

Tualatin Hills Athletic Center



TUALATIN HILLS
PARK & RECREATION DISTRICT

HMT Recreation Complex
15707 SW Walker Road
Beaverton, 97006
503-629-6330

TriMet Bus Routes #59, #67

Facility Supervisor: Brian Yourstone

Winter Term: Jan. 1-Mar. 31, 2019

Spring Term: Apr. 1-June 16, 2019

Center Hours:

Monday-Friday 6 am-10 pm
Saturday 8 am-10 pm
Sunday 10 am-10 pm

Facility Closed: 4/21, 5/27

Athletic Center Features:

- Indoor Track
- Indoor Courts
- Outdoor Fields

Inclusion Services

THPRD promotes the power of choice to enhance the quality of life for individuals of all abilities. We do this by providing diverse, accessible recreation in an environment that promotes dignity, success and fun. Through inclusion services, the district may provide reasonable staff support for those who prefer other THPRD programs and/or activities.

To request inclusion services, please call 503-629-6330 or email inclusion@thprd.org.

Facility Rentals

Athletic Center courts are available for rental on a limited basis. For details, please call Kyle Kotchik at 503-629-6330.



thprdAthletics

Mighty Movers

This Wednesday night recreational program is for kids (ages 6-13 yrs) experiencing developmental disabilities. The sessions will vary between artistic expression opportunities and heart pumping exercise. The semester schedule for this drop-in program can be located on our website www.thprd.org under adaptive recreation.

Cost: \$5.25 **Location:** Tualatin Hills Athletic Center

For more information or to sign up for our email list, please call 503-629-6330. A THPRD Therapeutic Recreation Medical/Emergency Information form is required for all participants. Those who require 1:1 support must have an aide that stays on site for the duration of the activity or event.

PCC Spring Classes

Pee Wee Soccer

4/2-6/11	T	4-4:45 pm	3-6 yrs	PCC42101
PCC Rock Creek		ID/AP: \$77	OD: \$96.25	
4/4-6/13	Th	4-4:45 pm	3-6 yrs	PCC42102
PCC Rock Creek		ID/AP: \$77	OD: \$96.25	

Soccer Starz

4/2-6/11	T	5-5:45 pm	6-9 yrs	PCC42201
PCC Rock Creek		ID/AP: \$77	OD: \$96.25	
4/4-6/13	Th	5-5:45 pm	6-9 yrs	PCC42202
PCC Rock Creek		ID/AP: \$77	OD: \$96.25	

Sportz Center

4/2-6/11	T	6:25-7:10 pm	3-6 yrs	PCC42103
PCC Rock Creek		ID/AP: \$77	OD: \$96.25	
4/4-6/13	Th	6:25-7:10 pm	3-6 yrs	PCC42104
PCC Rock Creek		ID/AP: \$77	OD: \$96.25	

Stroller Fitness Program

Join Portland's premier stroller fitness program for moms and moms-to-be.

Baby Boot Camp is designed specifically to help moms get fit. Classes combine strength-training exercises with cardiovascular drills. Pilates, yoga and abdominal exercises help improve core strength. The stroller and resistance tubes are used as an integral part of the workout. All classes are taught by nationally certified personal trainers and group exercise instructors with pre/postnatal backgrounds to ensure that classes are safe, meet your goals, and are fun and challenging.



For more information and pricing, call Kim Colvin at 509-438-8232 or email kim.colvin@babybootcamp.com or check the website at www.babybootcamp.com.

Drop-in Sports

Badminton, basketball, table tennis, volleyball, pickleball

Due to heavy demands on gym space, the drop-in schedule varies by week. Schedules are available on the website, or call the Athletic Center.

Photo ID required.

Indoor Walking/Jogging Track (1/6 mile)

- Monday-Friday: 6 am-10 pm
- Saturday: 8 am-10 pm
- Sunday: 10 am-10 pm



Drop-in Sports Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Basketball	11:30 am-2:30 pm Adult	11:30 am-2:30 pm Adult	11:30 am-2:30 pm Adult	11:30 am-2:30 pm Adult	11:30 am-2:30 pm Adult	Call for times	Call for times
	2:30-5 pm Family/Teen	2:30-5 pm Family/Teen	2:30-5 pm Family/Teen	2:30-5 pm Family/Teen	2:30-5 pm Family/Teen	Call for times	Call for times
					7-9:45 pm Teen	7-9:45 pm Adult	7-9:45 pm Adult
Badminton	6-8:30 am	6-9 am	6-9 am	6-9 am	6-9 am	Call for times Adult	Call for times Adult
Pickleball	8 am-12:30 pm	8 am-12:30 pm	8 am-12:30 pm	8 am-12:30 pm	8 am-12:30 pm	Call for times Adult	Call for times Adult
Volleyball						7-9:45 pm 16+	7-9:45 pm Adult
Table Tennis						Call for times	

All times and days subject to change weekly.

See page 5 for shower and dressing room information.

Thursday Night All-stars

This is a recreation and socialization program for teens and adults (ages 13+) with developmental disabilities to play pickup games of basketball.

When: Thursdays, 6:15-7:45 pm (times subject to change)
Cost: \$5.25 each time or 5-punch passes available for \$26.25

Location: THPRD Athletic Center - 15707 SW Walker Road, Beaverton (some Thursdays not available)
Participation is on a drop-in basis and requires the following:

- ◆ Completed medical/emergency information form
- ◆ Sign up before attending if you are a new participant

◆ Those requiring 1:1 assistance must bring an aide who is required to stay for the entire duration of the activity at the Athletic Center.

For more information, call Inclusion Services, 503-629-6330 or email inclusion@thprd.org

We are so much more than just recreation! THPRD classes teach many skills, including self-confidence, cooperation, motivation, active listening, discipline, team-building, effective communication, problem-solving and decision making. Empowerment, ability and positive attitude are celebrated.

Arts & Crafts - Preschool/Youth

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
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Messy Little Fingers

Let your child get messy as they express themselves through art. The projects develop sensory-motor skills, hand-eye coordination and social skills. We introduce shapes and colors. Parent participation required to assist the children with the art projects.

Winter Term:

1/8-3/19 (11) Rm 101	T	9:15-10 am ID/AP: \$89	1-3 yrs OD: \$111.25	AC34101
1/8-3/19 (11) Rm 101	T	10:15-11 am ID/AP: \$89	1-3 yrs OD: \$111.25	AC34102
1/10-3/21 (11) Rm 101	Th	9:15-10 am ID/AP: \$89	1-3 yrs OD: \$111.25	AC34103
1/10-3/21 (11) Rm 101	Th	10:15-11 am ID/AP: \$89	2-4 yrs OD: \$111.25	AC34104

Spring Term:

4/2-6/11 (11) Rm 101	T	9:15-10 am ID/AP: \$89	1-3 yrs OD: \$111.25	AC44101
4/2-6/11 (11) Rm 101	T	10:15-11 am ID/AP: \$89	1-3 yrs OD: \$111.25	AC44102
4/4-6/13 (11) Rm 101	Th	9:15-10 am ID/AP: \$89	1-3 yrs OD: \$111.25	AC44103
4/4-6/13 (11) Rm 101	Th	10:15-11 am ID/AP: \$89	2-4 yrs OD: \$111.25	AC44104

Crazy Creations

Come experience the joys of arts and crafts as we explore the many ways we express ourselves through drawing, painting, mixed media and more.

Winter Term:

1/8-3/19 (11) Rm 101	T	5:15-6 pm ID/AP: \$89	5-8 yrs OD: \$111.25	AC34105
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Spring Term:

4/2-6/11 (11) Rm 101	T	5:15-6 pm ID/AP: \$89	5-8 yrs OD: \$111.25	AC44105
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Dynamic Drawing

This class is a very creative and fun way to create beautiful art by just using simple shapes and repeated patterns. It helps express their imagination in a very artistic way. Students will learn in a step-by-step process, gradually creating an intricate design. No prior experience is needed.

Winter Term:

1/8-3/19 (11) Rm 101	T	6:15-7 pm ID/AP: \$89	7-10 yrs OD: \$111.25	AC34109
1/8-3/19 (11) Rm 101	T	7:30-8:15 pm ID/AP: \$89	9-13 yrs OD: \$111.25	AC34110
1/10-3/21 (11) Rm 101	Th	6:15-7 pm ID/AP: \$89	7-10 yrs OD: \$111.25	AC34111
1/10-3/21 (11) Rm 101	Th	7:30-8:15 pm ID/AP: \$89	9-13 yrs OD: \$111.25	AC34112

Arts & Crafts - Preschool/Youth

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
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Dynamic Drawing (continued)

Spring Term:

4/2-6/11 (11) Rm 101	T	6:15-7 pm ID/AP: \$89	7-10 yrs OD: \$111.25	AC44109
4/2-6/11 (11) Rm 101	T	7:30-8:15 pm ID/AP: \$89	9-13 yrs OD: \$111.25	AC44110
4/4-6/13 (11) Rm 101	Th	6:15-7 pm ID/AP: \$89	7-10 yrs OD: \$111.25	AC44111
4/4-6/13 (11) Rm 101	Th	7:30-8:15 pm ID/AP: \$89	9-13 yrs OD: \$111.25	AC44112

Engaging Art

Hands-on, tactile art exploration will encourage your child's creativity. Your child can stretch his or her imagination through open-ended projects, while working with a variety of art media.

