Charles Jordan Community Center

TEEN FORCE

PORTLAND PARKS & RECREATION
Healthy Parks, Healthy Portland

Winter 2013

- Arts
- Fitness
- DJ Academy
- Homework Help
- Saturday Teen Nights

Harmonee Marty
Teen Service Coordinator
(503) 823-3631
harmonee.marty@portlandoregon.gov

Transportation

Bus, Walk, or Drive!

Bus Line #4 Fessenden

Plan your trip at trimet.org

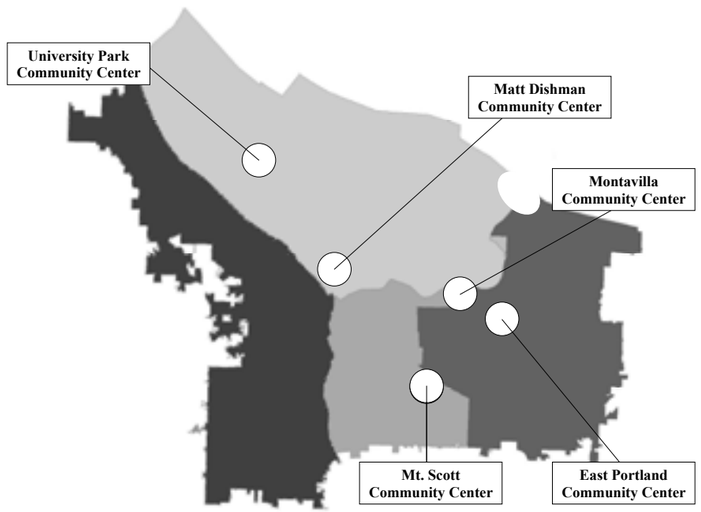
9009 N Foss
Portland, OR 97203

TEEN FORCE
PORTLAND PARKS & RECREATION

Teen Programming Focus

Teen Force engages and empowers teens through ongoing registration and drop-in programs, as well as one-time events and special activities specializing in:

- Activity/Fitness
- Environmental Stewardship/ Outdoor Experiences
- Arts Experiences
- Leadership/Employment
- Social Interaction/Fun



Teen Force is located in five communities throughout Portland!

ADDITIONAL SITES INCLUDE:

Madeline Bach
Mt. Scott Community Center
5530 SE 72nd Ave
Portland, OR 97206
(503)953-9574 cell
madeline.bach@portlandoregon.gov

Demetri Finch-Brown
East Portland Community Center
740 SE 106th Ave
Portland, OR 97216
(503)953-9578 cell
demetri.finchbrown@portlandoregon.gov

Montavilla Community Center
8219 NE Glisan
Portland, OR 97220
(503)953-9573 cell

Robert Donaldson III
Matt Dishman Community Center
77 NE Knott
Portland, OR 97212
(503)953-9579 cell
robert.donaldson@portlandoregon.gov

PROUD PARTNER WITH cricket

CJCC FEATURES

Facility Features Include:

- 3 Full size basketbal courts
- State of the Art Fitness Room
- Public Computer Lab
- 1200 sq Foot Game Room

Daily Hours

Mon - Fri	6:30am - 9:00pm
Sat	9:00am - 6:00pm
Sun	8:30am - 12:30pm

Introducing...

ACTIVE PASS

For as little as $20/month...

You get unlimited access to the fitness center
You can participate in ANY or ALL of our group exercise courses for Teens & Adults
Pilates, Zumba, Yoga, Aerobics & More!

For $36/month you and a parent/guardian can both have an Active Pass and explore health & fitness together!

Come by the front desk for more information

Class Scholarships Available

Contact Harmonee Marty
503-823-3631
Harmonee.Marty@portlandoregon.gov

Programs Just For *TEENS!*

Experience Education

Homework Club **age: 11-17**
Looking for the great combination of school assignments & good times? Chill with friends, listen to the tunes, find support & assistance. Complete your homework! Stop by after school & stay caught up!

