

# Conestoga Recreation & Aquatic Center



TUALATIN HILLS  
PARK & RECREATION DISTRICT

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

TriMet Bus Routes #62, #92

Facility Supervisor: Catherine Ellis

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

Spring Term: Apr. 1-June 16, 2019

### Hours:

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

**Modified Schedule:** 9 am-6 pm: 1/1, 1/21, 2/18, 5/27. Check online for updates.

### Conestoga Aquatic Center features:

- Average Pool Temperature:  
Main Pool - 85° Slide Pool - 90°

## Lap Swim, Open Swim & Water Fitness

Please see **online schedule** at [www.thprd.org](http://www.thprd.org) for updated details about limited lanes, shared pool times and open swim.

## Conestoga is Hiring

Lifeguards • Sports Instructor • Fitness Instructors  
Before and After-school Leaders • Desk Staff  
Call 503-629-6313 for more information.

## Interested in becoming a lifeguard?

Call 503-619-3885 for more information.

**Note: This section is for Conestoga aquatic programs only. Visit online for pool schedule. See pages 99-114 for Conestoga recreation programs and see page 114 for fitness classes.**

## Events

### Jedi Nights in the Pool

6-8 pm • Jan. 12, Feb. 9, Mar. 9

### Celebrating All Super Heroes!

Friday, Jan. 25 • 6:30-8 pm

### Patron Appreciation Week

Feb. 24-Mar. 2

Apr. 21-Apr. 27

### Underwater Egg Hunt

Friday, Apr. 12 • 5:30-8:30 pm

### Cardboard Boat Regatta

Friday, May 10 • 6-8pm

### Family Pride Dance

Friday, June 7 • 6:30-8:30 pm

Visit [thprd.org](http://thprd.org) or see page 104 for more information.

## First Free Fridays

Open Swim times

Jan. 4, Feb. 1, Mar. 1, Apr. 5, May 3, June 7

## Wipeout

Fridays

Jan. 25, Feb. 22, Mar. 22, Apr. 26, May 24

## Dive-in Movies

Jan. 18, Feb. 15, Mar. 15 • 6:30 pm

## Black Light Zumba®

1st & 3rd Fridays through April • 6:30-7:30 pm

Class availability subject to change. *Fees vary due to number of sessions in each class.*

Preschool: Minimum age 3 years and toilet-trained.

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

School-age: First grade through age 12. The parent, guardian or caregiver of a child under 10 years of age must remain on the premises during class.

## Beginning Swimming Skills

| Date                   | Day | Time | ID/AP | OD | Class# |
|------------------------|-----|------|-------|----|--------|
| Preschool Levels 1 & 2 |     |      |       |    |        |

### Winter Term:

|           |      |                |      |          |         |
|-----------|------|----------------|------|----------|---------|
| 1/8-2/7   | T/Th | 4:30-5 pm      | \$71 | \$88.75  | CA31366 |
| 2/12-3/21 | T/Th | 4:30-5 pm      | \$85 | \$106.25 | CA31367 |
| 1/8-2/7   | T/Th | 5:05-5:35 pm   | \$71 | \$88.75  | CA31368 |
| 2/12-3/21 | T/Th | 5:05-5:35 pm   | \$85 | \$106.25 | CA31369 |
| 1/8-2/7   | T/Th | 5:40-6:10 pm   | \$71 | \$88.75  | CA31370 |
| 2/12-3/21 | T/Th | 5:40-6:10 pm   | \$85 | \$106.25 | CA31371 |
| 1/8-2/7   | T/Th | 6:15-6:45 pm   | \$71 | \$88.75  | CA31372 |
| 2/12-3/21 | T/Th | 6:15-6:45 pm   | \$85 | \$106.25 | CA31373 |
| 1/7-3/18  | M    | 9-9:30 am      | \$64 | \$80     | CA31100 |
| 1/7-3/18  | M    | 9:35-10:05 am  | \$64 | \$80     | CA31101 |
| 1/7-3/18  | M    | 10:10-10:40 am | \$64 | \$80     | CA31102 |
| 1/7-3/18  | M    | 10:45-11:15 am | \$64 | \$80     | CA31103 |
| 1/7-3/18  | M    | 11:20-11:50 am | \$64 | \$80     | CA31104 |
| 1/7-3/18  | M    | 1:05-1:35 pm   | \$64 | \$80     | CA31105 |
| 1/7-3/18  | M    | 1:40-2:10 pm   | \$64 | \$80     | CA31106 |
| 1/7-3/18  | M    | 2:15-2:45 pm   | \$64 | \$80     | CA31107 |
| 1/9-3/20  | W    | 9-9:30 am      | \$78 | \$97.50  | CA31108 |
| 1/9-3/20  | W    | 9:35-10:05 am  | \$78 | \$97.50  | CA31109 |
| 1/9-3/20  | W    | 10:10-10:40 am | \$78 | \$97.50  | CA31110 |
| 1/9-3/20  | W    | 10:45-11:15 am | \$78 | \$97.50  | CA31111 |
| 1/9-3/20  | W    | 11:20-11:50 am | \$78 | \$97.50  | CA31112 |
| 1/9-3/20  | W    | 1:05-1:35 pm   | \$78 | \$97.50  | CA31113 |
| 1/9-3/20  | W    | 1:40-2:10 pm   | \$78 | \$97.50  | CA31114 |
| 1/9-3/20  | W    | 2:15-2:45 pm   | \$78 | \$97.50  | CA31115 |
| 1/11-3/15 | F    | 9-9:30 am      | \$71 | \$88.75  | CA31116 |
| 1/11-3/15 | F    | 9:35-10:05 am  | \$71 | \$88.75  | CA31117 |
| 1/11-3/15 | F    | 10:10-10:40 am | \$71 | \$88.75  | CA31118 |
| 1/11-3/15 | F    | 10:45-10:45 am | \$71 | \$88.75  | CA31119 |
| 1/11-3/15 | F    | 11:20-11:50 am | \$71 | \$88.75  | CA31120 |
| 1/11-3/15 | F    | 1:05-1:35 pm   | \$71 | \$88.75  | CA31121 |
| 1/11-3/15 | F    | 1:40-2:10 pm   | \$71 | \$88.75  | CA31122 |
| 1/11-3/15 | F    | 2:15-2:45 pm   | \$71 | \$88.75  | CA31123 |
| 1/7-2/6   | M/W  | 6:50-7:20 pm   | \$64 | \$80     | CA31138 |
| 2/11-3/20 | M/W  | 6:50-7:20 pm   | \$78 | \$97.50  | CA31139 |
| 1/7-2/6   | M/W  | 7:25-7:55 pm   | \$64 | \$80     | CA31140 |
| 2/11-3/20 | M/W  | 7:25-7:55 pm   | \$78 | \$97.50  | CA31141 |
| 1/8-2/7   | T/Th | 9-9:30 am      | \$71 | \$88.75  | CA31150 |
| 2/12-3/21 | T/Th | 9-9:30 am      | \$85 | \$106.25 | CA31151 |
| 1/8-2/7   | T/Th | 9:30-10 am     | \$71 | \$88.75  | CA31152 |
| 2/12-3/21 | T/Th | 9:35-10:05 am  | \$85 | \$106.25 | CA31153 |
| 1/8-2/7   | T/Th | 10:10-10:40 am | \$71 | \$88.75  | CA31154 |
| 2/12-3/21 | T/Th | 10:10-10:40 am | \$85 | \$106.25 | CA31155 |
| 1/8-2/7   | T/Th | 10:45-11:15 am | \$71 | \$88.75  | CA31156 |
| 2/12-3/21 | T/Th | 10:45-11:15 am | \$85 | \$106.25 | CA31157 |
| 1/8-2/7   | T/Th | 11:20-11:50 am | \$71 | \$88.75  | CA31158 |
| 2/12-3/21 | T/Th | 11:20-11:50 am | \$85 | \$106.25 | CA31159 |
| 1/8-2/7   | T/Th | 1:05-1:35 pm   | \$71 | \$88.75  | CA31160 |

## Beginning Swimming Skills

| Date                               | Day  | Time              | ID/AP | OD       | Class#  |
|------------------------------------|------|-------------------|-------|----------|---------|
| Preschool Levels 1 & 2 (continued) |      |                   |       |          |         |
| 2/12-3/21                          | T/Th | 1:05-1:35 pm      | \$85  | \$106.25 | CA31161 |
| 1/8-2/7                            | T/Th | 1:40-2:10 pm      | \$71  | \$88.75  | CA31162 |
| 2/12-3/21                          | T/Th | 1:40-2:10 pm      | \$85  | \$106.25 | CA31163 |
| 1/8-2/7                            | T/Th | 2:15-2:45 pm      | \$71  | \$88.75  | CA31164 |
| 2/12-3/21                          | T/Th | 2:15-2:45 pm      | \$85  | \$106.25 | CA31165 |
| 1/8-2/7                            | T/Th | 6:50-7:20 pm      | \$71  | \$88.75  | CA31174 |
| 2/12-3/21                          | T/Th | 6:50-7:20 pm      | \$85  | \$106.25 | CA31175 |
| 1/8-2/7                            | T/Th | 7:35-8:05 pm      | \$71  | \$88.75  | CA31176 |
| 2/12-3/21                          | T/Th | 7:35-8:05 pm      | \$85  | \$106.25 | CA31177 |
| 1/12-3/16                          | S    | 11:55 am-12:25 pm | \$71  | \$88.75  | CA31190 |
| 1/12-3/16                          | S    | 12:30-1 pm        | \$71  | \$88.75  | CA31191 |

### Spring Term:

|         |      |                |      |         |         |
|---------|------|----------------|------|---------|---------|
| 4/1-6/3 | M    | 9-9:30 am      | \$64 | \$80    | CA41100 |
| 4/1-6/3 | M    | 9:35-10:05 am  | \$64 | \$80    | CA41101 |
| 4/1-6/3 | M    | 10:10-10:40 am | \$64 | \$80    | CA41102 |
| 4/1-6/3 | M    | 10:45-11:15 am | \$64 | \$80    | CA41103 |
| 4/1-6/3 | M    | 11:20-11:50 am | \$64 | \$80    | CA41104 |
| 4/1-6/3 | M    | 1:05-1:35 pm   | \$64 | \$80    | CA41105 |
| 4/1-6/3 | M    | 1:40-2:10 pm   | \$64 | \$80    | CA41106 |
| 4/1-6/3 | M    | 2:15-2:45 pm   | \$64 | \$80    | CA41107 |
| 4/3-6/5 | W    | 9-9:30 am      | \$71 | \$88.75 | CA41108 |
| 4/3-6/5 | W    | 9:35-10:05 am  | \$71 | \$88.75 | CA41109 |
| 4/3-6/5 | W    | 10:10-10:40 am | \$71 | \$88.75 | CA41110 |
| 4/3-6/5 | W    | 10:45-11:15 am | \$71 | \$88.75 | CA41111 |
| 4/3-6/5 | W    | 11:20-11:50 am | \$71 | \$88.75 | CA41112 |
| 4/3-6/5 | W    | 1:05-1:35 pm   | \$71 | \$88.75 | CA41113 |
| 4/3-6/5 | W    | 1:40-2:10 pm   | \$71 | \$88.75 | CA41114 |
| 4/3-6/5 | W    | 2:15-2:45 pm   | \$71 | \$88.75 | CA41115 |
| 4/5-6/7 | F    | 9-9:30 am      | \$71 | \$88.75 | CA41116 |
| 4/5-6/7 | F    | 9:35-10:05 am  | \$71 | \$88.75 | CA41117 |
| 4/5-6/7 | F    | 10:10-10:40 am | \$71 | \$88.75 | CA41118 |
| 4/5-6/7 | F    | 10:45-11:15 am | \$71 | \$88.75 | CA41119 |
| 4/5-6/7 | F    | 11:20-11:50 am | \$71 | \$88.75 | CA41120 |
| 4/5-6/7 | F    | 1:05-1:35 pm   | \$71 | \$88.75 | CA41121 |
| 4/5-6/7 | F    | 1:40-2:10 pm   | \$71 | \$88.75 | CA41122 |
| 4/5-6/7 | F    | 2:15-2:45 pm   | \$71 | \$88.75 | CA41123 |
| 4/1-5/1 | M/W  | 6:50-7:20 pm   | \$71 | \$88.75 | CA41133 |
| 5/6-6/5 | M/W  | 6:50-7:20 pm   | \$64 | \$80    | CA41134 |
| 4/1-5/1 | M/W  | 7:25-7:55 pm   | \$71 | \$88.75 | CA41135 |
| 5/6-6/5 | M/W  | 7:25-7:55 pm   | \$64 | \$80    | CA41136 |
| 4/2-5/2 | T/Th | 9-9:30 am      | \$71 | \$88.75 | CA41141 |
| 5/7-6/6 | T/Th | 9-9:30 am      | \$71 | \$88.75 | CA41142 |
| 4/2-5/2 | T/Th | 9:35-10:05 am  | \$71 | \$88.75 | CA41143 |
| 5/7-6/6 | T/Th | 9:35-10:05 am  | \$71 | \$88.75 | CA41144 |
| 4/2-5/2 | T/Th | 10:10-10:40 am | \$71 | \$88.75 | CA41145 |
| 5/7-6/6 | T/Th | 10:10-10:40 am | \$71 | \$88.75 | CA41146 |
| 4/2-5/2 | T/Th | 10:45-11:15 am | \$71 | \$88.75 | CA41147 |
| 5/7-6/6 | T/Th | 10:45-11:15 am | \$71 | \$88.75 | CA41148 |
| 4/2-5/2 | T/Th | 11:20-11:50 am | \$71 | \$88.75 | CA41149 |
| 5/7-6/6 | T/Th | 11:20-11:50 am | \$71 | \$88.75 | CA41150 |
| 4/2-5/2 | T/Th | 1:05-1:35 pm   | \$71 | \$88.75 | CA41151 |
| 5/7-6/6 | T/Th | 1:05-1:35 pm   | \$71 | \$88.75 | CA41152 |
| 4/2-5/2 | T/Th | 1:40-2:10 pm   | \$71 | \$88.75 | CA41153 |
| 5/7-6/6 | T/Th | 1:40-2:10 pm   | \$71 | \$88.75 | CA41154 |
| 4/2-5/2 | T/Th | 2:15-2:45 pm   | \$71 | \$88.75 | CA41155 |
| 5/7-6/6 | T/Th | 2:15-2:45 pm   | \$71 | \$88.75 | CA41156 |
| 4/2-5/2 | T/Th | 6:50-7:25 pm   | \$71 | \$88.75 | CA41165 |

Continued

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

## Beginning Swimming Skills

| Date  | Day  | Time              | ID/AP | OD      | Class#  |
|---|------|-------------------|-------|---------|---------|
| <b>Preschool Levels 1 &amp; 2 (continued)</b> |      |                   |       |         |         |
| 5/7-6/6                                       | T/Th | 6:50-7:20 pm      | \$71  | \$88.75 | CA41166 |
| 4/2-5/2                                       | T/Th | 7:25-7:55 pm      | \$71  | \$88.75 | CA41167 |
| 5/7-6/6                                       | T/Th | 7:25-7:55 pm      | \$71  | \$88.75 | CA41168 |
| 4/1-5/1                                       | M/W  | 4:30-5 pm         | \$71  | \$88.75 | CA41325 |
| 5/6-6/5                                       | M/W  | 4:30-5 pm         | \$64  | \$80    | CA41326 |
| 4/1-5/1                                       | M/W  | 5:05-5:35 pm      | \$71  | \$88.75 | CA41327 |
| 5/6-6/5                                       | M/W  | 5:05-5:35 pm      | \$64  | \$80    | CA41328 |
| 4/1-5/1                                       | M/W  | 5:40-6:10 pm      | \$71  | \$88.75 | CA41329 |
| 5/6-6/5                                       | M/W  | 5:40-6:10 pm      | \$64  | \$80    | CA41330 |
| 4/1-5/1                                       | M/W  | 6:15-6:45 pm      | \$71  | \$88.75 | CA41331 |
| 5/6-6/5                                       | M/W  | 6:15-6:45 pm      | \$64  | \$80    | CA41332 |
| 4/2-5/2                                       | T/Th | 4:30-5 pm         | \$71  | \$88.75 | CA41357 |
| 5/7-6/6                                       | T/Th | 4:30-5 pm         | \$71  | \$88.75 | CA41358 |
| 4/2-5/2                                       | T/Th | 5:05-5:35 pm      | \$71  | \$88.75 | CA41359 |
| 5/7-6/6                                       | T/Th | 5:05-5:35 pm      | \$71  | \$88.75 | CA41360 |
| 4/2-5/2                                       | T/Th | 5:40-6:10 pm      | \$71  | \$88.75 | CA41361 |
| 5/7-6/6                                       | T/Th | 5:40-6:10 pm      | \$71  | \$88.75 | CA41362 |
| 4/2-5/2                                       | T/Th | 6:15-6:45 pm      | \$71  | \$88.75 | CA41363 |
| 5/7-6/6                                       | T/Th | 6:15-6:45 pm      | \$71  | \$88.75 | CA41364 |
| 4/6-5/18                                      | S    | 9-9:30 am         | \$49  | \$61.25 | CA41375 |
| 4/6-5/18                                      | S    | 9:35-10:05 am     | \$49  | \$61.25 | CA41376 |
| 4/6-5/18                                      | S    | 10:45-11:15 am    | \$49  | \$61.25 | CA41378 |
| 4/6-5/18                                      | S    | 11:20-11:50 am    | \$49  | \$61.25 | CA41379 |
| 4/6-5/18                                      | S    | 11:55 am-12:25 pm | \$49  | \$61.25 | CA41180 |
| 4/6-5/18                                      | S    | 12:30-1 pm        | \$49  | \$61.25 | CA41181 |
| 4/7-5/19                                      | Su   | 3:50-4:20 pm      | \$42  | \$52.50 | CA41385 |
| 4/7-5/19                                      | Su   | 4:25-4:55 pm      | \$42  | \$52.50 | CA41386 |
| 4/7-5/19                                      | Su   | 5-5:30 pm         | \$42  | \$52.50 | CA41387 |
| 4/7-5/19                                      | Su   | 5:35-6:05 pm      | \$42  | \$52.50 | CA41388 |
| 4/7-5/19                                      | Su   | 6:10-6:40 pm      | \$42  | \$52.50 | CA41389 |
| 4/7-5/19                                      | Su   | 6:45-7:15 pm      | \$42  | \$52.50 | CA41390 |
| 4/7-5/19                                      | Su   | 7:20-7:50 pm      | \$42  | \$52.50 | CA41391 |

### Preschool Levels 1-3

#### Winter Term:

|           |     |                |      |         |         |
|-----------|-----|----------------|------|---------|---------|
| 1/7-2/6   | M/W | 4:30-5 pm      | \$64 | \$80    | CA31330 |
| 2/11-3/20 | M/W | 4:30-5 pm      | \$78 | \$97.50 | CA31331 |
| 1/7-2/6   | M/W | 5:05-5:35 pm   | \$64 | \$80    | CA31332 |
| 2/11-3/20 | M/W | 5:05-5:35 pm   | \$78 | \$97.50 | CA31333 |
| 1/7-2/6   | M/W | 5:40-6:10 pm   | \$64 | \$80    | CA31334 |
| 2/11-3/20 | M/W | 5:40-6:10 pm   | \$78 | \$97.50 | CA31335 |
| 1/7-2/6   | M/W | 6:15-6:45 pm   | \$64 | \$80    | CA31336 |
| 2/11-3/20 | M/W | 6:15-6:45 pm   | \$78 | \$97.50 | CA31337 |
| 1/12-3/16 | S   | 9-9:30 am      | \$71 | \$88.75 | CA31385 |
| 1/12-3/16 | S   | 9:35-10:05 am  | \$71 | \$88.75 | CA31386 |
| 1/12-3/16 | S   | 10:10-10:40 am | \$71 | \$88.75 | CA31387 |
| 1/12-3/16 | S   | 10:45-11:15 am | \$71 | \$88.75 | CA31388 |
| 1/12-3/16 | S   | 11:20-11:50 am | \$71 | \$88.75 | CA31389 |
| 1/13-3/17 | Su  | 3:50-4:20 pm   | \$71 | \$88.75 | CA31395 |
| 1/13-3/17 | Su  | 4:25-4:55 pm   | \$71 | \$88.75 | CA31396 |
| 1/13-3/17 | Su  | 5-5:30 pm      | \$71 | \$88.75 | CA31397 |
| 1/13-3/17 | Su  | 5:35-6:05 pm   | \$71 | \$88.75 | CA31398 |
| 1/13-3/17 | Su  | 6:10-6:40 pm   | \$71 | \$88.75 | CA31399 |
| 1/13-3/17 | Su  | 6:45-7:15 pm   | \$71 | \$88.75 | CA31400 |
| 1/13-3/17 | Su  | 7:20-7:50 pm   | \$71 | \$88.75 | CA31401 |

