

# Conestoga Recreation & Aquatic Center



**TUALATIN HILLS**  
PARK & RECREATION DISTRICT

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

TriMet Routes #62, #92

**Aquatic Facility Supervisor:** Sabrina Taylor-Schmitt

**Winter Term:** January 1 - April 2, 2017

**Spring Term:** April 3 - June 18, 2017

**Hours:**

Monday-Thursday 5:30 am-9:30 pm  
Friday 5:30 am-8:30 pm  
Saturday 8 am-6 pm  
Sunday 9 am-6 pm

**Holiday Schedule (open 9 am-6 pm):** 1/2, 1/16, 2/20, 5/29 (close at 4 pm)

**Facility Closure:** 1/1, 4/16

**May is National Water Safety Month**  
Visit [thprd.org](http://thprd.org) for special event information

**See pages 100-115 for Conestoga recreation programs.**

## Open Swim

Open swim available Monday-Sunday. Please see updated online schedule.

## Lap Swim

**Monday-Friday:**

5:30-8:25 am, 11:30 am-2:40 pm

Limited lanes and additional times available. See web page for details.

**Saturday:** Noon-12:45 pm

**Sunday:** 9 am-12:45 pm

Schedules subject to change. Visit [thprd.org](http://thprd.org) for updates.

## Water Fitness Programs

Jumpstart your fitness by joining one of our aquatic fitness programs. Water reduces joint stress, is 12 times more resistant than air, and assists the heart in blood flow throughout the body.

See page 6 for pass information. For a complete description of THPRD water fitness programs, see page 17. (Fitness Scale)

### Water Fitness

Dig Deep	M-F	8:30-9:25 am	(2)
Dig Deep	T/Th	5:40-6:35 pm	(2)
Deep Water Warrior	S	8-8:55 am	(3)

## Winter/Spring Splash

This is a recreational team for youth ages 5-17 years who can swim 25 yards crawlstroke and 25 yards backstroke. Swim meets on some Saturdays.

Date	Day	Time	ID/AP	OD	Class#
<b>Winter Term:</b> No class 1/5 (afternoon classes, see receipt), 1/16, 2/20.					
1/9-3/22	M/W	6:50-7:45 pm	\$115	\$143.75	CA34022
1/10-3/23	T/Th	6:50-7:45 pm	\$127	\$158.75	CA34052
<b>Spring Term:</b> No class 5/27, 5/28, 5/29.					
4/3-5/31	M/W	6:50-7:45 pm	\$90	\$112.50	CA44022
4/4-6/1	T/Th	6:50-7:45 pm	\$95	\$130	CA44052

## Underwater Egg Hunt Friday, April 7 • 5:30-8:30 pm

Join Peter Rabbit for a splashing good time in the pool and hunt for prize eggs! Enjoy additional activities in the gymnasium including coloring contest, bunny bingo, photo booth, indoor play park, a cupcake walk, bouncy house and small craft. All children must have a parent present at event, and children under age 7 must have an adult over age 18 in the water during egg hunt.

Admission: ID/AP: \$7

5:25-5:55 pm	CA46200A
6-6:30 pm	CA46200B
6:35-7:05 pm	CA46200C
7:10-7:40 pm	CA46200D
7:45-8:15 pm	CA46200E

## Free First Friday

**Free Open Swim - 1/6, 2/3, 3/3, 5/5, 6/2**



Conestoga

Class availability subject to change. Fees vary due to number of classes in each session.

Preschool: Minimum age 3 years and toilet-trained.

When class ends, pick up your preschooler at the dressing room entrance from deck.

School-age: Must have started first grade. The parent, guardian or caregiver of a child under 10 years of age must remain on the premises during class.

## Beginning Swimming Skills

Date	Day	Time	ID/AP	OD	Class#
Preschool Levels 1-3					

**Winter Term:** No class 1/5 (afternoon classes, see receipt), 1/16, 2/20.

1/9-2/8	M/W	9:35-10:05 am	\$59	\$73.75	CA31100
2/13-3/22	M/W	9:35-10:05 am	\$72	\$90	CA31101
1/9-2/8	M/W	10:10-10:40 am	\$59	\$73.75	CA31102
2/13-3/22	M/W	10:10-10:40 am	\$72	\$90	CA31103
1/9-2/8	M/W	10:45-11:15 am	\$59	\$73.75	CA31104
2/13-3/22	M/W	10:45-11:15 am	\$72	\$90	CA31105
1/9-2/8	M/W	11:20-11:50 am	\$59	\$73.75	CA31106
2/13-3/22	M/W	11:20-11:50 am	\$72	\$90	CA31107
1/9-2/8	M/W	1:05-1:35 pm	\$59	\$73.75	CA31108
2/13-3/22	M/W	1:05-1:35 pm	\$72	\$90	CA31109
1/9-2/8	M/W	1:40-2:10 pm	\$59	\$73.75	CA31110
2/13-3/22	M/W	1:40-2:10 pm	\$72	\$90	CA31111
1/9-2/8	M/W	2:15-2:45 pm	\$59	\$73.75	CA31112
2/13-3/22	M/W	2:15-2:45 pm	\$72	\$90	CA31113
1/9-2/8	M/W	4:30-5 pm	\$59	\$73.75	CA31114
2/13-3/22	M/W	4:30-5 pm	\$72	\$90	CA31115
1/9-2/8	M/W	5:05-5:35 pm	\$59	\$73.75	CA31116
2/13-3/22	M/W	5:05-5:35 pm	\$72	\$90	CA31117
1/9-2/8	M/W	5:40-6:10 pm	\$59	\$73.75	CA31118
2/13-3/22	M/W	5:40-6:10 pm	\$72	\$90	CA31119
1/9-2/8	M/W	6:15-6:45 pm	\$59	\$73.75	CA31120
2/13-3/22	M/W	6:15-6:45 pm	\$72	\$90	CA31121
1/9-2/8	M/W	6:50-7:20 pm	\$59	\$73.75	CA31122
2/13-3/22	M/W	6:50-7:20 pm	\$72	\$90	CA31123
1/9-2/8	M/W	7:25-7:55 pm	\$59	\$73.75	CA31124
2/13-3/22	M/W	7:25-7:55 pm	\$72	\$90	CA31125
1/10-2/9	T/Th	9:35-10:05 am	\$66	\$82.50	CA31130
2/14-3/23	T/Th	9:35-10:05 am	\$79	\$98.75	CA31131
1/10-2/9	T/Th	10:10-10:40 am	\$66	\$82.50	CA31132
2/14-3/23	T/Th	10:10-10:40 am	\$79	\$98.75	CA31133
1/10-2/9	T/Th	10:45-11:15 am	\$66	\$82.50	CA31134
2/14-3/23	T/Th	10:45-11:15 am	\$79	\$98.75	CA31135
1/10-2/9	T/Th	11:20-11:50 am	\$66	\$82.50	CA31136
2/14-3/23	T/Th	11:20-11:50 am	\$79	\$98.75	CA31137
1/10-2/9	T/Th	1:05-1:35 pm	\$66	\$82.50	CA31138
2/14-3/23	T/Th	1:05-1:35 pm	\$79	\$98.75	CA31139
1/10-2/9	T/Th	1:40-2:10 pm	\$66	\$82.50	CA31140
2/14-3/23	T/Th	1:40-2:10 pm	\$79	\$98.75	CA31141
1/10-2/9	T/Th	2:15-2:45 pm	\$66	\$82.50	CA31142
2/14-3/23	T/Th	2:15-2:45 pm	\$79	\$98.75	CA31143
1/10-2/9	T/Th	4:30-5 pm	\$66	\$82.50	CA31144
2/14-3/23	T/Th	4:30-5 pm	\$79	\$98.75	CA31145
1/10-2/9	T/Th	5:05-5:35 pm	\$66	\$82.50	CA31146

## Beginning Swimming Skills

Date	Day	Time	ID/AP	OD	Class#
Preschool Levels 1-3 (continued)					

2/14-3/23	T/Th	5:05-5:35 pm	\$79	\$98.75	CA31147
1/10-2/9	T/Th	5:40-6:10 pm	\$66	\$82.50	CA31148
2/14-3/23	T/Th	5:40-6:10 pm	\$79	\$98.75	CA31149
1/10-2/9	T/Th	6:15-6:45 pm	\$66	\$82.50	CA31150
2/14-3/23	T/Th	6:15-6:45 pm	\$79	\$98.75	CA31151
1/10-2/9	T/Th	6:50-7:20 pm	\$66	\$82.50	CA31152
2/14-3/23	T/Th	6:50-7:20 pm	\$79	\$98.75	CA31153
1/10-2/9	T/Th	7:25-8:05 pm	\$66	\$82.50	CA31154
2/14-3/23	T/Th	7:25-8:05 pm	\$79	\$98.75	CA31155
1/14-3/18	S	9:05-9:35 am	\$66	\$82.50	CA31160
1/14-3/18	S	9:40-10:10 am	\$66	\$82.50	CA31161
1/14-3/18	S	10:15-10:45 am	\$66	\$82.50	CA31162
1/14-3/18	S	10:50-11:20 am	\$66	\$82.50	CA31163
1/14-3/18	S	11:25-11:55 am	\$66	\$82.50	CA31164
1/15-3/19	Su	3:40-4:10 pm	\$66	\$82.50	CA31265
1/15-3/19	Su	4:15-4:45 pm	\$66	\$82.50	CA31266
1/15-3/19	Su	4:50-5:20 pm	\$66	\$82.50	CA31267
1/15-3/19	Su	5:25-5:55 pm	\$66	\$82.50	CA31268

**Spring Term:** No class 4/16, 5/27, 5/28, 5/29.

4/3-5/3	M/W	9:35-10:05 am	\$66	\$82.50	CA41100
5/8-5/31	M/W	9:35-10:05 am	\$46	\$57.50	CA41101
4/3-5/3	M/W	10:10-10:40 am	\$66	\$82.50	CA41102
5/8-5/31	M/W	10:10-10:40 am	\$46	\$57.50	CA41103
4/3-5/3	M/W	10:45-11:15 am	\$66	\$82.50	CA41104
5/8-5/31	M/W	10:45-11:15 am	\$46	\$57.50	CA41105
4/3-5/3	M/W	11:20-11:50 am	\$66	\$82.50	CA41106
5/8-5/31	M/W	11:20-11:50 am	\$46	\$57.50	CA41107
4/3-5/3	M/W	1:05-1:35 pm	\$66	\$82.50	CA41108
5/8-5/31	M/W	1:05-1:35 pm	\$46	\$57.50	CA41109
4/3-5/3	M/W	1:40-2:10 pm	\$66	\$82.50	CA41110
5/8-5/31	M/W	1:40-2:10 pm	\$46	\$57.50	CA41111
4/3-5/3	M/W	2:15-2:45 pm	\$66	\$82.50	CA41112
5/8-5/31	M/W	2:15-2:45 pm	\$46	\$57.50	CA41113
4/3-5/3	M/W	4:30-5 pm	\$66	\$82.50	CA41114
5/8-5/31	M/W	4:30-5 pm	\$46	\$57.50	CA41115
4/3-5/3	M/W	5:05-5:35 pm	\$66	\$82.50	CA41116
5/8-5/31	M/W	5:05-5:35 pm	\$46	\$57.50	CA41117
4/3-5/3	M/W	5:40-6:10 pm	\$66	\$82.50	CA41118
5/8-5/31	M/W	5:40-6:10 pm	\$46	\$57.50	CA41119
4/3-5/3	M/W	6:15-6:45 pm	\$66	\$82.50	CA41120
5/8-5/31	M/W	6:15-6:45 pm	\$46	\$57.50	CA41121
4/3-5/3	M/W	6:50-7:20 pm	\$66	\$82.50	CA41122
5/8-5/31	M/W	6:50-7:20 pm	\$46	\$57.50	CA41123
4/3-5/3	M/W	7:25-7:55 pm	\$66	\$82.50	CA41124
5/8-5/31	M/W	7:25-7:55 pm	\$46	\$57.50	CA41125
4/4-5/4	T/Th	9:35-10:05 am	\$66	\$82.50	CA41130
5/9-6/1	T/Th	9:35-10:05 am	\$53	\$66.25	CA41131
4/4-5/4	T/Th	10:10-10:40 am	\$66	\$82.50	CA41132
5/9-6/1	T/Th	10:10-10:40 am	\$53	\$66.25	CA41133
4/4-5/4	T/Th	10:45-11:15 am	\$66	\$82.50	CA41134
5/9-6/1	T/Th	10:45-11:15 am	\$53	\$66.25	CA41135
4/4-5/4	T/Th	11:20-11:50 am	\$66	\$82.50	CA41136

Continued

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

## Beginning Swimming Skills

Date	Day	Time	ID/AP	OD	Class#
Preschool Levels 1-3 (continued)					
5/9-6/1	T/Th	11:20-11:50 am	\$53	\$66.25	CA41137
4/4-5/4	T/Th	1:05-1:35 pm	\$66	\$82.50	CA41138
5/9-6/1	T/Th	1:05-1:35 pm	\$53	\$66.25	CA41139
4/4-5/4	T/Th	1:40-2:10 pm	\$66	\$82.50	CA41140
5/9-6/1	T/Th	1:40-2:10 pm	\$53	\$66.25	CA41141
4/4-5/4	T/Th	2:15-2:45 pm	\$66	\$82.50	CA41142
5/9-6/1	T/Th	2:15-2:45 pm	\$53	\$66.25	CA41143
4/4-5/4	T/Th	4:30-5 pm	\$66	\$82.50	CA41144
5/9-6/1	T/Th	4:30-5 pm	\$53	\$66.25	CA41145
4/4-5/4	T/Th	5:05-5:35 pm	\$66	\$82.50	CA41146
5/9-6/1	T/Th	5:05-5:35 pm	\$53	\$66.25	CA41147
4/4-5/4	T/Th	5:40-6:10 pm	\$66	\$82.50	CA41148
5/9-6/1	T/Th	5:40-6:10 pm	\$53	\$66.25	CA41149
4/4-5/4	T/Th	6:15-6:45 pm	\$66	\$82.50	CA41150
5/9-6/1	T/Th	6:15-6:45 pm	\$53	\$66.25	CA41151
4/4-5/4	T/Th	6:50-7:20 pm	\$66	\$82.50	CA41152
5/9-6/1	T/Th	6:50-7:20 pm	\$53	\$66.25	CA41153
4/4-5/4	T/Th	7:25-7:55 pm	\$66	\$82.50	CA41154
5/9-6/1	T/Th	7:25-7:55 pm	\$53	\$66.25	CA41155
4/8-6/3	S	9:05-9:35 am	\$53	\$66.25	CA41160
4/8-6/3	S	9:40-10:10 am	\$53	\$66.25	CA41161
4/8-6/3	S	10:15-10:45 am	\$53	\$66.25	CA41162
4/8-6/3	S	10:50-11:20 am	\$53	\$66.25	CA41163
4/8-6/3	S	11:25-11:55 am	\$53	\$66.25	CA41164
4/9-6/4	Su	3:40-4:10 pm	\$46	\$57.50	CA41265
4/9-6/4	Su	4:15-4:45 pm	\$46	\$57.50	CA41266
4/9-6/4	Su	4:50-5:20 pm	\$46	\$57.50	CA41267
4/9-6/4	Su	5:25-5:55 pm	\$46	\$57.50	CA41268

