

Winter Village
 at Orenco Station Plaza
 December 2, 2016 - January 2, 2017

Hillsboro
 Parks & Recreation

www.hillsboro-oregon.gov/wintervillage

ADVENTURE
CREATIVE ARTS
NATURE
AQUATIC
PERFORMANCE
SCIENCE
SPORTS

Looking for Summer Camps?
Registration coming in March

Watch our website for details!
 503-681-6120

hillsboro-oregon.gov/ParksRec

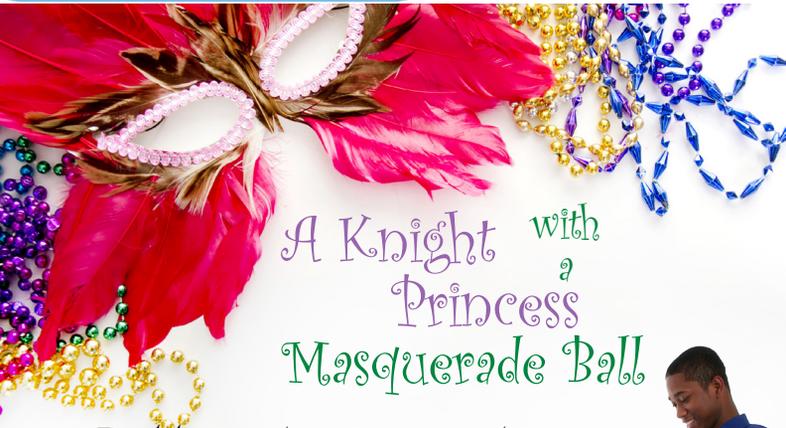
Hillsboro
 Parks & Recreation

HILLSBORO
Artisan Bazaar
 SATURDAY, DECEMBER 3
 9 am - 3 pm

- * Local Artisans
- * Senior Center Gift Shop
- * Holiday Entertainment
- * Hot Food & Snacks
- * Baskets with Artisan Items

Hillsboro Community Senior Center
 750 SE 8th Ave
 Hillsboro, OR 97123
 503-615-1090

Proceeds to benefit meal and wellness programs provided at the Senior Center.



A Knight with a Princess Masquerade Ball

Daddy Daughter Dinner and Dance

Saturday, February 4

6 – 9 pm

Walters Cultural Arts Center

Make a Mask • Dinner
Dancing • Dessert

Live DJ • Photo Booth

\$32 Resident, \$48 Non-Resident

Fees are per person

503-681-5397

Register for #53131 by 1/27



Underwater EGGstravaganza

Join us for an EGGcellent time hunting Easter eggs and treasures in our warm water pool. Prizes found in each egg. A special appearance by the Easter Bunny offers an opportunity for photos. All Easter eggs and treasures are in the water at the hunt start times. Parent participation required in the water for children 7 years and younger. Pre-registration required. Swim suit required to hunt for eggs in the pool.

1 – 12 years

SHARC

SHARC Staff

53149	Sat	4/15	1 – 1:45 pm
			1 – 3 years; parent in water
53150	Sat	4/15	2 – 2:45 pm
			4 – 7 years; parent in water
53151	Sat	4/15	3 – 3:45 pm
			8 – 12 years

\$10 Resident, \$15 Non-Resident

Preschool

Itty Bitty Messy Art

Have a ball with your little one creating art with finger paints and squishy toys. Dress to get messy! Parent participation required.

6 months – walking

SHARC

SHARC Staff

53136	Mon	3/13	11 – 11:30 am
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\$7 Resident, \$10 Non-Resident

Wee Ones Art Start

Have a fun, messy time with your child as they explore their creativity with paint, glitter, dough, and more to create works of art. Dress to get messy! Parent participation required.

1 – 2 years

SHARC

SHARC Staff

53152	Mon	4/10	11 – 11:30 am
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\$7 Resident, \$10 Non-Resident



Messy Munchkins Jr.

Create a multitude of messy projects while discovering art. Paint, glue, glitter, and play dough are just some of the mediums kids use to create their masterpieces. We do the clean-up for you. Dress to get messy! Parent participation required.

18 months – 2 years

SHARC

SHARC Staff

53148	Mon	2/13	11 – 11:30 am
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53156	Mon	6/12	11 – 11:30 am
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\$7 Resident, \$10 Non-Resident

First Art

Toddlers explore art materials and techniques that delight their senses and open a world of creativity. Make texture collages and discover color and combinations. Dress to get messy! Parent participation required.

1 – 2 years

SHARC

SHARC Staff

53135	Mon	5/8	11 – 11:30 am
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\$7 Resident, \$10 Non-Resident

Baby Gym

Learn basic motor skills and gymnastics activities to build gymnastics skills, flexibility, coordination and body awareness. Parents assist the child with the lesson while the teacher directs activities. This activity involves standing and balance. Parent participation is required. **Early Bird Registration ends at 9 am the Thursday before the new class begins.**

1 – 2 years

Gym Nest

Gym Nest Staff

53464	Mon	1/30 – 2/20	9 – 9:30 am
53465	Mon	2/27 – 3/20	9 – 9:30 am
53466	Mon	4/3 – 4/24	9 – 9:30 am
53467	Mon	5/1 – 5/22	9 – 9:30 am
53468	Wed	2/1 – 2/22	11 – 11:30 am
53469	Wed	3/1 – 3/22	11 – 11:30 am
53470	Wed	4/5 – 4/26	11 – 11:30 am
53471	Wed	5/3 – 5/24	11 – 11:30 am
53472	Fri	2/3 – 2/24	9 – 9:30 am
53473	Fri	3/3 – 3/24	9 – 9:30 am
53474	Fri	4/7 – 4/28	9 – 9:30 am
53475	Fri	5/5 – 5/26	9 – 9:30 am

\$33 Resident, \$47 Non-Resident

\$5 off: Early Bird Registration



Creative Dance

Fun and games that explore creativity and introduces your child to a variety of movements through singing and dancing. Parent participation required for ages under three years.

18 months – 3 years

SHARC

Autumn Browning

53202	Thu	10:30 – 11 am	1/26 – 2/23
53203	Thu	10:30 – 11 am	3/9 – 4/13
No class 3/30			
53204	Thu	10:30 – 11 am	4/27 – 5/25
\$24 Resident, \$36 Non-Resident			



Tiny Dancers

Focus on creativity in motion, imagination and motor skills development. This class makes exploring movement and learning fun! Parent participation required for ages under 3.

18 months – 3 years

SHARC

Autumn Browning

53206	Tue	10:30 – 11 am	1/24 – 2/21
53207	Tue	10:30 – 11 am	3/7 – 4/11
No class 3/28			
53210	Tue	10:30 – 11 am	4/25 – 5/23

3 – 5 years

53208	Thu	9:45 – 10:15 am	1/26 – 2/23
53209	Thu	9:45 – 10:15 am	3/9 – 4/13
No class 3/30			
53211	Thu	9:45 – 10:15 am	4/27 – 5/25

\$24 Resident, \$36 Non-Resident



Tiny Tap

Learn basic tap steps through beginning rhythm and timing while using fun phrases and upbeat music. Tap shoes are recommended. Wear comfortable clothing.

3 – 5 years
Tyson Recreation Center
Marissa Parker

53246	Tue	1/17 – 2/7	10 – 10:30 am
53247	Tue	2/21 – 3/14	10 – 10:30 am
53248	Tue	4/4 – 5/2 <i>No class 4/25</i>	10 – 10:30 am
53249	Tue	5/9 – 5/30	10 – 10:30 am
53250	Thur	1/19 – 2/9	6:30 – 7 pm
53251	Thur	2/23 – 3/16	6:30 – 7 pm
53252	Thur	4/6 – 5/4 <i>No class 4/27</i>	6:30 – 7 pm
53253	Thur	5/11 – 6/1	6:30 – 7 pm

\$18 Resident, \$27 Non-Resident

Disney Ballet

Learn fun ballet movements and techniques through familiar Disney songs and activities. You can come dressed as your favorite Disney prince or princess too!

3 – 5 years
SHARC
Marissa Parker, Autumn Browning

53193	Tue	9:45 – 10:15 am	1/24 – 2/21
53194	Tue	9:45 – 10:15 am	3/7 – 4/11
		<i>No class 3/28</i>	
53200	Tue	9:45 – 10:15 am	4/25 – 5/23
53195	Sat	9:45 – 10:15 am	1/21 – 2/25
		<i>No class 2/18</i>	
53196	Sat	9:45 – 10:15 am	3/4 – 4/15
		<i>No class 3/25, 4/1</i>	
53201	Sat	9:45 – 10:15 am	4/22 – 5/20

\$24 Resident, \$36 Non-Resident

Dance Mania

This ballet and jazz combination class is designed for children to express their individuality through the art of dance. Dancers learn pre-ballet and jazz movements in this fun and energetic class. Wear comfortable clothing.

3 – 5 years
Tyson Recreation Center
Marissa Parker

53238	Tue	1/17 – 2/7	10:45 – 11:15 am
53239	Tue	2/21 – 3/14	10:45 – 11:15 am
53240	Tue	4/4 – 5/2 <i>No class 4/25</i>	10:45 – 11:15 am
53241	Tue	5/9 – 5/30	10:45 – 11:15 am
53242	Thur	1/19 – 2/9	5:45 – 6:15 pm
53243	Thur	2/23 – 3/16	5:45 – 6:15 pm
53244	Thur	4/6 – 5/4 <i>No class 4/27</i>	5:45 – 6:15 pm
53245	Thur	5/11 – 6/1	5:45 – 6:15 pm

\$18 Resident, \$27 Non-Resident

Jazz & Creative Dance

Introduces basic rhythm using simple jazz steps along with coordination and movement skills that encourage creativity. Cultivate a love for dance in a nurturing and fun-filled environment.

4 – 7 years
SHARC
Marissa Parker

53215	Thu	4:30 – 5 pm	1/26 – 2/23
53216	Thu	4:30 – 5 pm	3/9 – 4/13
		<i>No class 3/30</i>	
53222	Thu	4:30 – 5 pm	4/27 – 5/25
53217	Sat	10:30 – 11 am	1/21 – 2/25
		<i>No class 2/18</i>	
53218	Sat	10:30 – 11 am	3/4 – 4/15
		<i>No class 3/25, 4/1</i>	
53223	Sat	10:30 – 11 am	4/22 – 5/20

\$24 Resident, \$36 Non-Resident



Gym Nest Classes

All classes listed below take place at Gym Nest and teach participants beginning gymnastics skills. Instructors focus on skill building, flexibility, coordination, and body awareness. Wear comfortable clothes (no denim) to allow for movement. **Early Bird Registration ends at 9 am the Thursday before the new class begins. No classes the week of Spring Break.**

Gym Nest
Gym Nest Staff

Drop In Open Play

Parents and toddlers enjoy open play on a large obstacle course built to encourage exploration, motor skill development and coordination. Parents are required to assist the child throughout the play time as only supervision (no instruction) is provided. **Parent participation is required.**

3 – 5 years

53527 Tue 1/3 – 2/21 12:15 – 1 pm

\$46 Resident, \$65 Non-Resident \$5 off: Early Bird Registration

Toddler Gym

Toddler Gym is an introduction to tumbling and gymnastics designed for this energetic age. The parent assists the child with the lesson while the teacher directs the class activities. Parent participation is required.

2 – 3 years

53476	Mon	1/30 – 2/20	10 – 10:45 am
53477	Mon	2/27 – 3/20	10 – 10:45 am
53478	Mon	4/3 – 4/24	10 – 10:45 am
53479	Mon	5/1 – 5/22	10 – 10:45 am
53480	Wed	2/1 – 2/22	10 – 10:45 am
53481	Wed	3/1 – 3/22	10 – 10:45 am
53482	Wed	4/5 – 4/26	10 – 10:45 am
53483	Wed	5/3 – 5/24	10 – 10:45 am
53484	Fri	2/3 – 2/24	10 – 10:45 am
53485	Fri	3/3 – 3/24	10 – 10:45 am
53486	Fri	4/7 – 4/28	10 – 10:45 am
53487	Fri	5/5 – 5/26	10 – 10:45 am
53488	Sat	2/4 – 2/25	11 – 11:45 am
53489	Sat	4/8 – 4/29	11 – 11:45 am

\$37 Resident, \$53 Non-Resident \$5 off: Early Bird Registration



Wee Bounce

Fun trampoline and tumbling activities, including basic tumbling skills on the floor and basic jumps on the 40 foot long trampoline. The parent assists the child with the lesson while the teacher directs the class activities.

3 – 4 years

53490	Mon	1/30 – 2/20	11 – 11:45 am
53491	Mon	2/27 – 3/20	11 – 11:45 am
53492	Mon	4/3 – 4/24	11 – 11:45 am
53493	Mon	5/1 – 5/22	11 – 11:45 am
53494	Wed	2/1 – 2/22	12 – 12:45 pm
53495	Wed	3/1 – 3/22	9 – 9:45 am
53496	Wed	4/5 – 4/26	12 – 12:45 pm
53497	Wed	5/3 – 5/24	9 – 9:45 am

\$37 Resident, \$53 Non-Resident \$5 off: Early Bird Registration





Tumbling & More

Enjoy the basic steps of tumbling, balance and more. We emphasize large motor skills, balance, coordination, and having fun! Wear something comfortable. Parent participation required for 3 year olds; optional for 4 & 5 year olds.

3 – 5 years

SHARC

Lindsay Garcia

53212	Tue	1:15 – 1:45 pm	1/24 – 2/21
53213	Tue	1:15 – 1:45 pm	3/7 – 4/11
No class 3/28			
53214	Tue	1:15 – 1:45 pm	4/25 – 5/23
\$24 Resident, \$36 Non-Resident			

Gym Nest Classes

All classes listed below take place at Gym Nest and teach participants beginning gymnastics skills. Instructors focus on skill building, flexibility, coordination, and body awareness. Wear comfortable clothes (no denim) to allow for movement. **Early Bird Registration ends at 9 am the Thursday before the new class begins. No classes the week of Spring Break.**

Gym Nest
Gym Nest Staff

Jr. Trampoline & Tumbling

Perfect for cheerleading, martial arts or just plain fun! Learn basic tumbling skills in this coed program. Use the mini-trampoline and our 40-foot long trampoline to increase core strength and body awareness.

4 – 5 years

53500	Wed	2/1 – 2/22	2 – 2:45 pm
53501	Wed	3/1 – 3/22	2 – 2:45 pm
53502	Wed	4/5 – 4/26	2 – 2:45 pm
53503	Wed	5/3 – 5/24	2 – 2:45 pm

\$37 Resident, \$53 Non-Resident \$5 off: Early Bird Registration

Jr. Beginning Gymnastics

Boys and girls learn beginning gymnastics skills for floor, beam, bars and vault. Skill building stations and obstacle courses increase strength, flexibility, coordination, and body awareness.

4 – 5 years

53508	Tue	1/31 – 2/21	2 – 2:45 pm
53509	Tue	2/28 – 3/21	2 – 2:45 pm
53510	Tue	4/4 – 4/25	2 – 2:45 pm
53511	Tue	5/2 – 5/23	2 – 2:45 pm
53512	Fri	2/3 – 2/24	2 – 2:45 pm
53513	Fri	3/3 – 3/24	2 – 2:45 pm
53514	Fri	4/7 – 4/28	2 – 2:45 pm
53515	Fri	5/5 – 5/26	2 – 2:45 pm

\$37 Resident, \$53 Non-Resident \$5 off: Early Bird Registration

SHARC Rentals



All Ages

The multi-purpose room at SHARC is a private space for your event with a TV/ DVD player, sink, refrigerator and tables and chairs for up to 20 guests. You may bring in your own food for your event. Reservations must be made at SHARC in person at least one week in advance. Rental includes time for set-up and clean-up. A \$50 refundable cleaning deposit is required at the time of the reservation. The rental fee, admissions to the recreation swim and the refundable deposit are all due at time of reservation.

Days: Varying days and times. Call 503-681-6127 to check availability.

Fee: \$35/hour Resident, \$50/hour Non-Resident

Admissions to the Recreation Swim are \$4 per child and \$5 per adult and are not included in the rental fee.



Sports from Head to Toe

This active and fun indoor/outdoor instructional sports program promotes mental and physical development. Learn the fundamentals of each sport, basic motor skills through drills, and the concept of playing a game. Emphasis is placed on teamwork and sportsmanship. Parent participation is required for 2½ – 3 year olds and highly encouraged for 4 year olds. Participants must wear athletic shoes and bring a water bottle. Multisport is tennis, baseball, soccer and basketball.

Tyson Recreation Center (unless otherwise indicated)
Michele Jordan

2½ – 3 years

53535	Thur	1/19 – 2/9	9:45 – 10:15 am	Soccer
53536	Thur	2/16 – 3/9	9:45 – 10:15 am	Baseball
53537	Thur	4/6 – 4/27	9:45 – 10:15 am	Basketball
53538	Thur	5/4 – 5/25	9:45 – 10:15 am	Multisport

\$18 Resident, \$27 Non-Resident

3 years

53543	Thur	4/6 – 4/27	2:45 – 3:15 pm	Multisport (Peter Boscov)
53544	Thur	5/4 – 5/25	5:30 – 6 pm	Baseball

\$18 Resident, \$27 Non-Resident

3 – 4 years

53545	Thur	4/6 – 4/27	5:30 – 6 pm	Multisport (Peter Boscov)
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\$18 Resident, \$27 Non-Resident

3½ – 4 years

53539	Thur	1/19 – 2/9	10:30 – 11 am	Soccer
53540	Thur	2/16 – 3/9	10:30 – 11 am	Baseball
53541	Thur	4/6 – 4/27	10:30 – 11 am	Basketball
53542	Thur	5/4 – 5/25	10:30 – 11 am	Multisport

\$18 Resident, \$27 Non-Resident

3½ – 5 years

53554	Thur	1/19 – 2/9	4:30 – 5:15 pm	Baseball
53555	Thur	2/16 – 3/9	4:15 – 5 pm	Basketball (Peter Boscov)

\$27 Resident, \$40 Non-Resident

4 – 5 years

53546	Thur	1/19 – 2/9	2 – 2:45 pm	Soccer
53547	Thur	2/16 – 3/9	2:15 – 3 pm	Basketball (Peter Boscov)
53548	Thur	4/6 – 4/27	3:30 – 4:15 pm	Multisport (Peter Boscov)
53549	Thur	5/4 – 5/25	4:30 – 5:15 pm	Baseball

\$27 Resident, \$40 Non-Resident

Register Now.
www.hillsboro-oregon.gov/ParksRec

Tyson Recreation Center Rentals

Rent space at Tyson Recreation Center for your next event. Equipment includes play structures, gym mats, balls, sound system, TV/DVD, tables and chairs. Play equipment is designed for children age 5 and under, but the facility can accommodate other age groups. A staff person is available to help you set up, monitor your event and check your clean up. Tables and chairs are available for food and drinks in the East Room. Reservations must be made in person at least seven days in advance. Rentals are limited to a maximum of 35 people.

Days: Saturday & Sunday
Times: 9:30 am – 12:30 pm
 1 – 4 pm
 4:30 – 7:30 pm
 Two hour rental minimum
 Call 503-615-6552 to check availability
Place: Tyson Recreation Center
Fee: \$40/hour Resident
 \$60/hour Non-Resident
 Optional \$50 cleaning fee



Ice Skating

Learn to ice skate in a fun, relaxed atmosphere. Wear gloves/mittens, loose fitting clothing, and a jacket. Helmets are recommended but not required. Ice skates are provided.

Sherwood Ice Arena
 Sherwood Ice Arena Staff

Parent & Me

Parent and child learn to skate together. One parent or adult must participate with each child. Fee includes both people.

2 – 3 years

53104	Sat	2/4 – 3/25	11:40 am – 12:10 pm
53105	Sat	4/1 – 5/27	11:40 am – 12:10 pm
No class 4/8			

\$92



Snowplow Sam

This excellent introduction to skating teaches basic skating skills including balance and coordination.

4 – 5 years

53107	Wed	2/1 – 3/29	5:30 – 6 pm
53108	Sat	2/4 – 3/25	12:15 – 12:45 pm
53109	Sat	4/1 – 5/27	12:15 – 12:45 pm
No class 4/8			
53110	Wed	4/5 – 5/31	5:30 – 6 pm

\$92

Outdoors In

Outdoors In Park @ the Plaza is an indoor playground for kids of all ages. With full-size playground equipment, a bouldering wall, an interactive, whole body electronic gaming system and much more, it's a great place to get in out of the weather for a whole lot of fun. An adult must be present at all times. Admission for the accompanying adult and children under one year is free.

The facility may be rented for your party or event for up to 70 people. Rentals include use of playground equipment, refrigerator, TV, Blu-Ray, adult and child-sized tables and chairs.

Hours vary by season. Call 503-681-5244 for current hours and availability.



Playground Fees

Ages 1-17	Resident	Non-Resident
Single Visit	\$4	\$6
5 Admission Pass	\$18	\$27
10 Admission Pass	\$33	\$50

Rental Hours:

Fri	5:30 – 8:30 pm
Sat	4:30 – 7:30 pm
Sun	9:30 am – 12:30 pm
	4:30 – 7:30 pm

Public Play Hours (Sept – May)

Mon – Fri	9 am – 12 pm
	2 – 5 pm
Sat	9 am – 12 pm
	1 – 4 pm
Sun	1 – 4 pm

Closed New Year's Eve/Day and Easter.

Rental Fees (per hour, 2 hour minimum):
 \$75 Resident, \$90 Non-Resident
 Optional \$50 Cleaning fee



Enrolling Now!



Creativity • Movement • Socialization • Behavior • Sensory
Science • Life Skills • Art • Play

Busy Bees Activity Program for Preschool Age

Tyson Recreation Center at Griffin Oaks Park
1880 NE Griffin Oaks Street 503-615-6552

Busy Bee Activity Program for Preschool Age

Your Busy Bee is sure to have a great time in this recreational and educational activity program. Weekly curriculum focuses on letters, numbers, colors, and shapes. A daily snack is provided (inform us of any food allergies). Participants must be potty trained and self-sufficient in the bathroom. Through a structured schedule, the Busy Bee program teaches the following:

- Creativity through art
- Movement through music
- Cooperation through group interaction
- Physical and mental fitness through activities and games
- Good behavior habits
- Sensory skills through science
- Important life skills through recreation and processed art
- Socialization through play

Registration is only available in person at Tyson Recreation Center. Please call 503-615-6552 for any additional information.

Tyson Recreation Center

3 – 5 years

Tue & Thu	9/3 – 5/31	9 am – 12 pm
\$135 Resident, \$200 Non-Resident (Monthly fee)		

4 – 5 years

Mon, Wed, Fri	9/4 – 6/8	8:30 am – 12:30 pm
\$210 Resident, \$315 Non-Resident (Monthly fee)		

4 – 5 years

Mon, Wed, Fri	9/4 – 6/8	8:30 am – 12:30 pm
Tue & Thu	9/3 – 5/31	9 am – 12 pm
\$315 Resident, \$470 Non-Resident (Monthly fee)		

Make-It-On-Mondays

Make crafts and gifts to celebrate different holidays. Paint, decorate projects, color pages and create fun themed crafts in an enjoyable atmosphere. Parent participation required.

3 – 5 years

SHARC

SHARC Staff

53144	Mon	2/13	9:30 – 10:15 am	Valentine's Day
53145	Mon	3/13	9:30 – 10:15 am	St. Patrick's day
53155	Mon	4/10	9:30 – 10:15 am	Easter
53146	Mon	5/8	9:30 – 10:15 am	Mother's Day
53147	Mon	6/12	9:30 – 10:15 am	Father's Day

\$9 Resident, \$13 Non-Resident



Clay Kids

Dive into the wonders of all things clay! Engage your creativity with hands-on activities including bowls, small sculptures and more. Create fun and memorable mini-masterpieces and have a blast discovering the basics of clay. Each student creates and glazes several projects. A fantastic launching pad for young ceramic artists.

5 – 8 years
Walters Cultural Arts Center
Alice Hill



53073	Thu	1/26 – 2/16	4 – 5:30 pm
53074	Thu	5/4 – 5/25	4 – 5:30 pm
\$56 Resident, \$70 Non-Resident			

Creative Kids

Why pick just one art form when you can explore ceramics, drawing and painting all in one class? Dive into art in all its colorful forms and discover what inspires you. There are absolutely no limits to where your creativity, curiosity and artistic imagination can take you!

5 – 8 years
Walters Cultural Arts Center
Alice Hill

53079	Thu	2/23 – 3/16	3:45 – 5:15 pm
\$50 Resident, \$62 Non-Resident			

Clay Kids: Amazing Animals!

If you love art, animals, and hands-on creativity, this class is for you. Using wildlife or favorite pets as inspiration, discover the building blocks of ceramics. Experiment with color, texture, shape, proportion and more. Each student creates and glazes several projects. Just don't feed the artwork!

5 – 8 years
Walters Cultural Arts Center
Alice Hill

53075	Thu	4/6 – 4/27	4 – 5:30 pm
\$56 Resident, \$70 Non-Resident			

Clay Artistry

Take your creativity and ceramic skills to the next level! Discover how to create dynamic effects to make your clay creations exciting and memorable. Explore exciting hand-building techniques to make your masterpieces. Express your individual style using color, texture, finishing, and more to make clay art that is uniquely yours.

9 – 12 years
Walters Cultural Arts Center
Shannon Johnson

53076	Thu	1/26 – 2/23	4 – 5:30 pm
\$68 Resident, \$84 Non-Resident			

Youth Wheel

Have you ever wanted to try the potter's wheel? Have a blast as you get your hands muddy and create beautiful ceramic pieces to use and share at home. Learn how to throw and glaze a variety of forms—cups, bowls, vases and more. Develop hand-eye coordination and fine motor skills as you take your creativity for a spin.



9 – 13 years
Walters Cultural Arts Center
Jen Champlin

53077	Wed	2/8 – 3/1	4 – 5:15 pm
53078	Wed	4/12 – 5/3	4 – 5:15 pm
\$60 Resident, \$73 Non-Resident			

See page 14 for additional for information on Spring Break clay camps for kids.



Let's Paint: Explore Color

Get ready for an explosion of color! Experiment, explore and create exciting results. Discover techniques to make images come to life and jump off the page using the power of color: choice, combinations, mixing, and more. A joyful, empowering way for young artists to dive into painting and creative expression.



5 – 8 years
Walters Cultural Arts Center
Elizabeth Higgins

53342 Tue 1/24 – 2/14 4 – 5:30 pm
\$48 Resident, \$60 Non-Resident

Let's Paint: Mini Masters

Have you ever wanted to paint a rooster like Picasso? Or a lily pad like Monet? Dive into painting by discovering how famous artists make images and ideas come to life. A joyful, empowering way for young artists to gain new skills and explore painting and creative expression.

5 – 8 years
Walters Cultural Arts Center
Elizabeth Higgins

53343 Tue 4/4 – 4/25 4 – 5:30 pm
\$48 Resident, \$60 Non-Resident

Beginning Painting: Famous Artists

Attention budding artists! Discover exciting techniques that famous artists use to make their images come to life—and let them inspire you. Create bold colors like Matisse, paint to music like Kandinsky, explore perspective like O'Keefe and more. A joyful, empowering way for young artists to explore a world of creative expression.

9 – 12 years
Walters Cultural Arts Center
Elizabeth Higgins

53341 Tue 2/28 – 3/21 4 – 5:30 pm
\$48 Resident, \$60 Non-Resident

Wild Painters: Animals

Unleash your creativity and create colorful masterpieces inspired by favorite pets or creatures from around the world. Painting animals is one of the best ways to explore the foundations of painting: color, proportion, textures, shading and more. Just don't feed the artwork!

9 – 12 years
Walters Cultural Arts Center
Shannon Johnson

53344 Thu 4/6 – 4/27 4 – 5:30 pm
\$48 Resident, \$60 Non-Resident



Family Art Night:

Create something truly special with clay, paint, collage & more!

Everybody is welcome at Family Art Night! Work on engaging, hands-on art projects individually or team up as a family. Each Thursday offers a different project and exciting materials to work with. All supplies included.

Note: This is a facilitated art activity. Youth under 18 must be accompanied and supervised at all times by a participating adult. Parents are encouraged to assist young children.

All Ages
Walters Cultural Arts Center, Studio B30

Thu (except during closures) 6:30 – 8:30 pm
\$5/individual, Children under 3 free

Maximum of 20 people, so come early!

For more information, including the monthly project schedule, visit Hillsboro-Oregon.gov/Walters.



Beginning Drawing

Whether you're a beginning doodler or seasoned sketcher, this class launches you into the exciting world of drawing! Express your creativity and develop an artistic eye for line, shape, color, texture and shading by exploring the world around you. Learn fun and easy techniques to bring your drawings to life.

9 – 12 years

Walters Cultural Arts Center
Sarah Dooley

53090	Tue	2/7 – 2/28	4:00 – 5:30 pm
<hr/> \$46 Resident, \$58 Non-Resident			

Let's Draw

Do you love to draw and doodle? Let the freedom and joy of drawing bring out the best of your creativity. Have a blast exploring the elements of drawing and set your imagination loose on the page. Experiment with line, shape, color, texture and more—a new adventure every day.

5 – 8 years

Walters Cultural Arts Center
Sarah Dooley

53091	Tue	4/18 – 5/9	4 – 5:30 pm
<hr/> \$46 Resident, \$58 Non-Resident			

Wild Drawing: Animals

Drawing animals is a fantastic way to develop skills that make the creative process fun and empowering. From amazing creatures to favorite pets, bring your images to life through rewarding approaches to drawing. Experiment with line, shape, color, texture and more. Amaze yourself with your *wild* drawing!



