Tualatin Hills Athletic Center

HMT Recreation Complex
15707 SW Walker Road
Beaverton, 97006
503-629-6330
TriMet Bus Routes #59, #67

Facility Supervisor: Brian Yourstone
Winter Term: Jan. 1-Mar. 29, 2020
Spring Term: Mar. 30-June 14, 2020

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

Facility Closed: 4/21, 5/27

Athletic Center Features:
• Indoor Track
• Indoor Courts
• Outdoor Fields

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

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

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

The THRIVE Afterschool Program
Tualatin Hills Athletic Center’s THRIVE 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.

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

THRIVE After School Care (Grades K-5)
$315 (if paid by 15th of previous month), $345 (if paid after the 15th)
Children enrolled in all-day kindergarten or grades 1-5 are picked up at school and shuttled to our facility. They can stay at our center until 6 p.m. on regular school days and from 7:30 a.m. to 6 p.m. on select school in-service days.

Available Schools
Beaver Acres Elementary
Elmonica Elementary

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

Please call the center directly at 503-629-6330 for more information or to register.

Stroller Fitness Program
Join Portland’s premier stroller fitness program for moms and moms-to-be.

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

For more information and pricing, call Megan Tekchandani at 503-757-7758 or email megan.tekchandani@babybootcamp.com
Drop-in Sports
Badminton, basketball, table tennis, volleyball, pickleball

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

Indoor Walking/Jogging Track (1/6 mile)
Monday-Friday: 6 am-10 pm
Saturday: 8 am-10 pm
Sunday: 10 am-10 pm

Drop-in Sports Schedule

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<tr>
<td>Basketball</td>
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<td>2:30-5 pm Family/Teen</td>
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<td>Badminton</td>
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<td>Pickleball</td>
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<td>Volleyball</td>
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<td>7-9:45 pm Adult</td>
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<td>Table Tennis</td>
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<td>7-9:45 pm Adult</td>
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All times and days subject to change weekly.

Thursday Night All-stars

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

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

Location: THPRD Athletic Center - 15707 SW Walker Road, Beaverton (some Thursdays not available)

Participation is on a drop-in basis and requires the following:
- Completed medical/emergency information form
- Sign up before attending if you are a new participant

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

For more information, call Inclusion Services, 503-629-6330 or email inclusion@thprd.org.
We are so much more than just recreation! THPRD classes teach many skills, including self-confidence, cooperation, motivation, active listening, discipline, team-building, effective communication, problem-solving and decision making. Empowerment, ability and positive attitude are celebrated.

**Arts & Crafts – Preschool/Youth**

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<thead>
<tr>
<th>Dates (Weeks)</th>
<th>Location</th>
<th>Day</th>
<th>Time</th>
<th>Ages</th>
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**Messy Little Fingers**  
Let your child get messy as they express themselves through art. The projects develop sensory-motor skills, hand-eye coordination and social skills. We introduce shapes and colors. Parent participation required to assist the children with the art projects.

**Winter Term:**
- 1/7-3/17 (11) T 9:15-10 am 1-3 yrs AC34101
- 1/7-3/17 (11) T 10:30-11:15 am 2-4 yrs AC34102
- 1/9-3/19 (11) Th 9:15-10 am 1-3 yrs AC34103
- 1/9-3/19 (11) Th 10:30-11:15 am 2-4 yrs AC34104
- Spring Term:
  - 4/14-6/2 (8) T 9:15-10 am 1-3 yrs AC44101
  - 4/14-6/2 (8) T 10:30-11:15 am 2-4 yrs AC44102
  - 4/16-6/4 (8) Th 9:15-10 am 1-3 yrs AC44103
  - 4/16-6/4 (8) Th 10:30-11:15 am 2-4 yrs AC44104
  - 4/15-6/3 (8) W 9:15-10 am 1-3 yrs AC44105
  - Rm 101  ID/AP: $62 OD: $77.50

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

**Winter Term:**
- 1/7-3/17 (11) T 6:30-7:15 pm 7-12 yrs AC34109
- 1/9-3/19 (11) Th 6:30-7:15 pm 6-13 yrs AC34111
- Spring Term:
  - 4/14-6/2 (8) T 6:30-7:15 pm 7-10 yrs AC44109
  - Rm 101  ID/AP: $62 OD: $77.50
  - 4/16-6/4 (8) Th 6:30-7:15 pm 6-13 yrs AC44111
  - Rm 101  ID/AP: $62 OD: $77.50

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

**Winter Term:**
- 1/8-3/18 (11) W 10:10-11 am 3-6 yrs AC35105
- Spring Term:
  - 4/15-6/3 (8) W 10:10-11 am 3-6 yrs AC45105
  - Rm 101  ID/AP: $74 OD: $92.50

