

# Natural Resources



**TUALATIN HILLS**  
PARK & RECREATION DISTRICT

**Natural Resources Department  
Fanno Creek Service Center  
6220 SW 112th Avenue  
Beaverton, OR 97008  
503-629-6350**

Bruce Barbarasch, Superintendent of Natural Resources & Trails Management

THPRD offers more than 162 natural areas. The Natural Resources Department, with the support of the community, serves as the steward of these areas by managing wildlife habitat, native plant communities and the trails that guide you through these natural areas. These sites are important reminders of our natural heritage and provide a variety of benefits, including diverse habitats, wildlife corridors and opportunities to connect with nature.

## Nature Revealed & Other Public Art

Did you know that THPRD has nearly a dozen public art installations? The largest of them is *Nature Revealed: Discovering Nature Through Art*, a series of art installations located in five different natural areas. The art is designed to show change over time and inspire observation and curiosity about the natural world.

All of our art projects can be found on a new map and webpage at [www.thprd.org/art](http://www.thprd.org/art).



[NaturalResources](#)



Find us on Twitter:  
[www.twitter.com/THPRDNature](http://www.twitter.com/THPRDNature)

## Visit Cooper Mountain Nature Park

18892 SW Kemmer Rd., Beaverton, OR 97007

Overlooking the Tualatin River Valley, Cooper Mountain Nature Park is located on the edge of Beaverton. This 230-acre park offers visitors 3½ miles of trails traversing the park and passing through each of its distinct habitats, from conifer forest to prairies and oak woodlands. Visitors are rewarded with grand views of the Chehalem Mountains, close-up looks at Oregon white oaks and a small prairie that has sat relatively undisturbed for hundreds of years. The park also features a nature play area for children. Metro and THPRD work in partnership to manage Cooper Mountain Nature Park. Together the two agencies continue habitat restoration and wildlife monitoring, maintain hiking trails and the Nature House and provide environmental education programs to visitors of all ages.

## Visit Tualatin Hills Nature Park

15655 SW Millikan Way, Beaverton, OR 97003

The Tualatin Hills Nature Park provides a unique habitat for many plants and animals. Come explore the park's ponds, creeks, marshes and forests on 1½ miles of paved trails, four miles of secondary trails and 222 acres of ecologically diverse habitats.

Both nature parks are open dawn to dusk. For the protection of wildlife, pets, including dogs, are not allowed at either park. Patrons must remain on trails to avoid poison oak and protect wildlife.



# Nature Programs



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

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

**Facility Supervisor:** Kristin Atman

**Winter Term:** January 1 - April 2, 2017  
**Spring Term:** April 3 - June 18, 2017

**Park Hours:** Dawn until dusk, unless otherwise posted.

**Nature Center Hours:**

Mon-Fri: 8:30 am - 5 pm

Saturday-Sunday\*: 9 am - 5 pm

\*Closing at 4 pm Nov. 1 - Jan. 31

**Holidays:** Call the Nature Center for information.

**Nature Center offers:**

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

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



## Registration for programs at Cooper Mountain Nature Park

Out-of-district patrons are able to register for programs at Cooper Mountain Nature Park at the in-district fee rate. You will need to acquire a THPRD residency card, at no extra charge, before registration begins. Cooper Mountain program registration for both in-district and out-of-district patrons will begin Saturday, December 10 for winter term, and March 4 for spring term. Please see page 4 for more information. This special out-of-district fee exemption is only valid for programs at Cooper Mountain Nature Park.

## Volunteer with Natural Resources

Whether you are looking to give back to the community, get active in the outdoors, or gain experience, the Natural Resources Department provides a variety of volunteer opportunities for individuals, families, and groups that support stewardship and environmental education programs in local natural areas. If you are interested in volunteering, contact Melissa Marcum at 503-619-3941 or [mmarcum@thprd.org](mailto:mmarcum@thprd.org).

### Upcoming Wildlife Habitat Restoration Projects

Help out with our ongoing restoration efforts at a number of natural areas throughout the district. Check out available projects and sign up at [www.thprd.org/activities/nature/volunteer/park-improvement](http://www.thprd.org/activities/nature/volunteer/park-improvement).

### Inclement Weather

See page 5 for THPRD Inclement Weather Policy.



NaturalResources



THPRDNature



## Group Nature Programs: All Ages

Perfect for preschools, scout troops, youth groups, homeschool groups, afterschool clubs and businesses. Led by environmental education staff, these outdoor, hands-on, minds-on programs can be scheduled at the Tualatin Hills Nature Park, Cooper Mountain Nature Park, and other THPRD natural areas or at your private facility.

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

Locations: Cooper Mountain Nature Park, Tualatin Hills Nature Park and natural areas throughout Beaverton.

## School Nature Programs: K-12

Our experienced environmental educators lead these engaging, hands-on programs at both nature parks and natural areas that are within walking distance of schools. Activities incorporate a variety of core concepts from the Next Generation Science Standards while fostering memorable outdoor learning experiences that cannot be duplicated in a classroom. Visit [www.thprd.org](http://www.thprd.org) to learn more about which programs help reinforce the scientific practices and crosscutting concepts that your class is working on this year. Contact us to set up a program for your class.

Locations: Cooper Mountain Nature Park, Tualatin Hills Nature Park, natural areas throughout Beaverton, and at your school.

## Scouts in Nature

### Girl Scouts

#### Daisies

A visit to a park is a great activity for your Daisies as part of a regular meeting or as an extra activity. Whether self-guided or led by one of our naturalists, girls can work toward earning their petals through nature exploration.

