

# TeenForce

WINTER 2020

## MONTAVILLA COMMUNITY CENTER

8219 NE GLISAN ST • 503-823-4101

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](http://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 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!

### 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.

#### CHARLES JORDAN CC

9009 N Foss, 503-823-3631

Grades 6-8 | 5:00-7:00pm

Grades 9-12 | 7:30-9:30pm

### 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
Middle School ONLY Basketball	Ages 10-13	3:00-4:0pm	3:00-4:0pm		3:00-4:00pm	
Middle & High School Basketball	Ages 10-18;	4:00-7:00pm	4:00-7:00pm	3:00-4:30pm	4:00-7:00pm	3:00-5:00pm
High School ONLY Basketball	Ages 14-18	7:00-8:00pm	7:00-8:00pm		7:00-8:00pm	
Art & Crafts	Ages 10-20		3:30-5pm			
Post High School Basketball	Ages 18-20			4:30-6:15pm		
Youth Lounge / Game Rm		3:30-7:30pm	3:30-7:30pm	3:30-7:30pm	3:30-7:30pm	3:30-5pm
Girls-only Basketball				6:30-8:00P		



# TeenForce

FREE

## REGISTERED ACTIVITIES

### Yoga

#### Age 10-20

Relax mind and body while improving strength for sports, stamina and flexibility. Relieve the stresses of daily life and school with these revitalizing techniques. This centuries-old practice of exercise increases your focus and sense of well-being. Suitable for beginners or those who want a simpler practice of (yoga postures), breath, and relaxation.

1/8-2/5 W 5:30-6:30pm 1119176

### Group Guitar

#### Age 11-17

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

1/14-3/17 T 5:00-6:00pm 1119313

### Golf Skills

#### Age 14-18

Golf has been around for hundreds of years. It is the practice of self-control & sportsmanship every time the game is played. Experience fundamentals of driving, chipping and putting in a supportive learning environment. Sponsored & instructed by the Concordia University golf team.

1/16-2/13 Th 7:30-8:30pm 1117494

### Chess Club

#### Age 10-20

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

1/7-3/10 T 3:30-5:00pm 1118167

### Beats, Rhyme and Life

#### Age 10-20

Explore the principles of hip hop including arranging lyrics and producing projects through hands-on lessons. Activities fit Hip Hop, EDM, IDM, live DJ or any other electronic music creation within an array of genres.

1/7-3/19 Th 5:00p-6pm 1119596

### Hula Basics

#### Age 10-20

Hawaiian dance is a beautiful and graceful experience and an enjoyable way to include more movement into your routine. This complex art form combines foot placement and hip movement while meaningful hand gestures tell a story.

1/9-3/19 Th 5:45-6:45pm 1195997

### You Go Girls!

#### Age 10-20

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

1/7-2/11 T 5:15-6:15pm 1119599

### Groov3

#### Age-10-20

Turn up for a blood-pulsing, beat-dropping, bass-pumping dance experience that delivers the undeniable power of 3; ONE non-stop, no-holding-back, calorie-slaying DJ set, TWO speeds of choreography to match and amplify any learning style; and THREE times the empowerment as you DANCE, SWEAT and LIVE!

1/7-3/17 T 6:15-7:17pm 1119598