



PORTLAND PARKS & RECREATION™

Healthy Parks, Healthy Portland

# PORTLAND PARKS & RECREATION

## Activities for Winter 2017



Charles Jordan Community Center

**REGISTRATION BEGINS NOVEMBER 21, 2016**

Go to [PortlandParks.org](http://PortlandParks.org),  
click on the *Register Now* tab.

Commissioner Amanda Fritz  
Director Mike Abbaté



In compliance with Civil Rights laws, it is the policy of the City of Portland that no person shall be excluded from participation in, denied the benefits of, or be subjected to discrimination in any City program, service, or activity on the grounds of race, color, national origin, or disability. To help ensure equal access to City programs, services, and activities, the City of Portland reasonably provides: translation and interpretation services, modifications, accommodations, auxiliary aids and services, and alternative format.

Inclusion services for people with special Needs:

**How to request Inclusion Services:**

- Choose the activity you would like to participate in, and register for that class.
- Contact Inclusion Services at 503-823-4333.
- If this is your first time requesting accommodations through Inclusion Services, you will need to complete either a phone intake or an Accommodation Form that can be sent over email. This process is to help determine what level of accommodation needed for the participant.
- Future assistance will be provided based on need. The inclusion staff will work with the instructor on how to support you and your individual needs.

**Important details:**

- A general program may be adapted using auxiliary aids and services, but the basic structure of the program remains the same.
- Accommodations are made as needed and can be flexible, as well creative.
- Participants need to register for activities that are intended for their birth age.
- Personal care is provided for activities for individuals up to age 12.
- For sign language interpreter please call 2 working days prior to the class
- We request at least 5 working days' notice prior to start of class.

If you have questions about Inclusion Services, please contact Jane Doyle at 503-823-4333 ([jane.doyle@portlandoregon.gov](mailto:jane.doyle@portlandoregon.gov)). If necessary, use City TTY 503-823-6868, or use Oregon Relay Service: 711.

# LOVE WHERE YOU LIVE. LOVE WHAT YOU GIVE.

This holiday season give the gift of  
—— family, fitness, and fun. ——



## BUY FIVE DROP-IN PASSES AND RECEIVE TWO FREE!

*Passes are redeemable for any drop-in program.*

Drop-in programming can include fitness centers, group exercise classes, open play swim, lap swim, water aerobics, adult basketball and volleyball, and more! Available for purchase at your local community center.

\*Redeemable at the Portland Parks & Recreation Community Center where purchased. Promotion runs 11/28-12/23.

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PP&R gift certificates are available for any occasion, all year long!

Certificates come in any dollar amount and can be redeemed for any program or service.



PORTLAND PARKS & RECREATION™

Healthy Parks, Healthy Portland



# WHAT ARE YOU A #FORCEOF ?

A world of possibilities in ONE convenient pass - The TeenForce Pass.

Free drop-in activities for youth ages 10-20 Stop by any TeenForce location to register for your pass TODAY! Registration takes less than 5 minutes at any of the below locations:

- Charles Jordan Community Center
- East Portland Community Center
- Matt Dishman Community Center
- Montavilla Community Center
- Mt. Scott Community Center

Swimming, Basketball, Art Studios, Dancing, Fitness, Volleyball, Cooking, Leadership, Service Learning, Futsal, Outdoor Games, and much more!

For more information visit [portlandoregon.gov/parks/teens](http://portlandoregon.gov/parks/teens)



search for  
TeenForce or Forceof



PORTLAND PARKS & RECREATION™  
Healthy Parks, Healthy Portland

CONFIDENCE | TEAMWORK | GROWTH | SPORTSMANSHIP



# PARK STARS BASKETBALL LEAGUE

JANUARY 30 - MARCH 17  
BOYS & GIRLS GRADES K-4

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For more information call 503-823-PLAY or visit  
[portlandoregon.gov/parks/parkstars](http://portlandoregon.gov/parks/parkstars)

Team shirt included for all players

- OPTIONS VARY BY SITE -

Southwest CC | Charles Jordan CC | St Johns CC | Peninsula Park CC  
Matt Dishman CC | East Portland CC | Mt Scott CC | Hillside CC



## DROP-IN SCHEDULE

Schedule may be adjusted to meet community & facility needs.

### PARENT / CHILD DROP-IN ACTIVITIES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Art Park \$1.00, age: 5 & under w/ an adult		10:30-11:30am		10:30-11:30am			
Indoor Park \$1.00, age: 5 & under w/ an adult	10-2pm		10-2pm		10-2pm		
Family Basketball \$3.25 Youth, \$4.50 Adult							10-12pm

### YOUTH & TEEN DROP-IN

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Youth Gym Age: 17 & under CJCC	2:30-5:30pm	2:30-5:30pm	2:30-5pm	2:30-5:30pm	2:30-5pm		
Computer Lab & Game Room CJCC	2:30-5pm	2:30-5pm	2:30-5pm	2:30-5pm	2:30-5pm	12:30-3:30pm	
Teen Force Fitness Age: 14- 17	5-9pm	5-9pm	5-9pm	5-9pm	5-9pm	2-6pm	9-1pm

### ADULT DROP-IN ACTIVITIES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym Age: 18 & up \$4.50						12:30-3:30pm	
Adult Computer Lab	6:30-2:30pm	6:30-9am & 10-2:30pm	6:30-2:30pm	6:30-9am & 10-2:30pm	6:30-2:30pm	9-12pm	9-1pm

#### ART PARK

Unleash your child's talents while sharing time and craft activities together. A variety of stations allow you and your child to explore elements such as Playdough, Gak, murals, paints and collage developing concepts of shape, color and texture.

#### INDOOR PARK

Children's play is essential in the human development process! Indoor Park is a safe and cooperative playtime for children accompanied by parents or guardians. The environment in the gymnasium encourages the development of motor skills while helping children gain experience with group interaction and cooperative play with equipment, cars and assorted toys. Parent or guardian supervision is required.

#### COMPUTER LAB

The Charles Jordan Community Center offers 13 computer workstations with internet access for both local youth and adults to utilize either for work or pleasure. Hours subject to change.

#### BASKETBALL – 18 & UP

Open basketball. Practice your shot or join in a friendly pickup game. Hours subject to change. \*admission fee required for both players and spectators.

#### TEEN FORCE PASS - 10-20

Gain access to Teen Force fitness times, special admission to designated swim times, open gyms and even teen nights at all five PP&R Teen Force facilities. \*Fitness centers are open to youth ages 14-17. All youth must have a Teen Fitness Orientation and a signed waiver.

