

Cedar Hills Recreation Center



TUALATIN HILLS
PARK & RECREATION DISTRICT

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

TriMet Bus Routes #20, #59

Facility Supervisor: Lindsay Bjork

Fall Term: Aug. 27-Dec. 31, 2018

Office Hours:

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

Facility Closures: 9/3, 11/22, 12/25

Modified Schedule: 10/19-10/21; 10/31; 11/12, 11/23 (7 am-7 pm); 12/24 (close at 3 pm), 12/31 (close at 7 pm)

Facility Features:

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

See page 70 for Cedar Hills Recreation Center Weight/Cardio information.

Get Involved...volunteer!

We have opportunities for volunteers at our annual Fall Festival. Contact volunteer services at volunteer@thprd.org

For Cedar Hills Recreation Center Drop-in Sports program information, go to www.thprd.org



CedarHills

Special Events

Fall Festival
Saturday, October 20
11 am - 3 pm



A Fun Family Event!

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

Visit www.thprd.org for more info!

Fitness Challenge



Get ready for the next THPRD Fitness Challenge in January 2019!

Prizes, giveaways, nutrition classes and more.

Look for details at each center in December to learn more.

Facility Rentals

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

Drop-in Sports Programs

The Cedar Hills Recreation Center offers a variety of drop-in sports for youth, family, adults and seniors. **A valid THPRD identification card is required for all drop-in participation. Gym-appropriate shoes, please.** If you are looking for a fitness program, please see page 84. **See page 6 for more information on passes and fees.**



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym*				Open Family Gym 8:15-9:30 pm			Open Family Gym 10 am-3:30 pm
Basketball		8:15-9:30 pm (30+ yrs)			6-7:45 pm (18+)		
Badminton			8-9:30 pm (16+ yrs)				

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

Weight/Cardio Room

- Weight training machines and free weights, including benches, squat racks, cable machines and kettlebells.
- Cardio machines, including stationary bikes, treadmills, elliptical trainers, rowing machine, stair climbers and TRX's.

Weight Room Orientations

Learn the proper techniques for using the weight room equipment. We will help you get started. Orientations are available throughout the term. Please call 503-629-6340 to schedule.
\$46.75 ID / \$58.50 OD

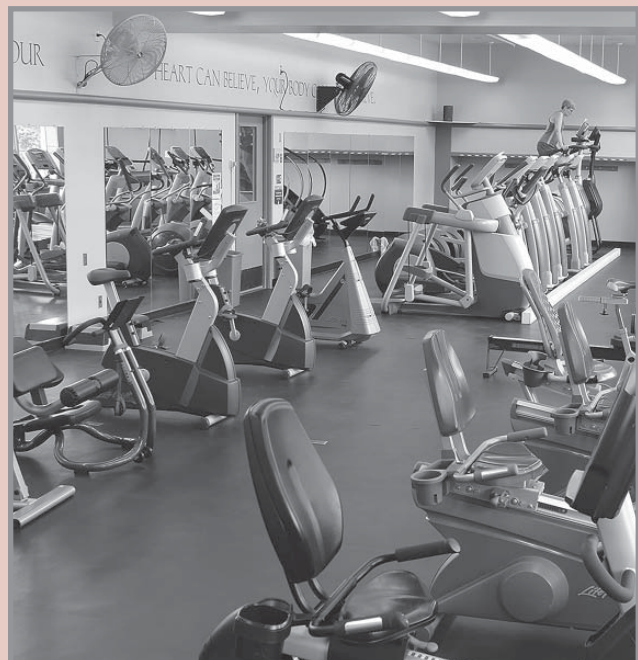
Personal Training

Private appointments with a certified trainer to customize your fitness program are available.

1 Session: \$52.75 ID / \$66 OD

3 Sessions: \$158.25 ID / \$197.75 OD

6 Sessions: \$316.50 ID / \$395.75 OD



Nine-month Preschool 2018-2019

Kids First

A STEM-based preschool that will incorporate engaging science and math activities into the daily routine to help prepare children for Kindergarten.

	Days	Time	Ages	Paid by: 15th
Pre-Kindergarten	M/W/F	9 am-Noon	4-5 yrs	\$255 ID
Preschool	T/Th	9-11:30 am	3-4½ yrs	\$180 ID
Preschool	T/Th	12:30-2:30 pm	3½-4 yrs	\$160 ID

Jump Start

Based around the Reggio Emilia philosophy, Jump Start uses creative play and social learning to prepare children for Kindergarten.

	Days	Time	Ages	Paid by: 15th
Preschool	T/W/Th	9-11:30 am	3½-4 yrs	\$240 ID
Pre-Kindergarten	T/W/Th	12:30-3:30 pm	4-5 yrs	\$270 ID

A \$50 non-refundable registration fee is due at the time of registration

Additional notes:

- Tuition for September is due no later than Aug. 1, 2018. Tuition for October through May must be received by the 15th of the month prior – a \$30 late fee is applied for late tuition.
- All children must be potty independent before entering preschool. Pullups are not allowed. Accidents do happen, and we will happily assist the children with changing into back-up clothes provided by the family.
- Cedar Hills Recreation Center does not require immunizations for any programs.
- Children must be correct age by Sept. 1.

Indoor Playpark Open Sept. 11-Dec. 20

Families with children 6 weeks through 6 years of age can gather Tuesdays and Thursdays from 9-11 am to interact and develop motor and social skills through indoor play. Parent supervision is required. Please call the center for more complete information. **Cost (per child):** \$4.25 ID/\$5.75 OD

Cedar Hills Drop-in Childcare

Our childcare program is designed for families using our facility. There is a three hour maximum.

The cost is \$3.50 per hour for ID patrons (or those who have paid an out-of-district assessment) who remain on-site. The cost for OD patrons is \$6 per hour.

The cost for patrons leaving the facility is \$6 per hour for ID patrons (or those who have paid an out-of-district assessment) or \$7.50 per hour for OD patrons.

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

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

Closure dates will vary.

2018-2019 THRIVE Afterschool Program Teaching Healthy Responsible Individuals Values and Education

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

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

Tuition: five days a week - \$300/month

Tuition includes three Beaverton School District in-service days: 11/18, 1/28, 4/5.

*Individual school no-student days (e.g., conference) dates may be available for an additional fee.

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

All prices listed above are the in-district or assessment paid rate.

All Preschool and Youth Classes

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

Arts & Crafts - Preschool

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Arts Galore and More				
Experiment with different painting techniques, try new crafts, work with textures and experience the thrill of creating seasonal art. Wear clothes that can take paint and get messy. No class 10/19, 11/23.				
9/14-10/26 (6) Rm C	F	9-11 am ID/AP: \$91	3-5½ yrs OD: \$113.75	CH28150
11/2-12/14 (6) Rm C	F	9-11 am ID/AP: \$91	3-5½ yrs OD: \$113.75	CH28151

Arts & Crafts - Youth

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
After School Art Sampler				
Students explore their creativity! Work with sculpture, painting, drawing, collage, creative projects and more. No class 11/22.				
9/13-12/13 (13) Rm 3	Th	3:40-4:30 pm ID/AP: \$93	6-10 yrs OD: \$116.25	CH24200
Cartooning/Comic Strip Illustration				
Make up imaginary characters and create funny or serious situations. Learn to use pictures, symbols and text to convey information quickly and simply. Class will discuss different types of humor and employ elements of storytelling and traditional cartoon imagery. No Class 10/20.				
9/15-12/15 (13) Rm D	S	11:30 am-12:15 pm ID/AP: \$78	6-10 yrs OD: \$97.50	CH24204

Creative Writing

Tap into your creativity with this interactive writing class. No class 10/31.

9/12-12/12 (13) Rm 3	W	2:45-3:30 pm ID/AP: \$77	7-9 yrs OD: \$96.25	CH24220
9/12-12/12 (13) Rm 3	W	3:45-4:30 pm ID/AP: \$77	10-14 yrs OD: \$96.25	CH24221

Drawing & Painting Adventure

Use a variety of techniques and media to explore line, texture, form, perspective and composition. For painting, learn how to mix color, use shape and line to express ideas and emotions, and portray images from life and imagination. No class 10/20.

9/15-12/15 (13) Rm D	S	9:30-10:25 am ID/AP: \$98	5½-7½ yrs OD: \$122.50	CH24202
9/15-12/15 (13) Rm D	S	10:30-11:30 am ID/AP: \$104	7½-11 yrs OD: \$130	CH24203

Arts & Crafts - Youth

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Drawing, Including Manga				
Young artists develop their skill and imaginative ideas. Explore drawing realistically and classically, as well as creatively and abstractly. We will also work in current styles, including manga. No class 11/22.				
9/13-12/13 (13) Rm 3	Th	4:30-5:30 pm ID/AP: \$104	6½-11 yrs OD: \$130	CH24201

Illustration Art Studio

Students will explore and learn techniques used to illustrate different kinds of fantasy genres. Emphasis is placed on originality and line drawing with various media. No class 10/20.

