



Fall



Conestoga Recreation & Aquatic Center • Activities Guide

2021



Youth & Adult Programs & Activities • Financial Aid Available

Registration

Fall registration starts Saturday, August 28 at 8 am

(Monday, August 30 for out of district residents)

Registration is easy at THPRD

If you live in the district and have a current THPRD identification card, you can register:



Online: www.thprd.org

You can register 24 hours a day, seven days a week. A credit card or THPRD gift card is required for online payment.



By phone: 503-439-9400

In district: Saturday, August 28, 8 am - 6 pm; Sunday, August 29, noon - 4 pm; Monday, August 30, 8 am - noon.

Out of district: Monday, August 30 from 8 am-noon.

After Monday, August 30: call any open THPRD center.



Walk-in*

*Please note: walk-in registration may have a longer wait time. Online or phone registration is highly encouraged.

Visit any of the following centers on, or after, Saturday, August 28 to register:

- Babette Horenstein Tennis Center
- Cedar Hills Recreation Center
- Conestoga Recreation & Aquatic Center
- Garden Home Recreation Center*
- Tualatin Hills Aquatic Center
- Tualatin Hills Athletic Center*

*Closed on Saturdays and Sundays

THPRD General Information

Registration Payment

To protect your personal information, THPRD no longer accepts credit card payments over the phone. Anyone registering by phone will have a 48-hour window to make payment at any open THPRD facility or online at www.thprd.org. If you have questions, call 503-645-6433.

Live out of district?

Patrons who live outside the district, including out-of-town guests, are invited to enjoy programs and other services provided by THPRD. The park district currently provides two payment options:

Pay a 25% premium for each program -OR- Pay a yearly or quarterly assessment fee.

For more information visit:

<http://www.thprd.org/activities/am-i-in-district>

Inclement Weather

THPRD programs, camps and sponsored activities may be delayed or canceled if weather conditions warrant. For the latest information on THPRD operations during inclement weather, please call our 24-hour hotline at 503-614-4018 or go to our website, www.thprd.org.

Delays, Closures and Changes

Occasionally centers will be closed or schedules changed or delayed. We make every effort to announce any change in advance.

Financial Aid Program

Households whose income falls below the Federal Free Meal Guidelines are eligible to receive up to \$200 per person annually in financial aid. Financial aid funds may be used for camps, sports, swimming, fitness classes, gymnastics, dance, weight rooms, plot fees for the community gardens, affiliated recreational youth sports leagues and more. For more information or to apply visit:

<http://www.thprd.org/activities/financial-aid>

Adaptive and Inclusive Recreation

THPRD provides Adaptive Recreation opportunities and Inclusion Services for individuals experiencing disabilities to promote access for all members of our community to recreate. For more information regarding specialized recreation and inclusion services, please call 503-629-6330, email inclusion@thprd.org or visit our webpage:

www.thprd.org/activities/adaptive-and-inclusive-recreation



Inscripción

La inscripción de otoño comienza el sábado 28 de agosto a las 8 a. m.

(Lunes 30 de agosto para residentes fuera del distrito)

La inscripción es fácil en THPRD

Si vive en el distrito y tiene una tarjeta de identificación de THPRD vigente, puede inscribirse:



En línea: www.thprd.org

Puede inscribirse 24/7. Se necesita una tarjeta de crédito o una tarjeta de regalo de THPRD para pagar en línea.



Por teléfono: 503-439-9400

En el distrito: Sábado 28 de agosto de 8 a. m. a 6 p. m.; domingo 29 de agosto de 12 p. m. a 4 p. m.; lunes 30 de agosto de 8 a. m. a 12 p. m.

Fuera del distrito: Lunes 30 de agosto de 8 a. m. a 12 p. m.

Después del lunes 30 de agosto: llame a cualquier centro de THPRD abierto.



Sin cita previa*

*Tenga en cuenta: la inscripción sin cita previa puede tener un tiempo de espera más largo. Se fomenta encarecidamente la inscripción en línea o por teléfono.

Visite cualquiera de los siguientes centros a partir del sábado 28 de agosto para inscribirse:

- Babette Horenstein Tennis Center
- Cedar Hills Recreation Center
- Conestoga Recreation & Aquatic Center
- Garden Home Recreation Center*
- Tualatin Hills Aquatic Center
- Tualatin Hills Athletic Center*

*Cerrado los sábados y domingos

Información general de THPRD

Pago de inscripción

Para proteger su información personal, THPRD ya no acepta pagos con tarjeta de crédito por teléfono. Cualquier persona que se inscriba por teléfono tendrá un período de 48 horas para hacer el pago en cualquier centro de THPRD abierto o en línea en www.thprd.org. Si tiene preguntas, llame al 503-645-6433. Hablamos español.

