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

TriMet Bus Routes #62, #92
Facility Supervisor: Catherine Ellis
Assistant Facility Supervisor: Jon Wangen

Summer Term: June 15 - Sept. 7, 2020

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

Modified Schedule: 9 am-6 pm: 7/3, 7/4
Check online for updates.

Facility Closed: 9/7

Conestoga Aquatic Center features:
• Average Pool Temperature:
  Main Pool - 85°  Slide Pool - 90°
• Splash Pad (Outdoor)

Facility Features:
• Weight room/fitness center, shower/locker rooms
• THRIVE Afterschool Enrichment Program
• Indoor gym for drop-in sports
• Kitchen for cooking classes
• Two dance/fitness studio rooms
• Classrooms for birthday parties/rentals
• Preschool Indoor Play Park
• Outdoor playground

Events

BIG TRUCK DAY
Saturday, Aug. 1 • 10 am-2 pm

There is something exciting about big trucks and machines! Come climb aboard, honk the horn and kick the tires, our parking lot will be full of big rigs & more! Suggested $5 per child admission.

Food trucks onsite, picnic area, giant sandbox, splash pad & pool will be open!

New this year: The Family SUPER Package; includes admission to event, premium reserved parking spot, two t-shirts & four tickets for our fruitful treat bars; Cost: $50.00

Contact the center to register.

Pride Celebration Dance
Friday, June 5 • 6:30-8:30 pm

Lap Swim, Open Swim & Water Fitness

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

Please check our website www.thprd.org or call the center for details.

Conestoga is Hiring

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

Program Preview Week
8/17-8/21

Note: This section is for Conestoga Recreation programs only. See page 90 for Conestoga Aquatic programs.
The THRIVE Afterschool Program

Conestoga Recreation & Aquatic Center’s THRIVE 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.

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

**THRIVE Afterschool Care (Grades K-8)**
2:30-6 pm | $315 per month | ID $394 OD

**Year-round Option**
Cost: In-District $431 per child, per month, for 12 months.
Year-round tuition includes: Afterschool care and nine weeks of full day summer camp at Conestoga Recreation & Aquatic Center.
The summer camps available are: Explorers, Pathfinders, Trekkers, Adventurers, Voyagers.

**Available Schools**
Hiteon
Scholls Heights
Greenway
Nancy Ryles
Sexton Mt.
Conestoga Middle School

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

**Before-School Care**
6:30 am - school start
$120 per month
$50 enrollment
*Full year option available.

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

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**Facility Rentals & Birthday Parties at Conestoga**

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

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

**Facility Rentals**
Whether it’s a high school graduation, baby shower or a private pool/gym practice, our facility offers a wide range of potential to make your special event exactly what you are looking for, at an affordable price.
Please call 503-629-6313 for more details and pricing information.

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**Volunteers are needed at Conestoga Recreation & Aquatic Center!**

Special Events – Drop-in Childcare – Afterschool Summer Camps – Preschool

Check out and apply for opportunities online at thprd.org/connect/volunteer/ongoing-opportunities, email volunteer@thprd.org, or talk to Volunteer Services at 503-619-3939.
Conestoga Recreational & Aquatic Center

**Bilingual Spanish Nine-Month Preschool**

Our classroom atmosphere is a creative, positive, and enriching experience mixed with Spanish culture and influences. Students will interact in Spanish and English throughout the class, while engaging in hands-on activities such as games, arts & crafts, songs, and more! We encourage children to develop their self-help, language and social-emotional skills in addition to academics.

A $50 non-refundable deposit is due at the time of registration. Registration is underway, call Conestoga for more information and to get signed up.

**Fanno Farmers Nine-Month Preschool**

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

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

A $50 non-refundable deposit is due at the time of registration. Registration is underway, call Conestoga for more information and to get signed up.

**Conestoga Childcare**

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

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

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

**Hourly fees:**

- On-site: ID $2.25/hr; OD $3/hr
- Off-site: ID $3.25/hr; OD $4/hr

**Monday-Friday Mornings:**

8:15 am-12:30 pm

**Monday-Friday Evenings:**

5:15-8:30 pm

**Saturday**

8 am-noon

**Ages:**

6 weeks & older

Parents may leave the premises.