## Beginning Swimming Skills

| Date                              | Day  | Time          | ID/AP | OD      | Class#  |
|-----------------------------------|------|---------------|-------|---------|---------|
| <b>School Age Level 1 &amp; 2</b> |      |               |       |         |         |
| <b>Spring Term:</b>               |      |               |       |         |         |
| 4/1-6/3                           | M    | 9:35-10:05 am | \$64  | \$80    | CA42101 |
| 4/1-6/3                           | M    | 1:05-1:35 pm  | \$64  | \$80    | CA42105 |
| 4/3-6/5                           | W    | 9:35-10:05 am | \$71  | \$88.75 | CA42109 |
| 4/3-6/5                           | W    | 1:05-1:35 pm  | \$71  | \$88.75 | CA42113 |
| 4/5-6/7                           | F    | 9:35-10:05 am | \$71  | \$88.75 | CA42117 |
| 4/5-6/7                           | F    | 1:05-1:35 pm  | \$71  | \$88.75 | CA42121 |
| 4/2-5/2                           | T/Th | 1:05-1:35 pm  | \$71  | \$88.75 | CA42151 |
| 5/7-6/6                           | T/Th | 4:30-5 pm     | \$71  | \$88.75 | CA42152 |

### School Age Level 1-3

#### Winter Term:

|           |      |                |      |          |         |
|-----------|------|----------------|------|----------|---------|
| 1/7-3/18  | M    | 9:35-10:05 am  | \$64 | \$80     | CA32101 |
| 1/7-3/18  | M    | 1:05-1:35 pm   | \$64 | \$80     | CA32105 |
| 1/9-3/20  | W    | 9:35-10:05 am  | \$78 | \$97.50  | CA32109 |
| 1/9-3/20  | W    | 1:05-1:35 pm   | \$78 | \$97.50  | CA32113 |
| 1/11-3/15 | F    | 9:35-10:05 am  | \$71 | \$88.75  | CA32117 |
| 1/11-3/15 | F    | 1:05-1:35 pm   | \$71 | \$88.75  | CA32121 |
| 1/7-2/6   | M/W  | 4:30-5 pm      | \$64 | \$80     | CA32130 |
| 2/11-3/20 | M/W  | 4:30-5 pm      | \$78 | \$97.50  | CA32131 |
| 1/7-2/6   | M/W  | 5:05-5:35 pm   | \$64 | \$80     | CA32132 |
| 2/11-3/20 | M/W  | 5:05-5:35 pm   | \$78 | \$97.50  | CA32133 |
| 1/7-2/6   | M/W  | 5:40-6:10 pm   | \$64 | \$80     | CA32134 |
| 2/11-3/20 | M/W  | 5:40-6:10 pm   | \$78 | \$97.50  | CA32135 |
| 1/7-2/6   | M/W  | 6:15-6:45 pm   | \$64 | \$80     | CA32136 |
| 2/11-3/20 | M/W  | 6:15-6:45 pm   | \$78 | \$97.50  | CA32137 |
| 1/7-2/6   | M/W  | 8-8:30 pm      | \$64 | \$80     | CA32142 |
| 2/11-3/20 | M/W  | 8-8:30 pm      | \$78 | \$97.50  | CA32143 |
| 1/8-2/7   | T/Th | 1:05-1:35 pm   | \$71 | \$88.75  | CA32160 |
| 2/12-3/21 | T/Th | 1:05-1:35 pm   | \$85 | \$106.25 | CA32161 |
| 1/8-2/7   | T/Th | 4:30-4:30 pm   | \$71 | \$88.75  | CA32166 |
| 2/12-3/21 | T/Th | 4:30-5 pm      | \$85 | \$106.25 | CA32167 |
| 1/8-2/7   | T/Th | 5:05-5:35 pm   | \$71 | \$88.75  | CA32168 |
| 2/12-3/21 | T/Th | 5:05-5:35 pm   | \$85 | \$106.25 | CA32169 |
| 1/8-2/7   | T/Th | 5:40-6:10 pm   | \$71 | \$88.75  | CA32170 |
| 2/12-3/21 | T/Th | 5:40-6:10 pm   | \$85 | \$106.25 | CA32171 |
| 1/8-2/7   | T/Th | 6:15-6:45 pm   | \$71 | \$88.75  | CA32172 |
| 2/12-3/21 | T/Th | 6:15-6:45 pm   | \$85 | \$106.25 | CA32173 |
| 1/8-2/7   | T/Th | 8-8:30 pm      | \$71 | \$88.75  | CA32178 |
| 2/12-3/21 | T/Th | 8-8:30 pm      | \$85 | \$106.25 | CA32179 |
| 1/12-3/16 | S    | 9-9:30 am      | \$71 | \$88.75  | CA32185 |
| 1/12-3/16 | S    | 9:35-10:05 am  | \$71 | \$88.75  | CA32186 |
| 1/12-3/16 | S    | 10:10-10:40 am | \$71 | \$88.75  | CA32187 |
| 1/12-3/16 | S    | 10:45-11:15 am | \$71 | \$88.75  | CA32188 |
| 1/12-3/16 | S    | 11:20-11:50 am | \$71 | \$88.75  | CA32189 |
| 1/13-3/17 | Su   | 3:50-4:20 pm   | \$71 | \$88.75  | CA32195 |
| 1/13-3/17 | Su   | 4:25-4:55 pm   | \$71 | \$88.75  | CA32196 |
| 1/13-3/17 | Su   | 5-5:30 pm      | \$71 | \$88.75  | CA32197 |
| 1/13-3/17 | Su   | 5:35-6:05 pm   | \$71 | \$88.75  | CA32198 |
| 1/13-3/17 | Su   | 6:10-6:40 pm   | \$71 | \$88.75  | CA32199 |
| 1/13-3/17 | Su   | 6:45-7:15 pm   | \$71 | \$88.75  | CA32200 |
| 1/13-3/17 | Su   | 7:20-7:50 pm   | \$71 | \$88.75  | CA32201 |

#### Spring Term:

|         |     |           |      |         |         |
|---------|-----|-----------|------|---------|---------|
| 4/1-5/1 | M/W | 4:30-5 pm | \$71 | \$88.75 | CA42125 |
| 5/6-6/5 | M/W | 4:30-5 pm | \$64 | \$80    | CA42126 |

Continued

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

## Beginning Swimming Skills

| Date                                     | Day  | Time           | ID/AP | OD      | Class#  |
|--|------|----------------|-------|---------|---------|
| <b>School Age Levels 1-3 (continued)</b> |      |                |       |         |         |
| 4/1-5/1                                  | M/W  | 5:05-5:35 pm   | \$71  | \$88.75 | CA42127 |
| 5/6-6/5                                  | M/W  | 5:05-5:35 pm   | \$64  | \$80    | CA42128 |
| 4/1-5/1                                  | M/W  | 5:40-6:10 pm   | \$71  | \$88.75 | CA42129 |
| 5/6-6/5                                  | M/W  | 5:40-6:10 pm   | \$64  | \$80    | CA42130 |
| 4/1-5/1                                  | M/W  | 6:15-6:45 pm   | \$71  | \$88.75 | CA42131 |
| 5/6-6/5                                  | M/W  | 6:15-6:45 pm   | \$64  | \$80    | CA42132 |
| 4/1-5/1                                  | M/W  | 8-8:30 pm      | \$71  | \$88.75 | CA42137 |
| 5/6-6/5                                  | M/W  | 8-8:30 pm      | \$64  | \$80    | CA42138 |
| 4/2-5/2                                  | T/Th | 4:30-5 pm      | \$71  | \$88.75 | CA42157 |
| 5/7-6/6                                  | T/Th | 4:30-5 pm      | \$71  | \$88.75 | CA42158 |
| 4/2-5/2                                  | T/Th | 5:05-5:35 pm   | \$71  | \$88.75 | CA42159 |
| 5/7-6/6                                  | T/Th | 5:05-5:35 pm   | \$71  | \$88.75 | CA42160 |
| 4/2-5/2                                  | T/Th | 5:40-6:10 pm   | \$71  | \$88.75 | CA42161 |
| 5/7-6/6                                  | T/Th | 5:40-6:10 pm   | \$71  | \$88.75 | CA42162 |
| 4/2-5/2                                  | T/Th | 6:15-6:45 pm   | \$71  | \$88.75 | CA42163 |
| 5/7-6/6                                  | T/Th | 6:15-6:45 pm   | \$71  | \$88.75 | CA42164 |
| 4/2-5/2                                  | T/Th | 8-8:30 pm      | \$71  | \$88.75 | CA42169 |
| 5/7-6/6                                  | T/Th | 8-8:30 pm      | \$71  | \$88.75 | CA42170 |
| 4/6-5/18                                 | S    | 9-9:30 am      | \$49  | \$61.25 | CA42175 |
| 4/6-5/18                                 | S    | 9:35-10:05 am  | \$49  | \$61.25 | CA42176 |
| 4/6-5/18                                 | S    | 10:10-10:40 am | \$49  | \$61.25 | CA42177 |
| 4/6-5/18                                 | S    | 10:45-11:15 am | \$49  | \$61.25 | CA42178 |
| 4/6-5/18                                 | S    | 11:20-11:50 am | \$49  | \$61.25 | CA42179 |
| 4/7-5/19                                 | Su   | 3:50-4:20 pm   | \$42  | \$52.50 | CA42185 |
| 4/7-5/19                                 | Su   | 4:25-4:55 pm   | \$42  | \$52.50 | CA42186 |
| 4/7-5/19                                 | Su   | 5-5:30 pm      | \$42  | \$52.50 | CA42187 |
| 4/7-5/19                                 | Su   | 5:35-6:05 pm   | \$42  | \$52.50 | CA42188 |
| 4/7-5/19                                 | Su   | 6:10-6:40 pm   | \$42  | \$52.50 | CA42189 |
| 4/7-5/19                                 | Su   | 6:45-7:15 pm   | \$42  | \$52.50 | CA42190 |
| 4/7-5/19                                 | Su   | 7:20-7:50 pm   | \$42  | \$52.50 | CA42191 |

## Intermediate Swimming Skills

| Date   | Day  | Time           | ID/AP | OD       | Class#  |
|--|------|----------------|-------|----------|---------|
| <b>Preschool/School Age Levels 4 &amp; 5</b> |      |                |       |          |         |
| <b>Winter Term:</b>                          |      |                |       |          |         |
| 1/7-2/6                                      | M/W  | 4:30-5 pm      | \$64  | \$80     | CA32330 |
| 2/11-3/20                                    | M/W  | 4:30-5 pm      | \$78  | \$97.50  | CA32331 |
| 1/7-2/6                                      | M/W  | 5:05-5:35 pm   | \$64  | \$80     | CA32332 |
| 2/11-3/20                                    | M/W  | 5:05-5:35 pm   | \$78  | \$97.50  | CA32333 |
| 1/7-2/6                                      | M/W  | 5:40-6:10 pm   | \$64  | \$80     | CA32334 |
| 2/11-3/20                                    | M/W  | 5:40-6:10 pm   | \$78  | \$97.50  | CA32335 |
| 1/7-2/6                                      | M/W  | 6:15-6:45 pm   | \$64  | \$80     | CA32336 |
| 2/11-3/20                                    | M/W  | 6:15-6:45 pm   | \$78  | \$97.50  | CA32337 |
| 1/8-2/7                                      | T/Th | 4:30-5 pm      | \$71  | \$88.75  | CA32366 |
| 2/12-3/21                                    | T/Th | 4:30-5 pm      | \$85  | \$106.25 | CA32367 |
| 1/8-2/7                                      | T/Th | 4:30-5 pm      | \$71  | \$88.75  | CA32368 |
| 2/12-3/21                                    | T/Th | 5:05-5:35 pm   | \$85  | \$106.25 | CA32369 |
| 1/8-2/7                                      | T/Th | 5:40-6:10 pm   | \$71  | \$88.75  | CA32370 |
| 2/12-3/21                                    | T/Th | 5:40-6:10 pm   | \$85  | \$106.25 | CA32371 |
| 1/8-2/7                                      | T/Th | 6:15-6:45 pm   | \$71  | \$88.75  | CA32372 |
| 2/12-3/21                                    | T/Th | 6:15-6:45 pm   | \$85  | \$106.25 | CA32373 |
| 1/12-3/16                                    | S    | 9-9:30 am      | \$71  | \$88.75  | CA32385 |
| 1/12-3/16                                    | S    | 9:35-10:05 am  | \$71  | \$88.75  | CA32386 |
| 1/12-3/16                                    | S    | 10:10-10:40 am | \$71  | \$88.75  | CA32387 |

## Intermediate Swimming Skills

| Date   | Day  | Time           | ID/AP | OD      | Class#  |
|--|------|----------------|-------|---------|---------|
| <b>Preschool/School Age Levels 4 &amp; 5 (continued)</b> |      |                |       |         |         |
| 1/12-3/16  | S    | 10:45-11:15 am | \$71  | \$88.75 | CA32388 |
| 1/12-3/16  | S    | 11:20-11:50 am | \$71  | \$88.75 | CA32389 |
| 1/13-3/17  | Su   | 3:50-4:20 pm   | \$71  | \$88.75 | CA32395 |
| 1/13-3/17  | Su   | 4:25-4:55 pm   | \$71  | \$88.75 | CA32396 |
| 1/13-3/17  | Su   | 5-5:30 pm      | \$71  | \$88.75 | CA32397 |
| 1/13-3/17  | Su   | 5:35-6:05 pm   | \$71  | \$88.75 | CA32398 |
| 1/13-3/17  | Su   | 6:10-6:40 pm   | \$71  | \$88.75 | CA32399 |
| 1/13-3/17  | Su   | 5:35-6:05 pm   | \$71  | \$88.75 | CA32400 |
| 1/13-3/17  | Su   | 7:20-7:50 pm   | \$71  | \$88.75 | CA32401 |
| 4/1-5/1  | M/W  | 4:30-5 pm      | \$71  | \$88.75 | CA42325 |
| 5/6-6/5  | M/W  | 4:30-5 pm      | \$64  | \$80    | CA42326 |
| 4/1-5/1  | M/W  | 5:05-5:35 pm   | \$71  | \$88.75 | CA42327 |
| 5/6-6/5  | M/W  | 5:05-5:35 pm   | \$64  | \$80    | CA42328 |
| 4/1-5/1  | M/W  | 5:40-6:10 pm   | \$71  | \$88.75 | CA42329 |
| 5/6-6/5  | M/W  | 5:40-6:10 pm   | \$64  | \$80    | CA42330 |
| 4/1-5/1  | M/W  | 6:15-6:45 pm   | \$71  | \$88.75 | CA42331 |
| 5/6-6/5  | M/W  | 6:15-6:45 pm   | \$64  | \$80    | CA42332 |
| 4/2-5/2  | T/Th | 4:30-5 pm      | \$71  | \$88.75 | CA42357 |
| 5/7-6/6  | T/Th | 4:30-5 pm      | \$71  | \$88.75 | CA42358 |
| 4/2-5/2  | T/Th | 5:05-5:35 pm   | \$71  | \$88.75 | CA42359 |
| 5/7-6/6  | T/Th | 5:05-5:35 pm   | \$71  | \$88.75 | CA42360 |
| 4/2-5/2  | T/Th | 5:40-6:10 pm   | \$71  | \$88.75 | CA42361 |
| 5/7-6/6  | T/Th | 5:40-6:10 pm   | \$71  | \$88.75 | CA42362 |
| 4/2-5/2  | T/Th | 6:15-6:45 pm   | \$71  | \$88.75 | CA42363 |
| 5/7-6/6  | T/Th | 6:15-6:45 pm   | \$71  | \$88.75 | CA42364 |
| 4/6-5/18   | S    | 9-9:30 am      | \$49  | \$61.25 | CA42375 |
| 4/6-5/18   | S    | 9:35-10:05 am  | \$49  | \$61.25 | CA42376 |
| 4/6-5/18   | S    | 10:10-10:40 am | \$49  | \$61.25 | CA42377 |
| 4/6-5/18   | S    | 10:45-11:15 am | \$49  | \$61.25 | CA42378 |
| 4/6-5/18   | S    | 11:20-11:50 am | \$49  | \$61.25 | CA42379 |
| 4/7-5/19   | Su   | 3:50-4:20 pm   | \$42  | \$52.50 | CA42385 |
| 4/7-5/19   | Su   | 4:25-4:55 pm   | \$42  | \$52.50 | CA42386 |
| 4/7-5/19   | Su   | 5-5:30 pm      | \$42  | \$52.50 | CA42387 |
| 4/7-5/19   | Su   | 5:35-6:05 pm   | \$42  | \$52.50 | CA42388 |
| 4/7-5/19   | Su   | 6:10-6:40 pm   | \$42  | \$52.50 | CA42389 |
| 4/7-5/19   | Su   | 6:45-6:45 pm   | \$42  | \$52.50 | CA42390 |
| 4/7-5/19   | Su   | 7:20-7:50 pm   | \$42  | \$52.50 | CA42391 |

Get ready for the next THPRD Fitness Challenge!

# GETFit19

## January 12-April 13

Prizes, giveaways, nutrition classes and more!

See page 7 or visit [www.thprd.org](http://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)

## Intermediate Swimming Skills

| Date            | Day | Time | ID/AP | OD | Class# |
|-----------------|-----|------|-------|----|--------|
| Pre-Competitive |     |      |       |    |        |

### Winter Term:

|           |      |                |      |          |         |
|-----------|------|----------------|------|----------|---------|
| 1/7-2/6   | M/W  | 6:15-6:45 pm   | \$64 | \$80     | CA32536 |
| 2/11-3/20 | M/W  | 5:40-6:10 pm   | \$78 | \$97.50  | CA32537 |
| 1/8-2/7   | T/Th | 6:15-6:45 pm   | \$71 | \$88.75  | CA32572 |
| 2/12-3/21 | T/Th | 6:15-6:45 pm   | \$85 | \$106.25 | CA32573 |
| 1/12-3/16 | S    | 9:35-10:05 am  | \$71 | \$88.75  | CA32586 |
| 1/12-3/16 | S    | 11:20-11:50 am | \$71 | \$88.75  | CA32589 |
| 1/13-3/17 | Su   | 5:35-6:05 pm   | \$71 | \$88.75  | CA32598 |
| 1/13-3/17 | Su   | 7:20-7:50 pm   | \$71 | \$88.75  | CA32601 |

### Spring Term:

|          |      |                |      |         |         |
|----------|------|----------------|------|---------|---------|
| 4/1-5/1  | M/W  | 6:15-6:45 pm   | \$71 | \$88.75 | CA42531 |
| 5/6-6/5  | M/W  | 6:15-6:45 pm   | \$64 | \$80    | CA42532 |
| 4/2-5/2  | T/Th | 6:15-6:45 pm   | \$71 | \$88.75 | CA42563 |
| 5/7-6/6  | T/Th | 6:15-6:45 pm   | \$71 | \$88.75 | CA42564 |
| 4/6-5/18 | S    | 9:35-10:05 am  | \$49 | \$61.25 | CA42576 |
| 4/6-5/18 | S    | 11:20-11:50 am | \$49 | \$61.25 | CA42579 |
| 4/7-5/19 | Su   | 5:35-6:05 pm   | \$42 | \$52.50 | CA42588 |
| 4/7-5/19 | Su   | 7:20-7:50 pm   | \$42 | \$52.50 | CA42591 |

## Specialty Programs

| Date                                   | Day | Time | ID/AP | OD | Class# |
|--|-----|------|-------|----|--------|
| Teen/Adult Swimming Skills – Beginning |     |      |       |    |        |

### Winter Term:

|           |     |           |      |      |         |
|-----------|-----|-----------|------|------|---------|
| 1/7-2/6   | M/W | 8-8:30 pm | \$64 | \$80 | CA35042 |
| 2/11-3/20 | M/W | 8-8:30 pm | \$64 | \$80 | CA35043 |

### Spring Term:

|         |      |           |      |         |         |
|---------|------|-----------|------|---------|---------|
| 4/1-5/1 | M/W  | 8-8:30 pm | \$71 | \$88.75 | CA45037 |
| 5/6-6/5 | M/W  | 8-8:30 pm | \$64 | \$80    | CA45038 |
| 4/2-5/2 | T/Th | 8-8:30 pm | \$71 | \$88.75 | CA45069 |
| 5/7-6/6 | T/Th | 8-8:30 pm | \$71 | \$88.75 | CA45070 |

## Baby/Toddler & Me

### Winter Term:

|           |      |                |      |         |         |
|-----------|------|----------------|------|---------|---------|
| 1/7-3/18  | M    | 10:10-10:40 am | \$50 | \$62.50 | CA33002 |
| 1/7-3/18  | M    | 11:20-11:50 am | \$50 | \$62.50 | CA33004 |
| 1/9-3/20  | W    | 10:10-10:40 am | \$61 | \$76.25 | CA33010 |
| 1/9-3/20  | W    | 11:20-11:50 am | \$61 | \$76.25 | CA33012 |
| 1/11-3/15 | F    | 10:10-10:40 am | \$56 | \$70    | CA33018 |
| 1/11-3/15 | F    | 11:20-11:50 am | \$56 | \$70    | CA33020 |
| 1/7-2/6   | M/W  | 6:50-7:20 pm   | \$50 | \$62.50 | CA33038 |
| 2/11-3/20 | M/W  | 6:50-7:20 pm   | \$61 | \$76.25 | CA33039 |
| 1/8-2/7   | T/Th | 10:10-10:40 am | \$50 | \$62.50 | CA33054 |
| 2/12-3/21 | T/Th | 10:10-10:40 am | \$67 | \$83.75 | CA33055 |
| 1/8-2/7   | T/Th | 11:20-11:50 am | \$56 | \$70    | CA33058 |
| 2/12-3/21 | T/Th | 11:20-11:50 am | \$67 | \$83.75 | CA33059 |
| 1/8-2/7   | T/Th | 6:15-6:45 pm   | \$56 | \$70    | CA33072 |
| 2/12-3/21 | T/Th | 6:15-6:45 pm   | \$67 | \$83.75 | CA33073 |
| 1/12-3/16 | S    | 9-9:30 am      | \$56 | \$70    | CA33085 |
| 1/12-3/16 | S    | 10:10-10:40 am | \$56 | \$70    | CA33087 |
| 1/12-3/16 | S    | 10:10-10:40 am | \$56 | \$70    | CA33089 |
| 1/13-3/17 | Su   | 3:50-4:20 pm   | \$56 | \$70    | CA33095 |
| 1/13-3/17 | Su   | 5-5:30 pm      | \$56 | \$70    | CA33097 |

