



INCLUDES
JUNIPER SWIM
& FITNESS CENTER,
THE PAVILION
& BEND SENIOR
CENTER

your playbook

includes
the 2015-16
annual
report

history at
hollinshead:
the homestead

park & trail projects
in the works

play for life

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Inclusion

The Bend Park & Recreation District is committed to making all of our programs, facilities, services and activities accessible to everyone. If you feel that you or your child may require auxiliary aid or special accommodations to participate, please let us know at the time of registration. We will work with you in order to make safe and respectful accommodations. For more information or an activity assessment, please contact Therapeutic Recreation at (541) 706-6121.

Latino Outreach Services / Servicios al alcance de la Comunidad Latina

Comuniquese con: Kathya Avila al teléfono (541) 706-1212.
Horarios de oficina en JSFC: Lunes, miércoles y viernes
de 3:00 a 7:00 pm / Sábados de 9:00 a 11:00 am.

Contact: Kathya Avila p. (541) 706-1212. Office hours:
Mondays, Wednesdays & Fridays, 3:00 - 7:00 pm /
Saturdays, 9:00 - 11:00 am at JSFC.

(JSFC = Juniper Swim & Fitness Center)



Resources

phone: (541) 389-7275
email: info@bendparksandrec.org
website: bendparksandrec.org

ADMINISTRATION & RECREATION SERVICES

799 SW Columbia Street • p. (541) 389-7275

Mon. - Fri. 8:00 am - 5:00 pm

Closed: Sept. 5 - Labor Day, Nov. 11 - Veterans Day, Nov. 24 - 25 -
Thanksgiving, Dec. 25 - 26 - Christmas Day, Jan. 1 - 2 - New Years

BEND SENIOR CENTER

1600 SE Reed Market Rd. • p. (541) 388-1133

Mon. - Thurs. 7:30 am - 7:00 pm
Fridays 7:30 am - 4:00 pm
Saturdays 9:00 am - 3:00 pm

Holiday hours and special events: See page 39.

JUNIPER SWIM & FITNESS CENTER

800 NE 6th Street • p. (541) 389-7665

Mon. - Fri. 5:15 am - 9:00 pm
Saturdays 7:00 am - 6:00 pm
Sundays 9:00 am - 6:00 pm

Holiday hours and special events: See page 31.

THE PAVILION

1001 SW Bradbury Way • p. (541) 389-7588

Hours vary - check online

Holiday hours and special events: See page 24.

PARK SERVICES

1675 SW Simpson • p. (541) 388-5435

Mon. - Fri. 7:30 am - 4:00 pm

Closed: Sept. 5 - Labor Day, Nov. 11 - Veterans Day, Nov. 24 - 25 -
Thanksgiving, Dec. 25 - 26 - Christmas Day, Jan. 1 - 2 - New Years

VISION STATEMENT: To be a leader in building a community connected to nature, active lifestyles and one another.

MISSION STATEMENT: To strengthen community vitality and foster healthy, enriched lifestyles by providing exceptional park and recreation services.

BOARD OF DIRECTORS:

Ted Schoenborn, Chair • Nathan Hovekamp,
Vice-Chair • Craig Chenoweth • Brady Fuller •
Ellen Grover •

BUDGET COMMITTEE:

Audrey Belden • Steve Eichelberger •
Thomas Fisher • Sarah Olson • Brian Thorsness

EXECUTIVE DIRECTOR:

Don Horton • (541) 706-6101
don@bendparksandrec.org

ADMINISTRATIVE SERVICES DIRECTOR:

Lindsey Lombard • (541) 706-6109
lindsey@bendparksandrec.org

PLANNING & PARK SERVICES DIRECTOR:

Michelle Healy • (541) 706-6113
michelleh@bendparksandrec.org

RECREATION SERVICES DIRECTOR:

Matt Mercer • (541) 706-6103
matt@bendparksandrec.org

ON THE COVER: A young skateboarder skates at Ponderosa Park. The District offers skateboarding and scootering classes and free skateboarding opportunities at Ponderosa Park, The Pavilion and, in the future, at Rockridge Park. Photo by Greg Kleinert.

Dear Friends,

As we turn the page toward the fall season, I am reflecting on how important play has become to our community throughout the year. As we prepare for the Pavilion's first anniversary, many of us will celebrate the diverse activities that have occurred under its roof in a short period of time.

play your way

A busy ice season with hockey, skate lessons and curling was followed by a strong summer of memories made by The PAC day campers, including participants from our Therapeutic Recreation programs. The multi-season facility is making its way into our year-round playing routines and for many the ice is greatly anticipated in early November.

For those of us not ready to head indoors, this fall also marks the opening of a new neighborhood park. Canal Row Park is getting finishing touches and will open soon for the enjoyment of nearby residents. We are also working on the designs for Eagle, Rock Ridge and Stone Creek parks, which will greatly add to the portfolio of parks on the east side.

As the annual financial report data indicate, it has been a busy year with near-completion of the bond measure-funded projects for the community, and record-setting participation in recreation programs. We are grateful for the investment by the community in these projects and programs.

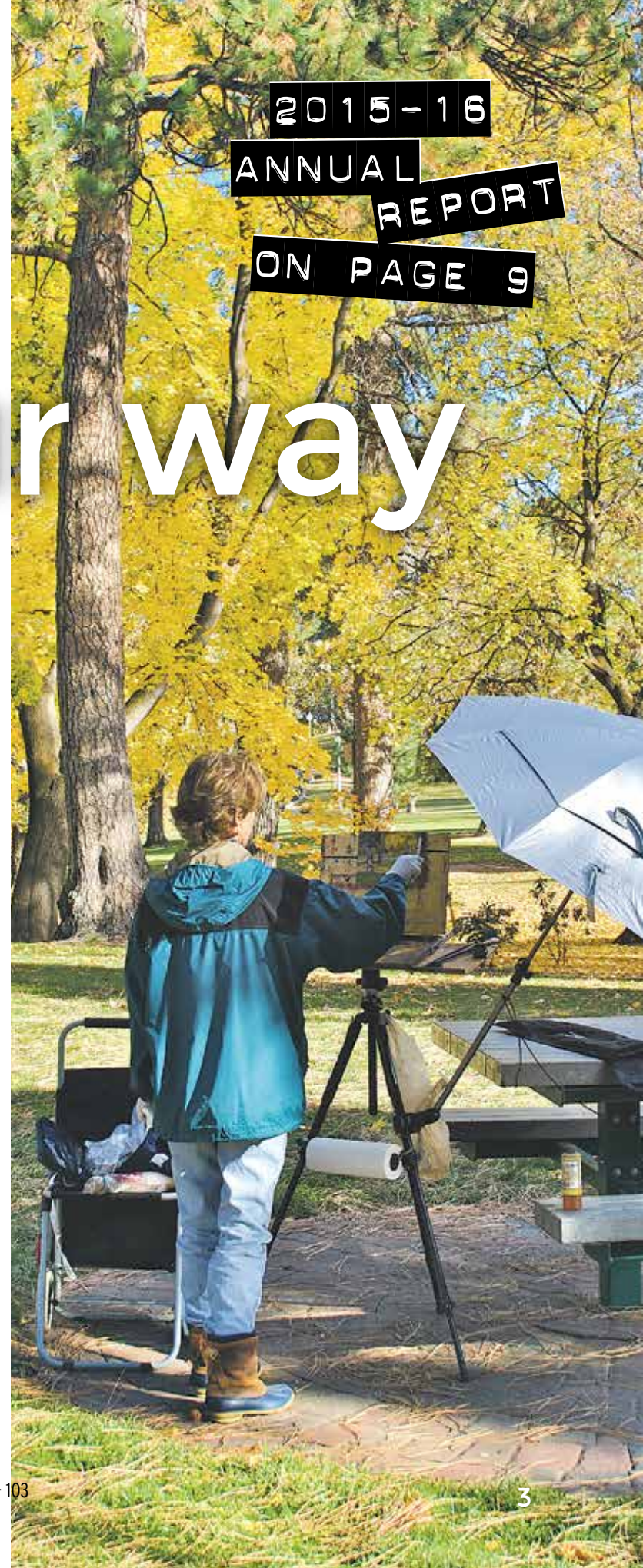
Bend Park and Recreation is committed to the people of Bend, all people. The latest community survey results included on page 11 also remind us about our priorities and how to meet the needs and expectations of our community, which is changing rapidly.

Thank you for your support!



Don Horton, Executive Director
don@bendparksandrec.org

2015-16
ANNUAL
REPORT
ON PAGE 9



bprd news:

“HELLO. WHAT ARE THE WAVES LIKE TODAY?”



Pneumatically-controlled, the waves at the Bend Whitewater Park are regularly adjusted for various whitewater activities such as surfing, kayaking and paddleboarding. Wondering what the waves are like on a particular day? Want to see what's happening this upcoming weekend? Regular schedules and wave updates are available online. Visit bendwhitewaterpark.com and/or subscribe to notifications via the Bend Whitewater Park's Facebook page and you'll be in the know and ready to go!

RISE N' SHINE! JUNIPER SWIM & FITNESS CENTER TO OPEN AT 7 AM ON SATURDAYS

Soon you can start your Saturdays a little earlier at Juniper Swim & Fitness Center. As recently requested by patrons, the facility will open for your fitness and swimming needs at 7:00 am on Saturdays beginning September 24. For more on Juniper's hours and schedules, visit juniperswimandfitness.com.



VOLUNTEER OPPORTUNITIES

At BPRD, volunteers make fun happen and this fall there are many opportunities for you to help out:

YOUTH SPORTS PROGRAMS: Bitty Ball, youth and middle school basketball; youth and 6th grade volleyball; ice skating and ice hockey.

YOUTH RECREATION: Afterschool and no school day crafts, science, nature and more.

FITNESS: For adults and children.

THERAPEUTIC & ADAPTIVE RECREATION: Adaptive aquatics at JSFC and recreation opportunities for children and adults with disabilities.

COMMUNITY EVENTS: Discover Nature Festival, Health & Wellness Fair, Holiday Bazaar, dinner dances and more.

CARING FOR PARKS & TRAILS: Adopt a park or trail, or gather a group for a fall project.

Find out more at bendparksandrec.org or contact Kim, BPRD Volunteer Coordinator at Kim@bendparksandrec.org or (541) 706-6127.

movin' & groovin'

WATER FITNESS LIQUID BENEFITS

Juniper Swim & Fitness Center patron, Richard Stephenson, visits the facility seven days a week and credits the Arthritis Water Exercise class with helping him improve his range of motion and reduce chronic pain.

“That’s been my motto,” says Richard Stephenson, a 78 year-old participant in the Arthritis Water Exercise class at Juniper Swim & Fitness Center. “I just keep on movin’ and groovin’ in my swim program because it keeps me active and healthy.”

Richard can tell you a thing or two about how his class has helped him stay fit. After a rheumatoid arthritis diagnosis in the early summer of 2015, he was given several doctors’ recommendations, including both surgery and steroid shots. Neither option appealed to him so he was encouraged when his rheumatologist, Dr. Christina Bright, asked if he’d ever considered swimming exercise and referred him to Juniper Swim & Fitness Center. He did a little research and learned about a specific water class that offered exercises proven to reduce arthritis pain, restore range of motion and improve daily functionality. Although he wasn’t much of a swimmer, he thought he’d give it a try.

Richard vividly remembers pulling into the parking lot on May 20, 2015, handicap license attached to the car mirror, then hobbling up to the front desk where he purchased a single visit pass. Following that first class, still a little unsure, he invested in a 10-visit pass. Two short months later, Richard had removed his handicap license from his car mirror and was striding out to his car after every class. Now, Richard attends the Arthritis Water Exercise class every Monday, Wednesday and Friday – and visits Juniper seven days a week!

The bonus he didn’t expect? Not only is his arthritis pain gone and he feels amazing, he thoroughly enjoys the camaraderie with the other class participants and the instructors who make it fun and entertaining. Carolyn “Boss” Creedican, BPRD Fitness Assistant, is just one of his favorites. “We really get to know and support each other,” he said. “We talk about families and vacations and grandkids. It’s a big part of my day, every day.”

Richard heartily recommends the class to others who might be struggling with arthritis or other chronic conditions and especially encourages men to participate. “The odds are pretty good,” he says. “Most days I share the pool with 15 to 20 women. I know everyone by first name and we give out lots of high fives.”

Richard shows no sign of slowing down. His final words of wisdom? “Follow a good diet and keep movin’ and groovin’,” he says. “As long as I keep feeling this good, I’m shooting for my goal of 107 years young.”





History has a home at Hollinshead Park

Tucked in the heart of Bend is a unique historical experience. The Hollinshead Park Homestead House and Tack Shed Museum offer visitors a look back to life in Central Oregon in the 1930s and 40s.

Hollinshead Park is part of what was once a 160-acre horse and dairy farm called Timberlane Ranch, owned by Dean and Lily Hollinshead. Hollinshead Barn, the Homestead House and Tack Shed are among the remaining original structures. Built in the early 1900s, the house was home to the various sharecroppers who worked the farm, including the Matson Family in the late '30s and '40s.

In 1974, Dean & Lily Hollinshead offered a portion of the property to Bend Park and Recreation District with the vision that it could become a special place for future visitors to get a sense of life on a Central Oregon farm. The District acquired the 16.5 acre property in 1982.

Today, the house and tack shed have been restored to showcase the era that the Matson family farmed the property. The home is furnished to tell the story of life during that depression era. Working with the District, Sharron Matson Rosengarth and her family have donated countless hours to help bring to life Dean & Lily's vision and to share it with our community.

Museum tours are available by appointment or visit during the annual holiday open house on Saturday, December 17, 2016.

For details, see page 7 or visit bendparksandrec.org.



little country girl

Sharron (Matson) Rosengarth's passion for her childhood home shines through with her smile each time she tells the stories of life at Hollinshead House. Sharron and her husband Tony lovingly restored Hollinshead House in 1999 as a gift to Sharron's mother for her 80th birthday, furnishing it with family belongings saved from the 1940s. Later, they restored the adjoining tack shed to showcase carriages and equipment used on the farm that is now Hollinshead Park.

Today, Sharron and Tony serve as hosts and share this collection and her stories with groups of all ages throughout the year and open the house and tack shed for a holiday celebration in December. To keep her stories alive for the future, Sharron has recorded her memories in a collection titled "Little Country Girl." These stories have been published by Bend Park & Recreation District into a small booklet available at Hollinshead House and by request.

Sharron and her family have a special place in the heart of Bend Park & Recreation District as the historians and caretakers for this incredible slice of Bend history. Their passion and investment of time and resources to help preserve this legacy is a true gift to our community.



FEATURED TRAILS: SHEVLIN PARK

fall for the forest



Shevlin Park is home to the most diverse old growth forest at this elevation in the region and an abundance of animal life including migratory birds, deer, elk and the occasional bear and cougar. Fall is an especially beautiful time in the 652-acre park when the aspens, larches and other deciduous trees and shrubs turn colors as the days get shorter and cooler. Trail highlights include:



LOOP TRAIL: This 6-mile trail follows the canyon rim, runs through old growth ponderosa pine, includes a few short, steep hills and crosses Tumalo Creek twice.

TUMALO CREEK TRAIL: The 2.5-mile trail parallels the creek upstream from the park entrance to the park's southern end, joining up to the Deschutes National Forest trail system.

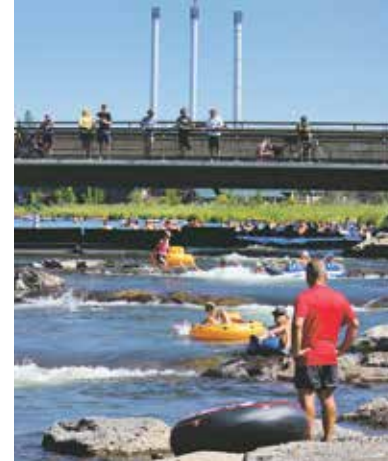


MOUNTAIN BIKE TRAIL: A preferred route for bikes, this trail is shared with other users. The trail follows the canyon and links with the Forest Service Mrazek Trail. Riders may also take the east road to connect to the Forest Service trail system.

LOCATION & HOURS:

- 18920 NW Shevlin Park Road
- Open 5:00 am - 10:00 pm, daily
- Maps are in the printed "BPRD Adventure Planner" at District facilities and online at bendparksandrec.org.

float, surf, paddle



BEND WHITEWATER PARK UPDATE

Summer was a season of learning at the Bend Whitewater Park for the staff at the District, residents and visitors alike. Thousands of river users took an inaugural trip through the passageway channel, while surfers and kayakers navigated the center whitewater channel. For most river users, it was a great reprieve from the summer heat, especially for those using the right gear.

As a first-of-its-kind, the Bend Whitewater Park is equal parts science and art. We've learned from other whitewater parks that it's typical to have adjustments as time and natural river current cycles occur throughout the year. The patience and support from the community has been and continues to be greatly appreciated.

The design intentions of the passageway channel were to:

- Remove hazards associated with the old Colorado Avenue pedestrian bridge and Old Mill Pond Dam;
- Provide for an easy transition from the Mill Pond elevation to the Mirror Pond elevation for a range of flotation devices, kayaks and stand-up paddleboards; and
- Accommodate fish passage upstream and provide habitat improvements.

The goals have been largely met, and we're still working hard to make even more improvements.

Engineering work will continue into the fall and winter with minor modifications to improve functionality in the whitewater and passageway channels.

Before you head down to the river, visit the Bend Whitewater Park website to get up-to-date information and tips on how to best prepare for a fun experience. More at bendwhitewaterpark.com.



COMMUNITY
EVENTS

COME PLAY!

You're invited to join BPRD at a number of community events this fall.

Join the inaugural **Bend Open Streets** on Sunday, September 18. This community event will temporally close streets in northeast Bend to automobile traffic, so that people may use them for walking, biking, skating, dancing and playing. Juniper Park will feature the BPRD Fitness Stage with fitness classes and music, a climbing wall, skatepark features, hand cycles, a circus area and nature play. In addition, Juniper Swim & Fitness Center will be open for free during the event including recreation swim, tours and more. Bring your bicycle or your feet and explore the streets in a safe, healthy and more livable way. The event is free and dog-friendly. Additional information on page 8.

For the Health of It! Wellness & Fitness Fair follows on Tuesday, September 20 at the Bend Senior Center. Your one-stop event with health and wellness demonstrations, screenings, information, vendors, flu vaccines and more! Don't miss the barbeque sponsored by PacificSource. It's all free!

Bring the whole family to celebrate the outdoors for free at the **Discover Nature Festival** on Saturday, September 24 at Riverbend Park. With lots of nature and outdoor recreation activities, you're sure to learn something new and have a blast! More on page 20.

Next up is the **Gopher Broke Scramble** on Friday, September 30 - a fun golf tournament that raises money for the Bend Park & Recreation Foundation scholarship fund. In its thirteenth year, the Gopher Broke

will be held at Bend Golf & Country Club and features food and beverages at each hole as well as a happy hour awards ceremony, raffle and prizes. Cost is \$150 per person or \$600 for a team of four and the spots fill up fast!

To keep you moving into autumn's shorter days, it's **Fall Into Fitness Week**, October 10 - 15 at Juniper Swim & Fitness Center. During this multi-day event, special free classes, workshops and clinics will be offered to help you get or stay active this fall. The schedule is available online at bendparksandrec.org under Specialty Fitness schedules.

To get you in the spirit of the season, the **Holiday Bazaar** is at the Bend Senior Center on Saturday, November 19. This annual event features local handmade crafts, art, tasty treats, holiday decor and more. Come get your holiday shopping done early!

And to really put you in a holiday mood, plan a visit to the Hollinshead Homestead Holiday Open House on Saturday, December 17. Offering a delightful step back in time, the house is packed with treasures of yesteryear and decorated for the holidays. More on page 5.



Bend Open Streets
Saturday, Sept. 18
Noon - 4:00 pm
Juniper Park & NE Bend

FREE

Discover Nature Festival
Saturday, Sept. 24
11:00 am - 3:00 pm
Riverbend Park

FREE

Fall Into Fitness Week
Oct. 10 - 15
Special workshops & classes
Juniper Swim & Fitness Center

FREE

**Hollinshead Homestead
Holiday Open House
& Historical Tour**
Saturday, Dec. 17
10:00 am - 4:00 pm
Hollinshead Park

FREE

**For the Health of It!
Wellness & Fitness Fair**
Tuesday, Sept. 20
12:00 - 3:00 pm
Bend Senior Center

FREE

Gopher Broke Scramble
Friday, Sept. 30
12:30 pm start
Bend Golf & Country Club

Holiday Bazaar
Saturday, Nov. 19
9:00 am - 3:00 pm
Bend Senior Center

FREE

For more information,
call (541) 389-7275 or visit
bendparksandrec.org



2015-16 annual report

Your Community, Your District



Thank you for taking a look at this annual report of your park and recreation district. We exist for the sole purpose of providing you with an exceptional park system, one that not only adds beauty to our community, but one that enhances people's lives.

Whether recreation programs, parks, trails or recreation facilities, the District is committed to providing access and opportunity to everyone regardless of income or abilities. We have developed a wide range of services that reduce barriers to the joys of active play.

A “needs-based” assistance program reduces financial barriers within our community. Qualifying individuals and families might have recreation program fees reduced or eliminated based on their particular circumstances. This program is funded with approximately \$250,000 in property tax funding and help from donations to the Bend Park and Recreation Foundation.

Inclusion services and therapeutic recreation opportunities ensure that people with disabilities have opportunities to benefit from programs and that specialized services are available for people in need. It costs approximately \$260,000 in property tax funding to support these programs annually.

Free programs such as Let's Picnic, the July 4th Pet Parade and Festival, Days of Play and Free Family Nights at Juniper Swim & Fitness Center are designed to bring community together in a manner that welcomes people of all income levels. The cost to fund free programs is spread between tax support, sponsorships and fundraising.

We know that we have a great responsibility as a steward of tax dollars and we make every effort to spend the resources wisely. The annual report and the results of the community survey are important for your review, and we appreciate the time from residents who participated in the phone survey.

Should you have any questions or need more clarity, please give me a call directly at (541) 706-6101.

Don Horton, Executive Director
don@bendparksandrec.org

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play for life

BEND PARK & RECREATION DISTRICT FACTS

a quick hit

IT'S YOUR
DISTRICT**Vision:**

To be a leader in building a community connected to nature, active lifestyles and one another.

Mission:

To strengthen community vitality and foster healthy, enriched lifestyles by providing exceptional park and recreation services.

play for life

It is about living in the moment,
but also about creating a legacy for the future.

We embrace the obvious! We believe that play holds
the key to happy and healthy lives in our community -
here and now, as well as 50 years ahead.

How do we do it?

Through play, BPRD engineers a joyous mixture of
exploration and discovery - and plants the seed for
amazing experiences. We offer opportunities
and places to grow and to thrive.

Play for Life brings possibility to all ages
in our community, from 1 to 100.

Don't get us wrong.

We take our playful role seriously. We are instigators,
planners and stewards, encouraging our community
to Play for Life and Live to Play.

WHAT IS THE PARK AND RECREATION DISTRICT?

The Bend Park & Recreation District was established in 1974 by a vote of citizens for the sole purpose of providing park and recreation services to our community.

The District is a special tax district, a stand-alone government agency. Led by an elected board of directors, the District is not a department of the City of Bend.

Use of your District property taxes is limited by statutory authority (ORS Ch. 266) and cannot be used for other community services such as roads, emergency services or utility services.

DISTRICT FACILITIES:

- Juniper Swim & Fitness Center
- Bend Senior Center
- The Pavilion
- District office
- Park Services offices and shop

DISTRICT PROPERTIES:

- Total acres: 2,706
- 81 developed parks and natural areas
- 13 undeveloped park lands
- 65 miles of trails

EMPLOYEES & VOLUNTEERS:

- 105 full-time employees (June 2016)
- 385 part-time employees (June 2016)
- 1,700+ volunteers

WHERE FUNDING COMES FROM:

Your Property Taxes - The District's permanent property tax rate is \$1.461 per \$1,000 of assessed value. For example, a home assessed at \$200,000 pays \$292.20 annually to the District. Statutory authority (ORS Ch. 266) restricts the use of these taxes for the delivery of park and recreation services such as care and maintenance of the park and trail system.

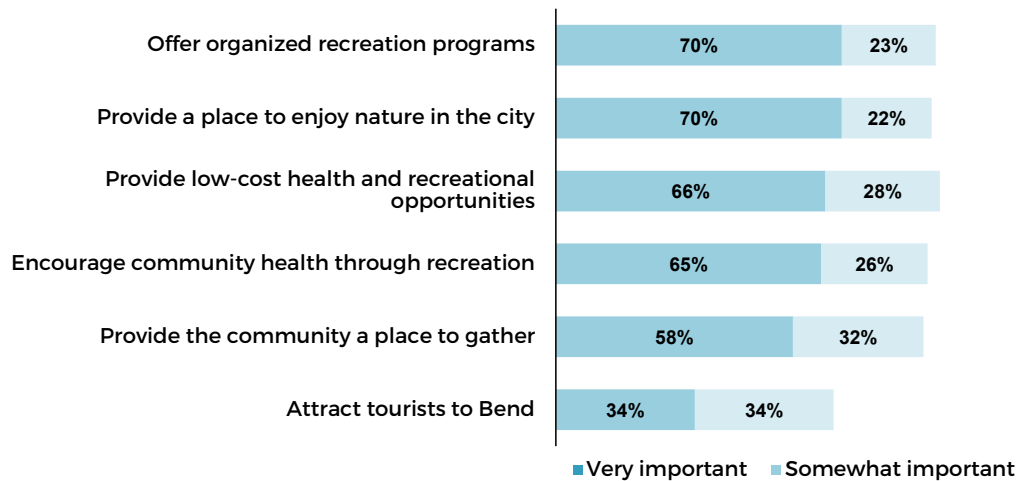
User Fees & Charges - Fees charged for participating in recreation programs and facilities.

System Development Charges (SDC) - SDC funds can only be used on park and trail projects that are needed as a result of community growth. Most neighborhood parks exist as a result of SDC funds. SDC funds cannot be used for facilities, operations or projects that are not a result of growth.

Contributions & Grants - In 2015, the District received \$1.9 million in grants and contributions.

General Obligation Bond - In 2012, voters passed a 20-year General Obligation Bond for specific projects. The cost to taxpayers is .173 per \$1,000 assessed value or \$34.60 annually for a \$200,000 home.

Importance of BPRD's Roles in the Community



Source: DHM Research, June 2016

“survey says!”

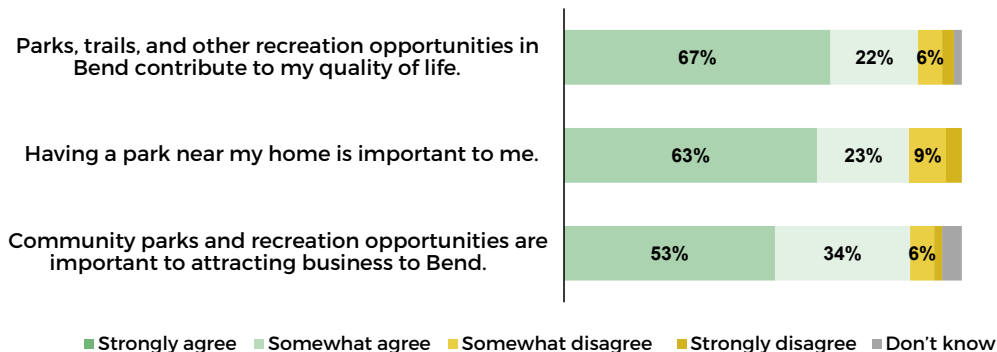
2016 community perception survey

To get a sense for how well the District is serving the community, we ask for survey feedback every three years. Conducted in June, the 2016 survey reiterated what many of us already know - residents are extraordinarily positive about living in Bend, and they see parks and recreation services as essential to the high quality of life.

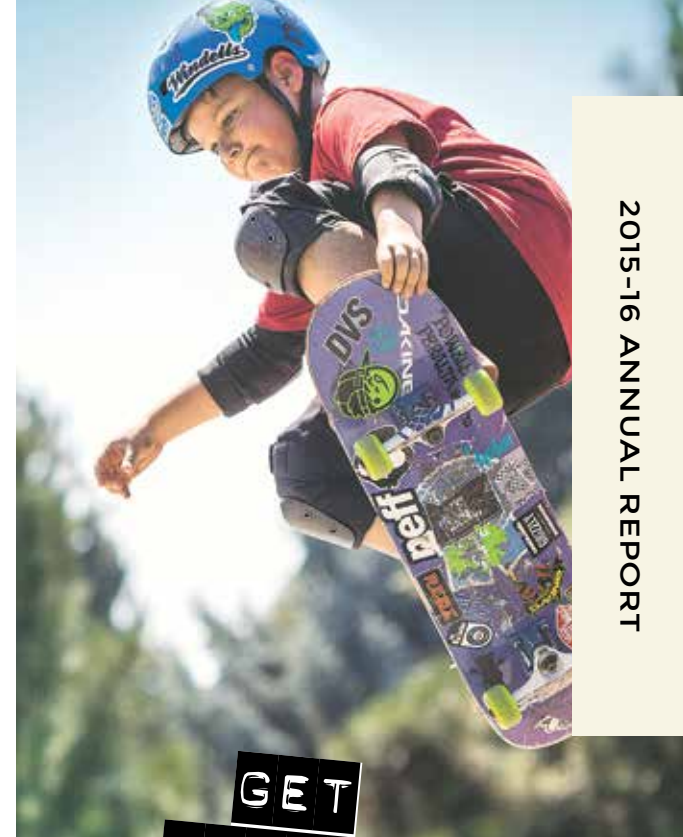
- Nearly 9 in 10 (89%) people agree that parks, trails and other recreation opportunities in Bend contribute to quality of life.
- Eighty-six percent of respondents agreed with the statement “having a park near my home is important to me.”

- People who have used parks and recreation services are especially positive about the quality of recreation programs and facilities (93%), stewardship of the environment (88%) and good customer service (78%).
- Most residents (91%) felt safe when using parks and trails in Bend.
- Priorities for BPRD such as providing a place to enjoy nature and providing low-cost health and recreational opportunities are considered “very important” by more than six in 10 residents.

Agreement: The Value of Parks and Recreation Opportunities



Source: DHM Research, June 2016



GET
CONNECTED


Visit our website.

Where: www.bendparksandrec.org

What: Park and trail information, recreation programs, facility hours and fees, class schedules, project updates, employment opportunities and 300-plus pages of much more.

Follow us on social media.

Where:  Twitter: BendParks

 Facebook: Look for Bend Park & Recreation District, Bend Senior Center, The Pavilion, Juniper Swim & Fitness Center and Bend Whitewater Park.

What: The latest updates and happenings in parks, on trails, in BPRD facilities and in programs.

Attend a board meeting.

When: Normally the first and third Tuesdays of each month at 7:00 pm. Work sessions can also occur at 5:30 pm.

Where: BPRD Office, 799 SW Columbia Street

What: Agenda and minutes available online at bendparksandrec.org

WHERE YOUR PROPERTY TAXES GO

If you live in Bend, the total property taxes you pay go to the following government organizations:

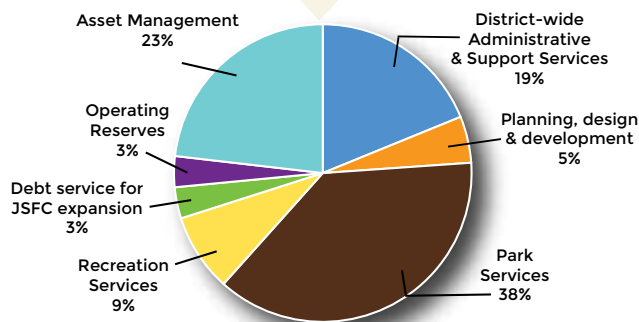
BEND-LA PINE SCHOOLS	41%
CITY OF BEND AND URBAN RENEWAL	22%
BEND PARK & RECREATION DISTRICT	11%
DESCHUTES COUNTY & FAIRGROUNDS	9%
DESCHUTES COUNTY SHERIFF & 911	9%
CENTRAL OREGON COMMUNITY COLLEGE	5%
DESCHUTES PUBLIC LIBRARY	3%

WHAT YOU PAY IN PROPERTY TAXES TO BPRD

The District's permanent property tax rate is \$1.461 per \$1,000 of assessed value.

Example: A home assessed at \$200,000 pays \$292.20 annually to the District for park and recreation services in Bend.

HOW BPRD SPENDS YOUR PROPERTY TAX DOLLARS



annual financial report

Fiscal Year: July 2015 - June 2016

The District's priorities represent our focus on hearing and observing what our citizens', patrons' and greater community needs and priorities are; and then responding with services and facilities that help meet those needs. Bend has been experiencing another significant growth phase the past few years, and the larger community is expecting higher levels of service in parks, trails and all forms of recreation. The varied recreational opportunities to be provided at the Bend Whitewater Park, The Pavilion, Riley Ranch Nature Reserve and at all of our other current and soon-to-be complete properties are a vital part of our response.

We also know that being financially responsible in our responsiveness is vital for our community. The District operates always with the priority of long-term financial stability, so that

our resources can enhance the quality of life for Bend residents now and for future generations. Wise management decisions and conservative fiscal policies over many years have ensured a sustainable financial future for the District. We pride ourselves on being able to operate in a fiscally sustainable and responsible manner.

The Bend Park & Recreation District is **not** a department of the City of Bend. As a separate special tax district it adopts its own budget every fiscal year. To view the 2016-17 budget, visit bendparksandrec.org.

DEPARTMENT SPOTLIGHT: PARK SERVICES

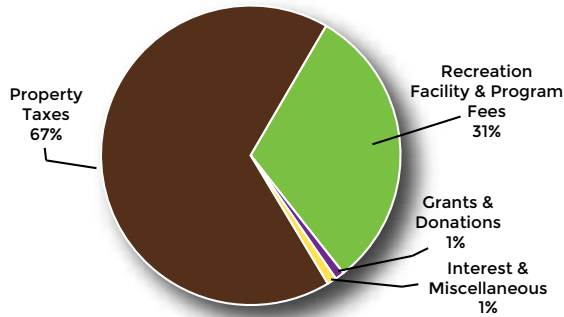
Park Services cares for places where people play, learn and grow, and protects our natural and cultural resources for the enjoyment of community residents. As we continue to acquire and develop additional parkland and recreational facilities, we are prioritizing expanding our services to operate and maintain them at the quality level our community expects. We also recognize the need to provide a higher level of service to the users of our parks and trails, so that their recreational experiences are positive and enjoyable. Expansion of services is reflected in the increased operating costs of the District. The operating costs for Park Services are funded primarily through property tax revenues.

Taking care of what we have includes existing park, trail and indoor facility renovations, replacements, improvements and expansions.



2015-16 OPERATIONS

OPERATIONS SOURCES OF FUNDS \$21,218,000



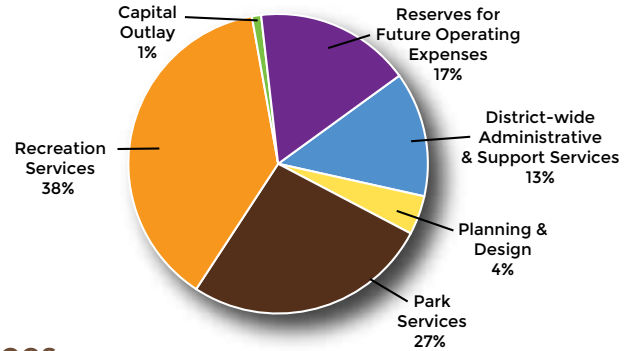
Where the Money Comes From

Property taxes account for 67% of the funding for the District's operations.

Recreation facility and program fees (31%) are collected for recreation programs and facility use.

Grants and donations (1%) are funds received for supporting programs and scholarships for community residents.

OPERATIONS SPENDING \$21,218,000



Where the Money Goes

Recreation Services (38%) operate all recreation programs and facilities including the Bend Senior Center, the Juniper Swim & Fitness Center, The Pavilion, Aspen Hall and Hollinshead Barn.

Recreation services are funded 79% through fees and 21% through property taxes.

Park Services (27%) manage and maintain parks, trails, natural resources, vehicles and equipment and non-recreation facilities, and also provide stewardship services for the users of these spaces.