391898	M-F	3-5pm	Classes: 61
	1/2-3/22		FREE!

Be Active

Tubing Trip **age: 11-17**
If you've ever seen a kid zooming down a hill on an innertube, you know they could happily do it all day long! The sliding hill at Summit Ski area on Mt. Hood is famous for its speed as well as its proximity to a warm lodge & bathrooms!

391894	F	8-4pm	Classes: 1
	2/1		$40

Zumba Fitness **age: 12-19**
Experience one of the fastest growing, dance-based fitness crazes in the country! People of all ages are falling in love with its infectious music, easy-to-follow dance moves, & body-beautifying benefits. Routines combine fast & slow rhythms to achieve a balance of cardio & muscle-toning benefits. A dynamic, exciting & effective workout! Move fast & have fun!

392221	Tu	4:30-5:30pm	Classes: 7
	1/10-2/14		$14
392222	Tu	4:30-5:30pm	Classes: 7
	2/21-3/21		$14

Hip-Hop Dance **age: 11-17**
Feel the heat! Catch the groove & capture the irresistible beat! Emphasize proper technique including isolations, turns, combinations & complete dances. Increase agility & coordination while experiencing a beat that has you moving your feet!

392213	F	4:30-5:30pm	Classes: 6
	1/11-2/15		$19
392214	F	4:30-5:30pm	Classes: 6
	2/22-3/22		$19

Break Dance **age: 11-17**
Bust a move! Get funky & a little crazy! Build self-confidence, express individuality & work together as a team developing new steps & perfecting robotic popping. Build safe habits as your moves become faster & more complex.

392341	S	2:15-3pm	Classes: 5
	1/12-2/9		$17
385129	S	2:15-3pm	Classes: 5
	2/23-3/23		$17

Create Art

Turntable Heroes, How to be a DJ **age: 10-18**
Beat matching, baby scratch, cross fading - discover the professional techniques of a fast growing trade. Embrace the love of music while pursuing the art of playing records in a modern world.

392157	M	5-5:50 pm	Classes: 5
	1/7-2/11		$42
384774	M	6-6:50 pm	Classes: 5
	1/7-2/11		$42
384775	M	7-7:50 pm	Classes: 5
	1/7-2/11		$42
384776	M	8-8:50 pm	Classes: 5
	1/7-2/11		$42
385118	M	5-5:50 pm	Classes: 4
	2/25-3/18		$33
385119	M	6-6:50 pm	Classes: 4
	2/25-3/18		$33
385120	M	7-7:50 pm	Classes: 4
	2/25-3/18		$33
385121	M	8-8:50 pm	Classes: 4
	2/25-3/18		$33

Leadership

Teen Leadership Group **age: 11-17**
Want to be in-charge of your own dance or be involved in community activities? Join a youth empowerment program that emphasizes teamwork, entrepreneurship & volunteerism. Middle & High Schoolers are encouraged to enroll in this after school program.

384780	W	4-5pm	Classes: 11
	1/9-3/20		Free

Overnight Adventures

From Dusk To Dawn **age: 12-17**
Road trip! Here's a chance to get away & explore new adventures with old & new friends! Staff supervised trips promote positive activities that incorporate life-long learning & just plain fun! Let's get going!

391978	S-M	5pm-9am	Days: 2
	2/17-2/18		$12

How to Register
Three Options:

Register by phone:

Call 503.823.3631 with the course title and number you wish to register for and have a Visa or MasterCard ready to pay with.

Register at a Portland Parks community center:

Stop by the front desk at any Portland Parks community center with the course title and number you wish to register for. Acceptable payments methods are, Visa, MasterCard, check, or cash.

Register online:

Visit www.PortlandParks.org, select class search / registration under the recreation tab and follow the online instructions.