¿Vive fuera del distrito?

Se invita a los usuarios que viven fuera del distrito, incluyendo los huéspedes de fuera de la ciudad, a disfrutar de los programas y otros servicios que da THPRD. El distrito de parques da actualmente dos opciones de pago:

Pague una prima del 25 % por cada programa O pague una tarifa de evaluación anual o trimestral.

Para obtener más información, visite:

<http://www.thprd.org/activities/am-i-in-district>

Inclemencias del tiempo

Los programas, campamentos y actividades que patrocina THPRD pueden retrasarse o cancelarse si las condiciones climáticas lo justifican. Para obtener la información más reciente sobre cómo opera THPRD durante las inclemencias del tiempo, llame a nuestra línea directa de 24 horas al 503-614-4018 o visite nuestro sitio web, www.thprd.org.

Retrasos, cierres y cambios

Ocasionalmente, los centros estarán cerrados o los horarios cambiarán o se retrasarán. Hacemos todo lo posible para anunciar cualquier cambio con antelación.

Programa de Asistencia Financiera

Los grupos familiares cuyos ingresos están por debajo de las Directrices Federales de Comida Gratis son elegibles para recibir hasta \$200 por persona anualmente en asistencia financiera. Los fondos de ayuda financiera se pueden usar para campamentos, deportes, natación, clases de acondicionamiento físico, gimnasia, baile, salas de pesas, tarifas de parcela para los jardines comunitarios, ligas deportivas juveniles recreativas afiliadas y más. Para obtener más información o para inscribirse, visite:

<http://www.thprd.org/espanol/inscripcion/asistencia-financiera>

Recreación adaptativa e inclusiva

THPRD da oportunidades de recreación adaptativa y servicios de inclusión para personas con discapacidades para promover el acceso de todos los miembros de nuestra comunidad a la recreación. Para obtener más información sobre los servicios especializados de recreación e inclusión, llame al 503-629-6330, envíe un email a inclusion@thprd.org o visite nuestra página web:

www.thprd.org/activities/adaptive-and-inclusive-recreation



Facility Information

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

TriMet Bus Routes #62, #92

Facility Supervisor: Catherine Ellis

Fall Term: September 7 - December 31, 2021

Hours:

Monday – Thursday: 7 am – 8:30 pm

Friday: 7 am – 7 pm

Saturday & Sunday: 9 am – 8 pm

Closed: 11/25, 12/25

Modified Schedule: 9 am – 2 pm

9/6, 11/11, 11/26, 12/24, 12/31

Facility Features:

- Weight room/fitness center
- THRIVE Afterschool Enrichment Program
- Indoor gym for drop-in sports
- Kitchen for cooking classes
- Two dance/fitness studio rooms
- Classrooms for rentals
- Preschool Indoor Play Park
- Outdoor playground

Conestoga is Hiring

Lifeguards • Sports Instructors • Fitness Instructors

Before and Afterschool Leaders • Desk Staff

Call 503-629-6313 or visit www.thprd.org for more information.

Interested in becoming a lifeguard?

Call 503-629-6312 for more information.



Fall 2021 Special Events

Conestoga's Halloween Bash

Oct 22 | 6 - 8 pm

\$7 per child, pre-registration suggested

Bring the entire family for an evening of ghoulish fun! Spooky cookie workshop, skull slime making, bounce house, cosmic ghostly disco, face painting, candy and more. Don't forget to wear your costumes!

Veterans Day Pancake Breakfast

Nov 11 | 9 - 11 am

Cost: Adult \$5 Youth \$3 (under 1 year old are free)

- Family max \$20.00
- Veterans are free
- Veterans family also free!
- Veterans and their families can participate for free in our fitness classes and cardio & weight room for the whole day.
- Donate a new pair of socks (one set per person) for free breakfast! (must bring socks on Sunday) This is for our sock drive.

Breakfast will be paid at the desk and given a ticket per person paid to turn in for breakfast.

Sensory Santa Visit

Dec 11 | 10 am - 4 pm

There are many children who want to meet Santa but have sensory over load when it comes to the hustle and bustle of the Holiday Season.

