

# Conestoga Recreation & Aquatic Center



TUALATIN HILLS  
PARK & RECREATION DISTRICT

**9985 SW 125th Avenue  
Beaverton, 97008  
503-629-6313**

TriMet Routes #62, #92

**Aquatic Facility Supervisor:** Sabrina Taylor Schmitt

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

**Hours:**

Monday-Thursday 5:30 am-9:30 pm  
Friday 5:30 am-8:30 pm  
Saturday 8 am-6 pm  
Sunday 9 am-6 pm

**Facility Closure:** 9/4, 11/23, 12/25, 1/1

**Holiday Hours (9 am-6 pm):** 1/10, 11/11, 11/24, 12/24 (close at 4 pm), 12/31

**Conestoga Aquatic Center features:**

- Average Pool Temperature:  
Main Pool - 85° Slide Pool - 90°

## Swim Like a Lifeguard

Want to be a lifeguard but need to polish those swimming skills? Drop in every Friday at Conestoga at 4:30 for this hour-long free skill tutorial.

## Training for Employment Opportunities

Are you interested in becoming a THPRD lifeguard? Train to be a lifeguard at Conestoga! We offer specific free training for employment opportunities at THPRD facilities as a lifeguard.  
Sat, 9/17-10/22, CA28100; Fri-Sat, 11/3-11/5, CA28101A;  
Thurs-Sat, 12/21-12/23, CA28101B

## Fall Splash

This is a recreational team for youth ages 5-17 years who can swim 25 yards crawlstroke and 25 yards backstroke. Swim meets on some Saturdays.

Date	Day	Time	ID/AP	OD	Class#
9/11-12/20	M/W	6:50-7:45 pm	\$251	\$313.75	CA24033
9/12-12/21	T/Th	6:50-7:45 pm	\$235	\$293.75	CA24078

**Note:** This section is for Conestoga aquatic programs only. See pages 83-95 for Conestoga recreation programs and see page 95 for fitness classes.

## Lap Swim & Open Swim

Please see **online schedule** for updated details about limited lanes, shared pool times and camp swim.

## Open Swim

### Main Pool and/or Slide Pool

Monday-Thursday: 2:30-4 pm & 7:30-9:25 pm  
Friday: 2:30-8:25 pm, Saturday: 1-5:55 pm  
Sunday: 1-3:55 pm

## Special Events

### Black Light Zumba®

1st & 3rd Fridays • 6:30-7:30 pm  
starting in October

### Free First Friday Swims

Sept. 1, Oct. 6, Nov. 3, Dec. 1

### Dive-in Movies

Third Friday of each month • 6:30 pm  
Sept. 15, Oct. 20, Nov. 17, Dec. 15

### Celebrating Indian Culture

Friday, Sept. 15 • 6-8:30 pm

Enjoy food, rangoli, Indian dancing, henna tattoos and a photo booth celebrating the Indian culture.

### Monster Bash & Splash

Friday, Oct. 27 • 6:30-8:30 pm

Enjoy our chills and thrills carnival, with swimming, Wipeout and music.

### Veterans Day Breakfast

Saturday, Nov. 11 • 9-11 am

### Burn the Bird Zumba®

Friday, Nov. 24 • 10-11:30 am

Dance off that Thanksgiving Day food with three certified Zumba® instructors for 90 minutes!

### Patron Appreciation Day

Wednesday, Dec. 6 • 4:30-7:30 pm



ConestogaRec

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

Preschool: Minimum age 3 years and toilet-trained.

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

School-age: Must have started first grade. The parent, guardian or caregiver of a child under 10 years of age must remain on the premises during class.

## Beginning Swimming Skills

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

No class 10/31 PM (see receipt), 11/10, 11/11, 11/23, 11/24, 11/25, 11/26. \*Levels 1-2 only

9/11-10/11	M/W	9:35-10:05 am	\$67	\$83.75	CA21100
10/16-11/20	M/W	9:35-10:05 am	\$74	\$92.50	CA21101
11/27-12/20	M/W	9:35-10:05 am	\$54	\$67.50	CA21102
9/11-10/11	M/W	10:10-10:40 am	\$67	\$83.75	CA21103
10/16-11/20	M/W	10:10-10:40 am	\$74	\$92.50	CA21104
11/27-12/20	M/W	10:10-10:40 am	\$54	\$67.50	CA21105
9/11-10/11	M/W	10:45-11:15 am	\$67	\$83.75	CA21106
10/16-11/20	M/W	10:45-11:15 am	\$74	\$92.50	CA21107
11/27-12/20	M/W	10:45-11:15 am	\$54	\$67.50	CA21108
9/11-10/11	M/W	11:20-11:50 am	\$67	\$83.75	CA21109
10/16-11/20	M/W	11:20-11:50 am	\$74	\$92.50	CA21110
11/27-12/20	M/W	11:20-11:50 am	\$54	\$67.50	CA21111
9/11-10/11	M/W	1:05-1:35 pm	\$67	\$83.75	CA21112
10/16-11/20	M/W	1:05-1:35 pm	\$74	\$92.50	CA21113
11/27-12/20	M/W	1:05-1:35 pm	\$54	\$67.50	CA21114
9/11-10/11	M/W	1:40-2:10 pm	\$67	\$83.75	CA21115
10/16-11/20	M/W	1:40-2:10 pm	\$74	\$92.50	CA21116
11/27-12/20	M/W	1:40-2:10 pm	\$54	\$67.50	CA21117
9/11-10/11	M/W	2:15-2:45 pm	\$67	\$83.75	CA21118
10/16-11/20	M/W	2:15-2:45 pm	\$74	\$92.50	CA21119
11/27-12/20	M/W	2:15-2:45 pm	\$54	\$67.50	CA21120
9/11-10/11	M/W	4:30-5 pm	\$67	\$83.75	CA21121
10/16-11/20	M/W	4:30-5 pm	\$74	\$92.50	CA21122
11/27-12/20	M/W	4:30-5 pm	\$54	\$67.50	CA21123
9/11-10/11	M/W	5:05-5:35 pm	\$67	\$83.75	CA21124
10/16-11/20	M/W	5:05-5:35 pm	\$74	\$92.50	CA21125
11/27-12/20	M/W	5:05-5:35 pm	\$54	\$67.50	CA21126
9/11-10/11	M/W	5:40-6:10 pm	\$67	\$83.75	CA21127
10/16-11/20	M/W	5:40-6:10 pm	\$74	\$92.50	CA21128
11/27-12/20	M/W	5:40-6:10 pm	\$54	\$67.50	CA21129
9/11-10/11	M/W	6:15-6:45 pm	\$67	\$83.75	CA21130
10/16-11/20	M/W	6:15-6:45 pm	\$74	\$92.50	CA21131
11/27-12/20	M/W	6:15-6:45 pm	\$54	\$67.50	CA21132
9/11-10/11	M/W*	6:50-7:20 pm	\$67	\$83.75	CA21133
10/16-11/20	M/W*	6:50-7:20 pm	\$74	\$92.50	CA21134
11/27-12/20	M/W*	6:50-7:20 pm	\$54	\$67.50	CA21135
9/11-10/11	M/W*	7:25-7:55 pm	\$67	\$83.75	CA21136
10/16-11/20	M/W*	7:25-7:55 pm	\$74	\$92.50	CA21137
11/27-12/20	M/W*	7:25-7:55 pm	\$54	\$67.50	CA21138
9/12-10/12	T/Th	9:35-10:05 am	\$67	\$83.75	CA21145
10/17-11/21	T/Th	9:35-10:05 am	\$74	\$92.50	CA21146
11/28-12/21	T/Th	9:35-10:05 am	\$54	\$67.50	CA21147

## Beginning Swimming Skills

Date	Day	Time	ID/AP	OD	Class#
Preschool Levels 1-3 (continued)					
9/12-10/12	T/Th	10:10-10:40 am	\$67	\$83.75	CA21148
10/17-11/21	T/Th	10:10-10:40 am	\$74	\$92.50	CA21149
11/28-12/21	T/Th	10:10-10:40 am	\$54	\$67.50	CA21150
9/12-10/12	T/Th	10:45-11:15 am	\$67	\$83.75	CA21151
10/17-11/21	T/Th	10:45-11:15 am	\$74	\$92.50	CA21152
11/28-12/21	T/Th	10:45-11:15 am	\$54	\$67.50	CA21153
9/12-10/12	T/Th	11:20-11:50 am	\$67	\$83.75	CA21154
10/17-11/21	T/Th	11:20-11:50 am	\$74	\$92.50	CA21155
11/28-12/21	T/Th	11:20-11:50 am	\$54	\$67.50	CA21156
9/12-10/12	T/Th	1:05-1:35 pm	\$67	\$83.75	CA21157
10/17-11/21	T/Th	1:05-1:35 pm	\$74	\$92.50	CA21158
11/28-12/21	T/Th	1:05-1:35 pm	\$54	\$67.50	CA21159
9/12-10/12	T/Th	1:40-2:10 pm	\$67	\$83.75	CA21160
10/17-11/21	T/Th	1:40-2:10 pm	\$74	\$92.50	CA21161
11/28-12/21	T/Th	1:40-2:10 pm	\$54	\$67.50	CA21162
9/12-10/12	T/Th	2:15-2:45 pm	\$67	\$83.75	CA21163
10/17-11/21	T/Th	2:15-2:45 pm	\$74	\$92.50	CA21164
11/28-12/21	T/Th	2:15-2:45 pm	\$54	\$67.50	CA21165
9/12-10/10	T/Th	4:30-5 pm	\$60	\$75	CA21166
10/17-11/21	T/Th	4:30-5 pm	\$67	\$83.75	CA21167
11/28-12/21	T/Th	4:30-5 pm	\$54	\$67.50	CA21168
9/12-10/10	T/Th	5:05-5:35 pm	\$60	\$75	CA21169
10/17-11/21	T/Th	5:05-5:35 pm	\$67	\$83.75	CA21170
11/28-12/21	T/Th	5:05-5:35 pm	\$54	\$67.50	CA21171
9/12-10/10	T/Th	5:40-6:10 pm	\$60	\$75	CA21172
10/17-11/21	T/Th	5:40-6:10 pm	\$67	\$83.75	CA21173
11/28-12/21	T/Th	5:40-6:10 pm	\$54	\$67.50	CA21174
9/12-10/12	T/Th	6:15-6:45 pm	\$67	\$83.75	CA21175
10/17-11/21	T/Th	6:15-6:45 pm	\$67	\$83.75	CA21176
11/28-12/21	T/Th	6:15-6:45 pm	\$54	\$67.50	CA21177
9/12-10/12	T/Th*	6:50-7:20 pm	\$67	\$83.75	CA21178
10/17-11/21	T/Th*	6:50-7:20 pm	\$67	\$83.75	CA21179
11/28-12/21	T/Th*	6:50-7:20 pm	\$54	\$67.50	CA21180
9/12-10/12	T/Th*	7:25-7:55 pm	\$67	\$83.75	CA21181
10/17-11/21	T/Th*	7:25-7:55 pm	\$67	\$83.75	CA21182
11/28-12/21	T/Th*	7:25-7:55 pm	\$54	\$67.50	CA21183
9/16-10/21	S	9:05-9:35 am	\$40	\$50	CA21190
10/28-12/16	S	9:05-9:35 am	\$40	\$50	CA21191
9/16-10/21	S	9:40-10:10 am	\$40	\$50	CA21192
10/28-12/16	S	9:40-10:10 am	\$40	\$50	CA21193
9/16-10/21	S	10:15-10:45 am	\$40	\$50	CA21194
10/28-12/16	S	10:15-10:45 am	\$40	\$50	CA21195
9/16-10/21	S	10:50-11:20 am	\$40	\$50	CA21196
10/28-12/16	S	10:50-11:20 am	\$40	\$50	CA21197
9/16-10/21	S	11:25-11:55 am	\$40	\$50	CA21198
10/28-12/16	S	11:25-11:55 am	\$40	\$50	CA21199
9/17-10/22	Su	3:40-4:10 pm	\$40	\$50	CA21200
10/29-12/17	Su	3:40-4:10 pm	\$47	\$58.75	CA21201
10/29-12/17	Su	4:15-4:45 pm	\$47	\$58.75	CA21203
9/17-10/22	Su	4:50-5:20 pm	\$40	\$50	CA21204
10/29-12/17	Su	4:50-5:20 pm	\$47	\$58.75	CA21205
9/17-10/22	Su	5:25-5:55 pm	\$40	\$50	CA21206
10/29-12/17	Su	5:25-5:55 pm	\$47	\$58.75	CA21207

