

Cedar Hills Recreation Center



TUALATIN HILLS
PARK & RECREATION DISTRICT

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

TriMet Bus Routes #20, #59

Facility Supervisor: Lindsay Bjork

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

Spring Term: Apr. 1-June 16, 2019

Office Hours:

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

Facility Closures: 4/21, 5/27

Modified Schedule: 1/1, 1/21, 2/18 (7 am-7 pm)

Facility Features:

- Nine-month preschool
- Drop-in childcare, morning/evenings
- Fully equipped gymnastics room
- Indoor gymnasium for drop-in sports
- Kitchen for cooking classes
- Middle School Afterschool Programs
- Outdoor playground and play equipment
- Preschool Indoor Playpark
- THRIVE Afterschool Program
- Weight room/cardio room, shower/locker rooms

See page 79 for Cedar Hills Recreation Center Weight/Cardio information.

Get Involved...volunteer!

We have opportunities for volunteers in our Middle School Track program. Contact volunteer services at volunteer@thprd.org

For Cedar Hills Recreation Center Drop-in Sports program information, go to www.thprd.org



CedarHills

Special Events

Valentine Dinner Dance Friday, Feb. 8 • 6-8 pm

Dress in your best, dance to your favorite music, have a special dinner, and celebrate Valentine's Day together. One adult to one child ratio required, fee is a per couple rate. All are welcome. Pictures will be available via Cedar Hills Facebook after the dance for your viewing pleasure.

4-10 yrs CH36200 Gym ID/AP: \$31 OD: \$38.75

Spring Egg Hunts Saturday, Apr. 20

Spring Egg Hunt (All Abilities)

Bring your little ones for this all abilities, non-competitive adventure designed for those that need less of a crowd, more time to search, and/or for those who may need additional assistance. Registration covers one child and one adult, if needed. Pre-registration required.

9:30-9:45 am	4-8 yrs	CH46208
Playfield	ID/AP: \$8	OD: \$10

Parent and Child Egg Hunt

Spring is here and it is time for our annual egg hunt. Bring your little ones for an adventure as you seek out hidden Easter eggs. Registration covers one child and one parent. Hunt starts at 10:45 am sharp. Pre-registration required.

10:30-10:40 am	10 mths-1 yr	CH46200
11:15-11:25 am	10 mths-1 yr	CH46204
Playfield	ID/AP: \$8	OD: \$10

Youth Spring Egg Hunt

The Easter eggs have been hidden and the Easter Bunny needs your help finding them. Join the Easter Bunny in the search for the treasured eggs. Find a numbered egg and win a prize! Hunts begin right on time. Pre-registration required.

10:30-10:40 am	2-3 yrs	CH46201
10:30-10:40 am	4-6 yrs	CH46202
10:30-10:40 am	7-11 yrs	CH46203
11:15-11:25 am	2-3 yrs	CH46205
11:15-11:25 am	4-6 yrs	CH46206
11:15-11:25 am	7-11 yrs	CH46207
Playfield	ID/AP: \$8	OD: \$10

Visit www.thprd.org for more info!

Facility Rentals

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

Drop-in Sports Programs

The Cedar Hills Recreation Center offers a variety of drop-in sports for youth, family, adults and seniors. A valid THPRD identification card is required for all drop-in participation. Gym-appropriate shoes, please. If you are looking for a fitness program, please see page 96. See page 6 for more information on passes and fees.



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym*				Open Family Gym 8:15-9:30 pm			Open Family Gym 10 am-3:30 pm
Basketball		8:15-9:30 pm (30+ yrs)			6-7:45 pm (18+)		
Badminton			8-9:30 pm (16+ yrs)				

*Non-team play. All times and days subject to change daily.

Weight/Cardio Room

Weight Room Orientation

Learn the proper techniques for using the weight room equipment. This is an hour long session led by a certified personal trainer that can get your workout routine off to a great start! Discuss goals and learn how to use some of our weight and cardio machines.

\$48.50 ID/ \$60.75 OD



Personal Training

Private appointments with a certified personal trainer to customize your fitness program, offer accountability and help you reach your goals. Each session is one hour in length. Price per couple.

1 Session: \$54.75 ID/ \$68.50 OD
3 Sessions: \$164.25 ID/ 205.25 OD
6 Sessions: \$328.50 ID/ \$410.75 OD

Buddy Training

Working out with a friend is great accountability and just plain fun! Each session is one hour in length, cost is per person. Must have at least two people in group at time of registration.)

1 Session: \$82 ID/ \$102.50 OD
3 Sessions: \$246.50 ID/ \$308 OD
6 Sessions: \$493 ID/ \$615.50 OD

A parental waiver is required for weight/cardio room use by anyone 14-17 years old.

Nine-Month Preschool 2018-2019

Kids First

A STEM-based preschool that will incorporate engaging science and math activities into the daily routine to help prepare children for Kindergarten.

	Days	Time	Ages	Paid by: 15th
Pre-Kindergarten	M/W/F	9 am-Noon	4-5 yrs	\$255 ID
Preschool	T/Th	9-11:30 am	3-4½ yrs	\$180 ID

Jump Start

Based around the Reggio Emilia philosophy, Jump Start uses creative play and social learning to prepare children for Kindergarten.

	Days	Time	Ages	Paid by: 15th
Preschool	T/W/Th	9-11:30 am	3½-4 yrs	\$240 ID
Pre-Kindergarten	T/W/Th	12:30-3:30 pm	4-5 yrs	\$270 ID

A \$50 non-refundable registration fee is due at the time of registration

Additional notes:

- Tuition for September is due no later than Aug. 1. Tuition for October through May must be received by the 15th of the month prior – a \$30 late fee is applied for late tuition.
- All children must be potty independent before entering preschool. Pullups are not allowed. Accidents do happen, and we will happily assist the children with changing into back-up clothes provided by the family.
- Cedar Hills Recreation Center does not require immunizations for any programs.
- Children must be correct age by Sept. 1.

2019/2020 School Year

1/23 – Enrollment for current, returning participants

1/30 – Enrollment for sibling(s) of current, returning participants

2/6 – Open enrollment

Open House: Tuesday, Jan. 29 from 5:30-7 pm (for new families interested in learning more about our programs).

Indoor Playpark Open Jan.3-June 6

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

Cost (per child): \$4.25 ID/\$6.25 OD

Cedar Hills Drop-in Childcare

Our childcare program is designed for families using our facility. There is a three hour maximum.

The cost is \$3.75 per hour for ID patrons (or those who have paid an out-of-district assessment) who remain on-site. The cost for OD patrons is \$6 per hour.

The cost for patrons leaving the facility is \$6.50 per hour for ID patrons (or those who have paid an out-of-district assessment) or \$8 per hour for OD patrons.

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

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

Closure dates will vary.

2018-2019 THRIVE Afterschool Program

Teaching Healthy Responsible Individuals Values and Education

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

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

Tuition: five days a week - \$300/month

Tuition includes three Beaverton School District in-service days: 1/28, 4/5, 11/19.

*Individual school no-student days (e.g., conference) dates may be available for an additional fee.

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

All prices listed above are the in-district or assessment paid rate.

Registration for 2019/2020 beings May 2019.

Arts & Crafts - Youth/Teen

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

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

Winter Term:

1/10-3/14 (10) Th 3:40-4:30 pm 6-10 yrs CH34200
Rm 3 ID/AP: \$73 OD: \$91.25

Spring Term:

4/4-6/6 (10) Th 3:40-4:30 pm 6-10 yrs CH44200
Rm 3 ID/AP: \$73 OD: \$91.25

Cartooning/Comic Strip Illustration

Make up imaginary characters and create funny or serious situations. Learn to use pictures, symbols and text to convey information quickly and simply. Class will discuss different types of humor and employ elements of storytelling and traditional cartoon imagery. No class 4/20.

Winter Term:

1/12-3/16 (10) S 11:30 am-12:15 pm 6-10 yrs CH34204
Rm D ID/AP: \$62 OD: \$77.50

Spring Term:

4/6-6/8 (9) S 11:30 am-12:15 pm 6-10 yrs CH44204
Rm D ID/AP: \$57 OD: \$71.25

Drawing & Painting Adventure

Use a variety of techniques and media to explore line, texture, form, perspective and composition. For painting, learn how to mix color, use shape and line to express ideas and emotions, and portray images from life and imagination. No class 4/20.

Winter Term:

1/12-3/16 (10) S 9:30-10:25 am 5-7 yrs CH34202
Rm D ID/AP: \$80 OD: \$100

1/12-3/16 (10) S 10:30-11:30 am 7-11 yrs CH34203
Rm D ID/AP: \$84 OD: \$105

Spring Term:

4/6-6/8 (9) S 9:30-10:25 am 5-7 yrs CH44202
Rm D ID/AP: \$73 OD: \$91.25

4/6-6/8 (9) S 10:30-11:30 am 7-11 yrs CH44203
Rm D ID/AP: \$78 OD: \$97.50



All Preschool and Youth Classes

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

Arts & Crafts - Youth/Teen

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
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Drawing, Including Manga

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

Winter Term:

1/10-3/14 (10) Th 4:30-5:30 pm 6-11 yrs CH34201
Rm 3 ID/AP: \$84 OD: \$105

Spring Term:

4/4-6/6 (10) Th 4:30-5:30 pm 6-11 yrs CH44201
Rm 3 ID/AP: \$84 OD: \$105

Illustration Art Studio

Students will explore and learn techniques used to illustrate different kinds of fantasy genres. Emphasis is placed on originality and line drawing with various media. No class 4/20.

Winter Term:

1/12-3/16 (10) S 12:45-1:45 pm 10-14 yrs CH34205
Rm D ID/AP: \$84 OD: \$105

Spring Term:

4/6-6/8 (9) S 12:45-1:45 pm 10-14 yrs CH44205
Rm D ID/AP: \$78 OD: \$97.50

Arts & Crafts - Teen/Adult

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
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Watercolor, All Levels

Participants will work at their own pace in an open, informative class. Topics will include still life, design, color harmony and individual critiques. Supply list will be provided.

Winter Term:

1/16-2/6 (4) W 9:30 am-12:30 pm 14 yrs-Adult CH34501
Rm 3 ID/AP: \$76 OD: \$95

2/20-3/20 (5) W 9:30 am-12:30 pm 14 yrs-Adult CH34502
Rm 3 ID/AP: \$93 OD: \$116.25

Spring Term:

4/10-5/1 (4) W 9:30 am-12:30 pm 14 yrs-Adult CH44501
Rm 3 ID/AP: \$76 OD: \$95

5/8-5/29 (4) W 9:30 am-12:30 pm 14 yrs-Adult CH44502
Rm 3 ID/AP: \$76 OD: \$95

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

Dance - Preschool

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

Rhythm and a variety of beginning dance techniques, movement combinations and routines to a variety of music and incorporation of dance props. No class 1/21, 2/18, 5/27.

Winter Term:

1/7-3/11 (8) Rm D	M	10:45-11:15 am ID/AP: \$36	3-5 yrs OD: \$45	CH31100
1/9-3/13 (10) Rm 5	W	9-9:30 am ID/AP: \$45	3-5 yrs OD: \$56.25	CH31101
1/11-3/15 (10) Rm 5	F	10:45-11:30 am ID/AP: \$60	3-5 yrs OD: \$75	CH31102

Spring Term:

4/1-6/3 (9) Rm D	M	10:45-11:15 am ID/AP: \$40	3-5 yrs OD: \$50	CH41100
4/3-6/5 (10) Rm 5	W	9-9:30 am ID/AP: \$45	3-5 yrs OD: \$56.25	CH41101
4/5-6/7 (10) Rm 5	F	10:45-11:30 am ID/AP: \$60	3-5 yrs OD: \$75	CH41102

Dancin' and Twirlin'

Busy little ones will love participating in movement activities that incorporate dance, batons, tumbling as well as playing with props like balls and scarves. Activities introduced will help develop balance, motor skills and more. Parent participation required; no unregistered siblings allowed in class.

