

# Cedar Hills Recreation Center



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

TriMet Routes #20, #59

Facility Supervisor: Lindsay Bjork

Winter Term: January 1 - April 2, 2017

Spring Term: April 3 - June 18, 2017

**Office Hours:**

Monday-Friday            5:30 am-10 pm  
   office closes at 9:30 pm

Saturday                    8 am-4 pm

Sunday                      10 am-4 pm  
   office closes at 3:30 pm

Facility Closures: 1/1, 4/16

Holiday Hours: 8 am-4 pm - 1/16, 2/20, 5/29;  
10 am-4 pm - 1/2

**MVPs WELCOME**  
*Get Fit Challenge*

**BEGINS JANUARY 8**  
A 16-week program to help you make healthy habits, reach your fitness goals and win prizes!  
Register in person at any THPRD facility or visit [thprd.org/get-fit](http://thprd.org/get-fit)  
For more information see Inside Front Cover.

**Facility Rentals**

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

**Inclement Weather**  
See page 5 for THPRD Inclement Weather Policy.



CedarHills

**Special Events**

**Daddy-Daughter Dinner Dance**  
**Friday, Feb. 10 • 6-8 pm**

Dress in your best, dance to your favorite music, have a special dinner, and celebrate Valentine's Day together. Pictures will be available via Cedar Hills Facebook after the dance for your viewing pleasure.

4-10 yrs            CH36200            ID/AP: \$28            OD: \$35

Join us!

*Cedar Hills*  
**Artisan Bazaar**

*Locally Handcrafted Treasures*

**Saturday, April 15**  
**9 am-1 pm**

Come to the Cedar Hills 5th Annual Artisan Bazaar. We will have a variety of vendors selling handmade Easter baskets, hand-sewn stuffed rabbits, Easter basket goodies, baked goods for Easter, jewelry and much, much more. All ages welcome. FREE! Gymnasium

**Spring Egg Hunt**  
**Saturday, April 15 • 11 am**

The Easter eggs have been hidden and the Easter Bunny needs your help finding them. Join the Easter Bunny in the search for the treasured eggs. Find a numbered egg and win a prize! Hunt starts at times listed. Pre-registration required.

10-10:10 am	1-3 yrs	CH46202 (Parent/Child)
11-11:10 am	4-7 yrs	CH46203 (Youth)
Noon-12:10 pm	8-11 yrs	CH46204 (Youth)
Playfield	ID/AP: \$7	OD: \$8.75

**Breakfast with Bunny**

Join us for a pancake breakfast before the big hunt. The Bunny will be hopping in, so don't forget your camera. Enjoy pancakes, sausage, eggs and fruit. No registration necessary. Adults \$5, children \$3.

## Drop-in Sports Programs

The Cedar Hills Recreation Center offers a variety of drop-in sports for youth, family, adults and seniors. **A valid THPRD identification card is required for all drop-in participation. Gym-appropriate shoes, please.** If you are looking for a fitness program, please see page 98.

See page 6 for more information on passes and fees.



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym*							10 am-3:45 pm (All Ages)*
Basketball		8:15-9:45 pm (30+ yrs)		Private Rental 8-9:45	8-9:45 pm (30+ yrs)*		
Badminton			8-9:45 pm (16+ yrs)				

\*Non-Team Play. All times and days subject to change daily. See online schedule for weekly updates.

## Weight/Cardio Room

- Circuit weight training machines and free weights, including benches, squat racks and cable frame.
- Cardio machines, including stationary bikes, treadmills, elliptical trainers, rowing machine and stair climbers.

### Weight Room Orientations

Learn the proper techniques for using the weight room equipment. Our basic program helps you get started. Orientations are available throughout the term. Please allow 10 days for the personal trainer to schedule an appointment with you. \$43 ID

### Personal Training

Private appointments with the

trainer to customize your fitness program are available. Please allow 10 days for the personal trainer to schedule an appointment with you.

**1 Session:** \$48.50 ID

**3 Sessions:** \$144.50 ID

**6 Sessions:** \$272 ID

### Youth Fitness for ages 11-15 yrs

- Learn proper workout technique (stretching, proper form, spotting movement).
- Develop an understanding of workout equipment (cardio, free weights, exercise balls, machines).
- Learn a variety of exercises on our cardio equipment (controls, equipment etiquette).
- Build lifelong healthy habits.

- Enjoy positive relationships among peers and trainers that support fitness goals.

### Youth Personal Training Hours

Trainer supervised.

Mondays & Wednesdays

3:45-5 pm, 9/12-11/30

Drop-in fees apply.



## Cedar Hills Drop-in Childcare

Our childcare program is designed for families using our facility. Parents are encouraged to pre-register their child(ren) to guarantee space availability.

The cost is \$3.50 per hour/ \$1.75 per half-hour for ID residents (or those who have purchased an out-of-district assessment) who remain on-site. The cost for OD patrons is \$5.50 per hour. Parents may pre-register or drop-in pending space availability. Pre-paid reservations are nonrefundable/non transferable and drop-in time will not transfer from term to term.

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

- **Morning:** Monday-Friday 8:30 am-12:30 pm  
Saturday 8-11:30 am
- **Evening:** Monday-Friday 5:15-8:45 pm
- No drop-offs after 8:15 pm

Closure dates will vary.

## 2016-2017 Cedar Saplings Nine-month Preschool Program

Cedar Hills Recreation Center offers academic-based, nine-month preschools for ages 2½ through 5 years. Cedar Saplings Preschools are designed to prepare your child to meet and exceed kindergarten entry requirements, making their transition into kindergarten smooth and successful. Registration for alumni begins at 8:30 am on Thursday, Jan. 19. Open registration begins on Thursday, Feb. 2. Open House will be on Thursday, Jan. 12. Registration only available in person or by phone: 503-629-6340. A \$50 non-refundable deposit will be due at the time of registration, \$100 non-refundable deposit for full-day option.

### Sprout Room (Room 12)

#### Preschool

T/Th	9-11:30 am	3-4 years	\$165 per month
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#### Pre-Kindergarten

M/W/F	9 am-3 pm	4-5 years	\$505 per month
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### Seedling Room (Room 2)

#### Preschool

T/Th	9-11:30 am	2½-3 years	\$165 per month
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#### Preschool

M/W/F	9-11:30 am	3½-4 years	\$185 per month
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#### Pre-Kindergarten

M/W/F	12:30-3:30 pm	4-5 years	\$205 per month
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Call the center for more information.

## Indoor Playground Program

**Open Winter: Jan. 10- Mar. 23**

**Spring: Apr. 4 - June 15**

**Closed Spring Break, 3/28, 3/30**

Families with children 6 weeks through 6 years of age can gather Tuesdays and Thursdays from 9-11:15 am to interact and develop motor and social skills through indoor play. Parent supervision is required. Please call the center for more complete information.

**Cost (per child):** \$3.75 ID/\$5.50 OD

## THRIVE Afterschool Program

Teaching Healthy Responsible Individuals  
Values and Education



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

Program is available 2:30-6 pm, Monday-Friday, for children in grades K-5 who attend Barnes, Ridgewood, West TV and William Walker.

Tuition: 5 days a week - \$275

Tuition includes six Beaverton School District in-service days: TBA.

\*Individual school no-student days (e.g., conference) dates may be available for an additional fee of \$45 each day.

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

## All Preschool and Youth Classes

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

Please see page 5 for class observation guidelines. Participants must meet the age requirement prior to the first class meeting.

## Arts & Crafts - Preschool

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
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### Doodle Bugs

Experiment with different painting techniques, work with textures, and experience the thrill of creating seasonal arts and crafts. Wear clothes that can take paint. Bring a paper sack. **Parent participation required. No unregistered siblings. Childcare available. No class 1/16, 2/20, 5/29.**

#### Winter Term:

1/9-3/20 (9) M 10-11 am 2-3 yrs CH35111  
Rm C2 ID/AP: \$63 OD: \$78.75

#### Spring Term:

4/3-6/12 (10) M 10-11 am 2-3 yrs CH45111  
Rm C2 ID/AP: \$70 OD: \$87.50

### Imagination Creations

Bring your imagination and come experiment with us! We will work on fun projects like paper mache, building volcanoes, making flubber and more. **Parent participation required. No unregistered siblings. Childcare available.**

#### Winter Term:

1/10-3/21 (11) T 10:15-11:15 am 2-4 yrs CH35113  
Rm C ID/AP: \$77 OD: \$96.25

#### Spring Term:

4/4-6/13 (11) T 10:15-11:15 am 2-4 yrs CH45113  
Rm C ID/AP: \$77 OD: \$96.25

## Arts & Crafts - Youth/Teen

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
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### After School Art Sampler

Students explore their creativity! Work with sculpture, painting, drawing, collage, creative projects and more.

#### Winter Term:

1/12-3/23 (11) Th 3:40-4:30 pm 6-10 yrs CH34200  
Rm 3 ID/AP: \$71 OD: \$87.25

#### Spring Term:

4/20-6/15 (9) Th 3:40-4:30 pm 6-10 yrs CH44200  
Rm 3 ID/AP: \$59 OD: \$72.25

## Arts & Crafts - Youth/Teen

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
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### Cartooning/Comic Strip Illustration

Make up imaginary characters and create funny or serious situations. Learn to use pictures, symbols and text to convey information quickly and simply. Class will discuss different types of humor and employ elements of storytelling and traditional cartoon imagery.

#### Winter Term:

1/14-3/25 (11) S 11:30 am-12:25 pm 6-10 yrs CH34204  
Rm D ID/AP: \$74 OD: \$90.25

#### Spring Term:

4/22-6/17 (9) S 11:30 am-12:25 pm 6-10 yrs CH44204  
Rm D ID/AP: \$62 OD: \$77.25

### Drawing & Painting Adventure

Use a variety of techniques and media to explore line, texture, form, perspective and composition. For painting, learn how to mix color, use shape and line to express ideas and emotions, and portray images from life and imagination.

#### Winter Term:

1/14-3/25 (11) S 9:30-10:25 am 5½-7½ yrs CH34202½  
Rm D ID/AP: \$74 OD: \$91.25

1/14-3/25 (11) S 10:30-11:30 am 7½-11 yrs CH34203  
Rm D ID/AP: \$80 OD: \$98.50

#### Spring Term:

4/22-6/17 (9) S 9:30-10:25 am 5½-7½ yrs CH44202  
Rm D ID/AP: \$62 OD: \$76.25

4/22-6/17 (9) S 10:30-11:30 am 7½-11 yrs CH44203  
Rm D ID/AP: \$65 OD: \$82.25

### Drawing, Including Manga

Young artists develop their skill and imaginative ideas. Explore drawing realistically and classically, as well as creatively and abstractly. We will also work in current styles, including manga.

#### Winter Term:

1/12-3/23 (11) Th 4:30-5:30 pm 6½-11 yrs CH34201  
Rm 3 ID/AP: \$86 OD: \$104.50

#### Spring Term:

4/20-6/15 (9) Th 4:30-5:30 pm 6½-11 yrs CH44201  
Rm A3 ID/AP: \$67 OD: \$82.25

### Illustration Art Studio

Students will explore and learn techniques used to illustrate different kinds of fantasy genres. Emphasis is place on originality and line drawing with various media.

#### Winter Term:

1/14-3/25 (11) S 12:45-1:45 pm 10-14 yrs CH34205  
Rm D ID/AP: \$80 OD: \$98.50

#### Spring Term:

4/22-6/17 (9) S 12:45-1:45 pm 10-14 yrs CH44205  
Rm D ID/AP: \$67 OD: \$82.25

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

## Arts & Crafts - Teen/Adult

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
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### Fused Glass, Coasters

Using sheet glass, frit glass and dichroic glass, create a 4-piece coaster set in your favorite colors. Additional material fee of \$30 payable to instructor at class. Beginners welcome.

#### Winter Term:

2/25 (1) Rm 3	S	9:30 am-Noon ID/AP: \$14	14 yrs-Adult OD: \$17.50	CH34520
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### Fused Glass, Plate

Using sheet glass, frit glass and dichroic glass, create a glass plate in your favorite colors. Additional material fee of \$30 payable to instructor at class. Beginners welcome.

#### Spring Term:

4/22 (1) Rm 3	S	9:30 am-Noon ID/AP: \$14	14 yrs-Adult OD: \$17.50	CH44520
5/20 (1) Rm 3	S	9:30 am-Noon ID/AP: \$14	14 yrs-Adult OD: \$17.50	CH44520A

### Knitting

Learn to knit! Bring size 9/10 needles and a skein of worsted weight yarn or chunky weight yarn and 13/15 size needles to first class. Intermediate students bring pattern, yarn, and needles for project you wish to work on. No class 1/27.

#### Winter Term:

1/18-3/22 (10) Rm D	W	10 am-Noon ID/AP: \$111	14 yrs-Adult OD: \$138.75	CH34510
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#### Spring Term:

4/5-6/14 (11) Rm D	W	10 am-Noon ID/AP: \$121	14 yrs-Adult OD: \$151.25	CH44510
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### 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. Supply list will be provided.

