



PORTLAND PARKS & RECREATION™

Healthy Parks, Healthy Portland

PORTLAND PARKS & RECREATION

Activities for Winter 2017



East Portland CC
Montavilla CC
Mt. Scott CC
Sellwood CC
Woodstock CC

Community Music Center
Laurelhurst Dance Studio
SUN Community Schools

REGISTRATION BEGINS NOVEMBER 21, 2016

Go to 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 aides 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). 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! Purchase at any community center.

*Redeemable at the Portland Parks & Recreation Community Center where purchased. Promotion ends 12/23/16.

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



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

For more information call 503-823-PLAY or visit
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



**SPRING BREAK CLASSES
March 27-31, 2017**

**Beginning Manga Drawing
Monday through Friday, March 27 - 31
9:30am-12:00pm (morning class)**

Age 9-14
Pre-registration required. \$85 nonmember/\$75 LGF member, for the whole series

Manga, Japanese comic strips and animation, have gained international popularity and have introduced young people the world over to a new genre of graphic design. This style of art is beautiful and entertaining; these classes are a simple introduction to making manga on your own. Suitable for all skill levels.

**Children's Nature Illustration
Monday through Friday, March 27 - 31
1:00pm-3:30pm (afternoon class)**

Age 9-14
Pre-registration required. \$85 nonmember/\$75 LGF member for the whole series

We will learn to look and really SEE how flowers, leaves, branches, and other parts of Mother Nature are constructed. We'll create a detailed botanical drawing on paper using pencil, fine-point drawing pens and any other preferred media. Suitable for all skill levels.

Fun Folding—Origami
Two-day class,
**Tuesday, March 28 & Thursday, March 30
1:30pm-3:00pm**

Age 6-adult (*children ages 6-8 must be accompanied by an adult*)
Pre-registration required. \$30.00 per student/adult pair for both days

Remember the fun of creating something out of an ordinary sheet of paper? Students will begin to understand one of the greatest values of origami—the sense of wonder and accomplishment one gets from creating something from nothing! Come out and discover how to fold a piece of paper into a bird, flower, box or dinosaur.



**For information or to register call
503-823-1671 or visit leachgarden.org**

Garden Hours

Mon	Closed
Tue	9:00am- 4:00pm
Wed	9:00am- 4:00pm
Thu	9:00am- 4:00pm
Fri	9:00am- 4:00pm
Sat	9:00am- 4:00pm
Sun	1:00pm- 4:00pm

6704 SE 122ND AVE, PORTLAND, OR 97236

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RESERVING PARKS FOR WEDDING & PICNICS

Wedding Day - Tuesday, January 3
8:00am- Walk-in customers only

If you are not booking a highly sought-after location or date individuals are encouraged to use other methods of booking, including online reservations.

12:00 noon- All Reservation types welcome

- Phone
- Walk in
- Online
- Fax
- Mail

Picnic Day - Monday, February 13

8:00am- All Reservation types welcome

- Phone
- Walk in
- Online
- Fax
- Mail

<https://www.portlandoregon.gov/parks/38280>

COMMUNITY MUSIC CENTER



3350 SE Francis Street
Portland, Oregon 97202
503-823-3177

Program Supervisor
Gregory Dubay

Coordinator
Kari Kjome

Bus Line
#9 SE Powell, #17 SE Holgate, #75 SE 39th

Parking
Lot entrance off of SE Francis

Disabled Accessible
Wheelchair accessible, floors 1 and 2

Hours

Monday	2:00-9:00pm
Tuesday-Thursday	9:00am-9:00pm
Friday	9:00am-7:00pm
Saturday	9:00am-5:00pm

Friday and Saturday evenings and Sunday by appointment

Building Closures

November 11	Closed
November 24	Closed
November 25	Closed
December 24-26	Closed
January 2	Closed
January 16	Closed
February 20	Closed

Ofrecemos asistencia en español para matrículas. Horario de atención en español: martes a sábado de 9:00 am a 4:30 pm. Comunicarse con Erik Velasquez.

PARENT / CHILD

Adult must attend

Creepers & Toddlers Explore! Age 6 mo.-2

Increase awareness of basic musical elements including pitch, rhythm & tempo through songs, movement, listening & more. Develop aural responsiveness & social skills in a playtime environment through early childhood music education techniques. It's music to your ears! Child & caregiver attend class together.

10:00-10:45am	1/10-3/14	Tu
Sinell	\$95	1057936
10:00-10:45am	1/13-3/17	F
Sinell	\$95	1057946
10:00-10:45am	1/14-3/18	Sa
Pazienza	\$95	1057952

Exploring Together! Age 2-3.5

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. Music lovers created here! Child & guardian attend class together.

9:15-10:00am	1/10-3/14	Tu
Sinell	\$95	1057935
11:00-11:45am	1/10-3-14	Tu
Sinell	\$95	1057944
9:15-10:00am	1/13-3/17	F
Sinell	\$95	1057945
11:00-11:45am	1/13-3/17	F
Sinell	\$95	1057948
9:15-10:00am	1/14-3/18	Sa
Pazienza	\$95	1057950
11:00-11:45am	1/14-3/18	Sa
Pazienza	\$95	1057951

PRESCHOOL

Launch Pad To Learning Ages 3.5- 5

Blast off into sounds & creativity! Develop cognitive, social, & musical skills through methods such as Orff, Kodaly & Dalcroze. Songs, games & movement activate body & mind. Play easy percussion & melody instruments, too! *Adult remains in the building.*

1:00-1:45pm	1/13-3/17	F
Sinell	\$95	1057956

YOUTH

Piano Foundations - Level 1 Age 6-9

To master eighty-eight keys, start with the basics. Focus on sitting & hand technique, note names, beginning rhythms, dynamics & more. Feel the accomplishment of playing your first tunes! *Lesson book not included in tuition fee.*

2:00-2:40pm	1/14-3/18	Sa
	\$115	1064055

Introduction to Chamber Groups Age 8-14

Small ensembles can be more thrilling- and challenging- with one person on each part and no conductor. Find the help you need as a newcomer in this realm. Develop & build skills for playing together with others. You'll get lots of practice reading music, too, as you discover compositions by the masters. *Requires some prior group ensemble experience such as CMC String Orchestra III or the equivalent.*

5:15-6:15pm	1/9-3/20	M
Nemeth	\$108	1059575

Private lessons for youth in violin, viola, cello, bass and flute available (some instruments waitlisting); call 503-823-3177 to get started.

The following activities are in progress but open to newcomers. Prerequisites may apply. Call for more information 503-823-3177

YOUTH

Basic Skills

Every great oak begins as an acorn. Put down roots into the fundamental concepts of musicianship through methods such as Orff, Kodaly & Dalcroze that incorporate movement, creative expression & social interaction. Start to develop listening, singing & improvisation abilities. Gain introduction to musical terms & notation, too. The experience will lead to groundbreaking progress on any instrument.

Age 4-5

Pre-K or Kindergarten; prior music class experience & instructor approval required for Pre-K age

3:30-4:10pm	1/9-3/20	M
Crever	\$89.10	1057983
11:55am- 12:35pm	1/14-3/18	Sa
Wagner	\$99	1059502

Age 5-7

Kindergarten or 1st Grade

5:15-5:55pm	1/9-3/20	M
Crever	\$89.10	1057984

On My Way With Basic Skills

Age 5-7

Kindergarten or 1st Grade

This is where budding musicians sprout! Spring into the world of creativity & self-expression. Start to read notes, develop listening skills, sing, & improvise on instruments. Methods such as Orff, Kodaly & Dalcroze 'wire' young minds for learning! *Prerequisite: Basic Skills, private instrument lessons for 6 months, or the equivalent.*

3:15-3:55pm	1/10-3/14	Tu
Sinell	\$99	1059599
1:00-1:40pm	1/14-3/18	Sa
Wagner	\$99	1057987

Skills Laboratory

Age 12-18

Looking for some specialized assistance in musical concepts? Need to fill some educational gaps? Benefit from tailored instruction in theory. Be inspired by making progress in grasping the concepts that help to read notes, play, & sing at a higher level. *Prior music background required; contact CMC 503-823-3177.*

5:15-6:00pm	1/11-3/15	W
Hess	\$99	1059617

Center Singers Youth Choir

Age 8-13

Just try to catch your breath in this high-energy group for young voices! Develop singing techniques, note reading skills, & accuracy of pitch & rhythm while making lasting friendships.

10:00-11:00am	1/14-3/18	Sa
Edson	\$88	1057864

Suzuki Group Class - violin books 1-2

Age 5-18

Play through known songs with a group of kids at the same level to enhance the string lesson experience. Be inspired by watching more advanced players. Enjoy string games & brainteasers, too! *Prerequisites apply. Note: This class supplements private lessons. Must be concurrently enrolled in Suzuki lessons at CMC or elsewhere.*

5:30-6:15pm	1/12-3/16	Th
Hardy	\$80	1058015

String Orchestra Level I

Age 6-13

Get ready for some 'sound' teamwork! Develop note reading & rhythm skills, practice following a conductor, & get a grasp on instrument & bow techniques while discovering the thrill of playing in an ensemble. *For players with one or two years of study on their instrument & beginning note reading skills. Required book: Strictly Strings Volume 1 (available at CMC).*

3:45-4:25pm	1/13-3/17	F
Murer	\$76	1057852

String Orchestra Level II

Age 7-14

You are on your way to playing the 'greats'! Develop instrument techniques such as vibrato, upper positions & bowing skills on exciting music that stretches teamwork ability in the symphonic realm. *For players with at least two years of study on their instrument & intermediate sight-reading skills. Required book: Strictly Strings Volume 1 (available at CMC).*

4:30-5:15pm	1/13-3/17	F
Murer	\$76	1057853



SCHOLARSHIPS

Need-based scholarships available for study at CMC, thanks to nonprofit support. Apply at CMC.

Becas otorgadas por la organización sin ánimo de lucro, disponibles para personas de bajos recursos. Aplique en el CMC.

COMMUNITY MUSIC CENTER



YOUTH

The following activities are in progress but open to newcomers. Prerequisites may apply. Call for more information 503-823-3177

YOUTH String Orchestra Level III Age 8-15

Ready for more challenging parts, more composers, more teamwork? Bring your instrumental prowess to bear on a wider repertoire. Build high-level ensemble & interpretive skills such as tempo changes & phrasing. Be prepared to work & get ready for the applause! *For players in Suzuki book 3 & beyond or the equivalent, plus intermediate sight-reading skills.*

5:25-6:25pm	1/13-3/17	F
Murer	\$76	1057854

HIGH SCHOOL/ADULT (12 YRS & UP)

Piano Group Lessons Level 2 - Blues & Jazz

Age 16 & Up

Challenging pieces are within your grasp! Get more tips & techniques for fingering & note reading. Improve understanding of rhythm & harmony. Small group setting allows individual attention. This class will focus on Blues and Jazz repertoire. *Prerequisites apply.*

8:00-9:00pm	1/11-3/15	W
Cheshier	\$128	1064144

Violin Ensemble

Age 16 & Up

Join violin's answer to the cello project while delving into the rich library of literature for this versatile instrument. Explore playing with others in two, three, & four part harmony while building ensemble skills, developing sight-reading ability, & extending technique, all under the guidance of an instructor. A great preparatory experience for joining an orchestra or chamber group. *Prerequisite: two years of violin group lessons, or the equivalent.*

8:10-9:00pm	1/9-3/20	M
Rowell	\$110.70	1057878

Guitar Ensemble

Age 18 & Up

Looking for a new 6-string adventure? Join the rich, unique sound of multiple guitarists playing together on a variety of works from the Renaissance & beyond, coached by an instructor. Find camaraderie with others at your level! *Prerequisite: Guitar Group Lessons Level 2 or the equivalent (two years of group lessons).*

7:30-8:30pm	1/11-3/15	W
Ashton	\$148	1058010

Francis Street Singers

Age 18 & Up

Seeking fellowship with other vocalists in a dedicated group? Join this long-standing, medium-sized, non-audition community choir to rehearse & perform repertoire spanning nearly 500 years. Create beautiful harmony in sound & with new friendships. *Ability to match pitch required; prior experience with part singing highly recommended.*

7:00-9:00pm	1/10-3/14	Tu
Edson	\$68	1057859

Cello Ensemble

Age 16 & Up

Who needs violins & violas? A group of these sonorous stringed instruments is beautifully complete, with melody, harmony & a rich repertoire. Develop skills to hold your own part while playing well with others. Find your comfort level of musical challenge, or stretch your technique, all under the guidance of an instructor. *Prerequisite: cello groups lessons level 2 or the equivalent of 2 years group classes.*

7:30-8:30pm	1/10-3/14	Tu
Hillebrand	\$148	1057889

Advanced Recorder Ensemble

Age 14 & Up

Sopranos, altos, tenors, bass, & great bass come together as a polished ensemble under the guidance of an instructor. Meet other enthusiasts & refine skills that enable playing as one. *Prerequisite: Advanced ability on both C and F instruments & sight-reading at a high level.*

6:30-7:25pm	1/11-3/15	W
Neuman	\$148	1057906

Renaissance Song

Age 18 & Up

Get the fundamentals of tone production, style & pronunciation needed to recreate the beautiful vocal expressions of this artistic age. Gain confidence in your performance while exploring this part of living history. *Prerequisites apply.*

6:30-7:25pm 1/11-3/15 W
Neuman \$148 1057914

Contemporary Recorder

Age 14 & Up

Reach beyond the Renaissance & re-discover favorites new & old from the 17th century & later. Exploration of styles such as classical, jazz & popular will deepen appreciation for this versatile instrument. *Prerequisites apply.*

7:30-8:30pm 1/11-3/15 W
Markham \$148 1059556

Renaissance Wind Band

Age 14 & Up

Enjoy the unique blend of instruments such as crumhorns, sordunes, recorders, racketts, corna musen & others while exploring their rich repertoire. Meet other enthusiasts while gaining new insights into the style & history of early music. *Prerequisite: advanced ability & sight-reading at a high level.*

7:30-8:25pm 1/11-3/15 W
Neuman \$148 1057908

Collegium Musicum

Age 14 & Up

In the 16th century collegia musica arose as gatherings of musicians who studied & performed for enjoyment. Whether singing or playing a Renaissance instrument, keep the tradition alive! Discover & share repertoire in a setting of mixed instruments & voices. Get advice on technique & ornamentation, hone intonation & ensemble skills, uncover principles of voice leading & doubling, & more. *Prerequisite: Excellent sight-reading skills & experience playing 16th/early 17th century music.*

8:35-9:30pm 1/11-3/15 W
Neuman \$148 1057912

Renaissance Loud Wind Band

Age 14 & Up

Play in consort with the likes of cornettos, dulcians, sackbuts, recorders & windcapped instruments to explore the early music repertoire. Gain new insights into style & history while getting to know other enthusiasts. *Prerequisite: Advanced ability & sight-reading at a high level*

8:40-9:35pm 1/11-3/15 W
Neuman \$148 1057907

String Orchestra

Age 16 & Up

Why let the pros have all the fun? Make lasting musical friendships & hone playing skills while enjoying the glorious symphonic sound of great masterworks. *Prerequisite: At least two years instrumental study or permission of conductor & reasonable sight-reading ability; some ensemble or class experience desirable*

7:15-8:45pm 1/12-3/16 Th
Zweben \$68 1057982

ACTIVITIES IN PROGRESS

Contact CMC for more information

Youth

Music Skills I – IV
Piano foundations Level 1-2 to 2-3
Piano Laboratory

Adults

Cello Group Lessons Level 1 & 2
Guitar Group Lessons Level 1 & 2
Recorder Level 1, 2, & 3
Violin Group Lessons Level 1 & 2
Piano Level 1
Madrigal Singing



CMC CONCERTS

CMC hosts many free and low-cost concerts throughout the year. For more information, go to www.communitymusiccenter.org

LAURELHURST DANCE STUDIO



3756 SE Oak Street
Portland, OR 97214
503-823-3662

Building Director
Soo Pak

Coordinator
Demetri Finch-Brown

Reception Leader
Danielle Potter

Bus Line
#20 Burnside, #15 Mt. Tabor, #75 Cesar E. Chavez Blvd.

Parking
SE Oak and SE Stark Street

Disabled Accessible
Entrance, Parking

Hours
Monday – Friday 9:15am-9:00pm
Saturday 9:00am-1:30pm
Sunday 12:30-3:00pm

Building Closures
November 11 Closed
November 24 Closed
November 25 Closed
December 19-31 Closed
January 2 Closed
January 16 Closed
February 20 Closed

YOUTH BALLET ACADEMY

We offer a fun and challenging learning environment, where dancers enjoy an enriching journey to the performing arts experience, with individualized dance attention, professional instruction as well as a variety of dance to complement their style and abilities.

A unique blend of formal ballet training and additional dance disciplines, from beginning levels through advanced classes featuring pointe work. Our Youth Ballet Academy offers an exciting and challenging learning environment. Participants enjoy an enriching journey to the performing arts experience. Academy enrollment is open anytime throughout the year.

Contact Laurelhurst Studio at 503-823-3662 to consult for correct class level placement. **Code 1060830**

Ballet - Intro

Age 8-17
4:00-5:00pm Tu Th \$57/month

Ballet - Beginning

Age 8-17
5:00-6:00pm Tu Th \$57/month

Ballet - Intermediate

Age 8-17
5:00-6:30pm M W \$76/month

Ballet - Advanced

Age 11-18
6:30-8:00pm M W F \$115/month



ADULT BALLET ACADEMY

Adult Ballet - Beginning

Age 14 & up

Transcend childhood dreams & dance! Improve coordination while developing agility, grace & poise. A sensitive & caring atmosphere provides gentle toning, stretching & strengthening & injury prevention techniques. Attain goals for long term quality of life. This is an adult beginning class.

8:00-9:15pm	W	\$49/month
1/4-1/25		1061043
2/1-2/22		1061044
3/1-3/22		1061045
4/5-4/26		1061046
5/3-6/7		1061047

Adult Ballet - Intermediate

Age 14 & up

Experience the time-honored traditions & grace of classical dance. Barre & floor work increase balance & improve posture & body alignment. Ideal for continuing dancers & those wanting the cross training benefits of agility & strength. This is an adult beginning-intermediate class.

9:45-11:15am	M	\$49/month
1/9-1/30		1060622
2/6-2/27		1060623
3/6-3/27		1060625
4/3-4/24		1060626
5/1-6/5		1060627
7:00-8:30pm	Tu	\$49/month
1/3-1/31		1060653
2/7-2/28		1060652
3/7-3/21		1060666
4/4-4/25		1060682
5/2-6/6		1060667

SPRING SHOW

Come join us for a compilation of creativity and hard work. Laurelhurst Dance Studio presents our annual Spring Performance (Dancing Dreams). Performances will be held at Franklin High School on Marshall campus.

- Friday April 7, 7:00-9:00pm
Code **1064191**
- Saturday April 8, 4:00-6:00pm
Code **1064192**

Presale tickets \$8
Door tickets \$10



All performance classes must be registered for 3 months in order to participate in the Spring Show.

- Ballet Basics
- Hip Hop (Th 4:00-5:00pm)
- Adult Tap (Tue & Th)
- Irish Dance (youth & adult)
- Ballroom
- Cabaret Jazz
- Youth Ballet Academy
- Recreation Dance Company

Register by January 27 to perform with us in April! Additional performance fees apply.

PARENT / CHILD

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

Terrific Twirling

Age 2-3

Calling all toddlers! Explore very basic techniques in ballet and jazz. Discover exciting methods of movement using dance, activities and games that work on coordination, flexibility, rhythm and body awareness.

10:00-10:30am	1/11-2/8	W
	\$22	1062458
10:00-10:30am	2/15-3/15	W
	\$22	1062485

Ballet for Two

Age 2-4

Introduce your child to this beautiful form of dance! Step along together practicing barre, floor work and the creative process. Experience a gentle approach to movements children will recognize from 'The Nutcracker' and 'Swan Lake', while gaining agility and flexibility. No experience necessary.

10:45-11:15am	1/10-2/7	Tu
	\$25	1062459
2:30-3:00pm	1/11-2/8	W
	\$25	1062460
9:15-9:45am	1/14-2/11	Sa
	\$25	1062461
10:45-11:15am	2/14-3/14	Tu
	\$25	1062486
2:30-3:00pm	2/15-3/15	W
	\$25	1062487
9:15-9:45am	2/18-3/18	Sa
	\$25	1062488

Movement - Dance & Me

Age 2-3

Turn & swirl together creating a foundation for self-expression. Discover ways to increase coordination, rhythm, flexibility & body awareness. Steps, spins, and twirls delight with emphasis on imagination, creativity, and listening skills.

2:45-3:15pm	1/12-2/9	Th
	\$25	1062472
2:45-3:15pm	2/16-3/16	Th
	\$25	1062499

Gymnastics - Twisting Tadpoles

Age 2-4

Challenge your wee-one through 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! Wiggle, Jump, & Roll!

10:45-11:15am	1/11-2/8	W
	\$25	1062468
2:30-3:00pm	1/10-2/7	Tu
	\$25	1062469
10:45-11:15am	2/15-3/15	W
	\$25	1062495
2:30-3:00pm	2/14-3/14	Tu
	\$25	1062496

I DANCE LIKE ME

LAURELHURST DANCE STUDIO

Laurelhurst features a comprehensive dance education from parent/child classes to adult classes and everything in-between! Like all PP&R activities, our program is open to all Portlanders and our neighbors in the surrounding region.

Laurelhurst uniquely offers a Youth Ballet Academy and an Adult Recreational Dance Company. Both offer choreography and performance opportunities.



WHAT TO WEAR

All dancers should wear comfortable clothing that he/she can move in. No dresses, skirts, or jeans please. All jewelry should be removed before class.

Ballet and Tap

Leotard, tights, and ballet slippers or tap shoes.

Hip Hop and Jazz

Leggings or sweat pants. No street shoes unless they are reserved only for class.

Questions?

Call 503-823-3662

LAURELHURST DANCE STUDIO



PRESCHOOL

Explore Ballet, Jazz & Tap

Leaps & twirls, jumps & isolations, footwork & combination steps! Increase your balance & coordination while enjoying the freedom of movement. Focus on your understanding of rhythm, meter, & body awareness while learning new vocabulary. A great opportunity to develop your passion!

Age 3-5

1:45-2:15pm	1/9-2/6	M	\$20	1062462
11:30am-12:00pm	1/10-2/7	Tu	\$25	1062463
1:00-1:30pm	1/11-2/8	W	\$25	1062464
1:45-2:15pm	2/13-3/13	M	\$20	1062489
11:30am-12:00pm	2/14-3/14	Tu	\$25	1062490
1:00-1:30pm	2/15-3/15	W	\$25	1062491

Age 4-6

12:15-12:45pm	1/12-2/9	Th	\$25	1062465
12:15-12:45pm	2/16-3/16	Th	\$25	1062492

Tap Dance - Tip Tap Toes

Age 3-5

Discover the world of Tap using stories, music & props. While learning this dance form in a supportive environment, increase rhythm & coordination, strength & flexibility.

1:45-2:15pm	1/10-2/7	Tu	\$25	1062482
3:30-4:00pm	1/13-2/10	F	\$25	1062483
9:45-10:15am	1/14-2/11	Sa	\$25	1062484
1:45-2:15pm	2/14-3/14	Tu	\$25	1062509
3:30-4:00pm	2/17-3/17	F	\$25	1062510
9:45-10:15am	2/18-3/18	Sa	\$25	1062511

Tap & Jazz Combo

Age 3-5

Sizzle & swing your way to versatility! Tapping builds speed & stamina & jazz limbers up the whole body. Basic shuffles, toe taps & waltz clogs challenge your physical coordination & provide the chance to be cool, be alive & jive.

12:00-12:30pm	1/9-2/6	M	\$20	1062949
12:00-12:30pm	2/13-3/13	M	\$20	1062951
12:00-12:30pm	2/17-3/17	F	\$25	1062952
12:00-12:30pm	1/13-2/10	F	\$25	1062950

Little Hip Hoppers

Boogaloo down to those lively tunes with safe & cool moves. Catch the groove while increasing balance, coordination & strength. Little feet move to the beat!

We offer hip hop for younger with dance modifications that are appropriate for their age & physical abilities. All of our music has been screened prior to class.

Age 3-5

1:00-1:30pm	1/9-2/6	M	\$20	1062470
1:45-2:15pm	1/11-2/8	W	\$25	1062954
1:00-1:30pm	2/13-3/13	M	\$20	1062497
1:45-2:15pm	2/15-3/15	W	\$25	1062955

Age 4-6

3:30-4:00pm	1/9-2/6	M	\$20	1062471
3:30-4:00 pm	2/13-3/13	M	\$20	1062498

PreBallet - First Steps

Age 3-5

With stories, props & classical music, your child explores movement & dance with comfort. A nurturing environment inspires imagination & a love for dance.

11:30am-12:00pm	1/9-2/6	M	\$20	1062473
1:00-1:30pm	1/10-2/7	Tu	\$25	1062474
11:30am-12:00pm	1/11-2/8	W	\$25	1062475
1:00-1:30pm	1/12-2/9	Th	\$25	1062476
10:30-11:00am	1/13-2/10	F	\$25	1062477

2:00-2:30pm	1/13-2/10	F	12:00-12:45pm	1/11-3/15	W
	\$25	1062478		\$50	1062521
11:30am-12:00pm	2/13-3/13	M	3:15-4:00pm	1/11-3/15	W
	\$20	1062500		\$50	1062522
1:00-1:30pm	2/14-3/14	Tu	1:45-2:30pm	1/12-3/16	Th
	\$25	1062501		\$50	1062523
11:30am-12:00pm	2/15-3/15	W	10:30-11:15am	1/12-3/16	Th
	\$25	1062502		\$50	1062516
1:00-1:30pm	2/16-3/16	Th	11:30am-12:15pm	1/14-3/18	Sa
	\$25	1062503		\$50	1062517
10:30-11:00am	2/17-3/17	F	11:15am-12:00pm	1/13-3/17	F
	\$25	1062504		\$50	1062524
2:00-2:30pm	2/17-3/17	F			
	\$25	1062505			

PreBallet - Where Dreams Begin
Age 3-5

Agility, grace, coordination, movement & rhythm improves strength while providing the nurturing atmosphere to learn the discipline required. Earliest preparation of time honored training in classical ballet.

9:15-9:45am	1/11-2/8	W
	\$25	1062479
11:30am-12:00pm	1/12-2/9	Th
	\$25	1062480
2:45-3:15pm	1/13-2/10	F
	\$25	1062481
9:15-9:45am	2/15-3/15	W
	\$25	1062506
11:30am-12:00pm	2/16-3/16	Th
	\$25	1062507
2:45-3:15pm	2/17-3/17	F
	\$25	1062508

PreBallet - First Steps: Sleeping Beauty
Age 4-5

With stories, props & classical music, your child explores movement & dance with comfort. A nurturing environment inspires imagination & a love for dance.

2:30-3:15pm	1/9-3/13	M
	\$40	1062519
12:15-1:00pm	1/10-3/14	Tu
	\$50	1062518
3:15-4:00pm	1/10-3/14	Tu
	\$50	1062520



YOUTH

Ballet - Basics
Age 5-7

Express yourself! Explore this joyful dance style & increase agility, grace & coordination. Develop a firm foundation in classical technique while gaining music knowledge & arts appreciation.

4:00-5:00pm	1/11-3/15	W
	\$78	1062512
4:15-5:15pm	1/13-3/17	F
	\$78	1062513

Tap & Jazz Combo
Age 6-8

Sizzle & swing your way to versatility! Tapping builds speed & stamina & jazz limbers up the whole body. Basic shuffles, toe taps & waltz clogs challenge your physical coordination & provide the chance to be cool, be alive & jive.

10:30-11:30am	1/14-2/11	Sa
	\$39	1062467
10:30-11:30am	2/18-3/18	Sa
	\$39	1062494

Modern and Contemporary Dance
Age 8 & up

Express yourself! Strive to combine proficiency of movement with the artistry of self-expression as you are introduced to concepts of creative dance. Explore tempos, rhythms & choreography while gaining physical strength, flexibility & stamina.

6:00-7:00pm	1/3-1/31	Tu
	\$49	1061019
6:00-7:00pm	2/7-2/28	Tu
	\$49	1061020
6:00-7:00pm	3/7-3/21	Tu
	\$49	1061021



SEMI-PRIVATE AND PRIVATE LESSONS

We are now offering semi-private and private lessons on Sundays only.

Semi-Private (up to 3 students)
\$25/per dancer

Private \$40/hour

Call 503-823-3662 to schedule.

LAURELHURST DANCE STUDIO



YOUTH

Dance - Hip Hop & Funky Beats

Move to the beat! Get a great start on this fun and energetic style of dance. Build endurance, strength and balance while focusing on rhythm, musicality and basic footwork.

Age 7-9

4:00-5:00pm	1/9-3/13	M
	\$80	1062514

Age 10-13

6:00-7:00pm	1/12-3/16	Th
	\$100	1062515

Irish Dance: Step it up!

Age 5-10

Fun, fitness, & cultural tradition all at once! Kids will experience Irish dancing (a social style of dance) & Irish step dancing (performance style) while they discover a form of music that they rarely hear on the radio. Experience proper Irish Dance foot positioning, posture, counting music, stretching, hop skips, the side step, and their first jig step. Exposure to Irish Dance brings a focus on extending attention spans, increased stamina, & cultural awareness. A great way to increase cardiovascular fitness, muscle tone, flexibility, coordination, balance, strength & learn a few Gaelic words too! Eireann go Brach!

1:00-2:00pm	1/15-2/12	Su
	\$39	1062466

1:00-2:00pm	2/19-3/19	Su
	\$39	1062493



HIGH SCHOOL / ADULT

Modern and Contemporary Dance

Express yourself! Strive to combine proficiency of movement with the artistry of self-expression as you are introduced to concepts of creative dance. Explore tempos, rhythms & choreography while gaining physical strength, flexibility & stamina.

Age 8 & up

6:00-7:00pm	1/3-1/31	Tu
	\$49	1061019

6:00-7:00pm	2/7-2/28	Tu
	\$49	1061020

6:00-7:00pm	3/7-3/21	Tu
	\$49	1061021

Age 13 & up

12:30-1:30pm	1/7-1/28	Sa
	\$49	1060985

12:30-1:30pm	2/4-2/25	Sa
	\$49	10609856

12:30-1:30pm	3/4-3/25	Sa
	\$49	1060987

Tap Dance

Age 14 & up

Childhood dreams become a reality in this exciting & lively American art form. Embrace your inner dancer with moves that improve balance, ankle strength & flexibility. Basic shuffle, toe tap & time steps may be included.

Tap - Beginning

9:15-10:15am	1/5-1/26	Th
	\$49	1060795

9:15-10:15am	2/2-2/23	Th
	\$49	1060798

9:15-10:15am	3/2-3/23	Th
	\$49	1060799

Tap - Beginning/ Intermediate

2:00-3:00pm	1/7-1/28	Sa
	\$49	1062956

2:00-3:00pm	2/4-2/25	Sa
	\$49	1062957

2:00-3:00pm	3/4-3/25	Sa
	\$49	1062958

Tap - Intermediate

9:30-10:30am	1/3-1/31	Tu
	\$49	1060776

9:30-10:30am	2/7-2/28	Tu
	\$49	1060777

9:30-10:30am	3/7-3/21	Tu
	\$49	1060778

Cabaret Jazz

Age 14 & up

Move to music! Gain confidence in your body & a passionate attitude while channeling the styles of 'Chicago', 'A Chorus Line' & other Broadway productions. Don't be afraid to experience the inner diva & show off what you've got!

12:45-1:45pm	1/6-1/27	F	
	\$49		1060815
12:45-1:45pm	2/3-2/24	F	
	\$49		1060817
12:45-1:45pm	3/3-3/24	F	
	\$49		1060822

Irish Dance: A Celtic Experience!

Age 12 & up

Step into Irish Dance! Irish step dancing combines the entrancing rhythms of traditional Celtic music with the grace & energy of dance. Experience dancing in unison while developing spatial awareness as they dance the patterns of Irish dancing (a social style of dance) & Irish step dancing (performance style). Develop the fundamentals of these energetic dances timing, body position & footwork while focusing on fun & performance opportunities. A great way to increase cardiovascular fitness, muscle tone, flexibility, coordination, balance, strength & learn a few Gaelic words too!

2:00-3:00pm	1/15-1/29	Su	
	\$49		1060804
2:00-3:00pm	2/5-2/26	Su	
	\$49		1060805
2:00-3:00pm	3/5-3/26	Su	
	\$49		1060806

Ballroom Dance

Age 14 & up

Get physically fit as your knowledge & skills increase. An introduction to the waltz, tango, fox trot, cha-cha, swing & rumba using the basic figures of open break, underarm turn, crossover break & walk-around turns. Have a ball!

8:00-9:00pm	1/5-1/26	Th	
	\$49		1060820
8:00-9:00pm	2/2-2/23	Th	
	\$49		1060821
8:00-9:00pm	3/2-3/23	Th	
	\$49		1060824

Yoga - Mixed Levels

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.

7:00-8:00pm	1/5-1/26	Th	
	\$49		1062959
7:00-8:00pm	2/2-2/23	Th	
	\$49		1062960
7:00-8:00pm	3/2-3/23	Th	
	\$49		1062961



SPRING SHOW

Come join us for a compilation of creativity and hard work. Laurelhurst Dance Studio presents our annual Spring Performance (Dancing Dreams). Performances will be held at Franklin High School on Marshall campus.

- Friday April 7, 7:00-9:00pm
Code 1064191
- Saturday April 8, 4:00-6:00pm
Code 1064192

Presale tickets \$8
Door tickets \$10

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.

