

Garden Home Recreation Center



TUALATIN HILLS
PARK & RECREATION DISTRICT

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

TriMet Route #45

Facility Supervisor: Emily Kent

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

Spring Term: Apr. 1-June 16, 2019

Hours:

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

Facility Closed: 5/27

Modified Schedule: 1/1, 1/21, 2/18

Facility Features:

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

Patron Appreciation Week

Feb. 25-Mar. 1 • May 6-10

Facility Rentals

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

Special Events



Spring Egg Hunt

Saturday, Apr. 20 • 11 am

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

Adapted event indoor at 10 am for kids needing mobility support or who have sensory sensitivities.

\$8 ID/\$10 OD



Tumble Tots
Sept. 12-June 14
Tuesdays and
Thursdays
9-10:30 am



Indoor Play Park
Sept. 11-June 15
Mondays, Wednesdays
and Fridays
9:30-11:30 am

No program dates: 5/27
(subject to change). Drop-in rates apply.

See page 151 for Garden Home Recreation Center fitness information.

Licensed Preschools

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

Small Friends, Inc. - 503-388-2266

Funny Farm Early Learning Center, Inc.
503-245-3107

Head Start - 503-693-3262



503-245-9932 • www.wccls.org

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

Hours: Monday-Thursday, 9 am-8 pm
Friday, 9 am-6 pm • Saturday, 9 am-3 pm,
Sunday, 11 am-3 pm

Events:

Bubble Wrap Up the Year
Monday, Dec. 31 • 11 am-Noon

Free Swap
Saturday, Jan. 5 • 1-3 pm

Mindfulness Breath by Breath
Saturdays, 11 am-Noon
Dec. 8 • Jan. 12 • Feb. 9

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
for more information.

Garden Home Childcare Program

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 arts & crafts, creative play, fun books, puzzles and games, interactive toys and activities, snack and infant area.

On-site fee: ID \$4/hr; OD \$6/hr
Off-site fee: ID \$6/hr; OD \$7.50/hr

Mornings: Monday-Friday, 8:30 am-12:30 pm

Evenings: Monday-Friday, 5:15-8:30 pm

Weekends: Saturday, 9 am-Noon

Ages 6 weeks and older.

Parents may leave the premises.

West Portland Boxing Team

"Building champions of the heart, mind and body."

Participation is open to ages 8 to 35 years. Registration is \$65 annually. Monthly team dues are \$15, payable on the first of each month. Monthly dues for the non-contact class is \$20, or \$45 for three months.

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

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



The Discovery Club Afterschool Program

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

Available Schools

Fir Grove
Hayhurst
McKay
Montclair
Raleigh Hills
Raleigh Park
Vose
Whitford

Program Components

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

Tuition

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

Discovery Club (Grades K-5)

3-6 pm | \$300 per month, ID \$375 OD
Wednesday early release will be accommodated.

Enrollment for current, returning participants: May 1
Enrollment for siblings of current, returning participants: May 8
Open enrollment: May 22
Please call the center directly at 503-629-6341 for more information or to register.

Discovery Club No School Days

Bring the kids to Garden Home for a safe, fun-filled day playing games and doing arts & crafts, classroom activities and more. Kids will need to bring a drink and a sack lunch each day. Space is limited, so sign up early!

Date	Day	ID/AP	OD	Class #
1/21	M	\$55	\$68.75	DC121NSD
2/18	M	\$55	\$68.75	DC218NSD

Discovery Spring Break Camp

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

Register for the whole week:

3/25-3/29 (1) M-F 7:30 am-6 pm 5-13 yrs GH38208
Rm C ID/AP: \$280 OD: \$350

Or register by the day:

3/25 (1) M 7:30 am-6 pm 5-13 yrs GH38200
Rm A ID/AP: \$55 OD: \$68.75
3/26 (1) T 7:30 am-6 pm 5-13 yrs GH38201
Rm A ID/AP: \$60 OD: \$75
3/27 (1) W 7:30 am-6 pm 5-13 yrs GH38202
Rm A ID/AP: \$55 OD: \$68.75
3/28 (1) Th 7:30 am-6 pm 5-13 yrs GH38203
Rm A ID/AP: \$60 OD: \$75
3/29 (1) F 7:30 am-6 pm 5-13 yrs GH38204
Rm A ID/AP: \$55 OD: \$68.75

Please see page 5 for class observation guidelines.

Arts & Crafts - Preschool

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
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Preschool Exploration, Toddler Messy Art

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

Winter Term:

1/4-2/1 (5) F 10:15-11 am 1½-3 yrs GH35106
Rm 12 ID/AP: \$29 OD: \$36.25
2/15-3/22 (6) F 10:15-11 am 1½-3 yrs GH35107
Rm 12 ID/AP: \$35 OD: \$43.75

Spring Term:

4/5-5/3 (5) F 10:15-11 am 1½-3 yrs GH45106
Rm 12 ID/AP: \$29 OD: \$36.25
5/10-6/14 (6) F 10:15-11 am 1½-3 yrs GH45107
Rm 12 ID/AP: \$35 OD: \$43.75

Arts & Crafts - Youth

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

Let this class be your art outlet! Your art teacher will have a guided project for the day, including canvas, paper mache, decoupage, and more!

Winter Term:

1/17-3/21 (10) Th 3:45-4:45 pm 6-10 yrs GH34201A
Rm 12 ID/AP: \$78 OD: \$97.50

Spring Term:

4/2-6/4 (10) T 3:45-4:45 pm 6-10 yrs GH44201A
Rm 12 ID/AP: \$78 OD: \$97.50

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

Please see page 5 for class observation guidelines.

Arts & Crafts - Youth

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
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Paint on Canvas, Youth

With step-by-step instruction, you will paint and take home your own masterpiece! No painting experience necessary, all supplies are provided. A different theme each session. (Behnaz)

Winter Term:

1/21 (1) Rm 10	M	11:30 am-2 pm ID/AP: \$24	8-12 yrs OD: \$30	GH34202
3/1 (1) Rm 10	F	5:30-8 pm ID/AP: \$24	8-12 yrs OD: \$30	GH34203

Spring Term:

5/3 (1) Rm 10	F	5:30-8 pm ID/AP: \$24	8-12 yrs OD: \$30	GH44202
5/24 (1) Rm 10	F	5:30-8 pm ID/AP: \$24	8-12 yrs OD: \$30	GH44203

Arts & Crafts - Teen/Adult

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
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Paint on Canvas - Teen Night

With step-by-step instruction, you will paint and take home your own masterpiece! No painting experience necessary, all supplies are provided. A different theme each session. (Behnaz)

Winter Term:

1/21 (1) Rm 10	M	3-5:30 pm ID/AP: \$24	12-17 yrs OD: \$30	GH34300
3/8 (1) Rm 10	F	5:30-8 pm ID/AP: \$24	12-17 yrs OD: \$30	GH34301

Spring Term:

5/10 (1) Rm 10	F	5:30-8 pm ID/AP: \$24	12-17 yrs OD: \$30	GH44300
5/31 (1) Rm 10	F	5:30-8 pm ID/AP: \$24	12-17 yrs OD: \$30	GH44301

Clay With Me - Parent Child Clay Designs

Enjoy family interaction through clay creations of functional ceramic and artistic designs. Parent participation required. Cost includes one child and one adult. First creation to be kiln fired is free and included in class price, small firing fee for each item after. Childcare available.

Winter Term:

1/22-1/31 (2) Rm 10	T/Th	7-8:30 pm ID/AP: \$60	15 yrs-Adult OD: \$75	GH342011
2/19-2/28 (2) Rm 10	T/Th	7-8:30 pm ID/AP: \$60	15 yrs-Adult OD: \$75	GH342012

Spring Term:

4/16-4/25 (2) Rm 10	T/Th	7-8:30 pm ID/AP: \$60	15 yrs-Adult OD: \$75	GH44211
5/14-5/23 (2) Rm 10	T/Th	7-8:30 pm ID/AP: \$60	15 yrs-Adult OD: \$75	GH44212

Dance: What should I wear?

Girls: ballet slippers, leotard and tights preferred.

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

Dance - Preschool

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
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Daddy Daughter Ballet

This class is designed for daughters (and sons!) who want to do ballet with dad (uncles and grandpas welcome too!). **Adult participation required.** No unregistered siblings. Childcare available. No class 4/20, 5/18.

Winter Term:

1/5-3/16 (10) Rm 7	S	10:50-11:35 am ID/AP: \$60	2-4 yrs OD: \$75	GH31103B
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Spring Term:

4/6-6/8 (8) Rm 7	S	10:50-11:35 am ID/AP: \$48	2-4 yrs OD: \$60	GH41103B
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Dance Combo

Experience ballet, jazz, hip-hop, and creative movement all in one class. We will use props, move like animals and play games as we discover the joy of dance. Childcare available. No class 4/20, 5/18.

Winter Term:

1/12-3/16 (10) Rm 7	S	9-9:45 am ID/AP: \$65	3-5 yrs OD: \$81.25	GH31107B
1/12-3/16 (10) Rm 7	S	11:50 am-12:35 pm ID/AP: \$60	5-7 yrs OD: \$75	GH31107C

Spring Term:

4/6-6/8 (8) Rm 7	S	9-9:45 am ID/AP: \$48	3-5 yrs OD: \$60	GH41107B
4/6-6/8 (8) Rm 7	S	11:50 am-12:35 pm ID/AP: \$48	5-7 yrs OD: \$60	GH41107C

Dance With Me

Basic dance movements improve balance, coordination, and gross motor skill development. Focus on movement to music. We will use props to enhance the classroom experience and create a fun, always changing class. **Parent participation is required.** No unregistered siblings. Childcare available.