#### Winter Term:

1/18-2/8 (4) Rm 3	W	9:30 am-12:30 pm ID/AP: \$62	14 yrs-Adult OD: \$77.50	CH34516
2/22-3/15 (4) Rm 3	W	9:30 am-12:30 pm ID/AP: \$62	14 yrs-Adult OD: \$77.50	CH34517

#### Spring Term:

4/5-4/26 (4) Rm 3	W	9:30 am-12:30 pm ID/AP: \$62	14 yrs-Adult OD: \$77.50	CH44516
5/10-5/31 (4) Rm 3	W	9:30 am-12:30 pm ID/AP: \$62	14 yrs-Adult OD: \$77.50	CH44517



## Dance - Preschool

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

Formal class for the student who is ready to learn barre work, more terminology and begin working mostly all from a turned out position.

#### Winter Term:

1/11-3/22 (11) Rm 5	W	12:15-1 pm ID/AP: \$58	4-6 yrs OD: \$72.50	CH31100
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#### Spring Term:

4/5-6/14 (11) Rm 5	W	12:15-1 pm ID/AP: \$58	4-6 yrs OD: \$72.50	CH41100
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### Creative Dance

Rhythm and a variety of beginning dance techniques, movement combinations and routines to a variety of music and the incorporation of dance props. No class 1/16, 2/20, 5/29.

#### Winter Term:

1/9-3/20 (9) Rm 5	M	10:45-11:30 am ID/AP: \$48	3-5 yrs OD: \$60	CH31101
1/12-3/23 (11) Rm D	Th	9:15-10 am ID/AP: \$58	3-5 yrs OD: \$72.50	CH31102

#### Spring Term:

4/3-6/12 (10) Rm 5	M	10:45-11:30 am ID/AP: \$53	3-5 yrs OD: \$66.25	CH41101
4/6-6/15 (11) Rm D	Th	9:15-10 am ID/AP: \$58	3-5 yrs OD: \$72.50	CH41102

### Creative Movers

Develop rhythm, beginning dance techniques, movement combinations and more. Exposure to a variety of music and dance props.

#### Winter Term:

1/13-3/24 (11) Rm 8	F	9-9:30 am ID/AP: \$43	2½-3 yrs OD: \$53.75	CH31103
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#### Spring Term:

4/7-6/16 (11) Rm 8	F	9-9:30 am ID/AP: \$43	2½-3 yrs OD: \$53.75	CH41103
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### Dance Combo/Tap, Ballet, Jazz

Introduction to tap, ballet and jazz techniques. Broad exposure to different dance types, music and styles. **Tap shoes required.** No class 1/16, 2/20, 5/29.

#### Winter Term:

1/9-3/20 (9) Rm D	M	11:30 am-12:15 pm ID/AP: \$48	4-6 yrs OD: \$60	CH31129
1/10-3/21 (11) Rm 5	T	11:30 am-12:15 pm ID/AP: \$58	4-6 yrs OD: \$72.50	CH31129A
1/10-3/21 (11) Rm 5	T	3:30-4:15 pm ID/AP: \$58	5-7 yrs OD: \$72.50	CH31128
1/12-3/23 (11) Rm 5	Th	4:15-5 pm ID/AP: \$58	5-7 yrs OD: \$72.50	CH31127

#### Spring Term:

4/3-6/12 (10) Rm D	M	11:30 am-12:15 pm ID/AP: \$53	4-6 yrs OD: \$66.25	CH41129
4/4-6/13 (11) Rm 5	T	11:30 am-12:15 pm ID/AP: \$58	4-6 yrs OD: \$72.50	CH41129A
4/4-6/13 (11) Rm 5	T	3:30-4:15 pm ID/AP: \$58	5-7 yrs OD: \$72.50	CH41128
4/6-6/15 (11) Rm 5	Th	4:15-5 pm ID/AP: \$58	5-7 yrs OD: \$72.50	CH41127

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## Dance - Preschool

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
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### Dancin' and Twirlin'

Busy little ones will love participating in movement activities that incorporate dance, batons, tumbling as well as playing with props like balls and scarves. Activities introduced will help develop balance, motor skills and more. No class 1/16, 2/20, 5/29.

#### Winter Term:

1/9-3/20 (9) Rm 5	M	11:30 am-12:15 pm ID/AP: \$48	3½-6 yrs OD: \$60	CH31104
1/12-3/23 (11) Rm D	Th	10:10:30 am ID/AP: \$43	2½-4 yrs OD: \$53.75	CH31106

#### Spring Term:

4/3-6/12 (10) Rm 5	M	11:30 am-12:15 pm ID/AP: \$53	3½-6 yrs OD: \$66.25	CH41104
4/6-6/15 (11) Rm D	Th	10:10:30 am ID/AP: \$43	2½-4 yrs OD: \$53.75	CH41106

### Dancing Princesses

Kids get the royal treatment as they learn dance basics that strengthen flexibility, rhythm and grace amongst crowns, wands and their royal outfit. Come dressed in your favorite outfit. No class 4/15.

#### Winter Term:

1/13-3/24 (11) Rm 8	F	10:45-11:30 am ID/AP: \$58	3-5 yrs OD: \$72.50	CH31108
1/14-3/25 (11) Rm 5	S	10:45-11:30 am ID/AP: \$58	3-5 yrs OD: \$72.50	CH31109

#### Spring Term:

4/7-6/16 (11) Rm 8	F	10:45-11:30 am ID/AP: \$58	3-5 yrs OD: \$72.50	CH41108
4/8-6/17 (10) Rm 8	S	10:45-11:30 am ID/AP: \$53	3-5 yrs OD: \$66.25	CH41109

### Gymnastic Dance

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

#### Winter Term:

1/12-3/23 (11) Rm 5	Th	11:30 am-12:15 pm ID/AP: \$58	3½-5 yrs OD: \$72.50	CH31111
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#### Spring Term:

4/6-6/15 (11) Rm 5	Th	11:30 am-12:15 pm ID/AP: \$58	3½-5 yrs OD: \$72.50	CH41111
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### Hip-hop Kids

Dance like your favorite pop stars! Class is designed for the younger student. In this high-energy, age appropriate class, kids will learn fun hip-hop techniques and combinations, danced to their favorite music. Music choices and dance steps will be age appropriate.

#### Winter Term:

1/12-3/23 (11) Rm D	Th	11:15 am-Noon ID/AP: \$58	4-6 yrs OD: \$72.50	CH31137
1/13-3/24 (11) Rm 6	F	6-7 pm ID/AP: \$78	5-7 yrs OD: \$97.50	CH31138

#### Spring Term:

4/6-6/15 (11) Rm D	Th	11:15 am-Noon ID/AP: \$58	4-6 yrs OD: \$72.50	CH41137
4/7-6/16 (11) Rm 6	F	6-7 pm ID/AP: \$78	5-7 yrs OD: \$97.50	CH41138

## Dance - Preschool

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
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### Junior Ballet

Class is designed for students who have had pre-ballet or beginning classical ballet and are ready for a more focused class structure. Greater expectations of students on form, listening, following direction and skill correction application.

#### Winter Term:

1/12-3/23 (11) Rm 5	Th	12:15-1 pm ID/AP: \$58	4½-6 yrs OD: \$72.50	CH31114
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#### Spring Term:

4/6-6/15 (11) Rm 5	Th	12:15-1 pm ID/AP: \$58	4½-6 yrs OD: \$72.50	CH41114
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### Kidz Bop

Get moving in this high-energy class that combines, jazz, hip-hop and some ballet. Come learn a new dance to kid appropriate current music. Students will keep moving with a balance of technique and fun!

#### Winter Term:

1/10-3/21 (11) Rm 5	T	2:30-3:15 pm ID/AP: \$58	4-6 yrs OD: \$72.50	CH31116
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#### Spring Term:

4/4-6/13 (11) Rm 5	T	2:30-3:15 pm ID/AP: \$58	4-6 yrs OD: \$72.50	CH41116
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### Musical Theater

In addition to drama games that foster creativity, self-expression and teamwork, students will explore the joy of musical theater classics. We'll have fun singing and dancing to favorite show tunes.

#### Winter Term:

1/12-3/23 (11) Rm D	Th	10:30-11:15 am ID/AP: \$58	3½-6 yrs OD: \$72.50	CH31136
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#### Spring Term:

4/6-6/15 (11) Rm D	Th	10:30-11:15 am ID/AP: \$58	3½-6 yrs OD: \$72.50	CH41136
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### On Your Toes

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

#### Winter Term:

1/11-3/22 (11) Rm 5	W	11-11:30 am ID/AP: \$43	3-3½ yrs OD: \$53.75	CH31117
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#### Spring Term:

4/5-6/14 (11) Rm 5	W	11-11:30 am ID/AP: \$43	3-3½ yrs OD: \$53.75	CH41117
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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)

## Dance - Preschool

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

This class provides an introduction to ballet steps and terminology, with an emphasis on creative movement, rhythm, balance and coordination. No class 1/16, 2/20, 4/15, 5/29.

#### Winter Term:

1/9-3/20 (9) Rm D	M	9:45-10:30 am ID/AP: \$48	3½-5 yrs OD: \$60	CH31118
1/11-3/22 (11) Rm 5	W	11:30 am-12:15 pm ID/AP: \$58	3½-5 yrs OD: \$72.50	CH31119
1/12-3/23 (11) Rm 5	Th	10:45-11:30 am ID/AP: \$58	4-6 yrs OD: \$72.50	CH31120
1/13-3/24 (11) Rm 8	F	9:45-10:30 am ID/AP: \$58	3-5 yrs OD: \$72.50	CH31121
1/13-3/24 (11) Rm 8	F	11:30 am-12:15 pm ID/AP: \$58	3-5 yrs OD: \$72.50	CH31122
1/14-3/25 (11) Rm 5	S	9-9:45 am ID/AP: \$58	3-5 yrs OD: \$72.50	CH31123
1/14-3/25 (11) Rm 5	S	9:45-10:30 am ID/AP: \$58	4½-6 yrs OD: \$72.50	CH31124

#### Spring Term:

4/3-6/12 (10) Rm D	M	9:45-10:30 am ID/AP: \$53	3½-5 yrs OD: \$66.25	CH41118
4/5-6/14 (11) Rm 5	W	11:30 am-12:15 pm ID/AP: \$58	3½-5 yrs OD: \$72.50	CH41119
4/6-6/15 (11) Rm 5	Th	10:45-11:30 am ID/AP: \$58	4-6 yrs OD: \$72.50	CH41120
4/7-6/16 (11) Rm 8	F	9:45-10:30 am ID/AP: \$58	3-5 yrs OD: \$72.50	CH41121
4/7-6/16 (11) Rm 8	F	11:30 am-12:15 pm ID/AP: \$58	3-5 yrs OD: \$72.50	CH41122
4/8-6/17 (10) Rm 5	S	9-9:45 am ID/AP: \$53	3-5 yrs OD: \$66.25	CH41123
4/8-6/17 (10) Rm 5	S	9:45-10:30 am ID/AP: \$53	4½-6 yr OD: \$66.25	CH41124

### Sibling Dance Fun

For siblings to move and learn together. Develop rhythm, balance and coordination while learning basic dance forms to fun songs and incorporated props. No class 1/16, 2/20, 5/29.

#### Winter Term:

1/9-3/20 (9) Rm 5	M	5:45-6:30 pm ID/AP: \$48	2½-6 yrs OD: \$60	CH31130
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#### Spring Term:

4/3-6/12 (11) Rm 8	M	5:45-6:30 pm ID/AP: \$58	2½-6 yrs OD: \$72.50	CH41130
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### Tiny Tappers

Through beats and rhythms, little tappers learn the basics of tap from their heads to their feet and everything in between! Tap shoes required.

#### Winter Term:

1/10-3/21 (11) Rm 5	T	12:15-1 pm ID/AP: \$58	4-6 yrs OD: \$72.50	CH31132
1/11-3/22 (11) Rm 5	W	9:30-10:15 am ID/AP: \$58	3½-5 yrs OD: \$72.50	CH31133

#### Spring Term:

4/4-6/13 (11) Rm 5	T	12:15-1 pm ID/AP: \$58	4-6 yrs OD: \$72.50	CH41132
4/5-6/14 (11) Rm 5	W	9:30-10:15 am ID/AP: \$58	3½-5 yrs OD: \$72.50	CH41133

## Dance - Preschool

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

Tiny dancers will learn basic ballet movements that can improve balance and coordination in a nurturing and fun environment.

#### Winter Term:

1/11-3/22 (11) Rm 5	W	10:30-11 am ID/AP: \$43	2½-3 yrs OD: \$53.75	CH31135
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#### Spring Term:

4/5-6/14 (11) Rm 5	W	10:30-11 am ID/AP: \$43	2½-3 yrs OD: \$53.75	CH41135
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### Tip Toes

For our youngest dancers! Develop grace, poise, good posture and coordination while dancing to many favorite songs. Basic ballet movements explored. Parent participation required. No class on 1/16, 2/20, 5/29.