ARLETA SUN COMMUNITY SCHOOL

5109 SE 66th Avenue, 97206

Site Manager

Dulce Salgado
503-916-6332
Dulce.Salgado@portlandoregon.gov

Basketball - Little Tykes

Age 4-6

Got a little 'hooper' who wants to be an NBA star? Help them with basic skills: passing, dribbling & shooting in a non-competitive atmosphere promoting motor skills development, team play & coordination. Arleta SCS ES- Gym

4:15-4:45pm	1/12-2/9	Th	
	\$14.50		1063841
4:15-4:45pm	2/16-3/16	Th	
	\$14.50		1063842

ALICE OTT SUN COMMUNITY SCHOOL

12500 SE Ramona St, 97236

Site Manager

Jennifer Garcia
503-823-2279
Jennifer.Garcia@portlandoregon.gov

Fitness - Tai Chi

Age 18 & Up

Incorporates slow, gentle movements that increase flexibility, balancing & lung capacity; promotes stress relief, body awareness, plus suppleness in your spine & increased stamina.

Savage Memorial Presbyterian Church

9:30-10:30am	1/11-3/15	W	
	\$120		1063832

CENTENNIAL SUN COMMUNITY SCHOOL

17650 SE Brooklyn St, 97236

Site Manager

Jeff Persell
503-762-3463
Jeff.Persell@portlandoregon.gov

SPRING BREAK CAMP

SUN Camp - Before Care

Age 6-12

Need to be at work before our 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. Room 603

7:45-8:30am	3/27-3/31	M-F	
	\$11.25		1063865

SUN Camp - Illuminate: Superheroes Unite

Age 6-12

Encounter new activities every day! Build self-esteem, cooperative skills & respect for others through active & quiet games, arts & crafts & stories! Let your enthusiasm & energy loose with a variety of activities. Too good to miss! Room 603

8:30-3:30pm	3/27-3/31	M-F	
	\$70		1063864

YOUTH

Cooking - 101

Age 8-13

Yummy! That smells good! You can do it! Mix, measure, dump & pour! Understand & develop the basics of culinary magic & create tasty dishes sure to amaze family & friends. Future chefs unite! Room 603

6:00-7:00pm	1/17-3/14	Tu	
	\$47		1063863

Intergenerational Sports - An Introduction To Fencing

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. Gym

6:00-7:00pm	1/12-3/16	Th	
	\$32		1063847

Intermediate Fencing

Age 8 & Up

Touche! Enables quick thinking, personal control, poise, heightened reflexes, coordination & stamina. This sport is asymmetrical developing muscles other sports rarely use. Gain cardiovascular fitness & leg strength as you continue your training. Must have completed a beginning level course. Gym

7:00-8:00pm 1/12-3/16 Th
\$32 1063858

GROUT SUN COMMUNITY SCHOOL

3119 SE Holgate Blvd, 97202

Site Manager

Annie Turtura

503-916-6421

Annie.Turtura@portlandoregon.gov

YOUTH

Skateboarding - Flatground Basics

Age 6-8

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! Loaner boards & helmets provided. Samuel E. Grout Gym

4:45-5:30pm 1/10-2/7 Tu
\$45 1064203

4:45-5:30pm 2/14-3/14 Tu
\$45 1064204

ADULT (18 YRS & UP)

Basketball -Retro Rebounders

Ages 30 & up

Bad knees? Sore back? Jumping abilities that aren't what they used to be? Here's an opportunity to get a workout & increase strength, flexibility, & endurance at a slower pace. Drop-in only, do not register. Contact Grout SCS at 503.916.6421 for confirmation – subject to cancellation due to school events. Grout Gym

6:00-7:30pm 1/10-3/14 Tu
\$2 (drop-in)

LANE SUN COMMUNITY SCHOOL

7200 SE 60th Avenue, 97206

Site Manager

Travis Wells

503-916-2910

Travis.Wells@portlandoregon.gov

HIGH SCHOOL/ADULT (12 YRS & UP)

Make Music PDX

Age 14 & Up

Ready to play in a band or group? Explore new songs, try out harmonies, experiment with tempos & styles, all under the gentle guidance of an experienced mentor. A great way to meet new friends, hone improvisation & ensemble skills & follow musical dreams by putting prior training to use in a friendly & supportive environment. Classroom 147

6:00-8:00pm 1/11-3/8 W
\$68 1063846

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

TRIMET

To find schedules for a specific bus line visit trimet.org

SUN CS Sites Bus Lines

Arleta	#19, #71, #75
Grout	#17
Lane	#19, #71, #75
Mt. Tabor	#71, #20



NEED A SCHOLARSHIP?

Contact your preferred SUN CS today for more information.

SUN COMMUNITY SCHOOLS



MT. TABOR SUN COMMUNITY SCHOOL

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

PARKROSE SUN COMMUNITY SCHOOL

12003 NE Shaver St, 97220

Site Manager

Travis Richardson
503-408-2640
Travis.Richardson@portlandoregon.gov

Parkrose Walking Track

All ages - Free

Low-impact way to stay in shape! Open to the community, the Walking Track is the upper balcony of the high school Gym. Free Morning and Evening times. CLOSED Sundays and during PHS varsity games.

M-F 6:00-7:00am
M-F 3:00-9:00pm
Sat 7:30am-3:00pm
Gym Balcony Sept.-June

TEENS

Middle School Basketball

Age 11-14

Organized through a partnership with Parkrose Middle School and PP&R, this program offers an opportunity for Parkrose Middle School students to compete against other organized teams. Practices daily after school & game schedule will vary. Please call Travis to register @ 503-408-2640.

5:00-9:00pm 11/7-3/20 M-F
\$50

Break Dancing

Ages 14 & up

Bust a move! Get funky & a little crazy! Build self-confidence, express individuality & work together as a team developing new steps & perfecting robotic popping. Build safe habits as your moves become faster & more complex. Dance Room

5:00-7:00pm 1/9-3/20 M W
Free 359905

ADULT 60 +

AARP Driver Safety Class

Age 50 & up

AARP Driver Safety is designed to keep older drivers independent, safe & confident while on the road. This is a 2 day classroom course. Park in the WEST LOT off Shaver St. Contact Elaine to register @ 503-771-8027.

4:00-7:00pm 1/25 & 1/26 W Th



VOLUNTEER OPPORTUNITIES

For senior citizens, retirees & grandparents to get involved in SUN Community Schools.

- Share your expertise
- Make new friends
- Have fun
- Be the difference

Get to know your SUN community, call 503-823-5121 today!

EAST PORTLAND COMMUNITY CENTER



740 SE 106th Avenue
Portland, OR 97216
503-823-3450

Building Director

Neal Brown

District Aquatics Coordinator

Sue Cox

Recreation Coordinators

Gabe Barbee, Elizabeth Corrigan,
Amanda Wiese

Teen Services Coordinator

Carlos Banks

Aquatic Coordinators

Crystal Ius, Lisa Osterberg

Rental Coordinator

503-823-3460
EPCC.Rentals@portlandoregon.gov

Bus Line

#115 Cherry Blossom LP,
#20 Burnside -Stark

Parking

Lot entrance off 106th Avenue

Disabled Accessible

Entrances, Parking, Restrooms, Pool

Hours

Monday - Friday 6:00am - 9:30pm
Saturday 7:00am - 6:00pm
Sunday 8:00am - 6:00pm

Building Closures

November 23 Close at 8:00pm
November 24 Closed
December 24 Closed
December 25 Closed
December 31 7:00am- 6:00pm
January 1 10am- 6:00pm
January 16 Open regular hours
February 20 Open regular hours

FRIDAY FAMILY NIGHTS - DROP IN

\$2 Swim Night

Youth & adults of all ages

Grab your suit & bring the whole family for an evening swim on the second Friday of the month.

- January 13
- February 10
- March 10

4:00-5:30pm (Open Swim)
5:30-7:00pm (Family Swim)
7:00-9:00pm (Open Swim)

Special admission of \$2/person;
Children age 2 years and under are free
with paid adult.

Free Family Fun Nights

Youth of all ages with adult

Join us for a night out with the family.

Children must be accompanied by
adult. Includes Indoor Park toys, sports
equipment & crafts.

- January 6 & 20
- February 3 & 17
- March 3 & 17

Drop-in on the 1st & 3rd Fridays from
6:30-8:30pm.

FAMILY ACTIVITIES

Messy Art Park

Age 1 ½-5

Unleash your child's talents while sharing
arts & craft activities together. A variety of
stations allow you & your child to explore
elements such as playdough, gak, murals,
paints & collage. Held in Classroom #1.

Drop-In

Mondays 9:30-11:00am

1/9-3/13

\$5 fee for first child &

\$1.25 for additional children.

Fee includes admission to Indoor Park.



Indoor Park

Birth-5yrs

Children's play is essential in the human
development process! Encourages
the development of motor skills while
helping children gain experience with
group interaction & cooperative play on
equipment, cars & assorted toys. Children
accompanied by supervising adult.

\$1.25 per child

M W F

1/9-3/17

10am-12:00pm

Family Park

Youth of all ages with adult

The older kids are out of school & the
younger ones still want to go to Indoor
Park? Why not bring all the kids to Family
Park! Activities for all ages in the gym.

\$1.25 per child

- Dec 19, 21, 23, 26, 28, 30

- January 16

- February 20

- March 27, 29, 31

10:00am-12 noon

SEVERE WEATHER POLICY

In the event of inclement weather, East
Portland Community Center follows
these guidelines:

- Our classes are cancelled before noon
when David Douglas Schools declare a
late opening.

- Our classes are cancelled all day-
when David Douglas Schools cancel for
the entire day.

We will open at noon on severe weather
days as defined above and will still hold
drop-in activities.

While we are experiencing inclement
weather, please call for the most
updated information. Phone message is
updated with every change in schedule.

ADMISSION FEES & PASS OPTIONS

	Drop-in one visit	10-visit Pass		20-visit Pass		3-month Pass		Active Pass		Annual Pass	
		Resident	Non-resident	Resident	Non-resident	Resident	Non-resident	Resident	Non-resident	Resident	Non-resident
Adults 18-59 years	\$5.50	\$49.50	\$52.30	\$94	\$99	\$132	\$140	\$35.75mo	\$44mo	\$429yr	\$528yr
Seniors 60+ years	\$4.25	\$36.50	\$40.40	\$73	\$76.60	\$102	\$108	\$27.50mo	\$34mo	\$330yr	\$408yr
Teens 14-17 years	\$4.25	\$36.50	\$40.40	\$73	\$76.60	\$102	\$108	\$27.50mo	\$34mo	\$330yr	\$408yr
Child 3-13 years	\$3.75	\$33.50	\$35.60	\$64	\$67.60	\$90	\$96	\$24.50mo	\$30mo	\$294yr	\$360yr
Tots 0-2 years	Free	Free	Free	Free	Free	Free	Free	Free	Free	Free	Free
Family*	n/a	n/a	n/a	n/a	n/a	\$210	\$225	\$57mo	\$70mo	\$684yr	\$840yr

* Family denotes a couple (married or domestic partner) or single parent & their legal dependents living in the same household.

**10 & 20-visit Passes valid for 2 years from the date of purchase.

ACTIVE PASSES

The EPCC Active Pass provides ongoing access to drop-in programs throughout the facility. The Active Pass is not intended to be a one month pass and it is not recommended for less than 3 consecutive months. For your convenience, Active Passes will auto-renew each month. Simply register in person and pay your prorated first month fee by credit card and all future monthly payments are deducted directly from that same debit or credit card. Please stop by the front desk for more information.

REPLACEMENT PASSES

If you lose your pass, a replacement pass is \$2.00. Bring your pass each time you visit. Without it, we can not guarantee immediate access to the facility.

SPECIAL CIRCUMSTANCES

Occasionally, specific facilities within the center (i.e. spa pool, lap pool, etc.) may be closed or have limited operating hours due to repairs, maintenance, inclement weather, holidays, and/or special events. Such closings will not result in a reduction of pass holders' rates or drop-in admission fees. When possible, the times and dates of closures will be posted in advance.

FINANCIAL ASSISTANCE

Financial assistance and fee reduction is available to those residents of the City of Portland who apply for assistance and meet standard eligibility requirements. The Scholarship Assistance Application is available at our front desk. For more information, call 503-823-3450.

Active Pass – Combo Passes

	Resident	Non-Resident
*Adult Couple: 18-59 yrs	\$53.50	\$66
*Senior Couple: 60+ yrs	\$41.25	\$51
*Adult & Senior	\$49.50	\$61
*Parent & Teen	\$49.50	\$61
*Parent & Child	\$48.00	\$59
*Teen & Child	\$39.75	\$49
*Two children (same household)	\$36.75	\$45

LOCKER ROOMS and DAY USE LOCKERS

Bring your own lock to secure personal belongings. Lockers are available for day use only. Use of lockers is at your own risk. East Portland Community Center accepts no responsibility for lost or stolen items. Please leave valuables at home and do not leave items in unlocked lockers.

We request that children age 6 yrs or older use the locker room of their own gender or the family changing room with a parent or guardian. Five family changing rooms are located near the entrance to the swimming pool and are available for families with children and/or individuals with disabilities requiring assistance or special accommodations. All other individuals must use gender specific locker rooms. Leave your valuables at home. Do not leave items in unlocked lockers.

Bring your own lock; we sell key locks for \$7.00; We do not have locks to lend.

EAST PORTLAND COMMUNITY CENTER

DROP-IN ACTIVITY DESCRIPTIONS

LAP SWIM

Number of lanes varies depending on activities.

OPEN PLAY SWIM All ages

Leisure pool with slide, current channel, vortex and interactive play features.

Swimmers 48" tall and 8 years and older can attend Open Play Swim on their own. Non-swimmers and children *under 48" tall must not be left unattended* on the pool deck and must be accompanied *within arm's reach* at all times in the water by a person 18 years or older (or parent or guardian) who shall remain responsible for them and their safety. Life jackets are available for non-swimmers. For additional information, call (503) 823-3450.

DAYCARE/GROUP RATIOS

All groups and organizations must pre-arrange swim times and sign in on arrival. Call 503-823-1994.

- 1 Adult swimmer per 10 child swimmers age 6 years and older
- 1 Adult swimmer per 3 child swimmers age 5 years and under
- 1 Adult swimmer per 4 child swimmers of combined ages (under and over 6 years old)

FAMILY SWIM all ages

Leisure pool with slide, current channel, vortex and interactive play features.

All children 17 and under must be accompanied by an adult swimmer (parent or guardian) in the water. Non-swimmers and children under 48" tall must not be left unattended on the pool deck and must be accompanied *within arm's reach* at all times in the water by a person 18 or older (or parent or guardian) who shall remain responsible for them and their safety. Life jackets are available for non-swimmers.

Drop-in Water Exercise

- Aquaerobics (Shallow)
- Aquapower (Deep)
- Aqua Yoga
- S.M.I.L.E. (Shallow)
- Aqua Zumba
- River Challenge
- Current Channel Walk

\$2 SWIM NIGHT

Bring the whole family for an evening swim on the second Friday of the month. Special admission of \$2/person.

MESSY ART PARK

Unleash your child's talents while sharing arts and crafts activities together. A variety of stations allow you and your child to explore elements such as gak, murals, paints, playdough and collage. Not included in Fitness drop-in or passes.

FAMILY FUN NIGHT

Join us for a night out with the family. Children must be accompanied by adult. Includes Indoor park toys, sports equipment and crafts.

INDOOR PARK

Age 5 and under

Encourages the development of motor skills while helping children gain experience with group interaction and cooperative play on equipment, cars and assorted toys. Children must be accompanied by supervising adult. Becomes Family Park for all ages of children on January 16, February 20 and March 27, 29 and 31.

BASKETBALL - OPEN YOUTH

Age 8-20

Need to register for term card and sign Code of Conduct form.

BASKETBALL - COMPETITIVE TEEN PLAY

Age 13-17

Organized games; scoreboard and time clock.

BASKETBALL - OPEN ADULT

Age 18 and up

Photo ID is required.

BASKETBALL - FAMILIES

For youth age 13yrs and under with an adult guardian. Included in daily drop-in fee and passes.

BASKETBALL - SENIORS

Must be 60 or older

VOLLEYBALL - OPEN RECREATIONAL

Age 18 and up

Recreational play in the style of power volleyball; great for a workout and learning the sport; teams formed by coordinators. Monday and Thursday

WINTER 2017 DROP-IN SCHEDULE: EFFECTIVE JANUARY 3 - APRIL 2, 2017

Our one visit drop-in admission fee, 10-visit or 20-visit card, Active Pass, 3-month and annual passes each provide access (all on a first come-first served basis) to the fitness center, water exercise, whirlpool spa, lap swim, open play swim, family swim, parent/preschool swim, indoor park, Family Fun Night, Family Open gym, adult open basketball and volleyball. Swim lessons, Tai Chi and Chi Kung, Messy Art Park and other classes, rentals and parties are each offered at a separate fee. Hours subject to change.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Play Swim Non Swimmers or Children under 48" in height must be accompanied within an arm's reach by an adult in the water.** Leisure pool only. TF=free with Teen Force pass.	7-9pm**		7-9pm**		4-5:30pm ^{TF} 7-9pm**	1-5pm	1-4:30pm
Family Swim Children 17 & under must be accompanied by an adult in the water; non-swimmers & children under 48" in height must stay within an arm's reach of an adult. *Slide not available. Leisure Pool Only.		11:30am-1pm*		11:30am-1pm*	11:30am-1pm 5:30-7pm	11:30am-1pm	11:30am-1pm
Parent/Preschool Swim Children 5 & under, accompanied by an adult in the water; non-swimmers & children under 48" in height must stay within an arm's reach of an adult. *Slide not available. Leisure Pool Only.					9:30-11:30am*		
Slide Available Red slide available during the listed open swims; see definition of Open Play Swim & Family Swim for guidelines; children must be 48" tall or with adult.	Open Play Swim: 7-9pm		Open Play Swim: 7-9pm		Family Swim: 11:30am-1pm & 5:30-7pm Open Play Swim: 4-5:30pm & 7-9pm	Family Swim: 11:30am-1pm Open Play Swim: 1-5pm	Family Swim: 11:30am-1pm Open Play Swim: 1-4:30pm
Lap Swim- in the Lap Pool Number of lanes available varies. Space may be limited during training classes	6-8:25am, 9:30am-5:45pm, 7-9pm	6-8:25am, 9:30am-6:45pm	6-8:25am 9:30am-5:45pm, 7-9pm	6-8:25am, 9:30am-6:45pm	6-8:25am, 9:30am-9pm, (lanes vary)	7-8:55am 11am-5pm (lanes vary)	11am-1pm (all lanes) 1-5pm (lanes vary)
Lap Swim- in the Leisure Pool Number of lanes available varies.		1-2pm		1-2pm	1-2pm		
Senior / Adaptive Swim Not held on school days out		1-2pm		1-2pm	1-2pm		
Aqua Yoga	10:30-11:15am		10:30-11:15am				
Aqua Superfit		6:55-7:50pm		6:55-7:50pm			
Aquaerobics (Shallow)	8:30-9:25am 5:55-6:50pm		8:30-9:25am 5:55-6:50pm		8:30-9:25am	10-10:55am	
Aqua Power (Deep)		8:30-9:25am		8:30-9:25am		9-9:55am	
Aqua Zumba		8-8:55pm		8-8:55pm			
S.M.I.L.E. (Shallow)	9:30-10:25am	9:30-10:25am	9:30-10:25am	9:30-10:25am	9:30-10:25am		
River Challenge Saturday class held 1/14-3/18	8-9am	5:45-6:45pm	8-9am	5:45-6:45pm		7:30-8:30am (Sat Lesson dates)	
Current Channel Walk No instructor	9-11:30am 5:45-6:45pm	9-11:30am 1-2pm	9-11:30am 5:45-6:45pm	9-11:30am 1-2pm	1-2pm		
Whirlpool Open All pool hours; 16 yrs+	6am-9pm	6am-9pm	6am-9pm	6am-9pm	6am-9pm	7am-5pm	11am-5pm
Basketball – Open Youth 8-20yrs; Sat. = \$1/day	2:45-5pm	2:45-5pm	2:45-5pm	2:45-5pm	2:45-5pm (till 9pm on 2nd & 4th Fri)	4:30-5:30pm Competitive Play; 13-17 yrs	
Basketball – Families \$1/person; Age 13 & under with adult guardian							3:30-5:30pm
Basketball – Open Adult 18 & up (Photo ID required)	6-8am	6-8am 7:15-9:15pm	6-8am	6-8am	6-8am		
Basketball – 55 & up (Photo ID required)		8am-10am		8am-10am			
Volleyball – Open Recreational 18 yrs & up	7:30-9:30pm			7:30-9:30pm			
Fitness Center 14 & up	6am-9:30pm	6am-9:30pm	6am-9:30pm	6am-9:30pm	6am-9:30pm	7am-6pm	8am-6pm
*Messy Art Park – 1½- 5 yrs \$5 first child, additional \$1.25 *Not included in Fitness drop-in or passes	*9:30-11am starts 10/3						
Indoor Park – 5 yrs & under With an adult. \$1.25/child	10am-Noon		10am-Noon		10am-Noon		
Family Fun Nights – Youth with Adults 1st & 3rd Friday. Child must be accompanied by adult. FREE				1st & 3rd Fridays	6:30- 8:30pm		
\$2 Swim Night 2nd Friday- \$2/person; 1/13, 2/10, 3/10					4-5:30pm, Open Swim 5:30-7pm, Family Swim 7-9pm; Open Swim		

EAST PORTLAND COMMUNITY CENTER

GROUP EXERCISE CLASS DESCRIPTIONS AGE 14 & UP

1,2,3 Step: Enjoy a class that can be both easy for beginners & challenging for the tried & true exerciser. Step aerobics will boost your energy level, burn calories, reduce stress & get you in shape.

Bootcamp: Develop your strength, muscular definition & stamina through intense drills, calisthenics & cardio all in one class!

Cardio Kickboxing: A cardiovascular exercise that involves kicks, punches & core. Full-body toning is also incorporated in every class. This class can be modified to any fitness level.

Circuit City: Box, pump & jam your way through different workout stations in this awesome circuit training class. Shown to burn more calories & firm-up muscles fast!

Exercise for Every 'Body': A workout for all shapes & sizes, from beginners to regulars looking for a challenge. Provides conditioning in areas of strength using various weights, bars & bands improving cardiovascular endurance & flexibility.

Hatha Yoga: Focuses on linking gentle postures (asanas) while concentrating on stilling the mind. Bring strength & stamina to your entire body while relieving stress. Great for beginners & continuing students.

Nia: Integrates dance, martial arts & healing art forms into a unique program that leaves you feeling exhilarated & powerful. Increase cardiovascular health, strength, balance, agility & creative expression. All sizes & fitness levels welcome.

Pilates: Non-impact exercises work the deep core abdominal muscles to help achieve efficient & graceful movement. Improve balance, posture, flexibility & body alignment.

Restorative Yoga: A gentle form of yoga that uses props, blankets, blocks & bolsters; designed to go easy on you, encouraging a deep state of relaxation & promoting a greater sense of well-being.

Rev Up Your Metabolism: Improve your fitness level with a challenging blend of high to low impact movement: kick boxing, weight & interval training.

Strength & Sculpt: Mix it up! Use multiple equipment from stability balls, tubing, body bars, hand-held weights, medicine balls & gliders. Offers functional mobility with increased strength, cardiovascular health & flexibility.

Strong by Zumba - TM: Combines high intensity interval training with the science of Synced Music Motivation. In every class, music & moves sync in a way that pushes you past your perceived limits helping you to reach your fitness goals faster.

Vinyasa Yoga: A moving meditation of asana (postures) & prana (breath). Moving with the prana helps us reconnect with ourselves- body, mind & spirit- so we may deepen the awareness of our strengths & boundaries.

ZUMBA: A high energy combination of Latin, Reggae & Salsa dance steps. Routines combine fast & slow rhythms to achieve a balance of cardio & muscle-toning benefits. Join our Certified Zumba instructors; no previous dance experience necessary!

SLOWER PACED CLASS DESCRIPTIONS AGE 14 & UP

Arthritis Foundation Exercise Program: Learn the role movement plays in managing arthritis. Easy paced class covers range of motion; relaxation methods & special techniques. Take measures now to relieve symptoms & maintain flexibility. Instructor certified through the Arthritis Foundation.

Boomer Bootcamp: A brilliant mix of floor cardio, limited on or off step cardio, strength, muscular endurance, core training & balance work, designed specifically for the older adult, but open to all! Fun, easy to follow sweatfest!

Low Impact Cardio: Chair & standing exercises designed to improve physical & mental health. May include resistance workout with hand weights & dynabands. Improve coordination, cardiovascular endurance, strength, flexibility & balance!

Tai Chi - Beginning & Intermediate:

Incorporate slow, gentle movements that increase flexibility, balancing & lung capacity. Promote stress relief, body awareness, suppleness in your spine & increased stamina.

Yoga In Chairs: Designed so almost anyone can participate. Gently works muscles & joints to enhance strength, range of motion, balance & circulation. Encourages proper breathing & better posture.

ZUMBA Gold: Takes the 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 & healthy lifestyle.

DROP-IN SLOWER PACED FITNESS

Class	Monday	Tuesday	Wednesday	Thursday	Friday
Arthritis Foundation Exercise Program Multipurpose #3				10-11am Marty A.	
Boomer Bootcamp Studio			10:30-11:30am Larry		
Low Impact Cardio Multipurpose #3				9-10am Marty A.	
*Senior/Adaptive Swim (see page 15xxx)		1-2pm		1-2pm	1-2pm
*S.M.I.L.E. – Water Fitness	9:30-10:25am	9:30-10:25am	9:30-10:25am	9:30-10:25am	9:30-10:25am
Tai Chi- Beginning & Intermediate		9-10am Harry A.			
Yoga In Chairs Studio					11:40am-12:30pm Terri D.
Zumba Gold Studio	10:30-11:30am Lydia		9-10am Lydia		10:30-11:30am 5:30-6:20pm Lydia

DROP-IN GROUP EXERCISE CLASS SCHEDULE - AGE 14 YR. & UP

Schedule reviewed periodically to best meet participants' needs. Full schedule starts 1/2.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6:30-7:00am			Bootcamp 6:30-7:30 Sheryl		Bootcamp 6:30-7:30 Sheryl		
7:00-7:30am	Bootcamp 6:30-7:30 Sheryl Strong by Zumba 7:00-8:00am	Pilates 7-8 Terri Morse		Pilates 7-8 Terri Morse			
7:30-8:00am		Circuit City 7-8 Sara		Circuit City 7-8 Sara			
8:00-8:30am	Vinyasa Yoga 7:45-9:00 Carey		Vinyasa Yoga 7:45-9 Sheryl		Vinyasa Yoga 7:45-9:00 Carey		
8:30-9:00am		Exercise for Every 'Body' 8:15-9:15 Terri Morse		Exercise for Every 'Body' 8:15-9:15 Terri Morse			Hatha Yoga 8:15-9:30 Alli
9:00-9:30am	1,2,3 Step 9:15-10:15 Terri Morse		ZUMBA Gold 9:15- 10:15 Lydia		1,2,3 Step 9:15-10:15 Terri Morse	Hatha Yoga 8:30-9:45 Piper	
9:30-10:00am		Nia 9:30-10:30 Magz		Nia 9:30-10:30 Magz			Family Hatha Yoga 9:45-10:30 Alli
10:00-10:30am						Nia 9:55-10:50 Piper	
10:30-11:00am	ZUMBA Gold 10:30-11:30 Lydia	ZUMBA 10:45-11:45 Lydia	Boomer Bootcamp 10:30-11:30 Larry	ZUMBA 10:45-11:45 Lydia	ZUMBA Gold 10:30-11:30 Lydia		
11:00-11:30am						ZUMBA 11-12 Lydia	ZUMBA 11-12 Autumn
11:30-12:00pm							
12:00-12:30pm	Hatha Yoga 12-1:00 Sheryl	Bootcamp 12-1:00 Sheryl	Hatha Yoga 12-1:00 Carey	Bootcamp 12-1:00 Sheryl			
12:30-1:00pm						Family ZUMBA 12:30-1:15 Erin	
1:00-1:30pm							
1:30-2:00pm							
4:30-5:00pm	Pilates 4:30-5:20 Jeanne	ZUMBA 4:30-5:20 Amaru	Cardio Kickboxing 4:30-5:20 Sara	Strong by ZUMBA 4:30-5:20 Amaru	Cardio Kickboxing 4:30-5:20 Sara	ZUMBA 4:30-5:30 Sean	
5:00-5:30pm							
5:30-6:00pm	ZUMBA 5:30-6:20 Sean	Rev Up Your Metabolism 5:30-6:20 Terri Manza	ZUMBA 5:30-6:20 Sean	Strength & Sculpt 5:30-6:20 Terri Manza	Zumba Gold 5:30-6:20 Lydia		
6:00-6:30pm							
6:30-7:00pm	Hatha Yoga 6:30-7:30 Piper	Family U-Jam 6:30-7:15 Lei	Pilates 6:30-7:20 Debora	Family Nia 6:30-7:15 Erin	ZUMBA 6:30-7:30 Lydia		
7:00-7:30pm							
7:30-8:00pm							
8:00-8:30pm	Restorative Yoga 7:40-9 Piper	Hatha Yoga 7:30-8:30 Jenna	Zumba 7:30-8:30 Tom	Hatha Yoga 7:30-8:45 Alli			
8:30-9:00pm							

EAST PORTLAND COMMUNITY CENTER

FITNESS CENTER

Age 14 & up

Our fitness center is designed for all physical abilities, from the novice to the more experienced athlete.

Use of the Fitness Center is included in the drop-in fee & membership passes.

**Teens, 14-17 years old, must have a release form on file with parent's permission & complete a Fitness Center Orientation. Forms available at the front desk.*

SELECTORIZED STRENGTH EQUIPMENT:

- Chest Press
- Upper Back Machine
- Shoulder Press
- Lat Pulldown
- Seated Leg Curl
- Tricep Extension
- Leg Press
- Lower Back Machine
- Leg Extension
- Vertical Butterfly
- Rotary Torso
- Bicep Curl
- Abdominal
- Functional Trainer
- Inner/Outer Thigh
- Assisted Chin/Dip & Smith Machine

CARDIOVASCULAR EQUIPMENT

- Treadmills
- Recumbent Bikes
- Climber
- Upright Bike
- Elliptical Cross Trainers

FAMILY FITNESS SERIES (AGE 6 & UP WITH AN ADULT)

Our new Family Fitness Series is a perfect way to burn calories and excess energy all while creating a tighter bond with your family. This series features four different fitness classes, all with different instructors and all with very unique, age appropriate and welcoming styles.

Family Nia: See class description for Nia.

Family U-JAM: A high energy combination of Latin, Reggae and Salsa dance steps. Routines combine fast and slow rhythms to achieve a balance of cardio and muscle-toning benefits. Join our Certified Zumba instructors; no previous dance experience necessary!

Family Hatha Yoga: See description for Hatha Yoga.

Family ZUMBA: See description for Zumba.



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!

FOR THE FIT

If you've been working out for years, maybe all you need is a session or two to evaluate & modify your current program.

FOR THE NEWBIE

If you are new to exercise we highly recommend a minimum of 3 sessions. One to go over health history, establish basic goals, and how to properly use the equipment; session two, to review after you've practiced your program; at the third session we add additional programming for on going progress.

FOR THE COMMITTED

Ongoing sessions for motivation, education and goal review. We suggest a session at least once a month as a reward for your commitment to your health.

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:

\$45 – 1 hour session

Package Deals:

\$120 – 3 hrs (\$40/hr)

\$234 – 6 hrs (\$39/hr)

Group Training:

Workout with a friend!

Group of 2: \$25/each per session

Group of 3: \$20/each per session



PERSONAL TRAINERS



Terri Morse is certified through the ISSA (International Sports Science Association). She has been told that the fun she has teaching is shared by her students.

She encourages people, no matter what their level of conditioning & helps clients to work on core strength for balance, posture & health.



Sheryl Hassett is an ACE (American Council on Exercise) certified Personal Trainer & Group Exercise Instructor. She is also a Certified Senior Strength Trainer through

the International Weightlifting Association. Sheryl specializes in helping beginners get started in fitness & developing programs with an emphasis on sports.



Iris Powell has an Associates of Science in Fitness Technology from Portland Community College & is certified through the American College

of Sports Medicine as a Health & Fitness Specialist. Iris enjoys teaching others so that they may continue healthy practices throughout their lives.



Sara Brittan is a certified Personal Trainer through ISSA. She is currently working towards her certification in Exercise Therapy as well. Sara enjoys working with

clients and helping them feel strong, look their best & have fun getting there with a program that is tailored to each individual's goals.



Ethan La France is an ACE (American Council on Exercise) certified personal trainer & has a background in both land based & aquatic fitness. A regular group

exercise instructor, Ethan teaches Barre & Low Impact classes as well as water fitness classes. A former professional dancer, Ethan has been performing & teaching ballet for over 20 years. He has been a competitive swimmer, runner & cyclist & also enjoys fencing. Ethan earned his BA from PSU & received his dance training at the School of Oregon Ballet Theatre.

BENEFITS OF MEMBERSHIP

- No joining fee
- No initiation fees
- No cancellation Fees
- Access to all Group Exercise classes including: Nia, Zumba, Cardio, Pilates, Yoga, Water Ex Classes and more!
- 25-yard heated lap pool
- Leisure pool with 2 slides, current channel and vortex
- Unlimited access to our Fitness Center
- Whirlpool spa

\$35.75 per month

Seniors \$27.50 per month

FITNESS CENTER ORIENTATIONS

Learn how to properly use the machines in the fitness center. Staff members are available to provide equipment orientation to ensure a safe workout.

