



PORTLAND PARKS & RECREATION™

Healthy Parks, Healthy Portland

# PORTLAND PARKS & RECREATION

## Activities for Winter 2017



Mt. Scott Community Center

**REGISTRATION BEGINS NOVEMBER 21, 2016**

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

Commissioner Amanda Fritz  
Director Mike Abbaté



In compliance with Civil Rights laws, it is the policy of the City of Portland that no person shall be excluded from participation in, denied the benefits of, or be subjected to discrimination in any City program, service, or activity on the grounds of race, color, national origin, or disability. To help ensure equal access to City programs, services, and activities, the City of Portland reasonably provides: translation and interpretation services, modifications, accommodations, auxiliary 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](mailto:jane.doyle@portlandoregon.gov)). If necessary, use City TTY 503-823-6868, or use Oregon Relay Service: 711.

# LOVE WHERE YOU LIVE. LOVE WHAT YOU GIVE.

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



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

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

Drop-in programming can include fitness centers, group exercise classes, open play swim, lap swim, water aerobics, adult basketball and volleyball, and more! Purchase at any community center or online at [PortlandParks.org](http://PortlandParks.org).

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

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

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



PORTLAND PARKS & RECREATION™

Healthy Parks, Healthy Portland



# WHAT ARE YOU A #FORCEOF ?

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

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

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

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

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



search for  
TeenForce or Forceof



PORTLAND PARKS & RECREATION™  
Healthy Parks, Healthy Portland

CONFIDENCE | TEAMWORK | GROWTH | SPORTSMANSHIP



# 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](http://portlandoregon.gov/parks/parkstars)

Team shirt included for all players

- OPTIONS VARY BY SITE -

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

# MT. SCOTT COMMUNITY CENTER



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

**Building Director**  
Craig Vanderbout

**District Aquatics Coordinator**  
Adam McGowan

**Aquatics Coordinators**  
Jamie Burrows, Steve Kavanagh

**Recreation Coordinators**  
Katie Carlson, Dave Synder

**Teen Services Coordinator**  
Ryan Fitzpatrick

**Bus Line**  
#10 Harold, #14

**Parking**  
Lot entrance off SE Harold and SE 73rd Avenue

**Disabled Accessible**  
Entrances, Parking, Restrooms, Pool

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

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

## INDOOR PARK

### Age 2-3

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

## ADULT / CHILD

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

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

### Messy Art - Little Picassos

#### Age 1½-4

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

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

### Music - Baby Sing Along

#### Age 9mo-2

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

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

### Music, Marching & Make Believe Age 2-3

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

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

### Baseball - Tiny Tots

#### Age 1½-3

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

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

### Basketball - Tiny Tots

#### Age 1½-3

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

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

### Gymnastics - You & Me

#### Age 1½-2½

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

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

## Gymnastics - Jump Start

### Age 2-3

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

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

## Soccer - Tiny Tots

### Age 1½-3

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

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

## Sports Mix & Match: All Sorts of Sports

### Age 1½-3

Toss, chase & pop! Explore things that go up & come down! Together, you & your child discover activities & movements that increase eye-hand coordination, gross motor skills, balance & social interaction. Catch it! Toss it! You got it! Gym (W)

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

## Sports Mix - Little All Stars

### Age 1½-3

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

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

## 2017-2018 EDUCATIONAL PRESCHOOL PROGRAM

### Prepare your child for Kindergarten!

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

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

*\$35 Non-Refundable Registration Fee*

### Preschool - Pre Kindergarten Age 4-5

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

Preschl Rm

R. Palmersheim

M W F

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

M W F

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

### Preschool Ages 3-4

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

I love school!

Preschl Rm

R. Palmersheim

Tu Th

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

Tu Th

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

## OPEN REGISTRATION BEGINS FEBRUARY 21

## FACILITY FEATURES

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



## PARDON OUR DUST

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

# MT. SCOTT COMMUNITY CENTER



## DROP-IN INFORMATION

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

\*\*Hours Subject to change\*\*

## DROP-IN ACTIVITY DESCRIPTIONS

### Open Play Swim - All ages

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

### Non-swimmers and children under 48"

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

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

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

### Daycare/Group Ratios

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

Please follow the group ratios below:

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

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

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

### Family Swim - All ages

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

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

### Parent / Preschool Swim

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

### Lap Swim

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

### Lap Swim Etiquette

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

### Current Channel

Walk against the current in the Current Channel for an excellent cardiovascular workout. No instructor. During Parent/Preschool swims, please use Current Channel with caution.

### Basketball - Open Youth Age 17 and under

All youth must be registered in this program with parent/guardian consent on file and sign the code of conduct prior to play. Free!

### Basketball - All ages

Crunch games at each basket or half court games.

### Basketball - Open Adult

Must be 18yrs or older. Photo ID is required. Limited to 40 players. 10 minute 4 on 4 half court games. A non-paying adult spectator must attend children.

### Basketball - Age 30 and up

Must be 30yrs or older. Photo ID is required. Limited to 40 players. 10 minute 4 on 4 half court games. A non-paying adult spectator must attend children.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open Play Swim</b> Children under 48" in height must be accompanied by an adult in the water * Leisure Pool Only.		7-8:30pm*		7-8:30pm*	4-8:30pm*	1-6pm Lap & Leisure	Lap 1-3:20pm Leisure 1-4:20pm
<b>Family Swim</b> Children 17 & under must be accompanied by an adult in the water. Slide not available M-Th. *Leisure Pool Only.	11:30am-1pm*	11:30am-1pm*	11:30am-1pm*	11:30am-1pm*	11:30am-1pm*	12noon-1pm*	12noon-1pm*
<b>Parent/Preschool Swim</b> Children 5 & under, accompanied by an adult in the water. Slide not available. *Leisure Pool Only.	9-11:30am*		9-11:30am*		9-11:30am*		
<b>All Ages Lap Swim</b> Number of lanes varies * Not held on School Out Days See page 21	5:30-9am 1-4:30pm 6-8:30pm	5:30-11:30am 1-4:30pm 6-7pm	5:30-9am 1-4:30pm 6-8:30pm	5:30-11:30am 1-4:30pm 6-7pm	5:30-9am 1-4pm	7am-12noon	4:20-5:30pm
<b>Adult Lap Swim</b> 18yrs and up. Number of lanes varies.	9am-1pm	11:30am-1pm 7-8:30pm	9am-1pm	11:30am-1pm 7-8:30pm	9-11am 4-8:30pm	12noon-6pm	12noon-4:20pm
<b>Current Channel Walk</b>	9-11:30am	9-11:30am	9-11:30am	9-11:30am	9-11:30am		
<b>Basketball – Open Youth***</b> Ages 8-18/Registration required.	3-4:45pm	3-5pm	3-4:45pm	3-5pm			
<b>Basketball – All Ages***</b>							3:30-5pm
<b>Basketball – Open Adult</b> 18 & up (Photo ID required)	12-2pm	7:30-9:30pm	12:30-2pm	7:30-9:30pm	12-2pm	12:15-1:45pm	
<b>Basketball – 30 &amp; up</b> (Photo ID required)						4:45-6:45pm	5-7pm
<b>Badminton - 10 &amp; up***</b>						2-4:30pm	
<b>Volleyball – Open***</b> 13 & up							12noon-2pm Rec / Power
<b>Fitness Center - 14 &amp; up</b> Teens 14-17yrs must have Parental Release form on file & complete an orientation prior to access.	5:30am-9:30pm	5:30am-9:30pm	5:30am-9:30pm	5:30am-9:30pm	5:30am-9:30pm	7am-7pm	12noon-7pm
<b>Indoor Park</b> 5yrs and under. \$1.25/child	9:15-11:15am	11:15am-1:15pm	9:15-11:15am	11:15am-1:15pm	9:15-11:15am		
<b>Homeschool Indoor Park</b> Ages 5-12. \$2/child (siblings 1-4yrs \$1)			12:30-2:30pm				
<b>Open Skate</b> *Weekdays: \$4 per person, \$1 for skate rental. **Weekends: \$5 per person, \$1 for skate rental.		3-5pm*		3-5pm*		12noon-3pm**	

\*\*\* Children 17 & under must be registered with parent/guardian consent on file.

### Badminton - Age 10 and up

Rackets and shuttlecocks are not provided. Games are non-structured.

### Volleyball - Open

Must be 13yrs or older. Players must select their level of play (Recreation and Power) at time of admission. Limited to 21 players for each side. A non-paying adult spectator must attend children.

### Open Skate - All ages

Participation is at your own risk. Admission is \$4.00 on weekdays and \$5.00 on Saturdays.

\*\*Bring your own skates or rent them for \$1.00.