#### Winter Term:

1/9-3/20 (9) Rm D	M	9-9:30 am ID/AP: \$35	2-3 yrs OD: \$43.75	CH31134
1/9-3/20 (9) Rm D	M	10:45-11:15 am ID/AP: \$35	2-3 yrs OD: \$43.75	CH31134A
1/10-3/21 (11) Rm 8	T	9-9:30 am ID/AP: \$43	2-3 yrs OD: \$53.75	CH31134B

#### Spring Term:

4/3-6/12 (10) Rm D	M	9-9:30 am ID/AP: \$39	2-3 yrs OD: \$48.75	CH41134
4/3-6/12 (10) Rm D	M	10:45-11:15 am ID/AP: \$39	2-3 yrs OD: \$48.75	CH41134A
4/4-6/13 (11) Rm 8	T	9-9:30 am ID/AP: \$43	2-3 yrs OD: \$53.75	CH41134B

## Dance - Youth

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
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### Classical Ballet I/II

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

#### Winter Term:

1/10-3/21 (11) Rm 5	T	4:15-5:15 pm ID/AP: \$76	6-8 yrs OD: \$95	CH31200
1/10-3/21 (11) Rm 5	T	5:30-6:30 pm ID/AP: \$76	8-12 yrs OD: \$95	CH31201

#### Spring Term:

4/4-6/13 (11) Rm 5	T	4:15-5:15 pm ID/AP: \$76	6-8 yrs OD: \$95	CH41200
4/4-6/13 (11) Rm 5	T	5:30-6:30 pm ID/AP: \$76	8-12 yrs OD: \$95	CH41201

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

## Dance - Youth

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

This ballet class follows the traditional structure of barre work to stretch and strengthen, center and across the floor movements while incorporating more creative fluid movements.

#### Winter Term:

1/12-3/23 (11) Th 3:30-4:15 pm 6-9 yrs CH31201A  
Rm 5 ID/AP: \$57 OD: \$71.25

#### Spring Term:

4/6-6/15 (11) Th 3:30-4:15 pm 6-9 yrs CH41201A  
Rm 5 ID/AP: \$57 OD: \$71.25

### Dance Combo/Tap, Ballet, Jazz

Class will expose young dancer to tap, ballet and jazz techniques. Tap shoes required. No class 4/15.

#### Winter Term:

1/12-3/23 (11) Th 5-6 pm 7-10 yrs CH31202  
Rm 5 ID/AP: \$74 OD: \$92.50

1/14-3/25 (11) S 11:45 am-12:45 pm 6-9 yrs CH31203  
Rm 5 ID/AP: \$74 OD: \$92.50

#### Spring Term:

4/6-6/15 (11) Th 5-6 pm 7-10 yrs CH41202  
Rm 5 ID/AP: \$74 OD: \$92.50

4/8-6/17 (10) S 11:45 am-12:30 pm 6-9 yrs CH41203  
Rm 5 ID/AP: \$50 OD: \$62.50

### Hip-hop Street Dance

Learn techniques and routines from a variety of dance styles - hip-hop, locking, street jazz, contemporary and more. Get ready to move. Tennis shoes required. No class 1/16, 2/20, 5/29.

#### Winter Term:

1/9-3/20 (9) M 3:45-4:30 pm 7-12 yrs CH31204  
Rm 5 ID/AP: \$48 OD: \$60

#### Spring Term:

4/3-6/12 (10) M 3:45-4:30 pm 7-12 yrs CH41204  
Rm 5 ID/AP: \$53 OD: \$66.25

### Hip-hop Video Dance

Learn about popular dance styles with upbeat routines and technical skills for today's dance world. No class 1/16, 2/20, 5/29.

#### Winter Term:

1/9-3/20 (9) M 4:30-5:30 pm 8½-13 yrs CH31205  
Rm 5 ID/AP: \$60 OD: \$75

#### Spring Term:

4/3-6/12 (10) M 4:30-5:30 pm 8½-13 yrs CH41205  
Rm 5 ID/AP: \$67 OD: \$83.75

### Jazz - Hip-hop

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

#### Winter Term:

1/14-3/25 (11) S 1-2 pm 7-11 yrs CH31206  
Rm 5 ID/AP: \$74 OD: \$92.50

#### Spring Term:

4/8-6/17 (10) S 1-2 pm 7-11 yrs CH41206  
Rm 5 ID/AP: \$67 OD: \$83.75

## Dance - Youth

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
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### Modern Contemporary

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

#### Winter Term:

1/12-3/23 (11) Th 6:15-7:15 pm 7-13 yrs CH31207  
Rm D ID/AP: \$74 OD: \$92.50

#### Spring Term:

4/6-6/15 (11) Th 6:15-7:15 pm 7-13 yrs CH41207  
Rm 5 ID/AP: \$74 OD: \$92.50

### Modern Contemporary II

The next step. Class will focus more on big movements influenced by ballet and modern techniques. Choreography based in the feeling or motivation of the music. Many different dances with elements of jazz, ballet, and more. Instructor approval required.

#### Winter Term:

1/10-3/21 (11) T 6:30-7:30 pm 10-16 yrs CH31208  
Rm 5 ID/AP: \$74 OD: \$92.50

1/12-3/23 (11) Th 7:15-8:15 pm 10-16 yrs CH31209  
Rm D ID/AP: \$74 OD: \$92.50

#### Spring Term:

4/4-6/13 (11) T 6:30-7:30 pm 10-16 yrs CH41208  
Rm 5 ID/AP: \$74 OD: \$92.50

4/6-6/15 (11) Th 7:15-8:15 pm 10-16 yrs CH41209  
Rm D ID/AP: \$74 OD: \$92.50

### Zumba® for Kids!

This class features kid-friendly routines based on original Zumba® choreography. We break down the steps, add games, activities and cultural exploration elements into the class structure. Kids 7-11 years old get the chance to be active and jam out to their favorite music.

#### Winter Term:

1/10-3/21 (11) T 5-5:55 pm 4-7 yrs CH31139  
Rm 8 ID/AP: \$71 OD: \$88.75

1/12-3/23 (11) Th 5-5:55 pm 8-12 yrs CH31140  
Rm 8 ID/AP: \$71 OD: \$88.75

#### Spring Term:

4/4-6/13 (11) T 5-5:55 pm 4-7 yrs CH41139  
Rm 8 ID/AP: \$71 OD: \$88.75

4/6-6/15 (11) Th 5-5:55 pm 8-12 yrs CH41140  
Rm 8 ID/AP: \$71 OD: \$88.75



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



## Dance - Teen/Adult

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

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

#### Winter Term:

1/10-3/21 (11) T 7:35-8:35 pm 14 yrs-Adult CH31502  
Rm 5 ID/AP: \$67 OD: \$83.75

#### Spring Term:

4/4-6/13 (11) T 7:35-8:35 pm 14 yrs-Adult CH41502  
Rm 5 ID/AP: \$74 OD: \$92.50

### Belly Dance, Intermediate

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

#### Winter Term:

1/10-3/21 (11) T 8:35-9:35 pm 14 yrs-Adult CH31503  
Rm 5 ID/AP: \$81 OD: \$101.25

#### Spring Term:

4/4-6/13 (11) T 8:35-9:35 pm 14 yrs-Adult CH41503  
Rm 5 ID/AP: \$89 OD: \$111.25

### 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.

#### Winter Term:

1/11-3/22 (11) W 7:30-9 pm 14 yrs-Adult CH31504  
Rm 5 ID/AP: \$96 OD: \$120

#### Spring Term:

4/5-6/14 (11) W 7:30-9 pm 14 yrs-Adult CH41504  
Rm 5 ID/AP: \$96 OD: \$120

### Hip-hop Fit

Cool, fun routines for beginning/intermediate students. Instructor breaks down the moves, so first time hip-hop dancers are always welcome! We dance and sweat, then work on our core strength for better performance. We will dance hard and workout hard! No skirts, jeans, bare feet, sandals or heels please. No class 1/16, 2/20, 5/29.

#### Winter Term:

1/2-3/20 (10) M 7:15-8:15 pm 14 yrs-Adult CH31500  
Rm 5 ID/AP: \$67 OD: \$83.75

#### Spring Term:

4/3-6/19 (11) M 7:15-8:15 pm 14 yrs-Adult CH41500  
Rm 5 ID/AP: \$74 OD: \$92.50

## General Interest - Preschool

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
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### Sensory Explorers

Toddlers will have a blast in this class exploring different textiles, colors, shapes, smells, and sounds. Sign up for parent participation, drop off, or both classes to ease your child into participating in a class independently.

#### Winter Term:

1/12-3/23 (11) Th 10:05-10:50 am 2-3 yrs CH35126  
Rm C ID/AP: \$98 OD: \$122.50

#### Spring Term:

4/6-6/15 (11) Th 10:05-10:50 am 2-3 yrs CH45125  
Rm C ID/AP: \$98 OD: \$122.50

### Sensory Explorers (Parent Participation)

Toddlers will have a blast exploring different textiles, colors, shapes, smells, and sounds. Sign up for parent participation, drop off, or both classes to ease your child into participating in a class independently. **No unregistered siblings; childcare available.**

#### Winter Term:

1/12-3/23 (11) Th 9:15-10 am 2-3 yrs CH35124  
Rm C ID/AP: \$81 OD: \$101.25

#### Spring Term:

4/6-6/15 (11) Th 9:15-10 am 2-3 yrs CH45124  
Rm C ID/AP: \$81 OD: \$101.25



## Cooking – Adult Series

Join us for an evening of fabulous food and fun! Carrie Lee will give students cooking techniques for preparing Asian and Island dishes in these hands-on cooking classes. Sign up for one or all three in the series.

#### Week 1 - Fried Rice and BBQ'd beef

1/19 Th 6-8 pm 18 yrs-Adult CH35502  
ID/AP: \$29 OD: \$36.25

#### Week 2 - Fried Noodles and BBQ'd Chicken Breast Sticks

1/26 Th 6-8 pm 18 yrs-Adult CH35503  
ID/AP: \$29 OD: \$36.25

#### Week 3 - Yam Noodles and Potstickers (or Spicy BBQ Pork)

2/2 Th 6-8 pm 18 yrs-Adult CH35504  
ID/AP: \$29 OD: \$36.25

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

## General Interest - Preschool

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
<b>Chefs in Training</b>				
Join us for fun in the kitchen with Gloria! Learn age-appropriate culinary skills, including basic nutrition, manners, recipes and more. <b>Please note: We cannot guarantee an allergy free environment or menu.</b>				
<b>Winter Term:</b>				
1/13 (1) Kitchen	F	9:30-11:30 am ID/AP: \$22	4-5 yrs OD: \$27	CH35100
1/27 (1) Kitchen	F	9:30-11:30 am ID/AP: \$22	4-5 yrs OD: \$27	CH35101
2/17 (1) Kitchen	F	9:30-11:30 am ID/AP: \$22	4-5 yrs OD: \$27	CH35102
3/3 (1) Kitchen	F	9:30-11:30 am ID/AP: \$22	4-5 yrs OD: \$27	CH35103
3/17 (1) Kitchen	F	9:30-11:30 am ID/AP: \$22	4-5 yrs OD: \$27	CH35104

## General Interest - Preschool

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
<b>Chefs in Training (continued)</b>				
<b>Spring Term:</b>				
4/7 (1) Kitchen	F	9:30-11:30 am ID/AP: \$22	4-5 yrs OD: \$27	CH45100
4/21 (1) Kitchen	F	9:30-11:30 am ID/AP: \$22	4-5 yrs OD: \$27	CH45101
5/5 (1) Kitchen	F	9:30-11:30 am ID/AP: \$22	4-5 yrs OD: \$27	CH45102
5/19 (1) Kitchen	F	9:30-11:30 am ID/AP: \$22	4-5 yrs OD: \$27	CH45103
6/9 (1) Kitchen	F	9:30-11:30 am ID/AP: \$22	4-5 yrs OD: \$27	CH45104

## Mix & Match Preschool Enrichment

### Letters and Colors and Shapes, Oh My!

This class will give your child more practice with letter, color, and shape recognition through play, art, and music! No class on 1/16, 2/20, 5/29.

<b>Winter Term:</b>				
1/9-3/20 (10) Rm C2	M	9-10 am ID/AP: \$77	3-5 yrs OD: \$96.25	CH35150
<b>Spring Term:</b>				
4/3-6/12 (10) Rm C2	M	9-10 am ID/AP: \$77	3-5 yrs OD: \$96.25	CH45150

### Little Beakers

Your future scientist will have fun in this class learning about the wonders of science. Varying projects and science experiments will keep your child's imagination and curiosity racing with ideas. No class 1/16, 2/20, 5/29.

<b>Winter Term:</b>				
1/9-3/20 (9) Rm C	M	10:15-11:15 am ID/AP: \$71	3-5 yrs OD: \$88.75	CH35155
<b>Spring Term:</b>				
4/3-6/12 (10) Rm C	M	10:05-11:05 am ID/AP: \$76	3-5 yrs OD: \$95	CH45155

### Little Masters

Based on the ideas and images of master artists, this class explores creative activities and experiences through preschool appropriate "copy cat" art projects and play. **Class will be messy, wear grubby clothes!**

<b>Winter Term:</b>				
1/11-3/22 (11) Rm C2	W	10:05-11:05 am ID/AP: \$85	3-5 yrs OD: \$106.25	CH35151
<b>Spring Term:</b>				
4/5-6/14 (11) Rm C2	W	10:05-11:05 am ID/AP: \$85	3-5 yrs OD: \$106.25	CH45151

### Little Mathletes

Kids become more comfortable with numbers and math in this class that makes learning fun! No class 1/16, 2/20, 5/29.

