

Nature & Trails



TUALATIN HILLS
PARK & RECREATION DISTRICT

Nature & Trails Department
Fanno Creek Service Center
6220 SW 112th Avenue
Beaverton, OR 97008
503-629-6350

Bruce Barbarasch
Nature & Trails Manager

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

Walk with Me

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

Visit www.thprd.org for more information.

THPRD's Public Art Collection

Did you know that THPRD has nearly a dozen public art installations? The newest of them is along the Fanno Creek Trail near SW 86th Ave. Local artists David Boekelheide and Christina Conant have created *Undercurrent*, an artwork that explores the topography of the Fanno Creek area.

All of our art projects can be found on a new map and webpage at www.thprd.org/art.



THPRDNature



THPRDNature



Visit Cooper Mountain Nature Park

18892 SW Kemmer Rd., Beaverton, OR 97007

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

Visit Tualatin Hills Nature Park

15655 SW Millikan Way, Beaverton, OR 97003

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

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

Nature Programs



TUALATIN HILLS
PARK & RECREATION DISTRICT

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

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

Interpretive Programs Supervisor: Kristin Smith

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

Spring Term: Apr. 1-June 16, 2019

Park Hours: Dawn until dusk, unless otherwise posted.

Nature Center Hours:

Monday - Friday: 8:30 am-5 pm

Saturday - Sunday: 9 am-5 pm*

*The Nature Center closes at 4 pm on Saturday and Sunday, Nov. 1 through Jan. 31.

Holiday Closures: Call the Nature Center for hours and information.

Nature Center offers:

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

Volunteer with Nature & Trails

The best way to help protect the natural resources in our community is to get involved. The Nature & Trails Department provides a variety of volunteer opportunities in stewardship and education programs that support local natural areas. If you are interested in volunteering, contact Melissa Marcum at 503-619-3941 or mmarcum@thprd.org.

Upcoming Wildlife Habitat Restoration Projects

Help out with trail work or our ongoing habitat restoration efforts at a number of parks throughout the district. Check out available projects and sign up at <http://www.thprd.org/activities/nature/volunteer/park-improvement>.

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

Registration for programs at Cooper Mountain Nature Park

Out-of-district patrons are able to register for programs at Cooper Mountain Nature Park at the in-district fee rate. You will need to acquire a THPRD residency card, at no extra charge, before registration begins. Cooper Mountain program registration for both in-district and out-of-district patrons will begin Saturday, December 8 for winter term and Saturday, March 2 for spring term. Please see page 5 for more information. **This special out-of-district fee exemption is only valid for programs at Cooper Mountain Nature Park.**

Nature Store

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



Facility Rentals

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



THPRDNature



THPRDNature

Group Nature Programs: All Ages

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

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



School Nature Programs: K-12

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

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

Scouts in Nature

Girl Scouts

Daisies, Brownies and Juniors

A visit to a park is a great activity for your troop to do as part of a regular meeting or as an extra activity. Whether self-guided or led by one of our naturalists, girls can work towards earning their petals, badges or journeys through nature exploration. Our experienced staff will focus guided hikes and hands-on activities to meet your troop's needs.

Brownies and Juniors: Citizen Science Journey Workshop

new

Get started on your Citizen Science Journey with a guided naturalist from the Nature Center. Sharpen your five senses and observation skills, create your field journal and get started on data collection! You will be ready to start entering your findings on a citizen science website to contribute to scientific research.

3/16 **S** **10 am-Noon** **7-11 yrs** **NP35170**
Tualatin Hills Nature Center ID/AP: \$14 OD: \$17.50

NOTE: If your troop can't make this date, give us a call and we can set up a group Outdoor Art Creator and Explorer Badge program that works with your schedule.

Boy Scouts

Badge Programs

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

Nature Birthday Parties: Ages 3-12 yrs

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

Locations: Cooper Mountain Nature House, Tualatin Hills Nature Center, and your neighborhood THPRD park.

Special Events

Spring Native Plant Sale
Saturday, April 27
10 am-2 pm

Visit our Native Plant Sale and Resource Fair where you'll be able to purchase a wide variety of native shrubs and flowering plants. Our knowledgeable staff and volunteers will answer your questions and help you choose the right plant for every place in your garden. Browse our resource fair to talk with community partners and volunteers and learn about this year's theme, Water Wise! Discover the benefits of using water wisely, how native plants needs less water once established and what plants are specifically drought resistant. Friends of the Tualatin Hills Nature Park sponsor the event with proceeds going toward future park improvements and environmental education programs.

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



Preschool Open House
Saturday, Jan. 26 • 10 am-noon

The Tualatin Hills Nature Center will host an open house for anyone interested in learning about Nature Kids Preschool for the 2019-2020 school year, and companion preschool programs offered throughout the year. Stop in to meet the teachers, experience the programs and ask questions. Children are welcome.

Registration opens Wednesday, Feb. 6, 2019.