\*\*To protect our roller rink floor, all skates must pass inspection.

### Indoor Park - Age 5 and under

Safe and Cooperative playtime for preschoolers accompanied by parent/caregiver. Parents/caregivers are responsible for supervising their children, and set-up and clean-up of toys.

# MT. SCOTT COMMUNITY CENTER



## GROUP EXERCISE CLASSES

### Aquaerobics

This shallow water class focuses on cardiovascular fitness with special attention to strength and flexibility. All fitness and swimming levels are welcome!

### Aqua Power

This class uses buoyant and resistant equipment to provide an excellent cardiovascular workout with zero impact! Aqua Power is designed for all levels. Participants should be comfortable in deep water.

### Aqua S.M.I.L.E. (Slower Movement Intensity Lowered Exercise) (ages 60+)

This shallow water class focuses on improving circulation, strength, range of motion, and flexibility through low impact exercise.

### Aqua Zumba

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

### Boot Camp

A supportive environment to have fun, build confidence and camaraderies, and get fit. Utilizing body weight, a variety of equipment, and multiple class formats, emphasis is placed on improving cardiovascular fitness, muscular strength and endurance, balance, and flexibility.

### Boot Camp – Modified

Perfect for those coming back from an injury, beginning an exercise program, or wanting a gentle, safe and effective workout. A mix of full-body exercises, weights and stretching, focusing on balance, strength and getting the heart rate elevated.

### Core Strength

Offers a complement to Boot Camp classes and dedicates additional time to core (specifically abs, lower back, hips, and glutes) strength and endurance exercises to help improve stability, prevent injury, and enhance performance in fitness and everyday activities.

### Focus on Flexibility

Improve your performance and decrease your risk of injuries by helping your joints move with full range of motion. Enable your muscles to work more effectively. Practice multiple techniques from active and dynamic flexibility, self myofascial release (foam rolling), and other corrective exercises.

### Melt® Method

Benefit from a proactive approach to maintaining a pain-free, active lifestyle. Whether you suffer from prolonged conditions, are a “weekend marathoner”, or just want to maintain a healthy you, develop simple techniques to bring your body back to a more ideal state.

### Melt® Method – Intermediate/Advanced

Level 2 sequences to further your pain-free active lifestyle! Athletes will find this class valuable to excelling in their sport, while others will enjoy the increased balance, stability and ease in their bodies. Participants should be familiar with the language, moves, and purpose of MELT® and have taken at least 10 beginner classes before attending.

### Pilates for Optimal Results (ages 60+)

Gain energy, develop stamina, tone up and feel fit. Non-impact exercises work deep abdominal muscles while efficient and graceful movements strengthen and stretch your body. Dynamic and energizing!

### Tai Chi Chen Style

Enhance body alignment and coordination, stability and balance, stress release, and mind-body connection, while strengthening lower body.

### Yoga For Strength (ages 60+)

Revitalize both mind and body. Improve focus, release stress and tension, while increasing strength and flexibility. An excellent way to learn to gauge and meet the ever-changing demands of daily life.

### Yoga Fresh Start (Beg)

Perfect for beginners and those just starting a fitness routine. Relieve stress while building strength and stamina in your entire body.

### Yoga Gentle and Adaptive

For mixed levels and abilities, this class is designed for people who can stand and move, or have experienced an amputation, injury or disease.

*Continued on the following page*

*Group exercise schedule subject to change. Please visit MSCC to pick up the most up to date schedule.*

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aquaerobics (Shallow Pool)	7-7:55am 9:05-10am 6:05-7pm		7-7:55am 9:05-10am		7-7:55am	10-10:55am	
Aqua Power (Deep Pool)	6-6:55am	6-6:55am 9:05-10am 6:05-7pm	6-6:55am	6-6:55am 9:05-10am 6:05-7pm	6-6:55am	9-9:55am	
Aqua S.M.I.L.E. (ages 60+)	10:15-11:10am	10:15-11:10am	10:15-11:10am	10:15-11:10am	10:15-11:10am		
Aqua Zumba			6:05-7:00pm		9-9:55am		
Boot Camp	6-6:50am 7-7:50am Julie F.		6-6:50am 7-7:50am Geoff B.		6-6:50am 7-7:50am Geoff B.		
Boot Camp- Modified (ages 60+)	8-8:50am Julie F.		8-8:50am Geoff B.		8-8:50am Geoff B.		
Core Strength		6:30-7am 7-7:30am Geoff B.		6:30-7am 7-7:30am Geoff B.			
Focus on Flexibility	9-9:45am Chad C.		9-9:45am Chad C.		9-9:45am Chad C.		
Melt <sup>®</sup> Method			10:15-11:15am Sharie M.				
Melt <sup>®</sup> Method- Intermediate/ Advanced			11:30am- 12:30pm Sharie M.				
Pilates- For Optimal Results (Beginning) (ages 60+)		10-10:55am Debora T.		10-10:55am Debora T.			
Pilates- For Optimal Results (Intermediate) (ages 60+)		9-9:55am Debora T.		9-9:55am Debora T.			
Pilates- Mat			6-7pm Dana L.			10-11am Debora T.	
Tai Chi Chen Style	7:15-8:30pm Mary L.						
Yoga: For Strength (ages 60+)	8-8:55am Chad C.		8-8:55am Chad C.		8-8:55am Chad C.		
Yoga: Fresh Start (Beginning)		10-11am 7:15-8:15pm Sandra Gail P.		6-7pm Stephanie P.			3:15-4:15pm Jenn F.
Yoga: Gentle & Adaptive				10-11am Sandra Gail P.			
Yoga: In Chairs (ages 60+)	10-10:55am Chad C.		10-10:55am Chad C.		10-10:55am Chad C.		
Yoga: Intermediate		6-7pm Stephanie P.					2-3pm Jenn F.
Yoga: Kundalini	6:30-8pm GuruSurya S.						
Yoga: Prenatal			6-7:30pm Eden S.				
Yoga'lates (ages 60+)	9-9:55am Debora T.		9-9:55am Debora T.		9-9:55am Debora T.		
Youth & Fitness: Speed & Conditioning(ages 11-17yrs)	5:15-6:15pm Jeff W.		5:15-6:15pm Josue M.	5:15-6:15pm Josue M.			2:15-3:15pm Jeff W.
Zumba <sup>®</sup>		7:30-8:30pm Laura N.				10-11am	
Zumba <sup>®</sup> Gold (ages 60+)		8-9am Laura N.		8-9am Laura N.			

# MT. SCOTT COMMUNITY CENTER



## Yoga: In Chairs

A fun, gentle class of stretching and movement to maintain flexibility and joint mobility. Influenced by traditional Yoga, this class addresses coordination, balance, and flexibility. Participants also learn basic breathing and Meditation techniques to handle stress and promote relaxation.

## Yoga Intermediate

A step up from Beginning Yoga! Bring strength and stamina to your entire body while relieving stress.

## Yoga Kundalini

Combine breathing with movement and mediation to add strength and flexibility to the body while reducing stress and improving health.

## Yoga Prenatal

Discover the gifts of this traditional exercise during pregnancy as you prepare for birth and motherhood. Take time to stretch, tone and relax, caring for your body and mind as you connect with other expectant women.

## Yoga'lates (ages 60+)

2 for 1! Yoga to increase flexibility, balance and meditation combined with Pilates to strengthen your 'core'. Improve your personal health and wellness in one fell swoop. You deserve it!

## Youth Fitness - Speed and Conditioning (ages 11-17)

Gain the competitive edge – run faster, jump higher, and move with greater agility! Emphasis on running techniques, quick foot drills, lateral movement and improved flexibility, and increase your effectiveness on the track, field, or court.

## Zumba®

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

## Zumba® Gold (ages 60+)

A lighter version of Zumba, for beginners and seniors! Modified moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and health lifestyle.

## PERSONAL TRAINING

### Personal Training

Would you build a house without a blueprint? Of course not! So why would you try and construct the body you desire without a professional plan? Personal training gives you the opportunity to find real, achievable goals and to meet those goals in a safe and timely manner. Our excellent training staff will motivate you to make a fresh start, or reach new levels in your fitness.

#### Fee:

*\$45.00 for one 1-Hour session*

*\$120.00 for three 1-Hour sessions*

*\$234.00 for six 1-Hour sessions*

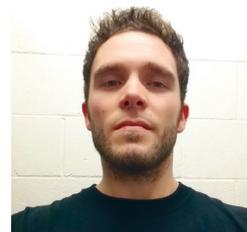
Visit the front desk for more information or to schedule your personal training session.



