

# TeenForce

FALL 2019

## 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.

### 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



### 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	3-5	3-7	3-4	3-7	
Weight Room (open to close on weekends)	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 \$1)	10-18			5-8		
Teen Night	Ages 14-18 Must register day of and show up before 8pm					7-10



# TeenForce

FREE

## REGISTERED ACTIVITIES

### TeenForce – Art Express Yourself

Age 11-18

Unleash your inner rebel! Take the challenge to expand your artistic talents as you experiment with a variety of art mediums. Develop your own style as you explore the impact of your masterpiece on popular culture.

10/7 - 11/4 M 5:00-6:00pm #1115671  
11/11 - 12/9 M 5:00-6:00pm #1115672

### TeenForce - Weight Lifting

Age 14-18

Do you want to get bigger, leaner, and faster? Then, our weight training class is for you! Join us when we use our weight room and cardio fitness room to work out with experienced coaches. We'll lift weights & run some fun drills to develop new skills, increase fitness & improve strength in a fun environment!

10/3 - 12/12 Th 5:00-6:30pm #1115694

### TeenForce – Youth Advisory Council

Age 14-18

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 mscc teen program.

10/4 - 12/20 F 5:00-6:30pm # 1115690

### TeenForce – Top Chef

Age 12-18

Friends, food, nutrition & fun make this a recipe for success. Plan healthy menus & practice safe food preparation as you share tasty dishes from around the world. Don't wait to add these delectable treats to your collection! This class is for new students, and those who are still getting their feet wet.

10/1 -10/29 Tu 4:30-7:30 #1115692  
11/5 - 12/3 Tu 4:30-7:00pm #1115693

### TeenForce - Movie Club

Age 14-18

Meet weekly to watch movies and talk about what made them great or not. At the first meeting we will discuss your favorite genre of film and choose the movies we want to watch and break down over the next few weeks. All movies will be PG-13 and below.

10/2 -11/27 W 4:00 - 7:00pm 1115691

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*

