



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

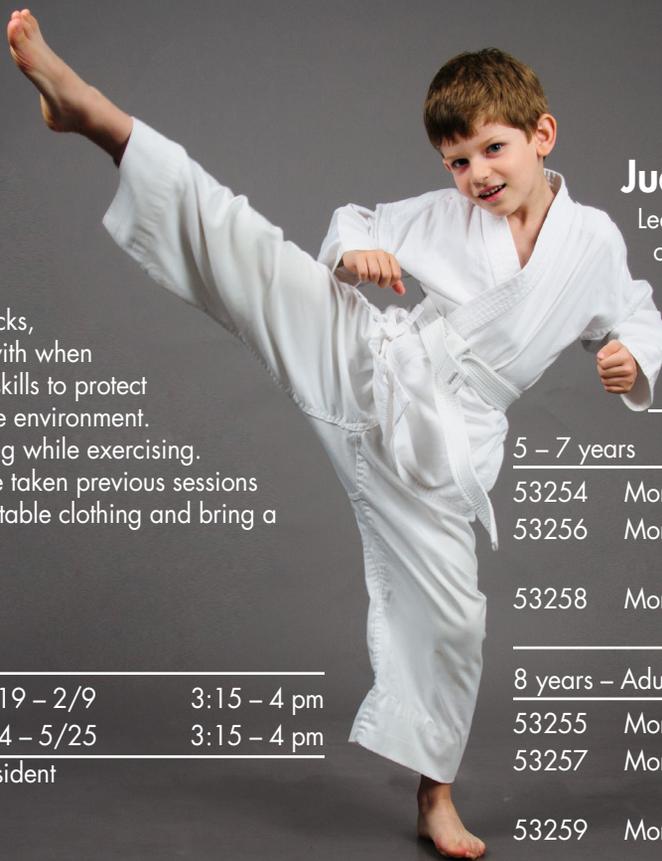
Karate

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



<u>Winter 2017 Session</u>	<u>Days</u>	<u>Season Dates</u>	<u>Fee</u>	<u>Fee After 12/1</u>	<u>Tournaments</u>
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.

<u>Spring 2017 Session</u>	<u>Days</u>	<u>Season Dates</u>	<u>Fee</u>	<u>Fee After 3/3</u>	<u>District Meet</u>
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.