Off-site childcare space is limited, please call center for availability.

**Indoor Play Park**

Closed for Summer.

See you in September!
### Arts & Crafts – Preschool

<table>
<thead>
<tr>
<th>Dates (Weeks)</th>
<th>Location</th>
<th>Day</th>
<th>Time</th>
<th>ID/AP</th>
<th>OD</th>
<th>Ages</th>
<th>Class #</th>
</tr>
</thead>
<tbody>
<tr>
<td>6/26-8/28 (10)</td>
<td>Fanno Farmhouse</td>
<td>F</td>
<td>9-9:45 am</td>
<td>$69</td>
<td>$86.25</td>
<td>6 mths-1 ½ yrs</td>
<td>CO14101</td>
</tr>
</tbody>
</table>

**Creating with Baby**  
Introductory art class includes touch, smell and listen with your child as you discover creating together with music and art. Bring a paint shirt or art smock for both of you and expect to get messy! **Parent participation required.** Class held at Fanno Farmhouse 8405 SW Creekside Place (off of Hall Blvd, btwn Greenway & Nimbus). No class 7/3.

6/26-8/28 (9)  
Fanno Farmhouse  
F  
10-10:45 am  
1 yr-2 ½ yrs  
CO14103  

6/26-8/28 (9)  
Fanno Farmhouse  
F  
11:10-11:55 am  
2-3 yrs  
CO14104

### Dance & Drama – Preschool

**Ballet**  
A wonderful introduction to ballet steps and terminology. This class will teach children balance and poise while developing strength and coordination.

6/22-7/27 (6)  
M  
11-11:40 am  
3½ - 5½ yrs  
CO11103  
Rm 204  
ID/AP: $36  
OD: $45

6/25-7/30 (6)  
Th  
10:45-11:25 am  
4½ - 6 yrs  
CO11105  
Rm 204  
ID/AP: $43.75

**Ballet Prep**  
A wonderful introduction to ballet steps and terminology. This class will teach children balance and poise while developing strength and coordination. **No class 7/3.**

6/26-7/31 (5)  
F  
10:45-11:30 am  
3½-5 yrs  
CO11102  
Rm 204  
ID/AP: $33  
OD: $41.25

**Ballet / Tap**  
Learn beginning technique for ballet and tap and develop coordination, strength and balance. Tap shoes required.

6/24-7/29 (6)  
W  
4-4:45 pm  
4-6 yrs  
CO11108  
Rm 204  
ID/AP: $36  
OD: $45

**Ballet II**  
This class is designed for students who have had multiple pre-ballet or beginning ballet classes and are ready to advance.

6/22-7/27 (6)  
M  
11:45 am-12:30 pm  
3½ - 6 yrs  
CO11106  
Rm 204  
ID/AP: $36  
OD: $45

6/22-7/27 (6)  
M  
4:50-5:35 pm  
5-8 yrs  
CO11205  
Rm 204  
ID/AP: $36  
OD: $45

**Ballet On Your Toes**  
A wonderful introduction to ballet steps and terminology. This class will teach children balance and poise while developing strength and coordination.

6/25-7/30 (6)  
Th  
9:45-10:25 am  
3½ - 4½ yrs  
CO11107  
Rm 204  
ID/AP: $33  
OD: $41.25

**Ballet/Tap/Jazz**  
Learn beginning technique for ballet, tap, and jazz. Develop coordination, strength and balance. Tap shoes required.

6/24-7/29 (6)  
W  
6-6:55 pm  
6-10 yrs  
CO11206  
Rm 204  
ID/AP: $41  
OD: $51.25

**Broadway Kids**  
A star is born. Basic ballet and jazz movement are introduced as well as creative exploration of music, singing and spatial awareness. No class 7/3.

6/26-7/31 (5)  
F  
11:50 am-12:35 pm  
4-6 yrs  
CO11112  
Rm 204  
ID/AP: $30  
OD: $37.50

**Dance Palooza**  
Not sure what kind of dance your child will like? Sample ballet, jazz, hip hop and creative movement. We’ll use props, move like animals and play dance games.