9/15-12/15 (13) Rm D	S	12:45-1:45 pm ID/AP: \$104	10-14 yrs OD: \$130	CH24205
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Arts & Crafts - Teen/Adult

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Creative Writing				
Tap into your creativity with this interactive writing class. No class 10/31.				
9/12-10/17 (6) Rm 3	W	5:15-6:15 pm ID/AP: \$48	14 yrs-Adult OD: \$60	CH24520
11/7-12/12 (6) Rm 3	W	5:15-6:15 pm ID/AP: \$48	14 yrs-Adult OD: \$60	CH24521

Watercolor, All Levels

Participants will work at their own pace in an open, informative class. Topics will include still life, design, color harmony and individual critiques. Supply list will be provided.

9/19-10/10 (4) Rm 3	W	9:30 am-12:30 pm ID/AP: \$76	14 yrs-Adult OD: \$95	CH24501
10/17-11/14 (5) Rm 3	W	9:30 am-12:30 pm ID/AP: \$93	14 yrs-Adult OD: \$116.25	CH24502

**Please see page 5 for class observation guidelines.
Participants must meet the age requirement prior to
the first class meeting.**

Dance - Preschool

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Creative Dance				
Rhythm and a variety of beginning dance techniques, movement combinations and routines to a variety of music and incorporation of dance props. No class 10/19, 11/12, 11/23.				

9/10-12/10 (13) Rm D	M	10:45-11:15 am ID/AP: \$49	3-5 yrs OD: \$61.25	CH21100
9/12-12/12 (14) Rm 5	W	9-9:30 am ID/AP: \$52	3-5 yrs OD: \$65	CH21101
9/14-12/14 (12) Rm 5	F	10:45-11:15 am ID/AP: \$45	3-5 yrs OD: \$56.25	CH21102

Dance Combo/Tap, Ballet, Jazz

Introduction to tap, ballet and jazz techniques. Exposure to different dance types, music and styles. Tap shoes required. No class 10/19, 11/12, 11/23.

9/10-12/10 (13) Rm 5	M	11:30 am-12:15 pm ID/AP: \$78	4-6 yrs OD: \$97.50	CH21104
9/11-12/11 (14) Rm D	T	11:30 am-12:15 pm ID/AP: \$85	4-6 yrs OD: \$106.25	CH21105
9/12-12/12 (14) Rm 5	W	9:45-10:30 am ID/AP: \$85	3-5 yrs OD: \$106.25	CH21106

Dancin' and Twirlin'

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

9/11-12/11 (14) Rm D	T	10:45-11:15 am ID/AP: \$52	2-3 yrs OD: \$65	CH21113
9/13-12/13 (13) Rm D	Th	9-9:30 am ID/AP: \$49	2-3 yrs OD: \$61.25	CH21114

Dancing Princesses & Princes

Kids get the royal treatment as they learn dance basics that strengthen flexibility, rhythm and grace among crowns, wands and their royal outfit. Come dressed in your favorite outfit! No class 10/19, 10/20, 11/12, 11/23.

9/10-12/10 (13) Rm D	M	11:30 am-12:15 pm ID/AP: \$78	3-5 yrs OD: \$97.50	CH21108
9/14-12/14 (12) Rm 5	F	9:45-10:30 am ID/AP: \$72	3-5 yrs OD: \$90	CH21109
9/15-12/15 (13) Rm 5	S	10:45-11:15 am ID/AP: \$58	2½-3 yrs OD: \$72.50	CH21110
9/15-12/15 (13) Rm 5	S	11:30 am-12:15 pm ID/AP: \$78	4-6 yrs OD: \$97.50	CH21111

Gymnastic Dance

Learn the fundamentals of dance and an introduction to tumbling and gymnastic techniques often used in dance. No class 11/22.

9/11-12/11 (14) Rm D	T	9:45-10:30 am ID/AP: \$85	4-6 yrs OD: \$106.25	CH21115
9/13-12/13 (13) Rm 5	Th	11:30 am-12:15 pm ID/AP: \$78	4½-6 yrs OD: \$97.50	CH21116



Dance classes: What should I wear?

Girls: Ballet slippers, leotard and tights (preferred).

Boys: Ballet slippers, white t-shirt, sweatpants (preferred).

Dance - Preschool

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Hip-hop Kids				
Dance like your favorite pop stars! Class is designed for the younger student. In this high-energy, age appropriate class, kids will learn fun Hip-hop techniques and combinations, dance to their favorite music. Music choices and dance steps will be age appropriate. No class 10/19, 11/22, 11/23.				

9/13-12/13 (13) Rm D	Th	9:45-10:30 am ID/AP: \$78	3-5 yrs OD: \$97.50	CH21117
9/14-12/14 (12) Rm 5	F	11:30 am-12:15 pm ID/AP: \$72	3-5 yrs OD: \$90	CH21118

On Your Toes

Beginning class introduces ballet technique through props and fun music. Skills include balance, coordination, flexibility and strength. No class 11/22.

9/11-12/11 (14) Rm D	T	9-9:30 am ID/AP: \$52	2½-3 yrs OD: \$65	CH21121
9/13-12/13 (13) Rm D	Th	10:45-11:15 am ID/AP: \$49	2½-3 yrs OD: \$61.25	CH21122

Pre-Ballet

This class provides an introduction to ballet steps and terminology, with an emphasis on creative movement, rhythm, balance and coordination. No Class 10/20, 11/12, 11/22.

9/10-12/10 (13) Rm 5	M	9:45-10:15 am ID/AP: \$49	3-5 yrs OD: \$61.25	CH21124
9/12-12/12 (14) Rm 5	W	11:30 am-12:15 pm ID/AP: \$85	3-5 yrs OD: \$106.25	CH21125
9/13-12/13 (13) Rm D	Th	11:30 am-12:15 pm ID/AP: \$78	3-5 yrs OD: \$97.50	CH21126
9/15-12/15 (13) Rm 5	S	9-9:30 am ID/AP: \$58	2-3 yrs OD: \$72.50	CH21127
9/15-12/15 (13) Rm 5	S	9:45-10:15 am ID/AP: \$49	4-6 yrs OD: \$61.25	CH21128

Tiny Tutus

Tiny dancers will learn basic ballet movements that can improve balance and coordination in a nurturing and fun environment. No class 10/19, 11/12, 11/22, 11/23.

9/10-12/10 (13) Rm 5	M	10:45-11:15 am ID/AP: \$49	2½-3 yrs OD: \$61.25	CH21130
9/13-12/13 (13) Rm 5	Th	10:45-11:15 am ID/AP: \$49	2½-3 yrs OD: \$61.25	CH21131
9/14-12/14 (12) Rm 5	F	9-9:30 am ID/AP: \$45	2½-3 yrs OD: \$56.25	CH21132

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

Dance - Preschool

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Tip Toes				
For our youngest dancers! Develop grace, poise, good posture and coordination while dancing to many favorite songs. Basic ballet movements explored. Parent participation required ; no unregistered siblings allowed in class. No class 11/12.				
9/10-12/10 (13) Rm 5	M	9-9:30 am ID/AP: \$49	2-3 yrs OD: \$61.25	CH21133
9/12-12/12 (14) Rm 5	W	10:45-11:15 am ID/AP: \$52	2-3 yrs OD: \$65	CH21134

My Own Dance

Dance and feel the rhythm of the music in your own way. This dance class will focus on creating an all-inclusive space for people experiencing mobility impairments and/or disability and will promote a positive body image. No class 11/12, 11/22.

9/10-12/10 (13) Rm D	M	9:45-10:30 am ID/AP: \$78	4½-8 yrs OD: \$97.50	CH21119
9/13-12/13 (13) Rm D	Th	5:45-6:30 pm ID/AP: \$78	8 yrs-Adult OD: \$97.50	CH21512

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Dance - Youth

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Broadway Dance				
This dance class will focus on Broadway hits! Learn dance techniques and make new friends in this movement-based class. No class 10/31.				
9/12-12/12 (13) Rm D	W	4:45-5:30 pm ID/AP: \$78	6-8 yrs OD: \$97.50	CH21200
9/12-12/12 (13) Rm D	W	5:45-6:30 pm ID/AP: \$69	9-14 yrs OD: \$86.25	CH21201

Classical Ballet I / II

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

9/11-12/11 (14) Rm 5	T	3:45-4:30 pm ID/AP: \$85	6-9 yrs OD: \$106.25	CH21203
9/11-12/11 (14) Rm 5	T	4:45-5:30 pm ID/AP: \$85	10-14 yrs OD: \$106.25	CH21204

Dance Combo/Tap, Ballet, Jazz

Class will expose young dancer to tap, ballet and jazz techniques. Tap shoes required. No class 11/22.

