



Fall



Garden Home Recreation 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 1, 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

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

TriMet Route #45

Facility Supervisor: Emily Kent

Fall Term: September 7 - December 31, 2021

Hours:

Monday-Friday 8 am-8 pm

Facility Closed: 9/6, 11/11, 11/25-26, 12/24, 12/31

Facility Features:

- Weight room/fitness center, shower/locker rooms
- THRIVE Afterschool Enrichment Program
- Indoor gym for drop-in sports
- Kitchen for cooking classes
- Gym with stage for performances
- Sports fields, outdoor playground and play equipment
- Fanno Creek Regional Trail (walking, running and biking)
- West Portland Boxing Team
- Garden Home Community Library
- Three licensed preschools

Facility Rentals

The Garden Home Recreation Center has several options for meetings, conferences, and gym rentals. Visit our website or call 503-629-6341 for more information.

Fitness Classes

See page 11 for Garden Home Recreation Center's schedule and description of classes.



Garden Home Resources



gardenhomelibrary.org | 503-245-9932

Garden Home Community Library is located within our center. A member of Washington County Cooperative Library Services, the library opens the door to an incredibly rich, county-wide collection of books, movies, music, games and more. Visit to explore the collection, use a computer, printer or Wi-Fi, get reading recommendations, and relax.

**Hours: Monday-Friday, 10 am-6 pm
Saturday, 10 am-3 pm**

Check gardenhomelibrary.org for updates.



Licensed Preschools

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

Small Friends, Inc. - 503-388-2266

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

Head Start - 503-693-3262

West Portland Boxing Team

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

Registration is accepted anytime throughout the year. For more details, call Jason Marquoit, head coach, at 503-246-0131.



THRIVE

Afterschool Program

Garden Home Recreation 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. A healthy snack is provided daily.

Available Schools

Chehalem
Fir Grove
Hayhurst
McKay
Montclair
Raleigh Hills
Raleigh Park
Vose
Whitford

Program Components

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

Tuition

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

THRIVE After School Care (Grades K-8)

2:30-6 pm | \$330 per month ID

Please call the center at 503-629-6341 for more information or to register.

Arts & Crafts

Arts & Crafts - Preschool

Art Exploration

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

9/14-10/26 (7) T 3:45-4:30 pm 5-7 yrs GH24205
Rm 13 ID/AP: \$48 OD: \$60
11/2-12/14 (7) T 3:45-4:30 pm 5-7 yrs GH24205A
Rm 13 ID/AP: \$48 OD: \$60

Arts & Crafts - Youth

Afterschool Artists

Be inspired by the masters and experience lots of mediums: paint, pastels, clay, mixed media, and more.

9/14-10/26 (7) T 5-6 pm 8-11 yrs GH24207
Rm 13 ID/AP: \$64 OD: \$80
11/2-12/14 (7) T 5-6 pm 8-11 yrs GH24207A
Rm 13 ID/AP: \$64 OD: \$80



Dance - Preschool

Ballet/Tap

Sample two of the most fundamental dance forms in this fun class.

9/13-10/25 (7)	M	11:15 am-12 pm	4-6 yrs	GH21101
Rm 14	ID/AP: \$45	OD: \$56.25		
11/1-12/13 (7)	M	11:15 am-12 pm	4-6 yrs	GH21101A
Rm 14	ID/AP: \$45	OD: \$56.25		
9/14-10/26 (7)	T	5-5:45 pm	4-6 yrs	GH21102
Rm 14	ID/AP: \$45	OD: \$56.25		
11/2-12/14 (7)	T	5-5:45 pm	4-6 yrs	GH21102A
Rm 14	ID/AP: \$45	OD: \$56.25		

Creative Movement

Rhythm and a variety of beginning dance techniques, movement combinations and routines to a variety of music and incorporation of dance props.

9/15-10/27 (7)	W	9-9:45 am	4-6 yrs	GH21103
Rm 14	ID/AP: \$45	OD: \$56.25		
11/3-12/15 (7)	W	9-9:45 am	4-6 yrs	GH21103A
Rm 14	ID/AP: \$45	OD: \$56.25		

Dance Combo

Experience ballet, jazz, hip-hop, and creative movement all in one class. We will use props and play games as we discover the joy of dance.