9 – 12 years

Walters Cultural Arts Center
Shannon Johnson

53092	Thu	5/4 – 5/25	4 – 5:30
<hr/> \$46 Resident, \$58 Non-Resident			

Beginning Guitar

Strum your heart out in this group guitar class focused on rhythm, agility and creative expression! Begin playing right away as you explore the basics of guitar: rhythm, chords, melodies and more. Develop musical skills to take you far in a fun, supportive environment. **Students must bring their own guitar** (acoustic or electric with amplifier).

9 – 12 years

Walters Cultural Arts Center
Joe Aloia

53352	Mon	2/13 – 3/20	4 – 5:30
<hr/> No class 2/20			
<hr/> \$48 Resident, \$60 Non-Resident			



Beginning Guitar: Favorite Songs

Begin playing favorite songs right away as you explore the basics of guitar: rhythm, chords, melodies and more. Learn by doing as you strum your heart out in this class focused on foundational skills and creative expression. Play with others and grow skills to take you far. **Students must bring their own guitar** (acoustic or electric with amplifier).

9 – 12 years

Walters Cultural Arts Center
Joe Aloia

53353	Mon	4/17 – 5/15	4 – 5:30 pm
<hr/> \$48 Resident, \$60 Non-Resident			

See page 14 for additional for information on Spring Break guitar camps for kids.



Let's Act

Have fun, meet new friends and gain confidence as you explore empowering acting skills. Discover how performers bring characters to life using voice, imagination and movement. Learn how actors work together to support each other onstage and take their audiences on exciting journeys.

5 – 8 years
Walters Cultural Arts Center
Heath Koerschgen

53348	Mon	4/17 – 5/15	3:30 – 4:20 pm
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\$40 Resident, \$52 Non-Resident

Let's Act: Animal Stories

Have fun, meet new friends and gain confidence as you explore new skills acting out scenes inspired by animal characters. Use the endless possibilities of animals to discover how actors use their voice, movement, imagination and more to bring characters to life on stage. Collaborate with others and act on the *wild side* this winter!

5 – 8 years
Walters Cultural Arts Center
Heath Koerschgen

53346	Mon	2/6 – 3/13	3:30 – 4:20 pm
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No class 2/20

\$40 Resident, \$52 Non-Resident



Storybook Theatre

Have you ever wanted to step into a storybook? Bring stories to life and have a blast as you create exciting characters and play empowering theatre games. Follow your imagination, gain confidence and explore the joy of acting while developing acting and communication skills to take you far!

5 – 8 years
Walters Cultural Arts Center
Heath Koerschgen

53347	Mon	2/6 – 3/13	4:30 – 5:30 pm
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No class 2/20

\$42 Resident, \$54 Non-Resident

Acting Fundamentals: Exploring Scenes

Explore key acting skills that will take you far onstage and off. Bring stories to life while building confidence, teamwork, communication skills and more. Discover and expand your actor's toolkit by diving into exciting new scenes and characters and have a blast working with others.

9 – 12 years
Walters Cultural Arts Center
Heath Koerschgen

53349	Mon	4/17 – 5/15	4:30 – 5:30 pm
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\$42 Resident, \$54 Non-Resident

Beginners welcome in all youth classes and camps at the Walters Cultural Arts Center.
Returning students encouraged to advance and build on skills from previous classes.



Spring Break Camps at the Walters

Beginners welcome in all youth classes & camps at the Walters Cultural Arts Center. Returning students encouraged to advance and build on skills from previous classes.

Clay Kids Camp

Dive into the wonders of all things clay! Engage your creativity with hands-on activities including bowls, small sculptures and more. Create and glaze several projects. A fantastic launching pad for young ceramic artists. Have a blast exploring new ceramic skills this spring break.

5 – 8 years
Walters Cultural Arts Center
Alice Hill

53080 Mon – Thu 3/27 – 3/30 10 – 11:30 am
\$56 Resident, \$70 Non-Resident

Animal Clay Camp

If you love art, animals, and hands-on creativity this camp is for you! Using wildlife or favorite pets as inspiration discover the building blocks of ceramics. Experiment with color, texture, shape, proportion and more. Each student creates and glazes several projects. A fantastic launching pad for young ceramic artists!

5 – 8 years
Walters Cultural Arts Center
Alice Hill

53081 Mon – Thu 3/27 – 3/30 1 – 2:30 pm
\$56 Resident, \$70 Non-Resident



Clay Camp

In this popular, hands-on camp, kids enjoy the excitement of the potter's wheel and explore hand-building techniques to make cups, plates, small sculptures and other creative clay pieces. Create exciting objects to glaze, fire and share. Great for hand-eye coordination, creativity, concentration – and fun! **Note:** Students encouraged to bring a water bottle each day to camp.



9 – 13 years
Walters Cultural Arts Center
Jen Champlin

53339 Mon – Thu 3/27 – 3/30 9:30 am – 12:30 pm
53340 Mon – Thu 3/27 – 3/30 1 – 4 pm
\$95 Resident, \$114 Non-Resident

Guitar Adventures Camp

Grab your guitar for a musical spring break! Begin playing right away—even if you've never played before—as you explore rhythm, chords, melody and more. Play with others and develop musical skills to take you far in a fun, supportive camp environment. **Students must bring their own guitar** (acoustic or electric with amplifier).

9 – 12 years
Walters Cultural Arts Center
Joe Aloia

53354 Mon – Fri 3/27 – 3/31 10:30 am – 12 pm
\$54 Resident, \$66 Non-Resident



Beginning Guitar Camp

Let your musical creativity reach new heights in this group guitar camp. A fun, supportive, step-by-step approach to learning guitar. Begin playing right away—even if you've never played before—as you explore rhythm, chords, melody and more. **Students must bring their own guitar** (acoustic or electric with amplifier).

9 – 12 years
Walters Cultural Arts Center
Joe Aloia

53355 Mon – Fri 3/27 – 3/31 12:30 – 2 pm
\$54 Resident, \$66 Non-Resident



LEGO® Spring Break Camp

Create, play, and learn. Build a town with houses, buildings, pyramids, bridges, tunnels, towers, and more. Build motorized vehicles, race them, crash them, repair them. Explore the many possibilities of Lego® building systems while learning useful construction techniques.

Tyson Recreation Center
Play Well Staff

Super Hero Engineering using LEGO®

Save the world with LEGO® Super Heroes! Build the hideouts and vehicles of your favorite caped crusaders and learn what makes them not only Super Heroes, but Super Hero Engineers! An experienced Play-Well instructor guides young heroes as they design, build, and save a city where ingenuity and imagination can solve any conflict.

5 – 7 years

53281 Mon – Fri 3/27 – 3/31 9 am – 12 pm
\$145 Resident, \$215 Non-Resident

Super Hero Engineering using LEGO®

LEGO® Super Heroes need your help to defeat the destructive forces of evil arch-villains as they threaten LEGOpolis! Explore the tools and techniques of your favorite caped crusaders and learn what makes them not only Super Heroes, but super engineers. An engineering curriculum designed by Play-Well challenges heroes to design, build, and save a city where ingenuity and imagination can solve any conflict.

7 – 11 years

53282 Mon – Fri 3/27 – 3/31 1 – 4 pm
\$145 Resident, \$215 Non-Resident

LEGO® Saturday Academy

STEM Challenge with LEGO®

Master your engineering skills with Play-Well TEKologies and tens of thousands of LEGO®! Apply real world concepts in physics, engineering, and architecture through engineer-designed projects. Explore your craziest ideas in a supportive environment. There is no prerequisite for this course.



5 – 9 years

Tyson Recreation Center
Play Well Staff

53275	Sat	1/14	9:30 – 11 am
53276	Sat	2/18	9:30 – 11 am
53277	Sat	3/18	9:30 – 11 am
53278	Sat	4/15	9:30 – 11 am
53279	Sat	5/13	9:30 – 11 am

\$20 Resident, \$30 Non-Resident

Take the Stage Spring Break Camp

Whether you want to be a king or queen, witch or wizard...this fun and fast-paced class is for kids who want to learn more about theatre. Join us for games, arts and crafts, dance/creative movement activities, acting skill building, and singing as we prepare to perform a one-act musical the last day of class. Please bring a lunch every day.

6 – 13 years

Element Dance Studio
STAGES Performing Arts Youth Academy

53262 Mon – Thu 3/27 – 3/30 9 am – 3 pm
\$115 Resident, \$172 Non-Resident





Mad Science

The Mad Science program strives to get kids excited about science and how it affects the world around them. Please have your child come with a snack.

6 – 12 years

Tyson Recreation Center

Mad Science Staff

Mad Science Spring Break Camps

Mad Science provides free supervision from 12 – 1 pm if your child is signed up for both camps. Bring a snack for each camp and lunch if attending both camps.

Machine Mania

Probe the radical world of machines and their evolution from simple machines to the complex world of robotics.

Develop a foundation of understanding for the different sciences that support our mechanical friends including circuit electricity, physics and automation. On the last day of camp, put all these skills together to create your very own invention. Be a machine maniac!



6 – 12 years

Tyson Recreation Center

Mad Science Staff

53273 Mon – Fri 3/27 – 3/31 9 am – 12 pm

\$155 Resident, \$225 Non-Resident

NASA – Journey into Outer Space

Set your future space explorers on a trajectory to the outer reaches of our solar system! Learn about technology designed for outer space including that intended for the life of an astronaut. Take a closer look at asteroids, comets, satellites, and other lights in the night sky. Investigate the four forces of flight, and explore the science involved in model rocket construction as you build your own Skyblazer II Rocket to take home!

6 – 12 years

Tyson Recreation Center

Mad Science Staff

53274 Mon – Fri 3/27 – 3/31 1 – 4 pm

\$155 Resident, \$225 Non-Resident

Rocket Launch

Calling all rocket scientists! From nose cone to tail fin this camp is a blast! Investigate the forces of flight, race a balloon rocket and build your own Mad Science Skyblazer II model rocket to take home (\$5 fee for rocket is included in cost of class). Witness propulsion at work in a real rocket launch!

53269 Sat 2/11 9 am – 12 pm

\$40 Resident, \$60 Non-Resident

Dynamic Science

Jump, pop, flip and stretch in this energetic exploration of science in motion. Discover things you never knew about the energy of movement and explore the laws of Sir Isaac Newton. An object in motion remains in motion, while a Mad Science classroom studying motion leads to fun!

53270 Sat 3/11 9 am – 12 pm

\$35 Resident, \$52 Non-Resident

Junior Naturalist

Get ready to explore the natural world around you and learn about animals on land and sea. Learn how animals adapt and defend themselves, all within the confines of a Mad Science Laboratory. Have a roaring good time with science!

53271 Sat 4/8 9 am – 12 pm

\$35 Resident, \$52 Non-Resident

Crazy Chemistry

Bubbling beakers and glow-in-the-dark solutions! Be a master chemist in our own safe laboratory and examine the minerals and chemicals around us that prove to be truly illuminating.



53272 Sat 5/13 9 am – 12 pm

\$35 Resident, \$52 Non-Resident



Underwater EGGstravaganza

Join us for an EGGcellent time hunting Easter eggs and treasures in our warm water pool. Prizes found in each egg. A special appearance by the Easter Bunny offers an opportunity for photos. All Easter eggs and treasures are in the water at the hunt start times. Parent participation required in the water for children 7 years and younger. Pre-registration required. Swim suit required to hunt for eggs in the pool.

1 – 12 years
SHARC
SHARC Staff

53150	Sat	4/15	2 – 2:45 pm
		4 – 7 years; parent in water	
53151	Sat	4/15	3 – 3:45 pm
		8 – 12 years	

\$10 Resident, \$15 Non-Resident

Babysitter’s Training plus Pediatric First Aid & CPR

This fun & interactive class teaches youth the skills needed to become a great babysitter. Gain confidence and valuable employment skills and earn a Red Cross Babysitter’s Training and Pediatric First Aid and CPR certifications at the end of class. Attendance at both classes is required. Bring a sack lunch.

11 – 15 years
SHARC
Lori Mason

53132	Sun	2/26 & 3/5	10 am – 4:30 pm
53133	Mon & Tue	3/27 & 3/28	9 am – 3:30 pm

\$90 Resident, \$125 Non-Resident

Lifeguarding Certification

Comprehensive training in water rescues, CPR/AED, and first aid skills. This American Red Cross course will incorporate a blended-learning format with on-line coursework, classroom, and water activities. Participants must pass a pre-requisite skills test that includes a 300-yard swim, treading water with no hands for two minutes, and retrieving a 10 lb. brick from the bottom of the pool and swimming 20-yards holding the brick. Online course work must be completed PRIOR to classroom and water sessions, no exceptions. 100% attendance required.

15 years – Adult
SHARC
SHARC Staff

Pre-Course Skills Test for Spring Break Class

53143	Sun	3/12	12 – 1 pm
53142	Fri	3/17	4 – 5 pm

Pre-Course Skills Test for April Class

53138	Sun	4/9	12 – 1 pm
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\$35 fee is applied to online course registration upon successful completion of the pre-requisite skills test.

Classroom & In-Water Component – Spring Break

53139	Wed & Thu	3/29 – 3/30	8 am – 4 pm
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Classroom & In-Water Component – April Class

53141	Sat & Sun	4/29 & 4/30	9 am – 5 pm
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\$130 Resident, \$175 Non-Resident

When I’m in Charge

For children who may have to stay home alone from time to time. This workshop covers phone calls, securing a home and basic first aid techniques. Classes take place on Hillsboro School District No School days.

8 – 11 years
SHARC
SHARC Staff

53153	Thur	2/2	9 – 11:30 am
53154	Sun	4/9	9 – 11:30 am

\$27 Resident, \$45 Non-Resident



Adventures without Limits

Adventures Without Limits (AWL) is mission-directed to empower people of all abilities through quality outdoor experiences. AWL provides participants with the opportunity to develop new skills, enhance awareness of the natural environment, build self-confidence, and recognize personal potential. AWL can adapt equipment and provide additional staff support to accommodate people with disabilities. Bring a lunch, water, and any snacks you wish to have. Equipment and transportation are provided. The meeting site is Tanasbourne Target located on Evergreen Parkway and 185th Ave.

Multorpor Mountain Cross Country Skiing

Multorpor Mountain is a small volcanic cone located on the southern slopes of Mt. Hood. Scenic views extend in all directions. Whether you are a seasoned cross country skier or just clicking your boots in for the first time, this trip is one for everyone.



7 years – Adult			
53228	Sat	1/21	8 am – 6 pm
\$80 Resident, \$120 Non-Resident			

Trillium Lake Snowshoeing

Just south of the slopes of Mt. Hood, lies Trillium Lake, one of Oregon’s most photographed mountain lakes. In recent years, this site has become one of the most popular Nordic skiing and winter trail systems in all of Oregon. Enjoy seeing reflections of Mt. Hood in the lake, diverse trail systems that hold something for everyone, and history of the historic lake and surroundings from professional guides.

7 years – Adult			
53231	Sat	4/1	8 am – 6 pm
\$80 Resident, \$120 Non-Resident			

Ape Caves Winter Caving

At over two miles in length, the Ape Caves in Southern Washington are the longest lava tube system in the continental US. With stunning views of the Gifford Pinchot National Forest, this geological feature is truly amazing.



7 years – Adult			
53229	Sat	2/25	8 am – 6 pm
\$80 Resident, \$120 Non-Resident			

Rock Island Kayaking

The section of the Willamette River called the Narrows, is one of the more scenic trips in the greater Portland area. Just a short drive down to West Linn and you have access to the water. During the ice age floods, massive walls of water funneled through this narrow spot, scraping the area down to rocky bare islands with oak trees, bisected by narrow maze-like channels.

7 years – Adult			
53234	Sat	5/6	8 am – 6 pm
\$80 Resident, \$120 Non-Resident			

White River Snowshoe

The scenic and historic White River is tucked around the east side of Mt. Hood. This small stream wanders its way down the mountain and eventually turns into a larger river before feeding itself into the Deschutes River. This snowshoe trip is accessible for everyone and provides views of Mt. Hood not normally found.

7 years – Adult			
53230	Sat	3/25	8 am – 6 pm
\$80 Resident, \$120 Non-Resident			





Nature Programs at the Brookwood Library

Decomposers, January 23

Did you know that the F.B.I. are at work cleaning up our forests and natural areas every day? Learn about the fungi, bacteria, and invertebrates that recycle the leaves and other natural things that fall. Meet some worms who help build our soil and take a walk to look for the F.B.I. in action. Dress for the weather.

Spring Walk, February 27

Come and explore the Dawson Creek area around the library. What signs of spring are there to see? Birds, mammals, insects and plants are all more active as warmer weather approaches. Let's check out the action! Dress for the weather.

Skulls and Bones, March 20

Animal skulls tell us many things about creatures and how they once survived in their natural environment. Check out some skulls and learn the stories they tell about the creatures they came from. Walk outside to look for bones or other clues animals leave behind.



Birds, April 17

This time of year our fantastic feathered friends are putting on a show in nearly every tree, bush, or meadow. Come learn about some of the amazing adaptations that help them be successful as they travel, set up house and raise their families. Look at some scientific specimens and go outside to see what birds are making their home near the library.



Incredible Insects, May 15

Insects are everywhere! There are more insects than any other creature on earth. Learn about the wonderful variety of insects that feed so many of the bigger creatures around us and then go on an insect hunt around the library.

Register online at <http://bit.ly/HillsboroLibraryEvents> or call 503-616-6500 to get help. Space is limited. Dress for the weather as we explore outdoors.

Grades 1 – 3
Brookwood Library Story Room
Jackson Bottom Staff

Mon 3:30 – 4:15 pm

Free; space limited to 20 pre-registered children

Nature Book Club at the Brookwood Library

Join Jackson Bottom Wetlands Preserve staff and other book enthusiasts for a group discussion of books based on nature and the environment. Explore Scotland, Hawaii, and the Redwoods of Northern California through this year's book selections.

Sign up for one session or all three. Free copies of all three books are available at the Main Hillsboro Library to registered participants thanks to the Friends of the Library group.

Register online at
<http://bit.ly/HillsboroLibraryEvents>
or call 503-616-6500 to get help.
Space is limited.

1/26 Wild Wings by Gil Lewis

Follow the migration of osprey from Scotland to Africa and discuss challenges that impact the nests and habitats of these magnificent wild birds.

2/23 Night of the Howling Dogs by Graham Salisbury

Explore survival topics in this tale of a group camping in a remote area on the island of Hawaii when a natural disaster strikes.

3/23 Operation Redwood by S. Terrell French

Learn about threats to our old growth forests and examine how far we might go to protect them in this story about a group of kids who band together to save a Redwood Grove in California.

Grades 6 – 8
Brookwood Library Multipurpose Room
Instructor: Jackson Bottom Staff

4th Thu of each Month 6:30 – 7:30 pm

Free; space limited to 10 pre-registered children



Cardio Dance Fusion—Family Friendly

Do you love to dance? Perhaps you have a youngster that would love to dance with you? Now everyone can get their dance on with this all ages class that combines family friendly music with body sculpting movements and easy to follow dance steps. Have fun and get fit at the same time. No dance experience is necessary. Parent participation required for those 12 and under.

6 – Adult
SHARC
Stephanie Sherwood

53224	Fri	1/20 – 2/17	6:45 – 7:30 pm
53225	Fri	2/24 – 3/24	6:45 – 7:30 pm
53226	Fri	4/7 – 5/5	6:45 – 7:30 pm
53227	Fri	5/12 – 6/9	6:45 – 7:30 pm

Family Fee: \$27.50 Resident w/SHARC Membership, \$32.50 Resident, \$37.50 Non-Resident w/SHARC Membership, \$42.50 Non-Resident

Individual fee 13+:
\$20 Resident w/SHARC Membership, \$25 Resident
\$27.50 Non-Resident w/SHARC Membership,
\$35 Non-Resident



Ballet

This beginning ballet program offers instruction in the basic positions, steps, form and movements used in ballet, dance and rhythm.

4 – 7 years
SHARC
Marissa Parker

53191	Mon	1/23 – 2/27	4:30 – 5 pm
		No class 2/20	
53192	Mon	3/6 – 4/10	4:30 – 5 pm
		No class 3/27	
53199	Mon	4/24 – 5/22	4:30 – 5 pm

\$24 Resident, \$36 Non-Resident



Jazz & Creative Dance

Introduces basic rhythm using simple jazz steps along with coordination and movement skills that encourage creativity. Cultivate a love for dance in a nurturing and fun-filled environment.

4 – 7 years
SHARC
Marissa Parker

53215	Thu	1/26 – 2/23	4:30 – 5 pm
53216	Thu	3/9 – 4/13	4:30 – 5 pm
		No class 3/30	
53222	Thu	4/27 – 5/25	4:30 – 5 pm
53217	Sat	1/21 – 2/25	10:30 – 11 am
		No class 2/18	
53218	Sat	3/4 – 4/15	10:30 – 11 am
		No class 3/28, 4/1	
53223	Sat	4/22 – 5/20	10:30 – 11 am

\$24 Resident, \$36 Non-Resident



Gym Nest Classes

All classes listed below take place at Gym Nest and teach participants beginning gymnastic-based skills. Instructors focus on skill building, flexibility, coordination, and body awareness. Participants must wear comfortable clothes (no denim) to allow for movement. **Early Bird Registration ends at 9 am on the Thursday before the new class begins. No classes the week of Spring Break.**

Gym Nest
Gym Nest Staff

Trampoline & Tumbling

Perfect for cheerleading, martial arts or just plain fun! Learn basic tumbling skills in this coed program. Use the mini-trampoline and our 40-foot long trampoline to increase core strength and body awareness.

6 – 12 years

53504	Wed	2/1 – 2/22	3 – 4 pm
53505	Wed	3/1 – 3/22	3 – 4 pm
53506	Wed	4/5 – 4/26	3 – 4 pm
53507	Wed	5/3 – 5/24	3 – 4 pm

\$41 Resident, \$60 Non-Resident, \$5 off Early Bird Registration



Beginning Gymnastics

Boys and girls learn beginning gymnastics skills for floor, beam, bars and vault. Skill building stations and obstacle courses increase strength, flexibility, coordination, and body awareness.

6 – 10 years

53516	Tue	1/31 – 2/21	3 – 4 pm
53517	Tue	2/28 – 3/21	3 – 4 pm
53498	Tue	2/28 – 3/21	7:30 – 8:15 pm
53518	Tue	4/4 – 4/25	3 – 4 pm
53519	Tue	5/2 – 5/23	3 – 4 pm
53499	Tue	5/2 – 5/23	7:30 – 8:15 pm
53520	Fri	2/3 – 2/24	3 – 4 pm
53521	Fri	3/3 – 3/24	3 – 4 pm
53522	Fri	4/7 – 4/28	3 – 4 pm
53523	Fri	5/5 – 5/26	3 – 4 pm

\$41 Resident, \$60 Non-Resident, \$5 off Early Bird Registration



Basic 1 Ice Skating

This class introduces skating and helps develop preliminary coordination and strength necessary to maneuver on the ice. Learn the proper way to fall and get up along with marching, moving, and forward skating.

6 – 10 years

Sherwood Ice Arena

53113	Wed	2/1 – 3/29	5:30 – 6 pm
53114	Sat	2/4 – 3/25	11:05 am – 11:35 am
53115	Sat	4/1 – 5/27	11:05 am – 11:35 am
		No class 4/8	
53116	Wed	4/5 – 5/31	5:30 – 6 pm

\$92

Tween/Teen Ice Skating

For the beginner skater to promote physical fitness while improving balance, coordination, develop preliminary coordination and strength necessary to maneuver on the ice. Learn the proper way to fall and get up along with marching, moving, and forward skating.

11 – 17 years

Sherwood Ice Arena

53119	Wed	2/1 – 3/29	6:05 – 6:35 pm
53120	Sat	2/4 – 3/25	12:15 – 12:45 pm
53121	Sat	4/1 – 5/27	12:15 – 12:45 pm
		No class 4/8	
53122	Wed	4/5 – 5/31	6:05 – 6:35 pm

\$92



Wear gloves/mittens, loose fitting clothing, and a jacket.
Helmets are recommended but not required.
Ice skates are provided.

Fencing Camp

Learn the art of Olympic Saber Fencing in this fun and safe introductory program. Develop agility, strength, speed, strategic thinking, hand-eye coordination, and self-confidence. All equipment is provided. Be prepared to sign your child in/out every day.

8 years – Adult

Peter Boscow Gym

Charles Randall

53309	Sat	4/15 – 5/20	12 – 1 pm
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\$65 Resident, \$95 Non-Resident

Boxing Conditioning

Learn boxing skills and technique, increase muscular/cardio endurance and core strength, and burn off more than just calories. Use the heavy bags, jump ropes, and sparring mitts. There is no sparring in this program. Hand wraps, mouth guards, and a towel are mandatory.

8 years – Adult

Peter Boscow Boxing Gym

53097	Tue & Thu	1/3 – 1/31	6 – 7 pm
53098	Tue & Thu	2/2 – 2/28	6 – 7 pm
53099	Tue & Thu	3/2 – 3/30	6 – 7 pm
53100	Tue & Thu	4/4 – 4/27	6 – 7 pm
53101	Tue & Thu	5/2 – 5/30	6 – 7 pm

\$28 Youth Resident, \$42 Youth Non-Resident

\$33 Adult Resident, \$50 Adult Non-Resident



Taekwondo

Basic Taekwondo techniques with an introduction to martial arts and self-defense. Focus on learning self-discipline, self-esteem and respect while getting fit and having fun. Wear comfortable clothes. A uniform is not required but is recommended.

Tyson Recreation Center
Kerri Moore

8 – 12 years

53264	Wed	1/25 – 3/1	4:30 – 5:15 pm
53266	Sat	1/28 – 3/4	9:30 – 10:15 am

12 years – Adult

53265	Wed	1/25 – 3/1	5:15 – 6 pm
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\$40 Resident, \$60 Non-Resident

Kickboxing

This skills/cardio class focuses on kicks, knees, elbows, and punches for a total body workout. Using drills and combinations, work on proper punching technique, defense, footwork, and more. These fundamentals plus our strength and conditioning make for a fun and high calorie burning workout. No boxing or kickboxing experience needed. All fitness levels welcome. Wraps and gloves required.

13 years – Adult
 Balance 365 Fitness
Phoenix Echo

53283	Tue	1/10 – 2/28	6:45 – 7:45 pm
53284	Sat	1/14 – 3/4	9 – 10 am
53285	Tue	4/4 – 5/23	6:45 – 7:45 pm
53286	Sat	4/8 – 5/27	9 – 10 am

\$30 Resident, \$45 Non-Resident

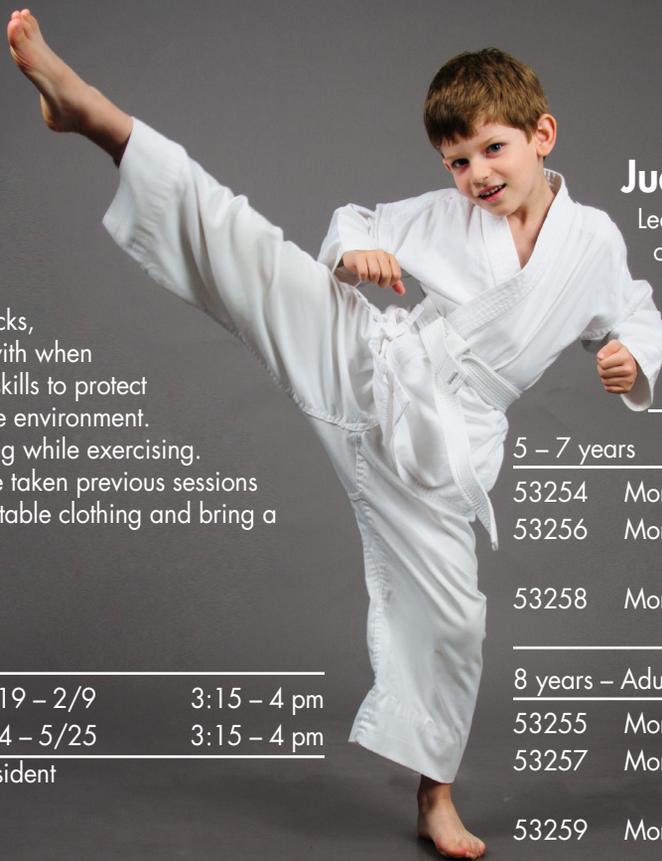
Karate

Participants learn basic blocks, punches, and kicks along with when and how to use these new skills to protect themselves in a fun and safe environment. Work on confidence building while exercising. Beginners and all who have taken previous sessions are welcome. Wear comfortable clothing and bring a water bottle.

5 – 9 years
 Tyson Recreation Center
Michele Jordan

53260	Thur	1/19 – 2/9	3:15 – 4 pm
53261	Thur	5/4 – 5/25	3:15 – 4 pm

\$27 Resident, \$40 Non-Resident



Judo

Learn self-confidence, poise, and coordination in this beginning Judo program. Basic throws and falls are taught in a fun and safe way.

Tyson Recreation Center
Caleb Teninty

5 – 7 years

53254	Mon	1/9 – 2/20	5 – 6 pm
53256	Mon	2/27 – 4/17	5 – 6 pm
No class 3/27			
53258	Mon	4/24 – 6/12	5 – 6 pm
No class 5/29			

8 years – Adult

53255	Mon	1/9 – 2/20	6 – 7:30 pm
53257	Mon	2/27 – 4/17	6 – 7:30 pm
No class 3/27			
53259	Mon	4/24 – 6/12	6 – 7:30 pm
No class 5/29			

\$38 Resident, \$57 Non-Resident

Youth



Bowling

A group lesson for all skill levels. Taught by a registered and certified bowling coach with over a decade of experience. Learn the fundamentals, scoring, aiming, and get a tour of the machines. Bumpers are available for younger players as an aid to gain confidence. Shoes are included. All levels welcome.

