

TeenForce

FALL 2019

MATT DISHMAN COMMUNITY CENTER

77 NE KNOTT ST; 503-823-3673

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

| Activity | Notes/Restrictions | Mon | Tue | Wed | Thu |
|------------------------|--------------------|-------|-------|-------|-------|
| Basketball Gym Drop-In | Ages 10-20 | 5-7PM | 5-7PM | 5-7PM | 5-7PM |
| Gameroom Drop-In | Ages 10-20 | 3-7PM | 3-7PM | 3-7PM | 3-7PM |
| Fitness Center Drop-In | Ages 14-20 | 5-7PM | 5-7PM | 5-7PM | 5-7PM |

TeenForce Pass Age 10-20

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 even Teen Nights at all five PP&R TeenForce facilities.

Stop by any PP&R TeenForce site to pick up your pass today. Registration takes less than five minutes!

AVAILABLE AT

Charles Jordan, East Portland, Matt Dishman, Montavilla, and Mt. Scott Community Centers



FRIDAY NIGHT

Teen Nights | Grades 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

EAST PORTLAND CC
740 SE 106th Ave, 503-823-3455

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

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*



FREE

REGISTERED ACTIVITIES

Capoeira

Age 10-20 [Classroom A]

Capoeira at its roots is a complex and ever-evolving Afro-Brazilian cultural tradition of self-defense, music, movement, games, and ritual. It is mostly notably characterized by its acrobatic rhythmic martial art practice. Come join us for mindfulness, movement, and dance! [Classroom A]

Tu 10/1-12/10 5:00-7:00pm FREE 1113501

Youth Advisory Council

Age 10-20 [Craft Room]

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.

W 10/2-12/11 5:00-6:00pm FREE 1113504

Music Production

Age 10-20 [Staff Room]

Gain valuable skills from professional instructors with real world experience in music production. Record, mix, edit and produce your own hits as you focus on concepts like songwriting and musical arrangement to create or modify sounds, program drum beats and experience the entire process of making digital music.

Tu 10/1-12/10 5:00-7:00pm FREE 1113502

Piano Lessons

Age 10-20 [Pre-School Room]

Beginning piano and songwriting. Teens will learn to read music, fundamental piano skills, develop chord progressions, and lyrics for songs.

M 9/30-12/9 5:00-7:00pm FREE 1113503

Boxing: Personal Power, Beginner

Age 10-20 [Boxing Gym]

Want to float like a butterfly? Sting like a bee? Improve footwork skills, hand speed and body movements using equipment such as speed bags, heavy bags and jump ropes. Increase fitness, agility and self-defense skills. Our teen force boxing classes offers some basic self-defense skills but are primarily focused on helping you stay in shape!

Tu W Th 10/1-12/12 3:00-5:00pm FREE 1113500

Youth Wellness Program

Age 10-20 [Craft Room]

The Teen Force-Youth Wellness Program is a mental health awareness training taught by an experienced practicing RN. Weekly workshops will help youth gain critical knowledge at:

- 1) Enhancing self-esteem and resilience
- 2) Build problem-solving skills
- 3) Understand and cope with stress, anxiety and depression

Youth mental health is essential for overall well-being. Our youth wellness program promotes a happier and healthier you(th).

M 10/7-12/9 6:00-7:00pm FREE 1113499