Nature Kids Preschool

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

Nature Kids, Ages 3-4

\$172 per month (2018-19 school year)

Chipmunks at Nature Center	T/Th	9-11:30 am
Hummingbirds at Cooper Mountain	T/Th	9-11:30 am

Nature Kids, Ages 4-5

\$259 per month (2018-19 school year)

Ladybugs at Nature Center	M/W/F	9 am-noon
Owls at Nature Center	M/W/F	1-4 pm
Dragonflies at Cooper Mountain	M/W/F	9 am-noon

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

Nature Studies - Preschool

Dates (Weeks) Location	Day	Time	Class Code OD
---------------------------	-----	------	------------------

Knee-high Naturalists

Get outside, meet other families, and explore the wildlife in our local parks on these nature adventures. Each program meets at a different location. Price is per family. **Parent participation required.** (Elaine)

Winter Term:

Tualatin Hills Nature Park

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

3/9	S	10-11 am	2-5 yrs ID/AP: \$8	NP35101 OD: \$10
-----	---	----------	-----------------------	---------------------

Tualatin Hills Nature Park

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

3/14	Th	10-11 am	2-5 yrs ID/AP: \$8	NP35102 OD: \$10
------	----	----------	-----------------------	---------------------

Spring Term:

Camille Park

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

4/13	S	10-11 am	2-5 yrs ID/AP: \$8	NP45101 OD: \$10
------	---	----------	-----------------------	---------------------

Jenkins Estate

Enter through the main gate off of SW Grabhorn Road. Park in the first lot on the right.

4/25	Th	10-11 am	2-5 yrs ID/AP: \$8	NP45102 OD: \$10
------	----	----------	-----------------------	---------------------

Tualatin Hills Nature Park

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

5/4	S	10-11 am	2-5 yrs ID/AP: \$8	NP45103 OD: \$10
-----	---	----------	-----------------------	---------------------

Commonwealth Lake Park

Meet at the park entrance on SW Huntington Avenue across from SW Lanewood Street.

5/16	Th	10-11 am	2-5 yrs ID/AP: \$8	NP45104 OD: \$10
------	----	----------	-----------------------	---------------------

Wonder Walks at Cooper Mountain

Meet a naturalist, explore Cooper Mountain, and let wonder guide our way on these nature adventures. Price is per family. **Parent participation required.**

4/17	W	10-11 am	2-5 yrs ID/AP/OD: \$8	CM45105
Cooper Mountain Nature Park				
5/8	W	10-11 am	2-5 yrs ID/AP/OD: \$8	CM45106
Cooper Mountain Nature Park				
5/22	W	10-11 am	2-5 yrs ID/AP/OD: \$8	CM45107
Cooper Mountain Nature Park				
6/5	W	10-11 am	2-5 yrs ID/AP/OD: \$8	CM45108
Cooper Mountain Nature Park				

Nature Studies - Preschool

Dates (Weeks) Location	Day	Time	Class Code OD
---------------------------	-----	------	------------------

Creature Features

Discover the different animals that make Tualatin Hills Nature Park home. Meet other families, hear animal stories, and keep an eye out for these creatures on a hike into the forest. Each class includes a simple craft or coloring project. **Parent participation required.** (Elaine)

Winter Wonderland

1/24	Th	10-11 am	3-5 yrs ID/AP: \$8	NP35103 OD: \$10
Tualatin Hills Nature Center				

Animal Senses

2/7	Th	10-11 am	3-5 yrs ID/AP: \$8	NP35104 OD: \$10
Tualatin Hills Nature Center				

Rambling Raccoons

2/21	Th	10-11 am	3-5 yrs ID/AP: \$8	NP35105 OD: \$10
Tualatin Hills Nature Center				

Froggy Friends

3/7	Th	10-11 am	3-5 yrs ID/AP: \$8	NP35106 OD: \$10
Tualatin Hills Nature Center				

Animal Babies

3/21	Th	10-11 am	3-5 yrs ID/AP: \$8	NP35107 OD: \$10
Tualatin Hills Nature Center				

Turtle Time

4/4	Th	10-11 am	3-5 yrs ID/AP: \$8	NP45109 OD: \$10
Tualatin Hills Nature Center				

Squirrel Tales

4/18	Th	10-11 am	3-5 yrs ID/AP: \$8	NP45110 OD: \$10
Tualatin Hills Nature Center				

Little Stinkers

5/9	Th	10-11 am	3-5 yrs ID/AP: \$8	NP45111 OD: \$10
Tualatin Hills Nature Center				

Nature Kids Preschool Explorers

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

Winter Animal Homes

1/8	T	9:30-11:30 am	3-5 yrs ID/AP: \$16	NP35121 OD: \$20
Tualatin Hills Nature Center				

Snowflakes and Snowmen

1/15	T	9:30-11:30 am	3-5 yrs ID/AP: \$16	NP35122 OD: \$20
Tualatin Hills Nature Center				

Forest Friends

1/22	T	9:30-11:30 am	3-5 yrs ID/AP: \$16	NP35123 OD: \$20
Tualatin Hills Nature Center				