5 – 16 years

Four Seasons Bowling Center

Four Seasons Bowling Staff

53235	Tue	1/10 – 1/31	4 – 5 pm
53236	Tue	2/21 – 3/14	4 – 5 pm
53237	Tue	4/4 – 4/25	4 – 5 pm

\$20 Resident, \$30 Non-Resident

Sports from Head to Toe

This active and fun indoor/outdoor instructional sports program is designed to promote mental and physical development. Learn the fundamentals of each sport, basic motor skills through drills and the concept of playing a game. Emphasis is placed on teamwork and sportsmanship. Parent participation is required for 2½ – 3 year olds and highly encouraged for 4 year olds. Participants must wear athletic shoes and bring a water bottle. All classes take place at Tyson Recreation Center/ Griffin Oaks Park unless otherwise indicated next to sport (*Peter Boscov*). Multisport is tennis, baseball, soccer, basketball.

6 – 9 years

Michele Jordan

53551	Thur	2/16 – 3/9	3:15 – 4 pm	Basketball (<i>Peter Boscov</i>)
53552	Thur	4/6 – 4/27	4:30 – 5:15 pm	Multisport (<i>Peter Boscov</i>)
53553	Thur	5/4 – 5/25	6:15 – 7 pm	Baseball

\$27 Resident, \$40 Non-Resident



Don't go home, go to the Zone!

Middle School Intramural Sports Program

The Intramural Sports Program is offered at all middle schools and is an introductory athletic experience. It is not intended to be a highly intense, competitive program. Sportsmanship and teamwork are taught and closely managed at all competitions. Perfect attendance is not mandatory but is encouraged to allow participants to have a positive experience. Game and practice schedules are distributed the first week of each session.

MIDDLE SCHOOL



Winter 2017 Session	Days	Season Dates	Fee	Fee After 12/1	Tournaments
Volleyball II	Mon & Wed	12/5 – 2/8 (8 wks)	\$50	\$55	2/8 @ Evergreen
Basketball	Tue & Thu	12/6 – 2/9 (8 wks)	\$50	\$55	2/9 @ S. Meadows

No registrations accepted after 12/8.

Spring 2017 Session	Days	Season Dates	Fee	Fee After 3/3	District Meet
Track & Field	Mon – Thu	3/6 – 4/27* (7 wks)	\$70	\$75	4/27 HSD City Meet @ TBD 5/4 League District @TBD

No registrations accepted after 3/9.

*Qualifying athletes compete in the League Districts on 5/4 (location TBD).



Hillsboro Area Lacrosse Organization (HALO)

Boys and girls, grades 3 – 8

Teams are divided by gender, grade and high school attendance boundaries. Practices are on weeknights at Hillsboro schools and games are on Saturdays at the 53rd Avenue Sports Complex and in the Portland area. The season ends in early June. Registration is December 1 – February 28.

Grade	Register by 2/18	Register after 2/18	Includes	Program begins	Games begin	Season Ends	Practice Locations	Game Locations
3 – 8	\$150	\$170	Jersey	Early March	4/8	Early June	Hillsboro schools	53rd Avenue Sports Complex, West Portland

	Required Equipment	Recommended Equipment
Boys	Stick, helmet, shoulder pads, elbow pads, gloves, cup, mouthpiece. May be asked to provide reversible mesh practice jersey.	Soccer/football or plastic baseball/softball cleats
Girls	Stick, goggles, mouthpiece	

Parent information meetings for the HALO season take place at the FREE HALO LACROSSE CLINICS. Please make sure a parent or guardian attends at least one clinic.

Halo Lacrosse for Grades 1 – 2

The coed 1st and 2nd grade program develops and emphasizes basic lacrosse skills using soft balls. There is no contact and no organized games. Registration is December 1 – April 14.

53rd Avenue Sports Fields

Sat	4/22 – 6/3	TBD
\$60 by 2/18, \$80 after 2/18		

Free HALO Lacrosse Clinics

Boys and girls, grades 1 – 8

Learn and improve lacrosse skills, whether or not you have ever played. Bring your gear if you have it. Sticks are provided for those who do not have their own. Parent information meetings take place at these clinics.

Grades 1 – 8

53rd Avenue Sports Complex

Feb 11, 18, 25	Sat	9 – 10 am	Grades 1 – 2
Feb 11, 18, 25	Sat	9 – 10 am	Boys Grades 3 – 4
Feb 11, 18, 25	Sat	9 – 11 am	Boys Grades 5 – 8
Feb 11, 18, 25	Sat	11 am – 12 pm	Girls Grades 3 – 4
Feb 11, 18, 25	Sat	12:30 – 2 pm	Girls Grades 5 – 8

Free

For registration or information on the classes on this page, call 503-681-6120 or visit Hillsboro-Oregon.gov/ParksRec.

Hillsboro Youth Volleyball League (HYV)

Girls, grades 3 – 6

Learn to play volleyball in a recreational, developmental league for girls who reside in the Hillsboro School District. Register early as space is limited. After the registration deadline, participants are placed on a wait list and are placed on a team if space allows.

Registration 2/1 – 3/3
Hillsboro Schools

Tue/Thu	4/4 – 6/8	6, 7 or 8 pm
\$50 (includes t-shirt)		



Hillsboro Youth Volleyball Coaches

Volunteer coaches and assistants are needed. Mention your interest at registration. Selected coaches attend a meeting and a clinic before the season. Coaches must pass a background check.

IT'S HAPPENING AT THE HILLSBORO PUBLIC LIBRARY

All events are free and open to the public. Registration may be required, and seating is limited.
Check our online calendar for complete details and additional programs. Hillsboro-Oregon.gov/Library

DECEMBER

- 1 Reducing Anxiety with Mindfulness**
6:30 pm/Brookwood Library/adults
Join Samir Ranpara for an introduction to the techniques of Mindfulness and Meditation with a specific focus on reducing anxiety and preventing panic attacks.



- 3 Lego® My Library**
2:30 pm/Brookwood Library/family
Drop-in on the first Saturday of each month and use your creativity to build whatever your imagination dreams up! There are Duplo blocks for kids ages 3-5 and Legos for kids ages 6+. No registration required.

- 10 GSWCO Meeting: Driving on the Left and Cousins You Meet Along the Way**
10 am/Brookwood Library/Adults
Join our own Fran and Shirley Bates as they take us with them on their wonderful, and often hilarious, trip to the British Isles to visit the homeland and some of their ancestors.



- 11 (Re)Mastered Art**
1:30 pm/Brookwood Library/teens, adults
Recreate a masterpiece and add your own twist. We'll provide pictures of well-known paintings for inspiration, or you can bring your own. For teens and adults.

- 12 Lip Balms and Glosses and Scrubs**
6 pm/Shute Park Library
Making lip balm at home is a great money saver and a whole lot of fun. In class we'll be making moisturizing lip balms, glosses, and lip scrubs to take home. Each participant will go home with their delicious concoctions and recipes.

- 15 Science Matters 4 pm/Shute Park Library/children**
Explore the life of a scientist and do hands on experiments to learn some of the science they discovered.



- 19 Animal Tracks Nature Program**
3:30 pm/Brookwood Library/children
Learn the basics of identifying animal tracks, where to look for them, and see a demonstration of how to make a plaster cast of an animal track. Look for tracks and other clues that tell us animals have been here. Dress for the weather. Registration required online or at the library.

- 19 Game Day/4 pm/Shute Park Library/family**
We're bringing out the Wii and all our board games for an afternoon of gaming fun. Have a snack too. For kids of all ages.

- 22 Glitter Gel Craft/2:30 PM/Brookwood Library/teen**
Join us in making all different colors of glitter gel. For tweens and teens in 6th grade and up. Registration encouraged.

- 22 Holiday Movie Marathon**
2:30 pm/Shute Park Library/family
Have some hot cocoa and join us for a screening of "How the Grinch Stole Christmas" followed by "The Polar Express."

- 23 Winter Wonderland Movie Marathon**
10 am/Brookwood Library all ages
Drop in and enjoy a holiday movie or short film. Main features: "The Polar Express" (G, 100 min) at 10:45 am; "Elf" (PG, 97 min) at 1 pm; and "The Nightmare Before Christmas" (PG, 76 min) at 3:30 pm. DreamWorks holiday shorts and Looney Tunes will play throughout the day.

DECEMBER

- 23 Holiday Karaoke**
2:30 pm/Shute Park Library/family
 Let's celebrate the holidays with some singing. Join us for your chance to show off your voice and have some fun. Refreshments will be served. Children 3 and under must be accompanied by an adult caregiver.
- 26 Seashell Mini-scenes building**
2:30 pm/Brookwood Library/children
 For kids in 2nd grade and up. Create miniature nature pictures using seashells, sand, and glue. Registration encouraged. (Small shells can be a choking hazard so this event is not for younger children.)
-  **28 Yu-Gi-Oh! Duelist League Tournament**
3 pm/Shute Park Library/children
 The Duelist League is an event that provides a tournament experience for Duelists who are either new to the Yu-Gi-Oh! Trading Card Game or new to Yu-Gi-Oh! tournaments.



- 29 Build a Life-Sized Maze**
2 pm/Brookwood Library/family
 Do you love mazes and tunnels? Help us build life-size mazes out of cardboard boxes. We'll have the supplies; we just need you to bring your energy and ideas.

-  **30 Finding Dory Movie Screening**
2:30 pm/Shute Park Library/family
 Join us for a special screening of "Finding Dory." Snacks will be provided, rated G.

- 31 Noon Year's Eve Party**
11 am/Shute Park Library/family

- 31 11:30 am Brookwood Library/family**
 Ring in the New Year with a kid-friendly countdown at noon! There will be dancing, noisemakers, a craft and an apple juice toast to ring in the New Year!



JANUARY

- 7 Repair Fair**
1 pm/Brookwood Library/teens, adults
 Bring your broken small appliances, clothing, and more to Hillsboro Public Library's 2nd Repair Fair. Volunteers from the local Repair Fair team will be on hand to help you get them back in working order. When registering, please include any information about the broken items you will be bringing to assist our volunteers with planning.
- 12 Getting Started with Tinkercad**
6:30 pm/Brookwood Library/teens, adults
 This introductory class will get you started using computer-aided design (CAD) software to create 3D objects. Students will learn to use Tinkercad, a free, web-based design program, and will have an opportunity to submit their creation for printing by one of the library's 3D printers. Registration required online or at the library. For ages 13 and older.

- 14 Pink Pig Puppet Theatre**
2 pm/Brookwood Library/children

Join Steven Engelfried and his band of puppets for a fun and entertaining show!



- 21 Yoga Storytime/1:30 pm/ Brookwood Library/children**

Join us for a special storytime that incorporates movement inspired by playful yoga poses. Ages 3 – 10 with an adult.

- 23 Decomposers Nature Program**
3:30 pm/Brookwood Library/children

Did you know that the F.B.I. are at work cleaning up our forests and natural areas every day? Learn about the fungi, bacteria, and invertebrates that recycle the leaves and other natural things that fall. Meet some worms who help build our soil and take a walk to look for the F.B.I. in action. Dress for the weather. For children in grades 1 through 3.

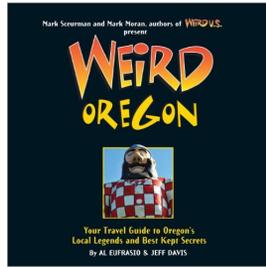
- 28 Keep Diabetes Away**
10:30 am/ Brookwood Library/adults

Are you concerned about getting diabetes? Whether you want to prevent it or have pre-diabetes, Tuality's Diabetes Educators will help you keep this diagnosis away. You will learn: if you are at risk for developing diabetes, how to prevent getting diabetes and practical tips for getting more active.

FEBRUARY

9 **Weird Oregon with Jeff Davis and Al Eufrazio:**
A WOW event/6:30 pm/Brookwood Library/adults

The Pacific Northwest teems with colorful history and unique legends—and this tour of the Beaver State is no exception! Come join Weird Oregon authors Jeff Davis and Al Eufrazio to hear about the gas station restroom that looks like cowboy boots, or the man flying across the state in a lawn chair tethered to helium balloons, or about the “city” in eastern Oregon with a year-round population of zero to two, depending on whether anyone gets trapped in the snow. It doesn’t get any weirder than this!



19 **Make Your Own Survival Bracelet**
1:30 pm/Brookwood Library/teens

Make a survival bracelet out of paracord! For teens grades 6 – 12.



26 **One Minute of Peace**
1 pm/Shute Park Library/adults

Living with daily stress and anxiety can physically alter our brains and bodies. Stress can affect our relationships, our memory, our job performance, our sleep, and even our eating. Join Reiko Cordeiro, LPC Intern, as she explains how just one minute of peace can bring back balance and health to your life.

27 **Spring Walk Nature Program**
3:30 pm/Brookwood Library/children

Come and explore the Dawson Creek area around the Library. What signs of spring will we see? Birds, mammals, insects and plants are all more active as warmer weather approaches. Let’s check out the action! Dress for the weather. For children in grades 1 through 3.



12 **Breaking Free From Stress**
1:30 pm/Brookwood Library/adults

Stress plays an almost constant role in our everyday lives—at work, at home, on the road, or in line at the grocery store. Join Reiko Cordeiro, LPC Intern, as she explains the ways chronic stress affects our brains and bodies. You’ll learn easy-to-use tools and techniques to break free from the clutches of stress and anxiety.



16 **After School Messy Art**
4 pm/Brookwood Library/children

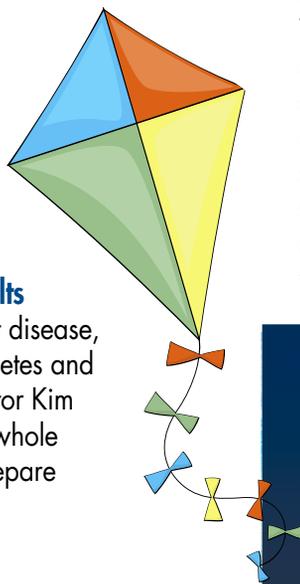
Join us for a creative afternoon of painting, drawing, and other artistic endeavors! Materials will be provided, but please dress for messy art. Grades 2 – 5 with adult.

18 **Brain=Time: Signs and Symptoms of Stroke**
10:30 am/Brookwood Library/adults

Knowing what to do in the event of a stroke can be key in preventing complications and long term disability. Join Daniel K. Friedman, M.D. for a discussion of early warning signs, symptom recognition and state-of-the-art therapies.

MARCH

- 5** **Bollywood Dance Workshop and Henna**
2 pm/Shute Park Library/teens, adults
 Party Bollywood style! Learn a few moves and dance. Then get your henna tattoo. For Teens and Adults.
- 7** **BRONTË**
6:30 pm/Brookwood Library/adults
 Join the Bag&Baggage cast and director of the current production of *Brontë* for performances and discussion about the work of the three Brontë sisters. How was it possible that these spinster sisters were compelled to write with such iconic passion and power? What was the secret in their short, troubled lives? Get an introduction to the show that aims to answer these questions, and celebrate the lives of the women who brought us *Jane Eyre*, *Wuthering Heights*, *The Tenant of Wildfell Hall* and so much more!
- 11** **Let's Go Make a Kite**
2 pm/Brookwood Library/children
 Make a miniature kite that really flies in 20 minutes! Materials are provided.
- 18** **All About Whole Grains**
10:30 am/Brookwood Library/adults
 Whole grains can reduce risks of heart disease, help with weight control, manage diabetes and add flavor to your diet. Tuality's Educator Kim Nguyen, RD, discusses the benefits of whole grains and shows you new ways to prepare them.
- 18** **Beginning Cheesemaking**
3 pm/Brookwood Library/adults
 Join Claudia Lucero, author of *One-Hour Cheese* and owner of Urban Cheesecraft, as she discusses how to get started making fresh cheeses at home using easily available ingredients and tools. Her approach is basic and based on thousands of years of cheesemaking wisdom: heat milk, add coagulant, drain, salt, and press. Sample cheeses will be provided. Space is limited, so register online or at the library.
- 20** **Skulls and Bones Nature Program**
3:30 pm/Brookwood Library/children
 Animal skulls can tell us many things about creatures and how they once survived in their natural environment. Check out some skulls and learn about the stories they tell about the creatures they came from. Walk outside to look for bones or other clues animals leave behind. Dress for the weather. For children in grades 1 through 3.



APRIL

- 6** **Day Hikes in the Columbia River Gorge with Don Scarmuzzi – a WOW event**
6:30 pm/Brookwood Library/adults
 Oregon travel writer and photographer Don Scarmuzzi will be discussing his latest travel guide, "Day Hikes in the Columbia River Gorge", and showing off some of his fantastic photographs of the area. A book signing will follow the presentation.
- 14** **Open Ended Crafts**
2 pm/Brookwood Library/all ages
 Join us for creative fun! Bring your imagination to the table, and use the art and craft supplies provided to create a masterpiece! All ages welcome.
- 17** **Birds Nature Program**
3:30 pm/Brookwood Library/children
 This time of year our fantastic feathered friends are putting on a show in nearly every tree, bush or meadow. Learn about some of the amazing adaptations that help them be successful as they travel, set up house and raise their families. Look at some scientific specimens and go outside to see what birds are making their home near the Library. Dress for the weather. For children in grades 1 through 3.

The Spring Classics Partnership
 Bag&Baggage and Strategic Initiatives
 presents

BRONTË

An evening of performances and discussion on the sisters who each penned at least one classic novel.

March 7, 2017 6:30 pm
 Brookwood Library Community Room
 503-615-6500 Hillsboro-Oregon.gov/Library



Beginning/Intermediate Ceramics

Dive into the wonders of all things ceramics in this class designed for maximum clay-ersion! Explore foundational wheel techniques to make unique and functional art. Grow your skills as you create cups, plates and bowls and experiment with hand-building. Personalize your creations with color and texture. Amaze yourself with what you create and how much your skills grow in one class.

14 years – Adult
Walters Cultural Arts Center
Victoria Shaw

53420	Tue	1/24 – 3/21 No class 2/14	6:30 – 8:30 pm
53428	Tue	4/4 – 5/23	6:30 – 8:30 pm

\$118 Resident, \$134 Non-Resident,
\$78 Senior Resident, \$94 Senior Non-Resident



Wheel Throwing

Ever been curious about trying the potter's wheel? Roll up your sleeves, get "muddy" and set your creativity loose in a fun, supportive class! Explore fundamental techniques to create and glaze cups, bowls and other useful everyday objects—both beautiful and functional.

14 years – Adult
Walters Cultural Arts Center
Theresa Arrison

53422	Mon	2/6 – 3/20 No class 2/20	6:30 – 8:30 pm
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\$96 Resident, \$111 Non-Resident,
\$67 Senior Resident, \$81 Senior Non-Resident

NEW! Wheel Throwing: Clay Artistry

Discover the joy of working on the wheel and flex your creativity! Gain the fundamental skills to create cups, bowls, and useful everyday objects at the wheel—both beautiful and functional. Then go further as you explore color, texture, finishing techniques and more to create stunning and memorable effects in this expanded wheel class.

14 years – Adult
Walters Cultural Arts Center
Theresa Arrison



53423	Mon	4/10 – 5/22	6:30 – 8:30 pm
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\$104 Resident, \$119 Non-Resident,
\$76 Senior Resident, \$88 Senior Non-Resident

Clay Luminaries: Spring Lights



Discover how shape, light and shadow interact by creating your own clay luminaries. Explore foundational hand-building and glazing skills to make unique, beautiful pieces to enjoy and share. Create your own pieces for decorations or gifts—transform any space with patterned candle light. A fun, creatively rewarding way to light up your spring!

14 years – Adult
Walters Cultural Arts Center
Theresa Arrison

53425	Tue	4/18 – 5/16	6:30 – 8:30 pm
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\$82 Resident, \$96 Non-Resident,
\$58 Senior Resident, \$73 Senior Non-Resident

All Creative Arts Classes: No experience necessary. Returning students encouraged to work on more challenging pieces tailored to experience level in a supportive class environment. Materials provided unless noted in description.



Open Studio

Flex your clay-tivity with independent studio time!

Open Studio provides time to work independently on personal projects in the clay studio and wheel room—with a plethora of tools and glazes at your disposal. Meet new people, explore new skills, and pursue your individual interests with this self-guided time in the studio.

Open to current and previous Walters students. Passes expire at term end: 6/29/16. Sessions do not need to be used concurrently. Maximum of 15 people. Those under 18 must be accompanied by a participating adult. Signing up for Open Studio signifies acceptance of the guidelines outlined in the Open Studio brochure for studio use.



Wed	1/6 – 6/29	5:30 – 8:30 pm
\$10	One-time, drop in pass,	
\$36	Four Session Pass (only \$9/session)	
\$48	Six Session Pass (only \$8/session)	
\$56	Eight Session Pass (only \$7/session)	

Bags of clay available for purchase at the Walters. For more information call: 503-615-3494.

Ceramic Painting

Ceramic painting is a fantastic, freeing way to express your creativity and combine the rewards of *painting and ceramics!* Paint objects that are both beautiful and functional as you explore design, color, brushwork, stenciling, silk-screening, texture and more. Experiment with painting bisque-ware options such as plates, small bowls and tiles. **See website for supply list.**
Most materials provided.

16 years – Adult
Walters Cultural Arts Center
Edyta Salak

53426	Tue	4/4 – 5/2	6:30 – 8:30 pm
\$80 Resident, \$94 Non-Resident, \$57 Senior Resident, \$72 Senior Non-Resident			

Beginning Pastels

Play, experiment and discover the rich colors and versatility that make working with pastels so rewarding and enjoyable. Follow your inspiration and capture the world around you in stunning hues. Experiment with color values, shape, composition and more. Let the natural world inspire you and surprise yourself with the images you bring to life. **See website for full supply list.**

18 years – Adult
Walters Cultural Arts Center
Rachel LaMarco



53436	Thu	4/13 – 5/18	6:30 – 8:30 pm
\$80 Resident, \$95 Non-Resident, \$49 Senior Resident, \$64 Senior Non-Resident			



NEW! Silk Painting

Explore what's special about painting on silk and make beautiful pieces to wear and share. Create multiple wearable scarves (or wall art) using easy-to-learn, beginning techniques of textile painting. Discover how silk brings out the richness in colors for stunning effects. **Paint and silk pieces included. See website for supply list.**

16 years – Adult
Walters Cultural Arts Center
Edyta Salak

53442	Mon	1/23 – 2/27	6:30 – 8:30 pm
No class 2/20			
53443	Mon	4/3 – 5/1	6:30 – 8:30 pm
\$92 Resident, \$107 Non-Resident, \$68 Senior Resident, \$82 Senior Non-Resident			



Beginning Watercolor: Painting Confidence

Paint with freedom, joy and excitement—even if you’re a complete beginner. Shake up your creativity and discover empowering approaches to watercolor. Play with a range of possibilities—brushwork, texture, mood, color and more—that make working with watercolor special and inspiring. **See website for full supply list.**



14 years – Adult
Walters Cultural Arts Center
Sue Anne Seckora

53430	Thu	1/26 – 3/2	4:30 – 7 pm
53437	Thu	3/9 – 4/13	1 – 3:30 pm

\$94 Resident, \$109 Non-Resident,
\$60 Senior Resident, \$76 Senior Non-Resident

NEW! Beyond Beginning: Watercolor Techniques and Textures

Grab your brush and unleash your creativity as you explore the unique possibilities of watercolor. Build on basic brushwork and experiment with easy ways to create exciting, rewarding results. Bring paintings to life with texture and dimension. Designed for students who are still beginning, but have some previous watercolor experience (one or more introductory course/s) and want to go further. **See website for full supply list.**



14 years – Adult
Walters Cultural Arts Center
Sue Anne Seckora

53431	Thu	1/26 – 3/2	1 – 3:30 pm
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\$94 Resident, \$109 Non-Resident,
\$60 Senior Resident, \$76 Senior Non-Resident

NEW! Watercolor & Beyond

Explore empowering, foundational techniques to bringing exciting colors and textures to life.

Ignite your creativity and discover what’s special about working with watercolor and water-based media. Experiment with color, washes, brushwork and more. Great for beginners or experienced painters alike. **See website for full supply list.**



16 years – Adult
Walters Cultural Arts Center
Bonnie Burbidge

53429	Wed	2/8 – 3/8	4 – 5:30 pm
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\$94 Resident, \$109 Non-Resident,
\$60 Senior Resident, \$76 Senior Non-Resident

NEW! Beyond Beginning: Spring Watercolor

Unleash your creativity and explore the vibrant colors of the spring! Build on basic brushwork and experiment with empowering techniques to bring your paintings to life and maximize the unique possibilities of watercolor. Designed for students who are still beginning, but have some previous watercolor experience (one or more course/s) and want to keep growing their skills. **See website for full supply list.**



14 years – Adult
Walters Cultural Arts Center
Sue Anne Seckora

53438	Thu	3/9 – 4/13	4:30 – 7 pm
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\$94 Resident, \$109 Non-Resident,
\$60 Senior Resident, \$76 Senior Non-Resident



Beginning Acrylics

Curious about painting in acrylics? Play, experiment and discover the rich colors and flexibility that make working in acrylics so rewarding and enjoyable. Explore fundamental painting techniques with a beginner-friendly approach. Let the natural world and your imagination inspire your painting and surprise yourself with how far you go in each class! **See website for full supply list.**



16 years – Adult
Walters Cultural Arts Center
Edyta Salak

53434	Mon	1/23 – 2/27	4 – 6 pm
		No class 2/20	
53439	Tue	4/4 – 5/2	4 – 6 pm

\$68 Resident, \$82 Non-Resident,
\$44 Senior Resident, \$58 Senior Non-Resident

Abstract Acrylics

Free your creativity and gain skills to make painting fun, empowering and exciting! Discover your individual style as you experiment with different modes of abstraction—bold and subtle movements of color, interesting shapes and patterns, and much more. A great class for beginning or experienced painters seeking new inspiration in an engaging, supportive class environment. **See website for full supply list.**

16 years – Adult
Walters Cultural Arts Center
Edyta Salak

53433	Tue	1/24 – 2/28	4 – 6 pm
53440	Mon	4/3 – 5/1	4 – 6 pm

\$68 Resident, \$82 Non-Resident,
\$44 Senior Resident, \$58 Senior Non-Resident

All Creative Arts Classes: No experience necessary. Returning students encouraged to work on more challenging pieces tailored to experience level in a supportive class environment. Materials provided unless noted in description.

Have your supplies with you for the first class.

If your class includes a supply list (see description), visit www.hillsboro-oregon.gov/Walters to see course info under the classes section of the website.



Painting in Acrylics

Create realistic scenes and images from photographs in this popular class. Discover an illuminating, step-by-step approach to acrylic painting—and watch your wildlife scenes jump off the canvas! Experiment with approaches to color-mixing, shading, composition and more as you flex your creativity and explore the world through an artist's eye. **See website for full supply list.**

16 years – Adult
Walters Cultural Arts Center
Gerald Sticka

53432	Wed	2/8 – 3/15	6:30 – 8:30 pm
53441	Wed	4/5 – 5/10	6:30 – 8:30 pm

\$80 Resident, \$95 Non-Resident,
\$49 Senior Resident, \$64 Senior Non-Resident





NEW! Beginning Drawing

Bring out the artist within as you bring images to life with this step-by-step approach to drawing. Start with a favorite photograph, break the image into its simplest parts as you explore composition, line, shading and more. Surprise yourself with how far you go as you unleash your creativity and gain new skills and confidence. **See website for full supply list.**



18 years – Adult
Walters Cultural Arts Center
Rachel LaMarco

53444	Thu	2/9 – 3/16	6:30 – 8:30 pm
\$80 Resident, \$95 Non-Resident, \$49 Senior Resident, \$64 Senior Non-Resident			

NEW! Intro to Digital Photography

Unlock the power of your camera and your own creativity. Gain new skills to go beyond auto-settings and capture images that move and excite you. Discover how subject matter, composition and light work together. Gain basic editing techniques to bring out the best in your images—and all the rewards photography has to offer! **See website for full supply list. Students supply their own camera and laptop.**

14 years – Adult
Walters Cultural Arts Center
Christopher Weinberg

53449	Mon	2/6 – 3/13	6:30 – 8:30 pm
No class 2/20			
53450	Mon	4/17 – 5/15	6:30 – 8:30 pm
\$65 Resident, \$79 Non-Resident, \$41 Senior Resident, \$54 Senior Non-Resident			



NEW! Journal Making Workshop

Discover how easy and rewarding it can be to make your own journals for writing, sketching and more. Choose different patterns, colors or textures for the cover and explore multiple approaches to binding pages. Leave with a journal for yourself—and one to give as

a gift! An empowering, instantly gratifying way to learn basic bookmaking techniques.

14 years – Adult
Walters Cultural Arts Center
Sarah Dooley

53528	Tue	3/7 – 3/21	6:30 – 8 pm
\$40 Resident, \$53 Non-Resident, \$30 Senior Resident, \$37 Senior Non-Resident			

Beginning Guitar: Fundamentals

Grab your guitar and start making music! Begin playing right away—even if you’ve never played before—as you explore the foundations of guitar: rhythm, agility, chords, melody and more. Learn by doing as you play alongside others while developing your music skills and flexing your creativity. Students must bring their own guitar.

17 years – Adult
Walters Cultural Arts Center
Joe Aloia

53524	Mon	2/13 – 3/20	6 – 7:15 pm
No class 2/20			
53526	Mon	4/17 – 5/15	6 – 7:15 pm
\$44 Resident, \$57 Non-Resident, \$28 Senior Resident, \$39 Senior Non-Resident			

All Creative Arts Classes: No experience necessary. Returning students encouraged to work on more challenging pieces tailored to experience level in a supportive class environment. Materials provided unless noted in description.



