

Nature Programs



TUALATIN HILLS
PARK & RECREATION DISTRICT

Tualatin Hills Nature Center
15655 SW Millikan Way
Beaverton, 97003 • 503-629-6350

TriMet Route #57, #62, #67
Westside Light Rail (MAX) - Merlo/158th

Facility Supervisor: Kristin Atman

Winter Term: Jan. 1 - Mar. 27, 2016

Spring Term: Mar. 28 - June 19, 2016

Park Hours: Dawn until dusk, unless otherwise posted.

Nature Center Hours:

Mon-Fri: 8:30 am - 5 pm

Saturday-Sunday*: 9 am - 5 pm

*Closing at 4 pm from Nov. 1 - Feb. 1

Holidays: Call the Nature Center for information.

Nature Center offers:

- Nature Studies - Preschool, Youth & Family
- Nature Camps
- Events
- Group Programs
- Adult Fitness
- Outdoor Recreation



Cooper Mountain Nature Park
18892 SW Kemmer Road
Beaverton, 97007 • 503-629-6350



Registration for Cooper Mountain Programs

Out-of-district patrons are able to register for programs at Cooper Mountain Nature Park at the undiscounted adult in-district fee rate.

You will need to acquire a THPRD identification card, at no extra charge, before registration begins. Cooper Mountain Winter program registration for both in-district and out-of-district patrons will begin Saturday, Dec. 12. Please see page 4 for more information. **This special out-of-district fee exemption is only valid for programs at Cooper Mountain Nature Park.**



www.facebook.com/NaturalResources



Find us on Twitter:
www.twitter.com/THPRDNature

Special Event

Spring Native Plant Sale

Saturday, April 16 • 10 am - 2 pm

Visit our Native Plant Sale and Resource Fair where you'll be able to purchase a wide variety of trees, shrubs and flowering plants. Our knowledgeable staff and volunteers will answer your questions and help you choose the right plant for every place in your garden. Browse our resource fair to talk with community partners about the benefits of native plants for wildlife, water conservation, pesticide reduction and how you can help! Friends of the Tualatin Hills Nature Park sponsor the event with proceeds going toward future park improvements and environmental education programs.

Stop by the Nature Center in the weeks before the plant sale to pick up trilliums and other early-blooming wildflowers.



Nature Birthday Parties: Ages 3-12 yrs

Whether your child loves bugs, knows all about birds or just likes being outside, we can provide a memorable experience for the birthday boy or girl and their friends. Our typical package includes a one-hour nature program of your choice, a party room with tables and chairs, and easy access to the adjacent park.

Program options include: Bug Safari, Dinosaur Discovery, Forest Fairies & Gnomes and Stories in the Forest. Call today for details and to reserve a spot.

Locations: Cooper Mountain Nature House, Tualatin Hills Nature Center, Fanno Farmhouse, and neighborhood parks throughout Beaverton.

Facility Rentals

The Tualatin Hills Nature Center and Cooper Mountain Nature House have rental spaces for your next event. Rentals are available when programs are not scheduled. Please call for rates and availability.

Nature Store

The Nature Store is located in the lobby of the Tualatin Hills Nature Center and offers a wide range of nature-related books and gifts for all ages. All profits from store sales go back to the Tualatin Hills Park Foundation to provide scholarships for school field trips and transportation to the Tualatin Hills Nature Park.



Explore your neighborhood park and discover the many ways habitats and trails are connected to the community. These events are opportunities to talk to Natural Resources staff, participate in interactive activities and explore the nature in your neighborhood.

BE GREEN: Walk or bike to the event nearest you!

All events: 11 am-3 pm

Saturday, Feb. 13
Bronson Creek Greenway

This recently completed section of the Waterhouse Trail has a raised boardwalk that allows visitors to walk and observe the wetlands of Bronson Creek without disturbing the habitat and wildlife. Event participants can practice their stealth coyote skills while searching for wildlife and evidence of wildlife along this trail.

Sunday, Mar. 13
Evelyn Schiffler Park

Wetland restoration work in the heart of this neighborhood park has attracted many species of birds, insects and other native animals to downtown Beaverton. Event participants can investigate some of the lesser known residents to the park.

Sunday, Apr. 24
Camille Park

Open areas with large Oregon white oak trees and a boardwalk through a marshy meadow with beautiful, blue camas flowers are highlights in this park. Event participants can stop by to learn what makes a healthy oak forest habitat and what native animals thrive here.

Saturday, May 14
Whispering Woods

The trail through this shaded park starts in a dense forest that slowly gives way to a marshy wetland. Event participants will examine the clues left behind by recent wildlife visitors and try to figure out what they were doing in the park.

Volunteer with Natural Resources

The best way to help protect the natural resources in our community is to get involved. The Natural Resources Department provides a variety of volunteer opportunities in stewardship and education programs that support local natural areas. If you are interested in volunteering, contact Melissa Marcum at 503-629-6350 x2720 or mmarcum@thprd.org.

Upcoming Park Improvement Projects

Help out with trail work or ongoing restoration efforts at a number of parks throughout the district. Check out available projects and sign up online at www.thprd.org/activities/nature/volunteer/park-improvement.

Summer Volunteer Opportunities for Teens: Ages 14-17

The Nature Leadership in Training Experience (Nature LITE) is a volunteer program where teens develop leadership and communication skills while working with THPRD's nature summer camp programs. Teens have the opportunity to gain valuable work experience and have lots of fun. Applications will be accepted until filled, starting March 1, 2016. For more information and application instructions, go to www.thprd.org/activities/nature/volunteer/training-programs.

Summer Internships Available

Internship opportunities are available for adults interested in gaining training and experience working with youth and the general public through THPRD's nature summer camp and outreach programs. Applicants must be able to put in a minimum of 200 hours over three months during the summer. Flexible schedules are available. Apply online at www.thprd.org/activities/nature/volunteer/internships.

Girl Scouts in Nature

Looking for an activity that will help your troop complete a specific journey or badge requirement? Experienced staff will focus guided hikes and hands-on activities to meet your troop's needs. Check out opportunities specifically designed for Girl Scouts at www.thprd.org. Come prepared for the weather. Preregistration required.

Nature Detectives Workshop - Juniors

Learn about who eats whom in the forest. Program fulfills the requirements for the Junior Detective Badge. Juniors will learn the basics of animal tracking, use animal evidence to figure out what an animal has eaten, and learn about the food web through a hands-on activity that demonstrates the food chain.

Date: Saturday, Mar. 5

Session times: 10 am-noon or Noon-2 pm

Location: Tualatin Hills Nature Park, check-in at the Nature Center.

