



PORTLAND PARKS & RECREATION

Healthy Parks, Healthy Portland

Winter
Jan – Mar
2020

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

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Fitness-Belly Dancing Discovery ages 16 & up

Tone our body using this mind-body exercise technique. Non-impact exercises work the deep abdominal muscles to help achieve efficient and graceful movement. These precise motions help to strengthen and stretch the body. Improve posture and experience a lowered risk of injury.

No Class 1/20, 1/27, 2/17

1118675	Mon	6:30pm - 8pm	Fahrner
	Café	1/6 - 3/16	\$25

Fitness-Yoga: Conditioning ages 14 & 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.

1118676	Tue	6:15pm - 7:15pm	Haley
	Lib.	1/14 - 3/10	\$60

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!

1118679	Wed	4:45pm - 5:45pm	Luthy
	Gym	1/15 - 3/11	\$35

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!

1118680	Wed	5:45pm - 6:45pm	Luthy
	Gym	1/15 - 3/11	\$35

WOMENSTRENGTH at Mt. Tabor

Portland Police Bureau

TRAINING IN SELF-DEFENSE OPTIONS

Mondays, April 13-27, 5:30pm-8:45pm, Small Gym

Registration opens, Tuesday, March 3rd @ 9:00am

For information and/or registration go to...

www.portlandoregon.gov/police/womenstrength

You can also register by calling (503) 823-0260

ADAPTIVE & INCLUSIVE RECREATION

Classes for Citizens with Disabilities

Call (503) 823-2883 for more information

Creative Arts: ages 18 and up

Explore your inner artist with activities such as drawing, painting & clay art! Experience the joy of creativity while working alongside peers & exchange project ideas.

No Class on 1/20, 1/27, 2/17

1118611	Mon	6-7:30pm	McArdle & Lopez
	Rm 213	1/6 - 2/3	\$38
1118612	Mon	6-7:30pm	McArdle & Lopez
	Rm 213	2/10 - 3/9	\$51

For the Fun of It: Zumba- ages 16 and up

Participants will learn various movements, activities, and exercise routines to build confidence, joy, and understanding around healthy and fitness. This is a great opportunity to get moving and hang out with friends while having a lot of FUN!

1118615	Tue	5:30-6:30pm	Birt
	Cafe	1/7 - 2/4	\$42
1118616	Tue	5:30-6:30pm	Birt
	Cafe	2/11 - 3/10	\$42

REGISTRATION

INTERNET www.PortlandParks.org

PHONE SUN & Senior Rec. 503-823-4328

IN PERSON Mt. Tabor SUN CS
5800 SE Ash St, PDX 97215
or at any Portland Parks & Recreation Community Center