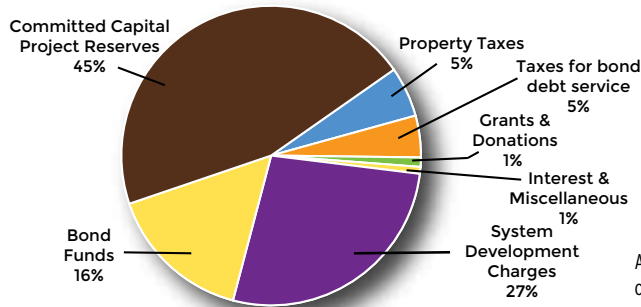
Reserves for future operating expenses (17%) are monies set aside for future growth in operation needs.

District-wide Administrative & Support Services (13%) manage organization-wide services including executive director's office, finance, risk and contract management, technology, community relations, marketing, human resources, volunteers and special projects.

Planning & Design (4%) provides long-range, strategic and current planning, and design and development/construction for parks, trails, natural areas and facilities.

2015-16 CAPITAL & BOND PROJECTS

CAPITAL PROJECT SOURCES OF FUNDS \$38,097,000



Additional information on capital and bond projects is available on pages 14 - 17.

Where the Money Comes From

Committed capital project reserves (45%) are funds set aside for planned projects not yet started or complete.

System Development Charges (27%) are collected from new residential building permits to be used for new parks and trails to support community growth.

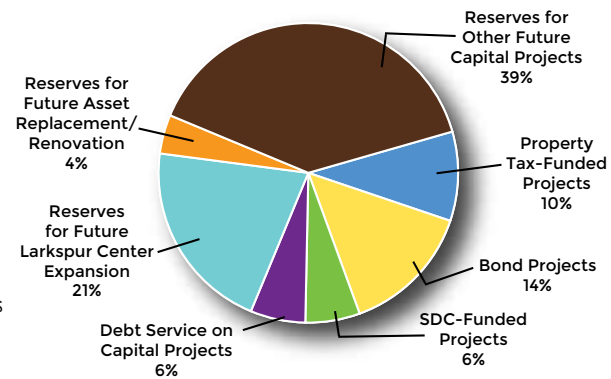
Bond funds (16%) are the unspent monies from the 2012 bond that will be spent on the bond projects.

Property taxes (5%) are used for capital projects and not only for operations.

Taxes for bond debt service (5%) are required to repay the bond debt.

Grants and donations (1%) are funds received to support capital development and land acquisition.

CAPITAL PROJECT SPENDING \$38,097,000



Where the Money Goes

Bond projects (14%) are those projects the District promised for the community with the 2012 bond measure.

Tax-funded projects (10%) are mostly projects that take care of what we have - renovation, improvement and expansion of current parks, trails and indoor facilities.

SDC-funded projects (6%) are land purchases and development of parks and trails to support new growth in Bend.

Debt service on capital projects (6%) is for repayment of the 2012 bond and the Juniper Swim & Fitness Center expansion debt.

Reserves (64%) are funds set aside for planned projects not yet started or completed.

NOVEMBER
2012
.....
**VOTER
APPROVED
PLAY**
.....

BOND MEASURE No. 9-86: YOUR COMMUNITY RECREATION INVESTMENT

bond projects

PROGRESS REPORT

What is the total amount of the 2012 bond?

The bond is \$29 million paid back over 20 years.

How can tax payers know the bond is spent properly?

The Bend Park & Recreation District is accountable to tax payers and patrons. Bond funds can only be used for capital expenses (land acquisition, park, trail, and facility development, etc.) and cannot be used for personnel or operations. The Board of Directors provides oversight and regular audits are conducted to ensure that funds are spent appropriately.

Are the bond dollars being used as originally intended?

Yes. Voters passed the bond based on the following project areas, all of which are either complete or are currently underway.

- ☒ The Pavilion (formerly called Simpson Ave. Pavilion) with ice rink
- ☒ Bend Whitewater Park (formerly called Colorado Dam Safe Passage) and McKay Park
- ☒ Deschutes River Trail & Parks - includes Riley Ranch Nature Reserve, general trail connections, the Colorado Ave. undercrossing and the trail connection between Miller's Landing Park and the Old Mill District
- ☒ Southeast Bend park land purchases
- ☒ Pine Nursery Park infrastructure

In November 2012, the citizens of Bend Park & Recreation District passed a ballot measure to help protect our natural beauty and expand access and recreational opportunities in the Deschutes River, on trails and in parks. Bond Measure No. 9-86 authorized the District to sell bonds to fund the following projects on the community's behalf.

The Pavilion



Total Funding: \$11,350,000
Completed: December 2015
All funding was from the bond.

The Pavilion is a covered, open air recreation facility with a full-size ice rink in winter and multi-purpose recreation and sport courts in the summer. Support amenities include a lobby, viewing area, restrooms, changing rooms, concessions, outdoor plaza with fire pits and parking.



*"A society grows great
when old men
plant trees whose shade
they know they
shall never sit in."
~ Greek Proverb*

Bend Whitewater Park



Total Funding: \$9,681,985
Completed: Spring 2016

Funding sources are the bond, property taxes and a \$1.13 million contribution from Bend Paddle Trail Alliance.

The project involved construction of a new pedestrian bridge over the Deschutes River and river channel improvements to create a fish ladder and reduce hazards and improve recreational opportunities for the 100,000+ river users annually.

Current status: The Bend Whitewater Park is currently open for recreational whitewater use. The project is complete, however BPRD may make adjustments in both the passageway and whitewater channels this winter when the river is at low-flow.



McKay Park



Total Funding: \$1,160,000
To be completed: Fall 2016

Funding sources are the bond, SDC funds and an Oregon Parks and Recreation Department grant.

To accommodate recreation associated with the Deschutes River and the Bend Whitewater Park, enhancements to McKay Park include an accessible beach, parking and loading areas, changing facility with restrooms, plazas for river viewing, trail improvements and riparian habitat restoration.

Current status: Construction at McKay Park is nearly complete. Landscaping areas are closed off to allow the plant material to establish.



Riley Ranch Nature Reserve



Total Funding: \$3,740,000
To be completed: Summer 2017

Funding sources are the bond, SDC funds and an Oregon Parks and Recreation Department grant.

Designed to preserve its unique natural features and wildlife habitat, the site will be a 184-acre nature reserve with visitor facilities including trails, overlooks, interpretive displays and parking. Dogs and bikes will not be allowed at Riley Ranch Nature Reserve in order to limit impacts to this special place.

Current status: Riley Ranch Nature Reserve is expected to open in late summer of 2017.



Deschutes River Trail



Total Funding: \$5,445,400

In addition to new segments of the Deschutes River Trail in and around Riley Ranch Nature Reserve, projects include easements and land acquisitions which will help complete the trail through Bend. Projects are in the design phase for downtown Bend. In southwest Bend, the Oregon Parks and Recreation Department (OPRD) is planning to convene a new citizen committee to revisit the rules for state scenic waterways to determine how this stretch of the Deschutes River should be used for recreational purposes.

Current status: The Colorado Ave. undercrossing and trail connections to Miller's Landing Park and the Old Mill District are complete. Funding sources were the bond, SDC funds and an OPRD grant.



Farewell Bend Pedestrian Bridge



Total Funding: \$975,000
To be completed: Late summer 2016

Funding sources are the bond and property taxes.

In 2015, a structural condition assessment of the Farewell Bend Bridge determined it needed to be replaced. The bridge is a key bicycle and pedestrian connection of the Deschutes River Trail, linking Farewell Bend and Riverbend Parks.

Current status: The new bridge structure is in place and final work is in progress. The Farewell Bend Bridge is expected to open late summer.



coming to a neighborhood near you

2015-16 capital projects

In order to serve a growing community, the Bend Park & Recreation District must continually plan for development and improvement of public parks, trails and recreation facilities. District staff are currently working together to plan, design and construct these capital projects to accommodate the needs of the community.

Additional information, locations and maps available at www.bendparksandrec.org.



UNDER CONSTRUCTION

CANAL ROW PARK

Total Funding: \$1,187,585

To be completed: Fall 2016

Funding source is SDCs.

Canal Row Park is a neighborhood park that will primarily serve nearby residents with picnic and play areas and will include a small boardwalk over the historic alignment of the Old Pilot Butte Canal.

Current status: Construction at Canal Row Park is nearly complete and work on the landscape areas is in progress.



TENNIS COURTS AT SUMMIT AND SYLVAN PARKS

Total Funding: \$350,000

To be completed: Fall 2016

Funding source is property taxes.

Maintaining the community's investments in parks is important to BPRD. As such, the District replaced the tennis courts at Sylvan and Summit Parks which had exceeded their expected lifespan. The projects also included accessibility improvements from the parking lots to the tennis courts in both parks.

Current status: Tennis court construction at Summit and Sylvan Parks should be complete this fall.



COMPLETED

FIRST STREET RAPIDS PARK

Total Funding: \$646,415

Completed: Spring 2016

Funding source was SDCs.

Construction of this new river park is complete with the addition of pathways, picnic areas, improved access and natural area restoration.

SKYLINE PARK

Total Funding: \$365,000

Completed: Spring 2016

Funding source was property taxes.

Construction of accessibility improvements at Skyline Park is complete and includes accessible routes from parking areas to the sports fields and playground, plus minor restroom upgrades.



IN DESIGN

EAGLE PARK

Total Funding: \$1,170,000

To be completed: Summer 2017

Funding source is SDCs.

A master plan is now complete for this 4-acre neighborhood park in the Mirada subdivision in northeast Bend. The park will include a lawn area, picnic facilities, inclusive and nature-based play opportunities, paved and soft surface trails and a natural area.

Current status: Eagle Park's construction is scheduled to begin this fall and the park is expected to be complete next summer.

HILLSIDE PARK

Total Funding: \$1,564,461

To be completed: Summer 2017

Funding sources are property taxes and SDCs.

In 2015 BPRD completed a new master plan for Hillside Park and the off-leash area. Improvements include fencing, a new parking lot, playground improvements, new trails and a street sidewalk.

Current status: Construction should be underway this fall and is anticipated to be finished next summer.

"The future depends
on what we do
in the present."
~ Mahatma Gandhi

ROCKRIDGE PARK

Total Funding: \$3,610,460

To be completed: Summer 2017

Funding source is SDCs.

With a completed master plan, this 36-acre park will include paved and soft-surface trails, a play structure, nature play opportunities, a small lawn area and street improvements along Egypt Drive.

Current status: It is anticipated that Rockridge Park will be under construction by early September. The park is expected to be complete next summer.

SHEVLIN PARK

Total Funding: \$650,000

To be completed: Summer 2017
(Signs and Wayfinding)

Funding source is SDCs.

As the first step of the park's new Recreation Management Plan, a new comprehensive sign and wayfinding program for the park is underway.

Current status: Staff is reviewing the first draft of designs for wayfinding, interpretative and regulatory signs in the park.

STONE CREEK PARK

Total Funding: \$1,810,658

To be completed: Summer 2017

Funding source is SDCs.

In 2015, BPRD completed a master plan for this 7+ acre neighborhood park with the developer of the new Stone Creek subdivision. Plans call for a picnic area, traditional and natural play areas, skate spots, a bike pump track and natural trails.

Current status: Construction is expected to start this fall with final completion in summer of 2017.



SOUTHEAST COMMUNITY PARK

Total Funding: \$8,800,000

To be completed: 2020

Funding source is SDCs.

Adjacent to 15th Street in southeast Bend, this new 37-acre community park will offer amenities to a portion of town that was previously deficient in park land. BPRD will be seeking input from the community on elements to consider in the development of the park including active play areas, trails and picnic space.

Current status: Community outreach for this park will begin this fall.

LARKSPUR CENTER (BEND SENIOR CENTER)

Total Funding: \$16,500,000

To be completed: 2019

Funding sources are property taxes, SDCs and debt financing.

This project will add approximately 40,000 square feet to the existing Bend Senior Center. The Larkspur Center project will include a remodel and expansion of the kitchen, lobby, concession area, reception and registration area, fitness facilities, storage and office space and add a new activity/therapeutic pool, a multi-purpose gymnasium, outdoor spaces, parking and park improvements.

Current status: The Larkspur Center is currently in the design phase with an expected completion in summer of 2019.





CONSERVING WATER RESOURCES

a giant step forward

Conserving water use in your parks has been a priority for BPRD for more than fifteen years. Over the past five years, the District has been converting from an irrigation system based on general regional weather conditions to a much more adaptable system. The new Smartline and Baseline systems use technology to read soil moisture content. The systems also evaluate weather conditions at individual sites to prescribe the appropriate quantity of water for each of over 1,900 stations throughout the park system. The program allows for different nozzle sizes and requirements of varied landscape zones such as water for shrubs versus turf, or water for new plantings versus established planting areas.

Another advantage of this new technology is cost savings. The new program costs only a third of its predecessor, saves the District staff time through on site controls and ensures water is being applied conservatively.

Conversion began with installation at large community and sports parks. It's fully operational at Discovery and Drake parks. Pine Nursery Park's conversion is in progress and new parks will include the new irrigation equipment. Transition at other sites will be phased in over the next few years.

SUSTAINABILITY IN YOUR PARKS



POLLINATOR GARDENS IN PARKS

take flight

Did you know that beyond the European honey bee, Oregon is home to more than 200 species of native bees? Central Oregon also hosts butterfly, bird and bat species which perform important pollination duties in the ecosystem. Throughout the country, pollinators are struggling due to habitat loss caused in part by pesticide use in landscapes.

With help from enthusiastic volunteers, Bend Park and Recreation District is actively restoring and planting pollinator gardens in parks. Native Narrowleaf Milkweed and Showy Milkweed have been planted in several parks to restore an essential habitat link for the Monarch butterfly, which requires these plants to complete their migration journey.

Currently, you can look for pollinator gardens in Pioneer, Discovery, Ponderosa and Al Moody parks. New gardens are coming soon to McKay, Canal and Eagle parks.



GET PLANTING THIS FALL:

Plants to consider for your own pollinator garden at home:

- Achillea millefolium, Western Yarrow
- Asclepias fascicularis, Narrowleaf Milkweed
- Asclepias speciosa, Showy Milkweed
- Penstemon eatonii, Firecracker Penstemon
- Penstemon strictus, Rocky Mountain Penstemon
- Ribes aueum, Golden Currant
- Rosa woodsii, Wood's Rose

VOLUNTEER OPPORTUNITIES:

- Adopt-A-Park or Adopt-A-Trail programs
- Group park maintenance projects
- Visit bendparksandrec.org for more information or contact Kim, BPRD Volunteer Coordinator at Kim@bendparksandrec.org or (541) 706-6127.

ONLINE RESOURCES:

- Xerces Society: xerces.org
- Pollinator Partnership: pollinator.org

2015-16 PLAY BY PLAY: recreation report and trends

Participation at BPRD recreation facilities and in programs and activities increased over 15% this past year due to the opening of The Pavilion and significant growth in existing programs and facilities.

AFTERSCHOOL ENRICHMENT PROGRAM

Enrollment in Kids Inc., the long-standing before- and afterschool enrichment program offered at 15 elementary schools, grew by over 25%. This program provides high-quality, convenient and safe before- and afterschool care for working parents. Operation Recreation, a companion program, offers all-day care on no-school days. The District provided \$114,000 in scholarship assistance to families in financial need and over 6,000 hour of inclusion assistance for children with special needs to help ensure all kids have access to safe and quality care.

BEND SENIOR CENTER

Attendance of the many programs, activities and events at the Bend Senior Center increased 12%. Fitness/wellness classes and lifelong learning programs continue to show strong growth as today's older adults pursue active lifestyles, further demonstrating the need for the large expansion of the center planned for the next few years.

JUNIPER SWIM & FITNESS CENTER

Ten years after major renovation and expansion, visitation at Juniper Swim & Fitness Center continues to grow steadily including a 3% increase this past year. The facility records well over a half-million visits each year with people utilizing the diverse array of facilities, activities and classes offered.

Juniper is also home to all three Bend high schools' swimming and water polo programs and is the host facility for club swimming, water polo and masters swim programs.

THE PAVILION

The opening of The Pavilion on December 28, 2015 was a monumental occasion offering the first full-size ice rink in Central Oregon. If there was any question about the interest in ice sports and skating, the community answered it in resounding fashion! Over 28,500 visits to public skate times, drop-in hockey and curling times were recorded. Almost 1,000 youth participated in skate lessons and learn to play hockey programs, and more than 350 adults took part in hockey and curling leagues. All told, there were 42,565 skate visits in the shortened 14-week season. The 2016-17 ice season will begin in early November and continue until early April. During the non-ice season, The Pavilion hosts a variety of drop-in recreation activities, sports leagues and events, including Free Play opportunities and the Pavilion Activity Club (PAC), a summer day camp program which served an average of 100 youth each day this summer.



Giving to Play

More than 1,700 volunteers give their time to support BPRD recreation programs, events, parks and trails.

Contributing more than 96,000 hours (the equivalent of 46 full-time staff), volunteers help keep program costs down and enable the District to provide assistance to patrons in need.





The Children's Forest
of Central Oregon presents...



SATURDAY
SEPTEMBER 24
11 am - 3 pm

RIVERBEND PARK
BEND, OR

IN PARTNERSHIP WITH



Bring the whole family out for a **FREE** fun day of outdoor activities!

DISCOVERY! EXPLORATION! ADVENTURE!

Nature Arts and Crafts • Wilderness Survival Skills • Stream Exploration • Storytime
Live Birds and Reptiles • Junior Ranger Programs • Games • Food Carts • Plus much more!
GEARFIX OUTDOOR RECREATION ZONE with Canoeing • Fly Casting Practice • Archery • Bike Rodeo

Thank you to our sponsors!

Learn more at childrensforestco.org



How to Register

REGISTER ONLINE:

For online registration, go to:
<https://register.bendparksandrec.org>

Payment in full is required at the time of registration.

New Accounts

You can go online or come in person to create a new account. New accounts created online must be verified for District residency and accuracy. NOTE: This process is normally completed in 24 hours.

Online Registration Instructions

1. Click on the "Register" link on our website or go directly to: <https://register.bendparksandrec.org>



2. Enter your email and password. You already have an account if you have recently participated in a program or have a pass at Juniper Swim & Fitness Center or Bend Senior Center. The default password is your last name (first letter capitalized) unless you set it up differently.

3. Make sure all family members are added with correct birth dates and genders.

4. You can select/search for activities in one of three ways:

- > **Activity Number** (Fastest) - enter the activity number (first six digits) in the box. Click on the Search button. The activity numbers are printed in this guide.

- > **Keyword Search** - just enter ONE word for the activity, such as part of the name or something about what it does. For example: Art, Lacrosse, Camp, Guitar, etc. Click on the Search button. Scroll down to display a list of programs linked to that keyword.

- > **Type or Category** - Simply click on the name for the types of programs that interest you. Scroll down to view all the programs offered.



You can further refine the search using the options at the top of the screen. These include: day of the week, age, gender and month.

Out-of-District Fee Policy

Out-of-district residents do not pay property taxes that support the District and will be charged an additional 20% for most programs. If you need help determining if you live inside the District boundaries, call us at (541) 389-7275.

In-Person Registration

If you want to come in to register you can go to ANY location for ANY program. You can register at three locations:

- **Juniper Swim & Fitness Center:**
800 NE 6th Street
- **Bend Senior Center:**
1600 SE Reed Market Road
- **The Pavilion**
1001 SW Bradbury Way

Registration forms are available online at www.bendparksandrec.org or by calling (541) 389-7275.

Credits & Refunds

Refunds or credits are readily granted if we are notified **seven days prior to the beginning of the program.** Credits will only be granted if notified less than seven days prior to beginning of the program. **No credits or refunds will be issued when notified two working days or less from the start of a program.** Program fees are not refunded/prorated for participants who miss portions of programs.

Mark Your Calendar:

Winter-Spring 2017 Registration
begins December 12, 2016

Summer 2017 Registration
begins March 20, 2017

Needs-Based Assistance

(Formerly known as Recreation Scholarships)

Everyone should have the opportunity to benefit from recreation activities. Assistance is available for recreation program participation and is based upon financial need and other qualifications. Funding is limited and the District's goal is to ensure that the most critical services are available to those with the highest needs including youth, seniors and people with disabilities.

To Apply for Assistance:

1. Complete an application at least one week prior to registering for the program. Applications are available online or at any of the District facilities.
2. Submit the completed application and a copy of your most recent IRS 1040 Income Tax Return to any of the District facilities or mail to Juniper Swim & Fitness Center, 800 NE 6th Street, Bend OR 97701.
3. BPRD staff will contact you by phone within five (5) business days of application receipt to inform you of the status of your application.
4. Your portion of the fee(s) will be required at the time of registration.
5. Applications are valid for six months. You will need to reapply after six months. All application materials are kept confidential.

Everyone can play.

Additional support with program fees and equipment may be available through funding provided by Bend Park & Recreation Foundation.





READY! SET! GO!

Fee & Pass Information

Bend Park & Recreation District offers three unique recreation facilities, multiple fee options and a ton of activities.

To use a BPRD facility, choose the fee structure and payment option that best matches your needs.

No matter what you choose, you can workout, swim, skate and play with the confidence that there are:

- **No initiation or start up fees.**
- **No contracts.**
- **No auto payments that you need to cancel.**

With our monthly, 3-month and annual passes you can enjoy:

- **Unlimited in and out privileges.**
- **Quick & easy check-in.**
- **Online pass renewal.**
- **Awesome savings.**

Month-Plus Passes - Monthly, 3-month and Annual Passes may be purchased at any time. Full payment is required at time of purchase. Passes are not transferable or refundable, and may not be suspended or extended except for documented medical reasons. Passes are not prorated for scheduled closures such as holidays, special events and maintenance periods.

10-Visit Passes - 10-visit passes may be used for facility access at all locations of equal or lesser value. Passes may be used to gain entrance for other individual(s) provided that the primary pass holder is present and the guest(s) is in the same age category or younger.

Student Rate - Student rate is for full-time OSU-Cascades and COCC students currently enrolled for at least 12 credits. Transcript required at time of purchase.

Out-Of-District Fee Policy - The prices listed are the discounted rates for residents of the Bend Park and Recreation District. Persons residing outside of the Bend Park and Recreation District boundaries are charged an additional 20% because they do not pay property taxes that support the District. If you need help determining if you live inside or outside the District boundaries, please call us at (541) 389-7275.

STANDARD
FEES & PASSES

STANDARD FEES & PASSES		FACILITY	JUNIPER SWIM & FITNESS CENTER	JUNIPER SWIM & FITNESS CENTER	BEND SENIOR CENTER	BEND SENIOR CENTER	THE PAVILION: ICE SEASON	THE PAVILION: ICE SEASON
		PASS TYPE	Full Access	Basic	Full Access	Basic	Without Skates	With Skates
		ACCESS	Over 200 weekly group fitness classes and masters swim practices plus full facility use.	Use of pools, fitness center, hot tub, sauna, steam room, locker rooms and access to all recreation and lap swim times.	Over 50 weekly fitness classes plus full facility use and participation in ongoing social activities.	Use of fitness center, game room and participation in ongoing social activities.	Admission to all public skate sessions. Ice Season: Early Nov. - Early April	Admission to all public skate sessions. Includes skate rental. Ice Season: Early Nov. - Early April
			Monthly pass includes use of Senior Center.					
Single Visit Admission	Adult (19-59)	\$8.00	7.00	\$6.50	\$3.50	\$9.00	\$12.00	
	Older Adult (60-79)/Student	\$7.00	6.00	\$5.50	\$1.50	\$8.00	\$11.00	
	Youth (3-18)/Honored Citizens (80+)	\$6.00	5.00	\$4.50	\$1.25	\$7.00	\$10.00	
	Children under 3 with paying adult	Free	Free	n/a	n/a	Free	Free	
10-Visit Pass Save an average of 20%	Adult (19-59)	\$69.00	\$59.00	\$60.00	\$29.00	\$72.00	\$96.00	
	Older Adult (60-79)/Student	\$59.00	\$49.00	\$45.00	\$12.00	\$64.00	\$88.00	
	Youth (3-18)/Honored Citizens (80+)	\$49.00	\$39.00	\$35.00	\$10.00	\$56.00	\$80.00	
							ICE SEASON PASS: <div>NEW</div> Couple and Family Pass Discount Available	
Monthly Pass Unlimited Visits!	Adult (19-59)	\$61.00	\$51.00	\$51.00	\$24.00	\$229.00	\$259.00	
	Older Adult (60-79)/Student	\$49.00	\$39.00	\$39.00	\$16.00	\$199.00	\$229.00	
	Youth (3-18)/Honored Citizens (80+)	\$39.00	\$29.00	\$29.00	\$13.00	\$169.00	\$199.00	

SPECIALS & DISCOUNTS

SAVE
10%

3-month Pass Discount: Save 10% off the monthly fee with a 3-month pass. Combine with couple and family pass specials for the best value!

SAVE
20%

Annual Pass Discount: Save 20% off the monthly fee with an annual pass. Combine with couple and family pass specials for the best value!

SAVE
25%

Couples Pass Special: Spouse/ domestic partner receives 25% off pass of equal or less value with the purchase of a full price monthly, 3-month or annual pass. Must purchase passes at same time. Excludes 10-visit passes.

SAVE
50%

Family Pass Special: Dependent children 18 years and younger and spouse receive 50% off passes of equal or less value with the purchase of a full price adult monthly, 3-month or annual pass. Minimum three pass purchase required. Must purchase at same time. Excludes 10-visit passes.

AWESOME VALUE:

Combine a 3-month or annual pass with a couple or family pass special
= SERIOUS SAVINGS FOR SOME SERIOUS FUN.

COME BE A KID!
.....
**FREE
OPEN PLAY
THIS FALL!**
.....
PAGE 26

playin' around

Two kinds of play.

The Pavilion has a split personality! Bright, active and ever-evolving for fall court sports and activities. Cold and fresh for ice sports and skating. No matter the season, come join in all that's offered and get to know the amazing versatility of The Pavilion.

The Pavilion

Owned and operated by Bend Park & Recreation District
1001 SW Bradbury Way, Bend Oregon 97702
p. (541) 389-7588 (SK8T)

Customer Service Office Hours: (subject to change)

Sept. 1 - Oct. 7: Hours vary - Check online
Early Nov. - Early April: Daily: 8:30 am - 8:00 pm



Follow us on Facebook!

Look for The Pavilion in Bend!

How to Get There

The Pavilion is located in southwest Bend at the Simpson and Colorado Avenue roundabout. The entrance is located on SW Bradbury Way. Both on-site and street parking are available.

PUBLIC & ALTERNATIVE TRANSPORTATION: Bike or walk to The Pavilion. Bike racks are located at the entrance. To get here by public transportation, The Pavilion can be accessed via Cascade East Transit. A bus stop is located a block away and the Mt. Bachelor Park n' Ride is a few blocks to the west of The Pavilion.

Fees

FALL SEASON: Single visit fees and discounted 10-visit passes are available. Check online at thepavilioninbend.com

ICE SEASON: NOW OFFERING SEASON PASSES! Single visit fees, 10-visit passes and season passes are available. See pages 22 - 23 for details.

Schedules

Visit thepavilioninbend.com for current facility schedules, rules and regulations.

Fall Season: September 1 - October 7

Ice Season: Early November - Early April

Holidays & Special Hours

9/5	Labor Day	Closed
10/8 - Early Nov.	Transition to ice	Closed
11/24	Thanksgiving	5:00 - 9:00 pm
12/24	Christmas Eve	12:00 - 4:00 pm
12/25	Christmas Day	3:00 - 7:00 pm
12/31	New Year's Eve	12:00 - 9:00 pm
1/1	New Year's Day	1:00 - 8:00 pm

The Pavilion Features

EXTERIOR - ENTRANCE



INTERIOR - LOBBY



EXTERIOR - WEST SIDE, PLAZA & FIRE PIT



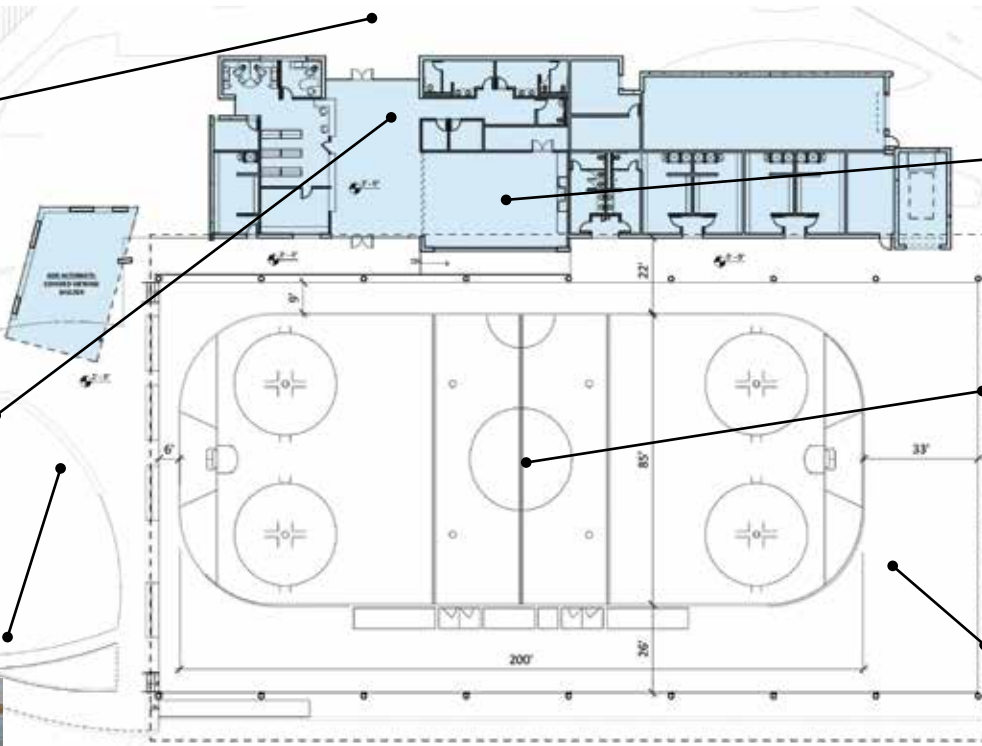
VIEWING ROOM



ON THE RINK



EXTERIOR - PLAZA



The Ice Sheet

Central Oregon's first and only NHL-size, 200' x 85' ice sheet complete with full height dasher boards, players boxes and a refrigeration system consisting of over 13 miles of tubing to ensure quality ice condition even in marginal weather conditions.

Weather Protection

In addition to the 30,000 square foot Pavilion roof, the rink is protected on the south and west sides by translucent panels designed to reduce wind and sun exposure on the ice while maintaining an open air feel.

Lobby & Concessions

The full-service lobby includes customer service, check-in, skate rentals and full-service concessions including hot drinks, yummy snacks and even meals. A local brewery is regularly on site for adult hockey and curling leagues.

Outdoor Plaza & Fire Pits

The outdoor plaza includes fire pits, grass/snow play area, spectator viewing and a small shelter.

Viewing/Warming Room

Warm up, watch the action on the ice or relax by the fireplace in our elevated viewing room. Free Wi-Fi, too!

Changing Rooms & Lockers

Day use lockers are available in the lobby and rinkside to secure your belongings. Four changing rooms are provided for team use and controlled public access.

The "Other Season"

The Pavilion hosts a variety of sport and recreation activities during the non-ice season. There is drop-in play, leagues and camps including basketball, tennis, pickleball, volleyball and more. The Pavilion is also home to The PAC, an exciting new youth program packed with action, friends and adventure all summer long.

Advertising & Sponsorships

Affiliate your business with positive, healthy community recreation at The Pavilion. Opportunities include dasher board advertising, league sponsorships and Zamboni advertising.

Frequently Asked Questions

Q: How long will the ice season run?

A: The ice season will begin in early November and conclude in early April.

Q: How will weather conditions affect the ice?

A: Because the ice sheet is refrigerated and protected by The Pavilion's roof, dasher boards and clear side panels, weather should not impact our ability to build and maintain ice. However, it is an outdoor rink and ice conditions may vary some.

Q: How about ice skates?

A: Rental skates are available for \$3 per person or you can bring your own skates.

Q: Where do I find the schedule?

A: Both the regular and holiday season ice schedules are posted online at thepavilioninbend.com.

Q: Is there a fee to watch a game or practice?

A: The public is welcome to come spectate during the ice season. If you are not participating in the activity, there is no fee.



Fall Activities & More

Drop-In Activities:

Fall is the perfect time to play at the Pavilion. Play your way on our covered multi-sport courts, bring your wheels and ride the covered skatepark features, enjoy a friendly game of ping pong, cornhole and other yard games.

There's a wide variety of activities to enjoy including:

- BASKETBALL
- FUTSAL
- ROCK CLIMBING
- CORNHOLE
- PICKLEBALL
- SCOOTERING
- PING PONG
- LADDER TOSS
- BADMINTON
- SKATEBOARDING
- FOOSBALL
- BOCCE BALL

Look for details, fees and schedules at thepavilioninbend.com.



Open Play: It's FREE!

Offered during special times, Open Play offers a variety of court sport opportunities and open space for you to choose how you play and enjoy recreating with family and friends. We have all the equipment you need for these activities and more.

Look for schedules at thepavilioninbend.com.

Party Time

For birthdays and other celebrations, bring the gang for Open Play and rent the party room. Call (541) 389- 7588 for reservations.



Fall Programs

Fitness Rock Climbing NEW

Ages: 16 & up

Looking to shake up your fitness routine? We can help with that! Our fitness climbing class will combine body weight strength training with a cardio climb on the rock tower. No climbing experience necessary.

Fee: \$40 ID \$48 OD / session
Program: 310504
Tu: 5:30 - 6:30 pm
Session: 9/6 - 10/4

Climb and Board! NEW

Ages: 6 - 10

Let's get you climbin' and boardin'! Join our experienced instructors and learn the basic fundamentals of each sport. Helmets required. Bring your own skateboard and pads/guards. All rock climbing equipment is included.

Fee: \$7 ID \$9 OD / session
Program: 310500
M: 4:30 - 5:30 pm
Sessions: 9/12 9/19
9/26 10/3
W: 4:30 - 5:30 pm
Sessions: 9/14 9/21
9/28 10/5

10 & Under Tennis NEW

Ages: 6 - 10

Designed to bring kids into the game of tennis, this is an exciting new play format for learning tennis which utilizes specialized equipment, shorter court dimensions and modified scoring, all tailored to age and size.

Fee: \$54 ID \$65 OD / session
Program: 310501
Tu/Th: 4:30 - 5:30 pm
Session: 9/8 - 10/6

Youth Pickleball NEW

Ages: 7 - 10

Come learn the exciting game of Pickleball on some of Bend's best courts! Learn how to keep score, court positioning, stroke development and have some serious fun. You'll be ready for a match in no time!

Fee: \$30 ID \$36 OD / session
Program: 310502
W: 4:30 - 5:30 pm
Session: 9/7 - 10/5

Discover YOUTH NEW

Ages: 8 - 15

It's all about feeling healthy and happy! Learn how to fuel your body and mind with quality nutrition to be your best. Get active and engaged in movement that's fun and in turn makes you feel great. Led by a registered dietitian nutritionist, this class allows kids to discover how great they can be through healthy lifestyle choices.

Fee: \$200 ID \$240 / session
Program: 310503
Ages 8 - 11
Tu/Th: 4:00 - 5:30 pm
Ages 12 - 15
Tu/Th: 6:00 - 7:30 pm
Session: 9/12 - 10/6



Public Skating Sessions

See pages 22 - 23 for regular fees.

Dates: Early November - Early April

Schedules available at thepavilioninbend.com.

Open Skate

Recreational skating for all ages and abilities. Open skate sessions are open to all ages; however, children 6 years and under must be supervised by a responsible person 14 years or older. Hockey, speed skating and advanced figure skating not allowed. Groups of 10 and more call in advance for special pricing.

Flex Skate

Come to these shared/multiple activities sessions during normally lower attendance times. Activities may include basic skating and/or laps on the outside perimeter and figure skating/ice dancing/freestyle on the inside. These sessions may occasionally include large groups such as schools. Check online schedules prior to coming to the rink so you know what to expect. (Sorry, no sticks allowed.)

Family Skate: Only \$6 with skates

Open skate for families. All children must be accompanied by parent/guardian.

SPECIAL RATE: \$6/person, skate rental included.

Parent-Tot Skate: Only \$6 with skates

Open skate and activities for toddler and preschool-age children. All children must be accompanied on ice by parent/guardian.

SPECIAL RATE: \$6/person, skate rental included.



HOLIDAY BREAK & NO SCHOOL DAY OPEN SKATE

Have some serious fun on no-school days and celebrate the holidays with extended open skate sessions.

Regular fees apply.

