6 pm ID/AP: \$74	9-12 yrs OD: \$92.50	AC22303
10/30-12/6 (6) Soccer Field	M/W	6:15-7 am ID/AP: \$74	13-17 yrs OD: \$92.50	AC22304

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## Sports & Fitness - Youth/Teen

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
<b>Youth Badminton</b> Learn grips, footwork, hand-eye coordination, balancing techniques, and an introduction to singles and doubles game play. <b>No class 11/26.</b>				
9/11-10/30 (8) Ct 1	M	6:40-7:40 pm ID/AP: \$63	7-16 yrs OD: \$78.75	AC22501
11/6-12/18 (7) Ct 1	M	6:40-7:40 pm ID/AP: \$55	7-16 yrs OD: \$68.75	AC22502
9/10-10/29 (8) Ct 1	Su	4-5 pm ID/AP: \$63	7-16 yrs OD: \$78.75	AC22503
11/5-12/17 (6) Ct 1	Su	4-5 pm ID/AP: \$47	7-16 yrs OD: \$58.75	AC22504
9/10-10/29 (8) Ct 2	Su	4-5 pm ID/AP: \$63	7-16 yrs OD: \$78.75	AC22505
11/5-12/17 (6) Ct 2	Su	4-5 pm ID/AP: \$47	7-16 yrs OD: \$58.75	AC22506
9/10-10/29 (8) Ct 2	Su	5:10-6:10 pm ID/AP: \$63	7-16 yrs OD: \$78.75	AC22507
11/5-12/17 (6) Ct 2	Su	5:10-6:10 pm ID/AP: \$47	7-16 yrs OD: \$58.75	AC22508

### Youth Volleyball

Learn and practice skills such as serving, passing and hitting. Participants will learn skills for a lifetime of playing volleyball. **No class 11/25.**

9/13-11/1 (8) Ct 4	W	4-5 pm ID/AP: \$63	8-11 yrs OD: \$78.75	AC22253
11/8-12/20 (7) Ct 4	W	4-5 pm ID/AP: \$55	8-11 yrs OD: \$68.75	AC22254
9/15-11/3 (8) Ct 6	F	5:15-6:15 pm ID/AP: \$63	8-11 yrs OD: \$78.75	AC22255
11/10-12/22 (6) Ct 6	F	5:15-6:15 pm ID/AP: \$47	8-11 yrs OD: \$58.75	AC22256

### Youth/Teen Volleyball

Work on the volleyball skills you will need during the season - serving, passing, spiking, and offensive and defensive strategizing. **No class 11/25.**

9/13-11/1 (8) Ct 6	W	6:25-7:25 pm ID/AP: \$63	12-17 yrs OD: \$78.75	AC22301
11/8-12/20 (6) Ct 6	W	6:25-7:25 pm ID/AP: \$47	12-17 yrs OD: \$58.75	AC22302
9/15-11/3 (8) Ct 6	F	6:25-7:25 pm ID/AP: \$63	12-17 yrs OD: \$78.75	AC22303
11/10-12/22 (6) Ct 6	F	6:25-7:25 pm ID/AP: \$47	12-17 yrs OD: \$58.75	AC22304

## Sports & Fitness - Teen/Adult

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
<b>Advanced Volleyball Skills</b> For the volleyball player who already has the fundamentals of passing, setting and hitting. This class will give your child the opportunity to work on learning different systems (5-1, 6-2, 4-2), positions and strategies as well as refining their other skills. <b>No class 11/25.</b>				
9/15-11/3 (8) Ct 6	F	7:35-8:35 pm ID/AP: \$63	12-17 yrs OD: \$78.75	AC22307
11/10-12/22 (6) Ct 6	F	7:35-8:35 pm ID/AP: \$47	12-17 yrs OD: \$58.75	AC22308

