

## Jr. Trampoline & Tumbling and Trampoline & Tumbling

Perfect for cheerleading, martial arts or just plain fun! Students learn basic skills of tumbling in this co-ed program using the mini-trampoline and our 40-foot long trampoline. *Gym Nest Staff*

### Jr. Trampoline & Tumbling

4 – 5 years

**#32453:** 2/1 – 2/22  
**#32454:** 2/29 – 3/21  
**#32455:** 4/4 – 4/25  
**#32456:** 5/2 – 5/23  
 Day: Wednesday  
 Time: 2:00 – 2:45 pm  
 Place: Gym Nest  
 Fee: \$30 Resident  
 \$45 Non-Resident

### Trampoline & Tumbling

6 – 12 years

**#32457:** 2/1 – 2/22  
**#32458:** 2/29 – 3/21  
**#32459:** 4/4 – 4/25  
**#32460:** 5/2 – 5/23  
 Day: Wednesday  
 Time: 3:00 – 4:00 pm  
 Place: Gym Nest  
 Fee: \$35 Resident  
 \$52 Non-Resident



## Jr. Cheerleading & Cheerleading

This class is designed for the beginning cheerleader focusing on flexibility, strength, jumps and motion technique. Athletes will also be introduced to beginning tumbling including forward rolls, handstands, cartwheels and round-offs. This class is recommended for students who are interested in cheerleading, are enthusiastic and full of energy! *Gym Nest Staff*

### Jr. Cheerleading II

5 – 8 years

**#32469:** 2/28 – 3/20  
**#32470:** 4/3 – 4/24  
 Day: Tuesday  
 Time: 5:00 – 6:00 pm  
 Place: Gym Nest  
 Fee: \$30 Resident  
 \$45 Non-Resident

### Cheerleading II

9 – 12 years

**#32471:** 3/1 – 3/22  
**#32472:** 4/5 – 4/26  
 Day: Thursday  
 Time: 5:00 – 6:00 pm  
 Place: Gym Nest  
 Fee: \$35 Resident  
 \$52 Non-Resident



## Jr. Beginning Gymnastics & Gymnastics

Boys & girls learn beginning gymnastics skills for floor, beam, bars and vault. Use skill building stations and obstacle courses to increase strength, flexibility, coordination, and body awareness. Wear comfortable clothes. *Gym Nest Staff*

### Jr. Beginning Gymnastics

4 – 5 years

**#32461:** 2/3 – 2/24  
**#32462:** 3/2 – 3/23  
**#32463:** 4/6 – 4/27  
**#32464:** 5/4 – 5/25  
 Day: Friday  
 Time: 2:00 – 2:45 pm  
 Place: Gym Nest  
 Fee: \$30 Resident  
 \$45 Non-Resident

### Beginning Gymnastics

6 – 10 years

**#32465:** 2/3 – 2/24  
**#32466:** 3/2 – 3/23  
**#32467:** 4/6 – 4/27  
**#32468:** 5/4 – 5/25  
 Day: Friday  
 Time: 3:00 – 4:00 pm  
 Place: Gym Nest  
 Fee: \$35 Resident  
 \$52 Non-Resident

## Pom & Cheer/Hip Hop Combo Class



5 - 10 years

In this energized class, learn cheerleading basics including arm movements, jumps, kicks and moves while combining steps from the latest hip hop dance moves all while listening to music you love. *Erika Bellingham*

5 - 7 years

**#33278:** 1/16 – 2/13  
**#33279:** 4/2 – 4/30  
 Day: Monday  
 Time: 6:45 – 7:30 pm  
**#33280:** 2/4 – 3/3  
 Day: Saturday  
 Time: 12:00 – 12:45 pm  
 Place: SHARC  
 Fee: \$36 Resident  
 \$54 Non-Resident

8 – 10 years

**#33281:** 2/20 – 3/19  
**#33282:** 5/7 – 6/11  
 No class 5/28  
 Time: 6:45 – 7:30 pm  
 Day: Monday  
**#33283:** 4/14 – 5/12  
 Day: Saturday  
 Time: 12:00 – 12:45 pm  
 Place: SHARC  
 Fee: \$36 Resident  
 \$54 Non-Resident



## Mountain Bike Trail Construction-Build Days

10 years – Adult

Come learn (and hone) your skills at imagining, designing and constructing Freeride Mountain Bike Trails at L.L. Stub Stewart State Park. In addition to learning the skills of the “trailbuilding” trade, help construct the area’s newest (and closest) Freeride Mountain Bike Park. Trail “build” days will take place throughout the winter and spring. Visit [www.westsidetrailfederation.org](http://www.westsidetrailfederation.org) for dates and details. *Ryan McLane*

