



PORTLAND PARKS & RECREATION™

Healthy Parks, Healthy Portland

# PORTLAND PARKS & RECREATION

## Activities for Winter 2017



Sellwood 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



# PARK STARS BASKETBALL LEAGUE

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

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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

# SELLWOOD COMMUNITY CENTER



1436 SE Spokane Street  
Portland, OR 97202  
503-823-3195

**Building Director**  
Tim Hammock

**Coordinator**  
Lizzy DeBray

**Bus Line**  
#70 12th Avenue

**Disabled Accessible**  
Entrances, First floor only

**Hours**

Monday – Thursday	8:30am – 8:30pm
Friday	8:30am – 6:00pm
Saturday	9:00am – 1:00pm

**Building Closures & Special Hours**

November 24	Closed
December 24-25	Closed
December 26	Closed
January 1-2	Closed

## ADULT / CHILD - DROP IN

### Baby Play

**Age 6mo-18mo**

Fun & games encourage your babies' development & help them learn about the world. Help increase balance & coordination through exploration in a soft & safe environment. Share ideas & develop friendships with other parents in a supportive friendly setting. A refreshing experience! Mat room

9:00-10:30am 1/9-3/20 M  
Mat Room \$1/child

\*No play 1/2, 1/16, 1/20, & 3/27

## INDOOR PARK

### Ages 1-5

Fun & games encourage your babies' development & help them learn about the world. Help increase balance & coordination through exploration in a soft & safe environment. Share ideas & develop friendships with other parents in a supportive friendly setting. A refreshing experience! Mat room

10:30am-12:00pm 1/9-3/20 M W F  
Mat Room \$1/child

\*No play 1/2, 1/16, 1/20, & 3/27

## ADULT / CHILD

### Music - Exploring Together: Baby Tunes

It's musical playtime for kids! Develop self-expression, creativity & learning skills through songs, games, movement & use of instruments using methods such as Orff, Kodaly & Dalcroze. Parents/caregivers participate, too, cultivating 'harmonious' interactions. Music lovers created here!  
Helen Hiczun Room

**Age 6 mo-1½**

11:00-11:30am 1/11-2/8 W 1063027  
\$25  
11:00-11:30am 2/15-3/15 W 1063337  
\$25

**Age 1½- 3½**

11:45am-12:15 1/11-2/8 W 1063028  
\$25  
11:45am-12:15 2/15-3/15 W 1063338  
\$25

## Art - Baby Expressions

**Age 10 mo-1½**

Dribble, drip, squish, & squeeze-first dabbling experience! Together, get messy, explore, & create while strengthening the natural bond. Experiment with dough, pudding, gelatin, crayons, watercolor & more. Watch your young artist blossom!  
Kitchen

9:45-10:15am 1/10-2/7 Tu 1063011  
\$25  
9:45-10:15am 2/14-3/14 Tu 1063320  
\$25

## Parent's Time Off

**Age 1-3**

Need to get away? Take a breather & let your child(ren) join us for active games, stories & making new friends! Motor, verbal skills & a sense of independence are enhanced through this social activity. Mat Room

9:30-11:30am 1/13-2/10 F 1063029  
\$85  
9:30-11:30am 2/17-3/17 F 1063339  
\$85

## Tumbling: Tiny Tots

**Age 1½-3**

Parents! Join your child in an introduction to gymnastics & tumbling using animal walks, jumping, swinging & springing skills. Increase body awareness, balance, strength & flexibility. Helen Hiczun Room

10:45-11:15am 1/13-2/10 F 1063035  
\$22  
11:00-11:30am 2/17-3/17 F 1063345  
\$22

## Ballet - Terrific Twirling: 2's & 3's

**Age 2-3**

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

9:15-9:45am 1/13-2/10 F 1063015  
\$22  
9:15-9:45am 2/17-3/17 F 1063324  
\$22  
9:30-10:00am 1/14-2/11 Sa 1063016  
\$22  
9:30-10:00am 2/18-3/18 Sa 1063325  
\$22