### School Age Levels 1-3

**Winter Term:** No class 1/5 (afternoon classes, see receipt), 1/16, 2/20.

1/9-2/8	M/W	4:30-5 pm	\$59	\$73.75	CA32114
2/13-3/22	M/W	4:30-5 pm	\$72	\$90	CA32115
1/9-2/8	M/W	5:05-5:35 pm	\$59	\$73.75	CA32116
2/13-3/22	M/W	5:05-5:35 pm	\$72	\$90	CA32117
1/9-2/8	M/W	5:40-6:10 pm	\$59	\$73.75	CA32118
2/13-3/22	M/W	5:40-6:10 pm	\$72	\$90	CA32119
1/9-2/8	M/W	6:15-6:45 pm	\$59	\$73.75	CA32120
2/13-3/22	M/W	6:15-6:45 pm	\$72	\$90	CA32121
1/9-2/8	M/W	8-8:30 pm	\$59	\$73.75	CA32126
2/13-3/22	M/W	8-8:30 pm	\$72	\$90	CA32127
1/10-2/9	T/Th	4:30-5 pm	\$66	\$82.50	CA32144
2/14-3/23	T/Th	4:30-5 pm	\$79	\$98.75	CA32145
1/10-2/9	T/Th	5:05-5:35 pm	\$66	\$82.50	CA32146
2/14-3/23	T/Th	5:05-5:35 pm	\$79	\$98.75	CA32147
1/10-2/9	T/Th	5:40-6:10 pm	\$66	\$82.50	CA32148
2/14-3/23	T/Th	5:40-6:10 pm	\$79	\$98.75	CA32149
1/10-2/9	T/Th	6:15-6:45 pm	\$66	\$82.50	CA32150
2/14-3/23	T/Th	6:15-6:45 pm	\$79	\$98.75	CA32151
1/14-3/18	S	9:05-9:35 am	\$66	\$82.50	CA32160
1/14-3/18	S	9:40-10:10 am	\$66	\$82.50	CA32161

## Beginning Swimming Skills

Date	Day	Time	ID/AP	OD	Class#
School Age Levels 1-3 (continued)					
1/14-3/18	S	10:15-10:45 am	\$66	\$82.50	CA32162
1/14-3/18	S	10:50-11:20 am	\$66	\$82.50	CA32163
1/14-3/18	S	11:25-11:55 am	\$66	\$82.50	CA32164
1/15-3/19	Su	3:40-4:10 pm	\$66	\$82.50	CA32265
1/15-3/19	Su	4:15-4:45 pm	\$66	\$82.50	CA32266
1/15-3/19	Su	4:50-5:20 pm	\$66	\$82.50	CA32267
1/15-3/19	Su	5:25-5:55 pm	\$66	\$82.50	CA32268
<b>Spring Term:</b> No class 4/16, 5/27, 5/28, 5/29.					
4/3-5/3	M/W	4:30-5 pm	\$66	\$82.50	CA42114
5/8-5/31	M/W	4:30-5 pm	\$46	\$57.50	CA42115
4/3-5/3	M/W	5:05-5:35 pm	\$66	\$82.50	CA42116
5/8-5/31	M/W	5:05-5:35 pm	\$46	\$57.50	CA42117
4/3-5/3	M/W	5:40-6:10 pm	\$66	\$82.50	CA42118
5/8-5/31	M/W	5:40-6:10 pm	\$46	\$57.50	CA42119
4/3-5/3	M/W	6:15-6:45 pm	\$66	\$82.50	CA42120
5/8-5/31	M/W	6:15-6:45 pm	\$46	\$57.50	CA42121
4/3-5/3	M/W	8-8:30 pm	\$66	\$82.50	CA42126
5/8-5/31	M/W	8-8:30 pm	\$46	\$57.50	CA42127
4/4-5/4	T/Th	4:30-5 pm	\$66	\$82.50	CA42144
5/9-6/1	T/Th	4:30-5 pm	\$53	\$66.25	CA42145
4/4-5/4	T/Th	5:05-5:35 pm	\$66	\$82.50	CA42146
5/9-6/1	T/Th	5:05-5:35 pm	\$53	\$66.25	CA42147
4/4-5/4	T/Th	5:40-6:10 pm	\$66	\$82.50	CA42148
5/9-6/1	T/Th	5:40-6:10 pm	\$53	\$66.25	CA42149
4/4-5/4	T/Th	6:15-6:45 pm	\$66	\$82.50	CA42150
5/9-6/1	T/Th	6:15-6:45 pm	\$53	\$66.25	CA42151
4/8-6/3	S	9:05-9:35 am	\$53	\$66.25	CA42160
4/8-6/3	S	9:40-10:10 am	\$53	\$66.25	CA42161
4/8-6/3	S	10:15-10:45 am	\$53	\$66.25	CA42162
4/8-6/3	S	10:50-11:20 am	\$53	\$66.25	CA42163
4/8-6/3	S	11:25-11:55 am	\$53	\$66.25	CA42164
4/9-6/4	Su	3:40-4:10 pm	\$46	\$57.50	CA42265
4/9-6/4	Su	4:15-4:45 pm	\$46	\$57.50	CA42266
4/9-6/4	Su	4:50-5:20 pm	\$46	\$57.50	CA42267
4/9-6/4	Su	5:35-6:05 pm	\$46	\$57.50	CA42268



## Underwater Egg Hunt

**Friday,  
April 7  
5:30-8:30 pm**

See page 37 for more information

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

## Intermediate Swimming Skills

Date	Day	Time	ID/AP	OD	Class#
Preschool/School Age Levels 4-5					

**Winter Term:** No class 1/5 (afternoon classes, see receipt), 1/16, 2/20.

1/9-2/8	M/W	4:30-5 pm	\$59	\$73.75	CA32314
2/13-3/22	M/W	4:30-5 pm	\$72	\$90	CA32315
1/9-2/8	M/W	5:05-5:35 pm	\$59	\$73.75	CA32316
2/13-3/22	M/W	5:05-5:35 pm	\$72	\$90	CA32317
1/9-2/8	M/W	5:40-6:10 pm	\$59	\$73.75	CA32318
2/13-3/22	M/W	5:40-6:10 pm	\$72	\$90	CA32319
1/9-2/8	M/W	6:15-6:45 pm	\$59	\$73.75	CA32320
2/13-3/22	M/W	6:15-6:45 pm	\$72	\$90	CA32321
1/10-2/9	T/Th	4:30-5 pm	\$66	\$82.50	CA32344
2/14-3/23	T/Th	4:30-5 pm	\$79	\$98.75	CA32345
1/10-2/9	T/Th	5:05-5:35 pm	\$66	\$82.50	CA32346
2/14-3/23	T/Th	5:05-5:35 pm	\$79	\$98.75	CA32347
1/10-2/9	T/Th	5:40-6:10 pm	\$66	\$82.50	CA32348
2/14-3/23	T/Th	5:40-6:10 pm	\$79	\$98.75	CA32349
1/10-2/9	T/Th	6:15-6:45 am	\$66	\$82.50	CA32350
2/14-3/23	T/Th	6:15-6:45 pm	\$79	\$98.75	CA32351
1/14-3/18	S	9:05-9:35 am	\$66	\$82.50	CA32360
1/14-3/18	S	9:40-10:10 am	\$66	\$82.50	CA32361
1/14-3/18	S	10:15-10:45 am	\$66	\$82.50	CA32362
1/14-3/18	S	10:50-11:20 am	\$66	\$82.50	CA32363
1/14-3/18	S	11:25-11:55 am	\$66	\$82.50	CA32364
1/15-3/19	Su	3:40-4:10 pm	\$66	\$82.50	CA32365
1/15-3/19	Su	4:15-4:45 pm	\$66	\$82.50	CA32366
1/15-3/19	Su	4:50-5:20 pm	\$66	\$82.50	CA32367
1/15-3/19	Su	5:25-5:55 pm	\$66	\$82.50	CA32368

**Spring Term:** No class 4/16, 5/27, 5/28, 5/29.

4/3-5/3	M/W	4:30-5 pm	\$66	\$82.50	CA42314
5/8-5/31	M/W	4:30-5 pm	\$46	\$57.50	CA42315
4/3-5/3	M/W	5:05-5:35 pm	\$66	\$82.50	CA42316
5/8-5/31	M/W	5:05-5:35 pm	\$46	\$57.50	CA42317
4/3-5/3	M/W	5:40-6:10 pm	\$66	\$82.50	CA42318
5/8-5/31	M/W	5:40-6:10 pm	\$46	\$57.50	CA42319
4/3-5/3	M/W	6:15-6:45 pm	\$66	\$82.50	CA42320
5/8-5/31	M/W	6:15-6:45 pm	\$46	\$57.50	CA42321
4/4-5/4	T/Th	4:30-5 pm	\$66	\$82.50	CA42344
5/9-6/1	T/Th	4:30-5 pm	\$53	\$66.25	CA42345
4/4-5/4	T/Th	5:05-5:35 pm	\$66	\$82.50	CA42346
5/9-6/1	T/Th	5:05-5:35 pm	\$53	\$66.25	CA42347
4/4-5/4	T/Th	5:40-6:10 pm	\$66	\$82.50	CA42348
5/9-6/1	T/Th	5:40-6:10 pm	\$53	\$66.25	CA42349
4/4-5/4	T/Th	6:15-6:45 pm	\$66	\$82.50	CA42350
5/9-6/1	T/Th	6:15-6:45 pm	\$53	\$66.25	CA42351
4/8-6/3	S	9:05-9:35 am	\$53	\$66.25	CA42360
4/8-6/3	S	9:40-10:10 am	\$53	\$66.25	CA42361
4/8-6/3	S	10:15-10:45 am	\$53	\$66.25	CA42362
4/8-6/3	S	10:50-11:20 am	\$53	\$66.25	CA42363
4/8-6/3	S	11:25-11:55 am	\$53	\$66.25	CA42364
4/9-6/4	Su	3:40-4:10 pm	\$46	\$57.50	CA42365
4/9-6/4	Su	4:15-4:45 pm	\$46	\$57.50	CA42366
4/9-6/4	Su	4:50-5:20 pm	\$46	\$57.50	CA42367
4/9-6/4	Su	5:25-5:55 pm	\$46	\$57.50	CA42368

## Specialty Programs

Date	Day	Time	ID/AP	OD	Class#
Baby/Toddler & Me 6-36 months, swim diapers required.					

**Winter Term:** No class 1/5 (afternoon classes, see receipt), 1/16, 2/20.

1/9-2/8	M/W	10:10-10:40 am	\$43	\$53.75	CA33002
2/13-3/22	M/W	10:10-10:40 am	\$52	\$65	CA33003
1/9-2/8	M/W	11:20-11:50 am	\$43	\$53.75	CA33006
2/13-3/22	M/W	11:20-11:50 am	\$52	\$65	CA33007
1/9-2/8	M/W	6:50-7:20 pm	\$43	\$53.75	CA33022
2/13-3/22	M/W	6:50-7:20 pm	\$52	\$65	CA33023
1/10-2/9	T/Th	10:10-10:40 am	\$48	\$60	CA33032
2/14-3/23	T/Th	10:10-10:40 am	\$57	\$71.25	CA33033
1/10-2/9	T/Th	11:20-11:50 am	\$48	\$60	CA33036
2/14-3/23	T/Th	11:20-11:50 am	\$57	\$71.25	CA33037
1/10-2/9	T/Th	6:15-6:45 am	\$48	\$60	CA33050
2/14-3/23	T/Th	6:15-6:45 pm	\$57	\$71.25	CA33051
1/14-3/18	S	9:05-9:35 am	\$48	\$60	CA33060
1/14-3/18	S	10:15-10:45 am	\$48	\$60	CA33062
1/14-3/18	S	11:25-11:55 am	\$48	\$60	CA33064
1/15-3/19	Su	3:40-4:10 pm	\$48	\$60	CA33165
1/15-3/19	Su	4:50-5:20 pm	\$48	\$60	CA33167

**Spring Term:** No class 4/16, 5/27, 5/28, 5/29

4/3-5/3	M/W	10:10-10:40 am	\$48	\$60	CA43002
5/8-5/31	M/W	10:10-10:40 am	\$33	\$41.25	CA43003
4/3-5/3	M/W	11:20-11:50 am	\$48	\$60	CA43006
5/8-5/31	M/W	11:20-11:50 am	\$33	\$41.25	CA43007
4/3-5/3	M/W	6:50-7:20 pm	\$48	\$60	CA43022
5/8-5/31	M/W	6:50-7:20 pm	\$33	\$41.25	CA43023
4/4-5/4	T/Th	10:10-10:40 am	\$48	\$60	CA43032
5/9-6/1	T/Th	10:10-10:40 am	\$38	\$47.50	CA43033
4/4-5/4	T/Th	11:20-11:50 am	\$48	\$60	CA43036
5/9-6/1	T/Th	11:20-11:50 am	\$38	\$47.50	CA43037
4/4-5/4	T/Th	6:15-6:45 pm	\$48	\$60	CA43050
5/9-6/1	T/Th	6:15-6:45 pm	\$38	\$47.50	CA43051
4/8-6/3	S	9:05-9:35 am	\$38	\$47.50	CA43060
4/8-6/3	S	10:05-10:35 am	\$38	\$47.50	CA43062
4/8-6/3	S	11:25-11:55 am	\$38	\$47.50	CA43064
4/9-6/4	Su	3:40-4:10 pm	\$33	\$41.25	CA43165
4/9-6/4	Su	4:50-5:20 pm	\$33	\$41.25	CA43167

## You & Your Preschooler 6-36 months, swim diapers required.

**Winter Term:** No class 1/5 (afternoon classes, see receipt), 1/16, 2/20.

1/9-2/8	M/W	10:45-11:15 am	\$43	\$53.75	CA33604
2/13-3/22	M/W	10:45-11:15 am	\$52	\$65	CA33605
1/9-2/8	M/W	6:15-6:45 pm	\$43	\$53.75	CA33629
2/13-3/22	M/W	6:15-6:45 pm	\$52	\$65	CA33630
1/10-2/9	T/Th	10:45-11:15 am	\$48	\$60	CA33634
2/14-3/23	T/Th	10:45-11:15 am	\$57	\$71.25	CA33635
1/10-2/9	T/Th	5:40-6:10 pm	\$57	\$71.25	CA33648
2/14-3/23	T/Th	5:40-6:10 pm	\$57	\$71.25	CA33649
1/10-2/9	T/Th	6:50-7:20 pm	\$48	\$60	CA33652
2/14-3/23	T/Th	6:50-7:20 pm	\$57	\$71.25	CA33653
1/14-3/18	S	9:40-10:10 am	\$48	\$60	CA33661
1/14-3/18	S	10:50-11:20 am	\$48	\$60	CA33663
1/15-3/19	Su	4:15-4:45 pm	\$48	\$60	CA33766
1/15-3/19	Su	5:25-5:55 pm	\$48	\$60	CA33768