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

## Beginning Swimming Skills

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

No class 10/31 PM (see receipt), 11/10, 11/11, 11/23, 11/24, 11/25, 11/26

9/11-10/11	M/W	4:30-5 pm	\$67	\$83.75	CA22121
10/16-11/20	M/W	4:30-5 pm	\$74	\$92.50	CA22122
11/27-12/20	M/W	4:30-5 pm	\$54	\$67.50	CA22123
9/11-10/11	M/W	5:05-5:35 pm	\$67	\$83.75	CA22124
10/16-11/20	M/W	5:05-5:35 pm	\$74	\$92.50	CA22125
11/27-12/20	M/W	5:05-5:35 pm	\$54	\$67.50	CA22126
9/11-10/11	M/W	5:40-6:10 pm	\$67	\$83.75	CA22127
10/16-11/20	M/W	5:40-6:10 pm	\$74	\$92.50	CA22128
11/27-12/20	M/W	5:40-6:10 pm	\$54	\$67.50	CA22129
9/11-10/11	M/W	6:15-6:45 pm	\$67	\$83.75	CA22130
10/16-11/20	M/W	6:15-6:45 pm	\$74	\$92.50	CA22131
11/27-12/20	M/W	6:15-6:45 pm	\$54	\$67.50	CA22132
9/11-10/11	M/W	8-8:30 pm	\$67	\$83.75	CA22139
10/16-11/20	M/W	8-8:30 pm	\$74	\$92.50	CA22140
11/27-12/20	M/W	8-8:30 pm	\$54	\$67.50	CA22141
9/12-10/10	T/Th	4:30-5 pm	\$60	\$75	CA22166
10/17-11/21	T/Th	4:30-5 pm	\$67	\$83.75	CA22167
11/28-12/21	T/Th	4:30-5 pm	\$54	\$67.50	CA22168
9/12-10/10	T/Th	5:05-5:35 pm	\$60	\$75	CA22169
10/17-11/21	T/Th	5:05-5:35 pm	\$67	\$83.75	CA22170
11/28-12/21	T/Th	5:05-5:35 pm	\$54	\$67.50	CA22171
9/12-10/10	T/Th	5:40-6:10 pm	\$60	\$75	CA22172
10/17-11/21	T/Th	5:40-6:10 pm	\$67	\$83.75	CA22173
11/28-12/21	T/Th	5:40-6:10 pm	\$54	\$67.50	CA22174
9/12-10/12	T/Th	6:15-6:45 pm	\$67	\$83.75	CA22175
10/17-11/21	T/Th	6:15-6:45 pm	\$67	\$83.75	CA22176
11/28-12/21	T/Th	6:15-6:45 pm	\$54	\$67.50	CA22177
9/12-10/12	T/Th	8:00-8:30 pm	\$67	\$83.75	CA22184
10/17-11/21	T/Th	8:00-8:30 pm	\$67	\$83.75	CA22185
11/28-12/21	T/Th	8:00-8:30 pm	\$67	\$83.75	CA22186
9/15-10/20	F	10:10-10:40 am	\$40	\$50	CA22207A
10/27-12/15	F	10:10-10:40 am	\$47	\$58.75	CA22207B
9/15-10/20	F	10:45-11:15 am	\$40	\$50	CA22207C
10/27-12/15	F	10:45-11:15 am	\$47	\$58.75	CA22207D
9/15-10/20	F	1:05-1:35 pm	\$40	\$50	CA22207E
10/27-12/15	F	1:05-1:35 pm	\$40	\$50	CA22207F
9/15-10/20	F	2:15-2:45 pm	\$40	\$50	CA22207G
10/27-12/15	F	2:15-2:45 pm	\$47	\$58.75	CA22207H
9/16-10/21	S	9:05-9:35 am	\$40	\$50	CA22190
10/28-12/16	S	9:05-9:35 am	\$40	\$50	CA22191
9/16-10/21	S	9:40-10:10 am	\$40	\$50	CA22192
10/28-12/16	S	9:40-10:10 am	\$40	\$50	CA22193
9/16-10/21	S	10:15-10:45 am	\$40	\$50	CA22194
10/28-12/16	S	10:15-10:45 am	\$40	\$50	CA22195
9/16-10/21	S	10:50-11:20 am	\$40	\$50	CA22196
10/28-12/16	S	10:50-11:20 am	\$40	\$50	CA22197
9/16-10/21	S	11:25-11:55 am	\$40	\$50	CA22198
10/28-12/16	S	11:25-11:55 am	\$40	\$50	CA22199
9/17-10/22	Su	3:40-4:10 pm	\$40	\$50	CA22200
10/29-12/17	Su	3:40-4:10 pm	\$47	\$58.75	CA22201
9/17-10/22	Su	4:15-4:45 pm	\$40	\$50	CA22202
10/29-12/17	Su	4:15-4:45 pm	\$47	\$58.75	CA22203

## Beginning Swimming Skills

Date	Day	Time	ID/AP	OD	Class#
School Age Levels 1-3 (continued)					

9/17-10/22	Su	4:50-5:20 pm	\$40	\$50	CA22204
10/29-12/17	Su	4:50-5:20 pm	\$47	\$58.75	CA22205
9/17-10/22	Su	5:25-5:55 pm	\$40	\$50	CA22206
10/29-12/17	Su	5:25-5:55 pm	\$47	\$58.75	CA22207

## Intermediate Swimming Skills

Date	Day	Time	ID/AP	OD	Class#
Preschool/School Age Levels 4-5					

No class 10/31 PM (see receipt), 11/10, 11/11, 11/23, 11/24, 11/25, 11/26

9/11-10/11	M/W	4:30-5 pm	\$67	\$83.75	CA22321
10/16-11/20	M/W	4:30-5 pm	\$74	\$92.50	CA22322
11/27-12/20	M/W	4:30-5 pm	\$54	\$67.50	CA22323
9/11-10/11	M/W	5:05-5:35 pm	\$67	\$83.75	CA22324
10/16-11/20	M/W	5:05-5:35 pm	\$74	\$92.50	CA22325
11/27-12/20	M/W	5:05-5:35 pm	\$54	\$67.50	CA22326
9/11-10/11	M/W	5:40-6:10 pm	\$67	\$83.75	CA22327
10/16-11/20	M/W	5:40-6:10 pm	\$74	\$92.50	CA22328
11/27-12/20	M/W	5:40-6:10 pm	\$54	\$67.50	CA22329
9/11-10/11	M/W	6:15-6:45 pm	\$67	\$83.75	CA22330
10/16-11/20	M/W	6:15-6:45 pm	\$74	\$92.50	CA22331
11/27-12/20	M/W	6:15-6:45 pm	\$54	\$67.50	CA22332
9/12-10/10	T/Th	4:30-5 pm	\$60	\$75	CA22366
10/17-11/21	T/Th	4:30-5 pm	\$67	\$83.75	CA22367
11/28-12/21	T/Th	4:30-5 pm	\$54	\$67.50	CA22368
9/12-10/10	T/Th	5:05-5:35 pm	\$60	\$75	CA22369
10/17-11/21	T/Th	5:05-5:35 pm	\$67	\$83.75	CA22370
11/28-12/21	T/Th	5:05-5:35 pm	\$54	\$67.50	CA22371
9/12-10/10	T/Th	5:40-6:10 pm	\$60	\$75	CA22372
10/17-11/21	T/Th	5:40-6:10 pm	\$67	\$83.75	CA22373
11/28-12/21	T/Th	5:40-6:10 pm	\$54	\$67.50	CA22374
9/12-10/12	T/Th	6:15-6:45 pm	\$67	\$83.75	CA22375
10/17-11/21	T/Th	6:15-6:45 pm	\$67	\$83.75	CA22376
11/28-12/21	T/Th	6:15-6:45 pm	\$54	\$67.50	CA22377
9/16-10/21	S	9:05-9:35 am	\$40	\$50	CA22390
10/28-12/16	S	9:05-9:35 am	\$40	\$50	CA22391
9/16-10/21	S	9:40-10:10 am	\$40	\$50	CA22392
10/28-12/16	S	9:40-10:10 am	\$40	\$50	CA22393
9/16-10/21	S	10:15-10:45 am	\$40	\$50	CA22394
10/28-12/16	S	10:15-10:45 am	\$40	\$50	CA22395
9/16-10/21	S	10:50-11:20 am	\$40	\$50	CA22396
10/28-12/16	S	10:50-11:20 am	\$40	\$50	CA22397
9/16-10/21	S	11:25-11:55 am	\$40	\$50	CA22398
10/28-12/16	S	11:25-11:55 am	\$40	\$50	CA22399
9/17-10/22	Su	3:40-4:10 pm	\$40	\$50	CA22400
10/29-12/17	Su	3:40-4:10 pm	\$47	\$58.75	CA22401
9/17-10/22	Su	4:15-4:45 pm	\$40	\$50	CA22402
10/29-12/17	Su	4:15-4:45 pm	\$47	\$58.75	CA22403
9/17-10/22	Su	4:50-5:20 pm	\$40	\$50	CA22404
10/29-12/17	Su	4:50-5:20 pm	\$47	\$58.75	CA22405
9/17-10/22	Su	5:25-5:55 pm	\$40	\$50	CA22406
10/29-12/17	Su	5:25-5:55 pm	\$47	\$58.75	CA22407

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

## Advanced Swimming Skills

Date	Day	Time	ID/AP	OD	Class#
<b>Pre-Competitive</b>					
No class 10/31 PM (see receipt), 11/10, 11/11, 11/23, 11/24, 11/25, 11/26					
9/11-10/11	M/W	5:05-5:35 pm	\$67	\$83.75	CA22624
10/16-11/20	M/W	5:05-5:35 pm	\$74	\$92.50	CA22625
11/27-12/20	M/W	5:05-5:35 pm	\$54	\$67.50	CA22626
9/12-10/10	T/Th	5:40-6:10 pm	\$60	\$75	CA22672
10/17-11/21	T/Th	5:40-6:10 pm	\$67	\$83.75	CA22673
11/28-12/21	T/Th	5:40-6:10 pm	\$54	\$67.50	CA22674
9/17-10/22	Su	3:40-4:10 pm	\$40	\$50	CA25700
10/29-12/17	Su	3:40-4:10 pm	\$47	\$58.75	CA25701

## Specialty Programs

Date	Day	Time	ID/AP	OD	Class#
<b>Baby/Toddler &amp; Me</b>					
Ages 6-36 mo. Swim diapers required. No class 10/31 PM (see receipt), 11/10, 11/11, 11/23, 11/24, 11/25, 11/26					
9/11-10/11	M/W	10:10-10:40 am	\$53	\$66.25	CA23003
10/16-11/20	M/W	10:10-10:40 am	\$58	\$72.50	CA23004
11/27-12/20	M/W	10:10-10:40 am	\$42	\$52.50	CA23005
9/11-10/11	M/W	11:20-11:50 am	\$53	\$66.25	CA23009
10/16-11/20	M/W	11:20-11:50 am	\$58	\$72.50	CA23010
11/27-12/20	M/W	11:20-11:50 am	\$42	\$52.50	CA23011
9/11-10/11	M/W	6:50-7:20 pm	\$53	\$66.25	CA23033
10/16-11/20	M/W	6:50-7:20 pm	\$58	\$72.50	CA23034
11/27-12/20	M/W	6:50-7:20 pm	\$42	\$52.50	CA23035
9/12-10/12	T/Th	10:10-10:40 am	\$53	\$66.25	CA23048
10/17-11/21	T/Th	10:10-10:40 am	\$58	\$72.50	CA23049
11/28-12/21	T/Th	10:10-10:40 am	\$42	\$52.50	CA23050
9/12-10/12	T/Th	11:20-11:50 am	\$53	\$66.25	CA23054
10/17-11/21	T/Th	11:20-11:50 am	\$58	\$72.50	CA23055
11/28-12/21	T/Th	11:20-11:50 am	\$42	\$52.50	CA23056
9/12-10/12	T/Th	6:15-6:45 pm	\$53	\$66.25	CA23075
10/17-11/21	T/Th	6:15-6:45 pm	\$53	\$66.25	CA23076
11/28-12/21	T/Th	6:15-6:45 pm	\$42	\$52.50	CA23077
9/15-10/20	F	9:35-10:05 am	\$32	\$40	CA23105A
11/3-12/15	F	9:35-10:05 am	\$32	\$40	CA23105B
9/16-10/21	S	9:05-9:35 am	\$32	\$40	CA23090
10/28-12/16	S	9:05-9:35 am	\$32	\$40	CA23091
9/16-10/21	S	10:15-10:45 am	\$32	\$40	CA23094
10/28-12/16	S	10:15-10:45 am	\$32	\$40	CA23095
9/16-10/21	S	11:25-11:55 am	\$32	\$40	CA23098
10/28-12/16	S	11:25-11:55 am	\$32	\$40	CA23099
9/17-10/22	Su	3:40-4:10 pm	\$32	\$40	CA23100
10/29-12/17	Su	3:40-4:10 pm	\$37	\$46.25	CA23101
9/17-10/22	Su	4:15-4:45 pm	\$40	\$50	CA23100
10/29-12/17	Su	4:15-4:45 pm	\$47	\$58.75	CA23101
9/17-10/22	Su	4:50-5:10 pm	\$32	\$40	CA23104
10/29-12/17	Su	4:50-5:10 pm	\$37	\$46.25	CA23105
9/17-10/22	Su	5:25-5:55 pm	\$40	\$50	CA23106
10/29-12/17	Su	5:25-5:55 pm	\$47	\$58.75	CA23107

