

Conestoga Recreation & Aquatic Center



TUALATIN HILLS
PARK & RECREATION DISTRICT

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

TriMet Bus Routes #62, #92

Facility Supervisor: Sabrina Taylor Schmitt

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

Hours:

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

Facility Closed: 11/22, 12/25

Modified Schedule: 5:30 am-6 pm: 10/31; 9 am-6 pm: 11/11, 11/12, 11/23; 5:30 am-4 pm: 12/24, 12/31

Check online for updates.

Conestoga Aquatic Center features:

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

Lap Swim, Open Swim & Water Fitness

Please see **online schedule** at www.thprd.org for updated details about limited lanes, shared pool times and open swim.

Conestoga is Hiring

Lifeguards • Sports Instructor • Fitness Instructors
Before and After-school Leaders • Desk Staff
Call 503-629-6313 for more information.

Interested in becoming a lifeguard?

Call 503-629-6313 for more information.

Note: This section is for Conestoga aquatic programs only. Visit online for pool schedule. See pages 85-95 for Conestoga recreation programs and see page 95 for fitness classes.

Events

Welcoming Week Weekend Kickoff
Sept. 15 & 16

Celebrating Indian Culture
Friday Sept. 14, 6:30-8:30 pm

Beaverton International Festival
Saturday Sept. 15, 1-4 pm

Monster Splash & Bash
Oct. 26, 6:30-8:30 pm
Crafts, gym games, activities plus dive into your favorite vampire hotel movie. (Movie in the pool at 7 pm)

Veterans Day Breakfast
Sunday, Nov. 11, 9 am

Jeans for Teens
Donate your gently-used jeans to be donated to a local shelter

Burn the Bird Zumba
Friday, Nov. 23, 10-11:30 am
Dance off that Thanksgiving Day food with three certified Zumba instructors for 90 min.

Please check the website or call the center for details on the movies or unique events.

Patron Appreciation Day
Dec. 5

Dive in Movie
Friday, Sept. 14, 7 pm
The bare necessities is all you need with Mowgli, Baheera, Baloo at this family friendly movie

Check into your favorite vampire hotel
Nov. 26, 7 pm

Saturday Jedi Nights in the Pool
11/10, 11/24, 12/8, 12/22, 12/29, 1/5, 6 pm

Welcome to jungle where you don't just play the game, you survive it!
Nov. 16, 7 pm

Swim with Santa & Ralphie
Dec. 21, 7 pm

Reoccurring events

Please see online schedule at www.thprd.org for updated details.

First Free Friday
Sept. 7, Oct. 5, Nov. 2, Dec. 7

Black Light Zumba
1st & 3rd Fridays starting in Oct. 6:30 pm

Wipeout!
Sept. 28, Oct. 26, Nov. 23, Dec 28

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

Preschool: Minimum age 3 years and toilet-trained.

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

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

Beginning Swimming Skills

Date	Day	Time	ID/AP	OD	Class#
Preschool Levels 1-3 (*Level 1-2 only)					
9/10-12/17*	M	9-9:30 am	\$99	\$123.75	CA21000
9/10-12/17*	M	9:35-10:05 am	\$99	\$123.75	CA21001
9/10-12/17*	M	10:10-10:40 am	\$99	\$123.75	CA21002
9/10-12/17*	M	10:45-11:15 am	\$99	\$123.75	CA21003
9/10-12/17*	M	11:20-11:50 am	\$99	\$123.75	CA21004
9/10-12/17*	M	1:05-1:35 pm	\$99	\$123.75	CA21005
9/10-12/17*	M	1:40-2:10 pm	\$99	\$123.75	CA21006
9/10-12/17*	M	2:15-2:45 pm	\$99	\$123.75	CA21007
9/12-12/19*	W	9-9:30 am	\$99	\$123.75	CA21008
9/12-12/19*	W	9:35-10:05 am	\$99	\$123.75	CA21009
9/12-12/19*	W	10:10-10:40 am	\$99	\$123.75	CA21010
9/12-12/19*	W	10:45-11:15 am	\$99	\$123.75	CA21011
9/12-12/19*	W	11:20-11:50 am	\$99	\$123.75	CA21012
9/12-12/19*	W	1:05-1:35 pm	\$99	\$123.75	CA21013
9/12-12/19*	W	1:40-2:10 pm	\$99	\$123.75	CA21014
9/12-12/19*	W	2:15-2:45 pm	\$99	\$123.75	CA21015
9/14-12/21*	F	9-9:30 am	\$99	\$123.75	CA21016
9/14-12/21*	F	9:35-10:05 am	\$99	\$123.75	CA21017
9/14-12/21*	F	10:10-10:40 am	\$99	\$123.75	CA21018
9/14-12/21*	F	10:45-11:15 am	\$99	\$123.75	CA21019
9/14-12/21*	F	11:20-11:50 am	\$99	\$123.75	CA21020
9/14-12/21*	F	1:05-1:35 pm	\$99	\$123.75	CA21021
9/14-12/21*	F	1:40-2:10 pm	\$99	\$123.75	CA21022
9/14-12/21*	F	2:15-2:45 pm	\$99	\$123.75	CA21023
9/10-10/10	M/W	4:30-5 pm	\$71	\$88.75	CA21030
10/15-11/19	M/W	4:30-5 pm	\$64	\$80	CA21031
11/26-12/19	M/W	4:30-5 pm	\$56	\$70	CA21032
9/10-10/10	M/W	5:05-5:35 pm	\$71	\$88.75	CA21033
10/15-11/19	M/W	5:05-5:35 pm	\$64	\$80	CA21034
11/26-12/19	M/W	5:05-5:35 pm	\$56	\$70	CA21035
9/10-10/10	M/W	5:40-6:10 pm	\$71	\$88.75	CA21036
10/15-11/19	M/W	5:40-6:10 pm	\$64	\$80	CA21037
11/26-12/19	M/W	5:40-6:10 pm	\$56	\$70	CA21038
9/10-10/10	M/W	6:15-6:45 pm	\$71	\$88.75	CA21039
10/15-11/19	M/W	6:15-6:45 pm	\$64	\$80	CA21040
11/26-12/19	M/W	6:15-6:45 pm	\$56	\$70	CA21041
9/10-10/10*	M/W	6:50-7:20 pm	\$71	\$88.75	CA21042
10/15-11/19*	M/W	6:50-7:20 pm	\$64	\$80	CA21043
11/26-12/19*	M/W	6:50-7:20 pm	\$56	\$70	CA21044
9/10-10/10*	M/W	7:25-7:55 pm	\$71	\$88.75	CA21045
10/15-11/19*	M/W	7:25-7:55 pm	\$64	\$80	CA21046
11/26-12/19*	M/W	7:25-7:55 pm	\$56	\$70	CA21047
9/11-10/11*	T/Th	9-9:30 am	\$71	\$88.75	CA21060
10/16-11/20*	T/Th	9-9:30 am	\$78	\$97.50	CA21061
11/27-12/20*	T/Th	9-9:30 am	\$56	\$70	CA21062
9/11-10/11*	T/Th	9:35-10:05 am	\$71	\$88.75	CA21063

Beginning Swimming Skills

Date	Day	Time	ID/AP	OD	Class#
Preschool Levels 1-3 (*Level 1-2 only) (continued)					
10/16-11/20*	T/Th	9:35-10:05 am	\$78	\$97.50	CA21064
11/27-12/20*	T/Th	9:35-10:05 am	\$56	\$70	CA21065
9/11-10/11*	T/Th	10:10-10:40 am	\$71	\$88.75	CA21066
10/16-11/20*	T/Th	10:10-10:40 am	\$78	\$97.50	CA21067
11/27-12/20*	T/Th	10:10-10:40 am	\$56	\$70	CA21068
9/11-10/11*	T/Th	10:45-11:15 am	\$71	\$88.75	CA21069
10/16-11/20*	T/Th	10:45-11:15 am	\$78	\$97.50	CA21070
11/27-12/20*	T/Th	10:45-11:15 am	\$56	\$70	CA21071
9/11-10/11*	T/Th	11:20-11:50 am	\$71	\$88.75	CA21072
10/16-11/20*	T/Th	11:20-11:50 am	\$78	\$97.50	CA21073
11/27-12/20*	T/Th	11:20-11:50 am	\$56	\$70	CA21074
9/11-10/11*	T/Th	1:05-1:35 pm	\$71	\$88.75	CA21075
10/16-11/20*	T/Th	1:05-1:35 pm	\$78	\$97.50	CA21076
11/27-12/20*	T/Th	1:05-1:35 pm	\$56	\$70	CA21077
9/11-10/11*	T/Th	1:40-2:10 pm	\$71	\$88.75	CA21078
10/16-11/20*	T/Th	1:40-2:10 pm	\$78	\$97.50	CA21079
11/27-12/20*	T/Th	1:40-2:10 pm	\$56	\$70	CA21080
9/11-10/9*	T/Th	2:15-2:45 pm	\$64	\$80	CA21081
10/16-11/20*	T/Th	2:15-2:45 pm	\$78	\$97.50	CA21082
11/27-12/20*	T/Th	2:15-2:45 pm	\$56	\$70	CA21083
9/11-10/4	T/Th	4:30-5 pm	\$64	\$80	CA21084
10/16-11/20	T/Th	4:30-5 pm	\$71	\$88.75	CA21085
11/27-12/20	T/Th	4:30-5 pm	\$56	\$70	CA21086
9/11-10/11	T/Th	5:05-5:35 pm	\$64	\$80	CA21087
10/16-11/20	T/Th	5:05-5:35 pm	\$71	\$88.75	CA21088
11/27-12/20	T/Th	5:05-5:35 pm	\$56	\$70	CA21089
9/11-10/9	T/Th	5:40-6:10 pm	\$64	\$80	CA21090
10/16-11/20	T/Th	5:40-6:10 pm	\$71	\$88.75	CA21091
11/27-12/20	T/Th	5:40-6:10 pm	\$56	\$70	CA21092
9/11-10/11	T/Th	6:15-6:45 pm	\$71	\$88.75	CA21093
10/16-11/20	T/Th	6:15-6:45 pm	\$78	\$97.50	CA21094
11/27-12/20	T/Th	6:15-6:45 pm	\$56	\$70	CA21095
9/11-10/11*	T/Th	6:50-7:20 pm	\$71	\$88.75	CA21096
10/16-11/20*	T/Th	6:50-7:20 pm	\$78	\$97.50	CA21097
11/27-12/20*	T/Th	6:50-7:20 pm	\$56	\$70	CA21098
9/11-10/11*	T/Th	7:25-7:55 pm	\$71	\$88.75	CA21099
10/16-11/20*	T/Th	7:25-7:55 pm	\$78	\$97.50	CA21100
11/27-12/20*	T/Th	7:25-7:55 pm	\$56	\$70	CA21101
9/15-10/20	S	9:05-9:35 am	\$42	\$52.50	CA21120
10/27-12/15	S	9:05-9:35 am	\$49	\$61.25	CA21121
9/15-10/20	S	9:40-10:10 am	\$42	\$52.50	CA21122
10/27-12/15	S	9:40-10:10 am	\$49	\$61.25	CA21123
9/15-10/20	S	10:15-10:45 am	\$42	\$52.50	CA21124
10/27-12/15	S	10:15-10:45 am	\$49	\$61.25	CA21125
9/15-10/20	S	10:50-11:20 am	\$42	\$52.50	CA21126
10/27-12/15	S	10:50-11:20 am	\$49	\$61.25	CA21127
9/15-10/20	S	11:25-11:55 am	\$42	\$52.50	CA21128
10/27-12/15	S	11:25-11:55 am	\$49	\$61.25	CA21129
9/15-10/20	S	Noon-12:30 pm	\$42	\$52.50	CA21130
10/27-12/15	S	Noon-12:30 pm	\$49	\$61.25	CA21131
9/15-10/20	S	12:35-1:05 pm	\$42	\$52.50	CA21132
10/27-12/15	S	12:35-1:05 pm	\$49	\$61.25	CA21133
9/16-10/21	Su	3:40-4:10 pm	\$42	\$52.50	CA21140
10/28-12/16	Su	3:40-4:10 pm	\$42	\$52.50	CA21141
9/16-10/21	Su	4:15-4:45 pm	\$42	\$52.50	CA21142
10/28-12/16	Su	4:15-4:45 pm	\$42	\$52.50	CA21143
9/16-10/21	Su	4:50-5:20 pm	\$42	\$52.50	CA21144
10/28-12/16	Su	4:50-5:20 pm	\$42	\$52.50	CA21145

