

# Beaumont SUN Community School

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www.facebook.com/Beaumont/SUN

## Site Manager - Sue Coffman

Hours - April 2 - June 7, 2012

M - Th 11pm-9pm

F 10am-6pm

No classes on school closure days & holidays

Bus Lines: #33 & #75

Parking: Street

Disabled Access:

Entrances: Accessible

Parking: Accessible

Restrooms: Accessible

### Intergenerational

#### Knitting age: 14 & up

What makes this lifelong skill so popular? The pleasures of this relaxing, rewarding hobby come from basic techniques - knit, purl, casting on & off. Work at your own pace whether just starting out or discovering advanced stitches, patterns or techniques. Please come to the first class with approximately 300 yards of 100% wool yarn and size 10 needles.

373568	Th	6pm-7pm	Brown
	Rm 20	4/19-5/10	\$20

#### Writing Creative Stories age: 11 & up

Everyone has a story to tell. Join other raconteurs in a comfortable environment & gain confidence in your inspired abilities. Enjoy guided practice & constructive critiques stirred by imagination & life experience.

373570	W	6:30pm-7:30pm	Ferguson
	Rm 20	4/11-5/30	\$30

#### Zumba Fitness age: 12 & up

Experience one of the fastest growing, dance-based fitness crazes in the country! People of all ages are falling in love with its infectious music, easy-to-follow dance moves, & body-beautifying benefits. Routines combine fast & slow rhythms to achieve a balance of cardio & muscle-toning benefits. A dynamic, exciting &

effective workout! Move fast & have fun!

373247	Th	6:30pm-7:30pm	Burns
	Cafeteria	4/5-6/7	\$45

#### Fencing - An Introduction To Foil age: 8 & up

Experience the art of swordsmanship with a dynamic sport teaching safety, self-discipline, coordination, agility, stamina, speed & grace. Tactics, techniques, footwork & blade work build strength, balance & quick reactions & a mastery of strategy & a life-long recreational activity. All equipment is provided.

373238	W	6:30pm-7:30pm	Garcia
	Cafeteria	4/11-5/30	\$35

#### Yoga - Premier age: 14 & up

Relaxation is one of the most important & beneficial skills to learn. Benefit mind & body while expanding strength, stamina & flexibility. An excellent way to learn to meet the changing demands of daily life while increasing a sense of well being.

373252	M	7pm-8pm	Whinnen
	Cafeteria	4/2-5/28	\$40

#### Belly Dance age: 9 & up

Shimmy & swirl! Get those hips, legs & stomach muscles moving increasing strength, flexibility & endurance! A total aerobic workout inspired by exotic music from the Far East, designed to get you moving, grooving & in good shape!

373571	Tu	7pm-8:30pm	Thorstad
	Cafeteria	4/3-5/22	\$40

### Preschool



#### Tap Dance - First Steps age: 6-8

Emphasis on enjoying sounds & rhythm. Tap dance movements develop a sense of rhythm and body coordination, improve balance, ankle strength & flexibility while having fun.

373573	W	5pm-6pm	Ferguson
	Stage	4/11-5/30	\$28

#### Ballet - Pre Ballet age: 3-5

Earliest preparation of time honored training in classical ballet. Agility, grace, coordination, movement & rhythm improves strength while providing the nurturing atmosphere to learn the discipline required.

373574	M	4pm-4:45pm	Ferguson
	Rm 20	4/9-5/28	\$28

## Portland Parks & Recreation

### **Tumbling - KinderGym** age: 4 - 6

Discover a whirling world of toppling & turning! Increase large motor skills, strength, body awareness, flexibility & balance while learning foundations for gymnastics & other sports. Be head over heels with enjoyment! **No Class 4/13** Please note, this class is 2 days a week. When participant registers for both sessions of this class, they are eligible for 20% off the fee for the SECOND session - #373581

373580	M&F	4pm- 4:45pm	Slater
	Old Gym	4/2-5/27	\$20
373581	M&F	4pm- 4:45pm	Slater
	Old Gym	4/30-5/25	\$20

## Youth

### **Ballet - Basics** age: 6-9

Express yourself! Explore this joyful dance style & increase agility, grace & coordination. Develop a firm foundation in classical technique while gaining music knowledge & arts appreciation.

373577	M	5pm- 6pm	Ferguson
	Rm20	4/2-5/21	\$28

### **Tae Kwon Do - First Kicks** age: 7-14

A beginning class in Tae Kwon Do, a Korean martial art similar to Karate. The class teaches self defense using kicks, blocks, punches, strikes both as an exercise program & as a means of self defense. Flexibility & strength are increased through movement developed over hundreds of years in Asia. Emphasizes cooperation, self control & a non-competitive, non-violent approach to martial arts.

373578	Tu	5pm- 6pm	Mr. Ray
	Cafeteria	4/10-5/29	\$28

### **Tae Kwon Do - Intermediate** age: 8-14

Expand your knowledge & range of actions in this non-contact, non-competitive sport. Develop & increase concentration, coordination, discipline & esteem while benefiting from aerobic exercise.

373579	Tu	6pm-7pm	Mr. Ray
	Rm 20	4/10-5/29	\$28

## Music

hosted by Community Music Center

### **Music - Flute Individual Lessons** age: 4-18

You can play the sweet tones of an instrument equally at home in classical music, band music or jazz. Create melodies, learn theory & explore the freedom of improvisation. Daily individual practice between classes is an important part of successful

music instruction. Instructor may require materials not included in registration fee. Lessons will be held at Beaumont Middle School in Room 1 of the Music Portable in the back of the school. **To register, call Community Music Center at 503-823-3177.**

363745	Tu	4pm-7pm	Hess
	Band Rm	1/10-3/20	

### **Music - Brass Lessons - Individual** age: 6-18

Private instruction is important for polished band players & beginners alike. Grab the edge to get ahead on solo & ensemble repertoire with tips & techniques from a pro. Discover how skills in areas like breathing & buzzing can benefit sound, motivation, & ultimately help hit the high notes in life. Daily individual practice between classes is an important part of successful music instruction. Instructor may require materials not included in registration fee. Lessons will be held at Beaumont Middle School in Room 1 of the Music Portable in the back of the school. **To register, call Community Music Center at 503-823-3177.**

372710	W	4pm-8pm	James Smock
		4/4-6/13	
372711	Th	4pm-8pm	John Cox
		4/5- 6/14	

## Drop-In

### **Badminton Drop-In** age: 8 & up

Come and experience the game the way it was meant to be played. Badminton is an exciting, fast paced, coed, Olympic sport that gives you a terrific aerobic workout without beating you up. You can participate in open play or take a lesson from a USAB Certified Level 1 Coach.

W	6 pm-9 pm	\$2 (Drop-In)
	Cafeteria	4/4 - 6/6

### **Soccer - Scrimmage** age: 18 & up

Teamwork & cooperative play is emphasized for the more accomplished player. A great aerobic workout, which results in, added strength & stamina. Make new friends & stay in shape. Adult drop-in, under 18 years at staff discretion. Call for more information.

W	7 pm-9 pm	\$2 (Drop-In)
	Old Gym	4/4 - 6/6

### **PDXCommunity Wind Band** age: 11 & up

This band is dedicated to achieving perfection in musical and performance artistry. This goal can only be accomplished when the individuals work together to form a cohesive unit. Each member must also make it their personal desire to achieve perfection & strive for greatness in order for the group to achieve such a goal!

T	6:30 pm-9 pm	Call for info
	Band Rm	4/3-5/29