PORTLAND PARKS & RECREATION
Healthy Parks, Healthy Portland

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

6mo-6yrs

Parent/Child Classes

Art, Cooking, Music, Science & Sports

Parent/Child – Art & Cooking

Art Babies! **age: 12-18 mos**
Discover the possibilities! It's all about the experience - colors, textures, shapes & sensory sensations. Develops small muscles in fingers, hand-eye coordination, self-expression & language through adult-child interaction. Great start to a lifetime of imagination! Location: Multi.

418058 Th 9:30-10am Ellen 2/20-3/20 $27

Storytime With Toddlers **age: 12-18 mos**
Babies explore books, play & music through hands-on experience. Promote social interaction & get your child off to a great start in life! Location: Multi.

420390 Tu 3pm-3:30pm Ellen 2/18-3/18 $27

Messy Art - Frosty Friends **age: 1½-5**
Brrr- it's cold outside! Stimulate creativity & imagination while exploring an array of winter creatures, such as snowmen, penguins & polar bears. A variety of art mediums enhance fine motor skills while learning about animals & the winter environment. Location: Multi.

418061 Th 10:30-11am Ellen 2/20-3/20 $27

Messy Art - Cars, Trucks & Planes **age: 1½-5**
Join together in discovering moving machines that roll, chug & soar! Explore a myriad of activities that let your imaginations take flight! Location: Multi.

418050 W 4:45-5:15pm 1/15-2/12 $27

Messy Art - Jungle Jamboree **age: 1½-5**
Grab a vine & swing into the jungle where the monkeys, tigers & leopards live & play. Exercise your creativity & self-expression with different rip roaring art experiences. Parent acts as child's assistant. Dress for Mess! Location: Multi.

418057 W 3:45-4:15pm 2/19-3/19 $27

Messy Art - Winter Wonderland **age: 1½-5**
Silly snowmen, sparkly snowflakes & many other winter crafts are brought to life using mixed media. Creative thinking & self-expression stressed. Enjoy, encourage & excite your child through art. Wear clothes that can handle paint. Location: Multi.

418072 Th 10:30-11am Ellen 1/16-2/13 $27

JUMP START

Look for the Jump Start icon by the activities in our catalog and know that each program will inspire even the youngest children to eat well, learn about their bodies or be active!

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Tiny Tot Scientist **age: 1½-5**
How does it work? Young children learn by hands-on experience. Then, it becomes part of their 'store' of understanding of our world. Spark curiosity using a variety of tools & activities. Location: Poolside.

418074	Th	3:15-3:45pm	Ellen	1/16-2/13	$27

Messy Art - Glitter, Tape & Glue! **age: 1½-5**
Shiny, sticky & gooey, oh my! Together, expand creative development with projects that increase fine motor skills. Use your imagination to make stunning masterpieces. Location: Poolside.

418071	Th	3:15-3:45pm	Ellen	2/20-3/20	$27

Messy Art - Wonderful Whimsical Winter **age: 2-6**
Warm wooly mittens, large lacey snowflakes & dancing dangling icicles. Express your creativity using a variety of art mediums that stimulate the mind, enhance fine motor skills & make for a magical Winter experience. No Class 1/20, 1/27. Location: Multi.

418039	M	11:30-12pm	Ellen	1/13-2/10	$22

Cooking - Little Munchers **age: 2-6**
Enter the ways of kitchen wizardry together to prepare & eat scrumptious snacks. Develop life-long skills of proper food preparation & kitchen safety. Discover new recipes for healthy & easy snacks to take away the munchies. No Class 1/20, 1/27. Location: Multi.

418041	M	11:30-12:15pm	Ellen	2/24-3/17	$29

Holiday Tea For Little Ones Valentine's Day! **age: 1½-5**
Colorful lights, shiny decorations & a party for you & me! Parents, don your festive best as together you indulge in delectable treats & delightful crafts. Share a special moment together destined to last a lifetime. Location: Multi.

418075 Sa 10:30-11:30am Ellen
$8/Child $4/Siblings

Parent/Child – Music

Music Babies! **age: 6-18mo**
Remember Mother Goose Rhymes? How about those lovely lullabies? Expose your child to new sights & sounds & enjoy the company of other new parents & babies. Stimulate little one's senses with colorful scarves, shakers & bells. No Class 1/20, 1/27. Location: Multi.

418124	M	9-9:30am	John	1/13-2/10	$22
418125	M	9-9:30am	John	2/24-3/17	$24

Music Makers **age: 1 – 1 ½**
Discover the world of music! Create, construct & play your own musical instruments. Move to beating drums, sing songs, learn music & develop listening skills through creativity & self-expression. Location: Multi.

420388	Tu	3pm-3:30pm	Ellen	1/14-2/11	$27

Baby Boogie **age: 12-24mo**
Wiggle & giggle with rhythmic movement. A variety of dance skills & styles taught through nursery rhymes incorporated with play. Large motor skills & body awareness are the first steps towards a life long love of dance. Location: Multi. No Class 1/20, 1/27.

417742	M	10:45-11:15am	Ellen	1/13-2/10	$22
417743	M	10:45-11:15am	Ellen	2/24-3/17	$24
417744	Th	9:30-10am	Ellen	1/16-2/13	$27
417745	Sa	9:20-9:50am	Ellen	2/15-3/15	$27

Music - Exploring Together! **1½-3**
It's musical playtime for kids! Develop self-expression, creativity & learning skills through songs, games, movement & use of instruments using methods such as Orff, Kodaly & Dalcroze. Parents/caregivers participate, too, cultivating 'harmonious' interactions. Location: Multi. No Class 1/20, 1/27.

