

Garden Home Recreation Center



TUALATIN HILLS
PARK & RECREATION DISTRICT

**7475 SW Oleson Road
Portland, 97223
503-629-6341**

TriMet Route #45

Facility Supervisor: Catherine Ellis

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

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 Closed: 11/23, 12/25, 1/1

Holiday Hours: 9/4, 11/24 (7 am-7 pm),

Facility Features:

- Weight room/fitness center, shower/locker rooms
- Discovery Club Afterschool Enrichment Program
- Indoor gym for drop-in sports
- Kitchen for cooking classes
- Fully-equipped gymnastics room, three dance/fitness studio rooms
- Gym with stage for performances
- Preschool Indoor Play Park
- Sports fields, outdoor playground and play equipment
- Fanno Creek Regional Trail (walking, running and biking)
- West Portland Boxing Team
- Garden Home Community Library

**Patron Appreciation Week
Dec. 4-8**

Facility Rentals

The Garden Home Recreation Center offers several rental options including classrooms for meetings, conferences and gym rentals. We have birthday party options that include use of our gymnastics room and rock wall. Visit our web page and check out our rental brochure. For details, please call the center at 503-629-6341.

Special Events

**The Garden Home
Pumpkin Hunt**

and newly added
**Haunted House
in the library!**

**Friday, Oct. 20
6-8 pm**

GH26100



5-6 pm for kids with mobility needs and sensory sensitivities. Class ID GH26101D.

33rd Annual Holiday Bazaar

**Saturday, Dec. 2
9 am - 4 pm**

Holiday Show Breakfast: 8-9 am
Pancake Breakfast 9-11 am

See page 124 for more information.



**Tumble Tots
Sept. 12-June 14
Tuesdays and
Thursdays
9-10:30 am**



**Indoor Play Park
Sept. 11-June 15
Mondays, Wednesdays
and Fridays
9:30-11:30 am**

No program dates: 11/23, 11/24, 12/1, 12/18-1/1
(subject to change). Drop-in rates apply.

See page 126 for Garden Home Recreation Center fitness information.

West Portland Boxing Team

"Building champions of the heart, mind and body."

Participation is open to ages 8 to 35 years. Registration is \$65 annually. Monthly team dues are \$15, payable on the first of each month. Monthly dues for the non-contact class is \$20, or \$45 for three months.

Highlights: Promotes self-esteem, personal responsibility, discipline, confidence and teamwork. Exemplary safety record. Nationally ranked program.



The team supplies all equipment except hand wraps and mouthpiece; also covers travel and motel expenses on out-of-town trips. Registration is accepted anytime throughout the year. For more details, call Jason Marquoit, head coach, at 503-246-0131.

Garden Home Childcare Program

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 arts & crafts, creative play, fun books, puzzles and games, interactive toys and activities, snack and infant area.

On-site fee: ID \$3.50/hr; OD \$5.50/hr
Off-site fee: ID \$6/hr; OD \$7.50/hr

Mornings: Monday-Friday, 8:30 am-12:30 pm
Evenings: Monday-Friday, 5:15-8:30 pm
Weekends: Saturday, 9 am-Noon

Ages 6 weeks and older.
Parents may leave the premises.



503-245-9932 • www.wccls.org

The Garden Home Community Library is located within our center. A member of the Washington County Cooperative Library Services (WCCLS), the Garden Home Community Library offers a full range of programs for all ages. Its collection includes adult fiction, children's picture books, music CDs and DVDs. Internet access is available with Microsoft Office, free Wi-Fi and free databases for research.

Hours: Monday-Thursday, 9 am-8 pm
Friday, 9 am-6 pm • Saturday, 9 am-3 pm,
Sunday, 11 am-3 pm

Community Sustainability Fair + Repair Fair at Garden Home Recreation Center

Friday, Oct. 13, 5-7:30 pm

Various exhibitors. Learn about electric vehicles, sustainable gardening, living and remodeling and more!

Music Conert: Vellamo
Sunday, Oct. 15, 1:30 pm

Located at the Garden Home Community Library Annex
Free event, space is limited. Pick up a ticket at the Garden Home Community Library.

Painted Sky Northstar Dance Company

Native music and dance: yesterday, today and forever. Painted Sky's mission is to honor Native American culture by building awareness of traditional and contemporary musical expressions through performance and education. Please see the Northstar "Smoke Signals" bulletin board at the Garden Home Recreation Center for audition deadlines and program details, or visit the Painted Sky website at www.paintedsky.org. Proud to be part of the community!

Licensed Preschools

Listed below are three nonprofit preschools that are housed in the Garden Home Recreation Center.

Small Friends, Inc. - 503-388-2266

Funny Farm Early Learning Center, Inc.
503-245-3107

Head Start - 503-693-3262

The Discovery Club Afterschool Program

The Garden Home Recreation Center's Discovery Club Afterschool Program provides children with a fun, safe and active environment to learn, grow and play. We provide a secure and nurturing environment with a wide variety of educational and recreational activities, along with daily homework time. A healthy snack is provided daily.

Available Schools

McKay
Montclair
Raleigh Hills
Raleigh Park
Vose
Whitford

Program Components

Healthy Living
Physical Activity
Life Skills
Social/Peer Interaction
Education Support
Fun

Tuition

Tuition includes care five days a week until 6 pm and full-day care for five (5) BSD no-school days, holidays, conference and budget reduction day options available; additional fees apply.

Discovery Club (Grades K-5)

3-6 pm | \$280 per month
Wednesday early release will be accommodated.

Middle School Program (Grades 6-8)

(Bus service available for Whitford students)
4-6 pm | \$185 per month

Please call the center directly at 503-629-6341 for more information or to register.

Discovery Club No School Days

Bring the kids to Garden Home for a safe, fun-filled day playing games and doing arts & crafts, classroom activities and more. Kids will need to bring a drink and a sack lunch each day. Space is limited, so sign up early!

11/3 (1)	F	ID/AP: \$45	OD: \$56.25	DC1103NSD
11/10 (1)	F	ID/AP: \$45	OD: \$56.25	DC1110NSD
11/22 (1)	W	ID/AP: \$45	OD: \$56.25	DC1122NSD
11/24 (1)	F	ID/AP: \$45	OD: \$56.25	DC1124NSD

Winter Break Camps

Discovery Winter Break Camp

Join us for a winter adventure! Discovery Club winter break camps include daily activities, crafts, games, sports and more. Campers bring a lunch and drink. Snack will be provided. If minimum is not met, camp will be canceled two weeks prior to start date. Register by the day or for the entire week. Please call center for more information. Field trips held on Tue and Thurs.

Ages: 5-13 yrs **Time:** 7:30 am-6 pm
Location: Room A

Register by the day:

Tuesday:

12/26 (1)	ID/AP: \$55	OD: \$68.75	GH28202
1/2 (1)	ID/AP: \$55	OD: \$68.75	GH28206

Wednesday:

12/27(1)	ID/AP: \$45	OD: \$56.25	GH28203
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Thursday:

12/21 (1)	ID/AP: \$55	OD: \$68.75	GH28200
12/28 (1)	ID/AP: \$55	OD: \$68.75	GH28204

Friday:

12/22 (1)	ID/AP: \$45	OD: \$56.25	GH28201
12/29 (1)	ID/AP: \$45	OD: \$56.25	GH28205



Please see page 5 for class observation guidelines.

Arts & Crafts - Preschool

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Clay with Me - Parent Child Clay Designs Enjoy family interaction through clay creations including functional pottery or artistic designs. Parent participation required. No unregistered siblings. Cost includes clay, glaze and paint for one child and one adult. Only register the child participating in the class. No class 12/2. Childcare available.				
9/23-10/7 (3) Rm 10	S	10-11:30 am ID/AP: \$47	4 yrs-Adult OD: \$58.75	GH24208
10/21-11/4 (3) Rm 10	S	10-11:30 am ID/AP: \$47	4 yrs-Adult OD: \$58.75	GH24209
11/18-12/9 (3) Rm 10	S	10-11:30 am ID/AP: \$47	4 yrs-Adult OD: \$58.75	GH24210

Toddler Messy Art

Don't want to make a mess at home? Come to Garden Home and create a masterpiece with messy art. **Parent participation required.** No unregistered siblings. No class 11/24, 12/1.