**Geoff Bergman**



**Mark Brewer**



**Nic Seybold**



**Heather Ennis**

## PRESCHOOL DANCE, MUSIC & MOVEMENT

### PreBallet - PrePrimary

#### Age 3-5

Stretch mind & body with this classical dance style. Increase balance, rhythm & coordination while improving strength & flexibility in a supportive environment.

Craft Room

3:00-3:30pm	1/9-3/13	M	
	\$28		1063714
3:00-3:30pm	1/11-3/15	W	
	\$35		1063715

### Jazz Dance - First Steps

#### Age 3-5

Come sizzle & swing into an exciting time! Increase your physical fitness level, coordination & confidence while sampling basic moves. Creative stretching warm ups & traveling steps build skills and a lifelong love of movement. Jump right in! Craft Room

1:30-2:00pm	1/9-3/13	M	
	\$36		1063713

## PRESCHOOL SPORTS & FITNESS

### Baseball - For Starters

#### Age 3-6

Catch, throw & hit while playing games that focus on baseball skills. Our non-competitive atmosphere encourages the basics of the game while promoting eye-hand coordination & motor skill development. Gym

9:15-9:45am	1/14-2/11	Sa	
	\$22		1063880
9:15-9:45am	2/18-3/18	Sa	
	\$22		1063890

### Basketball - For Starters

#### Age 3-5

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

9:15-9:45am	1/9-2/6	M	
	\$17.75		1063881
9:15-9:45am	2/13-3/13	M	
	\$17.75		1063891
10:45-11:15am	1/10-2/7	Tu	
	\$22		1063885
10:45-11:15am	2/14-3/14	Tu	
	\$22		1063894
9:15-9:45am	1/13-2/10	F	
	\$22		1063888
9:15-9:45am	2/17-3/17	F	
	\$22		1063898

### Bouldering Wall - For Starters

#### Age 3-6

Does your child love to climb? Handholds & footholds in a variety of shapes & colors encourage children to challenge themselves in this new activity. Moving on a traverse wall builds muscular strength, flexibility & coordination, as well as problem solving skills & self-confidence. Moving across, not up, with a mat on the floor builds in safety. We've got you covered! Gym (W)

10:00-10:30am	1/10-2/7	Tu	
	\$22		1063884
10:00-10:30am	2/14-3/14	Tu	
	\$22		1063895

### Gymnastics - Preschool

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

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

#### Ages 3-4

2:00-2:45pm	1/9-2/6	M	
	\$30		1063936
2:00-2:45pm	2/13-3/13	M	
	\$30		1063947

#### Ages 4-5

3:30-4:15pm	1/9-2/6	M	
	\$30		1063937
3:30-4:15pm	2/13-3/13	M	
	\$30		1063948
2:00-2:45pm	1/15-2/12	Su	
	\$37.50		1063930
2:00-2:45pm	2/19-3/19	Su	
	\$37.50		1063941

### Gymnastics - Preschool Stars

#### Age 5-6

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

4:30-5:15pm	1/9-2/6	M	
	\$30		1063938
4:30-5:15pm	2/13-3/13	M	
	\$30		1063949
3:00-3:45pm	1/15-2/12	Su	
	\$37.50		1063931
3:00-3:45pm	2/19-3/19	Su	
	\$37.50		1063942



### PARTIES AT MSCC

Let the birthday team at Mt. Scott take care of keeping your party healthy, fun and memorable! Each party is 2 hours long and includes table coverings, a fancy bouquet, and a party host who will set up, lead activities and best of all, clean up when the party is over. Party packages are available Fridays, Saturdays, and Sundays. Call 503-823-1694 or visit <http://www.portlandoregon.gov/parks/article/426789>.

# MT. SCOTT COMMUNITY CENTER



## PRESCHOOL SPORTS & FITNESS

### Tae Kwon Do For Tots

#### Age 4-6

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

3:00-3:30pm	1/10-2/7	Tu
	\$17.50	1063914
3:00-3:30pm	2/14-3/14	Tu
	\$17.50	1063918
3:00-3:30pm	1/12-2/9	Th
	\$17.50	1063916
3:00-3:30pm	2/16-3/16	Th
	\$17.50	1063920

### Tae Kwon Do - Tough Tots – Next Level

#### Age 4-6

Tae means 'foot', Kwon means 'hand', & Do means 'method'. Practice this Korean martial art that uses kicks, blocks & strikes. A non-contact, non-competitive, exciting form of self-defense increases physical strength, builds self-esteem, concentration & discipline. Tremendous confidence builder! Aud

Must take Tae Kwon Do For Tots before registering for Tough Tots.

3:30-4:00pm	1/10-2/7	Tu
	\$17.50	1063915
3:30-4:00pm	2/14-3/14	Tu
	\$17.50	1063919
3:30-4:00pm	1/12-2/9	Th
	\$17.50	1063917
3:30-4:00pm	2/16-3/16	Th
	\$17.50	1063921

### Soccer - For Starters

#### Age 3-5

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

10:45-11:15am	1/9-2/6	M
	\$17.75	1063882
10:45-11:15am	2/13-3/13	M
	\$17.75	1063892
9:15-9:45am	1/10-2/7	Tu
	\$22	1063883

9:15-9:45am	2/14-3/14	Tu
	\$22	1063893
9:15-9:45am	1/11-2/8	W
	\$22	1063886
9:15-9:45am	2/15-3/15	W
	\$22	1063896
10:45-11:15am	1/13-2/10	F
	\$22	1063889
10:45-11:15am	2/17-3/17	F
	\$22	1063899

## CAMPS BEFORE & AFTER CARE

Please be sure to pack a lunch, an afternoon snack, water bottle, swimsuit, towel, & appropriate clothing & footwear each day for active games & possible walking trips.

### Camp - Before Care

#### Age 6-11

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

### Winter Break

7:30-9:00am	12/19-12/23	M-F
	\$22.50	1060508
7:30-9:00am	12/19	M
	\$4.50	1060510
7:30-9:00am	12/20	Tu
	\$4.50	1060511
7:30-9:00am	12/21	W
	\$4.50	1060512
7:30-9:00am	12/22	Th
	\$4.50	1060513
7:30-9:00am	12/23	F
	\$4.50	1060514
7:30-9:00am	12/26-12/30	M-F
	\$22.50	1060509
7:30-9:00am	12/26	M
	\$4.50	1060515
7:30-9:00am	12/27	Tu
	\$4.50	1060516
7:30-9:00am	12/28	W
	\$4.50	1060517
7:30-9:00am	12/29	Th
	\$4.50	1060518
7:30-9:00am	12/30	F
	\$4.50	1060519

### Spring Break

7:30-9:00am	3/27-3/31	M-F
	\$22.50	1063718
7:30-9:00am	3/27	M
	\$4.50	1063719
7:30-9:00am	3/28	Tu
	\$4.50	1063720
7:30-9:00am	3/29	W
	\$4.50	1063721
7:30-9:00am	3/30	Th
	\$4.50	1063722
7:30-9:00am	3/31	F
	\$4.50	1063723

## Camp - After Care

### Age 6-11

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

#### Winter Break

5:00-6:00pm	12/19-12/23	M-F	
	\$15		1060527
5:00-6:00pm	12/19	M	
	\$3		1060529
5:00-6:00pm	12/20	Tu	
	\$3		1060530
5:00-6:00pm	12/21	W	
	\$3		1060531
5:00-6:00pm	12/22	Th	
	\$3		1060532
5:00-6:00pm	12/23	F	
	\$3		1060533
5:00-6:00pm	12/26-12/30	M-F	
	\$15		1060528
5:00-6:00pm	12/26	M	
	\$3		1060534
5:00-6:00pm	12/27	Tu	
	\$3		1060535
5:00-6:00pm	12/28	W	
	\$3		1060536
5:00-6:00pm	12/29	Th	
	\$3		1060537
5:00-6:00pm	12/30	F	
	\$3		1060538

#### Spring Break

5:00-6:00pm	3/27-3/31	M-F	
	\$15		1063733
5:00-6:00pm	3/27	M	
	\$3		1063734
5:00-6:00pm	3/28	Tu	
	\$3		1063735
5:00-6:00pm	3/29	W	
	\$3		1063736
5:00-6:00pm	3/30	Th	
	\$3		1063737
5:00-6:00pm	3/31	F	
	\$3		1063738

## Quest Camp

### Age 6-11

Join the adventure! Imagination & discovery lead the way with weekly themes. Develop cooperation & teamwork with new friends through active games & sports, artistic endeavors, science & more. Make this the best time ever! Gym

#### Winter

9:00am-5:00pm	12/19-12/23	M-F	
	\$150		1060403
9:00am-5:00pm	12/19	M	
	\$34		1060405
9:00am-5:00pm	12/20	Tu	
	\$34		1060406
9:00am-5:00pm	12/21	W	
	\$34		1060407

