

# Mt. Tabor SUN Community School

5800 SE Ash St.  
97215

## Contact Us

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## Youth (School Age/ 5yrs - 17yrs)

### Camp - Sports & Fitness

#### Sports & Games: Soccer ages: 9-12

Ready, set, go! Build self-confidence, encourage cooperative team play & enhance sports skills through activities including group games & individual sports. Game fundamentals, rules & proper equipment help build problem-solving skills & the basics of a healthy lifestyle.

1075721 M-F 9am-12pm  
Gym - Large 7/17-7/21 \$43.75

#### Sports & Games: Volleyball ages: 9-12

Ready, set, go! Build self-confidence, encourage cooperative team play & enhance sports skills through activities including group games & individual sports. Game fundamentals, rules & proper equipment help build problem-solving skills & the basics of a healthy lifestyle.

1075722 M-F 9am-12pm  
Gym - Large 7/31-8/4 \$43.75

#### Sports - Basketball Camp ages: 11-17

Girls! Boys! Get in the Game! Improve ball handling, shooting techniques & footwork while increasing hand-eye coordination, arm & hand strength & your stamina. Emphasis is on fundamentals & rules of the game. Dribble! Pass! Shoot! *This Basketball Camp is mostly for Middle and High School students who are interested in enhancing and learning basketball fundamentals. Kori Sakamoto will be the instructor for this camp. Kori has coached at Gonzaga University and is currently an Assistant at Pacific University.*

1075707 M-F 9am-12pm  
Gym - Large 7/24-7/28 \$65

### Sports - Fencing

#### Fencing - An Introduction To Foil ages: 8-14

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.

1075724 M-F 11am-12pm  
Gym - Small 7/10-7/14 \$50  
1075725 M-F 11am-12pm  
Gym - Small 7/31-8/4 \$50

### Education

#### GirlStrength ages: 12-15

Empower yourself! Develop strong skills while building self-confidence & increase awareness of your surrounding environment. Explore a variety of strategies & self-defense techniques to help defend against sexual assault. This program is sponsored by the Portland Police Bureau.

1075727 M-F 9am-12pm  
Gym - Large 8/7-8/11 Free