



PORTLAND PARKS & RECREATION™

Healthy Parks, Healthy Portland

PORTLAND PARKS & RECREATION

Activities for Winter 2017



Southwest 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 aids and services, and alternative format.

Inclusion services for people with special Needs:

How to request Inclusion Services:

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

Important details:

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

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

LOVE WHERE YOU LIVE. LOVE WHAT YOU GIVE.

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



BUY FIVE DROP-IN PASSES AND RECEIVE TWO FREE!

Passes are redeemable for any drop-in program.

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

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

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

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



PORTLAND PARKS & RECREATION™

Healthy Parks, Healthy Portland

CONFIDENCE | TEAMWORK | GROWTH | SPORTSMANSHIP



PARKSTARS BASKETBALL LEAGUE

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

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

Team shirt included for all players

- OPTIONS VARY BY SITE -

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

ADAPTIVE AND INCLUSIVE RECREATION (AIR)

SAVE THE DATE - FEBRUARY 27

Registration date for Adaptive Teen Camps

Daily Destinations

9:00am- 3:30pm

July 10- 14

August 7- 11

Teen Explorer Camps

July 24- 28

August 14-18

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



SENIOR RECREATION HIKES & EXCURSIONS

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

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

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



MULTNOMAH ARTS CENTER

Winter Arts & Crafts Sale

Ceramics • Textiles • Jewelry
Prints • Paintings • & More

December 1, 2 & 3

Thursday & Friday • 9:00am to 9:00pm

Saturday • 9:00am to 4:00pm

All sales support arts education.

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



PORTLAND PARKS & RECREATION
Healthy Parks, Healthy Portland



SOUTHWEST COMMUNITY CENTER



6820 SW 45th Avenue
Portland, OR 97219
503-823-2840

Building Director

MaryAnn Thibeault

Aquatics Coordinator

Andy Amato

Fitness Coordinator

Linda Hastings

Coordinators

LeeAnne Griffin, Tim Haberman, Shannon Scorgie, Sean Bascom, Sarah Wiggins

Bus Line

#1 Vermont

Parking

Lot entrance off 45th Avenue

Disabled Accessible

Entrances, Parking, Restrooms, Pool
Elder Friendly Facility by "Elders in Action"

Hours

Monday – Friday 5:15am – 9:30pm
Saturday 7:00am – 7:00pm*
Sunday 9:00am – 6:30pm

*Spa closes at 5:00pm on Saturdays for weekly maintenance.

Building Closures & Special Hours

| | |
|--|----------------|
| November 24 | Closed |
| December 24 | Closed |
| December 25 | Closed |
| December 31 | 5:15am-3:00pm |
| January 1 | 10:00am-6:00pm |
| February 25 | 5:15am-5:30pm |
| Gym closure at 2:00pm and pool at 5:00pm | |
| February 26 | 5:15am-4:30pm |
| Gym closure at 1:00pm | |

INDOOR PARK

Age 9mo-5

Children's play is essential in the human development process! Indoor Park is a safe and cooperative playtime for children accompanied and monitored by parents. Encourages the development of motor skills while helping children gain confidence with group interaction and cooperative play on equipment, cars and assorted toys. Network with other parents for support and opportunities. Drop-In program. No charge with a SWCC Family Active or Annual Pass. East Gym.

Drop-in \$3.50/child

Monday 8:30-10:30am and 1:30-3pm
Tuesday 11:30am-3:00pm
Wednesday 8:30-10:30am and 1:30-3:30pm
Thursday 11:30am-3:00pm
Friday 8:30am-12:30pm

**Babies under 9 months of age are free*

**Indoor Park will not run during winter, spring and summer breaks and PPS kids day off.*

No Park: 11/23, 11/25, 12/19-12/23, 12/26-12/20, 1/2, 1/16, 1/27, 2/20, 3/27-3/31

BEFORE & AFTER CARE

Age 3-12

To support families who need an earlier drop-off or later pick-up time, we provide Before and After Camp Care for camp and Kid's Day Off participants. Parents/guardians must drop off and pick up children for Before and After Camp Care in person inside the Center. Coupons are \$2.50 each and are nonrefundable. One coupon is good for 5 to 30 minutes. 2's camp and Summer Sprouts are not eligible for before and after care. Drop off/Pick up in gym.

BEFORE CAMP CARE 7:00am- 8:45am
AFTER CAMP CARE 5:15pm- 6:00pm

| Minutes | Fee | After Care Example |
|---------|--------------------|--------------------|
| 0-5 | \$0 | 5:00 - 5:15pm |
| 6-30 | \$2.50 | 5:16 - 5:45pm |
| 31-60 | \$5 | 5:46 - 6:00pm |
| 61+ | \$5+\$1 per minute | 6:01-on |

SCHOOL DAYS OFF

Little Adventures Camp

Kid's Day Off Age 3-5

Schools out! Need something to do? Here's just the ticket! Our thrilling and challenging activities will add excitement to your day! Explore arts and crafts, games, sports and more while having a great time making new friends in a safe environment. A really good time! No nuts in snacks or lunches. Gym

| | | |
|-------|------|----------------|
| 11/4 | F | 9:00am- 1:00pm |
| | \$28 | 1059397 |
| 11/4 | F | 1:00- 5:00pm |
| | \$28 | 1059403 |
| 11/9 | W | 9:00am- 1:00pm |
| | \$28 | 1059398 |
| 11/9 | W | 1:00- 5:00pm |
| | \$28 | 1059404 |
| 11/10 | Th | 9:00am- 1:00pm |
| | \$28 | 1059399 |
| 11/10 | Th | 1:00- 5:00pm |
| | \$28 | 1059405 |
| 11/11 | F | 9:00am- 1:00pm |
| | \$28 | 1059400 |
| 11/11 | F | 1:00- 5:00pm |
| | \$28 | 1059406 |
| 11/23 | W | 9:00am- 1:00pm |
| | \$28 | 1059401 |
| 11/23 | W | 1:00- 5:00pm |
| | \$28 | 1059407 |
| 1/16 | M | 9:00am-1:00pm |
| | \$28 | 1063999 |
| 1/16 | M | 1:00pm-5:00pm |
| | \$28 | 1064000 |
| 1/27 | F | 9:00am-1:00pm |
| | \$28 | 1064001 |
| 1/27 | F | 1:00pm-5:00pm |
| | \$28 | 1064002 |
| 2/20 | M | 9:00am-1:00pm |
| | \$28 | 1064003 |
| 2/20 | M | 1:00pm-5:00pm |
| | \$28 | 1064004 |



Daily Adventures Camp

Kid's Day Off Age 6-11

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

| | | | |
|-------|----|----------------|---------|
| 11/4 | F | 9:00am- 5:00pm | |
| | | \$40 | 1059359 |
| 11/4 | F | 9:00am- 1:00pm | |
| | | \$25 | 1059365 |
| 11/9 | W | 9:00am- 5:00pm | |
| | | \$40 | 1059360 |
| 11/9 | W | 9:00am- 1:00pm | |
| | | \$25 | 1059366 |
| 11/10 | Th | 9:00am- 5:00pm | |
| | | \$40 | 1059361 |
| 11/10 | Th | 9:00am- 1:00pm | |
| | | \$25 | 1059367 |
| 11/11 | F | 9:00am- 5:00pm | |
| | | \$40 | 1059362 |
| 11/11 | F | 9:00am- 1:00pm | |
| | | \$25 | 1059368 |
| 11/23 | W | 9:00am- 5:00pm | |
| | | \$40 | 1059363 |
| 11/23 | W | 9:00am- 1:00pm | |
| | | \$25 | 1059369 |
| 1/16 | M | 9:00am-5:00pm | |
| | | \$40 | 1063974 |
| 1/16 | M | 9:00am-1:00pm | |
| | | \$25 | 1063969 |
| 1/27 | F | 9:00am-5:00pm | |
| | | \$40 | 1063975 |
| 1/27 | F | 9:00am-1:00pm | |
| | | \$25 | 1063970 |
| 2/20 | M | 9:00am-5:00pm | |
| | | \$40 | 1063976 |
| 2/20 | M | 9:00am-1:00pm | |
| | | \$25 | 1063971 |



CHILD CARE

Quality childcare is available for infant to 8 years of age to accommodate parents attending classes, swimming or working out in our fitness area. Children accepted on a first come-first serve basis. Parents must remain on site.

Fees

(Childcare costs are determined by the age of the child for each 1/2 hour or any portion thereof. Two hour maximum.)

Children ages 0- 18 months,
\$2.75 per half-hour

Children ages 19 months- 8 years,
\$2.25 per half-hour

Hours

M-F / 8:00am-1:00pm

M-Th / 4:00-6:30pm

Sat / 8:00am-12:00pm

Sun / 9:00am-12:00pm

See the front desk for more information.

NO CLASS DAYS

November 24
November 25
December 19-23
December 26-30
January 2
January 16
January 27
February 20
March 27-31

FACILITY FEATURES INCLUDE

- Traversing bouldering wall
- Indoor six-lane lap pool
- Indoor zero-depth entry Leisure Pool
- Waterslide and splashdown pool
- Whirlpool spa
- Poolside party/meeting room
- Men's and women's locker rooms
- Family changing rooms
- Exercise studio with drop-in fitness courses
- Fitness Center with cardiovascular and circuit weight equipment
- Gymnasium
- Multipurpose rooms with attached kitchen
- Drop-in child care room
- 48,000 square feet



WELCOME BOXES FOR FOSTER CHILDREN

Southwest Community Center is now collecting items for Welcome Boxes for foster children in our community. For instructions on how to pack a box and items needed for boxes please see our brochure or visit <https://www.portlandoregon.gov/parks/article/551205>. **Accepting boxes and donations from 11/21-12/20.**

SOUTHWEST COMMUNITY CENTER



GYM SCHEDULE

Southwest Community Center offers an Open Gym setting for youth and adults to play basketball and volleyball at various times Monday through Sunday. See the schedule below for days and times. Hours and dates subject to change.