## Specialty Programs

| Date                          | Day | Time | ID/AP | OD | Class# |
|-------------------------------|-----|------|-------|----|--------|
| Baby/Toddler & Me (continued) |     |      |       |    |        |

|           |    |              |      |      |         |
|-----------|----|--------------|------|------|---------|
| 1/13-3/17 | Su | 6:10-6:40 pm | \$56 | \$70 | CA33099 |
| 1/13-3/17 | Su | 7:20-7:50 pm | \$56 | \$70 | CA33101 |

### Spring Term:

|          |      |                |      |         |         |
|----------|------|----------------|------|---------|---------|
| 4/1-6/3  | M    | 10:10-10:40 am | \$50 | \$62.50 | CA43002 |
| 4/1-6/3  | M    | 11:20-11:50 am | \$50 | \$62.50 | CA43004 |
| 4/3-6/5  | W    | 10:10-10:40 am | \$56 | \$70    | CA43010 |
| 4/3-6/5  | W    | 11:20-11:50 am | \$56 | \$70    | CA43012 |
| 4/5-6/7  | F    | 10:10-10:40 am | \$56 | \$70    | CA43018 |
| 4/5-6/7  | F    | 11:20-11:50 am | \$56 | \$70    | CA43020 |
| 4/1-5/1  | M/W  | 6:50-7:20 pm   | \$56 | \$70    | CA43033 |
| 5/6-6/5  | M/W  | 6:50-7:20 pm   | \$64 | \$80    | CA43034 |
| 4/2-5/2  | T/Th | 10:10-10:40 am | \$56 | \$70    | CA43045 |
| 5/7-6/6  | T/Th | 10:10-10:40 am | \$56 | \$70    | CA43046 |
| 4/2-5/2  | T/Th | 11:20-11:50 am | \$56 | \$70    | CA43049 |
| 5/7-6/6  | T/Th | 11:20-11:50 am | \$56 | \$70    | CA43050 |
| 4/2-5/2  | T/Th | 6:50-7:20 pm   | \$56 | \$70    | CA43065 |
| 5/7-6/6  | T/Th | 6:50-7:20 pm   | \$56 | \$70    | CA43066 |
| 4/6-5/18 | S    | 9-9:30 am      | \$39 | \$48.75 | CA43075 |
| 4/6-5/18 | S    | 10:10-10:40 am | \$39 | \$48.75 | CA43077 |
| 4/6-5/18 | S    | 11:20-11:50 am | \$39 | \$48.75 | CA43079 |
| 4/6-5/18 | S    | 12:30-1 pm     | \$39 | \$48.75 | CA43081 |
| 4/7-5/19 | Su   | 3:50-4:20 pm   | \$33 | \$41.25 | CA43085 |
| 4/7-5/19 | Su   | 5-5:30 pm      | \$33 | \$41.25 | CA43087 |
| 4/7-5/19 | Su   | 6:10-6:40 pm   | \$33 | \$41.25 | CA43089 |
| 4/7-5/19 | Su   | 7:20-7:50 pm   | \$33 | \$41.25 | CA43091 |

## You & Your Preschooler

### Winter Term:

|           |      |                   |      |          |         |
|-----------|------|-------------------|------|----------|---------|
| 1/7-3/18  | M    | 10:45-11:15 am    | \$64 | \$80     | CA33203 |
| 1/9-3/20  | W    | 10:45-11:15 am    | \$78 | \$97.50  | CA33211 |
| 1/11-3/15 | F    | 11:20-11:50 am    | \$71 | \$88.75  | CA33219 |
| 1/7-2/6   | M/W  | 7:25-7:55 am      | \$64 | \$80     | CA33240 |
| 2/11-3/20 | M/W  | 7:25-7:55 pm      | \$78 | \$97.50  | CA33241 |
| 1/8-2/7   | T/Th | 10:45-11:15 am    | \$71 | \$88.75  | CA33256 |
| 2/12-3/21 | T/Th | 10:45-11:15 am    | \$85 | \$106.25 | CA33257 |
| 1/8-2/7   | T/Th | 5:40-6:10 pm      | \$71 | \$88.75  | CA33270 |
| 2/12-3/21 | T/Th | 5:40-6:10 pm      | \$85 | \$106.25 | CA33271 |
| 1/8-2/7   | T/Th | 6:50-7:20 pm      | \$71 | \$88.75  | CA33274 |
| 2/12-3/21 | T/Th | 6:50-7:20 pm      | \$85 | \$106.25 | CA33275 |
| 1/12-3/16 | S    | 9:35-10:05 am     | \$71 | \$88.75  | CA33286 |
| 1/12-3/16 | S    | 10:45-11:15 am    | \$71 | \$88.75  | CA33288 |
| 1/12-3/16 | S    | 11:55 am-12:25 pm | \$71 | \$88.75  | CA33290 |
| 1/13-3/17 | Su   | 4:25-4:55 pm      | \$71 | \$88.75  | CA33296 |
| 1/13-3/17 | Su   | 5:35-6:05 pm      | \$71 | \$88.75  | CA33298 |
| 1/13-3/17 | Su   | 5:35-6:05 pm      | \$71 | \$88.75  | CA33300 |

### Spring Term:

|         |      |                |      |         |         |
|---------|------|----------------|------|---------|---------|
| 4/1-6/3 | M    | 10:45-11:15 am | \$64 | \$80    | CA43203 |
| 4/3-6/5 | W    | 10:45-11:15 am | \$71 | \$88.75 | CA43211 |
| 4/5-6/7 | F    | 10:45-11:15 am | \$71 | \$88.75 | CA43219 |
| 4/1-5/1 | M/W  | 7:25-7:55 pm   | \$71 | \$88.75 | CA43235 |
| 5/6-6/5 | M/W  | 7:25-7:55 pm   | \$64 | \$80    | CA43236 |
| 4/2-5/2 | T/Th | 10:45-11:15 am | \$71 | \$88.75 | CA43247 |
| 5/7-6/6 | T/Th | 10:45-11:15 am | \$71 | \$88.75 | CA43248 |
| 4/2-5/2 | T/Th | 6:15-6:45 pm   | \$71 | \$88.75 | CA43263 |

Continued

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

## Specialty Programs

| Date  | Day  | Time              | ID/AP | OD      | Class#  |
|---|------|-------------------|-------|---------|---------|
| <b>You &amp; Your Preschooler (continued)</b> |      |                   |       |         |         |
| 5/7-6/6                                       | T/Th | 6:15-6:45 pm      | \$71  | \$88.75 | CA43264 |
| 4/2-5/2                                       | T/Th | 7:25-7:55 pm      | \$71  | \$88.75 | CA43267 |
| 5/7-6/6                                       | T/Th | 7:25-7:55 pm      | \$71  | \$88.75 | CA43268 |
| 4/6-5/18                                      | S    | 9:35-10:05 am     | \$49  | \$61.25 | CA43276 |
| 4/6-5/18                                      | S    | 10:45-11:15 am    | \$49  | \$61.25 | CA43278 |
| 4/6-5/18                                      | S    | 11:55 am-12:25 pm | \$49  | \$61.25 | CA43280 |
| 4/7-5/19                                      | Su   | 4:25-4:55 pm      | \$42  | \$52.50 | CA43286 |
| 4/7-5/19                                      | Su   | 5:35-6:05 pm      | \$42  | \$52.50 | CA43288 |
| 4/7-5/19                                      | Su   | 6:45-7:15 pm      | \$42  | \$52.50 | CA43290 |

## Private Lessons

### Winter Term:

|           |      |                |       |          |         |
|-----------|------|----------------|-------|----------|---------|
| 1/7-3/18  | M    | 9-9:30 am      | \$315 | \$393.75 | CA36000 |
| 1/7-3/18  | M    | 9:35-10:05 am  | \$315 | \$393.75 | CA36001 |
| 1/7-3/18  | M    | 10:10-10:40 am | \$315 | \$393.75 | CA36002 |
| 1/7-3/18  | M    | 10:45-11:15 am | \$315 | \$393.75 | CA36003 |
| 1/7-3/18  | M    | 11:20-11:20 am | \$315 | \$393.75 | CA36004 |
| 1/7-3/18  | M    | 1:05-1:35 pm   | \$315 | \$393.75 | CA36005 |
| 1/7-3/18  | M    | 1:40-2:10 pm   | \$315 | \$393.75 | CA36006 |
| 1/7-3/18  | M    | 2:15-2:45 pm   | \$315 | \$393.75 | CA36007 |
| 1/9-3/20  | W    | 9-9:30 am      | \$385 | \$481.25 | CA36008 |
| 1/9-3/20  | W    | 9:35-10:05 am  | \$385 | \$481.25 | CA36009 |
| 1/9-3/20  | W    | 10:10-10:40 am | \$385 | \$481.25 | CA36010 |
| 1/9-3/20  | W    | 10:45-11:15 am | \$385 | \$481.25 | CA36011 |
| 1/9-3/20  | W    | 11:20-11:50 am | \$385 | \$481.25 | CA36012 |
| 1/9-3/20  | W    | 1:05-1:35 pm   | \$385 | \$481.25 | CA36013 |
| 1/9-3/20  | W    | 1:40-2:10 pm   | \$385 | \$481.25 | CA36014 |
| 1/9-3/20  | W    | 2:15-2:45 pm   | \$385 | \$481.25 | CA36015 |
| 1/11-3/15 | F    | 9-9:30 am      | \$350 | \$437.50 | CA36016 |
| 1/11-3/15 | F    | 9:35-10:05 am  | \$350 | \$437.50 | CA36017 |
| 1/11-3/15 | F    | 10:10-10:40 am | \$350 | \$437.50 | CA36018 |
| 1/11-3/15 | F    | 10:45-11:15 am | \$350 | \$437.50 | CA36019 |
| 1/11-3/15 | F    | 11:20-11:50 am | \$350 | \$437.50 | CA36020 |
| 1/11-3/15 | F    | 1:05-1:35 pm   | \$350 | \$437.50 | CA36021 |
| 1/11-3/15 | F    | 1:40-2:10 pm   | \$350 | \$437.50 | CA36022 |
| 1/11-3/15 | F    | 2:15-2:45 pm   | \$350 | \$437.50 | CA36023 |
| 1/7-2/6   | M/W  | 4:30-5 pm      | \$315 | \$393.75 | CA36030 |
| 2/11-3/20 | M/W  | 4:30-5 pm      | \$385 | \$481.25 | CA36031 |
| 1/7-2/6   | M/W  | 5:05-5:35 pm   | \$315 | \$393.75 | CA36032 |
| 2/11-3/20 | M/W  | 5:05-5:35 pm   | \$385 | \$481.25 | CA36033 |
| 1/7-2/6   | M/W  | 5:40-6:10 pm   | \$315 | \$393.75 | CA36034 |
| 2/11-3/20 | M/W  | 5:40-6:10 pm   | \$385 | \$481.25 | CA36035 |
| 1/7-2/6   | M/W  | 6:15-6:45 pm   | \$315 | \$393.75 | CA36036 |
| 2/11-3/20 | M/W  | 6:15-6:45 pm   | \$385 | \$481.25 | CA36037 |
| 1/7-2/6   | M/W  | 6:50-7:20 pm   | \$315 | \$393.75 | CA36038 |
| 2/11-3/20 | M/W  | 6:50-7:20 pm   | \$385 | \$481.25 | CA36039 |
| 1/7-2/6   | M/W  | 7:25-7:55 pm   | \$315 | \$393.75 | CA36040 |
| 2/11-3/20 | M/W  | 7:25-7:55 pm   | \$385 | \$481.25 | CA36041 |
| 1/7-2/6   | M/W  | 8-8:30 pm      | \$315 | \$393.75 | CA36042 |
| 2/11-3/20 | M/W  | 8-8:30 pm      | \$385 | \$481.25 | CA36043 |
| 1/8-2/7   | T/Th | 9-9:30 am      | \$350 | \$437.50 | CA36050 |
| 2/12-3/21 | T/Th | 9-9:30 am      | \$420 | \$525    | CA36051 |
| 1/8-2/7   | T/Th | 9:35-10:05 am  | \$350 | \$437.50 | CA36052 |
| 2/12-3/21 | T/Th | 9:35-10:05 am  | \$420 | \$525    | CA36053 |
| 1/8-2/7   | T/Th | 10:10-10:40 am | \$350 | \$437.50 | CA36054 |
| 2/12-3/21 | T/Th | 10:10-10:40 am | \$420 | \$525    | CA36055 |
| 1/8-2/7   | T/Th | 10:45-11:15 am | \$350 | \$437.50 | CA36056 |
| 2/12-3/21 | T/Th | 10:45-11:15 am | \$420 | \$525    | CA36057 |

## Specialty Programs

| Date                               | Day  | Time              | ID/AP | OD       | Class#  |
|------------------------------------|------|-------------------|-------|----------|---------|
| <b>Private Lessons (continued)</b> |      |                   |       |          |         |
| 1/8-2/7                            | T/Th | 11:20-11:50 am    | \$350 | \$437.50 | CA36058 |
| 2/12-3/21                          | T/Th | 11:20-11:50 am    | \$420 | \$525    | CA36059 |
| 1/8-2/7                            | T/Th | 1:05-1:35 pm      | \$350 | \$437.50 | CA36060 |
| 2/12-3/21                          | T/Th | 1:05-1:35 pm      | \$420 | \$525    | CA36061 |
| 1/8-2/7                            | T/Th | 1:40-2:10 pm      | \$350 | \$437.50 | CA36062 |
| 2/12-3/21                          | T/Th | 1:40-2:10 pm      | \$420 | \$525    | CA36063 |
| 1/8-2/7                            | T/Th | 2:15-2:45 pm      | \$350 | \$437.50 | CA36064 |
| 2/12-3/21                          | T/Th | 2:15-2:45 pm      | \$420 | \$525    | CA36065 |
| 1/8-2/7                            | T/Th | 4:30-5 pm         | \$350 | \$437.50 | CA36066 |
| 2/12-3/21                          | T/Th | 4:30-5 pm         | \$420 | \$525    | CA36067 |
| 1/8-2/7                            | T/Th | 5:05-5:35 pm      | \$350 | \$437.50 | CA36068 |
| 2/12-3/21                          | T/Th | 5:05-5:35 pm      | \$420 | \$525    | CA36069 |
| 1/8-2/7                            | T/Th | 5:40-6:10 pm      | \$350 | \$437.50 | CA36070 |
| 2/12-3/21                          | T/Th | 5:40-6:10 pm      | \$420 | \$525    | CA36071 |
| 1/8-2/7                            | T/Th | 6:15-6:45 pm      | \$350 | \$437.50 | CA36072 |
| 2/12-3/21                          | T/Th | 6:15-6:45 pm      | \$420 | \$525    | CA36073 |
| 1/8-2/7                            | T/Th | 6:50-7:20 pm      | \$350 | \$437.50 | CA36074 |
| 2/12-3/21                          | T/Th | 6:50-7:20 pm      | \$420 | \$525    | CA36075 |
| 2/12-3/21                          | T/Th | 7:25-7:55 pm      | \$350 | \$437.50 | CA36076 |
| 2/12-3/21                          | T/Th | 7:25-7:55 pm      | \$420 | \$525    | CA36077 |
| 1/8-2/7                            | T/Th | 8-8:30 pm         | \$350 | \$437.50 | CA36078 |
| 2/12-3/21                          | T/Th | 8-8:30 pm         | \$420 | \$525    | CA36079 |
| 1/12-3/16                          | S    | 9-9:30 am         | \$350 | \$437.50 | CA36085 |
| 1/12-3/16                          | S    | 9:35-10:05 am     | \$350 | \$437.50 | CA36086 |
| 1/12-3/16                          | S    | 10:10-10:40 am    | \$350 | \$437.50 | CA36087 |
| 1/12-3/16                          | S    | 10:45-11:15 am    | \$350 | \$437.50 | CA36088 |
| 1/12-3/16                          | S    | 11:20-11:50 am    | \$350 | \$437.50 | CA36089 |
| 1/12-3/16                          | S    | 11:55 am-12:25 pm | \$350 | \$437.50 | CA36090 |
| 1/12-3/16                          | S    | 12:30-1 pm        | \$350 | \$437.50 | CA36091 |
| 1/13-3/17                          | Su   | 3:50-4:20 pm      | \$350 | \$437.50 | CA36095 |
| 1/13-3/17                          | Su   | 4:25-4:55 pm      | \$350 | \$437.50 | CA36096 |
| 1/13-3/17                          | Su   | 5-5:30 pm         | \$350 | \$437.50 | CA36097 |
| 1/13-3/17                          | Su   | 5:35-6:05 pm      | \$350 | \$437.50 | CA36098 |
| 1/13-3/17                          | Su   | 6:10-6:40 pm      | \$350 | \$437.50 | CA36099 |
| 1/13-3/17                          | Su   | 6:10-6:40 pm      | \$350 | \$437.50 | CA36100 |
| 1/13-3/17                          | Su   | 7:20-7:50 pm      | \$350 | \$437.50 | CA36101 |

### Spring Term:

|         |   |                |       |          |         |
|---------|---|----------------|-------|----------|---------|
| 4/1-6/3 | M | 9-9:30 am      | \$315 | \$393.75 | CA46000 |
| 4/1-6/3 | M | 9:35-10:05 am  | \$315 | \$393.75 | CA46001 |
| 4/1-6/3 | M | 10:10-10:40 am | \$315 | \$393.75 | CA46002 |
| 4/1-6/3 | M | 10:45-11:15 am | \$315 | \$393.75 | CA46003 |
| 4/1-6/3 | M | 11:20-11:50 am | \$315 | \$393.75 | CA46004 |
| 4/1-6/3 | M | 1:05-1:35 pm   | \$315 | \$393.75 | CA46005 |
| 4/1-6/3 | M | 1:40-2:10 pm   | \$315 | \$393.75 | CA46006 |
| 4/1-6/3 | M | 2:15-2:45 pm   | \$315 | \$393.75 | CA46007 |
| 4/3-6/5 | W | 9-9:30 am      | \$350 | \$437.50 | CA46008 |
| 4/3-6/5 | W | 9:35-10:05 am  | \$350 | \$437.50 | CA46009 |
| 4/3-6/5 | W | 10:10-10:40 am | \$350 | \$437.50 | CA46010 |
| 4/3-6/5 | W | 10:45-11:15 am | \$350 | \$437.50 | CA46011 |
| 4/3-6/5 | W | 11:20-11:50 am | \$350 | \$437.50 | CA46012 |
| 4/3-6/5 | W | 1:05-1:35 pm   | \$350 | \$437.50 | CA46013 |
| 4/3-6/5 | W | 1:40-2:10 pm   | \$350 | \$437.50 | CA46014 |
| 4/3-6/5 | W | 2:15-2:45 pm   | \$350 | \$437.50 | CA46015 |
| 4/5-6/7 | F | 9-9:30 am      | \$350 | \$437.50 | CA46016 |
| 4/5-6/7 | F | 9:35-10:05 am  | \$350 | \$437.50 | CA46017 |
| 4/5-6/7 | F | 10:10-10:40 am | \$350 | \$437.50 | CA46018 |
| 4/5-6/7 | F | 10:45-11:15 am | \$350 | \$437.50 | CA46019 |
| 4/5-6/7 | F | 11:20-11:50 am | \$350 | \$437.50 | CA46020 |
| 4/5-6/7 | F | 1:05-1:35 pm   | \$350 | \$437.50 | CA46021 |
| 4/5-6/7 | F | 1:40-2:10 pm   | \$350 | \$437.50 | CA46022 |

