

Garden Home Recreation Center



TUALATIN HILLS
PARK & RECREATION DISTRICT

**7475 SW Oleson Road
Portland, 97223
503-629-6341**

TriMet Route #45

Facility Supervisor: Lindsay Bjork

Winter Term: January 1 - April 2, 2017

Spring Term: April 3 - June 18, 2017

Hours:

Monday-Thursday	5:30 am-10 pm
Friday	5:30 am-8:30 pm
Saturday	8 am-4 pm
Sunday	9 am-4 pm

Facility Closed: 1/1, 4/16, 5/29

Holiday Hours: 12/24 (8 am-2 pm),
12/31 (8 am-4 pm) 1/16, 2/20 (7 am-7 pm),

Facility Features:

- Weight room/fitness center, shower/locker rooms
- Discovery Club Afterschool Enrichment Program
- Indoor gym for drop-in sports
- Kitchen for cooking classes
- Fully-equipped gymnastics room, three dance/fitness studio rooms
- Gym with stage for performances
- Preschool Indoor Play Park
- Sports fields, outdoor playground and play equipment
- Fanno Creek Regional Trail (walking, running and biking)
- West Portland Boxing Team
- Garden Home Community Library

See page 157 for Garden Home Recreation Center fitness and drop-in sports information.



Gardenhome

Special Events

Spring Egg Hunt Saturday, April 15 • 11 am

Join us as we celebrate spring! Come rain or shine and bring your baskets to load up on colorful eggs and fun surprises. Pre-registration strongly recommended. Pre-paid check-in and day-of registration will take place under the covered area behind the building from 10:30-10:50 am. Parent participation required for 1-2 yrs age group and optional for 2-3 age group.

11 am	4-5 yrs	GH46100A	ID/AP: \$7	OD: \$8.75
11:10 am	2-3 yrs	GH46100B	ID/AP: \$7	OD: \$8.75
11:20 am	12-24 mos	GH46100C	ID/AP: \$7	OD: \$8.75
11:30 am	6-10 yrs	GH46100D	ID/AP: \$7	OD: \$8.75

Gymnastics Performance

Join us for a fun performance where you will get to see what your gymnast has accomplished in class. See page 154 for more information.

Spring Break Camp

Offering full-day camps during spring break. Games, arts and crafts, field trips and more. See page 141 for registration information.

Facility Rentals

The Garden Home Recreation Center offers several rental options including classrooms for meetings, conferences and gym rentals. We have birthday party options that include use of our gymnastics room and rock wall. Visit our web page and check out our rental brochure. For details, please call the center at 503-629-6341.

Inclement Weather

See page 5 for THPRD Inclement Weather Policy.

Garden Home Indoor Play Park Open now through the end of May

Play and make new friends at Garden Home! Our gym is transformed into a safe environment with toys that aid in developing motor skills for young children. **Parent participation required.**

Ages: Newborn-6 yrs
Days: Monday, Wednesday, Friday
Time: 9:30-11:30 am
Fee: \$3.75 ID/\$5.50 OD
10 visit pass: \$37.50 ID (or with current assessment fee)

Parents of children with special needs:

The Garden Home Indoor Play Park has a selection of inclusive toys for those with special needs. Please talk to the Play Park supervisor for more information.

See page 152 for information on our Pintsize Playtime on Tuesdays and Thursdays in our gymnastics room.

West Portland Boxing Team

“Building champions of the heart, mind and body.”

Coed participation for ages 8-35 years is offered. The West Portland Boxing Team is a member of the United States Amateur Boxing, Inc.

Highlights: Promotes self-esteem, personal responsibility, discipline, confidence and teamwork. Exemplary safety record. Nationally ranked program.

M/W/F: 6-8 pm (registered boxers only) Team dues: \$65 sign-up plus \$15 monthly

T/Th: 5-7 pm (no-contact boxing workout)

Dues: \$65 sign-up plus \$20 monthly or \$45 quarterly



Fee is \$65 annually (the team supplies all equipment except hand wraps and mouthpiece; also covers travel and motel expenses on out-of-town trips). Registration is accepted anytime throughout the year. For more details, call Jason Marquoit, head coach, at 503-246-0131.

Painted Sky Northstar Dance Company

Native music and dance: yesterday, today and forever. Painted Sky's mission is to honor Native American culture by building awareness of traditional and contemporary musical expressions through performance and education. Please see the Northstar "Smoke Signals" bulletin board at the Garden Home Recreation Center for audition deadlines and program details, or visit the Painted Sky website at www.paintedsky.org. Proud to be part of the community!

Garden Home Childcare Program

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. Prepaid 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.

**Hours: Monday-Friday, 9 am-noon;
 Monday-Thursday, 5:30-8:30 pm
 Childcare will be closed on all holidays.**

Garden Home Community Library

503-245-9932 www.gardenhomelibrary.org

The Garden Home Community Library is located within our center. A member of the Washington County Cooperative Library Services (WCCLS), the Garden Home Community Library offers a full range of programs for all ages. Its collection includes adult fiction, children's picture books, music CDs and DVDs. Internet access is available with Microsoft Office, free Wi-Fi and free databases for research.

**Hours: Monday-Thursday, 9 am-8 pm
 Saturday, 9 am-3 pm, Friday, 9 am-5 pm
 Sunday, 11 am-3 pm**

Licensed Preschools

Listed below are three nonprofit preschools that are housed in the Garden Home Recreation Center.

Small Friends, Inc. - 503-388-2266
Funny Farm Early Learning Center, Inc.
 503-245-3107
Head Start - 503-693-3262

The Discovery Club Afterschool Program

The Garden Home Recreation Center's Discovery Club Afterschool Program provides children with a fun, safe and active environment to learn, grow and play. We provide a secure and nurturing environment with a wide variety of educational and recreational activities, along with daily homework time. A healthy snack is provided daily.

Available Schools

McKay
Montclair
Raleigh Hills
Raleigh Park
Vose
Whitford

Program Components

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

Tuition

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

Discovery Club (Grades K-5)
3-6 pm | \$275 per month

Middle School Program (Grades 6-8)

(Bus service available for Whitford students)
4-6 pm | \$125 per month

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

Discovery Club No-school Days

Bring the kids to Garden Home for a safe, fun-filled day playing games and doing arts and crafts, classroom activities and more. Kids will need to bring a drink and a sack lunch each day. Space is limited, so sign up early. Registration in the Garden Home afterschool program is not required. *Field trip included.

Ages: 5-14 yrs; Time: 7:30 am-6 pm; Location: Room A

1/16 (1)	M	ID/AP: \$40	OD: \$50	DC0116NSD
2/3 (1)	F*	ID/AP: \$45	OD: \$56.25	DC0203NSD
2/20 (1)	M	ID/AP: \$40	OD: \$50	DC0220NSD
3/10 (1)	F	ID/AP: \$40	OD: \$50	DC0310NSD
4/28 (1)	F*	ID/AP: \$45	OD: \$56.25	DC0428NSD
5/26 (1)	F	ID/AP: \$40	OD: \$50	DC0526NSD

Spring Break Camps

Discovery Spring Break Camp

Join us for a spring adventure! Discovery Club spring break camp includes field trips, crafts, games, sports, and more. Campers bring a lunch and drink daily. Snack will be provided*. Field trips held on Tue and Thurs. Field trip TBA. Camp will be canceled two weeks prior if minimum is not met. Please call center for more information.

Ages: 5-13 yrs; Time: 7:30 am-6 pm; Location: Room A

Register by the week:

3/27-3/31 (1) M-F ID/AP: \$180 OD: \$225 GH38208

Register by the day:

3/27 (1) M ID/AP: \$40 OD: \$50 GH38200
 3/28 (1) T* ID/AP: \$45 OD: \$56.25 GH38201
 3/29 (1) W ID/AP: \$40 OD: \$50 GH38202
 3/30 (1) Th* ID/AP: \$45 OD: \$56.25 GH38203
 3/31 (1) F ID/AP: \$40 OD: \$50 GH38204



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

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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Clay with Me – Parent/Child Clay Designs

Enjoy family interaction through clay creations including functional pottery or artistic designs. Additional \$10 supply fee added for cost of clay and glazes. Parent participation required.

Winter Term:

1/21-2/11 (4) Rm 10	S	9:30-11 am ID/AP: \$55	4 yrs-adult OD: \$68.75	GH34210
2/25-3/18 (4) Rm 10	S	9:30-11 am ID/AP: \$55	4 yrs-adult OD: \$68.75	GH34211

Spring Term:

4/22-5/13 (4) Rm 10	S	9:30-11 am ID/AP: \$55	4 yrs-adult OD: \$68.75	GH44210
5/20-6/10 (4) Rm 10	S	9:30-11 am ID/AP: \$55	4 yrs-adult OD: \$68.75	GH44211

Arts & Crafts - Youth

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

Let this class be your art outlet! Your art teacher will have a guided art project for the day, including canvas, papier mâché, decoupage and more! Don't like the project we have planned? You can choose your art adventure, too. Several materials will be provided to allow you to be as creative as you want to be each week. No class 1/16, 2/20, 5/29.

Winter Term:

1/9-3/20 (9) Rm 13	M	4-5 pm ID/AP: \$61	6-10 yrs OD: \$76.25	GH34201
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Spring Term:

4/3-6/12 (10) Rm 13	M	4-5 pm ID/AP: \$68	6-10 yrs OD: \$85	GH44201
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Toddler Messy Art

Don't want to make a mess at home? Come to Garden Home and create a masterpiece with messy art. Parent participation required. No unregistered siblings. Childcare available.

Winter Term:

1/13-3/17 (10) Rm 9	F	9:30-10 am ID \$41	1½-2yrs OD: \$51.25	GH35104
1/13-3/17 (10) Rm 9	F	10:15-11 am ID \$53	2½-3yrs OD: \$66.25	GH35105

Spring Term:

4/7-6/9 (10) Rm 9	F	9:30-10 am ID \$41	1½-2yrs OD: \$51.25	GH45104
4/7-6/9 (10) Rm 9	F	10:15-11 am ID \$53	2½-3yrs OD: \$66.25	GH45105

Arts & Crafts - Youth

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
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You and Me Art

The art teacher will have a different guided art project each day, including canvas, papier mâché, decoupage, and more! Register each child individually; price includes one adult.

Winter Term:

1/14-2/11 (5) Rm 13	S	10-11:30 am ID/AP: \$53	6 yrs-adult OD: \$66.25	GH34203
2/18-3/18 (5) Rm 13	S	10-11:30 am ID/AP: \$53	6 yrs-adult OD: \$66.25	GH34204

Spring Term:

4/8-5/13 (5) Rm 13	S	10-11:30 am ID/AP: \$53	6 yrs-adult OD: \$66.25	GH44203
5/20-6/17 (5) Rm 13	S	10-11:30 am ID/AP: \$53	6 yrs-adult OD: \$66.25	GH44204

Arts & Crafts - Teen/Adult

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

Get your art fix in this mixed-media art class. Each week participants will learn about a new art medium that will allow you to express yourself creatively. All supplies are provided.

