



GET MOVIN'

A Community Resource Guide for Physically Active Families

*(Funded by the Carol M. White Physical Education Grant
from the US Department of Education)*

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INTRODUCTION

This community resource guide has been provided by the Beaverton School District through a Carol M. White Physical Education Grant from the U.S. Department of Education. It is designed to compliment the enhancement of the district's physical education curriculum with the goal that all students have equal opportunities to gain the knowledge, skills and behaviors necessary for a lifetime of healthy physical fitness. There is a compelling research-based link between students' physical, social and emotional health and their ability to learn. This booklet is developed in cooperation with our Physical Education staff, who have dedicated their careers to the promotion of healthy and active lifestyles.

This guide is not meant to be comprehensive. It is an introduction to resources in our community that provide opportunities for youth and their families to pursue diverse recreational interests in their leisure time. The information in this booklet is subject to change and the organizations are not necessarily endorsed by the Beaverton School District. It is recommended that you investigate resources before making a decision about participation. We hope that you will find this to be a valuable resource that brings families and youth together in healthy ways.

AUGUST 2003

MULTI-SPORT ORGANIZATIONS



OREGON SPORTS AUTHORITY

www.oregonsports.org/youth.html

1888 SW Madison / 2nd Floor / Portland, OR

503-234-4500



TUALATIN HILLS PARK & RECREATION DISTRICT (THPRD)

www.thprd.org

15707 SW Walker Rd. / Beaverton, OR

503-645-6433

BOWLING



4 SEASONS BOWLING CENTER

ADDRESS: 322 SW Washington / Hillsboro

PHONE: 503-648-3139

CONTACT PERSON:

HOURS:

WEBSITE: www.fourseasonsbowling.com

EMAIL:

ACTIVITIES AVAILABLE:

COST:

AGE/GRADE: Ages 3 to 18

REQUIREMENTS/RESTRICTIONS:

BRUNSWICK SUNSET LANES

ADDRESS: 12770 SW Walker Rd. / Beaverton

PHONE: 503-646-1116

CONTACT PERSON:

HOURS:

WEBSITE:

EMAIL:

ACTIVITIES AVAILABLE: Coaching, Leagues

AGE/GRADE: Ages 4 to 17

REQUIREMENTS/RESTRICTIONS:

VALLEY LANES

ADDRESS: 9300 SW Beaverton Hillsdale Hwy. / Beaverton

PHONE: 503-648-3139

CONTACT PERSON:

HOURS:

WEBSITE:

EMAIL:

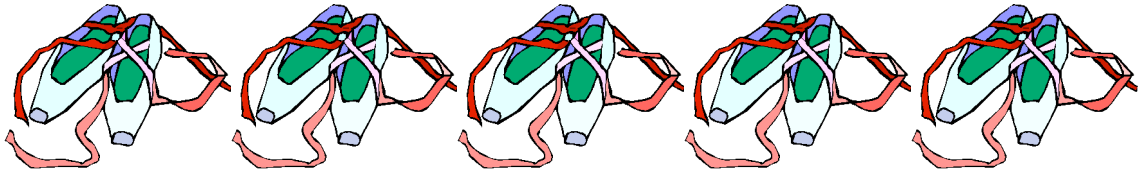
ACTIVITIES AVAILABLE: Junior Leagues with coaching

COSTS:

AGE/GRADE: Ages 6 to 18

REQUIREMENTS/RESTRICTIONS:

DANCE



ACADEMY OF PACIFIC FESTIVAL BALLET

ADDRESS: 4620 SW Beaverton-Hillsdale Hwy. / Portland

PHONE: 503-245-5269

CONTACT PERSON:

HOURS: Varies

WEBSITE: www.pacificfestivalballet.org

EMAIL: pfbacademy@aol.com

ACTIVITIES AVAILABLE: Ballet, tap, jazz, flamenco, Irish step, modern dance, Highland

COST: Varies

AGE/GRADE: Ages 5 and up

REQUIREMENTS/RESTRICTIONS:

ACT 1 SCHOOL OF DANCE

ADDRESS: 12849 NW Cornell Rd. / Portland

PHONE: 503-626-0166

CONTACT PERSON:

HOURS: Varies

WEBSITE:

EMAIL:

ACTIVITIES AVAILABLE: Ballet, tap, jazz, hip hop, ballroom, acting, voice, piano lessons

COST:

AGE/GRADE:

REQUIREMENTS/RESTRICTIONS:

BEAVERTON DANCE CENTER

ADDRESS: 12570 SW Farmington Rd. / Beaverton

PHONE: 503-644-6116

CONTACT PERSON:

HOURS: Varies

WEBSITE:

EMAIL:

ACTIVITIES AVAILABLE: Ballet, pointe, jazz, tap, creative dance

COST:

AGE/GRADE: Ages 3 and up

REQUIREMENTS/RESTRICTIONS:

COMERFORD SCHOOL OF IRISH DANCE

ADDRESS: 11375 SW Center St. / Beaverton

PHONE: 503-973-3917

CONTACT PERSON:

HOURS:

WEBSITE: www.tonycomerford.com

EMAIL: jnlmueller@earthlink.net

ACTIVITIES AVAILABLE: Open championship, competition and performance Irish dance

COST:

AGE/GRADE: Ages 4 1/2 to adult

REQUIREMENTS/RESTRICTIONS:

MURRAY SCHOOL OF IRISH DANCING

ADDRESS: 4620 SW Beaverton-Hillsdale Hwy. / Portland

PHONE: 503-239-3756

CONTACT PERSON:

HOURS: Varies

WEBSITE: www.murrayirishdance.com

EMAIL: germurr@mindspring.com

ACTIVITIES AVAILABLE: Irish dance

COST: Varies

AGE/GRADE:

REQUIREMENTS/RESTRICTIONS:

PORTLAND COMMUNITY BALLET

ADDRESS: 12570 SW Farmington Rd. / Beaverton

PHONE: 503-672-7909

CONTACT PERSON:

HOURS: varies

WEBSITE: www.pdxballet.org

EMAIL:

ACTIVITIES AVAILABLE: Ballet

COST:

AGE/GRADE: Ages 5 and up

REQUIREMENTS/RESTRICTIONS:

VISCOUNT BALLROOM-Westside

ADDRESS: 6959 SW Garden Home Rd. / Portland

PHONE: 503-226-3262

CONTACT PERSON:

HOURS: Varies

WEBSITE: www.viscountstudio.com

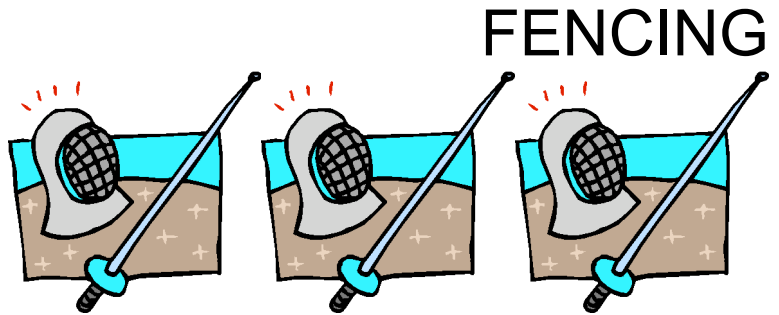
EMAIL:

ACTIVITIES AVAILABLE: Swing, tango, salsa, lindy hop

COST: Varies

AGE/GRADE:

REQUIREMENTS/RESTRICTIONS:



NW FENCING CENTER

ADDRESS: 4950 SW Western Ave. / Beaverton

PHONE: 503-277-2237

CONTACT PERSON:

HOURS: 10am-9pm

WEBSITE: nwfencing.org

EMAIL:

ACTIVITIES AVAILABLE: Competitive and non-competitive classes

COST:

AGE/GRADE:

REQUIREMENTS/RESTRICTIONS:

OREGON FENCING ALLIANCE

ADDRESS: Oregon Episcopal School Sport and Recreation Center (SPARC) / 6699 SW Oleson Rd. / Portland

PHONE: Business Office: 503-643-7218

CONTACT PERSON: Kathy Zagunis, 503-880-3512

WEBSITE: www.oregonfencing.com

EMAIL: OregonFencing@aol.com

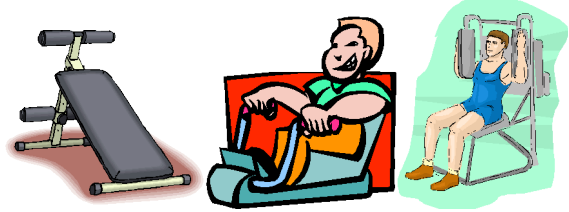
ACTIVITIES AVAILABLE: Fencing classes and camps, from beginners through elite/advanced

COST: Fee charged

AGE/GRADE: Ages 7 to 18

REQUIREMENTS/RESTRICTIONS:

FITNESS CLUBS



24 HOUR FITNESS

Beaverton: 6540 SW Fallbrook Place 503-671-0707 (Closes Dec. 2003)

Beaverton: 4145 SW Watson Ave. 503-671-0707 (Opens Dec. 2003)

Murray Scholls: 1100 Murray Schools Place 503-579-5090

Tanasbourne: 16365 NW Twin Oaks Dr. 503-629-9200

Hillsboro: 6095 SE TV Highway 503-356-1445

CONTACT PERSON:

HOURS: Open 24 hours

WEBSITE: www.24hourfitness.com

EMAIL:

ACTIVITIES AVAILABLE: Weight training, aerobic conditioning, group X classes (step, yoga, turbo kick box, hip hop) swimming

COST: Varies, check website for guest passes. Varsity athletes have free access on weekdays 2:30-4:30 and weekends from 1pm-5pm with coach contact at 1-800-499-1053.

AGE/GRADE: Ages 12 and older with adult signature

REQUIREMENTS/RESTRICTIONS:

BALLY TOTAL FITNESS

Beaverton: 9650 SW Nimbus Dr. 503-643-4428

Raleigh Hills: 8785 SW Beaverton-Hillsdale Hwy 503-297-0302

Hillsboro: 2200 NW Amberbrook Dr. 503-297-0302

Cedar Mill: 10860 SW Barnes Rd. 503-646-6636

Aloha: 17800 SW Kinnaman Rd. 503-356-9776

CONTACT PERSON: Jennifer Covert 1-800-695-8111

HOURS: Varies

WEBSITE: www.ballyfitness.com

EMAIL:

ACTIVITIES AVAILABLE: Classes and camps for children 3 years and above including basketball, volleyball, soccer, sport conditioning, kids fitness, jazz, ballet, aqua classes (at Raleigh Hills location), weight lifting.

COST: Varies

AGE/GRADE: 14 years and older or accompanied by an adult in order to use equipment

REQUIREMENTS/RESTRICTIONS:

CLUB SPORT

ADDRESS: 18120 SW Lower Boones Ferry Rd. / Tigard

PHONE: 503-968-4500

CONTACT PERSON: Jeff Houghtaling

HOURS: Varies

WEBSITE: www.clubsports.com

EMAIL:

ACTIVITIES AVAILABLE: Classes and camps including aerobic training, weight lifting, basketball, rock wall, volleyball, aquatic center, racquetball, handball, squash

COST: Fee charged

AGE/GRADE: Camps for age 3 to 16

REQUIREMENTS/RESTRICTIONS: Members only

ELITE ATHLETES TRAINING CENTER

ADDRESS: 8050 SW Nimbus #6 / Beaverton

PHONE: 503-574-4054

CONTACT PERSON:

HOURS: Varies

WEBSITE:

EMAIL:

ACTIVITIES AVAILABLE: Junior boot camp, yoga, weight training

COST:

AGE/GRADE:

REQUIREMENTS/RESTRICTIONS:

FUNCTION DYNAMICS

ADDRESS: 7850 SW Nimbus Ave. #9, / Beaverton

PHONE: 503-646-8482

CONTACT PERSON:

HOURS: M-TH 6am-9pm, Sat. 9am-10pm, Sun. closed

WEBSITE: www.functiondynamics.com

EMAIL:

ACTIVITIES AVAILABLE: Strength training, aerobic training, athletic conditioning, injury rehabilitation, nutrition counseling, personal training

COST: Varies

AGE/GRADE: Varies

REQUIREMENTS/RESTRICTIONS:

HAWTHORN FARM ATHLETIC CLUB

ADDRESS: 4800 NE Belknap / Hillsboro

PHONE: 503-640-6404

CONTACT PERSON: Dawn Hinchy 503-640-4544

HOURS: M-F 5am-10pm, Sat. 7am-8pm, Sun. 8am-8pm

WEBSITE: www.hawthornfarmathletic.com

EMAIL:

ACTIVITIES AVAILABLE: Classes and camps for children, rockwall, swimming, soccer, basketball, weight lifting, golf, dance, cheerleading, tae kwon do, and Cedar Ridge Outdoor Adventure Camp

COST: Varies

AGE/GRADE: Machines and weight room can be used by children 13 years and older after taking junior weight training course.

REQUIREMENTS/RESTRICTIONS:

SUNSET ATHLETIC CLUB

ADDRESS: 13939 NW Cornell Rd. / Beaverton

PHONE: 503-645-3535

CONTACT PERSON:

HOURS: M-Th 5:30am-11pm, Fri. 5:30am-10pm, Sat. 7am-9pm, Sun. 9am-8pm

WEBSITE: www.sunsetac.com

EMAIL:

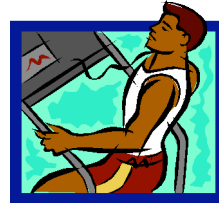
ACTIVITIES AVAILABLE: Classes and camps for children, swimming, tennis, racquetball, swim team, outdoor volleyball, weight lifting

COST: Varies

AGE/GRADE:

REQUIREMENTS/RESTRICTIONS:

FITNESS EQUIPMENT



BIG 5 SPORTING GOODS

11705 Pacific Hwy. / Tigard

503-620-7882

Heart Rate Monitors: Lifesource, Polar, Omron, Cardiozone, Oregon Scientific, Accurate