## Sports & Fitness - Adult

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
<b>Adult Badminton</b> No experience necessary. Students will learn grips, footwork, hand-eye coordination, balancing techniques, and an introduction to singles and doubles game play. <b>No class 11/26.</b>				
9/10-10/29 (8) Ct 1	Su	5:10-6:10 pm ID/AP: \$63	16 yrs-Adult OD: \$78.75	AC22509
11/5-12/17 (6) Ct 1	Su	5:10-6:10 pm ID/AP: \$47	16 yrs-Adult OD: \$58.75	AC22510
<b>Adult Pickleball</b> Pickleball combines elements of badminton, tennis and ping-pong and is played on a badminton-sized court. This class will teach you the basics or help you improve your pickleball skills. <b>No class 11/26.</b>				
9/11-10/30 (8) Ct 1	M	5:30-6:30 pm ID/AP: \$63	13 yrs-Adult OD: \$78.75	AC22257
11/6-12/18 (7) Ct 1	M	5:30-6:15 pm ID/AP: \$43	13 yrs-Adult OD: \$53.75	AC22258
9/10-10/29 (8) Ct 1	Su	6:25-7:25 am ID/AP: \$63	16 yrs-Adult OD: \$78.75	AC22259
11/5-12/17 (6) Ct 1	Su	6:25-7:25 am ID/AP: \$47	16 yrs-Adult OD: \$58.75	AC22260

### Adult Volleyball

For adults looking to learn new skills or help get back into playing shape. This class will help you learn and improve fundamental skills and strategies of volleyball.

9/15-11/3 (8) Ct 6	F	5:20-6:20 pm ID/AP: \$63	Adult OD: \$78.75	AC22500
11/10-12/22 (8) Ct 6	F	5:20-6:20 pm ID/AP: \$47	Adult OD: \$58.75	AC22501

## Stroller Fitness Program

Join Portland's premier stroller fitness program for moms and moms-to-be.

Baby Boot Camp is designed specifically to help moms get fit. Classes combine strength-training exercises with cardiovascular drills. Pilates, yoga and abdominal exercises help improve core strength. The stroller and resistance tubes are used as an integral part of the workout. All classes are taught by nationally certified personal trainers and group exercise instructors with pre/postnatal backgrounds to ensure that classes are safe, meet your goals, and are fun and challenging.



For more information and pricing, call Kim Colvin at 509-438-8232 or email [kim.colvin@babybootcamp.com](mailto:kim.colvin@babybootcamp.com) or check the website at [www.babybootcamp.com](http://www.babybootcamp.com).

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

## Sports Leagues - Youth

**Youth Sports League ID System**

All youth sports league participants are required to have a valid THPRD ID number and out-of-district assessment fees paid, if applicable, prior to participation in a youth sports league. Please see page 4 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

**Beaverton Aloha Little League**

Aloha-Huber, Beaver Acres, Chehalem, Cooper Mt., Errol Hassell, Hazeldale, Kinnaman

BALL: 503-342-8809

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

**Cedar Mill Little League**

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

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

**Murrayhill Little League**

Fir Grove, Hiteon, Nancy Ryles, Scholls Heights, Sexton Mt.

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

**Raleigh Hills Little League**

Greenway, McKay, Montclair, Raleigh Hills, Raleigh Park, Vose, Whitford, Conestoga

[www.rhll.net](http://www.rhll.net)

**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: Andy Peterson, 971-238-7156

[president@sbgll.com](mailto:president@sbgll.com) or

[southbeavertonll@gmail.com](mailto: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

**Fall Ball**

Contact the association for fall ball availability:  
[www.westsideryouthbaseball.com](http://www.westsideryouthbaseball.com)

**Aloha Junior Baseball/Aloha Softball**

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

AJBO: [www.alohajuniorbaseball.org](http://www.alohajuniorbaseball.org)

**Aloha Softball:** Becky Dawson  
503-649-6883

**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

**Southridge Junior Baseball**

Conestoga, Fir Grove, Greenway, Highland Park, Hiteon, Scholls Heights, Sexton Mt., Nancy Ryles, Southridge High, McKay, Montclair, Raleigh Hills, Raleigh Park, Whitford, Beaverton High, Jesuit High, Oregon Episcopal

503-840-4760

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

**Sunset Junior Baseball**

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

[www.sunsetapollosbaseball.com/youth\\_baseball](http://www.sunsetapollosbaseball.com/youth_baseball)

**Westview Youth Baseball**

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

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

**Basketball****5th-8th Grade Winter Basketball Programs**

THPRD's 5th through 8th grade basketball programs are for girls and boys 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). A current THPRD card number is required to register. For any other questions or help with registering your child, call the Athletic Center at 503-629-6330.

