



PORTLAND PARKS & RECREATION™

Healthy Parks, Healthy Portland

PORTLAND PARKS & RECREATION

Activities for Winter 2017



Hillside Community Center

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 two working days prior to the class
- We request at least five 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 or online at PortlandParks.org.

*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

CONFIDENCE | TEAMWORK | GROWTH | SPORTSMANSHIP



PARKSTARS 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

ADAPTIVE AND INCLUSIVE RECREATION (AIR)

SAVE THE DATE - FEBRUARY 27

Registration date for Adaptive Teen Camps

Daily Destinations

9:00am- 3:30pm

July 10- 14

August 7- 11

Teen Explorer Camps

July 24- 28

August 14-18

Visit portlandoregon.gov/parks/air for the most up to date information or call 503-823-4333.



SENIOR RECREATION HIKES & EXCURSIONS

Dedicated to ensuring access to recreational, educational, and wellness opportunities for adults age 60+ throughout Portland and the surrounding areas.

Coming this season are numerous opportunities to connect with new people, visit new places, and get out and explore!

Visit portlandoregon.gov/parks/senior for the most up to date information or call 503-823-4328.



MULTNOMAH ARTS CENTER

Winter Arts & Crafts Sale

Ceramics • Textiles • Jewelry
Prints • Paintings • & More

December 1, 2 & 3

Thursday & Friday • 9:00am to 9:00pm

Saturday • 9:00am to 4:00pm

All sales support arts education.

7688 SW Capitol Hwy. • Portland, OR 97219
503.823.2787 • MultnomahArtsCenter.org

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



HILLSIDE COMMUNITY CENTER



653 NW Culpepper Terrace
Portland, OR 97210
503-823-3181

Building Director
Kristine Canham

Coordinator
Kim Birch

Bus Line
#18 NW Cumberland and Culpepper

Disabled Accessible
Entrances, Parking, Restrooms

Hours
Monday, Tuesday, Wednesday,
Friday
9:00am - 6:00pm

Thursday
9:00am - 8:30pm

Building Closures

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

INDOOR PARK

9:15 - 11:15 am / \$2 per child



LUNCH BUNCH

Lunch Break for Kids!
Age 3-5

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? Gym

12:00pm-1:00pm	1/4-1/30	M W F
	\$77	1063662
12:00pm-1:00pm	2/1-2/27	M W F
	\$77	1063663
12:00pm-1:00pm	3/1-3/24	M W F
	\$77	1063664

Age 2-5

12:00pm-1:00pm	1/3-1/31	Tu Th
	\$63	1063665
12:00pm-1:00pm	2/2-2/28	Tu Th
	\$56	1063666
12:00pm-1:00pm	3/2-3/23	Tu Th
	\$49	1063667

EDUCATION – PRESCHOOL EXTENTION

Explore & expand your knowledge & skills with hands-on activities sure to engage every participant!

Spanish for Niños
Age 3-5

Classroom 2		
1:00-1:30pm	1/9-1/30	M
	\$17.25	1063668
1:00-1:30pm	2/6-2/27	M
	\$17.25	1063669
1:00-1:30pm	3/6-3/20	M
	\$17.25	1063670

Cooking
Age 3-5

Classroom 1		
1:00-2:00pm	1/6-1/27	F
	\$41	1063677
1:00pm-2:00pm	2/3-2/24	F
	\$41	1063678
1:00pm-2:00pm	3/3-3/24	F
	\$41	1063679

Sports for All
Age 3-5

Gym		
1:30pm-2:00pm	1/9-1/30	M
	\$17.25	1063671
1:30pm-2:00pm	2/6-2/27	M
	\$17.25	1063672
1:30pm-2:00pm	3/6-3/20	M
	\$17.25	1063673

Gymnastics
Age 3-5

Gym		
1:00pm-2:00pm	1/4-1/25	W
	\$41	1063674
1:00pm-2:00pm	2/1-2/22	W
	\$41	1063675
1:00pm-2:00pm	3/1-3/22	W
	\$41	1063676

SCHOOL DAYS OFF - WINTER

Daily Adventures Camp – Kids Day Off

Age 5-11

Lose those 'wintertime blues'! Make new friends, gain skills and flex your imagination through sports, crafts, and gym games. Create special presents to use as gifts for the holidays in a productive way to spend days out of school. Please pack a non-perishable, PEANUT-FREE snack and lunch. Gym

