

# SUMMER

## 2024 Activities Guide



Full &  
Half-day  
Camps



Youth & Adult Programs & Activities • Financial Aid Available

# Local Option Levy



## The THPRD levy would maintain today's park and service levels.

THPRD is facing a \$16 million budget shortfall, representing 21% of the district's annual budget.

The THPRD Board of Directors voted unanimously to place a local option levy before district voters at the May 21, 2024, election. The board followed the recommendation coming from the district's Levy Task Force, which analyzed the district's operational needs and determined a local option levy was needed to maintain THPRD service levels.

### A local option levy would:



#### **Ensure weekly garbage collection at parks.**

Without a levy service would be reduced to monthly or twice a month at some parks.



#### **Ensure afterschool programming continues.**

Without levy support, the district's afterschool program would end.



#### **Ensure public restrooms stay open and cleaned multiple times a week.**

Without a levy several outdoor public restrooms would be closed and others will experience reduced cleaning.



**Keep pools and splash pads open.** Without a levy, the district would have to close some facilities, including three swimming pools and two splash pads.



**Preserve positions in park maintenance and recreation programming to maintain existing service levels.** Funding for the levy would save nearly 50 full time positions and 235 part time positions performing park, trail, and natural area, maintenance and leading recreation classes and programs such as art, sports, and aquatics.



#### **Maintain facility hours and recreation programming.**

Without a levy, recreation centers will have to reduce hours of operation, classes and programs would be reduced, and programs such as Mobile Recreation that focus on underserved populations would end.

If approved, the levy would preserve park and recreation services at current levels. The levy would be \$0.50 per \$1,000 assessed value for five years, beginning in 2024. The measure may cause property taxes to increase more than three percent. If approved, the levy would increase taxes on the average home in the district by about \$152.12 per year, or \$12.68 per month. The levy would preserve existing services, improve safety and maintenance in parks, natural areas and trails, and fund a new and easy to use online registration system.

**To learn more visit:** [www.thprd.org/district-information/localoptionlevy](http://www.thprd.org/district-information/localoptionlevy)

Scan for  
more info



# THPRD is Hiring!



Join Team THPRD and find a rewarding, flexible, and fun career in parks and rec waiting for you!



**Flexible Schedule & Hours**



**Great Experience for People New or Returning to the Workforce**



**Employee Discounts and Access to Use Facilities**



**Part-time/Seasonal/Full-time Jobs Available**



**Competitive Wages and Benefits**

**Learn more and apply now at  
[thprd.org/jobs](https://thprd.org/jobs)**

The mission of the Tualatin Hills Park & Recreation District is to provide high-quality park and recreation facilities, programs, services and natural areas that meet the needs of the diverse communities it serves.



**TUALATIN HILLS  
PARK & RECREATION DISTRICT**

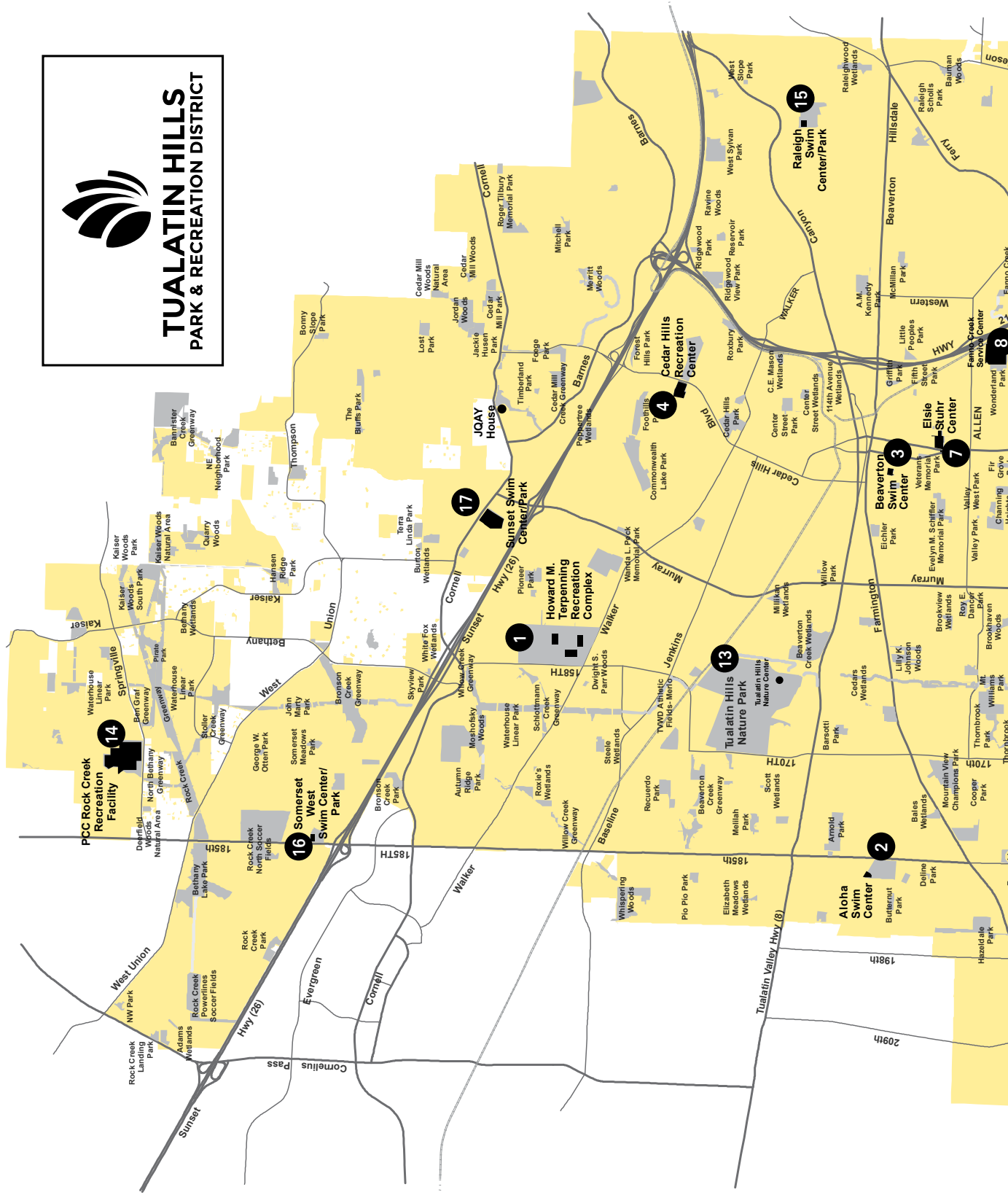
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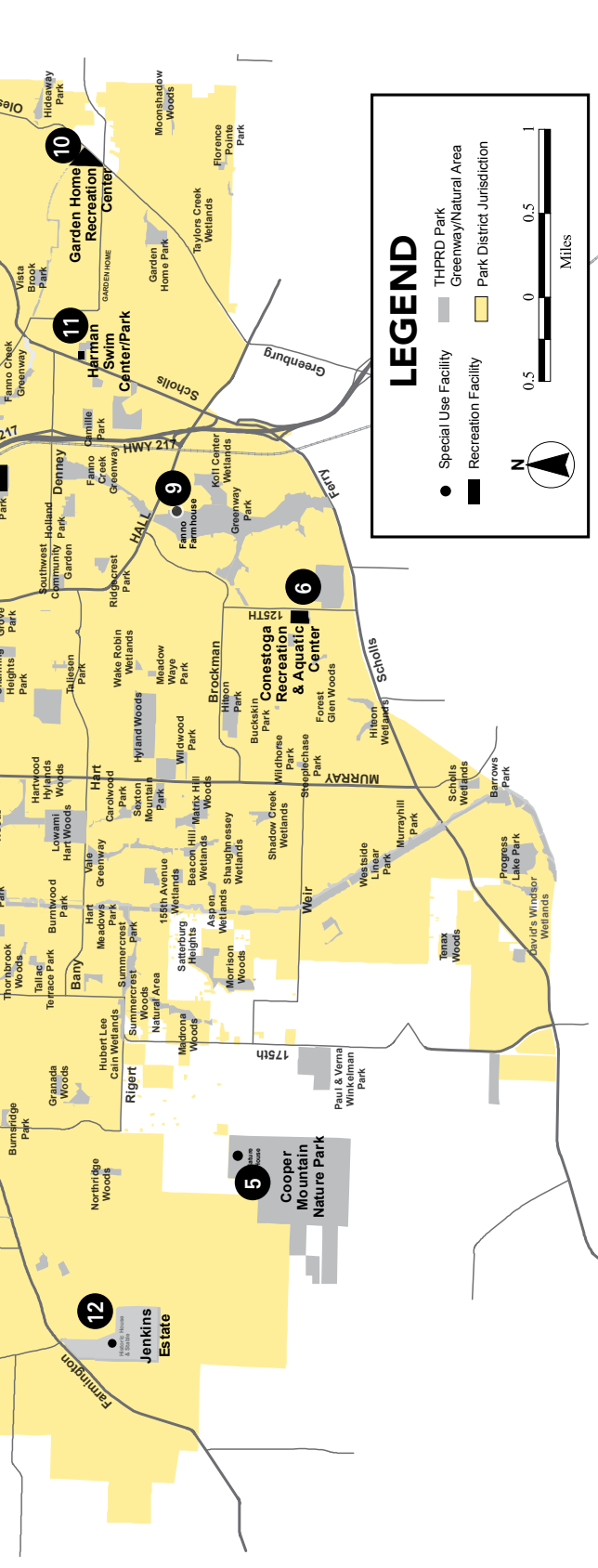
We strive to produce the most accurate, up-to-date activities guide possible. Some program information may have changed since this guide went to print. NOTE: THPRD may use, for promotional purposes, photos taken at events and during programs.



Parks, Recreation Facilities, Maintained School Grounds & Natural Areas







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<b>1</b> Howard M. Terpenning (HMT) Recreation Complex 15707 SW Walker Road Beaverton, 97006 TriMet #59, 67 Administration Office 503-645-6433		<b>6</b> Conestoga Recreation & Aquatic Center .....110,134 9985 SW 125th Avenue Beaverton, 97008 503-629-6313 TriMet #62, 92		<b>13</b> Tualatin Hills Nature Park & Nature Center ..... 155 15655 SW Millikan Way Beaverton, 97003 503-629-6350 TriMet MAX Blue Line	
<b>Babette Horenstein Tennis Center</b> ..... 164 503-629-6331		<b>7</b> Elsie Stuhr Center ..... 142 5550 SW Hall Blvd. Beaverton, 97005 503-629-6342 TriMet #76, 78, 88		<b>14</b> PCC Rock Creek Recreation Facility 17705 NW Springville Road Portland, 97229 503-645-6433 TriMet #52, 67	
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<b>Aloha Swim Center</b> ..... 93 18650 SW Kinnaman Road Aloha, 97078 503-629-6311 TriMet #52, 57, 88		<b>10</b> Garden Home Recreation Center ..... 149 7475 SW Oleson Road Portland, 97223 503-629-6341 TriMet #45		<b>17</b> Sunset Swim Center ..... 107 13707 NW Science Park Drive Portland, 97229 503-629-6315 TriMet #48, 62	
<b>Beaverton Swim Center</b> ..... 96 12850 SW Third Street Beaverton, 97005 503-629-6312 TriMet #52, 76, 78		<b>11</b> Harman Swim Center ..... 99 7300 SW Scholls Ferry Road Beaverton, 97008 503-629-6314 TriMet #56			
<b>Cedar Hills Recreation Center</b> ..... 124 11640 SW Park Way Portland, 97225 503-629-6340 TriMet #20, 59		<b>12</b> Jenkins Estate/Camp Rivendale 8005 SW Grabhorn Road Aloha, 97007 503-645-6433			
<b>Cooper Mountain Nature Park</b> ..... 154 18892 SW Kemmer Road Beaverton, 97007 503-629-6350					

# Registration – Summer 2024



## *Save the Date!*

**REGISTRATION BEGINS SATURDAY, APRIL 13**

### Registration Dates & Times



#### ONLINE

thprd.org/portal

**Saturday, April 13, 2024**  
**8:00 am**



#### IN-PERSON

Visit any open THPRD recreation or aquatic center to register for classes.

**Saturday, April 13, 2024**  
**8:00 am**



#### PHONE

**Call 503-439-9400**

Phone registration may have longer waiting times. Online or walk-in registration is encouraged.

**Saturday, April 13, 2024**  
**8:00 am - 12:00 pm**  
Out-of-district:  
**Monday, April 15, 2024**  
**8:00 am - 12:00 pm**

Summer registration is for classes and activities that take place from June 9 - August 31, 2024.

\* To protect your personal information, THPRD no longer accepts credit card payments over the phone. Anyone registering by phone will have a 48-hour window to make payment at any THPRD facility or online at [www.thprd.org](http://www.thprd.org). If you have any questions, call 503-645-6433.

# Aquatics Events & Activities

## Summer 2024

June - September

**JUN  
21**

### **Luau**

6:00-8:30 pm

Conestoga Recreation & Aquatic Center

**JUL  
12**

### **Wipeout!**

6:00-8:30 pm

Conestoga Recreation & Aquatic Center

**JUL  
19**

### **Let's Flamingle!**

6:00-8:30 pm

Conestoga Recreation & Aquatic Center



**AUG  
9**

### **Wipeout!**

6:00-8:30 pm

Conestoga Recreation & Aquatic Center

**AUG  
16**

### **End of Summer Pool Party**

6:00-8:30 pm

Conestoga Recreation & Aquatic Center

**AUG  
17**

### **Tri Together Pedal Run Dip**

9:00 am-1:00 pm

HMT Complex - Registration Required



For more information, please visit [www.thprd.org/activities/events](http://www.thprd.org/activities/events)



# Drop-in Programs & Daily Admissions

## Membership Passes \*New pricing begins July 1, 2024

Amenities Included	General Pass	Deluxe Fitness Pass
<b>Group Fitness Classes</b> (includes Zumba®, Yoga, Cycling, Aerobics, Water Fitness and more!)*	No	✓
Open Gym	✓	✓
Drop-in Sports	✓	✓
Weight Room	✓	✓
Walking Track	✓	✓
Open Swim	✓	✓
Lap Swim	✓	✓
55+ Swim	✓	✓
Indoor Play Park**	✓	✓

\*Admission to instructor-led classes is based on space availability. Age restrictions apply for Elsie Stuhr activities (55+). Babette Horenstein Tennis Center not included.

\*\* Indoor Play Park is included for youth pass holders or youth members of a household pass.

Prices	General			Deluxe Fitness		
	Daily	1 month	Annual	Daily	1 month	Annual
Adult (18-64 yrs)	\$6.25	\$41	\$359	\$10	\$69	\$672
Youth (1-17 yrs)* / Senior (65+)* / Military (individual)*	\$5.75	\$37	\$323	\$9	\$62	\$605
Two-person household	N/A	\$62	\$539	N/A	\$104	\$1008
Household (3+)	\$16.25	\$82	\$718	N/A	\$138	\$1,344
Out-of-district individual	\$7.75	\$51	\$449	\$12.50	\$86	\$840
Out-of-district two-person household	N/A	\$78	\$674	N/A	\$130	\$1,260
Out-of-district household (3+)	\$20.25	\$103	\$890	N/A	\$173	\$1,680
In-District Healthcare Partner Program (65+)	N/A	\$0	N/A	N/A	\$40	N/A
Out-of-District Healthcare Partner Program (65+)	N/A	\$0**	N/A	N/A	\$50**	N/A

\*Discounts apply to in-district patrons only. Youth, senior and military rates reflect a 10% discount.

\*\*A THPRD assessment fee is required for Out of District Silver & Fit patrons.

**Contact your local THPRD facility or go to [thprd.org](http://thprd.org) to learn more!**

# Fitness Opportunities

## FREE Fitness Events

### Fitness in the Park

June 17 – August 25

Join THPRD Fitness for 10 FREE amazing weeks of fitness under the sun at your favorite local parks! All ages and fitness levels are welcome, no registration required.

### Pump it Up with Pride

June 22 • Cedar Hills Recreation Center

Celebrate Pride with THPRD Fitness by joining your favorite fitness instructors for a 90-minute workout. Mark your calendar and get sweaty with us on June 22 at Cedar Hills Recreation Center from 10-11:30 am.

### Walk with Me

June 19 – August 21 • Wednesdays at 9:30 am

Join a THPRD fitness instructor and enjoy a walk on THPRD trails, parks, and surrounding areas with your friends and family! All levels are welcome. No registration required.

6/19 Cedar Mill Creek Trail

6/26 Rock Creek Trail

7/3 Recuerdo Park

7/10 Summercrest Park

7/17 Jackie Husen Park

7/24 Jenkins Estate

7/31 Commonwealth Lake Park

8/7 Lowami Park

8/14 Fanno Creek Trail

8/21 Waterhouse Park

For more information visit [www.thprd.org/fitness-in-the-park](http://www.thprd.org/fitness-in-the-park).

### Yoga in the Park

July 16 • 6-7:30 pm

Join THPRD Yoga instructors for a lovely evening in honor of Park & Recreation Month!

### Free Tri Together Pedal Run Dip training opportunities:

- Swim Skills Saturday, June 29, 12-1:30 pm at Aquatic Center
- Bike Basics Saturday, July 13, 9-10:30 am at Athletic Center
- Running Tips Saturday, July 27, 9-10:30 am at Athletic Center

More information at [www.thprd.org/events/tritogogether](http://www.thprd.org/events/tritogogether)

## PERSONAL TRAINING

THPRD offers personal training at our four recreation centers: Cedar Hills Recreation Center, Conestoga Aquatic & Recreation Center, Garden Home Recreation Center, and Elsie Stuhr Center.

We have knowledgeable, certified personal trainers who are ready to create a plan to help you reach your goals.



Want to soak up the sunshine? Take your personal training session outside to any of our nature trails or parks. Time outdoors is time well spent! For a full list of our current personal trainers and session pricing, please visit:

[thprd.org/activities/personal-training](http://thprd.org/activities/personal-training)

## Save the Date!

**Zumba® from Around the World**

**Tuesday, September 17**

## Have one of these programs?



Call or visit your local THPRD facility to see if you're eligible for a free or discounted membership. Currently only available to 65+ patrons.

# Financial Aid

## Financial Aid Program



### To Qualify:

Family Size	Max Monthly Income
1	\$1,580
2	\$2,137
3	\$2,694
4	\$3,250
5	\$3,807
6	\$4,364
7	\$4,921
8	\$5,478

For each additional family member add \$557

### What can I use my financial aid funds for?

Funds may be used for sports, swimming, fitness classes, gymnastics, dance, weight rooms, plot fees for the community gardens, affiliated recreational youth sports leagues and more.

### For more information:

**971-384-9138**

**[financialaid@thprd.org](mailto:financialaid@thprd.org)**

## CALLING



## COACHES



**FOR YEAR-ROUND YOUTH ATHLETIC LEAGUES**

Give back to your community and inspire our youth by creating a positive environment that promotes self-confidence and self-esteem.



### Athletic Center

Basketball	Winter, Spring, Summer Grades 5-12
Volleyball	Fall, Summer Grades 4-12

### Cedar Hills Recreation Center

Track & Field	Winter, Spring Grades 6-8
Cross Country	Summer, Fall Grades 6-8

**For more information visit our website**  
**[thprd.org/connect/volunteer/ongoing-opportunities](http://thprd.org/connect/volunteer/ongoing-opportunities)**



# Adaptive & Inclusion Recreation



THPRD provides Adaptive Recreation opportunities and Inclusion Services for individuals experiencing disabilities to promote access for all.

- **Inclusion Services** is an individualized support program provided for individuals experiencing disabilities in classes and programs offered at THPRD. This is a free service provided by the district.
- **Monday Night TR** at the Elsie Stuhr Center provides a variety of recreational opportunities for individuals 16+ experiencing disabilities.
- **Thursday Night All-Stars** located at the Athletic Center is a drop-in basketball program for individuals 16+ experiencing disabilities.
- **Camp Rivendale** is a specialized summer camp for individuals experiencing disabilities ages 6-21. This summer camp contributes to the physical, mental, and social growth of campers while promoting dignity, respect, and independence.
- **Adaptive Recreation** programs in the district such as Adaptive Swim Classes and Adaptive Sportz Center offer individuals experiencing disabilities specialized opportunities within sports and recreation programs.

For more information regarding specialized recreation and inclusion services, please call us at 503-629-6330 or email [inclusion@thprd.org](mailto:inclusion@thprd.org).

## THPRD is Hiring Inclusion Assistants

We are looking for compassionate, kind, and reliable individuals who want to make a difference in their community. Inclusion Assistants provide one-on-one assistance to patrons with disabilities, allowing them the opportunity to participate in the wide variety of programs and activities available through THPRD.

**More info at [thprd.org/jobs](https://thprd.org/jobs)**





### Declaración de objetivos

La misión de Tualatin Hills Park & Recreation District es proporcionar instalaciones de parques y recreación, programas, servicios y áreas naturales de alta calidad que satisfagan las necesidades de las diversas comunidades a las que sirve.

### Declaración de la visión

Mejoraremos los estilos de vida saludables y activos mientras que conectamos a más personas con la naturaleza, los parques y los programas. Lo haremos mediante la administración de los recursos públicos y proporcionando programas/espacios que satisfagan las necesidades no cubiertas.

### Declaración de equidad e inclusión

Reconocemos que todas las agencias gubernamentales de los Estados Unidos tienen sus raíces en el racismo y la opresión sistémicos, incluyendo THPRD.

Queremos responsabilizarnos de nuestro papel en la perpetuación de estos sistemas y nos comprometemos a tomar medidas para crear un cambio significativo.

Nos esforzamos a unir a la gente, a ser un distrito de parques y recreación acogedor e inclusivo, y a vivir nuestros valores de fomento de la equidad social y racial.

## Junta Directiva



**Felicita Monteblanco**  
Directora



**Alfredo Moreno**  
Presidente Director



**Barbie Minor**  
Directora Secretaria



**Miles Palacios**  
Director



**Tya Ping**  
Presidenta Secretaria  
Pro-Tempore

### Management Team

Doug Menke, Director General  
Aisha Panas, Subdirectora General  
Jessica Collins, Asistente Ejecutiva  
Christine Hoffman, Directora de Recursos Humanos

Jared Isaksen, Director de Servicios Financieros  
Julie Rocha, Directora de Deportes e Inclusión  
Sabrina Taylor Schmitt, Directora de Recreación y Acuática  
Holly Thompson, Directora de Comunicaciones





## El impuesto del THPRD mantendría los niveles actuales de parques y servicios.

El THPRD se enfrenta a un déficit presupuestario de \$16 millones, lo que representa el 21 % del presupuesto anual del distrito.

La Junta Directiva del THPRD votó por unanimidad para presentar un impuesto de opción local ante los votantes del distrito en las elecciones del 21 de mayo de 2024. La junta siguió la recomendación proveniente del Grupo de Trabajo sobre Impuestos del distrito, que analizó las necesidades operativas del distrito y determinó que se necesitaba un impuesto de opción local para mantener los niveles de servicio del THPRD.

### Un impuesto de opción local:



**Garantizará a recolección semanal de basura en los parques.** Sin un impuesto, el servicio se reduciría a mensual o dos veces al mes en algunos parques.



**Garantizará que la programación extraescolar continúe.** Sin el apoyo de los impuestos, el programa extracurricular del distrito terminaría.



**Garantizará que los baños públicos permanezcan abiertos y limpios varias veces a la semana.** Sin un impuesto, varios baños públicos al aire libre estarían cerrados y otros experimentarían una limpieza reducida.



**Mantendrá abiertas las piscinas y las áreas de chapoteo.** Sin un impuesto, el distrito tendría que cerrar algunas instalaciones, incluyendo tres piscinas y dos áreas de chapoteo.



**Preservará puestos en la programación de recreación y mantenimiento de parques para mantener los niveles de servicio existentes.** La financiación del impuesto ahorraría casi 50 puestos de tiempo completo y 200 puestos de tiempo parcial que hacen mantenimiento de parques, senderos y áreas naturales y dirigen clases y programas recreativos como arte, deportes y deportes acuáticos.



**Mantendrá el horario de los centros y la programación de recreación.** Sin un impuesto, los centros de recreación tendrán que reducir las horas de atención, las clases y los programas que se centran en poblaciones desatendidas, como Mobile Recreation, se reducirán y terminarán.

Si se aprueba, el impuesto preservaría los servicios de parques y recreación en los niveles actuales. El impuesto sería de \$0.50 por cada \$1,000 de valor tasado durante cinco años, a partir de 2024. La medida puede causar que los impuestos a la propiedad aumenten más del tres por ciento. Si se aprueba, el impuesto aumentaría los impuestos sobre la vivienda promedio en el distrito en aproximadamente \$152.12 por año, o \$12.68 por mes. El impuesto preservaría los servicios existentes, mejoraría la seguridad y el mantenimiento en parques, áreas naturales y senderos, y financiaría un sistema de registro en línea nuevo y fácil de usar.

**Para obtener más información, visite:** [www.thprd.org/district-information/localoptionlevy](http://www.thprd.org/district-information/localoptionlevy)

Escanee para  
obtener más  
información





# ¡THPRD está contratando!



¡Únase al equipo de THPRD, donde encontrará una carrera gratificante, flexible y divertida en el sector de parques y recreación!



**Programa y horarios flexibles**



**Una gran experiencia para las personas que se incorporan o se reincorporan al mundo laboral**



**Descuentos para empleados y acceso al uso de las instalaciones**



**Trabajos disponibles a tiempo parcial/de temporada/tiempo completo**



**Sueldos y beneficios competitivos**

**Obtenga más información y envíe una solicitud ahora en [thprd.org/jobs](https://thprd.org/jobs)**

La misión de Tualatin Hills Park & Recreation District es el de proveer servicios en parques, recreación, programación y áreas de naturaleza de alta calidad, y que cumplan con las expectativas de la comunidad diversa a la cual servimos.

Nos esforzamos por producir la guía de actividades más precisa y actualizada posible. Es probable que la información de algunos programas haya cambiado desde que se imprimió esta guía. NOTA: THPRD puede usar, para fines promocionales, las fotos que se toman en eventos y durante los programas.



**TUALATIN HILLS  
PARK & RECREATION DISTRICT**

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# Inscripciones - Verano 2024



**¡Anote la Fecha!**  
**LAS INSCRIPCIONES INICIAN EL SÁBADO 13 DE ABRIL**  
\*Para personas quienes vivan fuera del distrito inician el lunes 15 de abril

## Fechas y Horarios de Inscripción

### En Línea



Sábado 13 de abril, 2024 a partir de las 8 am  
Puede inscribirse las 24 horas del día en los siete días de la semana en [www.thprd.org/portal](http://www.thprd.org/portal)  
Debe utilizar una tarjeta de crédito o un certificado de regalo de THPRD

### En Persona



Sábado 13 de abril, 2024 a partir de las 8 am  
Visite cualquier centro de THPRD que se encuentre abierto.

### Por Teléfono



Sábado 13 de abril, 2024 de 8 am – 12 pm  
\*Lunes 15 de abril, 2024 de 8 am – 12 pm

**503-439-9400\***

\*Tome en cuenta que las inscripciones vía telefónica tienen tiempo de espera.  
Recomendamos inscribirse en línea o en persona. Vea si es elegible para ir a Centro de Bienvenida.

La inscripción de verano es para clases y actividades que se llevarán a cabo del 9 de junio al 31 de agosto de 2024.

\*Para proteger su información personal, THPRD ya no acepta pagos con tarjeta de crédito por teléfono. Toda persona que se inscriba por teléfono dispondrá de un plazo de 48 horas para hacer el pago en cualquier instalación de THPRD o en línea en [www.thprd.org](http://www.thprd.org). Si tiene alguna pregunta, llame al 503-645-6433.

# Abrir una Cuenta en THPRD

## Para abrir una cuenta de THPRD

Para poder disfrutar de los cientos de actividades, programas, clases, campamentos, y actividades sin inscripción que tenemos disponibles, primero debe tener una cuenta vigente con THPRD. Esto es gratis y fácil de hacer.



**En Línea: [www.thprd.org](http://www.thprd.org)**

**Paso 1:** Visite [thprd.org/join](http://thprd.org/join)

Complete el formulario "Crear grupo familiar nuevo" para su cuenta de THPRD.

**Paso 2:** Active la cuenta en línea

Siga las instrucciones que le enviaron a su correo electrónico para activar su nueva cuenta de THPRD en línea.

**Paso 3:** La próxima vez que visite un centro de THPRD lleve un comprobante de domicilio a la recepción.



**En Persona**

**Paso 1:** Complete el formulario de Información de la persona inscrita

Puede encontrar el formulario en línea o en cualquier centro de THPRD.

**Paso 2:** Lleve un comprobante de domicilio.

**¡Pregúntenos si es elegible para Centro de Bienvenida!**



**Por Teléfono: 503-645-6433\***

Para obtener más información o asistencia para crear una cuenta, comuníquese con nuestra oficina de administración al 503-645-6433 ¡Hablamos español!

## Comprobante de Domicilio

Durante su visita para abrir una nueva cuenta de THPRD o para cuentas creadas en línea (antes de su primera clase o liga programada, o después de no más de cinco actividades sin inscripción), traiga lo siguiente:

\*Cualquier identificación con foto proporcionada por el gobierno que incluya su dirección actual (por ejemplo, una licencia de conducir de Oregón, tarjeta de identificación de Oregón, tarjeta de identificación consular).

\*Si su identificación con foto proporcionada por el gobierno no incluye su dirección actual (por ejemplo, un pasaporte o una licencia de conducir de otro estado), puede entregar otro tipo de comprobante de domicilio, como una factura de servicios públicos, un estado de cuenta bancario o un contrato de alquiler.

Si no tiene ningún comprobante de domicilio, puede optar por pagar la cuota fuera del distrito o pedir un reembolso prorrateado para su clase. THPRD se reserva el derecho de solicitar un comprobante de domicilio en cualquier momento; las direcciones deben verificarse cada cinco años. Puede encontrar la fecha de vencimiento de su cuenta iniciando sesión en línea en su cuenta de THPRD aquí: [www.thprd.org/portal/](http://www.thprd.org/portal/).

## ¿Por qué verificamos su dirección?

Las personas que tienen una propiedad o residen dentro de los límites de THPRD apoyan nuestros servicios a través de los impuestos a la propiedad y son elegibles para beneficios que incluyen inscripción anticipada y programa a menor coste.

## ¿No vive dentro del distrito?

También podrá participar. Solo siga las instrucciones de arriba. No es necesario su comprobante de domicilio. Hay dos opciones disponibles para los usuarios que viven fuera del área de servicio de THPRD.

1. Pagar una cuota anual o trimestral

2. Pagar una prima de 25 % por clase

Para obtener más información sobre estas opciones, visite nuestra [thprd.org/activities/am-i-in-district](http://thprd.org/activities/am-i-in-district)

# Información general de THPRD

## ¿Estoy dentro del distrito?

### ¿Vive fuera del distrito?

Se invita a los usuarios que viven fuera del distrito, incluyendo a los huéspedes fuera de la ciudad, a disfrutar de los programas de THPRD eligiendo entre dos opciones de pago:

**Pague una prima del 25 %** por cada clase, actividad sin inscripción, pase de condición física o programa. Normalmente, las tarifas para personas que viven fuera del distrito (OD) se mencionan en esta guía de actividades. Esta opción no se puede utilizar para alquileres en el centro. *Tenga en cuenta que las personas que no viven dentro del distrito no son elegibles para recibir los descuentos que se les dan a los jóvenes, adultos mayores, familiares de miembros de las fuerzas armadas e invitados con discapacidades físicas o de desarrollo.*

**Pague una cuota** (actualmente \$103 por trimestre) que permite a todos los miembros del grupo familiar recibir las mismas tarifas que las personas del distrito en todas las clases de THPRD, actividades sin inscripción, pases de condición física y otros programas por una temporada o por todo el año.

## Directrices para observar la clase

THPRD invita a los padres/tutores a observar las actividades de clase desde el interior del salón de clases/gimnasio el primer y último día del período. De lo contrario, animamos a los padres/tutores a permanecer fuera del salón de clases/gimnasio para lograr el mejor entorno educativo para los niños. Los programas fuera del lugar exigen que uno de los padres/tutor esté presente en todo momento si el pequeño es menor de 10 años. Si tiene alguna pregunta o preocupación con respecto a estas directrices, no dude en hablar con el instructor o con el coordinador del programa. Gracias por su colaboración y comprensión.

## Inclemencias del tiempo

Los programas, clases y actividades que patrocina THPRD pueden retrasarse o cancelarse si las condiciones del clima lo justifican. Para obtener la información más reciente sobre las operaciones del centro recreativo y acuático de THPRD durante las inclemencias del tiempo, llame a nuestra línea directa las 24 horas al 503-614-4018 o visite nuestro sitio web, [www.thprd.org](http://www.thprd.org). También publicaremos avisos en las redes sociales y daremos información a los medios de comunicación.

## Vestidores

Todas las personas mayores de 6 años utilizan los vestidores que más se alinee con su género afirmado. Consulte al recepcionista si tiene alguna pregunta.

## Duchas

Si usa una ducha de THPRD, pero no participa en una actividad pagada, se hará un cargo de \$3.

## Cancelaciones, descuentos y reembolsos

### Retrasos, cierres y cambios

Ocasionalmente, los centros estarán cerrados o los horarios cambiarán o se retrasarán debido a eventos especiales o para reponer clases. Hacemos todo lo posible para anunciar cualquier cambio con antelación. Nos esforzamos por dar un centro limpio para que usted lo disfrute y los cierres anuales son necesarios para hacer reparaciones mayores y para limpiar.

### Clases llenas o canceladas

Para poder operar, todos los programas requieren un mínimo de personas inscritas y tienen una capacidad máxima de participantes. El distrito se reserva el derecho a cancelar, cambiar o combinar programas. Las clases no se cancelarán durante las de 72 horas antes de la fecha de inicio, excepto en circunstancias extraordinarias. Cuando el distrito cancele o posponga una clase, el cargo total será acreditado a la cuenta de inscripción en THPRD del participante.

### Listas de espera

Una vez se llena una clase, se crea una lista de espera. Nota: Incluso si se crea otra clase, puede ser que no sea a la misma hora o el mismo día que la clase de la lista de espera.

### Reembolsos

La política de THPRD es reembolsar el dinero recaudado por los servicios, de manera oportuna, ya sea que lo inicie el distrito o el participante.

Si es necesario un período de solicitud de reembolso más largo, se mencionará en la descripción de la clase y guía de actividades y en la factura del usuario. No se aplicará ningún crédito a la cuenta de inscripción de THPRD del participante con menos del aviso necesario.

Para obtener una copia completa de la política de cancelación y reembolso de THPRD, visite [www.thprd.org](http://www.thprd.org).

### Clases

Las solicitudes para dar de baja o cambiar una clase deben hacerse cinco días antes del primer día de clase para recibir un reembolso completo, menos cualquier cargo aplicable. Las solicitudes que se hagan dentro de los cinco días anteriores a la fecha de inicio se reembolsarán en una tarjeta de regalo de THPRD.

Después de la segunda cancelación en una temporada, se cobrará un cargo por cancelación de \$10 si se cancela cinco días antes, y de \$20 si se cancela dentro de los cinco días.

### Campamentos

Las solicitudes para cancelar o cambiar la inscripción en un campamento deben hacerse al menos 14 días antes del inicio

del campamento para recibir un reembolso completo, menos el depósito. Una solicitud aprobada se reembolsará en una tarjeta de regalo de THPRD.

Se cobrará un depósito de \$30 por semana por los campamentos. Los depósitos de los campamentos no son reembolsables ni transferibles.

### Canchas de tenis

Las solicitudes para cancelar o cambiar una reserva de una cancha de tenis deben hacerse dos días antes de la reserva para recibir un reembolso completo.

### Descuentos

Hay descuentos disponibles solo para usuarios **del distrito**.

Un usuario que representa a varias clases protegidas, por ejemplo, un veterano militar de 65 años, no es elegible para múltiples descuentos.

### Descuentos para adultos mayores y jóvenes

Hay un 10 % de descuento disponible en todos los centros de THPRD para los usuarios **del distrito** que sean mayores de 65 años, excepto en Stuhr Center, donde el descuento ya está incluido en el precio. Los descuentos para jóvenes se aplican a las entradas y pases diarios para niños entre 1 y 17 años (no hay descuentos en las clases). La tarifa de descuento para jóvenes es la misma que la tarifa de descuento para adultos mayores.

### Descuento a las fuerzas armadas

Todas las personas **del distrito** y sus dependientes (con identificación/ documentos proporcionados por el gobierno) que actualmente están sirviendo o han servido (servicio activo, Guardia Nacional, Reservas, veteranos y jubilados) en las fuerzas armadas de los EE. UU. (Ejército, Armada, Fuerza Aérea, Marines y Guardia Costera) recibirán un 10 % de descuento en los programas y servicios que califiquen.

### Cuando no aplican los descuentos

No aplican los descuentos a las actividades no subvencionadas del distrito. Estas incluyen, entre otros, lecciones privadas, alquiler de centros, viajes, cuidado infantil, concesiones, mercadería y eventos especiales.

**Tenga en cuenta que:** las compras con tarjetas de regalo no son reembolsables. La única excepción es para saldos de menos de \$5. Los usuarios que califiquen para esta excepción deben pedir el reembolso.



# Programas sin inscripción y admisiones diarias

Pases de afiliación \*Precios nuevos comienzan el 1 de julio, 2024

Servicios incluidos	Pase General	Pase Deluxe
Clases de fitness en grupo (incluye Zumba®, yoga, ciclismo, ejercicios aeróbicos fitness acuático y mucho más)*	No	✓
Gimnasio abierto	✓	✓
Deportes sin inscripción	✓	✓
Salón de pesas	✓	✓
Pista para caminar	✓	✓
Natación libre	✓	✓
Natación por carril	✓	✓
Natación para mayores de 55 años	✓	✓
Parque de juegos de interior**	✓	✓

\*La admisión a las clases dirigidas por un instructor se basa en la disponibilidad de espacio. Se aplican restricciones de edad para las actividades de Elsie Stuhr (mayores de 55). No se incluye el Centro de Tenis Babette Horenstein.

\*\*La admisión para el parque de juegos interior (Indoor Play Park) está incluida para menores que tengan un pase juvenil (Youth Pass) o para los menores que sean parte de un pase familiar (Household Pass)

Precios	General			Deluxe		
	Diario	1 mes	Anual	Diario	1 mes	Anual
Adulto (18 a 64 años)	\$6.25	\$41	\$359	\$10	\$69	\$672
Jóvenes (1 a 17 años)*/Adultos mayores (más de 65 años)*/Fuerzas armadas (individual)*	\$5.75	\$37	\$323	\$9	\$62	\$605
Grupo familiar de dos personas	N/A	\$62	\$539	N/A	\$104	\$1008
Grupo familiar (más de 3 personas)	\$16.25	\$82	\$718	N/A	\$138	\$1,344
Persona que no vive dentro del distrito	\$7.75	\$51	\$449	\$12.50	\$86	\$840
Grupo familiar de dos personas que no viven dentro del distrito	N/A	\$78	\$674	N/A	\$130	\$1,260
Grupo familiar que no vive dentro del distrito (más de 3 personas)	\$20.25	\$103	\$890	N/A	\$173	\$1,680
Programa del Proveedor de Salud (65+) para quienes viven dentro del distrito	N/A	\$0	N/A	N/A	\$40	N/A
Programa del Proveedor de Salud (65+) para quienes viven fuera del distrito	N/A	\$0**	N/A	N/A	\$50**	N/A

\*Los descuentos se aplican solo a los usuarios del distrito. Las tarifas para jóvenes, adultos mayores y miembros de las fuerzas armadas reflejan un descuento del 10%.

\*\*Para personas quienes viven fuera del distrito se requiere una cuota adicional para ser parte del Programa de Silver & Fit

Para más información visite [thpr.org](http://thpr.org), vaya a un centro de THPRD o llámenos al 503-645-6433 ¡Hablamos español!

# Eventos y Actividades acuáticas

## Verano 2024

Junio - Septiembre 2024

**JUN  
21**

### **Luau**

6:00-8:30 pm

Conestoga Recreation & Aquatic Center

**JUL  
12**

### **Wipeout!**

6:00-8:30 pm

Conestoga Recreation & Aquatic Center

**JUL  
19**

### **¡Vamos a Flamingle!**

6:00-8:30 pm

Conestoga Recreation & Aquatic Center

**AGO  
9**

### **Wipeout!**

6:00-8:30 pm

Conestoga Recreation & Aquatic Center

**AGO  
16**

### **Fiesta de piscina del fin de verano**

6:00-8:30 pm

Conestoga Recreation & Aquatic Center

**AGO  
17**

### **Triatlón para Todos Juntos**

9:00 am-1:00 pm

HMT Complex - Necesita Registrarse



Para más información, visite [www.thprd.org/activities/events](http://www.thprd.org/activities/events) o llámenos al 503-645-6433  
¡Hablamos español!

# Oportunidades de fitness

## Eventos de Fitness GRATUITOS

### Fitness in the Park - Fitness en el Parque

17 de junio - 25 de agosto

Únete a THPRD Fitness durante 10 increíbles semanas gratuitas de actividad física bajo el sol en tus parques locales favoritos. ¡Todas las edades y niveles de condición física son bienvenidos, no se requiere inscripción!

### Pump it Up with Pride

22 de junio • Cedar Hills Recreation Center

Celebra Pride con THPRD Fitness uniéndote a tus instructores de fitness favoritos para un entrenamiento de 90 minutos. Marca tu calendario y ponte en acción con nosotros el 8 de junio en el Cedar Hills Rec Center de 10 a 11:30 am.

### Walk with Me - Camina Conmigo

19 de junio - 21 de agosto • Miércoles a las 9:30 am

Únete a un instructor de fitness de THPRD y disfruta de una caminata en los senderos, parques y áreas circundantes de THPRD con tus amigos y familiares. Todos los niveles son bienvenidos. No es necesario registrarse.

6/19 Cedar Mill Creek Trail

6/26 Rock Creek Trail

7/3 Recuerdo Park

7/10 Summercrest Park

7/17 Jackie Husen Park

7/24 Jenkins Estate

7/31 Commonwealth Lake Park

8/7 Lowami Park

8/14 Fanno Creek Trail

8/21 Waterhouse Park

Para obtener más información, visita:

[www.thprd.org/fitness-in-the-park](http://www.thprd.org/fitness-in-the-park).

### Yoga in the Park - Yoga en el Parque

16 de julio • 6-7:30 pm

Únete a los instructores de Yoga de THPRD para una encantadora tarde en honor al Mes de Parques y Recreación

### Oportunidades de entrenamiento gratuitas Tri

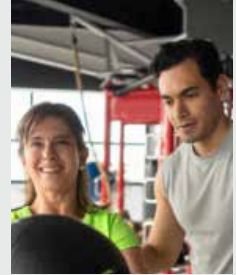
#### Together Pedal Run Dip - Triatlón para Todos Juntos

- Habilidades de Natación, sábado 29 de junio, de 12 a 1:30 pm en el Centro Acuático.
- Conceptos Básicos de Ciclismo, sábado 13 de julio, de 9 a 10:30 am en el Centro Atlético.
- Consejos para Correr, sábado 27 de julio, de 9 a 10:30 am en el Centro Atlético.

Más información en [www.thprd.org/events/tritogether](http://www.thprd.org/events/tritogether)

## ENTRENAMIENTO PERSONALIZADO

THPRD ofrece entrenamiento personal en nuestros cuatro centros recreativos: Centro de recreación Cedar Hills, Centro acuático y de recreación Conestoga, Centro de recreación Garden Home y Centro Elsie Stuhr.



Tenemos entrenadores personales expertos y certificados quienes le pueden apoyar en crear un plan que le ayude a alcanzar sus objetivos.

¿Le gustaría aprovechar de la luz solar? Lleve sus sesiones de entrenamiento personalizado a cualquiera de los parques o áreas naturales. ¡El tiempo al aire libre es tiempo bien empleado! Para obtener una lista completa de nuestros entrenadores personales actuales y los precios de las sesiones, visite:

[thprd.org/activities/personal-training](http://thprd.org/activities/personal-training)

## Reserva la fecha

**Zumba® from Around the World**

**Martes, 17 de Septiembre**

**¿Usted es parte de alguno de estos programas?**



Llame o visite un centro de THPRD para ver si es elegible para una membresía gratuita o recibir un descuento. Disponible para personas de 65 años+

# Descripciones de clases de ejercicios

<b>Entrenamiento aeróbico de todo el cuerpo</b>	Esta clase está diseñada para deportistas experimentados o recién llegados en forma. Incluye calentamiento y acondicionamiento aeróbico de bajo impacto con intervalos de trabajo de fuerza y resistencia. Es un excelente ejercicio para todo el cuerpo para comenzar el día. (55+)
<b>Acondicionamiento sin edad</b>	Una combinación de ejercicios aeróbicos, de fortalecimiento y de flexibilidad específicamente para mejorar la fuerza, el equilibrio, el rango de movimiento de las articulaciones, la movilidad y prolongar la vida independiente. (55+)
<b>Aqua Jam (Fitness acuático)</b>	Una celebración del ejercicio y la amistad en la alberca. Esta clase se imparte en aguas poco profundas y profundas. El instructor guía y apoya a los participantes en un entrenamiento cardiovascular moderado y de fuerza con su música favorita sin coreografías complejas. Se pueden utilizar diversos equipos resistentes y flotantes. Habrá tiempo dedicado al equilibrio y la flexibilidad. ¡Socializar es bienvenido! (Nivel 1)
<b>Aqua Zumba® (Fitness acuático)</b>	Un ejercicio acuático de bajo impacto alto en energía pero fácil para el cuerpo. Al integrar Zumba Dance con las disciplinas tradicionales de acondicionamiento físico acuático, Aqua Zumba® combina todo en un entrenamiento enfocado en cardioacondicionamiento, tonificación corporal y sobre todo, ¡diversión increíble!
<b>Conceptos básicos de equilibrio</b>	Un clase para principiantes para trabajar el equilibrio y la estabilidad fortaleciendo los músculos de la cadera/piernas y los músculos abdominales; aprender técnicas positivas y ejercicios de equilibrio para mejorar la confianza. Incluye movimientos sentados y de pie realizados con una silla como apoyo. (55+)
<b>Cardio Core (Fitness acuático)</b>	Esta es una clase de acondicionamiento físico divertida y de intensidad moderada adecuada para la mayoría de las personas. La clase se lleva a cabo en la parte menos profunda de la alberca. Los participantes se desafían a sí mismos con la resistencia del agua en el ejercicio de bajo impacto mientras se ejercitan con música animada y alegre. Los participantes trabajan en acondicionamiento aeróbico, fuerza, equilibrio y flexibilidad. Se dedicarán al menos 35 minutos de la clase a cardio puro en una clase de Nivel 2. Se puede utilizar equipo flotante y resistente.
<b>Cardio Fusión</b>	Este programa fusiona los movimientos cardiovasculares y la escultura corporal para que su cuerpo se sienta más fuerte. Es un entrenamiento de fortalecimiento total que se combina con cardio para ayudar a fortalecer los pulmones junto con los grupos musculares. Lo que es más importante, Cardio Fusion ayuda a aumentar la flexibilidad, quemar calorías y definir los músculos centrales.
<b>Fitness en silla</b>	Muévase a través de una variedad de ejercicios diseñados para mejorar la fuerza, el equilibrio y el rango de movimiento. Una silla está disponible para apoyo sentado o de pie.
<b>Explosión de la zona abdominal</b>	Una clase de 30 minutos enfocada en fortalecer todo tu core. Mejora la postura, el equilibrio y la coordinación.
<b>Guerrero de las aguas profundas (Fitness acuático)</b>	¡Ponte a prueba con el poder y la diversión de agitar el agua en esta clase de nivel 3! Los participantes usan cinturones de flotación y pueden esperar movimientos de alta intensidad y bajo impacto, seguidos de trabajo de fuerza y abdominales. (Nivel 3)
<b>Cavar hondo (Fitness acuático)</b>	Los participantes pueden usar cinturones de flotación para un entrenamiento de intensidad moderada y cero impacto en la parte profunda de la piscina. Es una forma emocionante y única de hacer ejercicio adecuada para la mayoría de las personas. ¡Las posibilidades de movimiento son ilimitadas! Trabaja en fitness aeróbico, fuerza, equilibrio y flexibilidad.
<b>Excéntricos</b>	Fortalecer y estirar todos los músculos del cuerpo de forma excéntrica, reequilibrando la estructura muscular en continuos movimientos de rotación.
<b>Flex &amp; Stretch (Fitness acuático)</b>	Adecuado para todas las habilidades físicas. Flex and Stretch se enfoca en el rango de movimiento, estiramiento, equilibrio y la movilidad. Se incorpora trabajo cardiovascular suave. Esta clase se imparte en la parte poco profunda de la alberca y se utilizan algunos equipos de flotación y resistencia. (Nivel 1)
<b>Kettlebells funcionales</b>	Esta clase está diseñada para aquellos que ya hacen ejercicio regularmente y quieren transformar su condición física en una vida funcional. ¡Hazte más fuerte para las clases de acondicionamiento físico que te encantan, adquiriendo habilidades para ser físicamente independiente a medida que envejeces! Esta clase ralentiza los patrones de movimiento funcional y los ejercicios de fortalecimiento del núcleo en una práctica consciente y metódica utilizando el propio peso corporal, pesas rusas y progresiones incrementales. No es apropiado para principiantes. (55+)
<b>HIIT</b>	HIIT (entrenamiento de intervalos de alta intensidad) es una clase de ejercicio cardiovascular que alterna períodos cortos de ejercicio anaeróbico intenso con períodos de recuperación menos intensos.
<b>Kickboxing y acondicionamiento</b>	Una combinación de ejercicios de fortalecimiento del peso corporal, entrenamiento de intervalos de alta intensidad y kickboxing cardiovascular.



# Descripciones de clases de ejercicios

<b>Aeróbic de bajo impacto</b>	Esta clase es fácil para las articulaciones, quema calorías y desafía a todo el cuerpo. Todos los niveles son bienvenidos.
<b>FUNDIR</b>	MELT es una técnica de autotratamiento suave que mejora la movilidad, estabilidad y el rendimiento. Es clínicamente comprobado para reducir el dolor crónico mientras restaura el bienestar general.
<b>NIA Groove</b>	Una poderosa fusión de danza, artes marciales y prácticas de atención plena, Nia es una práctica holística de movimiento y bienestar que aborda cada aspecto de su vida: cuerpo, mente y alma.
<b>Pilates</b>	Esta clase incorpora movimientos tradicionales de Pilates y más que resulta en un cuerpo largo, delgado y fuerte. Se utilizan Therabands, anillos de Pilates y otros accesorios.
<b>Fuerza y resistencia</b>	Un ejercicio estilo intervalo que incluye entrenamiento cardiovascular y da fuerza para un entrenamiento completo y divertido. Todos los niveles son bienvenidos.
<b>Tai Chi I</b>	Para el estudiante principiante. Aprende Tai Chi para un Mejor Equilibrio y Forma Yang 8/10.
<b>Tai Chi II</b>	Para el estudiante intermedio. Aprende Forma Yang 16 y Yang 24. Esta clase no es apropiado para principiantes.
<b>Tai Chi III</b>	Para el estudiante avanzado. En esta clase aprenderás la Forma 108 Yang. Esta clase no es apropiado para principiantes.
<b>Fuerza corporal total</b>	Una clase que fortalece todo tu cuerpo. Este entrenamiento desafía a todos los principales grupos musculares mediante ejercicios de sala de pesas como sentadillas, pressas, levantamientos y curls.
<b>Circuito TRX</b>	Esta clase es un entrenamiento de cuerpo completo. El entrenamiento en circuito le permite moverse a través de una variedad de estaciones de fuerza y cardio utilizando pesas, bandas y el TRX. ¡Ven listo para sudar! Esta clase no es apropiada para principiantes. (55+)
<b>Circuito de sala de pesas</b>	¡Dedicados a devolverte la autonomía! Aprenda a moverse a través de rangos completos de movimiento de manera segura y efectiva, mientras desafía la mente y el cuerpo para empujar más con pesas rusas, mancuernas y barras. ¡Gana fuerza, confianza en la sala de pesas y más!
<b>Entrenamiento de fuerza para mujeres</b>	Esta clase está dedicada a mujeres mayores de 55 años que buscan un entorno empoderador para aprender a moverse de forma independiente con confianza. Los ejercicios incluyen entrenamiento aeróbico y de fuerza mediante el uso de equipos que pueden modificarse para todos los niveles. (55+)
<b>Yoga, todos los niveles</b>	Aumenta tu fuerza, flexibilidad y equilibrio con movimientos simples combinados con una respiración consciente.
<b>Yoga, Silla</b>	Aumente la flexibilidad, el equilibrio, la fuerza y la calma con movimientos de yoga realizados desde una silla. El yoga revitaliza los sistemas respiratorio, nervioso, endocrino, digestivo y otros sistemas importantes del cuerpo. (55+)
<b>Yoga, Flujo</b>	Este estilo dinámico une la respiración y el movimiento ayudando a desarrollar fuerza, resistencia y flexibilidad.
<b>Yoga suave</b>	Aprende a estirar con movimientos suaves y respiración consciente; aumentar la fuerza y la flexibilidad y traer calma a la mente. Para estudiantes con poca o ninguna experiencia en yoga.
<b>Yoga, Hatha</b>	Esta es una clase de estructura simple para personas de cualquier nivel. Ayuda a usar la alineación del cuerpo y respiración simple para liberar patrones de pensamientos negativos. Cuando piensas positivamente y el cuerpo se relaja se vuelve más flexible y realizamos posturas seguras con la ayuda de la respiración.
<b>Zumba®</b>	ZUMBA® es una fusión de temas de música/baile latinos e internacionales que crean un ambiente dinámico, emocionante y basado en el principio de que un entrenamiento debe ser DIVERTIDO Y FÁCIL DE HACER. Aprende a estirar con movimientos suaves y respiración consciente; aumentar la fuerza y la flexibilidad y traer calma a la mente.
<b>Zumba® Oro</b>	Olvidese del entrenamiento y únase a la fiesta con este programa de bajo impacto diseñado para principiantes. ¡Esta es una versión suave de Zumba, pase despacio para disminuir el impacto y aumentar la capacidad de aprender los movimientos!
<b>20/20/20</b>	¡Consigue tres tipos de ejercicio por el triple de diversión! Aeróbics para empezar, seguido de entrenamiento de fuerza y terminando con ejercicios de flexibilidad. (55+)

Para ver el horario de cada gimnasio, visit [thprd.org/activities/fitness](http://thprd.org/activities/fitness). El día, la hora y el instructor de las clases están sujetos a cambios sin aviso previo.

# Asistencia Financiera

## Programa de asistencia financiera



### Para calificar:

Tamaño de la familia	Ingresos mensuales máximos
1	\$1,580
2	\$2,137
3	\$2,694
4	\$3,250
5	\$3,807
6	\$4,364
7	\$4,921
8	\$5,478

Por cada miembro adicional de la familia añadida \$557

### ¿Para qué puedo utilizar mis fondos de ayuda financiera?

Los fondos pueden utilizarse para deportes, natación, clases de fitness, gimnasia, danza, salas de pesas, cuotas de parcela para los jardines comunitarios, ligas deportivas juveniles recreativas afiliadas y mucho más.

### Para más información:

**971-384-9138**

**[financialaid@thprd.org](mailto:financialaid@thprd.org)**

## BUSCAMOS



## ENTRENADORES



Para las ligas deportivas juveniles de todo el año

Contribuya a su comunidad e inspire a nuestros jóvenes creando un entorno positivo que fomente la confianza en sí mismos y la autoestima.



### Centro Deportivo

Baloncesto	Invierno, primavera, verano Grados 5 a 12
Voleibol	Otoño, verano Grados 4 a 12

### Cedar Hills Recreation Center

Atletismo	Invierno, primavera Grados 6 a 8
Traveso de campo	Verano, otoño Grados 6 a 8

**Para más información visite la página web**  
**[thprd.org/connect/volunteer/ongoing-opportunities](http://thprd.org/connect/volunteer/ongoing-opportunities)**

# Recreación Adaptada e Inclusiva



THPRD da oportunidades de recreación adaptada y servicios de inclusión para personas con discapacidades para promover el acceso de todos.

- **Servicios de inclusión** es un programa de apoyo personalizado que se da a los usuarios con discapacidades en clases y programas que se dan en THPRD. Este es un servicio gratuito que da el distrito.
- **Lunes por la noche TR** el centro Elsie Stuhler da una variedad de oportunidades recreativas para personas mayores de 16 años con discapacidades.
- **Las estrellas del jueves por la noche** situado en el centro deportivo es un programa de baloncesto sin inscripción para personas mayores de 16 años con discapacidades.
- **Campamento Rivendale** es un campamento de verano especializado para niños que tienen discapacidades entre las edades de 6 y 21 años. Este campamento de verano contribuye al crecimiento físico, mental y social de los campistas a la vez que promueve la dignidad, el respeto propio y la independencia.
- Los programas de **recreación adaptativa** dentro del distrito, como clases de natación adaptada y el centro Adaptive Sportz, dan a las personas con discapacidades oportunidades especializadas en los programas de deportes y de recreación.

Para obtener más información sobre recreación especializada y servicios de inclusión, llame al 503-629-6330 o envíe un correo electrónico a [inclusion@thprd.org](mailto:inclusion@thprd.org).

## THPRD está contratando asistentes de inclusión

Estamos buscando personas compasivas, amables y confiables que quieran hacer la diferencia en su comunidad. Los asistentes de inclusión dan ayuda individualizada a los usuarios con discapacidades, permitiéndoles la oportunidad de participar en la amplia variedad de programas y actividades disponibles por medio de THPRD.

**Más información en [thprd.org/jobs](https://thprd.org/jobs)**



# Ligas Deportivas de THPRD - Información General

## Ligas Deportivas Juveniles

Tenemos información de las organizaciones en el Centro Atlético | Athletic Center y en la página web en [www.thprd.org](http://www.thprd.org)

Esta es una lista de ligas deportivas disponibles en el área. Es importante considerar que los contactos de cada liga deportiva (vía telefónica o por correo electrónico) puede que tengan, o no tengan atención en español. Esto depende de cada liga ya que son agrupaciones independientes a THPRD. La mayoría de las ligas deportivas pueden ser pagadas por medio del Programa de Asistencia financiera de THPRD, pregúntenos en el 971-384-9138 o en [financialaid@thprd.org](mailto:financialaid@thprd.org)

### Sistema de identificación para las ligas deportivas juveniles

Todos los participantes de las ligas deportivas juveniles requieren tener un número de identificación de THPRD. Si vive fuera del distrito deberá pagar una cuota de evaluación antes de participar en una liga deportiva juvenil. Consulte el sitio web para obtener información sobre la tarjeta de identificación THPRD o llámenos al 503-645-6433 ¡Hablamos español!

### Beisbol/Sóftbol

Las inscripciones para las ligas deportivas de beisbol y sóftbol juvenil se realizan a través de las asociaciones mencionadas a continuación. Las asociaciones están divididas en diferentes escuelas del distrito escolar. Si el estudiante va a una escuela privada, le tocara según la liga deportiva que se encuentra en esa área de escuelas. Póngase en contacto con su asociación apropiada para obtener más información.

Todos los grupos de Liga Deportiva para Menores (Little League) del área de Beaverton se rigen por la Liga Deportiva para Menores del Distrito 4 de Oregón, [www.ord4.com](http://www.ord4.com).

**Ligas de Primavera:** Las inscripciones comienzan en Enero. Temporada de Marzo-Junio.

**Ligas de Verano:** Inscripciones son en Enero y Febrero. Temporada de Mayo- Julio.

**Ligas de Otoño:** Inscripciones comienzan en Agosto. El programa es para menores de 6-12 años de edad. Temporada de Septiembre-Octubre.

### Beisbol - Liga Deportiva para Menores | Little League

T-ball: de 4 a 6 años

Softbol: de 4 a 14 años

Béisbol: de 4 a 14 años

### Liga infantil Cedar Mill

**Escuelas:** Barnes, Bonny Slope, Cedar Mill, Findley, Ridgewood, Terra Linda, Tumwater, West TV, Wm Walker, St. Pius, Holy Trinity  
[www.cmlonline.org](http://www.cmlonline.org)

### Liga infantil de Murrayhill

**Escuelas:** Aloha-Huber, Beaver Acres, Chehalem, Cooper Mt., Errol Hassell, Fir Grove, Hazeldale, Hiteon, Kinnaman, Nancy Ryles, Scholls Heights, Sexton Mountain  
[www.murrayhilllittleleague.com](http://www.murrayhilllittleleague.com)

### Liga infantil de Raleigh Hills

**Escuelas:** Greenway, McKay, Montclair, Raleigh Hills, Raleigh Park, Vose, Whitford, Conestoga  
[www.rhbaseball.com](http://www.rhbaseball.com)  
Phone: 971-217-7455

### Liga Infantil Femenina del Sur de Beaverton

Este es un programa para niñas de 4 a 14 años compuesto por jugadoras que provienen de diferentes equipos (Little League) de Beaverton, Aloha y Raleigh Hills. Este es un programa independiente y solo es de softbol.

**Escuelas:** Aloha Huber Park, Chehalem, Cooper Mountain, Greenway, Errol Hassell, Hazeldale, Kinnaman, McKay, Montclair, Raleigh Hills, Raleigh Park, Vose  
[president@sbgll.com](mailto:president@sbgll.com) or  
[southbeavertonll@gmail.com](mailto:southbeavertonll@gmail.com)  
[www.sbgll.com](http://www.sbgll.com)

### Liga infantil de Willow Creek

Este es una liga deportiva de softbol para niñas de 4 a 14 años compuesto por jugadoras que están dentro de los límites de Cedar Mill, Westview y Wolf Creek Little Leagues, las cuales son parte del Distrito 4 de Oregon. Este es un programa independiente y es solo de softbol. (T-ball mixto continuará bajo las ligas de béisbol).  
[www.willowcreeksoftball.com](http://www.willowcreeksoftball.com)

### Temporada de primavera/verano

T-ball: 6-8 años, Soft-T-ball: 6-8 años

Béisbol: 9-18 años, Softball: 9-18 años

### Fall Ball - Pelota de Otoño

Para ver disponibilidad contacte a la asociación de Fall Ball: [www.westsidelyouthbaseball.com](http://www.westsidelyouthbaseball.com)

### Aloha Junior Baseball/Aloha Softball

**Escuelas:** Aloha High, Aloha Huber, Chehalem, Cooper Mt., Errol Hassell, Hazeldale, Kinnaman, Mountain View, Nancy Ryles, Sexton Mt., Valley Catholic

**AJBO:** [www.alohajuniorbaseball.org](http://www.alohajuniorbaseball.org)

**Aloha Softball:** Becky Dawson  
503-649-6883

### Beisbol | Beaverton Junior Baseball

**Escuelas:** Barnes, Beaver Acres, Chehalem, Elmonica, McKay, McKinley, Montclair, Raleigh Hills K-8, Raleigh Park, Ridgewood, Vose, West TV, Wm Walker, Cedar Park, Meadow Park, Whitford, Beaverton HS  
<https://clubs.bluesombrero.com/BEAVERTONJBO>

### Beisbol | Beaverton Blaze Softball

**Escuelas:** Fir Grove, Greenway, Hiteon, McKay, Montclair, Raleigh Hills, Raleigh Park, Conestoga, Highland Park, Whitford, Beaverton High, Jesuit High, Oregon Episcopal, Southridge High  
[www.oregonblazefastpitch.com](http://www.oregonblazefastpitch.com)

### Beisbol Juvenil en Mountainside

**Escuelas:** Aloha Huber, Chehalem, Cooper Mt., Errol Hassell, Fir Grove, Hazeldale, Kinnaman, Nancy Ryles, Scholls Heights, Sexton Mt., Conestoga, Mountain View, Mountainside High  
[mountainsidejbo.com](http://mountainsidejbo.com)

### Beisbol Juvenil en Sunset

**Escuelas:** Barnes, Cedar Mill, Findley, Ridgewood, Terra Linda, William Walker, West TV, Catlin Gabel, Cedar Park, Meadow Park, Stoller, Sunset High  
<http://www.sunsetapollosbaseball.com/youthbaseball>

### Beisbol Juvenil en Westview

**Escuelas:** Beaver Acres, Bethany, Elmonica, Five Oaks, Jacob Wismer, Lenox, McKinley, Oak Hills, Rock Creek, Meadow Park, Springfield, Stoller, St. Mary's for Boys, Westview High  
[www.westviewyouthbaseball.com](http://www.westviewyouthbaseball.com)

### Baloncesto

#### Programas de Baloncesto de Invierno para grados 5-8 grados

Los Programas de Baloncesto de THPRD para los grados 5-8 son para atletas quienes viven dentro del distrito o asisten a la escuela en el Distrito Escolar de Beaverton. Las prácticas son durante la semana y los juegos principalmente son los sábados en las escuelas de BSD y/o en THPRD Centro Atlético | Athletic Center. La temporada se extiende de diciembre a marzo. La inscripción se ofrece en línea en [www.thprd.org](http://www.thprd.org). Se requiere su número de identificación de THPRD para registrarse. Si tiene alguna pregunta o necesita ayuda para registrar a su hijo/a, llame al Centro Atlético al 503-629-6330.



# Ligas Deportivas de THPRD - Información General

## Ligas Deportivas Juveniles

### Baloncesto Recreacional de Primavera para grados 5-8

La Liga Deportiva para Menores Recreacional es para atletas de grados 5-8 quienes viven dentro del distrito o asisten a la escuela en el Distrito Escolar de Beaverton. Las inscripciones inician en febrero. Visite el sitio web para más información.

### Baloncesto Recreacional de Verano para grados 6-8

Este programa está abierto para los atletas quienes comenzaran los grados 6-8 en el año escolar de 2024-2025 y quienes viven dentro del distrito o asisten a la escuela en el Distrito Escolar de Beaverton. Visite el sitio web para más información a partir de mayo.

### Baloncesto Escolar de Invierno Grados 9-12

Este programa es para atletas de grados 9-12 quienes que no jueguen en equipos escolares en el año escolar 2024-2025. Las inscripciones e información están disponibles en línea a partir de octubre. Consulte nuestro sitio de web para más información.

### Baloncesto Escolar de Verano Grados 9-12

Este programa es para atletas quienes ingresaran a los grados 9-12 en el año escolar 2024-2025. Las inscripciones e información están disponibles en línea a partir de abril 2024. Para más información consulte nuestra página web.

### Se necesitan entrenadores voluntarios

Si tiene experiencia en deportes y desea compartir sus conocimientos entrenando a atletas jóvenes, llame al Centro Atlético al 503-629-6330.

### Cricket

#### Club de críquet de Beaverton (BCC)

Este es un club local afiliado a THPRD el cual juega con la Liga de Cricket de Oregon. Aquellas personas quienes deseen ser parte del equipo y puedan jugar ambos tipos de cricket: Hard Ball (pelota dura) y Soft Ball (pelota de tenis) pueden solicitar más información en:

[www.beavertoncricketclub.com](http://www.beavertoncricketclub.com)  
email: beavertoncricketclub@gmail.com

#### Club de Cricket de Portland Metro Open

Esta es una organización sin fines de lucro 501(c)(3) y esta certificada en el estado de Oregon como una Organización de Deportes Amateur, la cual se organiza con fines caritativos para apoyar el desarrollo de Cricket como deporte en el área, para jóvenes y adultos. Aquellas personas interesadas pueden solicitar más información en [www.pdxcricket.org](http://www.pdxcricket.org) o [pmocc2@gmail.com](mailto:pmocc2@gmail.com)



### Fútbol Americano

#### Fútbol Americano Juvenil

Esta liga es para jugadores en los grados K-8. Los jugadores se registran de acuerdo con el área donde este su escuela. Para registrarse u obtener más información, llame o visite el sitio web que se detalla a continuación. Las inscripciones comienzan a principios de la primavera. Las prácticas y clínicas comienzan en agosto. Los juegos se juegan de septiembre a noviembre. Para obtener más información, visite [www.tvyfl.org](http://www.tvyfl.org).

#### Aloha

Inscripción: del 15 de abril al 15 de junio  
Email: [registrar@alohayouthfootball.com](mailto:registrar@alohayouthfootball.com)  
[www.alohayouthfootball.com](http://www.alohayouthfootball.com)

#### Beaverton

Inscripción: del 15 de abril al 15 de junio  
[registrar@beavertonfootball.com](mailto:registrar@beavertonfootball.com)  
[www.beavertonfootball.com](http://www.beavertonfootball.com)

#### Mountainside:

Inscripción: del 1 de abril al 15 de junio  
[registrar@mountainsideyouthfootball.com](mailto:registrar@mountainsideyouthfootball.com)  
[www.mountainsideyouthfootball.com](http://www.mountainsideyouthfootball.com)

#### Southridge

Inscripción: del 1 de abril al 15 de junio  
[president@southridgeyouthfootball.com](mailto:president@southridgeyouthfootball.com)  
[www.southridgeyouthfootball.com](http://www.southridgeyouthfootball.com)

#### Sunset

Inscripción: del 1 de abril al 15 de junio  
[sunsetyouthfootball@comcast.net](mailto:sunsetyouthfootball@comcast.net)  
[www.sunsetyouthfootball.org](http://www.sunsetyouthfootball.org)

#### Westview

Inscripción: del 1 de abril al 15 de junio  
[westviewyouthfootball@gmail.com](mailto:westviewyouthfootball@gmail.com)  
[www.westviewyouthfootball.com](http://www.westviewyouthfootball.com)

A todos nos encanta el fútbol americano. Jugar, entrenar y socializar. Sin embargo, no podríamos jugar ni un solo partido sin árbitros. Hay una falta significativa de oficiales de fútbol americano juvenil. Se necesitan nuevos oficiales cada temporada para poder garantizar que los juegos sucedan y no se pospongan o cancelen. Visite <http://www.pfoa.us> para obtener más información.



# Ligas Deportivas de THPRD - Información General

## Ligas Deportivas Juveniles

### Lacrosse

#### Liga Juvenil de Lacrosse de Tualatin Valley

Este es un programa comunitario creado para enseñar lacrosse a los atletas en los grados 1-8 quienes asisten a la escuela en el Distrito Escolar de Beaverton o viven dentro de los límites de THPRD. El registro de jugadores es según el área de asistencia a la escuela. Para obtener más información o registrarse comuníquese con el grupo apropiado para su área.

##### TVYLL

president@tvllax.com  
[www.tvllaxtitans.com](http://www.tvllaxtitans.com)

##### Aloha

[www.tvllaxtitans.com](http://www.tvllaxtitans.com)

##### Beaverton

president@beavertonbeaverslacrosse.com  
[www.beavertonbeaverslacrosse.com](http://www.beavertonbeaverslacrosse.com)

##### Mountainside

info@mountainsidelax.com  
[www.mountainidelax.com](http://www.mountainidelax.com)  
<https://facebook.com/mountainidelax>

##### Southridge

president@southridgeskyhawksyouthlax.com  
[www.leagueathletics.com](http://www.leagueathletics.com)  
[www.southridgeskyhawksyouthlax.org](http://www.southridgeskyhawksyouthlax.org)

##### Sunset

[www.sunsetlacrosse.com](http://www.sunsetlacrosse.com)

##### Westview

president@westviewyouthlacrosse.com  
[www.westviewyouthlacrosse.com](http://www.westviewyouthlacrosse.com)

#### Lacrosse – Nivel Preparatoria | Secundaria

##### Aloha

[www.alohalacrosse.org](http://www.alohalacrosse.org)

##### Beaverton

Girls: [beavertongirlslax.com](http://beavertongirlslax.com)  
Boys: [beavertonlacrosse.leagueapps.com](http://beavertonlacrosse.leagueapps.com)

##### Mountainside

[www.mountainidelax.org](http://www.mountainidelax.org)

##### Southridge

[www.southridgelacrosse.org](http://www.southridgelacrosse.org)

##### Sunset

[www.sunsetlacrosse.com](http://www.sunsetlacrosse.com)

##### Westview

[www.westviewlacrosse.com](http://www.westviewlacrosse.com)



### Entrenador de fútbol Certificación

Infórmese sobre entrenamiento y certificación como entrenador/a de fútbol. Visite [tualatinhillsjuniorsoccerleague.com](http://tualatinhillsjuniorsoccerleague.com) para información acerca de las clases, fechas de clínicas y ubicaciones.

### Fútbol

#### Liga Juvenil Recreacional Fútbol de Tualatin Hills

Esta liga es para atletas de 5 a 18 años. Las practicas comienzan en agosto y los juegos en septiembre. Cada club es responsable por registrar a sus jugadores. Las inscripciones normalmente son del 1 mayo al 1 de julio. Por favor contacte el club correspondiente, vea la información a continuación o ingrese a [tualatinhillsjuniorsoccerleague.com](http://tualatinhillsjuniorsoccerleague.com).

##### Club de fútbol Aloha United

**Escuelas:** Aloha-Huber, Beaver Acres, Cooper Mt., Errol Hassell, Hazeldale, ISB, Kinnaman, Nancy Ryles, Scholls Heights, Sexton Mt. (west of Murray Blvd.)

AUSC: 971-770-2872  
[www.alohaunited.com](http://www.alohaunited.com)

##### Club de fútbol Milltown United

**Escuelas:** Barnes, Bonny Slope, Cedar Mill, Ridgewood, Terra Linda, Tumwater, West TV, William Walker

milltownnregister@gmail.com  
[www.milltownnsoccer.org](http://www.milltownnsoccer.org)

##### Club de fútbol Oak Hills

**Escuelas:** Findley, Jacob Wismer, Oak Hills, Sato  
email: [pres@ohsoccer.com](mailto:pres@ohsoccer.com)

[www.ohsoccer.com](http://www.ohsoccer.com)

##### Club de fútbol Somerset West

**Escuelas:** Bethany, Elmonica, Lenox, McKinley, Rock Creek, Springville

president@somersetwestsoccer.org  
[www.somersetwestsoccer.org](http://www.somersetwestsoccer.org)

##### Club de fútbol Westside

**Escuelas:** Chehalem, Fir Grove, Hiteon, Sexton Mt. (east of Murray Blvd.), Vose Raleigh Hills, Raleigh Park, Montclair.

WSC: 503-352-0180  
[www.westsidesoccerclub.com](http://www.westsidesoccerclub.com)

### Certificación para Árbitros de Fútbol

Para información sobre el entrenamiento y certificación para ser árbitro de fútbol, así como ver fechas de clínicas y ubicaciones visite [tualatinhillsjuniorsoccerleague.com](http://tualatinhillsjuniorsoccerleague.com).

### Fútbol recreativo de la escuela secundaria (O/13-U19)

Atletas que no jueguen fútbol en la escuela secundaria pueden inscribirse en la liga recreativa de fútbol de géneros mixto. Consulte con la liga juvenil en su área de asistencia primaria. Si la liga no ofrece inscripción para su escuela secundaria, vaya al siguiente club del área de asistencia más cercano o visite [tualatinhillsjuniorsoccerleague.com](http://tualatinhillsjuniorsoccerleague.com).

### Liga Clásica

Los atletas interesados en jugar fútbol competitivo pueden probar para esta liga. Las audiciones serán en mayo. Comuníquese con el representante del club correspondiente para obtener más información sobre las pruebas.

### Northwest Elite FC

Teléfono: 503-616-9424  
[northwestelitefc.org](http://northwestelitefc.org)

### Club de fútbol Westside Metros

Línea Club: 503-626-2975  
[john.bain@wsmetros.org](mailto:john.bain@wsmetros.org)  
[www.westsidemetros.org](http://www.westsidemetros.org)

### Vóleibol

#### Voleibol juvenil y de secundaria de otoño, Grados 4-12

Para atletas que ingresan a los grados 4-12 durante el año escolar 2023-24. La información sobre la liga y el registro en línea estará disponible en julio. Visite la página-web para más información.

#### Escuela secundaria y juvenil de verano Voleibol, Grados 4-12

Los atletas que ingresan a los grados 4-12 durante el año escolar 2023-24 son elegibles para jugar en esta liga de verano. La información sobre la liga y las inscripciones en línea estará disponible a mediados de abril. Visite la página-web para más información.



# Ligas Deportivas de THPRD - Información General

## Ligas Deportivas para Adultos

### Baloncesto

#### Baloncesto de Invierno para Adultos

La información sobre la liga y el registro en línea estará disponible a principios de octubre. Los juegos son de noviembre hasta mediados de marzo. Los partidos se juegan de lunes a jueves por la noche. A partir de octubre consulte el sitio web para obtener más información.

#### Baloncesto de Verano para Adultos

Los juegos de la liga son de junio hasta mediados de agosto. La información adicional sobre la liga y el registro en línea estará disponible en abril. La información estará disponible en el Athletic Center y en nuestro sitio web.

### Cornhole - Juego de Bolsas de Maíz

La información de la liga estará disponible en el Centro Atlético y en nuestro sitio web en marzo. Los juegos son entre semana durante la primavera, el verano y principios del otoño. La información está disponible en el Centro Atlético y en nuestro sitio web.



### Kickball

#### Liga de Kickball

¡Kickball se trata de divertirse! ¿Recuerdas cuando eras niño y jugabas con la pelota con tus amigos? Kickball es un juego de recreo y también un juego de liga competitivo similar al softball. La información está disponible en el Centro Atlético y en nuestro sitio web en abril.

### Fútbol

#### Uso de campos para fútbol

THPRD coordina con las ligas deportivas el uso de campo. Los grupos que deseen usar campos por una temporada deben contactar al Centro Atlético 503-629-6330 para llenar una solicitud de uso de campo.

### Softbol

#### Uso de Campos de Beisbol y Sóftbol

THPRD coordina la asignación de todos los campos de beisbol/sóftbol de marzo a octubre. Cualquier grupo que desee reservar campos para la primavera y verano debe contactar al Centro Atlético para llenar una solicitud.

#### Softbol Abierto/Femenil de Verano | Open/Women's Slow Pitch Summer Softball

La información de esta liga está disponible a partir de febrero en nuestra página web o en el Centro Atlético. Los juegos de Softbol Abierto | Open League son los domingos por la tarde o noche. Los juegos femeninos son los martes por la noche. Los juegos de la liga son de mayo a agosto.

#### Softbol Varonil de Verano | Men's Slow Pitch Summer Softball

La información de esta liga está disponible a partir de febrero en el Centro Atlético. Los juegos son los lunes, jueves y viernes. Los juegos de la liga son de mayo a agosto.

#### Softbol Industrial

Esta liga está diseñada para empleados de compañías y negocios que se encuentren dentro del distrito. Los juegos varoniles son entre semana por la noche. Tenemos paquetes informativos a partir de febrero.

#### Liga de Softbol Femenino | Open de Otoño y Ligas de Softbol Femenino

La información de esta liga está disponible a partir de julio en la página web o en el Centro Atlético. Los juegos de Open League son los domingos por la tarde. Los juegos femeninos de Slow Pitch son los martes por las tardes. Los juegos son de agosto a octubre.

#### Liga de Softbol Varonil | Liga de Softbol Varonil de Otoño

Los juegos son entre semana por las noches y son de agosto a octubre. La información de esta liga está disponible a partir de julio en la página web o en el Centro Atlético.

### Torneo de Softbol para Adultos

Las personas que estén interesadas en organizar un torneo de sóftbol en primavera/verano en el complejo de deportes de THPRD deben llenar un acuerdo de uso de las instalaciones (Facility Use Agreement) y hacer un depósito. Contáctenos en el Centro Atlético en 503-629-6330 o [sportsrentals@thprd.org](mailto:sportsrentals@thprd.org).

### Vóleibol

Si está interesado en jugar al vóleybol para adultos, pero no tiene un equipo, por favor llame al Centro Atlético al 503-629-6330. Para inscripciones e información sobre la liga vaya al sitio web.

#### Voleibol de Arena para Adultos de Verano (Equipo Mixto) | Summer Adult Sand Volleyball (Mixed)

Esta liga recreativa juega entre semana por las tardes en el Cedar Hills Park de junio a agosto. La información sobre la liga e inscripción está disponible en línea a partir de abril.

#### Voleibol en Césped para Adultos en Verano | Summer Adult Grass Volleyball (RC4 & RC2)

Esta liga recreativa juega entre semana por las tardes en el complejo HMT de junio a agosto. La información sobre la liga e inscripción está disponible en línea en abril.

#### Voleibol de otoño para adultos

Las ligas se juegan desde mediados de septiembre hasta noviembre. La información sobre la liga e inscripción está disponible en línea a partir de Julio.

#### Voleibol de invierno para adultos

Los juegos son de la mitad de semana en adelante por las tardes y comienzan la primera semana de enero. La información sobre la liga e inscripción está disponible en línea en noviembre.

#### Voleibol de Primavera para Adultos

Los juegos de la liga son de abril a mediados de junio. Los juegos se llevarán a cabo por las tardes. La información sobre la liga e la inscripción está disponible en línea a partir de febrero.



# Deportes acuáticos THPRD - Información General

Oficina principal de actividades acuáticas:

Howard M. Terpenning  
Recreation Complex  
15707 SW Walker Road  
Beaverton, OR 97006  
503-645-6433

## Encargado

Andrew Jackman  
Director de Actividades Acuáticas

## Directrices para el uso de las piscinas de THPRD

Copias de nuestras directrices para el uso de piscinas están disponibles en la recepción de cada centro de natación.

## Vestidores

Todas las personas mayores de 6 años utilizan el vestuario que más se alinee con su género afirmado. Consulte al recepcionista si tiene alguna pregunta. Aloha, Beaverton, Conestoga, Harman y el centro acuático de Tualatin Hills están equipados con vestidores familiares para las familias o personas con capacidades diferentes que necesitan ayuda o adaptaciones especiales.

## Oportunidades para voluntarios

### Actividades acuáticas especializadas

¡Hola nadadores! ¿Tiene talento para trabajar con los nadadores que tienen necesidades especiales? Comuníquese con el Harman Swim Center para oportunidades de voluntarios al 503-629-6314.

### Junior Lifeguarding | Salvavidas

Para las personas que han completado el curso de salvavidas jóvenes. Hay oportunidades disponibles para ser voluntarios en todas las piscinas de THPRD. Comuníquese a las piscinas para obtener información.

### Aquatic Champion | Campeones Acuáticos

Este puesto es un puesto de voluntario que brinda a los voluntarios la oportunidad de enseñar lecciones de natación a jóvenes y adultos. Los voluntarios en este puesto proporcionarán un ambiente de aprendizaje agradable para los participantes del programa, promoviendo el desarrollo físico, social y personal de los participantes.

### Aplica en línea

[thprd.org/connect/voluntariado](https://thprd.org/connect/voluntariado)

## Drop-In | Natación Libre

**Natación abierta:** natación recreacional no estructurada para todas las edades. Los pequeños menores de 10 años deben ser supervisados visualmente por uno de los padres, tutor o encargado del cuidado que deberá tener al menos 15 años de edad. Los piqueños menores de 7 años deben estar acompañados en el agua por uno de los padres, tutor o encargado del cuidado que deberá tener al menos de 15 años de edad. Se requiere una prueba de natación para que los pequeños naden en el agua que les pase de la cabeza.

**Natación en Carriles:** natación de acondicionamiento físico para las personas

que pueden nadar continuamente varias vueltas mientras siguen todas las reglas de etiqueta para la natación libre, incluso nadar en círculos. La natación libre es para adultos, a menos que se indique en el horario como Natación libre para todas las edades.

Para más información vaya a [thprd.org](https://thprd.org), también puede llamar o visitar un Centro de THPRD.





# Deportes acuáticos THPRD - Información General

## Programa Aprenda a nadar en THPRD

### Clases de natación para preescolares

Edades de 3 a 6 años que no han empezado el primer grado

### Clases para niños en edad escolar

Edades de 6 a 12 años que han empezado el primer grado

**El Nivel 1** es un ajuste inicial al ambiente del agua. Los nadadores experimentarán soplar burbujas y controlar la respiración, explorando el agua mientras están sobre su espalda y boca abajo, tanto con ayuda como sin ayuda. Al finalizar satisfactoriamente, los nadadores podrán patear usando una tabla para nadar, barco de vapor y un deslizador del largo de dos cuerpos y saltar al agua, todo sin ayuda.

**El Nivel 2** desarrollará la confianza para que el nadador flote y se deslice boca abajo y sobre su espalda, mientras se introduce la brazada estilo crol y el estilo combinado hacia atrás. Se introducirá la respiración alterna. El nadador podrá coordinar la respiración de lado con brazada durante cinco respiraciones y cinco longitudes del cuerpo sobre su espalda, braceando y pateando.

**El Nivel 3** se enfocará en desarrollar aun más las habilidades de brazada estilo crol y también aprender la brazada hacia atrás. También empezaremos a introducir las experiencias en aguas profundas manteniéndose a flote y las habilidades de buceo para principiantes. Los nadadores también practican realizar habilidades para distancias más largas. Al finalizar satisfactoriamente, los nadadores podrán nadar con brazada estilo crol o brazada

hacia atrás 15 yardas.

**El Nivel 4** introduce la brazada de pecho y el buceo hacia adelante de pie. En enfoque será aumentar la capacidad y la resistencia de la brazada estilo crol, la brazada hacia atrás y mantenerse a flote. Al finalizar satisfactoriamente, los nadadores podrán nadar con brazada estilo crol o brazada hacia atrás 25 yardas.

**El Nivel 5** desarrolla la capacidad de brazada y desarrolla resistencia. Al finalizar satisfactoriamente, el nadador podrá nadar continuamente 300 yardas, mantenerse a flote durante dos minutos, realizar el buceo en aguas poco profundas y demostrar el nado debajo del agua.

**El nivel 6** es para continuar desarrollando la eficiencia de la brazada y aumentar resistencia. Aprenderán brazado de mariposa y comenzarán con clavados. Una vez completado, los nadadores podrán nadar 300 yardas de forma continua, mantenerse bajo el agua hasta dos minutos y demostrar habilidades de nado bajo el agua.

**El nivel 7** es para perfeccionar el brazado y prepararse para actividades acuáticas competitivas como es el equipo de natación, clavado, polo acuático, nado sincronizado, y preparación de salvavidas. Una vez completado exitosamente, podrán nadar 500 yardas de forma continua, habrán probado habilidades para deportes acuáticos competitivos y aprendido herramientas básicas de seguridad en el agua.

**Herramientas de Seguridad en el Agua:** Es una parte integral integral del programa Learn How to Swim. Se incorporarán conocimientos básicos en cada sesión de clases.

### ¿No está seguro en qué clase inscribirse?

Ofrecemos evaluaciones de nivel gratis. Comuníquese a cualquier piscina de THPRD para obtener el horario.

### Guía de selección de niveles de natación

- Los menores de seis meses hasta los tres años se registran en Baby/Toddler & Me.
- Los menores de al menos tres años quienes no hayan iniciado el primer grado escolar y ya sepan ir al baño se registran a los niveles de preescolar Preschool Level 1-3. Otra opción es You and Your Preeschooler.
- Menores quienes hayan iniciado el primer grado hasta los 12 años de registran en School Age Level 1-4.
- Alumnos quienes naden 25 yardas en crol frontal y 25 yardas con braceado en reversa podrán registrarse en los niveles Level 5-7
- Los exámenes para verificar el nivel de cada estudiante se realizan en el primer día de clases.

## Instrucción especializada

### Baby & Me/Toddler & Me

(Mi bebé y yo/Mi niño pequeño y yo)

Bebés (6 meses a 2 años)/niños pequeños (2 a 3 años)

Una clase de adaptación al agua para los padres e hijos. Las habilidades básicas se introducen por medio de juegos y canciones. Se requiere el uso de pañales para nadar.

### Usted y su hijo en edad preescolar

3 años a 5 años 11 meses

Una clase de adaptación al agua para estudiantes en edad preescolar que tienen dificultad para hacer una transición a una clase sin participación de los padres. Se introducen las habilidades básicas del Nivel 1 con la participación de los padres en el agua.

### Actividades acuáticas especializadas

Un programa de instrucción para niños de todas las edades con discapacidades. Nuestros instructores capacitados proporcionan la oportunidad de recibir un aprendizaje personalizado. Elevación en agua/acuática ADA.

### Instrucciones de clavado

Prerrequisito: 25 yardas con brazada estilo crol y 25 yardas hacia atrás.

Niveles 1 y 2: se enseñarán los fundamentos básicos en la clase.

Niveles 3 y 4: para clavadistas permanentes.

### Splash

Un equipo recreativo de natación para jóvenes de 5 a 17 años que pueden nadar 25 yardas de estilo libre y 25 yardas de espalda. Se realizan competencias en algunos sábados.

Formación Profesional Acuática

Instalación	Fecha	Día	Horario	ID/AP	OD	Clase
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Entrenamiento de Salvavidas | Lifeguard Training

Edades 15 años en adelante

Este curso se enfoca a desarrollarse como salvavidas en un ambiente de piscinas como profesión. La certificación incluye primeros auxilios y RCP. **Requisitos previos:** 1) Nadar 300 yardas (utilizando brazada estilo crol y brazada de pecho) 2) Nadar 20 yardas, sumergirse a una profundidad de 7 a 10 pies, recuperar un ladrillo de buceo de 10 lb, regresar a la superficie y nadar de nuevo al punto de inicio en el transcurso de 1 minuto, 40 segundos. **Requisitos para la certificación:** 1) Asistir a todos los horarios de clases (no hay reposiciones, no hay excepciones). 2) Completar con éxito todas las pruebas de habilidades requeridas en RCP, primeros auxilios y Salvavidas. 3) Obtener una puntuación de 80% en los exámenes escritos finales.

<b>Verano</b>						
Harman Swim Center	7/7-7/21	Domingos	8:30 am-5:30 pm	\$260	\$325	HM152000
Sunset Swim Center	7/8-7/12	Lun/Mier/Vier	9 am-5 pm	\$260	\$325	SS152000
Aquatic Center	7/9-7/25	Mar/Jue	11 am-3 pm	\$260	\$325	AQ152000
Conestoga	7/13-7/21	Sab/Dom	9:15 am-3:45 pm	\$260	\$325	CA152000
Sunset Swim Center	8/19-8/23	Lun/Mier/Vier	9 am-5 pm	\$260	\$325	SS152001
Beaverton Swim Center	8/23-8/25	Viernes	4 pm-8 pm	\$260	\$325	BV152000
		Sab/Dom	9 am-5 pm			

Salvavidas júnior | Junior Lifeguarding

Edades de 12 a 15 años, Nivel 5+

Los participantes reciben un entrenamiento sobre el conocimiento y el desarrollo de habilidades necesarias para prepararse para el programa de salvavidas y quien desea entrenar como ayudante de instructor. Los participantes deben de poder nadar 300 yardas y mantenerse a flote por al menos 2 minutos.