9/13-12/13 (13) Rm 5	Th	3:45-4:30 pm ID/AP: \$78	6-9 yrs OD: \$97.50	CH21206
9/13-12/13 (13) Rm 5	Th	4:45-5:30 pm ID/AP: \$78	10-14 yrs OD: \$97.50	CH21207

Dance - Youth

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Hip-Hop Kids				
Dance like your favorite pop stars! Class is designed for the younger student, In this high-energy class, kids will learn fun Hip-hop techniques and combinations, dancing to their favorite music. Music choices and dance steps will be age appropriate. No class 10/19, 11/23.				
9/14-12/14 (12) Rm D	F	3:45-4:30 pm ID/AP: \$72	5-8 yrs OD: \$90	CH21208

Hip-Hop Street Dance

Learn techniques and routines from a variety of dance styles - Hip-hop, locking, street jazz, contemporary and more. Get ready to move. Tennis shoes required. No class 10/19, 11/12, 11/23.

9/10-12/10 (13) Rm 5	M	3:45-4:30 pm ID/AP: \$78	7-12 yrs OD: \$97.50	CH21209
9/14-12/14 (12) Rm D	F	4:45-5:30 pm ID/AP: \$72	7-12 yrs OD: \$90	CH21210

Hip-Hop Video Dance

Learn about popular dance styles with upbeat routines and technical skills for today's dance world! Tennis shoes required. No class 11/12.

9/10-12/10 (13) Rm 5	M	4:45-5:30 pm ID/AP: \$78	9-14 yrs OD: \$97.50	CH21211
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Jazz - Hip-Hop

Kids learn the fundamentals of jazz ranging from Broadway to pop and Hip-hop from pop-n-lock to house, in a fun and exciting environment. No class 10/31.

9/12-12/12 (13) Rm D	W	2:45-3:30 pm ID/AP: \$78	6-10 yrs OD: \$97.50	CH21213
9/12-12/12 (13) Rm D	W	3:45-4:30 pm ID/AP: \$78	10-14 yrs OD: \$97.50	CH21214

Modern Contemporary I/II

Focus on big movements influenced by ballet and modern techniques. Choreography based in the feeling or motivation of the music. Try out lots of different dances with elements of jazz, ballet, and more.

9/11-12/11 (14) Rm 5	T	5:45-6:30 pm ID/AP: \$85	8-14 yrs OD: \$106.25	CH21216
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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)

Belly dancing classes are not available for drop-in.

Dance - Teen/Adult

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

Traditional jazz techniques will be taught in this upbeat class. Students develop strength, flexibility, coordination and confidence. All levels welcome. No class 10/19, 11/23.

9/14-12/14 (12) Rm D	F	5:45-6:30 pm ID/AP: \$72	14 yrs-Adult OD: \$90	CH21505
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Belly Dance, Beginning

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

9/11-10/23 (7) Rm 5	T	7:15-8:15 pm ID/AP: \$52	14 yrs-Adult OD: \$65	CH21500
10/30-12/11 (7) Rm 5	T	7:15-8:15 pm ID/AP: \$52	14 yrs-Adult OD: \$65	CH21501

Belly Dance, Intermediate

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

9/11-10/23 (7) Rm 5	T	8:30-9:30 pm ID/AP: \$62	14 yrs-Adult OD: \$77.50	CH21502
10/30-12/11 (7) Rm 5	T	8:30-9:30 pm ID/AP: \$62	14 yrs-Adult OD: \$77.50	CH21503

Classical Ballet

Traditional ballet technique class. Comprehensive barre and center work for returning and motivated beginners. Students develop strength, flexibility, coordination and confidence. All levels welcome. No class 10/31.

9/12-12/12 (13) Rm 5	W	7:30-9 pm ID/AP: \$138	14 yrs-Adult OD: \$172.50	CH21504
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Salsa and Swing Dancing

Join this fun class where we teach introductory and intermediate Salsa and Swing moves. All levels welcome. No class 11/12.

9/10-12/10 (13) Rm D	M	6-7 pm ID/AP: \$97	14 yrs-Adult OD: \$121.25	CH21509
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General Interest - Preschool

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
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1-2-3 Come Play with Me

This class encourages children to emotionally and socially adapt to a classroom setting. We will strengthen our skills in sharing, listening and following directions; learn to make transitions and much more through art, dance music, stories and free play. No class 10/19, 11/12, 11/22, 11/23.

9/10-10/22 (7) Rm A	M	9-11 am ID/AP: \$138	2-3½ yrs OD: \$172.50	CH28120
9/11-10/23 (7) Rm A	T	9-11 am ID/AP: \$138	2-3½ yrs OD: \$172.50	CH28121
9/12-10/24 (7) Rm A	W	9-10 am ID/AP: \$69	1½-2½ yrs OD: \$86.25	CH28122
9/12-10/24 (7) Rm A	W	10:30-11:30 am ID/AP: \$69	1 yr-2½ yrs OD: \$86.25	CH28123
9/13-10/25 (7) Rm A	Th	9-11 am ID/AP: \$138	2-3½ yrs OD: \$172.50	CH28124
9/14-10/26 (6) Rm A	F	9-11 am ID/AP: \$118	2-2 yrs OD: \$147.50	CH28125
9/14-10/26 (6) Rm B	F	9-11 am ID/AP: \$118	3-3 yrs OD: \$147.50	CH28126
10/29-12/10 (6) Rm A	M	9-11 am ID/AP: \$118	2-3½ yrs OD: \$147.50	CH28127
10/30-12/11 (7) Rm A	T	9-11 am ID/AP: \$138	2-3½ yrs OD: \$172.50	CH28128
10/31-12/12 (7) Rm A	W	9-10 am ID/AP: \$69	1 yr-2½ yrs OD: \$86.25	CH28129
10/31-12/12 (7) Rm A	W	10:30-11:30 am ID/AP: \$69	1 yr-2½ yrs OD: \$86.25	CH28130
11/1-12/13 (6) Rm A	Th	9-11 am ID/AP: \$118	2-3½ yrs OD: \$147.50	CH28131
11/2-12/14 (6) Rm A	F	9-11 am ID/AP: \$118	2-2 yrs OD: \$147.50	CH28132
11/2-12/14 (6) Rm B	F	9-11 am ID/AP: \$118	3-3 yrs OD: \$147.50	CH28133

A-B-C Come Learn with Me

This class improves social and cognitive skills and helps children become comfortable in a classroom setting. Through art, music and sensory play, we will begin to explore the development of problem-solving, imagination and attention span. No class 10/19, 11/12, 11/22.

9/10-10/22 (7) Rm B	M	9-11:30 am ID/AP: \$151	3-4 yrs OD: \$188.75	CH28140
9/11-10/23 (7) Rm B	T	9-11:30 am ID/AP: \$151	3-4 yrs OD: \$188.75	CH28141
9/12-10/24 (7) Rm B	W	9-11:30 am ID/AP: \$151	2½-3½ yrs OD: \$188.75	CH28142
9/13-10/25 (7) Rm B	Th	9-11:30 am ID/AP: \$151	3-4 yrs OD: \$188.75	CH28143
10/29-12/10 (6) Rm B	M	9-11:30 am ID/AP: \$130	3-4 yrs OD: \$162.50	CH28144
10/30-12/11 (7) Rm B	T	9-11:30 am ID/AP: \$149	3-4 yrs OD: \$186.25	CH28145
10/31-12/12 (7) Rm B	W	9-11:30 am ID/AP: \$151	2½-3½ yrs OD: \$188.75	CH28146
11/1-12/13 (6) Rm B	Th	9-11:30 am ID/AP: \$130	3-4 yrs OD: \$162.50	CH28147

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 #
Chefs in Training				
Join us for fun in the kitchen with Gloria! Learn age-appropriate culinary skills, including basic nutrition, manners, recipes and more. Please note: We cannot guarantee an allergy free environment or menu.				
9/21 Kitchen	F	9:30-11:30 am ID/AP: \$24	4-5 yrs OD: \$30	CH25100
10/5 Kitchen	F	9:30-11:30 am ID/AP: \$24	4-5 yrs OD: \$30	CH25101
10/26 Kitchen	F	9:30-11:30 am ID/AP: \$24	4-5 yrs OD: \$30	CH25102
11/9 Kitchen	F	9:30-11:30 am ID/AP: \$24	4-5 yrs OD: \$30	CH25103
12/7 Kitchen	F	9:30-11:30 am ID/AP: \$24	4-5 yrs OD: \$30	CH25104

Little Beakers

Your future scientist will have fun in this class learning about the wonders of science. Varying projects and science experiments will keep your child's imagination and curiosity racing with ideas. No class 11/12.

9/10-10/22 (7) Rm C	M	10:30-11:30 am ID/AP: \$63	3-5 yrs OD: \$78.75	CH28152
10/29-12/10 (6) Rm C	M	10:30-11:30 am ID/AP: \$54	3-5 yrs OD: \$67.50	CH28153

Little Mathletes

Kids become more comfortable with number and math in this class that makes learning fun! No class 11/12.

