



PORTLAND PARKS & RECREATION™

Healthy Parks, Healthy Portland

PORTLAND PARKS & RECREATION

Activities for Winter 2017



Montavilla Community Center

REGISTRATION BEGINS NOVEMBER 21, 2016

Go to PortlandParks.org,
click on the *Register Now* tab.

Commissioner Amanda Fritz
Director Mike Abbaté



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

Inclusion services for people with special Needs:

How to request Inclusion Services:

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

Important details:

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

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

LOVE WHERE YOU LIVE. LOVE WHAT YOU GIVE.

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



BUY FIVE DROP-IN PASSES AND RECEIVE TWO FREE!

Passes are redeemable for any drop-in program.

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

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

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

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



PORTLAND PARKS & RECREATION™

Healthy Parks, Healthy Portland



WHAT ARE YOU A #FORCEOF ?

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

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

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

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

For more information visit portlandoregon.gov/parks/teens



search for
TeenForce or Forceof



PORTLAND PARKS & RECREATION™
Healthy Parks, Healthy Portland

CONFIDENCE | TEAMWORK | GROWTH | SPORTSMANSHIP



PARK **STARS** BASKETBALL LEAGUE

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

For more information call 503-823-PLAY or visit
portlandoregon.gov/parks/parkstars

Team shirt included for all players

- OPTIONS VARY BY SITE -

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

MONTAVILLA COMMUNITY CENTER



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

Building Director
Karen Birt

Coordinator
Kelly Koltiska

Teen Services Coordinator
Madalyn Bach

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

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

Disabled Accessible
Entrances, Parking, Restrooms, Classrooms

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

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

ADULT / CHILD

Messy Art - Art Adventures Age 2-5

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

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

Messy Art: To Start! Age 1-3

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

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



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

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

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

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

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

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

Baby Yoga & Massage Age 0 & up

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

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

Gymnastics - Tumbling: Gym Dandies Age 1-3

Do you like to turn upside down? To climb & jump? Tumbling, gymnastic & acrobatic basics explored together with music, mats & movement. Increase balance, mobility & socialization skills using imagination & increasing listening skills. It's flippin' fun!

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

DROP-IN ACTIVITIES

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

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

Gymnastics - Tumbling: Rumble, Tumble & Roll

Age 2-3

Here's a chance for your child to exercise their large motor skills! Movement explored & developed through songs, free play on the mats, obstacle courses & creative movement that build strength, flexibility & endurance. Let's roll!

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

Music - Marching & Make Believe

Age 2-3

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

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

MONTAVILLA COMMUNITY CENTER



PRESCHOOL ENRICHMENT

KidSpace: Discover & Explore Age 3-5

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

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

PRESCHOOL

Gymnastics - Preschool Age 3-6

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

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

Gymnastics - Preschool Stars Age 4-6

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

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

Gymnastics - Tumbling: Jump Start Age 3-5

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

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

Hip Hop - Tiny Hip Hoppers Age 3-5

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

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

PreBallet - Starting Steps Age 3-5

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

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

Tae Kwon Do - Next Steps Age 4-6

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

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

Tae Kwon Do For Tots Age 4-6

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

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

Yoga - Once Upon a Pose

Age 3-5

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

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

YOUTH

Dance - Ballet, Jazz & Tap Fundamentals

Age 6-10

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

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

Dance - Hip Hop: First Steps

Age 5-10

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

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

YOUTH GYMNASTICS

Gymnastics - Level I Beginners

Age 6-12

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

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

Gymnastics - Level I Intermediate

Age 6-12

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

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

INTERGENERATIONAL MARTIAL ARTS

Tae Kwon Do - Brown & Black Belt

Age 6 & up

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

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

Tae Kwon Do - For Everybody

Age 6 & up

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

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

Tae Kwon Do - Intermediate

Age 6 & up

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

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

Tae Kwon Do - More Advanced

Age 6 & up

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

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



PLAY MORE SAVE MORE

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

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

MONTAVILLA COMMUNITY CENTER



WHAT ARE YOU A #FORCEOF?