Fee: \$8 per Junior, \$4 per tagalong, free for accompanying adults

LOVE Water Workshop - Brownies

Brownies will be able to fulfill the Water Badge requirements while exploring Greenway Park and learning about the water cycle through hands-on activities. Girls will be inspired to love water, save water and share water as they spend time in our local watershed.

Date: Saturday, May 7

Session times: 10 am-noon or Noon-2 pm

Location: Greenway Park, check-in at the Fanno Farmhouse.

Fee: \$8 per Brownie, \$4 per tagalong, free for accompanying adults.

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, minds-on programs can be scheduled at a THPRD nature park, natural area or at your private facility.

Call today for details and to schedule a guided hike or hands-on adventure for your group.

School Nature Programs: K-12th grade

Our experienced environmental educators lead these engaging, hands-on programs at both nature parks and natural areas that are within walking distance of schools. Activities incorporate a variety of 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 to learn more about which programs help reinforce the scientific practices and crosscutting concepts that your class is working on this year. Contact us to set up a program for your class.



Boy Scouts in Nature

Schedule a hike or activity with our experienced naturalists to work toward your merit badge requirements. Our staff are registered merit badge counselors with the Sunset Trail District, Cascade Pacific Council. Visit www.thprd.org to learn more about which badge requirements we can help your entire pack or troop complete. Come prepared for the weather. Preregistration required.

Forest Ecology Workshop - Cub Scouts

Visit Kaiser Woods Natural Area and explore this urban forest. Staff naturalists will take you on an adventure to learn about the forest and the animals that live in the shadow of the trees. Activities will work toward the following awards: Forestry Badge and Nature Badge.

Date: Saturday, Feb. 20

Session times: 10 am-noon or Noon-2 pm

Location: Kaiser Woods, check-in at the trail crossing on NW Snowlily Dr.

Fee: \$8 per scout, \$4 per sibling, free for accompanying adults

Meadow Ecology Workshop - Cub Scouts

Come along for an adventure with a staff naturalist at Cooper Mountain Nature Park to learn about the wildflowers and wildlife that inhabit local meadows. Activities will work toward the following awards: Insect Study Badge; Tiger in the Wild Adventure; Paws on the Path Adventure (Wolves); Fur, Feather, and Ferns Adventure (Bears); and Into the Wild Adventure (Webelos).

Date: Saturday, May 7

Session times: 10 am-noon or Noon-2 pm

Location: Cooper Mountain Nature Park, check-in at the Nature House.

Fee: \$8 per scout, \$4 for siblings, free for accompanying adults

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

Preschool Open House Saturday, February 6 • 10 am-noon

The Tualatin Hills Nature Center will host an open house for anyone interested in learning about Nature Kids and companion preschool programs offered throughout the year. Stop in to meet the teachers, experience the programs, ask questions and register. Children are welcome.

Nature Kids Preschool at the Tualatin Hills Nature Center

This September-through-May, nature-based preschool offers a friendly setting for children to develop social, communication and motor skills. Developmentally appropriate activities are introduced throughout the year in a curriculum structure that focuses on experiential learning through exposure to nature and the changing seasons. Children grow with the help of caring teachers and supportive parents in a safe, yet active, natural environment.



Chipmunks, Ages 3-4

This twice-weekly program provides a positive and nurturing first school experience. Children will learn to follow routines, listen to directions and make new friends. Focusing on socialization and learning through play, children will be introduced to letters, shapes, numbers, colors and nature. Children must be able to use the restroom independently.

September-May T/Th
9-11:30 am \$154 (2015-16 school year)

Ladybugs or Owls, Ages 4-5

Ladybugs and Owls preschools provide a strong foundation for children entering kindergarten next year. Children develop through tactile activities, play and academic experiences. They are given the opportunities and guidance to develop communication and problem-solving skills. Numbers, letters and words are introduced through structured, nature-based activities, observation of the seasons and rhythms of nature.

Ladybugs: September-May M/W/F
9 am-noon \$234 (2015-16 school year)
Owls: September-May M/W/F
1-4 pm \$234 (2015-16 school year)

Nature Studies - Preschool

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

Knee-high Naturalists

Search for clues that animals have left behind and get knee-high, up-close looks at treasures from our naturalists' backpack. Each Knee-high Naturalist hike meets at a different site. It's a great way to get outside with preschool children, meet other families and learn about the natural world. Price is per family. (Elaine)

Pioneer Park

Meet at the playground just beyond the park entrance at NW Pioneer Rd. and NW Meadow Dr.

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|----------------------|----|----------|-----------------------|---------------------|
| 2/11 Pioneer Park | Th | 10-11 am | 2-5 yrs ID/AP: \$8 | NP35101 OD: \$10 |
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Tualatin Hills Nature Park

Meet in the Tualatin Hills Nature Center at 15655 SW Millikan Way.

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| 3/5 Tualatin Hills Nature Park | S | 10-11 am | 2-5 yrs ID/AP: \$8 | NP35102 OD: \$10 |
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Bethany Lake Park

Meet in the parking lot on the west side of NW 185th Ave., just south of West Union Rd.

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| 4/7 Bethany Lake Park | Th | 10-11 am | 2-5 yrs ID/AP: \$8 | NP45101 OD: \$10 |
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Summercrest Park

Meet at the park entrance on SW 166th Ave., just north of SW Rigert Terrace and across the street from the tennis courts.

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| 4/16 Summercrest Park | S | 10-11 am | 2-5 yrs ID/AP: \$8 | NP45102 OD: \$10 |
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Kaiser Woods Park

Meet at the northwest entrance to the park at the intersection of NW Deerfoot Ln., and NW Fawnlily Dr.

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| 5/12 Kaiser Woods Park | Th | 10-11 am | 2-5 yrs ID/AP: \$8 | NP45103 OD: \$10 |
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Roger Tilbury Memorial Park

Meet at the neighborhood entrance at the east end of NW Arborview Dr., which can be accessed by turning south on NW Ash St. from NW Cornell Rd.

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| 5/21 Roger Tilbury Memorial Park | S | 10-11 am | 2-5 yrs ID/AP: \$8 | NP45104 OD: \$10 |
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Willow Creek Greenway

Meet at the park entrance on NW Eastmoreland Ct. off of NW Mission Oaks Blvd.

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| 6/2 Willow Creek Greenway | Th | 10-11 am | 2-5 yrs ID/AP: \$8 | NP45105 OD: \$10 |
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Greenway Park

Meet at the Fanno Farmhouse at 8405 SW Creekside Pl.