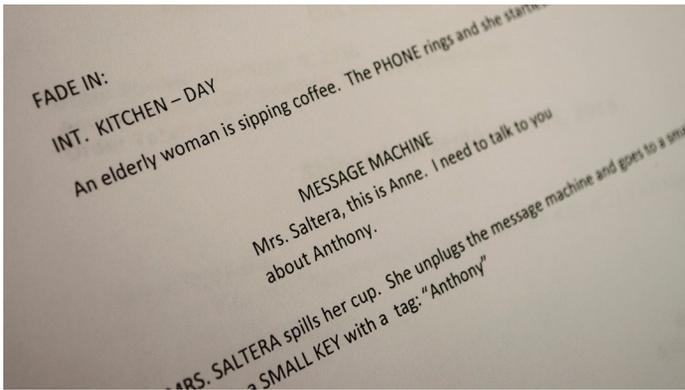
Creative Communication Skills–NEW!

Discover how to use the skills that professional actors use in rehearsal and performance to strengthen your own communication skills. Techniques like active listening, body language, voice and intention have a huge impact on success in professional and everyday situations. Leave with practical tools to support your communication goals onstage and off.

18 years – Adult
Walters Cultural Arts Center
Nicholas Kessler

53451	Tue	2/21 – 3/21	6 – 8 pm
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\$58 Resident, \$72 Non-Resident,
\$36 Senior Resident, \$51 Senior Non-Resident



NEW! Intro to Screenwriting

Discover a passion for screenwriting and leave with empowering, practical tools in this exciting new class. Explore the key elements of visual storytelling as you gain an understanding of the essential technical elements of screenwriting (used by professionals). Create multiple scripts for your own short film ideas. **See website for full supply list.**

18 years – Adult
Walters Cultural Arts Center
Mohammad Allam

53454	Wed	2/8 – 3/15	6:30 – 8:30 pm
53455	Wed	4/12 – 5/17	6:30 – 8:30 pm

\$68 Resident, \$83 Non-Resident,
\$43 Senior Resident, \$57 Senior Non-Resident



Storytelling

Discover practical techniques professional and amateur storytellers use to shape experiences into compelling narratives in a supportive class environment. Nicholas Kessler (host of Portland's Moth series) takes you on a step-by-step process to weave your ideas and unique experiences into a great story—a story that needs to be told!

18 years – Adult
Walters Cultural Arts Center
Nicholas Kessler

53452	Tue	4/11 – 5/9	6 – 8 pm
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\$58 Resident, \$72 Non-Resident,
\$36 Senior Resident, \$51 Senior Non-Resident

Have your supplies with you for the first class.

If your class includes a supply list (see description), visit Hillsboro-Oregon.gov/Walters to see the specifics for any specific course under the classes section of the website.



Washington County Arts & Culture Grants Panel

Join representatives from the Hillsboro Arts & Culture Council, Oregon Arts Commission, Regional Arts & Culture Council, and Spirit Mountain Community Fund for this free panel discussion to learn about local grant opportunities specifically for arts and culture programming in Washington County.

Applying for grant funding is a key part of every arts & culture organization, but it can also feel like a daunting task. Though there are many options out there, each grant has its own specific guidelines and restrictions and it can often be difficult to determine if your organization or program fits within those guidelines. Determine which opportunities fit best with your organization and its programs, and get the chance to talk face-to-face with grant makers that can answer all of your questions.

Adult
Walters Cultural Arts Center

53066 Wed 1/18 4 – 6 pm

Free

Nonprofit Strategic Planning Made Simple

The most successful nonprofits are those who spend time, not only doing good work today, but also planning for future sustainability and growth. Get an overview of the process of strategic planning for nonprofit organizations. Learn: how to use planning tools and templates to guide planning, how to match your with the developmental stage of your organization and how to use a strategic plan as a management tool to guide your planning, growth and organizational success. Handouts are provided.



Adult
Walters Cultural Arts Center
Mark Fulop

53060 Wed 2/8 4 – 6 pm

\$25

Fund Your Project: Grant Writing for Success

In this hands-on workshop, artists, arts organizations and volunteers learn to write compelling and lively grant applications to fund their creative projects. Participants discover how to research funding, decode application questions, and let the grant-writing process focus goals. Participants learn how to discern when grant writing is the best use of your time, how to research grants, how to answer the questions that many applications don't ask, and employ techniques that make proposals irresistible to funders.



Adult
Walters Cultural Arts Center
Gigi Rosenberg

53061 Thurs 2/23 4 – 6 pm

\$25

Marketing Design: Building Content that Connects

HACC veteran Tiffany Meyer returns with a hands-on workshop to help you create and distribute compelling content that attracts and keeps your best-fit customers, fans and donors. Whether you run a boutique gallery, are building your personal brand as an artist or deliver community programs, this workshop is for you. Start with a tool to hone your content strategy, then learn how to frame your content to align with your unique brand, and end by pinpointing how to define success so your time is well spent.



Adult
Walters Cultural Arts Center
Tiffany Meyer

53062 Thurs 4/6 4 – 6 pm

\$25

For more information about the Hillsboro Arts & Culture Council, its programs, workshops and events, visit HillsboroArts.org.



Free Financial Education

Gain knowledge to approach financial decisions with confidence. Free classes and free food provided by Unitus Credit Union. This is an adult only program and children are not allowed to attend.

Adult
Tyson Recreation Center
Denise Stewart – Unitus Community Credit Union

Understanding your Credit & Managing your Budget

Breakfast provided at this free class. Learn how to build credit the smart way, how to design an effective spending plan, track spending and find new ways to save. You will also get tools and techniques to improve credit scores.

53556	Sat	4/22	9:30 – 10:30 am
Free			

Home Buying – First-time Purchases and Refinance Solutions

Breakfast provided at this free class. Discover the real cost of home ownership, learn how to avoid paying more at closing, discover the steps needed to get an offer accepted, and what's right for you when refinancing.

53557	Sat	5/6	9:30 – 10:30 am
Free			

Fundamentals of Personal Financial Planning

A Path to financial security and time value of money.

MEMBERS Financial Services & Unitus Community Credit Union would like to welcome you to attend a free financial planning seminar by an experienced and knowledgeable financial advisor. This course is activity-based with emphasis on the following financial products and services such as: retirement planning, supplementing social security, asset allocation, mutual funds, variable annuities, 401k, IRA's(both Roth and Traditional), Insurance (long term care & life) and financial planning with investment vehicles/ programs that compliment the traditional saving plans.



53559	Sat	5/27	9:30 – 10:30 am
Free			



Dog Obedience

These basic dog obedience classes focus on teaching you to train your dog. Dogs learn a wide range of obedience exercises through positive reinforcement. Do not bring your dog to the first class.

10 years – Adult
Tyson Recreation Center
Jan Herinckx

53102	Wed	1/25 – 3/18	6:45 – 7:30 pm
53103	Wed	4/5 – 5/17	6:45 – 7:30 pm
\$60 Resident, \$90 Non-Resident			
\$50 Senior Resident, \$75 Senior Non-Resident			

LoseRight Weight Loss & Fitness

Learn about nutrition and fitness all in one program. Tips and strategies are provided to jump start a weight loss program, get over a plateau, and maintain progress over the long term. Taught by a nationally certified weight loss specialist/personal trainer/fitness instructor, each class consists of a 30 minute nutrition session and concludes with an hour of high-energy cardio and strength conditioning that can be modified for any level of fitness.

Adult
Tyson Recreation Center
Kerri Moore

53560	Sat	1/28 – 3/4	8 – 9:30 am
\$65 Resident, \$95 Non-Resident			



Ice Skating

Learn to ice skate in a fun, relaxed atmosphere. Wear gloves/mittens, loose fitting clothing, and a jacket. Helmets are recommended but not required. Ice skates are provided.

Tween/Teen Ice Skating

For the beginner skater to promote physical fitness while improving balance, coordination, develop preliminary coordination and strength necessary to maneuver on the ice. Learn the proper way to fall and get up along with marching, moving, and forward skating.

11 – 17 years

Sherwood Ice Arena

53119	Wed	2/1 – 3/29	6:05 – 6:35 pm
53120	Sat	2/4 – 3/25	12:15 – 12:45 pm
53121	Sat	4/1 – 5/27	12:15 – 12:45 pm
		No class 4/8	
53122	Wed	4/5 – 5/31	6:05 – 6:35 pm

\$92

Adult Ice Skating

For the beginner skater to promote physical fitness while improving balance and coordination. This is an exciting way for people looking to skate as an enjoyable way for a fit and healthy lifestyle.

Adult

Sherwood Ice Arena

53125	Wed	2/1 – 3/29	6:05 – 6:35 pm
53126	Sat	2/4 – 3/25	12:15 – 12:45 pm
53127	Sat	4/1 – 5/27	12:15 – 12:45 pm
		No class 4/8	
53128	Wed	4/5 – 5/31	6:05 – 6:35 pm

\$92

Boxing Conditioning

8 years – Adult

Peter Boscow Boxing Gym

See Page 22



Drop-In Classes at



Mix It Up

Every Mix It Up class is different as you experience a variety of exercises including cardio, strength conditioning, and muscle toning. Come prepared to use the weight of your own body in this no equipment needed fitness program. Mix It Up is intended for all fitness levels, it is a drop in class and requires a minimum of 5 people to run.

13 years – Adult

Outdoors In

Jennifer Blumhagen

Mon & Wed	Ongoing	5:30 – 6:15 pm
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5-visit punch card: \$20 Resident, \$30 Non-Resident

Zumba®

Zumba® fuses hypnotic Latin rhythms and easy-to-follow moves featuring interval training sessions where fast and slow rhythms are combined to tone, sculpt, and burn fat. Zumba® welcomes every level, This is a drop in class and requires a minimum of 5 people to run. Wear comfortable clothing and bring a water bottle.

13 years – Adult

Outdoors In

Stephanie Sherwood

Tue & Thur	Ongoing	12:15 – 1 pm
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5-visit punch card: \$20 Resident, \$30 Non-Resident

U-Jam Fitness®

U-Jam Fitness® unites world beats with urban flavor and takes you around the world from Hip-Hop to Bollywood, with an athletic cardio workout that tones your body and leaves you begging for more! U-Jam Fitness® is Universal, Unique and eUphoric!

Adult

SHARC

Friday	1/20	5:30 – 6:30 pm
Friday	2/17	5:30 – 6:30 pm
Friday	3/10	5:30 – 6:30 pm
Friday	4/21	5:30 – 6:30 pm
Friday	5/19	5:30 – 6:30 pm

Free with SHARC Membership or

\$5 Resident Adult, \$7 Non Resident Adult



Martial Arts

Taekwondo

Basic Taekwondo techniques with an introduction to martial arts and self-defense. Focus on learning self-discipline, self-esteem and respect while getting fit and having fun. Wear comfortable clothes. A uniform is not required but recommended.

12 years – Adult
Tyson Recreation Center
Kerri Moore

53265	Wed	1/25 – 3/1	5:15 – 6 pm
\$40 Resident, \$60 Non-Resident			

Judo

Learn self-confidence, poise, and coordination in this beginning Judo program. Basic throws and falls are taught in a fun and safe way.

8 years – Adult
Tyson Recreation Center
Caleb Teninty

53255	Mon	1/9 – 2/20	6 – 7:30 pm
53257	Mon	2/27 – 4/17	6 – 7:30 pm
		No class 3/27	
53259	Mon	4/24 – 6/12	6 – 7:30 pm
		No class 5/29	

\$38 Resident, \$57 Non-Resident

Kickboxing

This skills/cardio class focuses on kicks, knees, elbows, and punches for a total body workout. Use drills and combinations to work on proper punching technique, defense, footwork, and more. These fundamentals plus our strength and conditioning make for a fun and high calorie burning workout. No boxing or kickboxing experience needed. All fitness levels welcome. Wraps and gloves required.

13 years – Adult
Balance 365 Fitness
Phoenix Echo

53283	Tue	1/10 – 2/28	6:45 – 7:45 pm
53284	Sat	1/14 – 3/4	9 – 10 am
53285	Tue	4/4 – 5/23	6:45 – 7:45 pm
53286	Sat	4/8 – 5/27	9 – 10 am

\$30 Resident, \$45 Non-Resident

TRX

TRX Suspension Training leverages gravity and your body weight to perform exercises. You're in control of how much you want to challenge yourself on each exercise—simply adjust your body position to add or decrease resistance. This is a fast, effective total-body workout. Build a rock-solid core and increase muscular endurance. Benefits people of all fitness levels (pro athletes to seniors). This class is limited to seven participants

Adult
SHARC
SHARC Staff

53178	Wed/Fri	1/4 – 1/27	9 – 9:45 am
53179	Wed/Fri	2/1 – 2/24	9 – 9:45 am
53188	Wed/Fri	4/5 – 4/28	9 – 9:45 am
53175	Tue/Thu	1/2 – 1/25	5:45 – 6:30 pm
		No class 1/16	
53176	Tue/Thu	1/30 – 2/22	5:45 – 6:30 pm
		No class 2/20	
53185	Tue/Thu	4/3 – 4/26	5:45 – 6:30 pm
53186	Tue/Thu	5/1 – 5/31	5:45 – 6:30 pm
		No Class 5/29	
53172	Tue/Thu	1/3 – 1/26	10 – 10:45 am
53173	Tue/Thu	1/31 – 2/23	10 – 10:45 am
53183	Tue/Thu	4/4 – 4/27	10 – 10:45 am

Intermediate

53169	Tue/Thu	1/3 – 1/26	9 – 9:45 am
53170	Tue/Thu	1/31 – 2/23	9 – 9:45 am
53181	Tue/Thu	4/4 – 4/27	9 – 9:45 am

\$32 Resident w/SHARC Membership, \$40 Resident
\$48 Non-Resident w/SHARC Membership, \$56 Non-Resident

5 week classes

53180	Wed/Fri	3/1 – 3/31	9 – 9:45 am
53189	Wed/Fri	5/3 – 6/2	9 – 9:45 am
53177	Tue/Thu	2/27 – 3/29	5:45 – 6:30 pm
53174	Tue/Thu	2/28 – 3/30	10 – 10:45 am
53184	Tue/Thu	5/2 – 6/1	10 – 10:45 am

Intermediate

53171	Tue/Thu	2/28 – 3/30	9 – 9:45 am
53182	Tue/Thu	5/2 – 6/1	9 – 9:45 am

\$45 Resident w/SHARC Membership, \$55 Resident
\$65 Non-Resident w/SHARC Membership, \$75 Non-Resident



Hillsboro Fitness Challenge

Join us as we build a healthier community with the all-new Hillsboro Fitness Challenge. During the 12-week challenge individuals engage in activities on their own or with a group, stepping closer to a more active and healthy lifestyle. If you need motivation, support, or direction to reach your health goals, this is the challenge for you. The Fitness Challenge includes five small but specific challenges to overcome. With each success, a small prize is awarded. Each participant can receive one personal training session, fitness assessments, body compositions and much more. Win great prizes and be more fit and healthy by the end of the challenge. Call SHARC for more information. Don't miss the 2017 Kickoff event on January 7!

Adult
SHARC
SHARC Staff

53161 1/7 – 3/24

\$50 SHARC Member, \$60 Non SHARC Member

HILLSBORO FITNESS CHALLENGE



Hillsboro Fitness Challenge 5k or More-

Declare your goal—an individual goal or join the group goal to compete in the May All Comers Family 5k. Then start working hard with our help!

All participants receive training logs and weekly training plans to help reach their goal and beyond. Registration includes 2 body compositions, admission to Fitness Challenge Training classes, organized group runs, entry in the 5k and a prize upon completion.

Adult
SHARC
SHARC Staff

53162 4/3 – 5/20

\$30 SHARC Member, \$40 Non SHARC Member

Fitness Clinics

These 45 minute fitness clinics introduce equipment, exercises, and provide new information for your fitness and wellness goals.

16 years – Adult (13 – 15 year olds with adult present)
SHARC

Sat 11:30 am – 12:15 pm

Free with SHARC Membership, \$5 Resident, \$7 Non-Resident

Back, Hips & Hamstrings

Learn exercises to strengthen, stretch and roll out muscles to help ease tight and weak areas. Incorporate these exercise at home and in your exercise routine at the gym

53166 Sat 1/21

Resistance Band Sculpting

Resistance bands are the perfect tool for home workouts, traveling, and adding versatility to any exercise routine. This clinic teaches you how to build a full body strength routine that can be done anywhere!

53167 Sat 2/4

Foam Roller

Foam rolling uses deep compression, just like a massage, to help roll out muscle spasms and to increase blood flow to the tissue which aids in muscle recovery. Join us to learn how to properly use the foam roller and how to incorporate its use into your workouts. Class is limited to 10.

53168 Sat 3/4



Garden Locations

- Calvary garden
937 Jackson School Road
- David Hill garden
440 SE Oak Street
- Orenco garden
6420 NW Oelrich Road
- Sonrise garden
6701 NE Campus Way

Garden Plots & Fees

- Raised Beds\$30
- 10' x 20'\$40
- 15' x 20'\$50
- 20' x 20'\$60

Contact Heather Peterson,
Garden Coordinator

Heather.Peterson@hillsboro-oregon.gov • 503-681-5374

www.Hillsboro-Oregon.gov/CommunityGardens

Grow your own organic veggies, herbs & flowers!



Join the

HILLSBORO Community GARDENS!



Nature Classes at Jackson Bottom Wetlands Preserve

Nature Classes are designed for adults and teens who attend with an adult, unless otherwise noted. Nature Program Supervisor, Steve Engel, draws on over 35 years as a naturalist and educator. Local instructors John Rakestraw, Alice Hill, Laura Whittemore and Ron Spendal are all well respected in their fields.

Winter Twig Identification

When the leaves are missing, what can you rely on to identify our common deciduous trees and shrubs? Learn the characteristics of twigs, bark and fruit that distinguish salmonberry from ocean spray and alder from ash. This class begins indoors and then ventures outside where you can put your new-found knowledge to the test – in a fun way!



12 years – Adult
Jackson Bottom Wetlands Education Center
Steve Engel

53292 Sat 1/7 1 – 4 pm

Free, pre-registration required

PNW Geology I, II, III

Pacific Northwest geology is unique and fascinating. Nowhere else can you find the diversity of landscapes found in Oregon and Washington. Learn about our rich volcanic history, “recent” events like the great ice age floods that sculpted our region and future events in store for us as part of the Cascadia subduction zone. Taught in non-technical “down-to-earth” language, you can take the whole series or just the ones that interest you most.



12 years – Adult
Jackson Bottom Wetlands Education Center
Steve Engel

53293	Wed	1/18	7 – 8:30 pm	I Volcanoes
53294	Wed	2/22	7 – 8:30 pm	II Ice Age Floods
53295	Wed	3/22	7 – 8:30 pm	III Earthquakes

\$5 Resident, \$10 Non-Resident



How to Identify Gulls

There is no such thing as a “seagull” and yet there are more species of gulls than you might imagine. Learn how to differentiate between them. Explore the characteristics of plumage, leg color, bill and body size that distinguish the almost one dozen species of Gulls found in Oregon during winter. Class includes a field trip by carpool.

16 years – Adult
 Jackson Bottom Wetlands Education Center
 John Rakestraw

53296 Sat 1/21 9 am – 12 pm
 \$18 Resident, \$25 Non-Resident

Owls Rule the Night

Owls have amazing adaptations that allow them to rule the night, communicate with one another and occupy a variety of habitats. With fifteen species occurring in Oregon, chances are there is an owl living near you! Learn which species are common, rare, big and small.



12 years – Adult
 Jackson Bottom Wetlands Education Center
 Steve Engel

53297 Wed 1/25 7 – 8:30 pm
 \$5 Resident, \$10 Non-resident

Owling Field Trip

Venture forth into the night to listen for and spot local owls. We begin near dusk and continue until after dark in search of several species such as Pygmy, Saw-whet, Great-horned, Barred and Short-eared owls. Travel by carpool to Washington County sites. Meeting place to be announced.

12 years – Adult
 TBA
 Steve Engel

53298 Sat 1/28 4 – 8 pm
 \$18 Resident, \$25 Non-Resident

Introduction to Mason Bees

Learn the basics of mason bees, their needs and their usefulness. These solitary bees are very docile and are excellent early spring pollinators. Mason bees are far more efficient at pollination than honey bees. Upon course completion, you are prepared to advance into learning how to raise mason bees.

12 years – Adult
 Jackson Bottom Wetlands Education Center
 Ron Spendal

53299 Sat 2/4 1 – 3 pm
 Free, pre-registration required

Cranes & Eagles of Sauvie Island

Two of the largest birds around are plentiful and easy to observe on Sauvie Island, where the Willamette and Columbia Rivers meet. Sandhill Cranes and Bald Eagles congregate here during the winter, as do many species of waterfowl that we are also likely to see. Transportation is provided for this guided wildlife tour. We depart from the Fairgrounds MAX station where you can arrive by train, bus or car.



12 years – Adult
 Jackson Bottom Wetlands Education Center
 Steve Engel

53300 Sat 2/18 10 am – 3 pm
 \$30 Resident, \$45 Non-Resident

Raising Mason Bees

Mason bees are easy and interesting to raise. Learn about nesting needs and options as well as the care of the bee during their life cycle. Following some simple guidelines allows you to start, grow and maintain a mason bee population to pollinate your garden and landscape.

12 years – Adult
 Jackson Bottom Wetlands Education Center
 Ron Spendal

53301 Sat 3/4 1 – 3 pm
 Free, pre-registration required



Get Started Watching Birds

Colorful, musical and always nearby, birds can teach you so much about the world around you. Enthusiastic and patient guidance teaches how to engage in this healthy pastime by becoming familiar with the tools, information and behaviors of a birdwatcher. An indoor session is followed by a field trip into the Preserve. Binoculars provided.

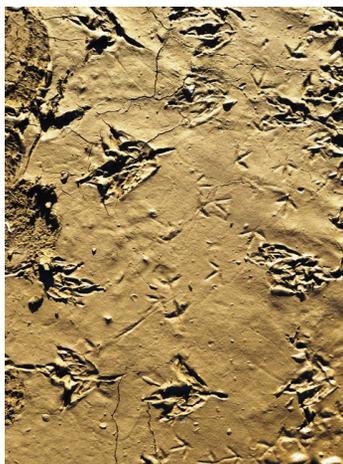
16 years – Adult
 Jackson Bottom Wetlands Education Center
 Laura Whittemore

53529	Sun	3/12	10 am – 1 pm
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\$18 Resident, \$25 Non-Resident

Animal Tracking 101

What would it be like to be able to read the ground as if it were a newspaper, full of the comings and goings of the wildlife around you? This class shows you how to start understanding the many signs animals leave behind, telling us about the who, what, when, where and why of their secretive lives.



10 years – Adult
 Jackson Bottom Wetlands Education Center
 Steve Engel

53530	Sat	4/1	1 – 3 pm
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Free, pre-registration required

Field Sketching

Learn to see the world in a different way through attention to details, patterns and relationships in nature and capture what you see in a sketchbook journal. Only a few materials are needed to record your outdoor adventures in quick lines, colors, and notes. Material list provided.

16 years – Adult
 Jackson Bottom Wetlands Education Center
 Alice Hill

53531	Sat	4/8	1 – 4 pm
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\$22 Resident, \$30 Non-Resident

Nesting Birds of Jackson Bottom

Bald Eagle, Osprey and Great Blue Heron all nest and raise their young at Jackson Bottom Wetlands Preserve. This class introduces the life-styles of each of these species and includes a walk of about two miles to view the birds at their nest sites.



12 years – Adult
 Jackson Bottom Wetlands Education Center
 Steve Engel

53532	Sun	4/23	1 – 4 pm
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\$10 Resident, \$15 Non-Resident

Birding by Ear

Learn to identify birds by their songs in this locally famous class. Tune up your ears with an indoor presentation then go outside to listen carefully to the songs and calls around us. Learn how to listen, how to find singing birds, which sounds males and females make, and how to make those sounds stick so you recognize them again. April class focuses on resident species. May focuses on migrant species.

16 years – Adult
 Jackson Bottom Wetlands Education Center
 Laura Whittemore

53533	Sat	4/29	10 am – 1 pm
53534	Sun	5/21	10 am – 1 pm

\$18 Resident, \$25 Non-Resident



Adult Sports Leagues and Games

Active play is a vital component of a healthy lifestyle. Adult sports leagues offer a great opportunity for leisure and connecting with others in a friendly, competitive environment for men and women of all skill levels.

For additional details visit teamsideline.com/hillsboro



Basketball

Three seasons of basketball are available to participants of all skill levels, including our new outdoor summer league at 53rd Avenue.

Indoor: September – March (2 seasons)

Outdoor: June – August (1 season)



Flag Football

Open to all adults, flag football is played at Hillsboro Stadium each fall. No matter your skill, teams will enjoy getting out on the field and reliving their younger playing days.

September – November



Softball

Softball is the oldest continuous adult sport in Hillsboro. With over 180 teams, and two seasons, participants can easily find a skill and competitive level that meets their needs.

Men's: April – September (2 seasons)

Women's: April – July (1 season)

Coed: April – September (2 seasons)

Soccer

Soccer is our largest adult sports program, with both Men's and Coed divisions in our 11v11 and 7v7 leagues. Hillsboro Parks and Recreation partners with the Oregon Adult Soccer Association to provide player cards in our 11v11 divisions.

Men's: All year (3 seasons)

Coed: All year (3 seasons)



Volleyball

Coed and Women's Volleyball is available through our partnership with Hillsboro school facilities. Coed teams have two seasons in the Spring and Fall. Women's teams have three seasons throughout the school year.

Womens': January – December (3 seasons)

Coed: April – December (2 seasons)



Social Games

Our newest program, Cornhole, is played at various offsite locations in Hillsboro. Along with kickball, and soon Bocce Ball, our social games program allows everyone to participate in a sports program at their own level.

Twosomes: \$55 Resident, \$65 Non Resident

Individuals: \$35

Looking for a place to host an event, a company picnic, a tournament or team practice?

Hillsboro Parks & Recreation offers rental facilities such as athletic fields, shelters, parks, buildings and rooms. For information or to secure a rental, contact us at 503-681-6120.

Have an idea for a new and exciting sports program?

Share with us! We always look for new ways to meet the needs of our community. To suggest new programs or offer ideas to improve existing programs, call 503-681-5380.



Volunteers Grow Community

We are grateful for all of the wonderful volunteer support for our parks, programs and events. Contact Sarah Delepine at 503-615-3479 or Sarah.Delepine@Hillsboro-Oregon.gov for more information or to sign up. Thank you for volunteering!
To fill out an application to volunteer, visit: Hillsboro-Oregon.gov/ParksVolunteer

Special Events

A variety of special events take place throughout the winter and spring months which require the help of volunteers to run smoothly. Please check the below upcoming events and visit our website for updated events. We'd love to see you there!

A Knight with a Princess

Assist with event operations including set up/take down, serve catered meal and assist with photography. This is a great experience for clubs or leadership groups as well as individuals hoping to gain experience with event management or fine dining. Volunteers should dress in black and white—this is a formal affair.

14 years – Adult
 Walters Cultural Arts Center

 Sat 2/4 4:30 – 9:30 pm



Stickwork Sculpture

Join artist Patrick Dougherty and help build a Stickwork Sculpture. Harvest and place sticks to shape the artwork. This is a very physical assignment and is best for volunteers who are strong and active.

16 years – Adult
 Orenco Woods Nature Park

 4/3 – 4/21 8 am – 12 pm or 1 – 5 pm

Underwater EGGstravaganza

The Underwater EGGstravaganza is an underwater Easter egg hunt for children ages 1 – 12 years. An arts and crafts table and a visit from the Easter Bunny also require volunteer assistance. Volunteers assist staff with event operations and crowd management, as well as in the arts and crafts station. Volunteers should wear nice shorts/jeans and a t-shirt. Volunteers do not enter pool.



14 years – Adult
 Shute Park Aquatic & Recreation Center

 Sat 4/15 12:30 – 4:15 pm

Native Plant Sale

Assist at the Jackson Bottom Wetlands Preserve during the annual Native Plant Sale. Volunteers assist staff with loading plants into buyers' vehicles, plant maintenance and event operations. Dress for the weather and bring a water bottle.

16 years – Adult
 Jackson Bottom Wetlands Preserve

 Sat 4/22 8:30 am – 4 pm Shifts Vary

Volunteer registration is required. To sign up, visit Hillsboro-Oregon.gov/ParksVolunteer
 For information, contact Sarah Delepine at: Sarah.Delepine@Hillsboro-Oregon.gov or 503-615-3479

For more great volunteering opportunities, please check our website!

VOLUNTEER
 MAKE A DIFFERENCE
 FOR THE ENVIRONMENT

Ongoing Volunteer Opportunities by Facility

Hillsboro Community Senior Center

Bingo Assistant, 14 years – Adult

Sell Bingo cards, monitor, distribute concessions and manage the kitchen/bistro.

Dining Room Server,

14 years – Adult

Serve three-course meals to patrons and bus tables.



Walters Cultural Arts Center

Family Art Night, 16 years – Adult

Assist with set up, clean up, supply distribution and help complete art projects.

Gallery Opening Assistant, 16 years – Adult

Welcome patrons, answer questions and other tasks as needed.

Spoken Word Assistant, 16 years – Adult

Welcome patrons, answer questions and other tasks as needed.

BLAST After School Enrichment

Various Schools, 16 years – Adult

Help elementary students with homework, art and recreation activities.

Jackson Bottom Wetlands Preserve

Roving Naturalist, Adult

Inform guests of current happenings, give directions and answer questions while stationed in the field.

Bird Surveys, Adult

Conduct bird surveys to identify birds in the wetlands. Birding experience required.

Lunch with the Birds Guide,

Adult

Guide bird identification walk through local parks.