**BodyPump Launch and Anniversary Party**  
Garden Home Recreation Center  
Saturday, January 18 • 9-10:30 am

**Arts & Crafts – Youth/Teen**

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

**Winter Term:**
- 1/7-3/17 (11) T 7:45-8:30 pm 11-14 yrs AC34110
  - Rm 101  ID/AP: $79 OD: $98.75
- 1/9-3/19 (11) Th 7:45-8:30 pm 11-14 yrs AC34112
  - Rm 101  ID/AP: $79 OD: $98.75
- Spring Term:
  - 4/14-6/2 (8) T 7:45-8:30 pm 11-14 yrs AC44110
  - Rm 101  ID/AP: $62 OD: $77.50
  - 4/16-6/4 (8) Th 7:45-8:30 pm 11-14 yrs AC44112

**General Interest – Preschool/Youth**

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**Bright Minds - PreSchool Prep**  
Give your preschooler a head start. This class introduces letters, numbers, weather and seasons and helps develop fine motor skills with art projects. Fun songs and games are included. No Class on 1/20, 2/17, 5/25

**Winter Term:**
- 1/6-3/16 (9) M 9:15-10 am 3-6 yrs AC35101
  - Rm 101  ID/AP: $71 OD: $88.75
- 1/6-3/16 (9) M 10:10-10:55 am 3-6 yrs AC35102
  - Rm 101  ID/AP: $71 OD: $88.75
- Spring Term:
  - 4/13-6/1 (7) M 10:10-11 am 3-6 yrs AC45101
  - Rm 101  ID/AP: $62 OD: $77.50
  - 4/13-6/1 (7) M 11:30 a-12:20 p 3-6 yrs AC45102
  - Rm 101  ID/AP: $62 OD: $77.50

**Bright Minds - PreSchool Prep 2**  
Continue to give your child a foundation for success in kindergarten. This class will introduce reading and math concepts. Course work includes hands on activities, games, and music. Completion of one session of level 1 required. No Class on 5/25

**Winter Term:**
- 1/6-3/16 (9) M 12:30-1:20 pm 3-6 yrs AC35117
  - Rm 101  ID/AP: $79 OD: $98.75
- Spring Term:
  - 4/13-6/1 (7) M 12:30-1:20 pm 3-6 yrs AC45117
  - Rm 101  ID/AP: $62 OD: $77.50

**Tots in Tow**  
Parent and child will have fun together learning creative movement activities, including musical games, parachute games and more in a playful environment! Your child will learn better balance, coordination and flexibility while gaining confidence. Parent participation required.

**Winter Term:**
- 1/9-3/19 (11) Th 10-10:30 am 1-1/2 - 3 yrs AC33118
  - Ct 1  ID/AP: $63 OD: $78.75
- Spring Term:
  - 4/16-6/4 (8) Th 10-10:30 am 1-3 yrs AC43118
  - Ct 1  ID/AP: $64 OD: $75.50

**Fitness Challenge**  
GetFit 2020 Fitness Challenge  
the fun begins January 11!
General Interest – Preschool/Youth

**Tiny Tunes’n Tumbling**
Explore play through music, books, parachute, and basic tumbling skills. Build confidence, balance, and motor skills with peer interaction in this lightly structured class. Parent participation required. No Class 1/20, 2/17, 5/25.

**Winter Term:**
1/6-3/17 (9) M 9:30-10 am
ID/AP: $54
OD: $67.50 AC32189

**Spring Term:**
4/13-6/1 (7) M 9:30-10 am
ID/AP: $42
OD: $52.50 AC42189

**Mini Movin’ w/ Music**
This class blends music, movement and games. Each week will have a different theme to spark imagination through movement while focusing on listening, taking turns and building confidence. Parent participation required. No class on 1/20 & 2/17, 5/25.

**Winter Term:**
1/6-3/16 (9) M 10:10-10:40 am
ID/AP: $46
OD: $57.50 AC35119

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

**Winter Term:**
1/6-3/17 (11) T 11:11-11:30 am
ID/AP: $63
OD: $78.75 AC32111

**Munchkin Sportz Center**
Enjoy an exciting and fun way to introduce your child to a variety of sports. Your child will learn cooperation and teamwork and build their self-esteem. Parent participation required. No class 1/20 & 2/17, 5/25.