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| 6/11 Greenway Park | S | 10-11 am | 2-5 yrs ID/AP: \$8 | NP45106 OD: \$10 |
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Nature Studies - Preschool

| Dates (Weeks) Location | Day | Time | Ages ID/AP | Class Code OD |
|---------------------------|-----|------|---------------|------------------|
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Creature Features

Hear stories, meet other parents and kids, and see natural treasures up close. Take a short hike into the forest, weather permitting. **Parent participation required.** (Elaine)

Little Stinkers

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| 3/3 | Th | 10-11 am | 3-5 yrs ID/AP: \$8 | NP35111 OD: \$10 |
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Just Ducky

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| 3/10 | Th | 10-11 am | 3-5 yrs ID/AP: \$8 | NP35112 OD: \$10 |
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Froggy Friends

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| 3/17 | Th | 10-11 am | 3-5 yrs ID/AP: \$8 | NP35113 OD: \$10 |
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Animal Babies

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| 4/14 | Th | 10-11 am | 3-5 yrs ID/AP: \$8 | NP45111 OD: \$10 |
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Rambling Racoons

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| 4/21 | Th | 10-11 am | 3-5 yrs ID/AP: \$8 | NP45112 OD: \$10 |
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Busy Beavers

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| 4/28 | Th | 10-11 am | 3-5 yrs ID/AP: \$8 | NP45113 OD: \$10 |
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Creepy Crawlies

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| 5/5 | Th | 10-11 am | 3-5 yrs ID/AP: \$8 | NP45114 OD: \$10 |
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Family Nature Playdates

Learn about great places in the Beaverton area to explore and continue connecting children to nature. Price is per child. Parent participation required.

Camille Park

Meet at the parking lot at the west end of SW Marjorie Ln.

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| 2/21 | Su | 10-11 am | 2-6 yrs ID/AP: \$8 | NP35141 OD: \$10 |
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Pioneer Park

Find safe street parking, then meet at the playground just past the park entrance off NW Pioneer Rd. and NW Meadow Dr.

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| 3/19 | S | 10-11 am | 2-6 yrs ID/AP: \$8 | NP35142 OD: \$10 |
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Roger Tilbury Memorial Park

Meet at the park entrance on NW 93rd Ave., south of NW Harvest Hill Dr.

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| 4/23 | S | 10-11 am | 2-6 yrs ID/AP: \$8 | NP45141 OD: \$10 |
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Hyland Woods Natural Area

Meet at park entrance at the corner of SW Davies Rd. and SW 135th Ave.

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| 5/22 | Su | 10-11 am | 2-6 yrs ID/AP: \$8 | NP45142 OD: \$10 |
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Nature Studies - Preschool

| Dates (Weeks) Location | Day | Time | Ages ID/AP | Class Code OD |
|---------------------------|-----|------|---------------|------------------|
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Nature Kids Preschool Explorers

Enjoy a nature adventure and foster your preschooler's natural curiosity. Come together with friends for hands-on games, songs, stories, crafts and outside play. Dress for the weather. Take all of the classes or whichever ones fit your schedule.

Frozen Fun

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| 1/12 | T | 9:30-11:30 am | 3-5 yrs ID/AP: \$14 | NP35121 OD: \$17.50 |
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Animal Adaptations

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| 1/19 | T | 9:30-11:30 am | 3-5 yrs ID/AP: \$14 | NP35122 OD: \$17.50 |
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Bear Snuggles

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| 1/26 | T | 9:30-11:30 am | 3-5 yrs ID/AP: \$14 | NP35123 OD: \$17.50 |
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Groundhog and His Shadow

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| 2/2 | T | 9:30-11:30 am | 3-5 yrs ID/AP: \$14 | NP35124 OD: \$17.50 |
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Furry Forest Friends

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| 2/9 | T | 9:30-11:30 am | 3-5 yrs ID/AP: \$14 | NP35125 OD: \$17.50 |
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Who Was That?

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| 2/16 | T | 9:30-11:30 am | 3-5 yrs ID/AP: \$14 | NP35126 OD: \$17.50 |
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Feathered Friends

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| 2/23 | T | 9:30-11:30 am | 3-5 yrs ID/AP: \$14 | NP35127 OD: \$17.50 |
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Spring Is Coming!

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| 3/1 | T | 9:30-11:30 am | 3-5 yrs ID/AP: \$14 | NP35128 OD: \$17.50 |
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Snail Trails

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| 3/8 | T | 9:30-11:30 am | 3-5 yrs ID/AP: \$14 | NP35129 OD: \$17.50 |
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Raindrops and Rainbows

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| 3/15 | T | 9:30-11:30 am | 3-5 yrs ID/AP: \$14 | NP35130 OD: \$17.50 |
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Dinosaurs in the Forest

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| 3/29 | T | 9:30-11:30 am | 3-5 yrs ID/AP: \$14 | NP45121 OD: \$17.50 |
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Continued

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

Nature Studies - Preschool

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

Nature Kids Preschool Explorers (Continued)

Splish Splashin' Newts

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|-------------------------------------|---|---------------|------------------------|------------------------|
| 4/5 Tualatin Hills Nature Center | T | 9:30-11:30 am | 3-5 yrs ID/AP: \$14 | NP45122 OD: \$17.50 |
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Tadpole to Frog

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| 4/12 Tualatin Hills Nature Center | T | 9:30-11:30 am | 3-5 yrs ID/AP: \$14 | NP45123 OD: \$17.50 |
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Earth Day Superheroes

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| 4/19 Tualatin Hills Nature Center | T | 9:30-11:30 am | 3-5 yrs ID/AP: \$14 | NP45124 OD: \$17.50 |
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Water, Water Everywhere!

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| 4/26 Tualatin Hills Nature Center | T | 9:30-11:30 am | 3-5 yrs ID/AP: \$14 | NP45125 OD: \$17.50 |
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Buzzin' Bees

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| 5/3 Tualatin Hills Nature Center | T | 9:30-11:30 am | 3-5 yrs ID/AP: \$14 | NP45126 OD: \$17.50 |
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Oh Deer!

| | | | | |
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| 5/10 Tualatin Hills Nature Center | T | 9:30-11:30 am | 3-5 yrs ID/AP: \$14 | NP45127 OD: \$17.50 |
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Lovely Ladybugs

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| 5/17 Tualatin Hills Nature Center | T | 9:30-11:30 am | 3-5 yrs ID/AP: \$14 | NP45128 OD: \$17.50 |
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Nature Studies - Youth

| Dates (Weeks) Location | Day | Time | Ages ID/AP | Class Code OD |
|---------------------------|-----|------|---------------|------------------|
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Afternoons in the Park

Explore nature during one or both of these spring break afternoons. Spring showers won't stop us from spending the entire afternoon outside as we follow the trails in search of the wild side of the park. Come dressed for the weather and bring along a snack and water bottle. (Elaine)

Lifestyles of the Wet and Slimy

Learn how amphibians survive the winter and what they do in the spring. Delve into the world of frogs and newts as we search for the park's residents.