This inclusive event provides 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. Your family will be given exclusive access to Santa for up to 10 minutes.

Pre-registration is required and will take place starting in November 15th. There are limited spots, please contact the center to let us know what accommodation we can do to make this Santa visit a special experience for your child.

Facility Information

Fanno Farmers Nine-Month Preschool

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

**Monday/Wednesday/Friday • 9 am-noon • 3½-4 yrs
\$350 per month • Sept.-May**

**Monday/Wednesday/Friday • 1-4 pm • 4-5 yrs
\$350 per month • Sept.-May**

**Tuesday/Thursday • 9-11:30 am • 2½-3½ yrs
\$250 per month • Sept.-May**

**Tuesday/Thursday • 1-4 pm • 4-5 yrs
\$260 per month • Sept.-May**

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

A \$50 non-refundable deposit is due at the time of registration. Open registration is underway.



Did you know we have Personal Training?



1 session \$57.75 ID/ \$72.25 OD
3 sessions \$173.25 ID/ \$216.75 OD
6 sessions \$346.50 ID/ \$433.50 OD

Facility Rentals at Conestoga

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

Facility Rentals

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

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



Nine-Month Bilingual Spanish Preschool

Our classroom atmosphere is a creative, positive, and enriching experience mixed with Spanish culture and influences. Students will interact in Spanish and English throughout the class, while engaging in hands-on activities such as games, arts & crafts, songs, and more! We encourage children to develop their self-help, language and social-emotional skills in addition to academics.

**Sept.-May • Monday/Wednesday/Friday
9 am-Noon**

Ages: 3½-5 yrs In-district monthly tuition: \$350

A \$50 non-refundable deposit is due at the time of registration. Open registration is underway.



Preschool, Arts & Crafts

Preschool

Playschool Jr, Fall

The classroom atmosphere is creative, positive, fun and will build a foundation for lifelong learning. Each class provides the skills to share and engage in cooperative play, as well as friendly socialization. Children are also introduced to early learning including colors, numbers, the alphabet and dramatic play. You may register for one or more days a week.

No class 11/11, 11/25 & 11/26.

9/13-10/18 (6)	M	9-11 am	2-3 yrs	C028100
Rm 202	ID/AP: \$114	OD: \$142.50		
9/14-10/19 (6)	T	9-11 am	2-3 yrs	C028101
Rm 202	ID/AP: \$114	OD: \$142.50		
9/15-10/20 (6)	W	9-11 am	2-3 yrs	C028102
Rm 202	ID/AP: \$114	OD: \$142.50		
9/16-10/21 (6)	Th	9-11 am	2-3 yrs	C028103
Rm 202	ID/AP: \$114	OD: \$142.50		
9/17-10/22 (6)	F	9-11 am	2-3 yrs	C028104
Rm 202	ID/AP: \$114	OD: \$142.50		
10/25-12/6 (7)	M	9-11 am	2-3 yrs	C028105
Rm 202	ID/AP: \$133	OD: \$166.25		
10/26-12/7 (7)	T	9-11 am	2-3 yrs	C028106
Rm 202	ID/AP: \$133	OD: \$166.25		
10/27-12/8 (7)	W	9-11 am	2-3 yrs	C028107
Rm 202	ID/AP: \$133	OD: \$166.25		
10/28-12/9 (5)	Th	9-11 am	2-3 yrs	C028108
Rm 202	ID/AP: \$95	OD: \$118.75		
10/29-12/10 (6)	F	9-11 am	2-3 yrs	C028109
Rm 202	ID/AP: \$114	OD: \$142.50		

Playschool, Fall

The classroom atmosphere is creative, positive, fun and will build a foundation for lifelong learning. Each class provides the skills to share and engage in cooperative play, as well as friendly socialization. Children are also introduced to early learning including colors, numbers, the alphabet and dramatic play. You may register for one or more days a week. **No class 11/11, 11/25 & 11/26.**

