

CHAPTER 8

COMMUNITY RESOURCES

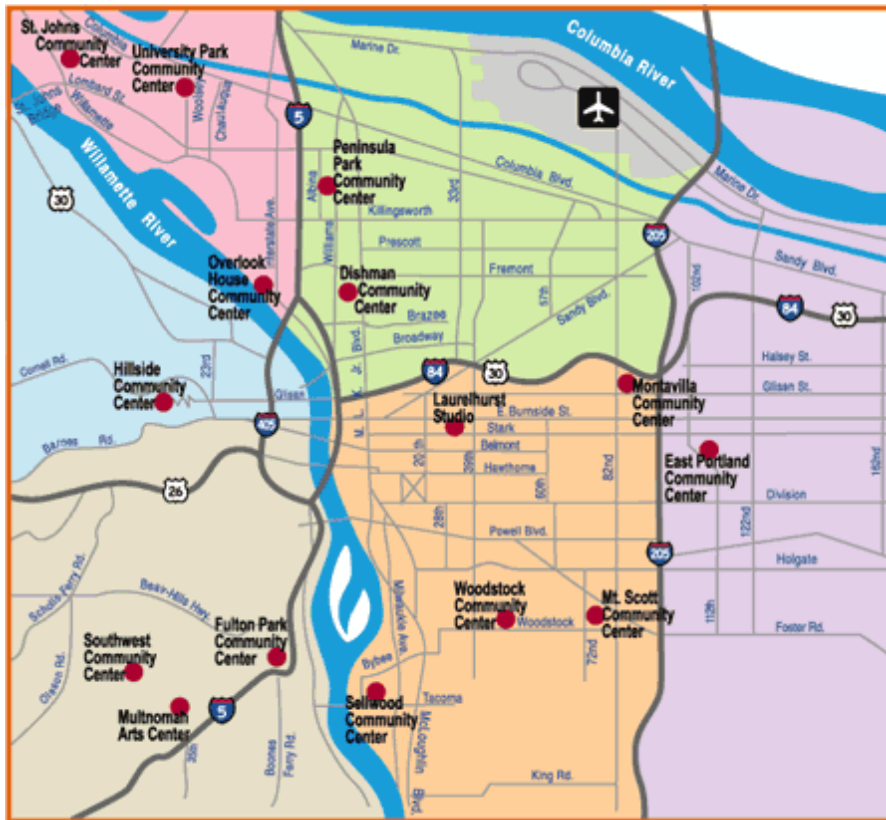
The following is a list of resources in the Portland area for combating obesity and promoting healthy lifestyles.

Physical Activity and Recreation

1. Portland Parks and Recreation Community Centers

www.portlandparks.org

Portland Parks and Recreation operates a variety of neighborhood athletic and recreation facilities. Options include swimming pools, racquet courts, and community centers where you can use gym equipment, attend exercise and wellness classes, and participate in team sports such as basketball, volleyball, and soccer. The facilities charge a small fee, but the amount is minimal for Portland residents. (Contact centers directly for details about fees, hours, and specific offerings.)



Portland Parks and Recreation Community Centers	
East Portland Community Center	503-823-3450 740 SE 106 Ave Portland, OR 97216
Fulton Park Community Center	503-823-3180 68 SW Miles Portland, OR 97219
Hillside Community Center	503-823-3181 653 NW Culpepper Terrace Portland, OR 97210
Laurelhurst Studio Community Center	503-823-4101 3756 SE Oak Portland, OR 97214
Matt Dishman Community Center	503-823-3673 77 NE Knott Portland, OR 97212
Montavilla Community Center	503-823-4101 8219 NE Glisan Portland, OR 97220
Mt. Scott Community Center	503-823-3183 5530 SE 72 Ave Portland, OR 97206
Peninsula Park Community Center	503-823-3620 700 N. Portland Blvd Portland, OR 97217
Sellwood Community Center	503-823-3195 1436 SE Spokane Portland, OR 97202
Southwest Community Center	503-823-2840 6820 SW 45 Ave Portland, OR 97219
St Johns Community Center	503-823-3192 8427 N. Central Portland, OR 97203
University Park Community Center	503-823-3631 9009 N. Foss Portland, OR 97203
Woodstock Community Center	503-823-3633 5905 SE 43 Ave Portland, OR 97206

2. Indoor Park Program

Many neighborhood community centers offer drop-in activity programs for preschool age children.

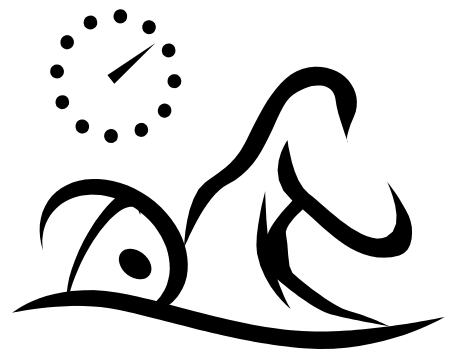
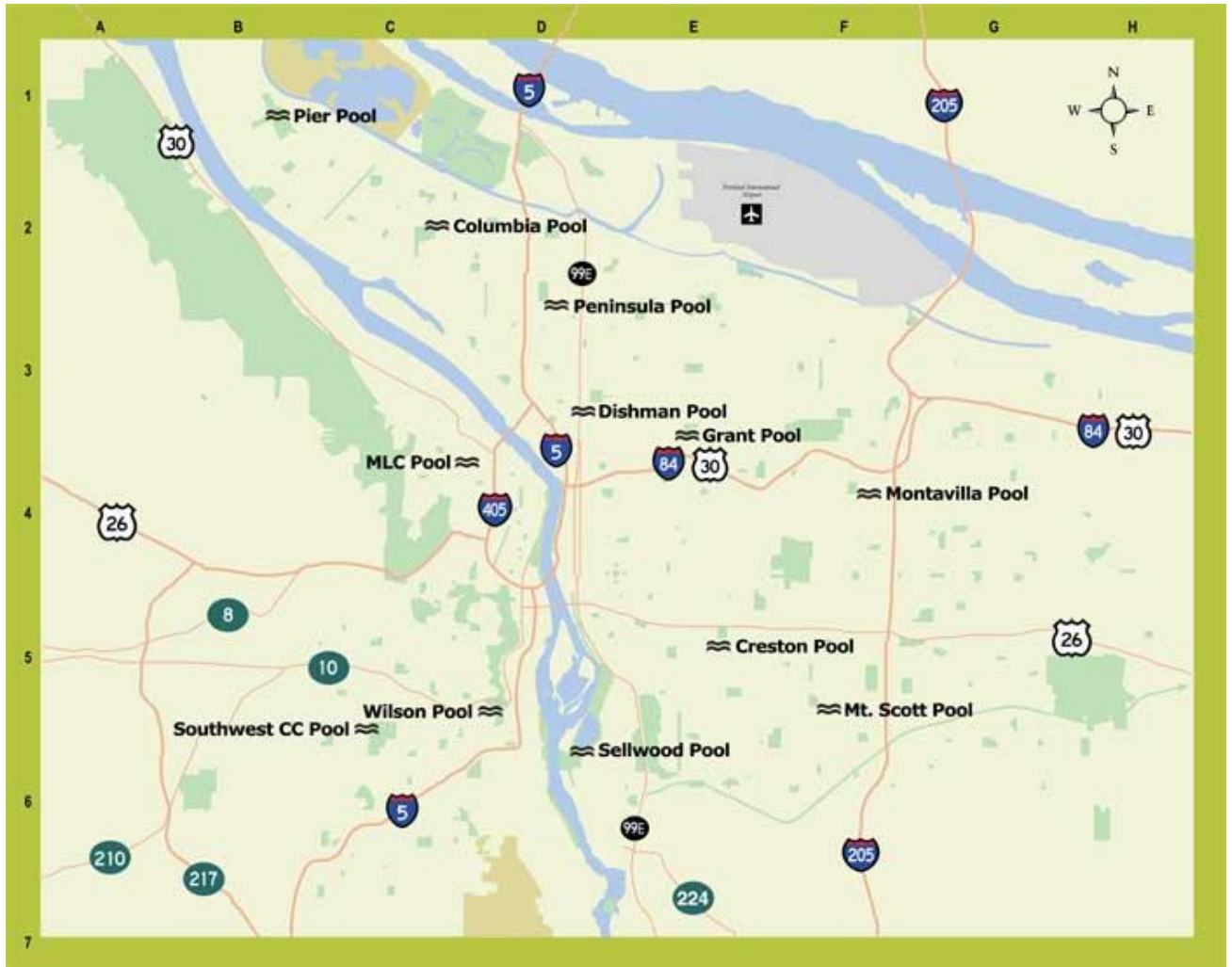
Indoor Park Center	Age
East Portland 503-823-3450 740 SE 106 Ave Portland, OR 97216	infant-5 yrs
Fulton Park Community Center 503-823-3180 68 SW Miles Portland, OR 97219	1-5 yrs
Hillside Community Center 503-823-3181 653 NW Culpepper Terrace Portland, OR 97210	1-5 yrs
Matt Dishman Community Center 503-823-3673 77 NE Knott Portland, OR 97212	6 mos-5 yrs
Montavilla Community Center 503-823-4101 8219 NE Glisan Portland, OR 97220	infant-6 yrs
Mt. Scott Community Center 503-823-3183 5530 SE 72 Ave Portland, OR 97206	infant-5 yrs
Peninsula Park Community Center 503-823-3620 700 N. Portland Blvd Portland, OR 97217	1-5 yrs
Sellwood Community Center 503-823-3195 1436 SE Spokane	6 mos-5 yrs
Southwest Community Center 503-823-2840 6820 SW 45 Ave Portland, OR 97202	Infant - 5 yrs
St Johns Community Center 503-823-3192 8427 N. Central Portland, OR 97203	infant-5 yrs



3.

Swimming Pools

Portland Parks and Recreation maintains several indoor and outdoor swimming pools where you can take classes, do lap swimming or join a team.



Indoor Pools	Outdoor Pools
Columbia Pool 7701 N. Chautauqua Portland, OR 97203 503-823-3669	Creston Pool 4454 SE Powell Blvd. Portland, OR 97206 503-823-3672
Matt Dishman Community Center Pool 77 NE Knott Portland, OR 97212 503-823-3673	Grant Pool 2300 NE 33 Ave. Portland, OR 97212 503-823-3674
MLC Pool 2033 NW Glisan Portland, OR 97210 503-823-3671	Montavilla Pool 8219 NE Glisan Portland, OR 97220 503-823-3675
Mt. Scott Community Center Pool 5530 SE 72 Ave. Portland, OR 97206 503-823-3183	Peninsula Pool 6400 N. Albina Portland, OR 97217 503-823-3677
Southwest Community Center Pool 6820 SW 45 Ave. Portland, OR 97219 503-823-2840	Pier Pool N. Seneca & St. Johns Portland, OR 97203 503-823-3678
	Sellwood Pool 7951 SE Seventh Portland, OR 97202 503-823-3679
	Wilson Pool 1151 SW Vermont Portland, OR 97219 503-823-3680

4. Racquet Sports

The Portland Parks and Recreation department's two racquet centers provide indoor and lighted outdoor tennis courts. The St. Johns center also has 4 indoor racquetball courts. Both centers hold classes, leagues, and tournaments. A reservations and a fee are required for use of the indoor courts. Outdoor courts can be used for free on a first-come, first-serve basis. In addition, many neighborhood

parks in the Portland area have outdoor tennis courts that are free of charge.

Racquet Centers	
Portland Tennis Center	503-823-3189 324 NE 12 Ave. Portland, OR 97232
St. Johns Racquet Center	503-823-3629 7519 N. Burlington Ave. Portland, OR 97203

5. Tualatin Valley Parks and Recreation

www.thprd.com

Tualatin Hills Park and Recreation District covers the greater Beaverton/Aloha area and unincorporated eastern Washington County. The district operates over a dozen recreational facilities that offer fitness and aerobics classes, gym and exercise equipment, swimming pools and aquatic classes and a variety of team sports. Facilities charge a small entrance fee. The fee is slightly higher for people who are not residents of the district.

Tualatin Valley Parks and Recreation Centers		
Center	Facility Description	Additional Info
Aloha Swim Center 18650 SW Kinnaman Rd Aloha, OR 97007 503-629-6311	<ul style="list-style-type: none"> Indoor 25 yard pool 	<ul style="list-style-type: none"> All levels of swim lessons Aquatic fitness classes for adults of all fitness levels Specialty aquatic programs including pregnancy fitness and swimming lessons for

		children with ADD/ADHD
Beaverton Swim Center 12850 SW Third Street Beaverton, OR 97005 503-629-6312	<ul style="list-style-type: none"> Indoor 25 yard pool 	<ul style="list-style-type: none"> All levels of swim lessons Specialty and fitness classes Programs for the developmentally delayed and/or physically limited.
Bicycle Jumps 13710 SW Farmington Rd Beaverton, OR 97005 503-629-6330	<ul style="list-style-type: none"> Dirt jumps for BMX bike riders. Basketball court with both 10-foot baskets and an 8-foot basket 	<ul style="list-style-type: none"> Motorized bikes and other vehicles are not allowed. Unsupervised: participate at your own risk
Cedar Hills Recreation Center 11640 SW Park Way Portland, OR 97225 503-629-6340	<ul style="list-style-type: none"> Aerobics rooms Gymnasium Gymnastics room Weight room Cardio room Outdoor playground 	<ul style="list-style-type: none"> Adult and teen fitness programs Team sports Dance classes
Conestoga Recreation & Aquatics 9985 SW 125th Ave Beaverton, OR 97008 503-629-6313	<ul style="list-style-type: none"> Indoor 25 yard pool Indoor leisure pool with water features and water slide Dance studio Weight and exercise room, Wood floor courts Outdoor playground 	<ul style="list-style-type: none"> Activity programs and fitness classes for children, teens, and adults Swimming and aquatic classes for all skill levels Individual and team sports

Garden Home Recreation Center 7475 SW Oleson Rd Portland, OR 97223 503-629-6341	<ul style="list-style-type: none"> • Weight Room and Fitness Center • Gymnasium • Gymnastics room • Dance studios • Outdoor playground • Sports fields 	<ul style="list-style-type: none"> • Home of the West Portland Boxing Team
Harman Swim Center 7300 SW Scholls Ferry Rd Beaverton, OR 97008 503-629-6314	<ul style="list-style-type: none"> • Indoor 25 yard pool 	<ul style="list-style-type: none"> • Group and private swim lessons for all ages • Open and family swims
Raleigh Swim Center 3500 SW 78th Ave Portland, OR 97225 (503) 297-6888	<ul style="list-style-type: none"> • 25 yard outdoor pool • Tennis courts • Outdoor playground and picnic tables 	<ul style="list-style-type: none"> • All levels of swim lessons • Aquatic specialty and fitness classes • open swims, family swims • Summer only
Somerset West Swim Center 18300 NW Parkview Blvd Portland, OR 97229 503-645-141	<ul style="list-style-type: none"> • Outdoor pool • Water cannon • Small shallow end slide • Playground and picnic area 	<ul style="list-style-type: none"> • All levels of swim lessons • Open and family swims • Adult and all-age laps swim • Summer only
Sunset Swim Center 13707 NW Science Park Dr Portland, OR 97229 503-629-6315	<ul style="list-style-type: none"> • 25 yard indoor pool • Outdoor Wading pool open during summer months 	<ul style="list-style-type: none"> • All levels of swim lessons • Specialty aquatic classes • Fitness classes • Open and family swim • Lap swim available most hours

<p>Tualatin Hills Aquatic Center 15707 SW Walker Rd Beaverton, OR 97006 503-629-6310</p>	<p>50-meter indoor pool</p>	<ul style="list-style-type: none"> • All levels of swim instruction • Water aerobics • Open and family swim • Swim team
<p>Tualatin Hills Athletic Center 50 NW 158th Ave Beaverton, OR 97006 503-629-6330</p>	<ul style="list-style-type: none"> • 6 indoor basketball courts • Indoor walking / jogging track 	<ul style="list-style-type: none"> • Activities include basketball, volleyball, badminton, pickle ball, and table tennis • Pre-school and youth sports • Indoor playground • Middle school, high school and adult leagues for basketball, softball, and volleyball • Grade school volleyball leagues
<p>Tualatin Hills Nature Park 15655 SW Millikan Blvd Beaverton, OR 97006 503-629-6350</p>	<p>Nature reserve with 5 miles of trails</p>	
<p>Tualatin Hills Tennis Center 15707 SW Walker Rd Beaverton, OR 97006 503-629-6331</p>	<ul style="list-style-type: none"> • 10 indoor and 4 outdoor courts during Fall through Spring • 6 indoor and 8 outdoor courts during the Summer 	<ul style="list-style-type: none"> • Tennis lessons • Tournaments • Social events

6. YMCA Fitness Centers

www.ymca-portland.org

The YMCA operates many facilities in the Portland and Vancouver areas. Depending on the facility, you can find group exercise classes and activities, gym and exercise equipment, pool activities, and sports leagues. There is a fee to join, but the YMCA provides financial assistance to those who are unable to afford full program fees.

YMCA Fitness Centers	
Metro Family YMCA	(503) 294-3366 2831 SW Barbur Blvd Portland OR 97201
Sherwood Regional Family YMCA	(503) 625-9622 23000 SW Pacific Hwy Sherwood OR 97140
Clark County Family YMCA	(360) 885-9622 11324 NE 51st Cir Vancouver WA 98682
Clackamas Family YMCA	(503) 594-1750 6400 SE Lake Rd #128 Milwaukie OR 97222
Griffith Park Family YMCA	(503) 644-3900 4925 SW Griffith Dr Beaverton OR 97005
Mt. Hood Family YMCA	(503) 492-9898 223 Buxton Av Troutdale 97060-2065
Westside Family YMCA	(503) 885-8576 8535 SW Tualatin Rd Tualatin OR 97062

7. Metro Parks and Greenspaces and the Portland Zoo

www.metro-region.org/

Metro maintains many of Portland's parks, trails and greenspaces as well as owns and operates the Oregon Zoo. Metro offers many fun and active classes, events, and educational programs for children, adults, and families

through its facilities. It also is an excellent resource for alternative transportation. The website contains an events calendar, contact info, and resources such as the *Bike there!* map, which describes the best routes for bicycling around the region.

8. The Oregon Museum of Science and Industry (OMSI)

www.omsi.edu/

OMSI offers a variety of active outdoor camps and activities for children and teens. In addition, the museum facility contains fun and educational exhibits that provide kids numerous opportunities to move and play. The museum occasionally presents health and nutrition programs and displays as well.

Classes at Health Care Facilities

Local hospitals and health care organizations offer a range of health and wellness programs. In addition, many offer ongoing walking groups and aerobics classes.

1. Providence Health Plan

www.providence.org/classes

Classes are offered in yoga, Pilates, aerobic fitness, water exercise, strength training, and weight management. Many classes are available on a drop-in basis. Classes are held at various Providence locations in the Portland area.

2. Adventist Medical

Center



www.adventisthealthnw.com/

10123 SE Market Street

Portland, OR 97216

503-257-2500

Classes are offered in cardio fitness, water exercise, weight management and yoga, as well as ongoing mall walking, Pilates, and aerobics programs. Most classes are held at the main hospital.

3. Oregon Health Science University

www.ohsu.edu/healthcare/

Talks on *Healthy Weight Loss and Childhood Obesity* are offered periodically through the Marquam Hill Lecture Series. Check the OHSUHealth News and Events page for dates and times.

Adolescent Weight Loss Programs

These programs are designed for adolescents and their families with the goal of weight loss through improving nutrition and increasing physical activity.

1. Shapedown

www.shapedown.com

This weight-loss program for children and teens combines group or individual classes with age-appropriate educational materials and support materials for parents. The program focuses on teaching problem-solving skills, communication techniques, and healthy eating and exercise habits rather than relying on dieting.



2. Kartini Clinic

www.kartiniclinic.com

This program is designed for children of high body weight between the ages of 6 and 17. Educators help families plan healthy meals, encourage positive behaviors around food and mealtimes, and promote physical activity in children who are obese. The program emphasizes healthy eating, an active life, and size acceptance over weight loss.

Oregon Department of Human Services

Physical Activity and Nutrition Program

<http://oregon.gov/DHS/ph/pan/index.shtml>

This department provides information and services aimed at developing a healthy lifestyle for all Oregonians.

Statewide plans focus on developing communities where adults and children have easy access to fresh vegetables, fruits, and other healthy foods at school, work, and when eating out; and where individuals can safely walk and bicycle.