9/15-10/27 (7) Rm 12	F	10:15-11 am ID/AP: \$36	1½-3 yrs OD: \$45	GH25105A
11/3-12/8 (5) Rm 12	F	10:15-11 am ID/AP: \$26	1½-3 yrs OD: \$32.50	GH25105B

Arts & Crafts - Youth

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Afterschool Artists Let this class be your art outlet! Your art teacher will have a guided project for the day, including canvas, paper mache, decoupage and more. No class 11/23.				
9/14-10/26 (7) Rm 12	Th	3:45-4:30 pm ID/AP: \$41	6-10 yrs OD: \$51.25	GH24201A
11/2-12/14 (6) Rm 12	Th	3:45-4:30 pm ID/AP: \$36	6-10 yrs OD: \$45	GH24201B

Paint on Canvas - Youth Night

With step by step instruction, you will paint and take home your own masterpiece! No painting experience necessary and all supplies are provided. A different theme each session.

9/22 (1) Rm 10	F	5:30-8 pm ID/AP: \$30	8-12 yrs OD: \$37.50	GH24202
10/13 (1) Rm 10	F	5:30-8 pm ID/AP: \$30	8-12 yrs OD: \$37.50	GH24203
11/3 (1) Rm 10	F	5:30-8 pm ID/AP: \$30	8-12 yrs OD: \$37.50	GH24204
12/15 (1) Rm 10	F	5:30-8 pm ID/AP: \$30	8-12 yrs OD: \$37.50	GH24205

Arts & Crafts - Teen/Adult

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Paint on Canvas - Teen Night With step by step instruction, you will paint and take home your own masterpiece! No painting experience necessary and all supplies are provided. A different theme each session.				
9/29 (1) Rm 10	F	5:30-8 pm ID/AP: \$30	12-17 yrs OD: \$37.50	GH24300
10/27 (1) Rm 10	F	5:30-8 pm ID/AP: \$30	12-17 yrs OD: \$37.50	GH24301
12/8 (1) Rm 10	F	5:30-8 pm ID/AP: \$30	12-17 yrs OD: \$37.50	GH24302

Dance - Preschool

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Irish Dance, Pre-K This class focuses on the basics of Irish dancing for young dancers. Dancers learn to recognize rhythms, move and balance up on their toes, learn their left and right, and play dance games, all to wonderful Irish tunes! Parent participation required for this class. No unregistered siblings. Childcare available. No class 11/24, 12/1.				
9/22-12/15 (11) Rm 14	F	9:30-10:10 am ID/AP: \$52	2-4 yrs OD: \$65	GH21117

Itty Bitty Ballerinas

Basic ballet movements improve balance, coordination and gross motor skill development. We will use props to enhance the classroom experience and create a fun, always changing class. **Parent participation is required for this class.** No unregistered siblings. Childcare available. No class 11/11, 12/2.

9/20-12/13 (13) Rm 14	W	10-10:40 am ID/AP: \$61	2-3 yrs OD: \$76.25	GH21101A
9/16-12/9 (11) Rm 14	S	9-9:45 am ID/AP: \$58	2-3 yrs OD: \$72.50	GH21101B
9/16-12/9 (11) Rm 7	S	9:45-10:25 am ID/AP: \$52	2-3 yrs OD: \$65	GH21101C
9/16-12/9 (11) Rm 8	S	10:30-11:10 am ID/AP: \$52	2-3 yrs OD: \$65	GH21101D

Movers and Shakers

Get moving in this high-energy class that will enhance coordination, balance, and attention. Students will keep moving with a balance of technique and fun to kid-appropriate music. **Parent participation required.** No unregistered siblings. Childcare available. No class 11/23.

9/21-12/14 (12) Rm 14	Th	10-10:40 am ID/AP: \$52	2-4 yrs OD: \$65	GH21102
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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)

Fall Dance Recital Classes

Dance rehearsal and pictures will be held at Garden Home Recreation Center on **Friday, Dec. 15 from 5-8 pm**. Dance Recital Performances will be held on **Saturday, Dec. 16** at Garden Home Recreation Center. Preschool classes (ages 3-5, 4-7) will perform from 11 am-1 pm. Youth and Adult Tap will perform from 1:30-3:30 pm. Price of costume is included in the class cost; some classes may require parents to provide basic costume needs

Preschool

Ballet/Tap

Sample two of the most fundamental dance forms in this fun class. No class 11/11, 12/2.

9/16-12/9 (11) S	9:45-10:30 am	3-5 yrs	GH21108A
Rm 14	ID/AP: \$74	OD: \$87.75	
9/16-12/9 (11) S	10:45-11:30 am	4-7 yrs	GH21208
Rm 14	ID/AP: \$74	OD: \$88.75	

Dance Combo

Experience ballet, jazz, hip-hop and creative movement all in one class. We will use props, move like animals and play games as we discover the joy of dance. Childcare available. No class 10/31, 11/11, 11/23, 12/2.

9/19-12/12 (12) T	5-5:50 pm	4-7 yrs	GH21107A
Rm 14	ID/AP: \$87	OD: \$105	
9/21-12/14 (12) Th	10:45-11:30 am	3-5 yrs	GH21107B
Rm 14	ID/AP: \$80	OD: \$96.25	
9/16-12/9 (11) S	9-9:45 am	3-5 yrs	GH21107C
Rm 7	ID/AP: \$74	OD: \$88.75	

Irish Dance, Pre-K

This class focuses on the basics of Irish dancing for young dancers. Dancers learn to recognize rhythms, move and balance up on our toes, learn their left and right, and play dance games, all to wonderful Irish tunes! No class 11/24, 12/1.

9/22-12/15 (11) F	10:15-11 am	3-5 yrs	GH21118
Rm 14	ID/AP: \$74	OD: \$88.75	

Pre-Ballet

Introduces ballet fundamentals at the barre and in classical positions. Increase balance, coordination, flexibility and strength. Wear appropriate dance attire and bring ballet shoes. No class 11/11, 12/2.

9/20-12/13 (13) W	10:45-11:30 am	3-5 yrs	GH21104
Rm 14	ID/AP: \$85	OD: \$100.50	
9/16-12/9 (11) S	11:15 am-Noon	4-7 yrs	GH21106
Rm 8	ID/AP: \$74	OD: \$88.75	

Youth

Ballet/Hip Hop

This class teaches the basics of ballet (correct positioning, stretching, movement), along with the funky groove of today's hip-hop. Perfect class for kids who want to try something new but can't decide on what class to try. Childcare available. No class 11/11, 12/2.

9/16-12/9 (11) S	10:30-11:15 am	7-10 yrs	GH21200
Rm 7	ID/AP: \$74	OD: \$88.75	

Ballet/Tap, Level 2

This class is designed for students who are ready to advance. Must have had at least one session of ballet/tap previously or permission of instructor to enroll. No class 11/11, 12/2.

9/16-12/9 (11) S	11:30 am-12:15 pm	5-8 yrs	GH21201
Rm 14	ID/AP: \$74	OD: \$88.75	

High School Musical: Ballet/Tap/Jazz

Have fun learning several dance routines to your favorite High School Musical tunes. No class 10/31.

9/19-12/12 (12) T	4-4:50 pm	5-8 yrs	GH21230
Rm 14	ID/AP: \$87	OD: \$105	

Irish Dance I

Don't just admire those great Celtic dancers; strap on your dancing shoes and join the fun! Combines Irish soft-shoe and jig hard-shoe. No class 11/23.

9/21-12/14 (12) Th	4:15-5 pm	6-14 yrs	GH21217
Rm 14	ID/AP: \$80	OD: \$96.25	

Irish Dance II

Continuation of Irish soft-shoe and jig hard-shoe. No class 11/23.

9/21-12/14 (12) Th	5-5:55 pm	8-14 yrs	GH21218
Rm 14	ID/AP: \$106	OD: \$128	

Youth Ballet

Introduces ballet fundamentals at the barre and in classical positions. Increase balance, coordination, flexibility and strength. Wear appropriate dance attire and bring ballet shoes.

9/20-12/13 (13) W	5-5:50 pm	5-8 yrs	GH21205
Rm 14	ID/AP: \$93	OD: \$112.50	

Teen/Adult

Advanced Tap

Ready for a challenge? This class is for the advanced tapper ready to explore complex rhythms and fun choreography. Must have at least 3 years of tap or permission of instructor to register. No class 10/31

9/19-12/12 (12) T	7-8 pm	14 yrs-Adult	GH21511
Rm 14	ID/AP: \$113	OD: \$137.50	

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



**Dance:
What should I wear?**

Girls: ballet slippers, leotard and tights preferred.