6/24-7/29 (6)  
W  
4-4:45 pm  
3½ - 5 yrs  
CO11113  
Rm 204  
ID/AP: $36  
OD: $45

**Girls:** Ballet slippers, leotard and tights preferred.  
**Boys:** Ballet slippers, white t-shirt, sweat pants.
Conestoga Recreation & Aquatic Center

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

Dance & Drama – Teen/Adult

Tap for Beginners
Not sure if you’re ready to invest in tap shoes yet? Wear a pair of old tennis shoes or wear socks in this class designed for new tappers.

6/24-7/29 (6) W 7:05-8 pm 14-Adult CO11303
Rm 204 ID/AP: $54 OD: $67.50

Tap 2, Adult
Need to dust off your tap shoes? This class is designed for returning tappers to review or newer students who have had some tap and are ready to advance. Students should be able to execute shuffles, flaps and ball change.

6/22-7/27 (6) M 7:05-8:05 pm 14-Adult CO11304
Rm 204 ID/AP: $55 OD: $68.75

Dance & Drama – Youth

Hip Hop
Young dancers will learn rhythm, musicality, coordination and age-appropriate choreography to contemporary and upbeat music. No Class 7/3.

6/26-7/31 (5) F 3:30-4:25 pm 3½ -4 yrs CO11212
Rm 204 ID/AP: $35 OD: $43.75

6/26-7/31 (5) F 5:45-6:40 pm 8½ -12 yrs CO11212
Rm 204 ID/AP: $52 OD: $65

Hip Hop
This class introduces popping, glides and slides and basic choreography and teaches students how to listen and dance to the backbeats, accents and groove of the music. No class 7/3.

6/26-7/31 (5) F 4:30-5:25 pm 5-8 yrs CO11211
Rm 204 ID/AP: $49 OD: $61.25

Broadway Bound
Get a taste of Broadway! This class combines acting, singing and dancing. Develop your creative interests and experience a final performance.

6/22-7/27 (6) M 6-7 pm 6-10 yrs CO11208
Rm 204 ID/AP: $45 OD: $56.25

Sports & Fitness – Preschool

Basketball Skills
Through games and skill drills, children will practice dribbling, passing and shooting a basketball. Class emphasizes teamwork, fair play and fun! No class 7/4, 8/1.

6/20-8/22 (8) S 9:45 am-3:45 pm 4-6 yrs CO12100
Gym-Ct B ID/AP: $44 OD: $55

Kids Sports
Get a kick out of this high energy class! All kinds of sports will be played: capture the flag, soccer, t-ball, and more.

6/15-8/17 (10) M 9:30-10:15 am 4-6 yrs CO12105
MS Fields ID/AP: $55 OD: $68.75

6/17-8/19 (10) W 9:30-10:15 am 3-4 yrs CO12106
MS Fields ID/AP: $55 OD: $68.75

General Interest – Preschool/Youth

Babysitting 101
Learn responsibilities of babysitting. Certification received upon completion. Bring paper, pencil, drink and sack lunch to class.

6/28 (1) Su 9:15 am-3:45 pm 11-15 yrs CO15310
Rm 200 ID/AP: $52 OD: $65

7/12 (1) Su 9:15 am-3:45 pm 11-15 yrs CO15311
Rm 200 ID/AP: $52 OD: $65

7/26 (1) Su 9:15 am-3:45 pm 11-15 yrs CO15312
Room 200 ID/AP: $52 OD: $65

8/9 (1) Su 9:15 am-3:45 pm 11-15 yrs CO15313
Rm 200 ID/AP: $52 OD: $65

Home Alone
Course prepares children to respond safely to being home alone. Covers phone calls, home security and first aid techniques.

8/16 (1) Su 1-3:45 pm 8-12 yrs CO15215
Rm 200 ID/AP: $27 OD: $33.75

7/19 (1) Su 1-3:45 pm 8-12 yrs CO15216
Rm 200 ID/AP: $27 OD: $33.75

Dance & Drama – Preschool/Youth

Babysitting 101
Learn responsibilities of babysitting. Certification received upon completion. Bring paper, pencil, drink and sack lunch to class.