Sunset Swim Center	8/5-8/8	Lun-Jue	9 am-4 pm	\$100	\$125	SS151000
Aquatic Center	8/6-8/15	Mar/Jue	1-5 pm	\$100	\$125	AQ151000

Pista alternativa de Salvavidas júnior | Junior Lifeguarding, Alternate Track

Edades de 12 a 15 años

Este programa está diseñado específicamente para jóvenes que aún no han aprendido a nadar, pero están interesados en aprender sobre seguridad acuática y oportunidades de voluntariado. El curso les enseña habilidades de natación al mismo tiempo que les proporciona instrucción sobre seguridad acuática y respuesta. Aprenderán primeros auxilios, RCP y profesionalismo. También aprenderán cómo asistir a instructores de natación mientras enseñan lecciones a niños y personas con discapacidad. Los participantes desarrollarán su fuerza, confianza y habilidad en la natación al mismo tiempo que aprenden rescates acuáticos básicos.

Harman Swim Center	6/18-7/18	Mar/Jue	12:30-3 pm	\$100	\$125	HM151000A
Harman Swim Center	7/23-8/22	Mar/Jue	12:30-3 pm	\$100	\$125	HM151001A

Club de natación

Club de natación Tualatin Hills Thunderbolts

Office: 503-629-5568  
www.thunderboltswimming.org

Club de clavado de Tualatin Hills

www.tualatinhillsdiveclub.com

Club de sincro de Tualatin Hills

www.thillssynchroclub.org

Club de waterpolo de Tualatin Hills

www.thillswaterpolo.org

Club de natación Tualatin Hills Barracuda Masters (adultos solamente)

Por favor póngase en contacto con el presidente de miembros en: thb.membership@barracudas.org o visite  
www.barracudas.org

# Aprenda Ganando

Oportunidades de entrenamiento pagadas para crear trayectorias hacia empleos en el área de actividades acuáticas



## Explore una carrera en actividades acuáticas mientras recibe un pago

Aprenda Ganando o Earn to Learn ofrece a personas de 16 años en adelante la oportunidad de tener acceso a oportunidades de entrenamiento pagadas. Los candidatos calificados pueden aplicar como salvavidas o instructores, y mientras reciben un pago también reciben entrenamiento, incluyendo certificaciones.



Reciba formación profesional



Aprende herramientas de trabajo y aumenta tu capacidad de seguimiento



Recibir un pago



**¡Aplica hoy!**

Vaya a [thprd.org](http://thprd.org) e infórmese de como registrarse



@THPRD



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

# THPRD *Aquatics* - General Information

**Main Aquatics Office:**  
**Howard M. Terpening**  
**Recreation Complex**  
15707 SW Walker Road  
Beaverton, OR 97006  
503-629-6310

## **Personnel**

**Andrew Jackman,**  
Aquatics Manager

## **THPRD Pool Guidelines**

Copies of our pool guidelines are available at the front desk of each swim center.

## **Dressing Rooms**

It is requested that all individuals age 6 and over use the locker room that is most aligned with their affirmed gender. Please check with front desk staff if you have any questions. Aloha, Beaverton, Conestoga, Harman and the Tualatin Hills Aquatic Center are equipped with accessible single stall changing rooms.

## **Volunteer Opportunities**

### **Adaptive Aquatics**

Hey, swimmers! Do you have a talent for working with swimmers with physical or developmental disabilities? Contact Harman Swim Center for volunteer opportunities at 503-629-6314.

### **Junior Lifeguarding**

This is for those individuals who have completed the Junior Lifeguard course. Volunteer opportunities are available at all THPRD pools. Please call the pools for information.

### **Aquatic Champion**

This position is a volunteer position that provides volunteers with the opportunity to teach youth and adult swimming lessons. Volunteers in this position will provide an enjoyable learning environment for program participants, promoting participants' physical, social and personal development.

### **Apply Online**

[thprd.org/connect/volunteer](http://thprd.org/connect/volunteer)

## **Drop-in Swimming at THPRD**

### **Open Swim**

Unstructured recreational swim for all ages. Children under 10 years of age must be visually supervised by a parent, guardian or caregiver at least 15 years of age. Children under 7 years of age must be accompanied in the water by a parent, guardian or caregiver at least 15 years of age. Swim test required for children swimming in water over their head.

### **Lap Swim**

A fitness swim for those who can safely swim continuous laps while following all rules of etiquette for lap swim, including circle swimming. Lap swim is for adults unless noted on the schedule as an All-age Lap Swim.

### **Independent Exercise/Deep End Open Exercise**

This drop-in program is an unstructured swim for personal water fitness, aqua jogging or water walking in designated areas of the pool. Participants can use the water fitness equipment provided at the swim centers during this time frame. Participants must be 15 years or older to participate in this drop-in program.

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





# THPRD *Aquatics* - General Information

## THPRD Learn To Swim Program

### Preschool Swimming Classes

Ages 3-6 who have not started first grade.

### School-age Classes

Ages 6-12 who have started first grade.

The prerequisite for each level is completing all skills in the previous level confidently, consistently, and comfortably. There is no prerequisite for Level 1.

**Level 1** The focus is submersion and breath control working on independent floating, gliding, and kicking on front and back. Upon successful completion, swimmers will be able to kick while using a kickboard, float on their front and back, steamboat and back glide for two body lengths and jump into the water, all unassisted.

**Level 2** The focus is working on productive, propulsive arm strokes and effective kicks on front and back. Upon successful completion, the swimmer will be able to coordinate side breathing with arm strokes on a kickboard, swim five body lengths on their back doing winging and kicking, and jump into the water then swim to the wall unassisted.

**Level 3** The focus is crawl stroke proficiency, introduction of new back skills, and orienting to deeper water. Upon successful completion, they will be able to catch 5 breaths doing crawl stroke, roll on their back, then

swim winging and kicking on their back for a total of 15 yards.

**Level 4** The focus is continued stroke development on crawl stroke and backstroke, getting ready for more advanced strokes, and starting the diving progression with sitting and kneeling dives. Upon successful completion, swimmers will be able to swim crawl stroke and backstroke for 15 yards and pass the swim test.

**Level 5** The focus is increasing stroke proficiency and endurance, learning breaststroke, and continuing the diving progression with standing dives. Upon successful completion, swimmers will be able to swim 50 yards crawl stroke, 50 yards backstroke, and 25 yards of breaststroke with proper timing and technique.

**Level 6** The focus is continued stroke proficiency and endurance, learning butterfly, and finishing the diving progression with long, shallow dives. Upon successful completion, swimmers will be able to swim continuously for 300 yards, tread water for two minutes, and demonstrate underwater swimming.

**Level 7** The focus is stroke refinement, preparation for the competitive aquatic activities like swim team, diving, water polo, and synchronized swimming, and

preparation for lifeguarding. Upon successful completion, they will have completed a 500-yard continuous swim, tried skills from each of the competitive aquatic sports, and learned some basic water safety skills.

**Safety Skills:** Safety skills are an integral part of the learn to swim program. Appropriate safety skills will be incorporated into each session of lessons.

### Swim Lesson Level Registration Guide

- Students aged six months to three years register for Baby/Toddler & Me.
- Students at least three years old, not started first grade and toilet trained register for Preschool Level 1-3. Another option is You and Your Preschooler.
- Students who have started first grade through age 12 register for School Age Level 1-4.
- Students swimming 25 yards of strong front crawl (head down with side breathing, stretched kicks, and arms over the water) and 25 yards of strong backstroke (feet and body near the surface and arms reaching straight up out of the water) register for Level 5-7.
- Level assessments will be done on the first day of class for all students.

## Specialty Instruction

### Baby & Me / Toddler & Me

Babies 6 mos-2 yrs / toddlers 2-3 yrs

A water adjustment class for parent and child. Basic skills are introduced with games and songs. Swim diapers required.

### You & Your Preschooler

3 yrs-5 yrs 11 mos

A water adjustment class for preschool students who have had difficulty transitioning to a class without parent participation. Basic skills from Level 1 are introduced, with parent participation in the water.

### Adaptive Aquatics

An instruction program for all ages experiencing disabilities. Our trained instructors provide a one-on-one learning opportunity. ADA water/aquatic lift available at all pools.

### Diving Instruction

Prerequisite: 25 yards crawl and 25 yards on back.

Levels 1 & 2 - Class will teach basics.

Levels 3 & 4 - For continuing divers.

### Splash

A recreational swim team for youth ages 5-17 who can swim 25 yards of crawl stroke and 25 yards of backstroke. Swim meets on some Saturdays.

# THPRD *Aquatics - General Information*

## Aquatics Professional Training

Facility	Date	Day	Time	ID/AP	OD	Class #
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### Lifeguard Training

Ages 15+ years

Course focuses on the job of a lifeguard in a swimming pool environment. Certification includes first aid and CPR for the professional rescuer. **Prerequisites:** 1) 300 yard swim (utilizing crawl stroke and breaststroke) 2) Swim 20 yards, submerge to a depth of 7-10 ft., retrieve a 10 lb. diving brick, return to the surface and swim back to the starting point within 1 minute, 40 seconds. **Certification Requirements:** 1) Attend all class hours (no make-ups, no exceptions). 2) Successfully complete all required skill testing in CPR for the Professional Rescuer and AED, First Aid and Lifeguarding 3) Score 80% on the final written exams.

#### Summer

Harman Swim Center	7/7-7/21	Sundays	8:30 am-5:30 pm	\$260	\$325	HM152000
Sunset Swim Center	7/8-7/12	M/W/F	9 am-5 pm	\$260	\$325	SS152000
Aquatic Center	7/9-7/25	T/Th	11 am-3 pm	\$260	\$325	AQ152000
Conestoga	7/13-7/21	Sat/Sun	9:15 am-3:45 pm	\$260	\$325	CA152000
Sunset Swim Center	8/19-8/23	M/W/F	9 am-5 pm	\$260	\$325	SS152001
Beaverton Swim Center	8/23-8/25	Friday Sat/Sun	4 pm-8 pm 9 am-5 pm	\$260	\$325	BV152000

### Junior Lifeguarding

Ages 12-15 years, Level 5+

Participants receive comprehensive training in the knowledge and skill necessary to prepare for the Lifeguarding program and to be trained as an instructor aide. Participants must be able to swim 300 yards and tread water for two minutes.

Sunset Swim Center	8/5-8/8	Mon-Th	9 am-4 pm	\$100	\$125	SS151000
Aquatic Center	8/6-8/15	T/Th	1-5 pm	\$100	\$125	AQ151000

### Junior Lifeguarding, Alternate Track

Ages 12-15 years

This program is designed specifically for young people who have not yet learned to swim, yet are interested in learning about water safety and volunteer opportunities. The course teaches them swimming skills while instructing them in basic water safety and response. They will learn first aid, CPR, and professionalism. They will learn how to assist swim instructors as they teach lessons to children and people experiencing disability. Participants will develop their own swimming strength, confidence, and skill while learning basic water rescues.

Harman Swim Center	6/18-7/18	T/Th	12:30-3 pm	\$100	\$125	HM151000A
Harman Swim Center	7/23-8/22	T/Th	12:30-3 pm	\$100	\$125	HM151001A

## Aquatic Clubs

### Tualatin Hills Thunderbolts Swim Club

Office: 503-629-5568  
[www.thunderboltswimming.org](http://www.thunderboltswimming.org)

### Tualatin Hills Dive Club

[www.tualatinhillsdiveclub.com](http://www.tualatinhillsdiveclub.com)

### Tualatin Hills Synchro Club

[www.thillssynchroclub.org](http://www.thillssynchroclub.org)

### Tualatin Hills Water Polo Club

[www.thillswaterpolo.org](http://www.thillswaterpolo.org)

### Tualatin Hills Barracuda Masters Swim Club (adults only)

Please contact the membership chair at:  
[membership@barracudas.org](mailto:membership@barracudas.org) or visit [www.barracudas.org](http://www.barracudas.org)

# Earn to Learn

Creating paid training pathways to employment for aquatic jobs



## Explore an Aquatic Career & Earn a Paycheck

Earn to Learn offers individuals of all ages (16+) paid aquatic training opportunity. Qualified candidates can now apply for a lifeguard or swim instructor position and receive paid, professional training while obtaining the necessary certifications.



- Receive professional training



- Learn job skills  
& build confidence



- Earn a paycheck



**APPLY TODAY!**

Go to [www.thprd.org/jobs](http://www.thprd.org/jobs)  
and learn how to get started



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

# THPRD Sports Leagues - General Information

## Sports Leagues - Youth

Organizational information will be available at the Athletic Center and on our website at [www.thprd.org](http://www.thprd.org)

### Youth Sports League ID System

All youth sports league participants are required to have a valid THPRD ID number and out-of-district assessment fees paid, if applicable, prior to participation in a youth sports league. Please see website for THPRD ID card information.

### Baseball/Softball

Registration for youth baseball and softball leagues is done through the associations listed below. Associations are divided by Beaverton School District elementary school attendance areas. If you attend a private school, you will play within your public school attendance area. Contact your appropriate association for more information.

All of the Beaverton Area Little League groups are governed by Oregon District 4 Little League. For more information, please visit the league's website, [www.ord4.com](http://www.ord4.com).

**Spring Leagues:** Registration begins in January. Play runs March-June.

**Summer Leagues:** Registration is in January and February. Play runs May-July.

**Fall Leagues:** Registration begins in August. The program is for 6-12 year olds. Play runs September/October.

### Little League Baseball

**T-ball:** ages 4-6

**Softball:** ages 4-14

**Baseball:** ages 4-14

### Cedar Mill Little League

Barnes, Bonny Slope, Cedar Mill, Findley, Ridgewood, Terra Linda, Tumwater, West TV, Wm Walker, St. Pius, Holy Trinity  
[www.cmllonline.org](http://www.cmllonline.org)

### Murrayhill Little League

Aloha-Huber, Beaver Acres, Chehalem, Cooper Mt., Errol Hassell, Fir Grove, Hazeldale, Hiteon, Kinnaman, Nancy Ryles, Scholls Heights, Sexton Mountain  
[www.murrayhilllittleleague.com](http://www.murrayhilllittleleague.com)

### Raleigh Hills Little League

Greenway, McKay, Montclair, Raleigh Hills, Raleigh Park, Vose, Whitford, Conestoga  
[www.rhbaseball.com](http://www.rhbaseball.com)  
Phone: 971-217-7455

### South Beaverton Girls Little League

A girls (ages 4-14) program that is comprised of players within the combined boundaries of Beaverton, Aloha and Raleigh Hills Little Leagues. It is chartered as an independent, softball-only program.

Aloha Huber Park, Chehalem, Cooper Mountain, Greenway, Errol Hassell, Hazeldale, Kinnaman, McKay, Montclair, Raleigh Hills, Raleigh Park, Vose

[president@sbgll.com](mailto:president@sbgll.com)  
[southbeavertonll@gmail.com](mailto:southbeavertonll@gmail.com)  
[www.sbgll.com](http://www.sbgll.com)

### Willow Creek Little League

This is a little league girls softball program comprised of players within the combined boundaries of Cedar Mill, Westview, and Wolf Creek Little Leagues based under Oregon District 4. It is chartered as an independent, softball-only program. (Co-ed t-ball will continue under the baseball leagues.) This program is open to girls ages 4-14 yrs.

[www.willowcreeksoftball.com](http://www.willowcreeksoftball.com)

### Spring/Summer Season

**T-ball:** 6-8 yrs, **Soft-T-ball:** 6-8 yrs

**Baseball:** 9-18 yrs, **Softball:** 9-18 yrs

### Fall Ball

Contact the association for fall ball availability:  
[www.westsidelyouthbaseball.com](http://www.westsidelyouthbaseball.com)

### Aloha Junior Baseball/Aloha Softball

Aloha High, Aloha Huber, Chehalem, Cooper Mt., Errol Hassell, Hazeldale, Kinnaman, Mountain View, Nancy Ryles, Sexton Mt., Valley Catholic

**AJBO:** [www.alohajuniorbaseball.org](http://www.alohajuniorbaseball.org)

**Aloha Softball:** Becky Dawson  
503-649-6883

### Beaverton Junior Baseball

Barnes, Beaver Acres, Chehalem, Elmonica, McKay, McKinley, Montclair, Raleigh Hills K-8, Raleigh Park, Ridgewood, Vose, West TV, Wm Walker, Cedar Park, Meadow Park, Whitford, Beaverton HS  
<https://clubs.bluesombrero.com/BEAVERTONJBO>

### Beaverton Blaze Softball

Fir Grove, Greenway, Hiteon, McKay, Montclair, Raleigh Hills, Raleigh Park, Conestoga, Highland Park, Whitford, Beaverton High, Jesuit High, Oregon Episcopal, Southridge High  
[www.oregonblazefastpitch.com](http://www.oregonblazefastpitch.com)

### Mountainside Junior Baseball

Aloha Huber, Chehalem, Cooper Mt, Errol Hassell, Fir Grove, Hazeldale, Kinnaman, Nancy Ryles, Scholls Heights, Sexton Mt., Conestoga, Mountain View, Mountainside High  
[mountainsidejbo.com](http://mountainsidejbo.com)

### Sunset Junior Baseball

Barnes, Cedar Mill, Findley, Ridgewood, Terra Linda, William Walker, West TV, Catlin Gabel, Cedar Park, Meadow Park, Stoller, Sunset High  
<http://www.sunsetapollosbaseball.com/youthbaseball>

### Westview Youth Baseball

Beaver Acres, Bethany, Elmonica, Five Oaks, Jacob Wismer, Lenox, McKinley, Oak Hills, Rock Creek, Meadow Park, Springville, Stoller, St. Mary's for Boys, Westview High  
[www.westviewyouthbaseball.com](http://www.westviewyouthbaseball.com)

## Basketball

### 5th-8th Grade Winter Basketball Programs

THPRD's 5th through 8th grade basketball programs are for athletes residing in THPRD boundaries or attending school in the Beaverton School District. Practices are held during the week with games primarily on Saturdays at the BSD schools and/or THPRD Athletic Center. The season runs December-March. For your convenience, registration for youth basketball is now offered online at [www.thprd.org](http://www.thprd.org). A current THPRD card number is required to register. For any other questions or help with registering your child, call the Athletic Center at 503-629-6330.

### 5th-8th Grade Recreational Spring Basketball

The Youth Spring Basketball Recreational League is open to athletes currently in grades 5-8 and attending a Beaverton School District #48 middle school or residing within District #48 or THPRD boundaries. Registration will begin February. Check our website for more information.

### 6th-8th Grade Recreational Summer Basketball

The Summer Basketball Recreational League is open to athletes who will be entering grades 6-8 in the 2024-25 school year and attending a Beaverton School District #48 middle school or residing within District #48 or THPRD boundaries. Check our website for more information in May.



# THPRD Sports Leagues - General Information

## Sports Leagues - Youth

### Winter High School Basketball Grades 9-12

For athletes not playing on school teams in grades 9-12 in the 2024-25 school year. League and online registration information will be available in October. Check our website for more information.

### Summer High School Basketball Grades 9-12

For athletes entering grades 9-12 in the 2024-25 school year. League and online registration will be available in April 2023. Check our website for more information.

## Cricket

### Beaverton Cricket Club (BCC)

The Beaverton Cricket Club is the local THPRD-affiliated club that plays in the Oregon Cricket League. Those interested in joining the Beaverton Cricket Club and playing both hard (season) ball and soft (tennis) ball cricket should direct general inquiries to:

[www.beavertoncricketclub.com](http://www.beavertoncricketclub.com)  
email: [beavertoncricketclub@gmail.com](mailto:beavertoncricketclub@gmail.com)

### Portland Metro Open Cricket Club

PMOCC is a 501(c)(3) non-profit entity and a State of Oregon certified Amateur Sports Organization, organized for charitable purposes to further the sport of cricket in Portland and surrounding areas and to cultivate interest in the sport of cricket at all youth and adult levels.

Those interested in joining PMOCC should direct inquiries to [www.pdxcricket.org](http://www.pdxcricket.org) or [pmocc2@gmail.com](mailto:pmocc2@gmail.com)



## Football

### Youth Football

The Tualatin Valley Youth Football Leagues are for players in grades K-8. Players register according to high school attendance area. To register or get more information, call or visit the website of your local contact listed below. Registration begins in early spring. Practices and clinics begin in August. Games are played September to November. For more information, visit [www.tvyfl.org](http://www.tvyfl.org).

#### Aloha

Registration: April 15-June 15  
Email: [registrar@alohayouthfootball.com](mailto:registrar@alohayouthfootball.com)  
[www.alohayouthfootball.com](http://www.alohayouthfootball.com)

#### Beaverton

Registration: April 15-June 15  
[registrar@beavertonfootball.com](mailto:registrar@beavertonfootball.com)  
[www.beavertonfootball.com](http://www.beavertonfootball.com)

#### Mountainside:

Registration: April 1-June 15  
[registrar@mountainsideyouthfootball.com](mailto:registrar@mountainsideyouthfootball.com)  
[www.mountainsideyouthfootball.com](http://www.mountainsideyouthfootball.com)

#### Southridge

Registration: April 15-June 15  
[president@southridgeyouthfootball.com](mailto:president@southridgeyouthfootball.com)  
[www.southridgeyouthfootball.com](http://www.southridgeyouthfootball.com)

#### Sunset

Registration: April 1-June 30  
[sunsetyouthfootball@comcast.net](mailto:sunsetyouthfootball@comcast.net)  
[www.sunsetyouthfootball.org](http://www.sunsetyouthfootball.org)

#### Westview

Registration: April 1-June 15  
[westviewyouthfootball@gmail.com](mailto:westviewyouthfootball@gmail.com)  
[www.westviewyouthfootball.com](http://www.westviewyouthfootball.com)

We all love football. Playing, coaching, and socializing. However, we couldn't play even a single game without officials. There is a significant shortage of youth and high school football officials. New officials are needed this season to ensure games are not postponed or canceled. Please visit <http://www.pfoa.us> for more information.



### Volunteer Coaches Needed

If you have experience in sports and the desire to share your knowledge by coaching young athletes, please call the Athletic Center at 503-629-6330. To apply: [www.thprd.org/connect/volunteer/ongoing-opportunities](http://www.thprd.org/connect/volunteer/ongoing-opportunities)

# THPRD Sports Leagues - General Information

## Sports Leagues - Youth

### Lacrosse

#### Tualatin Valley Youth Lacrosse League

Tualatin Valley Youth Lacrosse League is a community-based program created to teach lacrosse to athletes in grades 1-8 who attend a Beaverton School District school or reside within THPRD boundaries. Players register according to high school attendance area. To register or get more information, contact the appropriate group for your area.

##### TVYLL

president@tvllax.com  
[www.tvllaxtitans.com](http://www.tvllaxtitans.com)

##### Aloha

[www.tvllaxtitans.com](http://www.tvllaxtitans.com)

##### Beaverton

president@beavertonbeaverslacrosse.com  
[www.beavertonbeaverslacrosse.com](http://www.beavertonbeaverslacrosse.com)

##### Mountainside

info@mountainsidelax.com  
[www.mountainsidelax.com](http://www.mountainsidelax.com)  
<https://facebook.com/mountainsidelax>

##### Southridge

president@southridgeskyhawkseyouthlax.com  
[www.leagueathletics.com](http://www.leagueathletics.com)  
[www.southridgeskyhawkseyouthlax.org](http://www.southridgeskyhawkseyouthlax.org)

##### Sunset

[www.sunsetlacrosse.com](http://www.sunsetlacrosse.com)

##### Westview

president@westviewyouthlacrosse.com  
[www.westviewyouthlacrosse.com](http://www.westviewyouthlacrosse.com)

#### High School Lacrosse

##### Aloha

[www.alohalacrosse.org](http://www.alohalacrosse.org)

##### Beaverton

Girls: [beavertongirlslax.com](http://beavertongirlslax.com)  
Boys: [beavertonlacrosse.leagueapps.com](http://beavertonlacrosse.leagueapps.com)

##### Mountainside

[www.mountainsidelax.org](http://www.mountainsidelax.org)

##### Southridge

[www.southridgelacrosse.org](http://www.southridgelacrosse.org)

##### Sunset

[www.sunsetlacrosse.com](http://www.sunsetlacrosse.com)

##### Westview

[www.westviewlacrosse.com](http://www.westviewlacrosse.com)



### Soccer Coach Certification

For training and certification for soccer coaching, go to [tualatinhillsjuniorsoccerleague.com](http://tualatinhillsjuniorsoccerleague.com) for information on classes and clinic dates and locations.

### Soccer

#### Tualatin Hills Junior Soccer Recreational League

Teams will be formed of athletes ages 5-18. Practices begin in August. League games begin in September. Each club is responsible for registering their own players. Registration is generally accepted May 1-July 1. Please contact the appropriate club listed below for more information or log on to [tualatinhillsjuniorsoccerleague.com](http://tualatinhillsjuniorsoccerleague.com).

##### Aloha United Soccer Club

Schools: Aloha-Huber, Beaver Acres, Cooper Mt., Errol Hassell, Hazeldale, ISB, Kinnaman, Nancy Ryles, Scholls Heights, Sexton Mt. (west of Murray Blvd.)

AUSC: 971-770-2872  
[www.alohaunited.com](http://www.alohaunited.com)

##### Milltown United Soccer Club

Schools: Barnes, Bonny Slope, Cedar Mill, Ridgewood, Terra Linda, Tumwater, West TV, William Walker

milltownregistrar@gmail.com  
[www.milltownsoccer.org](http://www.milltownsoccer.org)

##### Oak Hills Soccer Club

Schools: Findley, Jacob Wismer, Oak Hills, Sato  
email: [pres@ohsoccer.com](mailto:pres@ohsoccer.com)

[www.ohsoccer.com](http://www.ohsoccer.com)

##### Somerset West Soccer Club

Schools: Bethany, Elmonica, Lenox, McKinley, Rock Creek, Springville

president@somersetwestsoccer.org  
[www.somersetwestsoccer.org](http://www.somersetwestsoccer.org)

##### Westside Soccer Club

Schools: Chehalem, Fir Grove, Hiteon, Sexton Mt. (east of Murray Blvd.), Vose, Raleigh Hills, Raleigh Park, Montclair.

WSC: 503-352-0180  
[www.westsidesoccerclub.com](http://www.westsidesoccerclub.com)

### Soccer Referee Certification

For training and certification for soccer referees, and clinic dates and locations, visit [tualatinhillsjuniorsoccerleague.com](http://tualatinhillsjuniorsoccerleague.com).

#### High School Recreational Soccer (O/13-U19)

Athletes not playing high school soccer can register for the recreational coed soccer league. Check with the youth league in your elementary attendance area. If the league does not offer registration for your high school, go to the next closest attendance area club or [tualatinhillsjuniorsoccerleague.com](http://tualatinhillsjuniorsoccerleague.com).

#### Classic League

Athletes interested in playing competitive soccer may try out for this league. Tryouts will be held in May. Contact the appropriate club representative for more tryout information.

#### Northwest Elite FC

Phone: 503-616-9424  
[northwestelitefc.org](http://northwestelitefc.org)

#### Westside Metros Soccer Club

Club Line: 503-626-2975  
[john.bain@wsmetros.org](mailto:john.bain@wsmetros.org)  
[www.westsidemetros.org](http://www.westsidemetros.org)

### Volleyball

#### Fall Youth and High School Volleyball, Grades 4-12

For athletes entering grades 4-12 during the 2024-25 school year. League and online registration information will be available in July. Check the website for more information.

#### Summer Youth and High School Volleyball, Grades 4-12

Athletes entering grades 4-12 during the 2024-25 school year are eligible to play in this summer league. League and online registration information will be available mid-April. Check the website for more information.



# THPRD Sports Leagues - General Information

## Sports Leagues - Adult

### Basketball

#### Winter Adult Basketball

League and online registration information will be available in early October. League play will begin in November and run through mid-March. Games will be played Monday through Thursday evenings. Check the website for more information in October.

#### Summer Adult Basketball

League play will begin in June and continue through mid-August. Additional league and online registration information will be available in April. Check the website for more information. Organizational information will be available at the Athletic Center and on our website.

### Cornhole

League information will be available at the Athletic Center and on our website by March. Games will be played on weeknights through Spring, Summer, and early Fall. Organizational information will be available at the Athletic Center and on our website.



### Kickball

#### Kickball League

Kickball is all about having fun! Remember when you were a kid and played kickball with your friends? Kickball is a playground game and also a competitive league game similar to softball. Organizational information will be available at the Athletic Center and on our website in April.

### Soccer

#### Soccer Field Use

THPRD coordinates the scheduling of soccer fields for community sports leagues and adult teams throughout the year. Groups wanting seasonal use should call the Athletic Center at 503-629-6330 for a field use application.

#### El uso de campo de fútbol

THPRD coordinara el horario de los campos para ligas de deportes durante el año. Grupos que quieren usar campos por una temporada necesitan llamar el Athletic Center 503-629-6330 para una solicitud de uso de campos.

### Softball

#### Baseball/Softball Field Use

THPRD will coordinate the assignment of district wide baseball/softball fields from March 1 through October. Any group wishing to reserve fields for Spring and Summer should first obtain an application form from the Athletic Center.

#### Open/Women's Slow Pitch Summer Softball

League information will be available at the Athletic Center and on our website, in February. Open League games will be played on Sunday late afternoon and evenings and women's games will be played on Tuesday evenings. League play runs May through August.

#### Men's Slow Pitch Summer Softball

League information will be available at the Athletic Center website in February. Men's games are played Monday, Thursday and Friday. League play runs May through August.

#### Industrial Softball

This league is designed for employees of companies/businesses located within the THPRD boundaries. League play will be weekday evenings. Informational packets will be available in February.

#### Fall Open and Women's Softball Leagues

League information will be available at the Athletic Center and on our website, [www.thprd.org](http://www.thprd.org), by July. Open League games will be on Sunday evenings. Women's slow pitch games will be Tuesday evenings. League play will run late August through October.

#### Fall Men's One-Pitch League Softball

League plays weeknights August through October. Organizational information will be available at the Athletic Center and on our website in July.

### Volleyball

If you are interested in playing adult volleyball but don't have a team, please call the Athletic Center at 503-629-6330. League and registration information can be found on the website.

#### Summer Adult Sand Volleyball (Mixed)

This recreational league plays weekday evenings at Cedar Hills Park from June through August. League and online registration information will be available in April.

#### Summer Adult Grass Volleyball (RC4 & RC2)

This recreational league plays weekday evenings at the HMT complex from June through August. League and online registration information will be available in April.

#### Adult Fall Volleyball

Leagues play mid-September through November. League and online registration information will be available in July.

#### Adult Winter Volleyball

Games are played mid-week evenings and will begin the first week in January. League and registration information will be available in November.

#### Adult Spring Volleyball

League play runs April through mid-June. Games will be held weekday evenings. League and registration information will be available in February.



### Adult Softball Tournaments

Individuals interested in hosting Spring/Summer softball tournaments at the THPRD sports complex must submit an facility use agreement and deposit. Call the Athletic Center at 503-629-6330 or send request to [sportsrentals@thprd.org](mailto:sportsrentals@thprd.org).



# Summer Camps 2024



**Full and half-day camps**



# Summer Camps

Aloha Swim Center Camps at a Glance

503-629-6311

Age	6-12 yrs	6-12 yrs	12-15 yrs	12-15 yrs	6-15 yrs
Time	9 am-12 pm	1 pm-4 pm	9 am-12 pm	1 pm-4 pm	9 am-12 pm
<b>Week 1</b> <b>6/17-6/21*</b>	Olympics - Water Week!	Camp 101			
<b>Week 2</b> <b>6/24-6/28</b>	All Ball	Aquatic Adventures	Babysitter's Training		
<b>Week 3</b> <b>7/1-7/3**</b>		Olympics - Classic Camp!			Stroke School^
<b>Week 4</b> <b>7/8-7/12</b>	Intro to Marine Biology	Olympics - The Games!	Babysitter's Training		
<b>Week 5</b> <b>7/15-7/19</b>	Olympics - Silly Sports!	Camp 101		Jr. Lifeguard	
<b>Week 6</b> <b>7/22-7/26</b>	Pirate Party	Olympics - Water Week!	Babysitter's Training		
<b>Week 7</b> <b>7/29-8/2</b>	Olympics - The Games!	All Ball		Jr. Lifeguard	
<b>Week 8</b> <b>8/5-8/9</b>		Olympics - Classic Camp!			Stroke School^
<b>Week 9</b> <b>8/12-8/16</b>	Aquatic Adventures	Intro to Marine Biology		Jr. Lifeguard	
<b>Week 10</b> <b>8/19-8/23</b>	Pirate Party	Olympics - Silly Sports!			

\* No class 6/19 in observance of Juneteenth

\*\* No class 7/4 or 7/5 in observance of Fourth of July

^ Participants must be a level 4 or above to register for this class

18650 SW Kinnaman Road, Aloha

# Summer Camps

Aloha Swim Center

503-629-6311

## Half-day Summer Camps

### AM Camp Aloha • 6-12 yrs

Cool off from the summer heat and splash away at Camp Aloha! Participants will explore the water through a half hour swim lesson, open swim, and structured games and activities-both in water and on land! A few themes will be repeated over the summer; camps with same theme will have the same content. Campers need to bring a snack, bottle of water, and a towel each day.

#### Week 1: Olympics-Water Week!

Let's celebrate camaraderie and competition! Campers will be divided into teams and compete against each other in three individual swimming events, plus relays. Each team will work together to create a team name, banner and cheer and participate in both our opening and closing ceremonies. No camp 6/19.

6/17-6/21 M-F 9am-12pm 6-12 yrs AL190001  
Aloha Pool ID/AP: \$164.80 OD: \$206

#### Week 2: All Ball

Explore sports both in the water and on land! Campers will participate in a variety of ball sports, including water polo, volleyball, soccer and football.

6/24-6/28 M-F 9am-12pm 6-12 yrs AL190002  
Aloha Pool ID/AP: \$206 OD: \$257.50

#### Week 3: Stroke School

Grab your goggles and your gear, we're going swimming! This camp will have an emphasis on stroke technique and refinement, along with a focus on building distance and endurance. This is a great opportunity if you're looking at swimming competitively, with Splash or are already a member! Participants must be a level 4 or above to register for this camp.

7/1-7/3 MTW 9am-12pm 6-15 yrs AL190003  
Aloha Pool ID/AP: \$123.60 OD: \$154.50

#### Week 4: Intro to Marine Biology

Grab your lab coats-we're becoming marine biologists! Campers will learn about different marine life, as well as learn about ocean pollution. In an effort to promote sustainability and preserve our water ways, we will also create art with trash collected from around our pool and common pollutants found in the ocean.

7/8-7/12 M-F 9am-12pm 6-12 yrs AL190004  
Aloha Pool ID/AP: \$206 OD: \$257.50

#### Week 5: Olympics-Silly Sports!

Let's celebrate camaraderie and competition! Campers will be divided into teams and compete against each other in three Aloha style, silly games and sports- think inner tube relays and the like! Each team will work together to create a team name, banner and cheer and participate in both our opening and closing ceremonies.

7/15-7/19 M-F 9am-12pm 6-12 yrs AL190005  
Aloha Pool ID/AP: \$206 OD: \$257.50

#### Week 6: Pirate Party

Argh, matey- pirates have taken over Aloha Swim Center! Campers will participate in various pirate themed activities, including building their very own, life size pirate ships and voyaging off to sea (or rather, the pool).

7/22-7/26 M-F 9am-12pm 6-12 yrs AL190006  
Aloha Pool ID/AP: \$206 OD: \$257.50

#### Week 7: Olympics-The Games!

Let's celebrate camaraderie and competition! Campers will be divided into teams and compete against each other in three Aloha style, classic Olympic games- swimming, track and field and synchronized swimming. Each team will work together to create a team name, banner and cheer and participate in both our opening and closing ceremonies.

7/29-8/2 M-F 9am-12pm 6-12 yrs AL190007  
Aloha Pool ID/AP: \$206 OD: \$257.50

#### Week 8: Stroke School

Grab your goggles and your gear, we're going swimming! This camp will have an emphasis on stroke technique and refinement, along with a focus on building distance and endurance. This is a great opportunity if you're looking at swimming competitively, with Splash or are already a member! Participants must be a level 4 or above to register for this camp.

Week 8, 8/5-8/9 M-F 9am-12pm 6-15 yrs AL190008  
Aloha Pool ID/AP: \$206 OD: \$257.50

#### Week 9: Aquatic Adventures

Water games await you! Campers will enjoy plenty of water time- structured games in the pool, free swim and so much more, paired with water activities outside of the pool.

8/12-8/16 M-F 9am-12pm 6-12 yrs AL190009  
Aloha Pool ID/AP: \$206 OD: \$257.50

#### Week 10: Pirate Party

Argh, matey- pirates have taken over Aloha Swim Center! Campers will participate in various pirate themed activities, including building their very own, life size pirate ships and voyaging off to sea (or rather, the pool).

8/19-8/23 M-F 9am-12pm 6-12 yrs AL190010  
Aloha Pool ID/AP: \$206 OD: \$257.50



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

## PM Camp Aloha • 6-12 yrs

Cool off from the summer heat and splash away at Camp Aloha! Participants will explore the water through a half hour swim lesson, open swim, and structured games and activities-both in water and on land! A few themes will be repeated over the summer; camps with same theme will have the same content. Campers need to bring a snack, bottle of water, and a towel each day.

### Week 1: Camp 101

Bring on the summer camp nostalgia! Campers will participate in classic camp activities such as lanyard making, tie dye and a field day along with in water activities. No camp 6/19.

6/17-6/21 M-F 1pm-4pm 6-12 yrs AL190011

Aloha Pool ID/AP: \$164.80 OD: \$206

### Week 2: Aquatic Adventures

Water games await you! Campers will enjoy plenty of water time-structured games in the pool, free swim and so much more, paired with water activities outside of the pool.

6/24-6/28 M-F 1pm-4pm 6-12 yrs AL190012

Aloha Pool ID/AP: \$206 OD: \$257.50

### Week 3: Olympics-Classic Camp!

Let's celebrate camaraderie and competition! Campers will be divided into teams and compete against each other in three Aloha style, classic camp games- capture the flag, dodgeball and steal the bacon. Each team will work together to create a team name, banner and cheer and participate in both our opening and closing ceremonies.

Week 3, 7/1-7/3 MTW 9am-12pm 6-12 yrs AL190013

Aloha Pool ID/AP: \$123.60 OD: \$154.50

### Week 4: Olympics-The Games!

Let's celebrate camaraderie and competition! Campers will be divided into teams and compete against each other in three Aloha style, classic Olympic games- swimming, track and field and synchronized swimming. Each team will work together to create a team name, banner and cheer and participate in both our opening and closing ceremonies.

7/8-7/12 M-F 1pm-4pm 6-12 yrs AL190014

Aloha Pool ID/AP: \$206 OD: \$257.50

### Week 5: Camp 101

Bring on the summer camp nostalgia! Campers will participate in classic camp activities such as lanyard making, tie dye and a field day along with in water activities.

7/15-7/19 M-F 1pm-4pm 6-12 yrs AL190015

Aloha Pool ID/AP: \$206 OD: \$257.50

### Week 6: Olympics-Water Week!

Let's celebrate camaraderie and competition! Campers will be divided into teams and compete against each other in three individual swimming events, plus relays. Each team will work together to create a team name, banner and cheer and participate in both our opening and closing ceremonies. No camp 6/19.

7/22-7/26 M-F 1pm-4pm 6-12 yrs AL190016

Aloha Pool ID/AP: \$206 OD: \$257.50

### Week 7: All Ball

Explore sports both in the water and on land! Campers will participate in a variety of ball sports, including water polo, volleyball, soccer and football.

Week 7, 7/29-8/2 M-F 1pm-4pm 6-12 yrs AL190017

Aloha Pool ID/AP: \$206 OD: \$257.50

### Week 8: Olympics-Classic Camp!

Let's celebrate camaraderie and competition! Campers will be divided into teams and compete against each other in three Aloha style, classic camp games- capture the flag, dodgeball and steal the bacon. Each team will work together to create a team name, banner and cheer and participate in both our opening and closing ceremonies.

8/5-8/9 M-F 1pm-4pm 6-12 yrs AL190018

Aloha Pool ID/AP: \$206 OD: \$257.50

### Week 9: Intro to Marine Biology

Grab your lab coats-we're becoming marine biologists! Campers will learn about different marine life, as well as learn about ocean pollution. In an effort to promote sustainability and preserve our water ways, we will also create art with trash collected from around our pool and common pollutants found in the ocean.

8/12-8/16 M-F 1pm-4pm 6-12 yrs AL190019

Aloha Pool ID/AP: \$206 OD: \$257.50

### Week 10: Olympics-Silly Sports!

Let's celebrate camaraderie and competition! Campers will be divided into teams and compete against each other in three Aloha style, silly games and sports- think inner tube relays and the like! Each team will work together to create a team name, banner and cheer and participate in both our opening and closing ceremonies.

8/19-8/23 M-F 1pm-4pm 6-12 yrs AL190020

Aloha Pool ID/AP: \$206 OD: \$257.50

## Specialty Camps

### Babysitter's Training

This course is taught in-line with the ARC standards for babysitting and is intended to provide youth interested in babysitting with the knowledge and skills necessary to give care safely and responsibly for children and infants. This course will run in conjunction with our age-appropriate AM camps, to give students hands on experience working with children. This course will certify participants with an ARC "babysitter's training" certificate.

#### Week 2

6/24-6/28 M-F 9am-12pm 12-15 yrs AL190022  
Aloha Swim Center ID/AP: \$241 OD: \$292.50

#### Week 4

7/8-7/12 M-F 9am-12pm 12-15 yrs AL190024  
Aloha Swim Center ID/AP: \$241 OD: \$292.50

#### Week 6

7/22-7/26 M-F 9am-12pm 12-15 yrs AL190026  
Aloha Swim Center ID/AP: \$241 OD: \$292.50

# Summer Camps

Aloha Swim Center

503-629-6311

## Jr. Lifeguard

This course is taught in line with American Red Cross standards and is designed to guide interested youth into the American Red Cross Lifeguarding course by building a foundation of knowledge, attitudes and skills for future lifeguards. This course does not certify participants in first aid, CPR or AED or as a lifeguard.

Participants must demonstrate the ability to swim a total of 50m breathing to the front or side as well as a safety sequence in the water.

### Sequence:

1. Jump in from the side and submerge.
2. Float/tread for one minute.
3. Turn towards the opposite end of the pool.
4. Swim to the other end on their front or back and exit without using a ladder or steps.

### Week 5

7/15-7/19 M-F 1pm-4pm 12-15 yrs AL151005  
Aloha Swim Center ID/AP: \$206 OD \$257.50

### Week 7

7/29-8/2 M-F 1pm-4pm 12-15 yrs AL151007  
Aloha Swim Center ID/AP: \$206 OD: \$257.50

### Week 9

8/12-8/16 M-F 1pm-4pm 12-15 yrs AL151009  
Aloha Swim Center ID/AP: \$206 OD: \$257.50



# Summer Camps

Beaverton Swim Center Camps at a Glance

503-629-6312

Age		7-12 yrs	12-15 yrs
Time		8:30 am-4 pm	9 am-4 pm
<b>Week 1</b> <b>6/17-6/21*</b>	Theater Swimprov Camp		
<b>Week 2</b> <b>6/24-6/28</b>			Jr. Lifeguarding Camp
<b>Week 3</b> <b>7/1-7/3**</b>	Sea Creature Camp		
<b>Week 4</b> <b>7/8-7/12</b>			Jr. Lifeguarding Camp
<b>Week 5</b> <b>7/15-7/19</b>	Medals Week Camp		
<b>Week 6</b> <b>7/22-7/26</b>			Jr. Lifeguarding Camp
<b>Week 7</b> <b>7/29-8/2</b>	Mystery Solving Week Camp		
<b>Week 8</b> <b>8/5-8/9</b>			Jr. Lifeguarding Camp
<b>Week 9</b> <b>8/12-8/16</b>	Medals Week Camp		
<b>Week 10</b> <b>8/19-8/23</b>			Jr. Lifeguarding Camp

\* No class 6/19 in observance of Juneteenth

\*\* No class 7/4 or 7/5 in observance of Fourth of July

^ Participants must be a level 4 or above to register for this class

12850 SW Third Street, Beaverton

# Summer Camps

Beaverton Swim Center

503-629-6312

## Summer Camp Deposits and Balances

A \$30 deposit is required per week for each participant, for weeks 2 through 9, 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 1. **Please note: After June 1, deposits will no longer be transferable.**

This applies to these Cedar Hills Camps: Camp Funshine, Camp Summer Craze, Camp Cedar Thrills, Camp Summer Journey, and specialty camps. **No camp on 7/4 & 7/5.**

## Full-day Summer Camps

### Camp Fun, Sun and Waves • 7-12 yrs

Come join us at Beaverton Swim Center for camp! Every week we will be doing crafts, games and activities, field trips to local parks, and playing at the city water fountains. Included in your camp are swimming lessons and structured pool time so you don't have to miss out on learning to swim this summer season! A few themes will be repeated over the summer; camps with same theme will have the same content. Campers need to bring lunch, snacks, sunscreen, water bottle, and a swimsuit plus a towel each day.

#### Week 1: Swimprov Improvisation Camp

Join us at Beaverton Swim Center for a camp focused on growing your swimming and improvisational comedy skills. Campers will enjoy a swim lesson as well as guided activity time fostering creativity, teamwork, and confidence where we will explore the concepts of improv comedy. No camp 6/19.

6/17-6/21 M/T/Th/F 9am – 1 pm 7-12 yrs BV190001  
Beaverton Pool ID/AP: \$189 OD: \$236.25

#### Week 3: Sea Creatures

Bring out your inner sea creature as campers enjoy a weeklong adventure of activities themed around sea creatures. Your little sea creatures will enjoy a daily swimming lesson and get to work on their swimming skills. No camp 7/4 & 7/5.

7/1-7/5 M/T/W 9am – 1 pm 7-12 yrs BV190003  
Beaverton Pool ID/AP: \$146 OD: \$182.50

#### Week 5: Medals Week

Campers will learn and practice an Olympic themed swim "event" culminating in a competition at the end of the week for a chance to win a medal--a daily swim lesson will be included.

7/15-7/19 M-F 9am – 1 pm 7-12 yrs BV190005  
Beaverton Pool ID/AP: \$238 OD: \$297.50

#### Week 7: Mystery Solving Week

Work as a team to solve a weeklong mystery. Daily swim lesson and guided mystery activity included, plus lots more fun!

7/29-8/2 M-F 9am – 1 pm 7-12 yrs BV190007  
Beaverton Pool ID/AP: \$238 OD: \$297.50

#### Week 9: Medals Week

Campers will learn and practice an Olympic themed swim "event" culminating in a competition at the end of the week for a chance to win a medal--a daily swim lesson will be included.

8/12-8/16 M-F 9am – 1 pm 7-12 yrs BV190009  
Beaverton Pool ID/AP: \$238 OD: \$297.50

### Jr. Lifeguarding Camp • 12-15 yrs

Junior Lifeguard Camp focuses on developing swimming skills to help participants meet the American Red Cross Lifeguard Training course prerequisite and improve stroke technique. The camp introduces participants to lifesaving skills, including in-water rescues, use of a rescue tube, and first aid, CPR and AED skills (no certifications). Participants will shadow lifeguards in rotation to get a real sense of being on the job. Camp will also include training to aid in swimming lessons and, of course, water games. If you're looking for a fun, hands-on camp, this is the one! (Level 5+)

Please bring a sack lunch, swimsuit and towel each day.

Comfortable clothes and shoes/sandals with a heel strap are a must! Completion of the emergency contact form and medical information must be completed before the program begins.

#### Week 2

6/24-6/28 M-F 9 am – 4pm 12-15 yrs BV191002  
Beaverton Swim Center ID/AP: \$305 OD: \$381.25

#### Week 4

7/8-7/12 M-F 9 am – 4pm 12-15 yrs BV191004  
Beaverton Swim Center ID/AP: \$305 OD: \$381.25

#### Week 6

7/22-7/26 M-F 9 am – 4pm 12-15 yrs BV191006  
Beaverton Swim Center ID/AP: \$305 OD: \$381.25

#### Week 8

8/5-8/9 M-F 9 am – 4pm 12-15 yrs BV191008  
Beaverton Swim Center ID/AP: \$305 OD: \$381.25

#### Week 5

8/19-8/23 M-F 9 am – 4pm 12-15 yrs BV191010  
Beaverton Swim Center ID/AP: \$305 OD: \$381.25

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 Camps at a Glance

503-629-6340

Age	3-4 yrs	5-6 yrs	7-8 yrs	9-10 yrs	11-16 yrs
<b>Week 1</b> <b>6/24-6/28</b>	Nature's Canvas Art Camp Preschool Camp Dance and Tumble Safari Camp All-Star Sports Camp Pee Wee Hoops Camp Pee Wee Soccer Camp Tennis Camp	Camp Funshine Nature's Canvas Art Camp Preschool Camp Dance and Tumble Safari Camp Gymnastics Camp (Pre/Level 1) All-Star Sports Camp Pee Wee Hoops Camp Pee Wee Soccer Camp Basketball Skills Camp Soccer Camp Tennis Camp	Camp Summer Craze Intro to Theater Camp Nature's Canvas Art Camp Galactic Dance and Tumble Camp Gymnastics Camp (Pre/Level 1) All-Star Sports Camp Basketball Skills Camp Youth Flag Football Camp Soccer Camp Tennis Camp Wacky Rackets Yard Games Camp	Camp Cedar Thrills Intro to Theater Camp Ultimate Eats Camp Galactic Dance and Tumble Camp Gymnastics Camp (Pre/Level 1) Youth Flag Football Camp Soccer Camp Tennis Camp Wacky Rackets Yard Games Camp	Camp Summer Journey Intro to Theater Camp Galactic Dance and Tumble Camp Gymnastics Camp (Pre/Level 1) Youth Flag Football Camp Soccer Camp Tennis Camp Wacky Rackets Track & Field Throw Camp
<b>Week 2</b> <b>7/1-7/3**</b>	Candy Land Art Camp Preschool Camp Cooking Camp Creative Dance Enchanted Forest Camp Pee Wee Soccer Camp T-ball Skills Camp Recess Games Camp Tennis Camp	Camp Funshine Candy Land Art Camp Preschool Camp Cooking Camp Creative Dance Enchanted Forest Camp Gymnastics Camp (Pre/Level 1) Pee Wee Soccer Camp T-ball Skills Camp Recess Games Camp Lacrosse Kids Camp Pickleball Kids Tennis Camp	Camp Summer Craze Candy Land Art Camp Woodland Creative Dance Camp Gymnastics Camp (Pre/Level 1) Recess Games Camp Lacrosse Kids Camp Pickleball Kids Sports Sports Sports! Tennis Camp	Camp Cedar Thrills Role Playing Games Camp Woodland Creative Dance Camp Gymnastics Camp (Pre/Level 1) Lacrosse Camp Pickleball Kids Sports Sports Sports! Tennis Camp	Camp Summer Journey Role Playing Games Camp Woodland Creative Dance Camp Gymnastics Camp (Pre/Level 1) Lacrosse Camp Tennis Camp Hoop Camp
<b>Week 3</b> <b>7/8-7/12</b>	Safari Adventure Art Camp Preschool Camp Cooking Camp Grooveville Hip Hop Camp All-Star Sports Camp Tiny Stars Cheer Camp Pee Wee Soccer Camp Golf Camp Tennis Camp Beginning Wrestling Camp	Camp Funshine Safari Adventure Art Camp Preschool Camp Cooking Camp Grooveville Hip Hop Camp Gymnastics Camp (Pre/Level 1) All-Star Sports Camp Tiny Stars Cheer Camp Pee Wee Soccer Camp Soccer Skills Camp Golf Camp Soccer Camp Tennis Camp Beginning Wrestling Camp	Camp Summer Craze Intro to Theater Camp Safari Adventure Art Camp Hip Hop Explorations Camp Gymnastics Camp (Pre/Level 1) All-Star Sports Camp Soccer Skills Camp Cheer Camp Golf Camp Soccer Camp Tennis Camp Beginning Wrestling Camp	Camp Cedar Thrills Super Sleuths Camp Intro to Theater Camp Hip Hop Explorations Camp Gymnastics Camp (Pre/Level 1) Cheer Camp Golf Camp Tennis Camp Beginning Wrestling Camp	Camp Summer Journey Super Sleuths Camp Intro to Theater Camp Hip Hop Explorations Camp Gymnastics Camp (Pre/Level 1) Cheer Camp Tennis Camp Beginning Wrestling Camp Disc Golf Camp Weight Training Camp
<b>Week 4</b> <b>7/15-7/19</b>	Space Odyssey Art Camp Safety Town (2 weeks) Preschool Camp Celestial Pre-Ballet Camp Mini Golfers Adventure Camp Pee Wee Soccer Camp T-ball Skills Camp Recess Games Camp Tennis Camp Beginning Wrestling Camp	Camp Funshine Space Odyssey Art Camp Safety Town (2 weeks) Preschool Camp Celestial Pre-Ballet Camp Gymnastics Camp (Pre/Level 1) Mini Golfers Adventure Camp Pee Wee Soccer Camp T-ball Skills Camp Recess Games Camp Soccer Skills Camp Tennis Camp Beginning Wrestling Camp	Camp Summer Craze Space Odyssey Art Camp Young Artists' Playground Camp Cooking Camp Cosmic Ballet Camp Gymnastics Camp (Pre/Level 1) T-ball Skills Camp Recess Games Camp Soccer Skills Camp Cheer Camp Soccer Camp Sports Sports Sports! Tennis Camp Beginning Wrestling Camp	Camp Cedar Thrills PDX Explorers Camp Young Artists' Playground Camp Cooking Camp Cosmic Ballet Camp Gymnastics Camp (Pre/Level 1) Cheer Camp Soccer Camp Sports Sports Sports! Tennis Camp Beginning Wrestling Camp	Camp Summer Journey PDX Explorers Camp Young Artists' Playground Camp Cosmic Ballet Camp Gymnastics Camp (Pre/Level 1) Cheer Camp Soccer Camp Tennis Camp Beginning Wrestling Camp (2 weeks)
<b>Week 5</b> <b>7/22-7/26</b>	Fairy Tale Art Camp Preschool Camp Pre-Ballet Snowflake Camp Tiny Touchdowns Camp Golf Camp Tennis Camp	Camp Funshine Fairy Tale Art Camp Preschool Camp Pre-Ballet Snowflake Camp Gymnastics Camp (Pre/Level 1) Tiny Touchdowns Camp PE Games Soccer Skills Camp Youth Flag Football Camp Golf Camp Tennis Camp	Camp Summer Craze Fairy Tale Art Camp Cooking Camp Snowflake Ballet Camp Gymnastics Camp (Pre/Level 1) PE Games Soccer Skills Camp Badminton Skills Camp Basketball Skills Camp Youth Flag Football Camp Golf Camp Tennis Camp	Camp Cedar Thrills Camp Hogwarts Cooking Camp Snowflake Ballet Camp Gymnastics Camp (Pre/Level 1) Badminton Skills Camp Basketball Skills Camp Golf Camp Tennis Camp	Camp Summer Journey Camp Hogwarts Snowflake Ballet Camp Gymnastics Camp (Pre/Level 1) Tennis Camp Wood and Wonders Hiking Camp Hoop Camp Girls Weight Training Camp (2 weeks)

Camps run for 4 or 5 days. Check the Class List information for specific dates and times. No camp 7/4 & 7/5.

Camps are spread across the age divisions on this page. Check the Class List for individual age offerings.

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 Camps at a Glance

503-629-6340

Age	3-5 yrs	5-6 yrs	7-8 yrs	9-10 yrs	11-16 yrs
<b>Week 6</b> <b>7/29-8/2</b>	Comic Quest Art Camp Safety Town (2 weeks) Safety Town - Bilingual Spanish (2 weeks) Preschool Camp Hip Hop Jams Camp Pee Wee Soccer Camp Water Fun Camp Sports Explorer Camp Tennis Camp	Camp Funshine Comic Quest Art Camp Safety Town (2 weeks) Safety Town - Bilingual Spanish (2 weeks) Preschool Camp Hip Hop Jams Camp Gymnastics Camp (Pre/Level 1) Pee Wee Soccer Camp Water Fun Camp Sports Explorer Camp Soccer Skills Camp Pickleball Kids Tennis Camp Water Fun Camp	Camp Summer Craze Intro to Theater Camp Comic Quest Art Camp Cooking Camp Robotic Hip Hop Camp Gymnastics Camp (Pre/Level 1) Sports Explorer Camp Soccer Skills Camp Basketball Camp Pickleball Kids Soccer Camp Tennis Camp Water Fun Camp	Camp Cedar Thrills Camp Hogwarts Intro to Theater Camp Cooking Camp Robotic Hip Hop Camp Gymnastics Camp (Pre/Level 1) Basketball Camp Pickleball Kids Soccer Camp Tennis Camp	Camp Summer Journey Camp Hogwarts Intro to Theater Camp Robotic Hip Hop Camp Gymnastics Camp (Pre/Level 1) Pickleball Kids Soccer Camp Tennis Camp Sand Volleyball Camp
<b>Week 7</b> <b>8/5-8/9</b>	Barnyard Fun Art Camp Preschool Camp Pirate Dress Up and Dance Camp Pee Wee Soccer Camp T-ball Skills Camp Sports Explorer Camp Tennis Camp	Camp Funshine Barnyard Fun Art Camp Preschool Camp Pirate Dress Up and Dance Camp Gymnastics Camp (Pre/Level 1) Pee Wee Soccer Camp T-ball Skills Camp Sports Explorer Camp Soccer Skills Camp Tennis Camp	Camp Summer Craze Intro to Theater Camp Barnyard Fun Art Camp Cooking Camp Choreography Explorations Camp Gymnastics Camp (Pre/Level 1) T-ball Skills Camp Sports Explorer Camp Soccer Skills Camp Soccer Camp Tennis Camp Volleyball Camp	Camp Cedar Thrills Camp Olympus - A Percy Jackson Fan Camp Intro to Theater Camp Cooking Camp Choreography Explorations Camp Gymnastics Camp (Pre/Level 1) Lacrosse Camp Soccer Camp Tennis Camp Volleyball Camp	Camp Summer Journey Camp Olympus - A Percy Jackson Fan Camp Intro to Theater Camp Choreography Explorations Camp Gymnastics Camp (Pre/Level 1) Lacrosse Camp Soccer Camp Tennis Camp Volleyball Camp Cross Country Camp
<b>Week 8</b> <b>8/12-8/16</b>	Jurassic Art Camp Safety Town (2 weeks) Preschool Camp Superhero Dress Up and Dance Camp Tiny Touchdowns Camp Water Fun Camp Tennis Camp	Camp Funshine Jurassic Art Camp Safety Town (2 weeks) Preschool Camp Superhero Dress Up and Dance Camp Gymnastics Camp (Pre/Level 1) Tiny Touchdowns Camp Water Fun Camp Youth Flag Football Camp Tennis Camp Water Fun Camp	Camp Summer Craze Jurassic Art Camp Worldbeat Dance Camp Gymnastics Camp (Pre/Level 1) Archery Camp Youth Flag Football Camp Soccer Camp Tennis Camp Water Fun Camp Volleyball Camp	Camp Cedar Thrills Ultimate Eats Camp Worldbeat Dance Camp Gymnastics Camp (Pre/Level 1) Archery Camp Soccer Camp Tennis Camp Volleyball Camp	Camp Summer Journey Worldbeat Dance Camp Gymnastics Camp (Pre/Level 1) Archery Camp Tennis Camp Volleyball Camp Yard Games Camp
<b>Week 9</b> <b>8/19-8/23</b>	Under the Sea Art Camp Preschool Camp Tropical Pre-Ballet Camp All-Star Sports Camp Pee Wee Hoops Camp Pee Wee Soccer Camp Water Fun Camp Tennis Camp	Camp Funshine Under the Sea Art Camp Preschool Camp Tropical Pre-Ballet Camp Gymnastics Camp (Pre/Level 1) All-Star Sports Camp Pee Wee Hoops Camp Pee Wee Soccer Camp Water Fun Camp Soccer Skills Camp Tennis Camp Water Fun Camp Yard Games Camp	Camp Summer Craze Under the Sea Art Camp Gymnastics Camp (Pre/Level 1) All-Star Sports Camp Soccer Skills Camp Archery Camp Basketball Camp Tennis Camp Water Fun Camp Yard Games Camp	Camp Cedar Thrills Ultimate Eats Camp Gymnastics Camp (Pre/Level 1) Archery Camp Basketball Camp Tennis Camp	Camp Summer Journey Gymnastics Camp (Pre/Level 1) Archery Camp Tennis Camp

Camps run for 4 or 5 days. Check the Class List information for specific dates and times.

Camps are spread across the age divisions on this page. Check the Class List for individual age offerings.



# 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 9, 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 1. **Please note: After June 1, deposits will no longer be transferable.**

This applies to these Cedar Hills Camps: Camp Funshine, Camp Summer Craze, Camp Cedar Thrills, and Camp Summer Journey.  
**No camp on 7/4, 7/5, & 8/23.**

## Full-day Summer Camps

### Taste of Summer Camp

Sail into summer and join us for activities ranging from sports games, creative art projects, STEAM experiments, and culinary adventures. This is your chance to explore our camp offerings for this summer. Expect to play fun games, do exciting crafts, enjoy our inflatables! Please wear closed-toed shoes, dress in active wear, bring a water bottle, and pack 2 snacks & lunch. Don't miss out on this summer sampler! Campers will be divided into separate age groups.

6/20 (1)	Th	8 am-6 pm	5-13 yrs	CH17600
Gym		ID/AP: \$70	OD: \$87.50	
6/21 (1)	F	8 am-6 pm	5-13 yrs	CH17601
Gym		ID/AP: \$70	OD: \$87.50	

### Camp Funshine

Camp Funshine leaders will guide your camper in all kinds of creative crafts, exciting games, and awesome adventures. Offsite field trips may be included.

<b>Week 1</b>	<b>Beach Bash</b>			
6/24-6/28 (1)	M-F	8 am-6 pm	5-6 yrs	CH17101
Rm C1		ID/AP: \$305	OD: \$381.25	
<b>Week 2</b>	<b>Pirate Adventure</b>			
No camp 7/4, 7/5				
7/1-7/5 (1)	M/T/W	8 am-6 pm	5-6 yrs	CH17102
Rm C1		ID/AP: \$183	OD: \$228.75	
<b>Week 3</b>	<b>Under the Sea</b>			
7/8-7/12 (1)	M-F	8 am-6 pm	5-6 yrs	CH17103
Rm C1		ID/AP: \$305	OD: \$381.25	
<b>Week 4</b>	<b>Sailing School</b>			
7/15-7/19 (1)	M-F	8 am-6 pm	5-6 yrs	CH17104
Rm C1		ID/AP: \$305	OD: \$381.25	
<b>Week 5</b>	<b>Island Adventure</b>			
7/22-7/26 (1)	M-F	8 am-6 pm	5-6 yrs	CH17105
Rm C1		ID/AP: \$305	OD: \$381.25	
<b>Week 6</b>	<b>Summer Olympics</b>			
7/29-8/2 (1)	M-F	8 am-6 pm	5-6 yrs	CH17106
Rm C1		ID/AP: \$305	OD: \$381.25	

<b>Week 7</b>	<b>Wilderness Exploration</b>			
8/5-8/9 (1)	M-F	8 am-6 pm	5-6 yrs	CH17107
Rm C1		ID/AP: \$305	OD: \$381.25	
<b>Week 8</b>	<b>Artistic Adventure</b>			
8/12-8/16 (1)	M-F	8 am-6 pm	5-6 yrs	CH17108
Rm C1		ID/AP: \$305	OD: \$381.25	
<b>Week 9</b>	<b>Down the River</b>			
No camp 8/23				
8/19-8/22 (1)	M-Th	8 am-6 pm	5-6 yrs	CH17109
Rm C1		ID/AP: \$244	OD: \$305	

### Camp Summer Craze

Camp Summer Craze leaders will guide your kids in all kinds of creative crafts, exciting games, and awesome adventures. Offsite field trips may be included.

<b>Week 1</b>	<b>Beach Bash</b>			
6/24-6/28 (1)	M-F	8 am-6 pm	7-8 yrs	CH17201
Rm A		ID/AP: \$305	OD: \$381.25	
<b>Week 2</b>	<b>Pirate Adventure</b>			
No camp 7/4, 7/5				
7/1-7/3 (1)	M/T/W	8 am-6 pm	7-8 yrs	CH17202
Rm A		ID/AP: \$183	OD: \$228.75	
<b>Week 3</b>	<b>Under the Sea</b>			
7/8-7/12 (1)	M-F	8 am-6 pm	7-8 yrs	CH17203
Rm A		ID/AP: \$305	OD: \$381.25	
<b>Week 4</b>	<b>Sailing School</b>			
7/15-7/19 (1)	M-F	8 am-6 pm	7-8 yrs	CH17204
Rm A		ID/AP: \$305	OD: \$381.25	
<b>Week 5</b>	<b>Island Adventure</b>			
7/22-7/26 (1)	M-F	8 am-6 pm	7-8 yrs	CH17205
Rm A		ID/AP: \$305	OD: \$381.25	
<b>Week 6</b>	<b>Summer Olympics</b>			
7/29-8/2 (1)	M-F	8 am-6 pm	7-8 yrs	CH17206
Rm A		ID/AP: \$305	OD: \$381.25	
<b>Week 7</b>	<b>Wilderness Exploration</b>			
8/5-8/9 (1)	M-F	8 am-6 pm	7-8 yrs	CH17207
Rm A		ID/AP: \$305	OD: \$381.25	
<b>Week 8</b>	<b>Artistic Adventure</b>			
8/12-8/16 (1)	M-F	8 am-6 pm	7-8 yrs	CH17208
Rm A		ID/AP: \$305	OD: \$381.25	
<b>Week 9</b>	<b>Down the River</b>			
No camp 8/23.				
8/19-8/22 (1)	M-Th	8 am-6 pm	7-8 yrs	CH17209
Rm A		ID/AP: \$244	OD: \$305	



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 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 games never played before. Offsite field trips may be included.

<b>Week 1</b> 6/24-6/28 (1) Rm B	<b>Beach Bash</b> M-F 8 am-6 pm ID/AP: \$305	9-10 yrs CH17301 OD: \$381.25
<b>Week 2</b> No camp 7/4, 7/5 7/1-7/5 (1) Rm B	<b>Pirate Adventure</b> M/T/W 8 am-6 pm ID/AP: \$183	9-10 yrs CH17302 OD: \$228.75
<b>Week 3</b> 7/8-7/12 (1) Rm B	<b>Under the Sea</b> M-F 8 am-6 pm ID/AP: \$305	9-10 yrs CH17303 OD: \$381.25
<b>Week 4</b> 7/15-7/19 (1) Rm B	<b>Sailing School</b> M-F 8 am-6 pm ID/AP: \$305	9-10 yrs CH17304 OD: \$381.25
<b>Week 5</b> 7/22-7/26 (1) Rm B	<b>Island Adventure</b> M-F 8 am-6 pm ID/AP: \$305	9-10 yrs CH17305 OD: \$381.25
<b>Week 6</b> 7/29-8/2 (1) Rm B	<b>Summer Olympics</b> M-F 8 am-6 pm ID/AP: \$305	9-10 yrs CH17306 OD: \$381.25
<b>Week 7</b> 8/5-8/9 (1) Rm B	<b>Wilderness Exploration</b> M-F 8 am-6 pm ID/AP: \$305	9-10 yrs CH17307 OD: \$381.25
<b>Week 8</b> 8/12-8/16 (1) Rm B	<b>Artistic Adventure</b> M-F 8 am-6 pm ID/AP: \$305	9-10 yrs CH17308 OD: \$381.25
<b>Week 9</b> No camp 8/23 8/19-8/22 (1) Rm B	<b>Down the River</b> M-Th 8 am-6 pm ID/AP: \$244	9-10 yrs CH17309 OD: \$305

## Camp Summer Journey

Camp Summer Journey will give you the chance to be a part of some amazing and unforgettable adventures. Offsite field trips may be included.

<b>Week 1</b> 6/24-6/28 (1) Rm C2	<b>Beach Bash</b> M-F 8 am-6 pm ID/AP: \$305	11-14 yrs CH17401 OD: \$381.25
<b>Week 2</b> No camp 7/4, 7/5 7/1-7/5 (1) Rm C2	<b>Pirate Adventure</b> M/T/W 8 am-6 pm ID/AP: \$183	11-14 yrs CH17402 OD: \$228.75
<b>Week 3</b> 7/8-7/12 (1) Rm C2	<b>Under the Sea</b> M-F 8 am-6 pm ID/AP: \$305	11-14 yrs CH17403 OD: \$381.25
<b>Week 4</b> 7/15-7/19 (1) Rm C2	<b>Sailing School</b> M-F 8 am-6 pm ID/AP: \$305	11-14 yrs CH17404 OD: \$381.25
<b>Week 5</b> 7/22-7/26 (1) Rm C2	<b>Island Adventure</b> M-F 8 am-6 pm ID/AP: \$305	11-14 yrs CH17405 OD: \$381.25
<b>Week 6</b> 7/29-8/2 (1) Rm C2	<b>Summer Olympics</b> M-F 8 am-6 pm ID/AP: \$305	11-14 yrs CH17406 OD: \$381.25

<b>Week 7</b> 8/5-8/9 (1) Rm C2	<b>Wilderness Exploration</b> M-F 8 am-6 pm ID/AP: \$305	11-14 yrs CH17407 OD: \$381.25
<b>Week 8</b> 8/12-8/16 (1) Rm C2	<b>Artistic Adventure</b> M-F 8 am-6 pm ID/AP: \$305	11-14 yrs CH17408 OD: \$381.25
<b>Week 9</b> No camp 8/23 8/19-8/22 (1) Rm C2	<b>Down the River</b> M-Th 8 am-6 pm ID/AP: \$244	11-14 yrs CH17409 OD: \$305

## Specialty Camps

### New! Role Playing Games Camp

Leave the screens at home and make like-minded friends playing tween-friendly sessions of popular tabletop games - fantasy role-playing games, board games, collaboration, and teamwork games, you name it! Examples include Dungeons and Dragons spin-offs, Catan, Werewolf, and more. Bring your imagination and creativity! No camp 7/4. Onsite-only.

7/1-7/3 (1) Rm D	M/T/W 9 am-4 pm ID/AP: \$178	10-13 yrs CH17501 OD: \$222.50
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### New! Super Sleuths Camp

Hey, you're acting "kinda sus" ... Come help us find the imposter in our new and improved Super Sleuths camp, where we will spend time deciphering clues, solving puzzles, and even using our deductive skills in a real-life version of the hit game Among Us! Field trips to DEFY Beaverton and Portland Escape Rooms are included, subject to substitution.

7/8-7/11 (1) Rm D	M-Th 9 am-4 pm ID/AP: \$406	9-12 yrs CH17502 OD: \$507.50
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### PDX Explorers Camp

Make friends and have fun while exploring Portland! Campers will go on a variety of urban adventures (subject to substitution), like discovering the Portland Art Museum, Washington Park, Powell's Bookstore, and the 4T trail! Activities will mostly take place outdoors, and each day we will set off on a different adventure. Bring a sack lunch, 2 snacks, a water bottle, and wear clothing and shoes appropriate for the weather daily. Campers will leave the center each day by 9:30 am for their adventures.

7/15-7/18 (1) Rm D	M-Th 9 am-4 pm ID/AP: \$367	10-13 yrs CH17503 OD: \$458.75
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### Camp Hogwarts

Accio witches and wizards! From Potions class to Quidditch practice, campers will have fun competing in the House Cup, making Harry Potter inspired crafts, as well as going on fun adventures! Field trip to the Enchanted Forest included, subject to substitution.

7/22-7/25 (1) Rm D	M-Th 9 am-4 pm ID/AP: \$377	9-12 yrs CH17504 OD: \$471.25
7/29-8/1 (1) Rm D	M-Th 9 am-4 pm ID/AP: \$377	9-12 yrs CH17506 OD: \$471.25

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 Olympus - A Percy Jackson Fan Camp!

Young demigods and demigoddesses! Welcome to Camp Olympus, an adventurous camp based on Rick Riordan's hit Percy Jackson series. You will be sorted into cabin groups, learn all about greek mythology, play exciting camp games, create book-inspired crafts, train in agility and speed, and more! Field trip to Tree to Tree included, subject to substitution.

8/5-8/8 (1)	M-Th	9 am-4 pm	10-13 yrs	CH17507
Rm D		ID/AP: \$388	OD: \$485	

## Intro to Theater Camp

Dive into theater camp! We will explore what goes into making a stage production, acting, directing, and designing, all while designing creative projects and playing fun theater games. No previous experience is required!

6/24-6/28 (1)	M-F	1-3 pm	8-13 yrs	CH15241
Rm 3		ID/AP: \$141	OD: \$176.25	
7/8-7/12 (1)	M-F	1-3 pm	8-13 yrs	CH15243
Rm 3		ID/AP: \$141	OD: \$176.25	
7/29-8/2 (1)	M-F	1-3 pm	8-13 yrs	CH15246
Rm 3		ID/AP: \$141	OD: \$176.25	
8/5-8/9 (1)	M-F	1-3 pm	8-13 yrs	CH15247
Rm 3		ID/AP: \$141	OD: \$176.25	

## NEW! One Extra Day, 5X the Fun!

The following summer camps just got better!  
Now running Monday through Friday,  
we're adding an extra day of excitement,  
exploration, and enrichment to:

**Archery camp • Art camp • Cheer camp  
Preschool camp • Recess Games camp  
Safety Town • Theater camps**



## Art Camps

Join us in art camp as we explore different art projects, read themed stories, and play each day! Bring snacks & a water bottle daily.

### Nature's Canvas Art Camp

6/24-6/28 (1)	M-F	9 am-12 pm	6-8 yrs	CH14211
Rm 2		ID/AP: \$204	OD: \$255	
6/24-6/28 (1)	M-F	1-4 pm	4-5 yrs	CH14101
Rm 2		ID/AP: \$204	OD: \$255	

### Candy Land Art Camp

No camp 7/4, 7/5				
7/1-7/3 (1)	M/T/W	9 am-12 pm	6-8 yrs	CH14212
Rm 2		ID/AP: \$123	OD: \$153.75	
7/1-7/3 (1)	M/T/W	1-4 pm	4-5 yrs	CH14102
Rm 2		ID/AP: \$123	OD: \$153.75	

### Safari Adventure Art Camp

7/8-7/12 (1)	M-F	9 am-12 pm	6-8 yrs	CH14213
Rm 2		ID/AP: \$204	OD: \$255	
7/8-7/12 (1)	M-F	1-4 pm	4-5 yrs	CH14103
Rm 2		ID/AP: \$204	OD: \$255	

### Space Odyssey Art Camp

7/15-7/19 (1)	M-F	9 am-12 pm	6-8 yrs	CH14214
Rm 2		ID/AP: \$204	OD: \$255	
7/15-7/19 (1)	M-F	1-4 pm	4-5 yrs	CH14104
Rm 2		ID/AP: \$204	OD: \$255	

### Fairy Tale Art Camp

7/22-7/26 (1)	M-F	9 am-12 pm	6-8 yrs	CH14215
Rm 2		ID/AP: \$204	OD: \$255	
7/22-7/26 (1)	M-F	1-4 pm	4-5 yrs	CH14105
Rm 2		ID/AP: \$204	OD: \$255	

### Comic Quest Art Camp

7/29-8/2 (1)	M-F	9 am-12 pm	6-8 yrs	CH14216
Rm 2		ID/AP: \$204	OD: \$255	
7/29-8/2 (1)	M-F	1-4 pm	4-5 yrs	CH14106
Rm 2		ID/AP: \$204	OD: \$255	

### Barnyard Fun Art Camp

8/5-8/9 (1)	M-F	9 am-12 pm	6-8 yrs	CH14217
Rm 2		ID/AP: \$204	OD: \$255	
8/5-8/9 (1)	M-F	1-4 pm	4-5 yrs	CH14107
Rm 2		ID/AP: \$204	OD: \$255	

### Jurassic Art Camp

8/12-8/16 (1)	M-F	9 am-12 pm	6-8 yrs	CH14218
Rm 2		ID/AP: \$204	OD: \$255	
8/12-8/16 (1)	M-F	1-4 pm	4-5 yrs	CH14108
Rm 2		ID/AP: \$204	OD: \$255	

### Under the Sea Art Camp

8/19-8/23 (1)	M-F	9 am-12 pm	6-8 yrs	CH14219
Rm 2		ID/AP: \$204	OD: \$255	
8/19-8/23 (1)	M-F	1-4 pm	4-5 yrs	CH14109
Rm 2		ID/AP: \$204	OD: \$255	

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# Summer Camps

Cedar Hills Recreation Center

503-629-6340

## Young Artists' Playground

Join us for an exciting week exploring a variety of art forms! A team of rotating instructors will introduce different media and approaches throughout the week to build artistic concepts and skills. Featured 2-D and 3-D projects: collage, sculpting, drawing, wall hangings, painting and more.

7/15-7/19 (1)	M-F	1-3 pm	7-11 yrs	CH14244
Rm 3		ID/AP: \$141	OD: \$176.25	
7/22-7/26 (1)	M-F	1-3 pm	7-11 yrs	CH14245
Rm 3		ID/AP: \$141	OD: \$176.25	

## Safety Town

### Safety Town

This is a comprehensive educational program that introduces safety awareness and preventive procedures to preschool children. It is designed for daily attendance for 2 weeks. Children will learn from staff, teenage volunteers, and uniformed professionals. 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, with adjusted graduation ceremony hours on the last day. Due to popularity, only one session per child.

7/15-7/26 (2)	M-F	9-11:15 am	4-6 yrs	CH18154
Rm 12		ID/AP: \$295	OD: \$368.75	
7/15-7/26 (2)	M-F	12:30-2:45 pm	4-6 yrs	CH18164
Rm 12		ID/AP: \$295	OD: \$368.75	
7/29-8/9 (2)	M-F	9-11:15 am	4-6 yrs	CH18156
Rm 12		ID/AP: \$295	OD: \$368.75	
8/12-8/23 (2)	M-F	9-11:15 am	4-6 yrs	CH18158
Rm 12		ID/AP: \$295	OD: \$368.75	
8/12-8/23 (2)	M-F	12:30-2:45 pm	4-6 yrs	CH18168
Rm 12		ID/AP: \$295	OD: \$368.75	

### Safety Town - Bilingual Spanish

This is a comprehensive educational program that introduces safety awareness and preventive procedures to preschool children. It is designed for daily attendance for 2 weeks. Children will learn from staff, teenage volunteers, and uniformed professionals. 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 is received after successful completion of two week session, with adjusted graduation ceremony hours on the last day. Due to popularity, only one session per child. Program is bilingual - English/Spanish.

7/29-8/9 (2)	M-F	12:30-2:45 pm	4-6 yrs	CH18166
Rm 12		ID/AP: \$295	OD: \$368.75	

## Preschool Camp

Join the fun in camp. We will have themed activities, arts, crafts and play time. Bring a water bottle and snack.

Week 1	Beach Bash			
6/24-6/28 (1)	M-F	8:30-11:30 am	3-5 yrs	CH18131
Rm 10		ID/AP: \$210	OD: \$262.50	
Week 2	Pirate Adventure			
No camp 7/4, 7/5				
7/1-7/3 (1)	M/T/W	8:30-11:30 am	3-5 yrs	CH18132
Rm 10		ID/AP: \$126	OD: \$157.50	
Week 3	Under the Sea			
7/8-7/12 (1)	M-F	8:30-11:30 am	3-5 yrs	CH18133
Rm 10		ID/AP: \$210	OD: \$262.50	
Week 4	Sailing School			
7/15-7/19 (1)	M-F	8:30-11:30 am	3-5 yrs	CH18134
Rm 10		ID/AP: \$210	OD: \$262.50	
Week 5	Island Adventure			
7/22-7/26 (1)	M-F	8:30-11:30 am	3-5 yrs	CH18135
Rm 10		ID/AP: \$210	OD: \$262.50	
Week 6	Summer Olympics			
7/29-8/2 (1)	M-F	8:30-11:30 am	3-5 yrs	CH18136
Rm 10		ID/AP: \$210	OD: \$262.50	
Week 7	Wilderness Exploration			
8/5-8/9 (1)	M-F	8:30-11:30 am	3-5 yrs	CH18137
Rm 10		ID/AP: \$210	OD: \$262.50	
Week 8	Artistic Adventure			
8/12-8/16 (1)	M-F	8:30-11:30 am	3-5 yrs	CH18138
Rm 10		ID/AP: \$210	OD: \$262.50	
Week 9	Down the River			
No Camp 8/23				
8/19-8/22 (1)	M-Th	8:30-11:30 am	3-5 yrs	CH18139
Rm 10		ID/AP: \$170	OD: \$212.50	

## Cooking Camp

### Cooking Camp, Preschool

Have a great time learning to prepare a variety of recipes geared towards preschoolers, by measuring, handling, and assembling yummy food! Kids practice cooperation, listening, and hand-eye coordination, as well as early math skills. We cannot guarantee an allergy-free environment or menu. No camp 7/4.

7/1-7/3 (1)	M/T/W	10 am-12 pm	4-6 yrs	CH15100
Kitchen		ID/AP: \$115	OD: \$143.75	
7/1-7/3 (1)	M/T/W	1-3 pm	4-6 yrs	CH15101
Kitchen		ID/AP: \$115	OD: \$143.75	
7/8-7/11 (1)	M-Th	10 am-12 pm	4-6 yrs	CH15102
Kitchen		ID/AP: \$149	OD: \$186.25	
7/8-7/11 (1)	M-Th	1-3 pm	4-6 yrs	CH15103
Kitchen		ID/AP: \$149	OD: \$186.25	

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

## Cooking Camp, Youth

Learn to prepare a variety of easy and delicious recipes while having fun and making friends! Kids learn about measuring, nutrition, kitchen safety, and much more. We cannot guarantee an allergy-free environment or menu.

7/15-7/18 (1) M-Th	9-11:30 am	7-10 yrs	CH15201
Kitchen	ID/AP: \$178	OD: \$222.50	
7/15-7/18 (1) M-Th	1-3:30 pm	7-10 yrs	CH15202
Kitchen	ID/AP: \$178	OD: \$222.50	
7/22-7/25 (1) M-Th	9-11:30 am	7-10 yrs	CH15203
Kitchen	ID/AP: \$178	OD: \$222.50	
7/22-7/25 (1) M-Th	1-3:30 pm	7-10 yrs	CH15204
Kitchen	ID/AP: \$178	OD: \$222.50	
7/29-8/1 (1) M-Th	9-11:30 am	7-10 yrs	CH15205
Kitchen	ID/AP: \$178	OD: \$222.50	
7/29-8/1 (1) M-Th	1-3:30 pm	7-10 yrs	CH15206
Kitchen	ID/AP: \$178	OD: \$222.50	
8/5-8/8 (1) M-Th	9-11:30 am	7-10 yrs	CH15207
Kitchen	ID/AP: \$178	OD: \$222.50	
8/5-8/8 (1) M-Th	1-3:30 pm	7-10 yrs	CH15208
Kitchen	ID/AP: \$178	OD: \$222.50	

## Cooking, Ultimate Eats Camp

Come mix up refreshing drinks, cook savory summertime recipes and more! Each camper will learn ingredient shopping, culinary skills, and meal preparation. We cannot guarantee an allergy-free environment or menu.

6/24-6/27 (1) M-Th	9 am-3 pm	10-13 yrs	CH15301
Kitchen	ID/AP: \$341	OD: \$426.25	
8/12-8/15 (1) M-Th	9 am-3 pm	10-13 yrs	CH15308
Kitchen	ID/AP: \$341	OD: \$426.25	
8/19-8/22 (1) M-Th	9 am-3 pm	10-13 yrs	CH15309
Kitchen	ID/AP: \$341	OD: \$426.25	

## Dance Camp - Youth

### Dance and Tumble Safari Camp

Get ready to move, twirl and tumble. Prepare for a week of boundless energy and creative exploration! In our engaging dance and tumble camp, children will be transported into a realm of rhythm, melodies, and hands-on crafts, all inspired by the captivating world of safari animals and vast landscapes. Bring a snack and water bottle each day of camp.

6/24-6/27 (1) M-Th	9-11:30 am	4-6 yrs	CH11100
Rm 5	ID/AP: \$134	OD: \$167.50	

### Creative Dance Enchanted Forest Camp

Step into the enchanting world of our preschool creative dance camp where the magic of movement meets the wonders of an enchanted forest! Your little dancers will embark on a journey of self-expression through dance and imaginative play. In addition, participants will have the opportunity to bring the forest to life through delightful crafts. Bring a snack and water bottle each day of camp.

No camp 7/4.

7/1-7/3 (1) M/T/W	9-11:30 am	4-6 yrs	CH11101
Rm 5	ID/AP: \$109	OD: \$136.25	

## Grooveville Hip Hop Camp

Embark on a creative journey at "Grooveville: Hip Hop Explorers," our vibrant dance camp designed exclusively for your little hip hopper! In this urban adventure, young dancers will not only learn funky moves and embrace the beat of hip hop but also indulge their artistic side with hip hop-inspired crafts. Grooveville promises a week of rhythm, self-expression, and imaginative crafting, ensuring your little ones leave with not just dance skills but also a collection of hip hop-inspired crafts and unforgettable memories! Bring a snack and water bottle each day of camp.

7/8-7/11 (1) M-Th	9-11:30 am	4-6 yrs	CH11102
Rm 5	ID/AP: \$134	OD: \$167.50	

## Celestial Pre-Ballet Camp

Step into the enchanting world of "Celestial PreBallet," a week-long ballet journey crafted for tiny dancers! Join us in this stellar adventure that includes magical dance sessions and hands-on crafts that let your tiny dancers create their own piece of the cosmic ballet. Bring a snack and water bottle each day of camp.

7/15-7/18 (1) M-Th	9-11:30 am	4-6 yrs	CH11103
Rm 5	ID/AP: \$134	OD: \$167.50	

## Pre-Ballet Snowflake Camp

Over the course of this enchanting pre-ballet camp, little ones will twirl and leap through a magical winter realm, discovering the grace and joy of ballet movements. Dancers will also create winter-themed crafts, in a week of snowy enchantment that combines the beauty of dance with the joy of artistic expression. Bring a snack and water bottle each day of camp.

7/22-7/25 (1) M-Th	9-11:30 am	4-6 yrs	CH11104
Rm 5	ID/AP: \$134	OD: \$167.50	

## Hip Hop Jams Camp

This hip-hop dance extravaganza for will immerse your camper in the beats of tomorrow as they groove to futuristic tunes, master hip-hop moves, and unlock their creativity through engaging craft sessions. Our camp blends high-energy dance with hands-on crafts, ensuring an unforgettable experience that sparks imagination and rhythm in every young dancer. Bring a snack and water bottle each day of camp.

7/29-8/1 (1) M-Th	9-11:30 am	4-6 yrs	CH11105
Rm 5	ID/AP: \$134	OD: \$167.50	

## Pirate Dress up and Dance Camp

Join us on a swashbuckling dance adventure where imaginations take center stage! This camp will teach dance basics, rhythm, and balance as you channel your inner pirate, superhero, princess, mermaid or any character your heart desires. In addition, camp will include crafting sessions that bring out the creative pirate in you. Come dressed in your favorite attire, and let the dance floor be your ship for an unforgettable week! Bring a snack and water bottle each day of camp.

8/5-8/8 (1) M-Th	9-11:30 am	4-6 yrs	CH11106
Rm 5	ID/AP: \$134	OD: \$167.50	

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# Summer Camps

Cedar Hills Recreation Center

503-629-6340

## Superhero Dress up and Dance Camp

Join us on a heroic dance quest where imaginations soar to new heights! Campers will learn dance basics including flexibility, rhythm and balance while channeling their favorite superheroes or any character they dream to be. In addition, gear up for crafting sessions that unleash the creative hero within. It's time to dance and craft your way into a week of thrilling excitement! Bring a snack and water bottle each day of camp.

8/12-8/15 (1) M-Th 9-11:30 am 4-6 yrs CH11107  
Rm 5 ID/AP: \$134 OD: \$167.50

## Tropical Pre-Ballet Camp

This delightful pre-ballet camp takes your little dancer on a tropical adventure. Our camp introduces basic ballet skills through fun and engaging activities. From swaying like palm trees to lively crafts inspired by the tropics, this camp promises a week of joy, movement, and creative exploration, making it the perfect introduction to the beautiful art of ballet for your young dancer. Bring a snack and water bottle each day of camp.

8/19-8/22 (1) M-Th 9-11:30 am 4-6 yrs CH11108  
Rm 5 ID/AP: \$134 OD: \$167.50

## Galactic Dance and Tumble Camp

This galactic-themed experience combines the joy of dance and the excitement of tumbling, providing a stellar opportunity for young participants. Join us for a cosmic journey filled with rhythmic movements, tumbling, engaging crafts and interstellar fun. Bring a snack and water bottle each day of camp.

6/24-6/27 (1) M-Th 1-4 pm 7-11 yrs CH11200  
Rm 5 ID/AP: \$145 OD: \$181.25

## Woodland Creative Dance Camp

Embark on a magical journey into our "Whimsical Woodlands" dance camp! This creative adventure blends the joy of dance with the enchantment of the forest, offering a week brimming with imaginative movements and exciting craft exploration. Bring a snack and water bottle each day of camp. No camp 7/4.

7/1-7/3 (1) M/T/W 1-4 pm 7-11 yrs CH11201  
Rm 5 ID/AP: \$117 OD: \$146.25

## Hip Hop Exploration Camp

Join us on an exciting Hip Hop Exploration! Campers are set to discover the fundamentals of hip hop and jazz, moving and grooving to the latest, age-appropriate beats. This immersive camp offers an introduction to hip hop steps and rhythm, complemented by the interactive elements of music, captivating stories, and engaging crafts, ensuring a well-rounded and entertaining experience for your dancer! Bring a snack and water bottle each day of camp.