Winter Term:

1/9-3/20 (10) Rm 14	W	9:30-10:10 am ID/AP: \$60	2-3 yrs OD: \$75	GH31102A
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Spring Term:

4/3-5/29 (9) Rm 14	W	9:30-10:10 am ID/AP: \$52	2-3 yrs OD: \$65	GH41102A
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Gymnastics Dance

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

new

Winter Term:

1/9-3/20 (10) Rm 14	W	10:30-11:15 am ID/AP: \$65	3-5 yrs OD: \$81.25	GH31104
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Spring Term:

4/3-5/29 (9) Rm 14	W	10:30-11:15 am ID/AP: \$56	3-5 yrs OD: \$70	GH41104
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Fees: ID/AP = User is in-district or has paid an out-of-district assessment, OD = Out-of-district (no assessment paid)

Dance - Preschool

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
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Irish Dance Pre-K

This class focuses on the basics of Irish dancing for young dancers. Dancers learn to recognize rhythms, move and balance up on on toes, learn their left and right, and play dance games, all to wonderful Irish tunes! **Parent participation required.** No unregistered siblings.

Winter Term:

1/11-3/22 (10) Rm 14	F	9:45-10:25 am ID/AP: \$60	2-4 yrs OD: \$75	GH31117
1/11-3/22 (10) Rm 14	F	10:30-11:15 am ID/AP: \$65	3-5 yrs OD: \$81.25	GH31118

Spring Term:

4/5-6/7 (10) Rm 14	F	9:45-10:25 am ID/AP: \$56	2-4 yrs OD: \$70	GH41117
4/5-6/7 (10) Rm 14	F	10:30-11:15 am ID/AP: \$60	3-5 yrs OD: \$75	GH41118

Pre-Ballet

Introduces ballet fundamentals at the barre and in classical positions. Increase balance, coordination, flexibility and strength. Wear appropriate dance attire and bring ballet shoes. No class 4/20, 5/18.

Winter Term:

1/10-3/21 (11) Rm 14	Th	10:45-11:30 am ID/AP: \$65	3-5 yrs OD: \$81.25	GH31105
1/5-3/9 (10) Rm 8	S	11:15 am-Noon ID/AP: \$65	4-7 yrs OD: \$81.25	GH31106

Spring Term:

4/4-6/6 (10) Rm 14	Th	10:45-11:30 am ID/AP: \$60	3-5 yrs OD: \$75	GH41105
4/6-6/8 (8) Rm 8	S	11:15 am-Noon ID/AP: \$48	4-7 yrs OD: \$60	GH41106

Itty Bitty Ballerinas

Basic ballet movements improve balance, coordination, and gross motor skill development. We will use props to enhance the classroom experience and create a fun, always changing class. **Parent participation is required.** No unregistered siblings. Childcare available. No class 4/20, 5/18.

Winter Term:

1/5-3/15 (10) Rm 7	S	9:45-10:25 am ID/AP: \$60	2-3 yrs OD: \$75	GH31101B
1/5-3/15 (10) Rm 8	S	10:30-11:10 am ID/AP: \$60	2-3 yrs OD: \$75	GH31101C

Spring Term:

4/6-6/8 (8) Rm 7	S	9:45-10:25 am ID/AP: \$45	2-3 yrs OD: \$56.25	GH41101B
4/6-6/8 (8) Rm 8	S	10:30-11:10 am ID/AP: \$45	2-3 yrs OD: \$56.25	GH41101C

Youth Ballet

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

Winter Term:

1/9-3/20 (10) Rm 14	W	5-5:50 pm ID/AP: \$70	5-8 yrs OD: \$87.50	GH31205
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Spring Term:

4/3-5/29 (9) Rm 14	W	5-5:50 pm ID/AP: \$59	5-8 yrs OD: \$73.75	GH41205
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Dance - Preschool

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

A wonderful introduction to ballet steps and terminology. This class will teach children balance and poise while developing strength and coordination. No class 1/21, 2/18, 5/27.

Winter Term:

1/7-3/11 (8) Rm 14	M	5:15-6:15 pm ID/AP: \$70	5-8 yrs OD: \$87.50	GH31200
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Spring Term:

4/8-6/10 (9) Rm 14	M	5:15-6:15 pm ID/AP: \$67	5-8 yrs OD: \$83.75	GH41200
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Ballet, Level 2

This class is designed for students who are ready to advance. Must have had at least one session of ballet previously or permission of instructor to enroll. No class 4/20, 5/18.

Winter Term:

1/5-3/16 (10) Rm 14	S	10:55-11:40 am ID/AP: \$65	5-8 yrs OD: \$81.25	GH31201
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Spring Term:

4/6-6/8 (8) Rm 14	S	10:55-11:40 am ID/AP: \$48	5-8 yrs OD: \$60	GH41201
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Ballet/Tap

Sample two of the most fundamental dance forms in this fun class. No class 4/20, 5/18.

Winter Term:

1/5-3/16 (10) Rm 14	S	9-9:45 am ID/AP: \$65	3-5 yrs OD: \$81.25	GH31108A
1/5-3/16 (10) Rm 14	S	9:50-10:35 am ID/AP: \$65	4-7 yrs OD: \$81.25	GH31108B
1/5-3/16 (10) Rm 14	S	12:30-1:15 pm ID/AP: \$65	5-7 yrs OD: \$81.25	GH31108C

Spring Term:

4/6-6/8 (8) Rm 14	S	9-9:45 am ID/AP: \$48	3-5 yrs OD: \$60	GH41108A
4/6-6/8 (8) Rm 14	S	9:50-10:35 am ID/AP: \$48	4-7 yrs OD: \$60	GH41108B
4/6-6/8 (8) Rm 14	S	12:30-1:15 pm ID/AP: \$48	5-7 yrs OD: \$60	GH41108C

Dance - Youth

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

Experience ballet, jazz, hip-hop, and creative movement all in one class. We will use props, move like animals and play games.

Winter Term:

1/8-3/19 (10) Rm 14	T	5-5:50 pm ID/AP: \$70	4-7 yrs OD: \$85.70	GH31107A
1/10-3/14 (10) Rm 14	Th	10-10:40 am ID/AP: \$56	5-7 yrs OD: \$70	GH31107D

Spring Term:

4/2-6/4 (10) Rm 14	T	5-5:50 pm ID/AP: \$65	4-7 yrs OD: \$81.25	GH41107A
4/4-6/6 (10) Rm 14	Th	10-10:40 am ID/AP: \$56	5-7 yrs OD: \$70	GH41107D

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

Dance - Youth

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Irish Dance I				
Don't just admire those great Celtic dancers; strap on your dancing shoes and join the fun! Combines Irish soft-shoe and jig hard-shoe.				

Winter Term:				
1/10-3/21 (10) Rm 14	Th	4:15-5 pm ID/AP: \$65	6-14 yrs OD: \$81.25	GH31217
Spring Term:				
4/4-6/6 (10) Rm 14	Th	4:15-5 pm ID/AP: \$60	6-14 yrs OD: \$75	GH41217

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

Winter Term:				
1/10-3/21 (10) Rm 14	Th	5:05-6 pm ID/AP: \$75	8-14 yrs OD: \$93.75	GH31218
Spring Term:				
4/4-6/6 (10) Rm 14	Th	5:05-6 pm ID/AP: \$70	8-14 yrs OD: \$87.50	GH41218

Jazz/Hip-Hop				
Class will expose students to jazz and hip-hop dance techniques.				

Winter Term:				
1/9-3/20 (10) Rm 14	W	6:10-7 pm ID/AP: \$70	6-10 yrs OD: \$87.50	GH31232
Spring Term:				
4/3-5/29 (9) Rm 14	W	6:10-7 pm ID/AP: \$59	6-10 yrs OD: \$73.75	GH41232

Jazz Technique				
A basic introduction to jazz dance technique. No class 1/21, 2/18.				

Winter Term:				
1/7-3/18 (9) Rm 8	M	4-4:55 pm ID/AP: \$67	7-12 yrs OD: \$83.75	GH31234
Spring Term:				
4/1-5/20 (8) Rm 8	M	4-4:55 pm ID/AP: \$60	7-12 yrs OD: \$75	GH41234

Ballet/Tap/Jazz - "Beauty and the Beast"				
Fall under the spell with Belle, the Beast, Mrs. Potts and the enchanted furniture as we dance to our favorite tunes.				

Winter Term:				
1/8-3/19 (10) Rm 14	T	4-4:50 pm ID/AP: \$76	5-8 yrs OD: \$95	GH31230

Ballet/Tap/Jazz - "Annie"				
We'll learn routines to beloved songs like "Hard Knock Life" and "Never Fully Dressed Without a Smile."				

Spring Term:				
4/2-6/4 (10) Rm 14	T	4-4:50 pm ID/AP: \$72	5-8 yrs OD: \$90	GH41230

Dance - Youth

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Tap				
Class will expose students to jazz and hip-hop dance techniques. No class 4/20, 5/18.				

Winter Term:				
1/5-3/16 (10) Rm 14	S	11:45 am-12:30 pm ID/AP: \$65	7-12 yrs OD: \$81.25	GH31233
Spring Term:				
4/6-6/8 (8) Rm 14	S	11:45 am-12:30 pm ID/AP: \$48	7-12 yrs OD: \$60	GH41233

Dance - Teen/Adult

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Adult Ballet				
Challenge your mind and body in our beginner-friendly adult ballet class. This class is a fun vehicle for cardio conditioning, technique, flexibility and lower body strengthening. (Patricia)				

Winter Term:				
1/9-3/13 (10) Rm 14	W	11:30 am-1 pm ID/AP: \$103	Adult OD: \$128.75	GH31236
Spring Term:				
4/10-5/29 (8) Rm 14	W	11:30 am-1 pm ID/AP: \$103	Adult OD: \$128.75	GH41236

Adult Irish Dance				
Don't just admire those great Celtic dancers; strap on your dancing shoes!				