6/28 (1) Su 9:15 am-3:45 pm 11-15 yrs CO15310
Rm 200 ID/AP: $52 OD: $65

7/12 (1) Su 9:15 am-3:45 pm 11-15 yrs CO15311
Rm 200 ID/AP: $52 OD: $65

7/26 (1) Su 9:15 am-3:45 pm 11-15 yrs CO15312
Room 200 ID/AP: $52 OD: $65

8/9 (1) Su 9:15 am-3:45 pm 11-15 yrs CO15313
Rm 200 ID/AP: $52 OD: $65

Home Alone
Course prepares children to respond safely to being home alone. Covers phone calls, home security and first aid techniques.

8/16 (1) Su 1-3:45 pm 8-12 yrs CO15215
Rm 200 ID/AP: $27 OD: $33.75

7/19 (1) Su 1-3:45 pm 8-12 yrs CO15216
Rm 200 ID/AP: $27 OD: $33.75

Disney Hip Hop
Young dancers will learn rhythm, musicality, coordination and the hip-hop style of dance. Beginner-level combinations will be taught to popular children’s songs, preschool age-appropriate. Prepare to get moving!

6/23-7/28 (6) T 10:45-11:25 am 3½ -6 yrs CO11114
Rm 204 ID/AP: $33 OD: $41.25

6/24-7/29 (6) W 7:05-8 pm 14-Adult CO11303
Rm 204 ID/AP: $54 OD: $67.50

Fees: ID/AP = User is in-district or has paid an out-of-district assessment, OD = Out-of-district (no assessment paid)
### Munchkin Soccer
Featuring drills, games and group activities. Sports classes are designed to get preschoolers engaged in sports which emphasize confidence, build self-esteem, teach teamwork and improve both coordination and motor skills.

<table>
<thead>
<tr>
<th>Date</th>
<th>Days</th>
<th>Time</th>
<th>Age</th>
<th>Location</th>
<th>ID/AP:</th>
<th>OD:</th>
</tr>
</thead>
<tbody>
<tr>
<td>6/17-8/19</td>
<td>W</td>
<td>10:35-11:20</td>
<td>4-6</td>
<td>MS Fields</td>
<td>$55</td>
<td>$68.75</td>
</tr>
</tbody>
</table>

### Munchkin Sports
Join our child for some sports fun in basketball, soccer, t-ball, scooter games and more. Play at an individual pace while working on major motor skills. The instructor provides skill guidance to parents. No class 7/4, 8/1.

<table>
<thead>
<tr>
<th>Date</th>
<th>Days</th>
<th>Time</th>
<th>Age</th>
<th>Location</th>
<th>ID/AP:</th>
<th>OD:</th>
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<tr>
<td>6/20-8/22</td>
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<td>10-10:45</td>
<td>4-6</td>
<td>Gym-Ct B</td>
<td>$44</td>
<td>$55</td>
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</table>

### Pee Wee Sports
Try out a new sport each week. Learn basic fundamentals and then play games each week. Class held outdoors at Conestoga MS. Bring water bottle daily.

<table>
<thead>
<tr>
<th>Date</th>
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<th>Time</th>
<th>Age</th>
<th>Location</th>
<th>ID/AP:</th>
<th>OD:</th>
</tr>
</thead>
<tbody>
<tr>
<td>6/15-8/17</td>
<td>M</td>
<td>5:45-6:30</td>
<td>4-6</td>
<td>MS Fields</td>
<td>$55</td>
<td>$68.75</td>
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</table>

### Soccer Skills
Through games and skill drills, children will learn soccer basics including dribbling, trapping, passing and more. Class emphasizes teamwork, fair play and fun. Shin guards recommended.

<table>
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<tr>
<th>Date</th>
<th>Days</th>
<th>Time</th>
<th>Age</th>
<th>Location</th>
<th>ID/AP:</th>
<th>OD:</th>
</tr>
</thead>
<tbody>
<tr>
<td>6/15-8/17</td>
<td>M</td>
<td>10:30-11:15</td>
<td>3½-5½</td>
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<td>$68.75</td>
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<tr>
<td>6/20-8/22</td>
<td>S</td>
<td>11:15 am-12</td>
<td>4½-6½</td>
<td>Gym-Ct B</td>
<td>$44</td>
<td>$55</td>
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</tbody>
</table>

### Sports & Fitness – Youth
#### Basketball, Girls
Play games and learn the techniques and rules of the game. Work on dribbling, shooting, passing and team play through fun games and drills. No class 7/4.