Winter Term:

1/9-3/20 (11) Rm 101	W	12:30-1:20 pm ID/AP: \$97	3-6 yrs OD: \$121.25	AC35105
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Spring Term:

4/3-6/12 (11) Rm 101	W	12:30-1:20 pm ID/AP: \$97	3-6 yrs OD: \$121.25	AC45105
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General Interest - Preschool/Youth

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
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Bright Minds - Preschool Prep

Give your preschooler a head start. This class introduces letters, numbers, weather and seasons and helps develop fine motor skills with art projects. Fun songs and games are included.

Winter Term:

1/9-3/20 (11) Rm 101	W	11:30 am-12:20 pm ID/AP: \$97	3-6 yrs OD: \$121.25	AC35117
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Spring Term:

4/3-6/12 (11) Rm 101	W	11:30 am-12:20 pm ID/AP: \$97	3-6 yrs OD: \$121.25	AC45117
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Fun with Communication

"Fun with Communicating" will provide team building activities that encourage children to effectively utilize their speech and language skills. No class 1/21, 2/18, 5/27.

Winter Term:

1/7-3/18 (9) Rm 101	M	12:30-1:20 pm ID/AP: \$79	3-6 yrs OD: \$98.75	AC35115
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Spring Term:

4/1-6/10 (10) Rm 101	M	12:30-1:20 pm ID/AP: \$88	3-6 yrs OD: \$110	AC45115
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Fees: ID/AP = User is in-district or has paid an out-of-district assessment, OD = Out-of-district (no assessment paid)

General Interest - Preschool/Youth

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
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Tots in Tow

Parent and child will have fun together learning creative movement activities, including musical games, parachute games and more in a playful environment! Your child will learn better balance, coordination and flexibility while gaining confidence. **Parent participation required.** No class 1/21, 2/18, 5/27.

Winter Term:

1/7-3/18 (9) Ct 1	M	9:30-10 am ID/AP: \$46	1-2 yrs OD: \$57.50	AC33117
1/10-3/21 (11) Ct 1	Th	10:15-10:45 am ID/AP: \$56	1-3 yrs OD: \$70	AC33118

Spring Term:

4/1-6/10 (10) Ct 1	M	9:30-10 am ID/AP: \$51	1-2 yrs OD: \$63.75	AC43117
4/4-6/13 (11) Ct 1	Th	10:15-10:45 am ID/AP: \$56	1-3 yrs OD: \$70	AC43118

Learning Letters, Sounds & Math Through Music and Games, Level 1

Get your child ready for success in kindergarten. This course encourages children to learn to read and understand basic math concepts through music, hands-on activities and games. Teacher provides at-home course material as well. No class 1/21, 2/18, 5/27.

Winter Term:

1/7-3/18 (9) Rm 101	M	10:10-11 am ID/AP: \$79	3-6 yrs OD: \$98.75	AC35101
1/7-3/18 (9) Rm 101	M	11:30 am-12:20 pm ID/AP: \$79	3-6 yrs OD: \$98.75	AC35102

Spring Term:

4/1-6/10 (10) Rm 101	M	10:10-11 am ID/AP: \$88	3-6 yrs OD: \$110	AC45101
4/1-6/10 (10) Rm 101	M	11:30 am-12:20 pm ID/AP: \$88	3-6 yrs OD: \$110	AC45102

Learning Letters, Sounds & Math Through Music and Games, Level 2

Continue to empower your child with more advanced math, reading and life skills! In reading, we will emphasize more on reading comprehension and in math, we will explore problem-solving skills using sequencing, measuring, organizing and computing. Completion of one session of level one required.

Winter Term:

1/9-3/20 (11) Rm 101	W	10:10-11 am ID/AP: \$97	3-6 yrs OD: \$121.25	AC35107
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Spring Term:

4/3-6/12 (11) Rm 101	W	10:10-11 am ID/AP: \$97	3-6 yrs OD: \$121.25	AC45107
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General Interest - Preschool/Youth

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
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Mini Movin' with Music

This class blends music, movement and games. Each week will have a different theme to spark imagination through movement while focusing on listening, taking turns and building confidence. **Parent participation required.** No class 1/21, 2/18, 5/27.

Winter Term:

1/7-3/18 (9) Ct 1	M	10:15-10:45 am ID/AP: \$53	2-4 yrs OD: \$66.25	AC35119
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Spring Term:

4/1-6/10 (10) Ct 1	M	10:15-10:45 am ID/AP: \$51	2-4 yrs OD: \$63.75	AC45119
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Munchkin Music & More

Sing, dance and have fun while music gently leads your child to discover movement. Help develop strength, coordination and balance in this class. **Parent participation required.**

Winter Term:

1/8-3/19 (11) Ct 1	T	11-11:30 am ID/AP: \$56	2-4 yrs OD: \$70	AC32109
1/9-3/20 (11) Ct 1	W	9:30-10 am ID/AP: \$56	2-4 yrs OD: \$70	AC32110
1/10-3/21 (11) Ct 1	Th	11-11:30 am ID/AP: \$56	2-4 yrs OD: \$70	AC32111

Spring Term:

4/2-6/11 (11) Ct 1	T	11-11:30 am ID/AP: \$56	2-4 yrs OD: \$70	AC42109
4/3-6/12 (11) Ct 1	W	9:30-10 am ID/AP: \$56	2-4 yrs OD: \$70	AC42110
4/4-6/13 (11) Ct 1	Th	11-11:45 am ID/AP: \$56	2-4 yrs OD: \$70	AC42111

Munchkin Sportz Center

A fun way to introduce your child to a variety of sports, instructor will assist you in the fundamentals of each sport as you play with your child. **Parent participation required.** No class 1/21, 2/18, 5/27.

Winter Term:

1/7-3/18 (9) Ct 2	M	11:15-11:45 am ID/AP: \$46	2-3 yrs OD: \$57.50	AC32189
1/8-3/19 (11) Ct 2	T	11:15-11:45 am ID/AP: \$56	2-3 yrs OD: \$70	AC32190
1/8-3/19 (11) Ct 3	T	2:35-3:05 pm ID/AP: \$56	2-3 yrs OD: \$70	AC32191
1/9-3/20 (11) Ct 1	W	10:15-10:45 am ID/AP: \$56	2-3 yrs OD: \$70	AC32192
1/10-3/21 (11) Ct 2	Th	11:15-11:45 am ID/AP: \$56	2-3 yrs OD: \$70	AC32193

Spring Term:

4/1-6/10 (10) Ct 2	M	11:15-11:45 am ID/AP: \$51	2-3 yrs OD: \$63.75	AC42189
4/2-6/11 (11) Ct 2	T	11:15-11:45 am ID/AP: \$56	2-3 yrs OD: \$70	AC42190
4/2-6/11 (11) Ct 3	T	2:35-3:05 pm ID/AP: \$56	2-3 yrs OD: \$70	AC42191
4/3-6/12 (11) Ct 1	W	10:15-10:45 am ID/AP: \$56	2-3 yrs OD: \$70	AC42192
4/4-6/13 (11) Ct 2	Th	11:15-11:45 am ID/AP: \$56	2-3 yrs OD: \$70	AC42193

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/Youth

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
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Music, Rhythm, & Hip-hop

A variety of music will be used to make it easy and fun to follow along with the rhythm of a song. Your child will improve their confidence and self-esteem as they move to the rhythm and beat

Winter Term:

1/8-3/19 (11) T 1:15-1:45 pm 3-6 yrs AC32107
Ct 1 ID/AP: \$56 OD: \$70

Spring Term:

4/2-6/11 (11) T 1:15-1:45 pm 3-6 yrs AC42107
Ct 1 ID/AP: \$56 OD: \$70

Tiny Tumblers

Group stretches and music time filled with fun and stimulation prepare us for the experience of tumbling through, over and around a variety of shapes. Play environment encourages development of balance and coordination with parental guidance. Suitable for pre-walkers and walkers. **Parent participation required.**

Winter Term:

1/8-3/19 (11) T 9:30-10 am 10 mths-1 yrs AC35129
Ct 1 ID/AP: \$56 OD: \$70

1/11-3/22 (11) F 10:15-10:45 am 10 mths-1 yrs AC35130
Ct 1 ID/AP: \$56 OD: \$70

Spring Term:

4/2-6/11 (11) T 9:30-10 am 10 mths-1 yrs AC45129
Ct 1 ID/AP: \$56 OD: \$70

4/5-6/14 (11) F 10:15-10:45 am 10 mths-1 yrs AC45130
Ct 1 ID/AP: \$56 OD: \$70

Tiny Jumpers

With the use of trampolines, music and games, your tiny tot can work on large motor skills through jumping, balancing and tumbling. By building strength, balance and coordination, you will see your child's self-esteem and confidence grow. **Parent participation required.**

Winter Term:

1/8-3/19 (11) T 10:15-10:45 am 1-3 yrs AC35121
Ct 1 ID/AP: \$56 OD: \$70


1/11-3/22 (11) F 9:30-10 am 1-3 yrs AC35122
Ct 1 ID/AP: \$56 OD: \$70

Spring Term:

4/2-6/11 (11) T 10:15-10:45 am 1-3 yrs AC45121
Ct 1 ID/AP: \$56 OD: \$70

4/5-6/14 (11) F 9:30-10 am 1-3 yrs AC45122
Ct 1 ID/AP: \$56 OD: \$70

THPRD Inclusive Classes

When you see this icon  by a class, it means the class is inclusive, designed for participants with or without disabilities.