**Winter Term:**
1/6-3/16 (9) M 11:15-11:45 am
ID/AP: $54
OD: $67.50 AC32189

**General Interest – Preschool/Youth**

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

**Winter Term:**
1/7-3/17 (11) T 9:30-10 am
ID/AP: $69
OD: $86.25 AC35121

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

**Winter Term:**
1/7-3/17 (11) T 10:30-11 am
ID/AP: $69
OD: $86.25 AC35123

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

**Winter Term:**
1/7-3/17 (11) T 8:45-9:15 am
ID/AP: $69
OD: $86.25 AC35121

**Tualatin Hills Park & Recreation District Winter/Spring 2020 Activities Guide**
www.thprd.org
Sports & Fitness – Preschool

<table>
<thead>
<tr>
<th>Dates (Weeks)</th>
<th>Day</th>
<th>Time</th>
<th>Ages</th>
<th>Class #</th>
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<td>Winter Term:</td>
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<td>OD: $88.75</td>
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<td>1/10-3/20 (11)</td>
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<td>3-6 yrs</td>
<td>AC42102</td>
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Diamond Dreams
Your child will learn the basic skills of T-ball: throwing, catching, hitting off a tee, base running along with learning sportsmanship, cooperation, and building self-confidence. Glove optional. No class 1/20, 2/17, 5/24, 5/26.

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<th>Winter Term:</th>
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Fitness Fun for Girls
This fitness class for girls will introduce basketball, baseball, soccer, track, tumbling and more while mixed with team-building activities and fitness music. They will learn a variety of ways to stay active, while building confidence, character and body strength.

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Adaptive Sportz Center
A sports-based program designed to be an inclusive program that provides the basics for participation in sports. Kids play to their own level while developing important socialization skills and learning about peer unity through team play.

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<td>Ct 3</td>
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Pee Wee Cheerleading
Your child will enjoy learning how to do cheers, dance, jump and use pom poms. Through a variety of games, activities and songs, your child will have fun while feeling comfortable moving their body. This class will help your child express him/herself by cheering on family members at games! Cheering instills confidence and encourages involvement.

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Pee Wee Football
This class is focused on having fun while learning. Your child will learn the basic football skills, teamwork, cooperation and will build confidence, simplified for younger children. Class is non-contact and held indoors.

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Sports & Fitness – Preschool

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<td>AC32181</td>
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<td>3-6 yrs</td>
<td>AC42183</td>
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Pee Wee Indoor Hockey
Your child will learn the basics of Indoor Hockey. Stick handling, passing, shooting, positioning and team play will be coached in this class.

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<td>Ct 10</td>
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<tr>
<td>Ct 3</td>
<td>$63</td>
<td>$78.75</td>
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</tbody>
</table>

Pee Wee Hoops
Start your child off learning the basics of basketball and building their confidence in a fun environment. Learn to catch, pass, dribble and shoot a basketball. Emphasizes positive attitude, fair play and fun. No class 1/20, 2/17, 5/24, 5/25.

<table>
<thead>
<tr>
<th>Winter Term:</th>
<th>ID/AP</th>
<th>OD</th>
</tr>
</thead>
<tbody>
<tr>
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<tr>
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</tbody>
</table>

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

### Pee Wee Soccer
Dribbling, trapping and passing are included in this indoor class. Your child will have fun, learn teamwork and cooperation, and build up confidence. Shin guards and gym shoes recommended. No class 1/20 & 2/17, 5/25.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Ages</th>
<th>Class #</th>
</tr>
</thead>
<tbody>
<tr>
<td>M</td>
<td>9:45 am</td>
<td>3-6 yrs</td>
<td>AC32147</td>
</tr>
<tr>
<td>M</td>
<td>12:15 pm</td>
<td>3-6 yrs</td>
<td>AC32148</td>
</tr>
<tr>
<td>M</td>
<td>3:30-4:15 pm</td>
<td>3-6 yrs</td>
<td>AC32149</td>
</tr>
</tbody>
</table>

#### Winter Term:
- 1/6-3/16 (9) M 9:45 am
- 1/6-3/16 (9) M 12:15 pm
- 1/6-3/16 (9) M 3:30-4:15 pm

#### Spring Term:
- 4/14-6/2 (8) T 1-1:45 pm

### Beginner Tumbling
Together we will work on balancing, jumping and tumbling skills while building the confidence needed to play and get along in a classroom. We will be using music and simple games designed to build on all skills. Parent participation required. No class 1/20 & 2/17, 5/25.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Ages</th>
<th>Class #</th>
</tr>
</thead>
<tbody>
<tr>
<td>M</td>
<td>11:05-11:35 am</td>
<td>2-4 yrs</td>
<td>AC33101</td>
</tr>
<tr>
<td>M</td>
<td>12:05-12:35 pm</td>
<td>2-4 yrs</td>
<td>AC33102</td>
</tr>
<tr>
<td>M</td>
<td>3:05-3:35 pm</td>
<td>2-4 yrs</td>
<td>AC33103</td>
</tr>
<tr>
<td>W</td>
<td>10:05-10:35 am</td>
<td>2-4 yrs</td>
<td>AC33104</td>
</tr>
<tr>
<td>W</td>
<td>11:05-11:35 am</td>
<td>2-4 yrs</td>
<td>AC33105</td>
</tr>
<tr>
<td>Th</td>
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<td>2-4 yrs</td>
<td>AC33106</td>
</tr>
<tr>
<td>F</td>
<td>10:35-11:05 am</td>
<td>2-4 yrs</td>
<td>AC33107</td>
</tr>
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</table>