Continued

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

## Specialty Programs

| Date   | Day  | Time              | ID/AP | OD       | Class#   |
|--|------|-------------------|-------|----------|----------|
| <b>Private Lessons (continued) *Level 1-2 only</b> |      |                   |       |          |          |
| 4/5-6/7  | F    | 2:15-2:45 pm      | \$350 | \$437.50 | CA46023  |
| 4/1-5/1  | M/W  | 4:30-5 pm         | \$350 | \$437.50 | CA46025  |
| 5/6-6/5  | M/W  | 4:30-5 pm         | \$315 | \$393.75 | CA46026  |
| 4/1-5/1  | M/W  | 5:05-5:35 pm      | \$350 | \$437.50 | CA46027  |
| 5/6-6/5  | M/W  | 5:05-5:35 pm      | \$315 | \$393.75 | CA46028  |
| 4/1-5/1  | M/W  | 5:40-6:10 pm      | \$350 | \$437.50 | CA46029  |
| 5/6-6/5  | M/W  | 5:40-6:10 pm      | \$315 | \$393.75 | CA46030  |
| 4/1-5/1  | M/W  | 6:15-6:45 pm      | \$350 | \$437.50 | CA46031  |
| 5/6-6/5  | M/W  | 6:15-6:45 pm      | \$315 | \$393.75 | CA46032  |
| 4/1-5/1  | M/W  | 6:50-7:20 pm      | \$350 | \$437.50 | *CA46033 |
| 5/6-6/5  | M/W  | 6:50-7:20 pm      | \$315 | \$393.75 | *CA46034 |
| 4/1-5/1  | M/W  | 7:25-7:55 pm      | \$350 | \$437.50 | *CA46035 |
| 5/6-6/5  | M/W  | 7:25-7:55 pm      | \$315 | \$393.75 | *CA46036 |
| 4/1-5/1  | M/W  | 8-8:30 pm         | \$350 | \$437.50 | CA46037  |
| 5/6-6/5  | M/W  | 8-8:30 pm         | \$315 | \$393.75 | CA46038  |
| 4/2-5/2  | T/Th | 9-9:30 am         | \$350 | \$437.50 | CA46041  |
| 5/7-6/6  | T/Th | 9-9:30 am         | \$350 | \$437.50 | CA46042  |
| 4/2-5/2  | T/Th | 9:35-10:05 am     | \$350 | \$437.50 | CA46043  |
| 5/7-6/6  | T/Th | 9:35-10:05 am     | \$350 | \$437.50 | CA46044  |
| 4/2-5/2  | T/Th | 10:10-10:40 am    | \$350 | \$437.50 | CA46045  |
| 5/7-6/6  | T/Th | 10:10-10:40 am    | \$350 | \$437.50 | CA46046  |
| 4/2-5/2  | T/Th | 10:45-11:15 am    | \$350 | \$437.50 | CA46047  |
| 5/7-6/6  | T/Th | 10:45-11:15 am    | \$350 | \$437.50 | CA46048  |
| 4/2-5/2  | T/Th | 11:20-11:50 am    | \$350 | \$437.50 | CA46049  |
| 5/7-6/6  | T/Th | 11:20-11:50 am    | \$350 | \$437.50 | CA46050  |
| 4/2-5/2  | T/Th | 1:05-1:35 pm      | \$350 | \$437.50 | CA46051  |
| 5/7-6/6  | T/Th | 1:05-1:35 pm      | \$350 | \$437.50 | CA46052  |
| 4/2-5/2  | T/Th | 1:40-2:10 pm      | \$350 | \$437.50 | CA46053  |
| 5/7-6/6  | T/Th | 1:40-2:10 pm      | \$350 | \$437.50 | CA46054  |
| 4/2-5/2  | T/Th | 2:15-2:45 pm      | \$350 | \$437.50 | CA46055  |
| 5/7-6/6  | T/Th | 2:15-2:45 pm      | \$350 | \$437.50 | CA46056  |
| 4/2-5/2  | T/Th | 4:30-5 pm         | \$350 | \$437.50 | CA46057  |
| 5/7-6/6  | T/Th | 4:30-5 pm         | \$350 | \$437.50 | CA46058  |
| 4/2-5/2  | T/Th | 5:05-5:35 pm      | \$350 | \$437.50 | CA46059  |
| 5/7-6/6  | T/Th | 5:05-5:35 pm      | \$350 | \$437.50 | CA46060  |
| 4/2-5/2  | T/Th | 5:40-6:10 pm      | \$350 | \$437.50 | CA46061  |
| 5/7-6/6  | T/Th | 5:40-6:10 pm      | \$350 | \$437.50 | CA46062  |
| 4/2-5/2  | T/Th | 6:15-6:45 pm      | \$350 | \$437.50 | CA46063  |
| 5/7-6/6  | T/Th | 6:15-6:45 pm      | \$350 | \$437.50 | CA46064  |
| 4/2-5/2  | T/Th | 6:50-7:20 pm      | \$350 | \$437.50 | *CA46065 |
| 5/7-6/6  | T/Th | 6:50-7:20 pm      | \$350 | \$437.50 | *CA46066 |
| 4/2-5/2  | T/Th | 7:25-7:55 pm      | \$350 | \$437.50 | *CA46067 |
| 5/7-6/6  | T/Th | 7:25-7:55 pm      | \$350 | \$437.50 | *CA46068 |
| 4/2-5/2  | T/Th | 8-8:30 pm         | \$350 | \$437.50 | CA46069  |
| 5/7-6/6  | T/Th | 8-8:30 pm         | \$350 | \$437.50 | CA46070  |
| 4/6-5/18   | S    | 9-9:30 am         | \$245 | \$306.25 | CA46075  |
| 4/6-5/18   | S    | 9:35-10:05 am     | \$245 | \$306.25 | CA46076  |
| 4/6-5/18   | S    | 10:10-10:40 am    | \$245 | \$306.25 | CA46077  |
| 4/6-5/18   | S    | 10:45-11:15 am    | \$245 | \$306.25 | CA46078  |
| 4/6-5/18   | S    | 11:20-11:50 am    | \$245 | \$306.25 | CA46079  |
| 4/6-5/18   | S    | 11:55 am-12:25 pm | \$245 | \$306.25 | *CA46080 |
| 4/6-5/18   | S    | 12:30-1 pm        | \$245 | \$306.25 | *CA46081 |
| 4/7-5/19   | Su   | 3:50-4:20 pm      | \$210 | \$262.50 | CA46085  |
| 4/7-5/19   | Su   | 4:25-4:55 pm      | \$210 | \$262.50 | CA46086  |
| 4/7-5/19   | Su   | 5-5:30 pm         | \$210 | \$262.50 | CA46087  |
| 4/7-5/19   | Su   | 5:35-6:05 pm      | \$210 | \$262.50 | CA46088  |
| 4/7-5/19   | Su   | 6:10-6:40 pm      | \$210 | \$262.50 | CA46089  |
| 4/7-5/19   | Su   | 6:45-7:15 pm      | \$210 | \$262.50 | CA46090  |
| 4/7-5/19   | Su   | 7:20-7:50 pm      | \$210 | \$262.50 | CA46091  |

## Training Programs

| Date                    | Day  | Time         | ID/AP | OD       | Class#  |
|-------------------------|------|--------------|-------|----------|---------|
| <b>Jr. Lifeguarding</b> |      |              |       |          |         |
| <b>Winter Term:</b>     |      |              |       |          |         |
| 1/12-3/16               | S    | Noon-2 pm    | \$171 | \$213.75 | CA39090 |
| <b>Spring Term:</b>     |      |              |       |          |         |
| 4/6-5/18                | S    | Noon-2:30 pm | \$171 | \$213.75 | CA49080 |
| <b>Lifeguarding</b>     |      |              |       |          |         |
| <b>Winter Term:</b>     |      |              |       |          |         |
| 2/20-3/13               | W    | 1-6 pm       | \$281 | \$341.75 | CA38066 |
| 1/26-2/23               | S    | 2-7:30 pm    | \$281 | \$341.75 | CA38081 |
| <b>Spring Term:</b>     |      |              |       |          |         |
| 5/7-6/6                 | T/Th | 7-9:30 pm    | \$281 | \$341.75 | CA48066 |
| 4/27-5/18               | S    | 2-7:30 pm    | \$281 | \$341.75 | CA48081 |

### The Aquatics Passport is Back!

For all of May attend an open swim at any of our six THPRD pools to earn prizes. Visit all six and you could earn a free swim lesson session. Register for your passport before Friday, April 19 to receive early access.

**Registration code: PASSPORT.**

For more information visit [www.thprd.org](http://www.thprd.org).

### Winter/Spring Splash

This is a recreational team for youth ages 5-17 who can swim 25 yards crawlstroke and 25 yards backstroke. Swim meets on some Saturdays. No practice 1/21 and 2/18.

**Winter Term:**

|          |      |              |       |          |         |
|----------|------|--------------|-------|----------|---------|
| 1/7-3/20 | M/W  | 6:50-7:45 pm | \$186 | \$232.50 | CA34038 |
| 1/8-3/21 | T/Th | 6:50-7:45 pm | \$202 | \$252.50 | CA34074 |

**Spring Term:**

|         |      |              |       |          |         |
|---------|------|--------------|-------|----------|---------|
| 4/1-6/5 | M/W  | 6:50-7:45 pm | \$178 | \$222.50 | CA44033 |
| 4/2-6/6 | T/Th | 6:50-7:45 pm | \$186 | \$232.50 | CA44065 |

### Adult Splash

**Winter Term:**

|          |      |              |       |          |         |
|----------|------|--------------|-------|----------|---------|
| 1/7-3/20 | M/W  | 8:30-9:25 pm | \$186 | \$193.75 | CA34244 |
| 1/8-3/21 | T/Th | 8:30-9:25 pm | \$202 | \$213.75 | CA34280 |

**Spring Term:**

|         |      |              |       |          |         |
|---------|------|--------------|-------|----------|---------|
| 4/1-6/5 | M/W  | 8:30-9:25 pm | \$178 | \$222.50 | CA45239 |
| 4/2-6/6 | T/Th | 8:30-9:25 pm | \$186 | \$232.50 | CA45271 |

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

# Conestoga Recreation & Aquatic Center



TUALATIN HILLS  
PARK & RECREATION DISTRICT

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

TriMet Bus Routes #62, #92

**Facility Supervisor:** Catherine Ellis

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

**Spring Term:** Apr. 1-June 16, 2019

**Hours:**

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

**Modified Schedule:** 9 am-6 pm: 1/1, 1/21, 2/18, 5/27

Check online for updates.

**Conestoga Aquatic Center features:**

- Average Pool Temperature:  
Main Pool - 85° Slide Pool - 90°

## Conestoga is Hiring

Lifeguards • Sports Instructor • Fitness Instructors  
Before and After-school Leaders • Desk Staff

Call 503-629-6313 for more information.

## Interested in becoming a lifeguard?

Call 503-619-6885 for more information.

## Lap Swim, Open Swim, Fitness, Gym, & Water Fitness

Please see **online schedule** at [www.thprd.org](http://www.thprd.org) for updated details about limited lanes, shared pool times and open swim.

**Note: This section is for Conestoga recreation programs only. See pages 38-44 for Conestoga aquatic programs and see page 113 for fitness classes.**

## Events

### Jedi Nights in the Pool

6-8 pm • Jan. 12, Feb. 9, Mar. 9

### Celebrating All Super Heroes!

Friday, Jan. 25 • 6:30-8 pm

### Patron Appreciation Week

Feb. 24-Mar. 2

Apr. 21-Apr. 27

### Underwater Egg Hunt

Friday, Apr. 12 • 5:30-8:30 pm

### Cardboard Boat Regatta

Friday, May 10 • 6-8pm

### Family Pride Dance

Friday, June 7 • 6:30-8:30 pm

Visit [thprd.org](http://thprd.org) or see page 104 for more information.

## First Free Fridays

Open Swim times

Jan. 4, Feb. 1, Mar. 1, Apr. 5, May 3, June 7

## Wipeout

Fridays

Jan. 25, Feb. 22, Mar. 22, Apr. 26, May 24

## Dive-in Movies

Jan. 18, Feb. 15, Mar. 15 • 6:30 pm

## Black Light Zumba®

1st & 3rd Fridays through April • 6:30-8 pm



## Conestoga Childcare

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

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

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

### Hourly fees:

**On-site:** ID \$4/hr; OD \$6/hr  
**Off-site:** ID \$6.50/hr; OD \$8/hr

### Monday-Friday Mornings:

8:15 am-12:30 pm

### Evenings:

5:15-8:30 pm

### Saturday

8 am-noon

### Ages:

6 weeks & older

Parents may leave the premises.



## Facility Rentals & Birthday Parties at Conestoga

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

### Birthday Parties

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

### Facility Rentals

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

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

## Discover & THRIVE

*Waitlist is available for all elementary schools.*

### After-school Care

We promote a balanced, supportive and active environment where children are encouraged to discover through participation and try new experiences while fostering creativity. Discover & THRIVE is offered on a first-come, first-served basis to student(s) enrolled in grades K-8 at the following schools: Hiteon, Scholls Heights, Greenway, Nancy Ryles, Sexton Mountain elementary schools and Conestoga Middle School.

Our program is available Monday-Friday. Children are picked up from their school and can stay at our center until 6 pm on regular school days, and from 7:30 am-6 pm on specific non-school days. (Greenway and Conestoga Middle school will walk to Conestoga under the supervision of THPRD staff.) Participants will enjoy recreational activities which include swimming, open gym, games, special projects, homework time and more.

**2018-2019 School Year \$300/month;** Enrollment fee is \$30. Waitlist is available for all elementary schools.

No-school days included in after-school tuition (7:30 am-6 pm) for the 2019 school year: 1/28, 4/5 and all Wednesday early release dates.

**Enrollment dates:** Currently enrolled: 5/1; Sibling enrollment: 5/8; New families: 5/22.

### Before-school Care

Before-school: 6:30 am-school start; \$120/month; August-June (does not include no-school days). Enrollment fee is \$15.

**Call to check availability 503-629-6313.**

\* All rates reflect in-district prices/valid assessment.

*Check online during Fall, Winter and Spring for additional no-school day camps and activities available; additional fees apply.*

## Indoor Play Park

Ages 1-6 yrs. Monday-Friday and Sundays 9-11:30 am. Call the center for more details, 503-629-6313. Cost: \$4.25, \$5.75/OD.

**Inclusive**

### Indoor Play Park Special Session

Sundays Students, parents and families of early intervention programs are welcome to join us each Sunday at this time. Go, Baby Go cars are encouraged. All inclusive 9-11:30 am.



## Fanno Farmers Nine-month Preschool

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

**Monday/Wednesday/Friday • 9 am-noon • 3½-4 yrs**  
\$250 per month • Sept.-May

**Monday/Wednesday/Friday • 1-4 pm • 4-5 yrs**  
\$250 per month • Sept.-May

**Tuesday/Thursday • 9-11:30 am • 2½-3½ yrs**  
\$195 per month • Sept.-May

**Tuesday/Thursday • 1-4 pm • 4-5 yrs**  
\$205 per month • Sept.-May

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

2019-20 Open enrollment for new families 2/6. Open house will be 1/23, 5:30-7:30 pm.

### NEW preschool

**Conestoga will be adding a bilingual (Spanish) class.  
Call the center for more information.**

**Please see page 5 for class observation guidelines.**

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

## Spring Break Camp

All-day spring break camp fun! Each day will include games, sports, arts and crafts, swimming and more. Register for one or all individual days. Fun, off-site field trip scheduled for 3/28.

|             |    |              |            |         |
|-------------|----|--------------|------------|---------|
| 3/25/19 (1) | M  | 7:30 am-6 pm | 6-13 yrs   | C037201 |
| Rm 202      |    | \$55 ID      | \$68.75 OD |         |
| 3/26/19 (1) | T  | 7:30 am-6 pm | 6-13 yrs   | C037202 |
| Rm 202      |    | \$55 ID      | \$68.75 OD |         |
| 3/27/19 (1) | W  | 7:30 am-6 pm | 6-13 yrs   | C037203 |
| Rm 202      |    | \$55 ID      | \$68.75 OD |         |
| 3/28/19 (1) | Th | 7:30 am-6 pm | 6-13 yrs   | C037204 |
| Rm 202      |    | \$60 ID      | \$75 OD    |         |
| 3/29/19 (1) | F  | 7:30 am-6 pm | 6-13 yrs   | C037205 |
| Rm 202      |    | \$55 ID      | \$75 OD    |         |

## Playschool Jr., Fall

### Playschool Jr.

The classroom atmosphere is creative, positive, fun and will build a foundation for lifelong learning. Each class provides the skills to share and engage in cooperative play, as well as friendly socialization. Children are also introduced to early learning including colors, numbers, the alphabet and dramatic play. You may register for one or more days a week. No class 1/21, 1/28, 2/18, 5/27.

#### Winter Term:

|                |    |              |              |         |
|----------------|----|--------------|--------------|---------|
| 1/7-3/18 (8)   | M  | 9-11 am      | 2-3½ yrs     | C038100 |
| Rm 203         |    | ID/AP: \$133 | OD: \$166.25 |         |
| 1/8-3/19 (11)  | T  | 9-11 am      | 2-3½ yrs     | C038101 |
| Rm 203         |    | ID/AP: \$180 | OD: \$225    |         |
| 1/9-3/20 (11)  | W  | 9-11 am      | 2-3½ yrs     | C038102 |
| Rm 203         |    | ID/AP: \$180 | OD: \$225    |         |
| 1/10-3/21 (11) | Th | 9-11 am      | 2-3½ yrs     | C038103 |
| Rm 203         |    | ID/AP: \$180 | OD: \$225    |         |
| 1/11-3/22 (11) | F  | 9-11 am      | 2-3½ yrs     | C038104 |
| Rm 203         |    | ID/AP: \$180 | OD: \$225    |         |

#### Spring Term:

|               |    |              |              |         |
|---------------|----|--------------|--------------|---------|
| 4/1-5/20 (8)  | M  | 9-11 am      | 2-3½ yrs     | C048100 |
| Rm 203        |    | ID/AP: \$133 | OD: \$166.25 |         |
| 4/2-5/28 (9)  | T  | 9-11 am      | 2-3½ yrs     | C048101 |
| Rm 203        |    | ID/AP: \$149 | OD: \$186.25 |         |
| 4/3-5/29 (9)  | W  | 9-11 am      | 2-3½ yrs     | C048102 |
| Rm 203        |    | ID/AP: \$149 | OD: \$186.25 |         |
| 4/4-5/30 (9)  | Th | 9-11 am      | 2-3½ yrs     | C048103 |
| Rm 203        |    | ID/AP: \$149 | OD: \$186.25 |         |
| 4/12-5/31 (8) | F  | 9-11 am      | 2-3½ yrs     | C048104 |
| Rm 203        |    | ID/AP: \$133 | OD: \$166.25 |         |

## Playschool

The classroom atmosphere is creative, positive, fun and will build a foundation for lifelong learning. Each class provides the skills to share and engage in cooperative play, as well as friendly socialization. Children are also introduced to early learning including colors, numbers, the alphabet and dramatic play. You may register for one or more days a week. No class 1/21, 1/28, 2/18, 5/27.

#### Spring Term:

|                |    |              |              |         |
|----------------|----|--------------|--------------|---------|
| 1/7-3/18 (8)   | M  | 9-11:30 am   | 3½-5 yrs     | C038110 |
| Rm 202         |    | ID/AP: \$156 | OD: \$195    |         |
| 1/8-3/19 (11)  | T  | 9-11:30 am   | 3½-5 yrs     | C038111 |
| Rm 202         |    | ID/AP: \$213 | OD: \$266.25 |         |
| 1/9-3/20 (11)  | W  | 9-11:30 am   | 3½-5 yrs     | C038112 |
| Rm 202         |    | ID/AP: \$213 | OD: \$266.25 |         |
| 1/10-3/21 (11) | Th | 9-11:30 am   | 3½-5 yrs     | C038113 |
| Rm 202         |    | ID/AP: \$213 | OD: \$266.25 |         |
| 1/11-3/22 (11) | F  | 9-11:30 am   | 3½-5 yrs     | C038114 |
| Rm 202         |    | ID/AP: \$213 | OD: \$266.25 |         |

#### Spring Term:

|               |    |              |              |         |
|---------------|----|--------------|--------------|---------|
| 4/1-5/20 (8)  | M  | 9-11:30 am   | 3½-5 yrs     | C048110 |
| Rm 202        |    | ID/AP: \$156 | OD: \$195    |         |
| 4/2-5/28 (9)  | T  | 9-11:30 am   | 3½-5 yrs     | C048111 |
| Rm 202        |    | ID/AP: \$175 | OD: \$218.75 |         |
| 4/3-5/29 (9)  | W  | 9-11:30 am   | 3½-5 yrs     | C048112 |
| Rm 202        |    | ID/AP: \$175 | OD: \$218.75 |         |
| 4/4-5/30 (9)  | Th | 9-11:30 am   | 3½-5 yrs     | C048113 |
| Rm 202        |    | ID/AP: \$175 | OD: \$218.75 |         |
| 4/12-5/31 (8) | F  | 9-11:30 am   | 3½-5 yrs     | C048114 |
| Rm 202        |    | ID/AP: \$156 | OD: \$195    |         |

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

## Arts & Crafts - Preschool

| Dates (Weeks)<br>Location | Day | Time<br>ID/AP | Ages<br>OD | Class # |
|---------------------------|-----|---------------|------------|---------|
|---------------------------|-----|---------------|------------|---------|

### Art Tots - Paint n' More

Children delight in exploring and creating art. We focus on techniques that demonstrate the elements of art including line, shape, form, color and texture. Come prepared to get messy! **Parent participation required.** No class 1/21, 1/28, 2/18.