<table>
<thead>
<tr>
<th>Date</th>
<th>Days</th>
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<th>Age</th>
<th>Location</th>
<th>ID/AP:</th>
<th>OD:</th>
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<tbody>
<tr>
<td>6/18-8/20</td>
<td>Th</td>
<td>6:30-7:25</td>
<td>7-12</td>
<td>Gym-Ct A</td>
<td>$79</td>
<td>$98.75</td>
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</tbody>
</table>

#### Basketball Hoops
Learn or develop your basketball skills. Emphasis on ball control, passing, dribbling, shooting, footwork and game situations.

<table>
<thead>
<tr>
<th>Date</th>
<th>Days</th>
<th>Time</th>
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<th>Location</th>
<th>ID/AP:</th>
<th>OD:</th>
</tr>
</thead>
<tbody>
<tr>
<td>6/16-8/18</td>
<td>T</td>
<td>5:45-6:25</td>
<td>6-8</td>
<td>Gym-Ct B</td>
<td>$69</td>
<td>$86.25</td>
</tr>
<tr>
<td>6/18-8/20</td>
<td>Th</td>
<td>5:45-6:25</td>
<td>7-10</td>
<td>Gym-Ct A</td>
<td>$69</td>
<td>$86.25</td>
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</tbody>
</table>

### Basketball Scrimmage
Do warm-ups, run a few drills and get in lots of game time. This class is for players who want to work on further developing their skills and game situations.

<table>
<thead>
<tr>
<th>Date</th>
<th>Days</th>
<th>Time</th>
<th>Age</th>
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<tr>
<td>6/16-8/18</td>
<td>T</td>
<td>6:30-7:25</td>
<td>9-11</td>
<td>Gym-Ct B</td>
<td>$79</td>
<td>$98.75</td>
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</tbody>
</table>

### Flag Football Scrimmage
Learn fundamentals of football - throwing, catching, run plays, defense and much more. 30 minutes of skill development and 30 minutes of scrimmage time each week. Bring water bottle. Class held off-site, outside at Conestoga MS Fields.

<table>
<thead>
<tr>
<th>Date</th>
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<th>Age</th>
<th>Location</th>
<th>ID/AP:</th>
<th>OD:</th>
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<td>6/15-8/17</td>
<td>M</td>
<td>6:50-7:50</td>
<td>6-9</td>
<td>MS Fields</td>
<td>$79</td>
<td>$98.75</td>
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</table>

### Soccer, Skills & Scrimmages
Learn the fundamentals and proper techniques of soccer in this outdoor program. Develop ball control, passing, dribbling and defensive skills. Skill development and scrimmages each week. Bring water bottle. Shin guards recommended. Class held off site at Conestoga MS Fields.

<table>
<thead>
<tr>
<th>Date</th>
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<th>Location</th>
<th>ID/AP:</th>
<th>OD:</th>
</tr>
</thead>
<tbody>
<tr>
<td>6/17-8/19</td>
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<td>5:30-6:25</td>
<td>6-8</td>
<td>MS Fields</td>
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<tr>
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<td>W</td>
<td>6:45-7:40</td>
<td>7-10</td>
<td>MS Fields</td>
<td>$68</td>
<td>$85</td>
</tr>
</tbody>
</table>

### Sports & Fitness – Teen
#### Teenfit, Strength & Conditioning
Improve endurance, strength, self-esteem and knowledge in this well-rounded program promoting an active lifestyle. Includes weight training and cardio conditioning in a positive and welcoming atmosphere with a focus on individual goals.

<table>
<thead>
<tr>
<th>Date</th>
<th>Days</th>
<th>Time</th>
<th>Age</th>
<th>Location</th>
<th>ID/AP:</th>
<th>OD:</th>
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</thead>
<tbody>
<tr>
<td>6/16-8/20</td>
<td>T/Th</td>
<td>4:30-5:25</td>
<td>11-17</td>
<td>Rm 201</td>
<td>$114</td>
<td>$142.50</td>
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</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Date</th>
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<tr>
<td>6/17-8/19</td>
<td>W</td>
<td>4:30-5:25</td>
<td>10-15</td>
<td>Rm 201</td>
<td>$68</td>
<td>$86.25</td>
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</tbody>
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## Martial Arts, All Levels

**Karate Kids**
Beginning karate with a less structured curriculum. Children will gain skills in self-confidence, cooperation, effective communication and motivation. Uniforms required. Information provided at first class.