Boys: ballet slippers, white T-shirt and black sweat pants.

Dance - Youth

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Jazz/Hip Hop Class will expose students to jazz and hip hop dance techniques.				
9/20-12/13 (13) Rm 14	W	6-6:50 pm ID/AP: \$70	6-10 yrs OD: \$87.50	GH21232

Dance - Teen/Adult

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Ballet, Adult Level 1 Challenge your mind and body in our adult ballet class! Expert instructor, Patricia Dwyer, brings 15+ years of experience to our beginner-friendly program. This class is a fun vehicle for cardio conditioning, technique, flexibility and lower body strengthening.				
9/20-10/25 (6) Rm 14	W	7-8:30 pm ID/AP: \$53	14 yrs-Adult OD: \$66.25	GH21513A
11/1-12/6 (6) Rm 14	W	7-8:30 pm ID/AP: \$53	14 yrs-Adult OD: \$66.25	GH21513B

Ballroom I, Latin

Learn the cha-cha, samba, rumba, tango and salsa. Whether you're planning a wedding or just love to dance, this class is for you! Cost is per person. No partner needed.

10/11-12/6 (9) Rm 2	W	8-9 pm ID/AP: \$60	Adult OD: \$75	GH21501
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Ballroom I, Waltz-Swing

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. Childcare available.

10/11-12/6 (9) Rm 2	W	6:45-7:45 pm ID/AP: \$60	Adult OD: \$75	GH21500
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Ballroom II, Latin/Waltz-Swing

For students who have taken Ballroom Level I classes and are looking for more challenging dances, but not yet ready for intermediate/advanced level. No partner needed. Childcare available.

10/12-12/14 (9) Rm 2	Th	7-8 pm ID/AP: \$60	Adult OD: \$75	GH21502
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Dance - Teen/Adult

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Ballroom, Intermediate/Advanced Variations in popular ballroom dances. Must have instructor permission to enroll. New Advanced students should call Garden Home to get in touch with instructor. Cost is per person. No partner needed.				
10/9-12/4 (9) Rm 2	M	7-8:30 pm ID/AP: \$105	Adult OD: \$131.25	GH21504

Brush Up Your Tap

Need to dust off your tap shoes? 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.

9/19-10/24 (6) Rm 14	T	6-7 pm ID/AP: \$40	14 yrs-Adult OD: \$50	GH21510A
11/7-12/19 (7) Rm 14	T	6-7 pm ID/AP: \$47	14 yrs-Adult OD: \$58.75	GH21510B

Line Dance for Beginners

No dance experience needed - and no partner either! Our goal is to work up a sweat and enjoy many types of music. Discover beginning steps like turns, walks, grapevines, step touches, heel struts and more! Please wear smooth-soled shoes.

9/18-10/23 (6) Rm 14	M	6:30-7:30 pm ID/AP: \$42	14 yrs-Adult OD: \$52.50	GH21507A
10/30-12/4 (6) Rm 14	M	6:30-7:30 pm ID/AP: \$42	14 yrs-Adult OD: \$52.50	GH21507B

Tap, Adult, Level 1

Shuffle off to Buffalo! Learn basic tap steps in this class designed for the brand new tapper.

9/19-10/24 (6) Rm 14	T	8-8:45 pm ID/AP: \$30	14 yrs-Adult OD: \$37.50	GH21512A
11/7-12/19 (7) Rm 14	T	8-8:45 pm ID/AP: \$35	14 yrs-Adult OD: \$43.75	GH21512B



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 #
A Day in the Life				
Enjoy learning about being a police officer, store clerk, librarian and more! Each week a new profession will be presented to the group. Experience what it's like to work in several fields with hands-on activities and visits from special guests. Childcare available. No class 11/24, 12/1.				
9/15-10/27 (7) Rm 13	F	9-11:30 am ID/AP: \$127	3½-6 yrs OD: \$158.75	GH25106A
11/3-12/15 (5) Rm 13	F	9-11:30 am ID/AP: \$96	3½-6 yrs OD: \$120	GH25106B

General Interest - Preschool

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Music for Infants and Toddlers				
Expose your child to a rich music environment and lay a foundation for future music instruction. Class teaches music with singing, rhythms, movement and props. Parent participation required. Price includes one parent and one child. No unregistered siblings. No class 11/24, 12/1.				
9/15-10/27 (7) Rm 12	F	9:15-9:45 am ID/AP: \$31	6 mths-3 yrs OD: \$38.75	GH25104
11/3-12/15 (5) Rm 12	F	9:15-9:45 am ID/AP: \$19	6 mths-3 yrs OD: \$23.75	GH25104B

Preschool Exploration

My First Preschool

Our play-based preschool setting allows children to develop age-appropriate social skills while learning to follow a classroom routine. The morning provides time for free play, an art activity, language development, a large motor skill activity and snack. No class 11/23.

9/11-10/23 (7) Rm 12	M	9-11 am ID/AP: \$105	1½-3½ yrs OD: \$131.25	GH25120
10/30-12/11 (7) Rm 12	M	9-11 am ID/AP: \$105	1½-3½ yrs OD: \$131.25	GH25121
9/12-10/24 (7) Rm 12	T	9-11 am ID/AP: \$105	1½-3½ yrs OD: \$131.25	GH25122
10/31-12/12 (7) Rm 12	T	9-11 am ID/AP: \$105	1½-3½ yrs OD: \$131.25	GH25123
9/13-10/25 (7) Rm 12	W	9-11 am ID/AP: \$105	1½-3½ yrs OD: \$131.25	GH25124
11/1-12/13 (7) Rm 12	W	9-11 am ID/AP: \$105	1½-3½ yrs OD: \$131.25	GH25125
9/14-10/26 (7) Rm 12	Th	9-11 am ID/AP: \$105	1½-3½ yrs OD: \$131.25	GH25126
11/2-12/14 (6) Rm 12	Th	9-11 am ID/AP: \$90	1½-3½ yrs OD: \$112.50	GH25127

Gear Up for Learning

Our play-based preschool setting allows children to develop age-appropriate social skills while learning to follow a classroom routine. There will be a special emphasis on mastering colors, counting and ABCs. No class 11/23.

9/11-10/23 (7) Rm 13	M	9-11:30 am ID/AP: \$127	3½-6 yrs OD: \$158.75	GH25110
10/30-12/11 (7) Rm 13	M	9-11:30 am ID/AP: \$127	3½-6 yrs OD: \$158.75	GH25111
9/12-10/24 (7) Rm 13	T	9-11:30 am ID/AP: \$127	3½-6 yrs OD: \$158.75	GH25112
10/31-12/12 (7) Rm 13	T	9-11:30 am ID/AP: \$127	3½-6 yrs OD: \$158.75	GH25113
9/13-10/25 (7) Rm 13	W	9-11:30 am ID/AP: \$127	3½-6 yrs OD: \$158.75	GH25114
11/1-12/13 (7) Rm 13	W	9-11:30 am ID/AP: \$127	3½-6 yrs OD: \$158.75	GH25115
9/14-10/26 (7) Rm 13	Th	9-11:30 am ID/AP: \$127	3½-6 yrs OD: \$158.75	GH25116
11/2-12/14 (6) Rm 13	Th	9-11:30 am ID/AP: \$111	3½-6 yrs OD: \$138.75	GH25117

Preschool Exploration – Winter Break Fun

Join in the winter break fun and learn about cold weather climates, create art and learn about winter. Enjoy singing songs and reading stories about winter time.