### Sports & Fitness – Preschool

### Pee Wee Soccer GIRLS ONLY
Dribbling, trapping and passing are included in this indoor class just for girls. Your daughter will have fun, learn teamwork and cooperation, and build up confidence. Shin guards and gym shoes recommended.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Ages</th>
<th>Class #</th>
</tr>
</thead>
<tbody>
<tr>
<td>M</td>
<td>1-1:45 pm</td>
<td>3-6 yrs</td>
<td>AC32105</td>
</tr>
<tr>
<td>W</td>
<td>2:30-3:15 pm</td>
<td>3-6 yrs</td>
<td>AC32105A</td>
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</table>

#### Winter Term:
- 1/6-3/16 (9) M 1-1:45 pm
- 1/3-3/18 (11) W 2:30-3:15 pm

#### Spring Term:
- 4/14-6/2 (8) T 1-1:45 pm

### Sportz Center
Join this fun, new class that teaches basic techniques to a variety of sports. Boys and girls will build confidence and self-esteem while learning to follow directions using activities and games. Soccer, T-ball and basketball included. No class 1/20, 2/17, 4/12, 5/25.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Ages</th>
<th>Class #</th>
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</thead>
<tbody>
<tr>
<td>M</td>
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<td>2-4 yrs</td>
<td>AC32118</td>
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<tr>
<td>W</td>
<td>10:05-10:35 am</td>
<td>2-4 yrs</td>
<td>AC32117</td>
</tr>
<tr>
<td>Th</td>
<td>9:55-10:25 am</td>
<td>2-4 yrs</td>
<td>AC32116</td>
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<tr>
<td>F</td>
<td>10:35-11:05 am</td>
<td>2-4 yrs</td>
<td>AC32115</td>
</tr>
</tbody>
</table>

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

### Tumbling
A fun way for your child to work on gymnastic skills! Emphasizes basic movements, jumps, floor work fundamentals, somersaults, etc. Builds strength, flexibility, coordination and confidence. No class on 1/20 & 2/17, 5/25.

#### Winter Term:
- **1/6-3/16 (9)**
  - M: 11:45 am-12:15 pm
  - ID/AP: $65
  - OD: $78.75
  - Class # AC33109
- **1/7-3/17 (11)**
  - T: 11:45 am-12:15 pm
  - ID/AP: $68.75
  - Class # AC33110
- **1/8-3/18 (11)**
  - W: 11:45 am-12:20 pm
  - ID/AP: $65
  - OD: $78.75
  - Class # AC33111
- **1/9-3/19 (11)**
  - Th: 11:45 am-12:15 pm
  - ID/AP: $65
  - OD: $78.75
  - Class # AC33112

#### Spring Term:
- **4/13-6/1 (7)**
  - M: 11:45 am-12:15 pm
  - ID/AP: $65
  - OD: $78.75
  - Class # AC43109
- **4/14-6/2 (8)**
  - T: 12:12-12:30 pm
  - ID/AP: $65
  - OD: $78.75
  - Class # AC43110
- **4/15-6/3 (8)**
  - W: 11:45 am-12:20 pm
  - ID/AP: $63
  - OD: $75.50
  - Class # AC43111
- **4/16-6/9 (8)**
  - Th: 11:45 am-12:15 pm
  - ID/AP: $65
  - OD: $78.75
  - Class # AC43112

### Sports & Fitness – Preschool

#### Basketball Hot Shots
The perfect class for young basketball players looking to improve their skills and have fun! Participants will focus on intensive training on shooting, passing, dribbling, rebounding and defense that is essential for improvement. No class on 1/20 & 2/17, 5/25.

#### Winter Term:
- **1/6-3/16 (9)**
  - M: 4:45-5:30 pm
  - ID/AP: $71
  - OD: $88.75
  - Class # AC32201
- **1/7-3/17 (11)**
  - T: 4:45-5:30 pm
  - ID/AP: $67
  - OD: $81.75
  - Class # AC32202
- **1/8-3/18 (11)**
  - W: 4:45-5:30 pm
  - ID/AP: $67
  - OD: $81.75
  - Class # AC32203
- **1/11-3/14 (10)**
  - S: 5:30-6:15 pm
  - ID/AP: $79
  - OD: $98.75
  - Class # AC32204

#### Spring Term:
- **4/13-6/1 (7)**
  - M: 4:45-5:30 pm
  - ID/AP: $65
  - OD: $88.75
  - Class # AC42201
- **4/14-6/2 (8)**
  - T: 4:45-5:30 pm
  - ID/AP: $63
  - OD: $78.75
  - Class # AC42202
- **4/15-6/3 (8)**
  - W: 4:45-5:30 pm
  - ID/AP: $63
  - OD: $78.75
  - Class # AC42203
- **4/16-6/7 (7)**
  - S: 5:30-6:15 pm
  - ID/AP: $65
  - OD: $88.75
  - Class # AC42204

### Sports & Fitness – Youth/Teen

#### Basketball Scrimmages
This basketball class is for players that already have basic basketball skills and concepts. Most of the class will be dedicated to controlled scrimmage games in addition to building their skill level.