Winter Term:				
1/10-3/21 (11) Rm 7	Th	6-7 pm ID/AP: \$82	13 yrs-Adult OD: \$102.50	GH315119
Spring Term:				
4/4-6/6 (10) Rm 7	Th	6-7 pm ID/AP: \$75	13 yrs-Adult OD: \$93.75	GH415119

Beginning Israeli Folk Dancing for Adults				
Ever heard of a Yemenite step? What about a Turkazea? Learn these and more in a new, fun and energetic dance class. This class will include dances that are both modern to traditional, fast and slow. No experience necessary.				

Winter Term:				
1/8-3/19 (11) Rm 2	T	7:30-8:30 pm ID/AP: \$82	13 yrs-Adult OD: \$102.50	GH31521
Spring Term:				
4/2-6/4 (10) Rm 2	T	7:30-8:30 pm ID/AP: \$75 OD: \$93.75	13 yrs-Adult	GH41521

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

Winter Term:				
1/9-3/13 (10) Rm 2	W	8-9 pm ID/AP: \$75	Adult OD: \$93.75	GH31501
Spring Term:				
4/10-5/29 (8) Rm 2	W	8:05-9:05 pm ID/AP: \$60	Adult OD: \$75	GH41501

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

Dance - Teen/Adult

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Ballroom I, Waltz-Swing				
Learn the waltz, fox trot and swing. Whether you're planning a wedding or just love to dance, this class is for you! Cost is per person. No partner needed. Childcare available.				

Winter Term:

1/9-3/13 (10) W 6:45-7:45 pm **Adult** GH31500
Rm 2 ID/AP: \$75 OD: \$93.75

Spring Term:

4/10-5/29 (8) W 6:45-7:45 pm **Adult** GH41500
Rm 2 ID/AP: \$60 OD: \$75

Ballroom II, Latin/Waltz-Swing

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

Winter Term:

1/10-3/14 (10) Th 6:45-7:45 pm **Adult** GH31502
Rm 2 ID/AP: \$75 OD: \$93.75

1/10-3/14 (10) Th 8:15-9:15 pm **Adult** GH31503
Rm 2 ID/AP: \$75 OD: \$93.75

Spring Term:

4/11-5/30 (8) Th 6:45-7:45 pm **Adult** GH41502
Rm 2 ID/AP: \$60 OD: \$75

4/11-5/30 (8) Th 8:15-9:15 pm **Adult** GH41503
Rm 2 ID/AP: \$60 OD: \$75

Ballroom, Intermediate/Advanced

Variations in popular ballroom dances. Must have instructor permission to enroll. New Advanced students should call to get in touch with instructor. Cost is per person. No partner needed. No Class 1/21, 2/18, 5/27.

Winter Term:

1/7-3/11 (9) M 7-8:30 pm **Adult** GH31504
Rm 2 ID/AP: \$107 OD: \$133.75

Spring Term:

4/8-6/3 (8) M 7-8:30 pm **Adult** GH41504
Rm 2 ID/AP: \$102 OD: \$127.50

Belly Dance

Learn this popular ethnic dance style in an upbeat and fun all levels class. With a focus on classic hip isolation, we will shimmy to the rhythms of the Middle East. Ballet slippers and bare feet are both fine.

Winter Term:

1/10-3/14 (10) Th 6:15-7:30 pm **15 yrs-Adult** GH31505
Rm 14 ID/AP: \$89 OD: \$111.25

Spring Term:

4/11-6/6 (9) Th 6:15-7:30 pm **15 yrs-Adult** GH41505
Rm 14 ID/AP: \$80 OD: \$100

Line Dance for Beginners

No dance experience needed - and no partner either! Our goal is to work up a sweat and enjoy many types of music. Please wear smooth soled shoes. No class 1/21. (Barbara)

Winter Term:

1/7-3/18 (10) M 6:30-7:30 pm **14 yrs-Adult** GH31507A
Rm 14 ID/AP: \$75 OD: \$93.75

Spring Term:

4/1-5/20 (8) M 6:30-7:30 pm **14 yrs-Adult** GH41507A
Rm 14 ID/AP: \$60 OD: \$75

Dance - Teen/Adult

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Brush Up Your Tap				
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.				

Winter Term:

1/8-3/12 (10) T 6:15-7:15 pm **13 yrs-Adult** GH31510A
Rm 14 ID/AP: \$75 OD: \$93.75

Spring Term:

4/2-6/4 (10) T 6:15-7:15 pm **13 yrs-Adult** GH41510A
Rm 14 ID/AP: \$75 OD: \$93.75

Tap, Adult, Level 1

Shuffle off to Buffalo! Learn basic tap steps in this class designed for the brand new tapper.

Winter Term:

1/8-3/19 (10) T 8:25-9:10 pm **13 yrs-Adult** GH31512A
Rm 14 ID/AP: \$65 OD: \$81.25

Spring Term:

4/2-6/4 (10) T 8:25-9:10 pm **13 yrs-Adult** GH41512A
Rm 14 ID/AP: \$60 OD: \$75

Advanced Tap for Adults

Ready for a challenge? This class is for the advanced tapper ready to explore complex rhythms and fun choreography. Must have at least 3 years of tap or permission of instructor to register.

Winter Term:

1/8-3/19 (10) T 7:20-8:20 pm **13 yrs-Adult** GH31511
Rm 14 ID/AP: \$107 OD: \$133.75

Spring Term:

4/2-6/4 (10) T 7:20-8:20 pm **13 yrs-Adult** GH41511
Rm 14 ID/AP: \$100 OD: \$125

General Interest - Preschool

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Music for Infants and Toddlers				
Expose your child to a rich music environment and lay a foundation for future music instruction. Class teaches music with singing, rhythms, movement and props. Parent participation required. Price includes one parent and one child. No unregistered siblings.				

Winter Term:

1/4-2/8 (6) F 9-9:30 am **6 mths-3 yrs** GH35104
Rm 10 ID/AP: \$21 OD: \$26.25

2/15-3/22 (6) F 9-9:30 am **6 mths-3 yrs** GH35105
Rm 10 ID/AP: \$22 OD: \$27.50

Spring Term:

4/5-5/3 (5) F 9-9:30 am **6 mths-3 yrs** GH45104
Rm 12 ID/AP: \$18 OD: \$22.50

5/10-6/7 (5) F 9-9:30 am **6 mths-3 yrs** GH45105
Rm 12 ID/AP: \$18 OD: \$22.50

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

General Interest - Preschool

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Preschool Exploration, My First Preschool				
Our play-based preschool setting allows children to develop age-appropriate social skills while learning to follow a classroom routine. The morning provides time for free play, an art activity, language development, a large motor skill activity and snack. No class 1/21, 2/18, 5/27.				
Winter Term:				
1/7-2/4 (4) Rm 12	M	9-11 am ID/AP: \$65	2-3 yrs OD: \$81.25	GH35120
2/11-3/18 (6) Rm 12	M	9-11 am ID/AP: \$81	2-3 yrs OD: \$101.25	GH35121
1/8-2/5 (5) Rm 12	T	9-11 am ID/AP: \$81	2-3 yrs OD: \$101.25	GH35122
2/12-3/19 (6) Rm 12	T	9-11 am ID/AP: \$97	2-3 yrs OD: \$121.25	GH35123
1/9-2/6 (5) Rm 12	W	9-11 am ID/AP: \$81	2-3 yrs OD: \$101.25	GH35124
2/13-3/20 (6) Rm 12	W	9-11 am ID/AP: \$97	2-3 yrs OD: \$121.25	GH35125
1/10-2/7 (5) Rm 12	Th	9-11 am ID/AP: \$81	2-3 yrs OD: \$101.25	GH35126
2/14-3/21 (6) Rm 12	Th	9-11 am ID/AP: \$97	2-3 yrs OD: \$121.25	GH35127
Spring Term:				
4/1-4/29 (5) Rm 12	M	9-11 am ID/AP: \$80	2-3 yrs OD: \$100	GH45120
5/6-6/10 (5) Rm 12	M	9-11 am ID/AP: \$80	2-3 yrs OD: \$100	GH45121
4/2-4/30 (5) Rm 12	T	9-11 am ID/AP: \$80	2-3 yrs OD: \$100	GH45122
5/7-6/11 (6) Rm 12	T	9-11 am ID/AP: \$96	2-3 yrs OD: \$120	GH45123
4/3-5/1 (5) Rm 12	W	9-11 am ID/AP: \$80	2-3 yrs OD: \$100	GH45124
5/8-6/12 (5) Rm 12	W	9-11 am ID/AP: \$80	2-3 yrs OD: \$100	GH45125
4/4-5/2 (5) Rm 12	Th	9-11 am ID/AP: \$80	2-3 yrs OD: \$100	GH45126
5/9-6/13 (6) Rm 12	Th	9-11 am ID/AP: \$96	2-3 yrs OD: \$120	GH45127

Preschool Exploration, Gear Up for Learning

Our play-based preschool setting allows children to develop age-appropriate social skills while learning to follow a classroom routine. There will be a special emphasis on mastering colors, counting and ABCs. No class 1/21, 2/18, 5/27.

