

Garden Home Recreation Center



TUALATIN HILLS
PARK & RECREATION DISTRICT

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

TriMet Route #45

Facility Supervisor: Catherine Ellis

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

Hours:

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

Facility Closed: 11/22, 12/25

Modified Schedule: 9/3, 11/12, 11/23, 12/24 (7 am-7 pm); 11/30, 12/24 (5:30 am-4 pm)

Facility Features:

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

Patron Appreciation Week December 3-7

Facility Rentals

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

Special Events

The Garden Home Pumpkin Hunt

and
Haunted House
in the library!

**Friday, Oct. 19
6-8 pm**



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

See page 123 for class ID

34th Annual Holiday Bazaar

**Saturday, Dec. 1
9 am - 4 pm**

Pancake Breakfast 8-11 am

Holiday Show: 8-9 am

See page 123 for more information.



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



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

No program dates: 11/22, 11/23, 11/30, 12/24, 12/25
(subject to change). Drop-in rates apply.

See page 126 for Garden Home Recreation Center fitness information.

Licensed Preschools

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

Small Friends, Inc. - 503-388-2266

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

Head Start - 503-693-3262



503-245-9932 • www.wccls.org

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

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

Community Sustainability Fair + Repair Fair at Garden Home Recreation Center

Friday, Oct. 12, 5-7:30 pm

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

Haunted Library Friday, October 19

Slightly spooky from 5-6 pm is great for younger kids, those who frighten easily and those with sensory sensitivities. Full spooky with more blood and guts from 6-8.



Garden Home Childcare Program

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



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

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

On-site fee: ID \$4/hr; OD \$6/hr
Off-site fee: ID \$6/hr; OD \$7.50/hr

Mornings: Monday-Friday, 8:30 am-12:30 pm

Evenings: Monday-Friday, 5:15-8:30 pm

Weekends: Saturday, 9 am-Noon

Ages 6 weeks and older.

Parents may leave the premises.

West Portland Boxing Team

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

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

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

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



The Discovery Club Afterschool Program

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

Available Schools

McKay
Montclair
Raleigh Hills
Raleigh Park
Vose
Whitford

Program Components

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

Tuition

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

Discovery Club (Grades K-5)

3-6 pm | \$300 per month
Wednesday early release will be accommodated.

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

Discovery Club No School Days

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

9/3 (1) Rm A	M	7:30 am-6 pm ID/AP: \$55	5-13 yrs OD: \$68.75	DC0903NSD	11/21 (1) Rm A	W	7:30 am-6 pm ID/AP: \$55	5-13 yrs OD: \$68.75	DC1121NSD
11/12 Rm A	M	7:30 am-6 pm ID/AP: \$55	5-13 yrs OD: \$68.75	DC1112NSD	11/23 (1) Rm A	F	7:30 am-6 pm ID/AP: \$55	5-13 yrs OD: \$68.75	DC1123NSD

Discovery Winter Break Camp

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

12/24 (1) Rm A	M	7:30 am-4 pm ID/AP: \$55	5-13 yrs OD: \$68.75	GH28200
12/26 (1) Rm A	W	7:30 am-6 pm ID/AP: \$55	5-13 yrs OD: \$68.75	GH28201
12/27 (1) Rm A	Th	7:30 am-6 pm ID/AP: \$60	5-13 yrs OD: \$75	GH28202
12/28 (1) Rm A	F	7:30 am-6 pm ID/AP: \$55	5-13 yrs OD: \$68.75	GH28203
1/1 (1) Rm A	T	7:30 am-6 pm ID/AP: \$60	5-13 yrs OD: \$75	GH28205
12/31 (1) Rm A	M	7:30 am-6 pm ID/AP: \$55	5-13 yrs OD: \$68.75	GH28204
1/2 (1) Rm A	W	7:30 am-6 pm ID/AP: \$55	5-13 yrs OD: \$68.75	GH28206
1/3 (1) Rm A	Th	7:30 am-6 pm ID/AP: \$60	5-13 yrs OD: \$75	GH28207
1/4 (1) Rm A	F	7:30 am-6 pm ID/AP: \$55	5-13 yrs OD: \$68.75	GH28208

Please see page 5 for class observation guidelines.

Arts & Crafts - Preschool

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
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Preschool Exploration, Toddler Messy Art

Don't want to make a mess at home? Come to Garden Home and create a masterpiece with messy art. Parent participation required. No unregistered siblings. No class 11/30.

9/14-10/26 (7) Rm 12	F	10:15-11 am ID/AP: \$36	1½-3 yrs OD: \$45	GH25105A
11/2-12/14 (5) Rm 12	F	10:15-11 am ID/AP: \$26	1½-3 yrs OD: \$32.50	GH25105B

Arts & Crafts - Youth

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

Let this class be your art outlet! Your art teacher will have a guided project for the day, including canvas, paper mache, decoupage, and more. No class 11/22.

9/13-10/25 (7) Rm 12	Th	3:45-4:45 pm ID/AP: \$55	6-10 yrs OD: \$68.75	GH24201A
11/1-12/13 (6) Rm 12	Th	3:45-4:45 pm ID/AP: \$47	6-10 yrs OD: \$58.75	GH24201B

Please see page 5 for class observation guidelines.

Arts & Crafts - Youth

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
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Clay with Me, Parent Child Clay Designs

Enjoy family interaction through clay creations of functional ceramic and artistic designs. Parent participation required. Cost includes one child and one adult. First creation to be kiln fired is free and included in class price, small firing fee for each item after. Childcare available. No class 11/22.

10/2-10/11 (2) Rm 10	T/Th	6:30-8 pm ID/AP: \$62	6 yrs-Adult OD: \$77.50	GH24208A
11/13-11/29 (2) Rm 10	T/Th	6:30-8 pm ID/AP: \$62	6 yrs-Adult OD: \$77.50	GH24208B

Paint on Canvas - Youth Night

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

9/21 (1) Rm 10	F	5:30-8 pm ID/AP: \$24	8-12 yrs OD: \$30	GH24202
10/26 (1) Rm 10	F	5:30-8 pm ID/AP: \$24	8-12 yrs OD: \$30	GH24203

Arts & Crafts - Teen/Adult

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
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Paint on Canvas - Teen Night

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

10/5 (1) Rm 10	F	5:30-8 pm ID/AP: \$24	12-17 yrs OD: \$30	GH24300
11/16 (1) Rm 10	F	5:30-8 pm ID/AP: \$24	12-17 yrs OD: \$30	GH24301

Paint on Canvas - Adult Edition!

Enjoy a glass of wine while you paint with friends. With step by step instruction, you will paint and take home your own masterpiece! No painting experience necessary. Your first glass of wine, light snacks, and all paint supplies all included in the price. BONUS: Got kids? Garden Home is hosting a Parents Night Out event (GH28102) this same night!

11/2 (1) Rm 10	F	5:30-8 pm ID/AP: \$36	Adult OD: \$45	GH26401
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Exploring Clay

Learn basic hand building techniques like slab rolling, sketch and score, and coil building and throw pottery on the wheel to create ceramic pieces. First creation to be kiln fired is free and included in class price, small firing fee for each item after. Childcare available.

9/11-9/20 (2) Rm 10	T/Th	6:30-8 pm ID/AP: \$60	15 yrs-Adult OD: \$75	GH24209A
10/23-11/1 (2) Rm 10	T/Th	6:30-8 pm ID/AP: \$60	15 yrs-Adult OD: \$75	GH24209B



Dance: What should I wear?

Girls: ballet slippers, leotard and tights preferred.

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

Dance - Preschool

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
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Irish Dance Pre-K

This class focuses on the basics of Irish dancing for young dancers. Dancers learn to recognize rhythms, move and balance up on our toes, learn their left and right, and play dance games, all to wonderful Irish tunes! *Parent participation required. No unregistered siblings. Childcare available.

9/14-11/16 (10) Rm 14	F*	9:30-10:10 am ID/AP: \$48	2-4 yrs OD: \$60	GH21117
9/14-11/16 (10) Rm 14	F	10:15-11 am ID/AP: \$54	3-5 yrs OD: \$67.50	GH21118

Itty Bitty Ballerinas

Basic ballet movements improve balance, coordination, and gross motor skill development. We will use props to enhance the classroom experience and create a fun, always changing class. Parent participation is required for this class. No unregistered siblings. Childcare available. Nop class 11/17.