<table>
<thead>
<tr>
<th>Date</th>
<th>Days</th>
<th>Time</th>
<th>Age</th>
<th>ID/AP</th>
<th>OD</th>
<th>CO</th>
</tr>
</thead>
<tbody>
<tr>
<td>6/16-8/18</td>
<td>T</td>
<td>4:45 pm</td>
<td>4½ -6 yrs</td>
<td>$55</td>
<td>$68.75</td>
<td>12166</td>
</tr>
<tr>
<td>6/18-8/20</td>
<td>Th</td>
<td>6:45 pm</td>
<td>4½ -6 yrs</td>
<td>$55</td>
<td>$68.75</td>
<td>12167</td>
</tr>
</tbody>
</table>

**Karate Intermediate**
This class is for students who have had previous Okinawan Karate instruction and/or Instructor permission required. Students will continue learning skills in kata, self-defense, sparing, grappling and take-downs.

<table>
<thead>
<tr>
<th>Date</th>
<th>Days</th>
<th>Time</th>
<th>Age</th>
<th>ID/AP</th>
<th>OD</th>
<th>CO</th>
</tr>
</thead>
<tbody>
<tr>
<td>6/16-8/18</td>
<td>T</td>
<td>6:15 pm</td>
<td>8-Adult</td>
<td>$69</td>
<td>$86.25</td>
<td>12168</td>
</tr>
</tbody>
</table>

**Kendo: Japanese Fencing**
Learn the basic skills and techniques of Japanese swordsman ship. Martial arts philosophy and manners will be presented. Additional fee of $25 for the bamboo practice sword is due first night of class, payable to Obukan Kendo Club.

<table>
<thead>
<tr>
<th>Date</th>
<th>Days</th>
<th>Time</th>
<th>Age</th>
<th>ID/AP</th>
<th>OD</th>
<th>CO</th>
</tr>
</thead>
<tbody>
<tr>
<td>6/19-8/21</td>
<td>F</td>
<td>6:30-7:30 pm</td>
<td>10-Adult</td>
<td>$58</td>
<td>$72.50</td>
<td>12550</td>
</tr>
</tbody>
</table>

**Karate, Beginning**
Learn basic blocks, punches, kicks and breakfall techniques. Uniforms required. Information provided at first class. No class 7/4.

<table>
<thead>
<tr>
<th>Date</th>
<th>Days</th>
<th>Time</th>
<th>Age</th>
<th>ID/AP</th>
<th>OD</th>
<th>CO</th>
</tr>
</thead>
<tbody>
<tr>
<td>6/16-8/18</td>
<td>T</td>
<td>5:05 pm</td>
<td>6 yrs</td>
<td>$64</td>
<td>$80</td>
<td>12163</td>
</tr>
<tr>
<td>6/18-8/20</td>
<td>Th</td>
<td>5:55 pm</td>
<td>8-12 yrs</td>
<td>$64</td>
<td>$80</td>
<td>12164</td>
</tr>
</tbody>
</table>

**Beginning Karate for the Family**
Shorin-Ryu is a self-defense oriented, traditional Okinawan karate style. Learn basic blocks, punches, kicks, break-fall techniques and kata. Uniforms required. Information provided at first class.

<table>
<thead>
<tr>
<th>Date</th>
<th>Days</th>
<th>Time</th>
<th>Age</th>
<th>ID/AP</th>
<th>OD</th>
<th>CO</th>
</tr>
</thead>
<tbody>
<tr>
<td>6/18-8/20</td>
<td>Th</td>
<td>7:05-8:05 pm</td>
<td>8-Adult</td>
<td>$69</td>
<td>$86.25</td>
<td>12165</td>
</tr>
</tbody>
</table>

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## Tennis for the Whole Family

**Tennis Basics**
Take this introductory class if you are new to the game of tennis or are starting to play after a prolonged layoff. Meet at Conestoga Middle school tennis courts. Classes held outside. Bring water bottle.