Dates: 11/11, 11/21 - 25,
12/19 - 31, 1/1 - 2,
1/16, 2/20

Check schedules online at
thepavilioninbend.com

Specialized Ice Sessions

Single Visit Fees:

Adult: \$12 / session
Older Adult: \$11 / session
Youth: \$10 / session

10-Visit Passes:

Adult: \$96 ID \$115 OD
Older Adult: \$88 ID \$106 OD
Youth: \$80 ID \$96 OD

Registration: Opens 72 hours prior to scheduled session and closes one hour prior to the session start time. You must check-in with the front desk before the beginning of the session.

Drop-in: If space available. Check activity # status online prior to arrival.

Sessions: Times and days will vary. Check online schedule.

Stick Time

Bring your sticks, skates and gear and work on your skating, stick handling and shooting in these no pressure hockey-only sessions. Nets and pucks provided.

Program: 310402 - Adult
310401 - Youth

Pick-up Hockey

Get some extra game practice during these pick-up hockey times. No officials or scoring. Teams are self-selected each session. Full gear required. Bring light and dark jerseys.

Program: 310403 - Adult
310404 - Youth

Curling Time

Learn the basics of curling or practice your skills during this mixed use time. Instruction and equipment provided.

Program: 310333 - All Ages

Skate Rental

Skate rentals are \$3.
Toddler size through
adult size 15 skates available.

Skate Sharpening

Get your skates sharpened
for \$7/pair or
\$60/10-sharpenings pre-paid.

Please inquire about
additional skate repairs.

Groups, Schools & Skate Parties

If you have a group of 10 or more, call in advance for special pricing and reservations.

For school classes, special pricing and weekday times are available.

For birthdays and other skate parties, bring the gang for open skate and rent the party room.

Call (541) 389- 7588
for reservations.

Learn to Skate: Youth



Ages: 4 - 15

This program offers progressive classes designed to increase your recreational skating experience and develop the basic skills that are fundamental to figure skating. Note: Skaters may be moved during the session to a level that is most appropriate. Rental figure skates included.

Fee: \$60 ID \$72 OD / session

Our ice skating lessons are...

- **Age Appropriate:** Classes grouped by ages 4 - 5, 6 - 8, 9 - 11, 12 - 15 and 16+.
- **Skill Appropriate:** Based on progressively learned skate skills.
- **Small:** Maximum class size of 5 for KinderSkate and 7 for other youth levels.
- **Professional:** Our instructors are highly qualified and have years of experience coaching youth and adults in figure skating.
- **Inclusive:** All ages and abilities welcome.
- **Healthy:** Regular skating practice develops strength, coordination, endurance and a happy mind!

BONUS - FREE PRACTICE! Registered participants skate for free at Open Skate sessions Tuesdays through Thursdays (rental skates not included).

REGISTRATION TIP: Pre-requisites for each class are listed in the class description at <https://register.bendparksandrec.org/>. We encourage skaters to master each skill level before progressing to the next level.

For more information, call (541) 389-7588.

KinderSkate I & II

Ages: 4 - 5

KinderSkate I: Learn how to stand, march, dip and swizzle on the ice with fun songs and games. Protective headgear required.

Program: 310100

KinderSkate 2: The journey continues! Kinders will practice long glides across the ice, backward wiggles and snowplow stops. Protective headgear required. Prerequisite: Successful completion of KinderSkate 1.

Program: 310107

Level 1: Snow Bunnies

Ages: 6 - 15

Get started figure skating! This is the introductory class for beginning figure skaters. Learn how to march, swizzle, glide and even bunny hop on the ice.

Program: 310101

Level 2: Penguins

Ages: 6 - 15

Forward on! Learn one-foot glides, backward swizzles, two-foot turns and moving snowplow stops. Prerequisite: Successful completion of Level 1 lessons.

Program: 310102

Level 3: Arctic Foxes

Ages: 6 - 15

Time to be nimble, just like a fox! Learn how to use your blade to get the most out of your stroke and turns. We will work on a circle, learning swizzle pumps that lead into crossovers and two-foot spins. Prerequisite: Successful completion of Level 2 lessons.

Program: 310103

Level 4: Polar Bears

Ages: 6 - 15

Find your strength and grace on the ice! Polar Bears will work on mastering crossovers, turns and proper stroking techniques. Prerequisite: Successful completion of Level 3 lessons

Program: 310104

ONE-DAY-A-WEEK SESSIONS

TUESDAYS

Nov. 29 - Jan. 10

\$60 ID \$72 OD

KinderSkate 1 & 2 4:10, 4:55 pm

Level 1: Snow Bunnies 4:10, 4:55 pm

Level 2: Penguins 4:10, 4:55, 5:40 pm

Level 3: Arctic Foxes 5:40 pm

Level 4: Polar Bears 5:40 pm

THURSDAYS

Dec. 1 - Jan. 12

\$60 ID \$72 OD

KinderSkate 1 & 2 4:10, 4:55 pm

Level 1: Snow Bunnies 4:10, 4:55 pm

Level 2: Penguins 4:10, 4:55, 5:40 pm

Level 3: Arctic Foxes 5:40 pm

Level 4: Polar Bears 5:40 pm

Levels 1 & 2: Teens 5:40 pm

SATURDAYS

Dec. 3 - Jan. 14

\$60 ID \$72 OD

KinderSkate 1 & 2 9:45, 10:30 am

Level 1: Snow Bunnies 9:45, 10:30 am

Level 2: Penguins 9:00 am

Level 3: Arctic Foxes 9:00 am

Level 4: Polar Bears 9:00 am

Each lesson is 35 minutes long. Start times listed.

Skate Lesson Assessment: FREE

Unsure which class to register your child in? Take the guesswork out - come for a free skate skill assessment to ensure your child is in the right class. Come by The Pavilion:

Tuesday, Nov. 8th, 10:00 am

Thursday, Nov. 10th, 5:30 pm

Saturday, Nov. 12th, 9:00 am

Or call (541) 389-7588 to arrange an appointment.



Youth Ice Sports

Youth Hockey League NEW

Ages: 8 - 14

Let's play hockey! It's the first BPRD-organized youth hockey league! We're talking hockey skill development and game action for both boys and girls. Note: Some prior skating and/or hockey experience is recommended before signing up for this league. Required equipment includes: helmet with full face mask, mouthpiece, stick, shin pads, supporter or cup, gloves, shoulder pads, pants and elbow pads.

Fee: \$135 ID \$162 OD / session

Program: 310203

W: 4:15 - 6:15 pm (Practice)

Sa: 12:00 - 2:30 pm (Games)

Seasons: 11/30 - 1/25 (Registration opens 8/8)
2/1 - 3/18 (Registration opens 12/12)

Youth Learn to Play Hockey

Ages: 4 - 14

Our "Learn to Play" program is designed to introduce players with little or no skating and/or hockey experience to the sport of ice hockey. Designed to develop the fundamentals of the game, promote physical fitness and, above all else, have fun. Protective equipment kits are available to rent for \$50 while participating in Learn to Play Hockey. Kits include: pants, shin pads, elbow pads, shoulder pads, helmet with face mask, gloves and stick. Rental skates are also available.

Fee: \$84 ID \$100 OD / session

Program: 310201

M: 4:15 - 5:15 pm

Sessions: 11/28 - 1/23 (Registration opens 8/8)
1/30 - 3/13 (Registration opens 12/12)

Youth Kick Off Hockey Camp

NEW

NO SCHOOL

Ages: 7 - 14

Lace up your skates and dust off your hockey gear to join us for this kick-off camp. We'll refresh your fundamentals and get you ready for your upcoming season. Required equipment includes: helmet with full face mask, mouthpiece, stick, shin pads, supporter or cup, gloves, shoulder pads, pants and elbow pads

Fee: \$30 ID \$36 OD / session

Program: 310204

F: 9:30 - 11:00 am

Session: 11/11

Parent & Seal Pup: Skate Together NEW

Ages: 3 - 4

Step onto the ice and help your young "Seal Pup" find his or her ice feet! Together you will learn how to skate by singing songs, playing games and spending time together on the ice. Participants are welcome to stay to skate during the Parent/Tot skate session after class.

Fee: \$35 ID \$42 OD / session

Program: 310106

Day:	Time:	Session:
Tu:	9:45 - 10:15 am	11/29 - 12/13
Tu:	10:30 - 11:00 am	11/29 - 12/13
Th:	9:45 - 10:15 am	12/1 - 12/15
Th:	10:30 - 11:00 am	12/1 - 12/15

SEASON TWO: WINTER-SPRING 2017

Registration Opens
December 12, 2016

Make plans for
the second season of:

**LEARN TO SKATE: YOUTH
YOUTH HOCKEY LEAGUE
YOUTH LEARN TO PLAY HOCKEY**

Skating Camps

Ice Skating Camp NO SCHOOL NEW

Ages: 8 - 11

Super cool! Spend your no-school days at the ice rink! We'll learn skating skills and play fun games on and off the ice. We'll get creative with art projects and make new friends in a fun, festive environment.

Fee: \$35 ID \$42 OD / session

Program: 310109

Daily: 9:00 am - 12:00 pm

THANKSGIVING BREAK:

M: 11/21

Tu: 11/22

WINTER BREAK:

Tu: 12/20

Th: 12/22

Tu: 12/27

Th: 12/29



NEW

Portland Winterhawks Hockey Clinic & Meet n' Greet

Come learn from the Portland Winterhawks! Members of the Western Hockey League, the Winterhawks are one of the most successful Major Junior hockey franchises in all of North America, three-time WHL Champions and two-time winners of the prestigious Memorial Cup, the "National Championship" of junior hockey. This is your chance to meet the players and coaches and learn from the experts. Bring your stick, athletic shoes and athletic wear. (Note: This is a dryland clinic.)

Program: 310205

Fee: \$5 per participant /
Auditors and spectators
welcome at no charge

Sa: 9:00 - 10:00 am 7 - 10 yrs.
10:30 - 11:30 am 11 - 14 yrs.

Session: 9/17



2016 Bend Ice Hockey Gear Swap

**SUNDAY, SEPTEMBER 25
2:00 - 6:00 PM
AT THE PAVILION**

Hosted by the Bend Rapids

BUY • SELL • TRADE

Call Jim Boss at
(541) 241-8828
for more information.

SEASON TWO: WINTER-SPRING 2017 OFFERINGS

Registration Opens
December 12, 2016

Make plans for the
second season of:

**ADULT LEARN TO PLAY
HOCKEY**

CURLING LEAGUE

ADULT LEARN TO SKATE

Adult Ice Sports & Skating

Adult Hockey League

All Adults

Join BPRD's Hockey League! Teams will enjoy our beautiful ice rink while playing twelve regular season games with game nights varying throughout the season. Teams will be seeded for the playoffs with league championships in March. Individuals who register will be drafted onto teams. Players must provide their own gear. For information, call Kevin at (541) 706-6196.

**Registration deadline: 11/4 or
until full**

Fee: \$270 ID \$324 OD / season
Program: 310320

M - Th: Evenings

Season: 11/28 - 3/23

Adult Learn NEW To Play Hockey

Ages: 15 & up

Here's your chance to learn to play hockey! Discover your inner Gretzky in our program specifically designed to introduce adults with little or no skating and/or hockey experience to the sport. You'll develop the fundamentals of the game, promote physical fitness and, above all else, have fun. Rental skates provided. Equipment requirements include: athletic support, shin pads, hockey pants, elbow pads, helmet, gloves and stick.

Fee: \$84 ID \$100 OD / session
Program: 310321

F: 9:15 - 10:30 pm

Seasons: 12/2 - 1/27
(Registration opens 8/8)
2/3 - 3/17
(Registration opens 12/12)

Curling League

All Adults

Open to curlers of all experience (or inexperience) levels, this league gives players the chance to learn and hone their skills. Games are played once a week and all equipment provided. Space is limited, so register your team of four early!

**Registration deadline: 11/4 or
until full**

Fee: \$400 per team
Program: 310331

**Su: Late afternoon -
Evenings**

Seasons: 11/27 - 1/22
(Registration opens 8/8)
1/29 - 3/12
(Registration opens 12/12)

Adult Learn to Skate: Level 1

Ages: 16 & up

Come learn how to skate! Discover or re-discover your ice feet as you learn how to glide and develop your stroke. Practice balance, edgework and advance in your technique through skills and drills.

Fee: \$60 ID \$72 OD / session

Program: 310105

Day: Time: Session:

Tu: 5:40 - 6:15 pm 11/29 - 1/10

Sa: 9:00 - 9:35 am 12/3 - 1/14

Adult Learn to Skate: Level 2

Ages: 16 & up

Build your confidence on the ice! Advance in your skating skills as we continue to learn proper technique for stroking, balance and edgework.

Fee: \$60 ID \$72 OD / session

Program: 310110

Day: Time: Session:

Tu: 5:40 - 6:15 pm 11/29 - 1/10

Sa: 9:00 - 9:35 am 12/3 - 1/14

Off-the-Ice Conditioning NEW

Ages: 16 & up

Improve your skating skills with off-ice training techniques. Learn stretches, drills and exercises to build strength and endurance on the ice.

Fee: \$35 ID \$42 OD / session
Program: 310108

W: 8:00 - 8:45 am

Session: 11/30 - 12/14



FREE
FAMILY NIGHT
& MORE
.....
WEEKENDS
ROCK AT JSFC
.....
PAGE 33

fit together

More Activities
at Juniper Swim & Fitness:
Adult Swimming p. 34
Adult Fitness p. 58 - 64
Youth Fitness
& Swimming p. 35 - 38

Perfectly fit for you.

Juniper Swim & Fitness Center is owned and operated by Bend Park & Recreation District.

A community facility, JSFC welcomes people of all ages and abilities to get fit and have fun!



Fall 2016

NOW OPEN EARLIER ON SATURDAYS - BEGINNING SEPT 24!

Regular Hours:

Monday - Friday 5:15 am - 9:00 pm
Saturday 7:00 am - 6:00 pm
Sunday 9:00 am - 6:00 pm

NEW
OPEN 7 AM

800 NE 6th Street, Bend, OR 97701
p. (541) 389-7665 (POOL)

Visit online at: juniperswimandfitness.com



Follow us on Facebook!

Look for Juniper Swim & Fitness Center

Schedules & Information

Visit juniperswimandfitness.com for current pool and group fitness schedules and facility rules and regulations.

Fees:

Pass information on pages 22 - 23.

Holidays Special Hours

9/5	Labor Day	Noon - 5:00 pm
9/3 - 18	Olympic Pool maintenance period	
9/18	Modified schedule	Close at 4:00 pm
10/31	Halloween	Close at 6:00 pm
11/24	Thanksgiving	8:00 am - Noon
12/24	Christmas Eve	Close at 1:00 pm
12/25	Christmas Day	Closed
1/1	New Year's Day	9:00 am - Noon

Swim Meets & Special Events

9/18	Bend Open Streets
11/19	High Desert Classic
12/3 - 4	Bend Invite
12/10	COMA Pentathlon
12/17	High School Invite

The above events take place in the Olympic Pool. Lap swim schedules may be modified and parking may be limited.



Kids' Corner Child Care

Ages: 6 weeks - 6 years

A safe and nurturing environment for young children while parents enjoy all that JSFC has to offer. Children enjoy arts and crafts, reading, creative play and cooperative games.

- Stay is limited to two hours.
- Reservations recommended.
- Walk-ins welcome, space permitting.

For reservations, speak with a staff member or call (541) 706-6191.

FEES:

10-hour card: \$30 ID \$36 OD

Drop-in fee per hour, per child:
\$3.50 ID \$4.50 OD

Kid's Corner Hours:

(subject to change)

M - F: 8:00 am - 1:15 pm

M - Th: 4:10 - 7:00 pm

Sa: 8:00 - 11:00 am

Juniper Swim & Fitness Center Features

Situated in the heart of beautiful Juniper Park, our community health and fitness facility has the amenities, services and location to make your heart beat a little faster. And because we offer fitness and recreation opportunities to people of all ages and abilities, Juniper Swim & Fitness is the perfect place for every body.

Online video tour available at www.bendparksandrec.org

SWIMMING POOLS & AQUATICS:

Indoor/Outdoor Olympic 50 Meter Pool

With 80 degree water temperature and a removable roof system, this pool is ideal for year-round training. Moveable bulkhead allows the pool to be divided into two 25 meter pools.

Indoor 25 Meter Pool

Perfect for swim lessons, water exercise, therapy and recreation swimming. Features comfortable 85 degree water, 3.5-12 foot water depth, 1-meter and 3-meter diving boards and rope swing.

Indoor Children's Pool

Shallow water, easy-entry stairs and warm 90 degree water make this pool great for young children. Child-friendly features include duck-shaped slide, squirting fish and other fun water toys.

Hot Tub, Dry Sauna & Steam Room

These coed amenities are perfect for post-workout relaxation. Ages: 16 & up



FITNESS CENTER & EQUIPMENT:

Fitness Center

Get fit with a full line of state-of-the-art cardio, strength and free weight equipment and enjoy exceptional park views while you workout.

Fit Studio

Flexible open space designated to use for stretching, core stability and balance work.

Indoor Cycling Studio

Ride away with state-of-the-art cycles, high fidelity sound system and plasma screen TV.

Group Exercise Studio

Enjoy a fabulous workout, amazing sound system and cushioned wood floor.

Yoga Studios

Two quiet, warm rooms to stretch, strengthen and relax.

OTHER FEATURES:

Multiple Locker Rooms

Pool locker rooms, fitness locker rooms and family changing rooms accommodate all facility users.

Wi-Fi & Lounge Areas

Free wireless internet service is available throughout the facility. In addition, there is lounge space for relaxing, visiting or even doing some homework or reading.



How to Get There



JSFC is centrally located in Bend within Juniper Park with two entrances and parking lots.

The NORTH ENTRANCE is located at the end of NE 6th Street, two blocks south of Greenwood Avenue. It can also be accessed from NE 3rd Street by turning east on Hawthorne Avenue.

The SOUTH ENTRANCE is located off Franklin Ave opposite of NE 7th Avenue.

PUBLIC & ALTERNATIVE

TRANSPORTATION: Get a jump start on your workout by biking or walking to the facility! Bike racks are located at each entrance. To get here by public transportation, JSFC is located only two blocks from the Hawthorne Street transit center of Cascade East Transit and a bus stop is located on Franklin Avenue.

Drop-In Swim Sessions

Open Recreation Swim

Diving boards and rope swing offer thrills for the swimmer. Floating toys and water basketball provide options for the non-swimmer. The children's pool with small slide is open for young children. Recreation swim is open to all ages; however, children 6 years and under must be supervised by a responsible person 14 years or older.

Fee: Basic pass or drop-in fee

September 19 - December 31

Th & F: 6:30 - 9:00 pm

Sa - Su: 1:00 - 4:00 pm

No School Day Recreation Swim

When school's out, swimming is in!

Daily: 1:00 - 4:00 pm

**Dates: 10/27 - 28,
11/11, 11/21 - 25,
12/19 - 30, 1/2**

Family Swim

A perfect time for families to use the indoor pools for recreating and swimming. All children must be accompanied by parent or guardian. \$5 per person when adult accompanies the children.

September 25 - December 18

Su: Noon - 1:00 pm

Family Rec Time

Join us for family recreation time where families can play together to swim in the pool, exercise in the weight room and even hang out a little to do some homework. (Yes! We do have Wi-Fi!) \$5 per person when adult accompanies the children.

September 19 - December 29

Th: 6:30 - 9:00 pm

Parent-Child Swim

Ages: 6 & under with adult

A special time in the indoor children's pool for parents and their young kids to explore the wonderful world of water and practice swimming skills. Duck slide, squirting fish and other fun water toys available. Adult supervision in the water is required. Swim diapers are required for those who are not potty trained.

Fee: Basic pass or drop-in fee

September 19 - December 31

**M - Th: 8:00 - 9:00 am
10:45 am - 2:30 pm**

M/W: 7:00-8:00 pm

F: 8:00 am - 4:30 pm

Sa: 7:00 - 9:15 am

Su: 9:00 - 11:00 am

4:00 - 6:00 pm

Adult Swim NEW

An adult-only time in the pool to use the low diving board or lap swim.

Fee: Basic pass or drop-in fee

September 19 - December 31

M/W: 8:00 - 9:00 pm

Lap Swimming & Water Running

Swim for fitness! Swim for fun! Most lap swimming occurs in the Olympic pool. Water runners are welcome in slow lanes. Kickboards, pull buoys and swim fins are available. Sharing lanes is expected. Check juniperswimandfitness.com for pool schedule, pool length and number of lanes.

Fee: Basic pass or drop-in fee

September 19 - December 31

M - Th: 5:15 am - 8:30 pm

F: 5:15 am - 7:30 pm

Sa: 7:00 am - 6:00 pm

Su: 9:00 am - 6:00 pm

Weekends ROCK! at JSFC

Saturday Night Alive at JSFC

Come for a real splash bash each Saturday as the evenings come alive with different activities each week. Pre-registration required; limited space is available.

Saturday Evenings beginning October 1st

1ST SATURDAY: MIDDLE SCHOOL NIGHT

Grades: 6 - 8

Dates: 10/1, 11/5, 12/3, 1/7

Sa: 6:30 - 9:30 pm

Fee: \$5/person or current pass

Take over JSFC with fun activities in the entire facility, dance, fitness and an awesome place to hang out with friends.

2ND & 4TH SATURDAYS: KIDS' NIGHT OUT

Ages: 3 - 11

Dates: 10/8, 10/22, 11/12, 12/10, 1/14

Sa: 6:30 - 9:30 pm

Program: 405599

Fees: Pre-register - \$11 ID \$13 OD

Day of registration - \$14 ID \$17 OD

Kids get JSFC to themselves as they play in the pool, play games and have fun with their friends under the supervision of our staff. Snacks included. Note: Ages 3 through 5 will enjoy crafts, games and much more. 5 and under must be potty-trained and swimming is not included for this group.

3RD SATURDAY: FAMILY NIGHT FREE

All Ages

Dates: 10/15, 11/19, 12/17, 1/21

Sa: 6:30 - 9:00 pm

Fee: FREE

Elevate your family get-together to a whole new level of fun! Join in to combine fitness and fun as a family.

First Friday Splash & Fun

Ages: 6 - 9

Program: 405102

First Fridays: 6:00 - 9:00 pm

Sessions: 10/7, 11/4, 12/2, 1/6

Fees: Pre-register - \$11 ID \$13 OD / Day of registration - \$14 ID \$17 OD

Mom, Dad! Drop the kids off at JSFC and head to First Friday in downtown Bend! In the care of our trained, fun-loving staff, children can participate in a variety of exciting activities such as science experiments, crafts and games, create their own healthy snack and, of course, swimming! Snacks provided. Save money by registering early. Note: Kids 10 and older are welcome at Open Recreation Swim that is held during the same time.



.....
IMPROVE YOUR
FITNESS
WITH
SWIMMING
.....
SEE BELOW

Fall Lap Swim Schedules

are available at
juniperswimandfitness.com.
Check if the pool scheduled at 25m
You can even add the schedule
to your own e-calendar.

swim on in

Liquid benefits.

It's never too late to become a swimmer! We have great swimming classes for adults at Juniper Swim & Fitness Center. Our swim programs allow you to progress from no experience to becoming a masters swimmer. Come swim - gain confidence in the water and feel great.

Adult Swimming Swim Without Fear

Ages: 16 & up

Are you fearful of the water? Our class will take you step by step through getting your face wet and learning to be more comfortable in the water - all at your own pace! Working closely with you, motivating instructors will help you overcome hurdles so you can enjoy the water. Held in indoor pool.

Fee: \$64 ID \$77 OD / session

Program: 305554

Sa: 8:00 - 8:45 am

Sessions: 9/24 - 11/12
1/7 - 2/4 (Adj. Fee \$40 ID \$48 OD)

Beginning Adult Swim Instruction

Ages: 16 & up

Learn beginning skills in a comfortable class environment. Designed for non-swimmers to learn basic water adjustment skills - floats, glides and basic front crawl and back strokes. Appropriate for adults unable to swim 25 meters of the pool.

Fee: \$48 ID \$58 OD / session

Program: 305555

M/W: 7:15 - 8:15 pm Indoor pool

Sessions: 9/19 - 10/5 10/10 - 26
11/2 - 21 1/2 - 18

Advanced Beginning Adult Swim Instruction

Ages: 16 & up

Work on building confidence, stroke technique and achieving the ability to swim full laps. Focus is on fitness through skill training and short distance repeats and is individualized to meet your goals. Appropriate for adults who can swim 25 meters but not much more. Held in Olympic pool.

Fee: \$48 ID \$58 OD / session

Program: 305556

Tu/Th: 6:30 - 7:30 pm

Sessions: 9/20 - 10/6 10/11 - 27
11/1 - 17 1/3 - 19

Adult Swim Technique

Ages: 16 & up

Want to develop your technique and endurance? Learn to improve your stroke and efficiency while challenging yourself with progressively longer fitness swims. Appropriate for adults able to swim 100 meters continuously. Held in Olympic pool.

Fee: \$65 ID \$78 OD / session

Program: 305557

Tu/Th: 7:30 - 8:30 pm

Sessions: 9/20 - 10/20 10/25 - 11/22*
1/3 - 2/2 (*\$59 ID \$71 OD)

SwimFit

Bend's Adult Swim Program!

Ages: 18 & up

Improve your skills and enjoy training in structured practices with experienced coaches. SwimFit emphasizes fitness, fellowship and fun for various ages and abilities who can swim comfortably for 500 meters (20 lengths). Competing is not required, although many choose to. Held in Olympic pool.

Fee: Current Full Access Pass or drop-in fee.

September 19 - January 4

M/W/F: 5:30 - 6:45 am

T/Th: 9:15 - 10:30 am

M - F: 11:45 am - 1:00 pm

M/Tu/W: 6:00 - 7:15 pm

Sa/Su: 9:00 - 10:30 am

ELITE MASTERS:

T/Th: 6:45 - 8:00 am

Kayak Roll Session

All Ages

Bring your clean boat to the warm, indoor pool to practice and refine your roll skills. Please tape the end of your boat paddles.

Fee: \$12 ID \$14 OD per session

Program: 405100

September 25 - December 18

Su: 4:15 - 6:00 pm

Tu: 6:45 - 9:00 pm

Recreation Swim Schedules

available on page 33 and at juniperswimandfitness.com.

Find all the times you can come splash and play.

BIG SPLASH!
.....
**SWIM
LESSONS
FOR ALL!**
.....
PAGES 36 - 37

water play

Dive into fitness and swimming.

Get your kids started in fitness and swimming! These important life-long skills will help your child understand how good fitness can feel as well as be comfortable and safe around water and enjoy many outdoor activities available in Central Oregon!

Youth & Teen Fitness

at Juniper Swim & Fitness Center

Fit Kids:

Ages 4 to 11

Kids! Bring Mom and Dad to Juniper exercise classes for the whole family! Fit Kids classes teach kids to live a healthy lifestyle by showing them fitness is fun! Learn to respect yourself and others, share a healthy snack and feel great from the inside out.

Fee: Full Access Pass or drop-in fee. See pages 22 - 23.

Yoga & Movement

Active yoga poses and fitness games promote a creative mind, healthy body and heart.

Bliss Dance Kids

Kids will be introduced to different dance styles and rhythms, along with fun music and games.

Creative Movement

This unique fitness class blends a little bit of rhythm, dance, imagination, body education and a whole lot of fun!

Schedule at: juniperswimandfitness.com

Teen Fitness

Ages: 11 - 17

Teens are welcome! Come to JSFC to get and stay in shape with group exercise classes or improve strength and conditioning in the fitness center.

Teen Fitness Center Orientations/ Trainings & Use:

16 - 17 year olds may use the fitness center without restriction although we recommend completing a teen training session. 11 - 15 year olds may workout in the fitness center under direct parent/guardian supervision or complete a teen training session to use the fitness center independently. Children 10 years and younger are not allowed in the fitness center. Fitness center trainings are offered weekly and are free to 10-visit or monthly pass holders and \$12 otherwise. See schedule at juniperswimandfitness.com or call (541) 389-7665.

Teen Group Fitness Class Access:

16 - 17 year olds are welcome in all of our regular group exercise classes. 11 - 15 year olds may attend most classes under direct parent/guardian supervision or with instruction approval.

See schedule at juniperswimandfitness.com or call (541) 389-7665.

Youth Swim Lessons

at Juniper Swim & Fitness Center

Our year-round youth swim lessons are...

- Age Appropriate:** Offered for infants, preschoolers, youth and teens.
 - Skill Appropriate:** Based on progressively learned swim skills.
 - Safe:** Lifeguards are always on duty to provide extra protection.
 - Small:** Maximum class size of 5 preschoolers and 6 for other levels.
 - Professional:** All instructors are Red Cross certified and trained in our own best practices program.
 - Fun:** We believe learning to swim should be a positive, fun experience!
- For more information, call (541) 389-7665

REGISTRATION TIP:
Pre-requisites for each class are listed in the class description on our registration website at <https://register.bendparksandrec.org/>

Swim Lesson Assessment: FREE

Unsure which class to register your child in? Take the guesswork out - come for a free swim assessment to ensure your child is in the right class. Come by the pool:

Tuesday, 10:45 am
Thursday, 6:30 pm
Saturday, 12:30 pm

Or call (541) 706-6183 to arrange an appointment.

Youth Swim Lessons Descriptions & Schedule

Parent Tot Programs

Ages: 6 - 36 months
Developmentally appropriate classes provide a safe, encouraging and fun introduction to the wonderful world of water. Parents work directly with their child and the instructor doing skill-oriented games, songs and activities in the water. Parent Tot 1 and 2 available.

Sea Stars

Age: 2.5 - 3
Is your child too young for the Journey program but swimming safely in the pool on their own? Specially-designed for the two-and-a-half to three year old, this fun and encouraging class will teach your child the basic skills of floating, gliding and water safety. Pre-requisite: Participated in Parent Tot class

Journey Programs

Ages: 3 - 5
Progressive journey for preschoolers/ kindergartners develops swimming skills in a creative environment for your child's comfort, confidence and enjoyment. Children work on kicking, gliding and basic strokes. Journey 1 through 5 levels are available.

Level Programs

Ages: 6 - 12
This progressive program designed for school-age children is fun and challenging as swimmers progress to refine strokes and breathing, build confidence and further develop skills. There are Levels 1 through 6 for your child's progression.

Teen Level Programs

Ages: 12 - 15
Designed to teach teens basic swim skills: kicking in an arrow, front crawl stroke, backstroke and exposure to deep water. There are Levels 1 through 3 for your progression.

Private & Semi-Private Lessons

Private and semi-private lessons are available for those needing extra attention and work at perfecting their swimming skills.
Fees: \$53 ID semi-private lesson or \$105 ID private lesson. (Semi-private lesson registration in-person only; private lesson registration in-person or online.) Call (541) 389-7665 to schedule.



ONE-DAY-A-WEEK SESSIONS		WEDNESDAYS
\$64 ID \$77 OD		Sept. 21 - Nov. 9
Journey 1, 2, 3, 4/5		3:00 pm
Level 1, 2, 3		3:00 pm
Level 4		3:00 pm
		FRIDAYS
\$64 ID \$77 OD		Sept. 23 - Nov. 11
\$40 ID \$48 OD		Jan. 6 - Feb. 3
Parent Tot 1, 2		5:30 pm
Journey 1, 2, 3		4:30 pm
Level 1, 2, 3		5:30 pm
Level 4		5:30 pm
		SATURDAYS
\$64 ID \$77 OD		Sept. 24 - Nov. 12
\$40 ID \$48 OD		Jan. 7 - Feb. 4
Parent Tot 1, 2		10:05, 11:45 am
Sea Stars		9:15, 10:55 am
Journey 1, 2, 3		9:15, 10:55, 11:45 am
Journey 4, 5		10:05 am
Level 1, 2, 3		9:15, 10:05, 10:55, 11:45 am
Teen Level 1, 2, 3		10:55 am
Level 4		10:05, 11:45 am
Level 5, 6		9:15, 11:45 am
Start times only listed. All classes 45-minutes		



TWO-DAYS-A-WEEK SESSIONS

\$50 ID / \$60 OD	Sept. 19 - Oct. 13
\$63 ID/ \$75 OD	Oct. 17 - Nov. 17 (no pm class 10/31)
\$38 ID/ \$45 OD	Nov. 28 - Dec. 15
\$50 ID/ \$60 OD	Jan. 2 - 26

M/W MORNINGS

Parent Tot 1	9:15 am
Journey 1, 2, 3	9:15, 10:00 am
Sea Stars	10:00 am

T/TH MORNINGS

Parent Tot 2	9:15 am
Journey 1, 2, 3	9:15, 10:00 am
Journey 4, 5	10:00 am

M/W EVENINGS

Parent Tot 1, 2	4:00 pm
Journey 1, 2, 3	4:45, 5:30, 6:15 pm
Sea Stars	4:00 pm
Journey 4, 5	5:30 pm
Level 1, 2, 3	5:30, 6:15 pm

T/TH EVENINGS

Journey 1, 2, 3	3:35, 4:20, 5:05, 5:50 pm
Journey 4, 5	5:05 pm
Level 1, 2, 3	4:20, 5:05, 5:50 pm
Level 4	5:05 pm

Start times only listed. All classes 40-minutes.

Youth Swimming

at Juniper Swim & Fitness Center

Busy Buddies Preschool With swim lessons & yoga!

Ages: 3 - 5

Juniper Swim & Fitness Center

Busy Buddies Preschool is designed to encourage the development of social skills and positive self-esteem through a variety of fun, creative and healthy activities. In a small group setting, children will enjoy arts and crafts, circle time, dramatic play and more. Educational concepts are introduced such as numbers, letters, phonics and more.

Note: No prior swimming experience necessary. Children must be potty-trained.

Monthly Fee:
2 days/week: \$158 ID \$189 OD
(payment is due by the 5th of each month.)

Registration fee: \$20 non-refundable
registration fee is due at the time of enrollment.

Program: 205601

M/W: 1:15 - 4:00 pm

- or -

Tu/Th: 1:15 - 4:00 pm

Dates: Sept. 12 - June 15

**“Hey! What are you doin’
this weekend?”**

Check out all the great options for
Friday and Saturday nights
at JSFC on page 33.

Novice Swim Team

Entering Grades: 1 - 5

An introduction to competitive swimming and training designed to challenge and refine swimming skills. Participants must be able to swim 25 meters front crawl stroke using side breathing and 25 meters backstroke with level body position. We'll teach the rest! Groups are divided by age and ability levels.

Fee: \$135 ID \$162 OD / session

Program: 305540

M/W/F: 4:30 - 5:25 pm

- OR -

T/Th/F: 4:10 - 5:05 pm

(Grades 3 - 5 only)

Session: 9/19 - 11/18 (no class 10/31)
1/2 - 2/24

Middle School Novice Swim Team

Grades: 6 - 8

Continue to learn and refine competitive swimming skills and get in great shape at the same time. Newcomers and veterans welcome. Participants must be able to swim 25 meters crawl stroke using side breathing and 25 meters backstroke with level body position.

Fee: \$135 ID \$162 OD / session

Program: 305441

M/W/F: 3:30 - 4:25 pm

Session: 9/19 - 11/18 (no class 10/31)
1/2 - 2/24



Youth Scuba

at Juniper Swim & Fitness Center

PADI **NEW** Bubblemakers™

Ages: 8 - 9

Whether it's a glass of milk, bubble gum or being submerged beneath the surface, you can't help blowing bubbles! The PADI Bubblemaker program is an introduction to breathing underwater and underwater diving. Come learn in the pool with Fins Scuba & Water Sports of Bend and discover the thrill!

Fee: \$69 ID \$83 OD / session

Program: 307910

Sa: 12:30 - 2:00 pm

Sessions: 9/24, 10/1, 10/8

PADI Discover **NEW** Scuba Diving

Ages: 10 and up

Got a sense of adventure? Come learn what it's like to breathe underwater with Fins Scuba & Water Sports of Bend. This introductory class will let you try scuba to see if you like it before you decide to commit to a PADI Open Water Certification program. Learn what wearing scuba equipment feels like and how easy it is to move around underwater while wearing it. Find out what it's like to breathe underwater. Learn basic skills and safety rules to carry over to your scuba certification course should you take the next step. All equipment provided.

Fee: \$99 ID \$119 OD / session

Program: 307920

Sa: 1:30 - 4:00 pm

Sessions: 9/24, 10/1, 10/8



Springboard Diving

Ages: 9 - 12

Learn the basics of how to dive from the 1-meter board. An instructor will lead you through the specifics of how to do an approach and hurdle as well as many other skills to help you become a confident and successful diver.