9/10-10/22 (7) Rm C	M	9-10 am ID/AP: \$63	3-5 yrs OD: \$78.75	CH28154
10/29-12/10 (6) Rm C	M	9-10 am ID/AP: \$54	3-5 yrs OD: \$67.50	CH28155

Preschool Theater Fun

An introductory theater class designed for preschoolers, with an emphasis on acting. In addition, we'll create puppets and music. The students will perform an original play on the last class.

9/12-10/24 (7) Rm C	W	11 am-Noon ID/AP: \$54	3-6 yrs OD: \$67.50	CH28162
10/31-12/12 (7) Rm C	W	11 am-Noon ID/AP: \$54	3-6 yrs OD: \$67.50	CH28163

General Interest - Youth

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Babysitting 101				
Help your young adult learn what it takes to be a responsible, trustworthy, and competent babysitter. Students should bring paper and a pencil, as well as a water bottle, a snack, and sack lunch that needs no refrigeration or microwave.				
11/17 Rm 3	S	8:15 am-3:45 pm ID/AP: \$45	11-15 yrs OD: \$56.25	CH25303
12/1 Rm 3	S	8:15 am-3:45 pm ID/AP: \$45	11-15 yrs OD: \$56.25	CH25304
12/15 Rm 3	S	8:15 am-3:45 pm ID/AP: \$45	11-15 yrs OD: \$56.25	CH25305

General Interest - Youth

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Home Alone				
Help your child feel safe and confident while being home alone. Covers phone calls, home security and first aid techniques, and more.				
10/27 Rm 3	S	9-11:45 am ID/AP: \$28	8-11 yrs OD: \$35	CH25300
12/8 Rm 3	S	9-11:45 am ID/AP: \$28	8-11 yrs OD: \$35	CH25301
12/22 Rm 3	S	9-11:45 am ID/AP: \$28	8-11 yrs OD: \$35	CH25302

Kids Cooking Club

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

Science in the Kitchen

Participants will make a variety of foods showing how the natural chemical reactions (yeast, baking soda, etc.) make the MAGIC happen!

9/21 Kitchen	F	6-8 pm ID/AP: \$25	8-10 yrs OD: \$31.25	CH25200
10/5 Kitchen	F	6-8 pm ID/AP: \$25	11-14 yrs OD: \$31.25	CH25201

Pizza Night!

Homemade pizza dough, personal pizzas and desert pizza!

10/26 Kitchen	F	6-8 pm ID/AP: \$25	8-10 yrs OD: \$31.25	CH25202
11/2 Kitchen	F	6-8 pm ID/AP: \$25	11-14 yrs OD: \$31.25	CH25203

Breakfast for Dinner

Waffles, quiche and other breakfast treats.

11/16 Kitchen	F	6-8 pm ID/AP: \$25	8-10 yrs OD: \$31.25	CH25204
11/30 Kitchen	F	6-8 pm ID/AP: \$25	11-14 yrs OD: \$31.25	CH25205

Bite-sized Dinner

Small plate treats from won-tons, crudité's, to mini cupcakes.

12/7 Kitchen	F	6-8 pm ID/AP: \$25	8-10 yrs OD: \$31.25	CH25206
12/14 Kitchen	F	6-8 pm ID/AP: \$25	11-14 yrs OD: \$31.25	CH25207



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

Music Classes

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Kindertune Music Adventure				
Music, movement, games, stories and other activities designed for parent/child participation. No unregistered siblings; childcare available.				
9/12-10/24 (7) Rm C	W	9:30-10 am ID/AP: \$34	1½-3 yrs OD: \$42.50	CH28158
10/31-12/12 (7) Rm C	W	9:30-10 am ID/AP: \$34	1½-3 yrs OD: \$42.50	CH28159
9/12-10/24 (7) Rm C	W	10:05-10:35 am ID/AP: \$34	1½-3 yrs OD: \$42.50	CH28160
10/31-12/12 (7) Rm C	W	10:05-10:35 am ID/AP: \$34	1½-3 yrs OD: \$42.50	CH28161

Youth Guitar

Learn to play the guitar. Learn basic chords and strumming, along with an understanding of how the guitar works. Bring your own guitar.

9/11-12/11 (14) Rm 3	T	6-7 pm ID/AP: \$112	8-11 yrs OD: \$140	CH25250
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Guitar I

Learn basic chords and strumming patterns, develop technical skills and improve your speed and accuracy between chord changes. Bring your own guitar.

9/11-12/11 (14) Rm 3	T	7-8 pm ID/AP: \$108	10 yrs-Adult OD: \$135	CH25251
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Guitar II

Develop more technical skills and improve your speed and accuracy between chord changes. Instructor permission required. Bring your own guitar.

9/11-12/11 (14) Rm 3	T	8-9 pm ID/AP: \$108	13 yrs-Adult OD: \$135	CH25252
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Guitar Private Lessons

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

9/11-10/9 (5) Rm 3	T	3:30-4 pm ID/AP: \$191	7 yrs-Adult OD: \$238.75	CH25261
9/11-10/9 (5) Rm 3	T	4-4:30 pm ID/AP: \$191	7 yrs-Adult OD: \$238.75	CH25262
9/11-10/9 (5) Rm 3	T	4:30-5 pm ID/AP: \$191	7 yrs-Adult OD: \$238.75	CH25263
9/11-10/9 (5) Rm 3	T	5-5:30 pm ID/AP: \$191	7 yrs-Adult OD: \$238.75	CH25264
10/16-11/13 (5) Rm 3	T	3:30-4 pm ID/AP: \$191	7 yrs-Adult OD: \$238.75	CH25265
10/16-11/13 (5) Rm 3	T	4-4:30 pm ID/AP: \$191	7 yrs-Adult OD: \$238.75	CH25266
10/16-11/13 (5) Rm 3	T	4:30-5 pm ID/AP: \$191	7 yrs-Adult OD: \$238.75	CH25267
10/16-11/13 (5) Rm 3	T	5-5:30 pm ID/AP: \$191	7 yrs-Adult OD: \$238.75	CH25268
11/20-12/11 (4) Rm 3	T	3:30-4 pm ID/AP: \$153	7 yrs-Adult OD: \$191.25	CH25269

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Guitar Private Lessons (continued)				

11/20-12/11 (4) Rm 3	T	4-4:30 pm ID/AP: \$153	7 yrs-Adult OD: \$191.25	CH25270
11/20-12/11 (4) Rm 3	T	4:30-5 pm ID/AP: \$153	7 yrs-Adult OD: \$191.25	CH25271
11/20-12/11 (4) Rm 3	T	5-5:30 pm ID/AP: \$153	7 yrs-Adult OD: \$191.25	CH25272

Piano, Private Lessons

Playing the piano is fun, and now research has proven that playing the piano can have a profound positive impact on a child's language, reading, and math development. Beginner books will be provided for each student's first session. Students will be responsible for purchasing any additional books based on skill level.

9/10-10/8 (5) Rm 3	M	3:30-4 pm ID/AP: \$191	5 yrs-Adult OD: \$238.75	CH25400
9/10-10/8 (5) Rm 3	M	4-4:30 pm ID/AP: \$191	5 yrs-Adult OD: \$238.75	CH25401
9/10-10/8 (5) Rm 3	M	4:30-5 pm ID/AP: \$191	5 yrs-Adult OD: \$238.75	CH25402
9/10-10/8 (5) Rm 3	M	5-5:30 pm ID/AP: \$191	5 yrs-Adult OD: \$238.75	CH25403
9/10-10/8 (5) Rm 3	M	5:45-6:15 pm ID/AP: \$191	5 yrs-Adult OD: \$238.75	CH25404
9/10-10/8 (5) Rm 3	M	6:15-6:45 pm ID/AP: \$191	5 yrs-Adult OD: \$238.75	CH25405
9/10-10/8 (5) Rm 3	M	6:45-7:15 pm ID/AP: \$191	5 yrs-Adult OD: \$238.75	CH25406
9/10-10/8 (5) Rm 3	M	7:15-7:45 pm ID/AP: \$191	5 yrs-Adult OD: \$238.75	CH25407
10/15-11/5 (4) Rm 3	M	3:30-4 pm ID/AP: \$153	5 yrs-Adult OD: \$191.25	CH25408
10/15-11/5 (4) Rm 3	M	4-4:30 pm ID/AP: \$153	5 yrs-Adult OD: \$191.25	CH25409
10/15-11/5 (4) Rm 3	M	4:30-5 pm ID/AP: \$153	5 yrs-Adult OD: \$191.25	CH25410
10/15-11/5 (4) Rm 3	M	5-5:30 pm ID/AP: \$153	5 yrs-Adult OD: \$191.25	CH25411
10/15-11/5 (4) Rm 3	M	5:45-6:15 pm ID/AP: \$153	5 yrs-Adult OD: \$191.25	CH25412
10/15-11/5 (4) Rm 3	M	6:15-6:45 pm ID/AP: \$153	5 yrs-Adult OD: \$191.25	CH25413
10/15-11/5 (4) Rm 3	M	6:45-7:15 pm ID/AP: \$153	5 yrs-Adult OD: \$191.25	CH25414
10/15-11/5 (4) Rm 3	M	7:15-7:45 pm ID/AP: \$153	5 yrs-Adult OD: \$191.25	CH25415
11/26-12/17 (4) Rm 3	M	3:30-4 pm ID/AP: \$153	5 yrs-Adult OD: \$191.25	CH25416
11/26-12/17 (4) Rm 3	M	4-4:30 pm ID/AP: \$153	5 yrs-Adult OD: \$191.25	CH25417
11/26-12/17 (4) Rm 3	M	4:30-5 pm ID/AP: \$153	5 yrs-Adult OD: \$191.25	CH25418
11/26-12/17 (4) Rm 3	M	5-5:30 pm ID/AP: \$153	5 yrs-Adult OD: \$191.25	CH25419
11/26-12/17 (4) Rm 3	M	5:45-6:15 pm ID/AP: \$153	5 yrs-Adult OD: \$191.25	CH25420