9:00am-5:00pm	12/22	Th	
	\$34		1060408
9:00am-5:00pm	12/23	F	
	\$34		1060409
9:00am-5:00pm	12/26-12/30	M-F	
	\$150		1060404
9:00am-5:00pm	12/26	M	
	\$34		1060410
9:00am-5:00pm	12/27	Tu	
	\$34		1060411
9:00am-5:00pm	12/28	W	
	\$34		1060412
9:00am-5:00pm	12/29	Th	
	\$34		1060414
9:00am-5:00pm	12/30	F	
	\$34		1060415

#### Spring

9:00am-5:00pm	3/27-3/31	M-F	
	\$150		1063727
9:00am-5:00pm	3/27	M	
	\$34		1063728
9:00am-5:00pm	3/28	Tu	
	\$34		1063729
9:00am-5:00pm	3/29	W	
	\$34		1063730
9:00am-5:00pm	3/30	Th	
	\$34		1063731
9:00am-5:00pm	3/31	F	
	\$34		1063732

## YOUTH DANCE

### Ballet - First Steps

#### Age 6-8

The time honored training of classical ballet stretches the mind & body while teaching agility, grace, coordination & strength providing a basis for all types of dance, sport & movement. Craft Room

3:30-4:30pm	1/11-3/15	W	
	\$47		1063716
3:30-4:30pm	1/9-3/13	M	
	\$37.75		1063794

### Dance - Mix It Up!

#### Age 5-8

Love to move, but still trying to find your favorite type? Learn techniques & skills from a variety of styles. Instruction may include ballet, creative movement, jazz, & modern dance. Experience the joys of dance!

4:45-5:45pm	1/11-2/8	W	
	\$32.50		1063717
4:45-5:45pm	2/15-3/15	W	
	\$32.50		1063741



## HOLIDAY POOL CLOSURES AND EXTRA OPEN SWIMS

November 11	
Veteran's Day	1:00-8:30pm
November 23	
School Closed	1:00-4:00pm
November 24	
Thanksgiving Day	Closed
November 25	
Schools Closed	1:00-8:30pm
December 19-22	
Winter Break	1:00-4:00pm
December 26-29	
Winter Break	1:00-4:00pm
Dec 23, 30	
Winter Break	1:00-8:30pm
Dec 24	
Christmas Eve Day	1:00-2:30pm
Dec 25	
Christmas Day	Closed
Dec 31	
New Years Eve Day	1:00-2:30pm
Jan 1	
New Years Day	Closed
*Leisure Pool Only	

# MT. SCOTT COMMUNITY CENTER



## YOUTH SPECIAL INTEREST

### Music - Guitar For All Ages

#### Age 8 & up

Realize your dreams of making music together at a family sing-along or in a duet with friends. All ages benefit playing together. Learn the basic rhythms & chords used in folk & popular songs as you develop musical abilities. Preschool Room

4:00-7:00pm	1/10-2/7	Tu
	\$65	1063876
4:00-9:00pm	2/14-3/14	Tu
	\$65	1063878
4:00-7:00pm	1/11-2/8	W
	\$65	1063877
3:30-7:30pm	2/15-3/15	W
	\$65	1063879

## YOUTH SPORTS & FITNESS

### Archery - Basics

#### Age 8 & up

Discover the art & sport of Robin Hood & William Tell. Explore the bow & arrow through fundamental techniques, proper equipment, care & maintenance. Coordination, control, consistent accuracy & safe shooting are rewards of steady practice. Rink

5:15-6:15pm	1/10-1/24	Tu
	\$18	1063798
5:15-6:15pm	1/31-2/14	Tu
	\$18	1063800
5:15-6:15pm	2/21-3/7	Tu
	\$18	1063802
6:15-7:15pm	1/10-1/24	Tu
	\$18	1063799
6:15-7:15pm	1/31-2/14	Tu
	\$18	1063801
6:15-7:15pm	2/21-3/7	Tu
	\$18	1063803

### Archery - Bullseye! Increasing Accuracy

#### Age 8 & up

In the rich tradition of knights of old, the art of archery continues to intrigue us. Strengthen your shooting techniques, skills & accuracy in a group of other students of the bow & arrow. Rink

7:30-8:30pm	1/10-1/24	Tu
	\$18	1063804
7:30-8:30pm	1/31-2/14	Tu
	\$18	1063805
7:30-8:30pm	2/21-3/7	Tu
	\$18	1063806

## BASKETBALL

### Basketball - In the Zone

#### Age 6-8

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

6:15-7pm	1/10-2/7	Tu
	\$33	1063851
6:15-7pm	2/14-3/14	Tu
	\$33	1063869

### Basketball - Shooting Stars!

#### Age 7-12

Calling all girls! Want to dribble, pass & shoot like the WNBA pros? Here's your chance to develop FUNdamental skills. Improve eye-hand coordination, increase endurance & refine shooting techniques. Get in on the fun! Gym

4:45-5:30pm	1/13-2/10	F
	\$33	1063857
4:45-5:30pm	2/17-3/17	F
	\$33	1063875

### Basketball - Drills & Thrills

#### Age 9-13

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

5:15-6:00pm	1/10-2/7	Tu
	\$33	1063850
5:15-6:00pm	2/14-3/14	Tu
	\$33	1063868

## GYMNASTICS

### Tips for Gymnastics Classes

- Bare feet are best!
- Pull hair back off of face.
- Wear fitted clothing such as leggings, footless tights, or unitard.
- Leave skirts, scarves, jewelry, and other items at home.
- Siblings: For safety reasons, we do not allow children to be carried by the participating adult. If a sibling is present during an Adult/Child class - they should be in a car seat/stroller or able to sit to the side.

### Gymnastics - Level I Foundations Age 6-9

Roll, stretch, balance and leap! Fun-filled introduction for first time participants. Experience the basics through games and obstacle courses. Floor, bars, beam and vault will help your child increase their strength and flexibility. We will provide instruction in proper skill progressions while stressing repetition and safety. Aud

4:00-4:45pm	1/15-2/12	Su	
	\$37.50		1063932
4:00-4:45pm	2/19-3/19	Su	
	\$37.50		1063943
5:30-6:15pm	1/9-2/6	M	
	\$30		1063939
5:30-6:15pm	2/13-3/13	M	
	\$30		1063950

### Gymnastics - Level I Intermediate Age 7-9

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

5:30-6:30pm	1/15-2/12	Su	
	\$50		1063933
5:30-6:30pm	2/19-3/19	Su	
	\$50		1063944
6:30-7:30pm	1/9-2/6	M	
	\$40		1063940
6:30-7:30pm	2/13-3/13	M	
	\$40		1063951

## HOMESCHOOL

### Sports Mix - Homeschool Age 6-12

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

11:30am-12:15pm	1/11-2/8	W	
	\$21.75		1063852
11:30am-12:15pm	2/15-3/15	W	
	\$21.75		1063870

## BASKETBALL LEAGUE



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

Parent volunteers needed- please contact the community center to find out more. An information meeting will be held during the beginning of the first practice. T-shirt included. Maximum of 10 players per team. Later registrations accepted through the third practice.

Games are held Fridays between 5:45-7:45pm. Game schedule provided at second practice. Cost is \$56.

<b>Grades: 3-4</b>	<b>Season: 1/30-3/17</b>		<b>Games begin 2/10</b>
5:00-6:00pm	1/30-3/17	M	\$56 1063790
6:00-7:00pm	1/30-3/17	M	\$56 1063791
5:00-6:00pm	2/1-3/17	W	\$56 1063792
6:00-7:00pm	2/1-3/17	W	\$56 1063793



PORTLAND PARKS & RECREATION™  
Healthy Parks, Healthy Portland



## SCHOOL IS OUT

The Roller Rink is open from 12:00-2:30pm and 3:00-5:00pm

November 11  
December 19-23  
December 26-30

Admission \$4.00 Skate Rental \$1.00

# MT. SCOTT COMMUNITY CENTER



## MARTIAL ARTS

### Tae Kwon Do - First Kicks

#### Age 6 & up

A beginning class in Tae Kwon Do, a Korean martial art similar to Karate. The class teaches self defense using kicks, blocks, punches, strikes both as an exercise program & as a means of self defense. Flexibility & strength are increased through movement developed over hundreds of years in Asia. Emphasizes cooperation, self control & a non-competitive, non-violent approach to martial arts. Aud/Rink Room

4:00-5:00pm	1/10-3/14	Tu	
	\$35		1063922
7:30-8:30pm	1/10-3/14	Tu	
	\$35		1063925
4:00-5:00pm	1/12-3/16	Th	
	\$35		1063926
7:30-8:30pm	1/12-3/16	Th	
	\$35		1063929