#### Winter Term:
- **1/10-3/20 (11)**
  - F: 6:30-5:30 pm
  - ID/AP: $108
  - OD: $130
  - Class # AC32212
- **1/10-3/20 (11)**
  - F: 6:30-5:30 pm
  - ID/AP: $108
  - OD: $130
  - Class # AC32213
- **1/10-3/20 (11)**
  - F: 6:30-5:30 pm
  - ID/AP: $108
  - OD: $130
  - Class # AC32214

#### Spring Term:
- **4/17-6/5 (8)**
  - F: 6:30-5:30 pm
  - ID/AP: $78
  - OD: $97.50
  - Class # AC42212
- **4/17-6/5 (8)**
  - F: 6:30-5:30 pm
  - ID/AP: $78
  - OD: $97.50
  - Class # AC42213
- **4/17-6/5 (8)**
  - F: 6:30-5:30 pm
  - ID/AP: $78
  - OD: $97.50
  - Class # AC42214

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

#### Winter Term:
- **1/10-3/20 (11)**
  - F: 4:30-5:30 pm
  - ID/AP: $108
  - OD: $130
  - Class # AC32212
- **1/10-3/20 (11)**
  - F: 4:30-5:30 pm
  - ID/AP: $108
  - OD: $130
  - Class # AC32213
- **1/10-3/20 (11)**
  - F: 4:30-5:30 pm
  - ID/AP: $108
  - OD: $130
  - Class # AC32214

#### Spring Term:
- **4/17-6/5 (8)**
  - F: 4:30-5:30 pm
  - ID/AP: $108
  - OD: $130
  - Class # AC42212
- **4/17-6/5 (8)**
  - F: 4:30-5:30 pm
  - ID/AP: $108
  - OD: $130
  - Class # AC42213
- **4/17-6/5 (8)**
  - F: 4:30-5:30 pm
  - ID/AP: $108
  - OD: $130
  - Class # AC42214

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

#### Winter Term:
- **1/9-3/19 (11)**
  - Th: 4:45-5:30 pm
  - ID/AP: $97.50
  - Class # AC32261
- **1/9-3/19 (11)**
  - Th: 4:45-5:30 pm
  - ID/AP: $97.50
  - Class # AC32262

#### Spring Term:
- **4/16-6/4 (8)**
  - Th: 4:45-5:30 pm
  - ID/AP: $78
  - OD: $97.50
  - Class # AC42261
- **4/16-6/4 (8)**
  - Th: 4:45-5:30 pm
  - ID/AP: $78
  - OD: $97.50
  - Class # AC42262

#### Hoop It Up!
Perfect for any young player who is looking to learn basketball skills, work hard, make new friends and have fun! Participants will learn the concepts of offense, defense teamwork, and fair play while developing their basketball skills.

#### Winter Term:
- **1/7-3/17 (11)**
  - T: 4:45-5:30 pm
  - ID/AP: $108
  - OD: $130
  - Class # AC32219
- **1/7-3/17 (11)**
  - T: 4:45-5:30 pm
  - ID/AP: $108
  - OD: $130
  - Class # AC32220
- **1/7-3/17 (11)**
  - T: 4:45-5:30 pm
  - ID/AP: $108
  - OD: $130
  - Class # AC32221

---

**Tualatin Hills Athletic Center**

**503-629-6330**

**www.thprd.org**

Winter/Spring 2020 Activities Guide

Tualatin Hills Park & Recreation District
**Sports & Fitness – Youth/Teen**

### Dates (Weeks)  
<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Ages</th>
<th>Class #</th>
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</table>

### Location
- **Tualatin Hills Athletic Center**  
- **Phone Number**  
  - **Center Name**  
  - **Phone Number**  
  - **Tualatin Hills Athletic Center**  
  - **Phone Number**

**Spring Break Camps**  
Available  
March 23 to March 27!

**Winter Break Camps**  
Available

---

### Hoop It Up!
Perfect for any young player who is looking to learn basketball skills, work hard, make new friends and have fun! Participants will learn the concepts of offense, defense team work, and fair play while developing their basketball skills.