# CHARLES JORDAN COMMUNITY CENTER



## GROUP EXERCISE CLASSES

*All Classes Are Included With Daily Drop-In or Any Fitness Pass.*

*The fitness schedule is subject to change. Classes run continuously. On site child care is available on Tuesday evenings 6pm-8pm!*

### BEGINNER

#### Fit For Life

Functional fitness uses real life movements like lifting, bending & reaching to improve physical condition & ease of movement. Regular activity helps prevent many chronic diseases & is an important part of weight control.

#### Active Aging Boot Camp

Are you an energetic individual looking to step up your fitness routine & build a strong physical foundation? Circuit & interval training strengthens the core, increases endurance & lengthens muscles. Gain the benefits of living an active lifestyle.

#### Be Fit

Functional fitness uses real life movements like lifting, bending & reaching to improve physical condition & ease of movement. Regular activity helps prevent many chronic diseases & is an important part of weight control.

### BEGINNER/ INTERMEDIATE

#### Aerobics - Conditioning

A great workout for all. Moderate aerobics will boost your energy level, burn calories, reduce stress, & get you in shape. No experience necessary!

#### Circuit City

Step, pump and jump your way through different circuit workout stations. Drop-in for however long you want your workout to last!

#### Zumba

A high energy combination of Latin/Reggae and Salsa dance steps, sure to rock your socks off! No previous dance experience necessary!

#### Friday Family Fitness

Ages 5 & up welcome!

Please come and enjoy fitness as a family together

#### Zumba Gold

It takes Zumba formula & modifies the moves & pacing to suit the needs of the

active older participant as well as those just starting their journey to a fit and healthy lifestyle. U-Jam Fitness is a hip hop fitness workout, that combines dance & high energy music for a workout that will get your heart beat up, body moving, and make you sweat. No previous dance experience necessary!

### INTERMEDIATE

#### Ab Fab

Includes 20 minutes of intense abdominal strengthening exercises giving you a stronger, leaner, core.

### INTERMEDIATE / ADVANCED

#### Zumba

A high energy combination of Latin/Reggae and Salsa dance steps, sure to rock your socks off! No previous dance experience necessary!

### MIND / BODY

#### Yoga Sculpt

Yoga is for everyone and provides a renewed sense of balance and calm. Improve your health, tone your muscles, and strengthen your bones. Focus on stability, balance, and core strength.

#### Pilates Mat

Pilates exercises have long been renowned for producing long, lean physiques. Exercises focus on the body's core muscles (abs & back) and are gentle in nature.

#### Power Barre

Add benefits of barre exercise to total body strength training and what do you get? A complete workout that's targeted to give you your best body ever! We will be combining the most effective movement sequences from dance, Pilates, body weight calisthenics, and resistance training.

#### Yoga for Strength

Originating in India, this centuries old practice of exercise revitalizes both mind & body. Improve focus, release stress & tension while increasing strength & flexibility. Learn to gauge & meet the ever changing demand of daily life.

#### Tai Chi

More than 600 years ago this martial art evolved in China as healers searched for a source of physical immortality. Incorporate slow, gentle movements that increase flexibility, balancing & lung capacity. Promote stress relief, body awareness, suppleness in your spine & increased stamina.

## GROUP EXERCISE SCHEDULE

Did you know with ANY fitness pass at CJCC all of these Group Exercise classes are included for no additional charge? Simply scan-in and enjoy your class each time you visit! See page 8 for the best rates!

### GROUP EXERCISE CLASSES

*Please Sign In at Front Desk*

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
U-Jam							9:15-10:15
Yoga For Strength				9-9:55am			
Fit For Life		10-10:55am		10-10:55am			
Zumba Gold	10-11am		10-11am				
Low Impact Cardio					10:30-11:30am		
Active Aging Boot Camp		11-11:55am		11-11:55am			
Be Fit	1-2pm		1-2pm				
Tai Chi For Balance		2-3pm		2-3pm			
Ab Fab		*5:30-5:55pm		*5:30-5:55pm			
Zumba	5:30-6:30pm	*6-6:55pm		*6-6:55pm		9:15-10:15am	
Family Fitness					6-7pm		
Power Barre			5:30-6:30pm				
Yoga Sculpt	6:30-7:30pm		6:30-7:30pm			10:30-11:30am	
Aerobics Conditioning		7-7:55pm		7-7:55pm			
Pilates Mat		8-8:55pm		8-8:55pm			
Circuit City	7:30-9:30am		7:30-9:30am				

# CHARLES JORDAN COMMUNITY CENTER



## PERSONAL TRAINING

A personal trainer can help you design a personalized fitness program, teach you proper form and safe ways to exercise, provide accountability and motivation, track progress with fitness assessments (postural, body, fat, strength, and more) and make fitness fun!

- Cardiovascular and strength
- Flexibility
- Weight loss
- Sports-specific conditioning
- Functional training
- Neuromuscular disabilities
- Pregnancy
- Nutritional Consultation

Contact our front desk for a PAR-Q (Physical Activity Readiness) form; complete & return, pick a trainer, register & pay. Trainer will contact you to set up an appointment.

### Single Session

\$20 – 30 minutes  
\$40 – 1 hour session

### Package Deals

\$99 – 3 hrs  
\$180 – 6 hrs

### Group Training

Workout with a friend!

Group of 2: \$25/each per 1 hour session  
Group of 3: \$20/each per 1 hour session  
Group of 4: \$15/each per 1 hour session

## PERSONAL TRAINERS

**Diallo Chambers** Growing up in the Northwest fitness has always been an essential part of my life. Developing a skill and passion for exercise that became a quick lifestyle. A wise person once said do something you love and you'll never work a day in your life. It is my goal to spend my life through service. Providing a service to help others reach their physical and nutritional goals.

### Mercedes

**Brehmer-Bieker** Is a native to Detroit, Michigan, and we are pleased to have her as a part of our CJCC team. She is a group exercise instructor as well as a personal trainer. She has a number of licenses/certifications under her belt such as, Zumba, Zumba Toning, U-Jam, Pound, Insanity and PiYo to name a few. She is studying to be an ACE Health Coach and have her Master's Degree in Education. She has years of experience with individual and group training sessions as well as group fitness classes. In addition she is a wife, mother to a son and daughter as well as to two dogs.