Sports & Fitness - Preschool

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

Sports Madness Camp

Sports Madness Camp serves as an introduction to sports for children wanting to learn a variety of sports. The camp environment and curriculum are based on sports instruction and fun in hopes to plant the seeds for a lifetime of sports passion, appreciation and, above all, participation. Camp activities will begin at 9:00a.

3/25-3/29 (1) M-F 8 am-5 pm 5-14 yrs AC37201
Ct 1 ID/AP: \$288 OD: \$360

Volleyball Camp

Volleyball Camp is an exciting and fun time for young athletes to compete and train in the sport they all love. Skill mastery, enthusiasm, intensity and life skills training make this camp a perfect fit for those who love the sport of volleyball.

3/25-3/28 (1) M-Th 5:30-8:30 pm 5-15 yrs AC37202
Ct 1 ID/AP: \$103 OD: \$128.75

Sports & Fitness - Preschool

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
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Adaptive Sportz Center



A sports-based program designed for children with special needs and disabilities that provides the basics for participation in sports. Kids play to their own level while developing important socialization skills and learning about peer unity through team play. No class 5/25.

Spring Term:

4/6-6/1 (8) S 9-10a m 3-8 yrs AC42701
Ct 1 ID/AP: \$70 OD: \$87.50

Diamond Dreams

Get ready for t-ball by learning basic skills: throwing, catching, hitting off a tee, base running and more in a fun environment. Your child will learn to love the sport along with learning sportsmanship, cooperation, self-confidence and more. Glove optional. No class 1/21, 2/18, 5/27.

Winter Term:

1/7-3/18 (9) M 1-1:45 pm 3-6 yrs AC32101
Ct 2 ID/AP: \$63 OD: \$78.75

1/11-3/22 (11) F 9-9:45 am 3-6 yrs AC32102
Ct 2 ID/AP: \$77 OD: \$96.25

Spring Term:

4/1-6/10 (10) M 1-1:45 pm 3-6 yrs AC42101
Ct 2 ID/AP: \$70 OD: \$87.50

4/5-6/14 (11) F 9-9:45 am 3-6 yrs AC42102
Ct 2 ID/AP: \$77 OD: \$96.25

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

Sports & Fitness - Preschool

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
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Fitness Fun for Girls

This fitness class for girls will introduce basketball, baseball, soccer, track, tumbling and more while mixed with team-building activities and fitness music. They will learn a variety of ways to stay active, while building confidence, character and body strength.

Spring Term:

4/4-6/13 (11) Ct 1	Th	1:15-1:45 pm ID/AP: \$41	3-6 yrs OD: \$51.25	AC42199
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Pee Wee Cheerleading

Your child will enjoy learning how to do cheers, dance, jump and use pom poms. This class will help your child express him/herself by cheering on family members at games! Cheering instills confidence and encourages involvement.

Winter Term:

1/9-2/27 (8) Ct 1	Th	1:15-1:45 pm ID/AP: \$41	3-6 yrs OD: \$51.25	AC32199
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Pee Wee Football

This class is focused on having fun while learning. Your child will learn the basic football skills, teamwork, and cooperation and will build confidence, simplified for younger children. Class is non-contact and held indoors. No class 5/27.

Winter Term:

1/8-3/19 (11) Ct 2	T	Noon-12:45 pm ID/AP: \$77	3-6 yrs OD: \$96.25	AC32177
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Spring Term:

4/1-6/10 (10) Ct 2	M	3:40-4:25 pm ID/AP: \$70	3-6 yrs OD: \$87.50	AC42177
4/2-6/11 (11) Ct 2	T	Noon-12:45 pm ID/AP: \$77	3-6 yrs OD: \$96.25	AC42178

Pee Wee Indoor Hockey

Your child will learn the basics of indoor hockey. Stops, starts, turns, crossovers, stick handling, passing and shooting will all be covered in this class.

Winter Term:

1/8-3/19 (11) Ct 3	T	3:40-4:25 pm ID/AP: \$77	3-6 yrs OD: \$96.25	AC32181
1/10-3/21 (11) Ct 2	Th	1-1:45 pm ID/AP: \$77	3-6 yrs OD: \$96.25	AC32182
1/10-3/21 (11) Ct 4	Th	4:30-5:15 pm ID/AP: \$77	3-6 yrs OD: \$96.25	AC32183

Spring Term:

4/2-6/11 (11) Ct 3	T	3:40-4:25 pm ID/AP: \$77	3-6 yrs OD: \$96.25	AC42181
4/3-6/12 (11) Ct 2	W	10-10:45 am ID/AP: \$77	3-6 yrs OD: \$96.25	AC42182
4/4-6/13 (11) Ct 2	Th	1-1:45 pm ID/AP: \$77	3-6 yrs OD: \$96.25	AC42183
4/4-6/13 (11) Ct 4	Th	4:30-5:15 pm ID/AP: \$77	3-6 yrs OD: \$96.25	AC42184

Sports & Fitness - Preschool

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

Start your child off learning the basics of basketball and building their confidence in a fun environment. Learn to catch, pass, dribble and shoot a basketball. Emphasizes positive attitude, fair play and fun. No class 1/21, 2/18, 5/27.

Winter Term:

1/7-3/18 (9) Ct 2	M	10-10:45 am ID/AP: \$63	3-6 yrs OD: \$78.75	AC32119
1/7-3/18 (9) Ct 2	M	4:30-5:15 pm ID/AP: \$63	3-6 yrs OD: \$78.75	AC32120
1/8-3/19 (11) Ct 2	T	9-9:45 am ID/AP: \$77	3-6 yrs OD: \$96.25	AC32121
1/8-3/19 (11) Ct 2	T	1-1:45 pm ID/AP: \$77	3-6 yrs OD: \$96.25	AC32122
1/9-3/20 (11) Ct 2	W	9-9:45 am ID/AP: \$77	3-6 yrs OD: \$96.25	AC32123
1/10-3/21 (11) Ct 2	Th	10-10:45 am ID/AP: \$77	3-6 yrs OD: \$96.25	AC32124
1/10-3/21 (11) Ct 2	Th	3:40-4:25 pm ID/AP: \$77	3-6 yrs OD: \$96.25	AC32125
1/11-3/22 (11) Ct 2	F	10-10:45 am ID/AP: \$77	3-6 yrs OD: \$96.25	AC32126
1/11-3/22 (11) Ct 4	F	5:05-5:50 pm ID/AP: \$77	3-6 yrs OD: \$96.25	AC32127

Spring Term:

4/1-6/10 (10) Ct 2	M	10-10:45 am ID/AP: \$70	3-6 yrs OD: \$87.50	AC42119
4/1-6/10 (10) Ct 1	M	3:40-4:25 pm ID/AP: \$70	3-6 yrs OD: \$87.50	AC42120
4/1-6/10 (10) Ct 1	M	4:30-5:15 pm ID/AP: \$70	3-6 yrs OD: \$87.50	AC42121
4/1-6/10 (10) Ct 1	M	5:40-6:25 pm ID/AP: \$70	3-6 yrs OD: \$87.50	AC42122
4/2-6/11 (11) Ct 2	T	9-9:45 am ID/AP: \$77	3-6 yrs OD: \$96.25	AC42123
4/2-6/11 (11) Ct 2	T	1-1:45 pm ID/AP: \$77	3-6 yrs OD: \$96.25	AC42124
4/2-6/11 (11) Ct 2	T	5:55-6:40 pm ID/AP: \$77	3-6 yrs OD: \$96.25	AC42125
4/3-6/12 (11) Ct 2	W	9-9:45 am ID/AP: \$77	3-6 yrs OD: \$96.25	AC42126
4/4-6/13 (11) Ct 2	Th	10-10:45 am ID/AP: \$77	3-6 yrs OD: \$96.25	AC42127
4/4-6/13 (11) Ct 2	Th	3:40-4:25 pm ID/AP: \$77	3-6 yrs OD: \$96.25	AC42128
4/5-6/14 (11) Ct 2	F	10-10:45 am ID/AP: \$77	3-6 yrs OD: \$96.25	AC42129
4/5-6/14 (11) Ct 4	F	5:05-5:50 pm ID/AP: \$77	3-6 yrs OD: \$96.25	AC42130