7/18-7/11 (1) M-Th 1-4 pm 7-11 yrs CH11202  
Rm 5 ID/AP: \$145 OD: \$181.25

## Cosmic Ballet Camp

A ballet adventure camp for young dancers that combines the grace of ballet with the wonders of the universe. Participants will engage in cosmic-inspired ballet routines. In addition, each day will feature crafts that allow participants to bring their cosmic inspirations to life, making this ballet camp a well-rounded exploration of both movement and artistic creation. Bring a snack and water bottle each day of camp.

7/15-7/18 (1) M-Th 1-4 pm 7-11 yrs CH11203  
Rm 5 ID/AP: \$145 OD: \$181.25

## Snowflake Ballet Camp

In this winter wonderland ballet adventure your little ones will discover the joy of dance as they twirl through enchanting routines, learn the grace of ballet, and express their creativity with whimsical craft sessions. Each day promises a flurry of fun dances and festive crafts in a delightful, snowflake-themed setting. Bring a snack and water bottle each day of camp.

7/22-7/25 (1) M-Th 1-4 pm 7-11 yrs CH11204  
Rm 5 ID/AP: \$145 OD: \$181.25

## Robotic Hip Hop Camp

Dive into the dynamic world of hip-hop beats and futuristic dance moves. This camp not only teaches the coolest dances, but also invites kids to unleash their artistic flair through exciting craft activities. Join us for an interactive experience that fuses hip-hop dance, technology, and creative expression, making Robotic Rhythms the perfect camp for budding dancers with a passion for the future! Bring a snack and water bottle each day of camp.

7/29-8/1 (1) M-Th 1-4 pm 7-11 yrs CH11205  
Rm 5 ID/AP: \$145 OD: \$181.25

## Choreography Exploration Camp

Enjoy a dance-filled exploration camp sure to unleash the choreographer within your young dancer. Campers will delve into the art of creating their own dance routines. From learning dance fundamentals to experimenting with imaginative choreography, our camp fosters creativity and skill development. In addition to the rhythmic adventure, dancers will enjoy hands-on craft sessions! Bring a snack and water bottle each day of camp.

8/5-8/8 (1) M-Th 1-4 pm 7-11 yrs CH11206  
Rm 5 ID/AP: \$145 OD: \$181.25

## Worldbeat Dance Camp

Embark on a global dance odyssey where young dancers will explore diverse cultures through rhythmic movement and dance basics from around the world. Camp also offers engaging craft sessions, allowing participants to create art inspired by various cultures. Bring a snack and water bottle each day of camp.

8/12-8/15 (1) M-Th 1-4 pm 7-11 yrs CH11207  
Rm 5 ID/AP: \$145 OD: \$181.25

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# Summer Camps

Cedar Hills Recreation Center

503-629-6340

## Gymnastics Camp

### Gymnastics Camp

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. The camp is designed for pre-gymnastics and gymnastics level 1.

<b>Week 1</b>	<b>Beach Bash</b>			
6/24-6/27 (1)	M-Th	8:30-11:30 am	5-7 yrs	CH13271
Rm 9		ID/AP: \$268	OD: \$335	
6/24-6/27 (1)	M-Th	12:30-3:30 pm	8-13 yrs	CH13281
Rm 9		ID/AP: \$268	OD: \$335	
<b>Week 2</b>	<b>Pirate Adventure</b>			
No camp 7/4.				
7/1-7/3 (1)	M/T/W	8:30-11:30 am	5-7 yrs	CH13272
Rm 9		ID/AP: \$205	OD: \$256.25	
7/1-7/3 (1)	M/T/W	12:30-3:30 pm	8-13 yrs	CH13282
Rm 9		ID/AP: \$205	OD: \$256.25	
<b>Week 3</b>	<b>Under the Sea</b>			
7/8-7/11 (1)	M-Th	8:30-11:30 am	5-7 yrs	CH13273
Rm 9		ID/AP: \$268	OD: \$335	
7/8-7/11 (1)	M-Th	12:30-3:30 pm	8-13 yrs	CH13283
Rm 9		ID/AP: \$268	OD: \$335	
<b>Week 4</b>	<b>Sailing School</b>			
7/15-7/18 (1)	M-Th	8:30-11:30 am	5-7 yrs	CH13274
Rm 9		ID/AP: \$268	OD: \$335	
7/15-7/18 (1)	M-Th	12:30-3:30 pm	8-13 yrs	CH13284
Rm 9		ID/AP: \$268	OD: \$335	
<b>Week 5</b>	<b>Island Adventure</b>			
7/22-7/25 (1)	M-Th	8:30-11:30 am	5-7 yrs	CH13275
Rm 9		ID/AP: \$268	OD: \$335	
7/22-7/25 (1)	M-Th	12:30-3:30 pm	8-13 yrs	CH13285
Rm 9		ID/AP: \$268	OD: \$335	
<b>Week 6</b>	<b>Summer Olympics</b>			
7/29-8/1 (1)	M-Th	8:30-11:30 am	5-7 yrs	CH13276
Rm 9		ID/AP: \$268	OD: \$335	
7/29-8/1 (1)	M-Th	12:30-3:30 pm	8-13 yrs	CH13286
Rm 9		ID/AP: \$268	OD: \$335	
<b>Week 7</b>	<b>Wilderness Adventure</b>			
8/5-8/8 (1)	M-Th	8:30-11:30 am	5-7 yrs	CH13277
Rm 9		ID/AP: \$268	OD: \$335	
8/5-8/8 (1)	M-Th	12:30-3:30 pm	8-13 yrs	CH13287
Rm 9		ID/AP: \$268	OD: \$335	
<b>Week 8</b>	<b>Artistic Adventure</b>			
8/12-8/15 (1)	M-Th	8:30-11:30 am	5-7 yrs	CH13278
Rm 9		ID/AP: \$268	OD: \$335	
8/12-8/15 (1)	M-Th	12:30-3:30 pm	8-13 yrs	CH13288
Rm 9		ID/AP: \$268	OD: \$335	
<b>Week 9</b>	<b>Down the River</b>			
8/19-8/22 (1)	M-Th	8:30-11:30 am	5-7 yrs	CH13279
Rm 9		ID/AP: \$268	OD: \$335	
8/19-8/22 (1)	M-Th	12:30-3:30 pm	8-13 yrs	CH13289
Rm 9		ID/AP: \$268	OD: \$335	

## Sports Camp - Youth

### New! All-Star Sports Camp

Come join us for an action-packed adventure where young athletes explore various sports, develop skills, & learn teamwork. Experience the thrill of friendly competition and make lasting friendships in this dynamic and engaging Pee Wee Camp! Bring a water bottle, snack, sunscreen and wear closed-toed shoes. Camp is located offsite at Roxbury Park.

6/24-6/28 (1)	M-F	8:30-11:30 am	4-6 yrs	CH12130
Roxbury Park		ID/AP: \$189	OD: \$236.25	
7/8-7/12 (1)	M-F	8:30-11:30 am	4-6 yrs	CH12131
Roxbury Park		ID/AP: \$189	OD: \$236.25	
8/19-8/23 (1)	M-F	8:30-11:30 am	5-7 yrs	CH12132
Roxbury Park		ID/AP: \$189	OD: \$236.25	

### New! Tiny Stars Cheer Camp

Explore, learn and have a blast! Join us for a fun delightful introduction to cheerleading! This camp will be a mix of cheerleading basics, fun games and playful activities emphasizing teamwork and social skills. Bring a water bottle, and wear closed-toed shoes. Camp is located at Cedar Hills Recreation Center.

7/8-7/11 (1)	M-Th	9-11 am	4-6 yrs	CH12143
Gym		ID/AP: \$119	OD: \$148.75	

### New! Mini Golfers Adventure Camp

Every day brings a new adventure with our Mini Golf Adventure Camp! Kids will have a blast learning the basics of golf through fun drills and games indoors with a new and exciting course every day. Come join us for a week of fun! Equipment provided. Bring a water bottle, and wear closed-toed shoes. Camp is located at Cedar Hills Recreation Center.

7/15-7/18 (1)	M-Th	9-11 am	4-6 yrs	CH12144
Gym		ID/AP: \$123	OD: \$153.75	

### Pee Wee Hoops

Join us for an action-packed week of Pee Wee Basketball, an ideal introduction to the world of sports for young athletes. Our camp will teach skills such as catching, dribbling, passing, footwork and shooting through fun games and drills. Bring a water bottle and wear closed-toe gym suitable shoes. Camp is located at Cedar Hills Recreation Center.

6/24-6/27 (1)	M-Th	8:30-10:30 am	4-6 yrs	CH12100
Gym		ID/AP: \$119	OD: \$148.75	
8/19-8/22 (1)	M-Th	8:30-10:30 am	4-6 yrs	CH12102
Gym		ID/AP: \$119	OD: \$148.75	

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

## Pee Wee Soccer Camp

This fun camp offers exciting soccer drills and a variety of games to keep your kiddos active, playing, and having fun while making friends! Shin guards are encouraged. Bring a water bottle, sunscreen and wear closed-toed shoes. Camp is located offsite at Roxbury Park. No camp 7/4.

6/24-6/28 (1) M-F	12:30-2:30 pm	4-6 yrs	CH12110
Roxbury Park	ID/AP: \$139	OD: \$173.75	
7/1-7/3 (1) M/T/W	9:15-11:15 am	4-6 yrs	CH12111
Roxbury Park	ID/AP: \$93	OD: \$116.25	
7/8-7/12 (1) M-F	12:30-2:30 pm	4-6 yrs	CH12112
Roxbury Park	ID/AP: \$139	OD: \$173.75	
7/15-7/19 (1) M-F	9:15-11:15 am	4-6 yrs	CH12113
Roxbury Park	ID/AP: \$139	OD: \$173.75	
7/29-8/2 (1) M-F	9:15-11:15 am	4-6 yrs	CH12114
Roxbury Park	ID/AP: \$139	OD: \$173.75	
8/5-8/9 (1) M-F	9:15-11:15 am	4-6 yrs	CH12115
Roxbury Park	ID/AP: \$139	OD: \$173.75	
8/19-8/23 (1) M-F	12:30-2:30 pm	4-6 yrs	CH12116
Roxbury Park	ID/AP: \$139	OD: \$173.75	

## T-ball Skills Camp

Step into the diamond and join us for our T-Ball camp! Engage in games and activities designed to introduce the fundamental skills of throwing, catching, and hitting off a tee. Bring a water bottle, sunscreen and wear closed-toed shoes. Camp is located at Cedar Hills Recreation Center. No camp 7/4.

7/1-7/3 (1) M/T/W	9:15-11:15 am	4-6 yrs	CH12140
Playfield A	ID/AP: \$93	OD: \$116.25	
7/15-7/18 (1) M-Th	9:15-11:15 am	5-7 yrs	CH12141
Playfield A	ID/AP: \$119	OD: \$148.75	
8/5-8/9 (1) M-Th	9:15-11:15 am	5-7 yrs	CH12142
Playfield A	ID/AP: \$119	OD: \$148.75	

## New! Tiny Touchdowns

Tiny Touchdowns is a flag football camp where fun meets teamwork and sportsmanship! Held outdoors, this camp will introduce the fundamentals of football with warm-ups, games, catching, and football drills for an amazing time on the field. Bring a water bottle, sunscreen and wear closed-toed shoes. Camp is located offsite at Roxbury Park.

7/22-7/26 (1) M-F	9:15-11:15 am	4-6 yrs	CH12103
Roxbury Park	ID/AP: \$139	OD: \$173.75	
8/12-8/16 (1) M-F	9:15-11:15 am	4-6 yrs	CH12104
Roxbury Park	ID/AP: \$139	OD: \$173.75	

## Water Fun Camp

Get ready for a splash-tastic adventure! Run into the fun with slip and slide races, epic water balloon battles, field games amidst sprinklers, and more! Bring your water bottle, towel, sun screen, shoes/sandals that can get wet, and a change of clothes. Camp is located at Cedar Hills Recreation Center.

7/29-8/1 (1) M-Th	10 am-12 pm	4-6 yrs	CH12105
Playfield B	ID/AP: \$132	OD: \$165	
8/12-8/15 (1) M-Th	10 am-12 pm	4-6 yrs	CH12106
Playfield B	ID/AP: \$132	OD: \$165	
8/19-8/22 (1) M-Th	10 am-12 pm	4-6 yrs	CH12107
Playfield B	ID/AP: \$132	OD: \$165	

## Recess Games Camp

Come join us and make friends! This camp combines tried and true recess games with cooperative games to help develop social and teamwork skills. We will be outside during camp time. Bring a water bottle, sunscreen and wear closed-toed shoes. Camp is located offsite at Roxbury Park. No camp 7/4.

7/1-7/3 (1) M/T/W	12-2 pm	5-7 yrs	CH12133
Roxbury Park	ID/AP: \$93	OD: \$116.25	
7/15-7/19 (1) M-F	12-2 pm	5-7 yrs	CH12134
Roxbury Park	ID/AP: \$139	OD: \$173.75	

## Sports Explorer Camp

Campers will be introduced to multiple sports and games. Basic skills are introduced, and fun will be had! Bring a water bottle, snack and wear closed-toed shoes. Camp is located offsite at Roxbury Park.

7/29-8/2 (1) M-F	12-2 pm	5-7 yrs	CH12135
Roxbury Park	ID/AP: \$139	OD: \$173.75	
8/5-8/9 (1) M-F	12-2 pm	5-7 yrs	CH12136
Roxbury Park	ID/AP: \$139	OD: \$173.75	

## Sports Camp - Youth

### New! Lacrosse Camp Kids

Welcome to our Lacrosse Fusion Camp! An exciting blend of high-energy lacrosse games and a variety of other fun team-building activities. Work on cradling, passing, catching and shooting. See you on the field! Bring a water bottle, snack and wear closed-toed shoes. Camp is located at Cedar Hills Recreation Center. No camp 7/4.

7/1-7/3 (1) M/T/W	9 am-12 pm	6-8 yrs	CH12207
Playfield B	ID/AP: \$116	OD: \$145	

## PE Games

All your favorite PE games rolled into one fun camp! Come join us for dodge ball, hockey, parachutes, kickball, tag games and more! Bring a water bottle, sunscreen, and wear closed-toed shoes. Camp is located at Cedar Hills Recreation Center.

7/22-7/25 (1) M-Th	9:15-11:15 am	6-8 yrs	CH12237
Playfield B	ID/AP: \$119	OD: \$148.75	

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# Summer Camps

Cedar Hills Recreation Center

503-629-6340

## Soccer Skills Camp

Come develop your soccer skills! Technical development is taught in dribbling, passing, receiving, shooting, game situations, and a lot of fun! Shin protection recommended. Bring a water bottle, sunscreen and wear closed-toed shoes. Camp is located at Cedar Hills Recreation Center.

7/8-7/11 (1) M-Th	9:30-11:30 am	6-8 yrs	CH12227
Playfield B	ID/AP: \$119	OD: \$148.75	
7/15-7/18 (1) M-Th	9:30-11:30 am	6-8 yrs	CH12228
Playfield B	ID/AP: \$119	OD: \$148.75	
7/22-7/25 (1) M-Th	12-2 pm	6-8 yrs	CH12229
Playfield B	ID/AP: \$119	OD: \$148.75	
7/29-8/1 (1) M-Th	9:30-11:30 am	6-8 yrs	CH12230
Playfield A	ID/AP: \$119	OD: \$148.75	
8/5-8/8 (1) M-Th	9:30-11:30 am	6-8 yrs	CH12231
Playfield B	ID/AP: \$119	OD: \$148.75	
8/19-8/22 (1) M-Th	1:30-3:30 pm	6-8 yrs	CH12232
Playfield A	ID/AP: \$119	OD: \$148.75	

## 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 located at THPRD Archery Field located on Portland Community College Rock Creek Campus.

8/12-8/16 (1) M-F	9-9:45 am	7-9 yrs	CH12275
PCC Rock Creek	ID/AP: \$56	OD: \$70	
8/12-8/16 (1) M-F	10-11 am	10-11 yrs	CH12276
PCC Rock Creek	ID/AP: \$69	OD: \$86.25	
8/12-8/16 (1) M-F	11:30 am-12:30 pm	12-13 yrs	CH12277
PCC Rock Creek	ID/AP: \$69	OD: \$86.25	
8/19-8/23 (1) M-F	9-9:45 am	7-9 yrs	CH12278
PCC Rock Creek	ID/AP: \$56	OD: \$70	
8/19-8/23 (1) M-F	10-11 am	10-11 yrs	CH12279
PCC Rock Creek	ID/AP: \$69	OD: \$86.25	
8/19-8/23 (1) M-F	11:30 am-12:30 pm	10-11 yrs	CH12280
PCC Rock Creek	ID/AP: \$69	OD: \$86.25	

## New! Badminton Skills Camp

Join our badminton camp and learn the fundamentals of the game! Participants will receive instruction on grip techniques, net play, footwork, various shots, and the importance of teamwork. Whether you're a beginner or have some experience, this camp is designed to improve your skills while having fun on the court! Bring a water bottle, snack and wear closed-toed shoes. Camp is located at Cedar Hills Recreation Center.

7/22-7/25 (1) M-Th	9-11 am	7-10 yrs	CH12288
Gym	ID/AP: \$119	OD: \$148.75	

## Basketball Skills Camp

Athletes will develop basketball skills in this camp. We will focus on shooting, passing and footwork with fun drills and games to improve your game while making new friends. Bring a water bottle, and wear closed-toed shoes. Camp is located at Cedar Hills Recreation Center.

6/24-6/27 (1) M-Th	11 am-1 pm	6-8 yrs	CH12281
Gym	ID/AP: \$119	OD: \$148.75	
7/22-7/25 (1) M-Th	11:30 am-1:30 pm	7-10 yrs	CH12282
Gym	ID/AP: \$119	OD: \$148.75	

## Basketball Camp

Develop your basketball skills and make friends! Shooting, passing, ball handling, scrimmage drills and more. Emphasis on sportsmanship and fun! Bring a water bottle, snack and wear closed-toed shoes. Camp is located at Cedar Hills Recreation Center.

8/19-8/22 (1) M-Th	11:30 am-2:30 pm	7-10 yrs	CH12283
Gym	ID/AP: \$156	OD: \$195	
7/29-8/1 (1) M-Th	8:30-10:30 am	7-10 yrs	CH12284
Gym	ID/AP: \$156	OD: \$195	

## Cheer Camp

Join us for a week of fun at Cedar Hills Cheer Camp! Dive into the fundamentals of cheerleading, learning arm motions, jumps, tumbling, and cheers. Engage in entertaining games and playful activities that not only emphasize teamwork and social skills but also enhance your cheerleading knowledge. Bring a water bottle, snack and wear closed-toed shoes. Camp is located at Cedar Hills Recreation Center.

7/8-7/12 (1) M-F	11:45 am-2:45 pm	7-11 yrs	CH12290
Gym	ID/AP: \$197	OD: \$246.25	
7/15-7/19 (1) M-F	11:45 am-2:45 pm	7-11 yrs	CH12291
Gym	ID/AP: \$197	OD: \$246.25	

## Youth Flag Football Camp

Get ready for a Flag Football Camp that's all about fun and fundamentals! From high-fives to high catches, we've got it all. Look forward to fun warm-ups, catching tricks, route-running games, this camp is an introduction to the sport of football filled with laughter and learning. Grab your water bottle and join us for a week of football!

6/24-6/27 (1) M-Th	9:15-11:15 am	8-11 yrs	CH12200
Playfield A	ID/AP: \$119	OD: \$148.75	
7/22-7/26 (1) M-F	12-2 pm	6-8 yrs	CH12201
Roxbury Park	ID/AP: \$139	OD: \$173.75	
8/12-8/16 (1) M-F	12-2 pm	6-8 yrs	CH12202
Roxbury Park	ID/AP: \$139	OD: \$173.75	

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# Summer Camps

Cedar Hills Recreation Center

503-629-6340

## Golf Camp

Designed to introduce campers to the fundamentals of the sport of golf. Join us for fun drills and challenges, modified play, and golf etiquette. Clubs are age appropriate. Bring a water bottle, snack, sunscreen and wear closed-toed shoes. Camp is located at Cedar Hills Recreation Center.

7/8-7/11 (1)	M-Th	9:15-11:15 am	5-7 yrs	CH12296
Playfield A		ID/AP: \$123	OD: \$153.75	
7/8-7/11 (1)	M-Th	12-2 pm	7-9 yrs	CH12298
Playfield A		ID/AP: \$123	OD: \$153.75	
7/22-7/25 (1)	M-Th	9-11 am	7-9 yrs	CH12297
Playfield A		ID/AP: \$123	OD: \$153.75	
7/22-7/25 (1)	M-Th	12-2 pm	5-7 yrs	CH12299
Playfield A		ID/AP: \$123	OD: \$153.75	

## Lacrosse Camp

Welcome to our Lacrosse Camp, a high-energy camp filled with lacrosse drills and a variety of other fun team-building activities. We will work on cradling, passing, catching, and shooting. Please bring a water bottle, snack and wear closed-toed shoes. Camp is located at Cedar Hills Recreation Center. No camp 7/4.

7/1-7/3 (1)	M-T/W	1-4 pm	9-12 yrs	CH12208
Playfield B		ID/AP: \$116	OD: \$145	
8/5-8/8 (1)	M-Th	12:15-3:15 pm	9-12 yrs	CH12209
Playfield A		ID/AP: \$156	OD: \$195	

## Pickleball Kids

Children will enjoy an introduction to the exciting sport of Pickleball through fun drills and games. Come join the fun! Bring a water bottle, snack and wear closed-toed shoes. Camp is located at Cedar Hills Recreation Center. No camp 7/4.

7/1-7/3 (1)	M-T/W	9:30 am-12:30 pm	6-9 yrs	CH12285
Gym		ID/AP: \$93	OD: \$116.25	
7/29-8/1 (1)	M-Th	11 am-1 pm	6-8 yrs	CH12286
Gym		ID/AP: \$119	OD: \$148.75	
7/29-8/1 (1)	M-Th	1:30-3:30 pm	8-11 yrs	CH12287
Gym		ID/AP: \$119	OD: \$148.75	

## Soccer Camp

Develop your soccer skills and make new friends! Dribbling, passing, shooting, game situations and more. Don't miss this fun camp! Shin protection recommended. Please bring a water bottle, snack and wear closed-toed shoes. Camp is located at Cedar Hills Recreation Center.

6/24-6/27 (1)	M-Th	9 am-12 pm	9-12 yrs	CH12220
Playfield B		ID/AP: \$156	OD: \$195	
6/24-6/27 (1)	M-Th	1-4 pm	6-8 yrs	CH12221
Playfield B		ID/AP: \$156	OD: \$195	
7/8-7/11 (1)	M-Th	12:30-3:30 pm	6-8 yrs	CH12222
Playfield B		ID/AP: \$156	OD: \$195	
7/15-7/18 (1)	M-Th	12:30-3:30 pm	7-11 yrs	CH12223
Playfield B		ID/AP: \$156	OD: \$195	
7/29-8/1 (1)	M-Th	12:30-3:30 pm	7-11 yrs	CH12224
Playfield B		ID/AP: \$156	OD: \$195	
8/5-8/8 (1)	M-Th	12:30-3:30 pm	7-11 yrs	CH12225
Playfield B		ID/AP: \$156	OD: \$195	
8/12-8/15 (1)	M-Th	9 am-12 pm	7-9 yrs	CH12226
Playfield B		ID/AP: \$156	OD: \$195	

## Sports Sports Sports!

Join us for an energetic camp offering a variety of team activities each day. Experience a mix of engaging options, including dynamic games, obstacle courses, and team challenges. Don't forget to bring a water bottle, snack, sunscreen and wear closed-toed shoes. Camp is located at Cedar Hills Recreation Center. No camp 7/4.

7/1-7/3 (1)	M-T/W	12-2 pm	7-10 yrs	CH12203
Playfield A		ID/AP: \$93	OD: \$116.25	
7/15-7/18 (1)	M-Th	12-2 pm	7-10 yrs	CH12204
Playfield A		ID/AP: \$119	OD: \$148.75	

## Tennis Camp

Embark on a tennis adventure this summer at Roxbury Park! This camp is perfect for cultivating beginner tennis skills in a fun and engaging setting. Through fun-filled drills and various playful activities, campers will nurture a love for tennis, developing their agility and coordination. Bring a water bottle, snack, sunscreen, a hat, and wear closed-toed shoes. Camp is located offsite at Roxbury Park. No camp 7/4.

6/24-6/27 (1)	M-Th	8:30-11:30 am	5-7 yrs	CH12238
Roxbury Park		ID/AP: \$179	OD: \$223.75	
6/24-6/27 (1)	M-Th	12:30-3:30 pm	8-11 yrs	CH12239
Roxbury Park		ID/AP: \$179	OD: \$223.75	
7/1-7/3 (1)	M-T/W	8:30-11:30 am	5-7 yrs	CH12240
Roxbury Park		ID/AP: \$139	OD: \$173.75	
7/1-7/3 (1)	M-T/W	12:30-3:30 pm	8-11 yrs	CH12241
Roxbury Park		ID/AP: \$139	OD: \$173.75	
7/8-7/11 (1)	M-Th	8:30-11:30 am	5-7 yrs	CH12242
Roxbury Park		ID/AP: \$179	OD: \$223.75	
7/8-7/11 (1)	M-Th	12:30-3:30 pm	8-11 yrs	CH12243
Roxbury Park		ID/AP: \$179	OD: \$223.75	
7/15-7/18 (1)	M-Th	8:30-11:30 am	5-7 yrs	CH12244
Roxbury Park		ID/AP: \$179	OD: \$223.75	
7/15-7/18 (1)	M-Th	12:30-3:30 pm	8-11 yrs	CH12245
Roxbury Park		ID/AP: \$179	OD: \$223.75	
7/22-7/25 (1)	M-Th	8:30-11:30 am	5-7 yrs	CH12246
Roxbury Park		ID/AP: \$179	OD: \$223.75	
7/22-7/25 (1)	M-Th	12:30-3:30 pm	8-11 yrs	CH12247
Roxbury Park		ID/AP: \$179	OD: \$223.75	
7/29-8/1 (1)	M-Th	8:30-11:30 am	5-7 yrs	CH12248
Roxbury Park		ID/AP: \$179	OD: \$223.75	
7/29-8/1 (1)	M-Th	12:30-3:30 pm	8-11 yrs	CH12249
Roxbury Park		ID/AP: \$179	OD: \$223.75	
8/5-8/8 (1)	M-Th	8:30-11:30 am	5-7 yrs	CH12250
Roxbury Park		ID/AP: \$179	OD: \$223.75	
8/5-8/8 (1)	M-Th	12:30-3:30 pm	8-11 yrs	CH12251
Roxbury Park		ID/AP: \$179	OD: \$223.75	
8/11-8/14 (1)	M-Th	8:30-11:30 am	5-7 yrs	CH12252
Roxbury Park		ID/AP: \$179	OD: \$223.75	
8/11-8/14 (1)	M-Th	12:30-3:30 pm	8-11 yrs	CH12253
Roxbury Park		ID/AP: \$179	OD: \$223.75	
8/19-8/22 (1)	M-Th	8:30-11:30 am	5-7 yrs	CH12254
Roxbury Park		ID/AP: \$179	OD: \$223.75	
8/19-8/22 (1)	M-Th	12:30-3:30 pm	8-11 yrs	CH12255
Roxbury Park		ID/AP: \$179	OD: \$223.75	

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# Summer Camps

Cedar Hills Recreation Center

503-629-6340

## Wacky Rackets

This camp will explore different types of racket sports including badminton, pickleball, tennis and other racket activities. Please bring a water bottle and wear closed-toed shoes. Camp is located at Cedar Hills Recreation Center.

6/24-6/27 (1) M-Th	1:30-3:30 pm	7-11 yrs	CH12236
Gym	ID/AP: \$119	OD: \$148.75	

## Water Fun Camp

Get ready for a splash-tastic adventure! Run into the fun with slip and slide races, epic water balloon battles, field games amidst sprinklers, and more! Bring your water bottle, towel, sunscreen, shoes/sandals that can get wet, and a change of clothes. Camp is located at Cedar Hills Recreation Center.

7/29-8/1 (1) M-Th	12:45-2:45 pm	6-8 yrs	CH12233
Playfield B	ID/AP: \$132	OD: \$165	
8/12-8/15 (1) M-Th	12:45-2:45 pm	6-8 yrs	CH12234
Playfield B	ID/AP: \$132	OD: \$165	
8/19-8/22 (1) M-Th	12:45-2:45 pm	6-8 yrs	CH12235
Playfield B	ID/AP: \$132	OD: \$165	

## Beginning Wrestling Camp

Join us for a week of wrestling camp! Campers will be introduced to the fundamentals of wrestling and play a variety of games and activities. (Disinfected headgear provided or bring your own.) Dress in comfortable athletic clothes and athletic shoes. No jeans, watches, or jewelry. Bring a water bottle and a small snack. Camp is located at Cedar Hills Recreation Center.

7/8-7/11 (1) M-Th	12:30-2:30 pm	5-7 yrs	CH12210
Gym	ID/AP: \$119	OD: \$148.75	
7/8-7/11 (1) M-Th	3-6 pm	8-11 yrs	CH12211
Gym	ID/AP: \$156	OD: \$195	
7/15-7/18 (1) M-Th	12:30-2:30 pm	5-7 yrs	CH12212
Gym	ID/AP: \$119	OD: \$148.75	
7/15-7/18 (1) M-Th	3-6 pm	8-11 yrs	CH12213
Gym	ID/AP: \$156	OD: \$195	

## Volleyball Camp

Volleyball--the best game of teamwork ever created! Introduces game skills such as passing, serving, and teamwork. Get ready for the upcoming season with us! Please bring a water bottle and wear closed-toed shoes. Camp is located at Cedar Hills Recreation Center.

8/5-8/8 (1) M-Th	9 am-12 pm	10-13 yrs	CH12292
Gym	ID/AP: \$156	OD: \$195	
8/5-8/8 (1) M-Th	1-4 pm	7-10 yrs	CH12294
Gym	ID/AP: \$156	OD: \$195	
8/12-8/15 (1) M-Th	9 am-12 pm	7-10 yrs	CH12295
Gym	ID/AP: \$156	OD: \$195	
8/12-8/15 (1) M-Th	1-4 pm	10-13 yrs	CH12293
Gym	ID/AP: \$156	OD: \$195	

## Yard Games Camp

Get ready to make friends, play games and have fun! We are going to learn and play an assortment of traditional and new outdoor games throughout the week. Spike ball, Corn hole, giant connect four, ladder toss, croquet and more! Please bring a water bottle and wear closed-toed shoes. Camp is located at Cedar Hills Recreation Center.

6/24-6/27 (1) M-Th	12-2 pm	8-10 yrs	CH12205
Playfield A	ID/AP: \$119	OD: \$148.75	
8/12-8/15 (1) M-Th	12:30-2:30 pm	11-13 yrs	CH12206
Playfield A	ID/AP: \$119	OD: \$148.75	
8/19-8/22 (1) M-Th	9:30-11:30 am	6-8 yrs	CH12215
Playfield A	ID/AP: \$119	OD: \$148.75	

## Sports Camp – Youth/Teen

### Cross Country Camp

Kick off the cross country season this summer at Cedar Hills! Run and train, learning exercises and drills to boost your running performance. Prepare for Fall Cross Country with our team-building challenges while having fun! Meet on the Cedar Hills Field. Check-in is on the field at 9 AM. Most days camp will be departing to go off-site by 9:15 AM. Wear running shoes and bring a water bottle. Camp is located at Cedar Hills Recreation Center.

8/5-8/15 (2) M-Th	9-11 am	11-16 yrs	CH12300
Playfield	ID/AP: \$187	OD: \$233.75	

### Track & Field Throw Camp

This camp is designed for athletes who have summer meets planned, or simply want an introduction to throwing events in Track & Field. Expect both event specific instruction and broad approaches to help develop powerful throwing skills. Each day will also include a time of fun game and activities! Throws covered: Shot put, discus, and javelin. Camp is located at Cedar Hills Recreation Center.

6/24-6/27 (1) M-Th	4-6 pm	11-16 yrs	CH12304
Playfield A	ID/AP: \$156	OD: \$195	

### New! Wood and Wonders Hiking Camp

Join us for an exciting adventure through the woods where we explore local parks and trails in a structured and safe environment. Learn about hiking safety, make friends, and create lifelong memories as you hike and explore the great outdoors. Check-in at 9:00am on the Cedar Hills field then will leave to go off-site by 9:15 am. Wear shoes suitable for hiking and dress for the weather. Bring along a snack, water bottle and sunscreen.

7/22-7/25 (1) M-Th	9 am-1:30 pm	12-15 yrs	CH12301
Playfield C	ID/AP: \$199	OD: \$248.75	

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

## Disc Golf Camp

Explore the sport of disc golf! 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. Discs provided. Check-in is on the Cedar Hills Recreation Center field at 8:30am. Most days camp will be departing to go off-site by 8:45am.

7/8-7/12 (1) M-F 8:30 am-12:30 pm 11-16 yrs CH12329  
Playfield C ID/AP: \$217 OD: \$271.25

## New! Sand Volleyball Camp

Ready to feel the warm embrace of sand? Come join us for sand volleyball camp, an opportunity to learn another fun and exciting form of volleyball. This camp will be held outside in a sand volleyball court. Bring a towel to wipe off the sand!. Bring water bottle, snack and sunscreen. Camp is located at Cedar Hills Park.

7/29-8/2 (1) M-F 12-2 pm 11-14 yrs CH12314  
Cedar Hills Park ID/AP: \$139 OD: \$173.75

## Hoop Camp

Skill development at its core! Our camp features games and drills to hone the fundamental skills, providing instruction in ball control, shooting, dribbling, passing, and footwork. Elevate your game by joining us on this journey of skill enhancement! Please bring a water bottle and wear closed-toed shoes. Camp is located at Cedar Hills Recreation Center. No camp 7/4.

7/1-7/3 (1) M/T/W 1:30-3:30 pm 11-13 yrs CH12310  
Gym ID/AP: \$93 OD: \$116.25  
7/22-7/25 (1) M-Th 2-4 pm 11-13 yrs CH12311  
Gym ID/AP: \$119 OD: \$148.75

## 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 and become a strong and fit athlete. This camp will focus on weight training! Get ready for time in the weight room in addition to games, agility drills and conditioning. Develop your speed, power and agility!

7/8-7/18 (2) M-Th 12-2 pm 11-14 yrs CH12302  
Wt Rm ID/AP: \$168 OD: \$210

## Girls Weight Training Camp

Learn to use and progress on a variety of strength equipment. We'll cover topics such as the eating and hydrating to fuel our bodies, the importance of exercising, and more! This camp is dedicated to helping girls gain confidence, promote body positivity, and become educated in and out of the gym.

7/22-8/1 (2) M-Th 12-2 pm 11-15 yrs CH12303  
Wt Rm ID/AP: \$168 OD: \$210

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



# Summer Camps

Conestoga Recreation & Aquatic Center Camps at a Glance

503-629-6313

Age	4-6 yrs	7-8 yrs	8-10 yrs	9-12 yrs	11-14 yrs
<b>Week 1</b> <b>6/17-6/21</b> <b>(no camp 6/19)</b> M, T, Th, F	Conestoga Explorers Camp (5-6yr) Jungle Safari Dance Camp Little Aces Tennis Mini Camp Little Padawans Mini Camp Pint-Sized Picasso Art Camp Space Exploration Camp Brick Builders Camp (6-8 yr)	All Stars Basketball Camp (8-12yr) Art Adventures Camp (8-13yr) Foundation Basketball Camp (8-12yr) Brick Builders Camp (6-8 yr) Conestoga Pathfinders (7-8yr) Jedi Training Camp (7-9yr) Lil Pups Swim Camp (7-8yr) Sports Action Camp Soccer(8-12yr) Sports Action Camp Tennis (8-12yr) Treasure Quest Camp (7-10yr)	All Stars Basketball Camp (8-12yr) Art Adventures Camp (8-13yr) Adventure Quest Camp (10-14yr) Foundation Basketball Camp (8-12yr) Conestoga Pathfinders (7-8yr) Conestoga Trekkers (9-10yr) Cooking Camp (10-13yr) Jedi Training Camp (7-9yr) Lil Pups Swim Camp (7-8yr) Sports Action Camp Soccer(8-12yr) Sports Action Camp Tennis (8-12yr) Treasure Quest Camp (7-10yr) Deep Otter Swim Camp (9-12 yr)	All Stars Basketball Camp (8-12yr) Art Adventures Camp (8-13yr) Adventure Quest Camp (10-14yr) Foundation Basketball Camp (8-12yr) Conestoga Adventurers (11-14yr) Cooking Camp (10-13yr) Deep Otter Swim Camp Sports Action Camp Soccer(8-12yr) Sports Action Camp Tennis (8-12yr) Conestoga Trekkers (9-10 yr) Treasure Quest Camp (7-10yr)	Art Adventures Camp (8-13yr) Adventure Quest Camp (10-14yr) Conestoga Adventurers (11-14yr) Cooking Camp (10-13yr) Deep Otter Swim Camp (9-12 yr) Sports Action Camp Soccer (8-12 yr) Sports Action Camp Tennis (8-12yr) All Stars Basketball Camp (8-12yr) Foundation Basketball Camp (8-12yr)
<b>Week 2</b> <b>6/24-6/28</b> M, T, W, Th, F	Conestoga Explorers Camp (5-6yr) Junior Chefs Preschool Camp Little Sluggers T-Ball Mini Camp Tiny Chefs Cooking Camp Twinkle Toes Dance Camp Serve & Swing Tennis Camp (6-8yr)	Adventures in Cardboard (8-11yr) Art Sampler Camp (8-13yr) Bump Set Spike Volleyball (8-12yr) Conestoga Explorers Camp (5-6yr) Conestoga Pathfinders (7-8yr) Lawn Games (7-9yr) Lil Pups Swim Camp (7-8yr) Mindful Yoga Camp (8-12yr) Serve & Swing Tennis Camp (6-8yr) Sports Action Camp Disc Golf (8-12yr) Superhero Sports Challenge Camp (7-10 yr)	Adventures in Cardboard (8-11yr) Art Sampler Camp (8-13yr) Bump Set Spike Volleyball (8-12yr) Conestoga Pathfinders (7-8yr) Conestoga Trekkers (9-10yr) Cooking Camp (10-13yr) Lawn Games (7-9yr) Lil Pups Swim Camp (7-8yr) Mindful Yoga Camp (8-12yr) Sports Action Camp Disc Golf (8-12yr) Superhero Sports Challenge Camp Urban Traveler Camp (10-14yr) Deep Otter Swim Camp (9-12 yr) Rally Rockstars Tennis Camp (9-12yr)	Adventures in Cardboard (8-11yr) Art Sampler Camp (8-13yr) Bump Set Spike Volleyball (8-12yr) Conestoga Adventurers (11-14yr) Cooking Camp (10-13yr) Deep Otter Swim Camp (9-12yr) Mindful Yoga Camp (8-12yr) Rally Rockstars Tennis Camp (9-12yr) Sports Action Camp Disc Golf (8-12yr) Urban Traveler Camp (10-14yr) Superhero Sports (7-10 yr) Weight Training Camp Conestoga Trekkers (9-10 yr)	Art Sampler Camp (8-13yr) Conestoga Adventurers (11-14yr) Cooking Camp (10-13yr) Urban Traveler Camp (10-14yr) Mindful Yoga Camp (8-12 yr) Rally Rockstars Tennis Camp (9-12yr) Adventures in Cardboard (8-11yr) Sports Action Disc Golf (8-12 yr) Deep Otter Swim Camp (9-12 yr) Weight Training Camp (11-14yr) Bump Set Spike Volleyball (8-12yr)
<b>Week 3</b> <b>7/1-7/3</b> <b>(no camp 7/4 &amp; 7/5)</b> M, T, W	Butterflies and Ballet Dance Camp Conestoga Explorers Camp (5-6yr) Mini Striker Soccer Camp Pint-Sized Picasso Art Camp Shooting Stars Mini Hoops Camp Truck Mania Camp Swing & Serve Tennis Camp (6-8yr)	Books, Cards, Sculpture & Painting Camp (8-13yr) Conestoga Explorers Camp (5-6yr) Conestoga Pathfinders (7-8yr) Gym Games Galore (7-12yr) Lil Pups Swim Camp (7-8yr) Rocket Rally Pickleball Camp (8-12yr) Serve & Swing Tennis Camp (6-8yr) Sparkle & Spirit Cheer Camp (8-12yr) Sports Action Camp Baseball/Softball (8-12 yr) Outdoor Academy Camp (7-10 yr) Treasure Quest Camp (8-12yr)	Books, Cards, Sculpture & Painting Camp (8-13yr) Conestoga Pathfinders (7-8yr) Conestoga Trekkers (9-10yr) Cooking Camp (10-13yr) Gym Games Galore (7-12yr) Lil Pups Swim Camp (7-8yr) Outdoor Academy Camp (7-10yr) Rocket Rally Pickleball Camp (8-12yr) Sparkle & Spirit Cheer Camp (8-12yr) Sports Action Camp Baseball/Softball (8-12yr) Treasure Quest Camp (8-12yr) Swing & Serve Tennis Camp (6-8 yr) Deep Otter Swim Camp (9-12yr) Rally Rockstars Tennis Camp (9-12yr)	Books, Cards, Sculpture & Painting Camp (8-13yr) Conestoga Adventurers (11-14yr) Cooking Camp (10-13yr) Deep Otter Swim Camp (9-12yr) Gym Games Galore (7-12yr) Rocket Rally Pickleball Camp (8-12yr) Sparkle & Spirit Cheer Camp (8-12yr) Sports Action Camp Baseball/Softball (8-12yr) Conestoga Trekkers (9-10 yr) Treasure Quest Camp (8-12yr) Outdoor Academy Camp (7-10yr)	Books, Cards, Sculpture & Painting Camp (8-13yr) Conestoga Adventurers (11-14yr) Cooking Camp (10-13yr) Deep Otter Swim Camp (9-12yr) Rally Rockstars Tennis Camp (9-12yr) Sports Action Camp Baseball/Softball (8-12 yr) Sparkle & Spirit Cheer Camp (8-12 yr) Rocket Rally Pickleball Camp (8-12yr) Treasure Quest Camp (8-12yr) Gym Games Galore Camp (7-12 yr)
<b>Week 4</b> <b>7/8-7/12</b> M, T, W, Th, F	Conestoga Explorers Camp (5-6yr) Little Aces Tennis Mini Camp Mini Marvels Superhero Training Camp Ooze, Goo & Slimy Science Camp Tiny Chefs Cooking Camp Under the Sea Dance Camp Swing & Serve Tennis Camp (6-8yrs)	Adventures in Cardboard (8-11yr) Brick Builders Camp (7-9yr) Bump Set Spike Volleyball (8-12yr) Comic Books Creation (8-13yr) Conestoga Pathfinders (7-8yr) Conestoga Explorers Camp (5-6yr) Conestoga Pathfinders (7-8yr) Lawn Games (8-10yr) Lil Pups Swim Camp (7-8yr) Swing & Serve Tennis Camp (6-8yr) Sports Action Camp Football (8-12yr) Park Play Games Camp (7-10 yr) Sabre Fencing Camp (7-12yr)	Adventures in Cardboard (8-11yr) Bump Set Spike Volleyball (8-12yr) Comic Books Creation (8-13yr) Conestoga Pathfinders (7-8yr) Conestoga Trekkers (9-10yr) Cooking Camp (10-13yr) Eco Adventurers Camp (10-14yr) Lawn Games (8-10 yr) Lil Pups Swim Camp (7-8yr) Parkplay Games Camp (7-10 yr) Sports Action Camp Football (8-12yr) Deep Otter Swim Camp (9-12yr) Brick Builders Camp (7-9yr) Rally Rockstars Tennis Camp (9-12 yr)	Adventures in Cardboard (8-11yr) Bump Set Spike Volleyball (8-12yr) Comic Books Creation (8-13yr) Conestoga Adventurers (11-14yr) Cooking Camp (10-13yr) Deep Otter Swim Camp Eco Adventurers Camp (10-14yr) Rally Rockstars Tennis Camp Sports Action Camp Football (8-12yr) Park Play Games Camp (7-10 yr) Lawn Games (7-10 yr) Conestoga Trekkers (9-10yr) Sabre Fencing Camp (7-12yr)	Comic Creation (8-13yr) Conestoga Adventurers (11-14yr) Cooking Camp (10-13yr) Eco Adventurers Camp (10-14yr) Deep Otter Swim Camp (9-12yr) Rally Rockstars Tennis Camp (9-12yr) Sports Action Camp Football (8-12yr) Sabre Fencing (7-12yr) Comic Book Creations (8-13yr) Bump Set Spike Volleyball (8-12yr)
<b>Week 5</b> <b>7/15-7/19</b> M, T, W, Th, F	Conestoga Explorers Camp (5-6yr) Pint-Sized Picasso Art Camp Pixie Dust Dance Camp Sports Safari Mini Camp Superhero Camp Swing & Serve Tennis Camp (6-8yrs)	Conestoga Explorers Camp (5-6yr) Conestoga Pathfinders (7-8yr) Improv Adventures Camp (8-13yr) Lil Pups Swim Camp (7-8yr) Mindful Yoga Camp (8-12yr) Rocket Rally Pickleball Camp (8-12yr) Sabre Fencing Camp (7-12yr) Serve & Swing Tennis Camp (6-8yr) Outdoor Academy Camp (8-12yr) Superheroes Sports Challenge Camp (8-12 yr) Adventures in Cardboard (8-11yr) Brick Builder Camp (7-9yr)	Conestoga Pathfinders (7-8yr) Conestoga Trekkers (9-10yr) Cooking Camp (10-13yr) Improv Adventures Camp (8-13yr) Lil Pups Swim Camp (7-8yr) Mindful Yoga Camp (8-12yr) Outdoor Academy Camp (8-12 yr) Park Pioneers Camp (10-14yr) Rocket Rally Pickleball Camp (8-12yr) Sabre Fencing Camp (7-12yr) Superhero Sports Challenge Camp (7-12 yr) Deep Otter Swim Camp (9-12yr) Rally Rockstars Tennis Camp (9-12 yr) Adventures in Cardboard (8-11yr) Brick Builders Camp (7-12yr)	Conestoga Adventurers (11-14yr) Cooking Camp (10-13yr) Deep Otter Swim Camp (9-12yr) Improv Adventures Camp (8-13yr) Mindful Yoga Camp (8-12yr) Park Pioneers Camp (10-14yr) Rocket Rally Pickleball Camp (8-12yr) Sabre Fencing Camp (7-12yr) Superheroes Sport Challenge Camp (7-12 yr) Outdoor Academy Camp (8-12 yr) Girls Got Game Empowerment Camp (11-14yr) Conestoga Trekkers (9-10yr) Adventures in Cardboard (8-11yr) Brick Builders Camp (7-12 yr)	Conestoga Adventurers (11-14yr) Cooking Camp (10-13yr) Improv Adventures Camp (8-13yr) Park Pioneers Camp (10-14yr) Superheroes Sport Challenge Camp (7-12 yr) Outdoor Academy Camp (8-12 yr) Girls Got Game Empowerment Camp (11-14yr) Deep Otter Swim Camp (9-12yr) Sabre Fencing (7-12yr) Outdoor Academy Camp (8-12 yr) Rally Rockstars Tennis Camp (9-12yr) Mindful Yoga Camp (8-12yr) Adventures in Cardboard (8-11yr) Rocket Rally Pickleball Camp (8-12yr)

# Summer Camps

## Conestoga Recreation & Aquatic Center Camps at a Glance

503-629-6313

Age	4-6 yrs	7-8 yrs	8-10 yrs	9-12 yrs	11-14 yrs
<b>Week 6</b> <b>7/22-7/26</b> M, T, W, Th, F	Conestoga Explorers Camp (5-6yr) Gold Medal Champions Camp Little Sluggers T-Ball Mini Camp Movie Magic Dance Camp Shooting Stars Mini Hoops Camp Tiny Chefs Cooking Camp Swing & Serve Tennis Camp (6-8yrs)	All Stars Basketball Camp (8-12yr) Foundation Basketball Camp (8-12yr) Conestoga Explorers Camp (5-6yr) Conestoga Pathfinders (7-8yr) Lil Pups Swim Camp (7-8yr) Serve & Swing Tennis Camp (6-8yr) Sparkle & Spirit Cheer Camp (8-12yr) Sports Action Camp Soccer(8-12yr) Wet n' Wild Water Games Camp (7-10 yr)	All Stars Basketball Camp (8-12yr) Adventure Quest Camp (10-14yr) Foundation Basketball Camp (8-12yr) Conestoga Pathfinders (7-8yr) Conestoga Trekkers (9-10yr) Cooking Camp (10-13yr) Lil Pups Swim Camp (7-8yr) Playpark Games Camp Sparkle & Spirit Cheer Camp (8-12yr) Sports Action Camp Soccer(8-12yr) Wet n'Wild Water Games Camp (7-12yr) Deep Otter Swim Camp (9-12yr) Rally Rockstars Tennis Camp (9-12 yr)	All Stars Basketball Camp (8-12yr) Adventure Quest Camp (10-14yr) Foundation Basketball Camp (8-12yr) Conestoga Adventurers (11-14yr) Cooking Camp (10-13yr) Deep Otter Swim Camp Rally Rockstars Tennis Camp Sparkle & Spirit Cheer Camp (8-12yr) Sports Action Camp Soccer(8-12yr) Wet n'Wild Water Games Camp (7-12 yr) Conestoga Trekkers (9-10yr)	Adventure Quest Camp (10-14yr) Conestoga Adventurers (11-14yr) Cooking Camp (10-13yr) Build Sculpt & Paint Camp Deep Otter Swim Camp (9-12yr) Rally Rockstars Tennis Camp (9-12yr) Sports Action Camp Soccer (8-12 yr) All Star Basketball Camp (8-12yr) Foundation Basketball Camp (8-12 yr) Sparkle & Spirit Cheer Camp (8-12yr)
<b>Week 7</b> <b>7/29-8/2</b> M, T, W, Th, F	Conestoga Explorers Camp (5-6yr) Fairy Tale Magic Dance Camp Jurassic Jungle Camp Mini Striker Soccer Camp Pint-Sized Picasso Art Camp Swing & Serve Tennis Camp (6-8yrs)	Bump Set Spike Volleyball (8-12yr) Conestoga Explorers Camp (5-6yr) Conestoga Pathfinders (7-8yr) Drama Camp (8-13yr) Lil Pups Swim Camp (7-8yr) Sabre Fencing Camp (7-12yr) Serve & Swing Tennis Camp (6-8yr) Sports Action Camp Disc Golf (8-12yr) Park Play Games (7-10 yr) Beautiful Ballet Dance Camp (7-10yr) Treasure Quest Camp (8-12 yr)	Beautiful Ballet Dance Camp Bump Set Spike Volleyball (8-12yr) Conestoga Pathfinders (7-8yr) Conestoga Trekkers (9-10yr) Cooking Camp (10-13yr) Drama Camp (8-13yr) Lil Pups Swim Camp (7-8yr) Park Play Games Camp (7-10yr) Sabre Fencing Camp (7-12yr) Sports Action Camp Disc Golf (8-12yr) Treasure Quest Camp (7-10 yr) Urban Traveler Camp (10-14yr) Deep Otter Swim Camp (9-12yr) Rally Rockstars Tennis Camp (9-12 yr)	Bump Set Spike Volleyball (8-12yr) Conestoga Adventurers (11-14yr) Cooking Camp (10-13yr) Deep Otter Swim Camp (9-12yr) Drama Camp (8-13yr) Rally Rockstars Tennis Camp (9-12yr) Sabre Fencing Camp (7-12yr) Sports Action Camp Disc Golf (8-12yr) Urban Traveler Camp (10-14yr) Conestoga Trekkers (9-10yr) Park Play Games Camp (7-10 yr) Treasure Quest Camp (7-10 yr) Beautiful Ballet Dance Camp (7-10yr)	Conestoga Adventurers (11-14yr) Cooking Camp (10-13yr) Drama Camp (8-13yr) Urban Traveler Camp (10-14yr) Deep Otter Swim Camp (9-12yr) Rally Rockstars Tennis Camp (9-12yr) Sports Action Camp Disc Golf (8-12yr) Sabre Fencing (7-12yr) Bump Set Spike Volleyball (8-12yr)
<b>Week 8</b> <b>8/5-8/9</b> M, T, W, Th, F	Conestoga Explorers Camp (5-6yr) Creative Motion Dance Camp Little Aces Tennis Mini Camp Sports Safari Mini Camp Tiny Chefs Cooking Camp Truck Mania Camp Swing & Serve Tennis Camp (6-8yrs)	All Stars Basketball Camp (8-12yr) Foundation Basketball Camp (8-12yr) Conestoga Explorers Camp (5-6yr) Conestoga Pathfinders (7-8yr) First Flips Tumbling Camp (8-12yr) Lil Pups Swim Camp (7-8yr) Manga Mania Art Camp (8-13yr) Serve & Swing Tennis Camp (6-8yr) Sports Action Camp Baseball/Softball (8-12yr) Park Play Games Camp (8-12 yr) Wet n' Wild Water Games Camp (7-10 yr) Sabre Fencing Camp (7-12yr) Gym Games Galore (7-12yr)	All Stars Basketball Camp (8-12yr) Foundation Basketball Camp (8-12yr) Conestoga Pathfinders (7-8yr) Conestoga Trekkers (9-10yr) Cooking Camp (10-13yr) Eco Adventures Camp (10-14yr) First Flips Tumbling Camp (8-12yr) Lil Pups Swim Camp (7-8yr) Manga Mania Art Camp (8-13yr) Park Play Games Camp (8-12 yr) Sports Action Camp Baseball/Softball (8-12yr) Wet n'Wild Water Games Camp (8-12yr) Deep Otter Swim Camp (9-12yr) Rally Rockstars Tennis Camp (9-12 yr)	All Stars Basketball Camp (8-12yr) Foundation Basketball Camp (8-12yr) Conestoga Adventurers (11-14yr) Cooking Camp (11-14yr) Deep Otter Swim Camp (8-13yr) Eco Adventures Camp (10-14yr) First Flips Tumbling Camp (8-12yr) Manga Mania Art Camp (8-13yr) Rally Rockstars Tennis Camp Sports Action Camp Baseball/Softball (8-12yr) Conestoga Trekkers (9-10yr) Park Play Games Camp (8-12yr) Sabre Fencing Camp (7-12yr)	Conestoga Adventurers (11-14yr) Cooking Camp (11-14yr) Eco Adventures Camp (10-14yr) Manga Mania Art Camp (8-13yr) Deep Otter Swim Camp (9-12yr) Rally Rockstars Tennis Camp (9-12yr) Sports Action Camp Baseball/Softball (8-12yr) All Stars Basketball Camp (8-12yr) Foundation Basketball Camp (8-12 yr) First Flips Tumbling Camp (8-12yr) Sabre Fencing (7-12yr) Wet n Wild Water Games Camp (8-12yr) Gym Games Galore Camp (7-12 yr) Park Play Games (8-12yr)
<b>Week 9</b> <b>8/12-8/16</b> M, T, W, Th, F	Conestoga Explorers Camp (5-6yr) Little Padawans Mini Camp Mini Movers Hip Hop Dance Camp Ooze, Goo & Slimy Science Pint-Sized Picasso Art Camp Swing & Serve Tennis Camp (6-8yrs)	Art Adventures Camp (8-13yr) Conestoga Explorers Camp (5-6yr) Conestoga Pathfinders (7-8yr) Jedi Training Camp (8-10yr) Lil Pups Swim Camp (7-8yr) Sabre Fencing Camp (7-12yr) Serve & Swing Tennis Camp (6-8yr) Sports Action Camp Football (8-12yr) Gym Games Galore (7-12yr) All Stars Basketball Camp (8-12yr) Hip Hop Dance Camp (8-10yr) Wet n' Wild Water Games Camp (7-10 yr) Foundation Basketball Camp (8-12yr)	Art Adventures Camp (8-13yr) Conestoga Pathfinders (7-8yr) Conestoga Trekkers (9-10yr) Hip Hop Hype Dance Camp Jedi Training Camp (8-10yr) Lil Pups Swim Camp (7-8yr) Park Pioneers Camp (10-14yr) Sabre Fencing Camp (7-12yr) Sports Action Camp Football (8-12yr) Wet n'Wild Water Games Camp (7-12yr) Deep Otter Swim Camp (9-12yr) Rally Rockstars Tennis Camp (9-12 yr)	Art Adventures Camp (8-13yr) Conestoga Adventurers (11-14yr) Cooking Camp (11-14yr) Deep Otter Swim Camp Park Pioneers Camp (10-14yr) Rally Rockstars Tennis Camp (9-12yr) Sabre Fencing Camp (7-12yr) Sports Action Camp Football (8-12yr) Gym Games Galore (7-12yr) Jedi Training Camp (8-10 yr) Wet n'Wild Water Games Camp (7-12 yr) Conestoga Trekkers (9-10yr) Hip Hop Dance Camp (7-10 yr) All Stars Basketball Camp (8-12yr)	Art Adventures Camp (8-13yr) Conestoga Adventurers (11-14yr) Cooking Camp (11-14yr) Park Pioneers Camp (10-14yr) Gym Games Galore Camp (7-12 yr) Deep Otter Swim Camp (9-12yr) Rally Rockstars Tennis Camp (9-12yr) Sports Action Camp Football (8-12yr) Sabre Fencing (7-12yr) All Stars Basketball Camp (8-12yr) Foundation Basketball Camp (8-12 yr) Wet n Wild Water Games Camp (7-12yr)
<b>Week 10</b> <b>8/19-8/21</b> M, T, W	Conestoga Explorers Camp (5-6yr) Fantastic Fairies Camp Mini Striker Soccer Camp Pixie Dust Dance Camp Shooting Stars Mini Hoops Camp Tiny Chefs Cooking Camp	All Stars Basketball Camp (8-12yr) Awesome Art Camp (8-13yr) Brick Builders Camp (7-12yr) Conestoga Explorers Camp (5-6yr) Conestoga Pathfinders (7-8yr) Lil Pups Swim Camp (7-8yr) Rocket Rally Pickleball Camp (8-12yr) Sports Action Camp Tennis (8-12yr) Treasure Quest Camp (8-12yr) Brick Builders Camp (7-12yr) Outdoor Academy Camp (9-14 yr) Deep Otter Swim Camp (9-12yr) Rally Rockstars Tennis Camp (9-12 yr)	All Stars Basketball Camp (8-12yr) Awesome Art Camp (8-13yr) Conestoga Pathfinders (7-8yr) Conestoga Trekkers (9-10yr) Lil Pups Swim Camp (7-8yr) Rocket Rally Pickleball Camp (8-12yr) Sports Action Camp Tennis (8-12yr) Treasure Quest Camp (8-12yr) Brick Builders Camp (7-12yr) Outdoor Academy Camp (9-14 yr) Deep Otter Swim Camp (9-12yr) Rally Rockstars Tennis Camp (9-12 yr)	All Stars Basketball Camp (8-12yr) Awesome Art Camp (8-13yr) Conestoga Adventurers (11-14yr) Cooking Camp (11-14yr) Deep Otter Swim Camp (9-12yr) Girls Got Game Empowerment Camp (11-14yr) Rocket Rally Pickleball Camp (8-12yr) Sports Action Camp Tennis (8-12yr) All Star Basketball Camp (8-12 yr) Treasure Quest Camp (8-12 yr) Rally Rockstars Tennis Camp (9-12yr) Outdoor Academy Camp (9-14yr)	Awesome Art Camp (8-13yr) Conestoga Adventurers (11-14yr) Cooking Camp (11-14yr) Girls Got Game Empowerment Camp (11-14yr) Brick Builders Camp (7-12 yr) Deep Otter Swim Camp (9-12yr) Rocket Rally Pickleball Camp (8-12yr) Sports Action Camp Tennis (8-12 yr) All Star Basketball Camp (8-12 yr) Treasure Quest Camp (8-12 yr) Rally Rockstars Tennis Camp (9-12yr) Outdoor Academy Camp (9-14yr)



# Summer Camps

Conestoga Recreation & Aquatic Center Camps at a Glance

503-629-6313

## Summer Camp Deposits and Balances

For full day summer camps a \$30 deposit is required per week for each participant for weeks 2-9. Full balance for week 1 is due at 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. An individual's space in the camp will be forfeited automatically if the balance is not paid by the two-week prior deadline. **Deposit is non-refundable. However, it may be transferred to another THPRD camp program prior to June 1.**

## Full-day Summer Camps

### Conestoga Explorers (5-6yr)

Join us for fun, friends, and the Olympic spirit! Campers will take part in crafts, sports, games, science, and art as we celebrate the 2024 Olympic Games all summer long! Off-site neighborhood activities, swimming, and splash pad visits will happen each week. Don't forget your closed-toe shoes, sunscreen, water bottle, two snacks, and a sack lunch. No camp 6/19, 7/4, & 7/5.

#### Week 1: Let the Games Begin

No Offsite Fieldtrip; Olympic Games Onsite

6/17-6/21 (1) M/T/Th/F	8 am-6 pm	5-6 yrs	CO17101
Rm 101	ID/AP: \$244	OD: \$305	

#### Week 2: Parade through Paris

Fieldtrip: Park Exploration

6/24-6/28 (1) M/T/W/Th/F	8 am-6 pm	5-6 yrs	CO17102
Rm 101	ID/AP: \$305	OD: \$381.25	

#### Week 3: Olympic Legends

No Offsite Fieldtrip; Inflatables Onsite

7/1-7/3 (1) M/T/W	8 am-6 pm	5-6 yrs	CO17103
Rm 101	ID/AP: \$183	OD: \$228.75	

#### Week 4: Team Events

Fieldtrip: Super Play

7/8-7/12 (1) M/T/W/Th/F	8 am-6 pm	5-6 yrs	CO17104
Rm 101	ID/AP: \$305	OD: \$381.25	

#### Week 5: Mascot Week

Fieldtrip: Goat Farms

7/15-7/19 (1) M/T/W/Th/F	8 am-6 pm	5-6 yrs	CO17105
Rm 101	ID/AP: \$305	OD: \$381.25	

#### Week 6: Olympic Village

Fieldtrip: OMSI

7/22-7/26 (1) M/T/W/Th/F	8 am-6 pm	5-6 yrs	CO17106
Rm 101	ID/AP: \$305	OD: \$381.25	

#### Week 7: All about Outdoors

Fieldtrip: Top Golf

7/29-8/2 (1) M/T/W/Th/F	8 am-6 pm	5-6 yrs	CO17107
Rm 101	ID/AP: \$305	OD: \$381.25	

#### Week 8: Aquatic Achievers

Fieldtrip: Next Level Pinball

8/5-8/9 (1) M/T/W/Th/F	8 am-6 pm	5-6 yrs	CO17108
Rm 101	ID/AP: \$305	OD: \$381.25	

#### Week 9: Go for Gold!

Fieldtrip: Langers

8/12-8/16 (1) M/T/W/Th/F	8 am-6 pm	5-6 yrs	CO17109
Rm 101	ID/AP: \$305	OD: \$381.25	

### Week 10: Closing Ceremonies

No offsite field trip: End of Summer Carnival

8/19-8/21 (1) M/T/W	8 am-6 pm	5-6 yrs	CO17110
Rm 101	ID/AP: \$183	OD: \$228.75	

### Conestoga Pathfinders (7-8yr)

Join us for fun, friends, and the Olympic spirit! Campers will take part in crafts, sports, games, science, and art as we celebrate the 2024 Olympic Games all summer long! Off-site neighborhood activities, swimming, and splash pad visits will happen each week. Don't forget your closed-toe shoes, sunscreen, water bottle, two snacks, and a sack lunch. No camp 6/19, 7/4, & 7/5.

#### Week 1: Let the Games Begin

No Offsite Fieldtrip; Olympic Games Onsite

6/17-6/21 (1) M/T/Th/F	8 am-6 pm	7-8 yrs	CO17201
Rm 202,Rm 203	ID/AP: \$244	OD: \$305	

#### Week 2: Parade through Paris

Fieldtrip: Park Exploration

6/24-6/28 (1) M/T/W/Th/F	8 am-6 pm	7-8 yrs	CO17202
Rm 202,Rm 203	ID/AP: \$305	OD: \$381.25	

#### Week 3: Olympic Legends

No Offsite Fieldtrip; Inflatables Onsite

7/1-7/3 (1) M/T/W	8 am-6 pm	7-8 yrs	CO17203
Rm 202,Rm 203	ID/AP: \$183	OD: \$228.75	

#### Week 4: Team Events

Fieldtrip: Super Play

7/8-7/12 (1) M/T/W/Th/F	8 am-6 pm	7-8 yrs	CO17204
Rm 202,Rm 203	ID/AP: \$305	OD: \$381.25	

#### Week 5: Mascot Week

Fieldtrip: Goat Farms

7/15-7/19 (1) M/T/W/Th/F	8 am-6 pm	7-8 yrs	CO17205
Rm 202,Rm 203	ID/AP: \$305	OD: \$381.25	

#### Week 6: Olympic Village

Fieldtrip: OMSI

7/22-7/26 (1) M/T/W/Th/F	8 am-6 pm	7-8 yrs	CO17206
Rm 202,Rm 203	ID/AP: \$305	OD: \$381.25	

#### Week 7: All about Outdoors

Fieldtrip: Top Golf

7/29-8/2 (1) M/T/W/Th/F	8 am-6 pm	7-8 yrs	CO17207
Rm 202,Rm 203	ID/AP: \$305	OD: \$381.25	

#### Week 8: Aquatic Achievers

Fieldtrip: Next Level Pinball

8/5-8/9 (1) M/T/W/Th/F	8 am-6 pm	7-8 yrs	CO17208
Rm 202,Rm 203	ID/AP: \$305	OD: \$381.25	

#### Week 9: Go for Gold!

Fieldtrip: Langers

8/12-8/16 (1) M/T/W/Th/F	8 am-6 pm	7-8 yrs	CO17209
Rm 202,Rm 203	ID/AP: \$305	OD: \$381.25	

#### Week 10: Closing Ceremonies

No offsite field trip: End of Summer Carnival

8/19-8/21 (1) M/T/W	8 am-6 pm	7-8 yrs	CO17210
Rm 202,Rm 203	ID/AP: \$183	OD: \$228.75	

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

# Summer Camps

Conestoga Recreation & Aquatic Center Camps at a Glance

503-629-6313

## Conestoga Trekkers (9-10yr)

Join us for fun, friends, and the Olympic spirit! Campers will take part in crafts, sports, games, science, and art as we celebrate the 2024 Olympic Games all summer long! Off-site neighborhood activities, swimming, and splash pad visits will happen each week. Don't forget your closed-toe shoes, sunscreen, water bottle, two snacks, and a sack lunch. No camp 6/19, 7/4, & 7/5.

### Week 1: Let the Games Begin!

No Offsite Fieldtrip; Olympic Games Onsite

6/17-6/21 (1) M/T/Th/F	8 am-6 pm	9-10 yrs	CO17211
Rm 205	ID/AP: \$244	OD: \$305	

### Week 2: Parade through Paris

Fieldtrip: Park Exploration

6/24-6/28 (1) M/T/W/Th/F	8 am-6 pm	9-10 yrs	CO17212
Rm 205	ID/AP: \$305	OD: \$381.25	

### Week 3: Olympic Legends

No Offsite Fieldtrip; Inflatables Onsite

7/1-7/3 (1) M/T/W	8 am-6 pm	9-10 yrs	CO17213
Rm 205	ID/AP: \$183	OD: \$228.75	

### Week 4: Team Events

Fieldtrip: Super Play

7/8-7/12 (1) M/T/W/Th/F	8 am-6 pm	9-10 yrs	CO17214
Rm 205	ID/AP: \$305	OD: \$381.25	

### Week 5: Mascot Week

Fieldtrip: Goat Farms

7/15-7/19 (1) M/T/W/Th/F	8 am-6 pm	9-10 yrs	CO17215
Rm 205	ID/AP: \$305	OD: \$381.25	

### Week 6: Olympic Village

Fieldtrip: OMSI

7/22-7/26 (1) M/T/W/Th/F	8 am-6 pm	9-10 yrs	CO17216
Rm 205	ID/AP: \$305	OD: \$381.25	

### Week 7: All about Outdoors

Fieldtrip: Top Golf

7/29-8/2 (1) M/T/W/Th/F	8 am-6 pm	9-10 yrs	CO17217
Rm 205	ID/AP: \$305	OD: \$381.25	

### Week 8: Aquatic Achievers

Fieldtrip: Next Level Pinball

8/5-8/9 (1) M/T/W/Th/F	8 am-6 pm	9-10 yrs	CO17218
Rm 205	ID/AP: \$305	OD: \$381.25	

### Week 9: Go for Gold!

Fieldtrip: Langers

8/12-8/16 (1) M/T/W/Th/F	8 am-6 pm	9-10 yrs	CO17219
Rm 205	ID/AP: \$305	OD: \$381.25	

### Week 10: Closing Ceremonies

No offsite field trip: End of Summer Carnival

8/19-8/21 (1) M/T/W	6 am-8 pm	9-10 yrs	CO17220
Rm 205	ID/AP: \$183	OD: \$228.75	

## Conestoga Adventurers (11-14yr)

Join us for fun, friends, and the Olympic spirit! Experience the thrill of daily field trips and uncover the best our community has to offer. Whether it's exploring local parks, hitting up exciting venues, or discovering hidden gems, there's never a dull moment! Cool off in style at Conestoga's awesome swimming pool and splash pad. Plus, dive into Olympic-themed crafts, games, and creative activities that'll ignite your competitive spirit and artistic flair. Don't forget your closed-toe shoes, sunscreen, water bottle, two snacks, and a sack lunch. No Camp 6/19, 7/4 & 7/5..

### Week 1: Let the Games Begin!

No Offsite Fieldtrip; Olympic Games Onsite

6/17-6/21 (1) M/T/Th/F	8 am-6 pm	11-14 yrs	CO17221
OffSite	ID/AP: \$244	OD: \$305	

### Week 2: Parade through Paris

Fieldtrip: Park Exploration

6/24-6/28 (1) M/T/W/Th/F	8 am-6 pm	11-14 yrs	CO17222
OffSite	ID/AP: \$305	OD: \$381.25	

### Week 3: Olympic Legends

No Offsite Fieldtrip; Inflatables Onsite

7/1-7/3 (1) M/T/W	8 am-6 pm	11-14 yrs	CO17223
OffSite	ID/AP: \$183	OD: \$228.75	

### Week 4: Team Events

Fieldtrip: Super Play

7/8-7/12 (1) M/T/W/Th/F	8 am-6 pm	11-14 yrs	CO17224
OffSite	ID/AP: \$305	OD: \$381.25	

### Week 5: Mascot Week

Fieldtrip: Goat Farms

7/15-7/19 (1) M/T/W/Th/F	8 am-6 pm	11-14 yrs	CO17225
OffSite	ID/AP: \$305	OD: \$381.25	

### Week 6: Olympic Village

Fieldtrip: OMSI

7/22-7/26 (1) M/T/W/Th/F	8 am-6 pm	11-14 yrs	CO17226
OffSite	ID/AP: \$305	OD: \$381.25	

### Week 7: All about Outdoors

Fieldtrip: Top Golf

7/29-8/2 (1) M/T/W/Th/F	8 am-6 pm	11-14 yrs	CO17227
OffSite	ID/AP: \$305	OD: \$381.25	

### Week 8: Aquatic Achievers

Field trip: Next Level Pinball

8/5-8/9 (1) M/T/W/Th/F	8 am-6 pm	11-14 yrs	CO17228
OffSite	ID/AP: \$305	OD: \$381.25	

### Week 9: Go For Gold!

Fieldtrip: Langers

8/12-8/16 (1) M/T/W/Th/F	8 am-6 pm	11-14 yrs	CO17229
OffSite	ID/AP: \$305	OD: \$381.25	

### Week 10: Closing Ceremonies

No offsite field trip: End of Summer Carnival

8/19-8/21 (1) M/T/W	8 am-6 pm	11-14 yrs	CO17230
OffSite	ID/AP: \$183	OD: \$228.75	

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# Summer Camps

Conestoga Recreation & Aquatic Center Camps at a Glance

503-629-6313

## Half-day Swim Camps - Youth

### Lil Pups Swim Camp (7-8 yrs)

Join us for this otter-ly amazing camp! Every week will be packed with daily swim lessons, fun games, crafts, and summer activities that will be sure to make a splash. No camp on 6/19, 7/4 & 7/5.

6/17-6/21	M/T/Th/F	9 am-12 pm	\$193/\$241.25	CA17200
6/24-6/27	M-Th	9 am-12 pm	\$193/\$241.25	CA17201
7/1-7/3	M-W	9 am-12 pm	\$145/\$181.25	CA17202
7/8-7/11	M-Th	9 am-12 pm	\$193/\$241.25	CA17203
7/15-7/18	M-Th	9 am-12 pm	\$193/\$241.25	CA17204
7/22-7/25	M-Th	9 am-12 pm	\$193/\$241.25	CA17205
7/29-8/1	M-Th	9 am-12 pm	\$193/\$241.25	CA17206
8/5-8/8	M-Th	9 am-12 pm	\$193/\$241.25	CA17207
8/12-8/15	M-Th	9 am-12 pm	\$193/\$241.25	CA17208
8/19-8/21	M-W	9 am-12 pm	\$145/\$181.25	CA17209

### Deep Otter Swim Camp (9-12 yrs)

Get ready to dive into a world of excitement with a variety of group games, team-building exercises, and fun challenges. From the pool to the playground, our camp is designed to ignite the spirit of adventure in every camper! Open Swim or Splash Pad activities weekly, does not include swim lessons. No camp 6/19, 7/4 & 7/5.

6/17-6/27	M/T/Th/F	1-4pm	\$163/\$203.75	CA17220
6/24-6/27	M-Th	1-4pm	\$163/\$203.75	CA17221
7/1-7/3	M-W	1-4pm	\$122/\$152.50	CA17222
7/8-7/11	M-Th	1-4pm	\$163/\$203.75	CA17223
7/15-7/18	M-Th	1-4pm	\$163/\$203.75	CA17224
7/22-7/25	M-Th	1-4pm	\$163/\$203.75	CA17225
7/29-8/1	M-Th	1-4pm	\$163/\$203.75	CA17226
8/5-8/8	M-Th	1-4pm	\$163/\$203.75	CA17227
8/12-8/15	M-Th	1-4pm	\$163/\$203.75	CA17228
8/19-8/21	M-W	1-4pm	\$122/\$152.50	CA17229



## Full-day Sports Action Camps

Each camp includes skill practice, drills, and technique instruction. Campers may have water activities, please bring swimsuit, towel, snack and water bottle daily. Camp will take place offsite at Greenway Park. Drop off & pick up will be at the Conestoga Recreation & Aquatic Center. No camp 6/19, 7/4 & 7/5.

### Baseball & Softball Week

No camp 7/4 or 7/5

7/1-7/3 (1)	M/T/W	9 am-4 pm	8-12 yrs	CO12267
Greenway Park	ID/AP: \$246	OD: \$307.50		
8/5-8/9 (1)	M/T/W/Th/F	9 am-4 pm	8-12 yrs	CO12268
Greenway Park	ID/AP: \$350	OD: \$437.50		

### Disc Golf

6/24-6/28 (1)	M/T/W/Th/F	9 am-4 pm	8-12 yrs	CO12269
Greenway Park	ID/AP: \$350	OD: \$437.50		
7/29-8/2 (1)	M/T/W/Th/F	9 am-4 pm	8-12 yrs	CO12270
Greenway Park	ID/AP: \$350	OD: \$437.50		

### Football Week

7/8-7/12 (1)	M/T/W/Th/F	9 am-4 pm	8-12 yrs	CO12271
Greenway Park	ID/AP: \$350	OD: \$437.50		
8/12-8/16 (1)	M/T/W/Th/F	9 am-4 pm	8-12 yrs	CO12272
Greenway Park	ID/AP: \$350	OD: \$437.50		

### Soccer Week

No camp 6/19.

6/17-6/21 (1)	M/T/Th/F	9 am-4 pm	8-12 yrs	CO12273
Greenway Park	ID/AP: \$325	OD: \$406.25		
7/22-7/26 (1)	M/T/W/Th/F	9 am-4 pm	8-12 yrs	CO12274
Greenway Park	ID/AP: \$350	OD: \$437.50		

### Tennis Week

No camp 6/19.

6/17-6/21 (1)	M/T/Th/F	9 am-4 pm	8-12 yrs	CO12275
MS Tennis Courts	ID/AP: \$325	OD: \$406.25		
8/19-8/21 (1)	M/T/W	9 am-4 pm	8-12 yrs	CO12276
MS Tennis Courts	ID/AP: \$246	OD: \$307.50		



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# Summer Camps

Conestoga Recreation & Aquatic Center Camps at a Glance

503-629-6313

## Full-day Sports Camps Youth

### Girls Got Game: Sports and Empowerment Camp

Join for this unique and inspiring camp where we will split our time between sports exploration and empowering discussions on essential topics such as nutrition and body image, in order to foster our camper's confidence, strength and a deeper understanding of what it means to thrive as a girls in today's world! Campers may have water activities so please bring a swimsuit, towel, lunch, and water bottle daily. Drop-off & pick-up will be at Conestoga Recreation & Aquatic Center on the back patio. Location: Offsite at Greenway Park.

7/15-7/19 (1) M/T/W/Th/F	9 am-4 pm	11-14 yrs	CO12277
Greenway Park	ID/AP: \$315	OD: \$393.75	
8/19-8/21 (1) M/T/W	9 am-4 pm	11-14 yrs	CO12278
Greenway Park	ID/AP: \$251	OD: \$313.75	

## Full-day Specialty Camps

### Adventure Quest Camp

Embark on thrilling adventures at our action-packed camp! Conquer paintball, soar through high ropes, and beyond. Daily sack lunch and drinks required. Campers will be off-site adventuring all day and will return to center by 4pm daily. Drop-off and pick-up will be at Conestoga Recreation & Aquatic Center No camp 6/19.

6/17-6/21 (1) M/T/Th/F	9 am-4 pm	10-14 yrs	CO18220
OffSite	ID/AP: \$478	OD: \$597.50	
7/22-7/25 (1) M/T/W/Th	9 am-4 pm	10-14 yrs	CO18221
OffSite	ID/AP: \$478	OD: \$597.50	

### Eco Adventurers Camp

Explore the wonders of conservation firsthand! Tour a local recycling facility learn how and why to compost and more with hands on activities and field trips. Daily sack lunch and drinks required. Campers will be off-site adventuring all day and will return to center by 4pm daily. Drop-off and pick-up will be at Conestoga Recreation & Aquatic Center.

7/8-7/11 (1) M/T/W/Th	9 am-4 pm	10-14 yrs	CO18222
OffSite	ID/AP: \$422	OD: \$527.50	
8/5-8/8 (1) M/T/W/Th	9 am-4 pm	10-14 yrs	CO18223
OffSite	ID/AP: \$422	OD: \$527.50	

### Park Pioneers Camp

Become a park pioneer as we explore, rate and review different parks and green spaces campers may not have visited before. Discover new spots and revisit favorites while creating amazing memories and making new friends! Daily sack lunch and drinks required. Campers will be off-site adventuring all day and will return to center by 4pm daily. Drop-off and pick-up will be at Conestoga Recreation & Aquatic Center.

7/15-7/18 (1) M/T/W/Th	9 am-4 pm	10-14 yrs	CO18224
OffSite	ID/AP: \$403	OD: \$503.75	
8/12-8/15 (1) M/T/W/Th	9 am-4 pm	10-14 yrs	CO18225
OffSite	ID/AP: \$403	OD: \$503.75	

### Urban Traveler Camp

This will be a fun week where campers take daily field trips to awesome destinations throughout the city. Ride Max and Tri-met, learn about maps and navigating through towns and cities. We will finish the week with a scavenger hunt. Campers will be off-site adventuring all day and will return to center by 4pm daily. Drop-off and pick-up will be at Conestoga Recreation & Aquatic Center.

6/24-6/27 (1) M/T/W/Th	9 am-4 pm	10-14 yrs	CO18226
OffSite	ID/AP: \$440	OD: \$550	
7/29-8/1 (1) M/T/W/Th	9 am-4 pm	10-14 yrs	CO18227
OffSite	ID/AP: \$440	OD: \$550	

### Treasure Quest Camp

Join us for an unforgettable journey as young adventurers create their own maps to seek treasure, dive into secret codes and unleash their creativity through crafts and games. Campers may have water activities so please bring swimsuit, towel, snack, and water bottle daily. Camp will take place offsite at Greenway Park. No camp 6/19.

6/17-6/21 (1) M/T/Th/F	1-4 pm	7-10 yrs	CO18248
Greenway Park	ID/AP: \$159	OD: \$198.75	
7/1-7/3 (1) M/T/W	9 am-12 pm	8-12 yrs	CO18249
Greenway Park	ID/AP: \$124	OD: \$155	
7/29-8/2 (1) M/T/W/Th/F	1-4 pm	7-10 yrs	CO18250
Greenway Park	ID/AP: \$193	OD: \$241.25	
8/19-8/21 (1) M/T/W	1-4 pm	8-12 yrs	CO18251
Greenway Park	ID/AP: \$124	OD: \$155	

## NEW! Extra day = More FUN!

These camps just got an extra day and will run Monday – Friday.

No camp 6/19, 7/4 & 7/5.

**Half Day Specialty Camps**  
**All Sports Camps**  
**Art & Drama Camps**  
**Preschool Camps at Fanno Farmhouse**



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# Summer Camps

Conestoga Recreation & Aquatic Center Camps at a Glance

503-629-6313

## Preschool Half-Day Camps at Fanno Farmhouse

### Art Camps

#### Pint-Sized Picassos Mini Art Camp

Join us for an exciting week exploring a variety of art forms! We focus on techniques that demonstrate the elements of art including line, shape, form, color and texture. Come prepared to get messy! Bring water bottle & snack. Camp is located at Fanno Farmhouse: 8405 SW Creekside Place (off of Hall Blvd, btwn Greenway & Nimbus). No camp 6/19, 7/4 & 7/5.

6/17-6/21 (1) M/T/Th/F	2-4 pm	4-6 yrs	CO18110
Fanno Farmhouse	ID/AP: \$149	OD: \$186.25	
7/1-7/3 (1) M/T/W	2-4 pm	4-6 yrs	CO18111
Fanno Farmhouse	ID/AP: \$117	OD: \$146.25	
7/15-7/19 (1) M/T/W/Th/F	2-4 pm	4-6 yrs	CO18112
Fanno Farmhouse	ID/AP: \$178	OD: \$222.50	
7/29-8/2 (1) M/T/W/Th/F	2-4 pm	4-6 yrs	CO18113
Fanno Farmhouse	ID/AP: \$178	OD: \$222.50	
8/12-8/16 (1) M/T/W/Th/F	2-4 pm	4-6 yrs	CO18114
Fanno Farmhouse	ID/AP: \$178	OD: \$222.50	

### Specialty Camps

#### Space Exploration Preschool Camp

Join us for a week of fun exploring outer space, games, crafts, activities, & more! Bring a water bottle and snack. Camp is located at Fanno Farmhouse: 8405 SW Creekside Place (off of Hall Blvd, btwn Greenway & Nimbus). No class 6/19.

6/17-6/21 (1) M/T/Th/F	9 am-12 pm	4-6 yrs	CO18105
Fanno Farmhouse	ID/AP: \$208	OD: \$260	

#### Junior Chefs Preschool Camp

A fun week that will introduce children to the kitchen! Activities include measuring, pouring, mixing and creating fun recipes. Bring water bottle. Camp is located at Fanno Farmhouse: 8405 SW Creekside Place (off of Hall Blvd, btwn Greenway & Nimbus).

6/24-6/28 (1) M/T/W/Th/F	9 am-12 pm	4-6 yrs	CO18100
Fanno Farmhouse	ID/AP: \$252	OD: \$315	

#### Tiny Chefs Mini Cooking Camp

Have a great time learning to prepare a variety of recipes geared towards preschoolers, by measuring, handling, and assembling yummy food! Kids practice cooperation, listening, and hand-eye coordination, as well as early math skills. Please note: we cannot guarantee an allergy-free environment or menu. Bring water bottle & snack. Camp is located at Fanno Farmhouse: 8405 SW Creekside Place (off of Hall Blvd, btwn Greenway & Nimbus).

6/24-6/28 (1) M/T/W/Th/F	2-4 pm	4-6 yrs	CO18115
Fanno Farmhouse	ID/AP: \$178	OD: \$222.50	
7/8-7/12 (1) M/T/W/Th/F	2-4 pm	4-6 yrs	CO18116
Fanno Farmhouse	ID/AP: \$178	OD: \$222.50	
7/22-7/26 (1) M/T/W/Th/F	2-4 pm	4-6 yrs	CO18117
Fanno Farmhouse	ID/AP: \$178	OD: \$222.50	
8/5-8/9 (1) M/T/W/Th/F	2-4 pm	4-6 yrs	CO18118
Fanno Farmhouse	ID/AP: \$178	OD: \$222.50	
8/19-8/21 (1) M/T/W	2-4 pm	4-6 yrs	CO18119
Fanno Farmhouse	ID/AP: \$117	OD: \$146.25	

### Truck Mania Camp Preschool Camp

Start your engines, truck fans! We are ready to get down n' dirty and play with, learn about, and build our own trucks, planes, and cars. Bring water bottle & snack. Camp is located at Fanno Farmhouse: 8405 SW Creekside Place (off of Hall Blvd, btwn Greenway & Nimbus). No camp 7/4 & 7/5.

7/1-7/3 (1) M/T/W	9 am-12 pm	4-6 yrs	CO18107
Fanno Farmhouse	ID/AP: \$161	OD: \$201.25	
8/5-8/9 (1) M/T/W/Th/F	9 am-12 pm	4-6 yrs	CO18108
Fanno Farmhouse	ID/AP: \$252	OD: \$315	

### Ooze, Goo & Slimy Science Preschool Camp

Do you have a little one who loves slime, gooey stuff, science and getting messy with art? Join us for a fun and creating class. Bring water bottle & snack. Camp is located at Fanno Farmhouse: 8405 SW Creekside Place (off of Hall Blvd, btwn Greenway & Nimbus).

7/8-7/12 (1) M/T/W/Th/F	9 am-12 pm	4-6 yrs	CO18103
Fanno Farmhouse	ID/AP: \$252	OD: \$315	
8/12-8/16 (1) M/T/W/Th/F	9 am-12 pm	4-6 yrs	CO18104
Fanno Farmhouse	ID/AP: \$252	OD: \$315	

### Superhero Preschool Camp

Calling all superheroes, your day has come! Join us each day this week as we transform ourselves into Superheroes. We will come up with our super powers, design our own costumes and go on a real adventure. Bring water bottle & snack. Camp is located at Fanno Farmhouse: 8405 SW Creekside Place (off of Hall Blvd, btwn Greenway & Nimbus) in Fanno Creek Park.

7/15-7/19 (1) M/T/W/Th/F	9 am-12 pm	4-6 yrs	CO18106
Fanno Farmhouse	ID/AP: \$252	OD: \$315	

### Gold Medal Champions Preschool Camp

Step into the world of Olympic excitement! Join us to explore the thrill of competition, play games, create crafts and more in this fun Olympics-themed camp! Bring water bottle & snack. Camp is located at Fanno Farmhouse: 8405 SW Creekside Place (off of Hall Blvd, btwn Greenway & Nimbus).

7/22-7/26 (1) M/T/W/Th/F	9 am-12 pm	4-6 yrs	CO18102
Fanno Farmhouse	ID/AP: \$252	OD: \$315	

### Jurassic Jungle Preschool Camp

Come to explore the jungle and learn about dinosaurs and other jungle creatures! Dig for dinos, arts & crafts, painting, games and more. Bring water bottle & snack. Camp is located at Fanno Farmhouse: 8405 SW Creekside Place (off of Hall Blvd, btwn Greenway & Nimbus).

7/29-8/2 (1) M/T/W/Th/F	9 am-12 pm	4-6 yrs	CO18101
Fanno Farmhouse	ID/AP: \$252	OD: \$315	

### Fantastic Fairies Preschool Camp

Calling all Fairies! Fairy themed songs, crafts, stories and more! Participants are welcome to wear any festive outfits from home to camp if they wish. Bring water bottle & snack. Camp is located at Fanno Farmhouse: 8405 SW Creekside Place (off of Hall Blvd, btwn Greenway & Nimbus).

8/19-8/21 (1) M/T/W	9 am-12 pm	4-6 yrs	CO18109
Fanno Farmhouse	ID/AP: \$161	OD: \$201.25	

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# Summer Camps

Conestoga Recreation & Aquatic Center Camps at a Glance

503-629-6313

## Half-day Specialty Camps - Youth

### Adventures in Cardboard

Join us for a week of fun! Construct giant castles, fortified cities, and armor. Adventure games, make your own props, costumes and much more! Bring a water bottle and snack each day.

6/24-6/28 (1)	M/T/W/Th/F	9 am-12 pm	8-11 yrs	CO18228
GYM #2		ID/AP: \$243	OD: \$303.75	
7/15-7/19 (1)	M/T/W/Th/F	9 am-12 pm	8-11 yrs	CO18229
GYM #2		ID/AP: \$243	OD: \$303.75	

### Brick Builders Camp

Welcome to the Brick Builders Camp! Let creativity soar as kids dive into the world of LEGO. Through imaginative challenges and endless possibilities, campers build, design, and explore the wonders of this iconic brick universe. Bring a snack and a water bottle every day. No camp 6/19.

6/17-6/21 (1)	M/T/Th/F	1-4 pm	6-8 yrs	CO18230
Rm 204		ID/AP: \$159	OD: \$198.75	
7/15-7/19 (1)	M/T/W/Th/F	9 am-12 pm	7-9 yrs	CO18231
GYM #2		ID/AP: \$183	OD: \$228.75	
8/19-8/21 (1)	M/T/W	1-4 pm	7-12 yrs	CO18232
Rm 204		ID/AP: \$124	OD: \$155	

## Preschool Camps at Conestoga

## Dance Camps

### Jungle Safari Dance Camp

Embark on an animal adventure by dancing your way through the jungle in this dance camp. Dancers will stomp like an elephant to the beat, leap like a gazelle to the lyrics, and run and play like the wild animals of the safari along with animal crafts, songs, and other wildly fun activities. No camp 6/19.

6/17-6/21 (1)	M/T/Th/F	9 am-12 pm	4-6 yrs	CO11116
Rm 204		ID/AP: \$196	OD: \$245	

### Twinkle Toes Dance Camp

Join us for a playful exploration of movement, creative routines, games, crafts, and the joy of dance in a magical camp designed for little movers.