## Kidlets Can Rumble & Roll With Judo

### Age 1 ½-3 ½

Roll, fall, tumble & throw! Based on gentle martial arts principles & developed to build strength & flexibility in a cooperative manner. Enjoy this excellent opportunity for little ones to increase their large motor skills in a safe environment. A fun, engaging experience! Mat Room

10:45-11:30am	1/9-1/30	M
	\$16	1062992
10:45-11:30am	2/6-2/27	M
	\$16	1062993
10:45-11:30am	3/6-3/27	M
	\$16	1062994

## Messy Art - Little Artist's Workshop

### Age 1 ½-3 ½

Explore hands-on multimedia methods of painting, pasting & other projects you might not want to try at home. Self-expression is encouraged! Experiment with finger, tempera and watercolor paint. Wear old clothes. Parent act as assistant with child. Kitchen *No Class 1/16 & 2/20*

9:45-10:30am	1/9-2/6	M
	\$36	1063025
9:45-10:30am	2/13-3/13	M
	\$36	1063336
10:30-11:15am	1/10-2/7	Tu
	\$45	1063026
10:30-11:15am	2/14-3/14	Tu
	\$45	1063335

## Creative Dance - Movement & Me

### Age 2-4

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

9:30-10:15am	1/10-2/7	Tu
	\$25	1063018
9:30-10:15am	2/14-3/14	Tu
	\$25	1063327

## PRESCHOOL

### Tumbling: Wiggle & Giggle

#### Age 3-5

Jump, shout, roll & tumble using the parachute, balance beam, rhythmic props & mats. Creative movement & games develop coordination & gross motor skills. Always a favorite! Helen Hiczun Room

11:45am-12:15pm	1/13-2/10	F
	\$22	1063036
11:45am-12:15pm	2/17-3/17	F
	\$22	1063346

### Creative Dance - Be Creative!

#### Age 3-6

Experience the joys of movement & music as they combine into exciting activities especially for young imaginations. Fantasies are engaged while physical activities aid in developing flexibility, strength, rhythm & balance to sustain & inspire them as they grow. Meeting Room

10:45-11:30am	1/10-2/7	Tu
	\$25	1063017
10:45-11:30am	2/14-3/14	Tu
	\$25	1063326

### PreBallet - First Steps

#### Age 3-5

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

2:00-2:30pm	1/11-2/8	W
	\$25	1063030
2:00-2:30pm	2/15-3/15	W
	\$25	1063340
10:00-10:30am	1/13-2/10	F
	\$25	1063031
10:00-10:30am	2/17-3/17	F
	\$25	1063341
10:15-10:45am	1/14-2/11	Sa
	\$25	1063032
10:15-10:45am	2/18-3/18	Sa
	\$25	1063342



## PARTIES & RENTALS AT SELLWOOD CC

Are you looking for a great place for a special event, a business meeting or any other special occasions? Located in the heart of Sellwood, our historic building is over 100 years old and sports several meeting rooms, a small gymnasium, a mat room, and a game room.

A rental supervisor will be on-site during your event at Sellwood Community Center. Their role is to provide access to rented spaces and any equipment that has been requested at the time of booking.

Call 503-823-3195 or visit <https://www.portlandoregon.gov/parks/60626> for more information.

