

Cedar Hills Recreation Center



TUALATIN HILLS
PARK & RECREATION DISTRICT

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

TriMet Routes #20, #59

Facility Supervisor: Lindsay Bjork

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

Office Hours:

Monday-Thursday	5:30 am-10 pm
Friday	5:30 am-8:30 pm
Saturday	8 am-4 pm
Sunday	9 am-4 pm

Facility Closures: 9/4, 11/23, 12/25

Holiday Hours: 11/10, 11/24, 12/31, 1/1

Facility Features:

- Cedar Saplings nine-month preschool
- Drop-in childcare, morning/evenings
- Fully-equipped gymnastics room
- Indoor gymnasium for drop-in sports
- Kitchen for cooking classes
- Middle School Afterschool Programs
- Outdoor playground and play equipment
- Preschool Indoor Playground
- THRIVE Afterschool Program
- Weight room/cardio room, shower/locker rooms

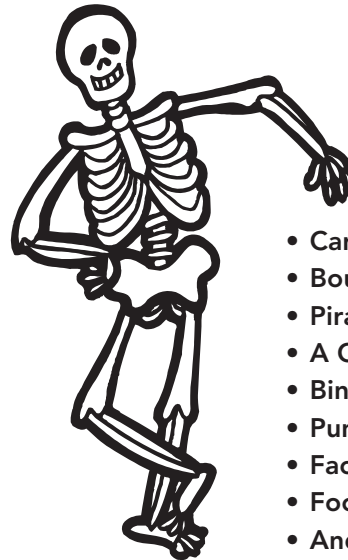


CedarHills

Special Events

Fall Festival

**Saturday, October 21
11 am-3 pm**



**A Fun
Family
Event!**

- Carnival games
- Bounce house
- Pirates Cove
- A Clown
- Bingo
- Pumpkin painting
- Face painting
- Food & refreshments
- And more!

Visit thprd.org for more info!



Facility Rentals

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

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 card is required for all drop-in participation. Gym-appropriate shoes, please.** If you are looking for a fitness program, please see page 81.

See page 6 for more information on passes and fees.



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym*	Private Rental 8-9:30 pm						
Basketball		8:15-9:30 pm (30+ yrs)			6-7:45 pm		
Badminton			8-9:30 pm (16+ yrs)				
Family/Teen Drop-in				6:15-9 pm			

*Non-Team Play. All times and days subject to change daily.

Weight/Cardio Room

- Circuit weight training machines and free weights, including benches, squat racks and cable frame.
- Cardio machines, including stationary bikes, treadmills, elliptical trainers, rowing machine and stair climbers.

Weight Room Orientations

Learn the proper techniques for using the weight room equipment. Our basic program helps you get started. Orientations are available throughout the term. Please allow 10 days for the personal trainer to schedule an appointment with you. \$43 ID

Personal Training

Private appointments with the

trainer to customize your fitness program are available. Please allow 10 days for the personal trainer to schedule an appointment with you.

- 1 Session: \$48.50 ID
- 3 Sessions: \$144.50 ID
- 6 Sessions: \$272 ID



Cedar Hills Drop-in Childcare

Our childcare program is designed for families using our facility. Parents are encouraged to pre-register their child(ren) to guarantee space availability. There is a three hour maximum.

The cost is \$3.50 per hour/\$1.75 per half-hour for ID residents (or those who have purchased an out-of-district assessment) who remain on-site. The cost for OD patrons is \$5.50 per hour.

The cost for patrons leaving the facility is an \$18 flat fee for ID residents (or those who have purchased an out-of-district assessment) or \$22.50 for OD residents.

If a Deluxe Pass is purchased, childcare is included. Some restrictions will apply. Please see page 6 for more information.

- **Morning:** Monday-Friday 8:30 am-12:30 pm
Saturday 8-11:30 am
- **Evening:** Monday-Thursday 5:15-8:45 pm, Friday 8 pm
- No drop-offs after 8:15 pm

Closure dates will vary.



Indoor Play Park

Open Sept. 12-Dec. 5

Families with children 6 weeks through 6 years of age can gather Tuesdays and Thursdays from 9-11 am to interact and develop motor and social skills through indoor play. Parent supervision is required. Please call the center for more complete information.

Cost (per child): \$4 ID/\$5.50 OD

THRIVE Afterschool Program

Teaching Healthy Responsible Individuals
Values and Education



We provide high quality afterschool care in a safe and nurturing environment. Our staff is fully trained and will lead by positive example. We provide an active environment for all desires; children will partake in physical activities, arts and crafts projects, cooking, music and dance, nature education and supervised homework time.

Program is available school release time-6 pm, Monday-Friday, for children in grades K-5 who attend Barnes, Ridgewood, West TV and William Walker.

Tuition: five days a week - \$280

Tuition includes five Beaverton School District in-service days: TBA.

*Individual school no-student days (e.g., conference) dates may be available for an additional fee of \$55 each day.

Call the Cedar Hills Recreation Center at 503-629-6340 for more details and/or a registration packet.

2017-2018 Cedar Saplings Nine-month Preschool Program

Cedar Hills Recreation Center offers academic-based, nine-month preschools for ages 2½ through 5 years. Cedar Saplings Preschools are designed to prepare your child to meet and exceed kindergarten entry requirements, making their transition into kindergarten smooth and successful.

Registration ongoing and only available in person or by phone: 503-629-6340. A \$50 nonrefundable deposit will be due at the time of registration, \$100 nonrefundable deposit for full-day option.

Sprout Room (Room 12)

Preschool

T/Th	9-11:30 am	3-4 years	\$168 per month
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Pre-Kindergarten

M/W/F	9 am-3 pm	4-5 years	\$525 per month
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Seedling Room (Room 2)

Preschool

T/Th	9-11:30 am	2½-3 years	\$168 per month
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Preschool

M/W/F	9-11:30 am	3½-4 years	\$189 per month
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Pre-Kindergarten

M/W/F	12:30-3:30 pm	4-5 years	\$210 per month
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All Preschool and Youth Classes

Participants must meet the age requirement prior to the first class meeting. In-room observation will be by instructor approval only. All classes are designed for children to be able to function in a class setting without a parent. **Parent participation classes** will be specifically noted. Please see page 5 for class observation guidelines.

Arts & Crafts - Preschool

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

Experiment with different painting techniques, work with textures, and experience the thrill of creating seasonal arts and crafts. Wear clothes that can take paint. Bring a paper sack. **Parent participation required. No unregistered siblings. Childcare available.**

9/12-10/17 (6) Rm C	T	9-10 am ID/AP: \$45	2-3 yrs OD: \$56.25	CH28154
10/24-12/5 (7) Rm C	T	9-10 am ID/AP: \$52	2-3 yrs OD: \$65	CH28155

Imagination Creations

Bring your imagination and come experiment with us! We will work on fun projects like paper mache, building volcanoes, making flubber and more. **Parent participation required. No unregistered siblings. Childcare available.**

9/12-10/17 (6) Rm C	T	10:15-11:15 am ID/AP: \$60	2-4 yrs OD: \$75	CH28156
10/24-12/5 (7) Rm C	T	10:15-11:15 am ID/AP: \$70	2-4 yrs OD: \$87.50	CH28157

Arts & Crafts - Youth/Teen

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
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After School Art Sampler

Students explore their creativity! Work with sculpture, painting, drawing, collage, creative projects and more. No class 11/23.

9/14-12/7 (12) Rm 3	Th	3:40-4:30 pm ID/AP: \$77	6-10 yrs OD: \$94.75	CH24200
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Cartooning/Comic Strip Illustration

Make up imaginary characters and create funny or serious situations. 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 traditional cartoon imagery. No class 10/21.

9/16-12/9 (12) Rm D	S	11:30 am-12:25 pm ID/AP: \$81	6-10 yrs OD: \$100	CH24204
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**Please see page 5 for class observation guidelines.
Participants must meet the age requirement prior to
the first class meeting.**

Arts & Crafts - Youth/Teen

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
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Drawing & Painting Adventure

Use a variety of techniques and media to explore line, texture, form, perspective and composition. For painting, learn how to mix color, use shape and line to express ideas and emotions, and portray images from life and imagination. No class 10/21.

9/16-12/9 (12) Rm D	S	9:30-10:25 am ID/AP: \$81	5½-7½ yrs OD: \$100	CH24202
9/16-12/9 (12) Rm D	S	10:30-11:30 am ID/AP: \$87	7½-11 yrs OD: \$107.25	CH24203

Drawing, Including Manga

Young artists develop their skill and imaginative ideas. Explore drawing realistically and classically, as well as creatively and abstractly. We will also work in current styles, including manga. No class 11/23.

9/14-12/7 (12) Rm 3	Th	4:30-5:30 pm ID/AP: \$87	6½-11 yrs OD: \$107.25	CH24201
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Illustration Art Studio

Students will explore and learn techniques used to illustrate different kinds of fantasy genres. Emphasis is placed on originality and line drawing with various media. No class 10/21.

9/16-12/9 (12) Rm D	S	12:45-1:45 pm ID/AP: \$81	10-14 yrs OD: \$101.25	CH24205
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Arts & Crafts - Adult

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

Learn to knit! Bring size 9/10 and 13/15 needles and a skein of worsted weight yarn or chunky weight yarn to first class. Intermediate students bring pattern, yarn, and needles for project you wish to work on.

9/13-12/6 (13) Rm D	W	10 am-12:20 pm ID/AP: \$167	14 yrs-Adult OD: \$208.75	CH24500
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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. Supply list will be provided.

9/13-10/4 (4) Rm 3	W	9:30 am-12:30 pm ID/AP: \$63	14 yrs-Adult OD: \$78.75	CH24501
10/11-11/1 (4) Rm 3	W	9:30 am-12:30 pm ID/AP: \$63	14 yrs-Adult OD: \$78.75	CH24502
11/8-11/29 (4) Rm 3	W	9:30 am-12:30 pm ID/AP: \$63	14 yrs-Adult OD: \$78.75	CH24503

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

Dance - Preschool

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
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Classical Ballet, Beginning

This formal class is for the student who is ready to learn barre work, more terminology and begin working mostly all from a turned out position.

9/13-12/6 (13) Rm 5	W	12:15-1 pm ID/AP: \$69	4-6 yrs OD: \$86.25	CH21100
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Creative Dance

Rhythm and a variety of beginning dance techniques, movement combinations and routines to a variety of music and the incorporation of dance props. No class 11/23.