Fee: \$52 ID \$62 OD / session

Program: 305570

M/W: 6:30 - 7:15 pm

Session: 9/19 - 10/12

10/17 - 11/16 (no class 10/31, adj. fee \$45 ID \$55 OD)

11/28 - 12/14 (adj. fee \$39 ID \$47 OD)

Novice Swim Team Stroke Clinic

Grades: 3 - 8

This short session focuses on improving the four racing strokes. Participants must be able to swim 25 meters front crawl stroke using side breathing and 25 meters backstroke with level body position. Newcomers and veterans welcome.

Fee: \$50 ID \$60 OD / session

Program: 305543

M/W/F: 4:30 - 5:25 pm

Session: 11/28 - 12/16

THREE SPORTS & THREE CHEERS!

Big thanks to all our JSFC Kids' Triathlon sponsors and participants for another great event on August 28!

Swim! Bike! Run! You make it three times the fun!



FITNESS JUST
FOR YOU!

50-PLUS
WEEKLY
CLASSES

PAGE 41

be playful

Just for you.

Inspiring learning, health and wellness for active older adults. The Bend Senior Center is owned and operated by Bend Park & Recreation District.

Follow us
on Facebook.

Look for Bend Park & Recreation District, Bend Senior Center and Juniper Swim & Fitness Center

Bend Senior Center

Fall: September 1 - December 31

Regular Hours:

Monday - Thursday	7:30 am - 7:00 pm
Friday	7:30 am - 4:00 pm
Saturday	9:00 am - 3:00 pm
Sunday	Closed

Located at Larkspur Park:
1600 SE Reed Market Road

p. (541) 388-1133

Schedules & Information

Visit www.bendparksandrec.org for current group fitness schedules and facility rules and regulations.

Fees

Pass information on pages 22 - 23.

Special Hours & Closures

Sept. 5	Labor Day - Closed
Nov. 24 - 25	Thanksgiving - Closed
Dec. 25 - 26	Christmas - Closed

How to Get There

The Bend Senior Center is located in southeast Bend within Larkspur Park. From 3rd Street, go east on Reed Market Rd. After crossing 15th St, turn left into the Bend Senior Center/Larkspur Park entrance.

PUBLIC & ALTERNATIVE TRANSPORTATION: Bike racks are available at the facility and you can get to the center via the Larkspur Trail as well as other area trails and bike routes. For public transportation, use Cascade East Transit route # 5-6.



The Larkspur Center

YOUR FUTURE PLAY & WELLNESS CENTER

Larkspur Center is the name of the expansion project at the Bend Senior Center. The facility will be a vibrant place for our community to come together for play, wellness and enrichment. The Larkspur Center will still maintain a strong focus on older adults while thoughtful planning will develop programming that meets a diversity of needs and schedules of a broader range of users. Designed to be a gathering place for all, this new facility will include approximately 40,000 square feet of additional space and offer opportunities to enhance lifelong fitness, learning and enrichment. When completed in 2019, the Larkspur Center will be nearly four times the size of the Bend Senior Center.

Look for more information this exciting project on page 17.

Community Information & Support

AARP Driver's Safety

4th Monday of the month:
9:00 am - 4:00 pm
Call (541) 388-1133 to reserve your space.

The ABC & D's of Medicare **FREE**

1st Thursday of the month:
4:30 - 5:30 pm
Join us for an informational Q & A session about Medicare.
(Note: No meeting on 11/3, 12/7 and 1/4)

Alzheimer's & Dementia Caregiver Support Group **FREE**

3rd Thursday of the month:
5:00 - 6:00 pm
Are you caring for a family member or friend with Alzheimer's Disease or a related dementia? Come join this compassionate group for helpful support and information. Call (541) 948-7214 for more info.



Silver & Fit®

The Bend Senior Center is proud to be a Silver & Fit Facility. Silver & Fit® provides eligible members with no-cost or low-cost fitness memberships through arrangements with certain health care plans. Silver & Fit® is designed to help seniors achieve better health through regular exercise and health education. Contact your Medicare Advantage Health Plan to see if you qualify. Visit SilverandFit.com for more information.



BSC Health Clinics

Provided by local health practitioners for your convenience.

Foot Clinic

Every Wednesday:
(not held on fifth Wednesday)
9:00 am - 3:00 pm
Call (541) 788-4785 for appointments and fees.

Blood Pressure Clinic **FREE**

1st & 3rd Wednesdays:
9:30 - 10:30 am • Drop-in

BSC Fitness Center

Use the Fitness Center at your convenience during the facility's open hours. There's a variety of equipment including:

Treadmills
Ellipticals
SciFit - Total Body Exerciser
Indoor Cycles
Hand weights
Multi-station Strength System

Fee: \$1.50 Drop-in, Full Access Pass or Basic Pass

New users to the Fitness Center must attend "Get Started in Weight Training" prior to using the Fitness Center to learn how to safely and effectively use the equipment. No fee.

Get Started in Weight Training:
M/F 8:00 - 10:00 am

Personal Training

Individual Training Rates:

Introductory Session: \$75
Ongoing Single Session: \$60
3 Session Package: \$171 (\$57 each)
6 Session Package: \$324 (\$54 each)

Partner Training Rates (per person):

Introductory Session: \$56
Ongoing Single Session: \$45
3 Session Package: \$128 (\$43 each)
6 Session Package: \$243 (\$41 each)

BSC Personal Trainer Team

- Is specifically certified for ages 50+ by the American College of Sports Medicine or American Council of Exercise.
- Receives advanced training in special areas of fitness.
- Coordinates with your medical needs to help you successfully condition with chronic issues and/or rehabilitate from injury and surgery.

Visit bendseniorcenter.org for trainer bios.



fit. flexible. for life.

Weekly Fitness Classes

September 1 - December 31 (no class 9/5, 11/19, 11/24, 11/25, 12/25, 12/26)

Fee: Full Access Pass or single visit fee (see pages 22 - 23) • Updates at www.bendparksandrec.org.

Many of the fitness classes offered at the Bend Senior Center are Fit For You! Specially designed for those wanting a low impact and light intensity workout as well as those ages 50+, these exercise classes offer something for every fitness level - from just starting out to a regular fitness enthusiast! Increase your mobility, strength, cardio endurance, flexibility and core stability. Not only will you improve and maintain your fitness, you'll make friends and have fun!



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	8:00-10:00 am Get Started in Weight Training	7:40-8:30 am Strength & Stretch		7:40-8:30 am Strength & Stretch	8:00-10:00 am Get Started in Weight Training	
		8:00-8:55 am Cardio Ball	8:15-9:15 am Indoor Cardio Walking	8:45-9:45 am Cardio Conditioning	8:30-9:30 am 24 Movement Tai Chi	
	8:45-9:45 am Cardio Dance Fusion	9:00-9:55 am Cardio Ball	8:45-9:45 am Nia	9:00-10:00 am Strength & Condition	8:45-9:45 am Restorative Flow Yoga	
	8:45-9:45 am Fitness Variety	9:00-10:00 am Strength & Condition	8:45-9:45 am Functional Fusion	9:00-10:00 am Zumba Gold	8:45-9:45 am Fitness Variety	9:00-10:00 am Strength & Condition
	8:45-9:45 am Cardio Conditioning				10:00-11:00 am Indoor Cardio Walking	
	10:15-11:15 am Functional Fitness	9:40-10:30 am 24 Movement Tai Chi	10:00-11:00 am Beginning Line Dance	10:15-11:15 am Moving to Music Arthritis Program	10:00-11:00 am Barre Body	9:15-10:15 am Zumba Gold
	10:15-11:15 am Moving to Music Arthritis Program	10:15-11:15 am Yoga Fundamentals	10:00-11:00 am Zumba Gold	10:15-11:15 am Yoga Fundamentals	10:00-11:00 am Beginning Line Dance	
	10:00-11:00 am Zumba Gold		11:30 am-12:30 pm Strength, Tone & Mightier Bone	10:15-11:15 am Functional Fitness	11:30 am-12:30 pm Strength, Tone & Mightier Bone	
	11:30 am-12:30 pm Strength, Tone & Mightier Bone	11:30 am-12:30 pm Seated Yoga	12:45-1:45 pm Personalized Circuit Training	11:30 am-12:30 pm Seated Yoga	12:45-1:45 pm 8 Movement Tai Chi	
AFTERNOON	12:45-1:45 pm Personalized Circuit Training		1:00-1:50 pm Fitness Center Workout		12:45-1:30 pm Stretch & Relax	
	2:00-3:00 pm 8 Movement Tai Chi		2:00-3:00 pm 8/24 Movement Tai Chi		1:45-3:00 pm Singing Bowl Mediation	
	4:30 - 5:15 pm Total Body Pilates	4:30-5:30 pm Yoga Flow	3:30-4:30 pm Barre Yoga Strength & Stretch	4:30-5:30 pm Hatha Yoga		
EVENING	4:30-5:30 pm Hatha Yoga		4:30-5:30 pm Zumba			
	5:30-6:30 pm Barre Body	5:35-6:35 pm Bliss Dance Workout		5:30-6:30 pm Barre Body		

Class descriptions on pages 58 - 64
in Adult Fitness.

Look for the  icon.

Let's be social.

Join us for a great variety of social activities. Unless indicated with a fee, you can attend for a single visit fee or use your Bend Senior Center Full Access or Basic Pass. Pass information on pages 22 - 23.

SOCIAL ACTIVITY WEEKLY SCHEDULE

MONDAY: *(subject to change)*

- 12:00 pm Social Bridge
- 12:30 pm Duplicate Bridge
- 12:00 - 4:00 pm Pool/Billiards
- 12:30 pm Coed Mexican Train
- 1:00 - 2:30 pm Book Discussion Group (1st Monday)

TUESDAY:

- 10:30 am High Desert Rug Hookers
- 11:45 am - 12:15 pm Souper Tuesday Lunch
- 12:00 pm Mahjong
- 12:00 - 4:00 pm Pool/Billiards
- 12:45 - 2:45 pm Afternoon at the Movies
- 1:00 pm Knitter's Social

WEDNESDAY:

- 11:00 am - 12:00 pm Book Discussion Group (2nd Wednesday)
- 12:00 - 4:00 pm Pool/Billiards
- 12:30 pm Duplicate Bridge

THURSDAY:

- 12:00 - 4:00 pm Pool/Billiards
- 12:00 pm Mahjong
- 12:00 - 12:30 pm Thursday Social Lunch
- 1:00 - 2:30 pm Afternoon Dance

FRIDAY:

- 12:00 pm Social Bridge
- 12:00 - 4:00 pm Pool/Billiards
- 12:30 pm Duplicate Bridge
- 1:00 pm Pinochle

SATURDAY:

- 11:30 am Social Bridge
- 9:30 am - 3:00 pm Pool/Billiards

SUNDAY:

- 2:00 - 4:00 pm Sunday Dance Hour (1st Sunday)
The Notables Swing Band

Tuesday FREE Afternoon at the Movies

Drama, comedy, adventure! Join us each Tuesday at 12:45 pm to watch a movie with friends. We'll show both contemporary and classic films.

Thursday FREE Afternoon Dance

Put on your dancing shoes and join us every Thursday, 1:00 - 2:30 pm.

Sunday Afternoon Dance

On the first Sunday of the month, dance to The Notables Swing Band, 2:00 - 4:00 pm for \$5 per person.

Pool/Billiards

You don't have to be a pool shark to enjoy a game of billiards. Fun times and good friendships guaranteed!



Cards & Games

Join in for a game of Bridge, Mexican Train, Dominoes, Mahjong or Pinochle. Inquire at the front desk to join a game.

Knitting & Rug Hooking

Knit, purl and hook projects together while making friends.

Book FREE Discussion Group

September through May, the BSC book group meets on the first Monday of the month from 1:00 - 2:30 pm and a second book group meets the second Wednesday from 11:00 am - 12:00 pm. Presented in partnership with the Deschutes Public Library. Open to all.

Come have lunch with us.

Souper Tuesday Lunch

Join us for a tasty lunch every Tuesday from 11:45 am to 12:15 pm. \$3.50 per person. Stay for the free movie at 12:45 pm!

Thursday Social Lunch

Every Thursday from 12:00 to 12:30 pm, the Central Oregon Council on Aging presents a rotating menu lunch (check the menu at the front desk) for \$3.50 or a donation for those 60-plus.

EVENTS

Mark your calendar!



Sunday Afternoon Dance

1st Sunday of the Month
2:00 - 4:00 pm • \$5 per person
Featuring the Notables Swing Band.



For the Health of It! Health & Wellness Fair

Tuesday, September 20
12:00 - 3:00 pm

Your one-stop healthy event with health and wellness vendors, demonstrations, screenings, wellness information and flu vaccines. Don't miss the delicious and healthy barbecue sponsored by PacificSource Health Plans.

Holiday Craft & Gift Bazaar

Saturday, November 19
9:00 am - 3:00 pm

Over 11,000 square feet of holiday shopping! Local crafters, gift sellers and artisans with unique one-of-a-kind wares for sale.

Cascade Horizon Senior Band Annual Holiday Concert

Thursday, December 15
1:30 - 3:00 pm

Join us for an afternoon of your favorite holiday music. Come early and have lunch with us before the concert at 12:00 pm.



Brown Bag Lunch & Learn Series

FREE



Wednesdays • 12:00 - 1:00 pm

Presented in partnership
with PacificSource Medicare Health Plans

Feed your body and your mind as local experts share their knowledge about issues important to you.

Bring your lunch; dessert and coffee are on us.

9/28 Legendary Locals of Bend

Les Joslin, Local Author & Historian

10/5 Science in the National Parks: 100 Years of Discovery

Michael Thornton, National Park Services (Retired)

10/12 The Wonder of it All: Living and Working in Yosemite

Ginger Burley, National Park Services (Retired)

10/19 Never Marry a Ranger

Phyllis Motsko, National Park Service (Retired)

10/26 30 Years a Ranger: Protecting the National Parks and the People who Visit Them.

Mark Motsko, National Park Service (Retired)

11/2 Will Write for Food: A History of the Federal Writers' Project During the Great Depression

Nathan Pendersen, Deschutes Public Library

11/9 The Nordeen Legacy The History of Nordic Skiing in Bend

Tor Hanson, Local Historian

PREMIER WORLD DISCOVERY ARMCHAIR TRAVEL INFORMATIONAL MEETING

Tuesday, October 11 • 11:45 am - 12:45 pm

Come learn about the great 2016-17 travel options. A representative will cover the program particulars and answer your questions.

MOVE
YOUR FEET
.....
DANCE
CLASSES
.....
PAGES 45 - 46

your kind of play

Learn + play.

This section of classes is designed for those of us of a certain age. As adults, it's important to implement both discovery and play in our lives. Lifelong learning helps keep our brains fresh and play helps us feel young. And who doesn't want that?

Music

Beginning Ukulele I

All Adults

Bend Senior Center

Join the growing group of friendly folks who are having a great time playing the ukulele. Learn basic chords, progressions and strumming patterns. You'll even play popular songs at the first class. No experience? No problem! Ukuleles are available to rent from the instructor. Baritone Ukuleles will not be covered in this class. Instructor: Carl Ventis.

Fee: \$35 ID \$42 OD / session

Program: 302014

W: 5:30 - 6:30 pm

Sessions: 9/7 - 28 10/5 - 26

11/2 - 30 (no class 11/23)

12/7 - 28

Beginning Ukulele II

All Adults

Bend Senior Center

Now you are ready to learn more about your amazing ukulele! We will take you beyond beginning ukulele and emphasize new strumming and picking techniques while learning to play more advanced chords. Soon you'll play the songs you love. You are going to enjoy this class as you progress your skills! Instructor: Carl Ventis.

Fee: \$35 ID \$42 OD / session

Program: 302118

W: 6:45 - 7:45 pm

Sessions: 9/7 - 28 10/5 - 26

11/2 - 30 (no class 11/23)

12/7 - 28

Beginning Guitar I

All Adults

Bend Senior Center

Learn the basics of acoustic guitar playing. Topics will include rhythm technique, chords, playing with others and a little music theory. We will ensure individual attention, a fun learning environment and plenty of opportunity to address questions. Students will need to bring their own acoustic guitar. Instructor: Carl Ventis.

Fee: \$35 ID \$42 OD / session

Program: 302225

M: 5:30 - 6:30 pm

Sessions: 9/12 - 10/3

10/10 - 11/7 (no class 10/31)

11/14 - 12/5

WHAT ABOUT TEENS?

We will allow mature 16+ year olds to participate in our adult classes.

For teens 13 to 15 years old, please call (541) 706-6232

and we will accommodate if it fits with the specific program.

Beginning Guitar II

All Adults

Bend Senior Center

In Beginning Guitar we learned basic chords, basic strumming and very basic songs. Now we will expand your knowledge base and learn how to use different strum patterns. We will also incorporate picking and simple bar chords to expand your chord and song knowledge, along with a little music theory. This is a fun class that will improve your skills and become a more confident guitar player. Instructor: Carl Ventis.

Fee: \$35 ID \$42 OD / session

Program: 302220

M: 6:45 - 7:45 pm

Sessions: 9/12 - 10/3

10/10 - 11/7 (no class 10/31)

11/14 - 12/5

One-on-One Intro to Voiceovers

All Adults

Location To Be Determined

Fun, one-on-one, 90-minute, video chat class to get started in professional voice acting, covering many details of the industry. Receive professional voice evaluation. Class is taught by a professional voice actor from the training company, Voices for All. This class takes place between an instructor and student at a mutually agreed-upon time using video chat technology, such as Skype, iChat or FaceTime.

Fee: \$49 ID \$59 OD / session

Program: 302206

M - Su: At your convenience

Session: 9/1 - 12/31



Dance

Adult/Teen Beginning Ballet

Ages: 13 & up

Academie De Ballet Classique

Discover your inner ballerina with this "fun"-damental ballet class designed for teens and adult students. Be young at heart; don't wait to sharpen your toes.

Fee: \$104 ID \$125 OD / session

Program: 302255

W: 8:00 - 9:00 pm

Sessions: 9/14 - 10/26 11/2 - 12/21

Program: 302259

M: 8:00 - 9:00 pm

Sessions: 9/12 - 10/24 10/31 - 12/19

Adult Ballet

All Adults

Academie De Ballet Classique

Dust off technique learned when young, or better yet - try something you've always dreamed of doing. This open level class is for teens to adult dancers. Muscles get a thorough warm up - advancing to clever choreography using ballet form and technique. Let your passion for dance show!

Fee: \$104 ID \$125 OD / session

Program: 302256

Tu: 12:00 - 1:00 pm

Sessions: 9/13 - 10/25 11/8 - 12/20

Contemporary Jazz Mix

Ages: 13 & up

Academie De Ballet Classique

Open level contemporary/jazz dance class for teens to adult dancers. Dance styles mix to warm muscles as you move to inventive choreography and captivating music. Let your passion for dance show today!

Fee: \$104 ID \$125 OD / session

Program: 302257

M: 6:30 - 7:45 pm

Session: 9/12 - 10/24

W: 6:30 - 7:45 pm

Session: 10/31 - 12/19

West Coast Swing II

All Adults

Sugar Push Dance Studio

West Coast Swing is a smooth and fun dance style that is danced in a slot (narrow line), making it perfect for a crowded dance floor. Followers have more freedom with WCS than any other dance style. It can be danced to a wide range of music making it quite versatile and enjoyable for everyone. Partners are not required to take this class. Wear comfortable, non-marking shoes. Instructor: Sean Meehan.

Fee: \$49 ID \$59 OD / session

Program: 302407

Tu: 7:00 - 8:00 pm

Session: 9/6 - 27

Smooth Night Club I

All Adults

Sugar Push Dance Studio

Smooth Nightclub is one of the most popular social dances today. It is said to be the easiest to learn and can be danced to many genres of music. It's versatility makes this the perfect dance to learn so you'll be ready for all of your social gatherings, weddings or just going out on the town. No partner required. Instructor: Sean Meehan.

Fee: \$49 ID \$59 OD / session

Program: 302591

Tu: 7:00 - 8:00 pm

Session: 10/4 - 25

Smooth Night Club II

All Adults

Sugar Push Dance Studio

This class is designed to expand your styling technique and patterns in the Night Club style dance. You'll really hit your stride in this next level class and gain confidence on the dance floor. Basic Night Club style experience required. No partner required. Wear comfortable, non-marking shoes. Instructor: Sean Meehan.

Fee: \$49 ID \$59 OD / session

Program: 302592

Tu: 7:00 - 8:00 pm

Session: 11/1 - 22

East Coast Swing I

All Adults

Sugar Push Dance Studio

East Coast Swing is one of the easiest and most fun dance styles for beginners to learn! Sometimes called Jitterbug, East Coast Swing is danced to up-tempo swing music. No partner required. Wear comfortable, non-marking shoes. Instructor: Sean Meehan.

Fee: \$49 ID \$59 OD / session

Program: 302411

Tu: 7:00 - 8:00 pm

Session: 12/6 - 27



Country Western Line Dancing NEW

All Adults

Bend Senior Center

Line dancing is a fun way to jump on the dance floor with all of your friends. In this exciting class, you will be taken through a new country line combination each week. Try some of those popular boot scootin' dances that you see including American Kids, Good Times and the Tush Push. Instructor: Barry Jost.

Fee: \$49 ID \$59 OD / session

Program: 302951

M: 6:10 - 7:10 pm

Sessions: 9/12 - 26 (adj. fee \$39 ID \$47 OD)

10/3 - 24

11/7 - 28

12/5 - 19 (adj. fee \$39 ID \$47 OD)

Social Latin & Ballroom Dance: Level I NEW

All Adults

Bend Senior Center

This level 1 class is for beginners and those wanting to refresh their skills. Whether your preference is contemporary Ballroom, sultry Latin or crazy Swing, this fun class will show you all the smooth moves of partner dancing so you look and feel confident on the dance floor. Make new friends! Learn new steps! No partner needed and absolute beginners are always welcome. Instructor: Barry Jost.

Fee: \$49 ID \$59 OD / session

Program: 302952

M: 7:15 - 8:15 pm

Sessions:

9/12 - 26 Swing/Tango
(adj. fee \$39 ID \$47 OD)

10/3 - 24 Cha Cha/Foxtrot

11/7 - 28 Rumba/Waltz

12/5 - 19 Argentine Tango/Bolero
(adj. fee \$39 ID \$47 OD)

Social Latin & Ballroom Dance: Level II NEW

All Adults

Bend Senior Center

Expand your knowledge and refine your skills! Whether your preference is contemporary Ballroom, sultry Latin, or crazy Swing, this fun class will take you to the next level. Make new friends! Learn new steps! No partner necessary. Instructor: Barry Jost

Fee: \$49 ID \$59 OD / session

Program: 302953

M: 8:20 - 9:20 pm

Sessions:

9/12 - 26 Swing/Tango II
(adj. fee \$39 ID \$47 OD)

10/3 - 24 Cha Cha/Foxtrot II

11/7 - 28 Rumba/Waltz II

12/5 - 19 Argentine Tango/Bolero II
(adj. fee \$39 ID \$47 OD)

Culinary

Pot Stickers: Traditional Chinese Dumplings

All Adults

Bend Senior Center

Focus on learning how to construct pot stickers, also known in China as dumplings, and use a dumpling roller. Learn a recipe for filling as well as how to roll the dough, form the dumpling, and then steam them. Additional information regarding this Northern China staple as a primary food in the "culture that created dumplings" will be presented. Instructor: Jingshi Lin.

Fee: \$39 ID \$47 OD / session

Program: 302620

Th: 5:00 - 7:00 pm

Session: 10/13

Cooking a Traditional Mandarin Dinner

All Adults

Bend Senior Center

Learn how to create a "traditional" family dinner from Manchuria. This class will be part demonstration and part hands-on cooking. Information will be shared regarding the different cuisines in today's China with popular ones having their "flavor" defined. The menu will include pork ribs, a vegetable dish, rice and soup. Instructor: Jingshi Lin.

Fee: \$39 ID \$47 OD / session

Program: 302625

Th: 5:00 - 7:30 pm

Session: 11/10



I Love Pickles! NEW

All Adults

Bend Senior Center

Let's turn some of those lovely harvest veggies into pickles! Discover pickled cauliflower, carrots and more! We will explore the benefits and techniques of lacto-fermentation. Bring one or two jam jars to make your own concoctions to take home. \$10 supply fee paid to instructor at first class. Instructor: Layla McGlone

Fee: \$35 ID \$42 OD / session

Program: 302705

M: 5:30 - 7:30 pm

Session: 9/26

Make Your Own Kimchi NEW

All Adults

Bend Senior Center

Kimchi is a traditional fermented Korean delicacy made with vegetables, the most common being cabbage. It is a low-calorie, high fiber and nutrient-packed side dish and the health benefits of kimchi like other fermented foods has been well-documented. We will learn to make Napa cabbage kimchi and other recipes. Instructor: Jesica Carleton.

Fee: \$39 ID \$47 OD / session

Program: 302880

Tu: 5:30 - 7:30 pm

Session: 10/11

Easy Artisan Breads

All Adults

Bend Senior Center

Come learn about dough that's mixed in minutes and stored up to two weeks in your refrigerator. Understand the basic theory of artisan breads using wet dough and receive recipes for various breads. Enjoy demonstrations, hands-on learning and tasting as you bake a loaf in class plus take home dough to make more loaves.

Fee: \$35 ID \$42 OD / session

Program: 302881

M: 5:00 - 7:00 pm

Session: 10/10



Savory Tarts & Quiche

NEW

All Adults

Bend Senior Center

Feeling inspired at the farmer's market, but not sure what to do? We'll whip up savory classics to bring the aroma of fresh-made tarts into your home. You'll learn how to make a savory crust for next time you want to make a tart or quiche. Instructor: Abby Rowland.

Fee: \$49 ID \$59 OD / session

Program: 302895

M: 4:30 - 7:30 pm

Session: 10/17

Pasta Made Easy!

All Adults

Bend Senior Center

Make fresh pasta at home - with its delicate flavors and textures, there's just no comparison to the store bought kind! While not difficult, creating fresh pasta by hand requires dough handling techniques that are best learned in person. This class will take you all the way through - from flour and water to eating a tasty dish of pasta with sauce. You will learn about proper ingredient ratios, kneading and resting the dough, running the dough through the pasta press, rolling and cutting by hand and storing and cooking times. Bring containers to take pasta home. Instructor: Jesica Carleton.

Fee: \$39 ID \$47 OD / session

Program: 302788

Tu: 5:00 - 8:00 pm

Session: 10/25

Desserts to Impress

NEW

All Adults

Bend Senior Center

So fancy! So delicious! Learn to make two of the easiest, most elegant desserts ever! Molten Lava Cake takes about seven minutes to prep and seven minutes to cook, and you'll look like an accomplished pastry chef. Crème Brûlée has to be made ahead of time so it can be chilled, but pull it out at the end of dinner, break out your torch and wow your guests. Instructor: Jesica Carleton.

Fee: \$39 ID \$47 OD / session

Program: 302879

Th: 5:30 - 7:30 pm

Session: 11/3

Intro to French Macarons

All Adults

Bend Senior Center

No, no, no - it's a macaron, not a macaroon and certainly not a macaroni! Come get to know about macarons, those delectably light, mini-meringues of French descent that involve a series of sophisticated techniques that can take time and practice to perfect. But learning to make macarons is remarkably simple when you can see how it's done with step-by-step, hands-on instruction. By the end of class, you will have the fundamentals down as well as have some different options for filling your macarons. Instructor: Abby Rowland.

Fee: \$49 ID \$59 OD / session

Program: 302891

M: 4:30 - 7:30 pm

Session: 9/19

With Your Child: Simple as Apple Pie

NEW

Ages 8 & up

Bend Senior Center

In this hands-on class, you'll learn secrets of transforming apples into a scrumptious filling. We'll show you how to easily prepare pastry dough and the steps for rolling and shaping it. Enjoy working alongside your child as you peel apples, add spices and learn to crimp crust. Best of all, take home a delicious, from-scratch pie to impress family and friends. Bring a nine-inch glass pie plate. Fee includes child and adult. Instructor: Abby Rowland.

Fee: \$49 ID \$59 OD / session

Program: 302897

M: 4:30 - 7:00 pm

Session: 10/3



With Your Child: French Macarons

Ages: 8 & up

Bend Senior Center

Enjoy one-on-one time with your own petit sweet and learn the basics of French Macarons to recreate at home. Learn to incorporate seasonal flavors, piping with precision and even achieving the perfect "pied" (foot). Explore different fillings to create your own colorful and fun version of these treats at home. Fee includes child and adult. Instructor: Abby Rowland.

Fee: \$49 ID \$59 OD / session

Program: 302893

M: 4:30 - 7:00 pm

Session: 11/14

Healthy Holiday Chocolates & Sweets To Wow!

NEW

All Adults

Bend Senior Center

Learn to create dazzling treats for your holiday displays that are nutrient-packed without all the refined sugars and additives. Sample a variety of raw chocolates, cookies and a few drinks to wow your guests this holiday season! Receive a collection of recipes, instructions and a sweets swag bag to take home. \$10 supply fee due at first class. Instructor: Layla McGlone

Fee: \$39 ID \$47 OD / session

Program: 302709

M: 5:30 - 7:30 pm

Session: 11/7



Perfect Pie NEW

All Adults

Bend Senior Center

Whether you're seasoned or barely know your way around the kitchen, we'll get you up to speed on the fundamentals of making pie in no time. Learn to make pie crust from scratch and make either one seasonal fruit or one custard filling for your pie. After this class, you'll be a pro at making pie crust and fillings. Bring a clear glass nine-inch pie plate. Take home a homemade pie to delight friends or family. Instructor: Abby Rowland.

Fee: \$49 ID \$59 OD / session

Program: 302896

Tu: 4:30 - 7:30 pm

Session: 11/8

Homemade Candies NEW

All Adults

Bend Senior Center

Making delicious homemade candy is a lot easier than you might think and the holidays are a perfect time to dive into these sweet projects. Learn to create your own confections in any home kitchen. You'll learn about the importance of a candy thermometer as well as the various stages of cooked sugar for perfectly finished candy. Ah, the sweet possibilities to make your favorite sweet treats at home! Instructor: Abby Rowland.

Fee: \$49 ID \$59 OD / session

Program: 302894

M: 4:30 - 7:30 pm

Session: 12/5

Wellness

Fall Into a NEW New You Detox

All Adults

Bend Senior Center

A gentle seasonal detox plan that will support your body in transition from the warm weather and light eats of the summer into the heavier foods of winter. Receive a meal plan, grocery shopping list and easy meal prep instructions along with lifestyle best practices. Learn from a holistic life coach, enjoy sampling delicious foods and walk away with a guide to empower you for healthy living plus a one-week online course that follows the detox. \$10 supply fee due at first class. Instructor: Layla McGlone

Fee: \$35 ID \$42 OD / session

Program: 302702

M: 5:30 - 7:30 pm

Session: 10/10

Dream NEW Building 101

All Adults

Bend Senior Center

Close out 2016 with greater clarity and confidence through a hands-on dream building experience. Together we will address the top five dream robbers that can hold you back and keep you stuck. You will reconnect with your "why" in life, cultivating fresh mindsets and help you build out a dream map for 2017. Connect with a holistic life coach and be inspired and motivated for living your life on purpose. Instructor: Layla McGlone

Fee: \$35 ID \$42 OD / session

Program: 302706

M: 5:30 - 7:30 pm

Session: 12/5

Games

Beginning/Refresher Bridge

Ages: 14 & up

Bend Senior Center

Let's play! Want to learn to play bridge or need a refresher? Learn the game or improve your skills in this fun, relaxed class. Instructor: Judy Davidson

Fee: \$59 ID \$71 OD / session

Program: 302110

Th: 6:00 - 8:00 pm

Session: 10/6 - 11/10

Parenting

No Drama Discipline Series

All Adults

Bend Senior Center

Based on the latest brain research, this class focuses on calming ourselves down so we can stay connected with our children while setting limits and guiding - not controlling - them to increasingly mature behavior. Too much emotion when parenting impairs the child's ability to learn what we're trying to teach, the parent-child bond, and the long-term development of their brain's ability to emotionally regulate. Topics include: understanding the "emotional brain"; identifying emotional triggers; self-calming tools; bonding through empathy; setting/holding limits without punishment; and navigating meltdowns. Instructor: Beth Bellamy.

Fee: \$100 ID \$120 OD / session

Program: 302212

Tu: 6:30 - 8:30 pm

Session: 10/11 - 11/1



Day Trips & Outings

Crater Lake National Park

All Adults

Bend Senior Center

Join us as we explore Oregon's only national park and celebrate the National Park Service's first 100 years. Crater Lake is a place of immeasurable beauty. No place else on earth combines a deep, pure lake, so blue in color; sheer surrounding cliffs, almost two thousand feet high; two picturesque islands; and a violent volcanic past. We'll take a fantastic journey and breathtaking trip on the trolley around the 33-mile rim. The ride includes plenty of pullouts, overlooks and dramatic views. Visit the historic and rustic Crater Lake Lodge built in 1915, renovated in 1995 and located on the edge of the caldera overlooking Crater Lake. Depart at 8:00 am; return at 7:30 pm. Lunch, snacks and transportation included.

Fee: \$99 ID \$119 OD / session

Program: 302103

Su: 8:30 am - 7:30 pm

Session: 9/11

Erickson's Air NEW Collection Museum

All Adults

Bend Senior Center

Take a ride and visit The Erickson Aircraft Collection in Madras. This aviation museum proudly displays a vintage aircraft collection started by Jack Erickson in 1983. The newly named collection features over twenty rare aircraft, including the P-38 Lightning, P-51 Mustang, Ki43 Hayabusa, F4U Corsair, SBD Dauntless, Grumman Duck and B-17 Flying Fortress, most of which are still in flying condition. Lunch, admission and transportation included.

Fee: \$49 ID \$59 OD / session

Program: 302658

F: 10:30 am - 4:00 pm

Session: 9/30

Bowman Museum NEW

All Adults

Bend Senior Center

The A. R. Bowman Memorial Museum is a local history museum in Prineville. Opened in 1971, the museum is housed in the old Crook County Bank Building which is listed on the National Register of Historic Places. Prineville and Crook County's past includes a rich history of mining, timber, and agriculture. The Bowman Museum will offer a refreshing glimpse of the fascinating history of Central Oregon's oldest city. Lunch, admission and transportation included.

Fee: \$49 ID \$59 OD / session

Program: 302657

F: 10:30 am - 4:00 pm

Session: 10/21

**More adventures
in Adult Outdoors.**

See pages 55 - 57.



The Out to Lunch Bunch

All Adults

Bend Senior Center

Come and enjoy a "little bite of Bend." No need to dine alone - join us for monthly visits to local eateries. We may visit an ethnic food restaurant or dine in one of Bend's oldest establishments. We're talking good food and great people! Transportation, lunch and gratuity included. Restaurant will be announced two weeks prior to program date. Space is limited.

Fee: \$19 ID \$23 OD / session

Program: 302803

M: 11:00 am - 1:00 pm

Sessions: 9/12 11/14

F: 11:00 am - 1:00 pm

Session: 10/7

**Volunteer coaches
needed for
youth sports.**

Contact Kim at (541) 706-6127
for more information.

Fiber Arts

Learn to Knit

All Adults

Bend Senior Center

Knitting is a relaxing and fun craft that with a little practice, can be easily learned. This class will teach the basic stitches and techniques. You will learn: knit and purl stitches, cast-on start and bind-off finish methods; about different types of knitting needles and yarns; and how to choose needles to suit your yarn choice. Class is hands-on with lots of individual attention. No prior knitting knowledge or experience needed. Instructor: Kristina Romer

Fee: \$39 ID \$47 OD / session

Program: 302003

W: 9:30 - 11:30 am

Session: 9/21 - 10/5

Knitting: Cap Workshop

All Adults

Bend Senior Center

This class is the perfect "next step" for knitters! You will knit several swatches to determine whether you are a 'tight' or 'loose' knitter and how to compensate for the correct tension/gauge. You will also learn the 'in the round' method and how to increase your stitches to turn your beanie into a slouchy. If time permits, we'll also get into a starter lace, cable stitches, color changes and how to knit a checker-board/basket weave pattern. Skills needed include competency with cast-on as well as knit and purl stitches. Some yarn to use for the contrasts will be available. Instructor: Kristina Romer.

Fee: \$35 ID \$42 OD / session

Program: 302115

Tu: 9:30 - 11:30 am

Session: 10/11 - 25

Make Your Own NEW Embellishments

All Adults

Bend Senior Center

This class will introduce you to ways to decorate and personalize your completed knit or crocheted projects. Learn to make a generous pom-pom, a sassy tassel and a twisted cord. You will also learn to "knit-on" a stalk or tail using double pointed needles. Bring your knitted hat or other item to decorate, with matching yarn, use our yarn scraps or bring some to share. Instructor: Kristina Romer.

