

TeenForce

EAST PORTLAND COMMUNITY CENTER

8219 NE GLISAN ST • 503-823-3450

WINTER 2020

Portland Parks & Recreation's team of Teen Service Coordinators work together to provide safe spaces where youth, ages 10-20 years old, can engage in pro social activities surrounded by caring adults. TeenForce programs are offered at five community centers including: Charles Jordan, East Portland, Matt Dishman, Montavilla and Mt. Scott Community Centers.

TeenForce Pass | Age 10-20

portlandoregon.gov/parks/teenforce

One free pass opens up a whole world of possibilities! Gain access to TeenForce fitness times, special admission to designated swim times, open gyms, and Teen Nights. General program hours are Monday-Thursday 3:00-7:00pm, check on-site for specific activity schedules. Stop by any TeenForce site to pick up your pass today. Registration takes less than five minutes!



Teen Nights | Grade 6-12

Teen Nights are a great option for finding a positive environment to get some energy out; play a little ball, challenge a friend to a video game, try a new activity, or just hang out with peers and TeenForce staff each Friday night! Come check out what's going on at the site nearest you.

EAST PORTLAND CC

740 SE 106th Ave, 503-823-3455

Grades 6-12 | 6:00-9:00pm

TEEN GOLF CLINIC



Come learn golf swing basics from the Concordia University Men's and Women's Golf Team!

Open and free to TeenForce pass holders, age 14-18.

Tu 1/14-2/11 6:00-7:00pm
Mt. Scott Community Center 1118673
Charles Jordan Community Center 1118674

Th 1/16-2/13 7:30-8:30pm
Matt Dishman Community Center 1118672
Montavilla Community Center 1117494

Space is limited. Register NOW!
Not a TeenForce pass holder? Sign up for free today!

TeenForce Drop-In Activities | Must register for FREE TeenForce pass and scan card upon arrival for admission.

Activity	Notes/Restrictions	Mon	Tue	Wed	Thu	Fri
Open Gym – Basketball	Ages 10-20	3:00-6:00pm	3:00-6:00pm	3:00-6:00p	3:00-6:00pm	3:00-8:30pm
Youth Lounge/ Game Rm		3:00-7:00pm	3:00-7:00pm	3:00-7:00p	3:00-7:00pm	3:00-8:30pm
Drop-in Art Studio	Ages 10-14	5:00-7:00pm	5:00-7:00pm	5:00-7:00p	5:00-7:00pm	
Open Gym Volleyball						First Friday 7-8:30pm
TeenForce Fitness Room Access	Ages 14-20, orientation & waiver required	3:00-6:00pm	3:00-7:00pm	3:00-6:00pm	3:00-7:00pm	3:00-9:00pm



PORTLAND PARKS & RECREATION™
Healthy Parks, Healthy Portland

PORTLANDPARKS.ORG
COMMISSIONER NICK FISH
DIRECTOR ADENA LONG



FREE

REGISTERED ACTIVITIES

TeenForce - Art: Comics

Age 12-19

All great stories begin with great ideas! Use your imagination to create original comic art and stories. Explore creating comic strips, comic books, and similar cartoon art with our great instructor Josie Ark! Individual style and creativity are encouraged and drawing skills are not required.

F 10/11-12/20 4-6pm FREE 1114205

TeenForce - Young Men Rise

Age 12-17

Explore, identify, and define community and mentorship as a young man in today's world. Build the support network needed to shape a stronger future - socially, culturally, and professionally. We encourage our young men to embrace leadership by being positive examples for each other through a strong commitment to brotherhood.

Th 1/16-3/19 4:00-5:00pm FREE 1119449

TeenForce - You Go Girls!

Age 10-17

Discover and develop your inherent strengths. Value yourself and step out of your comfort zone as a confident leader. Create a sisterhood of positive, supportive, socially conscious, culturally grounded, healthy, educated and independent young women. Because you are both fabulous AND strong!

F 1/17-3 4:30-6:00pm FREE 1119452

TeenForce – Programming & Coding, Blackbird School

Age 10-17

Gamers, future developers, aspiring programmers and curious minds gain the skills to create your own animations and games on a user-friendly version of JavaScript. Students work at their own pace through step-by-step, project-oriented e-learning modules with support from on-site instructor.

M & W 1/6-3/11 3:30-4:30pm FREE 1119473

EAST PORTLAND COMMUNITY CENTER
740 SE 106TH Ave, Portland, OR 97230
503-823-3450

TeenForce - Fashion Sewing: Beginners

Age 10-17

Whether you've never touched a machine before, haven't sewn in years, or just want to review the fundamentals, this one is for you! Learn a variety of basic skills such as how to thread a machine and wind a bobbin, uses for different stitches and sewing curved and straight seams, making a casing, constructing a pocket, finishing edges and hemming. Test your new skills by constructing projects like a dresses, Hoods, or skirts. Masterfully crafted by YOU!

M 1/13-3/16 3:30-5:00pm FREE 1119464

TeenForce - Youth Advisory Council

Age 10-20

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

Th 10/10-12/19 4:30-5:30pm FREE 1114208

Basketball Tournament Boys and Girls - 3 on 3

Join the competition in this 3-day 3 on 3 basketball extravaganza. 3 separate brackets will compete with an additional 3-point and knock out contest available to join. Top 3 teams in every bracket leave with trophies and prizes. Register early, don't miss out!

Age 12-13

M-F 3/23-3/27 2:45-5:00pm FREE 1119454

Age 14-15

M-F 3/23-3/27 2:45-5:00pm FREE 1119459

Age 16-17

M-F 3/23-3/27 2:45-6:00pm FREE 1119462