Winter Term:

1/14-2/11 (5) Rm 13	S	1-2:30 pm ID/AP: \$65	14 yrs-adult OD: \$81.25	GH34407
2/18-3/18 (5) Rm 13	S	1-2:30 pm ID/AP: \$65	14 yrs-adult OD: \$81.25	GH34408

Spring Term:

4/22-5/13 (4) Rm 13	S	1-2:30 pm ID/AP: \$52	14 yrs-adult OD: \$65	GH44407
5/20-6/10 (4) Rm 13	S	1-2:30 pm ID/AP: \$52	14 yrs-adult OD: \$65	GH44408

Knitting

Beginner knitters should bring size 9/10 needles and a skein of worsted weight yarn, or 13/15 size needles with chunky weight yarn to the first class. Intermediate students bring pattern yarn and needles for your project.

Winter Term:

1/12-3/16 (10) Rm 10	Th	11:30 am-12:30 pm ID/AP: \$55	14 yrs-adult OD: \$68.75	GH34409
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Spring Term:

4/6-6/15 (11) Rm 10	Th	11:30 am-12:30 pm ID/AP: \$60	14 yrs-adult OD: \$75	GH44409
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Painted Cork

Have fun in a relaxed environment, have some wine and with step by step instructions, paint and take home your own masterpiece. No experience necessary; all supplies are provided. Only persons 21 yrs and older are permitted to drink alcohol at class; two drinks will be provided.

Winter Term:

2/10 (1) Rm 10	F	6-8 pm ID/AP: \$30	14 yrs-adult OD: \$37.50	GH34401
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Spring Term:

5/12 (1) Rm 10	F	6-8 pm ID/AP: \$30	14 yrs-adult OD: \$37.50	GH44401
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Arts & Crafts - Teen/Adult

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
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Pottery - Coil Technique

Handbuilding (coil technique) is explored creating functional pottery and pleasing forms. Additional \$10 supply fee added for cost of clay and glazes. Childcare available.

Winter Term:

2/9-3/2 (4) Th 6-8 pm 14 yrs-adult GH34511
Rm 10 ID/AP: \$52 OD: \$65

Spring Term:

5/4-5/25 (4) Th 6-8 pm 14 yrs-adult GH44511
Rm 10 ID/AP: \$52 OD: \$65

Pottery - Glazing Workshop

Glazing technique is explored. Bisqueware and a variety of glazes are included. Childcare available.

Winter Term:

3/9 (1) Th 6-8 pm 14 yrs-adult GH34512
Rm 10 ID/AP: \$20 OD: \$25

Spring Term:

6/1 (1) Th 6-8 pm 14 yrs-adult GH44512
Rm 10 ID/AP: \$20 OD: \$25

Pottery - Pinch Technique

Handbuilding (pinch technique) is explored creating functional pottery and pleasing forms. Additional \$10 supply fee added for cost of clay and glazes. Childcare available.

Winter Term:

3/16-3/23 (2) Th 6-8 pm 14 yrs-adult GH34513
Rm 10 ID/AP: \$30 OD: \$37.50

Spring Term:

6/8-6/15 (2) Th 6-8 pm 14 yrs-adult GH44513
Room 10 ID/AP: \$30 OD: \$37.50

Pottery - Slab Technique

Handbuilding (slab technique) is explored creating functional pottery and pleasing forms. Additional \$10 supply fee added for cost of clay and glazes. Childcare available.

Winter Term:

1/12-2/2 (4) Th 6-8 pm 14 yrs-adult GH34510
Rm 10 ID/AP: \$52 OD: \$65

Spring Term:

4/6-4/27 (4) Th 6-8 pm 14 yrs-adult GH44510
Rm 10 ID/AP: \$52 OD: \$65

Pottery Open Lab

Purchase a Pottery Lab punch card from the Garden Home front desk to attend lab (\$83 for 5 visits). Studio use is intended for personal enrichment and recreation; production for retail is not permitted. Only work done during THPRD classes or during open studio may be fired. Fee includes space use, limited glazes and firings at scheduled intervals. Only mid-fire clays will be fired at a cone 04 bisque or glazes at cone 6. Room 10

Winter Term:

1/6-3/24 (12) F 10 am-12:30 pm 14 yrs-adult GH34525

Spring Term:

4/7-6/9 (10) F 10 am-12:30 pm 14 yrs-adult GH44525

Arts & Crafts - Teen/Adult

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
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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, and color harmony. Participants will provide their own supplies; supply list will be provided one week before the class. Childcare available. No class 5/29.

Winter Term:

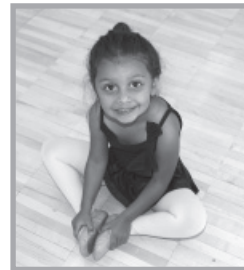
1/23-2/13 (4) M 9:30 am-Noon 14 yrs-adult GH34405
Rm 10 ID/AP: \$77 OD: \$96.25

2/27-3/20 (4) M 9:30 am-Noon 14 yrs-adult GH34406
Rm 10 ID/AP: \$77 OD: \$96.25

Spring Term:

4/3-5/1 (5) M 9:30 am-noon 14 yrs-adult GH44405
Rm 10 ID/AP: \$97 OD: \$121.25

5/8-6/12 (5) M 9:30 am-noon 14 yrs-adult GH44406
Rm 10 ID/AP: \$97 OD: \$121.25



Dance: What should I wear?

Girls: ballet slippers, leotard and tights preferred.

Boys: ballet slippers, white T-shirt and black sweat pants.

Dance - Preschool

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

Introduces ballet fundamentals at the barre and in classical positions. Increase balance, coordination, flexibility and strength. Wear appropriate dance attire and bring ballet shoes. Childcare available.

Winter Term:

1/13-3/17 (10) F 10:05-10:50 am 3-5 yrs GH31104
Rm 14 ID/AP: \$53 OD: \$66.25

Spring Term:

4/7-6/16 (11) F 10:05-10:50 am 3-5 yrs GH41104
Rm 14 ID/AP: \$58 OD: \$72.50

Ballet/Tap I

Sample two of the most fundamental dance forms in this class. No class 4/15.

Winter Term:

1/14-3/18 (10) S 10-10:45 am 3-5 yrs GH31108
Rm 14 ID/AP: \$53 OD: \$66.25

Spring Term:

4/8-6/17 (10) S 10-10:45 am 3-5 yrs GH41108
Rm 14 ID/AP: \$53 OD: \$66.25

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 #
Itty Bitty Ballerinas				
Basic ballet movements improve balance, coordination, and gross motor skill development. We use props to enhance the classroom experience and create a fun, always changing class. No class 4/15. Parent participation required.				

Winter Term:

1/11-3/15 (10) Rm 14	W	9:15-10 am ID/AP: \$53	2-3 yrs OD: \$66.25	GH31101A
1/14-3/18 (10) Rm 14	S	9-9:45 am ID/AP: \$53	2-3 yrs OD: \$66.25	GH31101B

Spring Term:

4/5-6/14 (11) Rm 14	W	9:15-10 am ID/AP: \$58	2-3 yrs OD: \$72.50	GH41101A
4/8-6/17 (10) Rm 14	S	9-9:45 am ID/AP: \$53	2-3 yrs OD: \$66.25	GH41101B

Kidz Bop

Get moving in this high-energy class that will enhance coordination, balance, and attention. Students will keep moving with a balance of technique and fun to kid-appropriate music. **Parent participation required.** Childcare available.

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Winter Term:

1/13-3/17 (10) Rm 14	F	9:15-10 am ID/AP: \$53	2-4 yrs OD: \$66.25	GH31102
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Spring Term:

4/7-6/16 (11) Rm 14	F	9:15-10 am ID/AP: \$58	2-4 yrs OD: \$72.50	GH41102
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Dance - Youth

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Ballet, Pre-Ballet				
Introduces ballet fundamentals at the barre and in classical positions. Increase balance, coordination, flexibility and strength. Wear appropriate dance attire and bring ballet shoes. No class 4/15.				

Winter Term:

1/11-3/15 (10) Room 14	W	5-5:50 pm ID/AP: \$59	4-7 yrs OD: \$73.75	GH31104
1/13-3/17 (10) Room 14	F	10:05-10:50 am ID/AP: \$53	4-7 yrs OD: \$66.25	GH31105
1/14-3/18 (10) Rm 7	S	11-11:50 am ID/AP: \$59	4-7 yrs OD: \$73.75	GH31106

Spring Term:

4/5-6/14 (11) Room 14	W	5-5:50 pm ID/AP: \$65	4-7 yrs OD: \$72.50	GH41104
4/7-6/16 (11) Room 14	F	10:05-10:50 am ID/AP: \$58	4-7 yrs OD: \$72.50	GH41105
4/8-6/17 (10) Rm 7	S	11-11:50 am ID/AP: \$59	4-7 yrs OD: \$73.75	GH41106

Dance - Youth

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Ballet/Hip Hop Combo				
Learn the basics of ballet (correct positioning, stretching, movement), along with the funky groove of today's hip-hop. Childcare available.				

Winter Term:

1/11-3/15 (10) Rm 14	W	6-6:50 pm ID/AP: \$59	7-10 yrs OD: \$73.75	GH31200
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Spring Term:

4/5-6/14 (11) Rm 14	W	6-6:50 pm ID/AP: \$65	7-10 yrs OD: \$81.25	GH41200
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Ballet/Tap I

Sample two of the most fundamental dance forms in this fun class. No class 4/15.

Winter Term:

1/4-3/18 (10) Rm 14	S	10-10:45 am ID/AP: \$53	3-5 yrs OD: \$66.25	GH31108
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Spring Term:

4/8-6/17 (10) Rm 14	S	10-10:45 am ID/AP: \$53	3-5 yrs OD: \$66.25	GH41108
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Ballet/Tap II

Sample two of the most fundamental dance forms in this fun class. No class 4/15.

Winter Term:

1/14-3/18 (10) Rm 14	S	11-11:50 am ID/AP: \$59	4-7 yrs OD: \$73.75	GH31109
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Spring Term:

4/8-6/17 (10) Rm 14	S	11-11:50 am ID/AP: \$59	4-7 yrs OD: \$73.75	GH41109
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Ballet/Tap III

Sample two of the most fundamental dance forms in this fun class. No class 4/15.

Winter Term:

1/14-3/18 (10) Rm 14	S	Noon-1 pm ID/AP: \$81	6-10 yrs OD: \$101.25	GH31110
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Spring Term:

4/8-6/17 (10) Rm 14	S	Noon-1 pm ID/AP: \$81	6-10 yrs OD: \$101.25	GH41110
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Discovery Club No-school Days

Bring the kids to Garden Home for a safe, fun-filled day playing games and doing arts and crafts, classroom activities and more. Kids will need to bring a drink and a sack lunch each day. Space is limited, so sign up early. Registration in the Garden Home afterschool program is not required. *Field trip included.

Ages: 5-14 yrs; Time: 7:30 am-6 pm; Location: Room A

1/16 (1)	M	ID/AP: \$40	OD: \$50	DC0116NSD
2/3 (1)	F*	ID/AP: \$45	OD: \$56.25	DC0203NSD
2/20 (1)	M	ID/AP: \$40	OD: \$50	DC0220NSD
3/10 (1)	F	ID/AP: \$40	OD: \$50	DC0310NSD
4/28 (1)	F*	ID/AP: \$45	OD: \$56.25	DC0428NSD
5/26 (1)	F	ID/AP: \$40	OD: \$50	DC0526NSD

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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Dance Combo

Experience ballet, jazz, hip-hop, and creative movement all in one class. We will use props, move like animals and play games as we discover the joy of dance. *Childcare available. No class 4/5.