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

The Youth Spring Basketball Recreational League is open to boys and girls 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 mid-February. Check our website for more information.

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

The Summer Basketball Recreational League is open to boys and girls who will be entering grades 6-8 in the 2016-17 school year and attending a Beaverton School District #48 middle school or residing within District #48 or THPRD boundaries. Check our website for more information in May.

**Rip City Academy**

Rip City Softball is an ASA affiliated Junior Olympic fast-pitch softball organization whose mission is to develop players capable of competing at the highest levels in the country with the demonstrated skills necessary to earn a college scholarship. Our dedicated coaches and volunteer staff facilitate our athletes' growth by conducting challenging practices and scheduling the highest level of competitive activity available. Reaching these goals must be accomplished within the proper framework, instilling character, self-esteem, confidence and sportsmanship. We promote competitive softball for girls' 10U through 18U.

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

## Sports Leagues - Youth

### Winter High School Basketball Grades 9-12

For boys and girls not playing on school teams in grades 9-12 in the 2017-18 school year. League and online registration information will be available October. Check our website for more information.

### Summer High School Basketball Grades 9-12

For boys and girls entering grades 9-12 in the 2018-19 school year. League and online registration will be available in April 2018. 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 hoping to be 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 [pdx.metro.open.cricket@gmail.com](mailto:pdx.metro.open.cricket@gmail.com)

### 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.

### Football

#### Youth Football

The Tualatin Valley Youth Football Leagues are for players in grades 3-8. 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  
[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)

#### Southridge

Registration: April 15-June 15  
[president@southridgeyouthfootball.com](mailto:president@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)



### Rugby

Rugby is one of the fastest growing team sports in the United States and a recent addition to the Olympic Games. To find out more about this fun and inclusive sport where everyone gets a chance to run with the ball, check out Rugby Oregon's website or contact the coaches below. Rugby Oregon offers spring, summer and fall league and camp opportunities. Grades 3 and 4 play Touch Rugby, Grades 5 and 6 play Ruck Touch Rugby and Grades 7-12 play Contact Rugby.

#### Registration:

[www.rugbyoregon.com.prod.sportngin.com/page/show/1030314-registration](http://www.rugbyoregon.com.prod.sportngin.com/page/show/1030314-registration)

## Team Player

**THPRD  
WELCOMES MVPs  
LIKE YOU. ALWAYS.**

Here, being valued doesn't take much. Get on a bike. Join a pick up game. Dive in. Once you do, we'll be cheering for you.

At the Tualatin Hills Park & Recreation District, we see MVPs everywhere. They don't have agents or endorse a sports drink. But they're beyond valuable to us.

Learn how you can become an MVP at [MVPsWelcome.com](http://MVPsWelcome.com).

**#MVPsWELCOME**



## Sports Leagues - Youth

### Lacrosse

#### Tualatin Valley Youth Lacrosse League

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

#### TVYLL

president@tvlax.com  
www.TVLax.com

#### Aloha

www.alohayouthlacrosse.com

#### Beaverton

president@beavertonbeaverslacrosse.com  
www.beavertonbeaverslacrosse.com

#### Southridge

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

#### Sunset

www.sunsetlacrosse.com

#### Westview

president@westviewyouthlacrosse.com  
www.westviewyouthlacrosse.com

#### High School Lacrosse

##### Aloha

www.alohalacrosse.org

##### Beaverton

www.bhslax.com

##### Southridge

www.southridgelacrosse.org

##### Sunset

www.sunsetlacrosse.com

##### Westview

www.westviewlacrosse.com



### Soccer Coach Certification

For training and certification for soccer coaching, go to [www.thjssl.org](http://www.thjssl.org) for information on classes and clinic dates and locations.