Winter Term:

1/8-3/12 (10) Rm D	T	10:45-11:15 am ID/AP: \$45	2-3 yrs OD: \$56.25	CH31113
1/10-3/14 (10) Rm D	Th	9-9:30 am ID/AP: \$45	2-3 yrs OD: \$56.25	CH31114

Spring Term:

4/2-6/4 (10) Rm D	T	10:45-11:15 am ID/AP: \$45	2-3 yrs OD: \$56.25	CH41113
4/4-6/6 (10) Rm D	Th	9-9:30 am ID/AP: \$45	2-3 yrs OD: \$56.25	CH41114

Dancing Princesses & Princes

Kids get the royal treatment as they learn dance basics that strengthen flexibility, rhythm and grace among crowns, wands and their royal outfit. Come dressed in your favorite outfit! No class 1/21, 2/18, 4/20, 5/27.

Winter Term:

1/7-3/11 (8) Rm 5	M	11:30 am-12:15 pm ID/AP: \$48	3-5 yrs OD: \$60	CH31108
1/11-3/15 (10) Rm 5	F	9:45-10:30 am ID/AP: \$60	3-5 yrs OD: \$75	CH31109
1/12-3/16 (10) Rm 5	S	10:45-11:15 am ID/AP: \$45	2-3 yrs OD: \$56.25	CH31110
1/12-3/16 (10) Rm 5	S	11:30 am-12:15 pm ID/AP: \$60	4-6 yrs OD: \$75	CH31111

Spring Term:

4/1-6/3 (9) Rm D	M	11:30 am-12:15 pm ID/AP: \$54	3-5 yrs OD: \$67.50	CH41108
4/5-6/7 (10) Rm 5	F	9:45-10:30 am ID/AP: \$60	3-5 yrs OD: \$75	CH41109
4/6-6/8 (9) Rm 5	S	10:45-11:15 am ID/AP: \$40	2-3 yrs OD: \$50	CH41110
4/6-6/8 (9) Rm 5	S	11:30 am-12:15 pm ID/AP: \$54	4-6 yrs OD: \$67.50	CH41111



Dance classes: What should I wear?

Girls: Ballet slippers, leotard and tights (preferred).

Boys: Ballet slippers, white t-shirt, sweatpants (preferred).

Dance - Preschool

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

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

Winter Term:

1/8-3/12 (10) Rm D	T	9:45-10:30 am ID/AP: \$60	4-6 yrs OD: \$75	CH31115
1/10-3/14 (10) Rm 5	Th	12:15-1 pm ID/AP: \$60	4-6 yrs OD: \$75	CH31116

Spring Term:

4/2-6/4 (10) Rm D	T	9:45-10:30 am ID/AP: \$60	4-6 yrs OD: \$75	CH41115
4/4-6/6 (10) Rm 5	Th	12:15-1 pm ID/AP: \$60	4-6 yrs OD: \$75	CH41116

Hip-Hop Kids

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

Winter Term:

1/10-3/14 (10) Rm D	Th	9:45-10:30 am ID/AP: \$60	3-5 yrs OD: \$75	CH31117
1/11-3/15 (10) Rm 5	F	11:30 am-12:15 pm ID/AP: \$60	3-5 yrs OD: \$75	CH31118

Spring Term:

4/4-6/6 (10) Rm D	Th	9:45-10:30 am ID/AP: \$60	3-5 yrs OD: \$75	CH41117
4/5-6/7 (10) Rm 5	F	11:30 am-12:15 pm ID/AP: \$60	3-5 yrs OD: \$75	CH41118

Dance Combo/Tap, Ballet, Jazz

Introduction to tap, ballet and jazz techniques. Exposure to different dance types, music and styles. Tap shoes required. No class 1/21, 2/18, 5/27.

Winter Term:

1/7-3/11 (8) Rm D	M	11:30 am-12:15 pm ID/AP: \$48	4-6 yrs OD: \$60	CH31104
1/8-3/12 (10) Rm D	T	11:30 am-12:15 pm ID/AP: \$60	4-6 yrs OD: \$75	CH31105
1/9-3/13 (10) Rm 5	W	9:45-10:30 am ID/AP: \$60	3-5 yrs OD: \$75	CH31106

Spring Term:

4/1-6/3 (9) Rm 5	M	11:30 am-12:15 pm ID/AP: \$54	4-6 yrs OD: \$67.50	CH41104
4/2-6/4 (10) Rm D	T	11:30 am-12:15 pm ID/AP: \$60	4-6 yrs OD: \$75	CH41105
4/3-6/5 (10) Rm 5	W	9:45-10:30 am ID/AP: \$60	3-5 yrs OD: \$75	CH41106

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

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

Dance - Preschool

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Irish Pre-K Dance				
This class focuses on the basics of Irish dancing for young dancers. Dancers learn to recognize rhythms, move and balance up on our toes, learn their left and right, and play dance games, all to wonderful Irish tunes! Parent participation required. No unregistered siblings.				
Winter Term:				
1/8-3/12 (10) Rm 5	T	9-9:30 am ID/AP: \$45	2-4 yrs OD: \$56.25	CH31103
Spring Term:				
4/2-6/4 (10) Rm 5	T	9-9:30 am ID/AP: \$45	2-4 yrs OD: \$56.25	CH41103

My Own Dance

Dance and feel the rhythm of the music in your own way. This dance class will focus on creating an all-inclusive space for people experiencing mobility impairments and/or disability and will promote a positive body image. No class 1/21, 2/18, 5/27.

Winter Term:				
1/7-3/11 (8) Rm D	M	9:45-10:30 am ID/AP: \$48	4-8 yrs OD: \$60	CH31119
Spring Term:				
4/1-6/3 (9) Rm D	M	9:45-10:30 am ID/AP: \$54	4-8 yrs OD: \$67.50	CH41119

On Your Toes

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

Winter Term:				
1/8-3/12 (10) Rm D	T	9-9:30 am ID/AP: \$45	2-3 yrs OD: \$56.25	CH31121
1/10-3/14 (10) Rm D	Th	10:45-11:15 am ID/AP: \$45	2-3 yrs OD: \$56.25	CH31122
Spring Term:				
4/2-6/4 (10) Rm D	T	9-9:30 am ID/AP: \$45	2-3 yrs OD: \$56.25	CH41121
4/4-6/6 (10) Rm D	Th	10:45-11:15 am ID/AP: \$45	2-3 yrs OD: \$56.25	CH41122

Pre-Ballet

This class provides an introduction to ballet steps and terminology, with an emphasis on creative movement, rhythm, balance and coordination. No class 1/21, 2/18, 4/20, 5/27.

Winter Term:				
1/7-3/11 (8) Rm 5	M	9:45-10:15 am ID/AP: \$36	3-5 yrs OD: \$45	CH31124
1/9-3/13 (10) Rm 5	W	11:30 am-12:15 pm ID/AP: \$60	3-5 yrs OD: \$75	CH31125
1/10-3/14 (10) Rm D	Th	11:30 am-12:15 pm ID/AP: \$60	3-5 yrs OD: \$75	CH31126
1/12-3/16 (10) Rm 5	S	9-9:30 am ID/AP: \$45	2-3 yrs OD: \$56.25	CH31127
1/12-3/16 (10) Rm 5	S	9:45-10:15 am ID/AP: \$45	4-6 yrs OD: \$56.25	CH31128

Dance - Preschool

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Pre-Ballet (continued)				
Spring Term:				
4/1-6/3 (9) Rm 5	M	9:45-10:15 am ID/AP: \$40	3-5 yrs OD: \$50	CH41124
4/3-6/5 (10) Rm 5	W	11:30 am-12:15 pm ID/AP: \$60	3-5 yrs OD: \$75	CH41125
4/4-6/6 (10) Rm D	Th	11:30 am-12:15 pm ID/AP: \$60	3-5 yrs OD: \$75	CH41126
4/6-6/8 (9) Rm 5	S	9-9:30 am ID/AP: \$40	2-3 yrs OD: \$50	CH41127
4/6-6/8 (9) Rm 5	S	9:45-10:30 am ID/AP: \$54	4-6 yrs OD: \$67.50	CH41128

Tiny Tutus

Tiny dancers will learn basic ballet movements that can improve balance and coordination in a nurturing and fun environment. No class 1/21, 2/18, 5/27.

Winter Term:				
1/7-3/11 (8) Rm 5	M	10:45-11:15 am ID/AP: \$36	2-3 yrs OD: \$45	CH31130
1/10-3/14 (10) Rm 5	Th	11:30 am- Noon ID/AP: \$45	2-3 yrs OD: \$56.25	CH31131
1/11-3/15 (10) Rm 5	F	9-9:30 am ID/AP: \$45	2-3 yrs OD: \$56.25	CH31132
Spring Term:				
4/1-6/3 (9) Rm 5	M	10:45-11:15 am ID/AP: \$40	2-3 yrs OD: \$50	CH41130
4/4-6/6 (10) Rm 5	Th	11:30 am- Noon ID/AP: \$45	2-3 yrs OD: \$56.25	CH41131
4/5-6/7 (10) Rm 5	F	9-9:30 am ID/AP: \$45	2-3 yrs OD: \$56.25	CH41132

Tip Toes

For our youngest dancers! Develop grace, poise, good posture and coordination while dancing to many favorite songs. Basic ballet movements explored. **Parent participation required; no unregistered siblings allowed in class.** No Class 1/21, 2/18, 5/27.

Winter Term:				
1/7-3/11 (8) Rm 5	M	9-9:30 am ID/AP: \$36	2-3 yrs OD: \$45	CH31133
1/9-3/13 (10) Rm 5	W	10:45-11:15 am ID/AP: \$45	2-3 yrs OD: \$56.25	CH31134
Spring Term:				
4/1-6/3 (9) Rm 5	M	9-9:30 am ID/AP: \$40	2-3 yrs OD: \$50	CH41133
4/3-6/5 (10) Rm 5	W	10:45-11:15 am ID/AP: \$45	2-3 yrs OD: \$56.25	CH41134

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!

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

Dance - Youth/Teen

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

This dance class will focus on Broadway hits! Learn dance techniques and make new friends in this movement-based class.

Winter Term:

1/9-3/13 (10) Rm D	W	4:45-5:30 pm ID/AP: \$60	6-8 yrs OD: \$75	CH31200
1/9-3/13 (10) Rm D	W	5:45-6:30 pm ID/AP: \$60	9-14 yrs OD: \$75	CH31201

Spring Term:

4/3-6/5 (10) Rm D	W	4:45-5:30 pm ID/AP: \$60	6-8 yrs OD: \$75	CH41200
4/3-6/5 (10) Rm D	W	5:45-6:30 pm ID/AP: \$60	9-14 yrs OD: \$75	CH41201

Classical Ballet I/II

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

Winter Term:

1/8-3/12 (10) Rm 5	T	3:45-4:30 pm ID/AP: \$60	6-9 yrs OD: \$75	CH31203
1/8-3/12 (10) Rm 5	T	4:45-5:30 pm ID/AP: \$60	10-14 yrs OD: \$75	CH31204

Spring Term:

4/2-6/4 (10) Rm 5	T	3:45-4:30 pm ID/AP: \$60	6-9 yrs OD: \$75	CH41203
4/2-6/4 (10) Rm 5	T	4:45-5:30 pm ID/AP: \$60	10-14 yrs OD: \$75	CH41204

Dance Combo/Tap, Ballet, Jazz

Class will expose young dancer to tap, ballet and jazz techniques. Tap shoes required.

Winter Term:

1/10-3/14 (10) Rm 5	Th	3:45-4:30 pm ID/AP: \$60	6-9 yrs OD: \$75	CH31206
1/10-3/14 (10) Rm 5	Th	4:45-5:30 pm ID/AP: \$60	10-14 yrs OD: \$75	CH31207

Spring Term:

4/4-6/6 (10) Rm 5	Th	3:45-4:30 pm ID/AP: \$60	6-9 yrs OD: \$75	CH41206
4/4-6/6 (10) Rm 5	Th	4:45-5:30 pm ID/AP: \$60	10-14 yrs OD: \$75	CH41207

Hip-Hop Kids

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

Winter Term:

1/11-3/15 (10) Rm D	F	4:30-5:30 pm ID/AP: \$75	5-8 yrs OD: \$93.75	CH31208
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Spring Term:

4/5-6/7 (10) Rm D	F	3:45-4:30 pm ID/AP: \$60	5-8 yrs OD: \$75	CH41208
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Dance - Youth/Teen

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

Learn techniques and routines from a variety of dance styles - hip-hop, locking, street jazz, contemporary and more. Get ready to move. Tennis shoes required. No class 1/21, 2/18, 5/27.