### Tae Kwon Do - Intermediate

#### Age 6 & up

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

5:00-6:00pm	1/10-3/14	Tu	
	\$35		1063923
6:15-7:15pm	1/10-3/14	Tu	
	\$35		1063924
5:00-6:00pm	1/12-3/16	Th	
	\$35		1063927
6:30-7:30pm	1/12-3/16	Th	
	\$35		1063928

### Martial Arts - Karate

#### Age 8 & up

Explore the satisfaction of an ancient discipline known to balance the body, soul & mind. Encourages mental concentration allied with swift powerful action. Training for the whole body using routines that reduce stress & build strength & flexibility. Poolside Room

7:30-9pm	1/3-1/31	Tu Th	
	\$36		1063822
7:30-9pm	2/2-2/28	Tu Th	
	\$32		1063823
7:30-9pm	3/2-3/30	Tu Th	
	\$36		1063824

## SKATEBOARDING

### Skateboarding - Roll Out

#### Age 5-12

Challenge yourself! Whether you are just learning how to ollie & carve transitions, or are already kickflipping & blasting airs off vert....try your moves, under safe supervision & coaching. Set & reach new goals while building healthy confidence on your board. Improve your balance, mechanics, riding skills & control. Let's roll! Rink

#### Age 5-7

5:15-6:00pm	1/12-2/9	Th	
	\$29		1063853
5:15-6:00pm	2/16-3/16	Th	
	\$29		1063871

#### Age 7-12

6:15-7:00pm	1/12-2/9	Th	
	\$29		1063854
6:15-7:00pm	2/16-3/16	Th	
	\$29		1063872

### Skateboarding - Roll Out: Trick Time

#### Age 12-15

Challenge yourself! Whether you are just learning how to ollie & carve transitions, or are already kickflipping & blasting airs off vert....try your moves, under safe supervision & coaching. Set & reach new goals while building healthy confidence on your board. Improve your balance, mechanics, riding skills & control. Let's roll! Rink

7:15-8:00pm	1/12-2/9	Th	
	\$29		1063855
7:15-8:00pm	2/16-3/16	Th	
	\$29		1063873

## PARTY NOCHE!

### Age 12-18

#### Fridays 7:00-10:00pm

November 18, 25

December 2, 9, 16, 23, 30

Looking for something new to do? Check out this incredible teen-only event! Hang with friends, play ping pong, video games, basketball, kick ball, teen swim, and pool table. Explore your creative side with some recycled arts. No matter what your interest is you are sure to have fun!

## SOCCER

### Soccer - Basics

#### Age 6-8

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

10:00-10:45am	1/14-2/11	Sa
	\$33	1063848
10:00-10:45am	2/18-3/18	Sa
	\$33	1063866

### Soccer - FUNdamentals

#### Age 9-13

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

11:00-11:45am	1/14-2/11	Sa
	\$33	1063849
11:00-11:45am	2/11-3/11	Sa
	\$33	1063867

## TENNIS

### Tennis – Kids On The Court

#### Age 6-9

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

5:15-6:00pm	1/12-2/9	Th
	\$37.50	1064179
5:15-6:00pm	2/16-3/16	Th
	\$37.50	1064181

### Tennis – Drills & Thrills

#### Age 9-13

Bring it on! Different games & activities increase footwork, shot selection & consistency. Develop strategies & fitness while enhancing sportsmanship & teamwork. Come ready to play because the balls will be smokin'. Gym

6:15-7:00pm	1/12-2/9	Th
	\$37.50	1064178
6:15-7:00pm	2/16-3/16	Th
	\$37.50	1064180



## WHAT ARE YOU A #FORCEOF ?

## VOLLEYBALL

### Volleyball - Net Gains

#### Age 8-12

Serve up a great time! Discover a sport that is truly a team effort. Improve fitness while picking up the fundamentals of 'bumping' & 'setting.' Strengthen your arms & legs, develop jumping skills & the ability to direct the ball. Build individual techniques while learning to play as a team member. Gym

4:00-4:45pm	1/13-2/10	F
	\$33	1063856
4:00-4:45pm	2/17-3/17	F
	\$33	1063874

## TEEN FORCE

### Teen Room

Calling ALL teens!! Mt Scott now has a designated space just for you, every day of the week. Listen to music, dance, play ping-pong are just a few things you can do! Bring yourself and your friends, and let's have a good time!

All hours will be supervised by teen staff.

M-Th	3:00-9:00pm
F	3:00-6:30pm
Sa-Su	12:00-7:00pm

### Teen Night

Looking for something new to do? Check out this incredible teen-only event! Hang with friends, play ping-pong, video games, basketball, kick ball, teen swim & pool table. Explore your creative side with some recycled arts. No matter what your interest is, you are sure to have fun!

January 6, 13, 20, 27  
February 3, 10, 17, 24  
March 3, 10, 17, 24, 31



## FREE YOUTH OPEN GYM

Monday- Thursday  
3:00-5:00pm

Sunday  
3:30-5:00pm

*Teen force pass required.*

For more information on the Teen Force program please visit <https://www.portlandoregon.gov/parks/44322> or download the ForceOf app.

# MT. SCOTT COMMUNITY CENTER



## WHAT ARE YOU A #FORCEOF?

### TEEN FORCE

#### Chess - Club For Kids

Age 12-18

It does a mind good! Develop skills & go brain to brain over the board with old & new friends. Gain confidence while you broaden your options & experience. Go for the glory in this international game of strategy. North Room

4:30-5:30pm	1/10-2/9	Tu Th
	Free	1064023
4:30-6pm	2/14-3/16	Tu Th
	Free	1064024

#### Teen Advisory Council

Age 14-18

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

5:00-6:00pm	1/13-3/17	F
	Free	1063984

#### Hip Hop Not Just For Kids

Age 14 & up

Discover funk dancing! Check out an aerobic activity that helps build endurance, strength & balance, while offering a beat that keeps you bouncing. The syncopation alone is worth it! Aud

6:15-7:15pm	1/11-3/15	W
	\$70	1064040

#### Tap Dance - It's Never Too Late To Start

Age 14 & up

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

7:15-8:15pm	1/11-3/15	W
	\$70	1064041



search for  
TeenForce or Forceof



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

## Skateboarding - Roll Out: Trick Time

### Age 12-15

Challenge yourself! Whether you are just learning how to ollie & carve transitions, or are already kickflipping & blasting airs off vert....try your moves, under safe supervision & coaching. Set & reach new goals while building healthy confidence on your board. Improve your balance, mechanics, riding skills & control. Let's roll! Rink

7:15-8:00pm	1/12-2/9	Th
	\$29	1063855
7:15-8:00pm	2/16-3/16	Th
	\$29	1063873

## Weight Lifting & Physical Training

### Age 14-18

Join us when we lift weights & run some fun drills to develop new skills, increase fitness & improve strength in a friendly environment. Fitness Center

2:00-4:00pm	1/15-3/12	Su
	Free	1063986

## Youth Open Gym

Teen Force Pass required.

3:00-5:00pm	M Tu W Th	
Gym	Free	Drop-In

## Art - Express Yourself!

### Age 12-17

Unleash your inner rebel! Take the challenge to expand your artistic talents as you experiment with a variety of art mediums. Develop your own style as you explore the impact of your masterpiece on popular culture. North Room

4:30-6:00pm	1/16-2/13	M
	\$5	1063979
4:30-6:00pm	1/23-2/13	M
	\$5	1063980

## Cooking - Top Chef

### Age 12-18

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

5:00-7:30pm	1/17-2/14	Tu
	\$5	1063981
5:00-7:30pm	2/21-3/14	Tu
	\$5	1063982

## Music - Guitar For All Ages

### Age 8 & up

Realize your dreams of making music together at a family sing-along or in a duet with friends. All ages benefit playing together. Learn the basic rhythms & chords used in folk & popular songs as you develop musical abilities. Preschool Room

4:00-7:00pm	1/10-2/7	Tu
	\$65	1063876
4:00-9:00pm	2/14-3/14	Tu
	\$65	1063878
4:00-7:00pm	1/11-2/8	W
	\$65	1063877
3:30-7:30pm	2/15-3/15	W
	\$65	1063879

## Teen Trips

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

### Age 11-16 - Forest Park

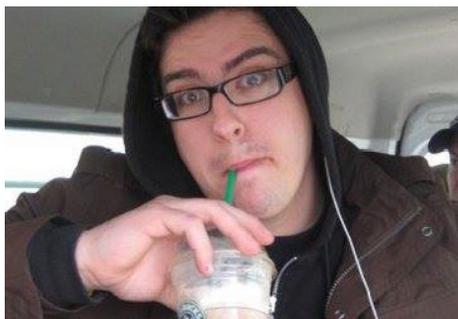
12:00-5:00pm	2/18	Sa
	\$5	1064021

### Age 12-18 - Bowling

12:00-5:00pm	1/28	Sa
	Free	1063985

### Age 11-16 - Pizza and a movie

12:00-5:00pm	3/4	Sa
	\$5	1064022



## MT SCOTT COMMUNITY CENTER

### Teen Services Coordinator:

#### Ryan Fitzpatrick

- From: the North Side of Chicago before moving to northeast Portland.
- As a teen I was: almost always be found making art, reading a book, or playing bass in a "punk" band.
- My jam today is: Make Some Noise or Sabotage. They're a little older, but the Beastie Boys always are worth listening to.
- My favorite quote: "Opportunities multiply as they are seized." – Sun Tzu
- Favorite book: "Where Men Win Glory"



## A GREAT PLACE TO WORK

Help build your community, work for Portland Parks!