9/13-10/18 (6)	M	9-11:30 am	3-5 yrs	C028110
Rm 203	ID/AP: \$138	OD: \$172.50		
9/14-10/19 (6)	T	9-11:30 am	3-5 yrs	C028111
Rm 203	ID/AP: \$138	OD: \$172.50		
9/15-10/20 (6)	W	9-11:30 am	3-5 yrs	C028112
Rm 203	ID/AP: \$138	OD: \$172.50		
9/16-10/21 (6)	Th	9-11:30 am	3-5 yrs	C028113
Rm 203	ID/AP: \$138	OD: \$172.50		
9/17-10/22 (6)	F	9-11:30 am	3-5 yrs	C028114
Rm 203	ID/AP: \$138	OD: \$172.50		
10/25-12/6 (7)	M	9-11:30 am	3-5 yrs	C028115
Rm 203	ID/AP: \$161	OD: \$201.25		
10/26-12/7 (7)	T	9-11:30 am	3-5 yrs	C028216
Rm 203	ID/AP: \$161	OD: \$201.25		
10/27-12/8 (7)	W	9-11:30 am	3-5 yrs	C028217
Rm 203	ID/AP: \$161	OD: \$201.25		
10/28-12/9 (5)	Th	9-11:30 am	3-5 yrs	C028218
Rm 203	ID/AP: \$115	OD: \$143.75		
10/29-12/10 (6)	F	9-11:30 am	3-5 yrs	C028219
Rm 203	ID/AP: \$138	OD: \$172.50		

Arts & Crafts - Preschool

Art Tots - Paint n' More

Children delight in exploring and creating art. We focus on techniques that demonstrate the elements of art including line, shape, form, color and texture. Come prepared to get messy!

Parent participation required.

9/13-12/6 (13)	M	9:30-10:15 am	2-4 yrs	C024102
Rm 200	ID/AP: \$81	OD: \$101.25		

Art Tots - Paint n' More

Children delight in exploring and creating art. We focus on techniques that demonstrate the elements of art including line, shape, form, color and texture. Come prepared to get messy!

Parent participation required. No class 11/26.

9/17-12/10 (12)	F	9:30-10:15 am	2-4 yrs	C024103
Rm 200	ID/AP: \$75	OD: \$93.75		
9/18-12/11 (13)	S	9:30-10:15 am	2-4 yrs	C024104
Rm 200	ID/AP: \$81	OD: \$101.25		

Arts & Crafts - Preschool

Family Art Night

Bring your family and create something truly special with clay, paint, collage & more! Fun for all ages, everybody is welcome at Family Art Night!

9/24	F	5-7 pm	4-adult	C024205
Rm 200		ID/AP: \$14	OD: \$17.50	
10/29	F	5-7 pm	4-adult	C024206
Rm 200		ID/AP: \$14	OD: \$17.50	
11/19	F	5-7 pm	4-adult	C024300
Rm 200		ID/AP: \$14	OD: \$17.50	
12/10	F	5-7 pm	4-adult	C024301
Rm 200		ID/AP: \$14	OD: \$17.50	

Munchkin Mozarts

Nurture your toddler's energy and creativity in a class designed for children who love to move. Play instruments, sing, dance and uncover an engaging musical world while building your toddler's confidence, self-control, and early language skills.

Parent participation required. No class 11/26.

9/13-12/6 (13)	M	11-11:45 am	1-2 yrs	C024105
Rm 200		ID/AP: \$81	OD: \$101.25	
9/17-12/10 (12)	F	11-11:45 am	1-2 yrs	C024106
Rm 200		ID/AP: \$75	OD: \$93.75	

Arts & Crafts - Youth

Art Adventures

Each week will be different using a variety of mediums including; clay, paper mache, paint and more!

9/18-12/11 (13)	S	10:45-11:45 am	7-11 yrs	C024204
Rm 200		ID/AP: \$105	OD: \$130	

Drawing & Painting Beyond the Basics

Explore and develop painting and drawing techniques that inspire and encourage individual expression through art. A variety of art materials used.

9/13-12/6 (13)	M	5:30-6:15 pm	7-9 yrs	C024200
Rm 200		ID/AP: \$82	OD: \$102.50	
9/13-12/6 (13)	M	6:45-7:45 pm	9-12 yrs	C024201
Rm 200		ID/AP: \$105	OD: \$130	

Arts & Crafts - Teen/Adult

Fused Glass, Ornaments

Choose from a variety of base shapes to make holiday ornaments to give as gifts to friends and family or keep for your own tree. Each ornament comes with a bail glued on and ready for hanging.

\$10 each or 3 for \$25.

Lab fee payable to instructor at class.