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

Beginning Swimming Skills

Date	Day	Time	ID/AP	OD	Class#
Preschool Levels 1-3 (*Level 1-2 only) (continued)					
9/16-10/21	Su	5:25-5:55 pm	\$42	\$52.50	CA21146
10/28-12/16	Su	5:25-5:55 pm	\$42	\$52.50	CA21147
9/16-10/21	Su	6-6:30 pm	\$42	\$52.50	CA21148
10/28-12/16	Su	6-6:30 pm	\$42	\$52.50	CA21149
9/16-10/21	Su	6:35-7:05 pm	\$42	\$52.50	CA21150
10/28-12/16	Su	6:35-7:05 pm	\$42	\$52.50	CA21151
9/16-10/21	Su	7:10-7:40 pm	\$42	\$52.50	CA21152
10/28-12/16	Su	7:10-7:40 pm	\$42	\$52.50	CA21153

School Age Levels 1-3 (*Level 1-2 only)

9/10-12/17*	M	9:35-10:05 am	\$99	\$123.75	CA22001
9/10-12/17*	M	1:05-1:35 pm	\$99	\$123.75	CA22005
9/12-12/19*	W	9:35-10:05 am	\$99	\$123.75	CA22009
9/12-12/19*	W	1:05-1:35 pm	\$99	\$123.75	CA22013
9/14-12/21*	F	9:35-10:05 am	\$99	\$123.75	CA22017
9/14-12/21*	F	1:05-1:35 pm	\$99	\$123.75	CA22021
9/10-10/10	M/W	4:30-5 pm	\$71	\$88.75	CA22030
10/15-11/19	M/W	4:30-5 pm	\$64	\$80	CA22031
11/26-12/19	M/W	4:30-5 pm	\$56	\$70	CA22032
9/10-10/10	M/W	5:05-5:35 pm	\$71	\$88.75	CA22033
10/15-11/19	M/W	5:05-5:35 pm	\$64	\$80	CA22034
11/26-12/19	M/W	5:05-5:35 pm	\$56	\$70	CA22035
9/10-10/10	M/W	5:40-6:10 pm	\$71	\$88.75	CA22036
10/15-11/19	M/W	5:40-6:10 pm	\$64	\$80	CA22037
11/26-12/19	M/W	5:40-6:10 pm	\$56	\$70	CA22038
9/10-10/10	M/W	6:15-6:45 pm	\$71	\$88.75	CA22039
10/15-11/19	M/W	6:15-6:45 pm	\$64	\$80	CA22040
11/26-12/19	M/W	6:15-6:45 pm	\$56	\$70	CA22041
9/10-10/10	M/W	8-8:30 pm	\$71	\$88.75	CA22048
10/15-11/19	M/W	8-8:30 pm	\$64	\$80	CA22049
11/26-12/19	M/W	8-8:30 pm	\$56	\$70	CA22050
9/11-10/11	T/Th	9:35-10:05 am	\$71	\$88.75	CA22063
10/16-11/20	T/Th	9:35-10:05 am	\$78	\$97.50	CA22064
11/27-12/20	T/Th	9:35-10:05 am	\$56	\$70	CA22065
9/11-10/11	T/Th	1:05-1:35 pm	\$71	\$88.75	CA22075
10/16-11/20	T/Th	1:05-1:35 pm	\$78	\$97.50	CA22076
11/27-12/20	T/Th	1:05-1:35 pm	\$56	\$70	CA22077
9/11-10/11	T/Th	4:30-5 pm	\$64	\$80	CA22084
10/16-11/20	T/Th	4:30-5 pm	\$71	\$88.75	CA22085
11/27-12/20	T/Th	4:30-5 pm	\$56	\$70	CA22086
9/11-10/11	T/Th	5:05-5:35 pm	\$64	\$80	CA22087
10/16-11/20	T/Th	5:05-5:35 pm	\$71	\$88.75	CA22088
11/27-12/20	T/Th	5:05-5:35 pm	\$56	\$70	CA22089
9/11-10/11	T/Th	5:40-6:10 pm	\$64	\$80	CA22090
10/16-11/20	T/Th	5:40-6:10 pm	\$71	\$88.75	CA22091
11/27-12/20	T/Th	5:40-6:10 pm	\$56	\$70	CA22092
9/11-10/11	T/Th	6:15-6:45 pm	\$71	\$88.75	CA22093
10/16-11/20	T/Th	6:15-6:45 pm	\$78	\$97.50	CA22094
11/27-12/20	T/Th	6:15-6:45 pm	\$56	\$70	CA22095
9/11-10/11	T/Th	8-8:30 pm	\$71	\$88.75	CA22102
10/16-11/20	T/Th	8-8:30 pm	\$78	\$97.50	CA22103
11/27-12/20	T/Th	8-8:30 pm	\$56	\$70	CA22104
9/15-10/20	S	9:05-9:35 am	\$42	\$52.50	CA22120
10/27-12/15	S	9:05-9:35 am	\$49	\$61.25	CA22121
9/15-10/20	S	9:40-10:10 am	\$42	\$52.50	CA22122
10/27-12/15	S	9:40-10:10 am	\$49	\$61.25	CA22123

Beginning Swimming Skills

Date	Day	Time	ID/AP	OD	Class#
School Age Levels 1-3 (*Level 1-2 only) (continued)					
9/15-10/20	S	10:15-10:45 am	\$42	\$52.50	CA22124
10/27-12/15	S	10:15-10:45 am	\$49	\$61.25	CA22125
9/15-10/20	S	10:50-11:20 am	\$42	\$52.50	CA22126
10/27-12/15	S	10:50-11:20 am	\$49	\$61.25	CA22127
9/15-10/20	S	11:25-11:55 am	\$42	\$52.50	CA22128
10/27-12/15	S	11:25-11:55 am	\$49	\$61.25	CA22129
9/15-10/20	S	Noon-12:30 pm	\$42	\$52.50	CA22130
10/27-12/15	S	Noon-12:30 pm	\$49	\$61.25	CA22131
9/15-10/20	S	12:35-1:05 pm	\$42	\$52.50	CA22132
10/27-12/15	S	12:35-1:05 pm	\$49	\$61.25	CA22133
9/16-10/21	Su	3:40-4:10 pm	\$42	\$52.50	CA22140
10/28-12/16	Su	3:40-4:10 pm	\$42	\$52.50	CA22141
9/16-10/21	Su	4:15-4:45 pm	\$42	\$52.50	CA22142
10/28-12/16	Su	4:15-4:45 pm	\$42	\$52.50	CA22143
9/16-10/21	Su	4:50-5:20 pm	\$42	\$52.50	CA22144
10/28-12/16	Su	4:50-5:20 pm	\$42	\$52.50	CA22145
9/16-10/21	Su	5:25-5:55 pm	\$42	\$52.50	CA22146
10/28-12/16	Su	5:25-5:55 pm	\$42	\$52.50	CA22147
9/16-10/21	Su	6-6:30 pm	\$42	\$52.50	CA22148
10/28-12/16	Su	6-6:30 pm	\$42	\$52.50	CA22149
9/16-10/21	Su	6:35-7:05 pm	\$42	\$52.50	CA22150
10/28-12/16	Su	6:35-7:05 pm	\$42	\$52.50	CA22151
9/16-10/21	Su	7:10-7:40 pm	\$42	\$52.50	CA22152
10/28-12/16	Su	7:10-7:40 pm	\$42	\$52.50	CA22153

Intermediate Swimming Skills

Date	Day	Time	ID/AP	OD	Class#
Preschool/School Age Levels 4-5					
9/10-10/10	M/W	4:30-5 pm	\$71	\$88.75	CA22230
10/15-11/19	M/W	4:30-5 pm	\$64	\$80	CA22231
11/26-12/19	M/W	4:30-5 pm	\$56	\$70	CA22232
9/10-10/10	M/W	5:05-5:35 pm	\$71	\$88.75	CA22233
10/15-11/19	M/W	5:05-5:35 pm	\$64	\$80	CA22234
11/26-12/19	M/W	5:05-5:35 pm	\$56	\$70	CA22235
9/10-10/10	M/W	5:40-6:10 pm	\$71	\$88.75	CA22236
10/15-11/19	M/W	5:40-6:10 pm	\$64	\$80	CA22237
11/26-12/19	M/W	5:40-6:10 pm	\$56	\$70	CA22238
9/10-10/10	M/W	6:15-6:45 pm	\$71	\$88.75	CA22239
10/15-11/19	M/W	6:15-6:45 pm	\$64	\$80	CA22240
11/26-12/19	M/W	6:15-6:45 pm	\$56	\$70	CA22241
9/11-10/11	T/Th	4:30-5 pm	\$64	\$80	CA22284
10/16-11/20	T/Th	4:30-5 pm	\$71	\$88.75	CA22285
11/27-12/20	T/Th	4:30-5 pm	\$56	\$70	CA22286
9/11-10/11	T/Th	5:05-5:35 pm	\$64	\$80	CA22287
10/16-11/20	T/Th	5:05-5:35 pm	\$71	\$88.75	CA22288
11/27-12/20	T/Th	5:05-5:35 pm	\$56	\$70	CA22289
9/11-10/11	T/Th	5:40-6:10 pm	\$64	\$80	CA22290
10/16-11/20	T/Th	5:40-6:10 pm	\$71	\$88.75	CA22291
11/27-12/20	T/Th	5:40-6:10 pm	\$56	\$70	CA22292
9/11-10/11	T/Th	6:15-6:45 pm	\$71	\$88.75	CA22293
10/16-11/20	T/Th	6:15-6:45 pm	\$78	\$97.50	CA22294
11/27-12/20	T/Th	6:15-6:45 pm	\$56	\$70	CA22295
9/15-10/20	S	9:05-9:35 am	\$42	\$52.50	CA22320
10/27-12/15	S	9:05-9:35 am	\$49	\$61.25	CA22321
9/15-10/20	S	9:40-10:10 am	\$42	\$52.50	CA22322