Times when Southwest Community Center has classes or activities scheduled.

**Gym times may vary depending on private rentals.*

- No Indoor Playpark: 11/24, 11/25, 12/19-1/2, 1/16, 1/27, 2/20
- Groups are not permitted to use Open Gym time for practices. Call 503-823-2849 and speak with a coordinator to learn about our new Gym Practice Rental Policy.
- Open REC Volleyball is open for all skill levels (16 and up) to enjoy.

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------------------------|-----------------------------|----------------|-----------------------------|----------------|--------------|-------------|--------------|
| Adult Basketball | 12:00-2:00pm 7:30-9:30pm | | 12:00-2:00pm 7:30-9:30pm | | 12:00-2:00pm | | |
| Adult 30+ Team play | | | | | | 7:30-9:30am | 4:00-6:00pm |
| All ages open gym | | | | | | 2:00-7:00pm | 9:00am-4:0pm |
| Circuit Training | 6:00-8:00am | 6:00-8:00am | 6:00-8:00am | 6:00-8:00am | 6:00-8:00am | | |
| Indoor Park | 8:30-10:30am 1:30-3:30pm | 11:30am-3:00pm | 8:30-10:30am 1:30-3:30pm | 11:30am-3:00pm | 8:30-12:00pm | | |
| Rec Volleyball (16+) | | 7:30-9:30pm | | 7:30-9:30pm | | | |
| Youth 18 and under open gym | | 3:00-5:00pm | | 3:00-4:30pm | 3:00-5:00pm | | |

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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SPROUT ACADEMY

at southwest community center

EDUCATIONAL PRESCHOOL

About the program

The Sprout Academy was proudly introduced as Southwest Community Center's educational preschool in the spring of 2009. At that time, we offered a pilot Pre-Kindergarten class with just 6 students to start. Today, we provide environmentally-focused early childhood education for ages 3 and 4. The Sprout Academy is offered exclusively at Southwest Community Center.

Philosophy

Our teaching philosophy is children learn through play. Learning through play encourages children to build a strong social foundation for their future. A sustainable philosophy of education focused in both ecological and social consciousness coupled with learning through play engages children in interactions with the natural world in an open-ended way allowing their curiosity to take root and imagination take flight. With the magic of our wonderful Gabriel Park onsite and the utility of our community garden plot, we strive to open young minds to independent thinking and creativity.



What is a Green Preschool?

In spring of 2010, the Sprout Academy became certified Eco-Healthy by the Oregon Environmental Council. SWCC's Director, the Preschool program manager, and teachers collaborated to pass a 30-point checklist and bring the classroom setting up to the OEC's standards for an Eco-Healthy Child Care. From the paint on the walls, to the cleaning products we use, to the educational materials on the shelves, Sprout Academy is a safe place for your child to learn and play.

In addition to the physical space being Eco-Healthy, instructors are role models and lead by example to teach students the importance of nature, ecology and community to build a future sustainable life. They teach simple concepts of sustainability and how we can each do our part. To learn more, visit the Oregon Environmental Council's website on Eco-Healthy Child Care programs at www.OEOnline.org.

ENROLLMENT & REGISTRATION

2016-2017 There is still availability for the coming school year.

2017-2018 Information will be available online by January 1, 2017.

Open registration is on Saturday, February 25 at 9:00am, in person only.

For more information please contact our Preschool Program Manager, Tim Haberman at 503-823-2847 or by email at Tim.Haberman@portlandoregon.gov.

2017-2018 SPROUT OFFERINGS

| AGE (as of 9/1/17) | DAYS | TIME | HOURS PER WEEK | RATIO Adult/Child | MONTHLY TUITION (8 monthly payments) |
|-----------------------|-------|----------------|-------------------|----------------------|---|
| 3 | M/W/F | 9:00am-12:00pm | 9 | 2:14 | \$290 |
| 3 | T/TH | 8:00am-12:00pm | 8 | 2:14 | \$280 |
| 4 | M-F | 1:00pm-4:00pm | 15 | 2:16 | \$450 |



PRESCHOOL OPEN HOUSE

Future students & their parents will tour our classroom, meet our teachers and learn all about Sprout Academy!

- **Wednesday, January 25**
- **Monday, February 6**
- **Wednesday, February 15**

Each night from 5:00-6:00pm or 6:00-7:00pm
(Reservation required, space is limited.
Call 503-823-2847)

Open to all new potential families / February enrollment for 3's and 4's for the 2017-2018 School Year.

SOUTHWEST COMMUNITY CENTER



WINTER BREAK CAMPS

Camp - Winter Bliss

Age 3-5

Snowflakes, icicles and glittering delights! Spark the creative spirit with projects and art. Warm the heart with stories and cooperative games. Fan into flame an appreciation of nature's cycles through science exploration. Celebrate season wonders! No nuts in snacks or lunches. Kid Central

Morning

| | | |
|-------------|-------|---------------|
| 12/19-12/23 | M-F | 9:00am-1:00pm |
| | \$125 | 1059419 |
| 12/26-12/30 | M-F | 9:00am-1:00pm |
| | \$125 | 1059420 |
| 12/19 | M | 9:00am-1:00pm |
| | \$28 | 1059408 |
| 12/20 | Tu | 9:00am-1:00pm |
| | \$28 | 1059409 |
| 12/21 | W | 9:00am-1:00pm |
| | \$28 | 1059410 |
| 12/22 | Th | 9:00am-1:00pm |
| | \$28 | 1059411 |
| 12/23 | F | 9:00am-1:00pm |
| | \$28 | 1059412 |
| 12/26 | M | 9:00am-1:00pm |
| | \$28 | 1059413 |
| 12/27 | Tu | 9:00am-1:00pm |
| | \$28 | 1059414 |
| 12/28 | W | 9:00am-1:00pm |
| | \$28 | 1059415 |
| 12/29 | Th | 9:00am-1:00pm |
| | \$28 | 1059416 |
| 12/30 | F | 9:00am-1:00pm |
| | \$28 | 1059417 |
| 1/2 | M | 9:00am-1:00pm |
| | \$28 | 1059418 |

Afternoon

| | | |
|-------------|-------|---------------|
| 12/19-12/23 | M-F | 1:00pm-5:00pm |
| | \$125 | 1059432 |
| 12/26-12/30 | M-F | 1:00pm-5:00pm |
| | \$125 | 1059433 |
| 12/19 | M | 1:00pm-5:00pm |
| | \$28. | 1059421 |
| 12/20 | Tu | 1:00pm-5:00pm |
| | \$28 | 1059422 |
| 12/21 | W | 1:00pm-5:00pm |
| | \$28 | 1059423 |
| 12/22 | Th | 1:00pm-5:00pm |
| | \$28 | 1059424 |
| 12/23 | F | 1:00pm-5:00pm |
| | \$28 | 1059425 |
| 12/26 | M | 1:00pm-5:00pm |
| | \$28 | 1059426 |
| 12/27 | Tu | 1:00pm-5:00pm |
| | \$28 | 1059427 |
| 12/28 | W | 1:00pm-5:00pm |
| | \$28 | 1059428 |
| 12/29 | Th | 1:00pm-5:00pm |
| | \$28 | 1059429 |
| 12/30 | F | 1:00pm-5:00pm |
| | \$28 | 1059430 |
| 1/2 | M | 1:00pm-5:00pm |
| | \$28 | 1059431 |

Camp - Winter Madness

Age 6-11

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

Full Day

| | | |
|-------------|-------|---------------|
| 12/19-12/23 | M-F | 9:00am-5:00pm |
| | \$180 | 1059381 |
| 12/26-12/30 | M-F | 9:00am-5:00pm |
| | \$180 | 1059382 |
| 12/19 | M | 9:00am-5:00pm |
| | \$40 | 1059370 |
| 12/20 | Tu | 9:00am-5:00pm |
| | \$40 | 1059371 |
| 12/21 | W | 9:00am-5:00pm |
| | \$40 | 1059372 |
| 12/22 | Th | 9:00am-5:00pm |
| | \$40 | 1059373 |
| 12/23 | F | 9:00am-5:00pm |
| | \$40 | 1059374 |
| 12/26 | M | 9:00am-5:00pm |
| | \$40 | 1059375 |
| 12/27 | Tu | 9:00am-5:00pm |
| | \$40 | 1059376 |
| 12/28 | W | 9:00am-5:00pm |
| | \$40 | 1059377 |
| 12/29 | Th | 9:00am-5:00pm |
| | \$40 | 1059378 |
| 12/30 | F | 9:00am-5:00pm |
| | \$40 | 1059379 |
| 1/2 | M | 9:00am-5:00pm |
| | \$40 | 1059380 |