Continued

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



## Specialty Programs

Date	Day	Time	ID/AP	OD	Class#
You & Your Preschooler (continued)					

**Spring Term:** No class 4/16, 5/27, 5/28, 5/29.

4/3-5/3	M/W	10:45-11:15 am	\$48	\$60	CA43604
5/8-5/31	M/W	10:45-11:15 am	\$33	\$41.25	CA43605
4/3-5/3	M/W	6:15-6:45 pm	\$48	\$60	CA43629
5/8-5/31	M/W	6:15-6:45 pm	\$33	\$41.25	CA43630
4/4-5/4	T/Th	10:45-11:15 am	\$48	\$60	CA43634
5/9-6/1	T/Th	10:45-11:15 am	\$38	\$47.50	CA43635
4/4-5/4	T/Th	5:40-6:10 pm	\$48	\$60	CA43648
5/9-6/1	T/Th	5:40-6:10 pm	\$38	\$47.50	CA43649
4/4-5/4	T/Th	6:50-7:20 pm	\$48	\$60	CA43652
5/9-6/1	T/Th	6:50-7:20 pm	\$38	\$47.50	CA43653
4/8-6/3	S	9:40-10:10 am	\$38	\$47.50	CA43661
4/8-6/3	S	10:50-11:20 am	\$38	\$47.50	CA43663
4/9-6/4	Su	4:15-4:45 pm	\$33	\$41.25	CA43766
4/9-6/4	Su	5:25-5:55 pm	\$33	\$41.25	CA43768

## Teen/Adult Swimming Skills

**Winter Term:** No class 1/5 (afternoon classes, see receipt), 1/16, 2/20.

1/9-2/8	M/W	7:55-8:25 pm	\$43	\$53.75	CA37026
2/13-3/22	M/W	7:55-8:25 pm	\$52	\$65	CA37027
1/9-2/8	M/W	8:30-9 pm	\$43	\$53.75	CA37028
2/13-3/22	M/W	8:30-9 pm	\$52	\$65	CA37029
1/10-2/9	T/Th	8-8:30 pm	\$48	\$60	CA37056
2/14-3/23	T/Th	8-8:30 pm	\$57	\$71.25	CA37057
1/10-2/9	T/Th	8:35-9:05 pm	\$48	\$60	CA37058
2/14-3/23	T/Th	8:35-9:05 pm	\$57	\$71.25	CA37059

**Spring Term:** No class 5/27, 5/28, 5/29

4/3-5/3	M/W	7:55-8:25 pm	\$48	\$60	CA47026
5/8-5/31	M/W	7:55-8:25 pm	\$33	\$41.25	CA47027
4/3-5/3	M/W	8:30-9 pm	\$48	\$60	CA47028
5/8-5/31	M/W	8:30-9 pm	\$33	\$41.25	CA47029
4/4-5/4	T/Th	8-8:30 pm	\$48	\$60	CA47056
5/9-6/1	T/Th	8-8:30 pm	\$38	\$47.50	CA47057
4/4-5/4	T/Th	8:35-9:05 pm	\$48	\$60	CA47058
5/9-6/1	T/Th	8:35-9:05 pm	\$38	\$47.50	CA47059

## Private Lessons

Private lessons require a wait list for registration. Once the group lessons are finalized and an instructor is assigned, we will fill the class via the wait list in order as the names are listed.

**Winter Term:** No class 1/5 (afternoon classes, see receipt), 1/16, 2/20.

1/9-2/8	M/W	9:35-10:05 am	\$238	\$297.50	CA36000
2/13-3/22	M/W	9:35-10:05 am	\$291	\$363.75	CA36001
1/9-2/8	M/W	10:10-10:40 am	\$238	\$297.50	CA36002
2/13-3/22	M/W	10:10-10:40 am	\$291	\$363.75	CA36003
1/9-2/8	M/W	10:45-11:15 am	\$238	\$297.50	CA36004
2/13-3/22	M/W	10:45-11:15 am	\$291	\$363.75	CA36005
1/9-2/8	M/W	11:20-11:50 am	\$238	\$297.50	CA36006
2/13-3/22	M/W	11:20-11:50 am	\$291	\$363.75	CA36007

## Specialty Programs

Date	Day	Time	ID/AP	OD	Class#
Private Lessons (continued)					

1/9-2/8	M/W	1:05-1:35 pm	\$238	\$297.50	CA36008
2/13-3/22	M/W	1:05-1:35 pm	\$291	\$363.75	CA36009
1/9-2/8	M/W	1:40-2:10 pm	\$238	\$297.50	CA36010
2/13-3/22	M/W	1:40-2:10 pm	\$291	\$363.75	CA36011
1/9-2/8	M/W	2:15-2:45 pm	\$238	\$297.50	CA36012
2/13-3/22	M/W	2:15-2:45 pm	\$291	\$363.75	CA36013
1/9-2/8	M/W	4:30-5 pm	\$238	\$297.50	CA36014
2/13-3/22	M/W	4:30-5 pm	\$291	\$363.75	CA36015
1/9-2/8	M/W	5:05-5:35 pm	\$238	\$297.50	CA36016
2/13-3/22	M/W	5:05-5:35 pm	\$291	\$363.75	CA36017
1/9-2/8	M/W	5:40-6:10 pm	\$238	\$297.50	CA36018
2/13-3/22	M/W	5:40-6:10 pm	\$291	\$363.75	CA36019
1/9-2/8	M/W	6:15-6:45 pm	\$238	\$297.50	CA36020
2/13-3/22	M/W	6:15-6:45 pm	\$291	\$363.75	CA36021
1/9-2/8	M/W	6:50-7:20 pm	\$238	\$297.50	CA36022
2/13-3/22	M/W	6:50-7:20 pm	\$291	\$363.75	CA36023
1/9-2/8	M/W	7:25-7:55 pm	\$238	\$297.50	CA36024
2/13-3/22	M/W	7:25-7:55 pm	\$291	\$363.75	CA36025
1/9-2/8	M/W	7:55-8:25 pm	\$238	\$297.50	CA36026
2/13-3/22	M/W	7:55-8:25 pm	\$291	\$363.75	CA36027
1/9-2/8	M/W	8:30-9 pm	\$238	\$297.50	CA36028
2/13-3/22	M/W	8:30-9 pm	\$291	\$363.75	CA36029
1/10-2/9	T/Th	9:35-10:05 am	\$265	\$331.25	CA36030
2/14-3/23	T/Th	9:35-10:05 am	\$317	\$396.25	CA36031
1/10-2/9	T/Th	10:10-10:40 am	\$265	\$331.25	CA36032
2/14-3/23	T/Th	10:10-10:40 am	\$317	\$396.25	CA36033
1/10-2/9	T/Th	10:45-11:15 am	\$265	\$331.25	CA36034
2/14-3/23	T/Th	10:45-11:15 am	\$317	\$396.25	CA36035
1/10-2/9	T/Th	11:20-11:50 am	\$265	\$331.25	CA36036
2/14-3/23	T/Th	11:20-11:50 am	\$317	\$396.25	CA36037
1/10-2/9	T/Th	1:05-1:35 pm	\$265	\$331.25	CA36038
2/14-3/23	T/Th	1:05-1:35 pm	\$317	\$396.25	CA36039
1/10-2/9	T/Th	1:40-2:10 pm	\$265	\$331.25	CA36040
2/14-3/23	T/Th	1:40-2:10 pm	\$317	\$396.25	CA36041
1/10-2/9	T/Th	2:15-2:45 pm	\$265	\$331.25	CA36042
2/14-3/23	T/Th	2:15-2:45 pm	\$317	\$396.25	CA36043
1/10-2/9	T/Th	4:30-5 pm	\$265	\$331.25	CA36044
2/14-3/23	T/Th	4:30-5 pm	\$317	\$396.25	CA36045
1/10-2/9	T/Th	5:05-5:35 pm	\$265	\$331.25	CA36046
2/14-3/23	T/Th	5:05-5:35 pm	\$317	\$396.25	CA36047
1/10-2/9	T/Th	5:40-6:10 pm	\$265	\$331.25	CA36048
2/14-3/23	T/Th	5:40-6:10 pm	\$317	\$396.25	CA36049
1/10-2/9	T/Th	6:15-6:45 pm	\$265	\$331.25	CA36050
2/14-3/23	T/Th	6:15-6:45 pm	\$317	\$396.25	CA36051
1/10-2/9	T/Th	6:50-7:20 pm	\$265	\$331.25	CA36052
2/14-3/23	T/Th	6:50-7:20 pm	\$317	\$396.25	CA36053
1/10-2/7	T/Th	7:35-8:05 pm	\$265	\$331.25	CA36054
2/14-3/23	T/Th	7:35-8:05 pm	\$317	\$396.25	CA36055
1/10-2/9	T/Th	8-8:30 pm	\$265	\$331.25	CA36056
2/14-3/23	T/Th	8-8:30 pm	\$317	\$396.25	CA36057
1/10-2/9	T/Th	8:35-9:05 pm	\$265	\$331.25	CA36058
2/14-3/23	T/Th	8:35-9:05 pm	\$317	\$396.25	CA36059
1/14-3/18	S	9:05-9:35 am	\$265	\$331.25	CA36060

Continued

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

## Specialty Programs

Date	Day	Time	ID/AP	OD	Class#
<b>Private Lessons (continued)</b>					
1/14-3/18	S	9:40-10:10 am	\$265	\$331.25	CA36061
1/14-3/18	S	10:15-10:45 am	\$265	\$331.25	CA36062
1/14-3/18	S	10:50-11:20 am	\$265	\$331.25	CA36063
1/14-3/18	S	11:25-11:55 am	\$265	\$331.25	CA36064
1/15-3/19	Su	3:40-4:10 pm	\$265	\$331.25	CA36065
1/15-3/19	Su	4:15-4:45 pm	\$265	\$331.25	CA36066
1/15-3/19	Su	4:50-5:20 pm	\$265	\$331.25	CA36067
1/15-3/19	Su	5:25-5:55 pm	\$265	\$331.25	CA36068

**Spring Term:** No class 4/16, 5/27, 5/28, 5/29.

Private lessons require a wait list for registration. Once the group lessons are finalized and an instructor is assigned, we will fill the class via the wait list in order as the names are listed.

4/3-5/3	M/W	9:35-10:05 am	\$265	\$331.25	CA46000
5/8-5/31	M/W	9:35-10:05 am	\$185	\$231.25	CA46001
4/3-5/3	M/W	10:10-10:40 am	\$265	\$331.25	CA46002
5/8-5/31	M/W	10:10-10:40 am	\$185	\$231.25	CA46003
4/3-5/3	M/W	10:45-11:15 am	\$265	\$331.25	CA46004
5/8-5/31	M/W	10:45-11:15 am	\$185	\$231.25	CA46005
4/3-5/3	M/W	11:20-11:50 am	\$265	\$331.25	CA46006
5/8-5/31	M/W	11:20-11:50 am	\$185	\$231.25	CA46007
4/3-5/3	M/W	1:05-1:35 pm	\$265	\$331.25	CA46008
5/8-5/31	M/W	1:05-1:35 pm	\$185	\$231.25	CA46009
4/3-5/3	M/W	1:40-2:10 pm	\$265	\$331.25	CA46010
5/8-5/31	M/W	1:40-2:10 pm	\$185	\$231.25	CA46011
4/3-5/3	M/W	2:15-2:45 pm	\$265	\$331.25	CA46012
5/8-5/31	M/W	2:15-2:45 pm	\$185	\$231.25	CA46013
4/3-5/3	M/W	4:30-5 pm	\$265	\$331.25	CA46014
5/8-5/31	M/W	4:30-5 pm	\$185	\$231.25	CA46015
4/3-5/3	M/W	5:05-5:35 pm	\$265	\$331.25	CA46016
5/8-5/31	M/W	5:05-5:35 pm	\$185	\$231.25	CA46017
4/3-5/3	M/W	5:40-6:10 pm	\$265	\$331.25	CA46018
5/8-5/31	M/W	5:40-6:10 pm	\$185	\$231.25	CA46019
4/3-5/3	M/W	6:15-6:45 pm	\$265	\$331.25	CA46020
5/8-5/31	M/W	6:15-6:45 pm	\$185	\$231.25	CA46021
4/3-5/3	M/W	6:50-7:20 pm	\$265	\$331.25	CA46022
5/8-5/31	M/W	6:50-7:20 pm	\$185	\$231.25	CA46023
4/3-5/3	M/W	7:35-8:05 pm	\$265	\$331.25	CA46024
5/8-5/31	M/W	7:35-8:05 pm	\$185	\$231.25	CA46025
4/3-5/3	M/W	7:55-8:25 pm	\$265	\$331.25	CA46026
5/8-5/31	M/W	7:55-8:25 pm	\$185	\$231.25	CA46027
4/3-5/3	M/W	8:30-9 pm	\$265	\$331.25	CA46028
5/8-5/31	M/W	8:30-9 pm	\$212	\$265	CA46029
4/4-5/4	T/Th	9:35-10:05 am	\$265	\$331.25	CA46030
5/9-6/1	T/Th	9:35-10:05 am	\$212	\$265	CA46031
4/4-5/4	T/Th	10:10-10:40 am	\$265	\$331.25	CA46032
5/9-6/1	T/Th	10:10-10:40 am	\$212	\$265	CA46033
4/4-5/4	T/Th	10:45-11:15 am	\$265	\$331.25	CA46034
5/9-6/1	T/Th	10:45-11:15 am	\$212	\$265	CA46035
4/4-5/4	T/Th	11:20-11:50 am	\$265	\$331.25	CA46036
5/9-6/1	T/Th	11:20-11:50 am	\$212	\$265	CA46037
4/4-5/4	T/Th	1:05-1:35 pm	\$265	\$331.25	CA46038
5/9-6/1	T/Th	1:05-1:35 pm	\$212	\$265	CA46039
4/4-5/4	T/Th	1:40-2:10 pm	\$265	\$331.25	CA46040