Brrr...Arctic Freeze

12/18 (1) Rm 12	M	9-11:30 am ID/AP: \$19	2-5 yrs OD: \$23.75	GH25100
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Shaving Cream Snow

12/19 (1) Rm 12	T	9-11:30 am ID/AP: \$19	2-5 yrs OD: \$23.75	GH25101
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Playful Penguins

12/20 (1) Rm 12	W	9-11:30 am ID/AP: \$19	2-5 yrs OD: \$23.75	GH25102
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Polar Express

12/21 (1) Rm 12	Th	9-11:30 am ID/AP: \$19	2-5 yrs OD: \$23.75	GH25103
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General Interest - Youth

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Children's Theater: Ages 4-7				
Open the gates to enchantment and wonder while acting out your favorite children's story book. Young actors use their imagination while developing new creative abilities. An excellent way to introduce children to theatrical acting.				
9/13-10/25 (7) Rm 12	W	4-5 pm ID/AP: \$48	4-7 yrs OD: \$60	GH25206A
11/1-12/13 (7) Kitchen	W	4-5 pm ID/AP: \$48	4-7 yrs OD: \$60	GH25206B
Children's Theater: Ages 7-10				
Young actors will use their imaginations to write their own story as a group, paint a set, and act it out in a final performance!				
9/13-10/25 (7) Rm 12	W	5:15-6:15 pm ID/AP: \$48	7-10 yrs OD: \$60	GH25207A
11/1-12/13 (7) Rm 12	W	5:15-6:15 pm ID/AP: \$48	7-10 yrs OD: \$60	GH25207B

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General Interest - Youth

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Holiday Cookie Workshop Come and bake holiday cookies and then decorate them for your friends and family to enjoy! Parent/Child participation encouraged and required for kids under 9 years old. Each attendee must register separately.				
12/17 (1) Kitchen	Su	1:30-3:30 pm ID/AP: \$16	6 yrs-Adult OD: \$20	GH25509B

Kid Cafe'

Join us for a variety of cooking and baking projects in our kitchen. Each week we will focus on a different theme that the kids will get to experiment with. Come hungry; you get to eat what you make. No class 11/23.

9/14-10/26 (7) Kitchen	Th	5-6 pm ID/AP: \$56	3-5 yrs OD: \$70	GH25150A
11/2-12/14 (6) Kitchen	Th	5-6 pm ID/AP: \$48	3-5 yrs OD: \$60	GH25151B

Kids in the Kitchen

Time to make some wild and yummy dishes to satisfy everyone's palette. Learn shortcuts and quick tips that make cooking easy and fun. Come hungry; you get to eat what you create!

9/12-10/24 (7) Kitchen	T	4-6 pm ID/AP: \$84	6-9 yrs OD: \$105	GH25201
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Recipe Rock Stars

Each week prepare healthy foods and practice safe food preparation as you make and taste new dishes. Come hungry; you get to eat what you make. That is part of the fun of cooking class!

11/7-12/12 (6) Kitchen	T	4-6 pm ID/AP: \$72	8-12 yrs OD: \$90	GH25202
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Silly Science

Use basic materials to make things wiggle, wobble and zoom. Explore the basics of science and physics with common household items to build contraptions that will wow your friends. Focus on problem solving, communication and team work.

9/15-10/27 (6) Rm 12	F	4-5 pm ID/AP: \$41	5-8 yrs OD: \$51.25	GH25203A
11/3-12/15 (5) Rm 12	F	4-5 pm ID/AP: \$34	5-8 yrs OD: \$42.50	GH25203B

Private Lessons, Drum Set/Percussion

Learn the skills necessary to play various styles including jazz, rock and classical music. All levels welcome. (Tim)

9/24-10/22 (5) Rm 10	Su	10:30-11 am ID/AP: \$153	9 yrs-Adult OD: \$191.25	GH25210A
10/29-12/3 (5) Rm 10	Su	10:30-11 am ID/AP: \$153	9 yrs-Adult OD: \$191.25	GH25210B
9/24-10/22 (5) Rm 10	Su	11-11:30 am ID/AP: \$153	9 yrs-Adult OD: \$191.25	GH25211A
10/29-12/3 (5) Rm 10	Su	11-11:30 am ID/AP: \$153	9 yrs-Adult OD: \$191.25	GH25211B
9/24-10/22 (5) Rm 10	Su	11:30 am-Noon ID/AP: \$153	9 yrs-Adult OD: \$191.25	GH25212A

General Interest - Youth

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Private Lessons, Drum Set/Percussion (continued)				
10/29-12/3 (5) Rm 10	Su	11:30 am-Noon ID/AP: \$153	9 yrs-Adult OD: \$191.25	GH25212B
9/24-10/22 (5) Rm 10	Su	12-12:30 pm ID/AP: \$153	9 yrs-Adult OD: \$191.25	GH25213A
10/29-12/3 (5) Rm 10	Su	12-12:30 pm ID/AP: \$153	9 yrs-Adult OD: \$191.25	GH25213B
9/24-10/22 (5) Rm 10	Su	12:30-1 pm ID/AP: \$153	9 yrs-Adult OD: \$191.25	GH25214A
10/29-12/3 (5) Rm 10	Su	12:30-1 pm ID/AP: \$153	9 yrs-Adult OD: \$191.25	GH25214B
9/24-10/22 (5) Rm 10	Su	1:45-2:15 pm ID/AP: \$153	9 yrs-Adult OD: \$191.25	GH25216A
10/29-12/3 (5) Rm 10	Su	1:45-2:15 pm ID/AP: \$153	9 yrs-Adult OD: \$191.25	GH25216B
9/24-10/22 (5) Rm 10	Su	1-1:30 pm ID/AP: \$153	9 yrs-Adult OD: \$191.25	GH25215A
10/29-12/3 (5) Rm 10	Su	1-1:30 pm ID/AP: \$153	9 yrs-Adult OD: \$191.25	GH25215B
9/24-10/22 (5) Rm 10	Su	2:15-2:45 pm ID/AP: \$153	9 yrs-Adult OD: \$191.25	GH25217A
10/29-12/3 (5) Rm 10	Su	2:15-2:45 pm ID/AP: \$153	9 yrs-Adult OD: \$191.25	GH25217B
9/24-10/22 (5) Rm 10	Su	2:45-3:15 pm ID/AP: \$153	9 yrs-Adult OD: \$191.25	GH25218A
10/29-12/3 (5) Rm 10	Su	2:45-3:15 pm ID/AP: \$153	9 yrs-Adult OD: \$191.25	GH25218B
9/24-10/22 (5) Rm 10	Su	3:15-3:45 pm ID/AP: \$153	9 yrs-Adult OD: \$191.25	GH25219A
10/29-12/3 (5) Rm 10	Su	3:15-3:45 pm ID/AP: \$153	9 yrs-Adult OD: \$191.25	GH25219B

Private Lessons, Guitar

Private guitar lessons. Each student should supply their own guitar. \$10 materials fee due to instructor at first lesson for music book.

9/18-10/9 (4) Rm 10	M	3:30-4 pm ID/AP: \$123	6 yrs-Adult OD: \$153.75	GH25287A
10/16-11/6 (4) Rm 10	M	3:30-4 pm ID/AP: \$123	6 yrs-Adult OD: \$153.75	GH25287B
11/13-12/4 (4) Rm 10	M	3:30-4 pm ID/AP: \$123	6 yrs-Adult OD: \$153.75	GH25287C
9/18-10/9 (4) Rm 10	M	4-4:30 pm ID/AP: \$123	6 yrs-Adult OD: \$153.75	GH25288A
10/16-11/6 (4) Rm 10	M	4-4:30 pm ID/AP: \$123	6 yrs-Adult OD: \$153.75	GH25288B
11/13-12/4 (4) Rm 10	M	4-4:30 pm ID/AP: \$123	6 yrs-Adult OD: \$153.75	GH25288C
9/18-10/9 (4) Rm 10	M	4:30-5 pm ID/AP: \$123	6 yrs-Adult OD: \$153.75	GH25289A
10/16-11/6 (4) Rm 10	M	4:30-5 pm ID/AP: \$123	6 yrs-Adult OD: \$153.75	GH25289B
11/13-12/4 (4) Rm 10	M	4:30-5 pm ID/AP: \$123	6 yrs-Adult OD: \$153.75	GH25289C
9/18-10/9 (4) Rm 10	M	5-5:30 pm ID/AP: \$123	6 yrs-Adult OD: \$153.75	GH25290A
10/16-11/6 (4) Rm 10	M	5-5:30 pm ID/AP: \$123	6 yrs-Adult OD: \$153.75	GH25290B
11/13-12/4 (4) Rm 10	M	5-5:30 pm ID/AP: \$123	6 yrs-Adult OD: \$153.75	GH25290C

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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

