



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! 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			

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			

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.



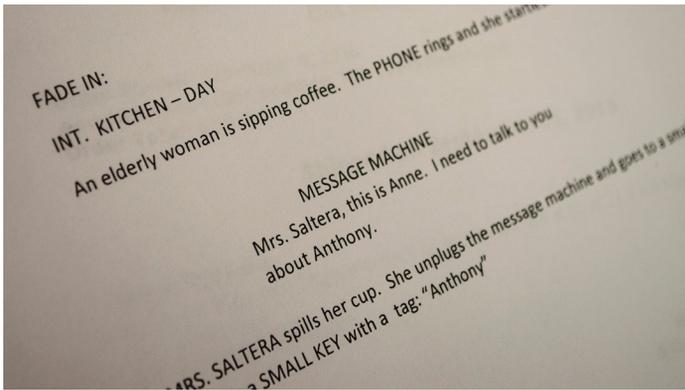
Creative Communication Skills–NEW!

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

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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 Spental

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 Spental

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.

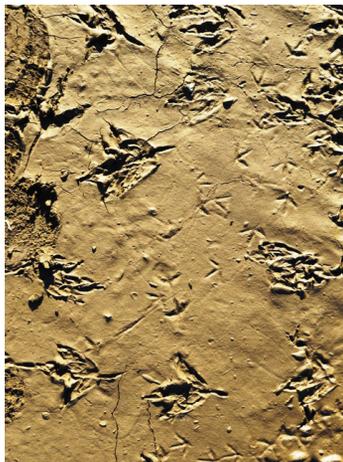
16 years – Adult
 Jackson Bottom Wetlands Education Center
 Laura Whittemore

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.