

# Cedar Hills Recreation Center



**TUALATIN HILLS  
PARK & RECREATION DISTRICT**

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

TriMet Bus Routes #20, #59

**Facility Supervisor:** Lindsay Bjork

**Summer Term:** June 17-Aug. 25, 2019

**Office Hours:**

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

**Facility Closures:** 7/4, 9/2

**Facility Features:**

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

See page 124 for Cedar Hills Recreation Center Weight/Cardio information.

**Check out the wide variety of summer sports camps on pages 20-28. Join the fun at Cedar Hills Recreation Center!**

**Facility Rentals**

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



THPRDCedarHills

**Nine-month Preschool  
2019-2020**

**Kids First**

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

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

**Jump Start**

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

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

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

**Additional notes:**

- All children must be potty independent before entering preschool. Pullups are not allowed. Accidents do happen, and we will happily assist the children with changing into back-up clothes provided by the family.
- Cedar Hills Recreation Center does not require immunizations for any programs.
- Children must be correct age by Sept. 1.

**Events**

**Pride Social  
Saturday, June 1 • 6-8 pm**

Celebrate the start of Pride month with a fun, family social at Cedar Hills Recreation Center! Families, friends and individuals are welcome to join us for this community event, where we'll celebrate LGBTQ diversity.

We'll have a DJ playing your favorite music, a bounce house for the kids along with face painting games and crafts! You won't want to miss out on this fabulous and festive celebration. Drinks and light refreshments will be provided.

You can pre-register for this event at the front desk or online at [www.thprd.org](http://www.thprd.org) with the class number CH1620 for individual registration and CH16200 for family registration!

Pre-registration fee for a single registration is \$2 and \$10 per family. Day of registration fee is \$3 for an individual or \$15 per family.

## Drop-in Sports Programs

The Cedar Hills Recreation Center offers a variety of drop-in sports for youth, family, adults and seniors. **A valid THPRD identification card is required for all drop-in participation. Gym-appropriate shoes, please.** If you are looking for a fitness program, please see page 132. See page 6 for more information on passes and fees.

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

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

### Weight/Cardio Room

#### Weight Room Orientation

Learn the proper techniques for using the weight room equipment. This is an hour long session led by a certified personal trainer that can get your workout routine off to a great start! Discuss goals and learn how to use some of our weight and cardio machines.

**\$48.50 ID/ \$60.75 OD**

#### Personal Training

Private appointments with a certified personal trainer to customize your fitness program, offer accountability and help you reach your goals. Each session is one hour in length.

**1 Session: \$54.75 ID/ \$68.50 OD**

**3 Sessions: \$164.25 ID/ 205.25 OD**

**6 Sessions: \$328.50 ID/ \$410.75 OD**

#### Buddy Training

Working out with a friend is great accountability and just plain fun! Each session is one hour in length, cost is per person. Must have at least two people in group at time of registration.)

**1 Session: \$41 ID/ \$51.25 OD**

**3 Sessions: \$123.50 ID/ \$154 OD**

**6 Sessions: \$246.50 ID/ \$307.75 OD**

**A parental waiver is required for weight/cardio room use by anyone 14-16 years old.**

### Indoor Playpark Closed for Summer Open Sept. 10 - Dec. 19

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

### Cedar Hills Drop-in Childcare

Our childcare program is designed for families using our facility. There is a three hour maximum. Ages 6 weeks-9 yrs.

The cost is \$4 per hour for ID patrons (or those who have paid an out-of-district assessment) who remain on-site. The cost for OD patrons is \$6 per hour.

The cost for patrons leaving the facility is \$6.50 per hour for ID patrons (or those who have paid an out-of-district assessment) or \$8 per hour for OD patrons.

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

- **Morning:** Monday-Friday 8:30 am-12:30 pm  
Saturday 8 am-Noon
- **Evening:** Monday-Thursday 5:15-8:45 pm  
No drop-ins 30 minutes prior to closing time

Closure dates will vary.

## 2019-2020 THRIVE Afterschool Program

### Teaching Healthy Responsible Individuals Values and Education

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

Program is available school release time-6 pm, Monday-Friday, for children in grades

K-5 who attend Barnes, Ridgewood, West TV and William Walker.

**Tuition:** five days a week - \$315/month  
Tuition includes three Beaverton School District in-service days.

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

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

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

**Registration for 2019/2020 begins May 2019.**

## Dance - Preschool

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

Rhythm and a variety of beginning dance techniques, movement combinations and routines to a variety of music and incorporation of dance props.

7/1-8/5 (6) Rm 5	M	12:30-1:15 pm ID/AP: \$37	3-5 yrs OD: \$46.25	CH11100
7/3-8/7 (6) Rm 5	W	10:15-11 am ID/AP: \$37	3-5 yrs OD: \$46.25	CH11101

### Dance Combo/Tap, Ballet, Jazz

Introduction to tap, ballet and jazz techniques. Exposure to different dance types, music and styles. Tap shoes required.

7/1-8/5 (6) Rm 5	M	11:30 am-12:15 pm ID/AP: \$37	4-6 yrs OD: \$46.25	CH11102
7/2-8/6 (6) Rm 5	T	12:15-1 pm ID/AP: \$37	4-6 yrs OD: \$46.25	CH11103

### Dancin' and Twirlin'

Little ones will love participating in movement activities that incorporate dance, batons, tumbling and playing with props like balls and scarves. Activities introduced will help develop balance, motor skills and more. Parent participation required; no unregistered siblings allowed in class. Childcare available.

7/1-8/5 (6) Rm 5	M	10:45-11:15 am ID/AP: \$28	2-3 yrs OD: \$35	CH11104
7/2-8/6 (6) Rm 5	T	11:30 am-12 pm ID/AP: \$28	2-3 yrs OD: \$35	CH11105
7/5-8/9 (6) Rm 5	F	9-9:30 am ID/AP: \$28	2-3 yrs OD: \$35	CH11106

### Dancing Princesses and Princes

Kids get the royal treatment as they learn dance basics that strengthen flexibility, rhythm and grace among crowns, wands and their royal outfit. Come dressed in your favorite outfit!

7/5-8/9 (6) Rm 5	F	10:45-11:30 am ID/AP: \$37	3-5 yrs OD: \$46.25	CH11107
7/6-8/10 (6) Rm 5	S	10:45-11:15 am ID/AP: \$28	2-3 yrs OD: \$35	CH11108
7/6-8/10 (6) Rm 5	S	11:30 am-12:15 pm ID/AP: \$37	4-6 yrs OD: \$46.25	CH11109

### Gymnastics Dance

Learn the fundamentals of dance and an introduction to tumbling and gymnastic techniques often used in dance.

7/11-8/8 (5) Rm 5	Th	12:30-1:15 pm ID/AP: \$31	4-6 yrs OD: \$38.75	CH11110
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## All Preschool and Youth Classes

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



### Dance classes: What should I wear?

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

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

## Dance - Preschool

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

In this high-energy, age-appropriate class, kids will learn fun hip-hop techniques and combinations, while dancing to their favorite music.

7/11-8/8 (5) Rm 5	Th	11:30 am-12:15 pm ID/AP: \$31	3-5 yrs OD: \$38.75	CH11111
7/5-8/9 (6) Rm 5	F	11:30 am-12:15 pm ID/AP: \$37	3-5 yrs OD: \$46.25	CH11112

### Irish Dance Pre-K

Dancers learn to recognize rhythms, move and balance up on their toes, learn their left and right, and play dance games, all wonderful Irish tunes! **Parent participation required.** No unregistered siblings. Childcare available.

7/3-8/7 (6) Rm 5	W	9:30-10 am ID/AP: \$28	2-4 yrs OD: \$35	CH11113
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### On Your Toes

Beginning class introduces ballet technique through props and fun music. Skills include balance, coordination, flexibility and strength.

7/3-8/7 (6) Rm 5	W	11-11:30 am ID/AP: \$28	2-5 yrs OD: \$35	CH11114
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### Pre-Ballet

This class provides an introduction to ballet steps and terminology, with an emphasis on creative movement, rhythm, balance and coordination.

7/1-8/5 (6) Rm 5	M	9:45-10:30 am ID/AP: \$37	3-5 yrs OD: \$46.25	CH11115
7/3-8/7 (6) Rm 5	W	11:45 am-12:30 pm ID/AP: \$37	4-6 yrs OD: \$46.25	CH11116
7/5-8/9 (6) Rm 5	F	9:45-10:30 am ID/AP: \$37	3-5 yrs OD: \$46.25	CH11117
7/6-8/10 (6) Rm 5	S	9-9:30 am ID/AP: \$28	2.5-3 yrs OD: \$35	CH11118
7/6-8/10 (6) Rm 5	S	9:45-10:30 am ID/AP: \$37	4-6 yrs OD: \$46.25	CH11119

### Tip Toes

Develop grace, poise, good posture and coordination while dancing to many favorite songs. Basic ballet movements explored. **Parent participation required.** Childcare available. No unregistered siblings.

7/1-8/5 (6) Rm 5	M	9-9:30 am ID/AP: \$28	2-3 yrs OD: \$35	CH11120
7/3-8/7 (6) Rm 5	W	9-9:30 am ID/AP: \$28	2-3 yrs OD: \$35	CH11121

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

## Dance - Youth

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

This dance class will focus on Broadway hits! Learn dance techniques and make new friends in this movement-based class.

7/3-8/7 (6) Rm 8	W	4-4:45 pm ID/AP: \$37	6-8 yrs OD: \$46.25	CH11200
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### Classical Ballet I/II

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

7/2-8/6 (6) Rm 5	T	4:30-5:15 pm ID/AP: \$37	6-10 yrs OD: \$46.25	CH11201
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### Dance Combo/Tap, Ballet, Jazz

Class will expose young dancer to tap, ballet and jazz techniques. Tap shoes required.

7/11-8/8 (5) Rm 5	Th	3:30-4:15 pm ID/AP: \$31	6-9 yrs OD: \$38.75	CH11202
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### Hip-Hop Street Dance

Learn techniques and routines from a variety of dance styles - hip-hop, locking, street jazz, contemporary and more. Get ready to move. Tennis shoes required.

7/1-8/5 (6) Rm 5	M	3:30-4:15 pm ID/AP: \$37	7-12 yrs OD: \$46.25	CH11203
7/11-8/8 (5) Rm 5	Th	5-5:45 pm ID/AP: \$31	7-12 yrs OD: \$38.75	CH11204

### Hip-Hop Video Dance

Learn about popular dance styles with upbeat routines and technical skills for today's dance world! Tennis shoes required.

7/1-8/5 (6) Rm 5	M	4:45-5:30 pm ID/AP: \$37	7-14 yrs OD: \$46.25	CH11205
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### Irish Dance I

Don't just admire those great Irish dancers, strap on your dancing shoes and join the fun! Learn Irish soft shoe and group Ceili dances!

7/2-8/6 (6) Rm 5	T	3:30-4:15 pm ID/AP: \$37	6-9 yrs OD: \$46.25	CH11206
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### Modern Contemporary I/II

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

7/11-8/8 (5) Rm 5	Th	5:45-6:30 am ID/AP: \$31	7-12 yrs OD: \$38.75	CH11207
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### Street Jazz

Kids learn the fundamentals of jazz ranging from Broadway to pop and hip-hop from pop-n-lock to house, in a fun and exciting environment.

7/3-8/7 (6) Rm 8	W	3-3:45 pm ID/AP: \$37	6-10 yrs OD: \$46.25	CH11208
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## Dance - Teen/Adult

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

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

7/2-8/6 (6) Rm 5	T	7:35-8:35 pm ID/AP: \$45	14 yrs-Adult OD: \$56.25	CH11500
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### Belly Dance, Intermediate

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

7/2-8/6 (6) Rm 5	T	8:35-9:35 pm ID/AP: \$53	14 yrs-Adult OD: \$66.25	CH11502
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### Classical Ballet

Traditional ballet technique class. Comprehensive barre and center work for returning and motivated beginners. Students develop strength, flexibility, coordination and confidence. All levels welcome.