Continued

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

Music Classes

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Guitar Private Lessons (continued)				
11/26-12/17 (4) M Rm 3		6:15-6:45 pm ID/AP: \$153	5 yrs-Adult OD: \$191.25	CH25421
11/26-12/17 (4) M Rm 3		6:45-7:15 pm ID/AP: \$153	5 yrs-Adult OD: \$191.25	CH25422
11/26-12/17 (4) M Rm 3		7:15-7:45 pm ID/AP: \$153	5 yrs-Adult OD: \$191.25	CH25423
9/14-10/12 (5) F Rm 3		3:30-4 pm ID/AP: \$191	5 yrs-Adult OD: \$238.75	CH25424
9/14-10/12 (5) F Rm 3		4-4:30 pm ID/AP: \$191	5 yrs-Adult OD: \$238.75	CH25425
9/14-10/12 (5) F Rm 3		4:30-5 pm ID/AP: \$191	5 yrs-Adult OD: \$238.75	CH25426
9/14-10/12 (5) F Rm 3		5-5:30 pm ID/AP: \$191	5 yrs-Adult OD: \$238.75	CH25427
9/14-10/12 (5) F Rm 3		5:45-6:15 pm ID/AP: \$191	5 yrs-Adult OD: \$238.75	CH25428
9/14-10/12 (5) F Rm 3		6:15-6:45 pm ID/AP: \$191	5 yrs-Adult OD: \$238.75	CH25429
9/14-10/12 (5) F Rm 3		6:45-7:15 pm ID/AP: \$191	5 yrs-Adult OD: \$238.75	CH25430
9/14-10/12 (5) F Rm 3		7:15-7:45 pm ID/AP: \$191	5 yrs-Adult OD: \$238.75	CH25431
10/26-11/16 (4) F Rm 3		3:30-4 pm ID/AP: \$153	5 yrs-Adult OD: \$191.25	CH25432
10/26-11/16 (4) F Rm 3		4-4:30 pm ID/AP: \$153	5 yrs-Adult OD: \$191.25	CH25433
10/26-11/16 (4) F Rm 3		4:30-5 pm ID/AP: \$153	5 yrs-Adult OD: \$191.25	CH25434
10/26-11/16 (4) F Rm 3		5-5:30 pm ID/AP: \$153	5 yrs-Adult OD: \$191.25	CH25435
10/26-11/16 (4) F Rm 3		5:45-6:15 pm ID/AP: \$153	5 yrs-Adult OD: \$191.25	CH25436
10/26-11/16 (4) F Rm 3		6:15-6:45 pm ID/AP: \$153	5 yrs-Adult OD: \$191.25	CH25437
10/26-11/16 (4) F Rm 3		6:45-7:15 pm ID/AP: \$153	5 yrs-Adult OD: \$191.25	CH25438
10/26-11/16 (4) F Rm 3		7:15-7:45 pm ID/AP: \$153	5 yrs-Adult OD: \$191.25	CH25439
11/30-12/21 (4) F Rm 3		3:30-4 pm ID/AP: \$153	5 yrs-Adult OD: \$191.25	CH25440
11/30-12/21 (4) F Rm 3		4-4:30 pm ID/AP: \$153	5 yrs-Adult OD: \$191.25	CH25441
11/30-12/21 (4) F Rm 3		4:30-5 pm ID/AP: \$153	5 yrs-Adult OD: \$191.25	CH25442
11/30-12/21 (4) F Rm 3		5-5:30 pm ID/AP: \$153	5 yrs-Adult OD: \$191.25	CH25443
11/30-12/21 (4) F Rm 3		5:45-6:15 pm ID/AP: \$153	5 yrs-Adult OD: \$191.25	CH25444
11/30-12/21 (4) F Rm 3		6:15-6:45 pm ID/AP: \$153	5 yrs-Adult OD: \$191.25	CH25445
11/30-12/21 (4) F Rm 3		6:45-7:15 pm ID/AP: \$153	5 yrs-Adult OD: \$191.25	CH25446
11/30-12/21 (4) F Rm 3		7:15-7:45 pm ID/AP: \$153	5 yrs-Adult OD: \$191.25	CH25447

Gymnastics - Preschool

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Kindergym See page 79 for class description. No class 10/19, 11/23.				
9/14-12/14 (12) Rm 9	F	9:15-10 am ID/AP: \$77	1½-3 yrs OD: \$96.25	CH23100
9/14-12/14 (12) Rm 9	F	10:15-11 am ID/AP: \$77	1½-3 yrs OD: \$96.25	CH23101
9/14-12/14 (12) Rm 9	F	11:15 am-Noon ID/AP: \$77	1½-3 yrs OD: \$96.25	CH23102
KinderStars See page 79 for class description. No class 10/19, 11/23.				
9/14-12/14 (12) Rm 9	F	12:15-1 pm ID/AP: \$77	2½-4 yrs OD: \$96.25	CH23103
9/14-12/14 (12) Rm 9	F	1:15-2 pm ID/AP: \$77	2½-4 yrs OD: \$96.25	CH23104
Pre-Gymnastics See page 79 for class description. No class 10/19, 10/20, 11/12, 11/22, 11/23.				
9/10-12/10 (13) Rm 9	M	9-9:45 am ID/AP: \$83	3-4 yrs OD: \$103.75	CH23105
9/10-12/10 (13) Rm 9	M	10-10:45 am ID/AP: \$83	3-4 yrs OD: \$103.75	CH23106
9/10-12/10 (13) Rm 9	M	11-11:45 am ID/AP: \$83	3-4 yrs OD: \$103.75	CH23107
9/11-12/11 (14) Rm 9	T	9-9:45 am ID/AP: \$89	3-4 yrs OD: \$111.25	CH23108
9/11-12/11 (14) Rm 9	T	11-11:45 am ID/AP: \$89	3-4 yrs OD: \$111.25	CH23109
9/12-12/12 (14) Rm 9	W	9-9:45 am ID/AP: \$89	3-4 yrs OD: \$111.25	CH23110
9/12-12/12 (14) Rm 9	W	10-10:45 am ID/AP: \$89	3-4 yrs OD: \$111.25	CH23111
9/12-12/12 (14) Rm 9	W	11-11:45 am ID/AP: \$89	3-4 yrs OD: \$111.25	CH23112
9/13-12/13 (13) Rm 9	Th	9-9:45 am ID/AP: \$83	3-4 yrs OD: \$103.75	CH23113
9/13-12/13 (13) Rm 9	Th	10-10:45 am ID/AP: \$83	3-4 yrs OD: \$103.75	CH23114
9/15-12/15 (13) Rm 9	S	9-9:45 am ID/AP: \$83	3-4 yrs OD: \$103.75	CH23115
9/15-12/15 (13) Rm 9	S	10-10:45 am ID/AP: \$83	3-4 yrs OD: \$103.75	CH23116
9/15-12/15 (13) Rm 9	S	2:45-3:30 pm ID/AP: \$83	3-4 yrs OD: \$103.75	CH23117
9/10-12/10 (13) Rm 9	M	Noon-12:45 pm ID/AP: \$83	4-6 yrs OD: \$103.75	CH23118
9/10-12/10 (13) Rm 9	M	6-6:45 pm ID/AP: \$83	4-6 yrs OD: \$103.75	CH23119
9/11-12/11 (14) Rm 9	T	10-10:45 am ID/AP: \$89	4-6 yrs OD: \$111.25	CH23120
9/12-12/12 (14) Rm 9	W	Noon-12:45 pm ID/AP: \$89	4-6 yrs OD: \$111.25	CH23121
9/12-12/12 (13) Rm 9	W	6-6:45 pm ID/AP: \$83	4-6 yrs OD: \$103.75	CH23122
9/13-12/13 (13) Rm 9	Th	11-11:45 am ID/AP: \$83	4-6 yrs OD: \$103.75	CH23123
9/14-12/14 (12) Rm 9	F	6-6:45 pm ID/AP: \$77	4-6 yrs OD: \$96.25	CH23124
9/15-12/15 (13) Rm 9	S	1:45-2:30 pm ID/AP: \$83	4-6 yrs OD: \$103.75	CH23125

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

Gymnastics

Cedar Hills offers a comprehensive gymnastics program designed to help students reach their full potential according to their personal ability and speed. All students will receive instruction on floor, beam, vault and bars. Great care is taken to provide a fun and safe atmosphere with quality instruction. Students with long hair need to pull it back with a rubber band. Please do not wear tights or jeans. Safety guidelines will be discussed at first class. No class 10/19, 10/20, 11/12, 11/22, 11/23.