## Specialty Programs

Date	Day	Time	ID/AP	OD	Class#
<b>You and Your Preschooler</b>					
Ages 6-36 mo. Swim diapers required. No class 10/31 PM (see receipt), 11/10, 11/11, 11/23, 11/24, 11/25, 11/26					
9/11-10/11	M/W	10:45-11:15 am	\$67	\$83.75	CA23606
10/16-11/20	M/W	11:45 am-12:15 pm	\$74	\$92.50	CA23607
11/27-12/20	M/W	10:45-11:15 am	\$54	\$67.50	CA23608
9/11-10/11	M/W	6:15-6:45 pm	\$67	\$83.75	CA23630
10/16-11/20	M/W	6:15-6:45 pm	\$74	\$92.50	CA23631
11/27-12/20	M/W	6:15-6:45 pm	\$54	\$67.50	CA23632
9/12-10/12	T/Th	10:45-11:15 am	\$67	\$83.75	CA23651
10/17-11/21	T/Th	10:45-11:15 am	\$74	\$92.50	CA23652
11/28-12/21	T/Th	10:45-11:15 am	\$54	\$67.50	CA23653
9/12-10/10	T/Th	5:40-6:10 pm	\$60	\$75	CA23672
10/17-11/21	T/Th	5:40-6:10 pm	\$67	\$83.75	CA23673
11/28-12/21	T/Th	5:40-6:10 pm	\$54	\$67.50	CA23674
9/12-10/12	T/Th	6:50-7:20 pm	\$67	\$83.75	CA23678
10/17-11/21	T/Th	6:50-7:20 pm	\$67	\$83.75	CA23679
11/28-12/21	T/Th	6:50-7:20 pm	\$54	\$67.50	CA23680
9/15-10/20	F	11:20-11:50 am	\$40	\$50	CA23707A
10/27-12/15	F	11:20-11:50 am	\$40	\$50	CA23707B
9/16-10/21	S	9:40-10:10 am	\$40	\$50	CA23692
10/28-12/16	S	9:40-10:10 am	\$40	\$50	CA23693
9/16-10/21	S	10:50-11:20 am	\$40	\$50	CA23696
10/28-12/16	S	10:50-11:20 am	\$40	\$50	CA23697
9/17-10/22	Su	4:15-4:45 pm	\$40	\$50	CA23702
10/29-12/17	Su	4:15-4:45 pm	\$47	\$58.75	CA23703
9/17-10/22	Su	5:25-5:55 pm	\$40	\$50	CA23706
10/29-12/17	Su	5:25-5:55 pm	\$47	\$58.75	CA23707

## Teen/Adult Swimming Skills

9/11-10/11	M/W	8:30-9 pm	\$67	\$83.75	CA27042
10/16-11/20	M/W	8:30-9 pm	\$74	\$92.50	CA27043
11/27-12/20	M/W	8:30-9 pm	\$54	\$67.50	CA27044
9/12-10/12	T/Th	8:35-9:05 pm	\$67	\$83.75	CA27087
10/17-11/21	T/Th	8:35-9:05 pm	\$67	\$83.75	CA27088
11/28-12/21	T/Th	8:35-9:05 pm	\$54	\$67.50	CA27089

## Private Lessons

Private lessons are a one-on-one ratio. Semi-private lessons available. Call for pricing and additional information.

9/11-10/11	M/W	9:35-10:05 am	\$305	\$381.25	CA26000
10/16-11/15	M/W	9:35-10:05 am	\$335.50	\$419.25	CA26001
11/27-12/20	M/W	9:35-10:05 am	\$244	\$305	CA26002
9/11-10/11	M/W	10:10-10:40 am	\$305	\$381.25	CA26003
10/16-11/20	M/W	10:10-10:40 am	\$335.50	\$419.25	CA26004
11/27-12/20	M/W	10:10-10:40 am	\$244	\$305	CA26005
9/11-10/11	M/W	10:45-11:15 am	\$305	\$381.25	CA26006
10/16-11/20	M/W	10:45-11:15 am	\$335.50	\$419.25	CA26007
11/27-12/20	M/W	10:45-11:15 am	\$244	\$305	CA26008
9/11-10/11	M/W	11:20-11:50 am	\$305	\$381.25	CA26009
10/16-11/20	M/W	11:20-11:50 am	\$335.50	\$419.25	CA26010
11/27-12/20	M/W	11:20-11:50 am	\$244	\$305	CA26011
9/11-10/11	M/W	1:05-1:35 pm	\$305	\$381.25	CA26012
10/16-11/20	M/W	1:05-1:35 pm	\$335.50	\$419.25	CA26013
11/27-12/20	M/W	1:05-1:35 pm	\$244	\$305	CA26014
9/11-10/11	M/W	1:40-2:10 pm	\$305	\$381.25	CA26015

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

## Specialty Programs

Date	Day	Time	ID/AP	OD	Class#
<b>Private Lessons (continued)</b>					
10/16-11/20	M/W	1:40-2:10 pm	\$335.50	\$419.25	CA26016
11/27-12/20	M/W	1:40-2:10 pm	\$244	\$305	CA26017
9/11-10/11	M/W	2:15-2:45 pm	\$305	\$381.25	CA26018
10/16-11/20	M/W	2:15-2:45 pm	\$335.50	\$419.25	CA26019
11/27-12/20	M/W	2:15-2:45 pm	\$244	\$305	CA26020
9/11-10/11	M/W	4:30-5 pm	\$305	\$381.25	CA26021
10/16-11/20	M/W	4:30-5 pm	\$335.50	\$419.25	CA26022
11/27-12/20	M/W	4:30-5 pm	\$244	\$305	CA26023
9/11-10/11	M/W	5:05-5:35 pm	\$305	\$381.25	CA26024
10/16-11/20	M/W	5:05-5:35 pm	\$335.50	\$419.25	CA26025
11/27-12/20	M/W	5:05-5:35 pm	\$244	\$305	CA26026
9/11-10/11	M/W	5:40-6:10 pm	\$305	\$381.25	CA26027
10/16-11/20	M/W	5:40-6:10 pm	\$335.50	\$419.25	CA26028
11/27-12/20	M/W	5:40-6:10 pm	\$244	\$305	CA26029
9/11-10/11	M/W	6:15-6:45 pm	\$305	\$381.25	CA26030
10/16-11/20	M/W	6:15-6:45 pm	\$335.50	\$419.25	CA26031
11/27-12/20	M/W	6:15-6:45 pm	\$244	\$305	CA26032
9/11-10/11	M/W	6:50-7:20 pm	\$305	\$381.25	CA26033
10/16-11/20	M/W	6:50-7:20 pm	\$335.50	\$419.25	CA26034
11/27-12/20	M/W	6:50-7:20 pm	\$244	\$305	CA26035
9/11-10/11	M/W	7:25-7:55 pm	\$305	\$381.25	CA26036
10/16-11/20	M/W	7:25-7:55 pm	\$335.50	\$419.25	CA26037
11/27-12/20	M/W	7:25-7:55 pm	\$244	\$305	CA26038
9/11-10/11	M/W	8-8:30 pm	\$305	\$381.25	CA26039
10/16-11/20	M/W	8-8:30 pm	\$335.50	\$419.25	CA26040
11/27-12/20	M/W	8-8:30 pm	\$244	\$305	CA26041
9/11-10/11	M/W	8:35-9:05 pm	\$305	\$381.25	CA26042
10/16-11/20	M/W	8:35-9:05 pm	\$335.50	\$419.25	CA26043
11/27-12/20	M/W	8:35-9:05 pm	\$244	\$305	CA26044
9/12-10/12	T/Th	9:35-10:05 am	\$305	\$381.25	CA26045
10/17-11/21	T/Th	9:35-10:05 am	\$335.50	\$419.25	CA26046
11/28-12/21	T/Th	9:35-10:05 am	\$244	\$305	CA26047
9/12-10/12	T/Th	10:10-10:40 am	\$305	\$381.25	CA26048
10/17-11/21	T/Th	10:10-10:40 am	\$335.50	\$419.25	CA26049
11/28-12/21	T/Th	10:10-10:40 am	\$244	\$305	CA26050
9/12-10/12	T/Th	10:45-11:15 am	\$305	\$381.25	CA26051
10/17-11/21	T/Th	10:45-11:15 am	\$335.50	\$419.25	CA26052
11/28-12/21	T/Th	10:45-11:15 am	\$244	\$305	CA26053
9/12-10/12	T/Th	11:20-11:50 am	\$305	\$381.25	CA26054
10/17-11/21	T/Th	11:20-11:50 am	\$335.50	\$419.25	CA26055
11/28-12/21	T/Th	11:20-11:50 am	\$244	\$305	CA26056
9/12-10/12	T/Th	1:05-1:35 pm	\$305	\$381.25	CA26057
10/17-11/21	T/Th	1:05-1:35 pm	\$335.50	\$419.25	CA26058
11/28-12/21	T/Th	1:05-1:35 pm	\$244	\$305	CA26059
9/12-10/12	T/Th	1:40-2:10 pm	\$305	\$381.25	CA26060
10/17-11/21	T/Th	1:40-2:10 pm	\$335.50	\$419.25	CA26061
11/28-12/21	T/Th	1:40-2:10 pm	\$244	\$305	CA26062
9/12-10/12	T/Th	2:15-2:45 pm	\$305	\$381.25	CA26063
10/17-11/21	T/Th	2:15-2:45 pm	\$335.50	\$419.25	CA26064
11/28-12/21	T/Th	2:15-2:45 pm	\$244	\$305	CA26065
9/12-10/10	T/Th	4:30-5 pm	\$274.50	\$343	CA26066
10/17-11/21	T/Th	4:30-5 pm	\$305	\$381.25	CA26067
11/28-12/21	T/Th	4:30-5 pm	\$244	\$305	CA26068
9/12-10/10	T/Th	5:05-5:35 pm	\$274.50	\$343	CA26069
10/17-11/21	T/Th	5:05-5:35 pm	\$305	\$381.25	CA26070
11/28-12/21	T/Th	5:05-5:35 pm	\$244	\$305	CA26071
9/12-10/10	T/Th	5:40-6:10 pm	\$274.50	\$343	CA26072
10/17-11/21	T/Th	5:40-6:10 pm	\$305	\$381.25	CA26073
11/28-12/21	T/Th	5:40-6:10 pm	\$244	\$305	CA26074
9/12-10/12	T/Th	6:15-6:45 pm	\$305	\$381.25	CA26075

## Specialty Programs

Date	Day	Time	ID/AP	OD	Class#
<b>Private Lessons (continued)</b>					
10/17-11/21	T/Th	6:15-6:45 pm	\$305	\$381.25	CA26076
11/28-12/21	T/Th	6:15-6:45 pm	\$244	\$305	CA26077
9/12-10/12	T/Th	6:50-7:20 pm	\$305	\$381.25	CA26078
10/17-11/21	T/Th	6:50-7:20 pm	\$305	\$381.25	CA26079
11/28-12/21	T/Th	6:50-7:20 pm	\$244	\$305	CA26080
9/12-10/12	T/Th	7:25-7:55 pm	\$305	\$381.25	CA26081
10/17-11/21	T/Th	7:25-7:55 pm	\$305	\$381.25	CA26082
11/28-12/21	T/Th	7:25-7:55 pm	\$244	\$305	CA26083
9/12-10/12	T/Th	8-8:30 pm	\$305	\$381.25	CA26084
10/17-11/21	T/Th	8-8:30 pm	\$305	\$381.25	CA26085
11/28-12/21	T/Th	8-8:30 pm	\$244	\$305	CA26086
9/12-10/12	T/Th	8:35-9:05 pm	\$305	\$381.25	CA26087
10/17-11/21	T/Th	8:35-9:05 pm	\$305	\$381.25	CA26088
11/28-12/21	T/Th	8:35-9:05 pm	\$244	\$305	CA26089
9/16-10/21	S	9:05-9:35 am	\$183	\$228.75	CA26090
10/28-12/16	S	9:05-9:35 am	\$183	\$228.75	CA26091
9/16-10/21	S	9:40-10:10 am	\$183	\$228.75	CA26092
10/28-12/16	S	9:40-10:10 am	\$183	\$228.75	CA26093
9/16-10/21	S	10:15-10:45 am	\$183	\$228.75	CA26094
10/28-12/16	S	10:15-10:45 am	\$183	\$228.75	CA26095
9/16-10/21	S	10:50-11:20 am	\$183	\$228.75	CA26096
10/28-12/16	S	10:50-11:20 am	\$183	\$228.75	CA26097
9/16-10/21	S	11:25-11:55 am	\$183	\$228.75	CA26098
10/28-12/16	S	10:50-11:20 am	\$183	\$228.75	CA26099
9/17-10/22	Su	3:40-4:10 pm	\$183	\$228.75	CA26100
10/29-12/17	Su	3:40-4:10 pm	\$213.50	\$266.75	CA26101
9/17-10/22	Su	4:15-4:45 pm	\$183	\$228.75	CA26102
10/29-12/17	Su	4:15-4:45 pm	\$213.50	\$266.75	CA26103
9/17-10/22	Su	4:50-5:20 pm	\$183	\$228.75	CA26104
10/29-12/17	Su	4:50-5:20 pm	\$213.50	\$266.75	CA26105
9/17-10/22	Su	5:25-5:55 pm	\$183	\$228.75	CA26106
10/29-12/17	Su	5:25-5:55 pm	\$213.50	\$266.75	CA26107