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

Sports & Fitness - Preschool

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Pee Wee Soccer				
Dribbling, trapping and passing are included in this indoor class. Your child will have fun, learn teamwork and cooperation, and build up confidence. Shin guards and gym shoes recommended. No class 1/21, 2/18, 5/27.				
Winter Term:				
1/7-3/18 (9) Ct 2	M	9-9:45 am ID/AP: \$63	3-6 yrs OD: \$78.75	AC32147
1/7-3/18 (9) Ct 2	M	Noon-12:45 pm ID/AP: \$63	3-6 yrs OD: \$78.75	AC32148
1/7-3/18 (9) Ct 1	M	3:30-4:15 pm ID/AP: \$63	3-6 yrs OD: \$78.75	AC32149
1/8-3/19 (11) Ct 2	T	10-10:45 am ID/AP: \$77	3-6 yrs OD: \$96.25	AC32150
1/8-3/19 (11) Ct 1	T	3:40-4:25 pm ID/AP: \$77	3-6 yrs OD: \$96.25	AC32151
1/8-3/19 (11) Ct 1	T	4:30-5:15 pm ID/AP: \$77	3-6 yrs OD: \$96.25	AC32152
1/9-3/20 (11) Ct 2	W	11:10-11:55 am ID/AP: \$77	3-6 yrs OD: \$96.25	AC32153
1/9-3/20 (11) Ct 1	W	4:30-5:15 pm ID/AP: \$77	3-6 yrs OD: \$96.25	AC32154
1/10-3/21 (11) Ct 2	Th	9-9:45 am ID/AP: \$77	3-6 yrs OD: \$96.25	AC32155
1/10-3/21 (11) Ct 2	Th	Noon-12:45 pm ID/AP: \$77	3-6 yrs OD: \$96.25	AC32156
1/10-3/21 (11) Ct 1	Th	1-1:45 pm ID/AP: \$77	3-6 yrs OD: \$96.25	AC32157
1/10-3/21 (11) Ct 3	Th	3:40-4:25 pm ID/AP: \$77	3-6 yrs OD: \$96.25	AC32158
1/11-3/22 (11) Ct 2	F	11:10-11:55 am ID/AP: \$77	3-6 yrs OD: \$96.25	AC32159
1/11-3/22 (11) Ct 4	F	4:15-5 pm ID/AP: \$77	3-6 yrs OD: \$96.25	AC32160
Spring Term:				
4/1-6/10 (10) Ct 2	M	9-9:45 am ID/AP: \$70	3-6 yrs OD: \$87.50	AC42147
4/1-6/10 (10) Ct 2	M	Noon-12:45 pm ID/AP: \$70	3-6 yrs OD: \$87.50	AC42148
4/1-6/10 (10) Ct 5	M	3:40-4:25 pm ID/AP: \$70	3-6 yrs OD: \$87.50	AC42149
4/1-6/10 (10) Ct 5	M	4:30-5:15 pm ID/AP: \$70	3-6 yrs OD: \$87.50	AC42150
4/2-6/11 (11) Ct 2	T	10-10:45 am ID/AP: \$77	3-6 yrs OD: \$96.25	AC42151
4/2-6/11 (11) Ct 1	T	3:55-4:40 pm ID/AP: \$77	3-6 yrs OD: \$96.25	AC42152
4/2-6/11 (11) Ct 1	T	4:45-5:30 pm ID/AP: \$77	3-6 yrs OD: \$96.25	AC42153
4/3-6/12 (11) Ct 2	W	11:10-11:55 am ID/AP: \$77	3-6 yrs OD: \$96.25	AC42154
4/3-6/12 (11) Ct 1	W	3:40-4:25 pm ID/AP: \$77	3-6 yrs OD: \$96.25	AC42155
4/4-6/13 (11) Ct 2	Th	9-9:45 am ID/AP: \$77	3-6 yrs OD: \$96.25	AC42156
4/4-6/13 (11) Ct 2	Th	Noon-12:45 pm ID/AP: \$77	3-6 yrs OD: \$96.25	AC42157
4/4-6/13 (11) Ct 1	Th	1-1:45 pm ID/AP: \$77	3-6 yrs OD: \$96.25	AC42158
4/4-6/13 (11) Ct 3	Th	3:40-4:25 pm ID/AP: \$77	3-6 yrs OD: \$96.25	AC42159
4/5-6/14 (11) Ct 2	F	11:10-11:55 am ID/AP: \$77	3-6 yrs OD: \$96.25	AC42160
4/5-6/14 (11) Ct 4	F	4:15-5 pm ID/AP: \$77	3-6 yrs OD: \$96.25	AC42161

Sports & Fitness - Preschool

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Pee Wee Soccer, Girls Only				
Dribbling, trapping and passing are included in this indoor class just for girls. Your daughter will have fun, learn teamwork and cooperation, and build up confidence. Shin guards and gym shoes recommended.				
Winter Term:				
1/8-3/19 (11) Ct 1	T	2-2:30 pm ID/AP: \$56	3-6 yrs OD: \$70	AC32105
Spring Term:				
4/2-6/11 (11) Ct 1	T	2-2:30 pm ID/AP: \$56	3-6 yrs OD: \$70	AC42105

Sporz Center

Join this fun new class that teaches basic techniques to a variety of sports. Boys and girls will build confidence and self-esteem while learning to follow directions using activities and games. Soccer, t-ball and basketball included. No class 1/21, 2/18, 5/27.

Winter Term:				
1/7-3/18 (9) Ct 1	M	1-1:45 pm ID/AP: \$63	3-6 yrs OD: \$78.75	AC32115
1/9-3/20 (11) Ct 2	W	10-10:45 am ID/AP: \$77	3-6 yrs OD: \$96.25	AC32116
1/11-3/22 (11) Ct 4	F	6:30-7:15 pm ID/AP: \$77	3-6 yrs OD: \$96.25	AC32117
Spring Term:				
4/1-6/10 (10) Ct 1	M	1-1:45 pm ID/AP: \$70	3-6 yrs OD: \$87.50	AC42115
4/1-6/10 (10) Ct 2	M	6:35-7:20 pm ID/AP: \$70	3-6 yrs OD: \$87.50	AC42116
4/5-6/14 (11) Ct 4	F	6:15-7 pm ID/AP: \$77	3-6 yrs OD: \$96.25	AC42117

Beginner Tumbling

Together we will work on balancing, jumping and tumbling skills while building the confidence needed to play and get along in a classroom. We will be using music and simple games designed to build on all skills. **Parent participation required.** No class 1/21, 2/18, 5/27.

Winter Term:				
1/7-3/18 (9) Ct 1	M	11-11:30 am ID/AP: \$46	2-4 yrs OD: \$57.50	AC33101
1/9-3/20 (11) Ct	W	11-11:30 am ID/AP: \$56	2-4 yrs OD: \$70	AC33102
1/10-3/21 (11) Ct 1	Th	9:30-10 am ID/AP: \$56	2-4 yrs OD: \$70	AC33103
1/11-3/22 (11) Ct 1	F	11-11:30 am ID/AP: \$56	2-4 yrs OD: \$70	AC33104
Spring Term:				
4/1-6/10 (10) Ct 1	M	11-11:30 am ID/AP: \$51	2-4 yrs OD: \$63.75	AC43101
4/3-6/12 (11) Ct 1	W	11-11:30 am ID/AP: \$56	2-4 yrs OD: \$70	AC43102
4/4-6/13 (11) Ct 1	Th	9:30-10 am ID/AP: \$56	2-4 yrs OD: \$70	AC43103
4/5-6/14 (11) Ct 1	F	11-11:30 am ID/AP: \$56	2-4 yrs OD: \$70	AC43104

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Sports & Fitness - Preschool

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

A fun way for your child to work on gymnastic skills! Emphasizes basic movements, jumps, floor work fundamentals, somersaults, and more! Builds strength, flexibility, coordination and confidence. No class 1/21, 2/18, 5/27.