11/13	S	11 am-2 pm	14-adult	C024506
Rm 205		ID/AP: \$18	OD: \$20	
12/4	S	11 am-2 pm	14-adult	C024507
Rm 205		ID/AP: \$18	OD: \$20	

Fused Glass, Kiln Carving

Using Exacto knives and scissors students will cut and shape designs that will be placed under glass in a kiln where the heat will carve the design into the glass creating intricate 3D patterns. The glass is then slumped in a mold to form a stunning transparent dish.

Materials Fee \$45 each.

9/25	S	11 am-2 pm	14-adult	C024502
Rm 205		ID/AP: \$18	OD: \$20	

Fused Glass, Tapas Dishes

7" oval dishes perfect for snacks, appetizers, or assorted trinkets. \$30 each or 2 for \$50.

10/23	S	11 am-2 pm	14-adult	C024503
Rm 205		ID/AP: \$18	OD: \$20	

Dance & Drama

Dance & Drama - Preschool

Ballet Basics

A wonderful introduction to ballet steps and terminology. This class will teach children balance and poise while developing strength and coordination. **No class 11/11 & 11/25.**

9/14-12/7 (13) T 10:30-11:15 am 3-5 yrs CO21100
Rm 204 ID/AP: \$84 OD: \$105

9/16-12/9 (11) Th 10:15-11 am 3-5 yrs CO21101
Rm 204 ID/AP: \$71 OD: \$88.75

Ballet

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

9/13-12/6 (13) M 4-4:45 pm 4-6 yrs CO21102
Rm 204 ID/AP: \$84 OD: \$105

Ballet / Tap

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

9/15-12/8 (13) W 5-5:45 pm 4-6 yrs CO21103
Rm 204 ID/AP: \$84 OD: \$105

Broadway Kids

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

9/14-12/7 (13) T 11:30 am-12:15 pm 4-6 yrs CO21105
Rm 204 ID/AP: \$84 OD: \$105

Dance & Tumble

Learn the fundamentals of dance and an introduction to tumbling and gymnastics techniques often used in dance. **No class 11/11 & 11/25.**

9/16-12/9 (11) Th 11:15 am-12 pm 4-6 yrs CO21108
Rm 204 ID/AP: \$71 OD: \$88.75

Dance Palooza

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

9/15-12/8 (13) W 4-4:45 pm 3-5 yrs CO21106
Rm 204 ID/AP: \$84 OD: \$105

9/18-12/11 (13) S 10-10:45 am 3-5 yrs CO21107
Rm 204 ID/AP: \$84 OD: \$105

Tiny Ties & Tutus

Tiny dancers will learn basic ballet movements and other forms of dance and improve both balance and coordination in a nurturing and fun environment. Props and fun music are incorporated. Parent participation required. **No class 11/11 & 11/25.**

9/14-12/7 (13) T 9:30-10:15 am 2-3 yrs CO21109
Rm 204 ID/AP: \$84 OD: \$105

9/16-12/9 (11) Th 9:15-10 am 2-3 yrs CO21110
Rm 204 ID/AP: \$71 OD: \$88.75

9/18-12/11 (13) S 9-9:45 am 2-3 yrs CO21111
Rm 204 ID/AP: \$84 OD: \$105

Dance classes: What should I wear?

Clothing that allows for a full range of movement such as leggings, tights, or sweatpants with a leotard or t-shirt. Shoes are determined by the style of the dance. (ballet shoes or bare feet for ballet; athletic shoes for hip hop)

Dance & Drama - Youth

Ballet II

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

9/13-12/6 (13) M 5-5:45 pm 6-9 yrs CO21201
Rm 204 ID/AP: \$84 OD: \$105

Ballet/Tap/Jazz

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

9/15-12/8 (13) W 6:05-7 pm 6-9 yrs CO21204
Rm 204 ID/AP: \$97 OD: \$121.25

Ballet/Tap

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

9/18-12/11 (13) S 11-11:45 am 5-8 yrs CO21104
Rm 204 ID/AP: \$84 OD: \$105

Broadway Bound/Theater

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

9/13-12/6 (13) M 6-7 pm 6-10 yrs CO21203
Rm 204 ID/AP: \$103 OD: \$128.75

Classical Ballet

Ballet is the foundation of dance! Classes include traditional barre and center work to create good technical habits while building strength and flexibility.

9/18-12/11 (13) S 12-12:45 pm 8-12 yrs CO21202
Rm 204 ID/AP: \$84 OD: \$105



Dance & Drama - Teen/Adult

Adult /Ballet/Jazz

Each class will incorporate ballet and jazz dance combinations and routines and will encourage individual expression and personal style. Includes a warm-up that develops strength, flexibility, coordination, and dance techniques specific to ballet and jazz dance.