## Training Programs

Date	Day	Time	ID/AP	OD	Class#
<b>Jr. Lifeguarding</b>					
Level 5+, ages 15 yrs and older. No class 10/31 PM (see receipt), 11/10, 11/11, 11/23, 11/24, 11/25, 11/26					
9/16-10/21	S	9:05-11:35 am	\$149	\$186.25	CA29095
10/28-12/16	S	9:05-11:35 am	\$149	\$186.25	CA29096
<b>Lifeguard Training</b>					
Ages 15+ yrs. Before the course start date, applicants will be screened for skill level assessment and interview for employment. If approved, applicants will be enrolled in the <b>free lifeguard training</b> . No class 10/31 PM (see receipt), 11/10, 11/11, 11/23, 11/24, 11/25, 11/26.					
9/17-10/22	Su	1-5:40 pm	Free		CA28100
11/3-11/5	Su/F/S	8 am-5 pm	Free		CA28101A
12/21-12/23	Th/F/S	8 am-5:30 pm	Free		CA28101B

**Lifeguarding skills tutorial**  
Swim like a lifeguard every Friday night at 4:30 pm.

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

# Conestoga Recreation & Aquatic Center



TUALATIN HILLS  
PARK & RECREATION DISTRICT

**9985 SW 125th Avenue  
Beaverton, 97008  
503-629-6313**

TriMet Routes #62, #92

**Aquatic Facility Supervisor:** Sabrina Taylor Schmitt

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

**Hours:**

Monday-Thursday	5:30 am-9:30 pm
Friday	5:30 am-8:30 pm
Saturday	8 am-6 pm
Sunday	9 am-6 pm

**Facility Closure:** 9/4, 11/23, 12/25, 1/1

**Holiday Hours:** (9 am-6 pm) 11/10, 11/24, 12/24  
(close at 4 pm), 12/31

**We will train you to be a lifeguard at Conestoga.  
See page 33 for more information.**



**Veterans Day**  
Nov. 11  
9 am - 6 pm

- Free pancake breakfast
- Free drop-in sports
- Free group fitness classes
- Free open & lap swim

**Join us for a day of fun in honoring veterans.  
All veterans and their families are welcome!**



ConestogaRec

## Special Events

### Black Light Zumba®

1st & 3rd Fridays • 6:30-7:30 pm  
starting in October

### First Free Friday Swims

Sept. 1, Oct. 6, Nov. 3, Dec. 1

### Dive-in Movies

Third Friday of each month • 6:30 pm  
Sept. 15, Oct. 20, Nov. 17, Dec. 15

### Celebrating Indian Culture

Friday, Sept. 15 • 6-8:30 pm

Enjoy food, rangoli, Indian dancing, henna tattoos and a photo booth celebrating the Indian culture.



### Monster Bash & Splash

Friday, Oct. 27 • 6:30-8:30 pm

Enjoy our chills and thrills carnival, with swimming, Wipeout and music.

### Burn the Bird Zumba®

Friday, Nov. 24 • 10-11:30 am

Dance off that Thanksgiving Day food with three certified Zumba® instructors for 90 minutes! \$10

### Patron Appreciation Day

Wednesday, Dec. 6

See pages 33-37 for Conestoga aquatic programs.

## Conestoga Childcare

Our childcare staff supports the intellectual, social and emotional development of each child. This nurturing environment helps care for children who may be experiencing their first structured separation from a parent. Activities are provided for a wide range of ages.

Drop-in childcare is open on a first-come, first-served basis, subject to availability.

Childcare fun includes a caring and dedicated staff, arts & crafts, creative play, fun books, puzzles and games, interactive toys and activities, snack and changing area.

### Hourly fees:

**On-site:** ID \$3.50/hr; OD \$5.50/hr

**Off-site:** ID \$6/hr; OD \$7.50/hr

### Monday-Friday

#### Mornings:

8:15 am-12:30 pm

#### Evenings:

5:15-8:30 pm

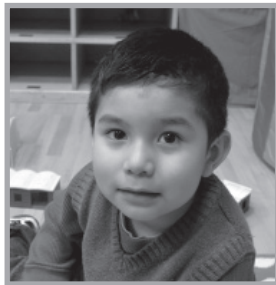
### Saturday

8 am-noon

### Ages:

6 weeks & older

Parents may leave the premises.



## Indoor Play Park

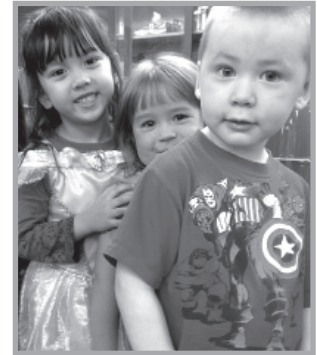
### Beginning Tuesday, Sept. 12

Ages 1-6 yrs. The Indoor Play Park resumes Tuesdays, Thursdays and Sundays 9-11:30 am. Call the center for more details, 503-629-6313. Cost: \$4, \$5.50/OD.

### Indoor Play Park Special Session

Sundays, 11:30-1:30 pm  
(beginning Sept. 18)

Students, parents and families of early intervention programs are welcome to join us each Sunday at this time. Go, Baby Go cars are encouraged. Must arrive by 12:30 pm.



## Facility Rentals & Birthday Parties at Conestoga

Let us host your next birthday party or special event! We specialize in making your experience enjoyable.

### Birthday Parties

We offer four different packages (pool parties, splash pad parties, sports parties and kids gym parties) that are sure to be easy, fun and memorable. Whether it's splashing in our pool, playing your favorite activities in our gym or enjoying our play gym setup that is perfect for the youngsters, the kids are sure to have a **great** time. All packages include one hour in a party room with a party leader.

### Facility Rentals

whether it's a high school graduation, baby shower, private pool/gym practice or a dance party, our facility offers a wide range of potential to make your special event exactly what you are looking for, at a very affordable price.

Please call 503-629-6313 for more details and pricing information.

## Club Splash

### Afterschool Care

We promote a balanced, supportive and active environment where children are encouraged to discover through participation and try new experiences while fostering creativity. Club Splash is offered on a first-come, first-served basis to student(s) enrolled in grades K-5, and all day kindergarten at the following schools: Hiteon, Scholls Heights, Greenway, Nancy Ryles and Sexton Mountain elementary schools. It is also available to students attending Conestoga Middle School.

Our program is available Monday-Friday. Children are picked up from their school and can stay at our center until 6 pm on regular school days, and from 7:30 am-6 pm on specific non-school days. Enjoy recreational activities which include swimming, open gym, games, special projects, homework time and more. Staff will pick up students from Conestoga Middle School daily and bring to the center.

Elementary School: \$280/month; September-June

Middle School Club: \$185/month; September-June

No-school days included (7:30 am-6 pm) for the 2017-2018 school year: 11/3, 11/22, 2/2, 4/13, 6/20 and all Wednesday early release dates.

### Before Care

**NEW!**

Before School: 6:30 am-school start; \$120/month; September-June (does not include no-school days)

## Fanno Farmers Nine-month Preschool

**Fanno Farmhouse, 8405 SW Creekside Place,  
Beaverton**

**Monday/Wednesday/Friday**  
9 am-noon • 3½-4 yrs  
**\$230 per month • Sept.-May**

**Monday/Wednesday/Friday**  
1-4 pm • 4-5 yrs  
**\$230 per month • Sept.-May**

**Tuesday/Thursday**  
9-11:30 am • 2½-3½ yrs  
**\$185 per month • Sept.-May**

**Tuesday/Thursday**  
1-4 pm • 4-5 yrs  
**\$185 per month • Sept.-May**



At the Fanno Farmers Preschool, children will learn about themselves and how the world works through the Reggio Emilia approach. We teach and support independence and self-help, all while meeting the Beaverton School District's kindergarten readiness benchmarks. Please call the Conestoga Recreation & Aquatic Center for more information about this unique preschool. Registration for Fall term begins Jan. 1.

## Playschool

**Inclusive** ∞

The classroom atmosphere is creative, positive, fun and will build a foundation for lifelong learning. Each class provides the skills to share and engage in cooperative play, as well as friendly socialization. Children are also introduced to early learning including colors, numbers, the alphabet and dramatic play. You may register for one or more days a week. No class 11/3, 11/10, 11/22, 11/23, 11/24.

9/11-10/23 (7) M	9-11:30 am	3½-5 yrs	C028110
Rm 202	ID/AP: \$130	OD: \$162.50	
9/12-10/24 (7) T	9-11:30 am	3½-5 yrs	C028111
Rm 202	ID/AP: \$130	OD: \$162.50	
9/13-10/25 (7) W	9-11:30 am	3½-5 yrs	C028112 ∞
Rm 202	ID/AP: \$130	OD: \$162.50	
9/14-10/26 (7) Th	9-11:30 am	3½-5 yrs	C028113
Rm 202	ID/AP: \$130	OD: \$162.50	
9/15-10/27 (7) F	9-11:30 am	3½-5 yrs	C028114
Rm 202	ID/AP: \$130	OD: \$162.50	
10/30-12/11 (7) M	9-11:30 am	3½-5 yrs	C028115
Rm 202	ID/AP: \$130	OD: \$162.50	
10/31-12/12 (7) T	9-11:30 am	3½-5 yrs	C028216
Rm 202	ID/AP: \$130	OD: \$162.50	
11/1-12/13 (6) W	9-11:30 am	3½-5 yrs	C028217 ∞
Rm 202	ID/AP: \$112	OD: \$162.50	
11/2-12/14 (6) Th	9-11:30 am	3½-5 yrs	C028218
Rm 202	ID/AP: \$112	OD: \$140	
11/7-12/15 (4) F	9-11:30 am	3½-5 yrs	C028219
Rm 202	ID/AP: \$75	OD: \$117.50	

## Playschool Jr., Fall

**Inclusive** ∞

### Inclusion Preschool

This class is open to children of all abilities; however, it is intended to provide the best experience to those who have special needs, THPRD Inclusion Services will make available extra support in Wednesday classes. Program modification, additional staff training, support staff and other services will be included to facilitate inclusion. No class 11/3, 11/10, 11/22, 11/23, 11/24.

9/13-10/25 (7) W	9-11 am	1½-2½ yrs	C028102
Rm 203	ID/AP: \$122	OD: \$152.50	
11/1-12/13 (7) W	9-11 am	1½-2½ yrs	C028107
Rm 203	ID/AP: \$122	OD: \$152.50	

### Playschool Jr.

The classroom atmosphere is creative, positive, fun and will build a foundation for lifelong learning. Each class provides the skills to share and engage in cooperative play, as well as friendly socialization. Children are also introduced to early learning including colors, numbers, the alphabet and dramatic play. You may register for one or more days a week.

9/11-10/23 (7) M	9-11 am	2-3½ yrs	C028100
Rm 203	ID/AP: \$122	OD: \$152.50	
9/12-10/24 (7) T	9-11 am	2-3½ yrs	C028101
Rm 203	ID/AP: \$122	OD: \$152.50	
9/13-10/25 (7) W	9-11 am	1½-2½ yrs	C028102 ∞
Rm 203	ID/AP: \$122	OD: \$152.50	
9/14-10/26 (7) Th	9-11 am	2-3½ yrs	C028103
Rm 203	ID/AP: \$122	OD: \$152.50	
9/15-10/27 (7) F	9-11 am	2-3½ yrs	C028104
Rm 203	ID/AP: \$122	OD: \$152.50	
10/30-12/11 (7) M	9-11 am	2-3½ yrs	C028105
Rm 203	ID/AP: \$122	OD: \$152.50	
10/31-12/12 (7) T	9-11 am	2-3½ yrs	C028106
Rm 203	ID/AP: \$122	OD: \$152.50	
11/1-12/13 (7) W	9-11 am	1½-2½ yrs	C028107 ∞
Rm 203	ID/AP: \$114	OD: \$152.50	
11/2-12/14 (6) Th	9-11 am	2-3½ yrs	C028108
Rm 203	ID/AP: \$105	OD: \$131.25	
11/7-12/15 (4) F	9-11 am	2-3½ yrs	C028109
Rm 203	ID/AP: \$75	OD: \$108.75	

## Winter Break Camp – School Age

All-day winter break camp fun! Each day will include games, sports, arts and crafts, swimming and more. Register for one or all individual days. Fun, off-site field trips scheduled for 12/21 & 12/28.