6/24-6/27 (1)	M/T/W/Th	9 am-12 pm	4-6 yrs	CO11117
Rm 204		ID/AP: \$196	OD: \$245	

### Butterflies and Ballet Dance Camp

Twirl, flutter, and flit like a butterfly all while exploring ballet vocabulary and techniques! Children will enter the world of dance with music, stories, and crafts. This camp will captivate your dancer's imagination and ignite their love of dance. No class 7/4 & 7/5.

7/1-7/3 (1)	M/T/W	9 am-12 pm	4-6 yrs	CO11118
Rm 204		ID/AP: \$154	OD: \$192.50	

### Under the Sea Dance Camp

Boogie beyond the reef and bring music from your favorite movies to life in this imaginative creative movement dance camp filled with music, stories, and crafts. This camp will captivate your dancer's imagination and ignite their love of dance.

7/8-7/11 (1)	M/T/W/Th	9 am-12 pm	4-6 yrs	CO11119
Rm 204		ID/AP: \$196	OD: \$245	

### Pixie Dust Dance Camp

Experience the magic of dance in a whimsical camp filled with beloved melodies from timeless classics in this imaginative dance camp filled with music, stories, and crafts. This camp will captivate your dancer's imagination and ignite their love of dance.

7/15-7/18 (1)	M/T/W/Th	9 am-12 pm	4-6 yrs	CO11120
Rm 204		ID/AP: \$196	OD: \$245	
8/19-8/21 (1)	M/T/W	9 am-12 pm	4-6 yrs	CO11125
Rm 204		ID/AP: \$196	OD: \$245	

### Movie Magic Dance Camp

Embark on a dance adventure through beloved movie and musical soundtracks! Delve into your favorite tunes, exploring various genres and styles, along with music, stories, and crafts. This camp will captivate your dancer's imagination and ignite their love of dance.

7/22-7/25 (1)	M/T/W/Th	9 am-12 pm	4-6 yrs	CO11121
Rm 204		ID/AP: \$196	OD: \$245	

### Fairy Tale Magic Dance Camp

Crowns, castles, and fairies, oh my! Children will enter the world of different fairy tales with dance, music, stories, and crafts. This magical camp will captivate your dancer's imagination and ignite their love of dance.

7/29-8/1 (1)	M/T/W/Th	9 am-12 pm	4-6 yrs	CO11122
Rm 204		ID/AP: \$196	OD: \$245	

### Creative Motion Dance Camp

This fun creative movement camp will introduce dance steps and terminology, with an emphasis on rhythm, balance, and coordination, as well as the inclusion of music, stories, and crafts.

8/5-8/8 (1)	M/T/W/Th	9 am-12 pm	4-6 yrs	CO11123
Rm 204		ID/AP: \$196	OD: \$245	

### Mini Movers Hip Hop Dance Camp

Join us for a journey through all things hip hop. This camp will introduce hip hop steps, while focusing on rhythm, musicality, balance, and coordination. We will incorporate stories, crafts, and games to make this dance camp a favorite!

8/12-8/15 (1)	M/T/W/Th	9 am-12 pm	4-6 yrs	CO11124
Rm 204		ID/AP: \$196	OD: \$245	

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# Summer Camps

Conestoga Recreation & Aquatic Center

503-629-6313

## Preschool Sports Camps

### Little Aces Tennis Mini Camp

Campers will be introduced to tennis. Basic skills are introduced and lots of fun will be had! Please bring snack and water bottle daily. No camp 6/19.

6/17-6/21 (1)	M/T/Th/F	9 am-12 pm	4-6 yrs	CO12114
GYM #1		ID/AP: \$149	OD: \$186.25	
7/8-7/12 (1)	M/T/W/Th/F	9 am-12 pm	4-6 yrs	CO12115
GYM #1		ID/AP: \$183	OD: \$228.75	
8/5-8/9 (1)	M/T/W/Th/F	9 am-12 pm	4-6 yrs	CO12116
GYM #1		ID/AP: \$183	OD: \$228.75	

### Little Padawans Mini Camp

Come to Jedi Training Camp, where we'll make our own "light sabers", play fun games and work together with other padawans to train for the Jedi Trials! Please bring a water bottle each day. Camp will take place offsite at Hiteon Park. No camp 6/19.

6/17-6/21 (1)	M/T/Th/F	9 am-12 pm	4-6 yrs	CO12119
Hiteon Park		ID/AP: \$159	OD: \$198.75	
8/12-8/16 (1)	M/T/W/Th/F	9 am-12 pm	4-6 yrs	CO12120
Hiteon Park		ID/AP: \$193	OD: \$241.25	

### Little Sluggers T-Ball Mini Camp

Campers will be introduced to T-Ball. Basic skills are introduced and lots of fun will be had! Please bring snack and water bottle daily. Camp will take place offsite at Hiteon Park.

6/24-6/28 (1)	M/T/W/Th/F	9 am-12 pm	4-6 yrs	CO12112
Hiteon Park		ID/AP: \$183	OD: \$228.75	
7/22-7/26 (1)	M/T/W/Th/F	9 am-12 pm	4-6 yrs	CO12113
Hiteon Park		ID/AP: \$183	OD: \$228.75	

### Mini Marvels Superhero Training Camp

A fun camp for all superheroes!! Sports activities, challenges, rescue missions and costume making, join the fun! Bring a water bottle every day. Camp will take place offsite at Hiteon Park.

7/8-7/12 (1)	M/T/W/Th/F	9 am-12 pm	4-6 yrs	CO12121
Hiteon Park		ID/AP: \$193	OD: \$241.25	

### Mini Striker Soccer Camp

Campers will be introduced to soccer. Basic skills are introduced and lots of fun will be had! Please bring snack and water bottle daily. This camp will be held offsite at Hiteon Park. No camp 7/4 & 7/5.

7/1-7/3 (1)	M/T/W	9 am-12 pm	4-6 yrs	CO12109
Hiteon Park		ID/AP: \$114	OD: \$142.50	
7/29-8/2 (1)	M/T/W/Th/F	9 am-12 pm	4-6 yrs	CO12110
Hiteon Park		ID/AP: \$183	OD: \$228.75	
8/19-8/21 (1)	M/T/W	9 am-12 pm	4-6 yrs	CO12111
Hiteon Park		ID/AP: \$114	OD: \$142.50	

### Shooting Stars Mini Hoops Camp

Campers will be introduced to basketball. Basic skills are introduced and lots of fun will be had! Please bring snack and water bottle daily. No camp 7/4 & 7/5.

7/1-7/3 (1)	M/T/W	9 am-12 pm	4-6 yrs	CO12106
GYM #1		ID/AP: \$114	OD: \$142.50	
7/22-7/26 (1)	M/T/W/Th/F	9 am-12 pm	4-6 yrs	CO12107
GYM #1		ID/AP: \$183	OD: \$228.75	
8/19-8/21 (1)	M/T/W	9 am-12 pm	4-6 yrs	CO12108
GYM #1		ID/AP: \$114	OD: \$142.50	

### Sports Safari Mini Camp

Campers will be introduced to multiple sports and games. Basic skills are introduced and fun will be had! Please bring a water bottle each day. Camp will take place offsite at Hiteon Park.

7/15-7/19 (1)	M/T/W/Th/F	9 am-12 pm	4-6 yrs	CO12117
Hiteon Park		ID/AP: \$183	OD: \$228.75	
8/5-8/9 (1)	M/T/W/Th/F	9 am-12 pm	4-6 yrs	CO12118
Hiteon Park		ID/AP: \$183	OD: \$228.75	

## Half-day Youth Camps

### Art/Drama

#### Art Adventures Camp

Our campers will have the opportunity to let go their imagination to create beautiful art using a variety of mediums including; clay, paper mache, paint, and more! No camp 6/19.

6/17-6/21 (1)	M/T/Th/F	10 am-1 pm	8-13 yrs	CO14207
Rm 200		ID/AP: \$201	OD: \$251.25	
8/12-8/16 (1)	M/T/W/Th/F	10 am-1 pm	8-13 yrs	CO14208
Rm 200		ID/AP: \$204	OD: \$285	

#### Art Sampler Camp

Come do a variety of art activities pop-up cards, tie-dye t-shirts, recycled art creations, and more!

6/24-6/28 (1)	M/T/W/Th/F	10 am-1 pm	8-13 yrs	CO14210
Rm 200		ID/AP: \$230	OD: \$287.50	

#### Awesome Art Camp

Come try a variety of art activities including clay, pencils, paint and more!

8/19-8/21 (1)	M/T/W	10 am-1 pm	8-13 yrs	CO14211
Rm 200		ID/AP: \$154	OD: \$192.50	

#### Books, Cards, Sculpture and Painting Camp

Go wild creating your own book, cards, sculpture, and acrylic painting on canvas. Learn illustrating techniques while you make petal and theater cards, illustrate, and bind a book, paint on canvas, and sculpt with plaster strips. No camp 7/4 & 7/5.

7/1-7/3 (1)	M/T/W	10 am-1 pm	8-13 yrs	CO14212
Rm 200		ID/AP: \$154	OD: \$192.50	

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# Summer Camps

Conestoga Recreation & Aquatic Center Camps at a Glance

503-629-6313

## Build, Sculpt, and Paint Camp

Have a blast designing and building your own mixed media sculptures. You will also sculpt in clay, construct imaginative 3-D creations and have fun building one of a kind sculptures using plaster strips and balloons. Camp encourages creativity and self-expression. Take home all your amazing creations and show them off.

7/22-7/26 (1) M/T/W/Th/F 10 am-1 pm 8-13 yrs CO14213  
Rm 200 ID/AP: \$230 OD: \$287.50

## Comic Book Creations Camp

Make up imaginary stories and more through graphic novels. Learn to use pictures, symbols and text to convey information quickly and simply. Camp will discuss different types of humor and employ elements of storytelling and graphic novel imagery.

7/8-7/12 (1) M/T/W/Th/F 10 am-1 pm 8-13 yrs CO14214  
Rm 200 ID/AP: \$230 OD: \$287.50

## Drama Camp Just for Kids

Create your very own play. Learn improvisational skills, stage presence, and timing. We'll play drama games to build listening skills and imagination. You'll write your own scripts, make stage props, and perform it on the last day of this camp.

7/29-8/2 (1) M/T/W/Th/F 10 am-1 pm 8-13 yrs CO14215  
Rm 200 ID/AP: \$230 OD: \$287.50

## Improv Adventures Camp

Learn improvisational skills, stage presence, and timing. We'll play improv games to build listening skills and imagination with a performance for families on the last day of camp.

7/15-7/19 (1) M/T/W/Th/F 10 am-1 pm 8-13 yrs CO14216  
Rm 200 ID/AP: \$230 OD: \$287.50

## Manga Mania Art Camp

Dive into the world of manga and anime character design! In this camp we will explore character costume and clothing creation, design, and world-building elements to make their characters come alive! This camp is an excellent companion to Comic Book Creations Camp.

8/5-8/9 (1) M/T/W/Th/F 10 am-1 pm 8-13 yrs CO14217  
Rm 200 ID/AP: \$230 OD: \$287.50

## Cooking Camps - Youth

Calling all young chefs! We will cover everything from kitchen safety to culinary creativity, menu development, cooking, competitions and more. Come ready to have fun cooking in our indoor kitchen and our outdoor kitchen! Each week will be a unique theme. Please note we cannot guarantee an allergy-free environment or menu. No camp 6/19.

### Week 1: Grill Masters

6/17-6/21 (1) M/T/Th/F 9 am-12 pm 10-13 yrs CO15200  
Rm 202 ID/AP: \$227 OD: \$283.75

### Week 2: Pastry Week

6/24-6/27 (1) M/T/W/Th 9 am-12 pm 10-13 yrs CO15201  
Rm 202 ID/AP: \$227 OD: \$283.75

### Week 3: Camping Food Faves

7/1-7/3 (1) M/T/W 9 am-12 pm 10-13 yrs CO15202  
Rm 202 ID/AP: \$176 OD: \$220

### Week 4: Cupcake Challenge Week

7/8-7/11 (1) M/T/W/Th 9 am-12 pm 10-13 yrs CO15203  
Rm 202 ID/AP: \$227 OD: \$283.75

### Week 5: Farm to Table

7/15-7/18 (1) M/T/W/Th 9 am-12 pm 10-13 yrs CO15204  
Rm 202 ID/AP: \$227 OD: \$283.75

### Week 6: Dessert Week

7/22-7/25 (1) M/T/W/Th 9 am-12 pm 10-13 yrs CO15205  
Rm 202 ID/AP: \$227 OD: \$283.75

### Week 7: Italian Cuisine

7/29-8/1 (1) M/T/W/Th 9 am-12 pm 10-13 yrs CO15206  
Rm 202 ID/AP: \$227 OD: \$283.75

### Week 8: Kitchen Science

8/5-8/8 (1) M/T/W/Th 9 am-12 pm 11-14 yrs CO15207  
Rm 202 ID/AP: \$227 OD: \$283.75

### Week 9: Pizza, Pasta and more!

8/12-8/15 (1) M/T/W/Th 9 am-12 pm 11-14 yrs CO15208  
Rm 202 ID/AP: \$227 OD: \$283.75

### Week 10: Mystery Ingredient Challenge

8/19-8/21 (1) M/T/W 9 am-12 pm 11-14 yrs CO15209  
Rm 202 ID/AP: \$176 OD: \$220



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# Summer Camps

Conestoga Recreation & Aquatic Center

503-629-6313

## Dance Camps - Youth

### Beautiful Ballet Dance Camp

This fun camp will provide an introduction to ballet steps and terminology, with an emphasis on creative movement, rhythm, balance and coordination as well as music, stories, and crafts.

7/29-8/1 (1) M/T/W/Th 1-4 pm 7-10 yrs CO11207  
Rm 204 ID/AP: \$196 OD: \$245

### Hip Hop Hype Dance Camp

Join us for a journey through all things hip hop. This camp will introduce hip hop steps, while focusing on rhythm, musicality, balance, and coordination. We will also incorporate crafts and games to make this dance camp a favorite!

8/12-8/15 (1) M/T/W/Th 1-4 pm 7-10 yrs CO11208  
Rm 204 ID/AP: \$196 OD: \$245

## Specialty Camps - Youth

### Jedi Training Camp

Come to Jedi Training Camp, where we'll practice "light-saber" deflection techniques, learn to "use the force," and other intergalactic skills and games! Compete against other padawans in the Jedi Trials and learn the code of the light-side which guides all Jedi! Campers may have water activities so please bring a swimsuit, towel, snack, and water bottle daily. Camp will take place offsite at Greenway Park. No camp 6/19.

6/17-6/21 (1) M/T/Th/F 9 am-12 pm 7-9 yrs CO18235  
Greenway Park ID/AP: \$159 OD: \$198.75  
8/12-8/16 (1) M/T/W/Th/F 9 am-12 pm 8-10 yrs CO18236  
Greenway Park ID/AP: \$193 OD: \$241.25

### Lawn Games Camp

Get ready to have some fun! We are going to learn and play an assortment of traditional and new outdoor games throughout the week. Spike ball, Corn hole, giant connect four, ladder toss, croquet, and more! Campers may have water activities so please bring swimsuit, towel, lunch, and water bottle daily. Camp will take place offsite at Greenway Park.

6/24-6/28 (1) M/T/W/Th/F 1-4 pm 7-9 yrs CO18237  
Greenway Park ID/AP: \$193 OD: \$241.25  
7/8-7/12 (1) M/T/W/Th/F 1-4 pm 8-10 yrs CO18238  
Greenway Park ID/AP: \$193 OD: \$241.25

### Outdoor Academy Camp

Nature education, wilderness safety, scavenger hunts, water play, and more in this fun and adventurous camp! Campers may have water activities so please bring swimsuit, towel, snack, and water bottle daily. Camp will take place offsite at Greenway Park. No camp 7/4 & 7/5.

7/1-7/3 (1) M/T/W 1-4 pm 7-10 yrs CO18239  
Greenway Park ID/AP: \$124 OD: \$155  
7/15-7/19 (1) M/T/W/Th/F 9 am-12 pm 8-12 yrs CO18240  
Greenway Park ID/AP: \$193 OD: \$241.25  
8/19-8/21 (1) M/T/W 9 am-12 pm 9-14 yrs CO18241  
Greenway Park ID/AP: \$124 OD: \$155

## Park Play Games Camp

Join the fun at our Play Play Games Camp! Experience the joy of classic games like tag, capture the flag, and more. Kids bond, play, and learn teamwork in this energetic outdoor adventure. Campers may have water activities so please bring swimsuit, towel, lunch, and water bottle daily. Camp will take place offsite at Greenway Park.

7/8-7/12 (1) M/T/W/Th/F 9 am-12 pm 7-10 yrs CO18242  
Greenway Park ID/AP: \$193 OD: \$241.25  
7/22-7/26 (1) M/T/W/Th/F 9 am-12 pm 8-12 yrs CO18243  
Greenway Park ID/AP: \$193 OD: \$241.25  
7/29-8/2 (1) M/T/W/Th/F 9 am-12 pm 7-10 yrs CO18244  
Greenway Park ID/AP: \$193 OD: \$241.25  
8/5-8/9 (1) M/T/W/Th/F 9 am-12 pm 8-12 yrs CO18245  
Greenway Park ID/AP: \$193 OD: \$241.25

## Wet n' Wild Water Games Camp

When it's hot outside, the water comes out! Water balloons, water toys, slip n' slide, sprinkler relays, and more! Come cool off with us this summer! Campers will have water activities so please bring swimsuit, towel, snack and water bottle daily. Camp will take place offsite at Greenway Park.

7/22-7/26 (1) M/T/W/Th/F 1-4 pm 7-10 yrs CO18252  
Greenway Park ID/AP: \$193 OD: \$241.25  
8/5-8/9 (1) M/T/W/Th/F 1-4 pm 8-12 yrs CO18253  
Greenway Park ID/AP: \$193 OD: \$241.25  
8/12-8/16 (1) M/T/W/Th/F 1-4 pm 7-12 yrs CO18254  
Greenway Park ID/AP: \$193 OD: \$241.25

## Sports Camps - Youth

### All Star Skills Basketball Camp

In this camp, players will sharpen fundamental skills with a focus on ball control, shooting, dribbling, passing, footwork, and in-game strategies. Elevate your game through instruction designed to enhance overall basketball proficiency. Bring a snack and water bottle each day. No camp 6/19.

6/17-6/21 (1) M/T/Th/F 9 am-12 pm 8-12 yrs CO12279  
GYM #2 ID/AP: \$159 OD: \$198.75  
7/22-7/26 (1) M/T/W/Th/F 9 am-12 pm 8-12 yrs CO12280  
GYM #2 ID/AP: \$193 OD: \$241.25  
8/12-8/16 (1) M/T/W/Th/F 9 am-12 pm 8-12 yrs CO12281  
GYM #2 ID/AP: \$193 OD: \$241.25  
8/19-8/21 (1) M/T/W 1-4 pm 8-12 yrs CO12282  
GYM #2 ID/AP: \$124 OD: \$155

### Bump, Set, Spike! Volleyball Camp

Come join us this summer and get your volleyball skills ready for Fall! The fundamentals of volleyball will be taught with fun drills and scrimmages. Bring a snack and a water bottle daily.

6/24-6/28 (1) M/T/W/Th/F 1-4 pm 8-12 yrs CO12295  
GYM #2 ID/AP: \$193 OD: \$241.25  
7/8-7/12 (1) M/T/W/Th/F 1-4 pm 8-12 yrs CO12296  
GYM #2 ID/AP: \$193 OD: \$241.25  
7/29-8/2 (1) M/T/W/Th/F 1-4 pm 8-12 yrs CO12297  
GYM #2 ID/AP: \$193 OD: \$241.25

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# Summer Camps

Conestoga Recreation & Aquatic Center Camps at a Glance

503-629-6313

## Foundation Builders Basketball Camp

Join us for a basketball skill-building camp! Improve shooting, passing, and footwork with exciting drills and games. Forge new friendships while enhancing your game. No camp 6/19.

6/17-6/21 (1)	M/T/Th/F	1-4 pm	8-12 yrs	CO12283
GYM #2	ID/AP: \$159	OD: \$198.75		
7/22-7/26 (1)	M/T/W/Th/F	1-4 pm	8-12 yrs	CO12284
GYM #2	ID/AP: \$193	OD: \$241.25		
8/12-8/16 (1)	M/T/W/Th/F	1-4 pm	8-12 yrs	CO12285
GYM #2	ID/AP: \$193	OD: \$241.25		

## Rally Rockstars Tennis Camp

Are you looking for a camp to enhance and develop your tennis skills? Players will work on tennis skills, hand-eye coordination drills, tennis games and activities. Please bring a snack, water bottle, sunblock, and hat to camp each day. This camp is for beginning tennis players. Drop-off & pick-up will be at Conestoga Recreation & Aquatic Center on back patio. Location: Offsite at Contestoga Middle School. No camp 7/4 & 7/5.

6/24-6/28 (1)	M/T/W/Th/F	1-4 pm	9-12 yrs	CO12238
CMS Tennis Courts	ID/AP: \$183	OD: \$228.75		
7/1-7/3 (1)	M/T/W	1-4 pm	9-12 yrs	CO12239
CMS Tennis Courts	ID/AP: \$114	OD: \$142.50		
7/8-7/12 (1)	M/T/W/Th/F	1-4 pm	9-12 yrs	CO12240
CMS Tennis Courts	ID/AP: \$183	OD: \$228.75		
7/15-7/19 (1)	M/T/W/Th/F	1-4 pm	9-12 yrs	CO12241
CMS Tennis Courts	ID/AP: \$183	OD: \$228.75		
7/22-7/26 (1)	M/T/W/Th/F	1-4 pm	9-12 yrs	CO12242
CMS Tennis Courts	ID/AP: \$183	OD: \$228.75		
7/29-8/2 (1)	M/T/W/Th/F	1-4 pm	9-12 yrs	CO12243
CMS Tennis Courts	ID/AP: \$183	OD: \$228.75		
8/5-8/9 (1)	M/T/W/Th/F	1-4 pm	9-12 yrs	CO12244
CMS Tennis Courts	ID/AP: \$183	OD: \$228.75		
8/12-8/16 (1)	M/T/W/Th/F	1-4 pm	9-12 yrs	CO12245
CMS Tennis Courts	ID/AP: \$183	OD: \$228.75		

## Rocket Rally Pickleball Camp

This camp offers youth a chance to learn about and play one of the fastest growing sports around- Pickleball!! Each camp includes skill practice, drills, technique instruction. Campers may have water activities so please bring swimsuit, towel, lunch, and water bottle daily. Camp will take place at the Conestoga Recreation & Aquatic Center. No camp 7/4 & 7/5.

7/1-7/3 (1)	M/T/W	9 am-12 pm	8-12 yrs	CO12292
GYM #2	ID/AP: \$124	OD: \$155		
7/15-7/19 (1)	M/T/W/Th/F	1-4 pm	8-12 yrs	CO12293
GYM #2	ID/AP: \$193	OD: \$241.25		
8/19-8/21 (1)	M/T/W	9 am-12 pm	8-12 yrs	CO12294
GYM #2	ID/AP: \$124	OD: \$155		

## Sabre Fencing Camp

Learn the basic tactical and technical skills of the Olympic sport of saber fencing. This dynamic sport offers challenges to quick thinking (it is like the physical game of chess!), improves coordination, strength, and agility. Fun games are incorporated while learning the footwork and drills. Safety is emphasized. Sanitized equipment is assigned to each individual on the first day. All equipment is provided. Sabre fencing skills are introduced with skill practice and technique instruction provided by Oregon Fencing Alliance.

7/8-7/11 (1)	M/T/W/Th	9 am-12 pm	7-12 yrs	CO12289
GYM #2	ID/AP: \$150	OD: \$187.50		
7/29-8/1 (1)	M/T/W/Th	9 am-12 pm	7-12 yrs	CO12290
GYM #2	ID/AP: \$150	OD: \$187.50		
8/5-8/8 (1)	M/T/W/Th	9 am-12 pm	7-12 yrs	CO12291
GYM #2	ID/AP: \$150	OD: \$187.50		

## Serve and Swing Tennis Camp

Are you looking for a camp to enhance and develop your tennis skills? Players will work on tennis skills, hand-eye coordination drills, tennis games and activities. Please bring a snack, water bottle, sunblock and hat to camp each day. This camp is for beginning tennis players. Drop-off & pick-up will be at Conestoga Recreation & Aquatic Center on back patio. Location: Offsite at Contestoga Middle School. No camp 7/4 & 7/5.

6/24-6/28 (1)	M/T/W/Th/F	9 am-12 pm	6-8 yrs	CO12230
CMS Tennis Courts	ID/AP: \$183	OD: \$228.75		
7/1-7/3 (1)	M/T/W	9 am-12 pm	6-8 yrs	CO12231
CMS Tennis Courts	ID/AP: \$114	OD: \$142.50		
7/8-7/12 (1)	M/T/W/Th/F	9 am-12 pm	6-8 yrs	CO12232
CMS Tennis Courts	ID/AP: \$183	OD: \$228.75		
7/15-7/19 (1)	M/T/W/Th/F	9 am-12 pm	6-8 yrs	CO12233
CMS Tennis Courts	ID/AP: \$183	OD: \$228.75		
7/22-7/26 (1)	M/T/W/Th/F	9 am-12 pm	6-8 yrs	CO12234
CMS Tennis Courts	ID/AP: \$183	OD: \$228.75		
7/29-8/2 (1)	M/T/W/Th/F	9 am-12 pm	6-8 yrs	CO12235
CMS Tennis Courts	ID/AP: \$183	OD: \$228.75		
8/5-8/9 (1)	M/T/W/Th/F	9 am-12 pm	6-8 yrs	CO12236
CMS Tennis Courts	ID/AP: \$183	OD: \$228.75		
8/12-8/16 (1)	M/T/W/Th/F	9 am-12 pm	6-8 yrs	CO12237
CMS Tennis Courts	ID/AP: \$183	OD: \$228.75		

## Superheroes Sports Challenge Camp

A fun camp for all superheroes!! Sports, activities, challenges, rescue missions, and costume making, join the fun! Campers may have water activities so please bring swimsuit, towel, snack, and water bottle daily. Camp will take place offsite at Greenway Park.

6/24-6/28 (1)	M/T/W/Th/F	9 am-12 pm	7-10 yrs	CO18246
Greenway Park	ID/AP: \$193	OD: \$241.25		
7/15-7/19 (1)	M/T/W/Th/F	1-4 pm	8-12 yrs	CO18247
Greenway Park	ID/AP: \$193	OD: \$241.25		

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# Summer Camps

Conestoga Recreation & Aquatic Center

503-629-6313

## Sparkle and Spirit Cheer Camp

Come join us for a fun week of camp. We will learn a short spirit dance routine, as well as working on cheer skills for the field. No prior cheer or gymnastic experience necessary! Bring a snack and water bottle daily. No camp 7/4 & 7/5.

7/1-7/3 (1)	M/T/W	1-4 pm	8-12 yrs	CO12286
Rm 204		ID/AP: \$124	OD: \$155	
7/22-7/26 (1)	M/T/W/Th/F	1-4 pm	8-12 yrs	CO12287
Rm 201,Rm 204		ID/AP: \$193	OD: \$241.25	

## First Flips Tumbling Camp

Discover the excitement of our beginner's tumbling camp! Delve into tumbling fundamentals and explore introductory dance techniques often used in cheer. Bring a snack and water bottle daily.

8/5-8/9 (1)	M/T/W/Th/F	1-4 pm	8-12 yrs	CO12288
Rm 201,Rm 204		ID/AP: \$193	OD: \$241.25	

## Gym Games Galore Camp

Get ready for Gym Games Galore! Dive into an action-packed week filled with popular PE and gym games. From classics like Sharks and Minnows to new favorites like Shipwreck, join in the fun, and make new friends in an energetic and exciting environment. Bring a snack and a water bottle every day. No camp 7/4 & 7/5.

7/1-7/3 (1)	M/T/W	1-4 pm	7-12 yrs	CO18233
GYM #2		ID/AP: \$124	OD: \$155	
8/5-8/9 (1)	M/T/W/Th/F	1-4 pm	7-12 yrs	CO18234
GYM #2		ID/AP: \$193	OD: \$241.25	

## Mindful Movement Yoga Camp

Experience tranquility through yoga, embracing mindful poses and breathing exercises. Nurture body and mind in a serene journey of self-discovery and relaxation. No previous experience with yoga is necessary. Bring a snack and a water bottle daily.

6/24-6/28 (1)	M/T/W/Th/F	1-4 pm	8-12 yrs	CO12298
Rm 201,Rm 204		ID/AP: \$193	OD: \$241.25	
7/15-7/19 (1)	M/T/W/Th/F	1-4 pm	8-12 yrs	CO12299
Rm 201,Rm 204		ID/AP: \$193	OD: \$241.25	

## 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 Conestoga and become a strong and fit athlete. This camp will focus on weight training, with time in the weight room in addition to games, agility drills, and conditioning. Develop your speed, power, and agility!

6/24-7/3 (2)	M/T/W/Th	12-2 pm	11-14 yrs	CO12522
Weight Room		ID/AP: \$148	OD: \$185	



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# Summer Camps

Garden Home Recreation Center Camps at a Glance

503-629-6341

Age	4-6 yrs	5-7 yrs	6-8 yrs	8-10 yrs	9-11 yrs
<b>Week 1</b> <b>6/17-6/21</b> (no camp 6/19)		Soccer Camp	Garden Gnomes Camp It's Magic Camp Hogwarts	Will-O-Wisps Camp It's Magic Camp Hogwarts	Camp Hogwarts
<b>Week 2</b> <b>6/24-6/28</b>	I Draw, You Cook Under the Sea Mini Camp Gymnastics Camp	Jr. Chefs Mini Camp Art Camp: Nature Art Sports Mania	Garden Gnomes Camp Construction Zone	Will-O-Wisps Camp Construction Zone	
<b>Week 3</b> <b>7/1-7/3</b> (no camp 7/4 & 7/5)	Gymnastics Camp	Art Camp: Pokemon Art Sports and Splash Camp Gymnastics Camp	Garden Gnomes Baking Bootcamp	Will-O-Wisps Art Camp: Pokemon Art	Art Camp: Pokemon Art
<b>Week 4</b> <b>7/8-7/12</b>	I Draw, You Cook Gymnastics Camp Mini Hoopers Camp	Jr. Chefs Mini Camp	Garden Gnomes Mini Art Camp: Sticheable Fun Theater Camp	Will-O-Wisps Mini Art Camp: Sticheable Fun Theater Camp	Mini Art Camp: Sticheable Fun Theater Camp
<b>Week 5</b> <b>7/15-7/19</b>	Gymnastics Camp	Gymnastics Camp Art Camp: Superhero Art Sports and Splash Camp Gymnastics Camp	Garden Gnomes	Will-O-Wisps Art Camp: Superhero Art	Dessert Week Art Camp: Superhero Art
<b>Week 6</b> <b>7/22-7/26</b>	Gymnastics Camp	Sports Mania	Garden Gnomes Baking Bootcamp Art Mini Camp: Sewing By Hand Theater Camp	Will-O-Wisps Art Mini Camp: Sewing By Hand Theater Camp	Art Mini Camp: Sewing By Hand Theater Camp
<b>Week 7</b> <b>7/29-8/2</b>	Gymnastics Camp	Gymnastics Camp Art Camp: Cartooning/ Anime Sports and Splash Camp	Garden Gnomes Garden Home Grilling Academy	Will-O-Wisps Art Camp: Cartooning/Anime	Art Camp: Cartooning/ Anime
<b>Week 8</b> <b>8/5-8/9</b>	Gymnastics Camp	Soccer Camp	Garden Gnomes Art Mini Camp: Beauty Bar	Will-O-Wisps Art Mini Camp: Beauty Bar Art Camp: Fiber Fun!	It's a Small World Cooking Camp Art Mini Camp: Beauty Bar Art Camp: Fiber Fun!
<b>Week 9</b> <b>8/12-8/16</b>	Gymnastics Camp	Gymnastics Camp Sports and Splash Camp	Garden Gnomes Art Mini Camp: Soap & Candle Making Camp Construction Zone	Will-O-Wisps Art Mini Camp: Soap & Candle Making Camp Construction Zone	Dessert Week Art Mini Camp: Soap & Candle Making
<b>Week 10</b> <b>8/19-8/23</b>			Garden Gnomes	Will-O-Wisps	

7475 SW Oleson Road, Portland

\*partial day camps except Camp Garden Gnomes & Camp Willows

# Summer Camps

Garden Home Recreation Center

503-629-6341

## Summer Camp Deposits and Balances

A \$30 deposit is required per week for each participant for weeks 2-9. Full balance for week 1 is due at 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. An individual's space in the camp will be forfeited automatically if the balance is not paid by the two-week prior deadline. **Deposit is non-refundable. However, it may be transferred to another THPRD camp program prior to June 1.**

## Full-Day Camps

### Camp Garden Gnomes

There is nothing better than Summer camp for trying new things and doing the things we love: crafts, sports, games, science, cooking, art and so much more. Let our staff turn this summer into an experience your kids will never forget! Bring a sack lunch, 2 snacks, sunscreen, and water bottle daily.

**\*No camp 6/19 & 7/4.**



#### Camp Garden Gnome #1: Scientists Week

**\*No class 6/19**

Trips this week: OMSI & 53rd Park  
6/17-6/21 (1) M/T/Th/F 8 am-6 pm 6-7 yrs GH17201  
Rm A ID/AP: \$244 OD: \$305

#### Camp Garden Gnome #2: Animation Week

Trips this week: Wunderland & Cedar Hills Park  
6/24-6/28 (1) M/T/W/Th/F 8 am-6 pm 6-7 yrs GH17202  
Rm A ID/AP: \$305 OD: \$381.25

#### Camp Garden Gnome #3: Dragons & Dinos Week

**\*No camp on 7/4.**

Trips this week: Oaks Park & Wilsonville Town Center Park  
7/1-7/5 (1) M/T/W/F 8 am-6 pm 6-7 yrs GH17203  
Rm A ID/AP: \$244 OD: \$305

#### Camp Garden Gnome #4: Pokémon Week

Trips this week: Oregon Zoo & 53rd Park  
7/8-7/12 (1) M/T/W/Th/F 8 am-6 pm 6-7 yrs GH17204  
Rm A ID/AP: \$305 OD: \$381.25

#### Camp Garden Gnome #5: Under the Sea Week

Trips this week: Harman Swim Center & Sunnys Legendary Frozen Yogurt  
7/15-7/19 (1) M/T/W/Th/F 8 am-6 pm 6-7 yrs GH17205  
Rm A ID/AP: \$305 OD: \$381.25

#### Camp Garden Gnome #6: Ninja Week

Trips this week: Defy & Cedar Hills Park  
7/22-7/26 (1) M/T/W/Th/F 8 am-6 pm 6-7 yrs GH17206  
Rm A ID/AP: \$305 OD: \$381.25

#### Camp Garden Gnome #7: Wizards Week

Trips this week: OMSI & Murase Plaza Park  
7/29-8/2 (1) M/T/W/Th/F 8 am-6 pm 6-7 yrs GH17207  
Rm A ID/AP: \$305 OD: \$381.25

### Camp Garden Gnome #8: Pirate Week

Trips this week: Pietro's Pizza & Harman Swim Center  
8/12-8/16 (1) M/T/W/Th/F 8 am-6 pm 6-7 yrs GH17208  
Rm A ID/AP: \$305 OD: \$381.25

### Camp Garden Gnome #9: Superhero Week

Trips this week: Langers Entertainment & 53rd Ave Park  
8/5-8/9 (1) M/T/W/Th/F 8 am-6 pm 6-7 yrs GH17209  
Rm A ID/AP: \$305 OD: \$381.25

### Camp Garden Gnome #10: Carnival Week

**\*Camp will take place offsite this week. Trips this week: Murase Plaza Park & Kona Ice Visit**

8/19-8/23 (1) M/T/W/Th/F 8 am-6 pm 6-7 yrs GH17210  
OffSite ID/AP: \$305 OD: \$381.25

### Camp Willows

Your child will have a fun week exploring and adventuring with crafts, sports, games, science, cooking, art and so much more. Let our staff turn this summer into an experience your kids will never forget! Bring a sack lunch, 2 snacks, sunscreen, and a water bottle daily. **\*No camp on 6/19 and 7/4.**



#### Camp Willows #1: Sports Week

**\*No camp on 6/19.**

Trips this week: Wilson Murase Plaza Park & Crumble  
6/17-6/21 (1) M/T/Th/F 8 am-6 pm 8-10 yrs GH17211  
Rm C ID/AP: \$244 OD: \$305

#### Camp Willows #2: Animal Week

Trips this week: Oregon Zoo  
6/24-6/28 (1) M/T/W/Th/F 8 am-6 pm 8-10 yrs GH17212  
Rm C ID/AP: \$305 OD: \$381.25

#### Camp Willows #3: Wizard Week

**\*No camp on 7/4.**

Trip this week: Harman Swim Center  
7/1-7/5 (1) M/T/W/F 8 am-6 pm 8-10 yrs GH17213  
Rm C ID/AP: \$244 OD: \$305

#### Camp Willows #4: Adventure Week

Trips this week: Langers  
7/8-7/12 (1) M/T/W/Th/F 8 am-6 pm 8-10 yrs GH17214  
Rm C ID/AP: \$305 OD: \$381.25

#### Camp Willows #5: Scientists Week

Trips this week: OMSI  
7/15-7/19 (1) M/T/W/Th/F 8 am-6 pm 8-10 yrs GH17215  
Rm C ID/AP: \$305 OD: \$381.25

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# Summer Camps

Garden Home Recreation Center

503-629-6341

## Camp Willows #6: Pokémon Week

Trips this week: Harman Swim Center

7/22-7/26 (1) M/T/W/Th/F 8 am-6 pm 8-10 yrs GH17216  
Rm C ID/AP: \$305 OD: \$381.25

## Camp Willows #7: Splash Week

Trips this week: North Clackamas Parks & Rec District

7/29-8/2 (1) M/T/W/Th/F 8 am-6 pm 8-10 yrs GH17217  
Rm C ID/AP: \$305 OD: \$381.25

## Camp Willows #8: Snack-Galore Week

Trips this week: Spring Garden Park & Sunny's Legendary Froyo

8/5-8/9 (1) M/T/W/Th/F 8 am-6 pm 8-10 yrs GH17218  
Rm C ID/AP: \$305 OD: \$381.25

## Camp Willows #9: Gamer Week

Trips this week: Super Play

8/12-8/16 (1) M/T/W/Th/F 8 am-6 pm 8-10 yrs GH17219  
Rm C ID/AP: \$305 OD: \$381.25

## Camp Willows #10: Carnival Week

Trips this week: Kona Ice Visit

8/19-8/23 (1) M/T/W/Th/F 8 am-6 pm 8-10 yrs GH17220  
Rm C ID/AP: \$305 OD: \$381.25

## Art Mini Camps

### Half Day – Youth

#### Art Camp: Cartooning/Anime

Design cartoon characters and anime drawings using fundamental skills in this beginner's cartooning/anime camp for youth inspired by anime culture. Bring a snack and a water bottle daily.

7/29-8/2 (1) M/T/W/Th/F 9 am-12 pm 5-7 yrs GH16206  
Rm 13 ID/AP: \$185 OD: \$231.25

7/29-8/2 (1) M/T/W/Th/F 1-4 pm 8-12 yrs GH16207  
Rm 13 ID/AP: \$185 OD: \$231.25

#### Art Camp: Nature Art

Artists will explore the outdoors to create different works of art inspired by nature elements. Bring a snack and a water bottle daily.

6/24-6/28 (1) M/T/W/F 9 am-12 pm 5-7 yrs GH16201  
Rm 13 ID/AP: \$185 OD: \$231.25

#### Art Camp: Pokémon Art

Join us for one-week long explorations of different art mediums, techniques, and artists. We'll look at color, line, form and compositions through drawing, painting, collage, sculpture and more! Bring a snack and a water bottle daily. **No class 7/4.**

7/1-7/5 (1) M/T/W/F 1-4 pm 8-12 yrs GH16202  
Rm 13 ID/AP: \$148 OD: \$185

7/1-7/5 (1) M/T/W/F 9 am-12 pm 5-7 yrs GH16203  
Rm 13 ID/AP: \$148 OD: \$185

#### Art Camp: Superhero Art

Do you like to draw or paint? If so, join the madness! Create fun patterns and colorful designs in this camp. Bring a snack and a water bottle daily.



7/15-7/19 (1) M/T/W/Th/F 9 am-12 pm 5-7 yrs GH16204  
Rm 13 ID/AP: \$185 OD: \$231.25

7/15-7/19 (1) M/T/W/Th/F 1-4 pm 8-12 yrs GH16205  
Rm 13 ID/AP: \$185 OD: \$231.25

#### Art Camp: Fiber Fun!

In this camp students will use different materials to make art. Yarn, painting, foil art, weaving and more! Bring a snack and a water bottle daily.

8/5-8/9 (1) M/T/W/Th/F 1-4 pm 8-12 yrs GH16208  
Rm 13 ID/AP: \$185 OD: \$231.25

#### Art Mini Camp: Beauty Bar

It's time to relax and unwind at the Beauty Bar. Learn how to make cleansing face masks, body scrubs, bath fizzies, and so much more. We'll go over makeup tips, creating a self-care regimen, and even make some earth-friendly makeup must haves. Bring a snack and a water bottle daily.

8/5-8/9 (1) M/T/W/Th/F 9 am-12 pm 6-11 yrs GH14202  
Rm 13 ID/AP: \$185 OD: \$231.25



#### Art Mini Camp: Sewing By Hand

Learn to sew by hand! Make your own hand puppets, hair accessories, bags and more from a wide variety of fabrics and threads. Bring a snack and a water bottle daily.

7/22-7/26 (1) M/T/W/Th/F 9 am-12 pm 7-12 yrs GH14203  
Rm 13 ID/AP: \$185 OD: \$231.25

#### Art Mini Camp: Soap & Candle Making

Learn to make homemade soap and candles. Each day you will make something new to use at home! Bring a snack and a water bottle daily.

8/12-8/16 (1) M/T/W/Th/F 9 am-12 pm 6-11 yrs GH14204  
Rm 13 ID/AP: \$185 OD: \$231.25

#### Art Mini Camp: Stitchable Fun

Learn to do embroidery, arm knitting, and crochet. You will make lots of cool things to take home, including hair bows, stuffed animals, and more! Bring a snack and a water bottle daily.

7/8-7/12 (1) M/T/W/Th/F 9 am-12 pm 7-12 yrs GH14205  
Rm 13 ID/AP: \$185 OD: \$231.25

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# Summer Camps

Garden Home Recreation Center

503-629-6341

## Cooking Camps

### Half Day Camps – Preschool

#### I Draw, You Cook new

Inspired by the "I Draw, You Cook" TV show, we'll have fun in the kitchen learning about culinary skills and safety, healthy eating habits, and food groups while creating perfect dishes based off a meal picture! Please note that we cannot guarantee an allergy free environment or menu.

6/24-6/28 (1)	M/T/W/Th/F	1-3 pm	4-6 yrs	GH14101A
Kitchen	ID/AP: \$107	OD: \$133.75		
7/8-7/12 (1)	M/T/W/Th/F	1-3 pm	4-6 yrs	GH14101B
Kitchen	ID/AP: \$107	OD: \$133.75		

### Half Day Camps – Youth

#### Jr. Chefs Mini Camp

In this fun camp children will learn kitchen safety, basic measurement, following a recipe and teamwork. We aim to teach important cooking skills such as mixing, pouring, wrapping, shaking, spreading, peeling, rolling cutting and more. Your campers will bring home yummy treats that they have made each day. Please note that we cannot guarantee an allergy free environment or menu.

6/24-6/28 (1)	M/T/W/Th/F	9-11 am	5-7 yrs	GH14100A
Kitchen	ID/AP: \$107	OD: \$133.75		
7/8-7/12 (1)	M/T/W/Th/F	9-11 am	5-7 yrs	GH14100B
Kitchen	ID/AP: \$107	OD: \$133.75		

#### Garden Home Grilling Academy new

It's summer and the perfect time for grilling! Join our camp and learn grilling essentials for a summer meal in the park. We'll be grilling outdoors and learning the art of sandwiches, dips and dippers, snacks, and more. Kids will be using our outdoor kitchen and we'll wrap up each day with a picnic in our field! Please note that we cannot guarantee an allergy free environment or menu.

7/29-8/2 (1)	M/T/W/Th/F	9 am-4 pm	6-8 yrs	GH15206
Outside Covered Area	ID/AP: \$318	OD: \$397.50		

#### Baking Bootcamp new

All hands-on deck! Bakers will enjoy our Pizza Party, Pancake Extravaganza, Cupcake Wars, and Bread School days. Please note that we cannot guarantee an allergy free environment or menu. Kids will be using both indoor and outdoor kitchens. **No camp on 7/4 and 7/5.**

7/1-7/3 (1)	M/T/W	9 am-4 pm	6-8 yrs	GH15204
Kitchen	ID/AP: \$191	OD: \$238.75		
7/22-7/26 (1)	M/T/W/Th/F	9 am-4 pm	6-8 yrs	GH15205
Kitchen	ID/AP: \$318	OD: \$397.50		

#### It's a Small World-Cooking Camp new

Bring your cooking passports and enjoy our magical wonderland kitchen with the sights and sounds of multi-cultural recipes! We will cover everything from kitchen safety to culinary creativity, menu development, cooking competitions, and more. Please note that we cannot guarantee an allergy free environment or menu. Kids will be using our outdoor kitchen.

8/5-8/9 (1)	M/T/W/Th/F	9 am-4 pm	9-11 yrs	GH15201
Outside Covered Area	ID/AP: \$318	OD: \$397.50		



#### Dessert Week

"Let them eat cake!" We will cover everything from kitchen safety to culinary creativity, menu development, shopping trip, cooking competitions and more. Come ready to have fun cooking in our indoor kitchen and our outdoor kitchen! Bring a sack lunch and drink daily. Each week will be unique and have new recipes. Kids will be using our outdoor kitchen. Please note that we cannot guarantee an allergy free environment or menu.

7/15-7/19 (1)	M/T/W/Th/F	9 am-4 pm	9-11 yrs	GH15202
Outside Covered Area	ID/AP: \$318	OD: \$397.50		
8/12-8/16 (1)	M/T/W/Th/F	9 am-4 pm	9-11 yrs	GH15203
Outside Covered Area	ID/AP: \$318	OD: \$397.50		

## Theater Camps

#### Theater Camp: From Page to Stage

Open the gates to enchantment and wonder while your child acts out their favorite story book. Young actors develop new creative abilities through acting and creating set backdrops and costumes. An excellent way to introduce children to theatrical acting. Bring a snack and a water bottle daily.

7/8-7/12 (1)	M/T/W/Th/F	1-4 pm	7-12 yrs	GH15224
Rm 13	ID/AP: \$185	OD: \$231.25		
7/22-7/26 (1)	M/T/W/Th/F	1-4 pm	7-12 yrs	GH15225
Rm 13	ID/AP: \$185	OD: \$231.25		

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

# Summer Camps

Garden Home Recreation Center

503-629-6341

## Gymnastics Camps

### Half Day – Preschool

#### Gymnastics Camp-Pre-Gym 3-5yrs

This fun camp combines gymnastics with an awesome half-day camp experience. Parents may watch inside the room for the last hour on the last day of camp. Bring a snack daily.

6/24-6/28 (1)	M/T/W/Th/F	9 am-12 pm	3-5 yrs	GH13101
Rm 3	ID/AP: \$183	OD: \$228.75		
7/8-7/12 (1)	M/T/W/Th/F	9 am-12 pm	3-5 yrs	GH13103
Rm 3	ID/AP: \$183	OD: \$228.75		
7/22-7/26 (1)	M/T/W/Th/F	9 am-12 pm	3-5 yrs	GH13105
Rm 3	ID/AP: \$183	OD: \$228.75		
8/5-8/9 (1)	M/T/W/Th/F	9 am-12 pm	3-5 yrs	GH13107
Rm 3	ID/AP: \$183	OD: \$228.75		

### Half Day – Youth

#### Gymnastic Camp-Gym 1: 5-7

This fun camp combines gymnastics with an awesome half-day camp experience. Parents may watch inside the room for the last hour on the last day of camp. Bring a snack daily. **No camp on 7/4.**

7/1-7/5 (1)	M/T/W/F	9 am-12 pm	5-7 yrs	GH13102
Rm 3	ID/AP: \$147	OD: \$183.75		
7/15-7/19 (1)	M/T/W/Th/F	9 am-12 pm	5-7 yrs	GH13104
Rm 3	ID/AP: \$183	OD: \$228.75		
7/29-8/2 (1)	M/T/W/Th/F	9 am-12 pm	5-7 yrs	GH13106
Rm 3	ID/AP: \$183	OD: \$228.75		
8/12-8/16 (1)	M/T/W/Th/F	9 am-12 pm	5-7 yrs	GH13108
Rm 3	ID/AP: \$183	OD: \$228.75		

## Sports Camps

### Half Day – Preschool

#### Taekwondo Camp: Little Dragons

A concentrated class where your child will learn the basics of Taekwondo, including vocabulary, philosophy, and self-defense skills. Promotes confidence and discipline in a safe, fun environment. Please bring a snack and a water bottle daily.

7/29 – 8/2 (1)	M/T/W/Th/F	9:30 am- 10:30 am	3-5 yrs	GH12139
Field A	ID/AP: \$47	OD: \$58.75		

#### Mini Hoopers

Mini hoopers camp will focus on catching, dribbling, passing & shooting a basketball. Positive attitude, fair play and fun will be emphasized. Please bring a water bottle.

7/8-7/12 (1)	M/T/W/Th/F	9 am-12 pm	4-6 yrs	GH12104
Gym	ID/AP: \$175	OD: \$218.75		

### Half Day – Youth

#### Soccer Camp

Learn to dribble, pass, trap, shoot and more! Games and fun activities as we develop soccer skills. Bring a snack and a water bottle daily. **No camp on 6/19.**

6/17-6/21 (1)	M/T/Th/F	9 am-12 pm	5-7 yrs	GH12101
Field A	ID/AP: \$140	OD: \$175		
8/5-8/9 (1)	M/T/W/Th/F	9 am-12 pm	5-7 yrs	GH12108
Field A	ID/AP: \$175	OD: \$218.75		



#### Sports and Splash Camp

A week of fun with a twist! Be prepared to get wet, as we do different sports and fun group games all with water! Bring a snack, a water bottle, change of clothes and towel daily. **No camp 7/4.**

7/1-7/5 (1)	M/T/W/F	9 am-12 pm	5-7 yrs	GH12103
Field A	ID/AP: \$140	OD: \$175		
7/15-7/19 (1)	M/T/W/Th/F	9 am-12 pm	5-7 yrs	GH12105
Field A	ID/AP: \$175	OD: \$218.75		
7/29-8/2 (1)	M/T/W/Th/F	9 am-12 pm	5-7 yrs	GH12107
Field A	ID/AP: \$175	OD: \$218.75		
8/12-8/16 (1)	M/T/W/Th/F	9 am-12 pm	5-7 yrs	GH12109
Field A	ID/AP: \$175	OD: \$218.75		

#### Sports Mania

Join us as we learn and play different sports each day: Basketball, field hockey, soccer, t-ball and more! Bring a snack and water bottle daily.

6/24-6/28 (1)	M/T/W/Th/F	9 am-12 pm	5-7 yrs	GH12102
Field A	ID/AP: \$175	OD: \$218.75		
7/22-7/26 (1)	M/T/W/Th/F	9 am-12 pm	5-7 yrs	GH12106
Field A	ID/AP: \$175	OD: \$218.75		

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

# Summer Camps

Garden Home Recreation Center

503-629-6341

## Taekwondo Camp: White Tigers

Teaches the basics of Taekwondo, including vocabulary, philosophy, and self-defense skills. Promotes confidence and discipline in a safe, fun environment. Bring a sack lunch and a water bottle daily.

7/29 – 8/2 (1) M/T/W/Th/F 11 am- 12pm 6-14 yrs GH12140  
Field A ID/AP: \$125 OD: \$156.25

## Fencing Camp

Learn the basic tactical and technical skills of the Olympic sport of fencing. This dynamic sport offers challenges to quick thinking (it is like the physical game of chess!), improves coordination, strength, and agility. Fun games are incorporated while learning the footwork and drills. Safety is emphasized. Sanitized equipment is assigned to each individual on the first day. **Oregon Fencing Alliance.**

7/15-7/19 (1) M/T/W/Th/F 9 am-12 pm 6-12 yrs GH12230  
Gym ID/AP: \$165 OD: \$206.25  
7/22-7/26 (1) M/T/W/Th/F 9 am-12 pm 6-12 yrs GH12231  
Gym ID/AP: \$165 OD: \$206.25  
8/5-8/9 (1) M/T/W/Th/F 9 am-12 pm 6-12 yrs GH12232  
Gym ID/AP: \$165 OD: \$206.25

## Archery Mini Camp

\$60 lab fee payable to the instructor on the first day. 3 days of indoor archery! Learn to shoot, scoring, balloons and team event! **Held at: Archers Afield, 11945 SW Pacific Hwy Ste #121, Tigard, OR 97223 Tigard Plaza Shopping Center, Lower Level, Corner of Hall & Hwy 99**

6/24-6/26 (1) M/T/W 11 am-12 pm 7-12 yrs GH12206  
OffSite ID/AP: \$18 OD: \$22.50  
6/24-6/26 (1) M/T/W 1-2 pm 7-12 yrs GH12207  
OffSite ID/AP: \$18 OD: \$22.50  
7/8-7/10 (1) M/T/W 11 am-12 pm 7-12 yrs GH12208  
Offsite ID/AP: \$18 OD: \$22.50  
7/8-7/10 (1) M/T/W 1-2 pm 7-12 yrs GH12209  
OffSite ID/AP: \$18 OD: \$22.50  
7/22-7/24 (1) M/T/W 11 am-12 pm 7-12 yrs GH12210  
OffSite ID/AP: \$18 OD: \$22.50  
7/22-7/24 (1) M/T/W 1-2 pm 7-12 yrs GH12211  
OffSite ID/AP: \$18 OD: \$22.50  
8/5-8/7 (1) M/T/W 11 am-12 pm 7-12 yrs GH12212  
OffSite ID/AP: \$18 OD: \$22.50  
8/5-8/7 (1) M/T/W 1-2 pm 7-12 yrs GH12213  
OffSite ID/AP: \$18 OD: \$22.50  
8/19-8/21 (1) M/T/W 11 am-12 pm 7-12 yrs GH12214  
OffSite ID/AP: \$18 OD: \$22.50  
8/19-8/21 (1) M/T/W 1-2 pm 7-12 yrs GH12215  
OffSite ID/AP: \$18 OD: \$22.50

## Archery Fun

\$68 lab fee payable to the instructor on the first night. This is a 4-week indoor program. Archery is presented to beginners in a recreational format. Children, 7 & up, and adults are welcome. You'll start at the beginning learning archery techniques and safety. Each week is different. **Held at: Archers Afield, 11945 SW Pacific Hwy Ste #121, Tigard, OR 97223 Tigard Plaza Shopping Center, Lower Level, Corner of Hall & Hwy 99**

6/22-7/13 (4) S 11 am-12 pm 7-adult GH12200  
OffSite ID/AP: \$18 OD: \$22.50  
6/23-7/14 (4) Su 11 am-12 pm 7-adult GH12201  
OffSite ID/AP: \$18 OD: \$22.50  
6/24-7/15 (4) M 5-6 pm 7-adult GH12202  
OffSite ID/AP: \$18 OD: \$22.50  
7/20-8/10 (4) S 11 am-12 pm 7-adult GH12203  
OffSite ID/AP: \$18 OD: \$22.50  
7/21-8/11 (4) Su 11 am-12 pm 7-adult GH12204  
OffSite ID/AP: \$18 OD: \$22.50  
7/22-8/12 (4) M 5-6 pm 7-adult GH12205  
OffSite ID/AP: \$18 OD: \$22.50



## Specialty Camps

### Half Day – Preschool

## Construction Mini Camp

You can build it...Robots, Rockets, hammer, glue, building blocks, cardboard & more. Join us for a fun week of building!

8/12-8/16 (1) M/T/W/Th/F 9 am-12 pm 3-5 yrs GH14104  
Rm 9 ID/AP: \$175 OD: \$218.75

## Under the Sea Mini Camp

Mermaids, sharks, pirates & more...Join us for an under the seawater adventure as we have a fun week doing crafts, stories and exploring creatures of the sea.

6/24-6/28 (1) M/T/W/F 9 am-12 pm 3-5 yrs GH14102  
Rm 9 ID/AP: \$175 OD: \$218.75

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# Summer Camps

Garden Home Recreation Center

503-629-6341

## Dino Week

Campers will have a fun week learning about dinosaurs, rocks & fossils through fun games, art projects, active play and more!

7/22-7/26 (1) M/T/W/Th/F 9 am-12 pm 4-6 yrs GH14107  
Rm 9 ID/AP: \$175 OD: \$218.75



## Down On the Farm Mini Camp

This week of camp is filled with learning all about farm animals and more! Play fun farm games, discover how food grows, taking care of animals and fun art projects.

8/5-8/9 (1) M/T/W/Th/F 9 am-12 pm 4-6 yrs GH14109  
Rm 9 ID/AP: \$175 OD: \$218.75

## Fantastik Slimy Science Week

Join us for a week of fun learning about science in a fun, hands-on learning environment. Goopy slimy activities such as making slime, mini chemistry experiments, games, Storytime and more!

7/8-7/12 (1) M/T/W/Th/F 9 am-12 pm 4-6 yrs GH14105  
Rm 9 ID/AP: \$175 OD: \$218.75

## Jr. Superheroes Camp

Join the quest to be the best crime fighting elite superhero. Hero related games, activities & more!

7/15-7/19 (1) M/T/W/Th/F 9 am-12 pm 4-6 yrs GH14106  
Rm 9 ID/AP: \$175 OD: \$218.75

## Magical Fairy & Elf Mini Camp

We'll explore the enchanting world of fairy's & elves. Exploring the magical woods of Garden Home, crafts, games, stories & more.

Campers are encouraged to wear fairy dresses and elf attire. will finish the week with an enchanting tea party. **No camp 7/4.**

7/1-7/5 (1) M/T/W/F 9 am-12 pm 4-6 yrs GH14103  
Rm 9 ID/AP: \$140 OD: \$175

## Nature Explorers Mini Camp

Imagination is encouraged in this fun camp! Nature exploration, art creations, STEM activities, creative movement, music, stories, and lots of outdoor nature discoveries & play!

7/29-8/2 (1) M/T/W/Th/F 9 am-12 pm 4-6 yrs GH14108  
Rm 9 ID/AP: \$175 OD: \$218.75

## Water Fun Mini Camp

Keep cool and have fun splashing around in water all week! Water games, arts & crafts, dramatic play and of course the water slide and more!

7/29-8/2 (1) M/T/W/Th/F 1-4 pm 4-6 yrs GH14110  
Rm 9 ID/AP: \$175 OD: \$218.75



## Half Day – Youth

### Camp Construction Zone

Learn how to hammer, build, glue and construct a variety of projects. Focus on problem solving, increasing dexterity and observation skills. Please bring a snack and a water bottle daily.

6/24-6/28 (1) M/T/W/Th/F 1-4 pm 6-9 yrs GH15207  
Rm 13 ID/AP: \$185 OD: \$231.25

8/12-8/16 (1) M/T/W/Th/F 1-4 pm 6-9 yrs GH15208  
Rm 13 ID/AP: \$185 OD: \$231.25

### Camp: It's Magic

Come and learn to become a magician. Learn the ins and outs of a variety of magic tricks to impress your friends. Please bring a snack and a water bottle daily. **No camp on 6/19.**

6/17-6/21 (1) M/T/Th/F 9 am-12 pm 7-10 yrs GH15211  
Rm 13 ID/AP: \$148 OD: \$185

### Camp Hogwarts

For the Potterhead in your life, Camp Hogwarts will bring the magic of the books and films to life with wand-making, spell practice and Quidditch practice of course! Bring a snack and a water bottle daily. **No camp 6/19.**

6/17-6/21 (1) M/T/Th/F 1-4 pm 7-11 yrs GH15209  
Rm 13 ID/AP: \$148 OD: \$185

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# Summer Camps

Tualatin Hills Nature Center • Cooper Mountain Nature Park • Jenkins Estate • Camps • 503-629-6350

Age	4-6 yrs	6-9 yrs	6-9 yrs	7-10 yrs	10-13 yrs
Times	9 am-noon 1pm-4 pm	9 am-noon	8:30 am-4:00 pm	8:00 am-5:00 pm	8:00 am-5:00 pm
Camp	Camp Wild Things	Mini Nature Camp	Wild Adventures Camp	Nature Explorers Camp	Camp Green
Location	Jenkins Estate	Cooper Mountain Nature Park	Cooper Mountain Nature Park	Tualatin Hills Nature Park	Tualatin Hills Nature Park
Week 1 6/17-6/21*	Bugs and Slugs	Hunters and the Hunted	Hunters and the Hunted	Jurassic Birds	H2OMG!
Week 2 6/24-6/28	Fairytale Forest	Eco-Engineers	Eco-Engineers	Bug-e-Mon	Eco-Art
Week 3 7/1-7/3**	Lil Nature Scientists	Northwest Mysteries	Northwest Mysteries	Eco-Science	Magical Oregon
Week 4 7/8-7/12	Birds of a Feather	Planet Protector	Planet Protector	Ocean Odyssey	Brilliant Birds
Week 5 7/15-7/19	Nature Stories	Trees Please!	Trees Please!	The Wild Side of Art	Local Harvest
Week 6 7/22-7/26	Forest Builders	Amazing Adaptations	Amazing Adaptations	Farms vs. Zombies	Rockin' Out
Week 7 7/29-8/2	Eco-Adventures	Colossal Creatures	Colossal Creatures	Nature Olympics	Eco-Art
Week 8 8/5-8/9	Puddles to Pacific	Eco-Engineers	Eco-Engineers	Hot Rocks	H2OMG!
Week 9 8/12-8/16	Bugs & Slugs	Hunters and the Hunted	Hunters and the Hunted	Ocean Odyssey	Brilliant Birds
Week 10 8/19-8/23	Fairytale Forest	Northwest Mysteries	Northwest Mysteries	S'more Camping, Please!	Magical Oregon

15655 SW Millikan Way, Beaverton

\*No camp 6/19  
\*\*No camp 7/4 and 7/5

# Summer Camps

Tualatin Hills Nature Center • Cooper Mountain Nature Park • Jenkins Estate • Camps - 503-629-6350

## Summer Camp Deposits and Balances

A \$30 deposit is required for each participant for weeks 2-9. The full balance for week 1 is due at the time of registration. All camp balances are due 14 days before the start of each camp by 5 pm. An individual's space in the camp will be forfeited automatically if the balance is not paid by the two-week prior deadline. The deposit is non-refundable. However, it may be transferred to another THPRD camp program before Thursday, June 1.

Deposits are applied to the following camps: Nature Explorers Camp, Camp Green, Wild Adventure Camp.

## Camp Wild Things • 4-6 yrs

Build your child's sense of wonder about nature and invite them to explore wildlife and the world around them. Games, songs, new friends, crafts, and adventure make this a good camp for young children. Some themes will be repeated twice over the summer. Camps with the same theme will have the same content. Campers need to bring a snack, a bottle of water, and a small backpack each day. Camp meets at the Jenkins Estate Gatehouse, 8005 SW Grabhorn Rd., Beaverton.

### Bugs and Slugs

Welcome to the wacky world of insect exploration, where pint-sized explorers embark on a hilariously buggy adventure! Our little entomologists will embark on daily magnifying glass expeditions, bug-themed crafts, and other creepy-crawly activities. Get ready for a week of giggles and bug-filled fun!

**No camp on 6/19.**

6/17-6/21	M,T,Th,F	9am-noon	4-6 yrs	NP17100A
Jenkins Estate		ID/AP: \$149	OD: \$186.25	
6/17-6/21	M,T,Th,F	1pm-4pm	4-6 yrs	NP17100B
Jenkins Estate		ID/AP: \$149	OD: \$186.25	

### Fairytale Forest

Step into the enchanting realm of the forest, where giggles and nature's magic collide in a whirlwind of whimsy! Every day, from sparkly bug hunts to potion-making with glittery leaves, it is a fantastical adventure. Our little nature sprites will engage in silly fairy dances and embark on quests to find hidden treasures in the magical woods. With fun crafts and songs, Fairytale Forest is where imagination takes flight.

6/24-6/28	M-F	9am-noon	4-6 yrs	NP17101A
Jenkins Estate		ID/AP: \$186	OD: \$232.50	
6/24-6/28	M-F	1pm-4pm	4-6 yrs	NP17101B
Jenkins Estate		ID/AP: \$186	OD: \$232.50	

## Lil Nature Scientists

Get ready for a week of hands-on discovery as our little nature scientists dive into the wonders of the great outdoors. Our campers will unleash their inner mad scientists by making a baking soda and vinegar volcano, erupting with laughter and excitement! With a week full of engaging experiments, our curious kiddos will surely spark a love for science in the most fun and whimsical way.

**No camp on 7/4 and 7/5.**

7/1-7/3	M-W	9am-noon	4-6 yrs	NP17102A
Jenkins Estate		ID/AP: \$111.50	OD: \$139.25	
7/1-7/3	M-F	1pm-4pm	4-6 yrs	NP17102B
Jenkins Estate		ID/AP: \$111.50	OD: \$139.25	

## Birds of a Feather

Calling all bird enthusiasts, soar with us into a world of feathered fun! Get ready for owl-icious flying as our campers dissect owl pellets, create bird-themed crafts, and embark on hikes to find hidden nests. This feathered frenzy guarantees a hoot of a good time for all!

7/8-7/12	M-F	9am-noon	4-6 yrs	NP17103A
Jenkins Estate		ID/AP: \$186	OD: \$232.50	
7/8-7/12	M-F	1pm-4pm	4-6 yrs	NP17103B
Jenkins Estate		ID/AP: \$186	OD: \$232.50	

## Nature Stories

Join us in the forest of Jenkins Estate, where the magic of storytelling meets the wonders of the great outdoors! This camp invites children to let their imaginations run wild amidst nature's embrace. Each day unfolds as a new chapter of exploration and creativity, where nature becomes the backdrop for their imaginative adventures. We can't wait to share what we'll create together!

7/15-7/19	M-F	9am-noon	4-6 yrs	NP17104A
Jenkins Estate		ID/AP: \$186	OD: \$232.50	
7/15-7/19	M-F	1pm-4pm	4-6 yrs	NP17104B
Jenkins Estate		ID/AP: \$186	OD: \$232.50	

## Forest Builders

From nests in the treetops to cozy dens on the forest floor, our little builders will discover the ingenious ways animals create their homes. Our young engineers will venture into the woods to explore and uncover the secrets of animal abodes. Back at camp, the fun continues with engineering-themed crafts, where twig-and-leaf forts and web-inspired creations take center stage. Join us for a week of exploration, creativity, and forest-building fun!

7/22-7/26	M-F	9am-noon	4-6 yrs	NP17105A
Jenkins Estate		ID/AP: \$186	OD: \$232.50	
7/22-7/26	M-F	1pm-4pm	4-6 yrs	NP17105B
Jenkins Estate		ID/AP: \$186	OD: \$232.50	

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# Summer Camps

Tualatin Hills Nature Center • Cooper Mountain Nature Park • Jenkins Estate • Camps • 503-629-6350

## Eco-Adventures

This week, our little environmentalists become champions for the planet! In this eco-friendly adventure, our campers will embark on a mission to learn the ABCs of environmental stewardship – from recycling and reducing to reusing and composting. Through engaging activities and hands-on projects, we'll transform our little ones into stewards of nature with a passion for making a positive impact.

7/29-8/2	M-F	9am-noon	4-6 yrs	NP17106A
Jenkins Estate		ID/AP: \$186	OD: \$232.50	
7/29-8/2	M-F	1pm-4pm	4-6 yrs	NP17106B
Jenkins Estate		ID/AP: \$186	OD: \$232.50	

## Puddles to Pacific

Dive into the wonders of water and ride the waves of curiosity through the water cycle, ocean exploration, and the rainy magic of the Pacific Northwest! We'll learn about where rain comes from, search out any summer puddles, and create crafts themed about water & clouds. If the weather is sunny, we might even play in some sprinklers!

8/5-8/9	M-F	9am-noon	4-6 yrs	NP17107A
Jenkins Estate		ID/AP: \$186	OD: \$232.50	
8/5-8/9	M-F	1pm-4pm	4-6 yrs	NP17107B
Jenkins Estate		ID/AP: \$186	OD: \$232.50	

## Bugs and Slugs

Welcome to the wacky world of insect exploration, where pint-sized explorers embark on a hilariously buggy adventure! Our little entomologists will embark on daily magnifying glass expeditions, bug-themed crafts, and other creepy-crawly activities. Get ready for a week of giggles and bug-filled fun!

8/12-8/16	M,T,Th,F	9am-noon	4-6 yrs	NP17108A
Jenkins Estate		ID/AP: \$186	OD: \$232.50	
8/12-8/16	M,T,Th,F	1pm-4pm	4-6 yrs	NP17108B
Jenkins Estate		ID/AP: \$186	OD: \$232.50	

## Fairytale Forest

Step into the enchanting realm of the forest, where giggles and nature's magic collide in a whirlwind of whimsy! Every day, from sparkly bug hunts to potion-making with glittery leaves, it is a fantastical adventure. Our little nature sprites will engage in silly fairy dances and embark on quests to find hidden treasures in the magical woods. With fun crafts and songs, Fairytale Forest is where imagination takes flight.

8/19-8/23	M-F	9am-noon	4-6 yrs	NP17109A
Jenkins Estate		ID/AP: \$186	OD: \$232.50	
8/19-8/23	M-F	1pm-4pm	4-6 yrs	NP17109B
Jenkins Estate		ID/AP: \$186	OD: \$232.50	

## Art in Nature • 7-10 yrs

Explore nature through artistic imagination! These camps will help campers learn about plants and animals around them while inspiring their creativity. Campers need to bring a snack, a bottle of water, and a small backpack each day.

### Sketching Naturally

Immerse yourself in the wonders of the outdoors as you embark on a creative journey. Participants in this camp will unleash their artistic talents by crafting their unique sketchbooks and art supplies using found natural materials. Get ready for a blend of creative expression and the great outdoors, where creativity knows no bounds!

7/8-7/12	M-F	9am-noon	7-10 yrs	NP17220
Tualatin Hills Nature Center		ID/AP: \$210	OD: \$262.50	

## Mini Nature Camp • 6-9 yrs

Mini Nature Camps are half-day camps for elementary-age children filled with fun and adventure. Create crafts, play games, make new friends, and explore the trails and habitats of the park. Some themes will be repeated twice over the summer. Camps with the same theme will have the same content. Campers need to bring a snack, bottle of water, and small backpack each day. Camp meets at the Cooper Mountain Nature House.

## Hunters and the Hunted

Everyone needs food at Cooper Mountain. Many animals are prowling around in search of their next meal. Predators and prey constantly have to change and adapt to survive. Explore the food web and discover how animals hunt and avoid being eaten. **No camp on 6/19.**

6/17-6/21	M,T,Th,F	9am-noon	6-9 yrs	CM17200
Cooper Mountain Nature House			ID/AP/OD: \$149	

## Eco-Engineers

Many animals create amazing structures, from busy bees and beavers to crafty birds and rabbits. Learn about what animals build in nature and why they create what they do. Explore nature, make crafts, and participate in engaging learning activities all about amazing animal engineers.

6/24-6/28	M-F	9am-noon	6-9 yrs	CM17201
Cooper Mountain Nature House			ID/AP/OD: \$186	

## Northwest Mysteries

Uncover the hidden world of cryptids! Campers will learn about different creatures said to have been spotted in Oregon and beyond. Are these cryptids real, or were they mistaken for other animals? Are there any at Cooper Mountain? We will keep our eyes open and learn about mysterious animals. **No camp on 7/4 and 7/5.**

7/1-7/3	M-W	9am-noon	6-9 yrs	CM17202
Cooper Mountain Nature House			ID/AP/OD: \$111.50	

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# Summer Camps

Tualatin Hills Nature Center • Cooper Mountain Nature Park • Jenkins Estate • Camps • 503-629-6350

## Planet Protector

Learn how to make a difference here in the Pacific Northwest and beyond! How do humans impact the Earth, the animals, and the trails here at Cooper Mountain? This week, we will use recycled materials for our crafts and grow in your superpowers of protecting our planet!

7/8-7/12 M-F 9am-noon 6-9 yrs CM17203  
Cooper Mountain Nature House ID/AP/OD: \$186

## Wonders of the Woods

Embark on a journey to understand the local flora you encounter daily. Learn to distinguish between edible delights, which will make you itch, and plants with medicinal properties. Delve into the captivating cycles of the forest and join us for an immersive experience to cultivate your green thumb!

7/15-7/19 M-F 9am-noon 6-9 yrs CM17204  
Cooper Mountain Nature House ID/AP/OD: \$186

## Amazing Adaptations

Animals have amazing adaptations to survive. Learn about the animals that live in the PNW and around the world. Compare yourself with their abilities. What could you do with the strength of an ant? How would you catch your food at night if you were an owl? Come participate in activities that will help you understand animal's extreme abilities.

7/22-7/26 M-F 9am-noon 6-9 yrs CM17205  
Cooper Mountain Nature House ID/AP/OD: \$186

## Colossal Creatures

You might know about dinosaurs, but what do you know about megafauna? Dire wolves, Saber-toothed cats, and ground sloths! What did they look like? Are there any still on the Earth today? Come to Cooper Mountain and learn about animals from past to present. We will spend the week learning about mammals, birds, and insects of the past and compare them to animals that roam the Earth today.

7/29-8/2 M-F 9am-noon 6-9 yrs CM17206  
Cooper Mountain Nature House ID/AP/OD: \$186

## Eco-Engineers

Many animals create amazing structures, from busy bees and beavers to crafty birds and rabbits. Learn about what animals build in nature and why they create what they do. Explore nature, make crafts, and participate in engaging learning activities all about amazing animal engineers.

8/5-8/9 M-F 9am-noon 6-9 yrs CM17207  
Cooper Mountain Nature House ID/AP/OD: \$186

## Hunters and the Hunted

Everyone needs food at Cooper Mountain. Many animals are prowling around in search of their next meal. Predators and prey constantly have to change and adapt to survive. Explore the food web and discover how animals hunt and avoid being eaten.

8/12-8/16 M-F 9am-noon 6-9 yrs CM17208  
Cooper Mountain Nature House ID/AP/OD: \$186

## Northwest Mysteries

Uncover the hidden world of cryptids! Campers will learn about different creatures said to have been spotted in Oregon and beyond. Are these cryptids real, or were they mistaken for other animals? Are there any at Cooper Mountain? We will keep our eyes open and learn about mysterious animals.

8/19-8/23 M-F 9am-noon 6-9 yrs CM17209  
Cooper Mountain Nature House ID/AP/OD: \$186

## Wild Adventures Camp • 6-9 yrs

Wild Adventures Camps are full-day camps for elementary-age children filled with discovery, fun, and wild adventures. Play nature games, make new creations, and explore the trails and habitats of the park with brand-new friends. Some themes will be repeated twice over the summer. Camps with the same theme will have the same content. Bring lunch, drinking water, two snacks, and a backpack daily. Camp meets at the Cooper Mountain Nature Park.

A \$30 deposit option is available for this camp. See the Camp Deposits and Balances box on page 81 for details.

## Hunters and the Hunted

Everyone needs food at Cooper Mountain. Many animals are prowling around in search of their next meal. Predators and prey constantly have to change and adapt to survive. Explore the food web and discover how animals hunt and avoid being eaten. No camp on 6/19.

6/17-6/21 M,T,Th,F 8:30am-4pm 6-9 yrs CM17220  
Cooper Mountain Nature House ID/AP/OD: \$248

## Eco-Engineers

Many animals create amazing structures, from busy bees and beavers to crafty birds and rabbits. Learn about what animals build in nature and why they create what they do. Explore nature, make crafts, and participate in engaging learning activities all about amazing animal engineers.

6/24-6/28 M-F 8:30am-4pm 6-9 yrs CM17221  
Cooper Mountain Nature House ID/AP/OD: \$310

## Northwest Mysteries

Uncover the hidden world of cryptids! Campers will learn about different creatures said to have been spotted in Oregon and beyond. Are these cryptids real, or were they mistaken for other animals? Are there any at Cooper Mountain? We will keep our eyes open and learn about mysterious animals. **No camp on 7/4 and 7/5.**

7/1-7/3 M-W 8:30am-4pm 6-9 yrs CM17222  
Cooper Mountain Nature House ID/AP/OD: \$186

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



# Summer Camps

Tualatin Hills Nature Center • Cooper Mountain Nature Park • Jenkins Estate • Camps • 503-629-6350

## Planet Protector

Learn how to make a difference here in the Pacific Northwest and beyond! How do humans impact the Earth, the animals, and the trails here at Cooper Mountain? This week, we will use recycled materials for our crafts and grow in your superpowers of protecting our planet!

7/8-7/12 M-F 8:30am-4pm 6-9 yrs CM17223  
Cooper Mountain Nature House ID/AP/OD: \$310

## Wonders of the Woods

Embark on a journey to understand the local flora you encounter daily. Learn to distinguish between edible delights, which will make you itch, and plants with medicinal properties. Delve into the captivating cycles of the forest and join us for an immersive experience to cultivate your green thumb!

7/15-7/19 M-F 8:30am-4pm 6-9 yrs CM17224  
Cooper Mountain Nature House ID/AP/OD: \$310

## Amazing Adaptations

Animals have amazing adaptations to survive. Learn about the animals that live in the PNW and around the world. Compare yourself with their abilities. What could you do with the strength of an ant? How would you catch your food at night if you were an owl? Come participate in activities that will help you understand animal's extreme abilities.

7/22-7/26 M-F 8:30am-4pm 6-9 yrs CM17225  
Cooper Mountain Nature House ID/AP/OD: \$310

## Colossal Creatures

You might know about dinosaurs, but what do you know about megafauna? Dire wolves, Saber-toothed cats, and ground sloths! What did they look like? Are there any still on the Earth today? Come to Cooper Mountain and learn about animals from past to present. We will spend the week learning about mammals, birds, and insects of the past and compare them to animals that roam the Earth today.

7/29-8/2 M-F 8:30am-4pm 6-9 yrs CM17226  
Cooper Mountain Nature House ID/AP/OD: \$310

## Eco-Engineers

Many animals create amazing structures, from busy bees and beavers to crafty birds and rabbits. Learn about what animals build in nature and why they create what they do. Explore nature, make crafts, and participate in engaging learning activities all about amazing animal engineers.

8/5-8/9 M-F 8:30am-4pm 6-9 yrs CM17227  
Cooper Mountain Nature House ID/AP/OD: \$310

## Hunters and the Hunted

Everyone needs food at Cooper Mountain. Many animals are prowling around in search of their next meal. Predators and prey constantly have to change and adapt to survive. Explore the food web and discover how animals hunt and avoid being eaten.

8/12-8/16 M-F 8:30am-4pm 6-9 yrs CM17228  
Cooper Mountain Nature House ID/AP/OD: \$310

## Northwest Mysteries

Uncover the hidden world of cryptids! Campers will learn about different creatures said to have been spotted in Oregon and beyond. Are these cryptids real, or were they mistaken for other animals? Are there any at Cooper Mountain? We will keep our eyes open and learn about mysterious animals.

8/19-8/23 M-F 8:30am-4pm 6-9 yrs CM17229  
Cooper Mountain Nature House ID/AP/OD: \$310

## Sports and Nature Camp • Ages 6-10 yrs

Campers will discover and play several sports and explore nearby natural areas. You can expect to combine fun movements and games with exciting nature components. This joint camp is led by Athletic Center and Nature Center staff. The camp will be held outside at the HMT campus. Camps theme repeats weekly and will have the same content. Bring lunch, drinking water, two snacks, and a backpack daily. No camp 7/4 or 7/5.

6/24-6/28	M-F	8:30am-3:30pm	6-10 yrs	SN17201
		ID/AP: \$346		OD: \$432.50
7/1-7/3	M-W	8:30am-3:30pm	6-10 yrs	SN17202
		ID/AP: \$207		OD: \$258.75
7/8-7/12	M-F	8:30am-3:30pm	6-10 yrs	SN17203
		ID/AP: \$346		OD: 432.50
7/15-7/19	M-F	8:30am-3:30pm	6-10 yrs	SN17204
		ID/AP: \$346		OD: 432.50
7/22-7/26	M-F	8:30am-3:30pm	6-10 yrs	SN17205
		ID/AP: \$346		OD: 432.50
7/29-8/2	M-F	8:30am-3:30pm	6-10 yrs	SN17206
		ID/AP: \$346		OD: 432.50
8/5-8/9	M-F	8:30am-3:30pm	6-10 yrs	SN17207
		ID/AP: \$346		OD: 432.50
8/12-8/16	M-F	8:30am-3:30pm	6-10 yrs	SN17208
		ID/AP: \$346		OD: 432.50



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

# Summer Camps

Tualatin Hills Nature Center • Cooper Mountain Nature Park • Jenkins Estate • Camps • 503-629-6350

## Nature Explorers Camp • Ages 7-10 yrs

Expand your science knowledge, learn about plants and animals, hike 2-5 miles daily, play games, and experience natural areas around our region. Campers will spend four days at the Tualatin Hills Nature Park, with field trips on Wednesdays. Bring lunch, a full-sized water bottle, two snacks, and a backpack daily. Field trips are subject to change. A few themes will be repeated twice over the summer, and camps with the same theme will have the same content.

A \$30 deposit option is available for this camp. See the Camp Deposits and Balances box on page 81 for details.

### Jurassic Birds

How are dinosaurs related to birds? How do birds outsmart other animals and humans? Let's search the Nature Park to find out hoo-hoo lives here, conduct scientific bird counts and owl pellet dissections, and find out which bird behaviors and parts are the same as their dinosaur relatives. No camp on 6/19.

Field Trip: Oxbow Regional Park (Thursday)

6/17-6/21 M,T,Th,F 8am-5pm 7-10 yrs NP17200  
Tualatin Hills Nature Center ID/AP: \$252 OD: \$315

### Bug-e-Mon

See how many different species of insects you can catch. Make your own insect trading cards and battle it out to see which species can survive.

Field Trip: Tillamook Forest

6/24-6/28 M-F 8am-5pm 7-10 yrs NP17201  
Tualatin Hills Nature Center ID/AP: \$315 OD: \$393.75

### Eco-Science

Put on your lab coats and safety goggles because campers will become scientists in nature this week. Create and conduct mind-blowing experiments while observing the results. No camp on 7/4 and 7/5.

Field Trip: No field trip this week

7/1-7/3 M-W 8am-5pm 7-10 yrs NP17202  
Tualatin Hills Nature Center ID/AP: \$189 OD: \$236.25

### Ocean Odyssey

Join Percy, Annabeth, Grover, and the heroes of Mount Olympus on a quest to discover the mysteries of the ocean, the water cycle, and creatures that live in shallow water and the deep sea.

Field Trip: Oswald West Beach

7/8- 7/12 M-F 8am-5pm 7-10 yrs NP17203  
Tualatin Hills Nature Center ID/AP: \$315 OD: \$393.75

### The Wild Side of Art

Nature, with its array of colors, textures, and beauty, has sparked the creativity of artists for centuries. Share your artistic vision through various media as we travel to inspiring locations and observe nature through different lenses.

Field Trip: Wildwood Recreation Site, Mt. Hood Wilderness

7/15-7/19 M-F 8am-5pm 7-10 yrs NP17204  
Tualatin Hills Nature Center ID/AP: \$315 OD: \$393.75

### Farms vs. Zombies

Discover which plants in the Nature Park and on farms have special powers to help protect them against invaders! Watch out for thorns, poisonous plants, toxic berries, and the many defenses' plants have. We'll go berry picking, visit a working farm, look for food in the forest, and play zombie games this week.

Field Trip: Local Farm

7/22-7/26 M-F 8am-5pm 7-10 yrs NP17205  
Tualatin Hills Nature Center ID/AP: \$315 OD: \$393.75

### Nature Olympics

Go for gold in the 2024 Nature Olympics! Long before humans competed in the first Olympics, competition thrived between animals to survive. Get inspired by nature's extreme animal superstars and their amazing adaptations as you participate in the Nature Olympic Games!

Field Trip: Bonneville Dam and Fish Hatchery

7/29-8/2 M-F 8am-5pm 7-10 yrs NP17206  
Tualatin Hills Nature Center ID/AP: \$315 OD: \$393.75

### Hot Rocks

From mountaintops to caves below ground, rocks shape our world. We will explore the rock cycle, build our volcanoes, test rocks and minerals under microscopes, and eat through some edible geology lessons.

Field Trip: Rice Rock Museum

8/5-8/9 M-F 8am-5pm 7-10 yrs NP17207  
Tualatin Hills Nature Center ID/AP: \$315 OD: \$393.75

### Ocean Odyssey

Join Percy, Annabeth, Grover, and the heroes of Mount Olympus on a quest to discover the mysteries of the ocean, the water cycle, and creatures that live in shallow water and the deep sea.

Field Trip: Oswald West Beach

8/12-8/16 M-F 8am-5pm 7-10 yrs NP17208  
Tualatin Hills Nature Center ID/AP: \$315 OD: \$393.75

### S'more Camping, Please!

Let's do all our favorite camping activities! We will set up tents, tell stories, eat s'mores, learn how to use a compass, and other wilderness survival skills.

Field Trip: Oxbow Regional Park

8/19-8/23 M-F 8am-5pm 7-10 yrs NP17209  
Tualatin Hills Nature Center ID/AP: \$315 OD: \$393.75

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# Summer Camps

Tualatin Hills Nature Center • Cooper Mountain Nature Park • Jenkins Estate • Camps • 503-629-6350

## Camp Green • Ages 10-13 yrs

Camp Green provides opportunities to delve into the natural world in which we live. We'll do science-based activities and explore how our daily lives intertwine with the environment. Some camp themes will repeat over the summer; camps with the same theme will have the same content. Bring lunch, drinking water, two snacks, and a backpack daily.

Camp meets and picks up daily at the Tualatin Hills Nature Center but will travel off-site to a local THPRD park most days. Campers must be dropped off by 8:45 am and will be back by 4:00 pm for pick-up. This camp also incorporates local field trips to regional locations.

A \$30 deposit option is available for this camp. See the Camp Deposits and Balances box on page 81 for details.

### H2OMG!

Dip into the science of water by visiting many local water features: streams, rivers, lakes, and wetlands. Trace the path of a water droplet from the high reaches of Mt. Hood to the coast. Along the way, learn about the water cycle, water chemistry, and the creatures living in and around water. No camp on 6/19.

Field Trips: Water Treatment Facility; Wildwood Recreation Site in Mt. Hood Wilderness

6/17-6/21 M,T,Th,F 8am-5pm 10-13 yrs NP17300  
Tualatin Hills Nature Center ID/AP: \$268 OD: \$335

### Eco-Art

Naturalists have utilized art to capture nature through observation, illustration, and photography. At the same time, nature has sparked artists' creativity for centuries through realism and abstraction. This week, let's step into the role of artists and naturalists and find whatever sparks your art!

Field Trips: Portland Art Museum; Columbia River Gorge

6/24-6/28 M-F 8am-5pm 10-13 yrs NP17301  
Tualatin Hills Nature Center ID/AP: \$335 OD: \$418.75

### Magical Oregon

Magic is all around us! We will explore the magical and mythical creatures thought to roam these parts and visit some of the most extraordinary places in Oregon. No camp on 7/4 and 7/5.

Field Trips: Silver Falls State Park

7/1-7/3 M-F 8am-5pm 10-13 yrs NP17302  
Tualatin Hills Nature Center ID/AP: \$201 OD: \$251.25

### Brilliant Birds

Birds are some of the most intelligent species on the planet. They can solve puzzles, use tools, navigate, and create complex music! This week, we'll look for everything from tiny hummingbirds to large birds of prey and learn about their clever behaviors.

Field Trips: Jackson Bottom Wetlands; Oxbow Regional Park

7/8-7/12 M-F 8am-5pm 10-13 yrs NP17303  
Tualatin Hills Nature Center ID/AP: \$335 OD: \$418.75

## Local Harvest

Get ready for some dirty fingernails this week as we learn about planting, harvesting, and sustaining healthy soil and crops. We will enjoy eating some of the delicious fruits and vegetables grown here in the Pacific Northwest.

Field Trips: Local farm and market.

7/15-7/19 M-F 8am-5pm 10-13 yrs NP17304  
Tualatin Hills Nature Center ID/AP: \$335 OD: \$418.75

## Rockin' Out

Take a closer look at how earthquakes, landslides, and volcanic activity have created our landscape here in the Pacific Northwest. Hunt for rocks and minerals to get a clear understanding of the geologic history of Oregon and our planet.

Field Trips: Rice Rock Museum; Willamette Mission State Park

7/22-7/26 M-F 8am-5pm 10-13 yrs NP17305  
Tualatin Hills Nature Center ID/AP: \$335 OD: \$418.75

## Eco-Art

Naturalists have utilized art to capture nature through observation, illustration, and photography. At the same time, nature has sparked artists' creativity for centuries through realism and abstraction. This week, let's step into the role of artists and naturalists and find whatever sparks your art!

Field Trips: Portland Art Museum; Columbia Gorge

7/29-8/2 M-F 8am-5pm 10-13 yrs NP17306  
Tualatin Hills Nature Center ID/AP: \$335 OD: \$418.75

## H2OMG!

Dip into the science of water by visiting many local water features: streams, rivers, lakes, and wetlands. Trace the path of a water droplet from the high reaches of Mt. Hood to the coast. Along the way, learn about the water cycle, water chemistry, and the creatures living in and around water.

Field Trips: Water Treatment Facility; Wildwood Recreation Site in the Mt. Hood Wilderness

8/5-8/9 M-F 8am-5pm 10-13 yrs NP17307  
Tualatin Hills Nature Center ID/AP: \$335 OD: \$418.75

## Brilliant Birds

Birds are some of the most intelligent species on the planet. They can solve puzzles, use tools, navigate, and create complex music! This week, we'll look for everything from tiny hummingbirds to large birds of prey and learn about their clever behaviors.