Day: Weekends  
 Details: [www.westsidetrailfederation.org](http://www.westsidetrailfederation.org)  
 Time: 9:00 am – 3:00 pm  
 Place: L.L. Stub Stewart State Park Welcome Center  
 Fee: Free



**NEW!**

## Ready Riders Rock! Kids Mini Bike Boot Camp

10 – 17 years

Send the kids off to Bike Boot Camp to master healthy nutrition, flexibility, cardio endurance & exercises, bike safety & skills and nature appreciation through the sport of trail riding. Riders will be challenged on moguls, jumps and single track on a high skill pump track. The class will start at Hamby Park and proceed through the expansive 50 acres of trails of Hamby, Jackson Woods Preserve and Glencoe HS Cross Country trails nearby. Ready Riders graduate with a diploma and then mentor the learned skills in their peer circles and community. Helmets required and provided if needed. *Bud Harris & Jon-Michael Kowitz*

#33249: 5/19  
 Day: Saturday  
 Time: 1:00 – 5:00 pm  
 Place: Hamby Park Playground  
 Fee: \$20 Resident  
 \$30 Non-Resident

**NEW!**

## Trail Riding 101 – Level I

10 years – Adult

Hit the trails! Have countless trail riding adventures in this fun, fast-paced course. Besides learning bicycle care, you’ll learn to shift, brake, descend & ascend the trails with confidence, power and agility with our top of the line Novara Disc Brake Mountain Bikes. The class will start at Hamby Park and proceed through the expansive 50 acres of trails of Hamby, Jackson Woods Preserve and Glencoe HS Cross Country trails nearby. Try the moguls and pump track if you feel ready! Seize the weekend! Helmets required and provided if needed. *Bud Harris & Jon-Michael Kowitz*

#33193: 5/19  
 Day: Saturday  
 Time: 9:00 am – 1:00 pm  
 Place: Hamby Park Playground  
 Fee: \$20 Resident  
 \$30 Non-Resident



## Boxing Conditioning

8 years – Adult

Learn boxing skills and technique, increase muscular and cardio endurance and core strength and burn off more than just calories. Use the heavy bags, jump ropes and sparring mitts. Hand wraps, mouth guards, and a 56” x 23” exercise mat are mandatory which can be purchased at SHARC or any sporting goods store. *Portia & Rudy Aguero*

#33590: 2/2 – 2/28      #33592: 4/3 – 4/26  
 #33591: 3/1 – 3/29      #33593: 5/1 – 5/31

Day: Tuesday & Thursday  
 Time: 6:00 – 7:00 pm (8 – 12 years)  
 6:00 – 7:15 pm (13 years – Adult)  
 Place: Peter Boscow (Boxing Gym)  
 Fee: Youth \$28 Resident  
 \$42 Non-Resident  
 Adult \$33 Resident  
 \$50 Non-Resident

## Recreational Bowling

5 – 16 years

Learn basic skills of bowling in a fun, relaxed atmosphere. Bumpers are available for younger players as an aid to gain confidence.

*Four Seasons Bowling Staff*

#32332: 1/24 – 2/14  
 #32333: 2/21 – 3/13  
 #32334: 4/3 – 4/24  
 #32335: 5/1 – 5/22  
 Day: Tuesday  
 Time: 4:00 – 5:00 pm  
 Place: Four Seasons Bowling Center  
 Fee: \$20 Resident  
 \$30 Non-Resident



## Sports from Head to Toe (Saturdays)

6 – 8 years

Fun for kids who want to scrimmage against each other. We cut out some of the instruction to go straight to games. This class is good for those who have taken some of our sports camps or have some experience in the sport listed.

*Michele Jordan*

**#33626:** 2/4 & 2/11 Baseball

**#33627:** 2/25 & 3/3 Soccer

**#33628:** 4/28 & 5/5 Tennis

Time: 11:30 am – 12:15 pm

Day: Saturday

Location: Peter Boscow Gym

Fee: \$12 Resident

\$18 Non-Resident



## Homeschool PE

6 – 12 years

This coed class allows homeschool children the opportunity to participate in a class with a wide variety of activities. Students will play cooperative fitness games and learn basic gymnastics and trampoline skills. The hour and a half class should wear out even the most active of children! *Gym Nest Staff*

**#32445:** 1/31 – 2/21

**#32446:** 2/28 – 3/20

**#32447:** 4/3 – 4/24

**#32448:** 5/1 – 5/22

Day: Tuesday

Time: 10:30 am – 12:00 pm

Place: Gym Nest

Fee: \$35 Resident

\$52 Non-Resident

**#32449:** 2/3 – 2/24

**#32450:** 3/2 – 3/23

**#32451:** 4/6 – 4/27

**#32452:** 5/4 – 5/25

Day: Friday

Time: 9:30 – 11:00 am

Place: Gym Nest

Fee: \$35 Resident

\$52 Non-Resident

## Fencing Camp

8 – 17 years

Learn the art of Olympic Saber Fencing in this introductory class. In this fun and safe program, participants will develop agility, strength, speed, hand-eye coordination, and self-confidence. All equipment is provided. *Charles Randall*