#### Brownies & Juniors

Looking for an activity that will help your Brownies or Juniors troop complete a specific journey or badge requirement? Our experienced staff will focus guided hikes and hands-on activities to meet your troop's needs.

### Boy Scouts

#### Badge Programs

Schedule a time for your pack to work on just a few requirements or complete an entire badge. A naturalist will guide you through hands-on activities to complete the badge components of your choice. What can be better than learning to identify native trees in your neighborhood park, talking with a park ranger about their job duties, or learning why those slimy banana slugs are so perfectly adapted to the Pacific Northwest?

Contact us to set up a program for your troop: 503-629-6350

## Nature Birthday Parties: Ages 3-12 yrs

Whether your child loves bugs, knows all about birds or just likes being outside, we can provide a memorable experience for the birthday boy or girl and their friends. Our packages include a one-hour nature program of your choice, a party room with tables and chairs, and easy access to the adjacent park. Programs options include: Bug Safari, Dinosaur Discovery, Flying Feathered Friends, Forest Fairies & Gnomes, Mammal Mania, and Stories in the Forest. Call today for details and to reserve a spot.

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

## Facility Rentals

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

## Nature Store

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

Special Events

# Spring Native Plant Sale

Saturday, Apr. 29, 10 am-2 pm

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

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



## Nature Days in the Parks

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

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

**All events: 11 am - 3 pm**

**Sunday, Feb. 12**  
**Commonwealth Lake Park**

Johnson Creek in Commonwealth Lake Park attracts great blue herons, green herons and cedar waxwings. Observe a variety of waterfowl and discover why this park is a favorite for bird watchers and photographers.

**Sunday, Mar. 12**  
**Summercrest Park**

Restoration work completed by THPRD has removed invasive species such as Himalayan blackberry and English ivy in order to plant native trees and shrubs to attract wildlife. See how the natural forested areas and Johnson Creek serve as wildlife corridors.

**Saturday, Apr. 22**  
**Vista Brook Park**

A boardwalk and viewing platform provide access to a pond and natural area. Take a stroll along the Fanno Creek Trail to learn about a tiny yet vocal park resident, the Pacific tree frog.

**Sunday, May 14**  
**Pioneer Park**

This 7-acre park offers paved and soft surface trails that comprise a figure eight trail. Investigate the diversity of stream bugs that live along a wetland boardwalk, or play in the nature play area.





## Nature Kids Preschool at the Tualatin Hills Nature Center

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

### Chipmunks, Ages 3-4

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

**Sept.-May** T/Th 9-11:30 am  
**\$154 monthly tuition** (2016-17 school year)

### Ladybugs AM or Owls PM, Ages 4-5

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

**Ladybugs: Sept.-May** M/W/F 9 am-noon  
**\$234 monthly tuition** (2016-17 school year)

**Owls: Sept.-May** M/W/F 1-4 pm  
**\$234 monthly tuition** (2016-17 school year)

## Preschool Open House • Saturday, February 4 • 10 am-noon

The Tualatin Hills Nature Center will host an open house for anyone interested in learning about Nature Kids Preschool for the 2017-2018 school year, and companion preschool programs offered throughout the year. Stop in to meet the teachers, experience the programs, ask questions, and register. Children are welcome.

## Nature Studies - Preschool

Dates (Weeks) Location	Day	Time	Ages ID/AP	Class Code OD
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### Knee-high Naturalists

Explore the wildlife in our local parks on these nature adventures. Search for clues that animals have left behind and get up close looks at treasures from our naturalist's backpack. It's a great way to get outside with your preschool child, meet other families and learn about the natural world. Each program meets at a different location. Price is per family. **Parent participation required.** (Elaine)

#### Pioneer Park

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

2/1 Pioneer Park	W	10-11 am	2-5 yrs ID/AP: \$8 OD: \$10	NP35101
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#### Tualatin Hills Nature Park

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

3/4 Tualatin Hill Nature Park	S	10-11 am	2-5 yrs ID/AP: \$8 OD: \$10	NP35102
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#### Bethany Lake Park

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

4/5 Bethany Lake Park	W	10-11 am	2-5 yrs ID/AP: \$8 OD: \$10	NP45101
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#### Jenkins Estate

Enter through the main gate off SW Grabhorn Rd. Park in the first lot on your right.

5/10 Jenkins Estate	W	10-11 am	2-5 yrs ID/AP: \$8 OD: \$10	NP45102
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#### Greenway Park

Meet at the Fanno Farmhouse at 8405 SW Creekside Pl.

5/31 Greenway Park	W	10-11 am	2-5 yrs ID/AP: \$8 OD: \$10	NP45103
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#### Camille Park

Meet in the parking lot at the west end of SW Marjorie Ln., accessed from SW Scholls Ferry Rd.

6/10 Camille Park	S	10-11 am	2-5 yrs ID/AP: \$8 OD: \$10	NP45104
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## Nature Studies - Preschool

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

As the seasons change, so does life in the Nature Park. Learn about wildlife in this series of classes. Hear stories, meet other parents and kids and see natural treasures up close. Each class includes a simple craft or coloring project. Weather permitting, we'll take a short hike into the forest. **Parent participation required.** (Elaine)

### Eggs-traordinary!

Chickens aren't the only ones to lay eggs. Learn about all kinds of eggs and which animals lay them. Take a close look at an ostrich egg and compare it to a hummingbird egg. Make a clay egg to take home.

2/15	W	10-11 am	3-5 yrs	NP35103
Tualatin Hills Nature Center ID/AP: \$8 OD: \$10				

### Little Stinkers

They look cute and cuddly, but watch out! Skunks know how to keep trouble away. Enjoy learning about these special sprayers.