<table>
<thead>
<tr>
<th>Date</th>
<th>Days</th>
<th>Time</th>
<th>Age</th>
<th>ID/AP</th>
<th>OD</th>
<th>CO</th>
</tr>
</thead>
<tbody>
<tr>
<td>6/15-8/17</td>
<td>M</td>
<td>5:05-5:50 pm</td>
<td>6-8 yrs</td>
<td>$55</td>
<td>$73.75</td>
<td>12205</td>
</tr>
<tr>
<td>6/17-8/19</td>
<td>W</td>
<td>5:55-6:40 pm</td>
<td>7-10 yrs</td>
<td>$55</td>
<td>$73.75</td>
<td>12208</td>
</tr>
</tbody>
</table>

**Tennis for Families**
Learn to play tennis with your child. Basic intro Level 1 class. Parent participation required. Register child only; cost includes one parent. Held at Conestoga Middle School tennis courts. Bring water bottle.

<table>
<thead>
<tr>
<th>Date</th>
<th>Days</th>
<th>Time</th>
<th>Age</th>
<th>ID/AP</th>
<th>OD</th>
<th>CO</th>
</tr>
</thead>
<tbody>
<tr>
<td>6/15-8/17</td>
<td>M</td>
<td>6:10-6:55 pm</td>
<td>4-6 yrs</td>
<td>$55</td>
<td>$68.75</td>
<td>12145</td>
</tr>
<tr>
<td>6/15-8/17</td>
<td>M</td>
<td>7-7:45 pm</td>
<td>7-15 yrs</td>
<td>$55</td>
<td>$68.75</td>
<td>12147</td>
</tr>
<tr>
<td>6/17-8/19</td>
<td>W</td>
<td>7-7:45 pm</td>
<td>7-15 yrs</td>
<td>$55</td>
<td>$68.75</td>
<td>12149</td>
</tr>
</tbody>
</table>
Private Tennis & Pickleball Instruction
Conestoga is excited to offer private instruction from a USTA certified instructor in our gymnasium for you to improve technical skills and game strategies. Individual or group lessons are available. Base rate of $60/hour (in-district). Please call Conestoga to schedule. Lessons are by appointment only, based on instructor availability.

Weight/Cardio Room
Conestoga Fitness Program

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. $50.25 ID/ $62.75 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: $56.75 ID/ $71 OD
3 Sessions: $170.25 ID/ $213 OD
6 Sessions: $340.50 ID/ $426 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: $42.50 ID/ $53.25 OD
3 Sessions: $127.50 ID/ $159.75 OD
6 Sessions: $255 ID/ $319.50 OD

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

WE’RE HIRING
THPRD is hiring for:
Lifeguards • Sports Instructors • Fitness Instructors
Before and After-school Leaders • Desk Staff
Visit www.thprd.org/jobs

CEDAR MILL CIDER FESTIVAL
Sunday, September 20
1-4 pm
JQAY Young House
12050 NW Cornell

Fees: ID/AP = User is in-district or has paid an out-of-district assessment, OD = Out-of-district (no assessment paid)
Conestoga Recreation & Aquatic Center  503-629-6313

Drop-in Fitness Classes - No Registration Necessary!
To participate in any group fitness or yoga class, you can purchase a daily admission fee or purchase a Deluxe Pass. See page 7 for more details or call the center at 503-629-6313.