Winter Term:

1/7-3/11 (8) Rm 5	M	3:45-4:30 pm ID/AP: \$48	7-12 yrs OD: \$60	CH31209
1/11-3/15 (10) Rm D	F	5:45-6:45 pm ID/AP: \$75	7-12 yrs OD: \$93.75	CH31210

Spring Term:

4/1-6/3 (9) Rm 5	M	3:45-4:30 pm ID/AP: \$54	7-12 yrs OD: \$67.50	CH41209
4/5-6/7 (10) Rm D	F	4:45-5:30 pm ID/AP: \$60	7-12 yrs OD: \$75	CH41210

Hip-Hop Video Dance

Learn about popular dance styles with upbeat routines and technical skills for today's dance world! Tennis shoes required. No class 1/21, 2/18, 5/27

Winter Term:

1/7-3/11 (8) Rm 5	M	4:45-5:30 pm ID/AP: \$48	9-14 yrs OD: \$60	CH31211
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Spring Term:

4/1-6/3 (9) Rm 5	M	4:45-5:30 pm ID/AP: \$54	9-14 yrs OD: \$67.50	CH41211
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Irish Dance

Don't just admire those great Celtic dancers; strap on your dancing shoes and join the fun! Combines Irish soft-shoe and jig hard-shoe. No class 1/21, 2/18.

Winter Term:

1/7-3/11 (8) Rm 5	M	5:45-6:30 pm ID/AP: \$48	6-14 yrs OD: \$60	CH31215
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Spring Term:

4/1-6/3 (9) Rm 5	M	5:45-6:30 pm ID/AP: \$54	6-14 yrs OD: \$67.50	CH41215
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Jazz, Hip-Hop

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

Winter Term:

1/9-3/13 (10) Rm D	W	2:45-3:30 pm ID/AP: \$60	6-10 yrs OD: \$75	CH31213
1/9-3/13 (10) Rm D	W	3:45-4:30 pm ID/AP: \$60	10-14 yrs OD: \$75	CH31214

Spring Term:

4/3-6/5 (10) Rm D	W	2:45-3:30 pm ID/AP: \$60	6-10 yrs OD: \$75	CH41213
4/3-6/5 (10) Rm D	W	3:45-4:30 pm ID/AP: \$60	10-14 yrs OD: \$75	CH41214

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

Dance - Youth/Teen

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
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My Own Dance

Dance and feel the rhythm of the music in your own way. This dance class will focus on creating an all-inclusive space for people experiencing mobility impairments and/or disability and will promote a positive body image.

Winter Term:

1/10-3/14 (10) Th 5:45-6:30 pm 8 yrs-Adult CH31512
Rm D ID/AP: \$60 OD: \$75

Spring Term:

4/4-6/6 (10) Th 5:45-6:30 pm 8 yrs-Adult CH41512
Rm D ID/AP: \$60 OD: \$75

Modern Contemporary I/II

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

Winter Term:

1/8-3/12 (10) T 5:45-6:30 pm 8-14 yrs CH31216
Rm 5 ID/AP: \$60 OD: \$75

Spring Term:

4/2-6/4 (10) T 5:45-6:30 pm 8-14 yrs CH41216
Rm 5 ID/AP: \$60 OD: \$75

Dance - Teen/Adult

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

Traditional jazz techniques will be taught in this upbeat class. Students develop strength, flexibility, coordination and confidence. All levels welcome.

Winter Term:

1/11-3/15 (10) F 7-8 pm 14 yrs-Adult CH31505
Rm D ID/AP: \$75 OD: \$93.75

Spring Term:

4/5-6/7 (10) F 5:45-6:30 pm 14 yrs-Adult CH41505
Rm D ID/AP: \$60 OD: \$75

Classical Ballet

Traditional ballet technique class. Comprehensive barre and center work for returning and motivated beginners. Students develop strength, flexibility, coordination and confidence. All levels welcome.

Winter Term:

1/9-3/13 (10) W 7:30-9 pm 14 yrs-Adult CH31504
Rm 5 ID/AP: \$106 OD: \$132.50

Spring Term:

4/3-6/5 (10) W 7:30-9 pm 14 yrs-Adult CH41504
Rm 5 ID/AP: \$106 OD: \$132.50

Belly dancing classes are not available for drop-in.

Dance - Teen/Adult

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
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Salsa and Swing Dancing

Come join our fun Salsa and Swing dance class where we teach introductory and intermediate moves Salsa and Swing moves. All levels welcome. No class 1/21, 2/18, 5/27.

Winter Term:

1/7-3/11 (8) M 6-7 pm 14 yrs-Adult CH31509
Rm D ID/AP: \$60 OD: \$75

Spring Term:

4/1-6/3 (9) M 6-7 pm 14 yrs-Adult CH41509
Rm D ID/AP: \$67 OD: \$83.75

Belly Dance, Beginning

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

Winter Term:

1/8-3/12 (10) T 7:35-8:35 pm 14 yrs-Adult CH31500
Rm 5 ID/AP: \$75 OD: \$93.75

Spring Term:

4/2-6/4 (10) T 7:35-8:35 pm 14 yrs-Adult CH41500
Rm 5 ID/AP: \$75 OD: \$93.75

Belly Dance, Intermediate

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

Winter Term:

1/8-3/12 (10) T 8:35-9:35 pm 14 yrs-Adult CH31502
Rm 5 ID/AP: \$89 OD: \$111.25

Spring Term:

4/2-6/4 (10) T 8:35-9:35 pm 14 yrs-Adult CH41502
Rm 5 ID/AP: \$89 OD: \$111.25

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nutrition
classes
and more!

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for more information.

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

Cedar Hills Preschool Exploration Classes

1-2-3 Come Play with Me

This class encourages children to emotionally and socially adapt to a classroom setting. We will strengthen our skills in sharing, listening and following directions; learn to make transitions and much more through art, stories and free play. No class 1/21, 2/18, 5/27.

Winter Term:

1/7-2/4 (4) Rm A	M	9-11 am ID/AP: \$72	2-3 yrs OD: \$90	CH38120
1/8-2/5 (5) Rm A	T	9-11 am ID/AP: \$90	2-3 yrs OD: \$112.50	CH38121
1/9-2/6 (5) Rm A	W	9-10 am ID/AP: \$49	1-2 yrs OD: \$61.25	CH38122
1/9-2/6 (5) Rm A	W	10:30-11:30 am ID/AP: \$49	1-2 yrs OD: \$61.25	CH38123
1/10-2/7 (5) Rm A	Th	9-11 am ID/AP: \$90	2-3 yrs OD: \$112.50	CH38124
1/11-2/8 (5) Rm A	F	9-11 am ID/AP: \$90	2 yrs OD: \$112.50	CH38125
1/11-2/8 (5) Rm B	F	9-11 am ID/AP: \$90	3 yrs OD: \$112.50	CH38126
2/11-3/18 (5) Rm A	M	9-11 am ID/AP: \$90	2-3 yrs OD: \$112.50	CH38127
2/12-3/19 (6) Rm A	T	9-11 am ID/AP: \$108	2-3 yrs OD: \$135	CH38128
2/13-3/20 (6) Rm A	W	9-10 am ID/AP: \$59	1-2 yrs OD: \$73.75	CH38129
2/13-3/20 (6) Rm A	W	10:30-11:30 am ID/AP: \$59	1-2 yrs OD: \$73.75	CH38130
2/14-3/21 (6) Rm A	Th	9-11 am ID/AP: \$108	2-3 yrs OD: \$135	CH38131
2/15-3/22 (6) Rm A	F	9-11 am ID/AP: \$108	2 yrs OD: \$135	CH38132
2/15-3/22 (6) Rm B	F	9-11 am ID/AP: \$108	3 yrs OD: \$135	CH38133

Spring Term:

4/1-4/29 (5) Rm A	M	9-11 am ID/AP: \$90	2-3 yrs OD: \$112.50	CH48120
4/2-4/30 (5) Rm A	T	9-11 am ID/AP: \$90	2-3 yrs OD: \$112.50	CH48121
4/3-5/1 (5) Rm A	W	9-10 am ID/AP: \$49	1-2 yrs OD: \$61.25	CH48122
4/3-5/1 (5) Rm A	W	10:30-11:30 am ID/AP: \$49	1-2 yrs OD: \$61.25	CH48123
4/4-5/2 (5) Rm A	Th	9-11 am ID/AP: \$90	2-3 yrs OD: \$112.50	CH48124
4/5-5/3 (5) Rm A	F	9-11 am ID/AP: \$90	2 yrs OD: \$112.50	CH48125
4/5-5/3 (5) Rm B	F	9-11 am ID/AP: \$90	3 yrs OD: \$112.50	CH48126
5/6-6/3 (4) Rm A	M	9-11 am ID/AP: \$72	2-3 yrs OD: \$90	CH48127
5/7-6/4 (5) Rm A	T	9-11 am ID/AP: \$90	2-3 yrs OD: \$112.50	CH48128
5/8-6/5 (5) Rm A	W	9-10 am ID/AP: \$49	1-2 yrs OD: \$61.25	CH48129
5/8-6/5 (5) Rm A	W	10:30-11:30 am ID/AP: \$49	1-2 yrs OD: \$61.25	CH48130
5/9-6/6 (5) Rm A	Th	9-11 am ID/AP: \$90	2-3 yrs OD: \$112.50	CH48131
5/10-6/7 (5) Rm A	F	9-11 am ID/AP: \$90	2 yrs OD: \$112.50	CH48132
5/10-6/7 (5) Rm B	F	9-11 am ID/AP: \$90	3 yrs OD: \$112.50	CH48133

A-B-C Come Learn with Me

This class improves social and cognitive skills and helps children become comfortable in a classroom setting. Through art, music and sensory play, we will begin to explore the development of problem-solving, imagination and attention span. No class 1/21, 2/18, 5/27.

Winter Term:

1/7-2/4 (4) Rm B	M	9-11:30 am ID/AP: \$81	3-4 yrs OD: \$101.25	CH38140
1/8-2/5 (5) Rm B	T	9-11:30 am ID/AP: \$101	3-4 yrs OD: \$126.25	CH38141
1/9-2/6 (5) Rm B	W	9-11:30 am ID/AP: \$101	2.5-3.5 yrs OD: \$126.25	CH38142
1/10-2/7 (5) Rm B	Th	9-11:30 am ID/AP: \$101	3-4 yrs OD: \$126.25	CH38143
2/11-3/18 (5) Rm B	M	9-11:30 am ID/AP: \$101	3-4 yrs OD: \$126.25	CH38144
2/12-3/19 (6) Rm B	T	9-11:30 am ID/AP: \$121	3-4 yrs OD: \$151.25	CH38145
2/13-3/20 (6) Rm B	W	9-11:30 am ID/AP: \$121	2.5-3.5 yrs OD: \$151.25	CH38146
2/14-3/21 (6) Rm B	Th	9-11:30 am ID/AP: \$121	3-4 yrs OD: \$151.25	CH38147

Spring Term:

4/1-4/29 (5) Rm B	M	9-11:30 am ID/AP: \$101	3-4 yrs OD: \$126.25	CH48140
4/2-4/30 (5) Rm B	T	9-11:30 am ID/AP: \$101	3-4 yrs OD: \$126.25	CH48141
4/3-5/1 (5) Rm B	W	9-11:30 am ID/AP: \$101	2.5-3.5 yrs OD: \$126.25	CH48142
4/4-5/2 (5) Rm B	Th	9-11:30 am ID/AP: \$101	3-4 yrs OD: \$126.25	CH48143
5/6-6/3 (4) Rm B	M	9-11:30 am ID/AP: \$81	3-4 yrs OD: \$101.25	CH48144
5/7-6/4 (5) Rm B	T	9-11:30 am ID/AP: \$101	3-4 yrs OD: \$126.25	CH48145
5/8-6/5 (5) Rm B	W	9-11:30 am ID/AP: \$101	2.5-3.5 yrs OD: \$126.25	CH48146
5/9-6/6 (5) Rm B	Th	9-11:30 am ID/AP: \$101	3-4 yrs OD: \$126.25	CH48147

Arts Galore and More

Experiment with different painting techniques, try new crafts, work with textures and experience the thrill of creating seasonal art. Wear clothes that can take paint and get messy.