Pedometers: Sportline

Digital Scales w/Body Mass Index: Tanita

Omron Body Fat Analyzer: Yes

COPELAND'S SPORTS

11959 SW Canyon Rd. / Beaverton

503-646-4630

Heart Rate Monitors: Polar

Pedometers: Sportline

Digital Scales w/Body Mass Index: Tanita

Omron Body Fat Analyzer: No

EXERCISE EQUIPMENT NORTHWEST

Beaverton Town Square / 11685 SW Beaverton-Hillsdale Hwy. / Beaverton

503-644-0615

Heart Rate Monitors: Polar

Pedometers: Omron

Digital Scales w/Body Mass Index: No

Omron Body Fat Analyzer: Yes

FITNESS SHOP

12012 SW Canyon Rd. / Beaverton

503-641-8892

Heart Rate Monitors: Cardiosport, Oregon Scientific

Pedometers: Oregon Scientific, Sportline

Digital Scales w/Body Mass Index: Tanita

Omron Body Fat Analyzer: Yes

FOOT TRAFFIC

16055 SW Regatta Ln. / Beaverton

503-629-5882

Heart Rate Monitors: Polar, Freestyle

Pedometers: Freestyle

Digital Scales w/Body Mass Index: No

Omron Body Fat Analyzer: No

GART SPORTS

2780 SW Cedar Hills Blvd. / Beaverton

503-644-9800

Heart Rate Monitors: Polar

Pedometers: Sportline, Freestyle, Accusplit

Digital Scales w/Body Mass Index: Tanita

Omron Body Fat Analyzer: No

GI JOES

Beaverton Mall / 3485 SW Cedar Hills Blvd. / Beaverton

503-644-9932

Heart Rate Monitors: Polar, Freestyle, Mio, Timex

Pedometers: Sportline

Digital Scales w/Body Mass Index: No

Omron Body Fat Analyzer: No

PORTLAND RUNNING COMPANY

11355 SW Scholls Ferry Rd. / Beaverton

503-524-7570

Heart Rate Monitors: Polar

Pedometers: Nike, Freestyle

Digital Scales w/Body Mass Index: No

Omron Body Fat Analyzer: No

REI

7410 SW Bridgeport Rd. / Tualatin

503-624-8600

Heart Rate Monitors: Polar

Pedometers: Sportline, Freestyle, High Gear

Digital Scales w/Body Mass Index: Tanita

Omron Body Fat Analyzer: No

GOLF



CAPLAN GOLF

ADDRESS: 16251 SW Jenkins Rd. / Beaverton

PHONE: 503-626-2244

CONTACT PERSON:

HOURS: 9am-9pm every day

WEBSITE: www.cplangolf.com

EMAIL:

ACTIVITIES AVAILABLE: Driving range, miniature golf, lessons

COST:

AGE/GRADE: Age 7 through adult

REQUIREMENTS/RESTRICTIONS:

THE CHILDREN'S COURSE

ADDRESS: 19825 River Rd. / Gladstone

PHONE: (503)-722-1530

CONTACT PERSON:

HOURS: 7:30am-7:00pm

WEBSITE:

EMAIL:

ACTIVITIES AVAILABLE:

COSTS: \$5/Jr.-\$10/Adult

AGE/GRADE: All

REQUIREMENTS/RESTRICTIONS:

CLAREMONT GOLF COURSE

ADDRESS: 15800 NW Country Club Drive / Portland

PHONE: 503-690-4589

CONTACT PERSON:

HOURS:

WEBSITE:

EMAIL:

ACTIVITIES AVAILABLE:

COSTS: \$16-17 for 9 holes. Juniors \$10 weekdays

AGE/GRADE:

REQUIREMENTS/RESTRICTIONS:

FOREST HILLS GOLF COURSE

ADDRESS: 36260 SW Tongue Ln. / Cornelius

PHONE: 503-357-3347

CONTACT PERSON:

HOURS:

WEBSITE: www.GolfForestHills.com

EMAIL:

ACTIVITIES AVAILABLE: 9 hole golf course, summer junior golf program

COSTS: \$15-18 juniors, half price after 2:00pm & anytime weekdays

AGE/GRADE:

REQUIREMENTS/RESTRICTIONS:

KILLARNEY WEST GOLF COURSE

ADDRESS: 1275 NW 334 Ave. / Hillsboro

PHONE: 503-648-7634

CONTACT PERSON:

HOURS:

WEBSITE:

EMAIL:

ACTIVITIES AVAILABLE: 9 hole golf course

COSTS: \$8 - \$10

AGE/GRADE:

REQUIREMENTS/RESTRICTIONS:

MCKAY CREEK GOLF COURSE

ADDRESS: 1416 Jackson / Hillsboro

PHONE: 503-693-7612

CONTACT PERSON:

HOURS:

WEBSITE: www.mckaycreekGolf.com

EMAIL:

ACTIVITIES AVAILABLE: 9 hole golf course, junior golf program

COSTS: \$8-\$12

AGE/GRADE: all

REQUIREMENTS/RESTRICTIONS:

MERIWETHER NATIONAL GOLF CLUB

ADDRESS: 5200 SW Rood Bridge Rd. / Hillsboro

PHONE: 503-648-4143

CONTACT PERSON:

HOURS: Junior rate available at all hours

WEBSITE:

EMAIL:

ACTIVITIES AVAILABLE: Junior summer golf camp, short course and 18-hole golf course

COST: \$10-\$14. Juniors \$7-\$11

AGE/GRADE: Any

REQUIREMENTS/RESTRICTIONS:

ORENCO WOODS GOLF COURSE

ADDRESS: 22200 NW Biron Rd / Hillsboro
PHONE: (503) 648-1836
CONTACT PERSON:
HOURS:
WEBSITE:
EMAIL:
ACTIVITIES AVAILABLE: 9 hole golf course
COSTS: 9 holes - \$10-\$13
AGE/GRADE: All
REQUIREMENTS/RESTRICTIONS:

QUAIL VALLEY GOLF COURSE

ADDRESS: 1265 NW Aerts Rd / Banks
PHONE: (503) 324-4444
CONTACT PERSON:
HOURS:
WEBSITE:
EMAIL:
ACTIVITIES AVAILABLE: Jr Golf Camp - \$50 for 3 days. Clubs/Bag rental - /2hrs each day. Driving range - \$3-\$7
COSTS: 9 holes golf \$16 – \$19, juniors half price
AGE/GRADE: All
REQUIREMENTS/RESTRICTIONS:

REDTAIL GOLF COURSE & DRIVING RANGE- Junior Program

(*Jr. Card good at Redtail, Eastmoreland, Rose City, and Heron Lakes)
ADDRESS: 8200 SW Scholls Ferry Rd. / Beaverton
PHONE: 503-646-5166
CONTACT PERSON:
HOURS:
WEBSITE: www.redtail.com
EMAIL:
ACTIVITIES AVAILABLE:
COST: 9 holes- \$7.50 M-Th before 4 pm, \$8 Fri.-Sun. after 3 pm
AGE/GRADE: Any
REQUIREMENTS/RESTRICTIONS: Initial sign up for junior card is available on the 1st Saturday of each month.

RESERVE VINEYARDS & GOLF CLUB

ADDRESS: 4805 SW 229 Rd / Aloha
PHONE: (503) 649-8191
CONTACT PERSON:
HOURS:
WEBSITE: www.reservegolf.com
EMAIL:
ACTIVITIES AVAILABLE: Golf
COSTS: Junior rate: \$40 for 18 holes
AGE/GRADE:
REQUIREMENTS/RESTRICTIONS:

SUNSET GROVE GOLF COURSE

ADDRESS: 41615 NW Osterman Rd / Forest Grove

PHONE: (503)-357-6044

CONTACT PERSON:

HOURS: 6:00-Dark

WEBSITE:

EMAIL:

ACTIVITIES AVAILABLE:

COSTS: \$12/weekend--\$7/weekday

AGE/GRADE: All

REQUIREMENTS/RESTRICTIONS:

HORSEBACK RIDING



Beaverton Hilltop Riding Stables

ADDRESS: 20490 SW Farmington Rd. / Beaverton

PHONE: 503-649-5497

CONTACT PERSON:

HOURS:

WEBSITE:

EMAIL:

ACTIVITIES AVAILABLE: Private lessons, wooded trails and an indoor arena

AGE/GRADE: Ages 6 to 18

REQUIREMENT/RESTRICTIONS:

PINE RIDGE EQUESTRIAN CENTER

ADDRESS: 10175 SW 130th / Beaverton

PHONE: 503-643-5949

JUGGLING



PORTLAND JUGGLERS

ADDRESS: Meets every Wednesday 7-9pm at Reed College gymnasium

PHONE:

WEBSITE:

AGE/GRADE:

REQUIREMENT/RESTRICTIONS: No fee. No experience necessary. Equipment available for use.