Shute Park Aquatic & Recreation Center

Front Desk Greeter, 14 years – Adult

Scan membership passes, pass out deep water swim test bracelets, light lobby maintenance and give facility tours.

Lifeguard Aide, 12 years – Adult

Help ensure patron safety. Must be able to pass the Deep Water Swim Test.

Swim Instructor Aide, 12 years – Adult

Assist with water safety and swim skill development. No need to be a skilled swimmer; however, must be able to pass the Deep Water Swim Test.

Park Stewardship Projects

All tools, gloves, plants, materials and direction are provided at stewardship park projects sponsored by Hillsboro Parks & Recreation. To sign up for a Park Project, visit: Hillsboro-Oregon.gov/ParksVolunteer and fill out a One Day Park Project application.

Earth Day/Arbor Day,

4/29, 9 am – 12 pm, Hamby Park, All Ages

Companies, groups and individuals remove invasive species from Hamby Park, improving the health of the native landscape. Dress for the weather and bring a water bottle.

Global Youth Services Day

4/22, 9 am – 12 pm, Hamby Park, All Ages

This habitat enhancement event is led by youth to teach stewardship and instill the spirit of volunteering. Dress for the weather and bring a water bottle.

Rhododendron Garden Cleanup

Second Monday, 9 am – 12 pm, Rood Bridge Park

Remove spent blooms, prune and maintain garden beds.



Contact Scott Crowell to schedule your stewardship project: Scott.Crowell@Hillsboro-Oregon.gov or 503-615-2405



Senior and Friends Recognition Parties

All seniors are welcome to this friendly social event and potluck. Bring your favorite potluck dish and let's celebrate. The cost of these parties is covered by your membership or payment of a single visit admission.

SHARC

Fri	1/6	11:15 am – 12:30 pm
Fri	2/10	11:15 am – 12:30 pm
Fri	3/3	11:15 am – 12:30 pm
Fri	4/7	11:15 am – 12:30 pm
Fri	5/5	11:15 am – 12:30 pm

Free with SHARC Membership or single visit admission

A Will is Not Enough in Oregon

Receive practical advice on how to safeguard your assets during and after your lifetime. Acquire up to date knowledge about wills, living trusts, health care documents, issues regarding guardianship, conservatorship, and powers of attorney. Learn how to avoid probate.



Adult
SHARC

Richard B. Schneider, LLC, Attorney and Co-Author

53159	Wed	2/8	2 – 3:30 pm
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Free, pre-registration required

Community Senior Center Dining Room

	Wed	4/12	1:30 – 3 pm
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FREE – Just drop in!

Just Between Us: A Women's Wellness Series

Join the Hillsboro Community Senior Center, AgeCelebration and local businesses for a series of discussions around common wellness topics. Not health issues, per se, but rather those little annoyances women experience at different stages of life. These topics are gender neutral and men are welcome to attend.

Community Senior Center

Individual Classes: \$7 Senior Resident, \$11 Senior Non-Resident, \$10 Adult Resident, \$15 Adult Non-Resident

Whole Series: \$18 Senior Resident, \$30 Senior Non-Resident, \$27 Adult Resident, \$42 Adult Non-Resident

Micronutrients for a Nourishing Diet

Micro-nutrients are essential for the proper functioning of every system in the body and are vital for maintaining good health across the lifespan. Learn about the important micro-nutrients we need to maintain health and how to prevent micro-nutrient deficiencies in our daily diets.

Monica Walker

53386	Thu	3/16	10 – 11:30 am
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Dizzy, My Head is Spinning

Feeling dizzy? Is the room often spinning? Age-related dizziness/vertigo problems are among the most common reasons that we may seek help from a doctor. Learn about the common causes of dizziness and vertigo and how chiropractic care and other non-invasive practices may be of help. Explore this prevalent problem and its potential solutions.

Olivia Schinski, DC, of Allied Chiropractic

53387	Thu	3/23	10 – 11:30 am
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The Healing Power of Touch

The simple act of touch – not necessarily in a romantic manner – from another human being is so beneficial to human health that it can slow our heart rate, decrease blood pressure, strengthen the immune system, ease stress, anxiety, and pain, and aid sleep. Discuss the importance of touch and the different healing modalities that can add more touch to our lives.



Connie Neely, CMT, Massage Envy

53388	Thu	3/30	10 – 11:30 am
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Whole Series

53385	Thu	3/16 – 3/30	10 – 11:30 am
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MELT Method® Workshops

The MELT Method® is a simple self-treatment that reduces chronic pain and helps you stay healthy, youthful, and active for a lifetime. Research shows that a balanced nervous system and healthy connective tissue work together to provide your body support and optimal mind-body communication. MELT addresses these two systems of your body in a way no other self-treatment can. As little as 10 minutes of MELT three times a week begins reducing the effects of accumulated tension and stress caused by daily living. Get results in the first session! The goal is to improve your body's ability to restore balance and repair itself for lasting change.

Community Senior Center Park Room
Tracy Strawn

MELT for Arthritis

Addresses the deep chronic pain that can accompany arthritis. Learn how to help heal your body and rediscover pain-free living at any age.

53389 Fri 2/3 10 – 11 am

MELT Hand & Foot Treatment

Learn how to repair and rehydrate the connective tissue in your extremities, and relieve accumulated stress.

53390 Fri 4/7 10 – 11 am

\$7 Senior Resident, \$11 Senior Non-Resident,
\$10 Adult Resident, \$15 Adult Non-Resident

Peace of Mind

Quiet your restless mind and find peace of mind in this five-week course. Learn about the nature of the restless mind, why it feels better when your mind is quiet, and how to settle your mind down to enjoy your days with more ease. Discover the nature of thought and the ins and outs of a quiet mind, explore what the mind offers on the other side of busy thinking, explore the ease, joy and playfulness of a quiet mind, and finally, learn to rest in that beautiful place inside of yourself that is always peaceful.

Community Senior Center Maple Room
Cindy Cosenzo

53393 Thu 1/12 – 2/9 10 – 11:30 am

\$35 Senior Resident, \$52 Senior Non-Resident,
\$44 Adult Resident, \$66 Adult Non-Resident



The 50/50 RuleSM: Helping Siblings Overcome Family Conflict

This class is designed to help adult siblings and their aging parents deal with sensitive or tense situations that arise among brothers & sisters as their parents age and need assistance. How do you divide workload? How can you and your siblings come together as a team to provide support to parents? How can you reach agreements on major family decisions and avoid conflict? Adults with aging parents are highly encouraged to attend this free course. Refreshments served.

Adult
Community Senior Center Classroom
Phyllis Peabody

53371 Tue 4/11 6 – 8 pm

Free – Pre-Registration is required

Anyone Can Meditate

Meditation is simply the practice of quieting down the mind. Discover the different approaches to doing just that and practice them. Often, the mind is going 100 miles an hour; this is an opportunity to learn approaches to slowing down your mind, and to experience just how good meditation feels.

Adult & Senior
Community Senior Center Classroom
Cindy Cosenzo

53372 Mon 5/11 10 – 11:30 am

\$7 Senior Resident, \$11 Senior Non-Resident,
\$10 Adult Resident, \$15 Adult Non-Resident





Wall Flowers

Not to be confused with wallflowers, everyone is sure to enjoy themselves during this new community craft offering. Discover how easy it is to create these adorable little wall flowers! Materials included.

Community Senior Center Park Room
Dianne Juergens, Home Instead Senior Care

53373 Fri 2/10 10 – 11 am

\$7 Senior Resident, \$11 Senior Non-Resident,
 \$10 Adult Resident, \$15 Adult Non-Resident

Watercolor Classes in partnership with the Walters Cultural Arts Center



Watercolor: Winter Hues

Tired of gray? See winter in a whole new light in this exciting class. From berries to indigo skies and evergreen branches, discover how nature's ceaseless variety and rich hues make winter in the NW unique and beautiful—especially to artists. Explore foundational techniques, discover new skills and fall in love with winter through the power of watercolor.

Community Senior Center Park Room
Bonnie Burbidge

53461 Thu 2/9 – 3/9 10 – 11:30 pm

\$38 Senior Resident, \$47 Senior Non-Resident,
 \$57 Resident, \$69 Non-Resident

Cinco de Mayo Pot-Painting
 Paint your own little ceramic flower pot in this fun and low-key class. Dianne Juergens of Home Instead Senior Care is onsite to lead you through this exciting, fiesta-themed art class. Materials included.

Community Senior Center Park Room
Dianne Juergens

53374 Fri 5/5 10 – 11:30 am

\$7 Senior Resident, \$11 Senior Non-Resident,
 \$10 Adult Resident, \$15 Adult Non-Resident

Create Your Own Life Storyboard

Tell your personal story by creating a visual Life Story Board. Use gesso, paint, collage materials, transfers and ephemera to create unique work of art on wood panel that visually narrates your own life experience. We begin by exploring significant moments in our lives through questionnaires and brief writing activities, then choose specific media that best conveys the individual stories we have to tell. Discover a variety of techniques and materials to create a layered composition reflecting the complexity and beauty of your life. Materials included.

Community Senior Center Classroom
Patricia Krishnamurthy

53375 Fri 4/14 – 4/28 9:30 am – 12 pm

\$36 Senior Resident, \$54 Senior Non-Resident,
 \$45 Adult Resident, \$63 Adult Non-Resident

Watercolor: Bold and Free

Bring your paintbrushes and a sense of adventure! Explore the special and freeing medium of watercolor in this class for beginning and experienced painters alike. Engaging exercises offer a springboard for inspiration and the opportunity to let your imagination—and the paint itself—take you to bold new places.

Community Senior Center Park Room
Bonnie Burbidge

53463 Thu 4/6 – 5/4 10 – 11:30 am

\$38 Senior Resident, \$47 Senior Non-Resident,
 \$57 Resident, \$69 Non-Resident



Bonjour!

Learn the ABCs of French with this introductory class! Numbers, days of the week, seasons and basic conversational phrases. Practice speaking together in pairs and in small groups. Discover that learning a second language can be fun! And as Hercule Poirot always reminds us, "It's good for the little gray cells."

Community Senior Center Maple Room

Cindy Cosenzo

53377	Thu	2/23	10 am – 11:30 am
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\$7 Senior Resident, \$11 Senior Non-Resident,
\$10 Adult Resident, \$15 Adult Non-Resident



Storytelling

Storytelling is relating a tale to one or more listeners through voice and gesture. It is not the same as reading a story aloud or reciting a piece from memory or acting out a drama-though it shares common characteristics with these arts. The storyteller looks into the eyes of the audience and together they compose the tale.

Community Senior Center Park Room

Holly Robison, actress and storyteller extraordinaire

53376	Fri	1/6 – 1/27	10 – 11:30 am
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\$28 Senior Resident, \$42 Senior Non-Resident,
\$35 Adult Resident, \$53 Adult Non-Resident

SPANISH through the ARTS for ADULTS

Use songs, card games, activities, crafts & skits to learn Spanish in this dynamic and fun, 4-week class. Learn exciting new ways to work and play with this important second language.

Community Senior Center Classroom

Cyndi Turtledove, L.E.S.T.A. (Learn Spanish Through the Arts)

53378	Tue	2/7 – 2/28	1:30 – 3 pm
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53379	Tue	3/14 – 4/4	1:30 – 3 pm
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53380	Tue	4/18 – 5/9	1:30 – 3 pm
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\$40 Senior Resident, \$60 Senior Non-Resident,
\$50 Adult Resident, \$75 Adult Non-Resident

Scribbles to Story: One-Day Workshop

Make this story all about you in this one day, introduction to memoir writing. Learn to pen the events of your life in a way that takes them from scribbles to story!

Community Senior Center Park Room

Bob Ferguson, Scribbler author

53391	Fri	2/17	10 am – 12 pm
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\$7 Senior Resident, \$11 Senior Non-Resident,
\$10 Adult Resident, \$15 Adult Non-Resident



Pen Your Story

This story is all about you! Discover the building blocks to put your unique experiences down on paper and even offers advice to move forward with publishing your story if you choose. Several past students have succeeded in publishing their memoirs.

Community Senior Center Dining Room

Bob Ferguson, Scribbler author

53392	Fri	3/10 – 3/31	10 am – 12 pm
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\$40 Senior Resident, \$60 Senior Non-Resident,
\$50 Adult Resident, \$75 Adult Non-Resident



Adventures Without Limits (AWL) Winter/Spring Excursions

Register in advance at the Hillsboro Community Senior Center. All adventures begin and end at the Hillsboro Community Senior Center. Adventures Without Limits provides all specialized equipment and can provide clothing and footwear, if needed. Please make these needs known at registration. These trips are offered in conjunction with the Elsie Stuhr Center. Meet at the Tanasbourne Target parking lot.

Hillsboro Community Senior Center
Adventures Without Limits Staff

\$70



Snowshoeing at White River

Snowshoeing is a great way to stay active and get outdoors during the winter. Meet in the morning to gear up in snow clothes and boots. Head to the snowy trails of the Mt. Hood National Forest's White River area while discussing safety, how to use snowshoes and the finer points of snowshoeing. This beginner trip is 1–3 miles in length, depending upon group size.

Wear warm, non-cotton clothing and thick socks, bring a sack lunch, snacks and water for the day. AWL provides a hot drink at the end of the day.

53407	Tue	1/10	8 am – 5:30 pm
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Cross-Country Skiing at Teacup Lake

Teacup Lake is one of the best cross-country skiing areas around. Whether it's your first time or you're a seasoned skier, the 12 miles of groomed trails range in level from beginner to expert. Meander the trails, practice your downhill and uphill skills, and take in the visual splendor of the expansive snow covered meadows and Mt. Hood. Our 1–6 mile, easy to moderate route is customizable to the comfort level of the group.

Wear warm, non-cotton clothing and thick socks, and bring a sack lunch, snacks and water for the day. AWL provides a hot drink at the end of the day.

53408	Tue	2/21	8 am – 5:30 pm
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Ape Caves Exploration

Explore the lava tubes of Mt. Saint Helens during a day of easy to moderate hiking. Nestled on the south side of Mount St. Helens National Monument near Swift Reservoir, the Ape Caves are a geological feature not to be missed. The lower cave features unique formations that showcase the strange occurrences of an ancient lava flow. Explore another half mile interpretive Trail of Two Forests near the Ape Caves. This wheelchair accessible boardwalk trail takes you through a land of lava. Discover the impressions of an ancient forest engulfed by a massive flow nearly 2,000 years ago and the emerald forest that has risen from the black basaltic lava.

The caves' year-round temperature is 42 degrees and is damp with dripping water coming from the ceilings. Wear a non-cotton t-shirt, extra thermal layer, non-cotton pants or shorts comfortable for walking. Bring your lunch, snacks, two bottles of water, sunglasses, sunscreen and your camera if you choose.

53409	Tue	3/14	8 am – 5:30 pm
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Kayaking in Scappoose Bay

Scappoose Bay is a beautiful, peaceful, and protected area full of inlets and smaller waterways that are perfect for exploring by kayak. This is a perfect beginner/intermediate paddle experience. Paddle through a flooded forest while looking for wildlife, both in the water and on land. You may see herons, beavers, osprey, eagles, and fish while you glide through the scenic waters.

Wear swim shorts or nylon pants, a non-cotton t-shirt or long sleeve shirt, old sneakers or aqua sox and a sunhat or baseball cap. Bring your sunglasses, sunscreen, lunch and snack, a liter of water, and extra clothes for the ride home.

53410	Tue	4/18	8 am – 5:30 pm
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Recumbent Biking on the Banks-Vernonia Trail

This 22-mile long paved bike path meanders through a beautiful wooded area. Ride through fields and valleys before entering the gorgeous tree canopy of Stubb Stewart State Park. Cross the 120-foot-tall Buxton train trestle which has been converted for bike travel. Enjoy worry-free biking at a leisurely pace on AWL's recumbent tricycles on this traffic free trail.

Dress for the weather—layers and rain gear recommended—and wear sturdy, closed-toe shoes. Bring your hat, sunglasses, sunscreen, lunch and snack, and a liter of water.

53411	Tue	5/16	9 am – 4:30 pm
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I ♥ HB+

Join the Hillsboro Community Senior Center and AgeCelebration each month and hop aboard the I Love Hillsboro+ educational travel bus as we celebrate enterprise in local businesses and learn how things are made, packaged and distributed right here in Hillsboro and the surrounding areas! Enjoy behind the scenes looks at innovations and processes, experience in-depth looks at how local goods are produced and distributed, and learn from local experts about today's challenges for tomorrow's economy. Enrich your mind with this educational travel experience, connect with local business leaders, and enjoy the community with others who, just like you, love learning. I Love Hillsboro+...it's not just a tour, it's an education.

Bus departs from/returns to the Community Senior Center
Cindy Cosenzo

\$18 Senior Resident, \$27 Senior Non-Resident, \$27 Adult Resident, \$40 Adult Non-Resident

Feeding the Human Spirit

Features a look behind-the-scenes at the Oregon Food Bank. Food donations are an important part of supporting others in our community. Learn about the intake, sorting and distribution that touches a statewide network of 21 regional food banks and approximately 970 partner agencies serving all of Oregon and Clark County, Washington.



53402 Tue 1/31 9:30 am – 12 pm



The Benefits of Bamboo

Did you know that bamboo can be used for everything from food to furniture? Self-regenerating, bamboo is an incredibly sustainable plant that yields 20-times more fiber than trees. Experience a behind-the-scenes tour of a local area bamboo nursery and learn more about this incredible perennial grass, and the business of

providing over 300 types of bamboo to commercial and residential markets across the United States.

53403 Tue 2/28 9:30 am – 12 pm

Healthcare Services for People, Families & Communities

What do audiology, healthcare administration, physical therapy, occupational therapy, dental hygiene, gerontology, pharmacy, physician assistants, and psychology all have in common? They are all health-related graduate and professional education programs offered at Pacific University's vibrant downtown Hillsboro campus. Come tour the laboratories and teaching areas, and learn more about these fascinating healthcare disciplines.



53404 Tue 3/28 9:30 am – 12 pm

Your Friendly Neighborhood Grocer

New Seasons Market is a local area business success story. Established in 2000 with just one store in Portland, New Seasons now serves communities across Oregon, Washington and California. On this trip we get an overview of the New Seasons business model, mission and values, as well as a tour of the Orenco store. Rumor has it, tasty samples may also be involved.



53405 Tue 4/25 9:30 am – 12 pm



Art & Experience in Every Education

Ever heard of Rudolf Steiner? Ever wondered what a Waldorf school provides? Join us for a fascinating behind-the-scenes experience at Swallowtail Waldorf School, a local, independent, non-profit which offers an artistic and experiential approach to education based on Rudolf Steiner's teachings. We tour the Main Campus in Cornelius to observe and learn more about the classroom curriculum. Next we return to Hillsboro to tour the 26-acre Farm Campus where the children cultivate respect for the land by planting and tending gardens, building shelters for wildlife, and caring for farm animals.

53406 Tue 5/30 9:30 am – 12 pm



Jackson Bottom Wetlands Preserve

Located minutes south of downtown Hillsboro, Jackson Bottom Wetlands Preserve's 635 acres are a quiet sanctuary for both people and wildlife. Over 200 species of birds have been sighted at Jackson Bottom, including nesting Bald Eagles, Osprey and Great Blue Herons. Thousands of Northern Pintails and other waterfowl visit each winter, making Jackson Bottom a haven for bird watchers. The Preserve is home to deer, otters, beavers, and hundreds of other species.

Providing interpretive education on wetlands and wildlife, panoramic views, natural resources management, trails and recreation, Jackson Bottom Wetlands Preserve is a treasure for the entire region.



Wetlands Education Center

With the help of generous donations, dedicated volunteers, and the vision of the non-profit Jackson Bottom Board of Directors the Jackson Bottom Wetlands Education Center opened on September 27, 2003. The 12,000 square-foot farm-style building blends well with its natural surroundings and a 3,000-square foot wraparound deck that connects the Center to the trails leading into the Preserve. The covered deck overlooking the Preserve is a perfect space for rentals and special events. The Wetlands Education Center includes an exhibit hall filled with interactive exhibits on wetlands and natural history, and the only bald eagle nest on display in the continental United States. The Center also has a Nature Store and a multipurpose space for programs.



Connecting with Nature

With over 25,000 people engaged in programs or visiting the Preserve annually, the Wetlands Education Center strives to create a diverse range of opportunities for people to interact and participate in the rich natural ecology of the surrounding wetlands. Community program offerings include Lunch with the Birds, Sunset & Moonrise Watch, Morning Bird Song Walks, and ongoing lectures on topics such as native plants, pollinators and soil health. Our nature education programming includes camps and classes for all ages and abilities in tracking, wildlife watching, plant identification, crafting with natural materials, and more.





Lunch with the Birds

Bird watchers of all levels and ages, join Jackson Bottom staff and volunteers each Wednesday for Lunch with the Birds! Learn identification tips and natural history facts for our local wildlife. Bring binoculars and a field guide if you have them. A few pairs of loaner binoculars are available. Location varies, featuring a different Hillsboro park each month. Program is outdoors, rain or shine. Some parks have shelter from the rain but be prepared for the weather.

Woodpeckers and Wintering Visitors

Every Wed	January	12 – 1 pm	Turner Creek Park
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Mixed Flocks of Insectivorous Birds

Every Wed	February	12 – 1 pm	Noble Woods Park
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Waterfowl and Songbirds

Every Wed	March	12 – 1 pm	Rood Bridge Park
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Migrating and Nesting Songbirds

Wed	April	12 – 1 pm	Dairy Creek Park
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Shorebirds, Raptors, Songbirds and Herons

Every Wed	May	12 – 1 pm	Jackson Bottom Wetlands Preserve
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Woodland with a Small Creek Running Through

Every Wed	June	12 – 1 pm	Hamby Park
Free			



Sunset Sit & Moonrise Smile

Make time in your day once a month to relax and take in the eastern sky as the sun sets and the moon rises. Vivid colors paint the sky, the earth's shadow rises, heralding the coming of night, and a full moon makes its dramatic entrance into the night sky. Daytime wildlife seeks shelter as nighttime creatures emerge. Join us thirty minutes before sunset, once a month, at select Hillsboro park sites. A Hillsboro Parks & Recreation naturalist helps you tune in to the many wonderful events that attend the passing of day into night. Dress comfortably for the weather. Bring a chair and something warm to drink if you like.

Thu	1/12	5 pm	Rood Bridge Park
Fri	2/10	5 pm	Jackson Bottom Wetlands Preserve
Sun	3/12	7 pm	Rood Bridge Park
Mon	4/10	7 pm	Jackson Bottom Wetlands Preserve
Wed	5/10	7:45 pm	Rood Bridge Park
Fri	6/9	8:30 pm	Jackson Bottom Wetlands Preserve

Free, no registration required



Morning Bird Song Walks

Develop and hone your ability to identify bird songs every Thursday morning in April and May. Walk slowly, listen and discuss what we are hearing and finally, connect a bird's name to its song. Repetition is the key to developing this skill! Bring binoculars and a field guide if you have them. You can depart at any time.

Jackson Bottom Wetlands Education Center

Every Thu	April	7 – 8 am	Jackson Bottom Wetlands Preserve
Every Thu	May	7 – 8 am	Rood Bridge Park

Free, no registration required



Jackson Bottom Nature Store



Unique Nature-Themed Gifts for Everyone.



HILLSBORO COMMUNITY SENIOR CENTER

Hillsboro Community Senior Center

750 SE 8th Avenue, Hillsboro, Oregon 97123
503-615-1090

Monday – Friday, 9 am – 5 pm

The Hillsboro Community Senior Center (the Center) is a vibrant facility that promotes and supports recreation programs and activities which benefit older adults. Nestled in Shute Park, the Center is operated by Hillsboro Parks & Recreation. The Center focuses on diverse wellness and community connectivity opportunities that foster a sense of empowerment within its constituency.

Older adults in Hillsboro and the surrounding areas flock to the Center for fun and socialization through various programs, activities, lectures, volunteer engagement and meal offerings. The Center collaborates with the Shute Park Aquatic & Recreation Center (SHARC), to offer expanded fitness opportunities for older adults, and works with numerous community partners to provide free periodic health screenings and wellness-focused educational workshops. Additionally, the Center expands the reach of local seniors with its innovative travel program that features both day trips to events and hidden treasures in Oregon and Washington, as well as extended travel opportunities throughout the greater United States and beyond.

Dining Services

Daily dining is available for lunch on most weekdays at noon. At only \$4 per plate, the full, chef-prepared meal is quite a deal! Diners seeking healthier options can also choose to eat from our fresh salad bar instead of the featured daily menu. On holidays, special ticketed lunches are often available, featuring festive menus and activities.

Recreation Opportunities

Get out and have fun! We offer celebrations, nature walks, bridge, a handicrafts group, Wii bowling and much more. You can expand your vocal chops and join the Serenaders! Throughout the year, special events take place in the Center in the park, many free. Play Bingo every Wednesday, courtesy of the SCSCH. Win fabulous prizes and support the Center while you're having fun.



Health and Wellness

Health and wellness are important to everyone, so we partner with community providers to bring you health and wellness education, hearing screening, vaccinations, and foot care. The Center is home to a series of fitness classes designed for the older adult population. Watch our schedule for upcoming lectures, classes and health screenings.

Education

What better way to keep body and brain healthy than to learn new things? The Walters Cultural Arts Center brings arts classes, including theatre and painting to the Center. We offer technology workshops in which patrons can learn to operate their electronic devices such as phones, tablets and computers. A variety of lecturers have made their way into our halls to deliver stimulating talks on a variety of subjects. Our fabulous Chef Tadashi offers courses on how to create some of his most popular dishes. Register early when he does, these classes fill quickly!

Travel

If you like to travel in a group, we offer day trips to local destinations as well as extended travel in the United States and abroad. We offer adventure trips as well, where patrons are active in hiking, snowshoeing, paddling, exploring and more.



Gift Shop

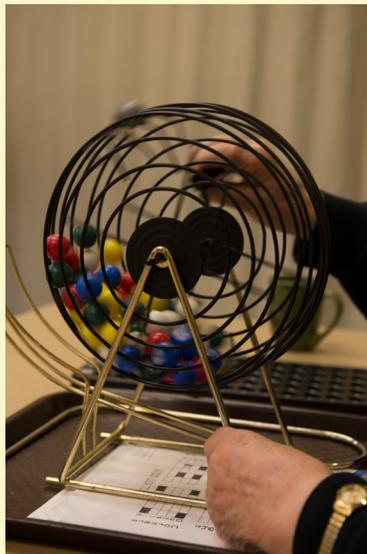
Our patrons are talented people, and they populate our Gift Shop with their wares. If you're looking for a unique gift to give, check it out. The SCSCH operates the Gift Shop, which is run by volunteers, and proceeds benefit the Center and its programs.

Features

Patrons may take advantage of our in-house library and computer lab if they wish. We also offer a post-lunch food distribution almost every day. The facility offers rental space for parties and events. Call for availability.

Drop-In Activity	Description/Instructor	Days	Time	Fees
Bingo	Small group, low key setting	Mon	9:30 am	\$.05/card
Bingo	Traditional games, special games, door prizes	Wed	5:45 – 9 pm	\$4/10 games, \$15/all games
Lunch	Chef Tadashi inspired. Be seated by 12:15 pm	Mon – Fri	12 pm	\$4
Duplicate bridge	Partner required	Mon & Thur	12 – 4:30 pm	\$2
Open bridge	All levels welcomed	Thu	12:30 – 4 pm	\$2
Bunco	Social dice game	Fri	1 – 3 pm	\$1
Blazing Paddles	Ping Pong	Afternoons		Free
Pool (Billiards)	Test your skills	Mon – Fri	9 am – 5 pm	Free
Serenaders	Singing & instruments. All levels welcome	Wed	10:30 am	Free
Mahjong	Chinese tile game	Mon/Wed/Fri	1:30 pm	Free
Material Girls	Sewing/knitting group	Fri	10 am – 12 pm	Free
Wii Bowling	Open play	Wed	1:30 pm	Free
Shute Park Pages	Monthly book club. Meetings alternate between Senior Center & Shute Park Library	4 th Thu/mo	10:30 – 11:30 am	Free

Support & Services	Description/Instructor	Days	Time	Fees
Blood Pressure Checks	Provided by Home Instead Senior Care	1 st & 3 rd Mon/mo	10:30 am	Free
Foot Care	Nail treatment by R.N. Client must bring own basin and towel.	Every Tue 1 st Thu/mo	By appointment	\$30
Hearing Tests	SmartStep Hearing on a quarterly basis	1/6 & 4/4	By appointment	Free
On-site Seamstress	Sewing repairs	2 nd & 4 th Wed/mo	9 am – 12 pm	Price varies
Senior Law Assistance	Half hour legal consultation	4 th Thu/mo	By appointment	Free
SHIBA	Senior Health Insurance Benefit Assistance	2 nd Wed/mo	12 pm	Free



LOCAL TRAVEL

Chinook Winds Casino

Stay and play at the casino in Lincoln City for four hours. Many no-host dining options are available for lunch. Please provide your Winner's Circle number at the time of registration if you already have one.

53396	Thu	1/26	8:30 am – 4:30 pm
\$10			

Topgolf Experience

New to Hillsboro, Topgolf is the premier entertainment venue featuring fun point-scoring games for all skill levels. We drive to the facility together for our own special Topgolf experience event. Highlights of our visit include a private tour followed by 3 hours of play time with the equipment rentals at no additional charge. A buffet-style lunch featuring Mediterranean chicken kebabs, pan-seared salmon, dessert and bottomless coffee, iced tea & soda are served.

53397	Wed	2/22	9 am – 1:30 pm
\$95			

MAMMA MIA! Farewell Tour



A mother. A daughter. Three possible dads. And a trip down the aisle never to be forget! On the eve of her wedding, a daughter's quest to discover the identity

of her father brings three men from her mother's past back to the island they last visited 20 years ago. The story-telling magic of ABBA's timeless songs propels this enchanting tale of love, laughter and friendship, and every night everyone's having the time of their lives! Sing, clap and dance along from your first balcony seat. Refreshments are available for purchase at the Keller Auditorium.