**#33657:** 3/26 – 3/30

Day: Mon – Fri

Time: 9:00 am – 12:00 pm

Place: Peter Boscow Gym

Fee: \$80 Resident

\$120 Non-Resident

Resident

## Tae-kwon-Do

7 years – Adult

Learn the original form of today's most popular martial art. While learning blocks, strikes, and kicks, participants will also learn confidence, respect, and concentration, and gain increased flexibility, endurance and coordination. Wear comfortable clothing and bring a water bottle. If participant is tested, there will be a \$5.00 fee due to the instructor, please see them for details.

*Drew & Melissa Buscho*

**#33673:** 1/30 – 4/4 No class 2/20, 2/22, 3/26, 3/28

**#33674:** 4/9 – 6/6 No class 4/23 & 5/28

Day: Monday & Wednesday

**#33675:** 3/6 – 5/3 No class 3/27 & 3/29

**#33676:** 5/8 – 6/28

Day: Tuesday & Thursday

Time: 5:30 – 6:30 pm

Place: Peter Boscow Gym

Fee: \$60 Resident

\$90 Non-Resident

## Martial Arts

### Judo

5 – 16 years

Learn self-confidence, poise, and coordination in this beginning Judo program. Basic throws and falls will be taught in a fun and safe way. Participants must have prior Judo experience to be registered in the Intermediate level.

*Jon Teninty*

#### Beginner

**#33612:** 1/23 – 3/19

No class 2/20

**#33614:** 4/2 – 5/21

Time: 6:00 – 7:00 pm

Fee: \$48 Resident

\$70 Non-Resident

#### Intermediate

**#33613:** 1/23 – 3/19

No class 2/20

**#33615:** 4/2 – 5/21

Day: Monday

Time: 7:15 – 8:30 pm

Place: Tyson Rec Center

Fee: \$58 Resident

\$85 Non-Resident

## Karate Kids

5 – 9 years

In this fun and safe karate class, participants learn basic blocks, punches, and kicks along with when and how to use these new skills to protect themselves. Join us as we work on confidence building and exercise.

Beginners and those who have taken previous sessions are welcome. Non-marking athletic shoes are required. *Michele Jordan*

**#33616:** 1/31 – 2/21

**#33617:** 2/28 – 3/20

**#33618:** 4/3 – 4/24

**#33619:** 5/1 – 5/22

Day: Tuesday

Time: 3:30 – 4:15 pm

Place: Tyson Rec Center

Fee: \$24 Resident

\$36 Non-Resident

## Hillsboro Youth Volleyball League (HYV)

Girls, 3rd – 6th grade

A recreational volleyball program for girls who reside in the Hillsboro School District. After the registration deadline, participants are placed on a waiting list and placed on a team if space allows. Register early as space is limited.

Registration: 2/1 - 3/11  
 Season: 4/3 - 5/31  
 Games/practices: Tue/Thur  
 Time: Either 6:00, 7:00 or 8:00 pm  
 Place: Hillsboro schools  
 Fee: \$50  
 Includes t-shirt

Volunteer parent coaches and assistants are needed to run this program successfully. Selected coaches attend a coaches meeting and a coaches clinic before the season starts. To register call 503-681-5397 or go online at [www.ci.hillsboro.or.us/parksRec](http://www.ci.hillsboro.or.us/parksRec) For more information call 503-681-6120.

## Hillsboro Area Lacrosse Organization (HALO)

Boys and girls, 1st – 8th grade

1st and 2nd grade coed program develops and emphasizes basic catching, throwing, cradling and ground ball pick-up skills. There is no contact at this level and players will use soft balls.

Grade	Cost	Includes
1 & 2	\$60	T-shirt and Stick
3/4 & 5/6	\$130	Jersey
7 & 8	\$150	Jersey

The following equipment is required for grades 3 - 8:

**Girls** – Stick, goggles, mouth piece.

**Boys** – Stick, helmet, shoulder pads, elbow pads, gloves, cup, mouth piece.

Soccer/Football cleats are recommended. No rental equipment is available through HALO.

Registration forms and informational flyers can be picked up at the Hillsboro Parks and Recreation office. For more information visit us at [www.ci.hillsboro.or.us/ParksRec](http://www.ci.hillsboro.or.us/ParksRec) or call 503-681-6120.