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| 3/22 Tualatin Hills Nature Center | T | 1-4 pm | 6-9 yrs ID/AP: \$22 | NP35211 OD: \$27.50 |
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Forest Scavenger Hunt

Go on a scavenger hunt in the forest. Sharpen your observation skills as you use your eyes and ears to find nature's treasures. Learn fascinating facts about forest life as we discuss what we find.

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| 3/24 Tualatin Hills Nature Center | Th | 1-4 pm | 6-9 yrs ID/AP: \$22 | NP35212 OD: \$27.50 |
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Nature Studies - Youth

| Dates (Weeks) Location | Day | Time | Ages ID/AP | Class Code OD |
|---------------------------|-----|------|---------------|------------------|
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Spring Break Nature Camps

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. Campers need to dress for the weather and bring a snack, bottle of water and a small backpack each day.

Soil, Sand and Clay, Let's Play!

Come look underground to see who depends on, or lives in, the soil. Get your hands dirty digging, planting and sculpting with soil, sand and clay.

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|---|-----|-----------|---------------------------|---------|
| 3/21-3/25 Cooper Mountain Nature House | M-F | 9 am-noon | 4-6 yrs ID/AP/OD: \$98 | CM37101 |
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Animal Babies

Whether born or hatched, fuzzy or feathered, animal babies are adorable. Explore owlets, cubs and fawns and the many different ways they are cared for.

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| 3/21-3/25 Tualatin Hills Nature Center | M-F | 1-4 pm | 4-6 yrs ID/AP: \$98 | NP37104 OD: \$122.50 |
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Mini Nature Camp • 6-9 yrs

These half-day camps are filled with fun and adventure! Create crafts, play games, make new friends and explore the trails and habitats of the park. Campers need to bring a snack, bottle of water and small backpack each day.

SENSE-sational Scientists

Grab your lab coat and safety goggles as you become a nature scientist. Create and conduct mind-blowing nature experiments and use all five senses to observe the results. Some of them are bound to surprise you!

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| 3/21-3/25 Tualatin Hills Nature Center | M-F | 9 am-noon | 6-9 yrs ID/AP: \$98 | NP37201 OD: \$122.50 |
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Nature's Masterpiece

Nature surrounds us with art. From sparkling spider webs to colorful flora and fauna, capture its beauty in your own masterpieces to bring the majesty of nature home.

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|---|-----|--------|---------------------------|---------|
| 3/21-3/25 Cooper Mountain Nature House | M-F | 1-4 pm | 6-9 yrs ID/AP/OD: \$98 | CM37201 |
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Nature Explorers Camp • 7-10 yrs

This is great camp to make new friends and have fun while discovering nature. Campers will expand their knowledge of science, learn about plants and animals, hike 2-5 miles daily and see awesome natural sites on field trips. Campers need to bring a lunch, two snacks, a bottle of water and a pack to carry everything in each day.

Tidepools and Waterfalls

Explore some of Oregon's wettest environments and discover how the plants and animals survive in the conditions of the tidepools, waterfalls and wetlands they inhabit. **Field trips:** Ecola State Park; Silver Falls State Park

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| 3/21-3/25 Tualatin Hills Nature Center | M-F | 7:45 am-5:15 pm | 7-10yrs ID/AP: \$204 | NP37227 OD: \$255 |
|---|-----|-----------------|-------------------------|----------------------|

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

Nature Studies - Youth

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

Spring Break Nature Camps

Camp Green • 10-13 yrs

Campers will explore local natural area destinations while making friends, expanding their science knowledge, hiking 3-5 miles each day and developing leadership skills. Campers should bring a lunch, two snacks and a bottle of water each day.

Science #likeitsyourjob

Do you like science and being outdoors? This weeklong camp will explore science careers in nature. Campers will learn how biologists, ecologists, naturalists and other conservation specialists work together to protect and promote natural areas. Meet professionals and contribute to restoration projects while gaining field experience.

Field trips: EE Wilson Wildlife Area; Smith & Bybee Wetlands; Clean Water Services, Cooper Mountain Nature Park, Greenway Park

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|-----------|-----|-----------------|--------------|--------------|
| 3/21-3/25 | M-F | 7:45 am-5:15 pm | 10-13yrs | NP37304 |
| | | | ID/AP: \$219 | OD: \$273.75 |

Day-off Nature Camps

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. Campers need to dress for the weather and bring lunch, two snacks, water bottle and a small backpack each day.

Nature Superheroes

Become a nature superhero for the day! Explore amazing animal superpowers and then put our own powers to work helping Park Rangers improve the park.

| | | | | |
|------|---|-----------------|-------------|-------------|
| 1/18 | M | 7:45 am-5:15 pm | 4-6 yrs | NP37101 |
| | | | ID/AP: \$53 | OD: \$66.25 |

Where's My Mitten?

Read the wonderful book "The Mitten" and head out into the park to learn how animals keep warm in the winter.

| | | | | |
|------|---|-----------------|-------------|-------------|
| 2/15 | M | 7:45 am-5:15 pm | 4-6 yrs | NP37102 |
| | | | ID/AP: \$53 | OD: \$66.25 |

Dinosaur Roar

Become a dinosaur digger as you learn about fossils, eggs and nests. Explore the park as your favorite dinosaur.

| | | | | |
|------|---|-----------------|-------------|-------------|
| 3/11 | F | 7:45 am-5:15 pm | 4-6 yrs | NP37103 |
| | | | ID/AP: \$53 | OD: \$66.25 |

Baby Birds

Chirp, chirp! How do birds raise their young? Build bird nests, learn about eggs and fly out onto the trail to find nests out in the park.

| | | | | |
|------|---|-----------------|-------------|-------------|
| 4/29 | F | 7:45 am-5:15 pm | 4-6 yrs | NP47101 |
| | | | ID/AP: \$53 | OD: \$66.25 |

Nature Studies - Youth

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

Day-off Nature Camps

Camp Wild Things • 4-6 yrs (Continued)

Camp Out!

Come camp out with us for the day! Pitch a tent, sing camp songs and get ready for summer adventures.

| | | | | |
|------|---|-----------------|-------------|-------------|
| 5/27 | F | 7:45 am-5:15 pm | 4-6 yrs | NP47102 |
| | | | ID/AP: \$53 | OD: \$66.25 |

Nature Explorers Camp • 7-10 yrs

This is great camp to make new friends and have fun while discovering nature. Campers will expand their knowledge of science, learn about plants and animals, hike 2-5 miles daily and see awesome natural sites on field trips. Campers need to bring a lunch, two snacks, a bottle of water and a pack to carry everything in each day.