7/3-8/7 (6) Rm 5	W	7:30-9 pm ID/AP: \$66	14 yrs-Adult OD: \$82.50	CH11504
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## Cedar Hills Social Classes

### 123 Come Learn with Me!

This class focuses on improving children's social and cognitive skills while fostering positive interactions with peers and teachers. Through art, music, and sensory play, this class will help to develop problem-solving, memory recall, imagination, and attention span. No class 7/4.

6/17-7/15 (5) Rm B	M	9-11:30 am ID/AP: \$100	3-5 yrs OD: \$125	CH18100
7/22-8/12 (4) Rm B	M	9-11:30 am ID/AP: \$82	3-5 yrs OD: \$102.50	CH18101
6/18-7/16 (5) Rm B	T	9-11 am ID/AP: \$82	2-3 yrs OD: \$102.50	CH18102
7/23-8/13 (4) Rm B	T	9-11 am ID/AP: \$66	2-3 yrs OD: \$82.50	CH18103
6/19-7/17 (5) Rm B	W	9-11:30 am ID/AP: \$100	3-5 yrs OD: \$125	CH18104
7/24-8/14 (4) Rm B	W	9-11:30 am ID/AP: \$82	3-5 yrs OD: \$102.50	CH18105
6/20-7/18 (4) Rm B	Th	9-11 am ID/AP: \$66	2-3 yrs OD: \$82.50	CH18106
7/25-8/15 (4) Rm B	Th	9-11 am ID/AP: \$66	2-3 yrs OD: \$82.50	CH18107
6/21-7/19 (5) Rm B	F	9-11:30 am ID/AP: \$100	3-5 yrs OD: \$125	CH18108
7/26-8/16 (4) Rm B	F	9-11:30 am ID/AP: \$82	3-5 yrs OD: \$102.50	CH18109

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

Cedar Hills Music Classes

**Youth Guitar**

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

6/18-8/13 (9) T 6-7 pm 8-11 yrs CH15250  
Rm B ID/AP: \$74 OD: \$92.50

**Guitar I**

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

6/18-8/13 (9) T 7-8 pm 10 yrs-Adult CH15251  
Rm B ID/AP: \$74 OD: \$92.50

**Guitar II**

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

6/18-8/13 (9) T 8-9 pm 13 yrs-Adult CH15252  
Rm B ID/AP: \$86 OD: \$107.50

**Guitar Private Lessons**

Learn basic guitar or continue to improve your skills. Bring your own guitar.

6/18-7/9 (4) T 3:30-4 pm 7 yrs-Adult CH15261  
Rm B ID/AP: \$158 OD: \$197.50  
6/18-7/9 (4) T 4-4:30 pm 7 yrs-Adult CH15262  
Rm B ID/AP: \$158 OD: \$197.50  
6/18-7/9 (4) T 4:30-5 pm 7 yrs-Adult CH15263  
Rm B ID/AP: \$158 OD: \$197.50  
6/18-7/9 (4) T 5-5:30 pm 7 yrs-Adult CH15264  
Rm B ID/AP: \$158 OD: \$197.50  
7/16-8/13 (5) T 3:30-4 pm 7 yrs-Adult CH15265  
Rm B ID/AP: \$198 OD: \$247.50  
7/16-8/13 (5) T 4-4:30 pm 7 yrs-Adult CH15266  
Rm B ID/AP: \$198 OD: \$247.50  
7/16-8/13 (5) T 4:30-5 pm 7 yrs-Adult CH15267  
Rm B ID/AP: \$198 OD: \$247.50  
7/16-8/13 (5) T 5-5:30 pm 7 yrs-Adult CH15268  
Rm B ID/AP: \$198 OD: \$247.50

**Piano, Private Lessons**

Playing the piano is fun and research has now proven that playing the piano can have a profound positive impact on a child's language, reading, and math development. Beginner books will be provided for each student's first session. Students will be responsible for purchasing any additional books based on skill level. \*Students age 5 must have parent in attendance at lesson.

6/17-7/8 (4) M 3:30-4 pm 5 yrs-Adult CH15400  
Rm B ID/AP: \$158 OD: \$197.50  
6/17-7/8 (4) M 4-4:30 pm 5 yrs-Adult CH15401  
Rm B ID/AP: \$158 OD: \$197.50  
6/17-7/8 (4) M 4:30-5 pm 5 yrs-Adult CH15402  
Rm B ID/AP: \$158 OD: \$197.50

**Piano, Private Lessons (continued)**

6/17-7/8 (4) M 5-5:30 pm 5 yrs-Adult CH15403  
Rm B ID/AP: \$158 OD: \$197.50  
6/17-7/8 (4) M 5:45-6:15 pm 5 yrs-Adult CH15404  
Rm B ID/AP: \$158 OD: \$197.50  
6/17-7/8 (4) M 6:15-6:45 pm 5 yrs-Adult CH15405  
Rm B ID/AP: \$158 OD: \$197.50  
6/17-7/8 (4) M 6:45-7:15 pm 5 yrs-Adult CH15406  
Rm B ID/AP: \$158 OD: \$197.50  
6/17-7/8 (4) M 7:15-7:45 pm 5 yrs-Adult CH15407  
Rm B ID/AP: \$158 OD: \$197.50  
7/15-8/12 (5) M 3:30-4 pm 5 yrs-Adult CH15408  
Rm B ID/AP: \$198 OD: \$247.50  
7/15-8/12 (5) M 4-4:30 pm 5 yrs-Adult CH15409  
Rm B ID/AP: \$198 OD: \$247.50  
7/15-8/12 (5) M 4:30-5 pm 5 yrs-Adult CH15410  
Rm B ID/AP: \$198 OD: \$247.50  
7/15-8/12 (5) M 5-5:30 pm 5 yrs-Adult CH15411  
Rm B ID/AP: \$198 OD: \$247.50  
7/15-8/12 (5) M 5:45-6:15 pm 5 yrs-Adult CH15412  
Rm B ID/AP: \$198 OD: \$247.50  
7/15-8/12 (5) M 6:15-6:45 pm 5 yrs-Adult CH15413  
Rm B ID/AP: \$198 OD: \$247.50  
7/15-8/12 (5) M 6:45-7:15 pm 5 yrs-Adult CH15414  
Rm B ID/AP: \$198 OD: \$247.50  
7/15-8/12 (5) M 7:15-7:45 pm 5 yrs-Adult CH15415  
Rm B ID/AP: \$198 OD: \$247.50  
6/21-7/12 (4) F 3:30-4 pm 5 yrs-Adult CH15416  
Rm B ID/AP: \$158 OD: \$197.50  
6/21-7/12 (4) F 4-4:20 pm 5 yrs-Adult CH15417  
Rm B ID/AP: \$158 OD: \$197.50  
6/21-7/12 (4) F 4:30-5 pm 5 yrs-Adult CH15418  
Rm B ID/AP: \$158 OD: \$197.50  
6/21-7/12 (4) F 5-5:30 pm 5 yrs-Adult CH15419  
Rm B ID/AP: \$158 OD: \$197.50  
6/21-7/12 (4) F 5:45-6:15 pm 5 yrs-Adult CH15420  
Rm B ID/AP: \$158 OD: \$197.50  
6/21-7/12 (4) F 6:15-6:45 pm 5 yrs-Adult CH15421  
Rm B ID/AP: \$158 OD: \$197.50  
6/21-7/12 (4) F 6:45-7:15 pm 5 yrs-Adult CH15422  
Rm B ID/AP: \$158 OD: \$197.50  
6/21-7/12 (4) F 7:15-7:45 pm 5 yrs-Adult CH15423  
Rm B ID/AP: \$158 OD: \$197.50  
7/19-8/16 (5) F 3:30-4 pm 5 yrs-Adult CH15424  
Rm B ID/AP: \$198 OD: \$247.50  
7/19-8/16 (5) F 4-4:30 pm 5 yrs-Adult CH15425  
Rm B ID/AP: \$198 OD: \$247.50  
7/19-8/16 (5) F 4:30-5 pm 5 yrs-Adult CH15426  
Rm B ID/AP: \$198 OD: \$247.50  
7/19-8/16 (5) F 5-5:30 pm 5 yrs-Adult CH15427  
Rm B ID/AP: \$198 OD: \$247.50  
7/19-8/16 (5) F 5:45-6:15 pm 5 yrs-Adult CH15428  
Rm B ID/AP: \$198 OD: \$247.50  
7/19-8/16 (5) F 6:15-6:45 pm 5 yrs-Adult CH15429  
Rm B ID/AP: \$198 OD: \$247.50  
7/19-8/16 (5) F 6:45-7:15 pm 5 yrs-Adult CH15430  
Rm B ID/AP: \$198 OD: \$247.50  
7/19-8/16 (5) F 7:15-7:45 pm 5 yrs-Adult CH15431  
Rm B ID/AP: \$198 OD: \$247.50

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

## Gymnastics

Cedar Hills offers a comprehensive gymnastics program designed to help students reach their full potential according to their personal ability and speed. All students will receive instruction on floor, beam, vault and bars. Great care is taken to provide a fun and safe atmosphere with quality instruction. Students with long hair need to pull it back with a hair band. Please do not wear tights or jeans. Safety guidelines will be discussed at first class. No class 7/4.

## Gymnastics Class Descriptions

### Kindergym: (1½-3 yrs)

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

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

### Kinderstars: (2½-4 yrs)

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

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

### Preschool Pre-Gymnastics: (3-6 yrs)

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

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

We will work on gymnastics skills and techniques for the vault, bars and floor exercise. They will development of flexibility and strength. All skill levels welcome. Please make sure your gymnast comes with shorts/ pants and a tucked in t-shirt.

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

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

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

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

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

### Gymnastics Level 2: (6-13 yrs)

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

This class works on the following skills: Bars – stride circles and one-leg shoot throughs, underswings and sole circle dismounts on the beam – handstands, cartwheels and full turns and on the Floor - back-bend kick-overs, tic-tocs, back handspring drills and handstand rolls. The handstand flat back is taught for vaulting and the level of conditioning and flexibility training is increased.

### Gymnastics Level 3: (6-13 yrs)

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

### Evaluations

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



## Gymnastics - Preschool

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
<b>Kindergym, 1.5-3 yrs</b>				
(PP) Parent Participation Class; One child/one parent ratio. You and your child will share fun exercise time such as balancing on the beam, swinging on the bars and rolling down our mats. This is a hands-on class for parents. No unregistered siblings.				
6/21-7/19 (5) Rm 9	F	9:15-10 am ID/AP: \$37	1-3 yrs OD: \$46.25	CH13100
7/26-8/23 (5) Rm 9	F	9:15-10 am ID/AP: \$37	1-3 yrs OD: \$46.25	CH13101
6/21-7/19 (5) Rm 9	F	10:15-11 am ID/AP: \$37	1-3 yrs OD: \$46.25	CH13102
7/26-8/23 (5) Rm 9	F	10:15-11 am ID/AP: \$37	1-3 yrs OD: \$46.25	CH13103
6/21-7/19 (5) Rm 9	F	11:15 am-12 pm ID/AP: \$37	1-3 yrs OD: \$46.25	CH13104
7/26-8/23 (5) Rm 9	F	11:15 am-12 pm ID/AP: \$37	1-3 yrs OD: \$46.25	CH13105
6/22-7/20 (5) Rm 9	S	1:45-2:30 pm ID/AP: \$37	1-3 yrs OD: \$46.25	CH13106
7/27-8/24 (5) Rm 9	S	1:45-2:30 pm ID/AP: \$37	1-3 yrs OD: \$46.25	CH13107

### KinderStars, 2.5-4 yrs

(PP) Parent Participation Class; One child/one parent ratio. This class is more structured than Kindergym. Children will do obstacle courses, beam, bars and tumbling as well as develop social skills such as taking turns and learning to participate in gymnastics class without a lot of assistance from their parent. No unregistered siblings.