**Jutta Reichardt** Philosophy: Each day is an opportunity for change and improvement. We make choices that affect our mental and physical well being, that define who we are. Making health a priority, creating time for fitness, lets us achieve our goals, step by step. Time spent on self-improvement reflects in our relationships, grounds us and sustains our spirit. I enjoy working with a variety of people at any age or fitness level. Whether you want to be at the gym on a regular basis, or you need a program you can do at home, I'll be dedicated to helping you achieve a healthy, fit lifestyle and become your personal best.

**Michael Tunseth** Growing up in Alaska, hard work and independence were instilled at a young age. I enjoyed a very active upbringing: playing sports, camping, and exploring the outdoors, where I formed a great respect for the natural world. I feel as if fitness is a lifelong lifestyle commitment. We must understand that the work is never over, and that we are involved in an ongoing struggle for physical, emotional and mental health. When we approach our health in this way, we set ourselves up for a great success and lifelong happiness and health.

## PRESCHOOL WINTER CAMPS

### Jr. Discovery Winter Wonderland

#### Age 3-5

Let your energy & creativity fly! New & exciting adventures await! Children explore their world through arts & crafts, games, stories & thematic activities that are developmentally appropriate. Make new friends, stimulate your imagination & develop new skills as you play together. Always a favorite!

9:00-5:00pm \$24/day

Before Care 7:30-9:00am \$4.50/day

After Care 5:00-6:00pm \$3/day

Date	Course	Before Care	After Care
12/19	1060141	1060078	1060057
12/20	1060142	1060079	1060058
12/21	1060143	1060080	1060059
12/22	1060144	1060081	1060071
12/23	1060547	1060094	1060420
12/26	1060145	1060082	1060060
12/27	1060146	1060083	1060061
12/28	1060147	1060084	1060062
12/29	1060148	1060085	1060422
12/30	1060557	1060521	1060424

## YOUTH WINTER CAMPS

### Wild Winter Wonder Land

#### Age 6-11

Adventure, games & surprises! Embrace zestful energy exploring activities designed to stimulate thinking, enhance self-esteem & increase fitness. Join a program that emphasizes physical activities, stories, arts & crafts.

9:00-5:00pm \$24/day

Before Care 7:30-9:00am \$4.50/day

After Care 5:00-6:00pm \$3/day

Date	Course	Before Care	After Care
12/19	1060128	1060078	1060057
12/20	1060129	1060079	1060058
12/21	1060130	1060080	1060059
12/22	1060131	1060081	1060071
12/23	1060167	1060094	1060420
12/26	1060132	1060082	1060060
12/27	1060133	1060083	1060061
12/28	1060134	1060084	1060084
12/29	1060135	1060085	1060085
12/30	1060168	1060521	1060424

## SCHOOL DAYS OFF PRESCHOOL

### Camp - Preschoolers' Day Off

#### Age 3-5

Let us be your child's stepping stone before 'big kid' camps! Together, we build friendships, sing songs, create masterpieces & play active games. Group settings foster social & emotional growth which is so vital. A way to venture out of the 'nest', perhaps for the first time in camp! Cesar Chavez Rm 103

9:00-5:00pm \$24/day

Before Care 7:30-9:00am \$4.50/day

After Care 5:00-6:00pm \$3/day

Date	Course	Before Care	After Care
1/16	1060121	1064214	1064206
1/27	1060122	1064215	1064207
2/20	1060540	1064216	1064208

## SCHOOL DAYS OFF YOUTH

### Good Time Adventures

#### Grade K-5

Adventure, games & surprises! Embrace zestful energy exploring activities designed to stimulate thinking, enhance self-esteem & increase fitness. Join a program that emphasizes physical activities, stories, arts & crafts. Classroom 1

9:00-5:00pm \$24/day

Before Care 7:30-9:00am \$4.50/day

After Care 5:00-6:00pm \$3/day

Date	Course	Before Care	After Care
1/16	1060103	1060093	1060070
1/27	1060104	1060522	1060425
2/20	1060525	1060524	1060447

### Camp - Kids' Day Off: Late Opening

#### Grade K-5

School's out! Need something to do? Here's just the ticket! Our thrilling & challenging activities will add excitement to your day! Explore arts & crafts, games, sports & more while having a great time making new friends in a safe environment. A really good time! Classroom 1

7:30-10:00am	1/18	W
	\$11	1060108
7:30-10:00am	2/15	W
	\$11	1060109
7:30-10:00am	3/15	W
	\$11	1060110



### FAMILY DINNER DANCE

Friday, February 10th

6:00-8:00pm

FREE!

Join us for a night of food, dancing, arts and making lasting memories together. Build your family bond in a lively atmosphere. Families who play together, stay together!

*\*All activities are first come, first serve.*

# CHARLES JORDAN COMMUNITY CENTER



## PRESCHOOL SPRING BREAK CAMPS

### Camp - Before and After Care

#### Age 3-5

Need to be at work before your day starts or after it ends? Here's the solution! Our supervised activities include quiet games, art, crafts, stories and cooperative play! We're here for you. Classroom 1

#### Morning

7:30am-9:00am	3/27	M	
	\$4.50		1064217
7:30am-9:00am	3/28	Tu	
	\$4.50		1064218
7:30am-9:00am	3/29	W	
	\$4.50		1064219
7:30am-9:00am	3/30	Th	
	\$4.50		1064220
7:30am-9:00am	3/31	F	
	\$4.50		1064221

#### Afternoon

5:00pm-6:00pm	3/27	M	
	\$3		1064209
5:00pm-6:00pm	3/28	Tu	
	\$3		1064210
5:00pm-6:00pm	3/29	W	
	\$3		1064211
5:00pm-6:00pm	3/30	Th	
	\$3		1064212
5:00pm-6:00pm	3/31	F	
Classroom 1	\$3		1064213

### Jr. Discovery Camp Spring Break Fun

#### Age 3-5

Let your energy & creativity fly! New & exciting adventures await! Children explore their world through arts & crafts, games, stories & thematic activities that are developmentally appropriate. Make new friends, stimulate your imagination & develop new skills as you play together. Always a favorite! Cesar Chavez Rm 103

9:00am-5:00pm	3/27	M	
	\$24		1060136
9:00am-5:00pm	3/28	Tu	
	\$24		1060137
9:00am-5:00pm	3/29	W	
	\$24		1060138
9:00am-5:00pm	3/30	Th	
	\$24		1060139
9:00am-5:00pm	3/31	F	
	\$24		1060140