- Monday-Friday 9:30am-9:00pm
- Saturdays 9:00am-6:00pm
- Sundays 12noon-6:00pm

EAST PORTLAND COMMUNITY CENTER



EAST PORTLAND COMMUNITY CENTER POOL

EXTRA SWIM TIMES & SPECIAL DAYS

Dec 19-30 (M-F)	Family Swim Open Play Swim M W F evenings only	11:30am-1pm 1-4pm 7-9pm
Dec 24-25	Christmas Holiday	Closed
Dec 31	Family Swim Open Play Swim	11:30am-1pm 1-5pm
Jan 1	Family Swim Open Play Swim	11:30am-1pm 1-5pm
Jan 16	Family Swim Open Play Swim Open Play Swim	11:30am-1pm 1-4pm 7-9pm
Feb 20	Family Swim Open Play Swim Open Play Swim	11:30am-1pm 1-4pm 7-9pm
Mar 27-30 (M-F)	Family Swim Open Play Swim Friday only- Open Swim Friday only- Teen Force (M/W/F evenings only)	11:30am-1pm 1-4pm 4-5:30pm 4-5:30pm Free

ADULT LAP SWIM

Mon	Tues	Wed	Thurs	Fri	Sa	Su
6:00-8:25am (all lanes)	7:00-8:55am					
9:30am-5:45pm (lanes vary)	9:30am-6:45pm (lanes vary)	9:30am-5:45pm (lanes vary)	9:30am-6:45pm (lanes vary)	9:30am-9:00pm (lanes vary)	11:00am -1:00pm (2 lanes till 11:50)	11:00am -1:00pm (all lanes)
7:00-9:00pm (all lanes)		7:00-9:00pm (all lanes)			1:00 -5:00pm (lanes vary)	1:00 -5:00pm (lanes vary)

LAP SWIM ETIQUETTE: "Circle Swimming" is a necessity when more than two people are in a lane. Lane lines divide lap lanes, think of the lane as a highway, always stay on the right hand side. Like a highway, lap lanes may become crowded and at these times "circle swimming" is a necessity. Lap lanes are designated according to a swimmers' speed; slow, medium and fast. Look at the yellow markers and the end of the pool to find your appropriate lane.

LAP SWIM (Lap Pool): We will make every attempt to have 1-2 lap lanes available at all times for adult lap swimmers. Up to 4 lanes will be available at designated times. Call 503-823-3450 for complete schedule of lap lanes available during operating hours.

WATER FITNESS

Water Workouts: Exercising in the water cushions the impact, reducing stress on the joints while supporting the muscles & promoting more efficient toning. Twelve times more resistant than air, water allows triple strength gains over land aerobics! In addition, heart rates are lower in the water, allowing for optimal fat burning & less fatigue. Check out our shallow or deep-water classes & enjoy the benefits!

AQUAEROBICS (SHALLOW)

Energize yourself with an invigorating workout! Shallow water class focuses on cardiovascular fitness with special attention to strength & flexibility. All fitness & swimming levels welcome!

Monday/Wednesday	8:30-9:25am 5:55-6:50pm
Friday	8:30-9:25am
Saturday	10:00-10:55am

AQUA SUPERFIT

YOU SET THE BAR! Take the next level with our newest "Boot Camp style" water fitness class. This vigorous circuit training class allows you to challenge yourself to a higher fitness intensity. Non-choreographed format targets cardiovascular training, strength training & muscle endurance using deep & shallow water to maximize your workout.

Tuesday/Thursday	6:55-7:50pm
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AQUA ZUMBA

Dance your way into fitness! Achieve long-term benefits while experiencing an absolute blast in our pool with exciting calorie-burning, body-energizing, awe-inspiring movements meant to engage & captivate for life!

Tuesday/Thursday	8:00-8:55pm
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AQUAPOWER (DEEP)

Experience the difference in deep water, using buoyant & resistant equipment for an excellent cardiovascular workout with zero impact! Designed for all levels. Should be comfortable in deep water.

Tuesday/Thursday	8:30-9:25am
Saturday	9:00-9:55am

AQUA YOGA

By bringing Yoga to the water, there is no gravity & the water will take the pressure off your joints. It will help develop strength, static balance & will increase overall range of motion.

Monday/Wednesday	10:30-11:15am
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RIVER CHALLENGE

Try this drop-in class & build endurance while toning muscle & gaining strength. Guaranteed to keep your heart rate pumping. Employs low impact resistance training to work every part of your body.

Monday/Wednesday	8:00-9:00am
Tuesday/Thursday	5:45-6:45pm
Saturday (1/14-3/18)	7:30-8:30am

S.M.I.L.E. (SHALLOW)

(Slower Movement Intensity Lowered Exercise) This shallow water class focuses on improving circulation, strength, range of motion & flexibility through low impact exercise.

Monday- Friday	9:30-10:25am
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SENIOR / ADAPTIVE SWIM

Tuesday, Thursday, Friday 1:00-2:00pm
Not held on School Days Out.

Come join us for Senior / Adaptive Swim! You can use our warm water pool to swim laps, do your own exercises, walk with or against the current channel & use the whirl pool spa. It's a great time to meet other seniors & have a quiet time to exercise. All adults & seniors are welcome with paid admission.

Fully accessible: full dressing room with wheelchair accessible showers; electric pool lift; water wheelchair; pool entry stair with handrails in lap pool; pool entry ramp with handrails in leisure pool.

CURRENT CHANNEL WALK

Walk against the current in the Current Channel for an excellent cardiovascular workout. Drop-in activity.

(Adult only- No instructor)

Monday- Thursday, 9:00-11:30am
Monday / Wednesday, 5:45-6:45pm
Tues / Thurs / Fri, 1:00-2:00pm

POOL FEATURES

- Indoor year-round
- 4-lane 25-yard lap swimming pool heated to 84 degrees
- Leisure pool with 2 slides, current channel & vortex
- 3-lane 20 yard lap swim section heated to 88 degrees
- Whirlpool spa heated to 102 degrees
- Water depths range from 0 feet to 9 feet



NON-SWIMMERS AND CHILDREN UNDER 48"

Must not be left unattended on the pool deck, and must be accompanied at all times in the water, within arm's reach, by a person 18 years or older (or parent or guardian) who shall remain responsible for them and their safety.

Please note: Swimmers 48" tall and 8 and older can attend Open Play Swim on their own.

EAST PORTLAND'S BIG RED SLIDE

The red slide is potentially unsafe for anyone under 48" to ride by themselves. Those under 48" may ride with a parent or guardian 18 years of age or older.

Saturday Morning Lessons January 14 - March 18 (10 lessons)								
7:50-8:20am	Adult Beginner 1062162	Adult Stroke Improvement 1062163	Adulto** 1062159					** En Español
8:25-8:55am	Pre - Goldfish 1062186	Pre - Penguin 1062198	Penguin 1062179	Pre - Otter 1062194	Seal 1062216	Dolphin 1062167	Pingüino** 1062161	
9:00-9:30am	Starfish 1062228	Pre - Goldfish 1062187	Pre - Penguin 1062199	Penguin 1062176	Otter 1062169	Polar Bear 1062180	Nutria** 1062160	
9:35-10:05am	Angelfish 1062164	Pre - Goldfish 1062188	Pre - Penguin 1062200	Pre - Otter 1062195	Otter 1062170	Seal 1062217	Polar Bear 1062181	
10:10-10:40am	Starfish 1062226	Pre - Goldfish 1062189	Pre - Penguin 1062201	Penguin 1062177	Otter 1062171	Seal 1062222	Polar Bear 1062182	
10:45-11:15am	Pre - Goldfish 1062190	Pre - Penguin 1062202	Pre - Penguin 1062206	Pre - Otter 1062196	Pre - Seal 1062208	Seal 1062218	Sea Lion 1062212	
11:20-11:50am	Sea Lion 1062213	Park Shark 1 & 2 1062174						
Sunday Afternoon Lessons January 15 - March 19 (10 lessons)								
3:30-4:00pm	Sea Lion 1062214	Dolphin 1062168						
4:05-4:35pm	Polar Bear 1062183	Park Shark 1 & 2 1062175						
4:40-5:10pm	Angelfish 1062165	Pre - Penguin 1062203	Otter 1062172	Seal 1062219	Polar Bear 1062184	Sea Lion 1062215		
5:15-5:45pm	Starfish 1062227	Pre - Goldfish 1062191	Pre - Penguin 1062204	Penguin 1062178	Pre - Seal 1062209	Seal 1062220	Blue Makos 5:15-6:15pm (Lap Pool) 1062166	
5:50-6:20pm	Pre - Goldfish 1062192	Pre - Penguin 1062205	Pre - Otter 1062197	Otter 1062173	Seal 1062221	Polar Bear 1062185		

Monday / Wednesday Swim Lessons Session 1: January 9 - February 8 (9 lessons, No class 1/16)							
9:00-9:30am	Pre - Penguin 1062114						
9:35-10:05am	Pre - Goldfish 1062095						
10:10-10:40am	Angelfish* 1062066	Starfish* 1062155	*These classes will be combined				
10:45-11:15am	Pre - Otter 1062111						
4:00-4:30pm	Pre - Penguin 1062115	Pre - Otter 1062104	Otter 1062070	Seal 1062140	Polar Bear 1062087	Dolphin 1062067	
4:35-5:05pm	Pre - Goldfish 1062096	Pre - Penguin 1062116	Penguin 1062081	Pre - Otter 1062110	Seal 1062148	Sea Lion 1062137	
5:10-5:40pm	Pre - Penguin 1062117	Penguin 1062082	Pre - Otter 1062105	Otter 1062071	Polar Bear 1062094	Park Shark 1 & 2 1062080	
5:45-6:15pm	Starfish 1062156	Pre - Goldfish 1062098	Pre - Penguin 1062118	Otter 1062078	Seal 1062141	Polar Bear 1062088	
6:20-6:50pm	Pre - Penguin 1062119	Pre - Otter 1062106	Otter 1062072	Pre - Seal 1062129	Seal 1062142	Polar Bear 1062089	
Monday / Wednesday Swim Lessons Session 2: February 13 - March 15 (9 lessons, No class 2/20)							
9:00-9:30am	Pre - Penguin 1062282						
9:35-10:05am	Pre - Goldfish 1062269						
10:10-10:40am	Angelfish* 1062234	Starfish* 1062317	*These classes will be combined				
10:45-11:15am	Pre - Otter 1062279						
4:00-4:30pm	Pre - Penguin 1062283	Pre - Otter 1062272	Otter 1062238	Seal 1062305	Polar Bear 1062255	Dolphin 1062235	
4:35-5:05pm	Pre - Goldfish 1062263	Pre - Penguin 1062284	Penguin 1062249	Pre - Otter 1062278	Seal 1062313	Sea Lion 1062302	
5:10-5:40pm	Pre - Penguin 1062285	Penguin 1062250	Pre - Otter 1062273	Otter 1062239	Polar Bear 1062257	Park Shark 1 & 2 1062248	
5:45-6:15pm	Starfish 1062318	Pre - Goldfish 1062265	Pre - Penguin 1062286	Otter 1062240	Seal 1062306	Polar Bear 1062256	
6:20-6:50pm	Pre - Penguin 1062287	Pre - Otter 1062274	Otter 1062241	Pre - Seal 1062297	Seal 1062307	Polar Bear 1062258	

Tuesday / Thursday Swim Lessons Session 1: January 10 - February 9 (10 lessons)						
9:00-9:30am	Angelfish* 1062065	Starfish* 1062154	*These classes will be combined			
9:35-10:05am	Pre - Otter 1062107					
10:10-10:40am	Pre - Goldfish 1062099					
10:45-11:15am	Pre - Penguin 1062120					
3:45-4:15pm	Pre - Penguin 1062121	Pre - Otter 1062108	Otter 1062073	Seal 1062143	Polar Bear 1062090	
4:20-4:50pm	Pre - Goldfish 1062100	Pre - Penguin 1062122	Penguin 1062084	Seal 1062144	Sea Lion 1062138	Dolphin 1062068
4:55-5:25pm	Pre - Penguin 1062123	Pre - Otter 1062109	Otter 1062074	Seal 1062145	Polar Bear 1062093	Park Shark 1 & 2 1062079
5:30-6:00pm	Pre - Goldfish 1062101	Pre - Penguin 1062124	Penguin 1062085	Otter 1062075	Pre - Seal 1062130	Sealion 1062139
6:05-6:35pm	Starfish 1062157	Pre - Penguin 1062125	Pre - Otter 1062112	Otter 1062077	Seal 1062146	Nutria** 1062062
6:40-7:10pm	Pre - Goldfish 1062103	Pre - Penguin 1062126	Penguin 1062086	Otter 1062076	Seal 1062147	Pingüino** 1062063
7:15-7:45pm	Polar Bear 1062092	Teen Beginner 1062158	Adult Beginner 1062064	Adulto** 1062061		

** En Español

Tuesday / Thursday Swim Lessons Session 2: February 14 - March 16 (10 lessons)						
9:00-9:30am	Angelfish* 1062233	Starfish* 1062316	*These classes will be combined			
9:35-10:05am	Pre - Otter 1062275					
10:10-10:40am	Pre - Goldfish 1062266					
10:45-11:15am	Pre - Penguin 1062288					
3:45-4:15pm	Pre - Penguin 1062289	Pre - Otter 1062276	Otter 1062242	Seal 1062308	Polar Bear 1062259	
4:20-4:50pm	Pre - Goldfish 1062267	Pre - Penguin 1062290	Penguin 1062252	Seal 1062309	Sea Lion 1062303	Dolphin 1062236
4:55-5:25pm	Pre - Penguin 1062291	Pre - Otter 1062277	Otter 1062243	Seal 1062310	Polar Bear 1062262	Park Shark 1 & 2 1062247
5:30-6:00pm	Pre - Goldfish 1062268	Pre - Penguin 1062292	Penguin 1062253	Otter 1062244	Pre - Seal 1062298	Sealion 1062304
6:05-6:35pm	Starfish 1062319	Pre - Penguin 1062293	Pre - Otter 1062280	Otter 1062246	Seal 1062311	Nutria** 1062230
6:40-7:10pm	Pre - Goldfish 1062271	Pre - Penguin 1062294	Penguin 1062254	Otter 1062245	Seal 1062312	Pingüino** 1062231
7:15-7:45pm	Polar Bear 1062261	Teen Beginner 1062320	Adult Beginner 1062232	Adulto** 1062229		

** En Español

EAST PORTLAND COMMUNITY CENTER



SWIM LESSONS

If your child has had more than a 3-month break from swimming lessons, they should repeat the previous level as a refresher course.

Classes are designed to have one instructor:

- per 4 to 5 students—Goldfish through Pre-Penguin
- per 4 to 6 students—Pre-Otter through Polar Bear
- per 4 to 8 students—Sea Lion and Above
- per 3 students—all semi-private lessons

PARENT/CHILD LESSONS

Age 6 months - up to 3 years

Angelfish
6mo- 18mo

New to the pool? Discover the wonders of the water together through exciting songs and activities as your little fish acclimates to the new world of water. Experience bubble blowing, kicking, assisted floats and glides while developing confidence and coordination.

Starfish
18mo- up to 3yrs

Be a “star” in the water! Gain additional water adjustment and increase confidence. Toddlers will develop more independence, body awareness and control in the water. Practice more floats, kicks, jumps and glides . . . together!

SESSION DATES

MONDAY & WEDNESDAY

Jan 9- Feb 8 (9 lessons; no class 1/16)
Feb 13- Mar 15 (9 lessons, no class 2/20)

TUESDAY & THURSDAY

Jan 10- Feb 9 (10 lessons)
Feb 14- Mar 16 (10 lessons)

SATURDAY

Jan 14- Mar 18 (10 lessons)

SUNDAY

Jan 15- Mar 19 (10 lessons)

PRESCHOOL LESSONS

Age 3-5

Pre-Goldfish

For the non-swimmer comfortable in the water without a parent. This class works towards water adjustment, blowing bubbles, and putting the whole face (including ears and eyes) in the water.

Pre-Penguin

For the non-swimmer who can put face in the water and blow bubbles. This class works towards front glides with kicks 5ft (pre) or 10ft (youth) and unassisted back floats.

Pre-Otter

Must be comfortable in the water and be able to do a front glide with kick for 5ft (pre) or 10ft (youth) and unassisted back floats. This class works towards back glides with kicks for 5ft (pre) or 10ft (youth), front crawl with arms no side breathing for 10ft (pre) or 15ft (youth), and five side breathing breaths with arm circles on wall.

Pre-Seal

Must be able to do back glides with kicking for 5ft (pre) or 10ft (youth), front crawl with no side breathing for 10ft (pre) or 15ft (youth), and do five side breathing breaths with arms on wall. This class works towards front crawl with arms and side-breathing for 30ft and back crawl with arms for 30ft.

LESSON FEES

YOUTH LESSONS/ANGELFISH & STARFISH

- 9 lessons: Resident \$47.25, Non-resident \$66.25
- 10 lessons: Resident \$52.50, Non-resident \$73.50

ADULT LESSONS

- 9 lessons: Resident \$56.25, Non-resident \$78.75
- 10 lessons: Resident \$62.50, Non-resident \$87.50

YOUTH LESSONS

Age 6-13

Penguin For the non-swimmer. First time taking lessons. This class works towards front glides with kicks 10 ft (youth) and unassisted back floats.

Otter Must be comfortable in the water and be able to do a front glide with kick for 5 ft (pre) or 10 ft (youth) and unassisted back floats. This class works towards back glides with kicks for 5 ft (pre) or 10 ft (youth), front crawl with arms no side breathing for 10 ft (pre) or 15 ft (youth), and five side-breathing breaths with arm circles on wall.

Seal Must be able to do back glides with kicking for 5 ft (pre) or 10 ft (youth), front crawl with no side-breathing for 10 ft (pre) or 15 ft (youth), and do five side breathing breaths with arms on wall. This class works towards front crawl with arms and side breathing for 30ft and back crawl with arms for 30ft.

Polar Bear Must be comfortable in deep water and be able to swim front crawl with arms and side-breathing for 30 ft and back crawl with arms for 30 ft. This class works towards front crawl with side breathing for 50 ft and back crawl with arms for 50 ft.

Sea Lion Must be comfortable in the deep water and be able to swim front crawl with side-breathing for 50 ft and back crawl for 50ft. This class works towards front crawl for 25 yds, back crawl for 25 yds, and elementary backstroke for 25 yds.

Piranha Must be able to complete Sea Lion skills or equivalent. This class works towards front and back racing starts, 50 yds front crawl with turn, and back crawl for 25 yds.

Offered in summer only

Dolphin

Must be comfortable in the deep water and be able to swim front crawl with side breathing for 25 yds, back crawl for 25 yds and elementary backstroke for 25 yds. This class works towards diving into the pool then swimming 50 yds, back crawl for 50 yds, elementary backstroke for 25 yds and breaststroke for 25 yds.

Park Shark

1 and 2

Must be comfortable in the deep water and be able to dive into the pool and swim front crawl for 50 yds, swim back crawl for 50 yds, and swim breaststroke for 50yds. This class works towards swimming front crawl, back crawl, and breaststroke all for 100 yds, swim side stroke for 50 yds, do a pike or tuck dive to 8ft, underwater swim for 20 ft, surface and tread water for 5 minutes, long shallow dive and swim 100 yd individual medley, and compact jump and approach stroke 10 yds with rescue tube.

TEEN LESSONS

Age 11-18

These classes are offered to participants from beginner to intermediate. Depending on your prior swimming ability, taking a "Teen Only Swim Lesson" once MAY or MAY NOT adequately prepare you for the swimming demands required in certification courses.

Fee: \$20 for 10 lessons

TEEN SWIM LESSONS

Ages 11-17

Tuesday/Thursday evenings

7:15-7:45pm

\$20 per session

Jan 10- Feb 9 (1062158)

Feb 14- March 16 (1062320)

ADULT LESSONS

For beginner and intermediate swimmers.



SEMI-PRIVATE LESSONS

one instructor per three students
Resident \$115/Non-Res \$161
(10 lessons, 30-minutes each)

PRIVATE LESSONS

one-on-one instruction
A great option for students who need a smaller Instructor/Student ratio. Space & availability is limited so call now!
Resident \$75/hr; Non-Res \$105/hr
(minimum 2.5 hours)

PRIVATE PRE-SCHOOL & DAY CARE CENTERS

Group lessons for those in Pre-School or Day Care Centers are available.

For more information, call EPCC & ask for EPCC Aquatics.

EAST PORTLAND COMMUNITY CENTER



LIFEGUARD CERTIFICATION

For lifeguard candidates without a current StarGuard lifeguard certification. Students successfully completing the course receive first aid, CPR, and StarGuard certifications. This course is only for lifeguard candidates who will be applying to work at a Portland Parks & Recreation facility.

Prerequisites

Age 15 or older by first day of class, 300 yard swim non-stop, feet first surface dive to the bottom of the pool to retrieve a 10 pound brick, 30 sec treading water while holding hands on head, then move while treading water to where you can touch. Must complete and pass the lifeguard prerequisite testing before the certification class is to begin.

Bring to Class

Swim suit, towel, paper, pen, notebook, food, water, warm clothes, verification of age, StarGuard textbook and proof of completion of online program.

Cost

\$175 (classes limited to 36 students)
 \$125 for lifeguards with current ARC, NASCO, E&A or YMCA lifeguard certification, and/or current PP&R employees with Swim Instructor/ Water Fitness Instructor certifications
 \$225 (Total price if register for Lifeguard Certification and Swim Instructor Training)

Date	Time	Place	Course
12/27	12:00-9:00pm	EPCC	1057053
12/28	1:00-9:00pm	EPCC	1057053
12/29	1:00-9:00pm	EPCC	1057053
12/30	1:00-9:00pm	EPCC	1057053
1/21	9:00am-6:00pm	MDCC	1057054
1/22	8:00am-4:00pm	MDCC	1057054
1/28	8:00am-4:00pm	MDCC	1057054
1/29	8:00am-4:00pm	MDCC	1057054
2/25	7:30am-4:30pm	EPCC	1057055
2/26	8:00am-4:00pm	EPCC	1057055
3/4	8:00am-4:00pm	EPCC	1057055
3/5	8:00am-4:00pm	EPCC	1057055
3/27	12:00-9:00pm	EPCC	1057056
3/28	1:00-9:00pm	EPCC	1057056
3/29	1:00-9:00pm	EPCC	1057056
3/30	1:00-9:00pm	EPCC	1057056
3/27	12:00-9:00pm	MSCC	1057057
3/28	1:00-9:00pm	MSCC	1057057
3/29	1:00-9:00pm	MSCC	1057057
3/30	11:00am-9:00pm	MSCC	1057057

THE BLUE MAKOS

A pre-competitive swim league participants ages 6-15 will enjoy:

- * 1 hour weekly practice
- * Expert tips from an experienced swim coach
- * A fun, supportive, learning environment
- * Instruction on each of the four competitive strokes
- * For youth at Sea Lion level & up
- * A mock swim meet on Sunday, March 19 from 8:00-10:30am at Dishman Pool

Sunday evening practices

5:15-6:15pm
 1/15- 3/12 (9 practices)
 mock meet on 3/19

\$61.25 resident, \$85.75 non-resident
 #1062166

SWIM INSTRUCTOR TRAINING

The swim lesson program was developed by Portland Parks & Recreation. Swim instructor certification classes are offered throughout the fall, winter, and spring, and is required of all Portland Parks & Recreation swim instructors.

PREREQUISITES

1. Age 15 or older by the first day of class
2. Must be a strong and skilled swimmer
3. Must be able to demonstrate good form and technique for 25 yards of each of the following:
 - Front crawl with side breathing
 - Back Crawl
 - Elementary backstroke
 - Breaststroke
4. Must demonstrate a mature attitude
5. This course is only for swim instructor candidates who will be applying to work at Portland Parks & Recreation

Upon certification, candidates can apply for a job with Portland Parks & Recreation.

Successful completion of certification classes does not guarantee employment.



EAST PORTLAND POOL RENTAL

Private and Semi-Private Pool Rentals are scheduled after hours on Saturdays and before and after hours on Sundays. Poolside Room can be added for an off-deck space for refreshments.

Call 503-823-3460 to arrange times.

Pool Party Packages are offered on Friday evenings, Saturdays and Sundays; take place during our regular open swim hours and include one hour in the party room and a minimum of an hour of swimming.

Call the Party Coordinator at 503-823-3460.



WORK FOR THE WATER

Work for Portland Parks & Recreation as a Lifeguard or Swim Instructor. For more information visit <https://www.portlandoregon.gov/parks/39780>.

- Great benefits
- Over 700 Positions
- 13 indoor and outdoor pools
- Flexible hours
- Excellent training
- Good wages

EAST PORTLAND COMMUNITY CENTER

WINTER BREAK CAMPS

Camp - Winter Quest

Age 6-11 (Grades 1-6)

Join the adventure! Imagination & discovery lead the way with different themes. Develop teamwork & build cooperation with new friends through active games & sports, artistic endeavors, science & more. Make this the best time ever! Afternoon camps have a blast in the pool each afternoon.

Before 9am & After 5pm care are available, inquire at front desk.

Full Day - 9am-5pm

12/19	M	9:00am-5:00pm	\$32	1060355
12/20	Tu	9:00am-5:00pm	\$32	1060357
12/21	W	9:00am-5:00pm	\$32	1060359
12/22	Th	9:00am-5:00pm	\$32	1060379
12/23	F	9:00am-5:00pm	\$32	1060381
12/26	M	9:00am-5:00pm	\$32	1060361
12/27	Tu	9:00am-5:00pm	\$32	1060363
12/28	W	9:00am-5:00pm	\$32	1060365
12/29	Th	9:00am-5:00pm	\$32	1060367
12/30	F	9:00am-5:00pm	\$32	1060383

Half Day - 9am-1pm

12/19	M	9:00am-1:00pm	\$18	1060356
12/20	Tu	9:00am-1:00pm	\$18	1060358
12/21	W	9:00am-1:00pm	\$18	1060360
12/22	Th	9:00am-1:00pm	\$18	1060380
12/23	F	9:00am-1:00pm	\$18	1060382
12/26	M	9:00am-1:00pm	\$18	1060362
12/27	Tu	9:00am-1:00pm	\$18	1060364
12/28	W	9:00am-1:00pm	\$18	1060366
12/29	Th	9:00am-1:00pm	\$18	1060368
12/30	F	9:00am-1:00pm	\$18	1060384

SPRING BREAK CAMPS

Camp - Spring Quest

Grades 1-3 & 3-5

Join the adventure! Imagination & discovery lead the way with different themes. Develop teamwork & build cooperation with new friends through active games & sports, artistic endeavors, science & more. Make this the best time ever! Sign up for full day or half day. Afternoon camps have a blast in the pool each afternoon.

AGE: Grade 1-3 must be 6-8 yrs on 9/1/2016. Grade 3-5 must be 8-10 yrs on 9/1/2016.

CHECK-IN: 8:45-9:00am

CHECK-OUT: 5:00-5:15pm

BEFORE CARE: 7:30-9:00am. Drop-in payment available at the front desk.

BRING: A backpack with water bottle, one snack, lunch and please wear closed toe shoes.

WITHDRAWAL POLICY: Notify center no later than Wednesday before 1st day of camp for full refund. \$25 withdrawal fee charged and then prorated refunds are given with late notice.

Grades 1-3

3/27-3/31	M-F	9:00am-5:00pm	\$150	1064092
3/27	M	9:00am-5:00pm	\$34	1064093
3/28	Tu	9:00am-5:00pm	\$34	1064094
3/29	W	9:00am-5:00pm	\$34	1064095
3/30	Th	9:00am-5:00pm	\$34	1064096
3/31	F	9:00am-5:00pm	\$34	1064097

Grades 3-5

3/27-3/31	M-F	9:00am-5:00pm	\$150	1064098
3/27	M	9:00am-5:00pm	\$34	1064099
3/28	Tu	9:00am-5:00pm	\$34	1064100
3/29	W	9:00am-5:00pm	\$34	1064101
3/30	Th	9:00am-5:00pm	\$34	1064102
3/31	F	9:00am-5:00pm	\$34	1064103



WINTER BREAK CAMPS

Camp - Little Adventures (Winter) Age 3*- 5

Would your child love to spend the day just like the Big Kids? Make new friends while building social & communication skills. Find adventure & expand your imagination, experiencing arts & crafts, sports, games, cooking & more! A little bit of everything!

Children must be toilet trained or able to pull on/off their own pull-up. Please remember to bring active clothes/shoes and a snack/lunch. Morning before care is available, inquire at the front desk.

*For children who were 3 years old by 9/1/16, but are not attending kindergarten. Learning Center

Morning

12/19	M	9:00am-1:00pm
	\$20	1059241
12/20	Tu	9:00am-1:00pm
	\$20	1059243
12/21	W	9:00am-1:00pm
	\$20	1059245
12/22	Th	9:00am-1:00pm
	\$20	1059259
12/23	F	9:00am-1:00pm
	\$20	1059262
12/26	M	9:00am-1:00pm
	\$20	1059247
12/27	Tu	9:00am-1:00pm
	\$20	1059249
12/28	W	9:00am-1:00pm
	\$20	1059251
12/29	Th	9:00am-1:00pm
	\$20	1059253
12/30	F	9:00am-1:00pm
	\$20	1059264

Afternoon

12/19	M	1:00pm-4:00pm
	\$15	1059240
12/20	Tu	1:00pm-4:00pm
	\$15	1059242
12/21	W	1:00pm-4:00pm
	\$15	1059244
12/22	Th	1:00pm-4:00pm
	\$15	1059258
12/23	F	1:00pm-4:00pm
	\$15	1059260
12/26	M	1:00pm-4:00pm
	\$15	1059246
12/27	Tu	1:00pm-4:00pm
	\$15	1059248
12/28	W	1:00pm-4:00pm
	\$15	1059250
12/29	Th	1:00pm-4:00pm
	\$15	1059252
12/30	F	1:00pm-4:00pm
	\$15	1059263

SPRING BREAK CAMPS

Camp - Little Adventures (Spring) Age 3*- 5

Would your child love to spend the day just like the Big Kids? Make new friends while building social & communication skills. Find adventure & expand your imagination, experiencing arts & crafts, sports, games, cooking & more! A little bit of everything! Children must be toilet trained or able to pull on/off their own pull-up. Please remember to bring active clothes/shoes and a snack/lunch. Morning before care is available, inquire at the front desk.

* For children who were at least 3 years old by 9/1/2016 but are not attending Kindergarten. Learning Center

Morning

3/27-3/31	M-F	9:00am-1:00pm
	\$100	1063445
3/27	M	9:00am-1:00pm
	\$22	1063447
3/28	Tu	9:00am-1:00pm
	\$22	1063449
3/29	W	9:00am-1:00pm
	\$22	1063451
3/30	Th	9:00am-1:00pm
	\$22	1063453
3/31	F	9:00am-1:00pm
	\$22	1063455

Afternoon

3/27-3/31	M-F	1:00pm-4:00pm
	\$75	1063446
3/27	M	1:00pm-4:00pm
	\$16.50	1063448
3/28	Tu	1:00pm-4:00pm
	\$16.50	1063450
3/29	W	1:00pm-4:00pm
	\$16.50	1063452
3/30	Th	1:00pm-4:00pm
	\$16.50	1063454
3/31	F	1:00pm-4:00pm
	\$16.50	1063456



RENTALS AT EPCC

EPCC is a great place to have wedding receptions, baby showers, business meetings, seminars, retirement parties, bar mitzvahs and other special events! We're happy to help you create the perfect party experience.

For more information, visit <https://www.portlandoregon.gov/parks/60574>, call our Party Package Coordinator at 503-823-3460 or email EPCC.rentals@portlandoregon.gov

EAST PORTLAND COMMUNITY CENTER

Educational Preschool Program 2016-2017 SCHOOL YEAR

EDUCATIONAL PRESCHOOL

Prepare your child for kindergarten at the East Portland Community Center Preschool.

The EPCC Preschool Program follows the traditional school schedule with children enrolled September to June.

ENROLLMENT & REGISTRATION

2016-2017 Preschool

Must be 3 years old by Sept 1st

The focus in this program is on learning social & listening skills, beginning language & math concepts, following directions & cooperating with others. Children learn & grow through play & exploration.

Age 3-4, Tu/Th
8:30-10:30am
11:15am-1:15pm
\$98/month

Pre-Kindergarten

Must be 4 years old by Sept 1st

In Pre-K, the focus is on preparing children for kindergarten. More pre-academics in reading & math are introduced & social & listening skills are re-enforced. Play & exploration continue to be tools for growth & learning.

Age 4-5, M/W/F
8:30-11:30am
12:15-3:15pm
\$168/month



Call 503-823-3450 for more information about the upcoming 2017-18 school year.

Registration for new students for the current school year is OPEN.

Registration will be available by phone (or in person), if space is available.

Call 503-823-3450 or stop by the center for program information.



ADULT / CHILD

Messy Art Explorers

Age 18 mo-5yrs

Unleash your child's talents while sharing quality time & craft activities. Develop concepts of shape, color & texture as together you create a variety of projects sure to please you both. Classroom 1
A parent or caregiver assist the child with activities while the instructor facilitates. Paint smocks are provided, but dress for a mess. Additional \$6 drop-in fee for guests of the student. No more than 2 children per adult.

Winter Wonderland

10:30-11:00am	1/11-2/8	W
	\$25	1063418

Art Party

10:30-11am	2/15-3/15	w
	\$25	1063434

Rainy Days

9:45-10:15am	1/14-2/11	Sa
	\$25	1063419

Blast Off to Space!

9:45-10:15am	2/18-3/18	Sa
	\$25	1063435

Movement - Dance & Me

Age 2-3

Turn & swirl together creating a foundation for self-expression. Discover ways to increase coordination, rhythm, flexibility & body awareness. Steps, spins, & twirls delight with emphasis on imagination, creativity, & listening skills. Classroom 2

10:15-10:45am	1/14-2/11	Sa
	\$25	1063421

10:15-10:45am	2/18-3/18	Sa
	\$25	1063437

Movement - Be Creative!

Age 3-5

Agility, grace, coordination, movement & rhythm improves strength while providing the nurturing atmosphere to learn the discipline required. Earliest preparation of time honored training in classical ballet. Classroom 2

11:00-11:30am	1/14-2/11	Sa
	\$25	1063420

11:00-11:30am	2/18-3/18	Sa
	\$25	1063436

PreBallet - Where Dreams Begin

Age 3-5

Agility, grace, coordination, movement & rhythm improves strength while providing the nurturing atmosphere to learn the discipline required. Earliest preparation of time honored training in classical ballet. Classroom 2

8:45-9:15am	1/14-2/11	Sa
	\$25	1063412

8:45-9:15am	2/18-3/18	Sa
	\$25	1063428

9:30-10am	1/14-2/11	Sa
	\$25	1063411

9:30-10am	2/18-3/18	Sa
	\$25	1063427

Sports Start - Balls! Balls! Bonanza

Age 1-3

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!