**Winter Term:**
- 4/14-6/2 (8)  
  - **T**  
  - **4:45-5:30 pm**  
  - **6-9 yrs**  
  - **AC42219**

**Spring Term:**
- 3/30-6/1 (9)  
  - **M**  
  - **4:45-5:30 pm**  
  - **6-9 yrs**  
  - **AC42216**

### Skateboarding 101
Perfect for someone who has never ridden a skateboard, this introductory class is designed to help riders build a foundation for safe skateboarding skills and learn about safety equipment, riding, turning, board control, foot placement and more! Required Equipment: Helmet

**Winter Term:**
- 1/7-3/18 (11)  
  - **W**  
  - **3:30-4:15 pm**  
  - **5-12 yrs**  
  - **AC32245**

### Skatepark Basics
Perfect for someone who has never ridden a skateboard, this introductory class is designed to help riders build a foundation for safe skateboarding skills and learn about safety equipment, riding, turning, board control, foot placement and more! Required Equipment: Helmet. No class 5/25.

**Spring Term:**
- 3/30-6/1 (9)  
  - **M**  
  - **4:45-5:30 pm**  
  - **6-9 yrs**  
  - **AC22246**

### PE for Homeschooled Kids
Learn the basics of different sports in this class. Learn to play basketball, soccer, baseball, volleyball and other fun sports. Participants will learn respect, sportsmanship, teamwork and self-confidence while having fun!

**Winter Term:**
- 1/5-3/15 (11)  
  - **Su**  
  - **5:30-6:30 pm**  
  - **7-12 yrs**  
  - **AC32227**

### Soccer Stars
This introduction to fundamentals and proper soccer techniques emphasizes teamwork, fair play, fun and cooperation and builds up confidence. Shin guards and gym shoes recommended. No class on 1/20 & 2/17, 5/25.

**Winter Term:**
- 1/6-3/6 (8)  
  - **M/W**  
  - **3:30-4:15 pm**  
  - **6-9 yrs**  
  - **AC32228**

### Speed, Agility, and Strength
This class works to improve your athlete’s overall strength, balance, agility, coordination and speed using a series of drills and specific exercises. No class 1/20 & 2/17, 5/25.

**Winter Term:**
- 1/6-3/6 (8)  
  - **M/W**  
  - **3:30-4:15 pm**  
  - **6-9 yrs**  
  - **AC32229**

### Speed, Agility, and Strength
This class works to improve your athlete’s overall strength, balance, agility, coordination and speed using a series of drills and specific exercises. No class 1/20 & 2/17, 5/25.

**Winter Term:**
- 1/6-3/6 (8)  
  - **M/W**  
  - **3:30-4:15 pm**  
  - **6-9 yrs**  
  - **AC32230**

### Spring Break Camps
Available  
March 23 to March 27!

### Winter Break Camps
Available

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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

<table>
<thead>
<tr>
<th>Dates (Weeks)</th>
<th>Location</th>
<th>Day</th>
<th>Time</th>
<th>OD</th>
<th>ID/AP</th>
<th>Ages</th>
<th>Class #</th>
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**Spring Term:**

#### Youth Badminton
No experience necessary. Learn to play the incredible fast pace game of badminton. Students will learn badminton techniques (serves, drops, smash and footwork) and will learn how doubles, singles and mixed doubles are played.

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<tbody>
<tr>
<td>1/11-3/14</td>
<td>S</td>
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<td>ID/AP: $79</td>
<td>7-12 yrs</td>
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<tr>
<td>4/18-6/6</td>
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<td>5:30-6:15 pm</td>
<td>ID/AP: $55</td>
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#### Indoor Baseball Training for Boys
Your child will learn the basic skills of baseball: throwing, catching, hitting, base running along with learning sportsmanship, cooperation, and building self-confidence. Bring your own glove. No class 5/23.

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<th>Winter Term:</th>
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<tbody>
<tr>
<td>4/19-5/31</td>
<td>Su</td>
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<td>ID/AP: $69</td>
<td>17 yrs</td>
<td>$73.50</td>
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#### Indoor Softball Training for Girls
Your child will learn the basic skills of T-ball: throwing, catching, hitting off a tee, base running along with learning sportsmanship, cooperation, and building self-confidence. Bring your own glove. No class 5/23.

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<tr>
<th>Winter Term:</th>
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<td>ID/AP: $79</td>
<td>17 yrs</td>
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#### Youth Indoor Hockey
Your child will learn the basics of Indoor Hockey. Stick handling, passing, shooting, positioning and team play will be coached in this class.

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

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<tr>
<th>Winter Term:</th>
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<tbody>
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<td>4/19-5/31</td>
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<td>17 yrs</td>
<td>$98.75</td>
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</table>

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

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<tbody>
<tr>
<td>1/10-3/20</td>
<td>F</td>
<td>8:30-9 pm</td>
<td>ID/AP: $108</td>
<td>12-17 yrs</td>
<td>$135</td>
<td>4/24</td>
<td></td>
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### Sports & Fitness – Teen/Adult

<table>
<thead>
<tr>
<th>Dates (Weeks)</th>
<th>Location</th>
<th>Day</th>
<th>Time</th>
<th>OD</th>
<th>ID/AP</th>
<th>Ages</th>
<th>Class #</th>
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**Spring Term:**

#### Adult Badminton
No experience necessary. Learn to play the incredible fast pace game of badminton. Students will learn badminton techniques (serves, drops, smash and footwork) and will learn how doubles, singles and mixed doubles are played.