Habitat Helpers

In honor of Martin Luther King Jr.'s birthday, campers will have the opportunity to serve our community by helping improve habitat conditions for plants and animals in the Tualatin Hills Nature Park.

| | | | | |
|------|---|-----------------|-------------|-------------|
| 1/18 | M | 7:45 am-5:15 pm | 7-10 yrs | NP37221 |
| | | | ID/AP: \$49 | OD: \$61.25 |

Migration Vacation at Cooper Mountain Nature Park

Do you know that even rough-skinned newts migrate? Campers will discover the paths and methods that various animals use to move from one place to another, while trying to figure out what motivates the movement.

| | | | | |
|------|---|-----------------|----------------|---------|
| 1/29 | F | 7:45 am-5:15 pm | 7-10 yrs | CM37222 |
| | | | ID/AP/OD: \$49 | |

Nature Scientists

Donning lab coats and safety goggles, campers will become scientists in nature. Create and conduct mind-blowing nature experiments while observing the results.

| | | | | |
|------|---|-----------------|-------------|-------------|
| 2/15 | M | 7:45 am-5:15 pm | 7-10 yrs | NP37223 |
| | | | ID/AP: \$49 | OD: \$61.25 |

What's for Dinner?

Exploring how carnivores, omnivores and herbivores get their food, campers will discover how energy moves through a food chain. Look at a variety of animals and the amazing (and unusual) things they eat.

| | | | | |
|------|----|-----------------|-------------|-------------|
| 2/18 | Th | 7:45 am-5:15 pm | 7-10 yrs | NP37224A |
| | | | ID/AP: \$49 | OD: \$61.25 |

| | | | | |
|------|----|-----------------|-------------|-------------|
| 2/25 | Th | 7:45 am-5:15 pm | 7-10 yrs | NP37224B |
| | | | ID/AP: \$49 | OD: \$61.25 |

Kamp Kerplunk

Down by the banks... campers will head to the Tadpole Ponds to explore the water's edge looking for frogs, tadpoles and eggs. Bring rubber boots for a ranger-approved adventure in addition to some fun frog activities.

| | | | | |
|------|---|-----------------|-------------|-------------|
| 2/19 | F | 7:45 am-5:15 pm | 7-10 yrs | NP37225A |
| | | | ID/AP: \$49 | OD: \$61.25 |

| | | | | |
|------|---|-----------------|-------------|-------------|
| 2/26 | F | 7:45 am-5:15 pm | 7-10 yrs | NP37225B |
| | | | ID/AP: \$49 | OD: \$61.25 |

Continued

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

Nature Studies - Youth

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

Day-off Nature Camps

Nature Explorers Camp • 7-10 yrs (Continued)

Water! Who Needs It?

Humans, plants and wildlife all depend on clean, healthy water to survive. Campers will see up close how water is used and recycled, as well as the effects it has on different communities.

Field trip: Bonneville Dam and a water treatment facility

| | | | | |
|------------------------------|---|-----------------|-------------------------|------------------------|
| 3/11 | F | 7:45 am-5:15 pm | 7-10 yrs ID/AP: \$59 | NP37226 OD: \$73.75 |
| Tualatin Hills Nature Center | | | | |

Animal Architects

Humans aren't the only ones to build their own homes. Campers will explore the amazing feats of construction our animal neighbors accomplish using sticks, stones, mud, plants and other materials.

| | | | | |
|------------------------------|---|-----------------|-------------------------|------------------------|
| 3/28 | M | 7:45 am-5:15 pm | 7-10 yrs ID/AP: \$49 | NP47221 OD: \$61.25 |
| Tualatin Hills Nature Center | | | | |

Incredible Invertebrates at Cooper Mountain

Exploring the world of the park's smallest residents, campers will use microscopes and hand lenses to get a close-up look at insects, spiders, slugs and other creepy-crawlies. Go on a bug safari and create a crafty bug to take home.

| | | | | |
|-----------------------------|---|-----------------|----------------------------|---------|
| 4/29 | F | 7:45 am-5:15 pm | 7-10 yrs ID/AP/OD: \$49 | CM47222 |
| Cooper Mountain Nature Park | | | | |

Animal Trails

Following the clues that animals leave behind, campers will explore the habitat along the Sandy River. Learn to interpret what the tracks and other evidence that they discover can teach us about the lives of the resident animals.

Field trip: Oxbow Regional Park

| | | | | |
|------------------------------|---|-----------------|-------------------------|------------------------|
| 5/27 | F | 7:45 am-5:15 pm | 7-10 yrs ID/AP: \$59 | NP47223 OD: \$61.25 |
| Tualatin Hills Nature Center | | | | |



Nature Studies - Youth

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

Day-off Nature Camps

Camp Green • 10-13 yrs

Campers will explore local natural area destinations while making friends, expanding their science knowledge, hiking 3-5 miles each day and developing leadership skills. Campers should bring a lunch, two snacks and a bottle of water each day.

Ivy Warriors

The ongoing battle between native and invasive plants will give campers the opportunity to spend this day of service fighting invasives in the morning and helping to plant natives in the afternoon.

Field trip: Beaverton Creek Wetlands

| | | | | |
|------------------------------|---|-----------------|--------------------------|------------------------|
| 1/18 | M | 7:45 am-5:15 pm | 10-13 yrs ID/AP: \$49 | NP37301 OD: \$61.25 |
| Tualatin Hills Nature Center | | | | |

Radical Raptors

From winged dinosaurs to today's birds, campers will trace how raptors like eagles and hawks developed over time. Learn how to identify these mighty birds while they are in flight and debate which raptor is king of them all.

Field trip: Cooper Mountain Nature Park

| | | | | |
|------------------------------|---|-----------------|--------------------------|------------------------|
| 2/15 | M | 7:45 am-5:15 pm | 10-13 yrs ID/AP: \$49 | NP37302 OD: \$61.25 |
| Tualatin Hills Nature Center | | | | |

Amphibian Invasion

The ponds around Beaverton are full of frog and salamander eggs in February. Campers will head out on an expedition to collect egg data to contribute to the ongoing amphibian research done by the park ranger.

Field trip: Bannister Creek; Quarry Woods

| | | | | |
|------------------------------|---|-----------------|--------------------------|------------------------|
| 3/11 | F | 7:45 am-5:15 pm | 10-13 yrs ID/AP: \$49 | NP37303 OD: \$61.25 |
| Tualatin Hills Nature Center | | | | |

Animal Engineers

Putting their engineering skills to the test, campers will design forts by gaining inspiration from some of nature's best engineers. Test designs by building them in the forest.

Field trip: Hyland Forest

| | | | | |
|------------------------------|---|-----------------|--------------------------|------------------------|
| 3/28 | M | 7:45 am-5:15 pm | 10-13 yrs ID/AP: \$49 | NP47301 OD: \$61.25 |
| Tualatin Hills Nature Center | | | | |

Urban Wildlife

During this adventure in tracking urban wildlife, campers will explore natural areas that are intertwined with humans in our community. Discover how animals have adapted to live so closely with humans, while humans also learn to live with wildlife in their neighborhoods.