6/21-7/19 (5) Rm 9	F	12:15-1 pm ID/AP: \$37	2-4 yrs OD: \$46.25	CH13108
7/26-8/23 (5) Rm 9	F	12:15-1 pm ID/AP: \$37	2-4 yrs OD: \$46.25	CH13109
6/22-7/20 (5) Rm 9	S	2:45-3:30 pm ID/AP: \$37	2-4 yrs OD: \$46.25	CH13110
7/27-8/24 (5) Rm 9	S	2:45-3:30 pm ID/AP: \$37	2-4 yrs OD: \$46.25	CH13111

### Pre-Gymnastics, 3-4 yrs

This is a beginning level gymnastics class that will focus on all four Olympic events. Students will get an introduction to floor, vault, bars and beam through obstacle courses with a focus on listening and following directions. No class 7/4.

6/17-7/15 (5) Rm 9	M	2-2:45 pm ID/AP: \$37	3-4 yrs OD: \$46.25	CH13115
7/22-8/19 (5) Rm 9	M	2-2:45 pm ID/AP: \$37	3-4 yrs OD: \$46.25	CH13116
6/17-7/15 (5) Rm 9	M	5:30-6:15 pm ID/AP: \$37	3-4 yrs OD: \$46.25	CH13117
7/22-8/19 (5) Rm 9	M	5:30-6:15 pm ID/AP: \$37	3-4 yrs OD: \$46.25	CH13118
6/18-7/16 (5) Rm 9	T	12:30-1:15 pm ID/AP: \$37	3-4 yrs OD: \$46.25	CH13119
7/23-8/20 (5) Rm 9	T	12:30-1:15 pm ID/AP: \$37	3-4 yrs OD: \$46.25	CH13120
6/18-7/16 (5) Rm 9	T	4-4:45 pm ID/AP: \$37	3-4 yrs OD: \$46.25	CH13121
7/23-8/20 (5) Rm 9	T	4-4:45 pm ID/AP: \$37	3-4 yrs OD: \$46.25	CH13122
6/19-7/17 (5) Rm 9	W	2-2:45 pm ID/AP: \$37	3-4 yrs OD: \$46.25	CH13123

## Gymnastics - Preschool

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
<b>Pre-Gymnastics, 3-4 yrs (continued)</b>				
7/24-8/21 (5) Rm 9	W	2-2:45 pm ID/AP: \$37	3-4 yrs OD: \$46.25	CH13124
6/19-7/17 (5) Rm 9	W	5:30-6:15 pm ID/AP: \$37	3-4 yrs OD: \$46.25	CH13125
7/24-8/21 (5) Rm 9	W	5:30-6:15 pm ID/AP: \$37	3-4 yrs OD: \$46.25	CH13126
6/20-7/18 (4) Rm 9	Th	12:30-1:15 pm ID/AP: \$30	3-4 yrs OD: \$37.50	CH13127
7/25-8/22 (5) Rm 9	Th	12:30-1:15 pm ID/AP: \$37	3-4 yrs OD: \$46.25	CH13128
6/22-7/20 (5) Rm 9	S	10-10:45 am ID/AP: \$37	3-4 yrs OD: \$46.25	CH13129
7/27-8/24 (5) Rm 9	S	10-10:45 am ID/AP: \$37	3-4 yrs OD: \$46.25	CH13130

### Pre-Gymnastics, 4-6 yrs

This is a beginning level gymnastics class that will focus on all four Olympic events. Students will get an introduction to floor, vault, bars and beam through obstacle courses with a focus on listening and following directions. No class 7/4.

6/17-7/15 (5) Rm 9	M	1-1:45 pm ID/AP: \$37	4-6 yrs OD: \$46.25	CH13135
7/22-8/19 (5) Rm 9	M	1-1:45 pm ID/AP: \$37	4-6 yrs OD: \$46.25	CH13136
6/18-7/16 (5) Rm 9	T	1:30-2:15 pm ID/AP: \$37	4-6 yrs OD: \$46.25	CH13137
7/23-8/20 (5) Rm 9	T	1:30-2:15 pm ID/AP: \$37	4-6 yrs OD: \$46.25	CH13138
6/19-7/17 (5) Rm 9	W	1-1:45 pm ID/AP: \$37	4-6 yrs OD: \$46.25	CH13139
7/24-8/21 (5) Rm 9	W	1-1:45 pm ID/AP: \$37	4-6 yrs OD: \$46.25	CH13140
6/20-7/18 (4) Rm 9	Th	2:45-3:30 pm ID/AP: \$30	4-6 yrs OD: \$37.50	CH13141
7/25-8/22 (5) Rm 9	Th	2:45-3:30 pm ID/AP: \$37	4-6 yrs OD: \$46.25	CH13142
6/21-7/19 (5) Rm 9	F	2:45-3:30 pm ID/AP: \$37	4-6 yrs OD: \$46.25	CH13143
7/26-8/23 (5) Rm 9	F	2:45-3:30 pm ID/AP: \$37	4-6 yrs OD: \$46.25	CH13144
6/22-7/20 (5) Rm 9	S	9-9:45 am ID/AP: \$37	4-6 yrs OD: \$46.25	CH13145
7/27-8/24 (5) Rm 9	S	9-9:45 am ID/AP: \$37	4-6 yrs OD: \$46.25	CH13146

### Boys Gymnastics, All Levels, 5-10 yrs

We will work on gymnastics skills and techniques for the vault, bars and floor exercise and develop flexibility and strength. All skill levels welcome. Please make sure your gymnast comes with shorts/pants and a tucked in t-shirt.

6/21-7/19 (5) Rm 9	F	3:45-4:45 pm ID/AP: \$50	5-10 yrs OD: \$62.50	CH13245
7/26-8/23 (5) Rm 9	F	3:45-4:45 pm ID/AP: \$50	5-10 yrs OD: \$62.50	CH13246

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 #
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### Gymnastics, Level 1, 5-8 yrs

Work on rolls, handstands and cartwheels on the floor, casting and strength moves on the bars, jumping and balancing on the beam. No class 7/4.

6/17-7/15 (5) Rm 9	M	3-4 pm ID/AP: \$50	5-8 yrs OD: \$62.50	CH13200
7/22-8/19 (5) Rm 9	M	3-4 pm ID/AP: \$50	5-8 yrs OD: \$62.50	CH13201
6/18-7/16 (5) Rm 9	T	2:30-3:30 pm ID/AP: \$50	5-8 yrs OD: \$62.50	CH13202
7/23-8/20 (5) Rm 9	T	2:30-3:30 pm ID/AP: \$50	5-8 yrs OD: \$62.50	CH13203
6/19-7/17 (5) Rm 9	W	3-4 pm ID/AP: \$50	5-8 yrs OD: \$62.50	CH13204
7/24-8/21 (5) Rm 9	W	3-4 pm ID/AP: \$50	5-8 yrs OD: \$62.50	CH13205
6/20-7/18 (4) Rm 9	Th	1:30-2:30 pm ID/AP: \$40	5-8 yrs OD: \$50	CH13206
7/25-8/22 (5) Rm 9	Th	1:30-2:30 pm ID/AP: \$50	5-8 yrs OD: \$62.50	CH13207
6/21-7/19 (5) Rm 9	F	1:30-2:30 pm ID/AP: \$50	5-8 yrs OD: \$62.50	CH13208
7/26-8/23 (5) Rm 9	F	1:30-2:30 pm ID/AP: \$50	5-8 yrs OD: \$62.50	CH13209
6/22-7/20 (5) Rm 9	S	11 am-12 pm ID/AP: \$50	5-8 yrs OD: \$62.50	CH13210
7/27-8/24 (5) Rm 9	S	11 am-12 pm ID/AP: \$50	5-8 yrs OD: \$62.50	CH13211

### Gymnastics, Level 1, 6-13 yrs

Work on rolls, handstands and cartwheels on the floor, casting and strength moves on the bars, jumping and balancing on the beam. No class 7/4.

6/17-7/15 (5) Rm 9	M	4:15-5:15 pm ID/AP: \$50	6-13 yrs OD: \$62.50	CH13215
7/22-8/19 (5) Rm 9	M	4:15-5:15 pm ID/AP: \$50	6-13 yrs OD: \$62.50	CH13216
6/19-7/17 (5) Rm 9	W	4:15-5:15 pm ID/AP: \$50	6-13 yrs OD: \$62.50	CH13217
7/24-8/21 (5) Rm 9	W	4:15-5:15 pm ID/AP: \$50	6-13 yrs OD: \$62.50	CH13218
6/20-7/18 (4) Rm 9	Th	4-5 pm ID/AP: \$40	6-13 yrs OD: \$50	CH13219
7/25-8/22 (5) Rm 9	Th	4-5 pm ID/AP: \$50	6-13 yrs OD: \$62.50	CH13220
6/22-7/20 (5) Rm 9	S	12:30-1:30 pm ID/AP: \$50	6-13 yrs OD: \$62.50	CH13221
7/27-8/24 (5) Rm 9	S	12:30-1:30 pm ID/AP: \$50	6-13 yrs OD: \$62.50	CH13222

### Gymnastics, Level 1.5, 5-8 yrs

Must pass Level 1 before entering this class. Floor: One-handed cartwheels, round-offs and bridge kick-overs. Bars: Pullovers and back hip circles. Beam: Jump combinations, leaps and handstands. No class 7/4.

6/18-7/16 (5) Rm 9	T	5-6 pm ID/AP: \$50	5-8 yrs OD: \$62.50	CH13225
7/23-8/20 (5) Rm 9	T	5-6 pm ID/AP: \$50	5-8 yrs OD: \$62.50	CH13226
6/20-7/18 (4) Rm 9	Th	5:15-6:15 pm ID/AP: \$40	5-8 yrs OD: \$50	CH13227
7/25-8/22 (5) Rm 9	Th	5:15-6:15 pm ID/AP: \$50	5-8 yrs OD: \$62.50	CH13228

## Gymnastics - Preschool

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
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### Gymnastics, Level 1.5, 6-13 yrs

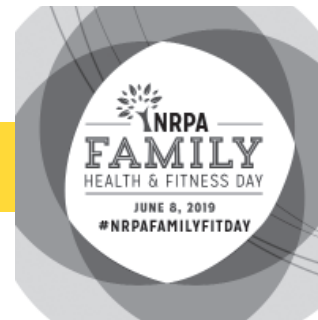
Must pass Gymnastics Level 1 before entering this class. On the floor, we will emphasize one-handed cartwheels, round-offs and bridge kick-overs. On the bars, we will work on pullovers and back hip circles. On the beam, we will introduce jump combinations, leaps and handstands.

6/17-7/15 (5) Rm 9	M	6:30-7:30 pm ID/AP: \$50	6-13 yrs OD: \$62.50	CH13232
7/22-8/19 (5) Rm 9	M	6:30-7:30 pm ID/AP: \$50	6-13 yrs OD: \$62.50	CH13233
6/19-7/17 (5) Rm 9	W	6:30-7:30 pm ID/AP: \$50	6-13 yrs OD: \$62.50	CH13234
7/24-8/21 (5) Rm 9	W	6:30-7:30 pm ID/AP: \$50	6-13 yrs OD: \$62.50	CH13235

### Gymnastics, Level 2/3, 5-13 yrs

Must pass Gymnastics Level 1.5 before enrolling and/or has instructor approval. This class works on all Level 2 skills and Level 3 skills if gymnast is able and approved by instructor. No class 7/4.

6/18-7/16 (5) Rm 9	T	6:15-7:45 pm ID/AP: \$75	5-13 yrs OD: \$93.75	CH13240
7/23-8/20 (5) Rm 9	T	6:15-7:45 pm ID/AP: \$75	5-13 yrs OD: \$93.75	CH13241
6/20-7/18 (4) Rm 9	Th	6:30-8 pm ID/AP: \$60	5-13 yrs OD: \$75	CH13242
7/25-8/22 (5) Rm 9	Th	6:30-8 pm ID/AP: \$75	5-13 yrs OD: \$93.75	CH13243



## June 8

Join us in celebrating the amazing health and wellness resources located right here in the Beaverton area. We'll be celebrating Family Health & Fitness Day – an initiative of the National Recreation and Park Association – by offering family friendly classes and events at our centers.