Gymnastics Class Descriptions

Kindergym: (1½-3 yrs)

(PP) Parent Participation Class; One child/ one parent ratio (childcare option available for other children during some classes).

Guided by our gymnastics staff, you and your child will share fun exercise time such as balancing on the beam, swinging on the bars and rolling down our mats. Motor skills and body awareness are developed while having fun. Our teachers will guide the parents on how to direct your child through our obstacle courses.

Kinderstars: (2½-4 yrs)

(PP) Parent Participation Class; One child/ one parent ratio (childcare option available for other children during some classes).

This class is geared toward the gymnasts who are ready to start participating in a slightly more structured environment. Through the use of obstacle courses on the beam, bars and floor exercise mats the children will learn beginning gymnastics skills as well as social skills such as taking turns, and learning to participate in gymnastics class without a lot of assistance from their parent. The parent should expect to stay only close and involved enough for their child to feel safe and comfortable.

Preschool Pre-Gymnastics: (3-6 yrs)

This is an introduction to gymnastics for preschool aged children (no gymnastics experience needed). In this class they will be introduced to all four gymnastics events through fun obstacle course and drills. They will focus on beginning gymnastics skills, flexibility, strength and lots of fun! Following directions, listening and line movement will be focused on each week through lesson plans.

Boys Gymnastics, All Levels: (5-10 yrs)

We will work on gymnastics skills and techniques for the vault, bars and floor exercise. They will development of flexibility

and strength. All skill levels welcome. Please make sure your gymnast comes with shorts/ pants and a tucked in t-shirt.

Rec. Gymnastics Level 1: (5-13 yrs)

This class is the beginning level of gymnastics for school-aged children (no gymnastics experience needed). We introduce the fundamentals of gymnastics such as rolls, handstands and cartwheels on the floor, casting and strength moves on the bars as well as jumping and balancing on the beam. The students will learn all the basic skills used in gymnastics through the use of stations incorporating strength and flexibility activities.

Rec. Gymnastics Level 1.5: (5-13 yrs)

Instructor approval needed and/or the gymnast has passed Gymnastics Level 1.

We will emphasize one-handed cartwheels, round-offs, bridge kick-overs and many other tumbling progressions on floor. On the bars, we will work pullovers and back hip circles and on the beam, jump combinations, leaps and handstands are introduced. We teach classes using stations and drills that will help them with flexibility as well as build their core strength to achieve the skills needed to move-up to Level 2.

Gymnastics Level 2: (6-13 yrs)

Gymnast MUST have passed Gymnastics Level 1.5 before enrolling and/or has instructor approval.

This class works on the following skills: Bars – stride circles and one-leg shoot throughs, underswings and sole circle dismounts on the beam – handstands,

cartwheels and full turns and on the Floor - back-bend kick-overs, tic-tocs, back handspring drills and handstand rolls. The handstand flat back is taught for vaulting and the level of conditioning and flexibility training is increased.

Gymnastics Level 3: (6-13 yrs)

Must have passed Gymnastics Level 2 and/or has instructor approval. This level focuses on routines as well as the following skills: front handsprings, and round-off back handsprings on the floor, kips, and front hip circles on bars, handstands and cartwheels on the high beams. We strive on building flexibly, strength and confidence.

Evaluations

Prior to enrollment into our Level 1.5, 2 or 3 classes, a student must have passed the previous level or be evaluated by our staff to assure placement in the appropriate class. This free 5-10 minute evaluation will determine which level class is appropriate for them. This helps to ensure that each class member is experiencing success working at the same skill level and provides a more positive environment for all. Evaluations can be scheduled through our front office; the evaluations are done on Tuesday or Thursday evenings.



Gymnastics - Youth

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

See page 79 for class description. No class 10/31.

9/12-12/12 (14) Rm 9	W	3:30-4:30 pm ID/AP: \$119	5-10 yrs OD: \$148.75	CH23217
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Gymnastics Level 1

See page 79 for class description. No class 11/12, 10/20, 10/31.

9/10-12/10 (13) Rm 9	M	4:45-5:45 pm ID/AP: \$111	5-8 yrs OD: \$138.75	CH23200
9/11-12/11 (14) Rm 9	T	3:30-4:30 pm ID/AP: \$119	5-8 yrs OD: \$148.75	CH23201
9/12-12/12 (13) Rm 9	W	2:15-3:15 pm ID/AP: \$111	5-8 yrs OD: \$138.75	CH23202
9/12-12/12 (13) Rm 9	W	4:45-5:45 pm ID/AP: \$111	5-8 yrs OD: \$138.75	CH23203
9/15-12/15 (13) Rm 9	S	11 am-Noon ID/AP: \$111	5-8 yrs OD: \$138.75	CH23204
9/10-12/10 (13) Rm 9	M	7-8 pm ID/AP: \$111	6-12 yrs OD: \$138.75	CH23205
9/13-12/13 (13) Rm 9	Th	3:30-4:30 pm ID/AP: \$111	6-12 yrs OD: \$138.75	CH23206
9/14-12/14 (12) Rm 9	F	4:45-5:45 pm ID/AP: \$102	6-12 yrs OD: \$127.50	CH23207
9/14-12/14 (12) Rm 9	F	7-8 pm ID/AP: \$102	6-12 yrs OD: \$127.50	CH23208
9/15-12/15 (13) Rm 9	S	12:30-1:30 pm ID/AP: \$111	6-12 yrs OD: \$138.75	CH23209

Gymnastics Level 1.5

See page 79 for class description. No class 10/19, 10/20, 10/31, 11/12, 11/22, 11/23.

9/10-12/10 (13) Rm 9	M	3:30-4:30 pm ID/AP: \$111	6-12 yrs OD: \$138.75	CH23210
9/11-12/11 (14) Rm 9	T	4:45-5:45 pm ID/AP: \$119	6-12 yrs OD: \$148.75	CH23211
9/12-12/12 (13) Rm 9	W	7-8 pm ID/AP: \$111	6-12 yrs OD: \$138.75	CH23212
9/13-12/13 (13) Rm 9	Th	4:45-5:45 pm ID/AP: \$111	6-12 yrs OD: \$138.75	CH23213
9/14-12/14 (12) Rm 9	F	3:30-4:30 pm ID/AP: \$102	6-12 yrs OD: \$127.50	CH23214

Gymnastics Level 2/3

Gymnast MUST have passed Gymnastics Level 1.5 before enrolling and/or has Instructor approval. This class works on all Level 2 skills and Level 3 skills if gymnast is able and approved by instructor. No class 11/22.

9/11-12/11 (14) Rm 9	T	6-7:30 pm ID/AP: \$179	6-14 yrs OD: \$223.75	CH23215
9/13-12/13 (13) Rm 9	Th	6-7:30 pm ID/AP: \$166	6-14 yrs OD: \$207.50	CH23216

Gymnastics - Youth

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

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

12/26 Rm 9	W	9-11 am ID/AP: \$17	4-6 yrs OD: \$21.25	CH23220
12/27 Rm 9	Th	11:15 am-1:15 pm ID/AP: \$17	4-6 yrs OD: \$21.25	CH23221
12/28 Rm 9	F	9-11 am ID/AP: \$17	4-6 yrs OD: \$21.25	CH23222
1/2 Rm 9	W	11:15 am-1:15 pm ID/AP: \$17	4-6 yrs OD: \$21.25	CH23223
1/3 Rm 9	Th	9-11 am ID/AP: \$17	4-6 yrs OD: \$21.25	CH23224
1/4 Rm 9	F	11:15 am-1:15 pm ID/AP: \$17	4-6 yrs OD: \$21.25	CH23225
12/26 Rm 9	W	11:15 am-1:15 pm ID/AP: \$17	7-12 yrs OD: \$21.25	CH23226
12/27 Rm 9	Th	9-11 am ID/AP: \$17	7-12 yrs OD: \$21.25	CH23227
12/28 Rm 9	F	11:15 am-1:15 pm ID/AP: \$17	7-12 yrs OD: \$21.25	CH23228
1/2 Rm 9	W	9-11 am ID/AP: \$17	7-12 yrs OD: \$21.25	CH23229
1/3 Rm 9	Th	11:15 am-1:15 pm ID/AP: \$17	7-12 yrs OD: \$21.25	CH23230
1/4 Rm 9	F	9-11 am ID/AP: \$17	7-12 yrs OD: \$21.25	CH23231