Field trip: Various stops along the MAX Blue Line

| | | | | |
|------------------------------|---|-----------------|--------------------------|------------------------|
| 4/29 | F | 7:45 am-5:15 pm | 10-13 yrs ID/AP: \$59 | NP47302 OD: \$73.75 |
| Tualatin Hills Nature Center | | | | |

Herbology

The magical properties of local plants will come to life as campers learn to identify native plants, delve into botanical uses of plants, and explore the ecology of a forest.

Field trip: Columbia River Gorge

| | | | | |
|------------------------------|---|-----------------|--------------------------|------------------------|
| 5/27 | F | 7:45 am-5:15 pm | 10-13 yrs ID/AP: \$59 | NP47303 OD: \$73.75 |
| Tualatin Hills Nature Center | | | | |

Nature Programs

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)

Nature Studies - Youth

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

Kid's Nature Night Out

A great chance for parents to have the night out while the kids get to experience the Nature Parks in a way few others ever do. Gather in the Nature Center or Nature House, have dinner (pizza and veggies), then head out into the park after dark to explore and look for wildlife. No flashlights needed!

Parents! Take a night out and let us take care of your kids.

Owl Outing

It'll be a hoot learning about the owls who live in the park. See and touch stuffed specimens, then head out to look and listen for these creatures of the night.

| | | | | |
|------------------------------|---|--------|-------------|-------------|
| 2/12 | F | 6-9 pm | 6-12 yrs | NP35201 |
| Tualatin Hills Nature Center | | | ID/AP: \$25 | OD: \$31.25 |

Frog Chorus

It's mating season, so the pacific chorus frogs are living up to their name. Learn about frogs and sing a few songs of our own. Head into the park to search for frogs and other amphibians.

| | | | | |
|------------------------------|---|--------|-------------|-------------|
| 3/4 | F | 6-9 pm | 6-12 yrs | NP35202 |
| Tualatin Hills Nature Center | | | ID/AP: \$25 | OD: \$31.25 |

Star Light, Star Bright!

First star I see tonight. Join us on this elevated observation point as we search for the brightest stars in the sky and identify constellations. What shapes do you see in the stars?

| | | | | |
|------------------------------|---|--------|----------------|---------|
| 3/18 | F | 6-9 pm | 6-12 yrs | CM35203 |
| Cooper Mountain Nature House | | | ID/AP/OD: \$25 | |

Rabbit Tales

Brush rabbits are furry, small and live here in our park. Have dinner and then meet a real rabbit to discover how these creatures communicate and survive. Go for a walk in the woods to see if we can spot these creatures hiding in the forest.

| | | | | |
|------------------------------|---|--------|-------------|-------------|
| 4/1 | F | 6-9 pm | 6-12 yrs | NP45201 |
| Tualatin Hills Nature Center | | | ID/AP: \$25 | OD: \$31.25 |

Treasure Hunt

We've all heard tell of pirate treasure in the Caribbean, but what about treasures here at Cooper Mountain? Learn mapping and orienteering skills as we search for nature's hidden treasures. Create a treasure map of your own.

| | | | | |
|------------------------------|---|--------|----------------|---------|
| 4/15 | F | 6-9 pm | 6-12 yrs | CM45202 |
| Cooper Mountain Nature House | | | ID/AP/OD: \$25 | |

Wild Harvest

Would you know how to survive in the park with nature's bounty? Head out into the park to forage for some food to make a special treat. Not to worry, pizza will still be available when we get back!

| | | | | |
|------------------------------|---|--------|-------------|-------------|
| 5/6 | F | 6-9 pm | 6-12 yrs | NP45203 |
| Tualatin Hills Nature Center | | | ID/AP: \$25 | OD: \$31.25 |

Volcanology

Volcanoes are explosive and have even produced some of the rocks in the nature park. Learn about them and find your own special rock on our geology night hike.

| | | | | |
|------------------------------|---|--------|----------------|---------|
| 5/20 | F | 6-9 pm | 6-12 yrs | CM45204 |
| Cooper Mountain Nature House | | | ID/AP/OD: \$25 | |

Nature Studies - Family

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

Build a Birdfeeder

Brighten up your backyard by attracting birds! Learn basic bird identification techniques and build a wooden birdfeeder. Fee includes one adult and up to two additional family members (child or adult) and supplies for a backyard birdfeeder. (Elaine)

| | | | | |
|------------------------------|---|--------|-------------|-------------|
| 1/16 | S | 1-3 pm | Family | NP35504 |
| Tualatin Hills Nature Center | | | ID/AP: \$30 | OD: \$34.25 |

Beneficial Bees

Discover our amazing native pollinators. Mason bees are non-aggressive and fun to observe. Learn about their fascinating life cycle and receive the materials you need to build a beehouse. The fee includes one adult and up to two additional family members (child or adult) and one tube of dormant bees which will emerge later in the spring. (Elaine)

| | | | | |
|------------------------------|---|-----------|-------------|-------------|
| 2/27 | S | 1-2:30 pm | Family | NP35505 |
| Tualatin Hills Nature Center | | | ID/AP: \$27 | OD: \$31.25 |

Build a Birdhouse

Bring your kids and learn about our backyard birds, then build your own birdhouse to hang in your yard. The fee includes one adult and up to two additional family members (child or adult) and supplies for a rustic backyard bird house. (Elaine)

| | | | | |
|------------------------------|---|--------|----------------|---------|
| 3/12 | S | 1-3 pm | Family | CM35506 |
| Cooper Mountain Nature House | | | ID/AP/OD: \$21 | |

Park After Dark

Journey into the forest to enjoy the sights and sounds of nature at night. Spend the first part of the program indoors learning about our nocturnal residents, then head out into the park for a guided night hike. Children must be registered with, and accompanied by, a registered adult. (Elaine)

Owl Prowl

| | | | | |
|------------------------------|---|--------|----------------|-------------|
| 1/22 | F | 6-8 pm | 6 yrs-Adult | NP35501 |
| Tualatin Hills Nature Center | | | ID/AP: \$10 | OD: \$12.50 |
| 2/20 | S | 6-8 pm | 6 yrs-Adult | CM35202 |
| Cooper Mountain Nature House | | | ID/AP/OD: \$10 | |

Cunning Coyotes

| | | | | |
|------------------------------|---|--------|----------------|-------------|
| 3/12 | S | 7-9 pm | 6 yrs-Adult | NP35503 |
| Tualatin Hills Nature Center | | | ID/AP: \$10 | OD: \$12.50 |
| 4/2 | S | 7-9 pm | 6 yrs-Adult | CM45501 |
| Cooper Mountain Nature House | | | ID/AP/OD: \$10 | |

Sounds of the Night

| | | | | |
|------------------------------|---|--------|----------------|-------------|
| 4/22 | F | 7-9 pm | 6 yrs-Adult | NP45502 |
| Tualatin Hills Nature Center | | | ID/AP: \$10 | OD: \$12.50 |
| 5/14 | S | 7-9 pm | 6 yrs-Adult | CM45503 |
| Cooper Mountain Nature House | | | ID/AP/OD: \$10 | |

Nature Programs

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)

Nature Studies - Adult

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

Night Owls: Hoots and Hops!