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Winter Term:				
1/7-2/4 (4) Rm 13	M	9-11:30 am ID/AP: \$79	3-5½ yrs OD: \$98.75	GH35110
2/11-3/18 (6) Rm 13	M	9-11:30 am ID/AP: \$98	3-5½ yrs OD: \$122.50	GH35111
1/8-2/5 (5) Rm 13	T	9-11:30 am ID/AP: \$98	3-5½ yrs OD: \$122.50	GH35112
2/12-3/19 (6) Rm 13	T	9-11:30 am ID/AP: \$118	3-5½ yrs OD: \$147.50	GH35113
1/9-2/6 (5) Rm 13	W	9-11:30 am ID/AP: \$98	3-5½ yrs OD: \$122.50	GH35114
2/13-3/20 (6) Rm 13	W	9-11:30 am ID/AP: \$118	3-5½ yrs OD: \$147.50	GH35115
1/10-2/7 (5) Rm 13	Th	9-11:30 am ID/AP: \$98	3-5½ yrs OD: \$122.50	GH35116

General Interest - Preschool

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Preschool Exploration, Gear Up for Learning (continued)				
2/14-3/21 (6) Rm 13	Th	9-11:30 am ID/AP: \$118	3-5½ yrs OD: \$147.50	GH35117
Spring Term:				
4/1-4/29 (5) Rm 13	M	9-11:30 am ID/AP: \$98	3-5½ yrs OD: \$122.50	GH45110
5/6-6/10 (5) Rm 13	M	9-11:30 am ID/AP: \$106	3-5½ yrs OD: \$132.50	GH45111
4/2-4/30 (5) Rm 13	T	9-11:30 am ID/AP: \$98	3-5½ yrs OD: \$122.50	GH45112
5/7-6/11 (6) Rm 13	T	9-11:30 am ID/AP: \$117	3-5½ yrs OD: \$146.25	GH45113
4/3-5/1 (5) Rm 13	W	9-11:30 am ID/AP: \$98	3-5½ yrs OD: \$122.50	GH45114
5/8-6/12 (5) Rm 13	W	9-11:30 am ID/AP: \$98	3-5½ yrs OD: \$122.50	GH45115
4/4-5/2 (5) Rm 13	Th	9-11:30 am ID/AP: \$98	3-5½ yrs OD: \$122.50	GH45116
5/9-6/13 (6) Rm 13	Th	9-11:30 am ID/AP: \$117	3-5½ yrs OD: \$146.25	GH45117

General Interest - Youth

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Children's Theater (Ages 5-8)				
Open the gates to enchantment and wonder while acting out your favorite children's story book. Young actors use their imagination while developing new creative abilities. No class 1/21, 2/18. (Charlotte)				
Winter Term:				
1/7-3/18 (10) Gym	M	4-5 pm ID/AP: \$68	5-8 yrs OD: \$85	GH35206A
Spring Term:				
4/1-5/20 (8) Gym	M	4-5 pm ID/AP: \$54	5-8 yrs OD: \$67.50	GH45206A

Fitness in the Park

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

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

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

General Interest - Youth

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
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Kid Cafe'

Join us for a variety of cooking and baking projects in our kitchen. Each week we will focus on a different theme that the kids will get to experiment with. Come hungry, you get to eat what you make. (Behnaz)

Winter Term:

1/17-2/14 (5) Kitchen	Th	5:30-6:30 pm ID/AP: \$50	3-5 yrs OD: \$62.50	GH35150A
2/21-3/21 (5) Kitchen	Th	5:30-6:30 pm ID/AP: \$50	3-5 yrs OD: \$62.50	GH35150B

Spring Term:

4/4-5/2 (5) Kitchen	Th	5:30-6:30 pm ID/AP: \$50	3-5 yrs OD: \$62.50	GH45150A
5/9-6/6 (5) Kitchen	Th	5:30-6:30 pm ID/AP: \$50	3-5 yrs OD: \$62.50	GH45150B

Kids in the Kitchen

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

Winter Term:

1/15-2/12 (5) Kitchen	T	3:30-5:30 pm ID/AP: \$64	6-9 yrs OD: \$80	GH35201
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Spring Term:

4/2-4/30 (5) Kitchen	T	3:30-5:30 pm ID/AP: \$64	6-9 yrs OD: \$80	GH45201
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Recipe Rock Stars

Each week prepare healthy foods and practice safe food preparation as you make and taste new dishes. Be sure and come hungry; you get to eat what you make. (Behnaz)

Winter Term:

2/19-3/19 (5) Kitchen	T	3:30-5:30 pm ID/AP: \$64	8-12 yrs OD: \$80	GH35202A
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Spring Term:

5/7-6/4 (5) Kitchen	T	3:30-5:30 pm ID/AP: \$64	8-12 yrs OD: \$80	GH45202A
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Silly Science

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

Winter Term:

1/11-3/15 (10) Rm 13	F	4-5 pm ID/AP: \$81	5-8 yrs OD: \$101.25	GH35203
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Spring Term:

4/5-6/7 (10) Rm 13	F	4-5 pm ID/AP: \$81	5-8 yrs OD: \$101.25	GH45203
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General Interest - Youth/Adult

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

Learn the skills necessary to play various styles including jazz, rock and classical music. Lots of time slots and days available! All levels welcome. (Tim)

Winter Term:

1/6-2/3 (5) Rm 10	Su	10:30-11 am ID/AP: \$220	9 yrs-Adult OD: \$275	GH35210A
2/10-3/10 (5) Rm 10	Su	10:30-11 am ID/AP: \$220	9 yrs-Adult OD: \$275	GH35210B
1/6-2/3 (5) Rm 10	Su	11-11:30 am ID/AP: \$220	9 yrs-Adult OD: \$275	GH35211A
2/10-3/10 (5) Rm 10	Su	11-11:30 am ID/AP: \$220	9 yrs-Adult OD: \$275	GH35211B
1/6-2/3 (5) Rm 10	Su	11:30 am-Noon ID/AP: \$220	9 yrs-Adult OD: \$275	GH35212A
2/10-3/10 (5) Rm 10	Su	11:30 am-Noon ID/AP: \$220	9 yrs-Adult OD: \$275	GH35212B
1/6-2/3 (5) Rm 10	Su	Noon-12:30 pm ID/AP: \$220	9 yrs-Adult OD: \$275	GH35213A
2/10-3/10 (5) Rm 10	Su	Noon-12:30 pm ID/AP: \$220	9 yrs-Adult OD: \$275	GH35213B
1/6-2/3 (5) Rm 10	Su	12:30-1 pm ID/AP: \$220	9 yrs-Adult OD: \$275	GH35214A
2/10-3/10 (5) Rm 10	Su	12:30-1 pm ID/AP: \$220	9 yrs-Adult OD: \$275	GH35214B
1/6-2/3 (5) Rm 10	Su	1-1:30 pm ID/AP: \$220	9 yrs-Adult OD: \$275	GH35215A
2/10-3/10 (5) Rm 10	Su	1-1:30 pm ID/AP: \$220	9 yrs-Adult OD: \$275	GH35215B
1/6-2/3 (5) Rm 10	Su	1:45-2:15 pm ID/AP: \$220	9 yrs-Adult OD: \$275	GH35216A
2/10-3/10 (5) Rm 10	Su	1:45-2:15 pm ID/AP: \$220	9 yrs-Adult OD: \$275	GH35216B
1/6-2/3 (5) Rm 10	Su	2:15-2:45 pm ID/AP: \$220	9 yrs-Adult OD: \$275	GH35217A
2/10-3/10 (5) Rm 10	Su	2:15-2:45 pm ID/AP: \$220	9 yrs-Adult OD: \$275	GH35217B
1/6-2/3 (5) Rm 10	Su	2:45-3:15 pm ID/AP: \$220	9 yrs-Adult OD: \$275	GH35218A
2/10-3/10 (5) Rm 10	Su	2:45-3:15 pm ID/AP: \$220	9 yrs-Adult OD: \$275	GH35218B

Spring Term:

3/31-4/28 (5) Rm 10	Su	10:30-11 am ID/AP: \$220	9 yrs-Adult OD: \$275	GH45210A
5/5-6/2 (4) Rm 10	Su	10:30-11 am ID/AP: \$176	9 yrs-Adult OD: \$220	GH45210B
3/31-4/28 (5) Rm 10	Su	11-11:30 am ID/AP: \$220	9 yrs-Adult OD: \$275	GH45211A
5/5-6/2 (4) Rm 10	Su	11-11:30 am ID/AP: \$176	9 yrs-Adult OD: \$220	GH45211B
3/31-4/28 (5) Rm 10	Su	11:30 am-Noon ID/AP: \$220	9 yrs-Adult OD: \$275	GH45212A
5/5-6/2 (4) Rm 10	Su	11:30 am-Noon ID/AP: \$176	9 yrs-Adult OD: \$220	GH45212B
3/31-4/28 (5) Rm 10	Su	Noon-12:30 pm ID/AP: \$220	9 yrs-Adult OD: \$275	GH45213A
5/5-6/2 (4) Rm 10	Su	Noon-12:30 pm ID/AP: \$176	9 yrs-Adult OD: \$220	GH45213B
3/31-4/28 (5) Rm 10	Su	12:30-1 pm ID/AP: \$220	9 yrs-Adult OD: \$275	GH45214A
5/5-6/2 (4) Rm 10	Su	12:30-1 pm ID/AP: \$176	9 yrs-Adult OD: \$220	GH45214B

Continued

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

General Interest - Youth/Adult

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Private Lessons, Drum Set/Percussion (continued)				
3/31-4/28 (5) Rm 10	Su	1-1:30 pm ID/AP: \$220	9 yrs-Adult OD: \$275	GH45215A
5/5-6/2 (4) Rm 10	Su	1-1:30 pm ID/AP: \$176	9 yrs-Adult OD: \$220	GH45215B
3/31-4/28 (5) Rm 10	Su	1:45-2:15 pm ID/AP: \$220	9 yrs-Adult OD: \$275	GH45216A
5/5-6/2 (4) Rm 10	Su	1:45-2:15 pm ID/AP: \$176	9 yrs-Adult OD: \$220	GH45216B
3/31-4/28 (5) Rm 10	Su	2:15-2:45 pm ID/AP: \$220	9 yrs-Adult OD: \$275	GH45217A
5/5-6/2 (4) Rm 10	Su	2:15-2:45 pm ID/AP: \$176	9 yrs-Adult OD: \$220	GH45217B
3/31-4/28 (5) Rm 10	Su	2:45-3:15 pm ID/AP: \$220	9 yrs-Adult OD: \$275	GH45218A
5/5-6/2 (4) Rm 10	Su	2:45-3:15 pm ID/AP: \$176	9 yrs-Adult OD: \$220	GH45218B