Tumble Time

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

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

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

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

Sports & Fitness - Preschool

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Let's Motor				
Help your little one develop large motor skills in this class of games and activities designed to get them motoring! Parent participation required. Please note: one parent/one child ratio; childcare option available for other children. No class 10/19, 11/23.				
9/14-12/14 (12) Gym	F	9-9:45 am ID/AP: \$70	2-4 yrs OD: \$87.50	CH22100

Pee Wee Basketball				
Your child will learn basketball skills through a variety of fun games. Staff will provide positive instruction while your child runs, shoots, dribbles and develops a love for the game. No class 10/19, 10/20, 11/23.				
9/12-12/12 (14) Gym	W	11-11:45 am ID/AP: \$82	3½-5 yrs OD: \$102.50	CH22102
9/14-12/14 (12) Gym	F	10-10:45 am ID/AP: \$70	3½-5 yrs OD: \$87.50	CH22103
9/15-12/15 (13) Gym	S	9-9:45 am ID/AP: \$76	4-6 yrs OD: \$95	CH22104

Pee Wee Soccer				
Your child will learn soccer skills through a variety of fun games. Staff will provide positive instruction while your child develops a love for the game. Shin guards encouraged after the first class. No class 10/19, 10/20, 11/23.				
9/12-12/12 (14) Gym	W	10-10:45 am ID/AP: \$82	3-5 yrs OD: \$102.50	CH22105
9/14-12/14 (12) Gym	F	11-11:45 am ID/AP: \$70	3-5 yrs OD: \$87.50	CH22106
9/15-12/15 (13) Gym	S	10-10:45 am ID/AP: \$76	4-6 yrs OD: \$95	CH22107

Start Smart with Sports				
Encourages large motor skill development through a variety of fun games while introducing children to the group setting. Parent participation required. Please note: one parent/one child ratio; childcare option available for other children.				
9/12-12/12 (14) Gym	W	9-9:45 am ID/AP: \$82	3-5 yrs OD: \$102.50	CH22101



Sports & Fitness - Family

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Martial Arts				
Karate Kids				
Beginning karate with a less structured curriculum. Children will gain skills in self-confidence, cooperation, effective communication and motivation. Uniforms are not required. No class 10/19, 10/31, 11/23.				
9/12-10/24 (7) Rm 5	W	3:15-3:55 pm ID/AP: \$35	5-6 yrs OD: \$43.75	CH22220
11/7-12/12 (6) Rm 5	W	3:15-3:55 pm ID/AP: \$30	5-6 yrs OD: \$37.50	CH22220A
9/12-10/24 (7) Rm 5	W	4-4:40 pm ID/AP: \$35	6-8 yrs OD: \$43.75	CH22221
11/7-12/12 (6) Rm 5	W	4-4:40 pm ID/AP: \$30	6-8 yrs OD: \$37.50	CH22221A
9/14-10/26 (6) Rm 5	F	3:30-4:10 pm ID/AP: \$30	6-10 yrs OD: \$37.50	CH22222
11/2-12/14 (6) Rm 5	F	3:30-4:10 pm ID/AP: \$30	6-10 yrs OD: \$37.50	CH22222A

Karate, Beginning				
Shorin-ryu is a self-defense oriented, traditional Okinawan karate style. Learn basic blocks, punches, kicks and breakfall techniques. Uniforms required. Information given at first class. No class 10/19, 10/31, 11/23.				
9/12-12/12 (13) Rm 5	W	4:45-5:40 pm ID/AP: \$105	6-10 yrs OD: \$131.25	CH22223
9/14-12/14 (12) Rm 5	F	4:15-5:10 pm ID/AP: \$97	7 yrs-Adult OD: \$121.25	CH22224
9/14-12/14 (12) Rm 5	F	5:15-6:10 pm ID/AP: \$97	7 yrs-Adult OD: \$121.25	CH22225

Karate, Beginning/Intermediate				
Experience in Okinawan or Japanese karate required In addition to blocks, strikes, kicks, grabs, holds, releases, and breakfalls, kata applications will be explored. Students test for rank in this class; additional fees and uniforms are required.				
9/11-12/11 (14) Rm D	T	6:30-7:30 pm ID/AP: \$97	7 yrs-Adult OD: \$121.25	CH22226

Karate, Intermediate				
Experience in Okinawan or Japanese karate required. In addition to blocks, strikes, kicks, grabs, holds, releases, and breakfalls, you will also work with bo staff as well as various katas. Students tested for rank in these classes; additional fees required. Uniforms are required for this class. No class 10/19, 11/23.				
9/14-12/14 (12) Rm 5	F	6:15-7:10 pm ID/AP: \$105	7 yrs-Adult OD: \$131.25	CH22228

Karate, Advanced				
This class is designed for karate students ready for advanced curriculum. Class registration by instructor invitation only. No class 10/19, 11/23.				
9/14-12/14 (12) Rm 5	F	7:15-8:15 pm ID/AP: \$114	7 yrs-Adult OD: \$142.50	CH22229

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

Sports & Fitness - Youth/Teen

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

Students will learn the basic skills of archery, including learning to load, aim, and shoot both recurve and compound bows. Archery safety, terminology, scoring and games will be included in this program. Program is taught by a certified archery instructor. All equipment is provided. No class 10/20.

9/15-12/15 (13) Gym	S	1:35-2:30 pm ID/AP: \$97	7-9 yrs OD: \$121.25	CH22200
9/15-12/15 (13) Gym	S	2:45-3:40 pm ID/AP: \$97	10 yrs-Adult OD: \$121.25	CH22201

Basketball

Young athletes learn passing, dribbling, shooting and age appropriate defense. Fun skill games are played at every session. Small-sided games will be gradually introduced. No class 11/22

9/13-12/13 (13) Gym	Th	6:05-6:55 pm ID/AP: \$82	5½-7 yrs OD: \$102.50	CH22202
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Basketball Skills Clinic: Foot Work

We will focus on shooting, passing and footwork to improve individual skill level. Refine your mechanics or improve your all-around game in this class.

11/19-12/10 (4) Gym	M	6:15-7:15 pm ID/AP: \$29	7-10 yrs OD: \$36.25	CH22205
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Basketball Skills Clinic: Passing

Shooting, passing and footwork will be the focus in this clinic to improve individual skill level.

10/15-11/5 (4) Gym	M	6:15-7:15 pm ID/AP: \$29	7-10 yrs OD: \$36.25	CH22204
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Basketball Skills Clinic: Shooting

We will focus on shooting, passing and footwork to improve individual skill level.

9/10-10/8 (5) Gym	M	6:15-7:15 pm ID/AP: \$36	7-10 yrs OD: \$45	CH22203
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Basketball: Skills & Scrimmages

Athletes will work on advanced skill building; dribbling, shooting and passing in a team play format. Play games to build individual skills and small scrimmages that emphasize application of finer technical points. No class 11/22.

9/13-12/13 (13) Gym	Th	7-7:50 pm ID/AP: \$82	7-10 yrs OD: \$102.50	CH22206
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Cedar Hills Athletics

Young athletes learn throwing, dribbling, passing, receiving, shooting and age appropriate defense for a variety of sports. Skill games and small-sided games are introduced gradually. Basketball, baseball and soccer included. No class 10/20, 11/12.

9/10-12/10 (13) Gym	M	5-6 pm ID/AP: \$94	6-9 yrs OD: \$117.50	CH22207
9/15-12/15 (13) Gym	S	12:10-1:10 pm ID/AP: \$94	6-10 yrs OD: \$117.50	CH22208

Sports & Fitness - Youth/Teen

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

Weight training program specifically designed for middle school students. This group training includes entry into the Cedar Hills Recreation Center weight room during class time only. **NOTE: Time of program Monday 4-5:15 pm and Wednesdays 2:30-3:45 pm.** No class 10/31, 11/12.

9/10-12/12 (27) Rm 6	M/W	4-3:45 pm ID/AP: \$188	11-14 yrs OD: \$235	CH22214
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Soccer

Learn dribbling, passing, receiving, shooting and age-specific defense. Skill games and small-sided games are introduced gradually. Shin guards are required after the first class. No class 11/12, 11/22.

9/10-12/10 (13) Gym	M	4-4:50 pm ID/AP: \$82	5½-7 yrs OD: \$102.50	CH22209
9/13-12/13 (13) Gym	Th	4-4:50 pm ID/AP: \$82	5½-7 yrs OD: \$102.50	CH22210

Soccer: Skills & Scrimmages

Enjoy advanced skill building: dribbling, shooting and passing in a team play format. Play games to build individual skills and small-sided scrimmages that emphasize application of finer technical points. No class 10/20, 11/22.