<b>Winter Term:</b>				
1/9-3/20 (9) Rm C	M	9-10 am ID/AP: \$71	3-5 yrs OD: \$88.75	CH35154
<b>Spring Term:</b>				
4/3-6/12 (10) Rm C	M	9-10 am ID/AP: \$76	3-5 yrs OD: \$95	CH45154

### Nature's Nurturers

Join us as we explore the world around us from the leaves on the trees to the worms in the ground. Come dressed for the weather - we will be exploring outside!

<b>Winter Term:</b>				
1/10-3/21 (11) Rm C2	T	9-10 am ID/AP: \$85	3-5 yrs OD: \$106.25	CH35153
<b>Spring Term:</b>				
4/4-6/13 (11) Rm C2	T	10:05-11:05 am ID/AP: \$85	3-5 yrs OD: \$106.25	CH45153

### Picture Book Art

Let's look at our favorite children's book illustrators and make a copycat art project. Subjects include Eric Carle, Mo Willems and Lois Ehlert

<b>Winter Term:</b>				
1/10-3/21 (11) Rm C2	T	9-10 am ID/AP: \$85	3-5 yrs OD: \$106.25	CH35152
<b>Spring Term:</b>				
4/4-6/13 (11) Rm C2	T	9-10 am ID/AP: \$85	3-5 yrs OD: \$106.25	CH45152

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

## General Interest - Preschool

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
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## General Interest - Preschool

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
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## Cedar Hills Social Classes

### Bright Beginnings

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 1/16, 2/20, 5/29.

#### Winter Term:

1/9-3/20 (9) Rm B	M	9-11:30 am ID/AP: \$148	3½-5 yrs OD: \$185	CH35140
1/10-3/21 (11) Rm B	T	9-11:30 am ID/AP: \$178	3½-5 yrs OD: \$222.50	CH35141
1/11-3/22 (11) Rm B	W	9-11:30 am ID/AP: \$178	3½-5 yrs OD: \$222.50	CH35142
1/12-3/23 (11) Rm B	Th	9-11:30 am ID/AP: \$178	3½-5 yrs OD: \$222.50	CH35143
1/13-3/24 (11) Rm B	F	9-11:30 am ID/AP: \$178	3½-5 yrs OD: \$222.50	CH35144

#### Spring Term:

4/3-6/12 (10) Rm B	M	9-11:30 am ID/AP: \$163	3½-5 yrs OD: \$203.75	CH45140
4/4-6/13 (11) Rm B	T	9-11:30 am ID/AP: \$178	3½-5 yrs OD: \$222.50	CH45141
4/5-6/14 (11) Rm B	W	9-11:30 am ID/AP: \$178	3½-5 yrs OD: \$222.50	CH45142
4/6-6/15 (11) Rm B	Th	9-11:30 am ID/AP: \$178	3½-5 yrs OD: \$222.50	CH45143
4/7-6/16 (11) Rm B	F	9-11:30 am ID/AP: \$178	3½-5 yrs OD: \$222.50	CH45144

### 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, dance, music, stories and free play. **Parent participation required for the Wednesdays. No unregistered siblings. No unregistered siblings.** No class 1/16, 2/20, 5/29.

#### Winter Term:

1/9-3/20 (9) Rm A	M	9-11:30 am ID/AP: \$161	2½-3 yrs OD: \$201.25	CH35130
1/10-3/21 (11) Rm A	T	9-11:30 am ID/AP: \$197	2½-3 yrs OD: \$246.25	CH35131
1/11-3/22 (11) Rm A	W	9-11 am ID/AP: \$146	2-3 yrs OD: \$182.50	CH35132
1/12-3/23 (11) Rm A	Th	9-11:30 am ID/AP: \$197	2½-3 yrs OD: \$246.25	CH35133
1/13-3/24 (11) Rm A	F	9-11:30 am ID/AP: \$197	2½-3 yrs OD: \$246.25	CH35134

#### Spring Term:

4/3-6/12 (10) Rm A	M	9-11:30 am ID/AP: \$179	2½-3 yrs OD: \$223.75	CH45130
4/4-6/13 (11) Rm A	T	9-11:30 am ID/AP: \$197	2½-3 yrs OD: \$246.25	CH45131
4/5-6/14 (11) Rm A	W	9-11 am ID/AP: \$151	2-3 yrs OD: \$188.75	CH45132

### First Time Friends (continued)

4/6-6/15 (11) Rm A	Th	9-11:30 am ID/AP: \$197	2½-3 yrs OD: \$246.25	CH45133
4/7-6/16 (11) Rm A	F	9-11:30 am ID/AP: \$197	2½-3 yrs OD: \$246.25	CH45134

End Box

### Kindertune Music Adventure

Music, movement, games, stories and other activities designed for parent/child participation. **No unregistered siblings; childcare available.**

#### Winter Term:

1/11-3/22 (11) Rm C	W	9:30-10 am ID/AP: \$54	1½-3 yrs OD: \$67.50	CH35116
1/11-3/22 (11) Rm C	W	10:05-10:35 am ID/AP: \$54	1½-3 yrs OD: \$67.50	CH35117

#### Spring Term:

4/5-6/14 (11) Rm C	W	9:30-10 am ID/AP: \$54	1½-3 yrs OD: \$67.50	CH45116
4/5-6/14 (11) Rm C	W	10:05-10:35 am ID/AP: \$54	1½-3 yrs OD: \$67.50	CH45117

### Preschool Theater Fun

An introductory theater class designed for preschoolers, with an emphasis on acting. In addition, we'll create puppets and music. The students will perform an original play on the last class. **Parent participation welcome, but not mandatory.**

#### Winter Term:

1/11-3/22 (11) Rm C	W	Noon-1 pm ID/AP: \$84	3-6 yrs OD: \$105	CH35119
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#### Spring Term:

4/5-6/14 (11) Rm C	W	Noon-1 pm ID/AP: \$84	3-6 yrs OD: \$105	CH45119
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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)

## General Interest - Youth/Adult

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
<b>Cooking Camp, Spring Break, Teens Cooking Impossible</b>				
Would-be-chefs work on honing their culinary skills for the week. Meal planning, mix up cool treats, savory meals, shopping field trip, competitions and more. <b>We cannot guarantee an allergy-free environment or menu.</b>				

<b>Winter Term:</b>				
3/27-3/30 (1) Kitchen	M-Th	9 am-3 pm ID/AP: \$216	11-14 yrs OD: \$270	CH35109

### Cooking, Kids in the Kitchen: Festive Treats!

We'll have some fun in the kitchen makin' Holiday Day treats while learning culinary skills and safety. Please note: **We cannot guarantee an allergy free environment or menu.**

<b>Winter Term:</b>				
<b>Valentine Treats</b>				
2/8 (1) Kitchen	W	6:30-8:30 pm ID/AP: \$25	8-10 yrs OD: \$31.25	CH35107
<b>St. Paddy's Day Treats</b>				
3/17 (1) Kitchen	F	6:30-8:30 pm ID/AP: \$25	8-10 yrs OD: \$31.25	CH35108

<b>Spring Term:</b>				
<b>Easter Celebration</b>				
4/14 (1) Kitchen	F	6:30-8:30 pm ID/AP: \$25	8-10 yrs OD: 30.25	CH45107

### Home Alone

Help your child feel safe and confident while being home alone. Covers phone calls, home security and first aid techniques, and more.

<b>Winter Term:</b>				
2/18 (1) Rm 3	S	9-11:30 am ID/AP: \$25	8-11 yrs OD: \$31.25	CH35210
3/18 (1) Rm 3	S	9-11:30 am ID/AP: \$25	8-11 yrs OD: \$31.25	CH35211
<b>Spring Term:</b>				
5/6 (1) Rm 3	S	9-11:30 am ID/AP: \$25	8-11 yrs OD: \$31.25	CH45210
6/3 (1) Rm 3	S	9-11:30 am ID/AP: \$25	8-11 yrs OD: \$31.25	CH45211

### Safe Sitter, A Babysitter Training Course

Help your young Adult learn what it takes to be a responsible, trustworthy, and competent babysitter. **Students should bring paper and a pencil, as well as a water bottle, a snack, and sack lunch that needs no refrigeration or microwave.**

<b>Winter Term:</b>				
2/11 (1) Rm 3	S	8:30 am-3:45 pm ID/AP: \$45	11-15 yrs OD: \$55.25	CH35214
3/11 (1) Rm 3	S	8:30 am-3:45 pm ID/AP: \$45	11-15 yrs OD: \$55.25	CH35215
<b>Spring Term:</b>				
4/8 (1) Rm 3	S	8:30 am-3:45 pm ID/AP: \$45	11-15 yrs OD: \$56.25	CH45214
5/13 (1) Rm 3	S	8:30 am-3:45 pm ID/AP: \$45	11-15 yrs OD: \$56.25	CH45215
5/27 (1) Rm 3	S	8:30 am-3:45 pm ID/AP: \$45	11-15 yrs OD: \$56.25	CH45216

## General Interest - Youth/Adult

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
<b>Youth Guitar</b>				
Learn to play the guitar. Learn basic chords and strumming, along with an understanding of how the guitar works. <b>Bring your own guitar.</b>				

<b>Winter Term:</b>				
1/10-3/21 (11) Rm 3	T	5:15-6:15 pm ID/AP: \$87	8-11 yrs OD: \$108.25	CH35249
<b>Spring Term:</b>				
4/4-6/13 (11) Rm 3	T	5:15-6:15 pm ID/AP: \$85	8-11 yrs OD: \$106.25	CH45249

### Guitar I

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

<b>Winter Term:</b>				
1/10-3/21 (11) Rm 3	T	7-8 pm ID/AP: \$82	10 yrs-Adult OD: \$102.50	CH35500
<b>Spring Term:</b>				
4/4-6/13 (11) Rm 3	T	7-8 pm ID/AP: \$82	10 yrs-Adult OD: \$102.50	CH45500

### Guitar II

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

<b>Winter Term:</b>				
1/10-3/21 (11) Rm 3	T	8-9 pm ID/AP: \$84	13 yrs-Adult OD: \$104.50	CH35501
<b>Spring Term:</b>				
4/4-6/13 (11) Rm 3	T	8-9 pm ID/AP: \$82	13 yrs-Adult OD: \$102.50	CH45501

### Guitar, Private Lessons

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

<b>Winter Term:</b>				
1/10-1/31 (4) Rm 3	T	3:30-4 pm ID/AP: \$124	7 yrs-Adult OD: \$154.75	CH35250
1/10-1/31 (4) Rm 3	T	4-4:30 pm ID/AP: \$124	7 yrs-Adult OD: \$154.75	CH35251
1/10-1/31 (4) Rm 3	T	4:30-5 pm ID/AP: \$124	7 yrs-Adult OD: \$154.75	CH35252
1/10-1/31 (4) Rm 3	T	6:15-6:45 pm ID/AP: \$124	7 yrs-Adult OD: \$154.75	CH35253
2/7-2/28 (4) Rm 2	T	3:30-4 pm ID/AP: \$124	7 yrs-Adult OD: \$154.75	CH35255
2/7-2/28 (4) Rm 2	T	4-4:30 pm ID/AP: \$124	7 yrs-Adult OD: \$154.75	CH35256
2/7-2/28 (4) Rm 3	T	4:30-5 pm ID/AP: \$124	7 yrs-Adult OD: \$154.75	CH35257
2/7-2/28 (4) Rm 3	T	6:15-6:45 pm ID/AP: \$124	7 yrs-Adult OD: \$154.75	CH35258
3/7-3/21 (3) Rm 3	T	3:30-4 pm ID/AP: \$93	7 yrs-Adult OD: \$116	CH35260
3/7-3/21 (3) Rm 3	T	4-4:30 pm ID/AP: \$93	7 yrs-Adult OD: \$116	CH35261

Continued

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

## General Interest - Youth/Adult

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
<b>Guitar, Private Lessons (continued)</b>				
3/7-3/21 (3) Rm 3	T	4:30-5 pm ID/AP: \$93	7 yrs-Adult OD: \$116	CH35262
3/7-3/21 (3) Rm 3	T	6:15-6:45 pm ID/AP: \$93	7 yrs-Adult OD: \$116	CH35263
<b>Spring Term:</b>				
4/4-4/25 (4) Rm 3	T	3:30-4 pm ID/AP: \$124	7 yrs-Adult OD: \$154.75	CH45250
4/4-4/25 (4) Rm 3	T	4-4:30 pm ID/AP: \$124	7 yrs-Adult OD: \$154.75	CH45251
4/4-4/25 (4) Rm 3	T	4:30-5 pm ID/AP: \$124	7 yrs-Adult OD: \$154.75	CH45252
4/4-4/25 (4) Rm 3	T	6:15-6:45 am ID/AP: \$124	7 yrs-Adult OD: \$154.75	CH45253
5/2-5/23 (4) Rm 3	T	3:30-4 pm ID/AP: \$124	7 yrs-Adult OD: \$154.75	CH45255
5/2-5/23 (4) Rm 3	T	4-4:30 pm ID/AP: \$124	7 yrs-Adult OD: \$154.75	CH45256
5/2-5/23 (4) Rm 3	T	4:30-5 pm ID/AP: \$124	7 yrs-Adult OD: \$154.75	CH45257
5/2-5/23 (4) Rm 3	T	6:15-6:45 pm ID/AP: \$93	7 yrs-Adult OD: \$116	CH45258
5/30-6/13 (3) Rm 3	T	3:30-4 pm ID/AP: \$93	7 yrs-Adult OD: \$116	CH45260
5/30-6/13 (3) Rm 3	T	4-4:30 pm ID/AP: \$93	7 yrs-Adult OD: \$116	CH45261
5/30-6/13 (3) Rm 3	T	4:30-5 pm ID/AP: \$93	7 yrs-Adult OD: \$116	CH45262
5/30-6/13 (3) Rm 3	T	6:15-6:45 pm ID/AP: \$93	7 yrs-Adult OD: \$116	CH45263



## Piano, Private Lessons

Private piano lessons are available on Mondays and Fridays in 30-minute increments from 3:30-7:15 pm. Returning students' schedules will be set with the instructor. New students registration begins on 12/15. Call 503-629-6340 for availability.