Winter Term:

1/10-3/14 (10) Rm 14	T	5-5:50 pm ID/AP: \$59	4-7 yrs OD: \$73.75	GH31107A
1/11-3/15 (10) Rm 14	W	10:05-10:50 am* ID/AP: \$53	3-5 yrs OD: \$66.25	GH31107B
1/14-3/18 (10) Rm 7	S	9-9:45 am ID/AP: \$53	3-5 yrs OD: \$66.25	GH31107C
1/14-3/18 (10) Rm 7	S	10-10:50 am ID/AP: \$59	5-8 yrs OD: \$73.75	GH31107D

Spring Term:

4/4-6/13 (11) Rm 14	T	5-5:50 pm ID/AP: \$65	4-7 yrs OD: \$81.25	GH41107A
4/5-6/14 (11) Rm 14	W	10:05-10:50 am* ID/AP: \$65	4-7 yrs OD: \$81.25	GH41107B
4/8-6/17 (10) Rm 7	S	9-9:45 am ID/AP: \$65	4-7 yrs OD: \$81.25	GH41107C
4/8-6/17 (10) Rm 7	S	10-10:50 am ID/AP: \$59	4-7 yrs OD: \$73.75	GH41107D

Irish Dance I

Don't just admire those great Celtic dancers; strap on your dancing shoes and join the fun! Combines Irish soft-shoe and jig hard-shoe.

Winter Term:

1/12-3/16 (10) Rm 14	Th	4-4:50 pm ID/AP: \$58	6-14 yrs OD: \$72.50	GH31117
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Spring Term:

4/6-6/15 (11) Rm 14	Th	4-4:50 pm ID/AP: \$63	6-14 yrs OD: \$78.75	GH41117
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Irish Dance II

Continuation of Irish soft-shoe and jig hard-shoe.

Winter Term:

1/12-3/16 (10) Rm 14	Th	5-5:50 pm ID/AP: \$58	8-14 yrs OD: \$72.50	GH31118
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Spring Term:

4/6-6/15 (11) Rm 14	Th	5-5:50 pm ID/AP: \$63	8-14 yrs OD: \$78.75	GH41118
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Dance - Youth

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
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Jazz/Hip Hop

Class will expose students to jazz and hip hop dance techniques. No class 4/15.

Winter Term:

1/14-3/18 (10) Rm 7	S	Noon-1 pm ID/AP: \$71	6-10 yrs OD: \$88.75	GH31132
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Spring Term:

4/8-6/17 (10) Rm 7	S	Noon-1 pm ID/AP: \$71	6-10 yrs OD: \$88.75	GH41132
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new

Little Orphan Annie: Ballet/Tap/Jazz

Come dance to your favorite Annie songs with her, the other orphans, Daddy Warbucks and all the rest!

Winter Term:

1/11-3/15 (10) Rm 14	T	4-4:50 pm ID/AP: \$59	5-8 yrs OD: \$73.75	GH31130
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new

The Little Mermaid: Ballet/Tap/Jazz

Adventure under the sea with Ariel and Sebastian and dance with all of your favorite characters from The Little Mermaid!

Spring Term:

4/14-6/13 (11) Rm 14	T	4-4:50 pm ID/AP: \$65	5-8 yrs OD: \$81.25	GH41130
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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 - Teen/Adult

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

Learn the cha-cha, samba, rumba, 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.

Winter Term:

1/18-3/22 (10) W 8-9 pm Adult GH31501
Rm 2 ID/AP: \$67 OD: \$83.75

Spring Term:

4/26-6/14 (8) W 8-9 pm Adult GH41501
Rm 2 ID/AP: \$54 OD: \$67.50

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. Childcare available.

Winter Term:

1/18-3/22 (10) W 6:45-7:45 pm Adult GH31500
Rm 2 ID/AP: \$67 OD: \$83.75

Spring Term:

4/26-6/14 (8) W 6:45-7:45 pm Adult GH41500
Rm 2 ID/AP: \$54 OD: \$67.50

Ballroom II, Latin/Waltz-Swing

For students who have taken Ballroom Level I classes and are looking for more challenging dances, but not yet ready for intermediate/advanced level. No partner needed. *Childcare available.

Winter Term:

1/19-3/23 (10) Th 7-8 pm* Adult GH31502
Rm 2 ID/AP: \$67 OD: \$83.75

1/19-3/23 (10) Th 8:15-9:15 pm Adult GH31503
Rm 2 ID/AP: \$67 OD: \$83.75

Spring Term:

4/27-6/15 (8) Th 7-8 pm* Adult GH41502
Rm 2 ID/AP: \$54 OD: \$67.50

4/27-6/15 (8) Th 8:15-9:15 pm Adult GH41503
Rm 2 ID/AP: \$54 OD: \$67.50

Ballroom, Intermediate/Advanced

Variations in popular ballroom dances. Prerequisite: previous ballroom experience or permission of instructor. Cost is per person. No partner needed. Childcare available. No class 2/20, 5/29.

Winter Term:

1/23-3/20 (8) M 7-8:30 pm Adult GH31504
Rm 2 ID/AP: \$92 OD: \$115

Spring Term:

4/24-6/12 (7) M 7-8:30 pm Adult GH41504
Rm 2 ID/AP: \$81 OD: \$101.25

Dance - Teen/Adult

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
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Tap, Adult Level 1

This class will take the novice to advanced tappers and turn them into the Rockettes! Grab your tap shoes and join the fun! This class is for beginners with less than 3 years experience. Childcare available.

Winter Term:

1/10-3/14 (10) T 6-7 pm 14 yrs-adult GH31510
Rm 14 ID/AP: \$67 OD: \$83.75

Spring Term:

4/4-6/13 (11) T 6-7 pm 14 yrs-adult GH41510
Rm 14 ID/AP: \$74 OD: \$92.50

Tap, Adult Level 2

Ready for a challenge? This class is for the advanced tapper ready to explore complex rhythms and fun choreography. Must have at least three years of tap or permission of instructor to register. Childcare available.

Winter Term:

1/10-3/14 (10) T 7-8 pm 14 yrs-adult GH31511
Rm 14 ID/AP: \$67 OD: \$83.75

Spring Term:

4/4-6/13 (11) T 7-8 pm 14 yrs-adult GH41511
Rm 14 ID/AP: \$74 OD: \$92.50

General Interest - Preschool

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
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Little Medical School®

Through interactive learning, kids will discover how the body and organs work, how to use medical instruments, administer first aid and even tie knots like a real surgeon. Each child will receive a working stethoscope to take home and a diploma as a graduate of the Little Medical School® after completion of the course. Childcare available.

Winter Term:

1/20-2/24 (6) F 9-9:45 am 4-6 yrs GH35135
Rm 10 ID/AP: \$89 OD: \$111.25

Spring Term:

4/14-5/19 (6) F 9-9:45 am 4-6 yrs GH45135
Rm 10 ID/AP: \$89 OD: \$111.25

Music for Infants and Toddlers

Expose your child to a rich music environment and lay a foundation for future music instruction. Class teaches music with singing, rhythms, movement and props. Parent participation required. Price includes one parent and one child. No unregistered siblings. Childcare available.

Winter Term:

1/10-3/14 (10) T 9:15-9:45 am 6 mths-1½ yrs GH35106
Rm 10 ID/AP: \$39 OD: \$48.75

1/10-3/14 (10) T 10-10:30 am 1½-2 yrs GH35108
Rm 10 ID/AP: \$39 OD: \$48.75

Spring Term:

4/4-6/13 (11) T 9:15-9:45 am 6 mths-1½ yrs GH45106
Rm 10 ID/AP: \$42 OD: \$52.50

4/4-6/13 (11) T 10-10:30 am 1½-2 yrs GH45108
Rm 10 ID/AP: \$42 OD: \$52.50

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

General Interest - Preschool

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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Preschool Exploration

My First Preschool

Our play-based preschool setting allows children to develop age-appropriate social skills while learning to follow a classroom routine. The morning provides time for free play, an art activity, language development, a large motor skill activity and snack. Childcare available. No class 1/16, 2/20, 5/29.

Winter Term:

1/9-3/20 (9) Rm 12	M	9-11 am ID/AP: \$117	2-3 yrs OD: \$146.25	GH35120
1/10-3/21 (11) Rm 12	T	9-11 am ID/AP: \$143	2-3 yrs OD: \$178.75	GH35121
1/11-3/22 (11) Rm 12	W	9-11 am ID/AP: \$143	2-3 yrs OD: \$178.75	GH35122
1/12-3/23 (11) Rm 12	Th	9-11 am ID/AP: \$143	2-3 yrs OD: \$178.75	GH35123

Spring Term:

4/3-6/12 (10) Rm 12	M	9-11 am ID/AP: \$130	2-3 yrs OD: \$162.50	GH45120
4/4-6/13 (11) Rm 12	T	9-11 am ID/AP: \$143	2-3 yrs OD: \$178.75	GH45121
4/5-6/14 (11) Rm 12	W	9-11 am ID/AP: \$143	2-3 yrs OD: \$178.75	GH45122
4/6-6/15 (11) Rm 12	Th	9-11 am ID/AP: \$143	2-3 yrs OD: \$178.75	GH45123

Preschool Exploration, Gear Up for Learning

Our play-based preschool setting allows children to develop age-appropriate social skills while learning to follow a classroom routine. There will be a special emphasis on mastering colors, counting and ABCs. No class 1/16, 2/20, 5/29. Childcare available.

Winter Term:

1/9-3/20 (9) Rm 13	M	9-11:30 am ID/AP: \$142	3½-5 yrs OD: \$177.50	GH35110
1/10-3/21 (11) Rm 13	T	9-11:30 am ID/AP: \$174	3½-5 yrs OD: \$217.50	GH35111
1/11-3/22 (11) Rm 13	W	9-11:30 am ID/AP: \$174	3½-5 yrs OD: \$217.50	GH35112
1/12-3/23 (11) Rm 13	Th	9-11:30 am ID/AP: \$174	3½-5 yrs OD: \$217.50	GH35113



Preschool Exploration, Gear Up for Learning (cont.)

Spring Term:

4/3-6/12 (10) Rm 13	M	9-11:30 am ID/AP: \$158	3½-5 yrs OD: \$197.50	GH45110
4/4-6/13 (11) Rm 13	T	9-11:30 am ID/AP: \$174	3½-5 yrs OD: \$217.50	GH45111
4/5-6/14 (11) Rm 13	W	9-11:30 am ID/AP: \$174	3½-5 yrs OD: \$217.50	GH45112
4/6-6/15 (11) Rm 13	Th	9-11:30 am ID/AP: \$174	3½-5 yrs OD: \$217.50	GH45113

Preschool Exploration, Lunch Bunch It's Back!

Bring your own sack lunch and enjoy new friends and supervised free play. No class 1/16, 2/20, 5/29.