TEEN

Cooking - Get Cookin' Age 12-17

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

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

Art Expressions

Age 11-18

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

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

GirlPowerment Yoga

Age 11-13

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

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

Sports Strength Conditioning

Age 12-17

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

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



search for
TeenForce or Forceof



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

Teen Advisory Council

Age 15-20

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

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

Group Guitar Lessons

Age 12-18

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

5:30-6:15pm 1/9-2/6 M
Free 1063749
6:15-7:00pm 1/9-2/6 M
Free 1063750
7:00-7:45pm 1/9-2/6 M
Free 1063751
5:30-6:15pm 2/13-3/13 M
Free 1063752
6:15-7:00pm 2/13-3/13 M
Free 1063753
7:00-7:45pm 2/13-3/13 M
Free 1063754

Group Music Lessons

Age 12-18

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

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

Experience: OMSI Tuesdays

Age 12-15

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

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

Gymnastics Club

Age 11-18

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

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



MONTAVILLA COMMUNITY CENTER

Teen Services Coordinator: Madalyn Bach

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

St. Francis Dining Hall Service Trip

Age 14-18

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

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

MONTAVILLA COMMUNITY CENTER



ADULT 60+

Fine Arts - Mixed Media

Age 60 & up

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

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

Yoga - Fit

Age 60 & up

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

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



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

NOW HE DOES HIS RESEARCH FROM HIS BEDROOM.

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Educational Preschool Program

2017-2018 SCHOOL YEAR



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

PROGRAM

Pre-Preschool Playgroup - 2 yr olds

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

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

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

LIMITED SPACES STILL AVAILABLE IN THE 2016-2017 SCHOOL YEAR

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

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



Preschool - 3 yr olds

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

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

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

Pre-Kindergarten - 4 yr olds

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

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

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

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



PARTIES & RENTALS AT MOCC

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

CITYWIDE RECREATION GUIDE



SPECIALTY FACILITIES

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

COMMUNITY MUSIC CENTER

3350 SE Francis Street | 503-823-3177

portlandoregon.gov/parks/cmc

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

INTERSTATE FIREHOUSE CULTURAL CENTER

5340 N Interstate Avenue | 503-823-3620

portlandoregon.gov/parks/ifcc

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

LAURELHURST DANCE STUDIO

3756 SE Oak Street | 503-823-3662

portlandoregon.gov/parks/dance

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

CITYWIDE RECREATION GUIDE

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

MULTNOMAH ARTS CENTER

7688 SW Capitol HWY | 503-823-2787
portlandoregon.gov/parks/mac

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

PORTLAND TENNIS CENTER

324 NE 12th Avenue | 503-823-3189
portlandoregon.gov/parks/ptc

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



URBAN PARKS

DIRECTOR PARK

815 SW Park Avenue
portlandoregon.gov/parks/directorpark

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

HOLLADAY PARK

NE 11th Avenue & Holladay Street
portlandoregon.gov/parks/holladaypark

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

CITYWIDE RECREATION GUIDE



PROGRAMS & SERVICES

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

5K SERIES

503-823-2525

portlandoregon.gov/parks/5k

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

ADAPTIVE & INCLUSIVE RECREATION

5304 N Interstate Avenue | 503-823-4333

portlandoregon.gov/parks/air

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

COMMUNITY GARDENS

6437 SE Division Street | 503-823-1612

portlandoregon.gov/parks/communitygardens

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

ENVIRONMENTAL EDUCATION

2909 SW 2nd Avenue | 503-823-3601

portlandoregon.gov/parks/ee

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

PARKS FOR NEW PORTLANDERS

1120 SW Fifth Avenue, Ste. 1302 | 503-260-2487
parksfornewportlanders.org

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

PORTLAND PUBLIC GOLF

portlandoregon.gov/parks/golf

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

PP&R SKATEBOARDING

6433 NE Tillamook Street | 503-823-4328
portlandoregon.gov/parks/skate

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

SENIOR RECREATION

6433 NE Tillamook Street | 503-823-4328
portlandoregon.gov/parks/sr

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

SUMMER FREE FOR ALL

portlandoregon.gov/parks/sffa

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

TEEN FORCE

6433 NE Tillamook Street | 503-823-4328
portlandoregon.gov/parks/teenforce

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

REGISTRATION

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

RESIDENT / NON-RESIDENT

A resident is:

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

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

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

Non-resident Pass Prices

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

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

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

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

CLASS ENROLLMENT

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

WITHDRAWAL & REFUNDS

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

SCHOLARSHIPS

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

NOTICE OF NON-DISCRIMINATION

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

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

SPECIAL NEEDS

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

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

PHOTO POLICY

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

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

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

CUSTOMER SATISFACTION

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

INFORMATION HOTLINE

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

INCLEMENT WEATHER

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



6433 NE Tillamook Street
Portland, Oregon 97213

PortlandParks.org

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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.