11/23	W	9:00am-5:00pm
	\$43	1059552
11/23	W	9:00am- 1:00pm
	\$25	1059552
11/23	W	1:00- 5:00pm
	\$25	1059552
12/19		9:00am- 5:00pm
	\$43	1059552
12/19		9:00am- 1:00pm
	\$25	1059552
12/19		1:00- 5:00pm
	\$25	1059552
12/20		9:00am- 5:00pm
	\$43	1059552
12/20		9:00am- 1:00pm
	\$25	1059552
12/20		1:00- 5:00pm
	\$25	1059552

12/21	9:00am- 5:00pm
\$43	1059552
12/21	9:00am- 1:00pm
\$25	1059552
12/21	1:00- 5:00pm
\$25	1059552
12/22	9:00am- 5:00pm
\$43	1059552
12/22	9:00am- 1:00pm
\$25	1059552
12/22	1:00- 5:00pm
\$25	1059552
12/23	9:00am- 5:00pm
\$43	1059552
12/23	9:00am- 1:00pm
\$25	1059552
12/23	1:00- 5:00pm
\$25	1059552
12/27	9:00am- 5:00pm
\$43	1059552
12/27	9:00am- 1:00pm
\$25	1059552
12/27	1:00- 5:00pm
\$25	1059552
12/28	9:00am- 5:00pm
\$43	1059552
12/28	9:00am- 1:00pm
\$25	1059552
12/28	1:00- 5:00pm
\$25	1059552
12/29	9:00am- 5:00pm
\$43	1059552
12/29	9:00am- 1:00pm
\$25	1059552
12/29	1:00- 5:00pm
\$25	1059552
12/30	9:00am- 5:00pm
\$43	1059552
12/30	9:00am- 1:00pm
\$25	1059552
12/30	1:00- 5:00pm
\$25	1059552
1/27	9:00am- 5:00pm
\$43	1059552
1/27	9:00am- 1:00pm
\$25	1059552
1/27	1:00- 5:00pm
\$25	1059552

WINTER DAY CAMPS

Winter Time Tots Camp

Ages 1-3

Do you have a little one ready for fun this winter? Come and explore winter-fresh themes mixed with songs, crafts, games and more. Surrounded by other little ones, social and emotional growth is sure to flourish in this relaxed, playful atmosphere! Please pack a diaper bag if necessary, along with a PEANUT-FREE snack. Room 3

9:15-11:45am	12/19	M
	\$30	1059559
9:15-11:45am	12/20	Tu
	\$30	1059560
9:15-11:45am	12/21	W
	\$30	1059561
9:15-11:45am	12/22	Th
	\$30	1059562
9:15-11:45am	12/23	F
	\$30	1059563
9:15-11:45am	12/27	Tu
	\$30	1059564
9:15-11:45am	12/28	W
	\$30	1059567
9:15-11:45am	12/29	Th
	\$30	1059569
9:15-11:45am	12/30	F
	\$30	1059570

Winter Days Camp

Age: 3-5

Play with other kids! Explore themes that embrace the zestful energy of children in art, games, music, stories and dramatic play. Format of free choice, group time and physical activity is designed to stimulate thinking, enhance self-esteem and build teamwork. Let's play!

Please pack a non-perishable, PEANUT-FREE snack and lunch. Room 3

9:00am-1:00pm	12/19	M
	\$33	1059950
9:00am-1:00pm	12/20	Tu
	\$33	1059951
9:00am-1:00pm	12/21	W
	\$33	1059953
9:00am-1:00pm	12/22	Th
	\$33	1059954
9:00am-1:00pm	12/23	F
	\$33	1059955
9:00am-1:00pm	12/27	Tu
	\$33	1059956
9:00am-1:00pm	12/28	W
	\$33	1059958
9:00am-1:00pm	12/29	Th
	\$33	1059959
9:00am-1:00pm	12/30	F
	\$33	1059960



PARTIES AT HILLSIDE

Celebrate at Hillside Community Center with a deluxe party package! We're happy to help you create the perfect party experience. Call 503-823-3181 to reserve your date.