9/13-10/25 (7)	M	10-10:45 am	3-5 yrs	GH21104
Rm 14	ID/AP: \$45	OD: \$56.25		
11/1-12/13 (7)	M	10-10:45 am	3-5 yrs	GH21104A
Rm 14	ID/AP: \$45	OD: \$56.25		
9/14-10/26 (7)	T	4-4:45 pm	3-5 yrs	GH21105
Rm 14	ID/AP: \$45	OD: \$56.25		
11/2-12/14 (7)	T	4-4:45 pm	3-5 yrs	GH21105A
Rm 14	ID/AP: \$45	OD: \$56.25		

Dancin' and Twirlin'

Little ones will love participating in movement activities that incorporate dance, batons, tumbling and playing with props like balls and scarves. Activities introduced will help develop balance, motor skills and more. Parent participation required; no unregistered siblings allowed in class.

9/13-10/25 (7)	M	9-9:45 am	2-3 yrs	GH21106
Rm 14	ID/AP: \$45	OD: \$56.25		
11/1-12/13 (7)	M	9-9:45 am	2-3 yrs	GH21106A
Rm 14	ID/AP: \$45	OD: \$56.25		

Irish Dance Pre-K

This class focuses on the basics of Irish dancing for young dancers. Dancers learn to recognize rhythms, move and balance up on their toes, learn their left and right, and play dance games, all to wonderful Irish tunes! Parent participation required. No unregistered siblings. **No class 11/11, 11/26**

9/16-10/28 (7)	F	3:15-3:45 pm	2-4 yrs	GH21107
Rm 14	ID/AP: \$45	OD: \$56.25		
11/4-12/16 (5)	F	3:15-3:45 pm	2-4 yrs	GH21107A
Rm 14	ID/AP: \$24	OD: \$30		

Pre-Ballet

A fun experience for young dancers first independent ballet class. Develop grace, good posture and coordination while dancing to loved songs. Basic ballet movements explored through age appropriate games and dance props. **No class 11/26**

9/17-10/29 (7)	F	4-4:45 pm	4-6 yrs	GH21110
Rm 14	ID/AP: \$45	OD: \$56.25		
11/5-12/17 (7)	F	4-4:45 pm	4-6 yrs	GH21110A
Rm 14	ID/AP: \$39	OD: \$48.75		



Dance

Dance - Youth

Ballet

Traditional ballet technique class. Comprehensive barre and center work for returning and motivated beginners. Students develop strength, flexibility, coordination and confidence. All levels welcome. **No class 11/26**

9/17-10/29 (7) F 5:05-6 pm 6-8 yrs GH21200
Rm 14 ID/AP: \$56 OD: \$70
11/5-12/17 (6) F 5:05-6 pm 6-8 yrs GH21200A
Rm 14 ID/AP: \$47 OD: \$58.75

Ballet/Tap/Jazz

Ready for variety? We'll learn some basic technique and fun routines in this fast paced class. Tap shoes required.

9/14-10/26 (7) T 6:15-7 pm 5-8 yrs GH21201
Rm 14 ID/AP: \$45 OD: \$56.25
11/2-12/14 (7) T 6:15-7 pm 5-8 yrs GH21201A
Rm 14 ID/AP: \$45 OD: \$56.25

Irish Dance, Beginners

Don't just admire those great Irish dancers, come learn the basics of Irish dancing! Dancers will learn how to dance the soft shoe Reel and Light Jig in this class. **No class 11/11, 11/25**

9/16-10/28 (7) Th 4-4:45 pm 6-14 yrs GH21202
Rm 14 ID/AP: \$45 OD: \$56.25
11/4-12/16 (5) Th 4-4:45 pm 6-14 yrs GH21202A
Rm 14 ID/AP: \$32 OD: \$40

Irish Dance, Advanced Beginners

This class is a continuation of Beginner Irish dance, dancers will join at teacher's discretion. Dancers will learn the Single Jig, Slip Jig, and begin to learn hard shoe skills in this level of Irish dance. **No class 11/11, 11/25**

9/16-10/28 (7) Th 5:05-5:50 pm 6-14 yrs GH21203
Rm 14 ID/AP: \$45 OD: \$56.25
11/4-12/16 (5) Th 5:05-5:50 pm 6-14 yrs GH21203A
Rm 14 ID/AP: \$32 OD: \$40