Half Day

| | | | | |
|-------------|-----|---------------|-------|---------|
| 12/19-12/23 | M-F | 9:00am-1:00pm | \$100 | 1059394 |
| 12/26-12/30 | M-F | 9:00am-1:00pm | \$100 | 1059395 |
| 12/19 | M | 9:00am-1:00pm | \$25 | 1059383 |
| 12/20 | Tu | 9:00am-1:00pm | \$25 | 1059384 |
| 12/21 | W | 9:00am-1:00pm | \$25 | 1059385 |
| 12/22 | Th | 9:00am-1:00pm | \$25 | 1059386 |
| 12/23 | F | 9:00am-1:00pm | \$25 | 1059387 |
| 12/26 | M | 9:00am-1:00pm | \$25 | 1059388 |
| 12/27 | Tu | 9:00am-1:00pm | \$25 | 1059389 |
| 12/28 | W | 9:00am-1:00pm | \$25 | 1059390 |
| 12/29 | Th | 9:00am-1:00pm | \$25 | 1059391 |
| 12/30 | F | 9:00am-1:00pm | \$25 | 1059392 |
| 1/2 | M | 9:00am-1:00pm | \$25 | 1059393 |

SPRING BREAK CAMPS

Camp - Preschoolers Spring Break

Age 3-5

Would your child love to spend the day just like the Big Kids? Make new friends while building social & communication skills. Find adventure & expand your imagination, experiencing arts & crafts, sports, games, cooking & more! A little bit of everything! Kid Central

Morning

| | | | | |
|-----------|-----|---------------|-------|---------|
| 3/27-3/31 | M-F | 9:00am-1:00pm | \$125 | 1064005 |
| 3/27 | M | 9:00am-1:00pm | \$28 | 1064007 |
| 3/28 | Tu | 9:00am-1:00pm | \$28 | 1064008 |
| 3/29 | W | 9:00am-1:00pm | \$28 | 1064009 |
| 3/30 | Th | 9:00am-1:00pm | \$28 | 1064010 |
| 3/31 | F | 9:00am-1:00pm | \$28 | 1064011 |

Afternoon

| | | | | |
|-----------|-----|---------------|-------|---------|
| 3/27-3/31 | M-F | 1:00pm-5:00pm | \$125 | 1064006 |
| 3/27 | M | 1:00pm-5:00pm | \$28 | 1064012 |
| 3/28 | Tu | 1:00pm-5:00pm | \$28 | 1064013 |

| | | | | |
|------|----|---------------|------|---------|
| 3/29 | W | 1:00pm-5:00pm | \$28 | 1064014 |
| 3/30 | Th | 1:00pm-5:00pm | \$28 | 1064015 |
| 3/31 | F | 1:00pm-5:00pm | \$28 | 1064016 |

Camp - Spring Break Madness

Age 6-12

Lose those 'rainy day blues'! Make new friends, gain skills & flex your imagination through sports, crafts, & gym games. Create special crafts and find productive ways to spend days out of school. Gym

Full Day

| | | | | |
|-----------|-----|---------------|-------|---------|
| 3/27-3/31 | M-F | 9:00am-5:00pm | \$180 | 1063987 |
| 3/27 | M | 9:00am-5:00pm | \$40 | 1063988 |
| 3/28 | Tu | 9:00am-5:00pm | \$40 | 1063989 |
| 3/29 | W | 9:00am-5:00pm | \$40 | 1063990 |
| 3/30 | Th | 9:00am-5:00pm | \$40 | 1063991 |
| 3/31 | F | 9:00am-5:00pm | \$40 | 1063992 |

Half Day

| | | | | |
|-----------|-----|---------------|-------|---------|
| 3/27-3/31 | M-F | 9:00am-1:00pm | \$100 | 1063993 |
| 3/27 | M | 9:00am-1:00pm | \$25 | 1063994 |
| 3/28 | Tu | 9:00am-1:00pm | \$25 | 1063995 |
| 3/29 | W | 9:00am-1:00pm | \$25 | 1063996 |
| 3/30 | Th | 9:00am-1:00pm | \$25 | 1063997 |
| 3/31 | F | 9:00am-1:00pm | \$25 | 1063998 |

PARENT / CHILD CLASSES

Sports Start - Balls! Balls! Bonanza

Age 18mo-3

Bounce! Throw! Toss! Kick! Unleash that excess energy in a constructive environment. Engage in independent & group games while developing color recognition, adult/child communication, hand-eye coordination & large motor skills. Get into the 'sphere' of fun! Gym West

| | | | | |
|-------------|-----------|----|------|---------|
| 8:45-9:15am | 1/10-2/7 | Tu | \$25 | 1063560 |
| 8:45-9:15am | 2/14-3/14 | Tu | \$25 | 1063471 |
| 8:45-9:15am | 2/15-3/15 | W | \$25 | 1063614 |
| 8:45-9:15am | 2/17-3/17 | F | \$25 | 1063622 |

SPRING BREAK JR LEADER TRAINING

Grades 7-10

Looking for something to do this summer? Gain leadership & volunteer experience in a supervised environment that enhances self-esteem, promotes positive self-image & develops the spirit of volunteerism. Training provides skills to work with youth in a recreation setting where upon successful class completion, Jr. Leaders may be placed as volunteers in summer camps.

| | | | |
|----------------|-----------|-----|---------|
| 10:00am-1:00pm | 3/27-3/31 | M-F | |
| Fanno Creek | \$75 | | 1063782 |



DADDY DAUGHTER NIGHT

Saturday 2/25 6-8:30pm & Sunday 2/26 5-7:30pm

Tickets are \$18 per person and both dads and daughters are required to sign up. Includes dinner, salad bar, Italian sodas and Sunny's Legendary Frozen Yogurt for dessert.

Join us for a night to infinity and beyond!

1063788 - SATURDAY
1063789 - SUNDAY

SOUTHWEST COMMUNITY CENTER



PARENT / CHILD CLASSES

Sports Start - Bubbles, Balls & Beanbags

Age 18mo-3

Bounce! Throw! Toss! Kick! Unleash that excess energy in a constructive environment. Engage in independent & group games while developing color recognition, adult/child communication, hand-eye coordination & large motor skills. Get into the 'sphere' of fun! Gym East

| | | | |
|-------------|-----------|----|---------|
| 9:00-9:30am | 1/10-2/7 | Tu | |
| | \$25 | | 1063476 |
| 9:00-9:30am | 2/14-3/14 | Tu | |
| | \$25 | | 1063561 |

Gymnastics - Tumbling: Gym Dandies

Age 18mo-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! Gym East

| | | | |
|--------------|-----------|----|---------|
| 9:30-10:00am | 1/12-2/9 | Th | |
| | \$25 | | 1063650 |
| 9:30-10:00am | 2/16-3/16 | Th | |
| | \$25 | | 1063655 |

Messy Art-Art Explorers

Age 12-36mo

Discover the possibilities! It's all about the experience- colors, textures, shapes & sensory sensations. Develops small muscles in fingers, hand-eye coordination, self-expression & language through adult-child interaction. Great start to a lifetime of imagination! Multi

| | | | |
|---------------------------|-----------|---|---------|
| Snow, Snow, Snow! | | | |
| 9:00-9:30am | 1/11-2/8 | W | |
| | \$25 | | 1063765 |
| Ooey, Gooey, Concoctions! | | | |
| 9:00-9:30am | 2/15-3/15 | W | |
| | \$25 | | 1063766 |

Kitchen Adventures

Age 2-4

Enter the ways of kitchen wizardry together to prepare & eat scrumptious snacks. Develop life-long skills of proper food preparation & kitchen safety. Discover new recipes for healthy & easy snacks to take away the munchies. It's yummy-time! Multi

| | | | |
|-------------------|-----------|---|---------|
| Tasty Tea Party! | | | |
| 9:00-9:45am | 1/13-2/10 | F | |
| | \$26.50 | | 1063772 |
| Storybook Cooking | | | |
| 9:00-9:45am | 2/17-3/17 | F | |
| | \$33 | | 1063774 |

Basketball - You & Me

Age 2-4

Dribble it! Pass it! Shoot it! Develop skills together that promote hand-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 East

| | | | |
|--------------|-----------|----|---------|
| 9:45-10:15am | 1/12-2/9 | Th | |
| | \$25 | | 1063652 |
| 9:15-9:45am | 1/14-2/11 | Sa | |
| | \$25 | | 1063556 |
| 8:45-9:15am | 2/16-3/16 | Th | |
| | \$25 | | 1063653 |
| 9:45-10:15am | 2/18-3/18 | Sa | |
| | \$25 | | 1063557 |

Soccer - You & Me

Age 2-4

Don't watch from the sidelines! An introduction to the 'World's Most Popular Game!' Interact with your child as you both learn the basics- pass, trap, dribble & shoot. Gain confidence, bond & exercise! It's a goal! Gym East

| | | | |
|---------------|-----------|----|---------|
| 9:45-10:15am | 1/10-2/7 | Tu | |
| | \$25 | | 1063477 |
| 10:15-10:45am | 1/11-2/8 | W | |
| | \$25 | | 1063605 |
| 10:45-11:15am | 1/12-2/9 | Th | |
| | \$25 | | 1063648 |
| 9:45-10:15am | 2/14-3/14 | Tu | |
| | \$25 | | 1063478 |
| 10:15-10:45am | 2/15-3/15 | W | |
| | \$25 | | 1063612 |
| 10:45-11:15am | 2/16-3/16 | Th | |
| | \$25 | | 1063659 |

Gymnastics
Tumbling: Rumble, Tumble & Roll

Age 2-4

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! Gym East

| | | | |
|-----------------|-----------|----|---------|
| 10:30-11:00am | 1/10-2/7 | Tu | |
| | \$25 | | 1063479 |
| 11:30am-12:00pm | 1/11-2/8 | W | |
| | \$25 | | 1063606 |
| 10:15-10:45am | 1/12-2/9 | Th | |
| | \$25 | | 1063651 |
| 10:30-11:00am | 2/14-3/14 | Tu | |
| | \$25 | | 1063480 |
| 11:30am-12:00pm | 2/15-3/15 | W | |
| | \$25 | | 1063613 |
| 10:15-10:45am | 2/16-3/16 | Th | |
| | \$25 | | 1063656 |

Movement - Twist & Twirl

Age 2-4

Turn, leap & shake it with your parent. Explore rhythm, movement & coordination together. Nurturing environment focused on fun as a foundation for dance is developed while agility, flexibility & imagination are emphasized. May I have this dance? Gym West

| | | | |
|-----------------|----------|----|---------|
| 11:30am-12:00pm | 1/10-2/7 | Tu | |
| | \$25 | | 1063481 |
| 9:00-9:30am | 1/12-2/9 | Th | |
| | \$25 | | 1063646 |

| | | | |
|-----------------|-----------|----|---------|
| 11:30am-12:00pm | 2/14-3/14 | Tu | |
| | \$25 | | 1063482 |
| 9:00-9:30am | 2/16-3/16 | Th | |
| | \$25 | | 1063657 |

PRESCHOOL CLASSES

Art - Party!