Shadows and Groundhogs

1/29	T	9:30-11:30 am	3-5 yrs ID/AP: \$16	NP35124 OD: \$20
Tualatin Hills Nature Center				

Winter Tracks

2/5	T	9:30-11:30 am	3-5 yrs ID/AP: \$16	NP35125 OD: \$20
Tualatin Hills Nature Center				

Bear Snuggles

2/12	T	9:30-11:30 am	3-5 yrs ID/AP: \$16	NP35126 OD: \$20
Tualatin Hills Nature Center				

Continued

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

Nature Studies - Preschool

Dates (Weeks) Location	Day	Time		Class Code OD
Nature Kids Preschool Explorers (cont.)				
Puddle Pals				
2/19 Tualatin Hills Nature Center	T	9:30-11:30 am	3-5 yrs ID/AP: \$16	NP35127 OD: \$20
Great Geese Migration				
2/26 Tualatin Hills Nature Center	T	9:30-11:30 am	3-5 yrs ID/AP: \$16	NP35128 OD: \$20
Fur, Feathers and Blubber, Oh My!				
3/5 Tualatin Hills Nature Center	T	9:30-11:30 am	3-5 yrs ID/AP: \$16	NP35129 OD: \$20
Green Galore				
3/12 Tualatin Hills Nature Center	T	9:30-11:30 am	3-5 yrs ID/AP: \$16	NP35130 OD: \$20
Wild Water				
3/19 Tualatin Hills Nature Center	T	9:30-11:30 am	3-5 yrs ID/AP: \$16	NP35131 OD: \$20
Spring has Sprung				
4/2 Tualatin Hills Nature Center	T	9:30-11:30 am	3-5 yrs ID/AP: \$16	NP45121 OD: \$20
Fantastic Frogs				
4/9 Tualatin Hills Nature Center	T	9:30-11:30 am	3-5 yrs ID/AP: \$16	NP45122 OD: \$20
Rabbit Romp				
4/16 Tualatin Hills Nature Center	T	9:30-11:30 am	3-5 yrs ID/AP: \$16	NP45123 OD: \$20
Earth Song				
4/23 Tualatin Hills Nature Center	T	9:30-11:30 am	3-5 yrs ID/AP: \$16	NP45124 OD: \$20
Muddy Mayhem				
4/30 Tualatin Hills Nature Center	T	9:30-11:30 am	3-5 yrs ID/AP: \$16	NP45125 OD: \$20
Flower Friends				
5/7 Tualatin Hills Nature Center	T	9:30-11:30 am	3-5 yrs ID/AP: \$16	NP45126 OD: \$20
Nature Sensations				
5/14 Tualatin Hills Nature Center	T	9:30-11:30 am	3-5 yrs ID/AP: \$16	NP45127 OD: \$20
B is for Birds				
5/21 Tualatin Hills Nature Center	T	9:30-11:30 am	3-5 yrs ID/AP: \$16	NP45128 OD: \$20
Buzzin' Bees				
5/28 Tualatin Hills Nature Center	T	9:30-11:30 am	3-5 yrs ID/AP: \$16	NP45129 OD: \$20



Nature Studies - Preschool

Dates (Weeks) Location	Day	Time		Class Code OD
Kid's Nature Night Out				
No parents allowed. Experience the Nature Park in a way few others ever do. Gather inside, have dinner (pizza and veggies), then head out to explore the park after dark.				
A Rabbit's Tale				
1/18 Tualatin Hills Nature Center	F	6-9 pm	6-12 yrs ID/AP: \$31	NP35201 OD: \$38.75
Grossology				
2/8 Tualatin Hills Nature Center	F	6-9 pm	6-12 yrs ID/AP: \$31	NP35202 OD: \$38.75
Disappearing Act				
3/1 Cooper Mountain Nature Park	F	6-9 pm	6-12 yrs ID/AP/OD: \$31	CM35203
Cowabunga Turtles				
3/15 Tualatin Hills Nature Center	F	6-9 pm	6-12 yrs ID/AP: \$31	NP35204 OD: \$38.75
A Forest Mystery				
4/12 Tualatin Hills Nature Center	F	6-9 pm	6-12 yrs ID/AP: \$31	NP45205 OD: \$38.75
Wild Harvest				
5/3 Tualatin Hills Nature Center	F	6-9 pm	6-12 yrs ID/AP: \$31	NP45206 OD: \$38.75
Bug Hunt				
5/31 Cooper Mountain Nature Park	F	6-9 pm	6-12 yrs ID/AP/OD: \$31	CM45207

Day-off Nature Camps

Dates (Weeks) Location	Day	Time	Ages ID/AP	Class Code OD
Camp Wild Things • 4-6 yrs				
Build your child's sense of wonder about nature and invite them to explore wildlife and the world around them. Games, songs, new friends, crafts, and adventure make this a good camp for young children. Campers need to dress for the weather and bring lunch, two snacks, bottle of water and a small backpack each day.				
Slime Sleuths				
Something slimy is afoot in the forest! Explore the sticky side of the park and make your own slime to take home.				
1/21 Tualatin Hills Nature Center	M	7:45 am-5:15 pm	4-6 yrs ID/AP: \$58	NP37101 OD: \$72.50
Nature's Magical Mysteries				
From flower to seed and caterpillar to butterfly, it's no secret that nature is magical. Discover the magic that lives all around us as we explore the nature park!				
2/18 Tualatin Hills Nature Center	M	7:45 am-5:15 pm	4-6 yrs ID/AP: \$58	NP37102 OD: \$72.50