2/22	W	10-11 am	3-5 yrs	NP35104
Tualatin Hills Nature Center ID/AP: \$8 OD: \$10				

### Just Ducky

Quackeroos! Who doesn't love ducks? We'll learn about our web-footed friends and make a pair of duck feet to wear and take home.

3/8	W	10-11 am	3-5 yrs	NP35105
Tualatin Hills Nature Center ID/AP: \$8 OD: \$10				

### Froggy Friends

What's hopping? Find out as we trek out to Tadpole Ponds in search of our froggy friends.

3/22	W	10-11 am	3-5 yrs	NP35106
Tualatin Hills Nature Center ID/AP: \$8 OD: \$10				

### Animal Babies

Spring is baby time in the animal world. Discover the many ways that animal parents take care of their babies.

4/12	W	10-11 am	3-5 yrs	NP45105
Tualatin Hills Nature Center ID/AP: \$8 OD: \$10				

### Rambling Raccoons

Cute and clever, raccoons are fun to learn about. Look for our masked friends and their homes in the park.

4/19	W	10-11 am	3-5 yrs	NP45106
Tualatin Hills Nature Center ID/AP: \$8 OD: \$10				

### Busy Beavers

Munch, munch, munch! My, what big teeth beavers have! Take a close look at a beaver's fur and teeth, then make a beaver and lodge to take home.

4/26	W	10-11 am	3-5 yrs	NP45107
Tualatin Hills Nature Center ID/AP: \$8 OD: \$10				

### Creepy Crawlies

Take a bug's eye view of the fascinating little critters that crawl along the forest floor.

5/3	W	10-11 am	3-5 yrs	NP45108
Tualatin Hills Nature Center ID/AP: \$8 OD: \$10				

## Nature Studies - Preschool

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

Join us for an adventure in nature preschool and exercise your natural curiosity. Come together with friends for hands-on games, songs, stories, crafts and outside play. Dress for the weather. Take all of the classes or whichever ones fit your schedule.

### Winter Wildlife

1/10	T	9:30-11:30 am	3-5 yrs	NP35121
Tualatin Hills Nature Center ID/AP: \$14 OD: \$17.50				

### Bear Snuggles

1/17	T	9:30-11:30 am	3-5 yrs	NP35122
Tualatin Hills Nature Center ID/AP: \$14 OD: \$17.50				

### Snowy Adventures

1/24	T	9:30-11:30 am	3-5 yrs	NP35123
Tualatin Hills Nature Center ID/AP: \$14 OD: \$17.50				

### Underground Friends

1/31	T	9:30-11:30 am	3-5 yrs	NP35124
Tualatin Hills Nature Center ID/AP: \$14 OD: \$17.50				

### Animal Detectives

2/7	T	9:30-11:30 am	3-5 yrs	NP35125
Tualatin Hills Nature Center ID/AP: \$14 OD: \$17.50				

### Curious Coyotes

2/14	T	9:30-11:30 am	3-5 yrs	NP35126
Tualatin Hills Nature Center ID/AP: \$14 OD: \$17.50				

### Starry Nights

2/21	T	9:30-11:30 am	3-5 yrs	NP35127
Tualatin Hills Nature Center ID/AP: \$14 OD: \$17.50				

### Spring Fever

2/28	T	9:30-11:30 am	3-5 yrs	NP35128
Tualatin Hills Nature Center ID/AP: \$14 OD: \$17.50				

### Slimy Slugs

3/7	T	9:30-11:30 am	3-5 yrs	NP35129
Tualatin Hills Nature Center ID/AP: \$14 OD: \$17.50				

### Nature's Rainbows

3/14	T	9:30-11:30 am	3-5 yrs	NP35130
Tualatin Hills Nature Center ID/AP: \$14 OD: \$17.50				

### Dinosaurs in the Forest

3/21	T	9:30-11:30 am	3-5 yrs	NP35131
Tualatin Hills Nature Center ID/AP: \$14 OD: \$17.50				

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## Nature Studies - Preschool

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

#### Amazing Amphibians

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

#### Caterpillars and Butterflies

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

#### Earth Day Explorers

4/18	T	9:30-11:30 am	3-5 yrs ID/AP: \$14 OD: \$17.50	NP45124
Tualatin Hills Nature Center				

#### April Showers

4/25	T	9:30-11:30 am	3-5 yrs ID/AP: \$14 OD: \$17.50	NP45125
Tualatin Hills Nature Center				

#### Salmon Stories

4/27	Th	9:30-11:30 am	3-5 yrs ID/AP/OD: \$14	CM45126
Cooper Mountain Nature House				

#### Busy Bees

5/2	T	9:30-11:30 am	3-5 yrs ID/AP: \$14 OD: \$17.50	NP45127
Tualatin Hills Nature Center				

#### May Flowers

5/4	Th	9:30-11:30 am	3-5 yrs ID/AP/OD: \$14	CM45128
Cooper Mountain Nature House				

#### Deer Ears

5/9	T	9:30-11:30 am	3-5 yrs ID/AP: \$14 OD: \$17.50	NP45129
Tualatin Hills Nature Center				

#### Bird is the Word

5/11	Th	9:30-11:30 am	3-5 yrs ID/AP/OD: \$14	CM45130
Cooper Mountain Nature House				

#### Radical Reptiles

5/16	T	9:30-11:30 am	3-5 yrs ID/AP: \$14 OD: \$17.50	NP45131
Tualatin Hills Nature Center				