Age 3-5

Uncover the artist within! Using a variety of tools, such as pencils, crayons, & markers, young artists can increase eye-hand coordination while exploring new forms of art. Expand imaginations while developing mini-masterpieces to show off to family & friends. Future Picasso's start here! Multi

| | | | |
|----------------------|-----------|---|---------|
| 11:15am-12:00pm | 1/11-2/8 | W | |
| Hearts & Crafts | \$33 | | 1063770 |
| 11:00-11:45am | 1/13-2/10 | F | |
| Snow Much Fun! | \$26.50 | | 1063775 |
| 11:15am-12:00pm | 2/15-3/15 | W | |
| Going on a Bug Hunt! | \$33 | | 1063771 |
| 11:00am-11:45am | 2/17-3/17 | F | |
| Superhero School! | \$33 | | 1063776 |

BASKETBALL LEAGUE



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

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

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



PORTLAND PARKS & RECREATION™
 Healthy Parks, Healthy Portland

| | | |
|--------------------|--------------------------|-------------------------|
| Grades: 3-4 | Season: 1/30-3/17 | Games begin 2/10 |
| 1062326 | M 5:30- 6:30pm | Practice at SWCC Gym |
| 1062327 | M 6:30- 7:30pm | Practice at SWCC Gym |
| 1062329 | Tu 5:30- 6:30pm | Practice at SWCC Gym |
| 1062328 | Tu 6:30- 7:30pm | Practice at SWCC Gym |

For more information visit portlandoregon.gov/parks/parkstars

PARENTS NIGHT OUT AT SWCC

- **DECEMBER 9 / 5:00-9:00PM**
1060398 - Have you seen the Gingerbread Man?
- **FEBURARY 10 / 5:00-9:00PM**
1063780 - Valentine's Celebration
- **MARCH 17 / 5:00-9:00PM**
1063781 - St. Paddy's Day

Ages 5-12 - \$29

Hey parents, need a well-deserved break? Let your child spend time with us while you hit the town. Activities might include age appropriate movies and popcorn or dinner and crafty projects. Keep them safe, busy and happily meeting new friends!
 Multi-purpose room

SOUTHWEST COMMUNITY CENTER



PRESCHOOL CLASSES

Woodshop - Tool Time

Age 3-5

Hammers pound & wood gets sanded. Build individual projects that encourage hand-eye coordination & small motor skills. Find out the ways to use tools safely while being creative. Increase dexterity & spatial awareness with construction fun. Construction starts here!

| | | |
|---------------|-----------|---------|
| 10:15-11:00am | 1/11-2/8 | W |
| Race Cars! | \$37.50 | 1063768 |
| 10:15-11:00am | 2/15-3/15 | W |
| Bird Feeders! | \$37.50 | 1063769 |

Cooking -Young Chefs Adventures

Age 3-5

Does your child enjoy watching you prepare food? Through simple recipes, we introduce kitchen vocabulary, techniques, tools, topics like etiquette, nutrition, safety, math, & perhaps new foods, too! Inspire, excite, & feed the curiosity of your culinary artist in the making.

| | | |
|----------------|-----------|---------|
| 12:00-12:45pm | 1/13-2/10 | F |
| Tea Party Fun! | \$26.50 | 1063777 |
| 12:00-12:45pm | 2/17-3/17 | F |
| Supersnacks! | \$33 | 1063778 |

PRESCHOOL MOVEMENT / DANCE

PreBallet - Where Dreams Begin

Age 3-4

Agility, grace, coordination, movement & rhythm improves strength while providing the nurturing atmosphere to learn the discipline required. Earliest preparation of time honored training in classical ballet. Ex Studio

| | | |
|-------------|-----------|---------|
| 2:15-2:45pm | 1/13-3/17 | F |
| | \$52.50 | 1062007 |

PreBallet - Starting Steps!

Age 4-5

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. Ex Studio

| | | |
|-------------|-----------|---------|
| 2:55-3:25pm | 1/13-3/17 | F |
| | \$52.50 | 1062005 |
| 4:45-5:15pm | 1/13-3/17 | F |
| | \$52.50 | 1062006 |

Gymnastics - Tumbling: Jump Start

Age 3-4

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. Gym East

| | | |
|---------------|-----------|---------|
| 10:30-11:00am | 1/14-2/11 | Sa |
| | \$25 | 1063558 |
| 10:30-11:00am | 2/18-3/18 | Sa |
| | \$25 | 1063559 |

Gymnastics - Preschool

Age 4-6

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 4 Olympic events! Gym East

| | | |
|-------------|-----------|---------|
| 3:15-4:00pm | 1/9-2/6 | M |
| | \$30 | 1062323 |
| 3:30-4:15pm | 1/11-2/8 | W |
| | \$37.50 | 1062351 |
| 4:30-5:15pm | 1/12-2/9 | Th |
| | \$37.50 | 1062344 |
| 3:15-4:00pm | 2/13-3/13 | M |
| | \$30 | 1062353 |
| 3:30-4:15pm | 2/15-3/15 | W |
| | \$37.50 | 1062352 |
| 4:30-5:15pm | 2/16-3/16 | Th |
| | \$37.50 | 1062528 |

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!

| | | |
|-----------------|-----------|---------|
| 5:30-6:15pm | 1/11-3/15 | W |
| | \$75 | 1062354 |
| 11:15am-12:00pm | 1/14-3/18 | Sa |
| | \$75 | 1063565 |



PRESCHOOL SPORTS

Sports Mix - Sports Mania

Age 3-6

Let's play all sorts of games. Start with the basics of team play with activities such as t-ball, soccer & basketball. Athletics help increase coordination, listening skills, muscle development & strength. What a blast! Gym West

| | | | |
|-------------|-----------|---|---------|
| 8:45-9:15am | 1/9-2/6 | M | |
| | \$20 | | 1063464 |
| 8:45-9:15am | 1/11-2/8 | W | |
| | \$25 | | 1063586 |
| 8:45-9:15am | 2/13-3/13 | M | |
| | \$20 | | 1063469 |

Basketball - Jump Start

Age 3-5

Dribble! Shoot! Take the ball to the Hoop! If you are ready for the game, here is the place to start! Develop coordination, stamina, ball handling skills, shooting techniques & footwork. Gym West

| | | | |
|--------------|-----------|----|---------|
| 9:30-10:00am | 1/9-2/6 | M | |
| | \$20 | | 1063461 |
| 9:30-10:00am | 1/10-2/7 | Tu | |
| | \$25 | | 1063472 |
| 3:30-4:00pm | 1/10-2/7 | Tu | |
| | \$25 | | 1062330 |
| 9:30-10:00am | 1/11-2/8 | W | |
| | \$25 | | 1063604 |
| 3:45-4:15pm | 1/13-2/10 | F | |
| | \$25 | | 1062764 |
| 9:30-10:00am | 2/13-3/13 | M | |
| | \$20 | | 1063466 |
| 9:30-10:00am | 2/14-3/14 | Tu | |
| | \$25 | | 1063473 |
| 3:30-4:00pm | 2/14-3/14 | Tu | |
| | \$25 | | 1062347 |
| 9:30-10:00am | 2/15-3/15 | W | |
| | \$25 | | 1063610 |
| 3:45-4:15pm | 2/17-3/17 | F | |
| | \$25 | | 1062765 |

Soccer - Jump Start

Age 3-5

Gain confidence & make new friends & teammates. Refine motor skills through expanded interactive drills & play. Emphasize the basics of kicking & dribbling in a high-energy, safe environment. Your dream starts here! Gym West

| | | | |
|---------------|----------|----|---------|
| 10:15-10:45am | 1/9-2/6 | M | |
| | \$20 | | 1063462 |
| 3:45-4:15pm | 1/9-2/6 | M | |
| | \$20 | | 1062321 |
| 10:15-10:45am | 1/10-2/7 | Tu | |
| | \$25 | | 1063474 |
| 9:45-10:15am | 1/12-2/9 | Th | |
| | \$25 | | 1063647 |

| | | | |
|---------------|-----------|----|---------|
| 9:30-10:00am | 1/13-2/10 | F | |
| | \$20 | | 1063616 |
| 10:15-10:45am | 2/13-3/13 | M | |
| | \$20 | | 1063468 |
| 3:45-4:15pm | 2/13-3/13 | M | |
| | \$20 | | 1062345 |
| 10:15-10:45am | 2/14-3/14 | Tu | |
| | \$25 | | 1063475 |
| 9:45-10:15am | 2/16-3/16 | Th | |
| | \$25 | | 1063658 |
| 9:30-10:00am | 2/17-3/17 | F | |
| | \$25 | | 1063619 |