## Specialty Programs

Date	Day	Time	ID/AP	OD	Class#
<b>Private Lessons (continued)</b>					
5/9-6/1	T/Th	1:40-2:10 pm	\$212	\$265	CA46041
4/4-5/4	T/Th	2:15-2:45 pm	\$265	\$331.25	CA46042
5/9-6/1	T/Th	2:15-2:45 pm	\$212	\$265	CA46043
4/4-5/4	T/Th	4:30-5 pm	\$265	\$331.25	CA46044
5/9-6/1	T/Th	4:30-5 pm	\$212	\$265	CA46045
4/4-5/4	T/Th	5:05-5:35 pm	\$265	\$331.25	CA46046
5/9-6/1	T/Th	5:05-5:35 pm	\$212	\$265	CA46047
4/4-5/4	T/Th	5:40-6:10 pm	\$265	\$331.25	CA46048
5/9-6/1	T/Th	5:40-6:10 pm	\$212	\$265	CA46049
4/4-5/4	T/Th	6:15-6:45 pm	\$265	\$331.25	CA46050
5/9-6/1	T/Th	6:15-6:45 pm	\$212	\$265	CA46051
4/4-5/4	T/Th	6:50-7:20 pm	\$265	\$331.25	CA46052
5/9-6/1	T/Th	6:50-7:20 pm	\$212	\$265	CA46053
4/4-5/4	T/Th	7:35-8:05 pm	\$265	\$331.25	CA46054
5/9-6/1	T/Th	7:35-8:05 pm	\$212	\$265	CA46055
4/4-5/4	T/Th	8-8:30 pm	\$265	\$331.25	CA46056
5/9-6/1	T/Th	8-8:30 pm	\$212	\$265	CA46057
4/4-5/4	T/Th	8:35-9:05 pm	\$265	\$331.25	CA46058
5/9-6/1	T/Th	8:35-9:05 pm	\$212	\$265	CA46059
4/8-6/3	S	9:05-9:35 am	\$212	\$265	CA46060
4/8-6/3	S	9:40-10:10 am	\$212	\$265	CA46061
4/8-6/3	S	10:15-10:45 am	\$212	\$265	CA46062
4/8-6/3	S	10:50-11:20 am	\$212	\$265	CA46063
4/8-6/3	S	11:25-11:55 am	\$212	\$265	CA46064
4/9-6/4	Su	3:40-4:10 pm	\$185	\$231.25	CA46065
4/9-6/4	Su	4:15-4:45 pm	\$185	\$231.25	CA46066
4/9-6/4	Su	4:40-5:10 pm	\$185	\$231.25	CA46067
4/9-6/4	Su	5:25-5:55 pm	\$185	\$231.25	CA46068

## Training Programs

Date	Day	Time	ID/AP	OD	Class#
<b>Jr. Lifeguard Training</b>					

**Winter Term:** No class 1/5 (afternoon classes, see receipt), 1/16, 2/20.

1/14-2/11 S 9:05 am-Noon \$130 \$162.50 CA39060

**Spring Term:** No class 5/27, 5/28, 5/29

4/8-5/6 S 9:05 am-Noon \$130 \$162.50 CA49060

### Lifeguard Training

**Winter Term:** No class 1/5 (afternoon classes, see receipt), 1/16, 2/20.

1/15-2/19 Su 1-5:40 pm \$192 \$240 CA38165

2/14-3/23 T/Th 7:10-9:30 pm \$192 \$240 CA38054

3/27-3/30 M-Th 9 am-4 pm \$192 \$240 CA38166

**Spring Term:** No class 4/16, 5/27, 5/28, 5/29

4/4-5/11 T/Th 7:10-9:30 pm \$192 \$240 CA48054

4/9-5/21 Su 1-5:40 pm \$192 \$240 CA48165

# Conestoga Recreation & Aquatic Center



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

TriMet Routes #62, #92

**Aquatic Facility Supervisor:** Sabrina Taylor Schmitt

**Winter Term:** January 1 - April 2, 2017

**Spring Term:** April 3 - June 18, 2017

**Hours:**

Monday-Thursday 5:30 am-9:30 pm

Friday 5:30 am-8:30 pm

Saturday 8 am-6 pm

Sunday 9 am-6 pm

**Holiday Schedule (open 9 am-6 pm):** 1/2, 1/16, 2/20, 5/29 (close at 4 pm)

**Facility Closure:** 1/1, 4/16

## Celebrate Diversity!

Each month in the 2017, Conestoga is honoring a diverse group in our community. The groups are selected based on the nationally recognized Social Equality dedications already established and celebrated throughout the United States.

Conestoga is honoring these groups by highlighting their culture or diversity within a class or program we already offer.

Please see our events page for details and highlighted groups for each month!

### Inclement Weather

See page 5 for THPRD Inclement Weather Policy.



Conestoga

## Special Events



### Underwater Egg Hunt Friday, April 7 • 5:30-8:30 pm

Join Peter Rabbit for a splashing good time in the pool and hunt for prize eggs! Enjoy additional activities in the gymnasium including coloring contest, bunny bingo, photo booth, indoor play park, a cupcake walk, bouncy house and small craft. All children must have a parent present at event, and children under age 7 must have an adult over age 18 in the water during egg hunt. Admission Cost: \$7

5:25-5:55 pm	CA46200A
6-6:30 pm	CA46200B
6:35-7:05 pm	CA46200C
7:10-7:40 pm	CA46200D
7:45-8:15 pm	CA46200E

## Patron Appreciation Day

Come join us for a hot dog dinner and fun activities

**Wednesday, March 1  
Wednesday, April 19**

**5:30-6:30 pm**

See pages 37-42 for Conestoga aquatic programs.

## Conestoga Childcare

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

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

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

**Hourly fee: ID \$3.50/hr; OD \$5.50/hr**

### Monday-Friday

#### Mornings:

8:15 am-12:30 pm

#### Evenings:

5:15-8:30 pm

### Saturday

8 am-noon

#### Ages:

6 weeks & older

Parents may leave the premises.



## Indoor Play Park

### Beginning Tuesday, Jan. 3

The Indoor Play Park resumes Tuesdays, Thursdays and Sundays 9-11:30 am. Ends Thursday 5/26.

Call the center for more details, 503-629-6313.

### Indoor Play Park Special Session

Sundays, 11:30-1:30 pm (Jan. 8)

Students, parents and families of early intervention programs are welcome to join us each Sunday at this time. Go, Baby Go cars are encouraged.

## Club Splash

### Afterschool Care - Youth

We promote a balanced, supportive and active environment where children are encouraged to discover through participation and try new experiences while fostering creativity.

SPLASH is offered through Conestoga Recreation & Aquatic Center on a first-come, first-served basis to student(s)

enrolled in grades 1st

through 5th, and all

day kindergarten at

the following schools:

Hiteon, Scholls Heights,

Greenway, Nancy Ryles

and Sexton Mountain

elementary schools.

It is also available to

middle school students

attending Conestoga

Middle School. Our program is available Monday-Friday.

Children are picked up from their school and can stay at

our center until 6 pm on regular school days and from 7:30

am-6 pm on specific non-school days. Please call the center

directly for availability and enrollment information.



## Facility Rentals & Birthday Parties at Conestoga

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

### Birthday Parties

We offer three different packages (pool parties, sports parties and kids gym parties) that are sure to be easy, fun and memorable. Whether it's splashing in our pool, playing your favorite activities in our gym or enjoying our play gym setup that is perfect for the youngsters, the kids are sure to have a GREAT time. All packages include at least one hour in a party room.

### Facility Rentals

Perhaps it's a high school graduation, baby shower, private pool/gym practice or a dance party. Our facility offers a wide range of potential to make your special event, whatever it may be, exactly what you are looking for at a very affordable price.

Please call 503-629-6313 for more details and pricing information.

## Middle School Club

Come join the club! Enjoy recreation activities which include swimming, open gym, games, special projects, homework time and more. Staff will pick up students from Conestoga Middle School daily and bring to the center.

How do I register? Call Conestoga Recreation & Aquatic Center today.

### 2017-2018 Registration Dates

5/1 - Enrollment for current, returning participants

5/8 - Enrollment for siblings of current, returning participants

5/22 - Open enrollment



## Fanno Farmers Nine-month Preschool 2017-2018 (starts Sept. 11, 2017)

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

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

Monday/Wednesday/Friday • 9 am-noon • 3½-4 yrs  
\$215 per month • Sept.-May

Tuesday/Thursday • 9-11:30 am • 2½-3½ yrs  
\$175 per month • Sept.-May

Monday/Wednesday/Friday • 1-4 pm • 4-5 yrs  
\$215 per month • Sept.-May

**New  
Time!**

∞ This class is open to children of all abilities. However, to provide the best experience to those who have special needs, THPRD Inclusion Services will make available extra support in Wednesday's classes. Program modification, additional staff training, support staff and other services will be included to facilitate inclusion.

## Playschool Jr, Winter/Spring

The classroom atmosphere is creative, positive, fun and will build a foundation for lifelong learning. Each class provides the skills to share and engage in cooperative play, as well as friendly socialization. Children are also introduced to early learning including colors, numbers, the alphabet and dramatic play. You may register for one or more days a week. No class 1/16, 1/20, 5/29.

### Winter Term:

1/9-2/6 (4)	M	9-11 am	1½-3½ yrs	C038101
Rm 203		ID/AP: \$70	OD: \$87.50	
1/10-2/7 (5)	T	9-11 am	1½-3½ yrs	C038102
Rm 203		ID/AP: \$87	OD: \$108.75	
∞ 1/11-2/8 (5)	W	9-11 am	1½-3½ yrs	C038103
Rm 203		ID/AP: \$87	OD: \$108.75	
1/12-2/9 (5)	Th	9-11 am	1½-3½ yrs	C038104
Rm 203		ID/AP: \$87	OD: \$108.75	
1/13-2/10 (5)	F	9-11 am	1½-3½ yrs	C038105
Rm 203		ID/AP: \$87	OD: \$108.75	
2/13-3/13 (4)	M	9-11 am	1½-3½ yrs	C038106
Rm 203		ID/AP: \$70	OD: \$87.50	
2/14-3/14 (5)	T	9-11 am	1½-3½ yrs	C038107
Rm 203		ID/AP: \$87	OD: \$108.75	
∞ 2/15-3/15 (5)	W	9-11 am	1½-3½ yrs	C038108
Rm 203		ID/AP: \$87	OD: \$108.75	
2/16-3/16 (5)	Th	9-11 am	1½-3½ yrs	C038109
Rm 203		ID/AP: \$87	OD: \$108.75	
2/17-3/17 (5)	F	9-11 am	1½-3½ yrs	C038110
Rm 203		ID/AP: \$87	OD: \$108.75	

### Spring Term:

4/3-5/1 (5)	M	9-11 am	1½-3½ yrs	C048101
Rm 203		ID/AP: \$87	OD: \$108.75	
4/4-5/2 (5)	T	9-11 am	1½-3½ yrs	C048102
Rm 203		ID/AP: \$87	OD: \$108.75	
∞ 4/5-5/3 (5)	W	9-11 am	1½-3½ yrs	C048103
Rm 203		ID/AP: \$87	OD: \$108.75	
4/6-5/4 (5)	Th	9-11 am	1½-3½ yrs	C048104
Rm 203		ID/AP: \$100	OD: \$125	
4/7-5/5 (5)	F	9-11 am	1½-3½ yrs	C048105
Rm 203		ID/AP: \$87	OD: \$108.75	
5/8-6/5 (4)	M	9-11 am	1½-3½ yrs	C048106
Rm 203		ID/AP: \$70	OD: \$87.50	
5/9-6/6 (5)	T	9-11 am	1½-3½ yrs	C048107
Rm 203		ID/AP: \$87	OD: \$108.75	
∞ 5/10-6/7 (5)	W	9-11 am	1½-3½ yrs	C048108
Rm 203		ID/AP: \$87	OD: \$108.75	
5/11-6/8 (5)	Th	9-11 am	1½-3½ yrs	C048109
Rm 203		ID/AP: \$87	OD: \$108.75	
5/12-6/9 (5)	F	9-11 am	1½-3½ yrs	C048110
Rm 203		ID/AP: \$87	OD: \$108.75	

## Playschool, Winter/Spring

The classroom atmosphere is creative, positive, fun and will build a foundation for lifelong learning. Each class provides the skills to share and engage in cooperative play, as well as friendly socialization. Children are also introduced to early learning including colors, numbers, the alphabet and dramatic play. You may register for one or more days a week. No class 1/16, 1/20, 5/29.

### Winter Term:

1/9-2/6 (4)	M	9-11:30 am	3½-5 yrs	C038201
Rm 202		ID/AP: \$74	OD: \$92.50	
1/10-2/7 (5)	T	9-11:30 am	3½-5 yrs	C038202
Rm 202		ID/AP: \$93	OD: \$116.25	
∞ 1/11-2/8 (5)	W	9-11:30 am	3½-5 yrs	C038203
Rm 202		ID/AP: \$93	OD: \$116.25	
1/12-2/9 (5)	Th	9-11:30 am	3½-5 yrs	C038204
Rm 202		ID/AP: \$93	OD: \$116.25	
1/13-2/10 (5)	F	9-11:30 am	3½-5 yrs	C038205
Rm 202		ID/AP: \$93	OD: \$116.25	
2/13-3/13 (4)	M	9-11:30 am	3½-5 yrs	C038206
Rm 202		ID/AP: \$74	OD: \$92.50	
2/14-3/14 (5)	T	9-11:30 am	3½-5 yrs	C038207
Rm 202		ID/AP: \$93	OD: \$116.25	
∞ 2/15-3/15 (5)	W	9-11:30 am	3½-5 yrs	C038208
Rm 202		ID/AP: \$93	OD: \$116.25	
2/16-3/16 (5)	Th	9-11:30 am	3½-5 yrs	C038209
Rm 202		ID/AP: \$93	OD: \$116.25	
2/17-3/17 (5)	F	9-11:30 am	3½-5 yrs	C038210
Rm 202		ID/AP: \$93	OD: \$116.25	

### Spring Term:

4/3-5/1 (5)	M	9-11:30 am	3½-5 yrs	C048201
Rm 202		ID/AP: \$93	OD: \$116.25	
4/4-5/2 (5)	T	9-11:30 am	3½-5 yrs	C048202
Rm 202		ID/AP: \$93	OD: \$116.25	
∞ 4/5-5/3 (5)	W	9-11:30 am	3½-5 yrs	C048203
Rm 202		ID/AP: \$93	OD: \$116.25	
4/6-5/4 (5)	Th	9-11:30 am	3½-5 yrs	C048204
Rm 202		ID/AP: \$93	OD: \$116.25	
4/7-5/5 (5)	F	9-11:30 am	3½-5 yrs	C048205
Rm 202		ID/AP: \$93	OD: \$116.25	
5/8-6/5 (4)	M	9-11:30 am	3½-5 yrs	C048206
Rm 202		ID/AP: \$74	OD: \$92.50	
5/9-6/6 (5)	T	9-11:30 am	3½-5 yrs	C048207
Rm 202		ID/AP: \$93	OD: \$116.25	
∞ 5/10-6/7 (5)	W	9-11:30 am	3½-5 yrs	C048208
Rm 202		ID/AP: \$93	OD: \$116.25	
5/11-6/8 (5)	Th	9-11:30 am	3½-5 yrs	C048209
Rm 202		ID/AP: \$93	OD: \$116.25	
5/12-6/9 (5)	F	9-11:30 am	3½-5 yrs	C048210
Rm 202		ID/AP: \$93	OD: \$116.25	

Please see page 5 for class observation guidelines.

## Arts & Crafts - Preschool

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
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### Art Tots - Paint 'n' More

Children delight in exploring and creating art. We focus on techniques that demonstrate the elements of art including line, shape, form, color and texture. Come prepared to get messy! **Parent participation required.** No class 1/16, 1/20, 5/29.