Beginner books will be provided for first session. Students will be responsible for purchasing any additional books based on skill level. The opportunity to participate in any Oregon Music Teachers Association and Jr. Festival events is available (additional fees apply). No class 1/16 2/20, 5/29.

## Gymnastics

Cedar Hills offers a comprehensive gymnastics program. Our gymnastics classes are designed to help support students' progress to reach their full potential according to their personal ability and speed. All students will receive instruction on floor, beam, vault and bars. Great care is taken to provide a fun and safe atmosphere with quality instruction. Students with long hair need to pull it back with a rubber band. Please do not wear tights or jeans. Safety guidelines will be discussed at first class.

**For safety reasons, students will forfeit their class for the day if they arrive 10-15 minutes late and/or warmups have been completed. This is USA Gymnastics regulation policy. No makeup provided. No class 1/16, 2/20, 5/29.**

## Gymnastics - Preschool

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
<b>Kindergym, 1.5-3 yrs, Parent Participation</b>				
<b>Winter Term:</b>				
1/6-3/24 (12) Rm 9	F	9:15-10 am ID/AP: \$67	1½-3 yrs OD: \$83.75	CH33100
1/6-3/24 (12) Rm 9	F	10:15-11 am ID/AP: \$67	1½-3 yrs OD: \$83.75	CH33101
1/6-3/24 (12) Rm 9	F	11:15 am-Noon ID/AP: \$67	1½-3 yrs OD: \$83.75	CH33101A
<b>Spring Term:</b>				
4/7-6/16 (11) Rm 9	F	9:15-10 am ID/AP: \$61	1½-3 yrs OD: \$76.25	CH43100
4/7-6/16 (11) Rm 9	F	10:15-11 am ID/AP: \$61	1½-3 yrs OD: \$76.25	CH43101
4/7-6/16 (11) Rm 9	F	11:15 am-Noon ID/AP: \$61	1½-3 yrs OD: \$76.25	CH43101A

## KinderStars, 2.5-4 yrs, Parent Participation

<b>Winter Term:</b>				
1/6-3/24 (12) Rm 9	F	12:15-1 pm ID/AP: \$67	2½-4 yrs OD: \$83.75	CH33102
<b>Spring Term:</b>				
4/7-6/16 (11) Rm 9	F	12:15-1 pm ID/AP: \$61	2½-4 yrs OD: \$76.25	CH43102

## Tumble Time

### A drop-in, open-play time for children 1-5 yrs Monday & Friday • 1-2 pm • \$5

Children can do an obstacle course, run, jump and roll to get the wiggles out! This is a non-structured playtime with your child. A staff member will be on-site to supervise; no instruction included. Parents must stay and play.

Your CHRC instructor: The purpose of the instructor is to ensure everyone is safe and enjoying their experience. Please follow his or her instructions at all times. The instructor will not teach skills or lead activities but is always happy to answer any questions you may have. Don't forget: Parents are required to supervise their children at all times.

## Gymnastics - Preschool

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
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### Pre-Gymnastics, Parent Participation, 2.5-4 yrs

#### Winter Term:

1/9-3/20 (9) Rm 9	M	9-9:50 am ID/AP: \$54	2½-4 yrs OD: \$75	CH33103
1/3-3/21 (12) Rm 9	T	9-9:50 am ID/AP: \$72	2½-4 yrs OD: \$90	CH33104

#### Spring Term:

4/3-6/12 (10) Rm 9	M	9-9:50 am ID/AP: \$60	2½-4 yrs OD: \$75	CH43103
4/4-6/13 (11) Rm 9	T	9-9:50 am ID/AP: \$66	2½-4 yrs OD: \$82.50	CH43104

### Pre-Gymnastics, 3-5 yrs

#### Winter Term:

1/9-3/20 (9) Rm 9	M	10-10:50 am ID/AP: \$54	3-5 yrs OD: \$75	CH33105
1/9-3/20 (9) Rm 9	M	11:05-11:55 am ID/AP: \$54	3-5 yrs OD: \$75	CH33106
1/3-3/21 (12) Rm 9	T	10-10:50 am ID/AP: \$72	3-5 yrs OD: \$90	CH33107
1/3-3/21 (12) Rm 9	T	11:05-11:55 am ID/AP: \$72	3-5 yrs OD: \$90	CH33108
1/4-3/22 (12) Rm 9	W	9-9:50 am ID/AP: \$72	3-5 yrs OD: \$90	CH33109

## Gymnastics - Preschool

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
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### Pre-Gymnastics, 3-5 yrs (continued)

1/4-3/22 (12) Rm 9	W	10-10:50 am ID/AP: \$72	3-5 yrs OD: \$90	CH33110
1/4-3/22 (12) Rm 9	W	11:05-11:55 am ID/AP: \$72	3-5 yrs OD: \$90	CH33111
1/5-3/23 (12) Rm 9	Th	9-9:50 am ID/AP: \$72	3-5 yrs OD: \$90	CH33112
1/5-3/23 (12) Rm 9	Th	10-10:50 am ID/AP: \$72	3-5 yrs OD: \$90	CH33113
1/7-3/25 (12) Rm 9	S	9-9:50 am ID/AP: \$72	3-5 yrs OD: \$90	CH33113A

#### Spring Term:

4/3-6/12 (10) Rm 9	M	10-10:50 am ID/AP: \$60	3-5 yrs OD: \$75	CH43105
4/3-6/12 (10) Rm 9	M	11:05-11:55 am ID/AP: \$60	3-5 yrs OD: \$75	CH43106
4/4-6/13 (11) Rm 9	T	10-10:50 am ID/AP: \$66	3-5 yrs OD: \$82.50	CH43107
4/4-6/13 (11) Rm 9	T	11:05-11:55 am ID/AP: \$66	3-5 yrs OD: \$82.50	CH43108
4/5-6/14 (11) Rm 9	W	9-9:50 am ID/AP: \$66	3-5 yrs OD: \$82.50	CH43109
4/5-6/14 (11) Rm 9	W	10-10:50 am ID/AP: \$66	3-5 yrs OD: \$82.50	CH43110
4/5-6/14 (11) Rm 9	W	11:05-11:55 am ID/AP: \$66	3-5 yrs OD: \$82.50	CH43111

Continued

## Gymnastics Class Descriptions

### Kindergym, 1.5-3 yrs

Guided by our gymnastics staff, you and your child will share time together playing games with hoops, balls, movement activities, parachutes and tumbling. Strength, flexibility and motor skills are developed while having fun. **Parent participation required.** Please note: one parent/one child ratio; childcare option available for other children.

### KinderStars, 2.5-4 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 and other teaching aids, they will learn beginning gymnastics skills with the assistance of a parent. **Parent participation required.** Please note: one parent/one child ratio; childcare option available for other children.

### Pre-Gymnastics, Parent Participation, 2.5-4 yrs

Introduction to gymnastics; no gymnastics experience needed. Students introduced to all four gymnastics events through fun obstacle courses and drills. Technique, flexibility and strength, following directions, listening and line movement will be focused on each week. **(PP) Parent participation class.** Please note: one parent/one child ratio; childcare option available for other children.

### Pre-Gymnastics, 3-5 yrs, 4-7 yrs

Introduction to gymnastics; no gymnastics experience needed. Students introduced to all

four gymnastics events through fun obstacle courses and drills. Technique, flexibility and strength, following directions, listening and line movement will be focused on each week.

### Boys Gymnastics, All Levels

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

### Gymnastics, Level 1, 4-7 yrs, 5-10 yrs, 6-13 yrs

This is the next level after Pre-Gymnastics. Introduction to forward and backward rolls on floor, pull-overs on bars and handstand drills on beam. Class will learn all basic skills required to move up to Level 1 Advanced, using stations and strength-building activities. Gymnast should pass Pre-Gymnastics before enrolling in this class.

### Gymnastics, Level 1 & Level 1 Advanced, 4-7 yrs, 5-10 yrs

Continuing skill development from Level 1 and introducing new skills from Level 1 Advanced. Backward rolls with straight arms, handstand on vault, bars, beam and floor, cartwheels, bridge progression as well as back handspring progressions will be emphasized. Using stations and drills, they will build core flexibility and strength to achieve the skills needed to move up to Level 2. Instructor approval needed to enroll in this class.

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

Class is designed for gymnasts who passed Level 1. We will emphasize backward rolls with straight arms, handstand on vault, bars, beam and cartwheels, bridges and tumbling progressions on floor. Beginning back handspring progressions will be taught. We teach class using stations and drills that will build core flexibility and strength to achieve the skills needed to move up to Level 2. Instructor approval needed and/or the gymnast must have passed Level 1.

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

**Must have passed Gymnastics Level 1 Advanced** before enrolling and/or have instructor approval. On floor one arm cartwheels, round-offs, back handsprings, handstand forward rolls and back walkovers. They will learn all progression skills for Level 3.

### Gymnastics, Level 3 & 4

Must have passed Level 2 and/or have instructor approval. This level focuses on basic skills with progressions into new skills such as handspring on vault, round-off back handsprings, kip/pull-over back hip circle combinations on bars and USA Gymnastics J.O. routines on vault, bars, beam and floor. We strive to build flexibility, strength and confidence. We strongly recommend your gymnast attend both T/Th classes. An option of competing on the rec center competitive gymnastics team is offered during fall and spring terms.

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

## Gymnastics - Preschool

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
<b>Pre-Gymnastics, 3-5 yrs (continued)</b>				
4/6-6/15 (11) Rm 9	Th	9-9:50 am ID/AP: \$66	3-5 yrs OD: \$82.50	CH43112
4/6-6/15 (11) Rm 9	Th	10-10:50 am ID/AP: \$66	3-5 yrs OD: \$82.50	CH43113
4/8-6/17 (11) Rm 9	S	9-9:50 am ID/AP: \$66	3-5 yrs OD: \$82.50	CH43113A

### Pre-Gymnastics, 4-7 yrs

#### Winter Term:

1/9-3/20 (9) Rm 9	M	12:05-12:55 pm ID/AP: \$54	4-7 yrs OD: \$75	CH33114
1/9-3/20 (9) Rm 9	M	6-6:45 pm ID/AP: \$49	4-7 yrs OD: \$67.50	CH33115
1/4-3/22 (12) Rm 9	W	12:05-12:55 pm ID/AP: \$72	4-7 yrs OD: \$90	CH33116
1/4-3/22 (12) Rm 9	W	5:45-6:30 pm ID/AP: \$65	4-7 yrs OD: \$81.25	CH33117
1/5-3/23 (12) Rm 9	Th	11:05-11:55 am ID/AP: \$72	4-7 yrs OD: \$90	CH33118
1/5-3/23 (12) Rm 9	Th	12:05-12:55 pm ID/AP: \$72	4-7 yrs OD: \$90	CH33119
1/6-3/24 (12) Rm 9	F	6-6:45 pm ID/AP: \$65	4-7 yrs OD: \$81.25	CH33122
1/7-3/25 (12) Rm 9	S	10-10:50 am ID/AP: \$72	4-7 yrs OD: \$90	CH33123

#### Spring Term:

4/3-6/12 (10) Rm 9	M	12:05-12:55 pm ID/AP: \$60	3-5 yrs OD: \$75	CH43114
4/3-6/12 (10) Rm 9	M	6-6:45 pm ID/AP: \$54	4-7 yrs OD: \$67.50	CH43115
4/5-6/14 (11) Rm 9	W	12:05-12:55 pm ID/AP: \$66	4-7 yrs OD: \$82.50	CH43116
4/5-6/14 (11) Rm 9	W	5:45-6:30 pm ID/AP: \$60	4-7 yrs OD: \$75	CH43117
4/6-6/15 (11) Rm 9	Th	11:05-11:55 am ID/AP: \$66	4-7 yrs OD: \$82.50	CH43118
4/6-6/15 (11) Rm 9	Th	12:05-12:55 pm ID/AP: \$66	4-7 yrs OD: \$82.50	CH43119
4/6-6/15 (11) Rm 9	Th	6-6:45 pm ID/AP: \$60	4-7 yrs OD: \$75	CH43122
4/8-6/17 (11) Rm 9	S	10-10:50 am ID/AP: \$66	4-7 yrs OD: \$82.50	CH43123
4/8-6/17 (11) Rm 9	S	2:30-3:15 pm ID/AP: \$60	4-7 yrs OD: \$75	CH43124