## YOUTH SPRING BREAK CAMPS

### Camp - Before and After Care Grade K-5

Need to be at work before your day starts or after it ends? Here's the solution! Our supervised activities include quiet games, art, crafts, stories and cooperative play! We're here for you. Classroom 1

#### Morning

7:30-9:00am	3/27	M	
	\$4.50		1060087
7:30-9:00am	3/28	Tu	
	\$4.50		1060088
7:30-9:00am	3/29	W	
	\$4.50		1060089
7:30-9:00am	3/30	Th	
	\$4.50		1060090
7:30-9:00am	3/31	F	
	\$4.50		1060091

#### Afternoon

5:00-6:00pm	3/27	M	
	\$3		1060064
5:00-6:00pm	3/28	Tu	
	\$3		1060065
5:00-6:00pm	3/29	W	
	\$3		1060066
5:00-6:00pm	3/30	Th	
	\$3		1060067
5:00-6:00pm	3/31	F	
	\$3		1060068

### Spring Break Adventures

#### Grade K-5

Adventure, games & surprises! Embrace zestful energy exploring activities designed to stimulate thinking, enhance self-esteem & increase fitness. Join a program that emphasizes physical activities, stories, arts & crafts. Classroom 1

9:00am-5:00pm	3/27	M	
	\$24		1060123
9:00am-5:00pm	3/28	Tu	
	\$24		1060124
9:00am-5:00pm	3/29	W	
	\$24		1060125
9:00am-5:00pm	3/30	Th	
	\$24		1060126
9:00am-5:00pm	3/31	F	
	\$24		1060127

## ADULT / CHILD

Adult must attend

### Basketball - Tiny Tots

#### Age 1-3

Do you have a prospective ball player? Improve motor skill development while exploring the fundamentals of shooting, passing & dribbling. Two points for playing together! Small Gym

9:15-9:45am	1/14-2/11	Sa
	\$22	1061906
9:15-9:45am	2/18-3/18	Sa
	\$22	1061907

### Tumbling: Tiny Tots

#### Age 1-3

Parents! Join your child in an introduction to gymnastics & tumbling using animal walks, jumping, swinging & springing skills. Increase body awareness, balance, strength & flexibility. Small Gym

11:50am-12:20pm	1/10-2/7	Tu
	\$22	1061926
11:50am-12:20pm	2/14-3/14	Tu
	\$22	1061927
11:50am-12:20pm	1/12-2/9	Th
	\$22	1061928
11:50am-12:20pm	2/16-3/16	Th
	\$22	1061929

### Tumbling: Wiggle & Giggle

#### Age 3-6

Jump, shout, roll & tumble using the parachute, balance beam, rhythmic props & mats. Creative movement & games develop coordination & gross motor skills. Always a favorite! Small Gym

12:20-12:50pm	1/10-2/7	Tu
	\$22	1061930
12:20-12:50pm	2/14-3/14	Tu
	\$22	1061931
12:20-12:50pm	1/12-2/9	Th
	\$22	1061932
12:20-12:50pm	2/16-3/16	Th
	\$22	1061933

### Soccer - Tiny Tots

#### Age 1-3

Kick it! Chase it! Stop it! Develop skills together that promote foot-eye coordination, balance & agility. Active games, creative drills & an emphasis on the joy of physical activity provide a playful introduction to a popular sport. Small Gym

9:45-10:15am	1/14-2/11	Sa
	\$22	1061922
9:45-10:15am	2/18-3/18	Sa
	\$22	1061923

## PRESCHOOL

### Hip Hop - For Tots!

#### Age 3-6

Sing & dance to hip hop classics on the dance floor! Learn basic hip hop steps & focus on creativity, coordination, flexibility and fun! Dance Aerobics Room

11:30am-12:00pm	1/14-2/11	Sa
	\$17.50	1061910
11:30am-12:00pm	2/18-3/18	Sa
	\$17.50	1061911

### Movement - Dance! Dance! Dance!

#### Age 3-6

Spin like a top! Jump like a kangaroo & hop like a bunny! Develop large motor skills, coordination & rhythm. Strength & body awareness provides a wonderful initiation into the world of dance. Dance Aerobics Room

12:00-12:30pm	1/14-2/11	Sa
	\$17.50	1061912
12:00-12:30pm	2/18-3/18	Sa
	\$17.50	1061913

### Dance - Hip Hop: Basics

#### Age 7-10

Feel the heat! Catch the groove & capture the irresistible beat! Emphasize proper technique including isolations, turns, combinations & complete dances. Increase agility & coordination while experiencing a beat that has you moving your feet! Dance Aerobics Room

12:30-1:30pm	1/14-2/11	Sa
	\$26	1061946
12:30-1:30pm	2/18-3/18	Sa
	\$26	1061947

### Basketball - For Starters

#### Age 3-6

Dribble, Pass, Shoot & Score! Gain basic moves of the game while building motor skills, strength, endurance & hand-eye coordination that are essential for a healthy life. Take a shot! Small Gym

10:15-10:45am	1/14-2/11	Sa
	\$22	1061902
10:15-10:45am	2/18-3/18	Sa
	\$22	1061903



### FITNESS FRENZY

Kick off the New Year!  
 Join us for class demonstrations  
 9:00am-12:00pm  
 January 7, 2016  
 9-12pm  
 Free Child Care

# CHARLES JORDAN COMMUNITY CENTER



## PRESCHOOL

### Tae Kwon Do For Tots

#### Age 3-6

Do your preschoolers envision themselves as Power Rangers? Let them practice the Korean martial art that uses kicks, blocks, & strikes. Non-contact, non-competitive form of self-defense increases physical strength, builds self-esteem, concentration & discipline. A great outlet to burn off excess energy!

Small Gym

5:00-6:00pm	1/9-2/9	M Th
	\$24	1061948
5:00-6:00pm	2/13-3/16	M Th
	\$24	1061949

### Soccer - For Starters

#### Age 3-6

Give it your best shot! Dribble, pass, shoot & score! Discover the fundamentals of ball handling while focusing on techniques, sportsmanship & fair play. Bring lots of energy! Small Gym

10:45-11:15am	1/14-2/11	Sa
	\$22	1061918
	2/18-3/18	Sa
10:45-11:15am	\$22	1061919

## YOUTH SPORTS & FITNESS

### Basketball – Drills & Thrills

#### Age 8-10

Discover the right way to play! Practice fundamental techniques such as ball handling, shooting, & rebounding. Experience a variety of offensive & defensive skills building foundations that will last a life-time. You don't need to be a WNBA or NBA star to enjoy all the sport has to offer! Small Gym

12:45-1:30pm	1/14-2/11	Sa
	\$33	1064223
12:45-1:30pm	2/18-3/18	Sa
	\$33	1064224

### Basketball - In the Zone

#### Age 6-8

Challenge yourself! Emphasis on ball handling, shooting techniques & footwork. Increase endurance, flexibility & strength while encouraging teamwork & sportsmanship. Small Gym

11:15-12pm	1/14-2/11	Sa
	\$33	1064225
11:15-12pm	2/18-3/18	Sa
	\$33	1064226

### Tae Kwon Do - For Everybody

#### Age 7+

Join over 40 million people who practice this Korean martial art. Increase agility & strength while improving coordination using kicks, punches & blocks. Parents, children & families are welcome.