#### Winter Term:

|                          |    |                              |                        |         |
|--------------------------|----|------------------------------|------------------------|---------|
| 1/7-3/18 (8)<br>Rm 200   | M  | 9:30-10:15 am<br>ID/AP: \$50 | 2-4 yrs<br>OD: \$62.50 | CO34100 |
| 1/8-3/19 (11)<br>Rm 200  | T  | 11-11:45 am<br>ID/AP: \$68   | 2-4 yrs<br>OD: \$85    | CO34101 |
| 1/10-3/21 (11)<br>Rm 200 | Th | 9:30-10:15 am<br>ID/AP: \$68 | 1½-2 yrs<br>OD: \$85   | CO34102 |
| 1/11-3/22 (11)<br>Rm 200 | F  | 9:30-10:15 am<br>ID/AP: \$68 | 1½-2 yrs<br>OD: \$85   | CO34103 |

#### Spring Term:

|                         |    |                              |                         |         |
|-------------------------|----|------------------------------|-------------------------|---------|
| 4/1-5/20 (8)<br>Rm 200  | M  | 9:30-10:15 am<br>ID/AP: \$50 | 2-4 yrs<br>OD: \$62.50  | CO44100 |
| 4/2-5/28 (9)<br>Rm 200  | T  | 11-11:45 am<br>ID/AP: \$56   | 2-4 yrs<br>OD: \$70     | CO44101 |
| 4/4-5/30 (9)<br>Rm 200  | Th | 9:30-10:15 am<br>ID/AP: \$56 | 1½-2 yrs<br>OD: \$70    | CO44102 |
| 4/12-5/31 (8)<br>Rm 200 | F  | 9:30-10:15 am<br>ID/AP: \$50 | 1½-2 yrs<br>OD: \$62.50 | CO44103 |

### Munchkin Mozarts

Nurture your toddlers energy and creativity in a class designed for children who love to move. Play instruments, sing, dance and uncover an engaging musical world while building your toddler's confidence, self-control, and early language skills. **Parent participation required.** No class 1/21, 1/28, 2/18.

#### Winter Term:

|                          |   |                              |                         |         |
|--------------------------|---|------------------------------|-------------------------|---------|
| 1/7-3/18 (8)<br>Rm 101   | M | 11-11:45 am<br>ID/AP: \$50   | 1½-2 yrs<br>OD: \$62.50 | CO34105 |
| 1/8-3/19 (11)<br>Rm 200  | T | 9:30-10:15 am<br>ID/AP: \$68 | 1½-2 yrs<br>OD: \$85    | CO34106 |
| 1/11-3/22 (11)<br>Rm 200 | F | 11-11:45 am<br>ID/AP: \$68   | 2-4 yrs<br>OD: \$85     | CO34107 |

#### Spring Term:

|                         |   |                              |                         |         |
|-------------------------|---|------------------------------|-------------------------|---------|
| 4/1-5/20 (8)<br>Rm 200  | M | 11-11:45 am<br>ID/AP: \$50   | 1½-2 yrs<br>OD: \$62.50 | CO44105 |
| 4/2-5/28 (9)<br>Rm 200  | T | 9:30-10:15 am<br>ID/AP: \$56 | 1½-2 yrs<br>OD: \$70    | CO44106 |
| 4/12-5/31 (8)<br>Rm 200 | F | 11-11:45 am<br>ID/AP: \$50   | 2-4 yrs<br>OD: \$62.50  | CO44107 |

## Arts & Crafts - Youth

| Dates (Weeks)<br>Location | Day | Time<br>ID/AP | Ages<br>OD | Class # |
|---------------------------|-----|---------------|------------|---------|
|---------------------------|-----|---------------|------------|---------|

### Art Sampler

Art sampler class, each week is different; from clay, wood sculptures, painting on canvas, paper mache and more!

#### Winter Term:

|                          |    |                       |                        |         |
|--------------------------|----|-----------------------|------------------------|---------|
| 1/10-3/21 (11)<br>Rm 200 | Th | 6-7 pm<br>ID/AP: \$94 | 8½-10 yrs<br>OD: \$115 | CO34201 |
|--------------------------|----|-----------------------|------------------------|---------|

#### Spring Term:

|                        |    |                       |                          |         |
|------------------------|----|-----------------------|--------------------------|---------|
| 4/4-5/30 (9)<br>Rm 200 | Th | 6-7 pm<br>ID/AP: \$79 | 8½-10 yrs<br>OD: \$96.25 | CO44201 |
|------------------------|----|-----------------------|--------------------------|---------|

## Arts & Crafts - Youth

| Dates (Weeks)<br>Location | Day | Time<br>ID/AP | Ages<br>OD | Class # |
|---------------------------|-----|---------------|------------|---------|
|---------------------------|-----|---------------|------------|---------|

### Drawing & Painting Beyond the Basics

Explore and develop painting and drawing techniques that inspire and encourage individual expression through art. A variety of art materials used. No class 1/21, 1/28, 2/18.

#### Winter Term:

|                        |   |                       |                         |         |
|------------------------|---|-----------------------|-------------------------|---------|
| 1/7-3/18 (8)<br>Rm 200 | M | 6-7 pm<br>ID/AP: \$62 | 7-12 yrs<br>OD: \$77.50 | CO34200 |
|------------------------|---|-----------------------|-------------------------|---------|

#### Spring Term:

|                        |   |                       |                         |         |
|------------------------|---|-----------------------|-------------------------|---------|
| 4/1-5/20 (8)<br>Rm 200 | M | 6-7 pm<br>ID/AP: \$62 | 7-12 yrs<br>OD: \$77.50 | CO44200 |
|------------------------|---|-----------------------|-------------------------|---------|

### Little Masters

This is a drop-off class designed for preschoolers. In this class, children will explore various art materials including paint, clay, crayons and more. Creative exploration, new art concepts and skills will be introduced such as shape, texture, line, gluing, cutting and more.

#### Winter Term:

|                         |   |                              |                     |         |
|-------------------------|---|------------------------------|---------------------|---------|
| 1/9-3/20 (11)<br>Rm 200 | W | 9:30-10:15 am<br>ID/AP: \$68 | 3-5 yrs<br>OD: \$85 | CO34108 |
|-------------------------|---|------------------------------|---------------------|---------|

#### Spring Term:

|                        |   |                              |                     |         |
|------------------------|---|------------------------------|---------------------|---------|
| 4/3-5/29 (9)<br>Rm 200 | W | 9:30-10:15 am<br>ID/AP: \$56 | 3-5 yrs<br>OD: \$70 | CO44108 |
|------------------------|---|------------------------------|---------------------|---------|

### Ooze, Goo & Slimy Science & Art

Do you have a little one who loves slime, gooey stuff, science and getting messy with art? Then join us for a fun and creative class.

#### Winter Term:

|                         |   |                            |                     |         |
|-------------------------|---|----------------------------|---------------------|---------|
| 1/9-3/20 (11)<br>Rm 200 | W | 11-11:45 am<br>ID/AP: \$68 | 3-5 yrs<br>OD: \$85 | CO34109 |
|-------------------------|---|----------------------------|---------------------|---------|

#### Spring Term:

|                        |   |                            |                     |         |
|------------------------|---|----------------------------|---------------------|---------|
| 4/3-5/29 (9)<br>Rm 200 | W | 11-11:45 am<br>ID/AP: \$56 | 3-5 yrs<br>OD: \$70 | CO44109 |
|------------------------|---|----------------------------|---------------------|---------|

### Homeschool Art Class

Art sampler class, each week is different; from clay, wood sculptures, painting on canvas, paper mache and much more!

#### Winter Term:

|                          |    |                               |                          |         |
|--------------------------|----|-------------------------------|--------------------------|---------|
| 1/10-3/21 (11)<br>Rm 200 | Th | 10:30 am-Noon<br>ID/AP: \$109 | 9-12 yrs<br>OD: \$136.25 | CO34204 |
|--------------------------|----|-------------------------------|--------------------------|---------|

#### Spring Term:

|                        |    |                              |                          |         |
|------------------------|----|------------------------------|--------------------------|---------|
| 4/4-5/30 (9)<br>Rm 200 | Th | 10:30 am-Noon<br>ID/AP: \$91 | 9-12 yrs<br>OD: \$113.75 | CO44204 |
|------------------------|----|------------------------------|--------------------------|---------|

## Family Art Nights

Bring your family and create something fantastic with clay, paint, collage and more. Fun for all ages! Call the center for group rates; youth groups, girl scouts/boy scouts, etc.

**Fridays, 6:30-8:30 pm Ages 4 yrs-Adult**  
Cost is per person. IP/AP: \$10 OD: \$12.50

|     |         |      |         |      |         |
|-----|---------|------|---------|------|---------|
| 2/8 | CO34205 | 4/12 | CO44205 | 5/17 | CO44300 |
| 3/1 | CO34206 | 5/3  | CO44206 |      |         |

## Arts & Crafts - Teen/Adult

| Dates (Weeks)<br>Location | Day | Time<br>ID/AP | Ages<br>OD | Class # |
|---------------------------|-----|---------------|------------|---------|
|---------------------------|-----|---------------|------------|---------|

### Fused Glass Classes

#### Fused Glass, Birds

Bird garden stakes. A \$15 each lab fee will be due at first class. Students can make as many as they like.

#### Winter Term:

|                    |   |                           |                          |         |
|--------------------|---|---------------------------|--------------------------|---------|
| 1/5 (1)<br>Rm 200  | S | 11 am-1 pm<br>ID/AP: \$16 | 14 yrs-Adult<br>OD: \$20 | C034500 |
| 3/16 (1)<br>Rm 200 | S | 11 am-1 pm<br>ID/AP: \$16 | 14 yrs-Adult<br>OD: \$20 | C034505 |

#### Spring Term:

|                    |   |                           |                          |         |
|--------------------|---|---------------------------|--------------------------|---------|
| 5/11 (1)<br>Rm 200 | S | 11 am-1 pm<br>ID/AP: \$16 | 14 yrs-Adult<br>OD: \$20 | C044500 |
|--------------------|---|---------------------------|--------------------------|---------|

#### Fused Glass, Flowerpot Stakes

Flowerpot stakes to put in pots so after the flowers have gone the pot is still alive with color! Lab fee payable to instructor of \$35 for 3 stakes will be due at first class. \$10 ea additional.

#### Winter Term:

|                    |   |                           |                          |         |
|--------------------|---|---------------------------|--------------------------|---------|
| 2/16 (1)<br>Rm 200 | S | 11 am-1 pm<br>ID/AP: \$16 | 14 yrs-Adult<br>OD: \$20 | C034503 |
|--------------------|---|---------------------------|--------------------------|---------|

#### Spring Term:

|                    |   |                           |                          |         |
|--------------------|---|---------------------------|--------------------------|---------|
| 4/27 (1)<br>Rm 200 | S | 11 am-1 pm<br>ID/AP: \$16 | 14 yrs-Adult<br>OD: \$20 | C044503 |
|--------------------|---|---------------------------|--------------------------|---------|

#### Fused Glass, Suncatcher

Students will make 2 panels 6"x6" each connected with a chain. A \$25 fee, payable to instructor, will be due at first class.

#### Winter Term:

|                   |   |                           |                          |         |
|-------------------|---|---------------------------|--------------------------|---------|
| 2/2 (1)<br>Rm 200 | S | 11 am-1 pm<br>ID/AP: \$16 | 14 yrs-Adult<br>OD: \$20 | C034502 |
|-------------------|---|---------------------------|--------------------------|---------|

#### Spring Term:

|                    |   |                           |                          |         |
|--------------------|---|---------------------------|--------------------------|---------|
| 4/13 (1)<br>Rm 200 | S | 11 am-1 pm<br>ID/AP: \$16 | 14 yrs-Adult<br>OD: \$20 | C044502 |
|--------------------|---|---------------------------|--------------------------|---------|

#### Fused glass, Tapas Dishes

#### Winter Term:

|                   |   |                           |                          |         |
|-------------------|---|---------------------------|--------------------------|---------|
| 3/2 (1)<br>Rm 200 | S | 11 am-1 pm<br>ID/AP: \$16 | 14 yrs-Adult<br>OD: \$20 | C034504 |
|-------------------|---|---------------------------|--------------------------|---------|

#### Spring Term:

|                    |   |                           |                          |         |
|--------------------|---|---------------------------|--------------------------|---------|
| 5/25 (1)<br>Rm 200 | S | 11 am-1 pm<br>ID/AP: \$16 | 14 yrs-Adult<br>OD: \$20 | C044504 |
|--------------------|---|---------------------------|--------------------------|---------|

#### Fused Glass, Wind Chimes

Students will be given pre-cut base glass and then using a variety of colors and shapes of glass they will create their own unique wind chimes. A \$35 lab fee, payable to instructor will be due at first class.

#### Winter Term:

|                    |   |                           |                             |         |
|--------------------|---|---------------------------|-----------------------------|---------|
| 1/19 (1)<br>Rm 200 | S | 11 am-1 pm<br>ID/AP: \$17 | 14 yrs-Adult<br>OD: \$21.25 | C034501 |
|--------------------|---|---------------------------|-----------------------------|---------|



### Dance classes: What should I wear?

Girls: Ballet slippers, leotard and tights preferred.  
Boys: Ballet slippers, white t-shirt, sweat pants.

## Dance - Preschool

| Dates (Weeks)<br>Location | Day | Time<br>ID/AP | Ages<br>OD | Class # |
|---------------------------|-----|---------------|------------|---------|
|---------------------------|-----|---------------|------------|---------|

#### Ballet

A wonderful introduction to ballet steps and terminology. This class will teach children balance and poise while developing strength and coordination. No class 5/27, 5/29.

#### Winter Term:

|                          |   |                              |                     |                      |
|--------------------------|---|------------------------------|---------------------|----------------------|
| 1/12-3/23 (10)<br>Rm 204 | S | Noon-12:45 pm<br>ID/AP: \$60 | 3-5 yrs<br>OD: \$75 | C031104<br>(Madison) |
|--------------------------|---|------------------------------|---------------------|----------------------|

#### Spring Term:

|                        |    |                               |                        |                      |
|------------------------|----|-------------------------------|------------------------|----------------------|
| 4/1-6/3 (9)<br>Rm 204  | M  | 4-4:45 pm<br>ID/AP: \$54      | 4-6 yrs<br>OD: \$67.50 | C041102<br>(Leslie)  |
| 4/4-6/6 (10)<br>Rm 204 | Th | 10:45-11:30 am<br>ID/AP: \$60 | 4½ -6 yrs<br>OD: \$75  | C041103<br>(Kelly)   |
| 4/6-6/8 (10)<br>Rm 204 | S  | Noon-12:45 pm<br>ID/AP: \$60  | 3-5 yrs<br>OD: \$75    | C041104<br>(Madison) |

#### Ballet/Tap

Learn beginning technique for ballet and tap and develop coordination, strength and balance. Tap shoes required. No class 5/25.

#### Spring Term:

|                        |   |                             |                     |                      |
|------------------------|---|-----------------------------|---------------------|----------------------|
| 4/3-6/5 (10)<br>Rm 204 | W | 5-5:45 pm<br>ID/AP: \$60    | 4-6 yrs<br>OD: \$75 | C041107<br>(Leslie)  |
| 4/6-6/8 (10)<br>Rm 204 | S | 1:50-2:35 pm<br>ID/AP: \$60 | 4-6 yrs<br>OD: \$75 | C041108<br>(Madison) |

Get ready for the next THPRD Fitness Challenge!

# GETFit19

## January 12-April 13

Prizes, giveaways, nutrition classes and more!

See page 7 or visit [www.thprd.org](http://www.thprd.org)  
for more information.

# Special Events

## Celebrating All Super Heroes!

**Friday, Jan. 25 • 6:30-8 pm**

Cost \$10 per Super Hero

We're having a Super Hero Party for the entire family. Test your super powers in games of strength, agility and speed. There will be a photo booth costume parade Conestoga lifeguards will host a pool party with a favorite superhero dive-in movie. Children must be accompanied by an adult. Class #CA37000.

## Patron Appreciation

### Patron Appreciation Weeks

**Feb. 24-Mar. 2 • Apr. 21-27**

Conestoga wants to celebrate our amazing patrons! Join us throughout the week for different activities, refreshments and much more as we appreciate everything you do for us!

## Boat Regatta

**Friday, May 10 • 6-8 pm CA47100**

Work as a team and build your boat out of recyclable materials, cardboard, milk jugs, plastic bottles. Race against others in the pool and be creative!

Rules of the event will be handed out after registration. Teams of three encouraged with only two on the boat. Think water safety as we celebrate National Aquatic Safety Awareness month. One registration per team. Championship heat at the end of the end of race day.

## Family Pride Dance

**Friday, June 7 • 6:30-8:30 pm**

Start your summer off by joining Conestoga for its 4th annual Family Pride Dance! Families, friends, and individuals are welcome to gather on the dance floor, where we'll celebrate LGBTQ diversity. We will have a DJ spinning some funky tunes, so don't be afraid to dance! Drinks and refreshments will be provided.

This is a free event, donations will be accepted at the door.



## Underwater Egg Hunt

**Friday, April 12 • 5:30-8:30 pm**

Cost \$10 per child

Join Peter Rabbit for a splashing good time in the pool and hunt for prize eggs! Enjoy additional activities in the gymnasium including coloring contest,

bunny bingo, photo booth, indoor play park, a cupcake walk, bouncy house, and small craft. All children must have a parent present at the event, and children under the age of 7 yrs must have an adult over the age of 18 yrs in the water during the egg hunt.

5:25-5:55 pm CA47000A

This time slot is for 6 mos.-13 yrs. Parent participation is required for children under 7 years old. \*This is a sensory sensitive time frame for individuals with sensory issues. Water features and music will not be on during this time frame.

6-6:30 pm CA47000B

6 mos.-3 yrs **Parent participation required.**

**6 mos.-13 yrs. Parent required to be in the water for those children under 7 yrs:**

6:35-7:05 pm CA47000C

7:10-7:40 pm CA47000D

7:45-8:15 pm CA47000E

## Winter Dance Recital Classes

Dress rehearsal and pictures will be held at Garden Home Recreation Center on Friday, March 15, 5-8 pm. The performance will be held at Garden Home Recreation Center on Saturday, March 16, 11 am-1 pm (Preschool classes) and 1:30-3:30 pm (Youth/Adult classes). Price of costume included in class fee. Some classes may require parents to provide basic costume needs.

### Preschool

#### Ballet, Beginning - Recital

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

1/7-3/18 (9) M 11-11:40 am 3½-5½ yrs C031101  
Rm 204 ID/AP: \$94 OD: \$107.50

#### Ballet - Recital

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

1/10-3/21 (11) Th 10:45-11:30 am 4½-6 yrs C031103  
Rm 204 ID/AP: \$106 OD: \$122.50 (Kelly)

#### Ballet - Recital

Follow the traditional ballet class structure of barre work, dancers will gain strength and flexibility and work on ballet jumps, turns and vocabulary. All levels welcome. (Leslie)

1/7-3/18 (9) M 4-4:45 pm 4-6 yrs C031102  
Rm 204 ID/AP: \$94 OD: \$107.50

#### Ballet II - Recital

This class is designed for students who have had multiple pre-ballet or beginning ballet classes and are ready to advance

1/7-3/18 (9) M 11:45 am-12:30 pm 3½-6 yrs C031105  
Rm 204 ID/AP: \$94 OD: \$107.50 (Kelly)

#### Ballet/Tap - Recital

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

1/9-3/20 (11) W 5-5:45 pm 4-6 yrs C031107  
Rm 204 ID/AP: \$106 OD: \$122.50 (Leslie)  
1/12-3/23 (10) S 1:50-2:35 pm 4-6 yrs C031108  
Rm 204 ID/AP: \$106 OD: \$115 (Madison)

#### Broadway Kids - Recital

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

1/11-3/22 (10) F 11:50 am-12:35 pm 4-6 yrs C031109  
Rm 204 ID/AP: \$100 OD: \$115

#### Dance Palooza - Recital

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

1/9-3/20 (11) W 4-4:45 pm 3-5 yrs C031110  
Rm 204 ID/AP: \$106 OD: \$122.50

#### Disney Hip-Hop - Recital

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

1/8-3/19 (11) T 10:45-11:25 am 3½-6 yrs C031111  
Rm 204 ID/AP: \$106 OD: \$122.50

#### Gymnastic Dance - Recital

Learn the fundamentals of dance and an introduction to tumbling and gymnastics techniques often used in dance. (Kelly)

1/8-3/19 (11) T 11:30 am-12:15 pm 3-5 yrs C031112  
Rm 204 ID/AP: \$106 OD: \$122.50  
1/10-3/21 (11) Th 11:50 am-12:30 pm 4-6 yrs C031113  
Rm 204 ID/AP: \$106 OD: \$122.50

### Hip-Hop - Recital

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

1/13-3/24 (10) Su 2-2:45 pm 4-6 yrs C031114  
Rm 204 ID/AP: \$100 OD: \$115

### Youth

#### Ballet - Recital

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

1/12-3/23 (10) S 12:45-1:30 pm 5-7 yrs C031200  
Rm 204 ID/AP: \$100 OD: \$115 (Kelly)

#### Ballet II - Recital

This class is designed for students who have had multiple pre-ballet or beginning ballet classes and are ready to advance

1/7-3/18 (9) M 4:45-5:45 pm 5-8 yrs C031201  
Rm 204 ID/AP: \$107 OD: \$123.75 (Leslie)

#### Broadway Bound - Recital

Get a taste of Broadway! This class combines acting, singing and dancing. Develop your creative interests and experience a final performance. (Leslie)

1/7-3/18 (9) M 6:05-7:05 pm 6-10 yrs C031202  
Rm 204 ID/AP: \$107 OD: \$123.75

#### Hip-Hop - Recital

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

1/11-3/22 (10) F 3:30-4:25 pm 5½-8 yrs C031203  
Rm 201 ID/AP: \$115 OD: \$133.75 (Kelly)  
1/11-3/22 (10) F 4:30-5:25 pm 8-12 yrs C031204  
Rm 201 ID/AP: \$115 OD: \$133.75 (Kelly)  
1/13-3/24 (10) Su 3:05-4:05 pm 7½-11 yrs C031205  
Rm 204 ID/AP: \$115 OD: \$133.75 (Lauren)

#### Tap - Recital

This class will get you moving! Create music with your feet as we explore both classic Broadway tap and rhythm tap to popular tunes.