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

Day-off Nature Camps

Dates (Weeks) Location	Day	Time	Ages ID/AP	Class Code OD
---------------------------	-----	------	---------------	------------------

Nature Explorers Camp • 7-10 yrs

A great camp for making new friends and having fun while discovering nature. Expand your knowledge of science, learn about plants and animals, hike two to five miles daily and explore nature sites around our region. Bring a lunch, two snacks, a bottle of water and backpack each day. Dress for the weather.

Earth Helpers

In honor of Martin Luther King Jr. Day, we are going to do fun service projects in the nature park. Explore how our actions can help our earth, and learn about how we're all connected in our community!

1/21 Tualatin Hills Nature Center	M	7:45 am-5:15 pm	7-10 yrs ID/AP: \$58	NP37221 OD: \$72.50
--------------------------------------	---	-----------------	-------------------------	------------------------

Incredible Predators

Not all mammals live at the top of the food chain, but the ones that do are amazing. Learn about the remarkable ways mammals hunt, survive, and thrive in nature. Spend time in the forest and study skulls and pelts.

1/28 Tualatin Hills Nature Center	M	7:45 am-5:15 pm	7-10 yrs ID/AP: \$58	NP37222 OD: \$72.50
--------------------------------------	---	-----------------	-------------------------	------------------------

Treasure Hunt

Learn mapping and orienteering skills as we search for hidden treasures in nature. Create a treasure map of your own.

2/18 Tualatin Hills Nature Center	M	7:45 am-5:15 pm	7-10 yrs ID/AP: \$58	NP37223 OD: \$72.50
--------------------------------------	---	-----------------	-------------------------	------------------------

Tidepools, Waterfalls, and Caves

Explore tidepools, waterfalls, and cave habitats along one of Oregon's most unique and beautiful beaches. **Field Trip:** Oregon Coast.

4/5 Tualatin Hills Nature Center	F	7:45 am-5:15 pm	7-10 yrs ID/AP: \$70	NP47221 OD: \$87.50
-------------------------------------	---	-----------------	-------------------------	------------------------

Wetland Wanderings – Conference Days

Check with your school to see which week conferences are happening, sign up for camps during that week only. Bring your rubber boots to camp today because we'll be out in the wetlands discovering what lives in and around the wetlands in our park.

4/11 Tualatin Hills Nature Center	Th	7:45 am-5:15 pm	7-10 yrs ID/AP: \$58	NP47222A OD: \$72.50
4/18 Tualatin Hills Nature Center	Th	7:45 am-5:15 pm	7-10 yrs ID/AP: \$58	NP47222B OD: \$72.50

Outdoor Detectives – Conference Days

Check with your school to see which week conferences are happening, sign up for camps during that week only. Become an outdoor detective and explore the park for clues. Learn about the mysterious animals that live in the forest while we hike and investigate our findings.

4/12 Tualatin Hills Nature Center	F	7:45 am-5:15 pm	7-10 yrs ID/AP: \$58	NP47223A OD: \$72.50
4/19 Tualatin Hills Nature Center	F	7:45 am-5:15 pm	7-10 yrs ID/AP: \$58	NP47223B OD: \$72.50

Day-off Nature Camps

Dates (Weeks) Location	Day	Time	Ages ID/AP	Class Code OD
---------------------------	-----	------	---------------	------------------

Camp Green • 10-13 yrs

Campers will explore local natural area destinations while making friends, expanding their science knowledge, hiking 3-5 miles each day and developing leadership skills. Bring a lunch, two snacks, a bottle of water each day and a backpack each day.

Nature's Most Wanted

Save nature from alien invasions! Before we can eliminate invasive species such as ivy, bullfrogs, and zebra mussels, we need to find these aliens' weaknesses. See what you can do to help and take part in a service to protect our park!

1/21 Tualatin Hills Nature Center	M	7:45 am-5:15 pm	10-13 yrs ID/AP: \$58	NP37301 OD: \$72.50
--------------------------------------	---	-----------------	--------------------------	------------------------

Incredible Predators

Jaws, claws, talons and teeth! Learn about the remarkable ways mammals hunt, survive and thrive in nature. Spend time in the forest and study skulls and pelts.

1/28 Tualatin Hills Nature Center	M	7:45 am-5:15 pm	10-13 yrs ID/AP: \$58	NP37302 OD: \$72.50
--------------------------------------	---	-----------------	--------------------------	------------------------

Herp Hunters!

The ponds around Beaverton are full of frog and salamander eggs in February, so head out on an expedition to search for egg masses within our ponds.