9/11-12/4 (13) Rm 5	M	10:30-11:15 am ID/AP: \$69	3-5 yrs OD: \$86.25	CH21101
9/14-12/7 (12) Rm D	Th	9-9:45 am ID/AP: \$64	3-5 yrs OD: \$80	CH21102

Dance Combo/Tap, Ballet, Jazz

Introduction to tap, ballet and jazz techniques. Broad exposure to different dance types, music and styles. **Tap shoes required.** No class 11/23.

9/11-12/4 (13) Rm D	M	11:30 am-12:15 pm ID/AP: \$69	4-6 yrs OD: \$86.25	CH21106
9/12-12/5 (13) Rm 5	T	11:30 am-12:15 pm ID/AP: \$69	4-6 yrs OD: \$86.25	CH21107
9/12-12/5 (13) Rm 5	T	3:30-4:15 pm ID/AP: \$69	5-7 yrs OD: \$86.25	CH21108
9/14-12/7 (12) Rm 5	Th	4:15-5 pm ID/AP: \$64	5-7 yrs OD: \$80	CH21109

Dancin' and Twirlin'

Busy little ones will love participating in movement activities that incorporate dance, batons, tumbling as well as playing with props like balls and scarves. Activities introduced will help develop balance, motor skills and more. No class 11/23.

9/11-12/4 (13) Rm 5	M	11:30 am-12:15 pm ID/AP: \$69	3½-6 yrs OD: \$86.25	CH21110
9/14-12/7 (12) Rm D	Th	10-10:30 am ID/AP: \$47	2½-4 yrs OD: \$58.75	CH21111

Dancing Princesses

Kids get the royal treatment as they learn dance basics that strengthen flexibility, rhythm and grace amongst crowns, wands and their royal outfit. Come dressed in your favorite outfit! No class 10/20, 10/21, 11/10, 11/24.

9/15-12/8 (10) Rm 8	F	9-9:45 am ID/AP: \$53	3-5 yrs OD: \$66.25	CH21113
9/15-12/8 (10) Rm 8	F	10:45-11:30 am ID/AP: \$53	3-5 yrs OD: \$66.25	CH21114
9/16-12/9 (12) Rm 5	S	10:45-11:30 am ID/AP: \$64	3-5 yrs OD: \$80	CH21115

Feel the Beat

This class features kid-friendly routines based on upbeat choreography. We break down the steps add games, activities and cultural exploration elements into the class structure. No class 10/31.

9/12-12/5 (12) Rm 8	T	5-5:55 pm ID/AP: \$78	4-7 yrs OD: \$97.50	CH21217
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Dance classes: What should I wear?

Girls: Ballet slippers, leotard and tights preferred.

Boys: Ballet slippers, white t-shirt, sweatpants.

Dance - Preschool

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

Learn the fundamentals of dance and an introduction to tumbling and gymnastics techniques often used in dance. No class 11/23.

9/14-12/7 (12) Rm 5	Th	12:15-1 pm ID/AP: \$64	3½-5 yrs OD: \$80	CH21116
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Hip-hop Kids

Dance like your favorite pop stars! Class is designed for the younger student. In this high-energy, age appropriate class, kids will learn fun hip-hop techniques and combinations, danced to their favorite music. Music choices and dance steps will be age appropriate. No class 11/23.

9/14-12/7 (12) Rm D	Th	11:45 am-12:30 pm ID/AP: \$64	4-6 yrs OD: \$80	CH21117
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Junior Ballet

Class is designed for students who have had pre-ballet or beginning classical ballet and are ready for a more focused class structure. Greater expectations of students on form, listening, following direction and skill correction application. No class 11/23.

9/14-12/7 (12) Rm 5	Th	11:15 am-Noon ID/AP: \$64	4½-6 yrs OD: \$80	CH21119
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Kidz Bop

Get moving in this high-energy class that combines jazz, hip-hop and some ballet. Come learn a new dance to kid appropriate current music. Students will keep moving with a balance of technique and fun!

9/12-12/5 (13) Rm 8	T	4-4:45 pm ID/AP: \$69	4-6 yrs OD: \$86.25	CH21120
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Musical Theater

Love to sing and dance? In this class, songs inspire creativity, dramatic play and, of course, DANCE! In addition to drama games that foster creativity, self-expression and teamwork, students will explore the joy of musical theater classics. We'll have fun singing and dancing to favorite show tunes. No class 11/23.

9/14-12/7 (12) Rm D	Th	10:45-11:30 am ID/AP: \$64	3½-6 yrs OD: \$80	CH21122
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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)

Dance - Preschool

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

Beginning class introduces ballet technique through props and fun music. Skills include balance, coordination, flexibility and strength.

9/13-12/6 (13) Rm 5	W	10:30-11:15 am ID/AP: \$76	3-3½ yrs OD: \$95	CH21123
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Pre-Ballet

This class introduces ballet steps and terminology, with an emphasis on creative movement, rhythm, balance and coordination. No class 10/20, 10/21, 11/10, 11/23, 11/24.

9/11-12/4 (13) Rm D	M	9:45-10:30 am ID/AP: \$69	3½-5 yrs OD: \$86.25	CH21125
9/13-12/6 (13) Rm 5	W	11:30 am-12:15 pm ID/AP: \$69	3½-5 yrs OD: \$86.25	CH21126
9/14-12/14 (13) Rm 5	Th	10:30-11:15 am ID/AP: \$69	4-6 yrs OD: \$86.25	CH21127
9/15-12/8 (10) Rm 8	F	9:45-10:30 am ID/AP: \$53	3-5 yrs OD: \$66.25	CH21128
9/15-12/8 (10) Rm 8	F	11:45 am-12:30 pm ID/AP: \$53	3-5 yrs OD: \$66.25	CH21129
9/16-12/9 (12) Rm 5	S	9-9:45 am ID/AP: \$64	3-5 yrs OD: \$80	CH21130
9/16-12/9 (12) Rm 5	S	9:45-10:30 am ID/AP: \$64	4-6 yrs OD: \$80	CH21131

Sibling Dance Fun

For siblings to move and learn together. Develop rhythm, balance and coordination while learning basic dance forms to fun songs and incorporated props.

9/11-12/4 (13) Rm D	M	6-6:45 pm ID/AP: \$69	2½-6 yrs OD: \$86.25	CH21132
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Tiny Tappers

Through beats and rhythms, little tappers learn the basics of tap from their heads to their feet and everything in between! **Tap shoes required.**

9/12-12/5 (13) Rm 5	T	12:15-1 pm ID/AP: \$69	4-6 yrs OD: \$86.25	CH21133
9/13-12/6 (13) Rm 5	W	9-9:45 am ID/AP: \$69	3½-5 yrs OD: \$86.25	CH21134

Tiny Tutus

Tiny dancers will learn basic ballet movements that can improve balance and coordination in a nurturing and fun environment. **Parent participation required.**

9/12-12/5 (13) Rm D	T	9:45-10:15 am ID/AP: \$50	2½-3 yrs OD: \$62.50	CH21135
9/13-12/6 (13) Rm 5	W	9:45-10:15 am ID/AP: \$50	2½-3 yrs OD: \$62.50	CH21136

Dance - Preschool

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

For our youngest dancers! Develop grace, poise, good posture and coordination while dancing to many favorite songs. Basic ballet movements explored. **Parent participation required.**

9/11-12/4 (13) Rm D	M	9-9:30 am ID/AP: \$50	2-3 yrs OD: \$62.50	CH21137
9/11-12/4 (13) Rm D	M	10:45-11:15 am ID/AP: \$50	2-3 yrs OD: \$62.50	CH21138
9/12-12/5 (13) Rm D	T	9-9:30 am ID/AP: \$50	2-3 yrs OD: \$62.50	CH21139

Dance - Youth

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
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Classical Ballet I/II

This formal ballet class follows the traditional structure of barre work to stretch and strengthen, center and across the floor movements. Dancers gain strength, flexibility and work on ballet jumps and turns.

9/12-12/5 (13) Rm 5	T	4:30-5:25 pm ID/AP: \$82	6-8 yrs OD: \$102.50	CH21200
9/12-12/5 (12) Rm 5	T	5:30-6:25 pm ID/AP: \$76	8-12 yrs OD: \$95	CH21201

Creative Ballet

This ballet class follows the traditional structure of barre work to stretch and strengthen, center and across the floor movements while incorporating more creative fluid movements. Dancers gain strength, flexibility and work on ballet jumps and turns. No class 11/23.

9/14-12/7 (12) Rm 5	Th	3:30-4:15 pm ID/AP: \$62	6-9 yrs OD: \$77.50	CH21203
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Dance Combo/Tap, Ballet, Jazz

Class will expose dancers to tap, ballet and jazz techniques. **Tap shoes required.** No class 10/21, 11/23.

9/14-12/7 (12) Rm 5	Th	5:15-6:15 pm ID/AP: \$81	7-10 yrs OD: \$101.25	CH21205
9/16-12/9 (12) Rm 5	S	11:45 am-12:45 pm ID/AP: \$81	6-9 yrs OD: \$101.25	CH21206

Feel the Beat

This class features kid-friendly routines based on upbeat choreography. We break down the steps, add games, activities and cultural exploration elements into the class structure. Kids get the chance to be active and jam out to their favorite music. No class 11/23.

9/14-12/7 (12) Rm 8	Th	5-5:55 pm ID/AP: \$78	8-12 yrs OD: \$97.50	CH21218
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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)

Dance - Youth

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Hip-hop Kids Dance like your favorite pop stars! Class is designed for the younger student. In this high-energy, age appropriate class, kids will learn fun Hip-hop techniques and combinations, danced to their favorite music. Music choices and dance steps will be age appropriate. No class 10/20, 11/10, 11/24.				
9/15-12/8 (10) Rm 6	F	6-7 pm ID/AP: \$71	5-7 yrs OD: \$88.75	CH21118

Hip-hop Street Dance

Learn techniques and routines from a variety of dance styles - Hip-hop, locking, street jazz, contemporary and more. Get ready to move. Tennis shoes required. No class 11/23.

9/11-12/4 (13) Rm 5	M	3:45-4:30 pm ID/AP: \$69	7-12 yrs OD: \$86.25	CH21208
9/14-12/7 (12) Rm 8	Th	4-4:45 pm ID/AP: \$64	7-12 yrs OD: \$80	CH21209

Hip-hop Video Dance

Learn about popular dance styles with upbeat routines and technical skills for today's dance world! No class 10/20, 11/10, 11/24.