Field Trips: Jackson Bottom Wetlands; Oxbow Regional Park

8/12-8/16 M-F 8am-5pm 10-13 yrs NP17308  
Tualatin Hills Nature Center ID/AP: \$335 OD: \$418.75

## Magical Oregon

Magic is all around us! We will explore the magical and mythical creatures thought to roam these parts and visit some of the most extraordinary places in Oregon.

Field Trips: Tillamook State Forest; Silver Falls State Park

8/19-8/23 M-F 8am-5pm 10-13 yrs NP17309  
Tualatin Hills Nature Center ID/AP: \$335 OD: \$418.75

# Summer Camps

Tualatin Hills Nature Center • Cooper Mountain Nature Park • Jenkins Estate • Camps • 503-629-6350

## Grandparents Camp! • 6-10 yrs

Calling all abuelas, babushkas, pop pops and mimis! Join us for an exciting week of intergenerational bonding and nature adventures at Grandparents Camp! Co-hosted in partnership with Elsie Stuhr Center, this camp is designed to create lasting memories and strengthen the special connection between grandparents and grandchildren. Throughout the week, the young and young-at-heart will have the opportunity to collaborate on nature-inspired crafts, learn about local flora and fauna, and participate in team-building games that strengthen familial bonds. Bring lunch, drinking water, two snacks, and a backpack daily. Limit of two (2) grandchildren per grandparent. Registration fee is per grandchild.

7/17-7/19 W-F 9am-1pm 6-10 yrs ES17600  
Elsie Stuhr Center ID/AP:\$116 OD:\$161.25

## Nature Mobile

The Nature Mobile is a mobile classroom that allows THPRD's Nature Center staff to bring environmental education programs to schools, parks, libraries, and neighborhoods throughout the park district.

Look for the Nature Mobile at your neighborhood park and join us for Free nature programs! Children of all ages are welcome with an adult. To view the locations, times, and topics schedule, visit our website: [www.thprd.org/facilities/nature/nature-mobile](http://www.thprd.org/facilities/nature/nature-mobile) or call 503-629-6350.



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



# Summer Camps

Tualatin Hills Athletic Center Camps at a Glance

503-629-6330

Age	6-10 yrs Half-Day	6-10 yrs	6-14 yrs	10-14 yrs
<b>Week 1</b> <b>6/17-6/21</b> <b>No camp</b> <b>6/19</b>			Basketball Camp OUTDOOR Sports Madness *No camp 6/19*	
<b>Week 2</b> <b>6/24-6/28</b>		Sports & Nature Camp	Sports Madness Camp Soccer Camp	
<b>Week 3</b> <b>7/1-7/5</b> <b>No camp</b> <b>7/4</b>		Sports & Nature Camp *No camp 7/4 or 7/5	OUTDOOR Sports Madness Basketball Camp *No camp 7/4	
<b>Week 4</b> <b>7/8-7/12</b>		Sports & Nature Camp B3 Camp (Bases/Bats/Balls)	Sports Madness	Soccer
<b>Week 5</b> <b>7/15-7/19</b>	Soccer Mini Camp	Sports & Nature Camp	Basketball Camp	Football Camp
<b>Week 6</b> <b>7/22-7/26</b>		Sports & Nature Camp	Sports Madness camp	B3 Camp (Bases/Bats/Balls)
<b>Week 7</b> <b>7/29-8/2</b>	Soccer Mini Camp	Sports & Nature Camp	Sports Madness Camp	Soccer
<b>Week 8</b> <b>8/5-8/9</b>	Soccer Mini Camp	Sports & Nature Camp	Basketball Camp *No camp 8/8 or 8/9	Football Camp
<b>Week 9</b> <b>8/12-8/16</b>		Sports & Nature Camp	Sports Madness Camp Soccer	
<b>Week 10</b> <b>8/19-8/23</b>			Sports Madness Camp	

Soccer Mini Camps are 1/2 day camps.

Camps run for 4 or 5 days. Week 8 basketball camp is 3 days only. No camp on 6/19 and 7/4.

Camps are spread across the age divisions on this page.

Check the Class List information for specific dates and times.

15707 SW Walker Rd, Beaverton

# Summer Camps

Tualatin Hills Athletic Center

503-629-6330

## Summer Camp Deposits and Balances

A \$30 deposit is required for each participant for weeks 2-10. The full balance for week 1 is due at the time of registration. All camp balances are due 14 days before the start of each camp by 5 pm. An individual's space in the camp will be forfeited automatically if the balance is not paid by the two-week prior deadline. The deposit is non-refundable. However, it may be transferred to another THPRD program before Friday, May 31.

Please note: After June 1, deposits will no longer be transferable.

No camp on 6/19 or 7/4.

## Half-Day Camp

### Soccer Mini Camp

Campers will develop soccer skills focusing on passing, dribbling, conditioning, and offensive and defensive strategies. Along with soccer skills, your child will learn teamwork, self-confidence, and sportsmanship.

7/15-7/19	M-F	8:30 am-12 pm	6-10 yrs	AC17212
Soccer Field		ID/AP: \$177	OD: \$221.25	
8/5-8/9	M-F	8:30 am-12 pm	6-10 yrs	AC17213
Soccer Field		ID/AP: \$177	OD: \$221.25	
8/12-8/16	M-F	8:30 am-12 pm	6-10 yrs	AC17214
Soccer Field		ID/AP: \$177	OD: \$221.25	

## Full-Day Camp

### Sports & Nature Camp

Campers will discover and play various sports and explore parks and nearby natural areas. You can expect to combine fun movements and games with exciting nature components. This joint camp is led by Athletic Center and Nature Center staff.

6/24-6/28	M-F	8:30 am-3:30 pm	6-10 yrs	SN17201
Soccer Field		ID/AP: \$346	OD: \$432.50	
7/1-7/3	M/T/W	8:30 am-3:30 pm	6-10 yrs	SN17202
Soccer Field		ID/AP: \$207	OD: \$258.75	
7/8-7/12	M-F	8:30 am-3:30 pm	6-10 yrs	SN17203
Soccer Field		ID/AP: \$346	OD: \$432.50	
7/15-7/19	M-F	8:30 am-3:30 pm	6-10 yrs	SN17204
Soccer Field		ID/AP: \$346	OD: \$432.50	
7/22-7/26	M-F	8:30 am-3:30 pm	6-10 yrs	SN17205
Soccer Field		ID/AP: \$346	OD: \$432.50	
7/29-8/2	M-F	8:30 am-3:30 pm	6-10 yrs	SN17206
Soccer Field		ID/AP: \$346	OD: \$432.50	
8/5-8/9	M-F	8:30 am-3:30 pm	6-10 yrs	SN17207
Soccer Field		ID/AP: \$346	OD: \$432.50	
8/12-8/16	M-F	8:30 am-3:30 pm	6-10 yrs	SN17208
Soccer Field		ID/AP: \$346	OD: \$432.50	



### Basketball Camp

Campers will be grouped with kids of similar ages to develop basketball skills to shoot, pass, dribble, rebound, and defend. Campers will learn teamwork, rebound, and build confidence. No camp 6/19, 7/4.

6/17-6/21	M/T/Th/F	9 am-4 pm	6-14 yrs	AC17201
Indoor	ID/AP: \$277	OD: \$346.25		
7/1-7/5	M/T/W/F	9 am-4 pm	6-14 yrs	AC17202
Indoor	ID/AP: \$277	OD: \$346.25		
7/15-7/19	M-F	9 am-4 pm	6-14 yrs	AC17203
Indoor	ID/AP: \$346	OD: \$432.50		
8/5-8/7	M/T/W	9 am-4 pm	6-14 yrs	AC17204
Indoor	ID/AP: \$207	OD: \$258.75		

### Flag Football Camp

Campers will develop football skills focusing on passing, receiving, kicking, skilled positions, and offensive and defensive strategies. Your child will learn teamwork, self-confidence, sportsmanship, and football skills. The camp will be non-contact.

7/15-7/19	M-F	8 am-3 pm	10-14 yrs	AC17205
Soccer Field		ID/AP: \$346	OD: \$432.50	
8/5-8/9	M-F	8 am-3 pm	6-14 yrs	AC17207
Soccer Field		ID/AP: \$346	OD: \$432.50	

### Soccer Camp

Campers will develop soccer skills focusing on passing, dribbling, conditioning, and offensive/defensive strategies. Along with soccer skills, your child will learn teamwork, self-confidence, and sportsmanship.

6/24-6/28	M-F	8 am-3 pm	6-14 yrs	AC17208
Soccer Field		ID/AP: \$346	OD: \$432.50	
8/12-8/16	M-F	8 am-3 pm	6-14 yrs	AC17209
Soccer Field		ID/AP: \$346	OD: \$432.50	
7/8-7/12	M-F	8 am-3 pm	10-14 yrs	AC17210
Soccer Field		ID/AP: \$346	OD: \$432.50	
7/29-8/2	M-F	8 am-3 pm	10-14 yrs	AC17211
Soccer Field		ID/AP: \$346	OD: \$432.50	

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

# Summer Camps

Tualatin Hills Athletic Center

503-629-6330

## Sports Madness Camp

Sports Madness camp serves as an introduction to sports for children wanting to learn a variety of sports. The camp environment and curriculum are based on sports instruction and fun in hopes to plant the seeds for a lifetime of sports passion, appreciation, and, above all, participation. Campers will be divided by age and participate in a variety of fun games and activities while making new friends.

6/24-6/28	M-F	9 am-4 pm	6-14 yrs	AC17215
Indoor	ID/AP: \$346	OD: \$432.50		
7/8-7/12	M-F	9 am-4 pm	6-14 yrs	AC17216
Indoor	ID/AP: \$346	OD: \$432.50		
7/22-7/26	M-F	9 am-4 pm	6-14 yrs	AC17217
Indoor	ID/AP: \$346	OD: \$432.50		
7/29-8/2	M-F	9 am-4 pm	6-14 yrs	AC17218
Indoor	ID/AP: \$346	OD: \$432.50		
8/12-8/16	M-F	9 am-4 pm	6-14 yrs	AC17219
Indoor	ID/AP: \$346	OD: \$432.50		
8/19-8/23	M-F	9 am-4 pm	6-14 yrs	AC17220
Indoor	ID/AP: \$346	OD: \$432.50		

## OUTDOOR Sports Madness Camp

OUTDOOR Sports Madness camp is an introduction to outdoor sports for children wanting to learn a variety of sports. Campers will be divided by age and participate in various fun games and activities while making the camp environment and curriculum new based on actual sports instruction and fun in hopes of planting the seeds for a lifetime of sports passion, appreciation, and participation. No camp 6/19, 7/4.

6/17-6/21 (1)	M/T/Th/F	8 am-3 pm	6-14 yrs	AC17225
Soccer Field	ID/AP: \$277	OD: \$346.25		
7/1-7/5 (1)	M/T/W/F	8 am-3 pm	6-14 yrs	AC17226
Soccer Field	ID/AP: \$277	OD: \$346.25		

## B3 Camp (Base/Bats/Balls) new

Campers will learn softball, baseball, kickball, Wiffle ball, and cricket fundamentals. Campers will also grow their ability to work in teams and communicate with other campers, as well as gain skills in playing different sports.

7/8-7/12 (1)	M-F	8 am-3 pm	6-10 yrs	AC17240
Soccer Field	ID/AP: \$354	OD: \$442.50		
7/29-8/2 (1)	M-F	8 am-3 pm	10-14 yrs	AC17241
Soccer Field	ID/AP: \$354	OD: \$442.50		

## THPRD is Hiring!



The Tualatin Hills Park & Recreation District is planning for an active summer and is looking to hire those who can create a fun and exciting camp experience. If this sounds like you, learn more and apply at:

[thprd.org/jobs](http://thprd.org/jobs)

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

# Summer Camps

Camp Rivendale

503-629-6330

## Camp Rivendale

Camp Rivendale is a summer day camp program providing recreational opportunities for children, adolescents, and young adults experiencing physical and/or developmental disabilities. Campers are encouraged to explore areas of music, drama, visual arts, sports, nature, aquatics, and more! Weekly activities are designed to enhance camper's independence and confidence. Staff and volunteers help to cultivate peer relationships which allow campers to feel individually supported while promoting dignity, inclusivity, and adventure! On Wednesdays, we will go on a field trip to Harman Swim Center. Camp Rivendale is located at Jenkins Estate: 8005 SW Grabhorn Rd., Beaverton, OR 97007.

### Camp Rivendale is divided into two subgroups:

#### Wildflowers

For campers ages 6-12 with physical and/or developmental disabilities.

#### Rangers

For campers ages 13-20 with physical and/or developmental disabilities.

#### Registration Process:

Camp Rivendale registration is first-come-first served. You will be able to register as soon as summer registration begins. Please DO NOT wait to register because Camp Rivendale fills up very quickly!

At Camp Rivendale, we prioritize the safety, equity, and inclusion of our campers. To maintain our standards here at Tualatin Hills Parks and Recreation District, Camp Rivendale's program capacity is limited to 30 campers per week. Once capacity is reached, a waitlist will be created. Please note that being on our waitlist does not guarantee you a camper spot at Camp Rivendale. If a spot does open, a THPRD Adaptive & Inclusion staff will contact you directly. Then, you will have 48 hours to confirm or deny your enrollment.

**2024 Camp Rivendale Application** Within 1 week from the start of summer registration, you will be emailed the required paperwork and documentation for Camp Rivendale. All required paperwork and documentation must be filled out 1 week prior to the start date of every camp week(s).

#### Camp Rivendale Deposits and Balances:

The balance of all weeks will be due by 4pm on Monday, one week prior to the start day of every camp week(s). Payment for additional weeks can also be made online or at any THPRD facility. For additional questions about Camp Rivendale please email [camprivendale@thprd.org](mailto:camprivendale@thprd.org) or call (503)-629-6342.

### Wildflowers (Ages 6-12)

Week 1		CR17700
7/8-7/12	M-F	9 am-3 pm
ID: \$275	OD: \$368.75	
Week 2		CR17701
7/15-7/19	M-F	9 am-3 pm
ID: \$275	OD: \$368.75	
Week 3		CR17702
7/22-7/26	M-F	9 am-3 pm
ID: \$275	OD: \$368.75	

### Rangers (Ages 13-20)

Week 4		CR17703
7/29-8/2	M-F	9 am-3 pm
ID: \$275	OD: \$368.75	
Week 5		CR17704
8/5-8/9	M-F	9 am-3 pm
ID: \$275	OD: \$368.75	
Week 6		CR17705
8/12-8/16	M-F	9 am-3 pm
ID: \$275	OD: \$368.75	



For Adult Summer Camp Activities, please see page 163.

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



# Summer Camps

Babette Horenstein Tennis Center

503-629-6331

## Tennis Camps

### 10 and Under Tennis Camp (Age 6-10 Years) Sunset Park

Are you looking for a week-long camp to enhance and develop your tennis skills? Camp will run for 3 hours each day. Players will work on tennis skills, hand-eye coordination drills, tennis games and Field Games and activities. Please bring a snack & water bottle to camp each day. Camp will take place outdoors at Sunset Park: 13707 NW Science Park Drive, Portland OR 97229.

TC12511	6/17-6/21	M/T/Th/F 9 am-12 pm	\$198	\$247.50	4
TC12512	6/24-6/28	M-Th/F 9 am-12 pm	\$248	\$310	5
TC12521	7/1-7/5	M/T/W/F 9 am-12 pm	\$198	\$247.50	4
TC12522	7/8-7/12	M-Th/F 9 am-12 pm	\$248	\$310	5
TC12531	7/15-7/19	M-Th/F 9 am-12 pm	\$248	\$310	5
TC12532	7/22-7/26	M-Th/F 9 am-12 pm	\$248	\$310	5
TC12533	7/29-8/2	M-Th/F 9 am-12 pm	\$248	\$310	5
TC12541	8/5-8/9	M-Th/F 9 am-12 pm	\$248	\$310	5
TC12542	8/12-8/16	M-Th/F 9 am-12 pm	\$248	\$310	5
TC12551	8/19-8/23	M-Th/F 9 am-12 pm	\$248	\$310	5

### Junior Development Tennis Camp (Age 10-13) Somerset West Park

Are you looking for a week-long camp to enhance and develop your tennis skills? Camp will run for 3 hours each day. Players will work on tennis skills, hand-eye coordination drills, tennis games, Field Games and activities. Please bring a snack & water bottle to camp each day. Camp will take place outdoors at Somerset West Park: 18300 NW Parkview Blvd, Portland, OR 97229.

TC13511	6/17-6/21	M/T/Th/F 9 am-12 pm	\$198	\$247.50	4
TC13512	6/24-6/28	M-Th/F 9 am-12 pm	\$248	\$310	5
TC13521	7/1-7/5	M/T/W/F 9 am-12 pm	\$198	\$247.50	4
TC13522	7/8-7/12	M-Th/F 9 am-12 pm	\$248	\$310	5
TC13531	7/15-7/19	M-Th/F 9 am-12 pm	\$248	\$310	5
TC13532	7/22-7/26	M-Th/F 9 am-12 pm	\$248	\$310	5
TC13533	7/29-8/2	M-Th/F 9 am-12 pm	\$248	\$310	5
TC13541	8/5-8/9	M-Th/F 9 am-12 pm	\$248	\$310	5
TC13542	8/12-8/16	M-Th/F 9 am-12 pm	\$248	\$310	5
TC13551	8/19-8/23	M-Th/F 9 am-12 pm	\$248	\$310	5

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

# Aloha Swim Center



**TUALATIN HILLS**  
PARK & RECREATION DISTRICT

**18650 SW Kinnaman Road**  
**Aloha, 97078**  
**503-629-6311**

TriMet Bus Routes #52, #57, #88

**Facility Supervisor:** Patrick Williamson

**Aloha Swim Center Hours:**

**Monday – Thursday:** 9:00 am – 7:00 pm

**Friday:** 9:00 am – 4:00 pm

**Saturday:** Closed

**Sunday:** 11:00 am – 5:00 pm

Hours subject to change.

Check [thprd.org](http://thprd.org) for most updated schedule.

**Facility Closed:** 6/19 & 7/4

**Aloha Swim Center Features:**

- ADA Lift Available
- Independent Changing Rooms
- Average Pool Temperature: 85°



**See page 40 for Aloha Swim Center's Summer Camps.**

## Summer Splash

A recreational swim team with a focus on stroke refinement, building endurance, and sportsmanship. Participants must be between the ages of 5 and 17 and be able to swim 25 yards of crawl stroke and 25 yards of backstroke. While not required to compete, swim meets are held on some Saturdays during the season.

Date	Day	Time	ID/AP	OD	Class#
6/17-8/14	M/W	4:15-5 pm	\$231	\$281.75	AL134006
6/18-8/15	T/Th	4:15-5 pm	\$231	\$281.75	AL134013

## Water Fitness Programs

**Deep Water Warrior:** Challenge yourself with the power and fun of water in this level 3 class! Participants wear buoyancy belts and can expect high intensity, low impact moves, followed by strength work and abs. This class is not appropriate for beginners. \*Includes swimming drills.

**Dig Deep:** This fun and challenging class will start your week off right and keep it going! The class emphasizes cardio conditioning as well as an abdominal workout that will inspire you to come back for more! Flotation belts provided.

**Cardio Core:** This class is held in the shallow end of the pool. Participants challenge themselves with the resistance of the water in the low-impact work-out as they exercise to lively, upbeat music. Participants work on aerobic conditioning, strength, balance and flexibility. At least 35 minutes of the class will be dedicated to pure cardio in a Level 2 class.

Schedule can be found online, <http://www.thprd.org/facilities/aquatics/aloha>, or by stopping into the center. The schedule is subject to change without notice.

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

**Preschool:** Minimum age 3 years and toilet-trained.

When class ends, pick up your preschooler on deck.

**School-age:** First grade through age 12. The parent, guardian or caregiver of a child under 10 years of age must remain on the premises during class.

## Beginning Swimming Skills

Date	Day	Time	ID/AP	OD	Class#
<b>Preschool Level 1-3</b>					
No class 6/19, 7/4 & 7/5.					
6/17-7/17	M/W	5:15-5:45 pm	\$90	\$112.50	AL111007
7/22-8/21	M/W	5:15-5:45 pm	\$99	\$123.75	AL111008
6/17-7/17	M/W	5:50-6:20 pm	\$90	\$112.50	AL111009
7/22-8/21	M/W	5:50-6:20 pm	\$99	\$123.75	AL111010
6/17-7/17	M/W	6:25-6:55 pm	\$90	\$112.50	AL111011
7/22-8/21	M/W	6:25-6:55 pm	\$99	\$123.75	AL111012
6/18-7/18	T/Th	5:15-5:45 pm	\$90	\$112.50	AL111014
7/23-8/22	T/Th	5:15-5:45 pm	\$99	\$123.75	AL111015
6/18-7/18	T/Th	5:50-6:20 pm	\$90	\$112.50	AL111016
7/23-8/22	T/Th	5:50-6:20 pm	\$99	\$123.75	AL111017
6/18-7/18	T/Th	6:25-6:55 pm	\$90	\$112.50	AL111018
7/23-8/22	T/Th	6:25-6:55 pm	\$99	\$123.75	AL111019
6/16-8/18	Su	12-12:30 pm	\$99	\$123.75	AL111000
6/16-8/18	Su	12:35-1:05 pm	\$99	\$123.75	AL111001
6/16-8/18	Su	1:10-1:40 pm	\$99	\$123.75	AL111002
6/16-8/18	Su	2-2:30 pm	\$99	\$123.75	AL111003
6/16-8/18	Su	2:35-3:05 pm	\$99	\$123.75	AL111004
6/16-8/18	Su	3:10-3:40 pm	\$99	\$123.75	AL111005
6/17-6/28	M-F	9-9:30 am	\$90	\$112.50	AL111020
7/1-7/12	M-F	9-9:30 am	\$80	\$100	AL111021
7/15-7/26	M-F	9-9:30 am	\$99	\$123.75	AL111022
7/29-8/9	M-F	9-9:30 am	\$99	\$123.75	AL111023
8/12-8/23	M-F	9-9:30 am	\$99	\$123.75	AL111024
6/17-6/28	M-F	9:35-10:05 am	\$90	\$112.50	AL111025
7/1-7/12	M-F	9:35-10:05 am	\$80	\$100	AL111026
7/15-7/26	M-F	9:35-10:05 am	\$99	\$123.75	AL111027
7/29-8/9	M-F	9:35-10:05 am	\$99	\$123.75	AL111028
8/12-8/23	M-F	9:35-10:05 am	\$99	\$123.75	AL111029
6/17-6/28	M-F	10:10-10:40 am	\$90	\$112.50	AL111030
7/1-7/12	M-F	10:10-10:40 am	\$80	\$100	AL111031
7/15-7/26	M-F	10:10-10:40 am	\$99	\$123.75	AL111032
7/29-8/9	M-F	10:10-10:40 am	\$99	\$123.75	AL111033
8/12-8/23	M-F	10:10-10:40 am	\$99	\$123.75	AL111034
6/17-6/28	M-F	11-11:30 am	\$90	\$112.50	AL111035
7/1-7/12	M-F	11-11:30 am	\$80	\$100	AL111036
7/15-7/26	M-F	11-11:30 am	\$99	\$123.75	AL111037
7/29-8/9	M-F	11-11:30 am	\$99	\$123.75	AL111038
8/12-8/23	M-F	11-11:30 am	\$99	\$123.75	AL111039
6/17-6/28	M-F	11:35 am-12:05 pm	\$90	\$112.50	AL111040
7/1-7/12	M-F	11:35 am-12:05 pm	\$80	\$100	AL111041
7/15-7/26	M-F	11:35 am-12:05 pm	\$99	\$123.75	AL111042
7/29-8/9	M-F	11:35 am-12:05 pm	\$99	\$123.75	AL111043
8/12-8/23	M-F	11:35 am-12:05 pm	\$99	\$123.75	AL111044
6/17-6/28	M-F	12:10pm-12:40 pm	\$90	\$112.50	AL111045
7/1-7/12	M-F	12:10pm-12:40 pm	\$80	\$100	AL111046
7/15-7/26	M-F	12:10pm-12:40 pm	\$99	\$123.75	AL111047
7/29-8/9	M-F	12:10pm-12:40 pm	\$99	\$123.75	AL111048
8/12-8/23	M-F	12:10pm-12:40 pm	\$99	\$123.75	AL111049

## School Age Level 1-4

No class 6/19 & 7/4.

6/17-7/17	M/W	5:15-5:45 pm	\$90	\$112.50	AL121007
7/22-8/21	M/W	5:15-5:45 pm	\$99	\$123.75	AL121008
6/17-7/17	M/W	5:50-6:20 pm	\$90	\$112.50	AL121009
7/22-8/21	M/W	5:50-6:20 pm	\$99	\$123.75	AL121010
6/17-7/17	M/W	6:25-6:55 pm	\$90	\$112.50	AL121011
7/22-8/21	M/W	6:25-6:55 pm	\$99	\$123.75	AL121012
6/18-7/18	T/Th	5:15-5:45 pm	\$90	\$112.50	AL121014
7/23-8/22	T/Th	5:15-5:45 pm	\$99	\$123.75	AL121015
6/18-7/18	T/Th	5:50-6:20 pm	\$90	\$112.50	AL121016
7/23-8/22	T/Th	5:50-6:20 pm	\$99	\$123.75	AL121017
6/18-7/18	T/Th	6:25-6:55 pm	\$90	\$112.50	AL121018
7/23-8/22	T/Th	6:25-6:55 pm	\$99	\$123.75	AL121019
6/16-8/18	Su	12-12:30 pm	\$99	\$123.75	AL121000
6/16-8/18	Su	12:35-1:05 pm	\$99	\$123.75	AL121001
6/16-8/18	Su	1:10-1:40 pm	\$99	\$123.75	AL121002
6/16-8/18	Su	2-2:30 pm	\$99	\$123.75	AL121003
6/16-8/18	Su	2:35-3:05 pm	\$99	\$123.75	AL121004
6/16-8/18	Su	3:10-3:40 pm	\$99	\$123.75	AL121005
6/17-6/28	M-F	9-9:30 am	\$90	\$112.50	AL121020
7/1-7/12	M-F	9-9:30 am	\$80	\$100	AL121021
7/15-7/26	M-F	9-9:30 am	\$99	\$123.75	AL121022
7/29-8/9	M-F	9-9:30 am	\$99	\$123.75	AL121023
8/12-8/23	M-F	9-9:30 am	\$99	\$123.75	AL121024
6/17-6/28	M-F	9:35-10:05 am	\$90	\$112.50	AL121025
7/1-7/12	M-F	9:35-10:05 am	\$80	\$100	AL121026
7/15-7/26	M-F	9:35-10:05 am	\$99	\$123.75	AL121027
7/29-8/9	M-F	9:35-10:05 am	\$99	\$123.75	AL121028
8/12-8/23	M-F	9:35-10:05 am	\$99	\$123.75	AL121029
6/17-6/28	M-F	10:10-10:40 am	\$90	\$112.50	AL121030
7/1-7/12	M-F	10:10-10:40 am	\$80	\$100	AL121031
7/15-7/26	M-F	10:10-10:40 am	\$99	\$123.75	AL121032
7/29-8/9	M-F	10:10-10:40 am	\$99	\$123.75	AL121033
8/12-8/23	M-F	10:10-10:40 am	\$99	\$123.75	AL121034
6/17-6/28	M-F	11-11:30 am	\$90	\$112.50	AL121035
7/1-7/12	M-F	11-11:30 am	\$80	\$100	AL121036
7/15-7/26	M-F	11-11:30 am	\$99	\$123.75	AL121037
7/29-8/9	M-F	11-11:30 am	\$99	\$123.75	AL121038
8/12-8/23	M-F	11-11:30 am	\$99	\$123.75	AL121039
6/17-6/28	M-F	11:35 am-12:05 pm	\$90	\$112.50	AL121040
7/1-7/12	M-F	11:35 am-12:05 pm	\$80	\$100	AL121041
7/15-7/26	M-F	11:35 am-12:05 pm	\$99	\$123.75	AL121042
7/29-8/9	M-F	11:35 am-12:05 pm	\$99	\$123.75	AL121043
8/12-8/23	M-F	11:35 am-12:05 pm	\$99	\$123.75	AL121044
6/17-6/28	M-F	12:10-12:40 pm	\$90	\$112.50	AL121045
7/1-7/12	M-F	12:10-12:40 pm	\$80	\$100	AL121046
7/15-7/26	M-F	12:10-12:40 pm	\$99	\$123.75	AL121047
7/29-8/9	M-F	12:10-12:40 pm	\$99	\$123.75	AL121048
8/12-8/23	M-F	12:10-12:40 pm	\$99	\$123.75	AL121049

## Intermediate/Advanced Swimming Skills

Date	Day	Time	ID/AP	OD	Class#
Preschool/School Age Level 5-7					
No class 6/19 & 7/4.					
6/16-8/18	Su	12:35-1:05 pm	\$99	\$123.75	AL125001
6/16-8/18	Su	2:35-3:05 pm	\$99	\$123.75	AL125004

## Specialty Programs

Date	Day	Time	ID/AP	OD	Class#
Baby/Toddler & Me					
Babies 6 mos-2 yrs / toddlers 2-3 yrs					
6/16-8/18	Su	12-12:30 pm	\$67	\$83.75	AL140000
6/16-8/18	Su	2-2:30 pm	\$67	\$83.75	AL140003



Teen/Adult Swimming Skills					
6/17-7/17	M/W	6:25-6:55 pm	\$90	\$112.50	AL150011
7/22-8/21	M/W	6:25-6:55 pm	\$99	\$123.75	AL150012
6/18-7/18	T/Th	6:25-6:55 pm	\$90	\$112.50	AL150018
7/23-8/22	T/Th	6:25-6:55 pm	\$99	\$123.75	AL150019
6/16-8/18	Su	1:10-1:40 pm	\$99	\$123.75	AL150002
6/16-8/18	Su	3:10-3:40 pm	\$99	\$123.75	AL150005

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



# Beaverton Swim Center



**TUALATIN HILLS**  
PARK & RECREATION DISTRICT

**12850 SW 3rd Street  
Beaverton, 97005  
503-629-6312**

TriMet Bus Routes #52, #76, #78

**Facility Supervisor:** Patrick Williamson

**Office Hours:** (pool may change based on staffing)

**Monday – Thursday: 7:00 am – 7:30 pm**

**Friday: 7:00 am – 2:45 pm**

**Saturday: 8:00 am – 4:00 pm**

**Sunday: Closed**

Hours subject to change.

Visit [thprd.org](http://thprd.org) for updated schedules.

**Facility Closed:** 6/19 & 7/4

**Beaverton Swim Center features:**

- ADA Lift Available
- Independent Changing Rooms
- Average Pool Temperature: 86°



@THPRD.Aquatics

## Water Fitness Programs

**Dig Deep:** Participants wear flotation belts for a zero impact, moderate intensity workout in the deep end of the pool. It is not necessary to be an avid swimmer to participate; but it is helpful for participants to be comfortable in deep water. This is an exciting, unique way to exercise, suitable for most people. Movement possibilities are almost unlimited when suspended in the water; and people work on aerobic fitness, strength, balance and flexibility.

**Aqua Zumba®:** A low-impact aquatic exercise that is high in energy but easy on your body. Integrating the Zumba Dance with traditional aquatic fitness disciplines, Aqua Zumba® blends it all together into a workout that is cardio-conditioning, body-toning and, most of all, fun beyond belief!

**Cardio Core:** This class is held in the shallow end of the pool. Participants challenge themselves with the resistance of the water in the low-impact work-out as they exercise to lively, upbeat music. Participants work on aerobic conditioning, strength, balance and flexibility. At least 35 minutes of the class will be dedicated to pure cardio in a Level 2 class.

Schedule can be found online, <http://www.thprd.org/facilities/aquatics/beaverton>, or by stopping into the center. The schedule is subject to change without notice.

## Summer Splash

A recreational swim team with a focus on stroke refinement, building endurance, and sportsmanship. Participants must be between the ages of 5 and 17 and be able to swim 25 yards of crawl stroke and 25 yards of backstroke. While not required to compete, swim meets are held on some Saturdays during the season.

Date	Day	Time	ID/AP	OD	Class#
6/17-8/14	M/W	6:35-7:20 pm	\$231	\$281.75	BV134033
6/18-8/15	T/Th	6:35-7:20 pm	\$231	\$281.75	BV134045

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

Preschool: Minimum age 3 years and toilet-trained.

When class ends, pick up your preschooler at the dressing

## Beginning Swimming Skills

Date	Day	Time	ID/AP	OD	Class#
<b>Preschool Level 1-3</b>					
No class 6/19, 7/4 & 7/5.					
6/17-6/28	M-F	9-9:30 am	\$90	\$112.50	BV111000
7/1-7/12	M-F	9-9:30 am	\$80	\$100	BV111001
7/15-7/26	M-F	9-9:30 am	\$99	\$123.75	BV111002
7/29-8/9	M-F	9-9:30 am	\$99	\$123.75	BV111003
8/12-8/23	M-F	9-9:30 am	\$99	\$123.75	BV111004
6/17-6/28	M-F	9:35-10:05 am	\$90	\$112.50	BV111005
7/1-7/12	M-F	9:35-10:05 am	\$80	\$100	BV111006
7/15-7/26	M-F	9:35-10:05 am	\$99	\$123.75	BV111007
7/29-8/9	M-F	9:35-10:05 am	\$99	\$123.75	BV111008
8/12-8/23	M-F	9:35-10:05 am	\$99	\$123.75	BV111009
6/17-6/28	M-F	10:10-10:40 am	\$90	\$112.50	BV111010
7/1-7/12	M-F	10:10-10:40 am	\$80	\$100	BV111011
7/15-7/26	M-F	10:10-10:40 am	\$99	\$123.75	BV111012
7/29-8/9	M-F	10:10-10:40 am	\$99	\$123.75	BV111013
8/12-8/23	M-F	10:10-10:40 am	\$99	\$123.75	BV111014
6/17-6/28	M-F	11-11:30 am	\$90	\$112.50	BV111015
7/1-7/12	M-F	11-11:30 am	\$80	\$100	BV111016
7/15-7/26	M-F	11-11:30 am	\$99	\$123.75	BV111017
7/29-8/9	M-F	11-11:30 am	\$99	\$123.75	BV111018
8/12-8/23	M-F	11-11:30 am	\$99	\$123.75	BV111019
6/17-6/28	M-F	11:35 am-12:05 pm	\$90	\$112.50	BV111020
7/1-7/12	M-F	11:35 am-12:05 pm	\$80	\$100	BV111021
7/15-7/26	M-F	11:35 am-12:05 pm	\$99	\$123.75	BV111022
7/29-8/9	M-F	11:35 am-12:05 pm	\$99	\$123.75	BV111023
8/12-8/23	M-F	11:35 am-12:05 pm	\$99	\$123.75	BV111024
6/17-7/17	M/W	3:50-4:20 pm	\$90	\$112.50	BV111030
7/22-8/21	M/W	3:50-4:20 pm	\$99	\$123.75	BV111031
6/17-7/17	M/W	4:25-4:55 pm	\$90	\$112.50	BV111032
7/22-8/21	M/W	4:25-4:55 pm	\$99	\$123.75	BV111033
6/17-7/17	M/W	5-5:30 pm	\$90	\$112.50	BV111034
7/22-8/21	M/W	5-5:30 pm	\$99	\$123.75	BV111035
6/17-7/17	M/W	5:50-6:20 pm	\$90	\$112.50	BV111036
7/22-8/21	M/W	5:50-6:20 pm	\$99	\$123.75	BV111037
6/17-7/17	M/W	6:25-6:55 pm	\$90	\$112.50	BV111038
7/22-8/21	M/W	6:25-6:55 pm	\$99	\$123.75	BV111039
6/17-7/17	M/W	7-7:30 pm	\$90	\$112.50	BV111041
7/22-8/21	M/W	7-7:30 pm	\$99	\$123.75	BV111042
6/18-7/18	T/Th	3:50-4:20 pm	\$90	\$112.50	BV111044
7/23-8/22	T/Th	3:50-4:20 pm	\$99	\$123.75	BV111045
6/18-7/18	T/Th	4:25-4:55 pm	\$90	\$112.50	BV111046
7/23-8/22	T/Th	4:25-4:55 pm	\$99	\$123.75	BV111047
6/18-7/18	T/Th	5-5:30 pm	\$90	\$112.50	BV111048
7/23-8/22	T/Th	5-5:30 pm	\$99	\$123.75	BV111049
6/18-7/18	T/Th	5:50-6:20 pm	\$90	\$112.50	BV111050
7/23-8/22	T/Th	5:50-6:20 pm	\$99	\$123.75	BV111051
6/18-7/18	T/Th	6:25-6:55 pm	\$90	\$123.75	BV111052
7/23-8/22	T/Th	6:25-6:55 pm	\$99	\$123.75	BV111053
6/18-7/18	T/Th	7-7:30 pm	\$90	\$112.50	BV111055
7/23-8/22	T/Th	7-7:30 pm	\$99	\$123.75	BV111056
6/22-8/24	S	9-9:30 am	\$99	\$123.75	BV111057
6/22-8/24	S	9:35-10:05 am	\$99	\$123.75	BV111058

6/22-8/24	S	10:10-10:40 am	\$99	\$123.75	BV111059
6/22-8/24	S	11-11:30 am	\$99	\$123.75	BV111060
6/22-8/24	S	11:35 am-12:05 pm	\$99	\$123.75	BV111061

## School Age Level 1-4

No class 6/19, 7/4 & 7/5.

6/17-6/28	M-F	9-9:30 am	\$90	\$112.50	BV121000
7/1-7/12	M-F	9-9:30 am	\$80	\$100	BV121001
7/15-7/26	M-F	9-9:30 am	\$99	\$123.75	BV121002
7/29-8/9	M-F	9-9:30 am	\$99	\$123.75	BV121003
8/12-8/23	M-F	9-9:30 am	\$99	\$123.75	BV121004
6/17-6/28	M-F	9:35-10:05 am	\$90	\$112.50	BV121005
7/1-7/12	M-F	9:35-10:05 am	\$80	\$100	BV121006
7/15-7/26	M-F	9:35-10:05 am	\$99	\$123.75	BV121007
7/29-8/9	M-F	9:35-10:05 am	\$99	\$123.75	BV121008
8/12-8/23	M-F	9:35-10:05 am	\$99	\$123.75	BV121009
6/17-6/28	M-F	10:10-10:40 am	\$90	\$112.50	BV121010
7/1-7/12	M-F	10:10-10:40 am	\$80	\$100	BV121011
7/15-7/26	M-F	10:10-10:40 am	\$99	\$123.75	BV121012
7/29-8/9	M-F	10:10-10:40 am	\$99	\$123.75	BV121013
8/12-8/23	M-F	10:10-10:40 am	\$99	\$123.75	BV121014
6/17-6/28	M-F	11-11:30 am	\$90	\$112.50	BV121015
7/1-7/12	M-F	11-11:30 am	\$80	\$100	BV121016
7/15-7/26	M-F	11-11:30 am	\$99	\$123.75	BV121017
7/29-8/9	M-F	11-11:30 am	\$99	\$123.75	BV121018
8/12-8/23	M-F	11-11:30 am	\$99	\$123.75	BV121019
6/17-6/28	M-F	11:35 am-12:05 pm	\$90	\$112.50	BV121020
7/1-7/12	M-F	11:35 am-12:05 pm	\$80	\$100	BV121021
7/15-7/26	M-F	11:35 am-12:05 pm	\$99	\$123.75	BV121022
7/29-8/9	M-F	11:35 am-12:05 pm	\$99	\$123.75	BV121023
8/12-8/23	M-F	11:35 am-12:05 pm	\$99	\$123.75	BV121024
6/17-6/28	M-F	12:10-12:40 pm	\$90	\$112.50	BV121025
7/1-7/12	M-F	12:10-12:40 pm	\$80	\$100	BV121026
7/15-7/26	M-F	12:10-12:40 pm	\$99	\$123.75	BV121027
7/29-8/9	M-F	12:10-12:40 pm	\$99	\$123.75	BV121028
8/12-8/23	M-F	12:10-12:40 pm	\$99	\$123.75	BV121029
6/17-7/17	M/W	3:50-4:20 pm	\$90	\$112.50	BV121030
7/22-8/21	M/W	3:50-4:20 pm	\$99	\$123.75	BV121031
6/17-7/17	M/W	4:25-4:55 pm	\$90	\$112.50	BV121032
7/22-8/21	M/W	4:25-4:55 pm	\$99	\$123.75	BV121033
6/17-7/17	M/W	5-5:30 pm	\$90	\$112.50	BV121034
7/22-8/21	M/W	5-5:30 pm	\$99	\$123.75	BV121035
6/17-7/17	M/W	5:50-6:20 pm	\$90	\$112.50	BV121036
7/22-8/21	M/W	5:50-6:20 pm	\$99	\$123.75	BV121037
6/17-7/17	M/W	6:25-6:55 pm	\$90	\$112.50	BV121038
7/22-8/21	M/W	6:25-6:55 pm	\$99	\$123.75	BV121039
6/17-7/17	M/W	7-7:30 pm	\$90	\$112.50	BV121041
7/22-8/21	M/W	7-7:30 pm	\$99	\$123.75	BV121042
6/18-7/18	T/Th	3:50-4:20 pm	\$90	\$112.50	BV121044
7/23-8/22	T/Th	3:50-4:20 pm	\$99	\$123.75	BV121045
6/18-7/18	T/Th	4:25-4:55 pm	\$90	\$112.50	BV121046
7/23-8/22	T/Th	4:25-4:55 pm	\$99	\$123.75	BV121047
6/18-7/18	T/Th	5-5:30 pm	\$90	\$112.50	BV121048
7/23-8/22	T/Th	5-5:30 pm	\$99	\$123.75	BV121049
6/18-7/18	T/Th	5:50-6:20 pm	\$90	\$112.50	BV121050
7/23-8/22	T/Th	5:50-6:20 pm	\$99	\$123.75	BV121051
6/18-7/18	T/Th	6:25-6:55 pm	\$90	\$112.50	BV121052
7/23-8/22	T/Th	6:25-6:55 pm	\$99	\$123.75	BV121053
6/18-7/18	T/Th	7-7:30 pm	\$90	\$112.50	BV121055
7/23-8/22	T/Th	7-7:30 pm	\$99	\$123.75	BV121056
6/22-8/24	S	9-9:30 am	\$99	\$123.75	BV121057
6/22-8/24	S	9:35-10:05 am	\$99	\$123.75	BV121058

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

6/22-8/24	S	10:10-10:40 am	\$99	\$123.75	BV121059
6/22-8/24	S	11-11:30 am	\$99	\$123.75	BV121060
6/22-8/24	S	11:35 am-12:05 pm	\$99	\$123.75	BV121061

## Intermediate Swimming Skills

Date	Day	Time	ID/AP	OD	Class#
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### Preschool/School Age Level 5-7

No class 6/19, 7/4 & 7/5.

6/17-6/28	M-F	12:10-12:40 pm	\$90	\$112.50	BV125025
7/1-7/12	M-F	12:10-12:40 pm	\$80	\$100	BV125026
7/15-7/26	M-F	12:10-12:40 pm	\$99	\$123.75	BV125027
7/29-8/9	M-F	12:10-12:40 pm	\$99	\$123.75	BV125028
8/12-8/23	M-F	12:10-12:40 pm	\$99	\$123.75	BV125029
6/22-8/24	S	9-9:30 am	\$99	\$123.75	BV125057
6/22-8/24	S	10:10-10:40 am	\$99	\$123.75	BV125059
6/22-8/24	S	11:35 am-12:05 pm	\$99	\$123.75	BV125061

## Specialty Programs

Date	Day	Time	ID/AP	OD	Class#
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### Baby/Toddler & Me

Swim Diaper Required. Parent/Guardian Participation Required.

6/17-6/28	M-F	9:35-10:05 am	\$60	\$75	BV140005
7/1-7/12	M-F	9:35-10:05 am	\$54	\$67.50	BV140006
7/15-7/26	M-F	9:35-10:05 am	\$67	\$83.75	BV140007
7/29-8/9	M-F	9:35-10:05 am	\$67	\$83.75	BV140008
8/12-8/23	M-F	9:35-10:05 am	\$67	\$83.75	BV140009
6/18-7/18	T/Th	5-5:30 pm	\$60	\$75	BV140046
7/23-8/22	T/Th	5-5:30 pm	\$67	\$83.75	BV140047
6/22-8/24	S	9:35-10:05 am	\$67	\$83.75	BV140058
6/22-8/24	S	11-11:30 am	\$67	\$83.75	BV140060

### Teen/Adult Swimming Skills

6/17-6/28	M-F	9-9:30 am	\$90	\$112.50	BV150000
7/1-7/12	M-F	9-9:30 am	\$80	\$100	BV150001
7/15-7/26	M-F	9-9:30 am	\$99	\$123.75	BV150002
7/29-8/9	M-F	9-9:30 am	\$99	\$123.75	BV150003
8/12-8/23	M-F	9-9:30 am	\$99	\$123.75	BV150004
6/17-7/17	M/W	7-7:30 pm	\$90	\$112.50	BV150041
7/22-8/21	M/W	7-7:30 pm	\$99	\$123.75	BV150042
6/18-7/18	T/Th	7-7:30 pm	\$90	\$112.50	BV150055
7/23-8/22	T/Th	7-7:30 pm	\$99	\$123.75	BV150056
6/22-8/24	S	9-9:30 am	\$99	\$123.75	BV150057

## Lifeguard Training

This is a "BLENDED LEARNING" lifeguard class. Prerequisites: Minimum age: 15 years; Swim 300 yards continuously; Tread water for 2 minutes using only the legs; Complete a timed event within 1 minute, 40 seconds by starting in the water, swimming 20 yards, surface dive to a depth of 7 to 10 feet to retrieve a 10-pound object, return to the surface and swim 20 yards on the back to return to the starting point, two hands must remain on the brick, exit the water without using steps or a ladder. Participants who successfully complete the Lifeguarding course receive an American Red Cross certificate for Lifeguarding/First Aid/CPR/AED, valid for 2 years. After registering, the facility will contact participants to set up the pre-test. Successful completion of the pretest and online learning is required for participation.

8/23-8/25 Su/F/S 4-4 pm \$260 ID \$325 ODBV152000

# Harman Swim Center



**7300 SW Scholls Ferry Road  
Beaverton, 97008  
503-629-6314**

TriMet Bus Routes #56

**Facility Supervisor:** Joshua Norton

**Hours:**

**Monday – Thursday:** 8 am - 7:00 pm  
**Friday:** 8 am - 3:00 pm  
**Saturday:** 8 am - 2:00 pm  
**Sunday:** 10:30 am - 3:30 pm

**Facility Closed:** 7/4 & 9/2

**Harman Swim Center features:**

- ADA Lift Available
- Independent Changing Rooms
- Average Pool Temperature: 88° to 89°

Lap Swim, Open Swim, and Fitness Classes available. Schedules subject to change. Please check [www.thprd.org](http://www.thprd.org) for the most updated schedule and fitness class descriptions.

## Adaptive Aquatics

Adaptive Aquatics is a program providing one on one swimming lessons for people of any age over 3, who experience disability. We offer lessons to people who experience cognitive disabilities, physical disabilities, anxieties, behavioral challenges, or sensory differences. Since the lessons are individualized, we can tailor them to the specific needs of the swimmer. We allow for non-traditional progression of skills, while continuing to focus on safety, and swimming goals and techniques. Space is extremely limited. Scan the QR Code below to register.



## Revive H2O Recovery Program

Recovering from an illness or medical treatment? Regain your strength and create optimal health with this individualized and targeted exercise program run in a small group format. Exercise prescription/workout is based on medical status, fitness level and wellness goal. Medical Release & Health/Medical History Forms requested.



## Summer Splash

A recreational swim team with a focus on stroke refinement, building endurance, and sportsmanship. Participants must be between the ages of 5 and 17 and be able to swim 25 yards of crawl stroke and 25 yards of backstroke. While not required to compete, swim meets are held on some Saturdays during the season.

Date	Day	Time	ID/AP	OD	Class#
6/17-8/14	M/W	4:00-4:55 pm			HM134000
6/18-8/15	T/Th	5:15-6:10 pm			HM134001

## Pool Party Packages Register Online!

Rent the whole Harman Swim Center for your next Birthday Party or Function!

Bring up to 40 guests. Use the lobby for refreshments. All pool safety rules apply. Let us know if you would like an extended rental.



@THPRD.Aquatics



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

Preschool: Minimum age 3 years and toilet-trained.

When class ends, pick up your preschooler on deck after class.

## Beginning Swimming Skills

Date	Day	Time	ID/AP	OD	Class#
Preschool Level 1-3					
6/17-7/17	M/W	3:15-3:45 pm	\$90	\$112.50	HM111000
7/22-8/21	M/W	3:15-3:45 pm	\$99	\$123.75	HM111001
6/17-7/17	M/W	3:50-4:20 pm	\$90	\$112.50	HM111002
7/22-8/21	M/W	3:50-4:20 pm	\$99	\$123.75	HM111003
6/17-7/17	M/W	5:45-6:15 pm	\$90	\$112.50	HM111008
7/22-8/21	M/W	5:45-6:15 pm	\$99	\$123.75	HM111009
6/17-7/17	M/W	6:20-6:50 pm	\$90	\$112.50	HM111010
7/22-8/21	M/W	6:20-6:50 pm	\$99	\$123.75	HM111011
6/18-7/18	T/Th	10:10-10:40 am	\$90	\$112.50	HM111012
7/23-8/22	T/Th	10:10-10:40 am	\$99	\$123.75	HM111013
6/18-7/18	T/Th	10:45-11:15 am	\$90	\$112.50	HM111014
6/18-7/18	T/Th	12:05-12:35 pm	\$90	\$112.50	HM111018
7/23-8/22	T/Th	12:05-12:35 pm	\$99	\$123.75	HM111019
6/18-7/18	T/Th	3:15-3:45 pm	\$90	\$112.50	HM111024
7/23-8/22	T/Th	3:15-3:45 pm	\$99	\$123.75	HM111025
6/18-7/18	T/Th	3:50-4:20 pm	\$90	\$112.50	HM111026
7/23-8/22	T/Th	3:50-4:20 pm	\$99	\$123.75	HM111027
6/18-7/18	T/Th	5:10-5:40 pm	\$90	\$112.50	HM111030
6/18-7/18	T/Th	6:20-6:50 pm	\$90	\$112.50	HM111034
7/23-8/22	T/Th	6:20-6:50 pm	\$99	\$123.75	HM111035
6/22-8/24	S	9-9:30 am	\$99	\$123.75	HM111036
6/16-8/18	Su	12:35-1:05 pm	\$99	\$123.75	HM111042
6/16-8/18	Su	1:10-1:40 pm	\$99	\$123.75	HM111043
7/23-8/22	T/Th	10:45-11:15 am	\$99	\$123.75	HM111015
7/23-8/22	T/Th	5:10-5:40 pm	\$99	\$123.75	HM11103

### School Age Level 1-3

6/17-7/17	M/W	3:15-3:45 pm	\$90	\$112.50	HM121000
7/22-8/21	M/W	3:15-3:45 pm	\$99	\$123.75	HM121001
6/17-7/17	M/W	4:25-4:55 pm	\$90	\$112.50	HM121004
7/22-8/21	M/W	4:25-4:55 pm	\$99	\$123.75	HM121005
6/17-7/17	M/W	5:10-5:40 pm	\$90	\$112.50	HM121006
7/22-8/21	M/W	5:10-5:40 pm	\$99	\$123.75	HM121007
6/17-7/17	M/W	5:45-6:15 pm	\$90	\$112.50	HM121008
7/22-8/21	M/W	5:45-6:15 pm	\$99	\$123.75	HM121009
6/18-7/18	T/Th	10:10-10:40 am	\$90	\$112.50	HM121012
7/23-8/22	T/Th	10:10-10:40 am	\$99	\$123.75	HM121013
6/18-7/18	T/Th	10:45-11:15 am	\$90	\$112.50	HM121014
7/23-8/22	T/Th	10:45-11:15 am	\$99	\$123.75	HM121015
6/18-7/18	T/Th	12:05-12:35 pm	\$90	\$112.50	HM121018
7/23-8/22	T/Th	12:05-12:35 pm	\$99	\$123.75	HM121019
6/18-7/18	T/Th	3:15-3:45 pm	\$90	\$112.50	HM121024
7/23-8/22	T/Th	3:15-3:45 pm	\$99	\$123.75	HM121025
6/18-7/18	T/Th	4:25-4:55 pm	\$90	\$112.50	HM121028
7/23-8/22	T/Th	4:25-4:55 pm	\$99	\$123.75	HM121029
6/18-7/18	T/Th	5:45-6:15 pm	\$90	\$112.50	HM121032
7/23-8/22	T/Th	5:45-6:15 pm	\$99	\$123.75	HM121033
6/16-8/18	Su	12:35-1:05 pm	\$99	\$123.75	HM121042
6/16-8/18	Su	1:45-2:15 pm	\$99	\$123.75	HM121044

## Intermediate/Advanced Swimming Skills

Date	Day	Time	ID/AP	OD	Class#
Preschool/School Age Level 3½ & 4					
6/22-8/24	S	10:10-10:40 am	\$99	\$123.75	HM121038H
Preschool/School Age Level 5					
6/17-7/17	M/W	5:10-5:40 pm	\$90	\$112.50	HM125006
7/22-8/21	M/W	5:10-5:40 pm	\$99	\$123.75	HM125007
6/17-7/17	M/W	6:20-6:50 pm	\$90	\$112.50	HM125010
7/22-8/21	M/W	6:20-6:50 pm	\$99	\$123.75	HM125011
6/18-7/18	T/Th	10:45-11:15 am	\$90	\$112.50	HM125014
7/23-8/22	T/Th	10:45-11:15 am	\$99	\$123.75	HM125015
6/18-7/18	T/Th	12:40-1:10 pm	\$90	\$112.50	HM125020
7/23-8/22	T/Th	12:40-1:10 pm	\$99	\$123.75	HM125021
6/18-7/18	T/Th	3:50-4:20 pm	\$90	\$112.50	HM125026
7/23-8/22	T/Th	3:50-4:20 pm	\$99	\$123.75	HM125027
6/22-8/24	S	10:10-10:40 am	\$99	\$123.75	HM125038
6/16-8/18	Su	1:10-1:40 pm	\$99	\$123.75	HM125043

## Specialty Programs

Date	Day	Time	ID/AP	OD	Class#
Summer Splash					
A recreational swim team with a focus on stroke refinement, building endurance, and sportsmanship. Participants must be between the ages of 5 and 17 and be able to swim 25 yards of crawl stroke and 25 yards of backstroke. While not required to compete, swim meets are held on some Saturdays during the season.					
6/17-8/14	M/W	4-4:55 pm	\$267	\$333.75	HM134000
6/18-8/15	T/Th	5:15-6:10 pm	\$267	\$333.75	HM134001
Baby/Toddler & Me					
6/17-7/17	M/W	5:10-5:40 pm	\$60	\$75	HM140006
7/22-8/21	M/W	5:10-5:40 pm	\$67	\$83.75	HM140007
6/18-7/18	T/Th	11:20-11:50 am	\$60	\$75	HM140016
7/23-8/22	T/Th	11:20-11:50 am	\$67	\$83.75	HM140017
6/16-8/18	Su	1:45-2:15 pm	\$67	\$83.75	HM140044

### You & Your Preschooler

6/18-7/18	T/Th	12:40-1:10 pm	\$90	\$112.50	HM141020
7/23-8/22	T/Th	12:40-1:10 pm	\$99	\$123.75	HM141021

### Teen Swimming Skills

6/17-7/17	M/W	6:20-7 pm	\$119	\$148.75	HM150010T
7/22-8/21	M/W	6:20-7 pm	\$132	\$165	HM150011T
6/18-7/18	T/Th	10:10-10:40 am	\$90	\$112.50	HM150012T
7/23-8/22	T/Th	10:10-10:40 am	\$99	\$123.75	HM150013T

Continued

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

## Teen/Adult Swimming Skills

6/18-7/18	T/Th	6:20-7 pm	\$119	\$148.75	HM150034
7/23-8/22	T/Th	6:20-7 pm	\$132	\$165	HM150035
6/16-8/18	Su	11:45 am-12:30 pm	\$148	\$185	HM1500412
6/18-7/18	T/Th	1:30-2:30 pm	\$108	\$150	HM171022
7/23-8/22	T/Th	1:30-2:30 pm	\$108	\$150	HM171023

## Private Lessons

6/17-7/17	M/W	5:45-6:15 pm	\$450	\$562.50	HM160008
7/22-8/21	M/W	5:45-6:15 pm	\$500	\$625	HM160009
6/18-7/18	T/Th	11:20-11:50 am	\$450	\$562.50	HM160016
7/23-8/22	T/Th	11:20-11:50 am	\$500	\$625	HM160017
6/18-7/18	T/Th	4:25-4:55 pm	\$450	\$562.50	HM160028
7/23-8/22	T/Th	4:25-4:55 pm	\$500	\$625	HM160029
6/18-7/18	T/Th	6:20-6:50 pm	\$450	\$562.50	HM160034
7/23-8/22	T/Th	6:20-6:50 pm	\$500	\$625	HM160035
6/22-8/24	S	9-9:30 am	\$500	\$625	HM160036
6/22-8/24	S	9:35-10:05 am	\$500	\$625	HM160037

## Revive H2ORecovery Program

6/18-7/18	T/Th	1:30 – 2:30 pm	\$108	\$150	HM171022
6/18-7/18	T/Th	1:30 – 2:30 pm	\$108	\$150	HM171023

## Training Programs

Date	Day	Time	ID/AP	OD	Class#
<b>Lifeguard Training</b>					
7/7-7/21	Su	8:30 am-5:30 pm	\$200	\$250	HM152000

## Jr. Lifeguarding

6/18-7/18	T/Th	12:30-3 pm	\$100	\$125	HM151000A
7/23-8/22	T/Th	12:30-3 pm	\$100	\$125	HM151001A

## Summer Camps

Date	Day	Time	ID/AP	OD	Class#
<b>Camp Harman! Summertime Fun!</b>					
7/8-7/12	M-F	9 am-12 pm	\$196	\$245	HM190003
7/22-7/26	M-F	9 am-12 pm	\$196	\$245	HM190005
8/5-8/9	M-F	9 am-12 pm	\$196	\$245	HM190007

## Pool Party Package

6/16	Su	4-5 pm	\$209.50	\$261.75	HM184000P
6/21	F	4-5 pm	\$209.50	\$261.75	HM184001P
6/28	F	4-5 pm	\$209.50	\$261.75	HM184003P
7/5	F	4-5 pm	\$209.50	\$261.75	HM184006P
7/12	F	4-5 pm	\$209.50	\$261.75	HM184008P
7/19	F	4-5 pm	\$209.50	\$261.75	HM184010P
7/26	F	4-5 pm	\$209.50	\$261.75	HM184012P
8/2	F	4-5 pm	\$209.50	\$261.75	HM184015P
8/9	F	4-5 pm	\$209.50	\$261.75	HM184018P
8/16	F	4-5 pm	\$209.50	\$261.75	HM184021P
8/23	F	4-5 pm	\$209.5	\$261.75	HM184024P

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

## Water Fitness Programs

**Cardio Core:** Is a fun, moderate-intensity fitness class suitable for most people. Class is held in the shallow end of the pool. Participants challenge themselves with the resistance of the water in the low-impact workout as they exercise to lively, upbeat music.

**Flex & Stretch:** Suitable for all fitness abilities, Flex & Stretch focuses on range of motion, stretching, balance, and mobility. Some gentle cardio work is incorporated. This class is taught in the shallow end of the pool and some buoyant and resistant equipment is used.

**Dig Deep:** Participants wear flotation belts for a zero-impact, moderate-intensity workout in the deep end of the pool. It is not necessary to be an avid swimmer to participate, but it's helpful for participants to be comfortable in deep water. This is an exciting, unique way to exercise, suitable for most people.

**Aqua Jam!:** A celebration of fitness & friendship in the water. Moderate-intensity aerobic class in shallow and deep water without complex choreography. Strength and balance work is incorporated, as is the use of buoyant and resistance equipment.

Schedule can be found online, <http://www.thprd.org/facilities/aquatics/harman>, or by stopping into the center. The schedule is subject to change without notice.



# Raleigh Swim Center



**TUALATIN HILLS**  
PARK & RECREATION DISTRICT

**3500 SW 78th Ave.**  
**Portland, 97225**  
**503-629-6314**

TriMet Bus Routes #56

## Outdoor Pool

**Aquatic Facility Supervisor:** Corey Tramel

### Office Hours:

Monday-Friday 8 am-6 pm  
Saturday & Sunday 12:30-4 pm

**Facility Closed:** 6/19

**Modified Hours:** 7/4 9 am-2 pm

Hours subject to change. Visit [thprd.org](http://thprd.org) for updated schedules.

### Raleigh Swim Center features:

- ADA Lift
- Average Pool Temperature: 84°



## Water Fitness Programs

**Dig Deep:** Zero impact, moderate intensity workout in the deep end of the pool. An exciting, unique way to exercise, suitable for most people. Movement possibilities are almost unlimited when suspended in the water; and people work on aerobic fitness, strength, balance and flexibility.

**Cardio Core:** This is a fun, moderate intensity fitness class suitable for most people. The class is held in the shallow end of the pool. Participants challenge themselves with the resistance of the water in the low-impact work-out as they exercise to lively, upbeat music.

**Aqua Jam:** A Celebration of fitness and friendship in the water. Moderate-intensity aerobics class in shallow and deep water without complex choreography. Strength and balance work is incorporated, as is use of buoyant and resistance equipment.

**Aqua HIIT:** An intense aqua workout with interval training, plyometrics and power moves to improve cardiovascular fitness, muscular endurance, strength, and flexibility. This is a Level 3 class.

Schedule can be found online:

<http://www.thprd.org/facilities/aquatics/Raleigh-Center>

## Lap Swim, Open Swim, and Independent Exercise

Please see online schedule at [thprd.org](http://thprd.org) for updated details and hours.



## Drop-in Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-7:00 am Adult Lap Swim	6:00-7:00 am Adult Lap Swim	6:00-7:00 am Adult Lap Swim	6:00-7:00 am Adult Lap Swim	6:00-7:00 am Adult Lap Swim	8:00-11:00 am Summer splash swim	12:00-1:15 pm All Adult Lap Swim
8:00-9:15 am All Age Lap Swim/ (1)Aqua Jog Lane	8:00-9:15 am All Age Lap Swim/ (1)Aqua Jog Lane	8:00-9:15 am All Age Lap Swim/ (1)Aqua Jog Lane	8:00-9:15 am All Age Lap Swim/ (1)Aqua Jog Lane	8:00-9:15 am All Age Lap Swim/ (1)Aqua Jog Lane	12:00-1:15 pm All Age Lap Swim	1:30-4:00 pm Open Swim
9:30-10:25 am Dig Deep	9:30-10:25 am Dig Deep	9:30-10:25 am Dig Deep	9:30-10:25 am Dig Deep	9:30-10:25 am Dig Deep	1:30-4:00 pm Open Swim	
10:45-11:40 am Fitness	10:45-11:40 am Fitness	10:45-11:40 am Fitness	10:45-11:40 am Fitness	10:45-11:40 am Fitness		
11:50 am-1:15 pm All Age Lap Swim	11:50 am-1:15 pm All Age Lap Swim	11:50 am-1:15 pm All Age Lap Swim	11:50 am-1:15 pm All Age Lap Swim	11:50 am-1:15 pm All Age Lap Swim		
1:30-4:15 pm Open Swim	1:30-4:15 pm Open Swim	1:30-4:15 pm Open Swim	1:30-4:15 pm Open Swim	1:30-4:15 pm Open Swim		
4:30-6:00 pm All Age Lap Swim	4:30-6:00 pm All Age Lap Swim	4:30-6:00 pm All Age Lap Swim	4:30-6:00 pm All Age Lap Swim	4:30-6:00 pm All Age Lap Swim		

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



# Somerset West Swim Center



**TUALATIN HILLS**  
PARK & RECREATION DISTRICT

**185th & Parkview Blvd.  
Portland, 97229  
971-317-6833**

TriMet Bus Routes #48, #52

## Outdoor Pool

**Facility Supervisor:** Corey Tramel

**Office Hours:** Lap Swim & Open Swim Available. Schedules subject to change. Please check [www.thprd.org](http://www.thprd.org) for the most updated schedule.

**Monday – Friday:** 8 am-4 pm

**Saturday & Sunday:** 12:30-4pm

**Modified Hours:**  
6/19, 7/4 9am-2pm

**Somerset West Swim Center features:**

- Outdoor pool
- Average Pool Temperature: 84°
- ADA Lift Available



@THPRD.Aquatics



## Summer Splash

Splash is a recreational swim team. Practices consist of technique, endurance and speed training, sportsmanship, team building, and competitive swimming principles. Though swimmers are not required to go to every meet, meet participation is highly encouraged. Prerequisites are level 4 and stroke competency for crawl stroke and backstroke for 25 yards each. Knowledge and experience with breaststroke are preferred. Participants must have started first grade. Please see Splash Swim Team page at [www.thprd.org](http://www.thprd.org) for further details, or you can call your center to set up an evaluation.

Date	Day	Time	ID/AP	OD	Class#
6/17-8/16	M/W/F	8-8:45 am	\$304	\$380	SW134000

## Astronomical Nights At Somerset

### Swim Out The Solstice

Join us 6:45-9:15 pm on June 20 for an open swim that we will swim till the sun goes down on the longest day.



### Under The Strawberry Moon

Join us 9-10:30 pm June 21 for a lap swim under the full moon.

### Play Then Gaze

Join us July 5 for an open swim from 7-9 pm, followed by star gazing from 9-10:30 pm under a moonless sky. Several telescopes will be available for use.

### Blue Water And Blue Moon.... Who Knew

Join us August 19 from 9-10:30 pm for a lap swim under the full moon.

### Pool Rentals available on Saturdays and Sundays

Two time frames available – **1:15-2:40 pm** and **2:45-4:15 pm**. If rentals are not registered by 10 days prior the rental time frame will revert to Open Swim. Please call to reserve.

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

Preschool: Minimum age 3 years and toilet-trained.

When class ends, pick up your preschooler at the dressing

## Beginning Swimming Skills

Date	Day	Time	ID/AP	OD	Class#
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### Preschool Level 1-3

6/17-7/12	M/W/F	8:55-9:25 am	\$108	\$135	SW111001
7/15-8/2	M/W/F	8:55-9:25 am	\$90	\$112.50	SW111002
8/5-8/23	M/W/F	8:55-9:25 am	\$90	\$112.50	SW111003
6/17-7/12	M/W/F	9:30-10 am	\$108	\$135	SW111004
7/15-8/2	M/W/F	9:30-10 am	\$90	\$112.50	SW111005
8/5-8/23	M/W/F	9:30-10 am	\$90	\$112.50	SW111006
6/17-7/12	M/W/F	10:20-10:50 am	\$108	\$135	SW111007
7/15-8/2	M/W/F	10:20-10:50 am	\$90	\$112.50	SW111008
8/5-8/23	M/W/F	10:20-10:50 am	\$90	\$112.50	SW111009
6/17-7/12	M/W/F	10:55-11:25 am	\$108	\$135	SW111010
7/15-8/2	M/W/F	10:55-11:25 am	\$90	\$112.50	SW111011
8/5-8/23	M/W/F	10:55-11:25 am	\$90	\$112.50	SW111012
6/18-7/18	T/Th	9:30-10 am	\$90	\$112.50	SW111025
7/23-8/22	T/Th	9:30-10 am	\$99	\$123.75	SW111026
6/18-7/18	T/Th	10:20-10:50 am	\$90	\$112.50	SW111027
7/23-8/22	T/Th	10:20-10:50 am	\$99	\$123.75	SW111028
6/18-7/18	T/Th	10:55-11:25 am	\$90	\$112.50	SW111029
7/23-8/22	T/Th	10:55-11:25 am	\$99	\$123.75	SW111030
6/18-7/18	T/Th	11:30 am-12 pm	\$90	\$112.50	SW111031
7/23-8/22	T/Th	11:30 am-12 pm	\$99	\$123.75	SW111032

### School Age Level 1-4

6/17-7/12	M/W/F	8:55-9:25 am	\$108	\$135	SW113001
7/15-8/2	M/W/F	8:55-9:25 am	\$90	\$112.50	SW113002
8/5-8/23	M/W/F	8:55-9:25 am	\$90	\$112.50	SW113003
6/17-7/12	M/W/F	10:20-10:50 am	\$108	\$135	SW113007
7/15-8/2	M/W/F	10:20-10:50 am	\$90	\$112.50	SW113008
8/5-8/23	M/W/F	10:20-10:50 am	\$90	\$112.50	SW113009
6/17-7/12	M/W/F	10:55-11:25 am	\$108	\$135	SW113010
7/15-8/2	M/W/F	10:55-11:25 am	\$90	\$112.50	SW113011
8/5-8/23	M/W/F	10:55-11:25 am	\$90	\$112.50	SW113012
6/17-7/12	M/W/F	11:30 am-12 pm	\$108	\$135	SW113013
7/15-8/2	M/W/F	11:30 am-12 pm	\$90	\$112.50	SW113014
8/5-8/23	M/W/F	11:30 am-12 pm	\$90	\$112.50	SW113015
6/18-7/18	T/Th	8:55-9:25 am	\$90	\$112.50	SW113023
7/23-8/22	T/Th	8:55-9:25 am	\$99	\$123.75	SW113024
6/18-7/18	T/Th	9:30-10 am	\$90	\$112.50	SW113025
7/23-8/22	T/Th	9:30-10 am	\$99	\$123.75	SW113026
6/18-7/18	T/Th	10:55-11:25 am	\$90	\$112.50	SW113029
7/23-8/22	T/Th	10:55-11:25 am	\$99	\$123.75	SW113030
6/18-7/18	T/Th	11:30 am-12 pm	\$90	\$112.50	SW113031
7/23-8/22	T/Th	11:30 am-12 pm	\$99	\$123.75	SW113032

## Intermediate/Advanced Swimming Skills

Date	Day	Time	ID/AP	OD	Class#
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### Preschool/School Age Level 5-7

6/17-7/12	M/W/F	9:30-10 am	\$108	\$135	SW125004
7/15-8/2	M/W/F	9:30-10 am	\$90	\$112.50	SW125005
8/5-8/23	M/W/F	9:30-10 am	\$90	\$112.50	SW125006
6/18-7/18	T/Th	10:20-10:50 am	\$90	\$112.50	SW125027
7/23-8/22	T/Th	10:20-10:50 am	\$99	\$123.75	SW125028

## Specialty Programs

Date	Day	Time	ID/AP	OD	Class#
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### Teen/Adult Swimming Skills - Beginning

6/17-7/12	M/W/F	9:30-10 am	\$108	\$135	SW150004B
7/15-8/2	M/W/F	9:30-10 am	\$90	\$112.50	SW150005B
8/5-8/23	M/W/F	9:30-10 am	\$90	\$112.50	SW150006B
6/18-7/18	T/Th	8:55-9:25 am	\$90	\$112.50	SW150023B
7/23-8/22	T/Th	8:55-9:25 am	\$99	\$123.75	SW150024B

### Baby/Toddler & Me

6/17-7/12	M/W/F	11:30 am-12 pm	\$73	\$91.25	SW140013
7/15-8/2	M/W/F	11:30 am-12 pm	\$60	\$75	SW140014
8/5-8/23	M/W/F	11:30 am-12 pm	\$60	\$75	SW140015
6/18-7/18	T/Th	10:20-10:50 am	\$60	\$75	SW140027
7/23-8/22	T/Th	10:20-10:50 am	\$67	\$83.75	SW140028

### Summer Splash

Splash is a recreational swim team. Practices consist of technique, endurance and speed training, sportsmanship, team building, and competitive swimming principles. Though swimmers are not required to go to every meet, meet participation is highly encouraged. Prerequisites are level 4 and stroke competency for crawl stroke and backstroke for 25 yards each. Knowledge and experience with breaststroke are preferred. Participants must have started first grade. Please see Splash Swim Team page at [www.thprd.org](http://www.thprd.org) for further details, or you can call your center to set up an evaluation.

6/17-8/16	M/W/F	8-8:45 am	\$304	\$380	SW134000
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Fees: ID/AP = User is in-district or has paid an out-of-district assessment, OD = Out-of-district (no assessment paid)

## Drop-in Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-8:00 am All Age Lap Swim	5:00-7:45 am All Age Lap Swim	5:00-7:45 am All Age Lap Swim	5:00-7:45 am All Age Lap Swim	5:00-7:45 am All Age Lap Swim	12:00-1:15 pm Lap Swim	12:00-1:15 pm Lap Swim
8:00 am-12:00 pm Instruction	8:00-8:45 am T.R.I. Swimming	8:00 am-12:00 pm Instruction	8:00-8:45 am T.R.I. Swimming	8:00 am-12:00 pm Instruction	1:30-4:15 pm Rentals Available	1:30-4:15 pm Rentals Available
12:05-2:00 pm Adult Lap Swim	12:05-2:00 pm Adult Lap Swim	12:05-2:00 pm Adult Lap Swim	12:05-2:00 pm Adult Lap Swim	12:05-2:00 pm Adult Lap Swim		
2:05-4:15 pm Open Swim	2:05-4:15 pm Open Swim	2:05-4:15 pm Open Swim	2:05-4:15 pm Open Swim	2:05-4:15 pm Open Swim		

# Sunset Swim Center



**TUALATIN HILLS**  
PARK & RECREATION DISTRICT

**13707 NW Science Park Drive  
Beaverton, 97229  
503-629-6315**

TriMet Bus Routes #48, #62

**Facility Supervisor:** Joshua Norton

**Hours:** Lap Swim, Open Swim, and Swim Lessons available.  
Schedules subject to change. Please check [www.thprd.org](http://www.thprd.org) for the most updated schedule and fitness class descriptions.

**Monday – Thursday:** 12-8 pm  
**Friday:** 12-7:30 pm  
**Saturday:** 8 am-1:30 pm  
**Sunday:** 1:30-5 pm

**Sunset Swim Center features:**

- ADA Lift available
- Average Pool Temperature: 84°



@THPRD.Aquatics

## Lap Swim, Open Swim & Swim Lessons

Please see online schedule at [www.thprd.org](http://www.thprd.org) for updated details about limited lanes, shared pool times and open swim. Paper schedules are available on site.



## Summer Splash

A recreational swim team with a focus on stroke refinement, building endurance, and sportsmanship. Participants must be between the ages of 5 and 17 and be able to swim 25 yards of crawl stroke and 25 yards of backstroke. While not required to compete, swim meets are held on some Saturdays during the season.

Date	Day	Time	ID/AP	OD	Class#
6/17-8/16	M/W/F	6-6:55 pm	\$369	\$461.25	SS134021
6/16-8/18	Su	4-4:55 pm	\$149	\$186.25	SS134054
6/18-8/15	T/Th	7:05-8 pm	\$246	\$307.50	SS134037

## Join us for Sports Camp at Sunset Swim Center!

Sunset Sports Camp is a camp designed around sports both in and out of the water. We will explore water related sports including but not limited to Water Polo and Swim Team.

Date	Day	Time	ID/AP	OD	Class#
7/15-7/19	M-F	1-4 pm	\$196	\$245	SS181002
7/29-8/2	M-F	1-4 pm	\$196	\$245	SS181004
8/12-8/16	M-F	1-4 pm	\$196	\$245	SS181006

## Party Rentals



Rent the whole Sunset Swim Center for your next Birthday Party or Function! See registration details on page 109.

## Fitness is back at Sunset Swim Center!

**Cardio Core:** This class is held in the shallow end of the pool. Participants challenge themselves with the resistance of the water in the low-impact work-out as they exercise to lively, upbeat music. Participants work on aerobic conditioning, strength, balance and flexibility. At least 35 minutes of the class will be dedicated to pure cardio in a Level 2 class.

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

Preschool: Minimum age 3 years and toilet-trained.

When class ends, pick up your preschooler on deck after class.

## Beginning Swimming Skills

Date	Day	Time	ID/AP	OD	Class#
Preschool Level 1-3					
6/17-6/28	M-F	12-12:30 pm	\$90	\$112.50	SS111000
7/1-7/12	M-F	12-12:30 pm	\$90	\$112.50	SS111001
7/15-7/26	M-F	12-12:30 pm	\$99	\$123.75	SS111002
7/29-8/9	M-F	12-12:30 pm	\$99	\$123.75	SS111003
8/12-8/23	M-F	12-12:30 pm	\$99	\$123.75	SS111004
6/17-6/28	M-F	12:35-1:05 pm	\$90	\$112.50	SS111005
7/1-7/12	M-F	12:35-1:05 pm	\$90	\$112.50	SS111006
7/15-7/26	M-F	12:35-1:05 pm	\$99	\$123.75	SS111007
7/29-8/9	M-F	12:35-1:05 pm	\$99	\$123.75	SS111008
8/12-8/23	M-F	12:35-1:05 pm	\$99	\$123.75	SS111009
6/17-6/28	M-F	1:20-1:50 pm	\$90	\$112.50	SS111010
7/1-7/12	M-F	1:20-1:50 pm	\$90	\$112.50	SS111011
7/15-7/26	M-F	1:20-1:50 pm	\$99	\$123.75	SS111012
7/29-8/9	M-F	1:20-1:50 pm	\$99	\$123.75	SS111013
8/12-8/23	M-F	1:20-1:50 pm	\$99	\$123.75	SS111014
6/17-7/17	M/W	4-4:30 pm	\$90	\$112.50	SS111015
7/22-8/21	M/W	4-4:30 pm	\$99	\$123.75	SS111016
6/17-7/17	M/W	4:35-5:05 pm	\$90	\$112.50	SS111017
7/22-8/21	M/W	4:35-5:05 pm	\$99	\$123.75	SS111018
6/17-7/17	M/W	5:20-5:50 pm	\$90	\$112.50	SS111019
7/22-8/21	M/W	5:20-5:50 pm	\$99	\$123.75	SS111020
6/18-7/18	T/Th	4-4:30 pm	\$90	\$112.50	SS111027
7/23-8/22	T/Th	4-4:30 pm	\$99	\$123.75	SS111028
6/18-7/18	T/Th	4:35-5:05 pm	\$90	\$112.50	SS111029
7/23-8/22	T/Th	4:35-5:05 pm	\$99	\$123.75	SS111030
6/18-7/18	T/Th	5:20-5:50 pm	\$90	\$112.50	SS111031
7/23-8/22	T/Th	5:20-5:50 pm	\$99	\$123.75	SS111032
6/18-7/18	T/Th	5:55-6:25 pm	\$90	\$112.50	SS111033
7/23-8/22	T/Th	5:55-6:25 pm	\$99	\$123.75	SS111034
6/18-7/18	T/Th	6:30-7 pm	\$90	\$112.50	SS111035
7/23-8/22	T/Th	6:30-7 pm	\$99	\$123.75	SS111036
6/22-7/20	S	10-10:30 am	\$52	\$65	SS111040
7/27-8/24	S	10-10:30 am	\$52	\$65	SS111041
6/22-7/20	S	10:35-11:05 am	\$52	\$65	SS111042
7/27-8/24	S	10:35-11:05 am	\$52	\$65	SS111043
6/22-7/20	S	11:20-11:50 am	\$52	\$65	SS111044
7/27-8/24	S	11:20-11:50 am	\$52	\$65	SS111045
6/16-7/14	Su	1:30-2 pm	\$52	\$65	SS111046
7/21-8/18	Su	1:30-2 pm	\$52	\$65	SS111047
6/16-7/14	Su	2:05-2:35 pm	\$52	\$65	SS111048
7/21-8/18	Su	2:05-2:35 pm	\$52	\$65	SS111049
6/16-7/14	Su	2:50-3:20 pm	\$52	\$65	SS111050
7/21-8/18	Su	2:50-3:20 pm	\$52	\$65	SS111051
6/16-7/14	Su	3:25-3:55 pm	\$52	\$65	SS111052
7/21-8/18	Su	3:25-3:55 pm	\$52	\$65	SS111053

## School Age Level 1-4

6/17-6/28	M-F	12-12:30 pm	\$90	\$112.50	SS113000
7/1-7/12	M-F	12-12:30 pm	\$90	\$112.50	SS113001
7/15-7/26	M-F	12-12:30 pm	\$99	\$123.75	SS113002
7/29-8/9	M-F	12-12:30 pm	\$99	\$123.75	SS113003
8/12-8/23	M-F	12-12:30 pm	\$99	\$123.75	SS113004
6/17-6/28	M-F	12:35-1:05 pm	\$90	\$112.50	SS113005
7/1-7/12	M-F	12:35-1:05 pm	\$90	\$112.50	SS113006
7/15-7/26	M-F	12:35-1:05 pm	\$99	\$123.75	SS113007
7/29-8/9	M-F	12:35-1:05 pm	\$99	\$123.75	SS113008
8/12-8/23	M-F	12:35-1:05 pm	\$99	\$123.75	SS113009
6/17-6/28	M-F	1:20-1:50 pm	\$90	\$112.50	SS113010
7/1-7/12	M-F	1:20-1:50 pm	\$90	\$112.50	SS113011
7/15-7/26	M-F	1:20-1:50 pm	\$99	\$123.75	SS113012
7/29-8/9	M-F	1:20-1:50 pm	\$99	\$123.75	SS113013
8/12-8/23	M-F	1:20-1:50 pm	\$99	\$123.75	SS113014
6/17-7/17	M/W	4-4:30 pm	\$90	\$112.50	SS113015
7/22-8/21	M/W	4-4:30 pm	\$99	\$123.75	SS113016
6/17-7/17	M/W	4:35-5:05 pm	\$90	\$112.50	SS113017
7/22-8/21	M/W	4:35-5:05 pm	\$99	\$123.75	SS113018
6/17-7/17	M/W	5:20-5:50 pm	\$90	\$112.50	SS113019
7/22-8/21	M/W	5:20-5:50 pm	\$99	\$123.75	SS113020
6/17-7/17	M/W	7:35-8:05 pm	\$90	\$112.50	SS113025
7/22-8/21	M/W	7:35-8:05 pm	\$99	\$123.75	SS113026
6/18-7/18	T/Th	4-4:30 pm	\$90	\$112.50	SS113027
7/23-8/22	T/Th	4-4:30 pm	\$99	\$123.75	SS113028
6/18-7/18	T/Th	4:35-5:05 pm	\$90	\$112.50	SS113029
7/23-8/22	T/Th	4:35-5:05 pm	\$99	\$123.75	SS113030
6/18-7/18	T/Th	5:20-5:50 pm	\$90	\$112.50	SS113031
7/23-8/22	T/Th	5:20-5:50 pm	\$99	\$123.75	SS113032
6/18-7/18	T/Th	5:55-6:25 pm	\$90	\$112.50	SS113033
7/23-8/22	T/Th	5:55-6:25 pm	\$99	\$123.75	SS113034
6/18-7/18	T/Th	6:30-7 pm	\$90	\$112.50	SS113035
7/23-8/22	T/Th	6:30-7 pm	\$99	\$123.75	SS113036
6/22-7/20	S	10-10:30 am	\$52	\$65	SS113040
7/27-8/24	S	10-10:30 am	\$52	\$65	SS113041
6/22-7/20	S	10:35-11:05 am	\$52	\$65	SS113042
7/27-8/24	S	10:35-11:05 am	\$52	\$65	SS113043
6/22-7/20	S	11:20-11:50 am	\$52	\$65	SS113044
7/27-8/24	S	11:20-11:50 am	\$52	\$65	SS113045
6/16-7/14	Su	1:30-2 pm	\$52	\$65	SS113046
7/21-8/18	Su	1:30-2 pm	\$52	\$65	SS113047
6/16-7/14	Su	2:05-2:35 pm	\$52	\$65	SS113048
7/21-8/18	Su	2:05-2:35 pm	\$52	\$65	SS113049
6/16-7/14	Su	2:50-3:20 pm	\$52	\$65	SS113050
7/21-8/18	Su	2:50-3:20 pm	\$52	\$65	SS113051
6/16-7/14	Su	3:25-3:55 pm	\$52	\$65	SS113052
7/21-8/18	Su	3:25-3:55 pm	\$52	\$65	SS113053

## Preschool/School Age Level 5-7

No class 1/15, 5/27.

6/17-7/17	M/W	7-7:30 pm	\$90	\$112.50	SS125023
7/22-8/21	M/W	7-7:30 pm	\$99	\$123.75	SS125024
6/18-7/18	T/Th	6:30-7 pm	\$90	\$112.50	SS125035
7/23-8/22	T/Th	6:30-7 pm	\$99	\$123.75	SS125036
6/16-7/14	Su	3:25-3:55 pm	\$52	\$65	SS125052
7/21-8/18	Su	3:25-3:55 pm	\$52	\$65	SS125053



## Specialty Programs

Date	Day	Time	ID/AP	OD	Class#
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### Summer Splash

6/17-8/16	M/W/F	6-6:55 pm	\$369	\$461.25	SS134021
6/16-8/18	Su	4-4:55 pm	\$149	\$186.25	SS134054
6/18-8/15	T/Th	7:05-8 pm	\$246	\$307.50	SS134037

### Baby/Toddler & Me

6/17-7/17	M/W	5:20-5:50 pm	\$60	\$75	SS140019
7/22-8/21	M/W	5:20-5:50 pm	\$67	\$83.75	SS140020
6/18-7/18	T/Th	5:20-5:50 pm	\$60	\$75	SS140031
7/23-8/22	T/Th	5:20-5:50 pm	\$67	\$83.75	SS140032
6/22-7/20	S	10-10:30 am	\$35	\$43.75	SS140040
7/27-8/24	S	10-10:30 am	\$35	\$43.75	SS140041
6/16-7/14	Su	2:05-2:35 pm	\$35	\$43.75	SS140048
7/21-8/18	Su	2:05-2:35 pm	\$35	\$43.75	SS140049

### Teen/Adult Swimming Skills - Beginning

6/17-7/17	M/W	7-7:30 pm	\$90	\$112.50	SS150023B
7/22-8/21	M/W	7-7:30 pm	\$99	\$123.75	SS150024B
6/17-7/17	M/W	7:35-8:05 pm	\$90	\$112.50	SS150025B
7/22-8/21	M/W	7:35-8:05 pm	\$99	\$123.75	SS150026B

### Teen/Adult Swimming Skills - Intermediate

6/17-7/17	M/W	7-7:30 pm	\$90	\$112.50	SS150023I
7/22-8/21	M/W	7-7:30 pm	\$99	\$123.75	SS150024I
6/17-7/17	M/W	7:35-8:05 pm	\$90	\$112.50	SS150025I
7/22-8/21	M/W	7:35-8:05 pm	\$99	\$123.75	SS150026I

### Teen/Adult Swimming Skills - Advanced

6/17-7/17	M/W	7-7:30 pm	\$90	\$112.50	SS150023A
7/22-8/21	M/W	7-7:30 pm	\$99	\$123.75	SS150024A
6/17-7/17	M/W	7:35-8:05 pm	\$90	\$112.50	SS150025A
7/22-8/21	M/W	7:35-8:05 pm	\$99	\$123.75	SS150026A

## Professional Classes

Date	Day	Time	ID/AP	OD	Class#
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### Lifeguard Training

7/8-7/12	M/W/F	9 am-5 pm	\$260	\$325	SS152000
8/19-8/23	M/W/F	9 am-5 pm	\$260	\$325	SS152001

### Jr. Lifeguarding

8/5-8/8	M-Th	9 am-4 pm	\$100	\$125	SS151000
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## Rentals

Date	Day	Time	ID/AP	OD	Class#
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### Classroom Party Rental

6/22	S	11:30am-12:30pm	\$74	\$92.50	SS190001C
6/29	S	11:30 am-12:30 pm	\$74	\$92.50	SS190003C
7/6	S	11:30 am-12:30 pm	\$74	\$92.50	SS190005C
7/13	S	11:30 am-12:30 pm	\$74	\$92.50	SS190007C
7/20	S	11:30 am-12:30 pm	\$74	\$92.50	SS190009C
7/27	S	11:30 am-12:30 pm	\$74	\$92.50	SS190011C
8/3	S	11:30 am-12:30 pm	\$74	\$92.50	SS190013C
8/10	S	11:30 am-12:30 pm	\$74	\$92.50	SS190015C

### Pool Party Package

6/16	Su	12-1 pm	\$246	\$307.50	SS190000P
6/22	S	2:15-3:15 pm	\$246	\$307.50	SS190001P
6/23	Su	12-1 pm	\$246	\$307.50	SS190002P
6/29	S	2:15-3:15 pm	\$246	\$307.50	SS190003P
6/30	Su	12-1 pm	\$246	\$307.50	SS190004P
7/6	S	2:15-3:15 pm	\$246	\$307.50	SS190005P
7/7	Su	12-1 pm	\$246	\$307.50	SS190006P
7/13	S	2:15-3:15 pm	\$246	\$307.50	SS190007P
7/14	Su	12-1 pm	\$246	\$307.50	SS190008P
7/20	S	2:15-3:15 pm	\$246	\$307.50	SS190009P
7/21	Su	12-1 pm	\$246	\$307.50	SS190010P
7/27	S	2:15-3:15 pm	\$246	\$307.50	SS190011P
7/28	Su	12-1 pm	\$246	\$307.50	SS190012P
8/3	S	2:15-3:15 pm	\$246	\$307.50	SS190013P
8/4	Su	12-1 pm	\$246	\$307.50	SS190014P
8/10	S	2:15-3:15 pm	\$246	\$307.50	SS190015P

## Camps

Date	Day	Time	ID/AP	OD	Class#
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### Sunset Sports Camp

Sunset Sports Camp is a camp designed around sports both in and out of the water. We will explore water related sports including but not limited to Water Polo and Swim Team.

7/15-7/19	M-F	1-4 pm	\$196	\$245	SS181002
7/29-8/2	M-F	1-4 pm	\$196	\$245	SS181004
8/12-8/16	M-F	1-4 pm	\$196	\$245	SS181006



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

# Conestoga Recreation & Aquatic Center



**TUALATIN HILLS**  
PARK & RECREATION DISTRICT

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

TriMet Bus Routes #62, #92

**Center Supervisor:** Ann Johnson

**Assistant Center Supervisor:** Jenny Wilson

## **Facility Hours:**

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

Check online for pool hours.