53398	Sun	3/26	5 – 10:30 pm
\$76			

Depoe Bay Crab Feed & Wooden Boat Show

Enjoy a full crab dinner on the beautiful Oregon Coast. Hosted annually by the Depoe Bay Chamber of Commerce, this fun and delicious event is always a hit! Take a short walk down the marina to take to watch master craftsmen build and show off wooden boats.



53399	Sat	4/15	10 am – 4 pm
\$56			

Portland Spirit to Astoria

This popular twice a year, one-way cruise on the Portland Spirit is sure to fill up fast! Enjoy a day cruising the Columbia River while the Captain narrates the journey, retracing the route of Lewis and Clark. Continental breakfast, buffet lunch, dessert, coffee, hot tea is provided on the cruise. Following the cruise, transportation from Astoria directly back to Hillsboro is included.

53400	Wed	5/10	6:45 am – 7 pm
\$120			

Philip Foster Farm

Philip Foster, one of Oregon's earliest pioneers, was a leader in the establishment of Oregon. His Eagle Creek homestead and farm played a



critical role in the history of the Barlow Road. Visit Foster's farm, get a glimpse into pioneer life during the time of the Oregon Trail and visit the country store. On the way back we stop at Bob's Red Mill Whole Grain Store & Dave's Killer Bread Healthy Bread Store for shopping and lunch on your own.

53401	Tue	6/13	8:30 am – 3 pm
\$37			

Senior Center Travel Policies

To ensure successful experiences for all travelers, the Hillsboro Community Senior Center has established travel policies. For a copy of the travel policy, please see the front desk at the Hillsboro Community Senior Center or visit Hillsboro-Oregon.gov/ParksRec.

EXTENDED TRAVEL



Detailed brochures and registration forms for extended travel opportunities are available at the Community Senior Center.

O the Joy!

Follow the route of Lewis & Clark's famous expedition with this comprehensive tour. Visit notable expedition sites such as Dimal Nitch, the Middle Village of the Chinook, Salt Works and Waikiki Beach. Learn about the incredibly journey at the Fort Clatsop National Historical Site and Lewis & Clark Interpretive Center. Visit the Columbia River Maritime Museum while lodging at the Columbia River Comfort Inn on the Astoria waterfront.

Includes tour services of Bob Vinatieri, deluxe motor coach & professional driver, comprehensive travel insurance, admissions, gratuities & taxes. Meals and related gratuities are not included.

Promotional meeting is at the Community Senior Center on Thursday, January 5 at 10 am.

GroupActive, LLC

53453	Tue – Thu	3/21 – 3/23
\$491 per person double, \$604 per person single		

Oregon Shakespeare Festival & Crater Lake

Enjoy a culture-filled stay in Ashland as you take in two exciting shows at the world-renowned Oregon Shakespeare Festival. Attend William Shakespeare's Merry Wives of Windsor and Homer's The Odyssey from "A" level seats in the Outdoor Allen Elizabethan theatre. Features two nights lodging at the Inn at The Commons in Ashland and plenty of leisure time to explore downtown Ashland. On the way home we stop at Crater Lake National Park for a private tour with a ranger guide.



Includes tour services of tour manager Bob Vinatieri, deluxe motor coach & professional driver, comprehensive travel insurance, admissions, gratuities & taxes. Meals and related gratuities are not included.

Promotional Meeting is at the Community Senior Center on Thursday, January 5 at 10 am.

GroupActive, LLC

53456	Wed – Fri	6/28 – 6/30
\$673 per person double, \$794 per person single		



Spotlight on Washington DC

The epic story of American democracy comes to life in America's capital city. View the extraordinary monuments throughout the National Mall that commemorate the heroes who have shaped our past, including the World War II Monument, the Vietnam Veterans Memorial, and the Korean War Memorial. Wander Mt. Vernon's beautiful plantation grounds and tour the beloved home of George Washington. Uncover the gems of the Smithsonian Institution as you explore some of its world-renowned museum collections. Tour Washington National Cathedral and admire the architecture of this magnificent building that took 83 years to complete. On a guided tour, learn about Ford's Theater where President Abraham Lincoln was assassinated. Join us for this extraordinary exploration of America's history and culture in Washington, D.C.

Travel opportunity provided by Collette. Detailed brochures and registration forms available at the Community Senior Center.

	Thu – Tue	4/6 – 4/11
\$2,449 per person double, \$2,949 per person single, \$2,419 per person triple		

Branson, Memphis & Nashville

Take an exciting journey down the path of "America's Musical History." Packed with musical entertainment, you'll be foot stomping and hand clapping over this exciting 9-day tour. Hear the sounds and witness the spectacular shows of Shoji Tibuchi, The Duttons and the Showboat Branson Belle. Experience the culture and history of these notable music cities with stops at the Country Music Hall of Fame, Grand Ole Opry, National Civil Rights Museum and the Clinton Presidential Library.



Travel opportunity provided by Premier World Discovery. Detailed brochures and registration forms available at the Community Senior Center.

	Wed – Thu	5/10 – 5/18
\$2,650 per person double, \$3,375 per person single		



Chef Tadashi's Ode to Spring
a fine dining experience
April 29, 7 pm
Limited to 30 seats!!!
Special Price \$40.00 each
 at Nouveau Chateau (Hillsboro Community Senior Center)
 750 SE 8th Avenue, Hillsboro
 503-615-1091

Reception
Assorted Canapes
 with Wine and water service

Appetizer
Smoked Trout with garnishes
Bread Basket

Salad
Emerald salad with marinated artichoke
 lightly dressed and seasoned

Entrée
Crown roast of lamb
Potato Normandy
 seasonal vegetables

Dessert
Petite sweets
Sparkling star ice cream
Coffee or Tea

Walk with Friends

Looking for a way to kick-start your fitness this Fall? Join Walk with Friends Hillsboro as we take a walk together each Tuesday morning at 9 am from the Hillsboro Community Senior Center. Our route takes us around Shute Park, through the Arbor Roses neighborhood, and along the Jackson Bottom Wetlands for a spectacular and invigorating walk together for fitness and community.



Community Senior Center
 Cindy Cosenzo

Tue	9 – 10 am
FREE – Just drop in!	

Cinco de Mayo Fiesta

Celebrate Cinco de Mayo with your amigos at the Hillsboro Community Senior Center. Enjoy fresh tastes from Mexico such as carne asada steak, rice and beans, and decadent tres leches cake. Play loteria (lottery), a popular bingo-style game, together and win fun prizes. Join in the fiesta! Tickets go on sale approximately 30-days prior to event date. Ticketed meal policy applies.

Community Senior Center Dining Room

Fri	5/5	12 pm
\$8 per ticket – pre-purchase at Community Senior Center		

Grief Support Group

Grief comes in many forms and for many different reasons – death of a loved one, changes in physical or cognitive ability, changes to lifestyle, and even traumatic events. Come find support for your grief in a safe environment at this free support group. All are welcome.



Community Senior Center Classroom
 Maudeen Jordan, LCSW, Serenity Hospice

Tue	1/10 – 5/30	11 am – 12 pm
FREE – Just drop in!		

The 40–70 Rule®: Conversation Starters for Boomers & Seniors

This course is designed to help adult children and their aging parents deal with those sensitive life topics that often make conversations difficult. Learn to approach potentially difficult topics of conversation such as driving, dating and independence. Boomer and seniors are welcome at this free class. Refreshments served.

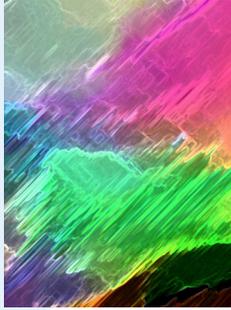
Adult & Senior
 Community Senior Center Classroom
 Phyllis Peabody

53370	Tue	1/17	6 – 8:30 pm
FREE – Preregistration is required			



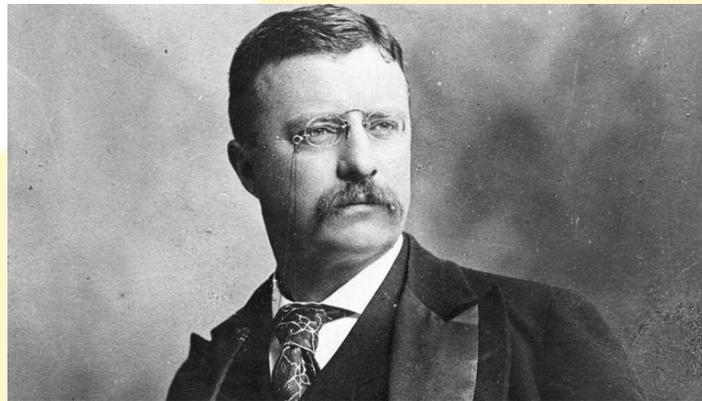
Group Art Exhibition by "The Green Cab"

The Green Cab, a working artist collective in western Washington County, installs new art shows on a bi-monthly basis. Formal opening and reception of each show is on the first Tuesday of every other month. Opening features live music from 6 – 7 pm, treats both savory and sweet, and a taste of wine for guests 21 & up.



Community Senior Center
Green Cab Artists

Tue	2/7 & 4/4	5:30 – 7:30 pm
Free		



Theodore Roosevelt: Explorer, Reformer, Conservationist

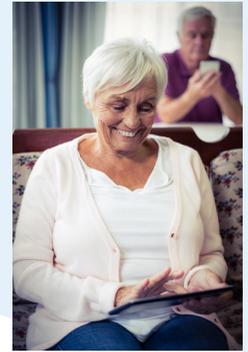
Born to wealth and privilege, Theodore Roosevelt became an advocate of the working man and populist reformer, taking on big oil, banks and railroads. A combat leader and proponent of military strength, he won the Nobel Peace Prize for ending a major conflict in the Far East. Venture forth on a journey highlighting the events of this incredible historical figure.

All ages
Community Senior Center Dining Hall
Sig Unander, local author and historian

Wed	5/31	1:30 – 2:30 pm
Free – Just drop in!		

Smart Phones & Tablets

Explore technology in a whole new light. This hands on approach teaches you to navigate your device and how to use it. Learn the basics of taking a phone call to texting to using maps to surfing the internet and other popular apps. Bring your charged device. All operating systems and carriers are welcome.



Basics

Learn to turn your device on and off, then setup and customize your device. Covers many of the communication tools available like making phone calls, texting and email.

Community Senior Center Classroom
Breanna Weston, Digital Natives

53381	Wed	2/1 – 2/22	1:30 – 3:30 pm
53382	Wed	3/29 – 4/19	1:30 – 3:30 pm
\$45 Senior Resident, \$67 Senior Non-Resident, \$63 Adult Resident, \$95 Adult Non-Resident			

Intermediate

Learn to use some of the more complicated apps on your device, like maps, calendar, camera and internet. Discover useful 3rd party apps like Facebook and e-books.

Community Senior Center Classroom
Breanna Weston, Digital Natives

53383	Wed	3/1 – 3/22	1:30 – 3:30 pm
53384	Wed	5/3 – 5/24	1:30 – 3:30 pm
\$45 Senior Resident, \$67 Senior Non-Resident, \$63 Adult Resident, \$95 Adult Non-Resident			

Buying Guide for Smart Phones & Tablets

Thinking about buying a smart phone or tablet, but aren't sure what to look for? Learn the difference between devices, features you should consider, accessibility issues, and much more.



Community Senior Center Classroom
Breanna Weston, Digital Natives

Wed	1/25	1:30 – 3:30 pm
Free		



Glenn & Viola Walters Cultural Arts Center

Located in the heart of Downtown Hillsboro, the Glenn and Viola Walters Cultural Arts Center is built on a site with a rich history of community involvement that began when Trinity Lutheran Church began construction of the building in 1947. Members of the parish pitched in and labored together to construct the frame of the building, donating both their goods and talents to create the church which later became the Walters Cultural Arts Center in 2004.

The Walters is a ground-breaking facility that provides expanded opportunities for youth and adult art education and training, community access to excellent regional and national artists and speakers, and increased opportunities for local arts organizations, and professional and emerging artists. It is the first site constructed in Hillsboro with the intention of showcasing cultural events and providing community-centered education in the arts. The establishment of the Glenn & Viola Walters Cultural Arts Center and its programming has enabled the City of Hillsboro to expand and enrich the services available to its residents and the surrounding community.

Culture & Creativity Come Together:

The Walters is home to a diverse range of cultural offerings through our Concert Series, Gallery Season, and Tuesday Happenings. Our arts education programming includes camps and classes for students of all ages in ceramics, painting, drawing, theatre, music, animation, and more. The Walters is a proud showplace for the arts and a vibrant representation of Hillsboro's commitment to culture and the arts. Creativity, culture and community.

Your cultural arts center has it all!

Celebrate Your Special Event:

With its classic red-stone architecture, stained glass features, custom woodwork ceiling arches, concert-quality sound system, and fine art gallery, the Walters is one of the west side's most treasured sites for weddings, parties and other special events. Whether you'd like an intimate family reception for 40 guests in our fine art gallery, an extravagant party for up to 200 in the theatre, or an outdoor reception on the lawn, the Walters provides a variety of amenable and affordable options for your special event.

For more information about events, classes and rentals at the Walters, go to Hillsboro-Oregon.gov/Walters.



To learn about all of the programs from the Cultural Arts division of Hillsboro Parks & Recreation, including the Hillsboro Arts & Culture Council, Hillsboro Public Art Program, and the Hillsboro Arts & Culture Endowment, visit Hillsboro-Oregon.gov/CulturalArts.



2016-17 Walters Concert Series



Hansel and Gretel

Portland Opera

Saturday, December 3 | 2 pm

\$5 suggested donation

Recommended ages: 6 & up

Family-Friendly Opera

Portland Opera To Go returns to the Walters for a special performance of the English-language adaptation of the classic fairytale opera, *Hansel and Gretel*. One of the all-time favorite children's stories, this lively 50 minute opera is the classic tale we all know with a curious brother and sister and a witch in a sugary house. This colorful, accessible production is just right to introduce the kids in your life (or yourself) to the world of opera. portlandopera.org

No advance tickets for this event.



The Sojourners

Friday, December 9 | 7:30 pm

\$22 advance | \$26 day of show

Roots Gospel

This is real gospel—with a raw, bluesy edge that infuses their stirring, uplifting and inspiring music. The Sojourners don't sing about some removed perfect place or any distant plains of glory, yet their music has the power to soothe the hurts brought by modern life. These powerhouse musicians from Vancouver, Canada, weave together echoes of doo wop, R&B, country, the American civil rights movement, and blues to create a unique music that reminds us that music is often what illuminates the journey from darkness to light. thesojourners.ca



Oregon Mandolin Orchestra

Holiday Concert

Friday, December 16 | 7:30 pm

\$18 advance | \$22 day of show

Classical/Bluegrass

The Oregon Mandolin Orchestra gives eclectic and unique performances that highlight the historically-rich and dynamic sounds of the mandolin family and revive the beauty and popular impact of this turn-of-the-century art form. Holiday program includes classic Christmas favorites by Mendelssohn, Tchaikovsky and Corelli. Special guests, Dan Lowinger, Rusty Blake, Tommy Chiffon and Chris Kee will join Brian Oberlin as the Western Swing Band, the Swinging Doors. oregonmandolinorchestra.org

Oregon Symphony—Special Performance!

Thursday, January 5 | 7 pm (60min)

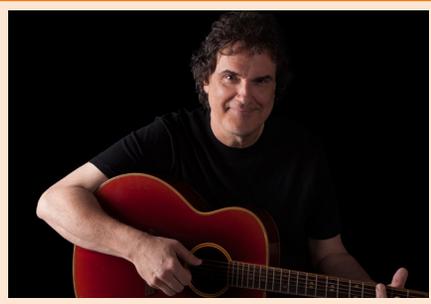
FREE COMMUNITY PERFORMANCE

Classical, Family Friendly

Whether you're a fan of classical music or an *about-to-be fan*, this concert is not to be missed. Already a beloved regional treasure after their triumphant Carnegie Hall debut, the Oregon Symphony has become nationally celebrated for their "positively searing" (*Musical America*) and "gripping" (*New York Times*) performances. As part of the Symphony's mission to share the power of music throughout the region, their wind and brass sections will visit the Walters for a special performance this January. Begin the New Year on an inspiring note with some of the country's most acclaimed musicians for one night only in downtown Hillsboro.



2016-17 Walters Concert Series



Craig Carothers

Friday, January 27 | 7:30 pm
 \$15 advance | \$20 day of show
Singer + Songwriter

Walters favorite, Craig Carothers' began his career in Portland and over the decades his music and performances have been described as "truly magical." Audiences can expect a showcase of original music – from any one of his ten released albums – and his equally entertaining personality, humor and riveting storytelling to have audiences jumping to their feet for an encore (or two or three). Don't miss the moving and melodic compositions of this Nashville based, home-grown songwriter. craigcarothers.com



Annalisa Tornfeldt

Friday, February 10 | 7:30 pm
 \$15 advance | \$20 day of show
Vintage Country, Folk

Best known as the singer and fiddler player for the roots-folk band Black Prairie (started by members of the Decemberists), Annalisa Tornfeldt's solo work is beautiful and stirring in its own right. Tornfeldt's stunning singing and presence, reminiscent of Gillian Welch or Nora Jones, make her an important new voice in the region. Along with her talented sisters, Tornfeldt presents an evening of original folk and vintage country music that may just carry you away. annalisatornfeldt.com



The Roots of Hip Hop

Rainbow Dance Theatre

Friday, February 24 | 7:30 pm
 \$5 advance | \$10 day of show
Dance, Hip-Hop, Family Friendly

This group of virtuoso dancers transforms the stage into a world of mystery, pathos and humor. Their repertoire features modern works with roots in the traditions of many world cultures. The Roots of Hip Hop takes audiences on an exciting and high-energy adventure that traces the popular urban African-American dance style of Hip Hop back to its roots in African dancing and drumming and celebrates the rich cultural heritage of today's African-American community. This program is specifically designed to appeal to all ages. rainbowdancetheatre.org

Quebe Sisters

Friday, March 17 | 7:30 pm
 \$22 advance | \$26 day of show
Americana, Texas Fiddle

The Quebe Sisters—who have shared the stage with luminaries like Willie Nelson and Amos Lee—are fiddling virtuosos who were steeped in traditional Texas style fiddle since an early age. These three sisters from Dallas sing gorgeous, "mesmerizing" (Washington Post) three-part harmonies and authentic, Americana music from the heart willing them legions of fans and admirers. "The Quebe Sisters stopped me in my tracks . . . man can they play." – Jimmy Buffett. quebesisters.com



Want to buy tickets?

BROWN PAPER TICKETS

The fair trade ticketing company.

www.brownpapertickets.com

– OR –

503-615-3485

For more information, including details about group sales, visit Hillsboro-Oregon.gov/WaltersConcerts.



Pacific Crest Jazz Combo

Friday, April 7 | 7:30 pm
 \$15 advance | \$20 day of show
 \$10 Student (with ID)/Youth/Senior
 Jazz

Join us in celebrating National Jazz Appreciation month, and the incredible artistry of this group who joins the Walters after performances at The Monterey Jazz Festival and the Lincoln Center's Essentially Ellington Festival. With a sound that defies their years, these young, talented Portland Jazz musicians are winning the nation's highest accolades in the world of jazz, led by legendary director and trumpeter Thara Memory. Discover why, after seeing them live, Wynton Marsallis proclaimed this group "takes it to another level . . . I didn't believe it, but I saw it." The combo is a group of select members of The American Music Program's Pacific Crest Jazz Orchestra—extraordinary musicians who are "playing with swagger and precision and soul." (Dave Miller, *OPB*). ampjazz.org

Alasdair Fraser & Natalie Haas

Friday, April 21 | 7:30 pm
 \$28 advance | \$34 day of show
 Celtic

Recognized as "one of Scotland's most valued tradition-bearers," by *BBC Radio Scotland*, Alasdair Fraser is widely regarded as a master performer. His richly expressive playing transports listeners across a broad musical spectrum, ranging from haunting laments from the Gaelic tradition to classically-styled airs to rollicking dance tunes. Cellist Natalie Haas is regarded as one of the most sought-after cellists in Celtic music today. Together, these powerful musicians bring dynamic and lovely performances that move audiences. alasdairfraser.com

A Midsummer Night's Dream: Anjali Dance School

Friday, May 13 | 7:30 pm
 \$10 advance | \$15 day of show
 Indian Dance, Family-Friendly

"Anjali's "Midsummer Night" is gorgeous to look at, from its rich temple-inspired costumes to the architectural snap of its precise group formations, which suggest a singularity of movement and purpose" (Oregon Arts Watch). This exciting production brings Shakespeare's enchanting tale of fairies and bumbling, star-crossed lovers to the stage in a fresh new light. Through classical and modern Indian dance and music—including Bollywood songs—and a sprinkling of Beethoven and hip-hop, this production brings pure magic to Walters audiences of all ages. anjali dance.com

Concert concessions provided by Longbottom Coffee & Tea
 With thanks to our sponsors: The Orenco Hotel The Orenco.com



Edna Vasquez

Friday, May 19 | 7:30 pm
 \$15 advance | \$20 day of show
 Acoustic Latin/Singer + Songwriter

Edna Vasquez performs a special evening of original compositions that pay homage to her many Latin American influences. Universal in their emotional reach, Vasquez' songs showcase an impressive vocal range and ability to stir and lift her audiences. Her genre-bending creativity in songwriting seamlessly weaves traditional music with a modern sensibility. A beloved Northwest artist with a growing national following, Vasquez performs with true grace and passion, and her live performances showcase her undeniable magnetism as a performer. ednavasquez.com





Gallery Exhibits

Gallery exhibit hours are: Monday–Thursday: 9 am–9 pm | Friday: 9 am–5 pm

Year round, the Walters Gallery showcases a diverse selection of artwork by both established and emerging artists. Opening receptions for the artists and general public are held on the first Tuesday of each month and provide an opportunity to meet the artist(s) and foster exciting dialogue about art and creativity. First Tuesdays also feature free hors d'oeuvres and live music in the lobby; for more information about our free Tuesday Happenings, see page 67.



Gina Hartman

Sentire Gina Hartmann

December 6 – January 30 | Upstairs Gallery
Hartmann's layered, delicate work incorporates weaving and text to act as metaphors for the complexities we embody as living beings. This collection reflects the intricate patterns that build as we experience the world.



Zimbabwe Artists Project

December 6 – January 30 | Downstairs Gallery

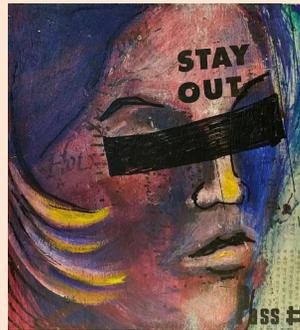
The Zimbabwe Artists Project is a nonprofit organization partnering with women in Zimbabwe to support self-enterprise through the creation of art. The vibrant work from this exhibit gives a rich glimpse into the lives and local culture of the artists.

First Tuesday Reception:

December 6 | 5 – 6:30 pm

Live music in the lobby by Kathrine Rhee

*Due to the holidays, there will be no First Tuesday in January



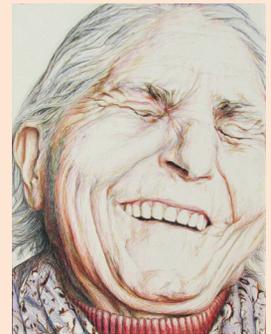
Una Kim

Not Spoken

Una Kim

February 7– March 27 | Upstairs Gallery

This powerful solo exhibit from international artist, muralist, and PSU professor Una Kim presents intimate and impressionistic portraits of faces whose eyes and mouths are occluded or shut, looking inward or suppressed, in a quiet dance of interiority and silence.



Jason Kappus

Laughter

Jason Kappus

February 7– March 27 | Downstairs Gallery

Capturing different faces in the midst of laughter, Kappus' collection finds personality and subtle depth in unconcealed moments. These joyful portraits celebrate mirth and seek to inspire onlookers with the natural contagion of laughter. The artist has used Hillsboro census data to represent the diversity of age, gender, and ethnicity in his portraits. "Laughter" is an egalitarian statement that all humans are equally capable and deserving of happiness.

First Tuesday Receptions:

February 7 | 5 – 6:30 pm

Live music in the lobby by Kyndel Dollison

March 7 | 5 – 6:30 pm

Live music in the lobby by Grant Larson



Cristobal Santos

Inside/Outside: Reflections on Portland & Oaxaca

Jesus Evers Garcia Santos and Cristobal Garcia

April 4 – May 22 | Downstairs Gallery

This mixed-media collection explores the reflections of two artists—two brothers—who have lived their lives in two places: Oaxaca and Portland. In these pieces, they express what they see inside and outside of themselves as they move through the two cities closest to their hearts.



Victor Fuentes

Latino Landscapes

Victor Fuentes and Inmaculada Cruz

April 4 – May 22 | Downstairs Gallery

Fuentes and Cruz explore their Latin American roots through the trees, flowers, animals, people and architecture of the physical and cultural landscapes they inhabited in their youth. Deceptively simple, these richly-colored paintings reflect with vividness and intensity the artists' memories and impressions as they reinvent the vistas of their homelands with exuberance, freedom, and nostalgia.

First Tuesday Receptions:

April 4 | 5 – 6:30 pm

Live music in the lobby by Rainforest Jazz [Jazz Appreciation Month]

May 2 | 5 – 6:30 pm

Live music in the lobby by Luminous Heart

Tuesday Happenings

Tuesdays are happening at the Walters—don't miss these free events for the community!

First Tuesday: Gallery Receptions with Live Music

In the Walters lobby and galleries | 5 – 6:30 pm



First Tuesday gallery receptions are held in honor of the current artist(s) exhibiting at the Walters. Guests are invited to mingle with the community, enjoy live music in the lobby, sample free hors d'oeuvres from Claeys Catering and explore art on all three floors of the Walters.



Second Tuesday: Open Poetry Night

In the Walters Upstairs Gallery | 7 – 8 pm



Poets and lovers of poetry alike gather for a casual evening of shared inspiration and poetic camaraderie. All are invited to sign up for the open mic, though respectful listeners are equally welcome and appreciated.

Third Tuesday happenings are on page 68.

Special Thanks to Our First Tuesday Sponsor: Decadent Creations



DecadentCreations.com

Tuesday Happenings

Third Tuesday: Spoken Word Series

The Spoken Word Series highlights the power and art of the oral tradition in its myriad of forms: live storytelling, artist talks, lectures, readings, discussions and more. Selected guests deliver performances and talks on a wide variety of topics pertaining to art and culture. Spoken Word events take place every other month in the Walters Theatre (unless otherwise mentioned) to allow for larger audiences. As always, Spoken Word performances and discussions are free and open to the public.

Tales by the Fire: Love is in the Air

with Bag&Baggage

Tuesday, December 20 | 7 pm | Walters Theatre

It's the most wonderful time of the year, and few things are more wonderful than romance! Join Bag&Baggage actors Peter Schuyler and Cassie Greer for an evening of reflections on love: unexpected, elated, painful, humorous and poignant. Featuring short stories, excerpts and essays from Oscar Wilde, David Sedaris, Owen Powell, Nicole Krauss and more! For adult audiences.



Happily Ever After: LGBTQ Retellings of Classic Fairytales from Around the World

with professional storyteller Batya Podos

Tuesday, February 21 | 7 pm
Walters Theatre

All are welcome for an exciting and romantic evening of classic fairytales and myths from around the world! These tales are re-envisioned with queer perspectives to help modern audiences celebrate and rediscover some of the lost happily-ever-afters of those loving and living in the margins.



Crush: An intimate evening with Alison Roper & OBT2

Tuesday, January 17 | 7 pm
Walters Theatre

Join choreographer and retired prima ballerina Alison Roper & dancers from the Oregon Ballet Theater junior company (OBT2) for a preview of the new world premiere of "Crush," choreographed by Roper. Roper will also share the story of her personal journey as a principal dancer, choreographer, and parent. Audience members have a special opportunity to meet the dancers and talk back with the artists.



WCCLS Art of the Story Festival

Monday, April 3 | 7 pm | Walters Theatre

Join us at the Walters this evening as we host a featured speaker as part of the Art of the Story Festival. Hear voices of inspiration, history and humor at the Washington County libraries' 13th annual storytelling festival taking place this year April 1 - 8, 2017. Admission is FREE and venues are countywide. All shows are designed for adult audiences, with a few open to ages 6+. For more information and a full schedule of events, visit: wccls.org/festival. Please note that this event takes place on a Monday.



Primitive Ways in an Accelerated World with Patrick Dougherty

Tuesday, April 4 | 7 pm | Walters Theatre



Internationally renowned artist Patrick Dougherty is creating a unique artwork for Orenco Woods Nature Park in April 2017. His artworks often look like nests, vessels or off-kilter playhouses woven from local saplings by a nimble fingered giant. Dougherty speaks about his process, showing examples of past works; about his experiences working in different cultures at home and abroad and our shared human need to connect with the natural world. To see intriguing examples of Dougherty's work, go to Stickwork.net.

Note: This event follows our First Tuesday opening. Come early for art, music, and more! See page 67 for more information.



More than Just an Aquatics Center...

Water Amenities

Water amenities at SHARC include two indoor pools, a spa pool and a sauna as well as an outdoor pool. SHARC is a handicap-accessible facility.

The **Main Indoor Pool** is heated to 84° and features an L-shaped design featuring a diving board in the 12 foot deep end and a 3.5 foot shallow end. The pool features a 117 foot curving water slide and a diving board.