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Private Lessons, Guitar (continued)				
9/18-10/9 (4) Rm 10	M	5:30-6 pm ID/AP: \$123	6 yrs-Adult OD: \$153.75	GH25291A
10/16-11/6 (4) Rm 10	M	5:30-6 pm ID/AP: \$123	6 yrs-Adult OD: \$153.75	GH25291B
11/13-12/4 (4) Rm 10	M	5:30-6 pm ID/AP: \$123	6 yrs-Adult OD: \$153.75	GH25291C
9/18-10/9 (4) Rm 10	M	6-6:30 pm ID/AP: \$123	6 yrs-Adult OD: \$153.75	GH25292A
10/16-11/6 (4) Rm 10	M	6-6:30 pm ID/AP: \$123	6 yrs-Adult OD: \$153.75	GH25292B
11/13-12/4 (4) Rm 10	M	6-6:30 pm ID/AP: \$123	6 yrs-Adult OD: \$153.75	GH25292C
9/18-10/9 (4) Rm 10	M	6:30-7 pm ID/AP: \$123	6 yrs-Adult OD: \$153.75	GH25293A
10/16-11/6 (4) Rm 10	M	6:30-7 pm ID/AP: \$123	6 yrs-Adult OD: \$153.75	GH25293B
11/13-12/4 (4) Rm 10	M	6:30-7 pm ID/AP: \$123	6 yrs-Adult OD: \$153.75	GH25293C
9/20-10/11 (4) Rm 10	W	4:30-5 pm ID/AP: \$123	6 yrs-Adult OD: \$153.75	GH25296A
10/18-11/8 (4) Rm 10	W	4:30-5 pm ID/AP: \$123	6 yrs-Adult OD: \$153.75	GH25296B
11/15-12/6 (4) Rm 10	W	4:30-5 pm ID/AP: \$123	6 yrs-Adult OD: \$153.75	GH25296C
9/20-10/11 (4) Rm 10	W	5-5:30 pm ID/AP: \$123	6 yrs-Adult OD: \$153.75	GH25297A
10/18-11/8 (4) Rm 10	W	5-5:30 pm ID/AP: \$123	6 yrs-Adult OD: \$153.75	GH25297B
11/15-12/6 (4) Rm 10	W	5-5:30 pm ID/AP: \$123	6 yrs-Adult OD: \$153.75	GH25297C
9/20-10/11 (4) Rm 10	W	5:30-6 pm ID/AP: \$123	6 yrs-Adult OD: \$153.75	GH25298A
10/18-11/8 (4) Rm 10	W	5:30-6 pm ID/AP: \$123	6 yrs-Adult OD: \$153.75	GH25298B
11/15-12/6 (4) Rm 10	W	5:30-6 pm ID/AP: \$123	6 yrs-Adult OD: \$153.75	GH25298C

Private Lessons, Piano

Learn fundamental skills such as note-reading and rhythm, or build on previous knowledge and improve your piano skills. Bring your own music books, if available. 6yr olds in first grade will be granted age exception.

9/19-10/24 (6) Rm 10	T	4-4:30 pm ID/AP: \$184	7 yrs-Adult OD: \$230	GH25250A
11/7-12/5 (5) Rm 10	T	4-4:30 pm ID/AP: \$153	7 yrs-Adult OD: \$191.25	GH25250B
9/19-10/24 (6) Rm 10	T	4:30-5 pm ID/AP: \$184	7 yrs-Adult OD: \$230	GH25251A
11/7-12/5 (5) Rm 10	T	4:30-5 pm ID/AP: \$153	6 yrs-Adult OD: \$191.25	GH25251B
9/19-10/24 (6) Rm 10	T	5-5:30 pm ID/AP: \$184	6 yrs-Adult OD: \$230	GH25253A
11/7-12/5 (5) Rm 10	T	5-5:30 pm ID/AP: \$153	7 yrs-Adult OD: \$191.25	GH25253B
9/19-10/24 (6) Rm 10	T	5:30-6 pm ID/AP: \$184	7 yrs-Adult OD: \$230	GH25252A
11/7-12/5 (5) Rm 10	T	5:30-6 pm ID/AP: \$153	7 yrs-Adult OD: \$191.25	GH25252B
9/15-10/13 (5) Rm 10	F	3:30-4 pm ID/AP: \$153	7 yrs-Adult OD: \$191.25	GH25255A

General Interest - Youth

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Private Lessons, Piano (continued)				
10/27-12/8 (5) Rm 10	F	3:30-4 pm ID/AP: \$153	7 yrs-Adult OD: \$191.25	GH25255B
9/15-10/13 (5) Rm 10	F	4-4:30 pm ID/AP: \$153	7 yrs-Adult OD: \$191.25	GH25256A
10/27-12/8 (5) Rm 10	F	4-4:30 pm ID/AP: \$153	7 yrs-Adult OD: \$191.25	GH25256B
9/15-10/13 (5) Rm 10	F	4:30-5 pm ID/AP: \$153	7 yrs-Adult OD: \$191.25	GH25257A
10/27-12/8 (5) Rm 10	F	4:30-5 pm ID/AP: \$153	7 yrs-Adult OD: \$191.25	GH25257B

General Interest - Teen/Adult

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Food Sensitivity Series				
You don't need to have food sensitivities to get great recipes from these classes. Come and learn new cooking techniques while making great dishes to accommodate any food sensitivity. Your friends and family will love it when you share these dishes with them!				
Getting Rid of Gluten				
9/16 (1) Kitchen	S	10 am-Noon ID/AP: \$21	14 yrs-Adult OD: \$26.25	GH25501
No Eggs, Exactly				
9/30 (1) Kitchen	S	10 am-Noon ID/AP: \$21	14 yrs-Adult OD: \$26.25	GH25502
Oh Boy, No Soy!				
10/14 (1) Kitchen	S	10 am-Noon ID/AP: \$21	14 yrs-Adult OD: \$26.25	GH25503
Letting Go of Legumes, Banish Those Beans!				
10/28 (1) Kitchen	S	10 am-Noon ID/AP: \$21	14 yrs-Adult OD: \$26.25	GH25504
How Now No Cow? (No dairy)				
11/4 (1) Kitchen	S	10 am-Noon ID/AP: \$21	14 yrs-Adult OD: \$26.25	GH25505
Thankful for Thanksgiving Sides				
11/18 (1) Kitchen	S	10 am-Noon ID/AP: \$21	14 yrs-Adult OD: \$26.25	GH25506
Not Nuts About Nuts				
12/9 (1) Kitchen	S	10 am-Noon ID/AP: \$21	14 yrs-Adult OD: \$26.25	GH25507
Holiday Cookie Workshop				
12/17 (1) Kitchen	Su	11 am-1 pm ID/AP: \$16	6 yrs-Adult OD: \$20	GH25509A

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Garden Home Gymnastics

The GHRC gymnastics program is designed to provide students with the opportunity to develop sound gymnastics fundamentals with emphasis on strength, flexibility, coordination and self-confidence. All students will receive instruction on the vault, floor, beam and bars. Great care is taken to promote expert instruction in an atmosphere that is fun, positive and safe. No jeans, buttons, snaps or zippers are allowed.



Gymnastics Program Notes

Students should wear comfortable clothing and no shoes or tights. Parents and spectators are invited to attend the last session of the term; otherwise, in-room observation is by instructor approval only.

Note: For participant's safety, students who are more than 15 minutes late or miss mandatory warmups will forfeit participation in that day's class.

Gymnastics - Preschool

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

Help your child develop motor skills and increase body awareness and coordination through tumbling, climbing, balance and jumping. **Parent participation required and one parent/one child ratio.** No unregistered siblings; childcare available. No class 11/11, 11/24, 12/1, 12/2.

9/11-12/4 (13) Rm 3	M	5:40-6:25 pm ID/AP: \$72	2-3½ yrs OD: \$90	GH23100
9/13-12/6 (13) Rm 3	W	9:15-10 am ID/AP: \$72	1½-2½ yrs OD: \$90	GH23101
9/13-12/6 (13) Rm 3	W	10:15-11 am ID/AP: \$72	2½-3½ yrs OD: \$90	GH23102
9/15-12/15 (12) Rm 3	F	9:15-10 am ID/AP: \$67	1½-2½ yrs OD: \$83.75	GH23103
9/15-12/15 (12) Rm 3	F	10:15-11 am ID/AP: \$67	2½-3½ yrs OD: \$83.75	GH23104
9/16-12/9 (11) Rm 3	S	12:30-1:15 pm ID/AP: \$61	2-3½ yrs OD: \$76.25	GH23105

Pre-Gymnastics, 2.5-4 yrs

This class will introduce the four Olympic events. Emphasis on following directions in a gymnastics setting. No gymnastics experience is necessary. **Parent participation required.** No unregistered siblings; childcare available. No class 11/23, 11/24, 12/1.