12/21	Th	7:30 am-6 pm	6-13 yrs	C027201
Rm 202/203, Gym-Ct A			ID/AP: \$55	OD: \$68.75
12/22	F	7:30 am-6 pm	6-13 yrs	C027202
Rm 202/203, Gym-Ct A			ID/AP: \$45	OD: \$56.25
12/26	T	7:30 am-6 pm	6-13 yrs	C027203
Rm 202/203, Gym-Ct A			ID/AP: \$45	OD: \$56.25
12/27	W	7:30 am-6 pm	6-13 yrs	C027204
Rm 202/203, Gym-Ct A			ID/AP: \$45	OD: \$56.25
12/28	Th	7:30 am-6 pm	6-13 yrs	C027205
Rm 202/203, Gym-Ct A			ID/AP: \$55	OD: \$68.75
12/29	F	7:30 am-6 pm	6-13 yrs	C027206
Rm 202/203, Gym-Ct A			ID/AP: \$45	OD: \$56.25
1/2	T	7:30 am-6 pm	6-13 yrs	C027207
Rm 202/203, Gym-Ct A			ID/AP: \$45	OD: \$56.25
1/3	W	7:30 am-6 pm	6-13 yrs	C027209
Rm 202/203, Gym-Ct A			ID/AP: \$45	OD: \$56.25

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



Please see page 5 for class observation guidelines.

## Arts & Crafts - Preschool

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
<b>Art Tots - Paint 'n' More</b> Children delight in exploring and creating art. We focus on techniques that demonstrate the elements of art including line, shape, form, color and texture. Come prepared to get messy! <b>Parent participation required.</b> No class 10/16, 10/17, 10/18, 10/19, 10/20.				
9/11-12/11 (13) Rm 101	M	9:30-10:15 am ID/AP: \$81	2-4 yrs OD: \$101.25	CO24100
9/12-12/12 (13) Rm 101	T	11-11:45 am ID/AP: \$81	1½ -2 yrs OD: \$101.25	CO24101
9/13-12/13 (13) Rm 101	W	9:30-10:15 am ID/AP: \$81	1½-2 yrs OD: \$101.25	CO24102
9/14-12/14 (12) Rm 101	Th	11-11:45 am ID/AP: \$75	2-4 yrs OD: \$93.75	CO24103
9/15-12/15 (11) Rm 101	F	9:30-10:15 am ID/AP: \$68	1½-2 yrs OD: \$85	CO24104

## Munchkin Mozarts

Nurture your toddler's energy and creativity in a class designed for children who love to move. Play instruments, sing, dance and uncover an engaging musical world while building your toddler's confidence, self-control, and early language skills. **Parent participation required.** 10/16, 10/17, 10/18, 10/19, 10/20.

9/11-12/11 (13) Rm 101	M	11-11:45 am ID/AP: \$81	1½-2 yrs OD: \$101.25	CO24105
9/12-12/12 (13) Rm 101	T	9:30-10:15 am ID/AP: \$81	2-4 yrs OD: \$101.25	CO24106
9/13-12/13 (13) Rm 101	W	11-11:45 am ID/AP: \$81	2-4 yrs OD: \$101.25	CO24107
9/14-12/14 (12) Rm 101	Th	9:30-10:15 am ID/AP: \$75	1½-2 yrs OD: \$93.75	CO24108
9/15-12/15 (11) Rm 101	F	11-11:45 am ID/AP: \$68	2-4 yrs OD: \$85	CO24109

## Arts & Crafts - Youth

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
<b>Art Sampler</b> Each week is different: from clay, wood sculptures, painting on canvas, paper mache and more! Misc Fee: \$10. No class 10/19. <b>NEW!</b>				
9/14-10/26 (6) Rm 101	Th	3:45-4:45 pm ID/AP: \$46	8½-10 yrs OD: \$57.50	CO24201
11/2-12/14 (6) Rm 101	Th	3:45-4:45 pm ID/AP: \$46	8½-10 yrs OD: \$57.50	CO24202
Art Sampler II 9/14-10/26 (6) Rm 101	Th	5:15-6:15 pm ID/AP: \$46	9-12 yrs OD: \$57.50	CO24203
11/2-12/14 (6) Rm 101	Th	5:15-6:15 pm ID/AP: \$46	9-12 yrs OD: \$57.50	CO24204

## Arts & Crafts - Youth

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
<b>Drawing &amp; Painting Beyond the Basics</b> Explore and develop painting and drawing techniques that inspire and encourage individual expression through art. A variety of art materials used. No class 10/16.				
9/11-12/11 (13) Rm 101	M	5:15-6:30 pm ID/AP: \$122	7-12 yrs OD: \$152.50	CO24200

## Arts & Crafts - Teen/Adult

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
<b>Fused Glass Series</b>				
<b>Glass Dish</b> Students will use a variety of colors and shapes of glass to create their own uniquely designed 8"x 8" dish. Materials fee of \$30 is payable to instructor at first class.				
9/16 Rm 101	Sa	11 am-1 pm ID/AP: \$14	14 yrs-Adult OD: \$17.50	CO24500
<b>Kiln Carved 8" Dish</b> Students will create their own pattern in fiber paper. The pattern is then placed under glass in a kiln where the heat will "carve" the pattern into the glass. This class is very unique and fun! Materials fee of \$30 is payable to instructor at first class.				
9/30 Rm 101	Sa	11 am-1 pm ID/AP: \$14	14 yrs-Adult OD: \$17.50	CO24501
<b>Rectangle Dish perfect for Hor d'oeuvres</b> Students will use a variety of shapes and colors of glass to create their own uniquely designed dish. Materials fee of \$20 is payable to instructor at first class.				
10/14 Rm 101	Sa	2-4 pm ID/AP: \$14	14 yrs-Adult OD: \$17.50	CO24502
<b>Wind Chimes</b> Students will be given precut base glass and then, using a variety of colors and shapes of glass, will create their own unique wind chime. Materials fee of \$40 is payable to instructor at first class.				
10/28 Rm 101	Sa	2-4 pm ID/AP: \$14	14 yrs-Adult OD: \$17.50	CO24503
<b>Ornaments</b> Students will make four ornaments they design that can be given as gifts or hung on their tree. Materials fee of \$35 is payable to instructor at first class (additional ornaments will have an additional \$5 per ornament materials fee).				
11/18 Rm 101	Sa	2-4 pm ID/AP: \$14	14 yrs-Adult OD: \$17.50	CO24504
12/2 Rm 101	Sa	11 am-1 pm- ID/AP: \$14	14 yrs-Adult OD: \$17.50	CO24505

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

## Dance classes: What should I wear?

**Girls:** Ballet slippers, leotard and tights preferred.

**Boys:** Ballet slippers, white t-shirt, sweat pants.



## Dance & Drama - Preschool

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

A wonderful introduction to ballet steps and terminology. This class will teach children balance and poise while developing strength and coordination. No class 11/23.

9/11-12/11 (14) Rm 204	M	11-11:40 am ID/AP: \$74	3½-5 yrs OD: \$92.50	CO21101 (Kelly)
9/11-12/11 (14) Rm 204	M	4-4:45 pm ID/AP: \$74	4-6 yrs OD: \$92.50	CO21102 (Leslie)
9/14-12/14 (13) Rm 204	Th	10:30-11:10 am ID/AP: \$69	4½-6 yrs OD: \$86.25	CO21103 (Kelly)

### Ballet II

This class is for students who have had at least one ballet class and are ready to advance. This class is designed for students who have had multiple pre-ballet or beginning ballet classes and are ready to advance. (Kelly)

9/11-12/11 (14) Rm 204	M	11-11:45 am ID/AP: \$74	3½-6 yrs OD: \$92.50	CO21103A
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### Ballet/Tap

Learn beginning technique for ballet and tap and develop coordination, strength and balance. **Tap shoes required.** No class 11/10, 11/24. (Leslie)

9/13-12/13 (14) Rm 204	W	5-5:45 pm ID/AP: \$74	5-7 yrs OD: \$92.50	CO21106
9/15-12/15 (12) Rm 204	F	10-10:45 am ID/AP: \$64	4-6 yrs OD: \$80	CO21107

### Ballet on Your Toes

A wonderful introduction to ballet steps and terminology. This class will teach children balance and poise while developing strength and coordination. No class 11/23. (Kelly)

9/14-12/14 (13) Rm 204	Th	9:45-10:25 am ID/AP: \$69	3½-4½ yrs OD: \$86.25	CO21104
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### Ballet Prep

This class bridges the gap between early childhood classes and other ballet offerings. Explore developmental ballet concepts such as balance, strength, control, coordination and basic terminology. Techniques are introduced through props and fun music. No class 11/10, 11/24. (Leslie)

9/15-12/15 (12) Rm 204	F	11-11:45 am ID/AP: \$64	3½-5 yrs OD: \$80	CO21105
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## Dance & Drama - Preschool

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

Want to be a well-rounded dancer? This class will give you a taste of three popular dance forms in one hour each week. Beginner and intermediate levels welcome. **Tap shoes required.** No class 11/23. (Lauren)

9/14-12/14 (13) Rm 204	Th	4-4:45 pm ID/AP: \$69	3-5 yrs OD: \$86.25	CO21108
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### Broadway Kids

A star is born! Basic ballet and jazz movements are introduced as well as creative exploration of music, singing and spatial awareness. No class 11/10, 11/24. (Leslie)

9/15-12/15 (12) Rm 204	F	11:45 am-12:30 pm ID/AP: \$64	4-6 yrs OD: \$80	CO21109
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### Dance Palooza

Not sure what kind of dance your child will like? Sample ballet, jazz, hip-hop and creative movement. We'll use props, move like animals and play dance games. (Leslie)

9/13-12/13 (14) Rm 204	W	4-4:45 pm ID/AP: \$53	3-5 yrs OD: \$66.25	CO21110
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### Disney Hip-hop

Young dancers will learn rhythm, musicality, coordination and the hip-hop style of dance. Beginner-level combinations will be taught to popular children's songs. Preschool age appropriate. (Kelly)

9/12-12/12 (14) Rm 204	T	10:45-11:25 am ID/AP: \$74	3½-6 yrs OD: \$92.50	CO21111
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### Gymnastic Dance

Learn the fundamentals of dance and an introduction to tumbling and gymnastics techniques often used in dance. (Kelly)

9/12-12/12 (14) Rm 204	T	11:30 am-12:15 pm ID/AP: \$74	3-5 yrs OD: \$92.50	CO21112
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### Hip-hop

Young dancers will learn rhythm, musicality, coordination and the hip-hop style of dance. Beginner-level combinations will be taught to popular children's songs. Preschool age appropriate. No class 11/26. (Lauren)

9/17-12/17 (13) Rm 204	Su	2-2:45 pm ID/AP: \$69	3½-6 yrs OD: \$86.25	CO21113
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### Modern Dance

Young dancers will learn rhythm, musicality, coordination and the modern style of dance. No class 11/23. (Lauren)

9/14-12/14 (13) Rm 204	Th	4:55-5:40 pm ID/AP: \$69	3½-6 yrs OD: \$86.25	CO21114
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### Tap

Learn beginning techniques for ballet and tap and develop coordination, strength and balance. **Tap shoes required.** No class 11/23. (Kelly)

9/14-12/14 (13) Rm 204	Th	11:15 am-Noon ID/AP: \$53	4-6 yrs OD: \$66.25	CO21115
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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 & Drama - Preschool

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

Learn basic ballet movements and improve both balance and coordination. Parent participation may be required at instructor's discretion. No class 11/10, 11/23, 11/24.