9/11-12/4 (13) Rm 5	M	4:45-5:45 pm ID/AP: \$87	8½-13 yrs OD: \$108.75	CH21210
9/15-12/8 (10) Rm 6	F	5-5:55 pm ID/AP: \$62	8-12 yrs OD: \$77.50	CH21211

Jazz - Hip-hop

Kids learn the fundamentals of jazz ranging from Broadway to pop and Hip-hop from pop-n-lock to house, in a fun and exciting environment.

9/13-12/6 (13) Rm 8	W	4-4:55 pm ID/AP: \$80	6-10 yrs OD: \$100	CH21212
9/13-12/6 (13) Rm 8	W	5-5:55 pm ID/AP: \$80	10-14 yrs OD: \$100	CH21213

Modern Contemporary

Focus on big movements influenced by ballet and modern techniques. Choreography based in the feeling or motivation of the music. Try out lots of different dances with elements of jazz, ballet and more. No class 11/23.

9/14-12/7 (12) Rm D	Th	6:15-7:15 pm ID/AP: \$81	7-13 yrs OD: \$101.25	CH21214
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Dance - Teen/Adult

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Ballroom Dance, Beginning Learn to dance the waltz, disco, fox trot, jive, cha cha, and rumba! These dances can be danced at one special event or just for fun during a night out. No partner needed.				
9/11-12/4 (13) Rm D	M	7-8 pm ID/AP: \$87	14 yrs-Adult OD: \$108.75	CH21504

Belly Dance, Beginning

Become more graceful, flexible and toned through the ancient art of belly dance. Class will learn isolated body movements, dance steps and the use of the veil. Class promotes a positive body image.

9/12-12/5 (13) Rm 5	T	7:35-8:35 pm ID/AP: \$87	14 yrs-Adult OD: \$108.75	CH21500
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Belly Dance, Intermediate

Continued study of the beautiful and ancient art of belly dance. Study styles from several cultures and learn a variety of steps, and veil work. Participants should have taken Beginning Belly Dance or have instructor's permission.

9/12-12/5 (13) Rm 5	T	8:35-9:35 pm ID/AP: \$106	14 yrs-Adult OD: \$132.50	CH21501
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Classical Ballet

Traditional ballet technique class. Comprehensive barre and center work for returning and motivated beginners. Students develop strength, flexibility, coordination and confidence. All levels welcome.

9/13-12/6 (13) Rm 5	W	7:30-9 pm ID/AP: \$114	14 yrs-Adult OD: \$142.50	CH21502
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Hip-hop Fit

Cool, fun routines for beginning/intermediate students. Instructor breaks down the moves, so first time hip-hop dancers are always welcome. We dance and sweat, then work our core strength for better performance. We will dance hard and work out hard. No skirts, jeans, bare feet, sandals or heels please.

9/11-12/11 (14) Rm 5	M	7:15-8:15 pm ID/AP: \$94	14 yrs-Adult OD: \$117.50	CH22570
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Modern Contemporary II

The next step. Class will focus more on big movements influenced by ballet and modern techniques. Choreography based in the feeling or motivation of the music. Many different dances with elements of jazz, ballet and more. Instructor approval required. No class 10/31, 11/23.

9/12-12/5 (12) Rm 5	T	6:30-7:30 pm ID/AP: \$81	10-16 yrs OD: \$101.25	CH21215
9/14-12/7 (12) Rm D	Th	7:15-8:15 pm ID/AP: \$81	10-16 yrs OD: \$101.25	CH21216

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

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

Join us for fun in the kitchen with Gloria! Learn age-appropriate culinary skills, including basic nutrition, manners, recipes and more. **Please note: We cannot guarantee an allergy free environment or menu.**

9/22 (1) Kitchen	F	9:30-11:30 am ID/AP: \$22	4-5 yrs OD: \$27	CH25100
10/6 (1) Kitchen	F	9:30-11:30 am ID/AP: \$22	4-5 yrs OD: \$27	CH25101
10/27 (1) Kitchen	F	9:30-11:30 am ID/AP: \$22	4-5 yrs OD: \$27	CH25102
11/17 (1) Kitchen	F	9:30-11:30 am ID/AP: \$22	4-5 yrs OD: \$27	CH25103
12/1 (1) Kitchen	F	9:30-11:30 am ID/AP: \$22	4-5 yrs OD: \$27	CH25104

Child and Me

Boost your children's brain development with fun songs and games while bonding with your child and other parents in the community. **Parent participation required.** No class 11/10, 11/24.

9/15-10/13 (5) Rm C	F	10:15-11:15 am ID/AP: \$45	3 mos -1½ yrs OD: \$56.25	CH28174
10/27-12/8 (5) Rm C	F	10:15-11:15 am ID/AP: \$45	3 mos -1½ yrs OD: \$56.25	CH28175

Sensory Explorers (Parent Participation)

Toddlers will have a blast exploring different textiles, colors, shapes, smells and sounds. **Parent participation required.** No unregistered siblings; childcare available. No class 11/10, 11/24.

9/15-10/13 (5) Rm C	F	9-10 am ID/AP: \$49	2-3 yrs OD: \$61.25	CH28172
10/27-12/8 (5) Rm C	F	9-10 am ID/AP: \$49	2-3 yrs OD: \$61.25	CH28173

Transportation Station

Bring your imagination and come learn about transportation. Planes, trains, cars, trucks: we will learn about them all! No unregistered siblings; childcare available. Parent participation welcome but not mandatory. No class 11/23.

9/14-10/19 (6) Rm C	Th	10:15-11:15 am ID/AP: \$46	3-5 yrs OD: \$57.50	CH28170
10/26-12/7 (6) Rm C	Th	10:15-11:15 am ID/AP: \$46	3-5 yrs OD: \$57.50	CH28171

Mix & Match: Preschool Enrichment

Letters and Colors and Shapes, Oh My!

Give your child more practice with letters, colors, and shape recognition through play, art, and music! **Parent participation welcome, but not mandatory.** No class 11/23.

9/14-10/19 (6) Rm C	Th	9-10 am ID/AP: \$60	3-5 yrs OD: \$75	CH28168
10/26-12/7 (6) Rm C	Th	9-10 am ID/AP: \$60	3-5 yrs OD: \$75	CH28169

Little Beakers

Your future scientist will have fun in this class learning about the wonders of science. Varying projects and science experiments will keep your child's imagination and curiosity racing with ideas.

9/11-10/16 (6) Rm C	M	10:15-11:15 am ID/AP: \$46	3-5 yrs OD: \$57.50	CH28152
10/23-12/4 (7) Rm C	M	10:15-11:15 am ID/AP: \$53	3-5 yrs OD: \$66.25	CH28153

Little Masters

Based on the ideas and images of master artists, this class explores creative activities and experiences through preschool appropriate "copy cat" art projects and play. Class will be messy, so wear grubby clothes! **Parent participation welcome but not mandatory.**

9/13-10/18 (6) Rm C2	W	9-10 am ID/AP: \$46	3-5 yrs OD: \$57.50	CH28164
10/25-12/6 (7) Rm C2	W	9-10 am ID/AP: \$54	3-5 yrs OD: \$67.50	CH28165

Little Mathletes

Kids become more comfortable with numbers and math in this class that makes learning fun!

9/11-10/16 (6) Rm C	M	9-10 am ID/AP: \$46	3-5 yrs OD: \$57.50	CH28150
10/23-12/4 (7) Rm C	M	9-10 am ID/AP: \$53	3-5 yrs OD: \$66.25	CH28151

Picture Book Art

Let's look at our favorite children's book illustrators and make a copycat art project. Subjects include Eric Carle, Mo Willems and Lois Ehlert. **Parent participation welcomed, but not mandatory.**

9/13-10/18 (6) Rm C2	W	10:15-11:15 am ID/AP: \$46	3-5 yrs OD: \$57.50	CH28166
10/25-12/6 (7) Rm C2	W	10:15-11:15 am ID/AP: \$54	3-5 yrs OD: \$67.50	CH28167



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

Cedar Hills Social Classes

Bright Beginnings

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. No class 10/20, 11/10, 11/23, 11/24.

9/11-10/23 (7)	M	9-11:30 am	3½-5 yrs	CH28140
Rm B		ID/AP: \$118	OD: \$147.50	
9/12-10/24 (7)	T	9-11:30 am	3½-5 yrs	CH28141
Rm B		ID/AP: \$118	OD: \$147.50	
9/13-10/25 (7)	W	9-11:30 am	3½-5 yrs	CH28142
Rm B		ID/AP: \$118	OD: \$147.50	
9/14-10/26 (7)	Th	9-11:30 am	3½-5 yrs	CH28143
Rm B		ID/AP: \$118	OD: \$147.50	
9/15-10/27 (6)	F	9-11:30 am	3½-5 yrs	CH28144
Rm B		ID/AP: \$103	OD: \$128.75	
10/30-12/18 (8)	M	9-11:30 am	3½-5 yrs	CH28145
Rm B		ID/AP: \$134	OD: \$167.50	
10/31-12/19 (8)	T	9-11:30 am	3½-5 yrs	CH28146
Rm B		ID/AP: \$129	OD: \$161.25	
11/1-12/20 (8)	W	9-11:30 am	3½-5 yrs	CH28147
Rm B		ID/AP: \$134	OD: \$167.50	
11/2-12/21 (7)	Th	9-11:30 am	3½-5 yrs	CH28148
Rm B		ID/AP: \$118	OD: \$147.50	
11/3-12/22 (6)	F	9-11:30 am	3½-5 yrs	CH28149
Rm B		ID/AP: \$103	OD: \$128.75	

First Time Friends

This class encourages children to emotionally and socially adapt to a classroom setting. We will strengthen our skills in sharing, listening and following directions; learn to make transitions and much more through art, dance, music, stories and free play. **Parent participation required for the Wednesdays.** No unregistered siblings. No class 10/20, 11/10 11/23, 11/24.