#### Winter Term:

1/9-3/13 (8) Rm 101	M	9:30-10 am ID/AP: \$34	2-4 yrs OD: \$42.50	CO34100
1/10-3/14 (10) Rm 101	T	10:45-11:30 am ID/AP: \$62	1½-2 yrs OD: \$77.50	CO34101
1/11-3/15 (10) Rm 101	W	9:30-10 am ID/AP: \$42	1½-2 yrs OD: \$52.50	CO34102
1/12-3/16 (10) Rm 101	Th	10:45-11:30 am ID/AP: \$62	2-4 yrs OD: \$77.50	CO34103
1/13-3/17 (10) Rm 101	F	9:30-10 am ID/AP: \$42	1½-2 yrs OD: \$52.50	CO34104

#### Spring Term:

4/3-6/5 (9) Rm 101	M	9:30-10 am ID/AP: \$38	2-4 yrs OD: \$47.50	CO44100
4/4-6/6 (10) Rm 101	T	10:45-11:30 am ID/AP: \$62	1½-2 yrs OD: \$77.50	CO44101
4/5-6/7 (10) Rm 101	W	9:30-10 am ID/AP: \$42	1½-2 yrs OD: \$52.50	CO44102
4/6-6/8 (10) Rm 101	Th	10:45-11:30 am ID/AP: \$62	2-4 yrs OD: \$77.50	CO44103
4/7-6/9 (10) Rm 101	F	9:30-10 am ID/AP: \$42	1½-2 yrs OD: \$52.50	CO44104

### Munchkin Mozarts

Nurture your toddlers energy and creativity in a class designed for children who love to move. Play instruments, sing, dance and uncover an engaging musical world while building your toddler's confidence, self-control, and early language skills. **Parent participation required.** No class 1/16, 1/20, 5/29.

#### Winter Term:

1/9-3/13 (8) Rm 101	M	10:45-11:30 am ID/AP: \$50	1½-2 yrs OD: \$62.50	CO34105
1/10-3/14 (10) Rm 101	T	9:30-10 am ID/AP: \$42	2-4 yrs OD: \$52.50	CO34106
1/11-3/15 (10) Rm 101	W	10:45-11:30 am ID/AP: \$62	2-4 yrs OD: \$77.50	CO34107
1/12-3/16 (10) Rm 101	Th	9:30-10 am ID/AP: \$42	1½-2 yrs OD: \$52.50	CO34108
1/13-3/17 (10) Rm 101	F	10:45-11:30 am ID/AP: \$62	2-4 yrs OD: \$77.50	CO34109

#### Spring Term:

4/3-6/5 (9) Rm 101	M	10:45-11:30 am ID/AP: \$56	1½-2 yrs OD: \$70	CO44105
4/4-6/6 (10) Rm 101	T	9:30-10 am ID/AP: \$42	2-4 yrs OD: \$52.50	CO44106
4/5-6/7 (10) Rm 101	W	10:45-11:30 am ID/AP: \$62	2-4 yrs OD: \$77.50	CO44107
4/6-6/8 (10) Rm 101	Th	9:30-10 am ID/AP: \$42	1½-2 yrs OD: \$52.50	CO44108
4/7-6/9 (10) Rm 101	F	10:45-11:30 am ID/AP: \$62	2-4 yrs OD: \$77.50	CO44109



## Parent's Night Out

Treat yourself to a night out parents! Drop off your little ones with us for an evening full of gym games, arts & crafts, a movie and more. A pizza dinner will be provided. Drop off and pick up anytime throughout the night. 8405 SW Creekside Place.

#### Winter Term:

1/20 (1) Fanno Farmhouse	F	4:30-8:30 pm ID/AP: \$20	2-11 yrs OD: \$25	CO34310
2/10 (1) Fanno Farmhouse	F	4:30-8:30 pm ID/AP: \$20	2-11 yrs OD: \$25	CO34311
3/17 (1) Fanno Farmhouse	F	4:30-8:30 pm ID/AP: \$20	2-11 yrs OD: \$25	CO34312

#### Spring Term:

4/14 (1) Fanno Farmhouse	F	4:30-8:30 pm ID/AP: \$20	2-11 yrs OD: \$25	CO44310
5/12 (1) Fanno Farmhouse	F	4:30-8:30 pm ID/AP: \$20	2-11 yrs OD: \$25	CO44311
6/2 (1) Fanno Farmhouse	F	4:30-8:30 pm ID/AP: \$20	2-11 yrs OD: \$25	CO44312

## Arts & Crafts - Youth

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
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### Drawing & Painting Beyond the Basics

Explore and develop painting and drawing techniques that inspire and encourage individual expression through art. A variety of art materials used. No class 1/16, 2/20, 5/15, 5/29. (Selene)

#### Winter Term:

1/9-3/20 (9) Rm 101	M	5:15-6:30 pm ID/AP: \$85	6½-11 yrs OD: \$106.25	CO34200
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#### Spring Term:

4/3-6/12 (9) Rm 101	M	5:15-6:30 pm ID/AP: \$85	6½-11 yrs OD: \$106.25	CO44200
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### Mixed Media Creations

Students will plan their projects on paper, then decide which materials to use including polymer clay and found/scrap materials. They will create a clay pet or creature and then come up with a story for them. **Misc. Fee \$10.** (Bailey)

#### Winter Term:

1/14-3/18 (10) Rm 101	S	9:30-10:45 am ID/AP: \$94	6½-11 yrs OD: \$117.50	CO34203
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#### Spring Term:

4/8-6/10 (10) Rm 101	S	9:30-10:45 am ID/AP: \$94	6½-11 yrs OD: \$117.50	CO44203
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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)

## Arts & Crafts - Youth

Dates	Day	Time	ID-AP/OD	Class #
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### Paint on Canvas – Youth Night

With step by step instruction, you will paint and take home your own masterpiece! No painting experience necessary, all supplies are provided. A different theme each session. (Selene)

#### Winter Term:

1/13	F	5:30-8 pm	\$30/\$37.50	CO34205
2/10	F	5:30-8 pm	\$30/\$37.50	CO34206
3/10	F	5:30-8 pm	\$30/\$37.50	CO34207

#### Spring Term:

4/14	F	5:30-8 pm	\$30/\$37.50	CO44205
6/9	F	5:30-8 pm	\$30/\$37.50	CO44207

## Arts & Crafts - Teen/Adult

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

Design, fire and build a wall-mounted clock. No prior experience necessary. Two complimentary glasses of wine will be offered to those 21 and older. A materials fee of \$30 and is due to the instructor at the first class. (Carol)

#### Winter Term:

1/21-1/28 (2) Rm 101	S	11:30 am-1:30 pm ID/AP: \$28	14 yrs-adult OD: \$35	CO34301
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### Fused Glass Kiln Carving

Learn to cut different thicknesses of (heat resistant) fiber paper, layering them to create a design. Then fire the piece with glass in a kiln. This project will be one 8"x 8" dish. A materials fee of \$30 is due to the instructor at the first class. (Carol)

#### Winter Term:

3/4 (1) Rm 101	S	11:30 am-1:30 pm ID/AP: \$14	14 yrs-adult OD: \$17.50	CO34302
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#### Spring Term:

5/6 (1) Rm 101	S	11:30 am-1:30 pm ID/AP: \$14	14 yrs-adult OD: \$17.50	CO44302
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### Paint on Canvas – Teen Night

With step by step instruction, you will paint and take home your own masterpiece! No painting experience necessary, all supplies are provided. A different theme each session. (Selene)

#### Winter Term:

2/3	F	5:30-8 pm	\$30/\$37.50	CO34304
3/3	F	5:30-8 pm	\$30/\$37.50	CO34305

#### Spring Term:

4/28	F	5:30-8 pm	\$30/\$37.50	CO44304
6/16	F	5:30-8 pm	\$30/\$37.50	CO44305

## Dance classes: What should I wear?

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

**Boys:** Ballet slippers (if you have), white T-shirt, sweat pants.



## Dance & Drama - Preschool

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

This class bridges the gap between early childhood classes and other ballet offerings. Explore developmental ballet concepts such as balance, strength, control, coordination and basic terminology. Techniques are introduced through props and fun music. (Leslie)

#### Winter Term:

1/13-3/10 (9) Rm 204	F	11-11:45 am ID/AP: \$48	3½-5 yrs OD: \$60	CO31103B
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#### Spring Term:

4/7-6/9 (10) Rm 204	F	11-11:45 am ID/AP: \$53	3½-5 yrs OD: \$66.25	CO41103B
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### Ballet

A wonderful introduction to ballet steps and terminology. This class will teach children balance and poise while developing strength and coordination. No class 1/16, 1/20, 5/29.

#### Winter Term:

1/9-3/20 (9) Rm 204 (Kelly)	M	11:45 am-12:30 pm ID/AP: \$48	3½-5 yrs OD: \$60	CO31100
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#### Spring Term:

4/3-6/12 (10) Rm 204 (Kelly)	M	11:45 am-12:30 pm ID/AP: \$53	3½-5 yrs OD: \$66.25	CO41100
4/3-6/12 (10) Rm 204 (Leslie)	M	4-4:45 pm ID/AP: \$53	4-6 yrs OD: \$66.25	CO41102
4/6-6/8 (10) Rm 204 (Kelly)	Th	10:30-11:10 am ID/AP: \$53	4½-6 yrs OD: \$66.25	CO41103

### Ballet On Your Toes

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

#### Winter Term:

1/12-3/16 (10) Rm 204	Th	9:45-10:25 am ID/AP: \$53	3½-4½ yrs OD: \$66.25	CO31103A
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#### Spring Term:

4/6-6/8 (10) Rm 204	Th	9:45-10:25 am ID/AP: \$53	3½-4½ yrs OD: \$66.25	CO41103A
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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)

## Winter Dance Recital Classes

Dress Rehearsal and pictures will be held at **Garden Home Recreation Center** on March 17, 4-6 pm for preschool classes and 6-8 pm for youth-adult classes. Performances will be held at **Garden Home Recreation Center** March 18, 11 am-1 pm for the preschool classes and 1:30-3:30 pm for the youth-adult classes. Some classes may require parents to provide basic costume needs. Details will be provided at the first class.

### Preschool

#### Ballet - Recital

A wonderful introduction to ballet steps and terminology. This class will teach children balance and poise while developing strength and coordination. No class 1/16, 2/20, 5/29. (Leslie)

1/9-3/20 (9)	M	4-4:45 pm	4-6 yrs	CO31102
		Rm 204 (Leslie)	ID/AP: \$78	OD: \$90
1/12-3/16 (10)	Th	10:30-11:10 am	4½-6 yrs	CO31103
		Rm 204 (Kelly)	ID/AP: \$83	OD: \$96.25

#### Ballet/Tap - Recital

Learn beginning technique for ballet and tap and develop coordination, strength and balance. Tap shoes required. (Leslie)

1/11-3/15 (10)	W	5-5:45 pm	4-6 yrs	CO31104
		Rm 204	ID/AP: \$83	OD: \$96.25

#### Ballet/Tap/Jazz - Recital

Learn beginning technique for ballet, tap, and jazz. Develop coordination, strength and balance. Tap shoes required. (Lauren)

1/12-3/16	Th	4-4:45 pm	3-5 yrs	CO31105A
		Rm 204	ID/AP: \$83	OD: \$96.25

#### Broadway Kids - Recital

A star is born. Basic ballet and jazz movement are introduced as well as creative exploration of music, singing and spatial awareness. (Leslie)

1/13-3/10 (9)	F	11:45 am-12:30 pm	4-6 yrs	CO31109
		Rm 204	ID/AP: \$78	OD: \$90

#### Dance Palooza - Recital

Not sure what kind of dance your child will like? Sample ballet, jazz, hip-hop and creative movement. We'll use props, move like animals and play dance games. (Leslie)

1/11-3/15 (10)	W	4-4:45 pm	3-5 yrs	CO31110
		Rm 204	ID/AP: \$83	OD: \$96.25

#### Disney Hip-hop - Recital

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

1/10-3/14 (10)	T	10:45-11:25 am	3½-6 yrs	CO31112
		Rm 204	ID/AP: \$83	OD: \$96.25

#### Gymnastic Dance - Recital

Kids enjoy the royal treatment as they learn ballet basics. Using crowns, wands and their royal outfit, we develop flexibility, rhythm and grace. Come dressed in your favorite princess costume! (Kelly)

1/10-3/14 (10)	T	11:30 am-12:15 pm	3-6 yrs	CO31111
		Rm 204	ID/AP: ID/AP: \$83	OD: \$96.25

#### Modern Dance - Recital

Young dancers will learn rhythm, musicality, coordination and the modern style of dance. Prepare to get moving! (Lauren)

1/12-3/16	Th	4:55-5:40 pm	3-5 yrs	CO31112A
		Rm 204	ID/AP: \$83	OD: \$96.25

### Tap - Recital

Learn beginning technique for tap and develop coordination, strength and balance. Tap shoes required. (Kelly)

1/12-3/16 (10)	Th	11:15 am-Noon	4-6 yrs	CO31105
		Rm 204	ID/AP: \$83	OD: \$96.25

### Youth

#### Ballet II - Recital

This class is designed for students who have had multiple pre-ballet or beginning ballet classes and are ready to advance. No class 1/16, 2/20, 5/29. (Leslie)

1/9-3/20 (9)	M	5-5:50 pm	5½-8 yrs	CO31201
		Rm 204	ID/AP: \$83	OD: \$96.25

#### Ballet/Tap/Jazz - Recital

Learn beginning technique for ballet, tap, and jazz. Develop coordination, strength and balance. Tap shoes required. (Leslie)

1/11-3/15 (10)	W	6-7 pm	6-10 yrs	CO31202
		Rm 204	ID/AP: \$101	OD: \$118.75

#### Broadway Bound/Theater - Recital

Get a taste of Broadway! This class combines acting, singing and dancing. Develop your creative interests and experience a final performance. No class 1/16, 2/20, 5/29. (Leslie)

1/9-3/13 (8)	M	6-7 pm	6-10 yrs	CO31203
		Rm 204	ID/AP: \$89	OD: \$103.75

#### Hip-hop I - Recital

Young dancers will learn rhythm, musicality, coordination, and age-appropriate choreography to contemporary and upbeat music. (Kelly)

1/13-3/10 (9)	F	3:30-4:25 pm	5-7½ yrs	CO31205
		Rm 201	ID/AP: \$94	OD: \$110

#### Hip-hop II - Recital

This level II class introduces popping, glides and slides and basic choreography and teaches students how to listen and dance to the backbeats, accents and groove of the music. (Kelly)

1/13-3/10 (9)	F	4:30-5:25 pm	7½-11 yrs	CO31206
		Rm 201	ID/AP: \$94	OD: \$110

### Teen/Adult

#### Hip-hop III - Recital

Hip-hop is a constantly changing style of dance that uses lots of isolation and high energy and is seen on many of the popular dance shows. Learn the latest choreography to popular music. Popping, glides, slides and more will be developed. (Kelly)

1/13-3/10 (9)	F	5:30-6:25 pm	11½-16 yrs	CO31207
		Rm 201	ID/AP: \$101	OD: \$118.75

#### Tap, Adult - Recital

Learn beginning technique for tap and develop coordination, strength and balance. Tap shoes required. (Leslie)