Skateboarding - Flatground Basics

Age 4-5

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 West

| | | | |
|---------------|-----------|---|---------|
| 10:15-11:00am | 1/13-2/10 | F | |
| | \$30 | | 1063618 |
| 10:15-11:00am | 2/17-3/17 | F | |
| | \$37.50 | | 1063621 |

Bouldering Wall - Jump Start

Age 4-6

Step, stretch & climb! Follow the colorful foot and handholds across the traversing wall while building muscular strength, flexibility & coordination, as well as problem solving skills & self-confidence. You decide which path to follow! Gym West

| | | | |
|-----------------|-----------|----|---------|
| 11:30am-12:00pm | 1/9-2/6 | M | |
| | \$20 | | 1063465 |
| 4:30-5:00pm | 1/10-2/7 | Tu | |
| | \$25 | | 1062331 |
| 11:30am-12:00pm | 1/12-2/9 | Th | |
| | \$25 | | 1063649 |
| 11:30am-12:00pm | 2/13-3/13 | M | |
| | \$20 | | 1063467 |
| 4:30-5:00pm | 2/14-3/14 | Tu | |
| | \$25 | | 1062348 |
| 11:30am-12:00pm | 2/16-3/16 | Th | |
| | \$25 | | 1063654 |



PARTIES AT SWCC

Celebrate at Southwest Community Center with a variety of fun and budget friendly party packages. We're happy to help you create the perfect party experience. Call a party coordinator at 503-823-2849 or visit portlandoregon.gov/parks/swccparties.

Rental Hours:

| | |
|-----------|----------------|
| Monday | 10:00am-6:00pm |
| Tuesday | 8:00am-4:00pm |
| Wednesday | 10:00am-6:00pm |
| Thursday | 10:00am-8:00pm |
| Friday | 10:00am-6:00pm |

SOUTHWEST COMMUNITY CENTER



YOUTH SPORTS

Soccer - Basics

Age 6-9

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

| | | | |
|-------------|-----------|----|---------|
| 3:45-4:30pm | 1/12-2/9 | Th | |
| | \$33 | | 1062340 |
| 3:45-4:30pm | 2/16-3/16 | Th | |
| | \$33 | | 1062529 |

Soccer - Positive Play

Age 6-9

Thrills, drills & skills! Test your ball control, passing & shooting while improving coordination & endurance. Develop fundamental skills through drills, teamwork & sportsmanship. What a kick! Gym

| | | | |
|-------------|-----------|---|---------|
| 4:30-5:15pm | 1/13-2/10 | F | |
| | \$26.50 | | 1062766 |
| 4:30-5:15pm | 2/17-3/17 | F | |
| | \$33 | | 1062767 |

Futsal - Basics

Age 6-10

How quick is your shot? Head to the pitch and improve ball control and passing in small spaces. Boost speed while you challenge your improvisation, creativity and technique. Ready, set? Kick-off! Gym

| | | | |
|--------------|-----------|----|---------|
| 12:15-1:00pm | 1/14-2/11 | Sa | |
| | \$33 | | 1063581 |
| 12:15-1:00pm | 2/18-3/18 | Sa | |
| | \$33 | | 1063582 |

Volleyball - Net Gains

Age 7-12

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

| | | | |
|-------------|-----------|----|---------|
| 6:30-7:15pm | 1/12-2/9 | Th | |
| | \$33 | | 1062342 |
| 6:30-7:15pm | 2/16-3/16 | Th | |
| | \$33 | | 1062530 |

Basketball - Drills & Thrills

Age 7-9

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

| | | | |
|-------------|-----------|---|---------|
| 4:30-5:15pm | 1/9-2/6 | M | |
| | \$26.50 | | 1062322 |
| 6:15-7:00pm | 1/11-2/8 | W | |
| | \$33 | | 1062336 |
| 4:30-5:15pm | 2/13-3/13 | M | |
| | \$26.50 | | 1062346 |
| 6:15-7:00pm | 2/15-3/15 | W | |
| | \$33 | | 1062337 |

Basketball - Hoop It Up

Age 7-9

Want to play like a pro? This is where they all started! Develop & improve fundamentals including ball handling, shooting techniques & defensive skills while improving endurance, flexibility & strength. Learn special strategies, basic plays & develop a teamwork mentality. Gym

| | | | |
|-------------|-----------|---|---------|
| 4:45-5:30pm | 1/11-2/8 | W | |
| | \$33 | | 1062332 |
| 4:45-5:30pm | 2/15-3/15 | W | |
| | \$33 | | 1062333 |

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

| | | | |
|-------------|-----------|----|---------|
| 5:30-6:15pm | 1/12-2/9 | Th | |
| | \$33 | | 1062343 |
| 5:30-6:15pm | 2/16-3/16 | Th | |
| | \$33 | | 1062526 |

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

| | | | |
|-------------|-----------|---|---------|
| 3:45-4:30pm | 1/11-2/8 | W | |
| | \$33 | | 1062334 |
| 3:45-4:30pm | 2/15-3/15 | W | |
| | \$33 | | 1062335 |

Basketball - Basketball Academy

Age 8-12

Do you have the basics down & want to take your game to the next level? Challenge & hone your edge in a competitive, high-energy environment. Develop life-long skills to prepare you for high school & beyond. Gym

| | | |
|-------------|-----------|---------|
| 4:45-5:45pm | 1/12-2/9 | Th |
| | \$44 | 1062341 |
| 4:45-5:45pm | 2/16-3/16 | Th |
| | \$44 | 1062525 |

YOUTH DANCE / MOVEMENT

Ballet - Basics

Age 6-10

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

| | | |
|-------------|-----------|---------|
| 3:40-4:40pm | 1/13-3/17 | F |
| | \$86 | 1061989 |

YOUTH GYMNASTICS

Gymnastics - Level I Beginners

Age 6-9

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. Gym

| | | |
|-------------|-----------|---------|
| 4:00-4:45pm | 1/9-3/13 | M |
| | \$60 | 1062324 |
| 4:45-5:30pm | 1/9-3/13 | M |
| | \$60 | 1062325 |
| 4:30-5:15pm | 1/11-3/15 | W |
| | \$75 | 1062339 |

Gymnastics - Level I Advanced

Age 7-11

If you have mastered the straight body cartwheel and handstand, this is your level! Experienced gymnasts will get in a great workout with an introduction to level 2 skills on 4 Olympic events. Continue to develop strength, coordination, flexibility and self-confidence! Gym

| | | |
|-------------|-----------|---------|
| 6:15-7:00pm | 1/11-3/15 | W |
| | \$75 | 1062338 |

YOUTH MARTIAL ARTS

Tae Kwon Do - First Kicks

Age 5-7

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. Multi

| | | |
|-------------|----------|---------|
| 5:30-6:15pm | 1/3-1/31 | Tu |
| | \$30 | 1061896 |
| 5:30-6:15pm | 2/7-2/28 | Tu |
| | \$30 | 1061897 |
| 5:30-6:15pm | 3/7-3/28 | Tu |
| | \$30 | 1061898 |

Tae Kwon Do - Traditional

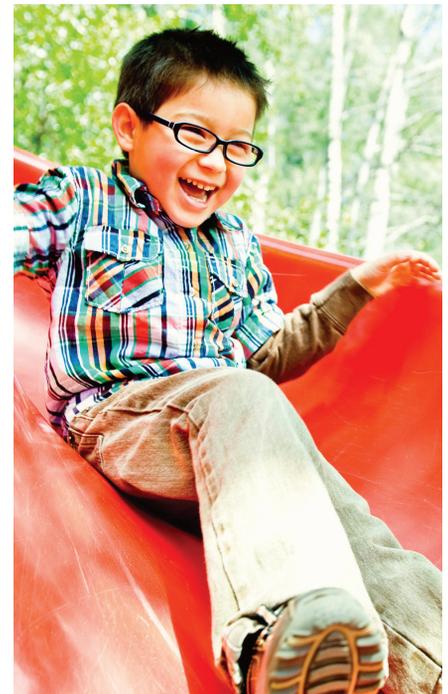
Age 7-Up

Come get your 'kicks' with us! Discover a traditional non-contact Korean martial art. Great lifelong aerobic exercise for the entire family. Emphasis on the five tenets of Tae Kwon Do: courtesy, integrity, perseverance, self-control and indomitable spirit. Achieve your black belt goals! Gym

| | | |
|-------------|----------|---------|
| 6:30-7:30pm | 1/3-1/31 | Tu Th |
| | \$50 | 1061899 |
| 6:30-7:30pm | 2/2-2/28 | Tu Th |
| | \$50 | 1061900 |
| 6:30-7:30pm | 3/2-3/30 | Tu Th |
| | \$50 | 1061901 |

NO CLASS DAYS

November 24
November 25
December 19-23
December 26-30
January 2
January 16
January 27
February 20
March 27-31



Smoke and tobacco-free parks help keep kids healthy.

Let's get out and play!