Winter Term:

1/9-3/20 (9) Rm 9	M	Noon-1 pm ID/AP: \$61	3-6 yrs OD: \$76.25	GH35130
1/10-3/21 (11) Rm 9	T	Noon-1 pm ID/AP: \$75	3-6 yrs OD: \$93.75	GH35131
1/11-3/22 (11) Rm 9	W	Noon-1 pm ID/AP: \$75	3-6 yrs OD: \$93.75	GH35132
1/12-3/23 (11) Rm 9	Th	Noon-1 pm ID/AP: \$75	3-6 yrs OD: \$93.75	GH35133

Spring Term:

4/3-6/12 (10) Rm 9	M	Noon-1 pm ID/AP: \$68	3-6 yrs OD: \$85	GH45130
4/4-6/13 (11) Rm 9	T	Noon-1 pm ID/AP: \$75	3-6 yrs OD: \$93.75	GH45131
4/5-6/14 (11) Rm 9	W	Noon-1 pm ID/AP: \$75	3-6 yrs OD: \$93.75	GH45132
4/6-6/15 (11) Rm 9	Th	Noon-1 pm ID/AP: \$75	3-6 yrs OD: \$93.75	GH45133

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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Toddler Messy Art

Come to Garden Home and create a masterpiece with messy art. **Parent participation required.** No unregistered siblings. Childcare available.

Winter Term:

1/13-3/17 (10) Rm 9	F	9:30-10 am ID/AP: \$41	1½-2 yrs OD: \$51.25	GH35104
1/13-3/17 (10) Rm 9	F	10:15-11 am ID/AP: \$53	2½-3 yrs OD: \$66.25	GH35105

Spring Term:

4/7-6/9 (10) Rm 9	F	9:30-10 am ID/AP: \$41	1½-2 yrs OD: \$51.25	GH45104
4/7-6/9 (10) Rm 9	F	10:15-11 am ID/AP: \$53	2½-3 yrs OD: \$66.25	GH45105

Children's Theater: From Page to Stage

Open the gates to enchantment and wonder while acting out your favorite children's story book. Young actors use their imagination while developing new creative abilities. An excellent way to introduce children to theatrical acting.

Winter Term:

1/11-2/8 (5) Rm 13	W	4-4:55 pm ID/AP: \$31	4-7 yrs OD: \$38.75	GH35209A
2/15-3/15 (5) Rm 13	W	4-4:55 pm ID/AP: \$31	6-9 yrs OD: \$38.75	GH35209B

Spring Term:

4/5-5/3 (5) Rm 13	W	4-4:55 pm ID/AP: \$31	4-7 yrs OD: \$38.75	GH45209A
5/10-6/7 (5) Rm 13	W	4-4:55 pm ID/AP: \$31	6-9 yrs OD: \$38.75	GH45209B

Kid Café

Join us for a variety of cooking and baking projects in our kitchen. Each week we will experiment with a different theme. Come hungry, you get to eat what you make.

Winter Term:

1/12-2/9 (5) Kitchen	Th	4-5 pm ID/AP: \$38	3-5 yrs OD: \$47.50	GH35150A
2/16-3/16 (5) Kitchen	Th	4-5 pm ID/AP: \$38	3-5 yrs OD: \$47.50	GH35151B

Spring Term:

4/6-5/4 (5) Kitchen	Th	4-5 pm ID/AP: \$38	3-5 yrs OD: \$47.50	GH45150A
5/11-6/8 (5) Kitchen	Th	4-5 pm ID/AP: \$38	3-5 yrs OD: \$47.50	GH45151B

Group Guitar

Group guitar lessons. Each student should supply their own guitar. \$12 materials fee due to instructor at first lesson for music book. Childcare available. No class 2/20, 5/29.

Winter Term:

1/23-3/20 (8) Rm 10	M	6:45-7:30 pm ID/AP: \$46	12 yrs-adult OD: \$57.50	GH35293
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Spring Term:

4/3-6/12 (10) Rm 10	M	6:45-7:30 pm ID/AP: \$58	12 yrs-adult OD: \$72.50	GH45293
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General Interest - Youth

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
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Kids in the Kitchen

Time to make some wild and yummy dishes to satisfy everyone's palette. Learn short cuts and quick tips that make cooking easy and fun. Come hungry; you get to eat what you create! (Ellen)

Winter Term:

1/10-2/7 (5) Kitchen	T	4-6 pm ID/AP: \$60	6-9 yrs OD: \$75	GH35201
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Spring Term:

4/4-5/2 (5) Kitchen	T	4-6 pm ID/AP: \$60	6-9 yrs OD: \$75	GH45201
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Discovery Spring Break Camp



Join us for a spring adventure! Discovery Club spring break camp includes field trips, crafts, games, sports, and more. Campers bring a lunch and drink daily. Snack will be provided. Field trips held on Tue and Thurs. Field trip TBA. Camp will be canceled two weeks prior if minimum is not met. Please call center for more information.

Ages: 5-13 yrs; Time: 7:30 am-6 pm; Location: Room A

Register by the week:

3/27-3/31 (1)	M-F	ID/AP: \$180	OD: \$225	GH38208
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Register by the day:

3/27 (1)	M	ID/AP: \$40	OD: \$50	GH38200
3/28 (1)	T*	ID/AP: \$45	OD: \$56.25	GH38201
3/29 (1)	W	ID/AP: \$40	OD: \$50	GH38202
3/30 (1)	Th *	ID/AP: \$45	OD: \$56.25	GH38203
3/31 (1)	F	ID/AP: \$40	OD: \$50	GH38204

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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Private Lessons, Drum Set/Percussion

Learn the skills necessary to play various styles including jazz, rock and classical music. Lots of time slots and days available. All levels welcome. No class 4/16. (Tim)

Winter Term:

1/15-2/12 (5) Rm 10	Su	10:30-11 am ID/AP: \$153	9 yrs-adult OD: \$191.25	GH35210A
1/15-2/12 (5) Rm 10	Su	11-11:30 am ID/AP: \$153	9 yrs-adult OD: \$191.25	GH35211A
1/15-2/12 (5) Rm 10	Su	11:30 am-Noon ID/AP: \$153	9 yrs-adult OD: \$191.25	GH35212A
1/15-2/12 (5) Rm 10	Su	12-12:30 pm ID/AP: \$153	9 yrs-adult OD: \$191.25	GH35213A
1/15-2/12 (5) Rm 10	Su	12:30-1 pm ID/AP: \$153	9 yrs-adult OD: \$191.25	GH35214A
1/15-2/12 (5) Rm 10	Su	1-1:30 pm ID/AP: \$153	9 yrs-adult OD: \$191.25	GH35215A
1/15-2/12 (5) Rm 10	Su	1:45-2:15 pm ID/AP: \$153	9 yrs-adult OD: \$191.25	GH35216A
1/15-2/12 (5) Rm 10	Su	2:15-2:45 pm ID/AP: \$153	9 yrs-adult OD: \$191.25	GH35217A
1/15-2/12 (5) Rm 10	Su	2:45-3:15 pm ID/AP: \$153	9 yrs-adult OD: \$191.25	GH35218A
1/15-2/12 (5) Rm 10	Su	3:15-3:45 pm ID/AP: \$153	9 yrs-adult OD: \$191.25	GH35219A
2/19-3/19 (5) Rm 10	Su	10:30-11 am ID/AP: \$153	9 yrs-adult OD: \$191.25	GH35210B
2/19-3/19 (5) Rm 10	Su	11-11:30 am ID/AP: \$153	9 yrs-adult OD: \$191.25	GH35211B
2/19-3/19 (5) Rm 10	Su	11:30 am-Noon ID/AP: \$153	9 yrs-adult OD: \$191.25	GH35212B
2/19-3/19 (5) Rm 10	Su	12-12:30 pm ID/AP: \$153	9 yrs-adult OD: \$191.25	GH35213B
2/19-3/19 (5) Rm 10	Su	12:30-1 pm ID/AP: \$153	9 yrs-adult OD: \$191.25	GH35214B
2/19-3/19 (5) Rm 10	Su	1-1:30 pm ID/AP: \$153	9 yrs-adult OD: \$191.25	GH35215B
2/19-3/19 (5) Rm 10	Su	1:45-2:15 pm ID/AP: \$153	9 yrs-adult OD: \$191.25	GH35216B
2/19-3/19 (5) Rm 10	Su	2:15-2:45 pm ID/AP: \$153	9 yrs-adult OD: \$191.25	GH35217B
2/19-3/19 (5) Rm 10	Su	2:45-3:15 pm ID/AP: \$153	9 yrs-adult OD: \$191.25	GH35218B
2/19-3/19 (5) Rm 10	Su	3:15-3:45 pm ID/AP: \$153	9 yrs-adult OD: \$191.25	GH35219B

Spring Term:

4/2-5/7 (5) Rm 10	Su	10:30-11 am ID/AP: \$153	9 yrs-adult OD: \$191.25	GH45210A
4/2-5/7 (5) Rm 10	Su	11-11:30 am ID/AP: \$153	9 yrs-adult OD: \$191.25	GH45211A
4/2-5/7 (5) Rm 10	Su	11:30 am-Noon ID/AP: \$153	9 yrs-adult OD: \$191.25	GH45212A
4/2-5/7 (5) Rm 10	Su	12-12:30 pm ID/AP: \$153	9 yrs-adult OD: \$191.25	GH45213A
4/2-5/7 (5) Rm 10	Su	12:30-1 pm ID/AP: \$153	9 yrs-adult OD: \$191.25	GH45214A

Private piano lessons are available for 6 yrs-Adult. Learn the skills necessary to play various styles including jazz, rock and classical music. Lots of time slots and days available. All levels welcome. See page 149 for more information.

General Interest - Youth

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
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Private Lessons, Drum Set/Percussion (continued)

4/2-5/7 (5) Rm 10	Su	1-1:30 pm ID/AP: \$153	9 yrs-adult OD: \$191.25	GH45215A
4/2-5/7 (5) Rm 10	Su	1:45-2:15 pm ID/AP: \$153	9 yrs-adult OD: \$191.25	GH45216A
4/2-5/7 (5) Rm 10	Su	2:15-2:45 pm ID/AP: \$153	9 yrs-adult OD: \$191.25	GH45217A
4/2-5/7 (5) Rm 10	Su	2:45-3:15 pm ID/AP: \$153	9 yrs-adult OD: \$191.25	GH45218A
4/2-5/7 (5) Rm 10	Su	3:15-3:45 pm ID/AP: \$153	9 yrs-adult OD: \$191.25	GH45219A
5/14-6/11 (5) Rm 10	Su	10:30-11 am ID/AP: \$153	9 yrs-adult OD: \$191.25	GH45210B
5/14-6/11 (5) Rm 10	Su	11-11:30 am ID/AP: \$153	9 yrs-adult OD: \$191.25	GH45211B
5/14-6/11 (5) Rm 10	Su	11:30 am-Noon ID/AP: \$153	9 yrs-adult OD: \$191.25	GH45212B
5/14-6/11 (5) Rm 10	Su	12-12:30 pm ID/AP: \$153	9 yrs-adult OD: \$191.25	GH45213B
5/14-6/11 (5) Rm 10	Su	12:30-1 pm ID/AP: \$153	9 yrs-adult OD: \$191.25	GH45214B
5/14-6/11 (5) Rm 10	Su	1-1:30 pm ID/AP: \$153	9 yrs-adult OD: \$191.25	GH45215B
5/14-6/11 (5) Rm 10	Su	1:45-2:15 pm ID/AP: \$153	9 yrs-adult OD: \$191.25	GH45216B
5/14-6/11 (5) Rm 10	Su	2:15-2:45 pm ID/AP: \$153	9 yrs-adult OD: \$191.25	GH45217B
5/14-6/11 (5) Rm 10	Su	2:45-3:15 pm ID/AP: \$153	9 yrs-adult OD: \$191.25	GH45218B
5/14-6/11 (5) Rm 10	Su	3:15-3:45 pm ID/AP: \$153	9 yrs-adult OD: \$191.25	GH45219B

Private Lessons, Guitar

Each student should supply their own guitar. \$12 materials fee due to instructor at first lesson for music book. *Childcare available. No class 5/29.