9/11-10/23 (7)	M	9-11:30 am	2½-3 yrs	CH28130
Rm A		ID/AP: \$128	OD: \$160	
9/12-10/24 (7)	T	9-11:30 am	2½-3 yrs	CH28131
Rm A		ID/AP: \$128	OD: \$160	
9/13-10/25 (7)	W	9-11 am	2-3 yrs	CH28132
Rm A		ID/AP: \$98	OD: \$122.50	
9/14-10/26 (7)	Th	9-11:30 am	2½-3 yrs	CH28133
Rm A		ID/AP: \$128	OD: \$160	
9/15-10/27 (6)	F	9-11:30 am	2½-3 yrs	CH28134
Rm A		ID/AP: \$110	OD: \$137.50	
10/30-12/18 (8)	M	9-11:30 am	2½-3 yrs	CH28135
Rm A		ID/AP: \$147	OD: \$183.75	
10/31-12/19 (8)	T	9-11:30 am	2½-3 yrs	CH28136
Rm A		ID/AP: \$147	OD: \$183.75	
11/1-12/20 (8)	W	9-11 am	2-3 yrs	CH28137
Rm A		ID/AP: \$112	OD: \$140	
11/2-12/21 (7)	Th	9-11:30 am	2½-3 yrs	CH28138
Rm A		ID/AP: \$128	OD: \$160	
11/3-12/22 (6)	F	9-11:30 am	2½-3 yrs	CH28139
Rm A		ID/AP: \$110	OD: \$137.50	

General Interest - Preschool

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

Music, movement, games, stories and other activities designed for parent/child participation. **No unregistered siblings; childcare available.** No class 9/27.

9/13-12/6 (12)	W	9:30-10 am	1½-3 yrs	CH28158
Rm C		ID/AP: \$59	OD: \$73.75	
9/13-12/6 (12)	W	10:05-10:35 am	1½-3 yrs	CH28160
Rm C		ID/AP: \$59	OD: \$73.75	

Preschool Theater Fun

An introductory theater class designed for preschoolers, with an emphasis on acting. In addition, we'll create puppets and music. The students will perform an original play on the last class. **Parent participation welcome, but not mandatory.** No class 9/27.

9/13-12/6 (12)	W	11 am-Noon	3-6 yrs	CH28162
Rm C		ID/AP: \$92	OD: \$115	

General Interest - Youth

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
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Cooking, Kids in the Kitchen: Festive Treats!

We'll have some fun in the kitchen makin' fall treats while learning culinary skills and safety! **Please note: We cannot guarantee an allergy free environment or menu.**

9/29 (1)	F	6-7:30 pm	8-10 yrs	CH25200
Kitchen		ID/AP: \$24	OD: \$28.75	
10/27 (1)	F	6-7:30 pm	8-10 yrs	CH25201
Kitchen		ID/AP: \$24	OD: \$28.75	
12/8 (1)	F	6-7:30 pm	8-10 yrs	CH25202
Kitchen		ID/AP: \$24	OD: \$28.75	

Babysitting 101

Help your young adult learn what it takes to be a responsible, trustworthy, and competent babysitter. Students should bring paper and a pencil, as well as a water bottle, a snack, and sack lunch that needs no refrigeration or microwave.

10/28 (1)	S	8:30 am-3:45 pm	11-15 yrs	CH25303
Rm 3		ID/AP: \$45	OD: \$55.25	
11/18 (1)	S	8:30 am-3:45 pm	11-15 yrs	CH25304
Rm 3		ID/AP: \$45	OD: \$55.25	
12/9 (1)	S	8:30 am-3:45 pm	11-15 yrs	CH25305
Rm 3		ID/AP: \$45	OD: \$55.25	

Home Alone

Help your child feel safe and confident while being home alone. Covers phone calls, home security and first aid techniques, and more.

10/21 (1)	S	9-11:30 am	8-11 yrs	CH25300
Rm 3		ID/AP: \$25	OD: \$31.25	
11/11 (1)	S	9-11:30 am	8-11 yrs	CH25301
Rm 3		ID/AP: \$25	OD: \$31.25	
12/2 (1)	S	9-11:30 am	8-11 yrs	CH25302
Rm 3		ID/AP: \$25	OD: \$31.25	

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

General Interest - Youth

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Youth Guitar Learn to play the guitar. Learn basic chords and strumming, along with an understanding of how the guitar works. Bring your own guitar. No class 10/31.				
9/12-12/5 (12) Rm 3	T	4:35-5:20 pm ID/AP: \$71	8-11 yrs OD: \$88.25	CH25250

Guitar I

Learn basic chords and strumming patterns, develop technical skills and improve your speed and accuracy between chord changes. Bring your own guitar. No class 10/31.

9/12-12/5 (12) Rm 3	T	7-8 pm ID/AP: \$90	10 yrs-Adult OD: \$112.25	CH25251
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Guitar II

Develop more technical skills and improve your speed and accuracy between chord changes. Instructor permission required. Bring your own guitar. No class 10/31.

9/12-12/5 (12) Rm 3	T	8-9 pm ID/AP: \$90	13 yrs-Adult OD: \$112.25	CH25252
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Guitar Private Lessons

Learn basic guitar or continue to improve your skills. **Must bring your own guitar.**

9/12-10/3 (4) Rm 3	T	3:30-4 pm ID/AP: \$124	7 yrs-Adult OD: \$154.75	CH25253
9/12-10/3 (4) Rm 3	T	4-4:30 pm ID/AP: \$124	7 yrs-Adult OD: \$154.75	CH25254
9/12-10/3 (4) Rm 3	T	5:30-6 pm ID/AP: \$124	7 yrs-Adult OD: \$154.75	CH25255
9/12-10/3 (4) Rm 3	T	6:30-7 pm ID/AP: \$124	7 yrs-Adult OD: \$154.75	CH25256
10/10-10/24 (3) Rm 3	T	3:30-4 pm ID/AP: \$93	7 yrs-Adult OD: \$116	CH25257
10/10-10/24 (3) Rm 3	T	4-4:30 pm ID/AP: \$93	7 yrs-Adult OD: \$116	CH25258
10/10-10/24 (3) Rm 3	T	5:30-6 pm ID/AP: \$93	7 yrs-Adult OD: \$116	CH25259
10/10-10/24 (3) Rm 3	T	6:30-7 pm ID/AP: \$93	7 yrs-Adult OD: \$116	CH25260
11/7-11/28 (4) Rm 3	T	3:30-4 pm ID/AP: \$124	7 yrs-Adult OD: \$154.75	CH25261
1/7-11/28 (4) Rm 3	T	4-4:30 pm ID/AP: \$124	7 yrs-Adult OD: \$154.75	CH25262
11/7-11/28 (4) Rm 3	T	5:30-6 pm ID/AP: \$124	7 yrs-Adult OD: \$154.75	CH25263
11/7-11/28 (4) Rm 3	T	6:30-7 pm ID/AP: \$124	7 yrs-Adult OD: \$154.75	CH25264

General Interest - Teen/Adult

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

We'll have some fun getting hands-on in the kitchen using apples, pumpkins, and other fall favorites while enhancing culinary skills and knowledge! **Please note: We cannot guarantee an allergy free environment or menu.**

Fall Favorites

10/6 (1) Kitchen	F	6-7:30 pm ID/AP: \$41	14 yrs-Adult OD: \$48.75	CH25450
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Perfect Pizzas

11/3 (1) Kitchen	F	6-7:30 pm ID/AP: \$41	14 yrs-Adult OD: \$48.75	CH25451
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Winter Treats

12/1 (1) Kitchen	F	6-7:30 pm ID/AP: \$41	14 yrs-Adult OD: \$48.75	CH25452
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Brain Fitness Workshop 1

A cognitive skills program to enhance brain function and mental abilities. This workshop helps improve memory, executive processing, problem solving, visualization and focus. No different than working out in the gym - this is mental exercise. You'll use your imagination, creativity and brain power. Join one or all workshops, variety of activities each date.

9/25 (1) Rm 3	M	9-11 am ID/AP: \$18	Adult OD: \$22.50	CH25460
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Brain Fitness Workshop 2

See description above.

10/5 (1) Rm 3	Th	6:30-8:30 pm ID/AP: \$18	Adult OD: \$22.50	CH25461
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Brain Fitness Workshop 3

See description above.

11/4 (1) Rm 3	S	9-11 am ID/AP: \$18	Adult OD: \$22.50	CH25462
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Brain Fitness Workshop 4

See description above.

12/3 (1) Rm 3	Su	1-3 pm ID/AP: \$18	Adult OD: \$22.50	CH25463
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Fees: ID/AP = User is in-district or has paid an out-of-district assessment, OD = Out-of-district (no assessment paid)