#### Backyard Bugs

5/18	Th	9:30-11:30 am	3-5 yrs ID/AP/OD: \$14	CM45132
Cooper Mountain Nature House				

## Nature Studies - Youth

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

#### Adventures in the Park

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

#### Lifestyles of the Wet and Slimy

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

3/28	T	1-4 pm	6-9 yrs ID/AP: \$22 OD: \$27.50	NP35215
Tualatin Hills Nature Center				

#### Forest Scavenger Hunt

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

3/30	Th	1-4 pm	6-9 yrs ID/AP: \$22 OD: \$27.50	NP35216
Tualatin Hills Nature Center				

#### Camp Wild Things • 4-6 yrs

Build your child's sense of wonder about nature and invite them to explore wildlife and the world around them. Games, songs, new friends, crafts, and adventure make this a good camp for young children. Campers need to dress for the weather, bring a snack, bottle of water and small backpack each day.

#### Little Scientists!

Use all five senses to observe spring at Cooper Mountain and let your curiosity lead you down the trail. Keep your nature treasures in a special journal to take home.

3/27-3/31	M-F	9 am-noon	4-6 yrs ID/AP/OD: \$98	CM37105
Cooper Mountain Nature House				

#### Pups, Cubs and Kits

Whether born or hatched, fuzzy or feathered, animal babies are adorable. Explore the lives of young animals and the many different ways they survive and are cared for.

3/27-3/31	M-F	1-4 pm	4-6 yrs ID/AP: \$98 OD: \$122.50	NP37106
Tualatin Hills Nature Center				

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## Nature Studies - Youth

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

#### Mini Nature Camp • 6-9 yrs

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

#### Amazing Migrations

Discover the many birds that use the Pacific Flyway as their spring highway. Learn more about your favorite feathered friends that live on land and in the sky.

3/27-3/31	M-F	9 am-noon	6-9 yrs	NP37201
		Tualatin Hills Nature Center	ID/AP: \$98 OD: \$122.50	

#### Grossology

Explore the science of gross things. Go in search of all things gross; from mud to fungus, bugs, worms, slime and scat. Dissect owl pellets, investigate scat and examine slug and snail slime.

3/27-3/31	M-F	1-4 pm	6-9 yrs	CM37202
		Cooper Mountain Nature House	ID/AP/OD: \$98	

#### Nature Explorers Camp • 7-10 yrs

A great camp to make new friends and have fun while discovering nature. Expand your knowledge of science, learn about plants and animals, hike two to five miles daily and explore nature sites around our region. Campers need to bring a lunch, two snacks, a bottle of water and a backpack each day.

#### Kid vs. Wild

Join forces with other campers as we take on the wild world. Learn methods of foraging and tracking for wild food and other survival techniques.

Field trips: Oxbow Regional Park; Champoeg State Heritage Park

3/27-3/31	M-F	7:45 am-5:15 pm	7-10 yrs	NP37231
		Tualatin Hills Nature Center	ID/AP: \$209 OD: \$261.25	

#### Camp Green • 10-13 yrs

Campers will explore local natural area destinations while making friends, expanding their science knowledge, hiking 3-5 each day and developing leadership skills. Campers need to bring a lunch, two snacks, a bottle of water and a backpack each day. Campers can be dropped off between 7:45 and 8:30 am and picked up between 4:30 and 5:15 pm at the Tualatin Hills Nature Center. Each day Camp Green will travel to local park destinations.

#### Westward Explorers

Climb aboard our covered wagon as we head west on the Oregon Trail. Can you find your way and live off the land? What will your fate be?

Field trips: Champoeg State Heritage Park; Oregon City

3/27-3/31	M-F	7:45 am-5:15 pm	10-13 yrs	NP37307
		Tualatin Hills Nature Center	ID/AP: \$229 OD: \$286.75	

## Nature Studies - Youth

Dates (Weeks) Location	Day	Time	Ages ID/AP	Class Code OD
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### Day-off Nature Camps

#### Camp Wild Things • 4-6 yrs

Build your child's sense of wonder about nature and invite them to explore wildlife and the world around them. Games, songs, new friends, crafts, and adventure make this a good camp for young children. Campers need to dress for the weather and bring lunch, two snacks, and bottle and a small backpack each day.

#### Where's my Mitten?

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

1/16	M	7:45 am-5:15 pm	4-6 yrs	NP37101
		Tualatin Hills Nature Center	ID/AP: \$53 OD: \$66.25	

#### Little Nature Superheroes

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

2/3	F	7:45 am-5:15 pm	4-6 yrs	NP37102
		Tualatin Hills Nature Center	ID/AP: \$53 OD: \$66.25	

#### Mighty Dinos

Become a dinosaur digger as you learn about fossils, eggs and nests. Explore the park as your favorite dinosaur and take home a fossil of your own.

2/20	M	7:45 am-5:15 pm	4-6 yrs	NP37103
		Tualatin Hills Nature Center	ID/AP: \$53 OD: \$66.25	

#### Birds of Prey

Discover why eagles, hawks and falcons are some of nature's best hunters. Learn about predator-prey relationships and become your favorite bird of prey as you adventure on the trail.

3/10	F	7:45 am-5:15 pm	4-6 yrs	CM37104
		Cooper Mountain Nature Park	ID/AP/OD: \$53	

#### Nature's Transformers

From caterpillar to butterfly, flower to fruit and spring to summer, nature is always changing before our eyes. There's more than meets the eye at Cooper Mountain! Create an animal transformer to take home.

