PORTLAND PARKS & RECREATION
Healthy Parks, Healthy Portland

Southwest Community Center
6820 SW 45th Ave.
Portland Or, 97219
503-823-2840

All Ages

SWCC Gym Schedule
Winter 2013

Hours	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5am		All Ages 5:30-8:45am		All Ages 5:30-8:45am			
6am							
7am	Circuit Training 7:10-8:10am		Circuit Training 7:10-8:10am		Circuit Training 7:10-8:10am	Adult 30 & up Team Play 7:30-9:30am	
8am							
9am							
10am		Indoor Park 10:30-noon		Indoor Park 10:30-noon	Indoor Park 10:30-noon		All Ages 10am-4pm
11am							
Noon	Adult Basketball noon-2:30pm		Adult Basketball noon-2:30pm		Adult Basketball noon-2:30pm		
1pm	Indoor Park 1:30-3pm		Indoor Park 1:30-3pm				
2pm						All Ages 2-7pm	
3pm	Youth 18 & under 3-5pm	Youth 18 & under 3-4pm		Youth 18 & under 3-5pm	Youth 18 & under 3-5pm		
4pm							Adult 30 & up Team Play 4-6pm
5pm							
6pm					Open Gym Half Gym: 6-7pm Whole Gym:7:30-9pm		
7pm	Adult Basketball Team Play 18 & up 7:30-9:30pm	Adult Volleyball REC PLAY 7:30-9:30pm	Adult Basketball Team Play 18 & up 7:30-9:30pm	Adult Volleyball POWER PLAY 7:30-9:30pm			
8pm							
9pm							
10pm							

- Indoor Park will not run during Kid's Day Off Camps, winter, spring or summer breaks.
- Indoor Park Closed: 1/21, 2/1, 2/18, 3/25-29.
- Outside groups are not permitted to use Open Gym time for practices or private coaching. Call 503-823-2849 and speak with a coordinator to learn about The Gym Practice Rental Policy.
- Open REC Volleyball: Open for all skill levels to enjoy!
- Power Play Volleyball: For experienced players only (18 & up)! Players should understand a 6-2 offense for Power Play.
- No Adult Basketball when kids are out of school: 1/21, 2/1, 2/18, 3/25-29.
- Gym CLOSED for special events: 1/26 (2-7pm), 2/16 (2-7pm), 3/15 (6-9:30pm), 3/16 (7:30-2pm)

= Times when Southwest Community Center has classes or activites scheduled.

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Adult Special Interest
Parent & Child

18 & up

Early Childhood Parenting age: 18 & up

Taught by Michael Leavitt, M. Ed.
Gain valuable parenting skills designed especially for parents whose children are new born through age five. Meet other parents in an atmosphere of mutual support & learn to understand your child's behavior, build their self-esteem & develop healthy family relationships. $10 payable per person to SWCC at registration; $90/individual or $120/couple payable by check to instructor on first day of session. Location: Poolside

314586Tu 6-7:30pm Leavitt 4/6-5/11 $10

Gardening - Roses in The Springage: 18 & up

Taught by Portland Parks & Recreation's Botanical Specialist, Harry Landers.
Bond with nature, the garden & your flowers! Discover how & when to do seasonal pruning. Enjoy healthy bushes & prolific blooms with care taking techniques gained from an expert. Location: Multi

314575F 1-2:30pm Landers 4/30 $10

Estate Planning For Your Familyage: 18 & up

Why wait? Prepare your family today for the unexpected tomorrow by safeguarding your assets & healthcare wishes! Gain important information about wills & probate, living trusts, health directives, powers of attorney & guardian issues. Explore strategies to retain complete control over whom, how & when your estate is distributed. Discover the best way to protect yourself & your loved ones! Please pre-register; no payment due. Location: Multi

314574M 6:30-8pm 5/24-5/24 FREE!