9/12-11/28 (12) Rm 14	W	10-10:40 am ID/AP: \$57	2-3 yrs OD: \$71.25	GH21101A
9/8-12/8 (12) Rm 7	S	9:45-10:25 am ID/AP: \$57	2-3 yrs OD: \$71.25	GH21101B
9/8-12/8 (12) Rm 8	S	10:30-11:15 am ID/AP: \$64	2-3 yrs OD: \$80	GH21101C

Superhero Dance

This class is designed for boys who want to dance...but don't want to be the only boy in their class. Girls are welcome too though! Introduces fundamentals of several dance styles. Increase balance, coordination, flexibility and strength. Wear appropriate dance attire and bring ballet shoes. Childcare available.

9/12-11/28 (12) Rm 14	W	9:15-10 am ID/AP: \$64	3-5 yrs OD: \$80	GH21103
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Fees: ID/AP = User is in-district or has paid an out-of-district assessment, OD = Out-of-district (no assessment paid)

Fall Dance Recital Classes

Dance rehearsal and pictures will be held at Garden Home Recreation Center on **Friday, Nov. 16 from 5-8 pm**. Dance Recital Performances will be held on **Saturday, Nov. 17** at Garden Home Recreation Center. Preschool classes (ages 3-5, 4-7) will perform from 11 am-1 pm. Youth and Adult Tap will perform from 1:30-3:30 pm. Price of costume is added to the class fee; some classes may require parents to provide basic costume needs.

Daddy Daughter Ballet - Recital

This class is designed for daughters (and sons!) who want to do ballet with dad (uncles and grandpas welcome too!). Adult participation required. No unregistered siblings. Childcare available. Recital on 11/17, no class 12/1. Costume Fee: \$15.

9/8-12/8 (13) S 10:45-11:30 am 3-5 yrs GH21102
Rm 7 ID/AP: \$75 OD: \$93.75

Dance Combo - Recital

Experience ballet, jazz, hip-hop, and creative movement all in one class. We will use props, move like animals and play games as we discover the joy of dance. Childcare Available. Fee includes cost of performance costume. Recital on 11/17, no class 12/1. Costume Fee: \$15.

9/13-12/6 (13) Th 10:45 am-11:30 pm 3-5 yrs GH21107A
Rm 14 ID/AP: \$75 OD: \$93.75
9/8-12/8 (13) S 9-9:45 am 3-5 yrs GH21107B
Rm 7 ID/AP: \$75 OD: \$93.75
9/8-12/8 (13) S 11:45 am-12:30 pm 5-7 yrs GH21107C
Rm 7 ID/AP: \$75 OD: \$93.75

Pre-Ballet - Recital

Introduces ballet fundamentals at the barre and in classical positions. Increase balance, coordination, flexibility and strength. Wear appropriate dance attire and bring ballet shoes. Recital on 11/17. Costume Fee: \$15.

9/12-11/28 (13) W 11-11:45 am 3-5 yrs GH21104
Rm 14 ID/AP: \$75 OD: \$93.75 Costume Fee: \$15
9/13-12/6 (13) Th 10-10:40 am 4-7 yrs GH21105
Rm 14 ID/AP: \$69 OD: \$86.25 Costume Fee: \$15
9/8-12/8 (13) S 11:15 am-12 pm 4-7 yrs GH21106
Rm 8 ID/AP: \$75 OD: \$93.75

Ballet I - Recital

Improve on the fundamentals of classical ballet with focus on ballet technique, proper body alignment, positions for the arms and more. Prior dance experience is encouraged but not required. Wear dance attire and ballet shoes. No class 11/12. Costume Fee: \$15.

9/10-12/3 (12) M 5:15-6:15 pm 5-8 yrs GH21206
Rm 14 ID/AP: \$93 OD: \$116.25

Irish Dance I - Recital

Combines Irish soft-shoe and jig hard-shoe. No class 11/22. Recital on 11/17. Costume Fee: \$10.

9/13-12/6 (13) Th 4:15-5 pm 6-14 yrs GH21217
Rm 14 ID/AP: \$75 OD: \$93.75

Youth Ballet - Recital

Introduces ballet fundamentals at the barre and in classical positions. Increase balance, coordination, flexibility and strength. Wear appropriate dance attire and bring ballet shoes. Recital 11/17. Costume Fee: \$15.

9/12-11/28 (13) W 5-5:50 pm 5-8 yrs GH21205
Rm 14 ID/AP: \$81 OD: \$101.25

Jazz/Hip Hop - Recital

This class teaches the basics of ballet (correct positioning, stretching, movement), along with the funky groove of today's hip-hop. Perfect class for kids who want to try something new but can't decide on what class to try. Childcare available. Costume Fee: \$15.

9/12-11/28 (13) W 6:10-7 pm 6-10 yrs GH21200
Rm 14 ID/AP: \$81 OD: \$101.25

CATS: Ballet/Tap/Jazz - Recital

Learn ballet, tap and jazz routines to music from one of the longest running shows on Broadway. "Jellicle cats, come one come all. Jellicles come to the jellicleball!" Recital 11/17. Costume Fee: \$15.

9/8-12/8 (13) S 11:35 am-12:20 pm 7-12 yrs GH21110
Rm 14 ID/AP: \$75 OD: \$93.75

CATS: Ballet/Tap/Jazz - Recital

Learn ballet, tap and jazz routines to music from one of the longest running shows on Broadway. "Jellicle cats, come one come all. Jellicles come to the jellicleball!" Recital 11/17. Costume Fee: \$15.

9/11-11/27 (13) T 4-4:50 pm 5-8 yrs GH21230
Rm 14 ID/AP: \$81 OD: \$101.25

Irish Dance II - Recital

Continuation of Irish soft-shoe and jig hard-shoe. No class 11/22. Costume Fee: \$10.

9/13-12/6 (13) Th 5-5:55 pm 8-14 yrs GH21218
Rm 14 ID/AP: \$108 OD: \$135

Ballet Level 2 - Recital

This class is designed for students who have had multiple pre-ballet or beginning ballet classes and are ready to advance. Recital on 11/17, no class 12/1. Costume Fee: \$15.

9/8-12/8 (13) S 10:50-11:35 am 5-8 yrs GH21201
Rm 14 ID/AP: \$75 OD: \$93.75

Teen/Adult

Advanced Tap for Adults - Recital

This class is for the advanced tapper ready to explore complex rhythms and fun choreography. Must have 3 years of tap or permission of instructor to register. No class Costume Fee: \$15.

9/11-11/27 (13) T 7:15-8:15 pm 13 yrs-Adult GH21511
Rm 14 ID/AP: \$117 OD: \$146.25

Brush Up Your Tap - Recital

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. Costume Fee: \$15.

9/11-11/27 (13) T 6:15-7:15 pm 13 yrs-Adult GH21510A
Rm 14 ID/AP: \$93 OD: \$116.25

See next page for Line Dance for Beginners

Dance - Youth

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Ballet/Tap Sample two of the most fundamental dance forms in this fun class. No class 11/17, 12/1.				
9/8-12/8 (12) Rm 14	S	9-9:45 am ID/AP: \$64	3-5 yrs OD: \$80	GH21109A
9/8-12/8 (12) Rm 14	S	9:45-10:30 am ID/AP: \$64	5-7 yrs OD: \$80	GH21109B

Dance Combo

Experience ballet, jazz, hip-hop, and creative movement all in one class. We will use props, move like animals and play games as we discover the joy of dance. Childcare Available.

9/11-11/27 (12) Rm 14	T	5-5:50 pm ID/AP: \$71	4-7 yrs OD: \$88.75	GH21107
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Dance - Teen/Adult

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Ballroom I, Latin Level I: Learn the cha-cha, samba, rumba, tango and salsa. Whether you're planning a wedding or just love to dance, this class is for you! Cost is per person. No partner needed.				
9/26-11/21 (9) Rm 2	W	8-9 pm ID/AP: \$64	Adult OD: \$80	GH21501

Ballroom I, Waltz-Swing

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

9/26-11/21 (9) Rm 2	W	6:45-7:45 pm ID/AP: \$64	Adult OD: \$80	GH21500
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Ballroom II, Latin/Waltz-Swing

Level II: For students who have taken Ballroom Level I classes and are looking for more challenging dances, but not yet ready for intermediate/advanced level. No partner needed. Childcare available. No class 11/22.