HILLSIDE COMMUNITY CENTER



SCHOOL DAYS OFF - SPRING

Daily Adventures Camp – Kids Day Off

Age 5-11

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! Please pack a non-perishable, PEANUT-Free snack and lunch. Gym

3/27	M	9:00am-5:00pm	\$43	1059552
3/27	M	9:00am- 1:00pm	\$25	1059552
3/27	M	1:00- 5:00pm	\$25	1059552
3/28	T	9:00am-5:00pm	\$43	1059552
3/28	T	9:00am- 1:00pm	\$25	1059552
3/28	T	1:00- 5:00pm	\$25	1059552
3/29	W	9:00am-5:00pm	\$43	1059552
3/29	W	9:00am- 1:00pm	\$25	1059552
3/29	W	1:00- 5:00pm	\$25	1059552
3/30	Th	9:00am-5:00pm	\$43	1059552
3/30	Th	9:00am- 1:00pm	\$25	1059552
3/30	Th	1:00- 5:00pm	\$25	1059552
3/31	F	9:00am-5:00pm	\$43	1059552
3/31	F	9:00am- 1:00pm	\$25	1059552
3/31	F	1:00- 5:00pm	\$25	1059552

SPRING DAY CAMPS

2 Cool Toddler Camp - Spring Fun! Age 1-3

A stepping stone to 'big kid' classes! Build friendships, sing songs, create masterpieces & play active games. Group settings foster social & emotional growth- so vital for the little ones. A way to venture out of the 'nest', perhaps for the first time! A gentle start! Multi-Purpose

9:15-11:45am	3/27	M	\$28.25	1063700
9:15-11:45am	3/28	Tu	\$28.25	1063701
9:15-11:45am	3/29	W	\$28.25	1063702
9:15-11:45am	3/30	Th	\$28.25	1063703
9:15-11:45am	3/31	F	\$28.25	1063704

Camp - Spring Fling!

Age 3-5

Amidst all of the showers, there must be some FLOWERS! Explore stories, achievable art & songs about the change of seasons. Generate some 'flower power' & celebrate Spring with an awareness & appreciation of nature! Classroom 2

9:00am-1:00pm	3/27	M	\$28	1063695
9:00am-1:00pm	3/28	Tu	\$28	1063696
9:00am-1:00pm	3/29	W	\$28	1063697
9:00am-1:00pm	3/30	Th	\$28	1063698
9:00am-1:00pm	3/31	F	\$28	1063699

PARENT/CHILD CLASSES

Messy Art – Explorers

Age 1-3

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. Kitchen

Artic Animals	10:30-11:00am	2/17-3/17	F	\$25	1063661
Snow & Ice	10:30am-11:00am	1/13-2/10	F	\$25	1063660

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. NO CLASS 1/16 and 2/20. Gym

9:15-11:15am	1/9-1/30	M	
	\$63		1063078
9:15-11:15am	2/6-2/27	M	
	\$63		1063095
9:15-11:15am	3/6-3/20	M	
	\$63		1063096
9:15-11:15am	1/4-1/25	W	
	\$84		1063162
9:15-11:15am	2/1-2/22	W	
	\$84		1063163
9:15-11:15am	3/1-3/22	W	
	\$84		1063164

Parent's Night Out

Age 1-12

Hey parents, need a well-deserved break? Let your child spend time with us while you do the town. Activities might include age appropriate movies/popcorn, pizza & crafty projects. Keep them safe, busy & happily meeting new friends! Classroom 3

5:00-9:00pm	1/13	F	
	\$29		1063686
5:00-9:00pm	1/27	F	
	\$29		1063687
5:00-9:00pm	2/10	F	
	\$29		1063688
5:00-9:00pm	2/24	F	
	\$29		1063689
5:00-9:00pm	3/10	F	
	\$29		1063690

MUSIC

Piano For All

Age 6 & up

Now is your moment! Become part of a time-honored tradition- discover the joy of playing a musical instrument! Study proper techniques enabling you to gain confidence, finger dexterity & a sense of accomplishment. Hear the results right away! Game Room