9/11-12/11 (14) Rm 204	M	10-10:40 am ID/AP: \$74	2-3 yrs OD: \$92.50	CO21116 (Kelly)
9/15-12/15 (12) Rm 204	F	9:15-10 am ID/AP: \$64	2-3 yrs OD: \$80	CO21117 (Leslie)

### Toddler Two Step

Parent and child dance to fun songs and develop coordination and body awareness. Parent participation required. No class 11/23. (Kelly)

9/12-12/12 (14) Rm 204	T	10-10:40 am ID/AP: \$74	2-3 yrs OD: \$92.50	CO21119
9/14-12/14 (13) Rm 204	Th	9-9:40 am ID/AP: \$69	2-3 yrs OD: \$86.25	CO21120

## Dance & Drama - Youth

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

This class is for students who have had at least one ballet class and are ready to advance. (Leslie)

9/11-12/11 (14) Rm 204	M	5-5:50 pm ID/AP: \$99	5-8 yrs OD: \$123.75	CO21201
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### Ballet/Tap/Jazz

This class will give you a taste of three popular dance forms in one hour each week. Beginner and intermediate levels welcome. Tap shoes required. (Leslie)

9/13-12/13 (14) Rm 204	W	6-7 pm ID/AP: \$99	6-10 yrs OD: \$123.75	CO21202
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### Broadway Bound/Theater

Get a taste of Broadway! This class combines acting, singing and dancing. Develop your creative interests and experience a final performance. (Leslie)

9/11-12/11 (14) Rm 204	M	6-7 pm ID/AP: \$99	6-10 yrs OD: \$123.75	CO21203
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### Drama 4 Kids

Learn improvisational skills, stage presence and timing. You will write scripts, play drama games, make stage props and perform on the last day of class to family and friends. No prior experience necessary. No class 10/16. (Selene)

9/11-12/11 (13) Rm 101	M	3:30-4:45 pm ID/AP: \$110	8-12 yrs OD: \$137.50	CO21204
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### Gymnastic Dance

Learn the fundamentals of dance. An introduction to tumbling and gymnastics techniques often used in dance. No class 10/27, 11/10, 11/24. (Kelly)

9/22-12/15 (10) Rm 204	F	5:30-6:30 am ID/AP: \$71	7-12 yrs OD: \$88.75	CO21205
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## Dance & Drama - Youth

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

Young dancers will learn rhythm, musicality, coordination, and age-appropriate choreography to contemporary and upbeat music. No class 11/26. (Lauren)

9/17-12/17 (13) Rm 204	Su	3-4 pm ID/AP: \$92	5½-8 yrs OD: \$115	CO21206
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### Hip-hop I

Young dancers will learn rhythm, musicality, coordination, and age-appropriate choreography to contemporary and upbeat music. No class 10/27, 11/10, 11/24. (Kelly)

9/22-12/15 (10) Rm 201	F	3:30-4:25 pm ID/AP: \$71	5½-8 yrs OD: \$88.75	CO21207
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### Hip-hop II/III

Introduces popping, glides, slides and basic choreography. Teaches students how to listen and dance to the backbeats, accents and music. No class 10/27, 11/10, 11/24. (Kelly)

9/22-12/15 (10) Rm 201	F	4:30-5:25 pm ID/AP: \$71	8-15 yrs OD: \$88.75	CO21208
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## Dance & Drama - Teen/Adult

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
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### Ballroom I, Latin

Learn the cha-cha, samba, rumba, tango and salsa. Cost is per person. No partner needed. No class 11/11, 11/25. (Bev)

10/14-12/16 (8) Rm 201	S	11:30 am-12:30 pm ID/AP: \$56	14 yrs-Adult OD: \$70	CO21301
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### Ballroom I, Waltz-Swing

Level I: Learn the waltz, fox trot and swing. Whether you're planning a wedding or just love to dance, this class is for you! Cost is per person. No partner needed. No class 11/11, 11/25. (Bev)

10/14-12/16 (8) Rm 204	S	10:15-11:15 am ID/AP: \$56	14 yrs-Adult OD: \$70	CO21302
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### Tap, Adult

Learn beginning technique for tap and develop coordination, strength and balance. Tap shoes required. (Leslie)

9/13-12/13 (14) Rm 204	W	7-8 pm ID/AP: \$99	13 yrs-Adult OD: \$123.75	CO21303
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### Tap 2, Adult

This class is designed for returning tappers to review or newer students who have had some tap and are ready to advance. Students should be able to execute shuffles, flaps and ball change. (Leslie)

9/11-12/11 (14) Rm 204	M	7-8 pm ID/AP: \$99	14 yrs-Adult OD: \$123.75	CO21304
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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 - Youth/Teen

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
<b>Babysitting 101</b>				
This course is designed to help middle school and teenage youth learn what it takes to be a responsible, caring, trustworthy, competent, capable and safe babysitter. Bring paper, pencil, drink and sack lunch to class.				
10/29 Rm 101	Su	10:30 am-5:45 pm ID/AP: \$45	11-15 yrs OD: \$56.25	C025200
11/19 Rm 101	Su	10:30 am-5:45 pm ID/AP: \$45	11-15 yrs OD: \$56.25	C025201
12/3 Rm 101	Su	10:30 am-5:45 pm ID/AP: \$45	11-15 yrs OD: \$56.25	C025202

### Glam Divas

This is a great four session class series for gals and guys where you will learn about hair care, styling, trends in hair coloring, using amazing tools and products.

**NEW!**

9/27-10/18 (4) Rm 101	W	4:30-6 pm ID/AP: \$46	11-16 yrs OD: \$54.50	C025300
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### Home Alone

This course is designed to prepare children for the responsibilities of being home alone. We will cover phone calls, answering the door, home security, first aid techniques, establishing household rules and more. Bring paper and pencil to class.

10/22 Rm 101	Su	1-3:30 pm ID/AP: \$25	8-12 yrs OD: \$31.25	C025214
12/10 Rm 101	Su	1-3:30 pm ID/AP: \$25	8-12 yrs OD: \$31.25	C025215

## Winter Break Camp School Age

All-day winter break camp fun! Each day will include games, sports, arts and crafts, swimming and more. Register for one or all individual days. Fun, off-site field trips scheduled for 12/21 & 12/28.



12/21 Rm 202/203, Gym-Ct A	Th	7:30 am-6 pm	6-13 yrs ID/AP: \$55	C027201 OD: \$68.75
12/22 Rm 202/203, Gym-Ct A	F	7:30 am-6 pm	6-13 yrs ID/AP: \$45	C027202 OD: \$56.25
12/26 Rm 202/203, Gym-Ct A	T	7:30 am-6 pm	6-13 yrs ID/AP: \$45	C027203 OD: \$56.25
12/27 Rm 202/203, Gym-Ct A	W	7:30 am-6 pm	6-13 yrs ID/AP: \$45	C027204 OD: \$56.25
12/28 Rm 202/203, Gym-Ct A	Th	7:30 am-6 pm	6-13 yrs ID/AP: \$55	C027205 OD: \$68.75
12/29 Rm 202/203, Gym-Ct A	F	7:30 am-6 pm	6-13 yrs ID/AP: \$45	C027206 OD: \$56.25
1/2 Rm 202/203, Gym-Ct A	T	7:30 am-6 pm	6-13 yrs ID/AP: \$45	C027207 OD: \$56.25
1/3 Rm 202/203, Gym-Ct A	W	7:30 am-6 pm	6-13 yrs ID/AP: \$45	C027209 OD: \$56.25

## General Interest - Youth/Teen

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
<b>Cooking From Scratch</b> <span style="float: right;"><b>NEW!</b></span>				
Join us for a new cooking series where you can choose all classes or just one. Each term will be different and each week there will be a different focus. Cannot accommodate for allergies. Students are encouraged to bring a food storage container to take any leftovers home. (Erina)				
<b>Culinary Techniques</b>				
9/23 Rm 202	S	9:30-11:30 am ID/AP: \$21	8-12 yrs OD: \$23.75	C025203
<b>Grilling</b>				
9/30 Rm 202	S	9:30-11:30 am ID/AP: \$21	8-12 yrs OD: \$23.75	C025204
<b>Cultural Foods</b>				
10/7 Rm 202	S	9:30-11:30 am ID/AP: \$21	8-12 yrs OD: \$23.75	C025205
<b>Soups</b>				
10/14 Rm 202	S	9:30-11:30 am ID/AP: \$21	8-12 yrs OD: \$23.75	C025206
<b>Make Your Own Takeout</b>				
10/21 Rm 202	S	9:30-11:30 am ID/AP: \$21	8-12 yrs OD: \$23.75	C025207
<b>Breakfast</b>				
10/28 Rm 202	S	9:30-11:30 am ID/AP: \$21	8-12 yrs OD: \$23.75	C025208
<b>Lunch Box Meals</b>				
11/4 Rm 202	S	9:30-11:30 am ID/AP: \$21	8-12 yrs OD: \$23.75	C025209
<b>Dinner</b>				
11/18 Rm 202	S	9:30-11:30 am ID/AP: \$21	8-12 yrs OD: \$23.75	C025210
<b>Dessert</b>				
12/2 Rm 202	S	9:30-11:30 am ID/AP: \$21	8-12 yrs OD: \$23.75	C025211
<b>Holiday Cookies</b>				
12/16 Rm 202	S	9:30-11:30 am ID/AP: \$21	8-12 yrs OD: \$23.75	C025213

### Parents Night Out

**NEW FORMAT!**

Join the fun! Parents, drop your children off here at Conestoga for a safe and fun evening. Each session has a highlighted activity; dinner, games and more included. Do you have younger children? Our childcare room is open at 5:15 pm for kids 6 weeks-6yrs. (9/29, kids bring their swimsuits for swimming.)

### Beach Party!

9/29 Rm 101	F	5-8:30 pm ID/AP: \$22	6-11 yrs OD: \$27.50	C026202
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### Carnival Fun!

10/20 Rm 101	F	5-8:30 pm ID/AP: \$22	6-11 yrs OD: \$27.50	C026203
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### Kids Cooking!

12/1 Rm 101	F	5-8:30 pm ID/AP: \$22	6-11 yrs OD: \$27.50	C026204
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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 #
<b>Beauty School Intro</b> <span style="float: right;"><b>NEW!</b></span>				
Interested in the cosmetology or barbering fields? Then try this workshop out! You will learn intro to curling, styling, braiding, cutting techniques and more. Class ends with a field trip to shadow at a real salon.				
11/1-11/8 (2) Rm 101	W	3-5 pm ID/AP: \$38	15 yrs-Adult OD: \$45	C025500

## Cooking

**NEW!**

### Basics of Canning

Come to learn first-hand how to preserve your favorite fruits and veggies. Equipment, safety, resources all provided. Misc Fee: \$10

10/8 Rm 202	Su	1-4 pm ID/AP: \$40	16 yrs-Adult OD: \$47.50	C025501
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### Make Your Own Cheese!

Create your own homemade cheese, fresh goat "chevre" and cow's milk cheese. Learn how to customize by incorporating herbs and other spices and more. Misc Fee: \$15

10/22 Rm 202	Su	1-4 pm ID/AP: \$45	16 yrs-Adult OD: \$52.50	C025503
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### Kombucha Making Class

Love kombucha? This class will go over what kombucha is, how to brew, sample varieties and more! You will go home with your own brew kit.

11/5 Rm 202	Su	1-2:30 pm ID/AP: \$37	16 yrs-Adult OD: \$46.25	C025502
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## Sports & Fitness - Preschool

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
<b>Developing Your Young Athlete</b>				
Together with your child, we'll encourage large motor skill development through a variety of fun games while introducing small children to group a setting. The instructor provides skill guidance to parents. <b>Parent participation required.</b>				
9/11-12/11 (14) Gym-Ct B	M	9-9:30 am ID/AP: \$47	2-3 yrs OD: \$58.75	C022100
9/12-12/12 (14) Gym-Ct A	T	9-9:30 am ID/AP: \$47	2-3 yrs OD: \$58.75	C022101
9/13-12/13 (14) Gym-Ct B	W	10-10:30 am ID/AP: \$47	2-3 yrs OD: \$58.75	C022102
9/15-12/15 (12) Gym-Ct B	F	11-11:30 am ID/AP: \$40	2-3 yrs OD: \$50	C022103
9/16-12/16 (13) Gym-Ct B	S	9-9:30 am ID/AP: \$44	2-3 yrs OD: \$55	C022104

## Martial Arts Classes

### Capoeira

Capoeira Angola is a game that includes self-defense, music, and dance. Two players enter the ring, kicking and evading for control of the space, while their friends watch and praise their efforts.

9/11-12/11 (14) M Gym-Ct A	M	6-7:15 pm ID/AP: \$107	12 yrs-Adult OD: \$133.75	C022162
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### Karate Kids

Beginning karate with a less structured curriculum. Children will gain skills in self-confidence, cooperation, effective communication and motivation. Uniforms required. Information provided at first class. No class 11/23.

9/14-12/14 (13) Th Rm 204	Th	6:15-6:55 pm ID/AP: \$57	4½-6 yrs OD: \$71.25	C022166
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### Karate, Beginning

Learn basic blocks, punches, kicks and breakfall techniques. Uniforms required. Information provided at first class. No class 11/23.

