



P O R T L A N D



PARKS & RECREATION



OCTOBER NEWSLETTER

17TH ANNUAL "COME ON OVER" 5K RUN / 2.1 MILE WALK

This year, registrants can participate in-person or virtually! If you register before 10/23, the cost is \$10! In-person race takes begins at 9am on 10/31 at Portland Riverfront Park!

SECOND CHANCE BABYSITTING COURSE

The class is being offered for ages 11-18. Participants will be CPR, First Aid and AED certified for 2 years by the American Heart Association.

Fee: \$80, Site: Portland Riverfront Park, Date: October 10, 2020, Time: 9:00am - 3:00pm

VIRTUAL SKYHAWKS PROGRAMS

Registration is open for 15 different virtual programs that are beginning on the first week of November. We are offering everything from Esports (Rocket League / Fortnite) to Soccer Skills and STEM Sports! We have classes for ages 3-14. Save your spot, register today!

ZUMBA WITH VAL AT THE RIVERFRONT

Our weekly Zumba class takes place on Wednesdays from 6pm - 7pm at Riverfront Park. Drop-ins are available to anyone who pays online for \$8! Once you've tried Zumba, you will be hooked on the most amazing fitness program you have ever experienced. So come on, "Stop the workout and Join the Party!"

DRIVE-THRU TRICK OR TREAT

Parks and Rec. is working with the Portland Library to host a Drive-Thru Trick or Treat on 10/30 from 4pm - 6pm, while supplies last! Wear your costumes, and please note that visitors must remain in their cars.

ADULT FITNESS CLASSES AT THE PORTLAND RECREATIONAL COMPLEX

Our October beginner and intermediate fitness classes with Jen LaFave and Mason Rambarose start on 10/3! Residents can sign up for 1, 2, or 3 classes a week! Refer a friend or family member, get a free class!

VIRTUAL PAINT NIGHT!

Our next Virtual Paint Night with Abrakadoodle is taking place on 10/29 from 7pm - 9pm and is inspired by Edvard Munch's "The Scream." The registration cost of \$22 includes all necessary art supplies!

TAI CHI WITH KEN ZABOROWSKI

Virtual Tai Chi takes place every Wednesday from 9:30am - 10:15am. Tai Chi at Riverfront Park takes place every Saturday from 9am - 10am. Save by signing up for the entirety of either program. Drop-ins are available for \$7 to anyone who pays online.

CONTACT US!

Please feel free to contact us with any questions about our ongoing and upcoming programs, including our Virtual Pilates and Yoga classes with Personal Euphoria, our outdoor youth Art Enrichment programs with Abrakadoodle, and our Dance Classes with Miss Alicia!



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