9:45-10:15am	1/10-2/7	Tu
South Gym	\$25	1064072

9:45-10:15am	2/14-3/14	Tu
South Gym	\$25	1064087

10:30-11am	1/12-2/9	Th
North Gym	\$25	1064073

10:30-11am	2/16-3/16	Th
North Gym	\$25	1064088

Gymnastics - Tumbling: Rumble,

Tumble & Roll

Age 2-4

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. Let's roll! South Gym

10:00-10:30am	1/12-2/9	Th
	\$25	1061293

	2/16-3/16	Th
	\$25	1061296

The Parent/Child sequence of classes have been developed with your child's best interest in mind. *Although we register only the child, parent or caregiver participation is essential in these classes.*

Balls, Balls, Bonanza helps introduce your child to the world of physical development in a low-structure, colorful, varied program, utilizing all types of balls, games and sports. This class gathers together to stretch and take roll call. Participants are then encouraged to participate in stations designed to strengthen, develop and encourage positive attitude and outlook on exercise, movement and play. Some children repeat this class several times.

Sports Mix - Jump Start is an excellent "next class" for those young children who have taken the Ball! Balls! Bonanza class and are ready to apply those ball handling skills to specific sports. Listening and communication skills contribute to a successful experience.

The "Jump Start" Series (Soccer, Baseball and Basketball) offers a more structured focus for the young athlete, with emphasis placed on proper sports fundamentals, conditioning, teamwork and sportsmanship.

For further assistance in deciding the best class for your child, please call Gabe at 503-823-0206.

EAST PORTLAND COMMUNITY CENTER

PRESCHOOL

Preschool Safari

Age 3*-5

Set out for a journey of discovery! Children explore developmentally appropriate arts & crafts, games & physical activities that encourage the use of gross-motor skills & hand-eye coordination. Play increases socialization while stimulating imagination. Lunchtime is included in this program.

Participants must bring a sack lunch. Makes a great introduction to preschool, or as an extension to your child's preschool program. *Child must have turned 3 by 9/1/16. Classroom 1

11:30am-1:30pm	1/9-2/6	M	
	\$28		1063414
11:30am-1:30pm	2/13-3/13	M	
	\$28		1063430
10:30am-12:30pm	1/10-2/7	Tu	
	\$35		1063415
10:30am-12:30pm	2/14-3/14	Tu	
	\$35		1063431
10:30am-12:30pm	1/12-2/9	Th	
	\$35		1063416
10:30am-12:30pm	2/16-3/16	Th	
	\$35		1063432
10am-12pm	1/13-2/10	F	
	\$35		1063417
10am-12pm	2/17-3/17	F	
	\$35		1063433

PRESCHOOL SPORTS

Sports Mix - Jump Start

Age 3-5

Take your energy on an adventure! Play a variety of games such as soccer, basketball, floor hockey, tag & parachute, using balls & other child-sized equipment. Develop basic hand-eye coordination & balance, while building social skills in non-competitive ways. You're it!

10:30-11:00am	2/14-3/14	Tu	
South Gym	\$25		1064086
11:15-11:45am	1/12-2/9	Th	
North Gym	\$25		1064071

Basketball - Jump Start

Age 3-5

Dribble! Shoot! Take the ball to the Hoop! If you are ready for the game, here is the place to start! Develop coordination, stamina, ball handling skills, shooting techniques & footwork.

11:15-11:45am	1/10-2/7	Tu	
South Gym	\$25		1064060
11:15-11:45am	2/16-3/16	Th	
North Gym	\$25		1064075
9-9:30am	2/18-3/18	Sa	
North Gym	\$25		1064076
10:45-11:15am	1/14-2/11	Sa	
North Gym	\$25		1064062

Bouldering Wall - Jump Start

Age 4-6

Step, stretch & climb! Follow the colorful foot and handholds across the traversing wall while building muscular strength, flexibility & coordination, as well as problem solving skills & self-confidence. You decide which path to follow!

12:15-12:45pm	2/16-3/16	Th	
North Gym	\$25		1064078

Soccer - Jump Start

Age 3-5

Gain confidence & make new friends & teammates. Refine motor skills through expanded interactive drills & play. Emphasize the basics of kicking & dribbling in a high-energy, safe environment. Your dream starts here!

10:30-11am	1/10-2/7	Tu	
South Gym	\$25		1064064
12:15-12:45pm	1/12-2/9	Th	
North Gym	\$25		1064065
9-9:30am	1/14-2/11	Sa	
North Gym	\$25		1064066
11:15-11:45am	2/14-3/14	Tu	
South Gym	\$25		1064081
10:45-11:15am	2/18-3/18	Sa	
North Gym	\$25		1064082



PRESCHOOL GYMNASTICS

Gymnastics - Preschool

Age 4-6

Children can increase body awareness and coordination through gymnastics! This is a great class for a child ready to participate without a parent. Learn basic gymnastics shapes and have fun with movement.

We will use a variety of equipment and introduce 4 Olympic events! South Gym

2:00-2:45pm	1/10-3/14	Tu	6:15-6:45pm	1/10-2/7	Tu
	\$75	1061287		\$25	1061291
10:30-11:15am	1/12-3/16	Th		2/14-3/14	Tu
	\$75	1061288	11:30-12pm	1/12-2/9	Th
12-12:45pm	1/12-3/16	Th		\$25	1061292
	\$75	1061289		2/16-3/16	Th
9:00-9:45am	1/14-3/18	Sa		\$25	1061295
	\$75	1061290			

Gymnastics - Tumbling: Jump Start Age 3-5

Bounce! Jump! Fly! Develop skills together that promote coordination, balance & agility. Active games, creative drills & an emphasis on the joy of physical activity provide a playful introduction to a popular sport. South Gym

BASKETBALL LEAGUE



Parent volunteers needed - contact the community center to find out more. This is a non-competitive, beginning basketball league geared to the developmental needs of 1 & 2 graders. An information meeting will

be held during the beginning of the first practice. Maximum of 10 players per team. Later registrations accepted through the third practice.

PARTICIPANT AGES: Grades 1-2, Must be 6 or 7 on Sept, 1 2016. **GENDER:** Coed
HOOP HEIGHT: 8 Ft. **T-SHIRT:** Included. **PRACTICE LOCATION:** East Portland CC
GAME LOCATION: East Portland CC, Saturday, 12:15-4:15pm, starting February 11th. Game Schedule handed out at second practice.



PORTLAND PARKS & RECREATION™
Healthy Parks, Healthy Portland

Grades: 1-2	Season: 1/30-3/18	Games begin 2/11			
5:00-6:00pm	1/30-3/18	M	\$56	1064169	North Gym
5:00-6:00pm	1/30-3/18	M	\$56	1064170	South gym
5:00-6:00pm	1/31-3/18	Tu	\$56	1064167	North Gym
6:00-7:00pm	1/31-3/18	Tu	\$56	1064168	North Gym
5:00-6:00pm	2/1-3/18	W	\$56	1063859	North Gym
5:00-6:00pm	2/1-3/18	W	\$56	1063860	South gym
5:00-6:00pm	2/2-3/18	Th	\$56	1063861	North Gym
5:00-6:00pm	2/2-3/18	Th	\$56	1063862	South Gym



3 ON 3 BASKETBALL TOURNAMENT

March 29-31, 2017

Don't miss out on this 3 on 3 coed basketball extravaganza! We strongly emphasize good sportsmanship and enjoyable competition. Come showcase your skills against players across the city.

Tournament registration deadline will be Tuesday, March 28, 2017. All late registrations must have approval from tournament coordinator. Full payment is due upon registration.

Wednesday- Friday
2:45-5:00pm
with Gabe Barbee
Gym / \$15

12-13yrs 1064089
14-15yrs 1064090
16-17yrs 1064091

EAST PORTLAND COMMUNITY CENTER

YOUTH SPORTS CLASSES

Basketball - Hoop It Up

Age 8-10

Want to play like a pro? This is where they all started! Develop & improve fundamentals including ball handling, shooting techniques & defensive skills while improving endurance, flexibility & strength. Learn special strategies, basic plays & develop a teamwork mentality.

4:15-5:00pm	1/12-2/9	Th
South Gym	\$33	1064059
3:15-4:00pm	2/16-3/16	Th
South Gym	\$33	1064074
9:45-10:30am	1/14-2/11	Sa
North Gym	\$33	1064058

Soccer - Basics

Age 6-9

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!

3:15-4:00pm	1/12-2/9	Th
South Gym	\$33	1064063
4:15-5:00pm	2/16-3/16	Th
South Gym	\$33	106408



WELCOME KARON LEWIS

Rec Leader – Lead Sports Instructor

Karon (Coach K) has extensive background in coaching and playing sports and has been working with kids of various ages and sports teams for the past 15 years. He enjoys watching young students of the game thrive and build off of their success at all levels. Karon will be teaching all of the parent/child, preschool and youth sports classes at EPCC and will be supervising & coaching in all of EPCC's sports leagues.

YOUTH GYMNASTICS

Gymnastics - Homeschool

Age 6-12

Get up and get moving! Gymnastics is a great way to instill a love of fitness that can last a lifetime. This fun-filled class will challenge your child with obstacle courses, skill circuits and games that build strength and endurance. South Gym

1:15-2:00pm	1/10-3/14	Tu
	\$75	1061279

Gymnastics - Level I Beginners

Age 6-12

It's never too late to start gymnastics! Start learning handstands, cartwheels and rolls. Practice Olympic events while emphasizing safe progressions and te-building skills. Develop a passion for fitness in a non-competitive environment. South Gym

3:00-3:45pm	1/10-3/14	Tu
	\$75	1061282
3:45-4:30pm	1/10-3/14	Tu
	\$75	1061283
9:45-10:30am	1/14-3/18	Sa
	\$75	1061284

Gymnastics - Level I Intermediate

Age 6-12

Get ready to move up! Continue basic skill development with an emphasis on form and strength building activities. Your child will work on perfecting their cartwheels, handstands and backbends. They will receive an introduction to new skills on bars, beam and vault. Learn to love fitness! South Gym

5:30-6:15pm	1/10-3/14	Tu
	\$75	1061285
10:45-11:30am	1/14-3/18	Sa
	\$75	1061286

Gymnastics - Level 2

Age 6-12

You passed level 1! Practice handstand forward rolls, bridge kick over, round-offs and an introduction to back handsprings. Learn more advanced skills on high beam, bars and vault. This class will teach techniques required to move beyond the basics and achieve your goals in gymnastics. You can do it! South Gym

4:30-5:15pm	1/10-3/14	Tu
	\$75	1061280
11:30-12:15pm	1/14-3/18	Sa
	\$75	1061281

MARTIAL ARTS: AIKIDO - YOSHOKAI

Ages 7-13 & 14 yrs & up

(12 & 13 yr olds may register in older class with instructor's consent.)

Strive for harmony, self-control & personal well-being with Aikido-Yoshokai, a form of Japanese Budo. Suitable for all ages, through seniors, for both men & women. This discipline is based on the sword & empty hand fighting techniques of the Japanese Samurai. Students work in pairs in a cooperative, non-competitive environment, learning to avoid & control an attacker's energy. Learning to roll, pivot, pin & throw enhances coordination, balance & self-confidence while fostering a spirit of goodwill.

Clothing: Wear comfortable clothes, such as sweat suits. No jewelry, please. Uniforms are not required, unless you want to test.

Testing & Promotions: Testing fees start at \$5, testing & promotion is not a requirement of the program. At time of first test, students join the National Association (Adults \$35/year, Youth \$20/year). No tournaments or competitions in Aikido-Yoshokai.

New Students: Accepted throughout the term. Fees prorated.

BUKI: refers to weapons training; practice includes Bokken (wooden sword), Jo (short walking staff) and Tanto (wooden knife).

Instructors: George Ellis has over 19 years of training in Aikido. He holds a black belt & has been a volunteer instructor with Parks & Recreation since 1996. Sean Toyooka is a 3rd Degree Black Belt.



YOUTH MARTIAL ARTS

Aikido For Youth

Age 7-13

Use personal energy rather than punching or kicking opponents, to gain control or to throw them off. Work as partners in a cooperative, not antagonistic environment to encourage teamwork while increasing balance & coordination in the individual.

Multi-purpose Room 2

6:15-7:15pm	1/9-3/27	M	
	\$30		1061269
2:30-3:30pm	1/15-3/19	Su	
	\$30		1061270

HIGH SCHOOL/ADULT MARTIAL ARTS

Aikido Yoshokai

Age 14 & Up

Strive for harmony between nature, self-control & personal well being & place an emphasis on safety through this noncompetitive style. Combine meditation, philosophy & physical exercise to reduce stress & encourage a healthy lifestyle.

Multi-purpose Room 3

8:00-9:15pm	1/9-3/27	M	
	\$40		1061271
8:00-9:15pm	1/12-3/30	Th	
	\$48		1061272
1:00-2:15pm	1/15-3/19	Su	
	\$40		1061273

Aikido Yoshokai Buki

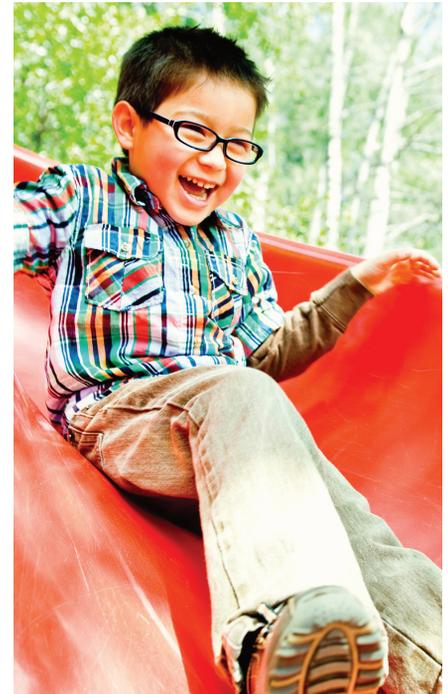
Age 14 & Up

Strive for harmony between nature, self-control & personal well being & place an emphasis on safety through this noncompetitive style. Combine meditation, philosophy & physical exercise to reduce stress & encourage a healthy lifestyle.

Multi-purpose Room 3

7:30-7:55pm	1/12-3/30	Th	
	\$24		1061274

Register for Sports Mixer and Art-Exploring the Masters for a 2-hour block. Staff will supervise the transition.



Smoke and tobacco-free parks help keep kids healthy.

Let's get out and play!

 **PORTLAND
PARKS & RECREATION**
Healthy Parks, Healthy Portland
portlandparks.org

 **Multnomah
County
Health Department**
multco-itstartshere.org

EAST PORTLAND COMMUNITY CENTER

HOMESCHOOL SPORTS

Youth Sports Mix

Age 6-8

Stretch, run, jump & PLAY! Catch the enthusiasm with a wide assortment of games & activities especially for kids! Sample the traditional & try a few new ones! Fitness, cooperation & teamwork are always in season!

12:30-1:30pm	1/11-2/8	W
Gym	\$29	1064068
12:30-1:30pm	2/15-3/15	W
Gym	\$29	1064083

Age 9-13

1:30-2:30pm	1/11-2/8	W
Gym	\$29	1064069
1:30-2:30pm	2/15-3/15	W
Gym	\$29	1064084

Age 13-18

1:00-2:00pm	1/13-2/10	F
Gym	\$29	1064070
1:00-2:00pm	2/17-3/17	F
Gym	\$29	1064085

YOUTH GYMNASTICS

Gymnastics - Homeschool

Age 6-12

Get up and get moving! Gymnastics is a great way to instill a love of fitness that can last a lifetime. This fun-filled class will challenge your child with obstacle courses, skill circuits and games that build strength and endurance. South Gym

1:15-2:00pm	1/10-3/14	Tu
	\$75	1061279

HOMESCHOOL ART

Art - Exploring the Masters

Combine with Sports Mixer for a 2 hour block. Staff will supervise the transition. Style & technique explored by stepping in the shoes of famous painters while creating a personal masterpiece. Build art appreciation & expand art history knowledge. Develop your awareness of different painting styles & discover your own individual flair. Classroom 1

Age 6-8

1:30-2:30pm	1/11-2/8	W
	\$35	1063409
1:30-2:30pm	2/15-3/15	W
	\$35	1063425

Art - Exploring the Masters

Age 9-13

12:30-1:30pm	1/11-2/8	W
	\$35	1063408
12:30-1:30pm	2/15-3/15	W
	\$35	1063424

YOUTH ART

Art Gallery for Young Artists

Age 7-13

A stroke of the brush, a swipe of pastels or a collage of media aids in your exploration. Discovering color & composition aides you in creating a 'masterpiece'. Hands-on projects enhance your knowledge of design. Impressive! Join us for a series of different fantastic projects each session. Classroom 1

11:00am-12:30pm	1/14-2/11	Sa
	\$45	1063410
11:00am-12:30pm	2/18-3/18	Sa
	\$45	1063426



TAE KWON DO RON & SHELBY WILLIAMS

Program: Get your 'kicks' with us! Discover a traditional Korean martial art. Great lifelong aerobic exercise for the entire family. Emphasis on the 5 tenets of Tae Kwon Do: courtesy, integrity, perseverance, self-control & indomitable spirit. Achieve your black belt goals!

Lead Instructors: 6th Degree Black Belt Master Shelby Williams and 5th Degree Master Ron Williams. Assisted by advanced black belts students. All advanced black belts are certified instructors through 9th Degree Great Grandmaster Hong Sik Kim. The additional teachers allow for small group instruction.

Class Structure: Warm-ups, hand techniques, forms, kicking drills, combinations & sparring. Advanced students demonstrate strength through the breaking of wood boards.

Clothing: Wear comfortable clothes such as sweat suits. Uniforms are not required until time of the first test, purchased through the instructor.

ADVANCED CLASS: Students must have permission from Master Williams to register for this class. Class is taught by 3rd degree black belt instructor Mr. Good. This is an extra class for color & black belt students already registered for Master Williams Monday & Thursday Traditional Tae Kwon Do class. Class format is more technical with a faster pace since there are no beginner students.

Youth Class: Taught by Anne Holm, 3rd degree black belt. Students develop better coordination, strength & flexibility with drills & sparring. Children in this program may graduate to the class taught by Shelby & Ron Williams, at age 8 yrs.

Opportunities, Testing & Promotions: 4 months of classes is typical prior to first test. Opportunities to participate in Jr. Rose Festival Parade, local & regional tournaments, clinics, demonstrations & promotions. (Some additional fees may apply.)

Family Rate: Families (parents, children & siblings) are welcome; first family member is full price; additional family members are discounted \$5.

New Students: accepted throughout the term. Fees are prorated. (Family rate discount only applies to full term registration.)

Tae Kwon Do Kids

Get your 'kicks' with us! Discover the Korean martial art that uses kicks, blocks & strikes to increase self-confidence & discipline. Students develop better coordination, strength & flexibility with non-contact drills & sparring. Gain life skills through an emphasis on the 5 tenants: courtesy, integrity, perseverance, self-control & indomitable spirit. No class 1/2, 1/16 & 2/20.

5:30-6:15pm	1/5-3/16	Th
	\$31.50	1061265

Tae Kwon Do - Traditional Age 8 & Up

Discover a traditional non-contact Korean martial art. Great lifelong aerobic exercise for the entire family. Emphasis on the five tenets of Tae Kwon Do: courtesy, integrity, perseverance, self-control and indomitable spirit. Achieve your black belt goals! Gym No class 1/2, 1/16 & 2/20.

6:15-7:15pm	1/5-2/16	M Th
	\$30	1061263
6:15-7:15pm	2/23-3/30	M Th
	\$27.50	1061264

Tae Kwon Do - More Advanced Age 8 & Up

Ready for the next stage? Class is by instructor permission only. Develop & increase concentration, coordination, self-discipline & esteem while working toward black belt goals. Improve your ability to defend yourself as an added bonus! Multi-purpose Room 3. No class 1/2, 1/16 & 2/20.

6:15-7:15pm	1/3-1/31	Tu
	\$12.50	1061266
6:15-7:15pm	2/7-2/28	Tu
	\$10	1061267
6:15-7:15pm	3/7-3/28	Tu
	\$10	1061268



PLAY MORE SAVE MORE

Register for two or more eligible classes in one transaction and receive 10% off of those classes.* Visit your local community center front desk for more information and a list of eligible classes.

**Discount may be used once per account at participating locations and can only be applied to in-person or phone registrations.*

EAST PORTLAND COMMUNITY CENTER

TAE KWON DO CULLEN LOEFFLER

Program: Korean martial art that uses kicks, blocks & strikes, similar to karate. This is a great opportunity to try out a new sport. Taught in a supportive but disciplined environment. Non-contact, non-competitive form of self-defense increases physical strength, coordination & agility, while building self-esteem, concentration & discipline. If you decide to stay with it, you can move up through the ranks in this program.

Testing: Belt promotion takes place the first Saturday of the month at Montavilla Community Center, 8219 NE Glisan. There is no testing fee, though new belts are \$5 (basic uniform comes with white belt). Intermediate students have the option of attending tournaments, but it is not required.

Instructor: Cullen Loeffler is a 3rd degree black belt & has taught with PP&R for over 20 yrs.

Clothing: Wear loose-fitting clothing; uniforms are not required. Uniforms can be purchased through the instructor.

Parents: You are encouraged to stay & observe the class. You are also welcome to register for the class & take the class with your child.

Material Fee: \$1 material fee to be paid to instructor at first class (all except TKD For Tots).

Tae Kwon Do For Tots

Age 4-6

Beginning class in Tae Kwon Do for those with no prior experience. Basic moves are taught in a supportive but disciplined environment at level younger students can comprehend. Multi-purpose Room 1. No class 1/2 & 1/16.

3:00-3:45pm	1/13-2/10	F	
	\$14		1061261
3:00-3:45pm	2/17-3/17	F	
	\$14		1064259
6:30-7:15pm	1/13-2/10	F	
	\$14		1061262
6:30-7:15pm	2/17-3/17	F	
	\$14		1064260

Tae Kwon Do - Next Steps

Age 4-6

Students must have completed Tae Kwon Do for Tots to join this class. More advanced moves will be covered & students will have the option to test for a higher rank. Multi-purpose Room 1. No class 1/2 & 1/16.

3:45-4:30pm	1/13-3/17	F	
	\$28		1061259
6:30-7:15pm	1/13-3/17	F	
	\$28		1061260

Tae Kwon Do - For Everybody

Age 6 & Up

Beginning class for all ages. Parents, children & families are welcome. Multi-purpose Room

4:00-5:00pm	1/11-3/15	W	
	\$35		1061251
7:15-8:15pm	1/11-3/15	W	
	\$35		1061252
4:30-5:30pm	1/13-3/17	F	
	\$35		1061253
7:15-8:15pm	1/13-3/17	F	
	\$35		1061254



Tae Kwon Do - Intermediate

Age 6 & Up

Expand your knowledge & range of actions in this non-contact, non-competitive sport. Develop & increase concentration, coordination, discipline & esteem while benefiting from aerobic exercise.

Classroom #2

6:15-7:15pm	1/9-3/20	M	
	\$35		1061255
5:00-6:00pm	1/11-3/15	W	
	\$35		1061256
6:15-7:15pm	1/11-3/15	W	
	\$35		1061257
5:30-6:30pm	1/13-3/17	F	
	\$35		1061258

INTERGENERATIONAL FENCING

Fencing - An 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.

Multi-purpose Room 1

Instructor: Casey Thoroughman has over 11 years of fencing experience.

Information: Equipment provided. Students must begin by the third class.

5:00-6:00pm	1/10-2/7	Tu	
	\$22		1061275
5:00-6:00pm	2/14-3/14	Tu	
	\$22		1061277

Fencing - Intermediate Foil

Age 8 & Up

Touche! Enables quick thinking, personal control, poise, heightened reflexes, coordination & stamina. This sport is asymmetrical developing muscles other sports rarely use. Gain cardiovascular fitness & leg strength as you continue your training. Must have completed a beginning level course. Multi-purpose Room 2

6:15-7:45pm	1/10-2/7	Tu	
	\$33		1061276
6:15-7:45pm	2/14-3/14	Tu	
	\$33		1061278



A GREAT PLACE TO WORK

Help build your community, work for Portland Parks!

Visit PortlandParks.org or call 503-823-5118 for more information.

EAST PORTLAND COMMUNITY CENTER



WHAT ARE YOU A #FORCEOF?

TEENS

Art - Comics

Age 12-18

All great stories begin with great ideas! Use your imagination to create original comic art & stories. Explore creating comic strips, comic books, & similar cartoon art. Individual style & creativity are encouraged & drawing skills are not required.

Classroom #2

4:00-6:00pm 1/13-3/17 F
FREE 1064057

Teen Leadership Group- Teen Volunteer Corps

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 our 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. Poolside Room #1

4:00-5:30pm 1/11-3/8 W
FREE 1064056

Teen Fitness Facility

Open Monday/Wednesday/Friday 3-6pm; Tuesday/Thursday 3-9pm

Open to youth ages 14- 20 through TeenForce pass & registration. Come & get your workout on & watch your body become stronger & more prepared for your next activity.

Chess Club

Thursdays 6-8pm in the Teen Lounge. Learn the basics of playing chess, test your skills & get tournament ready with real chess activities and more.

Boxing & Conditioning

Thursdays 6:00-7:00pm
(Trips sometimes to Matt Dishman Boxing Center)
Cardio exercise, abdominal focus on core strength & basic boxing techniques & movements. Get in shape & learn how to use basic boxing movements.



search for
TeenForce or Forceof



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

Study Session Teen Lounge

Mondays – Thursdays 5:45-6:45pm

Homework, study time, reading, understanding ideas & talk about educational topics. Discuss current events as they relate to real life & explore various topics & ideas. Use this time to get some book work done & learn more.

Free Teen Swim

Fridays 4-5:30pm

Age 10 - 20

Use your TeenForce pass registration & enjoy the free teen swim.

The Function

Open Monday – Friday from 3-9pm

Age 10 - 20

(Teen Lounge Classroom 1) Game room with video games, ping pong, board games, snacks & a study session time.

EPCC Basketball Team

Practice & Game Days – Talk to Carlos, Ka-Ron, or Darnell about EPCC basketball team practice times & game days as they will vary depending on gym availability.



EAST PORTLAND COMMUNITY CENTER

Teen Services Coordinator: Carlos Banks

- From: Port Arthur and Houston, Texas/Portland, Oregon
- As a teen I was: Sneaky, athletic, fast runner, quiet, but not shy
- Favorite songs growing up: Hip Hop, Soul, “Everything’s Gonna Be Alright” by Father MC or “Bust a Move” by Young MC
- My favorite quote: “A wise person listens and takes in more instruction, a man of understanding acquires skillful direction.”
- Favorite book: “Black Boy” by Richard Wright
- My ideal weekend: chill with the family and do something spontaneous
- If I could choose a super power it would be: flying
- If I were a professional athlete I would play: baseball



Smoke and tobacco-free parks help keep kids healthy.

Let's get out and play!



Multnomah
County
Health Department

multco-itstartshere.org



**PORTLAND
PARKS & RECREATION**
Healthy Parks, Healthy Portland

portlandparks.org

EAST PORTLAND COMMUNITY CENTER

MUSIC LESSONS

Piano

Age 6 & up

Study proper techniques enabling you to gain confidence, finger dexterity & a sense of accomplishment. Hear the results right away! *Instructors: Jessica Bartlett, William Mehan*

Mon 1/9- 3/13 8 lessons
 ½ hr times between 3:15-8:45pm
 No class 1/2, 1/16, 2/20

Tue 1/3- 3/14 11 lessons
 ½ hr times between 3:15-9:00pm

Thur 1/5- 3/16 10 lessons
 ½ hr times between 3:30-8:45pm

Fri 1/6- 3/17 11 lessons
 ½ hr times between 3:15-8:45pm

Sat 1/7- 3/17 11 lessons
 ½ hr times between 10:00am-5:00pm

Flute

Age 6 & up

Create melodies, learn theory & explore the freedom of improvisation. *Instructors: Jessica Bartlett, Peter Deley*

Mon 1/9- 3/13 8 lessons
 ½ hr times between 4:00-8:45pm

Tue 1/3- 3/14 11 lessons
 ½ hr times between 5:00-7:00pm

Wed 1/4-3/15 11 lessons
 ½ hr times between 4:30-8:15pm

Fri 1/6- 3/17 11 lessons
 ½ hr times between 3:15-8:30pm

Voice

Age 7 & up

Develop proper vocal technique, breath management & musical interpretation. Your speaking & acting abilities will benefit in tone & presentation. The emotional content of your songs will have more tools to draw upon. *Instructor: Jessica Bartlett*

Mon 1/9- 3/13 8 lessons
 ½ hr times between 4-8:45pm

Fri 1/6- 3/17 11 lessons
 ½ hr times between 3:15-8:30pm

Clarinet / Recorder

Age 6 & up

Develop music reading skills in a creative hands-on environment.

Clarinet: the 'licorice stick' grooves in classical, jazz, Dixieland & marching band music. Discover these diverse techniques.

Instructor: Peter Deley

Recorder: explore tone, tuning & connecting notes to play songs on a simple, inexpensive device. *Instructor: Peter Deley*

Tue 1/3-3/14 11 lessons
 ½ hr times between 5:00-7:00pm

Wed 1/4-3/15 11 lessons
 ½ hr times between 4:30-8:15pm

Drums / Percussion

Age 7 & up

Dreams of playing in a band can come true! Basic skills – equipment, tempo, timing, syncopation & patterns, increase your musical knowledge, coordination, dexterity & concentration. Feel the beat, discover rhythm & develop a lifelong pursuit. *Instructor: William Meham*

Mon 1/9- 3/13 8 lessons
 ½ hr times between 3:15-8:30pm

Tue 1/3- 3/14 11 lessons
 ½ hr times between 3:15-9:00pm

Thur 1/5- 3/16 10 lessons
 ½ hr times between 3:30-8:45pm

Fri 1/6- 3/17 11 lessons
 ½ hr times between 4:00-8:45pm

Sat 1/7- 3/17 11 lessons
 ½ hr times between 10am-5:00pm

Guitar

Age 6 & up

One-on-one time in a private setting can boost confidence as well as musical abilities. From classical to popular, explore styles of interest! *Instructors: Don Beadling, William Mehan*

Mon 1/9- 3/13 8 lessons
 ½ hr times between 3:00-9:00pm

Tue 1/3- 3/14 11 lessons
 ½ hr times between 3:00-9:00pm

Wed 1/4-3/15 11 lessons
 ½ hr times between 3:15-9:00pm

Thur 1/5- 3/16 10 lessons
 ½ hr times between 3:30-8:45pm

Fri 1/6- 3/17 11 lessons
 ½ hr times available between 4:00-7:45pm

Sat 1/7- 3/17 11 lessons
 ½ hr times available between 10:00am-5:00pm



Saxophone

Age 6 & up

Improvisation, rhythm & note reading are on the musical menu as you gain confidence & skill through playing. Look forward to experiencing years of enjoyment & pleasure! *Instructor: Peter Deley*

Tue 1/3- 3/14 11 lessons
½ hr times available between 5:00-7:00pm
Wed 1/4-3/15 11 lessons
½ hr times available between 4:30-8:15pm

Violin / Viola / Cello

Age 5 & up

Enjoy the privacy of individual lessons while pursuing your dream of playing one of these favorites in the string family. *Instructor: William Mehan*

Mon 1/9- 3/13 8 lessons
½ hr times between 3:15-8:30pm
Tue 1/3- 3/14 11 lessons
½ hr times between 3:15-9pm
Thur 1/5- 3/16 10 lessons
½ hr times between 3:30-8:45pm
Fri 1/6- 3/17 11 lessons
½ hr times between 4-8:45pm
Sat 1/7- 3/17 11 lessons
½ hr times between 10am-5pm

MUSIC INSTRUCTORS

Jessica Bartlett

Jessica teaches all levels of flute & beginning voice & piano. She has completed her Bachelor of Music in Performance in Flute from Portland State University, where she graduated with Honors.

Don Beadling

Don studied Music Theory & Composition at Portland Community College & has performed a wide variety of musical styles, ranging from metal, jazz, acoustic finger-style blues & bluegrass.

Peter Deley

He has been active as a teacher & performer for over thirty years in the cities of Montreal, Toronto, Edmonton & in Portland. He has a BFA in Music & Diploma in Education.

William Mehan

William is a recording & performing artist: a multi-instrumentalist including, strings, woodwinds, percussion & keys. He is a seasoned musician with interests & experience in all genres of music.

BALLROOM

Ballroom for Everyday Dancing

Age 16 & up

Get physically fit as your knowledge & skills increase. An introduction to the waltz, tango, fox trot, cha-cha, swing & rumba using the basic figures of open break, underarm turn, crossover break & walk-around turns. Have a ball!

Beginning level

7-8pm 1/9-3/13 M
8 classes \$40 1063441

Intermediate level

8-9pm 1/9-3/13 M
8 classes \$40 1063442

Joan Ormsby has taught dance in Canada & the U.S. She started her career working for Arthur Murray Dance Studios & eventually ended up owning her own dance studios in Newfoundland & Portland. Joan has taught at various Portland Parks Community Centers over the last decade. Her relaxed manner puts new students at ease and encourages advanced students to stretch their abilities.



WORKSHOPS BY COMMUNITY ENERGY PROJECT

“Empowering People – One Home at a Time”

To register, see contact information under each class.

Basic Weatherization

Age 16 & up

Drafty windows and doors? High energy bills? This Basic Weatherization workshop helps you to reduce drafts in your home with simple weatherization techniques that are great for any home – house, apartment, mobile home, trailer, and more. Qualified participants receive a free kit of conservation supplies.