 **PORTLAND
PARKS & RECREATION**
Healthy Parks, Healthy Portland
portlandparks.org

 **Multnomah
County
Health Department**
multco-itsstartshere.org

SOUTHWEST COMMUNITY CENTER



AQUATICS

Swim Lessons

| M | T | W | Th | F | Sa | Su |
|-------------|-------------|-------------|-------------|------------|------------|-------------|
| 9am-11:15pm | 9am-11:15pm | 9am-11:15pm | 9am-11:15pm | No Lessons | 8:30-12:30 | 4:10-6:25pm |
| 4:00-6:50pm | 3:45-8pm | 4:00-6:50pm | 3:45-8pm | | | |

(Not all levels offered at all times.)

Adult Lap Swim

| M | T | W | Th | F | Sa | Su |
|---------------|---------------|---------------|---------------|---------------|---------------|---------------|
| 5:15am-9:00pm | 5:15am-9:00pm | 5:15am-9:00pm | 5:15am-9:00pm | 5:15am-9:00pm | 7:00am-6:00pm | 9:00am-6:25pm |

Lap Swim (Lap Pool)

We will make every attempt to have 1-2 lap lanes available, at all times, for adult lap swimmers. Up to 6 lap lanes will be available at designated times, call 503-823-2840 for a complete schedule of lap lanes available during operating hours.

PAC (Portland Aquatic Club)

Mon-Fri 4:00-5:30pm

PIL

Mon-Fri 7:30-9:00pm
(November 14-February 17)

Jesuit

Mon-Fri 2:45-4:00pm
(November 14-February 17)

Lap Swim Etiquette

“Circle Swimming” is necessary when more than two people are in a lane. Lane lines divide lap lanes. Think of the lane as a highway, always stay on the right hand side. Like a highway, lap lanes may become crowded. At these times “circle swimming” is a necessity. Lap lanes are designated according to a swimmer’s speed: slow, medium, and fast. Look at the yellow markers at the end of the pool to find your appropriate lane.

WATER WORKOUTS

Exercising in the water cushions the impact, reducing stress on the joints while supporting the muscles and

promoting more efficient toning. Twelve times more resistant than air, water allows triple strength gains over land aerobics! In addition, heart rates are lower in the water, allowing for optimal fat burning and less fatigue. Check out our shallow or deep-water classes, and enjoy the benefits!

Aquaerobics

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

Aquapower

Experience the difference in deep water, using buoyant and resistant equipment for an excellent cardiovascular workout with zero impact! Aquapower

is designed for all levels. Participants should be comfortable in deep water.

S.M.I.L.E. (Slower Movement Intensity Lowered Exercise) This shallow water class focuses on improving circulation, strength, range of motion, and flexibility through low-impact exercise.

Pregnancy Fitness

A gentle paced aerobic activity with strength and stretching exercises—all utilizing the freedom and support of the water. Pregnant or postpartum participants join any class. The specific pregnancy fitness classes are designed so participants may enjoy the camaraderie of others experiencing the same growth and labors of pregnancy.

Each class is 55 minutes long

| | MON | TUES | WED | THURS | FRI | SAT |
|--------|---------------------------|-------------------|---------------------------|-------------------|---------------------------|-------------|
| 6am | Aquaerobics | | Aquaerobics | | Aquaerobics | |
| 9am | Aquaerobics and Aquapower | Aquapower | Aquaerobics and Aquapower | Aquapower | Aquaerobics and Aquapower | Aquapower |
| 10am | Aquaerobics and Aquapower | Pregnancy Fitness | Aquaerobics and Aquapower | Pregnancy Fitness | Aquaerobics and Aquapower | Aquaerobics |
| 11am | SMILE | SMILE | SMILE | SMILE | SMILE | |
| 5:35pm | Aquapower | Aquapower | Aquapower | Aquapower | Aquapower | |
| 6:35pm | Aquaerobics | Pregnancy Fitness | Aquaerobics | Pregnancy Fitness | | |

OPEN PLAY SWIM

Monday and Wednesday

7:00-9:00pm

Leisure Pool and Slide open

Tuesday and Thursday

Swim lessons, no Open Play swims

Friday

2:30-9:00pm

Leisure Pool and Slide open

Saturday

1:30- 6:00pm

Slide and Rope Swing open

Sunday

12:30- 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 - Thursday

11:30am - 1:30pm

Slide will not be available

Friday

11:00am - 2:30pm

Slide will be available after 12:00pm

Saturday

11:30am - 1:30pm / Slide Open

Sunday

10:30am - 12:30pm / Slide Open

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.

FAMILY AND OPEN SWIM DATES

11/9-11/10 Parent Conferences

11:30am-1:00pm Family / 1:00-9:00pm Open

11/11 Veterans' Day

11:00am-1:00pm Family / 1:00-9:00pm Open

11/23 Schools Closed

11:30am-1:00pm Family / 1:00-9:00pm Open

11/24 Thanksgiving

Closed

11/25 Schools Closed

11:00am-1:00pm Family / 1:00-9:00pm Open

12/19-12/22 Winter Break

11:30am-1:00pm Family / 1:00-9:00pm Open

12/23 Winter Break

11:00am-1:00pm Family / 1:00-9:00pm Open

12/24 Christmas Eve Day

Closed

12/25 Christmas Day

Closed

12/26-12/29 Winter Break

11:30am-1:00pm Family / 1:00-9:00pm Open

12/30 Winter Break

11:00am-1:00pm Family / 1:00-9:00pm Open

12/31 New Year's Eve

11:30am-1:00pm Family / 1:00-2:30pm Open

1/1 New Year's Day

10:30am-12:30pm Family / 12:30-5:30pm Open

1/2 Schools Closed

11:30am - 1:00pm Family / 1:00-9:00pm Open

1/16 MLK Day

11:30am - 1:00pm Family / 1:00-9:00pm Open

1/27 Teacher Planning

11:00am - 1:00pm Family / 1:00-9:00pm Open

2/20 Presidents Day

11:30am - 1:00pm Family / 1:00-9:00pm Open

3/27 - 3/30 Spring Break

11:30am - 1:00pm Family / 1:00-9:00pm Open

3/31 Spring Break

11:00am - 1:00pm Family / 1:00-9:00pm Open



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

SOUTHWEST COMMUNITY CENTER



SWIM LESSONS

If your child has had more than a 3-month break from swimming lessons, they should repeat the previous level as a refresher course.

Classes are designed to have one instructor:

- per 4 to 5 students—Goldfish through Pre-Penguin
- per 4 to 6 students—Pre-Otter through Polar Bear
- per 4 to 8 students—Sea Lion and Above
- per 3 students—all semi-private lessons

PARENT/CHILD LESSONS

Age 6 months - 3

Angelfish
6mo- 18mo

New to the pool? Discover the wonders of the water together through exciting songs and activities as your little fish acclimates to the new world of water. Experience bubble blowing, kicking, assisted floats and glides while developing confidence and coordination.

Starfish-
18mo- 3yrs

Be a “star” in the water! Gain additional water adjustment and increase confidence. Toddlers will develop more independence, body awareness and control in the water. Practice more floats, kicks, jumps and glides . . . together!

SESSION DATES

M/W 1-9 – 2/8 No class 1/16
T/Th 1/10 – 2/9
Sat 1/14 – 3/18
Sun 1/15 – 3/19
M/W 2/13 – 3/15 No class 2/20
T/Th 2/14 – 3/16

PRESCHOOL LESSONS

Age 3-5

Pre-
Goldfish

For the non-swimmer comfortable in the water without a parent. This class works towards water adjustment, blowing bubbles, and putting the whole face (including ears and eyes) in the water.

Pre-
Penguin

For the non-swimmer who can put face in the water and blow bubbles. This class works towards front glides with kicks 5ft (pre) or 10ft (youth) and unassisted back floats.

Pre-Otter

Must be comfortable in the water and be able to do a front glide with kick for 5ft (pre) or 10ft (youth) and unassisted back floats. This class works towards back glides with kicks for 5ft (pre) or 10ft (youth), front crawl with arms no side breathing for 10ft (pre) or 15ft (youth), and five side breathing breaths with arm circles on wall.

Pre-Seal

Must be able to do back glides with kicking for 5ft (pre) or 10ft (youth), front crawl with no side breathing for 10ft (pre) or 15ft (youth), and do five side breathing breaths with arms on wall. This class works towards front crawl with arms and side-breathing for 30ft and back crawl with arms for 30ft.

YOUTH / PARENT & CHILD FEES

| | |
|------------|----------------------|
| 10 lessons | \$52.50 resident |
| | \$73.50 non-resident |
| 9 lessons | \$47.25 resident |
| | \$66.25 non-resident |
| 8 lessons | \$42.00 resident |
| | \$59.00 non-resident |

Adult Fees

| | |
|-----------|----------------------|
| 10 lesson | \$62.50 resident |
| | \$87.50 non-resident |
| 9 lessons | \$56.25 resident |
| | \$78.75 non-resident |
| 8 lessons | \$50.00 resident |
| | \$70.00 non-resident |

YOUTH LESSONS

Age 6-12

Penguin For the non-swimmer. First time taking lessons. This class works towards front glides with kicks 10 ft (youth) and unassisted back floats.

Otter Must be comfortable in the water and be able to do a front glide with kick for 5 ft (pre) or 10 ft (youth) and unassisted back floats. This class works towards back glides with kicks for 5 ft (pre) or 10 ft (youth), front crawl with arms no side breathing for 10 ft (pre) or 15 ft (youth), and five side-breathing breaths with arm circles on wall.