### Soccer

#### Tualatin Hills Junior Soccer Recreational League

Teams will be formed of boys and girls 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 March 1-June 1. Please contact the appropriate club listed below for more information or log on to [www.thjssl.org](http://www.thjssl.org).

#### 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: 971-245-6047  
www.alohaunited.com

#### Milltown United Soccer Club

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

milltownregistrar@gmail.com  
www.milltownsoccer.org

#### Oak Hills Soccer Club

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

#### Somerset West Soccer Club

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

president@somersetwestsoccer.org  
www.somersetwestsoccer.org

#### West Hills Soccer Club

Schools: Greenway, McKay, Montclair, Raleigh Hills, Raleigh Park

email: [president@westhillsoccer.com](mailto:president@westhillsoccer.com)  
www.westhillsoccer.com

### Soccer Referee Certification

For training and certification for soccer referees, go to [www.thjssl.org](http://www.thjssl.org). For information on classes and clinic dates and locations, contact Keith Ericson at [thjssl.org](http://thjssl.org).

### Westside Soccer Club

Schools: Chehalem, Fir Grove, Hiteon, Sexton Mt. (east of Murray Blvd.), Vose  
WSC: 503-352-0180

[www.westsidewarriors.net](http://www.westsidewarriors.net)

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

Boys and girls 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 [www.thjssl.org](http://www.thjssl.org).

### Classic League

Boys and girls interested in playing competitive soccer may try out for this league. Tryouts for the Fall 2018 season for U11-U14 will be held in May of 2018. Tryouts for the Winter 2019 season for U15-U19 will be held in May 2018. Contact the appropriate club representative for more tryout information.

### Tualatin Hills United Soccer Club

THUSC: 503-626-1923

info@thusc.org  
www.thusc.org

### Westside Timbers Soccer Club

Club Line: 503-626-2975

wsmjohnbain@gmail.com  
www.westsidetimbers.org

### Volleyball

#### Summer Girls Volleyball, Grades 4-12

Girls entering grades 4-12 during the upcoming 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.

#### Fall Girls Volleyball, Grades 4-12

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

### Soccer

For information regarding adult soccer play in the Oregon Adult Soccer Association, call 503-292-1814. Teams wanting to apply for home game field eligibility need to pick up a soccer field use application packet and submit the completed required forms and documents to the Athletic Center 2-3 months prior to the start of each season.

### Kickball

#### Coed 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.

#### Summer League

Organizational information will be available in April. Rosters and league fees will be due in May. League play begins the first week in June. To add your name to the interest list, call 503-629-6330.

### Soccer Field Use

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

### El uso de campo de fútbol

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



### Softball

#### Baseball/Softball Field Use

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

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

League information will be available at the Athletic Center and on our website, [www.thprd.org](http://www.thprd.org), in February. Coed games will be played on Sunday 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.

#### Coed/Men's 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.

### Adult Softball Tournaments

Individuals interested in hosting spring/summer softball tournaments at the THPRD sports complex must submit an application form and deposit. Call the Athletic Center at 503-629-6330 for available dates.

#### Fall Coed 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. Coed 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 and Senior League Softball

League plays weeknights September through early October. Organizational information will be available at the Athletic Center and on our website at [www.thprd.org](http://www.thprd.org) in July.

### Volleyball

If you are interested in playing adult volleyball but don't have a team, please call the Athletic Center at 503-629-6330 to add your name to the interest list, which managers use to get new players.

#### Coed Summer Sand Volleyball (4-person & 6-person)

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

#### Coed, Men's and Women's Fall Volleyball

Leagues play mid-September through November. League and online registration information will be available in July. Check the website for additional information.

#### Coed Winter Volleyball

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

#### Coed, Men's and Women's Spring Volleyball

League play runs April through mid-June. Games will be held weekday evenings. League and online registration information will be available in February. Check the website for additional information.