General Interest - Teen/Adult

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Piano, Private Lessons				
Playing the piano is fun, and now research has proven that playing the piano can have a profound positive impact on a child's language, reading and math development. Beginner books will be provided for each student's first session. Students will be responsible for purchasing any additional books based on skill level. No class 10/20, 11/10, 11/24.				
9/11-10/2 (4) Rm 3	M	3:30-4 pm ID/AP: \$142	5 yrs-Adult OD: \$177.25	CH25400
9/11-10/2 (4) Rm 3	M	4-4:30 pm ID/AP: \$142	5 yrs-Adult OD: \$177.25	CH25401
9/11-10/2 (4) Rm 3	M	4:30-5 pm ID/AP: \$142	5 yrs-Adult OD: \$177.25	CH25402
9/11-10/2 (4) Rm 3	M	5-5:30 pm ID/AP: \$142	5 yrs-Adult OD: \$177.25	CH25403
9/11-10/2 (4) Rm 3	M	5:45-6:15 pm ID/AP: \$142	5 yrs-Adult OD: \$177.25	CH25404
9/11-10/2 (4) Rm 3	M	6:15-6:45 pm ID/AP: \$142	5 yrs-Adult OD: \$177.25	CH25405
9/11-10/2 (4) Rm 3	M	6:45-7:15 pm ID/AP: \$142	5 yrs-Adult OD: \$177.25	CH25406
9/11-10/2 (4) Rm 3	M	7:15-7:45 pm ID/AP: \$142	5 yrs-Adult OD: \$177.25	CH25407
10/9-10/30 (4) Rm 3	M	3:30-4 pm ID/AP: \$142	5 yrs-Adult OD: \$177.25	CH25408
10/9-10/30 (4) Rm 3	M	4-4:30 pm ID/AP: \$142	5 yrs-Adult OD: \$177.25	CH25409
10/9-10/30 (4) Rm 3	M	4:30-5 pm ID/AP: \$142	5 yrs-Adult OD: \$177.25	CH25410
10/9-10/30 (4) Rm 3	M	5-5:30 pm ID/AP: \$142	5 yrs-Adult OD: \$177.25	CH25411
10/9-10/30 (4) Rm 3	M	5:45-6:15 pm ID/AP: \$142	5 yrs-Adult OD: \$177.25	CH25412
10/9-10/30 (4) Rm 3	M	6:15-6:45 pm ID/AP: \$142	5 yrs-Adult OD: \$177.25	CH25413
10/9-10/30 (4) Rm 3	M	6:45-7:15 pm ID/AP: \$142	5 yrs-Adult OD: \$177.25	CH25414
10/9-10/30 (4) Rm 3	M	7:15-7:45 pm ID/AP: \$142	5 yrs-Adult OD: \$177.25	CH25415
11/6-11/27 (4) Rm 3	M	3:30-4 pm ID/AP: \$142	5 yrs-Adult OD: \$177.25	CH25416
11/6-11/27 (4) Rm 3	M	4-4:30 pm ID/AP: \$142	5 yrs-Adult OD: \$177.25	CH25417
11/6-11/27 (4) Rm 3	M	4:30-5 pm ID/AP: \$142	5 yrs-Adult OD: \$177.25	CH25418
11/6-11/27 (4) Rm 3	M	5-5:30 pm ID/AP: \$142	5 yrs-Adult OD: \$177.25	CH25419
11/6-11/27 (4) Rm 3	M	5:45-6:15 pm ID/AP: \$142	5 yrs-Adult OD: \$177.25	CH25420
11/6-11/27 (4) Rm 3	M	6:15-6:45 pm ID/AP: \$142	5 yrs-Adult OD: \$177.25	CH25421
11/6-11/27 (4) Rm 3	M	6:45-7:15 pm ID/AP: \$142	5 yrs-Adult OD: \$177.25	CH25422
11/6-11/27 (4) Rm 3	M	7:15-7:45 pm ID/AP: \$142	5 yrs-Adult OD: \$177.25	CH25423
9/15-10/6 (4) Rm 3	F	3:30-4 pm ID/AP: \$142	5 yrs-Adult OD: \$177.25	CH25424
9/15-10/6 (4) Rm 3	F	4-4:30 pm ID/AP: \$142	5 yrs-Adult OD: \$177.25	CH25425
9/15-10/6 (4) Rm 3	F	4:30-5 pm ID/AP: \$142	5 yrs-Adult OD: \$177.25	CH25426
9/15-10/6 (4) Rm 3	F	5-5:30 pm ID/AP: \$142	5 yrs-Adult OD: \$177.25	CH25427
9/15-10/6 (4) Rm 3	F	5:45-6:15 pm	5 yrs-Adult	CH25428

General Interest - Teen/Adult

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Piano, Private Lessons (continued)				
Rm 3		ID/AP: \$142	OD: \$177.25	
9/15-10/6 (4) Rm 3	F	6:15-6:45 pm ID/AP: \$142	5 yrs-Adult OD: \$177.25	CH25429
9/15-10/6 (4) Rm 3	F	6:45-7:15 pm ID/AP: \$142	5 yrs-Adult OD: \$177.25	CH25430
9/15-10/6 (4) Rm 3	F	7:15-7:45 pm ID/AP: \$142	5 yrs-Adult OD: \$177.25	CH25431
10/13-11/3 (3) Rm 3	F	3:30-4 pm ID/AP: \$107	5 yrs-Adult OD: \$133.50	CH25432
10/13-11/3 (3) Rm 3	F	4-4:30 pm ID/AP: \$107	5 yrs-Adult OD: \$133.50	CH25433
10/13-11/3 (3) Rm 3	F	4:30-5 pm ID/AP: \$107	5 yrs-Adult OD: \$133.50	CH25434
10/13-11/3 (3) Rm 3	F	5-5:30 pm ID/AP: \$107	5 yrs-Adult OD: \$133.50	CH25435
10/13-11/3 (3) Rm 3	F	5:45-6:15 pm ID/AP: \$107	5 yrs-Adult OD: \$133.50	CH25436
10/13-11/3 (3) Rm 3	F	6:15-6:45 pm ID/AP: \$107	5 yrs-Adult OD: \$133.50	CH25437
10/13-11/3 (3) Rm 3	F	6:45-7:15 pm ID/AP: \$107	5 yrs-Adult OD: \$133.50	CH25438
10/13-11/3 (3) Rm 3	F	7:15-7:45 pm ID/AP: \$107	5 yrs-Adult OD: \$133.50	CH25439
11/17-12/8 (3) Rm 3	F	3:30-4 pm ID/AP: \$107	5 yrs-Adult OD: \$133.50	CH25440
11/17-12/8 (3) Rm 3	F	4-4:30 pm ID/AP: \$107	5 yrs-Adult OD: \$133.50	CH25441
11/17-12/8 (3) Rm 3	F	4:30-5 pm ID/AP: \$107	5 yrs-Adult OD: \$133.50	CH25442
11/17-12/8 (3) Rm 3	F	5-5:30 pm ID/AP: \$107	5 yrs-Adult OD: \$133.50	CH25443
11/17-12/8 (3) Rm 3	F	5:45-6:15 pm ID/AP: \$107	5 yrs-Adult OD: \$133.50	CH25444
11/17-12/8 (3) Rm 3	F	6:15-6:45 pm ID/AP: \$107	5 yrs-Adult OD: \$133.50	CH25445
11/17-12/8 (3) Rm 3	F	6:45-7:15 pm ID/AP: \$107	5 yrs-Adult OD: \$133.50	CH25446
11/17-12/8 (3) Rm 3	F	7:15-7:45 pm ID/AP: \$107	5 yrs-Adult OD: \$133.50	CH25447



Spotlight on Bryan Lewis

Bryan is a Portland native and a lifelong student of music. At a young age he began taking guitar lessons from the renowned Alex Pothetes. Bryan continued his education at the University of Oregon and then at the Musician's Institute in Hollywood, California. After his graduation he began to share his love for music as a teacher working at the prestigious

Manhattan Academy in Los Angeles. In addition to teaching, Bryan works as a composer, writing original songs and film scores. Despite a well-rounded education, he continues to read music books and teach himself to play new instruments in his spare time.

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 and speed. All students will receive instruction on floor, beam, 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 rubber band. Please do not wear tights or jeans. Safety guidelines will be discussed at first class.

For safety reasons, students will forfeit their class for the day if they arrive 10-15 minutes late and/or warmups have been completed. This is USA Gymnastics regulation policy. **No makeup provided.** No class 10/20, 10/31 (afternoon), 11/10, 11/23, 11/24.

Gymnastics - Preschool

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Kindergym, 1 ½-2 ½ yrs, Parent Participation				
9/15-12/8 (10) Rm 9	F	9-9:45 am ID/AP: \$56	1 ½-2 ½ yrs OD: \$70	CH23100
9/15-12/8 (10) Rm 9	F	10-10:45 am ID/AP: \$56	1 ½-2 ½ yrs OD: \$70	CH23101
9/17-12/10 (13) Rm 9	Su	9:30-10:15 am ID/AP: \$72	1 ½-2 ½ yrs OD: \$90	CH23102
Kindergym, 2-3 yrs, Parent Participation				
9/15-12/8 (10) Rm 9	F	11-11:45 am ID/AP: \$56	2-3 yrs OD: \$70	CH23103
9/17-12/10 (13) Rm 9	Su	10:30-11:15 am ID/AP: \$72	2-3 yrs OD: \$90	CH23104
KinderStars, 3-4 yrs, Parent Participation				
9/15-12/8 (10) Rm 9	F	Noon-12:45 pm ID/AP: \$56	3-4 yrs OD: \$70	CH23105
9/15-12/8 (10) Rm 9	F	1-1:45 pm ID/AP: \$56	3-4 yrs OD: \$70	CH23106
9/17-12/10 (13) Rm 9	Su	11:30 am-12:15 pm ID/AP: \$72	3-4 yrs OD: \$90	CH23107

Gymnastics Class Descriptions

Kindergym, 1.5-3 yrs

Guided by our gymnastics staff, you and your child will share time together playing games with hoops, balls, movement activities, parachutes and tumbling. Strength, flexibility and motor skills are developed while having fun. **Parent participation required.** Please note: one parent/one child ratio; childcare option available for other children during some classes.

KinderStars, 3-4 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 and other teaching aids, they will learn beginning gymnastics skills with the assistance of a parent. **Parent participation required.** Please note: one parent/one child ratio; childcare option available for other children during some classes.

Pre-Gymnastics, Parent Participation, 2.5-4 yrs

Introduction to gymnastics; no gymnastics experience needed. Students introduced to all four gymnastics events through fun obstacle courses and drills. Technique, flexibility and strength, following directions, listening and line movement will be focused on each week. **(PP) Parent participation class.** Please note: one

parent/one child ratio; childcare option available for other children during some classes.

Pre-Gymnastics, 3-4 yrs, 4-6 yrs

Introduction to gymnastics; no gymnastics experience needed. Students introduced to all four gymnastics events through fun obstacle courses and drills. Technique, flexibility and strength, following directions, listening and line movement will be focused on each week.

Boys Gymnastics, All Levels

Boys will work on gymnastics skills and techniques for the vault, bars and floor exercise. They will develop flexibility and strength. All skill levels welcome. Please make sure your gymnast comes with shorts/pants and a tucked in T-shirt.

Gymnastics, Level 1, 4-6 yrs, 5-8 yrs, 6-13 yrs

This is the next level after Pre-Gymnastics. Introduction to forward and backward rolls on floor, pull-overs on bars and handstand drills on beam. Class will learn all basic skills required to move up to Level 1 Advanced, using stations and strength-building activities. Gymnast should pass Pre-Gymnastics before enrolling in this class.

Gymnastics, Level 1.5, 5-13 yrs

Class is designed for gymnasts who passed Level

1. We will emphasize backward rolls with straight arms, handstand on vault, bars, beam and cartwheels, bridges and tumbling progressions on floor. Beginning back handspring progressions will be taught. We teach class using stations and drills that will build core flexibility and strength to achieve the skills needed to move up to Level 2. Instructor approval needed and/or the gymnast must have passed Level 1.

Gymnastics, Level 2, 5-13 yrs

Must have passed Gymnastics Level 1 Advanced before enrolling and/or have instructor approval. On floor one-arm cartwheels, round-offs, back handsprings, handstand forward rolls and back walkovers. They will learn all progression skills for Level 3.