Visit [PortlandParks.org](http://PortlandParks.org) or call 503-823-5118 for more information.

# MT. SCOTT COMMUNITY CENTER



## ADULT DANCE

### Hip Hop Not Just For Kids

#### Age 14 & up

Discover funk dancing! Check out an aerobic activity that helps build endurance, strength & balance, while offering a beat that keeps you bouncing. The syncopation alone is worth it! Aud

6:15-7:15pm	1/11-3/15	W
	\$70	1064040

### Tap Dance - It's Never Too Late To Start

#### Age 14 & up

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

7:15-8:15pm	1/11-3/15	W
	\$70	1064041

## ADULT SPECIAL INTEREST

### Music - Guitar For All Ages

#### Age 8 & up

Realize your dreams of making music together at a family sing-along or in a duet with friends. All ages benefit playing together. Learn the basic rhythms & chords used in folk & popular songs as you develop musical abilities. Preschool Room

4:00-7:00pm	1/10-2/7	Tu
	\$65	1063876
4:00-9:00pm	2/14-3/14	Tu
	\$65	1063878
4:00-7:00pm	1/11-2/8	W
	\$65	1063877
3:30-7:30pm	2/15-3/15	W
	\$65	1063879

## ADULT SPORTS & FITNESS

### Archery - Basics

#### Age 8 & up

Discover the art & sport of Robin Hood & William Tell. Explore the bow & arrow through fundamental techniques, proper equipment, care & maintenance. Coordination, control, consistent accuracy & safe shooting are rewards of steady practice. Rink

5:15-6:15pm	1/10-1/24	Tu
	\$18	1063798
5:15-6:15pm	1/31-2/14	Tu
	\$18	1063800
5:15-6:15pm	2/21-3/7	Tu
	\$18	1063802
6:15-7:15pm	1/10-1/24	Tu
	\$18	1063799
6:15-7:15pm	1/31-2/14	Tu
	\$18	1063801
6:15-7:15pm	2/21-3/7	Tu
	\$18	1063803

### Archery - Bullseye! Increasing Accuracy

#### Age 8 & up

In the rich tradition of knights of old, the art of archery continues to intrigue us. Strengthen your shooting techniques, skills & accuracy in a group of other students of the bow & arrow. Rink

7:30-8:30pm	1/10-1/24	Tu
	\$18	1063804
7:30-8:30pm	1/31-2/14	Tu
	\$18	1063805
7:30-8:30pm	2/21-3/7	Tu
	\$18	1063806

## ADULT SPORTS & FITNESS

### Tae Kwon Do - First Kicks

#### Age 6 & up

A beginning class in Tae Kwon Do, a Korean martial art similar to Karate. The class teaches self defense using kicks, blocks, punches, strikes both as an exercise program & as a means of self defense. Flexibility & strength are increased through movement developed over hundreds of years in Asia. Emphasizes cooperation, self control & a non-competitive, non-violent approach to martial arts. Aud

4:00-5:00pm	1/10-3/14	Tu
	\$35	1063922
7:30-8:30pm	1/10-3/14	Tu
	\$35	1063925
4:00-5:00pm	1/12-3/16	Th
	\$35	1063926
7:30-8:30pm	1/12-3/16	Th
	\$35	1063929

## Tae Kwon Do - Intermediate

### Age 6 & up

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

5:00-6:00pm	1/10-3/14	Tu
	\$35	1063923
6:15-7:15pm	1/10-3/14	Tu
	\$35	1063924
5:00-6:00pm	1/12-3/16	Th
	\$35	1063927
6:30-7:30pm	1/12-3/16	Th
	\$35	1063928

## Martial Arts - Karate

### Age 8 & up

Explore the satisfaction of an ancient discipline known to balance the body, soul & mind. Encourages mental concentration allied with swift powerful action. Training for the whole body using routines that reduce stress & build strength & flexibility. Poolside Room

7:30-9:00pm	1/3-1/31	Tu Th
	\$36	1063822
7:30-9:00pm	2/2-2/28	Tu Th
	\$32	1063823
7:30-9:00pm	3/2-3/30	Tu Th
	\$36	1063824

## ADULTS 60+

## Crafts - Stamping Artistic Creations

### Age 60 & up

Experience the excitement of creating special occasion cards using techniques such as sponging, embossing, working with chalks, colored pencils & markers. Add a personal touch to your correspondence. Great for beginning students or those with experience. \$3 supply fee payable at each class. Bring sharp paper cutting scissors. Poolside Room

9:30-11:00am	1/9-3/13	M
	\$24	1063807

## Floral Design

### Age 60 & up

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

12:30-2:30pm	1/25,2/22,3/22	W
	\$18	1063815

## Growing Bonsai

### Age 60 & up

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

2:30-4:30pm	1/25,2/22,3/22	W
	\$18	1063816

## Painting - Acrylics & Oils

### Age 60 & up

Express your creative side on canvas. Unleash that hidden talent through individual expression using still life, landscapes, reproductions & photographs. Discover skills in technique & perspective in a relaxing setting. Poolside Room

10:00am-1:00pm	1/10-3/14	Tu
	\$82.50	1063808

## Pastel Techniques

### Age 60 & up

Artists have long valued this medium for its immediacy in application & fabulous color. Vibrant tones are mixed on the paper by overlaying or blending, rather than on a palette. Gain knowledge in composition, shading & value contrast. Poolside Room

9:30-11:30am	1/11-3/15	W
	\$55	1063809

## Watercolor - All Levels

### Age 60 & up

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

12:00-2:00pm	1/11-3/15	W
	\$55	1063810



# PLAY MORE SAVE MORE

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

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

# MT. SCOTT COMMUNITY CENTER



## ADULTS 60+ DANCE

### Tap Dance - It's Never Too Late To Start

#### Age 60 & up

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

11:00am-12:00pm	1/10-2/7	Tu
	\$35	1063811
11:00am-12:00pm	2/14-3/14	Tu
	\$35	1063813
10:00-11:00am	1/13-2/10	F
	\$35	1063812
10:00-11:00am	2/17-3/17	F
	\$35	1063814

## ADULTS 60+ TRIPS & EXCURSIONS

*Please notify us at least seven days prior in order to refund or credit your registration fee.*

### SCRAP & Slappy Cake

Get crafty in the world of creative reuse on this PPS no school day! The School & Community Reuse Action Project hosts you with all the materials for a creative action project in their workshop with access to all kinds of reused materials for arts, crafts, scrapbooking, school, office & party supplies. We'll fuel for the afternoon with a late morning breakfast where grills are built right into the tables & you make your own pancakes with custom fixin's. Workshop materials included in fee. Bring money for breakfast.

10:30am- 3:30pm	1/27	F
	\$27	1061973

## Carson Hot Springs & Big River Grill

Enjoy a relaxing, rejuvenating experience in the original 1930's bathhouse complete with individual antique claw foot tubs with an attendant to guide you through the process. The world renowned mineral water is pumped in direct from the riverbed of the Wind River & fluctuates in temperature. After soaking for 25 minutes, have a swaddling wrap cocoon you in warmth to purify & energize your cells while giving you a meditative rest. After the wrap is complete, take a moment in the dry sauna to round out the spa experience. Bring money for lunch at the resort.

7:30am- 3:30pm	2/21	T
	\$50	1061985

## Fort Dalles Museum & Cousins

Visit the oldest history museum in Oregon & the restored 1895 Anderson Homestead of authentic hand-hewn logs. Antique vehicles, pioneer memorabilia, historic photographs & Native American artifacts fill the Gothic Revival Army Officer's Home in The Dalles. Bring money for a hot, home-style lunch in The Dalles.