Visit [www.thprd.org](http://www.thprd.org) for more information

## Cedar Hills Recreation Center is Hiring

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

Visit [www.thprd.org/jobs](http://www.thprd.org/jobs) or call 503-629-6340 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)



## Sports & Fitness - Preschool

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
<b>Pee Wee Basketball</b>				
Your child will learn basketball skills through a variety of fun games. Staff will provide positive instruction while your child runs, shoots, and dribbles.				
6/22-7/13 (4) Gym	S	9:30-10:15 am ID/AP: \$24	3-5 yrs OD: \$30	CH12100
7/20-8/17 (5) Gym	S	9:30-10:15 am ID/AP: \$30	3-5 yrs OD: \$37.50	CH12101

### Pee Wee Soccer

Your child will learn soccer skills through a variety of fun games. Staff will provide positive instruction while your child develops a love for the game. Shin guards encouraged after the first class.

6/22-7/13 (4) Gym	S	10:30-11:15 am ID/AP: \$24	4-6 yrs OD: \$30	CH12102
7/20-8/17 (5) Gym	S	10:30-11:15 am ID/AP: \$30	4-6 yrs OD: \$37.50	CH12103

## Sports & Fitness - Youth

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
<b>Soccer</b>				
Learn dribbling, passing, receiving, shooting and age-specific defense. Skill games and small-sided games are introduced gradually. Shin guards are required after the first class.				
6/22-7/13 (4) Gym	S	11:30 am-12:30 pm ID/AP: \$30	6-12 yrs OD: \$37.50	CH12210
7/20-8/17 (5) Gym	S	11:30 am-12:30 pm ID/AP: \$38	6-12 yrs OD: \$47.50	CH12211

## Sports & Fitness - Adult

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
<b>Tai-Chi</b>				
A form of moving meditation. Class will emphasize on improving health and increasing energy through proper body alignment and relaxation.				
6/12-8/14 (10) Rm 5	W	5:45-7:15 pm ID/AP: \$108	14 yrs-Adult OD: \$135	CH12541

## Karate for the Whole Family

### Karate Kids

Beginning karate with a less structured curriculum. Children will gain skills in self-confidence, cooperation, effective communication and motivation. Uniforms are not required.

6/19-8/14 (9) Rm 5	W	3:15-3:55 pm ID/AP: \$46	5-6 yrs OD: \$57.50	CH12200
6/19-8/14 (9) Rm 5	W	4-4:40 pm ID/AP: \$46	6-8 yrs OD: \$57.50	CH12201
6/21-8/16 (9) Rm 5	F	3:30-4:10 pm ID/AP: \$46	7-10 yrs OD: \$57.50	CH12202

### Karate, Beginning

Shorin-ryu is a self-defense oriented, traditional Okinawan karate style. Learn basic blocks, punches, kicks and breakfall techniques. Uniforms required (\$35 each). Information given at first class.

6/19-8/14 (9) Rm 5	W	4:45-5:45 pm ID/AP: \$68	6-10 yrs OD: \$85	CH12203
6/21-8/16 (9) Rm 5	F	4:15-5:10 pm ID/AP: \$62	7 yrs-Adult OD: \$77.50	CH12204
6/21-8/16 (9) Rm 5	F	5:15-6:10 pm ID/AP: \$62	7 yrs-Adult OD: \$77.50	CH12205

### Karate, Intermediate

Must have experience with karate, subject to instructor's discretion. In addition to blocks, strikes, kicks, grabs, holds, releases, and breakfalls, you will also work with bo staff as well as various katas. Experience in Okinawan or Japanese karate required. Students tested for rank in these classes; additional fees required. Uniforms are required for this class (\$35 each).

6/21-8/16 (9) Rm 5	F	6:15-7:10 pm ID/AP: \$71	7 yrs-Adult OD: \$88.75	CH12206
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### Karate, Intermediate/Advanced

Must have experience with karate, subject to instructor's discretion. In addition to blocks, strikes, kicks, grabs, holds, releases, and breakfalls, kata applications will be explored. Experience in Okinawan or Japanese karate required. Students test for rank in these classes; additional fees required. Uniforms are required for this class. (\$35 each).

6/18-8/13 (9) Rm 5	T	6:30-7:30 pm ID/AP: \$78	7-10 yrs OD: \$97.50	CH12207
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### Karate, Advanced

This class is designed for karate students ready for an advanced curriculum. Class registration is by instructor invitation only.

6/21-8/16 (9) Rm 5	F	7:15-8:15 pm ID/AP: \$78	7 yrs-Adult OD: \$97.50	CH12208
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### July is National Parks & Recreation Month

Join THPRD this July as we celebrate everything fun, joyful and exciting our District has to offer.

Visit [www.thprd.org](http://www.thprd.org) for details on events being held all month long.

Join us in celebrating all the joy, excitement and fun Parks & Recreation brings to our community. THPRD will join the National Recreation and Parks Association this July by offering family friendly classes and events all month long.

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

## Fitness Class Descriptions

### BodyCombat™

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

### BODYPUMP™

The original barbell class that strengthens your entire body. This workout challenges all your major muscle groups using weight room exercises like squats, presses, lifts and curls.

### Combat 45

Same energetic martial arts moves used in BodyCombat, just shortened to 45 minutes!

### Family HaiChi Yoga

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

### HaiChi Yoga

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

### HIGH Fitness™

Aerobics is back! Choreographed interval training with intense cardio peaks and toning tracks set to music you know and love! The class is easy to follow and a total blast! All fitness levels welcome.

### HIIT

HIIT (High Intensity Interval Training) is a cardiovascular

exercise class alternating short periods of intense anaerobic exercise with less intense recovery periods. This class will finish with core work and stretching.

### Hip-Hop Fit

We will dance hard and work out hard. No skirts, jeans, bare feet, sandals or heels please.

### Low-Impact Aerobics

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

### MELT

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

### Pilates

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

### Step Aerobics

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

### Strength & Endurance

An interval style workout that includes cardio and strength training for a complete and fun workout. All levels welcome.

### Stretch & Core

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

### Super Circuit

Get a super start to your day with a fun circuit class! Rotate between stations with the guidance of a certified personal trainer in the gym and outside.

### Tai Chi I

For the beginning student. Learn Tai Chi for Better Balance and Yang 8/10 Form.

### Tai Chi II

For the intermediate student. Learn Yang 16 Form and 24 Yang Form. Not appropriate for beginners.

### Tai Chi III

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

### Yoga, All Levels

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

### Yoga, Beginning

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

### Yoga, EZ

The class opens with accessible standing poses followed by strength work on the floor and closing with a brief seated meditation. This is a good class for those with injuries or special needs.

### Yoga, Gentle Flow

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

### Yoga, Healing

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

### Yoga, Intermediate

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

### Yoga, Meditation

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

### Zumba®

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

### Zumba® Gold

This is a gentler program designed for beginners and older participants and features red-hot international music and easy to follow steps.

These classes are for ages 14+.  
Visit [www.thprd.org](http://www.thprd.org) or drop by to pick a schedule of our fitness classes.

**For free fitness opportunities and events this summer see page 7.**

# Summer Camps

## Cedar Hills Recreation Center Camps at a Glance

503-629-6340

Age	4-5 yrs	5-6 yrs	7-8 yrs	9-10 yrs	11-14 yrs
<b>Week 1</b> <b>6/17-6/21</b> <i>Fees due at time of registration</i>	Pee Wee Hoop Camp Gymnastics Camp	Camp Funshine Pee Wee Hoop Camp Gymnastics Camp	Summer Craze Golf Camp Basketball Skills Camp Gymnastics Camp	Cedar Thrills Soccer Camp Golf Camp Basketball Skills Camp Girl-Venture Camp	Summer Journey Soccer Camp Girl-Venture Camp Empowerteen-Boys Cooking, Ultimate Eats Camp
<b>Week 2</b> <b>6/24-6/28</b> <i>Balances due 6/10</i>	Pee Wee Soccer Camp Preschool Dance Camp: Fairy Tale Magic Gymnastics Camp	Camp Funshine Pee Wee Soccer Camp Preschool Dance Camp: Fairy Tale Magic Gymnastics Camp	Summer Craze Settlin' Days Homestead Volleyball Camp Basketball Camp Gymnastics Camp	Cedar Thrills Settlin' Days Homestead Basketball Camp Volleyball Camp Gymnastics Camp	Summer Journey Settlin' Days Homestead Obstacle Academy Volleyball Camp Cooking, Ultimate Eats Camp
<b>Week 3</b> <b>7/1-7/5</b> <i>No camp 7/4. Balances due 6/17</i>		Camp Funshine	Summer Craze	Cedar Thrills	Summer Journey
<b>Week 4</b> <b>7/8-7/12</b> <i>Balances due 6/24</i>	Pee Wee Soccer Camp Sports, Sports, Sports! Camp T-Ball Camp Gymnastics Camp	Camp Funshine Art Exploration PE Fun Camp Pee Wee Soccer Camp Sports, Sports, Sports! Camp T-Ball Camp Gymnastics Camp	Summer Craze Art Exploration PE Fun Camp Cheer Camp Cooking Camp, Youth Gymnastics Camp	Cedar Thrills Art Exploration Cheer Camp Cooking Camp, Youth	Summer Journey Art Exploration Cross Country Camp Weight Training Camp Eco-Fashion Cheer Camp
<b>Week 5</b> <b>7/15-7/19</b> <i>Balances due 7/1</i>	Pee Wee Soccer Camp Gymnastics Camp	Camp Funshine Art Exploration Baseball Camp Pee Wee Soccer Camp Soccer Skills Camp Gymnastics Camp	Summer Craze Art Exploration Baseball Camp Soccer Skills Camp Archery Camp Basketball Camp Cooking Camp, Youth Gymnastics Camp	Cedar Thrills Archery Camp Girl-Venture Camp Basketball Camp Cooking Camp, Youth Gymnastics Camp	Summer Journey Art Exploration Archery Camp Weight Training Camp Girl-Venture Camp
<b>Week 6</b> <b>7/22-7/26</b> <i>Balances due 7/8</i>	Sports, Sports, Sports! Camp	Camp Funshine Drawing & Painting Adventure Camp PE Fun Camp Sports, Sports, Sports! Camp Gymnastics Camp	Summer Craze Drawing & Painting Adventure Camp Dudes Hanging Out Camp PE Fun Camp Archery Camp Cooking Camp, Youth Gymnastics Camp	Cedar Thrills Drawing & Painting Adventure Camp Dudes Hanging Out Camp Dudes Hanging Out Camp Archery Camp Basketball Camp Cooking Camp, Youth Gymnastics Camp	Summer Journey Drawing & Painting Adventure Camp Dudes Hanging Out Camp Disc Golf Camp Empowerteen-Girls Archery Camp Basketball Camp Gymnastics Camp
<b>Week 7</b> <b>7/29-8/2</b> <i>Balances due 7/15</i>	Under The Sea - Art Camp Pee Wee Hoop Cooking Camp, Preschool Water Fun Camp Gymnastics Camp	Camp Funshine Under The Sea - Art Camp Cooking Camp, Preschool Flag Football Camp Comic Book/ Manga Workshop Camp Pee Wee Hoop Camp Water Fun Camp Gymnastics Camp	Summer Craze Under The Sea - Art Camp Lacrosse Camp NW Explorer Camp Flag Football Camp Basketball Skills Camp Comic Book/Manga Workshop Camp Water Fun Camp Archery Camp Gymnastics Camp	Cedar Thrills NW Explorer Camp Soccer Camp Hoop Camp Basketball Skills Camp Comic Book/ Manga Workshop Camp Archery Camp Lacrosse Camp	Summer Journey Soccer Camp Hoop Camp Cross Country Training Camp Weight Training Camp Comic Book/ Manga Workshop Camp Empowerteen-Girls Archery Camp Lacrosse Camp
<b>Week 8</b> <b>8/5-8/9</b> <i>Balances due 7/15</i>	Space Odyssey - Art Camp Water Fun Camp Gymnastics Camp	Camp Funshine Space Odyssey - Art Camp Basketball Camp Soccer Skills Camp Water Fun Camp Gymnastics Camp	Summer Craze Space Odyssey - Art Camp Soccer Skills Camp Archery Camp NW Explorer Camp Water Fun Camp	Cedar Thrills Archery Camp NW Explorer Camp Gymnastics Camp	Summer Journey Archery Camp NW Explorer Camp Empowerteen-Girls Cooking, Ultimate Eats Camp Gymnastics Camp
<b>Week 9</b> <b>8/12-8/16</b> <i>Balances due 7/22</i>	Art Camp Pee Wee Hoop Camp Preschool Dance Camp: Dance Party	Jungle Adventure - Art Camp Pee Wee Hoop Camp Preschool Dance Camp: Dance Party	Jungle Adventure - Art Camp Basketball Skills Camp CSI Camp	Soccer Camp Hoop Camp Basketball Skills Camp CSI Camp	Soccer Camp Hoop Camp Obstacle Academy CSI Camp Empowerteen-Girls Cooking, Ultimate Eats Camp
<b>Week 10</b> <b>8/19-8/23</b> <i>Balances due 7/29</i>	Superheroes- Art Camp Gymnastics Camp	Camp Funshine Superheroes- Art Camp Gymnastics Camp	Summer Craze Superheroes- Art Camp Gymnastics Camp	Cedar Thrills Summer Journey	Cedar Thrills Summer Journey