Seal Must be able to do back glides with kicking for 5 ft (pre) or 10 ft (youth), front crawl with no side-breathing for 10 ft (pre) or 15 ft (youth), and do five side breathing breaths with arms on wall. This class works towards front crawl with arms and side breathing for 30ft and back crawl with arms for 30ft.

Polar Bear Must be comfortable in deep water and be able to swim front crawl with arms and side-breathing for 30 ft and back crawl with arms for 30 ft. This class works towards front crawl with side breathing for 50 ft and back crawl with arms for 50 ft.

Sea Lion Must be comfortable in the deep water and be able to swim front crawl with side-breathing for 50 ft and back crawl for 50ft. This class works towards front crawl for 25 yds, back crawl for 25 yds, and elementary backstroke for 25 yds.

Piranha (optional after Sea Lion) Must be able to complete Sea Lion skills or equivalent. This class works towards front and back racing starts, 50 yds front crawl with turn, and back crawl for 25 yds.

Dolphin

Must be comfortable in the deep water and be able to swim front crawl with side breathing for 25 yds, back crawl for 25 yds and elementary backstroke for 25 yds. This class works towards diving into the pool then swimming 50 yds, back crawl for 50 yds, elementary backstroke for 25 yds and breaststroke for 25 yds.

Park Shark 1 and 2

Must be comfortable in the deep water and be able to dive into the pool and swim front crawl for 50 yds, swim back crawl for 50 yds, and swim breaststroke for 50yds. This class works towards swimming front crawl, back crawl, and breaststroke all for 100 yds, swim side stroke for 50 yds, do a pike or tuck dive to 8ft, underwater swim for 20 ft, surface and tread water for 5 minutes, long shallow dive and swim 100 yd individual medley, and compact jump and approach stroke 10 yds with rescue tube.

TEEN LESSONS

Age 11-18

These classes are offered to participants from beginner to intermediate. Depending on your prior swimming ability, taking a "Teen Only Swim Lesson" once MAY or MAY NOT adequately prepare you for the swimming demands required in certification courses.
Fee: \$20 for 10 lessons

ADULT LESSONS

For beginner and intermediate swimmers.



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).

SOUTHWEST COMMUNITY CENTER



SWIM LESSONS SCHEDULE

WEEKDAY MORNING

Mon/Wed

- 9:00 Angelfish
Goldfish
- 9:35 Penguin (pre)
Otter (pre)
- 10:10 Starfish
Goldfish
- 10:45 Penguin (pre)
Otter (pre)

Tue/Thur

- 9:00 Angelfish
Penguin (pre)
- 9:35 Starfish
Otter (pre)
- 10:10 Penguin (pre)
Seal (pre)
- 10:45 Goldfish
Otter (pre)

SATURDAY MORNING

- 8:30 Angelfish
Goldfish
Penguin (pre)
Otter (yth)
Dolphin
Park Shark I and II
- 9:05 Starfish
Penguin (pre)
Otter (pre) (yth)
Seal (yth)
Polar Bear
- 9:40 Angelfish
Goldfish
Penguin (pre) (yth)
Otter (yth)
Seal (pre)
- 10:15 Starfish
Goldfish
Penguin (pre)
Otter (pre) (yth)
Seal (yth)
- 10:50 Starfish
Goldfish
Penguin (yth)
Seal (yth)
Polar Bear
Sea Lion
- 11:30 The Blue Makos
Adult Beginner

WEEKDAY AFTERNOON AND EVENING

Mon/Wed

- 4:00 Goldfish
Penguin (pre)
Otter (pre) (yth)
Seal (yth)
Polar Bear
- 4:35 Goldfish
Penguin (pre)
Otter (pre) (yth)
Seal (pre)
Polar Bear
- 5:10 Starfish
Penguin (pre) (yth)
Otter (pre)
Seal (yth)
Sealion
- 5:45 Goldfish
Penguin (pre)
Otter (yth)
Seal (yth)
Polar Bear
Dolphin
- 6:20 Penguin (pre)
Otter (pre)
Seal (pre) (yth)
Polar Bear
Park Shark I and II

Tue/Thur

- 3:50 Goldfish
Penguin (pre)
Otter (pre)
Sea Lion
- 4:25 Goldfish
Penguin (pre)
Otter (yth)
Seal (yth)
Dolphin
- 5:00 Goldfish
Penguin (pre)
Otter (pre) (yth)
Seal (pre)
Polar Bear
- 5:35 Starfish
Goldfish
Penguin (pre) (yth)
Otter (pre)
Seal (yth)
- 6:10 Goldfish
Penguin (pre)
Otter (yth)
Seal (yth)
Polar Bear
- 6:45 Goldfish
Penguin (pre)
Otter (pre) (yth)
Sea Lion
- 7:20 Penguin (pre)
Otter (pre)
Seal (yth)
Polar Bear
Teen Beginner
- 8:00 Adult Beginner

BLUE MAKOS: PRE-COMPETITIVE LEAGUE

Are you into speed, competition and perfecting your 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 coaching on butterfly, backstroke, breaststroke, and freestyle including competitive dives and turns. Not for US Swimmers. Participants must be able to swim the length of the pool, front crawl and backstroke. (This correlates to passing Sea Lion in the Portland Parks & Recreation swim lesson program.)

1/15 – 3/19
Saturday 11:30am-12:30pm

Fee
\$68 resident / \$95.25 non-resident

LIFE GUARD CERTIFICATION

| 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 | MSCC | 1057057 |
| 3/28 | 1:00-9:00pm | MSCC | 1057057 |
| 3/29 | 1:00-9:00pm | MSCC | 1057057 |
| 3/30 | 11:00am-9:00pm | MSCC | 1057057 |
| 4/1 | 7:30am-4:30pm | EPCC | 1057058 |

Upon certification, candidates can apply for a job with Portland Parks & Recreation.

Successful completion of certification classes does not guarantee employment.

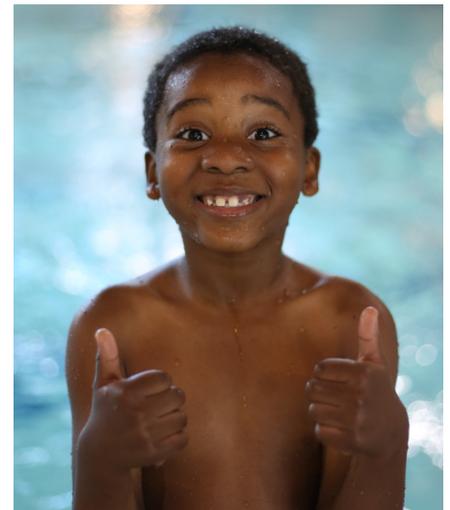
LIFE GUARD CERTIFICATION

Portland Parks and Recreation Aquatics requires that all lifeguards be StarGuard certified.

Certification classes are offered throughout the fall, winter, and spring, and is required of all Portland Parks and Recreation lifeguards.

PREREQUISITES

- Age 15 or older by the first day of class
- Must be able to swim:
 - 300 yards non-stop of breaststroke or freestyle
- Must be able to:
 - Feet-first surface dive to bottom of pool and retrieve 10 pound brick
 - Tread water 30 seconds with hands on head then move while treading to where you can touch
- Must demonstrate a mature attitude
- This course is only for lifeguard candidates who will be applying to work at Portland Parks & Recreation



PARTIES AT THE POOL

Have your party during open swim hours. Parties include scheduled use of a party room and up to two hours of swim time!

Call a party coordinator at 503-823-2849 or visit portlandoregon.gov/parks/swccparties.

Semi and Private Pool Rental Hours available.

SOUTHWEST COMMUNITY CENTER



PERSONAL TRAINING

Personal Program Orientation

We strongly recommend this program to everyone planning to use the Fitness Center. We will show you how to use all of the cardio equipment, and devise a safe, effective weight training routine personalized to your body type and fitness goals. Children under the age of 14 are not allowed in the fitness center.

Fee: \$45.00 for one 1-Hour session

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

\$115.00 for three 1-Hour sessions

\$210.00 for six 1-Hour sessions

Group Personal Training

Come get your body looking great along with a few of your friends! Our nationally certified trainers now offer group personal training sessions. Personal training with friends is a great way to stay motivated while working out. You also save BIG money when you train in a group.

Group Rates:

2 people = \$30 each

3 people = \$20 each

4 people = \$15 each

FITNESS CLASSES

BEGINNER

Silver Streaks

Gentle exercise incorporating an active warm-up, chair and standing work, stretching and strengthening to promote flexible joints, stronger muscles, and healthier backs. Special rehabilitative exercises are included to enhance balance.

20-20-20

This is a contemporary, cutting-edge variable class format consisting of 20 min of non-impact aerobics, 20 min of strength training, and 20 min of functional and static stretching.

BEGINNER/INTERMEDIATE

Hip Hop

Smooth out your groove with easy to learn contemporary hip hop moves. A fun workout that will make an hour of total-body exercise fly by! All teens welcome.

The Time Of Your Life (Boomer Fitness)

A brilliant mix of floor cardio, cardio-strength, muscular endurance, core training, yoga, Pilates, and balance work. Designed specifically for Baby Boomers!

Zumba Gold

Specifically designed to take the exciting Latin and International dance rhythms created in the original Zumba and bring them to the active older adults, beginner participants and other special populations that may need modifications for success.