Winter Term:

1/11-2/8 (5) Rm C	F	9-11 am ID/AP: \$81	3-5 yrs OD: \$101.25	CH38150
2/15-3/22 (6) Rm C	F	9-11 am ID/AP: \$97	3-5 yrs OD: \$121.25	CH38151

Spring Term:

4/5-5/3 (5) Rm C	F	9-11 am ID/AP: \$81	3-5 yrs OD: \$101.25	CH48150
5/10-6/7 (5) Rm C	F	9-11 am ID/AP: \$81	3-5 yrs OD: \$101.25	CH48151

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

General Interest - Preschool

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
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Cedar Hills Preschool Exploration Classes (cont.)

Kindertune Music Adventure

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

Winter Term:

1/9-2/6 (5) Rm C	W	9:15-9:45 am ID/AP: \$24	1½-3 yrs OD: \$30	CH38158
1/9-2/6 (5) Rm C	W	10-10:30 am ID/AP: \$24	1½-3 yrs OD: \$30	CH38159
2/13-3/20 (6) Rm C	W	9:15-9:45 am ID/AP: \$29	1½-3 yrs OD: \$36.25	CH38160
2/13-3/20 (6) Rm C	W	10-10:30 am ID/AP: \$29	1½-3 yrs OD: \$36.25	CH38161

Spring Term:

4/3-5/1 (5) Rm C	W	9:15-9:45 am ID/AP: \$24	1½-3 yrs OD: \$30	CH48158
4/3-5/1 (5) Rm C	W	10-10:30 am ID/AP: \$24	1½-3 yrs OD: \$30	CH48159
5/8-6/5 (5) Rm C	W	9:15-9:45 am ID/AP: \$24	1½-3 yrs OD: \$30	CH48160
5/8-6/5 (5) Rm C	W	10-10:30 am ID/AP: \$24	1½-3 yrs OD: \$30	CH48161

Preschool Theater Fun

An introductory theater class designed for preschoolers, with an emphasis on acting. In addition, we'll create puppets and music. The students will perform an original play on the last day of class.

Winter Term:

1/9-2/6 (5) Rm C	W	11 am-Noon ID/AP: \$40	3-6 yrs OD: \$50	CH38162
2/13-3/20 (6) Rm C	W	11 am-Noon ID/AP: \$49	3-6 yrs OD: \$61.25	CH38163

Spring Term:

4/3-5/1 (5) Rm C	W	11 am-Noon ID/AP: \$40	3-6 yrs OD: \$50	CH48162
5/8-6/5 (5) Rm C	W	11 am-Noon ID/AP: \$40	3-6 yrs OD: \$50	CH48163



General Interest - Preschool

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
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Chefs in Training

Join us for fun in the kitchen! Learn age-appropriate culinary skills, including basic nutrition, manners, recipes and more. **Please note: We cannot guarantee an allergy-free environment or menu.**

Winter Term:

1/18 (1) Kitchen	F	9:30-11:30 am ID/AP: \$24	4-5 yrs OD: \$30	CH35100
2/1 (1) Kitchen	F	9:30-11:30 am ID/AP: \$24	4-5 yrs OD: \$30	CH35101
2/15 (1) Kitchen	F	9:30-11:30 am ID/AP: \$24	4-5 yrs OD: \$30	CH35102
3/1 (1) Kitchen	F	9:30-11:30 am ID/AP: \$24	4-5 yrs OD: \$30	CH35103
3/15 (1) Kitchen	F	9:30-11:30 am ID/AP: \$24	4-5 yrs OD: \$30	CH35104

Spring Term:

4/12 (1) Kitchen	F	9:30-11:30 am ID/AP: \$24	4-5 yrs OD: \$30	CH45100
4/26 (1) Kitchen	F	9:30-11:30 am ID/AP: \$24	4-5 yrs OD: \$30	CH45101
5/10 (1) Kitchen	F	9:30-11:30 am ID/AP: \$24	4-5 yrs OD: \$30	CH45102
5/24 (1) Kitchen	F	9:30-11:30 am ID/AP: \$24	4-5 yrs OD: \$30	CH45103
6/7 (1) Kitchen	F	9:30-11:30 am ID/AP: \$24	4-5 yrs OD: \$30	CH45104

General Interest - Youth/Adult

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

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

Winter Term:

1/12 (1) Rm 3	S	8:15 am-3:45 pm ID/AP: \$50	11-15 yrs OD: \$62.50	CH35303
2/16 (1) Rm 3	S	8:15 am-3:45 pm ID/AP: \$50	11-15 yrs OD: \$62.50	CH35304
3/2 (1) Rm 3	S	8:15 am-3:45 pm ID/AP: \$50	11-15 yrs OD: \$62.50	CH35305

Spring Term:

4/6 (1) Rm 3	S	8:15 am-3:45 pm ID/AP: \$50	11-15 yrs OD: \$62.50	CH45303
5/18 (1) Rm 3	S	8:15 am-3:45 pm ID/AP: \$50	11-15 yrs OD: \$62.50	CH45304
6/1 (1) Rm 3	S	8:15 am-3:45 pm ID/AP: \$50	11-15 yrs OD: \$62.50	CH45305

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

Kids Cooking Club

Winter Term:

Game Day Treats

We'll have some fun in the kitchen makin' snacks while learning culinary skills and safety! Participants will make some old favorites and learn new snack ideas perfect for game day. **Please note: We cannot guarantee an allergy-free environment or menu.**

1/11 (1)	F	6-8 pm	8-10 yrs	CH35200
Kitchen		ID/AP: \$25	OD: \$31.25	
1/25 (1)	F	6-8 pm	8-10 yrs	CH35201
Kitchen		ID/AP: \$25	OD: \$31.25	

All about Chocolate!

We'll have some fun in the kitchen makin' snacks while learning culinary skills and safety! Classic and unique chocolate treats will be created! **Please note: We cannot guarantee an allergy-free environment or menu.**

2/15 (1)	F	6-8 pm	8-10 yrs	CH35202
Kitchen		ID/AP: \$25	OD: \$31.25	

St. Patrick's Day Treats

We'll have some fun in the kitchen making snacks while learning culinary skills and safety. Come learn how to create some classic Irish recipes. **Please note: We cannot guarantee an allergy-free environment or menu.**

3/8 (1)	F	6-8 pm	8-10 yrs	CH35203
Kitchen		ID/AP: \$25	OD: \$31.25	
3/15 (1)	F	6-8 pm	8-10 yrs	CH35204
Kitchen		ID/AP: \$25	OD: \$31.25	

Spring Term:

Healthy Snacks

We'll have some fun in the kitchen makin' snacks while learning culinary skills and safety! In this class, participants will create snacks that are both delicious and healthy! **Please note: We cannot guarantee an allergy-free environment or menu.**

4/5 (1)	F	6-8 pm	8-10 yrs	CH45200
Kitchen		ID/AP: \$25	OD: \$31.25	
4/19 (1)	F	6-8 pm	8-10 yrs	CH45201
Kitchen		ID/AP: \$25	OD: \$31.25	

Brunch Favorites

We'll have some fun in the kitchen makin' snacks while learning culinary skills and safety! From eggs to scones we will cover a variety of brunch favorites! **Please note: We cannot guarantee an allergy-free environment or menu.**

5/10 (1)	F	6-8 pm	8-10 yrs	CH45202
Kitchen		ID/AP: \$25	OD: \$31.25	

Junior Cupcake Wars

We'll have some fun in the kitchen makin' snacks while learning culinary skills and safety! Come prepared to use your creativity to create unique cupcakes. **Please note: We cannot guarantee an allergy-free environment or menu.**

5/24 (1)	F	6-8 pm	8-10 yrs	CH45203
Kitchen		ID/AP: \$25	OD: \$31.25	
6/7 (1)	F	6-8 pm	8-10 yrs	CH45204
Kitchen		ID/AP: \$25	OD: \$31.25	

General Interest - Youth/Adult

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

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

Winter Term:

2/9 (1)	S	9-11:45 am	8-11 yrs	CH35300
Rm 3		ID/AP: \$25	OD: \$31.25	
3/9 (1)	S	9-11:45 am	8-11 yrs	CH35301
Rm 3		ID/AP: \$25	OD: \$31.25	

Spring Term:

5/25 (1)	S	9-11:45 am	8-11 yrs	CH45300
Rm 3		ID/AP: \$25	OD: \$31.25	
6/8 (1)	S	9-11:45 am	8-11 yrs	CH45301
Rm 3		ID/AP: \$25	OD: \$31.25	

Youth Guitar

Learn to play the guitar. Learn basic chords and strumming, along with an understanding of how the guitar works. Bring your own guitar.

Winter Term:

1/8-3/12 (10)	T	6-7 pm	8-11 yrs	CH35250
Rm 3		ID/AP: \$80	OD: \$100	

Spring Term:

4/2-6/4 (10)	T	6-7 pm	8-11 yrs	CH45250
Rm 3		ID/AP: \$80	OD: \$100	

Guitar I

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

Winter Term:

1/8-3/12 (10)	T	7-8 pm	10 yrs-Adult	CH35251
Rm 3		ID/AP: \$80	OD: \$100	

Spring Term:

4/2-6/4 (10)	T	7-8 pm	10 yrs-Adult	CH45251
Rm 3		ID/AP: \$80	OD: \$100	

Guitar II

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

Winter Term:

1/8-3/12 (10)	T	8-9 pm	13 yrs-Adult	CH35252
Rm 3		ID/AP: \$80	OD: \$100	

Spring Term:

4/2-6/4 (10)	T	8-9 pm	13 yrs-Adult	CH45252
Rm 3		ID/AP: \$80	OD: \$100	

Fitness in the Park

Free! Starting June 1, join us for **Fitness in the Park**. This district-wide program offers a variety of free family-friendly fitness classes throughout the Beaverton area.

Visit www.thprd.org/fitness-in-the-park for more information.

General Interest - Youth/Adult

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Guitar Private Lessons				
Learn basic guitar or continue to improve your skills. Must bring your own guitar.				

Winter Term:

1/8-2/5 (5) Rm 3	T	3:30-4 pm ID/AP: \$191	7 yrs-Adult OD: \$238.75	CH35261
1/8-2/5 (5) Rm 3	T	4-4:30 pm ID/AP: \$191	7 yrs-Adult OD: \$238.75	CH35262
1/8-2/5 (5) Rm 3	T	4:30-5 pm ID/AP: \$191	7 yrs-Adult OD: \$238.75	CH35263
1/8-2/5 (5) Rm 3	T	5-5:30 pm ID/AP: \$191	7 yrs-Adult OD: \$238.75	CH35264
2/12-3/12 (5) Rm 3	T	3:30-4 pm ID/AP: \$191	7 yrs-Adult OD: \$238.75	CH35265
2/12-3/12 (5) Rm 3	T	4-4:30 pm ID/AP: \$191	7 yrs-Adult OD: \$238.75	CH35266
2/12-3/12 (5) Rm 3	T	4:30-5 pm ID/AP: \$191	7 yrs-Adult OD: \$238.75	CH35267
2/12-3/12 (5) Rm 3	T	5-5:30 pm ID/AP: \$191	7 yrs-Adult OD: \$238.75	CH35268

Spring Term:

4/2-4/30 (5) Rm 3	T	3:30-4 pm ID/AP: \$191	7 yrs-Adult OD: \$238.75	CH45261
4/2-4/30 (5) Rm 3	T	4-4:30 pm ID/AP: \$191	7 yrs-Adult OD: \$238.75	CH45262
4/2-4/30 (5) Rm 3	T	4:30-5 pm ID/AP: \$191	7 yrs-Adult OD: \$238.75	CH45263
4/2-4/30 (5) Rm 3	T	5-5:30 pm ID/AP: \$191	7 yrs-Adult OD: \$238.75	CH45264
5/7-6/4 (5) Rm 3	T	3:30-4 pm ID/AP: \$191	7 yrs-Adult OD: \$238.75	CH45265
5/7-6/4 (5) Rm 3	T	4-4:30 pm ID/AP: \$191	7 yrs-Adult OD: \$238.75	CH45266
5/7-6/4 (5) Rm 3	T	4:30-5 pm ID/AP: \$191	7 yrs-Adult OD: \$238.75	CH45267
5/7-6/4 (5) Rm 3	T	5-5:30 pm ID/AP: \$191	7 yrs-Adult OD: \$238.75	CH45268

Piano, Private Lessons

Playing the piano is fun, and now research has proven that playing the piano can have a profound positive impact on a child's language, reading, and math development. Beginner books will be provided for each student's first session. Students will be responsible for purchasing any additional books based on skill level. No class 1/21, 2/18, 5/27.