# SELLWOOD COMMUNITY CENTER



## PRESCHOOL

### Dance - Explore Ballet, Jazz & Tap Age 3-5

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

2:45-3:15pm	1/11-2/8	W
	\$25	1064277
2:45-3:15pm	2/15-3/15	W
	\$25	1063328
11:00-11:30am	1/14-2/11	Sa
	\$25	1063019
11:00-11:30am	2/18-3/18	Sa
	\$25	1063329

## YOUTH

### Dance - Mix It Up! Age 5-8

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

3:30-4:15pm	1/11-2/8	W
	\$31.25	1063020
3:30-4:15pm	2/15-3/15	W
	\$31.25	1063330
12:30-1:15pm	1/14-2/11	Sa
	\$31.25	1063021
12:30-1:15pm	2/18-3/18	Sa
	\$31.25	1063331

### Skateboarding - Flatground Basics Age 5 - 11

Improve your technique! Put your deck to good use in an introduction to ollie & flip tricks. Work on carving, turning & manuals while setting and reaching goals through skill-focused coaching. Get rolling! Gym

3:30-4:15pm	1/13-2/10	F
	\$30	1063033
3:30-4:15pm	2/17-3/17	F
	\$30	1063343
4:30-5:15pm	1/13-2/10	F
	\$30	1063034
4:30-5:15pm	2/17-3/17	F
	\$30	1063344

### Music - Private Piano Lessons Age 6 & up

Always wanted to 'tickle the ivories' or just brush up on skills? Designed to challenge anyone who wants to learn or improve. Note-reading, style & rhythm are techniques essential to putting you on the right path! Why wait another minute? Please call 503-823-3195 to reserve your ½ hour private lesson. Music Room *No Class 1/16 & 2/20*

2:00-6:30pm	1/9-3/13	M
	\$144	1064026
4:00-6:30pm	1/10-3/14	Tu
	\$180	1064027
2:30-6:30pm	1/11-3/15	W
	\$180	1064028
2:30-6:30pm	1/12-3/16	Th
	\$180	1064029
1:55-3:55pm	1/13-3/17	F
	\$180	1064030
4:00-6:30pm	1/13-3/17	F
	\$180	1064031

### Ballet - Basics Age 7-10

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

1:45-2:30pm	1/14-2/11	Sa
	\$37.50	1063013
1:45-2:30pm	2/18-3/18	Sa
	\$37.50	1063322
4:30-5:15pm	1/11-2/8	W
	\$37.50	1063014
4:30-5:15pm	2/15-3/15	W
	\$37.50	1063323



### Music - Guitar Private Lessons Age 8 & up

Always wanted to start playing or improve upon existing skills? One-on-one time in a private setting can boost confidence as well as musical abilities. From classical to popular, explore styles of interest! Please call 503-823-3195 to reserve your ½ hour private lesson. Room 1

3:00-7:30pm	1/11-3/15	W
	\$150	1064025

## CAMPS

### Camp - Winter Madness

#### Grades K-5th

Lose those 'wintertime blues'! Make new friends, gain skills & flex your imagination through sports, crafts, & gym games. Create special presents to use as gifts for the holidays in a productive way to spend days out of school. No camp 12/26.

7:30am-6:00pm

\$38/day or \$150/week

1015412

12/19-12/30

### Spring Friends Camp

#### Age 3-5

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

Flowers, Trees, Bugs & Bees

9:00am-12:00pm 3/27-3/31

M-F

\$56

1063255

Spiders, Slugs, & Ladybugs

9:00am-12:00pm 3/27-3/31

M-F

\$56

1063256

## CAMP - KID'S DAY OFF

### Grades K-5th

Schools out! Need something to do? Here's just the ticket! Our thrilling & challenging activities will add excitement to your day! Explore arts & crafts, games, sports & more while having a great time making new friends in a safe environment. A really good time!