Fee: \$12 ID \$14 OD / session

Program: 302116

Tu: 9:30 - 11:30 am

Session: 11/1

Winter Cozy NEW Lacy Knit Cowl

All Adults

Bend Senior Center

If you know basic knitting skills such as cast-on, knit stitch and bind-off, this cowl will be a quick and easy accessory to keep you warm and in style this winter. Working with soft, thick yarn on a fat circular needle, you'll be able to finish one of these cozy accessories in class. You'll also learn to knit in the round on a circular needle, use a stitch 'marker', make a loose cast-on stitch and a stretchy bind-off stitch. This project features an easy lace-mesh stitch worked in the round. Some yarn will be available for this project. Instructor: Kristina Romer.

Fee: \$39 ID \$47 OD / session

Program: 302105

Tu: 9:30 - 11:30 am

Session: 11/22 - 12/6

Art

Paint with Tissue Paper on Silk

All Adults

Bend Senior Center

This class puts a different twist on painting a silk scarf using special tissue paper. No experience necessary - just have fun with the process. All supplies included. Instructor: Michelle Oberg.

Fee: \$39 ID \$47 OD / session

Program: 302065

Th: 1:00 - 3:30 pm

Session: 9/15



The Elements of Drawing

All Adults

Bend Senior Center

This three-part series is designed for the beginner and those of you wanting to improve your drawing skills. Students will gain knowledge, skills and understanding to enhance the artistic process through drawing. Pencil will be the main medium used, however charcoal, chalks, and pen and ink will also be used. We will break down complex concepts like line, tone, value, perspective and composition into ideas anyone can understand while working on the fundamentals, geometric shapes, light and shadow, perspective and line. Each class covers a different media format. Instructor: Carolyn Parker.

Fee: \$49 ID \$59 OD / session

Program: 302606

W: 5:30 - 7:00 pm

Session: 10/5 - 19

Harvest Moon in Acrylics

All Adults

Bend Senior Center

All class participants will leave class with an idea of how fun the creative process can be. Students will learn how to make an interesting painting combining composition, design, color theory, lights and shadows to make your painting pop. Students will take home a finished piece featuring a large harvest moon with a scary tree in front. A \$20 supply fee for all materials canvas, paints, palette and brushes will be paid to the instructor. Instructor: Carol Picknell

Fee: \$15 ID \$18 OD / session

Program: 302013

Th: 1:00 - 3:30 pm

Session: 10/6

Pen & Ink: NEW Central Oregon Trees

All Adults

Bend Senior Center

In this two-part class you will learn to draw trees using pen and ink techniques. Learn how to capture form using contour lines, and make your work more expressive with gesture lines. This class will guide you step-by-step through recapturing on paper the gorgeous trees of Central Oregon. Using fine-tip pens you will be able to draw a variety of hatching techniques and the stipple technique. Along the way, you'll gain an understanding of when to apply each technique for best results. Instructor: Carolyn Parker.

Fee: \$39 ID \$47 OD / session

Program: 302607

Th: 5:30 - 7:00 pm

Session: 11/10 - 17

Intro to Chinese Painting

All Adults

Bend Senior Center

Learn the basics of traditional Chinese brush painting in this introductory class. You will learn how the simple strokes of a paint brush can capture a single object or an entire scene. \$14 supply fee due to instructor. Instructor: Michelle Oberg.

Fee: \$24 ID \$29 OD / session

Program: 302364

Th: 1:00 - 3:30 pm

Session: 10/13

Coloring for Relaxation & Meditation NEW

All Adults

Bend Senior Center

What color is calm? Join the crowd of adult coloring fans and find out. Coloring isn't just for kids anymore! It's a relaxing, stress-relieving and fun way to spend an hour or two. Come join us for an evening of relaxation, meditation and coloring. Instructor: Carolyn Parker.

Fee: \$29 ID \$35 OD / session

Program: 302873

W: 5:30 - 7:00 pm

Session: 11/9



Happy Snowman in Acrylics NEW

All Adults

Bend Senior Center

Join us as we learn to paint a delightfully happy snowman in a red cap and scarf! You will be learning how to apply shadows and accents in this winter wonderland scene. You just bring yourself as the instructor brings all the supplies. You go home with a darling snowman ready to dress up anyone's home for the holidays. . A \$20 supply fee for all materials canvas, paints, palette and brushes will be paid to the instructor. Instructor: Carol Picknell

Fee: \$15 ID \$18 OD / session

Program: 302015

Th: 1:00 - 3:30 pm

Session: 12/8

Arts & Crafts

Hand Decorated Wine Glasses

All Adults

Bend Senior Center

Create your own unique wineglass art! In this workshop you'll take away four one-of-a-kind wine glasses to give away as gifts or decorate your home. Learn methods for different textures and patterns while you get inspired to create your own look. Glass paint, wine glasses and all art materials supplied. Please dress to get messy! Instructor: Diane Burns.

Fee: \$39 ID \$47 OD / session

Program: 302603

Th: 5:00 - 7:00 pm

Session: 9/29



DIY: NEW Mosaic Mirror

Ages: 18 & up

Bend Senior Center

Learn the art of mosaic and create a one-of-a-kind mirror, for your home or as a gift. The first class will focus on design, cutting/nipping glass, and applying pieces to your base; second class will give more time to complete your piece, if needed, and then grout it. Close-toed shoes and glasses required (regular, reading, or safety glasses). Instructor: Jessica Carleton.

Fee: \$79 ID \$95 OD / session

Program: 302877

W: 5:00 - 8:00 pm

Session: 10/5 - 12

DIY: Soap Making 101

All Adults

Bend Senior Center

Learn to make homemade soap using the cold process method with LeCol, local soap maker. Although it may seem complicated at first, making your soap from scratch the way grandma did using natural ingredients can be fun and rewarding, and even a little addicting. This class will be part demonstration and part hands-on and you will take home soap samples. Instructor: Leslie Colvin.

Fee: \$39 ID \$47 OD / session

Program: 302030

Th: 1:00 - 4:00 pm

Session: 10/20



Fused Glass NEW Holiday Ornaments

All Adults

Bend Senior Center

Make a family treasure to hang on your holiday tree! In this introductory class, you'll learn the technical aspects of glass fusing in a fun, informative environment. Topics include the science of glass fusion, types of glass, fusing add-ons, cut and shape glass, how to use hand cutters and grinders and safety. You will complete two ornament projects in class. Projects will be kiln fired and available for pickup a week after class. Instructor: Diane Burns.

Fee: \$59 ID \$71 OD / session

Program: 302874

Th: 5:00 - 7:00 pm

Session: 10/6



Mandala Stone Art

All Adults

Bend Senior Center

Explore your creative side! Learn how to transform a flat river rock into a beautiful piece of art. It's relaxing, it's expressive and it's always fun as you create your own unique mandala rock. Please bring 2-3 smooth, flat round rocks that are 4-5 inches in diameter. Instructor: Carolyn Parker.

Fee: \$31 ID \$37 OD / session

Program: 302872

Th: 5:00 - 7:00 pm

Session: 11/3

With Your Child: Hand-Painted Cookie Plate for Santa

Ages: 6 & up

Bend Senior Center

Get the kiddos involved in creating a unique plate for Santa's cookies. Spend some quality one-on-one time with your child or grandchild as you decorate a ceramic plate for firing. This plate will become a family treasure as it is durable, washable and can be reused for the holidays year after year. Supplies and firing included. Instructor: Diane Burns.

Fee: \$35 ID \$42 OD / session

Program: 302875

Th: 5:00 - 7:00 pm

Session: 10/20

Photography

Nuts & Bolts of Photography

All Adults

Tall Pine Studio

Learn the fundamental tools of photography and get out of the automatic modes of your digital camera. Learn exposure, metering modes, focus, aperture, shutter speed, ISO, and how they affect the look of your photographs. No experience required, but you will get the most out of class with a DSLR camera. Instructor: Kimberly Teichrow.

Fee: \$129 ID \$155 OD / session

Program: 302329

W: 6:30 - 8:30 pm

Session: 9/21 - 10/12



Get to Know Your iPhone Series:

TAUGHT BY AN
APPLE CERTIFIED SUPPORT PROFESSIONAL

All Adults

Bend Senior Center

This series of classes will allow you to customize your learning experience as you seek to become a more effective iPhone user. Instructor: Robyn Lyman.

Fee: \$19 ID \$23 OD / session

IPHONE: BUTTONS & INTERFACE

Learn what each button does and take a look at the main interface and how you can customize it to your liking

Program: 302635

M: 6:00 - 7:30 pm

Session: 9/12

IPHONE: CAMERA & PHOTOS

Learn how to use the camera app and how to take better pictures as well as how to edit and manage your pictures.

Program: 302636

M: 6:00 - 7:30 pm

Session: 9/19

IPHONE: APPS & ITUNE STORE

Let's delve deep into the App store and iTunes! Learn how to find and catalog your music and more.

Program: 302539

M: 6:00 - 7:30 pm

Session: 9/26

IPHONE: SAFARI & EMAIL

Learn how to navigate, bookmark and more in Safari as well as how to use the iPhones built in Mail application.

Program: 302637

M: 3:30 - 5:00 pm

Session: 10/3

IPHONE: CONTACTS & CALENDAR

This class discusses how to add and delete in the contacts and calendar apps to keep you up to date and organized.

Program: 302639

M: 6:00 - 7:30 pm

Session: 10/10

IPHONE: MAPS, MESSENGER & SIRI

Learn how to manage the Maps app for getting directions, the Messenger app for sending notes, and Siri for making us wonder just how we ever got along without this technology!.

Program: 302640

M: 6:00 - 7:30 pm

Session: 10/17



Technology

TAUGHT BY AN APPLE
CERTIFIED SUPPORT
PROFESSIONAL

iPad Essentials

All Adults

Bend Senior Center

In this beginning users course we will cover everything from multitasking, to apps and the App Store, to creating folders and customizing your iPad. Basically, everything you need to start working with your iPad. Make sure to bring your iPad and that it's running iOS8 or later. Instructor: Robyn Lyman.

Fee: \$39 ID \$47 OD / session

Program: 302517

Th: 1:00 - 3:00 pm

Session: 11/3 - 10

iPad Beyond Essentials

All Adults

Bend Senior Center

Do you own an iPad and feel like you understand the basics but you want to take it to the next level? This workshop will dive deeper into the functionality and settings of the iPad. This is an advanced hands-on workshop that assumes you already own an iPad, so please be sure to bring it. Instructor: Robyn Lyman.

Fee: \$29 ID \$35 OD / session

Program: 302508

Th: 1:00 - 3:00 pm

Session: 12/1 - 8

iMovie for iPad

All Adults

Bend Senior Center

Are you ready to start editing your videos on your iPad? This step-by-step class teaches beginning to advanced tips to make and edit professional video content with your iPad. Instructor: Robyn Lyman.

Fee: \$29 ID \$35 OD / session

Program: 302615

Th: 1:00 - 2:30 pm

Session: 10/13 - 20

eBay Essentials

All Adults

Bend Senior Center

If you are just starting out and want to know how eBay works, this class is for you. We will learn how to register, how to buy the best deal with confidence and how to maximize your profits when selling. Instructor: Robyn Lyman.

Fee: \$19 ID \$23 OD / session

Program: 302541

Tu: 10:00 - 11:30 am

Session: 11/1

iCloud Essentials

All Adults

Bend Senior Center

We will be covering the various aspects of the Cloud across all your devices as we learn to sync them, share them with family and friends, and manage your backups by making the syncing process automatic. Bring your iPhone, iPad or Mac. Instructor: Robyn Lyman.

Fee: \$19 ID \$23 OD / session

Program: 302453

M: 1:00 - 2:30 pm

Session: 11/14



Specialized Fitness

Basics Training

All Adults

Bend Senior Center

Are you new to group exercise or just returning after a long time? This class will help to start your Exercise Engine! This supportive small class (limit 10 participants) will provide safe and simple movement options where individuals progress at their own pace guided by personal needs and abilities. Appropriate for those able to walk independently.

Fee: \$35 ID \$42 OD / session

Program: 302775

W: 2:00 - 2:50 pm

Sessions: 9/21 - 10/26

11/2 - 12/14 (no class 11/23)

Stand Tall-Don't Fall

Ages: 50 & up

Bend Senior Center

As we age a loss of balance can lead to fear of falling which often results in a decrease in quality of life. This multi-faceted, safe program builds new skills to maintain balance and helps to provide the confidence to remain active and healthy throughout our mature years. This class is limited to 30 and taught by certified Arthritis instructors. Prerequisite: Ability to stand unassisted for 15-20 minutes in class.

Fee: \$35 ID \$42 OD / session

Program: 302777

W: 10:00 - 11:00 am

Session: 8/31 - 11/2

11/9 - 12/14 (no class 11/23,

Adj. fee \$20 ID \$24 OD)

Tai Chi Workshop

NEW

All Adults

Bend Senior Center

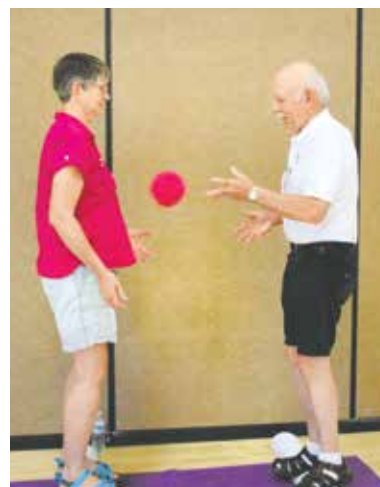
Tai Chi is an art form that originated in China about 1122 B.C. Tai Chi is the science of working Chi - the energy within the body. Not only does it help to maintain a person's physical health and mental balance, but it also is used to treat a number of illnesses (i.e. Parkinson's, stress, chronic pain, high blood pressure, anxiety and depression.) Come learn how to incorporate this health practice in your daily life. Led by Tai Chi Grandmaster Franklin.

Fee: \$25 ID \$30 OD / session

Program: 302978

Sa: 10:30 am -12:30 pm

Session: 9/24 10/22



Music, Memory & Mobility

Ages: 50 & up

Bend Senior Center

A relaxed paced, chair exercise class designed for individuals with some cognitive issues including the beginning stages of Alzheimer's or dementia. Class will consist of seated exercises to enhance mobility with fun games and activities to enrich the mind and memory. Caregivers are invited to attend with student at no charge.

Fee: \$35 ID \$42 OD / session

Program: 302977

Th: 11:30 am - 12:15 pm

Session: 10/6 - 27



Extended Tours

Discover Cuba: Highlights of Havana & Varadero

NEW

All Adults

Take a once-in-a-lifetime trip with Bend Senior Center and Premier World Discovery to experience the enigmatic capital city whose nearly 500-year Old Havana is home to the largest collection of Spanish-Colonial architecture in the Americas. Cuba is a destination on the brink of historic change, while the history and culture are still to be experienced before Cuba transforms to its new identity and a modern day tourist destination for American travelers. The culture, music, hospitality and rhythm are bound to change your perspective on travel. Contact the Bend Senior Center to learn more about this trip.

Dates: 9 days

3/22 - 30 in 2017

Fee: \$5,195/each (dbl occupancy)

land/air/tax from Portland

(\$ 4595 per person double from MIA)

Call BSC for an information packet at (541) 388-1133.



Looking for ways to improve your mobility?

Try one of the following classes:

Moving to Music

Seated Yoga

8 Movement Tai Chi



Gardens & Mansions of New Orleans & Cajun Country NEW

All Adults

Join the Bend Senior Center and journey to New Orleans and Cajun Country. This inclusive tour will give you a true glimpse into this incredible region, the city of New Orleans, and its history and culture. The program showcases a 7 day/6 night itinerary flying roundtrip from Portland/Redmond to New Orleans. Start your tour with a 3 night stay in the French Quarter in a supreme location. Later during the itinerary, visit Cajun Country to learn about life in Louisiana and its vast Civil War history, incredible Antebellum Mansions, industry and culture.

Dates: 8 days
5/15 - 22, 2017

Fee: \$2,250/each (dbl occupancy)
land/air/tax from Portland

Call BSC for an information packet at (541) 388-1133.

Washington D.C. & Williamsburg NEW

All Adults

Join the Bend Senior Center and travel to Washington D.C. and Williamsburg, and learn about our Nation's Capital. Experience the Arlington National Cemetery, Richmond, Jamestown, Yorktown and colonial Williamsburg. Enjoy your time and the opportunity to see many of the area's major highlights including the World War II memorial, the Smithsonian, Iwo Jima, Korean & Vietnam War Memorials, Capitol Hill and Embassy Row. In the evening in D.C., enjoy a DC Twilight Illumination Tour of the famous monuments including those dedicated to Lincoln & Jefferson. The program showcases a 7 day/6 night itinerary flying roundtrip from Portland/Redmond to Washington D.C.

Dates: 8 days
9/21 - 28, 2017

Fee: \$2,275/each (dbl occupancy)
land/air/tax from Portland

Call BSC for an information packet at (541) 388-1133.



DONATE TO RECREATION SCHOLARSHIPS

Your donation provides opportunity for low income children and families to participate in safe, healthy recreation programs that enrich lives.

To contribute, contact BPR Foundation at 541-706-6127 or foundation@bendparksandrec.org.

Bend Park & Recreation
FOUNDATION

GIVE PLAY



501(c)3 NOT FOR PROFIT ORGANIZATION

TAKE IT
ALL IN
.....
**FALL HIKES
& OUTINGS**
.....
PAGES 55 - 56

be an outsider

You're greater outdoors.

Whether you're a bonafied nature buff or just want to step outside from time to time, a little adventure (or two) offers the exercise you're wanting while refreshing the mind. In her own grand and beautiful style, Mother Nature always has a way of making us better, both inside and out.

Walking & Hiking

Autumn Fitness Hikes

Ages: 18 & up

BPRD District Office

Level 2 - Shorter hikes covering 3-5 miles in a day at a moderate pace. These hikes are a great way to get some good exercise while seeing a variety of beautiful locations around Central Oregon. Leader: Amanda Bue

Fee: \$22 ID \$26 OD / session

Program: 308712

Tu: 9:00 am - 2:30 pm

Sessions:

- 9/13 Matthieu Lake
- 9/20 Doris & Blow Lakes
- 9/27 Patjens Lake
- 10/4 Paulina Lake
- 10/11 Metolius River
- 10/18 Tam-A-Lau Trail

McKenzie River Trail Hikes

Ages: 18 & up

BPRD District Office

Level 2+ - Enjoy the emerging colors of fall as we explore along the McKenzie River Trail in a series of Thursday down-canyon hikes. Along the way, we'll pass Clear Lake, Sahalie and Koosah Falls, the Blue Pool, Deer Creek Hot Springs, Belknap Hot Springs and so much more! Leader: Eric Denzler

Fee: \$25 ID \$30 OD / session

Program: 308722

Th: 9:00 am - 3:00 pm

Sessions:

- 9/8 Clear Lake Segment (6 m)
- 9/15 Blue Pool Segment (7.3 m)
- 9/22 Deer Creek Segment (6.7 m)
- 9/29 Belknap Segment (5.5 m)

Rainbow Seekers Hikes

Ages: 50 & up

BPRD District Office

Level 2 - The Rainbow Seekers explore Central Oregon's easy to moderate trails at a very comfortable pace. Hikes range from 5 - 7 miles. Join the camaraderie of a group of folks that enjoy socializing while on leisurely hikes. Leader: Dean Dobbs

Fee: \$72 ID \$86 OD / session

Program: 308740

Tu: 9:00 am - 3:30 pm

Sessions: 9/27 - 10/18 10/25 - 11/15

11/22 - 12/13 12/20 - 1/10

Daytrippers:

Looking for more fabulous tours or day trips? BPRD is hosting several different day-long outings this fall.

See pages 48 - 49.

Hike, Walk & Snowshoe Ratings

Use the following guide to select outdoor programs that fit your abilities. Times and distances may vary from indicated and at times be more or less strenuous than implied. In all cases, access to advanced medical help may be limited or delayed.

LEVEL 1: Moderate walks. Walking surface typically developed (paved, gravel or other), although uneven surfaces, hills or stairs may be encountered, as on a walking tour of gardens or at a large museum. Prerequisite: Participants should have the ability to walk one mile continuously in 30 minutes without physical difficulty.

LEVEL 2: Outings on trails. Hiking trails typically maintained, but with occasional rocks, roots and other obstacles requiring balance. May be rough, hilly or at higher altitudes. Prerequisite: Participants should have the ability to walk up Pilot Butte at an easy pace without physical difficulty.

LEVEL 3: Outings typically in more remote and rugged locations. Hiking trails may not be well maintained, may be very rough, steep and at altitude. Prerequisite: Participants should have the ability to hike up Pilot Butte at an energetic pace without physical difficulty.

Important Outdoor Program Information

Registration: Be sure to match your experience and ability level to the course description rating level before signing up for a program. **Please do not wait until the last minute to register as activities may be full or cancelled if minimum enrollment has not been met.**

Drop-ins: Drop-ins are accepted when space is available on many outdoor programs. Drop-in fees vary by program.

Program Info & Destinations: Clothing and equipment recommendations, destination calendars and other information are available on the website, at the front desk of the BPRD District office and at the Bend Senior Center. Proposed destinations may change due to weather or other circumstances. Arrive at least ten minutes before the start time. Programs typically conclude before the scheduled ending time. However, occasionally we arrive back later than planned.

Food & Water: Participants are responsible for bringing and carrying their own food and water for outings unless otherwise indicated.

Message Phone: In the event of inclement weather, call (541) 389-7275 after 8:00 am (M-F) on the morning of your program to find out if your program has been cancelled. You may also leave a message for your trip leader on the morning of your program.

Leadership: BPRD outdoor leaders are trained in Wilderness First Aid and CPR skills and have gone through BPRD van driver training. Trip leaders carry a first aid kit and cell phone.

Transportation: Round-trip transportation is provided to and from the day's destination in the District's 15-passenger vans.

Questions? Concerns?: Contact the Outdoor Program Coordinator at EricD@bendparksandrec.org or (541) 706-6116.



The Bend Park & Recreation District is an equal opportunity recreation provider under Special Use Permit with the Deschutes National Forest and the Prineville District of the BLM.

Thursday Trailpacers Hikes

Ages: 18 & up

BPRD District Office

Level 3 - Get a weekly dose of good exercise, great companionship, and gorgeous Central Oregon scenery. Hikes are typically 6 - 10 miles at a steady pace, with some moderate elevation gain. Leader: Leslie Olson

Fee: \$69 ID \$83 OD / session

Program: 308715

Th: 8:30 am - 4:00 pm

Sessions: 9/22 - 10/6 10/13 - 27
11/3 - 17

Boating

Basic Skills Kayaking

Ages: 16 & up

Tumalo Creek Kayak & Canoe

Learn flat-water paddling and safety skills as well as review the different types of kayaks and paddle gear. Practice essential paddle and rescue techniques on the water. Go from land to water with the knowledge and skills you need to embark on your own fall adventures. All gear provided.

Fee: \$75 ID \$90 OD / session

Program: 308960

Sa: 10:00 am - 2:00 pm

Sessions: 9/10, 9/17, 9/24

Kayak Roll Session

All Ages

Juniper Swim & Fitness Center

Bring your clean boat to the warm, indoor pool to practice and refine your roll skills. Please tape the end of your boat paddles.

Fee: \$12 ID \$14 OD per session

Program: 405100

September 25 - December 18

Su: 4:15 - 6:00 pm

Tu: 6:45 - 9:00 pm



Deschutes River Tour - 1/2 day

Ages: 16 & up

Tumalo Creek Kayak & Canoe

Just 20 minutes from Bend, the Upper Deschutes River is completely undeveloped and pristine. Choose between a kayak or canoe (equipment provided) as we paddle upstream towards Benham Falls, passing interesting lava flows, Aspen groves, tranquil lagoons and side channels.

Fee: \$75 ID \$90 OD / session

Program: 308966

F: 10:00 am - 2:00 pm

Sessions: 9/9, 9/16, 9/23, 9/30

Deschutes River Tour - Full day

Ages: 16 & up

Tumalo Creek Kayak & Canoe

The full-day tour begins just below Wickiup Reservoir at Tenino boat launch and continues nine miles down the Upper Deschutes to Wyeth Campground. This section of the river is characterized by moving flatwater; the current helps your boat along, as there are no sections of whitewater that require technical paddling skills. This is a great trip for beginning boaters and families, but advanced paddlers will also enjoy the serenity and scenery on this peaceful section of the river. Canoes, kayaks, safety gear, and lunch supplied.

Fee: \$105 ID \$126 OD / session

Program: 308967

Sa: 10:00 am - 5:00 pm

Sessions: 9/10, 9/17, 9/24

XC Ski & Snowshoe

Get Started XC Ski Touring

Ages: 18 & up

Harmon Park - Outdoor Center

Level 2 - If you have little or no cross-country (XC) ski experience and are looking for a great introduction to this sport, we'll take you through the basics of outdoor play and get you started on the snow. The first meeting day (9:00 - 11:00 am) is indoors and provides helpful information regarding equipment, clothing, winter safety and equipment rental. Two on-snow sessions (9:00 am - 1:00 pm) include technique instruction, practice and Snopark outings. Equipment not included. Leader: Eric Denzler

Fee: \$65 ID \$78 OD / session

Program: 308403

Th: 9:00 am - 1:00 pm

Session: 12/1 - 15

Sa: 9:00 am - 1:00 pm

Sessions: 12/3 - 17

Get Started Snowshoeing

Ages: 18 & up

Harmon Park - Outdoor Center

Level 2 - Ready to try a new winter activity? We'll take you through the basics and get you going on the snow in no time. The first meeting day (9:00 - 11:00 am) is indoors and provides helpful information regarding equipment, clothing, winter safety and equipment rental. One on-snow session (9:00 am - 1:00 pm) includes technique instruction, practice and an outing in the mountains. Equipment not included. Leader: Leslie Olson

Fee: \$45 ID \$54 OD / session

Program: 308402

W: 9:00 am - 1:00 pm

Sessions: 12/7 - 14 1/4 - 11



Thursday Yetis Snowshoe

Ages: 18 & up

BPRD District Office

Level 3 - For those comfortable on snowshoes, these outings are filled with fresh air, snow and perspective. You'll make friends, feel fit and have fun. Distance ranges from 4 - 6 miles. Equipment not included. Leader: Leslie Olson

Fee: \$69 ID \$83 OD / session

Program: 308424

Th: 9:00 am - 3:30 pm

Sessions: 12/1 - 15 1/5 - 19

Be ready to go in the snow.

XC skiing and snowshoeing are aerobic activities, so it's important that participants come with some basic strength and physical conditioning.

Outdoor Safety

Wilderness First Aid

Ages: 16 & up

Hollinshead Barn

Covers a wide range of wilderness medicine topics for outdoor travelers: from hunters and fishermen, guides and activity leaders to the casual outdoor user. No previous experience/knowledge required. Presented by the Wilderness Medicine Institute of the National Outdoor Leadership School. CPR not included.

Fee: \$225 / session

Program: 408360

Sa - Su: 8:00 am - 5:00 pm

Sessions: 10/29 - 30

WFR Recertification

Ages: 16 & up

Hollinshead Barn

This training is specifically designed to recertify the Wilderness First Responder certification. Includes CPR.

Fee: \$310 / session

Program: 408362

F - Su: 8:00 am - 5:00 pm

Session: 10/14 - 16

Sa - M: 8:00 am - 5:00 pm

Sessions: 9/24 - 26 11/19 - 21

Wilderness First Responder

Ages: 16 & up

Hollinshead Barn

Essential for anyone who spends significant time in remote places or who has a professional career in the outdoors, the Wilderness First Responder (WFR) course will prepare you to make difficult medical decisions. Presented by WMI. Includes CPR.

Fee: \$735 / session (\$300 deposit required at registration with balance due 30 days prior to start of training)

Program: 408364

Tu - Th: 8:00 am - 5:00 pm

Session: 10/18 - 27





**FALL INTO
FITNESS**
OCT 10 - 15
FREE FITNESS
CLASSES


**VOLUNTEER
IN
FITNESS**
.....
CONTACT KIM
(541) 706-6127


move yourself

Good for you.

At Bend Park & Recreation District, we're focused on offering fitness that feels right, both on the inside and out. Come join in more than 275 enjoyable, energizing group fitness classes per week led by our professional, motivating staff. Get moving, get fit and we'll get you feeling your best.

Two great fitness facilities!

Juniper Swim & Fitness Center 
800 NE 6th St
p. (541) 389-POOL (7665)

Bend Senior Center 
1600 SE Reed Market Rd
p. (541) 388-1133

Look for the JSFC and BSC icons with class descriptions for the class locations.

Pass information on pages 22 - 23.
A variety of passes are available for you to enjoy drop-in classes and activities at both locations.

275+ Weekly Fitness Classes

All ages and fitness levels are welcome and you can start at any time. Classes are offered on a first-come, first-serve basis.

WEEKLY SCHEDULES: All classes are held on a weekly basis. Check schedules online at www.bendparksandrec.org. You can even download to your own calendar.

SAME INSTRUCTORS: All locations feature the same great instructors so you can find the facility that suits your needs.

PASSES / FEES: Lots of pass options available to suit your needs. Check out the monthly, quarterly and annual passes so you can take advantage of great savings along with great workouts! Pass information on pages 22 - 23.

ADVISED: We strongly recommend checking with your physician before starting any exercise program.



Follow us on Facebook!

Look for Juniper Swim & Fitness Center, Bend Senior Center, The Pavilion and Bend Whitewater Park.



Low Impact • Light Intensity Fit 4U Fitness Programs

Fit4U! Specially designed for those wanting a lower impact and light intensity workout as well as those ages 50+, these exercise classes offer something for every fitness level - from just starting out to a regular fitness enthusiast! Increase your mobility, strength, cardio endurance, flexibility and core stability. Not only will you improve and maintain your fitness, you'll make friends and have fun!

Look for the  icon with class descriptions on pages 60 - 64.



Get Started!

Whether you are new to fitness or making a return, our expansive schedule of classes and personal training services offer something for everyone! All our fitness classes are ongoing and offered on a first-come, first-served basis. Please come to your first class ten minutes early for an orientation. Questions? Call our helpful staff for assistance at (541) 389-7665.

FREE Try out our Get Started classes for FREE during our special seasonal offerings shown at right.

Classes include Get Started in Yoga, Pilates, Indoor Cycling, Water Running and Weight Training.



Personal Training: Individual & Group

Perfect for your fitness goals! Want help with your fitness routine? Or do you have a set goal in mind for your conditioning? A big adventure or event coming up? Perhaps you're stuck in a rut? We have a diverse group of trainers to help you achieve success with many services beyond traditional weight training and the flexibility to meet your needs.

Individual Training Rates:	Session: 1 hour
Introductory Session (1.5 hour):	\$75
Ongoing Single Session:	\$60
3 Session Package:	\$171 (\$57 each)
6 Session Package:	\$324 (\$54 each)

Partner Training Rates per person:

Introductory Session:	\$56
Ongoing Single Session:	\$45
3 Session Package:	\$128 (\$43 each)
6 Session Package:	\$243 (\$41 each)

Group Training Available: 40% off Individual Rate Are you and some friends training for a race or event? We offer small group trainings of 3 or more people to make it more affordable and fun with your buddies!

Mini Personalized Consultations: \$25 This 30 minute session is designed for those that are not quite sure where to start. Do I need a trainer? Which classes should I take? We'll get you the information you need.

Visit our website at
juniperswimandfitness.com
for trainer bios and fitness options.

Call (541) 389-7665 and
set up your time with a trainer.

CLASSES,
WORKSHOPS
&
CLINICS

**FALL INTO
FITNESS**
OCT 10 - 15

FREE

JSFC

Get connected, stay engaged and be inspired!

Our team of fitness instructors and community experts will present various topics including:

- **GET STARTED CLASSES**
- **MINI PERSONALIZED CONSULTATION SESSIONS**
- **FOAM ROLLER**
- **ASK A PT**
- **TRX TRAINING**
- **NORDIC WALKING**
- **FAMILY DANCE PARTY**
- **BABY & ME FITNESS**
- **FIT KIDS**
- **SWIM ASSESSMENTS**

See schedule of clinics and classes at
juniperswimandfitness.com

FITNESS AT THE PAVILION

Fitness Rock Climbing

Ages: 16 & up

The Pavilion

NEW

Looking to shake up your fitness routine? We can help with that! Our fitness climbing class will combine body weight strength training with a cardio climb on the rock tower. No climbing experience necessary.

Fee: \$40 ID \$48 OD / session

Program: 310504

Tu: 5:30 - 6:30 pm

Session: 9/6 - 10/4



Indoor Cycling:

Benefits: Indoor cycling is a non-impact, cardio workout for everyone! You do not have to be a cyclist to enjoy indoor cycling. Classes are fun and social and can be easily modified to meet your needs and goals. Want to cycle on your own? You are also welcome to use the bikes when classes are not in session.

Fit 4U Get Started in Cycling JSFC

Interested in trying indoor cycling? This session is designed to assist with bike set up, teach modifications and give new riders the skills and confidence to take a class.

Cycle JSFC

Full of variety, intervals, spin-ups, hill climbs and general cardio.

Fit 4U Fit 4 U Cycle JSFC

Non-impact workout with music and modified intensity level. Perfect for all levels, especially active, older adults.

Baby & Me Cycle JSFC

New moms and dads, bring baby and get back in shape while connecting with other parents. Baby can sit in a car seat, stroller, blanket, or other bouncy-type seat, while you ride. Babies welcome from six weeks to crawling.

Cycle/Boot Camp JSFC

Students will mount and dismount the bike as we incorporate moves similar to those in boot camp classes. Great class for athletes looking to cross train.

HIIT Cycle JSFC

Keep your cycling practice active this winter! High Intensity Interval Training workout that delivers significant improvements in speed, endurance and lactate threshold.

Thrilla Cycle JSFC

Fun for everyone. Be fit as a racer, without ever having to do a race. Class is lead by a pro cyclist but you do not need to be a pro to cycle your way to fitness. Be inspired as you ride to cycle specific drills, motivating music and positive vibes.

Express Cycle JSFC

Time crunched? All the variety of a regular cycle class but in a condensed format. A great start to indoor cycling.

Extended Cycle JSFC

Longer format class to build up endurance and work those legs. All the great variety of a regular cycle class but 90-minutes to push yourself to the next level.

Express Cycle/TRX Circuit JSFC

Get your cardio going with a pumping express cycle; then keep your workout going with a circuit style workout; complete with lunges, core, TRX and more!

Rhythm Ride JSFC

An indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your coach who leads the pack through hills, flats, mountain peaks, time trials and intervals.

Rhythm Ride/Strength & Core JSFC

Rhythm Ride and more! Adds a double whammy by finishing up with off-the-bike strength and functional core training.

Interval Tempo Cycling JSFC

Longer intervals with short recovery. Intensity will be highly aerobic.

Cardio - Dance Conditioning:

Benefits: These classes will get your heart pumping and you movin' and groovin' as instructors keep you motivated.

Fit 4U Get Started in Cardio Dance JSFC

Come check out and learn the basic steps for all the various cardio dance programs that we currently offer. Classes are set to all genres of music. Check the online schedules for details for each weeks offering.

Fit 4U Zumba® Gold BSC

Modified for the older participant and beginners, this class has zesty Latin music, easy-to-follow moves and an invigorating atmosphere.

Cardio Dance Fusion JSFC BSC

Come experience the Cardio Dance formats. Set to all genres of music with a taste of the various formats.

Zumba® JSFC BSC

A Latin-inspired, dance-fitness class that incorporates Latin and International music. Fun and easy to follow, this class is for dancers as well as non-dancers!

(Also see Aqua Zumba, page 63.)

Fit 4U Beginning Line Dance BSC

Designed for beginners as well as those that know basics and want to progress. Easy progression to variety of music.

Fit 4U Nia® JSFC BSC

A guts and grace workout that blends dance, martial arts and yoga to provide cardiovascular, whole body conditioning that's as much fun as it is good for your body, mind and soul.

Need child care while you work out?

With Kids' Corner, we've got you covered.

Learn more on page 32.



Bliss™ Dance Workout JSFC BSC

A super fun dance workout that fuses all dance genres in one class! Groove to hip hop, jazz, Latin, modern, lyrical, Middle Eastern and more.