The 88° **Warm Water Pool** has a ramp with railings and railings in the 4'6" deep end to aid swimmers with accessibility and in water therapy. The pool offers a teacup feature with warm water spilling from overhead. Children 7 years and under must be accompanied in by an adult in the water at all times.

The **Spa Pool**, kept at 103° and a co-ed **Dry Sauna** are both available for use by patrons ages 16 and over.

Locker Room and Changing Rooms

Both men's and women's changing rooms have over 200 lockers are available for your use. In addition, four ADA accessible all gender change rooms are available. Please respect the needs of these users and families with children of opposite gender.

Rentals

SHARC facility offers rentals of pools and rooms for your meetings, gatherings, functions and parties. See page 72 for details.



Land Amenities

Land amenities at SHARC include workout facilities, stretching room, cycle room, cardio room and a weight room.

The **Cardio Room** is equipped with workout machines such as climbers, ellipticals, stationary bikes, rowing machines, treadmills and more. For those who prefer free weights, a selection of those is available as well. The cardio room equipment is available on a first-come, first served basis.

SHARC offers a number of classes that take place in the **Group Exercise Rooms** including Indoor Cycling, Cardio Dance, Barre, and many more. A full list of classes is offered at SHARC.

On-Site Child Care

On-site child care is provided in the **Kid Fit Room**. Children are cared for in a safe, nurturing environment while their parents remain on the premises getting their workout in. For further details on the Kid Fit Room, see page 72.

Personal Training & Massage

SHARC offers specialized opportunities such as personal training, drop-in exercise and massage. These opportunities are listed throughout pages 79.





2017 Winter/Spring Fees

Membership Passes and Single Visit Fees include use of the Pools, Spa, Dry Sauna, Cardio/Weight Room and Drop-In Water/Land Exercise Classes

	Resident	Non-Resident
Single Visit Fee		
Under 2 yrs	Free	Free
Youth 2 – 17 yrs	\$4	\$6
Young Adult 18 – 21 yrs	\$4.50	\$6.50
Adult	\$5	\$7
Citizens w/Disabilities	\$4	\$6
Family/Citizens with Disabilities	\$12.75	\$19.25
Senior	\$4	\$6

Ongoing Pass

Young Adult Individual	\$16	\$24
Family/Citizens with Disabilities	\$20	\$29
Youth/Senior	\$32	\$48
Citizens w/Disabilities	\$12	\$18
	\$12	\$18

Ongoing Passes auto renew each month. Monthly payments are deducted directly from your debit or credit card.

3 Month Pass

Young Adult Individual	\$74	\$111
Family/Citizens with Disabilities	\$93	\$140
Youth/Senior	\$151	\$228
Citizens w/Disabilities	\$55	\$82

12 Month Pass

Young Adult Individual	\$180	\$270
Family/Citizens w/Disabilities	\$225	\$335
Youth/Senior	\$365	\$545
Citizens w/Disabilities	\$135	\$205

- Senior is 62 years and older
- For passes, Youth is 8 – 17 years
- Young Adult is 18 – 21 years
- Citizens w/Disabilities is a person who is permanently disabled and on Social Security.
- Citizens w/Disabilities Family allows a third adult who is permanently disabled and on Social Security.
- Family is one or two adults and youth residing in the same residence.
- 50¢ towel rental.

Hours of Operation

Mon – Fri	5:30 am – 9:30 pm*
Sat	7 am – 5:30 pm*
Sun	8 am – 5:30 pm*

*Dry Sauna closes 15 minutes before facility closes

General Facility Rules

- Children 7 years and under must be accompanied by an adult at all times, including in the water.
- Participants assume all risk of personal injury, death and property damage resulting from the use of the equipment and services offered by the City of Hillsboro and its agents. Please refer to posted rules throughout SHARC.
- All spectators must sit in the designated spectator seating areas.
- Spectators are not allowed on the pool deck at any time.

SHARC's Fee Policy

- All class fees are collected at the time of registration.
- Resident is defined as any individual living within the city limits of Hillsboro.
- All classes have a minimum enrollment and may be cancelled as early as 10 days before the class starts if the minimum enrollment is not met.
- Full refunds or credits when SHARC cancels or postpones a class.
- **No refunds or credits after a swim lesson has begun.**
- **No cash refunds.**

Recreation Swim Times

Mon – Fri	7 – 9 pm
Sat & Sun	1 – 5 pm

No School Recreation Swim*

Hey kids, enjoy your day off from school and come swimming at SHARC! Recreation Swim times are 1 – 3 pm.

2/23	Friday
3/27 – 3/31	Mon – Fri
4/14	Friday
5/29	Monday

*A minimum of 1 lap lane is available for lap swim during this time.

Modified Hours & Closures

- 1/1: New Year's Day – SHARC Closed
- 1/2: Regular Hours, No WEX or Group Exercise Classes
- 1/16: Martin Luther King Day Regular Hours, No WEX or Group Exercise Classes
- 2/4-5: HST B/C Blastoff Swim Meet, Pools and Spas closed all day, Special Lap Swim 6 – 6:45 am
- 2/20: Presidents Day, Regular Hours, No WEX or Group Exercise Classes
- 4/15: Underwater EGGstravaganza, Warm Water Pool Closed 12:30 – 4 pm
- 5/29: Memorial Day, Hours: 5:30 am – 4 pm, Rec Swim 1 – 3 pm, Pools & Spa close at 3 pm, No Classes or Kid Fit

High School Swim Meets

The main indoor pool is closed from 2 – 6 pm on the following dates due to High School Swim Meets. Lap Swim starts at 6:10 pm

1/5	Thu	Century vs. Glencoe
1/12	Thu	Glencoe vs. Aloha
1/17	Tue	Liberty vs. Glencoe
1/19	Thu	Glencoe vs. Westview
1/24	Tue	Hillsboro vs. Wilsonville & St Helens
1/26	Thu	Century vs. Jesuit
1/31	Tue	Hillsboro vs. LaSalle & Parkrose
2/2	Thu	Liberty vs. Westview

SHARC Shack Concessions are located in the lobby.



Pool Schedules

Warm Water Pool Schedule for January 2 - June 18

* Swim Schedule Subject to Change *

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 – 8 am – Open Swim					7 am – 8:45 am Preschool Swim/ Open Swim	8 am – 1 pm Preschool Swim/Open Swim
8 – 11 am Preschool Swim/ Open Swim WEX 8 – 9 am	8 – 9 am WEX 9 – 10 am Water Therapy	8 – 11 am Preschool Swim/ Open Swim WEX 8 – 9 am	8 – 9 am WEX 9 – 10 am Water Therapy	8 – 11 am Preschool Swim/ Open Swim WEX 8 – 9 am	8:50 am – 12 pm Swim Lessons	
9:30 am – 12:50 pm – Swim Lessons 10 – 11 am – WEX (Water Exercise Class)					12 – 1 pm Adult Swim	Family Swim Lessons 10 am – 12:45 pm
11 am – 6 pm Preschool Swim/Open Swim (Shallow area) 11 am – 6:50 pm Swim Lessons 6 – 6:50 pm Adult Swim** **Shared pool space with swim lessons						
7 – 9 pm – Recreation Swim					1 – 5 pm Recreation Swim	

SHARC sponsored activities have first priority in the pools. You may be asked to leave an area if an activity is scheduled in that or the surrounding space.

Only authorized personnel are allowed to instruct or personal train at SHARC. Groups of two or more using the facility must have prior approval.

Main Pool Schedule for January 2 - June 18

* Swim Schedule Subject to Change *

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 – 11 am – Lap Swim (Lap Swim has a minimum of two lanes) 5:35 – 11 am WEX (Water Exercise Class)					7 am – 12:50 pm – Lap Swim 8 – 8:50 am – WEX	8 am – 12:50 pm Lap Swim
11 am – 3 pm Lap Swim (a minimum of two lanes—*a minimum of one lane on No School Days) Swim Lessons				11 am – 3 pm *Lap Swim	8:50 am – 12 pm Swim Lessons	
3 – 5:30 pm Swim Lessons Swim Team				3 – 5:30 pm Swim Team	1 – 5 pm Recreation Swim	
5:30 – 6:50 pm Lap Swim (a minimum of two lanes)/Swim Lessons 6 – 6:50 pm WEX				5:30 – 6:50 pm Lap Swim		
7 – 9 pm Recreation Swim 8 – 9 pm Lap Swim (a maximum of two lanes)				7 – 9 pm Recreation Swim		

Open Swim – Exercise, relax and recreate independently or with children in our Warm Water Pool. The yellow tea cup is only turned on during Recreation Swim.

Adult Swim – Those 18 years and over may exercise and relax in the Warm Water Pool. Space is shared with swim lessons and other programs.

WEX – Water Exercise Class

Preschool Swim – Children up to 7 years must be accompanied by an adult in the water in our Warm Water Pool.

Recreation Swim – All ages in the Main and Warm Water Pools.

Water Therapy – All participants must have doctor's approval before attending. Please register through Tuality Healthcare Therapy Department by calling 503-640-6064.

– SWIM SCHEDULE IS SUBJECT TO CHANGE –

At all times, children 7 years and younger must be accompanied in the water by an adult age 18 years or older.

Kid Fit Room

SHARC provides low cost on-site child care for kids ages 4 months – 8 years in the Kid Fit Room while their parent/guardian is at SHARC. While a child is in the Kid Fit Room, they enjoy games, puzzles, toys, crafts and other age-appropriate activities. Space is limited, so reservations are recommended. Call 503-681-6127.

Kid Fit Room Hours

Mon – Fri	8 am – 1:30 pm
Mon – Thu	4 – 7:45 pm
Sat	8 – 10:30 am
Sun	Closed

The Kid Fit room closes if there are no children within 30 minutes of closing time.

Kid Fit Room Fees

	SHARC Passholder	Resident w/out Pass	Non-Resident w/out Pass
Drop-in Fee (1 visit)	\$2.50	\$4	\$5.50
Punch Card (10 visits)	\$20	\$35	\$50
Punch Card (20 visits)	\$40	\$70	\$100

SHARC Rentals

Make your event special with a rental at SHARC! The Multi-Purpose Rooms are available for parties, meetings, corporate events and much more. All facility rentals must be booked in person and at least 7 days in advance. For facility rental prices, available times, or for more information, please see our website or call 503-681-6127. Birthday party information can be found on page 6.

The SHARC Multi-Purpose Room can be configured to hold a maximum of either 20 or 50 people. For your convenience, the following items are available with your rental: chairs and tables, TV and DVD player, refrigerator/freezer/sink and counter space and dry erase board.



Massage

Massage is proven to reduce stress, fatigue and muscle soreness. Massages can be therapeutic and can also be a preventative measure for back pain. Licensed massage therapists offer a variety of techniques to meet your needs.

Chair Massage – 30 minute.....	\$45
Full body – 60 minute.....	\$55
Full body – 90 minute.....	\$75
Three 30 minute chair	\$120
Three 60 minute or full body	\$150
Three 90 minute full body	\$200

General Locker Room Information

- Please bring your own lock. Combination locks and key locks are available for purchase.
- Children 3 years and under are allowed in the opposite gender locker rooms.
- All locks left on lockers after the facility closes are cut off and not replaced. SHARC is not responsible for lost or stolen items.
- Cell phone cameras, cameras and video recorders are not to be used in the locker rooms at any time.

Appropriate Swimming Attire

- Everyone using pools and spa must wear a swimsuit.
- No cotton shorts, cut-offs, tank tops, shirts, or undergarments allowed in pools and spa.
- Infants and toddlers who are not potty trained must wear a swim diaper covered by a water-proof, leak-proof vinyl diaper cover or swim suit with liner.
- Only Coast Guard approved life jackets are allowed as flotation devices. Water wings, inflatable tubes, or swimsuits with integrated flotation devices (whether sewn in or not) and similar devices are not allowed in the pools.

Did You Forget Something?

If you forgot something, we just might have you covered. We sell goggles, swim caps, shampoo, swim diapers, vinyl diaper covers, headphones, nose clips, ear plugs, batteries, locks and many more items for you to choose from.



Swim Lesson Handbook: Is your family new to swim lessons or transferring from another program? Be sure to check out SHARC's Swim Lesson Handbook. Copies are available at SHARC and online at Hillsboro-Oregon.gov/SHARC. This includes rules and expectations we have for swimmers and parents, the hierarchy of swim lesson levels, FAQs and more.

Parent/Child Swim Lessons:

Instructor to participant ratio is 1:12. Participants learn about the aquatic environment through skill developing games and safe play. Adult must accompany their child in the water.

Angelfish: (6 – 18 Months) **Blowfish:** (18 – 36 Months)

Monday/Wednesday		Sessions			
Level	Time	1/9-2/8	2/13-3/15	4/3-5/3	*5/8-6/7
Angelfish	9:30-10 am	52356	52359	52361	*52363
Blowfish	6:10-6:40 pm	52366	52368	52370	*52374

Saturday		Sessions	
Level	Time	*1/7-3/18	*4/1-6/10
Angelfish	9:30 – 10 am	*52358	*52365
Blowfish	8:50 – 9:20 am	*52372	*52376
Blowfish	11:30 am – 12 pm	*52373	*52377

*No Class 2/4 or 5/27

Tuesday/Thursday		Sessions			
Level	Time	1/10-2/9	2/14-3/16	4/4-5/4	5/9-6/8
Angelfish	6:10-6:40 pm	52357	52360	52362	52364
Blowfish	10:55-11:25 am	52367	52369	52371	52375

*No Class 5/29

No refunds or credits after a lesson has begun. There are no makeup lessons for missed classes.

Specialized Swim Lessons Adaptive Aquatics Swim Lessons

3 years – Adult

Adaptive swim lessons are available to patrons with special needs. The program's focus is water safety and basic swimming skills. Please be prepared to speak with the instructor regarding your expectations for the lessons. Intake forms are available at SHARC.

Monday/Wednesday		Sessions			
Level	Time	1/9-2/8	2/13-3/15	4/3-5/3	*5/8-6/7
Adaptive (3-6)	5:30 – 6 pm	52345	52347	52349	*52351
Swim Fundamentals	6:05 – 6:50 pm	53312	53319	53321	*53323

Tuesday/Thursday		Sessions			
Level	Time	1/10-2/9	2/14-3/16	4/4-5/4	5/9-6/8
Adaptive (7+)	5:30 – 6 pm	53333	53334	53335	53337
Swim Fundamentals	6:05 – 6:50 pm	53313	53320	53322	53324

*No Class 5/29

Swim Fundamentals

11 years – Adult

Instructor to participant ratio is 1:8. This is a beginner to intermediate class. Learn basic water skills, stroke development, improvement and refinement during these 45-minute classes.

Saturday		Sessions	
Level	Time	*1/7-3/18	*4/1-6/10
Swim Fundamentals	8:40 – 9:25 am	*53318	*53325
Adaptive (7+)	10:10 – 10:40 am	*53336	*53338

*No Class 2/4 or 5/27





Private and Semi-Private Swim Lessons

(All ages) Instructor to participant ratio for private lessons is 1:1 and semi-private lessons is 1:2 (with the possibility of varying levels). Be aware if only one participant signs up for a semi-private lesson it must either be converted to a private lesson with the increased fee, combined with another lesson, or cancelled if another student does not register by the end of the first class. Please be prepared to speak with the instructor regarding your expectations for the lessons. Swim instructor requests do not guarantee the requested instructor to be assigned.

Monday/Wednesday		Sessions				
Level	Time	1/9 - 2/8	2/13 - 3/15	4/3 - 5/3	*5/8 - 6/7	
Private	10:55 – 11:25 am	52759	52786	52806	*52833	
	12:10 – 12:40 pm	52760	52787	52807	*52834	
	12:50 – 1:20 pm	52761	52788	52808	*52835	
	2:50 – 3:20 pm	52762	52789	52809	*52836	
	3:30 – 4 pm	52763	52790	52810	*52837	
	4:10 – 4:40 pm	52764	52791	52811	*52838	
	4:10 – 4:40 pm	52765				
	4:55 – 5:25 pm	52766	52792	52812	*52839	
	4:55 – 5:25 pm	52767				
	5:30 – 6 pm		52793	52813	*52840	
	5:30 – 6 pm	52768	52794	52814	*52841	
	6:10 – 6:40 pm		52795	52815	*52842	
	Semi-private 3-6	10:10 – 10:40 am	52915	52929	52938	*52950
		12:50 – 1:20 pm	52916	52930	52939	*52951
2:50 – 3:20 pm		52917	52931	52940	*52952	
4:55 – 5:25 pm		52918	52932	52941	*52953	
4:55 – 5:25 pm		52919				
Semi-private 7+	3:30 – 4 pm	52975	52984	52991	*53001	
	4:10 – 4:40 pm	52976	52985	52992	*53002	
	6:10 – 6:40 pm	52977	52986	52993	*53356	

Tuesday/Thursday		Sessions				
Level	Time	1/10 - 2/9	2/14 - 3/16	4/4 - 5/4	5/9 - 6/8	
Private	9:30 – 10 am	52769	52796	52816	52843	
	10:55 – 11:25 am	52770	52797	52817	52844	
	1:30 – 2 pm	52771	52798	52818	52845	
	2:50 – 3:20 pm	52772	52799	52819	52846	
	3:30 – 4 pm	52773	52800	52820	52847	
	4:10 – 4:40 pm	52774	52801	52821	52848	
	4:10 – 4:40 pm	52775				
	4:55 – 5:25 pm	52776	52802	52822	52849	
	4:55 – 5:25 pm	52777	52803	52823	52850	
	5:30 – 6 pm		52804	52824	52851	
	6:10 – 6:40 pm	52778	52805	52825	52852	
	Semi-private 3-6	10:10 – 10:40 am	52920	52933	52942	52954
		11:30 am – 12 pm	52921	52934	52943	52955
		3:30 – 4 pm	52922	52935	52944	52956
4:10 – 4:40 pm		52923	52936	52945	52957	
4:55 – 5:25 pm		52924	52937	52946	52958	
4:55 – 5:25 pm		52925				
Semi-private 7+	2:50 – 3:20 pm	52978	52987	52994	53006	
	4:10 – 4:40 pm	52979	52988	52995	53007	
	5:30 – 6 pm	52980	52989	52996	53008	
	6:10 – 6:40 pm		52990	52997	53009	

*No Class 5/29



**No refunds or credits after a lesson has begun.
There are no makeup lessons for missed classes.**

Saturday		Sessions	
Level	Time	*1/7 – 3/18	*4/1 – 6/10
Private	8:50 – 9:20 am	*52779	*52826
	9:30 – 10 am	*52781	*52828
	10:10 – 10:40 am	*52782	*52829
	10:55 – 11:25 am	*52783	*52830
	11:30 am – 12 pm	*52784	*52831
Semi-private 3-6	9:30 – 10 am	*52926	*52947
	10:55 – 11:25 am	*52927	*52948
	11:30 – 12 pm	*52928	*52949
Semi-private 7+	8:50 – 9:20 am	*52981	*52998
	10:10 – 10:40 am	*52982	*52999

*No Class 2/4 or 5/27



Family Swim Lessons

(3 years – Adult)

Learn fundamental swimming and lifelong water safety skills in this family-oriented program. Each family spends the first 15 – 20 minutes of the 45 minute lesson developing water safety skills through discussion and demonstration and then spends the duration of the lesson working on swimming skills. No swimming prerequisites required. A Family Swim Lesson intake form must be completed before the first lesson. An adult is required to participate in the water for each lesson. Instructor to participant ratio is 1:6.

Sunday Swim Lessons:

Sunday		Sessions			
Level	Time	1/8 – 1/29	2/12 – 3/5	*4/2 – 4/30	*5/7 – 6/4
Family Swim Lessons	10–10:45 am	52616	52622	*52628	*52634
	10–10:45 am	52617	52623	*52629	*52635
	11–11:45 am	52618	52624	*52630	*52636
	11–11:45 am	52619	52625	*52631	*52637
	12–12:45 pm	52620	52626	*52632	*52638
	12–12:45 pm	52621	52627	*52633	*52639
Private	10–10:45 am	52881	52887	*52893	*52899
	10–10:45 am	52882	52888	*52894	*52900
	11–11:45 am	52883	52889	*52895	*52901
	11–11:45 am	52884	52890	*52896	*52902
	12–12:45 pm	52885	52891	*52897	*52903
	12–12:45 pm	52886	52892	*52898	*52904
Semi-private 3-6	10–10:45 am	53010	53013	*53016	*53019
	11–11:45 am	53011	53014	*53017	*53020
	12–12:45 pm	53012	53015	*53018	*53021

*No Class 4/16 or 5/28



Saturday Preschool Introductory Swim Lessons:

Saturday		Sessions	
Level	Time	*1/7 – 3/18	*4/1 – 6/10
Catfish 1	8:50 – 9:20 am	*52387	*52410
	9:30 – 10 am	*52388	*52411
	10:10 – 10:40 am	*52389	*52412
	10:55 – 11:25 am	*52390	*52413
	11:30 am – 12 pm	*52391	*52414
Catfish 2	8:50 – 9:20 am	*52440	*52463
	9:30 – 10 am	*52441	*52464
	10:10 – 10:40 am	*52442	*52465
	11:30 am – 12 pm	*52479	*53268
Catfish 3	8:50 – 9:20 am	*52490	*52513
	10:10 – 10:40 am	*52491	*52514
	10:55 – 11:25 am	*52492	*52515
	11:30 am – 12 pm	*53287	*53288
Catfish 4	9:30 – 10 am	*52534	*52548
	10:55 – 11:25 am	*52535	*52549
Catfish 5	9:30 – 10 am	*52568	*52578
	10:55 – 11:25 am	*52569	*52579

*No Class 2/4 or 5/27

Friday Private and Semi-Private Swim Lessons:

Friday		Sessions	
Level	Time	1/6 – 3/10	4/7 – 6/9
Private	3:30 – 4 pm	52853	53358
	3:30 – 4 pm	52854	53359
	4:10 – 4:40 pm	52855	53360
	4:10 – 4:40 pm	52856	53361
	4:55 – 5:25 pm	52857	53362
	4:55 – 5:25 pm	52858	53363
	5:30 – 6 pm	52859	53364
	5:30 – 6 pm	52860	53365
Semi-private 3-6	3:30 – 4 pm	52959	53366
	4:55 – 5:25 pm	52960	53367
Semi-private 7+	4:10 – 4:40 pm	53003	53368
	5:30 – 6 pm	53004	53369



Weekday Preschool Introductory Swim Lessons:

(3 – 5 years) Instructor to participant ratio: 1:5. Learn fundamental skills to prepare them for School Age Swim Lessons. Classes may be combined to avoid cancellation.

Catfish 1: Learn basic aquatic skills. Start developing positive attitudes and safe practices around the water.

Catfish 2: Front and back skills with assistance. Prerequisites: comfortable submerging their head and opening their eyes underwater.

Catfish 3: Learn to independently perform front and back floating and gliding skills. Prerequisites: comfortable floating on their front and back for at least 3 seconds with assistance.

Catfish 4: Learn the front crawl with side breathing. Prerequisites: able to independently perform front and back floats and glides.

Catfish 5: Refine front crawl and learn the back crawl. Prerequisites: familiar with the principles of front crawl with side breathing.

Monday/Wednesday		Sessions			
Level	Time	1/9 - 2/8	2/13 - 3/15	4/3 - 5/3	*5/8 - 6/7
Catfish 1	9:30 – 10 am	52378	52392	52401	*52415
	11:30 am – 12 pm	52379	52393	52402	*52416
	2:10 – 2:40 pm	52380	52394	52403	*52417
	3:30 – 4 pm	53289	53290	53291	*53302
	4:10 – 4:40 pm	52381	52395	52404	*52418
	5:30 – 6 pm	52382	52396	52405	*52429
Catfish 2	10:10 – 10:40 am	52430	52443	52453	*52466
	11:30 am – 12 pm	52431	52444	52454	*52467
	2:10 – 2:40 pm	52432	52445	52455	*52468
	4:10 – 4:40 pm	52433	52446	52456	*52469
	5:30 – 6 pm	52434	52447	52457	*52470
Catfish 3	10:10 – 10:40 am	52480	52493	52503	*52516
	10:55 – 11:25 am	52481	52494	52504	*52517
	4:10 – 4:40 pm	52482	52495	52505	*52518
	4:55 – 5:25 pm	52483	52496	52506	*52519
	6:10 – 6:40 pm	52484	52497	52507	*52520
Catfish 4	10:55 – 11:25 am	52528	52536	52542	*52550
	12:10 – 12:40 pm	52529	52537	52543	*52551
	2:50 – 3:20 pm	52556	53303	53304	*53305
	4:55 – 5:25 pm	52530	52538	52544	*52552
Catfish 5	12:10 – 12:40 pm	52564	52570	52574	*52580
	2:50 – 3:20 pm	52592	52590	52588	*52586
	4:55 – 5:25 pm	52565	52571	52575	*52581

Tuesday/Thursday		Sessions			
Level	Time	1/10 - 2/9	2/14 - 3/16	4/4 - 5/4	5/9 - 6/8
Catfish 1	10:10 – 10:40 am	52383	52397	52406	52420
	12:10 – 12:40 pm	52384	52398	52407	52421
	2:50 – 3:20 pm	52419	53306	53307	53308
	4:10 – 4:40 pm	52385	52399	52408	52422
	5:30 – 6 pm	52386	52400	52409	52423
Catfish 2	9:30 – 10 am	52435	52448	52458	52471
	10:10 – 10:40 am	52436	52449	52459	52472
	2:10 – 2:40 pm	52437	52450	52460	52473
	4:10 – 4:40 pm	52438	52451	52461	52474
	5:30 – 6 pm	52439	52452	52462	52475
Catfish 3	9:30 – 10 am	52485	52498	52508	52521
	12:10 – 12:40 pm	52486	52499	52509	52522
	2:10 – 2:40 pm	52487	52500	52510	52523
	4:10 – 4:40 pm	52488	52501	52511	52524
	4:55 – 5:25 pm	52489	52502	52512	52525
Catfish 4	11:30 am – 12 pm	52531	52539	52545	52553
	3:30 – 4 pm	52557	52558	52559	52560
	4:55 – 5:25 pm	52532	52540	52546	52554
	6:10 – 6:40 pm	52533	52541	52547	52555
Catfish 5	11:30 am – 12 pm	52566	52572	52576	52582
	3:30 – 4 pm	52591	52589	52587	52585
	5:30 – 6 pm	52567	52573	52577	52583

*No Class 5/29

Homeschool Swim Lessons

(6 – 17 years) Instructor to participant ratio is 1:7 or 8

Fulfill homeschool physical education requirements while having fun and being active. Participants have a 30 minute swim lesson followed by a 30 minute recreation swim. Parents/siblings of lesson participants are welcome to join in the 30 minute open swim with paid admission.

Monday/Wednesday		Sessions			
Level	Time	1/9-2/8	2/13-3/15	4/3-5/3	*5/8-6/7
Homeschool	1:30 – 2 pm	52708	52710	52712	*52714
Tuesday/Thursday		Sessions			
Level	Time	1/10-2/9	2/14-3/16	4/4-5/4	5/9-6/8
Homeschool	12:50 – 1:20 pm	52709	52711	52713	52715

*No Class 5/29



School Age Swim Lessons:

(6 – 15 Years)

Monday/Wednesday		Sessions			
Level	Time	1/9 – 2/8	2/13 – 3/15	4/3 – 5/3	*5/8 – 6/7
Electric Eel	4:10 – 4:40 pm	52593	52600	52604	*52611
	5:30 – 6 pm	52594	52601	52605	*52612
Frog	4:10 – 4:40 pm	52645	52651	52655	*52661
	6:10 – 6:40 pm	52646	52652	52656	*52662
Goldfish	4:55 – 5:25 pm	52668	52674	52678	*52684
	6:10 – 6:40 pm	52669	52675	52679	*52685
Hammerhead	4:55 – 5:25 pm		52694	52697	*52700
	6:10 – 6:40 pm	52692	52695	52698	*52701
Jellyfish	4:10 – 4:40 pm		52720	52722	*52726
	5:30 – 6 pm	52716			
Lobster	4:55 – 5:25 pm		52732	52734	*52737
	6:10 – 6:40 pm	52729			
Manatee	5:30 – 6 pm	52739	52742	52744	*52747
Neon	5:30 – 6 pm	52749	52752	52754	*52757

*No Class 5/29

Tuesday/Thursday		Sessions			
Level	Time	1/10 – 2/9	2/14 – 3/16	4/4 – 5/4	5/9 – 6/8
Electric Eel	4:10 – 4:40 pm	52595	52602	52606	52613
	5:30 – 6 pm	52596	52603	52607	52614
Frog	4:55 – 5:25 pm	52647	52653	52657	52663
	6:10 – 6:40 pm	52648	52654	52658	52664
Goldfish	4:55 – 5:25 pm	52670	52676	52680	52686
	6:10 – 6:40 pm	52671	52677	52681	52687
Hammerhead	5:30 – 6 pm	52693	52696	52699	52702
Jellyfish	6:10 – 6:40 pm	52717	52721	52723	52727
Lobster	4:55 – 5:25 pm		52733	52735	52738
	5:30 – 6 pm	52730			
Manatee	4:10 – 4:40 pm		52743	52745	52748
	6:10 – 6:40 pm	52740			
Neon	4:10 – 4:40 pm		52753	52755	52758
	6:10 – 6:40 pm	52750			

No refunds or credits after a lesson has begun.
There are no makeup lessons for missed classes.

School Age Swim Lessons:

(6 – 15 Years)

Instructor to participant ratios: Electric Eel 1:6, Frog – Neon 1:7. Classes may be combined to avoid class cancellation.

Electric Eel: Introductory course. Basic water safety and swimming skills. No prerequisites required.

Frog: Learn front crawl with side breathing. Prerequisites: display comfort in submerging and opening eyes underwater, front and back floats and glides.