Winter Term:

1/23-2/13 (4) Rm 10	M	5-5:30 pm ID/AP: \$123	6 yrs-adult OD: \$153.75	GH35290A
1/23-2/13 (4) Rm 10	M	5:30-6 pm* ID/AP: \$123	6 yrs-adult OD: \$153.75	GH35291A
1/23-2/13 (4) Rm 10	M	6-6:30 pm* ID/AP: \$123	6 yrs-adult OD: \$153.75	GH35292A
2/27-3/20 (4) Rm 10	M	5-5:30 pm ID/AP: \$123	6 yrs-adult OD: \$153.75	GH35290B
2/27-3/20 (4) Rm 10	M	5:30-6 pm* ID/AP: \$123	6 yrs-adult OD: \$153.75	GH35291B
2/27-3/20 (4) Rm 10	M	6-6:30 pm* ID/AP: \$123	6 yrs-adult OD: \$153.75	GH35292B

Spring Term:

4/3-5/1 (5) Rm 10	M	5-5:30 pm ID/AP: \$153	6 yrs-adult OD: \$191.25	GH45290A
4/3-5/1 (5) Rm 10	M	5:30-6 pm* ID/AP: \$153	6 yrs-adult OD: \$191.25	GH45291A
4/3-5/1 (5) Kitchen	M	6-6:30 pm* ID/AP: \$153	6 yrs-adult OD: \$191.25	GH45292A
5/8-6/12 (5) Rm 10	M	5-5:30 pm ID/AP: \$153	6 yrs-adult OD: \$191.25	GH45290B
5/8-6/12 (5) Rm 10	M	5:30-6 pm* ID/AP: \$153	6 yrs-adult OD: \$191.25	GH45291B
5/8-6/12 (5) Rm 10	M	6-6:30 pm* ID/AP: \$153	6 yrs-adult OD: \$191.25	GH45292B

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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Private Lessons, Piano

Learn fundamental skills such as note-reading and rhythm, or build on previous knowledge and improve your piano skills. Bring your own music books, if available. *Childcare available.

Winter Term:

1/10-2/7 (5) Rm 10	T	4-4:30 pm ID/AP: \$153	6 yrs-adult OD: \$191.25	GH35250A
2/14-3/14 (5) Rm 10	T	4-4:30 pm ID/AP: \$153	6 yrs-adult OD: \$191.25	GH35250B
1/10-2/7 (5) Rm 10	T	4:30-5 pm ID/AP: \$153	6 yrs-adult OD: \$191.25	GH35251A
2/14-3/14 (5) Rm 10	T	4:30-5 pm ID/AP: \$153	6 yrs-adult OD: \$191.25	GH35251B
1/10-2/7 (5) Rm 10	T	5-5:30 pm ID/AP: \$153	6 yrs-adult OD: \$191.25	GH35252A
2/14-3/14 (5) Rm 10	T	5-5:30 pm ID/AP: \$153	6 yrs-adult OD: \$191.25	GH35252B
1/10-2/7 (5) Rm 10	T	5:30-6 pm* ID/AP: \$153	6 yrs-adult OD: \$191.25	GH35253A
2/14-3/14 (5) Rm 10	T	5:30-6 pm* ID/AP: \$153	6 yrs-adult OD: \$191.25	GH35253B
1/13-2/10 (5) Rm 10	F	3:30-4 pm ID/AP: \$153	6 yrs-adult OD: \$191.25	GH35255A
2/17-3/17 (5) Rm 10	F	3:30-4 pm ID/AP: \$153	6 yrs-adult OD: \$191.25	GH35255B
1/13-2/10 (5) Rm 10	F	4-4:30 pm ID/AP: \$153	6 yrs-adult OD: \$191.25	GH35256A
2/17-3/17 (5) Rm 10	F	4-4:30 pm ID/AP: \$153	6 yrs-adult OD: \$191.25	GH35256B
1/13-2/10 (5) Rm 10	F	4:30-5 pm ID/AP: \$153	6 yrs-adult OD: \$191.25	GH35257A
2/17-3/17 (5) Rm 10	F	4:30-5 pm ID/AP: \$153	6 yrs-adult OD: \$191.25	GH35257B

Spring Term:

4/4-5/2 (5) Rm 10	T	4-4:30 pm ID/AP: \$153	6 yrs-adult OD: \$191.25	GH45250A
5/9-6/13 (6) Rm 10	T	4-4:30 pm ID/AP: \$184	6 yrs-adult OD: \$230	GH45250B
4/4-5/2 (5) Rm 10	T	4:30-5 pm ID/AP: \$153	6 yrs-adult OD: \$191.25	GH45251A
5/9-6/13 (6) Rm 10	T	4:30-5 pm ID/AP: \$184	6 yrs-adult OD: \$230	GH45251B
4/4-5/2 (5) Rm 10	T	5-5:30 pm ID/AP: \$153	6 yrs-adult OD: \$191.25	GH45252A
5/9-6/13 (6) Rm 10	T	5-5:30 pm ID/AP: \$184	6 yrs-adult OD: \$230	GH45252B
4/4-5/2 (5) Rm 10	T	5:30-6 pm* ID/AP: \$153	6 yrs-adult OD: \$191.25	GH45253A
4/7-5/5 (5) Rm 10	F	3:30-4 pm ID/AP: \$153	6 yrs-adult OD: \$191.25	GH45255A
5/12-6/16 (6) Rm 10	F	3:30-4 pm ID/AP: \$184	6 yrs-adult OD: \$230	GH45255B
4/7-5/5 (5) Rm 10	F	4-4:30 pm ID/AP: \$153	6 yrs-adult OD: \$191.25	GH45256A
5/12-6/16 (6) Rm 10	F	4-4:30 pm ID/AP: \$184	6 yrs-adult OD: \$230	GH45256B
4/7-5/5 (5) Rm 10	F	4:30-5 pm ID/AP: \$153	6 yrs-adult OD: \$191.25	GH45257A
5/12-6/16 (6) Rm 10	F	4:30-5 pm ID/AP: \$184	6 yrs-adult OD: \$230	GH45257B



General Interest - Youth

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
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Recipe Rock Stars

Each week prepare healthy foods and practice safe food preparation as you make and taste new dishes. Be sure and come hungry; you get to eat what you make. That is part of the fun of cooking class!

Winter Term:

2/14-3/14 (5) Kitchen	T	4-6 pm ID/AP: \$60	8-12 yrs OD: \$75	GH35202
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Spring Term:

5/9-6/6 (5) Kitchen	T	4-6 pm ID/AP: \$60	8-12 yrs OD: \$75	GH45202
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new

Silly Science

Use basic materials to make things wiggle, wobble and zoom. Explore the basics of science and physics with common household items to build contraptions that will wow your friends. Focus on problem solving, communication and team work.

Winter Term:

1/11-2/8 (5) Rm 13	W	5:15-6:10 pm ID/AP: \$31	5-8 yrs OD: \$38.75	GH35208A
2/15-3/15 (5) Rm 13	W	5:15-6:10 pm ID/AP: \$31	5-8 yrs OD: \$38.75	GH35208B


Spring Term:

4/5-5/3 (5) Rm 13	W	5:15-6:10 pm ID/AP: \$31	5-8 yrs OD: \$38.75	GH45208A
5/10-6/7 (5) Rm 13	W	5:15-6:10 pm ID/AP: \$31	5-8 yrs OD: \$38.75	GH45208B



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

General Interest - Teen/Adult

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Cooking				
				
The Perfect Chili				
Learn how to make the perfect chili with several variations to accommodate your picky eaters.				
2/4 (1) Kitchen	S	10 am-Noon ID/AP: \$20	14 yrs-adult OD: \$25	GH35501
Cooking with Kale				
Come and unlock the mysteries of that wonderful vegetable, kale. You'll learn to make dishes perfect for yourself, family and for potlucks alike!				
2/18 (1) Kitchen	S	10 am-Noon ID/AP: \$20	14 yrs-adult OD: \$25	GH35502
Spring Salads				
Several variations of salads will be introduced that will make you think differently about creative ingredients you can use.				
4/29 (1) Kitchen	S	10 am-Noon ID/AP: \$20	14 yrs-adult OD: \$25	GH45501
Spring Desserts				
Incorporate your favorite seasonal fruits into delectable desserts.				
5/27 (1) Kitchen	S	10 am-Noon ID/AP: \$20	14 yrs-adult OD: \$25	GH45502

Couples Night Out

Looking for an evening out? You and a date will learn to cook a meal from one of our amazing instructors. One complimentary glass of wine or beer will be offered to those 21 yrs and older. Price is per person, please register individually. Childcare available.

Winter Term:

Healthy Dinners for Two Part I				
1/18 (1) Kitchen	W	6-8:30 pm ID/AP: \$30	Adult OD: \$37.50	GH35504

Healthy Dinners for Two Part II				
3/1 (1) Kitchen	W	6-8:30 pm ID/AP: \$30	Adult OD: \$37.50	GH35505

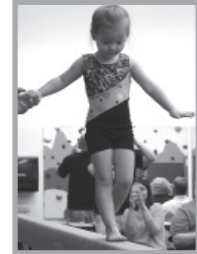
Spring Term:

Indian Cuisine				
5/10 (1) Kitchen	W	6-8:30 pm ID/AP: \$30	Adult OD: \$37.50	GH45504

The Perfect Picnic				
6/7 (1) Kitchen	W	6-8:30 pm ID/AP: \$30	Adult OD: \$37.50	GH45505

Garden Home Gymnastics

The GHRC gymnastics program is designed to provide students with the opportunity to develop sound gymnastics fundamentals with emphasis on strength, flexibility, coordination and self-confidence. All students will receive instruction on the vault, floor, beam and bars. Great care is taken to promote expert instruction in an atmosphere that is fun, positive and safe. No jeans, buttons, snaps or zippers are allowed.



Gymnastics Program Notes

Students should wear comfortable clothing and no shoes or tights. Parents and spectators are invited to attend the last session of the term; otherwise, in-room observation is by instructor approval only.

Note: For participant's safety, students who are more than 15 minutes late or miss mandatory warmups will forfeit participation in that day's class.

Gymnastics - Preschool

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Boys Gymnastics, 4-6 yrs				
Keep physically and mentally fit through gymnastics! This class is designed for boys only.				