Thursday, 6:30-8:30pm
January 26 Free

To register,

visit www.communityenergyproject.org, call 503-284-6827 x108 or email Lead@CommunityEnergyProject.org

Lead Poisoning Prevention

Age 16 & up

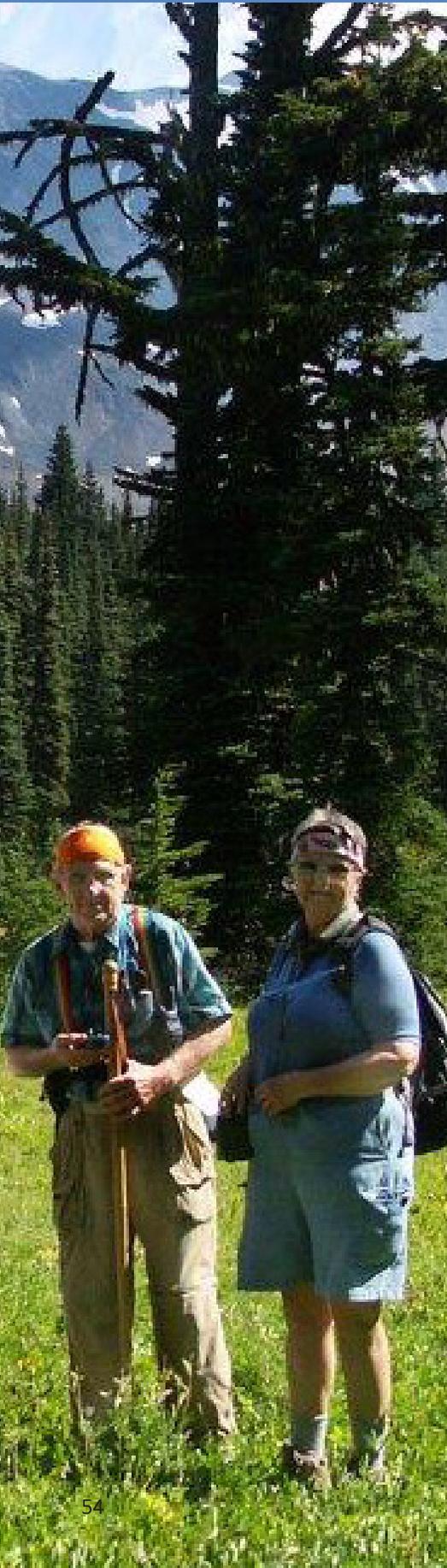
Protect your family against the dangers of lead exposure in your home. Discover common sources, effects on the body, prevention methods & other. Qualified participants receive a kit with home lead test swabs & cleaning supplies.

Thursday, 6:30-8pm
February 9 Free

To register,

visit www.communityenergyproject.org, call 503-284-6827 x109 or email Lead@CommunityEnergyProject.org

EAST PORTLAND COMMUNITY CENTER



SENIORS - ART & FLORAL

To receive a refund or credit, call (503) 823-3450 three working days in advance of class start date. Classes meet in Classroom #2.

Drawing - All Levels

Age 60 & Up

Discover your hidden talents through the basics using charcoal & pencils. Find out how fun & easy it is as it builds the self-confidence of beginners or advanced students! Simple-to-understand instruction taught in a relaxed atmosphere. Classroom #2

9:30-11:30am	1/9-2/6	M	
	\$22		1063413
9:30-11:30am	2/13-3/13	M	
	\$22		1063429

Painting - Acrylic

Age 60 & Up

Painting can be relaxing & very inspiring. Gain knowledge of paint colors & uses, brushes, layering, building transparencies, creating depth & distance, composition, value & perspective & more. Step-by-step instruction assists in producing incredible works of art! Discover your own unique style & be thrilled about what you can create! Poolside Room #1

9:30-11:30am	1/10-2/7	Tu	
	\$27.50		1063422

Watercolor - All Levels

Age 60 & Up

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. Classroom #2

12:00-2:30pm	1/9-2/6	M	
	\$27.50		1063423
12:00-2:30pm	2/13-3/13	M	
	\$27.50		1063438

Floral Design

Age 60 & Up

Learn the basic art to create stunning arrangements for your home that express your creativity. Expand your skills as you experiment with composition and style techniques of the trade. Delight in lovely aromatic bouquets as your ability blossoms. \$20 supply fee payable at first class. Take home a finished arrangement each class. Bring a pair of pruning shears. Three classes; one per month.

Classroom #2

12:30-2:30pm	1/18, 2/15, 3/15	W	
	\$18		1063443

Growing Bonsai

Age 60 & Up

Translated as 'tray planting', a millennia-old art form is still going strong today! Every branch and twig is shaped or eliminated until the chosen image is achieved. Gain insight into history, styles and techniques. This constantly changing and rewarding pastime allows for immense creativity as you choose plant material and container, working toward a harmonious unit. Class will include indoor and outdoor projects. \$25 supply fee payable at first class. Take home a project each class. Bring pruning shears and pliers to class. Three classes; one per month. Classroom #2

2:30-4:30pm	1/18, 2/15, 3/15	W	
	\$18		1063444

SENIORS - FITNESS

Walking & Hiking Orientation

Age 60 & Up

Join this fun & energetic group of seniors. Orientation is for the beginning to advanced hiker. Receive information that helps you have a successful outdoor experience. Multi-purpose Room 3

1:30-3:00pm	1/23-1/23	M	
	FREE		1062953

SENIOR - LINE DANCE

Joyce Mattson has been teaching Line Dancing in the Portland area for over 20 years, as well as aerobics classes. She started out as a child studying ballet & tap, developing a love of dance which shows in her energetic teaching style.

Line Dance - Fitness & Fun

Age 60 & Up

Stay active discovering beginning steps that facilitate easy learning. Turns, walks, grapevines, step touches, heel struts, the count in, syncopation & more are taught with enthusiasm. Gain confidence to enjoy this form of movement almost immediately. Please wear smooth soled shoes. Includes many types of music. Studio

1:00-2:00pm	1/10-3/14	Tu
	\$37.50	1063439

Line Dance - Fitness & Fun Advancing On

Age 60 & Up

Continue to build your skills as you move to the beat of country music! No partners necessary to enjoy these exciting steps, patterns & rhythms. Get fit in a fun way! Please wear smooth soled shoes. Includes many types of music. Studio

2:00-3:00pm	1/10-3/14	Tu
	\$37.50	1063440



VAN TRIPS FOR SENIORS

Reservations are not transferable if there is a waiting list for trips.

To receive a refund or credit upon withdrawal, call seven (7) working days in advance of trip date.

You may register for a maximum of 3 trips from 11/23-11/29. On 11/30 you may register or waitlist for as many additional trips as you wish.

If using a wheelchair, motorized scooter or need special assistance, please contact Senior Recreation at 503-823-4328 as soon as possible.

* Accessible to those using walkers, wheelchairs & motorized scooters

+ Door to Door

++ Continuous Standing & Walking

+++ Stairs, Inclines, Distance

For a list of accessible trips, contact Senior Recreation at 503-823-4328.

+++Wolf Haven, Cider Mill, & Scotty B's

The sanctuary in Tenino, WA has provided rescue for displaced, captive-born wolves, a few coyotes, foxes & wolf-dog hybrids. They promote wolf restoration & educate the public about the value of all wildlife. Tour the outdoor animal living areas & grounds followed by an indoor educational program. Stop at Lattin's Country Cider Mill & Farm. Bring morning snack, money for lunch & purchases. Fee includes admission. Dress for weather, trails are gravel & tour is an hour of walking. Meet in Lobby.

8:00am- 6:30pm	1/23	M
	\$42	1061964

*++Rice Museum Mystery Mineral Day

It's Mystery Mineral Day at the Rice Museum! If you have any rock, mineral, fossil, gem, or meteorite that you have wanted identified, a panel of experts will be on hand on to identify your stone, tell you its history & other important facts about it. Fee includes museum admission. Bring money for lunch at the former farmstead wonderland that is McMenamins' Cornelius Pass Roadhouse & Imbrie Hall in Hillsboro. Meet in Lobby.

10:00am- 4:30pm	2/25	Sat
	\$33	1061988

*++Columbia River Maritime Museum

See the ocean & discover the largest collection of Pacific Northwest maritime artifacts in the country during this private, docent-led tour. Fee includes admission. Bring money for a local seafood lunch. Meet in Lobby.

8:00am- 5:00pm	3/23	Th
	\$37	1062059

KNOW YOUR BENEFITS



ATTENTION ALL ACTIVE, AGING ADULTS:

East Portland Community Center now partners with:

- Silver Sneakers
- Silver & Fit

Check with your health insurance provider or the front desk for more information.



EAST PORTLAND COMMUNITY CENTER



The Cherry Blossom Senior Program

is a group of community agencies, collaborating to enrich the lives of older adults through programs, resources & services in a welcoming environment.

Portland Parks & Recreation East Portland Community Center

503-823-3450

Monday-Friday 6:00am-9:30pm

Saturday 7:00am-6:00pm

Sunday 8:00am-6:00pm

- Scheduled classes, activities & van trips
- Fitness room & exercise classes
- Scholarships available

Trips scheduled by PP&R Senior Recreation – 503-823-4328.

IRCO Mid-County Senior Services Provider

503-484-6371

Monday-Thursday 8:00am-5:00pm

Friday 1:00-5:00pm

Services provided for vulnerable older adults who are at risk of losing their independence.

- Caseworkers available
 - Organized Activities
 - Services: Case Management, Health/Wellness Activities, Home Health, Information/Assistance & more.
- Bilingual staff

Cherry Blossom Meals on Wheels People

503-256-2381

Monday-Friday 11:30am-1:00pm

Non-profit, nonsectarian organization that provides hot, nutritious meals to seniors 60 years & older.

- On site senior dining.
- Meals-on-Wheels home delivered.
- Volunteer opportunities.

Cherry Blossom Seniors

Monday-Friday

During activities; see grid on next page. Non-profit organization that brings together older adults, 55 and older, for social activities.

- Organized drop-in activities, open to all seniors, members and non-members.



The Cherry Blossom Seniors sponsor Bingo every Friday, at 1:00pm; open to all, ages 18 and up. Purchase card packets in the Solarium from 12:15-12:55pm.

DAY	ACTIVITY	AGENCY
MONDAY		
9:00am-3:00pm	LOUNGE OPEN FOR DROP-IN ACTIVITIES	CBS/IRCO/PP&R
9:00-11:30am	BUNCO	CBS
9:00am-3:15pm (Once a quarter ONLY)	HEARING HEALTH (By appointment ONLY; 503-484-6371)	IRCO
11:30am-1:00pm	LUNCH	MOW People
NOON-3:00pm	PINOCHLE	PP&R
1:00-2:30pm (1st & 3rd ONLY)	DIABETES SUPPORT GROUP	IRCO
TUESDAY		
9:00am-3:00pm	LOUNGE OPEN FOR DROP-IN ACTIVITIES	CBS/IRCO/PP&R
8:00-10:00am	SENIOR BASKETBALL (FEE)	PP&R
10:00-11:30am	WRITING YOUR LIFE STORY	IRCO
NOON-3:00pm	PINOCHLE	PP&R
11:30am-1:00pm	LUNCH	MOW People
12:15-3:15pm	BRIDGE	CBS
WEDNESDAY		
9:00am-3:00pm	LOUNGE OPEN FOR DROP-IN ACTIVITIES	CBS/IRCO/PP&R
10:00-11:15am	ESL	IRCO
10:00-11:00am	BINGO	MOW People
11:30am-1:00pm	LUNCH	MOW People
NOON-3:00pm	PINOCHLE	PP&R
BY APPOINTMENT 9:00am-12 noon	SHIBA (By appointment ONLY; 503-484-6371)	IRCO
THURSDAY		
9:00am-3:00pm	LOUNGE OPEN FOR DROP-IN ACTIVITIES	CBS/IRCO/PP&R
8:00-10:00am	SENIOR BASKETBALL (FEE)	PP&R
BY APPOINTMENT 9:00am-12noon	SHIBA (By appointment ONLY; 503-484-6371)	IRCO
9:00am-3:00pm (2nd & 4th Thursday)	FOOT CARE (By appointment ONLY; 503-484-6371)	IRCO
10:00-11:30am (3rd Thursday only)	LOW VISION SUPPORT GROUP	IRCO
11:30am-1:00pm	LUNCH	MOW People
NOON-3:00pm	PINOCHLE	PP&R
1:00pm-3:45pm	SENIOR LAW PROJECT (By appointment ONLY; 503-484-6371)	IRCO
FRIDAY		
9:00am-3:00pm	LOUNGE OPEN FOR DROP-IN ACTIVITIES	CBS/IRCO/PP&R
8:00-11:30am & NOON-3:00pm	PINOCHLE	PP&R
11:30am-1:00pm	LUNCH	MOW People
12:15-12:55pm	BINGO PRESALE	CBS
1:00pm-3:00pm	BINGO (FEE- Open to all adults, age 18 years & up)	CBS

EAST PORTLAND COMMUNITY CENTER LOUNGE IS OPEN FOR SENIORS WEEKDAYS 9:00AM – 3:00PM.

COME PLAY GAMES, WORK PUZZLES, VISIT OR READ.

Check with IRCO Office for Blood Pressure Screening Dates or call 503-484-6371.

MOW People = Meals on Wheels People

IRCO = IRCO Mid-County Senior Services Provider

CBS = Cherry Blossom Seniors

PP&R = Portland Parks & Recreation

Volunteer drivers are needed for Meals on Wheels. Be the One to help your community - call 503-953-8104.

MONTAVILLA COMMUNITY CENTER



8219 NE Glisan Street
Portland, OR 97220
503-823-4101

Building Director
Karen Birt

Coordinator
Kelly Koltiska

Teen Services Coordinator
Madalyn Bach

Bus Line
#19 Glisan, #72 82nd Avenue-Killingsworth

Parking
Lot entrance off 82nd Avenue
Street parking available along NE 83rd and 84th Avenue

Disabled Accessible
Entrances, Parking, Restrooms, Classrooms

Hours
Monday – Friday 9:00am – 9:00pm
Saturday 9:00am – 10:00pm
Sunday 3:00 – 10:00pm

Building Closures
November 24-25 Closed
December 24-25 Closed
December 31 (teens) 3:00-8:00pm
Jan 1 Closed

ADULT / CHILD

Messy Art - Art Adventures Age 2-5

Taste, touch, smell & see! Together mix, mash & moosh projects aimed at increasing creativity, dexterity & expanding your imagination. The fun is on you, the clean up is on us!

10:30-11:00am	1/10-2/7	Tu	
	\$13		1062754
10:30-11:00am	2/14-3/14	Tu	
	\$13		1062755
9:15-9:45am	1/14-2/11	Sa	
	\$13		1062758
9:15-9:45am	2/18-3/18	Sa	
	\$13		1062759

Messy Art: To Start! Age 1-3

Hands-on experiences with arts & crafts you might not want to try at home. The joy of creative thinking & self-expression are brought to life using mixed media. Parents act as child's assistant. Dress appropriately.

9:50-10:20am	1/10-2/7	Tu	
	\$13		1062756
9:50-10:20am	2/14-3/14	Tu	
	\$13		1062757
10:00-10:30am	1/14-2/11	Sa	
	\$13		1062760
10:00-10:30am	2/18-3/18	Sa	
	\$13		1062761



Ballet - Terrific Twirling 2's & 3's Age 2-3

Calling all toddlers! Explore very basic techniques in ballet & jazz. Discover exciting methods of movement using dance, activities & games that work on coordination, flexibility, rhythm & body awareness.

9:15-9:45am	1/14-2/11	Sa	
	\$22		1063264
9:15-9:45am	2/18-3/18	Sa	
	\$22		1063265

Movement - Inside, Outside, Upside Down Age 0-2

Calling All Crawlers! Challenge little ones strength & coordination with this obstacle course based class designed with items to crawl up, over, slide down & through. Then, add some group stretching & music play while watching wee ones groove to the beats. A healthy start to an active lifestyle!

9:15-9:45am	1/11-2/8	W	
	\$13		1063298
9:15-9:45am	2/15-3/15	W	
	\$13		1063299

Baby Yoga & Massage Age 0 & up

Strengthen attachment bonds, build your confidence as a parent or caregiver and stimulate your baby's development by learning simple massage strokes and yoga positions to practice with your little one.

9:15-10:15am	1/10-2/7	Tu	
	\$50		1063587
9:15-10:15am	2/14-3/14	Tu	
	\$50		1063588

Gymnastics - Tumbling: Gym Dandies Age 1-3

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. It's flippin' fun!

9:15-9:45am	1/14-2/11	Sa	
	\$25		1063277
9:15-9:45am	1/10-2/7	Tu	
	\$25		1063278
9:15-9:45am	2/18-3/18	Sa	
	\$25		1063290
9:15-9:45am	2/14-3/14	Tu	
	\$25		1063294
9:50-10:20am	1/14-2/11	Sa	
	\$25		1063578
9:50-10:20am	2/18-3/18	Sa	
	\$25		1063579

DROP-IN ACTIVITIES

Winter term drop-in programs run January 3- March 24, 2017. Please note: drop-in schedules will vary on holidays. Youth ages, 10-20, must register for FREE TeenForce Pass & scan card upon arrival for admission.

	PRESCHOOL DROP-IN						
	Mon	Tue	Wed	Thur	Fri	Sat	Sun
INDOOR PARK Age 0-5yrs \$1/child	10:30am- Noon	10:30am- Noon	10:30am- Noon	10:30am- Noon	10:30am- Noon		
BABY GYM Age 6-18 months \$1/child		12:30- 1:30pm		9:30- 10:30am			
	TEENFORCE PASS DROP-IN						
	Mon	Tue	Wed	Thur	Fri	Sat	Sun
TEEN FORCE BASKETBALL Age 10-20 Free with Teen Force Pass	3-9pm	5-9pm	6:30-9pm	3-9pm	3-10pm	4:30-10pm	4-9pm
BREAK DANCING Age 10-20 Free with Teen Force Pass					3:30- 6:30pm		3-6pm
Q t' Q Age 10-20 Free with Teen Force Pass			5-9pm				
YAC- Youth Advisory Council Age 10-20 Free with Teen Force Pass		5:30-7pm					
HOMEWORK HELP Age 10-20 Free with Teen Force Pass	4-5pm	4-5pm	4-5pm	4-5pm			3-4pm
TEEN LOUNGE / THE KICKBACK Age 11-20 Free with Teen Force Pass	3-9pm	3-9pm	3-9pm	3-9pm	3-10pm	3-10pm	3-9pm
DROP IN ART STUDIO Age 11-20 Free with Teen Force Pass, see pg 62xxx		3:45-5pm		3:45-5pm			

Gymnastics - Tumbling: Rumble, Tumble & Roll

Age 2-3

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. Let's roll!

10:35-11:05am	1/14-2/11	Sa	\$25	1063280
9:50-10:20am	1/11-2/8	W	\$25	1063281
10:35-11:05am	2/18-3/18	Sa	\$25	1063292
9:50-10:20am	2/15-3/15	W	\$25	1063293

Music - Marching & Make Believe

Age 2-3

Finger plays, nursery rhymes, music, marching & simple instruments are combined with imagination & creative dramatics to provide a positive group experience for the young child & a parent or special friend. Expanding playful imaginations here!

10:30-11:00am	1/10-2/7	Tu	\$17.50	1063296
10:30-11:00am	2/14-3/14	Tu	\$17.50	1063297
1:15-1:45pm	1/11-2/8	W	\$17.50	1063607
1:15-1:45pm	2/15-3/15	W	\$17.50	1063608

MONTAVILLA COMMUNITY CENTER



PRESCHOOL ENRICHMENT

KidSpace: Discover & Explore Age 3-5

Enrichment play-date for preschoolers! Children discover through arts & crafts, games & physical activities that are developmentally appropriate. Creativity & play build socialization plus language skills & friendships. Get ready for adventure!

11:30am-1:30pm	1/10-2/7	Tu	
	\$42.50		1063260
11:00am-1:00pm	1/11-2/8	W	
	\$42.50		1063261
11:30am-1:30pm	2/14-3/14	Tu	
	\$42.50		1063262
11:00am-1:00pm	2/15-3/15	W	
	\$42.50		1063263

PRESCHOOL

Gymnastics - Preschool Age 3-6

Children can increase body awareness and coordination through gymnastics! This is a great class for a child ready to participate without a parent. Learn basic gymnastics shapes and have fun with movement. We will use a variety of equipment and introduce skills in 4 Olympic events!

11:15am-12:00pm	1/14-2/11	Sa	
	\$37.50		1063274
1:45-2:30pm	1/10-2/7	Tu	
	\$37.50		1063275
11:15am-12:00pm	2/18-3/18	Sa	
	\$37.50		1063287
1:45-2:30pm	2/14-3/14	Tu	
	\$37.50		1063288

Gymnastics - Preschool Stars Age 4-6

Moving up! The perfect opportunity for children with previous gymnastics experience to build knowledge of basic shapes and improve coordination, balance and flexibility while increasing self-esteem. Sharpen skills and acquire new techniques -foundations for a great future!

12:05-12:50pm	1/14-2/11	Sa	
	\$37.50		1063276
12:05-12:50pm	2/18-3/18	Sa	
	\$37.50		1063289

Gymnastics - Tumbling: Jump Start Age 3-5

Bounce! Jump! Fly! Develop skills together that promote coordination, balance & agility. Active games, creative drills & an emphasis on the joy of physical activity provide a playful introduction to a popular sport.

9:50-10:20am	1/10-2/7	Tu	
	\$25		1063279
9:50-10:20am	2/14-3/14	Tu	
	\$25		1063291

Hip Hop - Tiny Hip Hoppers Age 3-5

Little feet move to the beat! Catch the groove while increasing balance, coordination & strength. Boogaloo down to those lively tunes with safe & cool moves.

10:30-11:00am	1/14-2/11	Sa	
	\$22		1063268
10:30-11:00am	2/18-3/18	Sa	
	\$22		1063269

PreBallet - Starting Steps Age 3-5

New steps & movements are introduced as you focus on classical dance- steps, poise, body alignment & foot positions. An excellent way to increase self-discipline & self-confidence.

9:50-10:20am	1/14-2/11	Sa	
	\$22		1063266
9:50-10:20am	2/18-3/18	Sa	
	\$22		1063267
1:50-2:20pm	1/11-2/8	W	
	\$22		1063609
1:50-2:20pm	2/15-3/15	W	
	\$22		1063611

Tae Kwon Do - Next Steps Age 4-6

Students must have completed Tae Kwon Do for Tots to join this class. Tae means 'foot', Kwon means 'hand', & Do means 'method'. This non-contact, non-competitive, form of self-defense increases self-esteem, concentration & discipline.

12:00-12:45pm	1/14-3/18	Sa	
	\$27.50		1062752

Tae Kwon Do For Tots Age 4-6

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!

9:15-10:00am	1/14-3/18	Sa	
	\$27.50		1062753

Yoga - Once Upon a Pose

Age 3-5

Breathe deep and relax while trying out some fun, new poses! Discover what your body can do with strength & stretching moves. Let's play!

9:45-10:30am	1/9-2/6	M	
	\$30		1063589
9:45-10:30am	2/13-3/13	M	
	\$30		1063590

YOUTH

Dance - Ballet, Jazz & Tap Fundamentals

Age 6-10

Leaps & twirls, jumps & isolations, footwork & combination steps! Increase your balance & coordination while enjoying the freedom of movement. Focus on your understanding of rhythm, meter, & body awareness while learning new vocabulary. A great opportunity to develop your passion!

11:15am-12:15pm	1/14-2/11	Sa	
	\$39		1063270
11:15am-12:15pm	2/18-3/18	Sa	
	\$39		1063271

Dance - Hip Hop: First Steps

Age 5-10

Move to the beat! Get a great start on this fun and energetic style of dance. Build endurance, strength and balance while focusing on rhythm, musicality and basic footwork.

12:20-1:20pm	1/14-2/11	Sa	
	\$39		1063624
12:20-1:20pm	2/18-3/18	Sa	
	\$39		1064182

YOUTH GYMNASTICS

Gymnastics - Level I Beginners

Age 6-12

It's never too late to start gymnastics! Start learning handstands, cartwheels and rolls. Practice Olympic events while emphasizing safe progressions and team-building skills. Develop a passion for fitness in a non-competitive environment.

1:20-2:05pm	1/14-3/18	Sa	
	\$75		1063272

Gymnastics - Level I Intermediate

Age 6-12

Get ready to move up! Continue basic skill development with an emphasis on form and strength building activities. Your child will work on perfecting their cartwheels, handstands and backbends. They will receive an introduction to new skills on bars, beam and vault. Learn to love fitness!

2:10-2:55pm	1/14-3/18	Sa	
	\$75		1063273

INTERGENERATIONAL MARTIAL ARTS

Tae Kwon Do - Brown & Black Belt

Age 6 & up

Ready for the next stage? Develop & increase concentration, coordination, self-discipline & esteem while working toward black belt goals. Improve your ability to defend yourself as an added bonus!

1:00-2:00pm	1/14-3/18	Sa	
	\$35		1062748

Tae Kwon Do - For Everybody

Age 6 & up

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.

11:00am-12:00pm	1/14-3/18	Sa	
	\$35		1062749

Tae Kwon Do - Intermediate

Age 6 & up

Expand your knowledge & range of actions in this non-contact, non-competitive sport. Develop & increase concentration, coordination, discipline & esteem while benefiting from aerobic exercise.

10:00-11:00am	1/14-3/18	Sa	
	\$35		1062750

Tae Kwon Do - More Advanced

Age 6 & up

Ready for the next stage? Develop & increase concentration, coordination, self-discipline & esteem while working toward black belt goals. Improve your ability to defend yourself as an added bonus!

2:15-3:15pm	1/14-3/18	Sa	
	\$35		1062751



PLAY MORE SAVE MORE

Register for two or more eligible classes in one transaction and receive 10% off of those classes.* Visit your local community center front desk for more information and a list of eligible classes.

**Discount may be used once per account at participating locations and can only be applied to in-person or phone registrations.*

MONTAVILLA COMMUNITY CENTER



WHAT ARE YOU A #FORCEOF?

TEEN

Cooking - Get Cookin' Age 12-17

Friends, food, nutrition & fun make this a recipe for success. Plan healthy menus & practice safe food preparation as you share tasty dishes from around the world. Don't wait to add these delectable treats to your collection!

4:30-6:30pm	1/12-2/9	Th
	\$5	1063743
4:30-6:30pm	2/16-3/16	Th
	\$5	1063744

Art Expressions

Age 11-18

No one else can be YOU! Create personal works of art. Express yourself on canvas, paper, or any of a variety of mediums with the support of a professional artist on-hand as needed. What will you create?

3:45-5:00pm	1/9-3/13	M
	Free	1063748

GirlPowerment Yoga

Age 11-13

Stand up to stress! Laugh, move and make new friends while learning yoga and mindfulness tools to develop physical and emotional strength and compassion.

4:30-5:30pm	1/12-3/16	Th
	Free	1063761

Sports Strength Conditioning

Age 12-17

Let's get fit the right way! Enjoy the gymnasium & weight lifting, after hours, in a supervised, safe & controlled environment. Are you interested in building lean muscle mass & losing weight the smart way? Discover tasty, but nutritious meal plans that will start you on the right track! Get proper instruction on weight lifting, join a circuit training class or play pick up games in the gymnasium. It's all your choice!

4:00-5:00pm	1/12-3/16	Th
	Free	1063758



search for
TeenForce or Forceof



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

Teen Advisory Council

Age 15-20

Connect with other teens by sharing your perspective and ideas for change in a fun and welcoming environment. Investigate local issues and discuss how our actions individually and as a team can make a difference in our community and in the world. Participate in community activities and help to shape the CJCC teen program.

5:30-6:30pm 1/10-3/14 Tu
Free 1063742

Group Guitar Lessons

Age 12-18

Acquire skills that last a lifetime. Explore or review essential techniques such as note reading, chords, rhythm patterns & strumming of popular tunes. Music can calm, energize, connection people and send a message. Put your emotions out to the world through your sounds.

5:30-6:15pm 1/9-2/6 M
Free 1063749

6:15-7:00pm 1/9-2/6 M
Free 1063750

7:00-7:45pm 1/9-2/6 M
Free 1063751

5:30-6:15pm 2/13-3/13 M
Free 1063752

6:15-7:00pm 2/13-3/13 M
Free 1063753

7:00-7:45pm 2/13-3/13 M
Free 1063754

Group Music Lessons

Age 12-18

Unleash your creativity learn the fundamentals of rhythm, cords and learn new genres of music in a fun environment. Students will get the opportunity to preform and record pieces together. A basic knowledge of chords and ability to site read sheet music is required, you may bring your own instrument or you can bring your own drum or guitar

4:00-5:00pm 10/13-12/15 Th
Free 1063757

Experience: OMSI Tuesdays

Age 12-15

Discover what you are a #ForceOf. New & challenging encounters engage & empower teens with energy & excitement embedded in each program. Socialize with other aspiring adults as you gain new skills or dive further into areas of interest.

4:30-5:30pm 2/14-3/14 Tu
Free 1063760

Gymnastics Club

Age 11-18

#ForceOf Team Gold! Socialize with other aspiring adults as you gain new skills or dive further into gymnastics. Explore body mechanics learning to spot and teach skills safely as peers work together with a coach and create a sport-club-like environment.

3:30pm-4:30pm 1/14-3/18 Sa
Free 1063759



MONTAVILLA COMMUNITY CENTER

Teen Services Coordinator: Madalyn Bach

- From: Minnesota
- As a teen I was: A bookworm (nerd alert)
- Favorite songs growing up: Ella Fitzgerald, Nat King-Cole, Dorothy Dandridge, Chet Baker, Queen, Bowie, Led Zeppelin, Otis Redding.
- My favorite quote: "The product of our work is not the tasks that we accomplish but rather the people whom we serve."
- My ideal weekend: renting a house somewhere fabulous for all my friends to come and stay and having a great big dinner. I am at my happiest in a room full of happy, laughing people
- If I could choose a super power it would be: flying like superwoman
- If I were a professional athlete I would play: baseball or basketball

St. Francis Dining Hall Service Trip

Age 14-18

Road trip! Here's a chance to get away & explore new adventures with old & new friends! Staff supervised trips promote positive activities that incorporate life-long learning & just plain fun! Let's get going!

4pm-8pm	1/18-1/18	W
	Free	1063745
4pm-8pm	2/15-2/15	W
	Free	1063746
4pm-8pm	3/15-3/15	W
	Free	1063747

MONTAVILLA COMMUNITY CENTER



ADULT 60+

Fine Arts - Mixed Media

Age 60 & up

Tired of only drawing or just painting? Become involved with a variety of media. Stimulate creative energies & find inspiration using a combination of materials. Learn new techniques & improve on skills. Complete a half finished piece of art or start a new piece. Bring your own project or the teacher will have one for you.

10:45am-12:45pm 1/14-3/18 Sa
\$55 1062762

Yoga - Fit

Age 60 & up

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

11:15am-12:15pm 1/10-1/31 Tu
\$13 1063317
11:15am-12:15pm 2/7-2/28 Tu
\$13 1063318
11:15am-12:15pm 3/7-3/21 Tu
\$13 1063319



MARCUS USED TO STAY LATE AT SCHOOL TO WORK ON HIS HISTORY REPORT.

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Educational Preschool Program

2017-2018 SCHOOL YEAR



Led by our Early Childhood Education specialists, the educational preschool program at Montavilla provides academic, physical and social learning opportunities for children through exploration and play. Our program stresses the importance of your child developing independent thoughts, problem solving skills & simple direction following in a safe & healthy environment. Class format includes discovery time, arts and crafts, circle time, snack, physical activity, and story time.

PROGRAM

Pre-Preschool Playgroup - 2 yr olds

Children will begin to learn social skills, listening skills, how to cooperate and how to follow directions along with other preschool skills & concepts in an age appropriate setting. *Must be 2 by 9/1/17.*

Yellow Class: T & Th 9:00-10:30am

Purple Class: M & W 11:30am-1:00pm

LIMITED SPACES STILL AVAILABLE IN THE 2016-2017 SCHOOL YEAR

Pre-registering with a one-time, non-refundable \$35 registration fee. Registration accepted in-person or by phone at Montavilla Community Center only.

Montavilla Community Center Educational Preschool program operates classes for 2,3 & 4 year olds. Limited spaces still available. Call 503-823-4101 for more information.



Preschool - 3 yr olds

In a more structured format than Pre-Preschool, Preschool students focus on learning social skills, listening skills, beginning language concepts, beginning math concepts, how to follow directions & how to cooperate with others. *Must be 3 by 9/1/17.*

Orange Class: M & W 9:00-11:00am

Green Class: T & Th 11:00am-1:00pm

Pre-Kindergarten - 4 yr olds

In Pre-Kindergarten, the focus is on preparing students for Kindergarten. We achieve this by taking the skills and concepts learned in Preschool and using them as tools for more challenging math & language concepts and social & listening skills, all in a fun & challenging environment. *Must be 4 by 9/1/16.*

Red Class: M-F 9:00-11:30am

Blue Class: M,W,F 12:15-3:00pm

Teal Class: T & Th 12:15-3:00pm



PARTIES & RENTALS AT MOCC

Bounce house available for rent with your party package rental at Montavilla Community Center. Birthday Party Packages offered Sundays, 10:00-12:00 or 12:30-2:30pm. Call 503-823-4101 for more information or to book your date.

MT. SCOTT COMMUNITY CENTER



5530 SE 72nd Avenue
Portland, OR 97206
503-823-3183

Building Director
Craig Vanderbout

District Aquatics Coordinator
Adam McGowan

Aquatics Coordinators
Jamie Burrows, Steve Kavanagh

Recreation Coordinators
Katie Carlson, Dave Synder

Teen Services Coordinator
Ryan Fitzpatrick

Bus Line
#10 Harold, #14

Parking
Lot entrance off SE Harold and SE 73rd Avenue

Disabled Accessible
Entrances, Parking, Restrooms, Pool

Hours
Monday – Friday 5:30am – 9:30pm
Saturday 7:00am – 7:00pm
Sunday 12:00pm – 7:00pm

Building Closures & Special Hours
November 24 Closed
November 25 7:00am-9:30pm
December 24 7:00am-3:00pm
December 25 Closed
December 31 7:00am-3:00pm
January 1 Closed

INDOOR PARK

Age 2-3

Children's play is essential on the human development process! Indoor Park is a safe & cooperative playtime for children accompanied by parent/caregiver. Encourage the development of motor skills, while helping children gain experience with group interaction & cooperative play on equipment, cars & assorted toys. Parents/Guardians are responsible for supervising their children.
9:15-11:15am M, W & F
11:15am-1:15pm Tu & Th
Roller Rink \$1.25/child Drop-In

ADULT / CHILD

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

Siblings: For safety reasons, we do not allow children to be carried by the participating adult. If a sibling is present during a parent/child class, they should be in a car seat/stroller, or be able to sit to the side.