2/18 Tualatin Hills Nature Center	M	7:45 am-5:15 pm	10-13 yrs ID/AP: \$58	NP37303 OD: \$72.50
--------------------------------------	---	-----------------	--------------------------	------------------------

Tidepools, Waterfalls, and Caves

Explore tidepools, waterfalls, and cave habitats along one of Oregon's most unique and beautiful beaches. **Field Trip:** Oregon Coast.

4/5 Tualatin Hills Nature Center	F	7:45 am-5:15 pm	10-13 yrs ID/AP: \$70	NP47301 OD: \$87.50
-------------------------------------	---	-----------------	--------------------------	------------------------



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

Spring Break Nature Camps

Dates (Weeks) Location	Day	Time	Ages ID/AP	Class Code OD
---------------------------	-----	------	---------------	------------------

Camp Wild Things • 4-6 yrs

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

Pirates of the Pond

Join a pirate crew and set sail on the rivers, streams, and ponds of the nature park! Learn about wetland habitats and search for treasure in the forest.

3/25-3/29 Tualatin Hills Nature Center	M-F	9 am-noon	4-6 yrs ID/AP: \$109	NP37103 OD: \$136.25
---	-----	-----------	-------------------------	-------------------------

Wild Adventures Camp • 5-8 yrs

Wild Adventure Camps are new full day camps for elementary age children filled with discovery, fun and wild adventures. Play nature games, make new creations and explore the trails and habitats of the park with brand-new friends. Campers need to bring two snacks, drinking water and a backpack daily.

Wilderness Explorers

Every day is filled with adventure as we head into the park and learn what it means to be a wilderness explorer. Learn about tracking, use maps to find your way and develop a deeper appreciation for the natural world.

3/25-3/29 Cooper Mountain Nature House	M-F	9 am-4 pm	5-8 yrs ID/AP/OD: \$199	CM37202
---	-----	-----------	----------------------------	---------



Mini Nature Camp • 6-9 yrs

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

Digging into Dirt

Explore the science of all things dirty! Play in the mud, search for slugs and learn all about the forest F. B. I. (Fungus, Bacteria and Invertebrates).

3/25-3/29 Tualatin Hills Nature Center	M-F	1-4 pm	6-9 yrs ID/AP: \$109	NP37201 OD: \$136.25
---	-----	--------	-------------------------	-------------------------

Spring Break Nature Camps

Dates (Weeks) Location	Day	Time	Ages ID/AP	Class Code OD
---------------------------	-----	------	---------------	------------------

Adventures in the Park • 7-10 yrs

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

Hunters and the Hunted

Predators and prey constantly have to change and adapt to each other in order to survive. Explore the food web in the wild and discover the amazing ways animals hunt and avoid being eaten.

3/26 Tualatin Hills Nature Center	T	1-4 pm	7-10 yrs ID/AP: \$24	NP35211 OD: \$30
--------------------------------------	---	--------	-------------------------	---------------------

Amazing Aviators

Take cues from flying birds, bats and bugs as we examine the elements of flight. Hone your winged animal observation skills, explore the nature of aviation and much more.

3/28 Tualatin Hills Nature Center	Th	1-4 pm	7-10 yrs ID/AP: \$24	NP35212 OD: \$30
--------------------------------------	----	--------	-------------------------	---------------------



Nature Explorers Camp • 7-10 yrs

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

Wilderness Explorers

Let's get out and enjoy the great outdoors together! We'll learn ways to survive out in the wilderness, explore and map majestic natural areas, and learn a few outdoor skills along the way.

3/25-3/29 Tualatin Hills Nature Center	M-F	7:45am-5:15pm	7-10yrs ID/AP: \$229	NP37230 OD: \$286.25
3/25 Tualatin Hills Nature Center	M	7:45 am-5:15 pm	7-10 yrs ID/AP: \$58	NP37230A OD: \$72.50
3/26 Tualatin Hills Nature Center	T	7:45 am-5:15 pm	7-10 yrs ID/AP: \$58	NP37230B OD: \$72.50
3/27 Tualatin Hills Nature Center	W	7:45 am-5:15 pm	7-10 yrs ID/AP: \$58	NP37230C OD: \$72.50
3/28 Tualatin Hills Nature Center	Th	7:45 am-5:15 pm	7-10 yrs ID/AP: \$58	NP37230D OD: \$72.50
3/29 Tualatin Hills Nature Center	F	7:45 am-5:15 pm	7-10 yrs ID/AP: \$58	NP37230E OD: \$72.50

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

Spring Break Nature Camps

Dates (Weeks) Location	Day	Time	Ages ID/AP	Class Code OD
---------------------------	-----	------	---------------	------------------

Camp Green • 10-13 yrs

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

Wilderness Warriors

Can you survive in the wild? Through a series of challenges, campers will learn skills necessary to survive in the wild including fire making, shelter building, and edible plants. Our field trips will include hiking opportunities to practice our skills and become true wilderness warriors!