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Drop-In Programs
Teen Force - Charles Jordan

Teen Night
Sat 7-10pm

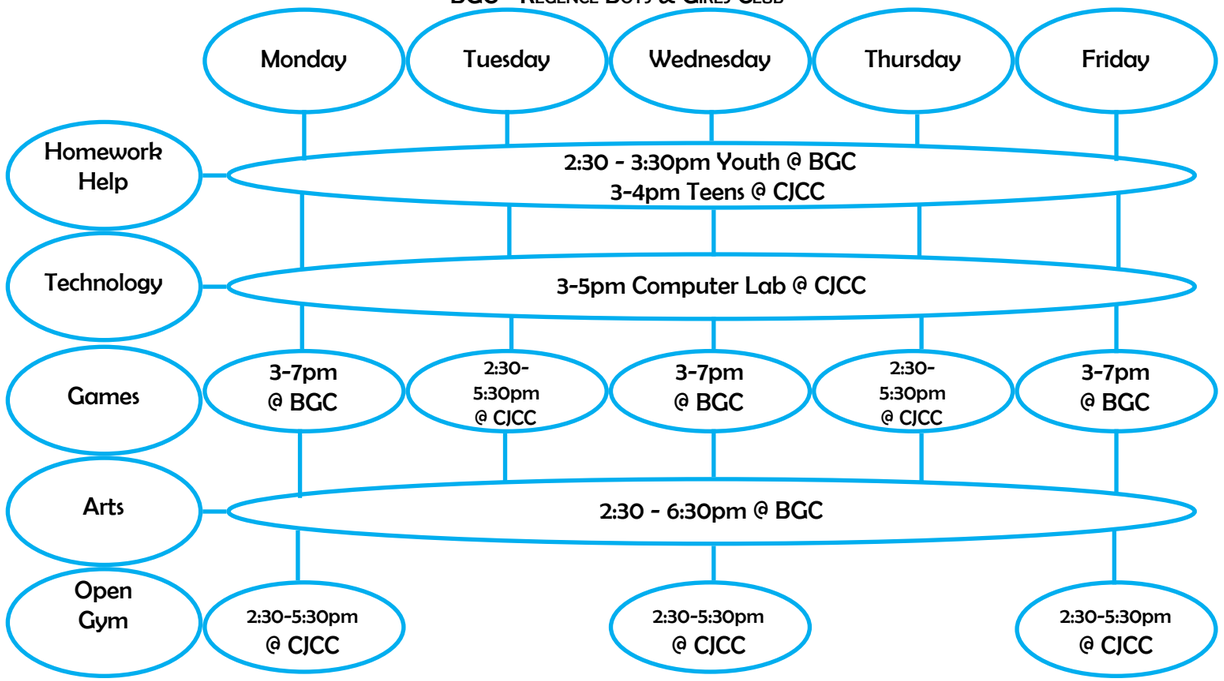
Must Bring a current Middle School or High School Student ID
Bags will be checked at the door

Teen F/X **ages: 11-17**
Looking for something new to do? Check out this incredible teen-only event! Hang with friends, test your abilities or show off your creative side while boosting self-esteem & gaining teamwork skills! Activities may include Scrapbooking, Sports Tournaments, Crafts, Cooking & more!

Community Campus Youth & Teen Drop-In Program
This Program is a partnership between Regence Boys & Girls Club and Charles Jordan Community Center

these programs are available to youth & teens on school days
there is no cost (other than good behavior) to participate
supper is served on school days at 4pm at BGC

CJCC - Charles Jordan Community Center
BGC - Regence Boys & Girls Club



Winter Break Options

Basketball Academy **age: 11-17**
389582 Tu- F 9-2pm Classes: 4
12/18-12/21 $21

Snow Tubing **age: 12-19**
384778 M 8-5pm Classes: 1
12/17 $40

Soccer Camp **age: 11-18**
385125 Tu-F 10-3pm Classes: 4
12/18-12/21 $21

Drop In Activities

Youth Open Gym	M/W/F	2-4pm
Game Room	T/Th/Sa	2-4pm
Computer Lab	M-F	3-5pm
	Sat	12-2pm

These hours are from Dec 17-28th. We will be closed on Dec 25th.

PORTLAND PARKS & RECREATION
Healthy Parks, Healthy Portland
Commisioner Nick Fish - Director Mike Abbaté
Harmonee Marty
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