1/11-3/15 (10)	W	7-8 pm	14 yrs-adult	CO31317
		Rm 204	ID/AP: \$101	OD: \$118.75

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



## Dance & Drama - Preschool

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

Learn beginning technique for ballet and tap and develop coordination, strength and balance. Tap shoes required. (Leslie)

#### Winter Term:

1/13-3/10 (9) F 10-10:45 am 4-6 yrs CO31106  
Rm 204 ID/AP: \$48 OD: \$60

#### Spring Term:

4/5-6/7 (10) W 5-5:45 pm 4-6 yrs CO41104  
Rm 204 ID/AP: \$53 OD: \$66.25

4/7-6/9 (10) F 10-10:45 am 4-6 yrs CO41106  
Rm 204 ID/AP: \$53 OD: \$66.25

### Ballet/Tap/Jazz

Learn beginning technique for ballet, tap, and jazz. Develop coordination, strength and balance. Tap shoes required. (Lauren)

#### Spring Term:

4/6-6/8 Th 4-4:45 pm 3-5 yrs CO41105A  
Rm 204 ID/AP: \$53 OD: \$66.25

### Broadway Kids

A star is born. Basic ballet and jazz movement are introduced as well as creative exploration of music, singing and spatial awareness. (Leslie)

#### Spring Term:

4/7-6/9 (10) F 11:45 am-12:30 pm 4-6 yrs CO41109  
Rm 204 ID/AP: \$53 OD: \$66.25

### Dance Palooza

Sample ballet, jazz, hip-hop and creative movement. We'll use props, move like animals and play dance games. (Leslie)

#### Spring Term:

4/5-6/7 (10) W 4-4:45 pm 3-5 yrs CO41110  
Rm 204 ID/AP: \$53 OD: \$66.25

### Disney Hip-hop

Young dancers will learn rhythm, musicality, coordination and the hip-hop style of dance. Beginner-level combinations will be taught. (Kelly)

#### Spring Term:

4/4-6/6 (10) T 10:45-11:25 am 3½-6 yrs CO41112  
Rm 204 ID/AP: \$53 OD: \$66.25

### Gymnastic Dance

Come dressed in your favorite princess costume and learn ballet basics. We develop flexibility, rhythm and grace. (Kelly)

#### Spring Term:

4/4-6/6 (10) T 11:30 am-12:15 pm 3-5 yrs CO41111  
Rm 204 ID/AP: \$53 OD: \$66.25

### Modern Dance

Young dancers will learn rhythm, musicality, coordination and the modern style of dance. Prepare to get moving! (Lauren)

#### Spring Term:

4/6-6/8 Th 4:55-5:40 pm 3-5 yrs CO41112A  
Rm 204 ID/AP: \$53 OD: \$66.25

## Dance & Drama - Preschool

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

Learn beginning technique for tap and develop coordination, strength and balance. Tap shoes required. (Kelly)

#### Spring Term:

4/6-6/8 (10) Th 11:15 am-Noon 4-6 yrs CO41105  
Rm 204 ID/AP: \$53 OD: \$66.25

### Tiny Tutus

Tiny dancers will learn basic ballet movements and improve both balance and coordination in a nurturing and fun environment. Props and fun music are incorporated. Parent participation may be required at the discretion of the instructor. No class 1/16, 2/20, 5/29.

#### Winter Term:

1/9-3/20 (9) M 11-11:40 am 2-3 yrs CO31113  
Rm 204 (Kelly) ID/AP: \$48 OD: \$60

1/13-3/10 (9) F 9:15-10 am 2-3 yrs CO31114  
Rm 204 (Leslie) ID/AP: \$48 OD: \$60

#### Spring Term:

4/3-6/12 (10) M 11-11:40 am 2-3 yrs CO41113  
Rm 204 (Kelly) ID/AP: \$53 OD: \$66.25

4/7-6/9 (10) F 9:15-10 am 2-3 yrs CO41114  
Rm 204 (Leslie) ID/AP: \$53 OD: \$66.25

### Toddler Two Step

Spark your child's imagination and love for dance. Parent and child will dance to fun songs, develop coordination and body awareness. Dance props such as crowns, ribbons, etc. will be used. **Parent participation required.** No class 1/16, 2/20, 5/29. (Kelly)

#### Winter Term:

1/9-3/20 (9) M 10-10:40 am 2-3 yrs CO31115  
Rm 204 ID/AP: \$48 OD: \$60

1/10-3/14 (10) T 10-10:40 am 2-3 yrs CO31116  
Rm 204 ID/AP: \$53 OD: \$66.25

1/12-3/16 (10) Th 9-9:40 am 2-3 yrs CO31116A  
Rm 204 ID/AP: \$53 OD: \$66.25

#### Spring Term:

4/3-6/12 (10) M 10-10:40 am 2-3 yrs CO41115  
Rm 204 ID/AP: \$53 OD: \$66.25

4/4-6/6 (10) T 10-10:40 am 2-3 yrs CO41116  
Rm 204 ID/AP: \$53 OD: \$66.25

4/6-6/8 (10) Th 9-9:40 am 2-3 yrs CO41116A  
Rm 204 ID/AP: \$53 OD: \$66.25

## Dance & Drama - Youth

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

This class is designed for students who have had multiple pre-ballet or beginning ballet classes and are ready to advance. No class 1/16, 1/20, 5/29. (Leslie)

#### Spring Term:

4/3-6/12 (10) M 5-5:50 pm 5½-8 yrs CO41201  
Rm 204 ID/AP: \$59 OD: \$73.75

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

## Dance & Drama - Youth

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

Learn beginning technique for ballet, tap, and jazz. Develop coordination, strength and balance. Tap shoes required. (Leslie)

#### Spring Term:

4/5-6/7 (10) Rm 204	W	6-7 pm ID/AP: \$71	6-10 yrs OD: \$88.75	CO41202
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### Broadway Bound / Theater

Get a taste of Broadway! This class combines acting, singing and dancing. Develop your creative interests and experience a final performance. No class 5/29. (Leslie)

#### Spring Term:

4/3-6/12 (10) Rm 204	M	6-7 pm ID/AP: \$71	6-10 yrs OD: \$88.75	CO41203
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### Drama 4 Kids

Create your very own play! Learn improvisational skills, stage presence and timing. You will write scripts, play drama games, make stage props and perform on the last day of class to family and friends. No prior experience necessary. No class 1/16, 1/20, 5/15, 5/29. (Selene)

#### Winter Term:

1/9-3/20 (11) Rm 101	M	3:30-4:45 pm ID/AP: \$102	8-12 yrs OD: \$127.50	CO31204
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#### Spring Term:

4/3-6/12 (9) Rm 101	M	3:30-4:45 pm ID/AP: \$85	8-12 yrs OD: \$106.25	CO41204
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### Hip-hop I

Young dancers will learn rhythm, musicality, coordination, and age-appropriate choreography to contemporary and upbeat music. (Kelly)

#### Spring Term:

4/14-6/16 (10) Rm 201	F	3:30-4:25 pm ID/AP: \$71	5-7½ yrs OD: \$88.75	CO41205
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### Hip-hop II

This class introduces popping, glides and slides and basic choreography and teaches students how to listen and dance to the backbeats, accents and groove of the music. (Kelly)

#### Spring Term:

4/14-6/16 (10) Rm 201	F	4:30-5:25 pm ID/AP: \$71	7½-11 yrs OD: \$88.75	CO41206
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### Hip-hop III

Hip-hop is a constantly changing style of dance that uses lots of isolation and high energy and is seen on many of the popular dance shows. Learn the latest choreography to popular music. Popping, glides, slides and more will be developed. (Kelly)

#### Spring Term:

4/14-6/16 (10) Rm 201	F	5:30-6:25 pm ID/AP: \$71	11½-16 yrs OD: \$88.75	CO41207
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## Dance & Drama - Teen/Adult

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
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### Ballroom I, Latin

Learn the cha-cha, samba, rhumba, tango and salsa. Whether you're planning a wedding or just love to dance, this class is for you! Cost is per person. No partner needed. (Bev)

#### Winter Term:

1/14-3/18 (10) Rm 201	S	11:30 am-12:30 pm ID/AP: \$71	14 yrs-adult OD: \$88.75	CO31316
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#### Spring Term:

4/22-6/17 (9) Rm 201	S	11:30 am-12:30 pm ID/AP: \$64	14 yrs-adult OD: \$80	CO41316
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### Ballroom I, Waltz-Swing

Learn the waltz, fox trot and swing. Whether you're planning a wedding or just love to dance, this class is for you! Cost is per person. No partner needed. (Bev)

#### Winter Term:

1/14-3/18 (10) Rm 201	S	10:15-11:15 am ID/AP: \$71	14 yrs-adult OD: \$88.75	CO31315
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#### Spring Term:

4/22-6/17 (9) Rm 201	S	10:15-11:15 am ID/AP: \$64	14 yrs-adult OD: \$80	CO41315
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### Tap, Adult

Learn beginning technique for tap and develop coordination, strength and balance. Tap shoes required. (Leslie)

#### Spring Term:

4/5-6/7 (10) Rm 204	W	7-8 pm ID/AP: \$71	14 yrs-adult OD: \$88.75	CO41317
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## General Interest - Youth

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
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### Babysitting 101

This course is designed to help middle school and teenage youth learn what it takes to be a responsible, caring, trustworthy, competent, capable and safe babysitter. Bring paper, pencil, drink and sack lunch to class. (Susan)

#### Winter Term:

2/5 (1) Rm 101	Su	10:30 am-5:45 pm ID/AP: \$45	11-15 yrs OD: \$56.25	CO35203
3/30 (1) Rm 101	Th	10:30 am-5:45 pm ID/AP: \$45	11-15 yrs OD: \$56.25	CO35204

#### Spring Term:

4/30 (1) Rm 101	Su	10:30 am-5:45 pm ID/AP: \$45	11-15 yrs OD: \$56.25	CO45201
6/18 (1) Rm 101	Su	10:30 am-5:45 pm ID/AP: \$45	11-15 yrs OD: \$56.25	CO45202

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

## Cooking From Scratch

Join us for a new cooking series where you can choose all of them or just one. Each term will be different and each week there will be a different focus. (Courtney)

### Bread

<b>Winter Term:</b>				
1/21 (1)	S	9:30-11:30 am	8-12 yrs	C035201A
Rm 202		ID/AP: \$21	OD: \$23.75	
<b>Spring Term:</b>				
4/15 (1)	S	9:30-11:30 am	8-12 yrs	C045204
Rm 202		ID/AP: \$21	OD: \$23.75	

### Breakfast

<b>Winter Term:</b>				
2/25 (1)	S	9:30-11:30 am	8-12 yrs	C035201G
Rm 202		ID/AP: \$21	OD: \$23.75	
<b>Spring Term:</b>				
5/27 (1)	S	9:30-11:30 am	8-12 yrs	C045210
Rm 202		ID/AP: \$21	OD: \$23.75	

### Desserts

<b>Winter Term:</b>				
3/18 (1)	S	9:30-11:30 am	8-12 yrs	C035201I
Rm 202		ID/AP: \$21	OD: \$23.75	
<b>Spring Term:</b>				
6/10 (1)	S	9:30-11:30 am	8-12 yrs	C045212
Rm 202		ID/AP: \$21	OD: \$23.75	

### Dinner

<b>Winter Term:</b>				
3/4 (1)	S	9:30-11:30 am	8-12 yrs	C035201H
Rm 202		ID/AP: \$21	OD: \$23.75	
<b>Spring Term:</b>				
6/3 (1)	S	9:30-11:30 am	8-12 yrs	C045211
Rm 202		ID/AP: \$21	OD: \$23.75	

### Grilling

<b>Winter Term:</b>				
1/28 (1)	S	9:30-11:30 am	8-12 yrs	C035201B
Rm 202		ID/AP: \$21	OD: \$23.75	
<b>Spring Term:</b>				
4/22 (1)	S	9:30-11:30 am	8-12 yrs	C045205
Rm 202		ID/AP: \$21	OD: \$23.75	

### Healthy Snacks

<b>Winter Term:</b>				
3/11 (1)	S	9:30-11:30 am	8-12 yrs	C035201D
Rm 202		ID/AP: \$21	OD: \$23.75	
<b>Spring Term:</b>				
5/6 (1)	S	9:30-11:30 am	8-12 yrs	C045207
Rm 202		ID/AP: \$21	OD: \$23.75	

### Lunch Box Meals

<b>Winter Term:</b>				
2/18 (1)	S	9:30-11:30 am	8-12 yrs	C035201F
Rm 202		ID/AP: \$21	OD: \$23.75	
<b>Spring Term:</b>				
5/20 (1)	S	9:30-11:30 am	8-12 yrs	C045209
Rm 202		ID/AP: \$21	OD: \$23.75	

### Make Your Own Take Out

<b>Winter Term:</b>				
2/4 (1)	S	9:30-11:30 am	8-12 yrs	C035201C
Rm 202		ID/AP: \$21	OD: \$23.75	
<b>Spring Term:</b>				
4/29 (1)	S	9:30-11:30 am	8-12 yrs	C045206
Rm 202		ID/AP: \$21	OD: \$23.75	

### Pasta

<b>Winter Term:</b>				
1/14 (1)	S	9:30-11:30 am	8-12 yrs	C035201
Rm 202		ID/AP: \$21	OD: \$23.75	
<b>Spring Term:</b>				
4/8 (1)	S	9:30-11:30 am	8-12 yrs	C045203
Rm 202		ID/AP: \$21	OD: \$23.75	

### Soups

<b>Winter Term:</b>				
2/11 (1)	S	9:30-11:30 am	8-12 yrs	C035201E
Rm 202		ID/AP: \$21	OD: \$23.75	
<b>Spring Term:</b>				
5/13 (1)	S	9:30-11:30 am	8-12 yrs	C045208
Rm 202		ID/AP: \$21	OD: \$23.75	



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

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
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### Home Alone

This course is designed to prepare children for the responsibilities of being home alone. We will cover phone calls, answering the door, home security, first aid techniques, establishing household rules and more. Bring paper and pencil to class. (Susan)

#### Winter Term:

2/3 (1) Rm 101	F	1-3:30 pm ID/AP: \$25	8-12 yrs OD: \$31.25	C035500
3/29 (1) Rm 101	W	1-3:30 pm ID/AP: \$25	8-12 yrs OD: \$31.25	C035500A

#### Spring Term:

5/7 (1) Rm 101	Su	1-3 pm ID/AP: \$25	8-12 yrs OD: \$31.25	C045213
6/4 (1) Rm 101	Su	1-3 pm ID/AP: \$25	8-12 yrs OD: \$31.25	C045214

## Sports & Fitness - Preschool

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
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### Developing Your Young Athlete

Together with your child, we'll encourage large motor skill development through a variety of fun games, while introducing small children to group a setting. The instructor provides skill guidance to parents. **Parent participation required.** No class 1/16, 2/3, 2/20, 3/10, 4/28, 5/26, 5/29.