9/12-12/12 (14) T Rm 204	T	4-4:55 pm ID/AP: \$86	6-8 yrs OD: \$107.50	C022163
9/12-12/12 (14) T Rm 204	T	5-5:55 pm ID/AP: \$86	8-12 yrs OD: \$107.50	C022164
9/14-12/14 (13) Th Rm 204	Th	7-8 pm ID/AP: \$80	8 yrs-Adult OD: \$100	C022165

### Kendo: Japanese Fencing

Learn the basic skills and techniques of Japanese swordsmanship. Martial arts philosophy and manners will be presented. Additional fee of \$25 for the bamboo practice sword is due first night of class, payable to Obukan Kendo Club. No class 9/15, 10/27.

9/22-12/15 (12) F Gym-Ct B	F	7-8 pm ID/AP: \$48	10 yrs-Adult OD: \$60	C022550
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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 - Preschool

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

Featuring drills, games and group activity for a variety of sports. Sports classes are designed to get preschoolers engaged in sports which emphasize confidence, build self-esteem, teach teamwork and improve both coordination and motor skills. No class 11/26.

#### Basketball

9/11-12/11 (14) M Gym-Ct B		11-11:45 am ID/AP: \$64	4-6 yrs OD: \$80	CO22113
9/14-12/14 (13) Th Gym-Ct A		11-11:45 am ID/AP: \$60	3-5 yrs OD: \$75	CO22115
9/16-12/16 (13) S Gym-Ct B		11-11:45 am ID/AP: \$60	4-6 yrs OD: \$75	CO22114
9/17-12/17 (13) Su Gym-Ct A		11-11:45 am ID/AP: \$60	4-6 yrs OD: \$75	CO22112

#### Soccer

9/11-12/11 (14) M Gym-Ct B		10-10:45 am ID/AP: \$64	3-5 yrs OD: \$80	CO22119
9/13-12/13 (14) W Gym-Ct B		9-9:45 am ID/AP: \$64	3-5 yrs OD: \$80	CO22116
9/14-12/14 (13) Th Gym-Ct A		9-9:45 am ID/AP: \$60	4-6 yrs OD: \$75	CO22117
9/16-12/16 (13) S Gym-Ct B		10-10:45 am ID/AP: \$60	4-6 yrs OD: \$75	CO22118

#### General Sports

9/12-12/12 (14) T Gym-Ct A		11-11:45 am ID/AP: \$64	3-5 yrs OD: \$80	CO22108
9/15-12/15 (12) F Gym-Ct B		9-9:45 am ID/AP: \$55	4-6 yrs OD: \$68.75	CO22106
9/16-12/16 (13) S Gym-Ct A		10-10:45 am ID/AP: \$60	4-6 yrs OD: \$75	CO22107
9/17-12/17 (13) Su Gym-Ct A		1-1:45 pm ID/AP: \$60	4-6 yrs OD: \$75	CO22105

#### T-ball

9/13-12/13 (14) W Gym-Ct B		11-11:45 am ID/AP: \$64	4-6 yrs OD: \$80	CO22111
9/15-12/15 (12) F Gym-Ct B		10-10:45 am ID/AP: \$55	4-6 yrs OD: \$68.75	CO22110
9/17-12/17 (13) Su Gym-Ct A		9-9:45 am ID/AP: \$60	4-6 yrs OD: \$75	CO22109

#### Tumbling

Does your little one love to move? We use obstacle courses to increase coordination, strength and balance. Munchkins will learn basic gymnastic skills using tumbling mats, balance beam, cheese wedge, and trampoline. **Parent participation required.**

9/12-12/12 (14) T Gym-Ct A		10-10:45 am ID/AP: \$64	3-5 yrs OD: \$80	CO23102
9/14-12/14 (13) Th Gym-Ct B		4:30-5:15 pm ID/AP: \$60	3-5 yrs OD: \$75	CO23105
9/16-12/16 (13) S Gym-Ct B		Noon-12:45 pm ID/AP: \$60	3-5 yrs OD: \$75	CO23104

## Sports & Fitness - Preschool

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

Learn somersault combinations, pre-cartwheel progressions, and begin to learn backward rolls, headstands and bridges. Build strength, flexibility and coordination using tumbling mats, balance beam, and more. **Parent participation required.** No class 10/22, 11/10, 11/24.

9/15-12/15 (11) Gym-Ct B	F	5:30-6:15 pm ID/AP: \$51	3-5 yrs OD: \$63.75	CO23103
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### Wiggle Time Tumbling

Come join us to get your wiggles out! We use obstacle courses to increase coordination, strength and balance. Tumbling mats, balance beam, trampoline and cheese wedge will also be used in this great beginner class. **Parent participation required.** No class 11/23.

9/14-12/14 (13) Gym-Ct A	Th	10-10:45 am ID/AP: \$60	2-3 yrs OD: \$75	CO23101
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## Sports & Fitness - Youth

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

Learn basic basketball skills including passing, ball control, dribbling, shooting and footwork. This is a great class for those just starting to build basketball skills. Children will work together in a positive environment learning how to be part of a team. No class 11/25.

9/16-12/16 (13) Gym-Ct A	S	1-1:45 pm ID/AP: \$60	6-8 yrs OD: \$75	CO22204
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### Basketball Conditioning

This class is ideal for children who know the basics of basketball, but need help with skill progression and scrimmage experience. Give your child a well-rounded understanding of this great game.

9/12-10/26 (7) Gym-Ct B	T/Th	5:30-6:15 pm ID/AP: \$83	8-12 yrs OD: \$103.75	CO22200
11/2-12/14 (7) Gym-Ct B	T/Th	5:30-6:15 pm ID/AP: \$71	8-12 yrs OD: \$88.75	CO22201
9/12-10/26 (7) Gym-Ct B	T/Th	6:30-7:15 pm ID/AP: \$83	12-15 yrs OD: \$103.75	CO22202
11/2-12/14 (7) Gym-Ct B	T/Th	6:30-7:15 pm ID/AP: \$71	12-15 yrs OD: \$88.75	CO22203

### Kids Sports

Children will develop their coordination and general sports skills in an environment that encourages praise and positive reinforcement. This is a great place for your child to make new friends and continue to explore all the fun that sports has to offer. No class 11/25.

9/16-12/16 (13) Gym-Ct A	S	9-9:45 am ID/AP: \$60	7-10 yrs OD: \$75	CO22220
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**Open Gym 2-6 pm every Saturday and Sunday - Open gym is open for all ages to utilize for play. This is a great way to escape the rain and enjoy some fun, friendly activity! Basketballs are available for check out, for day use only.**

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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### Recess Time

Does your child like recess? Then this class is for them. We will play games like dodgeball, Four Square and other group games that kids enjoy at recess that will keep them moving from start to finish. No class 11/25.

9/11-12/11 (14) Gym-Ct A	M	11-11:45 am ID/AP: \$64	6-8 yrs OD: \$80	C022222
9/13-12/13 (14) Gym-Ct A	W	11-11:45 am ID/AP: \$64	3-5 yrs OD: \$80	C022223
9/16-12/16 (13) Gym-Ct A	S	11-11:45 am ID/AP: \$60	4-6 yrs OD: \$75	C022221

### Soccer Basics

Learn basic soccer knowledge including passing, ball control, dribbling and shooting. This is a great class to take if you are just starting out with your soccer skills. Children will work together in a positive environment learning how to be a part of a team.

9/12-12/12 (14) Gym-Ct B	T	4:30-5:15 pm ID/AP: \$64	6-8 yrs OD: \$80	C022206
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### Soccer Scrimmage

Perfect for children who know the basics of soccer but need help with their scrimmage experience. Come brush up on your fundamentals and proper techniques of soccer. We will build our teamwork through an emphasis on fair play and fun! Shin guards recommended. No class 11/26.

9/17-12/17 (13) Gym-Ct A	Su	10-10:45 am ID/AP: \$60	6-8 yrs OD: \$75	C022205
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### Soccer Skills

Children will work on developing their soccer skills in an environment that encourages praise and positive reinforcement. This is a great place for your child to make new friends and continue to explore all the fun that soccer has to offer. No class 10/27, 11/10, 11/24.

9/15-12/15 (11) Gym-Ct B	F	4:30-5:15 pm ID/AP: \$51	6-10 yrs OD: \$63.75	C022207
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### Tennis Basics

Children will work on developing their tennis skills in an environment that encourages praise and positive reinforcement. This is a great place for your child to make new friends and continue to explore all the fun that tennis has to offer.

9/13-12/13 (14) Gym-Ct B	W	4:30-5:15 pm ID/AP: \$64	8-12 yrs OD: \$80	C022208
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### Volleyball, Beginners

Come learn basic volleyball fundamentals, including bumping, passing, ball control, serving, rules of the game and more. Children will work together in a positive environment learning how to be part of a team.

9/11-12/11 (14) Gym-Ct B	M	5:30-6:25 pm ID/AP: \$76	8-12 yrs OD: \$95	C022209
9/13-12/13 (14) Gym-Ct B	W	5:30-6:25 pm ID/AP: \$76	8-12 yrs OD: \$95	C022210

## Sports & Fitness - Teen

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
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### Adventure Recreation: Rock Climbing

Join us for a day of indoor rock climbing and catch a wave at the North Clackamas Aquatic Park.

11/10 Off-site	F	9 am-4 pm ID/AP: \$55	10-13 yrs OD: \$68.75	C029201
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### Adventure Recreation: Zip-lining

Join us for a day of high flying fun at Tree To Tree zip-lining! This great outdoor activity involves team building, self-challenge, trust exercises and a ton of fun! Must be 75-250 lbs.

11/24 Off-site	F	9 am-4 pm ID/AP: \$55	10-13 yrs OD: \$68.75	C029200
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### Teenfit, Strength & Conditioning

Improve endurance, strength, self-esteem and knowledge in this well-rounded program promoting an active lifestyle. Includes weight training and cardio conditioning in a positive and welcoming atmosphere with a focus on individual goals. No class 11/23.

9/12-12/14 (14) Rm 201	T/Th	4:30-5:25 pm ID/AP: \$117	11-17 yrs OD: \$146.25	C022566
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### Tween/Teen Yoga

Combine conscious breathing with simple movements to lengthen, strengthen and improve your flexibility. Focus on breathing, proper alignment and mind/body awareness to create calm and balance on and off the mat.

9/13-12/13 (14) Rm 201	W	4:30-5:25 pm ID/AP: \$92	10-15 yrs OD: \$115	C022564
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### Volleyball, Intermediate Positioning

This class is for those who know the basic rules of volleyball, but need help with their offensive and defensive positioning. Must have taken a beginner course to register and will be assessed on the first day of class.

9/13-12/13 (14) Gym-Ct B	W	6:30-7:25 pm ID/AP: \$76	10-13 yrs OD: \$95	C022212
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### Volleyball, Intermediate Skills

This class is for those who know the basic rules of volleyball, but need help with their skill progression and actual game experience. Must have taken a beginner course to register and will be assessed on the first day of class.

9/11-12/11 (14) Gym-Ct B	M	6:30-7:25 pm ID/AP: \$76	10-13 yrs OD: \$95	C022211
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### Zumba® for Teens

Ditch the workout and join the party with this low impact program designed for beginners. This is a gentle version of Zumba®, slowed down to decrease impact and increase ability to learn the moves!

9/11-12/11 (14) Rm 201	M	4:30-5:25 pm ID/AP: \$92	10-15 yrs OD: \$115	C022565
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## Sports & Fitness - Youth-Family

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
<b>Tennis for Families</b>				
Come learn to play tennis with your child in this group class. Basic intro Level 1 class. <b>Parent participation required.</b> Register child only, cost includes one parent. No class 11/26.				
9/17-12/17 (13) Gym-Ct A	Su	Noon-12:45 pm ID/AP: \$60	4 yrs-Adult OD: \$75	CO22120

## Sports & Fitness - Adult

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
<b>Pickleball</b>				
Pickleball combines elements of badminton, tennis and ping-pong. It is played on a badminton-sized court. This class will teach you the basics and help you improve your pickleball skills.				
9/11-12/11 (14) Gym-Ct A	M	Noon-12:55 pm ID/AP: \$113	17 yrs-Adult OD: \$141.25	CO22121

## Ice Skating for the Entire Family

Classes held at Sherwood Ice Arena, 20407 SW Borchers Drive, Sherwood, OR 97140

Learn how to balance, march, glide, wiggle, swizzle and fall safely. Please wear gloves/mittens, loose fitting clothing and a jacket (it's cold!). Helmets are highly recommended (bike or hockey style), but not required. Ice skates are provided. Perks include free rental skates the day of your class, unlimited free public session pass for the term of your class, four (4) free guest passes, and award badges when the student passes the class. If your child misses a class, a make-up class is provided on the other Learn to Skate day. Please arrive to your first class 20 minutes early. A one-time fee of \$18 will need to be paid to Sherwood Ice Arena on the first day of class. No class 11/25.