9:00am- 5:00pm	3/2	Th
	\$32	1062008

## Hawaiian Luau & Dinner

Find some Aloha spirit with University of Portland students for the annual Hawaii Club Luau. Food, dancing & live music of the islands highlight Hawaiian culture in this festival at the Chiles Center. Fee includes admission & Hawaiian dinner.

4:00- 9:00 pm	3/25	Sa
	\$38	1062060

	Drop-in one visit	20-visit Pass		3-month Pass		Active Pass		Annual Pass	
		Resident	Non-resident	Resident	Non-resident	Resident	Non-resident	Resident	Non-resident
Adults 18-59 years	\$5.50	\$94	\$99	\$132	\$140	\$35.75mo	\$44mo	\$429yr	\$528yr
Seniors 60+ years	\$4.25	\$73	\$76.60	\$102	\$108	\$27.50mo	\$34mo	\$330yr	\$408yr
Teens 13-17 years	\$4.25	\$73	\$76.60	\$102	\$108	\$27.50mo	\$34mo	\$330yr	\$408yr
Child 3-12 years	\$3.75	\$64	\$67.60	\$90	\$96	\$24.50mo	\$30mo	\$294yr	\$360yr
Tots / 0-2 years	Free	Free	Free	Free	Free	Free	Free	Free	Free
Family*	n/a	n/a	n/a	\$210	\$225	\$57mo	\$70mo	\$684yr	\$840yr

\* Family denotes a couple (married or domestic partner) or single parent & their legal dependents living in the same household. A copy of a current 1040 form & proof of residency may be required.

### ADMISSION BENEFITS

Our one visit drop-in admission fee, 20-visit, 3-month, Active, and Annual passes each provide access to drop-in activities during their scheduled times. Amenities include the fitness center, group exercise, water exercise, whirlpool spa, lap swim, open play swim, family swim, parent/preschool swim, open basketball, badminton & volleyball. All drop-in activities are on a first come, first served basis. Swim lessons, land classes, open skate, rentals & parties are each offered at a separate fee. Open skate admission is included as one of the amenities available with 3-month, Active, or Annual passes. Skate rentals are available for a separate fee.

### ACTIVE PASS

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

### 3 MONTH & ANNUAL PASS

If you are a scholarship recipient, you may elect to schedule payments on your Visa or MasterCard. At this time the scheduled and automatic payment options are only available to Scholarship Recipients and Active Pass Holders. The general public may purchase a 3-Month or Annual pass only with payment in full.

### REPLACEMENT PASSES

If you lose your pass, we can replace it for a \$2.00 fee. Bring your pass each time you visit. Without it, we cannot guarantee immediate access to the facility.

### SCHOLARSHIP/ FINANCIAL ASSISTANCE

Financial assistance and fee reduction is available to those residents of the City of Portland that apply for assistance and meet standard eligibility requirements. The Scholarship Assistance Application will be available at the Center, and will also be distributed through social service providers. For more information, or an application visit <http://www.portlandoregon.gov/parks/69135> or call 503-823-3183.

### LOCKER ROOMS AND LOCKERS

Lockers are available for day use only. Bring your own lock to secure personal belongings. Use of lockers is at your own risk. Mt. Scott Community Center accepts not responsible for lost or stolen items. Please leave valuables at home.

We request that children age 6 yrs or older use the locker room of their own gender or the family changing room with a parent or guardian. Three family changing rooms are located near the entrance to the swimming pool & are available for families with children &/or individuals with disabilities requiring assistance or special accommodations. All other individuals must use gender specific locker rooms.

The use of cameras, video recording devices and equipment with digital

photography capability is strictly prohibited in locker rooms and public restroom facilities.

### SPECIAL CIRCUMSTANCES

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

# MT. SCOTT COMMUNITY CENTER



## AQUATICS

### LAP SWIM (ALL AGES) LANES VARY

*Not held on "School's Out" days*

#### Monday / Wednesday

5:30- 9:00am & 1:00- 4:30pm  
6:00pm- 8:30pm

#### Tuesday / Thursday

5:30- 11:30am, 1:00- 4:30pm,  
6:00- 7:00pm

#### Friday

5:30- 9:00am, 1:00- 4:00pm

#### Saturday

7:00am- 12:00pm

#### Sunday

12:00- 4:20pm

### ADULT LAP SWIM - LANES VARY

*18 years of age and older*

#### Monday / Wednesday / Friday

9:00am- 1:00pm  
4:00pm- 8:30pm (Friday Only)

#### Tuesday / Thursday

11:30am- 1:00pm  
7:00pm- 8:30pm

#### Saturday

12:00- 6:00pm

#### Sunday

12:00- 4:20pm

#### Lap Swim & Adult Lap Swim

*We will make every attempt to have 1-2 lap lanes available, at all designated times, for lap swimmers. Up to 6 lanes will be available at designated times, call 503-823-3183 for a complete schedule of lap lanes available during operating hours.*

PAC (Portland Aquatic Club) Mon-Fri  
4:45-6:00pm

PIL (Portland Interscholastic League)  
Mon-Fri 3:30- 4:45pm

### CURRENT CHANNEL RUN / WALK

Monday- Friday 9:00am- 11:30am  
*During Adult/Preschool please use current with caution.*

## INSTRUCTIONAL SWIM TIMES

*Not all swim lesson levels are offered at each time*

### Monday & Wednesday

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

#### Afternoon/Evening Classes

3:25- 3:55pm

4:00- 4:30pm

4:35- 5:05pm

5:10- 5:40pm

5:45- 6:15pm

6:20- 6:50pm

6:55- 7:25pm

### Tuesday & Thursday

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

#### Morning Classes

9:00- 9:30am

9:35- 10:05am

10:10- 10:40am

10:45- 11:15am

#### Afternoon/Evening Classes

1:00- 2:00pm- Blue Makos Th Only

4:00- 4:30pm

4:35- 5:05pm

5:10- 5:40pm

5:45- 6:15pm

6:20- 6:50pm

### Saturday

- Jan 14- Mar 18 (10 lessons)

#### Morning Classes

8:25- 8:55am

9:00- 9:30am

9:35- 10:05am

10:10- 10:40am

10:45- 11:15am

11:20- 11:50am

12:00- 1:00pm - Blue Makos

### Sunday

- Jan 15- Mar 19 (10 lessons)

#### Evening Classes

3:20- 3:50pm

3:55- 4:25pm

4:30- 5:00pm

5:05- 5:35pm

5:40- 6:10m

6:15- 6:45pm

## SWIM LESSON FEES

### Youth Lessons/ANGELFISH & STARFISH

10 lessons

Resident \$52.50 Non-resident \$73.50

9 lessons

Resident \$47.25 Non-resident \$66.25

### Adult Lessons

10 lessons

Resident \$62.50 Non-resident \$87.50

9 lessons

Resident \$56.25 Non-resident \$78.75

## SPA HOURS

Spa available to those 16 years and older

### Monday - Friday

5:30am- 8:30pm

### Saturday

7:00am- 6:00pm

### Sunday

12:00- 5:30pm

*NOTE: Pregnant women and those with heart disease, diabetes or high blood pressure should consult with their physician before using the spa.*

## ADULT/PRESCHOOL SWIM

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

### Monday / Wednesday / Friday

9:00- 11:30am, Leisure Pool

## WATER FITNESS SCHEDULE

MON	TUES	WED	THURS	FRI	SAT
6:00- 6:55am AquaPower	6:00- 6:55am AquaPower	6:00- 6:55am AquaPower	6:00- 6:55am AquaPower	6:00- 6:55am AquaPower	
7:00- 7:55am Aquaerobics		7:00- 7:55am Aquaerobics		7:00- 7:55am Aquaerobic	
9:05- 10:00am Aquaerobics	9:05- 10:00am AquaPower	9:05- 10:00am Aquaerobics	9:05- 10:00am AquaPower	9:00- 9:55am Aqua Zumba	9:00- 10:00am AquaPower
10:15- 11:10am SMILE	10:15- 11:10am SMILE	10:15- 11:10am SMILE	10:15- 11:10am SMILE	10:15- 11:10am SMILE	10:00- 10:55am Aquaerobics
6:05- 7:00pm Aquaerobics	6:05- 7:00pm AquaPower	6:05- 7:00pm Aqua Zumba	6:05- 7:00pm AquaPower		

## OPEN PLAY SWIM

### Monday and Wednesday

Swim Lessons, No Open Play swim

### Tuesday and Thursday

7:00-8:30pm, Leisure Pool and Slide open

### Friday

4:00-8:30pm, Leisure Pool & Slide open

### Saturday

1:00- 6:00pm

Slide and Rope Swing open

### Sunday

1:00- 4:00pm

Slide and Rope Swing open

## FAMILY SWIM

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

### Monday - Friday

11:30am- 1:00pm

Slide only available Friday

### Saturday

12:00pm- 1:00pm

Leisure Pool & Slide open

### Sunday

12:00pm - 1:00pm

Leisure Pool & Slide open

## FEATURES INCLUDE

- Indoor, year-round, six lane 25-yard lap swimming pool heated to 84 degrees, water depth 3.5- 9 feet
- Leisure pool with slide, current channel, vortex and interactive play features heated to 88 degrees, water depth 0- 3.5 feet
- Whirlpool spa heated to 102 degrees
- Program offerings: swim lessons, lap swim, water fitness classes & recreational play swims

## PLEASE NOTE

- Swimmers 48" and over can attend Open Play Swim on their own.
- Non-swimmers and children under 48" must not be left unattended on the pool deck, and must be accompanied at all times in the water by a person 18 years of age or older (or parent or guardian) who shall remain responsible for them and their safety.