9/13-12/6 (13) Rm 3	W	11:15 am-Noon ID/AP: \$72	3-4 yrs OD: \$90	GH23118
9/14-12/7 (12) Rm 3	Th	11-11:45 am ID/AP: \$67	2½-4 yrs OD: \$83.75	GH23110
9/15-12/15 (12) Rm 3	F	11:15 am-Noon ID/AP: \$67	2½-4 yrs OD: \$83.75	GH23111

Gymnastics - Preschool

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
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Pre-Gymnastics, 3-4 yrs

This class will introduce the four Olympic events. Emphasis on following directions in a gymnastics setting. No gymnastics experience is necessary. No class 11/11, 12/2.

9/11-12/4 (13) Rm 3	M	9-9:45 am ID/AP: \$72	3-4 yrs OD: \$90	GH23112
9/16-12/9 (11) Rm 3	S	9-9:45 am ID/AP: \$61	3-4 yrs OD: \$76.25	GH23113

Pre-Gymnastics, 3-5 yrs

This class will introduce the four Olympic events. Emphasis on following directions in a gymnastics setting. No gymnastics experience is necessary. No class 11/23.

9/11-12/4 (13) Rm 3	M	6:30-7:15 pm ID/AP: \$72	3-5 yrs OD: \$90	GH23114
9/14-12/7 (12) Rm 3	Th	3:45-4:30 pm ID/AP: \$67	3-5 yrs OD: \$83.75	GH23115
9/14-12/7 (12) Rm 3	Th	6-6:45 pm ID/AP: \$67	3-5 yrs OD: \$83.75	GH23116

Pre-Gymnastics, 4-6 yrs

This class will introduce the four Olympic events. Emphasis on following directions in a gymnastics setting. No gymnastics experience is necessary. No class 10/20, 10/31, 11/11, 11/24, 12/1, 12/2.

9/11-12/4 (13) Rm 3	M	10-10:45 am ID/AP: \$72	4-6 yrs OD: \$90	GH23117
9/12-12/5 (12) Rm 3	T	6-6:45 pm ID/AP: \$67	4-6 yrs OD: \$83.75	GH23119
9/15-12/15 (11) Rm 3	F	5-5:45 pm ID/AP: \$61	4-6 yrs OD: \$76.25	GH23120
9/16-12/9 (11) Rm 3	S	1:20-2:05 pm ID/AP: \$61	4-6 yrs OD: \$76.25	GH23121

Gymnastics Level 1, 4-6 yrs

Emphasis on strength and flexibility skills needed for gymnastics. The main skills introduced and required to move to Level 1.5 are forward and backward rolls, handstands, cartwheels and bridge. Must pass Pre-gymnastics before entering this class. No class 10/20, 11/24, 12/1.

9/11-12/4 (13) Rm 3	M	11 am-Noon ID/AP: \$96	4-6 yrs OD: \$120	GH23130
9/12-12/5 (12) Rm 3	T	4:45-5:45 pm ID/AP: \$89	4-6 yrs OD: \$111.25	GH23132
9/15-12/15 (11) Rm 3	F	6-6:55 pm ID/AP: \$75	4-6 yrs OD: \$93.75	GH23133
9/16-12/9 (11) Rm 3	S	2:15-3:15 pm ID/AP: \$81	4-6 yrs OD: \$101.25	GH23134

Gymnastics - Youth

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

Keep physically and mentally fit through gymnastics! This class is designed for boys only. No class 10/20, 11/24, 12/1.

9/15-12/15 (11) Rm 3	F	4-4:55 pm ID/AP: \$71	5-8 yrs OD: \$88.75	GH23200
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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)

Gymnastics - Youth

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Gymnastics Level 1, 6-13 yrs Emphasis on strength and flexibility skills needed for gymnastics. The main skills introduced and required to move to Level 1.5 are forward and backward rolls, handstands, cartwheels and bridge. No class 10/31, 11/11, 12/2.				
9/11-12/4 (13) Rm 3	M	4:45-5:30 pm ID/AP: \$69	6-13 yrs OD: \$86.25	GH23210
9/12-12/5 (12) Rm 3	T	3:30-4:30 pm ID/AP: \$84	6-13 yrs OD: \$105	GH23211
9/13-12/6 (13) Rm 3	W	4:45-5:45 pm ID/AP: \$91	6-13 yrs OD: \$113.75	GH23212
9/16-12/9 (11) Rm 3	S	10-11 am ID/AP: \$77	6-13 yrs OD: \$96.25	GH23213
9/17-12/3 (12) Rm 3	Su	1:40-2:40 pm ID/AP: \$84	6-13 yrs OD: \$105	GH23214

Gymnastics Level 1.5, 5-8 yrs

Must have a forward roll, backward roll, handstand, cartwheel, bridge consistently and a pullover on the bar. The focus will be on bridge kickovers, back bends, more advanced leaps and jumps, cartwheel variations, balance beam and uneven bars. Must pass a Level 1 class before registering for Level 1.5. No class 11/23.

9/14-12/7 (12) Rm 3	Th	4:45-5:45 pm ID/AP: \$84	5-8 yrs OD: \$105	GH23250
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Gymnastics Level 1.5, 6-13 yrs

Must have a forward roll, backward roll, handstand, cartwheel, bridge consistently and a pullover on the bar. The focus will be on bridge kickovers, back bends, more advanced leaps and jumps, cartwheel variations, balance beam and uneven bars. Must pass a Level 1 class before registering for Level 1.5. No class 10/20, 11/11, 11/24, 12/1, 12/2.

9/13-12/6 (13) Rm 3	W	3:30-4:30 pm ID/AP: \$91	6-13 yrs OD: \$113.75	GH23251
9/15-12/15 (11) Rm 3	F	7-8 pm ID/AP: \$77	6-13 yrs OD: \$96.25	GH23252
9/16-12/9 (11) Rm 3	S	11:15 am-12:15 pm ID/AP: \$77	6-13 yrs OD: \$96.25	GH23253
9/17-12/3 (12) Rm 3	Su	2:50-3:50 pm ID/AP: \$84	6-13 yrs OD: \$105	GH23254

Gymnastics Level 2

Must have a bridge kickover on the floor, pullover and back hip circle on the bars and handstand on the low beam. Tumbling is more advanced with a focus on round-offs and prep work for walkovers and handsprings. Must pass a Level 1.5 class before registering for Level 2.

9/13-10/25 (7) Rm 3	W	6-7:30 pm ID/AP: \$85	6-13 yrs OD: \$106.25	GH23255A
11/1-12/6 (6) Rm 3	W	6-7:30 pm ID/AP: \$73	6-13 yrs OD: \$91.25	GH23255B

Gymnastics - Youth

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Gymnastics Level 2/3 Class will develop skills needed for level 2 & 3. Must pass a Level 1.5 class before registering. No class 11/23.				
9/14-10/26 (7) Rm 3	Th	7-8:30 pm ID/AP: \$85	6-13 yrs OD: \$106.25	GH23256A
11/2-12/7 (5) Rm 3	Th	7-8:30 pm ID/AP: \$61	6-13 yrs OD: \$76.25	GH23256B
9/17-10/22 (6) Rm 3	Su	12-1:30 pm ID/AP: \$73	6-13 yrs OD: \$91.25	GH23257A
10/29-12/3 (6) Rm 3	Su	12-1:30 pm ID/AP: \$73	6-13 yrs OD: \$91.25	GH23257B

Gymnastics - Teen/Adult

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Adult Gymnastics for Beginners Adults will have the opportunity to develop strength, balance, and endurance in this class designed for beginners. Various gymnastics apparatuses will be used including the balance beam, vault, floor, and rings.				
9/13-10/25 (7) Rm 3	W	7:45-9 pm ID/AP: \$62	Adult OD: \$77.50	GH23400A
11/1-12/6 (6) Rm 3	W	7:45-9 pm ID/AP: \$53	Adult OD: \$66.25	GH23400B
9/17-10/22 (6) Rm 3	Su	10:30-11:45 am ID/AP: \$53	Adult OD: \$66.25	GH23401A
10/29-12/3 (6) Rm 3	Su	10:30-11:45 am ID/AP: \$53	Adult OD: \$66.25	GH23401B

Special Events

The Garden Home Pumpkin Hunt

Friday, October 20 6-8 pm (5-6 pm*)

Enjoy the howling fun activities, witch's brew and tasty cobwebs in our decorated gym, then head outside for the flashlight pumpkin hunt! Search for pumpkins and lots of candy. Prizes will be awarded for finding the special pumpkins and for the candy corn count. Come in your costume for the costume contest and don't forget your flashlight. New this year, the library will be offering a haunted house! Parent Participation is required for 1-2 year old age group.