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

Intermediate Swimming Skills

Date	Day	Time	ID/AP	OD	Class#
Preschool/School Age Levels 4-5 (continued)					
10/27-12/15	S	9:40-10:10 am	\$49	\$61.25	CA22323
9/15-10/20	S	10:15-10:45 am	\$42	\$52.50	CA22324
10/27-12/15	S	10:15-10:45 am	\$49	\$61.25	CA22325
9/15-10/20	S	10:50-11:20 am	\$42	\$52.50	CA22326
10/27-12/15	S	10:50-11:20 am	\$49	\$61.25	CA22327
9/15-10/20	S	11:25-11:55 am	\$42	\$52.50	CA22328
10/27-12/15	S	11:25-11:55 am	\$49	\$61.25	CA22329
9/15-10/20	S	Noon-12:30 pm	\$42	\$52.50	CA22330
10/27-12/15	S	Noon-12:30 pm	\$49	\$61.25	CA22331
9/15-10/20	S	12:35-1:05 pm	\$42	\$52.50	CA22332
10/27-12/15	S	12:35-1:05 pm	\$49	\$61.25	CA22333
9/16-10/21	Su	3:40-4:10 pm	\$42	\$52.50	CA22340
10/28-12/16	Su	3:40-4:10 pm	\$42	\$52.50	CA22341
9/16-10/21	Su	4:15-4:45 pm	\$42	\$52.50	CA22342
10/28-12/16	Su	4:15-4:45 pm	\$42	\$52.50	CA22343
9/16-10/21	Su	4:50-5:20 pm	\$42	\$52.50	CA22344
10/28-12/16	Su	4:50-5:20 pm	\$42	\$52.50	CA22345
9/16-10/21	Su	5:25-5:55 pm	\$42	\$52.50	CA22346
10/28-12/16	Su	5:25-5:55 pm	\$42	\$52.50	CA22347
9/16-10/21	Su	6-6:30 pm	\$42	\$52.50	CA22348
10/28-12/16	Su	6-6:30 pm	\$42	\$52.50	CA22349
9/16-10/21	Su	6:35-7:05 pm	\$42	\$52.50	CA22350
10/28-12/16	Su	6:35-7:05 pm	\$42	\$52.50	CA22351
9/16-10/21	Su	7:10-7:40 pm	\$42	\$52.50	CA22352
10/28-12/16	Su	7:10-7:40 pm	\$42	\$52.50	CA22353

Advanced Swimming Skills

Date	Day	Time	ID/AP	OD	Class#
Pre-Competitive					
9/10-10/10	M/W	5:05-5:35 pm	\$71	\$88.75	CA22433
10/15-11/19	M/W	5:05-5:35 pm	\$64	\$80	CA22434
11/26-12/19	M/W	5:05-5:35 pm	\$56	\$70	CA22435
9/10-10/10	M/W	5:40-6:10 pm	\$71	\$88.75	CA22436
10/15-11/19	M/W	5:40-6:10 pm	\$64	\$80	CA22437
11/26-12/19	M/W	5:40-6:10 pm	\$56	\$70	CA22438
9/11-10/11	T/Th	5:05-5:35 pm	\$64	\$80	CA22487
10/16-11/20	T/Th	5:05-5:35 pm	\$71	\$88.75	CA22488
11/27-12/20	T/Th	5:05-5:35 pm	\$56	\$70	CA22489
9/11-10/11	T/Th	6:15-6:45 pm	\$71	\$88.75	CA22493
10/16-11/20	T/Th	6:15-6:45 pm	\$78	\$97.50	CA22494
11/27-12/20	T/Th	6:15-6:45 pm	\$56	\$70	CA22495
9/15-10/20	S	12:35-1:05 pm	\$42	\$52.50	CA22532
10/27-12/15	S	12:35-1:05 pm	\$49	\$61.25	CA22533
9/16-10/21	Su	3:40-4:10 pm	\$42	\$52.50	CA22540
10/28-12/16	Su	3:40-4:10 pm	\$42	\$52.50	CA22541
9/16-10/21	Su	7:10-7:40 pm	\$42	\$52.50	CA22552
10/28-12/16	Su	7:10-7:40 pm	\$42	\$52.50	CA22553

Pre Lifeguarding

9/11-10/11	T/Th	5:40-6:10 pm	\$64	\$80	CA22690
10/16-11/20	T/Th	5:40-6:10 pm	\$71	\$88.75	CA22691
11/27-12/20	T/Th	5:40-6:10 pm	\$56	\$70	CA22692

Specialty Programs

Date	Day	Time	ID/AP	OD	Class#
Baby / Toddler & Me					
Swim diapers required.					
9/10-12/17	M	10:10-10:40 am	\$78	\$97.50	CA23002
9/10-12/17	M	11:20-11:50 am	\$78	\$97.50	CA23004
9/12-12/19	W	10:10-10:40 am	\$78	\$97.50	CA23010
9/12-12/19	W	11:20-11:50 am	\$78	\$97.50	CA23012
9/14-12/21	F	10:10-10:40 am	\$78	\$97.50	CA23018
9/14-12/21	F	11:20-11:50 am	\$78	\$97.50	CA23020
9/10-10/10	M/W	6:50-7:20 pm	\$56	\$70	CA23042
10/15-11/19	M/W	6:50-7:20 pm	\$50	\$62.50	CA23043
11/26-12/19	M/W	6:50-7:20 pm	\$45	\$56.25	CA23044
9/11-10/11	T/Th	10:10-10:40 am	\$56	\$70	CA23066
10/16-11/20	T/Th	10:10-10:40 am	\$61	\$76.25	CA23067
11/27-12/20	T/Th	10:10-10:40 am	\$45	\$56.25	CA23068
9/11-10/11	T/Th	11:20-11:50 am	\$56	\$70	CA23072
10/16-11/20	T/Th	11:20-11:50 am	\$61	\$76.25	CA23073
11/27-12/20	T/Th	11:20-11:50 am	\$45	\$56.25	CA23074
9/11-10/11	T/Th	6:15-6:45 pm	\$56	\$70	CA23093
10/16-11/20	T/Th	6:15-6:45 pm	\$61	\$76.25	CA23094
11/27-12/20	T/Th	6:15-6:45 pm	\$45	\$56.25	CA23095
9/15-10/20	S	9:05-9:35 am	\$33	\$41.25	CA23120
10/27-12/15	S	9:05-9:35 am	\$39	\$48.75	CA23121
9/15-10/20	S	10:15-10:45 am	\$33	\$41.25	CA23124
10/27-12/15	S	10:15-10:45 am	\$39	\$48.75	CA23125
9/15-10/20	S	11:25-11:55 am	\$33	\$41.25	CA23128
10/27-12/15	S	11:25-11:55 am	\$39	\$48.75	CA23129
9/15-10/20	S	12:35-1:05 pm	\$33	\$41.25	CA23132
10/27-12/15	S	12:35-1:05 pm	\$39	\$48.75	CA23133
9/16-10/21	Su	3:40-4:10 pm	\$33	\$41.25	CA23140
10/28-12/16	Su	3:40-4:10 pm	\$33	\$41.25	CA23141
9/16-10/21	Su	4:50-5:20 pm	\$33	\$41.25	CA23144
10/28-12/16	Su	4:50-5:20 pm	\$33	\$41.25	CA23145
9/16-10/21	Su	6-6:30 pm	\$33	\$41.25	CA23148
10/28-12/16	Su	6-6:30 pm	\$33	\$41.25	CA23149
9/16-10/21	Su	7:10-7:40 pm	\$33	\$41.25	CA23152
10/28-12/16	Su	7:10-7:40 pm	\$33	\$41.25	CA23153



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



Specialty Programs

Date	Day	Time	ID/AP	OD	Class#
------	-----	------	-------	----	--------

You and Your Preschooler

Ages 36 mos-6 yrs.

9/10-12/17	M	10:45-11:15 am	\$99	\$123.75	CA23203
9/12-12/19	W	10:45-11:15 am	\$99	\$123.75	CA23211
9/14-12/21	F	10:45-11:15 am	\$99	\$123.75	CA23219
9/10-10/10	M/W	6:15-6:45 pm	\$71	\$88.75	CA23239
10/15-11/19	M/W	6:15-6:45 pm	\$64	\$80	CA23240
11/26-12/19	M/W	6:15-6:45 pm	\$56	\$70	CA23241
9/11-10/11	T/Th	10:45-11:15 am	\$71	\$88.75	CA23269
10/16-11/20	T/Th	10:45-11:15 am	\$78	\$97.50	CA23270
11/27-12/20	T/Th	10:45-11:15 am	\$56	\$70	CA23271
9/11-10/11	T/Th	5:40-6:10 pm	\$64	\$80	CA23290
10/16-11/20	T/Th	5:40-6:10 pm	\$71	\$88.75	CA23291
11/27-12/20	T/Th	5:40-6:10 pm	\$56	\$70	CA23292
9/11-10/11	T/Th	6:50-7:20 pm	\$71	\$88.75	CA23296
10/16-11/20	T/Th	6:50-7:20 pm	\$78	\$97.50	CA23297
11/27-12/20	T/Th	6:50-7:20 pm	\$56	\$70	CA23298
9/15-10/20	S	9:40-10:10 am	\$42	\$52.50	CA23322
10/27-12/15	S	9:40-10:10 am	\$49	\$61.25	CA23323
9/15-10/20	S	10:50-11:20 am	\$42	\$52.50	CA23326
10/27-12/15	S	10:50-11:20 am	\$49	\$61.25	CA23327
9/15-10/20	S	Noon-12:30 pm	\$42	\$52.50	CA23330
10/27-12/15	S	Noon-12:30 pm	\$49	\$61.25	CA23331
9/16-10/21	Su	4:15-4:45 pm	\$42	\$52.50	CA23342
10/28-12/16	Su	4:15-4:45 pm	\$42	\$52.50	CA23343
9/16-10/21	Su	5:25-5:55 pm	\$42	\$52.50	CA23346
10/28-12/16	Su	5:25-5:55 pm	\$42	\$52.50	CA23347
9/16-10/21	Su	6:35-7:05 pm	\$42	\$52.50	CA23350
10/28-12/16	Su	6:35-7:05 pm	\$42	\$52.50	CA23351

Diving

9/10-10/10	M/W	6:15-6:45 pm	\$71	\$88.75	CA22839
10/15-11/19	M/W	6:15-6:45 pm	\$64	\$80	CA22840
11/26-12/19	M/W	6:15-6:45 pm	\$56	\$70	CA22841

Specialty Programs

Date	Day	Time	ID/AP	OD	Class#
------	-----	------	-------	----	--------

Teen/Adult Swimming Skills - Beginning

9/10-10/10	M/W	8:35-9:05 pm	\$71	\$88.75	CA25051
10/15-11/19	M/W	8:35-9:05 pm	\$64	\$80	CA25052
11/26-12/19	M/W	8:35-9:05 pm	\$56	\$70	CA25053
9/11-10/11	T/Th	8:35-9:05 pm	\$71	\$88.75	CA25105
10/16-11/20	T/Th	8:35-9:05 pm	\$78	\$97.50	CA25106
11/27-12/20	T/Th	8:35-9:05 pm	\$56	\$70	CA25107