3/25-3/29	M-F	7:45am-5:15pm	10-13yrs ID/AP: \$249	NP37310 OD: \$311.25
3/25	M	7:45 am-5:15 pm	10-13yrs ID/AP: \$62	NP37310A OD: \$77.50
3/26	T	7:45 am-5:15 pm	10-13yrs ID/AP: \$62	NP37310B OD: \$77.50
3/27	W	7:45 am-5:15 pm	10-13yrs ID/AP: \$62	NP37310C OD: \$77.50
3/28	Th	7:45 am-5:15 pm	10-13yrs ID/AP: \$62	NP37310D OD: \$77.50
3/29	F	7:45 am-5:15 pm	10-13yrs ID/AP: \$62	NP37310E OD: \$77.50

Nature Studies - Family

Dates (Weeks) Location	Day	Time	Ages ID/AP	Class Code OD
---------------------------	-----	------	---------------	------------------

Nature Builders

Want to make your backyard a little friendlier to the native plants and animals that live in the area? Join us as we explore nature and create something for your backyard, or your next adventure. Price includes one child and up to two other family members (child or adult). **Parent participation required.**

Mason Bees

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

3/9	S	1-3 pm	6 yrs-Adult ID/AP: \$30	NP35501 OD: \$37.50
-----	---	--------	----------------------------	------------------------

Build a Birdhouse

Get ready to brighten up your yard by learning how to attract birds to your backyard. Build a wooden birdhouse then learn some basic bird identification techniques on a hike. Fee includes supplies for a backyard birdhouse.

3/23	S	1-3 pm	6 yrs-Adult ID/AP: \$30	NP35502 OD: \$37.50
------	---	--------	----------------------------	------------------------

Nature Studies - Family

Dates (Weeks) Location	Day	Time	Ages ID/AP	Class Code OD
---------------------------	-----	------	---------------	------------------

Nature Builders (continued)

Forest Fairy Homes

Explore the habitats and plants that we think the fairies and gnomes in the forest use to build their magical homes. After an inspirational nature walk, build your own fairy or gnome home to create a magical habitat in your own back yard.

4/13	S	1-3 pm	6 yrs-Adult ID/AP: \$30	NP45501 OD: \$37.50
------	---	--------	----------------------------	------------------------

Bug Hunt

Create your very own bug viewer! Then we'll grab some nets and spoons of science to look for insects and use our new bug viewers to get an up-close look at these interesting creatures.

5/11	S	1-3 pm	6 yrs-Adult ID/AP: \$30	NP45502 OD: \$37.50
------	---	--------	----------------------------	------------------------

Park After Dark

Journey into the forest and enjoy the sights and sounds of nature at night. Learn about the featured nocturnal residents and head out for a guided night hike. Price is per person. **Parent participation required.** (Elaine)

Coyotes

1/25	F	6:30-8:30 pm	6 yrs-Adult ID/AP: \$11	NP35505 OD: \$13.75
4/6	S	7-9 pm	6 yrs-Adult ID/AP/OD: \$11	CM45505

Owl Prowl

2/16	S	6:30-8:30 pm	6 yrs-Adult ID/AP: \$11	NP35506 OD: \$13.75
6/1	S	7-9 pm	6 yrs-Adult ID/AP: \$11	NP45507 OD: \$13.75

Sounds of the Night

3/8	F	7-9 pm	6 yrs-Adult ID/AP: \$11	NP35507 OD: \$13.75
5/3	F	7-9 pm	6 yrs-Adult ID/AP/OD: \$11	CM45506

Metro Programs

Dates (Weeks) Location	Day	Time	Ages ID/AP	Class Code OD
---------------------------	-----	------	---------------	------------------

Bird Language for Beginners

March days have a rapid increase in daylight. Experience how the birds react to the expanding daylight by ramping up their vocal activity and learn how to recognize many of their distinct songs and alarm patterns. Class will be both indoors and outdoors. Price is per person. **Parent participation required. To register, visit: oregonmetro.gov/calendar.**

3/3	Su	9:30 am - noon	10 yrs-Adult \$10	
-----	----	----------------	----------------------	--

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

Nature Studies - Adult

Dates (Weeks) Location	Day	Time	Ages ID/AP	Class Code OD
---------------------------	-----	------	---------------	------------------

Night Owls: Hoots and Hops

This is the perfect time of year to step into the forest to listen for sounds of courting owls. Join other owl enthusiasts for a beer, enjoy a talk and presentation about our local owls, and head out into the park to listen and look for our resident owls. (Elaine)

2/1 Tualatin Hills Nature Center	F	7-9 pm	21 + ID/AP: \$22	NP35551 OD: \$27.50
-------------------------------------	---	--------	---------------------	------------------------

Bees and Brews

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

2/22 Tualatin Hills Nature Center	F	7-8:30 pm	21 + ID/AP: \$22	NP35552 OD: \$27.50
--------------------------------------	---	-----------	---------------------	------------------------

Nature of Love

Each spring we can see and hear love everywhere: in the bloom of flowers, the songs of birds and the chorus of frogs. Enjoy a glass of wine and views of the Chehalem Mountains at sunset, as you learn about the ways animals communicate to find their mates, the lengths they will travel to find love, and the amazing adaptations nature will go through to reproduce.