9/15-12/8 (13) W 7:15-8 pm 13-adult CO21210
Rm 204 ID/AP: \$84 OD: \$105



General Interest

General Interest - Youth

Cooking from Scratch

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

Culinary Techniques

9/25 S 9:30-11:30 am 8-12 yrs C025203

Cupcake Challenge

10/2 S 9:30-11:30 am 8-12 yrs C025204

Homemade Pizzas

10/9 S 9:30-11:30 am 8-12 yrs C025205

Mystery Ingredient Challenge

10/16 S 9:30-11:30 am 8-12 yrs C025206

Mexican Cuisine

10/23 S 9:30-11:30 am 8-12 yrs C025207

Candy!

10/30 S 9:30-11:30 am 8-12 yrs C025208

What's for Dinner?

11/6 S 9:30-11:30 am 8-12 yrs C025209

Holiday Treats

11/20 S 9:30-11:30 am 8-12 yrs C025210

Yep, I can be Vegan

12/4 S 9:30-11:30 am 8-12 yrs C025211

Holiday Cookies

12/11 S 9:30-11:30 am 8-12 yrs C025212

Rm 202 ID/AP: \$32 OD: \$37.50

All-day winter break camp fun!

Each day will include games, sports, arts and crafts, and more. Register for one or all individual days. Please remember to send your child every day with a water bottle, lunch, swim gear, and snack for the morning & afternoon.

12/20 M 7:30 am-6 pm 5-13 yrs C027201

12/21 T 7:30 am-6 pm 5-13 yrs C027202

12/22 W 7:30 am-6 pm 5-13 yrs C027203

12/27 M 7:30 am-6 pm 5-13 yrs C027204

12/28 T 7:30 am-6 pm 5-13 yrs C027205

12/29 W 7:30 am-6 pm 5-13 yrs C027206

Rm 200/202/203 ID/AP: \$55 OD: \$68.75

Babysitting 101

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

10/16 S 8:45 am-5 pm 11-15 yrs C025200

Rm 203 ID/AP: \$59 OD: \$73.75

10/24 Su 8:45 am-5 pm 11-15 yrs C025201

Rm 203 ID/AP: \$59 OD: \$73.75

11/13 S 8:45 am-5 pm 11-15 yrs C025202

Rm 203 ID/AP: \$59 OD: \$73.75

Home Alone

This course is designed to prepare children for the responsibilities of being home alone. We will cover phone calls, answering the door, home security, first aid techniques, establishing household rules and more. Bring paper and pencil to class.

10/17 Su 9-11:45 am 8-12 yrs C025214

Rm 203 ID/AP: \$29 OD: \$35.75

10/23 S 9-11:45 am 8-12 yrs C025215

Rm 203 ID/AP: \$29 OD: \$35.75

General Interest - Adult

Cooking from Scratch Date Night

Join us for date night! Each week there will be a different focus. Come learn something fun in the kitchen together with someone you enjoy! We cannot accommodate for allergies.

Culinary Techniques

9/24 F 5-7 pm adult C025220

Homemade Pizzas

10/8 F 5-7 pm adult C025221

Mexican Cuisine

10/22 F 5-7 pm adult C025222

Holiday Treats

11/19 F 5-7 pm adult C025223

Vegan for the Holidays

12/3 F 5-7 pm adult C025224

Rm 202 ID/AP: \$32 each OD: \$37.50 each

Sports & Fitness - Preschool

Developing Your Young Athlete

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

9/18-12/11 (13) S 9:9:45 am 2-3 yrs C022101
Gym-Ct B ID/AP: \$82 OD: \$102.50

Munchkin Basketball

Featuring drills, games and group activity for a variety of sports. Sports classes are designed to get preschoolers engaged in sports which emphasize confidence, build self-esteem, teach teamwork and improve both coordination and motor skills. **No class 11/11, 11/25.**

9/16-12/9 (11) Th 10-10:45 am 3-5 yrs C022107
Gym-Ct A ID/AP: \$69 OD: \$86.25
9/18-12/11 (13) S 10-10:45 am 3-5 yrs C022108
Gym-Ct A ID/AP: \$82 OD: \$102.50
9/19-12/12 (13) Su 4:15-5 pm 3-5 yrs C022109
Gym-Ct B ID/AP: \$82 OD: \$102.50