Winter Term:

1/7-3/18 (9) Ct 1	M	11:45 am-12:15 pm ID/AP: \$46	3-6 yrs OD: \$57.50	AC33109
1/8-3/19 (11) Ct 1	T	11:45 am-12:15 pm ID/AP: \$56	3-6 yrs OD: \$70	AC33110
1/9-3/20 (11) Ct 1	W	11:45 am-12:15 pm ID/AP: \$56	3-6 yrs OD: \$70	AC33111
1/10-3/21 (11) Ct 1	Th	11:45 am-12:15 pm ID/AP: \$56	3-6 yrs OD: \$70	AC33112

Spring Term:

4/1-6/10 (10) Ct 1	M	11:45 am-12:15 pm ID/AP: \$51	3-6 yrs OD: \$63.75	AC43109
4/2-6/11 (11) Ct 1	T	11:45 am-12:15 pm ID/AP: \$56	3-6 yrs OD: \$70	AC43110
4/3-6/12 (11) Ct 1	W	11:45 am-12:15 pm ID/AP: \$56	3-6 yrs OD: \$70	AC43111
4/4-6/13 (11) Ct 1	Th	11:45 am-12:30 pm ID/AP: \$56	3-6 yrs OD: \$70	AC43112

Sports & Fitness - Youth/Teen

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
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Adaptive Sportz Center



A sports-based program designed for children with special needs and disabilities that provides the basics for participation in sports. Kids play to their own level while developing important socialization skills and learning about peer unity through team play.

Spring Term:

4/6-6/1 (8) Ct 1	S	10-11 am ID/AP: \$70	7-12 yrs OD: \$87.50	AC42702
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Basketball Hot Shots

The perfect class for any young basketball player looking to improve their skills and have fun! Participants will work on shooting, passing, dribbling, rebounding and defense. Class will give the kind of focused, intensive training that is essential to improvement. No class 1/21, 2/18, 5/27.

Winter Term:

1/7-3/18 (9) Ct 2	M	3:30-4:15 pm ID/AP: \$56	9-12 yrs OD: \$70	AC32201
1/8-3/19 (11) Ct 2	T	4:30-5:15 pm ID/AP: \$77	9-12 yrs OD: \$96.25	AC32202
1/9-3/20 (11) Ct 2	W	3:40-4:25 pm ID/AP: \$77	9-12 yrs OD: \$96.25	AC32203

Spring Term:

4/1-6/10 (10) Ct 2	M	5:40-6:25 pm ID/AP: \$70	9-12 yrs OD: \$87.50	AC42201
4/2-6/11 (11) Ct 2	T	4:45-5:30 pm ID/AP: \$77	9-12 yrs OD: \$96.25	AC42202
4/3-6/12 (11) Ct 2	W	3:40-4:25 pm ID/AP: \$77	9-12 yrs OD: \$96.25	AC42203
4/4-6/13 (11) Ct 2	Th	5:40-6:25 pm ID/AP: \$77	9-12 yrs OD: \$96.25	AC42204

Sports & Fitness - Youth/Teen

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

This class is for players that already have basic basketball skills and concepts. Students will have drills and instruction with most of class dedicated to controlled scrimmage games. Participants will develop their basketball skills along with sportsmanship, teamwork and self-confidence.

Winter Term:

1/11-3/22 (11) Ct 1	F	6-7 pm ID/AP: \$99	12-14 yrs OD: \$123.75	AC32209
1/11-3/22 (11) Ct 2	F	6-7 pm ID/AP: \$99	9-12 yrs OD: \$123.75	AC32209A
1/11-3/22 (11) Ct 3	F	6-7 pm ID/AP: \$99	9-12 yrs OD: \$123.75	AC32209B

Spring Term:

4/5-6/14 (11) Ct 1	F	6-7 pm ID/AP: \$99	12-14 yrs OD: \$123.75	AC42209
4/5-6/14 (11) Ct 2	F	6-7 pm ID/AP: \$99	9-12 yrs OD: \$123.75	AC42209A
4/5-6/14 (11) Ct 3	F	6-7 pm ID/AP: \$99	9-12 yrs OD: \$123.75	AC42209B

Basketball Skillz

For the young player who has basic skills and wants to learn the game at a higher level and have a better understanding of game situations and strategies. Instruction will give focused and intensive training that is essential to improvement.

Winter Term:

1/9-3/20 (11) Ct 2	W	4:30-5:30 pm ID/AP: \$72	11-14 yrs OD: \$90	AC32211
1/11-3/22 (11) Ct 1	F	4:35-5:35 pm ID/AP: \$99	10-12 yrs OD: \$123.75	AC32212
1/11-3/22 (11) Ct 2	F	4:35-5:35 pm ID/AP: \$99	7-10 yrs OD: \$123.75	AC32213
1/11-3/22 (11) Ct 3	F	4:35-5:35 pm ID/AP: \$99	12-14 yrs OD: \$123.75	AC32214

Spring Term:

4/3-6/12 (11) Ct 2	W	5:40-6:40 pm ID/AP: \$99	11-14 yrs OD: \$123.75	AC42211
4/5-6/14 (11) Ct 1	F	4:35-5:35 pm ID/AP: \$99	10-12 yrs OD: \$123.75	AC42212
4/5-6/14 (11) Ct 2	F	4:35-5:35 pm ID/AP: \$99	7-10 yrs OD: \$123.75	AC42213
4/5-6/14 (11) Ct 3	F	4:35-5:35 pm ID/AP: \$99	12-14 yrs OD: \$123.75	AC42214

Girls-only Basketball

A place where girls can build their self-esteem and self-confidence playing the game they love. Learn basic skills: ball handling, shooting, passing, defense/offense, footwork and more. Learn the skills and game in a fun environment.

Winter Term:

1/10-3/21 (11) Ct 1	Th	3:40-4:25 pm ID/AP: \$77	6-9 yrs OD: \$96.25	AC32261
1/10-3/21 (11) Ct 1	Th	4:30-5:15 pm ID/AP: \$77	9-12 yrs OD: \$96.25	AC32262

Spring Term:

4/4-6/13 (11) Ct 1	Th	3:40-4:25 pm ID/AP: \$77	6-9 yrs OD: \$96.25	AC42261
4/4-6/13 (11) Ct 1	Th	4:30-5:15 pm ID/AP: \$77	9-12 yrs OD: \$96.25	AC42262

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/Teen

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Hoop It Up!				
Perfect for any young player who is looking to learn basketball skills, make new friends and have fun! Participants will develop the concepts of offense and defense through skills, along with learning respect for the game, teamwork and fair play. No class 5/27.				

Winter Term:

1/8-3/19 (11) Ct 2	T	3:40-4:25 pm ID/AP: \$77	6-9 yrs OD: \$96.25	AC32219
1/10-3/21 (11) Ct 2	Th	4:30-5:15 pm ID/AP: \$77	6-9 yrs OD: \$96.25	AC32220

Spring Term:

4/1-6/10 (10) Ct 2	M	4:30-5:15 pm ID/AP: \$70	6-9 yrs OD: \$87.50	AC42219
4/2-6/11 (11) Ct 2	T	3:55-4:40 pm ID/AP: \$77	6-9 yrs OD: \$96.25	AC42220
4/3-6/12 (11) Ct 2	W	4:30-5:15 pm ID/AP: \$77	6-9 yrs OD: \$96.25	AC42221
4/4-6/13 (11) Ct 2	Th	4:30-5:15 pm ID/AP: \$77	6-9 yrs OD: \$96.25	AC42222

PE for Homeschooled Kids

Learn to dribble and shoot a basketball; kick a soccer ball; hit, catch and throw a baseball; send a volleyball back over the net and more. Participants will learn respect, sportsmanship, teamwork and self-confidence while having fun.

Winter Term:

1/8-3/19 (11) Ct 1	T	2:30-3:30 pm ID/AP: \$99	6-16 yrs OD: \$123.75	AC32243
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Spring Term:

4/2-6/11 (11) Ct 1	T	2:30-3:30 pm ID/AP: \$99	6-16 yrs OD: \$123.75	AC42243
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Skateboarding 101

Perfect for someone who has never ridden a skateboard, this introductory class is designed to help riders build a foundation for safe skateboarding skills and learn about safety equipment, riding, turning, board control, foot placement and more! Required Equipment: Helmet. No class 1/21, 2/18, 5/27.

Winter Term:

1/7-3/18 (9) Ct 3	M	3:40-4:25 pm ID/AP: \$63	5-12 yrs OD: \$78.75	AC32245
1/7-3/18 (9) Ct 3	M	4:35-5:20 pm ID/AP: \$63	8-14 yrs OD: \$78.75	AC32246
1/9-3/20 (11) Ct 3	W	3:40-4:25 pm ID/AP: \$77	5-12 yrs OD: \$96.25	AC32247
1/9-3/20 (11) Ct 3	W	4:30-5:15 pm ID/AP: \$77	8-14 yrs OD: \$96.25	AC32248

Spring Term:

4/1-6/10 (10) Ct 4	M	3:40-4:25 pm ID/AP: \$70	5-12 yrs OD: \$87.50	AC42245
4/1-6/10 (10) Ct 4	M	4:30-5:15 pm ID/AP: \$70	8-14 yrs OD: \$87.50	AC42246
4/3-6/12 (11) Ct 3	W	3:40-4:25 pm ID/AP: \$77	5-12 yrs OD: \$96.25	AC42247
4/3-6/12 (11) Ct 4	W	4:30-5:15 pm ID/AP: \$77	8-14 yrs OD: \$96.25	AC42248

Sports & Fitness - Youth/Teen

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Soccer Stars				
This introduction to fundamentals and proper soccer techniques emphasizes teamwork, fair play, fun and cooperation and builds up confidence. Shin guards and gym shoes recommended. No class 1/21, 2/18, 5/27.				