Small Gym

6:00-7:00pm	1/9-2/9	M Th
	\$24	1061924
6:00-7:00pm	2/13-3/16	M Th
	\$24	1061925

### Skateboarding - Flatground Basics

#### Age 7-12

Improve your technique! Put your deck to good use in an introduction to ollie & flip tricks. Work on carving, turning & manuals while setting and reaching goals through skill-focused coaching. Get rolling!

Small Gym

4:30-5:15pm	1/11-2/8	W
	\$37.50	1062840
4:30-5:15pm	2/15-3/15	W
	\$37.50	1062841

### Soccer - Basics

#### Age 6-8

Real football, real fun! Dribble, pass, shoot & score. Develop basic techniques that help build your skills while playing the world's most popular, fast moving game. It's a real kick! Small Gym

12:00-12:45pm	1/14-2/11	Sa
	\$33	1061916
12:00-12:45pm	2/18-3/18	Sa
	\$33	1061917

### Soccer - FUNDamentals

#### Age 8-10

Gain insight into basics of attack, defense, goal tending & ball handling. Focus on techniques, tactics & physical fitness in a safe environment. Build strength in an environment of sportsmanship & fair play. Develop outstanding dribbling skills & exceptional field vision & awareness. You will see dramatic improvement! Small Gym

1:30-2:15pm	1/14-2/11	Sa
	\$33	1061920
1:30-2:15pm	2/18-3/18	Sa
	\$33	1061921

## ADULT 60+

### Watercolor - All Levels

#### Age 60+

Express your creativity exploring basic to advanced methods. Use techniques such as sketching, mixed colors & laying washes to develop a unique style. Discover elements of light & shadow, composition & texture that you can bring to all the visual arts. General Vang Pao Rm 178

12:00-2:00pm	1/13-2/10	F
	\$22	1063457
12:00-2:00pm	2/17-3/17	F
	\$22	1064222

### Brainpower Boost

#### Age 60+

Enhance your mind through stimulation & achieve a healthier lifestyle. Gain know-how of the latest activities that assist in becoming & staying mentally acute. Games, fitness & programs that introduce brain-health will be presented. Challenge your brain to create positive change. Game Room

9:00-10:00am	1/3-1/31	Tu Th
	\$29.25	1063458
9:00-10:00am	2/2-2/28	Tu Th
	\$26	1063459
9:00-10:00am	3/2-3/30	Tu Th
	\$29.25	1063460

### Floral Design

#### Age 60+

Learn the basic art to create stunning arrangements for your home that express your creativity. Expand your skills as you experiment with composition & style techniques of the trade. Delight in lovely aromatic bouquets as your ability blossoms. General Vang Pao

12:30-2:30pm	1/20,2/17,3/17	F
	\$18	1063463



## BASKETBALL LEAGUE



Dribble, shoot, and sink the shot! Build confidence & self-esteem in this non-competitive, entry level league held in a safe environment. Focuses on teamwork, passing, dribbling, and shooting in these entry level games. Parent volunteers needed- please contact the community center to find out more. An information meeting will be held during the beginning of the first practice. T-shirt included.

Maximum of 10 players per team. Later registrations accepted through the third practice. Games are held Fridays starting February 10 at CJCC. Game schedule provided at second practice. Cost is \$56.

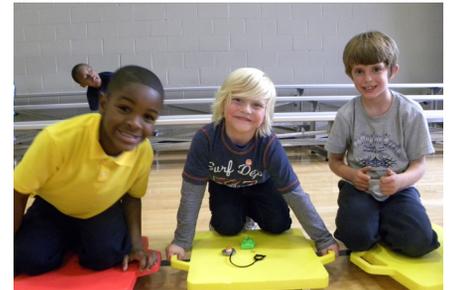
#### Season: 1/30-3/17

#### Games begin 2/10

Grades: 3-4	1063833	W	6:15- 7:15 p.m.	Practice at CJCC Gym
Grades: 3-4	1063827	W	5:00- 6:00 p.m.	Practice at MDCC Gym
Grades: 3-4	1063843	M	5:45- 6:45 p.m.	Practice at SJCC Gym
Grades: 3-4	1063839	W	5:30- 6:30 p.m.	Practice at PPCC
Grades: K-2	1063834	W	5:15- 6:15 p.m.	Practice at CJCC Gym
Grades: K-2	1063835	W	5:15- 6:15 p.m.	Practice at CJCC Gym
Grades: K-2	1063828	W	4:00- 5:00 p.m.	Practice at MDCC Gym
Grades: K-2	1063829	W	4:00- 5:00 p.m.	Practice at MDCC Gym
Grades: K-2	1063844	Tu	5:30- 6:30 p.m.	Practice at SJCC Gym
Grades: K-2	1063845	W	5:30- 6:30 p.m.	Practice at SJCC Gym
Grades: K-2	1063840	W	4:30- 5:30 p.m.	Practice at PPCC



PORTLAND PARKS & RECREATION™  
Healthy Parks, Healthy Portland



### RENTALS AT CJCC

Charles Jordan Community Center offers a range of rental opportunities for meetings, receptions, reunions, parties or social gatherings. Whether you are searching for a space for a non-profit, a private party or to meet the needs of a commercial event, we have the space for you! Call us at 503-823-3631.

- Birthdays
- Business Meetings
- Wedding Receptions
- Quinceaneras
- Reunions
- And more!