Munchkin Soccer

Featuring drills, games and group activity for a variety of sports. Sports classes are designed to get preschoolers engaged in sports which emphasize confidence, build self-esteem, teach teamwork and improve both coordination and motor skills. **No class 11/11, 11/25.**

9/16-12/9 (11) Th 11:15 am-12 pm 3-5 yrs C022104
Gym-Ct A ID/AP: \$69 OD: \$86.25
9/18-12/11 (13) S 10:15-11 am 3-5 yrs C022105
Gym-Ct B ID/AP: \$82 OD: \$102.50
9/19-12/12 (13) Su 3-3:45 pm 3-5 yrs C022106
Gym-Ct B ID/AP: \$82 OD: \$102.50

Munchkin Sports

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

9/14-12/7 (13) T 10:15-11 am 3-5 yrs C022102
Gym-Ct A ID/AP: \$82 OD: \$102.50
9/18-12/11 (13) S 11:15 am-12 pm 3-5 yrs C022103
Gym-Ct A ID/AP: \$82 OD: \$102.50

Munchkin T-Ball

Get ready for T-Ball by learning the basic skills: throwing, catching, and hitting off a tee and much more. Your child will learn the love of sports, cooperation, teamwork self-confidence and more. Glove optional.

9/14-12/7 (13) T 9-9:45 am 3-5 yrs C022110
Gym-Ct A ID/AP: \$82 OD: \$102.50

THRIVE Afterschool Program

Conestoga Recreation Aquatic 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. Please call the center directly at 503-629-6313 for more information or to register.

Available Schools

- Hiteon Elementary
- Scholls Heights Elementary
- Greenway Elementary
- Nancy Ryles Elementary
- Sexton Mountain Elementary
- Conestoga Middle School

Program Components

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

Tuition

Tuition includes care M-F until 6 pm. Tuition also includes the following no-school days: 10/8, 11/12, 2/7, 4/14. Holidays, conference and budget reduction day options may be available; additional fees apply.

Sports & Fitness

Sports & Fitness - Youth/Teen

Basketball Basics

Learn basic basketball skills including passing, ball control, dribbling, shooting and footwork. This is a great class for those just starting to build basketball skills. Children will work together in a positive environment learning how to be part of a team.

9/13-12/6 (13) M 5:30-6:15 pm 6-8 yrs C022202
Gym-Ct B ID/AP: \$82 OD: \$102.50
9/19-12/12 (12) Su 5:15-6 pm 6-8 yrs C022203
Gym-Ct B ID/AP: \$76 OD: \$95



Basketball Conditioning

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

No class 11/11, 11/25.

9/14-12/9 (13) T/Th 5:30-6:15 pm 8-12 yrs C022200
Gym-Ct A ID/AP: \$199 OD: \$248.75
9/14-12/9 (13) T/Th 6:45-7:30 pm 12-15 yrs C022201
Gym-Ct A ID/AP: \$199 OD: \$248.75

Soccer Basics

Learn basic soccer knowledge including passing, ball control, dribbling and shooting. This is a great class to take if you are just starting out with your soccer skills. Children will work together in a positive environment learning how to be a part of a team.

9/13-12/6 (13) M 4:30-5:15 pm 6-8 yrs C022205
Gym-Ct B ID/AP: \$82 OD: \$102.50

Soccer Scrimmage

Perfect for children who know the basics of soccer, but need help with their scrimmage experience. Come brush up on your fundamentals and proper techniques of soccer. We will build our teamwork through an emphasis on fair play and fun! Shin guards recommended.

9/13-12/6 (13) M 6:45-7:30 pm 8-12 yrs C022204
Gym-Ct B ID/AP: \$82 OD: \$102.50

Volleyball, Beginners

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

9/15-12/8 (13) W 5:30-6:15 pm 8-12 yrs C022206
Gym-Ct B ID/AP: \$81 OD: \$101.25

Volleyball, Intermediate Skills

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

9/15-12/8 (13) W 6:35-7:25 pm 11-15 yrs C022207
Gym-Ct B ID/AP: \$96 OD: \$120

Teen Yoga

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

9/15-10/20 (6) W 4:30-5:15 pm 11-15 yrs C022564
Rm 201 ID/AP: \$37 OD: \$46.25
10/27-12/1 (6) W 4:30-5:15 pm 11-15 yrs C022565
Rm 201 ID/AP: \$37 OD: \$46.25