4/28	F	7:45 am-5:15 pm	4-6 yrs	CM47105
		Cooper Mountain Nature Park	ID/AP/OD: \$53	

#### A Camping We Will Go!

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

5/26	F	7:45 am-5:15 pm	4-6 yrs	NP47106
		Tualatin Hills Nature Center	ID/AP: \$53 OD: \$66.25	

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## Nature Studies - Youth

Dates (Weeks) Location	Day	Time	Ages ID/AP	Class Code OD
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### Day-off Nature Camps

#### Nature Explorers Camp • 7-10 yrs

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

##### To Sleep or Not to Sleep

Animals have many clever ways to survive the winter. Hibernation is just one of them. Discover the many ways animals and plants cope with the cold. Search the park for winter residents, create a craft creature, and build a home for it.

1/16	M	7:45 am-5:15 pm	7-10 yrs	NP37221
Tualatin Hills Nature Center ID/AP: \$54 OD: \$67.50				

##### Eco-Science

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

2/3	F	7:45 am-5:15 pm	7-10 yrs	NP37222
Tualatin Hills Nature Center ID/AP: \$54 OD: \$67.50				

##### Fantastic Beasts: Escape in the Nature Park!

Magical beasts have escaped in the Nature Park! Learn tracking skills to help find them all before it's too late!

2/20	M	7:45 am-5:15 pm	7-10 yrs	NP37223
Tualatin Hills Nature Center ID/AP: \$54 OD: \$67.50				

##### Animal Locomotion

From crawling and creeping to flying and leaping, animals know how to get around. Discover why one animal takes to the sky while another tunnels under the soil. What would be your preferred mode of locomotion?

3/2	Th	7:45 am-5:15 pm	7-10 yrs	NP37224A
Tualatin Hills Nature Center ID/AP: \$54 OD: \$67.50				
3/16	Th	7:45 am-5:15 pm	7-10 yrs	NP37224B
Tualatin Hills Nature Center ID/AP: \$54 OD: \$67.50				

##### The Buzz about Flowers

From the flies that pollinate skunk cabbage to the ants helping wild ginger spread, there are lots of small creatures involved in the life cycle of plants. Find out about their amazing adaptations and what we can do to help them thrive.

3/3	F	7:45 am-5:15 pm	7-10 yrs	NP37225A
Tualatin Hills Nature Center ID/AP: \$54 OD: \$67.50				
3/17	F	7:45 am-5:15 pm	7-10 yrs	NP37225B
Tualatin Hills Nature Center ID/AP: \$54 OD: \$67.50				

## Nature Studies - Youth

Dates (Weeks) Location	Day	Time	Ages ID/AP	Class Code OD
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### Day-off Nature Camps

#### Nature Explorers Camp (continued)

##### Whatever the Weather

Whether it's a calm breeze on a warm day or a crazy, cold blizzard, we can't avoid the weather. So, if you can't beat it, join it. Make our own weather conditions by doing hands-on science experiments.

Field trip: MAX train to Washington Park and other locations

3/10	F	7:45 am-5:15 pm	7-10 yrs	NP37226
Tualatin Hills Nature Center ID/AP: \$54 OD: \$67.50				

##### Soil Scouts

What makes the soil? Is it the mushrooms, the worms, or the bacteria? Hike the trails, take a close look at snags and nurse logs and try to solve the mystery.

4/28	F	7:45 am-5:15 pm	7-10 yrs	NP47227
Tualatin Hills Nature Center ID/AP: \$54 OD: \$67.50				

##### Grossology

Slime, fungus, creepy-crawlies, and dead stuff in nature will be explored during this day of all things gross. From now on when people say "Ewww!" you will say "Wow, cool!"

5/26	F	7:45 am-5:15 pm	7-10 yrs	NP47228
Tualatin Hills Nature Center ID/AP: \$54 OD: \$67.50				

##### The Wild Side of Art

Nature, with its array of colors, textures, and beauty, has sparked the creativity of artists for centuries. Share your artistic vision through a variety of media as we observe nature through different lenses.

6/22	Th	7:45 am-5:15 pm	7-10 yrs	NP47229
Tualatin Hills Nature Center ID/AP: \$54 OD: \$67.50				

##### Super Birds

Look! Up in the sky! Birds are more fascinating than Superman. Learn to identify birds by sight and sound. Explore aspects of bird life including feeding, nesting, and survival strategies.

6/23	F	7:45 am-5:15 pm	7-10 yrs	NP47230
Tualatin Hills Nature Center ID/AP: \$54 OD: \$67.50				



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## Nature Studies - Youth

Dates (Weeks) Location	Day	Time	Ages ID/AP	Class Code OD
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### Day-off Nature Camps

#### Camp Green • 10-13 yrs

Campers will explore local natural area destinations while making friends, expanding their science knowledge, hiking 3-5 each day and developing leadership skills. Bring a lunch, two snacks, a bottle of water each day and backpack each day. Campers can be dropped off between 7:45 and 8:30 am and picked up between 4:30 and 5:15 pm at the Tualatin Hills Nature Center. Camp Green day-off camps may be home-based in local parks.

#### Nature's Most Wanted

Save nature from alien invasions! Before we can eliminate invasive species such as ivy, bullfrogs, and zebra mussels, we need to find these aliens' weaknesses. Get your hands dirty by helping on an invasive species removal projects.

1/16	M	7:45 am-5:15 pm	10-13 yrs	NP37301
Tualatin Hills Nature Center ID/AP: \$54 OD: \$67.50				

#### Herp Hunters

Jump into the world of herpetology to look for reptiles and amphibians in our ponds, wetlands and forests of the nature park.