## **Modified Schedule:**

6/19	9 am-2 pm
7/4	9 am-2 pm

## **Conestoga Recreation & Aquatic Center features:**

- Average Pool Temperature:  
Main Pool - 85° Slide Pool - 90°
- Outdoor Splash Pad (seasonal)
- Independent changing rooms

## **Facility Features:**

- Weight room/fitness center, shower/locker rooms
- THRIVE Afterschool Enrichment Program
- Nine month Preschool (English & Spanish)
- Indoor gym for drop-in sports
- Kitchen for cooking classes
- Two dance/fitness studio rooms
- Classrooms for birthday parties/rentals
- Preschool Indoor Play Park (Closed for Summer)
- Outdoor playground

## **Conestoga is Hiring**

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

## **Interested in becoming a lifeguard?**

Call 503-629-6313 for more information.

**Note: This section is for Conestoga aquatic programs only. See page 134 for Conestoga recreation programs.**

## **Summer Theme Nights**

Enjoy organized pool games, music, and more!  
Food for purchase may be available from vendors.

### **June 21, 6-8:30pm: Luau**

Join us for a Luau at the pool.



### **July 19, 6-8:30pm: Let's Flamingle**

Laugh yourself silly and keep cool in the pool.

### **August 16, 6-8:30pm: End of Summer Pool Party**

Join us as we celebrate the end of summer with a splash!

## **Wipeout is Back!**

**July 12 & August 9**



## **Splash Pad**

Get ready for summer fun as our outdoor splash pad is set to reopen! Jump into excitement with family and friends every day during regular facility hours. Daily drop-in rates apply.



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

Preschool: Minimum age 3 years and toilet-trained.

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

School-age: First grade through age 12. An adult must remain on the premises during class for children under 10 years of age.

## Beginning Swimming Skills

Date	Day	Time	ID/AP	OD	Class#
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### Preschool Levels 1-3

No class 6/19, 7/4, & 8/3.

6/17-6/27	M-Th	9:30-10 am	\$71/\$88.75		CA111001
7/1-7/11	M-Th	9:30-10 am	\$71/\$88.75		CA111002
7/15-7/25	M-Th	9:30-10 am	\$80/\$100		CA111003
7/29-8/8	M-Th	9:30-10 am	\$80/\$100		CA111004
8/12-8/22	M-Th	9:30-10 am	\$80/\$100		CA111005
6/17-6/27	M-Th	10:05-10:35 am	\$71/\$88.75		CA111006
7/1-7/11	M-Th	10:05-10:35 am	\$71/\$88.75		CA111007
7/15-7/25	M-Th	10:05-10:35 am	\$80/\$100		CA111008
7/29-8/8	M-Th	10:05-10:35 am	\$80/\$100		CA111009
8/12-8/22	M-Th	10:05-10:35 am	\$80/\$100		CA111010
6/17-6/27	M-Th	10:55-11:25 am	\$71/\$88.75		CA111011
7/1-7/11	M-Th	10:55-11:25 am	\$71/\$88.75		CA111012
7/15-7/25	M-Th	10:55-11:25 am	\$80/\$100		CA111013
7/29-8/8	M-Th	10:55-11:25 am	\$80/\$100		CA111014
8/12-8/22	M-Th	10:55-11:25 am	\$80/\$100		CA111015
6/17-6/27	M-Th	11:30 am-12 pm	\$71/\$88.75		CA111016
7/1-7/11	M-Th	11:30 am-12 pm	\$71/\$88.75		CA111017
7/15-7/25	M-Th	11:30 am-12 pm	\$80/\$100		CA111018
7/29-8/8	M-Th	11:30 am-12 pm	\$80/\$100		CA111019
8/12-8/22	M-Th	11:30 am-12 pm	\$80/\$100		CA111020
6/17-6/27	M-Th	12:05-12:35 pm	\$71/\$88.75		CA111021
7/1-7/11	M-Th	12:05-12:35 pm	\$71/\$88.75		CA111022
7/15-7/25	M-Th	12:05-12:35 pm	\$80/\$100		CA111023
7/29-8/8	M-Th	12:05-12:35 pm	\$80/\$100		CA111024
8/12-8/22	M-Th	12:05-12:35 pm	\$80/\$100		CA111025
6/17-7/17	M/W	4:05-4:35 pm	\$90/\$112.50		CA111030
7/22-8/21	M/W	4:05-4:35 pm	\$99/\$123.75		CA111031
6/17-7/17	M/W	4:40-5:10 pm	\$90/\$112.50		CA111032
7/22-8/21	M/W	4:40-5:10 pm	\$99/\$123.75		CA111033
6/17-7/17	M/W	5:15-5:45 pm	\$90/\$112.50		CA111034
7/22-8/21	M/W	5:15-5:45 pm	\$99/\$123.75		CA111035
6/17-7/17	M/W	6:05-6:35 pm	\$90/\$112.50		CA111036
7/22-8/21	M/W	6:05-6:35 pm	\$99/\$123.75		CA111037
6/17-7/17	M/W	6:40-7:10 pm	\$90/\$112.50		CA111038
7/22-8/21	M/W	6:40-7:10 pm	\$99/\$123.75		CA111039
6/18-7/18	T/Th	4:05-4:35 pm	\$90/\$112.50		CA111040
7/23-8/22	T/Th	4:05-4:35 pm	\$99/\$123.75		CA111041
6/18-7/18	T/Th	4:40-5:10 pm	\$90/\$112.50		CA111042
7/23-8/22	T/Th	4:40-5:10 pm	\$99/\$123.75		CA111043
6/18-7/18	T/Th	5:15-5:45 pm	\$90/\$112.50		CA111044
7/23-8/22	T/Th	5:15-5:45 pm	\$99/\$123.75		CA111045
6/18-7/18	T/Th	6:05-6:35 pm	\$90/\$112.50		CA111046
7/23-8/22	T/Th	6:05-6:35 pm	\$99/\$123.75		CA111047
6/18-7/18	T/Th	6:40-7:10 pm	\$90/\$112.50		CA111048
7/23-8/22	T/Th	6:40-7:10 pm	\$99/\$123.75		CA111049
6/22-8/17	S	9-9:30 am	\$80/\$100		CA111150
6/22-8/17	S	9:35-10:05 am	\$80/\$100		CA111151

6/22-8/17	S	10:10-10:40 am	\$80/\$100		CA111152
6/22-8/17	S	11-11:30 am	\$80/\$100		CA111153
6/22-8/17	S	11:35 am-12:05 pm	\$80/\$100		CA111154
6/23-8/18	Su	1-1:30 pm	\$90/\$112.50		CA111155
6/23-8/18	Su	1:35-2:05 pm	\$90/\$112.50		CA111156
6/23-8/18	Su	2:10-2:40 pm	\$90/\$112.50		CA111157
6/23-8/18	Su	3-3:30 pm	\$90/\$112.50		CA111158
6/23-8/18	Su	3:35-4:05 pm	\$90/\$112.50		CA111159

### School Age Level 1-2

No class 6/19, 7/4 & 8/3.

6/17-7/17	M/W	5:15-5:45 pm	\$90/\$112.50		CA121034
7/22-8/21	M/W	5:15-5:45 pm	\$99/\$123.75		CA121035
6/18-7/18	T/Th	6:05-6:35 pm	\$90/\$112.50		CA121046
7/23-8/22	T/Th	6:05-6:35 pm	\$99/\$123.75		CA121047
6/18-7/18	T/Th	6:40-7:10 pm	\$90/\$112.50		CA121048
7/23-8/22	T/Th	6:40-7:10 pm	\$99/\$123.75		CA121049
6/22-8/17	S	11:35 am-12:05 pm	\$80/\$100		CA121054

### School Age Level 1-4

No class 6/19, 7/4, & 8/3.

6/17-6/27	M-Th	9:30-10 am	\$71/\$88.75		CA121001
7/1-7/11	M-Th	9:30-10 am	\$71/\$88.75		CA121002
7/15-7/25	M-Th	9:30-10 am	\$80/\$100		CA121003
7/29-8/8	M-Th	9:30-10 am	\$80/\$100		CA121004
8/12-8/22	M-Th	9:30-10 am	\$80/\$100		CA121005
6/17-6/27	M-Th	10:05-10:35 am	\$71/\$88.75		CA121006
7/1-7/11	M-Th	10:05-10:35 am	\$71/\$88.75		CA121007
7/15-7/25	M-Th	10:05-10:35 am	\$80/\$100		CA121008
7/29-8/8	M-Th	10:05-10:35 am	\$80/\$100		CA121009
8/12-8/22	M-Th	10:05-10:35 am	\$80/\$100		CA121010
6/17-6/27	M-Th	10:55-11:25 am	\$71/\$88.75		CA121011
7/1-7/11	M-Th	10:55-11:25 am	\$71/\$88.75		CA121012
7/15-7/25	M-Th	10:55-11:25 am	\$80/\$100		CA121013
7/29-8/8	M-Th	10:55-11:25 am	\$80/\$100		CA121014
8/12-8/22	M-Th	10:55-11:25 am	\$80/\$100		CA121015
6/17-6/27	M-Th	11:30 am-12 pm	\$71/\$88.75		CA121016
7/1-7/11	M-Th	11:30 am-12 pm	\$71/\$88.75		CA121017
7/15-7/25	M-Th	11:30 am-12 pm	\$80/\$100		CA121018
7/29-8/8	M-Th	11:30 am-12 pm	\$80/\$100		CA121019
8/12-8/22	M-Th	11:30 am-12 pm	\$80/\$100		CA121020
6/17-7/17	M/W	4:05-4:35 pm	\$90/\$112.50		CA121030
7/22-8/21	M/W	4:05-4:35 pm	\$99/\$123.75		CA121031
6/17-7/17	M/W	4:40-5:10 pm	\$90/\$112.50		CA121032
7/22-8/21	M/W	4:40-5:10 pm	\$99/\$123.75		CA121033
6/17-7/17	M/W	6:05-6:35 pm	\$90/\$112.50		CA121036
7/22-8/21	M/W	6:05-6:35 pm	\$99/\$123.75		CA121037
6/17-7/17	M/W	6:40-7:10 pm	\$90/\$112.50		CA121038
7/22-8/21	M/W	6:40-7:10 pm	\$99/\$123.75		CA121039
6/18-7/18	T/Th	4:05-4:35 pm	\$90/\$112.50		CA121040
7/23-8/22	T/Th	4:05-4:35 pm	\$99/\$123.75		CA121041
6/18-7/18	T/Th	4:40-5:10 pm	\$90/\$112.50		CA121042
7/23-8/22	T/Th	4:40-5:10 pm	\$99/\$123.75		CA121043
6/18-7/18	T/Th	5:15-5:45 pm	\$90/\$112.50		CA121044
7/23-8/22	T/Th	5:15-5:45 pm	\$99/\$123.75		CA121045
6/22-8/17	S	9-9:30 am	\$80/\$100		CA121050
6/22-8/17	S	9:35-10:05 am	\$80/\$100		CA121051
6/22-8/17	S	10:10-10:40 am	\$80/\$100		CA121052
6/22-8/17	S	11-11:30 am	\$80/\$100		CA121053
6/23-8/18	Su	1-1:30 pm	\$90/\$112.50		CA121055
6/23-8/18	Su	1:35-2:05 pm	\$90/\$112.50		CA121056

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

6/23-8/18	Su	2:10-2:40 pm	\$90/\$112.50	CA121057
6/23-8/18	Su	3-3:30 pm	\$90/\$112.50	CA121058
6/23-8/18	Su	3:35-4:05 pm	\$90/\$112.50	CA121059

## Preschool/School Age Level 5-7

No class 6/19, 7/4, & 8/3.

6/17-6/27	M-Th	9:30-10 am	\$71/\$88.75	CA125001
7/1-7/11	M-Th	9:30-10 am	\$71/\$88.75	CA125002
7/15-7/25	M-Th	9:30-10 am	\$80/\$100	CA125003
7/29-8/8	M-Th	9:30-10 am	\$80/\$100	CA125004
8/12-8/22	M-Th	9:30-10 am	\$80/\$100	CA125005
6/17-6/27	M-Th	10:55-11:25 am	\$71/\$88.75	CA125011
7/1-7/11	M-Th	10:55-11:25 am	\$71/\$88.75	CA125012
7/15-7/25	M-Th	10:55-11:25 am	\$80/\$100	CA125013
7/29-8/8	M-Th	10:55-11:25 am	\$80/\$100	CA125014
8/12-8/22	M-Th	10:55-11:25 am	\$80/\$100	CA125015
6/17-7/17	M/W	4:05-4:35 pm	\$90/\$112.50	CA125030
7/22-8/21	M/W	4:05-4:35 pm	\$99/\$123.75	CA125031
6/17-7/17	M/W	4:40-5:10 pm	\$90/\$112.50	CA125032
7/22-8/21	M/W	4:40-5:10 pm	\$99/\$123.75	CA125033
6/17-7/17	M/W	6:40-7:10 pm	\$90/\$112.50	CA125038
7/22-8/21	M/W	6:40-7:10 pm	\$99/\$123.75	CA125039
6/18-7/18	T/Th	4:05-4:35 pm	\$90/\$112.50	CA125040
7/23-8/22	T/Th	4:05-4:35 pm	\$99/\$123.75	CA125041
6/18-7/18	T/Th	5:15-5:45 pm	\$90/\$112.50	CA125044
7/23-8/22	T/Th	5:15-5:45 pm	\$99/\$123.75	CA125045
6/18-7/18	T/Th	6:40-7:10 pm	\$90/\$112.50	CA125048
7/23-8/22	T/Th	6:40-7:10 pm	\$99/\$123.75	CA125049
6/22-8/17	S	9:35-10:05 am	\$80/\$100	CA125051
6/22-8/17	S	11-11:30 am	\$80/\$100	CA125053
6/23-8/18	Su	1:35-2:05 pm	\$90/\$112.50	CA125056
6/23-8/18	Su	3-3:30 pm	\$90/\$112.50	CA125058

## Specialty Programs

### Summer Splash

A recreational swim team for youth ages 5-17 who can swim 25 yards of crawl stroke and 25 yards of backstroke. Swim meets on some Saturdays. \$28 Miscellaneous fee. No class 6/19 & 7/4.

6/17-8/14	M/W	8:30-9:15 am	\$203/\$253.75	CA134001MW
6/18-8/15	T/Th	7:15-8 pm	\$203/\$253.75	CA134001TT

### Water Polo Basics

Recreational water polo class that provides basic skills and understanding of the sport in a recreational format. This class focuses on all the fun, dynamic aspects of the game in a safe, easy-to-learn aquatic experience that will motivate kids to swim and stay fit. No class 6/19 & 7/4.

6/17-7/17	M/W	5:15-6 pm	\$118/\$147.50	CA132034
7/22-8/21	M/W	5:15-6 pm	\$131/\$163.75	CA132035

### Baby Toddler & Me

No class 6/19, 7/4, & 8/3.

Ages 6 months to 3 years old.

Water adjustment class for adult and child. Basic skills are introduced with games and songs. Swim diapers required. One adult with each child.

6/17-6/21	M-Th	10:05-10:35 am	\$47/\$58.75	CA140006
7/1-7/11	M-Th	10:05-10:35 am	\$47/\$58.75	CA140007
7/15-7/25	M-Th	10:05-10:35 am	\$54/\$67.50	CA140008
7/29-8/8	M-Th	10:05-10:35 am	\$54/\$67.50	CA140009
8/12-8/22	M-Th	10:05-10:35 am	\$54/\$67.50	CA140010

6/17-7/17	M/W	6:05-6:35 pm	\$60/\$75	CA140036
7/22-8/21	M/W	6:05-6:35 pm	\$67/\$83.75	CA140037
6/18-7/18	T/Th	4:40-5:10 pm	\$60/\$75	CA140042
7/23-8/22	T/Th	4:40-5:10pm	\$67/\$83.75	CA140043
6/22-8/17	S	9-9:30 am	\$54/\$67.50	CA140050
6/22-8/17	S	10:10-10:40 am	\$54/\$67.50	CA140052
6/23-8/18	Su	1-1:30 pm	\$60/\$75	CA140055
6/23-8/18	Su	2:10-2:40 pm	\$60/\$75	CA140057

## Teens & Tweens Swim Instruction

No class 6/19, 7/4.

6/17-6/27	M-Th	11:30 am-12 pm	\$71/\$88.75	CA150016
7/1-7/11	M-Th	11:30 am-12 pm	\$71/\$88.75	CA150017
7/15-7/25	M-Th	11:30 am-12 pm	\$80/\$100	CA150018
7/29-8/8	M-Th	11:30 am-12 pm	\$80/\$100	CA150019
8/12-8/22	M-Th	11:30 am-12 pm	\$80/\$100	CA150020
6/18-7/18	T/Th	6:05-6:35 pm	\$90/\$112.50	CA150046
7/23-8/22	T/Th	6:05-6:35 pm	\$99/\$123.75	CA150047

## Adult Swimming Skills

Instruction of intermediate & advanced levels of swimings.

6/23-8/18	Su	3:35-4:05 pm	\$90/\$112.50	CA150059
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## Adaptive Swim Lessons

Adaptive Aquatics offers personalized swim instruction for individuals aged 3 and above, customized to meet each swimmer's unique requirements. Our program caters to those with cognitive and physical disabilities, as well as individuals dealing with anxiety, behavioral issues, or sensory sensitivities. These classes allow for non-traditional progression of skills, while continuing to focus on safety and swimming goals and techniques. Due to limited availability, interested individuals are encouraged to contact the center for further details.

6/21-7/19	F	9:30-10 am	\$164/\$205	CA170021
7/26-8/16	F	9:30-10 am	\$136/\$170	CA170022
6/21-7/19	F	10:05-10:35 am	\$164/\$205	CA170023
7/26-8/16	F	10:05-10:35 am	\$136/\$170	CA170024
6/21-7/19	F	10:55-11:25 am	\$164/\$205	CA170025
7/26-8/16	F	10:55-11:25 am	\$136/\$170	CA170026
6/21-7/19	F	11:30 am-12 pm	\$164/\$205	CA170027
7/26-8/16	F	11:30 am-12 pm	\$136/\$170	CA170028

## Training or Professional Classes

### Jr. Lifeguarding

The Jr. Lifeguarding course is for students who are ages 12-15 years old and currently at aquatic Level 4 or above. Students will learn the principles and practices of being a lifeguard and swim lesson instructor aid. There are classroom and water sections for the course. The class introduces participants to lifesaving skills, including in-water rescues, use of a rescue tube, and first aid, CPR, and AED skills (no certifications). Participants will shadow lifeguards in rotation to get a real sense of being on the job. Jr. Guard candidates can apply as a volunteer Jr. Guard/Swim Aid at any of the THPRD aquatic centers.

7/12-8/9	F	10 am-12 pm	\$100/\$125	CA151000
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### Lifeguard Training

Ages 15+ years (Additional Certification Fee \$43)

7/13-7/21	S/Su	9:15 am-3:45 pm	\$200/\$250	CA152000
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## Swim Camps

### Lil Pups Swim Camp (7-8 yrs)

Join us for this otter-ly amazing camp! Every week will be packed with daily swim lessons, fun games, crafts, and summer activities that will be sure to make a splash. No camp on 6/19 & 7/4.

6/17-6/21	M/T/Th/F9	am-12 pm	\$193/\$241.25	CA17200
6/24-6/27	M-Th	9 am-12 pm	\$193/\$241.25	CA17201
7/1-7/3	M-W	9 am-12 pm	\$145/\$181.25	CA17202
7/8-7/11	M-Th	9 am-12 pm	\$193/\$241.25	CA17203
7/15-7/18	M-Th	9 am-12 pm	\$193/\$241.25	CA17204
7/22-7/25	M-Th	9 am-12 pm	\$193/\$241.25	CA17205
7/29-8/1	M-Th	9 am-12 pm	\$193/\$241.25	CA17206
8/5-8/8	M-Th	9 am-12 pm	\$193/\$241.25	CA17207
8/12-8/15	M-Th	9 am-12 pm	\$193/\$241.25	CA17208
8/19-8/21	M-W	9 am-12 pm	\$145/\$181.25	CA17209

### Deep Otter Swim Camp (9-12yrs)

Get ready to dive into a world of excitement with a variety of group games, team-building exercises, and fun challenges. From the pool to the playground, our camp is designed to ignite the spirit of adventure in every camper! Open Swim or Splash Pad activities weekly, **does not include swim lessons**. No camp on 6/19 & 7/4.

6/17-6/21	M/T/Th/F	1-4pm	\$122/\$152.50	CA17220
6/24-6/27	M-Th	1-4pm	\$163/\$203.75	CA17221
7/1-7/3	M-W	1-4pm	\$122/\$152.50	CA17222
7/8-7/11	M-Th	1-4pm	\$163/\$203.75	CA17223
7/15-7/18	M-Th	1-4pm	\$163/\$203.75	CA17224
7/22-7/25	M-Th	1-4pm	\$163/\$203.75	CA17225
7/29-8/1	M-Th	1-4pm	\$163/\$203.75	CA17226
8/5-8/8	M-Th	1-4pm	\$163/\$203.75	CA17227
8/12-8/15	M-Th	1-4pm	\$163/\$203.75	CA17228
8/19-8/21	M-W	1-4pm	\$122/\$152.50	CA17229

## Private Lesson Interest List

CA160000





# Tualatin Hills Aquatic Center



**HMT Recreation Complex**  
**15707 SW Walker Road**  
**Beaverton, 97006**  
**503-629-6310**

TriMet Bus Routes #59, #67

**Facility Supervisor:** Corey Tramel

**Hours:** (may change based on staffing)

Monday - Friday 7:45 am-9 pm

Saturday & Sunday 12-4:15 pm

Hours subject to change. Visit [thprd.org](http://thprd.org) for updated schedule.

**Modified Hours:** 6/19, 7/4, 9/2: 9 am-2 pm

**Tualatin Hills Aquatic Center features:**

- ADA Lift Available
- Dive Platforms
- Average Pool Temperature: 83-84°
- Jungle Joe Climbing Structure
- Independent Changing Rooms

## Is your child new to THPRD?

THPRD offers swimming level assessments to ensure registration in the appropriate level.

If your child is new to our lesson program or has not had lessons with THPRD in the past six months, an assessment is encouraged. Call 503-629-6310 for an appointment.



THPRD.Aquatics

## Water Fitness Programs

**Dig Deep:** Participants wear flotation belts for a zero impact, moderate intensity workout in the deep end of the pool. It is not necessary to be an avid swimmer to participate; but it is helpful for participants to be comfortable in deep water. This is an exciting, unique way to exercise, suitable for most people.

**Cardio Core:** This is a fun, moderate intensity fitness class suitable for most people. The class is held in the shallow end of the pool. Participants challenge themselves with the resistance of the water in the low-impact work-out as they exercise to lively, upbeat music.

Schedule can be found online, <http://www.thprd.org/facilities/aquatics/aquatic-center>, or by stopping into the center. The schedule is subject to change without notice.



## Summer Splash

A recreational swim team with a focus on stroke refinement, building endurance, and sportsmanship. Participants must be between the ages of 5 and 17 and be able to swim 25 yards of crawl stroke and 25 yards of backstroke. While not required to compete, swim meets are held on some Saturdays during the season.

Date	Day	Time	ID/AP	OD	Class#
6/17-8/16	M/W/F	10:15-11 am	\$304	\$380	AQ134010
6/18-8/15	T/Th	10:15-11 am	\$203	\$253.75	AQ134011
6/17-8/14	M/W	6-6:45 pm	\$203	\$253.75	AQ134024
6/18-8/15	T/Th	4:45-5:30 pm	\$203	\$253.75	AQ134028

## Lap Swim, Open Swim, and Independent Exercise

Please see online schedule at [thprd.org](http://thprd.org) for updated details and hours.

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

**Preschool:** Minimum age 3 years and toilet-trained.

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

**School-age:** First grade through age 12. The parent, guardian or caregiver of a child under 10 years of age must remain on the premises during class.

## Beginning Swimming Skills

Date	Day	Time	ID/AP	OD	Class#
<b>Preschool Level 1-3</b>					
6/17-6/28	M-F	9:15-9:45 am	\$90	\$112.50	AQ111000
7/1-7/12	M-F	9:15-9:45 am	\$90	\$112.50	AQ111001
7/15-7/26	M-F	9:15-9:45 am	\$99	\$123.75	AQ111002
7/29-8/9	M-F	9:15-9:45 am	\$99	\$123.75	AQ111003
8/12-8/23	M-F	9:15-9:45 am	\$99	\$123.75	AQ111004
6/17-6/28	M-F	9:50-10:20 am	\$90	\$112.50	AQ111005
7/1-7/12	M-F	9:50-10:20 am	\$90	\$112.50	AQ111006
7/15-7/26	M-F	9:50-10:20 am	\$99	\$123.75	AQ111007
7/29-8/9	M-F	9:50-10:20 am	\$99	\$123.75	AQ111008
8/12-8/23	M-F	9:50-10:20 am	\$99	\$123.75	AQ111009
6/17-6/28	M-F	10:25-10:55 am	\$90	\$112.50	AQ111010
7/1-7/12	M-F	10:25-10:55 am	\$90	\$112.50	AQ111011
7/15-7/26	M-F	10:25-10:55 am	\$99	\$123.75	AQ111012
7/29-8/9	M-F	10:25-10:55 am	\$99	\$123.75	AQ111013
8/12-8/23	M-F	10:25-10:55 am	\$99	\$123.75	AQ111014
6/17-6/28	M-F	11-11:30 am	\$90	\$112.50	AQ111015
7/1-7/12	M-F	11-11:30 am	\$90	\$112.50	AQ111016
7/15-7/26	M-F	11-11:30 am	\$99	\$123.75	AQ111017
7/29-8/9	M-F	11-11:30 am	\$99	\$123.75	AQ111018
8/12-8/23	M-F	11-11:30 am	\$99	\$123.75	AQ111019
6/17-7/17	M/W	4:30-5 pm	\$90	\$112.50	AQ111020
7/22-8/21	M/W	4:30-5 pm	\$99	\$123.75	AQ111021
6/17-7/17	M/W	5:05-5:35 pm	\$90	\$112.50	AQ111022
7/22-8/21	M/W	5:05-5:35 pm	\$99	\$123.75	AQ111023
6/17-7/17	M/W	5:40-6:10 pm	\$90	\$112.50	AQ111024
7/22-8/21	M/W	5:40-6:10 pm	\$99	\$123.75	AQ111025
6/17-7/17	M/W	6:15-6:45 pm	\$90	\$112.50	AQ111026
7/22-8/21	M/W	6:15-6:45 pm	\$99	\$123.75	AQ111027
6/18-7/18	T/Th	4:30-5 pm	\$90	\$112.50	AQ111028
7/23-8/22	T/Th	4:30-5 pm	\$99	\$123.75	AQ111029
6/18-7/18	T/Th	5:05-5:35 pm	\$90	\$112.50	AQ111030
7/23-8/22	T/Th	5:05-5:35 pm	\$99	\$123.75	AQ111031
6/18-7/18	T/Th	5:40-6:10 pm	\$90	\$112.50	AQ111032
7/23-8/22	T/Th	5:40-6:10 pm	\$99	\$123.75	AQ111033
6/18-7/18	T/Th	6:15-6:45 pm	\$90	\$112.50	AQ111034
7/23-8/22	T/Th	6:15-6:45 pm	\$99	\$123.75	AQ111035

## School Age Level 1-4

6/17-6/28	M-F	9:15-9:45 am	\$90	\$112.50	AQ113000
7/1-7/12	M-F	9:15-9:45 am	\$90	\$112.50	AQ113001
7/15-7/26	M-F	9:15-9:45 am	\$99	\$123.75	AQ113002
7/29-8/9	M-F	9:15-9:45 am	\$99	\$123.75	AQ113003
8/12-8/23	M-F	9:15-9:45 am	\$99	\$123.75	AQ113004
6/17-6/28	M-F	9:50-10:20 am	\$90	\$112.50	AQ113005
7/1-7/12	M-F	9:50-10:20 am	\$90	\$112.50	AQ113006
7/15-7/26	M-F	9:50-10:20 am	\$99	\$123.75	AQ113007
7/29-8/9	M-F	9:50-10:20 am	\$99	\$123.75	AQ113008

8/12-8/23	M-F	9:50-10:20 am	\$99	\$123.75	AQ113009
6/17-6/28	M-F	10:25-10:55 am	\$90	\$112.50	AQ113010
7/1-7/12	M-F	10:25-10:55 am	\$90	\$112.50	AQ113011
7/15-7/26	M-F	10:25-10:55 am	\$99	\$123.75	AQ113012
7/29-8/9	M-F	10:25-10:55 am	\$99	\$123.75	AQ113013
8/12-8/23	M-F	10:25-10:55 am	\$99	\$123.75	AQ113014
6/17-6/28	M-F	11-11:30 am	\$90	\$112.50	AQ113015
7/1-7/12	M-F	11-11:30 am	\$90	\$112.50	AQ113016
7/15-7/26	M-F	11-11:30 am	\$99	\$123.75	AQ113017
7/29-8/9	M-F	11-11:30 am	\$99	\$123.75	AQ113018
8/12-8/23	M-F	11-11:30 am	\$99	\$123.75	AQ113019
6/17-7/17	M/W	4:30-5 pm	\$90	\$112.50	AQ113020
7/22-8/21	M/W	4:30-5 pm	\$99	\$123.75	AQ113021
6/17-7/17	M/W	5:05-5:35 pm	\$90	\$112.50	AQ113022
7/22-8/21	M/W	5:05-5:35 pm	\$99	\$123.75	AQ113023
6/17-7/17	M/W	6:15-6:45 pm	\$90	\$112.50	AQ113026
7/22-8/21	M/W	6:15-6:45 pm	\$99	\$123.75	AQ113027
6/18-7/18	T/Th	4:30-5 pm	\$90	\$112.50	AQ113028
7/23-8/22	T/Th	4:30-5 pm	\$99	\$123.75	AQ113029
6/18-7/18	T/Th	5:05-5:35 pm	\$90	\$112.50	AQ113030
7/23-8/22	T/Th	5:05-5:35 pm	\$99	\$123.75	AQ113031
6/18-7/18	T/Th	5:40-6:10 pm	\$90	\$112.50	AQ113032
7/23-8/22	T/Th	5:40-6:10 pm	\$99	\$123.75	AQ113033
6/18-7/18	T/Th	6:15-6:45 pm	\$90	\$112.50	AQ113034
7/23-8/22	T/Th	6:15-6:45 pm	\$99	\$123.75	AQ113035

## Intermediate Swimming Skills

Date	Day	Time	ID/AP	OD	Class#
<b>Preschool/School Age Level 5-7</b>					
6/17-6/28	M-F	9:15-9:45 am	\$90	\$112.50	AQ125000
7/1-7/12	M-F	9:15-9:45 am	\$90	\$112.50	AQ125001
7/15-7/26	M-F	9:15-9:45 am	\$99	\$123.75	AQ125002
7/29-8/9	M-F	9:15-9:45 am	\$99	\$123.75	AQ125003
8/12-8/23	M-F	9:15-9:45 am	\$99	\$123.75	AQ125004
6/17-6/28	M-F	9:50-10:20 am	\$90	\$112.50	AQ125005
7/1-7/12	M-F	9:50-10:20 am	\$90	\$112.50	AQ125006
7/15-7/26	M-F	9:50-10:20 am	\$99	\$123.75	AQ125007
7/29-8/9	M-F	9:50-10:20 am	\$99	\$123.75	AQ125008
8/12-8/23	M-F	9:50-10:20 am	\$99	\$123.75	AQ125009
6/17-6/28	M-F	10:25-10:55 am	\$90	\$112.50	AQ125010
7/1-7/12	M-F	10:25-10:55 am	\$90	\$112.50	AQ125011
7/15-7/26	M-F	10:25-10:55 am	\$99	\$123.75	AQ125012
7/29-8/9	M-F	10:25-10:55 am	\$99	\$123.75	AQ125013
8/12-8/23	M-F	10:25-10:55 am	\$99	\$123.75	AQ125014
6/17-7/17	M/W	4:30-5 pm	\$90	\$112.50	AQ125020
7/22-8/21	M/W	4:30-5 pm	\$99	\$123.75	AQ125021
6/17-7/17	M/W	5:05-5:35 pm	\$90	\$112.50	AQ125022
7/22-8/21	M/W	5:05-5:35 pm	\$99	\$123.75	AQ125023
6/18-7/18	T/Th	5:40-6:10 pm	\$90	\$112.50	AQ125032
7/23-8/22	T/Th	5:40-6:10 pm	\$99	\$123.75	AQ125033

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

## Specialty Programs

### Teen/Adult Swimming Skills - Beginning

6/17-6/28	M-F	9:15-9:45 am	\$90	\$112.50	AQ150000B
7/1-7/12	M-F	9:15-9:45 am	\$90	\$112.50	AQ150001B
7/15-7/26	M-F	9:15-9:45 am	\$99	\$123.75	AQ150002B
7/29-8/9	M-F	9:15-9:45 am	\$99	\$123.75	AQ150003B
8/12-8/23	M-F	9:15-9:45 am	\$99	\$123.75	AQ150004B
6/18-7/18	T/Th	6:15-6:45 pm	\$90	\$112.50	AQ150034B
7/23-8/22	T/Th	6:15-6:45 pm	\$99	\$123.75	AQ150035B

### Baby/Toddler & Me

6/17-7/17	M/W	5:40-6:10 pm	\$60	\$75	AQ140024
7/22-8/21	M/W	5:40-6:10 pm	\$67	\$83.75	AQ140025

### Diving

6/17-6/28	M-F	10:45-11:30 am	\$89	\$111.25	AQ133010
7/15-7/26	M-F	10:45-11:30 am	\$98	\$122.50	AQ133012
7/29-8/9	M-F	10:45-11:30 am	\$98	\$122.50	AQ133013

### Summer Splash

This is a recreational swim team for youth ages 5-17 who can swim 25 yards of crawl stroke and 25 yards of backstroke. Swim meets on some Saturdays.

6/17-8/16	M/W/F	10:15-11 am	\$304	\$380	AQ134010
6/18-8/15	T/Th	10:15-11 am	\$203	\$253.75	AQ134011
6/17-8/14	M/W	6-6:45 pm	\$203	\$253.75	AQ134024
6/18-8/15	T/Th	4:45-5:30 pm	\$203	\$253.75	AQ134028

## Training or Professional Classes

### Jr. Lifeguard

8/6-8/15	T/Th	1-5 pm	\$100	\$125	AQ151000
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### Lifeguard Training

7/9-7/25	T/Th	11 am-3 pm	\$245	\$295	AQ152000
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**THPRD is now hiring  
lifeguards, aquatics  
and swim instructors!**

Lifeguard Certification  
classes are available  
For more info: [www.thprd.org](http://www.thprd.org)

## Drop-in Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-7:45 am All Age Lap Swim	5:00-7:45 am All Age Lap Swim	5:00-7:45 am All Age Lap Swim	5:00-7:45 am All Age Lap Swim	5:00-7:45 am All Age Lap Swim	6:00 am-1:30 pm Affiliate Use	12:05-1:25 pm All Age Lap Swim
8:00-9:00 am Cardio Core	8:00-9:00 am Cardio Core	8:00-9:00 am Cardio Core	8:00-9:00 am Cardio Core	8:00-9:00 am Cardio Core	12:05-1:25 pm All Age Lap Swim	1:30-4:00 pm Open Swim All Age Lap Swim
9:30-11:30 am Instruction	9:30-11:30 am Instruction	9:30-11:30 am Instruction	9:30-11:30 am Instruction	9:30-11:30 am Instruction	1:30-4:00 pm Open Swim All Age Lap Swim	
9:30-10:30 am Dig Deep	11:45 am-1:25 pm Adult Lap Swim Walk-A-Lap	9:30-10:30 am Dig Deep	11:45 am-1:25 pm Adult Lap Swim Walk-A-Lap	9:30-10:30 am Dig Deep		
11:45 am-1:25 pm Adult Lap Swim Walk-A-Lap	1:30-2:55 pm Open Swim All Age Lap Swim	11:45 am-1:25 pm Adult Lap Swim Walk-A-Lap	1:30 P-2:55 pm Open Swim All Age Lap Swim	11:45 am-1:25 pm Adult Lap Swim Walk-A-Lap		
1:30-2:55 pm Open Swim All Age Lap Swim	3:00-4:30 pm Affiliate Use	1:30-2:55 pm Open Swim All Age Lap Swim	3:00-4:30 pm Affiliate Use	1:30-2:55 pm Open Swim All Age Lap Swim		
3:00-4:30 pm Affiliate Use	4:30-7:00 pm Instruction	3:00-4:30 pm Affiliate Use	4:30-7:00 pm Instruction	3:00-4:30 pm Affiliate Use		
4:30-7:00 pm Instruction	5:30-6:30 pm Adult Lap Swim	4:30-7:00 pm Instruction	5:30-6:30 pm Adult Lap Swim	4:30-7:00 pm Instruction		
5:00-6:00 pm Adult Lap Swim	7:00-9:00 pm Open Swim All Age Lap Swim	5:00-6:00 pm Adult Lap Swim	7:00-9:00 pm Open Swim All Age Lap Swim	5:00-6:00 pm Adult Lap Swim		
7:00-9:00 pm Open Swim All Age Lap Swim		7:00-9:00 pm Open Swim All Age Lap Swim		7:00-9:00 pm Open Swim All Age Lap Swim		

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

# Tualatin Hills Athletic Center



**TUALATIN HILLS**  
PARK & RECREATION DISTRICT

**HMT Recreation Complex**  
**15707 SW Walker Road**  
**Beaverton, 97006**  
**503-629-6330**

TriMet Bus Routes #59, #67

**Facility Supervisor:** Brian Yourstone

## **Center Hours:**

Monday-Friday	6 am-10 pm
Saturday	*8 am-7 pm
Sunday	*10 am-7 pm

\*Schedule subject to change.

**Facility Closed:** 7/4

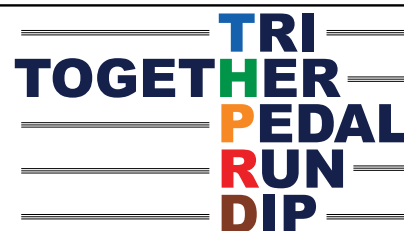
**Modified Schedule:** 6/19 9 am-2 pm

## **Athletic Center Features:**

- Indoor Track
- Indoor Courts
- Outdoor Sports Fields
- THRIVE Afterschool Program

## **Inclusion Services**

Inclusion Services is committed to providing a continuum of staff support to children, teens, and adults with physical and developmental disabilities to make all THPRD programming more accessible. We believe that meeting the diverse needs of our community promotes the dignity, success, and enjoyment of all participants. Individuals looking for staff support in THPRD programs or for more information about Inclusion Services should call 503-629-6342.



## **August 17, 2024 • 9 am-1 pm • HMT Complex**

A fun, safe race that encourages athletes of all ages to compete to the best of their abilities. This triathlon is designed to be inclusive for everyone - bring positive energy and spirit to our TRI TOGETHER PEDAL RUN DIP event that includes:

- 50 or 100 yard swim
- 2 mile wheeled ride (bike/mobility device)
- 0.5 or 1 mile run

Participants can do the triathlon on their own, as part of a team or family and can use adaptive equipment as needed. Adaptive equipment available upon request.

### **FREE!! All Abilities triathlon training opportunities:**

Swim Skills Saturday, June 29 12-1:30PM at Aquatic Center

Bike Basics Saturday, July 13 9-10:30AM at Athletic Center

Running Tips Saturday, July 27, 9-10:30AM at Athletic Center

More information at [www.thprd.org/events/tritogogether](http://www.thprd.org/events/tritogogether)

## **Thursday Night Wheelchair Basketball**

Join THPRD and Adaptive Sports Northwest for wheelchair basketball! This drop-in program provides a weekly opportunity for youth and adults experiencing physical disabilities to play wheelchair basketball.

**When:** Most Thursdays, 6:30-7:45 pm. (times subject to change)

**Location:** Tualatin Hills Athletic Center (15707 SW Walker Rd, Beaverton)

**To participate:** A completed Medical Emergency Information Form is required.

- Those requiring 1:1 assistance must submit a non-thprd aide form. Once the form is processed, the participant must bring an aide for the entire duration of the activity.
- \*A limited number of sports wheelchairs are available for participants who do not have a personal sports chair and can be requested in the medical form.

For more information about any of the listed programs, please call 503-629-6342 or email us at [inclusion@thprd.org](mailto:inclusion@thprd.org).



thprdathleticcenter



@thprdathleticcenter



# THRIVE

## Afterschool Program

### Teaching Healthy Responsible

### Individuals Values and Education

We provide high quality afterschool care in a safe and nurturing environment. We provide an active program for all abilities. Children take part in arts and craft projects, physical activities, cooking, enrichment activities and supervised homework time. Students are led in a group community service project. Program is available from school release time to 6 pm, Monday-Friday.

#### **REGISTRATION: 2024-2025 School Year**

- **Monday, May 6 - Sunday, May 12:** Registration opens for current participants.
- **Monday, May 13 - Wednesday, May 15:** Registration window for enrolled participant's siblings is open.
- **Thursday, May 16:** Open enrollment will begin provided space in the program remains.

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

For more information, please visit:

[thprd.org/activities/after-school-programs](http://thprd.org/activities/after-school-programs)



## Outdoor Recreation

### **Skate Park**

The Tualatin Hills skate park is located on the north end of the HMT Recreation Complex. There is also a skate park located at the Evelyn M. Schiffler Memorial Park. Helmets and protective gear are highly recommended. Park hours are dawn to dusk, weather permitting.

### **Novice Skate Park**

The novice skate park is located next to the big skate park at the north end of the HMT Recreation Complex. Helmets and protective gear are highly recommended. Hours are dawn to dusk, weather permitting.

### **Roller Hockey Rink**

Visit our outdoor roller hockey arena, located on the north end of the HMT Recreation Complex. Arena hours are dawn to dusk, weather permitting.

### **Basketball Courts**

In addition to the Athletic Center, basketball courts are available in many of our parks, weather permitting.

Visit <http://www.thprd.org/parks-and-trails/find-park>

### **Volleyball**

You can enjoy three outdoor locations for grass or sand volleyball; Carolwood Park, Raleigh Park, and Cedar Hills Park

### **Bocce Ball**

There are bocce courts located at Cedar Hills Park and Ridgewood View Park for drop-in play. Call the Athletic Center with any questions.

### **Pickleball**

Pickleball can be played at Raleigh Park. Pickleball can also be played at the following locations but you must bring your own nets; Athletic Center, Cedar Hills Park, Ridgewood View Park, Rock Creek Landing Park, and Raleigh Park.

### **Disc Golf**

Greenway Park has a nine-hole disc golf course. Visit [www.thprd.org](http://www.thprd.org) for more information.

### **Futsal**

Cedar Hills Park has futsal nets set up during the week. Call the Athletic Center with any questions.

## Join a Fall league at the Athletic Center!

**Adult League\***    **Registration**    **Season**

Volleyball    Late July - Mid August    September - November

Softball    July    September - October

Cornhole    Late July - Early August    August - September

\*Adult League registration is for a team; individual players can call the Athletic to be added to a Free Agent Interest List

**Youth League**    **Registration**    **Season**

Volleyball    Mid-August    September - November  
(4<sup>th</sup>-12<sup>th</sup> grade)



## Court and Sports Field Rentals

The Athletic Center offers six courts and multiple sports fields for rent on a limited basis. Whether you're looking for basketball or softball, we can accommodate groups of all sizes. For requests and availability, please email [sportsrentals@thprd.org](mailto:sportsrentals@thprd.org).



## Arts & Crafts – Preschool/Youth

Dates (Weeks) Location	Day	Ages OD	Class #
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### Messy Little Fingers

Let your child get messy with us as they express themselves through art and learn about their creativity. In this class, your child will develop sensory-motor skills and hand-eye coordination and learn shapes, colors, and social skills to help your child grow and thrive. Your child gets the messy fun while we get the cleanup. **No class 6/19, 7/4.**

6/17-7/10 (4) Rm 101	M/W	10:15-11 am ID/AP: \$57	2 ½ -3 yrs OD: \$71.25	AC14101
7/15-7/31 (3) Rm 101	M/W	10:15-11 am ID/AP: \$49	2 ½ -3 yrs OD: \$61.25	AC14102
8/5-8/21 (3) Rm 101	M/W	10:15-11 am ID/AP: \$49	2 ½ -3 yrs OD: \$61.25	AC14103
6/18-7/11 (4) Rm 101	T/Th	11:30 am-12:15 pm ID/AP: \$57	2 ½ -3 yrs OD: \$71.25	AC14104
7/16-8/1 (3) Rm 101	T/Th	11:30 am-12:15 pm ID/AP: \$49	2 ½ -3 yrs OD: \$61.25	AC14105
8/6-8/22 (3) Rm 101	T/Th	11:30 am-12:15 pm ID/AP: \$49	2 ½ -3 yrs OD: \$61.25	AC14106

### Arts & Crafts

Let's be creative together. Join this class for fun and creative projects. Your child will draw, paint, and craft projects to develop their artistic talent and expression. Adult participation is required. **No class 6/19.**

6/17-7/10 (4) Rm 101	M/W	11:30 am-12:15 pm ID/AP: \$57	3-5 yrs OD: \$71.25	AC14107
7/15-7/31 (3) Rm 101	M/W	11:30 am-12:15 pm ID/AP: \$49	3-5 yrs OD: \$61.25	AC14108
8/5-8/21 (3) Rm 101	M/W	11:30 am-12:15 pm ID/AP: \$49	3-5 yrs OD: \$61.25	AC14109
6/18-7/11 (4) Rm 101	T/Th	10:15-11 am ID/AP: \$57	3-5 yrs OD: \$71.25	AC14110
7/16-8/1 (3) Rm 101	T/Th	10:15-11 am ID/AP: \$49	3-5 yrs OD: \$61.25	AC14111
8/6-8/22 (3) Rm 101	T/Th	10:15-11 am ID/AP: \$49	3-5 yrs OD: \$61.25	AC14112

## General Interest - Preschool

### Munchkin Sportz Center

Enjoy an exciting and fun way to introduce your child to various sports. Your child will learn cooperation and teamwork and build their self-esteem. Adult participation is required. **No class 6/19, 8/9.**

6/17-7/10 (4) Ct 1 -Indoor	M/W	10-10:30 am ID/AP: \$44	2 ½ -3 yrs OD: \$55	AC12101
7/15-7/31 (3) Ct 1 -Indoor	M/W	10-10:30 am ID/AP: \$38	2 ½ -3 yrs OD: \$47.50	AC12102
8/5-8/21 (3) Ct 1 -Indoor	M/W	10-10:30 am ID/AP: \$38	2 ½ -3 yrs OD: \$47.50	AC12103
6/21-7/19 (4) Ct 1 -Indoor	F	10-10:30 am ID/AP: \$31	2 ½ -3 yrs OD: \$38.75	AC12104
7/26-8/23 (4) Ct 1 -Indoor	F	10-10:30 am ID/AP: \$31	2 ½ -3 yrs OD: \$38.75	AC12105

## Tiny Jumpers

With trampolines, music, and games, your tiny tot can work on large motor skills through jumping, balancing, and tumbling. See your child's self-esteem and confidence grow by building strength, balance, and coordination. Adult participation is required. No class 6/19.

6/17-7/10 (4)	M/W	11-11:30 am	2-3 yrs	AC12106
Ct 1 -Indoor		ID/AP: \$44	OD: \$55	
7/15-7/31 (3)	M/W	11-11:30 am	2-3 yrs	AC12107
Ct 1 -Indoor		ID/AP: \$38	OD: \$47.50	
8/5-8/21 (3)	M/W	11-11:30 am	2-3 yrs	AC12108
Ct 1 -Indoor		ID/AP: \$38	OD: \$47.50	

## Beginner Tumbling

While working with your child in their first tumbling class, you will be confident that they will be prepared to listen and follow instructions when they enter preschool. Together, we will work on balancing, jumping, and tumbling skills while building the confidence to play and get along in a classroom. We will use music and simple games through a fun course designed to build on all skills. Adult participation is required. No class 6/19.

6/17-7/10 (4)	M/W	11:45 am-12:15 pm	2-3 yrs	AC13101
Ct 1 -Indoor		ID/AP: \$44	OD: \$55	
7/15-7/31 (3)	M/W	11:45 am-12:15 pm	2-3 yrs	AC13102
Ct 1 -Indoor		ID/AP: \$38	OD: \$47.50	
8/5-8/21 (3)	M/W	11:45 am-12:15 pm	2-3 yrs	AC13103
Ct 1 -Indoor		ID/AP: \$38	OD: \$47.50	

## Sports & Fitness - Preschool

### Pee Wee Soccer

Dribbling, shooting, and passing are included in the indoor class. Your athlete will have fun, learn teamwork and cooperation, and build confidence. No class 6/19, 7/4.

6/17-7/10 (4)	M/W	9-9:45 am	3-5 yrs	AC12109
Ct 1 -Indoor		ID/AP: \$64	OD: \$80	
7/15-7/31 (3)	M/W	9-9:45 am	3-5 yrs	AC12110
Ct 1 -Indoor		ID/AP: \$55	OD: \$68.75	
8/5-8/21 (3)	M/W	9-9:45 am	3-5 yrs	AC12111
Ct 1 -Indoor		ID/AP: \$55	OD: \$68.75	
6/17-7/10 (4)	M/W	11:15 am-12 pm	3-5 yrs	AC12112
Ct 2 -Indoor		ID/AP: \$64	OD: \$80	
7/15-7/31 (3)	M/W	11:15 am-12 pm	3-5 yrs	AC12113
Ct 2 -Indoor		ID/AP: \$55	OD: \$68.75	
8/5-8/21 (3)	M/W	11:15 am-12 pm	3-5 yrs	AC12114
Ct 2 -Indoor		ID/AP: \$55	OD: \$68.75	
6/18-7/9 (4)	T/Th	11:15 am-12 pm	3-5 yrs	AC12115
Ct 1 -Indoor		ID/AP: \$64	OD: \$80	
7/16-8/1 (3)	T/Th	11:15 am-12 pm	3-5 yrs	AC12116
Ct 1 -Indoor		ID/AP: \$55	OD: \$68.75	
8/6-8/22 (3)	T/Th	11:15 am-12 pm	3-5 yrs	AC12117
Ct 1 -Indoor		ID/AP: \$46	OD: \$57.50	
6/18-7/11 (4)	T/Th	4:45-5:30 pm	3-5 yrs	AC12118
Ct 2 -Indoor		ID/AP: \$64	OD: \$80	
7/16-8/1 (4)	T/Th	4:45-5:30 pm	3-5 yrs	AC12119
Ct 2 -Indoor		ID/AP: \$55	OD: \$68.75	
8/6-8/22 (3)	T/Th	4:45-5:30 pm	3-5 yrs	AC12120
Ct 2 -Indoor		ID/AP: \$46	OD: \$57.50	

## Pee Wee Hoops

Start your child off learning the basics of basketball and building their confidence in a fun environment. Learn to catch, pass, dribble, and shoot a basketball. Emphasizes positive attitude, fair play, and fun. No class 6/19, 7/4.

6/17-7/10 (4)	M/W	12:15-1 pm	3-5 yrs	AC12121
Ct 2 -Indoor		ID/AP: \$64	OD: \$80	
7/15-7/31 (3)	M/W	12:15-1 pm	3-5 yrs	AC12122
Ct 2 -Indoor		ID/AP: \$55	OD: \$68.75	
8/5-8/21 (3)	M/W	12:15-1 pm	3-5 yrs	AC12123
Ct 2 -Indoor		ID/AP: \$55	OD: \$68.75	
6/18-7/9 (4)	T/Th	10-10:45 am	3-5 yrs	AC12124
Ct 1 -Indoor		ID/AP: \$64	OD: \$80	
7/16-8/1 (3)	T/Th	10-10:45 am	3-5 yrs	AC12125
Ct 1 -Indoor		ID/AP: \$55	OD: \$68.75	
8/6-8/22 (3)	T/Th	10-10:45 am	3-5 yrs	AC12126
Ct 1 -Indoor		ID/AP: \$46	OD: \$57.50	
6/18-7/9 (4)	T/Th	3:30-4:15 pm	3-5 yrs	AC12127
Ct 2 -Indoor		ID/AP: \$64	OD: \$80	
7/16-8/1 (3)	T/Th	3:30-4:15 pm	3-5 yrs	AC12128
Ct 2 -Indoor		ID/AP: \$55	OD: \$68.75	
8/6-8/22 (3)	T/Th	3:30-4:15 pm	3-5 yrs	AC12129
Ct 2 -Indoor		ID/AP: \$46	OD: \$57.50	

## Pee Wee Sportz Center

Join this fun class that teaches basic techniques for a variety of sports. Athletes will build confidence and self-esteem while learning to follow directions using activities and games. Soccer, T-ball, and basketball included. No class 6/19, 7/4, 8/9.

6/17-7/10 (4)	M/W	3:30-4:15 pm	3-5 yrs	AC12130
Ct 2 -Indoor		ID/AP: \$64	OD: \$80	
7/15-7/31 (3)	M/W	3:30-4:15 pm	3-5 yrs	AC12131
Ct 2 -Indoor		ID/AP: \$55	OD: \$68.75	
8/5-8/21 (3)	M/W	3:30-4:15 pm	3-5 yrs	AC12132
Ct 2 -Indoor		ID/AP: \$55	OD: \$68.75	
6/18-7/9 (4)	T/Th	9-9:45 am	3-5 yrs	AC12133
Ct 1 -Indoor		ID/AP: \$64	OD: \$80	
7/16-8/1 (3)	T/Th	9-9:45 am	3-5 yrs	AC12134
Ct 1 -Indoor		ID/AP: \$55	OD: \$68.75	
8/6-8/22 (3)	T/Th	9-9:45 am	3-5 yrs	AC12135
Ct 1 -Indoor		ID/AP: \$46	OD: \$57.50	
6/18-7/9 (4)	T/Th	2:30-3:15 pm	3-5 yrs	AC12136
Ct 1 -Indoor		ID/AP: \$64	OD: \$80	
7/16-8/1 (3)	T/Th	2:30-3:15 pm	3-5 yrs	AC12137
Ct 1 -Indoor		ID/AP: \$55	OD: \$68.75	
8/6-8/22 (3)	T/Th	2:30-3:15 pm	3-5 yrs	AC12138
Ct 1 -Indoor		ID/AP: \$46	OD: \$57.50	
6/21-7/19 (6)	F	9-9:45 am	3-5 yrs	AC12139
Ct 1 -Indoor		ID/AP: \$46	OD: \$57.50	
7/26-8/23 (4)	F	9-9:45 am	3-5 yrs	AC12140
Ct 1 -Indoor		ID/AP: \$37	OD: \$46.25	
6/18-7/9 (4)	T/Th	12:15-1 pm	3-5 yrs	AC12141
Ct 1 -Indoor		ID/AP: \$64	OD: \$80	
7/16-8/1 (4)	T/Th	12:15-1 pm	3-5 yrs	AC12142
Ct 1 -Indoor		ID/AP: \$55	OD: \$68.75	
8/6-8/22 (3)	T/Th	12:15-1 pm	3-5 yrs	AC12143
Ct 1 -Indoor		ID/AP: \$46	OD: \$57.50	

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

**Sports & Fitness – Youth/Teen****Hoop It Up!**

The perfect class for young basketball players looking to improve their skills and have fun! Participants will focus on intensive training on shooting, passing, dribbling, rebounding, and defense, which is essential for improvement. No class 6/19, 7/4, 7/12, 8/9.

6/17-7/10 (4) Ct 2 -Indoor	M/W	9-9:45 am ID/AP: \$64	6-9 yrs OD: \$80	AC12201
7/15-7/31 (3) Ct 2 -Indoor	M/W	9-9:45 am ID/AP: \$55	6-9 yrs OD: \$68.75	AC12202
8/5-8/21 (3) Ct 2 -Indoor	M/W	9-9:45 am ID/AP: \$55	6-9 yrs OD: \$68.75	AC12203
6/17-7/10 (4) Ct 2 -Indoor	M/W	2:30-3:15 pm ID/AP: \$64	6-9 yrs OD: \$80	AC12204
7/15-7/31 (3) Ct 2 -Indoor	M/W	2:30-3:15 pm ID/AP: \$55	6-9 yrs OD: \$68.75	AC12205
8/5-8/21 (3) Ct 2 -Indoor	M/W	2:30-3:15 pm ID/AP: \$55	6-9 yrs OD: \$68.75	AC12206
6/18-7/9 (4) Ct 2 -Indoor	T/Th	2:30-3:15 pm ID/AP: \$55	6-9 yrs OD: \$68.75	AC12207
7/16-8/1 (3) Ct 2 -Indoor	T/Th	2:30-3:15 pm ID/AP: \$55	6-9 yrs OD: \$68.75	AC12208
8/6-8/22 (3) Ct 2 -Indoor	T/Th	2:30-3:15 pm ID/AP: \$46	6-9 yrs OD: \$57.50	AC12209
6/21-7/19 (4) Ct 2 -Indoor	F	10:15-11 am ID/AP: \$37	6-9 yrs OD: \$46.25	AC12210
7/26-8/23 (4) Ct 2 -Indoor	F	10:15-11 am ID/AP: \$37	6-9 yrs OD: \$46.25	AC12211

**Hoop It Up! Girls Only**

The perfect class for young basketball players looking to improve their skills and have fun! Participants will focus on intensive training on shooting, passing, dribbling, rebounding, and defense, which is essential for improvement. No class 7/4, 7/11.

6/18-7/9 (4) Ct 2 -Indoor	T/Th	9-9:45 am ID/AP: \$55	6-9 yrs OD: \$68.75	AC12212
7/16-8/1 (3) Ct 2 -Indoor	T/Th	9-9:45 am ID/AP: \$55	6-9 yrs OD: \$68.75	AC12213
8/6-8/22 (3) Ct 2 -Indoor	T/Th	9-9:45 am ID/AP: \$46	6-9 yrs OD: \$57.50	AC12214

**Soccer Stars**

This introduction to fundamentals and proper soccer techniques emphasizes teamwork, fair play, fun, and cooperation and builds confidence. Shin guards and gym shoes are recommended. No class 6/19, 7/4, 7/11, 7/12, 8/9.

6/17-7/10 (4) Ct 2 -Indoor	M/W	10-10:45 am ID/AP: \$64	6-8 yrs OD: \$80	AC12215
7/15-7/31 (3) Ct 2 -Indoor	M/W	10-10:45 am ID/AP: \$55	6-8 yrs OD: \$68.75	AC12216
8/5-8/21 (3) Ct 2 -Indoor	M/W	10-10:45 am ID/AP: \$55	6-8 yrs OD: \$68.75	AC12217
6/17-7/10 (4) Ct 1 -Indoor	M/W	4:45-5:30 pm ID/AP: \$64	6-8 yrs OD: \$80	AC12218
7/15-7/31 (3) Ct 1 -Indoor	M/W	4:45-5:30 pm ID/AP: \$55	6-8 yrs OD: \$68.75	AC12219
8/5-8/21 (3) Ct 1 -Indoor	M/W	4:45-5:30 pm ID/AP: \$55	6-8 yrs OD: \$68.75	AC12220
6/18-7/9 (4) Ct 2 -Indoor	T/Th	11:15 am-12 pm ID/AP: \$55	6-8 yrs OD: \$68.75	AC12221
7/16-8/1 (3) Ct 2 -Indoor	T/Th	11:15 am-12 pm ID/AP: \$55	6-8 yrs OD: \$68.75	AC12222
8/6-8/22 (3) Ct 2 -Indoor	T/Th	11:15 am-12 pm ID/AP: \$46	6-8 yrs OD: \$57.50	AC12223

6/18-7/11 (4) Ct 1 -Indoor	T/Th	6-6:45 pm ID/AP: \$64	6-8 yrs OD: \$80	AC12224
7/16-8/1 (3) Ct 1 -Indoor	T/Th	6-6:45 pm ID/AP: \$55	6-8 yrs OD: \$68.75	AC12225
8/6-8/22 (3) Ct 1 -Indoor	T/Th	6-6:45 pm ID/AP: \$46	6-8 yrs OD: \$57.50	AC12226
6/21-7/19 (4) Ct 2 -Indoor	F	9-9:45 am ID/AP: \$37	6-8 yrs OD: \$46.25	AC12227
7/26-8/23 (4) Ct 2 -Indoor	F	9-9:45 am ID/AP: \$37	6-8 yrs OD: \$46.25	AC12228
6/17-7/10 (4) Ct 1 -Indoor	M/W	6-7 pm ID/AP: \$79	9-11 yrs OD: \$98.75	AC12230
7/15-7/31 (3) Ct 1 -Indoor	M/W	6-7 pm ID/AP: \$68	9-11 yrs OD: \$85	AC12231
8/5-8/21 (3) Ct 1 -Indoor	M/W	6-7 pm ID/AP: \$68	9-11 yrs OD: \$85	AC12232
6/18-7/9 (4) Ct 2 -Indoor	T/Th	12:15-1 pm ID/AP: \$55	9-11 yrs OD: \$68.75	AC12233
7/16-8/1 (3) Ct 2 -Indoor	T/Th	12:15-1 pm ID/AP: \$55	9-11 yrs OD: \$68.75	AC12234
8/6-8/22 (3) Ct 2 -Indoor	T/Th	12:15-1 pm ID/AP: \$46	9-11 yrs OD: \$57.50	AC12235

**Soccer Stars - Girls Only**

This introduction to fundamentals and proper soccer techniques emphasizes teamwork, fair play, fun, and cooperation and builds confidence. Shin guards and gym shoes are recommended. No class 7/4, 8/9.

6/18-7/11 (4) Ct 1 -Indoor	T/Th	4:45-5:30 pm ID/AP: \$64	6-9 yrs OD: \$80	AC12236
7/16-8/1 (3) Ct 1 -Indoor	T/Th	4:45-5:30 pm ID/AP: \$55	6-9 yrs OD: \$68.75	AC12237
8/6-8/22 (3) Ct 1 -Indoor	T/Th	4:45-5:30 pm ID/AP: \$46	6-9 yrs OD: \$57.50	AC12238
6/21-7/19 (4) Ct 1 -Indoor	F	11-11:45 am ID/AP: \$37	6-9 yrs OD: \$46.25	AC12239
7/26-8/23 (4) Ct 1 -Indoor	F	11-11:45 am ID/AP: \$37	6-9 yrs OD: \$46.25	AC12240

**Basketball Skills**

The perfect class for young basketball players looking to improve their skills and have fun! Participants will focus on intensive training on shooting, passing, dribbling, rebounding, and defense, which is essential for improvement. No class 6/19, 7/4.

6/17-7/10 (4) Ct 1 -Indoor	M/W	2:30-3:15 pm ID/AP: \$64	9-12 yrs OD: \$80	AC12241
7/15-7/31 (3) Ct 1 -Indoor	M/W	2:30-3:15 pm ID/AP: \$55	9-12 yrs OD: \$68.75	AC12242
8/5-8/21 (3) Ct 1 -Indoor	M/W	2:30-3:15 pm ID/AP: \$55	9-12 yrs OD: \$68.75	AC12243
6/17-7/10 (4) Ct 2 -Indoor	M/W	6-6:45 pm ID/AP: \$64	9-12 yrs OD: \$80	AC12244
7/15-7/31 (3) Ct 2 -Indoor	M/W	6-6:45 pm ID/AP: \$55	9-12 yrs OD: \$68.75	AC12245
8/5-8/21 (3) Ct 2 -Indoor	M/W	6-6:45 pm ID/AP: \$55	9-12 yrs OD: \$68.75	AC12246
6/18-7/11 (4) Ct 2 -Indoor	T/Th	6-6:45 pm ID/AP: \$64	9-12 yrs OD: \$80	AC12247
7/16-8/1 (3) Ct 2 -Indoor	T/Th	6-6:45 pm ID/AP: \$55	9-12 yrs OD: \$68.75	AC12248
8/6-8/22 (3) Ct 2 -Indoor	T/Th	6-6:45 pm ID/AP: \$49	9-12 yrs OD: \$61.25	AC12249
6/21-7/19 (4) Ct 2 -Indoor	F	11:15 am-12 pm ID/AP: \$37	9-12 yrs OD: \$46.25	AC12250
7/26-8/23 (4) Ct 2 -Indoor	F	11:15 am-12 pm ID/AP: \$37	9-12 yrs OD: \$46.25	AC12251

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



6/21-7/19 (5)	F	4-5 pm	9-12 yrs	AC12252
Ct 2 -Indoor		ID/AP: \$59	OD: \$73.75	
7/26-8/23 (5)	F	4-5 pm	9-12 yrs	AC12253
Ct 2 -Indoor		ID/AP: \$59	OD: \$73.75	
6/17-7/10 (4)	M/W	3:30-4:30 pm	12-14 yrs	AC12262
Ct 1 -Indoor		ID/AP: \$82	OD: \$102.50	
7/15-7/31 (3)	M/W	3:30-4:30 pm	12-14 yrs	AC12263
Ct 1 -Indoor		ID/AP: \$71	OD: \$88.75	
8/5-8/21 (3)	M/W	3:30-4:30 pm	12-14 yrs	AC12264
Ct 1 -Indoor		ID/AP: \$71	OD: \$88.75	
6/21-7/19 (5)	F	4-5 pm	12-14 yrs	AC12265
Ct 1 -Indoor		ID/AP: \$59	OD: \$73.75	
7/26-8/23 (5)	F	4-5 pm	12-14 yrs	AC12266
Ct 1 -Indoor		ID/AP: \$59	OD: \$73.75	

## Basketball Skills - Girls Only

The perfect class for young basketball players looking to improve their skills and have fun! Participants will focus on intensive training on shooting, passing, dribbling, rebounding, and defense, which is essential for improvement. No class 7/4.

6/18-7/9 (4)	T/Th	10-10:45 am	9-12 yrs	AC12254
Ct 2 -Indoor		ID/AP: \$64	OD: \$80	
7/16-8/1 (3)	T/Th	10-10:45 am	9-12 yrs	AC12255
Ct 2 -Indoor		ID/AP: \$55	OD: \$68.75	
8/6-8/22 (3)	T/Th	10-10:45 am	9-12 yrs	AC12256
Ct 2 -Indoor		ID/AP: \$49	OD: \$61.25	

## Speed, Agility, and Strength

The class works to improve your athlete's overall strength, balance, stability, coordination, quickness, and speed. Training is a series of drills and specific exercises that develop the body's core muscle groups and the neuromuscular pathways that control athletic movement. No class 6/19.

6/17-7/10 (4)	M/W	4:45-5:30 pm	8-17 yrs	AC12267
Ct 2 -Indoor		ID/AP: \$64	OD: \$80	
7/15-7/31 (3)	M/W	4:45-5:30 pm	8-17 yrs	AC12268
Ct 2 -Indoor		ID/AP: \$55	OD: \$68.75	
8/5-8/21 (3)	M/W	4:45-5:30 pm	8-17 yrs	AC12269
Ct 2 -Indoor		ID/AP: \$55	OD: \$68.75	

## Youth Sports and Games

Keep active with this class that will rotate through different sports and games like basketball, soccer, dodgeball, kickball, and other favorites from PE class! No class 7/4.

6/18-7/9 (4)	T/Th	3:30-4:15 pm	6-9 yrs	AC12275
Ct 1 -Indoor		ID/AP: \$64	OD: \$80	
7/16-8/1 (3)	T/Th	3:30-4:15 pm	6-9 yrs	AC12276
Ct 1 -Indoor		ID/AP: \$55	OD: \$68.75	
8/6-8/22 (3)	T/Th	3:30-4:15 pm	6-9 yrs	AC12277
Ct 1 -Indoor		ID/AP: \$46	OD: \$57.50	

## Basketball Skills and Scrimmages

The perfect class for young basketball players looking to improve their skills and have fun! Participants will focus on the continued development of skills and strategies and will feature many scrimmages.

6/21-7/19 (5)	F	5:30-6:30 pm	10-12 yrs	AC12301
Ct 1 -Indoor		ID/AP: \$59	OD: \$73.75	
7/26-8/23 (4)	F	5:30-6:30 pm	10-12 yrs	AC12302
Ct 1 -Indoor		ID/AP: \$47	OD: \$58.75	

## Basketball Skills and Scrimmages - Girls Only

The perfect class for young basketball players looking to improve their skills and have fun! Participants will focus on the continued development of skills and strategies and will feature many scrimmages.

6/21-7/19 (5)	F	5:30-6:30 pm	10-12 yrs	AC12303
Ct 2 -Indoor		ID/AP: \$59	OD: \$73.75	
7/26-8/23 (4)	F	5:30-6:30 pm	10-12 yrs	AC12304
Ct 2 -Indoor		ID/AP: \$47	OD: \$58.75	

## Youth Volleyball

Volleyball is a sport loved by many. Learn and practice volleyball skills such as serving, passing, and hitting. Participants will learn fundamental skills for a lifetime of playing volleyball. No class 7/4.

6/18-7/11 (4)	T/Th	4:45-5:45 pm	8-12 yrs	AC12270
Ct 6 -Indoor		ID/AP: \$82	OD: \$102.50	
7/16-8/1 (3)	T/Th	4:45-5:45 pm	8-12 yrs	AC12271
Ct 6 -Indoor		ID/AP: \$71	OD: \$88.75	
8/6-8/22 (3)	T/Th	4:45-5:45 pm	8-12 yrs	AC12272
Ct 6 -Indoor		ID/AP: \$59	OD: \$73.75	
6/21-7/19 (5)	F	5-6 pm	8-12 yrs	AC12273
Ct 6 -Indoor		ID/AP: \$59	OD: \$73.75	
7/26-8/23 (4)	F	5-6 pm	8-12 yrs	AC12274
Ct 6 -Indoor		ID/AP: \$47	OD: \$58.75	

## Teen Volleyball

Work on the volleyball skills you need during the season - serving, passing, spiking, and offensive and defensive strategizing. No class 7/4.

6/18-7/11 (4)	T/Th	6-7 pm	12-17 yrs	AC12305
Ct 6 -Indoor		ID/AP: \$82	OD: \$102.50	
7/16-8/1 (3)	T/Th	6-7 pm	12-17 yrs	AC12306
Ct 6 -Indoor		ID/AP: \$71	OD: \$88.75	
8/6-8/22 (3)	T/Th	6-7 pm	12-17 yrs	AC12307
Ct 6 -Indoor		ID/AP: \$59	OD: \$73.75	
6/21-7/19 (5)	F	6:30-7:30 pm	12-17 yrs	AC12308
Ct 6 -Indoor		ID/AP: \$59	OD: \$73.75	
7/26-8/23 (4)	F	6:30-7:30 pm	12-17 yrs	AC12309
Ct 6 -Indoor		ID/AP: \$47	OD: \$58.75	

## Advanced Volleyball Skills

Volleyball players who already have the fundamentals of passing, setting, and hitting can learn different systems (5-1, 6-2, 4-2), positions, and strategies, as well as refine their other skills.

6/21-7/19 (5)	F	7:45-8:45 pm	11-17 yrs	AC12310
Ct 6 -Indoor		ID/AP: \$59	OD: \$73.75	
7/26-8/23 (4)	F	7:45-8:45 pm	11-17 yrs	AC12311
Ct 6 -Indoor		ID/AP: \$47	OD: \$58.75	



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



# 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:** Brian Schlottmann

**Facility Hours:**

Monday-Friday	6:30 am-8:30 pm
Saturday	8 am-4 pm
Sunday	Closed

**Facility Closures:** 6/19, 7/4

**Facility Features:**

- Nine-month preschool
- Fully equipped gymnastics room
- Indoor gymnasium
- Kitchen for cooking classes
- Elementary THRIVE Afterschool program
- Outdoor playground/play equipment
- Middle School Afterschool programs
- Weight room and cardio room
- Fitness classes



CedarHills



## Summer Preview

Friday, April 14th • 5:30-7:30 pm

**FREE EVENT**

Looking for camps or classes for the Summer? Come to Cedar Hills and review Summer camps, fitness, art dance, and gymnastics. Bring the kids for fun and games, along with snack! Activities for everyone.



## Family Pride in the Park

Saturday, June 22nd • 11:00 am -2:00 pm

**FREE EVENT**

Celebrate Pride with a fun, family social event at Cedar Hills Recreation Center. Families, friends and individual are invited to join us for community event to celebrate LGBTQ diversity.



## Pump It Up with Pride

Saturday, June 22nd • 10:00-11:30 am

**FREE EVENT**

Celebrate Pride with THPRD Fitness by joining us for 90-minute workout.



## Día de los Niños

Saturday, April 27 • 11:00 am-2:00 pm

**FREE EVENT**

Inflatables, free books, arts and crafts, dance performance, bilingual story time, loteria and more!



## Family Fish Day

Saturday, June 1 • 9:00 am-2:00 pm

**FREE EVENT - Pre-Registration Required**

This event is offered as part of ODFW's annual free fishing day program. No license is required, but registration is strongly suggested.

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 is required for all drop-in participation. Gym-appropriate shoes must be worn. If you are looking for a fitness program, see the fitness section for class offerings.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Gym						1:00-3:00pm Family Open Gym*
Basketball	7:15-8:30pm (30+)*				7:15-8:30pm (18+)*	
Badminton				6:00-8:00pm		

\*Non-team play. Play is for family groups.  
All times and days are subject to change daily. See our website for updated information.



**Get Involved... Volunteer!**

We have opportunities for volunteers at our events. Contact Volunteer Services at [volunteer@thprd.org](mailto:volunteer@thprd.org)

**¡Involúcrate como voluntario/a!**

Si te gustaría ayudarnos en algún evento contacta a Servicios de Voluntariado en [volunteer@thprd.org](mailto:volunteer@thprd.org)

**Facility Rentals**

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

## Nine-Month Preschool



Jump Start is a preschool program based around the Reggio Emilia philosophy which uses creative play and social learning to prepare children for kindergarten.

Your child will be placed in a group of children for the nine-month preschool program with consistent teachers from September through May.

- A \$50 non-refundable enrollment fee is due at the time of registration.
- Tuition is paid on a monthly basis and is due by the 15th of the previous month (example: November tuition is due by October 15th). If payment is received after the 15th, a late fee of \$30 will be charged.
- All children MUST be able to use the restroom independently before entering preschool. Pull-ups are not allowed.
- Children must be correct age by September 1st.

**Spaces are limited.**

Call Cedar Hills Recreation Center for more details at 503-629-6340.

[www.thprd.org/facilities/recreation/cedar-hills](http://www.thprd.org/facilities/recreation/cedar-hills)

## THRIVE

### Afterschool Program

**Teaching Healthy Responsible  
Individuals Values and Education**

We provide high quality afterschool care in a safe and nurturing environment. We provide an active program for all abilities. Children take part in arts and craft projects, physical activities, cooking, enrichment activities and supervised homework time. Students are led in a group community service project. Program is available from school release time to 6 pm, Monday-Friday.

#### REGISTRATION: 2024-2025 School Year

- **Monday, May 6 - Sunday, May 12:** Registration opens for current participants.
- **Monday, May 13 - Wednesday, May 15:** Registration window for enrolled participant's siblings is open.
- **Thursday, May 16:** Open enrollment will begin provided space in the program remains.

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



## Arts &amp; Crafts – Youth

Dates (Weeks)	Day	Ages	Class #
Location		OD	

## Art Sampler

Children will explore their artistic creativity! Work with sculpture, painting, drawing, collage, creative projects, and more.

6/26-7/17 (4)	W	4:30-5:30 pm	6-10 yrs	CH14202
Rm 2		ID/AP: \$51	OD: \$63.75	
7/24-8/21 (5)	W	4:30-5:30 pm	6-10 yrs	CH14203
Rm 2		ID/AP: \$58	OD: \$72.50	

## Nature Art

Young artists will explore, learn, draw, paint, and create artwork inspired by science and nature.

6/22-7/20 (5)	S	9-10 am	6-10 yrs	CH14204
		ID/AP: \$58	OD: \$72.50	
7/27-8/24 (5)	S	9-10 am	6-10 yrs	CH14205
Rm 2		ID/AP: \$58	OD: \$72.50	

## Youth Watercolor

Children will learn about different watercolor techniques and terminology while creating a new watercolor project each week. Projects will include summer-themed and nature-inspired pieces!

6/24-7/15 (4)	M	4:30-5:30 pm	6-10 yrs	CH14200
Rm 2		ID/AP: \$51	OD: \$63.75	
7/22-8/19 (5)	M	4:30-5:30 pm	6-10 yrs	CH14201
Rm 2		ID/AP: \$58	OD: \$72.50	

## Teen Comic Illustration

Come explore basic comic design and storytelling skills through creative exercises and fun projects! Kids will practice drawing action, comic lettering, and designing unique characters, backgrounds, and objects, all while discovering how to tell stories in the form of comics.

6/22-7/20 (5)	S	10:30-11:30 am	10-14 yrs	CH14300
Rm 3		ID/AP: \$58	OD: \$72.50	
7/27-8/24 (5)	S	10:30-11:30 am	10-14 yrs	CH14301
Rm 3		ID/AP: \$58	OD: \$72.50	

## Arts &amp; Crafts – Teen/Adult

## Watercolor, All Levels

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

6/25-8/20 (9)	T	9:30 am-12:30 pm	14-adult	CH14501
Rm 3		ID/AP: \$218	OD: \$272.50	

## Mixed Medium Art, All Levels

Participants will work at their own pace in an open, informative class. Mediums covered will include acrylic, oil, pastels, and watercolor.

6/26-8/21 (9)	W	9:30 am-12:30 pm	14-adult	CH14502
Rm 3		ID/AP: \$218	OD: \$272.50	

## All Preschool and Youth Classes

Participants must meet the age requirement prior to the first class meeting. Classes are designed for children to be able to participate in a class setting without a parent. **Parent participation classes will be specifically noted.**

## Dance – Preschool/Youth

## Dance with Me!

Tiny dancers will get to dance along with their favorite grown-up while they learn basic ballet movements that can improve balance and coordination in a nurturing and fun environment. Adult participation is required. No unregistered siblings.

6/26-8/21 (9)	W	6:15-6:45 pm	2-4 yrs	CH11121
Rm D		ID/AP: \$61	OD: \$76.25	
6/21-8/23 (10)	F	9:15-9:45 am	2-4 yrs	CH11122
Rm 5		ID/AP: \$67	OD: \$83.75	
6/22-8/24 (10)	S	9-9:30 am	2-4 yrs	CH11123
Rm D		ID/AP: \$67	OD: \$83.75	

## Pre-Ballet

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

6/22-8/24 (10)	S	11-11:30 am	3-5 yrs	CH11113
Rm 8		ID/AP: \$67	OD: \$83.75	
6/22-8/24 (10)	S	11:45 am-12:15 pm	3-5 yrs	CH11114
Rm 8		ID/AP: \$67	OD: \$83.75	
6/22-8/24 (10)	S	9-9:45 am	3-5 yrs	CH11116
Rm 5		ID/AP: \$87	OD: \$108.75	
6/22-8/24 (10)	S	10-10:45 am	3-5 yrs	CH11117
Rm 5		ID/AP: \$87	OD: \$108.75	
6/22-8/24 (10)	S	9:45-10:15 am	4-6 yrs	CH11118
Rm D		ID/AP: \$67	OD: \$83.75	
6/22-8/24 (10)	S	10:30-11 am	4-6 yrs	CH11119
Rm D		ID/AP: \$67	OD: \$83.75	

## Dance and Tumble

Join us for a class designed specifically for young movers! In this energetic class, little ones will explore the joy of movement through creative dance exercises, rhythmic activities, and basic tumbling skills. Our instructors will guide them in developing coordination, balance, and flexibility in a fun and supportive environment.

6/21-8/23 (10)	F	10-10:45 am	3-5 yrs	CH11130
Rm 5		ID/AP: \$87	OD: \$108.75	

## Hip Hops Kids

Dance like your favorite pop stars! Class is designed for the younger student. In this high-energy class, kids will learn fun hip hop techniques and combinations, dancing to their favorite music. Music choices and dance steps will be age appropriate.

6/21-8/23 (10)	F	11:15 am-12 pm	4-6 yrs	CH11110
Rm 5		ID/AP: \$87	OD: \$108.75	
6/22-8/24 (10)	S	11-11:45 am	3-5 yrs	CH11111
Rm 5		ID/AP: \$87	OD: \$108.75	
6/22-8/24 (10)	S	11:15 am-12 pm	4-6 yrs	CH11112
Rm D		ID/AP: \$87	OD: \$108.75	

## Intro to Ballet and Jazz

In addition to exploring the enchanting world of ballet, this class will also introduce young students to the rhythmic and improvisational art form of jazz dance. This class invites all dance levels to discover the expressive movements, syncopated rhythms, and spirited energy that define jazz dance. Embrace the fusion of classical grace and contemporary flair as your student delves into both ballet and jazz.

6/24-8/19 (9)	M	5:30-6:15 pm	6-8 yrs	CH11124
Rm 5		ID/AP: \$77	OD: \$96.25	
6/24-8/19 (9)	M	6:30-7:15 pm	9-12 yrs	CH11125
Rm 5		ID/AP: \$77	OD: \$96.25	

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

**Intro to Hip Hop**

Learn about popular dance styles with upbeat routines and technical skills for today's dance world! No prior dance experience necessary. Tennis shoes required. No class 7/4.

6/26-8/21 (9) Rm D	W	7-7:45 pm ID/AP: \$77	6-8 yrs OD: \$96.25	CH11126
6/20-8/22 (10) Rm D	Th	6:30-7:15 pm ID/AP: \$87	9-12 yrs OD: \$108.75	CH11127

**Dance – Teen/Adult****Adult Hip Hop**

Come learn upbeat Hip Hop skills and routines featuring fun music for today's dance world! No prior dance experience necessary and beginners are welcome! No class 7/4.

6/20-8/22 (9) Rm D	Th	7:25-8:25 pm ID/AP: \$94	16-adult OD: \$117.50	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.

6/26-8/21 (9) Rm 5	W	6:30-8 pm ID/AP: \$126	14-adult OD: \$157.50	CH11500
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**Belly Dance**

All levels welcome! Come explore the ancient art of belly dance! Low impact full body workout sprinkled with the history, art and lore of this timeless dance style! Focus on developing strength, flexibility, coordination and dance techniques specific to middle eastern and historic world rhythms.

6/25-8/20 (9) Rm D	T	6:15-7:15 pm ID/AP: \$94	16-adult OD: \$117.50	CH11504
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**Belly Dance (Intermediate)**

Intermediate class. Participants should have taken Beginning Belly Dance or have instructor's permission. Come join us in the ancient art of belly dance! Low impact full body workout sprinkled with the history, art and lore of this timeless dance style! Focus on developing strength, flexibility, coordination and dance techniques specific to middle eastern and historic world rhythms.

6/25-8/20 (9) Rm D	T	7:25-8:25 pm ID/AP: \$94	16-adult OD: \$117.50	CH11505
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**General Interest – Guitar****Youth Guitar**

Learn to play the guitar in a group setting. Learn basic chords and strumming, along with an understanding of how the guitar works. Bring your own guitar, tuner, and picks.

6/25-7/16 (4) Rm 3	T	3:35-4:35 pm ID/AP: \$47	8-12 yrs OD: \$58.75	CH15220
7/23-8/20 (5) Rm 3	T	3:35-4:35 pm ID/AP: \$57	8-12 yrs OD: \$71.25	CH15221

**Youth Guitar, Small Group**

Learn basic guitar or continue to improve your skills in a smaller group setting of 2-4 people. Bring your own guitar, tuner, and picks.

6/25-7/16 (4) Rm 3	T	4:40-5:40 pm ID/AP: \$161	8-12 yrs OD: \$201.25	CH15222
7/23-8/20 (5) Rm 3	T	4:40-5:40 pm ID/AP: \$196	8-12 yrs OD: \$245	CH15223

**Preschool Exploration****First Time Friends**

This class encourages children to emotionally and socially adapt to a classroom setting. We will strengthen our skills in sharing, listening and following directions; learn to make transitions and much more through art, stories and free play.

6/24-7/15 (4) Rm 10	M	12:45-2:45 pm ID/AP: \$98	2-3.5 yrs OD: \$122.50	CH18100
7/22-8/19 (5) Rm 10	M	12:45-2:45 pm ID/AP: \$123	2-3.5 yrs OD: \$153.75	CH18101
6/26-7/17 (4) Rm 10	W	12:45-2:45 pm ID/AP: \$98	2-3.5 yrs OD: \$122.50	CH18102
7/24-8/21 (5) Rm 10	W	12:45-2:45 pm ID/AP: \$123	2-3.5 yrs OD: \$153.75	CH18103

**A-B-C Come Learn with Me**

This class improves social and cognitive skills and helps children become comfortable in a classroom setting. Through art, music and sensory play, we will begin to explore the development of problem-solving, imagination and attention span. No class 7/4.

6/25-7/16 (4) Rm 10	T	12:45-3:15 pm ID/AP: \$119	3-4 yrs OD: \$148.75	CH18110
7/23-8/20 (5) Rm 10	T	12:45-3:15 pm ID/AP: \$149	3-4 yrs OD: \$186.25	CH18111
6/20-7/18 (4) Rm 10	Th	12:45-3:15 pm ID/AP: \$119	3-4 yrs OD: \$148.75	CH18112
7/25-8/22 (5) Rm 10	Th	12:45-3:15 pm ID/AP: \$149	3-4 yrs OD: \$186.25	CH18113

**Guitar I**

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

6/25-7/16 (4) Rm 3	T	6-7 pm ID/AP: \$47	13-adult OD: \$58.75	CH15520
7/23-8/20 (5) Rm 3	T	6-7 pm ID/AP: \$57	13-adult OD: \$71.25	CH15521

**Guitar II**

Get ready to play some songs and tunes! This class is designed to be a continuation of Guitar I, or for students who are mastering the basics of chord progressions and scales and are looking for a more intermediate class. Bring your own guitar, tuner, and picks.

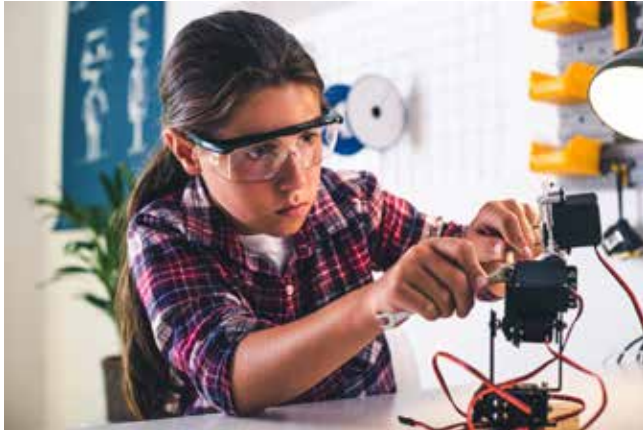
6/25-8/20 (9) Rm 3	T	7:05-8:05 pm ID/AP: \$133	13-adult OD: \$166.25	CH15524
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**Guitar Private Lesson Interest List**

**INTEREST LIST ONLY.** For one-on-one guitar instruction. Must bring your own guitar, tuner, and picks. We will contact those on the interest list when a private lesson is available. Private lessons are \$55 in-district.

6/25-8/20 (9) Rm 3	T	3-3:30 pm	8-adult	CH15530
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## General Interest – Science

### Super Scientists

This class is designed to introduce kids to a variety of scientific topics and vocabulary with fun experiments and demonstrations.

6/22-7/20 (5) Rm C1	S	9-10 am ID/AP: \$69	5-6 yrs OD: \$86.25	CH15215
7/27-8/24 (5) Rm C1	S	9-10 am ID/AP: \$69	5-6 yrs OD: \$86.25	CH15216

### Awesome Engineers

This class is designed to introduce kids to the magic of engineering by exploring engineering concepts in a fun, hands-on way.

6/22-7/20 (5) Rm C1	S	10:45-11:45 am ID/AP: \$69	7-10 yrs OD: \$86.25	CH15217
7/27-8/24 (5) Rm C1	S	10:45-11:45 am ID/AP: \$69	7-10 yrs OD: \$86.25	CH15218

## General Interest – Theatre

### Youth Intro to Theater Workshop

Dive into theater! In this youth workshop, we will explore what goes in to making a stage production including acting, directing, and designing. This class will build self confidence and encourage creative and collaborative learning. Please note there is no final performance or production. No previous experience required! No class 7/4.

6/27-8/22 (8) Rm 3	Th	6:30-7:30 pm ID/AP: \$75	8-11 yrs OD: \$93.75	CH15230
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### Teen Intro to Theater Workshop

Dive deep into theater! In this teen workshop, we will explore what goes into making a stage production including acting, directing, and designing. This class will build self-confidence and encourage creative and collaborative learning. Please note there is no final performance or production. No class 7/4.

6/27-8/22 (8) Rm 3	Th	5-6 pm ID/AP: \$75	12-15 yrs OD: \$93.75	CH15310
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## Gymnastics

Cedar Hills offers a comprehensive gymnastics program designed to help students reach their full potential according to their personal ability. All students will receive instruction on beam, floor, 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 band. Please do not wear tights or jeans. Safety guidelines will be discussed at first class.

### Gymnastics Class Descriptions

#### Kindergym: (2-3 yrs)

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 adults on how to direct your child through our obstacle courses. Adult Participation Class; One child/ one adult ratio.

#### Kinderstars: (2.5-3.5 yrs)

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 adult. The adult should expect to stay only close and involved enough for their child to feel safe and comfortable. Adult Participation Class; One child/ one adult ratio.

#### Preschool Pre-Gymnastics: (3.5-6 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 courses, 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.

#### Gymnastics Rec Level 1: (6-13 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.



### Evaluation Classes

Prior to enrollment in Level 1.5 and Level 2/3 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. The evaluation process ensures that each class member is experiencing success working at the skill level and provides a more positive environment for all. Evaluations can be scheduled through our front office.

#### Gymnastics Rec Level 1.5: (6-14 yrs)

Gymnast **MUST** pass Gymnastics Level 1 before enrolling and/or have instructor approval by evaluation. 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 with flexibility as well as building core strength to achieve the skills needed to move-up to Level 2.

#### Gymnastics Rec Level 2/3: (6-14 yrs)

Gymnast **MUST** pass Gymnastics Level 1.5 before enrolling and/or have instructor approval by evaluation. This class works on the bar skills of stride circles and one-leg shoot throughs, underswings and sole circle dismounts. On the beam, work is done on handstands, cartwheels and full turns. On the floor exercise, backbend kick-overs, tictocs, back handspring drills and handstand rolls are introduced. The handstand flat back is taught for vaulting and the level of conditioning and flexibility training is increased.