1/9-3/20 (11) W 6:05-6:50 am 7-12 yrs C031207  
Rm 204 ID/AP: \$106 OD: \$122.50 (Leslie)  
1/12-3/23 (11) S 2:40-3:05 pm 5-7 yrs C031208  
Rm 204 ID/AP: \$100 OD: \$115 (Madison)

### Teen/Adult

#### Hip-Hop II/III - Recital

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

1/11-3/22 (10) F 5:45-6:45 pm 9-15 yrs C031206  
Rm 204 ID/AP: \$155 OD: \$133.75

#### Tap 2, Adult - Recital

Need to dust off your tap shoes? This class is designed for returning tappers to review or newer students who have had some tap and are ready to advance. Students should be able to execute shuffles, flaps and ball change. (Leslie)

1/7-3/18 (9) M 7:05-8:05 pm 13 yrs-Adult C031304  
Rm 204 ID/AP: \$107 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)

## Dance - Preschool

| Dates (Weeks)<br>Location | Day | Time<br>ID/AP | Ages<br>OD | Class # |
|---------------------------|-----|---------------|------------|---------|
|---------------------------|-----|---------------|------------|---------|

### Ballet II

This class is designed for students who have had multiple pre-ballet or beginning ballet classes and are ready to advance. (Kelly)

#### Spring Term:

|                       |   |                                  |                         |         |
|-----------------------|---|----------------------------------|-------------------------|---------|
| 4/1-6/3 (9)<br>Rm 204 | M | 11:45 am-12:30 pm<br>ID/AP: \$54 | 3½-6 yrs<br>OD: \$67.50 | CO41105 |
|-----------------------|---|----------------------------------|-------------------------|---------|

### Ballet Prep

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

#### Winter Term:

|                          |   |                               |                        |         |
|--------------------------|---|-------------------------------|------------------------|---------|
| 1/11-3/22 (10)<br>Rm 204 | F | 10:45-11:30 am<br>ID/AP: \$78 | 3-5 yrs<br>OD: \$97.50 | CO31106 |
|--------------------------|---|-------------------------------|------------------------|---------|

#### Spring Term:

|                        |   |                               |                        |         |
|------------------------|---|-------------------------------|------------------------|---------|
| 4/5-6/7 (10)<br>Rm 204 | F | 10:45-11:30 am<br>ID/AP: \$78 | 3-5 yrs<br>OD: \$97.50 | CO41106 |
|------------------------|---|-------------------------------|------------------------|---------|

### Ballet, Beginning

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

#### Spring Term:

|                       |   |                            |                          |         |
|-----------------------|---|----------------------------|--------------------------|---------|
| 4/1-6/3 (9)<br>Rm 204 | M | 11-11:40 am<br>ID/AP: \$54 | 3½-5½ yrs<br>OD: \$67.50 | CO41101 |
|-----------------------|---|----------------------------|--------------------------|---------|

### Broadway Kids

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

#### Spring Term:

|                        |   |                                  |                     |         |
|------------------------|---|----------------------------------|---------------------|---------|
| 4/5-6/7 (10)<br>Rm 204 | F | 11:50 am-12:35 pm<br>ID/AP: \$60 | 4-6 yrs<br>OD: \$75 | CO41109 |
|------------------------|---|----------------------------------|---------------------|---------|

### Dance Palooza

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

#### Spring Term:

|                        |   |                          |                     |         |
|------------------------|---|--------------------------|---------------------|---------|
| 4/3-6/5 (10)<br>Rm 204 | W | 4-4:45 pm<br>ID/AP: \$60 | 3-5 yrs<br>OD: \$75 | CO41110 |
|------------------------|---|--------------------------|---------------------|---------|

### Disney Hip-Hop

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

#### Spring Term:

|                        |   |                               |                      |         |
|------------------------|---|-------------------------------|----------------------|---------|
| 4/2-6/4 (10)<br>Rm 204 | T | 10:45-11:25 am<br>ID/AP: \$60 | 3½-6 yrs<br>OD: \$75 | CO41111 |
|------------------------|---|-------------------------------|----------------------|---------|

## Dance - Preschool

| Dates (Weeks)<br>Location | Day | Time<br>ID/AP | Ages<br>OD | Class # |
|---------------------------|-----|---------------|------------|---------|
|---------------------------|-----|---------------|------------|---------|

### Gymnastic Dance

Learn the fundamentals of dance and an introduction to tumbling and gymnastics techniques often used in dance. (Kelly)

#### Spring Term:

|                        |    |                                  |                     |         |
|------------------------|----|----------------------------------|---------------------|---------|
| 4/2-6/4 (10)<br>Rm 204 | T  | 11:30 am-12:15 pm<br>ID/AP: \$60 | 3-5 yrs<br>OD: \$75 | CO41112 |
| 4/4-6/6 (10)<br>Rm 204 | Th | 11:50 am-12:30 pm<br>ID/AP: \$60 | 4-6 yrs<br>OD: \$75 | CO41113 |

### Hip-Hop

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

#### Spring Term:

|                        |    |                          |                     |         |
|------------------------|----|--------------------------|---------------------|---------|
| 4/7-6/9 (10)<br>Rm 204 | Su | 2-2:45 pm<br>ID/AP: \$60 | 4-6 yrs<br>OD: \$75 | CO41114 |
|------------------------|----|--------------------------|---------------------|---------|

### Tiny Tutus

Tiny dancers will learn basic ballet movements and improve both balance and coordination in a nurturing and fun environment. Props and fun music are incorporated. Parent participation may be required at the discretion of the instructor.

#### Winter Term:

|                          |    |                            |                         |                     |
|--------------------------|----|----------------------------|-------------------------|---------------------|
| 1/7-3/18 (9)<br>Rm 204   | M  | 10-10:40 am<br>ID/AP: \$54 | 2½-3 yrs<br>OD: \$67.50 | CO31115<br>(Kelly)  |
| 1/10-3/21 (11)<br>Rm 204 | Th | 10-10:40 am<br>ID/AP: \$66 | 2½-3 yrs<br>OD: \$82.50 | CO31116<br>(Kelly)  |
| 1/11-3/22 (10)<br>Rm 204 | F  | 10-10:45 am<br>ID/AP: \$60 | 2½-3 yrs<br>OD: \$75    | CO31117<br>(Leslie) |

#### Spring Term:

|                        |    |                            |                         |                     |
|------------------------|----|----------------------------|-------------------------|---------------------|
| 4/1-6/3 (9)<br>Rm 204  | M  | 10-10:40 am<br>ID/AP: \$54 | 2½-3 yrs<br>OD: \$67.50 | CO41115<br>(Kelly)  |
| 4/4-6/6 (10)<br>Rm 204 | Th | 10-10:40 am<br>ID/AP: \$60 | 2½-3 yrs<br>OD: \$75    | CO41116<br>(Kelly)  |
| 4/5-6/7 (10)<br>Rm 204 | F  | 10-10:45 am<br>ID/AP: \$60 | 2½-3 yrs<br>OD: \$75    | CO41117<br>(Leslie) |

### Toddler Two Step

Spark your child's imagination and love for dance. Parent and child will dance to fun songs, develop coordination and body awareness. Dance props such as crowns, ribbons, etc. will be used. **Parent participation required.** (Kelly)

#### Winter Term:

|                         |   |                              |                        |         |
|-------------------------|---|------------------------------|------------------------|---------|
| 1/8-3/19 (11)<br>Rm 204 | T | 9:45-10:25 am<br>ID/AP: \$66 | 2-3 yrs<br>OD: \$82.50 | CO31118 |
|-------------------------|---|------------------------------|------------------------|---------|

#### Spring Term:

|                        |   |                              |                     |         |
|------------------------|---|------------------------------|---------------------|---------|
| 4/2-6/4 (10)<br>Rm 204 | T | 9:45-10:25 am<br>ID/AP: \$60 | 2-3 yrs<br>OD: \$75 | CO41118 |
|------------------------|---|------------------------------|---------------------|---------|

**Looking for ice skating? Call our friends at the Sherwood Ice Rink at 503- 625-5757.**

## Dance - Youth

| Dates (Weeks)<br>Location | Day | Time<br>ID/AP | Ages<br>OD | Class # |
|---------------------------|-----|---------------|------------|---------|
|---------------------------|-----|---------------|------------|---------|

### Ballet

This class is designed for students who have had multiple pre-ballet or beginning ballet classes and are ready to advance. (Kelly)

#### Spring Term:

|                        |   |                              |                        |                      |
|------------------------|---|------------------------------|------------------------|----------------------|
| 4/6-6/8 (10)<br>Rm 204 | S | 12:45-1:30 pm<br>ID/AP: \$60 | 5-7 yrs<br>OD: \$75    | C041200<br>(Madison) |
| 4/1-6/3 (9)<br>Rm 204  | M | 4:45-5:45 pm<br>ID/AP: \$67  | 5-8 yrs<br>OD: \$83.75 | C041201              |

### Broadway Bound

Get a taste of Broadway! This class combines acting, singing and dancing. Develop your creative interests and experience a final performance. (Leslie)

#### Spring Term:

|                       |   |                             |                         |         |
|-----------------------|---|-----------------------------|-------------------------|---------|
| 4/1-6/3 (9)<br>Rm 204 | M | 6:05-7:05 pm<br>ID/AP: \$67 | 6-10 yrs<br>OD: \$83.75 | C041202 |
|-----------------------|---|-----------------------------|-------------------------|---------|

### Hip-Hop

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

#### Spring Term:

|                        |    |                             |                          |                    |
|------------------------|----|-----------------------------|--------------------------|--------------------|
| 4/5-6/7 (10)<br>Rm 201 | F  | 3:30-4:25 pm<br>ID/AP: \$75 | 5½-8 yrs<br>OD: \$93.75  | C041203<br>(Kelly) |
| 4/5-6/7 (10)<br>Rm 201 | F  | 4:30-5:25 pm<br>ID/AP: \$75 | 8-12 yrs<br>OD: \$93.75  | C041204<br>(Kelly) |
| 4/7-6/9 (10)<br>Rm 204 | Su | 3:05-4:05 pm<br>ID/AP: \$75 | 7½-11 yrs<br>OD: \$93.75 | C041205            |

### Hip-Hop II/III

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

#### Spring Term:

|                        |   |                             |                         |         |
|------------------------|---|-----------------------------|-------------------------|---------|
| 4/5-6/7 (10)<br>Rm 204 | F | 5:45-6:45 pm<br>ID/AP: \$75 | 9-15 yrs<br>OD: \$93.75 | C041206 |
|------------------------|---|-----------------------------|-------------------------|---------|

### Tap

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

#### Spring Term:

|                        |   |                             |                      |                      |
|------------------------|---|-----------------------------|----------------------|----------------------|
| 4/3-6/5 (10)<br>Rm 204 | W | 6:05-6:50 am<br>ID/AP: \$60 | 7-12 yrs<br>OD: \$75 | C041207<br>(Leslie)  |
| 4/6-6/8 (10)<br>Rm 204 | S | 2:40-3:25 pm<br>ID/AP: \$60 | 5-7 yrs<br>OD: \$75  | C041208<br>(Madison) |

## Dance - Teen/Adult

| Dates (Weeks)<br>Location | Day | Time<br>ID/AP | Ages<br>OD | Class # |
|---------------------------|-----|---------------|------------|---------|
|---------------------------|-----|---------------|------------|---------|

### Ballroom I, Latin

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

#### Winter Term:

|                         |   |                             |                             |         |
|-------------------------|---|-----------------------------|-----------------------------|---------|
| 1/8-3/12 (10)<br>Rm 204 | T | 8:30-9:25 pm<br>ID/AP: \$75 | 14 yrs-Adult<br>OD: \$93.75 | C031301 |
|-------------------------|---|-----------------------------|-----------------------------|---------|

#### Spring Term:

|                         |   |                             |                             |         |
|-------------------------|---|-----------------------------|-----------------------------|---------|
| 4/9-6/11 (10)<br>Rm 204 | T | 8:30-9:25 pm<br>ID/AP: \$75 | 14 yrs-Adult<br>OD: \$93.75 | C041301 |
|-------------------------|---|-----------------------------|-----------------------------|---------|

### Ballroom I, Waltz-Swing

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

#### Winter Term:

|                         |   |                             |                             |         |
|-------------------------|---|-----------------------------|-----------------------------|---------|
| 1/8-3/12 (10)<br>Rm 201 | T | 7:30-8:25 pm<br>ID/AP: \$75 | 14 yrs-Adult<br>OD: \$93.75 | C031302 |
|-------------------------|---|-----------------------------|-----------------------------|---------|

#### Spring Term:

|                         |   |                             |                             |         |
|-------------------------|---|-----------------------------|-----------------------------|---------|
| 4/9-6/11 (10)<br>Rm 201 | T | 7:30-8:25 pm<br>ID/AP: \$75 | 14 yrs-Adult<br>OD: \$93.75 | C041302 |
|-------------------------|---|-----------------------------|-----------------------------|---------|

### Tap 2, Adult

This class is designed for returning tappers to review or newer students who have had some tap and are ready to advance. Students should be able to execute shuffles, flaps and ball change. (Leslie)

#### Spring Term:

|                       |   |                              |                              |         |
|-----------------------|---|------------------------------|------------------------------|---------|
| 4/1-6/3 (9)<br>Rm 204 | M | 7:05-8:05 pm<br>ID/AP: \$107 | 13 yrs-Adult<br>OD: \$123.75 | C041304 |
|-----------------------|---|------------------------------|------------------------------|---------|

### Tap, Adult

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

#### Winter Term:

|                         |   |                             |                             |         |
|-------------------------|---|-----------------------------|-----------------------------|---------|
| 1/9-3/20 (11)<br>Rm 204 | W | 6:50-7:35 pm<br>ID/AP: \$66 | 13 yrs-Adult<br>OD: \$82.50 | C031303 |
|-------------------------|---|-----------------------------|-----------------------------|---------|

#### Spring Term:

|                        |   |                             |                          |         |
|------------------------|---|-----------------------------|--------------------------|---------|
| 4/3-6/5 (10)<br>Rm 204 | W | 6:50-7:35 pm<br>ID/AP: \$60 | 13 yrs-Adult<br>OD: \$75 | C041303 |
|------------------------|---|-----------------------------|--------------------------|---------|



## 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](http://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)



## General Interest - Youth

| Dates (Weeks)<br>Location   | Day | Time<br>ID/AP            | Ages<br>OD              | Class # |
|---|-----|--------------------------|-------------------------|---------|
| <b>Home Alone</b>   |     |                          |                         |         |
| This course is designed to prepare children for the responsibilities of being home alone. We will cover phone calls, answering the door, home security, first aid techniques, establishing household rules and more. Bring paper and pencil to class. |     |                          |                         |         |
| <b>Winter Term:</b>   |     |                          |                         |         |
| 2/17 (1)<br>Rm 200  | Su  | 1-3:45 pm<br>ID/AP: \$25 | 8-12 yrs<br>OD: \$31.25 | C035214 |
| 3/3 (1)<br>Rm 200   | Su  | 1-3:45 pm<br>ID/AP: \$25 | 8-12 yrs<br>OD: \$31.25 | C035215 |
| <b>Spring Term:</b>   |     |                          |                         |         |
| 5/19 (1)<br>Rm 200  | Su  | 1-3:45 pm<br>ID/AP: \$25 | 8-12 yrs<br>OD: \$31.25 | C045214 |
| 6/2 (1)<br>Rm 200   | Su  | 1-3:45 pm<br>ID/AP: \$25 | 8-12 yrs<br>OD: \$31.25 | C045215 |

## General Interest - Youth

| Dates (Weeks)<br>Location  | Day | Time<br>ID/AP               | Ages<br>OD                  | Class # |
|--|-----|-----------------------------|-----------------------------|---------|
| <b>Family Art Night</b>  |     |                             |                             |         |
| Bring your family and create something truly special with clay, paint, collage and more! Cost is per person. |     |                             |                             |         |
| <b>Winter Term:</b>  |     |                             |                             |         |
| 2/8 (1)<br>Rm 200  | F   | 6:30-8:30 pm<br>ID/AP: \$10 | 4½ yrs-Adult<br>OD: \$12.50 | C034205 |
| 3/1 (1)<br>Rm 200  | F   | 6:30-8:30 pm<br>ID/AP: \$10 | 4½ yrs-Adult<br>OD: \$12.50 | C034206 |
| <b>Spring Term:</b>  |     |                             |                             |         |
| 4/12 (1)<br>Rm 200   | F   | 6:30-8:30 pm<br>ID/AP: \$10 | 4½ yrs-Adult<br>OD: \$12.50 | C044205 |
| 5/3 (1)<br>Rm 200  | F   | 6:30-8:30 pm<br>ID/AP: \$10 | 4½ yrs-Adult<br>OD: \$12.50 | C044206 |
| 5/17 (1)<br>Main Pool  | F   | 6:30-8:30 pm<br>ID/AP: \$10 | 4½ yrs-Adult<br>OD: \$12.50 | C044300 |

## Cooking from Scratch

Join us for a cooking series where you can choose all of them or just one. Each term will be different and each week there will be a different focus. Cannot accommodate for allergies. (Erina)

### Culinary Techniques

**Winter Term:**  
1/12 (1) S 9:30-11:30 am 8-12 yrs C035203  
Rm 202 ID/AP: \$21 OD: \$23.75

**Spring Term:**  
4/6 (1) S 9:30-11:30 am 8-12 yrs C045203  
Rm 202 ID/AP: \$21 OD: \$23.75

### Pasta

**Winter Term:**  
1/19 (1) S 9:30-11:30 am 8-12 yrs C035204  
Rm 202 ID/AP: \$21 OD: \$23.75

**Spring Term:**  
4/13 (1) S 9:30-11:30 am 8-12 yrs C045204  
Rm 202 ID/AP: \$21 OD: \$23.75

### Cultural Foods

**Winter Term:**  
1/26 (1) S 9:30-11:30 am 8-12 yrs C035205  
Rm 202 ID/AP: \$21 OD: \$23.75

**Spring Term:**  
4/20 (1) S 9:30-11:30 am 8-12 yrs C045205  
Rm 202 ID/AP: \$21 OD: \$23.75

### Make Your Own Takeout

**Winter Term:**  
2/2 (1) S 9:30-11:30 am 8-12 yrs C035206  
Rm 202 ID/AP: \$21 OD: \$23.75

**Spring Term:**  
4/27 (1) S 9:30-11:30 am 8-12 yrs C045206  
Rm 202 ID/AP: \$21 OD: \$23.75

### Breakfast

**Winter Term:**  
2/9 (1) S 9:30-11:30 am 8-12 yrs C035207  
Rm 202 ID/AP: \$21 OD: \$23.75

**Spring Term:**  
5/4 (1) S 9:30-11:30 am 8-12 yrs C045207  
Rm 202 ID/AP: \$21 OD: \$23.75

### Lunch Box Meals

**Winter Term:**  
2/16 (1) S 9:30-11:30 am 8-12 yrs C035208  
Rm 202 ID/AP: \$21 OD: \$23.75

**Spring Term:**  
5/11 (1) S 9:30-11:30 am 8-12 yrs C045208  
Rm 202 ID/AP: \$21 OD: \$23.75

### Dinner

**Winter Term:**  
2/23 (1) S 9:30-11:30 am 8-12 yrs C035209  
Rm 202 ID/AP: \$21 OD: \$23.75

**Spring Term:**  
5/18 (1) S 9:30-11:30 am 8-12 yrs C045209  
Rm 202 ID/AP: \$21 OD: \$23.75

### Desserts

**Winter Term:**  
3/2 (1) S 9:30-11:30 am 8-12 yrs C035210  
Rm 202 ID/AP: \$21 OD: \$23.75

**Spring Term:**  
5/25 (1) S 9:30-11:30 am 8-12 yrs C045210  
Rm 202 ID/AP: \$21 OD: \$23.75

### Cookies

**Winter Term:**  
3/9 (1) S 9:30-11:30 am 8-12 yrs C035211  
Rm 202 ID/AP: \$21 OD: \$23.75

**Spring Term:**  
6/1 (1) S 9:30-11:30 am 8-12 yrs C045211  
Rm 202 ID/AP: \$21 OD: \$23.75

### St. Patrick's Day Special

**Winter Term:**  
3/16 (1) S 9:30-11:30 am 8-12 yrs C035212  
Rm 202 ID/AP: \$21 OD: \$23.75

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

## General Interest - Youth

| Dates (Weeks)<br>Location | Day | Time<br>ID/AP | Ages<br>OD | Class # |
|---------------------------|-----|---------------|------------|---------|
|---------------------------|-----|---------------|------------|---------|

### Family Fun Days

A fun-filled time for the whole family! Join us for fun activities that you can make great memories. Each event has a special theme: February Fun - make homemade valentines, cookies and fun President games and activities; Spring Fling - Bake a treat fun games and crafts.