2/3	F	7:45 am-5:15 pm	10-13 yrs	NP37302
Tualatin Hills Nature Center ID/AP: \$54 OD: \$67.50				

#### Herbology

Examine mystical trees, flowers and fungi as we explore native plants. Study herbology and discover how to use the magical property of regional plants.

2/20	M	7:45 am-5:15 pm	10-13 yrs	NP37303
Tualatin Hills Nature Center ID/AP: \$54 OD: \$67.50				

#### Nature's Laboratory

What questions do you have about how nature works? Delve into a science inquiry project to find out the answers.

3/10	F	7:45 am-5:15 pm	10-13 yrs	NP37304
Tualatin Hills Nature Center ID/AP: \$54 OD: \$67.50				

#### Mud Mania

It sticks to your shoes, it dirties your clothes, some don't want it inside. But we love it! Animals use it to build homes, it can move rivers and we can even create art with it. Come to camp ready to get muddy.

4/28	F	7:45 am-5:15 pm	10-13 yrs	NP47305
Tualatin Hills Nature Center ID/AP: \$54 OD: \$67.50				

#### Pirate's Quest

Shiver me timbers! Join a band of swashbuckling pirates that have landed in Beaverton. Head out into the park to follow the treasure map to find nature's bounty!

5/26	F	7:45 am-5:15 pm	10-13 yrs	NP47306
Tualatin Hills Nature Center ID/AP: \$54 OD: \$67.50				

## Nature Studies - Youth

Dates (Weeks) Location	Day	Time	Ages ID/AP	Class Code OD
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### Kids Nature Night Out

No parents allowed. Kids - experience the Nature Park in a way few others ever do. Gather inside, have dinner (pizza and veggies), then head out to explore the park after dark.

#### Forest of Mystery

What happens in the forest when no one is watching? Follow the clues to solve the mystery of the forest.

1/13	F	6-9 pm	6-12 yrs	NP35211
Tualatin Hills Nature Center ID/AP: \$25 OD: \$31.25				

#### Whoo-Hoo, Who Cooks for You?

Have a hoot learning about the owls who live in the park.

1/27	F	6-9 pm	6-12 yrs	NP35212
Tualatin Hills Nature Center ID/AP: \$25 OD: \$31.25				

#### Rocking Out

Explore the hidden world beneath our feet to learn about the amazing formation of the world around, and under, all of us.

2/10	F	6-9 pm	6-12 yrs	CM35213
Cooper Mountain Nature Park ID/AP/OD: \$25				

#### Ewww...mazing!

Explore the slime, creepy-crawlies, and dead stuff we'll find in nature. Ewww...or eww-mazing!?

2/24	F	6-9 pm	6-12 yrs	NP35214
Tualatin Hills Nature Center ID/AP: \$25 OD: \$31.25				

#### Tales from the Wetland

What's so special about these murky waters? Let the plants and animals tell you their story to find out what's going on just beneath the surface.

4/14	F	6-9 pm	6-12 yrs	NP45215
Tualatin Hills Nature Center ID/AP: \$25 OD: \$31.25				

#### Nature's Magic Act

Camouflage can make animals disappear. Search the forest for these camouflaged creatures, after creating camouflage to stay hidden yourself.

5/5	F	6-9 pm	6-12 yrs	NP45216
Tualatin Hills Nature Center ID/AP: \$25 OD: \$31.25				

#### Track it

Follow the footsteps of the unseen animals in the forest. Who was here? What was it doing? Where did it go? Find out by putting your newly acquired tracking skills to the test.

5/19	F	6-9 pm	6-12 yrs	CM45217
Cooper Mountain Nature Park ID/AP/OD: \$25				

#### Wild Harvest

Would you survive in the park with only nature's bounty? Head out into the park to forage for some food to make a special treat.

6/2	F	6-9 pm	6-12 yrs	NP45218
Tualatin Hills Nature Center ID/AP: \$25 OD: \$31.25				

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## Nature Studies - Family

Dates (Weeks) Location	Day	Time	Ages ID/AP	Class Code OD
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### Build a Birdfeeder

Brighten up your yard by learning how to attract birds to your backyard. Learn some basic bird identification techniques and build a wooden birdfeeder. Fee includes one adult and up to two additional family members (child or adult) and supplies for a backyard birdfeeder. **Parent participation required.** (Elaine)

1/21 Tualatin Hills Nature Center	S	1-3 pm	Family ID/AP: \$30 OD: \$34.25	NP35501
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### Dissecting Owl Pellets

Become a nature detective and pull apart a pellet to reconstruct the bones and piece together what the owl has been eating. Fee includes one adult and up to two additional family members (child or adult). **Parent participation required.** (Elaine)

2/18 Tualatin Hills Nature Center	S	1-3 pm	Family ID/AP: \$30 OD: \$34.25	NP35502
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### Beneficial Bees

Learn about the fascinating life cycle of our amazing native pollinators, the Mason bee. Receive the materials you need to start a colony of these non-aggressive bees in your own backyard. Fee includes one adult and up to two additional family members (child or adult) and one tube of dormant bees which will emerge later in the spring. **Parent participation required.** (Elaine)

3/4 Tualatin Hills Nature Center	S	1-2:30 pm	Family ID/AP: \$27 OD: \$31.25	NP35503
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### Animal Tracking

Explore the basics of animal tracks and signs so you can get the most from your time outdoors – in the wilderness, local parks or even your own backyard. Make a tracking bandana with life-size tracks to take with you on your explorations. Fee includes one adult and up to two additional family members (child or adult). **Parent participation required.** (Elaine)

4/1 Tualatin Hills Nature Center	S	1-3 pm	Family ID/AP: \$30 OD: \$31.25	NP45504
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## Nature Studies - Family

Dates (Weeks) Location	Day	Time	Ages ID/AP	Class Code OD
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### Park After Dark

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

### Owl Prowl

Journey into the forest at night to look and listen for courting owls, watch a slideshow, listen to recordings of owl calls and see preserved specimens up close.