#### Winter Term:

1/9-3/13 (8) Gym-Ct B	M	9-9:30 am ID/AP: \$27	2-3 yrs OD: \$33.75	C032100
1/10-3/14 (10) Gym-Ct A	T	9-9:30 am ID/AP: \$34	2-3 yrs OD: \$42.50	C032101
1/11-3/15 (10) Gym-Ct B	W	10-10:30 am ID/AP: \$34	2-3 yrs OD: \$42.50	C032102
1/13-3/17 (8) Gym-Ct B	F	11-11:30 am ID/AP: \$27	2-3 yrs OD: \$33.75	C032103
1/14-3/18 (10) Gym-Ct B	S	9-9:30 am ID/AP: \$34	2-3 yrs OD: \$42.50	C032104

#### Spring Term:

4/3-6/5 (9) Gym-Ct B	M	9-9:30 am ID/AP: \$30	2-3 yrs OD: \$37.50	C042100
4/4-6/6 (10) Gym-Ct A	T	9-9:30 am ID/AP: \$34	2-3 yrs OD: \$42.50	C042101
4/5-6/7 (10) Gym-Ct B	W	10-10:30 am ID/AP: \$34	2-3 yrs OD: \$42.50	C042102
4/7-6/9 (8) Gym-Ct B	F	11-11:30 am ID/AP: \$27	2-3 yrs OD: \$33.75	C042103
4/8-6/10 (10) Gym-Ct B	S	9-9:30 am ID/AP: \$34	2-3 yrs OD: \$42.50	C042104

## Martial Arts

### Capoeira

This is a game that includes self-defense, music, and dance. Two players enter the ring, kicking and evading for control of the space, while their friends watch and praise their efforts. No class 1/16, 1/20, 5/29.

#### Winter Term:

1/9-3/20 (9) Gym-Ct A	M	6-7:15 am ID/AP: \$69	12 yrs-adult OD: \$86.25	C032162
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#### Spring Term:

4/3-6/12 (11) Gym-Ct A	M	6-7:15 pm ID/AP: \$84	12 yrs-adult OD: \$105	C042162
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### 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. (Frank)

#### Winter Term:

1/12-3/16 (10) Rm 204	Th	6:15-6:55 pm ID/AP: \$49	4½-6 yrs OD: \$61.25	C032166
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#### Spring Term:

4/6-6/8 (10) Rm 204	Th	6:15-6:55 am ID/AP: \$49	4½-6 yrs OD: \$61.25	C042166
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### 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. (Frank)

#### Winter Term:

1/10-3/14 (10) Rm 204	T	4-4:55 pm ID/AP: \$61	6-8 yrs OD: \$76.25	C032163
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1/10-3/14 (10) Rm 204	T	5-5:55 pm ID/AP: \$61	8-12 yrs OD: \$76.25	C032164
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#### Spring Term:

4/4-6/6 (10) Rm 204	T	4-4:55 pm ID/AP: \$61	6-8 yrs OD: \$76.25	C042163
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4/4-6/6 (10) Rm 204	T	5-5:55 pm ID/AP: \$61	8-12 yrs OD: \$76.25	C042164
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### Karate for the Entire Family

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. (Frank)

#### Winter Term:

1/12-3/16 (10) Rm 204	Th	7-8 pm ID/AP: \$61	8 yrs-adult OD: \$76.25	C032165
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#### Spring Term:

4/6-6/8 (10) Rm 204	Th	7-8 pm ID/AP: \$61	8 yrs-adult OD: \$76.25	C042165
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### Kendo: Japanese Fencing

Learn the basic skills and techniques of Japanese swordsmanship. Additional fee of \$25 for the bamboo practice sword is due first night of class, payable to Obukan Kendo Club.

#### Winter Term:

1/13-3/17 (10) Gym-Ct B	F	6:30-7:30 pm ID/AP: \$40	10 yrs-adult OD: \$50	C032550
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#### Spring Term:

4/14-6/9 (9) Gym-Ct B	F	6:30-7:30 pm ID/AP: \$40	10 yrs-adult OD: \$50	C042550
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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 - Preschool

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
<b>Munchkin Sports</b>				
These sports classes are designed to get preschoolers engaged in sports which emphasize confidence, build self-esteem, teach teamwork and improve both coordination and motor skills. <b>Parent participation required.</b> No Class 1/16, 2/3, 2/20, 3/10, 4/16, 4/28, 5/26, 5/29.				

### Basketball

#### Winter Term:

1/15-3/19 (10) Gym-Ct A	Su	11-11:45 am ID/AP: \$46	4-6 yrs OD: \$57.50	CO32112
1/9-3/13 (8) Gym-Ct B	M	11-11:45 am ID/AP: \$37	4-6 yrs OD: \$46.25	CO32113
1/12-3/16 (10) Gym-Ct A	Th	11-11:45 am ID/AP: \$46	4-6 yrs OD: \$57.50	CO32114
1/14-3/18 (10) Gym-Ct B	S	11-11:45 am ID/AP: \$46	4-6 yrs OD: \$57.50	CO32115

#### Spring Term:

4/9-6/11 (9) Gym-Ct A	Su	11-11:45 am ID/AP: \$41	4-6 yrs OD: \$51.25	CO42112
4/3-6/5 (9) Gym-Ct B	M	11-11:45 am ID/AP: \$41	4-6 yrs OD: \$51.25	CO42113
4/6-6/8 (10) Gym-Ct A	Th	11-11:45 am ID/AP: \$46	4-6 yrs OD: \$57.50	CO42114
4/8-6/10 (10) Gym-Ct B	S	11-11:45 am ID/AP: \$46	4-6 yrs OD: \$57.50	CO42115

### Soccer

#### Winter Term:

1/9-3/13 (8) Gym-Ct B	M	10-10:45 am ID/AP: \$37	4-6 yrs OD: \$46.25	CO32116
1/11-3/15 (10) Gym-Ct B	W	9-9:45 am ID/AP: \$46	4-6 yrs OD: \$57.50	CO32117
1/12-3/16 (10) Gym-Ct A	Th	9-9:45 am ID/AP: \$46	4-6 yrs OD: \$57.50	CO32118
1/14-3/18 (10) Gym-Ct B	S	10-10:45 am ID/AP: \$46	4-6 yrs OD: \$57.50	CO32119

#### Spring Term:

4/3-6/5 (9) Gym-Ct B	M	10-10:45 am ID/AP: \$41	4-6 yrs OD: \$51.25	CO42116
4/5-6/7 (10) Gym-Ct B	W	9-9:45 am ID/AP: \$46	4-6 yrs OD: \$57.50	CO42117
4/6-6/8 (10) Gym-Ct B	Th	9-9:45 am ID/AP: \$46	4-6 yrs OD: \$57.50	CO42118
4/8-6/10 (10) Gym-Ct B	S	10-10:45 am ID/AP: \$46	4-6 yrs OD: \$57.50	CO42119

### General Sport Games

Introduction to soccer, basketball, hockey, tennis, t-ball and other great games.

#### Winter Term:

1/15-3/19 (10) Gym-Ct A	Su	1-1:45 pm ID/AP: \$46	4-6 yrs OD: \$57.50	CO32105
1/10-3/14 (10) Gym-Ct A	T	11-11:45 am ID/AP: \$46	4-6 yrs OD: \$57.50	CO32106
1/13-3/17 (8) Gym-Ct B	F	9-9:45 am ID/AP: \$37	4-6 yrs OD: \$46.25	CO32107
1/14-3/18 (10) Gym-Ct A	S	10-10:45 am ID/AP: \$46	4-6 yrs OD: \$57.50	CO32108

#### Spring Term:

4/9-6/11 (9) Gym-Ct A	Su	1-1:45 pm ID/AP: \$41	4-6 yrs OD: \$51.25	CO42105
4/4-6/6 (10) Gym-Ct A	T	11-11:45 am ID/AP: \$46	4-6 yrs OD: \$57.50	CO42106

## Sports & Fitness - Preschool

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
<b>Munchkin Sports (continued)</b>				
4/7-6/9 (8) Gym-Ct B	F	9-9:45 am ID/AP: \$37	4-6 yrs OD: \$46.25	CO42107
4/8-6/10 (10) Gym-Ct A	S	10-10:45 am ID/AP: \$46	4-6 yrs OD: \$57.50	CO42108

### T-ball

#### Winter Term:

1/15-3/19 (10) Gym-Ct A	Su	9-9:45 am ID/AP: \$46	4-6 yrs OD: \$57.50	CO32109
1/11-3/15 (10) Gym-Ct B	W	11-11:45 am ID/AP: \$46	4-6 yrs OD: \$57.50	CO32110
1/13-3/17 (8) Gym-Ct B	F	10-10:45 am ID/AP: \$37	4-6 yrs OD: \$46.25	CO32111

#### Spring Term:

4/9-6/11 (9) Gym-Ct A	Su	9-9:45 am ID/AP: \$41	4-6 yrs OD: \$51.25	CO42109
4/5-6/7 (10) Gym-Ct B	W	11-11:45 am ID/AP: \$46	4-6 yrs OD: \$57.50	CO42110
4/7-6/9 (8) Gym-Ct B	F	10-10:45 am ID/AP: \$37	4-6 yrs OD: \$46.25	CO42111

### Tumbling

Does your little one love to move? We use obstacle courses to increase coordination, strength and balance. Munchkins will learn basic gymnastic skills using tumbling mats, balance beam, cheese wedge, and trampoline. **Parent participation required.**

#### Winter Term:

1/10-3/14 (10) Gym-Ct A	T	10-10:45 am ID/AP: \$46	3-5 yrs OD: \$57.50	CO33102
1/12-3/16 (10) Gym-Ct B	Th	4:30-5:15 pm ID/AP: \$46	3-5 yrs OD: \$57.50	CO33103
1/14-3/18 (10) Gym-Ct B	S	12-12:45 pm ID/AP: \$46	3-5 yrs OD: \$57.50	CO33104

#### Spring Term:

4/4-6/6 (10) Gym-Ct A	T	10-10:45 am ID/AP: \$46	3-5 yrs OD: \$57.50	CO43102
4/6-6/8 (10) Gym-Ct B	Th	4:30-5:15 pm ID/AP: \$46	3-5 yrs OD: \$57.50	CO43103
4/8-6/10 (10) Gym-Ct B	S	12-12:45 pm ID/AP: \$46	3-5 yrs OD: \$57.50	CO43104

### Somersaults & Cartwheels

Young gymnasts will learn somersault combinations, pre-cartwheel progressions, and begin to learn backward rolls, headstands and bridges. Build strength, flexibility and coordination using tumbling mats, balance beam, and more. **Parent participation required.**

#### Winter Term:

1/13-3/17 (10) Gym-Ct B	F	5:30-6:15 pm ID/AP: \$46	3-5 yrs OD: \$57.50	CO33105
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#### Spring Term:

4/14-6/9 (9) Gym-Ct B	F	5:30-6:15 pm ID/AP: \$41	3-5 yrs OD: \$51.25	CO43105
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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 - Preschool

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
<b>Wiggle Time Tumbling</b>				
Come join us to get your wiggles out! We use obstacle courses to increase coordination, strength and balance. Tumbling mats, balance beam, trampoline and cheese wedge will also be used in this great beginner class. <b>Parent participation required.</b>				
<b>Winter Term:</b>				
1/12-3/16 (10) Gym-Ct A	Th	10-10:45 am ID/AP: \$46	2-3 yrs OD: \$57.50	C033101
<b>Spring Term:</b>				
4/6-6/8 (10) Gym-Ct A	Th	10-10:45 am ID/AP: \$46	2-3 yrs OD: \$57.50	C043101

## Sports & Fitness - Youth

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
<b>Basketball Basics</b>				
Learn basic basketball skills including passing, ball control, dribbling, shooting and footwork. This is a great class for those just starting to build basketball skills. Children will work together in a positive environment learning how to be part of a team.				
<b>Winter Term:</b>				
1/14-3/18 (10) Gym-Ct B	S	1-1:45 pm ID/AP: \$46	6-8 yrs OD: \$57.50	C032204
<b>Spring Term:</b>				
4/8-6/10 (10) Gym-Ct B	S	1-1:45 pm ID/AP: \$46	6-8 yrs OD: \$57.50	C042204

### Basketball Conditioning

This class is ideal for children who know the basics of basketball, but need help with skill progression and scrimmage experience. Give your child a well-rounded understanding of this great game.

<b>Winter Term:</b>				
1/10-2/9 (5) Gym-Ct B	T/Th	5:30-6:15 pm ID/AP: \$59	8-12 yrs OD: \$73.75	C032200
2/14-3/16 (5) Gym-Ct B	T/Th	5:30-6:15 pm ID/AP: \$59	8-12 yrs OD: \$73.75	C032201
1/10-2/9 (5) Gym-Ct B	T/Th	6:30-7:15 pm ID/AP: \$59	12-15 yrs OD: \$73.75	C032202
2/14-3/16 (5) Gym-Ct B	T/Th	6:30-7:15 pm ID/AP: \$59	12-15 yrs OD: \$73.75	C032203
<b>Spring Term:</b>				
4/4-5/4 (5) Gym-Ct B	T/Th	5:30-6:15 pm ID/AP: \$59	8-12 yrs OD: \$73.75	C042200
5/9-6/8 (5) Gym-Ct B	T/Th	5:30-6:15 pm ID/AP: \$59	8-12 yrs OD: \$73.75	C042201
4/4-5/4 (5) Gym-Ct B	T/Th	6:30-7:15 pm ID/AP: \$59	12-15 yrs OD: \$73.75	C042202
5/9-6/8 (5) Gym-Ct B	T/Th	6:30-7:15 pm ID/AP: \$59	12-15 yrs OD: \$73.75	C042203

## Sports & Fitness - Youth

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
<b>Kids Sports</b>				
Develop coordination and general sports skills in an environment that encourages praise and positive reinforcement. This is a great place for your child to make new friends and continue to explore all the fun that sports has to offer.				
<b>Winter Term:</b>				
1/14-3/18 (10) Gym-Ct A	S	9-9:45 am ID/AP: \$46	7-10 yrs OD: \$57.50	C032220
<b>Spring Term:</b>				
4/8-6/10 (10) Gym-Ct A	S	9-9:45 am ID/AP: \$46	7-10 yrs OD: \$57.50	C042220

### Recess Time

Does your child like recess? Then this class is for them. We will play games like dodge ball, four square and other group games that kids enjoy at recess that will keep them moving from start to finish. No Class 1/16, 2/20, 5/29.

<b>Winter Term:</b>				
1/9-3/13 (8) Gym-Ct B	M	4:30-5:15 pm ID/AP: \$37	6-8 yrs OD: \$46.25	C032221
<b>Spring Term:</b>				
4/3-6/5 (9) Gym-Ct B	M	4:30-5:15 pm ID/AP: \$41	6-8 yrs OD: \$51.25	C042221

### Soccer Basics

Learn basic soccer knowledge including passing, ball control, dribbling and shooting. This is a great class to take if you are just starting out with your soccer skills. Children will work together in a positive environment learning how to be a part of a team.