11640 SW Park Way, Beaverton

Ages in Grid are a Guide, may not be absolute. Visit [www.thprd.org](http://www.thprd.org) for more info.

# Summer Camps

Cedar Hills Recreation Center

503-629-6340

## Summer Camp Deposits and Balances

A \$30 deposit is required per week for each participant, for weeks 2 through 10, at the time of registration. Full balances are due for week 1 at the time of registration. All camp balances will be due by 5 pm on the Monday two weeks prior to the start date of each camp week. Your space in camp will be forfeited automatically if the balance is not paid by the two-week deadline. Deposit is nonrefundable; however, it may be transferred to other THPRD programs prior to June 3. **Please note: After June 3, deposits will no longer be transferable. A camp balance will be refundable or transferable only if requested two weeks prior to the start of the week requesting to drop.**

This applies to these Cedar Hills Camps: Camp Funshine, Camp Summer Craze, Camp Cedar Thrills and Camp Summer Journey. **No camp on 7/4.**

## Full-day Camps

### Camp Funshine

Camp Funshine leaders will guide your camper in all kinds of creative crafts, exciting games and adventurous field trips.

**Hours:** Camp activities are scheduled from 8 am-5 pm, staff supervision is available from 7:30 am-6 pm.

**Field Trips:** Two half-day trips per week and one full day trip. (Trips are subject to change.)

**Cost:** \$30 ID/OD non-refundable deposit per week + \$195 per week (Week #3 balance: \$150, there's also an option to register by the day for week #3 for \$55 per day.) Week #3 and Week #10 will be combined with Camp Summer Craze. No camp 7/4.

See box above for camp deposits and balances information.

**Week 1** **Field Trip: JJ Jump** (Balance due in full)  
6/17-6/21 M-F 8 am-5 pm 5-6 yrs CH17101  
Rm A ID/AP: \$225 OD: \$281.25

**Week 2** **Field Trip: John's Incredible Pizza**  
(Balance due by 6/10)  
6/24-6/28 M-F 8 am-5 pm 5-6 yrs CH17102  
Rm A ID/AP: \$225 OD: \$281.25

**Week 3** **Field Trip: Duyck's Peachy Pig Farm** (Balance due by 6/17 for full week)  
7/1-7/5 M-W/F 8 am-5 pm 5-8 yrs CH17503  
Rm C ID/AP: \$180 OD: \$225

#### Single Day Options for Week 3:

7/1	M	8 am-5 pm	5-8 yrs	CH17503A
Rm C	ID/AP: \$55	OD: \$68.75		
7/2	T	8 am-5 pm	5-8 yrs	CH17503B
Rm C	ID/AP: \$55	OD: \$68.75		
7/3	W	8 am-5 pm	5-8 yrs	CH17503C
Rm C	ID/AP: \$55	OD: \$68.75		
7/5	F	8 am-5 pm	5-8 yrs	CH17503D
Rm C	ID/AP: \$55	OD: \$68.75		

**Week 4** **Field Trip: Oregon Zoo** (Balance due by 6/24)  
7/8-7/12 M-F 8 am-5 pm 5-6 yrs CH17104  
Rm A ID/AP: \$225 OD: \$281.25

**Week 5** **Field Trip: Pietros Pizza** (Balance due by 7/1)  
7/15-7/19 M-F 8 am-5 pm 5-6 yrs CH17105  
Rm A ID/AP: \$225 OD: \$281.25

**Week 6** **Field Trip: Cape Lookout/Tillamook Cheese Factory**  
(Balance due by 7/8)  
7/22-7/26 M-F 8 am-5 pm 5-6 yrs CH17106  
Rm A ID/AP: \$225 OD: \$281.25

**Week 7** **Field Trip: Playdate PDX** (Balance due by 7/15)  
7/29-8/2 M-F 8 am-5 pm 5-6 yrs CH17107  
Rm A ID/AP: \$225 OD: \$281.25

**Week 8** **Field Trip: Pump it Up** (Balance due by 7/22)  
8/5-8/9 M-F 8 am-5 pm 5-6 yrs CH17108  
Rm A ID/AP: \$225 OD: \$281.25

**Week 9** **Field Trip: OMSI** (Balance due by 7/29)  
8/12-8/16 M-F 8 am-5 pm 5-6 yrs CH17109  
Rm A ID/AP: \$225 OD: \$281.25

**Week 10** **Field Trip: Sellwood Pool** (Balance due by 8/5)  
8/19-8/23 M-Th 8 am-5 pm 5-8 yrs CH17510  
Rm 3 ID/AP: \$180 OD: \$225

### Camp Summer Craze

Camp Summer Craze leaders will guide your camper in all kinds of creative crafts, exciting games and adventurous field trips.

**Hours:** Camp activities are scheduled from 8 am-5 pm, staff supervision is available from 7:30 am-6 pm.

**Field Trips:** Two half-day trips per week including the pool and one full day trip. (Trips are subject to change)

**Cost:** \$30 ID/OD non-refundable deposit per week + \$195 per week (Week #3 balance: \$150, there's also an option to register by the day for week #3 for \$55 per day.) Week #3 and Week #10 will be combined with Camp Funshine. No camp 7/4.

See box above left for camp deposits and balances information.

**Week 1** **Field Trip: Superplay** (Balance due in full)  
6/17-6/21 M-F 8 am-5 pm 7-8 yrs CH17201  
Rm C ID/AP: \$225 OD: \$281.25

**Week 2** **Field Trip: JJ Jump** (Balance due by 6/10)  
6/24-6/28 M-F 8 am-5 pm 7-8 yrs CH17202  
Rm C ID/AP: \$225 OD: \$281.25

**Week 3** **Field Trip: Duyck's Peachy Pig Farm** (Balance due by 6/17 for full week)  
7/1-7/5 M-W/F 8 am-5 pm 5-8 yrs CH17503  
Rm C ID/AP: \$180 OD: \$225

#### Single Day Options for Week 3:

7/1	M	8 am-5 pm	5-8 yrs	CH17503A
Rm C	ID/AP: \$55	OD: \$68.75		
7/2	T	8 am-5 pm	5-8 yrs	CH17503B
Rm C	ID/AP: \$55	OD: \$68.75		

*Continued*

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

# Summer Camps

Cedar Hills Recreation Center

503-629-6340

## Camp Summer Craze (continued)

### Single Day Options for Week 3:

7/3	W	8 am-5 pm	5-8 yrs	CH17503C
Rm C	ID/AP: \$55	OD: \$68.75		
7/5	F	8 am-5 pm	5-8 yrs	CH17503D
Rm C	ID/AP: \$55	OD: \$68.75		

### Week 4 Field Trip: OMSI (Balance due by 6/24)

7/8-7/12	M-F	8 am-5 pm	7-8 yrs	CH17204
Rm C	ID/AP: \$225	OD: \$281.25		

### Week 5 Field Trip: Cannon Beach (Balance due by 7/1)

7/15-7/19	M-F	8 am-5 pm	7-8 yrs	CH17205
Rm C	ID/AP: \$225	OD: \$281.25		

### Week 6 Field Trip: Oregon Zoo (Balance due by 7/8)

7/22-7/26	M-F	8 am-5 pm	7-8 yrs	CH17206
Rm C	ID/AP: \$225	OD: \$281.25		

### Week 7 Field Trip: John's Incredible Pizza (Balance due by 7/15)

7/29-8/2	M-F	8 am-5 pm	7-8 yrs	CH17207
Rm C	ID/AP: \$225	OD: \$281.25		

### Week 8 Field Trip: Fort Stevens & Iredale Shipwreck (Balance due by 7/22)

8/5-8/9	M-F	8 am-5 pm	7-8 yrs	CH17208
Rm C	ID/AP: \$225	OD: \$281.25		

### Week 9 Field Trip: Enchanted Forest (Balance due by 7/29)

8/12-8/16	M-F	8 am-5 pm	7-8 yrs	CH17209
Rm C	ID/AP: \$225	OD: \$281.25		

### Week 10 Field Trip: Sellwood Pool (Balance due by 8/5)

8/19-8/23	M-Th	8 am-5 pm	5-8 yrs	CH17510
Rm 3	ID/AP: \$180	OD: \$225		

## Camp Cedar Thrills

Your kids will reach the summit of their summer at Camp Cedar Thrills! We have many exciting adventures planned as well as cool crafts and creative never played before games.

**Hours:** Camp activities are scheduled from 8 am-5 pm, staff supervision is available from 7:30 am-6 pm.

**Field Trips:** Two half-day trips per week including the pool and one full day trip. (Trips are subject to change.)

**Cost:** \$30 ID/OD non-refundable deposit per week + \$195 per week (Week #3 balance: \$182, there's also an option to register by the day for week #3 for \$60 per day.) Week #3 and Week #10 will be combined with Camp Summer Journey. No camp 7/4.

See page 21 for camp deposits and balances information.