Gymnastics, Levels 3

Must have passed Level 2 and/or have instructor approval. This level focuses on basic skills with progressions into new skills such as handspring on vault, round-off back handsprings, kip/pull-over back hip circle combinations on bars and USA Gymnastics J.O. routines on vault, bars, beam and floor. We strive to build flexibility, strength and confidence. We strongly recommend your gymnast attended both T/Th classes. An option of competing on the rec center competitive gymnastics team is offered during fall and spring terms.

Gymnastics - Preschool

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Pre-Gymnastics, 2½-4 yrs, Parent Participation				
9/11-12/4 (13) Rm 9	M	9-9:50 am ID/AP: \$80	2½-4 yrs OD: \$100	CH23108
9/12-12/5 (13) Rm 9	T	9-9:50 am ID/AP: \$80	2½-4 yrs OD: \$100	CH23109

Pre-Gymnastics, 3-4 yrs

9/11-12/4 (13) Rm 9	M	10-10:45 am ID/AP: \$83	3-4 yrs OD: \$103.75	CH23110
9/11-12/4 (13) Rm 9	M	11-11:50 am ID/AP: \$92	3-4 yrs OD: \$115	CH23111
9/12-12/5 (13) Rm 9	T	10-10:45 am ID/AP: \$83	3-4 yrs OD: \$103.75	CH23112
9/12-12/5 (13) Rm 9	T	11-11:50 am ID/AP: \$92	3-4 yrs OD: \$115	CH23113
9/13-12/6 (13) Rm 9	W	9-9:50 am ID/AP: \$92	3-4 yrs OD: \$115	CH23114
9/13-12/6 (13) Rm 9	W	10-10:45 am ID/AP: \$83	3-4 yrs OD: \$103.75	CH23115
9/13-12/6 (13) Rm 9	W	11-11:50 am ID/AP: \$92	3-4 yrs OD: \$115	CH23116
9/14-12/7 (12) Rm 9	Th	9-9:50 am ID/AP: \$85	3-4 yrs OD: \$106.25	CH23117
9/14-12/7 (12) Rm 9	Th	10-10:45 am ID/AP: \$77	3-4 yrs OD: \$96.25	CH23118
9/16-12/9 (12) Rm 9	S	9-9:50 am ID/AP: \$85	3-4 yrs OD: \$106.25	CH23119
9/16-12/9 (12) Rm 9	S	10-10:45 am ID/AP: \$77	3-4 yrs OD: \$96.25	CH23120
9/16-12/9 (12) Rm 9	S	2:30-3:20 pm ID/AP: \$85	3-4 yrs OD: \$106.25	CH23121
9/17-12/10 (13) Rm 9	Su	2:45-3:35 pm ID/AP: \$85	3-4 yrs OD: \$106.25	CH23122

Pre-Gymnastics, 4-6 yrs

9/11-12/4 (13) Rm 9	M	Noon-12:50 pm ID/AP: \$92	4-6 yrs OD: \$115	CH23123
9/11-12/4 (13) Rm 9	M	6-6:45 pm ID/AP: \$83	4-6 yrs OD: \$103.75	CH23124
9/13-12/6 (13) Rm 9	W	Noon-12:50 pm ID/AP: \$92	4-6 yrs OD: \$115	CH23125
9/13-12/6 (13) Rm 9	W	5:45-6:30 pm ID/AP: \$83	4-6 yrs OD: \$103.75	CH23126
9/14-12/7 (12) Rm 9	Th	11-11:50 am ID/AP: \$85	4-6 yrs OD: \$106.25	CH23127
9/14-12/7 (12) Rm 9	Th	Noon-12:50 pm ID/AP: \$85	4-6 yrs OD: \$106.25	CH23128
9/15-12/8 (10) Rm 9	F	6-6:45 pm ID/AP: \$64	4-6 yrs OD: \$80	CH23129
9/16-12/9 (12) Rm 9	S	1:30-2:20 pm ID/AP: \$85	4-6 yrs OD: \$106.25	CH23130
9/17-12/10 (13) Rm 9	Su	12:45-1:35 pm ID/AP: \$92	4-6 yrs OD: \$115	CH23131
9/17-12/10 (13) Rm 9	Su	1:45-2:35 pm ID/AP: \$92	4-6 yrs OD: \$115	CH23132

Gymnastics - Preschool

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Gymnastics, Level 1, 4-6 yrs				
9/12-12/5 (13) Rm 9	T	Noon-1 pm ID/AP: \$111	4-6 yrs OD: \$138.75	CH23133
9/13-12/6 (13) Rm 9	W	2:15-3:15 pm ID/AP: \$111	4-6 yrs OD: \$138.75	CH23134

Gymnastics - Youth

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Boys Gymnastics, All Levels 5-10 yrs				
9/13-12/6 (13) Rm 9	W	3:30-4:30 pm ID/AP: \$111	5-10 yrs OD: \$138.75	CH23216

Gymnastics Play Day

Gymnastics play days are designed to let gymnasts have supervised free time in the gymnastics room while also incorporating some structure involving courses and games that cover basic gymnastics skills.

Gymnastics Play Day, 4-6 yrs

12/21 (1) Rm 9	Th	9-11 am ID/AP: \$17	4-6 yrs OD: \$21.25	CH23220
12/22 (1) Rm 9	F	11:15 am-1:15 pm ID/AP: \$17	4-6 yrs OD: \$21.25	CH23221
12/26 (1) Rm 9	T	9-11 am ID/AP: \$17	4-6 yrs OD: \$21.25	CH23222
12/27 (1) Rm 9	W	11:15 am-1:15 pm ID/AP: \$17	4-6 yrs OD: \$21.25	CH23223
12/28 (1) Rm 9	Th	9-11 am ID/AP: \$17	4-6 yrs OD: \$21.25	CH23224
12/29 (1) Rm 9	F	11:15 am-1:15 pm ID/AP: \$17	4-6 yrs OD: \$21.25	CH23225

Gymnastics Play Day, 7-13 yrs

12/21 (1) Rm 9	Th	11:15 am-1:15 pm ID/AP: \$17	7-13 yrs OD: \$21.25	CH23226
12/22 (1) Rm 9	F	9-11 am ID/AP: \$17	7-13 yrs OD: \$21.25	CH23227
12/26 (1) Rm 9	T	11:15 am-1:15 pm ID/AP: \$17	7-13 yrs OD: \$21.25	CH23228
12/27 (1) Rm 9	W	9-11 am ID/AP: \$17	7-13 yrs OD: \$21.25	CH23229
12/28 (1) Rm 9	Th	11:15 am-1:15 pm ID/AP: \$17	7-13 yrs OD: \$21.25	CH23230
12/29 (1) Rm 9	F	9-11 am ID/AP: \$17	7-13 yrs OD: \$21.25	CH23231

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

Gymnastics - Youth

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Gymnastics, Level 1, 5-8 yrs				
9/12-12/5 (13) Rm 9	T	3:30-4:30 pm ID/AP: \$111	5-8 yrs OD: \$138.75	CH23200
9/13-12/6 (13) Rm 9	W	4:30-5:30 pm ID/AP: \$111	5-8 yrs OD: \$138.75	CH23201
9/16-12/9 (12) Rm 9	S	11 am-Noon ID/AP: \$102	5-8 yrs OD: \$127.50	CH23202

Gymnastics, Level 1, 6-13 yrs

9/11-12/4 (13) Rm 9	M	3:30-4:30 pm ID/AP: \$111	6-13 yrs OD: \$138.75	CH23203
9/11-12/4 (13) Rm 9	M	7-8 pm ID/AP: \$111	6-13 yrs OD: \$138.75	CH23204
9/14-12/7 (12) Rm 9	Th	3:30-4:30 pm ID/AP: \$102	6-13 yrs OD: \$127.50	CH23205
9/15-12/8 (10) Rm 9	F	3:30-4:30 pm ID/AP: \$85	6-13 yrs OD: \$106.25	CH23206
9/15-12/8 (10) Rm 9	F	7-8 pm ID/AP: \$85	6-13 yrs OD: \$106.25	CH23207
9/16-12/9 (12) Rm 9	S	12:15-1:15 pm ID/AP: \$102	6-13 yrs OD: \$127.50	CH23208

Gymnastics, Level 1.5, 5-8 yrs

9/11-12/4 (13) Rm 9	M	4:30-5:45 pm ID/AP: \$138	5-8 yrs OD: \$172.50	CH23209
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Gymnastics, Level 1.5, 6-13 yrs

9/13-12/6 (13) Rm 9	W	6:45-8 pm ID/AP: \$138	6-13 yrs OD: \$172.50	CH23210
9/15-12/8 (10) Rm 9	F	4:30-5:45 pm ID/AP: \$106	6-13 yrs OD: \$132.50	CH23211

Gymnastics, Level 2, 5-13 yrs

9/12-12/5 (12) Rm 9	T	4:45-6:15 pm ID/AP: \$153	5-13 yrs OD: \$191.25	CH23212
9/14-12/7 (12) Rm 9	Th	4:45-6:15 pm ID/AP: \$153	5-13 yrs OD: \$191.25	CH23213

Tumble Time

**A drop-in, open-play time for children 1-5 yrs
Mondays & Wednesdays • 1-2 pm • \$5**

Children can do an obstacle course, run, jump and roll to get the wiggles out! This is a non-structured playtime with your child. A staff member will be on-site to supervise; no instruction included. Parents must stay and play.

Your CHRC instructor: The purpose of the instructor is to ensure everyone is safe and enjoying their experience. Please follow his or her instructions at all times. The instructor will not teach skills or lead activities but is always happy to answer any questions you may have.

Don't forget: Parents are required to supervise their children at all times.

Gymnastics - Youth

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Gymnastics, Level 3, 5-15 yrs				
9/12-12/5 (12) Rm 9	T	6:15-8:15 pm ID/AP: \$204	5-15 yrs OD: \$255	CH23214
9/14-12/7 (12) Rm 9	Th	6:15-8:15 pm ID/AP: \$204	5-15 yrs OD: \$255	CH23215

Sports & Fitness - Preschool

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Let's Motor				
Help your little one develop their large motor skills in this class full of games and activities designed to get them motoring! Parent participation required. Please note: one parent/one child ratio; childcare option available for other children for some classes. No class 10/20, 11/10, 11/24.				
9/15-12/8 (10) Gym	F	9-9:45 am ID/AP: \$52	2-4 yrs OD: \$65	CH22100
9/17-12/10 (13) Gym	Su	9:15-10 am ID/AP: \$68	2-4 yrs OD: \$85	CH22101

Pee Wee Basketball

Your child will learn basketball skills through a variety of fun games. Staff will provide positive instruction while your child runs, shoots, dribbles and hopefully develops a love for the game. No class 10/20, 10/21, 11/10, 11/24.