9/27-11/29 (9) Rm 2	Th	7-8 pm ID/AP: \$64	Adult OD: \$80	GH21502
9/27-11/29 (9) Rm 2	Th	8:15-9:15 pm ID/AP: \$64	Adult OD: \$80	GH21503

Ballroom, Intermediate/Advanced

Variations in popular ballroom dances. Must have instructor permission to enroll. New Advanced students should call Garden Home to get in touch with instructor. Cost is per person. No partner needed. No class 11/12.

9/24-11/26 (9) Rm 2	M	7-8:30 pm ID/AP: \$114	Adult OD: \$142.50	GH21504
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Dance - Teen/Adult

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Belly Dance Learn this popular ethnic dance style in an upbeat and fun all levels class. With a focus on classic hip isolation, we will shimmy to the rhythms of the Middle East. Ballet slippers and bare feet are both fine. No class 11/22.				
9/13-10/18 (6) Rm 14	Th	6:15-7:30 pm ID/AP: \$54	15 yrs-Adult OD: \$67.50	GH21505A
10/25-12/6 (6) Rm 14	Th	6:15-7:30 pm ID/AP: \$54	15 yrs-Adult OD: \$67.50	GH21505B

Line Dance for Beginners - Recital

No dance experience needed - and no partner either! Discover beginning steps like turns, walks, grapevines, step touches, heel struts and more! Please wear smooth soled shoes. Costume fee: \$10. No class 11/12.

9/10-11/26 (11) Rm 14	M	6:30-7:30 pm ID/AP: \$80	14 yrs-Adult OD: \$100	GH21507A
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Tap, Adult Level 1

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

9/11-11/27 (12) Rm 14	T	8:15-9 pm ID/AP: \$64	13 yrs-Adult OD: \$80	GH21512A
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General Interest - Preschool

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Kid Cafe' Join us for a variety of cooking and baking projects in our kitchen. Each week we will focus on a different theme that the kids will get to experiment with. Come hungry, you get to eat what you make. No class 11/22.				
9/13-10/25 (7) Kitchen	Th	5:30-6:30 pm ID/AP: \$56	3-5 yrs OD: \$70	GH21510A
11/1-12/13 (6) Kitchen	Th	5:30-6:30 pm ID/AP: \$48	3-5 yrs OD: \$60	GH21511B

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 #
Music for Infants and Toddlers				
Expose your child to a rich music environment and lay a foundation for future music instruction. Class teaches music with singing, rhythms, movement and props. Parent participation required. Price includes one parent and one child. No unregistered siblings. No class 11/23, 12/1.				
9/14-10/26 (7) Rm 12	F	9:15-9:45 am ID/AP: \$27	6 mths-3 yrs OD: \$33.75	GH25104A
11/2-12/21 (8) Rm 12	F	9:15-9:45 am ID/AP: \$31	6 mths-3 yrs OD: \$38.75	GH25104B

Preschool Exploration, My First Preschool

Our play-based preschool setting allows children to develop age-appropriate social skills while learning to follow a classroom routine. The morning provides time for free play, an art activity, language development, a large motor skill activity and snack. No class 11/12, 11/22.

9/10-10/22 (7) Rm 12	M	9-11 am ID/AP: \$105	1½-3½ yrs OD: \$131.25	GH25120A
10/29-12/17 (8) Rm 12	M	9-11 am ID/AP: \$120	1½-3½ yrs OD: \$150	GH25120B
9/11-10/23 (7) Rm 12	T	9-11 am ID/AP: \$105	1½-3½ yrs OD: \$131.25	GH25121A
10/30-12/18 (8) Rm 12	T	9-11 am ID/AP: \$120	1½-3½ yrs OD: \$150	GH25121B
9/12-10/24 (7) Rm 12	W	9-11 am ID/AP: \$105	1½-3½ yrs OD: \$131.25	GH25122A
10/31-12/19 (8) Rm 12	W	9-11 am ID/AP: \$105	1½-3½ yrs OD: \$131.25	GH25122B
9/13-10/25 (7) Rm 12	Th	9-11 am ID/AP: \$105	1½-3½ yrs OD: \$131.25	GH25123A
11/1-12/20 (7) Rm 12	Th	9-11 am ID/AP: \$105	1½-3½ yrs OD: \$131.25	GH25123B

Preschool Exploration, Gear Up for Learning

Our play-based preschool setting allows children to develop age-appropriate social skills while learning to follow a classroom routine. There will be a special emphasis on mastering colors, counting and ABCs. No class 11/12, 11/22.

9/10-10/22 (7) Rm 13	M	9-11:30 am ID/AP: \$128	3½-6 yrs OD: \$160	GH25110A
10/29-12/17 (8) Rm 13	M	9-11:30 am ID/AP: \$147	3½-6 yrs OD: \$183.75	GH25110B
9/11-10/23 (7) Rm 13	T	9-11:30 am ID/AP: \$128	3½-6 yrs OD: \$160	GH25111A
10/30-12/18 (8) Rm 13	T	9-11:30 am ID/AP: \$147	3½-6 yrs OD: \$183.75	GH25111B
9/12-10/24 (7) Rm 13	W	9-11:30 am ID/AP: \$128	3½-6 yrs OD: \$160	GH25112A
10/31-12/19 (8) Rm 13	W	9-11:30 am ID/AP: \$147	3½-6 yrs OD: \$183.75	GH25112B
9/13-10/25 (7) Rm 13	Th	9-11:30 am ID/AP: \$128	3½-6 yrs OD: \$160	GH25113A
11/1-12/20 (7) Rm 13	Th	9-11:30 am ID/AP: \$128	3½-6 yrs OD: \$160	GH25113B

General Interest - Preschool

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Preschool Exploration - Winter Break Fun				
Join in the winter break fun and learn about cold weather climates, create art and learn about winter. Enjoy singing songs and reading stories about winter time.				
Brrr...Arctic Freeze				
12/26 (1) Rm 13	W	9-11:30 am ID/AP: \$18	2-5 yrs OD: \$22.50	GH25100
Shaving Cream Snow				
12/27 (1) Rm 13	Th	9-11:30 am ID/AP: \$18	2-5 yrs OD: \$22.50	GH25101
Playful Penguins				
1/2 (1) Rm 13	W	9-11:30 am ID/AP: \$18	2-5 yrs OD: \$22.50	GH25102
Polar Express				
1/3 (1) Rm 13	Th	9-11:30 am ID/AP: \$18	2-5 yrs OD: \$22.50	GH25103

Preschool Exploration, Gear Up for Learning PM NEW

Our play-based preschool setting allows children to develop age-appropriate social skills while learning to follow a classroom routine. There will be a special emphasis on mastering colors, counting and ABCs. No class 11/22.

9/11-10/23 (7) Rm 13	T	12:30-3 pm ID/AP: \$128	3½-6 yrs OD: \$160	GH25114A
11/6-12/18 (7) Rm 13	T	12:30-3 pm ID/AP: \$128	3½-6 yrs OD: \$160	GH25114B
9/13-10/25 (6) Rm 13	Th	12:30-3 pm ID/AP: \$128	3½-6 yrs OD: \$160	GH25115A
11/8-12/20 (7) Rm 13	Th	12:30-3 pm ID/AP: \$110	3½-6 yrs OD: \$137.50	GH25115B

General Interest - Youth

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Children's Theater (Ages 5-8)				
Open the gates to enchantment and wonder while acting out your favorite children's story book. Young actors use their imagination while developing new creative abilities. An excellent way to introduce children to theatrical acting. No class 11/12.				
9/10-10/15 (6) Gym	M	4-5 pm ID/AP: \$44	5-8 yrs OD: \$55	GH25206A
10/29-12/10 (6) Gym	M	4-5 pm ID/AP: \$44	5-8 yrs OD: \$55	GH25206B

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

General Interest - Youth

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Children's Theater (Ages 8-11) Young actors will use their imaginations to write their own story as a group, paint a set, and act it out in a final performance! No class 11/12.				
9/10-10/15 (6) Gym	M	5:30-6:45 pm ID/AP: \$58	8-11 yrs OD: \$72.50	GH25207A
10/29-12/10 (6) Gym	M	5:30-6:45 pm ID/AP: \$58	8-11 yrs OD: \$72.50	GH25207B

Kids in the Kitchen

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

10/16-11/13 (5) Kitchen	T	3:30-5:30 pm ID/AP: \$62	6-9 yrs OD: \$77.50	GH25201
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Recipe Rock Stars

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

9/11-10/9 (5) Kitchen	T	3:30-5:30 pm ID/AP: \$62	8-12 yrs OD: \$77.50	GH25202A
11/20-12/18 (5) Kitchen	T	3:30-5:30 pm ID/AP: \$62	8-12 yrs OD: \$77.50	GH25202B

Silly Science

Use basic materials to make things wiggle, wobble and zoom. Explore the basics of science and physics with common household items to build contraptions that will wow your friends. Focus on problem solving, communication and team work. No class 10/19 for our annual Pumpkin Hunt! No class 11/23, 11/30.