### Week 1 Field Trip: Ultrazone Laser Tag (Balance due in full)

6/17-6/21	M-F	8 am-5 pm	9-10 yrs	CH17301
Rm 2	ID/AP: \$225	OD: \$281.25		

### Week 2 Field Trip: Cannon Beach (Balance due by 6/10)

6/24-6/28	M-F	8 am-5 pm	9-10 yrs	CH17302
Rm 2	ID/AP: \$225	OD: \$281.25		

### Week 3 Field Trip: Bullwinkles (Balance due 6/17)

7/1-7/5	M-W/F	8 am-5 pm	9-14 yrs	CH17504
Rm 3	ID/AP: \$212	OD: \$265		

### Single Day Options for Week 3:

7/1	M	8 am-5 pm	9-14 yrs	CH17504A
Rm 3	ID/AP: \$65	OD: \$81.25		
7/2	T	8 am-5 pm	9-14 yrs	CH17504B
Rm 3	ID/AP: \$65	OD: \$81.25		
7/3	W	8 am-5 pm	9-14 yrs	CH17504C
Rm 3	ID/AP: \$65	OD: \$81.25		
7/5	F	8 am-5 pm	9-14 yrs	CH17504D
Rm 3	ID/AP: \$65	OD: \$81.25		

### Week 4 Field Trip: Newport Aquarium & Hatfield Marine Science Center (Balance due by 6/24)

7/8-7/12	M-F	8 am-5 pm	9-10 yrs	CH17304
Rm 2	ID/AP: \$265	OD: \$331.25		

### Week 5 Field Trip: Oaks Park (Balance due by 7/1)

7/15-7/19	M-F	8 am-5 pm	9-10 yrs	CH17305
Rm 2	ID/AP: \$225	OD: \$281.25		

### Week 6 Field Trip: Wings & Waves (Balance due by 7/8)

7/22-7/26	M-F	8 am-5 pm	9-10 yrs	CH17306
Rm 2	ID/AP: \$265	OD: \$331.25		

### Week 7 Field Trip: Superplay (Balance due by 7/15)

7/29-8/2	M-F	8 am-5 pm	9-10 yrs	CH17307
Rm 2	ID/AP: \$225	OD: \$281.25		

### Week 8 Field Trip: Circuit Boulderling (Balance due by 7/22)

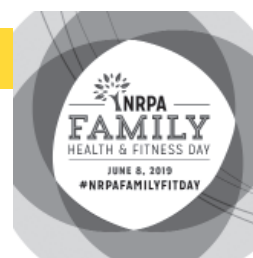
8/5-8/9	M-F	8 am-5 pm	9-10 yrs	CH17308
Rm 2	ID/AP: \$225	OD: \$281.25		

### Week 9 Field Trip: OMSI (Balance due by 7/29)

8/12-8/16	M-F	8 am-5 pm	9-10 yrs	CH17309
Rm 2	ID/AP: \$225	OD: \$281.25		

### Week 10 Field Trip: North Clackamas Aquatics Park (Balance due by 8/5)

8/19-8/23	M-Th	8 am-5 pm	9-14 yrs	CH17510A
Rm 3	ID/AP: \$180	OD: \$225		



**June 8**

Join us in celebrating the amazing health and wellness resources located right here in the Beaverton area. We'll be celebrating Family Health & Fitness Day – an initiative of the National Recreation and Park

Association – by offering family friendly classes and events at our centers.

Visit [www.thprd.org](http://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)

# Summer Camps

Cedar Hills Recreation Center

503-629-6340

## Camp Summer Journey

Camp Summer Journey will give you the chance to be a part of some amazing and unforgettable journeys.

**Hours:** Camp activities are scheduled from 8am-5pm, staff supervision is available from 7:30 am-6 pm.

**Field Trips:** Two half-day trips per week including the pool and one full day trip. (Trips are subject to change.)

**Cost:** \$30 ID/OD non-refundable deposit per week + \$235 per week (Week #3 Balance: \$182, there's also an option to register by the day for week #3 for \$60 per day.) Week #3 and Week #10 will be combined with Camp Cedar Thrills. No camp 7/4.

See page 21 for camp deposits and balances information.

**Week 1** **Field Trip: iFly Indoor Skydiving** (Balance due in full)  
6/17-6/21 M-F 8 am-5 pm 11-14 yrs CH17401  
Rm 3 ID/AP: \$265 OD: \$331.25

**Week 2** **Field Trip: Splat Action Paintball Park** (Balance due by 6/10)  
6/24-6/28 M-F 8 am-5 pm 11-14 yrs CH17402  
Rm 3 ID/AP: \$265 OD: \$331.25

**Week 3** **Field Trip: Bullwinkles** (Balance due 6/17)  
7/1-7/5 M-W/F 8 am-5 pm 9-14 yrs CH17504  
Rm 3 ID/AP: \$212 OD: \$265

### Single Day Options for Week 3:

7/1 M 8 am-5 pm 9-14 yrs CH17504A

Rm 3 ID/AP: \$65 OD: \$81.25

7/2 T 8 am-5 pm 9-14 yrs CH17504B

Rm 3 ID/AP: \$65 OD: \$81.25

7/3 W 8 am-5 pm 9-14 yrs CH17504C

Rm 3 ID/AP: \$65 OD: \$81.25

7/5 F 8 am-5 pm 9-14 yrs CH17504D

Rm 3 ID/AP: \$65 OD: \$81.25

**Week 4** **Field Trip: Seaside** (Balance due by 6/24)  
7/8-7/12 M-F 8 am-5 pm 11-14 yrs CH17404  
Rm 3 ID/AP: \$225 OD: \$281.25

**Week 5** **Field Trip: River Rafting** (Balance due by 7/1)  
7/15-7/19 M-F 8 am-5 pm 11-14 yrs CH17405  
Rm 3 ID/AP: \$265 OD: \$331.25

**Week 6** **Field Trip: Mt. Hood Ski Bowl** (Balance due by 7/8)  
7/22-7/26 M-F 8 am-5 pm 11-14 yrs CH17406  
Rm 3 ID/AP: \$265 OD: \$331.25

**Week 7** **Field Trip: Stand Up Paddleboarding** (Balance due by 7/15)  
7/29-8/2 M-F 8 am-5 pm 11-14 yrs CH17407  
Rm 3 ID/AP: \$265 OD: \$331.25

**Week 8** **Field Trip: Wings & Waves** (Balance due by 7/22)  
8/5-8/9 M-F 8 am-5 pm 11-14 yrs CH17408  
Rm 3 ID/AP: \$265 OD: \$331.25

**Week 9** **Field Trip: Tree to Tree Adventure Park** (Balance due by 7/29)

8/12-8/16 M-F 8 am-5 pm 11-14 yrs CH17409  
Rm 3 ID/AP: \$265 OD: \$331.25

**Week 10** **Field Trip: North Clackamas Aquatics Park** (Balance due by 8/5)

8/19-8/23 M-Th 8 am-5 pm 9-14 yrs CH17510A  
Rm 3 ID/AP: \$180 OD: \$225

## Specialty Camps

### Girl-Ventures Camp

Girl-Venture campers spend their week exploring and finding adventures and it's just for girls! Activities mostly take place outdoors where campers enjoy the sunshine and fresh air. Each day we set off on a different adventure. Bring clothing appropriate for the weather. Also please wear appropriate shoes for hiking and game playing. Campers will leave the center each day by 8 am for their adventures. No camp 7/4.

6/17-6/21 (1) M-F 7:30 am-5:30 pm 9-12 yrs CH18200  
Rm C2 ID/AP: \$298 OD: \$372.50

### Settlin' Days Homestead Camp

Campers can experience what life was like for early settlers. What did kids do for fun before video games? We'll travel back in time - full of activity and excitement. Enjoy historic games, nature walks, storytelling, cooking, crafts, and a little history too! Later in the week we'll head off site on an adventurous field trip.

6/24-6/28 (1) M-F 7:30 am-5:30 pm 8-11 yrs CH18201  
Rm C2 ID/AP: \$265 OD: \$331.25

### Eco-Fashion Camp

Develop creativity and resourcefulness through apparel and accessory design, and learn about art in the world of fashion. Spend the week putting together clothing pieces and accessories, plus a fun field trip. Emphasis on working with things you already own and finding new uses for materials and products that would otherwise be thrown away. Fashion show at the end of the week. Bring sack lunch and drink daily. Be prepared to bring old clothes and fabric scraps to recycle and re-design.

7/8-7/12 (1) M-F 1-5:30 pm 11-13 yrs CH18202  
Rm C2 ID/AP: \$207 OD: \$258.75

### Science Exploration Camp

Campers will explore different areas of science, including agricultural and environmental life sciences, biological sciences, engineering and physical sciences. Campers will perform experiments, including building volcanoes and making film-canister rockets, and will go on a field trip to OMSI. Bring a sack lunch and a drink every day.

7/15-7/19 (1) M-F 7:30 am-5:30 pm 9-12 yrs CH18203  
Rm C2 ID/AP: \$298 OD: \$372.50

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

# Summer Camps

Cedar Hills Recreation Center

503-629-6340

## Specialty Camps (cont.)

### Dudes Hanging Out Camp

Join other guys and spend the week participating in a variety of sports, games, field trips, learning basic meal preparation, and developing skills for times when you're home alone. Bring a lunch and drink daily.

7/22-7/26 (1) M-F 7:30 am-5:30 pm 8-11 yrs CH18204  
Rm C2 ID/AP: \$252 OD: \$315

### NW Explorer Camp

NW Explorer campers spend their week doing... well, just that - exploring! Activities take place outdoors where campers enjoy the sunshine and fresh air. Each day we set off on a different adventure. Some of the places and activities we will visit: Columbia Gorge, Tillamook Forest, and more! Bring swimsuit, towel, sack lunch, drink and water bottle daily, and clothing appropriate for the weather. Also please wear appropriate shoes for hiking and game playing. Campers will leave the center each day by 8 am for their adventures.

7/29-8/2 (1) M-F 8 am-5 pm 8-10 yrs CH18205  
Rm C2 ID/AP: \$241 OD: \$301.25

8/5-8/9 (1) M-F 8 am-5 pm 8-10 yrs CH18206  
Rm C2 ID/AP: \$241 OD: \$301.25

### CSI Camp

For the detective and police officer in your young camper, this fun and exciting camp is for you! Learn about the many aspects of today's investigations. Camp will conclude with a crime scene mystery to be played out that your young sleuth must help solve using the techniques and training learned throughout camp. Field trip planned during the week. Bring a sack lunch and drink daily.

8/12-8/16 (1) M-F 7:30 am-5:30 pm 8-11 yrs CH18207  
Rm C2 ID/AP: \$298 OD: \$372.50

### Girls Empowerteen

These retreats are an opportunity to escape to the beautiful Jenkins Estate with other girls of the same age, and practice tools that will empower her to be a more confident, skilled, and successful woman in the future.

The retreat is led by Naturopathic Physician, Dr. Paula Pilcher, and other health professional specialists, who will teach them tools scientifically proven to improve self-esteem and body image, build healthy relationships and love herself.

Activities and topics covered include yoga, pilates, dance, nature hikes, nutrition, making skin care and aromatherapy products, and an herb garden tour. The "Tweenage" retreat will focus on bullying, disconnecting from digital media, and making vision boards.

The "Teenage" retreat will focus on dating, communication skills, and preparing for job interviews, including mock interviews with guest professionals. The advanced retreats will expand into more topics, practices, tools, and product-making activities like making

chapstick and more (see website for details). We meet each day at the Jenkins Estate (8005 SW Grabhorn Rd, Beaverton, OR 97007) from 9 am-3 pm.

### Beginners

7/22-7/26 (1) M-F 9 am-3 pm 11-13 yrs CH18301  
Off-site ID/AP: \$385 OD: \$481.25

7/29-8/2 (1) M-F 9 am-3 pm 14-18 yrs CH18302  
Off-site ID/AP: \$385 OD: \$481.25

### Advanced

8/5-8/9 (1) M-F 9 am-3 pm 11-13 yrs CH18303  
Off-site ID/AP: \$385 OD: \$481.25

8/12-8/16 (1) M-F 9 am-3 pm 14-18 yrs CH18304  
Off-site ID/AP: \$385 OD: \$481.25

### Boys Empowerteen

This retreat is an opportunity to escape to the Jenkins Estate with other boys of the same age and practice tools that will empower him to be a more confident, skilled and successful man in the future. The retreat is led by Naturopathic Physician, Dr. Paula Pilcher, and other health professional specialists, who will teach them tools that have been scientifically proven to improve self-esteem, body image, and positive self-talk. Activities covered include yoga, martial arts, deep breathing, mindfulness, capoeira, nature hikes, nutrition, tribal battle games, and vision boards. For more information and testimonials about the retreats, please visit: [www.empowerteen.org](http://www.empowerteen.org) We meet each day at the Jenkins Estate (8005 SW Grabhorn Rd, Beaverton, OR 97007) from 9am-3pm.