Winter Term:

1/7-2/4 (4) Rm 3	M	3:30-4 pm ID/AP: \$153	5 yrs-Adult OD: \$191.25	CH35400
1/7-2/4 (4) Rm 3	M	4-4:30 pm ID/AP: \$153	5 yrs-Adult OD: \$191.25	CH35401
1/7-2/4 (4) Rm 3	M	4:30-5 pm ID/AP: \$153	5 yrs-Adult OD: \$191.25	CH35402
1/7-2/4 (4) Rm 3	M	5-5:30 pm ID/AP: \$153	5 yrs-Adult OD: \$191.25	CH35403
1/7-2/4 (4) Rm 3	M	5:45-6:15 pm ID/AP: \$153	5 yrs-Adult OD: \$191.25	CH35404
1/7-2/4 (4) Rm 3	M	6:15-6:45 pm ID/AP: \$153	5 yrs-Adult OD: \$191.25	CH35405
1/7-2/4 (4) Rm 3	M	6:45-7:15 pm ID/AP: \$153	5 yrs-Adult OD: \$191.25	CH35406

General Interest - Youth/Adult

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

1/7-2/4 (4) Rm 3	M	7:15-7:45 pm ID/AP: \$153	5 yrs-Adult OD: \$191.25	CH35407
2/11-3/11 (4) Rm 3	M	3:30-4 pm ID/AP: \$153	5 yrs-Adult OD: \$191.25	CH35408
2/11-3/11 (4) Rm 3	M	4-4:30 pm ID/AP: \$153	5 yrs-Adult OD: \$191.25	CH35409
2/11-3/11 (4) Rm 3	M	4:30-5 pm ID/AP: \$153	5 yrs-Adult OD: \$191.25	CH35410
2/11-3/11 (4) Rm 3	M	5-5:30 pm ID/AP: \$153	5 yrs-Adult OD: \$191.25	CH35411
2/11-3/11 (4) Rm 3	M	5:45-6:15 pm ID/AP: \$153	5 yrs-Adult OD: \$191.25	CH35412
2/11-3/11 (4) Rm 3	M	6:15-6:45 pm ID/AP: \$153	5 yrs-Adult OD: \$191.25	CH35413
2/11-3/11 (4) Rm 3	M	6:45-7:15 pm ID/AP: \$153	5 yrs-Adult OD: \$191.25	CH35414
2/11-3/11 (4) Rm 3	M	7:15-7:45 pm ID/AP: \$153	5 yrs-Adult OD: \$191.25	CH35415
1/11-2/8 (5) Rm 3	F	3:30-4 pm ID/AP: \$191	5 yrs-Adult OD: \$238.75	CH35424
1/11-2/8 (5) Rm 3	F	4-4:30 pm ID/AP: \$191	5 yrs-Adult OD: \$238.75	CH35425
1/11-2/8 (5) Rm 3	F	4:30-5 pm ID/AP: \$191	5 yrs-Adult OD: \$238.75	CH35426
1/11-2/8 (5) Rm 3	F	5-5:30 pm ID/AP: \$191	5 yrs-Adult OD: \$238.75	CH35427
1/11-2/8 (5) Rm 3	F	5:45-6:15 pm ID/AP: \$191	5 yrs-Adult OD: \$238.75	CH35428
1/11-2/8 (5) Rm 3	F	6:15-6:45 pm ID/AP: \$191	5 yrs-Adult OD: \$238.75	CH35429
1/11-2/8 (5) Rm 3	F	6:45-7:15 pm ID/AP: \$191	5 yrs-Adult OD: \$238.75	CH35430
1/11-2/8 (5) Rm 3	F	7:15-7:45 pm ID/AP: \$191	5 yrs-Adult OD: \$238.75	CH35431
2/15-3/15 (5) Rm 3	F	3:30-4 pm ID/AP: \$191	5 yrs-Adult OD: \$238.75	CH35432
2/15-3/15 (5) Rm 3	F	4-4:30 pm ID/AP: \$191	5 yrs-Adult OD: \$238.75	CH35433
2/15-3/15 (5) Rm 3	F	4:30-5 pm ID/AP: \$191	5 yrs-Adult OD: \$238.75	CH35434
2/15-3/15 (5) Rm 3	F	5-5:30 pm ID/AP: \$191	5 yrs-Adult OD: \$238.75	CH35435
2/15-3/15 (5) Rm 3	F	5:45-6:15 pm ID/AP: \$191	5 yrs-Adult OD: \$238.75	CH35436
2/15-3/15 (5) Rm 3	F	6:15-6:45 pm ID/AP: \$191	5 yrs-Adult OD: \$238.75	CH35437
2/15-3/15 (5) Rm 3	F	6:45-7:15 pm ID/AP: \$191	5 yrs-Adult OD: \$238.75	CH35438
2/15-3/15 (5) Rm 3	F	7:15-7:45 pm ID/AP: \$191	5 yrs-Adult OD: \$238.75	CH35439

Spring Term:

4/1-4/29 (5) Rm 3	M	3:30-4 pm ID/AP: \$191	5 yrs-Adult OD: \$238.75	CH45400
4/1-4/29 (5) Rm 3	M	4-4:30 pm ID/AP: \$191	5 yrs-Adult OD: \$238.75	CH45401
4/1-4/29 (5) Rm 3	M	4:30-5 pm ID/AP: \$191	5 yrs-Adult OD: \$238.75	CH45402
4/1-4/29 (5) Rm 3	M	5-5:30 pm ID/AP: \$191	5 yrs-Adult OD: \$238.75	CH45403
4/1-4/29 (5) Rm 3	M	5:45-6:15 pm ID/AP: \$191	5 yrs-Adult OD: \$238.75	CH45404

Continued

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

General Interest - Youth/Adult

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Piano, Private Lessons (continued)				
4/1-4/29 (5) Rm 3	M	6:15-6:45 pm ID/AP: \$191	5 yrs-Adult OD: \$238.75	CH45405
4/1-4/29 (5) Rm 3	M	6:45-7:15 pm ID/AP: \$191	5 yrs-Adult OD: \$238.75	CH45406
4/1-4/29 (5) Rm 3	M	7:15-7:45 pm ID/AP: \$191	5 yrs-Adult OD: \$238.75	CH45407
5/6-6/3 (4) Rm 3	M	3:30-4 pm ID/AP: \$153	5 yrs-Adult OD: \$191.25	CH45408
5/6-6/3 (4) Rm 3	M	4-4:30 pm ID/AP: \$153	5 yrs-Adult OD: \$191.25	CH45409
5/6-6/3 (4) Rm 3	M	4:30-5 pm ID/AP: \$153	5 yrs-Adult OD: \$191.25	CH45410
5/6-6/3 (4) Rm 3	M	5-5:30 pm ID/AP: \$153	5 yrs-Adult OD: \$191.25	CH45411
5/6-6/3 (4) Rm 3	M	5:45-6:15 pm ID/AP: \$153	5 yrs-Adult OD: \$191.25	CH45412
5/6-6/3 (4) Rm 3	M	6:15-6:45 pm ID/AP: \$153	5 yrs-Adult OD: \$191.25	CH45413
5/6-6/3 (4) Rm 3	M	6:45-7:15 pm ID/AP: \$153	5 yrs-Adult OD: \$191.25	CH45414
5/6-6/3 (4) Rm 3	M	7:15-7:45 pm ID/AP: \$153	5 yrs-Adult OD: \$191.25	CH45415
4/5-5/3 (5) Rm 3	F	3:30-4 pm ID/AP: \$191	5 yrs-Adult OD: \$238.75	CH45424
4/5-5/3 (5) Rm 3	F	4-4:30 pm ID/AP: \$191	5 yrs-Adult OD: \$238.75	CH45425
4/5-5/3 (5) Rm 3	F	4:30-5 pm ID/AP: \$191	5 yrs-Adult OD: \$238.75	CH45426
4/5-5/3 (5) Rm 3	F	5-5:30 pm ID/AP: \$191	5 yrs-Adult OD: \$238.75	CH45427
4/5-5/3 (5) Rm 3	F	5:45-6:15 pm ID/AP: \$191	5 yrs-Adult OD: \$238.75	CH45428
4/5-5/3 (5) Rm 3	F	6:15-6:45 pm ID/AP: \$191	5 yrs-Adult OD: \$238.75	CH45429
4/5-5/3 (5) Rm 3	F	6:45-7:15 pm ID/AP: \$191	5 yrs-Adult OD: \$238.75	CH45430
4/5-5/3 (5) Rm 3	F	7:15-7:45 pm ID/AP: \$191	5 yrs-Adult OD: \$238.75	CH45431
5/10-6/7 (5) Rm 3	F	3:30-4 pm ID/AP: \$191	5 yrs-Adult OD: \$238.75	CH45432
5/10-6/7 (5) Rm 3	F	4-4:30 pm ID/AP: \$191	5 yrs-Adult OD: \$238.75	CH45433
5/10-6/7 (5) Rm 3	F	4:30-5 pm ID/AP: \$191	5 yrs-Adult OD: \$238.75	CH45434
5/10-6/7 (5) Rm 3	F	5-5:30 pm ID/AP: \$191	5 yrs-Adult OD: \$238.75	CH45435
5/10-6/7 (5) Rm 3	F	5:45-6:15 pm ID/AP: \$191	5 yrs-Adult OD: \$238.75	CH45436
5/10-6/7 (5) Rm 3	F	6:15-6:45 pm ID/AP: \$191	5 yrs-Adult OD: \$238.75	CH45437
5/10-6/7 (5) Rm 3	F	6:45-7:15 pm ID/AP: \$191	5 yrs-Adult OD: \$238.75	CH45438
5/10-6/7 (5) Rm 3	F	7:15-7:45 pm ID/AP: \$191	5 yrs-Adult OD: \$238.75	CH45439

Tumble Time

A drop-in, open-play time for children 1-5 yrs
Mondays & Wednesdays • 1/7-6/5 • 1-2 pm • \$5

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

Your CHRC instructor: The purpose of the instructor is to ensure everyone is safe and enjoying their experience. Please follow his or her instructions at all times. The instructor will not teach skills or lead activities but is always happy to answer any questions you may have. **No class 1/21, 2/18, 4/20, 5/27.**

Don't forget: Parents are required to supervise their children at all times.

Gymnastics - Preschool

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
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Kindergym, 1½-3 yrs

Winter Term:

1/11-3/15 (10) Rm 9	F	9:15-10 am ID/AP: \$64	1½-3 yrs OD: \$80	CH33100
1/11-3/15 (10) Rm 9	F	10:15-11 am ID/AP: \$64	1½-3 yrs OD: \$80	CH33101
1/11-3/15 (10) Rm 9	F	11:15 am- Noon ID/AP: \$64	1½-3 yrs OD: \$80	CH33102

Spring Term:

4/5-6/7 (10) Rm 9	F	9:15-10 am ID/AP: \$64	1½-3 yrs OD: \$80	CH43100
4/5-6/7 (10) Rm 9	F	10:15-11 am ID/AP: \$64	1½-3 yrs OD: \$80	CH43101
4/5-6/7 (10) Rm 9	F	11:15 am- Noon ID/AP: \$64	1½-3 yrs OD: \$80	CH43102

KinderStars, 2½-4 yrs

Winter Term:

1/11-3/15 (10) Rm 9	F	12:15-1 pm ID/AP: \$64	2½-4 yrs OD: \$80	CH33103
1/11-3/15 (10) Rm 9	F	1:15-2 pm ID/AP: \$64	2½-4 yrs OD: \$80	CH33104

Spring Term:

4/5-6/7 (10) Rm 9	F	12:15-1 pm ID/AP: \$64	2½-4 yrs OD: \$80	CH43103
4/5-6/7 (10) Rm 9	F	1:15-2 pm ID/AP: \$64	2½-4 yrs OD: \$80	CH43104

Pre-Gymnastics 3-4 yrs

Winter Term:

1/7-3/11 (8) Rm 9	M	9-9:45 am ID/AP: \$51	3-4 yrs OD: \$63.75	CH33105
1/7-3/11 (8) Rm 9	M	10-10:45 am ID/AP: \$51	3-4 yrs OD: \$63.75	CH33106
1/7-3/11 (8) Rm 9	M	11-11:45 am ID/AP: \$51	3-4 yrs OD: \$63.75	CH33107
1/8-3/12 (10) Rm 9	T	9-9:45 am ID/AP: \$64	3-4 yrs OD: \$80	CH33108

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

Gymnastics

Cedar Hills offers a comprehensive gymnastics program designed to help students reach their full potential according to their personal ability and speed. All students will receive instruction on floor, beam, vault and bars. Great care is taken to provide a fun and safe atmosphere with quality instruction. Students with long hair need to pull it back with a air band. Please do not wear tights or jeans. Safety guidelines will be discussed at first class. No class 1/21, 2/18, 4/20, 5/27.

Gymnastics Class Descriptions

Kindergym: (1½-3 yrs)

(PP) Parent Participation Class; One child/ one parent ratio (childcare option available for other children during some classes).

Guided by our gymnastics staff, you and your child will share fun exercise time such as balancing on the beam, swinging on the bars and rolling down our mats. Motor skills and body awareness are developed while having fun. Our teachers will guide the parents on how to direct your child through our obstacle courses.

Kinderstars: (2½-4 yrs)

(PP) Parent Participation Class; One child/ one parent ratio (childcare option available for other children during some classes).

This class is geared toward the gymnasts who are ready to start participating in a slightly more structured environment. Through the use of obstacle courses on the beam, bars and floor exercise mats the children will learn beginning gymnastics skills as well as social skills such as taking turns, and learning to participate in gymnastics class without a lot of assistance from their parent. The parent should expect to stay only close and involved enough for their child to feel safe and comfortable.

Preschool Pre-Gymnastics: (3-6 yrs)

This is an introduction to gymnastics for preschool aged children (no gymnastics experience needed). In this class they will be introduced to all four gymnastics events through fun obstacle course and drills. They will focus on beginning gymnastics skills, flexibility, strength and lots of fun! Following directions, listening and line movement will be focused on each week through lesson plans.

Boys Gymnastics, All Levels: (5-10 yrs)

We will work on gymnastics skills and techniques for the vault, bars and floor exercise. They will development of flexibility

and strength. All skill levels welcome. Please make sure your gymnast comes with shorts/ pants and a tucked in t-shirt.

Rec. Gymnastics Level 1: (5-13 yrs)

This class is the beginning level of gymnastics for school-aged children (no gymnastics experience needed). We introduce the fundamentals of gymnastics such as rolls, handstands and cartwheels on the floor, casting and strength moves on the bars as well as jumping and balancing on the beam. The students will learn all the basic skills used in gymnastics through the use of stations incorporating strength and flexibility activities.

Rec. Gymnastics Level 1.5: (5-13 yrs)

Instructor approval needed and/or the gymnast has passed Gymnastics Level 1.

We will emphasize one-handed cartwheels, round-offs, bridge kick-overs and many other tumbling progressions on floor. On the bars, we will work purllovers and back hip circles and on the beam, jump combinations, leaps and handstands are introduced. We teach classes using stations and drills that will help them with flexibility as well as build their core strength to achieve the skills needed to move-up to Level 2.

Gymnastics Level 2: (6-13 yrs)

Gymnast MUST have passed Gymnastics Level 1.5 before enrolling and/or has instructor approval.

This class works on the following skills: Bars – stride circles and one-leg shoot throughs, underswings and sole circle dismounts on the beam – handstands,

cartwheels and full turns and on the Floor - back-bend kick-overs, tic-tocs, back handspring drills and handstand rolls. The handstand flat back is taught for vaulting and the level of conditioning and flexibility training is increased.

Gymnastics Level 3: (6-13 yrs)

Must have passed Gymnastics Level 2 and/or has instructor approval. This level focuses on routines as well as the following skills: front handsprings, and round-off back handsprings on the floor, kips, and front hip circles on bars, handstands and cartwheels on the high beams. We strive on building flexibly, strength and confidence.

Evaluations

Prior to enrollment into our Level 1.5, 2 or 3 classes, a student must have passed the previous level or be evaluated by our staff to assure placement in the appropriate class. This free 5-10 minute evaluation will determine which level class is appropriate for them. This helps to ensure that each class member is experiencing success working at the same skill level and provides a more positive environment for all. Evaluations can be scheduled through our front office; the evaluations are done on Tuesday or Thursday evenings.



Gymnastics - Preschool

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Pre-Gymnastics 3-4 yrs (continued)				
1/8-3/12 (10) Rm 9	T	11-11:45 am ID/AP: \$64	3-4 yrs OD: \$80	CH33109
1/9-3/13 (10) Rm 9	W	9-9:45 am ID/AP: \$64	3-4 yrs OD: \$80	CH33110
1/9-3/13 (10) Rm 9	W	10-10:45 am ID/AP: \$64	3-4 yrs OD: \$80	CH33111
1/9-3/13 (10) Rm 9	W	11-11:45 am ID/AP: \$64	3-4 yrs OD: \$80	CH33112
1/10-3/14 (10) Rm 9	Th	9-9:45 am ID/AP: \$64	3-4 yrs OD: \$80	CH33113
1/10-3/14 (10) Rm 9	Th	10-10:45 am ID/AP: \$64	3-4 yrs OD: \$80	CH33114
1/12-3/16 (10) Rm 9	S	9-9:45 am ID/AP: \$64	3-4 yrs OD: \$80	CH33115
1/12-3/16 (10) Rm 9	S	10-10:45 am ID/AP: \$64	3-4 yrs OD: \$80	CH33116
1/12-3/16 (10) Rm 9	S	2:45-3:30 pm ID/AP: \$64	3-4 yrs OD: \$80	CH33117

Spring Term:

4/1-6/3 (9) Rm 9	M	9-9:45 am ID/AP: \$57	3-4 yrs OD: \$71.25	CH43105
4/1-6/3 (9) Rm 9	M	10-10:45 am ID/AP: \$57	3-4 yrs OD: \$71.25	CH43106
4/1-6/3 (9) Rm 9	M	11-11:45 am ID/AP: \$57	3-4 yrs OD: \$71.25	CH43107
4/2-6/4 (10) Rm 9	T	9-9:45 am ID/AP: \$64	3-4 yrs OD: \$80	CH43110
4/2-6/4 (10) Rm 9	T	11-11:45 am ID/AP: \$64	3-4 yrs OD: \$80	CH43112
4/3-6/5 (10) Rm 9	W	9-9:45 am ID/AP: \$64	3-4 yrs OD: \$80	CH43113
4/3-6/5 (10) Rm 9	W	10-10:45 am ID/AP: \$64	3-4 yrs OD: \$80	CH43114
4/3-6/5 (10) Rm 9	W	11-11:45 am ID/AP: \$64	3-4 yrs OD: \$80	CH43115
4/4-6/6 (10) Rm 9	Th	9-9:45 am ID/AP: \$64	3-4 yrs OD: \$80	CH43118
4/4-6/6 (10) Rm 9	Th	10-10:45 am ID/AP: \$64	3-4 yrs OD: \$80	CH43119
4/6-6/8 (9) Rm 9	S	9-9:45 am ID/AP: \$57	3-4 yrs OD: \$71.25	CH43122
4/6-6/8 (9) Rm 9	S	10-10:45 am ID/AP: \$57	3-4 yrs OD: \$71.25	CH43123
4/6-6/8 (9) Rm 9	S	2:45-3:30 pm ID/AP: \$57	3-4 yrs OD: \$71.25	CH43125



Gymnastics - Preschool

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Pre-Gymnastics 4-6 yrs				
Winter Term:				
1/7-3/11 (8) Rm 9	M	Noon-12:45 pm ID/AP: \$51	4-6 yrs OD: \$63.75	CH33118
1/7-3/11 (8) Rm 9	M	6-6:45 pm ID/AP: \$51	4-6 yrs OD: \$63.75	CH33119
1/8-3/12 (10) Rm 9	T	10-10:45 am ID/AP: \$64	4-6 yrs OD: \$80	CH33120
1/9-3/13 (10) Rm 9	W	Noon-12:45 pm ID/AP: \$64	4-6 yrs OD: \$80	CH33121
1/9-3/13 (10) Rm 9	W	6-6:45 pm ID/AP: \$64	4-6 yrs OD: \$80	CH33122
1/10-3/14 (10) Rm 9	Th	11-11:45 am ID/AP: \$64	4-6 yrs OD: \$80	CH33123
1/11-3/15 (10) Rm 9	F	6-6:45 pm ID/AP: \$64	4-6 yrs OD: \$80	CH33124
1/12-3/16 (10) Rm 9	S	1:45-2:30 pm ID/AP: \$64	4-6 yrs OD: \$80	CH33125

Spring Term:

4/1-6/3 (9) Rm 9	M	Noon-12:45 pm ID/AP: \$57	4-6 yrs OD: \$71.25	CH43108
4/1-6/3 (9) Rm 9	M	6-6:45 pm ID/AP: \$57	4-6 yrs OD: \$71.25	CH43109
4/2-6/4 (10) Rm 9	T	10-10:45 am ID/AP: \$64	4-6 yrs OD: \$80	CH43111
4/3-6/5 (10) Rm 9	W	Noon-12:45 pm ID/AP: \$64	4-6 yrs OD: \$80	CH43116
4/3-6/5 (10) Rm 9	W	6-6:45 pm ID/AP: \$64	4-6 yrs OD: \$80	CH43117
4/4-6/6 (10) Rm 9	Th	11-11:45 am ID/AP: \$64	4-6 yrs OD: \$80	CH43120
4/5-6/7 (10) Rm 9	F	6-6:45 pm ID/AP: \$64	4-6 yrs OD: \$80	CH43121
4/6-6/8 (9) Rm 9	S	1:45-2:30 pm ID/AP: \$57	4-6 yrs OD: \$71.25	CH43124

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

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

Gymnastics - Youth

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
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Boys Gymnastics, All Levels 5-10 yrs

Winter Term:

1/9-3/13 (10) W 3:30-4:30 pm 5-10 yrs CH33217
Rm 9 ID/AP: \$85 OD: \$106.25

Spring Term:

4/3-6/5 (10) W 3:30-4:30 pm 5-10 yrs CH43217
Rm 9 ID/AP: \$85 OD: \$106.25

Gymnastics, Level 1, 5-8 yrs

Winter Term:

1/7-3/11 (8) M 4:45-5:45 pm 5-8 yrs CH33200
Rm 9 ID/AP: \$68 OD: \$85

1/8-3/12 (10) T 3:30-4:30 pm 5-8 yrs CH33201
Rm 9 ID/AP: \$85 OD: \$106.25

1/9-3/13 (10) W 2:15-3:15 pm 5-8 yrs CH33202
Rm 9 ID/AP: \$85 OD: \$106.25

1/9-3/13 (10) W 4:45-5:45 pm 5-8 yrs CH33203
Rm 9 ID/AP: \$85 OD: \$106.25

1/12-3/16 (10) S 11 am- Noon 5-8 yrs CH33204
Rm 9 ID/AP: \$85 OD: \$106.25

Spring Term:

4/1-6/3 (9) M 4:45-5:45 pm 5-8 yrs CH43200
Rm 9 ID/AP: \$77 OD: \$96.25

4/2-6/4 (10) T 3:30-4:30 pm 5-8 yrs CH43202
Rm 9 ID/AP: \$85 OD: \$106.25

4/3-6/5 (10) W 2:15-3:15 pm 5-8 yrs CH43203
Rm 9 ID/AP: \$85 OD: \$106.25

4/3-6/5 (10) W 4:45-5:45 pm 5-8 yrs CH43204
Rm 9 ID/AP: \$85 OD: \$106.25

4/6-6/8 (9) S 11 am-12 pm 5-8 yrs CH43208
Rm 9 ID/AP: \$77 OD: \$96.25

Gymnastics, Level 1, 6-12 yrs

Winter Term:

1/7-3/11 (8) M 7-8 pm 6-12 yrs CH33205
Rm 9 ID/AP: \$68 OD: \$85

1/10-3/14 (10) Th 3:30-4:30 pm 6-12 yrs CH33206
Rm 9 ID/AP: \$85 OD: \$106.25

1/11-3/15 (10) F 4:45-5:45 pm 6-12 yrs CH33207
Rm 9 ID/AP: \$85 OD: \$106.25

1/11-3/15 (10) F 7-8 pm 6-12 yrs CH33208
Rm 9 ID/AP: \$85 OD: \$106.25

1/12-3/16 (10) S 12:30-1:30 pm 6-12 yrs CH33209
Rm 9 ID/AP: \$85 OD: \$106.25

Spring Term:

4/1-6/3 (9) M 7-8 pm 6-12 yrs CH43201
Rm 9 ID/AP: \$85 OD: \$106.25

4/4-6/6 (10) Th 3:30-4:30 pm 6-12 yrs CH43205
Rm 9 ID/AP: \$85 OD: \$106.25

4/5-6/7 (10) F 4:45-5:45 pm 6-12 yrs CH43206
Rm 9 ID/AP: \$85 OD: \$106.25

4/5-6/7 (10) F 7-8 pm 6-12 yrs CH43207
Rm 9 ID/AP: \$85 OD: \$106.25

4/6-6/8 (9) S 12:30-1:30 pm 6-12 yrs CH43209
Rm 9 ID/AP: \$77 OD: \$96.25

Gymnastics - Youth

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
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Gymnastics, Level 1.5, 6-12 yrs

Winter Term:

1/7-3/11 (8) M 3:30-4:30 pm 6-12 yrs CH33210
Rm 9 ID/AP: \$68 OD: \$85

1/8-3/12 (10) T 4:45-5:45 pm 6-12 yrs CH33211
Rm 9 ID/AP: \$85 OD: \$106.25

1/9-3/13 (10) W 7-8 pm 6-12 yrs CH33212
Rm 9 ID/AP: \$85 OD: \$106.25

1/10-3/14 (10) Th 4:45-5:45 pm 6-12 yrs CH33213
Rm 9 ID/AP: \$85 OD: \$106.25

1/11-3/15 (10) F 3:30-4:30 pm 6-12 yrs CH33214
Rm 9 ID/AP: \$85 OD: \$106.25

Spring Term:

4/1-6/3 (9) M 3:30-4:30 pm 6-12 yrs CH43210
Rm 9 ID/AP: \$77 OD: \$96.25

4/2-6/4 (10) T 4:45-5:45 pm 6-12 yrs CH43211
Rm 9 ID/AP: \$85 OD: \$106.25

4/3-6/5 (10) W 7-8 pm 6-12 yrs CH43212
Rm 9 ID/AP: \$85 OD: \$106.25

4/4-6/6 (10) Th 4:45-5:45 pm 6-12 yrs CH43213
Rm 9 ID/AP: \$85 OD: \$106.25

4/5-6/7 (10) F 3:30-4:30 pm 6-12 yrs CH43214
Rm 9 ID/AP: \$85 OD: \$106.25

Gymnastics, Level 2/3, 6-14 yrs

Winter Term:

1/8-3/12 (10) T 6-7:30 pm 6-14 yrs CH33215
Rm 9 ID/AP: \$128 OD: \$160

1/10-3/14 (10) Th 6-7:30 pm 6-14 yrs CH33216
Rm 9 ID/AP: \$128 OD: \$160

Spring Term:

4/2-6/4 (10) T 6-7:30 pm 6-14 yrs CH43215
Rm 9 ID/AP: \$128 OD: \$160

4/4-6/6 (10) Th 6-7:30 pm 6-14 yrs CH43216
Rm 9 ID/AP: \$128 OD: \$160



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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Let's Motor

Help your little one develop large motor skills in this class of games and activities designed to get them motoring! **Parent participation required.**
Please note: one parent/one child ratio; childcare option available for other children.

Winter Term:

1/11-3/15 (10) Gym	F	9-9:45 am ID/AP: \$52	2-4 yrs OD: \$65	CH32100
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Spring Term:

4/5-6/7 (10) Gym	F	9-9:45 am ID/AP: \$52	2-4 yrs OD: \$65	CH42100
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Pee Wee Basketball

Your child will learn basketball skills through a variety of fun games. Staff will provide positive instruction while your child runs, shoots, dribbles and develops a love for the game. No class 4/20.

Winter Term:

1/9-3/13 (10) Gym	W	11-11:45 am ID/AP: \$52	3-5 yrs OD: \$65	CH32102
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1/11-3/15 (10) Gym	F	10-10:45 am ID/AP: \$52	3-5 yrs OD: \$65	CH32103
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1/12-3/16 (10) Gym	S	9-9:45 am ID/AP: \$52	4-6 yrs OD: \$65	CH32104
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Spring Term:

4/3-6/5 (10) Gym	W	11-11:45 am ID/AP: \$52	3-5 yrs OD: \$65	CH42102
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4/5-6/7 (10) Gym	F	10-10:45 am ID/AP: \$52	3-5 yrs OD: \$65	CH42103
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4/6-6/8 (9) Gym	S	9-9:45 am ID/AP: \$47	4-6 yrs OD: \$58.75	CH42104
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Pee Wee Soccer

Your child will learn soccer skills through a variety of fun games. Staff will provide positive instruction while your child develops a love for the game. Shin guards encouraged after the first class. No class 4/20.

Winter Term:

1/9-3/13 (10) Gym	W	10-10:45 am ID/AP: \$52	3-5 yrs OD: \$65	CH32105
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1/11-3/15 (10) Gym	F	11-11:45 am ID/AP: \$52	3-5 yrs OD: \$65	CH32106
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1/12-3/16 (10) Gym	S	10-10:45 am ID/AP: \$52	4-6 yrs OD: \$65	CH32107
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Spring Term:

4/3-6/5 (10) Gym	W	10-10:45 am ID/AP: \$52	3-5 yrs OD: \$65	CH42105
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4/5-6/7 (10) Gym	F	11-11:45 am ID/AP: \$52	3-5 yrs OD: \$65	CH42106
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4/6-6/8 (9) Gym	S	10-10:45 am ID/AP: \$47	4-6 yrs OD: \$58.75	CH42107
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Cedar Hills Recreation Center is Hiring

Sports Instructors • Fitness Instructors
Before and After-school Leaders • Desk Staff
Visit www.thprd.org/jobs or call 503-629-6340
for more information.

Sports & Fitness - Preschool

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
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Start Smart with Sports

Encourages large motor skill development through a variety of fun games while introducing children to the group setting. **Parent participation required.**
Please note: one parent/one child ratio; childcare option available for other children.

Winter Term:

1/9-3/13 (10) Gym	W	9-9:45 am ID/AP: \$52	3-5 yrs OD: \$65	CH32101
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Spring Term:

4/3-6/5 (10) Gym	W	9-9:45 am ID/AP: \$52	3-5 yrs OD: \$65	CH42101
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Sports & Fitness - Youth

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

Students will learn the basic skills of archery, including learning to load, aim, and shoot both recurve and compound bows. Archery safety, terminology, scoring and games will be included in this program. Program is taught by a certified archery instructor. All equipment is provided. No class 4/20.

Winter Term:

1/12-3/16 (10) Gym	S	1:35-2:30 pm ID/AP: \$75	7-9 yrs OD: \$93.75	CH32200
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1/12-3/16 (10) Gym	S	2:45-3:40 pm ID/AP: \$75	10 yrs-Adult OD: \$93.75	CH32201
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Spring Term:

4/6-6/8 (9) Gym	S	1:35-2:30 pm ID/AP: \$67	7-9 yrs OD: \$83.75	CH42200
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4/6-6/8 (9) Gym	S	2:45-3:40 pm ID/AP: \$67	10 yrs-Adult OD: \$83.75	CH42201
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Basketball

Young athletes learn passing, dribbling, shooting and age-appropriate defense. Fun skill games are played at every session. Small-sided games will be gradually introduced.

Winter Term:

1/10-3/14 (10) Gym	Th	6:05-6:55 pm ID/AP: \$58	5-7 yrs OD: \$72.50	CH32202
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Spring Term:

4/4-6/6 (10) Gym	Th	6:05-6:55 pm ID/AP: \$58	5-7 yrs OD: \$72.50	CH42202
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Sports & Fitness - Youth

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Basketball: Skills & Scrimmages				
Athletes will work on advanced skill building: dribbling, shooting and passing in a team play format. Play games to build individual skills and small scrimmages that emphasize application of finer technical points.				

Winter Term:

1/10-3/14 (10) Th 7-7:50 pm 7-10 yrs CH32206
Gym ID/AP: \$58 OD: \$72.50

Spring Term:

4/4-6/6 (10) Th 7-7:50 pm 7-10 yrs CH42206
Gym ID/AP: \$58 OD: \$72.50



Basketball Skills Clinic

We will focus on shooting, passing and footwork to improve individual skill level. If you are looking to refine your mechanics or improve your all-around game, these clinics are for you! No class 5/27.

Foot Work

Winter Term:
3/4-3/18 (3) M 6:15-7:15 pm 7-10 yrs CH32205
Gym ID/AP: \$21 OD: \$26.25

Spring Term:
5/13-6/3 (3) M 6:15-7:15 pm 7-10 yrs CH42205
Gym ID/AP: \$21 OD: \$26.25

Passing

No class 2/18.

Winter Term:
2/4-2/25 (3) M 6:15-7:15 pm 7-10 yrs CH32204
Gym ID/AP: \$21 OD: \$26.25

Spring Term:
4/22-5/6 (3) M 6:15-7:15 pm 7-10 yrs CH42204
Gym ID/AP: \$21 OD: \$26.25

Shooting

No class 1/21.

Winter Term:
1/7-1/28 (3) M 6:15-7:15 pm 7-10 yrs CH32203
Gym ID/AP: \$21 OD: \$26.25

Spring Term:
4/1-4/15 (3) M 6:15-7:15 pm 7-10 yrs CH42203
Gym ID/AP: \$21 OD: \$26.25

Sports & Fitness - Youth

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Cedar Hills Athletics				
Young athletes learn throwing, dribbling, passing, receiving, shooting and age-appropriate defense for a variety of sports. Skill games and small-sided games are introduced gradually. Basketball, baseball and soccer included. No class 1/21, 2/18, 4/20, 5/27.				

Winter Term:

1/7-3/11 (8) M 5-6 pm 6-9 yrs CH32207
Gym ID/AP: \$56 OD: \$70

1/12-3/16 (10) S 12:10-1:10 pm 6-10 yrs CH32208
Gym ID/AP: \$70 OD: \$87.50

Spring Term:

4/1-6/3 (9) M 5-6 pm 6-9 yrs CH42207
Gym ID/AP: \$63 OD: \$78.75

4/6-6/8 (9) S 12:10-1:10 pm 6-10 yrs CH42208
Gym ID/AP: \$63 OD: \$78.75

Soccer

Learn dribbling, passing, receiving, shooting and age-specific defense. Skill games and small-sided games are introduced gradually. Shin guards are required after the first class. No class 1/21, 2/18, 5/27.

Winter Term:

1/7-3/11 (8) M 4-4:50 pm 5-7 yrs CH32209
Gym ID/AP: \$46 OD: \$57.50

1/10-3/14 (10) Th 4-4:50 pm 5-7 yrs CH32210
Gym ID/AP: \$58 OD: \$72.50

Spring Term:

4/1-6/3 (9) M 4-4:50 pm 5-7 yrs CH42209
Gym ID/AP: \$52 OD: \$65

4/4-6/6 (10) Th 4-4:50 pm 5-7 yrs CH42210
Gym ID/AP: \$58 OD: \$72.50

Soccer: Skills & Scrimmages

Enjoy advanced skill building: dribbling, shooting and passing in a team play format. Play games to build individual skills and small-sided scrimmages that emphasize application of finer technical points. No class 4/20.