Private Lessons

9/10-12/17	M	9-9:30 am	\$490	\$612.50	CA26000
9/10-12/17	M	9:35-10:05 am	\$490	\$612.50	CA26001
9/10-12/17	M	10:10-10:40 am	\$490	\$612.50	CA26002
9/10-12/17	M	10:45-11:15 am	\$490	\$612.50	CA26003
9/10-12/17	M	11:20-11:50 am	\$490	\$612.50	CA26004
9/10-12/17	M	1:05-1:35 pm	\$490	\$612.50	CA26005
9/10-12/17	M	1:40-2:10 pm	\$490	\$612.50	CA26006
9/10-12/17	M	2:15-2:45 pm	\$490	\$612.50	CA26007
9/12-12/19	W	9-9:30 am	\$490	\$612.50	CA26008
9/12-12/19	W	9:35-10:05 am	\$490	\$612.50	CA26009
9/12-12/19	W	10:10-10:40 am	\$490	\$612.50	CA26010
9/12-12/19	W	10:45-11:15 am	\$490	\$612.50	CA26011
9/12-12/19	W	11:20-11:50 am	\$490	\$612.50	CA26012
9/12-12/19	W	1:05-1:35 pm	\$490	\$612.50	CA26013
9/12-12/19	W	1:40-2:10 pm	\$490	\$612.50	CA26014
9/12-12/19	W	2:15-2:45 pm	\$490	\$612.50	CA26015
9/14-12/21	F	9-9:30 am	\$490	\$612.50	CA26016
9/14-12/21	F	9:35-10:05 am	\$490	\$612.50	CA26017
9/14-12/21	F	10:10-10:40 am	\$490	\$612.50	CA26018
9/14-12/21	F	10:45-11:15 am	\$490	\$612.50	CA26019
9/14-12/21	F	11:20-11:50 am	\$490	\$612.50	CA26020
9/14-12/21	F	1:05-1:35 pm	\$490	\$612.50	CA26021
9/14-12/21	F	1:40-2:10 pm	\$490	\$612.50	CA26022
9/14-12/21	F	2:15-2:45 pm	\$490	\$612.50	CA26023
9/10-10/10	M/W	4:30-5 pm	\$350	\$437.50	CA26030
10/15-11/19	M/W	4:30-5 pm	\$315	\$393.75	CA26031
11/26-12/19	M/W	4:30-5 pm	\$280	\$350	CA26032
9/10-10/10	M/W	5:05-5:35 pm	\$350	\$437.50	CA26033
10/15-11/19	M/W	5:05-5:35 pm	\$315	\$393.75	CA26034
11/26-12/19	M/W	5:05-5:35 pm	\$280	\$350	CA26035
9/10-10/10	M/W	5:40-6:10 pm	\$350	\$437.50	CA26036
10/15-11/19	M/W	5:40-6:10 pm	\$315	\$393.75	CA26037
11/26-12/19	M/W	5:40-6:10 pm	\$280	\$350	CA26038
9/10-10/10	M/W	6:15-6:45 pm	\$350	\$437.50	CA26039
10/15-11/19	M/W	6:15-6:45 pm	\$315	\$393.75	CA26040
11/26-12/19	M/W	6:15-6:45 pm	\$280	\$350	CA26041
9/10-10/10	M/W	6:50-7:20 pm	\$350	\$437.50	CA26042
10/15-11/19	M/W	6:50-7:20 pm	\$315	\$393.75	CA26043
11/26-12/19	M/W	6:50-7:20 pm	\$280	\$350	CA26044
9/10-10/10	M/W	7:25-7:55 pm	\$350	\$437.50	CA26045
10/15-11/19	M/W	7:25-7:55 pm	\$315	\$393.75	CA26046
11/26-12/19	M/W	7:25-7:55 pm	\$280	\$350	CA26047
9/10-10/10	M/W	8-8:30 pm	\$350	\$437.50	CA26048
10/15-11/19	M/W	8-8:30 pm	\$315	\$393.75	CA26049
11/26-12/19	M/W	8-8:30 pm	\$280	\$350	CA26050
9/10-10/10	M/W	8:35-9:05 pm	\$350	\$437.50	CA26051
10/15-11/19	M/W	8:35-9:05 pm	\$315	\$393.75	CA26052
11/26-12/19	M/W	8:35-9:05 pm	\$280	\$350	CA26053

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

Specialty Programs

Date	Day	Time	ID/AP	OD	Class#
Private Lessons (continued)					
9/11-10/11	T/Th	9-9:30 am	\$350	\$437.50	CA26060
10/16-11/20	T/Th	9-9:30 am	\$385	\$481.25	CA26061
11/27-12/20	T/Th	9-9:30 am	\$280	\$350	CA26062
9/11-10/11	T/Th	9:35-10:05 am	\$350	\$437.50	CA26063
10/16-11/20	T/Th	9:35-10:05 am	\$385	\$481.25	CA26064
11/27-12/20	T/Th	9:35-10:05 am	\$280	\$350	CA26065
9/11-10/11	T/Th	10:10-10:40 am	\$350	\$437.50	CA26066
10/16-11/20	T/Th	10:10-10:40 am	\$385	\$481.25	CA26067
11/27-12/20	T/Th	10:10-10:40 am	\$280	\$350	CA26068
9/11-10/11	T/Th	10:45-11:15 am	\$350	\$437.50	CA26069
10/16-11/20	T/Th	10:45-11:15 am	\$385	\$481.25	CA26070
11/27-12/20	T/Th	10:45-11:15 am	\$280	\$350	CA26071
9/11-10/11	T/Th	11:20-11:50 am	\$350	\$437.50	CA26072
10/16-11/20	T/Th	11:20-11:50 am	\$385	\$481.25	CA26073
11/27-12/20	T/Th	11:20-11:50 am	\$280	\$350	CA26074
9/11-10/11	T/Th	1:05-1:35 pm	\$350	\$437.50	CA26075
10/16-11/20	T/Th	1:05-1:35 pm	\$385	\$481.25	CA26076
11/27-12/20	T/Th	1:05-1:35 pm	\$280	\$350	CA26077
9/11-10/11	T/Th	1:40-2:10 pm	\$350	\$437.50	CA26078
10/16-11/20	T/Th	1:40-2:10 pm	\$385	\$481.25	CA26079
11/27-12/20	T/Th	1:40-2:10 pm	\$280	\$350	CA26080
9/11-10/11	T/Th	2:15-2:45 pm	\$350	\$437.50	CA26081
10/16-11/20	T/Th	2:15-2:45 pm	\$350	\$437.50	CA26082
11/27-12/20	T/Th	2:15-2:45 pm	\$280	\$350	CA26083
9/11-10/11	T/Th	4:30-5 pm	\$315	\$393.75	CA26084
10/16-11/20	T/Th	4:30-5 pm	\$350	\$437.50	CA26085
11/27-12/20	T/Th	4:30-5 pm	\$280	\$350	CA26086
9/11-10/11	T/Th	5:05-5:35 pm	\$315	\$393.75	CA26087
10/16-11/20	T/Th	5:05-5:35 pm	\$350	\$437.50	CA26088
11/27-12/20	T/Th	5:05-5:35 pm	\$280	\$350	CA26089
9/11-10/11	T/Th	5:40-6:10 pm	\$315	\$393.75	CA26090
10/16-11/20	T/Th	5:40-6:10 pm	\$350	\$437.50	CA26091
11/27-12/20	T/Th	5:40-6:10 pm	\$280	\$350	CA26092
9/11-10/11	T/Th	6:15-6:45 pm	\$350	\$437.50	CA26093
10/16-11/20	T/Th	6:15-6:45 pm	\$385	\$481.25	CA26094
11/27-12/20	T/Th	6:15-6:45 pm	\$280	\$350	CA26095
9/11-10/11	T/Th	6:50-7:20 pm	\$350	\$437.50	CA26096
10/16-11/20	T/Th	6:50-7:20 pm	\$385	\$481.25	CA26097
11/27-12/20	T/Th	6:50-7:20 pm	\$280	\$350	CA26098
9/11-10/11	T/Th	7:25-7:55 pm	\$350	\$437.50	CA26099
10/16-11/20	T/Th	7:25-7:55 pm	\$385	\$481.25	CA26100
11/27-12/20	T/Th	7:25-7:55 pm	\$280	\$350	CA26101
9/11-10/11	T/Th	8-8:30 pm	\$350	\$437.50	CA26102
10/16-11/20	T/Th	8-8:30 pm	\$385	\$481.25	CA26103
11/27-12/20	T/Th	8-8:30 pm	\$280	\$350	CA26104
9/11-10/11	T/Th	8:35-9:05 pm	\$350	\$437.50	CA26105
10/16-11/20	T/Th	8:35-9:05 pm	\$385	\$481.25	CA26106
11/27-12/20	T/Th	8:35-9:05 pm	\$280	\$350	CA26107
9/15-10/20	S	9:05-9:35 am	\$210	\$262.50	CA26120
10/27-12/15	S	9:05-9:35 am	\$245	\$306.25	CA26121
9/15-10/20	S	9:40-10:10 am	\$210	\$262.50	CA26122
10/27-12/15	S	9:40-10:10 am	\$245	\$306.25	CA26123
9/15-10/20	S	10:15-10:45 am	\$210	\$262.50	CA26124
10/27-12/15	S	10:15-10:45 am	\$245	\$306.25	CA26125
9/15-10/20	S	10:50-11:20 am	\$210	\$262.50	CA26126
10/27-12/15	S	10:50-11:20 am	\$245	\$306.25	CA26127
9/15-10/20	S	11:25-11:55 am	\$210	\$262.50	CA26128
10/27-12/15	S	11:25-11:55 am	\$245	\$306.25	CA26129

Specialty Programs

Date	Day	Time	ID/AP	OD	Class#
Private Lessons (continued)					
9/15-10/20	S	Noon-12:30 pm	\$210	\$262.50	CA26130
10/27-12/15	S	Noon-12:30 pm	\$245	\$306.25	CA26131
9/15-10/20	S	12:35-1:05 pm	\$210	\$262.50	CA26132
10/27-12/15	S	12:35-1:05 pm	\$245	\$306.25	CA26133
9/16-10/21	Su	3:40-4:10 pm	\$210	\$262.50	CA26140
10/28-12/16	Su	3:40-4:10 pm	\$210	\$262.50	CA26141
9/16-10/21	Su	4:15-4:45 pm	\$210	\$262.50	CA26142
10/28-12/16	Su	4:15-4:45 pm	\$210	\$262.50	CA26143
9/16-10/21	Su	4:50-5:20 pm	\$210	\$262.50	CA26144
10/28-12/16	Su	4:50-5:20 pm	\$210	\$262.50	CA26145
9/16-10/21	Su	5:25-5:55 pm	\$210	\$262.50	CA26146
10/28-12/16	Su	5:25-5:55 pm	\$210	\$262.50	CA26147
9/16-10/21	Su	6-6:30 pm	\$210	\$262.50	CA26148
10/28-12/16	Su	6-6:30 pm	\$210	\$262.50	CA26149
9/16-10/21	Su	6:35-7:05 pm	\$210	\$262.50	CA26150
10/28-12/16	Su	6:35-7:05 pm	\$210	\$262.50	CA26151
9/16-10/21	Su	7:10-7:40 pm	\$210	\$262.50	CA26152
10/28-12/16	Su	7:10-7:40 pm	\$210	\$262.50	CA26153

Fall Splash - Youth

9/10-12/19	M/W	6:50-7:45 pm	\$241	\$301.25	CA24042
9/11-12/20	T/Th	6:50-7:45 pm	\$256	\$320	CA24096

Fall Splash - Adult (18+)



Have fun with other adults and get a great workout in with our coaches!
Have an intersquad meet and make new friends!

