

TeenForce

SPRING 2020

MT SCOTT COMMUNITY CENTER

5530 SE 72ND AVE • 503-823-3183

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.

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.

MT SCOTT CC*

5530 SE 72nd Ave, 503-823-3183

Grades 9-12 | 7:00-10:00pm

*Call to register after 9am on the date you plan to attend



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!

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 10-18	3-5	3-7	3-5	3-5	
Youth Lounge/Game Rm	Ages 10-18	3-7	3-7	3-7	3-7	
Weight Room	Ages 14-20 Must have waiver signed by parents and staff	3-7	3-7	3-7	3-7	3-930
Themed Skate Night (skate rental \$2)	10-18			5-8		
Teen Night	Ages 14-18 Must register day of and show up before 8pm					7-10
Wii Bowling	Ages 10-18				5:30-6:45	



PORTLAND PARKS & RECREATION™
Healthy Parks, Healthy Portland

PORTLANDPARKS.ORG
MAYOR TED WHEELER
DIRECTOR ADENA LONG



FREE

REGISTERED ACTIVITIES

Speed, and Agility Conditioning

Age 10-20

Gain the competitive edge! Athletes benefit from running faster, jumping higher & moving with greater agility. Focus on techniques, quick foot drills, lateral movement & improved flexibility to increase your effectiveness on the track, field or court. Ready, set, go!

4/7 - 6/9 Tu 5:00-6:00pm 1122090

Games: Dungeons & Dragons

Age 10-18

Come join us for a fun day of adventure, magic, and making new friends.

4/7 - 6/9 Tu 4:30-6:30pm 1121787

Weight Lifting

Age 14-18

Work out with experienced coaches. We'll lift weights & run some fun drills to develop new skills, increase fitness & improve strength!

4/6 - 5/4 M 5:00-6:30pm 1122071

5/11 - 6/8 M 5:00-6:30pm 1122072

Teen Council

Age 14-18

Discuss how our actions individually and as a team make a difference in our world. Participate in community activities and help to shape the MSCC teen program.

4/6 - 6/8 M 4:00-8:00pm 1121789

Top Chef

Age 12-18

Plan healthy menus & practice safe food preparation as you share tasty dishes from around the world.

3/31 - 4/28 Tu 4:30-7:00pm 1121784

5/5 - 6/2 Tu 4:30-7:00pm 1121785

Trip - Bowling

Age 10-18

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

6/8 M 3:00 - 7:00pm 1121788



TeenForce • SUN FAMILY SCIENCE NIGHT

MONDAY, APRIL 6

6:00-8:00PM

OMSI

Oregon Museum of Science and Industry
1945 SE Water Ave. Portland, Oregon 97214

FREE admission for all PP&R middle and high school SUN participants, TeenForce pass holders, and their families!

First 200 participants will receive free admission to the Body Worlds exhibit (\$6/person after 200).