



TUALATIN HILLS
PARK & RECREATION DISTRICT

Access for All Diversity, Equity, Inclusion & Access

Adaptive & Inclusive Recreation

*Providing all individuals
the opportunity to play,
learn, and explore.*



Adaptive & Inclusive Recreation

THPRD Vision

We will enhance healthy and active lifestyles while connecting more people to nature, parks, and programs. We will do this through stewardship of public resources and by providing programs/spaces to fulfill unmet needs.

THPRD Mission

The mission of the Tualatin Hills Park & Recreation District is to provide high-quality park and recreation facilities, programs, services, and natural areas that meet the needs of the diverse communities it serves.

Diversity & Inclusion Vision Statement

We provide all individuals the opportunity to play, learn, and explore, and all employees and volunteers the opportunity to further the district's mission. We do this by removing barriers to participation, fostering an inclusive culture, and offering programs that celebrate the district's diverse population.

Board values are centered around:

Equity – We provide all individuals the opportunity to play, learn, and explore. We do this by removing barriers to participation, fostering an inclusive culture, and offering programs that celebrate the district's diverse population. We are committed to Diversity, Equity, Inclusion & Access (DEIA) and want to see this value infused in all THPRD's work.

Inclusion Services Mission:

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.

For more information about Inclusion Services call us at 503-629-6330 or send us an email inclusion@thprd.org

Inclusion Services

THPRD's Inclusion Services program provides reasonable supports and accommodations that assist patrons with disabilities to participate in the wide variety of programs and activities available through THPRD.

Provides opportunities for people with and without disabilities to experience recreation together.



Focuses on the needs, interests, and abilities of people instead of focusing on their disabilities.



Supports the process of preparing, learning, experiencing, and growing with each person, each family, and each participant from our recreation staff.



Provides recreational choices.



Nearly 8,500 hours of inclusive services provided to the community



50,000 free meals a year for youth

Adaptive Aquatics

For many years, THPRD has been one of the area's leading providers of swim lessons to kids and adults experiencing disability. Currently, these classes are offered at Aloha Swim Center, Beaverton Swim Center, Harman Swim Center and Sunset Swim Center.

Adaptive swim lessons are designed for individuals (age 3 and older) with developmental, cognitive, and physical disabilities. These one-on-one classes can be personalized for the needs of each participant.



Camp Rivendale

Camp Rivendale is a summer day camp that provides recreational opportunities for children and young adults who have physical, emotional, and/or developmental disabilities.



285+ campers
in Camp Rivendale



Tri4Youth with FACT Oregon

The All Ability Tri4Youth, presented with nonprofit partner FACT Oregon, is a fun, safe race that encourages young athletes to compete to the best of their abilities. All Ability Tri4Youth triathlon is designed for everyone 8 to 26 years of age - with and without disability!



269 participants
in Tri4Youth



1 of 2 events in the
nation hosting youth
experiencing disabilities

Thursday Night All-Stars Basketball

This is a recreation program that provides a weekly opportunity for teens (ages 13+) and adults with developmental disabilities to play pick-up basketball. This program includes 30 minutes of warm ups and drills followed by officiated games. Staff and referees divide players into teams to play four quarters with participants subbing in and out.



45+ participants
All Stars Night per week



Monday Night Wheelchair Basketball

Provided by Adaptive Sports NW and THPRD. This drop-in program provides a weekly opportunity for youth and adults experiencing physical disabilities to play wheelchair basketball.



Mountain View Champions Park

Champions Park was part of a fundraising campaign supported the construction of additional park amenities for people living with disability, including a 6,500-square-foot inclusive play area and the first sports field in Oregon designed for athletes of all abilities.



A one-of-a-kind park
for people of all abilities to safely play



Therapeutic Recreation Drop-In

Monday nights TR Drop-In is a recreational and social program for teens and adults (14+). It includes arts & crafts, dances, game nights and more.



Free Tennis Sessions with ACEing Autism

Each child is paired with a volunteer based on their individual needs.



Free Expression Art Workshops

Champions Park was part of a fundraising campaign supported the construction of additional park amenities for people living with disability, including a 6,500-square-foot inclusive play area and the first sports field in Oregon designed for athletes of all abilities.



Mighty Movers

A recreational program for kids (ages 6-13) experiencing developmental disabilities. The sessions vary between artistic expression opportunities and heart pumping exercise.



Superhero Autism Activity Day

A free family fun event presented by Centria Autism at THPRD Athletic Center. There are opportunities for getting pictures taken with favorite superheroes, running around obstacle courses with friends, jumping on the bounce house, getting face painted by a professional, or getting creative with an arts & craft project.



Silent Big Truck Day

One of the district's most popular community events, Big Truck Day has thrilled truck lovers young and old since its inception in 1998 by offering the rare opportunity to climb inside, explore and even honk the horn of these big rigs. The trucks are silent for the first hour of the event to provide the opportunity for patrons that have sensory needs.



Free Sensory Santa Visit

A free inclusive event provided to families that have children on the autism spectrum and other special or sensory needs an opportunity to meet Santa in a lower stress environment, no lines, no crowds.



Silent Egg Hunt

The Athletic Center hosts a silent egg hunt every year for children and teens with sensory sensitivity.



Healing Water - Aquatic Therapy Program

Since Harman's water temperature is kept at 88-89 degrees, this allows us to offer a wide range of lessons and water fitness activities for guests of all ages.

Harman Swim Center offers a special aquatic program under the Therapeutic Recreation called Healing Waters. Healing Waters is a drop-in water exercise program that provides an opportunity for people with mobility issues to have access to a warm water pool program to support their fitness. Participants may be working on maintaining fitness to support their daily activities, rehabilitating from an injury or surgery, or preparing for/recovering from a joint replacement. Physical therapy patients may utilize our program for their PT exercises as they work with a therapist outside of our program or after being released from therapy. While participating in the program, participants have guidance and support from the aquatic specialists and trained volunteers in the pool.