# CHARLES JORDAN COMMUNITY CENTER



## WHAT ARE YOU A #FORCEOF?

### TEEN

#### Teen Leadership Group Age 14-18

Connect with other teens by sharing your perspective and ideas for change in a fun and welcoming environment. Investigate global issues and discuss how actions individually and as a team can make a difference in our community and in the world. Participate in community activities and service learning projects determined by the group. General Vang Pao Rm 178

3:00-6:00pm    1/14-3/18    Sa  
FREE    1063385

#### PRE-TEEN NIGHT AGE 7-13

It's a grab bag of surprises each and every time! Bring friends and stretch your imagination as you jump into new adventures like arts & crafts, physical activities, times!

5:30-7:30pm    FREE



search for  
TeenForce or Forceof



#### TEEN F/X AGE 14-18

Open to Middle School & High School Students  
SATURDAY 6:00-9:00PM

Looking for something new to do? Check out this incredible teen-only event! Hang with friends, test your abilities or show off your creative side while boosting self-esteem & gaining teamwork skills! Activities may include Scrapbooking, Sports Tournaments, Crafts, Cooking & more!



#### CHARLES JORDAN COMMUNITY CENTER

##### Teen Services Coordinator: Jason Scott

- From: Portland, Oregon
- As a teen I was: an athlete
- My jam today is: old school music
- My favorite quote: "If you stay ready, you won't have to get ready."
- Favorite book: "Monster"
- I would be voted "Most likely to...": Make it in sports
- My ideal weekend: Playing golf in Puerto Rico
- If I could choose a super power it would be: flying
- If I were a professional athlete I would play: golf



Find a complete schedule of TeenForce pass activities in one place.  
Download the app today!

# Educational Preschool Program

2016-2017 SCHOOL YEAR

## PRESCHOOL OPEN ENROLLMENT

**Tuesday February 21, 9:00am**

Open enrollment is taken in-person, on-site, on a first come-first served basis. Waitlists do NOT roll over from one year to the next. New waitlists are started each year when classes fill and are used for that school year only.

*A non-refundable \$35 registration fee is due at enrollment, payable by check or credit/debit card.*

Based on the philosophy that children develop and grow at their own rate. In order to grow and develop their senses a child must "play" by exploring and manipulating their environment. To enhance this experience, the classroom is set up in learning centers that enable children to explore different areas of development such as fine motor, socialization, pre-math, pre-reading and listening skills.

## Preschool For Little Ones

**Age 2**

*Child must be 2 years old by September 1, 2017*

Are you ready? Play is the essential work of childhood, worthy of respect and encouragement. Curriculum is designed to include stories, games, songs and they provide playful interaction while setting the stage for exploration, socialization, and fostering a positive self-concept.

T/Th 9:00-11:30am \$115

## Preschool

**Age 3**

*Child must be 3 years old by September 1, 2017*

Set out for a journey of discovery! Art, sports, stories and exploration time- many different activities that encourage the use of gross motor skills and hand-eye coordination. Increase socialization while stimulating imagination in both active and relaxing segments. Let the playtime begin!

M,W,F 9:00am-12:00pm \$135

## LEAP AFTERSCHOOL PROGRAM

Please watch for the 2017-2018 school year Open Enrollment details in our Spring guide.

## Pre-Kindergarten

**Ages 4**

*Child must be 4 years old by September 1, 2017*

Make new connections developing social and emotional skills! Opportunities for discovery, exploration and socialization fosters a positive self-concept through activities including ABC's, arts, numbers, games, stories, songs and themes. Build self-confidence, independence and creative thinking through manipulative activities, reading readiness and positive reinforcement. Let's grow together!

M,W,F 9:00am-12:00pm \$135  
T/Th 9:00am-12:00pm \$100

## LEAP AFTERSCHOOL PROGRAM

**Grade K-5**

**A school year program serving Rosa Parks, Cesar Chavez, and Peninsula Elementary School.**

**2:15-6:00pm Monday-Friday  
\$70/month**

The LEAP Afterschool Program is an enriching environment with entertaining & challenging activities that enhance children's development & promote self-esteem. Enjoy opportunities such as homework assistance, sports and games, social interaction, arts and crafts, education, and time making new friends. *LEAP does not operate on PPS non-school days. For more information, please, contact Charles Jordan Community Center (503) 823-3631*

Our program picks up students! Serving schools: Rosa Parks, Cesar Chavez, and Peninsula Elementary Schools. No class on PPS no school days, but please see our Kid's Day Off program.

Typical Daily Schedule	
2:15-2:45	Arrive & Free Play in Gym
2:45-3:30	Large Group Game
3:30-4:00	Snack
4:00-4:30	Homework
4:30-5:45	Rotations (Arts & Crafts, Rock Wall, Science & More!)
5:45-6:00	Free Time



## EDUCATIONAL PRESCHOOL

### Lunch Bunch - Lunch & Playtime Age 3-5

Eat, play, what could be more fun! What better time to do this than during midday? In a supervised and safe environment, practice all that makes you happy. Wind down with friends new and old. Cesar Chavez Rm 103

# CITYWIDE RECREATION GUIDE



## SPECIALTY FACILITIES

- COMMUNITY MUSIC CENTER
- INTERSTATE FIREHOUSE CULTURAL CENTER
- LAURELHURST DANCE STUDIO
- MULTNOMAH ARTS CENTER
- PORTLAND TENNIS CENTER

### COMMUNITY MUSIC CENTER

3350 SE Francis Street | 503-823-3177

[portlandoregon.gov/parks/cmc](http://portlandoregon.gov/parks/cmc)

Community Music Center offers music programs and professional level instruction for all ages. Disciplines include general music, choir, chamber music, ensembles, orchestra, piano, guitar, violin, cello, music jams, Suzuki Strings, and more. Most group classes run from September to June, with extended activities offered during the summer

### INTERSTATE FIREHOUSE CULTURAL CENTER

5340 N Interstate Avenue | 503-823-3620

[portlandoregon.gov/parks/ifcc](http://portlandoregon.gov/parks/ifcc)

Interstate Firehouse Cultural Center is committed to creating an environment in which people of every ethnic and cultural background come together as artists and audience to explore, preserve and celebrate their diversity. Programs include early childhood dance, ballet, hip-hop, tap, AIR recreation, and musical theatre.

### LAURELHURST DANCE STUDIO

3756 SE Oak Street | 503-823-3662

[portlandoregon.gov/parks/dance](http://portlandoregon.gov/parks/dance)

Laurelhurst Dance Studio offers dance programs for early childhood, youth, teen, and adult groups. Disciplines include general dance, jazz, tap, hip-hop, ballroom, cultural, ballet, and more. Unique to

# CITYWIDE RECREATION GUIDE

the Laurelhurst Dance Studio are the Youth Ballet Academy and the Portland Recreational Dance Company. These programs feature school-year programming that allow for outstanding training and performance opportunities with the guidance of professional level instruction.