Messy Art - Little Picassos

Age 1½-4

A pinch of this, a dab of that & - presto! It's art! Stimulate creativity & imagination as you delve into a whimsical world of glop & goo. Experience the exhilaration as you fashion a masterpiece with your parent. Voila! Craft Room

12:30-1:00pm	1/9-2/6	M
	\$14	1063786
12:30-1:00pm	2/13-3/13	M
	\$14	1063787

Music - Baby Sing Along

Age 9mo-2

Discover songs & musical activities with your child. Through hands-on experiences playing bouncing & wiggling musical games, take home new lullabies & songs. Delightfully fun! Craft Room

10:30-11:00am	1/9-2/6	M
	\$17.75	1063724
10:30-11:00am	2/13-3/13	M
	\$17.75	1063739

Music, Marching & Make Believe Age 2-3

Finger plays, nursery rhymes, music, marching & simple instruments are combined with imagination & creative dramatics to provide a positive group experience for the young child & a parent or special friend. Expanding playful imaginations here! Craft Room

11:15-11:45am	1/9-2/6	M
	\$14	1063725
11:15-11:45am	2/13-3/13	M
	\$14	1063740

Baseball - Tiny Tots

Age 1½-3

Want to know how to handle a bat? Catch, throw & hit while playing games that focus on the skills you'll need to succeed. A non-competitive atmosphere encourages understanding basics while promoting eye-hand coordination & motor skill development. Gym (W)

10:00-10:30am	1/12-2/9	Th
	\$22	1063904
10:00-10:30am	2/16-3/16	Th
	\$22	1063911

Basketball - Tiny Tots

Age 1½-3

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

11:15-11:45am	1/9-2/6	M
	\$17.75	1063901
11:15-11:45am	2/13-3/13	M
	\$17.75	1063908
10:45-11:15am	1/12-2/9	Th
	\$22	1063905
10:45-11:15am	2/16-3/16	Th
	\$22	1063912

Gymnastics - You & Me

Age 1½-2½

Stretch! Jump! Roll! Develop skills together that promote coordination, balance & agility. Active games, creative drills & an emphasis on the joy of physical activity provide a playful introduction to a popular sport. Aud

12:00-12:45pm	1/9-2/6	M
	\$30	1063934
12:00-12:45pm	2/13-3/13	M
	\$30	1063945

Gymnastics - Jump Start

Age 2-3

Gymnastics enhances the development of cognitive and gross motor skills! This is an introduction to floor, bars, beam and vault with an emphasis on listening skills and line movement. Your child will learn beginning skills with obstacle courses, music and games. Aud

1:00-1:45pm	1/9-2/6	M
	\$30	1063935
1:00-1:45pm	2/13-3/13	M
	\$30	1063946

Soccer - Tiny Tots

Age 1½-3

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. Gym (W)

9:15-9:45am	1/12-2/9	Th
	\$22	1063903
9:15-9:45am	2/16-3/16	Th
	\$22	1063910
10:00-10:30am	1/13-2/10	F
	\$22	1063906
10:00-10:30am	2/17-3/17	F
	\$22	1063913

Sports Mix & Match: All Sorts of Sports

Age 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. Catch it! Toss it! You got it! Gym (W)

10:00-10:30am	1/9-2/6	M
	\$17.75	1063900
10:00-10:30am	2/13-3/13	M
	\$17.75	1063907
10:00-10:30am	1/11-2/8	W
	\$22	1063902
10:00-10:30am	2/15-3/15	W
	\$22	1063909

Sports Mix - Little All Stars

Age 1½-3

Every child can be a winner! Introduction to a variety of activities, including soccer, kickball, basketball & more! Emphasis on learning the fundamentals of team interaction in a fun, non-competitive environment. Nice catch! Gym (W)

10:45-11:15am	1/11-2/8	W
	\$22	1063887
10:45-11:15am	2/15-3/15	W
	\$22	1063897

2017-2018 EDUCATIONAL PRESCHOOL PROGRAM

Prepare your child for Kindergarten!

Mt. Scott Community Center offers a school year Preschool Program.

Children must be 4 years by 9/1/17 to join the 4-5 year old Pre Kindergarten program or 3 years by 9/1/17 to join the 3-4 year old Preschool program.

\$35 Non-Refundable Registration Fee

Preschool - Pre Kindergarten Age 4-5

Make new connections developing social & emotional skills!

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

Preschl Rm

R. Palmersheim

M W F

8:45-11:15am \$125/mo

M W F

12:00-2:30pm \$125/mo

Preschool Ages 3-4

Creative play in a supportive environment is important to a child's positive overall development. Make friends playing, painting, singing & sharing. Provides structured time during early childhood to enhance physical, mental, emotional & social growth & development.

I love school!

Preschl Rm

R. Palmersheim

Tu Th

8:45am-10:45am \$88/mo

Tu Th

11:30am-1:30pm \$88/mo

OPEN REGISTRATION BEGINS FEBRUARY 21

FACILITY FEATURES

- 25 yard 6-lane Indoor Lap Pool (84°)
- Indoor Leisure Pool with slide, current channel, vortex & interactive play features (89°)
- Whirlpool Spa (102°)
- Family Changing Rooms
- Fitness Center with cardiovascular circuit equipment
- Gymnasium
- Auditorium with Kitchen
- Roller Skating Rink



PARDON OUR DUST

Mt. Scott Community Center received funding to overhaul our heating and cooling system. We do not have any firm dates for the construction on this much needed upgrade. Please be patient with us during the fall program as we may need to either move classes periodically or cancel class at times to accommodate the construction for this upgrade.

MT. SCOTT COMMUNITY CENTER



DROP-IN INFORMATION

Our one visit drop-in admission fee, 20-visit card, 3-month and Active passes each provide access (all on a first come - first served basis) to the fitness center, water workouts, whirlpool spa, lap swim, open play swim, family swim, parent/preschool swim, group fitness classes, open skate (skate rentals is a separate fee), adult open basketball, badminton and volleyball. Swim lessons, aerobics and other classes, rentals and parties are each offered at a separate fee.

Hours Subject to change

DROP-IN ACTIVITY DESCRIPTIONS

Open Play Swim - All ages

Leisure pool with slide, current channel, vortex and interactive play features. Lap pool includes a rope swing and basketball hoop (availability of amenities may vary).

Non-swimmers and children under 48"

Must not be left unattended on the pool deck, and must be accompanied at all times in the water, within arm's reach, by a person 18 years of age or older (or parent or guardian) who shall remain responsible for them and their safety.

Swimmers 48" tall can attend Open Play Swim on their own.

Life jackets are available for non-swimmers. For additional information, call 503-823-3183.

Daycare/Group Ratios

For the safety of your group, counselors and supervisors must be in the water supervising the children at all times.

Please follow the group ratios below:

- 1 Adult swimmer per 10 child swimmers age 6 years and older.
- 1 Adult swimmer per 3 child swimmers age 5 years and under
- 1 Adult swimmer per 4 child swimmers of combined ages (under and over 6 yrs old)

All counselors must sign in at the front desk and be within sight and sound of every child for your entire visit.

All groups and organizations must pre-arrange swim times and sign in on arrival. School Group and Agency Rentals Available during the day. Call to prearrange times 503-823-3676.

Family Swim - All ages

Leisure pool with slide, current channel, vortex and interactive play features. Lap pool includes a rope swing and basketball hoop (availability of amenities may vary).

All children 17yrs and under must be accompanied by an adult swimmer (parent or guardian) in the water. Life jackets are available for non-swimmers. No groups or organizations.

Parent / Preschool Swim

Children must be 5 years and under. Parent or guardian must accompany children in the water. Leisure pool only.

Lap Swim

We will make every attempt to have 1 lap lane available at all times for adult lap swimmers. Up to 6 lanes will be available at designated times. Number of lanes will vary depending on pool activities.

Lap Swim Etiquette

"Circle Swimming" is necessary when more than two people are in a lane. Lane lines divide lap lanes. Always stay on the right hand side. Lap lanes may become crowded. At these times "circle swimming" is a necessity. Lap lanes are designated according to a swimmers' speed; slow, medium and fast. Look at the yellow markers and the end of the pool to find your appropriate lane.

Current Channel

Walk against the current in the Current Channel for an excellent cardiovascular workout. No instructor. During Parent/Preschool swims, please use Current Channel with caution.

Basketball - Open Youth

Age 17 and under

All youth must be registered in this program with parent/guardian consent on file and sign the code of conduct prior to play. Free!

Basketball - All ages

Crunch games at each basket or half court games.

Basketball - Open Adult

Must be 18yrs or older. Photo ID is required. Limited to 40 players. 10 minute 4 on 4 half court games. A non-paying adult spectator must attend children.

Basketball - Age 30 and up

Must be 30yrs or older. Photo ID is required. Limited to 40 players. 10 minute 4 on 4 half court games. A non-paying adult spectator must attend children.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Play Swim Children under 48" in height must be accompanied by an adult in the water * Leisure Pool Only.		7-8:30pm*		7-8:30pm*	4-8:30pm*	1-6pm Lap & Leisure	Lap 1-3:20pm Leisure 1-4:20pm
Family Swim Children 17 & under must be accompanied by an adult in the water. Slide not available M-Th. *Leisure Pool Only.	11:30am-1pm*	11:30am-1pm*	11:30am-1pm*	11:30am-1pm*	11:30am-1pm*	12noon-1pm*	12noon-1pm*
Parent/Preschool Swim Children 5 & under, accompanied by an adult in the water. Slide not available. *Leisure Pool Only.	9-11:30am*		9-11:30am*		9-11:30am*		
All Ages Lap Swim Number of lanes varies * Not held on School Out Days See page 21	5:30-9am 1-4:30pm 6-8:30pm	5:30-11:30am 1-4:30pm 6-7pm	5:30-9am 1-4:30pm 6-8:30pm	5:30-11:30am 1-4:30pm 6-7pm	5:30-9am 1-4pm	7am-12noon	4:20-5:30pm
Adult Lap Swim 18yrs and up. Number of lanes varies.	9am-1pm	11:30am-1pm 7-8:30pm	9am-1pm	11:30am-1pm 7-8:30pm	9-11am 4-8:30pm	12noon-6pm	12noon-4:20pm
Current Channel Walk	9-11:30am	9-11:30am	9-11:30am	9-11:30am	9-11:30am		
Basketball – Open Youth*** Ages 8-18/Registration required.	3-4:45pm	3-5pm	3-4:45pm	3-5pm			
Basketball – All Ages***							3:30-5pm
Basketball – Open Adult 18 & up (Photo ID required)	12-2pm	7:30-9:30pm	12:30-2pm	7:30-9:30pm	12-2pm	12:15-1:45pm	
Basketball – 30 & up (Photo ID required)						4:45-6:45pm	5-7pm
Badminton - 10 & up***						2-4:30pm	
Volleyball – Open*** 13 & up							12noon-2pm Rec / Power
Fitness Center - 14 & up Teens 14-17yrs must have Parental Release form on file & complete an orientation prior to access.	5:30am-9:30pm	5:30am-9:30pm	5:30am-9:30pm	5:30am-9:30pm	5:30am-9:30pm	7am-7pm	12noon-7pm
Indoor Park 5yrs and under. \$1.25/child	9:15-11:15am	11:15am-1:15pm	9:15-11:15am	11:15am-1:15pm	9:15-11:15am		
Homeschool Indoor Park Ages 5-12. \$2/child (siblings 1-4yrs \$1)			12:30-2:30pm				
Open Skate *Weekdays: \$4 per person, \$1 for skate rental. **Weekends: \$5 per person, \$1 for skate rental.		3-5pm*		3-5pm*		12noon-3pm**	

*** Children 17 & under must be registered with parent/guardian consent on file.

Badminton - Age 10 and up

Rackets and shuttlecocks are not provided. Games are non-structured.

Volleyball - Open

Must be 13yrs or older. Players must select their level of play (Recreation and Power) at time of admission. Limited to 21 players for each side. A non-paying adult spectator must attend children.

Open Skate - All ages

Participation is at your own risk. Admission is \$4.00 on weekdays and \$5.00 on Saturdays.

**Bring your own skates or rent them for \$1.00.

**To protect our roller rink floor, all skates must pass inspection.

Indoor Park - Age 5 and under

Safe and Cooperative playtime for preschoolers accompanied by parent/caregiver. Parents/caregivers are responsible for supervising their children, and set-up and clean-up of toys.

MT. SCOTT COMMUNITY CENTER



GROUP EXERCISE CLASSES

Aquaerobics

This shallow water class focuses on cardiovascular fitness with special attention to strength and flexibility. All fitness and swimming levels are welcome!

Aqua Power

This class uses buoyant and resistant equipment to provide an excellent cardiovascular workout with zero impact! Aqua Power is designed for all levels. Participants should be comfortable in deep water.

Aqua S.M.I.L.E. (Slower Movement Intensity Lowered Exercise) (ages 60+)

This shallow water class focuses on improving circulation, strength, range of motion, and flexibility through low impact exercise.

Aqua Zumba

Dance your way into fitness! Achieve long-term benefits while experiencing an absolute blast in our pool with exciting calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!

Boot Camp

A supportive environment to have fun, build confidence and camaraderies, and get fit. Utilizing body weight, a variety of equipment, and multiple class formats, emphasis is placed on improving cardiovascular fitness, muscular strength and endurance, balance, and flexibility.

Boot Camp – Modified

Perfect for those coming back from an injury, beginning an exercise program, or wanting a gentle, safe and effective workout. A mix of full-body exercises, weights and stretching, focusing on balance, strength and getting the heart rate elevated.

Core Strength

Offers a complement to Boot Camp classes and dedicates additional time to core (specifically abs, lower back, hips, and glutes) strength and endurance exercises to help improve stability, prevent injury, and enhance performance in fitness and everyday activities.

Focus on Flexibility

Improve your performance and decrease your risk of injuries by helping your joints move with full range of motion. Enable your muscles to work more effectively. Practice multiple techniques from active and dynamic flexibility, self myofascial release (foam rolling), and other corrective exercises.

Melt® Method

Benefit from a proactive approach to maintaining a pain-free, active lifestyle. Whether you suffer from prolonged conditions, are a “weekend marathoner”, or just want to maintain a healthy you, develop simple techniques to bring your body back to a more ideal state.

Melt® Method – Intermediate/Advanced

Level 2 sequences to further your pain-free active lifestyle! Athletes will find this class valuable to excelling in their sport, while others will enjoy the increased balance, stability and ease in their bodies. Participants should be familiar with the language, moves, and purpose of MELT® and have taken at least 10 beginner classes before attending.

Pilates for Optimal Results (ages 60+)

Gain energy, develop stamina, tone up and feel fit. Non-impact exercises work deep abdominal muscles while efficient and graceful movements strengthen and stretch your body. Dynamic and energizing!

Tai Chi Chen Style

Enhance body alignment and coordination, stability and balance, stress release, and mind-body connection, while strengthening lower body.

Yoga For Strength (ages 60+)

Revitalize both mind and body. Improve focus, release stress and tension, while increasing strength and flexibility. An excellent way to learn to gauge and meet the ever-changing demands of daily life.

Yoga Fresh Start (Beg)

Perfect for beginners and those just starting a fitness routine. Relieve stress while building strength and stamina in your entire body.

Yoga Gentle and Adaptive

For mixed levels and abilities, this class is designed for people who can stand and move, or have experienced an amputation, injury or disease.

Continued on the following page

Group exercise schedule subject to change. Please visit MSCC to pick up the most up to date schedule.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aquaerobics (Shallow Pool)	7-7:55am 9:05-10am 6:05-7pm		7-7:55am 9:05-10am		7-7:55am	10-10:55am	
Aqua Power (Deep Pool)	6-6:55am	6-6:55am 9:05-10am 6:05-7pm	6-6:55am	6-6:55am 9:05-10am 6:05-7pm	6-6:55am	9-9:55am	
Aqua S.M.I.L.E. (ages 60+)	10:15-11:10am	10:15-11:10am	10:15-11:10am	10:15-11:10am	10:15-11:10am		
Aqua Zumba			6:05-7:00pm		9-9:55am		
Boot Camp	6-6:50am 7-7:50am Julie F.		6-6:50am 7-7:50am Geoff B.		6-6:50am 7-7:50am Geoff B.		
Boot Camp- Modified (ages 60+)	8-8:50am Julie F.		8-8:50am Geoff B.		8-8:50am Geoff B.		
Core Strength		6:30-7am 7-7:30am Geoff B.		6:30-7am 7-7:30am Geoff B.			
Focus on Flexibility	9-9:45am Chad C.		9-9:45am Chad C.		9-9:45am Chad C.		
Melt [®] Method			10:15-11:15am Sharie M.				
Melt [®] Method- Intermediate/ Advanced			11:30am- 12:30pm Sharie M.				
Pilates- For Optimal Results (Beginning) (ages 60+)		10-10:55am Debora T.		10-10:55am Debora T.			
Pilates- For Optimal Results (Intermediate) (ages 60+)		9-9:55am Debora T.		9-9:55am Debora T.			
Pilates- Mat			6-7pm Dana L.			10-11am Debora T.	
Tai Chi Chen Style	7:15-8:30pm Mary L.						
Yoga: For Strength (ages 60+)	8-8:55am Chad C.		8-8:55am Chad C.		8-8:55am Chad C.		
Yoga: Fresh Start (Beginning)		10-11am 7:15-8:15pm Sandra Gail P.		6-7pm Stephanie P.			3:15-4:15pm Jenn F.
Yoga: Gentle & Adaptive				10-11am Sandra Gail P.			
Yoga: In Chairs (ages 60+)	10-10:55am Chad C.		10-10:55am Chad C.		10-10:55am Chad C.		
Yoga: Intermediate		6-7pm Stephanie P.					2-3pm Jenn F.
Yoga: Kundalini	6:30-8pm GuruSurya S.						
Yoga: Prenatal			6-7:30pm Eden S.				
Yoga'lates (ages 60+)	9-9:55am Debora T.		9-9:55am Debora T.		9-9:55am Debora T.		
Youth & Fitness: Speed & Conditioning(ages 11-17yrs)	5:15-6:15pm Jeff W.		5:15-6:15pm Josue M.	5:15-6:15pm Josue M.			2:15-3:15pm Jeff W.
Zumba [®]		7:30-8:30pm Laura N.				10-11am	
Zumba [®] Gold (ages 60+)		8-9am Laura N.		8-9am Laura N.			

MT. SCOTT COMMUNITY CENTER



Yoga: In Chairs

A fun, gentle class of stretching and movement to maintain flexibility and joint mobility. Influenced by traditional Yoga, this class addresses coordination, balance, and flexibility. Participants also learn basic breathing and Meditation techniques to handle stress and promote relaxation.

Yoga Intermediate

A step up from Beginning Yoga! Bring strength and stamina to your entire body while relieving stress.

Yoga Kundalini

Combine breathing with movement and mediation to add strength and flexibility to the body while reducing stress and improving health.

Yoga Prenatal

Discover the gifts of this traditional exercise during pregnancy as you prepare for birth and motherhood. Take time to stretch, tone and relax, caring for your body and mind as you connect with other expectant women.

Yoga'lates (ages 60+)

2 for 1! Yoga to increase flexibility, balance and meditation combined with Pilates to strengthen your 'core'. Improve your personal health and wellness in one fell swoop. You deserve it!

Youth Fitness - Speed and Conditioning (ages 11-17)

Gain the competitive edge – run faster, jump higher, and move with greater agility! Emphasis on running techniques, quick foot drills, lateral movement and improved flexibility, and increase your effectiveness on the track, field, or court.

Zumba®

A high energy combination of Latin/Reggae and Salsa dance steps. Routines combine fast and slow rhythms to achieve a balance of cardio and muscle-toning benefits. Certified Zumba instructors: no previous dance experience necessary!

Zumba® Gold (ages 60+)

A lighter version of Zumba, for beginners and seniors! Modified moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and health lifestyle.

PERSONAL TRAINING

Personal Training

Would you build a house without a blueprint? Of course not! So why would you try and construct the body you desire without a professional plan? Personal training gives you the opportunity to find real, achievable goals and to meet those goals in a safe and timely manner. Our excellent training staff will motivate you to make a fresh start, or reach new levels in your fitness.

Fee:

\$45.00 for one 1-Hour session

\$120.00 for three 1-Hour sessions

\$234.00 for six 1-Hour sessions

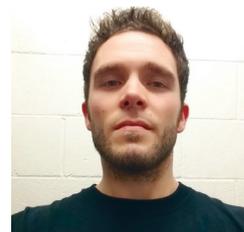
Visit the front desk for more information or to schedule your personal training session.



Geoff Bergman



Mark Brewer



Nic Seybold



Heather Ennis

PRESCHOOL DANCE, MUSIC & MOVEMENT

PreBallet - PrePrimary

Age 3-5

Stretch mind & body with this classical dance style. Increase balance, rhythm & coordination while improving strength & flexibility in a supportive environment.

Craft Room

3:00-3:30pm	1/9-3/13	M	
	\$28		1063714
3:00-3:30pm	1/11-3/15	W	
	\$35		1063715

Jazz Dance - First Steps

Age 3-5

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! Craft Room

1:30-2:00pm	1/9-3/13	M	
	\$36		1063713

PRESCHOOL SPORTS & FITNESS

Baseball - For Starters

Age 3-6

Catch, throw & hit while playing games that focus on baseball skills. Our non-competitive atmosphere encourages the basics of the game while promoting eye-hand coordination & motor skill development. Gym

9:15-9:45am	1/14-2/11	Sa	
	\$22		1063880
9:15-9:45am	2/18-3/18	Sa	
	\$22		1063890

Basketball - For Starters

Age 3-5

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! Gym

9:15-9:45am	1/9-2/6	M	
	\$17.75		1063881
9:15-9:45am	2/13-3/13	M	
	\$17.75		1063891
10:45-11:15am	1/10-2/7	Tu	
	\$22		1063885
10:45-11:15am	2/14-3/14	Tu	
	\$22		1063894
9:15-9:45am	1/13-2/10	F	
	\$22		1063888
9:15-9:45am	2/17-3/17	F	
	\$22		1063898

Bouldering Wall - For Starters

Age 3-6

Does your child love to climb? Handholds & footholds in a variety of shapes & colors encourage children to challenge themselves in this new activity. Moving on a traverse wall builds muscular strength, flexibility & coordination, as well as problem solving skills & self-confidence. Moving across, not up, with a mat on the floor builds in safety. We've got you covered! Gym (W)

10:00-10:30am	1/10-2/7	Tu	
	\$22		1063884
10:00-10:30am	2/14-3/14	Tu	
	\$22		1063895

Gymnastics - Preschool

Children can increase body awareness and coordination through gymnastics! This is a great class for a child ready to participate without a parent. Learn basic gymnastics shapes and have fun with movement.

We will use a variety of equipment and introduce 4 Olympic events! Aud

Ages 3-4

2:00-2:45pm	1/9-2/6	M	
	\$30		1063936
2:00-2:45pm	2/13-3/13	M	
	\$30		1063947

Ages 4-5

3:30-4:15pm	1/9-2/6	M	
	\$30		1063937
3:30-4:15pm	2/13-3/13	M	
	\$30		1063948
2:00-2:45pm	1/15-2/12	Su	
	\$37.50		1063930
2:00-2:45pm	2/19-3/19	Su	
	\$37.50		1063941

Gymnastics - Preschool Stars

Age 5-6

Moving up! The perfect opportunity for children with previous gymnastics experience to build knowledge of basic shapes and improve coordination, balance and flexibility while increasing self-esteem. Sharpen skills and acquire new techniques-foundations for a great future! Aud

4:30-5:15pm	1/9-2/6	M	
	\$30		1063938
4:30-5:15pm	2/13-3/13	M	
	\$30		1063949
3:00-3:45pm	1/15-2/12	Su	
	\$37.50		1063931
3:00-3:45pm	2/19-3/19	Su	
	\$37.50		1063942



PARTIES AT MSCC

Let the birthday team at Mt. Scott take care of keeping your party healthy, fun and memorable! Each party is 2 hours long and includes table coverings, a fancy bouquet, and a party host who will set up, lead activities and best of all, clean up when the party is over. Party packages are available Fridays, Saturdays, and Sundays. Call 503-823-1694 or visit <http://www.portlandoregon.gov/parks/article/426789>.

MT. SCOTT COMMUNITY CENTER



PRESCHOOL SPORTS & FITNESS

Tae Kwon Do For Tots

Age 4-6

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! Aud

3:00-3:30pm	1/10-2/7	Tu
	\$17.50	1063914
3:00-3:30pm	2/14-3/14	Tu
	\$17.50	1063918
3:00-3:30pm	1/12-2/9	Th
	\$17.50	1063916
3:00-3:30pm	2/16-3/16	Th
	\$17.50	1063920

Tae Kwon Do - Tough Tots – Next Level

Age 4-6

Tae means 'foot', Kwon means 'hand', & Do means 'method'. Practice this Korean martial art that uses kicks, blocks & strikes. A non-contact, non-competitive, exciting form of self-defense increases physical strength, builds self-esteem, concentration & discipline. Tremendous confidence builder! Aud

Must take Tae Kwon Do For Tots before registering for Tough Tots.

3:30-4:00pm	1/10-2/7	Tu
	\$17.50	1063915
3:30-4:00pm	2/14-3/14	Tu
	\$17.50	1063919
3:30-4:00pm	1/12-2/9	Th
	\$17.50	1063917
3:30-4:00pm	2/16-3/16	Th
	\$17.50	1063921

Soccer - For Starters

Age 3-5

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! Gym

10:45-11:15am	1/9-2/6	M
	\$17.75	1063882
10:45-11:15am	2/13-3/13	M
	\$17.75	1063892
9:15-9:45am	1/10-2/7	Tu
	\$22	1063883

9:15-9:45am	2/14-3/14	Tu
	\$22	1063893
9:15-9:45am	1/11-2/8	W
	\$22	1063886
9:15-9:45am	2/15-3/15	W
	\$22	1063896
10:45-11:15am	1/13-2/10	F
	\$22	1063889
10:45-11:15am	2/17-3/17	F
	\$22	1063899

CAMPS BEFORE & AFTER CARE

Please be sure to pack a lunch, an afternoon snack, water bottle, swimsuit, towel, & appropriate clothing & footwear each day for active games & possible walking trips.

Camp - Before Care

Age 6-11

Need to be at work before our 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. Rink Room

Winter Break

7:30-9:00am	12/19-12/23	M-F
	\$22.50	1060508
7:30-9:00am	12/19	M
	\$4.50	1060510
7:30-9:00am	12/20	Tu
	\$4.50	1060511
7:30-9:00am	12/21	W
	\$4.50	1060512
7:30-9:00am	12/22	Th
	\$4.50	1060513
7:30-9:00am	12/23	F
	\$4.50	1060514
7:30-9:00am	12/26-12/30	M-F
	\$22.50	1060509
7:30-9:00am	12/26	M
	\$4.50	1060515
7:30-9:00am	12/27	Tu
	\$4.50	1060516
7:30-9:00am	12/28	W
	\$4.50	1060517
7:30-9:00am	12/29	Th
	\$4.50	1060518
7:30-9:00am	12/30	F
	\$4.50	1060519

Spring Break

7:30-9:00am	3/27-3/31	M-F
	\$22.50	1063718
7:30-9:00am	3/27	M
	\$4.50	1063719
7:30-9:00am	3/28	Tu
	\$4.50	1063720
7:30-9:00am	3/29	W
	\$4.50	1063721
7:30-9:00am	3/30	Th
	\$4.50	1063722
7:30-9:00am	3/31	F
	\$4.50	1063723

Camp - After Care

Age 6-11

Need to be at work before our 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. Gym

Winter Break

5:00-6:00pm	12/19-12/23	M-F	
	\$15		1060527
5:00-6:00pm	12/19	M	
	\$3		1060529
5:00-6:00pm	12/20	Tu	
	\$3		1060530
5:00-6:00pm	12/21	W	
	\$3		1060531
5:00-6:00pm	12/22	Th	
	\$3		1060532
5:00-6:00pm	12/23	F	
	\$3		1060533
5:00-6:00pm	12/26-12/30	M-F	
	\$15		1060528
5:00-6:00pm	12/26	M	
	\$3		1060534
5:00-6:00pm	12/27	Tu	
	\$3		1060535
5:00-6:00pm	12/28	W	
	\$3		1060536
5:00-6:00pm	12/29	Th	
	\$3		1060537
5:00-6:00pm	12/30	F	
	\$3		1060538

Spring Break

5:00-6:00pm	3/27-3/31	M-F	
	\$15		1063733
5:00-6:00pm	3/27	M	
	\$3		1063734
5:00-6:00pm	3/28	Tu	
	\$3		1063735
5:00-6:00pm	3/29	W	
	\$3		1063736
5:00-6:00pm	3/30	Th	
	\$3		1063737
5:00-6:00pm	3/31	F	
	\$3		1063738

Quest Camp

Age 6-11

Join the adventure! Imagination & discovery lead the way with weekly themes. Develop cooperation & teamwork with new friends through active games & sports, artistic endeavors, science & more. Make this the best time ever! Gym

Winter

9:00am-5:00pm	12/19-12/23	M-F	
	\$150		1060403
9:00am-5:00pm	12/19	M	
	\$34		1060405
9:00am-5:00pm	12/20	Tu	
	\$34		1060406
9:00am-5:00pm	12/21	W	
	\$34		1060407

9:00am-5:00pm	12/22	Th	
	\$34		1060408
9:00am-5:00pm	12/23	F	
	\$34		1060409
9:00am-5:00pm	12/26-12/30	M-F	
	\$150		1060404
9:00am-5:00pm	12/26	M	
	\$34		1060410
9:00am-5:00pm	12/27	Tu	
	\$34		1060411
9:00am-5:00pm	12/28	W	
	\$34		1060412
9:00am-5:00pm	12/29	Th	
	\$34		1060414
9:00am-5:00pm	12/30	F	
	\$34		1060415

Spring

9:00am-5:00pm	3/27-3/31	M-F	
	\$150		1063727
9:00am-5:00pm	3/27	M	
	\$34		1063728
9:00am-5:00pm	3/28	Tu	
	\$34		1063729
9:00am-5:00pm	3/29	W	
	\$34		1063730
9:00am-5:00pm	3/30	Th	
	\$34		1063731
9:00am-5:00pm	3/31	F	
	\$34		1063732

YOUTH DANCE

Ballet - First Steps

Age 6-8

The time honored training of classical ballet stretches the mind & body while teaching agility, grace, coordination & strength providing a basis for all types of dance, sport & movement. Craft Room

3:30-4:30pm	1/11-3/15	W	
	\$47		1063716
3:30-4:30pm	1/9-3/13	M	
	\$37.75		1063794

Dance - Mix It Up!

Age 5-8

Love to move, but still trying to find your favorite type? Learn techniques & skills from a variety of styles. Instruction may include ballet, creative movement, jazz, & modern dance. Experience the joys of dance!

4:45-5:45pm	1/11-2/8	W	
	\$32.50		1063717
4:45-5:45pm	2/15-3/15	W	
	\$32.50		1063741



HOLIDAY POOL CLOSURES AND EXTRA OPEN SWIMS

November 11	
Veteran's Day	1:00-8:30pm
November 23	
School Closed	1:00-4:00pm
November 24	
Thanksgiving Day	Closed
November 25	
Schools Closed	1:00-8:30pm
December 19-22	
Winter Break	1:00-4:00pm
December 26-29	
Winter Break	1:00-4:00pm
Dec 23, 30	
Winter Break	1:00-8:30pm
Dec 24	
Christmas Eve Day	1:00-2:30pm
Dec 25	
Christmas Day	Closed
Dec 31	
New Years Eve Day	1:00-2:30pm
Jan 1	
New Years Day	Closed
*Leisure Pool Only	

MT. SCOTT COMMUNITY CENTER



YOUTH SPECIAL INTEREST

Music - Guitar For All Ages

Age 8 & up

Realize your dreams of making music together at a family sing-along or in a duet with friends. All ages benefit playing together. Learn the basic rhythms & chords used in folk & popular songs as you develop musical abilities. Preschool Room

4:00-7:00pm	1/10-2/7	Tu
	\$65	1063876
4:00-9:00pm	2/14-3/14	Tu
	\$65	1063878
4:00-7:00pm	1/11-2/8	W
	\$65	1063877
3:30-7:30pm	2/15-3/15	W
	\$65	1063879

YOUTH SPORTS & FITNESS

Archery - Basics

Age 8 & up

Discover the art & sport of Robin Hood & William Tell. Explore the bow & arrow through fundamental techniques, proper equipment, care & maintenance. Coordination, control, consistent accuracy & safe shooting are rewards of steady practice. Rink

5:15-6:15pm	1/10-1/24	Tu
	\$18	1063798
5:15-6:15pm	1/31-2/14	Tu
	\$18	1063800
5:15-6:15pm	2/21-3/7	Tu
	\$18	1063802
6:15-7:15pm	1/10-1/24	Tu
	\$18	1063799
6:15-7:15pm	1/31-2/14	Tu
	\$18	1063801
6:15-7:15pm	2/21-3/7	Tu
	\$18	1063803

Archery - Bullseye! Increasing Accuracy

Age 8 & up

In the rich tradition of knights of old, the art of archery continues to intrigue us. Strengthen your shooting techniques, skills & accuracy in a group of other students of the bow & arrow. Rink

7:30-8:30pm	1/10-1/24	Tu
	\$18	1063804
7:30-8:30pm	1/31-2/14	Tu
	\$18	1063805
7:30-8:30pm	2/21-3/7	Tu
	\$18	1063806

BASKETBALL

Basketball - In the Zone

Age 6-8

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

6:15-7pm	1/10-2/7	Tu
	\$33	1063851
6:15-7pm	2/14-3/14	Tu
	\$33	1063869

Basketball - Shooting Stars!