1/20 Tualatin Hills Nature Center	F	6-8 pm	6 yrs-adult ID/AP: \$10 OD: \$12.50	NP35505
2/18 Cooper Mountain Nature House	S	6-8 pm	6 yrs-adult ID/AP/OD: \$10	CM35506

### Coyotes

Get up close to nocturnal animals' pelts and skulls and listen to the mysterious sounds of the creatures of the night. Learn about tracks and other animal clues that you can look for in the day that will show you what animals have passed by in the night.

3/11 Tualatin Hills Nature Center	S	7-9 pm	6 yrs-adult ID/AP: \$10 OD: \$12.50	NP35507
4/1 Cooper Mountain Nature House	S	7-9 pm	6 yrs-adult ID/AP/OD: \$10	CM45508

### Sounds of the Night

Explore the park to find out who is out at night, where they are, and what sounds they make. Listen for some of our nocturnal residents including coyotes, owls, bats and bugs.

4/21 Tualatin Hills Nature Center	F	7-9 pm	6 yrs-adult ID/AP: \$10 OD: \$12.50	NP45509
5/13 Cooper Mountain Nature House	S	7-9 pm	6 yrs-adult ID/AP/OD: \$10	CM45510

## Metro Classes

### Bird Language for Beginners

February marks the beginning of a rapid increase in daylight. Experience how the birds react to the expanding daylight by ramping up their vocal activity and learn how to recognize many of their distinct songs and alarm patterns. Expect an indoor intro to bird language followed by a bird walk in the park.

2/25 Cooper Mountain Nature House	S	9:30 am-Noon	8 yrs-adult ID/AP/OD: \$10	CM45523
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### Naturalist in the Park

Join a naturalist for a leisurely stroll through the white oak woodlands of Cooper Mountain and gain a deeper knowledge of this neighborhood park. Walk begins promptly at 10 a.m. from the Nature House. Bring your own binoculars if you'd like.

4/22 Cooper Mountain Nature House	S	10 am	All Ages Free	
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## Nature Studies - Adult

Dates (Weeks) Location	Day	Time	Ages ID/AP	Class Code OD
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### Hoots 'n' Hops

This is the perfect time of the year to step into the forest to listen for sounds of courting owls. Three species of owls have been known to breed in the Nature Park and more are found locally throughout Beaverton. Join other owl enthusiasts for a beer, enjoy a talk and presentation about our local owls, and then head out into the park to listen and look for our resident owls.

1/28 Tualatin Hills Nature Center	S	7-9 pm	21+ ID/AP: \$21 OD: \$26.25	NP35520
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### Bees and Brews

Our native pollinators are amazing. Mason bees are non-aggressive and fun to observe. Learn about their fascinating life cycle, enjoy a beer and receive the materials you need to start a colony in your own backyard. The fee includes a round of beer and one tube of dormant bees which will emerge later in the spring.

2/17 Tualatin Hills Nature Center	F	7-8:30 pm	21+ ID/AP: \$18 OD: \$22.50	NP35521
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### Winter Waterfowl – Field Class

Winter waterfowl flock to our wetlands for our mild winters. Join Elaine Murphy for an introduction to waterfowl identification and a field exploration of Koll Center Wetlands.

2/25 Koll Center Wetlands Meet at the Fanno Farm House	Sa	10 am-noon	16 yrs-Adult ID/AP: \$11 OD: \$13.75	NP35522
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### Wildflowers and Wine

Explore the wildflowers and native plants of Cooper Mountain Nature Park. Discuss habitat management techniques and join us for a glass of wine as you mingle with the class and enjoy the views from atop the mountain. Hike down to the big Prairie to search out native wildflowers such as the White rock larkspur and the Henderson's shooting star.

5/6 Cooper Mountain Nature House	S	4-6 pm	21+ ID/AP/OD: \$21	CM45523
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## Drop-in Fitness/Yoga

Deluxe Passes and drop-ins are allowed for yoga classes that are not full. See page 6 for more information on passes. Register to confirm your spot for yoga classes.

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

## Fitness - Teen/Adult

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

Learn how to stretch deeply and completely with simple movements combined with conscious breathing. Increase your strength and flexibility and bring about a more relaxed state of being. Each instructor brings their own individual focus to their class. Please see class descriptions on www.thprd.org for more details. No class 5/29.

### Winter Term:

1/9-3/20 (11) Tualatin Hills Nature Center (Tristiane)	M	5:30-6:45 pm	16 yrs-adult ID/AP: \$88 OD: \$110	NP32501
1/9-3/20 (11) Tualatin Hills Nature Center (Tristiane)	M	7-8:15 pm	16 yrs-adult ID/AP: \$88 OD: \$110	NP32502
1/3-3/21 (12) Tualatin Hills Nature Center (Jean)	T	5:30-6:45 pm	16 yrs-adult ID/AP: \$96 OD: \$120	NP32503
1/3-3/21 (12) Tualatin Hills Nature Center (Jean)	T	7-8:15 pm	16 yrs-adult ID/AP: \$96 OD: \$120	NP32504
1/4-3/22 (12) Tualatin Hills Nature Center (Jean)	W	9:00-10:15 am	16 yrs-adult ID/AP: \$96 OD: \$120	NP32505
1/5-3/23 (12) Tualatin Hills Nature Center (Kendra)	Th	6:15-7:30 pm	16 yrs-adult ID/AP: \$96 OD: \$120	NP32508