9/10-12/19	M/W	8-8:55 pm	\$241	\$301.25	CA25248
9/11-12/20	T/Th	8-8:55 pm	\$256	\$320	CA25302

Training Programs

Date	Day	Time	ID/AP	OD	Class#
Jr. Lifeguarding					
9/15-12/8	S	9:05-10:35 am	\$171	\$213.75	CA28320
Train to Work (Free)					
9/30-11/18	Su	10 am-2 pm	Free		CA28099A
12/27-12/30	Th-Su	10 am-3 pm	Free		CA28101A
Lifeguard Training					
Includes \$36 certification fee.					
9/30-11/18	Su	10 am-2 pm	\$279	\$339.75	CA28099
12/27-12/30	Th-Su	10 am-3 pm	\$279	\$339.75	CA28101

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

Conestoga Recreation & Aquatic Center



TUALATIN HILLS
PARK & RECREATION DISTRICT

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

TriMet Bus Routes #62, #92

Facility Supervisor: Sabrina Taylor Schmitt

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

Hours:

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

Facility Closed: 11/22, 12/25

Modified Schedule: 5:30 am-6 pm: 10/31; 9 am-6 pm: 11/11, 11/12, 11/23; 5:30 am-4 pm: 12/24, 12/31
Check online for updates.

Conestoga Aquatic Center features:

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

Conestoga is Hiring

Lifeguards • Sports Instructor • Fitness Instructors
Before and After-school Leaders • Desk Staff

Call 503-629-6313 for more information.

Interested in becoming a lifeguard?

Call 503-619-6885 for more information.

Lap Swim, Open Swim, Fitness, Gym, & Water Fitness

Please see **online schedule** at www.thprd.org for updated details about limited lanes, shared pool times and open swim.

Note: This section is for Conestoga recreation programs only. See pages 33-38 for Conestoga aquatic programs and see page 95 for fitness classes.

Events

Celebrating Indian Culture

Friday Sept. 14, 6:30-9 pm

Beaverton International Festival

Saturday Sept. 15, 1-4 pm

Monster Splash & Bash

Oct. 26, 6:30-8:30 pm

Check into your favorite vampire hotel

Oct. 26, 7 pm

Veterans Day

Sunday, Nov. 11, 9 am

Burn the Bird Zumba

Friday, Nov. 23, 10-11:30 am

Patron Appreciation Day

Dec. 5

Dive in Movie

Friday, Sept. 14, 7 pm

Saturday Jedi Nights in the Pool

11/10, 11/24, 12/8, 12/22, 12/29, 1/5, 6 pm

Welcome to Jungle

Nov. 16, 7 pm

Swim with Santa & Ralphie

Dec. 21, 7 pm

Please check the website or call the center for details on the movies or unique events.

First Free Fridays

Open Swim times

Sept. 7 • Oct. 5 • Nov. 2 • Dec. 7

Wipeout

Sept. 28 • Oct. 26 • Nov. 23 • Dec. 28

Winter Break Camp

All-day winter break camp fun! Each day will include games, sports, arts and crafts, swimming and more. Register for one or all individual days. Fun, off-site field trips scheduled for 12/27, 1/3.

12/26/18 (1) Rm 202	W	7:30 am-6 pm \$55 ID	6-13 yrs \$68.75 OD	C027201
12/27/18 (1) Rm 202	Th	7:30 am-6 pm \$60 ID	6-13 yrs \$75 OD	C027202
12/28/18 (1) Rm 202	F	7:30 am-6 pm \$55 ID	6-13 yrs \$68.75 OD	C027203
1/2/19 (1) Rm 202	W	7:30 am-6 pm \$55 ID	6-13 yrs \$68.75 OD	C027204
1/3/19 (1) Rm 202	Th	7:30 am-6 pm \$60 ID	6-13 yrs \$75 OD	C027205
1/4/19 (1) Rm 202	F	7:30 am-6 pm \$55 ID	6-13 yrs \$68.75 OD	C027206

Conestoga Childcare

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

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

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

Hourly fees:

On-site: ID \$4/hr; OD \$6/hr

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

Monday-Friday Mornings:

8:15 am-12:30 pm

Evenings:

5:15-8:30 pm

Saturday

8 am-noon

Ages:

6 weeks & older

Parents may leave the premises.



Facility Rentals & Birthday Parties at Conestoga

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

Birthday Parties

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

Facility Rentals

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

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

Discover & THRIVE

Wait list is available for all elementary schools

After-school Care

We promote a balanced, supportive and active environment where children are encouraged to discover through participation and try new experiences while fostering creativity. Discover & THRIVE is offered on a first-come, first-served basis to student(s) enrolled in grades K-8, at the following schools: Hiteon, Scholls Heights, Greenway, Nancy Ryles, Sexton Mountain elementary schools and Conestoga Middle School.

Our program is available Monday-Friday. Children are picked up from their school and can stay at our center until 6 pm on regular school days, and from 7:30 am-6 pm on specific non-school days. (Greenway and Conestoga Middle school will walk to Conestoga under the supervision of THPRD staff.) Participants will enjoy recreational activities which include swimming, open gym, games, special projects, homework time and more.

2018-2019 School Year \$300/month; Enrollment fee is \$30.

Wait list is available for all elementary schools.

No-school days included in aftercare tuition (7:30 am-6 pm) for the 2019 school year: 11/8, 1/28, 4/5 and all Wednesday early release dates.

Before-school Care

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

Enrollment fee is \$15.

Call to check availability 503-629-6313.

* All rates reflect in-district prices/valid assessment.

Check online during fall, winter and spring for additional no-school day camps and activities available; additional fees apply.

Indoor Play Park

Ages 1-6 yrs. Monday-Friday and Sundays 9-11:30 am. Call the center for more details, 503-629-6313. Cost: \$4.25, \$5.75/OD.



Indoor Play Park Special Session

Sundays ☺

Students, parents and families of early intervention programs are welcome to join us each Sunday at this time. Go, Baby Go cars are encouraged. All inclusive 9-11:30 am.



Fanno Farmers Nine-month Preschool

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

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

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

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

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

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

∞ This symbol indicates classes open to children of all abilities. However, to provide the best experience to those who have special needs, THPRD Inclusion Services will make available extra support in Wednesday's classes. Program modification, additional staff training, support staff and other services will be included to facilitate inclusion.

Playschool

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

9/10-10/22 (7)	M	9-11:30 am	3½-5 yrs	C028110
Rm 202		ID/AP: \$137	OD: \$171.25	
9/11-10/23 (7)	T	9-11:30 am	3½-5 yrs	C028111
Rm 202		ID/AP: \$137	OD: \$171.25	
9/12-10/24 (7)	W ∞	9-11:30 am	3½-5 yrs	C028112
Rm 202		ID/AP: \$137	OD: \$171.25	
9/13-10/25 (7)	Th	9-11:30 am	3½-5 yrs	C028113
Rm 202		ID/AP: \$137	OD: \$171.25	
9/14-10/26 (7)	F	9-11:30 am	3½-5 yrs	C028114
Rm 202		ID/AP: \$137	OD: \$171.25	
10/29-12/10 (6)	M	9-11:30 am	3½-5 yrs	C028115
Rm 202		ID/AP: \$117	OD: \$146.25	
10/30-12/11 (7)	T	9-11:30 am	3½-5 yrs	C028216
Rm 202		ID/AP: \$137	OD: \$171.25	
10/31-12/12 (6)	W ∞	9-11:30 am	3½-5 yrs	C028217
Rm 202		ID/AP: \$119	OD: \$148.75	
11/1-12/13 (6)	Th	9-11:30 am	3½-5 yrs	C028218
Rm 202		ID/AP: \$119	OD: \$148.75	
11/2-12/14 (5)	F	9-11:30 am	3½-5 yrs	C028219
Rm 202		ID/AP: \$100	OD: \$125	

Playschool Jr., Fall

Playschool Jr.

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

9/10-10/22 (7)	M	9-11 am	2-3½ yrs	C028100
Rm 203		ID/AP: \$122	OD: \$152.50	
9/11-10/23 (7)	T	9-11 am	2-3½ yrs	C028101
Rm 203		ID/AP: \$122	OD: \$152.50	
9/12-10/24 (7)	W ∞	9-11 am	2-3½ yrs	C028102
Rm 203		ID/AP: \$122	OD: \$152.50	
9/13-10/25 (7)	Th	9-11 am	2-3½ yrs	C028103
Rm 203		ID/AP: \$122	OD: \$152.50	
9/14-10/26 (7)	F	9-11 am	2-3½ yrs	C028104
Rm 203		ID/AP: \$122	OD: \$152.50	
10/29-12/10 (6)	M	9-11 am	2-3½ yrs	C028105
Rm 203		ID/AP: \$105	OD: \$131.25	
10/30-12/11 (7)	T	9-11 am	2-3½ yrs	C028106
Rm 203		ID/AP: \$122	OD: \$152.50	
10/31-12/12 (6)	W ∞	9-11 am	2-3½ yrs	C028107
Rm 203		ID/AP: \$105	OD: \$131.25	
11/1-12/13 (6)	Th	9-11 am	2-3½ yrs	C028108
Rm 203		ID/AP: \$105	OD: \$131.25	
11/2-12/14 (5)	F	9-11 am	2-3½ yrs	C028109
Rm 203		ID/AP: \$87	OD: \$108.75	

NEW preschool interest list.

Also - Conestoga will be adding a bilingual (Spanish) class this fall. Call the center for more information.

Please see page 5 for class observation guidelines.

Arts & Crafts - Preschool

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

Art Tots - Paint n' More

We focus on techniques that demonstrate the elements of art including line, shape, form, color and texture. Come prepared to get messy! **Parent participation required.** No class 11/12.

9/17-12/10 (12)	M	9:30-10:15 am	2-4 yrs	C024100
Rm 200		ID/AP: \$75	OD: \$93.75	
9/18-12/11 (13)	T	11-11:45 am	2-4 yrs	C024101
Rm 200		ID/AP: \$81	OD: \$101.25	
9/20-12/13 (12)	Th	9:15-10 am	1.5-2 yrs	C024102
Rm 200		ID/AP: \$75	OD: \$93.75	
9/21-12/14 (11)	F	9:30-10:15 am	1.5-2 yrs	C024103
Rm 200		ID/AP: \$68	OD: \$85	

Little Masters

This is a drop off class designed for preschoolers. In class children will explore various art materials including paint, clay, crayons, and more. Creative exploration, new art concepts and skills will be introduced such as shape, texture, line, gluing, cutting and more.

9/19-10/31 (7)	W	9:30-10:15 am	3-5 yrs	C024108
Rm 200		ID/AP: \$43	OD: \$53.75	

NEW

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

Arts & Crafts - Preschool

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Munchkin Mozarts				
Nurture your toddlers energy and creativity in a class designed for children who love to move. Play instruments, sing, dance and uncover an engaging musical world while building your toddler's confidence, self-control, and early language skills. Parent participation required. No class 11/12.				
9/17-12/10 (12) Rm 200	M	11-11:45 am ID/AP: \$75	1.5-2 yrs OD: \$93.75	CO24105
9/18-12/11 (13) Rm 200	T	9:30-10:15 am ID/AP: \$81	1.5-2 yrs OD: \$101.25	CO24106
9/21-12/14 (11) Rm 200	F	11-11:45 am ID/AP: \$68	2-4 yrs OD: \$85	CO24107

Ooze, Goo & Slimy Science & Art

Do you have a little one who loves slime, gooey stuff, science and getting messy with art? Then join us for this fun creative class.