Musical Theater

Relive the magic of Elsa, Anna and Olaf! Kids will sing, dance and act as we perform scenes from both Frozen and Frozen 2. **No class 11/26**

9/17-10/29 (7) F 6:05-7 pm 6-10 yrs GH21204
Rm 14 ID/AP: \$56 OD: \$70
11/5-12/17 (6) F 6:05-7 pm 6-10 yrs GH21204A
Rm 14 ID/AP: \$48 OD: \$60



Dance - Adults

Tap for Adults, Advanced

This class is for the advanced tapper ready to explore complex rhythms and fun choreography. Must have at least 1 year of Tap experience or permission of instructor to register.

9/14-10/26 (7) T 7:05-8 pm 13-adult GH21501
Rm 14 ID/AP: \$56 OD: \$70
11/2-12/14 (7) T 7:05-8 pm 13-adult GH21501A
Rm 14 ID/AP: \$56 OD: \$70



General Interest and Sports & Fitness

General Interest - Preschool

Kid Cafe

Join us for a variety of cooking and baking projects in our kitchen. Each week we will focus on a different theme that the kids will get to experiment with. Come hungry, you get to eat what you make. **No class 11/11, 11/25**

9/16-10/28 (7) Th 5:30-6:30 pm 4-6 yrs GH25150
Kitchen ID/AP: \$64 OD: \$80
11/4-12/16 (5) Th 4:45-5:45 pm 4-6 yrs GH25150A
Kitchen ID/AP: \$46 OD: \$57.50

Music for Infants and Toddlers

Expose your child to a rich music environment and lay a foundation for future music instruction. Class teaches music with singing, rhythms, movement and props. Parent participation required. Price includes one parent and one child. No unregistered siblings. **No class 11/11, 11/25**

9/16-10/28 (7) Th 2:30-3 pm 6 mths-3 yrs GH25104
Rm 14 ID/AP: \$32 OD: \$40
11/4-12/13 (6) Th 2:30-3 pm 6 mths-3 yrs GH25105
Rm 14 ID/AP: \$28 OD: \$35

General Interest - Youth

Kids in the Kitchen

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

11/2-12/14 (7) T 3:45-5:45 pm 6-9 yrs GH25201
Kitchen ID/AP: \$112 OD: \$140

Recipe Rock Stars

Each week prepare healthy foods and practice safe food preparation as you make and taste new dishes. Be sure and come hungry; you get to eat what you make. That is part of the fun of cooking class!

9/14-10/26 (7) T 3:45-5:45 pm 7-11 yrs GH25202
Kitchen ID/AP: \$112 OD: \$140

Sports & Fitness - Preschool

Taekwondo, Little Dragons

Learn Taekwondo philosophy, basics, drills, and self-defense techniques in this fun, safe environment. Rank promotion available from white belt through black belt. Instructors are Kukkiwon/World Taekwondo certified.

9/27-12/6 (11) M 3:3-3:25 pm 3-5 yrs GH22110
Gym ID/AP: \$49 OD: \$61.25
9/27-12/6 (11) M 3:30-3:55 pm 3-5 yrs GH22111
Gym ID/AP: \$49 OD: \$61.25



Sports & Fitness - Youth & Adult

Family Taekwondo

Introduction to Taekwondo, including vocabulary, philosophy and self-defense skills. Promotes confidence and discipline in a safe, fun environment.

9/27-12/6 (11) M 5:15-6:15 pm 6-adult GH22213
Gym ID/AP: \$88 OD: \$110

Taekwondo, White Tigers

Learn Taekwondo philosophy, basics, drills, and self-defense techniques in this fun, safe environment. Rank promotion available from white belt through black belt. Instructors are Kukkiwon/World Taekwondo certified.

9/27-12/6 (11) M 4-4:55 pm 6-14 yrs GH22210
Gym ID/AP: \$88 OD: \$110

Virtual/Online Classes

Crazy Creation-ONLINE

Specifically designed for younger kids to learn how to draw simple objects, animals with help of shapes and numbers or alphabets. They will have fun using colors, paint, glue, cutting and pasting. We will create some fun things with reusing materials easily found at home. Classes will be held through Microsoft Teams meetings.