Age 7-12

Calling all girls! Want to dribble, pass & shoot like the WNBA pros? Here's your chance to develop FUNdamental skills. Improve eye-hand coordination, increase endurance & refine shooting techniques. Get in on the fun! Gym

4:45-5:30pm	1/13-2/10	F
	\$33	1063857
4:45-5:30pm	2/17-3/17	F
	\$33	1063875

Basketball - Drills & Thrills

Age 9-13

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! Gym

5:15-6:00pm	1/10-2/7	Tu
	\$33	1063850
5:15-6:00pm	2/14-3/14	Tu
	\$33	1063868

GYMNASTICS

Tips for Gymnastics Classes

- Bare feet are best!
- Pull hair back off of face.
- Wear fitted clothing such as leggings, footless tights, or unitard.
- Leave skirts, scarves, jewelry, and other items at home.
- Siblings: For safety reasons, we do not allow children to be carried by the participating adult. If a sibling is present during an Adult/Child class - they should be in a car seat/stroller or able to sit to the side.

Gymnastics - Level I Foundations Age 6-9

Roll, stretch, balance and leap! Fun-filled introduction for first time participants. Experience the basics through games and obstacle courses. Floor, bars, beam and vault will help your child increase their strength and flexibility. We will provide instruction in proper skill progressions while stressing repetition and safety. Aud

4:00-4:45pm	1/15-2/12	Su	
	\$37.50		1063932
4:00-4:45pm	2/19-3/19	Su	
	\$37.50		1063943
5:30-6:15pm	1/9-2/6	M	
	\$30		1063939
5:30-6:15pm	2/13-3/13	M	
	\$30		1063950

Gymnastics - Level I Intermediate Age 7-9

Get ready to move up! Continue basic skill development with an emphasis on form and strength building activities. Your child will work on perfecting their cartwheels, handstands and backbends. They will receive an introduction to new skills on bars, beam and vault. Learn to love fitness! Aud

5:30-6:30pm	1/15-2/12	Su	
	\$50		1063933
5:30-6:30pm	2/19-3/19	Su	
	\$50		1063944
6:30-7:30pm	1/9-2/6	M	
	\$40		1063940
6:30-7:30pm	2/13-3/13	M	
	\$40		1063951

HOMESCHOOL

Sports Mix - Homeschool Age 6-12

Stretch, run, jump & PLAY! Catch the enthusiasm with a wide assortment of games & activities especially for kids! Sample the traditional & try a few new ones! Fitness, cooperation & teamwork are always in season! Gym

11:30am-12:15pm	1/11-2/8	W	
	\$21.75		1063852
11:30am-12:15pm	2/15-3/15	W	
	\$21.75		1063870

BASKETBALL LEAGUE



Dribble, Pass, Shoot & Score. It's a bucket! Build confidence and 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 between 5:45-7:45pm. Game schedule provided at second practice. Cost is \$56.

Grades: 3-4	Season: 1/30-3/17		Games begin 2/10
5:00-6:00pm	1/30-3/17	M	\$56 1063790
6:00-7:00pm	1/30-3/17	M	\$56 1063791
5:00-6:00pm	2/1-3/17	W	\$56 1063792
6:00-7:00pm	2/1-3/17	W	\$56 1063793



PORTLAND PARKS & RECREATION™
Healthy Parks, Healthy Portland



SCHOOL IS OUT

The Roller Rink is open from 12:00-2:30pm and 3:00-5:00pm

November 11
December 19-23
December 26-30

Admission \$4.00 Skate Rental \$1.00

MT. SCOTT COMMUNITY CENTER



MARTIAL ARTS

Tae Kwon Do - First Kicks

Age 6 & up

A beginning class in Tae Kwon Do, a Korean martial art similar to Karate. The class teaches self defense using kicks, blocks, punches, strikes both as an exercise program & as a means of self defense. Flexibility & strength are increased through movement developed over hundreds of years in Asia. Emphasizes cooperation, self control & a non-competitive, non-violent approach to martial arts. Aud/Rink Room

4:00-5:00pm	1/10-3/14	Tu	
	\$35		1063922
7:30-8:30pm	1/10-3/14	Tu	
	\$35		1063925
4:00-5:00pm	1/12-3/16	Th	
	\$35		1063926
7:30-8:30pm	1/12-3/16	Th	
	\$35		1063929

Tae Kwon Do - Intermediate

Age 6 & up

Expand your knowledge & range of actions in this non-contact, non-competitive sport. Develop & increase concentration, coordination, discipline & esteem while benefiting from aerobic exercise. Aud

5:00-6:00pm	1/10-3/14	Tu	
	\$35		1063923
6:15-7:15pm	1/10-3/14	Tu	
	\$35		1063924
5:00-6:00pm	1/12-3/16	Th	
	\$35		1063927
6:30-7:30pm	1/12-3/16	Th	
	\$35		1063928

Martial Arts - Karate

Age 8 & up

Explore the satisfaction of an ancient discipline known to balance the body, soul & mind. Encourages mental concentration allied with swift powerful action. Training for the whole body using routines that reduce stress & build strength & flexibility. Poolside Room

7:30-9pm	1/3-1/31	Tu Th	
	\$36		1063822
7:30-9pm	2/2-2/28	Tu Th	
	\$32		1063823
7:30-9pm	3/2-3/30	Tu Th	
	\$36		1063824

SKATEBOARDING

Skateboarding - Roll Out

Age 5-12

Challenge yourself! Whether you are just learning how to ollie & carve transitions, or are already kickflipping & blasting airs off vert....try your moves, under safe supervision & coaching. Set & reach new goals while building healthy confidence on your board. Improve your balance, mechanics, riding skills & control. Let's roll! Rink

Age 5-7

5:15-6:00pm	1/12-2/9	Th	
	\$29		1063853
5:15-6:00pm	2/16-3/16	Th	
	\$29		1063871

Age 7-12

6:15-7:00pm	1/12-2/9	Th	
	\$29		1063854
6:15-7:00pm	2/16-3/16	Th	
	\$29		1063872

Skateboarding - Roll Out: Trick Time

Age 12-15

Challenge yourself! Whether you are just learning how to ollie & carve transitions, or are already kickflipping & blasting airs off vert....try your moves, under safe supervision & coaching. Set & reach new goals while building healthy confidence on your board. Improve your balance, mechanics, riding skills & control. Let's roll! Rink

7:15-8:00pm	1/12-2/9	Th	
	\$29		1063855
7:15-8:00pm	2/16-3/16	Th	
	\$29		1063873

PARTY NOCHE!

Age 12-18

Fridays 7:00-10:00pm

November 18, 25

December 2, 9, 16, 23, 30

Looking for something new to do? Check out this incredible teen-only event! Hang with friends, play ping pong, video games, basketball, kick ball, teen swim, and pool table. Explore your creative side with some recycled arts. No matter what your interest is you are sure to have fun!

SOCCER

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! Gym

10:00-10:45am	1/14-2/11	Sa
	\$33	1063848
10:00-10:45am	2/18-3/18	Sa
	\$33	1063866

Soccer - FUNdamentals

Age 9-13

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! Gym

11:00-11:45am	1/14-2/11	Sa
	\$33	1063849
11:00-11:45am	2/11-3/11	Sa
	\$33	1063867

TENNIS

Tennis – Kids On The Court

Age 6-9

Discover the fun & excitement of a game you can play for a lifetime. Basic elements of forehand, backhand, volley & serve strokes, positions & footwork emphasized. Develop eye-hand coordination & increase agility while learning the rules & fundamentals of scoring. Gym

5:15-6:00pm	1/12-2/9	Th
	\$37.50	1064179
5:15-6:00pm	2/16-3/16	Th
	\$37.50	1064181

Tennis – Drills & Thrills

Age 9-13

Bring it on! Different games & activities increase footwork, shot selection & consistency. Develop strategies & fitness while enhancing sportsmanship & teamwork. Come ready to play because the balls will be smokin'. Gym

6:15-7:00pm	1/12-2/9	Th
	\$37.50	1064178
6:15-7:00pm	2/16-3/16	Th
	\$37.50	1064180



WHAT ARE YOU A #FORCEOF ?

VOLLEYBALL

Volleyball - Net Gains

Age 8-12

Serve up a great time! Discover a sport that is truly a team effort. Improve fitness while picking up the fundamentals of 'bumping' & 'setting.' Strengthen your arms & legs, develop jumping skills & the ability to direct the ball. Build individual techniques while learning to play as a team member. Gym

4:00-4:45pm	1/13-2/10	F
	\$33	1063856
4:00-4:45pm	2/17-3/17	F
	\$33	1063874

TEEN FORCE

Teen Room

Calling ALL teens!! Mt Scott now has a designated space just for you, every day of the week. Listen to music, dance, play ping-pong are just a few things you can do! Bring yourself and your friends, and let's have a good time!

All hours will be supervised by teen staff.

M-Th	3:00-9:00pm
F	3:00-6:30pm
Sa-Su	12:00-7:00pm

Teen Night

Looking for something new to do? Check out this incredible teen-only event! Hang with friends, play ping-pong, video games, basketball, kick ball, teen swim & pool table. Explore your creative side with some recycled arts. No matter what your interest is, you are sure to have fun!

January 6, 13, 20, 27
February 3, 10, 17, 24
March 3, 10, 17, 24, 31



FREE YOUTH OPEN GYM

Monday- Thursday
3:00-5:00pm

Sunday
3:30-5:00pm

Teen force pass required.

For more information on the Teen Force program please visit <https://www.portlandoregon.gov/parks/44322> or download the ForceOf app.

MT. SCOTT COMMUNITY CENTER



WHAT ARE YOU A #FORCEOF?

TEEN FORCE

Chess - Club For Kids

Age 12-18

It does a mind good! Develop skills & go brain to brain over the board with old & new friends. Gain confidence while you broaden your options & experience. Go for the glory in this international game of strategy. North Room

4:30-5:30pm	1/10-2/9	Tu Th
	Free	1064023
4:30-6pm	2/14-3/16	Tu Th
	Free	1064024

Teen Advisory Council

Age 14-18

Connect with other teens by sharing your perspective and ideas for change in a fun and welcoming environment. Investigate local issues and discuss how our actions individually and as a team can make a difference in our community and in the world. Participate in community activities and help to shape the mscc teen program. Craft Room

5:00-6:00pm	1/13-3/17	F
	Free	1063984

Hip Hop Not Just For Kids

Age 14 & up

Discover funk dancing! Check out an aerobic activity that helps build endurance, strength & balance, while offering a beat that keeps you bouncing. The syncopation alone is worth it! Aud

6:15-7:15pm	1/11-3/15	W
	\$70	1064040

Tap Dance - It's Never Too Late To Start

Age 14 & up

Childhood dreams become a reality in this exciting & lively American art form. Embrace your inner dancer with moves that improve balance, ankle strength & flexibility. Basic shuffle, toe tap & time steps may be included. Aud

7:15-8:15pm	1/11-3/15	W
	\$70	1064041



search for
TeenForce or Forceof



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

Skateboarding - Roll Out: Trick Time

Age 12-15

Challenge yourself! Whether you are just learning how to ollie & carve transitions, or are already kickflipping & blasting airs off vert....try your moves, under safe supervision & coaching. Set & reach new goals while building healthy confidence on your board. Improve your balance, mechanics, riding skills & control. Let's roll! Rink

7:15-8:00pm	1/12-2/9	Th
	\$29	1063855
7:15-8:00pm	2/16-3/16	Th
	\$29	1063873

Weight Lifting & Physical Training

Age 14-18

Join us when we lift weights & run some fun drills to develop new skills, increase fitness & improve strength in a friendly environment. Fitness Center

2:00-4:00pm	1/15-3/12	Su
	Free	1063986

Youth Open Gym

Teen Force Pass required.

3:00-5:00pm	M Tu W Th	
Gym	Free	Drop-In

Art - Express Yourself!

Age 12-17

Unleash your inner rebel! Take the challenge to expand your artistic talents as you experiment with a variety of art mediums. Develop your own style as you explore the impact of your masterpiece on popular culture. North Room

4:30-6:00pm	1/16-2/13	M
	\$5	1063979
4:30-6:00pm	1/23-2/13	M
	\$5	1063980

Cooking - Top Chef

Age 12-18

Friends, food, nutrition & fun make this a recipe for success. Plan healthy menus & practice safe food preparation as you share tasty dishes from around the world. Don't wait to add these delectable treats to your collection! Kitchen

5:00-7:30pm	1/17-2/14	Tu
	\$5	1063981
5:00-7:30pm	2/21-3/14	Tu
	\$5	1063982

Music - Guitar For All Ages

Age 8 & up

Realize your dreams of making music together at a family sing-along or in a duet with friends. All ages benefit playing together. Learn the basic rhythms & chords used in folk & popular songs as you develop musical abilities. Preschool Room

4:00-7:00pm	1/10-2/7	Tu
	\$65	1063876
4:00-9:00pm	2/14-3/14	Tu
	\$65	1063878
4:00-7:00pm	1/11-2/8	W
	\$65	1063877
3:30-7:30pm	2/15-3/15	W
	\$65	1063879

Teen Trips

Road trip! Here's a chance to get away & explore new adventures with old & new friends! Staff supervised trips promote positive activities that incorporate life-long learning & just plain fun! Let's get going!

Age 11-16 - Forest Park

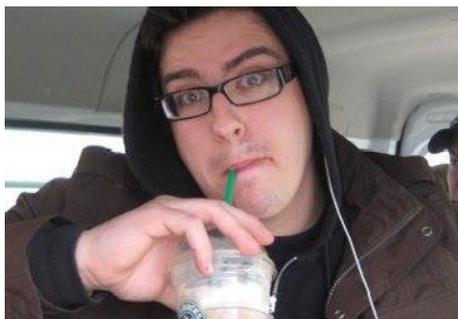
12:00-5:00pm	2/18	Sa
	\$5	1064021

Age 12-18 - Bowling

12:00-5:00pm	1/28	Sa
	Free	1063985

Age 11-16 - Pizza and a movie

12:00-5:00pm	3/4	Sa
	\$5	1064022



MT SCOTT COMMUNITY CENTER

Teen Services Coordinator:

Ryan Fitzpatrick

- From: the North Side of Chicago before moving to northeast Portland.
- As a teen I was: almost always be found making art, reading a book, or playing bass in a "punk" band.
- My jam today is: Make Some Noise or Sabotage. They're a little older, but the Beastie Boys always are worth listening to.
- My favorite quote: "Opportunities multiply as they are seized." – Sun Tzu
- Favorite book: "Where Men Win Glory"



A GREAT PLACE TO WORK

Help build your community, work for Portland Parks!

Visit PortlandParks.org or call 503-823-5118 for more information.

MT. SCOTT COMMUNITY CENTER



ADULT DANCE

Hip Hop Not Just For Kids

Age 14 & up

Discover funk dancing! Check out an aerobic activity that helps build endurance, strength & balance, while offering a beat that keeps you bouncing. The syncopation alone is worth it! Aud

6:15-7:15pm	1/11-3/15	W
	\$70	1064040

Tap Dance - It's Never Too Late To Start

Age 14 & up

Childhood dreams become a reality in this exciting & lively American art form. Embrace your inner dancer with moves that improve balance, ankle strength & flexibility. Basic shuffle, toe tap & time steps may be included. Aud

7:15-8:15pm	1/11-3/15	W
	\$70	1064041

ADULT SPECIAL INTEREST

Music - Guitar For All Ages

Age 8 & up

Realize your dreams of making music together at a family sing-along or in a duet with friends. All ages benefit playing together. Learn the basic rhythms & chords used in folk & popular songs as you develop musical abilities. Preschool Room

4:00-7:00pm	1/10-2/7	Tu
	\$65	1063876
4:00-9:00pm	2/14-3/14	Tu
	\$65	1063878
4:00-7:00pm	1/11-2/8	W
	\$65	1063877
3:30-7:30pm	2/15-3/15	W
	\$65	1063879

ADULT SPORTS & FITNESS

Archery - Basics

Age 8 & up

Discover the art & sport of Robin Hood & William Tell. Explore the bow & arrow through fundamental techniques, proper equipment, care & maintenance. Coordination, control, consistent accuracy & safe shooting are rewards of steady practice. Rink

5:15-6:15pm	1/10-1/24	Tu
	\$18	1063798
5:15-6:15pm	1/31-2/14	Tu
	\$18	1063800
5:15-6:15pm	2/21-3/7	Tu
	\$18	1063802
6:15-7:15pm	1/10-1/24	Tu
	\$18	1063799
6:15-7:15pm	1/31-2/14	Tu
	\$18	1063801
6:15-7:15pm	2/21-3/7	Tu
	\$18	1063803

Archery - Bullseye! Increasing Accuracy

Age 8 & up

In the rich tradition of knights of old, the art of archery continues to intrigue us. Strengthen your shooting techniques, skills & accuracy in a group of other students of the bow & arrow. Rink

7:30-8:30pm	1/10-1/24	Tu
	\$18	1063804
7:30-8:30pm	1/31-2/14	Tu
	\$18	1063805
7:30-8:30pm	2/21-3/7	Tu
	\$18	1063806

ADULT SPORTS & FITNESS

Tae Kwon Do - First Kicks

Age 6 & up

A beginning class in Tae Kwon Do, a Korean martial art similar to Karate. The class teaches self defense using kicks, blocks, punches, strikes both as an exercise program & as a means of self defense. Flexibility & strength are increased through movement developed over hundreds of years in Asia. Emphasizes cooperation, self control & a non-competitive, non-violent approach to martial arts. Aud

4:00-5:00pm	1/10-3/14	Tu
	\$35	1063922
7:30-8:30pm	1/10-3/14	Tu
	\$35	1063925
4:00-5:00pm	1/12-3/16	Th
	\$35	1063926
7:30-8:30pm	1/12-3/16	Th
	\$35	1063929

Tae Kwon Do - Intermediate

Age 6 & up

Expand your knowledge & range of actions in this non-contact, non-competitive sport. Develop & increase concentration, coordination, discipline & esteem while benefiting from aerobic exercise. Aud

5:00-6:00pm	1/10-3/14	Tu
	\$35	1063923
6:15-7:15pm	1/10-3/14	Tu
	\$35	1063924
5:00-6:00pm	1/12-3/16	Th
	\$35	1063927
6:30-7:30pm	1/12-3/16	Th
	\$35	1063928

Martial Arts - Karate

Age 8 & up

Explore the satisfaction of an ancient discipline known to balance the body, soul & mind. Encourages mental concentration allied with swift powerful action. Training for the whole body using routines that reduce stress & build strength & flexibility. Poolside Room

7:30-9:00pm	1/3-1/31	Tu Th
	\$36	1063822
7:30-9:00pm	2/2-2/28	Tu Th
	\$32	1063823
7:30-9:00pm	3/2-3/30	Tu Th
	\$36	1063824

ADULTS 60+

Crafts - Stamping Artistic Creations

Age 60 & up

Experience the excitement of creating special occasion cards using techniques such as sponging, embossing, working with chalks, colored pencils & markers. Add a personal touch to your correspondence. Great for beginning students or those with experience. \$3 supply fee payable at each class. Bring sharp paper cutting scissors. Poolside Room

9:30-11:00am	1/9-3/13	M
	\$24	1063807

Floral Design

Age 60 & up

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. \$20 supply fee payable at first class. Take home a finished arrangement each class. Bring a pair of pruning shears. Aud

12:30-2:30pm	1/25,2/22,3/22	W
	\$18	1063815

Growing Bonsai

Age 60 & up

Translated as 'tray planting', a millennia-old art form is still going strong today! Every branch & twig is shaped or eliminated until the chosen image is achieved. Gain insight into history, styles & techniques. This constantly changing & rewarding pastime allows for immense creativity as you choose plant material & container, working toward a harmonious unit. Class will include indoor & outdoor projects. \$25 supply fee payable at first class. Take home a project each class. Bring pruning shears & pliers to class. Aud

2:30-4:30pm	1/25,2/22,3/22	W
	\$18	1063816

Painting - Acrylics & Oils

Age 60 & up

Express your creative side on canvas. Unleash that hidden talent through individual expression using still life, landscapes, reproductions & photographs. Discover skills in technique & perspective in a relaxing setting. Poolside Room

10:00am-1:00pm	1/10-3/14	Tu
	\$82.50	1063808

Pastel Techniques

Age 60 & up

Artists have long valued this medium for its immediacy in application & fabulous color. Vibrant tones are mixed on the paper by overlaying or blending, rather than on a palette. Gain knowledge in composition, shading & value contrast. Poolside Room

9:30-11:30am	1/11-3/15	W
	\$55	1063809

Watercolor - All Levels

Age 60 & up

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. Poolside Room

12:00-2:00pm	1/11-3/15	W
	\$55	1063810



PLAY MORE SAVE MORE

Register for two or more eligible classes in one transaction and receive 10% off of those classes.* Visit your local community center front desk for more information and a list of eligible classes.

**Discount may be used once per account at participating locations and can only be applied to in-person or phone registrations.*

MT. SCOTT COMMUNITY CENTER



ADULTS 60+ DANCE

Tap Dance - It's Never Too Late To Start

Age 60 & up

Childhood dreams become a reality in this exciting & lively American art form. Embrace your inner dancer with moves that improve balance, ankle strength & flexibility. Basic shuffle, toe tap & time steps may be included. Aud

11:00am-12:00pm	1/10-2/7	Tu
	\$35	1063811
11:00am-12:00pm	2/14-3/14	Tu
	\$35	1063813
10:00-11:00am	1/13-2/10	F
	\$35	1063812
10:00-11:00am	2/17-3/17	F
	\$35	1063814

ADULTS 60+ TRIPS & EXCURSIONS

Please notify us at least seven days prior in order to refund or credit your registration fee.

SCRAP & Slappy Cake

Get crafty in the world of creative reuse on this PPS no school day! The School & Community Reuse Action Project hosts you with all the materials for a creative action project in their workshop with access to all kinds of reused materials for arts, crafts, scrapbooking, school, office & party supplies. We'll fuel for the afternoon with a late morning breakfast where grills are built right into the tables & you make your own pancakes with custom fixin's. Workshop materials included in fee. Bring money for breakfast.

10:30am- 3:30pm	1/27	F
	\$27	1061973

Carson Hot Springs & Big River Grill

Enjoy a relaxing, rejuvenating experience in the original 1930's bathhouse complete with individual antique claw foot tubs with an attendant to guide you through the process. The world renowned mineral water is pumped in direct from the riverbed of the Wind River & fluctuates in temperature. After soaking for 25 minutes, have a swaddling wrap cocoon you in warmth to purify & energize your cells while giving you a meditative rest. After the wrap is complete, take a moment in the dry sauna to round out the spa experience. Bring money for lunch at the resort.

7:30am- 3:30pm	2/21	T
	\$50	1061985

Fort Dalles Museum & Cousins

Visit the oldest history museum in Oregon & the restored 1895 Anderson Homestead of authentic hand-hewn logs. Antique vehicles, pioneer memorabilia, historic photographs & Native American artifacts fill the Gothic Revival Army Officer's Home in The Dalles. Bring money for a hot, home-style lunch in The Dalles.

9:00am- 5:00pm	3/2	Th
	\$32	1062008

Hawaiian Luau & Dinner

Find some Aloha spirit with University of Portland students for the annual Hawaii Club Luau. Food, dancing & live music of the islands highlight Hawaiian culture in this festival at the Chiles Center. Fee includes admission & Hawaiian dinner.

4:00- 9:00 pm	3/25	Sa
	\$38	1062060

	Drop-in one visit	20-visit Pass		3-month Pass		Active Pass		Annual Pass	
		Resident	Non-resident	Resident	Non-resident	Resident	Non-resident	Resident	Non-resident
Adults 18-59 years	\$5.50	\$94	\$99	\$132	\$140	\$35.75mo	\$44mo	\$429yr	\$528yr
Seniors 60+ years	\$4.25	\$73	\$76.60	\$102	\$108	\$27.50mo	\$34mo	\$330yr	\$408yr
Teens 13-17 years	\$4.25	\$73	\$76.60	\$102	\$108	\$27.50mo	\$34mo	\$330yr	\$408yr
Child 3-12 years	\$3.75	\$64	\$67.60	\$90	\$96	\$24.50mo	\$30mo	\$294yr	\$360yr
Tots / 0-2 years	Free	Free	Free	Free	Free	Free	Free	Free	Free
Family*	n/a	n/a	n/a	\$210	\$225	\$57mo	\$70mo	\$684yr	\$840yr

* Family denotes a couple (married or domestic partner) or single parent & their legal dependents living in the same household. A copy of a current 1040 form & proof of residency may be required.

ADMISSION BENEFITS

Our one visit drop-in admission fee, 20-visit, 3-month, Active, and Annual passes each provide access to drop-in activities during their scheduled times. Amenities include the fitness center, group exercise, water exercise, whirlpool spa, lap swim, open play swim, family swim, parent/preschool swim, open basketball, badminton & volleyball. All drop-in activities are on a first come, first served basis. Swim lessons, land classes, open skate, rentals & parties are each offered at a separate fee. Open skate admission is included as one of the amenities available with 3-month, Active, or Annual passes. Skate rentals are available for a separate fee.

ACTIVE PASS

The MSCC Active Pass provides ongoing access to drop-in programs throughout the facility. The Active Pass is not intended to be a one month pass and it is not recommended for less than 3 consecutive months. For your convenience, Active Passes will auto-renew each month. Simply register in person and pay your prorated first month fee by credit card and all future monthly payments are deducted directly from that same debit or credit card. Please see our FAQ or stop by the front desk for more information.

3 MONTH & ANNUAL PASS

If you are a scholarship recipient, you may elect to schedule payments on your Visa or MasterCard. At this time the scheduled and automatic payment options are only available to Scholarship Recipients and Active Pass Holders. The general public may purchase a 3-Month or Annual pass only with payment in full.

REPLACEMENT PASSES

If you lose your pass, we can replace it for a \$2.00 fee. Bring your pass each time you visit. Without it, we cannot guarantee immediate access to the facility.

SCHOLARSHIP/ FINANCIAL ASSISTANCE

Financial assistance and fee reduction is available to those residents of the City of Portland that apply for assistance and meet standard eligibility requirements. The Scholarship Assistance Application will be available at the Center, and will also be distributed through social service providers. For more information, or an application visit <http://www.portlandoregon.gov/parks/69135> or call 503-823-3183.

LOCKER ROOMS AND LOCKERS

Lockers are available for day use only. Bring your own lock to secure personal belongings. Use of lockers is at your own risk. Mt. Scott Community Center accepts not responsible for lost or stolen items. Please leave valuables at home.

We request that children age 6 yrs or older use the locker room of their own gender or the family changing room with a parent or guardian. Three family changing rooms are located near the entrance to the swimming pool & are available for families with children &/or individuals with disabilities requiring assistance or special accommodations. All other individuals must use gender specific locker rooms.

The use of cameras, video recording devices and equipment with digital

photography capability is strictly prohibited in locker rooms and public restroom facilities.

SPECIAL CIRCUMSTANCES

Occasionally, specific facilities within the center (i.e. spa pool, lap pool, etc.) may be closed or have limited operating hours due to repairs, maintenance, inclement weather, holidays, &/or special events. Such closings will not result in a reduction of pass holders rates or drop-in admission fees.

MT. SCOTT COMMUNITY CENTER



AQUATICS

LAP SWIM (ALL AGES) LANES VARY

Not held on "School's Out" days

Monday / Wednesday

5:30- 9:00am & 1:00- 4:30pm
6:00pm- 8:30pm

Tuesday / Thursday

5:30- 11:30am, 1:00- 4:30pm,
6:00- 7:00pm

Friday

5:30- 9:00am, 1:00- 4:00pm

Saturday

7:00am- 12:00pm

Sunday

12:00- 4:20pm

ADULT LAP SWIM - LANES VARY

18 years of age and older

Monday / Wednesday / Friday

9:00am- 1:00pm
4:00pm- 8:30pm (Friday Only)

Tuesday / Thursday

11:30am- 1:00pm
7:00pm- 8:30pm

Saturday

12:00- 6:00pm

Sunday

12:00- 4:20pm

Lap Swim & Adult Lap Swim

We will make every attempt to have 1-2 lap lanes available, at all designated times, for lap swimmers. Up to 6 lanes will be available at designated times, call 503-823-3183 for a complete schedule of lap lanes available during operating hours.

PAC (Portland Aquatic Club) Mon-Fri
4:45-6:00pm

PIL (Portland Interscholastic League)
Mon-Fri 3:30- 4:45pm

CURRENT CHANNEL RUN / WALK

Monday- Friday 9:00am- 11:30am
During Adult/Preschool please use current with caution.

INSTRUCTIONAL SWIM TIMES

Not all swim lesson levels are offered at each time

Monday & Wednesday

- Jan 9- Feb 8 (9 lessons) *no class 1/16*
- Feb 13- Mar 15 (9 lessons)
no class 2/20

Afternoon/Evening Classes

3:25- 3:55pm
4:00- 4:30pm
4:35- 5:05pm
5:10- 5:40pm
5:45- 6:15pm
6:20- 6:50pm
6:55- 7:25pm

Tuesday & Thursday

- Jan 10- Feb 9 (10 lessons)
- Feb 14- Mar 16 (10 lessons)

Morning Classes

9:00- 9:30am
9:35- 10:05am
10:10- 10:40am
10:45- 11:15am

Afternoon/Evening Classes

1:00- 2:00pm- Blue Makos Th Only
4:00- 4:30pm
4:35- 5:05pm
5:10- 5:40pm
5:45- 6:15pm
6:20- 6:50pm

Saturday

- Jan 14- Mar 18 (10 lessons)

Morning Classes

8:25- 8:55am
9:00- 9:30am
9:35- 10:05am
10:10- 10:40am
10:45- 11:15am
11:20- 11:50am
12:00- 1:00pm - Blue Makos

Sunday

- Jan 15- Mar 19 (10 lessons)

Evening Classes

3:20- 3:50pm
3:55- 4:25pm
4:30- 5:00pm
5:05- 5:35pm
5:40- 6:10m
6:15- 6:45pm

SWIM LESSON FEES

Youth Lessons/ANGELFISH & STARFISH

10 lessons

Resident \$52.50 Non-resident \$73.50

9 lessons

Resident \$47.25 Non-resident \$66.25

Adult Lessons

10 lessons

Resident \$62.50 Non-resident \$87.50

9 lessons

Resident \$56.25 Non-resident \$78.75

SPA HOURS

Spa available to those 16 years and older

Monday - Friday

5:30am- 8:30pm

Saturday

7:00am- 6:00pm

Sunday

12:00- 5:30pm

NOTE: Pregnant women and those with heart disease, diabetes or high blood pressure should consult with their physician before using the spa.

ADULT/PRESCHOOL SWIM

Children must be 5 years and under. Parent or guardian must accompany children in the water.

Monday / Wednesday / Friday

9:00- 11:30am, Leisure Pool

WATER FITNESS SCHEDULE

MON	TUES	WED	THURS	FRI	SAT
6:00- 6:55am AquaPower	6:00- 6:55am AquaPower	6:00- 6:55am AquaPower	6:00- 6:55am AquaPower	6:00- 6:55am AquaPower	
7:00- 7:55am Aquaerobics		7:00- 7:55am Aquaerobics		7:00- 7:55am Aquaerobic	
9:05- 10:00am Aquaerobics	9:05- 10:00am AquaPower	9:05- 10:00am Aquaerobics	9:05- 10:00am AquaPower	9:00- 9:55am Aqua Zumba	9:00- 10:00am AquaPower
10:15- 11:10am SMILE	10:15- 11:10am SMILE	10:15- 11:10am SMILE	10:15- 11:10am SMILE	10:15- 11:10am SMILE	10:00- 10:55am Aquaerobics
6:05- 7:00pm Aquaerobics	6:05- 7:00pm AquaPower	6:05- 7:00pm Aqua Zumba	6:05- 7:00pm AquaPower		

OPEN PLAY SWIM

Monday and Wednesday

Swim Lessons, No Open Play swim

Tuesday and Thursday

7:00-8:30pm, Leisure Pool and Slide open

Friday

4:00-8:30pm, Leisure Pool & Slide open

Saturday

1:00- 6:00pm

Slide and Rope Swing open

Sunday

1:00- 4:00pm

Slide and Rope Swing open

FAMILY SWIM

Children under 18 years of age must be supervised by a parent or guardian in the water.

Monday - Friday

11:30am- 1:00pm

Slide only available Friday

Saturday

12:00pm- 1:00pm

Leisure Pool & Slide open

Sunday

12:00pm - 1:00pm

Leisure Pool & Slide open

FEATURES INCLUDE

- Indoor, year-round, six lane 25-yard lap swimming pool heated to 84 degrees, water depth 3.5- 9 feet
- Leisure pool with slide, current channel, vortex and interactive play features heated to 88 degrees, water depth 0- 3.5 feet
- Whirlpool spa heated to 102 degrees
- Program offerings: swim lessons, lap swim, water fitness classes & recreational play swims

PLEASE NOTE

- Swimmers 48" and over can attend Open Play Swim on their own.
- Non-swimmers and children under 48" must not be left unattended on the pool deck, and must be accompanied at all times in the water by a person 18 years of age or older (or parent or guardian) who shall remain responsible for them and their safety.



WORK FOR THE WATER

Work for Portland Parks & Recreation as a Lifeguard or Swim Instructor. For more information visit <https://www.portlandoregon.gov/parks/39780>.