Winter Term:

1/13-3/17 (10) Rm 3	F	3:15-4 pm ID/AP: \$56	4-6 yrs OD: \$70	GH33199
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Spring Term:

4/7-6/16 (11) Rm 3	F	3:15-4 pm ID/AP: \$61	4-6 yrs OD: \$76.25	GH43199
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Kid Fit

Help your child develop motor skills and increase body awareness and coordination through tumbling, climbing, balance and jumping. **Parent participation required and one parent/one child ratio. No unregistered siblings.** *Childcare available. No class 1/16, 2/20, 4/15, 5/29.

Winter Term:

1/9-3/13 (8) Rm 3	M	5:40-6:25 pm* ID/AP: \$44	2-3½ yrs OD: \$55	GH33100
1/13-3/17 (10) Rm 3	F	9:15-10 am* ID/AP: \$56	1½ -2½ yrs OD: \$70	GH33101
1/13-3/17 (10) Rm 3	F	10:15-11 am* ID/AP: \$56	2½ -3-½ yrs OD: \$70	GH33102
1/14-3/18 (10) Rm 3	S	12:30-1:15 pm ID/AP: \$56	2-3½ yrs OD: \$70	GH33103

Spring Term:

4/3-6/12 (10) Rm 3	M	5:40-6:25 pm* ID/AP: \$56	2-3½ yrs OD: \$70	GH43100
4/7-6/16 (11) Rm 3	F	9:15-10 am* ID/AP: \$61	1½ -2½ yrs OD: \$76.25	GH43101
4/7-6/16 (11) Rm 3	F	10:15-11 am* ID/AP: \$61	2½ -3-½ yrs OD: \$76.25	GH43102
4/8-6/17 (10) Rm 3	S	12:30-1:15 pm ID/AP: \$56	2-3½ yrs OD: \$70	GH43103

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 #
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Pre-Gymnastics, 2.5-4 yrs

This class will introduce the four Olympic events. Emphasis on following directions in a gymnastics setting. No gymnastics experience is necessary. Parent participation required. No unregistered siblings. Childcare available.

Winter Term:

1/12-3/16 (10) Rm 3	Th	11-11:45 am ID/AP: \$56	2½-4 yrs OD: \$70	GH33110
1/13-3/17 (10) Rm 3	F	11:15 am-Noon ID/AP: \$56	2½-4 yrs OD: \$70	GH33111

Spring Term:

4/6-6/15 (11) Rm 3	Th	11-11:45 am ID/AP: \$61	2½-4 yrs OD: \$76.25	GH43110
4/7-6/16 (11) Rm 3	F	11:15 am-Noon ID/AP: \$61	2½-4 yrs OD: \$76.25	GH43111

Pre-Gymnastics, 3-4 yrs

This class will introduce the four Olympic events. Emphasis on following directions in a gymnastics setting. No gymnastics experience is necessary. *Childcare available. No class 1/16, 2/20, 4/15, 5/29.

Winter Term:

1/9-3/13 (8) Rm 3	M	9-9:45 am* ID/AP: \$44	3-4 yrs OD: \$55	GH33112
1/14-3/18 (10) Rm 3	S	9-9:45 am ID/AP: \$56	3-4 yrs OD: \$70	GH33113

Spring Term:

4/3-6/12 (10) Rm 3	M	9-9:45 am* ID/AP: \$56	3-4 yrs OD: \$70	GH43112
4/8-6/17 (10) Rm 3	S	9-9:45 am ID/AP: \$56	3-4 yrs OD: \$70	GH43113

Pre-Gymnastics, 3-5 yrs

This class will introduce the four Olympic events. Emphasis on following directions in a gymnastics setting. No gymnastics experience is necessary. No class 1/16, 2/20, 5/29. *Childcare available.

Winter Term:

1/9-3/13 (8) Rm 3	M	6:30-7:15 pm* ID/AP: \$44	3-5 yrs OD: \$55	GH33114
1/12-3/16 (10) Rm 3	Th	3:45-4:30 pm ID/AP: \$56	3-5 yrs OD: \$70	GH33115
1/12-3/16 (10) Rm 3	Th	6-6:45 pm* ID/AP: \$56	3-5 yrs OD: \$70	GH33116

Pint-size Playtime

Explore and enjoy our gymnastics room Tuesdays and Thursdays from 9-10:30 am. This is a drop-in, open-play time for children 6 years and under. **Parents must stay and play.** This is a non-structured playtime with your child. A staff member will be on-site to supervise, but no instruction is included.

This program will run from 1/12-3/17 & 3/29-6/9.
Cost: \$4 per child, \$6.75 OD



Gymnastics - Preschool

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

Spring Term:

4/3-6/12 (10) Rm 3	M	6:30-7:15 pm* ID/AP: \$56	3-5 yrs OD: \$70	GH43114
4/6-6/15 (11) Rm 3	Th	3:45-4:30 pm ID/AP: \$61	3-5 yrs OD: \$76.25	GH43115
4/6-6/15 (11) Rm 3	Th	6-6:45 pm* ID/AP: \$61	3-5 yrs OD: \$76.25	GH43116

Pre-Gymnastics, 4-6 yrs

This class will introduce the four Olympic events. Emphasis on following directions in a gymnastics setting. No gymnastics experience is necessary. *Childcare available. No class 1/16, 2/20, 4/15, 5/29.

Winter Term:

1/9-3/13 (8) Rm 3	M	10-10:45 am* ID/AP: \$44	4-6 yrs OD: \$55	GH33117
1/10-3/14 (10) Rm 3	T	11-11:45 am* ID/AP: \$56	4-6 yrs OD: \$70	GH33118
1/10-3/14 (10) Rm 3	T	6-6:45 pm* ID/AP: \$56	4-6 yrs OD: \$70	GH33119
1/13-3/17 (10) Rm 3	F	5-5:45 pm ID/AP: \$56	4-6 yrs OD: \$70	GH33120
1/14-3/18 (10) Rm 3	S	1:20-2:05 pm ID/AP: \$56	4-6 yrs OD: \$70	GH33121

Spring Term:

4/3-6/12 (10) Rm 3	M	10-10:45 am* ID/AP: \$56	4-6 yrs OD: \$70	GH43117
4/4-6/13 (11) Rm 3	T	11-11:45 am* ID/AP: \$61	4-6 yrs OD: \$76.25	GH43118
4/4-6/13 (11) Rm 3	T	6-6:45 pm* ID/AP: \$61	4-6 yrs OD: \$76.25	GH43119
4/7-6/16 (11) Rm 3	F	5-5:45 pm ID/AP: \$61	4-6 yrs OD: \$76.25	GH43120
4/8-6/17 (10) Rm 3	S	1:20-2:05 pm ID/AP: \$56	4-6 yrs OD: \$70	GH43121

Gymnastics Level 1, 4-6 yrs

Emphasis on strength and flexibility skills needed for gymnastics. The main skills introduced and required to move to Level 1.5 are forward and backward rolls, handstands, cartwheels and bridge. Must pass Pre-Gymnastics before entering this class. *Childcare available. No class 1/16, 2/20, 4/15, 5/29.

Winter Term:

1/9-3/13 (8) Rm 3	M	11 am-noon* ID/AP: \$59	4-6 yrs OD: \$73.75	GH33130
1/10-3/14 (10) Rm 3	T	4:45-5:45 pm ID/AP: \$74	4-6 yrs OD: \$92.50	GH33132
1/13-3/17 (10) Rm 3	F	6-6:55 pm ID/AP: \$68	4-6 yrs OD: \$85	GH33133
1/14-3/18 (10) Rm 3	S	2:15-3:15 pm ID/AP: \$74	4-6 yrs OD: \$92.50	GH33134

Spring Term:

4/3-6/12 (10) Rm 3	M	11 am-noon* ID/AP: \$74	4-6 yrs OD: \$92.50	GH43130
4/4-6/13 (11) Rm 3	T	4:45-5:45 pm ID/AP: \$81	4-6 yrs OD: \$101.25	GH43132
4/7-6/16 (11) Rm 3	F	6-6:55 pm ID/AP: \$75	4-6 yrs OD: \$93.75	GH43133
4/8-6/17 (10) Rm 3	S	2:15-3:15 pm ID/AP: \$74	4-6 yrs OD: \$92.50	GH43134

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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Boys Gymnastics

Keep physically and mentally fit through gymnastics! This class is designed for boys only.

Winter Term:

1/13-3/17 (10) Rm 3	F	4-4:55 pm ID/AP: \$64	7-11 yrs OD: \$80	GH33200
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Spring Term:

4/7-6/16 (11) Rm 3	F	4-4:55 pm ID/AP: \$71	7-11 yrs OD: \$88.75	GH43200
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Gymnastics, Level 1, 6-13 yrs

Emphasis on strength and flexibility skills needed for gymnastics. The main skills introduced and required to move to Level 1.5 are forward and backward rolls, handstands, cartwheels and bridge. No class 1/16, 2/20, 4/15, 4/16, 5/29.

Winter Term:

1/9-3/13 (8) Rm 3	M	4:25-5:25 pm ID/AP: \$56	6-13 yrs OD: \$70	GH33210
1/10-3/14 (10) Rm 3	T	3:30-4:30 pm ID/AP: \$70	6-13 yrs OD: \$87.50	GH33211
1/11-3/15 (10) Rm 3	W	4:45-5:45 pm ID/AP: \$70	6-13 yrs OD: \$87.50	GH33212
1/14-3/18 (10) Rm 3	S	10-11 am ID/AP: \$70	6-13 yrs OD: \$87.50	GH33213
1/15-3/12 (9) Rm 3	Su	1:40-2:40 pm ID/AP: \$63	6-13 yrs OD: \$78.75	GH33214

Spring Term:

4/3-6/12 (10) Rm 3	M	3:30-4:30 pm ID/AP: \$70	6-13 yrs OD: \$87.50	GH43210
4/4-6/13 (11) Rm 3	T	3:30-4:30 pm ID/AP: \$77	6-13 yrs OD: \$96.25	GH43211
4/5-6/14 (11) Rm 3	W	4:45-5:45 pm ID/AP: \$77	6-13 yrs OD: \$96.25	GH43212
4/8-6/17 (10) Rm 3	S	10-11 am ID/AP: \$70	6-13 yrs OD: \$87.50	GH43213
4/9-6/18 (10) Rm 3	Su	1:40-2:40 pm ID/AP: \$70	6-13 yrs OD: \$87.50	GH43214

Gymnastics - Youth

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
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Gymnastics, Level 1.5, 5-8 yrs

Must be able to do a forward and backward roll, a handstand, cartwheel, bridge consistently and a pullover on the bar. The focus will be on bridge kickovers, back bends, more advanced leaps and jumps, cartwheel variations, balance beam and uneven bars. Must have passed Level 1 class.

Winter Term:

1/12-3/16 (10) Rm 3	Th	4:45-5:45 pm ID/AP: \$70	5-8 yrs OD: \$87.50	GH33250
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Spring Term:

4/6-6/15 (11) Rm 3	Th	4:45-5:45 pm ID/AP: \$77	5-8 yrs OD: \$96.25	GH43250
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Gymnastics, Level 1.5, 6-13 yrs

See description above. Must have passed Level 1 class. No class 4/15, 4/16.