9/19-10/31 (7) Rm 200	W	11-11:45 am ID/AP: \$43	3-5 yrs OD: \$53.75	CO24109
--------------------------	---	----------------------------	------------------------	---------

Arts & Crafts - Youth

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Art Sampler				
Each week is different; from clay, wood sculptures, painting on canvas, paper mache and more! No class 11/22.				
9/20-12/13 (12) Rm 200	Th	6-7 pm ID/AP: \$102	8½-10 yrs OD: \$125	CO24201

Drawing & Painting Beyond the Basics

Explore and develop painting and drawing techniques that inspire and encourage individual expression through art. A variety of art materials used. No class 11/12.

9/17-12/10 (12) Rm 200	M	6-7 pm ID/AP: \$90	7-12 yrs OD: \$112.50	CO24200
---------------------------	---	-----------------------	--------------------------	---------

Home School Art Class

Art sampler class, each week is different; from clay, wood sculptures, painting on canvas, papier-mâché and much more! No class 11/22.

9/20-12/13 (12) Rm 200	Th	10:30 am-noon ID/AP: \$118	9-12 yrs OD: \$147.50	CO24204
---------------------------	----	-------------------------------	--------------------------	---------

Family Art Nights

Bring your family and create something fantastic with clay, paint, collage and more! Fun for all ages, everybody is welcome to experience the fun of art! Call the center for group rates; youth groups, girl scouts/boy scouts etc.

9/28 (1) Rm 200	F	6:30-8:30 pm ID/AP: \$10	4 yrs-Adult OD: \$12.50	CO24205
10/12 (1) Rm 200	F	6:30-8:30 pm ID/AP: \$10	4 yrs-Adult OD: \$12.50	CO24206
11/16 (1) Rm 200	F	6:30-8:30 pm ID/AP: \$10	4 yrs-Adult OD: \$12.50	CO24300
12/7 (1) Rm 200	F	6:30-8:30 pm ID/AP: \$10	4 yrs-Adult OD: \$12.50	CO24301

Arts & Crafts - Teen/Adult

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Fused Glass, Coasters				
Students will design and make four coasters - great for gift giving. Fee payable to instructor at first class. \$20/4, \$5 each additional.				
9/8 (1) Rm 101	S	11 am-1 pm ID/AP: ID/AP: \$16	14 yrs-Adult OD: \$20	CO24500
Fused Glass, Suncatcher				
Students will make two panels, 6"x6" each, connected with a chain. \$20 additional fee payable to instructor at first class.				
9/22 (1) Rm 101	S	11 am-1 pm ID/AP: \$17	14 yrs-Adult OD: \$21.25	CO24501
Fused Glass, Dish Set				
Students will make a four-dish set, each 8"x8". \$60 lab fee payable to instructor at first class. \$15 for each additional dish if desired.				
10/6 (1) Rm 101	S	11 am-1:30 pm ID/AP: \$21	14 yrs-Adult OD: \$26.25	CO24502
Fused Glass, Wind Chimes				
Students will be given pre-cut base glass and then using a variety of colors and shapes of glass they will create their own unique wind chimes. Wind Chimes; \$35 lab fee payable to instructor at first class.				
10/20 (1) Rm 101	S	11 am-1:30 pm ID/AP: \$21	14 yrs-Adult OD: \$26.25	CO24503
Fused glass, Pins or Magnets				
Students will make a set of four pins or magnets, each fitted with either a pin back or magnet. \$16 lab fee payable to instructor at first class. \$4 each additional piece if desired.				
11/3 (1) Rm 101	S	11 am-1 pm ID/AP: \$16	14 yrs-Adult OD: \$20	CO24504
Fused Glass, Small Dishes				
Students will create a set of four small dishes, 4"x4" each. Great for jewelry, trinkets, or as a great gift. \$25 lab fee payable to instructor at first class. \$5 each additional piece if desired.				
11/17 (1) Rm 101	S	11 am-1 pm ID/AP: \$16	14 yrs-Adult OD: \$20	CO24505
Fused Glass, Holiday Ornaments				
Students will make 4 ornaments they design that can be given as gifts or hung on the tree. Ornaments - (\$25/4) \$5 each additional ornament fee payable to instructor at first class.				
12/1 (1) Rm 101	S	11 am-1 pm ID/AP: \$16	14 yrs-Adult OD: \$20	CO24506
12/15 (1) Rm 101	S	11 am-1 pm ID/AP: \$16	14 yrs-Adult OD: \$20	CO24507
11/7-12/12 (1) Rm 101	W	9:30 am-12:30 pm ID/AP: \$110	14 yrs-Adult OD: \$137.50	CO24508

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

Dance & Drama - Preschool

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

Ballet, Beginning

A wonderful introduction to ballet steps and terminology. This class will teach children balance and poise while developing strength and coordination. No class 11/12, 11/22. (Kelly)

9/17-12/17 (13) Rm 204	M	11-11:40 am ID/AP: \$78	3½-5½ yrs OD: \$97.50	C021101
---------------------------	---	----------------------------	--------------------------	---------

Ballet

Follow the traditional ballet class structure of barre work, dancers will gain strength and flexibility and work on ballet jumps, turns and vocabulary. All levels welcome. (Leslie) No class 11/12, 11/22.

9/17-12/17 (13) Rm 204	M	4-4:45 pm ID/AP: \$78	4-6 yrs OD: \$97.50	C021102
9/20-12/20 (13) Rm 204	Th	10:45-11:30 am ID/AP: \$78	4½-6 yrs OD: \$97.50	C021103

Ballet II

This class is designed for students who have had multiple pre-ballet or beginning ballet classes and are ready to advance. No class 11/12. (Kelly)

9/17-12/17 (13) Rm 204	M	11:45 am-12:30 pm ID/AP: \$78	3½-6 yrs OD: \$97.50	C021104
---------------------------	---	----------------------------------	-------------------------	---------

Ballet Prep

This class bridges the gap between early childhood classes and other ballet offerings. Explore developmental ballet concepts such as balance, strength, control, coordination and basic terminology. Techniques are introduced through props and fun music. No class 11/23. (Leslie)

9/21-12/21 (13) Rm 204	F	10:45-11:30 am ID/AP: \$78	3-5 yrs OD: \$97.50	C021105
---------------------------	---	-------------------------------	------------------------	---------

Ballet/Tap

Learn beginning technique for ballet and tap and develop coordination, strength and balance. Tap shoes required. No class 10/31, 11/21. (Leslie)

9/19-12/19 (12) Rm 204	W	5-5:45 pm ID/AP: \$72	4-6 yrs OD: \$90	C021106
---------------------------	---	--------------------------	---------------------	---------

Broadway Kids

A star is born. Basic ballet and jazz movement are introduced as well as creative exploration of music, singing and spatial awareness. No class 11/23. (Leslie)

9/21-12/21 (13) Rm 204	F	11:50 am-12:35 pm ID/AP: \$78	4-6 yrs OD: \$97.50	C021107
---------------------------	---	----------------------------------	------------------------	---------

Dance Palooza

Not sure what kind of dance your child will like? Sample ballet, jazz, Hip-hop and creative movement. We'll use props, move like animals and play dance games. No class 10/31, 11/21. (Leslie)

9/19-12/19 (12) Rm 204	W	4-4:45 pm ID/AP: \$72	3-5 yrs OD: \$90	C021108
---------------------------	---	--------------------------	---------------------	---------



Dance classes: What should I wear?

Girls: Ballet slippers, leotard and tights preferred.
Boys: Ballet slippers, white t-shirt, sweat pants.

Dance & Drama - Preschool

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

Disney Hip-Hop

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

9/18-12/18 (14) Rm 204	T	10:45-11:25 am ID/AP: \$85	3½-6 yrs OD: \$106.25	C021109
---------------------------	---	-------------------------------	--------------------------	---------

Gymnastic Dance

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

9/18-12/18 (14) Rm 204	T	11:30 am-12:15 pm ID/AP: \$85	3-5 yrs OD: \$106.25	C021110
9/20-12/20 (13) Rm 204	Th	11:50 am-12:30 pm ID/AP: \$78	4-6 yrs OD: \$97.50	C021111

Hip-Hop

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

9/23-12/16 (12) Rm 204	Su	2-2:45 pm ID/AP: \$72	4-6 yrs OD: \$90	C021112
---------------------------	----	--------------------------	---------------------	---------

Tiny Tutus

Tiny dancers will learn basic ballet movements and improve both balance and coordination in a nurturing and fun environment. Props and fun music are incorporated. Parent participation may be required at the discretion of the instructor. No class 11/12, 11/22, 11/23.

9/17-12/17 (13) Rm 204	M	10-10:40 am ID/AP: \$78	2½-3 yrs OD: \$97.50 (Kelly)	C021113
9/20-12/20 (13) Rm 204	Th	10-10:40 am ID/AP: \$78	2½-3 yrs OD: \$97.50(Kelly)	C021114
9/21-12/21 (13) Rm 204	F	10-10:45 am ID/AP: \$78	2½-3 yrs OD: \$97.50 (Leslie)	C021115

Toddler Two Step

Spark your child's imagination and love for dance. Parent and child will dance to fun songs, develop coordination and body awareness. Dance props such as crowns, ribbons, etc. will be used. **Parent participation required.** (Kelly)

9/18-12/18 (14) Rm 204	T	9:45-10:25 am ID/AP: \$85	2-3 yrs OD: \$106.25	C021116
---------------------------	---	------------------------------	-------------------------	---------

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

Dance & Drama - Youth

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Ballet II This class is designed for students who have had multiple pre-ballet or beginning ballet classes and are ready to advance. No class 11/12. (Leslie)				

9/17-12/17 (13) M 4:45-5:45 pm 5-8 yrs CO21201
Rm 204 ID/AP: \$97 OD: \$121.25

Broadway Bound/Theater

Get a taste of Broadway! This class combines acting, singing and dancing. Develop your creative interests and experience a final performance. No class 11/12. (Leslie)

9/17-12/17 (13) M 6:05-7:05 pm 6-10 yrs CO21202
Rm 204 ID/AP: \$97 OD: \$121.25

Hip-Hop

Young dancers will learn rhythm, musicality, coordination, and age-appropriate choreography to contemporary and upbeat music. No class 10/26, 11/23, 11/25.