6/17-6/21 (1) M-F 9 am-3 pm 11-13 yrs CH18300  
Off-site ID/AP: \$385 OD: \$481.25

## Safety Town

This is a comprehensive educational program that introduces safety awareness and preventive procedures to preschool children. It is designed for daily attendance. Children will learn from staff, teenage volunteers, and uniformed professionals. Cedar Hills Safety Town is officially registered, accredited and certified by the National Safety Town Center. Children must meet age specifications and be no older than a kindergarten graduate. Kids will need a bicycle helmet each day of the program. Graduation certification received after successful completion of two week session. Parents are invited to attend graduation on the last day of the program. Due to popularity, only one session per child.

6/17-6/28 (2) M-F 9:15-11:30 am 4-6 yrs CH16100  
Rm 12 ID/AP: \$188 OD: \$235

6/17-6/28 (2) M-F 12:30-2:45 pm 4-6 yrs CH16101  
Rm 12 ID/AP: \$188 OD: \$235

7/8-7/19 (2) M-F 9:15-11:30 am 4-6 yrs CH16102  
Rm 12 ID/AP: \$188 OD: \$235

7/8-7/19 (2) M-F 12:30-2:45 pm 4-6 yrs CH16103  
Rm 12 ID/AP: \$188 OD: \$235

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# Summer Camps

Cedar Hills Recreation Center

503-629-6340

## Art Camps

### Under The Sea - Art Camp

This week we will take a journey under the sea using our imagination. Join us as we explore art, music, stories, games and more. Bring snack and drink daily.

7/29-8/1 (1)	M-Th	9 am-Noon	4-5 yrs	CH14220
Rm 12	ID/AP: \$119	OD: \$148.75		
7/29-8/1 (1)	M-Th	1-4 pm	6-8 yrs	CH14221
Rm 12	ID/AP: \$119	OD: \$148.75		

### Space Odyssey - Art Camp

This week we will take a journey to the planets and beyond using our imaginations. Join us as we explore art, music, stories, games and more. Bring snack and drink daily.

8/5-8/8 (1)	M-Th	9 am-Noon	4-5 yrs	CH14222
Rm 12	ID/AP: \$119	OD: \$148.75		
8/5-8/8 (1)	M-Th	1-4 pm	6-8 yrs	CH14223
Rm 12	ID/AP: \$119	OD: \$148.75		

### Jungle Adventure - Art Camp

This week we will take a journey on a jungle adventure using our imaginations. Join us as we explore art, music, stories, games and more. Bring snack and drink daily.

8/12-8/15 (1)	M-Th	9 am-Noon	4-5 yrs	CH14224
Rm 12	ID/AP: \$119	OD: \$148.75		
8/12-8/15 (1)	M-Th	1-4 pm	6-8 yrs	CH14225
Rm 12	ID/AP: \$119	OD: \$148.75		

### Superheroes - Art Camp

This week we will wear our capes and fly high using our imaginations. Join us as we explore art, music, stories, games and more. Bring snack and drink daily.

8/19-8/22 (1)	M-Th	9 am-Noon	4-5 yrs	CH14226
Rm 12	ID/AP: \$119	OD: \$148.75		
8/19-8/22 (1)	M-Th	1-4 pm	6-8 yrs	CH14227
Rm 12	ID/AP: \$119	OD: \$148.75		

### Art Exploration Camp

Art camp is truly a fun and dynamic summer experience that will spark creativity, engagement, exploration and individual expression. The program exposes students to a variety of media and they will learn different approaches to capturing our world. Bring a snack and drink daily.

7/8-7/12 (1)	M-F	9am-Noon	6-9 yrs	CH14200
Rm	ID/AP: \$134.00	OD: \$167.50		
7/8-7/12 (1)	M-F	1pm-4pm	10-14 yrs	CH14201
Rm	ID/AP: \$134.00	OD: \$167.50		
7/15-7/19 (1)	M-F	9am-Noon	6-9 yrs	CH14202
Rm	ID/AP: \$134.00	OD: \$167.50		
7/15-7/19 (1)	M-F	1pm-4pm	10-14 yrs	CH14203
Rm	ID/AP: \$134.00	OD: \$167.50		

### Drawing & Painting Adventure Camp

Realistic drawing, fantasy and cartooning are just a few examples of the drawing techniques that will be explored in this week-long camp. Use colored pencils, drawing pencils, pastels, charcoal and makers to create fun projects that develop technique and imagination. Bring water and snack daily.

7/22-7/26 (1)	M-F	9 am-Noon	6-9 yrs	CH14204
Rm D	ID/AP: \$134	OD: \$167.50		
7/22-7/26 (1)	M-F	1-4 pm	10-14 yrs	CH14205
Rm D	ID/AP: \$134	OD: \$167.50		

### Comic Book/ Manga Workshop Camp

In this course students will have an opportunity to develop their skills and imaginative ideas. Many classical and current techniques/ styles will be explored, including Manga and fantasy art. Course will include demos by the instructor, demonstrating character design, environments, story boarding, and watercolor/ inking techniques. Bring water and snack daily.

7/29-8/2 (1)	M-F	9 am-Noon	6-9 yrs	CH14206
Rm D	ID/AP: \$134	OD: \$167.50		
7/29-8/2 (1)	M-F	9 am-Noon	10-14 yrs	CH14207
Rm D	ID/AP: \$134	OD: \$167.50		

## Cooking Camps

### Cooking Camp, Preschool

Have a great time learning to prepare a variety of foods. Measuring, food handling and more! Kids learn cooperative, listening and motor skills, as well as early math skills. **We cannot guarantee an allergy-free environment or menu.**

7/29-8/1 (1)	M-Th	9:30-11:30 am	4-6 yrs	CH15100
Kitchen	ID/AP: \$89	OD: \$111.25		
7/29-8/1 (1)	M-Th	1-3 pm	4-6 yrs	CH15101
Kitchen	ID/AP: \$89	OD: \$111.25		

### Cooking Camp, Youth

Learn to prepare a variety of wonderful foods while having fun, learning about nutrition, kitchen safety and much more. **We cannot guarantee an allergy-free environment or menu.**

7/8-7/11 (1)	M-Th	9-11:30 am	7-10 yrs	CH15200
Kitchen	ID/AP: \$104	OD: \$130		
7/8-7/11 (1)	M-Th	1-3:30 pm	7-10 yrs	CH15201
Kitchen	ID/AP: \$104	OD: \$130		
7/15-7/18 (1)	M-Th	9-11:30 am	7-10 yrs	CH15202
Kitchen	ID/AP: \$104	OD: \$130		
7/15-7/18 (1)	M-Th	1-3:30 pm	7-10 yrs	CH15203
Kitchen	ID/AP: \$104	OD: \$130		
7/22-7/25 (1)	M-Th	9-11:30 am	7-10 yrs	CH15204
Kitchen	ID/AP: \$104	OD: \$130		
7/22-7/25 (1)	M-Th	1-3:30 pm	7-10 yrs	CH15205
Kitchen	ID/AP: \$104	OD: \$130		

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# Summer Camps

Cedar Hills Recreation Center

503-629-6340

## Cooking Camps (cont.)

### Cooking, Ultimate Eats Camp

Come to mix up refreshing drinks, savory summertime recipes and more! Each camper will learn culinary skills and meal planning, plus they'll enjoy a shopping and field trip. **We cannot guarantee an allergy-free environment or menu.**

6/17-6/20 (1)	M-Th	9 am-3 pm	11-14 yrs	CH15305
Kitchen	ID/AP: \$232	OD: \$290		
6/24-6/27 (1)	M-Th	9 am-3 pm	11-14 yrs	CH15306
Kitchen	ID/AP: \$232	OD: \$290		
8/5-8/8 (1)	M-Th	9 am-3 pm	11-14 yrs	CH15307
Kitchen	ID/AP: \$232	OD: \$290		
8/12-8/15 (1)	M-Th	9 am-3 pm	11-14 yrs	CH15308
Kitchen	ID/AP: \$232	OD: \$290		

## Dance & Cheer Camp

### Preschool Dance Camp: Fairy Tale Magic

Princes, princesses, castles, and fairies, oh my! Children will enter the world of a different fairytales with dance, music, stories, and crafts. This magical camp will captivate your child's imagination and ignite their love of dance.

6/24-6/28 (1)	M-F	9-11 am	4-6 yrs	CH11151
Rm 5	ID/AP: \$95	OD: \$118.75		

### Preschool Dance Camp: Dance Party

Join us for a Disney-themed dance party! Kids will have a blast with dance, music, stories, and crafts.

8/12-8/16 (1)	M-F	9-11 am	4-6 yrs	CH11152
Rm 5	ID/AP: \$95	OD: \$118.75		

### Cheer Camp

Join us for a week of fun! Learn arm motions, jumps, floor tumbling, cheers, work on flexibility and much more!

7/8-7/11 (1)	M-Th	1-3 pm	7-11 yrs	CH12227
Gym	ID/AP: \$74	OD: \$92.50		

## Sports Camps

### Archery Camp

Gain experience in this growing Olympic sport with all the necessary equipment. Students will learn the basic skills of archery, including learning to load, aim, and shoot recurve bows. Archery safety, terminology, scoring and archery games will also be included in the program. Camp is taught by certified archery instructors.

7/15-7/19 (1)	M-F	9:30-10:30 am	7-9 yrs	CH12250
Playfield C	ID/AP: \$59	OD: \$73.75		
7/15-7/19 (1)	M-F	10:45-11:45 am	10-12 yrs	CH12251
Playfield C	ID/AP: \$59	OD: \$73.75		

7/15-7/19 (1)	M-F	Noon-1 pm	12-14 yrs	CH12252
Playfield C	ID/AP: \$59	OD: \$73.75		
7/22-7/26 (1)	M-F	9:30-10:30 am	7-9 yrs	CH12253
Playfield C	ID/AP: \$59	OD: \$73.75		
7/22-7/26 (1)	M-F	10:45-11:45 am	10-12 yrs	CH12254
Playfield C	ID/AP: \$59	OD: \$73.75		
7/22-7/26 (1)	M-F	Noon-1 pm	12-14 yrs	CH12255
Playfield C	ID/AP: \$59	OD: \$73.75		
7/29-8/2 (1)	M-F	9:30-10:30 am	7-9 yrs	CH12256
Playfield C	ID/AP: \$59	OD: \$73.75		
7/29-8/2 (1)	M-F	10:45-11:45 am	10-12 yrs	CH12257
Playfield C	ID/AP: \$59	OD: \$73.75		
7/29-8/2 (1)	M-F	Noon-1 pm	12-14 yrs	CH12258
Playfield C	ID/AP: \$59	OD: \$73.75		
8/5-8/9 (1)	M-F	9:30-10:30 am	7-9 yrs	CH12259
Playfield C	ID/AP: \$59	OD: \$73.75		
8/5-8/9 (1)	M-F	10:45-11:45 am	10-12 yrs	CH12260
Playfield C	ID/AP: \$59	OD: \$73.75		
8/5-8/9 (1)	M-F	Noon-1 pm	12-14 yrs	CH12261
Playfield C	ID/AP: \$59	OD: \$73.75		

### Baseball Camp

Development of baseball skills. Throwing, catching pop flies, fielding ground balls, and more. Also, swing techniques and mini games. Don't miss this fun camp! Bring glove and water bottle.

7/15-7/19 (1)	M-F	3:30-5:30 pm	6-8 yrs	CH12212
Playfield C	ID/AP: \$89	OD: 111.25		

### Basketball Camp

Development of basketball skills. Shooting, passing, ball handling, mini games and more. Don't miss this fun camp! Bring a water bottle every day.

6/24-6/27 (1)	M-Th	9 am-Noon	7-10 yrs	CH12220
Gym	ID/AP: \$103	OD: \$128.75		
7/15-7/18 (1)	M-Th	9 am-Noon	7-10 yrs	CH12221
Gym	ID/AP: \$103	OD: \$128.75		
7/22-7/25 (1)	M-Th	9 am-Noon	9-13 yrs	CH12222
Gym	ID/AP: \$103	OD: \$128.75		
8/5-8/8 (1)	M-Th	9 am-Noon	6-8 yrs	CH12223
Gym	ID/AP: \$103	OD: \$128.75		

### Basketball Skills Camp

Athletes can develop specific basketball skills in this camp. We will focus on shooting, passing and footwork to improve individual skill level. If you are looking to refine your mechanics or improve your all-around game, this camps for you!