9/14-10/26 (7) T 3:15-4 pm 5-6 yrs VR24101A
OffSite ID/AP: \$70 OD: \$87.50
11/2-12/14 (7) T 3:15-4 pm 5-6 yrs VR24101B
OffSite ID/AP: \$70 OD: \$87.50

Creative Movement-ONLINE

Rhythm and a variety of beginning dance techniques, movement combinations and routines to a variety of music and incorporation of dance props. Classes will be held through Microsoft Teams meetings.

9/15-10/27 (7) W 10:15-10:45 am 3½-5 yrs VR21103A
OffSite ID/AP: \$46 OD: \$57.50
11/3-12/15 (7) W 10:15-10:45 am 3½-5 yrs VR21103B
OffSite ID/AP: \$46 OD: \$57.50

Dance Combo-ONLINE

Experience ballet, jazz, hip-hop, and creative movement all in one class. We will use props and play games as we discover the joy of dance. Classes will be held through Microsoft Teams meetings.

9/15-10/27 (7) W 11:15 am-12 pm 3½-5 yrs VR21104A
OffSite ID/AP: \$63 OD: \$78.75
11/3-12/15 (7) W 11:15 am-12 pm 3½-5 yrs VR21104B
OffSite ID/AP: \$63 OD: \$78.75

Pre-Ballet-ONLINE

A fun experience for young dancers' first independent ballet class. Develop grace, good posture and coordination while dancing to loved songs. Basic ballet movements explored through age appropriate games. Classes will be held through Microsoft Teams meetings.

9/15-10/27 (7) W 12:15-1 pm 4-6 yrs VR21106A
OffSite ID/AP: \$63 OD: \$78.75
11/3-12/15 (7) W 12:15-1 pm 4-6 yrs VR21106B
OffSite ID/AP: \$63 OD: \$78.75

Preschool Exploration: Gear up for Learning - ONLINE

This program is for children with previous preschool experience and designed for an older age group, who are ready to prepare for kindergarten academic benchmarks. Gear Up for Learning focuses on developing skills needed to make smooth transitions to a classroom environment and lengthening attention spans. Large and fine motor skills are honed through art, music, books, sensory play and more. Classes will be held through Microsoft Teams meetings. **No class 11/26**

9/17-10/29 (7) F 10:15-10:45 am 3½-5 yrs VR25101A
OffSite ID/AP: \$42 OD: \$52.50
11/5-12/17 (6) F 10:15-10:45 am 3½-5 yrs VR25101B
OffSite ID/AP: \$36 OD: \$45

Tiny Tutus-ONLINE

Tiny dancers will learn basic ballet movements that can improve balance and coordination in a nurturing and fun environment. Classes will be held through Microsoft Teams meetings.

9/15-10/27 (7) W 8:45-9:15 am 3½-6 yrs VR21107A
OffSite ID/AP: \$46 OD: \$57.50
11/3-12/15 (7) W 8:45-9:15 am 3½-6 yrs VR21107B
OffSite ID/AP: \$46 OD: \$57.50

Fitness Classes & Descriptions

Garden Home Fitness Class Descriptions

Cardio Fusion

A work out that pairs moderate aerobics with exercises and dance moves that are designed to improve strength, balance and flexibility.

Essentrics

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

Low Impact Aerobics

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

MELT

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

Yoga, Flow

This dynamic style links breathing and movement helping to build strength, stamina and flexibility.

Yoga, Hatha

This is a simply structured class to help people at any level use body alignment and simple breath to release negative thought patterns. As we think positively and relax, the body becomes more flexible, and we safely go into and through poses using breath, easily.

Yoga, Level I

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

Yoga, Level I/II

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

Yoga, Level II

Discover new and different ways to advance your practice. More advanced poses will be explored as you build strength and stability. Modifications are welcome as we explore moving deeper into the practice of yoga. This class is not appropriate for beginners.

Zumba®

Are you ready to party yourself into shape? Forget the workout, just lose yourself in the music! Zumba® classes feature exotic rhythms set to high-energy Latin and international beats.

To see current schedule visit: <http://www.thprd.org/facilities/recreation/garden-home>

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.*

Schedule and instructors are subject to change at any time.
Please add that the facility is closed on 12/25.

T H P R D Welcomes you!



TUALATIN HILLS
PARK & RECREATION DISTRICT