## Gymnastics - Preschool

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
<b>Gymnastics, Level 1, 4-7 yrs</b>				
<b>Winter Term:</b>				
1/4-3/22 (12) Rm 9	W	2:30-3:30 pm ID/AP: \$84	4-7 yrs OD: \$105	CH33126
1/7-3/25 (12) Rm 9	S	11 am-Noon ID/AP: \$84	4-7 yrs OD: \$105	CH33127
1/7-3/25 (12) Rm 9	S	2:30-3:15 pm ID/AP: \$63	4-7 yrs OD: \$78.75	CH33125
<b>Spring Term:</b>				
4/5-6/14 (11) Rm 9	W	2:30-3:30 pm ID/AP: \$77	4-7 yrs OD: \$96.25	CH43125
4/8-6/17 (11) Rm 9	S	11 am-Noon ID/AP: \$77	4-7 yrs OD: \$96.25	CH43126

### Gymnastics, Level 1 & Level 1 Advanced, 4-7 yrs

#### Winter Term:

1/3-3/21 (12) Rm 9	T	12:05-1:05 pm ID/AP: \$84	4-7 yrs OD: \$105	CH33128
1/3-3/21 (12) Rm 9	T	1:05-2:05 pm ID/AP: \$84	4-7 yrs OD: \$105	CH33129
1/4-3/22 (12) Rm 9	W	4:30-5:30 pm ID/AP: \$84	4-7 yrs OD: \$105	CH33129A

#### Spring Term:

4/4-6/13 (11) Rm 9	T	12:05-1:05 pm ID/AP: \$77	4-7 yrs OD: \$96.25	CH43128
4/4-6/13 (11) Rm 9	T	1:05-2:05 pm ID/AP: \$77	4-7 yrs OD: \$96.25	CH43129
4/5-6/14 (11) Rm 9	W	4:30-5:30 pm ID/AP: \$77	4-7 yrs OD: \$96.25	CH43129A

## Gymnastics - Youth

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
<b>Boys Gymnastics, All Levels</b>				

#### Winter Term:

1/4-3/22 (12) Rm 9	W	3:30-4:30 pm ID/AP: \$84	5-10 yrs OD: \$105	CH33217
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#### Spring Term:

4/5-6/14 (11) Rm 9	W	3:30-4:30 pm ID/AP: \$77	5-10 yrs OD: \$96.25	CH43217
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### Gymnastics, Level 1, 5-10 yrs

#### Winter Term:

1/3-3/21 (12) Rm 9	T	3:45-4:45 pm ID/AP: \$84	5-10 yrs OD: \$105	CH33200
1/5-3/23 (12) Rm 9	Th	3:45-4:45 pm ID/AP: \$84	5-10 yrs OD: \$105	CH33201

#### Spring Term:

4/4-6/13 (11) Rm 9	T	3:45-4:45 pm ID/AP: \$77	5-10 yrs OD: \$96.25	CH43200
4/6-6/15 (11) Rm 9	Th	3:45-4:45 pm ID/AP: \$77	5-10 yrs OD: \$96.25	CH43201

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

## Gymnastics - Youth

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
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### Gymnastics, Level 1, Advanced, 5-10 yrs

#### Winter Term:

1/9-3/20 (9) M 4:30-5:45 pm 5-10 yrs CH33203  
Rm 9 ID/AP: \$79 OD: \$110

#### Spring Term:

4/3-6/12 (10) M 4:30-5:45 pm 5-10 yrs CH43203  
Rm 9 ID/AP: \$88 OD: \$110

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

#### Winter Term:

1/9-3/20 (9) M 3:30-4:30 pm 6-13 yrs CH33204  
Rm 9 ID/AP: \$63 OD: \$87.50

1/9-3/20 (9) M 6:45-7:45 pm 6-13 yrs CH33205  
Rm 9 ID/AP: \$63 OD: \$87.50

1/6-3/24 (12) F 3:30-4:30 pm 6-13 yrs CH33206  
Rm 9 ID/AP: \$84 OD: \$105

1/6-3/24 (12) F 6:45-7:45 pm 6-13 yrs CH33207  
Rm 9 ID/AP: \$84 OD: \$105

1/7-3/25 (12) S 1:30-2:30 pm 6-13 yrs CH33208  
Rm 9 ID/AP: \$84 OD: \$105

#### Spring Term:

4/3-6/12 (10) M 3:30-4:30 pm 6-13 yrs CH43204  
Rm 9 ID/AP: \$70 OD: \$87.50

4/3-6/12 (10) M 6:45-7:45 pm 6-13 yrs CH43205  
Rm 9 ID/AP: \$70 OD: \$87.50

4/7-6/16 (11) F 3:30-4:30 pm 6-13 yrs CH43206  
Rm 2 ID/AP: \$77 OD: \$96.25

4/7-6/16 (11) F 6:45-7:45 pm 6-13 yrs CH43207  
Rm 9 ID/AP: \$77 OD: \$96.25

4/8-6/17 (11) S 1:30-2:30 pm 6-13 yrs CH43208  
Rm 9 ID/AP: \$77 OD: \$96.25

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

#### Winter Term:

1/4-3/22 (12) W 6:45-8 pm 6-13 yrs CH33209  
Rm 9 ID/AP: \$105 OD: \$131.25

1/6-3/24 (12) F 4:30-5:45 pm 6-13 yrs CH33210  
Rm 9 ID/AP: \$105 OD: \$131.25

1/7-3/25 (12) S 12-1:15 pm 6-13 yrs CH33211  
Rm 9 ID/AP: \$105 OD: \$131.25

#### Spring Term:

4/5-6/14 (11) W 6:45-8 pm 6-13 yrs CH43209  
Rm 9 ID/AP: \$97 OD: \$121.25

4/7-6/16 (11) F 4:30-5:45 pm 6-13 yrs CH43210  
Rm 9 ID/AP: \$97 OD: \$121.25

4/8-6/17 (11) S 12-1:15 pm 6-13 yrs CH43211  
Rm 9 ID/AP: \$97 OD: \$121.25

## Gymnastics - Youth

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
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### Gymnastics, Level 2, 5-13 yrs

#### Winter Term:

1/3-3/21 (12) T 4:45-6:15 pm 5-13 yrs CH33212  
Rm 9 ID/AP: \$144 OD: \$180

1/5-3/23 (12) Th 4:45-6:15 pm 5-13 yrs CH33213  
Rm 9 ID/AP: \$144 OD: \$180

#### Spring Term:

4/4-6/13 (11) T 4:45-6:15 pm 5-13 yrs CH43212  
Rm 9 ID/AP: \$132 OD: \$165

4/6-6/15 (11) Th 4:45-6:15 pm 5-13 yrs CH43213  
Rm 9 ID/AP: \$132 OD: \$165

### Gymnastics, Level 3 & 4, 5-15 yrs

#### Winter Term:

1/3-3/21 (12) T 6:15-8:15 pm 5-15 yrs CH33214  
Rm 9 ID/AP: \$184 OD: \$230

1/5-3/23 (12) Th 6:15-8:15 pm 5-15 yrs CH33215  
Rm 9 ID/AP: \$184 OD: \$230

#### Spring Term:

4/4-6/13 (11) T 6:15-8:15 pm 5-15 yrs CH43214  
Rm 9 ID/AP: \$169 OD: \$211.25

4/6-6/15 (11) Th 6:15-8:15 pm 5-15 yrs CH43215  
Rm 9 ID/AP: \$169 OD: \$211.25

## Special Events

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
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### Daddy-Daughter Dinner Dance

Dress in your best, dance to your favorite music, have a special dinner, and celebrate Valentine's Day together.

2/10 (1) F 6-8 pm 4-10 yrs CH36200  
Gym ID/AP: \$28 OD: \$35

## Cedar Hills Artisan Bazaar

Saturday, April 15 • 9 am-1 pm

We will have a variety of vendors selling handmade Easter baskets, hand-sewn stuffed rabbits, basket goodies, baked goods, jewelry and much, much more. All ages welcome. FREE! See page 78 for more information.

### Spring Egg Hunt

Join the Easter Bunny in the search for the treasured eggs. Find a numbered egg and win a prize! Pre-registration required.

10-10:10 am 1-3 yrs CH46202 (Parent/Child)

11-11:10 am 4-7 yrs CH46203 (Youth)

12-12:10 pm 8-11 yrs CH46204 (Youth)

Playfield ID/AP: \$7 OD: \$8.75

### Breakfast with Bunny

Join us for a pancake breakfast before the big hunt. Enjoy pancakes, sausage, eggs and fruit. No registration necessary. Adults \$5, children \$3.



## Sports & Fitness - Preschool

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
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### Let's Motor!

Help your little one develop their large motor skills in the class full of games and activities designed to get them motoring! This program will focus on games that improve coordination. **Parent participation required.**

#### Winter Term:

1/13-3/24 (11) F 9-9:45 am 2-4 yrs CH35120  
Gym ID/AP: \$50 OD: \$62.50

#### Spring Term:

4/7-6/16 (11) F 9-9:45 am 2-4 yrs CH45120  
Gym ID/AP: \$50 OD: \$62.50

### Start Smart with Sports

Encourages large motor skill development through a variety of fun games while introducing small children to the group setting. Children will run and move just like older kids involved in athletic activities. Basketball, baseball and soccer included. **Parent participation required.**

#### Winter Term:

1/11-3/22 (11) W 9:45-10:30 am 3-5 yrs CH32215  
Gym ID/AP: \$50 OD: \$62.50

#### Spring Term:

4/5-6/14 (11) W 9:45-10:30 am 3-5 yrs CH42215  
Gym ID/AP: \$50 OD: \$62.50

### Pee Wee Basketball

Your child will learn basketball skills through a variety of fun games. Staff will provide positive instruction while your child runs, shoots, dribbles and hopefully, develops a love for the game. No class 2/12, 4/15.

#### Winter Term:

1/13-3/24 (11) F 10-10:45 am 3½-5 yrs CH32218  
Gym ID/AP: \$50 OD: \$62.50

1/14-3/25 (11) S 9-9:50 am 4-6 yrs CH32219  
Gym ID/AP: \$55 OD: \$68.75

#### Spring Term:

4/7-6/16 (11) F 10-10:45 am 3½-5 yrs CH42218  
Gym ID/AP: \$50 OD: \$62.50

4/8-6/17 (10) S 9-9:50 am 4-6 yrs CH42219  
Gym ID/AP: \$50 OD: \$62.50

### Pee Wee Soccer

Encourages large motor skill development through a variety of fun soccer games, and introduces small children to the group setting. Shin guards encouraged after first class. No class 4/15.

#### Winter Term:

1/11-3/22 (11) W 10:45-11:30 am 3-5 yrs CH32221  
Gym ID/AP: \$49 OD: \$61.25

1/14-3/25 (11) S 10-10:50 am 4-6 yrs CH32223  
Gym ID/AP: \$54 OD: \$67.50

#### Spring Term:

4/5-6/14 (11) W 10:45-11:30 am 3-5 yrs CH42221  
Gym ID/AP: \$49 OD: \$61.25

4/8-6/17 (10) S 10-10:50 am 4-6 yrs CH42223  
Gym ID/AP: \$49 OD: \$61.25

## Sports & Fitness - Youth

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

Gain experience in this growing Olympic sport. Students will learn the basic skills of archery, including learning to load, aim, and shoot both recurve and compound bows. Archery safety, terminology, scoring and archery games will also be included in the program. **Program is taught by certified archery instructors. All equipment provided. No class 4/15.**

#### Winter Term:

1/14-3/25 (11) S 1:45-2:40 pm 7-9 yrs CH32225  
Gym ID/AP: \$87 OD: \$108.75

1/14-3/25 (11) S 2:45-3:40 pm 10 yrs-Adult CH32226  
Gym ID/AP: \$87 OD: \$108.75

#### Spring Term:

4/8-6/17 (11) S 1:45-2:40 pm 7-9 yrs CH42225  
Gym ID/AP: \$87 OD: \$108.75

4/8-6/17 (11) S 2:45-3:40 pm 10 yrs-Adult CH42226  
Gym ID/AP: \$87 OD: \$108.75

### Basketball I

Young athletes learn passing, dribbling, shooting and age appropriate defense. Fun skill games are played at every session, and every participant has a basketball in hand. Small-sided games are introduced gradually.

#### Winter Term:

1/12-3/23 (11) Th 6-6:50 pm 5½-7 yrs CH32233  
Gym ID/AP: \$55 OD: \$68.75

4/6-6/15 (11) Th 6-6:50 pm 5½-7 yrs CH42233  
Gym ID/AP: \$55 OD: \$68.75

### Hoops: Skills & Scrimmages

Young athletes enjoy advanced skill building: dribbling, shooting and passing in a team play format. Play games to build individual skills and small scrimmages that emphasize application of finer technical points. This is a perfect step for those who are aspiring to move to the next level.