Private Lessons, Guitar

Private guitar lessons. Each student should supply their own guitar. \$10 materials fee due to instructor at first lesson for music book. No class 1/21, 2/18, 5/27. (Joel)

Winter Term:

1/7-2/11 (5) Rm 10	M	3:30-4 pm ID/AP: \$220	6 yrs-Adult OD: \$275	GH35287A
2/18-3/18 (5) Rm 10	M	3:30-4 pm ID/AP: \$220	6 yrs-Adult OD: \$275	GH35287B
1/7-2/11 (5) Rm 10	M	4-4:30 pm ID/AP: \$220	6 yrs-Adult OD: \$275	GH35288A
2/18-3/18 (5) Rm 10	M	4-4:30 pm ID/AP: \$220	6 yrs-Adult OD: \$275	GH35288B
1/7-2/11 (5) Rm 10	M	4:30-5 pm ID/AP: \$220	6 yrs-Adult OD: \$275	GH35289A
2/18-3/18 (5) Rm 10	M	4:30-5 pm ID/AP: \$220	6 yrs-Adult OD: \$275	GH35289B
1/7-2/11 (5) Rm 10	M	5-5:30 pm ID/AP: \$220	6 yrs-Adult OD: \$275	GH35290A
2/18-3/18 (5) Rm 10	M	5-5:30 pm ID/AP: \$220	6 yrs-Adult OD: \$275	GH35290B
1/7-2/11 (5) Rm 10	M	5:30-6 pm ID/AP: \$220	6 yrs-Adult OD: \$275	GH35291A
2/18-3/18 (5) Rm 10	M	5:30-6 pm ID/AP: \$220	6 yrs-Adult OD: \$275	GH35291B
1/7-2/11 (5) Rm 10	M	6:15-6:45 pm ID/AP: \$220	6 yrs-Adult OD: \$275	GH35292A
2/18-3/18 (5) Rm 10	M	6:15-6:45 pm ID/AP: \$220	6 yrs-Adult OD: \$275	GH35292B
1/7-2/11 (5) Rm 10	M	6:45-7:15 pm ID/AP: \$220	6 yrs-Adult OD: \$275	GH35293A
2/18-3/18 (5) Rm 10	M	6:45-7:15 pm ID/AP: \$220	6 yrs-Adult OD: \$275	GH35293B

Spring Term:

4/1-4/29 (5) Rm 10	M	3:30-4 pm ID/AP: \$220	6 yrs-Adult OD: \$275	GH45287A
5/6-6/3 (4) Rm 10	M	3:30-4 pm ID/AP: \$176	6 yrs-Adult OD: \$220	GH45287B
4/1-4/29 (5) Rm 10	M	4-4:30 pm ID/AP: \$220	6 yrs-Adult OD: \$275	GH45288A
5/6-6/3 (4) Rm 10	M	4-4:30 pm ID/AP: \$176	6 yrs-Adult OD: \$220	GH45288B

General Interest - Youth/Adult

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Private Lessons, Guitar (continued)				
4/1-4/29 (5) Rm 10	M	4:30-5 pm ID/AP: \$220	6 yrs-Adult OD: \$275	GH45289A
5/6-6/3 (4) Rm 10	M	4:30-5 pm ID/AP: \$176	6 yrs-Adult OD: \$220	GH45289B
4/1-4/29 (5) Rm 10	M	5-5:30 pm ID/AP: \$220	6 yrs-Adult OD: \$275	GH45290A
5/6-6/3 (4) Rm 10	M	5-5:30 pm ID/AP: \$176	6 yrs-Adult OD: \$220	GH45290B
4/1-4/29 (5) Rm 10	M	5:45-6:15 pm ID/AP: \$220	6 yrs-Adult OD: \$275	GH45291A
5/6-6/3 (4) Rm 10	M	5:45-6:15 pm ID/AP: \$176	6 yrs-Adult OD: \$220	GH45291B
4/1-4/29 (5) Rm 10	M	6:15-6:45 pm ID/AP: \$220	6 yrs-Adult OD: \$275	GH45292A
5/6-6/3 (4) Rm 10	M	6:15-6:45 pm ID/AP: \$176	6 yrs-Adult OD: \$220	GH45292B
4/1-4/29 (5) Rm 10	M	6:45-7:15 pm ID/AP: \$220	6 yrs-Adult OD: \$275	GH45293A
5/6-6/3 (4) Rm 10	M	6:45-7:15 pm ID/AP: \$176	6 yrs-Adult OD: \$220	GH45293B

Private Lessons, Piano

Learn fundamental skills such as note-reading and rhythm, or build on previous knowledge and improve your piano skills. Bring your own music books, if available. 6-yr-olds in first grade will be granted age exception. (Helle)

Winter Term:

1/8-2/5 (5) Rm 10	T	3:45-4:15 pm ID/AP: \$220	7 yrs-Adult OD: \$275	GH35250A
2/12-3/12 (5) Rm 10	T	3:45-4:15 pm ID/AP: \$220	7 yrs-Adult OD: \$275	GH35250B
1/8-2/5 (5) Rm 10	T	4:15-4:45 pm ID/AP: \$220	7 yrs-Adult OD: \$275	GH35251A
2/12-3/12 (5) Rm 10	T	4:15-4:45 pm ID/AP: \$220	7 yrs-Adult OD: \$275	GH35251B
1/8-2/5 (5) Rm 10	T	5:05-5:35 pm ID/AP: \$220	7 yrs-Adult OD: \$275	GH35252A
2/12-3/12 (5) Rm 10	T	5:05-5:35 pm ID/AP: \$220	7 yrs-Adult OD: \$275	GH35252B
1/8-2/5 (5) Rm 10	T	5:35-6:05 pm ID/AP: \$220	6 yrs-Adult OD: \$275	GH35253A
2/12-3/12 (5) Rm 10	T	5:35-6:05 pm ID/AP: \$220	6 yrs-Adult OD: \$275	GH35253B

Spring Term:

4/2-4/30 (5) Rm 10	T	3:45-4:15 pm ID/AP: \$220	7 yrs-Adult OD: \$275	GH45250A
5/7-6/4 (5) Rm 10	T	3:45-4:15 pm ID/AP: \$220	7 yrs-Adult OD: \$275	GH45250B
4/2-4/30 (5) Rm 10	T	4:15-4:45 pm ID/AP: \$220	7 yrs-Adult OD: \$275	GH45251A
5/7-6/4 (5) Rm 10	T	4:15-4:45 pm ID/AP: \$220	7 yrs-Adult OD: \$275	GH45251B
4/2-4/30 (5) Rm 10	T	5:05-5:35 pm ID/AP: \$220	7 yrs-Adult OD: \$275	GH45252A
5/7-6/4 (5) Rm 10	T	5:05-5:35 pm ID/AP: \$220	7 yrs-Adult OD: \$275	GH45252B
4/2-4/30 (5) Rm 10	T	5:35-6:05 pm ID/AP: \$220	6 yrs-Adult OD: \$275	GH45253A
5/7-6/4 (5) Rm 10	T	5:35-6:05 pm ID/AP: \$220	6 yrs-Adult OD: \$275	GH45253B

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

Garden Home Gymnastics

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

Gymnastics Program Notes

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

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

Gymnastics - Preschool

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

In this class they will be introduced to all four gymnastics events through fun obstacle courses and drills. They will focus on beginning gymnastics skills, flexibility, strength, following directions, and listening. No gymnastics experience is necessary. No class 1/21, 2/18, 5/27.

Winter Term:

1/7-3/11 (9) Rm 3	M	3:45-4:30 pm ID/AP: \$50	3-5 yrs OD: \$62.50	GH33109
1/7-3/11 (9) Rm 3	M	10:10:45 am ID/AP: \$50	3-5 yrs OD: \$62.50	GH33110
1/9-3/13 (10) Rm 3	W	11:15 am-Noon ID/AP: \$62	3-5 yrs OD: \$77.50	GH33111
1/10-3/14 (10) Rm 3	Th	3:45-4:30 pm ID/AP: \$62	3-5 yrs OD: \$77.50	GH33112
1/10-3/14 (10) Rm 3	Th	6-6:45 pm ID/AP: \$62	3-5 yrs OD: \$77.50	GH33113
1/11-3/15 (10) Rm 3	F	11-11:45 am ID/AP: \$62	3-5 yrs OD: \$77.50	GH33114
1/11-3/15 (10) Rm 3	F	3-3:45 pm ID/AP: \$62	3-5 yrs OD: \$77.50	GH33115
1/5-3/16 (10) Rm 3	S	9-9:45 am ID/AP: \$62	3-5 yrs OD: \$77.50	GH33116

Spring Term:

4/1-6/3 (9) Rm 3	M	3:45-4:30 pm ID/AP: \$56	3-5 yrs OD: \$70	GH43109
4/1-6/3 (9) Rm 3	M	10-10:45 am ID/AP: \$56	3-5 yrs OD: \$70	GH43110
4/3-5/29 (9) Rm 3	W	11:15 am-Noon ID/AP: \$56	3-5 yrs OD: \$70	GH43111
4/4-6/6 (10) Rm 3	Th	3:45-4:30 pm ID/AP: \$62	3-5 yrs OD: \$77.50	GH43112
4/4-6/6 (10) Rm 3	Th	6-6:45 pm ID/AP: \$62	3-5 yrs OD: \$77.50	GH43113
4/5-6/7 (10) Rm 3	F	11-11:45 am ID/AP: \$62	3-5 yrs OD: \$77.50	GH43114
4/5-6/7 (10) Rm 3	F	3-3:45 pm ID/AP: \$62	3-5 yrs OD: \$77.50	GH43115
4/6-6/8 (8) Rm 3	S	9-9:45 am ID/AP: \$50	3-5 yrs OD: \$62.50	GH43116

Gymnastics - Preschool

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
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Pre-gymnastics, 4-6 yrs

In this class our preschooler will be introduced to all four gymnastics events through fun obstacle courses and drills. They will focus on beginning gymnastics skills, flexibility, strength, following directions, and listening. No gymnastics experience is necessary. No class 1/21, 2/18, 3/9, 5/27.