9/13-12/6 (13) Gym	W	11-11:50 am ID/AP: \$75	3½-5 yrs OD: \$93.75	CH22104
9/15-12/8 (10) Gym	F	10-10:50 am ID/AP: \$58	3½-5 yrs OD: \$72.50	CH22105
9/16-12/9 (12) Gym	S	9-9:50 am ID/AP: \$70	4-6 yrs OD: \$87.50	CH22106

Pee Wee Soccer

Your child will learn soccer skills through a variety of fun games. Staff will provide positive instruction while your child hopefully develops a love for the game. Shin guards encouraged after the first class. No class 10/20, 10/21, 11/10, 11/24.

9/13-12/6 (13) Gym	W	10-10:50 am ID/AP: \$75	3-5 yrs OD: \$93.75	CH22107
9/15-12/8 (10) Gym	F	11-11:50 am ID/AP: \$58	3-5 yrs OD: \$72.50	CH22108
9/16-12/9 (12) Gym	S	10-10:50 am ID/AP: \$70	4-6 yrs OD: \$87.50	CH22109
9/17-12/10 (13) Gym	Su	11:15 am-12:05 pm ID/AP: \$75	3-5 yrs OD: \$93.75	CH22110

Start Smart with Sports

Encourages large motor skill development through a variety of fun games while introducing children to the group setting. Basketball, baseball and soccer introduced. **Parent participation required.** Please note: one parent/one child ratio; childcare option available for other children for some classes.

9/13-12/6 (13) Gym	W	9-9:45 am ID/AP: \$68	3-5 yrs OD: \$85	CH22102
9/17-12/10 (13) Gym	Su	10:15-11 am ID/AP: \$68	3-5 yrs OD: \$85	CH22103

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

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

Learn to load, aim and shoot both recurve and compound bows. Safety, terminology, scoring and games will be included in this program. All equipment is provided. No class 10/21.

9/16-12/9 (12) Gym	S	1:45-2:40 pm ID/AP: \$95	7-9 yrs OD: \$118.75	CH22200
9/16-12/9 (12) Gym	S	2:45-3:45 pm ID/AP: \$103	10 yrs-Adult OD: \$128.75	CH22201

Basketball

Learn passing, dribbling, shooting and age appropriate defense. Fun skill games are played at every session. Small-sided games will be gradually introduced. No class 11/23.

9/14-12/7 (12) Gym	Th	6-6:50 pm ID/AP: \$70	5½-7 yrs OD: \$87.50	CH22202
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Basketball Skills & Scrimmages

Work on advanced skill building; dribbling, shooting and passing in a team play format. Play games to build individual skills and small scrimmages that emphasize application of finer technical points. No class 11/23.

9/14-12/7 (12) Gym	Th	7-7:50 pm ID/AP: \$70	7-10 yrs OD: \$87.50	CH22206
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Cedar Hills Athletics

Young athletes learn throwing, dribbling, passing, receiving, shooting and age appropriate defense for a variety of sports. Skill games and small-sided games are introduced gradually. Basketball, baseball and soccer included. No class 10/21.

9/11-12/4 (13) Gym	M	5-6 pm ID/AP: \$90	6-10 yrs OD: \$112.50	CH22207
9/16-12/9 (12) Gym	S	12:15-1:15 pm ID/AP: \$84	6-10 yrs OD: \$105	CH22208

Soccer

Learn dribbling, passing, receiving, shooting and age-specific defense. Skill games and small-sided games are introduced gradually. Shin guards are required after the first class. No class 11/23.

9/11-12/4 (13) Gym	M	4-4:50 pm ID/AP: \$75	5½-7 yrs OD: \$93.75	CH22209
9/14-12/7 (12) Gym	Th	4-4:50 pm ID/AP: \$70	5½-7 yrs OD: \$87.50	CH22210

Basketball Skills Clinics

Athletes can develop specific basketball skills in our clinics. We will focus on shooting, passing and footwork to improve individual skill level.

Shooting

9/11-10/2 (4) Gym	M	6:15-7:15 pm ID/AP: \$28 OD: \$35	7-10 yrs	CH22203
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Passing

10/9-10/30 (4) Gym	M	6:15-7:15 pm ID/AP: \$28 OD: \$35	7-10 yrs	CH22204
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Foot Work

11/6-11/27 (4) Gym	M	6:15-7:15 pm ID/AP: \$28 OD: \$35	7-10 yrs	CH22205
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Karate for the Whole Family

Karate Kids

Gain skills in self-confidence, cooperation, effective communication and motivation. Uniforms are not required. No class 11/10, 11/24.

9/13-10/18 (6) Rm 5	W	3:15-3:55 pm ID/AP: \$28	5-6 yrs OD: \$35	CH22220
10/25-12/6 (7) Rm 5	W	3:15-3:55 pm ID/AP: \$33	5-6 yrs OD: \$41.25	CH22220A
9/13-10/18 (6) Rm 5	W	4-4:40 pm ID/AP: \$28	6-8 yrs OD: \$35	CH22221
10/25-12/6 (7) Rm 5	W	4-4:40 pm ID/AP: \$33	6-8 yrs OD: \$41.25	CH22221A
9/15-10/13 (5) Rm 5	F	3:30-4:25 pm ID/AP: \$32	7-10 yrs OD: \$40	CH22222
10/27-12/8 (5) Rm 5	F	3:30-4:25 pm ID/AP: \$32	7-10 yrs OD: \$40	CH22222A

Karate, Beginning

Shorin-ryu is a self-defense oriented, traditional Okinawan karate style. Learn basic blocks, punches, kicks and breakfall techniques. **Uniforms required.** No class 10/21, 11/10, 11/23.

9/13-12/6 (13) Rm 5	W	4:45-5:45 pm ID/AP: \$90	6-10 yrs OD: \$112.50	CH22223
9/15-12/8 (10) Rm 5	F	4:30-5:25 pm ID/AP: \$64	7 yrs-Adult OD: \$80	CH22224
9/15-12/8 (10) Rm 5	F	5:30-6:25 pm ID/AP: \$64	7 yrs-Adult OD: \$80	CH22225

Karate, Beginning/Intermediate

Blocks, strikes, kicks, grabs, holds, releases, breakfalls and kata applications will be explored. Experience in Okinawan or Japanese karate required. Students test for rank in these classes; additional fees required. **Uniforms are required for this class.** No class 10/31.

9/12-12/5 (12) Rm D	T	6:30-7:30 pm ID/AP: \$84	7 yrs-Adult OD: \$105	CH22226
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Karate, Intermediate

Must have experience with karate, subject to instructor's discretion. No class 10/20, 11/10, 11/23.

9/15-12/8 (10) Rm 5	F	6:30-7:25 pm ID/AP: \$71	7 yrs-Adult OD: \$88.75	CH22228
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Karate, Advanced

Class registration by instructor invitation only. No class 11/10, 11/23.

9/15-12/8 (10) Rm 5	F	7:30-8:30 pm ID/AP: \$87	7 yrs-Adult OD: \$108.75	CH22229
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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 & Fitness - Youth

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
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Soccer, Skills & Scrimmages

Enjoy advanced skill building: dribbling, shooting and passing in a team play format. Play games to build individual skills and small-sided scrimmages that emphasize application of finer technical points. No class 10/21, 11/23.

9/14-12/7 (12) Gym	Th	5-5:50 pm ID/AP: \$70	7-10 yrs OD: \$87.50	CH22211
9/16-12/9 (12) Gym	S	11 am-Noon ID/AP: \$84	7-10 yrs OD: \$105	CH22212
9/17-12/10 (13) Gym	Su	12:15-1:15 pm ID/AP: \$90	7-10 yrs OD: \$112.50	CH22213

Volleyball, Beginning

Introduces basic game skills such as passing, serving and teamwork. No class 10/31.

9/12-12/5 (12) Gym	T	5:15-6:15 pm ID/AP: \$84	9-13 yrs OD: \$105	CH22215
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Volleyball, Intermediate

Work on intermediate volleyball skills and strategies such as defense, hitting, blocking, setting and playing games. No class 10/31.

9/12-12/5 (12) Gym	T	6:30-7:30 pm ID/AP: \$86	12-16 yrs OD: \$107.50	CH22216
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Sports & Fitness - Teen/Adult

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

A form of moving meditation. Class will emphasize improving health and increasing energy through proper body alignment and relaxation.

9/27-11/29 (10) Rm 5	W	5:45-7:15 pm ID/AP: \$108	14 yrs-Adult OD: \$135	CH22541
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Tai Chi, Adapted for Balance

A scientifically proven eight-form program designed to extend the limits of balance and improve stability. No class 11/10, 11/24. (Mignon)

9/15-12/15 (11) Rm D	F	10:30-11:45 am ID/AP: \$101	14 yrs-Adult OD: \$126.25	CH22543
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Continuing Tai Chi for a Better Balance

A scientifically proven 24-form program designed to extend the limits of balance and improve stability. (Mignon)

9/13-12/13 (14) Rm 6	W	11:35 am-12:50 pm ID/AP: \$128	14 yrs-Adult OD: \$160	CH22542
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Sports & Fitness - Middle School

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
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Cedar Hills Rec Center Weight Training

Weight training program specifically designed for middle school students. This group training includes entry into the Cedar Hills Recreation Center weight room during class time only.

9/11-12/6 (13) Rm 6	M/W	3:45-5 pm ID/AP: \$149	11-14 yrs OD: \$186.25	CH22214
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Middle School Cross Country

Join your middle school cross country team, get involved in your school and meet new friends. Train two days a week at your school, then represent your school in four meets with other middle school teams. Program held outside; dress for the weather - we go rain or shine. Note: Transportation to off-site meets are provided, however parents are required to pick up at a later than scheduled practice time.