This is the perfect time of the year to step into the forest to listen for sounds of courting owls. Join other owl enthusiasts for a beer, enjoy a talk and presentation about our local owls, and head out into the park to listen and look for our resident owls. (Elaine)

| | | | | |
|--------------------------------------|---|--------|--------------------|------------------------|
| 1/30 Tualatin Hills Nature Center | S | 7-9 pm | 21+ ID/AP: \$21 | NP35511 OD: \$26.25 |
|--------------------------------------|---|--------|--------------------|------------------------|

Winter Wings – Two-part class!

Winter birds flock to our area for our mild winters. Join Naturalist Elaine Murphy for an evening introduction to winter bird identification, including raptors, songbirds and waterfowl. Meet at the Fanno Farmhouse on Saturday, to put your new skills to work. Price is per person and includes both class dates. (Elaine)

| | | | | |
|--|----|------------|-----------------------------|------------------------|
| 2/25 Tualatin Hills Nature Center | Th | 6-8 pm | | |
| & | | | | |
| 2/27 Koll Center Wetlands Meet at the Fanno Farm House | S | 10 am-Noon | 16 yrs-Adult ID/AP: \$21 | NP35512 OD: \$26.25 |

Turtle Tales

Join Park Ranger Kyle Spinks to hear stories from the field about local reptiles in many of our parks and wetlands. Find out about the work being done to protect these important species.

| | | | | |
|-------------------------------------|----|--------|-----------------------------|------------------------|
| 3/6 Tualatin Hills Nature Center | Su | 6-8 pm | 16 yrs-Adult ID/AP: \$10 | NP35513 OD: \$12.50 |
|-------------------------------------|----|--------|-----------------------------|------------------------|

Must-see Birds of Beaverton

Join Sarah Swanson and Max Smith, local authors of Must-see Birds of the Pacific Northwest, for a talk about their favorite spots for birding in and around Beaverton. Head out into the nature park for a bird walk with Sarah and Max as your guides.

| | | | | |
|--------------------------------------|---|----------------|-----------------------------|---------------------|
| 4/23 Tualatin Hills Nature Center | S | 10 am-12:30 pm | 16 yrs-Adult ID/AP: \$12 | NP45511 OD: \$15 |
|--------------------------------------|---|----------------|-----------------------------|---------------------|

Wildflowers and Wine

Explore the wildflowers and native plants of Cooper Mountain Nature Park. Discuss habitat management techniques of prairies for wildflowers and other native species and enjoy a glass of wine as you mingle with classmates and look at the views from atop the mountain. Hike down to the Big Prairie to search out native wildflowers such as white rock larkspur and Henderson's shooting star.

| | | | | |
|-------------------------------------|---|--------|-----------------------|---------|
| 5/7 Cooper Mountain Nature House | S | 4-6 pm | 21+ ID/AP/OD: \$21 | CM45512 |
|-------------------------------------|---|--------|-----------------------|---------|



Nature Studies - Adult

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

Metro Classes

Beginning Bird Language

February marks the beginning of a rapid increase in daylight on the 45th parallel. Experience how the resident birds react to the expanding daylight by ramping up their vocal activity. Learn how to recognize some of their distinct songs and alarm patterns. (Ashley Conley, Metro Naturalist)

| | | | | |
|--------------------------------------|----|----------------|-------------------------------|---------|
| 2/28 Cooper Mountain Nature House | Su | 10 am-12:30 pm | 8 yrs-Adult ID/AP/OD: \$10 | CM35521 |
|--------------------------------------|----|----------------|-------------------------------|---------|

Naturalist in the Park

Join a Metro naturalist for a leisurely stroll through the white oak woodlands of Cooper Mountain and gain a deeper knowledge of your local neighborhood park. Walk begins promptly at 10 am from the Nature House and will last approximately two hours. No registration is necessary.

| | | | | |
|--------------------------------------|---|-------|------------------|--|
| 4/30 Cooper Mountain Nature House | S | 10 am | All Ages Free | |
|--------------------------------------|---|-------|------------------|--|

Drop-in Fitness/Yoga

See page 6 for more information on passes.

Deluxe Passes and Drop-ins are allowed for yoga classes that are not full. Register to confirm your spot for yoga classes.

Tai Chi and Qi-Gong: Drop-ins allowed with prior instructor approval.

Fitness - Teen/Adult

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

Yoga, Beginning/Intermediate

Learn how to stretch deeply and completely with simple movements combined with conscious breathing. Increase your strength and flexibility and bring about a more relaxed state of being. Each instructor brings their own individual focus to their class. No class 5/30.

Winter Term:

| | | | | |
|--|----|--------------|-----------------------------|----------------------|
| 1/4-3/14 (11) Tualatin Hills Nature Center (Jean) | M | 5:30-6:45 pm | 16 yrs-Adult ID/AP: \$88 | NP32501 OD: \$110 |
| 1/4-3/14 (11) Tualatin Hills Nature Center (Jean) | M | 7-8:15 pm | 16 yrs-Adult ID/AP: \$88 | NP32502 OD: \$110 |
| 1/5-3/15 (11) Tualatin Hills Nature Center (Jean) | T | 5:30-6:45 pm | 16 yrs-Adult ID/AP: \$88 | NP32503 OD: \$110 |
| 1/5-3/15 (11) Tualatin Hills Nature Center (Jean) | T | 7-8:15 pm | 16 yrs-Adult ID/AP: \$88 | NP32504 OD: \$110 |
| 1/7-3/17 (11) Tualatin Hills Nature Center | Th | 6:15-7:30 pm | 16 yrs-Adult ID/AP: \$88 | NP32507 OD: \$110 |

Spring Term:

| | | | | |
|--|----|--------------|-----------------------------|----------------------|
| 3/28-6/6 (10) Tualatin Hills Nature Center (Jean) | M | 5:30-6:45 pm | 16 yrs-Adult ID/AP: \$80 | NP42501 OD: \$100 |
| 3/28-6/6 (10) Tualatin Hills Nature Center (Jean) | M | 7-8:15 pm | 16 yrs-Adult ID/AP: \$80 | NP42502 OD: \$100 |
| 3/29-6/7 (11) Tualatin Hills Nature Center (Jean) | T | 5:30-6:45 pm | 16 yrs-Adult ID/AP: \$88 | NP42503 OD: \$110 |
| 3/29-6/7 (11) Tualatin Hills Nature Center (Jean) | T | 7-8:15 pm | 16 yrs-Adult ID/AP: \$88 | NP42504 OD: \$110 |
| 3/31-6/9 (11) Tualatin Hills Nature Center | Th | 6:15-7:30 pm | 16 yrs-Adult ID/AP: \$88 | NP42507 OD: \$110 |