WE CARE SPORTS

ADDRESS: 1900 16th Street / West Linn

PHONE: 1-800-645-4257

WEBSITE: www.wecaresports.com

AGE/GRADE Elementary through adult

REQUIREMENT/RESTRICTIONS: Assemblies, equipment, instruction

MARTIAL ARTS



AIKIDO WITH KI-OREGON KI SOCIETY

ADDRESS: 12700 SW 68th Ave. / Tigard

PHONE: 503-684-0185

AGE/GRADE: Elementary through adult

AMERICAN STATES KARATE ASSOCIATION

ADDRESS: 9500 SW Beaverton-Hillsdale Hwy. / Beaverton

PHONE: 503-643-3030

AGE/GRADE: All ages

ACTIVITIES AVAILABLE: Karate, Kung Fu, Judo, Kick-Boxing, Self defense

CHOI'S TAE KWON DO ACADEMY

ADDRESS: 12575 SW Allen Blvd. / Beaverton

PHONE: 503-644-1388

WEBSITE: www.citysearch.com/pdx/choikd

AGE/GRADE: All ages

REQUIREMENT/RESTRICTIONS:

JAPAN KARATE FEDERATION PROBU-KAI USA

ADDRESS: 12750 SW 1st Ave. / Beaverton

PHONE: 503-646-5812

WEBSITE:

AGE/GRADE: All ages

REQUIREMENT/RESTRICTIONS:

OREGON MARTIAL ARTS

ADDRESS: Tigard

PHONE: 503-598-8055

WEBSITE: www.oregonmartialarts.com

ACTIVITIES AVAILABLE: Kickboxing, Karate-Jitsu Judo, Jiu-Jitsu, Street defense

AGE/GRADE: All ages

REQUIREMENT/RESTRICTIONS:

STRAIGHT BLAST GYM

ADDRESS: 12945 SW Beaverdam Rd. / Beaverton

PHONE: 503-350-3926

WEBSITE:

ACTIVITIES AVAILABLE: Karate

AGE/GRADE:

REQUIREMENT/RESTRICTIONS:

US WEST COAST TAE KWON DO (The Family School)

ADDRESS: 18623 SW Farmington Rd. / Beaverton

PHONE: 503-671-9999, 503-356-9231

WEBSITE:

AGE/GRADE: All ages

REQUIREMENT/RESTRICTIONS:

OUTDOOR RECREATION



ALPENROSE BMX

ADDRESS: 6149 SW Shattuck Rd. / Portland

PHONE: 503-422-2699

CONTACT PERSON: Mark & Lori Phelts

HOURS: Weather permitting spring, summer & fall. Open practice on Wednesdays from 5:30-dusk is a good place to begin. Registration on Tuesdays & Thursdays from 5:30-6:30pm & racing by 7pm.

Saturdays & Sundays: Registration is from 2:30-3:30pm and racing is from 4pm-dusk.

WEBSITE: www.alpenrose.com or www.ababmx.com

EMAIL:

ACTIVITIES AVAILABLE: Bicycling

COST: \$45/yr. for ABA (American Bicycle Association) Membership +\$6/race/week night/\$8/race weekend or \$2/night/practice

AGE/GRADE: Any

REQUIREMENTS/RESTRICTIONS: Bicycle (no pegs please), long pants, long sleeved shirt, full face helmet. Some track bikes available for demo.

AUDUBON SOCIETY OF PORTLAND

ADDRESS: 5151 NW Cornell Rd. / Portland

PHONE: 503-292-6855

CONTACT PERSON:

HOURS: Winter break, spring break, summer camps for 5-14 days

WEBSITE: www.audubonportland.org

EMAIL:

ACTIVITIES AVAILABLE: Nature exploration, hiking, river rafting, outdoor survival skills, caving, bird watching, animal tracking, whale watching

COST: Varies \$85-\$300

AGE/GRADE: Grades 1 to 12

REQUIREMENTS/RESTRICTIONS:

CEDAR RIDGE OUTDOOR ADVENTURE CAMP

ADDRESS:

PHONE: 503-223-6251 ext. 596

CONTACT PERSON: Chad Failla

HOURS:

WEBSITE:

EMAIL: cfailla@themac.com

ACTIVITIES AVAILABLE: Kayaking, orienteering, ropes course, hiking, fishing, nature trails, swimming, basketball

COST: \$395 for 6 days

AGE/GRADE:

REQUIREMENTS/RESTRICTIONS:

MAZAMAS

ADDRESS: 909 NW 19th / Portland

PHONE: 503-227-2345

CONTACT PERSON: Exploring Scouting Post/Mary Green or Robert Joy

HOURS: Information meeting second Monday of the month at 7:00 pm

WEBSITE: www.mazamas.org

EMAIL:

ACTIVITIES AVAILABLE: Rock Climbing & Mountaineering

COST: \$25/1 year membership

AGE/GRADE: Ages 13 to 18 yrs.

REQUIREMENTS/RESTRICTIONS:

MT. HOOD MEADOWS SKI RESORT

PHONE: 503-337-2222, SNOW PHONE: 503-227-7669

ADDRESS: Hwy. 35 / Mt. Hood

CONTACT PERSON:

HOURS:

WEBSITE: www.skihood.com

EMAIL:

ACTIVITIES AVAILABLE: Downhill skiing, snowboarding

COSTS: Fee charged

AGE/GRADE: All ages

REQUIREMENTS/RESTRICTIONS:

MT. HOOD SKI BOWL

RESORT PHONE: 503-272-3206, SNOW PHONE: 503-222-2695

RENTALS: 503-222-4158

CONTACT PERSON:

HOURS:

WEBSITE: www.skibowl.com

EMAIL:

ACTIVITIES AVAILABLE: Downhill skiing, snowboarding

COSTS: Fee charged

AGE/GRADE: All ages

REQUIREMENTS/RESTRICTIONS:

OREGON ROWING UNLIMITED

MAILING ADDRESS: 333 South State St., Suite V / Lake Oswego

PHONE: 503-233-9426

CONTACT PERSON:

HOURS: Practices held weekdays 3:30pm - 6:00pm

WEBSITE: www.oregonrowing.org

EMAIL:

ACTIVITIES AVAILABLE: Beginning and varsity rowing. Located at Oaks Amusement Park in SW Portland.

COSTS: Fee charged

AGE/GRADE: High School

REQUIREMENTS/RESTRICTIONS: No boats in the water during winter season

PORTLAND RIVER COMPANY

ADDRESS: 0315 SW Montgomery / Suite 330 / Portland

PHONE: 503-229-0551

CONTACT PERSON:

HOURS:

WEBSITE: www.portlandrivercompany.com

EMAIL:

ACTIVITIES AVAILABLE: Kayaking

COST: 3 day camp/\$150. 2 1/2 hr. guided tour \$39/person (Group discount available). Will customize for groups of 6-16 people.

AGE/GRADE: Ages 10-13 yrs.