3/14 Cooper Mountain Nature House	Th	6-7:30 pm	21 + ID/AP/OD: \$19	CM35553
--------------------------------------	----	-----------	------------------------	---------

Art of Observation

Learn to improve your powers of observation in the outdoors through notes and sketches. Join Nature & Trails Manager, Bruce Barbarasch, to learn how to use a journal and simple materials to record your observations throughout the seasons. You will walk away with an increased sense of awareness and skills to capture the natural world.

4/7 Tualatin Hills Nature Center	Su	1-3 pm	16 + ID/AP: \$16	NP45555 OD: \$20
-------------------------------------	----	--------	---------------------	---------------------

Nature Quiz Night

Want to test your nature knowledge and battle it out against friends and other nature enthusiasts? Join us over a round of beer for a night of nature trivia and games. Bring your friends or make some here.

5/10 Tualatin Hills Nature Center	F	6-7:30 pm	21 + ID/AP: \$19	NP45554 OD: \$23.75
--------------------------------------	---	-----------	---------------------	------------------------



International Yoga Day

June 21, 2019

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

Visit www.thprd.org for more information

Drop-in Fitness/Yoga

Deluxe Passes and drop-ins are welcome for all yoga classes that are not full. See page 6 for more information on passes.

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

Fitness - Teen/Adult

Dates (Weeks) Location	Day	Time	Ages ID/AP	Class Code OD
---------------------------	-----	------	---------------	------------------

Yoga, Beginning/Intermediate

Learn how to stretch deeply and completely with simple movements combined with conscious breathing. Increase your strength and flexibility and bring about a more relaxed state of being. Each instructor brings their own individual focus to their class. Please see class descriptions on www.thprd.org for more details. No class 5/27.

Winter Term:

1/7-3/18 (11) Tualatin Hills Nature Center (Parker)	M	5:30-6:45 pm	16 yrs-Adult ID/AP: \$88	NP32501 OD: \$110
1/7-3/18 (11) Tualatin Hills Nature Center (Parker)	M	7:15-8:30 pm	16 yrs-Adult ID/AP: \$88	NP32502 OD: \$110
1/8-3/19 (11) Tualatin Hills Nature Center (Jean)	T	5:30-6:45 pm	16 yrs-Adult ID/AP: \$88	NP32503 OD: \$120
1/8-3/19 (11) Tualatin Hills Nature Center (Jean)	T	7:15-8:30 pm	16 yrs-Adult ID/AP: \$88	NP32504 OD: \$120
1/9-3/20 (11) Tualatin Hills Nature Center (Jean)	W	9-10:15 am	16 yrs-Adult ID/AP: \$88	NP32505 OD: \$120
1/10-3/21 (11) Tualatin Hills Nature Center (Tristiane)	Th	6:15-7:30 pm	16 yrs-Adult ID/AP: \$88	NP32508 OD: \$120

Spring Term:

4/1-6/3 (9) Tualatin Hills Nature Center (Parker)	M	5:30-6:45 pm	16 yrs-Adult ID/AP: \$72	NP42501 OD: \$90
4/1-6/3(9) Tualatin Hills Nature Center (Parker)	M	7:15-8:30 pm	16 yrs-Adult ID/AP: \$72	NP42502 OD: \$90
4/2-6/4 (10) Tualatin Hills Nature Center (Jean)	T	5:30-6:45 pm	16 yrs-Adult ID/AP: \$80	NP42503 OD: \$100
4/2-6/4 (10) Tualatin Hills Nature Center (Jean)	T	7:15-8:30 pm	16 yrs-Adult ID/AP: \$80	NP42504 OD: \$100
4/3-6/5 (10) Tualatin Hills Nature Center (Jean)	W	9-10:15 am	16 yrs-Adult ID/AP: \$80	NP42505 OD: \$100
4/4-6/6 (10) Tualatin Hills Nature Center (Tristiane)	Th	6:15-7:30 pm	16 yrs-Adult ID/AP: \$80	NP42508 OD: \$100

Yoga at Cooper Mountain

Practice Vinyasa Yoga in a beautiful glass door room overlooking Cooper Mountain Nature Park. This class is a 75-minute vinyasa flow for all levels. Modifications will be made for beginners as well as challenges for the advanced.