9/14-12/7 (10) Rm 13	F	4-5 pm ID/AP: \$81	5-8 yrs OD: \$101.25	GH25203
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General Interest - Youth/Adult

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Private Lessons, Drum Set/Percussion Learn the skills necessary to play various styles including jazz, rock and classical music. Lots of time slots and days available! All levels welcome. (Tim)				
9/23-10/21 (5) Rm 10	Su	10:30-11 am ID/AP: \$191	9 yrs-Adult OD: \$238.75	GH25210A
10/28-12/2 (5) Rm 10	Su	10:30-11 am ID/AP: \$191	9 yrs-Adult OD: \$238.75	GH25210B
9/23-10/21 (5) Rm 10	Su	11-11:30 am ID/AP: \$191	9 yrs-Adult OD: \$238.75	GH25211A
10/28-12/2 (5) Rm 10	Su	11-11:30 am ID/AP: \$191	9 yrs-Adult OD: \$238.75	GH25211B
9/23-10/21 (5) Rm 10	Su	11:30 am-Noon ID/AP: \$191	9 yrs-Adult OD: \$238.75	GH25212A
10/28-12/2 (5) Rm 10	Su	11:30 am-Noon ID/AP: \$191	9 yrs-Adult OD: \$238.75	GH25212B

General Interest - Youth/Adult

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Private Lessons, Drum Set/Percussion (continued)				
9/23-10/21 (5) Rm 10	Su	Noon-12:30 pm ID/AP: \$191	9 yrs-Adult OD: \$238.75	GH25213A
10/28-12/2 (5) Rm 10	Su	Noon-12:30 pm ID/AP: \$191	9 yrs-Adult OD: \$238.75	GH25213B
9/23-10/21 (5) Rm 10	Su	12:30-1 pm ID/AP: \$191	9 yrs-Adult OD: \$238.75	GH25214A
10/28-12/2 (5) Rm 10	Su	12:30-1 pm ID/AP: \$191	9 yrs-Adult OD: \$238.75	GH25214B
9/23-10/21 (5) Rm 10	Su	1-1:30 pm ID/AP: \$191	9 yrs-Adult OD: \$238.75	GH25215A
10/28-12/2 (5) Rm 10	Su	1-1:30 pm ID/AP: \$191	9 yrs-Adult OD: \$238.75	GH25215B
9/23-10/21 (5) Rm 10	Su	1:45-2:15 pm ID/AP: \$191	9 yrs-Adult OD: \$238.75	GH25216A
10/28-12/2 (5) Rm 10	Su	1:45-2:15 pm ID/AP: \$191	9 yrs-Adult OD: \$238.75	GH25216B
9/23-10/21 (5) Rm 10	Su	2:15-2:45 pm ID/AP: \$191	9 yrs-Adult OD: \$238.75	GH25217A
10/28-12/2 (5) Rm 10	Su	2:15-2:45 pm ID/AP: \$191	9 yrs-Adult OD: \$238.75	GH25217B
9/23-10/21 (5) Rm 10	Su	2:45-3:15 pm ID/AP: \$191	9 yrs-Adult OD: \$238.75	GH25218A
10/28-12/2 (5) Rm 10	Su	2:45-3:15 pm ID/AP: \$191	9 yrs-Adult OD: \$238.75	GH25218B

Private Lessons, Guitar

Private guitar lessons. Each student should supply their own guitar. \$10 materials fee due to instructor at first lesson for music book. No class 11/12.

9/10-10/8 (5) Rm 10	M	3:30-4 pm ID/AP: \$191	6 yrs-Adult OD: \$238.75	GH25287A
10/15-11/19 (5) Rm 10	M	3:30-4 pm ID/AP: \$191	6 yrs-Adult OD: \$238.75	GH25287B
9/10-10/8 (5) Rm 10	M	4-4:30 pm ID/AP: \$191	6 yrs-Adult OD: \$238.75	GH25288A
10/15-11/19 (5) Rm 10	M	4-4:30 pm ID/AP: \$191	6 yrs-Adult OD: \$238.75	GH25288B
9/10-10/8 (5) Rm 10	M	4:30-5 pm ID/AP: \$191	6 yrs-Adult OD: \$238.75	GH25289A
10/15-11/19 (5) Rm 10	M	4:30-5 pm ID/AP: \$191	6 yrs-Adult OD: \$238.75	GH25289B
9/10-10/8 (5) Rm 10	M	5:15-5:45 pm ID/AP: \$191	6 yrs-Adult OD: \$238.75	GH25290A
10/15-11/19 (5) Rm 10	M	5:15-5:45 pm ID/AP: \$191	6 yrs-Adult OD: \$238.75	GH25290B
9/10-10/8 (5) Rm 10	M	5:45-6:15 pm ID/AP: \$191	6 yrs-Adult OD: \$238.75	GH25291A
10/15-11/19 (5) Rm 10	M	5:45-6:15 pm ID/AP: \$191	6 yrs-Adult OD: \$238.75	GH25291B
9/10-10/8 (5) Rm 10	M	6:15-6:45 pm ID/AP: \$191	6 yrs-Adult OD: \$238.75	GH25292A
10/15-11/19 (5) Rm 10	M	6:15-6:45 pm ID/AP: \$191	6 yrs-Adult OD: \$238.75	GH25292B
9/10-10/8 (5) Rm 10	M	6:45-7:15 pm ID/AP: \$191	6 yrs-Adult OD: \$238.75	GH25293A
10/15-11/19 (5) Rm 10	M	6:45-7:15 pm ID/AP: \$191	6 yrs-Adult OD: \$238.75	GH25293B

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General Interest - Youth/Adult

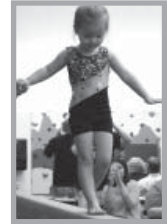
Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Private Lessons, Piano				
Learn fundamental skills such as note-reading and rhythm, or build on previous knowledge and improve your piano skills. Bring your own music books, if available. 6 yr olds in first grade will be granted age exception. No class 10/19, 11/23.				
9/21-10/26 (5) Rm 10	F	3:30-4 pm ID/AP: \$191	7 yrs-Adult OD: \$238.75	GH25255A
11/2-12/14 (5) Rm 10	F	3:30-4 pm ID/AP: \$191	7 yrs-Adult OD: \$238.75	GH25255B
9/18-10/16 (5) Rm 10	T	3:45-4:15 pm ID/AP: \$191	7 yrs-Adult OD: \$238.75	GH25250A
10/23-11/20 (5) Rm 10	T	3:45-4:15 pm ID/AP: \$191	7 yrs-Adult OD: \$238.75	GH25250B
9/21-10/26 (5) Rm 10	F	4-4:30 pm ID/AP: \$191	7 yrs-Adult OD: \$238.75	GH25256A
11/2-12/14 (5) Rm 10	F	4-4:30 pm ID/AP: \$191	7 yrs-Adult OD: \$238.75	GH25256B
9/18-10/16 (5) Rm 10	T	4:15-4:45 pm ID/AP: \$191	7 yrs-Adult OD: \$238.75	GH25251A
10/23-11/20 (5) Rm 10	T	4:15-4:45 pm ID/AP: \$191	7 yrs-Adult OD: \$238.75	GH25251B
9/21-10/26 (5) Rm 10	F	4:30-5 pm ID/AP: \$191	7 yrs-Adult OD: \$238.75	GH25257A
11/2-12/14 (5) Rm 10	F	4:30-5 pm ID/AP: \$191	7 yrs-Adult OD: \$238.75	GH25257B
9/18-10/16 (5) Rm 10	T	5:05-5:35 pm ID/AP: \$191	7 yrs-Adult OD: \$238.75	GH25252A
10/23-11/20 (5) Rm 10	T	5:05-5:35 pm ID/AP: \$191	7 yrs-Adult OD: \$238.75	GH25252B
9/18-10/16 (5) Rm 10	T	5:35-6:05 pm ID/AP: \$191	6 yrs-Adult OD: \$238.75	GH25253A
10/23-11/20 (5) Rm 10	T	5:35-6:05 pm ID/AP: \$191	6 yrs-Adult OD: \$238.75	GH25253B