Bliss™ Hip Hop JSFC

Super high energy, music-fueled workout that delivers a fierce cardio-blast while dancing to the best hip hop, funk and club beats! Phenomenal fun, serious sweat!

Bliss™/Zumba® JSFC

Come for the full hour and get your cardio dance on! Make the most of your tight schedule with a Bliss Dance Workout for the first 30 minutes, followed by Zumba for the final 30. Whether it's a full hour or just 30 minutes, your body will thank you.

Zumba® Step & Strong JSFC NEW

Easy-to-follow step aerobics routines are interspersed with a combination of HIIT (High Intensity Interval Training drills), body weight exercises and strength conditioning lead by music. A non-dance program, but like Zumba®, the music is part of the foundation. The movements will be synced with body rockin' music and the tempo will lead the intensity.

Country Heat® JSFC NEW

High-energy, easy-to-follow, low-impact, country dance-inspired fitness program that so totally fires up the fun—you won't even feel like you're working out.

Cardio - Fitness:

Benefits: Kick your cardio into high gear with high intensity steps to help you get your sweat on and burn those extra calories.

Fit 4U Fitness Variety (BSC)

Offers cardio, aerobic, muscle strengthening, flexibility and balance exercises aimed to enhance muscle and bone strength, balance, joint range of motion and mobility.

Fit 4U Cardio Circuit (BSC)

This fast and fun class is designed for active adults focusing on exercises for agility, strength, flexibility, and balance. Using weights, bands, balls, mats, and your own body weight.

Fit 4U Cardio Ball (BSC)

Light, low impact cardio and core conditioning integrating exercise balls, chairs and light weights. Bring your own fitness ball.

Fit 4U Indoor Cardio Walking (BSC)

Alternating cardio walking with toning for quick, safe, fat-burning and body-toning results. With no complex or fancy footwork, these are easy-to-follow workouts.

Fit 4U Walk With Ease - Seated Exercises (BSC)

Tailored to people with mobility issues, all exercises are in a seated position to help increase flexibility, gain strength and have fun.

Cardio/Strength Challenge (JSFC)

25 minutes of cardio variety, including step and kick boxing followed by 25 minutes of stabilization strength challenge.

Core/Strength Cardio Challenge (JSFC)

Cardio warm-up followed by PiYO core and strength.

F.I.T. (JSFC)

Fat-burning, high intensity interval training! This class is full of variety, challenge and FUN! Cardio High Intensity Interval Training alternating with muscle conditioning and endurance training.



Turbo Kick® (JSFC)

This addictive workout combines shadow boxing, kickboxing, sports drills, dancing, yoga and simple dance moves in a party atmosphere where getting fit is the side effect of having fun.

P90X Live (JSFC)

Using the science of muscle confusion, P90X Live constantly switches things up to help you break through fitness plateaus. Cardio, resistance and strength training, plyometrics, ab work and more! Modifications are offered continually, all fitness levels welcome!

Strength Training & Conditioning:

Benefits: Start lifting and create a long sleek physique! Use weights, bands, tubes, weighted bars and steps to improve strength, bone density and endurance.

Fit 4U Get Started in Weight Training (JSFC) (BSC)

Great for those new to weight training. Learn how to safely and effectively use weights and resistance. Trainers will demonstrate a basic program using machines and free weights and help you find classes to meet your goals.

Fit 4U Fitness Center Orientation (JSFC)

Designed to give you the basic skills to use the cardio and strength equipment safely and effectively. We strongly recommend attending an orientation before using the fitness center and in some cases it may be required. Fitness center trainings are offered weekly and are free to 10-visit or monthly pass holders and \$12 otherwise.

Fitness Center Teen Time & Under 18 Use (JSFC)

16 - 17 year olds may use the fitness center without restriction although we recommend completing a teen training session. 11 - 15 year olds may workout in the fitness center under direct parent/guardian supervision or complete a teen training session to use the fitness center independently. Children 10 years and younger are not allowed in the fitness center. Fitness center trainings are offered weekly and are free to 10-visit or monthly pass holders and \$12 otherwise.

Fit 4U Adult Circuit Workout (JSFC)

Coached workout with a series of stations to get your whole body fit!

Fitness Center Workout (BSC)

Challenge yourself with a series of exercise stations to get your whole body fit. Exercises are modifiable to fit your needs.

Fit 4U Strength, Tone & Mightier Bone (BSC)

Strength and weight training with flexibility and resistance exercises for muscle mass and endurance. Designed to assist those with osteoporosis.

Fit 4U Stretch & Strength (BSC)

Start your day out right with proper techniques of strength training and stretching. Using a variety of equipment such as bands, weighted balls, weights and body weight. Sustained stretching will be woven throughout the class.



Fit 4U Personalized Circuit Training (BSC)

Individualized exercises to fit your needs and goals. Includes warm up, exercises for strength, flexibility, balance and cool down.

Fit 4U Strength & Conditioning (BSC)

Improve strength, range of motion, flexibility, balance and hand-eye coordination.

Fit 4U Functional Conditioning (JSFC)

Instructors will lead you through exercises designed to improve your daily function using weights, balls and resistance tubing. Connect with your peers and make new friends.

Fit 4U Functional Fusion (BSC)

Combines Pilates, ballet barre, yoga, functional conditioning and circuit training, preparing you to excel in all kinds of exercise by improving strength, balance, endurance and flexibility. It's the full body workout!!

Fit 4U Functional Fitness (BSC)

Use of bands, straps, weights to increase flexibility, balance, and core strength. Helps to improve overall strength in all activities in your life.

Fit 4U Beginning Barre (BSC)

Class combines ballet conditioning, Pilates and yoga to help strengthen, lengthen and tone your muscles. Focuses on alignment and core strength. Improves balance, coordination and posture.



Barre Body JSFC BSC
Graceful head-to-toe strength and toning that follows elements of ballet and fundamentals of Pilates. Improve your balance and posture.

Barre Yoga JSFC BSC
Strengthen and stretch in this slower-paced fitness-style class incorporating yoga/Pilates poses adapted for greater ease and comfort of joints. Bands, barre, balls, mats and light hand weights may be used as we strengthen and stretch.

Cardio Barre JSFC
Let's sweat! This class uses fundamentals of ballet, yoga and Pilates, fusing them in an easy-to-follow, fast-paced manner to create a heart pumping class. Mixing simple choreography, ballet moves and weight-bearing exercise to create a toned physique.

Total Body Conditioning JSFC
Music will inspire you, the instructor will motivate you and the workout will make you sweat! Great cross training classes:

- TB Strength & Core
- TB TRX Circuit
- TB CF Conditioning
- TB Winter Conditioning
- TB Boot Camp

Yoga:

Benefits: Yoga is a beautiful form of fitness that connects your whole being, both mind and body. Increase flexibility and strength with focused breath awareness as you journey through your practice.

Fit 4U Get Started in Yoga JSFC
A great class to experience yoga and all of its benefits.

Fit 4U Yoga Fundamentals BSC
Designed to help new students feel more comfortable in their yoga practice or for the more experienced wanting assistance with position and alignment.

Fit 4U Seated Yoga JSFC BSC
Practice is done seated in chairs or on a mat using modifications for each pose.

Fit 4U Gentle Yoga JSFC
A gentle practice that moves through a slow flow. Easy to follow poses.

Fit 4U Stretch & Relax BSC
Gentle stretching to relieve tension, increase flexibility and improve range of motion. Take time to relax, it feels great!

Fit 4U Hatha Yoga BSC
A practice of mindful movement to increase flexibility, strength and stamina while reducing stress. Ideal for beginner or intermediate levels.

Fit 4U Yoga Flow BSC
This class is focused on mindful, fluid movement guided by the breath. Includes longer held stretches to release tension.

Prenatal Yoga JSFC
Journey through this magical time together as you maintain fitness and well-being. Physician's or midwife's approval required before first class.

Baby & Me Yoga JSFC
Journey back into shape with baby at your side. Make new connections and build friendships. Babies are welcome from 6 weeks to walking.

Vinyasa Yoga JSFC
Flowing form of yoga incorporating: sun salutations, breathing techniques and connecting poses to create flow in your practice.

Fit 4U Yin Yoga JSFC
Stretches the connective tissue in the lower body. Poses are passive and are held for several minutes.

Vin/Yin Yoga JSFC
Flowing form of yoga incorporating: sun salutations, breathing techniques and connecting poses to create flow in your practice.

Fit 4U Restorative Yoga JSFC
A passive, meditative practice that moves at a much slower, relaxed, pace giving more time to lengthen tired muscles. Focuses on stretches of the hips, shoulders and back.

Fit 4U Restorative Flow Yoga JSFC BSC
Begins with a slow Vinyasa Flow, then moves into a passive restorative practice.

Fit 4U Sivananda Yoga JSFC
A deeply rejuvenating form of yoga that incorporates flexibility, strength and balance while teaching techniques for heightened breath awareness and relaxation.

Sunrise Yoga JSFC
A Kundalini style class that incorporates breathing, chanting and movement. Start your day feeling comfortable, peaceful and ready for whatever the day holds.

Flexible Strength Through Yoga JSFC
A fitness-style yoga class that continuously stretches and strengthens the body.

Power Vinyasa Yoga JSFC
A challenging practice that produces extraordinary results, this class is about personal discovery as it builds strength and flexibility.

Kundalini Yoga JSFC
Kundalini yoga is the yoga of awareness and consciousness. This dynamic class will heighten your awareness to your breath and how Prana, or life force, can lead you to a committed practice.

Advanced Hatha Vinyasa Yoga JSFC
Cultivate deep awareness to poses, attention to alignment, understanding of breath and bhanda. A true exploration of the mind and body. Intended for the experienced practitioner with a minimum of 1 year of continuous vinyasa practice with little to no physical injury or limitation.

Intro to Ashtanga JSFC
Learn the classical sequence of asanas from which Vinyasa was born.

Yoga Core JSFC
Incorporate challenging poses that engage the Bandhas and fire the core into your yoga practice. With the focus on length, strength and total body toning, you will become flexibly strong and lean.

Yoga for Athletes JSFC
Enhance your performance and physical and mental awareness. Provides a holistic cross-training approach by opening tight muscles and conditioning the core.

Pilates:

Benefits: A method developed over 70 years ago to enhance posture and overall fitness. Learn to move your body from your core powerhouse.

Pilates Mat JSFC

The first 15 minutes of the class starts with Pilates' fundamentals and flows right into the series of Pilates exercises.

Yoga & Pilates Mat JSFC

Techniques and benefits of both disciplines. Yoga will increase flexibility and balance; Pilates increases core strength and lengthens the muscles.

Total Body Pilates BSC

Designed to strengthen and challenge the core as well as increase proper posture and flexibility.

PiYo® JSFC

Challenging, low impact, athletic workout combining dynamic strength training and conditioning with Pilates and yoga-inspired muscle-sculpting exercises and flexibility training all set to current upbeat music. No previous Pilates or yoga experience required!

Pilates for Core JSFC

Props are used to strengthen from the core throughout the whole body.

VOLUNTEER IN FITNESS

Contact Kim at
kim@bendparksandrec.org
or (541) 706-6127

Private & Semi-Private Yoga & Pilates Sessions

The personalized attention you want to help achieve your individual goals.

Fee: \$25/30 minute or \$50/60 minute session.



Tai Chi:

Fit 4U 8 Movement Tai Chi BSC

Slow, circular movements to gently exercise muscles and improve range of motion. Relies on internal awareness to generate a feeling of overall health and vitality.

24 Movement Tai Chi BSC

Further your practice of Tai Chi to improve balance, movement, vitality and well-being.

Water Exercise:

Benefits: Cross train in the water! Water exercise uses the natural buoyancy, support and resistance of water to improve cardio fitness and strengthen and tone muscles with little to no impact on the joints. Classes are great for all levels as everyone can use the water's resistance to work at their own intensity level. No swimming skills needed but you should be comfortable in deep water. Floatation belts provided to keep you upright. Water shoes are recommended.

Fit 4U Water Workout JSFC Deep/Shallow

Total body workout for all ages and fitness levels. Offers cardio, core strength, muscle toning and stretching in a low to non-impact workout that is energizing and fun! Come to either shallow or deep water.

Fit 4U Water Variety JSFC Deep/Shallow

Combination of cardio and water resistance training while traveling from deep to shallow.

Aqua Zumba® JSFC

This fun cardio dance class with Latin vibe takes place in the shallow end of the pool.

Aqua Dance JSFC

Wow! This fun cardio dance class, with motivating music, takes place in the shallow and deep end of the pool. All levels are welcome. Just come and have fun moving with the music.

1 - 2 - 3 HIIT it! JSFC

High intensity interval training in the pool that gives the toughest workout you will ever love!

Water Running Deep JSFC

Run, ski, stride and move against the resistance of the water in this high intensity, interval workout. Each stride will help you become a more effective and efficient runner with zero impact.

Fluid Running™ JSFC

A no-frills, moderate-to-high intensity running workout where you are tethered to a lane line so you can experience dynamic resistance. Note: Not recommended for prenatal students. New students, come early! First 10 minutes is a get started orientation.

Prenatal Water Exercise JSFC

Prenatal participants are welcome in any of the water fitness programs for great exercise! An orientation is required before beginning as well as a doctor's or midwife's approval.

Water provides the freedom and support to help make exercising safe and effective during pregnancy. Water exercises can help you have a more pleasant pregnancy and prepare for labor.



Prenatal/Baby & Me Fitness

Prenatal Fitness JSFC

Fee: Current Full Access Pass or drop-in fee.

If you are expecting, you are welcome to join in any fitness class. Classes are ongoing and you can start any time after you receive a doctor's or midwife's approval.

In addition, there are classes that incorporate specifically designed, gentle-paced cardio with strength and stretching exercises that follow the American Congress of Obstetrics and Gynecology guidelines. Weekly classes in:

PRENATAL YOGA (page 62)

WATER EXERCISE (at left)

Contact our customer service team at (541) 389-7665 if you have questions or to schedule a personalized, pre-class orientation.

WEEKLY CLASSES:

Baby & Me Cycle JSFC

Baby & Me Yoga/Core JSFC

Ages: 6 weeks to walking

Fee: Current Full Access Pass or drop-in fee.

Details available on pages 60 and 62. Weekly schedules online at www.bendparksandrec.org.

Specialized Fitness

Therapeutic Next Step Program JSFC

Safely move beyond physical therapy and take the next step to recovery. Both water and/or land exercise programs can be developed to meet your needs. Our specialists will work with you to build up your body's function after rehab. Through both land and water exercises, those affected by medical considerations can improve fitness, prevent subsequent health complications, and look forward to a better tomorrow.

The following classes require a one-time assessment before starting. Call us at (541) 389-7665 to schedule an appointment.

Fee: \$75

Backhab JSFC

Water provides a great environment to move without pain. Strengthen back muscles and increase mobility through core stabilization and flexibility. A program will be specifically designed for you.

Stroke & Individualized Water Fitness JSFC

Have you completed your physical therapy and want to continue your recovery? Our program will help you make the next step. A program will be specifically designed for you.

Fit 4U Moving to Music: An Arthritis Exercise Program BSC

A lively, fun chair exercise class with upbeat, varied music to help you move more freely and without pain. Designed by the Arthritis Foundation.



Fit 4U Mobility thru Water JSFC

Consists of a series of gentle exercises which focus on improving strength, flexibility, balance, range of motion, and cardiovascular fitness. Friendly, supportive group increases your self-esteem, socialization, and emotional well-being. People who exercise regularly look and feel better. Designed by the Arthritis Foundation, this is a great program for people with arthritis and chronic conditions. Please contact Carolyn at (541) 706-6189 for personalized assistance in finding the right class for you.

Fit 4U Deep/Shallow JSFC

Water provides a safe and effective way to maintain or improve your fitness level without jarring your joints. Fun, active class with your choice of shallow or deep water. Connect with others and make new friends - geared towards 50 plus.

Fit 4U Singing Bowl Meditation BSC NEW

Singing Bowl Meditation is an ancient form of relaxation from Tibet. The tones from the struck or touched, hand-hammered brass bowls help one to relax at a deep level. You simply lie or sit with eyes closed and allow the waves and vibrations of the bowls' sounds to wash over you, deepening the sense of peacefulness and well-being. Bring mat to lie on, pillows for knees and neck and a blanket for warmth.

Specialized Fitness: at Bend Senior Center

Benefits: Focused fitness and wellness classes addressing the specific needs of the adults over 50 and/or those with challenging health conditions.

NOTE: The following classes require registration and are not included with a pass.

Stand Tall - Don't Fall BSC

Ages: 50 & up

As we age a loss of balance can lead to fear of falling which often results in a decrease in quality of life. This multi-faceted, safe program builds new skills to maintain balance and helps to provide the confidence to remain active and healthy throughout our mature years. This class is limited to 30 and designed by certified Arthritis instructors. Prerequisite: Ability to stand unassisted for 15-20 minutes in class.

Fee: \$35 ID \$42 OD / session

Program: 302777

W: 10:00 - 11:00 am

Sessions: 8/31 - 11/2

11/9 - 12/14 (No class 11/23
adj. fee \$20 ID \$24 OD)

Basics Training BSC

All Adults

New to group exercise or returning after a long time? Let's help start your Exercise Engine! This supportive small class (limit to 10 participants) will provide safe and simple movement options where individuals progress at their own pace guided by personal needs and abilities. Appropriate for those able to walk independently.

Fee: \$35 ID \$42 OD / session

Program: 302775

W: 2:00 - 2:50 pm

Sessions: 9/21 - 10/26 11/2 - 12/14



Music, Memory & Mobility

Ages: 50 & up

Bend Senior Center

A relaxed paced, chair exercise class designed for individuals with some cognitive issues including the beginning stages of Alzheimer's or dementia. Class will consist of seated exercises to enhance mobility with fun games and activities to enrich the mind and memory. Caregivers are invited to attend with student at no charge.

Fee: \$35 ID \$42 OD / session

Program: 302977

Th: 11:30 am - 12:15 pm

Session: 10/6 - 27

Tai Chi Workshop NEW

All Adults BSC

An art form that was originated in China about 1122 BC, Tai Chi is the science of working Chi - the energy within the body. Not only does it help to maintain physical health and mental balance, it has been proven to help in the treatment of a number of illnesses (i.e. Parkinson's, stress, chronic pain, high blood pressure, anxiety and depression.) Come learn to incorporate Tai Chi in your daily life.

Fee: \$25 ID \$30 OD

Program: 302978

Sa: 10:30 am - 12:30 pm

Session: 9/24 10/22



make your play

Play is the fountain of youth.

Let's get young at heart. Young in our minds. Let's give the ol' body clocks a turn back or two. It's time to feel like a kid again and have sports in your life. You'll be exercising, making new friends and either learning a new skill or keeping an old one alive. It's rejuvenating. It's invigorating. And when we get out and play sports together, it's simply a kick in the pants.

Be a coach!

Volunteer coaches needed for youth sports.

Contact Kim at (541) 706-6127 for more information.

Basketball Leagues

All Adults

Location to be determined

Hoops! Grab your friends and form a team of five or more players. This is a team sign up only. Teams will play twelve regular season games and will be seeded into a single elimination tournament at the end of the year. Games played on Sundays. For more information call Rich at (541) 706-6126.

Fee: \$695 / team

Season: 11/6 - 3/12

Registration Deadline: 10/18

Program: 303450 - Women 18 & up

303451 - Men 18 & up

303452 - Men 35 & up

303453 - Men 50 & up





Adult Ice Sports & Skating

Adult Hockey League

All Adults

Join BPRD's Hockey League! Teams will enjoy our beautiful ice rink while playing twelve regular season games with game nights varying throughout the season. Teams will be seeded for the playoffs with league championships in March. Individuals who register will be drafted onto teams. Players must provide their own gear. For information, call Kevin at (541) 706-6196.

Registration deadline: 11/4 or until full

Fee: \$270 ID \$324 OD / season
Program: 310320

M - Th: Evenings

Season: 11/28 - 3/23

Adult Learn To Play Hockey NEW

Ages: 15 & up

Here's your chance to learn to play hockey! Discover your inner Gretzky in our program specifically designed to introduce adults with little or no skating and/or hockey experience to the sport. You'll develop the fundamentals of the game, promote physical fitness and, above all else, have fun. Rental skates provided. Equipment requirements include: athletic support, shin pads, hockey pants, elbow pads, helmet, gloves and stick.

Fee: \$84 ID \$100 OD / session
Program: 310321

F: 9:15 - 10:30 pm

Seasons: 12/2 - 1/27
(Registration opens 8/8)
2/3 - 3/17
(Registration opens 12/12)

Curling League

All Adults

Open to curlers of all experience (or inexperience) levels, this league gives players the chance to learn and hone their skills. Games are played once a week and all equipment provided. Space is limited, so register your team of four early!

Registration deadline: 11/4 or until full

Fee: \$400 per team

Program: 310331

Su: Late afternoon - Evenings

Seasons: 11/27 - 1/22
(Registration opens 8/8)
1/29 - 3/12
(Registration opens 12/12)

Adult Learn to Skate: Level 1

Ages: 16 & up

Come learn how to skate! Discover or re-discover your ice feet as you learn how to glide and develop your stroke. Practice balance, edgework and advance in your technique through skills and drills.

Fee: \$60 ID \$72 OD / session

Program: 310105

Day: Time: Session:

Tu: 5:40 - 6:15 pm 11/29 - 1/10

Sa: 9:00 - 9:35 am 12/3 - 1/14

Adult Learn to Skate: Level 2

Ages: 16 & up

Build your confidence on the ice! Advance in your skating skills as we continue to learn proper technique for stroking, balance and edgework.

Fee: \$60 ID \$72 OD / session

Program: 310110

Day: Time: Session:

Tu: 5:40 - 6:15 pm 11/29 - 1/10

Sa: 9:00 - 9:35 am 12/3 - 1/14



Off-the-Ice Conditioning NEW

Ages: 16 & up

Improve your skating skills with off-ice training techniques. Learn stretches, drills and exercises to build strength and endurance on the ice.

Fee: \$35 ID \$42 OD / session

Program: 310108

W: 8:00 - 8:45 am

Session: 11/30 - 12/14

SEASON TWO: WINTER-SPRING 2017 OFFERINGS

Registration Opens December 12, 2016

Make plans for the second season of:

ADULT LEARN TO PLAY HOCKEY

CURLING LEAGUE

ADULT LEARN TO SKATE

Martial Arts

Women Only Kickboxing

Ages: 13 & up

Smith Martial Arts

Kick and punch your way into tip top shape with this fun, energetic, women-only class featuring mitt/bag drills, bodyweight exercises, resistance training and kickboxing technique, as well as a self-defense application in every class.

Fee: \$90 ID \$108 OD / session

Program: 302305

Tu/Th: 5:30 - 6:15 pm

Session: 9/6 - 29 10/4 - 27

11/1 - 29 (no class 11/24)

Beginning Epee Fencing

All Adults

High Desert Fencing

Join us as we learn Olympic style epee fencing! Bring together your body and mind in this fun and exciting game of physical chess. We will cover footwork, blade work and tactics so you can challenge both your opponent and yourself. All fencing equipment is provided. Wear a t-shirt, sneakers and athletic pants (no shorts). US Fencing annual membership \$10 fee due at first class. Instructor: Jeff Ellington

Fee: \$85 ID \$102 OD / session

Program: 302187

W: 5:30 - 7:00 pm

Session: 9/28 - 11/16

Adapted Sports

Wheelchair Basketball

Ages: 14 & up

Ensworth Elementary

If you have limiting mobility or use a wheelchair and are looking for an opportunity for recreation, join us for wheelchair basketball.

Fee: \$3 ID \$3 OD / session

Program: 304611

M: 6:00 - 8:00 pm

Session: 9/19 - 12/12

Adaptive Equipment

Bend Park & Recreation has adaptive equipment for people with physical disabilities. An adaptive golf cart, sports wheelchairs, adult hand-cycles and two child hand-cycles are available. If you are interested in using this equipment or renting it for an outing with friends and family, please call (541) 706-6121.



**13TH ANNUAL
BEND PARK & RECREATION FOUNDATION
Gopher Broke
SCRAMBLE**

**SUPPORTING RECREATION SCHOLARSHIPS
FOR CHILDREN & FAMILIES**

**FRIDAY
SEPT. 30, 2016**

**12:30 PM
SHOTGUN START
BEND GOLF & COUNTRY CLUB**

Register now. Tournament fills fast!

Teams of 4 and individuals welcome.
\$150 player fee includes:
18 fabulous holes of golf with cart • Great food &
beverage on the course • Outstanding prizes & awards.

Registration form available online at
www.bendparksandrec.org/info/foundation
or call 541-706-6127.

THANKS TO:   

For more information, call (541) 389-7275 • bendparksandrec.org • Location and park lists on pages 99 - 103

ID = In-District Resident Fee • OD = Out-of-District Fee •  = visit our website for other choices of days/times



With Inclusion, Everybody Benefits!

If you or your child has a disability and are interested in participating in a general program, we will help make it happen. When people with disabilities participate in general programs EVERYBODY benefits! To ensure successful inclusion, we encourage you to check the box on the registration form that says “check here if you

want an assessment team to contact you about disability accommodations.” Someone from the Therapeutic Recreation Department will contact you to discuss what we can do to make your experience a success!

*The only disability
in life is
a bad attitude.
~ Scott Hamilton*

Youth Therapeutic Recreation

Kids Overnight NEW at Pavilion

Ages: 8 - 14

The Pavilion

Join us for our first kid's overnight extravaganza! Kids will enjoy games, crafts, a cookout and a scrumptious breakfast after spending the night at the Pavilion.

Fee: \$60 ID \$72 OD / session

Program: 304987

F/Sa: 6:30 - 11:00 am

Session: 9/16 - 17

Lend a Hand!

Volunteer with Therapeutic & Adaptive Recreation programs.

Contact Kim at (541) 706-6127 for more information.

Kids Adventure Days

Ages: 6 - 13

Harmon Park

Summer might be over, but the adventures are not! Join us for a morning full of adventure exploring all that Central Oregon has to offer.

Fee: \$35 ID \$42 OD / session

Program: 304241

Sa: 9:30 am - 1:00 pm

Sessions: 10/1 11/12
12/10

Kids NEW Swimming Night

Ages: 6 - 13

Harmon Park

Splish, Splash! Come enjoy a night at the pool with all your friends!

Fee: \$12 ID \$15 OD / session

Program: 304677

F: 6:30 - 8:30 pm

Session: 10/21

Kids Holiday Movie Night

Ages: 6 - 13

Harmon Park

Join us as we enjoy an evening eating popcorn and seeing a holiday movie. Time subject to change based on movie times.

Fee: \$15 ID \$18 OD / session

Program: 304668

F: 6:30 - 8:30 pm

Session: 12/9

Teen Adventure Club

Ages: 14 - 21

Harmon Park

Looking for an exciting and active afternoon of adventure and fun with your friends? Come enjoy games, field trips around Central Oregon, community events and much more. This program is for teens with disabilities. If your teen requires one-on-one assistance, please inform us at least one week prior to the beginning of the program.

Fee: \$35 ID \$42 OD / session

Program: 304513

Sa: 1:30 - 5:00 pm

Sessions: 10/1, 11/12, 12/10

Adult Therapeutic Recreation

Hang Time

Ages: 18 & up

Norton Avenue Apartments

From arts and crafts to playing games or movie night, there will be plenty of fun for everyone. On Friday nights, come one, come all, we guarantee you'll have a ball!

Fee: \$30 ID \$36 OD / session

Program: 304650

F: 6:00 - 7:30 pm

Sessions: 9/30, 10/14, 11/11

Saturday Club

Ages: 16 & up

Norton Avenue Apartments

Make some wonderful memories with great friends at Saturday Club as we explore the vast recreational opportunities in and around central Oregon.

Fee: \$75 ID \$90 OD / session

Program: 304270

Sa: 1:00 - 4:00 pm

Session 1: 10/8, 10/22, 11/5

Session 2: 10/15, 10/29, 11/19



Howlin' Halloween Dance

Ages: 16 & up

Hollinshead Barn

Are you ready for a howlin' good time? Dress up in your favorite Halloween costume and get ready to dance the night away. The evening will begin with a delicious dinner and end with a costume contest.

Fee: \$25 ID \$30 OD / session

Program: 304220

F: 6:00 - 9:00 pm

Session: 10/28

Night at the Pool

Ages: 16 & up

Norton Avenue Apartments

Make a Splash! We will enjoy an evening of open swim and games at Juniper Swim & Fitness Center followed by an ice cream social.

Fee: \$20 ID \$24 OD / session

Program: 304589

F: 6:00 - 8:30 pm

Session: 11/4



Christmas Parade

Ages: 14 & up

Norton Avenue Apartments

Join your friends for a day of singing, laughing, and hot cocoa at Bend's annual Christmas Parade. Don't miss the boat- sign up to be on the float!

Fee: \$25 ID \$30 OD / session

Program: 304210

Sa: 10:30 am - 2:00 pm

Session: 12/3

Dinner & A Movie

Ages: 18 & up

Norton Avenue Apartments

Join us as we enjoy an evening eating at a local restaurant and seeing a holiday movie. Time subject to change based on movie times.

Fee: \$50 ID \$60 OD / session

Program: 304555

F: 3:30 - 8:00 pm

Session: 12/16

Arts & Crafts

Creative Fridays

Ages: 14 & up

Bend Senior Center

Come express yourself through a variety of fun and creative activities. Learn new skills while enjoying time with friends. Activities may include painting, drawing, crafts, and more.

Fee: \$45 ID \$54 OD / session

Program: 304170

F: 4:30 - 6:00 pm

Sessions: 9/30, 10/14, 11/11

Payment Assistance

1) The "Fun with Friends" Plan:

This plan has been developed exclusively for Therapeutic Recreation participants. For those who want to participate in several programs, the cost of paying for them all at once can be overwhelming. To make it easier, we allow you to secure your spot on the roster while paying a fixed rate every month. To qualify you must:

- Sign up for AT LEAST four different program sessions.
- Take the total fee and divide by five months. Pay that fee by the 5th of each month.
- If you do not pay the monthly fee, you will forfeit your spot in the program and it will be given to someone on the wait list.
- You must write "Attention Cheryl" on registration and all pay plan checks.
- If you need assistance or have any questions, please call Cheryl at (541) 706-6121.

2) Third Party Payees: We accept payment from the following third party payees:

- Deschutes County Mental Health
- Central Oregon Resources for Independent Living
- Bend-La Pine Schools

If a third party is paying for your programs, your registration must be accompanied by a letter from the third party payee stating the amount that is authorized to be billed.

3) Needs Based Assistance: Needs based assistance is available to cover a percentage of program fees for those who qualify. See page 21 for details.

Beginning Sewing

Ages: 14 & up

Transition Co-Op

Learn simple sewing techniques while producing wall hangings, pillow cases, and other fun projects.

Fee: \$50 ID \$60 OD / session

Program: 304598

W: 6:30 - 8:00 pm

Session: 9/7 - 28



Art Exploration

Ages: 14 & up

Transition Co-Op

Explore various art techniques including pottery, painting, metal art, holiday crafts and more.

Fee: \$100 ID \$120 OD / session

Program: 304689

W: 6:30 - 8:00 pm

Session: 10/5 - 11/16

Cooking

I'm Stuffed NEW

Ages: 14 & up

Transition Co-Op

Join us as we learn how to make appetizing meals stuffed with delicious goodness. Meals may include stuffed pasta, burrito's, french toast and more.

Fee: \$60 ID \$72 OD / session

Program: 304123

W: 4:30 - 6:30 pm

Session: 9/7 - 28

Everything Pasta NEW

Ages: 14 & up

Transition Co-Op

Let's take a tour of Italy and all the pasta dishes that made it famous!

Fee: \$125 ID \$150 OD / session

Program: 304134

W: 4:30 - 6:30 pm

Session: 10/5 - 11/16

Holiday Specialties

Ages: 14 & up

Transition Co-Op

We will make your favorite foods for the holiday season.

Fee: \$30 ID \$36 OD / session

Program: 304588

W: 4:00 - 7:00 pm

Sessions: 12/7 - Cooking

12/14 - Baking

Adaptive Equipment

Bend Park & Recreation has adaptive equipment for people with physical disabilities. An adaptive golf cart, sports wheelchairs, adult hand-cycles and two child hand-cycles are available. If you are interested in using this equipment or renting it for an outing with friends and family, please call (541) 706-6121.

Fitness & Sports

Zumba

Ages: 14 & up

Norton Avenue Apartments

Get ready to shake, shimmy and salsa your way to a healthier you! Dance to an energetic blend of popular music. This class is an easy way to work out on your own or with some friends!

Fee: \$50 ID \$60 OD / session

Program: 304191

Tu: 4:30 - 5:45 pm

Sessions: 9/6 - 27 (Adj. Fee \$30 ID \$36 OD)

10/4 - 11/15

Get Fit

Ages: 14 & up

Norton Avenue Apartments

Be challenged to reach your personal fitness goals and to live a healthier lifestyle. We'll use a variety of training methods to increase your strength, flexibility, and endurance including swimming, circuit training and weight lifting.

Fee: \$90 ID \$108 OD / session

Program: 304290

Tu/Th: 6:00 - 7:30 pm

Sessions: 9/6 - 27 (Adj. Fee \$65 ID \$78 OD)

10/4 - 11/15

Sports Spectacular

Ages: 14 & up

Norton Avenue Apartments

Are you a sports fan and ready to try new activities? Join us as we try out a new sport each week. Sports may include: basketball, kickball, bocce ball, horseshoes, rock climbing, pickle ball, croquet, badminton or floor hockey.

Fee: \$60 ID \$72 OD / session

Program: 304560

Th: 4:15 - 6:00 pm

Session: 9/8 - 29



Walking & Jogging Club NEW

Ages: 14 & up

Norton Avenue Apartments

Grab your walking shoes and join us for fitness walks and/or jogs around the park trails.

Fee: \$40 ID \$48 OD / session

Program: 304651

Th: 4:15 - 5:45 pm

Session: 10/6 - 27

Beginning Ice Skating Lessons NEW

Ages: 18 & up

Norton Avenue Apartments

Let's skate! Learn the basics of ice skating at The Pavilion.

Fee: \$55 ID \$66 OD / session

Program: 304599

Tu/Th: 5:00 - 6:30 pm

Session: 12/6 - 15

Adapted Sports

Wheelchair Basketball

Ages: 14 & up

Ensworth Elementary

If you have limiting mobility or use a wheelchair and are looking for an opportunity for recreation, join us for wheelchair basketball.

Fee: \$3 ID \$3 OD / session

Program: 304611

M: 6:00 - 8:00 pm

Session: 9/19 - 12/12

SCIENCE
&
LEARNING
CLASSES
.....
PAGE 72

born to play

Discovery through play.

Play is the language of childhood. We provide exciting, enriched play experiences for young children that tickle their imaginations, encourage curiosity and allow for self expression.

Busy Buddies Preschool

Includes weekly swim lessons & yoga!

Ages: 3 - 5

Juniper Swim & Fitness Center

Busy Buddies Preschool is designed to encourage the development of social skills and positive self-esteem through a variety of fun, creative and healthy activities. In a small group setting, children will enjoy arts and crafts, circle time, dramatic play and more. Educational concepts are introduced such as numbers, letters, phonics and more.

Note: No prior swimming experience necessary. Children must be potty-trained.

Monthly Fee:

2 days/week: \$158 ID \$189 OD

(payment is due by the 5th of each month.)

Registration fee: \$20 non-refundable registration fee is due at the time of enrollment.

Program: 205601

M/W: 1:15 - 4:00 pm

- or -

Tu/Th: 1:15 - 4:00 pm

Dates: Sept. 12 - June 15

Arts & Crafts

Playing In the Mud

NEW

Ages: 4 - 5

Harmon Park, Hobby Hut

Join local artist Diane Burns as we play in the mud and create pottery projects. We will craft silly creatures, plates and bowls, and a one of a kind keepsake. Each project is sure to please even the youngest of artist! Different projects each session. Bring a healthy snack for break.

Fee: \$85 ID \$102 OD / session

Program: 306105

W: 9:30 - 10:30 am

Sessions: 9/14 - 10/12

11/9 - 12/14 (no class 11/23)

More programs for little guys and gals at:

Youth Swimming, pages 35 - 38

Youth Sports, pages 88 - 97



Book SmART NEW

Ages: 4 - 5

Art Station

Art and literacy - a winning combination! Books will be read aloud and linked to each art project for skill development in both visual and literary arts. Children will participate with paint, draw, glue, cut and sculpt through play-based activities. Projects vary each session.