9/21-12/21 (12) F 3:30-4:25 pm 5½-8 yrs CO21204
Rm 201 ID/AP: \$90 OD: \$112.50 (Kelly)
9/21-12/21 (12) F 4:30-5:25 pm 8-12 yrs CO21205
Rm 201 ID/AP: \$90 OD: \$112.50 (Kelly)
9/23-12/16 (12) Su 3:05-4:05 pm 7½-11 yrs CO21206
Rm 204 ID/AP: \$90 OD: \$112.50 (Lauren)

Hip-Hop II/III

This class introduces popping, glides and slides and basic choreography and teaches students how to listen and dance to the backbeats, accents and groove of the music. No class 10/26, 11/23. (Kelly)

9/21-12/21 (12) F 5:45-6:45 pm 9-15 yrs CO21207
Rm 204 ID/AP: \$90 OD: \$112.50

Tap

This class will get you moving! Create music with your feet as we explore both classic Broadway tap and rhythm tap to popular tunes. No class 10/31, 11/21. (Leslie)

9/19-12/19 (12) W 6:05-6:50 pm 6-10 yrs CO21208
Rm 204 ID/AP: \$72 OD: \$90

Ballroom I, Latin

Learn the cha-cha, samba, rhumba, 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.

10/23-12/11 (8) T 7:30-8:25 pm 14 yrs-Adult CO21301
Rm 204 ID/AP: \$60 OD: \$75

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.

10/23-12/11 (8) T 8:30-9:25 pm 14 yrs-Adult CO21302
Rm 201 ID/AP: \$60 OD: \$75

Dance & Drama - Adult

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Tap, Adult Learn beginning technique for tap and develop coordination, strength and balance. Tap shoes required. No class 10/31, 11/21. (Leslie)				

9/19-12/19 (12) W 6:50-7:35 pm 13 yrs-Adult CO21303
Rm 204 ID/AP: \$72 OD: \$90

Tap 2, Adult

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. No class 11/12. (Leslie)

9/17-12/17 (13) M 7:05-8:05 pm 13 yrs-Adult CO21304
Rm 204 ID/AP: \$97 OD: \$121.25

General Interest - Youth-Adult

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

Babysitting 101

This course is designed to help middle school and teenage youth learn what it takes to be a responsible, caring, trustworthy, competent, capable and safe babysitter. Bring paper, pencil, drink and sack lunch to class.

10/28 (1) Su 10:30 am-5:45 pm 11-15 yrs CO25200
Rm 101 ID/AP: \$50 OD: \$62.50
12/9 (1) Su 10:30 am-5:45 pm 11-15 yrs CO25201
Rm 101 ID/AP: \$50 OD: \$62.50

Binder Organization for Middle Schoolers

Are things getting lost? Is homework not turned in? Does school paperwork feel overwhelming? Get some help with organization! Learn how to organize a binder, categorize school papers and practice how to manage the daily flow of various papers to/from school. Please bring your current school binder to class. Students also receive Ten Binder Organization Tips - a reference sheet for students/parents. (MaryEllen)

10/20 (1) S 12:30-2 pm 10-13 yrs CO25202
Rm 200 ID/AP: \$25 OD: \$27.25

Sew-tactic Private Sewing Lessons or group lessons

For beginners who need basic machine skills, learn different stitches and more. Or for those that would like to advance their skills or need help finishing a project. All levels welcome!

Starting fall term; Saturdays – lesson times from Noon-3:30 pm. Call the center to reserve your spot or for more information- 503-629-6313

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-Adult

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Cooking				
Cooking From Scratch				
Join us for a new cooking series where you can choose all of them or just one. Each term will be different and each week there will be a different focus. Cannot accommodate for allergies.(Erina)				
Culinary Techniques				
9/22 (1) Rm 202	S	9:30-11:30 am ID/AP: \$21	8-12 yrs OD: \$23.75	C025203
Pasta				
9/29 (1) Rm 202	S	9:30-11:30 am ID/AP: \$21	8-12 yrs OD: \$23.75	C025204
Cultural Foods				
10/6 (1) Rm 202	S	9:30-11:30 am ID/AP: \$21	8-12 yrs OD: \$23.75	C025205
Make your own Takeout				
10/13 (1) Rm 202	S	9:30-11:30 am ID/AP: \$21	8-12 yrs OD: \$23.75	C025206
Breakfast				
10/20 (1) Rm 202	S	9:30-11:30 am ID/AP: \$21	8-12 yrs OD: \$23.75	C025207
Lunch Box Meals				
10/27 (1) Rm 202	S	9:30-11:30 am ID/AP: \$21	8-12 yrs OD: \$23.75	C025208
Dinner				
11/3 (1) Rm 202	S	9:30-11:30 am ID/AP: \$21	8-12 yrs OD: \$23.75	C025209
Desserts				
11/17 (1) Rm 202	S	9:30-11:30 am ID/AP: \$21	8-12 yrs OD: \$23.75	C025210
Holiday Cookies				
12/1 (1) Rm 202	S	9:30-11:30 am ID/AP: \$21	8-12 yrs OD: \$23.75	C025211
12/8 (1) Rm 202	S	9:30-11:30 am ID/AP: \$21	8-12 yrs OD: \$23.75	C025212

Home Alone

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

10/21 (1) Rm 101	Su	1-3:45 pm ID/AP: \$25	8-12 yrs OD: \$31.25	C025214
12/2 (1) Rm 101	Su	1-3:45 pm ID/AP: \$25	8-12 yrs OD: \$31.25	C025215

General Interest - Youth-Adult

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Family Fun Days new				
A fun-filled time for the whole family! Join us for fun activities that you can make great memories. Each event has a special theme. Call the center for group rates; youth groups, girl scouts/boy scouts etc.				
Treasure Hunting				
You'll have the chance to win a THPRD gift card and make a homemade treat.				
9/30 (1) Rm 200	Su	1-4 pm ID/AP: \$10	5 yrs-Adult OD: \$12.50	C025217
Pool Games				
Pool games night includes swimming, fun games in the pool and dinner.				
10/13 (1) Rm 200	S	6-8 pm ID/AP: \$10	5 yrs-Adult OD: \$12.50	C025216
Homemade Pizzas & Bingo				
We will make homemade pizzas and play bingo!				
10/28 (1) Rm 200	Su	1-4 pm ID/AP: \$10	5 yrs-Adult OD: \$12.50	C025218
Urban Traveler/ No-school day Excursion new				
While school is out, join us for a fun day exploring the City! We will ride MAX downtown, learn how to read maps, visit a park, have a fun scavenger hunt around town and more!				
11/9 (1) Off-site	F	7:30 am-6 pm ID/AP: \$75	10-14 yrs OD: \$93.75	C025213
Sports & Fitness - Preschool				
Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Developing Your Young Athlete				
Together with your child, we'll be encouraging large motor skill development through a variety of fun games while introducing small children to group a setting. Parent participation required. No class 11/12, 11/23.				
9/10-12/17 (14) Gym-Ct B	M	9-9:45 am ID/AP: \$83	2-3 yrs OD: \$103.75	C022100
9/11-12/18 (15) Gym-Ct A	T	11:15 am-noon ID/AP: \$89	2-3 yrs OD: \$111.25	C022101
9/14-12/21 (14) Gym-Ct B	F	9-9:45 am ID/AP: \$83	2-3 yrs OD: \$103.75	C022102
9/22-12/22 (13) Gym-Ct B	S	9-9:45 am ID/AP: \$79	2-3 yrs OD: \$98.75	C022103
Munchkin Basketball				
Sports classes are designed to get preschoolers engaged in sports which emphasize confidence, build, self-esteem, teach teamwork and improve both coordination and motor skills. No class 11/12.				
9/10-12/17 (14) Gym-Ct B	M	10:15-11 am ID/AP: \$83	3-5 yrs OD: \$103.75	C022116
9/13-12/20 (14) Gym-Ct A	Th	9-9:45 am ID/AP: \$83	3-5 yrs OD: \$103.75	C022117
9/13-12/20 (14) Gym-Ct B	Th	4:30-5:15 pm ID/AP: \$83	3-5 yrs OD: \$103.75	C022118
9/22-12/15 (12) Gym-Ct B	S	11-11:45 am ID/AP: \$73	3-5 yrs OD: \$91.25	C022119
9/16-12/16 (13) Gym-Ct A	Su	11-11:45 am ID/AP: \$79	3-5 yrs OD: \$98.75	C022120
9/16-12/16 (13) Gym-Ct B	Su	4-4:45 pm ID/AP: \$79	3-5 yrs OD: \$98.75	C022121

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

Sports & Fitness - Preschool

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Munchkin Soccer Featuring drills, games and group activities.				
9/12-12/19 (15) Gym-Ct B	W	10:15-11 am ID/AP: \$89	3-5 yrs OD: \$111.25	CO22112
9/13-12/20 (14) Gym-Ct A	Th	11:15 am-Noon ID/AP: \$83	3-5 yrs OD: \$103.75	CO22113
9/22-12/15 (12) Gym-Ct B	S	10-10:45 am ID/AP: \$73	3-5 yrs OD: \$91.5	CO22114
9/16-12/16 (13) Gym-Ct B	Su	3-3:45 pm ID/AP: \$79	3-5 yrs OD: \$98.75	CO22115

Munchkin Sports

Featuring drills, games and group activity for a variety of sports. No class 10/26, 11/23.

9/11-12/18 (15) Gym-Ct A	T	10:15-11 am ID/AP: \$89	3-5 yrs OD: \$111.25	CO22108
9/14-12/21 (14) Gym-Ct B	F	10:15-11 am ID/AP: \$83	3-5 yrs OD: \$103.25	CO22109
9/21-12/21 (13) Gym-Ct B	F	5:30-6:15 pm ID/AP: \$71	3½-5 yrs OD: \$88.75	CO22111
9/22-12/15 (12) Gym-Ct A	S	11:15 am-noon ID/AP: \$73	3-5 yrs OD: \$91.25	CO22110

Toddler & Me Basketball

Together with your child, we'll encourage large motor skill development through a variety of fun games. The instructor provides skill guidance to parents. **Parent participation required.** No Class 11/12, 11/22.

9/10-12/17 (14) Gym-Ct B	M	11:15 am-noon ID/AP: \$81	3-4 yrs OD: \$101.25	CO22104
9/13-12/20 (14) Gym-Ct A	Th	10:15-11 am ID/AP: \$81	3-4 yrs OD: \$101.25	CO22105

Toddler & Me Soccer

Together with your child, we'll encourage large motor skill development through a variety of fun soccer games. The instructor provides skill guidance to parents. **Parent participation required.** No class 11/21.

9/12-12/19 (15) Gym-Ct B	W	9-9:45 am ID/AP: \$89	3-4 yrs OD: \$111.25	CO22106
-----------------------------	---	--------------------------	-------------------------	---------

Toddler & Me T-ball

Together with your child, we'll encourage large motor skill development through a variety of fun t-ball games. The instructor provides skill guidance to parents. **Parent participation required.** No class 11/25.

9/16-12/16 (13) Gym-Ct A	Su	9-9:45 am ID/AP: \$79	3-4 yrs OD: \$98.75	CO22107
-----------------------------	----	--------------------------	------------------------	---------

Munchkin Tumbling

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

9/11-12/18 (15) Gym-Ct A	T	9-9:45 am ID/AP: \$89	2-3 yrs OD: \$111.25	CO22122
9/22-12/15 (12) Gym-Ct B	S	12:30-1:15 pm ID/AP: \$73	3-5 yrs OD: \$91.25	CO22125

Sports & Fitness - Preschool

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Wiggle Time Tumbling Come join us to get your wiggles out! We use obstacle courses to increase coordination, strength and balance. Tumbling mats, balance beam, trampoline and cheese wedge will also be used in this great beginner class. Parent participation required.				
9/12-12/19 (15) Gym-Ct B	W	11:30 am-12:15 pm ID/AP: \$89	3-5 yrs OD: \$111.25	CO22123
9/14-12/21 (14) Gym-Ct B	F	11:30 am-12:15 pm ID/AP: \$81	3-5 yrs OD: \$101.25	CO22124

Sports & Fitness - Youth/Teen

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Basketball Basics Learn basic basketball skills including passing, ball control, dribbling, shooting and footwork. This is a great class for those just starting to build basketball skills. Children will work together in a positive environment learning how to be part of a team. No class 11/12.				