Martial Arts

Karate Kids, Intro to Karate

Children will gain skills in self-confidence, cooperation, effective communication and motivation. Uniforms are not required. **No class 11/11, 11/25.**

9/14-12/7 (13) T 4:4-4:45 pm 4-6 yrs C022162
Rm 204 ID/AP: \$76 OD: \$95
9/16-12/9 (11) Th 6:15-7 pm 4-6 yrs C022163
Rm 204 ID/AP: \$64 OD: \$80

Karate, Beginning

Shorin-Ryu is a self-defense-oriented, traditional Okinawan karate style. Learn basic blocks, punches, kicks, break fall techniques, and kata. Uniforms required. Information provided at first class. **No class 11/11, 11/25.**

9/14-12/7 (13) T 5:05-6 pm 8-12 yrs C022164
Rm 204 ID/AP: \$88 OD: \$110
9/16-12/9 (11) Th 5-5:55 pm 8-12 yrs C022165
Rm 204 ID/AP: \$74 OD: \$92.50

Kendo

Learn the basic skills and techniques of Japanese Swordsmanship. Martial arts philosophy and manners will be presented. Additional fee of \$25 for the bamboo practice sword is due first night of class, payable to Obukan Kendo Club. **No class 11/26.**

9/17-12/10 (12) F 6:30-7:25 pm 10-adult C022169
Gym-Ct B ID/AP: \$80 OD: \$100

Tennis Classes

Tennis Basics

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

9/19-12/12 (12) Su 1:30-2:15 pm 8-12 yrs C022127
Gym-Ct A/B ID/AP: \$82 OD: \$102.50

Family Tennis

Come learn to play tennis with your child in this group class. Basic intro Level 1 class.

Parent participation required. Register child only, cost includes one parent.

9/19-12/12 (12) Su 12:15-1 pm 6-adult C022126
Gym-Ct A/B ID/AP: \$96 OD: \$117.50

Burn the Bird

Celebrate Thanksgiving weekend with a 90 minute workout! This class is designed for all levels!

11/26 F 9-10:30 am Adult C022521
Rm 201 ID/AP: \$5.25 OD: \$6.50



Class Descriptions, Orientation

Fitness Class Descriptions

20/20/20

This class offers equal parts of cardio, resistance, and stretch training to deliver a well-rounded workout that is motivated by music.

Barre

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

Cardio Dance

Dance, sweat, and listen to great music in this class!

Essentrics

Strengthen and stretch every muscle in the body eccentrically, rebalancing the muscular structure in continuous rotational movements.

HIGH Fitness

Aerobics is back! Choreographed interval training with intense cardio peaks and toning tracks set to music you know and love!

Low Impact Aerobics

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

MELT

Self-treatment that reduces chronic pain and heals injuries. Reduce inflammation, improve alignment and learn how to keep your whole body working better.

Pilates

This class incorporates traditional Pilates moves and more to give you a body that is long, lean and strong. Therabands, Pilates rings and other props are used.

Strength

Challenge your major muscle groups using a barbell, weight plates, and dumbbells in this strength-focused class.

Strength, Balance & Core

Work up a sweat, boost your metabolism while strengthening the entire body.

Strength & Endurance

An interval style workout that includes cardio and strength training for a complete and fun workout.

Yoga, All Levels

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

Yoga, Flow

You'll be guided through postures in a Vinyasa style, improving strength, flexibility and balance.

Yoga, Gentle

Learn how to stretch deeply with simple movements combined with conscious breathing

Zumba®

Forget the workout, just lose yourself in the music! Zumba® classes feature exotic rhythms set to high-energy Latin and international beats.

Zumba® Gold

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

Weight/Cardio Room

Weight Room Orientation

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

\$50.25 ID/ \$62.75 OD

Personal Training

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

1 session \$57.75 ID/ \$72.25 OD

3 sessions \$173.25 ID/ \$216.75 OD

6 sessions \$346.50 ID/ \$433.50 OD

Buddy Training

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

1 session \$43.25 ID/ \$54.00 OD

3 sessions \$129.75 ID/ \$162.00 OD

6 sessions \$259.50 ID/ \$324.00 OD

*A parental waiver is required for weight/cardio room use by anyone 14-16 years old.
We request 24-hour cancellation on all personal training appointments.*



THPRD Welcomes you!



TUALATIN HILLS
PARK & RECREATION DISTRICT