REQUIREMENTS/RESTRICTIONS: Kayaks provided

SYNERGO

ADDRESS:

PHONE: 503-452-9451

CONTACT PERSON: Jennifer Fox Marter

HOURS: Second Sunday of every month-open challenge course, summer leadership programs

WEBSITE: www.teamsynergo.com

EMAIL:

ACTIVITIES AVAILABLE: High Ropes Challenge Course/Leadership Development Program

COST: Varies from \$30/Sunday to \$200/week

AGE/GRADE: Any

REQUIREMENTS/RESTRICTIONS:

TIMBERLINE LODGE & SKI AREA

GENERAL INFO: 503-231-7979

ROOM RESERVATIONS ONLY: 503-231-5400

SKI/SNOW/ROAD REPORT: 503-222-2213

SKI SCHOOL: 503-231-5402

CONTACT PERSON:

HOURS:

WEBSITE: www.timberlinelodge.com

EMAIL:

ACTIVITIES AVAILABLE:

COSTS:

AGE/GRADE: All ages

REQUIREMENTS/RESTRICTIONS:

WILLAMETTE SAILING SCHOOL

ADDRESS: 6336 SW Beaver Avenue / Portland

PHONE: 503-730-7245

CONTACT PERSON:

HOURS:

WEBSITE: www.willamettesailingclub.com

EMAIL:

ACTIVITIES AVAILABLE: Sailing

COSTS: Fee charged

AGE/GRADE: Ages 8 years and up/Coed

REQUIREMENTS/RESTRICTIONS: Members only

YMCA CAMP COLLINS

ADDRESS: 3001 SE Oxbow Parkway / Gresham

PHONE: 503-663-5813

CONTACT PERSON:

HOURS:

WEBSITE: www.ymca-portland.org/campcollins

EMAIL:

ACTIVITIES AVAILABLE: Summer youth programs range from 5-7 days in areas such as backpacking, rafting, kayaking, swimming, horses

COST: Financial assistance available

AGE/GRADE: Grades 1 to 9

REQUIREMENTS/RESTRICTIONS:

RUNNING

OREGON ROAD RUNNERS CLUB (ORRC)

ADDRESS: 4840 SW Western Ave, #200 / Beaverton

PHONE: 503-646-7867

CONTACT PERSON:

HOURS:

WEBSITE: www.orrc.net

EMAIL: orrc@orrc.net

ACTIVITIES AVAILABLE: Training, runs, walks, spring track, summer track

COST: Membership fee

AGE/GRADE:

REQUIREMENTS/RESTRICTIONS:

PORTLAND RUNNING COMPANY

ADDRESS: 11355 SW Scholls Ferry Road / Beaverton

PHONE: 503-524-7570

CONTACT PERSON: Ian Gillespie

HOURS: Once a week in summer, after school

WEBSITE:

EMAIL:

ACTIVITIES AVAILABLE: Running, fun, games

COST: \$40/5 weeks

AGE/GRADE: Ages 5 to 14 years

REQUIREMENTS/RESTRICTIONS: Running shoes

RIVER CITY TRACK CLUB

ADDRESS: 9043 N. Tioga / Portland

PHONE: 503-735-0290

CONTACT PERSON: Jim & Julie Stevens

HOURS: Evenings

WEBSITE: www.xro.com/RCTC

EMAIL: rctc.pdx@aol.com

ACTIVITIES AVAILABLE: Cross-country (Aug. - Dec.) Indoor (Dec. - Mar.) Track & Field (Mar. - July)

COST: Membership fee charged (Covers track meets & championships & USATF membership fee)

AGE/GRADE: Ages 7 to 18 years

REQUIREMENTS/RESTRICTIONS: Must buy your own uniform



TUALATIN HILLS PARK & RECREATION DISTRICT (THPRD)

15707 SW Walker Rd. / Beaverton

503-645-6433

www.thprd.org

TUALATIN HILLS SYNCHRONIZED SWIMMING CLUB

ADDRESS: 158th & Walker Rd. / Beaverton

PHONE: 503-533-0831

CONTACT PERSON:

HOURS:

WEBSITE: www.members.aol.com/thsynchro

EMAIL: thsynchro@aol.com

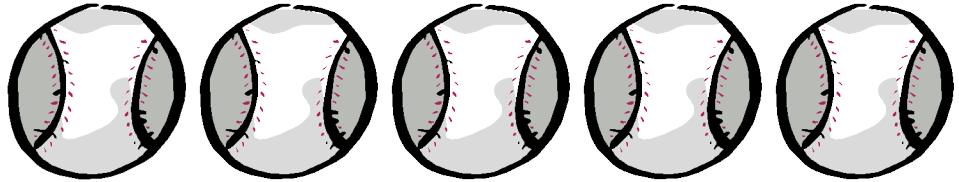
ACTIVITIES AVAILABLE: Novice and competitive synchronized swimming teams. Season runs September - July.

COSTS: Fee charged

AGE/GRADE: Ages 7 to 11 years

REQUIREMENTS/RESTRICTIONS: Tryouts for competitive teams

TEAM SPORTS BASEBALL



ALOHA BASEBALL-SOFTBALL ASSN.

ADDRESS:

PHONE: 503-649-8609

CONTACT PERSON: Kevin Brenneman

HOURS:

WEBSITE:

EMAIL:

ACTIVITIES AVAILABLE: T-ball, recreational and competitive teams

COSTS: Fee charged

AGE/GRADE: Ages 6 to 18 years

REQUIREMENTS/RESTRICTIONS: Must live within the Aloha High School attendance area

BEAVERTON BABE RUTH BASEBALL, INC.

ADDRESS:

PHONE: 503-626-1129

CONTACT PERSON:

HOURS:

WEBSITE: <http://www.geocities.com/beavertonbaberuth/index.html>

EMAIL: beavertonbaberuth@yahoo.com

ACTIVITIES AVAILABLE: Spring league baseball. Generally serves Southridge High and Beaverton High attendance areas.

COSTS: See registration form. Registration in February, tryouts in March

AGE/GRADE: Ages 13 to 15 years

REQUIREMENTS/RESTRICTIONS: Must live in the Beaverton School District attendance area

BEAVERTON/SOUTHRIDGE SUMMER BASEBALL

ADDRESS: PO Box 1663 / Beaverton

PHONE: 503-590-9746

CONTACT PERSON:

HOURS:

WEBSITE: www.eteamz.com/BSBSA

EMAIL:

ACTIVITIES AVAILABLE: Summer t-ball, recreational and competitive teams. Practices start during spring season.

COSTS: Fee charged

AGE/GRADE: Ages 6 to 14 years

REQUIREMENTS/RESTRICTIONS: Must live within Beaverton High School or Southridge High School attendance areas

JUNIOR BASEBALL OF OREGON, INC.

ADDRESS:

PHONE: 503-626-0221

CONTACT PERSON:

HOURS:

WEBSITE: www.juniorbaseballoforegon.com

EMAIL: info@juniorbaseballoforegon.com

ACTIVITIES AVAILABLE: T-ball, recreational and competitive leagues and tournaments

COSTS: Fee charged

AGE/GRADE: Ages 9 to 14 years

REQUIREMENTS/RESTRICTIONS:

MURRAY HILL LITTLE LEAGUE

ADDRESS: PO Box #204, 14845 SW Murray Scholls Drive, Suite 110 / Beaverton

PHONE: 503-524-6790

CONTACT PERSON:

HOURS:

WEBSITE: www.leaguelineup.com/mhill

EMAIL: murrayhilllittleleague@attbi.com

ACTIVITIES AVAILABLE: Spring/Summer T-ball, baseball, softball. Post-season tournaments. Fall baseball leagues.

COSTS: Fee charged

AGE/GRADE: Ages 5 to 14 years

REQUIREMENTS/RESTRICTIONS

RALEIGH HILLS LITTLE LEAGUE, INC.

ADDRESS: PO Box 25762 / Portland

PHONE: 503-641-7455

CONTACT PERSON: Voicemail

HOURS: Website & voicemail always available

WEBSITE: <http://www.farbeyond.com/rhll.asp>

EMAIL: See website

ACTIVITIES AVAILABLE: Spring & summer league baseball and softball teams. Serves students in the following Beaverton Schools attendance areas: Greenway, McKay, Raleigh Hills, Raleigh Park, Vose, Whitford & Conestoga. Open to students who are home-schooled or attending private schools who live in these areas.

COSTS: \$50-up, depending on age group. See registration forms. Financial aid available.

AGE/GRADE: Baseball for boys ages 6-12. Softball for girls ages 8-15.