### February Fun

|                    |    |                       |                            |         |
|--------------------|----|-----------------------|----------------------------|---------|
| 2/10 (1)<br>Rm 202 | Su | 1-4 pm<br>ID/AP: \$10 | 5 yrs-Adult<br>OD: \$12.50 | C035216 |
|--------------------|----|-----------------------|----------------------------|---------|

### Spring Fling

|                    |    |                       |                            |         |
|--------------------|----|-----------------------|----------------------------|---------|
| 4/14 (1)<br>Rm 200 | Su | 1-4 pm<br>ID/AP: \$10 | 5 yrs-Adult<br>OD: \$12.50 | C045216 |
|--------------------|----|-----------------------|----------------------------|---------|

### Babysitting 101

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

### Winter Term:

|                    |    |                                 |                       |         |
|--------------------|----|---------------------------------|-----------------------|---------|
| 2/10 (1)<br>Rm 200 | Su | 10:15 am-5:45 pm<br>ID/AP: \$52 | 11-15 yrs<br>OD: \$65 | C035200 |
|--------------------|----|---------------------------------|-----------------------|---------|

|                    |    |                                 |                       |         |
|--------------------|----|---------------------------------|-----------------------|---------|
| 3/10 (1)<br>Rm 200 | Su | 10:15 am-5:45 pm<br>ID/AP: \$52 | 11-15 yrs<br>OD: \$65 | C035201 |
|--------------------|----|---------------------------------|-----------------------|---------|

### Spring Term:

|                    |    |                                 |                       |         |
|--------------------|----|---------------------------------|-----------------------|---------|
| 5/26 (1)<br>Rm 200 | Su | 10:15 am-5:45 pm<br>ID/AP: \$52 | 11-15 yrs<br>OD: \$65 | C045200 |
|--------------------|----|---------------------------------|-----------------------|---------|

|                   |    |                                 |                       |         |
|-------------------|----|---------------------------------|-----------------------|---------|
| 6/9 (1)<br>Rm 200 | Su | 10:15 am-5:45 pm<br>ID/AP: \$52 | 11-15 yrs<br>OD: \$65 | C045201 |
|-------------------|----|---------------------------------|-----------------------|---------|

## Sports & Fitness - Preschool

| Dates (Weeks)<br>Location | Day | Time<br>ID/AP | Ages<br>OD | Class # |
|---------------------------|-----|---------------|------------|---------|
|---------------------------|-----|---------------|------------|---------|

### Developing Your Young Athlete

Together with your child, we'll encourage large motor skill development through a variety of fun games while introducing small children to group a setting. The instructor provides skill guidance to parents. **Parent participation required.** No class 1/21, 2/18.

### Winter Term:

|                          |   |                          |                        |         |
|--------------------------|---|--------------------------|------------------------|---------|
| 1/7-3/18 (9)<br>Gym-Ct A | M | 9-9:45 am<br>ID/AP: \$46 | 2-3 yrs<br>OD: \$57.50 | C032100 |
|--------------------------|---|--------------------------|------------------------|---------|

|                           |   |                              |                     |         |
|---------------------------|---|------------------------------|---------------------|---------|
| 1/8-3/19 (11)<br>Gym-Ct A | T | 11:15 am-Noon<br>ID/AP: \$56 | 2-3 yrs<br>OD: \$70 | C032101 |
|---------------------------|---|------------------------------|---------------------|---------|

|                            |   |                          |                     |         |
|----------------------------|---|--------------------------|---------------------|---------|
| 1/11-3/22 (11)<br>Gym-Ct A | F | 9-9:45 am<br>ID/AP: \$56 | 2-3 yrs<br>OD: \$70 | C032102 |
|----------------------------|---|--------------------------|---------------------|---------|

|                            |   |                          |                     |         |
|----------------------------|---|--------------------------|---------------------|---------|
| 1/12-3/23 (11)<br>Gym-Ct A | S | 9-9:45 am<br>ID/AP: \$56 | 2-3 yrs<br>OD: \$70 | C032103 |
|----------------------------|---|--------------------------|---------------------|---------|

### Spring Term:

|                          |   |                          |                     |         |
|--------------------------|---|--------------------------|---------------------|---------|
| 4/1-5/20 (8)<br>Gym-Ct B | M | 9-9:45 am<br>ID/AP: \$40 | 2-3 yrs<br>OD: \$50 | C042100 |
|--------------------------|---|--------------------------|---------------------|---------|

|                          |   |                              |                        |         |
|--------------------------|---|------------------------------|------------------------|---------|
| 4/2-5/28 (9)<br>Gym-Ct A | T | 11:15 am-Noon<br>ID/AP: \$46 | 2-3 yrs<br>OD: \$57.50 | C042101 |
|--------------------------|---|------------------------------|------------------------|---------|

|                          |   |                          |                        |         |
|--------------------------|---|--------------------------|------------------------|---------|
| 4/5-5/31 (9)<br>Gym-Ct B | F | 9-9:45 am<br>ID/AP: \$46 | 2-3 yrs<br>OD: \$57.50 | C042102 |
|--------------------------|---|--------------------------|------------------------|---------|

|                         |   |                          |                        |         |
|-------------------------|---|--------------------------|------------------------|---------|
| 4/6-6/1 (9)<br>Gym-Ct B | S | 9-9:45 am<br>ID/AP: \$46 | 2-3 yrs<br>OD: \$57.50 | C042103 |
|-------------------------|---|--------------------------|------------------------|---------|

## Sports & Fitness - Preschool

| Dates (Weeks)<br>Location | Day | Time<br>ID/AP | Ages<br>OD | Class # |
|---------------------------|-----|---------------|------------|---------|
|---------------------------|-----|---------------|------------|---------|

### Munchkin Basketball

Featuring drills, games and group activity for a variety of sports. Sports classes are designed to get preschoolers engaged in sports which emphasize confidence, build, self-esteem, teach teamwork and improve both coordination and motor skills. No class 2/18.

### Winter Term:

|                          |   |                            |                        |         |
|--------------------------|---|----------------------------|------------------------|---------|
| 1/7-3/18 (9)<br>Gym-Ct B | M | 10:15-11 am<br>ID/AP: \$41 | 3-5 yrs<br>OD: \$36.75 | C032116 |
|--------------------------|---|----------------------------|------------------------|---------|

|                            |    |                          |                        |         |
|----------------------------|----|--------------------------|------------------------|---------|
| 1/10-3/21 (11)<br>Gym-Ct A | Th | 9-9:45 am<br>ID/AP: \$51 | 3-5 yrs<br>OD: \$63.75 | C032117 |
|----------------------------|----|--------------------------|------------------------|---------|

|                            |   |                            |                        |         |
|----------------------------|---|----------------------------|------------------------|---------|
| 1/12-3/23 (11)<br>Gym-Ct B | S | 11-11:45 am<br>ID/AP: \$51 | 3-5 yrs<br>OD: \$63.75 | C032119 |
|----------------------------|---|----------------------------|------------------------|---------|

|                            |    |                            |                        |         |
|----------------------------|----|----------------------------|------------------------|---------|
| 1/13-3/24 (11)<br>Gym-Ct A | Su | 11-11:45 am<br>ID/AP: \$51 | 3-5 yrs<br>OD: \$63.75 | C032120 |
|----------------------------|----|----------------------------|------------------------|---------|

|                            |    |                          |                        |         |
|----------------------------|----|--------------------------|------------------------|---------|
| 1/13-3/24 (11)<br>Gym-Ct B | Su | 4-4:45 pm<br>ID/AP: \$51 | 3-5 yrs<br>OD: \$63.75 | C032121 |
|----------------------------|----|--------------------------|------------------------|---------|

### Spring Term:

|                          |   |                            |                     |         |
|--------------------------|---|----------------------------|---------------------|---------|
| 4/1-5/20 (8)<br>Gym-Ct B | M | 10:15-11 am<br>ID/AP: \$40 | 3-5 yrs<br>OD: \$50 | C042116 |
|--------------------------|---|----------------------------|---------------------|---------|

|                          |    |                          |                        |         |
|--------------------------|----|--------------------------|------------------------|---------|
| 4/4-5/30 (9)<br>Gym-Ct A | Th | 9-9:45 am<br>ID/AP: \$45 | 3-5 yrs<br>OD: \$56.25 | C042117 |
|--------------------------|----|--------------------------|------------------------|---------|

|                         |   |                            |                        |         |
|-------------------------|---|----------------------------|------------------------|---------|
| 4/6-6/1 (9)<br>Gym-Ct B | S | 11-11:45 am<br>ID/AP: \$45 | 3-5 yrs<br>OD: \$56.25 | C042119 |
|-------------------------|---|----------------------------|------------------------|---------|

|                         |    |                            |                        |         |
|-------------------------|----|----------------------------|------------------------|---------|
| 4/7-6/2 (9)<br>Gym-Ct A | Su | 11-11:45 am<br>ID/AP: \$45 | 3-5 yrs<br>OD: \$56.25 | C042120 |
|-------------------------|----|----------------------------|------------------------|---------|

|                         |    |                          |                        |         |
|-------------------------|----|--------------------------|------------------------|---------|
| 4/7-6/2 (9)<br>Gym-Ct B | Su | 4-4:45 pm<br>ID/AP: \$45 | 3-5 yrs<br>OD: \$56.25 | C042121 |
|-------------------------|----|--------------------------|------------------------|---------|

### Munchkin Soccer

Featuring drills, games and group activity for a variety of sports. Sport classes are designed to get preschoolers engaged in sports which emphasize confidence, build, self-esteem, teach teamwork and improve both coordination and motor skills.

### Winter Term:

|                           |   |                            |                        |         |
|---------------------------|---|----------------------------|------------------------|---------|
| 1/9-3/20 (11)<br>Gym-Ct B | W | 10:15-11 am<br>ID/AP: \$51 | 3-5 yrs<br>OD: \$63.75 | C032112 |
|---------------------------|---|----------------------------|------------------------|---------|

|                            |    |                              |                        |         |
|----------------------------|----|------------------------------|------------------------|---------|
| 1/10-3/21 (11)<br>Gym-Ct B | Th | 11:15 am-Noon<br>ID/AP: \$51 | 3-5 yrs<br>OD: \$63.75 | C032113 |
|----------------------------|----|------------------------------|------------------------|---------|

|                            |   |                            |                        |         |
|----------------------------|---|----------------------------|------------------------|---------|
| 1/12-3/23 (11)<br>Gym-Ct B | S | 10-10:45 am<br>ID/AP: \$51 | 3-5 yrs<br>OD: \$63.75 | C032114 |
|----------------------------|---|----------------------------|------------------------|---------|

|                            |    |                          |                        |         |
|----------------------------|----|--------------------------|------------------------|---------|
| 1/13-3/24 (11)<br>Gym-Ct B | Su | 3-3:45 pm<br>ID/AP: \$51 | 3-5 yrs<br>OD: \$63.75 | C032115 |
|----------------------------|----|--------------------------|------------------------|---------|

### Spring Term:

|                          |   |                            |                        |         |
|--------------------------|---|----------------------------|------------------------|---------|
| 4/3-5/29 (9)<br>Gym-Ct B | W | 10:15-11 am<br>ID/AP: \$45 | 3-5 yrs<br>OD: \$56.25 | C042112 |
|--------------------------|---|----------------------------|------------------------|---------|

|                          |    |                              |                        |         |
|--------------------------|----|------------------------------|------------------------|---------|
| 4/4-5/30 (9)<br>Gym-Ct A | Th | 11:15 am-Noon<br>ID/AP: \$45 | 3-5 yrs<br>OD: \$56.25 | C042113 |
|--------------------------|----|------------------------------|------------------------|---------|

|                         |   |                            |                        |         |
|-------------------------|---|----------------------------|------------------------|---------|
| 4/6-6/1 (9)<br>Gym-Ct B | S | 10-10:45 am<br>ID/AP: \$45 | 3-5 yrs<br>OD: \$56.25 | C042114 |
|-------------------------|---|----------------------------|------------------------|---------|

|                         |    |                          |                        |         |
|-------------------------|----|--------------------------|------------------------|---------|
| 4/7-6/2 (9)<br>Gym-Ct B | Su | 3-3:45 pm<br>ID/AP: \$45 | 3-5 yrs<br>OD: \$56.25 | C042115 |
|-------------------------|----|--------------------------|------------------------|---------|

**Looking for class that is not listed?  
Call the center to inquire or visit [www.thprd.org](http://www.thprd.org)  
for updated class information.**

## Sports & Fitness - Preschool

| Dates (Weeks)<br>Location | Day | Time<br>ID/AP | Ages<br>OD | Class # |
|---------------------------|-----|---------------|------------|---------|
|---------------------------|-----|---------------|------------|---------|

### Munchkin Sports

Featuring drills, games and group activity for a variety of sports. Sport classes are designed to get preschoolers engaged in sports which emphasize confidence, build, self-esteem, teach teamwork and improve both coordination and motor skills.

#### Winter Term:

|                            |   |                              |                        |         |
|----------------------------|---|------------------------------|------------------------|---------|
| 1/8-3/19 (11)<br>Gym-Ct A  | T | 10:15-11 am<br>ID/AP: \$55   | 3-5 yrs<br>OD: \$68.75 | CO32108 |
| 1/11-3/22 (11)<br>Gym-Ct A | F | 10:15-11 am<br>ID/AP: \$55   | 3-5 yrs<br>OD: \$68.75 | CO32109 |
| 1/11-3/22 (10)<br>Gym-Ct A | F | 5:30-6:15 pm<br>ID/AP: \$50  | 3-5 yrs<br>OD: \$62.50 | CO32110 |
| 1/12-3/23 (8)<br>Gym-Ct A  | S | 11:15 am-Noon<br>ID/AP: \$40 | 3½-5 yrs<br>OD: \$50   | CO32111 |

#### Spring Term:

|                          |   |                              |                         |         |
|--------------------------|---|------------------------------|-------------------------|---------|
| 4/2-5/28 (9)<br>Gym-Ct A | T | 10:15-11 am<br>ID/AP: \$45   | 3-5 yrs<br>OD: \$56.25  | CO42108 |
| 4/5-5/31 (9)<br>Gym-Ct B | F | 10:15-11 am<br>ID/AP: \$45   | 3-5 yrs<br>OD: \$56.25  | CO42109 |
| 4/5-5/31 (8)<br>Gym-Ct B | F | 5:30-6:15 pm<br>ID/AP: \$40  | 3-5 yrs<br>OD: \$50     | CO42110 |
| 4/6-6/1 (9)<br>Gym-Ct A  | S | 11:15 am-Noon<br>ID/AP: \$45 | 3½-5 yrs<br>OD: \$56.25 | CO42111 |

### Munchkin Tumbling

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

#### Winter Term:

|                            |   |                              |                        |          |
|----------------------------|---|------------------------------|------------------------|----------|
| 1/8-3/19 (11)<br>Gym-Ct A  | T | 9-9:45 am<br>ID/AP: \$51     | 2-3 yrs<br>OD: \$63.75 | CO32122  |
| 1/12-3/23 (11)<br>Gym-Ct B | S | 12:30-1:15 pm<br>ID/AP: \$51 | 3-5 yrs<br>OD: \$63.75 | CO32122A |

#### Spring Term:

|                          |   |                              |                        |          |
|--------------------------|---|------------------------------|------------------------|----------|
| 4/2-5/28 (9)<br>Gym-Ct A | T | 9-9:45 am<br>ID/AP: \$45     | 2-3 yrs<br>OD: \$56.25 | CO42122  |
| 4/6-6/1 (9)<br>Gym-Ct B  | S | 12:30-1:15 pm<br>ID/AP: \$45 | 3-5 yrs<br>OD: \$56.25 | CO42122A |

### Wiggle Time Tumbling

Come join us to get your wiggles out! We use obstacle courses to increase coordination, strength and balance. Tumbling mats, balance beam, trampoline and cheese wedge will also be used in this great beginner class. **Parent participation required.**

#### Winter Term:

|                            |   |                                  |                        |         |
|----------------------------|---|----------------------------------|------------------------|---------|
| 1/9-3/20 (11)<br>Gym-Ct B  | W | 11:30 am-12:15 pm<br>ID/AP: \$51 | 3-5 yrs<br>OD: \$63.75 | CO32123 |
| 1/11-3/22 (11)<br>Gym-Ct B | F | 11:30 am-12:15 pm<br>ID/AP: \$51 | 3-5 yrs<br>OD: \$63.75 | CO32124 |

#### Spring Term:

|                          |   |                                  |                        |         |
|--------------------------|---|----------------------------------|------------------------|---------|
| 4/3-5/29 (9)<br>Gym-Ct B | W | 11:30 am-12:15 pm<br>ID/AP: \$45 | 3-5 yrs<br>OD: \$56.25 | CO42123 |
| 4/5-5/31 (9)<br>Gym-Ct B | F | 11:30 am-12:15 pm<br>ID/AP: \$45 | 3-5 yrs<br>OD: \$56.25 | CO42124 |

## Sports & Fitness - Preschool

| Dates (Weeks)<br>Location | Day | Time<br>ID/AP | Ages<br>OD | Class # |
|---------------------------|-----|---------------|------------|---------|
|---------------------------|-----|---------------|------------|---------|

### Toddler & Me Basketball

Together with your child, we'll encourage large motor skill development through a variety of fun games while introducing small children to group a setting. The instructor provides skill guidance to parents. **Parent participation required. No class 1/21, 2/18.**

#### Winter Term:

|                            |    |                              |                        |         |
|----------------------------|----|------------------------------|------------------------|---------|
| 1/7-3/18 (9)<br>Gym-Ct A   | M  | 11:15 am-Noon<br>ID/AP: \$46 | 3-4 yrs<br>OD: \$57.50 | CO32104 |
| 1/10-3/21 (11)<br>Gym-Ct A | Th | 10:15-11 am<br>ID/AP: \$56   | 3-4 yrs<br>OD: \$70    | CO32105 |

#### Spring Term:

|                          |    |                              |                        |         |
|--------------------------|----|------------------------------|------------------------|---------|
| 4/1-5/20 (8)<br>Gym-Ct B | M  | 11:15 am-Noon<br>ID/AP: \$40 | 3-4 yrs<br>OD: \$50    | CO42104 |
| 4/4-5/30 (9)<br>Gym-Ct A | Th | 10:15-11 am<br>ID/AP: \$46   | 3-4 yrs<br>OD: \$57.50 | CO42105 |

### Toddler & Me Soccer

Together with your child, we'll encourage large motor skill development through a variety of fun soccer games while introducing small children to group a setting. The instructor provides skill guidance to parents. **Parent participation required.**

#### Winter Term:

|                           |   |                          |                     |         |
|---------------------------|---|--------------------------|---------------------|---------|
| 1/9-3/20 (11)<br>Gym-Ct A | W | 9-9:45 am<br>ID/AP: \$56 | 3-4 yrs<br>OD: \$70 | CO32106 |
|---------------------------|---|--------------------------|---------------------|---------|

#### Spring Term:

|                          |   |                          |                        |         |
|--------------------------|---|--------------------------|------------------------|---------|
| 4/3-5/29 (9)<br>Gym-Ct B | W | 9-9:45 am<br>ID/AP: \$46 | 3-4 yrs<br>OD: \$57.50 | CO42106 |
|--------------------------|---|--------------------------|------------------------|---------|

### Toddler & Me T-ball

Together with your child, we'll encourage large motor skill development through a variety of fun games while introducing small children to t-ball skills and a group a setting. The instructor provides skill guidance to parents. **Parent participation required.**

#### Winter Term:

|                            |    |                          |                        |         |
|----------------------------|----|--------------------------|------------------------|---------|
| 1/13-3/24 (11)<br>Gym-Ct A | Su | 9-9:45 am<br>ID/AP: \$51 | 3-4 yrs<br>OD: \$63.75 | CO32107 |
|----------------------------|----|--------------------------|------------------------|---------|

#### Spring Term:

|                          |    |                          |                        |         |
|--------------------------|----|--------------------------|------------------------|---------|
| 4/7-5/19 (9)<br>Gym-Ct A | Su | 9-9:45 am<br>ID/AP: \$46 | 3-4 yrs<br>OD: \$57.50 | CO42107 |
|--------------------------|----|--------------------------|------------------------|---------|

## 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](http://www.thprd.org) for more information.

## Sports & Fitness - Youth

| Dates (Weeks)<br>Location | Day | Time<br>ID/AP | Ages<br>OD | Class # |
|---------------------------|-----|---------------|------------|---------|
|---------------------------|-----|---------------|------------|---------|

### Basketball Basics

Learn basic basketball skills including passing, ball control, dribbling, shooting and footwork. This is a great class for those just starting to build basketball skills. Children will work together in a positive environment learning how to be part of a team. No class 1/21, 2/18.

#### Winter Term:

|                            |    |                             |                        |         |
|----------------------------|----|-----------------------------|------------------------|---------|
| 1/7-3/18 (9)<br>Gym-Ct B   | M  | 5:30-6:15 pm<br>ID/AP: \$51 | 6-8 yrs<br>OD: \$63.75 | C032204 |
| 1/12-3/23 (11)<br>Gym-Ct B | S  | 1:30-2:15 pm<br>ID/AP: \$62 | 6-8 yrs<br>OD: \$77.50 | C032205 |
| 1/13-3/24 (11)<br>Gym-Ct B | Su | 5:15-6 pm<br>ID/AP: \$62    | 6-8 yrs<br>OD: \$77.50 | C032206 |

#### Spring Term:

|                          |    |                             |                        |         |
|--------------------------|----|-----------------------------|------------------------|---------|
| 4/1-5/20 (8)<br>Gym-Ct B | M  | 5:30-6:15 pm<br>ID/AP: \$45 | 6-8 yrs<br>OD: \$56.25 | C042204 |
| 4/6-6/1 (9)<br>Gym-Ct B  | S  | 1:30-2:15 pm<br>ID/AP: \$51 | 6-8 yrs<br>OD: \$63.75 | C042205 |
| 4/7-6/2 (9)<br>Gym-Ct B  | Su | 5:15-6 pm<br>ID/AP: \$51    | 6-8 yrs<br>OD: \$63.75 | C042206 |

### Soccer Basics

Learn basic soccer knowledge including passing, ball control, dribbling and shooting. This is a great class to take if you are just starting out with your soccer skills. Children will work together in a positive environment learning how to be a part of a team. No class 1/21, 1/28, 2/18.