Cedar Park Cross Country

9/5-10/26 (8) Off-site	T/Th	3:55-5:25 pm ID/AP: \$131	11-14 yrs OD: \$131	CH29100
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Conestoga Cross Country

9/5-10/26 (8) Off-site	T/Th	3:55-5:25 pm ID/AP: \$131	11-14 yrs OD: \$131	CH29800
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Five Oaks Cross Country

9/5-10/26 (8) Off-site	T/Th	3:55-5:25 pm ID/AP: \$131	11-14 yrs OD: \$131	CH29200
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Highland Park Cross Country

9/5-10/26 (8) Off-site	T/Th	3:55-5:25 pm ID/AP: \$131	11-14 yrs OD: \$131	CH29300
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ISB Cross Country

9/5-10/26 (8) Off-site	T/Th	2:15-4 pm ID/AP: \$149	11-14 yrs OD: \$149	CH29900
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Meadow Park Cross Country

9/5-10/26 (8) Off-site	T/Th	3:55-5:25 pm ID/AP: \$131	11-14 yrs OD: \$131	CH29400
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Mt. View Cross Country

9/5-10/26 (8) Off-site	T/Th	3:55-5:25 pm ID/AP: \$131	11-14 yrs OD: \$131	CH29500
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Stoller Cross Country

9/5-10/26 (8) Off-site	T/Th	3:55-5:25 pm ID/AP: \$131	11-14 yrs OD: \$131	CH29600
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Whitford Cross Country

9/5-10/26 (8) Off-site	T/Th	3:55-5:25 pm ID/AP: \$131	11-14 yrs OD: \$131	CH29700
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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

Beginning Tai Chi

Learn "8-Form for Better Balance." Seated warm-up. Standing practice.

BodyCombat™

This energetic program is inspired by martial arts and draws from a wide array of disciplines such as Karate, Boxing, tae kwon do, tai chi. All levels.

BodyPump™

This intense barbell class uses lower weights and higher repetitions to accelerate your road to a lean, sleek and sculpted body.

Bootcamp

This class involves high intensity cardio moves with weight segments. Push yourself and get results. Includes plyometrics and intervals. All levels to advanced.

Cardio Strength

Experience a variety of cardio training including, but not limited to step and weight training.

Hai CHlyoga

A holistic approach to bringing your body to a state of harmony and balance.

Continuing Tai Chi

Must know 8-Form for Better Balance. Learn 24-Form in this standing class.

Core Fusion

Specifically designed to train your body as a whole with a focus on strengthening and training your entire core (abs, back, obliques).

EZ Yoga

Some standing, some seated, some meditation. All easy. Bring your mat

High Fitness

This is a hardcore, fun fitness

class that incorporates interval training with music you'll love, and intense, easy to follow fitness choreography. All levels welcome.

HIIT Fit

High intensity interval training is a way to burn more fat, improve endurance, and build strength. All levels.

Hip-hop Fit

We will dance hard and work out hard. No skirts, jeans, bare feet, sandals or heels please.

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 heals injury and erases the negative effects of aging and active living.

New Mom's Yoga

This class can help reduce stress, improve sleeping patterns and encourage baby bonding. Moms should be 4-6 weeks postpartum. Newborns up to 9 months old.

Pilates, Full Body

In this class you will be taken through a conditioning routine that will help you build flexibility, muscle strength and endurance in your legs, abdominals, arms, hips and back.

PiYo

Combines flowing Pilates and Yoga sequences that can burn serious calories at the same time as they lengthen and tone your muscles and increase flexibility.

Pound-Rockout Workout

A full body cardio jam session combining light resistance with constant simulated drumming.

Prenatal Yoga

Combines positive intention, gentle yoga and breathing to heal and restore the body. No previous yoga experience necessary.

Small Group Training

Personal Training meets group fitness. Includes body fat analysis and assessments. Focus on core, stability, cardio and strength training using weights and gym equipment.

Step Aerobics

Experience "aerobic power" by use of an elevated platform. Fun, easy to moderate routines.

Strength & Endurance

A high-intensity, calorie-burning interval style workout that includes strength training. All levels welcome.

Strength Training

Build and tone muscle, increase bone density, tendons, ligaments and boost your metabolism.

Stress Reduction Yoga

Fight stress and find serenity! This class focuses on breathing, focus and relieving tension.

Stretch & Core

A light stretch and some core strength work keep the spine and hips limber and strong for everyday activities. All levels.

Total Body Conditioning

This class has lots of variety from cardio and weights, to step, to intervals, to circuits and stations. Each class is slightly different week to week. We workout top to bottom! All levels welcome,

Yoga, All Levels

Increase your strength, flexibility and balance with simple movements combined with conscious breathing. Bring a mat.

Yoga, Beginning

Learn how to stretch deeply and completely with simple movements combined with conscious breathing. Bring a mat.

Yoga, Healing

Combines positive intention, gentle yoga and breathing to heal and restore the body. No previous yoga experience necessary.

Yoga, Intermediate

For those who have experienced at least one term of yoga with instructor or equivalent. Bring a mat.

Yoga, Meditation & Yoga

Guided movements of the body and mind. Stretch deeply and completely with a mixture of hatha yoga and various meditation techniques. Bring a mat.

Yoga, Relaxation

Begins with deep relaxation time and continues with very simple movements, finishing with seated meditation. Bring a mat.

Yogalates

This class incorporates Pilates and yoga movements while strengthening and lengthening the muscles.

Zumba®

Dance your body into shape in this exhilarating Latin-inspired fitness program combining red-hot international music with easy to follow steps.

Zumba® Gold

This is a gentler program designed for beginners and older participants and features red-hot international music and easy to follow steps.

See page 82 for fitness drop-in schedule.



Class descriptions on page 81. Schedule subject to change - check www.thprd.org for the most updated schedule.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 am	High Fitness 5:35-6:35 am- Rm 6 Jeni						
7:00 am		Cardio Strength 7-7:55 am- Rm 6		Cardio Strength 7-7:55 am- Rm 6		Zumba® 8-9 am- Rm 5 DeAnne	
8:00 am	Stretch & Core 8-8:25 am- Rm 6 Jeanette		Stretch & Core 8-8:25 am- Rm 6 Jeanette	Yoga, All Levels 8-9:15 am- Rm 8	Stretch & Core 8-8:25 am- Rm 6 Jeanette	Step Aerobics 8-9 am- Rm 6 Allen	
	Low-Impact Aerobics 8:30-9:25 am- Rm 6 Jeanette		Low-Impact Aerobics 8:30-9:25 am- Rm 6 Jeanette		Low-Impact Aerobics 8:30-9:25 am- Rm 6 Jeanette	BodyPump™ 9:05-10:05 am- Rm 6 Allen	
9:00 am	Yoga, Intermediate 9-10:15 am- Rm 8 Simon	BodyPump 9:05-10:05 am- Rm 6 Allen	Meditation Yoga 9-10:15 am- Rm 8 Simon	BodyPump™ 9:05-10:05 am- Rm 6 Allen	Yoga, All Levels 9-10:15 am- Rm 5 Simon		
		Full Body Pilates 9:15-10:15 am- Rm 5 Julie		Full Body Pilates 9:15-10:15 am- Rm 5 Beth			
9:30 am	Zumba® 9:30-10:25 am- Rm 6 Jeanette	Prenatal Yoga 9:35-10:30 am- Rm 8 Jodi	BodyCombat™ 9:30-10:30 am- Rm 6 Julie	New Mom's Yoga 9:35-10:30 am- Rm 8 Jodi	High Fitness 9:30-10:25 am- Rm 6 Jeni	Yoga, Beginning 10-11 am- Rm 8 Ritu	
10 am		High Fitness 10:15-11:15 am- Rm 6 Jeni		Pound 10:15-11:15 am- Rm 6 Kate		BodyCombat™ 10:05-11:05 am- Rm 6 Karen	
10:30 am	Yoga, All Levels 10:30-11:45 am- Rm 8 Simon	MELT 10:20-11:20 am- Rm 5 Lila	Yoga, All Levels 10:30-11:45 am- Rm 8 Simon	Yoga, All Levels 10:35-11:50 am- Rm 8 Kaycheri	Beg. Tai Chi for Balance 10:30-11:45 am- Rm D Mignon		HIIT Fit 10:05-11:05 am- Rm 6 TJ
	Core Fusion 10:30-11:25 am- Rm 6 Monica	EZ Yoga 10:30-11:50 am- Rm 8 Mignon	Zumba® 10:35-11:30 am- Rm 6 Jasmine		Yoga, Intermediate 10:30-11:45 am- Rm 5 Simon		
11:30 am	Small Group Training 11:30 am-12:25 pm Laura		Cont. Tai Chi Balance 11:35 am-12:50 pm Mignon - Rm 6		Zumba® 10:35-11:30 am- Rm 6 Kimo		BodyCombat™ 11:30-12:30 pm- Rm 5 Karen
Noon			Yoga, Healing Noon-1 pm- Rm 8 Kaycheri		Strength Training 11:45 am-12:15 pm- Rm 6 Kimo		Family Hai CHI yoga 12:30-1:30 pm- Rm 8 Karen
5:30 pm	Strength & Endurance 5:35-6:30 pm- Rm 6 Amanda	BodyPump 5:30-6:30 pm- Rm 6 Jeanette	Strength & Endurance 5:35-6:30 pm- Rm 6 Michelle	BodyPump™ 5:30-6:30 pm- Rm 6 Jeanette			
6:00 pm	Zumba® Gold 6-7 pm- Rm 5 Kimo	Stress Reduction Yoga 6:30-7:30 pm- Rm 8 Parker	Yogalates 6-7 pm- Rm 8 Ritu	Zumba® 6:10-7:05 pm- Rm 5 Kimo			
	Yoga, All Levels 6-7:15 pm- Rm 8 Noemi						
6:30 pm	Total Body Conditioning 6:35-7:30 pm- Rm 6 Amanda	HIIT Fit 6:35-7:35 pm- Rm 6 TJ	Bootcamp 6:30-7:25 pm- Rm 6 Karen	HIIT Fit 6:35-7:35 pm- Rm 6 TJ			
7:00 pm	Hip-hop Fit 7:15-8:15 pm- Rm 5 Kimo			Strength Training 7:10-7:40 pm- Rm 5 Kimo			
7:30 pm	BodyCombat 7:35-8:35 pm- Rm 6 Karen	PiYo 7:15-8:15 pm Rm 8 Amy	HaiChi Yoga 7:30-8:45 pm- Rm 8 Karen	PiYo 7:15-8:15 pm Rm 8 Amy			
		Zumba® 7:40-8:40 pm- Rm 6 Kimo					

**See page 6 for
more information on
passes, admissions
and fees**