REQUIREMENTS/RESTRICTIONS: Registration usually in January - February. Practices start in March. Games begin in April.

WESTVIEW JUNIOR BASEBALL ASSN.

ADDRESS: PMB# 2373, NW 185th Ave. / Hillsboro

PHONE: 503-641-2707

CONTACT PERSON:

HOURS:

WEBSITE: www.westviewbaseball.org

EMAIL: registrar@westviewbaseball.org

ACTIVITIES AVAILABLE: T-ball, recreational teams and tournaments

COSTS: Fee charged

AGE/GRADE: Ages 6 to 16

REQUIREMENTS/RESTRICTIONS: Must live within the Westview High School attendance area

BASKETBALL



THE HOOP

ADDRESS: 9685 SW Harvest Ct. / Beaverton

PHONE: 503-644-2191

CONTACT PERSON:

HOURS: M-Th: 8am-10pm, Sat: 8am-6pm, Sun: 12pm-8pm

WEBSITE: <http://www.thehoop.com/beaverton>

EMAIL: beavgm@thehoop.com

ACTIVITIES AVAILABLE: Basketball leagues, tournaments, camps, clinics, classes, open play

COSTS: Membership rates and monthly dues vary. See website for membership info.

AGE/GRADE: 5th grade through college

REQUIREMENTS/RESTRICTIONS:

KATY STEDING BASKETBALL ACADEMY

ADDRESS: PO Box 2264 / Tualatin

PHONE: 503-968-4542

CONTACT PERSON:

HOURS:

WEBSITE: www.katysteding.com

EMAIL: KSteding@warnerpacific.edu

ACTIVITIES AVAILABLE: Girls basketball camps and clinics held during summer months

COSTS: Fee charged

AGE/GRADE: Girls ages 8 to 18 years

REQUIREMENTS/RESTRICTIONS:

TUALATIN HILLS PARK & RECREATION DISTRICT (THPRD)

ADDRESS: 15707 SW Walker Rd. / Beaverton

PHONE: 503-645-6433

WEBSITE: www.thprd.org

ACTIVITIES AVAILABLE: Recreational basketball teams

COSTS: Fee charged

AGE/GRADE: Ages 6 to adult

FOOTBALL



ALOHA YOUTH FOOTBALL

ADDRESS:

PHONE: 503-591-5255

CONTACT PERSON: Kathi Costa, Registrar

HOURS:

WEBSITE: www.alohayouthfootball.com

EMAIL:

ACTIVITIES AVAILABLE: Tackle football league. Practices start in August.

COSTS: Fee charged

AGE/GRADE: 3rd to 8th grade

REQUIREMENTS/RESTRICTIONS: Must live within the Aloha High School attendance area

BEAVERTON YOUTH FOOTBALL

ADDRESS: PO Box 25762 / Portland

PHONE: 503-644-3773

CONTACT PERSON: Mike Scott, President

HOURS:

WEBSITE:

EMAIL: MJSPDX@aol.com

ACTIVITIES AVAILABLE: Fall tackle football teams

COSTS: Fee charged

AGE/GRADE: Grades 3-8

REQUIREMENTS/RESTRICTIONS: Must live within the Beaverton High School attendance area

SOUTHRIDGE YOUTH FOOTBALL

ADDRESS: 13675 SW Chariot Ct. / Beaverton

PHONE: 503-590-4335

CONTACT PERSON:

HOURS:

WEBSITE: www.southeridgefootball.com

EMAIL:

ACTIVITIES AVAILABLE: Fall tackle football teams

COSTS: Fee charged

AGE/GRADE: Grades 3 to 8

REQUIREMENTS/RESTRICTIONS: Must live within the Southridge High School attendance area

SUNSET APOLLOS YOUTH FOOTBALL

ADDRESS:

PHONE:

CONTACT PERSON: Rick Olney, President

HOURS:

WEBSITE:

EMAIL: Rolney@aol.com

ACTIVITIES AVAILABLE: Fall season tackle football teams

COSTS: Fee charged

AGE/GRADE: Grades 3 to 8

REQUIREMENTS/RESTRICTIONS: Must live within the Sunset High School attendance area

TUALATIN VALLEY YOUTH FOOTBALL

ADDRESS: 4840 SW Western Ave. / Beaverton

PHONE: 503-644-3104

CONTACT PERSON:

HOURS:

WEBSITE: www.tvyfl.org

EMAIL: admin@tvyfl.org

ACTIVITIES AVAILABLE: Tackle-based football program for 3rd-8th graders in the Tualatin Valley and Portland metropolitan area. Includes fall football league and summer football clinics.

COSTS: Fee charged

AGE/GRADE: Grade 3 to 8

REQUIREMENTS/RESTRICTIONS:

WESTVIEW YOUTH FOOTBALL

ADDRESS: PO Box 7237 / Beaverton

PHONE: 503-645-1943

CONTACT PERSON: Mychal Kemp

HOURS:

WEBSITE: www.westviewyouthfootball.com

EMAIL: KempM@diebold.com (for registration info)

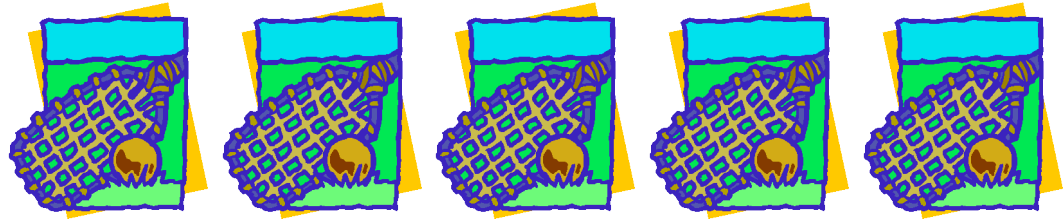
ACTIVITIES AVAILABLE: Fall season tackle football teams

COSTS: Fee charged

AGE/GRADE: Grades 2 to 8

REQUIREMENTS/RESTRICTIONS: Must live within the Westview High School attendance area

LACROSSE



LACROSSE NORTHWEST

ADDRESS: 1720 NW Lovejoy St. / Portland

PHONE: 503-295-7774

CONTACT PERSON: Doug Foster

HOURS: Call any time. Voicemail available.

WEBSITE: www.laxnw.com

EMAIL: admin@laxnw.com

ACTIVITIES AVAILABLE: Lacrosse is a spring sport for schools. Lacrosse NW offers lacrosse league play in summer, fall & winter. Also offers individual instruction & camps.

COSTS:

AGE/GRADE: 9 yrs. through adult for boys/men, 12 yrs. through adult for girls/women

REQUIREMENTS/RESTRICTIONS:

INDOOR GOALS

ADDRESS: 16540 SW Bethany Ct. / Beaverton

PHONE: 503-629-9500

CONTACT PERSON: Doug Foster

HOURS:

WEBSITE: www.indoorgoals.com

EMAIL: info@indoorgoals.com

ACTIVITIES AVAILABLE: Lacrosse leagues, youth camps, clinics, lessons for boys and girls

COSTS: Fee charged

AGE/GRADE: High School

REQUIREMENTS/RESTRICTIONS:

BEAVERTON YOUTH LACROSSE

ADDRESS: 15690 SW Harlequin Dr. / Beaverton

PHONE: 503-524-1851

CONTACT PERSON:

HOURS:

WEBSITE: www.leaguelineup.com

EMAIL: astridhodgson@comcast.net

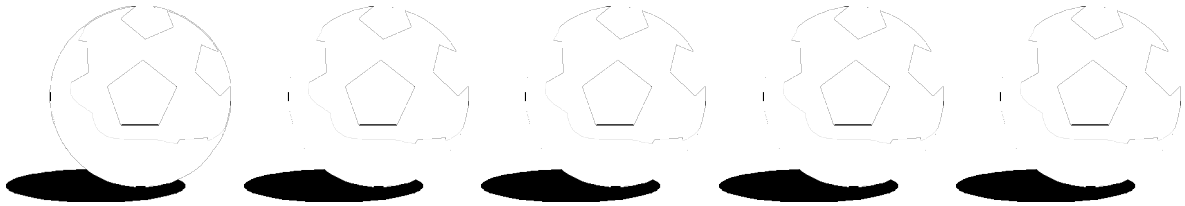
ACTIVITIES AVAILABLE: Summer leagues & camps

COSTS: Fee charged

AGE/GRADE: Boys & girls grades 5-8

REQUIREMENTS/RESTRICTIONS:

SOCCER



ALOHA YOUTH SOCCER CLUB

ADDRESS: AYSC, 6107 SW Murray Blvd., PMB #145, Beaverton

PHONE: 503-672-9264 x427

CONTACT PERSON:

HOURS:

WEBSITE: www.alohasoccer.com

EMAIL: president@alohasoccer.com

ACTIVITIES AVAILABLE: Recreational youth soccer teams for boys & girls

COSTS: Fee charged

AGE/GRADE: Kindergarten-High School

REQUIREMENTS/RESTRICTIONS

CEDAR HILLS SOCCER CLUB

ADDRESS:

PHONE: 503-641-5352

CONTACT PERSON: Mark Dane, President

HOURS:

WEBSITE: www.geocities.com/cedar_hills_soccerclub

EMAIL: m.dane2@gte.net

ACTIVITIES AVAILABLE: Recreational youth soccer teams for boys & girls

COSTS: Fee charged

AGE/GRADE: Ages 5 to 13 years

REQUIREMENTS/RESTRICTIONS:

MILLTOWN SOCCER CLUB

ADDRESS:

PHONE: 503 672-9264 x 473

CONTACT PERSON:

HOURS:

WEBSITE: www.geocities.com/milltown_soccer

EMAIL: milltown_soccer@yahoo.com

ACTIVITIES AVAILABLE: Recreational youth soccer teams for boys & girls

COSTS: Fee charged

AGE/GRADE: Kindergarten-High School

REQUIREMENTS/RESTRICTIONS: Must live in the Cedar Mill, West TV or Terra Linda attendance areas

MULTICULTURAL SOCCER LEAGUE

ADDRESS:

PHONE: 503-888-3152

CONTACT PERSON: Oscar Montebianco

HOURS: April-June. Games are weekends only. Practices vary by team.

WEBSITE:

EMAIL:

ACTIVITIES AVAILABLE: Boys & Girls Soccer

COSTS: Fee charged

AGE/GRADE: Grades 9 to 12

REQUIREMENTS/RESTRICTIONS: Must be enrolled in school. Registration-Feb. 1.

OAK HILLS SOCCER CLUB

ADDRESS: Oak Hills Soccer Club, 3035 NW 153rd Ave. / Beaverton

PHONE: 503-672-9264 ext. 483

CONTACT PERSON:

HOURS:

WEBSITE: www.ohsoccer.com

EMAIL:

ACTIVITIES AVAILABLE: Recreational youth soccer teams for boys & girls

COSTS: Fee charged

AGE/GRADE: Kindergarten through age 13 years

REQUIREMENTS/RESTRICTIONS: Must reside in the Jacob Wismer, Oak Hills Elementary, Findley Elementary attendance areas

OREGON SOCCER ACADEMY

ADDRESS: 2000 NE 42nd Ave., Suite 288 / Portland

PHONE: 503-284-4951

CONTACT PERSON:

HOURS:

WEBSITE: www.oregonsocceracademy.com

EMAIL: info@oregonsocceracademy.com

ACTIVITIES AVAILABLE: Boys & girls soccer teams playing in summer and fall leagues and tournaments at the Premier and Classic I level. Offers winter indoor soccer season.

COSTS: Fee charged

AGE/GRADE: Ages 9 through High School

REQUIREMENTS/RESTRICTIONS:

OREGON YOUTH SOCCER ASSN. (OYSA)

ADDRESS: 4840 SW Western Ave., Suite 800 / Beaverton

PHONE: 503-626-4625

CONTACT PERSON:

HOURS:

WEBSITE: www.oregonyouthsoccer.org. Contains links to entire Tualatin Hills OYSA District teams including Aloha, Milltown, Oak Hills, Somerset West, Tualatin Hills United, West Hills, Westside Warriors, Westside Metros, and Oregon Soccer Academy.

EMAIL:

ACTIVITIES AVAILABLE: Recreational soccer, Competitive Classic Soccer clubs and leagues for boys & girls.

COSTS: Fee charged

AGE/GRADE: Boys & Girls, ages 5 to 19 years

REQUIREMENTS/RESTRICTIONS: Must live within specified geographic areas

PORTLAND YOUTH SOCCER ASSN./METRO LEAGUE SOCCER

ADDRESS: 4840 SW Western Ave. / Beaverton

PHONE: 503-646-6683

CONTACT PERSON:

HOURS:

WEBSITE: www.pysa.net

EMAIL:

ACTIVITIES AVAILABLE: Competitive soccer league including OYSA teams throughout Portland Metro area

COSTS: Fee charged

AGE/GRADE: U11-U14

REQUIREMENTS/RESTRICTIONS: Must be registered OYSA team

SOMERSET WEST SOCCER CLUB

ADDRESS: 2373 NW 185th, PMB 249 / Hillsboro

PHONE: 503-672-9264 x503

CONTACT PERSON:

HOURS:

WEBSITE: <http://www.somersetwestsoccer.org/>

EMAIL:

ACTIVITIES AVAILABLE: Recreational youth soccer teams for boys & girls

COSTS: Fee charged

AGE/GRADE: Kindergarten through grade 12

REQUIREMENTS/RESTRICTIONS: Must live within the Bethany, Rock Creek, Lenox, McKinley or Elmonica school attendance areas

TUALATIN HILLS UNITED SOCCER CLUB

ADDRESS: THUSC, 515 NW Saltzman, PMB 821 / Portland

CONTACT PERSON: Tom Atencio, Director

EMAIL: tom@thusc.org

PHONE: (503)626-1923

HOURS:

WEBSITE: www.thusc.org

ACTIVITIES AVAILABLE: Year-round soccer program. Includes summer camps & tournaments.

COSTS: Fee charged

AGE/GRADE: U11-U17

REQUIREMENTS/RESTRICTIONS:

WEST HILLS SOCCER CLUB

ADDRESS: 4702 SW Scholls Ferry Road, PMB 429 / Portland

PHONE: 503-672-9264 x522

CONTACT PERSON:

HOURS:

WEBSITE: www.westhillssoccer.com

EMAIL:

ACTIVITIES AVAILABLE: Recreational youth soccer teams for boys & girls

COSTS: Fee charged

AGE/GRADE: Kindergarten through grade 12

REQUIREMENTS/RESTRICTIONS: Must live within the Raleigh Park, Raleigh Hills, McKay, Greenway, Montclair or Whitford school attendance areas

WESTSIDE METROS SOCCER CLUB

ADDRESS: 4840 SW Western Ave, Suite 100 / Beaverton

PHONE: 503-626-2975

CONTACT PERSON:

HOURS:

WEBSITE: www.westsidemetros.com

EMAIL: wsmetros@westsidemetros.com

ACTIVITIES AVAILABLE: Classic/competitive youth soccer teams for boys & girls. Fall & spring leagues, camps & tournaments.