Winter Term:

1/10-3/14 (10) Th 5-5:50 pm 7-10 yrs CH32211
Gym ID/AP: \$58 OD: \$72.50

1/12-3/16 (10) S 11 am- Noon 7-10 yrs CH32212
Gym ID/AP: \$70 OD: \$87.50

Spring Term:

4/4-6/6 (10) Th 5-5:50 pm 7-10 yrs CH42211
Gym ID/AP: \$58 OD: \$72.50

4/6-6/8 (9) S 11 am- Noon 7-10 yrs CH42212
Gym ID/AP: \$63 OD: \$78.75



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

Sports & Fitness - Youth

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Volleyball, Beginning Introduces basic game skills such as passing, serving and teamwork.				

Winter Term:
1/8-3/12 (10) T 5:15-6:15 pm 9-13 yrs CH32215
Gym ID/AP: \$70 OD: \$87.50

Spring Term:
4/2-6/4 (10) T 5:15-6:15 pm 9-13 yrs CH42215
Gym ID/AP: \$70 OD: \$87.50

Volleyball, Intermediate

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

Winter Term:
1/8-3/12 (10) T 6:30-7:30 pm 12-16 yrs CH32216
Gym ID/AP: \$70 OD: \$87.50

Spring Term:
4/2-6/4 (10) T 6:30-7:30 pm 12-16 yrs CH42216
Gym ID/AP: \$70 OD: \$87.50

Sports & Fitness - Middle School

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Cedar Hills Rec Center Weight Training Weight training program specifically designed for middle school students. This group training includes entry into the Cedar Hills Recreation Center weight room during class time only. No class 1/21, 2/18.				

Winter Term:
1/7-3/13 (18) M: 4-5:15 pm/W: 2:30-3:45 pm 11-14 yrs CH32214
Rm 6 ID/AP: \$114 OD: \$142.50

Spring Term:
4/1-6/5 (19) M: 4-5:15 pm/W: 2:30-3:45 pm 11-14 yrs CH42214
Rm 6 ID/AP: \$120 OD: \$150

Middle School Track & Field

Join your middle school track team, get involved in your school and meet new friends. Train two days a week at your school, then represent your school in meets against other middle school teams. Program held outside; dress for the weather - we go rain or shine. **Note: Transportation to off-site meets are provided, however parents are required to pick up at later than scheduled practice time on meet days.** No practice 3/26, 3/28.

Cedar Park Track & Field
2/26-5/2 (9) T/Th 4-5:15 pm 11-14 yrs CH49100
Off-site ID/AP: \$114 OD: \$114

Conestoga Track & Field
2/26-5/2 (9) T/Th 4-5:15 pm 11-14 yrs CH49800
Off-site ID/AP: \$114 OD: \$114

Five Oaks Track & Field
2/26-5/2 (9) T/Th 4-5:15 pm 11-14 yrs CH49200
Off-site ID/AP: \$114 OD: \$114

Sports & Fitness - Middle School

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Middle School Track & Field (continued)				

Highland Park Track & Field
2/26-5/2 (9) T/Th 4-5:15 pm 11-14 yrs CH49300
Off-site ID/AP: \$114 OD: \$114

ISB Track & Field
2/26-5/2 (9) T/Th 2:15-3:45 pm 11-14 yrs CH49900
Off-site ID/AP: \$131 OD: \$131

Meadow Park Track & Field
2/26-5/2 (9) T/Th 4-5:15 pm 11-14 yrs CH49400
Off-site ID/AP: \$114 OD: \$114

Mt. View Track & Field
2/26-5/2 (9) T/Th 4-5:15 pm 11-14 yrs CH49500
Off-site ID/AP: \$114 OD: \$114

Stoller Track & Field
2/26-5/2 (9) T/Th 4-5:15 pm 11-14 yrs CH49600
Off-site ID/AP: \$114 OD: \$114

Whitford Track & Field
2/26-5/2 (9) T/Th 4-5:15 pm 11-14 yrs CH49700
Off-site ID/AP: \$114 OD: \$114

Sports & Fitness - Youth/Adult

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
BarreAbove™ Instructor Certification Create and teach classic barre classes and fusion classes for all types of fitness levels with this fun certification course.				

3/3 Su 9 am-5 pm Register: www.barreabove.com
Rm 5 \$269.99

Tai-Chi

A form of moving meditation. Class will emphasize on improving health and increasing energy through proper body alignment and relaxation.

1/9-3/13 (10) W 5:45-7:15 pm 14 yrs-Adult CH32541
Rm 5 ID/AP: \$108 OD: \$135
4/3-6/5 (10) W 5:45-7:15 pm 14 yrs-Adult CH42541
Rm 5 ID/AP: \$108 OD: \$135

International Yoga Day

June 21, 2019

In honor of International Yoga Day, THPRD will be offering events centering on yoga, mindfulness and meditation.



Visit www.thprd.org for more information

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

Sports & Fitness - Family

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

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

Karate Kids

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

Winter Term:

1/9-2/6 (5) Rm 5	W	3:15-3:55 pm ID/AP: \$25	5-6 yrs OD: \$31.25	CH32220
2/13-3/13 (5) Rm 5	W	3:15-3:55 pm ID/AP: \$25	5-6 yrs OD: \$31.25	CH32220A
1/9-2/6 (5) Rm 5	W	4-4:40 pm ID/AP: \$25	6-8 yrs OD: \$31.25	CH32221
2/13-3/13 (5) Rm 5	W	4-4:40 pm ID/AP: \$25	6-8 yrs OD: \$31.25	CH32221A
1/11-2/8 (5) Rm 5	F	3:30-4:10 pm ID/AP: \$25	6-10 yrs OD: \$31.25	CH32222
2/15-3/15 (5) Rm 5	F	3:30-4:10 pm ID/AP: \$25	6-10 yrs OD: \$31.25	CH32222A

Spring Term:

4/3-5/1 (5) Rm 5	W	3:15-3:55 pm ID/AP: \$25	5-6 yrs OD: \$31.25	CH42220
4/3-5/1 (5) Rm 5	W	4-4:40 pm ID/AP: \$25	6-8 yrs OD: \$31.25	CH42221
5/8-6/5 (5) Rm 5	W	3:15-3:55 pm ID/AP: \$25	5-6 yrs OD: \$31.25	CH42220A
5/8-6/5 (5) Rm 5	W	4-4:40 pm ID/AP: \$25	6-8 yrs OD: \$31.25	CH42221A
4/5-5/3 (5) Rm 5	F	3:30-4:10 pm ID/AP: \$25	6-10 yrs OD: \$31.25	CH42222
5/10-6/7 (5) Rm 5	F	3:30-4:10 pm ID/AP: \$25	6-10 yrs OD: \$31.25	CH42222A

Karate, Beginning

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

Winter Term:

1/9-3/13 (10) Rm 5	W	4:45-5:40 pm ID/AP: \$81	6-10 yrs OD: \$101.25	CH32223
1/11-3/15 (10) Rm 5	F	4:15-5:10 pm ID/AP: \$81	7 yrs-Adult OD: \$101.25	CH32224
1/11-3/15 (10) Rm 5	F	5:15-6:10 pm ID/AP: \$81	7 yrs-Adult OD: \$101.25	CH32225

Spring Term:

4/3-6/5 (10) Rm 5	W	4:45-5:40 pm ID/AP: \$81	6-10 yrs OD: \$101.25	CH42223
4/5-6/7 (10) Rm 5	F	4:15-5:10 pm ID/AP: \$81	7 yrs-Adult OD: \$101.25	CH42224
4/5-6/7 (10) Rm 5	F	5:15-6:10 pm ID/AP: \$81	7 yrs-Adult OD: \$101.25	CH42225

Karate, Beginning/Intermediate

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

Winter Term:

1/8-3/12 (10) Rm D	T	6:30-7:30 pm ID/AP: \$70	7 yrs-Adult OD: \$87.50	CH32226
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Spring Term:

4/2-6/4 (10) Rm D	T	6:30-7:30 pm ID/AP: \$70	7 yrs-Adult OD: \$87.50	CH42226
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Karate, Intermediate

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

Winter Term:

1/11-3/15 (10) Rm 5	F	6:15-7:10 pm ID/AP: \$88	7 yrs-Adult OD: \$110	CH32228
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Spring Term:

4/5-6/7 (10) Rm 5	F	6:15-7:10 pm ID/AP: \$88	7 yrs-Adult OD: \$110	CH42228
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Karate, Advanced

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

Winter Term:

1/11-3/15 (10) Rm 5	F	7:15-8:15 pm ID/AP: \$95	7 yrs-Adult OD: \$118.75	CH32229
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Spring Term:

4/5-6/7 (10) Rm 5	F	7:15-8:15 pm ID/AP: \$95	7 yrs-Adult OD: \$118.75	CH42229
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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)

Fitness Class Descriptions

BodyCombat™

This energetic program is inspired by martial arts and draws from a wide array of disciplines such as Karate, Boxing, Tae-kwon-do, Tai Chi and Muay Thai. All levels.

BODYPUMP™

The original barbell class that strengthens your entire body. This workout challenges all your major muscle groups using weight room exercises like squats, presses, lifts and curls.

Combat 45

Same energetic martial arts moves used in BodyCombat, just shortened to 45 minutes!

Family HaiChi Yoga

A distinctively developed fusion practice from various ancient wellness practices, primarily yoga, Tai Chi, and Chinese "Longevity Eight-Set Movements". Kids can participate alongside with parents and/or guardian. The teaching style is candid, motivating, fun, and lively.

HaiChi Yoga

A distinctively developed fusion practice from various ancient wellness practices, primarily yoga, Tai Chi, and Chinese "Longevity Eight-Set Movements". The sequences are set to flow with dynamic music to capture practitioners' attention and intention.

HIGH Fitness™

Aerobics is back! Choreographed interval training with intense cardio peaks and toning tracks set to music you know and love! The class is easy to follow and a total blast! All fitness levels welcome.

HIIT

HIIT (High Intensity Interval Training) is a cardiovascular

exercise class alternating short periods of intense anaerobic exercise with less intense recovery periods. This class will finish with core work and stretching.

Hip-Hop Fit

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

Low-Impact Aerobics

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

MELT

Self-treatment that reduces chronic pain heals injury and erases the negative effects of aging and active living. Reduce inflammation, improve alignment and learn how to keep your whole body working better.

Pilates

This class incorporates traditional Pilates moves and more to give you a body that is long, lean and strong. Therabands, Pilates rings and other props are used.

Step Aerobics

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

Strength & Endurance

An interval style workout that includes cardio and strength training for a complete and fun workout. All levels welcome.

Stretch & Core

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

Super Circuit

Get a super start to your day with a fun circuit class! Rotate between stations with the guidance of a certified personal trainer in the gym and outside.

Tai Chi I

For the beginning student. Learn Tai Chi for Better Balance and Yang 8/10 Form.

Tai Chi II

For the intermediate student. Learn Yang 16 Form and 24 Yang Form. Not appropriate for beginners.

Tai Chi III

For the advanced student. In this class you will learn the 108 Yang Form. Not appropriate for beginners.

Yoga, All Levels

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

Yoga, Beginning

Learn the basics of yoga through simple movements combined with conscious breathing.

Yoga, EZ

The class opens with accessible standing poses followed by strength work on the floor and closing with a brief seated meditation. This is a good class for those with injuries or special needs.

Yoga, Gentle Flow

In Gentle Flow, you'll be guided through postures in a Vinyasa style, beginning with the basic poses, but allowing for more challenging poses based on your practice level.

Yoga, Healing

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

Yoga, Intermediate

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

Yoga, Meditation

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

Zumba®

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

Zumba® Gold

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

Fitness Challenge

Get ready for the next THPRD Fitness Challenge in January 2019!

Prizes, giveaways, nutrition classes and more.

Visit www.thprd.org for more information.