<table>
<thead>
<tr>
<th>Winter Term:</th>
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<tbody>
<tr>
<td>1/5-3/15</td>
<td>Su</td>
<td>5:30-6:30 pm</td>
<td>ID/AP: $59</td>
<td>16 yrs-adult</td>
<td>$73.75</td>
<td>4/24</td>
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#### Outdoor Recreation

- **Tualatin Hills Skate Park**
  - The skate park is located on the north end of the Howard M. Terpenning Recreation Complex. Arena hours are dawn to dusk, weather permitting.

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

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

- **Outdoor Pickleball Area**
  - Located at the Howard M. Terpenning Recreation Complex. Pickleball can also be played at the following locations, but you must bring your own net: Rock Creek Park and Ridgewood Landing. Elsie Stuhr Center and our newest location, Raleigh Park has permanent nets. Contact the Babette Horrenstein Tennis Center for their rental and drop-in options for pickleball.

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

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

- **Cedar Hills Park**
  - Our NEWLY RENOVATED Park which sits adjacent to Cedar Hills Boulevard and Walker Road in Beaverton, will offer many new ADA-accessible features, enabling people experiencing disabilities to more easily enjoy recreation in the park. This park will also have multipurpose synthetic turf athletic fields, splash pad, play equipment, multipurpose sport courts, sand volleyball and bocce courts.
South Beaverton Girls Little League
A girls (ages 4-14) program that is comprised of players within the combined boundaries of Beaverton, Aloha and Raleigh Hills Little Leagues. It is chartered as an independent, softball-only program.
Aloha Huber Park, Chehalem, Cooper Mountain, Greenway, Errol Hassell, Hazeldale, Kinnaman, McKay, Montclair, Raleigh Hills, Raleigh Park, Vose
President: Andy Peterson, 971-238-7156
president@sbgll.com
www.sbgll.com

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

Spring/Summer Season
T-ball: 6-8 yrs, Soft-T-ball: 6-8 yrs
Baseball: 9-18 yrs, Softball: 9-18 yrs

Fall Ball
Contact the association for Fall ball availability: www.westsideyouthbaseball.com
Aloha Junior Baseball/Aloha Softball
Aloha High, Aloha Huber, Chehalem, Cooper Mt., Errol Hassell, Hazeldale, Kinnaman, Mountain View, Nancy Ryles, Sexton Mt., Valley Catholic
AJBO: www.alohajuniorbaseball.org
Aloha Softball: Becky Dawson 503-649-6883

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

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

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

Baseball/Softball
Registration for youth baseball and softball leagues is done through the associations listed below. Associates are divided by Beaverton School District elementary school attendance areas. If you attend a private school, you will play within your public school attendance area. Contact your appropriate association for more information.
All of the Beaverton Area Little League groups are governed by Oregon District 4 Little League. For more information, please visit the league’s website, www.ord4.com.

Spring Leagues: Registration begins in January. Play runs March-June.
Summer Leagues: Registration is in January and February. Play runs May-July.
Fall Leagues: Registration begins in August. The program is for 6-12 year olds. Play runs September/October.

Little League Baseball
T-ball: ages 4-6
Softball: ages 4-14
Baseball: ages 4-14

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

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

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

Raleigh Hills Little League
Greenway, McKay, Montclair, Raleigh Hills, Raleigh Park, Vose, Whitford, Conestoga
www.rill.net

Tualatin Hills Park & Recreation District
Winter/Spring 2020 Activities Guide
www.thprd.org

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

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

Westview Youth Baseball
Beaver Acres, Bethany, Elmonica, Five Oaks, Jacob Wismer, Lenox, McKinley, Oak Hills, Rock Creek, Meadow Park, Springville, Stoller, St. Mary’s for Boys, Westview High
www.westviewyouthbaseball.com

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

Basketball

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

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

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

Winter High School Basketball
Grades 9-12
For boys and girls not playing on school teams in grades 9-12 in the 2019-20 school year. League and online registration information will be available in October. Check our website for more information.

Summer High School Basketball
Grades 9-12
For boys and girls entering grades 9-12 in the 2020-21 school year. League and online registration will be available in April 2019. Check our website for more information.