Gymnastics - Preschool

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Kid Fit				
Help your child develop motor skills and increase body awareness and coordination through tumbling, climbing, balance and jumping. Parent participation required and one parent/one child ratio. No unregistered siblings; childcare available. No class 11/12, 11/22, 11/23.				
9/10-10/15 (6) Rm 3	M	9-9:45 am ID/AP: \$33	2-3½ yrs OD: \$41.25	GH23100A
10/29-12/10 (6) Rm 3	M	9-9:45 am ID/AP: \$33	2-3½ yrs OD: \$41.25	GH23100B
9/11-10/16 (6) Rm 3	T	6-6:45 pm ID/AP: \$33	2-3½ yrs OD: \$41.25	GH23101A
10/30-12/4 (6) Rm 3	T	6-6:45 pm ID/AP: \$33	2-3½ yrs OD: \$41.25	GH23101B
9/12-10/17 (6) Rm 3	W	9:30-10:10 am ID/AP: \$30	1½-2½ yrs OD: \$37.50	GH23102A
10/31-12/5 (6) Rm 3	W	9:30-10:10 am ID/AP: \$30	1½-2½ yrs OD: \$37.50	GH23102B
9/12-10/17 (6) Rm 3	W	10:15-11 am ID/AP: \$33	2½-3½ yrs OD: \$41.25	GH23103A
10/31-12/5 (6) Rm 3	W	10:15-11 am ID/AP: \$33	2½-3½ yrs OD: \$41.25	GH23103B

Garden Home Gymnastics

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



Gymnastics Program Notes

Students should wear comfortable clothing and no shoes or tights. Parents and spectators are invited to attend the last session of the term; otherwise, in-room observation is by instructor approval only.
Note: For participant's safety, students who are more than 15 minutes late or miss mandatory warmups will forfeit participation in that day's class.

Gymnastics - Preschool

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Kid Fit (continued)				
9/13-10/18 (6) Rm 3	Th	2:30-3:15 pm ID/AP: \$33	2-3½ yrs OD: \$41.25	GH23104A
11/1-12/13 (6) Rm 3	Th	2:30-3:15 pm ID/AP: \$33	2-3½ yrs OD: \$41.25	GH23104B
9/14-10/26 (6) Rm 3	F	9:30-10:10 am ID/AP: \$30	1½-2½ yrs OD: \$37.50	GH23105A
11/2-12/14 (5) Rm 3	F	9:30-10:10 am ID/AP: \$25	1½-2½ yrs OD: \$31.25	GH23105B
9/14-10/26 (6) Rm 3	F	10:15-11 am ID/AP: \$33	2½-3½ yrs OD: \$41.25	GH23106A
11/2-12/14 (5) Rm 3	F	10:15-11 am ID/AP: \$28	2½-3½ yrs OD: \$35	GH23106B
9/15-10/20 (6) Rm 3	S	1:20-2:05 pm ID/AP: \$33	2-3½ yrs OD: \$41.25	GH23107A
11/3-12/15 (6) Rm 3	S	1:20-2:05 pm ID/AP: \$33	2-3½ yrs OD: \$41.25	GH23107B

Pre-gymnastics, 3-5 yrs

This is an introduction to Gymnastics for preschool aged children. In this class they will be introduced to all four gymnastics events through fun obstacle courses and drills. They will focus on beginning gymnastics skills, flexibility, strength, following directions, and listening. No gymnastics experience is necessary. No class 11/12, 11/22, 11/23.

9/10-10/15 (6) Rm 3	M	10-10:45 am ID/AP: \$33	3-5 yrs OD: \$41.25	GH23110A
10/29-12/10 (6) Rm 3	M	10-10:45 am ID/AP: \$33	3-5 yrs OD: \$41.25	GH23110B
10/31-12/5 (6) Rm 3	W	11:30 am-12:15 pm ID/AP: \$33	3-5 yrs OD: \$41.25	GH23111B
9/12-10/17 (6) Rm 3	W	11:30 am-12:15 pm ID/AP: \$33	3-5 yrs OD: \$41.25	GH23111A
9/13-10/18 (6) Rm 3	Th	11-11:45 am ID/AP: \$33	3-5 yrs OD: \$41.25	GH23112A

Continued

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

Gymnastics - Preschool

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Pre-gymnastics, 3-5 yrs (continued)				
11/1-12/13 (6) Rm 3	Th	11-11:45 am ID/AP: \$33	3-5 yrs OD: \$41.25	GH23112B
9/14-10/26 (6) Rm 3	F	11:30 am-12:15 pm ID/AP: \$33	3-5 yrs OD: \$41.25	GH23113A
11/2-12/14 (5) Rm 3	F	11:30 am-12:15 pm ID/AP: \$28	3-5 yrs OD: \$35	GH23113B
9/14-10/26 (6) Rm 3	F	3-3:45 pm ID/AP: \$33	3-5 yrs OD: \$41.25	GH23114A
11/2-12/14 (5) Rm 3	F	3-3:45 pm ID/AP: \$28	3-5 yrs OD: \$35	GH23114B
9/15-10/20 (6) Rm 3	S	9-9:45 am ID/AP: \$33	3-5 yrs OD: \$41.25	GH23115A
11/3-12/15 (6) Rm 3	S	9-9:45 am ID/AP: \$33	3-5 yrs OD: \$41.25	GH23115B

Pre-gymnastics, 4-6 yrs

This is an introduction to gymnastics for preschool aged children. In this class they will be introduced to all four gymnastics events through fun obstacle courses and drills. They will focus on beginning gymnastics skills, flexibility, strength, following directions, and listening. No gymnastics experience is necessary. No class 11/12, 11/22, 11/23.

9/10-10/15 (6) Rm 3	M	11:15 am-Noon ID/AP: \$33	3-5 yrs OD: \$41.25	GH23116A
10/29-12/10 (6) Rm 3	M	11:15 am-Noon ID/AP: \$33	3-5 yrs OD: \$41.25	GH23116B
9/10-10/15 (6) Rm 3	M	3:45-4:30 pm ID/AP: \$33	3-5 yrs OD: \$41.25	GH23117A
10/29-12/10 (6) Rm 3	M	3:45-4:30 pm ID/AP: \$33	3-5 yrs OD: \$41.25	GH23117B
9/11-10/16 (6) Rm 3	T	11-11:45 am ID/AP: \$33	4-6 yrs OD: \$41.25	GH23118A
10/30-12/4 (6) Rm 3	T	11-11:45 am ID/AP: \$33	4-6 yrs OD: \$41.25	GH23118B
9/11-10/16 (6) Rm 3	T	7-7:45 pm ID/AP: \$33	4-6 yrs OD: \$41.25	GH23119A
10/30-12/4 (6) Rm 3	T	7-7:45 pm ID/AP: \$33	4-6 yrs OD: \$41.25	GH23119B
9/13-10/18 (6) Rm 3	Th	12:30-1:15 pm ID/AP: \$33	4-6 yrs OD: \$41.25	GH23120A
11/1-12/13 (6) Rm 3	Th	12:30-1:15 pm ID/AP: \$33	4-6 yrs OD: \$41.25	GH23120B
9/13-10/18 (6) Rm 3	Th	6:25-7:10 pm ID/AP: \$33	4-6 yrs OD: \$41.25	GH23121A
11/1-12/13 (6) Rm 3	Th	6:25-7:10 pm ID/AP: \$33	4-6 yrs OD: \$41.25	GH23121B
9/14-10/26 (6) Rm 3	F	5-5:45 pm ID/AP: \$33	4-6 yrs OD: \$41.25	GH23122A
11/2-12/14 (5) Rm 3	F	5-5:45 pm ID/AP: \$28	4-6 yrs OD: \$35	GH23122B
9/15-10/20 (6) Rm 3	S	12:30-1:15 pm ID/AP: \$33	4-6 yrs OD: \$41.25	GH23123A
11/3-12/15 (6) Rm 3	S	12:30-1:15 pm ID/AP: \$33	4-6 yrs OD: \$41.25	GH23123B
9/9-10/14 (6) Rm 3	Su	10:05-10:50 am ID/AP: \$33	4-6 yrs OD: \$41.25	GH23124A
10/28-12/9 (6) Rm 3	Su	10:05-10:50 am ID/AP: \$33	4-6 yrs OD: \$41.25	GH23124B

