



**Mt. Tabor Middle School
SUN Community Education
5800 SE Ash St.
Portland, OR 97215**

Site Manager: Jeff Persell
jeff.persell@portlandoregon.gov
(503) 916-2915



Mask will be required to participate.

Fitness-Yoga: Conditioning ages 18 & up

Relaxation is one of the most important and beneficial skills to learn. Benefit mind and body while expanding strength, stamina and flexibility. An excellent way to learn to meet the changing demands of daily life while increasing a sense of wellbeing. No class on 11/23

1139430

Tue
6:15pm – 7:15pm

Haley
Library
10/19-12/14
\$60



Fencing - Introduction age: 16 & up

Experience the art of swordsmanship with a dynamic sport teaching safety, self-discipline, coordination, agility, stamina, speed & grace. Tactics, techniques, footwork & blade work build strength, balance & quick reactions & a mastery of strategy & a life-long recreational activity. No class on 11/22

1141101 Mon 5:15pm-6:15pm Thoroughman
Gym 10/11 – 12/6 \$40



Preschool Soccer - Little Starts ages 4 – 6

Discover the fundamental skills of ball handling in a positive environment. Focus on technique while performing active games and drills. Make new friends and increase coordination while learning the game. It's a goal! No Class on 11/24

1139441 Wed 4:45pm – 5:45pm Luthy
Gym 10/13-12/8 \$40



Soccer - Junior Scrimmage ages 6-8

Participate in warm-up & game drills for skill development that lead to an action packed 'world cup' experience. Emphasis on teamwork, field positioning & cooperative plays. Let's kick! No Class on 11/24

1139440 Wed 5:45pm – 6:45pm Luthy
Gym 10/13-12/8 \$40



Lotions, Potions & Slime! grades 3-5

Get ooey & gooey! Dig in with both hands experimenting with weird and wonderful substances! Science & art come splashing together as you delight in concoctions you create unlocking mysteries & expanding problem solving & observation skills,

1140159 Tue 6pm-7pm Stone
Rm 213 10/12 – 11/16 \$30

REGISTRATION

ONLINE www.PortlandParks.org

PHONE Chad Carver 503-823-4328
or Portland Parks Customer Svc.
503-823-2525

If you are unable to afford one of these classes,
they All have a PAY WHAT YOU CAN option