7:30am-6pm

\$38/day

1013730

11/23, 1/16, 2/20, 4/7

## CAMP - LATE OPENING

### Grades K-5th

7:30-9:30am

\$9/day

1015401

1/18, 2/15, 3/15, 4/19, 5/17

## MARTIAL ARTS

### Judo Kodokan

Discover a form of self-defense that literally means 'gentle way'. Gain self-control to effectively throw, pin & apply submission holds to the opponent. Explore grappling & groundwork techniques while increasing physical stamina & mental focus. Mat Room

Individuals: \$30/month

Families: \$50/month

### Family Class

#### Age 6 & up

6:30-8:00pm 1/4-1/30 M W 1063001

6:30-8:00pm 2/1-2/27 M W 1063002

6:30-8:00pm 3/1-3/29 M W 1063003

### Homeschoolers & Adults

#### Age 6 & up

12:30-1:45pm 1/3-1/31 Tu Th 1062995

12:30-1:45pm 2/2-2/28 Tu Th 1062996

12:30-1:45pm 3/2-3/30 Tu Th 1062997

### Youth Class

#### Age 4 & up

4:15-5:15pm 1/3-1/31 Tu Th 1063004

4:15-5:15pm 2/7-2/28 Tu Th 1063005

4:15-5:15pm 3/2-3/30 Tu Th 1063006

### KATA

#### Age 18 & up

6:30-8:00pm 1/3-1/31 Tu 1062998

6:30-8:00pm 2/7-2/28 Tu 1062999

6:30-8:00pm 3/7-3/28 Tu 1063000

### Judo Drop In

9:30-11:00am 1/7-3/25 Sa \$5/class

### Traditional Japanese Karate-Do

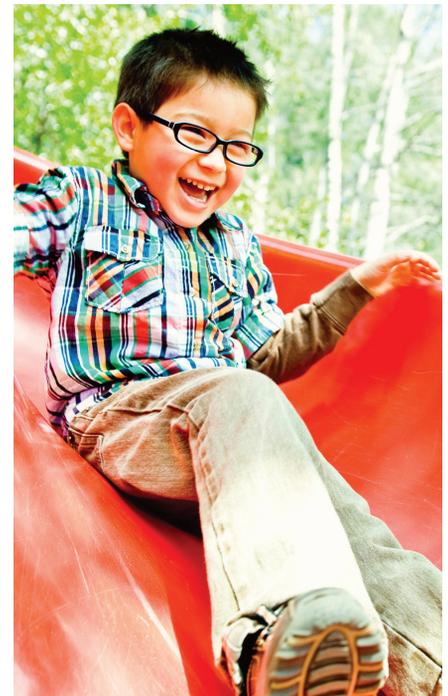
#### Age 12 & up

Acquire defensive skills & master the art of being a quality member of society. Bring together the energy of the mind, body & spirit. Become skilled in Kodokan, Shotokan, Ateme Waza (striking & blocking methods) with Judo throws, pins & submission techniques in a cooperative & safe environment. Mat Room

5:30-6:30pm 1/3-1/31 Tu Th  
\$30 1063007

5:30-6:30pm 2/2-2/28 Tu Th  
\$30 1063008

5:30-6:30pm 3/2-3/30 Tu Th  
\$30 1063009



**Smoke and tobacco-free parks help keep kids healthy.**

Let's get out and play!



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

[portlandparks.org](http://portlandparks.org)



**Multnomah  
County  
Health Department**

[multco-itstartshere.org](http://multco-itstartshere.org)

# SELLWOOD COMMUNITY CENTER



## Educational Preschool Program

2017-2018 SCHOOL YEAR

### REGISTRATION

#### 2017-18 REGISTRATION DATES

**Returning Students**

**February 6, 2017**

**New Students**

**February 20, 2017**

**Call 503-823-3195  
for more information.**

#### Preschool for Little Ones

**Age 2 ½-3 ½**

Are you ready? Play is the essential work of childhood, worthy of respect & encouragement. Curriculum is designed to include stories, games, songs & they provide playful interaction while setting the stage for exploration, socialization, & fostering a positive self-concept.

10:00am-12:00pm M W  
Teacher Kelly \$185/month

9:00-11:00am Tu Th  
Teacher Kelly \$185/month

#### Preschool

**Age 3-4**

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

9:30-11:30am Tu Th  
Teachers Audrey, Briel, and Amy  
\$155/month

#### Lunch Bunch

**Age 3-4**

Time to pause for eating! Relish your food, while playing with friends in a safe & supervised environment. What could be better than food, friends & fun?