9/13-12/13 (13) Gym	Th	5-5:50 pm ID/AP: \$82	7-10 yrs OD: \$102.50	CH22211
9/15-12/15 (13) Gym	S	11 am-Noon ID/AP: \$94	7-10 yrs OD: \$117.50	CH22212

Volleyball, Beginning

Introduces basic game skills such as passing, serving and teamwork.

9/11-12/11 (14) Gym	T	5:15-6:15 pm ID/AP: \$101	9-13 yrs OD: \$126.25	CH22215
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Volleyball, Intermediate

Work on intermediate volleyball skills and strategies such as defense, hitting, blocking, setting and playing games.

9/11-12/11 (14) Gym	T	6:30-7:30 pm ID/AP: \$101	12-16 yrs OD: \$126.25	CH22216
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Fitness Challenge



Get ready for the next
THPRD Fitness Challenge
in January 2019!

Prizes, giveaways, nutrition
classes and more.

Look for details at each center in December
to learn more.

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

Sports & Fitness - Teen/Adult

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
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MELT Workshop for Runners

MELT for Runners: A specialized map you can use before or after you run. This map features the mini soft ball foot treatment, lower body compression sequence and lower body length and low back release.

9/16 Rm 6	Su	1-2:30 pm ID/AP: \$14	14 yrs-Adult OD: \$17.50	CH22570
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MELT Workshop for Low Back Pain & Care

MELT for Low Back Pain & Care: A low back care session - Reduce inflammation, relieve low back tension and stiffness, improve alignment, and learn how to keep your whole body working better.

10/21 Rm 6	Su	1-2:30 pm ID/AP: \$14	14 yrs-Adult OD: \$17.50	CH22571
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MELT Workshop for Upper Back Pain & Care

How to Address Upper Body Tension with MELT: Designed to relieve neck, shoulder and upper back pain. Normalize your head position and improve posture. This map features the mini soft ball hand treatment, upper body rehydrate sequence and next release sequence.

11/18 Rm 6	Su	1-2:30 pm ID/AP: \$14	14 yrs-Adult OD: \$17.50	CH22572
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Re-Balance and Restore with MELT Workshop

Especially for the holidays, this class is designed to reduce the negative effects of stress and help you sleep better. Experience the most relaxing and rebalancing of the MELT techniques followed by a guided deep relaxation.

12/9 Rm 6	Su	1-2:30 pm ID/AP: \$14	14 yrs-Adult OD: \$17.50	CH22573
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Tai-Chi

A form of moving meditation. Class will emphasize on improving health and increasing energy through proper body alignment and relaxation. No class 10/31.

9/26-11/28 (10) Rm 5	W	5:45-7:15 pm ID/AP: \$108	14 yrs-Adult OD: \$135	CH22541
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PiYo Instructor Training

This unique class is designed to build strength and gain flexibility. The moves fit perfectly together to form a class filled with intense choreography that's fun, challenging and will make you sweat. No previous experience required.

9/8 Rm 6	Sa	9 am-5 pm \$249 Register: www.beachbodylive.com		
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HIGH Fitness Instructor Training

Choreographed interval training with intense cardio peaks and toning tracks set to music you know and love. Finally, a fitness class you have been craving; a workout that is easy to follow, intense interval training and a total blast! 9-10 am HIGH Fitness Master Class - FREE FOR ALL.

10/6 Rm 6	Sa	9 am-5:30 pm \$250 Early Bird (until 9/21); \$300 after 9/21 Register: www.highfitness.com		
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Middle School Programs

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
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Who Can Participate?

- Students in the 6th, 7th or 8th grade
- Beaverton School District homeschool students
- Beaverton School Magnet students
- Students that are in the THPRD boundary or attend private schools
- Students who attend the following Beaverton School District Middle Schools:



Cedar Park, Conestoga, Five Oaks, Highland, ISB, Meadow Park, Mt. View, Stoller, Whitford

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

Cedar Park Cross Country

9/11-10/25 (7)	T/Th	4-5:15 pm ID/AP: \$101	11-14 yrs OD: \$101	CH29100
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Conestoga Cross Country

9/11-10/25 (7)	T/Th	4-5:15 pm ID/AP: \$101	11-14 yrs OD: \$101	CH29800
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Five Oaks Cross Country

9/11-10/25 (7)	T/Th	4-5:15 pm ID/AP: \$101	11-14 yrs OD: \$101	CH29200
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Highland Park Cross Country

9/11-10/25 (7)	T/Th	4-5:15 pm ID/AP: \$101	11-14 yrs OD: \$101	CH29300
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ISB Cross Country

9/11-10/25 (7)	T/Th	2:15-3:45 pm ID/AP: \$101	11-14 yrs OD: \$101	CH29900
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Meadow Park Cross Country

9/11-10/25 (7)	T/Th	4-5:15 pm ID/AP: \$101	11-14 yrs OD: \$101	CH29400
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Mt. View Cross Country

9/11-10/25 (7)	T/Th	4-5:15 pm ID/AP: \$101	11-14 yrs OD: \$101	CH29500
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Stoller Cross Country

9/11-10/25 (7)	T/Th	4-5:15 pm ID/AP: \$101	11-14 yrs OD: \$101	CH29600
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Whitford Cross Country

9/11-10/25 (7)	T/Th	4-5:15 pm ID/AP: \$101	11-14 yrs OD: \$101	CH29700
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Fees: ID/AP = User is in-district or has paid an out-of-district assessment, OD = Out-of-district (no assessment paid)

Fitness Class Descriptions

BodyCombat™

This energetic program is inspired by martial arts and draws from a wide array of disciplines such as Karate, Boxing, Tae-kwon-do, Tai Chi and Muay Thai. All levels welcome.

BodyPump™

Low impact barbell class uses lower weights and higher repetitions to tone and sculpt your body from head to toe. Body Pump has a long fitness legacy in providing safe and effective endurance strength training that works for people of all fitness levels.

Core Fusion

Specifically designed to train your body with a focus on strengthening your entire core, which includes your abs and back.

Family HaiChi Yoga

A distinctively developed fusion practice from various ancient wellness practices, primarily yoga, Tai Chi, and Chinese "Longevity Eight-Set Movements". Kids can participate alongside with parents and/or guardian. They can also playmate with other kids. The teaching style is candid, motivating, fun, and lively.

HaiChi Yoga

A distinctively developed fusion practice from various ancient wellness practices, primarily yoga, Tai Chi, and Chinese "Longevity Eight-Set Movements". The sequences are set to flow with dynamic music to capture practitioners' attention and intention.

High Fitness™

Aerobics is back! Choreographed interval training with intense cardio peaks and toning tracks set to music you know and love! The class is easy to follow

and a total blast! All fitness levels welcome.

HIIT

If you are interested in taking your fitness to a whole new level, then HIIT is for you! HIIT is a form of interval training, a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise with less intense recovery periods.

Hip-Hop Fit

Come prepared to dance, have fun and workout hard! Please wear athletic shoes and clothing.

Low-Impact Aerobics

This class is easy on your joints, burns calories and challenges your entire body. All levels welcome.

MELT

Self-treatment that reduces chronic pain heals injury and erases the negative effects of aging and active living. Reduce inflammation, improve alignment and learn how to keep your whole body working better.

Pilates

This class incorporates Pilates moves to give you a body that is long, lean and strong. Therabands, Pilates rings and other props are used.

PiYo

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

Step Aerobics

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

Strength & Endurance

An interval style workout that

includes cardio and strength training for a complete and fun workout. All levels welcome.

Stretch & Core

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

Tai Chi I

For the beginning student. In this class you will learn "Tai Chi for Better Balance and begin learning the Yang 8/10 Form.

Tai Chi II

For the intermediate student. Learn the 16 Yang Form and the 24 Yang Form. This class is not appropriate for beginners.

Tai Chi III

For the advanced student. In this class you will learn the 108 Yang Form. This class is not appropriate for beginners.

Yoga, All Levels

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

Yoga, Beginning

Learn the basics of yoga through simple movements combined with conscious breathing.

Yoga, EZ

This class opens with standing poses followed by floor work and closing with a brief seated meditation. This is a good

class for those with injuries or special needs.

Yoga, Gentle Flow

You'll be guided through postures in a Vinyasa style, beginning with basic poses, but allowing for more challenging poses based on your practice level.

Yoga, Healing

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

Yoga, Intermediate

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

Yoga, Meditation

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

Zumba®

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

Zumba® Gold

This is a gentler program designed for beginners and special populations featuring red-hot international music and easy to follow steps.

Fitness Challenge

Get ready for the next THPRD Fitness Challenge in January 2019!

Prizes, giveaways, nutrition classes and more.

Look for details at each center in December to learn more.