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

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

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

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

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

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

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

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

For more information: www.rugbyoregon.com/page/show/1030314-register

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

Portland Metro Open Cricket Club
PMOCC is a 501(c)(3) non-profit entity and a State of Oregon certified Amateur Sports Organization, organized for charitable purposes to further the sport of cricket in Portland and surrounding areas and to cultivate interest in the sport of cricket at all youth and adult levels. Those interested in joining PMOCC should direct inquiries to www.pdxcricket.org or pmocc2@gmail.com

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

Walk with Me
International Yoga Day!
Save the Date
Sunday, June 21

Fitness in the Park
Walk with Me, Wednesdays starting June 3 at 9:30am.
Join a THPRD fitness instructor at the trailhead and enjoy a walk on THPRD trails and surrounding area:
June 3 Cooper Mountain
June 10 Nature Park
June 17 Barrows Park
June 24 Rock Creek Triangle
July 1 Fanno Creek Trail
July 8 Hanson Ridge Park
July 15 Willow Creek Greenway
July 22 Cedar Mill Trail

Fitness in the Park is a districtwide program offering a variety of family friendly workouts throughout the Beaverton area starting on June 6, look for details soon at www.thprd.org.

International Yoga Day!
Save the Date
Sunday, June 21

www.thprd.org
**Tualatin Valley Youth Lacrosse League**

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

**TVYLL president@tvlax.com**
www.TVLax.com

**Aloha**
www.alohayouthlacrosse.com

**Beaverton**

president@beavertonbeaverslacrosse.com
www.beavertonbeaverslacrosse.com

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

**Southridge**

president@Southridgeskyhawksyouthlacrosse.com
www.southridgeskyhawksyouthlacrosse.com

**Sunset**

www.sunsetlacrosse.com

**Westview**

president@westviewyouthlacrosse.com
www.westviewyouthlacrosse.com

**High School Lacrosse**

**Aloha**
www.alohалacrosse.org

**Beaverton**
www.bhsilax.com

**Southridge**
www.southridgelacrosse.org

**Sunset**

www.sunsetlacrosse.com

**Westview**

www.westviewlacrosse.com

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**Tualatin Hills Junior Soccer Recreational League**

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

**Aloha United Soccer Club**
Schools: Aloha-Huber, Beaver Acres, Cooper Mt., Errol Hassel, Hazeldale, ISB, Kinnaman, Nancy Ryles, Scholls Heights, Sexton Mt. (west of Murray Blvd.)
AUSC: 971-770-2872
www.alohaulited.com

**Milltown United Soccer Club**
Schools: Barnes, Bonny Slope, Cedar Mill, Ridgewood, Terra Linda, West TV, William Walker
info@milltownunited.com
www.milltownsoccer.org

**Oak Hills Soccer Club**
Schools: Findley, Jacob Wismer, Oak Hills, Sato
e-mail: pres@ohsoccer.com
www.ohsoccer.com

**Somerset West Soccer Club**
Schools: Bethany, Elmonica, Lenox, McKinley, Rock Creek, Springville
president@somersetwestsoccer.org
www.somersetwestsoccer.org

**Westside Soccer Club**
Schools: Chehalem, Fir Grove, Greenway, Hiteon, McKay, Montclair, Raleigh Hills, Raleigh Park, Sexton Mt. (east of Murray Blvd.), Vose
WSC: 503-352-0180
www.westsidewarriors.net

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**High School Recreational Soccer (O/13-U19)**

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

**Classic League**

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

**Tualatin Hills United Soccer Club**
THUSC: 503-616-9424
thusc@thusc.org
www.thusc.org

**Westside Timbers Soccer Club**
Club Line: 503-626-2975
wsmjohnbain@gmail.com
www.westsidetimbers.org

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**Summer Girls Volleyball, Grades 4-12**

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

**Fall Girls Volleyball, Grades 4-12**

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

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**Soccer Referee Certification**

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

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

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

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

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

**Kickball**

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

**Soccer**

**7 on 7 Soccer**
This recreational league will take place in Spring, Summer and Fall seasons. Games will be played on Fridays and Sundays. League information is available at the Athletic Center and on our website www.thprd.org

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

**Softball**

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

**Coed/Women’s Slow Pitch Summer Softball**
League information will be available at the Athletic Center and on our website, in February. Coed games will be played on Sunday evenings and women’s games will be played on Tuesday evenings. League play runs May through August.

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

**Coed/Men’s Industrial Softball**
This league is designed for employees of companies/businesses located within the THPRD boundaries. League play will be weekday evenings. Informational packets will be available in February.

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

**Fall Men’s One-Pitch and Senior League Softball**
League plays weeknights August through early October. Organizational information will be available at the Athletic Center and on our website, in July.

**Volleyball**
If you are interested in playing adult volleyball but don’t have a team, please call the Athletic Center at 503-629-6330.

**Summer Adult Sand Volleyball (4-person & 6-person)**
This recreational league plays weekday evenings at Cedar Hills Park from June through August. League and online registration information will be available in April. Check the website for additional information.

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

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

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

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

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

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