## MULTNOMAH ARTS CENTER

7688 SW Capitol HWY | 503-823-2787  
[portlandoregon.gov/parks/mac](http://portlandoregon.gov/parks/mac)

Multnomah Arts Center offers vibrant arts education in both visual and performing arts at an affordable cost to students of all ages. The high quality programs include jewelry, metalsmithing, photography, printmaking and book arts, drawing, painting, textiles, mixed media, woodshop and sculpture, ceramics, literary arts, theater, dance, music, and more!

## PORTLAND TENNIS CENTER

324 NE 12<sup>th</sup> Avenue | 503-823-3189  
[portlandoregon.gov/parks/ptc](http://portlandoregon.gov/parks/ptc)

Portland Tennis Center features eight indoor courts and four outdoor courts and is open every day of the week from 6:00 am to 10:00 pm. Group and individual lessons are offered throughout the year for all ages. Other programs include tennis mixers, World Team Tennis, USTA Leagues, and City Leagues.



## URBAN PARKS

### DIRECTOR PARK

815 SW Park Avenue  
[portlandoregon.gov/parks/directorpark](http://portlandoregon.gov/parks/directorpark)

Located in the heart of downtown Portland, this public piazza is a gathering place for the community, a theatre to highlight arts and culture, and a space that emanates the best of what Portland has to offer. Director Park includes a restaurant, Teachers Fountain, a covered terrace, a Big Chess board, and many great places to gather, or sit and relax. The park supports local arts and culture by offering many opportunities to enjoy music and dance, stroll through art displays, or host a private event.

### HOLLADAY PARK

NE 11<sup>th</sup> Avenue & Holladay Street  
[portlandoregon.gov/parks/holladaypark](http://portlandoregon.gov/parks/holladaypark)

Holladay Park is located on the east side of Portland in the Lloyd District. A large public gathering space with plaza and grassy areas, this park offers respite for neighbors and is centrally located for busy commuters. The Holladay Park Partnership connects with neighbors, community stakeholders, and PP&R to positively activate Holladay Park by offering daily activities, weekly programming, and special events for all ages.

# CITYWIDE RECREATION GUIDE



## PROGRAMS & SERVICES

- 5K SERIES
- ADAPTIVE & INCLUSIVE RECREATION
- COMMUNITY GARDENS
- ENVIRONMENTAL EDUCATION
- PARKS FOR NEW PORTLANDERS
- PORTLAND PUBLIC GOLF
- PP&R SKATEBOARDING
- SENIOR RECREATION
- SUMMER FREE FOR ALL
- TEEN FORCE

### 5K SERIES

503-823-2525

[portlandoregon.gov/parks/5k](http://portlandoregon.gov/parks/5k)

Portland Parks & Recreation's 5k Series are family-friendly 5k races that take place monthly from May through October throughout Portland parks. Perfect for all ages and abilities, the 5k Series is a fun and exciting way for the community to come together and support healthy lifestyle choices.

### ADAPTIVE & INCLUSIVE RECREATION

5304 N Interstate Avenue | 503-823-4333

[portlandoregon.gov/parks/air](http://portlandoregon.gov/parks/air)

Adaptive & Inclusive Recreation offers community-based recreation activities and leisure services specially designed for children, teens and adults who have a disability and/or special needs. Services are designed to assist people in developing and using their leisure time in ways that enhance their health, well-being, and independence. Programs include trips, art, cooking, dance, fitness and sports, and music.

### COMMUNITY GARDENS

6437 SE Division Street | 503-823-1612

[portlandoregon.gov/parks/communitygardens](http://portlandoregon.gov/parks/communitygardens)

With 50 community gardens located throughout the city, the Community Gardens program provides gardening opportunities, plus lifestyle benefits, residents in Portland. Developed and operated by volunteers and PP&R staff, this robust program offers individuals and families a place to grow their own healthy food. Plots are assigned to new gardeners for each summer season in February, March and April, and continue through June as plots are available. Plots are assigned on a first-come, first-served basis.

### ENVIRONMENTAL EDUCATION

2909 SW 2<sup>nd</sup> Avenue | 503-823-3601

[portlandoregon.gov/parks/ee](http://portlandoregon.gov/parks/ee)

The Environmental Education program offers diverse experiences in Portland's parks, gardens, and natural areas. Classes, guided walks, day camps, volunteer opportunities, and special events focus on the forest, grassland, and water ecosystems available throughout our city. From young children to older adults, all ages can find active involvement and discovery of nature close to home!

## **PARKS FOR NEW PORTLANDERS**

1120 SW Fifth Avenue, Ste. 1302 | 503-260-2487  
[parksfornewportlanders.org](http://parksfornewportlanders.org)

Parks for New Portlanders (PNP) is a program initiated by PP&R to provide recreation opportunities for immigrant and refugee communities. PNP works with partners and city leaders to design culturally relevant programs, making sure services are welcoming to communities of color, new immigrants and refugees. With one in five Portlanders being foreign-born, addressing the needs of this new and diverse population is crucial as they transition to Portland's community.

## **PORTLAND PUBLIC GOLF**

[portlandoregon.gov/parks/golf](http://portlandoregon.gov/parks/golf)

Portland Public Golf offers affordable, quality golf to Portland's residents and visitors alike. These six beautiful, and nationally recognized, golf courses offer 9- and 18-hole rounds, practice ranges, lessons for youth and adult, and spectacular options for tournament play. In addition, many sites have clubhouses available for rental parties. Located around the metro area, Portland public golf courses are Eastmoreland, Heron Lakes- Great Blue, Heron Lakes- Greenback, RedTail, Rose City, and the newly acquired Colwood Golf Course.

## **PP&R SKATEBOARDING**

6433 NE Tillamook Street | 503-823-4328  
[portlandoregon.gov/parks/skate](http://portlandoregon.gov/parks/skate)

PP&R offers skateboarding classes, clinics, day camps and private lessons for ages four and up in community centers, SUN Community Schools, and in Portland's parks. Skate programs get participants up and skateboarding by educating them in skate park etiquette and skateboard anatomy/function, practicing safe stance and bailing out, and finally by boosting confidence and ability in balance, mechanics and control.