9/10-12/17 (14) Gym-Ct B	M	5:30-6:15 pm ID/AP: \$104	6-8 yrs OD: \$130	CO22204
9/22-12/15 (12) Gym-Ct B	S	1:30-2:15 pm ID/AP: \$91	6-8 yrs OD: \$113.75	CO22205
9/16-12/16 (13) Gym-Ct B	Su	5:15-6 pm ID/AP: \$98	6-8 yrs OD: \$122.50	CO22206

Basketball Conditioning

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

9/11-10/25 (7) Gym-Ct B	T/Th	5:30-6:15 pm ID/AP: \$110	8-12 yrs OD: \$137.50	CO22200
10/30-12/20 (8) Gym-Ct B	T/Th	5:30-6:15 pm ID/AP: \$117	8-12 yrs OD: \$146.25	CO22201
9/11-10/25 (7) Gym-Ct B	T/Th	6:30-7:15 pm ID/AP: \$110	12-15 yrs OD: \$137.50	CO22202
10/30-12/20 (8) Gym-Ct B	T/Th	6:30-7:15 pm ID/AP: \$117	12-15 yrs OD: \$146.25	CO22203

Basketball Skills & Drills Clinic

These mini basketball clinics are designed to build individual skills in dribbling, shooting, passing, rebounding and defense. At the end of each clinic, players will scrimmage to emphasize application of skills and new techniques. No class 11/24.

9/22-12/15 (12) Gym-Ct A	S	9:10-10 am ID/AP: \$111	12-14 yrs OD: \$138.75	CO22224
9/22-12/15 (12) Gym-Ct A	S	10:10-11 am ID/AP: \$111	12-14 yrs OD: \$138.75	CO22225

Looking for Ice Skating? Call our friends at the Sherwood Ice Rink at 503- 625-5757

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 #
---------------------------	-----	---------------	------------	---------

Soccer Basics

Learn basic soccer knowledge including passing, ball control, dribbling and shooting. This is a great class to take if you are just starting out with your soccer skills. Children will work together in a positive environment learning how to be a part of a team. No class 11/12.

9/10-12/17 (14) Gym-Ct B	M	4:30-5:15 pm ID/AP: \$83	6-8 yrs OD: \$103.75	CO22209
-----------------------------	---	-----------------------------	-------------------------	---------

Soccer Skills

Children will work on developing their soccer skills in an environment that encourages praise and positive reinforcement. This is a great place for your child to make new friends and continue to explore all the fun that soccer has to offer. No class 10/26.

9/11-12/18 (15) Gym-Ct B	T	4:30-5:15 pm ID/AP: \$89	6-10 yrs OD: \$111.25	CO22210
9/21-12/21 (13) Gym-Ct B	F	4:30-5:15 pm ID/AP: \$71	8-12 yrs OD: \$88.75	CO22211

Soccer Scrimmage

Perfect for children who know the basics of soccer, but need help with their scrimmage experience. Come brush up on your fundamentals and proper techniques of soccer. We will build our teamwork through an emphasis on fair play and fun! Shin guards recommended. No class 11/12.

9/10-12/17 (14) Gym-Ct B	M	6:30-7:15 pm ID/AP: \$83	8-12 yrs OD: \$103.75	CO22207
9/16-12/16 (13) Gym-Ct A	Su	10-10:45 am ID/AP: \$79	6-8 yrs OD: \$98.75	CO22208

Teen Barre

Teen Barre is a fun, energetic, workout that fuses techniques from Dance, Pilates, and Yoga. This class is the perfect combination of strength and flexibility with an added cardiovascular element utilizing the barre. No class 11/12.

9/10-12/17 (14) Rm 201	M	4:30-5:25 pm ID/AP: \$110	10-15 yrs OD: \$137.50	CO22565
---------------------------	---	------------------------------	---------------------------	---------

Teen Yoga

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

9/12-12/19 (15) Rm 201	W	4:30-5:25 pm ID/AP: \$117	10-15 yrs OD: \$146.25	CO22564
---------------------------	---	------------------------------	---------------------------	---------

Teenfit, Strength & Conditioning

Improve endurance, strength, self-esteem and knowledge in this well-rounded program promoting an active lifestyle. Includes weight training and cardio conditioning in a positive and welcoming atmosphere with a focus on individual goals. No class 11/22.

9/11-12/20 (16) Rm 201	T/Th	4:30-5:25 pm ID/AP: \$227	11-17 yrs OD: \$283.75	CO22566
---------------------------	------	------------------------------	---------------------------	---------

Sports & Fitness - Youth/Teen

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

Tennis Basics

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

9/16-12/16 (13) Gym-Ct B	Su	1:15-2 pm ID/AP: \$79	8-12 yrs OD: \$98.75	CO22127
9/12-12/19 (14) Gym-Ct B	W	4:30-5:15 pm ID/AP: \$83	8-12 yrs OD: \$103.75	CO22128

Volleyball, Beginners

Come learn basic volleyball fundamentals, including bumping, passing, ball control, serving, rules of the game and more. Children will work together in a positive environment learning how to be part of a team. No class 10/31.

9/12-12/19 (14) Gym-Ct B	W	5:30-6:15 pm ID/AP: \$89	8-12 yrs OD: \$111.25	CO22212
-----------------------------	---	-----------------------------	--------------------------	---------

Volleyball, Intermediate Skills

This class is for those who know the basic rules of volleyball, but need help with their skill progression and actual game experience. Must have taken a beginner course to register and will be assessed on the first day of class. No class 10/31.

9/12-12/19 (14) Gym-Ct B	W	6:35-7:25 pm ID/AP: \$99	11-15 yrs OD: \$123.75	CO22213
-----------------------------	---	-----------------------------	---------------------------	---------

Sports & Fitness - Family

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

Burn the Bird Zumba

Dance off that Thanksgiving Day food with three certified Zumba instructors for 90 minutes! This Zumba class is designed for the whole family to come and enjoy together! Cost includes one adult and one child. \$4 per additional child (ages 6 and up only).

11/23 (1) Gym-Ct B	F	10-11:30 am ID/AP: \$10	6 yrs-Adult OD: \$12.50	CO22521
-----------------------	---	----------------------------	----------------------------	---------

Family Tennis

Come learn to play tennis with your child in this group class. Basic intro Level 1 class. **Parent participation required.** Register child only, cost includes one parent. No class 11/25.

9/16-12/16 (13) Gym-Ct B	Su	12:15-1 pm ID/AP: \$79	6 yrs-Adult OD: \$98.75	CO22126
-----------------------------	----	---------------------------	----------------------------	---------

**Looking for class that is not listed?
Call the center to inquire or visit www.thprd.org
for updated class information.**

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

Sports & Fitness - Family

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

Martial Arts

Karate Kids

Intro to Karate, children will gain skills in self-confidence, cooperation, effective communication and motivation. Uniforms are not required. No class 11/22.

9/11-12/18 (15)	T	4-4:45 pm ID/AP: \$82	4-6 yrs OD: \$102.50	C022163
Rm 204				
9/13-12/20 (14)	Th	6-6:45 pm ID/AP: \$77	4½-6 yrs OD: \$96.25	C022166
Rm 204				

Karate, Beginning

Shorin-Ryu is a self defensive oriented, traditional Okinawan karate style. Learn basic blocks, punches, kicks, break fall techniques, and kata. Uniforms required. Information provided at first class.

9/11-12/18 (15)	T	5-5:55 pm ID/AP: \$96	8-12 yrs OD: \$120	C022164
Rm 204				
9/13-12/20 (14)	Th	5-5:55 pm ID/AP: \$89	8-12 yrs OD: \$111.25	C022167
Rm 204				

Beginning Karate for the Family

Shorin-Ryu is a self defensive oriented, traditional Okinawan karate style. Learn basic blocks, punches, kicks, break fall techniques, and kata. Uniforms required. Information provided at first class.

9/11-12/18 (15)	T	6:15-7:15 pm ID/AP: \$102	8 yrs-Adult OD: \$127.50	C022165
Rm 204				
9/13-12/20 (14)	Th	7:05-8:05 pm ID/AP: \$95	8 yrs-Adult OD: \$118.75	C022168
Rm 204				

Kendo: Japanese Fencing

Learn the basic skills and techniques of Japanese swordsmanship. Martial arts philosophy and manners will be presented. Additional fee of \$25 for the bamboo practice sword is due first night of class, payable to Obukan Kendo Club. No class 9/15, 10/26, 11/23.

9/21-12/21 (13)	F	6:30-7:25 pm ID/AP: \$77	10 yrs-Adult OD: \$96.25	C022169
Gym-Ct B				

Black Light Zumba®

1st & 3rd Fridays through February.

Drop-in - no pre-registration required.

1st & 3rd Fridays	6:30-7:30 pm	14 yrs-Adult
Rm 201	ID/AP: \$7.50	OD: \$9.25

Deluxe Pass Fitness Teen/Adult

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

Updates are listed on our website at: www.thprd.org/facilities/recreation/conestoga/schedule/fitness/#dropin. No classes 11/11, 11/12, 11/21-11/23.

For alternate facility hours, see page 85.

Conestoga Fitness Programs

Weight Room Walk-through

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

Weight Room Orientation

Call Conestoga at 503-629-6313 to schedule a 45-minute session covering an abbreviated fitness assessment and instruction on equipment and proper form. **Cost: \$46.75**

Personal Training

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

Single Session: \$52.75 ID / \$66 OD
Three Sessions: \$158.25 ID / \$197.75 OD
Six Sessions: \$316.50 ID / \$395.75 OD

Two-person Small Group Training

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

Single Session: \$39.50 ID / \$49.50 OD
Three Sessions: \$118.75 ID / \$148.50 OD
Six Sessions: \$237.50 ID / \$297 OD

Family Yoga

1st & 3rd Saturday of the month • 9:30-10:15 am

In this class, we will focus on improving strength and flexibility. We will explore flowing sequences, balance poses, breathing exercises and visualization techniques. Cooperative yoga games and partner poses will encourage social interaction. This class is a wonderful opportunity for some family bonding time (price includes one child and one adult). Drop-in - no pre-registration required.

Ages 3+ \$7.75 ID \$9.75 OD

Drop-in Fitness Classes - No Registration Necessary!

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

Fitness Class Descriptions

For Conestoga's updated fitness schedule, visit www.thprd.org/recreation/conestoga

20/20/20

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

Barre Booty

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

Body Blitz

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

BodyPump!

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

Cardio Barre

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

Cycle/core

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

Flow Yoga

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

HIIT: High Intensity Interval Training

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

Low Impact Total Body Conditioning

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

PIYO: Live

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

Pop-Pilates

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

Total Body Conditioning

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

Water Fitness

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

Yoga

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

Yoga/Pilates/Joint Functionality

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

Zumba®

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

Zumba® Gold

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