COSTS: Fee charged

AGE/GRADE: Ages 10 to 19 years

REQUIREMENTS/RESTRICTIONS:

WESTSIDE WARRIORS SOCCER CLUB

ADDRESS: 4840 SW Western Ave, Suite 100 / Beaverton

PHONE: 503-352-0180

CONTACT PERSON: Crystal @ 503-352-0180

HOURS:

WEBSITE: www.westsidewarriors.org/

EMAIL:

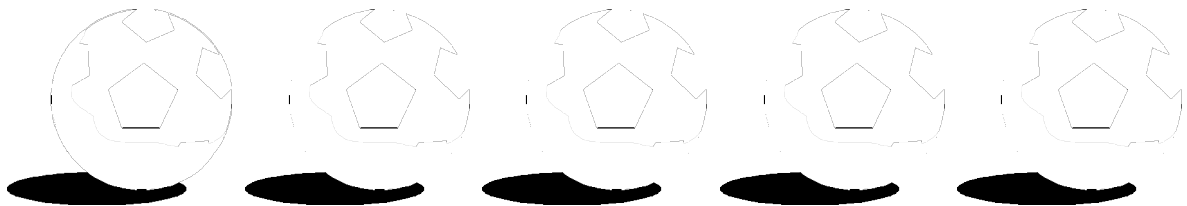
ACTIVITIES AVAILABLE: Recreational youth soccer teams for boys & girls

COSTS: Fee charged

AGE/GRADE: Kindergarten through grade 12

REQUIREMENTS/RESTRICTIONS: Must live within the attendance areas of the following schools: Chehalem, Fir Grove, Hiteon, Pilgrim Lutheran, St Cecilia, Sexton Mt, and Vose Grade Schools, Conestoga and Highland Park Middle Schools or Southridge High School

SOCCER--INDOOR



MJCC INDOOR SOCCER CENTER

ADDRESS: 6651 SW Capitol Hwy. / Portland

PHONE: 503-244-0111

CONTACT PERSON: Mike Verbitsky, Director

HOURS: Office hours: M-F 8:30am - 5pm

WEBSITE: www.oregonjcc.org/programs-services/soccer.html

EMAIL: Mverbits@oregonjcc.org

ACTIVITIES AVAILABLE: Indoor soccer leagues, camps & clinics for youth through adult ages

COSTS: Varies

AGE/GRADE: Ages 8 through adult. Membership is open to entire community.

REQUIREMENTS/RESTRICTIONS: Must wear turf shoes, no cleats. Must wear shin guards with socks covering entire shin guards.

OFF THE WALL SOCCER/ARENA SOCCER CENTERS, INC.

ADDRESS: 2500 SE 39th Loop / Hillsboro

PHONE: 503-681-2255

CONTACT PERSON:

HOURS:

WEBSITE: www.offthewallsoccer.com

EMAIL: tvinfo@offthewallsoccer.com

ACTIVITIES AVAILABLE: Youth indoor soccer teams, clinics, tournaments, summer camps

COSTS: Fee charged

AGE/GRADE: Age 6 years to adult

REQUIREMENTS/RESTRICTIONS:

SOCCERPLEX

ADDRESS: 8785 SW Beaverton-Hillsdale Hwy. / Beaverton

PHONE: 503-297-4145

CONTACT PERSON: John Bain, facility manager

HOURS:

WEBSITE: www.soccerplex.com

EMAIL:

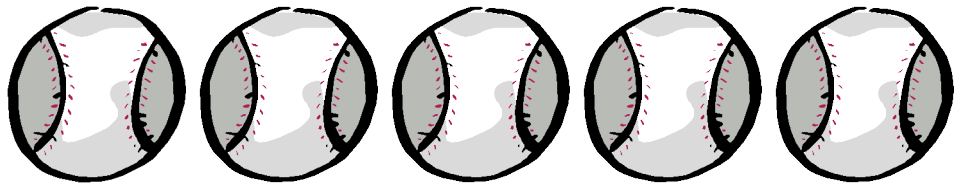
ACTIVITIES AVAILABLE: Indoor soccer camps, lessons, leagues

COSTS: Fee charged

AGE/GRADE: Ages 6 to adult

REQUIREMENTS/RESTRICTIONS: Shinguards required; must be covered by socks

SOFTBALL



ALOHA SOFTBALL ASSN.

ADDRESS: Aloha, OR

PHONE: 503-649-6883

CONTACT PERSON:

HOURS:

WEBSITE:

EMAIL:

ACTIVITIES AVAILABLE: T-ball, recreational and competitive teams and tournaments

COSTS: Fee charged

AGE/GRADE: Ages 6 to 18 years

REQUIREMENTS/RESTRICTIONS: Must live within the Aloha High School attendance area

BEAVERTON/SOUTHRIDGE SUMMER SOFTBALL

ADDRESS: PO Box 1663 / Beaverton

PHONE: 503-590-9746

CONTACT PERSON:

HOURS:

WEBSITE: www.eteamz.com/BSBSA

EMAIL:

ACTIVITIES AVAILABLE: Summer T-ball, recreational and competitive teams. Practices start during spring season.

COSTS: Fee charged

AGE/GRADE: Ages 8 to 14 years

REQUIREMENTS/RESTRICTIONS: Must live within Beaverton High School or Southridge High School attendance areas

SUNSET JUNIOR SOFTBALL

ADDRESS: 2850 SW Cedar Hills Blvd, #352 / Beaverton

PHONE: 503-643-8762

CONTACT PERSON: Gary Pete

HOURS:

WEBSITE: www.etamz.com/sunsetsoftball

EMAIL: gdckpete@aol.com

ACTIVITIES AVAILABLE: T-ball, recreational and competitive teams and tournaments

COSTS: Fee charged

AGE/GRADE: Ages 5 to 18 years

REQUIREMENTS/RESTRICTIONS: Must live within the Sunset High School attendance area

WESTVIEW SUMMER SOFTBALL

ADDRESS: PMB# 2373 NW 185th Ave. / Hillsboro

PHONE: 503-641-2707

CONTACT PERSON:

HOURS:

WEBSITE: www.westviewbaseball.org

EMAIL: registrar@westviewbaseball.org

ACTIVITIES AVAILABLE: T-ball, recreational teams and tournaments

COSTS: Fee charged

AGE/GRADE: Ages 6 to 14 years

REQUIREMENTS/RESTRICTIONS: Must live within the Westview High School attendance area

YOGA



HALL STREET YOGA

ADDRESS: 3665 Hall Blvd. / Beaverton
PHONE: 503-526-8828
HOURS: Varies
COST: Varies
ACTIVITIES: Bikram Yoga
RESTRICTIONS/REQUIREMENTS:

HOLIDAY'S HEALTH AND FITNESS YOGA CENTER

ADDRESS: 510 SW 3rd Suite 210 / Portland
PHONE: 503-224-8611
HOURS: Varies-check website or call
WEBSITE: www.holidaysyogacenter.com
EMAIL:
ACTIVITIES AVAILABLE: Various styles
COSTS: Varies-check website or call
AGE/GRADE: Call for info. Teen program is free in the month of June, and 1/2 price all other months
RESTRICTIONS/REQUIREMENTS:

NIRVANA SPA AND WELLNESS CENTER

ADDRESS: 13305 SW 22nd Street. / Beaverton
PHONE: 503-577-3393
HOURS: Varies
WEBSITE: RETyoga@cs.com
EMAIL:
ACTIVITIES: Hatha Yoga
COSTS: Varies
RESTRICTIONS/REQUIREMENTS:

SUNSET YOGA CENTER

ADDRESS: 13486-A NW Cornell Rd. / Portland
PHONE: 503-626-6245
HOURS: Varies
WEBSITE: www.sunsetyoga.com
EMAIL:
ACTIVITIES AVAILABLE: Hatha Yoga
COST: Varies - offers free class to 1st time students
RESTRICTIONS/REQUIREMENTS: