



PORTLAND PARKS & RECREATION™

Healthy Parks, Healthy Portland

PORTLAND PARKS & RECREATION

Activities for Winter 2017



Matt Dishman 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 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! Available for purchase at your local community center.

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

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

MATT DISHMAN COMMUNITY CENTER



77 NE Knott Street
Portland, OR 97212
503-823-3673

Building Director
Amourie Downing

Aquatics Coordinators
Larissa Doty, Evan Lilly, Christine Hickman

Coordinators
Harold Ridge, Autumn Montegna

Teen Services Coordinator
Yvette Mata

Bus Line
#4 Fessenden, #24 Fremont, #6 MLK, #44 Mocks Crest

Parking
Lot entrance off Knott Street

Disabled Accessible
Entrances, Parking, Restrooms, Pool

Hours
Monday – Thursday 5:30am – 9:00pm
Friday 5:30am – 8:00pm
Saturday 9:00am – 6:00pm
Sunday 10:30am – 6:00pm

Building Closures
November 24 Closed
December 24 Close at 3pm
December 25 Closed
December 31 Close at 3pm
January 1 Closed

Pool Closures
Jan 6, 13, 20, 27, Feb 3 Close at 5:30pm
Feb 10 Close at 3pm
Feb 11 Close at 12pm

ADMISSION FEES & PASS OPTIONS

Active Pass

The Active Pass provides ongoing access to all drop in pool activities, the hot tub, the fitness center and all Group Exercise classes. For your convenience, Active Passes will auto-renew each month. Simply pay your first monthly fee upon registering with a debit or credit card and all future monthly payments are deducted directly from that same debit or credit card.

The Active pass is the best option for someone who wants the flexibility to drop-in to a wide variety of classes, as well as being able to use the pool and fitness center at their convenience. This is also the most cost efficient option for individuals who plan to regularly work out 3 or more times per week.

**Active Passes are not eligible to receive scholarships.*

Active Pass Monthly Rates

	Monthly Fee
Adults (18-59)	\$32.50*
Seniors (60+)	\$26.00*
Teens (14-17)	\$26.00*
Youth (3-13)	\$19.50*
Family	\$53.75*
Couples	Ask

**These are City of Portland resident rates, please ask about non-resident rates.*

Visit Passes

They are a great option for those who plan to work out at Dishman only once or twice a week. In addition, visit passes are a great option for organizations who would like to bring a larger group of visitors (please call ahead). The cards provide unlimited day-use of the facility at a discounted rate.

	20 Visit Pass	10 Visit Pass
Adults (18-59)	\$85*	\$45*
Seniors (60+)	\$68*	\$36*
Teens (14-17)	\$68*	\$36*
Youth (3-13)	\$51*	\$27*

**These are City of Portland resident rates, please ask about non-resident rates*

1. Visit Passes provide a 10% (10 punch) or 15% (20 punch) discount off of the daily drop-in rate.
2. Visit Passes do not expire and are transferable between people of the same age group. Pass holders must be present at the time of scan.

Daily Drop-In

For the customer who is just looking to work out with a friend who has a pass. The drop-in fee allows you one-time access to the fitness room, pool, and group exercise classes for the day.

1. Daily Drop-In fee includes access for one date only.
2. If re-entry on the same date is desired, receipt must be requested at time of original transaction.

	Fee
Adults (18-59)	\$5
Seniors (60+)	\$4
Teens (14-17)	\$4
Youth (3-13)	\$3.25
Tots (0-2)	Free

DROP-IN ACTIVITIES

Parent / Child Drop-in

	Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
Indoor Park \$1.00, age: 5 & under w/ an adult				9:00-11am			

Open Gym & Fitness Center

	Mon	Tue	Wed	Thur	Fri	Sat	Sun
Youth Open Gym (20 & Under) FREE	6-8am 2:30-5pm 7-9:00pm	6-8am 2:30-5pm 7-9:00pm	6-8am 2:30-4:00pm	6-8am 2:30-4:00pm 7-9:00pm	6-8am 2:30-8pm	1:30-6pm	12:30-6pm
					8-10pm Teen Basket- ball		
Adult Open Gym \$5 Drop-in	8am-2pm	8am-2pm	12-2pm	8am-2pm	8am-2pm		10:30- 12:30pm 18+
**Fitness Center	5:30am- 9:00pm	5:30am- 9:00pm	5:30am- 9:00pm	5:30am- 9:00pm	5:30am-8pm	9:00:00am- 6pm	10:30am-6pm

OPEN BASKETBALL - YOUTH

Work off that pent up energy after a day at school! Get in shape, improve your sportsmanship & learn respect for others.

FITNESS CENTER

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

OPEN BASKETBALL - ADULT

Regular physical activity is one of the very best methods of health insurance! Come exercise, boost your energy level & relieve stress.

**Teens, 14-17 yrs old, must have a release form on file with parent/guardian permission. Stop by the front desk to pick up form.

MATT DISHMAN COMMUNITY CENTER AND POOL

FEES: City of Portland Resident Fees

	Drop-In-Visit	Active Pass**	10-Punch Card	20-Punch Card
Adults (18-59 yrs)	\$5.00	\$32.50	\$45.00	\$85.00
Seniors (60+ yrs)	\$4.00	\$26.00	\$36.00	\$68.00
Teens (14-17 yrs)	\$4.00	\$26.00	\$36.00	\$68.00
Youth (3-13 yrs)*	\$3.00	\$19.50	\$27.00	\$51.00
Toddlers (0-2 yrs)	FREE	FREE	FREE	FREE
Family	N/A	\$53.75	N/A	N/A

*NOTE: Passes valid only at Matt Dishman Community Center and Pool. Admission includes use of the following drop-in amenities on a first-come, first-served basis during scheduled times. Open Play Swim (children under 48" tall must be accompanied in the water by an adult) Parent/Preschool Swim, Family Swim (all youth 17 years and under must be accompanied in the water by an adult), Lap Swim, Water Fitness, Whirlpool/Spa (must be age 16 & over), Fitness Room (must be age 14 & over), Basketball.

**Active Passes will auto-renew each month. Simply pay your first monthly fee upon registering, and all future monthly payments are deducted directly from your debit or credit card.

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

MATT DISHMAN COMMUNITY CENTER



GROUP EXERCISE CLASSES

These classes are all part of our Group X amenities here at Matt Dishman! All of them are included with your daily drop in fee or any fitness pass! Try some of our group exercise classes today! All of our group exercise classes are ongoing, so you are assured consistency in your workout program.

Yoga – Premier

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.

Yoga – Beginning

Discover the centuries-old practice of posture & breathing started in India. Increase strength & flexibility while relieving stress & tension. An excellent way to learn to gauge & meet the ever-changing needs of mind & body.

Yoga – Intermediate

Continue & expand your fitness level, strength & flexibility through traditional yoga poses. Some inverted positions, requiring previous experience, add to the challenge. Lifelong leisure skills develop in combination with new abilities & an increased sense of well-being.

Yoga – All Levels

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.

Zumba Fitness

Experience one of the fastest growing, dance-based fitness crazes in the country! People of all ages are falling in love with its infectious music, easy-to-follow dance moves, & body-beautifying benefits. Routines combine fast & slow rhythms to achieve a balance of cardio & muscle-toning benefits. A dynamic, exciting & effective workout! Move fast & have fun!

Zumba Gold

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 & an invigorating atmosphere. Build cardiovascular health by challenging the heart & working the muscles of the hips, legs & arms. It's a dance-fitness class that feels friendly & fun!

Boot Camp Fitness

It's never too late to get into shape! Time to jumpstart that metabolism! Tone up those muscles, increase energy levels & improve cardiovascular capabilities. Use simple, effective, fundamental exercises designed to push you farther than you would push yourself! A traditional mix of callisthenic & body weight workouts that build core strength, increase flexibility, & relieve stress. Couch potatoes & athletes alike can benefit from this intensely exciting way to get fit. Fun work & hard play...a results driven experience!

Pilates Mat

These 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.

GROUP EXERCISE CLASSES

	Mon	Tue	Wed	Thur	Fri	Sat	Sun
Boot Camp Fitness			5:30-6:30pm Granville			11:15-12:15pm Pierce	
Pilates Mat		6:30-7:30pm Tromposh	10-11am Tromposh		11:15-12:15pm Tromposh		
Yoga- Premier				10:15-11:15am 11:30-12:30pm Doyle			
Yoga- Beginning		10-11:15am Harris					
Yoga- Intermediate		11:30am-12:45pm Harris					
Yoga- All Levels	12-1pm Hanson		12-1pm, 1-2pm Medi- tation Carver		10-11am Hanson		11:15-12:30pm Leigh
Yoga- Special	Yoga Gentle, 10:15-11:30am Cramer		Yoga Gentle, 10:15-11:30am Cramer		Yoga Chair, 11am-12pm Cramer		
ZUMBA Fitness		5:30-6:30pm Myers		5:30-6:30pm Myers		9:30-10:30am Myers	
ZUMBA Gold	9-10am Cummins		9-10am Cummins		9-10am Cummins		
ZUMBA Toning		9-10am Jones					
Hip Hop Cardio							4pm-5:30pm McKinney

PERSONAL TRAINING

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

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

Contact our front desk for a PAR-Q (Physical Activity Readiness) form; complete & return, pick a trainer, register & pay. Trainer will contact you to set up an appointment. For more information call 503-823-3673.

Single Session

\$45 – 1 hour session

Package Deals

\$110 – 3 hrs

\$200 – 6 hrs

PERSONAL TRAINERS



Garland Brown

Specializes in strength building.



Chuck Amato

Specializes in Post Disability Fitness, serving clients with strokes & major accidents.



Educational Preschool Program 2016-2017 SCHOOL YEAR

EDUCATIONAL PRESCHOOL

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

Kids Space – Discover and Explore!

Age 3

Child must be 3 years old by September 1, 2017

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

\$125 per month if paid by the 4th, \$145 per month if paid between the 5th-15th.

Tu and Th / 12:30-3:30pm

Preschool

Age 3

Child must be 3 years old by September 1, 2017

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

\$125 per month if paid by the 4th, \$145 per month if paid between the 5th-15th.

Tu and Th / 9:00am-12pm



Call 503-823-3163 for more information about the upcoming 2017-18 school year.

Registration is first-come, first served.

Pre Kindergarten

Age 4

Child must be 4 years old by September 1, 2017

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.

\$155 per month if paid by the 4th, \$175 per month if paid between the 5th-15th.

M,W,F / 9:00am-12:00pm

Pre Kindergarten, Afternoon

Age 4

Child must be 4 years old by September 1, 2017

\$155 per month if paid by the 4th, \$175 per month if paid between the 5th-15th.

M,W,F / 12:30-3:30pm

ADULT / CHILD

Adult must attend

Messy Art - Little Picassos

Age 1-6

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

10:30-11:00am	1/10-2/7	T	
	\$17.50		1063502
10:30-11:00am	1/12-2/9	Th	
	\$17.50		1063504
10:30-11:00am	2/14-3/14	T	
	\$17.50		1063503
10:30-11:00am	2/16-3/16	Th	
	\$17.50		1063505

Ballet - Terrific Twirling 2's & 3's

Age 2-5

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. Classroom A

10:30-11:00am	1/14-2/11	Sa	
	\$22		1063487
10:30-11:00am	2/18-3/18	Sa	
	\$22		1063488

Movement - Baby Boogie

Age 1-4

Wiggle & giggle with rhythmic movement. A variety of dance skills & styles taught through nursery rhymes incorporated with play. Large motor skills & body awareness are the first steps towards a lifelong love of dance. Movin' & groovin'! Classroom A

9:30-10:00am	1/10-2/7	Tu	
	\$22		1063506
9:30-10:00am	2/14-3/14	Tu	
	\$22		1063507
9:15-9:45am	1/14-2/11	Sa	
	\$22		1063508
9:15-9:45am	2/18-3/18	Sa	
	\$22		1063509

Soccer - You & Me

Age 1½-3

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! Gym

10:40-11:10am	1/11-2/8	W	
	\$25		1063090
10:40-11:10am	2/15-3/15	W	
	\$25		1063111

Sports Mix - Gym Babies

Age 1½-2

Crawl this way! No need to worry about little ones exploring in our clean, safe & soft environment. Playful & challenging activities gently encourage your child to develop strength, coordination & body awareness. One-on-one interaction builds trust between baby & parent. Let's get started! Gym

9:30-10:00am	1/11-2/8	W	
	\$25		1063091
9:30-10:00am	2/15-3/15	W	
	\$25		1063112

Sports Start - Balls! Balls! Bonanza

Age 1½-3

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! Gym

10:05-10:35am	1/11-2/8	W	
	\$25		1063092
10:05-10:35am	2/15-3/15	W	
	\$25		1063113

PRESCHOOL CAMP

Spring Break Friends Camp - Kindergarten Readiness

Age 3-6

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

9:00-12:00pm	3/27-3/31	M-F	
	\$56		1063755
12:30-3:30pm	3/27-3/31	M-F	
	\$56		1063756



FAMILY NIGHT Jan 20, Feb 17 & March 17

The perfect way to spend quality time together at the end of the week! We provide a variety of family friendly activities, all FREE! Check with us for upcoming family night details...From arts & crafts, face painting, family movie or family swim, join us for Family Night!

MATT DISHMAN COMMUNITY CENTER



PRESCHOOL

Adult must attend

Cooking - Let Food Be Fun!

Age 3-6

Put on your apron & step into the kitchen! Experiment with simple recipes as a generous portion of learning opportunities are served up with a measure of pleasure. Safety is stressed & eye-hand coordination & dexterity improve through lifelong skills. Craft Room

12:15-1:00pm	1/12-2/9	Th
	\$26	1063489
12:15-1:00pm	2/16-3/16	Th
	\$26	1063490

Hip Hop - Tiny Hip Hoppers

Age 4-6

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

3:15-3:45pm	1/11-2/8	W
	\$22	1063499
3:15-3:45pm	2/15-3/15	W
	\$22	1063500

Terrific Twirlings 2's & 3's

Age 2-6

Calling all preschoolers! Explore the very basic techniques in tumbling, ballet & jazz. Using 'danceable activities' improve coordination, flexibility, rhythm & body awareness. Classroom A

10:15-10:45am	1/10-2/7	Tu
	\$22	1063510
10:15-10:45am	2/14-3/14	Tu
	\$22	1063511

PreBallet - 'Princes & Princesses'

Age 3-6

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! Classroom A

11:00-11:30am	1/10-2/7	Tu
	\$22	1063525
11:00-11:30am	2/14-3/14	Tu
	\$22	1063526

PreBallet - Starting Steps!

Age 4-7

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. Classroom A

10:30-11:00am	1/14-2/11	Sa
	\$22	1063529
10:30-11:00am	2/18-3/18	Sa
	\$22	1063530

PreBallet - Starting Steps & More!

Age 5-8

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

Classroom A

11:15-12:00pm	1/14-2/11	Sa
	\$33	1063527
11:15-12:00pm	2/18-3/18	Sa
	\$33	1063528

Basketball - Junior Team Play

with John Thompson

Age 4-7

Get ready for league play! Sharpen up your game with conditioning & scrimmages to develop strength, coordination & teamwork. Emphasis on ball handling, shooting techniques & footwork. Be ready when the first tip-off is thrown- dribble, pass, shoot & score! Gym

9:15-10:15am	1/14-3/18	Sa
	\$52.25	1063126
10:15-11:15am	1/14-3/18	Sa
	\$52.25	1063127

Soccer - Jump Start

Age 3-6

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!

11:15-11:45am	1/11-2/8	W
	\$25	1063089
11:15-11:45am	2/15-3/15	W
	\$25	1063110

Basketball - Biddy Ball League

Do you have a little one that longs to be a basketball star? Let them start with us! Boys & girls discover the importance of social skills in sports rather than competition. Shooting, passing, dribbling & coordination skills will be practiced. Participants end up with invaluable skills & a sense of accomplishment. 8-ft hoops used. Gym

Age 5-8

5:00-6:00pm	1/9-3/13	M
	\$76	1063118
6:00-7:00pm	1/11-3/15	W
	\$95	1063122

Age 7-10

5:00-6:00pm	1/10-3/14	Tu
	\$95	1063119
5:00-6:00pm	1/12-3/16	Th
	\$95	1063124

Age 9-12

6:00-7:00pm	1/10-3/14	Tu
	\$95	1063120
7:00-8:00pm	1/11-3/15	W
	\$95	1063123
6:00-7:00pm	1/12-3/16	Th
	\$95	1063125

BASKETBALL LEAGUE



Dribble, shoot, and sink the shot! Build confidence & self-esteem in this non-competitive, entry level league held in a safe environment. Focuses on teamwork, passing, dribbling, and shooting in

these entry level games. Parent volunteers needed- please contact the community center to find out more. An information meeting will be held during the beginning of the first practice. T-shirt included.

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

Season: 1/30-3/17

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

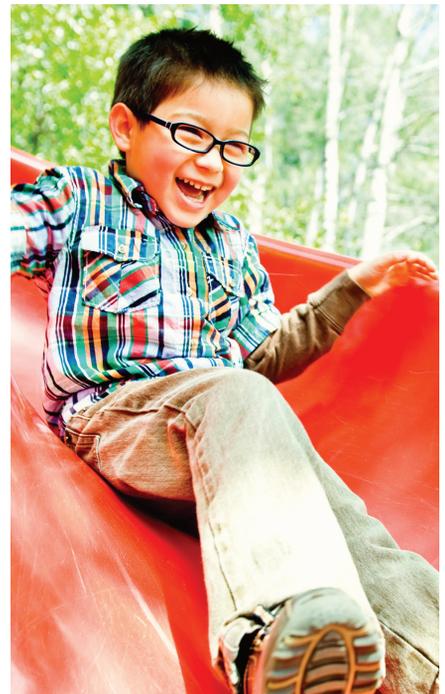
Games begin 2/10



PORTLAND PARKS & RECREATION™
Healthy Parks, Healthy Portland



Practice at CJCC Gym
Practice at MDCC Gym
Practice at SJCC Gym
Practice at PPCC
Practice at CJCC Gym
Practice at CJCC Gym
Practice at MDCC Gym
Practice at MDCC Gym
Practice at SJCC Gym
Practice at SJCC Gym
Practice at PPCC



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-itsstartshere.org

MATT DISHMAN COMMUNITY CENTER



YOUTH

Ballet - Basics

Age 6-12

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

Classroom A

12:15-1:15pm	1/14-2/11	Sa
	\$39	1063485
12:15-1:15pm	2/18-3/18	Sa
	\$39	1063486

Dance - Hip Hop: Basics

Age 7-12

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

Classroom A

3:45-4:45pm	1/11-2/8	W
	\$26	1063492
3:45-4:45pm	2/15-3/15	W
	\$26	1063493

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. Craft Room

6:30-7:30 pm	1/2-1/30	M W
	\$50	1063093
6:30-7:30 pm	2/1-2/27	M W
	\$50	1063114
6:30-7:30 pm	3/1-3/29	M W
	\$50	1063375

Basketball - Team Play

with John Thompson

Age 7-11

Get ready for league play! Sharpen up your game with conditioning & scrimmages to develop strength, coordination & teamwork. Emphasis on ball handling, shooting techniques & footwork. Be ready when the first tip-off is thrown- dribble, pass, shoot & score! Gym

11:15-12:15pm	1/14-3/18	Sa
	\$52.25	1063128

Basketball - Team Play

with John Thompson

Age 9-14

Get ready for league play! Sharpen up your game with conditioning & scrimmages to develop strength, coordination & teamwork. Emphasis on ball handling, shooting techniques & footwork. Be ready when the first tip-off is thrown- dribble, pass, shoot & score!

12:15-1:15pm	1/14-3/18	Sa
	\$52.25	1063129

HIGH SCHOOL / 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! Auditorium

7:45-8:45pm	1/9-3/13	M
	\$48	1063491

Dance - Rhythms Of Africa

Age 14 & Up

Just as the heart beats the pulse of life, the mind & body respond to music! The drums provide the beat- you express the emotions. Discover a cultural heritage while increasing coordination, balance, strength & physical fitness. Auditorium

7:30-9:00pm	1/10-2/7	Tu
	\$50	1063494
7:30-9:00pm	2/14-3/14	Tu
	\$50	1063495

**Boxing - Advanced Bootcamp
Age 17 & Up**

This very high intense workout packs a punch! Exercise, condition & reduce stress using footwork skills, body movements, & equipment such as jump ropes, speed, heavy, & double-end bags. Increase your cardio vascular, agility & core training. A great way to prepare for a marathon!

Boxing Room

9:00-10:15am	1/7-1/28	Sa	
	\$48	1063372	
9:00-10:15am	2/4-2/25	Sa	
	\$48	1063373	
9:00-10:15am	3/4-3/25	Sa	
	\$48	1063384	

**Boxing Fitness For Women
Age 17 & Up**

Step inside the ring for an exciting workout. Punch the heavy bags, jump rope, strike the speed bag & fancy footwork helps to reduce stress, increase endurance, burn calories & build strength through this non-contact activity. Boxing Room

5:00-6:00pm	1/2-1/30	M	
	\$60	1063374	
5:00-6:00pm	2/6-2/27	M	
	\$48	1063539	
5:00-6:00pm	3/6-3/27	M	
	\$48	1063540	
6:00-7:00pm	1/2-1/30	M	
	\$60	1063080	
6:00-7:00pm	2/6-2/27	M	
	\$48	1063102	
6:00-7:00pm	3/6-3/27	M	
	\$48	1063541	
7:00-8:00pm	1/2-1/30	M	
	\$60	1063081	
7:00-8:00pm	2/6-2/27	M	
	\$48	1063101	
7:00-8:00pm	3/6-3/27	M	
	\$48	1063542	
8:00-9:00pm	1/2-1/30	M	
	\$60	1063085	
8:00-9:00pm	2/6-2/27	M	
	\$48	1063106	
8:00-9:00pm	3/6-3/27	M	
	\$48	1063543	
5:00-6:00pm	1/3-1/31	Tu	
	\$60	1063082	
5:00-6:00pm	2/7-2/28	Tu	
	\$48	1063103	
5:00-6:00pm	3/7-3/28	Tu	
	\$48	1063547	
6:00-7:00pm	1/3-1/31	Tu	
	\$60	1063083	
6:00-7:00pm	2/7-2/28	Tu	
	\$48	1063104	
6:00-7:00pm	3/7-3/28	Tu	
	\$48	1063549	
7:00-8:00pm	1/3-1/31	Tu	
	\$60	1063084	
7:00-8:00pm	2/7-2/28	Tu	
	\$48	1063105	
7:00-8:00pm	3/7-3/28	Tu	
	\$48	1063552	
8:00-9:00pm	1/3-1/31	Tu	
	\$60	1063086	
8:00-9:00pm	2/7-2/28	Tu	
	\$48	1063107	
8:00-9:00pm	3/7-3/28	Tu	
	\$48	1063553	



A GREAT PLACE TO WORK

Help build your community, work for Portland Parks!

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

MATT DISHMAN COMMUNITY CENTER



WHAT ARE YOU A #FORCEOF?

TEEN FORCE

Dance- Hip Hop Teen Age 10-20

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

7 :00-8:30pm 1/14-3/18 Th Sa
FREE 1063784

Boxing Fitness For Young Women Age 10-20

Step inside the ring for an exciting workout. Punch the heavy bags, jump rope, strike the speed bag & fancy footwork helps to reduce stress, increase endurance, burn calories & build strength through this non-contact activity.

7 :00-9:00pm 1/12-3/16
FREE 1063763



search for
TeenForce or Forceof

Boxing Personal Power Beginner Age 10-20

Want to float like a butterfly? Sting like a bee? Meet with an experienced trainer & improve footwork skills, hand speed & body movements using equipment such as speed bags, heavy bags & jump ropes. Increase fitness, agility & self-defense skills. Boxing Room

4 :00-5:00pm 1/9-3/16 M-Th
FREE 1063764

QtQ Age 15-18

Find support, solidarity & fun with programming specially designed to support LGBTQ youth and allies! During the week, youth have access to enrichment activities such as art projects, homework help, college application assistance & empowerment/conflict resolution skill building in a safe & welcoming space. Delicious meal provided! Youth do not need to identify to participate & youth with LGBTQ family and/or friends are welcome to join!

4:00-7:00pm 1/12-3/16 Th
FREE 1063785

You Go Girls! Age 11-13

Do you want to have fun & be fabulous? Join a girl's empowerment program that emphasizes a creative environment, promotes structure, accountability, self-respect & self-acceptance. Be fierce & fabulous, join now!

3:00-5:00pm 1/12-3/17 Th F
FREE 1063767



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

Teen Advisory Council

Age 11-17

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 teen program.

6:00-7:00pm 1/11-3/15 W
FREE 1063783

Self Defense

Age 10-20

Increase self-confidence learning to defend yourself in a supportive atmosphere. Discover powerful & effective verbal & physical self-protection strategies. Practice techniques for handling peer pressure & bullies & prevention techniques for avoiding date violence.

5:30-6:30pm 1/11-3/15 W
FREE 1063779

TEEN F/X AGES 11-17

Drop-in Fridays, 8:00-10:00pm
Free

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

INTERGENERATIONAL - MUSIC

Music - Banjo

Age 7 & Up

Discover the only American folk instrument, played by Pete Seeger, Earl Scruggs & Ralph Stanley! Explore styles such as bluegrass, flailing or Dixieland, accompanying singing or playing solo. Develop manual dexterity while mastering different ways to mix melody & rhythm. Registrations for 30 minute private lessons taken through Matt Dishman Community Center only. Please call 503-823-3163.

2:30-7:00pm 1/9-3/20 M
\$130.50
5:00-7:30pm 1/11-3/22 W
\$159.50

Music - Guitar

Age 6 & Up

One-on-one instruction gives you the individual attention you need to help you develop musical skills. It's never too late to learn to play an instrument or to further your music education. Instructor, Don Beadling, has been a favorite with PP&R guitar and bass students for over 14 years. Don teaches both acoustic and electric guitar and a wide variety of musical styles ranging from metal, jazz, acoustic finger picking styles & bluegrass. Register for your 30 minute private lesson today! Please call 503-823-3163.

2:30-7:00pm 1/9-3/20 M
\$130.50
5:00-7:30pm 1/11-3/22 W
\$159.50
3:30-7:30 pm 1/12-3/23 Th
\$159.50

Music - Mandolin

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!

2:30-7:00pm 1/9-3/20 M
\$130.50
5:00-7:30pm 1/11-3/22 W
\$159.50

Music - Piano

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!

2:30-7:00pm 1/9-3/20 M
\$130.50 1063517
5:00-7:30pm 1/11-3/22 W
\$159.50

To register for music lessons call
503-823-3163



MATT DISHMAN COMMUNITY CENTER

Teen Services Coordinator: Yvette Mata

- From San Antonio, Texas
- As a teen I was studious
- My tunes growing up were: Miseducation by Lauryn Hill and anything Selena
- My jam today is: Blessings by Chance the Rapper
- Words to live by- My favorite quote: "Caminante, no hay puentes, se hace puentes al andar."-Gloria Anzaldua "Voyager, there are no bridges, one builds them as one walks."-Gloria Anzaldua
- I would be voted "Most likely to...": move to another country!
- If I could choose a super power, it would be: Tim Duncan
- If I were a professional athlete, I would play: for the San Antonio Spurs (Go Spurs Go!)

MATT DISHMAN COMMUNITY CENTER



INTERGENERATIONAL - MUSIC

Music - Ukulele

Age 6 & Up

This happy little stringed instrument enables you to sing & play songs with chords & strumming techniques. The uke gives more 'smileage' per tune, even for beginners. More popular than ever, discover why many musicians are embracing this joyful sound. Enjoy one-on-one instruction with one of our qualified instructors.

2:30-7:00pm	1/9-3/20	M
	\$130.50	
5:00-7:30pm	1/11-3/22	W
	\$159.50	

Music - Violin

Age 6 & Up

Focus on playing pieces, building technique, reading music & ear training while developing abilities through songs & exercises. Working at your own pace, explore an instrument equally at home in bluegrass or classical music. Musical study expands one's appreciation as a listener as well. Registration for 30 minute private lessons taken only through Matt Dishman Community Center. Please call 503-823-3163 for available lesson times.

2:30-7:00pm	1/9-3/20	M
	\$130.50	
5:00-7:30pm	1/11-3/22	W
	\$159.50	

To register for music lessons call
503-823-3163

ADULT 60+

Drawing - Colored Pencil Techniques

Age 60 & Up

The beauty of drawing is, it takes pencils, paper & a few tools & you're on your way. Be amazed at the vivid colors, variety of methods & little tricks used to create rich, realistic drawings. Craft Room

12:00-2:00pm	1/10-2/7	Tu
	\$33	1063497
12:00-2:00pm	2/14-3/14	Tu
	\$33	1063498

Painting - Acrylics

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! Craft Room

12:00-2:00pm	1/9-2/6	M
	\$26.40	1063523
12:00-2:00pm	2/13-3/13	M
	\$26.40	1063524

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. Auditorium

1:00-2:00pm	1/12-3/16	Th
	\$37.50	1063501

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.)*

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



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



Smoke and tobacco-free parks help keep kids healthy.

Let's get out and play!



multco-itstartshere.org



portlandparks.org

MATT DISHMAN COMMUNITY CENTER



AQUATICS

January 3 - March 27

HOURS

Mon-Fri 5:30am- 9:00pm

Sat 9:00am- 6:00pm

Sun 10:30am- 6:00pm

CLOSURES AND SPECIAL HOURS

Dec 24, Christmas Eve Day

Open 9:00am- 3:00pm

Dec 25, Christmas Day

Closed

Dec 31, New Years Eve Day

Open 9:00am- 3:00pm

Jan 1, New Years Day

Closed

Jan 6

Closed after 5:30pm Closed for Swim Meet

Jan 13

Closed after 5:30pm Closed for Swim Meet

Jan 20

Closed after 5:30pm Closed for Swim Meet

Jan 27

Closed after 5:30pm Closed for Swim Meet

Feb 3

Closed after 5:30pm Closed for Swim Meet

Feb 10

Closed after 3:00pm Closed for Swim Meet

Feb 11

Closed after 12:00pm Closed for Swim Meet

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

OPEN PLAY SWIM

Monday and Wednesday

7:30-9:00pm *beginning 2/20*

Friday - Teen Only

8:00-9:00pm *beginning 2/17*

Saturday

2:00- 6:00pm

Sunday

1:30- 3:00pm

FAMILY SWIM

Children under 18 years of age must be supervised by a parent or guardian in the water.

Monday - Thursday

12:00- 4:20pm

Friday

9:00am-5:30pm

9:00am-5:30pm beginning 2/17

Saturday

12:00pm- 2:00pm

Sunday

10:30am - 1:30pm

LAP SWIM - LANES VARY

Monday - Friday

5:30am- 4:00pm

6:05pm- 7:30pm

6:05pm - 8:00pm beginning 2/20

Saturday

12:00-6:00pm *

Sunday

10:30am-3:00pm*

**During Open Swims, Lap Swim space will be limited to 2 lanes)*

TWILIGHT LAP SWIM

Tuesday / Thursday

8:00- 9:00pm- Lanes Vary *beginning 2/21*

Lap Swim: We will make every attempt to have 1-2 lap lanes available, at all times, for adult lap swimmers. Up to 5 lanes will be available at designated times, call 503-823-3673 for a complete schedule of lap lanes available during operating hours.

PAC (Portland Aquatic Club)

Mon-Fri 4:00-6:00pm

PIL

Mon-Fri 7:35-9:00pm (Nov 14-Feb 17)

WATER FITNESS SCHEDULE

MON	TUES	WED	THURS	FRI	SAT
6:00- 6:55am Aquaerobics and Aquapower	6:00- 6:55am AquaPower	6:00- 6:55am Aquaerobics and Aquapower	6:00- 6:55am AquaPower	6:00- 6:55am Aquaerobics and Aquapower	
7:00- 9:15am 11:15am- 12pm Aquaerobics/ Aquapower					
9:15- 10:10am Aquaerobics and Aquapower	9:15- 10:10am Aquaerobics and Aquapower	9:15- 10:10am Aquaerobics and Aquapower	9:15- 10:10am Aquaerobics and Aquapower	9:15- 10:10am Aquaerobics and Aquapower	9:10- 10:05am Aquaerobics and 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	10:10- 11:05am Aquaerobics
6:05- 7:00pm Aquapower	6:05- 7:00pm Pregnancy Fitness	6:05- 7:00pm Aquapower	6:05- 7:00pm Pregnancy Fitness	6:05- 7:00pm Aquapower (begins 2/17)	

INSTRUCTIONAL SWIM TIMES

Monday & Wednesday

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

Morning Classes

9:00- 9:30
9:40- 10:10
10:20- 10:50

Afternoon/Evening Classes

4:30- 5:00
5:05- 5:35
5:40- 6:10
6:15- 6:45
6:50- 7:20

Tuesday & Thursday

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

Morning Classes

9:00- 9:30
9:40- 10:10
10:20- 10:50

Afternoon/Evening Classes

4:30- 5:00
5:05- 5:35
5:40- 6:10
6:15- 6:45
6:50- 7:20

Saturday

- Jan 14- Mar 18 (10 lessons)

Morning Classes

9:10- 9:40
9:45- 10:15
10:20- 10:50
10:55- 11:25
11:30- 12:00

Sunday

- Jan 15- Mar 19 (10 lessons)

Evening Classes

3:05- 3:35
3:40- 4:10
4:15- 4:45
4:50- 5:20
5:25- 5:55
5:00- 6:00 or 6:00- 7:00- Blue Makos

Private & Semi-Private Lessons

6:00- 6:30
6:35- 7:05

FEATURES INCLUDE

- Indoor year-round
- L-Shaped 6 lane 25-yard lap swimming pool heated to 84 degrees, water depth 2-12 feet.
- One meter diving board.
- Whirlpool spa heated to 102 degrees
- Program offerings: swim lessons, lap swim, water fitness classes and recreational play swims



POOL RENTALS AND PARTY PACKAGES

Rentals available on Saturday and Sunday evenings. Party packages available during Family & Open Swim. For more information visit <https://www.portlandoregon.gov/parks/60615> or call 503-823-3179.

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.



6433 NE Tillamook Street
Portland, Oregon 97213

PortlandParks.org

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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.