### Fitness Class Descriptions

<table>
<thead>
<tr>
<th>Class</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Aqua Yoga</strong></td>
<td>Stretch and strengthen with the healing and calming properties of Aqua Yoga. Class will be held in the warmth of the leisure pool.</td>
</tr>
<tr>
<td><strong>Body Blitz!</strong></td>
<td>This high intensity cardio class is infused with interval training that your body will not forget, and you’ll love the results!</td>
</tr>
<tr>
<td><strong>BODYPUMP™</strong></td>
<td>BODYPUMP™ is the original barbell class that strengthens your entire body. Challenge all your major muscle groups by using weight-room exercises like squats, presses, and lifts.</td>
</tr>
<tr>
<td><strong>Barre</strong></td>
<td>Barre is an energetic workout that fuses dance, Pilates and weights that will tone, define and chisel the whole body.</td>
</tr>
<tr>
<td><strong>Cardio Blast</strong></td>
<td>Covering anything from boxing and step to squats, lunges and cycling, each class offers a different challenge but all combine body weight training and aerobic activity.</td>
</tr>
<tr>
<td><strong>Cycle Sculpt</strong></td>
<td>Using a combination of drills on and off the bike, we’ll get your heart pounding and your muscles working. Wear athletic shoes.</td>
</tr>
<tr>
<td><strong>Dig Deep (Water Fitness)</strong></td>
<td>Focus on range-of-motion, stretching and moderate aerobic activity.  Float belts provided.</td>
</tr>
<tr>
<td><strong>Essentrics</strong></td>
<td>Strengthen and stretch every muscle in the body essentrically, rebalancing the muscular structure in continuous rotational movements.</td>
</tr>
<tr>
<td><strong>Family Yoga</strong></td>
<td>Practice yoga as a family. All levels welcome. Children must be accompanied by an adult and be at least 3 y/o.</td>
</tr>
<tr>
<td><strong>Flow Yoga</strong></td>
<td>This dynamic style links breath and movement helping to build strength, stamina and flexibility.</td>
</tr>
<tr>
<td><strong>HIGH Fitness</strong></td>
<td>Aerobics is back! Choreographed interval training with intense cardio peaks and toning tracks set to music you know and love!</td>
</tr>
<tr>
<td><strong>Low-Impact Aerobics</strong></td>
<td>Low-impact workout designed to challenge your entire body with cardio-step, weight training and core work.</td>
</tr>
<tr>
<td><strong>Tai Chi I</strong></td>
<td>For the beginning student. Class includes warm-up and basic movements that build session by session to learn the Yang 24 form.</td>
</tr>
<tr>
<td><strong>Tai Chi II</strong></td>
<td>Learn Yang 24 form, Yang 40 form and 13 move Saber (wooden sabers provided). Not appropriate for beginners.</td>
</tr>
<tr>
<td><strong>Total Body Conditioning</strong></td>
<td>Challenge your entire body with this one-of-a-kind work-out. Each class consists of weights, cardio, core and stretching.</td>
</tr>
<tr>
<td><strong>Yoga, All Levels</strong></td>
<td>This yoga class is perfect for all levels. This well-rounded workout develops flexibility, core strength, balance and inner peace.</td>
</tr>
<tr>
<td><strong>Yoga Fusion</strong></td>
<td>This class combines vinyasa yoga, toning, and cardio. Work every muscle group with light weights and yoga moves.</td>
</tr>
<tr>
<td><strong>Yoga/Pilates/Joint Function</strong></td>
<td>This class combines yoga, mat Pilates and precise movements to improve joint function. (Returning Fall 2020; please join us for Fitness in the Park yoga classes.)</td>
</tr>
<tr>
<td><strong>Yoga/Pilates/Focus</strong></td>
<td>In addition to doing Pilates and yoga moves, this class will incorporate an individual focus to improve on. Regular attendees are expected to work on their focus exercises outside of class. (Returning Fall 2020; please join us for Fitness in the Park yoga classes.)</td>
</tr>
<tr>
<td><strong>Yoga/Pilates/Myofascial</strong></td>
<td>In addition to pilates moves, this class will incorporate Sun Salutations, which is a flowing yoga sequence, and self-massage using a foam roller. (Returning Fall 2020, please join us for Fitness in the Park yoga classes.)</td>
</tr>
<tr>
<td><strong>Zumba®</strong></td>
<td>Are you ready to party yourself into shape? Forget the workout, just lose yourself in the music! Zumba® classes feature exotic rhythms set to high-energy Latin and international beats.</td>
</tr>
<tr>
<td><strong>Zumba® Gold</strong></td>
<td>Ditch the work-out and join the party with this low-impact program designed for beginners. This is a gentle version of Zumba, slowed down to decrease impact and increase ability to learn the moves! All fitness levels welcome!</td>
</tr>
<tr>
<td><strong>20/20/20</strong></td>
<td>This class offers equal parts of cardio, resistance, and stretch training to deliver a well-rounded workout that is motivated by music. This format features low-impact moves delivered with high intensity interval training to keep the heart rate up throughout the workout!</td>
</tr>
</tbody>
</table>