PORTLAND PARKS & RECREATION
Healthy Parks, Healthy Portland

Southwest Community Center
6820 SW 45th Ave. | 503-823-2840
www.portlandoregon.gov/parks/swcc

4-13yrs

Gymnastics & Dance

Southwest Community Center Gymnastics Academy

SWCC'S Gymnastics programs are designed to increase coordination, strength, flexibility, balance, body awareness, self esteem & confidence. Participants may progress at their own pace through the skill levels listed for each class. No class 1/20, 1/27.

Level I: This class is an introduction to gymnastics, teaching proper techniques and increasing student's comfort level trying rolls, cartwheels, handstands, bars, vault & beam. We learn very basic movements emphasizing body awareness, strength, balance and coordination.

Level II: A Level II participant should be able to complete a forward roll, do a cartwheel moderately, skin-the-cat bringing legs through and drop on the bar, hold handstand with belly against the wall, walk on tip-toe across the beam.

Level III: Participants should be able to do a cartwheel proficiently, skin-the-cat bringing legs through and back on the bar, walk the length of the beam on tip-toe forwards and backwards & hold a bridge position on hands properly.

Gymnastics - Preschool — age: 4-6

Test your balance while learning skill development exercises involving jumping & landing, balances & poses, body awareness & flexibility & movement. Your child will enjoy learning the basics in a fun, noncompetitive way. Build self-esteem & confidence, sharpen problem solving skills & increase your motor & coordination skills. Location: Gym. No class 1/20, 1/27.

417750	M	3:15-4pm	Lily	1/13-2/10	$30
417752	M	3:15-4pm	Lily	2/24-3/17	$35
417751	Th	2:45-3:30pm	Lily	1/16-2/13	$40
417753	Th	2:45-3:30pm	Lily	2/20-3/20	$40

Gymnastics - Preschoolers Too! — age: 4-6

Junior gymnasts will build self-esteem & confidence, sharpen problem solving skills, increase balance & strength & increase their motor & coordination skills. For those that have had previous tumbling experience & are ready for new challenges. Location: Gym.

417828	W	3:45-4:30pm	Lily, Bayley	1/15-2/12	$40
417829	W	3:45-4:30pm	Lily, Bayley	2/19-3/19	$40

Gymnastics - I Beginning — age: 6-10

Stretch, tumble, balance & leap! Emphasizes fundamentals - rolls, cartwheels & headstands - with an introduction to the different equipment available. Benefits both boys & girls as they develop strength, agility & coordination applicable to all sports. Location: Gym. No class 1/20, 1/27.

417757	M	4:15-5pm	Lily	1/13-2/10	$35
417760	M	4:15-5pm	Lily	2/24-3/17	$35
417758	W	4:45-5:30pm	Lily, Bayley	1/15-2/12	$40
417761	W	4:45-5:30pm	Lily, Bayley	2/19-3/26	$40
417759	Th	3:45-4:30pm	Lily	1/16-2/13	$40
417762	Th	3:45-4:30pm	Lily	2/20-3/20	$40

Gymnastics - II Beginning Continued — age: 6-10

Movin' on up! Progressive methods allow you to develop tumbling expertise at your own rate while building confidence, strength, agility & grace. Fun, fundamentals & fitness are the primary goals while increasing skill on the mat & equipment. Location: Gym.

417925	Th	4:45-5:30pm	Lily	1/16-2/13	$40
417926	Th	4:45-5:30pm	Lily	2/20-3/20	$40

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Dance

Winter Ballet: Swan Lake
You're invited to our recital for family and friends on March 14th!

Ballet - Pre Ballet Where Dreams Begin — age: 4-5

Earliest preparation of time honored training in classical ballet. Agility, grace, coordination, movement & rhythm improves strength while providing the nurturing atmosphere to learn the discipline required. In-class recital on last day of class, 3/14. Location: Dance Studio.

417993	F	2:20-2:50pm	Michelle	1/24-3/14	$48
417991	F	2:55-3:25pm	Michelle	1/24-3/14	$48
417992	F	4:30-5pm	Michelle	1/24-3/14	$48

Ballet - Basics — age: 6-9

Express yourself! Explore this joyful dance style & increase agility, grace & coordination. Develop a firm foundation in classical technique while gaining music knowledge & arts appreciation. In-class recital on last day of class, 3/14. Location: Dance Studio.

418043	F	3:40-4:25pm	Michelle	1/24-3/14	$58

Jazz Dance - First Steps — age: 4-6

Come sizzle & swing into an exciting time! Increase your physical fitness level, coordination & confidence while sampling basic moves. Creative stretching warm ups & traveling steps build skills and a lifelong love of movement. Jump right in! Location: Dance Studio.

418053	Sa	1:15-1:45pm	Bayley	1/11-2/8	$27
418054	Sa	1:15-1:45pm	Bayley	2/15-3/15	$27

Dance The World Wide! *New!* — age: 4-6

Jump, Jive, n' Jiggle to music from other countries. Build strength & coordination while enjoying rhythm & body awareness. Exciting new movements with colorful props & customs from other lands. Location: Multi.

420618	Sa	2-2:30pm	Bayley	1/11-2/8	$27
420619	Sa	2-2:30pm	Bayley	2/15-3/15	$27

Dance - Get Into The Groove — age: 6-9

Like to boogie to funk & Hip-Hop? Meet new friends, build self-confidence & strengthen endurance & coordination with these jammin' beats. Step into music with pizzazz & move into dance numbers that will shake, sizzle & shine! Location: Dance Studio.

418059	Sa	2:45-3:30pm	Bayley	1/11-2/8	$33
418060	Sa	2:45-3:30pm	Bayley	2/15-3/15	$33

Dance - Funky Beat & Hip Hop — age: 10-13

Wanna dance like they do in the latest music videos? Build up moves & skills one step at a time. Once you know how, you'll get stronger, better, & confident enough to show some attitude on the floor. Location: Dance Studio.

418062	Sa	3:45-4:30pm	Bayley	1/11-2/8	$33
418063	Sa	3:45-4:30pm	Bayley	2/15-3/15	$33