Goldfish: Refine front crawl, learn the principles of back crawl. Prerequisites: familiar with front crawl with side breathing.

Hammerhead: Learn dolphin, breaststroke, and scissor kicks, and elementary backstroke. Prerequisites: front crawl with side breathing and back crawl.

Jellyfish: Extend front crawl endurance to a full length of the pool (25 meters) and further develop diving skills. Prerequisites: comfortable in deep water.

Lobster: Learn breaststroke, further develop front and back crawl, sidestroke, and elementary backstroke. Prerequisites: able to swim front crawl with side breathing for 25 meters.

Manatee: Learn butterfly, refine breaststroke. Prerequisites: breaststroke and able to swim front and back crawl for at least 25 meters.

Neon: Refine all six strokes, introduction to competitive swimming concepts. Prerequisites: comfortable swimming continuously for five minutes.

Saturday		Sessions	
Level	Time	*1/7 – 3/18	*4/1 – 6/10
Electric Eel	8:50 – 9:20 am	*52597	*52608
	10:10 – 10:40 am	*52598	*52609
	11:30 am – 12 pm	*52599	*52610
Frog	9:30 – 10 am	*52649	*52659
	10:55 – 11:25 am	*52650	*52660
Goldfish	9:30 – 10 am	*52672	*52682
	10:55 – 11:25 am	*52673	*52683
Hammerhead	9:30 – 10 am	*52703	*52705
	10:55 – 11:25 am	*52704	*52706
Jellyfish	11:30 am – 12 pm	*52718	*52724
Lobster	10:10 – 10:40 am	*52731	*52736
Manatee	10:55 – 11:25 am	*52741	*52746
Neon	10:10 – 10:40 am	*52751	*52756

*No Class 2/4 or 5/27



Swim Lesson Pricing

Group Swim

Includes Parent/Child, Preschool, School Age and Adaptive

Weekdays – 10 lessons	Resident	Non-Resident
With Pass	\$52	\$77
Without Pass	\$60	\$90

Private	Resident	Non-Resident
Weekdays – 10 lessons	\$179	\$269
Sunday – 4 lessons	\$107	\$162

Semi-Private	Resident	Non-Resident
Weekdays – 10 lessons	\$116	\$173
Sundays – 4 lessons	\$69	\$104

Lifeguarding Certification

The Lifeguarding course includes comprehensive training in water rescues, CPR/AED, and first aid skills. This American Red Cross course will incorporate a blended-learning format with on-line coursework, classroom, and water activities. Participants must pass a pre-requisite skills test that includes a 300-yard swim, treading water with no hands for two minutes, and retrieving a 10 lb. brick from the bottom of the pool and swimming 20-yards holding the brick. Online course work must be completed PRIOR to classroom and water sessions, no exceptions. 100% attendance required.

15 years – Adult

SHARC

SHARC Staff

Pre-Course Skills Test for Spring Break Class

53143	Sun	3/12	12 – 1 pm
53142	Fri	3/17	4 – 5 pm

Pre-Course Skills Test for April Class

53138	Sun	4/9	12 – 1 pm
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\$35 fee is applied to online course registration upon successful completion of the pre-requisite skills test.

Classroom & In-Water Component – Spring Break

53139	Wed & Thu	3/29 – 3/30	8 am – 4 pm
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Classroom & In-Water Component – April Class

53141	Sat & Sun	4/29 & 4/30	9 am – 5 pm
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\$130 Resident, \$175 Non-Resident

NETA Personal Training Certification

NETA certification can be an important step in establishing credibility and earning respect as a qualified exercise professional and our NCCA-accredited Personal Trainer Certification is among the best in the industry. Developed for those who plan to work with apparently healthy individuals, our curriculum is updated continuously according to the latest research and techniques to help you challenge, guide, support and motivate your clients. For more information and to register visit www.netafit.com

SHARC

NETA Staff

Sat – Sun 1/21 – 22 8am – ? pm

\$399 early bird registration before 12/22/ \$449

Nutritional Counseling

SHARC's nutritional counselor is ready to work with you! Schedule a nutritional consultation to discuss proper eating habits, daily caloric intake based on your body and activity level, meal choices and planning, changes needed for your daily diet and setting realistic goals to achieve your wellness needs.

\$25 for a 30 minute consultation.

(If more time is needed or used, additional fees are assessed.)

Start Training Now!

SHARC Fest

June 25, 2017

Family Triathlon & Safety Expo

Stay tuned for details

It's sooner than you think!



Fitness Assessments

Qualified staff evaluates your current fitness level using our Health Management Software. The following is tested: blood pressure, resting heart rate, endurance, flexibility, muscular strength and body fat. The results and information for improving overall fitness are shared with you at the time of the assessment. Stop by the front desk or call SHARC to schedule an appointment. Fees are due when appointment is scheduled.

16 years – Adult (13 – 15 years with adult present)

Mon – Fri

\$50



Body Comp Assessment

Your body composition is measured with a top-of-the-line electrical impedance analyzer, then staff explains the results and provides information for fitness improvement. Sessions take approximately 15 – 20 minutes. Stop by the front desk or call SHARC to schedule an appointment. Fees are due upon scheduling.

16 years – Adult

\$15

Fitness Equipment Orientation

Learn the proper form and technique for the weight equipment in this one hour session. Learn how to use the treadmill, elliptical, stationary bike and stair machine. Schedule your complimentary appointment at the front desk.

This class is recommended for patrons under 18 years.

SHARC Staff



Personal Training

Certified fitness professionals help you improve your health, maximize your fitness level and develop a fitness program to meet your goals. Sessions can include: cardiovascular training, weight lifting, balance and flexibility. We offer land based personal training and aquatic personal training. Please stop by the front desk or call SHARC to schedule an appointment. Fees are per session, not per person.

Individual	2 people	Small Group 3 – 5
1 session \$45	1 session \$55	1 session \$65
3 sessions \$125	3 sessions \$150	3 sessions \$180
5 sessions \$195	5 sessions \$235	5 sessions \$285
10 sessions \$380	10 sessions \$455	10 sessions \$550

Massage

Massage is proven to reduce stress, fatigue and muscle soreness. Massages can be therapeutic and can also be a preventative measure for back pain. Licensed massage therapist offer a variety of techniques to meet your needs. Fees are due when appointment is scheduled.

Fee:	Chair massage – 30 minute	\$45
	Full Body – 60 minute	\$55
	Full Body – 90 minute	\$75
	Three 30 minute chair	\$120
	Three 60 minute full body	\$120
	Three 90 minute full body	\$200



Water Exercise Classes

Classes are included with the purchase of your Membership Pass or Single Visit Fee.

AM Energizer

Get up & get fit. Gear up for this morning class that gets you ready for the work day. Raise your heart rate and have fun doing it with this high impact aerobics class for early risers. Kick off your day energized.

Aqua Core & More

Deep and shallow water workouts provide different benefits, and this class provides a total body workout with both. For all levels, moves from deep water to shallow water throughout the class and uses various water exercise equipment.



Aqua Jam

Get your body moving to the beat with this high energy, calorie burning class. Enjoy a great workout toning your entire body as you move to some great music. All levels are welcome.

Aqua Zumba®

Aqua Zumba® gives new meaning to an invigorating workout. Integrating the Zumba® formula and philosophy with traditional aqua fitness disciplines, Aqua Zumba® blends it into a safe, challenging, water-based workout that's cardio-conditioning, body-toning and most of all, exhilarating beyond belief.

Cardio Building

Limited equipment is used in this class that's open to all levels. Work on reaching your target heart rate with various cardio challenging activities in both shallow and deep water. Running on land may not be your thing, but in water...it just might be.

Power Plunge

Power Plunge is a great way to re-energize you as it takes place in both the shallow and deep end of the main pool. This challenging class is sure to increase endurance and provide a great aerobic workout.

Renew

This functional fitness class challenges you to the "core." It incorporates all major muscle groups as well as muscles you never knew you had. Get 50 minutes of efficient, quality functional movements that enhance your quality of life by nourishing the spine, revitalizing postural muscles and strengthening your core with every movement. Leave class feeling refreshed, re-energized and renewed.

Sweat-n-Wet

Enjoy a great workout while balanced in water with a buoyancy belt. Burn calories and tone your upper and lower body in the deep end of the main pool.

Total Body Conditioning

Maximize your workout with this fast-paced workout for intermediate to advanced levels. This class provides both cardio and resistance training while emphasizing proper form for improving core and total body strength. Instructor takes participants through a variety of exercises including intervals and circuits in deep and/or shallow water.

Warm Water Fitness

Start your day right with this gentle warm water class combining water resistance with light to moderate aerobic activity. People who suffer from arthritis and joint injuries benefit from this conditioning class; however, everyone is welcome to join. These classes are held in the warm water pool.

*Due to other activities in the pool, class participants may enter the water 5 minutes before the start of class.





Water Exercise Class Schedule

Classes are included with the purchase of your Membership Pass or Single Visit Fee.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM Energizer 5:40 – 6:35 am		AM Energizer 5:40 – 6:35 am		AM Energizer 5:40 – 6:35 am	
Total Body Conditioning 6:35 – 7:20 am	AquaZumba® 7 – 7:50 am	Total Body Conditioning 6:35 – 7:20 am	AquaZumba® 7 – 7:50 am	Total Body Conditioning 6:35 – 7:20 am	
Aqua Core & More 8 – 8:50 am	Cardio Building 8 – 8:50 am	Aqua Core & More 8 – 8:50 am	Cardio Building 8 – 8:50 am	Aqua Core & More 8 – 8:50 am	Power Plunge 8 – 8:50 am
Warm Water Fitness 8 – 8:50 am	Warm Water Fitness 8 – 8:50 am	Warm Water Fitness 8 – 8:50 am	Warm Water Fitness 8 – 8:50 am	Warm Water Fitness 8 – 8:50 am	
Renew 9 – 9:50 am		Renew 9 – 9:50 am		Renew 9 – 9:50 am	
Warm Water Fitness 10 – 10:50 am	Warm Water Fitness 10 – 10:50 am	Warm Water Fitness 10 – 10:50 am	Warm Water Fitness 10 – 10:50 am	Warm Water Fitness 10 – 10:50 am	
Sweat-N-Wet 10 – 11 am		Sweat-N-Wet 10 – 11 am		Sweat-N-Wet 10 – 11 am	
Power Plunge 6:05 – 6:55 pm	Aqua Jam 6:05 – 6:55 pm	Power Plunge 6:05 – 6:55 pm	Aqua Jam 6:05 – 6:55 pm		

Land Exercise Classes

Classes are included with the purchase of your Membership Pass or Single Visit Fee.
Land Exercise Classes are on a monthly schedule; please ask for an updated schedule.

Barre

Use the ballet barre, light weights, isometric exercises, and your body's balance, to firm, lengthen, lift, and sculpt graceful arms, thighs, abs, and glutes. It's gentle on the joints but gives powerful results. No dance experience necessary.



Cardio Circuit

Strengthen your heart and body in this intermediate to low impact aerobics class. The easy-to-follow class format utilizes light weights, tubing with handles and other tools to promote cardio health, increase muscle strength and strengthen your core muscles.

Cardio Dance Fusion

Get your Dance on with this fun and energetic cardio class. This class brings a mix of different types of dance styles and music to get your heart beat pumping.

Boot Camp

The ultimate circuit workout combining intervals of cardio drills and muscle conditioning. Train with a variety of equipment and exercise techniques to get a total body workout.

Only authorized personnel are allowed to instruct or personal train in the group exercise room or pools. Groups of 2 or more using the group exercise and weight rooms must have prior approval.

Land Exercise Classes

Classes are included with the purchase of your Membership Pass or Single Visit Fee. Land Exercise Classes are on a monthly schedule; please ask for an updated schedule.



Cardio Interval

Burn more fat in less time. Want to add a twist on your standard cardio workout that carries even greater benefits? By adding cardio intervals, you can significantly boost your body's fat-burning ability as well as overall health and cardiovascular fitness. All fitness levels are welcome.

Core, Floor and More

Build core strength, flexibility, joint stability, balance, coordination and more. This class is an easy-to-follow workout that focuses on those areas that we would like to be flattened, tucked and lifted. Challenges every major muscle using stability balls, resistance bands, foam roller and weights for an effective workout that strengthens and tones.

Flex

Bring balance, flexibility and stretching to your workout routine. Balance and stretching exercises help keep your joints flexible, prevent stiffness and may help reduce your chance of injury during other activities. The class incorporates various types of exercises including basic static stretching, yoga, Pilates and more.



Indoor Cycling

This cycling class is geared to both novice and expert exercisers. Experience a fantastic heart pumping workout including climbing, sprinting and training to incredible music while riding a stationary bike.



PiYo LIVE!™

A unique class designed to build strength and gain flexibility. The moves fit perfectly together to form a class filled with intense choreography that's fun, challenging and makes you sweat. It's about energy, power and rhythm. Think sculpted abdominals, increased overall core strength and greater stability.

SilverSneakers® Classic

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Hand-held weights, elastic tubing with handles and a ball are offered and a chair is used for seated and/or standing support.



Silver&Fit® Experience

This level is for moderately active older adults who exercise in some way one to two days per week. The class is designed to increase the participant's flexibility, joint stability, dynamic balance, coordination, agility, reaction time, muscular strength and cardiovascular endurance.

Silver and Strong

Designed to meet the needs of the independent older adult. Strength, endurance, mobility and flexibility are components of the workout. Chairs are available for support.

Strength and Core Conditioning

A strength training class for everyone! Work every major muscle group using safe and effective weightlifting techniques with an extra emphasis on conditioning your core.



Step & Sculpt

A moderate- to high-intensity class that involves adjustable steps to provide a challenging cardiovascular workout for all fitness levels. Free weights, body bars and other equipment are used to strengthen and tone all major muscle groups.

Tai Chi Fusion

This class combines the movements of Tai Chi, yoga, balancing and breathing exercises. Enjoy this one hour class for a full body meditative, calming and relaxing class while gaining flexibility.

Total Body Conditioning

Maximize your workout. Complete head to toe workout with cardio, resistance training and abs. Use a variety of tools such as weights, step, floor and bands.

Land Exercise Classes

Land Exercise Classes are on a monthly schedule; please ask for an updated schedule.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Total Body Conditioning 5:50 – 6:50 am	Indoor Cycling 5:50 – 6:50 am	Total Body Conditioning 5:50 – 6:50 am	Total Body Conditioning 5:50 – 6:50 am	
	Yoga – Gentle Flow 8:30 – 9:30 am		Yoga – Gentle Flow 8:30 – 9:30 am	Step & Strength 8:15 – 9 am	Yoga Power 8 – 9:15 am
Cardio Circuit 9 – 9:45 am		Cardio Circuit 9 – 9:45 am		FLEX 9:15 – 10 am	
Silver&Fit® Experience 10 – 10:45 am	Tai Chi Fusion 9:45 – 10:45 am	Silver&Fit® Experience 10 – 10:45 am	Tai Chi Fusion 9:45 – 10:45 am	Silver and Strong 10:10 – 10:50 am	
Boot Camp 11 am – 12 pm	Silver Sneakers® Classic 11 – 11:45 am	Boot Camp 11 am – 12 pm	Silver Sneakers® Classic 11 – 11:45 am	Boot Camp 11 am – 12 pm	
	Indoor Cycling 11:15 am – 12 pm		Indoor Cycling 11:15 am – 12 pm		
Indoor Cycling 12:15 – 1 pm	Core Floor & More 12:15 – 1 pm	Indoor Cycling 12:15 – 1 pm	Core Floor & More 12:15 – 1 pm	Indoor Cycling 12:15 – 1 pm	
		FLEX 12:15 – 1 pm			
			Indoor Cycling (beginner) 4:30 – 5:15 pm		
Strength & Core Conditioning 5:30 – 6:30 pm	Cardio Dance Fusion 5:30 – 6:30 pm	Cardio Intervals 5:30 – 6:30 pm	Strength & Core Conditioning 5:30 – 6:50 pm	Only authorized personnel are allowed to instruct or personal train in the group exercise room or pools. Groups of 2 or more using the group exercise and weight rooms need to have prior approval.	
Indoor Cycling 6:30 – 7:15 pm		Indoor Cycling 6:30 – 7:15 pm			
Barre 6:45 – 7:45 pm	PiYo LIVE!™ 6:45 – 7:45 pm	Barre 6:45 – 7:45 pm	Cardio Dance Fusion 6:45 – 7:45 pm		

Yoga – Gentle Flow

Open to all levels of practice and abilities, this soothing, gentle class focuses on an exploration of basic yoga poses and how to connect them through attention to breathing, alignment and mindfulness. Therapeutic in nature, participants learn techniques to help you gain flexibility, while being immersed in a relaxing class that moves at a perfectly slower pace – allowing ample time to enjoy each pose.



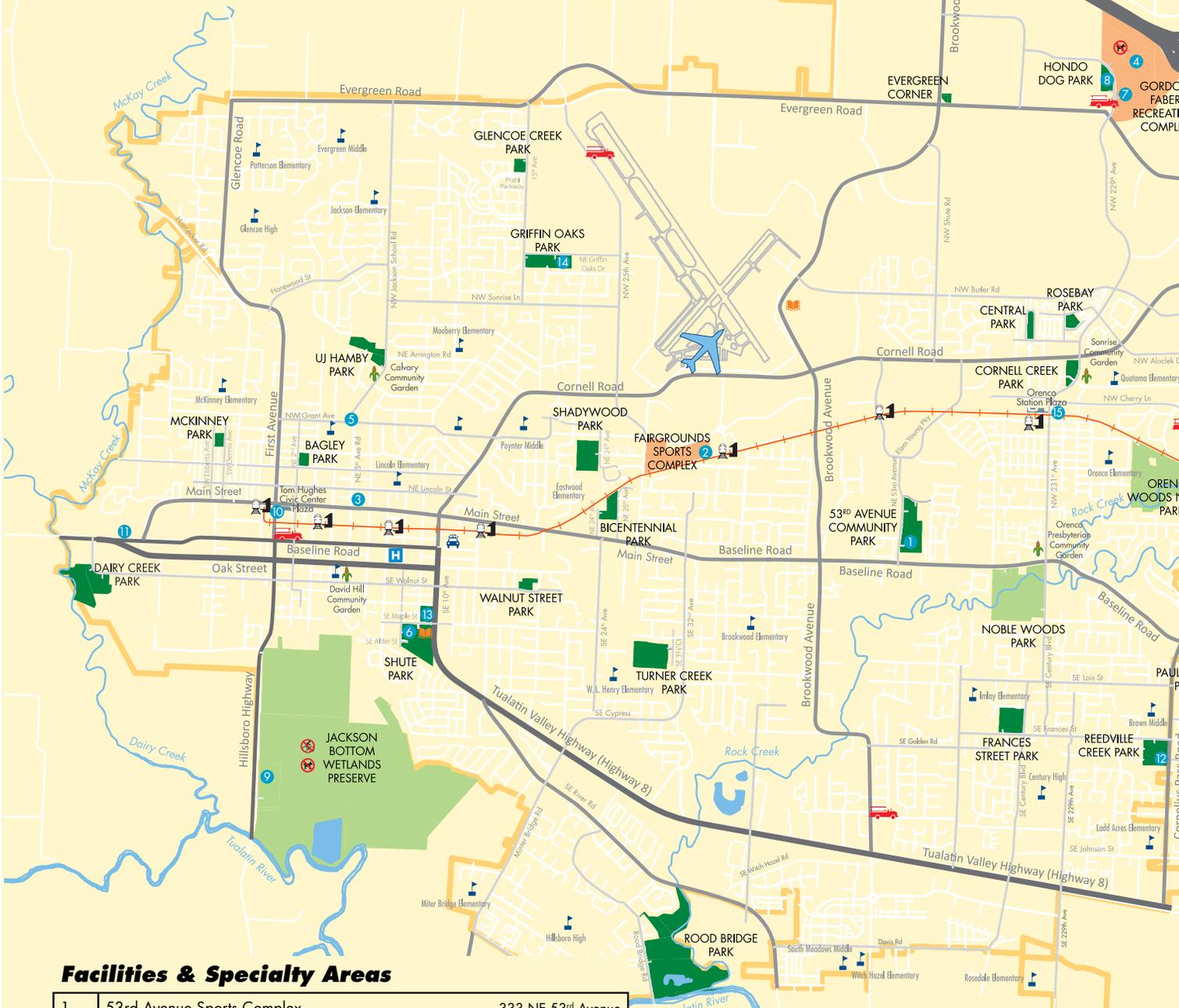
Yoga – Power

Using strong, flowing movement to create a heat-building mind body workout, *Power Yoga* is a sequence of postures that flow into one another, building strength, unwinding tight joints and loosening muscles

Map of Parks & Facilities

Nature • Inspiration • Culture • Adventure

www.hillsboro-oregon.gov/ParksRec



Facilities & Registration

Facilities & Specialty Areas

1	53rd Avenue Sports Complex	333 NE 53 rd Avenue
2	Fairgrounds Sports Complex	880 NE 28 th Avenue
3	Walters Cultural Arts Center	527 E Main Street
4	Gordon Faber Recreation Complex	4450 NW 229 th Avenue
5	Harold Eastman Rose Garden	620 NE Jackson School Road
6	Hillsboro Community Senior Center	750 SE 8 th Avenue
7	Hillsboro Parks & Recreation Office	4400 NW 229 th Avenue
8	Hondo Dog Park	4455 NW 229 th Avenue

9	Jackson Bottom Education Center	2600 SW Hillsboro Hig
10	Outdoors In Park at the Plaza	Indoor playground at 124 E Main
11	Pioneer Cemetery	1601 W Baseline
12	Reedville Creek Skate Park	7500 SE Frances
13	Shute Park Aquatic & Recreation Center	953 SE Maple
14	Tyson Recreation Center	1880 NE Griffin Oaks
15	Orenco Station Plaza	943 NE Orenco Station



Administration Office

Location: 4400 NW 229th Ave.
Hillsboro, OR 97124
Phone: 503-681-6120
Phone Registration: 503-681-5397
Sports Cancellation: 503-681-6226
Web Site: Hillsboro-Oregon.gov/ParksRec
Office Hours: Mon – Fri: 8 am – 5 pm

Walters Cultural Arts Center

Location: 527 E Main St.
Hillsboro, OR 97123
Phone: 503-615-3485
Office Hours:
Mon – Thu: 9 am – 9 pm
Fri: 9 am – 5 pm

Gordon Faber Recreation Complex

(Hillsboro Stadium & Ron Tonkin Field)
Location: 4450 NW 229th Ave.
Hillsboro, OR 97124
Facility Rentals: 503-615-6536
503-681-6120

Free Wi-Fi powered by Frontier!

Hillsboro Community Senior Center

Location: 750 SE 8th Ave.
Hillsboro, OR 97123
Phone(General): 503-615-1090
Facility Rentals: 503-681-6120
503-615-1090

Jackson Bottom Wetlands Preserve

Location: 2600 SW Hillsboro Hwy.
Hillsboro, OR 97123
Phone(General): 503-681-6206
Fax: 503-681-6277

Orengo Station Plaza

Location: 943 NE Orengo Station Lp.
Hillsboro, OR 97124

Outdoors In Park @ the Plaza

Location: 124 E Main Street
Hillsboro, OR 97123
Phone: 503-681-5244

River House

Location: 4000 SE Rood Bridge Rd.
Hillsboro, OR 97123
Facility Rentals: 503-681-6120

Tyson Recreation Center

Location: 1880 NE Griffin Oaks St.
Hillsboro, OR 97124
Phone: 503-615-6552

SHARC

Shute Park Aquatic & Recreation Center

Location: 953 SE Maple St.
Hillsboro, OR 97123
Phone: 503-681-6127
Office Hours:
Mon – Fri: 5:30 am – 9:30 pm
Sat: 7 am – 5:30 pm
Sun: 8 am – 5:30 pm

Additional Program Locations

Balance 365 Fitness..... 115 SE 2nd Avenue
Brookwood Library 2850 NE Brookwood Parkway
Century High School: 2000 SE Century Boulevard
Element Dance Studio: 2950 SW Cornelius Pass Road
Four Seasons Bowling Center: 322 SE Washington Street
Glencoe High School: 2700 NW Glencoe Road
Gym Nest: 1414 SE 18th Avenue
Liberty High School: 21945 NW Wagon Way
Lincoln Street Elementary School: 801 NE Lincoln Street
Miller Education Center: 440 SE Oak Street
Peter Boscov Gym: 452 NE 3rd Avenue
Sherwood Ice Arena 20407 SW Borchers Dr, Sherwood, OR
South Meadows Middle School: 4690 SE Davis Street
Tanasbourne Target 18101 NW Evergreen Parkway
Witch Hazel Elementary School: 4950 SE Davis Street

Catalog Information:

The Hillsboro Parks & Recreation Activities Guide is distributed to all Hillsboro elementary school students and is available at all Hillsboro Parks & Recreation facilities as well as the Civic Center, Hillsboro libraries and Chamber of Commerce. Prices subject to change without notice.

Photography:

The Hillsboro Parks & Recreation Department reserves the right to photograph program participants for publicity purposes. These photos are for City use only and may be used in future promotional materials without prior consent or expectation of compensation.

Special Needs:

The Hillsboro Parks & Recreation Department actively seeks and supports participation by people with disabilities in recreation programs and services.

To ensure your needs are met, please contact the Hillsboro Parks & Recreation Administration office at 503-681-6120.



Winter registration begins November 15, 2016. Whether you are a new or returning customer, please contact us to request your login information. You may contact us by phone at 503-681-6120 or come into any of our facilities during business hours to obtain your account ID and PIN. If you have ever registered for a program with the Hillsboro Parks & Recreation Department, you already have an account with us, but you need this information to register. Accepted payment methods are Visa, MasterCard or Discover.

3 Ways to Register!

Online



Hillsboro-Oregon.gov/
ParksRec
follow Activities Guide
links
24/7 access

Phone In



503-681-5397
Credit/debit cards
accepted

Walk In



Cash, checks or credit
cards accepted

4 Walk In Registration Locations

1) SHARC (Shute Park Aquatic & Recreation Center)

953 SE Maple Street
Mon – Fri, 5:30 am – 9:30 pm
Sat, 7 am – 5:30 pm
Sun, 8 am – 5:30 pm

2) Hillsboro Community Senior Center

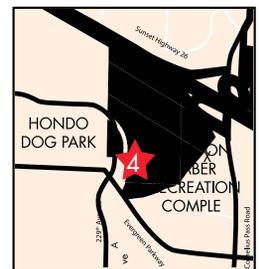
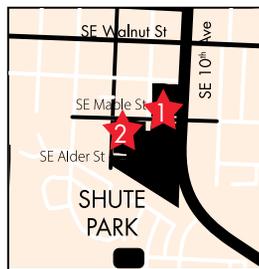
750 SE 8th Avenue
Mon – Fri, 9 am – 5 pm

3) Glenn & Viola Walters Cultural Arts Center

527 E Main Street
Mon – Thu, 9 am – 9 pm
Fri, 9 am – 5 pm

4) Hillsboro Parks & Recreation Office

4400 NW 229th Avenue
Mon – Fri, 8 am – 5 pm



Fees/Cancellation/Refund Policy

All fees are collected during registration. Cash, check and Visa, MasterCard or Discover are accepted. Prices are subject to change without notice. **Resident is defined as any individual living within the city limits of Hillsboro.** All classes have a minimum enrollment and may be cancelled as early as 10 days before the class starts if the minimum enrollment is not met. Full refunds or credits are given when a class cancels or is postponed. When a recreation class refund is requested by the participant, the refund is prorated from the date of the request; a service charge of \$5 applies. **No refunds or credits are given after a swim lesson has begun.** Please allow up to 4 weeks to receive a refund.

Participant Waiver

The City of Hillsboro provides parks and recreation services to registered participants. As part of the payment for these services, the participant assumes all risks of personal injury, death and property damage resulting from the provision of these by the City of Hillsboro and its agents. Participant releases Hillsboro and its agents from any liability to the participant for personal injury, death or property damage arising out of the provision of these services to the participant by the City and its agents. The City does not provide insurance coverage to the participant for this activity.

Wait Lists

Registration in classes is first-come, first served. If a class is filled before we receive your registration, your name may be added to a wait list. If openings become available, those on the wait list are notified by phone in order of position on the list. Those who respond within the specified time are added to the class roster. If we do not receive your registration within the specified time, your place in the class is forfeited and the next person on the wait list is notified.



Home improvements made easy with FiOS[®] from Frontier[®]

Working on a DIY project? Or thinking about taking an exercise class, learning a new hobby or finding a fun group activity? Frontier Communications can help. With **FiOS Internet from Frontier**, you can quickly research and download home improvement tips, register for a yoga class, stream music and how-to videos, and so much more! Our 100% fiber-optic network means a dedicated line delivers super-fast Internet to your home.

Learn more at:
west.frontier.com
503.439.0099



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Branch Out This Winter!

Winter Reading Program

December 26, 2016 – March 18, 2017

Pick up an entry form at a Hillsboro Library beginning December 26!

NEW this year—Anyone can participate, at any age! Read any three books (or share 10 Read To Me books) and turn in your entry form to enter the prize drawings.

Enter as many times as you like.

Wrap-Up Party March 18 for those who complete.



HILLSBORO SCHOOL DISTRICT

proud to be **HSD**

FESTIVAL

a showcase of student creativity and talent

Saturday, May 13, 2017
8 a.m. to 1 p.m.
Downtown Hillsboro

in conjunction with the Downtown Hillsboro Saturday Farmers' Market

SAVE THE DATE!

www.hsd.k12.or.us



Festival page: bit.ly/1bY4tx5

Start Training Now!

SHARC Fest

June 25, 2017

Family Triathlon & Safety Expo

Stay tuned for details
It's sooner than you think!