### Spring Term:

4/3-6/12 (10) Tualatin Hills Nature Center (Tristiane)	M	5:30-6:45 pm	16 yrs-adult ID/AP: \$80 OD: \$100	NP42501
4/3-6/12 (10) Tualatin Hills Nature Center (Tristiane)	M	7-8:15 pm	16 yrs-adult ID/AP: \$80 OD: \$100	NP42502
4/4-6/13 (11) Tualatin Hills Nature Center (Jean)	T	5:30-6:45 pm	16 yrs-adult ID/AP: \$88 OD: \$110	NP42503
4/4-6/13 (11) Tualatin Hills Nature Center (Jean)	T	7-8:15 pm	16 yrs-adult ID/AP: \$88 OD: \$110	NP42504
4/5-6/14 (11) Tualatin Hills Nature Center (Jean)	W	9:00-10:15 am	16 yrs-adult ID/AP: \$88 OD: \$110	NP32505
4/6-6/15 (11) Tualatin Hills Nature Center (Kendra)	Th	6:15-7:30 pm	16 yrs-adult ID/AP: \$88 OD: \$110	NP42508

### Tai Chi, Basic 24 Gesture

The Basic 24 Gesture Tai Chi is aimed at the beginner and uses representative moves from the Yang style, containing the important and traditional characteristics and features of traditional forms. The short form enables beginners, older and younger, to appreciate the essential principals of tai chi of effortless movement, relaxation and mindful awareness. (Jim)

1/4-3/15 (11) Tualatin Hills Nature Center	W	6-7:15 pm	16 yrs-adult ID/AP: \$88 OD: \$110	NP32506
4/6-6/7 (10) Tualatin Hills Nature Center	W	6-7:15 pm	16 yrs-adult ID/AP: \$80 OD: \$100	NP42506

### QiGong: Mindful Movement and Meditation

Basic mindfulness practice based on Insight Meditation techniques provides methods for reducing stress, deepening compassion and building a more stable peace of mind. Mindful movement and regular meditation practice reinforces healthy patterns of well-being and clear thinking that can change our brains for the better. Each class includes tips for adapting mindfulness awareness in everyday living. Appropriate for beginning and returning students. (Jim)

1/4-3/15 (11) Tualatin Hills Nature Center	W	7:30-8:45 pm	16 yrs-adult ID/AP: \$88 OD: \$110	NP32507
4/5-6/7 (10) Tualatin Hills Nature Center	W	7:30-8:45 pm	16 yrs-adult ID/AP: \$80 OD: \$100	NP42507

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## Outdoor Recreation - Youth/Adult

Dates (Weeks) Location	Day	Time	Ages ID/AP	Class Code OD
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### Cross Country Ski Lesson and Tour

This class will introduce you to basic cross country ski techniques with two hours of instruction focusing on techniques for flat terrain and small hills, and then we go on a nice tour to enjoy this crystal paradise. We will take advantage of Mt. Hood's weather patterns and either ski on the west side or east depending on the best conditions. Guides will be with you at all times to ensure your safety and satisfaction. Fee includes transportation and instructor/guide, and a stop will be made en route to rent ski equipment, cost not included, usually under \$15. (NW Discoveries)

1/21	Sa	8 am-5:30 pm	11 yrs-adult	NP36501
Meet at Sunset Transit Center garage, Beaverton, OR for transport to Mt. Hood, OR				
			ID/AP: \$76	OD: \$82.25

### Snowshoe Lesson and Tour, Beginning/Intermediate

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

1/22	Su	8am-5:30 pm	11 yrs-adult	NP36502
Meet at Sunset Transit Center, Beaverton, OR for transport to Mt. Hood, OR				
			ID/AP: \$83	OD: \$89.25
2/11	Sa	8am-5:30 pm	11 yrs-adult	NP36503
Meet at Sunset Transit Center, Beaverton, OR for transport to Mt. Hood, OR				
			ID/AP: \$83	OD: \$89.25



## Outdoor Recreation Guidelines

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

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

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

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

## Outdoor Recreation - Youth/Adult

Dates (Weeks) Location	Day	Time	Ages ID/AP	Class Code OD
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### Touring Kayak Lesson, beginning

Learn how to use touring kayaks. The first half of the lesson will include a discussion on kayak equipment, steering strokes, paddling in a straight line, bracing, and rescues. The second half will be a tour on a local waterway to practice and become proficient in your new skills. Cost includes kayak, equipment, and guide. (NW Discoveries)

4/15	S	2:30-5:30 pm	11 yrs-adult	NP46504
Meet at Willamette Park, Portland, OR				
			ID/AP: \$45	OD: \$48.75

### Touring Kayak Long Tour and Lesson

Explore our local waterways at a leisurely pace in touring kayaks. These stable and responsive kayaks will allow you to quickly become proficient paddlers. Both solo and double kayaks are available. We provide a brief introduction/lesson to kayaking, so even the first timer will be ready for the tour. Cost includes kayak, equipment, and guide. (NW Discoveries)

4/15	S	8:30 am-1:30 pm	11 yrs-adult	NP46505
Meet at Sauvie Island, Portland, OR				
			ID/AP: \$64	OD: \$68.50

4/22	S	8:15 am-6 pm	11 yrs-adult	NP46506
Meet at Sunset Transit Center, Beaverton, OR ID/AP: \$90 OD: \$96.25 for transport to Nehalem Bay				

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