#### Winter Term:

1/12-3/23 (11) Th 7-7:50 pm 7-10 yrs CH32240  
Gym ID/AP: \$55 OD: \$68.75

4/6-6/15 (11) Th 7-7:50 pm 7-10 yrs CH42240  
Gym ID/AP: \$55 OD: \$68.75

### Cedar Hills Athletics

Young athletes learn throwing, dribbling, passing, receiving, shooting and age appropriate defense for a variety of sports. Fun skill games are played at every session, and every participant has exposure to equipment. Small-sided games are introduced gradually. Basketball, baseball and soccer included. No class 1/16, 4/15, 5/29.

#### Winter Term:

1/9-3/20 (9) M 5-6 pm 6-10 yrs CH32326  
Gym ID/AP: \$53 OD: \$66.25

1/14-3/25 (11) S 12:30-1:20 pm 6-10 yrs CH32327  
Gym ID/AP: \$54 OD: \$67.50

#### Spring Term:

4/3-6/12 (10) M 5-6 pm 6-10 yrs CH42326  
Gym ID/AP: \$59 OD: \$73.75

4/8-6/17 (10) S 12:30-1:20 pm 6-10 yrs CH42327  
Gym ID/AP: \$49 OD: \$61.25

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

## Sports & Fitness - Family

## Sports & Fitness - Family

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
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Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
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# Karate for the Whole Family

### Karate Kids

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

#### Winter Term:

1/11-2/15 (6) Rm 5	W	3:15-4 pm ID/AP: \$28	4-6 yrs OD: \$35	CH32201
2/22-3/22 (5) Rm 5	W	3:15-4 pm ID/AP: \$24	4-6 yrs OD: \$30	CH32201A
1/11-2/15 (6) Rm 5	W	4-4:45 pm ID/AP: \$28	5-8 yrs OD: \$35	CH32202
2/22-3/22 (5) Rm 5	W	4-4:45 pm ID/AP: \$23	5-8 yrs OD: \$28.75	CH32202A
1/12-2/16 (6) Rm 8	Th	3:15-4 pm ID/AP: \$28	4-6 yrs OD: \$35	CH32204
2/23-3/23 (5) Rm 8	Th	3:15-4 pm ID/AP: \$24	4-6 yrs OD: \$30	CH32204A
1/12-2/16 (6) Rm 8	Th	4-4:45 pm ID/AP: \$28	5-8 yrs OD: \$35	CH32200
2/23-3/23 (5) Rm 8	Th	4-4:45 pm ID/AP: \$23	5-8 yrs OD: \$28.75	CH32200A
1/13-2/17 (6) Rm 5	F	3:30-4:30 pm ID/AP: \$37	6-10 yrs OD: \$46.25	CH32203
2/24-3/24 (5) Rm 5	F	3:30-4:30 pm ID/AP: \$31	6-10 yrs OD: \$38.75	CH32203A

#### Spring Term:

4/5-5/3 (5) Rm 5	W	3:15-4 pm ID/AP: \$24	4-6 yrs OD: \$30	CH42201
5/10-6/14 (6) Rm 5	W	3:15-4 pm ID/AP: \$28	4-6 yrs OD: \$35	CH42201A
4/5-5/3 (5) Rm 5	W	4-4:45 pm ID/AP: \$23	5-8 yrs OD: \$28.75	CH42202
5/10-6/14 (6) Rm 5	W	4-4:45 pm ID/AP: \$28	5-8 yrs OD: \$35	CH42202A
4/7-5/5 (5) Rm 5	F	3:30-4:30 pm ID/AP: \$31	6-10 yrs OD: \$38.75	CH42203
5/12-6/16 (6) Rm 5	F	3:30-4:30 pm ID/AP: \$37	6-10 yrs OD: \$46.25	CH42203A

### Karate, Beginning

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

#### Winter Term:

1/11-3/22 (11) Rm 5	W	4:45-5:45 pm ID/AP: \$66	6-10 yrs OD: \$82.50	CH32205
1/13-3/24 (11) Rm 5	F	4:30-5:30 pm ID/AP: \$68	7 yrs-Adult OD: \$85	CH32207
1/13-3/24 (11) Rm 5	F	5:30-6:30 pm ID/AP: \$68	7 yrs-Adult OD: \$85	CH32208

#### Spring Term:

4/5-6/14 (11) Rm 5	W	4:45-5:45 pm ID/AP: \$66	6-10 yrs OD: \$82.50	CH42205
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### Karate, Beginning (continued)

4/7-6/16 (11) Rm 5	F	4:30-5:30 pm ID/AP: \$68	7 yrs-Adult OD: \$85	CH42207
4/7-6/16 (11) Rm 5	F	5:30-6:30 pm ID/AP: \$68	7 yrs-Adult OD: \$85	CH42208

### Karate, Beginning/Intermediate

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

#### Winter Term:

1/10-3/21 (11) Rm D	T	6:30-7:30 pm ID/AP: \$62	7 yrs-Adult OD: \$77.50	CH32209
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#### Spring Term:

4/4-6/13 (11) Rm D	T	6:30-7:30 pm ID/AP: \$62	7 yrs-Adult OD: \$77.50	CH42209
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### Karate, Intermediate

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

#### Winter Term:

1/11-3/22 (11) Rm D	W	6-7 pm ID/AP: \$83	7 yrs-Adult OD: \$103.75	CH32210
1/13-3/24 (11) Rm 5	F	6:30-7:30 pm ID/AP: \$83	7 yrs-Adult OD: \$103.75	CH32211

#### Spring Term:

4/5-6/14 (11) Rm D	W	6-7 pm ID/AP: \$83	7 yrs-Adult OD: \$103.75	CH42210
4/7-6/16 (11) Rm 5	F	6:30-7:30 pm ID/AP: \$83	7 yrs-Adult OD: \$103.75	CH42211

### Karate, Advanced

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

#### Winter Term:

1/13-3/24 (11) Rm 5	F	7:30-8:30 pm ID/AP: \$83	7 yrs-Adult OD: \$103.75	CH32213
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#### Spring Term:

4/7-6/16 (11) Rm 5	F	7:30-8:30 pm ID/AP: \$83	7 yrs-Adult OD: \$103.75	CH42213
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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)

## Sports & Fitness - Youth

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

Learn dribbling, passing, receiving, shooting and age-specific defense. Fun skill games are played at every session, and every participant has a ball at their feet. Small-sided games are introduced gradually. Shin guards are required after the first class. No class 1/16 and 2/20, 5/29.

#### Winter Term:

1/9-3/20 (9) Gym	M	4-4:50 pm ID/AP: \$45	5½-7 yrs OD: \$56.25	CH32231
1/12-3/23 (11) Gym	Th	4-4:50 pm ID/AP: \$55	5½-7 yrs OD: \$68.75	CH32232

#### Spring Term:

4/6-6/15 (11) Gym	Th	4-4:50 pm ID/AP: \$55	5½-7 yrs OD: \$68.75	CH42231
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### Soccer: Skills & Scrimmages

Enjoy advanced skill building: dribbling, shooting and passing in a team play format. Play games to build individual skills and small-sided scrimmages that emphasize application of finer technical points. No class 4/15.

#### Winter Term:

1/12-3/23 (11) Gym	Th	5-5:50 pm ID/AP: \$54	7-10 yrs OD: \$67.50	CH32241
1/14-3/25 (11) Gym	S	11:30 am-12:20 pm ID/AP: \$54	7-10 yrs OD: \$67.50	CH32242

#### Spring Term:

4/6-6/15 (11) Gym	Th	5-5:50 pm ID/AP: \$54	7-10 yrs OD: \$67.50	CH42241
4/8-6/17 (10) Gym	S	11:30 am-12:20 pm ID/AP: \$49	7-10 yrs OD: \$61.25	CH42242



## Basketball Skills Clinic

Athletes can develop specific basketball skills in our three clinics. We will focus on shooting, passing and footwork to improve individual skill level. Whether you are looking to refine your mechanics or to improve your all-around game, these clinics are for you! No class 2/20, 5/29

#### Footwork

5/15-6/5 (3) Gym	M	6:15-7:15 pm ID/AP: \$18	7-10 yrs OD: \$22.50	CH42232C
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#### Passing

4/24-5/8 (3) Gym	M	6:15-7:15 pm ID/AP: \$18	7-10 yrs OD: \$22.50	CH42232B
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#### Shooting

4/3-4/17 (3) Gym	M	6:15-7:15 pm ID/AP: \$18	7-10 yrs OD: \$22.50	CH42232A
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## Sports & Fitness - Youth

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

Introduces basic game skills such as passing, serving and teamwork.

#### Winter Term:

1/10-3/21 (11) Gym	T	5:15-6:15 pm ID/AP: \$67	9-13 yrs OD: \$83.75	CH32328
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#### Spring Term:

4/4-6/13 (11) Gym	T	5:15-6:15 pm ID/AP: \$67	9-13 yrs OD: \$83.75	CH42328
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### Volleyball, Intermediate

Work on intermediate volleyball skills and strategies such as defense, hitting, blocking, setting and playing games.

#### Winter Term:

1/10-3/21 (11) Gym	T	6:30-7:30 pm ID/AP: \$77	12-16 yrs OD: \$96.25	CH32329
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#### Spring Term:

4/4-6/13 (11) Gym	T	6:30-7:30 pm ID/AP: \$77	12-16 yrs OD: \$96.25	CH42329
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## Sports & Fitness - Middle School

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
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### Cedar Hills Rec Center Weight Training

Weight training program for middle school students. No class 1/16 and 2/20, 5/29.

#### Winter Term:

1/9-3/15 (10) Rm 6	M/W	3:45-5 pm ID/AP: \$89	11-14 yrs OD: \$111.25	CH39000
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#### Spring Term:

4/3-6/14 (11) Rm 6	M/W	3:45-5 pm ID/AP: \$104	11-14 yrs OD: \$130	CH49000
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### Middle School Sports Conditioning

Course will involve aerobic and anaerobic conditioning, circuit training, injury prevention techniques, and more. Enjoy running and other sports activities.

Program is held off-site at the individual middle schools and is held outside so dress for the weather.

#### Cedar Park Sports Conditioning

1/3-2/9 (6) Off-site	T/Th	3:45-5:15 pm ID/AP: \$75	11-14 yrs OD: \$93	CH39100
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#### Conestoga Sports Conditioning

1/3-2/9 (6) Off-site	T/Th	3:45-5:15 pm ID/AP: \$75	11-14 yrs OD: \$93	CH39800
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#### Five Oaks Sports Conditioning

1/3-2/9 (6) Off-site	T/Th	3:45-5:15 pm ID/AP: \$75	11-14 yrs OD: \$93	CH39200
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#### Highland Park Sports Conditioning

1/3-2/9 (6) Off-site	T/Th	3:45-5:15 pm ID/AP: \$75	11-14 yrs OD: \$93	CH39300
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## Sports & Fitness - Middle School

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
<b>Middle School Sports Conditioning (continued)</b>				
<b>ISB Sports Conditioning</b>				
1/3-2/9 (6) Off-site	T/Th	2:15-3:45 pm ID/AP: \$75	11-14 yrs OD: \$93	CH39900
<b>Meadow Park Sports Conditioning</b>				
1/3-2/9 (6) Off-site	T/Th	3:45-5:15 pm ID/AP: \$75	11-14 yrs OD: \$93	CH39400
<b>Mt. View Sports Conditioning</b>				
1/3-2/9 (6) Off-site	T/Th	3:45-5:15 pm ID/AP: \$75	11-14 yrs OD: \$93	CH39500
<b>Stoller Sports Conditioning</b>				
1/3-2/9 (6) Off-site	T/Th	3:45-5:15 pm ID/AP: \$75	11-14 yrs OD: \$93	CH39600
<b>Whitford Sports Conditioning</b>				
1/3-2/9 (6) Off-site	T/Th	3:45-5:15 pm ID/AP: \$75	11-14 yrs OD: \$93	CH39700

### Middle School Track & Field

Join your middle school Track & Field team, get involved in your school and meet new friends. Train two days a week at your school, then represent your school in meets against other middle school teams. Program held outside; dress for the weather - we go rain or shine. **Note: Transportation to off-site meets are provided, however parents are required to pick up at later than scheduled practice time on meet days. No class 3/28, 3/30.**

<b>Cedar Park Track &amp; Field</b>				
2/21-5/4 (10) Off-site	T/Th	3:45-5:15 pm ID/AP: \$125	11-14 yrs OD: \$156.25	CH49100
<b>Conestoga Track &amp; Field</b>				
2/21-5/4 (10) Off-site	T/Th	3:45-5:15 pm ID/AP: \$125	11-14 yrs OD: \$156.25	CH49800
<b>Five Oaks Track &amp; Field</b>				
2/21-5/4 (10) Off-site	T/Th	3:45-5:15 pm ID/AP: \$125	11-14 yrs OD: \$156.25	CH49200
<b>Highland Park Track &amp; Field</b>				
2/21-5/4 (10) Off-site	T/Th	3:45-5:15 pm ID/AP: \$125	11-14 yrs OD: \$156.25	CH49300
<b>ISB Track &amp; Field</b>				
2/21-5/4 (10) Off-site	T/Th	2:15-3:45 pm ID/AP: \$125	11-14 yrs OD: \$156.25	CH49900
<b>Meadow Park Track &amp; Field</b>				
2/21-5/4 (10) Off-site	T/Th	3:45-5:15 pm ID/AP: \$125	11-14 yrs OD: \$156.25	CH49400
<b>Mt. View Track &amp; Field</b>				
2/21-5/4 (10) Off-site	T/Th	3:45-5:15 pm ID/AP: \$125	11-14 yrs OD: \$156.25	CH49500
<b>Stoller Track &amp; Field</b>				
2/21-5/4 (10) Off-site	T/Th	3:45-5:15 pm ID/AP: \$125	11-14 yrs OD: \$156.25	CH49600
<b>Whitford Track &amp; Field</b>				
2/21-5/4 (10) Off-site	T/Th	3:45-5:15 pm ID/AP: \$125	11-14 yrs OD: \$156.25	CH49700

