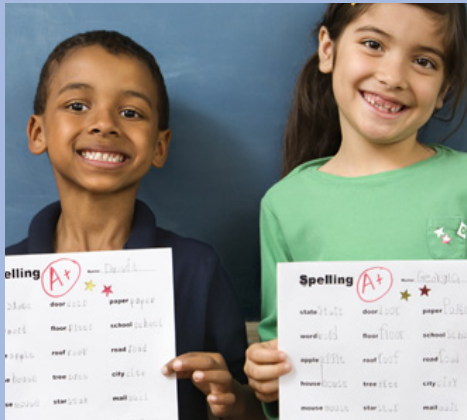


# SUN COMMUNITY SCHOOLS



6433 NE Tillamook Street  
Portland, Oregon 97213  
503-823-PLAY (7529) or 503-823-2832

## Supervisor

Curtis Scott

## Disabled Accessible

Entrances, Parking, Restrooms

SUN Community Schools are a collaboration between Multnomah County, Portland Parks & Recreation, and Centennial, Reynolds, Parkrose, David Douglas, Gresham-Barlow, and Portland Public School Districts. Eleven SUN sites are operated by PP&R. Critical components of the program include education, social services, multicultural and cultural arts, recreation and leisure services, health services, and community involvement.

## Program Goals

- Improve student achievement, attendance, behavior, and other skills for healthy development and academic success.
- Increase parent and family involvement.
- Increase community and business involvement. Improve collaboration among school districts, government, community-based agencies.
- Improve use of public facilities and services.

## MT. TABOR SUN COMMUNITY SCHOOL

5800 SE Ash St, 97215

### Site Manager

Amy Trieu  
503-916-2915  
Amy.Trieu@portlandoregon.gov

## SCHOOL AGE

### Knitting & Crochet Basics

#### Age 9-14

Discover an art form that is not only beautiful but functional, too. Hone fine motor skills while making simple projects such as scarves, hats or vests. Wear your own creations or use them as gifts! Room 105

4:00-5:00pm	1/4-2/8	W
	\$20	1063548

## HIGH SCHOOL/ADULT (12 YRS & UP)

### Belly Dancing Discovery

#### Age 16 & Up

Tone your body using this mind-body exercise technique. Non-impact exercises work the deep abdominal muscles to help achieve efficient & graceful movement. These precise motions help to strengthen & stretch the body without adding bulk. Improve posture & experience a lowered risk of injury. Cafeteria

6:30-8:00pm	1/9-3/20	M
	\$20	1063550

### Yoga: Conditioning

#### Age 14 & Up

Relaxation is one of the most important & beneficial skills to learn. Benefit mind & body while expanding strength, stamina & flexibility. An excellent way to learn to meet the changing demands of daily life while increasing a sense of well being. Media Room

6:15-7:15pm	1/3-3/7	Tu
	\$56	1063551

### Fencing - Introduction To Foil

#### Age 8 & Up

Experience the art of swordsmanship with a dynamic sport teaching safety, self-discipline, coordination, agility, stamina, speed & grace. Tactics, techniques, footwork & blade work build strength, balance & quick reactions & a mastery of strategy & a life-long recreational activity. Large Gym

4:00-5:00pm	1/9-3/20	M
	\$45	1063544

## ADULT/CHILD

*Parent or caregiver involvement is required for these classes even though only the child is registered.*

### Soccer - Little Stars

#### Age 4-6

Discover the fundamental skills of ball handling in a positive environment. Focus on technique while performing active games & drills. Make new friends & increase coordination while learning the game. It's a goal! Large Gym

4:45-5:45pm	1/4-2/8	W
	\$34	1063545

## YOUTH

### Soccer - Junior Scrimmage

#### Age 6-8

Participate in warm-up & game drills for skill development that lead to an action packed 'world cup' experience. Emphasis on teamwork, field positioning & cooperative plays. Let's kick! Large Gym

5:45-6:45pm	1/4-2/8	W
	\$42.50	1063546