Winter Term:

1/11-3/15 (10) Rm 3	W	3:30-4:30 pm ID/AP: \$70	6-13 yrs OD: \$87.50	GH33251
1/13-3/17 (10) Rm 3	F	7-8 pm ID/AP: \$70	6-13 yrs OD: \$87.50	GH33252
1/14-3/18 (10) Rm 3	S	11:15 am-12:15 pm ID/AP: \$70	6-13 yrs OD: \$87.50	GH33253
1/15-3/19 (10) Rm 3	Su	2:50-3:50 pm ID/AP: \$70	6-13 yrs OD: \$87.50	GH33254

Spring Term:

4/5-6/14 (11) Rm 3	W	3:30-4:30 pm ID/AP: \$77	6-13 yrs OD: \$96.25	GH43251
4/7-6/16 (11) Rm 3	F	7-8 pm ID/AP: \$77	6-13 yrs OD: \$96.25	GH43252
4/8-6/17 (10) Rm 3	S	11:15 am-12:15 pm ID/AP: \$70	6-13 yrs OD: \$87.50	GH43253
4/9-6/18 (10) Rm 3	Su	2:50-3:50 pm ID/AP: \$70	6-13 yrs OD: \$87.50	GH43254

Gymnastics, Level 2

Must be able to do a bridge kickover on the floor, a pullover and back hip circle on the bars and handstand on the low beam. Tumbling is more advanced with a focus on round-offs and prep work for walkovers and handsprings. Must have passed Level 1.5 class. Childcare available.

Winter Term:

1/11-3/15 (10) Rm 3	W	6-7:30 pm ID/AP: \$120	6-13 yrs OD: \$150	GH33255
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Spring Term:

4/5-6/14 (11) Rm 3	W	6-7:30 pm ID/AP: \$132	6-13 yrs OD: \$165	GH43255
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Gymnastics, Level 2/3

Class will develop skills needed for level 2 & 3. Must have passed Level 1.5 class before registering. No class 4/16.

Winter Term:

1/15-3/19 (10) Rm 3	Su	12-1:30 pm ID/AP: \$120	6-13 yrs OD: \$150	GH33256
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Spring Term:

4/9-6/18 (10) Rm 3	Su	12-1:30 pm ID/AP: \$120	6-13 yrs OD: \$150	GH43256
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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)

Gymnastics - Youth

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

Saturday, March 25

Please arrive 10 minutes before scheduled performance time. If time slot fills please register for the waitlist; we will do our best to accommodate all waitlisted gymnasts.

Pre-Gym, 3-4 yrs 3/25 (1)	9 am	3-5 yrs	GH33262A
Pre-Gym, 5-6 yrs 3/25 (1)	9:45 am	4-6 yrs	GH33262B
Level 1, 4-6 yrs 3/25 (1)	10:45 am	4-6 yrs	GH33262C
Boys Gymnastics & Level 1, 6-13 yrs 3/25 (1)	11:30 am	6-13 yrs	GH33262D
Level 1, 6-13 yrs 3/25 (1)	12:30 pm	6-13 yrs	GH33262E
Level 1.5 3/25 (1)	1:15 pm	6-13 yrs	GH33262F
Level 2/3 3/25 (1)	2 pm	6-13 yrs	GH33262G

\$9 ID/\$11.25 OD per participant. Registration required.

Special Event



Spring Egg Hunt

Saturday, April 15 • 11 am

Join us as we celebrate spring! Come rain or shine and bring your baskets to load up on colorful eggs and fun surprises. Pre-registration strongly recommended. Pre-paid check-in and day-of registration will take place under the covered area behind the building from 10:30-10:50 am. Parent participation required for 1-2 yrs age group and optional for 2-3 age group.

Egg Hunt Start Times:

11 am	4-5 yrs	GH46100A	ID/AP: \$7	OD: \$8.75
11:10 am	2-3 yrs	GH46100B	ID/AP: \$7	OD: \$8.75
11:20 am	12-24 mos.	GH46100C	ID/AP: \$7	OD: \$8.75
11:30 am	6-10 yrs	GH46100D	ID/AP: \$7	OD: \$8.75

Sports & Fitness - Preschool

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

Learn the fundamentals of the game - dribbling, passing and shooting in a non-competitive environment all while having lots of fun! *Childcare available. No class 4/15.

Winter Term:

1/10-3/14 (10) Gym	T	9:30-10:15 am*	3-5 yrs OD: \$56.25	GH32100
1/10-3/14 (10) Gym	T	3-3:45 pm	3-5 yrs OD: \$56.25	GH32102
1/14-3/11 (9) Gym	S	9:45-10:30 am	3-5 yrs OD: \$51.25	GH32107
1/14-3/11 (9) Gym	S	10:45-11:30 am	3½-6 yrs OD: \$51.25	GH32108

Spring Term:

4/4-6/13 (11) Gym	T	9:30-10:15 am*	3-5 yrs OD: \$62.50	GH42100
4/4-6/13 (11) Gym	T	3-3:45 pm	3-5 yrs OD: \$62.50	GH42102
4/8-6/17 (10) Gym	S	9:45-10:30 am	3-5 yrs OD: \$56.25	GH42107
4/8-6/17 (10) Gym	S	10:45-11:30 am	3½-6 yrs OD: \$56.25	GH42108

Sports Time

Play a variety of sports to develop hand-eye coordination, balance and social skills all while having fun. Drills and skill building with basketball, floor hockey, soccer, flag football and more. No class 4/15.

Winter Term:

1/10-3/14 (10) Gym	T	4-4:45 pm	3½-6 yrs OD: \$56.25	GH32103
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Spring Term:

4/4-6/13 (11) Gym	T	4-4:45 pm	3½-6 yrs OD: \$62.50	GH42103
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Taekwondo, Little Dragons

Introduction to Taekwondo, including vocabulary, philosophy and self-defense skills. Promotes confidence and discipline in a safe, fun environment. (Ruth)

Winter Term:

1/10-3/14 (10) Rm 7	T	3-3:25 pm	3-5 yrs OD: \$38.75	GH32110
1/10-3/14 (10) Rm 7	T	3:30-3:55 pm	3-5 yrs OD: \$38.75	GH32111
1/12-3/16 (10) Rm 7	Th	3-3:25 pm	3-5 yrs OD: \$38.75	GH32112
1/12-3/16 (10) Rm 7	Th	3:30-3:55 pm	3-5 yrs OD: \$38.75	GH32113

Spring Term:

4/4-6/6 (10) Rm 7	T	3-3:25 pm	3-5 yrs OD: \$38.75	GH42110
4/4-6/6 (10) Rm 7	T	3:30-3:55 pm	3-5 yrs OD: \$38.75	GH42111
4/6-6/8 (10) Rm 7	Th	3-3:25 pm	3-5 yrs OD: \$38.75	GH42112
4/6-6/8 (10) Rm 7	Th	3:30-3:55 pm	3-5 yrs OD: \$38.75	GH42113

Sports & Fitness - Preschool

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

A fun and active class for kids and parents. Encourages large motor skills development as we play group games, basketball, soccer and more. **Parent participation required.** *Childcare available. No class 4/15.

Winter Term:

1/10-3/14 (10) Gym	T	10:30-11 am* ID/AP: \$30	2½-4 yrs OD: \$37.50	GH32101
1/14-3/11 (9) Gym	S	9-9:30 am ID/AP: \$27	2½-4 yrs OD: \$33.75	GH32106

Spring Term:

4/4-6/13 (11) Gym	T	10:30-11 am* ID/AP: \$33	2½-4 yrs OD: \$41.25	GH42101
4/8-6/17 (10) Gym	S	9-9:30 am ID/AP: \$30	2½-4 yrs OD: \$37.50	GH42106



Sports & Fitness - Youth

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

This is an introduction to recreational archery learning techniques and safety. Each week is different. This is a 4 week, indoor program, held at: Archers Afield, 11945 SW Pacific Hwy., Ste #121, 503-639-3553. Tigard Plaza Shopping Center, lower level, corner of Hall & Hwy 99. \$36 lab fee payable to the instructor on the first night.

Winter Term:

1/9-1/30 (4) Off-site	M	6:30-7:30 pm ID/AP: \$15	7 yrs-adult OD: \$18.75	GH32220
2/6-2/27 (4) Off-site	M	6:30-7:30 pm ID/AP: \$15	7 yrs-adult OD: \$18.75	GH32222
1/14-2/4 (4) Off-site	S	10:30-11:30 am ID/AP: \$15	7 yrs-adult OD: \$18.75	GH32221
3/11-3/4 (4) Off-site	S	10:30-11:30 am ID/AP: \$15	7 yrs-adult OD: \$18.75	GH32223

Spring Term:

4/3-4/24 (4) Off-site	M	6:30-7:30 pm ID/AP: \$15	7 yrs-adult OD: \$18.75	GH42220
5/1-5/22 (4) Off-site	M	6:30-7:30 pm ID/AP: \$15	7 yrs-adult OD: \$18.75	GH42221
4/8-4/29 (4) Off-site	S	10:30-11:30 am ID/AP: \$15	7 yrs-adult OD: \$18.75	GH42222
5/6-5/27 (4) Off-site	S	10:30-11:30 am ID/AP: \$15	7 yrs-adult OD: \$18.75	GH42223

Sports & Fitness - Youth

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
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Soccer Skills & Scrimmages

Athletes will focus on teamwork, fair play, drills, dribbling, shooting and scrimmages in a fun and encouraging atmosphere. No class 4/15.

Winter Term:

1/10-3/14 (10) Gym	T	5-6 pm ID/AP: \$61	6-9 yrs OD: \$76.25	GH32202
1/14-3/11 (9) Gym	S	11:45 am-12:45 pm ID/AP: \$54	6-9 yrs OD: \$67.50	GH32203

Spring Term:

4/4-6/13 (11) Gym	T	5-6 pm ID/AP: \$67	6-9 yrs OD: \$83.75	GH42202
4/8-6/17 (10) Gym	S	11:45 am-12:45 pm ID/AP: \$61	6-9 yrs OD: \$76.25	GH42203

Taekwondo, White Tigers

Introduction to Taekwondo, including vocabulary, philosophy and self-defense skills. Promotes confidence and discipline in a safe, fun environment. (Ruth)

Winter Term:

1/10-3/14 (10) Rm 7	T	4-4:55 pm ID/AP: \$56	6-9 yrs OD: \$70	GH32210
1/12-3/16 (10) Rm 7	Th	4-4:55 pm ID/AP: \$56	6-9 yrs OD: \$70	GH32211

Spring Term:

4/4-6/6 (10) Rm 7	T	4-4:55 pm ID/AP: \$56	6-9 yrs OD: \$70	GH42210
4/6-6/8 (10) Rm 7	Th	4-4:55 pm ID/AP: \$56	6-9 yrs OD: \$70	GH42211

Taekwondo

Introduction to Taekwondo, including vocabulary, philosophy and self-defense skills. Promotes confidence and discipline in a safe, fun environment. (Ruth)

Winter Term:

1/10-3/14 (10) Rm 7	T	5-6 pm ID/AP: \$61	10 yrs-adult OD: \$76.25	GH32212
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Spring Term:

4/4-6/6 (10) Rm 7	T	5-6 pm ID/AP: \$61	10 yrs-adult OD: \$76.25	GH42212
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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 #
Volleyball Skills & Scrimmages				
Learn the fundamentals of volleyball such as serving, passing and hitting. Childcare available.				
Winter Term:				
1/10-3/14 (10) Gym	T	6:15-7:15 pm ID/AP: \$61	9-12 yrs OD: \$76.25	GH32200
1/10-3/14 (10) Gym	T	7:20-8:20 pm ID/AP: \$61	13-17 yrs OD: \$76.25	GH32201
Spring Term:				
4/4-6/13 (11) Gym	T	6:15-7:15 pm ID/AP: \$67	9-12 yrs OD: \$83.75	GH42200
4/4-6/13 (11) Gym	T	7:20-8:20 pm ID/AP: \$67	13-17 yrs OD: \$83.75	GH42201

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

Sports & Fitness - Teen/Adult

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Fitness, Women's Workout				
Emphasis on calorie burning, we target and tone trouble spots. All levels welcome. Deluxe pass or drop-in use available. Childcare available. No class 1/16, 2/20, 5/29.				
Winter Term:				
1/9-3/20 (9) Rm 2	M	9:35-10:35 am ID/AP: \$39	14 yrs-adult OD: \$48.75	GH32476
Spring Term:				
4/3-6/12 (10) Rm 2	M	9:35-10:35 am ID/AP: \$44	14 yrs-adult OD: \$55	GH42476

Sports & Fitness - Teen/Adult

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Fitness, Zumba® Aerobics				
Have fun burning calories while doing aerobics to Latin and international music. Exercise to the beats of salsa, flamenco, merengue and more. Deluxe pass or drop-in use available. Childcare available. No class 1/16, 2/20, 5/29.				
Winter Term:				
1/9-3/20 (9) Rm 7	M	7-8 pm ID/AP: \$39	14 yrs-adult OD: \$48.75	GH32472
1/11-3/22 (11) Rm 7	W	6:30-7:30 pm ID/AP: \$48	14 yrs-adult OD: \$60	GH32473
Spring Term:				
4/3-6/19 (11) Rm 7	M	7-8 pm ID/AP: \$48	14 yrs-adult OD: \$60	GH42472
4/5-6/14 (11) Rm 7	W	6:30-7:30 pm ID/AP: \$48	14 yrs-adult OD: \$60	GH42473

Fly Fishing for Beginners

Learn the various casting techniques and reeling techniques to become a fly fishing pro! Childcare available.

Spring Term:				
5/30-6/20 (4) Sports Field	T	6-7:30 pm ID/AP: \$48	16 yrs-adult OD: \$60	GH42560

Tai Chi, 24-Gesture

The basic 24-gesture Tai Chi is aimed at the beginner and uses representative moves from the Yang style. The short form enables beginners to appreciate the essential principals of Tai Chi - effortless movement, relaxation and mindful awareness. Childcare available.

Winter Term:				
1/10-3/21 (11) Rm 7	T	6-7 pm ID/AP: \$67	16 yrs-adult OD: \$83.75	GH32590
Spring Term:				
4/4-6/13 (11) Rm 7	T	6-7 pm ID/AP: \$67	16 yrs-adult OD: \$83.75	GH42590

Weight Training

This class includes entrance to the weight room during class, proper training on weight room equipment, fitness goal setting and a personalized training program.

Winter Term:				
1/4-3/15 (11) Weight Room	W	3:30-4:30 pm ID/AP: \$79	13 yrs-adult OD: \$98.75	GH32510
Spring Term:				
4/5-6/14 (11) Weight Room	W	3:30-4:30 pm ID/AP: \$79	13 yrs-adult OD: \$98.75	GH42510

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

Garden Home Fitness

Weight Room Information

- Circuit weight training machines and free weights, including benches, cross cable machine and squat rack.
- Cardio machines including stationary bikes, treadmills, elliptical trainers, rowing machine, stair climber and adaptive motion trainers.
- A parental waiver is required for weight room use by anyone 14-17 years old.

Mon-Thurs: 5:30 am-10 pm

Fri: 5:30 am-8:30 pm

Sat: 8 am-4 pm, **Sun:** 9 am-4 pm

Weight Room Orientation

This private session with our **certified personal trainer** will give you the basics you need to get your exercise program off to a great start. Session includes an abbreviated fitness assessment, instruction on proper form and technique, a beginning program and basic nutritional information. \$43

Personal Training Packages

This one-hour session will assist you in developing an individualized exercise program to set and reach your fitness

goals. Basic nutrition is discussed. Body composition assessment is also available. We also offer packages of three or six sessions.

One Session: \$48.50

Three Sessions: \$144.50

Six Sessions: \$272

Personal Training Cancellation Policy

Scheduled appointments must be canceled a minimum of 24 hours in advance to receive a refund.

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

Fitness Class Descriptions

Barre to Be Fit

Learn the secrets to that ballerina body. Your body will be lifted, sculpted and toned as you work at the ballet barre like never before. Bring a water bottle and towel.

Beginner Aerobics

An easy to follow aerobic workout that keeps you moving to fun music. Strength training with weights always included for a great workout.

Butz & Gutz

This class targets a combination of lower body, abs, hips and back exercise to tone, sculpt and strengthen the lower body and core. All levels welcome.

Candlelight Yoga

Candlelight Yoga combines gentle movements, deep stretches and mindful relaxation. This class will help restore natural rhythms, decrease stress and melt away tensions, leaving you with a tranquil mind and restored body.

Cardio, Circuit, Strength

Start or end your day with total body conditioning. Includes cardio, stretching, weights, strength training and more. Some activities and drills outside.

Chair Yoga

This class uses chairs as well as other props to adapt yoga poses for those with limited range of motion, health conditions, or who may be looking for a more gentle class.

Low Impact Aerobics

This class keeps you moving. Strength training with weights always included for a great workout.

Restorative Yoga

Relax, restore and rejuvenate the body and mind with this gentle form of yoga. Focus on decompressing joints and releasing muscle tensions with gentle moving poses.

SilverSneakers® Classic

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. A chair is available if needed for seated or standing support.

SilverSneakers® Circuit

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers® ball is

alternated with low-impact aerobic choreography. A chair is used for standing support, stretching and relaxation exercises.

Specialty Fitness Yoga

Increase your strength, flexibility and peace of mind. These poses and exercises are designed to help you perform everyday functions with grace, less effort and less pain. All fitness levels welcome.

Specialty Pilates

Strengthen your core muscles, back, spine and abdominals. Class uses the Pilates method of breathing for maximum effectiveness and works on balance and posture. Pilates rings, stability ball and rollers also used.

Stretch, Core & More

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

Stretch and Strength

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

Women's Workout

Emphasis on calorie burning. We target and tone women's trouble spots. All levels welcome.

Yoga, Level I

Introduction to basic body alignment and yoga breathing. Emphasis on building core strength, body awareness and flexibility through the standing poses.

Yoga, Level I/II

For the continuing student who has experience but wants to build endurance through the foundation poses. Regular practice of sun salutation and modified inversions introduced.

Yoga, Strength and Conditioning

Increase your strength, flexibility and peace of mind. These poses and exercises are designed to help you perform everyday functions with grace, less effort and less pain! All fitness levels welcome.

Zumba® Aerobics

Have fun burning calories while doing aerobics to Latin and international music. Exercise to the beats of salsa, flamenco, merengue and more.



TUALATIN HILLS
PARK & RECREATION DISTRICT

Garden Home Recreation Center 503-629-6341

Winter/Spring Adult Fitness Schedule

Schedule subject to change.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6 am			Butz & Gutz 6-6:45 am <i>Sarah (Room 2)</i>				
7 am				Yoga, Level I 7-8 am <i>Charlie (Room 8)</i>			
8 am		Stretch, Core & More 8-8:30 am <i>Jeanette (Room 2)</i>	Pilates Level I/II 8:15-9:15 am <i>Hannah (Room 7)</i>	Stretch, Core & More 8-8:30 am <i>Jeanette (Room 2)</i>		Yoga, Level I/II 8:15-9:30 am <i>Ritu (Room 8)</i>	
8:30 am	Beginner Aerobics 8:30-9:30 am <i>Leah (Room 2)</i>	Low Impact Aerobics 8:30-9:30 am <i>Jeanette (Room 2)</i>	Beginner Aerobics 8:30-9:30 am <i>Leah (Room 2)</i>	Low Impact Aerobics 8:30-9:30 am <i>Jeanette (Room 2)</i>		Cardio, Circuit, Strength 8:30-9:30 am <i>Sarah (Room 2)</i>	
9 am					Stretch and Strength 9-10 am <i>Hannah (Room 2)</i>		
9:30 am	Pilates Level I/II 9:30-10:30 am <i>Hannah (Room 7)</i> Women's Workout 9:35-10:35 am <i>Leah (Room 2)</i>	Yoga, Level I 9:15-10:45 am <i>Maddie (Room 8)</i>	Yoga Strength & Cond. 9:30-10:30 am <i>Maddie (Room 8)</i> Pilates Level I/II 9:30-10:30 am <i>Hannah (Room 7)</i>	Chair Yoga 9:30-10:30 am <i>Maddie (Room 8)</i>	Yoga, Level I/II 9:15-10:45 am <i>Maddie (Room 8)</i>		
10 am							Fitness Yoga 10-11 am <i>Tristiane (Room 8)</i>
10:30 am	Silver Sneakers® Classic 10:40-11:35 am <i>Mary Anne (Room 2)</i>		SilverSneakers® Classic 10:40-11:35 am <i>Mary Anne (Room 2)</i>	Restorative Yoga 12:30-1:30 pm <i>Tristiane (Room 8)</i>	SilverSneakers® Classic 10:40-11:35 am <i>Mary Anne (Room 2)</i>		
12:30 pm		SilverSneakers® Circuit 2:15-3:15 pm <i>Mary Anne (Room 2)</i>		SilverSneakers® Circuit 2:15-3:15 pm <i>Mary Anne (Room 2)</i>			
5:30 pm	Cardio, Circuit, Strength 5:30-6:25 pm <i>Beth (Room 2)</i>		Cardio, Circuit, Strength 5:30-6:25 pm <i>Beth (Room 2)</i>				
6 pm	Pilates Level I/II 6-6:55 pm <i>Hannah (Room 7)</i> Yoga, Level I/II 6-7:30 pm <i>Charlie (Room 8)</i>	Tai Chi, 24 Gesture 6-7 pm <i>Jim (Room 7)</i> Yoga, Level I/II 6-7:30 pm <i>Maddie (Room 8)</i>		Yoga, Level II 6-7:30 pm <i>Maddie (Room 8)</i>			
6:30 pm			Zumba® Aerobics 6:30-7:30 pm <i>Leah (Room 7)</i> Yoga, Level I/II 6:30-8 pm <i>Charlie (Room 8)</i>				
7 pm	Zumba® Aerobics 7-8 pm <i>Leah (Room 7)</i>	Barre 7-8 pm <i>Hannah (Room 2)</i> Candlelight Yoga 8:15-9:15 pm <i>Tristiane (Room 8)</i>		Barre 7-8 pm <i>Hannah (Room 14)</i> Candlelight Yoga 8:15-9:15 pm <i>Tristiane (Room 8)</i>			
8 pm							

See page 157 for fitness drop-in class descriptions.

 SilverSneakers® Eligible

Check www.thprd.org for the most updated schedule.