<b>Winter Term:</b>				
1/10-3/14 (10) Gym-Ct B	T	4:30-5:15 pm ID/AP: \$46	6-8 yrs OD: \$57.50	C032206
<b>Spring Term:</b>				
4/4-6/6 (10) Gym-Ct B	T	4:30-5:15 pm ID/AP: \$46	6-8 yrs OD: \$57.50	C042206

### Soccer Scrimmage

Perfect for children who know the basics of soccer, but need help with their scrimmage experience. Come brush up on your fundamentals and proper techniques of soccer. We will build our teamwork through an emphasis on fair play and fun! Shin guards recommended. No class 4/16.

<b>Winter Term:</b>				
1/15-3/19 (10) Gym-Ct A	Su	10-10:45 am ID/AP: \$46	6-8 yrs OD: \$57.50	C032205
<b>Spring Term:</b>				
4/9-6/11 (9) Gym-Ct A	Su	10-10:45 am ID/AP: \$41	6-8 yrs OD: \$51.25	C042205

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 Skills

Develop soccer skills in an environment that encourages praise and positive reinforcement. This is a great place for your child to make new friends and continue to explore all the fun that soccer has to offer.

#### Winter Term:

1/13-3/17 (10) Gym-Ct B	F	4:30-5:15 pm ID/AP: \$46	6-10 yrs OD: \$57.50	C032207
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#### Spring Term:

4/14-6/9 (9) Gym-Ct B	F	4:30-5:15 pm ID/AP: \$46	6-10 yrs OD: \$57.50	C042207
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### Tennis Basics

Work on developing tennis skills in an environment that encourages praise and positive reinforcement. This is a great place for your child to make new friends and continue to explore all the fun that tennis has to offer.

#### Winter Term:

1/11-3/15 (10) Gym-Ct B	W	4:30-5:15 pm ID/AP: \$46	8-12 yrs OD: \$57.50	C032208
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#### Spring Term:

4/5-6/7 (10) Gym-Ct B	W	4:30-5:15 pm ID/AP: \$46	8-12 yrs OD: \$57.50	C042208
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### Volleyball, Beginners

Learn basic volleyball fundamentals, including bumping, passing, ball control, serving, rules of the game and more. Children will work together in a positive environment learning how to be part of a team. No Class 1/16, 2/20, 5/29.

#### Winter Term:

1/9-3/13 (8) Gym-Ct B	M	5:30-6:25 pm ID/AP: \$43	7-10 yrs OD: \$53.75	C032209
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1/11-3/15 (10) Gym-Ct B	W	5:30-6:25 pm ID/AP: \$54	7-10 yrs OD: \$67.50	C032210
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#### Spring Term:

4/3-6/5 (9) Gym-Ct B	M	5:30-6:25 pm ID/AP: \$49	7-10 yrs OD: \$61.25	C042209
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4/5-6/7 (10) Gym-Ct B	W	5:30-6:25 pm ID/AP: \$54	7-10 yrs OD: \$67.50	C042210
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## Spring Break Camp

All-day Spring Term: break camp fun! Each day will include games, sports, arts and crafts, swimming and more. Register for one or all individual days. Fun, Off-site field trips scheduled for 3/30.

3/27 (1) Rm 202	M	7:30 am-6 pm ID/AP: \$40	6-13 yrs OD: \$50	C037201
3/28 (1) Rm 202	T	7:30 am-6 pm ID/AP: \$40	6-13 yrs OD: \$50	C037202
3/29 (1) Rm 202	W	7:30 am-6 pm ID/AP: \$40	6-13 yrs OD: \$50	C037203
3/30 (1) Rm 202	Th	7:30 am-6 pm ID/AP: \$45	6-13 yrs OD: \$56.25	C037204
3/31 (1) Rm 202	F	7:30 am-6 pm ID/AP: \$40	6-13 yrs OD: \$50	C037205



## Sports & Fitness - Teen

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

This class is for children who know the basic rules of volleyball, but need help with their offensive and defensive positioning. Must have taken a beginner course to register and will be assessed on the first day of class.

#### Winter Term:

1/11-3/15 (10) Gym-Ct B	W	6:30-7:25 pm ID/AP: \$54	10-13 yrs OD: \$67.50	C032321
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#### Spring Term:

4/5-6/7 (10) Gym-Ct B	W	6:30-7:25 pm ID/AP: \$54	10-13 yrs OD: \$67.50	C042321
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### Volleyball, Intermediate Skills

This class is for children who know the basic rules of volleyball, but need help with their skill progression and actual game experience. Must have taken a beginner course to register and will be assessed on the first day of class. No class 1/16, 2/20, 5/29.

#### Winter Term:

1/9-3/13 (8) Gym-Ct B	M	6:30-7:25 pm ID/AP: \$43	10-13 yrs OD: \$53.75	C032320
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#### Spring Term:

4/3-6/5 (9) Gym-Ct B	M	6:30-7:25 pm ID/AP: \$49	10-13 yrs OD: \$61.25	C042320
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## Sports & Fitness - Family

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
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### Family Tennis

Come learn to play tennis with your child in this group class. Basic intro level 1 class. **Parent participation required.** Register child only, cost includes one parent. No class 4/16.

#### Winter Term:

1/15-3/19 (10) Gym-Ct A	Su	12-12:45 pm ID/AP: \$46	4 yrs-adult OD: \$57.50	C032120
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#### Spring Term:

4/9-6/11 (9) Gym-Ct A	Su	12-12:45 pm ID/AP: \$41	4 yrs-adult OD: \$51.25	C042120
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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 - Family

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
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## Sports & Fitness - Family

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
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### Ice Skating for the Entire Family

**Classes held at Sherwood Ice Arena, 20407 SW Borchers Drive, Sherwood, OR 97140**

Learn how to balance, march, glide, wiggle, do swizzles and even fall safely. Please wear gloves/mittens, loose fitting clothing and a jacket (it's cold in there!). Bike or hockey helmets are highly recommended but not required. Ice skates are provided. Perks include free rental skates the day of your class, unlimited free public session pass during your term, four free guest passes and award badges when the student passes the class. If your child misses a class, a make-up class is provided on the other Learn to Ice Skate day. Please arrive to your first class 20 minutes early. No class 4/8.

#### Parent and Me Learn to Ice Skate

Do you want a fun activity plus bonding time with your child? This Parent and Me class is perfect. **Parent participation is required.** Fee includes one parent and one child. \$15 paid to Sherwood Ice Arena 1st day of class.

##### Winter Term:

2/4-3/25 (8) S 11:40 am-12:10 pm 2-3 yrs C032300  
Off-site ID/AP: \$93 OD: \$93

##### Spring Term:

4/1-5/27 (8) S 11:40 am-12:10 pm 2-3 yrs C042300  
Off-site ID/AP: \$93 OD: \$93

#### Tots (Snowplow Sam 1-3)

This class is an introduction to ice skating. Your child will learn basic skating skills including balance and coordination, all disguised as fun games! \$15 paid to Sherwood Ice Arena 1st day of class.

##### Winter Term:

2/1-3/29 (9) W 5:30-6 pm 4-5 yrs C032303  
Off-site ID/AP: \$79 OD: \$79

2/4-3/25 (8) S 12:15-12:45 pm 4-5 yrs C032304  
Off-site ID/AP: \$79 OD: \$79

##### Spring Term:

4/5-5/31 (9) W 5:30-6 pm 4-5 yrs C042303  
Off-site ID/AP: \$79 OD: \$79

4/1-5/27 (8) S 12:15-12:45 pm 4-5 yrs C042304  
Off-site ID/AP: \$79 OD: \$79

#### Beginning Skating (Basic 1)

In this fun, upbeat atmosphere, students learn to sit/stand on the ice, march across the ice, forward swizzle, backward wiggle, and two foot snowplow stops. \$15.00 due to Sherwood Ice Arena on first day of class.

##### Winter Term:

2/1-3/29 (9) W 5:30-6 pm 6-10 yrs C032301  
Off-site ID/AP: \$79 OD: \$79

2/4-3/25 (8) S 11:05-11:35 am 6-10 yrs C032302  
Off-site ID/AP: \$79 OD: \$79

##### Spring Term:

4/5-5/31 (9) W 5:30-6 pm 6-10 yrs C042301  
Off-site ID/AP: \$79 OD: \$79

4/1-5/27 (8) S 11:05-11:35 am 6-10 yrs C042302  
Off-site ID/AP: \$79 OD: \$79

#### Pre-Teen/Teen Ice Skating

Beginner skaters build physical fitness while improving balance, coordination and strength necessary to maneuver on the ice. Learn the proper way to fall and get up along with marching, moving, and forward skating. \$15 paid to Sherwood Ice Arena 1st day of class.

##### Winter Term:

2/1-3/29 (9) W 6:05-6:35 pm 11-17 yrs C032305  
Off-site ID/AP: \$79 OD: \$79

2/4-3/25 (8) S 12:15-12:45 pm 11-17 yrs C032306  
Off-site ID/AP: \$79 OD: \$79

##### Spring Term:

4/5-5/31 (9) W 6:05-6:35 pm 11-17 yrs C042305  
Off-site ID/AP: \$79 OD: \$79

4/1-5/27 (8) S 12:15-12:45 pm 11-17 yrs C042306  
Off-site ID/AP: \$79 OD: \$79

#### Adult Ice Skating

Beginners develop physical fitness while improving balance and coordination. Skating is an enjoyable way to maintain a fit and healthy lifestyle. \$15 paid to Sherwood Ice Arena 1st day of class.

##### Winter Term:

2/1-3/29 (9) W 6:05-6:35 pm Adult C032307  
Off-site ID/AP: \$79 OD: \$79

2/4-3/25 (8) S 12:15-12:45 pm Adult C032308  
Off-site ID/AP: \$79 OD: \$79

##### Spring Term:

4/5-5/31 (9) W 6:05-6:35 am Adult C042307  
Off-site ID/AP: \$79 OD: \$79

4/1-5/27 (8) S 12:15-12:45 pm Adult C042308  
Off-site ID/AP: \$79 OD: \$79



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



## Prenatal Exercise and Wellness Education Workshops new

This mini-series consists of four different classes, each with a 20-25 minute workout along with education to alleviate and prevent common musculoskeletal issues associated with pregnancy. Taught by licensed physical therapist Alina Horrocks, PT, DPT.



**Winter Term:**

**Saturdays, 11-11:50 am CO32401**  
Jan. 14, 21, 28, Feb. 4 \$50

**Fridays, 7:30-8:20 pm CO32402**  
Feb. 10, 17, 24, Mar. 3 \$50

**Spring Term:**

**Saturdays, 11-11:50 am CO42401**  
May 27, Jun 3, 10, 17 \$50

**Thursdays, 7:30-8:20 pm CO42402**  
Apr. 6, 13, 20, 27 \$50

# Deluxe Fitness Pass

Your ticket to a happier, healthier you!

Daily, weekly, monthly AND annual options available

Purchase by phone or in person at any THPRD center

**FREE on-site childcare while you work out\* (up to two hours per visit).**

**Unlimited admission to group fitness classes (including yoga) throughout the district.**

**Use of weight/cardio rooms at four convenient locations.**

**Admission to all drop-in sports and aquatic activities like basketball, lap swim and more!**

\*Available at Cedar Hills, Conestoga and Garden Home.

[www.thprd.org/deluxe-pass](http://www.thprd.org/deluxe-pass) | 503-534-6433



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

## Drop-in Fitness Classes - No Registration Necessary!

To participate in any group fitness or yoga class you can purchase a daily admission fee or purchase a Deluxe Pass. See page 7 of the activities guide for more details or call the Center at 503-629-6313. No class 1/1, 4/16. Holiday Hours: no class before 9 am; no class after 6 pm on 1/16, 2/20, 5/29.

### Fitness Class Descriptions

For Conestoga's updated fitness schedule, visit [www.thprd.org/conestoga](http://www.thprd.org/conestoga)

#### Athletic Conditioning

Intervals, circuits, bench, hand weights and drills to train the whole body. Each class we incorporate cardio, strength and core work.

#### Barre to be Fit

Barre to be fit uses a combination of ballet movements mixed with Pilates to give you a total body work out. Not only will you build lean long muscles but you will work up a sweat doing it! All fitness levels welcome.

#### Barre: gentle

Gently strengthen, tone, increase flexibility, and improve balance. This class combines pilates, yoga, and ballet to target all major muscle groups. No ballet experience needed.

#### Cardio Barre

Based on classical ballet concepts with cardio intervals to get your heart rate up. This class will focus on core strength, coordination, building and lengthening of muscles and balance. This class will tone the entire body using light weights and props.

#### Body Blitz

Ramp up your cardio with this class. This high intensity cardio class is infused with interval training, plyometric drills and body weight resistance that make this a workout your body will not forget, but you'll love the results!

#### Body Pump!®

BODYPUMP is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using weight-room exercises like squats, presses,

lifts and curls. Great music, incredible instructors and your choice of weight inspire you to get the results you came in for – fast.

#### HIIT: High Intensity Interval Training

This class will focus on short challenging bursts of activity followed by a brief rest period. This cardiovascular workout will challenge your fitness level and help you burn fat. Enjoy activities ranging from sprints and kettle-bell workouts to battle ropes and team work. Athletic conditioning Intervals, circuits, bench, hand weights, and drills to train the whole body. Each class we incorporate cardio, strength, and core work.

#### Low Impact–Total Body Conditioning

Low-impact workout designed to challenge your entire body with cardio-step, upper/lower body weight training, core work and stretching.

#### Cycle/core

Come join us for 55 minutes while we sprint, climb & work out CORE muscles to loud music with motivating instructors. Water bottle and towel recommended. All fitness levels welcome!

#### PIYO

PIYO combines the muscle-sculpting, core firming of Pilates with the strength and flexibility advantages of yoga. We crank up the speed to deliver a true fat burning, low-impact workout that leaves your body looking long, lean and incredibly defined.

#### Total Body Conditioning

Come challenge your entire body with this one of a kind circuit style work out. Each class consists of weights, cardio, core and stretching. All fitness levels welcome.

#### Yoga

Relaxing yet invigorating, this yoga class is perfect for beginning and continuing students. This well-rounded workout develops flexibility, core strength, balance and inner peace. Learn the basics of breathing, positioning and alignment for a safe and beneficial practice.

#### Zumba®

Are you ready to party yourself into shape? Forget the workout, just lose yourself in the music! Zumba® classes feature exotic rhythms set to high-energy Latin and international beats. Before you know it, you'll be getting fit and your energy levels will be soaring! It's easy to do, effective and totally exhilarating!



#### Small Group Training

2-Person Small Group Training is a great way to get together and work out. A personal trainer will work with each group's goal and design a workout to meet those goals. Each session is an hour long. (Cost is per person; must have 2 in group at time of registration.)

3-4+ Person Small Group Training is a great way to get together and work out. A personal trainer will work with each group's goal and design a workout to meet those goals. Each session is an hour long (cost is per person; must have 4 or more in group at time of registration).

#### Personal Training

Our nationally certified personal trainers will assist you in developing an individualized exercise program and discuss basic nutrition, goals and individuals limitations during this one-hour private consultation; body composition testing is also available. You may register for this program at any time.

#### Fitness Special Event Black Light Zumba®

1st & 3rd Fridays  
1/13-3/3

6:30-7:30 pm, 14 yrs-adult  
Rm 201

ID/AP: \$10 OD: \$12.50