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P O R T L A N D



PARKS & RECREATION



# Virtual Winter Programs

## Tai Chi

Virtual Tai Chi with Ken Zaborowski takes place every Wednesday from 9:30am - 10:15am and every Saturday from 10:00am - 10:45am. \$40 for an 8-week session, \$30 for a 6-week session, or \$7 per class.

## Abrakadoodle

We are excited to be offering Art Programs for the entire family through Abrakadoodle! We are continuing to offer youth Art Enrichment Programs and adult Virtual Paint Nights, and we are thrilled to be offering Do-It-At-Home Doodle Kits for the first time!

## bringtheHoopla!

In this high energy, one-of-a-kind virtual program, the focus is on physical fitness, self expression, skill-building and FUN!! This class takes place from 4:15pm - 5:15pm on Thursdays from January 14th - February 18th. Ages 5 - 12. Resident fee is \$85, non-resident fee is \$90. All registrations come with a custom designed and handmade Hoopla hoop!

## Skyhawks

Sign up for Cheerleading (ages 6-9), Soccer Skills (ages 6-9), PhysEd Fun (ages 6-9), SoccerTots (ages 3-5) or HoopsterTots (ages 3-5)! Classes start on the first week of February!

## Home Alone Safety Class

Increase your child's confidence and your feeling of security by registering for this unique, virtual safety workshop. Monday, December 21st, 4:30pm - 6:00pm, Ages 8 - 13, \$50 fee for Portland Residents, \$55 fee for non-residents.

## Personal Euphoria

The next session of exercise classes with Personal Euphoria begins on the week of January 11th! We are offering Full Body Refresh, Barre, Pilates, High Interval Training, Tighten & Tone, and Core Strength programs. Days, times and prices vary.

## Family A.S.L. Class

In our first ever Family American Sign Language Beginner Class, your family will learn the ASL alphabet, basic words and phrases. This 6-week program takes place on Tuesdays from 6:00pm - 6:45pm. The first class is on January 12th. \$70 for Portland Residents, \$80 for non-residents.

## Chess Wizards

Our upcoming mixed-level Chess Wizards Chess Club for grades K - 6 begins on January 11th from 4:00pm - 5:00pm. Residents pay \$80 for this 6-week program. Non-residents pay \$85.

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