Winter Term:

1/7-3/18 (9) Ct 1	M	4:30-5:15 pm ID/AP: \$63	6-9 yrs OD: \$78.75	AC32227
1/9-3/20 (11) Ct 1	W	3:40-4:25 pm ID/AP: \$77	6-9 yrs OD: \$96.25	AC32228
1/10-3/21 (11) Ct 3	Th	4:30-5:15 pm ID/AP: \$77	8-12 yrs OD: \$96.25	AC32229

Spring Term:

4/1-6/10 (10) Ct 3	M	3:40-4:25 pm ID/AP: \$70	6-9 yrs OD: \$87.50	AC42227
4/1-6/10 (10) Ct 3	M	4:30-5:15 pm ID/AP: \$70	6-9 yrs OD: \$87.50	AC42228
4/2-6/11 (11) Ct 1	T	5:55-6:40 pm ID/AP: \$77	8-12 yrs OD: \$96.25	AC42229
4/3-6/12 (11) Ct 1	W	4:30-5:15 pm ID/AP: \$77	8-12 yrs OD: \$96.25	AC42230
4/3-6/12 (11) Ct 1	W	5:40-6:25 pm ID/AP: \$77	8-12 yrs OD: \$96.25	AC42231
4/4-6/13 (11) Ct 3	Th	4:30-5:15 pm ID/AP: \$77	8-12 yrs OD: \$96.25	AC42232
4/4-6/13 (11) Ct 3	Th	5:40-6:25 pm ID/AP: \$77	8-12 yrs OD: \$96.25	AC42233

Outdoor Recreation

Tualatin Hills Skate Park

The skate park is located on the north end of the Howard M. Terpenning Recreation Complex. Helmets and protective gear are highly recommended. Park hours are dawn to dusk, weather permitting.

Novice Skate Park

The novice skate park is located next to the big skate park at the north end of the Howard M. Terpenning Recreation Complex. Helmets and protective gear are highly recommended. Hours are dawn to dusk, weather permitting.

Outdoor Pickleball Area

Located at the Howard M. Terpenning Recreation Complex. Pickleball can also be played at the following locations, but you must bring your own net. Rock Creek Park & Ridgeway Landing. Elsie Stuhr Center and our newest location, Raleigh Park has permanent nets. Contact the Babette Horenstein Tennis

Center for their rental and drop-in options for pickleball.

Outdoor Roller Hockey Rink

Visit our outdoor roller hockey arena, located on the north end of the Howard M. Terpenning Recreation Complex. Arena hours are dawn to dusk, weather permitting.

Ridgewood View Bocce Courts

There are courts at Ridgewood View Park ready for drop-in play. Call the Athletic Center with any questions.

Greenway Park Disc Golf

Greenway Park has a nine-hole disc golf course. Visit www.thprd.org for more information.

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Sports & Fitness - Youth/Teen

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
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Speed, Agility, and Strength

Class works to improve your athlete's overall strength, balance, stability, coordination, quickness and speed. Training is a series of drills and specific exercises that develop the body's core muscle groups and the neuromuscular pathways that control athletic movement. No class 1/21, 2/18.

Winter Term:

1/7-3/6 (7) M/W 3:40-4:25 pm 8-13 yrs AC32309
Ct 4 ID/AP: \$98 OD: \$122.50

1/7-3/6 (7) M/W 4:30-5:15 pm 8-13 yrs AC32310
Ct 4 ID/AP: \$98 OD: \$122.50

Spring Term:

4/1-5/22 (8) M/W 3:40-4:25 pm 8-13 yrs AC42309
Ct 6 ID/AP: \$112 OD: \$140

4/1-5/22 (8) M/W 4:30-5:15 pm 8-13 yrs AC42310
Ct 6 ID/AP: \$112 OD: \$140

Youth Badminton

Students will learn grips, footwork, hand eye co-ordination, balancing techniques, and an introduction to singles and doubles game play. No experience necessary. No class 4/21, 5/26.

Winter Term:

1/13-3/24 (11) Su 4-4:55 pm 7-16 yrs AC32501
Ct 1 ID/AP: \$91 OD: \$113.75

1/13-3/24 (11) Su 4-4:55 pm 7-16 yrs AC32502
Ct 2 ID/AP: \$91 OD: \$113.75

1/13-3/24 (11) Su 5-5:55 pm 7-16 yrs AC32503
Ct 1 ID/AP: \$91 OD: \$113.75

Spring Term:

4/7-6/16 (10) Su 4-4:55 pm 7-16 yrs AC42501
Ct 1 ID/AP: \$83 OD: \$103.75

4/7-6/16 (10) Su 4-4:55 pm 7-16 yrs AC42502
Ct 2 ID/AP: \$83 OD: \$103.75

4/7-6/16 (10) Su 5-5:55 pm 7-16 yrs AC42503
Ct 1 ID/AP: \$83 OD: \$103.75

Youth Indoor Hockey

Your child will learn the basics of indoor hockey. Stops, starts, turns, crossovers, stick handling, passing and shooting will all be covered in this class.

Winter Term:

1/8-3/19 (11) T 4:30-5:15 pm 7-12 yrs AC32265
Ct 3 ID/AP: \$77 OD: \$96.25

1/10-3/21 (11) Th 3:40-4:25 pm 7-12 yrs AC32266
Ct 4 ID/AP: \$77 OD: \$96.25

Spring Term:

4/2-6/11 (11) T 4:30-5:15 pm 7-12 yrs AC42265
Ct 3 ID/AP: \$77 OD: \$96.25

4/4-6/13 (11) Th 3:40-4:25 pm 7-12 yrs AC42266
Ct 4 ID/AP: \$77 OD: \$96.25

Walk with Me

Free! Join us starting June 5 at the trailhead and enjoy a 2-3 mile walk/hike in a THPRD park. Create friendships within your own community while improving your fitness, one step at a time!

Sports & Fitness - Youth/Teen

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

Volleyball is a sport loved by many. Learn and practice volleyball skills such as serving, passing and hitting. Participants will learn skills for a lifetime of playing volleyball!

Winter Term:

1/11-3/22 (11) F 5:15-6:15 pm 8-12 yrs AC32253
Ct 6 ID/AP: \$99 OD: \$123.75

Spring Term:

4/2-6/11 (11) T 5:25-6:25 pm 8-12 yrs AC42253
Ct 6 ID/AP: \$99 OD: \$123.75

4/5-6/14 (11) F 5:15-6:15 pm 8-12 yrs AC42254
Ct 6 ID/AP: \$99 OD: \$123.75

Youth/Teen Volleyball

Work on the volleyball skills you will need during the season - serving, passing, spiking, and offensive and defensive strategizing.

Winter Term:

1/11-3/22 (11) F 6:15-7:15 pm 12-17 yrs AC32301
Ct 6 ID/AP: \$99 OD: \$123.75

Spring Term:

4/2-6/11 (11) T 6:30-7:30 pm 12-17 yrs AC42301
Ct 6 ID/AP: \$99 OD: \$123.75

4/5-6/14 (11) F 6:15-7:15 pm 12-17 yrs AC42302
Ct 6 ID/AP: \$99 OD: \$123.75

Advanced Volleyball Skills

For the volleyball player that already has the fundamentals of passing, setting and hitting. This class will give your child the opportunity to work on learning different systems (5-1, 6-2, 4-2), positions and strategies as well as refining their other skills.

Winter Term:

1/11-3/22 (11) F 7:45-8:45 pm 12-17 yrs AC32307
Ct 6 ID/AP: \$99 OD: \$123.75

Spring Term:

4/5-6/14 (11) F 7:45-8:45 pm 12-17 yrs AC42307
Ct 6 ID/AP: \$99 OD: \$123.75



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

Sports & Fitness- Teen/Adult

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

No experience necessary. Students will learn grips, footwork, hand eye coordination, balancing techniques, and an introduction to singles and doubles game play. No class 4/21, 5/26.

Winter Term:

1/13-3/24 (11) Su 5-5:55 pm 16 yrs-Adult AC32509
Ct 2 ID/AP: \$91 OD: \$113.75

Spring Term:

4/7-6/16 (10) Su 5-5:55 pm 16 yrs-Adult AC42509
Ct 2 ID/AP: \$83 OD: \$103.75



June 8, 2019
Join us in celebrating the amazing health and wellness resources located right here in the Beaverton area. We'll be celebrating Family Health & Fitness Day – an initiative of the National Recreation and Park Association – by offering family friendly classes and events at our centers.