### Youth Drop-In Open Gymnastics

Youth 3.5 to 14 years can drop in and practice on bars, beams and floor equipment. Adult supervision in the room is required. Room supervisor will monitor that all equipment is being used appropriately. They are there to help answer questions, no instruction is provided. Regular Drop-in rates apply. **See online schedule for up-to-date schedule at [www.thprd.org](http://www.thprd.org).**

**Fridays 5:45-67:45 pm • Saturdays 2:45-4:00 pm**

## Gymnastics – Preschool/Youth

### KinderGym

Adult Participation Class; One child/One adult 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 adult & participant)

6/21-7/19 (5) Rm 9	F	8:15-9 am ID/AP: \$68	2 yr -2 yr, 11 mo CH13102 OD: \$85
7/26-8/23 (5) Rm 9	F	8:15-9 am ID/AP: \$68	2 yr -2 yr, 11 mo CH13103 OD: \$85

### KinderStars

Adult Participation Class; One child/One adult 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 adult & participant)

6/21-7/19 (5) Rm 9	F	9:15-10 am ID/AP: \$68	2.5-3.5 yrs CH13127 OD: \$85
7/26-8/23 (5) Rm 9	F	9:15-10 am ID/AP: \$68	2.5-3.5 yrs CH13128 OD: \$85
6/22-7/20 (5) Rm 2	S	8:15-9 am ID/AP: \$68	2.5-3.5 yrs CH13129 OD: \$85
7/27-8/24 (5) Rm 9	S	8:15-9 am ID/AP: \$68	2.5-3.5 yrs CH13130 OD: \$85

### Pre-Gymnastics

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.

6/24-8/19 (9) Rm 9	M	4:30-5:15 pm ID/AP: \$124	3.5-5 yrs CH13150 OD: \$155
6/26-8/21 (9) Rm 9	W	4:30-5:15 pm ID/AP: \$124	3.5-5 yrs CH13151 OD: \$155
6/21-8/23 (10) Rm 9	F	10:30-11:15 am ID/AP: \$136	3.5-5 yrs CH13152 OD: \$170
6/22-8/24 (10) Rm 9	S	9:15-10 am ID/AP: \$136	3.5-5 yrs CH13153 OD: \$170
6/22-8/24 (10) Rm 9	S	1:45-2:30 pm ID/AP: \$136	3.5-5 yrs CH13154 OD: \$170
6/25-8/20 (9) Rm 9	T	4:30-5:15 pm ID/AP: \$124	4-6 yrs CH13175 OD: \$155
6/20-8/22 (9) Rm 9	Th	4:30-5:15 pm ID/AP: \$124	4-6 yrs CH13176 OD: \$155
6/21-8/23 (10) Rm 9	F	11:30 am-12:15 pm ID/AP: \$136	4-6 yrs CH13177 OD: \$170
6/22-8/24 (10) Rm 9	S	10:30-11:15 am ID/AP: \$136	4-6 yrs CH13178 OD: \$170

### Gymnastics Rec Lvl 1

This is a beginning level gymnastics class where participants will work on rolls, handstands and cartwheels on the floor, casting and strength moves on the bars as well as jumping and balancing on the beam.

6/24-8/19 (9) Rm 9	M	5:30-6:15 pm ID/AP: \$124	6-8 yrs CH13200 OD: \$155
6/25-8/20 (9) Rm 9	T	5:30-6:15 pm ID/AP: \$124	6-8 yrs CH13201 OD: \$155
6/20-8/22 (9) Rm 9	Th	5:30-6:15 pm ID/AP: \$124	6-8 yrs CH13202 OD: \$155
6/21-8/23 (10) Rm 9	F	1:45-2:30 pm ID/AP: \$136	6-8 yrs CH13203 OD: \$170
6/22-8/24 (10) Rm 9	S	12:45-1:30 pm ID/AP: \$136	6-8 yrs CH13204 OD: \$170
6/24-8/19 (9) Rm 9	M	6:45-7:30 pm ID/AP: \$124	9-13 yrs CH13225 OD: \$155
6/25-8/20 (9) Rm 9	T	6:45-7:30 pm ID/AP: \$124	9-13 yrs CH13226 OD: \$155
6/26-8/21 (9) Rm 9	W	5:30-6:15 pm ID/AP: \$124	9-13 yrs CH13227 OD: \$155
6/21-8/23 (10) Rm 9	F	1:45-2:30 pm ID/AP: \$136	9-13 yrs CH13228 OD: \$170
6/22-8/24 (10) Rm 9	S	12:45-1:30 pm ID/AP: \$136	9-13 yrs CH13229 OD: \$170

### Gymnastics Rec Lvl 1.5

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

6/26-8/21 (9) Rm 9	W	6:45-7:45 pm ID/AP: \$149	7-14 yrs CH13250 OD: \$186.25
6/21-8/23 (10) Rm 9	F	3-4 p ID/AP: \$164	7-14 yrs CH13251 OD: \$205

### Gymnastics Rec Lvl 2 & 3

Gymnast MUST have passed Gymnastics Level 1.5 before enrolling. This class works on all Level 2 skills and Level 3 skills. No class 7/4.

6/20-8/22 (9) Rm 9	Th	6:45-7:45 pm ID/AP: \$149	7-14 yrs CH13260 OD: \$186.25
6/21-8/23 (10) Rm 9	F	4:15-5:15 pm ID/AP: \$164	7-14 yrs CH13261 OD: \$205



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

## Sports – Youth/Adult

### New! Mini Tennis Class

Our New Mini Tennis Class is designed for young kiddos to dive into the fun world of tennis! This class will develop motor skills and basic coordination along with learning how to be successful in group play. Get ready for a summer of tennis fun tailored just for the Pee Wees! No class 7/5

6/28-8/16 (7)	F	9:15-10 am	3-5 yrs	CH12109
Gym		ID/AP: \$80	OD: \$100	

### PE Games Class

All your favorite PE games rolled into one fun class! Come join us for dodge ball, hockey, parachutes, kickball, tag games and more! Bring a water bottle and close toe shoes. No class 7/5

6/28-8/16 (7)	F	8:30-9:30 am	6-8 yrs	CH12216
Playfield A		ID/AP: \$80	OD: \$100	

### New! Elementary Track Club

Step into the world of youth sports with our new Elementary Track Club! Open to students in grades 3-5, children will have the opportunity to create friendships and learn about running, throwing, and jumping in a fun and exciting environment. The class will end with a fun field day track meet, including sprints, tennis ball shot put, javelin throw, relays, and broad jump. Join us for a summer of fun athletic exploration! No class 7/5

6/28-8/16 (7)	F	10-11:45 am	7-10 yrs	CH12214
Playfield A		ID/AP: \$154	OD: \$192.50	

### Karate Kids

Beginning karate with a less structured curriculum. Children will gain skills in self-confidence, respect, cooperation, effective communication and motivation. Uniforms are not required. No class 7/4.

6/18-7/16 (5)	T	5:30-6:15 pm	6-8 yrs	CH12258
Rm 5		ID/AP: \$41	OD: \$51.25	
7/23-8/20 (5)	T	5:30-6:15 pm	6-8 yrs	CH12259
Rm 5		ID/AP: \$41	OD: \$51.25	
6/20-7/18 (4)	Th	5:15-6 pm	6-8 yrs	CH12260
Rm 5		ID/AP: \$35	OD: \$43.75	
7/25-8/22 (5)	Th	5:15-6 pm	6-8 yrs	CH12261
Rm 5		ID/AP: \$41	OD: \$51.25	
6/21-7/19 (5)	F	5:15-6 pm	6-8 yrs	CH12262
Rm 5		ID/AP: \$41	OD: \$51.25	
7/26-8/23 (5)	F	5:15-6 pm	6-8 yrs	CH12263
Rm 5		ID/AP: \$41	OD: \$51.25	
6/22-8/24 (10)	S	1-1:45 pm	6-8 yrs	CH12264
Rm 5		ID/AP: \$41	OD: \$51.25	

### Family Karate

Shorin-ryu is a self-defense oriented, traditional Okinawan karate style. Learn basic blocks, punches, kicks and breakfall techniques. A white uniform is required for this class, information given at first class. Additional fees may be required. Students test for rank/advancement during class.

6/22-8/24 (10)	S	2-3 pm	7-adult	CH12265
Rm 5		ID/AP: \$106	OD: \$132.50	

### Karate, Beginning

Shorin-ryu is a self-defense oriented, traditional Okinawan karate style. Learn basic blocks, punches, kicks and breakfall techniques. A white uniform is required for this class, information given at first class. Additional fees may be required. Students test for rank/advancement during class. No class 7/4.

6/18-8/20 (10)	T	6:35-7:35 pm	7-adult	CH12266
Rm 5		ID/AP: \$106	OD: \$132.50	
6/20-8/22 (9)	Th	6:10-7:10 pm	7-adult	CH12267
Rm 5		ID/AP: \$96	OD: \$120	
6/21-8/23 (10)	F	6:10-7:10 pm	7-adult	CH12268
Rm 5		ID/AP: \$106	OD: \$132.50	

### Karate, Intermediate

Must have experience with traditional Okinawan Karate, ranked green belt or higher and 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. Students tested for rank in these classes. A white uniform is required for this class, information given at first class. Additional fees may be required for uniform.

6/21-8/23 (10)	F	7:25-8:25 pm	10-adult	CH12270
Rm 5		ID/AP: \$106	OD: \$132.50	

### Karate, Advanced

Must have experience with traditional Okinawan Karate, ranked brown belt or higher and 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. Students tested for rank in these classes. A white uniform is required for this class, information given at first class. Additional fees may be required for uniform.

6/21-8/23 (10)	F	7:25-8:25 pm	10-adult	CH12271
Rm 6		ID/AP: \$106	OD: \$132.50	

### Middle School Basketball Skills Clinic

Develop your game and become a better basketball player! This clinic will focus on introducing and developing fundamental skills, on-court concepts and small group work. From jump stops and pivots to ball handling and shooting mechanics, expect to be challenged!

6/21-7/19 (5)	F	6-7 pm	11-13 yrs	CH12306
Gym		ID/AP: \$54	OD: \$67.50	
7/26-8/23 (5)	F	6-7 pm	11-13 yrs	CH12307
Gym		ID/AP: \$54	OD: \$67.50	

## Fitness Class Descriptions

Classes are for ages 14+. For our updated fitness schedule, visit [www.thprd.org/recreation/cedarhills](http://www.thprd.org/recreation/cedarhills)

\*Day, time, and instructor of classes are subject to change without notice.

### Core Blast

A 30-minute class focused on strengthening your entire core. Improve posture, balance, and coordination.

### HIIT

HIIT (High Intensity Interval Training) is a cardiovascular exercise class alternating short periods of intense anaerobic exercise with less intense recovery periods.

### Strength & Endurance

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

### Tai Chi I

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

### Tai Chi II

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.

### Total Body Strength

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

### Yoga, All Levels

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

### Yoga, Flow

This dynamic style links breath and movement helping to build strength, stamina and flexibility.

### Yoga, Gentle

Learn how to stretch with simple movements and conscious breathing; increase strength and flexibility and bring calmness to the mind. For students with little or no yoga experience.

### Yoga & Meditation

This dynamic style links breath and movement helping to build strength, stamina and flexibility.

### Zumba®

Forget the workout, just lose yourself in the music! Zumba® classes feature exotic rhythms set to high-energy Latin and international beats.

### Zumba®/ Zumba® Toning

Forget the workout, just lose yourself in the music! Zumba® classes feature exotic rhythms set to high-energy Latin and international beats. Toning combines those moves with light hand weights to enhance muscle strength, tone and endurance.

Day, time, and instructor of classes are subject to change without notice.  
Check website for schedule at [thprd.org/facilities/recreation/cedar-hills](http://thprd.org/facilities/recreation/cedar-hills).  
Single Fitness Class \$9.50 ID. Passes available.

## Weight Room Orientation

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

\$60.75 ID/\$76 OD

### Buddy Training

2-Person Small Group Training is a great way to get together and work out. A personal trainer will work with each group's goal and design a workout to meet those goals. Each session is an hour long. (Cost is per person; must have 2 in group at time of registration.) Both participants must register.

1 session \$51.50 ID/ \$64.50 OD

3 sessions \$154.50 ID/ \$193.50 OD

6 sessions \$309 ID/ \$387 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 \$68.50 ID/ \$85.75 OD

3 sessions \$205.50 ID/ \$257.25 OD

6 sessions \$411 ID/ \$514.50 OD

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



# Conestoga Recreation & Aquatic Center



**TUALATIN HILLS**  
PARK & RECREATION DISTRICT

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

TriMet Bus Routes #62, #92

**Center Supervisor:** Ann Johnson  
**Assistant Center Supervisor:** Jenny Wilson

## **Facility Hours:**

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

Check online for pool hours.

## **Modified Schedule:**

6/19	9 am-2 pm
7/4	9 am-2 pm

## **Conestoga Recreation & Aquatic Center features:**

- Average Pool Temperature:  
Main Pool - 85° Slide Pool - 90°
- Splash Pad (outdoor) Seasonal
- Independent Changing Rooms

## **Facility Features:**

- Weight room/fitness center, shower/locker rooms
- THRIVE Afterschool Enrichment Program
- 9 month preschool (English & Spanish)
- Indoor gym for drop-in sports
- Kitchen for cooking classes
- Two dance/fitness studio rooms
- Classrooms for birthday parties/rentals
- Preschool Indoor Play Park (Closed for Summer)
- Outdoor playground

## **Conestoga is Hiring**

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

**Note: This section is for Conestoga Recreation programs only. See page 110 for Conestoga Aquatic programs.**

## Summer Events

### **Friday, April 5: Summer Preview Event 6-8 pm**

Get ready for summer like no other! Our summer camps are back, and this year's theme is all about the Olympics. We can't wait to share with you the diverse class and camp offerings we have this summer. Enjoy light refreshments. Let the games begin!



### **Friday, April 5: Personal Training Open House 6-8 pm**

Please join us to chat with trainers and learn about training options in the water, outdoors, on the yoga mat, and more! Enter for a chance to win a free personal training session!



### **Saturday, June 1: Pride Month Dance Party Kickoff**

**6-8 pm**

Please join us as we celebrate our LGBTQ+ Community on the dance floor! Kids activities, DJ, crafts, and family pride.



### **July 5: Parks & Recreation Month**

Join us July 5th at Conestoga for a day packed with fun activities for all ages in celebration of Parks and Recreation Month! We're excited to offer an indoor playpark, sports, bounce house, a guided tour, and much more. Scan the QR code for full details!



### **Saturday, August 3: Big Truck Day**

**9 am Sensory Quiet Start  
9:30 am-1pm Gates Open**

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 and more! Suggested \$5 per child contribution. Food trucks onsite, picnic area, giant sand box, splash pad will be open!



## 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 or playing your favorite activities in our gym, 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 programs & services to make your special event exactly what you are looking for, at an affordable price.

### Splash Pad Rentals

Exploring alternative ways to celebrate a birthday? Consider our private splash pad rentals! For more information, check out our website.

Please call 503-629-6313 or scan QR code below for more details and pricing information.



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

Special Events - Sports Classes - Art Classes  
Summer Camps - Preschool - Jr. Guard

Check out and apply for opportunities online at [thprd.org/connect/volunteer/ongoing-opportunities](http://thprd.org/connect/volunteer/ongoing-opportunities), email [volunteer@thprd.org](mailto:volunteer@thprd.org), or talk to Volunteer Services at 503-619-3939.

## Family Trivia Night

Bring your family and test your trivia knowledge! Fun for all ages, everybody is welcome at Family Trivia Night! Price is per team, five player limit. Only one youth participant needs to register. Adult participation is required.

### Movie Magic

6/22	S	6-8 pm	Team	C015220
Rm 202/203		ID/AP: \$21	OD: 26.25	

### Saving the World: Superheroes

7/20	S	6-8 pm	Team	C015220
Rm 202/203		ID/AP: \$21	OD: 26.25	

### All Things Olympic!

8/10	S	6-8 pm	Team	C015220
Rm 202/203		ID/AP: \$21	OD: 26.25	

## Did you know we offer Personal Training?



### New pricing starts July 1st

1 session \$68.50 ID/ \$85.75 OD  
3 sessions \$205.50 ID/ \$257.25 OD  
6 sessions \$411 ID/ \$514.50 OD

## Hiring for Summer

- Camp Directors & Assitant Directors
- Camp Leaders & Assistants
- Instructors: Art, Dance, Cooking, Sports, Swim
- Party Leaders & Gym Monitors
- Inclusion Aides
- Lifeguards & Swim Instructors

**Indoor Playpark Closed for Summer.**  
**See you in the fall!**



## Fanno Farmers Nine-Month Preschool

### Fanno Farmhouse • 8405 SW Creekside Place

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.

**For more information please visit:**

[www.thprd.org/activities/preschool-programs](http://www.thprd.org/activities/preschool-programs)

Monday/Wednesday/Friday • 9 am-12 pm • 3-4 yrs  
\$390 per month • Sept.-May • Alliums

Monday/Wednesday/Friday • 1-4 pm • 4-5 yrs  
\$390 per month • Sept.-May • Shallots

Tuesday/Thursday • 9-11:30 am • 2½-3½ yrs  
\$285 per month • Sept.-May • Pearls

Tuesday/Thursday • 1-4 pm • 4-5 yrs  
\$305 per month • Sept.-May • Vidalias

\*Prices reflect In-District 2024-2025 rates.

## 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.

Monday/Wednesday/Friday • 9 am-12 pm  
4-5 yrs • Sept.-May • \$390 ID per month

Tuesday/Thursday • 9 am-Noon  
3-4 yrs • Sept.-May • \$305 ID per month

\*Prices reflect In-District 2024-2025 rates.

## THRIVE

### Afterschool Program

#### Teaching Healthy Responsible Individuals Values and Education

We provide high quality afterschool care in a safe and nurturing environment. We provide an active program for all abilities. Children take part in arts and craft projects, physical activities, cooking, enrichment activities and supervised homework time. Students are led in a group community service project. Program is available from school release time to 6 pm, Monday-Friday.

#### REGISTRATION: 2024-2025 School Year

- **Monday, May 6 - Sunday, May 12:** Registration opens for current participants.
- **Monday, May 13 - Wednesday, May 15:** Registration window for enrolled participant's siblings is open.
- **Thursday, May 16:** Open enrollment will begin provided space in the program remains.

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



## Arts & Crafts - Preschool

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
<b>Art Tots - Paint n' More</b> Children delight in exploring and creating art. We focus on techniques that demonstrate the elements of art including line, shape, form, color, and texture. Come prepared to get messy! Adult participation required. No unregistered siblings. No class 7/6, 8/3.				
6/22-8/24 (8) Rm 200	S	9:30-10:15 am ID/AP: \$60	2-4 yrs OD: \$75	CO14100
6/23-8/18 (9) Rm 200	Su	2-2:45 pm ID/AP: \$66	2-4 yrs OD: \$82.50	CO14101

## Arts & Crafts - Youth

<b>Art Adventures</b> Each week will be different using a variety of mediums including clay, pencils, paint, and more! No class 7/6, 8/3.				
6/22-8/24 (8) Rm 200	S	10:30-11:30 am ID/AP: \$72	7-11 yrs OD: \$90	CO14201
<b>Art and Graphic Novel Studios</b> Learn to use pictures, symbols, and text to convey information quickly and simply. The class will discuss different types of humor and employ elements of storytelling and graphic novel imagery. No class 7/6, 8/3.				
6/22-8/24 (8) Rm 200	S	1:30-2:30 pm ID/AP: \$72	7-11 yrs OD: \$90	CO14203
6/23-8/18 (9) Rm 200	Su	4:45-5:45 pm ID/AP: \$79	7-11 yrs OD: \$98.75	CO14204

<b>Art Odyssey</b> Students explore their creativity! Work with painting, drawing, collage, creative projects, and more. No class 7/6, 8/3.				
6/22-8/24 (8) Rm 200	S	11:45 am-12:45 pm ID/AP: \$72	11 ½-15 yrs OD: \$90	CO14202

<b>Drawing and Painting: Beyond the Basics</b> Explore and develop painting and drawing techniques that inspire and encourage individual expression through art. A variety of art materials used.				
6/23-8/18 (9) Rm 200	Su	3:15-4:15 pm ID/AP: \$79	7-10 yrs OD: \$98.75	CO14205

<b>Manga Magic Art Studio</b> Dive into the world of manga and anime character design! In this class artists will explore character costume and clothing creation, design, and world-building elements to make their characters come alive! This class is an excellent companion to Art and Graphic Novel Studios. No class 7/6, 8/3.				
6/22-8/24 (8) Rm 200	S	2:45-3:45 pm ID/AP: \$72	7-11 yrs OD: \$90	CO14206

## Arts & Crafts - Teen/Adult

<b>Fused Glass, Windchimes</b> In this class students are given precut base glass pieces and then using a large variety colors and shapes of glass, they will create their own unique wind chimes. This is a fun and popular project. No prior experience is required. Wind chimes are returned to students ready for hanging. Materials Fee - \$45 each - payable to the instructor in class.				
6/22 (1) Rm 203	S	11 am-1:30 pm ID/AP: \$23	14-adult OD: \$28.75	CO14503

<b>Fused Glass, Suncatcher</b> Create a sparkling suncatcher using a variety of colorful precut glass shapes. Students will receive these projects ready for hanging. Materials Fee - \$40 each, payable to instructor in class.				
7/20 (1) Rm 203	S	11 am-1:30 pm ID/AP: \$23	14-adult OD: \$28.75	CO14504

<b>Family Art</b> Bring your family and create something truly special with clay, paint, collage and more! Cost includes one child and one adult but only the child needs to register. No unregistered siblings.				
6/29 (1) Rm 200	S	5-7 pm ID/AP: \$48	6-12 yrs OD: \$60	CO14500A
7/13 (1) Rm 200	S	6-8 pm ID/AP: \$48	6-12 yrs OD: \$60	CO14501A
8/10 (1) Rm 200	S	6-8 pm ID/AP: \$48	6-12 yrs OD: \$60	CO14502A

## Dance - Preschool

<b>Ballet</b> Embrace the essence of ballet through structured barre work, enhancing strength, flexibility, and mastering jumps, turns, and ballet vocabulary. All levels welcome. No class 7/6 & 8/3.				
6/17-8/19 (10) Rm 204	M	4:15-5 pm ID/AP: \$80	4-6 yrs OD: \$100	CO11101
6/22-8/24 (8) Rm 204	S	2-2:45 pm ID/AP: \$64	3-6 yrs OD: \$80	CO11102

<b>Ballet Basics</b> A wonderful introduction to ballet steps and terminology. This class will teach children balance and poise while developing strength and coordination. No class 7/5.				
6/28-8/23 (9) Rm 204	F	2:30-3:15 pm ID/AP: \$64	4-6 yrs OD: \$80	CO11105

<b>Ballet Prep</b> This class bridges the gap between early childhood classes and other ballet offerings. Explore developmental ballet concepts such as balance, strength, control, coordination, and basic terminology. Techniques are introduced through props and fun music. No class 7/5.				
6/21-8/23 (9) Rm 204	F	10:45-11:30 am ID/AP: \$64	4-6 yrs OD: \$80	CO11106



### Dance classes: What should I wear?

Clothing that allows for a full range of movement such as leggings, tights, or sweatpants with a leotard or t-shirt. Shoes are determined by the style of the dance. (Ballet shoes or bare feet for ballet; athletic shoes for hip hop).

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



## Ballet/Tap

Discover the fundamentals of ballet and tap, fostering coordination, strength, and balance. Learn beginner techniques and nurture your skills while tapping into the world of dance. Tap shoes required. No class 7/6, 8/3.

6/26-8/21 (9)	W	5-5:45 pm	4-6 yrs	CO11103
Rm 204		ID/AP: \$72	OD: \$90	
6/22-8/24 (8)	S	11:15 am-12 pm	5-7 yrs	CO11104
Rm 204		ID/AP: \$64	OD: \$80	

## Broadway Kids

A star is born! Dive into the magic of basic ballet and jazz movements, ignite creativity through music, singing, and spatial awareness. No class 7/5.

6/28-8/23 (8)	F	12:30-1:15 pm	4-6 yrs	CO11107
Rm 204		ID/AP: \$64	OD: \$80	

## Creative Dance

Explore the artistry of movement! Experience rhythm, diverse dance techniques, and creative routines set to a variety of music and incorporates the use of dance props. No class 7/5, 7/6, 8/3.

6/28-8/23 (9)	F	3:30-4:15 pm	3-6 yrs	CO11108
Rm 204		ID/AP: \$64	OD: \$80	
6/22-8/24 (8)	S	3-3:45 pm	3-6 yrs	CO11109
Rm 204		ID/AP: \$64	OD: \$80	

## Dance and Tumble

Learn the fundamentals of dance with an introduction to tumbling and other gymnastics techniques often used in dance. No class 7/5.

6/21-8/23 (9)	F	1:30-2:15 pm	4-6 yrs	CO11110
Rm 204		ID/AP: \$72	OD: \$90	

## Dance Palooza

Not sure what kind of dance your child will like? Sample ballet, jazz, hip hop, and creative movement. We'll use props, move like animals, and play dance games. No class 7/6, 8/3.

6/26-8/21 (9)	W	4:15-5 pm	3-5 yrs	CO11111
Rm 204		ID/AP: \$72	OD: \$90	
6/28-8/24 (8)	S	10-10:45 am	3-5 yrs	CO11112
Rm 204		ID/AP: \$50	OD: \$62.20	

## Tiny Dancers

Tiny dancers will learn basic ballet movements and other forms of dance and improve both balance and coordination in a nurturing and fun environment. Props and fun music are incorporated. Adult participation required. No unregistered siblings. No class 7/5, 7/6, 8/3.

6/21-8/23 (9)	F	9-9:30 am	2 ½-3 yrs	CO11113
Rm 204		ID/AP: \$56	OD: \$70	
6/22-8/24 (8)	S	9-9:45 am	2 ½ -3 yrs	CO11114
Rm 204		ID/AP: \$64	OD: \$80	

## Tiny Tot Hip Hop

Young dancers will learn hip hop rhythm, musicality, coordination, and age-appropriate choreography to contemporary and upbeat music. No class 7/5.

6/28-8/23 (8)	F	9:45-10:30 am	4-6 yrs	CO11115
Rm 204		ID/AP: \$69	OD: \$80	

## Dance - Youth

### Ballet II

This class is designed for students who have had pre-ballet or beginning ballet classes and are ready to advance their skill development.

6/17-8/19 (10)	M	5:15-6 pm	6-9 yrs	CO11200
Rm 204		ID/AP: \$80	OD: \$100	

### Ballet/Tap/Jazz

This class will get you moving! Create music with your feet as we explore both classic Broadway tap and rhythm tap to popular tunes along with Ballet & Jazz. No class 7/6, 8/3.

6/22-8/24 (8)	S	12:15-1 pm	8-10 yrs	CO11202
Rm 204		ID/AP: \$64	OD: \$80	
6/26-8/21 (9)	W	6:15-7:15 pm	6-9 yrs	CO11201
Rm 204		ID/AP: \$89	OD: \$111.25	

### Broadway Bound/Theater

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

6/17-8/19 (10)	M	6:15-7:15 pm	6-9 yrs	CO11203
Rm 204		ID/AP: \$99	OD: \$123.75	

### Hip Hop

Young dancers will learn hip hop rhythm, musicality, coordination, and age-appropriate choreography to contemporary and upbeat music. No class 7/5, 7/6, 8/3.

6/22-8/24 (8)	S	4-5 pm	7-14 yrs	CO11206
Rm 204		ID/AP: \$79	OD: \$98.75	
6/28-8/23 (8)	F	5-5:45 pm	7-9 yrs	CO11204
Rm 204		ID/AP: \$64	OD: \$80	
6/28-8/23 (8)	F	6-7 pm	7-14 yrs	CO11205
Rm 204		ID/AP: \$79	OD: \$98.75	

## General Interest - Teen/Adult

### Adult Improv for Beginners

Unleash your creativity and boost confidence in this brand-new Adult Improv class for beginners. Dive into the world of spontaneous performance, laughter, and teamwork. No experience required just a willingness to have fun!

6/26-8/21 (9)	W	7:30-8:30 pm	14-adult	CO14506
Rm 204		ID/AP: \$100	OD: \$125	

### Family Trivia Night

Bring your family and test your trivia knowledge! Fun for all ages, everybody is welcome at Family Trivia Night! Price is per team, five player limit. Only one youth participant needs to register. Adult participation is required.

### Movie Magic

6/22	S	6-8 pm	Team	CO15220
Rm 202/203		ID/AP: \$21	OD: 26.25	

### Saving the World: Superheroes

7/20	S	6-8 pm	Team	CO15220
Rm 202/203		ID/AP: \$21	OD: 26.25	

### All Things Olympic!

8/10	S	6-8 pm	Team	CO15220
Rm 202/203		ID/AP: \$21	OD: 26.25	



## Sports - Preschool

### Developing Your Young Athlete

Together with your athlete, we'll encourage large motor skill development through a variety of fun games while introducing small children to group settings. The instructor provides skill guidance to parents/guardians. Adult participation required. No class 7/6 & 8/3.

6/22-7/20 (4) GYM #1	S	9-9:45 am ID/AP: \$39	2 ½-3 ½ yrs OD: \$48.75	C012100
7/27-8/24 (4) GYM #1	S	9-9:45 am ID/AP: \$39	2 ½-3 ½ yrs OD: \$48.75	C012101

### Munchkin Soccer

This soccer class will feature drills, games, and group activities which emphasize confidence, build self-esteem, teach teamwork, and improve both coordination and motor skills. Adult participation encouraged. No class 7/6 & 8/3.

6/22-7/20 (4) GYM #1	S	11-11:45 am ID/AP: \$39	4-6 yrs OD: \$48.75	C012104
7/27-8/24 (4) GYM #1	S	11-11:45 am ID/AP: \$39	4-6 yrs OD: \$48.75	C012105

### Munchkin Sports

Introducing youth to a variety of sports through games, drills, and activities. Sports classes are designed to engage preschoolers in sports while building confidence, learning new skills, growing self-esteem and teamwork. Building, developing, and improving coordination and motor skills. Adult participation encouraged. No class 7/6 & 8/3.

6/22-7/20 (4) GYM #1	S	10-10:45 am ID/AP: \$39	4-6 yrs OD: \$48.75	C012102
7/27-8/24 (4) GYM #1	S	10-10:45 am ID/AP: \$39	4-6 yrs OD: \$48.75	C012103

## Sports - Youth

### ADAPTIVE Sports

An inclusive sports-based program designed to provide the basics for participation in sports. Athletes play to their own level while developing important socialization skills and learning about peer unity through team play. No class 7/6 & 8/3.

6/22-7/20 (4) GYM #1	S	12-12:45 pm ID/AP: \$47	5-8 yrs OD: \$58.75	C012700
7/27-8/24 (4) GYM #1	S	12-12:45 pm ID/AP: \$47	5-8 yrs OD: \$58.75	C012701

### Basketball Drills & Scrimmage

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

6/18-8/20 (10) GYM #2	T	6-6:45 pm ID/AP: \$69	12-15 yrs OD: \$86.25	C012211
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### Basketball Hoops

Learn or develop your basketball skills. Emphasis on ball control, passing, dribbling, shooting, footwork, and game situations. No class 7/6 & 8/3.

6/22-8/24 (8) GYM #2	S	9-9:45 am ID/AP: \$56	6-8 yrs OD: \$70	C012200
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### Flag Football

Flag Football will be held at Greenway Park. Athletes will participate in football drills focusing on throwing, catching, running routes, and teamwork. No class 7/4.

6/20-8/22 (9) Greenway Park	Th	5-5:45 pm ID/AP: \$63	6-8 yrs OD: \$78.75	C012201
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### Girls Basketball

Girls will learn basic basketball skills including passing, ball control, dribbling, shooting and footwork. This is a great class for those just starting to build basketball skills. Girls will work together in a positive environment learning how to be part of a team. No class 7/4.

6/20-8/22 (9) GYM #2	Th	6-6:45 pm ID/AP: \$63	8-10 yrs OD: \$78.75	C012214
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### Girls Soccer

Through games and skill drills, girls will learn soccer basics including dribbling, trapping, passing, and more. Class emphasizes teamwork, fair play, and fun. Off-site location: Greenway Park. Shin guards recommended.

6/18-8/20 (10) Greenway Park	T	5-5:45 pm ID/AP: \$74	8-10 yrs OD: \$92.50	C012225
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### Soccer Drills & Scrimmage

Learn the fundamentals and proper techniques of soccer in this program. Develop ball control, passing, dribbling, and defensive skills. Skill development and scrimmages each week. Off-site location: Greenway Park. Bring water bottle. Shin guards recommended. No class 7/5.

6/21-8/23 (9) Greenway Park	F	5-5:45 pm ID/AP: \$63	9-12 yrs OD: \$78.75	C012223
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### Soccer Skills

Children will work on developing their soccer skills in an environment that encourages praise and positive reinforcement. This is a great place for your athlete make new friends and continue to explore all the fun that soccer has to offer. No class 7/6, 8/3.

6/22-8/24 (9) GYM #2	S	10-10:45 am ID/AP: \$63	5-7 yrs OD: \$78.75	C012202
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### Soccer Studs

Learn the fundamentals and proper techniques of soccer in this program. Develop ball control, passing, dribbling, and defensive skills. Skill development and scrimmages each week. Bring water bottle. Shin guards recommended. No class 7/5, 7/6, 8/3.

6/21-8/23 (9) Greenway Park	F	4-4:45 pm ID/AP: \$63	6-8 yrs OD: \$78.75	C012226
6/22-8/24 (8) GYM #2	S	11-11:45 am ID/AP: \$56	8-11 yrs OD: \$70	C012204

### Tennis Basics

Take this introductory class if you are new to the game of tennis or are starting to play after a prolonged layoff. Offsite location: Conestoga Middle School Tennis Courts. Bring water bottle. No class 7/5.

6/21-8/16 (8) CMS Tennis Courts	F	4-4:45 pm ID/AP: \$60	7-10 yrs OD: \$75	C012212
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### Pickleball Kids

Children will learn the basics of pickleball through exciting drills and games. Come learn about the fastest growing sport in America! No class 7/6.

6/29-7/19 (4) GYM #1	S	1-1:45pm ID/AP: \$30	8-11 yrs OD: \$37.50	C012208
8/10-8/24 (3) GYM #1	S	1-1:45pm ID/AP: \$27	8-11 yrs OD: \$37.75	C012209

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

## Teen Pickleball

Athletes will learn the basics of pickleball through exciting drills and games. Come learn about the fastest growing sport in America! No class 7/6 & 8/3.

6/29-8/24 (7)	S	2-2:45pm	12-15 yrs	C012207
GYM # 1		ID/AP: \$53	OD: \$66.25	

## Teens Tennis

Do you like tennis but don't know how to play it? Join this class and have fun learning basic tennis skills while meeting new friends. Off-site location: Conestoga Middle School Tennis Courts Bring water bottle. No class 7/5

6/21-8/16 (8)	F	5-5:45 pm	11-15 yrs	C012300
CMS Tennis Courts		ID/AP: \$60	OD: \$75	

## Sports & Fitness - Youth/Adult

### Navigate Your Weight Room

Learn machine adjustments, techniques for using equipment with confidence, and receive a basic exercise program during this 1.5 hour session. Small group format with a limit of 5 participants.

7/10 (1)	W	5:30-7 pm	14-adult	C0122549
Weight Room		ID/AP: \$18	OD: \$22.50	

## Family Tennis

Learn to play tennis with your athlete in this group class. Class held at Conestoga Middle School tennis courts. Adult participation required. No unregistered siblings. Cost includes one child and one adult. Bring water bottle. No class 7/5.

6/21-8/16 (8)	F	6-6:45 pm	4-6 yrs	C012500
CMS Tennis Courts		ID/AP: \$120	OD: \$150	

## Pickleball Beginners

Come learn about the fastest growing sport in America! Exciting drills and games will teach you the basics of pickleball. No class 7/6 & 8/3.

6/29-8/24 (7)	S	3-4 pm	16-adult	C012219
GYM #1		ID/AP: \$70	OD: \$87.50	

## Intermediate Pickleball

Intermediate Pickleball class is designed for players who have already gained basic skills and knowledge of the game but are looking to improve and refine their techniques, strategies, and overall performance on the pickleball court. No class 7/6 & 8/3.

6/23-8/18 (9)	S	1-2 pm	18-adult	C012210
GYM # 1		ID/AP: \$77	OD: \$96.25	

## Family Pickleball

Learn to play pickleball with your athlete in this group class. Adult participation required. No unregistered siblings. Cost includes one adult.

6/23-7/14 (4)	Su	12-12:45 pm	8-11 yrs	C012502
GYM #1		ID/AP: \$60	OD: \$75	
7/21-8/18 (5)	Su	12-12:45 pm	8-11 yrs	C012503
GYM #1		ID/AP: \$72	OD: \$90	



## Family Tennis

Learn to play tennis with your athlete in this group class. Class held at Conestoga Middle School tennis courts. Adult participation required. No unregistered siblings. Cost includes one child and one adult. Bring water bottle. No class 7/5.

6/21-8/16 (8)	F	6-6:45 pm	4-6 yrs	C012500
CMS Tennis Courts		ID/AP: \$120	OD: \$150	

## Karate Kids

Students will learn to build self-confidence, discipline, cooperation, effective communication, and motivation. In addition, they will learn basic blocks, punches, and kicks and progress through various skills in agility, flexibility, and strength. No class 7/4.

6/18-8/20 (10)	T	4-4:45 pm	6-8 yrs	C012263
Rm 204		ID/AP: \$71	OD: \$88.75	
6/20-8/22 (9)	Th	4-4:45 pm	6-8 yrs	C012264
Rm 204		ID/AP: \$64	OD: \$80	

## Beginning Karate

Students will learn to build self-confidence, discipline, cooperation, effective communication, and motivation. In addition, they will learn basic blocks, punches, and kicks and progress through various skills in agility, flexibility, and strength. White uniforms required. No class 7/4.

6/18-8/20 (10)	T	5-6pm	8-13 yrs	C012262
Rm 204		ID/AP: \$87	OD: \$108.75	
6/20-8/22 (9)	Th	5-6pm	8-13 yrs	C012265
Rm 204		ID/AP: \$79	OD: \$98.75	

## Beginning Karate Adults

Students will learn to build self-confidence, discipline, cooperation, effective communication, and motivation. In addition, they will learn basic blocks, punches, and kicks and progress through various skills in agility, flexibility, and strength. White uniforms required.

6/18-8/20 (10)	T	5-6pm	8-13 yrs	C012262
Rm 204		ID/AP: \$87	OD: \$108.75	

## Karate Intermediate

Students will learn to build self-confidence, discipline, cooperation, effective communication, and motivation. In addition, they will learn basic blocks, punches, and kicks and progress through various skills in agility, flexibility, and strength. Participants should have completed Karate Beginners before enrolling in this class or have instructor approval. White uniforms required. No class 7/4.

6/18-8/20 (10)	T	6:15-7:15 pm	13-adult	C012261
Rm 204		ID/AP: \$87	OD: \$108.75	

## Kendo: Japanese Fencing

Learn the basic skills and techniques of Japanese swordsmanship. Martial arts philosophy and manners will be presented. Additional \$36 fee for the bamboo practice sword is due first night of class, payable to Obukan Kendo Club. No class 7/5.

6/21-8/16 (8)	F	6:30-7:30 pm	10-adult	C012550
GYM #2		ID/AP: \$68	OD: \$85	



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

Classes are for ages 14+. For Conestoga's updated fitness schedule, visit [www.thprd.org/recreation/conestoga](http://www.thprd.org/recreation/conestoga)  
\*Day, time, and instructor of classes are subject to change without notice.

#### 20/20/20

Get three types of fitness for three times the fun! Aerobics to start, followed by strength training, and finishing with flexibility exercises.

#### Cardio Fusion

A work out that pairs moderate aerobics with exercises and dance moves that are designed to improve strength, balance and flexibility.

#### Dig Deep (Water Fitness)

Focus on range-of-motion, stretching and moderate aerobic activity. Float belts provided.

#### Kickboxing & Conditioning

A mixture of body weight strengthening exercises, high intensity interval training, and cardio kickboxing.

#### Low Impact Aerobics

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

#### Strength & Endurance

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

#### Tai Chi I

For the beginning student. Learn Tai Chi for better balance and Yang 8/10 Form.

#### Tai Chi II

Participants will learn, practice and do three Tai Chi forms - 24 Move Yang Style Tai Chi, 40 Move Yang "Competition" Style Tai Chi, and 13 Move Yang Saber Tai Chi. Chi Gong will also be included. Class not suitable for beginners.

#### Total Body Strength

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

#### Yoga, All Levels

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

#### Yoga, Flow

This dynamic style links breath and movement helping to build strength, stamina and flexibility.

#### Yoga/Mat Pilates

This class combines yoga, mat pilates and precise movements to improve joint function.

#### Restore & Renew

Slower-paced; allowing opening of the body versus stretching; supported releases; mindful activities providing stress relief and healthful benefits for the mind as well as the body. Using props, awareness, and relaxation to achieve results.

#### Zumba®

Forget the workout, just lose yourself in the music! Zumba® classes feature exotic rhythms set to high-energy Latin and international beats.

#### Zumba® Gold/Zumba® Toning

Forget the workout, just lose yourself in the music! Zumba® classes feature exotic rhythms set to high-energy Latin and international beats.

### Weight Room Orientation

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

\$60.75 ID/\$76 OD

#### Buddy Training

2-Person Small Group Training is a great way to get together and work out. A personal trainer will work with each group's goal and design a workout to meet those goals. Each session is an hour long. (Cost is per person; must have 2 in group at time of registration.) Both participants must register.

1 session \$51.50 ID/ \$64.50 OD

3 sessions \$154.50 ID/ \$193.50 OD

6 sessions \$309 ID/ \$387 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 \$68.50 ID/ \$85.75 OD

3 sessions \$205.50 ID/ \$257.25 OD

6 sessions \$411 ID/ \$514.50 OD

# Elsie Stuhr Center



**Lifelong Recreation, Arts, Fitness & Social Opportunities for People Age 55+**

**5550 SW Hall Blvd  
Beaverton, 97005  
503-629-6342**

TriMet Bus Routes #76, #78, #88

**Facility Supervisor:** Karol Johnston

**Hours:**

Monday	8 am-8 pm
Wednesday	8 am-6 pm
Tues/Thurs/Fri	8 am-2 pm

**Facility Closed:** 6/19 & 7/4

## Age and Membership Requirements

Adults 55 and better may participate at the Elsie Stuhr Center. Please note that adults 65 and better will qualify for the senior discount at the center. A THPRD identification card is required for all program/activity registrations. See page 5 for out of district information.

## Elsie Stuhr Center Drop-In Activities

- Pool (Billiards) open daily, Monday-Friday, 8am-2pm, \$5/month or \$1/day
- Cribbage: Mondays, 8am-10:30am
- Haircuts: Mondays, 2-5pm
- In Stitches (Knitting Group): Mondays, 10am-1:30pm
- Table Tennis: Mondays, 3-7 pm, Wednesdays 3-5pm
- Texas Hold'em: Tuesday, 9:30am-2pm
- Bridge: Wednesdays, 9:30-11:30am
- Bingo: Wednesdays, 11am-1pm
- Mah-jongg: Thursdays, 10am-1pm
- Stuhr Book Club: 3rd Thursdays, 10:30am-12pm
- Mexican Poker: 1st and 3rd Thursdays, 10am-12pm
- Bunko: 2nd & 4th Thursdays, 11am-2pm
- Pinochle: Fridays, 10am-1pm
- Chess/Go: Mondays/Wednesdays, 3-6pm

## Monthly Newsletter

The Sentinel is a monthly publication of the Elsie Stuhr Center that outlines the center's events. It may be emailed to you at no charge. Call us at 503-629-6342 for more information.



## Independence Day Luau



Join us in celebrating Independence Day in true summer fashion. There will be live music, lots of dancing and great food!

7/12 (1)	Friday	12-2 pm	ES17606B
Outside/Field Area (of ESC) ID/AP: \$10 SD: \$10 OD: \$12.50			

## The Grotto and Oregon Historical Society Museum



Join the Stuhr Center as we head to The Grotto and the Oregon Historical Society Museum in Portland. At The Grotto, enjoy a guided tour of its historical and cultural background, as well as spiritual and religious significance of statues, artwork, gardens and chapel. At the Oregon Historical Society, marvel at their vast collection of artifacts, photographs, maps, manuscript materials, books, films, and oral histories of our State. Price includes transportation, guided tours, entrance fees, lunch and escort.

## Facility Rentals & Party Packages at Elsie Stuhr Center

Let us host your next birthday party or special event! We have fun theme packages to make your event one to remember! Please call us at 503-629-6342 for more details and pricing information.



## Arts & Crafts

Dates (Weeks) Location	Time SD	Class # OD
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### Beginning Watercolor

Learn the basic watercolor skills exploring landscapes and still-life. Work at your own pace on group and individual projects. Supply list at the front desk. (Teresa)

6/20-8/22 (10) Spruce	Th ID/AP: \$143	12:30-2 pm SD: \$128.50	ES14608 OD: \$178.75
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### Container Gardening Workshop

Join us as a Master Gardener leads this outdoors hands-on class, where we will cover container and plant selection, soil preparation, watering methods and other considerations. Some containers, soil, and selected plant starts will be available, but participants are welcome to bring their own or other supplies, like small shovels or trowels. Gloves are highly recommended.

6/26 (1) Outside/Field Area (of ESC)	W ID/AP: \$10	9-11 am SD: \$9	ES14605B OD: \$12.50
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### Creative Painting

The instructor will be taking a 15-minute break scheduled from 10:30-10:45am and must be observed. This class explores both realism and abstract techniques in an inspiring, creative atmosphere using the paint medium of your choice; Oils, Acrylics, Watercolors, or Pastels are welcome. (Teresa) (No class 7/4)

6/17-8/19 (10) Spruce	M ID/AP: \$253	9 am-12 pm SD: \$227.50	ES14601 OD: \$316.25
6/20-8/22 (9) Spruce	Th ID/AP: \$228	9:15 am-12:15 pm SD: \$205	ES14602 OD: \$285

### Crocheting for the fun of it!

Learn the basics of crocheting and have fun making gifts for friends and loved ones. Class will have the option of working on a variety of projects. (Cheri)

6/18-8/20 (10) Cedar Rm	T ID/AP: \$149	12:30-2 pm SD: \$134	ES14614 OD: \$186.25
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# Welcome!

## Newcomers' Welcome!

Join us to learn all about the Elsie Stuhr Center! It's a great way to check out the variety of classes we offer while touring the facility.

**Tuesday, April 9<sup>th</sup> • 11am • Willow Room**

### Drawing

Brush up on sketching and learn new techniques working mostly with graphite from still-life and photos. Supply list at front desk. (Teresa)

6/26-8/21 (9) Spruce	W ID/AP: \$143	1-2:30 pm SD: \$128.50	ES14610 OD: \$178.75
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### Photography, All Levels

Take better pictures. Learn the settings on your camera and how they affect the quality of your photographs. There will be field trips and class will meet off site occasionally. For a week-to-week schedule, please contact the office. Lab time provided during class. Digital camera basics as a prerequisite is preferred, or instructor approval. (Bob)

6/26-8/21 (9) Cedar Rm	W ID/AP: \$134	9-10:30 am SD: \$120.50	ES14611 OD: \$167.50
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### Pottery

The instructor will be taking a 15-minute break scheduled from 11:30-11:45am and must be observed. This pottery class is a mix of beginners and experience students. Supplies included. Students are responsible to clean their own workspace after class. (Marjanna)

6/26-8/21 (9) Spruce	W ID/AP: \$242	10 am-1 pm SD: \$217.75	ES14603 OD: \$302.50
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### Printmaking

Learn basic skills in Drypoint, Lino/Woodcut and how to use a press.

6/17-8/19 (10) Spruce	M ID/AP: \$220	12:30-3 pm SD: \$198	ES14609 OD: \$275
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## Stained Glass

The instructor will be taking a 15-minute break scheduled from 10:30-10:45am and must be observed. Learn to build stained glass projects using the Tiffany-Style copper foil method. Step-by-step instruction covers pattern and glass selection, glass cutting, fitting, foiling, soldering skills and patina application. All levels welcome. Sharon

6/21-8/23 (10)	F	9 am-12 pm	ES14604
Spruce	ID/AP: \$253	SD: \$227.50	OD: \$316.25

## Wood Carving

Come and enjoy carving on your own projects with a helpful instructor or learn to carve in relief, round & cottonwood bark, 3 projects or more. \$20 lab fee for participants just starting out paid to instructor. Fee for wood and tools (Nancy)

6/18-8/20 (10)	T	10-11:30 am	ES14605
Spruce	ID/AP: \$158	SD: \$142	OD: \$197.50

## DANCE

### Salsa for Beginners

Welcome to our beginner salsa classes, Level 1! You'll learn the basic steps and scale up to more advanced moves, such as right turns for followers and leaders, the Cross Body Lead, and the Side Pass. Additionally, you'll refine techniques like the starting position, dancing on the ball of the feet, finger connection, resistance, hip movement, timing, and various position variations. Get ready to take your first steps and enjoy the salsa experience!

6/17-8/19 (10)	M	2-3 pm	ES11613
Oak Rm	ID/AP: \$109	SD: \$98	OD: \$136.25

### Salsa Sensation: Dance to the Rhythm

Unleash your inner dancer in a welcoming and supportive environment, perfect for those looking to stay active, socialize, and add a dash of excitement to their lives.

6/18-8/20 (10)	T	2-3 pm	ES11612
Oak Rm	ID/AP: \$109	SD: \$98	OD: \$136.25

### Salsa: Intermediate

At this level, you'll enhance your skills with more intricate moves and refined techniques. You'll learn steps like the Left Turn, Cross Body Lead with Inside Turn and Outside Turn, Open Break with Followers Right Turn, and the captivating Cumbia Step. Additionally, you'll explore advanced techniques, from molding in turns to using the torso, keeping the line for followers, maintaining a one-foot distance, chest-to-chest connection, hand/frame switch, hair comb/loop, torso movement, negative/positive connection, engaged lats, and leading for leaders on three dance tracks. Prepare to elevate your skills and enjoy salsa even more!

6/17-8/19 (10)	M	3-4 pm	ES11614
Oak Rm	ID/AP: \$109	SD: \$98	OD: \$136.25



## ENRICHMENT CLASSES

### Conversational English

Learn to carry on a conversation in English. (Mary Francis)

6/17-8/19 (10)	M	11 am-12 pm	ES15606
Willow	ID/AP: \$22	SD: \$19.75	OD: \$27.50

### Conversational Spanish

Learn to carry on a conversation in Spanish. (Mary Francis)

6/17-8/19 (10)	M	9:30-11 am	ES15607
Willow	ID/AP: \$34	SD: \$30.50	OD: \$42.50

### Horseshoe Pitching

Come take a class on horseshoe pitching at Elsie Stuhr Center! You'll learn the correct techniques and different methods of pitching from an expert instructor in our outdoor area. Historically played by US Presidents in their very own horseshoe pitching court at the White House, this game is a great way to stay sharp and fit.

6/21-8/23 (10)	F	9:30-11 am	ES14611B
Outside/Field Area (of ESC)	ID/AP: \$144	SD: \$129.50	OD: \$180

### Mah Jongg, Beginning

Learn the American version of an ancient Chinese game. Words like Bam, Crak, and Pung will be a part of your new vocabulary. Open to singles or couples. Sets are provided in class. (Tony)

6/18-8/20 (10)	T	10:30 am-12 pm	ES15623
Dogwood	ID/AP: \$71	SD: \$63.75	OD: \$88.75

### Piano for Beginners

Students will be taught the basic note values, note reading for ranges in the Middle-C Position, and C-Position, and basic dynamics used in piano. There will be lessons on music theory, sight and note reading, as well as listening exercises. This class is suitable for students who have no prior knowledge in music. Music and Theory exercises will be handed out and assigned by the instructor. The instructor will also tailor the lesson plans based on the assessment of each participant in the group class setting.

6/17-8/19 (10)	M	9-10:30 am	ES15627
Dogwood	ID/AP: \$212	SD: \$190.75	OD: \$265

### Piano, Intermediate

Level 2 (Intermediate) - pre-requisite: students must possess prior knowledge in note values and have basic note reading skills. The class continues the study of G-Position notes and playing more repertoire and technique using both hands. Bass clef notes will be made the main focus to strengthen hands together playing skills. Accidentals, triads, key signatures will also be introduced in class.

6/17-8/19 (10)	M	10:30 am-12 pm	ES15629
Dogwood	ID/AP: \$212	SD: \$190.75	OD: \$265

### Laughter Sessions

Well, we all have heard of the old saying laughter is the best medicine. Join us for some much needed relaxation and rejuvenation with this weekly Laughter Therapy class. We will decrease tension, stress and will boost our morale and well-being utilizing a combination of laughter exercises, play, affirmation, breathing, and mindfulness. You choose to play at your own level, ability, passion and willingness. Instructor: Stefano Iaboni

6/17-8/19 (10)	M	6-7:30 pm	ES15616
Willow	ID/AP: \$134.00	SD: \$120.50	OD: \$167.50

## Health & Wellness Groups

### Pre-Diabetes/Diabetes Support Group

A peer-to-peer education and support group focused on Pre-Diabetes and Diabetes.

First Thursdays 1-2 pm Cedar Rm

### Multiple Sclerosis Group

Beaverton MS Support Group is for anyone living with MS or you know someone or are related to someone with MS. The group talks about anything and everything about MS.

Second Thursdays 10 am-12 pm Cedar Rm

### Alzheimer's Support Group

Spouses, caregivers, family and friends of persons suffering from Alzheimer's disease and related dementia meet monthly.

Second Thursdays 12-2 pm Cedar Rm

### Stuhr Book Club

Come join us for a friendly and lively discussion on our book of the month. Book list can be found at the front desk.

Third Thursdays 10:30 am-12 pm Cedar Rm

### Visually Impaired People Beaverton

Come join a group of like-minded people to share stories, tips and information on low vision, and just have fun!

Fourth Thursdays 10-11am Cedar Rm

## FITNESS

### REVIVE, Exercise Recovery Program

Recovering from an illness or medical treatment? Regain your strength and create optimal health with this individualized and targeted exercise program. Exercise prescription/workout is based on medical status, fitness level and wellness goal. Medical Release & Health/Medical History Forms requested. (No class on 7/4)

6/18-7/18 (5)	T/Th	12-1 pm	ES12689
Fitness Room	ID/AP: \$106	SD: \$95.25	OD: \$132.50
7/23-8/22 (5)	T/Th	12-1 pm	ES12690
Fitness Room	ID/AP: \$118	SD: \$106	OD: \$147.50



## SPORTS

### Pickleball

Come join the fun and learn how to play America's fastest growing sport that is suitable for ages 5 to 99! You will learn the basic rules of pickleball to get you started on the court. Lessons on how to serve and hit the ball, footwork and movement will also be taught. Every class will start off with basic warm-up exercises, and drills. Pickleball etiquette, a game and scoring methods will also be introduced throughout the semester. Pickleball is safe and a great cardio activity that can be played at your own pace and level of intensity.

6/18-8/20 (10)	T	10:30 am-12 pm	ES12601
Outside/Field Area (of ESC)	ID/AP: \$135		SD: \$121.50
OD: \$168.75			



## HIKING

### Hike - Sandy River Delta

Head out on this 4-mile loop trail near Troutdale, Oregon, considered an easy hike with just 55 feet of elevation. Please bring a water bottle and wear appropriate hiking clothes and shoes. We will make sure everyone is ready to go with a warmup! Please bring a water bottle and wear appropriate hiking clothes and shoes.

6/22 (1)	S	9-11:30 am	ES12691
OffSite	ID/AP: \$11	SD: \$9.75	OD: \$13.75

### Hike- Triple Falls

Join us for this 3.4 mile out-and-back trail near Bridal Veil, Oregon. Considered a moderately challenging route, with 823 feet of elevation. We will make sure everyone is ready to go with a warmup! Please bring a water bottle and wear appropriate hiking clothes and shoes.

7/13 (1)	S	9-11:30 am	ES12692
OffSite	ID/AP: \$11	SD: \$9.75	OD: \$13.75

### Hike- Lower Macleay Park to Pittcock Mansion

Enjoy this 5.0 mile out-and-back trail near Portland, Oregon with 921 feet of elevation. This is a very popular area for birding and hiking and the skill level is considered moderate. We will make sure everyone is ready to go with a warmup! Please bring a water bottle and wear appropriate hiking clothes and shoes.

7/27 (1)	S	9-11:30 am	ES12693
OffSite	ID/AP: \$11	SD: \$9.75	OD: \$13.75

### Hike- Forest Park Wildwood and Hardesty Loop

Enjoy this 3.9 mile trail loop near Portland, Oregon with 433 feet of elevation. It takes an average of 1 hour 35 minutes to complete. Please bring a water bottle and wear appropriate hiking clothes and shoes.

8/17 (1)	S	9-11:30 am	ES12693A
OffSite	ID/AP: \$11	SD: \$9.75	OD: \$13.75

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

## SPECIAL EVENTS

### Independence Day Luau

Celebrate Independence Day in true summer fashion at the Elsie Stuhr Center Luau. There will be live musical entertainment brought to you by the Joel Parker Synergy Combo, red, white and blue leis, lots of dancing, and great food!

7/12 (1)	F	12-2 pm	ES17606B
Outside/Field Area (of ESC)	ID/AP: \$10	SD: \$10	OD: \$12.50

### Grandparents Camp! 6-10 year-olds

Calling all abuelas, babushkas, pop pops and mimis! Join us for an exciting week of intergenerational bonding and nature adventures at Grandparents Camp! Co-hosted in partnership with Elsie Stuhr Center, this camp is designed to create lasting memories and strengthen the special connection between grandparents and grandchildren. Throughout the week, the young and young-at-heart will have the opportunity to collaborate on nature-inspired crafts, learn about local flora and fauna, and participate in team-building games that strengthen familial bonds. Bring lunch, drinking water, two snacks, and a backpack daily. Limit of two (2) grandchildren per grandparent. Registration fee is per grandchild.

7/17-7/19	M-W	9am-1 pm	6-10 yrs	ES17600
Elsie Stuhr Center		ID/AP: \$116		OD: \$161.25

## TRIPS AND TOURS

### The Grotto and Oregon Historical Society Museum

Join the Stuhr Center as we head to The Grotto and the Oregon Historical Society Museum in Portland. At The Grotto, enjoy a guided tour of its historical and cultural background, as well as spiritual and religious significance of statues, artwork, gardens and chapel. At the Oregon Historical Society, marvel at their vast collection of artifacts, photographs, maps, manuscript materials, books, films, and oral histories of our State. Price includes transportation, guided tours, entrance fees, lunch and escort.

6/27 (1)	Th	9 am-4:30 pm	ES17615
OffSite	ID/AP: \$97	SD: \$87.25	OD: \$121.25

### Cannon Beach Trip

Come to Cannon Beach with the Elsie Stuhr Center. We'll spend a day out at this beautiful beach town, enjoying shopping, lunch, and the wonderful Haystack Rock. Price includes transportation, lunch and escort.

7/16 (1)	T	8:30 am-5 pm	ES17606
OffSite	ID/AP: \$72	SD: \$64.75	OD: \$90

### The Gorge Steamboat Cruise

Enjoy beautiful views of the Columbia River Gorge from the decks of a Steamboat built and operated as a replica of the sternwheelers that plied the Columbia beginning in the 1850s. Savor a three-course meal and take in the sights. Includes transportation, lunch, and escort.

8/8 (1)	Th	8:30 am-4:30 pm	ES17607
OffSite	ID/AP: \$182	SD: \$163.75	OD: \$227.50



### Come to Lunch at the Stuhr Center

Beaverton Meals on Wheels is the meal provider at the Elsie Stuhr Center. Come to lunch Mondays and Wednesdays from 11:30am-1pm. Cost per person is \$9.05. For those ages 60 and older, please donate what you are able. Entertainment provided while lunch is served.

**Meals on Wheels: 503-643-8352**



# TUALATIN HILLS PARK & RECREATION DISTRICT

## Fitness Class Intensity Guide

The following can be utilized as a guide to the type of fitness class you may be looking for.

**Athlete (Advanced Level)** - This is a class for those that exercise or participate in sports nearly every day. Higher intensity workouts with more challenging strength and conditioning portion. Floor work included. Exercise will help build reserve and maintain level of fitness, and provides conditioning for improving performance.

**Active Now (Intermediate Level)** - This class is for individuals who exercise at least twice a week and engage in physical activity most days of the week. Classes include moderate intensity, low impact exercise. May include moderate strength and stretching exercises. There will be optional floor work.

**Just getting started (Entry Level)** - This class is for beginners or those returning to exercise. Class includes basic steps, gentle pace, lower intensity. May include seated or standing light strength and stretching exercises. Class will help maintain and improve physical function to remain independent and prevent illness, disability or injury.

**Need a little help (Chair Fitness)**- This class is for those wishing to exercise while seated. Class includes rhythmic movement, range of motion, strength, balance, and stretching exercises. Class will help maintain or improve physical function for basic self-care.





## Elsie Stuhr Center Fitness Class Descriptions

### Athlete: Exercises almost every day or works at a physically demanding job.

**Aerobic Total Body Workout (TBW)** This class is designed for the experienced exerciser or fit newcomer. It includes warmup and low-impact aerobic conditioning with intervals of strength and endurance work.

**Functional Kettlebells** This class is a complement to those who have already been exercising regularly and who wish to translate their physical fitness into functional longevity. Become stronger for the fitness classes that you already love to do and also earn the skills to be physically independent longer as you age! This class slows down functional movement patterns and core strengthening exercises into methodical mindful practice using your own bodyweight, kettlebells, and incremental progressions. Not appropriate for beginners.

**TRX Circuit** This class is a total body workout. Circuit training allows you to move through a variety of strength and cardio stations utilizing weights, bands, and, the TRX. Come ready to sweat! This class is not appropriate for beginners.

**Women's Strength Training** This class is dedicated to women 55+ seeking an empowering environment to learn how to move independently with confidence. Exercises include aerobic and strength training through the use of equipment that can be modified for all levels.

### Active Now: These classes are for those who are active at least twice a week.

**20/20/20** Get three types of fitness for three times the fun! Aerobics to start, followed by strength training, and finishing with flexibility exercises.

**Yoga, All Levels** Practice poses with an emphasis on breath, alignment, symmetry and technique to build strength, flexibility and balance. Develop the mind-spirit connection in a structured, progressive format.

**Weight Room Circuit** This workout gets your heart rate up and strengthens your muscles at the same time! Learn to move through full ranges of motion safely and effectively with a variety of exercises and weight room equipment.

**Zumba Gold** A modified version of Zumba. Participants enjoy low-impact, simple moves.

### Getting Started: Entry level or those returning to exercise.

**Ageless Conditioning** Combines aerobic, strengthening and flexibility exercises specifically to enhance strength, balance, joint range of motion, mobility and extend independent living.

**Cardio Fusion** A workout that pairs moderate aerobics with exercises and dance moves that are designed to improve balance, coordination and flexibility. You'll also use light weights/bands for some toning work. This workout gets the heart rate up without stressing the knees, legs and lower back. Effective exercise, dance and music make for a fun workout.

**Essentrics** A workout that draws on the flowing movements of Tai Chi creating health and balance, principles of physiotherapy which create a pain free body, and strengthening theories. Floor work may be included at end of class.

**NeuroFitness for Parkinson's** This class addresses the common symptoms of Parkinson's disease (rigidity, hand dexterity, balance, gait, coordination and more). Engage the brain and body to encourage more fluid, balanced movement. Participants will be standing and moving about the room (chairs available as needed for balance assist and rest).

**Pilates** A low impact gentle form of exercise. Perfect for all levels of exercisers who are looking to remarkably increase their muscle strength/endurance, balance, range of motion, coordination and overall body awareness.

**Tai Chi, Basic Footwork & Balance** Designed for beginning students, class introduces concepts, focuses on balance and footwork and lays ground work for learning the Tai Chi Ch'uan 24 form.

**Tai Chi 24 Form Beginning** Designed for beginning students, this class introduces Tai Chi concepts and the first part (Forms 1 through 12). Practice meditative mind-body exercise with slow and rhythmical movements to increase balance, flexibility, muscle strength, and enhance well-being.

**Yoga, Gentle** Learn how to stretch with simple movements and conscious breathing; increase strength and flexibility and bring calmness to the mind. For students with little or no yoga experience.

**Yin Yoga** This class will consist of a series of long-held, passive floor poses for the shoulders, hips, pelvis, thighs, spine. Utilizing props for support, the poses are held for up to five minutes, sometimes longer.

### Needs a Little Help: For those wishing to exercise while primarily seated.

**Balance Basics** Beginning class to work on balance and stability by strengthening the hip/leg muscles and abdominal muscles; learn positive techniques and balance exercises to improve confidence. Includes seated moves and standing moves done with chair for support.

**FUNctional Chair Fitness** Move through a variety of exercises designed to improve strength, balance, and range of motion. A chair is available for seated or standing support.

**Total Body Workout (TBW) From A Chair with Balance** This class focuses on exercises for strength, full-body cardiovascular moves, and flexibility -- all while seated. Balance work will be with a chair for support. This is a great class to get fit and meet people.

**Yoga, Chair** Increase flexibility, balance, strength and calmness with yoga movements done from a chair. Yoga revitalizes the respiratory, nervous, endocrine, digestive and other major systems of the body.

Stop into the center for a paper copy of the schedule or find it online: <https://www.thprd.org/facilities/recreation/elsie-stuhr-center>. Classes and instructors are subject to change at any time without notice. We recommend checking the website for the most up-to-date schedule.



# Garden Home Recreation Center



**TUALATIN HILLS**  
PARK & RECREATION DISTRICT

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

TriMet Route #45

**Facility Supervisor:** Karol Johnston

## **Center Hours:**

Monday-Friday: 7 am-8:30 pm  
Saturday: 8 am- 1 pm  
Sunday: Closed

## **Holiday Hours:**

- **Juneteenth:** Wednesday, June 19: 9 am-2 pm
- **Independence Day:** Thursday, July 4: Closed
- **Labor Day:** Monday, September 2: Closed

## **Facility Features:**

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



## **Facility Rentals**



Garden Home Recreation Center is available for spaces rentals during building hours. This includes:

- Gym rentals
- Room rentals
- Birthday parties
- Gymnastics room party packages (NEW)

Visit our website or call 503-629-6341 for more information.

## **Events**

### **Pride Party**

**June 7, 2024 • 6-9 pm**



### **Fiesta de Frida: Frida Kahlo Birthday Celebration**

**Friday, July 5**



### **Canine Community Carnival**

**Sunday, August 25 • 9 am-12 pm**





**gardenhomelibrary.org | 503-245-9932**

**Hours: Monday-Friday, 10 am-6 pm  
Saturday, 10 am-3 pm**

Garden Home Community Library is located within our center. A member of Washington County Cooperative Library Services, the library opens the door to an incredibly rich, county-wide collection of books, movies, music, games and more. Visit to explore the collection, use a computer, printer or Wi-Fi, get reading recommendations, and relax.



**Join us for weekly story times on Wednesdays and Saturdays at 10 am!**

## Licensed Preschools

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

**Funny Farm Early Learning Center, Inc.**  
503-245-3107  
**Head Start** – 503-693-3262



## Have a good program idea?

Are you interested in teaching a new class?  
Contact Karol Johnston at [k.johnston@thprd.org](mailto:k.johnston@thprd.org)  
or call 503-629-6341 X 2340



**See you again in the fall!**

## West Portland & Beaverton Boxing

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



Registration is accepted anytime throughout the year.  
For more details, call Jason Marquait, head coach, at 503-246-0131. **Hablamos Español.**

## Fitness Classes and Drop-In Sports

See page 153 for Garden Home Recreation Center's description of classes.



**TUALATIN HILLS  
PARK & RECREATION DISTRICT**

# Rec Mobile

Every child deserves a chance at a healthy lifestyle that includes active play, challenging activities, creative projects, and encouraging mentors!

THPRD's Rec Mobile provides free athletic, artistic, and educational programs at local schools (in conjunction with their meal programs), parks and housing complexes.

Check [thprd.org](http://thprd.org) for our Summer outreach schedule and our FREE monthly Pokemon events with Oregon Pokemon.



THRIVE

Afterschool Program

Teaching Healthy, Responsible

Individuals Values and Education

We provide high quality afterschool care in a safe and nurturing environment. We provide an active program for all abilities. Children take part in arts and craft projects, physical activities, cooking, enrichment activities and supervised homework time. Students are led in a group community service project. Program is available from school release time to 6 pm, Monday-Friday.

REGISTRATION: 2024-2025 School Year

- Monday, May 6 - Sunday, May 12: Registration opens for current participants.
- Monday, May 13 - Wednesday, May 15: Registration window for enrolled participant’s siblings is open.
- Thursday, May 16: Open enrollment will begin provided space in the program remains.

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



Dance classes:  
What should I wear?

Clothing that allows for a full range of movement such as leggings, tights, or sweatpants with a leotard or t-shirt. Shoes are determined by the style of the dance. (Ballet shoes or bare feet for ballet; athletic shoes for hip hop; tap shoes for tap).

Dance - Preschool

Mini Dancers

Little ones will love participating in movement activities that incorporate dance, tumbling and playing with props like ribbons and scarves. The activities introduced will help develop balance, motor skills and more. Adult participation required; no unregistered siblings allowed in class.

7/1-8/19 (8)	M	9-9:45 am	2-3 yrs	GH11104
Rm 14		ID/AP: \$61	OD: \$76.25	

Dance Combo

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

7/1-8/19 (8)	M	10-10:45 am	3-5 yrs	GH11102
Rm 14		ID/AP: \$61	OD: \$76.25	
7/2-8/20 (8)	T	4-4:45 pm	3-5 yrs	GH11103
Rm 14		ID/AP: \$61	OD: \$76.25	

Pre-Ballet

A fun experience for young dancers first independent ballet class. Develop grace, good posture and coordination while dancing to loved songs. Basic ballet movements explored through age-appropriate games and dance props.

7/11-8/22 (7)	Th	4-4:45 pm	4-6 yrs	GH11105
Rm 14		ID/AP: \$53	OD: \$66.25	

Ballet/Tap

Sample two of the most fundamental dance forms in this fun class.

7/1-8/19 (8)	M	11:15 am-12 pm	4-6 yrs	GH11101
Rm 14		ID/AP: \$61	OD: \$76.25	
7/2-8/20 (8)	T	5-5:45 pm	4-6 yrs	GH11202
Rm 14		ID/AP: \$59	OD: \$73.75	





Dance – Youth

**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.

7/11-8/22 (7)	Th	5:05-6 pm	5-8 yrs	GH11201
Rm 14		ID/AP: \$64	OD: \$80	

**Ballet/Tap/Jazz**  
Ready for variety? We'll learn some basic techniques and fun routines in this fast-paced class. Tap shoes required. **No class 8/1.**

7/2-8/20 (8)	T	6:05-7 pm	6-9 yrs	GH11206
Rm 14		ID/AP: \$75	OD: \$93.75	

**Musical Theater**  
Develop your theater skills as we perform scenes from "High School Musical 2" with acting, singing, and dancing.

7/11-8/22 (7)	Th	6:05-7 pm	6-9 yrs	GH11203
Rm 14		ID/AP: \$64	OD: \$80	

Dance – Teen / Adult

**Teen/Adult Tap: Beginning/Intermediate**  
A great class for the new tapper or anyone who needs to review the basics. You'll be doing the soft shoe in just a few weeks! Tap shoes preferred, ballet shoes or socks acceptable. **No class 8/3.**

7/4-8/22 (8)	Th	7:15-8 pm	13-adult	GH11500
Rm 14		ID/AP: \$61	OD: \$76.25	

**Teen/Adult Tap: Advanced**  
This class is for the advanced tapper ready to explore complex rhythms and fun choreography. Must have at least 1 year of Tap experience or permission of instructor to register. **No class 8/1.**

7/2-8/20 (8)	T	7:05-8 pm	13-adult	GH11501
Rm 14		ID/AP: \$74	OD: \$92.50	

**Beginning Belly Dance**  
Learn the basic isolations and fluid movements of Belly Dance while building core strength and enhancing flexibility. Good for all levels, from beginners to dancers with previous experience who want to fine tune their skills. Class includes movement practice, veil work, and short choreography.

7/15-8/19 (6)	M	6:30-7:30 pm	adult-adult	GH11302
Rm 8		ID/AP: \$71	OD: \$88.75	



Cooking – Adults

**Adults Night Out: The Clean Kitchen Edition**  
This is the perfect class for healthy foodies! Join us for a glass of wine while learning how to make guilt-free snacks, appetizers, and dessert that satisfy your family's taste buds! **This class is for ages 21 +**

7/22 (1)	M	6-8 pm	adult-adult	GH15400
Kitchen		ID/AP: \$40	OD: \$50	



**Adults Night Out: The Lunch Box Edition**  
Schools are around the corner! Join other adults to learn how to meal prep for your child's lunch box using fun and healthy options! **This class is for ages 21 +**

7/29 (1)	M	6-8 pm	adult-adult	GH15401
Kitchen		ID/AP: \$40	OD: \$50	

Fitness – Adults

**Movement & Mimosas**  
This unique yoga workshop offers a delightful escape from the routine, where self-care meets conviviality. The mimosas, served in moderation, complement the yoga practice, adding a touch of celebration without overshadowing the mindfulness cultivated during the session. Whether you're a yoga enthusiast or a newcomer to the practice, this class promises a harmonious blend of relaxation, rejuvenation, and a hint of bubbly indulgence. **21+ event.**

6/15 (1)	S	11 am-12:30 pm	adult-adult	GH12573
Rm 8		ID/AP: \$30	OD: \$37.50	

## Garden Home Fitness Class Descriptions

### Cardio Fusion

A work out that pairs moderate aerobics with exercises and dance moves that are designed to improve strength, balance and flexibility.

### Essentrics

Strengthen and stretch every muscle in the body eccentrically, rebalancing the muscular structure in continuous rotational movements.

### Low Impact Aerobics

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

### FUNctional Chair Fitness

Move through a variety of exercises designed to improve strength and range of motion. A chair is available for seated or standing support.

### NIA Groove

This class combines yoga, mat pilates and moderate aerobic activity. Float belts and yoga flow. and precise movements to improve joint provided. function.

### MELT

Self-treatment that reduces chronic pain and heals injuries. Reduce inflammation, improve alignment and learn how to keep your whole body working better.

### Tai Chi II

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

### Tai Chi III

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

### Total Body Strength

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

### Yoga, Flow

This dynamic style links breath and movement helping to build strength, stamina and flexibility.

### Yoga, Gentle

Learn how to stretch with gentle movements and conscious breathing; increase strength and flexibility and bring calmness to the mind. For students with little or no yoga experience.

### Yoga, Hatha

This is a simply structured class to help people at any level use body alignment and simple breath to release negative thought patterns. As we think positively and relax, the body becomes more flexible, and we safely go into and through poses using breath, easily.

### Zumba®

ZUMBA® is a fusion of Latin and International music / dance themes are dynamic, exciting, and based on the principle that a workout should be FUN AND EASY TO DO.

To see current schedule visit: [www.thprd.org/facilities/recreation/garden-home](http://www.thprd.org/facilities/recreation/garden-home)  
Schedule and instructors are subject to change at any time.

## Weight Room Orientation

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

\$60.75 ID/\$76 OD

### Buddy Training

2-Person Small Group Training is a great way to get together and work out. A personal trainer will work with each group's goal and design a workout to meet those goals. Each session is an hour long. (Cost is per person; must have 2 in group at time of registration.) Both participants must register.

1 session \$51.50 ID/ \$64.50 OD

3 sessions \$154.50 ID/ \$193.50 OD

6 sessions \$309 ID/ \$387 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 \$68.50 ID/ \$85.75 OD

3 sessions \$205.50 ID/ \$257.25 OD

6 sessions \$411 ID/ \$514.50 OD

*A parental waiver is required for weight/cardio room use by anyone 14-16 years old.  
We request 24-hour cancellation on all personal training appointments.*



# Nature & Trails



**TUALATIN HILLS**  
PARK & RECREATION DISTRICT

**Nature & Trails Department**  
**Fanno Creek Service Center**  
**6220 SW 112th Avenue**  
**Beaverton, OR 97008**  
**503-629-6350**

**Greg Creager**  
Nature & Trails Supervisor

**Bruce Barbarasch**  
Nature & Trails Manager

THPRD offers nearly 160 natural areas. The Nature & Trails Department, with the support of the community, serves as the steward of these areas by managing wildlife habitat, native plant communities and the trails that guide you through these natural areas. These sites are important reminders of our natural heritage and provide a variety of benefits, including clean water, wildlife corridors and opportunities to connect with nature.

There are trails to suit every need spread throughout the park district, ranging from paved regional trails that connect to other cities and shopping areas to earthen trails that will help you explore neighborhood natural areas. Trail descriptions and downloadable maps are on our website: <http://www.thprd.org/parks-and-trails/trails/>. Printed maps that cover the entire park district are available for free at all THPRD facilities and select community destinations like libraries.



THPRDNature



## Visit Cooper Mountain Nature Park

**18892 SW Kemmer Rd., Beaverton, OR 97007**

Overlooking the Tualatin River Valley, Cooper Mountain Nature Park is located on the edge of Beaverton. This 230-acre park offers visitors 3½ miles of trails traversing the park and passing through each of its distinct habitats, from conifer forest to prairies and oak woodlands. Visitors are rewarded with grand views of the Chehalem Mountains, close-up looks at Oregon white oaks and a small prairie that has sat relatively undisturbed for hundreds of years. The park also features a nature play area for children.

Metro and THPRD work in partnership to manage Cooper Mountain Nature Park. Together the two agencies continue habitat restoration and wildlife monitoring, maintain hiking trails and the Nature House and provide environmental education programs to visitors of all ages.

## Visit Tualatin Hills Nature Park

**15655 SW Millikan Way, Beaverton, OR 97003**

The Tualatin Hills Nature Park provides a unique habitat for many plants and animals. Come explore the park's ponds, creeks, marshes and forests on 1½ miles of paved trails, four miles of secondary trails and 222 acres of ecologically diverse habitats.

*Both nature parks are open dawn to dusk. For the protection of wildlife, pets, including dogs, are not allowed at either park. Patrons must remain on trails to avoid poison oak and protect wildlife.*

# Nature Programs



**TUALATIN HILLS**  
PARK & RECREATION DISTRICT

**Tualatin Hills Nature Center**  
**15655 SW Millikan Way**  
**Beaverton, OR 97003 • 503-629-6350**

TriMet Bus Route #57, #62, #67  
Westside Light Rail (MAX) Blue Line - Merlo/158th

**Cooper Mountain Nature House**  
**18892 SW Kemmer Road**  
**Beaverton, OR 97007 • 503-629-6350**

Center Supervisor: Karen Munday

Park Hours: Dawn until dusk, unless otherwise posted.

#### Nature Center Hours:

Monday – Friday: 9 am – 5 pm  
Saturday: 10 am – 3 pm

Facility Closures: 6/19, 7/4, 9/2

#### Nature Center Offers:

- Nature Studies – Preschool, Youth & Family
- Nature Camps
- Events
- School and Group Programs
- Fitness



[www.facebook.com/THPRDNature](https://www.facebook.com/THPRDNature)



[www.instagram.com/tualatinhillsnaturecenter](https://www.instagram.com/tualatinhillsnaturecenter)

## Registration for Programs at Cooper Mountain Nature Park

Out-of-district patrons can register for Cooper Mountain Nature Park programs at the in-district fee rate. A THPRD residency card is required, at no extra charge, before registration begins. This special out-of-district fee exemption is only valid for Cooper Mountain Nature Park programs.

## Facility Rentals

The Tualatin Hills Nature Center and Cooper Mountain Nature House have limited capacity rental spaces for your next event. Rentals are available when programs are not in session. Please visit [thprd.org](http://thprd.org) or call 503-629-6350 for rates and availability.



## Nature Birthday Parties

Whether your child loves bugs, knows all about birds, or likes being outside, we can provide a memorable experience for your child's birthday. Our packages include:

- A one-hour nature program of your choice
- A party room with tables and chairs
- Easy access to the adjacent park

Program options for ages 3 -12 years include Bug Safari, Flying Feathered Friends, Forest Fairies & Gnomes, Mammal Mania, and Stories in the Forest. Visit [thprd.org](http://thprd.org) or call for details and to reserve your party.



## Nature Store

The Nature Store is in the Tualatin Hills Nature Center lobby and offers various gifts and nature-related books for all ages. All profits from store sales go back to the Tualatin Hills Park Foundation to provide scholarships for school field trips to the Tualatin Hills Nature Park.



## School Nature Programs: K-12<sup>th</sup> grade

Our experienced environmental educators lead these engaging, hands-on programs at nature parks and natural areas within walking distance of schools. Activities incorporate core concepts from the Next Generation Science Standards while fostering memorable outdoor learning experiences that cannot be duplicated in a classroom. Visit [www.thprd.org](http://www.thprd.org) to learn which programs help reinforce the scientific practices and crosscutting concepts your class is working on this year. Fill out our online request form at [www.thprd.org/activities/nature/group-nature-program-request/](http://www.thprd.org/activities/nature/group-nature-program-request/) to set up a program for your class.

**Locations:** Cooper Mountain Nature Park, Tualatin Hills Nature Park, other THPRD natural areas, or at your school!

## Group Nature Programs: All Ages

Perfect for preschools, scout troops, youth groups, homeschool groups, afterschool clubs, and businesses. Led by environmental education staff, these outdoor, hands-on, engaging programs can be scheduled year-round. Call today to schedule a guided hike for your group.

**Locations:** Cooper Mountain Nature Park, Tualatin Hills Nature Park, and other THPRD natural areas.



## Scouts in Nature: Girl Scouts

*Daisies, Brownies & Juniors*

A visit to a park is an excellent activity for your troop to do as part of a regular meeting or as an extra activity. Whether self-guided or led by one of our naturalists; scouts can work towards earning their petals and badges through nature exploration. We can customize a group program for your troop's needs to achieve your Hiker, Bug, Eco Learner, Animal Habitats, Flowers, Art Creator, and Explorer or Citizen Science badges. Fill out the Nature Program Request Form to schedule a badge or workshop program:

[www.thprd.org/activities/nature/girl-scout-programs](http://www.thprd.org/activities/nature/girl-scout-programs).





Nature Kids  
Preschool Program

This September-through-May nature-based program for preschoolers introduces developmentally appropriate activities throughout the year in a curriculum that focuses on experiential learning through exposure to nature and the changing seasons. Children develop skills through tactile activities, play, and academic experiences. There is guidance to advance their communication and problem-solving skills in a safe, active, natural environment.

Ages 3-4

Chipmunks

T/Th 9-11:30 am \$285/month (2024-25 school year)  
Tualatin Hills Nature Center

Hummingbirds

T/Th 9-11:30 am \$285/month (2024-25 school year)  
Jenkins Estate Gatehouse

Ages 4-5

Ladybugs

M/W/F 8:30-11:30 am \$390/month (2024-25 school year)  
Tualatin Hills Nature Center

Owls

M/W/F 1-4 pm \$390/month (2024-25 school year)  
Tualatin Hills Nature Center

Dragonflies

M/W/F 9 am-noon \$390/month (2024-25 school year)  
Jenkins Estate Gatehouse



Nature Studies – Youth/Family

Dates (Weeks) Location	Day	Time	Ages ID/AP/OD	Class #
Knee-High Naturalists				
Get outside, meet other families, and explore the wildlife in the Tualatin Hills Nature Park on these nature adventures. Price includes one child and two additional family members. An adult is required to accompany each registered child.				
6/22	S	10am-11am	2-5 yrs	NP15100
Tualatin Hills Nature Center			ID/AP: \$9	OD: \$11.25
7/13	S	10am-11am	2-5 yrs	NP15101
Tualatin Hills Nature Center			ID/AP: \$9	OD: \$11.25
8/3	S	10am-11am	2-5 yrs	NP15102
Tualatin Hills Nature Center			ID/AP: \$9	OD: \$11.25
8/24	S	10am-11am	2-5 yrs	NP15103
Tualatin Hills Nature Center			ID/AP: \$9	OD: \$11.25

Pequeños Naturalistas

Salga, conozca a otras familias y explore la vida silvestre en nuestro parque natural en estas aventuras de la naturaleza, dirigidas por nuestro guía que habla español. El precio es por un niño y dos miembros adicionales de la familia. Se requiere la participación de un adulto.

Get outside, meet other families, and explore the wildlife in the Tualatin Hills Nature Park on these nature adventures led by our Spanish-speaking nature guide. The price includes one child and two additional family members. An adult is required to accompany each registered child.

7/20	S	10am-11am	2-5 yrs	NP15110
Tualatin Hills Nature Center			ID/AP: \$9	OD: \$11.25
7/28	Su	2pm-3pm	2-5 yrs	NP15111
Tualatin Hills Nature Center			ID/AP: \$9	OD: \$11.25
8/17	S	10am-11am	2-5 yrs	NP15112
Tualatin Hills Nature Center			ID/AP: \$9	OD: \$11.25

Nature Adventures in Mindfulness

Join us as we create a nurturing space where young people can grow physically, mentally, and emotionally on their journey of self-discovery and connection to nature. We will weave together the benefits of spending time in nature with yoga, artistic expression, and self-soothing techniques to nurture their bodies and imaginations. Bring a water bottle and dress to spend time both indoors and outdoors. Yoga mats are available for use, or you can bring your own.

6/29	S	10am-11am	5-8 yrs	NP15250
Tualatin Hills Nature Center			ID/AP: \$12	OD: \$15
7/27	S	10am-11am	5-8 yrs	NP15251
Tualatin Hills Nature Center			ID/AP: \$12	OD: \$15
8/31	S	10am-11am	5-8 yrs	NP15252
Tualatin Hills Nature Center			ID/AP: \$12	OD: \$15

Park After Dark

Journey into the forest and enjoy the sights and sounds of nature at night. Spend the first part of the program learning about the featured nocturnal topic and then head out for a guided hike. The price is per person. An adult must register and accompany youth participants.

Fly by Night				
6/28	F	7pm-9pm	6 yrs-adult	NP15500
Tualatin Hills Nature Center			ID/AP/OD: \$18	
Sunset to Sunrise				
7/12	F	7pm-9pm	6 yrs-adult	NP15501
Tualatin Hills Nature Center			ID/AP: \$18	OD: \$22.50
Who is Tracking Who?				
7/26	F	7pm-9pm	6 yrs-adult	CM15500
Cooper Mountain Nature House			ID/AP/OD: \$18	
Sounds of the Night				
8/9	F	7pm-9pm	6 yrs-adult	NP15502
Tualatin Hills Nature Center			ID/AP: \$18	OD: \$22.50
continued				

**Twilight Howls and Coyote Prowl**  
8/23 F 7pm-9pm 6 yrs-adult CM15501  
Cooper Mountain Nature House ID/AP/OD: \$18

Nature Studies – Adult

**Bird Behaviors**  
This class is for enthusiasts seeking to deepen their birding skills by delving into the intricacies of bird identification through sound and behavior. In addition to using visual traits, enhance your ability to identify species using sound and habits.

6/22 S 9am-11am 16+ NP15400  
Tualatin Hills Nature Center ID/AP: \$18 OD: \$22.50

**Cooper Mountain Eco Regions**  
Oak savannas and oak woodlands are among the rarest ecosystems in Oregon, and Cooper Mountain features an excellent opportunity to learn about their unique ecological traits. Join Oregon Master Naturalist Rebecca Lexa for a walk and talk exploring the oaks and other features of Cooper Mountain Nature Park, and how we can preserve the remaining oaks of the Willamette Valley.

7/13 S 6pm-7:30pm 16+ CM15400  
Cooper Mountain Nature House ID/AP/OD: \$18

**Kokedama: Create a Moss Ball with Native Plants**  
Learn to create and care for a striking and unique Japanese moss ball using our own Pacific Northwest native plants to feature their beauty, versatility, and purpose for our habitat. Adorn your outdoor space by hanging in on your covered patio or balcony while helping our wildlife. The workshop includes all the materials for assembling your moss ball, a step-by-step breakdown of the process, and helpful care tips for keeping your creation happy and healthy. You will walk away with information about native plants, resources, and a moss ball for your home. For this class, cancellation or drops must be received seven days in advance. No refunds or credit will be given with less than seven days’ notice.

7/17 W 6-8pm 16+ NP15401  
Tualatin Hills Nature Center ID/AP: \$65 OD: \$81.25

**Bats and Brews**  
Learn about local bat species in Beaverton over a pint of local beer. We’ll delve into various myths associated with bats, helping you distinguish between bat facts and fiction! Then, we’ll venture into the park at dusk equipped with a bat detector to explore the realm of our nocturnal winged companions. Concluding with a discussion about bats, sharing insights on locations for your nighttime bat explorations.

8/17 S 7:30pm-9:30pm 21+ NP15402  
Tualatin Hills Nature Center ID/AP: \$33 OD: \$41.25

**Twilight Flyers: Unlocking the Mysteries of Bats**  
Enjoy the sights and sounds of nature at night at Cooper Mountain. We’ll begin the program indoors, exploring bat specimens and learning about local bat species, then venture into the park at dusk equipped with a bat detector to delve into the realm of our nocturnal winged companions.

8/21 W 7:30pm-9:30pm 16+ CM15401  
Cooper Mountain Nature House ID/AP/OD: \$18

**Guided Forest Bathing**  
Forest Bathing is a research-backed practice that supports wellness and deeper relationships with the natural world. You’ll immerse yourself in the forest, slow down, and breathe deeply. We’ll explore gentle and meditative practices, all while “bathing” in the sights, sounds, scents, and textures of the beautiful Tualatin Hills Nature Park.


8/24 S 10am-12pm 16+ NP15403  
Tualatin Hills Nature Center ID/AP: \$26 OD: \$35.50

**Fitness Classes at the Tualatin Hills Nature Center**  
**Yoga on the Mountain**  
Join us as we embark on an adventure at Cooper Mountain. Hike through oak and coniferous woodlands and fields, followed by a mindful yoga asana practice at the Nature House for more soul-nurturing connection. Bring essentials like comfortable shoes, sun protection, water, snacks, an outdoor blanket, and your yoga mat. Immerse yourself in a community experience, connecting consciously with nature, others, and yourself. Hike at 9am followed by Yoga at 10:30am.