3:00-6:00pm	1/9-1/30	M	
	\$57		1063680
3:00-6:00pm	2/6-2/27	M	
	\$57		1063681
3:00-6:00pm	3/6-3/20	M	
	\$57		1063682
3:00-6:00pm	1/3-1/31	Tu	
	\$95		1063683
3:00-6:00pm	2/7-2/28	Tu	
	\$76		1063684
3:00-6:00pm	3/7-3/21	Tu	
	\$57		1063685

SPORTS

Tennis - Kids on the Court

Age 6-10

Discover the fun and excitement of a game you can play for a lifetime. Basic elements of forehand, backhand, volley and serve strokes, positions and footwork emphasized. Develop eye-hand coordination and increase agility while learning the rules and fundamentals of scoring. Tennis Court

3:30-4:15pm	1/12-2/9	Th	
	\$37.50		1063693
3:30-4:15pm	2/16-3/16	Th	
	\$37.50		1063694

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'. Tennis Court

4:15-5:00pm	1/12-2/9	Th	
	\$37.50		1063691
4:15-5:00pm	2/16-3/16	Th	
	\$37.50		1063692



Kidz Love Soccer - Mommy, Daddy & Me

Age 2-3

Don't watch from the sidelines! An introduction to the 'World's Most Popular Game! Interact with your child as you both learn the basics- pass, trap, dribble & shoot. Gain confidence, bond & exercise! It's a goal! Be part of the action!! Kidz Love Soccer Program. Bring a water and shin guards. Gym

5:05-5:35pm	1/23-2/27	M	
	\$79		1063705
5:05-5:35pm	3/13-4/17	M	
	\$79		1063706

Classes continued on the following page

Register On-Line at PortlandParks.org



HILLSIDE NON-HOSTED RENTALS

Hillside offers a wide range of non-hosted rental events such as community events, basketball, and volleyball groups. \$65 per hour and \$100 refundable deposit. Call 503-823-3181 for more information or visit <https://www.portlandoregon.gov/parks/60642>

HILLSIDE COMMUNITY CENTER



SPORTS

KIDZ LOVE SOCCER

Kidz Love Soccer - Pre Soccer

Age 3-5

Develop your motor skills for dribbling, trapping & kicking with an emphasis on ball control. Basics are introduced using games, obstacles & mini-matches. Increase self-esteem & build a love for the game in a non-competitive environment with emphasis on cooperation & participation. Are you game? Kidz Love Soccer Program. Shin guards are required. Please bring a water bottle. Gym

3:00-3:30pm	1/23-2/27	M	
	\$79		1063707
3:00-3:30pm	3/13-4/17	M	
	\$79		1063708

Kidz Love Soccer - Soccer 1

Age 5-6

Emphasize controlled ball handling, passing, receiving, shooting & age-specific defense. Gain knowledge of field positions, throw-in techniques & goal keeping while building confidence & mastering skills through drill & regular scrimmages. Shin guards required, please bring a water bottle. Gym

3:30-4:15pm	1/23-2/27	M	
	\$79		1063709
3:30-4:15pm	3/13-4/17	M	
	\$79		1063710

Kidz Love Soccer - Skillz & Scrimmages

Age 7-10

Gain insight into basics of attack, defense, goal tending & ball handling. Focus on techniques, tactics & physical fitness in a safe environment. Each class will focus on scimmages, sportsmanship & fair play. Develop outstanding dribbling skills & exceptional field vision & awareness. You will see dramatic improvement! Skillz & Scrimmages! Kidz Love Soccer Program. Shin guards are required. Please bring a water bottle. Gym

4:15-5:00pm	1/23-2/27	M	
	\$79		1063711
4:15-5:00pm	3/13-4/17	M	
	\$79		1063712

BASKETBALL LEAGUE



Dribble, Pass, Shoot & Score. It's a bucket! Build confidence & self-esteem in this non-competitive, entry level league held in a safe environment. Focuses on teamwork, passing, dribbling, and shooting in these

entry level games. Parent volunteers needed- please contact the community center to find out more. An information meeting will be held during the beginning of the first practice. T-shirt included. Maximum of 10 players per team. Later registrations accepted through the third practice. Games are held Fridays starting February 10 at SWCC. Game schedule provided at second practice. Cost is \$56.



PORTLAND PARKS & RECREATION™
Healthy Parks, Healthy Portland

Grades:K-2	Season: 1/31-3/17	Games begin 2/10
4:30-5:30pm	1/31-3/17	Tu F 1063817
4:30-5:30pm	1/31-3/17	Tu F 1063818
4:30-5:30pm	2/1-3/17	W F 1063819
4:30-5:30pm	2/1-3/17	W F 1063820

Global Adventures

A DISCOVERY-BASED EDUCATIONAL PRESCHOOL AT HILLSIDE COMMUNITY CENTER.

ABOUT THE PROGRAM

Hillside Community Center is dedicated to a multicultural preschool program through intertwining multicultural instruction and activities throughout the daily curriculum. Children are valued for their uniqueness and are taught, through examining other cultures, the importance of diversity in themselves and others. Multiculturalism is reflected in each classroom in daily activities and cultural celebrations.

Global Adventures Preschool will focus on the 7 continents of the world. We will choose countries within the continents and explore their culture through music, dance, books, games, crafts, cooking and educational fun-based activities.

- September – Childrens lives and culture
- October – North America
- November – Europe
- December – Cultural Holiday Celebrations
- January – Asia
- February – Antarctica
- March – South American
- April – Australia
- May – Africa

MISSION

Hillside Community Center is dedicated to providing a play-based, child-centered educational preschool program for ages 2- 5 years old. It is our goal to honor where each child is in his/her development and work to make individual goals to foster the individual child's growth and development. It is our belief that ALL children want to be successful and we are committed to providing guidance that supports each child and classroom.

ENROLLMENT

Age	Days Offered	Time	Fee	Ratio	Max class size	Teacher
2's	Tuesday/Thursday	9:30-12pm	\$250/mo	1:5	10	Ms. Birch
2's	Tuesday/Thursday	9:30-12pm	\$250/mo	1:5	15	Ms. Christa
3's	Monday/Wednesday/Friday	9-12pm	\$260/mo	1:7	7	Ms. Birch
3's	Monday/Wednesday/Friday	9-12pm	\$260/mo	1:7	14	Ms. Christa
4's	Mon/Wed/Fri	9-12pm	\$265/mo	1:8	16	Ms. Dana
4's	Mon/Tues/Thurs/Fri	9-12pm	\$340/mo	1:8	16	Ms. Dana
4's	Mon/Tues/Wed/Fri	9-12pm	\$340/mo	1:8	16	Ms. Dana
4's	Mon/Wed/Thurs/Fri	9-12pm	\$340/mo	1:8	16	Ms. Dana
4's	Monday - Friday	9-12pm	\$425/mo	1:8	16	Ms. Dana

PLAY BASED PROGRAMMING

Daily preschoolers will choose activities from a rich environment of centers. Centers include dramatic play, art, block play, math, science, and language arts. During center time, teachers will engage children in activities.

BEING GREEN AND HEALTHY

Our classrooms practice caring for our planet and encourage our youth to grow up to be stewards of the natural world. Our preschoolers frequently take nature walks with different goals of spotting plants, bugs, or flowers, take time to listen to the rain, or watch a bird at one of our feeders. Children will spend time with our composting system to enrich the learning garden we tend. In the classroom, we care for our planet by using reusable materials to limit our waste, and are mindful of our water consumption and electricity use. We support health consciousness by advocating for healthy snack options, using healthy ingredients when cooking, and promoting exercise.

For more information please contact Kristine Canham at (503) 823-3181 or Kristine.Canham@portlandoregon.gov.



RISE AFTERSCHOOL PROGRAM

Age 5-11

Dynamic afterschool program designed to enrich kids' lives focusing on health, nutrition and an active lifestyle! Experience the safety and supervision of a traditional afterschool program, including homework help and skill-building. In addition, kids gain knowledge in a variety of healthy food choices beginning with gardening and finishing with nutritious cooking projects. Get up and move and participate in stimulating activities such as dance, sports and group games. A fresh approach to life-long learning! Room 2

1057146	1-2 days per week \$25 per day
1057147	3 days a week \$242.25 per month
1057148	4-5 days per week \$323.25 per month

Register On-Line at PortlandParks.org

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.



Southwest Community Center
6820 SW 45th Ave
Portland, OR 97219

PortlandParks.org

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**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.