Visit www.thprd.org for more information.

Join us for

GET FIT 19

Get ready for the next THPRD Fitness Challenge!

January 12-April 13



**Kick-Off Party
January 12,
9:30-11:30 am
Location(s) TBA**

Prizes, giveaways, nutrition classes and more!

Each activity you participate in that requires you to check in with the front desk at participating THPRD locations. Ask the front desk receptionist for a stamp card and every time you visit have them stamp your card. Everyone that registers receives a t-shirt. There will be a Wrap-Up Party April 13, 9:30-11:30 am - Location(s) TBD.

REGISTRATION: Fit2019 \$15 per person, regardless of ID/OD/SR/EWP

Look for details at each center to learn more.

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

Sports Leagues - Youth

Organizational information will be available at the Athletic Center and on our website at www.thprd.org

Youth Sports League ID System

All youth sports league participants are required to have a valid THPRD ID number and out-of-district assessment fees paid, if applicable, prior to participation in a youth sports league. Please see page 4 for THPRD ID card information.

Baseball/Softball

Registration for youth baseball and softball leagues is done through the associations listed below. Associations are divided by Beaverton School District elementary school attendance areas. If you attend a private school, you will play within your public school attendance area. Contact your appropriate association for more information.

All of the Beaverton Area Little League groups are governed by Oregon District 4 Little League. For more information, please visit the league's website, www.ord4.com.

Spring Leagues: Registration begins in January. Play runs March-June.

Summer Leagues: Registration is in January and February. Play runs May-July.

Fall Leagues: Registration begins in August. The program is for 6-12 year olds. Play runs September/October.

Little League Baseball

T-ball: ages 4-6

Softball: ages 4-14

Baseball: ages 4-14

Beaverton Aloha Little League

Aloha-Huber, Beaver Acres, Chehalem, Cooper Mt., Errol Hassell, Hazeldale, Kinnaman
BALL: 503-342-8809
www.beavertonball.com

Cedar Mill Little League

Barnes, Bonny Slope, Cedar Mill, Findley, Ridgewood, Terra Linda, West TV, Wm Walker, St. Pius, Holy Trinity
www.cmllonline.org

Murrayhill Little League

Fir Grove, Hiteon, Nancy Ryles, Scholls Heights, Sexton Mt.
www.murrayhilllittleleague.com

Raleigh Hills Little League

Greenway, McKay, Montclair, Raleigh Hills, Raleigh Park, Vose, Whitford, Conestoga
www.rhll.net

South Beaverton Girls Little League

A girls (ages 4-14) program that is comprised of players within the combined boundaries of Beaverton, Aloha and Raleigh Hills Little Leagues. It is chartered as an independent, softball-only program.

Aloha Huber Park, Chehalem, Cooper Mountain, Greenway, Errol Hassell, Hazeldale, Kinnaman, McKay, Montclair, Raleigh Hills, Raleigh Park, Vose

President: Andy Peterson, 971-238-7156
president@sbgll.com
southbeavertonll@gmail.com
www.sbgll.com

Willow Creek Little League

This is a little league girls softball program comprised of players within the combined boundaries of Cedar Mill, Westview, and Wolf Creek Little Leagues based under Oregon District 4. It is chartered as an independent, softball-only program. (Co-ed t-ball will continue under the baseball leagues.) This program is open to girls ages 4-14 yrs.

www.willowcreeksoftball.com

Spring/Summer Season

T-ball: 6-8 yrs, **Soft-T-ball:** 6-8 yrs

Baseball: 9-18 yrs, **Softball:** 9-18 yrs

Fall Ball

Contact the association for Fall ball availability:
www.westsideryouthbaseball.com

Aloha Junior Baseball/Aloha Softball

Aloha High, Aloha Huber, Chehalem, Cooper Mt., Errol Hassell, Hazeldale, Kinnaman, Mountain View, Nancy Ryles, Sexton Mt., Valley Catholic

AJBO: www.alohajuniorbaseball.org

Aloha Softball: Becky Dawson
503-649-6883

Beaverton Blaze Softball

Fir Grove, Greenway, Hiteon, McKay, Montclair, Raleigh Hills, Raleigh Park, Conestoga, Highland Park, Whitford, Beaverton High, Jesuit High, Oregon Episcopal, Southridge High
www.blaze94.org

Southridge Junior Baseball

Conestoga, Fir Grove, Greenway, Highland Park, Hiteon, Scholls Heights, Sexton Mt., Nancy Ryles, Southridge High, McKay, Montclair, Raleigh Hills, Raleigh Park, Whitford, Beaverton High, Jesuit High, Oregon Episcopal
503-840-4760

www.southridgeryouthbaseball.org

Sunset Junior Baseball

Barnes, Cedar Mill, Findley, Ridgewood, Terra Linda, William Walker, West TV, Catlin Gabel, Cedar Park, Meadow Park, Stoller, Sunset High
www.sunsetapollosbaseball.com/youth_baseball

Westview Youth Baseball

Beaver Acres, Bethany, Elmonica, Five Oaks, Jacob Wismer, Lenox, McKinley, Oak Hills, Rock Creek, Meadow Park, Springville, Stoller, St. Mary's for Boys, Westview High

www.westviewyouthbaseball.com

Rip City Softball

Rip City Softball is an ASA affiliated Junior Olympic fast-pitch softball organization whose mission is to develop players capable of competing at the highest levels in the country with the demonstrated skills necessary to earn a college scholarship. Our dedicated coaches and volunteer staff facilitate our athletes' growth by conducting challenging practices and scheduling the highest level of competitive activity available. Reaching these goals must be accomplished within the proper framework, instilling character, self-esteem, confidence and sportsmanship. We promote competitive softball for girls' 10U through 18U.

www.ripcitysoftball.org

Basketball

5th-8th Grade Winter Basketball Programs

THPRD's 5th through 8th grade basketball programs are for girls and boys residing in THPRD boundaries or attending school in the Beaverton School District. Practices are held during the week with games primarily on Saturdays at the BSD schools and/or THPRD Athletic Center. The season runs December-March. For your convenience, registration for youth basketball is now offered online at www.thprd.org. A current THPRD card number is required to register. For any other questions or help with registering your child, call the Athletic Center at 503-629-6330.

5th-8th Grade Recreational Spring Basketball

The Youth Spring Basketball Recreational League is open to boys and girls currently in grades 5-8 and attending a Beaverton School District #48 middle school or residing within District #48 or THPRD boundaries. Registration will begin mid-February. Check our website for more information.

6th-8th Grade Recreational Summer Basketball

The Summer Basketball Recreational League is open to boys and girls who will be entering grades 6-8 in the 2016-17 school year and attending a Beaverton School District #48 middle school or residing within District #48 or THPRD boundaries. Check our website for more information in May.

Sports Leagues - Youth

Winter High School Basketball Grades 9-12

For boys and girls not playing on school teams in grades 9-12 in the 2018-19 school year. League and online registration information will be available in October. Check our website for more information.

Summer High School Basketball Grades 9-12

For boys and girls entering grades 9-12 in the 2019-20 school year. League and online registration will be available in April 2019. Check our website for more information.



Cricket

Beaverton Cricket Club (BCC)

The Beaverton Cricket Club is the local THPRD-affiliated club that plays in the Oregon Cricket League. Those interested in joining the Beaverton Cricket Club and playing both hard (season) ball and soft (tennis) ball cricket should direct general inquiries to:

www.beavertoncricketclub.com
email: beavertoncricketclub@gmail.com

Portland Metro Open Cricket Club

PMOCC is a 501(c)(3) non-profit entity and a State of Oregon certified Amateur Sports Organization, organized for charitable purposes to further the sport of cricket in Portland and surrounding areas and to cultivate interest in the sport of cricket at all youth and adult levels.

Those interested in joining PMOCC should direct inquiries to www.pdxcricket.org or pmocc2@gmail.com

Volunteer Coaches Needed

If you have experience in sports and the desire to share your knowledge by coaching young athletes, please call the Athletic Center at 503-629-6330.

Football

Youth Football

The Tualatin Valley Youth Football Leagues are for players in grades 3-8. Players register according to high school attendance area. To register or get more information, call or visit the website of your local contact listed below. Registration begins in early spring. Practices and clinics begin in August. Games are played September to November. For more information, visit www.tvyfl.org.