11:30am-12:30pm Tu, Th  
Teacher Kelly \$35/month

#### Preschool: Pre-Kindergarten

**Age 4-5**

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

9:30am-12:30pm M, W, F  
Teachers Audrey, Briel, & Amy  
\$210/month

#### Pre-K Extension

**Age 4-5**

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

12:30-1:30pm M, W, F  
Teacher Audrey \$60/month



## BASKETBALL

### High School & Adult - Drop In 18 & up

6:30-8:30pm 1/3-3/21 Tu  
Gymnasium \$3/player

## ADULT VOLLEYBALL

### Ages: 18 & up

11:30-2:00pm 1/5-3/30 Th  
Gymnasium \$3/player

## HIGH SCHOOL & ADULT

### Exercise For Every 'Body'

#### Age 14 & up

Want or need to exercise but don't know where to start? Here's your chance! A workout that's fun for those with little experience, out of shape & for all sizes.

General conditioning in the areas of strength, cardiovascular endurance & flexibility stressed. Gymnasium

2 days: \$20/month

3 days: \$25/month

Drop In: \$4/day

8:45-9:45am	1/4-1/30	M W F
	\$25	1062985
8:45-9:45am	2/1-2/27	M W F
	\$25	1062986
8:45-9:45am	3/1-3/31	M W F
	\$25	1062987

### Fitness - Aerobics: Dance

#### Age 18 & up

Experience a mind & body workout!

Continuous movement tones & strengthens the body, enhancing mental acuity while learning easy dance routines.

A wide range of music & choreography delivers a workout that is both mildly challenging & fun. Let's get moving!

Gymnasium

6:30-7:30pm	1/4-3/29	M W
	\$75	1062991

## Fitness - Yoga: For Everyone

### Age 18 & up

Relax your mind & body while improving strength, stamina & flexibility. Relieve the stresses of daily life with these revitalizing techniques. This centuries old practice of exercise increases your focus & sense of well-being. Helen Hiczun Room

No Class 1/16 & 2/20

9:00-10:30am	1/9-2/6	M
	\$48	1063022
9:00-10:30am	2/13-3/13	M
	\$48	1063332
5:30-7:00pm	1/9-2/6	M
	\$48	1063023
5:30-7:00pm	2/13-3/13	M
	\$48	1063333
7:10-8:40pm	1/9/2/6	M
	\$48	1063024
7:10-8:40pm	2/13-3/13	M
	\$48	1063334

## SENIOR

### Exercise Moderate Pace - Essential

#### Age 60 & up

Smaller class size will give individuals more personalized training. Build strength & stamina, help increase flexibility. Move at a moderate pace, seated & standing while listening to favorite songs. Good health starts with a commitment to exercise!

Meeting Room

12:30-1:30pm	1/4-1/27	W F
	\$39	1062988
12:30-1:30pm	2/1-2/24	W F
	\$39	1062989
12:30-1:30pm	3/1-3/31	W F
	\$39	1062990

### Piano Private Lesson- It's Never too Late to Start

#### Age 60 & up

Always wanted to 'tickle the ivories' or just brush up on skills? Designed to challenge anyone who wants to learn or improve. Note-reading, style & rhythm are techniques essential to putting you on the right path! Why wait another minute? Please call 503-823-3195 to reserve your ½ hour private lesson. Music Room

9:15-11:45am	1/13-3/17	F
	\$180	1064032

## AARP TAX AID FOR LOW INCOME & SENIORS

9:00am-1:00pm 2/7-4/11 Tu  
Meeting Room Free

Please call 503-823-3195 to schedule an appointment.



# PLAY MORE SAVE MORE

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

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

# 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

[PortlandParks.org](http://PortlandParks.org)

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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).