6/17-6/20 (1)	M-Th	10:45 am-12:15 pm	7-10 yrs	CH12224
Gym	ID/AP: \$56	OD: \$70		
7/29-8/1 (1)	M-Th	10:45 am-12:15 pm	7-10 yrs	CH12225
Gym	ID/AP: \$56	OD: \$70		
8/12-8/15 (1)	M-Th	10:45 am-12:15 pm	7-10 yrs	CH12226
Gym	ID/AP: \$56	OD: \$70		

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# Summer Camps

Cedar Hills Recreation Center

503-629-6340

## Sports Camps (cont.)

### Cross Country Training Camp

Learn bodyweight exercises and drills to improve your running performance and help condition you with daily runs to build your muscle and endurance. Campers will be running off-site.

7/8-7/18 (2)	M-Th	8-10 am	11-16 yrs	CH12300
Off-site	ID/AP: \$104	OD: \$130		
7/29-8/8 (2)	M-Th	8-10 am	11-16 yrs	CH12301
Off-site	ID/AP: \$104	OD: \$130		

### Disc Golf Camp

Campers will receive daily practice and instruction at a variety of local disc golf courses. This laid-back sport combines specialized discs with the basics of golf for the perfect pastime.

7/22-7/26 (1)	M-F	8 am-Noon	11-16 yrs	CH12302
Off-site	ID/AP: \$123	OD: \$153.75		

### Flag Football Camp

Learn or develop fundamentals of football. Stretching, fundamentals of catching, run routes, defense fundamentals, 1-on-1 drills, and more! Bring water bottle each day.

7/29-8/1 (1)	M-Th	4:30-6:30 pm	6-8 yrs	CH12228
Playfield C	ID/AP: \$74	OD: \$92.50		

### Mini Golfers Camp

Learn the basics of golf through fun drills and modified play on our indoor court. Clubs are age appropriate.

6/17-6/20 (1)	M-Th	1-2:30 pm	4-6 yrs	CH12123
Gym	ID/AP: \$55	OD: \$68.75		

### Golf Camp

Learn the basics of golf with us through fun drills and modified play. Clubs are age appropriate.

6/17-6/20 (1)	M-Th	2:45-4:45 pm	7-9 yrs	CH12229
Playfield C	ID/AP: \$74	OD: \$92.50		

### Hoop Camp

Focus on developing fundamental skills, ball control, shooting, dribbling, passing, footwork, and game situations.

7/29-8/1 (1)	M-Th	1-3 pm	9-12 yrs	CH12230
Gym	ID/AP: \$74	OD: \$92.50		
8/12-8/15 (1)	M-Th	1-3 pm	9-12 yrs	CH12231
Gym	ID/AP: \$74	OD: \$92.50		

### Lacrosse Camp

Learn the basic fundamentals of lacrosse. Fundamentals of catching, defense, offense, 1-on-1 drills, and more!

7/29-8/1 (1)	M-Th	1-4 pm	8-12 yrs	CH12232
Playfield C	ID/AP: \$105	OD: \$131.25		
8/12-8/15 (1)	M-Th	1-4 pm	4-6 yrs	CH12233
Playfield C	ID/AP: \$105	OD: \$131.25		

## Obstacle Academy

A fun introduction to exploring obstacle course training, the fastest-growing segment of outdoor recreation. Have fun as you develop confidence taking on mentally and physically challenging tasks, as well as team building activities. Daily field trips to different training grounds. Campers must wear closed toe athletic shoes. Bring water and a snack. Dress for weather.

6/24-6/28 (1)	M-F	8 am-Noon	11-14 yrs	CH12304
Off-site	ID/AP: \$121	OD: \$151.25		
8/12-8/16 (1)	M-F	8 am-Noon	11-14 yrs	CH12305
Off-site	ID/AP: \$121	OD: \$151.25		

## PE Fun Camp

All your favorite PE games rolled into one fun camp! Come join us for dodge ball, scooter hockey, parachutes, kickball and more. We will be both outside and inside during camp time.

7/8-7/11 (1)	M-Th	10:45 am-Noon	5-8 yrs	CH12110
Gym	ID/AP: \$48	OD: \$60		
7/22-7/25 (1)	M-Th	10:45 am-Noon	5-8 yrs	CH12111
Playfield B	ID/AP: \$48	OD: \$60		

## Pee Wee Hoop Camp

Learn to catch, dribble, pass and shoot a basketball. Positive attitude, fair play and fun will be emphasized.

6/17-6/20 (1)	M-Th	9-10:30 am	4-6 yrs	CH12112
Gym	ID/AP: \$56	OD: \$70		
7/29-8/1 (1)	M-Th	9-10:30 am	4-6 yrs	CH12113
Gym	ID/AP: \$56	OD: \$70		
8/12-8/15 (1)	M-Th	9-10:30 am	4-6 yrs	CH12114
Gym	ID/AP: \$56	OD: \$70		

## Pee Wee Soccer Camp

Intro camp with lots of movement, skills, and small sided games. Your child will practice the fundamentals of dribbling, passing, and trapping throughout the games. Shin protection recommended. Please bring a water bottle.

6/24-6/27 (1)	M-Th	9-10:30 am	4-6 yrs	CH12115
Playfield B	ID/AP: \$56	OD: \$70		
7/8-7/11 (1)	M-Th	3-4:30 pm	4-6 yrs	CH12116
Playfield B	ID/AP: \$56	OD: \$70		
7/15-7/18 (1)	M-Th	9-10:30 am	4-6 yrs	CH12117
Playfield B	ID/AP: \$56	OD: \$70		
8/5-8/8 (1)	M-Th	9 am-10:30 am	4-6 yrs	CH12118
Playfield B	ID/AP: \$56	OD: \$70		

## Soccer Skills Camp

Come develop your soccer skills! Technical development is taught in dribbling, passing, receiving, shooting, game situations, and fun. Shin protection recommended. Please bring a water bottle.

6/24-6/27 (1)	M-Th	10:45 am-12:15 pm	6-8 yrs	CH12238
Playfield B	ID/AP: \$58	OD: \$72.50		
7/8-7/11 (1)	M-Th	4:45-6:15 pm	6-8 yrs	CH12239
Playfield B	ID/AP: \$58	OD: \$72.50		

Continued

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# Summer Camps

Cedar Hills Recreation Center

503-629-6340

## Sports Camps (cont.)

### Soccer Skills Camp (continued)

7/15-7/18 (1)	M-Th	10:45 am-12:15 pm	6-8 yrs	CH12240
Playfield B	ID/AP: \$58	OD: \$72.50		
8/5-8/8 (1)	M-Th	10:45 am-12:15 pm	6-8 yrs	CH12241
Playfield B	ID/AP: \$58	OD: \$72.50		

### Soccer Camp

Development of soccer skills. Dribbling, passing, shooting, game situations and more. Don't miss this fun camp! Shin protection recommended. Please bring a water bottle every day.

6/17-6/20 (1)	M-Th	9 am-Noon	9-12 yrs	CH12242
Playfield B	ID/AP: \$105	OD: \$131.25		
7/29-8/1 (1)	M-Th	9 am-Noon	9-12 yrs	CH12243
Playfield B	ID/AP: \$105	OD: \$131.25		
8/12-8/15 (1)	M-Th	9 am-Noon	9-12 yrs	CH12244
Playfield B	ID/AP: \$105	OD: \$131.25		

### Sports Sports Sports! Camps

7/8-7/11 (1)	M-Th	3:15-4:45 pm	4-6 yrs	CH12119
Gym	ID/AP: \$56	OD: \$70		
7/22-7/25 (1)	M-Th	9 am-10:30 am	4-6 yrs	CH12120
Playfield B	ID/AP: \$56	OD: \$70		

### T-Ball Camp

Join the fun and work on T-Ball basics: Throwing, catching, and hitting off a tee are emphasized.

7/8-7/11 (1)	M-Th	9-10:30 am	4-6 yrs	CH12124
Playfield C	ID/AP: \$56	OD: \$70		

### Volleyball Camp

Introduces basic game skills such as passing, serving, and teamwork. Get ready for the upcoming season with us!

6/24-6/27 (1)	M-Th	3-5 pm	8-11 yrs	CH12245
Gym	ID/AP: \$74	OD: \$92.50		
6/24-6/27 (1)	M-Th	5-7 pm	11-14 yrs	CH12246
Gym	ID/AP: \$74	OD: \$92.50		

### Water Fun Camp

Get ready to get wet 'n' wild! We will play with the Slip and Slide, have water balloon fights, play field games through sprinklers, and more! Please bring clothes you don't mind getting wet.

7/29-8/1 (1)	M-Th	2-4 pm	4-7 yrs	CH12121
Playfield B	ID/AP: \$91	OD: \$113.75		
8/5-8/8 (1)	M-Th	2-4 pm	4-7 yrs	CH12122
Playfield B	ID/AP: \$91	OD: \$113.75		

## Weight Training Camp

Are you going out for a sport this fall? Want to get a head start on conditioning? Come join us this summer at Cedar Hills! This two-week camp will focus on weight training with one of our personal trainers, and help condition you with daily runs to build your muscle and endurance. Get ready to be the best player on your team this year!

7/8-7/18 (2)	M-Th	10 am-Noon	11-16 yrs	CH12306
Off-site	ID/AP: \$104	OD: \$130		
7/29-8/8 (2)	M-Th	10 am-Noon	11-16 yrs	CH12307
Off-site	ID/AP: \$104	OD: \$130		

## Gymnastic Camps

### Pre-Gym & Level 1

Join us for a week of fun; learning gymnastics, creating crafts and activity time. Instruction on floor, beams, vault and bars. Bring a snack and water bottle daily. Please refer to the level and description for appropriate placement.

6/17-6/20 (1)	M-Th	8:30 am-Noon	4-8 yrs	CH13250
Rm 9	ID/AP: \$139	OD: \$173.75		
6/24-6/27 (1)	M-Th	8:30 am-Noon	5-10 yrs	CH13251
Rm 9	ID/AP: \$139	OD: \$173.75		
7/8-7/11 (1)	M-Th	8:30 am-Noon	4-8 yrs	CH13252
Rm 9	ID/AP: \$139	OD: \$173.75		
7/15-7/18 (1)	M-Th	8:30 am-Noon	5-10 yrs	CH13253
Rm 9	ID/AP: \$139	OD: \$173.75		
7/29-8/1 (1)	M-Th	8:30 am-Noon	4-8 yrs	CH13255
Rm 9	ID/AP: \$139	OD: \$173.75		
8/5-8/8 (1)	M-Th	8:30 am-Noon	4-8 yrs	CH13256
Rm 9	ID/AP: \$139	OD: \$173.75		

### Levels 1 & 1.5

Join us for a week of fun; learning gymnastics, creating crafts and activity time. Instruction on floor, beams, vault and bars. Bring a snack and water bottle daily. Please refer to the level and description for appropriate placement.

7/22-7/25 (1)	M-Th	8:30 am-Noon	6-13 yrs	CH13254
Rm 9	ID/AP: \$139	OD: \$173.75		
8/12-8/15 (1)	M-Th	8:30 am-Noon	6-13 yrs	CH13257
Rm 9	ID/AP: \$139	OD: \$173.75		

### All Levels

Join us for a week of fun; learning gymnastics, creating crafts and activity time. Instruction on floor, beams, vault and bars. Bring a snack and water bottle daily. Please refer to the level and description for appropriate placement.

8/19-8/22 (1)	M-Th	8:30 am-Noon	4-8 yrs	CH13258
Rm 9	ID/AP: \$139	OD: \$173.75		

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