Winter Term:

1/7-3/11 (9) Rm 3	M	11:05-11:50 am ID/AP: \$50	4-6 yrs OD: \$62.50	GH33117
1/8-3/12 (10) Rm 3	T	11-11:45 am ID/AP: \$62	4-6 yrs OD: \$77.50	GH33118
1/8-3/12 (10) Rm 3	T	6:55-7:40 pm ID/AP: \$62	4-6 yrs OD: \$77.50	GH33119
1/10-3/14 (10) Rm 3	Th	Noon-12:45 pm ID/AP: \$62	4-6 yrs OD: \$77.50	GH33120
1/11-3/15 (10) Rm 3	F	5-5:45 pm ID/AP: \$62	4-6 yrs OD: \$77.50	GH33122
1/5-3/16 (10) Rm 3	S	1:20-2:05 pm ID/AP: \$62	4-6 yrs OD: \$77.50	GH33123

Spring Term:

4/1-6/3 (9) Rm 3	M	11:05-11:50 am ID/AP: \$56	4-6 yrs OD: \$70	GH43117
4/2-6/4 (10) Rm 3	T	11-11:45 am ID/AP: \$62	4-6 yrs OD: \$77.50	GH43118
4/2-6/4 (10) Rm 3	T	6:55-7:40 pm ID/AP: \$62	4-6 yrs OD: \$77.50	GH43119
4/4-6/6 (10) Rm 3	Th	Noon-12:45 pm ID/AP: \$62	4-6 yrs OD: \$77.50	GH43120
4/5-6/7 (10) Rm 3	F	5-5:45 pm ID/AP: \$62	4-6 yrs OD: \$77.50	GH43122
4/6-6/8 (8) Rm 3	S	1:20-2:05 pm ID/AP: \$50	4-6 yrs OD: \$62.50	GH43123

Kid Fit

Help your child develop motor skills and increase body awareness and coordination through tumbling, climbing, balance and jumping. **Parent participation required and one parent/one child ratio.** No unregistered siblings; childcare available. No class 1/21, 2/18, 3/9, 5/27.

Winter Term:

1/7-3/11 (9) Rm 3	M	9:05-9:45 am ID/AP: \$46	2-3½ yrs OD: \$57.50	GH33100
1/8-3/12 (10) Rm 3	T	6-6:40 pm ID/AP: \$58	2-3½ yrs OD: \$72.50	GH33101
1/9-3/13 (10) Rm 3	W	9:15-9:55 am ID/AP: \$58	1½-2½ yrs OD: \$72.50	GH33102
1/9-3/13 (10) Rm 3	W	10:10-10:50 am ID/AP: \$58	2½-3½ yrs OD: \$72.50	GH33103
1/10-3/14 (10) Rm 3	Th	11-11:40 am ID/AP: \$58	2-3½ yrs OD: \$72.50	GH33104
1/10-3/14 (10) Rm 3	Th	2:30-3:10 pm ID/AP: \$58	2½-3½ yrs OD: \$72.50	GH33105
1/11-3/15 (10) Rm 3	F	10-10:40 am ID/AP: \$58	2½-3½ yrs OD: \$72.50	GH33106
1/5-3/16 (10) Rm 3	S	12:35-1:15 pm ID/AP: \$58	2-3½ yrs OD: \$72.50	GH33107
1/13-3/17 (10) Rm 3	Su	10:05-10:45 am ID/AP: \$58	2½-3½ yrs OD: \$72.50	GH33108

Spring Term:

4/1-6/3 (9) Rm 3	M	9:05-9:45 am ID/AP: \$52	2-3½ yrs OD: \$65	GH43100
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Fees: ID/AP = User is in-district or has paid an out-of-district assessment, OD = Out-of-district (no assessment paid)

Gymnastics - Preschool

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Kid Fit (continued)				
4/2-6/4 (10) Rm 3	T	6-6:40 pm ID/AP: \$58	2-3½ yrs OD: \$72.50	GH43101
4/3-5/29 (9) Rm 3	W	9:15-9:55 am ID/AP: \$52	1½-2½ yrs OD: \$65	GH43102
4/3-5/29 (9) Rm 3	W	10:10-10:50 am ID/AP: \$52	2½-3½ yrs OD: \$65	GH43103
4/4-6/6 (10) Rm 3	Th	11-11:40 am ID/AP: \$58	2-3½ yrs OD: \$72.50	GH43104
4/4-6/6 (10) Rm 3	Th	2:30-3:10 pm ID/AP: \$58	2½-3½ yrs OD: \$72.50	GH43105
4/5-6/7 (10) Rm 3	F	10-10:40 am ID/AP: \$58	2½-3½ yrs OD: \$72.50	GH43106
4/6-6/8 (8) Rm 3	S	12:35-1:15 pm ID/AP: \$46	2-3½ yrs OD: \$57.50	GH43107
4/7-6/9 (9) Rm 3	Su	10:05-10:45 am ID/AP: \$52	2½-3½ yrs OD: \$65	GH43108

Gymnastics - Youth

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Gymnastics, Level 1, 5-8 yrs				
Emphasis on strength and flexibility skills needed for gymnastics. The main skills introduced and required to move to Level 1.5 are forward and backward rolls, handstands, cartwheels and bridge. No class 1/21, 2/18, 3/9, 5/27.				
Winter Term:				
1/8-3/12 (10) Rm 3	T	3:30-4:30 pm ID/AP: \$77	5-8 yrs OD: \$96.25	GH33211
1/9-3/13 (10) Rm 3	W	2:15-3:15 pm ID/AP: \$77	5-8 yrs OD: \$96.25	GH33212
1/9-3/13 (10) Rm 3	W	4:45-5:45 pm ID/AP: \$77	5-8 yrs OD: \$96.25	GH33213
1/11-3/15 (10) Rm 3	F	Noon-1 pm ID/AP: \$77	5-8 yrs OD: \$96.25	GH33214
1/11-3/15 (10) Rm 3	F	3:55-4:55 pm ID/AP: \$77	5-8 yrs OD: \$96.25	GH33215
1/5-3/16 (10) Rm 3	S	2:30-3:30 pm ID/AP: \$77	5-8 yrs OD: \$96.25	GH33216
1/13-3/17 (10) Rm 3	Su	10:55-11:55 am ID/AP: \$77	5-8 yrs OD: \$96.25	GH33217
Spring Term:				
4/2-6/4 (10) Rm 3	T	3:30-4:30 pm ID/AP: \$77	5-8 yrs OD: \$96.25	GH43211
4/3-5/29 (9) Rm 3	W	2:15-3:15 pm ID/AP: \$69	5-8 yrs OD: \$86.25	GH43212
4/3-5/29 (9) Rm 3	W	4:45-5:45 pm ID/AP: \$69	5-8 yrs OD: \$86.25	GH43213
4/5-6/7 (10) Rm 3	F	Noon-1 pm ID/AP: \$77	5-8 yrs OD: \$96.25	GH43214
4/5-6/7 (10) Rm 3	F	3:55-4:55 pm ID/AP: \$77	5-8 yrs OD: \$96.25	GH43215
4/6-6/8 (8) Rm 3	S	2:30-3:30 pm ID/AP: \$62	5-8 yrs OD: \$77.50	GH43216
4/7-6/9 (9) Rm 3	Su	10:55-11:55 am ID/AP: \$69	5-8 yrs OD: \$86.25	GH43217



Gymnastics Performance Saturday, March 9

Register for the time slot that matches your child's level, regardless of the age group of the class you registered for this term. Please arrive 10 minutes before scheduled performance time. If time slot fills, please register for the waitlist; we will do our best to accommodate all waitlisted gymnasts. ID/AP: \$10 / OD: \$12.50 per participant. Registration required

Pre-Gym

3/9 (1)	S	9-9:45 am	3-6 yrs	GH33262A
3/9 (1)	S	10-10:30 am	3-6 yrs	GH33262B

Pre-Gym & L1, 4-6 yrs

3/9 (1)	S	1:30-2:10 pm	3½-6 yrs	GH33262G
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Boys Gymnastics & Level 1, 4-8 yrs

3/9 (1)	S	3-3:30 pm	4-8 yrs	GH33262I
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Levels 1 & 1.5

3/9 (1)	S	12:15-1 pm	6-13 yrs	GH33262E
3/9 (1)	S	2:15-3 pm	6-13 yrs	GH33262H

Level 1, 6-13 yrs

3/9 (1)	S	11:45 am-12:15 pm	6-13 yrs	GH33262D
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Level 1, 5-8 yrs

3/9 (1)	S	10:30-11 am	5-8 yrs	GH33262C
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Level 2/3

3/9 (1)	S	1-1:30 pm	6-13 yrs	GH33262F
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Gymnastics - Youth