8/3 S 9am-11:30am 14+ CM12500  
Cooper Mountain Nature House ID/AP/OD: \$34

Drop-In Yoga Classes

The Tualatin Hills Nature Center is offering evening yoga classes! Classes are for ages 14+. Day, time, and instructor of classes are subject to change without notice. For a complete list of THPRD fitness offerings, please visit [thprd.org/activities/fitness](https://thprd.org/activities/fitness). To view the nature center fitness drop-in schedule, please visit [thprd.org/facilities/nature/nature-center](https://thprd.org/facilities/nature/nature-center).



Nature Mobile

The Nature Mobile is a mobile classroom that allows THPRD's Nature Center staff to bring environmental education programs to schools, parks, libraries, and neighborhoods throughout the park district.

Look for the Nature Mobile at your neighborhood park and join us for free nature programs! Children of all ages are welcome with an adult. To view the locations, times, and topics schedule, visit our website: [www.thprd.org/facilities/nature/nature-mobile](https://www.thprd.org/facilities/nature/nature-mobile) or call 503-629-6350.





# Adaptive & Inclusive Recreation Services

## Recreation Services for People Experiencing Disabilities

Facility Supervisor: Karol Johnston

**Registration:** A THPRD identification card is required for all programs/activity registrations. Please see page 178 for out-of-district information.

### Inclusion Services

Inclusion Services is committed towards providing a continuum of staff support to children, teens, and adults with physical and developmental disabilities in order to make all THPRD programming more accessible. We believe that meeting the diverse needs of the community we serve promotes the dignity, success and enjoyment of all participants. Individuals looking for additional support in THPRD programs, or for more information about Inclusion Services, should call 503-619-3994 or email [inclusion@thprd.org](mailto:inclusion@thprd.org).

### THPRD Scholarships

Financial assistance is available through the THPRD Scholarship Program for in-district participants who qualify. See information on page 8 or call the Administrative Office at 503-619-3994.

### Adaptive & Inclusive Volunteers

Would you like to have a meaningful and positive impact in your community? Join us and have fun working with children, teens, and adults with developmental disabilities. Call us at 503-629-6342 for more information.

### TriMet Lift

Please schedule arrivals and pickups no more than 15 minutes before and no later than 15 minutes after registered/drop-in activities. Staff will not be available before or after that time.

**Address for Athletic Center:** 50 NW 158th Ave., Beaverton, 97006

**Address for the Elsie Stuhr Center:** 5550 SW Hall Blvd., Beaverton, 97005

**Please Note:** For safety and liability reasons, THPRD staff reserve the right to exclude any individual who displays aggressive or challenging behaviors that are inappropriate to a community setting or put the leader or another participant at risk of injury. Alternative program options will be recommended whenever possible.

## Adaptive & Inclusive Recreation Services Consists of Nine programs:

### Inclusion Services

Individualized supports for patrons experiencing disability in the registered class(es) of their choice. Available at recreation centers throughout the district. For more information about Inclusion Services, email [inclusion@thprd.org](mailto:inclusion@thprd.org).


### Monday Night Adult Therapeutic Recreation Classes (TR)

A recreation program for patrons 16 years of age and older with developmental disabilities. Weekly events and off-site activities are offered throughout the year. Classes are held year-round.

### Wednesday Night Teen Therapeutic Recreation Classes (TR)

A bi-weekly recreation program for teens ages 13-20 years of age with developmental disabilities. Events and off-site activities are offered throughout the year. Classes are not held in summer term.

### Inclusive Recreation Classes

Inclusive recreation classes for children and adults with and without disabilities are offered at recreation centers throughout the district. Inclusive classes are marked with a .

### Camp Rivendale

A summer day camp providing recreational opportunities for patrons who experience physical, emotions and/or developmental disabilities. For more information, email us at [camprivendale@thprd.org](mailto:camprivendale@thprd.org).

### Adaptive Sports Center

A recreation and sports program for children with physical and developmental disabilities. Classes are not held in summer term. For ages 5-11.

### Adaptive Mobile Recreation

THPRD's Adaptive Rec Mobile is a free drop-in program for people of all ages. This inclusive, community-based recreation program provides fun sensory friendly games, crafts, and other activities throughout our community. If you're interested in Adaptive Rec Mobile joining your own event, please contact us at (503)-629-6342.

### Inclusive Yoga

A drop-in recreation program for people of all ages and abilities. Yoga classes are held at Garden Home Recreation Center every Wednesday from 10:45am-11:45am.

### Adult Adventure Week

A summer day program for adults (21+) experiencing physical and developmental disabilities. This program includes on and off-site activities. For more information call 503-629-6342 or email [inclusion@thprd.org](mailto:inclusion@thprd.org).

**For more information on any of these program, call Inclusion at 503-629-6342 or email at [inclusion@thprd.org](mailto:inclusion@thprd.org).**

## Thursday Night All-stars Basketball

This is a recreation and socialization program for teens and adults (16+) with physical and developmental disabilities to play pickup games of basketball.

All-Stars consists of two games. Games are not based on skill level or ability. You are welcome to game 1 or game 2, but not both games.

**6:00-6:15 pm: Warm-up for 1st game**

**6:15-7:00 pm: Game #1**

**7:00-7:15 pm: Warm up for 2nd game**

**7:15-8:00 pm: Game #2**

**Location:** THPRD Athletic Center - 50 NW 158th Ave. Beaverton 97006

**Participation is on a drop-in basis and requires the following:**

- Completed medical/emergency information form
- Sign up before attending if you are a new participant
- Those requiring 1:1 assistance must bring an aide who is required to stay for the entire duration of the activity at the Athletic Center.

For more information, email [inclusion@thprd.org](mailto:inclusion@thprd.org) or call 503-629-6342.



## Thursday Night Wheelchair Basketball

Join THPRD for wheelchair basketball!

This drop-in program provides a weekly opportunity for youth and adults experiencing physical disabilities to play wheelchair basketball.

**When:** Most Thursdays, 6:30-7:45 pm.

**Location:** Tualatin Hills Athletic Center (15707 SW Walker Rd, Beaverton)

**Participation is on a drop-in basis and requires the following:**

- Completed medical/emergency information form
- Sign up before attending if you are a new participant
- Those requiring 1:1 assistance must bring an aide who is required to stay for the entire duration of the activity at the Athletic Center.

For more information about any of the listed programs, please call 503-629-6342 or email us at [inclusion@thprd.org](mailto:inclusion@thprd.org).



**August 17, 2024 • HMT Complex**

A fun, safe race that encourages athletes of all ages to compete to the best of their abilities. This triathlon is designed to be inclusive for everyone - bring positive energy and spirit to our TRI TOGETHER PEDAL RUN DIP event that includes:

- 50 or 100 yard swim
- 2 mile wheeled ride (bike/mobility device)
- 0.5 or 1 mile run

Participants can do the triathlon on their own, as part of a team or family and can use adaptive equipment as needed. Adaptive equipment available upon request.

**FREE!! All Abilities triathlon training opportunities:**

Swim Skills Saturday, June 29 12-1:30PM at Aquatic Center

Bike Basics Saturday, July 13 9-10:30AM at Athletic Center

Running Tips Saturday, July 27, 9-10:30AM at Athletic Center

More information at [www.thprd.org/events/tritgether](http://www.thprd.org/events/tritgether)

## Adult Therapeutic Recreation (TR)

Join us Monday nights for fun activities in this recreational and social program for teens and adults (16+) experiencing disabilities. Enjoy arts & crafts, dances, game nights and more.

**Cost:** ID/AP: \$5.50 OD:\$7.50

(Except where noted, for off-site activities)

**Date & Time:** Mondays, 6:30-8:30 pm

For more information and to get on our email list, please call, 503-629-6342. A THPRD Therapeutic Recreation Medical/Emergency Information form is required for all participants.

Those who require 1:1 support must have an aide that stays on site for the duration of the activity or event.

## Monday Night TR

**\*No TR on 6/10 or 8/19.**

Dates (Weeks) Location	Day	Time	Class Code OD
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### Summer Solstice Hike

Celebrate the beginning of summer by joining us on a hike at THPRD's very own Cooper Mountain Nature Park! This park offers grand views of the Chehalem Mountains, close-up looks at Oregon White Oaks and a small prairie filled with wildlife habitats. **Our Therapeutic Recreation (TR) programs are intended for individuals ages 16+ who experience disabilities. You must preregister for this program.**

6/17	M	6:30-8:30 pm	16+	TR15700
Elsie Stuhr Center			ID/AP: \$5.50	OD: \$7.50

### Cooking

Join us in learning the fundamentals of cooking in this hands-on class. In this class you'll learn a range of cooking techniques and will get to enjoy what you've made at the end of class! Please note that THPRD cannot guarantee an allergy-free environment. **Our Therapeutic Recreation (TR) programs are intended for individuals ages 16+ who experience disabilities. You must preregister for this program.**

6/24	M	6:30-8:30 pm	16+	TR15701
Elsie Stuhr Center			ID/AP: \$5.50	OD: \$7.50

### 4th of July Dance

Don't miss this opportunity to rock your red, white and blue! Bring your patriotic spirit and fun dance moves to our annual 4th of July Dance! Dinner and Drinks will be provided. **Our Therapeutic Recreation (TR) programs are intended for individuals ages 16+ who experience disabilities. You must preregister for this program.**

7/1	M	6:30-8:30 pm	16+	TR15702
Elsie Stuhr Center			ID/AP: \$5.50	OD: \$7.50

### Yoga & Portland Goat Parties

There aren't many things in this world that are better than yoga and baby goats... In this fun and unique class, a Certified Yoga Instructor will lead everyone through calming stretches and movements. For the last half of class, Portland Goat Parties will join us with baby goats! **Our Therapeutic Recreation (TR) programs are intended for individuals ages 16+ who experience disabilities. You must preregister for this program.**

7/8	M	6:30-8:30 pm	16+	TR15703
Elsie Stuhr Center			ID/AP: \$5.50	OD: \$7.50

### Disc Golf

Disc Golf, formally known as Frisbee Golf is a sport that can be played by people of all ages and abilities! Join us at THPRD's Greenway Park for a friendly game of Disc Golf! Meet at the Elsie Stuhr Center and we will shuttle everyone to and Greenway Park in THPRD vehicles. We will be leaving the Stuhr Center at 6:30 pm sharp, so please arrive before then. Discs for disc golf will be provided. **Our Therapeutic Recreation (TR) programs are intended for individuals ages 16+ who experience disabilities. You must preregister for this program.**

7/15	M	6:30-8:30 pm	16+	TR15704
Elsie Stuhr Center			ID/AP: \$5.50	OD: \$7.50

### Outdoor Nature Art

Creating art in nature is a great way to express creativity, reduce stress, and build confidence! In this class you'll have the opportunity to recreate the true beauty within our natural world. This art class will be led by experiences art instructor. You'll get to take home your masterpiece at the end of class! **Our Therapeutic Recreation (TR) programs are intended for individuals ages 16+ who experience disabilities. You must preregister for this program.**

7/22	M	6:30-8:30 pm	16+	TR15705
Elsie Stuhr Center			ID/AP: \$5.50	OD: \$7.50

### Walk-a-thon & Kona Ice

Come join new and old friends as we walk around a marked course at the Elsie Stuhr Center. Count your steps with one of our pedometers or walk at your own pace. All abilities are welcome! After, cool down with shaved ice from Kona Ice's food truck! **Our Therapeutic Recreation (TR) programs are intended for teens and adults (16+) who experience disabilities. You must preregister for this event.**

7/29	M	6:30-8:30 pm	16+	TR15706
Elsie Stuhr Center			ID/AP: \$5.50	OD: \$7.50

### Fitness Circuit

Circuit training is a fun workout that involves rotating through various fitness exercises! In this class everyone is encouraged to workout at their own pace and take breaks as needed. **Our Therapeutic Recreation (TR) programs are intended for individuals ages 16+ who experience disabilities. You must preregister for this program.**

8/5	M	6:30-8:30 pm	16+	TR15707
Elsie Stuhr Center			ID/AP: \$5.50	OD: \$7.50

### BBQ & Field Games

Join us as we celebrate the end of our summer season. Come prepared to bring on your friendly competition as we battle in various outdoor yard games like Cornhole, Horseshoe, Giant Jenga, and More! An end of celebration wouldn't be complete without a proper BBQ. Come hungry to enjoy some summer BBQ food favorites! Food and drinks will be provided! **Our Therapeutic Recreation (TR) programs are intended for individuals ages 16+ who experience disabilities. You must preregister for this program.**

8/12	M	6:30-8:30 pm	16+	TR15709
Elsie Stuhr Center			ID/AP: \$5.50	OD: \$7.50

### Swimming at Harman Swim Center

Let's go swimming! Meet us at the Elsie Stuhr Center and we will shuttle everyone to Harman Swim Center in THPRD vehicles. We will be leaving the Elsie Stuhr Center at 6:30 p.m. sharp, so please plan to arrive before then. We will return to the Elsie Stuhr Center by 8:30 p.m. Please bring your swimsuit, towel and dry clothes! **Our Therapeutic Recreation (TR) programs are intended for teens and adults (16+) who experience disabilities. You must preregister for this program.**

8/26	M	6:30-8:30 pm	16+	TR15708
Elsie Stuhr Center			ID/AP: \$5.50	OD: \$7.50

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

## Camp Rivendale

Camp Rivendale is a summer day camp program providing recreational opportunities for children, adolescents, and young adults experiencing physical and/or developmental disabilities. Campers are encouraged to explore areas of music, drama, visual arts, sports, nature, aquatics, and more! Weekly activities are designed to enhance camper's independence and confidence. Staff and volunteers help to cultivate peer relationships which allow campers to feel individually supported while promoting dignity, inclusivity, and adventure! On Wednesdays, we will go on a field trip to Harman Swim Center. Camp Rivendale is located at Jenkins Estate: 8005 SW Grabhorn Rd., Beaverton, OR 97007.

### Camp Rivendale is divided into two subgroups:

#### Wildflowers

For campers ages 6-12 with physical and/or developmental disabilities.

#### Rangers

For campers ages 13-20 with physical and/or developmental disabilities.

#### Registration Process:

Camp Rivendale registration is first-come-first served. You will be able to register as soon as summer registration begins. Please DO NOT wait to register because Camp Rivendale fills up very quickly!

At Camp Rivendale, we prioritize the safety, equity, and inclusion of our campers. To maintain our standards here at Tualatin Hills Parks and Recreation District, Camp Rivendale's program capacity is limited to 30 campers per week. Once capacity is reached, a waitlist will be created. Please note that being on our waitlist does not guarantee you a camper spot at Camp Rivendale. If a spot does open, a THPRD Adaptive & Inclusion staff will contact you directly. Then, you will have 48 hours to confirm or deny your enrollment.

**2024 Camp Rivendale Application** Within 1 week from the start of summer registration, you will be emailed the required paperwork and documentation for Camp Rivendale. All required paperwork and documentation must be filled out 1 week prior to the start date of every camp week(s).

#### Camp Rivendale Deposits and Balances:

The balance of all weeks will be due by 4pm on Monday, one week prior to the start day of every camp week(s). Payment for additional weeks can also be made online or at any THPRD facility. For additional questions about Camp Rivendale please email [camprivendale@thprd.org](mailto:camprivendale@thprd.org) or call (503)-629-6342.

### Wildflowers (Ages 6-12)

Week 1		CR17700
7/8-7/12	M-F	9 am-3 pm
ID: \$275	OD: \$368.75	
Week 2		CR17701
7/15-7/19	M-F	9 am-3 pm
ID: \$275	OD: \$368.75	
Week 3		CR17702
7/22-7/26	M-F	9 am-3 pm
ID: \$275	OD: \$368.75	

### Rangers (Ages 13-20)

Week 4		CR17703
7/29-8/2	M-F	9 am-3 pm
ID: \$275	OD: \$368.75	
Week 5		CR17704
8/5-8/9	M-F	9 am-3 pm
ID: \$275	OD: \$368.75	
Week 6		CR17705
8/12-8/16	M-F	9 am-3 pm
ID: \$275	OD: \$368.75	



**For Adult Summer Camp Activities, please see next page.**

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



## Adult Adventure Week

Adult Adventure Week is a summer day program for adults (21+) experiencing physical and developmental disabilities. You have the option to register for an individual day or the entire week.

Adult Adventure Week is held at Jenkins Estate, 8005 SW Grabhorn Rd. Beaverton, OR. 97007. Drop-off and pick-up will be at Jenkins Estate every day. All transportation for field trips will be provided by THPRD.

This recreation and socialization program is guaranteed to be filled with adventure!

### **Navigating Nature CR17706**

Join us as we kick-off Adult Adventure Week at Jenkins Estate for a full day of nature! This program will include onsite activities, crafts, hikes, and more! Don't forget to pack a lunch!

8/19	Monday	9 am-3 pm	21+
Jenkins Estate	ID: \$55	OD: \$73.75	

### **Bowling CR17707**

Join us at Jenkins Estate for a fun-filled day of crafts, group games and an offsite visit to a local bowling alley. Don't forget to pack a lunch!

8/20	Tuesday	9 am-3 pm	21+
Jenkins Estate	ID: \$55	OD: \$73.75	

### **Swimming CR17708**

Join us at Jenkins Estate for a fun-filled day of crafts, group games, and an offsite visit to Harman Swim Center. Don't forget to pack a lunch!

8/21	Wednesday	9 am-3 pm	21+
Jenkins Estate	ID: \$55	OD: \$73.75	

### **Oregon Zoo Trip CR17709**

Join us at Jenkins Estate for a fun-filled day of crafts, group games, and an offsite visit to The Oregon Zoo! Don't forget to pack a lunch!

8/22	Thursday	9 am-3 pm	21+
Jenkins Estate	ID: \$55	OD: \$73.75	

### **Summer Fun Day! CR17710**

Join us for a day of summer fun at Jenkins Estate! This program will include onsite activities, crafts, and more. Don't forget to pack a lunch!

8/23	Friday	9 am-3 pm	21+
Jenkins Estate	ID: \$55	OD: \$73.75	



# Babette Horenstein Tennis Center



**TUALATIN HILLS**  
PARK & RECREATION DISTRICT

**Babette Horenstein Tennis Center**  
**15707 SW Walker Road**  
**Beaverton, 97006**  
**503-629-6331**

TriMet Bus Routes: #67, 59

Facility Supervisor: Brian Yourstone

No class dates: 6/19, 7/4, 7/18

## Building Hours:

Monday-Thursday 9 am-10 pm

Friday 9 am-9 pm

Saturday-Sunday 8 am-7 pm

*Enjoy playing tennis via group and/or private lesson instruction, open play, social events, tournaments, league play and more.*

Follow us for updates and more!



@TennisCenter



@babettehorensteintenniscenter

## Babette Horenstein Tennis Center Features:

- 6 Indoor Tennis Courts (year round)
- 1 Outdoor Tennis Court (year round)
- 8 Seasonal Tennis Courts (outdoor from May – September, Indoor from October – April)
- 5 of our Tennis Courts have Pickleball lines (available for pickleball play at set times only)
- Showers available for \$3 for those not playing tennis. (Supply your own towel. Five minute maximum.)

## THPRD VOLUNTEERS!

For volunteer opportunities, email Jim Rankin, [j.rankin@thprd.org](mailto:j.rankin@thprd.org) or call 503-629-6331 x1523.

THPRD is a Net Generation USTA provider, a member of Tennis Industry Association, and a National Recreation & Park Association Tennis in the Parks member.



## Court Rates and Reservations

Courts at BHTC are available by reservation only.

- Courts become available for registration at 7:30 am a week prior for In-District Patrons (6 days prior for Out-of-District Patrons.)
- Reserve online at [www.thprd.org/portal](http://www.thprd.org/portal).
- Full payment must be made at the time the reservation is made. Payments accepted include cash, check, THPRD gift card or credit card, with a token (phone/in person). VISA, MasterCard or Discover are accepted. Sorry, no AMEX.
- Full refund if cancelled at least two days prior.
- Ball Machine available on Courts 1-6 for an additional \$6. Call for availability.

Due to the wide variety of programs we offer, we cannot guarantee court assignments, only court reservation time. Call for more information.

## Tennis Court Rate Per Hour\*

Indoor: \$26 ID/\$32.50 OD/ \$23.50 SR

Outdoor: \$12 ID/\$15 OD/ \$10.75 SR

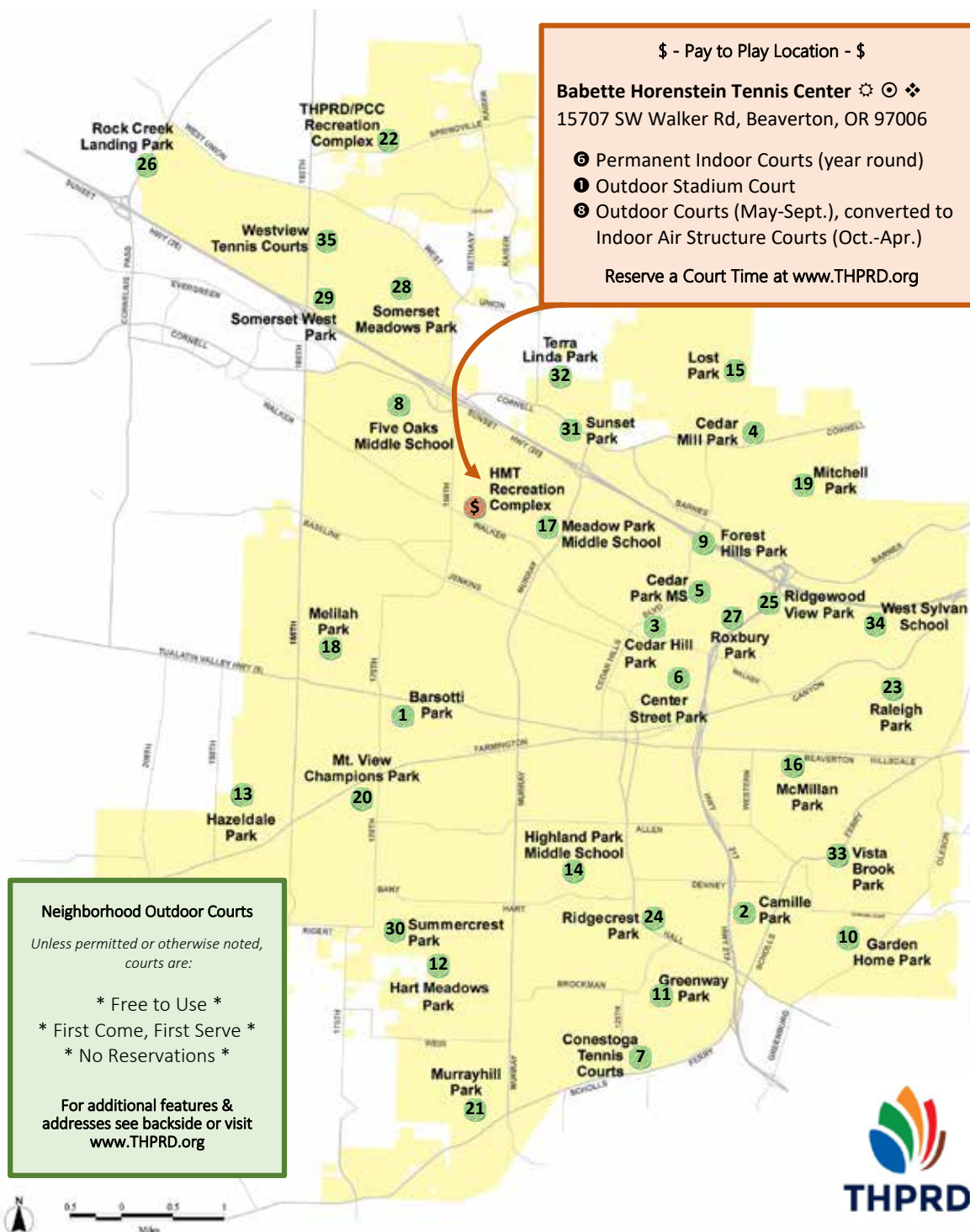
## Pickleball Court Rate Per Hour\*

Indoor: \$16 ID/\$20 OD/ \$14.50 SR

Outdoor: \$8 ID/ \$12.50 OD/ \$7.25 SR

\* Rates as of July 1, 2024. Pricing subject to change. Senior/ Military (SR) discount available to in-district residents only.

## Tualatin Hills Parks & Recreation District TENNIS COURTS MAP





## Play in the Parks

THPRD maintains 107 outdoor neighborhood tennis courts and 4 permanent pickleball courts at 35 park sites throughout our community. These courts are free to use and available on a first come first serve basis, unless otherwise noted. Please limit play to 60 minutes. Some sites may be permitted for programs or have a reservation option between 5/1 and 9/30. For more information, go to [www.thprd.org](http://www.thprd.org)



1. **Barsotti Park** ① △  
↳ Youth-Sized Only  
16610 SW Blanton St.
2. **Camille Park East** ② and West ②  
10299 SW Marjorie Ln.
3. **Cedar Hills Park** ③ ④ ⚙️ ⚡  
Pickleball Only. Reservations Available.  
2300 SW Cedar Hills Blvd
4. **Cedar Mill Park** ② ⚡ ④  
10385 NW Cornell Rd.
5. **Cedar Park MS** ④ ⚡ △  
11100 SW Park Way.
6. **Center Street Park** ②  
11895 SW Center St.
7. **Conestoga Middle School** ③ ⚡  
12250 SW Conestoga Dr.
8. **Elsie Struh Senior Center** ① ④  
↳ Pickleball Only  
5550 SW Hall Blvd
9. **Five Oaks Middle School** ④  
1600 NW 173rd Ave.
10. **Forest Hills Park** ② ⚡  
1070 SW Portola Ave.
11. **Garden Home Park** ② ⚡  
8020 SW 83rd Ave.
12. **Greenway Park** ② ⚡  
9150 SW Downing Dr.
13. **Hart Meadows Park** ②  
16999 SW Rigert Rd.
14. **Hazeldale Park** ②  
19500 SW Rosa Rd.
15. **Highland Park Middle School** ④  
7000 SW Wilson Ave.
16. **Lost Park** ②  
2120 NW 111th Ave.
17. **McMillian Park** ②  
4900 SW Chestnut Pl.
18. **Meadow Park Middle School** ④  
14100 SW Downing St.
19. **Melilah Park** ②  
2960 SW 182nd Ave.
20. **Mitchell Park** ② ⚡  
225 NW 93rd Pl.
21. **Mt. View Champions Park** ④  
5915 SW 170th Ave.
22. **Murray Hill** ②  
↳ No Car Access  
14845 SW Murray Scholls Dr.
23. **Parivar Park** ② ④  
↳ Pickleball Only  
7765 NW 167th Ave.
24. **PCC Rock Creek** ⑥ ⚙️ ⚡  
Reservations Available.  
17705 NW Springville Rd.
25. **Raleigh Park** ③ ⚡ ④ ⚡  
Reservations Available.  
3500 SW 78th Ave.
26. **Ridgecrest Park** ②  
7594 SW Cresmoor Dr.
27. **Ridgewood View Park** ② ④  
10001 SW Ardenwood St.
28. **Rock Creek Landing** ② ④  
21450 NW Rock Creek Blvd.
29. **Roxbury Park** ② ⚡  
2385 SW Roxbury Ave.
30. **Somerset Meadows Park** ② ⚡  
3400 NW Parkview Dr.
31. **Somerset West Park** ②  
18300 NW Park View Blvd.
32. **Summercrest Park** ②  
8138 SW 165th Ave.
33. **Sunset Park** ④ ⚡ ④  
13707 NW Science Park Dr.
34. **Terra Linda Park** ②  
13855 NW Pettygrove St.
35. **Vista Brook Park** ② ⚡  
6697 SW 88th Ave.
36. **West Sylvan Middle School** ②  
8111 SW West Slope Dr.
37. **Westview High School** ③  
4200 NW 185th Ave.

### LEGEND

- |                         |                               |                              |  |
|-------------------------|-------------------------------|------------------------------|--|
| ① Number of Courts      | △ 60' Youth-Sized Court Lines | ⚡ Backboards & Hitting Walls | ④ Pickleball Court Lines - bring own net |
| ↳ Notes or Restrictions | ⚙️ Lights                     |                              | ④ Pickleball Courts with Net             |



PREPARING FOR TENNIS CLASS

**Shoes:** Only Tennis Shoes with proper support should be worn. They are built with side-to-side movement in mind and offer more lateral stability.

*For your safety, no running shoes, cleated shoes, boots, sandals/open-toed shoes, heels, flats or other street shoes are allowed on the Tennis court.*



**Why use low-compression balls?** They bounce lower and slower which is perfect for teaching students of varying heights and skill levels.

Red Ball (36%)	Orange Ball (60%)	Green Dot Ball (75%)	Yellow Ball (100%)
Tiny Tots	8 & Under	10 & Under	High School
8 & Under	10 & Under	Jr. Development	Adv. Jr. Training
10 & Under	Jr. Development	High School	
	High School	Adv. Jr. Training	

**Choosing a Racquet:** Use the sizing guide below or have your child stand up straight and measure from the ground to the fingertip.

Racquet Size	Child's Age	Child's Height	Classes
21 inches	4-5 years	40-44"	Tiny Tots
23 inches	6-8 years	45-49"	8 & Under
25 inches	9-10 years	50-55"	10 & Under
26 inches	10+ years	Over 55"	Jr. Development, HS, Adv. Jr. Training

*THPRD has loaner racquets available to use during class, if you do not have your own.*

Tennis Partners



SUMMER TENNIS



SCAN

USTA PNW RecTennis offers affordable youth camps (ages 5-18) and adult tennis classes at local parks throughout Beaverton & Portland.

REGISTER AT RECTENNIS.COM



USTA  
PACIFIC NORTHWEST

OREGON  
ELITE • TENNIS

Oregon Elite Tennis is a high performance junior tennis academy. OET is designed for competitive junior players at the advanced or intermediate level. We help tennis players define and achieve their goals while emphasizing the fundamentals of tennis through footwork, proper stroke technique, strategy, and mental toughness. There are three levels of summer instruction.

- Level 1 Elite (Highest and most competitive)
- Level 2 Advanced / Intermediate tournament players
- Level 3 Intermediate and Beginning (For players starting to play competitive tournaments)

All levels are weekly camps running throughout the summer. If interested in participating please contact info@oet.tennis

Tennis Camps

Class #	Dates	Days	Times	ID/AP	OD	Sessions
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10 and Under Tennis Camp (Age 6-10 Years) Sunset Park

Are you looking for a week-long camp to enhance and develop your tennis skills? Camp will run for 3 hours each day. Players will work on tennis skills, hand-eye coordination drills, tennis games and Field Games and activities. Please bring a snack & water bottle to camp each day. Camp will take place outdoors at Sunset Park: 13707 NW Science Park Drive, Portland OR 97229.

TC12511	6/17-6/21	M/T/Th/F	9 am-12 pm	\$198	\$247.50	4
TC12512	6/24-6/28	M-Th/F	9 am-12 pm	\$248	\$310	5
TC12521	7/1-7/5	M/T/W/F	9 am-12 pm	\$198	\$247.50	4
TC12522	7/8-7/12	M-Th/F	9 am-12 pm	\$248	\$310	5
TC12531	7/15-7/19	M-Th/F	9 am-12 pm	\$248	\$310	5
TC12532	7/22-7/26	M-Th/F	9 am-12 pm	\$248	\$310	5
TC12533	7/29-8/2	M-Th/F	9 am-12 pm	\$248	\$310	5
TC12541	8/5-8/9	M-Th/F	9 am-12 pm	\$248	\$310	5
TC12542	8/12-8/16	M-Th/F	9 am-12 pm	\$248	\$310	5
TC12551	8/19-8/23	M-Th/F	9 am-12 pm	\$248	\$310	5

Junior Development Tennis Camp (Age 10-13) Somerset West Park

Are you looking for a week-long camp to enhance and develop your tennis skills? Camp will run for 3 hours each day. Players will work on tennis skills, hand-eye coordination drills, tennis games, Field Games and activities. Please bring a snack & water bottle to camp each day. Camp will take place outdoors at Somerset West Park: 18300 NW Parkview Blvd, Portland, OR 97229.

TC13511	6/17-6/21	M/T/Th/F	9 am-12 pm	\$198	\$247.50	4
TC13512	6/24-6/28	M-Th/F	9 am-12 pm	\$248	\$310	5
TC13521	7/1-7/5	M/T/W/F	9 am-12 pm	\$198	\$247.50	4
TC13522	7/8-7/12	M-Th/F	9 am-12 pm	\$248	\$310	5
TC13531	7/15-7/19	M-Th/F	9 am-12 pm	\$248	\$310	5
TC13532	7/22-7/26	M-Th/F	9 am-12 pm	\$248	\$310	5
TC13533	7/29-8/2	M-Th/F	9 am-12 pm	\$248	\$310	5
TC13541	8/5-8/9	M-Th/F	9 am-12 pm	\$248	\$310	5
TC13542	8/12-8/16	M-Th/F	9 am-12 pm	\$248	\$310	5
TC13551	8/19-8/23	M-Th/F	9 am-12 pm	\$248	\$310	5



## Youth Classes at BHTC

Children under 10 years of age must be visually supervised by a parent, guardian or caregiver at least 15 years of age

Class #	Dates	Days	Times	ID/AP	OD	Sessions
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### Tennis Tiny Tot Beginner (5-6 Years)

Development of coordination and motor skills with an emphasis on racquet handling and stroke production by hitting tennis balls. Instructor approval required for next level.

TC10111	6/17-6/20	M/T/Th	9-9:45 am	\$37	\$46.25	3
TC10112	6/17-6/20	M/T/Th	4-4:45 pm	\$37	\$46.25	3
TC10113	6/24-6/27	M-Th	9-9:45 am	\$50	\$62.50	4
TC10114	6/24-6/27	M-Th	4-4:45 pm	\$50	\$62.50	4
TC10121	7/1-7/3	M/T/W	9-9:45 am	\$37	\$46.25	3
TC10122	7/1-7/3	M/T/W	4-4:45 pm	\$37	\$46.25	3
TC10123	7/8-7/11	M-Th	9-9:45 am	\$50	\$62.50	4
TC10124	7/8-7/11	M-Th	4-4:45 pm	\$50	\$62.50	4
TC10131	7/15-7/17	M/T/W	9-9:45 am	\$37	\$46.25	3
TC10132	7/15-7/17	M/T/W	4-4:45 pm	\$37	\$46.25	3
TC10133	7/22-7/25	M-Th	9-9:45 am	\$50	\$62.50	4
TC10134	7/22-7/25	M-Th	4-4:45 pm	\$50	\$62.50	4
TC10135	7/29-8/1	M-Th	9-9:45 am	\$50	\$62.50	4
TC10136	7/29-8/1	M-Th	4-4:45 pm	\$50	\$62.50	4
TC10141	8/5-8/8	M-Th	9-9:45 am	\$50	\$62.50	4
TC10142	8/5-8/8	M-Th	4-4:45 pm	\$50	\$62.50	4
TC10143	8/12-8/15	M-Th	9-9:45 am	\$50	\$62.50	4
TC10144	8/12-8/15	M-Th	4-4:45 pm	\$50	\$62.50	4
TC10151	8/19-8/22	M-Th	9-9:45 am	\$50	\$62.50	4
TC10152	8/19-8/22	M-Th	4-4:45 pm	\$50	\$62.50	4

### 8 and Under Tennis Level 1 (Red Ball) Age 6 to 8

Learn the basic tennis skills: forehand and backhands, volleys, overhead and serve. This class is taught using red compression tennis balls. Instructor approval required for next level.

TC11111	6/17-6/20	M/T/Th	9-9:45 am	\$37	\$46.25	3
TC11112	6/17-6/20	M/T/Th	3:15-4 pm	\$37	\$46.25	3
TC11113	6/24-6/27	M-Th	9-9:45 am	\$50	\$62.50	4
TC11114	6/24-6/27	M-Th	3:15-4 pm	\$50	\$62.50	4
TC11121	7/1-7/3	M/T/W	9-9:45 am	\$37	\$46.25	3
TC11122	7/1-7/3	M/T/W	3:15-4 pm	\$37	\$46.25	3
TC11123	7/8-7/11	M-Th	9-9:45 am	\$50	\$62.50	4
TC11124	7/8-7/11	M-Th	3:15-4 pm	\$50	\$62.50	4
TC11131	7/15-7/17	M/T/W	9-9:45 am	\$37	\$46.25	3
TC11132	7/15-7/17	M/T/W	3:15-4 pm	\$37	\$46.25	3
TC11133	7/22-7/25	M-Th	9-9:45 am	\$50	\$62.50	4
TC11134	7/22-7/25	M-Th	3:15-4 pm	\$50	\$62.50	4
TC11135	7/29-8/1	M-Th	9-9:45 am	\$50	\$62.50	4
TC11136	7/29-8/1	M-Th	3:15-4 pm	\$50	\$62.50	4
TC11141	8/5-8/8	M-Th	9-9:45 am	\$50	\$62.50	4
TC11142	8/5-8/8	M-Th	3:15-4 pm	\$50	\$62.50	4
TC11143	8/12-8/15	M-Th	9-9:45 am	\$50	\$62.50	4
TC11144	8/12-8/15	M-Th	3:15-4 pm	\$50	\$62.50	4
TC11151	8/19-8/22	M-Th	9-9:45 am	\$50	\$62.50	4
TC11152	8/19-8/22	M-Th	3:15-4 pm	\$50	\$62.50	4

Class #	Dates	Days	Times	ID/AP	OD	Sessions
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### 8 and Under Tennis Level 1.5 (Orange Ball) Age 6 to 8

Continued skill development of hitting from a stationary position and while moving to the ball. Player will develop volley skills and awareness of court positioning for both singles and doubles play. Students will be introduced to game scoring along with an emphasis on rallying in different scenarios. Class is taught with orange compression balls. Instructor approval required prior to signing up for this level.

TC11211	6/17-6/20	M/T/Th	3:15-4 pm	\$37	\$46.25	3
TC11212	6/24-6/27	M-Th	3:15-4 pm	\$50	\$62.50	4
TC11221	7/1-7/3	M/T/W	3:15-4 pm	\$37	\$46.25	3
TC11222	7/8-7/11	M-Th	3:15-4 pm	\$50	\$62.50	4
TC11231	7/15-7/17	M/T/W	3:15-4 pm	\$37	\$46.25	3
TC11232	7/22-7/25	M-Th	3:15-4 pm	\$50	\$62.50	4
TC11233	7/29-8/1	M-Th	3:15-4 pm	\$50	\$62.50	4
TC11241	8/5-8/8	M-Th	3:15-4 pm	\$50	\$62.50	4
TC11242	8/12-8/15	M-Th	3:15-4 pm	\$50	\$62.50	4
TC11251	8/19-8/22	M-Th	3:15-4 pm	\$50	\$62.50	4

### 8 and Under Tennis Level 2 (Orange Ball) Age 6 to 8

Continued skill development of hitting from a stationary position and while moving to the ball. Player will develop volley skills and awareness of court positioning for both singles and doubles play. Students will be introduced to game scoring along with an emphasis on rallying in different scenarios. Class is taught with orange compression balls. Instructor approval required prior to signing up for this level.

TC11311	6/17-6/20	M/T/Th	3:15-4 pm	\$47	\$58.75	3
TC11312	6/24-6/27	M-Th	3:15-4 pm	\$63	\$78.75	4
TC11321	7/1-7/3	M/T/W	3:15-4 pm	\$47	\$58.75	3
TC11322	7/8-7/11	M-Th	3:15-4 pm	\$63	\$78.75	4
TC11331	7/15-7/17	M/T/W	3:15-4 pm	\$47	\$58.75	3
TC11332	7/22-7/25	M-Th	3:15-4 pm	\$63	\$78.75	4
TC11333	7/29-8/1	M-Th	3:15-4 pm	\$63	\$78.75	4
TC11341	8/5-8/8	M-Th	3:15-4 pm	\$63	\$78.75	4
TC11342	8/12-8/15	M-Th	3:15-4 pm	\$63	\$78.75	4
TC11351	8/19-8/22	M-Th	3:15-4 pm	\$63	\$78.75	4



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



Class #	Dates	Days	Times	ID/AP	OD	Sessions
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## 10 and Under Tennis Level 1 (Red Ball) Age 8 to 10

Introduction to the basic tennis skills: forehand, backhand, volley, overhead and serves. This class is taught using red compression balls. Instructor approval required for next level.

TC12111	6/17-6/20	M/T/Th	9:45-10:30 am	\$37	\$46.25	3
TC12112	6/17-6/20	M/T/Th	3:15-4 pm	\$37	\$46.25	3
TC12113	6/17-6/20	M/T/Th	5:15-6:15 pm	\$50	\$62.50	3
TC12114	6/24-6/27	M-Th	9:45-10:30 am	\$50	\$62.50	4
TC12115	6/24-6/27	M-Th	3:15-4 pm	\$50	\$62.50	4
TC12116	6/24-6/27	M-Th	5:15-6:15 pm	\$66	\$82.50	4
TC12121	7/1-7/3	M/T/W	9:45-10:30 am	\$37	\$46.25	3
TC12122	7/1-7/3	M/T/W	3:15-4 pm	\$37	\$46.25	3
TC12123	7/1-7/3	M/T/W	5:15-6:15 pm	\$50	\$62.50	3
TC12125	7/8-7/11	M-Th	9:45-10:30 am	\$50	\$62.50	4
TC12126	7/8-7/11	M-Th	3:15-4 pm	\$50	\$62.50	4
TC12127	7/8-7/11	M-Th	5:15-6:15 pm	\$66	\$82.50	4
TC12131	7/15-7/17	M/T/W	9:45-10:30 am	\$37	\$46.25	3
TC12132	7/15-7/17	M/T/W	3:15-4 pm	\$37	\$46.25	3
TC12133	7/15-7/17	M/T/W	5:15-6:15 pm	\$50	\$62.50	3
TC12134	7/22-7/25	M-Th	9:45-10:30 am	\$50	\$62.50	4
TC12135	7/22-7/25	M-Th	3:15-4 pm	\$50	\$62.50	4
TC12136	7/22-7/25	M-Th	5:15-6:15 pm	\$66	\$82.50	4
TC12137	7/29-8/1	M-Th	9:45-10:30 am	\$50	\$62.50	4
TC12138	7/29-8/1	M-Th	3:15-4 pm	\$50	\$62.50	4
TC12139	7/29-8/1	M-Th	5:15-6:15 pm	\$66	\$82.50	4
TC12141	8/5-8/8	M-Th	9:45-10:30 am	\$50	\$62.50	4
TC12142	8/5-8/8	M-Th	3:15-4 pm	\$50	\$62.50	4
TC12143	8/5-8/8	M-Th	5:15-6:15 pm	\$66	\$82.50	4
TC12144	8/12-8/15	M-Th	9:45-10:30 am	\$50	\$62.50	4
TC12145	8/12-8/15	M-Th	3:15-4 pm	\$50	\$62.50	4
TC12146	8/12-8/15	M-Th	5:15-6:15 pm	\$66	\$82.50	4
TC12151	8/19-8/22	M-Th	9:45-10:30 am	\$50	\$62.50	4
TC12152	8/19-8/22	M-Th	3:15-4 pm	\$50	\$62.50	4
TC12153	8/19-8/22	M-Th	5:15-6:15 pm	\$66	\$82.50	4

## 10 and Under Tennis Level 1 Clinic (Red Ball) Age 8 to 10

Introduction to the basic tennis skills: forehand, backhand, volley, overhead and serves. This class is taught using red compression balls. Instructor approval required for next level.

TC12117	6/29	S	9-10 am	\$17	\$21.25	1
TC12124	8/3	S	9-10 am	\$17	\$21.25	1
TC12147	8/17	S	9-10 am	\$17	\$21.25	1

Class #	Dates	Days	Times	ID/AP	OD	Sessions
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## 10 and Under Tennis Level 1.5 (Orange Ball) Age 8 to 10

Continued development of hitting ball from a stationary position and while moving to the ball. Player will develop volley skills and awareness of court positioning for both singles and doubles play. Students will be introduced to game scoring along with an emphasis on rallying in different scenarios. Class is taught using orange compression balls. Instructor approval required prior to signing up for this level.

TC12211	6/17-6/20	M/T/Th	3:15-4 pm	\$37	\$46.25	3
TC12212	6/24-6/27	M-Th	3:15-4 pm	\$50	\$62.50	4
TC12221	7/1-7/3	M/T/W	3:15-4 pm	\$37	\$46.25	3
TC12222	7/8-7/11	M-Th	3:15-4 pm	\$50	\$62.50	4
TC12231	7/15-7/17	M/T/W	3:15-4 pm	\$37	\$46.25	3
TC12232	7/22-7/25	M-Th	3:15-4 pm	\$50	\$62.50	4
TC12233	7/29-8/1	M-Th	3:15-4 pm	\$50	\$62.50	4
TC12241	8/5-8/8	M-Th	3:15-4 pm	\$50	\$62.50	4
TC12242	8/12-8/15	M-Th	3:15-4 pm	\$50	\$62.50	4
TC12251	8/26-8/29	M-Th	3:15-4 pm	\$50	\$62.50	4

## 10 and Under Tennis Level 2 (Orange Ball) Age 8 to 10

Continued development of hitting ball from a stationary position and while moving to the ball. Player will develop volley skills and awareness of court positioning for both singles and doubles play. Students will be introduced to game scoring along with an emphasis on rallying in different scenarios. Class is taught using orange compression balls. Instructor approval required prior to signing up for this level.

TC12311	6/17-6/20	M/T/Th	9:45-10:30 am	\$47	\$58.75	3
TC12312	6/17-6/20	M/T/Th	3:15-4 pm	\$47	\$58.75	3
TC12313	6/24-6/27	M-Th	9:45-10:30 am	\$63	\$78.75	4
TC12314	6/24-6/27	M-Th	3:15-4 pm	\$63	\$78.75	4
TC12321	7/1-7/3	M/T/W	9:45-10:30 am	\$47	\$58.75	3
TC12322	7/1-7/3	M/T/W	3:15-4 pm	\$47	\$58.75	3
TC12323	7/8-7/11	M-Th	9:45-10:30 am	\$63	\$78.75	4
TC12324	7/8-7/11	M-Th	3:15-4 pm	\$63	\$78.75	4
TC12331	7/15-7/17	M/T/W	9:45-10:30 am	\$47	\$58.75	3
TC12332	7/15-7/17	M/T/W	3:15-4 pm	\$47	\$58.75	3
TC12333	7/22-7/25	M-Th	9:45-10:30 am	\$63	\$78.75	4
TC12334	7/22-7/25	M-Th	3:15-4 pm	\$63	\$78.75	4
TC12335	7/29-8/1	M-Th	9:45-10:30 am	\$63	\$78.75	4
TC12336	7/29-8/1	M-Th	3:15-4 pm	\$63	\$78.75	4
TC12341	8/5-8/8	M-Th	9:45-10:30 am	\$63	\$78.75	4
TC12342	8/5-8/8	M-Th	3:15-4 pm	\$63	\$78.75	4
TC12343	8/12-8/15	M-Th	9:45-10:30 am	\$63	\$78.75	4
TC12344	8/12-8/15	M-Th	3:15-4 pm	\$63	\$78.75	4
TC12351	8/19-8/22	M-Th	9:45-10:30 am	\$63	\$78.75	4
TC12352	8/19-8/22	M-Th	3:15-4 pm	\$63	\$78.75	4



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



Class #	Dates	Days	Times	ID/AP	OD	Sessions
<b>10 and Under Tennis Level 2.5 (Orange Ball) Age 8 to 10</b>						
This class is taught with an emphasis on point play and rallying while continuing to develop the skills from Level 2. Players work on shot consistency, offensive and defensive shots, doubles and singles movement and specialty shots. Class is taught using orange compression balls. Instructor approval required prior to signing up for this level.						
TC12411	6/17-6/20	M/T/Th	4-5 pm	\$63	\$78.75	3
TC12412	6/24-6/27	M-Th	4-5 pm	\$84	\$105	4
TC12421	7/1-7/3	M/T/W	4-5 pm	\$63	\$78.75	3
TC12422	7/8-7/11	M-Th	4-5 pm	\$84	\$105	4
TC12431	7/15-7/17	M/T/W	4-5 pm	\$63	\$78.75	3
TC12432	7/22-7/25	M-Th	4-5 pm	\$84	\$105	4
TC12433	7/29-8/1	M-Th	4-5 pm	\$84	\$105	4
TC12441	8/5-8/8	M-Th	4-5 pm	\$84	\$105	4
TC12442	8/12-8/15	M-Th	4-5 pm	\$84	\$105	4
TC12451	8/19-8/22	M-Th	4-5 pm	\$84	\$105	4

Class #	Dates	Days	Times	ID/AP	OD	Sessions
<b>Junior Development Tennis Level 1 Clinic (Orange Ball) Age 10 to 13</b>						
This player is just starting to play tennis and is learning the basic skills of serving, backhands, forehands and volleys. This class will use orange compression balls. Instructor approval required for next level.						
TC13117	6/29	S	10-11 am	\$17	\$21.25	1
TC13124	8/3	S	10-11 am	\$17	\$21.25	1
TC13147	8/17	S	10-11 am	\$17	\$21.25	1

<b>Junior Development Tennis Level 1 (Orange Ball) Age 10 to 13</b>						
This player is just starting to play tennis and is learning the basic skills of serving, backhands, forehands and volleys. This class will use orange compression balls. Instructor approval required for next level.						
TC13111	6/17-6/20	M/T/Th	10:45-11:45 am	\$50	\$62.50	3
TC13112	6/17-6/20	M/T/Th	4-5 pm	\$50	\$62.50	3
TC13113	6/17-6/20	M/T/Th	5:15-6:15 pm	\$50	\$62.50	3
TC13114	6/24-6/27	M-Th	10:45-11:45 am	\$66	\$82.50	4
TC13115	6/24-6/27	M-Th	4-5 pm	\$66	\$82.50	4
TC13116	6/24-6/27	M-Th	5:15-6:15 pm	\$66	\$82.50	4
TC13121	7/1-7/3	M/T/W	10:45-11:45 am	\$50	\$62.50	3
TC13122	7/1-7/3	M/T/W	4-5 pm	\$50	\$62.50	3
TC13123	7/1-7/3	M/T/W	5:15-6:15 pm	\$50	\$62.50	3
TC13125	7/8-7/11	M-Th	10:45-11:45 am	\$66	\$82.50	4
TC13126	7/8-7/11	M-Th	4-5 pm	\$66	\$82.50	4
TC13127	7/8-7/11	M-Th	5:15-6:15 pm	\$66	\$82.50	4
TC13131	7/15-7/17	M/T/W	10:45-11:45 am	\$50	\$62.50	3
TC13132	7/15-7/17	M/T/W	4-5 pm	\$50	\$62.50	3
TC13133	7/15-7/17	M/T/W	5:15-6:15 pm	\$50	\$62.50	3
TC13134	7/22-7/25	M-Th	10:45-11:45 am	\$66	\$82.50	4
TC13135	7/22-7/25	M-Th	4-5 pm	\$66	\$82.50	4
TC13136	7/22-7/25	M-Th	5:15-6:15 pm	\$66	\$82.50	4
TC13137	7/29-8/1	M-Th	10:45-11:45 am	\$66	\$82.50	4
TC13138	7/29-8/1	M-Th	4-5 pm	\$66	\$82.50	4
TC13139	7/29-8/1	M-Th	5:15-6:15 pm	\$66	\$82.50	4
TC13141	8/5-8/8	M-Th	10:45-11:45 am	\$66	\$82.50	4
TC13142	8/5-8/8	M-Th	4-5 pm	\$66	\$82.50	4
TC13143	8/5-8/8	M-Th	5:15-6:15 pm	\$66	\$82.50	4
TC13144	8/12-8/15	M-Th	10:45-11:45 am	\$66	\$82.50	4
TC13145	8/12-8/15	M-Th	4-5 pm	\$66	\$82.50	4
TC13146	8/12-8/15	M-Th	5:15-6:15 pm	\$66	\$82.50	4
TC13151	8/19-8/22	M-Th	10:45-11:45 am	\$66	\$82.50	4
TC13152	8/19-8/22	M-Th	4-5 pm	\$66	\$82.50	4
TC13153	8/19-8/22	M-Th	5:15-6:15 pm	\$66	\$82.50	4

<b>Junior Development Tennis Level 1.5 (Orange Ball) Age 10 to 13</b>						
Continued development of hitting from a stationary position and while moving to the ball. Development of volley skills and awareness of court positioning for both singles and doubles play. Students will be introduced to game scoring along with an emphasis on rallying in different scenarios. Class is taught using orange compression balls. Instructor approval required prior to signing up for this level.						
TC13211	6/17-6/20	M/T/Th	4-5 pm	\$50	\$62.50	3
TC13212	6/24-6/27	M-Th	4-5 pm	\$66	\$82.50	4
TC13221	7/1-7/3	M/T/W	4-5 pm	\$50	\$62.50	3
TC13222	7/8-7/11	M-Th	4-5 pm	\$66	\$82.50	4
TC13231	7/15-7/17	M/T/W	4-5 pm	\$50	\$62.50	3
TC13232	7/22-7/25	M-Th	4-5 pm	\$66	\$82.50	4
TC13233	7/29-8/1	M-Th	4-5 pm	\$66	\$82.50	4
TC13241	8/5-8/8	M-Th	4-5 pm	\$66	\$82.50	4
TC13242	8/12-8/15	M-Th	4-5 pm	\$66	\$82.50	4
TC13251	8/19-8/22	M-Th	4-5 pm	\$66	\$82.50	4

<b>Junior Development Tennis Level 2 (Orange Ball) Age 10 to 13</b>						
Continued development of hitting from a stationary position and while moving to the ball. Development of volley skills and awareness of court positioning for both singles and doubles play. Students will be introduced to game scoring along with an emphasis on rallying in different scenarios. Class is taught using orange compression balls. Instructor approval required prior to signing up for this level.						
TC13311	6/17-6/20	M/T/Th	10:45-11:45 am	\$63	\$78.75	3
TC13312	6/17-6/20	M/T/Th	4-5 pm	\$63	\$78.75	3
TC13313	6/24-6/27	M-Th	10:45-11:45 am	\$84	\$105	4
TC13314	6/24-6/27	M-Th	4-5 pm	\$84	\$105	4
TC13321	7/1-7/3	M/T/W	10:45-11:45 am	\$63	\$78.75	3
TC13322	7/1-7/3	M/T/W	4-5 pm	\$63	\$78.75	3
TC13323	7/8-7/11	M-Th	10:45-11:45 am	\$84	\$105	4
TC13324	7/8-7/11	M-Th	4-5 pm	\$84	\$105	4
TC13331	7/15-7/17	M/T/W	10:45-11:45 am	\$63	\$78.75	3
TC13332	7/15-7/17	M/T/W	4-5 pm	\$63	\$78.75	3
TC13333	7/22-7/25	M-Th	10:45-11:45 am	\$84	\$105	4
TC13334	7/22-7/25	M-Th	4-5 pm	\$84	\$105	4
TC13335	7/29-8/1	M-Th	10:45-11:45 am	\$84	\$105	4
TC13336	7/29-8/1	M-Th	4-5 pm	\$84	\$105	4
TC13341	8/5-8/8	M-Th	10:45-11:45 am	\$84	\$105	4
TC13342	8/5-8/8	M-Th	4-5 pm	\$84	\$105	4
TC13343	8/12-8/15	M-Th	10:45-11:45 am	\$84	\$105	4
TC13344	8/12-8/15	M-Th	4-5 pm	\$84	\$105	4
TC13351	8/19-8/22	M-Th	10:45-11:45 am	\$84	\$105	4
TC13352	8/19-8/22	M-Th	4-5 pm	\$84	\$105	4

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

Class #	Dates	Days	Times	ID/AP	OD	Sessions
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## Junior Development Tennis Camp Level 2+ (Age 10-13)

Are you looking for a week-long camp to enhance and develop your tennis skills? Camp will run for 3 hours each day. Players will work on tennis skills, hand-eye coordination drills, tennis games and Field Games and activities. Please bring snack & water bottle to camp each day.

TC13611	6/17-6/20	M/T/Th	9-11:30 am	\$158	\$197.50	3
TC13612	6/24-6/27	M-Th	9-11:30 am	\$210	\$262.50	4
TC13621	7/1-7/3	M/T/W	9-11:30 am	\$158	\$197.50	3
TC13622	7/8-7/11	M-Th	9-11:30 am	\$210	\$262.50	4
TC13631	7/15-7/17	M/T/W	9-11:30 am	\$158	\$197.50	3
TC13632	7/22-7/25	M-Th	9-11:30 am	\$210	\$262.50	4
TC13633	7/29-8/1	M-Th	9-11:30 am	\$210	\$262.50	4
TC13641	8/5-8/8	M-Th	9-11:30 am	\$158	\$197.50	4
TC13642	8/12-8/15	M-Th	9-11:30 am	\$210	\$262.50	4
TC13651	8/19-8/22	M-Th	9-11:30 am	\$210	\$262.50	4

## Junior Development Tennis Level 2.5 (Green Ball) Age 10 to 13

This class is taught with an emphasis on point play and rallying while continuing to develop the skills from level 2. Players work on shot consistency, offensive and defensive shots, doubles and singles movement and specialty shots. Class is taught using green compression balls. Instructor approval required prior to signing up for this level.

TC13411	6/17-6/20	M/T/Th	4-5 pm	\$63	\$78.75	3
TC13412	6/24-6/27	M/T/Th	4-5 pm	\$63	\$78.75	3
TC13421	7/1-7/3	M/T/W	4-5 pm	\$63	\$78.75	3
TC13422	7/8-7/11	M-Th	4-5 pm	\$84	\$105	4
TC13431	7/15-7/17	M/T/W	4-5 pm	\$63	\$78.75	3
TC13432	7/22-7/25	M-Th	4-5 pm	\$84	\$105	4
TC13433	7/29-8/1	M-Th	4-5 pm	\$84	\$105	4
TC13441	8/5-8/8	M-Th	4-5 pm	\$84	\$105	4
TC13442	8/12-8/15	M-Th	4-5 pm	\$84	\$105	4
TC13451	8/19-8/22	M-Th	4-5 pm	\$84	\$105	4

## Advance Junior Training Tennis Camp Level 3+ (10 to 13 Years)

Are you looking for a week-long class to enhance and develop your tennis skills? Class will run for 3 hours each day. Players will work on skill development, stroke production, offensive and defensive skill and strategies along with focus on Singles and Doubles work. Class will take place indoors at BHTC: 15707 SW Walker Road, Beaverton, OR 97006.

TC13711	6/17-6/20	M/T/Th	12-2:30 pm	\$158	\$197.50	3
TC13712	6/24-6/27	M-Th	12-2:30 pm	\$210	\$262.50	4
TC13721	7/1-7/3	M/T/W	12-2:30 pm	\$158	\$197.50	3
TC13722	7/8-7/11	M-Th	12-2:30 pm	\$210	\$262.50	4
TC13731	7/15-7/17	M/T/W	12-2:30 pm	\$158	\$197.50	3
TC13732	7/22-7/25	M-Th	12-2:30 pm	\$210	\$262.50	4
TC13733	7/29-8/1	M-Th	12-2:30 pm	\$210	\$262.50	4
TC13741	8/5-8/8	M-Th	12-2:30 pm	\$210	\$262.50	4
TC13742	8/12-8/15	M-Th	12-2:30 pm	\$210	\$262.50	4
TC13751	8/19-8/22	M-Th	12-2:30 pm	\$210	\$262.50	4

Class #	Dates	Days	Times	ID/AP	OD	Sessions
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## Family Tennis (Ages 9-13)

This class is designed for family play, one child and one adult. The child should be a beginner, level 1-2. The adult and child will develop their basic tennis skills: ground strokes, volleys, overheads and serves. Price includes one child and one adult.

TC14111	6/17-7/29	M	6:30-7:30 pm	\$147	\$183.75	7
TC14112	6/20-8/1	Th	6:30-7:30 pm	\$126	\$157.50	6
TC1412	8/8-8/29	Th	6:30-7:30 pm	\$84	\$105	4
TC14121	8/5-8/26	M	6:30-7:30 pm	\$84	\$105	4

## High School Tennis Level 1 (14-18 Years)

Athletic development skills will be practiced to start each class. Player will learn the basic tennis skills: forehand, backhand, serve and volley. This class will use orange compression balls. Instructor approval required for next level.

TC15111	6/17-6/20	M/T/Th	5:15-6:15 pm	\$50	\$62.50	3
TC15112	6/24-6/27	M-Th	5:15-6:15 pm	\$66	\$82.50	4
TC15121	7/1-7/3	M/T/W	5:15-6:15 pm	\$50	\$62.50	3
TC15122	7/8-7/11	M-Th	5:15-6:15 pm	\$66	\$82.50	4
TC15131	7/15-7/17	M/T/W	5:15-6:15 pm	\$50	\$62.50	3
TC15132	7/22-7/25	M-Th	5:15-6:15 pm	\$66	\$82.50	4
TC15133	7/29-8/1	M-Th	5:15-6:15 pm	\$66	\$82.50	4
TC15141	8/5-8/8	M-Th	5:15-6:15 pm	\$66	\$82.50	4
TC15142	8/12-8/15	M-Th	5:15-6:15 pm	\$66	\$82.50	4
TC15151	8/19-8/22	M-Th	5:15-6:15 pm	\$66	\$82.50	4

## High School Tennis Level 1.5 (14 to 18 Years)

Continued development of hitting from a stationary position and while moving to the ball. Development of volley skills and awareness of court positioning for both singles and doubles play. Students will be introduced to game scoring along with an emphasis on rallying in different scenarios. Class is taught using orange compression balls. Instructor approval required prior to signing up for this level.

TC15211	6/17-6/20	M/T/Th	5:15-6:15 pm	\$50	\$62.50	3
TC15212	6/24-6/27	M-Th	5:15-6:15 pm	\$66	\$82.50	4
TC15221	7/1-7/3	M/T/W	5:15-6:15 pm	\$50	\$62.50	3
TC15222	7/8-7/11	M-Th	5:15-6:15 pm	\$66	\$82.50	4
TC15231	7/15-7/17	M/T/W	5:15-6:15 pm	\$50	\$62.50	3
TC15232	7/22-7/25	M-Th	5:15-6:15 pm	\$66	\$82.50	4
TC15233	7/29-8/1	M-Th	5:15-6:15 pm	\$66	\$82.50	4
TC15241	8/5-8/8	M-Th	5:15-6:15 pm	\$66	\$82.50	4
TC15242	8/12-8/15	M-Th	5:15-6:15 pm	\$66	\$82.50	4
TC15251	8/19-8/22	M-Th	5:15-6:15 pm	\$66	\$82.50	4

## High School Tennis Level 2 (14-18 Years)

Continued development of hitting from a stationary position and while moving to the ball. Development of volley skills and awareness of court positioning for both singles and doubles play. Students will be introduced to game scoring along with an emphasis on rallying in different scenarios. Class is taught using orange compression balls. Instructor approval required prior to signing up for this level.

TC15311	6/17-6/20	M/T/Th	5:15-6:15 pm	\$63	\$78.75	3
TC15312	6/24-6/27	M-Th	5:15-6:15 pm	\$84	\$105	4
TC15321	7/1-7/3	M/T/W	5:15-6:15 pm	\$63	\$78.75	3
TC15322	7/8-7/11	M-Th	5:15-6:15 pm	\$84	\$105	4
TC15331	7/15-7/17	M/T/W	5:15-6:15 pm	\$63	\$78.75	3
TC15332	7/22-7/25	M-Th	5:15-6:15 pm	\$84	\$105	4
TC15333	7/29-8/1	M-Th	5:15-6:15 pm	\$84	\$105	4
TC15341	8/5-8/8	M-Th	5:15-6:15 pm	\$84	\$105	4
TC15342	8/12-8/15	M-Th	5:15-6:15 pm	\$84	\$105	4
TC15351	8/19-8/22	M-Th	5:15-6:15 pm	\$84	\$105	4

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

Class #	Dates	Days	Times	ID/AP	OD	Sessions
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## High School Tennis Level 2.5 (14-18 Years)

This class is taught with an emphasis on point play and rallying while continuing to develop the skills from level 2. Players work on shot consistency, offensive and defensive shots, doubles and singles movement and specialty shots. Class is taught using green compression balls. Instructor approval required prior to signing up for this level.

TC15411	6/17-6/20	M/T/Th	5:15-6:15 pm	\$63	\$78.75	3
TC15412	6/24-6/27	M-Th	5:15-6:15 pm	\$84	\$105	4
TC15421	7/1-7/3	M/T/W	5:15-6:15 pm	\$63	\$78.75	3
TC15422	7/8-7/11	M-Th	5:15-6:15 pm	\$84	\$105	4
TC15431	7/15-7/17	M/T/W	5:15-6:15 pm	\$63	\$78.75	3
TC15432	7/22-7/25	M-Th	5:15-6:15 pm	\$84	\$105	4
TC15433	7/29-8/1	M-Th	5:15-6:15 pm	\$84	\$105	4
TC15441	8/5-8/8	M-Th	5:15-6:15 pm	\$84	\$105	4
TC15442	8/12-8/15	M-Th	5:15-6:15 pm	\$84	\$105	4
TC15451	8/19-8/22	M-Th	5:15-6:15 pm	\$84	\$105	4

## High School Prep Tennis Camp Level 3+ (Age 14-18)

Are you looking for a week-long class to enhance and develop your tennis skills? Players will work on skill development, stroke production, offensive and defensive skill and strategies along with focus on Singles and Doubles work. Class will take place indoors.

TC15511	6/17-6/20	M/T/Th	12-2:30 pm	\$135	\$168.75	3
TC15512	6/24-6/27	M-Th	12-2:30 pm	\$180	\$225	4
TC15521	7/1-7/3	M/T/W	12-2:30 pm	\$135	\$168.75	3
TC15522	7/8-7/11	M-Th	12-2:30 pm	\$180	\$225	4
TC15531	7/15-7/17	M/T/W	12-2:30 pm	\$135	\$168.75	3
TC15532	7/22-7/25	M-Th	12-2:30 pm	\$180	\$225	4
TC15533	7/29-8/1	M-Th	12-2:30 pm	\$180	\$225	4
TC15541	8/5-8/8	M-Th	12-2:30 pm	\$180	\$225	4
TC15542	8/12-8/15	M-Th	12-2:30 pm	\$180	\$225	4
TC15551	8/19-8/22	M-Th	12-2:30 pm	\$180	\$225	4



## Adult Classes at BHTC

Class #	Dates	Days	Times	ID/AP	OD	Sessions
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### Adult Tennis Level 1

Introduction to tennis. For beginners and players with no prior class instruction. This class will cover the tennis basics: forehand and backhand groundstrokes, volleys, overheads and serves, along with player court positioning and game scoring. Instructor approval required for next level.

TC16111	6/17-7/29	M	10:45 am-12 pm	\$123	\$153.75	7
TC16112	6/18-7/30	T	9-10:30 am	\$147	\$183.75	7
TC16113	6/18-7/30	T	6:30-7:45 pm	\$123	\$153.75	7
TC16121	8/5-8/26	M	10:45 am-12 pm	\$70	\$87.50	4
TC16122	8/6-8/27	T	9-10:30 am	\$84	\$105	4
TC16123	8/6-8/27	T	6:30-7:45 pm	\$70	\$87.50	4

### Adult Tennis Level 1.5

This class will continue to develop the skills learned in NTRP Level 1. Introduction to approach shots and beginning doubles strategy. Instructor approval required prior to signing up for this level.

TC16211	6/17-7/29	M	6:15-7:45 pm	\$147	\$183.75	7
TC16212	6/26-7/31	W	9-10:15 am	\$105	\$131.25	6
TC16213	6/26-7/31	W	6:15-7:45 pm	\$126	\$157.50	6
TC16221	8/5-8/26	M	6:15-7:45 pm	\$84	\$105	4
TC16222	8/7-8/28	W	9-10:15 am	\$70	\$87.50	4
TC16223	8/7-8/28	W	6:15-7:45 pm	\$84	\$105	4

### Adult Tennis Level 2

Continued development of court positioning for doubles play and review of the basics of forehand and backhand strokes including grips, footwork and approaching the net. Introduction to ball placement, lob, doubles movement and strategy, beginning singles strategy, return of serve and overhead footwork. Instructor approval required prior to signing up for this level.

TC16311	6/17-7/29	M	9-10:30 am	\$173	\$216.25	7
TC16312	6/18-7/30	T	6:15-7:45 pm	\$173	\$216.25	7
TC16313	6/20-8/1	Th	9-10:30 am	\$124	\$155	5
TC16314	6/20-8/1	Th	6:15-7:45 pm	\$124	\$155	5
TC16321	8/5-8/26	M	9-10:30 am	\$99	\$123.75	4
TC16322	8/6-8/27	T	6:15-7:45 pm	\$99	\$123.75	4
TC16323	8/8-8/29	Th	9-10:30 am	\$99	\$123.75	4
TC16324	8/8-8/29	Th	6:15-7:45 pm	\$99	\$123.75	4

### Adult Tennis Level 2 Clinic

Continued development of court positioning for doubles play and review of the basics of forehand and backhand strokes including grips, footwork and approaching the net. Introduction to ball placement, lob, doubles movement and strategy, beginning singles strategy, return of serve and overhead footwork. Instructor approval required prior to signing up for this level.

TC16315	6/29	S	11:15 am-12:45 pm	\$25	\$31.25	1
TC16325	8/3	S	11:15 am-12:45 pm	\$25	\$31.25	1
TC16326	8/17	S	11:15 am-12:45 pm	\$25	\$31.25	1

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

Class #	Dates	Days	Times	ID/AP	OD	Sessions
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## Adult Tennis Level 2.5

Continued development of court positioning for doubles play and review of the basics of forehand and backhand strokes including grips, footwork and approaching the net. Introduction to ball placement, lob, doubles movement and strategy, beginning singles strategy, return of serve and overhead footwork. Instructor approval required prior to signing up for this level.

TC16511	6/17-7/29	M	6:15-7:45 pm	\$173	\$216.25	7
TC16512	6/18-7/30	T	10:45 am-12 pm	\$144	\$180	7
TC16513	6/20-8/1	Th	6:15-7:45 pm	\$124	\$155	5
TC16521	8/5-8/26	M	6:15-7:45 pm	\$99	\$123.75	4
TC16522	8/6-8/27	T	10:45 am-12 pm	\$83	\$103.75	4
TC16523	8/8-8/29	Th	6:15-7:45 pm	\$99	\$123.75	4

## Adult Tennis Level 3

This class will further develop the use of topspin and slice groundstrokes and their role in tennis strategy. Development of aggressive play at the net as well as singles and doubles strategies. Instructor approval required prior to signing up for this level.

TC16711	6/17-7/29	M	6:15-7:45 pm	\$186	\$232.50	7
TC16712	6/26-7/31	W	6:15-7:45 pm	\$160	\$200	6
TC16722	8/5-8/26	M	6:15-7:45 pm	\$107	\$133.75	4
TC16723	8/7-8/28	W	6:15-7:45 pm	\$107	\$133.75	4

## Adult Tennis Level 3 Clinic

This class will further develop the use of topspin and slice groundstrokes and their role in tennis strategy. Development of aggressive play at the net as well as singles and doubles strategies. Instructor approval required prior to signing up for this level.

TC16713	6/30	Su	11 am-12:30 pm	\$27	\$33.75	1
TC16721	8/4	Su	11 am-12:30 pm	\$27	\$33.75	1
TC16731	8/18	Su	11 am-12:30 pm	\$27	\$33.75	1

## Cardio Tennis Level 1.5-3

Cardio Tennis a high-energy fitness activity that combines features of the sport of tennis with cardiovascular exercise, delivering the ultimate, full body, calorie burning aerobic workout. It is a very social and fun class for players of all ability levels taught by a professional tennis teacher.

TC16411	6/20-8/1	Th	10:45-11:45 am	\$83	\$103.75	5
TC16421	8/8-8/29	Th	10:45-11:45 am	\$66	\$82.50	4

## Adult Stroking Tennis Analysis

This class is available for players NTRP level 1.5 and up. The main goal of this class is to work on the technical portion of your game. During the session you will cover ground strokes, volleys, serves and returns. The ball machine is utilized with this class. You will receive feedback on your shots and get a lot of hitting repetition on the ball machine.

TC16911	6/26-7/31	W	6:30-8 pm	\$126	\$157.50	6
TC16922	8/7-8/28	W	6:30-8 pm	\$84	\$105	4

## Adult Stroking Tennis Analysis Clinic

This class is available for players NTRP level 1.5 and up. The main goal of this class is to work on the technical portion of your game. During the session you will cover ground strokes, volleys, serves and returns. The ball machine is utilized with this class. You will receive feedback on your shots and get a lot of hitting repetition on the ball machine.

TC16912	6/30	Su	9-10:30 am	\$21	\$26.25	1
TC16921	8/4	Su	9-10:30 am	\$21	\$26.25	1
TC16931	8/18	Su	9-10:30 am	\$21	\$26.25	1

Class #	Dates	Days	Times	ID/AP	OD	Sessions
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## Adult Tennis Drill and Play 2.5-3

This 90-minute class gives you a 30-minute, fast-paced warmup followed by an hour of organized match play with a pro. Level of play is NTRP 2.5-3.

TC16611	6/18-7/30	T	6:15-7:45 pm	\$186	\$232.50	7
TC16621	8/6-8/27	T	6:30-8 pm	\$107	\$133.75	4

## Adult Tennis Doubles Skills and Strategies 3.5 +

This class is for Adult NTRP Levels 3.5 +. Join for fast-paced drilling and point play to work on your game and skill development.

TC17311	6/26-7/31	W	10:15-11:45 am	\$160	\$200	6
TC17312	8/7-8/28	W	10:15-11:45 am	\$107	\$133.75	4

## Weekly Hit Groups

These single session classes will be released at 5 pm on Wednesday Nights one week prior to class date.



## Adult Tennis Drills and Conditioning 3.5 +

This class is for Adult NTRP Levels 3.5 +. Join the staff for a fast-paced hour of drilling and point play. We will keep you moving with different doubles drills and raise your heart-rate at the same time.

TC17111	6/20	Th	6:15-7:45 pm	\$27	\$33.75	1
TC17112	6/27	Th	6:15-7:45 pm	\$27	\$33.75	1
TC17121	7/11	Th	6:15-7:45 pm	\$27	\$33.75	1
TC17132	7/25	Th	6:15-7:45 pm	\$27	\$33.75	1
TC17141	8/1	Th	6:15-7:45 pm	\$27	\$33.75	1
TC17142	8/8	Th	6:15-7:45 pm	\$27	\$33.75	1
TC17143	8/15	Th	6:15-7:45 pm	\$27	\$33.75	1
TC17151	8/22	Th	6:15-7:45 pm	\$27	\$33.75	1
TC17152	8/29	Th	6:15-7:45 pm	\$27	\$33.75	1

## Adult Tennis Drills and Conditioning 4.0 +

This class is for Adult NTRP Levels 4 +. Join Jim for a fast-paced hour of drilling and point play. Staff will keep you moving with different doubles drills and raise your heart-rate at the same time.

TC17211	6/26	W	6:15-7:45 pm	\$27	\$33.75	1
TC17221	7/3	W	6:15-7:45 pm	\$27	\$33.75	1
TC17222	7/10	W	6:15-7:45 pm	\$27	\$33.75	1
TC17231	7/17	W	6:15-7:45 pm	\$27	\$33.75	1
TC17232	7/24	W	6:15-7:45 pm	\$27	\$33.75	1
TC17241	7/31	W	6:15-7:45 pm	\$27	\$33.75	1
TC17242	8/7	W	6:15-7:45 pm	\$27	\$33.75	1
TC17243	8/14	W	6:15-7:45 pm	\$27	\$33.75	1
TC17251	8/21	W	6:15-7:45 pm	\$27	\$33.75	1
TC17252	8/28	W	6:15-7:45 pm	\$27	\$33.75	1

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



## Private Lessons (Tennis or Pickleball)

Prefer one-on-one instruction? Improve your skills during a 60-minute private lesson with a Teaching Pro.

**\$63 ID / \$78.75 OD per hour**

Lesson times are limited to instructor & court availability.  
Register online.

## Interest List

You can also register for the summer private lesson interest list to be emailed when additional private lessons are added.

**Tennis: TC19911**

**Pickleball: TC19911P**

For more information, contact Jim Rankin at [j.rankin@thprd.org](mailto:j.rankin@thprd.org).

## Special Events at the Tennis Center

6/21-6/23	USTA Junior Sectionals
7/12-7/14	USTA Mixed 18 Sectional Championships
7/18-7/21	Oregon Tennis Championships
8/9-8/11	USTA Adult 18 Sectional Championships
8/23-8/25	USTA Adult 40 Sectional Championships

## Summer League

Whether you are looking for a way to ease into the competitive tennis world or interested in being a seasoned league player?

Our Summer Adult Doubles League brings players together of the same level for a match, one or two weekday evenings each week starting mid-June.

Matches are played outdoors at our Walker Road Facility and at the PCC Rock Creek Campus from 6:30-9pm Mondays to Thursdays. Team matches consist of 1 men's and 1 women's doubles and 2 mixed doubles.

Looking for a Team? Sign up for the interest list to be contacted.

TC1SUMBLU                      Level 4.0

TC1SUMGRN                    Level 3.5

TC1SUMRED                    Level 3.0

TC1SUMPUR                    Level 2.5

### Questions?

Contact Katherine at [k.lomartire@thprd.org](mailto:k.lomartire@thprd.org)



Pickleball at BHTC

Class #	Dates	Days	Times	ID/AP	OD	Sessions
<b>Pickleball Level 1</b>						
Ready to learn how to play pickleball? Join coach Brian Loomis for an introduction to pickleball. In this outdoor class you will learn the fundamentals, scoring and everything you need to learn to start playing.						
TC18311	6/18-7/30	T	9-10:30 am	\$147	\$183.75	7
TC18321	8/6-8/27	T	9-10:30 am	\$84	\$105	4

<b>Pickleball Level 2</b>						
Ready to continue advancing your pickleball skills. Join Brian Loomis for Pickleball Level 2 class. This outdoor class is for those that have completed our Level 1 class and have approval from Brian Loomis. Level 2 will build on the skills and concepts from the level 1 class.						
TC18411	6/20-8/1	Th	9-10:30 am	\$149	\$186.25	6
TC18421	8/8-8/29	Th	9-10:30 am	\$99	\$123.75	4

<b>Pickelball Drill and Play 3.0+</b>						
Come join Coach Jake for organized outdoor pickleball practice. Prerequisite for this 90-minute clinic is completion of our Level 1 pickleball class or previous pickleball experience. Each session will start with a warm-up with organized play with coach Jake with strategy and technical feedback.						
TC18611	6/20-8/1	Th	10:45 am-12:15 pm	\$160	\$200	6
TC18621	8/8-8/29	Th	10:45 am-12:15 pm	\$107	\$133.75	4



Pickleball Camps

Class #	Dates	Days	Times	ID/AP	OD	Sessions
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<b>Pickleball Youth Camp (ages 8-12)</b>						
Come out for this 3-day outdoor youth pickleball camp for ages 8-12. During this camp, students will learn the foundation skills of pickleball along with scoring. In addition, you will learn some advanced offensive and defensive strategies.						
TC18211	7/22-7/26	M/W/F	9 am-12 pm	\$126	\$157.50	3

<b>Adult Pickleball Camp</b>						
Come out for this 3-day outdoor Adult Pickleball Camp. If you are new to the game or looking to further your skills come join us for this 9-hour camp. Staff will teach foundations along with offensive and defensive strategies to further your game.						
TC18111	7/29-8/2	M/W/F	9 am-12 pm	\$126	\$157.50	3



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

# Opening a THPRD account

## To open a new THPRD account

To enjoy any of our hundreds of classes, programs, camps, and drop-in activities, you must first have a current THPRD account. Accounts are free and easy to create.

### Online: [www.thprd.org](http://www.thprd.org)

#### **Step 1:** Visit [thprd.org/join](http://thprd.org/join)

Fill out the "Create new household" form for your THPRD account.

#### **Step 2:** Activate online account

Follow instructions sent to your email to activate your new online THPRD account.

#### **Step 3:** Verify residency in-person at any THPRD facility.

See "Verify Residency" section below.

### Walk-in

#### **Step 1:** Fill out the Registrant Information Form

Form can be found at [www.thprd.org/activities/create-an-account](http://www.thprd.org/activities/create-an-account) or at any THPRD facility.

#### **Step 2:** Verify residency in-person at any THPRD facility.

See "Verify Residency" section below.

### By phone: 503-645-6433\*

For additional information, or assistance in creating an account, please contact our administration office at 503-645-6433.

## Verify Residency

During your visit to open a new THPRD account or for accounts created online (before your first scheduled class or league, or after no more than five drop-in activities), please bring the following:

- Any government-issued photo ID that includes your current address (for example, an Oregon Driver's license, Oregon Identification Card, Consular Identification Card).
- If your government-issued photo ID does not include your current address (for example a passport or out-of-state driver's license) please provide an additional proof of residency such as a utility bill, or rental agreement.

If you cannot verify your residency, you may opt to pay the out-of-district rate or request a prorated refund for your class. THPRD reserves the right to verify residency at any time; addresses must be verified every five years. Your account expiration date can be found by logging into your online THPRD account here: [www.thprd.org/portal/](http://www.thprd.org/portal/).

## Why do we verify your address?

People who own property or reside within THPRD's boundaries support our services through property taxes and are eligible for benefits that include early registration and lower program costs.

## Not a resident?

You are still welcome to enjoy every program and activity the district has to offer, follow the instructions above to create a THPRD account, no residency verification required. Two options are available to patrons who live outside of THPRD's service area.

1. Pay a yearly or quarterly assessment
2. Pay a 25% per-class premium

To learn more about these options, visit [thprd.org/activities/am-i-in-district](http://thprd.org/activities/am-i-in-district)

# General Information

## Am I in-district?

### Live out of district?

Patrons outside the district, including out-of-town guests, are invited to enjoy THPRD programs by choosing between two payment options:

**Pay a 25% premium** for each class, drop-in activity, fitness pass or program. Typically, out-of-district (OD) rates are listed in this activities guide. This option may not be used for facility rentals. *Please note that out-of-district patrons are ineligible to receive discounts provided to in-district youth, seniors, military families and guests with physical or developmental disabilities.*

OR

**Pay an assessment fee** (currently \$103 per quarter) that allows all household members to receive in-district rates on all THPRD classes, drop-in activities, fitness passes and other programs for any single term or an entire year.

**Out-of-district registration dates:**

**Summer registration at 8am on Monday, April 15.**

## Class Observation Guidelines

THPRD invites parents/guardians to observe class activities from inside the classroom/gymnasium on the first and last days of the term. Otherwise, we encourage parents/guardians to remain outside the classroom/gymnasium for the best instructional environment for the children. Off-site programs require a parent/guardian to be present at all times if the child is younger than 10 years of age. If you have any questions or concerns regarding these guidelines, please feel free to speak to the instructor or program coordinator. Thank you for your cooperation and understanding.

## Inclement Weather

THPRD programs, classes and sponsored activities may be delayed or canceled if weather conditions warrant. For the latest information on THPRD aquatic and recreation center operations during inclement weather, sign up for text alerts by texting "join" to 833-340-0174 to subscribe. We will also post notices on [www.thprd.org](http://www.thprd.org), social media and provide info to news media.

## Dressing Rooms

It is requested that all individuals age 6 and over use the locker room that is most aligned with their affirmed gender. Please check with front desk staff if you have any questions.

## Showers

If you use a THPRD shower but do not participate in a paid activity, a \$3 fee will be charged.

## Cancellations, Discounts and Refunds

### Delays, Closures and Changes

Occasionally centers will be closed or schedules changed or delayed due to special events or makeup classes. We make every effort to announce any change in advance. We strive to provide a clean facility for your enjoyment, and annual closures are required for major repairs and cleaning.

### Full or Canceled Classes

All programs operate with a minimum enrollment requirement and maximum enrollment capacities. The district reserves the right to cancel, change or combine programs. Classes will not be canceled within 72 hours of the start date except in extraordinary circumstances. When the district cancels or postpones a class, the total fee will be credited to the participant's THPRD registration account.

### Waiting Lists

Once a class is filled, a waiting list will be created. Note: Even if an additional class is created, it may not be at the same time or day as the waiting list class.

### Refunds

THPRD's policy is to refund monies collected for services, in a timely manner, whether initiated by the district or the participant. If a longer refund request period is necessary, it will be noted in the class description and activities guide and on the patron invoice. No credit will be applied to the participant's THPRD registration account with less than the required notice.

For a complete copy of the THPRD cancellation and refund policy, please visit [www.thprd.org](http://www.thprd.org).

### Classes

Requests to drop or change a class must be made five days prior to the first day of class to receive a full refund minus any applicable fees. Requests made within five days up to the start date will be refunded on a THPRD gift card.

After a patron's second cancellation in a term, a cancellation fee of \$10 will be charged if canceled five days before, and \$20 if within five days.

### Camps

Requests to drop or change a camp registration must be made at least 14 days prior to the start of the camp to receive a full refund minus

deposit. An approved request will be refunded on a THPRD gift card. A deposit of \$30 per week will be charged for camps. Camp deposits are nonrefundable and nontransferable.

### Tennis Courts

Requests to drop or change a reservation for a tennis court must be made two days prior to the reservation for a full refund.

### Discounts

Discounts are available to **in-district** patrons only.

A patron representing multiple protected classes – for example, a 65-year-old military veteran – would not be eligible for multiple discounts.

### Senior and Youth Discounts

A 10% discount is available at all THPRD facilities for **in-district** patrons 65 years and older, except at the Stuhr Center, where a discount is already included in the price. Youth discounts apply to daily admissions and passes (no discounts on classes) to children between the ages of 1 and 17. The youth discount rate is the same as the senior discount rate.

### Military Discount

All **in-district** individuals and their dependents (with government-issued identification/documents) who are currently serving or have served (active duty, National Guard, Reserves, veterans and retirees) in the U.S. military (Army, Navy, Air Force, Marines and Coast Guard) will receive a 10% discount on qualifying programs and services.

### When Discounts Do Not Apply

No discounts are available for non-subsidized district activities. These include but are not limited to private lessons, facility rentals, trips, childcare, concessions, merchandise and special events.

**Please note:** Gift card purchases are nonrefundable. The only exception is for balances less than \$5. Patrons who qualify for this exception must request the refund.



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### **Mission Statement**

The mission of the Tualatin Hills Park & Recreation District is to provide high-quality park and recreation facilities, programs, services, and natural areas that meet the needs of the diverse communities it serves.

### **Vision Statement**

We will enhance healthy and active lifestyles while connecting more people to nature, parks, and programs. We will do this through stewardship of public resources and by providing programs/spaces to fulfill unmet needs.

### **Equity & Inclusion Statement**

We acknowledge that all U.S. government agencies have roots stemming from systemic racism and oppression, including THPRD.

We seek to hold ourselves accountable for our role in perpetuating these systems and are committed to taking action to create meaningful change.

We aspire to bring people together, to be a welcoming and inclusive park & recreation district, and to live our values of advancing social and racial equity.

## **Board of Directors**



**Felicita Monteblanco**  
Director



**Alfredo Moreno**  
President  
Director



**Barbie Minor**  
Secretary  
Director



**Miles Palacios**  
Director



**Tya Ping**  
Secretary Pro-Tempore  
Director

### **Management Team**

Doug Menke, General Manager  
Aisha Panas, Deputy General Manager  
Jessica Collins, Executive Assistant  
Christine Hoffman, Human Resources Director

Jared Isaksen, Finance Services Director/ CFO  
Julie Rocha, Sports & Inclusion Director  
Sabrina Taylor Schmitt, Recreation & Aquatic Director  
Holly Thompson, Communications Director



# Summer 2024 - Events Calendar

Day	Event Name	Time	Location
<b>May</b>			
11	Tarde Cultural w/ Venezuela's Voice in Oregon Event	1-5 pm	Jenkins Estate
19	Oregon Chinese Coalition Culture Day Event	11 am-4 pm	Jenkins Estate
27	Memorial Day Event	10 am Band/11 am Ceremony begins	Veterans Memorial Park
<b>June</b>			
1	Family Fish Day (Pre-Registration Required)	9 am-2 pm	Commonwealth Lake Park
1	Pride Month Dance Party Kickoff	6-8 pm	Conestoga Recreation & Aquatic Center
7	Pride Party	6-9 pm	Garden Home Recreation Center
20	Summer Kick-Off Concert, Event & Bike Rodeo	6-8 pm	Mt. View Champions Park
21	Luau	6-8:30 pm	Conestoga Recreation & Aquatic Center
22	Pump it Up with Pride	10-11:30 am	Cedar Hills Recreation Center
22	Family Pride in the Park	11 am-2 pm	Cedar Hills Recreation Center
23	EID ul-Adha Event	4-8 pm	Cedar Hills Park
29	West Side Trail Event & Band in the Park Music Series	5-7 pm	Pioneer Park
<b>July</b>			
4	4th of July Concert & Celebration	11 am-2 pm	Veterans Memorial Park
5	Fiesta de Frida: Frida Kahlo Birthday Celebration	9 am-6 pm	Garden Home Recreation Center
10	Enchanted Family Day	10 am-12 pm	Kaiser Woods Park
13	Band in the Park Music Series	5-7 pm	Camile Park
18	La Raíz Park Grand Opening	6-8 pm	La Raíz Park
19	Let's Flamingle!	6-8:30 pm	Conestoga Recreation & Aquatic Center
20	Tianquitzli - Cultural Market / Music / Activities	5-8 pm	Elsie Stuhr Center
25	Concert in the Park	6-8 pm	Commonwealth Lake Park
<b>August</b>			
3	Big Truck Day	9 am, Silent 9:30 am-1 pm All	Conestoga Recreation & Aquatic Center
8	Theater in the Park	6:30 pm start	Raleigh Park
10	Band in the Park Music Series	5-7 pm	Autumn Ridge Park
14	Summer Splash Day (small admission fee \$ event)	4-7 pm	Schiffler Park
16	End of Summer Pool Party	6-8:30 pm	Conestoga Recreation & Aquatic Center
17	Tri Together Pedal Run Dip	9 am	HMT Complex
22	Concert in the Park	6-8 pm	Greenway Park
25	Canine Community Carnival	9 am-12 pm	Garden Home Recreation Center
29	Enchanted Family Day	10 am-12 pm	Pio Pio Park



# THPRD Welcomes you!



**TUALATIN HILLS**  
PARK & RECREATION DISTRICT