Fee: \$83 ID \$100 OD / session

Program: 306500

F: 10:30 am - 12:30 pm

Session: 9/16 - 10/21 (no class 10/7)

Art StART NEW

Ages: 2 - 3 with adult partner

Art Station

Art StART is a play-based learning experience. Experimentation is encouraged and making a mess is part of the joy of painting, drawing and sculpting. Small classes allow children to strengthen their social skills in a nurturing setting. Projects vary each session. An adult partner must accompany each child.

Fee: \$65 ID \$78 OD / session

Program: 306501

F: 9:00 - 10:00 am

Session: 9/16 - 10/21 (no class 10/7)

Science & Learning

Butterflies Take Flight NEW

Ages: 3 - 5

Harmon Park, Hobby Hut

Help us raise butterflies! Watch week-by-week as caterpillars grow, weave a chrysalis and emerge as beautiful butterflies. We will explore the world of butterflies by planting seeds for a butterfly garden and making butterfly crafts.

Fee: \$30 ID \$36 OD / session

Program: 306002

Tu: 10:00 - 11:00 am

Session: 9/13 - 27

Preschool: I Spy NEW

Ages: 3 - 5

Harmon Park, Hobby Hut

I spy with my little eyes a fish! A tree! Something that starts with the sound "B." Join us for a fun preschool hour as we play I Spy games and activities and go on nature scavenger hunts throughout the park to expand our way of seeing.

Fee: \$30 ID \$36 OD / session

Program: 306003

Tu: 10:00 - 11:00 am

Session: 10/4 - 18

Lego Still Life

Ages: 4 - 6

Harmon Park, Hobby Hut

Kids will build a Lego masterpiece and document their design! We will spend the first part of this workshop as architects and builders, and the latter as artists capturing our creations with a fun crayon and watercolor resist-painting technique.

Fee: \$20 ID \$24 OD / session

Program: 306001

F: 10:00 - 11:15 am

Sessions: 10/14 11/18



Little Medical School

Ages: 3 - 5

Harmon Park, Hobby Hut

Little Medical School brings medicine, science and the importance of health to children in a fun way. Lessons include "What's in the doctor's bag?," "All about the heart," and more!

Fee: \$50 ID \$60 OD / session

Program: 306051

W: 11:00 - 11:45 am

Sessions: 9/14 - 10/5 10/26 - 11/16

Dance

Born to Dance

Ages: 2.5 - 4

Academie De Ballet Classique

This class will help develop motor and coordination skills as well as rhythm through the use of props and imaginative movement. Join us for this great time of fostering creativity, emotional development and group interaction.

Fee: \$68 ID \$82 OD / session

Program: 306249

M: 3:45 - 4:15 pm

Sessions: 9/19 - 10/24

11/7 - 12/19 (no class 11/21)

Tu: 10:00 - 10:30 am

Sessions: 9/13 - 10/25

11/1 - 12/20 (no class 11/22)

Come Dance With Me!

Ages: 3 - 5

Academie De Ballet Classique

This pre-ballet class is sure to inspire the tiniest of dancers to fly, spin and prance while introducing basic elements of ballet. Your little dancer will travel through a fantasy-based curriculum using ballet terminology and natural movement such as skipping and jumping.

Fee: \$58 ID \$70 OD / session

Program: 306246

M: 12:00 - 12:30 pm

Sessions: 9/19 - 10/24

11/7 - 12/19 (no class 11/21)

Playdance

Ages: 3 - 5

Academie De Ballet Classique

In this introduction to creative movement, activities include large jumps, pre-ballet and jazz. Dancers learn about spatial awareness, working with partners and how to celebrate the joy of dance. Relaxed, casual dress code.

Fee: \$96 ID \$116 OD / session

Program: 306247

Th: 11:00 - 11:45 am

Sessions: 9/8 - 10/27

11/3 - 12/22 (no class 11/24)

Fantasy Ballet

Ages: 4 - 7

Academie De Ballet Classique

Using imagination and creative dance exercises, little ones can dance away with fantasy ballet! Dress in ballet or dance attire with ballet socks and shoes.

Fee: \$84 ID \$101 OD / session

Program: 306244

M: 6:00 - 6:45 pm

Sessions: 9/19 - 10/31 11/7 - 12/19

Ballet for Little Swans

Ages: 4 - 7

Academie De Ballet Classique

We'll do fantasy-inspired class activities to spark the littlest dancers' imaginations. Dress in ballet or dance attire with ballet socks and shoes.

Fee: \$104 ID \$125 OD / session

Program: 306245

Sa: 2:30 - 3:30 pm

Sessions: 9/17 - 10/29 11/5 - 12/17

Martial Arts

Lil' Dragons

Ages: 3 - 5

Odyssey Martial Arts

Beginning with the very basics of Tang Soo Do Karate, this class helps children learn discipline, self-control, confidence and teamwork as well as develop motor skills. Uniform included.

Fee: \$59 ID \$71 OD / session

Program: 306154

M - Th: 4:15 - 4:45 pm

Session: 12/5 - 15

M/W: 4:15 - 4:45 pm

Sessions: 10/3 - 26 11/2 - 30

1/4 - 1/30 (no class 11/23)

Tu/Th: 4:15 - 4:45 pm

Sessions: 10/4 - 27 11/1 - 29

1/5 - 31 (no class 11/24)

Kindermusik

Laugh & Learn

Ages: 3 - 4

Cascade School of Music

Each week in class we combine your preschooler's natural love of music, storytelling, and imaginative play with age-appropriate activities that introduce early music concepts and foster independence, social and emotional skills, language growth, and self-control.

Fee: \$75 ID \$90 OD / session

Program: 306164

Th: 3:00 - 3:45 pm

Session: 9/22 - 10/13

F: 10:45 - 11:30 am

Session: 9/23 - 10/14

Wiggle & Grow

Ages: 2 - 3

Cascade School of Music

Your child will love singing, dancing and playing instruments with you and her new friends! You'll love helping your child develop gross and fine motor skills, turn-taking, social skills and active listening.

Fee: \$75 ID \$90 OD / session

Program: 306165

M: 10:45 - 11:30 am

Session: 9/19 - 10/10

W: 10:45 - 11:30 am

Session: 9/21 - 10/12

Th: 10:45 - 11:30 am

Session: 9/22 - 10/13

F: 9:30 - 10:15 am

Session: 9/23 - 10/14



Cuddle & Bounce

Ages: Birth - 12 Months

Cascade School of Music

With age-appropriate activities for newborns, infants and crawlers, this parent-child music and movement class will help you strengthen early parent-child bonds, understand your baby's development, and enhance communication between the two of you. You'll both enjoy instrument play and dance as well as exploration and together time.

Fee: \$75 ID \$90 OD / session

Program: 306161

W: 9:30 - 10:15 am

Session: 9/21 - 10/12

Family Class

Ages: 12 Months - 4 Years

Cascade School of Music

Bringing children of all ages together provides a dynamic and integrated learning experience for everyone. We have rolled favorite Kindermusik songs and activities into a fun, family class where each child is welcomed and valued while family "together time" is celebrated and cherished.

Fee: \$75 ID \$90 OD / session per child with parent

Program: 306162

M: 3:00 - 3:45 pm

Session: 9/19 - 10/10

Tu: 10:45 - 11:30 am

Session: 9/20 - 10/11

Sing & Play

Ages: 12 Months - 2 Years

Cascade School of Music

Get ready to sing, play and move with your little one in this high-energy music class that is just right for children two and under. We will focus on your child's beginning sounds and movements, helping to build the muscles necessary to stand and walk as well as vocal skills for early speaking and singing.

Fee: \$75 ID \$90 OD / session

Program: 306163

M: 9:30 - 10:15 am

Session: 9/19 - 10/10

Tu: 9:30 - 10:15 am

Session: 9/20 - 10/11

Th: 9:30 - 10:15 am

Session: 9/22 - 10/13

Move & Groove

Ages: 4 - 5

Cascade School of Music

We engage your child in music and movement activities that also promote language, social and emotional skills, early math and literacy, physical coordination, creativity, and more. Plus, your child will learn basic music vocabulary and notation, all setting the stage for future success in school and music.

Fee: \$75 ID \$90 OD / session

Program: 306527

Tu: 3:00 - 3:45 pm

Session: 9/20 - 10/11



DISCOVERY!
EXPLORATION!
ADVENTURE!

Nature Arts and Crafts
Wilderness Survival Skills
Stream Exploration • Storytime
Live Birds and Reptiles
Junior Ranger Programs
Games • Food Carts
plus much more!

GEAR FIX
OUTDOOR RECREATION ZONE
with Canoeing • Fly Casting
Practice • Archery • Bike Rodeo

Learn more at
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The Children's Forest
of Central Oregon presents...

**Discover
Nature
Festival**



**SATURDAY
SEPTEMBER 24
11 am - 3 pm**

**RIVERBEND PARK
BEND, OR**

IN PARTNERSHIP WITH




Bring the whole family out for a **FREE** fun day of outdoor activities!

THANK YOU TO OUR SPONSORS!



Before & Afterschool Programs

KIDS INC.

bend park & recreation district

Grades: K - 5

WHY KIDS INC?

CONVENIENT: Great program for working parents with convenient locations at several elementary schools.

HEALTHY LIFESTYLE: Active games and play promote movement and fitness. Daily healthy snacks are offered every afternoon.

TEAMWORK: Opportunities for socialization, leadership and confidence through cooperative games and group activities.

SKILL BUILDING: Creative, theme-based enrichment activities that challenge the children and encourage problem solving.

PROFESSIONAL STAFF: Dedicated to the care and safety of your child. Staff are engaged and interacting with participants while being good role models and mentors. All staff are trained in youth development, CPR/first aid and receive background checks.

School Locations:

AMITY CREEK (am only)

BEAR CREEK

BUCKINGHAM

ELK MEADOW

ENSWORTH

HIGH LAKES

HIGHLAND

JEWELL

JUNIPER

LAVA RIDGE

MILLER

PINE RIDGE

PONDEROSA

SILVER RAIL



**REGISTER NOW FOR
THE 2016 - 17 SCHOOL YEAR**

REGISTRATION FEE:

**\$20 AM / \$20 PM per child
for each program - Non-refundable**

MONTHLY FEES:

AM Fee: \$59/month

PM Fee: \$139/month

AM and PM fee is a single price regardless of number of days used.

FOR MORE INFORMATION: Call (541) 389-7275.

REC ZONE

Grades: K - 5

School
Locations:
HIGH LAKES
HIGHLAND
MILLER

Features opportunities for self-guided physical activity, socialization and play time under the supervision of staff.

Note: This is a drop-in program, we will not notify you if your child does not arrive at program. Kids who attend will be required to sign in and be signed out upon pickup.

HOURS OF OPERATION:

M/T/Th/F: 3:30 - 4:30 pm

(no program Wednesday afternoon)

**REGISTER NOW FOR
THE 2016 - 17 SCHOOL YEAR**

REGISTRATION FEE:

\$20 per child - Non-refundable

MONTHLY FEES: \$35/month

FOR MORE INFORMATION: Call (541) 389-7275.

ENRICHMENT WEDNESDAYS

At Your School:

Early Release Wednesdays:

2:00 - 3:30 pm

Fee: \$60 ID \$72 OD / session

Session: 9/14 - 10/19
(10/19: 11:45 am - 1:30 pm, early dismissal)

Fee: \$70 ID \$84 OD / session

Session: 10/26 - 12/14 (no class 11/23)
1/4 - 2/15

BEAR CREEK ELEMENTARY

All Programs: 406601

Fun Science Projects

Grades: K - 5

Session: 9/14 - 10/19

Cook with the sun! Build rockets! Land on Mars! Perform safe and fun science experiments and other hands-on science activities to explore the world around you and discover how things work.

Theatre with Miss Lovely

NEW

Grades: K - 5

Session: 9/14 - 10/19

10/26 - 12/14 (no class 11/23)

1/4 - 2/15

Explore fun games of improvisation, pantomime, voice and diction, character development and stage direction. A performance of skits or a short play for family and friends will be held on the last Wednesday of each session to showcase the kids' talents. New scripts will be done each session.

Awesome Animal Art

Grades: K - 5

Session: 10/26 - 12/14 (no class 11/23)

Create amazing mixed medium animal paintings using watercolors, tempera, pastels and collage.

Quidditch

NEW

Grades: K - 5

Session: 1/4 - 2/15

Mount your broomsticks, please! The rules of the game will be explained, and then we will blast off on an epic adventure of seekers, chasers and the golden snitch.

BUCKINGHAM ELEMENTARY

All Programs: 406602

French Immersion

Grades: 3 - 5

Session: 9/14 - 10/19

Oui! Oui! Children receive a natural introduction to French language and culture with fun activities and vocabulary building. Voila!

Martial Arts

Grades: K - 5

Session: 9/14 - 10/19

Learn the basics of Bushido Kai Karate with mind-engaging exercises and games to help students learn new karate techniques, self-defense movements and Japanese terms.

Volunteer with kids!

Contact Kim at (541) 706-6127
for more information.



Fun Science Projects

Grades: K - 5

Session: 10/26 - 12/14 (no class 11/23)

Cook with the sun! Build rockets! Land on Mars! Perform safe and fun science experiments and other hands-on science activities to explore the world around you and discover how things work.

Double Dutch Jump Rope

Grades: K - 5

Session: 1/4 - 2/15

"Peel a banana upside down - See if you can touch the ground!" Learn the basics of group jump rope, double-dutch and skipping rhymes in this energizing class!

ELK MEADOW ELEMENTARY

All Programs: 406603

Mixed Martial Arts

Grades: K - 5

Session: 9/14 - 10/19

Kids learn mixed martial arts training techniques such as clinch work, mitt drills and calisthenics through fun games and workouts.

Kapow Comics

Grades: K - 5

Session: 10/26 - 12/14 (no class 11/23)

KAPOW! Kids can now learn the elements of creative writing and illustration using comic book styles. Students use story structure and illustration fundamentals to produce and showcase their own short stories.

Fun Science Projects

Grades: K - 5

Session: 1/4 - 2/15

Cook with the sun! Build rockets! Land on Mars! Perform safe and fun science experiments and other hands-on science activities to explore the world around you and discover how things work.

ENSWORTH ELEMENTARY

All Programs: 406604

Fun, Funky, Fresh Dance

Grades: K - 5

Session: 9/14 - 10/19

An amazing way to get some energy out by moving and grooving to music, expressing one's self through dance. We will also integrate dance games: limbo, freeze dance, dance teacher and more!

Sportsters

Grades: K - 5

Session: 10/26 - 12/14 (no class 11/23)

Calling all kids! Join us for gym games, flag tag, high energy play and end the session with a mini field day.

Awesome Animal Art

Grades: K - 5

Session: 1/4 - 2/15

Create amazing mixed medium animal paintings using watercolors, tempera, pastels and collage.

Early Release Wednesdays: 2:00 – 3:30 pm

Fee: \$60 ID \$72 OD / Session 9/14 - 10/19 (10/19: 11:45 am - 1:30 pm, early dismissal), 10/26 - 12/14 (no program 11/23) • Fee: \$70 ID \$84 OD / Session: 1/4 - 2/15

HIGH LAKES ELEMENTARY

All Programs: 406605

Spanish Immersion

Grades: K - 5

Session: 9/14 - 10/19

Hola! Children receive a natural introduction to Spanish language and culture with fun activities and vocabulary building.

Creative NEW Computer Coding

Grades: 3 - 5

Session: 9/14 - 10/19

We will be storyboarding, brainstorming and discussing how to bring our ideas to life on screen. We will be using iPad-based visual programming languages designed for kids to make animations, stories, games, program bots and other interactive projects.

Hoop Dance NEW

Grades: K - 5

Session: 10/26 - 12/14 (no class 11/23)

Hoop dancing is a creative way to express yourself, get your body moving and make friends. Learn the basics of on and off the body hooping, a series of tricks and isolations and finding your hoop flow. The last day of the program, we'll perform a choreographed dance to show off our new skills. Great for girls and boys!

Fun, Funky, Fresh Dance

Grades: K - 5

Session: 10/26 - 12/14 (no class 11/23)

An amazing way to get some energy out by moving and grooving to music, expressing one's self through dance. We will also integrate dance games: limbo, freeze dance, dance teacher and more!



Super Squad NEW

Grades: K - 5

Session: 1/4 - 2/15

Join the Super Squad and create costumes of your favorite super hero or form your own. During your super hero training we'll make super hero training cards, power rings, wrist communicators, masks and more!

HIGHLAND ELEMENTARY

All Programs: 406606

Sportsters

Grades: K - 5

Session: 9/14 - 10/19

Calling all kids! Join us for gym games, flag tag, high energy play and end the session with a mini field day.

Kapow Comics

Grades: K - 5

Session: 9/14 - 10/19

KAPOW! Kids can now learn the elements of creative writing and illustration using comic book styles. Students use story structure and illustration fundamentals to produce and showcase their own short stories.

French Immersion

Grades: 3 - 5

Session: 10/26 - 12/14 (no class 11/23)

Oui! Oui! Children receive a natural introduction to French language and culture with fun activities and vocabulary building. Voila!

Nature Discovery NEW

Grades: K - 5

Session: 10/26 - 12/14 (no class 11/23)

It's a big world out there with so much nature to explore! Join Sunriver Nature Center staff and discover creepy crawlies, feathered friends, pond creatures and more!!

French Immersion

Grades: K - 2

Sessions: 1/4 - 2/15

Oui! Oui! Children receive a natural introduction to French language and culture with fun activities and vocabulary building. Voila!

Cascade WILDS

Grades: 1 - 5

Session: 1/4 - 2/15

Get outside with us as we follow the trails of our ancestors and explore ways they survived. We will build shelters, craft primitive tools, play games, camouflage with our surroundings and discover what's possible!

ENRICHMENT

WEDNESDAYS

JEWELL ELEMENTARY

All Programs: 406607

Art Around the World

Grades: K - 5

Session: 9/14 - 10/19

Build a global visual vocabulary as we "travel" around the world each week. You will explore different styles and techniques while making everything from West African fabric prints to Japanese fish kites. Bon voyage!

Homemade Holidays NEW

Grades: K - 5

Session: 10/26 - 12/14 (no class 11/23)

Make your very own holiday gifts in this hands-on class. We will focus on a different medium each week-from paper to yarn to clay-to create unique keepsakes for your loved ones. While crafting everything from ornaments to bookmarks, we'll hone creative skills and discover the joy inherent in making and giving!

The Art of Science NEW

Grades: K - 5

Session: 1/4 - 2/15

Using everyday ingredients, nature and creativity, young children will have the opportunity of seeing science turn into masterpieces they can take home.

YOUTH ACTIVITIES



Early Release Wednesdays: 2:00 – 3:30 pm

Fee: \$60 ID \$72 OD / Session 9/14 - 10/19 (10/19: 11:45 am - 1:30 pm, early dismissal), 10/26 - 12/14 (no program 11/23) • Fee: \$70 ID \$84 OD / Session: 1/4 - 2/15

JUNIPER ELEMENTARY

All Programs: 406608

Hoop Dance NEW

Grades: K - 5

Session: 9/14 - 10/19

Hoop dancing is a creative way to express yourself, get your body moving and make friends. Learn the basics of on and off the body hooping, a series of tricks and isolations and finding your hoop flow. The last day of the program, we'll perform a choreographed dance to show off our new skills. Great for girls and boys!

Quidditch NEW

Grades: K - 5

Session: 10/26 - 12/14 (no class 11/23)

Mount your broomsticks, please! The rules of the game will be explained, and then we will blast off on an epic adventure of seekers, chasers and the golden snitch.

Nature Discovery NEW

Grades: K - 5

Session: 1/4 - 2/15

It's a big world out there with so much nature to explore! Join Sunriver Nature Center staff and discover creepy crawlies, feathered friends, pond creatures and more!

LAVA RIDGE ELEMENTARY

All Programs: 406609

Awesome Animal Art

Grades: K - 5

Session: 9/14 - 10/19

Create amazing mixed medium animal paintings using watercolors, tempera, pastels and collage

Martial Arts

Grades: K - 5

Session: 10/26 - 12/14 (no class 11/23)

Learn the basics of Bushido Kai Karate with mind-engaging exercises and games to help students learn new karate techniques, self-defense movements and Japanese terms.

Sportsters

Grades: K - 5

Session: 1/4 - 2/15

Calling all kids! Join us for gym games, flag tag, high energy play and end the session with a mini field day.

MILLER ELEMENTARY

All Programs: 406610

Creation Station

Grades: K - 5

Session: 9/14 - 10/19

Owls, feathers and friends, oh my! We'll set up a "Creation Station" to craft projects out of fabric, paper, paints, recyclable materials and other interesting materials.

HOOT Hangout

Grades: K - 5

Session: 9/14 - 10/19

Join Sunriver Nature Center for some truly wild nature activities! Use your imagination to create your own creature adaptations, get into science through earth-moving experiments, meet a real owl and find out whooooo's hanging around Central Oregon.

Mixed Martial Arts

Grades: K - 5

Session: 10/26 - 12/14 (no class 11/23)

Kids learn mixed martial arts training techniques such as clinch work, mitt drills and calisthenics through fun games and workouts.

Super Squad NEW

Grades: K - 5

Session: 10/26 - 12/14 (no class 11/23)

Join the Super Squad and create costumes of your favorite super hero or form your own. During your super hero training we'll make super hero training cards, power rings, wrist communicators, masks and more!

Martial Arts

Grades: K - 5

Session: 1/4 - 2/15

Learn the basics of Bushido Kai Karate with mind-engaging exercises and games to help students learn new karate techniques, self-defense movements and Japanese terms.

Spanish Immersion

Grades: K - 5

Session: 1/4 - 2/15

Hola! Children receive a natural introduction to Spanish language and culture with fun activities and vocabulary building.

PINE RIDGE ELEMENTARY

All Programs: 406611

Double Dutch Jump Rope

Grades: K - 5

Session: 9/14 - 10/19

"Peel a banana upside down - See if you can touch the ground!" Learn the basics of group jump rope, double-dutch and skipping rhymes in this energizing class!

Cascade WILDS

Grades: 1 - 5

Session: 10/26 - 12/14 (no class 11/23)

Get outside with us as we follow the trails of our ancestors and explore ways they survived. We will build shelters, craft primitive tools, play games, camouflage with our surroundings and discover what's possible!

Volunteer with kids!

Contact Kim at (541) 706-6127 for more information.

Early Release Wednesdays: 2:00 – 3:30 pm

Fee: \$60 ID \$72 OD / Session 9/14 - 10/19 (10/19: 11:45 am - 1:30 pm, early dismissal), 10/26 - 12/14 (no program 11/23) • Fee: \$70 ID \$84 OD / Session: 1/4 - 2/15



Hoop Dance

NEW

Grades: K - 5

Session: 1/4 - 2/15

Hoop dancing is a creative way to express yourself, get your body moving and make friends. Learn the basics of on and off the body hooping, a series of tricks and isolations and finding your hoop flow. The last day of the program, we'll perform a choreographed dance to show off our new skills. Great for girls and boys!

PONDEROSA ELEMENTARY

All Programs: 406612

Cascade WILDS

Grades: 1 - 5

Session: 9/14 - 10/19

Get outside with us as we follow the trails of our ancestors and explore ways they survived. We will build shelters, craft primitive tools, play games, camouflage with our surroundings and discover what's possible!

The Art of Science

NEW

Grades: K - 5

Session: 10/26 - 12/14 (no class 11/23)

Using everyday ingredients, nature and creativity, young children will have the opportunity of seeing science turn into masterpieces they can take home.

Spanish Immersion

Grades: K - 5

Session: 10/26 - 12/14 (no class 11/23)

Hola! Children receive a natural introduction to Spanish language and culture with fun activities and vocabulary building.

Mixed Martial Arts

Grades: K - 5

Session: 1/4 - 2/15

Kids learn mixed martial arts training techniques such as clinch work, mitt drills and calisthenics through fun games and workouts.

Creative Computer Coding

NEW

Grades: 3 - 5

Session: 1/4 - 2/15

We will be storyboarding, brainstorming, and discussing how to bring our ideas to life on screen. We will be using iPad-based visual programming languages designed for kids to make animations, stories, games, program bots, and other interactive projects.

SILVER RAIL ELEMENTARY

All Programs: 406613

Monster Mash

NEW

Grades: K - 5

Session: 9/14 - 10/19

Whether soft, cuddly, silly or scary, who doesn't love to create a monster? We will sculpt, sew and paint all sorts of funny monsters that are sure to put a smile on your face.

Double Dutch Jump Rope

Grades: K - 5

Session: 10/26 - 12/14 (no class 11/23)

"Peel a banana upside down - See if you can touch the ground!" Learn the basics of group jump rope, double-dutch and skipping rhymes in this energizing new class!

Creative Computer Coding

NEW

Grades: 3 - 5

Session: 10/26 - 12/14 (no class 11/23)

We will be storyboarding, brainstorming, and discussing how to bring our ideas to life on screen. We will be using iPad-based visual programming languages designed for kids to make animations, stories, games, program bots, and other interactive projects.

Creative Clay

Grades: K - 5

Session: 1/4 - 2/15

Join in the fun as we make a different clay project every week like small creatures, figurines and beautiful ceramic art.

Fun, Funky, Fresh Dance

Grades: K - 5

Session: 1/4 - 2/15

An amazing way to get some energy out by moving and grooving to music, expressing one's self through dance. We will also integrate dance games: limbo, freeze dance, dance teacher and more!

ENRICHMENT

WEDNESDAYS



For Kids' Sake

Bend Park & Recreation District and Bend-La Pine Public Schools work cooperatively to ensure that kids have safe and enriching experiences during non-school hours. This partnership maximizes resources to best serve kids and families.



No School? Try Something Cool.

No School Days Art Play

NO SCHOOL

Ages: 7 - 11

Harmon Park - Hobby Hut

No School Days are a great time for fun, friends, curiosity and creative thinking. We'll explore new projects and materials each day with activities such as paper mache, origami, felting and painting. Outdoor games and playground breaks balance out the day. Bring a sack lunch, snack and water bottle each day.

Fee: \$55 ID \$66 OD / session

Program: 306210

Times: 9:00 am - 3:30 pm

Sessions: Thursday 10/27
Friday 10/28
Monday: 11/21
Tuesday: 11/22
Monday: 12/19
Tuesday: 12/20
Wednesday: 12/21
Wednesday: 12/28
Thursday: 12/29
Friday: 12/30



Grades: K - 5

Miller Elementary & Silver Rail Elementary

Operation Recreation meets the needs of the working parent and the fun seeking child! This program operates on non-school days for kindergarten through 5th grade. Children enjoy a variety of enrichment activities and daily field trips.

KIDS INC Families: If you're interested in this program, it requires a separate registration from KIDS INC.

Fee: \$42 ID \$50 OD per day

Program: 301401

Weekdays: 7:00 am - 6:00 pm

Sessions:

Thursday: 10/27	Monday: 12/19	Tuesday: 12/27
Friday: 10/28	Tuesday: 12/20	Wednesday: 12/28
Monday: 11/21	Wednesday: 12/21	Thursday: 12/29
Tuesday: 11/22	Thursday: 12/22	Friday: 12/30
Wednesday: 11/23	Friday: 12/23	

NO SCHOOL

Outdoors

Kids Explore Nature - Parents Night Out

NEW

Ages: 5 - 10

Sunriver Nature Center,
Observatory

Parents! Need a night out? Leave your kiddos with our awesome nature staff for fun evening adventures!

Fee: \$30 ID \$36 OD /session

Program: 306060

F: 6:00 - 8:30 pm

Sessions: 9/23 10/14
11/11 12/2
1/6



Kids On-the-Move

FREE

Grades: 1 - 5

Ensworth & Lava Ridge
Elementary Schools

Join your friends for some active play and outdoor adventures that will get your heart pumping! Each day after school, the focus will be on fun, fitness and nutrition! Most activities will be outdoors so dress appropriately.

Fee: FREE

Program: 306203

Lava Ridge

M: 3:30 - 5:00 pm

W: 2:00 - 4:30 pm

Session: 9/20 - 12/15

Ensworth:

Tu/Th: 3:30 - 5:00 pm

Session: 9/19 - 12/14

Family NEW Full Moon Hikes

Ages: 5 - 10

Sunriver Nature Center,
Observatory

Explore the night with the Sunriver Nature Center. Join us for an hour-long full moon hike through various habitats and homes to native wildlife. We never know what we'll see; from bats to beavers, owls to porcupines, Sunriver's got it all.

Fee: \$10 ID \$12 OD / session
per person

Program: 306061

F: 9:00 - 10:00 pm

Session: 9/16

Sa: 8:00 - 9:00 pm

Session: 10/15

M: 8:00 - 9:00 pm

Session: 11/14

W: 8:00 - 9:00 pm

Session: 12/14

Th: 8:00 - 9:00 pm

Session: 1/12

Archery - NO SCHOOL The Ancient Art

Ages: 10-15

Harmon Park

Learn the 10,000 year-old art of bows and arrows. A fun program that emphasizes shooting safety and developing basic archery skills using recurve bows on an outdoor range in Tumalo. No previous experience necessary and all skill levels welcome. All archery equipment is provided. Dress for the weather.

Fee: \$29 ID \$35 OD / session

Program: 307710

Th: 9:00 am - 1:00 pm

Session: 10/27

F: 9:00 am - 1:00 pm

Session: 10/28

Lift Your Limits NO SCHOOL on the High Desert Challenge Course

Ages: 12 - 15

Harmon Park

Should you accept this challenge, you will be faced with a series of goals to complete that will help build your problem-solving and leadership skills. Spend the morning 30 feet in the air on the High Desert Challenge Course (high elements ropes course) exercising your physical and mental capabilities. Wear sturdy, lace-up shoes and appropriate layers for the weather.

Fee: \$44 ID \$53 OD / session

Program: 307715

F: 1:00 - 5:30 pm

Session: 10/28



Cascade WILDS NO SCHOOL

Ages: 7 - 13

Shevlin Park

Join us as we welcome the onset of fall and celebrate the harvest season. We will explore the wilds of Shevlin Park while sharpening our tools of awareness and survival. Learn to move invisibly through the forest and discover how nature gets ready for winter. Each day will be full of nature-based games, skills, challenges and stories that are empowering and fun.

Fee: \$60 ID \$72 OD / session

Program: 306385

Daily: 9:00 am - 3:00 pm

Th: 10/27

F: 10/28



Quidditch

Quidditch NEW

Ages: 8 - 11

Mount your broomsticks please! The fast-growing sport of Quidditch is an epic adventure of seekers, chasers and the golden snitch. Be on the team to score the most points by getting the quaffle ball through the opposing team's goal, or catch the golden snitch to end the game. No experience necessary, everyone is welcome to play!

QUIDDITCH CAMP NO SCHOOL

Highland Elementary

Fee: \$89 ID \$107 OD / session

Program: 306013

Th/F: 9:00 am - 3:30 pm

Session: 10/27 - 28

EARLY RELEASE WEDNESDAY QUIDDITCH

Juniper Elementary

Fee: \$35 ID \$42 OD / session

Program: 306006

W: 12:00 - 4:00 pm

Session: 10/19

Arts & Crafts

The Lost Art NEW of Letter Writing NO SCHOOL

Ages: 6 - 10

Highland Elementary

Write and send a letter to a special family member or loved one! Get ideas for how to say your greetings and goodbyes, learn artful scripts and calligraphy, and seal your letters with a stamp. We'll have all the pretty papers, envelopes and embellishments on hand to craft your letters.

Fee: \$30 ID \$36 OD / session

Program: 306008

F: 9:00 am - 12:00 pm

Session: 11/11

Clay NEW Turkeys NO SCHOOL

Ages: 6 - 10

Highland Elementary

Celebrate the history of this amazing and silly bird! Wild turkeys are native to the Americas, and what better way to appreciate these gobblers than by making a turkey out of red earth clay.

Fee: \$30 ID \$36 OD / session

Program: 306007

F: 1:00 - 4:00 pm

Session: 11/11

Jazzy Jewelry NO SCHOOL

Ages: 8 - 10

Highland Elementary

Join local artist Diane Burns and Jazz up your wardrobe with wonderful jewelry that we will make in this class. We will use fimo, shrink art and lots of beads to make one of a kind jewelry to keep or give as a gift. Bring a healthy snack for break

Fee: \$35 ID \$42 OD / session

Program: 306123

M: 12:00 - 3:00 pm

Session: 12/19



Gifts from the Heart

NO SCHOOL

NEW

Ages: 7 - 10

Highland Elementary

Great class for the holidays! Want to give someone special a handmade gift? Join local artist Diane Burns and make unique gifts that your friends and family will love to receive. Bring a healthy snack.

Fee: \$35 ID \$42 OD / session

Program: 306124

Tu: 12:00 - 3:00 pm

Session: 12/20

Let's Paint a Giraffe

NEW

NO SCHOOL

Ages: 7 - 10

Highland Elementary

Join local artist Diane Burns as we sketch, draw and paint a wonderful giraffe painting that you would love to hang in your room. Bring a healthy snack.

Fee: \$35 ID \$42 OD / session

Program: 306125

W: 9:00 am - 12:00 pm

Session: 12/21

The Wonderful World of Watercolors

NEW

NO SCHOOL

Ages: 7 - 10

Highland Elementary

Let's explore the wonderful world of watercolors. We will learn what salt, rubbing alcohol and saran wrap all do to watercolors. We will then create an exciting picture or two to take home and frame. Bring a healthy snack.

Fee: \$35 ID \$42 OD / session

Program: 306126

Th: 12:00 - 3:00 pm

Session: 12/22

Dia de los Muertos

NO SCHOOL

Art Station

Celebrate Dia de los Muertos- the Mexican tradition of remembering the dead- with projects in the multi-media and clay studios. Create a brightly colored Oaxaca wooden animalito, a Huichol yarn painting and a mini-alter in clay. Bring a lunch each day.

Fee: \$130 ID \$156 OD / session

Program: 306520

Ages: 5 - 8

Th/F: 9:00 am - 4:00 pm

Session: 10/27 - 28

Ages: 9 - 12

Th/F: 9:00 am - 4:00 pm

Session: 10/27 - 28

Build

NO SCHOOL

Ages: 5 - 8

Art Station

Back by popular demand! Construct sculptures from a variety of recycled materials, found objects, wood, wire and more. Draw, paint, sculpt and embellish your sculptures.

Fee: \$65 ID \$78 OD / session

Program: 306525

F: 9:00 am - 4:00 pm

Session: 11/11

Wheel Experience

NO SCHOOL

Ages: 9 - 12

Art Station

Learn the fundamentals of throwing pottery on the wheel! Discover techniques and processes to make a mug and bowl. Explore glazing techniques and learn firing basics, where art and science intersect.

Fee: \$70 ID \$84 OD / session

Program: 306524

F: 9:00 am - 4:00 pm

Session: 11/11



Winter Art Camp

NO SCHOOL

Art Station

This three-day camp delivers year-after-year and makes our campers happy, happy, happy! Draw, paint and print winter-themed projects in the multi-media studio. Make holiday gifts in the clay studio; design, sculpt and glaze ornaments and gingerbread houses. Bring a lunch each day.

Fee: \$190 ID \$228 OD / session

Program: 306521

Ages: 5 - 8

M - W: 9:00 am - 4:00 pm

Session: 11/21 - 23

Ages: 9 - 12

M - W: 9:00 am - 4:00 pm

Session: 11/21 - 23

Creative Clay

NEW

Ages: 7 - 10

Harmon Park, Hobby Hut

Get your creative ideas flowing as you join local artist Diane Burns in this fun filled pottery class. We will learn to throw on the wheel, sculpt, and use an extruding tool to create many one of a kind projects. Each session will have different projects. Bring a healthy snack.

Fee: \$95 ID \$114 OD / session

Program: 306103

M: 4:00 - 5:30 pm

Sessions: 9/12 - 10/17

11/7 - 12/12 (no class 11/21)

Pottery for the Home Schooler

NEW

Ages: 6 - 10

Harmon Park, Hobby Hut

Learn all about pottery! Join local artist Diane Burns and discover what pottery is all about by using the pottery wheel, extruder and hand-built slab work. Each session will have different projects as we create animals, monsters, plates, bowls and more. Bring a healthy snack.

Fee: \$95 ID \$114 OD / session

Program: 306104

Tu: 2:00 - 3:30 pm

Sessions: 9/13 - 10/18

11/8 - 12/13 (no class 11/22)

Get Started Sewing

Ages: 11 - 14

Cascade Middle School, Sewing Room

Learn the basics of how to use a sewing machine and construct simple projects. Practice threading a machine, using a simple pattern and basic construction techniques.