Registration: Now - mid-February  
 Teams formed based on high school attendance area  
 Practice begins: First week of March  
 Practice locations: Hillsboro schools & parks  
 Season: April - mid-June  
 Match day: Saturday  
 Match locations: Hillsboro and west Portland

**PARENT INFORMATIONAL MEETING!!!** HALO will also host a parent informational meeting on Wednesday, January 25th from 7 - 8 pm at Evergreen Middle School. Come learn more about the program and get your questions answered. At the end of the meeting parents will have the opportunity to register their children for the program.



## Ski Mt. Hood



### Hillsboro Ski Club 2011-2012 Season

Hillsboro Ski Club transports snowboarders and skiers in grades K through 12 (and their parents, if desired) to Mt. Hood Meadows for recreational skiing on Saturdays. We offer two four-week sessions: the first begins on January 7 and the second session begins on February 4, 2012.

The club offers program packages for all levels with discounts on lessons, lifts, rentals or combinations of these services. Transportation is by luxury coach and leaves from Poynter Middle School at 6:15 am on Saturday mornings. Buses are chaperoned and advisors monitor the on-site medical clinic hourly. This program is for students and their parents only.

For details see our web site at [www.HillsboroSkiClub.us](http://www.HillsboroSkiClub.us).

### Free HALO Lacrosse Clinics

Grades 1 - 8

This is a great opportunity for new players to learn and try out lacrosse OR for returning HALO players to get a jump on the season and warm-up their stick skills. Bring your own gear if you have it. Sticks are provided for 1st & 2nd graders.

Day: Saturdays in February  
 Time: 9:00 am  
 Place: 53rd Ave Sports Complex  
 Fee: Free

More information:  
[www.ci.hillsboro.or.us/ParksRec](http://www.ci.hillsboro.or.us/ParksRec) or  
 503-681-6120.



## Youth Baseball and Softball Programs



The following is a listing of baseball and softball programs open to boys and girls residing within the Hillsboro School District. For more information regarding these programs please call the contact person listed below.

**Hillsboro Girls Softball Association      League Line 503-648-2382      hgsa.net**

HGSA offers a recreational softball program for girls in kindergarten – 12<sup>th</sup> grade.

All games held in the Hillsboro area.

**Season:** April – June; Practices start in early April and games in early May. Season ends in June.

**Registration:** Walk-in on January 28, February 11 & 25, and March 10 from 9:00 am - 12:00 pm at Brookwood Elementary School. (3960 SE Cedar Street)

**Deadline:** March 10, 2012

**Reedville Baseball      Mike Gillard 503-866-5887      reedvillebaseball.com**

Reedville Baseball, Inc. offers baseball opportunities for youth ages 5 – 16 years living in the Century High School attendance area. Games are held throughout Washington County.

Competitive teams (JBO) may expect to play some weekend tournaments.

**Season:** April - June for youth 5 - 10 year players; April – July for 11 - 16 year players.

**Registration:** Register now.

**Deadline:** January 29, 2012 for early registration; March 12, 2012 for regular registration.

**Liberty Baseball      Rodney Reed 503-936-1566      libertybaseball.net**

Liberty Baseball offers baseball for youth in Preschool – 8<sup>th</sup> grade living in Hillsboro's Liberty High School attendance boundaries. Recreational teams play in the Hillsboro area. Competitive teams (JBO) will play throughout Washington County with some weekend tournaments.

**Season:** April - July

**Registration:** Mail-in registration is currently available. Drop-in registration is on January 28 and February 4 from 10:00 am - 12:00 pm at the Liberty Field House next to the varsity field at Liberty High School.

**Deadline:** Registration opens December 1 and closes on March 31, 2012

**Hillsboro Boys Baseball      Brian Knight 503-544-0929      hillsborobaseball.com**

HBBA provides baseball opportunities for Hillsboro youth ages 5 – 16 living in the Hillsboro area. Recreational teams play in the Hillsboro area. Competitive teams (JBO) will play throughout Washington County with some weekend tournaments.

**Season:** April - June for recreational teams; April – July for competitive teams

**Registration:** Mail-in forms & Online registration available on our website. Walk-in on February 4 & 11, 9:00 am – 12:00 pm at Lincoln Street Elementary School.

**Deadline:** Open December 1 and closes March 3, 2012

**Hillsboro Little League      League Line 503-615-0862      hillsborolittleleague.org**

Hillsboro Little League provides baseball, softball and T-ball for children residing in the Hillsboro School District who are 5 – 12 years of age (as of 4/30/12). Practices and most regular season games are held at Hillsboro area fields. Travel outside Hillsboro may be required for some games.

**Season:** March - June; All Star teams will continue play into August.

**Registration:** Online registration begins on December 1, 2011.

**Deadline:** February 15, 2012.