Winter Term:

1/12-3/23 (10) Cooper Mountain Nature House (Laura)	S	9:00-10:15 am	16 yrs-Adult ID/AP/OD: \$80	CM32509
--	---	---------------	--------------------------------	---------

Spring Term:

4/6-6/8 (10) Cooper Mountain Nature House (Laura)	S	9:00-10:15 am	16 yrs-Adult ID/AP/OD: \$80	CM42509
--	---	---------------	--------------------------------	---------

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

Fitness - Teen/Adult

Dates (Weeks) Location	Day	Time	Ages ID/AP	Class Code OD
---------------------------	-----	------	---------------	------------------

Introduction to Tai Chi

This class is a gentle exercise program designed to bring mind and body into harmony. Using fluid, slow movements, students will learn to breathe more deeply, move with more awareness and develop a keener sense of balance. Based on centuries of practice in traditional Chinese medicine, this form is easy to memorize, requires relatively little space to practice, and is easy to adapt into a daily regimen for better physical, emotional, and mental health. (Jim)

1/9-3/20 (11) Tualatin Hills Nature Center	W	6-7:15 pm	16 yrs-Adult ID/AP: \$88	NP32506 OD: \$110
4/3-6/5 (10) Tualatin Hills Nature Center	W	6-7:15 pm	16 yrs-Adult ID/AP: \$80	NP42506 OD: \$100

QiGong: Mindful Movement and Meditation

Basic mindfulness practice based on Insight Meditation techniques provides methods for reducing stress, deepening compassion and building a more stable peace of mind. Each class includes tips for adapting mindfulness awareness in everyday living. Appropriate for beginning and returning students. (Jim)

1/9-3/20 (11) Tualatin Hills Nature Center	W	7:30-8:45 pm	16 yrs-Adult ID/AP: \$88	NP32507 OD: \$110
4/3-6/5 (10) Tualatin Hills Nature Center	W	7:30-8:45 pm	16 yrs-Adult ID/AP: \$80	NP42507 OD: \$100

Exploring Healing QiGong and Meditation Workshops

Mindfulness practice establishes a new relationship between the body and the mind; a relationship of trust and cooperation, working together for common goals. QiGong is mindful movement designed to calm the emotions, wake up the body and train the mind to be content with the way things are. Each workshop will include different QiGong forms and contemplative poetry selected from different traditions.

Winter Term:

1/12 Tualatin Hills Nature Center	S	10:30 am-12:30 pm	16 yrs-Adult ID/AP: \$13	NP32509 OD: \$16. 25
2/9 Tualatin Hills Nature Center	S	10:30 am-12:30 pm	16 yrs-Adult ID/AP: \$13	NP32510 OD: \$16. 25
3/9 Tualatin Hills Nature Center	S	10:30 am-2:30 pm	16 yrs-Adult ID/AP: \$26	NP32511 OD: \$32. 50

Spring Term:

4/13 Tualatin Hills Nature Center	S	10:30 am-12:30 pm	16 yrs-Adult ID/AP: \$13	NP42509 OD: \$16. 25
5/11 Tualatin Hills Nature Center	S	10:30 am-12:30 pm	16 yrs-Adult ID/AP: \$13	NP42510 OD: \$16. 25
6/8 Tualatin Hills Nature Center	S	10:30 am-2:30 pm	16 yrs-Adult ID/AP: \$26	NP42511 OD: \$32. 50

Outdoor Recreation Guidelines

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

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

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

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

Cross Country Ski Lesson and Tour

This class will meet at Teacup, with 20 km of groomed trails and a \$10 donation, on Mt. Hood, good for beginners and intermediates. Initial two hours of instruction focusing on techniques for flat terrain and small hills, followed by a 2-4 mile tour to enjoy this crystal paradise. Instructors and guides will be with you for the full day. We recommend that you register for the XC ski bus at www.onc-pdx.org/xcskibus with the pickup at Sandy, OR. This allows you to rent your equipment (usually under \$15) prior to the bus pickup. Cost includes instructor and class time. Transportation, ski rentals and Teacup donation are paid separately. (NW Discoveries)

1/19 Teacup, Mt. Hood, OR	S	8:50 am-4 pm	11 yrs-Adult ID/AP: \$66	NP36501 OD: \$72.25
1/26 Teacup, Mt. Hood, OR	S	8:50 am-4 pm	11 yrs-Adult ID/AP: \$66	NP36504 OD: \$72.25

Snowshoe Lesson and Tour, Beginning/Intermediate

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

1/20 Meet at Sunset Transit Center, Beaverton, OR for transport to Mt. Hood, OR	Su	8 am-5:30 pm	11 yrs-Adult ID/AP: \$86	NP36502 OD: \$92.25
1/27 Meet at Gateway Max Station, Portland, OR for transport to Mt. Hood, OR	Su	8:25 am-5:05 pm	11 yrs-Adult ID/AP: \$86	NP36503 OD: \$92.25

Touring Kayak Lesson, Beginning

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

5/19 Tualatin Community Park, Tualatin, OR	Su	3:30-6:30 pm	11 yrs-Adult ID/AP: \$50	NP46501 OD: \$53.75
---	----	--------------	-----------------------------	------------------------

Canoe Lesson, Beginning

Take a canoe lesson, so that you can learn to efficiently propel your canoe along waterways. Canoe lessons teach basic forward, backward and steering strokes to prepare you for the tour. Cost includes canoe equipment and instructor. (NW Discoveries)

5/19 Meet at Tualatin Community Park, Tualatin, OR	Su	Noon-3 pm	11 yrs-Adult ID/AP: \$50	NP46502 OD: 53.75
--	----	-----------	-----------------------------	----------------------

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