FITNESS ROOM

- 17 Selectorized weight machines
- 11 EFX Elliptical cross-trainers
- Free weight area
- 8 Treadmills
- 9 Stationary bikes
- 4 Stair climbers
- 1 Concept II rowing machine
- 1 StepMill
- 1 VMX Rope Trainer
- 5 Flat screen TVs
- 1 True Fit Elliptical
- Cardio theater

INTERMEDIATE

Ab Fab

Includes twenty minutes of intense abdominal strengthening exercises giving you a stronger, leaner core.

Zumba

A high energy combination of Latin/Reggae and Salsa dance steps, sure to rock your socks off! No previous dance experience necessary!

Cardio Camp

Straightforward intense floor aerobics followed by abdominal and flexibility work. A great way to start your weekend!!

S.P.F. (Strength, Power cardio, and Flexibility, BOOMER FITNESS)

Simple athletic cardio, this ain't no dance class! Plus, straightforward weight training to gain strength for functional movement, strong core-work, and a longer flexibility segment to improve joint health and mobility.

INTERMEDIATE/ADVANCED

Burn 'n' Firm

Get your sweat on in this fat-burning, muscle firming workout! Cardio and weights strengthen the body inside and out.

Dance, Dance, Dance!

40-50 minutes of continuous movement done to music styles as diverse as Classic Rock, Mad Men standards, Hip Hop, Latin, Disco, Swing, African Rhythms and more!! Fun fast-paced choreography keeps your brain engaged as you leap, turn, twist and twirl your way into a sleeker physique!! Finish with strength and power moves and comprehensive core training!

Circuit City

Box, pump, and Jam your way through different workout stations in this awesome circuit training class. Drop in for however long you want your workout to last! You pick the duration!

ADVANCED

BodyBuff

Tough, straightforward muscle work for lean muscle definition and better body confidence. Uses a variety of strength training devices and philosophies.

Morning Blast

This fast-paced, ever-changing mix of strength + cardio exercises keeps muscles guessing and minds from becoming bored. This class uses a variety of formats and equipment! Let this class be your first stop in your journey of daily accomplishments!

Cardio Kickstart

Kickstart your day! Kickstart your week! 30 minutes alternating blocks of high and intermediate intensity cardio, followed by 15 minutes of strength training, and 5 minutes of flexibility training. Get up! Get out! Get on with your day!

Blast N'Chill

End your work week blasting through 40 minutes of cardio and strength, followed by 20 minutes of deep stretching.

Boot Camp

Boot Camp offers you the benefits of a basic training cardio work, and Top Gun full body weight training! Finish up with a world class abdominal session, and soothing head-to-toe stretch.

Boot Camp Plus

The same great class you've been loving, we just made it better by extending the time 15 minutes to include an optional enhanced flexibility section, designed to increase motion, mobility, and function of the joints to augment athletic power!

Heavy Metal

This fun new format uses Kettlebells, a secret weapon of Olympic athletes to shape up from head to toe quickly!

Body Blitz

Nothing burns calories and gets you fit fast like interval training!! This class features alternating cardio bursts and super strength training intervals with a cool Pilates flavor, all focusing on the Step!!

Cardiocre

40 minutes of hardcore cardio, 15 minutes of abs, and stretching...1 hour and DONE!

Super Fit

This advanced class utilizes the best of Tabata and HIIT training under the supervision of highly skilled professional trainers certified by internationally accredited associations. This is the high intensity interval training you've heard about made safer and more effective through application of sound proven Principles of exercise science.

More classes on the following page

For the most up to date class schedule visit
<https://www.portlandoregon.gov/parks/article/423586>



I'M STRONG
LIKE ME

southwest community center

CLASSES FOR EVERY AGE, SHAPE, AND FITNESS LEVEL

All group exercise classes are free with daily admission or active pass. Youth 13 years and older welcome. Please call 503-823-2840 for the most up-to-date information.

SOUTHWEST COMMUNITY CENTER

MIND/BODY

Tai Chi

Tai Chi is a slow, gentle exercise and is a practice in body awareness and intentional movement. Classes include warm-up exercises to strengthen core and legs, and to improve flexibility and balance. Three different levels of tai chi are offered: Gentle Tai Chi (especially focused on improving balance), Beginning Tai Chi, and Advanced Tai Chi.

Deep Stretch Yoga

A light, relaxing class to bring a renewed sense of balance and calm. This class focuses on gentle movement, flexibility, and relaxation.

Gentle Yoga

Wrap up your busy week with this light, relaxing yoga experience! This class focuses on deep breathing techniques and soft muscle conditioning.

Pilates Method

Pilates exercises have long been renowned for producing long, lean physiques. Exercises focus on the body's core muscles (abs and back) and are gentle in nature.

Yoga

Enjoy a renewed sense of balance and calm in a mixed - level yoga session. Improve your health, tone your muscles and internal organs, and strengthen your bones. You don't have to twist yourself into a pretzel to do yoga; yoga is for everyone!

Power Yoga

Start your day in a powerful way with this challenging yet regenerative Ashtanga-Style yoga class.

Belly Dance

Get a great core workout, strengthen and tone your entire body while learning this graceful form of ethnic dance.

Barre 2

Develop the long lean musculature of a dancer with traditional Barre class moves. Then hype up your strength and add definition with weighted bar exercises and comprehensive core work developed specifically to enhance that ballerina body!

BootyBarre

A fun, energetic, workout that fuses techniques from Dance, Pilates, and Yoga that will tone, define and chisel the whole body. bootybarre is the perfect combination of strength and flexibility with an added cardiovascular element utilizing the barre and strength. This remarkably adaptable exercise system suits all fitness levels!

SENIOR ACTIVE PASS

The Senior Active Pass provides ongoing access to drop-in programs throughout the facility you choose to join. For your convenience Active Passes auto-renew each month. Simply register in person & pay your pro-rated first month fee by credit card & all future monthly payments are deducted directly from that same debit or credit card. Please stop by the facility's front desk for additional information. No Joining Fee! There is a slight variation in price depending on facility amenities & the number of group fitness classes that are offered.

Southwest Community Center

6820 SW 45th

Active Pass

\$32.50/Month

20x pass - \$85

10x pass - \$45

1x drop-in - \$5

- 25 yard heated lap pool
- Open Swim
- Whirlpool Spa
- Water Exercise courses including SMILE (Slow Movement Intensified Lowered Exercise)
- Unlimited access to the Fitness Center featuring state of the art fitness & cardio equipment
- Access to 20+ beginning to advanced group exercise classes: Zumba Gold, Low Impact Cardio & more, plus 10+ Mind/Body courses: Yoga, Pilates & Tai Chi.

For the most up to date class schedule visit
<https://www.portlandoregon.gov/parks/article/423586>



COMMUNITY AT SWCC

INDOOR LAP & LEISURE POOLS
FITNESS CENTER & EXERCISE CLASSES
NON-SCHOOL DAY & SUMMER CAMPS
CHILD CARE

Activities for the whole family!



See the front desk for more information
on the benefits of becoming an Active Pass holder

CITYWIDE RECREATION GUIDE



SPECIALTY FACILITIES

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

COMMUNITY MUSIC CENTER

3350 SE Francis Street | 503-823-3177

portlandoregon.gov/parks/cmc

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

INTERSTATE FIREHOUSE CULTURAL CENTER

5340 N Interstate Avenue | 503-823-3620

portlandoregon.gov/parks/ifcc

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

LAURELHURST DANCE STUDIO

3756 SE Oak Street | 503-823-3662

portlandoregon.gov/parks/dance

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

CITYWIDE RECREATION GUIDE

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

MULTNOMAH ARTS CENTER

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

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

PORTLAND TENNIS CENTER

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

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



URBAN PARKS

DIRECTOR PARK

815 SW Park Avenue
portlandoregon.gov/parks/directorpark

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

HOLLADAY PARK

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

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

CITYWIDE RECREATION GUIDE



PROGRAMS & SERVICES

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

5K SERIES

503-823-2525

portlandoregon.gov/parks/5k

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

ADAPTIVE & INCLUSIVE RECREATION

5304 N Interstate Avenue | 503-823-4333

portlandoregon.gov/parks/air

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

COMMUNITY GARDENS

6437 SE Division Street | 503-823-1612

portlandoregon.gov/parks/communitygardens

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

ENVIRONMENTAL EDUCATION

2909 SW 2nd Avenue | 503-823-3601

portlandoregon.gov/parks/ee

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

PARKS FOR NEW PORTLANDERS

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

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

PORTLAND PUBLIC GOLF

portlandoregon.gov/parks/golf

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

PP&R SKATEBOARDING

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

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

SENIOR RECREATION

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

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

SUMMER FREE FOR ALL

portlandoregon.gov/parks/sffa

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

TEEN FORCE

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

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

REGISTRATION

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

RESIDENT / NON-RESIDENT

A resident is:

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

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

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

Non-resident Pass Prices

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

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

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

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

CLASS ENROLLMENT

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

WITHDRAWAL & REFUNDS

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

SCHOLARSHIPS

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

NOTICE OF NON-DISCRIMINATION

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

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

SPECIAL NEEDS

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

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

PHOTO POLICY

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

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

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

CUSTOMER SATISFACTION

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

INFORMATION HOTLINE

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

INCLEMENT WEATHER

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



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

PortlandParks.org

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LOVE WHAT
YOU GIVE.**

PP&R GIFT CERTIFICATES
are available for any dollar amount and
can be redeemed for any program or service.
Gift certificates can be purchased at any
community center or online at PortlandParks.org.