Aloha

Registration: April 15-June 15
www.alohayouthfootball.com

Beaverton

Registration: April 15-June 15
registrar@beavertonfootball.com
www.beavertonfootball.com

Mountainside:

Registration: April 1-June 15
registrar@mountainsideyouthfootball.com
www.mountainsideyouthfootball.com/home.php

Southridge

Registration: April 15-June 15
president@southridgeyouthfootball.com
www.southridgeyouthfootball.com

Sunset

Registration: April 1-June 30
sunsetyouthfootball@comcast.net
www.sunsetyouthfootball.org

Westview

Registration: April 1-June 15
westviewyouthfootball@gmail.com
www.westviewyouthfootball.com



Rugby

Rugby Oregon offers Spring, Summer and Fall league and camp opportunities. Grades 3 and 4 play Touch Rugby, Grades 5 and 6 play Ruck Touch Rugby and Grades 7-12 play Contact Rugby.

For more information:

www.rugbyoregon.com/page/show/1030314-register

Fitness in the Park & Walk with Me

**Join us for FREE
Fitness in the Park,
starting June 1!**

This district-wide program offers a variety of free family-friendly fitness opportunities available to everyone throughout the Beaverton area. Fitness in the Park and Walk with Me programs help community members achieve their fitness goals while connecting to nature, parks and trails.

Sports Leagues - Youth

Lacrosse

Tualatin Valley Youth Lacrosse League

Tualatin Valley Youth Lacrosse League is a community-based program created to teach lacrosse to girls and boys in grades 1-8 who attend a Beaverton School District school or reside within THPRD boundaries. Players register according to high school attendance area. To register or get more information, contact the appropriate group for your area.

TVYLL

president@tvlax.com
www.TVLax.com

Aloha

www.alohayouthlacrosse.com

Beaverton

president@beavertonbeaverslacrosse.com
www.beavertonbeaverslacrosse.com

Mountainside

info@mountainsidelax.com
www.mountainsidelax.com
https://facebook.com/mountainsidelax

Southridge

president@southridgeskyhawkseyouthlax.com
www.leagueathletics.com
www.southridgeskyhawkseyouthlax.com

Sunset

www.sunsetlacrosse.com

Westview

president@westviewyouthlacrosse.com
www.westviewyouthlacrosse.com

High School Lacrosse

Aloha

www.alohalacrosse.org

Beaverton

www.bhslax.com

Southridge

www.southridgelacrosse.org

Sunset

www.sunsetlacrosse.com

Westview

www.westviewlacrosse.com



Soccer Coach Certification

For training and certification for soccer coaching, go to www.thjsl.org for information on classes and clinic dates and locations.

Soccer

Tualatin Hills Junior Soccer Recreational League

Teams will be formed of boys and girls ages 5-18. Practices begin in August. League games begin in September. Each club is responsible for registering their own players. Registration is generally accepted May 1-July 1. Please contact the appropriate club listed below for more information or log on to www.thjsl.org.

Aloha United Soccer Club

Schools: Aloha-Huber, Beaver Acres, Cooper Mt., Errol Hassell, Hazeldale, ISB, Kinnaman, Nancy Ryles, Scholls Heights, Sexton Mt. (west of Murray Blvd.)

AUSC: 971-770-2872
www.alohaunited.com

Milltown United Soccer Club

Schools: Barnes, Bonny Slope, Cedar Mill, Ridgewood, Terra Linda, West TV, William Walker

info@milltownunited.com
www.milltownsoccer.org

Oak Hills Soccer Club

Schools: Findley, Jacob Wismer, Oak Hills, Sato
email: pres@ohsoccer.com
www.ohsoccer.com

Somerset West Soccer Club

Schools: Bethany, Elmonica, Lenox, McKinley, Rock Creek, Springville

president@somersetwestsoccer.org
www.somersetwestsoccer.org

West Hills Soccer Club

Schools: Greenway, McKay, Montclair, Raleigh Hills, Raleigh Park

email: westhillsregistrar@gmail.com
www.westhillsoccer.com

Soccer Referee Certification

For training and certification for soccer referees, go to www.thjsl.org. For information on classes and clinic dates and locations, visit www.thjsl.org.

Westside Soccer Club

Schools: Chehalem, Fir Grove, Hiteon, Sexton Mt. (east of Murray Blvd.), Vose

WSC: 503-352-0180

www.westsidewarriors.net

High School Recreational Soccer (O/13-U19)

Boys and girls not playing high school soccer can register for the recreational coed soccer league. Check with the youth league in your elementary attendance area. If the league does not offer registration for your high school, go to the next closest attendance area club or www.thjsl.org.

Classic League

Boys and girls interested in playing competitive soccer may try out for this league. Tryouts will be held in May. Contact the appropriate club representative for more tryout information.

Tualatin Hills United Soccer Club

THUSC: 503-616-9424

thusc@thusc.org

www.thusc.org

Westside Timbers Soccer Club

Club Line: 503-626-2975

wsmjohnbain@gmail.com

www.westsidetimbers.org

Volleyball

Summer Girls Volleyball, Grades 4-12

Girls entering grades 4-12 during the upcoming school year are eligible to play in this summer league. League and online registration information will be available mid-April. Check the website for more information.

Fall Girls Volleyball, Grades 4-12

For girls entering grades 4-12 during the upcoming school year. League and online registration information will be available in July. Check the website for more information.



Sports Leagues - Adult

Basketball

Winter Adult Basketball

League and online registration information will be available in early October. League play will begin in November and run through mid-March. Games will be played Monday through Thursday evenings. Check the website for more information in October.

Summer Adult Basketball

League play will begin in June and continue through mid-August. Additional league and online registration information will be available in April. Check the website for more information. Organizational information will be available at the Athletic Center and on our website.

Cornhole

League information will be available at the Athletic Center and on our website by March. Games will be played on weeknights through Spring, Summer, and early Fall. Organizational information will be available at the Athletic Center and on our website.

Flag Football

League information will be available at the Athletic Center and on our website by August. Games will be played on Sundays starting in the Fall.

Kickball

Coed Kickball League

Kickball is all about having fun! Remember when you were a kid and played kickball with your friends? Kickball is a playground game and also a competitive league game similar to softball. Organizational information will be available at the Athletic Center and on our website.

Soccer Field Use

THPRD coordinates the scheduling of soccer fields for community sports leagues and adult teams throughout the year. Groups wanting seasonal use should call the Athletic Center at 503-629-6330 for a field use application.

El uso de campo de fútbol

THPRD coordinará el horario de los campos para ligas de deportes durante el año. Grupos que quieren usar campos por una temporada necesitan llamar al Athletic Center 503-629-6330 para una solicitud de uso de campos.

Soccer

7 on 7 Soccer

This recreational league will take place in Spring, Summer and Fall seasons. Games will be played on Fridays and Sundays. League information is available at the Athletic Center and on our website www.thprd.org

Adult Soccer Leagues

For information regarding adult soccer play in the Oregon Adult Soccer Association, call 503-292-1814. Teams wanting to apply for home game field eligibility need to pick up a soccer field use application packet and submit the completed required forms and documents to the Athletic Center 2-3 months prior to the start of each season.

Softball

Baseball/Softball Field Use

THPRD will coordinate the assignment of district-wide baseball/softball fields from March 1 through October. Any group wishing to reserve fields for Spring and Summer should first obtain an application form from the Athletic Center.

Coed/Women's Slow Pitch Summer Softball

League information will be available at the Athletic Center and on our website, in February. Coed games will be played on Sunday evenings and women's games will be played on Tuesday evenings. League play runs May through August.

Men's Slow Pitch Summer Softball

League information will be available at the Athletic Center website in February. Men's games are played Monday, Thursday and Friday. League play runs May through August.

Coed/Men's Industrial Softball

This league is designed for employees of companies/businesses located within the THPRD boundaries. League play will be weekday evenings. Informational packets will be available in February.

Adult Softball Tournaments

Individuals interested in hosting Spring/Summer softball tournaments at the THPRD sports complex must submit an application form and deposit. Call the Athletic Center at 503-629-6330 for available dates.

Fall Coed and Women's Softball Leagues

League information will be available at the Athletic Center and on our website, www.thprd.org, by July. Coed games will be on Sunday evenings. Women's slow pitch games will be Tuesday evenings. League play will run late August through October.

Fall Men's One-Pitch and Senior League Softball

League plays weeknights August through early October. Organizational information will be available at the Athletic Center and on our website. In July.

Volleyball

If you are interested in playing adult volleyball but don't have a team, please call the Athletic Center at 503-629-6330 to add your name to the interest list, which managers use to get new players.

Coed Summer Sand Volleyball (4-person & 6-person)

This recreational league plays weekday evenings at Cedar Hills Park from June through August. League and online registration information will be available in April. Check the website for additional information.

Coed, Men's and Women's Fall Volleyball

Leagues play mid-September through November. League and online registration information will be available in July. Check the website for additional information.

Coed Winter Volleyball

Games are played mid-week evenings and will begin the first week in January. League and online registration information will be available in November. Check the website for additional information.

Coed, Men's and Women's Spring Volleyball

League play runs April through mid-June. Games will be held weekday evenings. League and online registration information will be available in February. Check the website for additional information.