## WORK FOR THE WATER

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

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



# MT. SCOTT COMMUNITY CENTER

## BLUE MAKOS

Dive into action with the Blue Makos! Are you into speed, competition, and perfecting our technique? Strut your stuff in this pre-competitive league, racing against other pools in Portland at quarterly mock-swim meets. Receive one hour per week of expert coaching in a fun, supportive environment. Participants will be given instruction on butterfly, backstroke, breaststroke and freestyle, including competitive dives and turns. It is a great place to begin your journey to competitive swimming. Participants must be able to swim the length of the pool: Front Crawlstroke and Backstroke. *(This correlates to passing Sea Lion level in the Portland Parks and Recreation swim lesson program.)*

## PRACTICE SCHEDULE

Columbia	Saturday	Jan 14- Mar 18	12:15- 1:15pm	10 classes + meet 3/19
EPCC	Sunday	Jan 15- Mar 12	5:15- 6:15pm	9 classes + meet 3/19
MDCC	Tues/Thur	Jan 10- Mar 16	4:00- 4:30pm	20 classes + meet 3/19
MDCC	Sunday	Jan 15- Mar 12	5:00- 6:00pm	9 classes + meet 3/19
MDCC	Sunday	Jan 15- Mar 12	6:00- 7:00pm	9 classes + meet 3/19
MSCC	Thursday	Jan 12- Mar 16	1:00- 2:00pm	10 classes + meet 3/19
MSCC	Saturday	Jan 14- Mar 18	12:00- 1:00pm	10 classes + meet 3/19
MSCC	Sunday	Jan 15- Mar 12	3:20- 4:20pm	9 classes + meet 3/19
MSCC	Sunday	Jan 15- Mar 12	4:30- 5:30pm	9 classes + meet 3/19
MSCC	Sunday	Jan 15- Mar 12	5:40- 6:40pm	9 classes + meet 3/19
SWCC	Saturday	Jan 14- Mar 18	11:30 am- 12:30pm	10 classes + meet 3/19

## COST

9 classes (1 hr)  
\$61.25 resident / \$85.75 non resident

10 classes (1 hr)  
\$68.00 resident / \$95.25 non-resident

20 classes (1/2 hr)  
\$68.00 resident / \$95.25 non-resident

## SPRING TERM DATES

Spring Term Dates  
April 4- June 3  
Meet on Sunday June 4

## SUMMER SWIM LEAGUE 2017

Dual Meets  
Saturdays July 1, 15 and 29  
Championship Meet  
Saturday, August 12



## LIFEGUARD CERTIFICATION

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

**Prerequisites:** Age 15 or older by first day of class, 300 yard swim non-stop, 50 yard swim head out of water, 50 yard swim with a rescue tube, feet first surface dive to the bottom of the pool to retrieve a 10 pound brick, 1 minute treading water while holding brick & 1 minute treading water with hands out of water. Must complete and pass the lifeguard prerequisite testing before the certification class is to begin.

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

### Cost:

\$175 (classes limited to 32 students)  
 \$125 for lifeguards with current ARC, NASCO, E&A or YMCA lifeguard certification, and/or current PP&R employees with Swim Instructor/Water Fitness Instructor certifications  
 \$225 (Total price if register for Lifeguard Certification and Swim Instructor Training)

Date	Time	Place	Course
12/27	12:00-9:00pm	EPCC	1057053
12/28	1:00-9:00pm	EPCC	1057053
12/29	1:00-9:00pm	EPCC	1057053
12/30	1:00-9:00pm	EPCC	1057053
1/21	9:00am-6:00pm	MDCC	1057054
1/22	8:00am-4:00pm	MDCC	1057054
1/28	8:00am-4:00pm	MDCC	1057054
1/29	8:00am-4:00pm	MDCC	1057054
2/25	7:30am-4:30pm	EPCC	1057055
2/26	8:00am-4:00pm	EPCC	1057055
3/4	8:00am-4:00pm	EPCC	1057055
3/5	8:00am-4:00pm	EPCC	1057055
3/27	12:00-9:00pm	EPCC	1057056
3/28	1:00-9:00pm	EPCC	1057056
3/29	1:00-9:00pm	EPCC	1057056
3/30	1:00-9:00pm	EPCC	1057056
3/27	12:00-9:00pm	MSSC	1057057
3/28	1:00-9:00pm	MSSC	1057057
3/29	1:00-9:00pm	MSSC	1057057
3/30	11:00am-9:00pm	MSSC	1057057
4/1	7:30am-4:30pm	EPCC	1057058

## SWIM INSTRUCTOR TRAINING

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

### PREREQUISITES:

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

Upon certification, candidates can apply for a job with Portland Parks & Recreation.  
*Successful completion of certification classes does not guarantee employment.*



### PRIVATE LESSONS & SEMI-PRIVATE LESSONS

All levels and skills taught. Staffing and scheduling dependent upon instructor availability. To schedule lessons, fill out a request form located in the Aquatics office. Requests will be filled on a first come first served basis, as space is available during regular lesson times.

#### Private Lessons

One instructor to one student. \$75/hr (resident) \$105/hr (non-resident)  
 2.5 hour minimum for children and adults.

#### Semi-Private Lessons

One instructor per two to three students. 10 lessons for \$115 (resident) \$161.00 (non-resident).

# CITYWIDE RECREATION GUIDE



## SPECIALTY FACILITIES

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

### COMMUNITY MUSIC CENTER

3350 SE Francis Street | 503-823-3177

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

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

### INTERSTATE FIREHOUSE CULTURAL CENTER

5340 N Interstate Avenue | 503-823-3620

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

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

### LAURELHURST DANCE STUDIO

3756 SE Oak Street | 503-823-3662

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

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

# CITYWIDE RECREATION GUIDE

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

## MULTNOMAH ARTS CENTER

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

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

## PORTLAND TENNIS CENTER

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

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



## URBAN PARKS

### DIRECTOR PARK

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

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

### HOLLADAY PARK

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

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

# CITYWIDE RECREATION GUIDE



## PROGRAMS & SERVICES

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

### 5K SERIES

503-823-2525

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

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

### ADAPTIVE & INCLUSIVE RECREATION

5304 N Interstate Avenue | 503-823-4333

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

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

### COMMUNITY GARDENS

6437 SE Division Street | 503-823-1612

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

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

### ENVIRONMENTAL EDUCATION

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

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

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

## **PARKS FOR NEW PORTLANDERS**

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

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

## **PORTLAND PUBLIC GOLF**

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

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

## **PP&R SKATEBOARDING**

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

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

## **SENIOR RECREATION**

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

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

## **SUMMER FREE FOR ALL**

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

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

## **TEEN FORCE**

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

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

## REGISTRATION

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

## RESIDENT / NON-RESIDENT

A resident is:

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

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

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

### Non-resident Pass Prices

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

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

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

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

## CLASS ENROLLMENT

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

## WITHDRAWAL & REFUNDS

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

## SCHOLARSHIPS

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

## NOTICE OF NON-DISCRIMINATION

PP&R programs and services reflect the cultural diversity of our community. We do not discriminate on the basis of religion, race,

color, gender, national origin, sexual orientation, age or ability.

## SPECIAL NEEDS

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

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

## PHOTO POLICY

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

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

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

## CUSTOMER SATISFACTION

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

## INFORMATION HOTLINE

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

## INCLEMENT WEATHER

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





6433 NE Tillamook Street  
Portland, Oregon 97213

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YOU LIVE.  
LOVE WHAT  
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**PP&R GIFT CERTIFICATES**  
are available for any dollar amount and  
can be redeemed for any program or service.  
Gift certificates can be purchased at any  
community center or online at [PortlandParks.org](http://PortlandParks.org).