1-2 yrs	GH26100A
3-5 yrs	GH26100B
6-10 yrs	GH26100C
*5-10 yrs	GH26100D (5-6 pm Adaptive event)
Gym/Sports Field	ID/AP: \$10 OD: \$12.50

*The 5-6 pm segment is reserved for kids needing mobility support or who have sensory sensitivities.

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

Special Events

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Parents Night Out, The Great Garden Home Mystery Grab Your Detective hats and magnifying glasses as we follow clues throughout the building and complete challenges and activities on the way, to solve the great Garden Home Mystery. Pizza dinner included.				
10/27 (1) Rm 13	F	5:15-8:30 pm ID/AP: \$25	2-11 yrs OD: \$31.25	GH28100
Parents Night Out, Nacho Kid Night It's Nacho your night to worry about the kids. An included mini-cooking class will be one of the activities for the night. You guessed it Nachos are on the menu! Gym games, crafts and more. Taco 'bout fun!				
11/24 (1) Rm 13	F	5:15-8:30 pm ID/AP: \$25	2-11 yrs OD: \$31.25	GH28101
Parents Night Out, Holiday Workshop Prepping for the Holidays? Send your child to us for some holiday fun! We will be creating craft presents, playing gym games, decorating treats, arts & crafts and more. Pizza dinner included.				
12/22 (1) Rm 13	F	5:15-8:30 pm ID/AP: \$25	2-11 yrs OD: \$31.25	GH28102

Sports & Fitness - Preschool

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Basketball Skills & Scrimmages Athletes will focus on teamwork, fair play, drills, dribbling, shooting and scrimmages in a fun and encouraging atmosphere.				
9/16-10/28 (7) Gym	S	11:45 am-12:30 pm ID/AP: \$50	3½-6 yrs OD: \$62.50	GH22105
Pee Wee Soccer Learn the fundamentals of the game - dribbling, passing and shooting in a non-competitive environment all while having lots of fun!				
9/12-10/24 (7) Gym	T	9:30-10:15 am ID/AP: \$32	3-5 yrs OD: \$40	GH22102
9/13-10/25 (7) Gym	W	4-4:45 pm ID/AP: \$32	3-6 yrs OD: \$40	GH22107
9/16-10/28 (7) Gym	S	9:45-10:30 am ID/AP: \$32	3-5 yrs OD: \$40	GH22104

**Garden Home's 33rd Annual
Holiday Bazaar
Saturday, Dec. 2
8 am - 4 pm**

Featuring more than 100 vendors of handcrafted items.

- ◆ Breakfast with holiday show - 8-9 am
- ◆ Breakfast with all-you-can-eat pancakes - 9-11 am
- ◆ Pictures with Santa - 9-11:30 am
- ◆ Up 'n Smoke BBQ food truck - Noon-4 pm
- ◆ Beer and wine tasting and sales - Noon-4 pm
- ◆ All day raffle drawings

New Vendor Registration:

Phone-in registration for floor space begins on Wednesday, Sept. 6, at 8:30 am. Registration will continue after this date during regular office hours until all spaces are filled. Please be aware that last year's vendors have first priority and will have pre-registered prior to this date. You may register for yourself only, limit two spaces per person.



**Garden Home Recreation Center
7475 SW Oleson Road, Portland
503-629-6341**

**Visit thprd.org
for more information**

Sports & Fitness - Preschool

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Taekwondo, Little Dragons Introduction to taekwondo, including vocabulary, philosophy and self-defense skills. Promotes confidence and discipline in a safe, fun environment. No class 11/23. (Ruth)				
9/11-12/4 (13) Rm 7	M	3:30-4 pm ID/AP: \$48	3-5 yrs OD: \$60	GH22114
9/12-12/5 (13) Rm 7	T	3-3:30 pm ID/AP: \$48	3-5 yrs OD: \$60	GH22110
9/12-12/5 (13) Rm 7	T	3:30-4 pm ID/AP: \$48	3-5 yrs OD: \$60	GH22111
9/13-12/6 (13) Rm 7	W	3:30-4 pm ID/AP: \$48	3-5 yrs OD: \$60	GH22115
9/14-12/14 (13) Rm 7	Th	3-3:30 pm ID/AP: \$48	3-5 yrs OD: \$60	GH22112
9/14-12/14 (13) Rm 7	Th	3:30-4 pm ID/AP: \$48	3-5 yrs OD: \$60	GH22113

Tiny Tot Sports

A fun and active class for kids and parents. Encourages large motor skills development as we play group games, basketball, soccer and more. **Parent participation required.**

9/12-10/24 (7) Gym	T	10:30-11 am ID/AP: \$21	2½-4 yrs OD: \$26.25	GH22101
9/13-10/25 (7) Gym	W	3:30-4 pm ID/AP: \$21	2½-4 yrs OD: \$26.25	GH22106
9/16-10/28 (7) Gym	S	9-9:30 am ID/AP: \$21	2½-4 yrs OD: \$26.25	GH22103

Sports & Fitness - Youth

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Archery Fun An introduction to recreational archery learning techniques and safety. Held at: Archers Afield, 11945 SW Pacific Hwy., #121, Tigard, OR 97223, 503-639-3553. Tigard Plaza Shopping Center, lower level, corner of Hall & Hwy 99. A \$36 lab fee is payable to the instructor on the first night.				
9/11-10/2 (4) Off-site	M	6:30-7:30 pm ID/AP: \$15	7 yrs-Adult OD: \$18.75	GH22220
10/9-10/30 (4) Off-site	M	6:30-7:30 pm ID/AP: \$15	7 yrs-Adult OD: \$18.75	GH22222
11/6-11/27 (4) Off-site	M	6:30-7:30 pm ID/AP: \$15	7-9 yrs OD: \$18.75	GH22227
10/14-11/4 (4) Off-site	S	10:30-11:30 am ID/AP: \$15	7 yrs-Adult OD: \$18.75	GH22223
9/16-10/7 (4) Off-site	S	10:30-11:30 am ID/AP: \$15	7 yrs-Adult OD: \$18.75	GH22221
11/11-12/2 (4) Off-site	S	10:30-11:30 am ID/AP: \$15	7-9 yrs OD: \$18.75	GH22228

Soccer Skills & Scrimmages

Athletes will focus on teamwork, fair play, drills, dribbling and scrimmages in a fun and encouraging atmosphere.

9/13-10/25 (7) Gym	W	5-6 pm ID/AP: \$42	6-9 yrs OD: \$52.50	GH22202
9/16-10/28 (7) Gym	S	10:45-11:45 am ID/AP: \$42	6-9 yrs OD: \$52.50	GH22203

Sports & Fitness - Youth

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Taekwondo, White Tigers Introduction to taekwondo, including vocabulary, philosophy and self-defense skills. Promotes confidence and discipline in a safe, fun environment. No class 11/23. (Ruth)				
9/12-12/5 (13) Rm 7	T	4-5 pm ID/AP: \$80	6-9 yrs OD: \$100	GH22210
9/14-12/7 (12) Rm 7	Th	4-5 pm ID/AP: \$74	6-9 yrs OD: \$92.50	GH22211
9/11-12/4 (13) Rm 7	M	4-5 pm ID/AP: \$80	6-9 yrs OD: \$100	GH22213
9/13-12/6 (13) Rm 7	W	4-5 pm ID/AP: \$80	6-9 yrs OD: \$100	GH22214
Taekwondo Introduction to taekwondo, including vocabulary, philosophy and self-defense skills. Promotes confidence and discipline in a safe, fun environment. (Ruth)				
9/12-12/5 (13) Rm 7	T	5-6 pm ID/AP: \$61	6 yrs-Adult OD: \$76.25	GH22212

Sports & Fitness - Teen/Adult

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Tai Chi, 24-Gesture The basic 24-gesture tai chi is aimed at the beginner and uses representative moves from the Yang style. The short form enables beginners to appreciate the essential principals of tai chi - effortless movement, relaxation and mindful awareness.				
9/19-12/5 (11) Rm 7	T	6:15-7:15 pm ID/AP: \$67	16 yrs-Adult OD: \$83.75	GH22590
Yoga, Low Back Pain Series This course is based on the practice developed and used in two NIH studies on yoga for low back pain. Class not appropriate for those who have been diagnosed with bulging or herniated discs, or spondylolisthesis. \$40 due to instructor at first class for book and CD materials. Not Deluxe Pass/Drop-in eligible. No class 10/20, 11/24, 12/1.				
9/17-11/19 (10) Rm 8	Su	2-3:30 pm ID/AP: \$94	16 yrs-Adult OD: \$111.50	GH22400

Bowling Leagues

Join as a family, team or group. Bowl a 2-game set - perfect for families who want to bowl just a few games every week. League held at **SuperPlay: 9300 SW Beaverton Hillsdale Hwy, Beaverton**. Cost includes use of rental shoes and bowling balls.