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Gymnastics, Level 1, 6-13 yrs				
Emphasis on strength and flexibility skills needed. The main skills introduced are forward and backward rolls, handstands, cartwheels and bridge. No class 1/21, 2/18, 3/9, 5/27.				
Winter Term:				
1/7-3/11 (9) Rm 3	M	4:50-5:50 pm ID/AP: \$62	6-13 yrs OD: \$77.50	GH33218
1/8-3/12 (10) Rm 3	T	4:35-5:35 pm ID/AP: \$77	6-13 yrs OD: \$96.25	GH33219
1/5-3/6 (10) Rm 3	S	9:50-10:50 am ID/AP: \$77	6-13 yrs OD: \$96.25	GH33220

Continued

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

Gymnastics - Youth

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Gymnastics, Level 1, 6-13 yrs (continued)				
1/13-3/17 (10) Rm 3	Su	1:50-2:50 pm ID/AP: \$77	6-13 yrs OD: \$96.25	GH33221
Spring Term:				
4/1-6/3 (9) Rm 3	M	4:50-5:50 pm ID/AP: \$69	6-13 yrs OD: \$86.25	GH43218
4/2-6/4 (10) Rm 3	T	4:35-5:35 pm ID/AP: \$77	6-13 yrs OD: \$96.25	GH43219
4/6-6/8 (8) Rm 3	S	9:50-10:50 am ID/AP: \$62	6-13 yrs OD: \$77.50	GH43220
3/31-6/2 (9) Rm 3	Su	1:50-2:50 pm ID/AP: \$69	6-13 yrs OD: \$86.25	GH43221

Gymnastics, Level 1.5, 6-13 yrs

The focus will be on bridge kickovers, back bends, more advanced leaps and jumps, cartwheel variations, balance beam and uneven bars. Must pass a Level 1 class before registering. No class 1/21, 2/18, 3/9, 5/27.

Winter Term:				
1/9-3/13 (10) Rm 3	W	3:30-4:30 pm ID/AP: \$77	6-13 yrs OD: \$96.25	GH33252
1/10-3/14 (10) Rm 3	Th	4:35-5:35 pm ID/AP: \$77	6-13 yrs OD: \$96.25	GH33253
1/5-3/16 (10) Rm 3	S	11:15 am-12:15 pm ID/AP: \$77	6-13 yrs OD: \$96.25	GH33254
1/13-3/17 (10) Rm 3	Su	2:55-3:55 pm ID/AP: \$77	6-13 yrs OD: \$96.25	GH33255
Spring Term:				
4/3-5/29 (9) Rm 3	W	3:30-4:30 pm ID/AP: \$69	6-13 yrs OD: \$86.25	GH43252
4/4-6/6 (10) Rm 3	Th	4:35-5:35 pm ID/AP: \$77	6-13 yrs OD: \$96.25	GH43253
4/6-6/8 (8) Rm 3	S	11:15 am-12:15 pm ID/AP: \$62	6-13 yrs OD: \$77.50	GH43254
3/31-6/2 (9) Rm 3	Su	2:55-3:55 pm ID/AP: \$73	6-13 yrs OD: \$91.25	GH43255

Gymnastics, Level 1/1.5 6-13 yrs

Emphasis on strength and flexibility skills needed for gymnastics. The main skills introduced and required to move to Level 1.5 are forward and backward rolls, handstands, cartwheels and bridge. (Lindsay)

Winter Term:				
1/11-3/15 (10) Rm 3	F	6:10-7:10 pm ID/AP: \$77	6-13 yrs OD: \$96.25	GH33222
Spring Term:				
4/5-6/7 (10) Rm 3	F	6:10-7:10 pm ID/AP: \$77	6-13 yrs OD: \$96.25	GH43222

Are you interested in becoming a certified fitness instructor?

Please contact our Fitness Specialist to learn more:
Jen Smirl, jsmirl@thprd.org.

Gymnastics - Youth

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Gymnastics, Level 2				
Must have a bridge kickover on the floor, pullover and back hip circle on the bars and handstand on the low beam. Tumbling is more advanced with a focus on round-offs and prep work for walkovers and handsprings. Must pass a Level 1.5 class before registering for Level 2.				
Winter Term:				
1/9-3/13 (10) Rm 3	W	6-7:30 pm ID/AP: \$142	6-13 yrs OD: \$177.50	GH33256
1/10-3/14 (10) Rm 3	Th	7-8:30 pm ID/AP: \$142	6-13 yrs OD: \$177.50	GH33257
Spring Term:				
4/3-5/29 (9) Rm 3	W	6-7:30 pm ID/AP: \$128	6-13 yrs OD: \$160	GH43256
4/4-6/6 (10) Rm 3	Th	7-8:30 pm ID/AP: \$142	6-13 yrs OD: \$177.50	GH43257

Gymnastics, Level 2/3

Class will develop skills needed for level 2 & 3. Must pass a Level 1.5 class before registering. (Presley)

Winter Term:				
1/7-3/11 (9) Rm 3	M	6-7 pm ID/AP: \$62	6-13 yrs OD: \$77.50	GH33250
1/13-3/17 (10) Rm 3	Su	Noon-1:30 pm ID/AP: \$142	6-13 yrs OD: \$177.50	GH33258
Spring Term:				
4/1-6/3 (9) Rm 3	M	6-7 pm ID/AP: \$69	6-13 yrs OD: \$86.25	GH43250
3/31-6/2 (9) Rm 3	Su	Noon-1:30 pm ID/AP: \$128	6-13 yrs OD: \$160	GH43258

Gymnastics - Adult

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Adult Gymnastics for Beginners				
Have the opportunity to develop strength, balance, and endurance in this class designed for beginners. Various gymnastics apparatuses will be used including the balance beam, vault, floor, and rings. (Hannah)				
Winter Term:				
1/9-3/13 (10) Rm 3	W	7:45-9 pm ID/AP: \$92	Adult OD: \$115	GH33401
Spring Term:				
4/3-5/29 (9) Rm 3	W	7:45-9 pm ID/AP: \$83	Adult OD: \$103.75	GH43401

June 8, 2019



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

Visit www.thprd.org for more information

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

Special Event

Spring Egg Hunt

**Saturday, April 20
11 am**

**Join us as we
celebrate Spring!**



Come rain or shine, bring your baskets to load up on colorful eggs and fun surprises. Pre-registration helps determine supply needs and is strongly encouraged. Parent participation for 3-year olds is optional based on the time you register for. Please arrive 30 minutes ahead of your scheduled time for check-in, pictures with the Easter Bunny, and more!

11-11:10 am	4-6 yrs	GH36100A	ID/AP: \$8	OD: \$10
11:15-11:25 am	1 yr-2 yrs	GH36100B	ID/AP: \$8	OD: \$10
11:30-11:40 am	3-4 yrs	GH36100C	ID/AP: \$8	OD: \$10
11:45-11:55 am	2-3 yrs	GH36100D	ID/AP: \$8	OD: \$10
12-12:30 pm	7-10 yrs	GH36100E	ID/AP: \$8	OD: \$10
10-10:15 am for kids with mobility needs and sensory sensitivities.				
GH36100	ID/AP: \$8	OD: \$10		

Special Events

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
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Adult Events: Bingo Night!

Jump on the Bingo Bandwagon at Garden Home Recreation Center! RSVP for free and pay cash at the door. Each single-use play card is \$1. Beer, wine, and food will also be available for purchase.

Winter Term:				
3/1 (1)	F	6:30-8:30 pm	Adult	GH36400
Spring Term:				
5/3 (1)	F	6:30-8:30 pm	Adult	GH46400

Planning Your Spring Garden

Enjoy mimosas and a light brunch while you learn about planning your spring garden. Light snacks and your first mimosa are included in the price.

Spring Term:				
4/27 (1) Rm 10	S	11 am-1:30 pm ID/AP: \$36	Adults OD: \$45	GH46401

Pottery Paint & Glaze Night (Ages 21 +)

Enjoy a glass of beer or wine while you paint or glaze pottery with friends. With step by step instruction, you will create and take home your own masterpiece! No pottery experience necessary. Your first glass of beer or wine, light snacks, and all pottery supplies are included in the price.

2/1 (1) Rm 10	F	6:30-8 pm ID/AP: \$24	Adult OD: \$30	GH36401
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Sports & Fitness - Preschool

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

Learn the fundamentals of the game - dribbling, passing and shooting. No class 3/9.

Winter Term:

1/9-3/13 (10) Gym	W	4:30-5:15 pm ID/AP: \$45	3-5 yrs OD: \$56.25	GH32104
1/12-3/16 (10) Gym	S	9:40-10:25 am ID/AP: \$41	3-5 yrs OD: \$51.25	GH32106

Spring Term:

4/3-5/29 (9) Gym	W	4:30-5:15 pm ID/AP: \$41	3-5 yrs OD: \$51.25	GH42104
4/6-6/8 (8) Gym	S	9:40-10:25 am ID/AP: \$36	3-5 yrs OD: \$45	GH42106

Taekwondo, Little Dragons

Introduction to Taekwondo, including vocabulary, philosophy and self-defense skills. No class 1/21, 2/18, 5/27.