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

Fitness - Teen/Adult

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

Tai Chi, Basic 24-Gesture

This class is aimed at the beginner and uses representative moves from the Yang style, containing the important and traditional characteristics and features of traditional forms. The short form enables beginners, older and younger, to appreciate the essential principals of Tai Chi of effortless movement, relaxation and mindful awareness. (Jim)

| | | | | |
|---|---|-----------|-----------------------------|----------------------|
| 1/6-3/16 (11) Tualatin Hills Nature Center | W | 6-7:15 pm | 16 yrs-Adult ID/AP: \$88 | NP32505 OD: \$110 |
|---|---|-----------|-----------------------------|----------------------|

Tai Chi, Basic 8-Gesture

This is a safe, gentle exercise program designed to bring mind and body into harmony and improve balance. Using fluid, slow movements, students will learn to breathe more deeply, move with more awareness and develop a keener sense of balance. (Jim)

| | | | | |
|---|---|-----------|-----------------------------|----------------------|
| 3/30-6/8 (11) Tualatin Hills Nature Center | W | 6-7:15 pm | 16 yrs-Adult ID/AP: \$88 | NP42505 OD: \$110 |
|---|---|-----------|-----------------------------|----------------------|

QiGong: Mindful Movement and Meditation

Basic mindfulness practice based on Insight Meditation techniques provides methods for reducing stress, deepening compassion and building a more stable peace of mind. Each class includes tips for adapting mindfulness in everyday living. Appropriate for both beginning and returning students. (Jim)

| | | | | |
|---|---|--------------|-----------------------------|----------------------|
| 1/6-3/9 (10) Tualatin Hills Nature Center | W | 7:30-8:45 pm | 16 yrs-Adult ID/AP: \$80 | NP32506 OD: \$100 |
| 3/30-6/1 (10) Tualatin Hills Nature Center | W | 7:30-8:45 pm | 16 yrs-Adult ID/AP: \$80 | NP42506 OD: \$100 |

Outdoor Recreation - Youth/Adult

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

Snowshoe Lesson and Tour, Beginning/Intermediate

Snowshoeing is a wonderful aerobic exercise and an easy way to explore our snow-covered forests. The day will start off with a short introduction to snowshoeing before we start the tour. We snowshoe on the west side or east side depending on the best conditions. Guides will be with you at all times to ensure your safety and satisfaction. Trips will usually be between 2 and 6 miles and less than 750 feet elevation gain/loss. Cost includes transportation, snowshoes and guide. (NW Discoveries)

| | | | | |
|---|----|-----------|-----------------------------|---------------------|
| 2/7 Meet at Sunset Transit Center garage, Beaverton, OR for transport to Mt. Hood, OR | Su | 8 am-6 pm | 11 yrs-Adult ID/AP: \$69 | NP36501 OD: \$73 |
|---|----|-----------|-----------------------------|---------------------|

Cross Country Ski Lesson and Tour, Beginning

This class begins with two hours of instruction focusing on basic cross country ski techniques before we embark to enjoy this crystal paradise. We will ski on the west side or east depending on the best conditions. Guides will be with you at all times to ensure your safety and satisfaction. Fee includes transportation and instructor/guide, and a stop will be made en route to rent ski equipment, cost not included, usually under \$12. (NW Discoveries)

| | | | | |
|--|---|--------------|-----------------------------|---------------------|
| 2/13 Meet at Sunset Transit Center garage, Beaverton, OR for transport to Mt. Hood, OR | S | 8 am-5:20 pm | 11 yrs-Adult ID/AP: \$62 | NP36502 OD: \$66 |
|--|---|--------------|-----------------------------|---------------------|

Outdoor Recreation - Youth/Adult

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

Outdoor Recreation Guidelines

Weather Policy: All outdoor programs go "rain or shine."

Age Requirements: Children may attend activities where appropriate ages are stated. All participants under 18 years old must be registered and accompanied by a registered adult.

Transportation: Unless otherwise stated, individuals will provide their own transportation to the meeting site.

Tour Ratings: We use a rating system to help you choose the right tour for your skill level.

Attending a tour beyond your skill level and physical conditioning is unfair to yourself as well as other participants and could create safety problems. Participants should select a tour rating that matches their skill and fitness level. Be aware that weather can dramatically change the tour rating.



Beginning: Minimal skill and fitness level are required. Tours are usually under 500 feet elevation gain/loss, less than 6 miles of canoeing/hiking/skiing/kayaking/snowshoeing and less than 10 miles of biking (pace is 10-15 mph on flats).

Intermediate: Moderate skill level and fitness are required. Tours are usually less than 750 feet elevation gain/loss and less than 10 miles of hiking/skiing/canoeing/kayaking/snowshoeing or 30 miles of biking (pace is 10-15 mph on flats).

Refund Policy: Request to drop or change one-day programs/classes/trips must be made at least four working days prior to the date of the program. No credit will be applied if less advance notice is given.

Introductory Touring Kayak Lesson at Ross Island

Using stable touring kayaks with large cockpits we will paddle on the Willamette River near Ross Island. First we'll discuss skills and kayak equipment, then we'll get to use our paddling skills and enjoy our beautiful natural surroundings. Class is appropriate for first timers and experienced kayakers. Cost includes kayak, equipment and guide. (NW Discoveries)

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|---|---|--------------|-----------------------------|---------------------|
| 5/7 Meet at Willamette Park, Portland, OR | S | 2:30-5:30 pm | 11 yrs-Adult ID/AP: \$42 | NP46501 OD: \$45 |
|---|---|--------------|-----------------------------|---------------------|

Introductory Touring Kayak Tour at Nehalem Bay

After a van ride to Nehalem Bay, we'll use stable touring kayaks with large cockpits for a longer kayak tour as we enjoy this coastal bay. We provide a brief kayaking lesson, so this class is appropriate for first timers and experienced kayakers. Cost includes kayak, equipment, transportation and guide. (NW Discoveries)

| | | | | |
|---|----|--------------|-----------------------------|------------------------|
| 5/8 Meet at Sunset Transit Center, Beaverton, OR for transport to Nehalem Bay | Su | 8:15 am-6 pm | 11 yrs-Adult ID/AP: \$82 | NP46502 OD: \$87.50 |
|---|----|--------------|-----------------------------|------------------------|