## **SENIOR RECREATION**

6433 NE Tillamook Street | 503-823-4328  
[portlandoregon.gov/parks/sr](http://portlandoregon.gov/parks/sr)

Senior Recreation is dedicated to ensuring access to recreational, educational, and wellness opportunities for adults age 60+. These well-attended programs are offered throughout Portland and include excursions and van trips, health and wellness, gardening, fitness, computers, biking, book club, Brainpower Boost, arts and crafts, language, floral design, golf, cooking, dance, music, drawing, Hike for Health, Metro Movers, and more!

## **SUMMER FREE FOR ALL**

[portlandoregon.gov/parks/sffa](http://portlandoregon.gov/parks/sffa)

Summer Free For All is Portland Parks & Recreation's premiere community outreach effort. This wildly popular summer series of free outdoor activities is held in Portland's parks all over the city and is supported by community sponsors, donations, and in-kind contributions. Each summer, PP&R expects to serve more than 320,000 attendees by offering a collection of concerts, movies, playground programs, summer lunches for youth, a traveling climbing wall, and much more.

## **TEEN FORCE**

6433 NE Tillamook Street | 503-823-4328  
[portlandoregon.gov/parks/teenforce](http://portlandoregon.gov/parks/teenforce)

Teen Force strives to reflect the energy and excitement of the teens themselves in the awesome trips, classes, drop-in activities, events, and volunteer/service learning outings offered. Teen Force sites include: Charles Jordan, East Portland, Matt Dishman, Montavilla, and Mt. Scott Community Centers. Additional teen programs are available through local centers, SUN Community School sites, and Environmental Education.

## REGISTRATION

Receipt of full payment is required for registration, unless otherwise arranged. Please call if you receive a returned check or declined bank card notice, either of which void registration.

## RESIDENT / NON-RESIDENT

A resident is:

- anyone who occupies a permanent residence inside the city limits of Portland. At the discretion of a Community Center Director, proof of home address may be required. Acceptable address verification may include a 1) drivers license, 2) Oregon ID card, 3) property tax statement, 4) utility bill or lease agreement with current home address.
- any child living within the school boundaries of the Reynolds and Centennial School Districts who is attending a SUN Community School. Through a partnership between the City and County, a child attending a SUN Community School is eligible to register for programs at any SUN Community School location without paying a non-resident surcharge.

Anyone else is considered a non-resident (NR) and will be assessed a 40% surcharge (rounded to the next highest quarter (.25)). NR surcharges do not apply to drop-in activities. Non-residents who wish to register for PP&R activities may choose one of these options:

- Pay the additional 40% NR fee.
- Purchase a NR fee discount pass as either an individual or family for a period of three, six or nine months from the date of purchase. The NR discount pass takes 25% off the NR fee for the activity. Inquire about this option at time of registration. These passes are not refundable.

### Non-resident Pass Prices

3-month pass: Individual \$25 Family \$50

6-month pass: Individual \$45 Family \$90

9-month pass: Individual \$65 Family \$130

A family denotes a couple (married or domestic) or a single parent and their legal dependents living in the same residence.

## CLASS ENROLLMENT

Our classes must meet minimum and maximum enrollment standards. Classes may fill quickly or be canceled due to low enrollment.

## WITHDRAWAL & REFUNDS

Please notify us at least seven (7) days, unless otherwise specified, before the start of your program so that we can refund or credit your account for the registration fee. Pre-paid materials and admission tickets cannot be refunded. Participants needing to withdraw after the program has begun are offered a prorated credit or refund based upon when the request is made.

## SCHOLARSHIPS

City of Portland residents, regardless of age, who require financial assistance may apply for partial scholarships. Contact individual centers for information.

## NOTICE OF NON-DISCRIMINATION

PP&R programs and services reflect the cultural diversity of our community. We do not discriminate on the basis of religion, race, color, gender, national origin, sexual orientation, age or ability.

## SPECIAL NEEDS

Within the American with Disability Act (ADA), a person with a disability or special need who desires assistance with registration and/or participation in general PP&R programs can contact Inclusion Services at 503-823-4333 or 711 (TRS). If you request assistance through Inclusion Services, a minimum of 10 business days (Monday-Friday) advance notice is required.

If you need a sign language interpreter or FM loop amplifier, please call 503-823-4333 or 711 (TRS), at least five business days in advance of the activity or class. Information about programs and services is available online for those needing a voice synthesis; visit our website at [www.PortlandParks.org](http://www.PortlandParks.org). For additional ADA information, call 503-823-2223.

## PHOTO POLICY

Portland Parks & Recreation (PP&R) reserves the right, and may give permission to the media, to photograph classes, programs, and participants at any of our facilities and properties or any sponsored activity. Please be aware that these photos are for promotional purposes and may be used in future publications and media communications in any format.

If you do not wish to be photographed, please inform staff and we will make reasonable efforts to honor your request. If you see staff taking pictures, and you do not wish to be photographed, please let us know.

If you see a photo of yourself or a family member that causes you concern, please notify us. As a courtesy, we will make every reasonable effort to dispose of the image, and will not use it in future publications. However, we will not be able to retrieve, destroy or discontinue existing printed publications in which the photograph may have been included.

## CUSTOMER SATISFACTION

Your satisfaction is our goal! Portland Parks & Recreation strives for 100% customer satisfaction. If you are not satisfied with a recreation program or service, please let us know.

## INFORMATION HOTLINE

For information on other PP&R services & programs, call our Information Hotline at 503-823-PLAY (7529), Monday-Friday, 8:30am-5pm.

## INCLEMENT WEATHER

If the City of Portland public school districts (Portland Public, Parkrose, David Douglas, Reynolds, and Centennial) are closed because of weather conditions, PP&R classes and youth basketball in those school districts are cancelled. However, some sites may be open for drop-in activities. Call the specific PP&R facility for information and opening/closing times. If inclement weather is forecast on weekends or holidays, call the PP&R facility or program for operating hours and activity cancellations.





6433 NE Tillamook Street  
Portland, Oregon 97213

[PortlandParks.org](http://PortlandParks.org)

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A photograph of two young girls in a swimming pool. The girl in the foreground is wearing a pink swim cap and orange goggles, smiling broadly with her hands resting on a dark ledge. The girl in the background is wearing a black swim cap and blue goggles, also smiling. The water is a clear, bright blue.

**LOVE WHERE  
YOU LIVE.  
LOVE WHAT  
YOU GIVE.**

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**PP&R GIFT CERTIFICATES**

are available for any dollar amount and can be redeemed for any program or service. Gift certificates can be purchased at any community center or online at [PortlandParks.org](http://PortlandParks.org).