418126	M	9:45-10:15am	John	1/13-2/17	$22
418127	M	9:45-10:15am	John	2/24-3/17	$24

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Gym Babies! — age: 12-24mo

Crawl this way! No need to worry as little ones explore our safe & soft environment. Playful & challenging activities gently encourage your child to develop strength, coordination & body awareness. Location: Gym.

417815	W	9:20-9:50am	Ellen	1/15-2/12	$27

Romp & Roll Tiny Tots *New!* — age: 12-24mo

Hop, skip or spring into this introduction to tumbling. Together, experience animal walks, spins & tumbles. Increase coordination & body awareness by leaping into independent & group games. Location: Gym or Multi.

417788	Tu	9:20-9:50am	Ellen	1/14-2/11	$27
417790	W	9:20-9:50am	Ellen	2/19-3/19	$27
417789	Sa	9:20-9:50am	Ellen	1/11-1/25	$22

Rumble, Tumble, Roll — 1½-3

Here's a chance for your child to exercise their large motor skills! Movement explored & developed through songs, free play on the mats, obstacle courses & creative movement that build strength, flexibility & endurance. Location: Gym or Multi. No class 1/20, 1/27.

417734	M	9:15-9:45am	Ellen	1/13-2/10	$22
417735	W	10-10:30am	Ellen	2/19-3/19	$27
417736	Sa	10:45-11:15am	Ellen	1/11-1/25	$22

Sports - Balls! Balls! Bonanza — 1½-3

Bounce! Throw! Toss! Kick! Unleash that excess energy in a constructive environment. Engage in independent & group games while developing color recognition, adult/child communication, hand-eye coordination & large motor skills. Get into the 'sphere' of fun! Location: Gym.

417775	M	10-10:30am	Ellen	2/24-3/17	$24
418176	W	3-3:30pm	Ellen	1/15-2/13	$27
417774	F	9:20-9:50am	Ellen	1/17-2/14	$27

Bubbles, Balls & Bean Bags — 1½-3

Toss, chase & pop! Explore things that go up & come down! Together, you & your child discover activities & movements that increase eye-hand coordination, gross motor skills, balance & social interaction. Location: Gym.

417809	Tu	9:20-9:50am	Ellen	2/18-3/18	$27
417808	Sa	10-10:30am	Ellen	2/15-3/15	$27

Gym Dandies — age: 1½-3

Do you like to turn upside down? To climb & jump? Tumbling, gymnastic & acrobatic basics explored together with music, mats & movement. Increase balance, mobility & socialization skills using imagination & increasing listening skills. Location: Gym.

417818	W	10:45-11:15am	Ellen	1/15-2/12	$27
417817	F	10-10:30am	Ellen	2/21-3/21	$27
418175	W	3-3:30pm	Ellen	2/19-3/19	$27

Gym Games *New!* — 1½-3

There is no better way for a family to bond then through play. Together, participate in organized activities, parachute games, soccer, basketball, indoor play toys & more. Expend energy & laugh out loud in a safe environment. Location: Gym.

417924	Th	9:20-9:50am	Ellen	1/16-2/13	$27

3-3-3 Savings Program!

Register for 3 SWCC classes and receive $3 off each class!*

restrictions apply, see details in guide

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Sports Start - Mommy, Daddy & Me — 1½-3

Throw & Catch! Kick & Run! Together develop motor skills necessary to successful game participation. Gain strength & stamina, increase listening skills, build confidence & self-esteem exploring the basics in a variety of activities! Location: Gym.

417983	F	9:30-10am	Ellen	2/21-3/21	$27

Jump & Shout! — age: 2-4

Wave your arms! Wiggle your toes! Discover the magic of music, rhythm & movement through parachutes, beanbags & instruments. Focuses on imagination, coordination & most of all - having a great time together! Location: Gym.

417912	Th	10-10:30am	Nancy	1/16-2/13	$27
417913	Th	9:20-9:50am	Nancy	2/20-3/20	$27

Dance - Movement & Me — age: 2-4

Join your child to leap like gazelles & spin like tops while developing music appreciation, rhythm, coordination & strength through introductory dance steps & movement. Build listening & socialization skills while discovering how FUN dancing can be. Location: Gym. No class 1/20, 1/27.

417739	M	10-10:30am	Ellen	1/13-2/10	$22
417740	W	10-10:30am	Ellen	1/15-2/12	$27
417741	W	10:45-11:15am	Ellen	2/19-3/19	$27

Twisting Tadpoles — age: 2-4

Challenge your wee-one though obstacle courses, skill stations, & physical problem solving. Together increase coordination & body awareness by rolling, crawling, & springing into toddler tumbling! Support your child as they develop new skills to help them reach the next step! Location: Gym.

417772	M	9:15-9:45am	Ellen	2/24-3/17	$24
417773	F	10-10:30am	Ellen	1/17-2/14	$27

Soccer - Mommy, Daddy & Me — age: 2-4

Don't watch from the sidelines! An introduction to the 'World's Most Popular Game! Interact with your child as you both learn the basics - pass, trap, dribble & shoot. Gain confidence, bond & exercise! Location: Gym.

417968	W	10-10:30am	Ellen	1/15-2/12	$27
417969	Th	10-10:30am	Nancy	2/20-3/20	$27
417970	Sa	12-12:30pm	Eric	1/11-2/8	$27
417971	Sa	12-12:30pm	Eric	2/15-3/15	$29

Pixie Playland *New!* — age: 2-5

Flutter, Twirl & Create! Use your imagination as we soar through the skies, tumble in the forest & splash in the river. Through games, stories & exercises develop coordination & make new fairy friends! Parent participation optional. Location: Gym or Multi.

417791	Tu	10-10:30am	Ellen	1/14-2/11	$27
417792	Tu	10-10:30am	Ellen	2/18-3/18	$27
417814	Sa	10-10:30am	Ellen	1/11-1/25	$22