Gymnastics - Youth

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Gymnastics, Level 1, 5-8 yrs				
Emphasis on strength and flexibility skills needed for gymnastics. The main skills introduced and required to move to Level 1.5 are forward and backward rolls, handstands, cartwheels and bridge. No class 11/23, 11/30, 12/1.				
9/11-10/16 (6) Rm 3	T	3:30-4:30 pm ID/AP: \$42	5-8 yrs OD: \$52.50	GH23211A
10/30-12/4 (6) Rm 3	T	3:30-4:30 pm ID/AP: \$42	5-8 yrs OD: \$52.50	GH23211B
9/12-10/17 (6) Rm 3	W	2:15-3:15 pm ID/AP: \$42	5-8 yrs OD: \$52.50	GH23212A
10/31-12/5 (6) Rm 3	W	2:15-3:15 pm ID/AP: \$42	5-8 yrs OD: \$52.50	GH23212B
9/14-10/26 (6) Rm 3	F	12:30-1:30 pm ID/AP: \$42	5-8 yrs OD: \$52.50	GH23213A
11/2-12/14 (5) Rm 3	F	12:30-1:30 pm ID/AP: \$35	5-8 yrs OD: \$43.75	GH23213B
9/14-10/26 (6) Rm 3	F	4-4:55 pm ID/AP: \$39	5-8 yrs OD: \$48.75	GH23214A
11/2-12/14 (5) Rm 3	F	4-4:55 pm ID/AP: \$32	5-8 yrs OD: \$40	GH23214B
9/15-10/20 (6) Rm 3	S	2:30-3:30 pm ID/AP: \$42	5-8 yrs OD: \$52.50	GH23215A
11/3-12/15 (6) Rm 3	S	2:30-3:30 pm ID/AP: \$42	5-8 yrs OD: \$52.50	GH23215B
9/9-10/14 (6) Rm 3	Su	10:55-11:55 am ID/AP: \$42	5-8 yrs OD: \$52.50	GH23216A
10/28-12/9 (6) Rm 3	Su	10:55-11:55 am ID/AP: \$42	5-8 yrs OD: \$52.50	GH23216B

Gymnastics, Level 1, 6-13 yrs

Emphasis on strength and flexibility skills needed for gymnastics. The main skills introduced and required to move to Level 1.5 are forward and backward rolls, handstands, cartwheels and bridge. No class 11/12, 11/22, 11/23.

9/10-10/15 (6) Rm 3	M	4:35-5:35 pm ID/AP: \$42	6-13 yrs OD: \$52.50	GH23217A
10/29-12/10 (6) Rm 3	M	4:35-5:35 pm ID/AP: \$42	6-13 yrs OD: \$52.50	GH23217B
9/12-10/17 (6) Rm 3	W	4:45-5:45 pm ID/AP: \$42	6-13 yrs OD: \$52.50	GH23218A
10/31-12/5 (6) Rm 3	W	4:45-5:45 pm ID/AP: \$42	6-13 yrs OD: \$52.50	GH23218B
9/13-10/18 (6) Rm 3	Th	3:30-4:30 pm ID/AP: \$42	6-13 yrs OD: \$52.50	GH23219A
11/1-12/13 (6) Rm 3	Th	3:30-4:30 pm ID/AP: \$42	6-13 yrs OD: \$52.50	GH23219B
9/14-10/26 (6) Rm 3	F	6:10-7:10 pm ID/AP: \$42	6-13 yrs OD: \$52.50	GH23220A
11/2-12/14 (5) Rm 3	F	6:10-7:10 pm ID/AP: \$35	6-13 yrs OD: \$43.75	GH23220B
9/15-10/20 (6) Rm 3	S	9:50-10:50 am ID/AP: \$42	6-13 yrs OD: \$52.50	GH23221A
11/3-12/15 (6) Rm 3	S	9:50-10:50 am ID/AP: \$42	6-13 yrs OD: \$52.50	GH23221B
9/9-10/14 (6) Rm 3	Su	1:50-2:50 pm ID/AP: \$42	6-13 yrs OD: \$52.50	GH23222A
10/28-12/9 (6) Rm 3	Su	1:50-2:50 pm ID/AP: \$42	6-13 yrs OD: \$52.50	GH23222B

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

Gymnastics - Youth

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Gymnastics, Level 1.5, 6-13 yrs				
Must have a forward roll, backward roll, handstand, cartwheel, bridge consistently and a pullover on the bar. The focus will be on bridge kickovers, back bends, more advanced leaps and jumps, cartwheel variations, balance beam and uneven bars. Must pass a Level 1 class before registering for Level 1.5. No class 11/12, 11/22, 11/23.				
9/10-10/15 (6) Rm 3	M	5:55-6:55 pm ID/AP: \$42	6-13 yrs OD: \$52.50	GH23250A
10/29-12/10 (6) Rm 3	M	5:55-6:55 pm ID/AP: \$42	6-13 yrs OD: \$52.50	GH23250B
9/11-10/16 (6) Rm 3	T	4:35-5:35 pm ID/AP: \$42	6-13 yrs OD: \$52.50	GH23251A
10/30-12/4 (6) Rm 3	T	4:35-5:35 pm ID/AP: \$42	6-13 yrs OD: \$52.50	GH23251B
9/12-10/17 (6) Rm 3	W	3:30-4:30 pm ID/AP: \$42	6-13 yrs OD: \$52.50	GH23252A
10/31-12/5 (6) Rm 3	W	3:30-4:30 pm ID/AP: \$42	6-13 yrs OD: \$52.50	GH23252B
9/13-10/18 (6) Rm 3	Th	7:15-8:15 pm ID/AP: \$42	6-13 yrs OD: \$52.50	GH23253A
11/1-12/13 (6) Rm 3	Th	7:15-8:15 pm ID/AP: \$42	6-13 yrs OD: \$52.50	GH23253B
9/15-10/20 (6) Rm 3	S	11:15 am-12:15 pm ID/AP: \$42	6-13 yrs OD: \$52.50	GH23254A
11/3-12/15 (6) Rm 3	S	11:15 am-12:15 pm ID/AP: \$42	6-13 yrs OD: \$52.50	GH23254B
9/9-10/14 (6) Rm 3	Su	2:55-3:55 pm ID/AP: \$42	6-13 yrs OD: \$52.50	GH23255A
10/28-12/9 (6) Rm 3	Su	2:55-3:55 pm ID/AP: \$42	6-13 yrs OD: \$52.50	GH23255B

Gymnastics, Level 2, 6-13 yrs

Must have a bridge kickover on the floor, pullover and back hip circle on the bars and handstand on the low beam. Tumbling is more advanced with a focus on round-offs and prep work for walkovers and handsprings. Must pass a Level 1.5 class before registering for Level 2. No class 11/22.

9/12-10/17 (6) Rm 3	W	6:15-7:45 pm ID/AP: \$78	6-13 yrs OD: \$97.50	GH23256A
10/31-12/5 (6) Rm 3	W	6:15-7:45 pm ID/AP: \$78	6-13 yrs OD: \$97.50	GH23256B
9/13-10/18 (6) Rm 3	Th	4:35-6:05 pm ID/AP: \$78	6-13 yrs OD: \$97.50	GH23257A
11/1-12/13 (6) Rm 3	Th	4:35-6:05 pm ID/AP: \$78	6-13 yrs OD: \$97.50	GH23257B

Gymnastics, Level 2/3, 6-13 yrs

Class will develop skills needed for level 2 & 3. Must pass a Level 1.5 class before registering.

9/9-10/14 (6) Rm 3	Su	Noon-1:30 pm ID/AP: \$78	6-13 yrs OD: \$97.50	GH23258A
10/28-12/9 (6) Rm 3	Su	Noon-1:30 pm ID/AP: \$78	6-13 yrs OD: \$97.50	GH23258B

Gymnastics - Youth

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Cheer Conditioning new				
Teens will have the opportunity to perfect their cheerleading skills. This class helps prepare athletes for tryouts with emphasis on jumps, tumbling, stunting drills, flexibility and basic conditioning. No class 11/12.				
9/10-10/15 (6) Rm 3	M	7-8:30 pm ID/AP: \$63	11-16 yrs OD: \$78.75	GH23302A
10/29-12/10 (6) Rm 3	M	7-8:30 pm ID/AP: \$63	11-16 yrs OD: \$78.75	GH23302B

Teen Conditioning

Teens will have the opportunity to build their muscles using gymnastics equipment. This class focuses on strength, cardio, basic tumbling skills and flexibility. No class 11/23, 11/30.

9/14-10/26 (6) Rm 3	F	7:15-8:45 pm ID/AP: \$63	11-16 yrs OD: \$78.75	GH23303A
11/2-12/14 (5) Rm 3	F	7:15-8:45 pm ID/AP: \$53	11-16 yrs OD: \$66.25	GH23303B

Gymnastics - Teen/Adult

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Adult Gymnastics for Beginners - Wed				
Adults will have the opportunity to develop strength, balance, and endurance in this class designed for beginners. Various gymnastics apparatuses will be used including the balance beam, vault, floor, and rings.				
9/12-10/17 (6) Rm 3	W	7:45-9 pm ID/AP: \$53	16+ yrs OD: \$66.25	GH23401A
10/31-12/5 (6) Rm 3	W	7:45-9 pm ID/AP: \$53	16+ yrs OD: \$66.25	GH23401B

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.

Special Events

The Garden Home Pumpkin Hunt

Friday, October 19, 6-8 pm (5-6 pm*)

Enjoy howling fun activities, witch's brew and tasty cobwebs in our decorated gym, then head outside for a flashlight pumpkin hunt! Search for pumpkins and lots of candy. Prizes will be awarded for those who find the special pumpkins or win the candy corn count. Come dressed in your costume and enter the costume contest. Don't forget your flashlight! The library will also offer a haunted house. **Parent Participation is required for 1-2 year old age group.**

Adapted Event	GH26100E* (5-6 pm)	
Ages 1-2	GH26100F	
Ages 2-3	GH26100G	
Ages 3-4	GH26100H	
Ages 4-6	GH26100I	
Ages 7-10	GH26100J	
Gym/Sports Field	ID/AP: \$10	OD: \$12.50

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

Special Events

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
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Adult Events: Bingo Night!

Jump on the Bingo Bandwagon at Garden Home Recreation Center! RSVP for free and pay cash at the door. Your registration fee gets you your first 5 bingo cards at the door; each additional single-use play card is \$1. Beer, wine, and concessions will also be available for purchase. **EVENT BONUS:** Got kids? Garden Home is hosting a Parents Night Out event (GH28101) and a Teen Paint on Canvas program (GH24300) this same night! Drop the kids off, grab dinner at a local restaurant, and join us for Bingo.

10/5 (1) Gym	F	6:30-8:30 pm ID/AP: \$5	Adult OD: \$6.25	GH26400
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Paint on Canvas - Adult Edition!

Enjoy a glass of wine while you paint with friends. With step by step instruction, you will paint and take home your own masterpiece! No painting experience necessary. Your first glass of wine, light snacks, and all paint supplies all included in the price. **BONUS:** Got kids? Garden Home is hosting a Parents Night Out event (GH28102) this same night!

11/2 (1) Rm 10	F	5:30-8 pm ID/AP: \$36	Adult OD: \$45	GH26401
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Garden Home's 34th Annual
Holiday Bazaar
Saturday, Dec. 1
9 am - 4 pm

Featuring more than 100 vendors of handcrafted items.

- ◆ Breakfast with Holiday Show - 8-9 am
- ◆ Breakfast with all-you-can-eat pancakes - 8-11 am
- ◆ Pictures with Santa - 9-11:30 am
- ◆ Food truck sales - Noon-4 pm
- ◆ Beer and wine tasting and sales - Noon-4 pm
- ◆ All day raffle drawings

New Vendor Registration:

Phone-in registration for floor space begins on Wednesday, Sept. 5, at 8:30 am. Registration will continue after this date during regular office hours until all spaces are filled. Please be aware that last year's vendors have first priority and will have pre-registered prior to this date. You may register for yourself only, limit two spaces per person.



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

Visit www.thprd.org
for more information

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

Special Events

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
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Parents Night Out, Batman vs. Superman

Are you team Batman or are you team Superman? Pick your side! Come dressed as your favorite superhero for a night of action-adventure! Play games with friends and create different arts and craft projects. Dinner is provided.

9/21 Rm 12	F	5:15-8:30 pm ID/AP: \$25	2-11 yrs OD: \$31.25	GH28100
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Parents Night Out, The Great Garden Home Mystery

Grab your detective hats and magnifying glasses as we follow clues throughout the building and complete challenges and activities on the way, to solve the great Garden Home Mystery. Pizza dinner included.

10/5 (1) Rm 12	F	5:15-8:30 pm ID/AP: \$25	2-11 yrs OD: \$31.25	GH28101
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Parents Night Out, Vivir la vida es una fiesta/ Coco Party!

Vivir la vida es una fiesta! Come and celebrate the day of the dead with our friends and create different crafts, play games, and learn about the history of El Dia de los Muertos, the day of the dead with our staff.

11/2 (1) Rm 13	F	5:15-8:30 pm ID/AP: \$25	2-11 yrs OD: \$31.25	GH28102
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Parents Night Out, Holiday's Around the World

It is the holiday season around the world! Learn and celebrate the different holidays that are held around the world! Create different crafts, play traditional games, and more! Dinner is provided.

12/14 Rm 12	F	5:15-8:30 pm ID/AP: \$25	2-11 yrs OD: \$31.25	GH28103
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Sports & Fitness - Preschool

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

A fun and active class for kids and parents. Encourages large motor skills development as we play group games, basketball, soccer and more. Parent participation required. No class 11/23, 12/1.

9/12-10/24 (7) Gym	W	2:30-3 pm ID/AP: \$23	2½-4 yrs OD: \$28.75	GH22101A
10/31-12/5 (6) Gym	W	2:30-3 pm ID/AP: \$20	2½-4 yrs OD: \$25	GH22101B
9/14-10/26 (6) Gym	F	1-1:30 pm ID/AP: \$20	2½-4 yrs OD: \$25	GH22102A
11/2-12/14 (5) Gym	F	1-1:30 pm ID/AP: \$16	2½-4 yrs OD: \$20	GH22102B
9/15-10/27 (7) Gym	S	9-9:30 am ID/AP: \$23	2½-4 yrs OD: \$28.75	GH22103A
11/3-12/15 (5) Gym	S	9-9:30 am ID/AP: \$16	2½-4 yrs OD: \$20	GH22103B

Sports & Fitness - Preschool

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
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Pee Wee Soccer

Learn the fundamentals of the game - dribbling, passing and shooting in a non-competitive environment all while having lots of fun! No class 11/23, 12/1.

9/12-10/24 (7) Gym	W	4:30-5:15 pm ID/AP: \$32	3-5 yrs OD: \$40	GH22104A
10/31-12/5 (6) Gym	W	4:30-5:15 pm ID/AP: \$27	3-5 yrs OD: \$33.75	GH22104B
9/14-10/26 (6) Gym	F	Noon-12:45 pm ID/AP: \$27	3-5 yrs OD: \$33.75	GH22105A
11/2-12/14 (5) Gym	F	Noon-12:45 pm ID/AP: \$23	3-5 yrs OD: \$28.75	GH22105B
9/15-10/27 (7) Gym	S	9:45-10:30 am ID/AP: \$32	3-6 yrs OD: \$40	GH22106A
11/3-12/15 (5) Gym	S	9:45-10:30 am ID/AP: \$23	3-6 yrs OD: \$28.75	GH22106B

Taekwondo, Little Dragons

Introduction to Taekwondo, including vocabulary, philosophy and self-defense skills. Promotes confidence and discipline in a safe, fun environment. No class 11/12, 11/22. (Ruth)

9/10-10/22 (7) Rm 7	M	3:30-4 pm ID/AP: \$26	3-5 yrs OD: \$32.50	GH22110A
10/29-12/10 (6) Rm 7	M	3:30-4 pm ID/AP: \$22	3-5 yrs OD: \$27.50	GH22110B
9/11-10/23 (7) Rm 7	T	3:10-3:40 pm ID/AP: \$26	3-5 yrs OD: \$32.50	GH22111A
10/30-12/4 (6) Rm 7	T	3:10-3:40 pm ID/AP: \$22	3-5 yrs OD: \$27.50	GH22111B
9/11-10/23 (7) Rm 7	T	3:45-4:15 pm ID/AP: \$26	3-5 yrs OD: \$32.50	GH22112A
10/30-12/4 (6) Rm 7	T	3:45-4:15 pm ID/AP: \$22	3-5 yrs OD: \$27.50	GH22112B
9/12-10/24 (7) Rm 7	W	3:30-4 pm ID/AP: \$26	3-5 yrs OD: \$32.50	GH22113A
10/31-12/5 (6) Rm 7	W	3:30-4 pm ID/AP: \$22	3-5 yrs OD: \$27.50	GH22113B
9/13-10/25 (7) Rm 7	Th	3-3:30 pm ID/AP: \$26	3-5 yrs OD: \$32.50	GH22114A
11/1-12/13 (6) Rm 7	Th	3-3:30 pm ID/AP: \$22	3-5 yrs OD: \$27.50	GH22114B
9/13-10/25 (7) Rm 7	Th	3:30-4 pm ID/AP: \$26	3-5 yrs OD: \$32.50	GH22115A
11/1-12/13 (6) Rm 7	Th	3:30-4 pm ID/AP: \$22	3-5 yrs OD: \$27.50	GH22115B

Basketball Skills & Scrimmages

Athletes will focus on teamwork, fair play, drills, dribbling, shooting and scrimmages in a fun and encouraging atmosphere. No class 12/1.

9/12-10/24 (7) Gym	W	3:15-4:15 pm ID/AP: \$36	6-9 yrs OD: \$45	GH22201A
10/31-12/5 (6) Gym	W	3:15-4:15 pm ID/AP: \$36	6-9 yrs OD: \$45	GH22201B
9/15-10/27 (7) Gym	S	11:45 am-12:45 pm ID/AP: \$36	6-9 yrs OD: \$45	GH22202A
11/3-12/15 (5) Gym	S	11:45 am-12:45 pm ID/AP: \$30	6-9 yrs OD: \$37.50	GH22202B
9/16-10/28 (7) Gym	Su	9:15-10:15 am ID/AP: \$42	6-9 yrs OD: \$52.50	GH22200A

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

Sports & Fitness - Youth

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Soccer Skills & Scrimmages				
Athletes will focus on teamwork, fair play, drills, dribbling and scrimmages in a fun and encouraging atmosphere. No class 12/1.				

9/16-10/28 (7) Gym	Su	10:45-11:45 am ID/AP: \$36	6-9 yrs OD: \$45	GH22203A
11/4-12/16 (7) Gym	Su	10:45-11:45 am ID/AP: \$30	6-9 yrs OD: \$37.50	GH22203B

Taekwondo, White Tigers

Introduction to Taekwondo, including vocabulary, philosophy and self-defense skills. Promotes confidence and discipline in a safe, fun environment. No class 11/12, 11/22. (Ruth)

9/10-10/22 (7) Rm 7	M	4-5 pm ID/AP: \$43	6-14 yrs OD: \$53.75	GH22210A
10/29-12/10 (6) Rm 7	M	4-5 pm ID/AP: \$37	6-14 yrs OD: \$46.25	GH22210B
9/12-10/24 (7) Rm 7	W	4-5 pm ID/AP: \$43	6-14 yrs OD: \$53.75	GH22211A
10/31-12/5 (6) Rm 7	W	4-5 pm ID/AP: \$37	6-14 yrs OD: \$46.25	GH22211B
9/11-10/23 (7) Rm 7	T	4:30-5:30 pm ID/AP: \$50	6-14 yrs OD: \$62.50	GH22213A
10/30-12/4 (6) Rm 7	T	4:30-5:30 pm ID/AP: \$43	6-14 yrs OD: \$53.75	GH22213B
9/13-10/25 (7) Rm 7	Th	4-5 pm ID/AP: \$50	6-14 yrs OD: \$62.50	GH22214A
11/1-12/13 (6) Rm 7	Th	4-5 pm ID/AP: \$43	6-14 yrs OD: \$53.75	GH22214B

Archery Fun

An introduction to recreational archery learning techniques and safety. Held at: Archers Afield, 11945 SW Pacific Hwy., #121, Tigard, OR 97223, 503-639-3553. Tigard Plaza Shopping Center, lower level, corner of Hall & Hwy 99. A \$36 lab fee is payable to the instructor on the first night. No class 11/12.

9/10-10/15 (6) Off-site	M	6:30-7:30 pm ID/AP: \$15	7 yrs-Adult OD: \$18.75	GH22220A
10/29-12/10 (6) Off-site	M	6:30-7:30 pm ID/AP: \$15	7 yrs-Adult OD: \$18.75	GH22220B
9/15-10/20 (6) Off-site	S	10:30-11:30 am ID/AP: \$15	7 yrs-Adult OD: \$18.75	GH22221A
11/3-12/8 (6) Off-site	S	10:30-11:30 am ID/AP: \$15	7 yrs-Adult OD: \$18.75	GH22221B

Taekwondo

Introduction to taekwondo, including vocabulary, philosophy and self-defense skills. Promotes confidence and discipline in a safe, fun environment. (Ruth)

9/11-10/23 (7) Rm 7	T	5:30-6:30 pm ID/AP: \$43	6 yrs-Adult OD: \$62.50	GH22212A
10/30-12/4 (6) Rm 7	T	5:30-6:30 pm ID/AP: \$43	6 yrs-Adult OD: \$53.75	GH22212B

Sports & Fitness - Teen/Adult

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Yoga for Lower Back Care with Maddie Adams				
This 10-week course was developed by National Institute of Health in a study on yoga for low back pain. Students will learn basic anatomy of the low back and core muscles and practices will work on balancing core strength with mobility to relieve chronic low back pain. This class is suitable for students with chronic or repetitive low back pain issues. It is not appropriate for those who have been diagnosed with bulging or herniated discs, or spondylolisthesis. Course book with audio CD is included. \$40 due to instructor at first class for book and CD materials. Not eligible for Deluxe Pass use. No class 10/12, 10/19.				

9/14-11/16 (8) Rm 8	F	6:45-8:15 pm ID/AP: \$94	18+ yrs OD: \$117.50	GH22400
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Community Sustainability Fair + Repair Fair at Garden Home Recreation Center

Friday, Oct. 12, 5-7:30 pm

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

Haunted Library Friday, October 19

Slightly spooky from 5-6 pm is great for younger kids, those who frighten easily and those with sensory sensitivities. Full spooky with more blood and guts from 6-8.

Special Events

The Garden Home Pumpkin Hunt and Haunted House in the library!

**Friday, Oct. 19
6-8 pm**



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

See page 123 for class ID

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

Garden Home Fitness

Weight Room Information

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

Mon-Thurs: 5:30 am-10 pm

Fri: 5:30 am-8:30 pm

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

Weight Room Orientation

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

\$46.75 ID/AP, \$58.50 OD

Personal Training Packages

This one-hour session will assist you in developing an individualized exercise

program to set and reach your fitness goals. Basic nutrition is discussed. Body composition assessment is also available. We also offer packages of three or six sessions.

One Session: \$52.75 ID/AP, \$66 OD

Three Sessions: \$158.25 ID/AP, \$197.75 OD

Six Sessions: \$316.50 ID/AP, \$395.75 OD

Personal Training Cancellation Policy

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

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

Fitness Class Descriptions

Barre

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

Beginner Aerobics

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

Butz & Gutz

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

Candlelight Yoga

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

Cardio, Circuit, Strength

Start or end your day with

total body conditioning. Includes cardio, stretching, weights, strength training and more. Some activities and drills outside.

Low Impact Aerobics

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

Restorative Yoga

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

SilverSneakers® Classic

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

Pilates

Strengthen your core muscles, back, spine and abdominals. Class uses the Pilates method of breathing for maximum effectiveness

and works on balance and posture. Pilates rings, stability ball and rollers also used.

Stretch, Core & More

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

Stretch and Strength

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

Women's Workout

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

Yoga, Level I

Introduction to basic body alignment and yoga breathing. Emphasis on building core strength, body awareness and flexibility through the standing poses.

Yoga, Level 1 Adaptive

This class uses chairs as well as other props to adapt yoga poses for those with limited

range of motion, health conditions, or who may be looking for a more gentle class.

Yoga, Level I/II

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

Yoga, Strength and Conditioning

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

Zumba® Aerobics

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

Visit www.thprd.org/facilities/recreation/garden-home for class schedule.