### Parent and Me Learn to Ice Skate

Do you want a fun activity plus bonding time with your child? This Parent and Me class is perfect. Parent participation is required. Fee includes one parent and one child.

9/2-9/30 (5) Off-site	S	11:40 am-12:10 pm ID/AP: \$93	2-3 yrs OD: \$93	CO22300
10/7-11/18 (7) Off-site	S	11:40 am-12:10 pm ID/AP: \$93	2-3 yrs OD: \$93	CO22301
12/2-1/20 (8) Off-site	S	11:40 am-12:10 pm ID/AP: \$93	2-3 yrs OD: \$93	CO22302

### Beginning Skating (Basic 1)

In this fun, upbeat atmosphere, students learn to sit/stand on the ice, march across the ice, forward swizzle, backward wiggle, and two foot snowplow stops.

9/6-9/27 (4) Off-site	W	5:30-6 pm ID/AP: \$79	6-10 yrs OD: \$79	CO22303
10/4-11/29 (8) Off-site	W	5:30-6 pm ID/AP: \$79	6-10 yrs OD: \$79	CO22304
10/7-11/18 (7) Off-site	S	11:05-11:35 am ID/AP: \$79	6-10 yrs OD: \$79	CO22305
9/2-9/30 (5) Off-site	S	11:05-11:35 am ID/AP: \$79	6-10 yrs OD: \$79	CO22306
10/4-11/29 (8) Off-site	W	5:30-6 pm ID/AP: \$79	6-10 yrs OD: \$79	CO22307
10/7-11/18 (7) Off-site	S	11:05-11:35 am ID/AP: \$79	6-10 yrs OD: \$79	CO22308

### Tots (Snowplow Sam 1-3)

An introduction to ice skating. Learn basic skating skills including balance and coordination, all disguised as fun games.

9/6-9/27 (4) Off-site	W	5:30-6 pm ID/AP: \$79	4-5 yrs OD: \$79	CO22309
10/7-11/18 (7) Off-site	S	12:15-12:45 pm ID/AP: \$79	4-5 yrs OD: \$79	CO22310

12/6-1/31 (8) Off-site	W	5:30-6 pm ID/AP: \$79	4-5 yrs OD: \$79	CO22311
12/2-1/27 (8) Off-site	S	12:15-12:45 pm ID/AP: \$79	4-5 yrs OD: \$79	CO22312
9/6-9/27 (4) Off-site	W	5:30-6 pm ID/AP: \$79	4-5 yrs OD: \$79	CO22313
9/2-9/30 (5) Off-site	S	12:15-12:45 pm ID/AP: \$79	4-5 yrs OD: \$79	CO22314

### Tween/Teen Ice Skating

Build physical fitness while improving balance, coordination and strength necessary to maneuver on the ice. Learn the proper way to fall and get up along with marching, moving, and forward skating.

9/6-9/27 (4) Off-site	W	6:05-6:35 pm ID/AP: \$79	11-17 yrs OD: \$79	CO22315
9/2-9/30 (5) Off-site	S	12:15-12:45 pm ID/AP: \$79	11-17 yrs OD: \$79	CO22316
10/4-11/29 (8) Off-site	W	6:05-6:35 pm ID/AP: \$79	11-17 yrs OD: \$79	CO22317
10/7-11/18 (7) Off-site	S	12:15-12:45 pm ID/AP: \$79	11-17 yrs OD: \$79	CO22318
12/6-1/31 (8) Off-site	W	6:05-6:35 pm ID/AP: \$79	11-17 yrs OD: \$79	CO22319
12/2-1/27 (8) Off-site	S	12:15-12:45 pm ID/AP: \$79	11-17 yrs OD: \$79	CO22320

### Adult Ice Skating

Beginners develop physical fitness while improving balance and coordination.

9/6-9/27 (4) Off-site	W	6:05-6:35 pm ID/AP: \$79	Adult OD: \$79	CO22321
9/2-9/30 (5) Off-site	S	12:15-12:45 pm ID/AP: \$79	Adult OD: \$79	CO22322
10/4-11/29 (8) Off-site	W	6:05-6:35 pm ID/AP: \$79	Adult OD: \$79	CO22323
10/7-11/18 (7) Off-site	S	12:15-12:45 pm ID/AP: \$79	Adult OD: \$79	CO22324
12/2-1/27 (8) Off-site	S	12:15-12:45 pm ID/AP: \$79	Adult OD: \$79	CO22325
12/6-1/31 (8) Off-site	W	6:05-6:35 pm ID/AP: \$79	Adult OD: \$79	CO22326

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



**Women's Wellness Workshop**



This hour-long workshop aims to help women prevent and alleviate common musculoskeletal issues associated with pregnancy and child care. Topics to be covered include spine health and prevention of back pain, pelvic floor health, stress management and more. This class is especially applicable and appropriate for pregnant women, women in the post-natal period (participants should be at least 6 weeks post-partum), and mothers with small children. Taught by licensed physical therapist (and mother of 3) Alina Horrocks, PT, DPT. Please wear comfortable clothes and bring a bottle of water.

9/25 (1) Rm 200	M	10-11 am ID/AP: \$20	Adult OD: \$25	C022401
10/14 (1) Rm 200	S	11 am-Noon ID/AP: \$20	Adult OD: \$25	C022402
10/26 (1) Rm 200	Th	8-9 pm ID/AP: \$20	Adult OD: \$25	C022403
11/11 (1) Rm 200	S	11 am-Noon ID/AP: \$20	Adult OD: \$25	C022404

**FITNESS SPECIAL EVENTS**

**Deluxe Pass or Drop-in**

**Zumba®, Burn the Bird**

Dance off that Thanksgiving Day food! This Zumba® class is designed for the whole family to come and enjoy together! Cost includes one adult and one child.

11/24 Gym, Ct 3	F	10-10:55 am ID/AP: \$10	6 yrs-adult OD: \$12.50	C022521 \$4 ea child
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**Black Light Zumba®**

1st & 3rd Fridays starting in October.

Rm 201	F	6:30-7:30 pm ID/AP: \$7.50	14 yrs-adult OD: \$9.25
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**Join us for drop-in Pickleball**



Noon-2 pm on Wednesdays & Fridays and 3-6 pm on Sundays. Pickleball combines elements of badminton, tennis, and ping-pong. Nets, balls, and paddles are provided.

**Water Fitness Programs**

Jump start your fitness by joining one of our aquatic fitness programs. Water reduces joint stress, is 12 times more resistant than air and assists the heart in blood flow throughout the body. See page 6 for pass information. For a complete description of THPRD water fitness programs, visit [www.thprd.org/water-fitness-classes](http://www.thprd.org/water-fitness-classes).

**Water Fitness**

Dig Deep	M-F	8:30-9:25 am	(2)
Dig Deep	T/Th	6:40-7:35 pm	(2)

(Fitness Scale)

**Deluxe Pass Fitness Teen/Adult**

To participate in any group fitness or yoga class, you can purchase daily admission or purchase a Deluxe Pass. See page 6 for pass information.

Updates are listed on our website at: [www.thprd.org/facilities/recreation/conestoga/schedule/fitness/#dropin](http://www.thprd.org/facilities/recreation/conestoga/schedule/fitness/#dropin)

No class 11/23, 12/25, 1/1.

**Holiday Hours:** No class before 9 am or after 6 pm on 10/31, 11/10, 11/11 & 11/24.

**Conestoga Fitness Programs**

**Weight Room Walk-through**

Learn how to use each piece of equipment in this quick, 15-minute, free-of-charge walk-through. Call center for days and times.

**Weight Room Orientation**

Call Conestoga at 503-629-6313 to schedule a 45-minute session covering an abbreviated fitness assessment and instruction on equipment and proper form. Cost: \$43

**Personal Training**

Our nationally certified personal trainers will assist you in developing an individualized exercise program and discuss basic nutrition, goals and individual limitations during this one-hour private consultation; body composition testing is also available. You may register for this program at any time.

Single Session: \$48.50 ID/\$60.50 OD  
 Three Sessions: \$144.50 ID/\$180.50 OD  
 Six Sessions: \$272 ID/\$340 OD

**Two-person Small Group Training**

This is a great way to get together and work out. A personal trainer will work with each group's goal and design a workout to meet those goals. Each session is an hour long. (Cost is per person; must have two in group at time of registration.)

Single Session: \$30 ID/\$37.50 OD  
 Three Sessions: \$90 ID/\$112.50 OD  
 Six Sessions: \$167.50 ID/\$209 OD

**Open Gym**

Open Gym 2-6 pm every Saturday and Sunday. For all ages to utilize for play. This is a great way to escape the rain and enjoy some fun, friendly activity! Basketballs are available for check out, for day use only.

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

## Drop-in Fitness Classes - No Registration Necessary!

To participate in any group fitness or yoga class you can purchase a daily admission fee or purchase a Deluxe Pass. See page 7 of the activities guide for more details or call the Center at 503-629-6313.

### Fitness Class Descriptions

For Conestoga's updated fitness schedule, visit [www.thprd.org/conestoga](http://www.thprd.org/conestoga)

#### 20/20/20

This class offers equal parts of cardio, resistance, and stretch training to deliver a well-rounded workout that is motivated by music. This format features low-impact moves delivered with high intensity interval training to keep the heart rate up throughout the workout!

#### Barre to Be Fit

Uses a combination of ballet movements mixed with Pilates to give you a total body workout. Not only will you build lean, long muscles but you will work up a sweat doing it! All fitness levels welcome.

#### Body Blitz

Ramp up your cardio with this class. This high intensity cardio class is infused with interval training, plyometric drills and body weight resistance that make this a workout your body will not forget, but you'll love the results!

#### BodyPump!

BODYPUMP is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using weight-room exercises like squats, presses, lifts and curls. Great music, incredible instructors and your choice of weight inspire you to get the results you came in for – fast!

#### Cardio Barre

Based on classical ballet concepts with cardio intervals to get your heart rate up, this class will focus on core strength, coordination, building and lengthening of muscles and balance. This class will tone the entire body using light weight and props.

#### Cycle/core

Come join us for 55 minutes while we sprint, climb and work out CORE muscles to loud music with motivating instructors. Water bottle and towel recommended. All fitness levels welcome.

#### Flow Yoga

Start your weekend the right way with this vigorous flow based yoga class. This dynamic style links breath and movement helping to build strength, stamina and flexibility. This mixed level class is suitable for anyone who wants an energetic beginning to the day.

#### HIIT: High Intensity Interval Training.

This class will focus on short challenging burst of activity followed by a brief rest period. This cardiovascular workout will challenge your fitness level and help you burn fat. Enjoy activities ranging from sprints and kettle-bell workouts to battle ropes and team work. Athletic conditioning intervals, circuits, bench, hand weights and drills to train the whole body. Each class we incorporate cardio, strength and core work.

#### Low Impact Total Body Conditioning

Low-impact workout designed to challenge your entire body with cardio-step, upper/lower body weight training, core work and stretching.

#### MELT

Self-treatment that reduces chronic pain, heals injury, and eases the negative effects of aging and active living.

#### PIYO: Live

PIYO Live combines the muscle-sculpting, core firming of Pilates with the strength and flexibility advantages of yoga. We crank up the speed to deliver a true fat burning, low-impact workout that leaves your body looking long, lean and incredibly defined.

#### Pop-Pilates

Say bye bye to traditional Pilates! Join us while we sweat to your favorite songs while sculpting long, lean muscles and building a rock solid core! All fitness levels welcome.

#### Total Body Conditioning

Come challenge your entire body with this one-of-a-kind circuit style work out. Each class consists of weights, cardio, core and stretching. All fitness levels welcome.

#### Water Fitness

Jump-start your fitness by joining one of our aquatic fitness programs. Water reduces joint stress, is 12 times more resistant than air and assists the heart in blood flow throughout the body. Dg Deep: Moderate intensity. Focus on range of motion, Stretching and moderate aerobic activity. 3-4 lanes in deep water. Floatbelts provided.

#### Yoga

Relaxing yet invigorating, this yoga class is perfect for beginning and continuing students. This well-rounded workout develops flexibility, core strength, balance and inner peace. Learn the basics of breathing, positioning and alignment for a safe and beneficial practice.

#### Yoga/Pilates/Joint Functionality

In addition to mat-based Pilates exercises and yoga stretches, this class will incorporate and offer a specialized individual focus on improving joint functionality.

#### Zumba®

Are you ready to party yourself into shape? Forget the workout, just lose yourself in the music! Zumba® classes feature exotic rhythms set to high-energy Latin and international beats. Before you know it, you'll be getting fit and your energy levels will be soaring. It's easy to do, effective and totally exhilarating!

#### Zumba® Gold

Ditch the workout and join the party with this low impact program designed for beginners. This is a gentle version of Zumba®, slowed down to decrease impact and increase ability to learn the moves! All fitness levels welcome.