SuperPlay Jr/Adult Bowling League				
9/13-11/15 (10) Off-site	W	6:30-7:30 pm ID/AP: \$75	6 yrs-Adult OD: \$93.75	GH22224
SuperPlay Bowling				
9/13-11/15 (10) OffSite	W	7-8:30 pm ID/AP: \$75	Adult OD: \$93.75	GH22226
SuperPlay Seniors Bowling League				
9/13-11/15 (10) Off-site	W	11 am-12:30 pm ID/AP: \$75	Adult OD: \$93.75	GH22225

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

Garden Home Fitness

Weight Room Information

- Circuit weight training machines and free weights, including benches, cross cable machine and squat rack.
- Cardio machines including stationary bikes, treadmills, elliptical trainers, rowing machine, stair climber and adaptive motion trainers.
- A parental waiver is required for weight room use by anyone 14-17 years old.

Mon-Thurs: 5:30 am-10 pm

Fri: 5:30 am-8:30 pm

Sat: 8 am-4 pm, **Sun:** 9 am-4 pm

Weight Room Orientation

This private session with our **certified personal trainer** will give you the basics you need to get your exercise program off to a great start. Session includes an abbreviated fitness assessment, instruction on proper form and technique, a beginning program and basic nutritional information. \$43

Personal Training Packages

This one-hour session will assist you in developing an individualized exercise program to set and reach your fitness

goals. Basic nutrition is discussed. Body composition assessment is also available. We also offer packages of three or six sessions.

One Session: \$48.50

Three Sessions: \$144.50

Six Sessions: \$272

Personal Training Cancellation Policy

Scheduled appointments must be canceled a minimum of 24 hours in advance to receive a refund.

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

Fitness Class Descriptions

Barre to Be Fit

Learn the secrets to that ballerina body. Your body will be lifted, sculpted and toned as you work at the ballet barre like never before. Bring a water bottle and towel.

Beginner Aerobics

An easy to follow aerobic workout that keeps you moving to fun music. Strength training with weights always included for a great workout.

Butz & Gutz

This class targets a combination of abs, hips and back exercise to tone, sculpt and strengthen the lower body and core. All levels welcome.

Candlelight Yoga

Candlelight Yoga combines gentle movements, deep stretches and mindful relaxation. This class will help restore natural rhythms, decrease stress and melt away tensions, leaving you with a tranquil mind and restored body.

Cardio, Circuit, Strength

Start or end your day with total body conditioning. Includes cardio, stretching, weights, strength training and more. Some activities and drills outside.

Low Impact Aerobics

This class keeps you moving. Strength training with weights always included for a great workout.

Restorative Yoga

Relax, restore and rejuvenate the body and mind with this gentle form of yoga. Focus on decompressing joints and releasing muscle tensions with gentle moving poses.

SilverSneakers® Classic

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. A chair is available if needed for seated or standing support.

SilverSneakers® Circuit

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers® ball is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching and relaxation exercises.

Specialty Fitness Yoga

Increase your strength, flexibility and peace of mind. These poses and exercises are designed to help you perform everyday functions with grace, less effort and less pain. All fitness levels welcome.

Specialty Pilates

Strengthen your core muscles, back, spine and abdominals. Class uses the Pilates method of breathing for maximum effectiveness and works on balance and posture. Pilates rings, stability ball and rollers also used.

Stretch, Core & More

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

Stretch and Strength

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

Women's Workout

Emphasis on calorie burning. We target and tone women's trouble spots. All levels welcome.

Yoga, Level I

Introduction to basic body alignment and yoga breathing.

Emphasis on building core strength, body awareness and flexibility through the standing poses.

Yoga, Level 1 Adaptive

This class uses chairs as well as other props to adapt yoga poses for those with limited range of motion, health conditions, or who may be looking for a more gentle class.

Yoga, Level I/II

For the continuing student who has experience but wants to build endurance through the foundation poses. Regular practice of sun salutation and modified inversions introduced.

Yoga, Strength and Conditioning

Increase your strength, flexibility and peace of mind. These poses and exercises are designed to help you perform everyday functions with grace, less effort and less pain! All fitness levels welcome.

Zumba® Aerobics

Have fun burning calories while doing aerobics to Latin and international music. Exercise to the beats of salsa, flamenco, merengue and more.



Garden Home Recreation Center 503-629-6341

Fall Adult Fitness Schedule

Schedule subject to change.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6 am			Butz & Gutz 6-6:45 am <i>Sarah (Room 2)</i>				
7 am				Yoga, Level I 7-8 am <i>Charlie (Room 8)</i>			
8 am		Stretch, Core & More 8-8:30 am <i>Jeanette (Room 2)</i>	Pilates Level I/II 8:15-9:15 am <i>Hannah (Room 7)</i>	Stretch, Core & More 8-8:30 am <i>Jeanette (Room 2)</i>		Yoga, Level I/II 8:15-9:30 am <i>Liana/Michelle (Rm 8)</i>	
8:30 am	Beginner Aerobics 8:30-9:30 am <i>Leah (Room 2)</i>	Low Impact Aerobics 8:30-9:30 am <i>Jeanette (Room 2)</i>	Beginner Aerobics 8:30-9:30 am <i>Leah (Room 2)</i>	Low Impact Aerobics 8:30-9:30 am <i>Jeanette (Room 2)</i>		Cardio, Circuit, Strength 8:30-9:30 am <i>Sarah (Room 2)</i>	
9 am					Stretch and Strength 9-10 am <i>Hannah (Room 2)</i>	Barre 9:40-10:40 am <i>Emily (Room 2)</i>	Fitness Yoga 9:10-10:10 am <i>Tristiane (Room 8)</i>
9:30 am	Pilates Level I/II 9:30-10:30 am <i>Hannah (Room 7)</i> Women's Workout 9:35-10:35 am <i>Leah (Room 2)</i>	Yoga, Level I 9-10:30 am <i>Maddie (Room 8)</i>	Yoga Strength & Cond. 9:30-10:30 am <i>Michelle (Room 8)</i>	Yoga, Lvl 1 Adaptive 9:30-10:30 am <i>Maddie (Room 8)</i>	Yoga, Level I/II 9-10:30 am <i>Maddie (Room 8)</i>		
10 am							Fitness Yoga 10:15-11:15 am <i>Tristiane (Room 8)</i>
10:30 am	SilverSneakers® Classic 10:40-11:35 am <i>Mary Anne (Room 2)</i>		SilverSneakers® Classic 10:40-11:35 am <i>Mary Anne (Room 2)</i>	Restorative Yoga 12:30-1:45 pm <i>Tristiane (Room 8)</i>	SilverSneakers® Classic 10:40-11:35 am <i>Mary Anne (Room 2)</i>		
12:30 pm							
5:30 pm	Cardio, Circuit, Strength 5:30-6:25 pm <i>Beth (Room 2)</i>		Cardio, Circuit, Strength 5:30-6:25 pm <i>Beth (Room 2)</i>				
6 pm	Pilates Level I/II 6-6:55 pm <i>Hannah (Room 7)</i>						
	Yoga, Level I/II 6-7:30 pm <i>Charlie (Room 8)</i>	Tai Chi, 24 Gesture 6-7 pm <i>Jim (Room 7)</i>		Yoga, Level II 6-7:30 pm <i>Maddie (Room 8)</i>			
6:30 pm		Yoga, Level I/II 6-7:30 pm <i>Maddie (Room 8)</i>	Zumba® Aerobics 6:30-7:30 pm <i>Leah (Room 7)</i>				
			Yoga, Level I/II 6:30-8 pm <i>Tamera (Room 8)</i>				
7 pm	Zumba® Aerobics 7-8 pm <i>Leah (Room 7)</i>	Barre 6:30-7:30 pm <i>Beth (Room 2)</i>					
8 pm		Candlelight Yoga 8-9 pm <i>Tristiane (Room 8)</i>					

See page 126 for fitness drop-in class descriptions.

SilverSneakers® Eligible

Check www.thprd.org for the most updated schedule.