## Sports & Fitness - Youth/Adult

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
<b>Tai Chi</b>				
A form of moving meditation. Class will emphasize on improving health and increasing energy through proper body alignment and relaxation.				
<b>Winter Term:</b>				
1/11-3/15 (10) Rm 5	W	5:45-7:15 pm ID/AP: \$94	14 yrs-Adult OD: \$117.50	CH32541
<b>Spring Term:</b>				
4/5-6/7 (10) Rm 5	W	5:45-7:15 pm ID/AP: \$94	14 yrs-Adult OD: \$117.50	CH42541
<b>Continuing Tai Chi for a Better Balance</b>				
A scientifically proven eight-form program designed to extend the limits of balance and improve stability. (Mignon)				

<b>Winter Term:</b>				
1/4-3/22 (12) Rm 6	W	11:35 am-12:50 pm ID/AP: \$96	14 yrs-Adult OD: \$120	CH32554B
<b>Spring Term:</b>				
4/5-6/14 (11) Rm 6	W	11:35 am-12:50 pm ID/AP: \$88	14 yrs-Adult OD: \$110	CH42554B

### Tai Chi, Adapted for Balance

A scientifically proven eight-form program designed to extend the limits of balance and improve stability. (Mignon)

<b>Winter Term:</b>				
1/6-3/24 (12) Rm D	F	10:30-11:45 am ID/AP: \$96	14 yrs-Adult OD: \$120	CH32554A
<b>Spring Term:</b>				
4/7-6/16 (11) Rm D	F	10:30-11:45 am ID/AP: \$88	14 yrs-Adult OD: \$110	CH42554A

## MVPs WELCOME

# Get Fit Challenge

## BEGINS JANUARY 8

**A 16-week program to help you make healthy habits, reach your fitness goals and win prizes!**

**Participate for only \$10**

Sign up at any THPRD center, pool or the Tualatin Hills Nature Center to get your punch card **on or before Jan. 8, 2017**. Every time you work out, you'll get a punch.

Turn in your full punch card and get a new one. Each full punch card is another chance to win great prizes!

**Register in person at any THPRD facility or visit [thprd.org/get-fit](http://thprd.org/get-fit)**

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

### Barre

Combines Ballet, weights and Pilates for a low impact, fat burning workout. All levels.

### Beginning Tai Chi

Learn "8-Form for Better Balance." Seated warm-up. Standing practice.

### BodyCombat™

This energetic program is inspired by martial arts and draws from a wide array of disciplines such as Karate, Boxing, tae kwon do, tai chi. All levels.

### BodyPump™

This intense barbell class uses lower weights and higher repetitions to accelerate your road to a lean, sleek and sculpted body.

### Bootcamp

This class involves high intensity cardio moves with weight segments. Push yourself and get results. Includes plyometrics and intervals. All levels to advanced.

### Cardio Attack

High interval athletic training that combines aerobic movement with plyometrics and stabilization techniques.

### Cardio Strength

Experience a variety of cardio training including, but not limited to, step and weight training.

### CHlyoga

A holistic approach to bringing your body to a state of harmony and balance.

### Continuing Tai Chi

Must know "8-Form for Better Balance." Learn "24-Form in this standing class.

### Core Fusion

Specifically designed to train your body as a whole with a focus on strengthening and training your entire core (abs,

back, obliques).

### EZ Yoga

Some standing, some seated, some meditation. All easy. Bring your mat

### High Fitness

This is a hardcore, fun fitness class that incorporates interval training with music you'll love, and intense, easy to follow fitness choreography. All levels welcome.

### HIIT Fit

High intensity interval training is a way to burn more fat, improve endurance, and build strength. All levels.

### Hip-hop Fit

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

### Low-Impact Aerobics

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

### MELT

Self-treatment that reduces chronic pain heals injury and erases the negative effects of aging and active living.

### Mind Body Yoga

Focus on mindful movement including dance and flowing yoga. All levels.

### New Mom's Yoga

This class can help reduce stress, improve sleeping patterns and encourage baby bonding. Moms should be 4-6 weeks postpartum. Newborns up to 9 months old.

### Pilates, Full Body

In this class you will be taken through a conditioning routine that will help you build flexibility, muscle strength and endurance in your legs, abdominals, arms, hips and back.

### PiYo

Combines flowing Pilates and

Yoga sequences that can burn serious calories at the same time as they lengthen and tone your muscles and increase flexibility.

### Pound-Rockout Workout

A full body cardio jam session combining light resistance with constant simulated drumming.

### Small Group Training

Personal Training meets group fitness. Includes body fat analysis and assessments. Focus on core, stability, cardio and strength training using weights and gym equipment.

### Step Aerobics

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

### Strength & Endurance

A high-intensity, calorie-burning interval style workout that includes strength training. All levels welcome.

### Strength Training

Build and tone muscle, increase bone density, tendons, ligaments and boost your metabolism.

### Stress Reduction Yoga

Fight stress and find serenity! This class focuses on breathing, focus and relieving tension.

### Stretch & Core

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

### Total Body Conditioning

This class has lots of variety from cardio and weights, to step, to intervals, to circuits and stations. Each class is slightly different week to week. We workout top to bottom! All levels welcome,

### U-Jam®

An athletic cardio dance fitness class that unites world beats with urban flavor.

### Yoga, All Levels

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

### Yoga, Beginning

Learn how to stretch deeply and completely with simple movements combined with conscious breathing. Bring a mat.

### Yoga, Healing

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

### Yoga, Intermediate

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

### Yoga, Meditation & Yoga

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

### Yoga, Relaxation

Begins with deep relaxation time and continues with very simple movements, finishing with seated meditation. Bring a mat.

### Yogalates

This class incorporates Pilates and yoga movements while strengthening and lengthening the muscles.

### Zumba®

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

### Zumba® Gold

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

See page 99 for fitness drop-in schedule.



**TUALATIN HILLS**  
PARK & RECREATION DISTRICT

# Cedar Hills Recreation Center 503-629-6340

## Winter/Spring Adult Fitness Schedule

Class descriptions on page 98. No class 1/2, 1/16, 2/20, 5/29. Schedule subject to change - check [www.thprd.org](http://www.thprd.org) for the most updated schedule.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 am	<b>High Fitness</b> 5:35-6:35 am- Rm 6 Jeni	<b>BodyPump</b> 5:35-6:35 am- Rm 6 TJ	<b>Cardio Attack</b> 5:35-6:30 am- Rm 6 TJ	<b>BodyPump™</b> 5:35-6:35 am- Rm 6 TJ	<b>Cardio Attack</b> 5:35-6:30 am Rm 6 TJ		
7:00 am		<b>Cardio Strength</b> 7-7:55 am- Rm 6 Hannah		<b>Cardio Strength</b> 7-7:55 am- Rm 6 Hannah		<b>Zumba®</b> 8-9 am- Rm 5 DeAnne	
8:00 am	<b>Stretch &amp; Core</b> 8-8:25 am- Rm 6 Jeanette	<b>U-Jam®</b> 8-8:55 am- Rm 6 Marnie	<b>Stretch &amp; Core</b> 8-8:25 am- Rm 6 Jeanette		<b>Stretch &amp; Core</b> 8-8:25 am- Rm 6 Jeanette	<b>Step Aerobics</b> 8-9 am- Rm 6 Allen	
	<b>Low-Impact Aerobics</b> 8:30-9:25 am- Rm 6 Jeanette	<b>BodyPump</b> 9:05-10:05 am- Rm 6 Allen	<b>Low-Impact Aerobics</b> 8:30-9:25 am- Rm 6 Jeanette	<b>BodyPump™</b> 9:05-10:05 am- Rm 6 Allen	<b>Low-Impact Aerobics</b> 8:30-9:25 am- Rm 6 Jeanette	<b>BodyPump™</b> 9:05-10:05 am- Rm 6 Allen	
9:00 am	<b>Yoga, Intermediate</b> 9-10:15 am- Rm 8 Simon	<b>Full Body Pilates</b> 9:15-10:15 am- Rm 5 Julie	<b>Meditation Yoga</b> 9-10:15 am- Rm 8 Simon	<b>Full Body Pilates</b> 9:15-10:15 am- Rm 5 Beth	<b>Yoga, All Levels</b> 9-10:15 am- Rm 5 Simon		
9:30 am	<b>Zumba®</b> 9:30-10:25 am- Rm 6 Jeanette	<b>Prenatal Yoga</b> 9:35-10:30 am- Rm 8 Jodi	<b>BodyCombat™</b> 9:30-10:30 am- Rm 6 Julie	<b>New Mom's Yoga</b> 9:35-10:30 am- Rm 8 Jodi	<b>High Fitness</b> 9:30-10:25 am- Rm 6 Jeni	<b>Yoga, Beginning</b> 10-11 am- Rm 8 Ritu	<b>Zumba®</b> 10:05-11:05 am- Rm 6 Christina
10 am				<b>Pound</b> 10:15-11:15 am- Rm 6 Kate	<b>Beg. Tai Chi for Balance</b> 10:30-11:45 am- Rm D Mignon	<b>BodyCombat™</b> 10:05-11:05 am- Rm 6 Karen	<b>HIIT Fit</b> 10:05-11:05 am- Rm 6 TJ
10:30 am	<b>Yoga, All Levels</b> 10:30-11:45 am- Rm 8 Simon	<b>MELT</b> 10:20-11:20 am- Rm 5 Lila	<b>Yoga, All Levels</b> 10:30-11:45 am- Rm 8 Simon	<b>Yoga, All Levels</b> 10:35-11:50 am- Rm 8 Kaycheri	<b>Yoga, Intermediate</b> 10:30-11:45 am- Rm 5 Simon		<b>Cardio Attack</b> 11:10-12:10 am- Rm 6 TJ
	<b>Core Fusion</b> 10:30-11:25 am- Rm 6 Monica	<b>EZ Yoga</b> 10:30-11:50 am- Rm 8 Mignon	<b>Zumba®</b> 10:35-11:30 am- Rm 6 Jasmine				
11:30 am	<b>Small Group Training</b> 11:30 am-12:25 pm Laura	<b>Mind Body Yoga</b> 11:30-12:30 pm- Pm 6 Lila	<b>Cont. Tai Chi Balance</b> 11:35 am-12:50 pm Mignon - Rm 6		<b>Zumba®</b> 10:35-11:30 am- Rm 6 Kimo		<b>BodyCombat™</b> 11:30-12:30 pm- Rm 5 Karen
Noon		<b>Barre</b> 5:30-6:30 pm- Rm 8 Beth	<b>Yoga, Healing</b> Noon-1 pm- Rm 8 Kaycheri		<b>Strength Training</b> 11:45 am-12:15 pm- Rm 6 Kimo		<b>Family CHI yoga</b> 12:30-1:30 pm- Rm 8 Karen
5:30 pm	<b>Strength &amp; Endurance</b> 5:30-6:25 pm- Rm 6 Christina	<b>BodyPump</b> 5:30-6:30 pm- Rm 6 Jeanette	<b>Strength &amp; Endurance</b> 5:30-6:25 pm- Rm 6 Michelle	<b>BodyPump™</b> 5:30-6:30 pm- Rm 6 Jeanette			
6:00 pm	<b>Zumba® Gold</b> 6-7 pm- Rm 5 Kimo	<b>Stress Reduction Yoga</b> 6:30-7:30 pm- Rm 8 Parker	<b>Yogalates</b> 6-7 pm- Rm 8 Ritu	<b>Zumba®</b> 6:10-7:05 pm- Rm 5 Kimo			
	<b>Yoga, All Levels</b> 6-7:15 pm- Rm 8 Noemi						
6:30 pm	<b>Total Body Conditioning</b> 6:30-7:25 pm- Rm 6 Amanda		<b>Bootcamp</b> 6:30-7:25 pm- Rm 6 Karen	<b>HIIT Fit</b> 6:35-7:35 pm- Rm 6 TJ			
7:00 pm	<b>Hip-hop Fit</b> 7:15-8:15 pm Kimo			<b>Strength Training</b> 7:10-7:40 pm- Rm 5 Kimo			
7:30 pm	<b>BodyCombat</b> 7:35-8:35 pm- Rm 6 Karen	<b>Zumba®</b> 7:40-8:40 pm- Rm 6 Kimo	<b>CHlyoga</b> 7:30-8:30 pm- Rm 8 Karen	<b>PIYo</b> 7:15-8:15 pm Rm 8 Amy			

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