#### Winter Term:

|                          |   |                             |                     |         |
|--------------------------|---|-----------------------------|---------------------|---------|
| 1/7-3/18 (8)<br>Gym-Ct B | M | 4:30-5:15 pm<br>ID/AP: \$40 | 6-8 yrs<br>OD: \$50 | C032209 |
|--------------------------|---|-----------------------------|---------------------|---------|

#### Spring Term:

|                          |   |                             |                     |         |
|--------------------------|---|-----------------------------|---------------------|---------|
| 4/1-5/20 (8)<br>Gym-Ct B | M | 4:30-5:15 pm<br>ID/AP: \$40 | 6-8 yrs<br>OD: \$50 | C042209 |
|--------------------------|---|-----------------------------|---------------------|---------|

### Soccer Scrimmage

Perfect for children who know the basics of soccer, but need help with their scrimmage experience. Come brush up on your fundamentals and proper techniques of soccer. We will build our teamwork through an emphasis on fair play and fun! Shin guards recommended. No class 1/21, 2/18.

#### Winter Term:

|                            |    |                             |                         |         |
|----------------------------|----|-----------------------------|-------------------------|---------|
| 1/7-3/18 (9)<br>Gym-Ct B   | M  | 6:30-7:15 pm<br>ID/AP: \$45 | 8-12 yrs<br>OD: \$56.25 | C032207 |
| 1/13-3/24 (11)<br>Gym-Ct A | Su | 10-10:45 am<br>ID/AP: \$55  | 6-8 yrs<br>OD: \$68.75  | C032208 |

#### Spring Term:

|                          |    |                             |                        |         |
|--------------------------|----|-----------------------------|------------------------|---------|
| 4/1-5/20 (8)<br>Gym-Ct B | M  | 6:30-7:15 pm<br>ID/AP: \$40 | 8-12 yrs<br>OD: \$50   | C042207 |
| 4/7-6/2 (9)<br>Gym-Ct B  | Su | 10-10:45 am<br>ID/AP: \$45  | 6-8 yrs<br>OD: \$56.25 | C042208 |

### 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](http://www.thprd.org/fitness-in-the-park) for more information.

Looking for class that is not listed?  
Call the center to inquire or visit [www.thprd.org](http://www.thprd.org)  
for updated class information.

## Sports & Fitness - Youth

| Dates (Weeks)<br>Location | Day | Time<br>ID/AP | Ages<br>OD | Class # |
|---------------------------|-----|---------------|------------|---------|
|---------------------------|-----|---------------|------------|---------|

### Soccer Skills

Children will work on developing their soccer skills in an environment that encourages praise and positive reinforcement. This is a great place for your child to make new friends and continue to explore all the fun that soccer has to offer. No class 1/25.

#### Winter Term:

|                            |   |                             |                         |         |
|----------------------------|---|-----------------------------|-------------------------|---------|
| 1/11-3/22 (10)<br>Gym-Ct B | F | 4:30-5:15 pm<br>ID/AP: \$46 | 8-12 yrs<br>OD: \$57.50 | C032211 |
|----------------------------|---|-----------------------------|-------------------------|---------|

#### Spring Term:

|                          |   |                             |                      |         |
|--------------------------|---|-----------------------------|----------------------|---------|
| 4/5-5/31 (7)<br>Gym-Ct B | F | 4:30-5:15 pm<br>ID/AP: \$40 | 8-12 yrs<br>OD: \$50 | C042211 |
|--------------------------|---|-----------------------------|----------------------|---------|

### Tennis Basics

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

#### Winter Term:

|                            |    |                          |                         |         |
|----------------------------|----|--------------------------|-------------------------|---------|
| 1/13-3/24 (11)<br>Gym-Ct B | Su | 1:15-2 pm<br>ID/AP: \$51 | 8-12 yrs<br>OD: \$63.75 | C032127 |
|----------------------------|----|--------------------------|-------------------------|---------|

#### Spring Term:

|                         |    |                          |                         |         |
|-------------------------|----|--------------------------|-------------------------|---------|
| 4/7-6/2 (9)<br>Gym-Ct B | Su | 1:15-2 pm<br>ID/AP: \$45 | 8-12 yrs<br>OD: \$56.25 | C042127 |
|-------------------------|----|--------------------------|-------------------------|---------|

### Volleyball, Beginners

Come learn basic volleyball fundamentals, including bumping, passing, ball control, serving, rules of the game and more. Children will work together in a positive environment learning how to be part of a team.

#### Winter Term:

|                           |   |                             |                         |         |
|---------------------------|---|-----------------------------|-------------------------|---------|
| 1/9-3/20 (11)<br>Gym-Ct B | W | 5:30-6:15 pm<br>ID/AP: \$51 | 8-12 yrs<br>OD: \$63.75 | C032212 |
|---------------------------|---|-----------------------------|-------------------------|---------|

#### Spring Term:

|                          |   |                             |                         |         |
|--------------------------|---|-----------------------------|-------------------------|---------|
| 4/3-5/29 (9)<br>Gym-Ct B | W | 5:30-6:15 pm<br>ID/AP: \$45 | 8-12 yrs<br>OD: \$56.25 | C042212 |
|--------------------------|---|-----------------------------|-------------------------|---------|

### Volleyball, Intermediate Skills

This class is for those who know the basic rules of volleyball, but need help with their skill progression and actual game experience. Must have taken a beginner course to register and will be assessed on the first day of class.

#### Winter Term:

|                           |   |                             |                          |         |
|---------------------------|---|-----------------------------|--------------------------|---------|
| 1/9-3/20 (11)<br>Gym-Ct B | W | 6:35-7:25 pm<br>ID/AP: \$69 | 11-15 yrs<br>OD: \$86.25 | C032213 |
|---------------------------|---|-----------------------------|--------------------------|---------|

#### Spring Term:

|                          |   |                             |                          |         |
|--------------------------|---|-----------------------------|--------------------------|---------|
| 4/3-5/29 (9)<br>Gym-Ct B | W | 6:35-7:25 pm<br>ID/AP: \$57 | 11-15 yrs<br>OD: \$71.25 | C042213 |
|--------------------------|---|-----------------------------|--------------------------|---------|

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

## Sports & Fitness - Tween/Teen

| Dates (Weeks)<br>Location | Day | Time<br>ID/AP | Ages<br>OD | Class # |
|---------------------------|-----|---------------|------------|---------|
|---------------------------|-----|---------------|------------|---------|

### Basketball Conditioning

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

#### Winter Term:

|                           |      |                              |                           |         |
|---------------------------|------|------------------------------|---------------------------|---------|
| 1/8-3/21 (11)<br>Gym-Ct B | T/Th | 5:30-6:15 pm<br>ID/AP: \$135 | 8-12 yrs<br>OD: \$168.75  | CO32200 |
| 1/8-3/21 (11)<br>Gym-Ct B | T/Th | 6:30-7:15 pm<br>ID/AP: \$135 | 12-15 yrs<br>OD: \$168.75 | CO32201 |

#### Spring Term:

|                          |      |                              |                           |         |
|--------------------------|------|------------------------------|---------------------------|---------|
| 4/2-5/30 (9)<br>Gym-Ct B | T/Th | 5:30-6:15 pm<br>ID/AP: \$110 | 8-12 yrs<br>OD: \$137.50  | CO42200 |
| 4/2-5/30 (9)<br>Gym-Ct B | T/Th | 6:30-7:15 pm<br>ID/AP: \$110 | 12-15 yrs<br>OD: \$137.50 | CO42201 |

## Sports & Fitness - Tween/Teen

| Dates (Weeks)<br>Location | Day | Time<br>ID/AP | Ages<br>OD | Class # |
|---------------------------|-----|---------------|------------|---------|
|---------------------------|-----|---------------|------------|---------|

### Basketball Skills & Drills Clinic

These mini basketball clinics are designed to build individual skills in dribbling, shooting, passing, rebounding and defense. At the end of each clinic, players will scrimmage to emphasize application of skills and new techniques. This is a great clinic to take your skills to the next level, learn sportsmanship, teamwork and increase self-confidence!

#### Winter Term:

|                            |   |                            |                          |         |
|----------------------------|---|----------------------------|--------------------------|---------|
| 1/12-3/23 (11)<br>Gym-Ct A | S | 9:10-10 am<br>ID/AP: \$69  | 12-14 yrs<br>OD: \$86.25 | CO32224 |
| 1/12-3/23 (11)<br>Gym-Ct A | S | 10:10-11 am<br>ID/AP: \$69 | 12-14 yrs<br>OD: \$86.25 | CO32225 |

#### Spring Term:

|                         |   |                            |                          |         |
|-------------------------|---|----------------------------|--------------------------|---------|
| 4/6-6/1 (9)<br>Gym-Ct A | S | 9:10-10 am<br>ID/AP: \$55  | 12-14 yrs<br>OD: \$68.75 | CO42224 |
| 4/6-6/1 (9)<br>Gym-Ct A | S | 10:10-11 am<br>ID/AP: \$55 | 12-14 yrs<br>OD: \$68.75 | CO42225 |

## Martial Arts – Preschool to Adult

### Karate Kids

Intro to karate, children will gain skills in self-confidence, cooperation, effective communication and motivation. Uniforms are not required.

#### Winter Term:

|                          |    |                          |                      |          |
|--------------------------|----|--------------------------|----------------------|----------|
| 1/8-3/19 (11)<br>Rm 204  | T  | 4-4:45 pm<br>ID/AP: \$60 | 4-6 yrs<br>OD: \$75  | CO32163  |
| 1/10-3/21 (11)<br>Rm 204 | Th | 6-6:45 pm<br>ID/AP: \$60 | 4½-6 yrs<br>OD: \$75 | CO32163A |

#### Spring Term:

|                        |    |                          |                        |          |
|------------------------|----|--------------------------|------------------------|----------|
| 4/2-5/28 (9)<br>Rm 204 | T  | 4-4:45 pm<br>ID/AP: \$49 | 4-6 yrs<br>OD: \$61.25 | CO42163  |
| 4/4-5/30 (9)<br>Rm 204 | Th | 6-6:45 pm<br>ID/AP: \$49 | 4-6 yrs<br>OD: \$61.25 | CO42163A |

### Karate, Beginning

Shorin-Ryu is a self defensive oriented, traditional Okinawan karate style. Learn basic blocks, punches, kicks, break fall techniques, and kata. Uniforms required. Information provided at first class.

#### Winter Term:

|                          |    |                          |                         |         |
|--------------------------|----|--------------------------|-------------------------|---------|
| 1/8-3/19 (11)<br>Rm 204  | T  | 5-5:55 pm<br>ID/AP: \$70 | 8-12 yrs<br>OD: \$87.50 | CO32164 |
| 1/10-3/21 (11)<br>Rm 204 | Th | 5-5:55 pm<br>ID/AP: \$70 | 8-12 yrs<br>OD: \$87.50 | CO32165 |

#### Spring Term:

|                        |    |                          |                         |         |
|------------------------|----|--------------------------|-------------------------|---------|
| 4/2-5/28 (9)<br>Rm 204 | T  | 5-5:55 pm<br>ID/AP: \$57 | 8-12 yrs<br>OD: \$71.25 | CO42164 |
| 4/4-5/30 (9)<br>Rm 204 | Th | 5-5:55 pm<br>ID/AP: \$57 | 8-12 yrs<br>OD: \$71.25 | CO42165 |

### Beginning Karate for the Family

Shorin-Ryu is a self-defensive oriented, traditional Okinawan karate style. Learn basic blocks, punches, kicks, break fall techniques, and kata. Uniforms required. Information provided at first class.

#### Winter Term:

|                          |    |                             |                            |         |
|--------------------------|----|-----------------------------|----------------------------|---------|
| 1/8-3/19 (11)<br>Rm 204  | T  | 6:15-7:15 pm<br>ID/AP: \$75 | 8 yrs-Adult<br>OD: \$93.75 | CO32166 |
| 1/10-3/21 (11)<br>Rm 204 | Th | 7:05-8:05 pm<br>ID/AP: \$75 | 8 yrs-Adult<br>OD: \$93.75 | CO32167 |

#### Spring Term:

|                        |    |                             |                            |         |
|------------------------|----|-----------------------------|----------------------------|---------|
| 4/2-5/28 (9)<br>Rm 204 | T  | 6:15-7:15 pm<br>ID/AP: \$61 | 8 yrs-Adult<br>OD: \$76.25 | CO42166 |
| 4/4-5/30 (9)<br>Rm 204 | Th | 7:05-8:05 pm<br>ID/AP: \$61 | 8 yrs-Adult<br>OD: \$76.25 | CO42167 |

### Kendo: Japanese Fencing

Learn the basic skills and techniques of Japanese swordsmanship. Martial arts philosophy and manners will be presented. Additional fee of \$25 for the bamboo practice sword is due first night of class, payable to Obukan Kendo Club. No class 1/25.

|                            |   |                             |                             |         |
|----------------------------|---|-----------------------------|-----------------------------|---------|
| 1/11-3/22 (10)<br>Gym-Ct B | F | 6:30-7:25 pm<br>ID/AP: \$64 | 10 yrs-Adult<br>OD: \$80    | CO32169 |
| 4/12-5/31 (7)<br>Gym-Ct B  | F | 6:30-7:25 pm<br>ID/AP: \$45 | 10 yrs-Adult<br>OD: \$56.25 | CO42169 |

## Sports & Fitness - Youth/Adult

| Dates (Weeks)<br>Location   | Day | Time<br>ID/AP               | Ages<br>OD               | Class # |
|---|-----|-----------------------------|--------------------------|---------|
| <b>Teen Barre</b>   |     |                             |                          |         |
| Teen Barre is a fun, energetic, workout that fuses techniques from dance, Pilates, and yoga. This class is the perfect combination of strength and flexibility with an added cardiovascular element utilizing the barre. No class 1/21, 2/18. |     |                             |                          |         |
| 1/7-3/18 (9)<br>Rm 201  | M   | 4:30-5:25 pm<br>ID/AP: \$55 | 10-15 yrs<br>OD: \$68.75 | C032565 |
| 4/1-5/20 (8)<br>Rm 201  | M   | 4:30-5:25 pm<br>ID/AP: \$49 | 10-15 yrs<br>OD: \$61.25 | C042565 |

### Teen Yoga

Combine conscious breathing with simple movements to lengthen, strengthen and improve your flexibility. Focus on breathing, proper alignment and mind/body awareness to create calm and balance on and off the mat.

|                         |   |                             |                          |         |
|-------------------------|---|-----------------------------|--------------------------|---------|
| 1/9-3/20 (11)<br>Rm 201 | W | 4:30-5:25 pm<br>ID/AP: \$67 | 10-15 yrs<br>OD: \$83.75 | C032564 |
| 4/3-5/29 (9)<br>Rm 201  | W | 4:30-5:25 pm<br>ID/AP: \$55 | 10-15 yrs<br>OD: \$68.75 | C042564 |

### Teenfit, Strength & Conditioning

Improve endurance, strength, self-esteem and knowledge in this well-rounded program promoting an active lifestyle. Includes weight training and cardio conditioning in a positive and welcoming atmosphere with a focus on individual goals.

|                         |      |                              |                           |         |
|-------------------------|------|------------------------------|---------------------------|---------|
| 1/8-3/21 (11)<br>Rm 201 | T/Th | 4:30-5:25 pm<br>ID/AP: \$140 | 11-17 yrs<br>OD: \$175    | C032566 |
| 4/2-5/30 (9)<br>Rm 201  | T/Th | 4:30-5:25 pm<br>ID/AP: \$102 | 11-17 yrs<br>OD: \$127.50 | C042566 |

### Family Tennis

Come learn to play tennis with your child in this group class. Basic intro Level 1 class. **Parent participation required.** Register child only, cost includes one parent.

|                            |    |                           |                            |         |
|----------------------------|----|---------------------------|----------------------------|---------|
| 1/13-3/24 (11)<br>Gym-Ct B | Su | 12:15-1 pm<br>ID/AP: \$55 | 6 yrs-Adult<br>OD: \$68.75 | C032126 |
| 4/7-6/2 (7)<br>Gym-Ct B    | Su | 12:15-1 pm<br>ID/AP: \$45 | 6 yrs-Adult<br>OD: \$56.25 | C042126 |

### New Year, New You!

Join us to get tools and a plan to reach your fitness goals in the New Year and create lasting change!

|                    |           |           |              |         |
|--------------------|-----------|-----------|--------------|---------|
| 1/26 (1)<br>Rm 201 | S<br>Free | 2:30-4 pm | 15 yrs-Adult | C035501 |
|--------------------|-----------|-----------|--------------|---------|

## 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](http://www.thprd.org) for more information.

## Deluxe Pass Fitness Teen/Adult

To participate in any group fitness or yoga class, you can purchase daily admission or purchase a Deluxe Pass. See page 6 for pass information.

Updates are listed on our website at:  
[www.thprd.org/facilities/recreation/conestoga/schedule/fitness/#dropin](http://www.thprd.org/facilities/recreation/conestoga/schedule/fitness/#dropin).

For alternate facility hours, see page 99.

## 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.

**\$46.75 ID/ \$58.50 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.

**1 Session: \$52.75 ID/ \$66 OD**  
**3 Sessions: \$158.25 ID/ \$197.75 OD**  
**6 Sessions: \$316.50 ID/ \$395.75 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: \$39.50 ID/ \$49.50 OD**  
**3 Sessions: \$118.75 ID/ \$148.50 OD**  
**6 Sessions: \$237.50 ID/ \$297 OD**

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

## Family Yoga

**1st & 3rd Saturday of the month • 9:30-10:15 am**

In this class, we will focus on improving strength and flexibility. We will explore flowing sequences, balance poses, breathing exercises and visualization techniques. Cooperative yoga games and partner poses will encourage social interaction. This class is a wonderful opportunity for some family bonding time (price includes one child and one adult). Drop-in; no pre-registration required.

Agnes 3+                      \$7.75 ID    \$9.75 OD

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

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

To participate in any group fitness or yoga class you can purchase a daily admission fee or purchase a Deluxe Pass. See page 7 for more details or call the center at 503-629-6313.

### Fitness Class Descriptions

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

#### 20/20/20

This class offers equal parts of cardio, resistance, and stretch training to deliver a well-rounded workout that is motivated by music. This format features low-impact moves delivered with high intensity interval training to keep the heart rate up throughout the workout!

#### Adult Splash

Get a great workout with stroke development and swim conditioning and the support of a coach.

#### Body Blitz!

This high intensity cardio class is infused with interval training that your body will not forget, and you'll love the results!

**BODYPUMP™** This is the original barbell class that strengthens your entire body. Challenge all your major muscle groups by using weight-room exercises like squats, presses and lifts.

#### Barre

An energetic, workout that fuses dance, Pilates, and weights that will tone, define and chisel the whole body.

#### Cycle Sculpt

Using a combination of drills on and off the bike, we'll get your heart pounding and your muscles working. Wear athletic shoes.

#### Dig Deep (Water Fitness)

Focus on range-of-motion, stretching and moderate aerobic activity. Float belts provided.

#### Essentrics

Strengthen and stretch every muscle in the body eccentrically, rebalancing

the muscular structure in continuous rotational movements.

#### Family Yoga

Practice yoga as a family. All levels welcome. Children must be accompanied by an adult and be at least 3 yrs of age.

#### Flow Yoga

This dynamic style links breathing and movement helping to build strength, stamina and flexibility.

#### Low Impact-TBC (Total Body Conditioning)

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

#### Strong by Zumba®

Burn calories while toning arms, legs, abs and glutes. Plyometric or explosive moves like high knees and jumping jacks are interchanged with isometric moves like lunges, squats, and kickboxing.

#### Tai Chi I

For the beginning student. Class includes warm up and basic movements that build session to learn the Yang 24 form.

#### Tai Chi II

Learn Yang 24 form, Yang 40 form and 13 move Saber (wooden sabers provided). Not appropriate for beginners.

#### Total Body Conditioning

Challenge your entire body with this one of a kind work out. Each class consists of weights, cardio, core and stretching.

#### Yoga, All Levels

This yoga class is perfect for all levels. This well-rounded workout develops flexibility, core strength, balance and inner peace.

#### Yoga/Pilates/Joint Function

This class combines yoga, mat pilates and precise movements to improve joint function.

#### Yoga/Pilates/Focus

In addition to doing pilates and yoga moves, this class will incorporate an individual focus to improve on. Regular attendees are expected to work on their focus exercises outside of class.

#### Yoga/Pilates/Myofascial

In addition to pilates moves, this class will incorporate Sun Salutations, which is a flowing yoga sequence, and self-massage using a foam roller.

#### Zumba®

Are you ready to party yourself into shape? Forget the workout, just lose yourself in the music! Zumba® classes feature exotic rhythms set to high-energy Latin and international beats.

#### Zumba® Gold

Ditch the work out and join the party with this low impact program designed for beginners. This is a gentle version of Zumba®, slowed down to decrease impact and increase ability to learn the moves! All fitness levels welcome!

#### Zumba® Kids

Kids will develop a healthy lifestyle and incorporate fitness as a natural part of children's lives by making fitness fun.