- Great benefits
- Over 700 Positions
- 13 indoor and outdoor pools
- Flexible hours
- Excellent training
- Good wages



MT. SCOTT COMMUNITY CENTER

BLUE MAKOS

Dive into action with the Blue Makos! Are you into speed, competition, and perfecting our technique? Strut your stuff in this pre-competitive league, racing against other pools in Portland at quarterly mock-swim meets. Receive one hour per week of expert coaching in a fun, supportive environment. Participants will be given instruction on butterfly, backstroke, breaststroke and freestyle, including competitive dives and turns. It is a great place to begin your journey to competitive swimming. Participants must be able to swim the length of the pool: Front Crawlstroke and Backstroke. *(This correlates to passing Sea Lion level in the Portland Parks and Recreation swim lesson program.)*

PRACTICE SCHEDULE

Columbia	Saturday	Jan 14- Mar 18	12:15- 1:15pm	10 classes + meet 3/19
EPCC	Sunday	Jan 15- Mar 12	5:15- 6:15pm	9 classes + meet 3/19
MDCC	Tues/Thur	Jan 10- Mar 16	4:00- 4:30pm	20 classes + meet 3/19
MDCC	Sunday	Jan 15- Mar 12	5:00- 6:00pm	9 classes + meet 3/19
MDCC	Sunday	Jan 15- Mar 12	6:00- 7:00pm	9 classes + meet 3/19
MSCC	Thursday	Jan 12- Mar 16	1:00- 2:00pm	10 classes + meet 3/19
MSCC	Saturday	Jan 14- Mar 18	12:00- 1:00pm	10 classes + meet 3/19
MSCC	Sunday	Jan 15- Mar 12	3:20- 4:20pm	9 classes + meet 3/19
MSCC	Sunday	Jan 15- Mar 12	4:30- 5:30pm	9 classes + meet 3/19
MSCC	Sunday	Jan 15- Mar 12	5:40- 6:40pm	9 classes + meet 3/19
SWCC	Saturday	Jan 14- Mar 18	11:30 am- 12:30pm	10 classes + meet 3/19

COST

9 classes (1 hr)
 \$61.25 resident / \$85.75 non resident

10 classes (1 hr)
 \$68.00 resident / \$95.25 non-resident

20 classes (1/2 hr)
 \$68.00 resident / \$95.25 non-resident

SPRING TERM DATES

Spring Term Dates
 April 4- June 3
 Meet on Sunday June 4

SUMMER SWIM LEAGUE 2017

Dual Meets
 Saturdays July 1, 15 and 29
 Championship Meet
 Saturday, August 12



LIFEGUARD CERTIFICATION

For lifeguard candidates without a current StarGuard lifeguard certification. Students successfully completing the course receive first aid, CPR, and StarGuard certifications. This course is only for lifeguard candidates who will be applying to work at a Portland Parks & Recreation facility.

Prerequisites: Age 15 or older by first day of class, 300 yard swim non-stop, 50 yard swim head out of water, 50 yard swim with a rescue tube, feet first surface dive to the bottom of the pool to retrieve a 10 pound brick, 1 minute treading water while holding brick & 1 minute treading water with hands out of water. Must complete and pass the lifeguard prerequisite testing before the certification class is to begin.

Bring to Class: Swim suit, towel, paper, pen, notebook, food, water, warm clothes, verification of age, StarGuard textbook and proof of completion of online program.

Cost:

\$175 (classes limited to 32 students)
 \$125 for lifeguards with current ARC, NASCO, E&A or YMCA lifeguard certification, and/or current PP&R employees with Swim Instructor/Water Fitness Instructor certifications
 \$225 (Total price if register for Lifeguard Certification and Swim Instructor Training)

Date	Time	Place	Course
12/27	12:00-9:00pm	EPCC	1057053
12/28	1:00-9:00pm	EPCC	1057053
12/29	1:00-9:00pm	EPCC	1057053
12/30	1:00-9:00pm	EPCC	1057053
1/21	9:00am-6:00pm	MDCC	1057054
1/22	8:00am-4:00pm	MDCC	1057054
1/28	8:00am-4:00pm	MDCC	1057054
1/29	8:00am-4:00pm	MDCC	1057054
2/25	7:30am-4:30pm	EPCC	1057055
2/26	8:00am-4:00pm	EPCC	1057055
3/4	8:00am-4:00pm	EPCC	1057055
3/5	8:00am-4:00pm	EPCC	1057055
3/27	12:00-9:00pm	EPCC	1057056
3/28	1:00-9:00pm	EPCC	1057056
3/29	1:00-9:00pm	EPCC	1057056
3/30	1:00-9:00pm	EPCC	1057056
3/27	12:00-9:00pm	MSSC	1057057
3/28	1:00-9:00pm	MSSC	1057057
3/29	1:00-9:00pm	MSSC	1057057
3/30	11:00am-9:00pm	MSSC	1057057
4/1	7:30am-4:30pm	EPCC	1057058

SWIM INSTRUCTOR TRAINING

The swim lesson program offered through Portland Parks & Recreation was developed by Portland Parks & Recreation. Swim instructor certification classes are offered throughout the fall, winter, and spring, and is required of all Portland Parks & Recreation swim instructors.

PREREQUISITES:

1. Age 15 or older by the first day of class
2. Must be a strong and skilled swimmer
3. Must be able to demonstrate good form and technique for 25 yards of each of the following:
 - Front crawl with side breathing
 - Back Crawl
 - Elementary backstroke
 - Breaststroke
4. Must demonstrate a mature attitude
5. This course is only for swim instructor candidates who will be applying to work at Portland Parks & Recreation

Upon certification, candidates can apply for a job with Portland Parks & Recreation.
Successful completion of certification classes does not guarantee employment.



PRIVATE LESSONS & SEMI-PRIVATE LESSONS

All levels and skills taught. Staffing and scheduling dependent upon instructor availability. To schedule lessons, fill out a request form located in the Aquatics office. Requests will be filled on a first come first served basis, as space is available during regular lesson times.

Private Lessons

One instructor to one student. \$75/hr (resident) \$105/hr (non-resident)
 2.5 hour minimum for children and adults.

Semi-Private Lessons

One instructor per two to three students. 10 lessons for \$115 (resident) \$161.00 (non-resident).

SELLWOOD COMMUNITY CENTER



1436 SE Spokane Street
Portland, OR 97202
503-823-3195

Building Director
Tim Hammock

Coordinator
Lizzy DeBray

Bus Line
#70 12th Avenue

Disabled Accessible
Entrances, First floor only

Hours

Monday – Thursday	8:30am – 8:30pm
Friday	8:30am – 6:00pm
Saturday	9:00am – 1:00pm

Building Closures & Special Hours

November 24	Closed
December 24-25	Closed
December 26	Closed
January 1-2	Closed

ADULT / CHILD - DROP IN

Baby Play

Age 6mo-18mo

Fun & games encourage your babies' development & help them learn about the world. Help increase balance & coordination through exploration in a soft & safe environment. Share ideas & develop friendships with other parents in a supportive friendly setting. A refreshing experience! Mat room

9:00-10:30am 1/9-3/20 M
Mat Room \$1/child

*No play 1/2, 1/16, 1/20, & 3/27

INDOOR PARK

Ages 1-5

Fun & games encourage your babies' development & help them learn about the world. Help increase balance & coordination through exploration in a soft & safe environment. Share ideas & develop friendships with other parents in a supportive friendly setting. A refreshing experience! Mat room

10:30am-12:00pm 1/9-3/20 M W F
Mat Room \$1/child

*No play 1/2, 1/16, 1/20, & 3/27

ADULT / CHILD

Music - Exploring Together: Baby Tunes

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. Music lovers created here!
Helen Hiczun Room

Age 6 mo-1½

11:00-11:30am 1/11-2/8 W 1063027
\$25

11:00-11:30am 2/15-3/15 W 1063337
\$25

Age 1½- 3½

11:45am-12:15 1/11-2/8 W 1063028
\$25

11:45am-12:15 2/15-3/15 W 1063338
\$25

Art - Baby Expressions

Age 10 mo-1½

Dribble, drip, squish, & squeeze-first dabbling experience! Together, get messy, explore, & create while strengthening the natural bond. Experiment with dough, pudding, gelatin, crayons, watercolor & more. Watch your young artist blossom!
Kitchen

9:45-10:15am 1/10-2/7 Tu 1063011
\$25

9:45-10:15am 2/14-3/14 Tu 1063320
\$25

Parent's Time Off

Age 1-3

Need to get away? Take a breather & let your child(ren) join us for active games, stories & making new friends! Motor, verbal skills & a sense of independence are enhanced through this social activity. Mat Room

9:30-11:30am 1/13-2/10 F 1063029
\$85

9:30-11:30am 2/17-3/17 F 1063339
\$85

Tumbling: Tiny Tots

Age 1½-3

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

10:45-11:15am 1/13-2/10 F 1063035
\$22

11:00-11:30am 2/17-3/17 F 1063345
\$22

Ballet - Terrific Twirling: 2's & 3's

Age 2-3

Calling all toddlers! Explore very basic techniques in ballet & jazz. Discover exciting methods of movement using dance, activities & games that work on coordination, flexibility, rhythm & body awareness. Helen Hiczun Room

9:15-9:45am 1/13-2/10 F 1063015
\$22

9:15-9:45am 2/17-3/17 F 1063324
\$22

9:30-10:00am 1/14-2/11 Sa 1063016
\$22

9:30-10:00am 2/18-3/18 Sa 1063325
\$22

Kidlets Can Rumble & Roll With Judo

Age 1 ½-3 ½

Roll, fall, tumble & throw! Based on gentle martial arts principles & developed to build strength & flexibility in a cooperative manner. Enjoy this excellent opportunity for little ones to increase their large motor skills in a safe environment. A fun, engaging experience! Mat Room

10:45-11:30am	1/9-1/30	M
	\$16	1062992
10:45-11:30am	2/6-2/27	M
	\$16	1062993
10:45-11:30am	3/6-3/27	M
	\$16	1062994

Messy Art - Little Artist's Workshop

Age 1 ½-3 ½

Explore hands-on multimedia methods of painting, pasting & other projects you might not want to try at home. Self-expression is encouraged! Experiment with finger, tempera and watercolor paint. Wear old clothes. Parent act as assistant with child. Kitchen *No Class 1/16 & 2/20*

9:45-10:30am	1/9-2/6	M
	\$36	1063025
9:45-10:30am	2/13-3/13	M
	\$36	1063336
10:30-11:15am	1/10-2/7	Tu
	\$45	1063026
10:30-11:15am	2/14-3/14	Tu
	\$45	1063335

Creative Dance - Movement & Me

Age 2-4

Turn & swirl together creating a foundation for self-expression. Discover ways to increase coordination, rhythm, flexibility & body awareness. Steps, spins, & twirls delight with emphasis on imagination, creativity, & listening skills. Meeting Room

9:30-10:15am	1/10-2/7	Tu
	\$25	1063018
9:30-10:15am	2/14-3/14	Tu
	\$25	1063327

PRESCHOOL

Tumbling: Wiggle & Giggle

Age 3-5

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

11:45am-12:15pm	1/13-2/10	F
	\$22	1063036
11:45am-12:15pm	2/17-3/17	F
	\$22	1063346

Creative Dance - Be Creative!

Age 3-6

Experience the joys of movement & music as they combine into exciting activities especially for young imaginations. Fantasies are engaged while physical activities aid in developing flexibility, strength, rhythm & balance to sustain & inspire them as they grow. Meeting Room

10:45-11:30am	1/10-2/7	Tu
	\$25	1063017
10:45-11:30am	2/14-3/14	Tu
	\$25	1063326

PreBallet - First Steps

Age 3-5

With stories, props & classical music, your child explores movement & dance with comfort. A nurturing environment inspires imagination & a love for dance. Helen Hiczun Room

2:00-2:30pm	1/11-2/8	W
	\$25	1063030
2:00-2:30pm	2/15-3/15	W
	\$25	1063340
10:00-10:30am	1/13-2/10	F
	\$25	1063031
10:00-10:30am	2/17-3/17	F
	\$25	1063341
10:15-10:45am	1/14-2/11	Sa
	\$25	1063032
10:15-10:45am	2/18-3/18	Sa
	\$25	1063342



PARTIES & RENTALS AT SELLWOOD CC

Are you looking for a great place for a special event, a business meeting or any other special occasions? Located in the heart of Sellwood, our historic building is over 100 years old and sports several meeting rooms, a small gymnasium, a mat room, and a game room.

A rental supervisor will be on-site during your event at Sellwood Community Center. Their role is to provide access to rented spaces and any equipment that has been requested at the time of booking.

Call 503-823-3195 or visit <https://www.portlandoregon.gov/parks/60626> for more information.

SELLWOOD COMMUNITY CENTER



PRESCHOOL

Dance - Explore Ballet, Jazz & Tap Age 3-5

Leaps & twirls, jumps & isolations, footwork & combination steps! Increase your balance & coordination while enjoying the freedom of movement. Focus on your understanding of rhythm, meter, & body awareness while learning new vocabulary. A great opportunity to develop your passion! Helen Hiczun Room

2:45-3:15pm	1/11-2/8	W
	\$25	1064277
2:45-3:15pm	2/15-3/15	W
	\$25	1063328
11:00-11:30am	1/14-2/11	Sa
	\$25	1063019
11:00-11:30am	2/18-3/18	Sa
	\$25	1063329

YOUTH

Dance - Mix It Up! Age 5-8

Love to move, but still trying to find your favorite type? Learn techniques & skills from a variety of styles. Instruction may include ballet, creative movement, jazz, modern or hip-hop. Experience the joys of dance! Helen Hiczun Room

3:30-4:15pm	1/11-2/8	W
	\$31.25	1063020
3:30-4:15pm	2/15-3/15	W
	\$31.25	1063330
12:30-1:15pm	1/14-2/11	Sa
	\$31.25	1063021
12:30-1:15pm	2/18-3/18	Sa
	\$31.25	1063331

Skateboarding - Flatground Basics Age 5 - 11

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! Gym

3:30-4:15pm	1/13-2/10	F
	\$30	1063033
3:30-4:15pm	2/17-3/17	F
	\$30	1063343
4:30-5:15pm	1/13-2/10	F
	\$30	1063034
4:30-5:15pm	2/17-3/17	F
	\$30	1063344

Music - Private Piano Lessons Age 6 & up

Always wanted to 'tickle the ivories' or just brush up on skills? Designed to challenge anyone who wants to learn or improve. Note-reading, style & rhythm are techniques essential to putting you on the right path! Why wait another minute? Please call 503-823-3195 to reserve your ½ hour private lesson. Music Room *No Class 1/16 & 2/20*

2:00-6:30pm	1/9-3/13	M
	\$144	1064026
4:00-6:30pm	1/10-3/14	Tu
	\$180	1064027
2:30-6:30pm	1/11-3/15	W
	\$180	1064028
2:30-6:30pm	1/12-3/16	Th
	\$180	1064029
1:55-3:55pm	1/13-3/17	F
	\$180	1064030
4:00-6:30pm	1/13-3/17	F
	\$180	1064031

Ballet - Basics Age 7-10

Express yourself! Explore this joyful dance style & increase agility, grace & coordination. Develop a firm foundation in classical technique while gaining music knowledge & arts appreciation. Helen Hiczun Room

1:45-2:30pm	1/14-2/11	Sa
	\$37.50	1063013
1:45-2:30pm	2/18-3/18	Sa
	\$37.50	1063322
4:30-5:15pm	1/11-2/8	W
	\$37.50	1063014
4:30-5:15pm	2/15-3/15	W
	\$37.50	1063323



Music - Guitar Private Lessons Age 8 & up

Always wanted to start playing or improve upon existing skills? One-on-one time in a private setting can boost confidence as well as musical abilities. From classical to popular, explore styles of interest! Please call 503-823-3195 to reserve your ½ hour private lesson. Room 1

3:00-7:30pm	1/11-3/15	W
	\$150	1064025

CAMPS

Camp - Winter Madness

Grades K-5th

Lose those 'wintertime blues'! Make new friends, gain skills & flex your imagination through sports, crafts, & gym games. Create special presents to use as gifts for the holidays in a productive way to spend days out of school. No camp 12/26.

7:30am-6:00pm

\$38/day or \$150/week

1015412

12/19-12/30

Spring Friends Camp

Age 3-5

Play with other kids! Explore themes that embrace the zestful energy of children in art, games, music, stories & dramatic play. Format of free choice, group time & physical activity is designed to stimulate thinking, enhance self-esteem & build teamwork. Let's play! Child must be fully potty trained. Preschool Room

Flowers, Trees, Bugs & Bees

9:00am-12:00pm 3/27-3/31

M-F

\$56

1063255

Spiders, Slugs, & Ladybugs

9:00am-12:00pm 3/27-3/31

M-F

\$56

1063256

CAMP - KID'S DAY OFF

Grades K-5th

Schools 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!

7:30am-6pm

\$38/day

1013730

11/23, 1/16, 2/20, 4/7

CAMP - LATE OPENING

Grades K-5th

7:30-9:30am

\$9/day

1015401

1/18, 2/15, 3/15, 4/19, 5/17

MARTIAL ARTS

Judo Kodokan

Discover a form of self-defense that literally means 'gentle way'. Gain self-control to effectively throw, pin & apply submission holds to the opponent. Explore grappling & groundwork techniques while increasing physical stamina & mental focus. Mat Room

Individuals: \$30/month

Families: \$50/month

Family Class

Age 6 & up

6:30-8:00pm 1/4-1/30 M W 1063001

6:30-8:00pm 2/1-2/27 M W 1063002

6:30-8:00pm 3/1-3/29 M W 1063003

Homeschoolers & Adults

Age 6 & up

12:30-1:45pm 1/3-1/31 Tu Th 1062995

12:30-1:45pm 2/2-2/28 Tu Th 1062996

12:30-1:45pm 3/2-3/30 Tu Th 1062997

Youth Class

Age 4 & up

4:15-5:15pm 1/3-1/31 Tu Th 1063004

4:15-5:15pm 2/7-2/28 Tu Th 1063005

4:15-5:15pm 3/2-3/30 Tu Th 1063006

KATA

Age 18 & up

6:30-8:00pm 1/3-1/31 Tu 1062998

6:30-8:00pm 2/7-2/28 Tu 1062999

6:30-8:00pm 3/7-3/28 Tu 1063000

Judo Drop In

9:30-11:00am 1/7-3/25 Sa \$5/class

Traditional Japanese Karate-Do

Age 12 & up

Acquire defensive skills & master the art of being a quality member of society. Bring together the energy of the mind, body & spirit. Become skilled in Kodokan, Shotokan, Ateme Waza (striking & blocking methods) with Judo throws, pins & submission techniques in a cooperative & safe environment. Mat Room

5:30-6:30pm 1/3-1/31 Tu Th

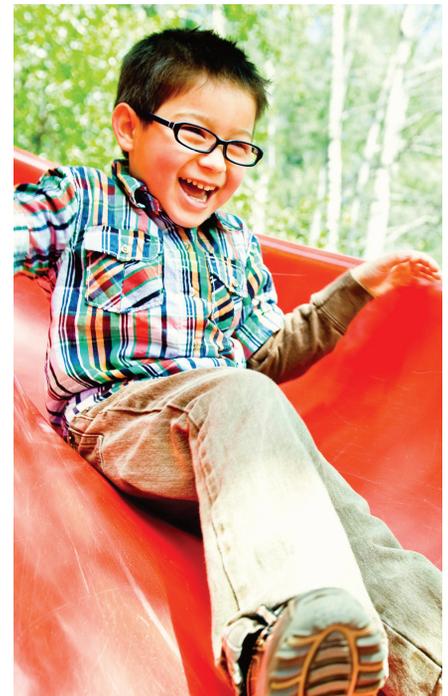
\$30 1063007

5:30-6:30pm 2/2-2/28 Tu Th

\$30 1063008

5:30-6:30pm 3/2-3/30 Tu Th

\$30 1063009



Smoke and tobacco-free parks help keep kids healthy.

Let's get out and play!



**PORTLAND
PARKS & RECREATION**
Healthy Parks, Healthy Portland

portlandparks.org



**Multnomah
County
Health Department**
multco-itstartshere.org

SELLWOOD COMMUNITY CENTER



Educational Preschool Program

2017-2018 SCHOOL YEAR

REGISTRATION

2017-18 REGISTRATION DATES

Returning Students
February 6, 2017

New Students
February 20, 2017

Call 503-823-3195
for more information.

Preschool for Little Ones

Age 2 ½-3 ½

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

10:00am-12:00pm M W
Teacher Kelly \$185/month

9:00-11:00am Tu Th
Teacher Kelly \$185/month

Preschool

Age 3-4

Creative play in a supportive environment is important to a child's positive overall development. Make friends playing, painting, singing & sharing. Provides structured time during early childhood to enhance physical, mental, emotional & social growth & development. I love school!

9:30-11:30am Tu Th
Teachers Audrey, Briel, and Amy
\$155/month

Lunch Bunch

Age 3-4

Time to pause for eating! Relish your food, while playing with friends in a safe & supervised environment. What could be better than food, friends & fun?

11:30am-12:30pm Tu, Th
Teacher Kelly \$35/month

Preschool: Pre-Kindergarten

Age 4-5

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

9:30am-12:30pm M, W, F
Teachers Audrey, Briel, & Amy
\$210/month

Pre-K Extension

Age 4-5

Set out for a journey of discovery! Children explore developmentally appropriate arts & crafts, games & physical activities that encourage the use of gross-motor skills & hand-eye coordination. Play increases socialization while stimulating imagination.

12:30-1:30pm M, W, F
Teacher Audrey \$60/month



BASKETBALL

High School & Adult - Drop In 18 & up

6:30-8:30pm 1/3-3/21 Tu
Gymnasium \$3/player

ADULT VOLLEYBALL

Ages: 18 & up

11:30-2:00pm 1/5-3/30 Th
Gymnasium \$3/player

HIGH SCHOOL & ADULT

Exercise For Every 'Body'

Age 14 & up

Want or need to exercise but don't know where to start? Here's your chance! A workout that's fun for those with little experience, out of shape & for all sizes.

General conditioning in the areas of strength, cardiovascular endurance & flexibility stressed. Gymnasium

2 days: \$20/month

3 days: \$25/month

Drop In: \$4/day

8:45-9:45am	1/4-1/30	M W F
	\$25	1062985
8:45-9:45am	2/1-2/27	M W F
	\$25	1062986
8:45-9:45am	3/1-3/31	M W F
	\$25	1062987

Fitness - Aerobics: Dance

Age 18 & up

Experience a mind & body workout!

Continuous movement tones & strengthens the body, enhancing mental acuity while learning easy dance routines.

A wide range of music & choreography delivers a workout that is both mildly challenging & fun. Let's get moving!

Gymnasium

6:30-7:30pm	1/4-3/29	M W
	\$75	1062991

Fitness - Yoga: For Everyone

Age 18 & up

Relax your mind & body while improving strength, stamina & flexibility. Relieve the stresses of daily life with these revitalizing techniques. This centuries old practice of exercise increases your focus & sense of well-being. Helen Hiczun Room

No Class 1/16 & 2/20

9:00-10:30am	1/9-2/6	M
	\$48	1063022
9:00-10:30am	2/13-3/13	M
	\$48	1063332
5:30-7:00pm	1/9-2/6	M
	\$48	1063023
5:30-7:00pm	2/13-3/13	M
	\$48	1063333
7:10-8:40pm	1/9/2/6	M
	\$48	1063024
7:10-8:40pm	2/13-3/13	M
	\$48	1063334

SENIOR

Exercise Moderate Pace - Essential

Age 60 & up

Smaller class size will give individuals more personalized training. Build strength & stamina, help increase flexibility. Move at a moderate pace, seated & standing while listening to favorite songs. Good health starts with a commitment to exercise!

Meeting Room

12:30-1:30pm	1/4-1/27	W F
	\$39	1062988
12:30-1:30pm	2/1-2/24	W F
	\$39	1062989
12:30-1:30pm	3/1-3/31	W F
	\$39	1062990

Piano Private Lesson- It's Never too Late to Start

Age 60 & up

Always wanted to 'tickle the ivories' or just brush up on skills? Designed to challenge anyone who wants to learn or improve. Note-reading, style & rhythm are techniques essential to putting you on the right path! Why wait another minute? Please call 503-823-3195 to reserve your ½ hour private lesson. Music Room

9:15-11:45am	1/13-3/17	F
	\$180	1064032

AARP TAX AID FOR LOW INCOME & SENIORS

9:00am-1:00pm 2/7-4/11 Tu
Meeting Room Free

Please call 503-823-3195 to schedule an appointment.



PLAY MORE SAVE MORE

Register for two or more eligible classes in one transaction and receive 10% off of those classes.* Visit your local community center front desk for more information and a list of eligible classes.

*Discount may be used once per account at participating locations and can only be applied to in-person or phone registrations.

WOODSTOCK COMMUNITY CENTER



5905 SE 43rd Avenue
Portland, OR 97206
503-823-3633

Building Director
Craig Vanderbout

Bus Line
#19, #75- 9th Avenue-Lombard

Disabled Accessible
Parking only

Hours
Monday – Thursday 9:30am – 11:30pm
Friday 6:00 – 9:00pm
First Wednesday 5:00 – 7:00pm

Building Closures
November 24 Closed
November 25 Closed
December 24 Closed
December 25 Closed
December 31 Closed
January 1 Closed

ADULT / CHILD

Adult must attend

Messy Art - Little Picassos: Age 1 ½-5

Hands-on experiences with arts & crafts you might not want to try at home. The joy of creative thinking & self-expression are brought to life using mixed media. North Room

Whimsical Winter
9:30-10:00am 1/9-2/6 M
\$14 1062778

Many Colored Days
9:30-10:00am 2/13-3/13 M
\$14 1062780

Things That Go
10:00-10:30am 1/10-2/7 Tu
\$17.50 1062779

Winter Wonderland
10:00-10:30am 2/21-3/14 Tu
\$14 1062781

Movement - Gotta Dance Age 1 ½-3

Stretch your IMAGINATION & BODY! You & your child can get 'physical' while having fun with bean bags, scarves, parachute & music! Help your child increase body control, motor skills & creativity through stretching, dancing & games. Move to the music! Multi

12:30-1:00pm 1/13-2/10 F
\$16.25 1063593

12:30-1:00pm 2/17-3/17 F
\$16.25 1063594

Movement - Dance! Dance! Dance!

Age 1 ½ -3
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. Multi

2:45-3:15pm 1/13-2/10 F
\$22 1063591

2:45-3:15pm 2/17-3/17 F
\$22 1063592

Tap Dance - Tiny Tappers

Age 3-5

Little feet tap to the beat! Get a great start on an exciting & lively American dance form through tap, marching & rhythm exercises while increasing balance & coordination. Perfect introduction! Multi

2:00-2:30pm 1/13-2/10 F
\$22 1063595

2:00-2:30pm 2/17-3/17 F
\$22 1063596

PreBallet - Starting Steps!

Age 3-5

New steps & movements are introduced as you focus on classical dance- steps, poise, body alignment & foot positions. An excellent way to increase self-discipline & self-confidence. Multi Room

1:15-1:45pm 1/13-2/10 F
\$22 1063597

1:15-1:45pm 2/17-3/17 F
\$22 1063598

YOUTH

Ballet - First Steps

Age 5-9

The time honored training of classical ballet stretches the mind & body while teaching agility, grace, coordination & strength providing a basis for all types of dance, sport & movement. Multi

3:30-4:15pm 1/13-2/10 F
\$26 1064176

3:30-4:15pm 2/17-3/17 F
\$26 1064177

Tae Kwon Do - First Kicks

Age 7 & Up

A beginning class in Tae Kwon Do, a Korean martial art similar to Karate. The class teaches self defense using kicks, blocks, punches, strikes both as an exercise program & as a means of self defense. Flexibility & strength are increased through movement developed over hundreds of years in Asia. Emphasizes cooperation, self control & a non-competitive, non-violent approach to martial arts. Multi Room

6:00-7:00pm 1/6-2/10 F
\$27 1063533

6:00-7:00pm 2/17-3/24 F
\$27 1063534

Tae Kwon Do - For Everybody

Age 7 & Up

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. Multi

5:30-6:30pm	1/3-2/9	Tu Th
	\$54	1063535
5:30-6:30pm	2/16-3/23	Tu Th
	\$49.50	1063536

Tae Kwon Do - Sparring

Age 6 & Up

Increase your confidence, concentration & discipline through drills & strategies for tournament style non-contact sparring. Focus on supervised sparring matches for those with prior experience or instructor's permission. Multi Room

7:00-8:00pm	1/6-2/10	F
	\$10	1063537
7:00-8:00pm	2/17-3/24	F
	\$10	1063538

HIGH SCHOOL / ADULT 60+

Watercolor - All Levels

Age 18 & Up

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. Multi

11:00am-2:00pm	1/9-3/13	M
	\$55.25	1062783
1:00-3:30pm	1/12-2/9	Th
	\$26	1062831

Writing Your Memories

Age 60 & Up

Everyone would love to find a journal or diary of their ancestors. Where's yours? Future generations will cherish the childhood & family stories you prepare for them today. Learn to easily write your thoughts & recollections & preserve them before they disappear. Multi-Use

10:00-12:00pm	1/18-3/8	W
	\$35	1062838
1:00-3:00pm	1/18-3/8	W
	\$35	1062839

Antique Clock Repair

Age 18 & Up

You have a classic timepiece, but no TICK TOCK! Discover the history of your slumbering clock while enjoying the hands-on experience of bringing it back to life. Gain important new knowledge of basic & major repairs. Multi

7:00-9:00pm	1/9-2/6	M
	\$24	1062832
7:00-9:00pm	2/13-3/13	M
	\$24	1062833

Dance - Hula Dance

Age 60 & Up

The art of Hula is not only a beautiful & graceful dance experience but a pleasurable way to include more movement into your routine. It combines foot placement along with meaningful hand gestures that tell a story. Multi Room

10:00-11:00am	1/13-2/10	F
	\$18.75	1063583
10:00-11:00am	2/17-3/17	F
	\$18.75	1063584

Fitness: Zumba

Age 14 & Up

Routines combine fast & slow rhythms to achieve a balance of cardio & muscle-toning benefits. A dynamic, exciting & effective workout! Move fast & have fun! Multi Room

9:30-10:30am	1/5-2/2	Th
	\$40	1063566
7:00-8:00pm	1/5-2/9	Th
	\$40	1063567
3:00-4:00pm	1/8-2/12	Su
	\$40	1063568
9:30-10:30am	2/16-3/23	Th
	\$40	1063569
7:00-8:00pm	2/16-3/23	Th
	\$40	1063570
3:00-4:00pm	2/19-3/26	Su
	\$40	1063571

Zumba Gold - Fit

Age 60 & Up

Enjoy modified moves & pacing with the same elements Zumba is known for: zesty Latin music, like salsa, merengue, cumbia & reggaeton. Exhilarating easy-to-follow moves with an invigorating atmosphere. It's a dance-fitness class that feels friendly & fun. Multi Room

12:45-1:45pm	1/8-1/29	Su
	\$13	1063572
1:45-2:45pm	1/8-1/29	Su
	\$13	1063573
12:45-1:45pm	2/5-2/26	Su
	\$13	1063574
1:45-2:45pm	2/5-2/26	Su
	\$13	1063575
12:45-1:45pm	3/5-3/26	Su
	\$13	1063576
1:45-2:45pm	3/5-3/26	Su
	\$13	1063577



INTERGENERATIONAL - MUSIC

Lessons are private & ½-hour in length. Registration available only through Woodstock Community Center.

Music – Guitar & Bass For All Ages

Age 8 & Up

Realize your dreams of making music together at a family sing-along or in a duet with friends. All ages benefit playing together. Learn the basic rhythms & chords used in folk & popular songs as you develop musical abilities. Lobby

3:00-9:00pm	1/9-2/6	M
	\$61	1062834
3:00-9:00pm	2/13-3/13	M
	\$61	1062836
3:00-9:00pm	1/11-2/8	W
	\$76	1062835
3:00-9:00pm	2/15-3/15	W
	\$76	1062837

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

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

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

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

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 12th Avenue | 503-823-3189
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

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 11th Avenue & Holladay Street
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

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

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

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 2nd Avenue | 503-823-3601

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

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

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

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

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

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

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. 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.

Register Now – One of Five Ways



ONLINE at *PortlandParks.org* – Click on the “Register Now!” top tab. Search for classes by age, category, location or keyword – or narrow your search by specific activity or course number.



PHONE – Complete this registration form and call any PP&R site using the phone numbers on the map pages. You may also phone in your registration to the PP&R Customer Service Hotline at 503-823-2525, Monday-Friday, 8:30am-5:15pm. Only Visa, MasterCard or American Express accepted with phone-in registration.



MAIL – Mail your completed registration form to the program center address. Include full payment using your Visa, MasterCard, American Express or check payable to the City of Portland. Mail-in registration is also received at the PP&R Customer Service Center, 1120 SW Fifth Ave, Suite 1302, Portland, OR 97204.



FAX – Complete the registration form and fax it to 503-823-2515 with full payment using your Visa, MasterCard or American Express. Faxes are accepted 24 hours a day, seven days a week, but are processed during regular business hours.



IN PERSON – Any PP&R facility is able to process your registration, including the Customer Service Center located in the lobby of the Portland Building at 1120 SW Fifth Ave. All Community Centers are open for walk-in registration during business hours.

CHECK ONE: New Customer Taken class with PP&R before My account information has changed

Main Contact Name _____ Birthdate _____ M ___ F ___

CIRCLE ONE: African Immigrant American Indian/Alaska Native Black/African American Hispanic/Latino Native Hawaiian/Pacific Islander
 White Slavic/Eastern European Immigrant Asian Multi-Racial Other

Home Address _____ City/St/Zip _____

Home Phone (_____) _____ Work Phone (_____) _____

Cell Phone (_____) _____ Email Address _____

Emergency Contact Name & Phone Number _____

Portland Parks & Recreation welcomes individuals with disabilities and special needs into programs. Please describe any accommodations needed for successful inclusion: _____

PARTICIPANT INFORMATION

Name (last, first)	Birthdate	M/F	Class Title	Course #	Class Location	Start Date	Cost

NON-RESIDENTS of the City of Portland pay a 40% surcharge. Or you may purchase a non-resident pass at the amounts listed below. List pass price or 40% surcharge in column at right and add to your total.

- I already have a non-resident pass. Duration ____-month Purchase date ____/____/____
 Passholder name _____
- I need a pass. *Circle one:* 3-month | 6-month | 9-month *Circle one:* Individual | Family
 Name of person(s) needing pass _____
 3-month pass: individual \$25; family \$50 | 6-month pass: individual \$45; family \$90
 9-month pass: individual \$65; family \$130
- I do not want a pass. I choose to pay the 40% surcharge.

Subtotal

40% non-resident surcharge or pass price

TOTAL

PAYMENT INFORMATION

CHECK Check number _____ (make check payable to the City of Portland)

CREDIT CARD Information

Account # _____ - _____ - _____ Expires _____

Cardholder's Name _____ Signature _____

Please print

- VISA
 MasterCard
 Amex



6433 NE Tillamook Street
Portland, Oregon 97213

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.**

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.