Winter Term:

1/7-3/11 (9) Rm 7	M	3:30-4 pm ID/AP: \$38	3-5 yrs OD: \$47.50	GH32110
1/8-3/12 (10) Rm 7	T	3:10-3:40 pm ID/AP: \$42	3-5 yrs OD: \$52.50	GH32111
1/8-3/12 (10) Rm 7	T	3:30-4 pm ID/AP: \$37	3-5 yrs OD: \$46.25	GH32112
1/9-3/13 (10) Rm 7	W	3:30-4 pm ID/AP: \$42	3-5 yrs OD: \$52.50	GH32113
1/10-3/14 (10) Rm 7	Th	3:30-3 pm ID/AP: \$42	3-5 yrs OD: \$52.50	GH32114
1/10-3/14 (10) Rm 7	Th	3:30-4 pm ID/AP: \$42	3-5 yrs OD: \$52.50	GH32115

Spring Term:

4/1-6/3 (9) Rm 7	M	3:30-4 pm ID/AP: \$38	3-5 yrs OD: \$47.50	GH42110
4/2-6/4 (10) Rm 7	T	3:10-3:40 pm ID/AP: \$42	3-5 yrs OD: \$52.50	GH42111
4/2-6/4 (10) Rm 7	T	3:30-4 pm ID/AP: \$42	3-5 yrs OD: \$52.50	GH42112
4/3-5/29 (9) Rm 7	W	3:30-4 pm ID/AP: \$38	3-5 yrs OD: \$47.50	GH42113
4/4-6/6 (10) Rm 7	Th	3:30-3 pm ID/AP: \$42	3-5 yrs OD: \$52.50	GH42114
4/4-6/6 (10) Rm 7	Th	3:30-4 pm ID/AP: \$42	3-5 yrs OD: \$52.50	GH42115

Tiny Tot Sports

A fun and active class for kids and parents. Encourages large motor skills development as we play group games, basketball, soccer and more. **Parent participation required.** No class 3/9.

Winter Term:

1/12-3/16 (10) Gym	S	9-9:30 am ID/AP: \$27	2½-4 yrs OD: \$33.75	GH32103
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Spring Term:

4/6-6/8 (8) Gym	S	9-9:30 am ID/AP: \$24	2½-4 yrs OD: \$30	GH42103
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Fees: ID/AP = User is in-district or has paid an out-of-district assessment, OD = Out-of-district (no assessment paid)

Sports & Fitness - Youth/Teen

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

Athletes will focus on teamwork, fair play, drills, dribbling, shooting and scrimmages in a fun and encouraging atmosphere. No class 3/9.

Winter Term:

1/12-3/16 (10) Gym	S	11:45 am-12:45 pm ID/AP: \$54	6½-9 yrs OD: \$67.50	GH32202
1/13-3/17 (10) Gym	Su	9:15-10:15 am ID/AP: \$61	6½-9 yrs OD: \$76.25	GH32201

Spring Term:

4/6-6/8 (8) Gym	S	11:45 am-12:45 pm ID/AP: \$48	6½-9 yrs OD: \$60	GH42202
3/31-6/2 (9) Gym	Su	9:15-10:15 am ID/AP: \$54	6½-9 yrs OD: \$67.50	GH42201

Cheer Conditioning

Teens will have the opportunity to perfect their cheerleading skills. This class helps prepare athletes for tryouts with emphasis on jumps, tumbling, stunting drills, flexibility and basic conditioning. No class 5/27.

Spring Term:

4/1-6/3 (9) Rm 3	M	7-8:30 pm ID/AP: \$96	11-16 yrs OD: \$120	GH43303
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Soccer Skills & Scrimmages

Athletes will focus on teamwork, fair play, drills, dribbling and scrimmages in a fun and encouraging atmosphere.

Winter Term:

1/5-3/9 (10) Gym	S	10:45-11:45 am ID/AP: \$61	6-9 yrs OD: \$76.25	GH32203
1/13-3/17 (10) Gym	Su	10:45-11:45 am ID/AP: \$61	6-9 yrs OD: \$76.25	GH32204

Spring Term:

4/6-6/8 (8) Gym	S	10:45-11:45 am ID/AP: \$48	6-9 yrs OD: \$60	GH42203
3/31-6/2 (9) Gym	Su	10:45-11:45 am ID/AP: \$54	6-9 yrs OD: \$67.50	GH42204

Taekwondo, White Tigers

Introduction to Taekwondo, including vocabulary, philosophy and self-defense skills. Promotes confidence and discipline in a safe, fun environment. No class 1/21, 2/18, 5/27.

Winter Term:

1/7-3/11 (9) Rm 7	M	4-5 pm ID/AP: \$61	6-14 yrs OD: \$76.25	GH32210A
1/8-3/12 (10) Rm 7	T	4-5 pm ID/AP: \$68	6-14 yrs OD: \$85	GH32211
1/9-3/13 (10) Rm 7	W	4-5 pm ID/AP: \$68	6-14 yrs OD: \$85	GH32214
1/10-3/14 (10) Rm 7	Th	4-5 pm ID/AP: \$68	6-14 yrs OD: \$85	GH32215

Spring Term:

4/1-6/3 (9) Rm 7	M	4-5 pm ID/AP: \$61	6-14 yrs OD: \$76.25	GH42210
4/2-6/4 (10) Rm 7	T	4-5 pm ID/AP: \$68	6-14 yrs OD: \$85	GH42211
4/3-5/29 (9) Rm 7	W	4-5 pm ID/AP: \$61	6-14 yrs OD: \$76.25	GH42214
4/4-6/6 (10) Rm 7	Th	4-5 pm ID/AP: \$68	6-14 yrs OD: \$85	GH42215

Sports & Fitness - Youth/Adult

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

An introduction to recreational archery learning techniques and safety. A \$36 lab fee is payable to the instructor on the first night. Held at: Archers Afield, 11945 SW Pacific Hwy., Ste #121, Tigard, OR 97223, 503-639-3553. Tigard Plaza Shopping Center, lower level, corner of Hall & Hwy 99.

Winter Term:

1/7-1/28 (4)	M	6:30-7:30 pm	7 yrs-Adult	GH32220A
2/4-2/25 (4)	M	6:30-7:30 pm	7 yrs-Adult	GH32220B
1/12-2/2 (4)	S	10:30-11:30 am	7 yrs-Adult	GH32221A
2/9-3/2 (4) Off-site	S	10:30-11:30 am ID/AP: \$15	7 yrs-Adult OD: \$18.75	GH32221B

Spring Term:

4/1-4/22 (4)	M	6:30-7:30 pm	7 yrs-Adult	GH42220A
4/29-5/20 (4)	M	6:30-7:30 pm	7 yrs-Adult	GH42220B
4/6-4/27 (4)	S	10:30-11:30 am	7 yrs-Adult	GH42221A
5/4-5/25 (4) Off-site	S	10:30-11:30 am ID/AP: \$15	7 yrs-Adult OD: \$18.75	GH42221B

Taekwondo

Introduction to Taekwondo, including vocabulary, philosophy and self-defense skills. Promotes confidence and discipline in a safe, fun environment. No class 1/21, 2/18, 5/27.

Winter Term:

1/8-3/12 (10) Rm 7	T	5:15-6:15 pm ID/AP: \$68	6 yrs-Adult OD: \$85	GH32213
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Spring Term:

4/2-6/4 (10) Rm 7	T	5:15-6:15 pm ID/AP: \$68	6 yrs-Adult OD: \$85	GH42213
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Tai Chi, 24-Gesture

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

Winter Term:

1/8-3/19 (11) Rm 7	T	6:45-7:45 pm ID/AP: \$79	16 yrs-Adult OD: \$98.75	GH32590
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Spring Term:

4/2-6/11 (11) Rm 7	T	6:45-7:45 pm ID/AP: \$61	16 yrs-Adult OD: \$76.25	GH42590
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Fees: ID/AP = User is in-district or has paid an out-of-district assessment, OD = Out-of-district (no assessment paid)

Weight/Cardio Room

Weight Room Orientation

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

\$48.50 ID/ \$60.75 OD

Personal Training

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

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

Buddy Training

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

1 Session: \$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.

Fitness Class Descriptions

Barre

Barre is an energetic workout that fuses dance, Pilates and light weights to tone, define and chisel the whole body!

Beginner Aerobics

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

Butz & Gutz

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

BODYPUMP™

The original barbell class that strengthens your entire body. This workout challenges all your major muscle groups with great music and incredible instructors!

Candlelight Yoga

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

Cardio, Circuit, Strength

Get a great workout with a circuit style class incorporating stability balls, dumbbells and more!

HIIT

HIIT (High Intensity Interval

Training) is a cardiovascular exercise class alternating short periods of intense anaerobic exercise with less intense recovery periods. This class will finish with core work and stretching.

Low Impact Aerobics

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

Pilates

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

POP Pilates®

POP Pilates® is an incredible fusion of ab-chiseling and total body defining moves choreographed to upbeat pop songs. This intense, mat-based workout challenges students to rhythmically flow from one exercise to the next, developing a rock solid core while leaving no muscle untouched.

Restorative Yoga

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

Silver Sneakers Classic®

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

Stretch, Core & More

This class focuses on gentle stretching, balance moves and gentle core work to get your day started off right!

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 (24 Gesture)

This class is for beginners and uses traditional moves from the Yang style. This short form enables participants to appreciate the essential principals of tai chi – effortless movement, relaxation, and mindful awareness.

Tai Chi for Better Balance (8 Gesture)

This is a safe, gentle exercise program designed to bring mind and body into harmony. Using fluid, slow movements, students will learn to breathe deeply, to move more smoothly with awareness, and to develop a keener sense of balance.

Yoga, Level I

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

Yoga, Level I/II

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

Yoga, Strength & Conditioning

Have fun, get strong, improve your yoga, improve your life! Yogi or not, all are welcome. Principles of alignment and breath work are integrated into this balance, strength and flexibility enhancing workout.

Yoga for Everybody

Yoga is not athleticism, yoga is breath. Yoga for Everybody encourages your breathing practice to grow and grow. Come reach your personal potential with our yoga group!

Zumba®

This a fusion of Latin and International music/dance themes that create a dynamic, exciting, and based on the principle that a workout should be fun and easy to do.