Fee: \$45 ID \$54 OD / session

Program: 306128

Tu: 3:15 - 4:45 pm

Session: 10/4 - 25



Poetry & Pottery NEW

Ages: 10 - 14

Harmon Park, Hobby Hut

Do you haiku? Put your poems, quotes and special words on pre-fired tiles and bisque ware. No writing or pottery experience necessary. Bring a lunch and water bottle. Pieces available for pick-up the following week.

Fee: \$30 ID \$36 OD / session

Program: 306012

Sa: 11:00 am - 2:00 pm

Session: 11/12

Mermaid NEW Legend & Lore

Ages: 10 - 14

Harmon Park, Hobby Hut

Spend a Saturday exploring the tales of the merfolk that used to haunt the sailors at sea. We will delve into the fascinating folklore and mythology of Ireland and Scotland, and make fantasy art inspired by the mermaids. Bring a lunch and water bottle.

Fee: \$30 ID \$36 OD / session

Program: 306014

Sa: 11:00 am - 2:00 pm

Session: 10/15

Cooking & Baking

Muffins & Sweet Breads NEW

Ages: 8 - 12

Cascade Middle School, Foods Room

Ready! Set! Bake! Banana bread, blueberry muffins, coffee cake! Learn how to make delicious breakfast treats.

Fee: \$30 ID \$36 OD / session

Program: 306023

Sa: 9:00 - 11:30 am

Sessions: 9/17

Apples & Apples NEW

Ages: 6 - 10

Cascade Middle School, Foods Room

Explore the mighty apple! We'll make apple cider, caramel apples, apple butter and apple pancakes from fresh, local apples. Finish it off with a sweet apple craft.

Fee: \$30 ID \$36 OD / session

Program: 306004

Sa: 10:00 am - 12:30 pm

Session: 10/8

Pizza & Calzones NEW

Ages: 8 - 12

Cascade Middle School, Foods Room

Make your own pizza dough and top it or fill it with your favorite ingredients.

Fee: \$30 ID \$36 OD / session

Program: 306024

Sa: 11:00 am - 1:30 pm

Session: 10/15

Cupcakes! NEW

Ages: 10 - 15

Cascade Middle School, Foods Room

Bake a batch of cupcakes from scratch and top them off with wonderful homemade frosting. We'll focus on basic piping skills, frosting flowers, unique techniques and reading recipes. Learn the tools to create your own cupcake art and take home beautiful tasty treats to impress your family and friends.

Fee: \$35 ID \$42 OD / session

Program: 306315

Sa: 9:00 am - 12:00 pm

Sessions: 10/22 11/5

Pie & Turnover Baking NEW

Ages: 10 - 14

Cascade Middle School, Food Room

Learn how to make and roll out pie dough and shape it into pies and turnovers with a variety of fillings that are sure to make your mouth water! Yum, delicious!

Fee: \$30 ID \$36 OD / session

Program: 306021

Sa: 9:00 - 11:30 am

Session: 11/19

Cooking for the Holidays NEW

Ages: 11 - 14

Cascade Middle School, Foods Room

Join us as we prepare for a holiday feast with festive recipes, including sweet breads, cookies and pies. You do the cooking in class and have samples to take home and share. Bring storage containers for leftovers.

Fee: \$75 ID \$90 OD / session

Program: 306129

Tu: 3:00 - 4:30 pm

Session: 11/1 - 29 (no class 11/22)

Holiday Cookie Decorating

Ages: 10 - 14

Cascade Middle School, Foods Room

Learn to make beautiful holiday cookies and decorate them with your own creative touch. Bring home a special plate of goodies to share and impress your family and friends!

Fee: \$30 ID \$36 OD / session

Program: 306022

Sa: 9:00 - 11:30 am

Sessions: 12/10 12/17

The Art of Tea NEW

Ages: 12 - 15

Harmon Park, Hobby Hut

Learn how to brew a perfect pot of tea! Warm the pot, steep the tea leaves and add the perfect amount of cream or sweetener or none at all. We'll try a sampler of black, green and herbal teas to enlighten your tea drinking experience.

Fee: \$25 ID \$30 OD / session

Program: 306009

Sa: 10:00 - 11:30 am

Session: 11/5

Science & Technology

**BROUGHT TO YOU
BY THE BPRD "SCIENCE
ROCKS" TEAM OF THE
MASTER & DR. NOPE.**

Bring your sense of fun and adventure along with a water bottle, lunch and healthy snack.

Halloween Science

NO SCHOOL

Ages: 5 - 11

Highland Elementary

Prepare to be amazed! Join The Master and Dr. Nope as we explore the mysteries of cool Halloween special effects! We'll play with dry ice, lasers, glow in the dark materials and more.

Fee: \$50 ID \$60 OD / per day

Program: 306284

Th: 9:00 am - 3:00 pm

Session: 10/27

F: 9:00 am - 3:00 pm

Session: 10/28

Space Explorers

NO SCHOOL

Ages: 5 - 11

Juniper Elementary

Space out! Make rockets and land a rover on Mars. End the day with a planetarium show where we will explore all of known space! Bring a lunch and water bottle and a clean, empty 2-liter bottle for project.

Fee: \$50 ID \$60 OD / session

Program: 306281

M: 9:00 am - 3:00 pm

Session: 11/21

Dinosaur Day

NO SCHOOL

Ages: 5 - 11

Juniper Elementary

Dino-mite! Explore the world of paleontology by examining and creating fossils, teeth and other clues about how the dinosaurs lived. You'll get to take home lots of fun keepsakes to share with your family!

Fee: \$50 ID \$60 OD / session

Program: 306283

Tu: 9:00 am - 3:00 pm

Session: 11/22

Secret Agent for a Day

NO SCHOOL

Ages: 5 - 11

Juniper Elementary

How do they make all those cool gadgets? Join us to make your own and learn the science of stealth and disguise. Bring a water bottle and a lunch.

Fee: \$50 ID \$60 OD / session

Program: 306411

W: 9:00 am - 3:00 pm

Session: 11/23

Detective Science

NO SCHOOL

Ages: 5 - 11

Juniper Elementary

Who stole the cookies from the cookie jar? Get the skills you need to find out. Learn to take fingerprints, investigate a crime scene, examine the evidence and use your deductive reasoning skills to find the culprit. Bring a lunch and water bottle.

Fee: \$50 ID \$60 OD / session

Program: 306413

M: 9:00 am - 3:00 pm

Session: 12/19



It's Shocking!

NO SCHOOL

Ages: 5 - 11

Juniper Elementary

Zap! Learn about electricity and magnetism using hands-on experiments to discover the principles of static, current, conductivity and resistance. Bring a lunch and a water bottle.

Fee: \$50 ID \$60 OD / session

Program: 306282

Tu: 9:00 am - 3:00 pm

Session: 12/20

Lights & Lasers

NO SCHOOL

Ages: 5 - 11

Juniper Elementary

Want to learn more about lasers and light? Join us to explore telescopes, kaleidoscopes, periscopes and more! Learn about lasers in the Laser Dome. Take home your creations to continue your scientific explorations. Bring a lunch and water bottle.

Fee: \$50 ID \$60 OD / session

Program: 306280

W: 9:00 am - 3:00 pm

Session: 12/21

Duct Tape Engineering

NO SCHOOL

Ages: 5 - 11

Juniper Elementary

Make your creativity stick with duct tape! Do you have extra boxes, wrapping paper tubes and miscellaneous holiday debris? Bring it to us and we will help you turn it into simple machines, wacky contraptions and other priceless treasures. Bring a water bottle, a lunch and your enthusiasm.

Fee: \$50 ID \$60 OD / session

Program: 306414

M: 9:00 am - 3:00 pm

Session: 12/26

Crazy Chemistry

NO SCHOOL

Ages: 5 - 11

Juniper Elementary

Fizz, bang, pop! Create crazy concoctions while learning the basics of chemistry in a safe, fun way. Explore the dynamics of solids, liquids, and gases using hands-on experiments. Bring a lunch and a water bottle.

Fee: \$50 ID \$60 OD / session

Program: 306287

Tu: 9:00 am - 3:00 pm

Session: 12/27

More Science & Technology

Creative NEW Computer Coding

Ages: 8 - 11

Highland Elementary

We will be storyboarding, brainstorming and discussing how to bring our ideas to life on screen. We will be using iPad-based visual programming languages designed for kids to make animations, stories, games, program bots, and other interactive projects.

Fee: \$85 ID \$102 OD / session

Program: 306019

Tu: 3:30 - 4:30 pm

Sessions: 9/13 - 10/18

1/3 - 2/14

(Adj. Fee \$100 ID \$120 OD)

4-H Intro to the Engineering of Robots

Ages: 9 - 11

Elk Meadow Elementary

Gain an introduction to basic engineering principles such as problem solving, mechanical design and computer programming by bringing a robot to life! Work together in pairs using an EV3 computer "brain," various sensors and Lego components to build a custom creation that will do your bidding. No prior experience necessary.

Fee: \$125 ID \$150 OD / session

Program: 306277

Tu: 4:00 - 5:30 pm

Sessions: 9/27 - 10/25

11/8 - 12/13 (no class 11/22)

Coding

Sylvan Learning Center, Main Location

Each student works with their own netbook creating fun, animated, interactive projects and video games! This course inspires life-long 21st century skills like problem solving, logic, collaboration, basic coding skills and more!

Program: 306045

CODING 101

Ages: 8 - 11

Fee: \$199 ID \$239 OD / session

M: 4:30 - 6:00 pm

Session: 11/21 - 12/19

(Class on 11/21 is 10:00 - 11:30 am)

CODING 201

Ages: 11 - 14

Fee: \$249 ID \$299 OD / session

W: 5:00 - 6:30 pm

Session: 9/21 - 10/19

Robotics 201

Ages: 9 - 12

Sylvan Learning Center, Main Location

This class allows students to use LEGO® technology to build and animate robots! Students gain an early love for STEM education by using creativity and problem-solving skills while building awesome robots that come to life!

Fee: \$199 ID \$239 OD / session

Program: 306046

W: 4:30 - 6:30 pm

Session: 9/26 - 11/23 (the last class on 11/23 is held from 9:30 - 11:30 am)



Bot Lab 100

NO SCHOOL

Ages: 9 - 12

Sylvan Learning Center, Main Location

These one-day workshops scheduled on no-school days are designed to promote STEM education, keep learning fun, encourage creativity, and challenge students to problem-solve and work logically! Students work with LEGO® technology to build themed robots and use computer software to program them to come to life!

Fee: \$49 ID \$59 OD / session

Program: 306047

Daily: 12:00 - 2:00 pm

F: 11/11

M: 11/21

W: 12/21

W: 12/28

Little Medical School

Ages: 5 - 11

Bear Creek Elementary

Little Medical School brings medicine, science and the importance of health to children in a fun way. Hands-on activities, crafts, and games will inspire kids to explore the world of medicine and create healthy lifestyles. Each session/part will share unique curriculum.

Fee: \$89 ID \$107 OD / session

Program: 306050

PART I:

Tu: 4:00 - 5:00 pm

Session: 9/13 - 10/18

PART II:

Tu: 4:00 - 5:00 pm

Session: 10/25 - 12/6

Little NEW Veterinarian School

Ages: 5 - 11

Bear Creek Elementary

Little Veterinarian School encourages elementary school children to role play and explore the exciting world of veterinarians. Using interactive demonstrations, crafts and games, kids learn how to take care of a pet and use instruments that real veterinarians use.

Fee: \$89 ID \$107 OD / session

Program: 306052

M/Tu: 9:00 am - 12:00 pm

Sessions: 11/21 - 22 12/19 - 20



TEENS! Volunteer with BPRD.

Contact Kim at (541) 706-6127 for more information.



Dance & Performing Arts

Jazzy Kids

Ages: 6 - 9

Academie De Ballet Classique

This fun class will keep your child enraptured with music and dance. They'll spin, twirl, jump and leap their way through the entire class, finishing with a concert for family and friends.

Fee: \$104 ID \$125 OD / session

Program: 306300

W: 6:50 - 7:50 pm

Sessions: 9/7 - 10/26 11/2 - 12/28

Ballet FUNDamentals

Ages: 8 - 12

Academie De Ballet Classique

For the child wanting to join in the magic of dance, whether to improve gymnastic, hip hop or other dance forms, they will gain confidence with the guidance of our teachers and their awesome lesson plans.

Fee: \$104 ID \$125 OD / session

Program: 306299

W: 4:00 - 4:55 pm

Sessions: 9/7 - 10/28

11/2 - 12/21 (additional class 12/19)

Acro Dance

NEW

Ages: 6 - 12

Academie De Ballet Classique

Try something new! In this creative dance class, you will learn a blend of graceful acrobatic elements and dance moves. No gymnastics experience necessary.

Fee: \$104 ID \$125 OD / session

Program: 306298

Tu: 6:45 - 7:40 pm

Sessions: 9/13 - 10/25

11/8 - 12/20

Learning Workshops

KPOV Radio Immersion

NO SCHOOL

Ages: 10 - 14

KPOV Radio

Curious how radio works? Come find out what happens behind the scenes. Go on air, record in our studio, interview a friend and tell a story. Pieces produced will be broadcasted on 88.9 FM, and you'll get a copy on CD to take home!

Fee: \$50 ID \$60 OD / session

Program: 306011

F: 9:00 am - 3:00 pm

Session: 11/11

Conversational Spanish

NEW

Ages: 6 - 11

Catch up on your Spanish or use this time outside of school to learn something new. We will be playing games and do stimulating activities all while conversing in an immersion environment to explore culture, food, arts and storytelling in Spanish.

Fee: \$60 ID \$72 OD / session

Program: 306018

Highland Elementary

Tu: 3:45 - 4:45 pm

Sessions: 9/13 - 10/18

10/25 - 12/13 (no class 11/22)

1/3 - 2/14

Ponderosa Elementary

Th: 3:45 - 4:45 pm

Sessions: 9/15 - 10/20

10/27 - 12/15 (no class 11/24)

1/5 - 2/16

Babysitter's Training

Ages: 11 - 15

American Red Cross, Bend Service Master

Complete this course in just one day and begin babysitting the next. It includes what you need to know and what every parent wants in a safe and responsible babysitter. Become a great role model. Learn to handle emergencies such as injuries, illnesses, household accidents and more. Bring a lunch. Materials included.

Fee: \$85 ID \$102 OD / session

Program: 306156

**F: 8:30 am - 3:30 pm
No School**

Session: 12/30

Sa: 8:30 am - 3:30 pm

Sessions: 9/24 10/15

11/12 12/3

Discover YOUTH

NEW

Ages: 8 - 15

The Pavilion

It's all about feeling healthy and happy! Learn how to fuel your body and mind with quality nutrition to be your best. Get active and engaged in movement that's fun and in turn makes you feel great. Led by a registered dietitian nutritionist, this class allows kids to discover how great they can be through healthy lifestyle choices.

Fee: \$200 ID \$240 / session

Program: 310503

Ages 8 - 11

Tu/Th: 4:00 - 5:30 pm

Ages 12 - 15

Tu/Th: 6:00 - 7:30 pm

Session: 9/12 - 10/6

Music & Voice

Strum & Sing

Ages: 6 - 7

Cascade School of Music

Building on skills learned in Ready to Play, your child will add two additional instruments to their repertoire, the recorder and ukulele. With a special emphasis on multicultural music, your child will learn a variety of new games and dances from around the world as well as the ability to improvise and write their own music. Although Ready to Play is not a prerequisite, we strongly recommend your child have some musical education and understanding prior to this class. Fee includes all materials and instruments except ukulele.

Fee: \$295 ID \$345 OD / session

Program: 306546

W: 4:00 - 4:45 pm

Session: 9/28 - 2/1



Ready to Play NEW

Ages: 5 - 6

Cascade School of Music

Your child will learn to play simple musical patterns and songs on two different instruments, a glockenspiel and dulcimer of their very own. While learning to play these instruments and through games and activities, your child will grow to understand musical concepts, such as piano and forte, crescendo, staccato and legato as well as learn to read and notate music on a staff. They will be exposed to a variety of musical styles and composers. Fee includes all materials and instruments.

Fee: \$295 ID \$345 OD / session
Program: 306547

W: 2:30 - 3:15 pm
Session: 9/28 - 2/1

Rock U

Ages: 9 - 16

Cascade School of Music

Play in a real rockin' band! Open to electric guitars, basses, drums and keyboards with basic proficiency. Learn classic rock tunes and write and play your own compositions. Skill Level: Intermediate. Placement by audition only. Auditions held Saturday Sept. 19. Please call (541) 382-6866 to schedule an audition.

Fee: \$285 ID \$335 OD / session
Program: 306541

F: 4:00 - 5:15 pm
Session: 9/30 - 2/3

F: 5:30 - 6:45 pm
Session: 9/30 - 2/3

Little Singers

Ages: 6 - 8

Cascade School of Music

If your child likes to sing, they will love this creative singing class! We'll explore and develop the sense of musical pulse through body percussion, singing and rhythm activities.

Fee: \$145 ID \$174 OD / session
Program: 306548

W: 2:30 - 3:20 pm
Session: 9/28 - 2/1

Rhythm NEW Fundamentals

Ages: 6 - 9

Cascade School of Music

Every musician needs a solid foundation in rhythm! This class enlists a variety of fun percussion instruments to build essential rhythmic skills and rhythm reading ability. An excellent preparation for formal instrumental study.

Fee: \$125 ID \$150 OD / session
Program: 306549

W: 3:30 - 4:20 pm
Session: 9/28 - 2/1

Showtime! NEW Singing Broadway

Ages: 8 - 11

Cascade School of Music

Who doesn't love the great modern Broadway tunes? We'll pick material from fun shows like "Annie", "Beauty and the Beast," and "The Wizard of Oz" to learn and sing. No experience necessary, no auditions.

Fee: \$145 ID \$174 OD / session
Program: 306550

Th: 4:00 - 5:15 pm
Session: 9/29 - 2/2

Musician's Path: Year One

Cascade School of Music

The first year of instrumental study is done in a small group class. Our students make friends while making music! Formal music study, musical field trips, performances and more round out this engaging program.

Mandatory Parent Orientation Meeting:

Thursday, September 22, 6:30 - 8:00 pm

- OR -

Sunday, September 25, 6:30 - 8:00 pm

Fee: \$295 ID \$345 OD / session

Program: 306533

Payment options available. Call Katie at (541) 706-6114.

PIANO PATH 1 (KEYBOARD)

Grades: 2 - 3

M: 4:00 - 4:50 pm

Session: 9/26 - 1/30

W: 2:30 - 3:20 pm

Session: 9/28 - 2/1

Grades: 3 - 4

M: 5:00 - 5:50 pm

Session: 9/26 - 1/30

W: 3:30 - 4:20 pm

Session: 9/28 - 2/1

VIOLIN PATH 1

Grades: 2 - 3

Tu: 4:00 - 4:50 pm

Session: 9/27 - 1/31

Grades: 3 - 5

Tu: 5:00 - 5:50 pm

Session: 9/27 - 1/31

STRINGS PATH 1: VIOLIN, VIOLA, CELLO

Grades: 3 - 5

W: 4:30 - 5:20 pm

Session: 9/28 - 2/1

GUITAR PATH 1

Grades: 3 - 4

M: 4:00 - 4:50 pm

Session: 9/26 - 1/30

W: 3:30 - 4:20 pm

Session: 9/28 - 2/1

Grades: 4 - 6

M: 5:00 - 5:50 pm

Session: 9/26 - 1/30

W: 4:30 - 5:20 pm

Session: 9/28 - 2/1

DRUMS PATH 1

Grades: 3 - 4

F: 4:00 - 4:50 pm

Session: 9/30 - 2/3

Grades: 4 - 5

F: 5:00 - 5:50 pm

Session: 9/30 - 2/3

*No programs held during school break weeks of Nov 21, Dec 12, 19 or 26.



sporteriffic

Everybody wins.

Sports, whether team-based or individual, are a great activity for kids that provide a variety of benefits other than just physical activity. Sports help build self-esteem and confidence, motivate kids to excel and develop social skills. With those benefits, everyone is a winner.

Basketball Camps

Basketball Skills Camp

NO SCHOOL

Grades: 3 - 5

Pilot Butte Middle School

This camp is geared towards the elementary participant. Join us to work on your passing, dribbling, shooting and defensive skills. Includes fun drills and lots of games. Bring a water bottle each day.

Fee: \$38 ID \$46 OD / session

Program: 303108

Tu/W: 9:00 am - 12:00 pm

Session: 12/27 - 28

Volunteer with youth sports and adaptive programs.

Contact Kim at (541) 706-6127 for more information.



Start Smart Basketball

Ages: 3 - 5

Location to be determined

Get involved with your child in this fantastic introductory basketball program! Move through stations and activities with your child using soft equipment to learn the basics of dribbling, passing, shooting and defense. Equipment is provided for players to keep. Parent/guardian must participate with child.

Fee: \$49 ID \$59 OD / session

Program: 303122

Su: 10:00 - 11:00 am

Sessions: 11/6 - 12/11 (No session 11/27)

1/8 - 2/12 (No session 2/5)

Basketball Leagues

Bitty Ball Basketball League

Grades: K - 2

Sky View Middle School

New this year, separate boys and girls divisions! A good introduction for the young player, this league focuses on skill development, teamwork and fun. Teams practice and scrimmage every Saturday. Team t-shirt and basketball included. This program is dependent on volunteer coaches. Anyone interested in coaching should contact Greg at (541) 706-6124.

Fee: \$49 ID \$59 OD / season

Sa: **One hour each week**
(Times to be announced)

Season: 11/5 - 12/17 (No program 11/26)

Registration Deadline: 10/13 or until full

Program:

303760 Coed - Kindergarten

303761 Coed - Grade 1

303762 Boys - Grade 2

303763 Girls - Grade 2

Youth Basketball League

Boys & Girls Grades: 3 - 5
Local Schools

This recreational league emphasizes skill development, maximum participation, good sportsmanship and fun. Teams will practice twice during the week after 6:00 pm (coaches select time and location). All games played on Saturdays. This program is dependent on volunteer coaches. Anyone interested in coaching should contact Rich at (541) 706-6126.

Fee: \$73 ID \$88 OD / season

Season: 1/3 - 3/4

Registration Deadline: 11/6

Program:

- 303730 Boys - Grade 3
- 303731 Girls - Grade 3
- 303732 Boys - Grade 4
- 303733 Girls - Grade 4
- 303734 Boys - Grade 5
- 303735 Girls - Grade 5

Team sponsorships available: To sponsor a youth basketball team go to program # 303000.

High School Basketball League

Grades: 9 - 12

Location to be determined

Open to any high school student who is not playing on a high school basketball team. This is a recreational league where players serve as team captains. Officials, scorekeepers and team t-shirts are provided. We keep league standings and have playoffs to end the season.

Fee: \$59 ID \$71 OD / season

Su: 5:00 - 9:00 pm

Season: 12/4 - 2/26

Registration Deadline: 11/27
or until full

Program: 303950 - Grades 9 & 10
303951 - Grades 11 & 12



Middle School Basketball League

Boys & Girls Grades: 6 - 8

This joint program between Bend-La Pine School District and Bend Park & Recreation District emphasizes individual and team skill development, maximum participation, good sportsmanship and fun. Teams practice during the week. Games played on weeknights. Uniform tops are provided.

Fee: \$56 / season

Boys' Season: 11/1 - 12/15

Boys' Reg. Deadline: 10/7

Girls' Season: 1/9 - 3/10

Girls' Reg. Deadline: 12/16

Cascade Middle School

#: 303801 - Boys 303901 - Girls

High Desert Middle School

#: 303802 - Boys 303902 - Girls

Pilot Butte Middle School

#: 303803 - Boys 303903 - Girls

Sky View Middle School

#: 303804 - Boys 303904 - Girls

Pacific Crest Middle School

#: 303805 - Boys 303905 - Girls

La Pine Middle School

#: 303806 - Boys 303906 - Girls

Seven Peaks Middle School

#: 303807 - Boys 303907 - Girls

Three Rivers Middle School

#: 303808 - Boys 303908 - Girls

Trinity Middle School

#: 303809 - Boys 303909 - Girls

St. Francis Middle School

#: 303810 - Boys 303910 - Girls

COBO Basketball Clinics, Camps & Training

Directed by basketball coach Craig Reid and his staff, these camps offer a friendly environment to gain basketball knowledge and experience, develop individual skills and learn team concepts.

ADVANCED BASKETBALL TRAINING

Mountain View High School

Prepare for the coming season as you practice and develop shooting, ball handling, passing, post play, perimeter attack skills, rebounding and defense. The goal is to expose players to advanced training and techniques, and drills that can improve their individual game. Training sessions will meet in the west gym.

Fee: \$139 ID \$167 OD / session

Program: 303104

Grades: 5 - 6

M/W: 6:00 - 7:30 pm

Sessions: 9/19 - 10/5 10/10 - 26

Grades: 7 - 8

M/W: 7:30 - 9:00 pm

Sessions: 9/19 - 10/5 10/10 - 26

PRE-SEASON CLINICS

Mountain View High School

Get ready for the coming basketball season and tryouts! Clinics will enhance and strengthen your skills.

Fee: \$50 ID \$60 OD / session

Program: 303101

Grades: 5 - 6

Su: 6:00 - 8:00 pm

Session: 10/9 - 23

Grades: 7 - 8

Su: 4:00 - 6:00 pm

Session: 10/9 - 23

OCTOBER BASKETBALL CAMP

NO SCHOOL

Grades: 6 - 9

Pilot Butte Middle School

Get ready for tryouts and the upcoming season with this special one-day camp designed to take your game to the next level!

Fee: \$29 ID \$35 OD / session

Program: 303107

F: 9:00 am - 12:00 pm

Session: 10/28

ELEMENTARY SCHOOL CAMP

NO SCHOOL

Grades: 3 - 5

Pilot Butte Middle School

Work on the skills and elements of basketball to improve your game and get ready for the season.

Fee: \$29 ID \$35 OD / session

Program: 303100

F: 9:00 am - 12:00 pm

Session: 11/11



Ice Skating Camp

NO SCHOOL

NEW

Ages: 8 - 11

The Pavilion

Super cool! Spend your no-school days at the ice rink! We'll learn skating skills and play fun games on and off the ice. We'll get creative with art projects and make new friends in a fun, festive environment.

Fee: \$35 ID \$42 OD / session

Program: 310109

Daily: 9:00 am - 12:00 pm

THANKSGIVING BREAK:

M: 11/21

Tu: 11/22

WINTER BREAK:

Tu: 12/20

Th: 12/22

Tu: 12/27

Th: 12/29



Youth Ice Sports & Skating

Youth Hockey League

NEW

Ages: 8 - 14

The Pavilion

Let's play hockey! It's the first BPRD-organized youth hockey league! We're talking hockey skill development and game action for both boys and girls. Note: Some prior skating and/or hockey experience is recommended before signing up for this league. Required equipment includes: helmet with full face mask, mouthpiece, stick, shin pads, supporter or cup, gloves, shoulder pads, pants and elbow pads.

Fee: \$135 ID \$162 OD / session

Program: 310203

W: 4:15 - 6:15 pm
(Practice)

Sa: 12:00 - 2:30 pm
(Games)

Seasons: 11/30 - 1/25
(Registration opens 8/8)
2/1 - 3/18
(Registration opens 12/12)

Youth Learn to Play Hockey

Ages: 4 - 14

The Pavilion

Our "Learn to Play" program is designed to introduce players with little or no skating and/or hockey experience to the sport of ice hockey. Designed to develop the fundamentals of the game, promote physical fitness and, above all else, have fun. Protective equipment kits are available to rent for \$50 while participating in Learn to Play Hockey. Kits include: pants, shin pads, elbow pads, shoulder pads, helmet with face mask, gloves and stick. Rental skates are also available.

Fee: \$84 ID \$100 OD / session

Program: 310201

M: 4:15 - 5:15 pm

Sessions: 11/28 - 1/23
(Registration opens 8/8)
1/30 - 3/13
(Registration opens 12/12)

Youth Kick Off Hockey Camp

NEW

NO SCHOOL

Ages: 7 - 14

The Pavilion

Lace up your skates and dust off your hockey gear to join us for this kick-off camp. We'll refresh your fundamentals and get you ready for your upcoming season. Required equipment includes: helmet with full face mask, mouthpiece, stick, shin pads, supporter or cup, gloves, shoulder pads, pants and elbow pads.

Fee: \$30 ID \$36 OD / session

Program: 310204

F: 9:30 - 11:00 am

Session: 11/11



Parent & Seal Pup: Skate Together

NEW

Ages: 3 - 4

The Pavilion

Step onto the ice and help your young "Seal Pup" find his or her ice feet! Together you will learn how to skate by singing songs, playing games and spending time together on the ice. Participants are welcome to stay to skate during the Parent/Tot skate session after class.

Fee: \$35 ID \$42 OD / session

Program: 310106

Day / Time	Session:
Tu: 9:45 - 10:15 am	11/29 - 12/13
Tu: 10:30 - 11:00 am	11/29 - 12/13
Th: 9:45 - 10:15 am	12/1 - 12/15
Th: 10:30 - 11:00 am	12/1 - 12/15

Learn to Skate: Youth

Ages: 4 - 15
The Pavilion

This program offers progressive classes designed to increase your recreational skating experience and develop the basic skills that are fundamental to figure skating. Note: Skaters may be moved during the session to a level that is most appropriate. Rental figure skates included.



Fee: \$60 ID \$72 OD / session

Our ice skating lessons are...

- **Age Appropriate:** Classes grouped by ages 4 - 5, 6 - 8, 9 - 11, 12 - 15 and 16+.
- **Skill Appropriate:** Based on progressively learned skate skills.
- **Small:** Maximum class size of 5 for KinderSkate and 7 for other youth levels.
- **Professional:** Our instructors are highly qualified and have years of experience coaching youth and adults in figure skating.
- **Inclusive:** All ages and abilities welcome.
- **Healthy:** Regular skating practice develops strength, coordination, endurance and a happy mind!

BONUS - FREE PRACTICE! Registered participants skate for free at Open Skate sessions Tuesdays through Thursdays (rental skates not included).

REGISTRATION TIP: Pre-requisites for each class are listed in the class description at <https://register.bendparksandrec.org/>. We encourage skaters to master each skill level before progressing to the next level.

For more information, call (541) 389-7588.

KinderSkate I & II

Ages: 4 - 5
KinderSkate I: Learn how to stand, march, dip and swizzle on the ice with fun songs and games. Protective headgear required.
Program: 310100
KinderSkate 2: The journey continues! Kinders will practice long glides across the ice, backward wiggles and snowplow stops. Protective headgear required. Prerequisite: Successful completion of KinderSkate 1.
Program: 310107

Level 1: Snow Bunnies

Ages: 6 - 15
Get started figure skating! This is the introductory class for beginning figure skaters. Learn how to march, swizzle, glide and even bunny hop on the ice.
Program: 310101

Level 2: Penguins

Ages: 6 - 15
Forward on! Learn one-foot glides, backward swizzles, two-foot turns and moving snowplow stops. Prerequisite: Successful completion of Level 1 lessons.
Program: 310102

Level 3: Arctic Foxes

Ages: 6 - 15
Time to be nimble, just like a fox! Learn how to use your blade to get the most out of your stroke and turns. We will work on a circle, learning swizzle pumps that lead into crossovers and two-foot spins. Prerequisite: Successful completion of Level 2 lessons.
Program: 310103

Level 4: Polar Bears

Ages: 6 - 15
Find your strength and grace on the ice! Polar Bears will work on mastering crossovers, turns and proper stroking techniques. Prerequisite: Successful completion of Level 3 lessons
Program: 310104

ONE-DAY-A-WEEK SESSIONS

	TUESDAYS
\$60 ID \$72 OD	Nov. 29 - Jan. 10
KinderSkate 1 & 2	4:10, 4:55 pm
Level 1: Snow Bunnies	4:10, 4:55 pm
Level 2: Penguins	4:10, 4:55, 5:40 pm
Level 3: Arctic Foxes	5:40 pm
Level 4: Polar Bears	5:40 pm

THURSDAYS

\$60 ID \$72 OD	Dec. 1 - Jan. 12
KinderSkate 1 & 2	4:10, 4:55 pm
Level 1: Snow Bunnies	4:10, 4:55 pm
Level 2: Penguins	4:10, 4:55, 5:40 pm
Level 3: Arctic Foxes	5:40 pm
Level 4: Polar Bears	5:40 pm
Levels 1 & 2: Teens	5:40 pm

SATURDAYS

\$60 ID \$72 OD	Dec. 3 - Jan. 14
KinderSkate 1 & 2	9:45, 10:30 am
Level 1: Snow Bunnies	9:45, 10:30 am
Level 2: Penguins	9:00 am
Level 3: Arctic Foxes	9:00 am
Level 4: Polar Bears	9:00 am

Each lesson is 35 minutes long. Start times listed.

Skate Lesson Assessment: FREE

Unsure which class to register your child in? Take the guesswork out - come for a free skate skill assessment to ensure your child is in the right class. Come by The Pavilion:

Tuesday, Nov. 8th, 10:00 am

Thursday, Nov. 10th, 5:30 pm

Saturday, Nov. 12th, 9:00 am

Or call (541) 389-7588 to arrange an appointment.

Volleyball

Youth Volleyball Camp

Grades: 3 - 5

Pilot Butte Middle School

Join our coaches for games, drills and skill building to improve your game. Bring knee pads and a water bottle.

Fee: \$24 ID \$29 OD / session

Program: 303622

Th: 9:30 - 11:30 am

Session: 10/27

Youth Volleyball League

Grades: 3 - 5

Local schools

Get ready to be part of one of the biggest sports in Central Oregon! This league emphasizes individual and team skill development, maximum court time, good sportsmanship and fun. Teams practice for one hour, twice during the week after 6:00 pm (coaches select days, time and location). Games played on Saturdays and last one hour; times vary. This program is dependent on volunteer coaches. Anyone interested in coaching, please contact Becky at (541) 706-6120.

Fee: \$58 ID \$70 OD / season

Season: 10/17 - 12/17

Registration Deadline: 10/2

Program: 303823 - Grade 3

303824 - Grade 4

303825 - Grade 5

Team sponsorships available: To sponsor a youth volleyball team go to program # 303002.

Volunteer with youth sports and adaptive programs.

Contact Kim at (541) 706-6127 for more information.



OVA Volleyball Clinics

Grades: 3 - 5

Pilot Butte Middle School

Get ready for the upcoming season by practicing and perfecting your serving, setting, hitting and passing. All sessions under the direction of OVA club volleyball coaches.

Fee: \$42 ID \$50 OD / session

Program: 303919

Su: 4:00 - 5:15 pm

Session: 10/2 - 16

OVA Advanced Volleyball Clinics

Grades: 6 - 8

Pilot Butte Middle School

These sessions are a great way to get ready for your upcoming club team tryouts! Focus is on developing all offensive and defensive skills - passing, setting, hitting, serving, digging and blocking - through advanced training and drills.

Fee: \$52 ID \$62 OD / session

Program: 303920

Su: 5:30 - 7:00 pm

Session: 10/2 - 16

Soccer

SoccerTots

Cascade Indoor Sports

Using props and games to enhance your child's soccer skills, this series is designed to develop motor skills, promote physical fitness and create self-confidence.

SoccerTots - Teddies

Ages: 18 Months - 2 Years

This parent participation class is a physical development program to engage kids in physical activity. Parent/guardian must participate with child.

Fee: \$85 ID \$102 OD / session

Program: 303203

Tu: 10:00 - 10:55 am

Sessions: 9/13 - 10/25

11/1 - 12/13 (No session 11/22)

W: 11:00 - 11:55 am

Sessions: 9/14 - 10/26

11/2 - 12/14 (No session 11/23)

Th: 5:00 - 5:55 pm

Sessions: 9/15 - 10/27

Sa: 9:00 - 9:55 am

Sessions: 9/17 - 10/29

11/5 - 12/17 (No session 11/26)



SoccerTots - Cubs

Ages: 3 - 4

An introductory class teaching kicking, balance, dribbling, foot-eye coordination as well as listening and following directions.

Fee: \$85 ID \$102 OD / session

Program: 303204

M: 5:00 - 5:55 pm

Sessions: 9/12 - 10/24

10/31 - 12/12 (No session 11/21)

Tu: 11:00 - 11:55 am

Sessions: 9/13 - 10/25

11/1 - 12/13 (No session 11/22)

Tu: 4:00 - 4:55 pm

Sessions: 9/13 - 10/25

11/1 - 12/13 (No session 11/22)

W: 10:00 - 10:55 am

Sessions: 9/14 - 10/26

11/2 - 12/14 (No session 11/23)

Th: 4:00 - 4:55 pm

Sessions: 9/15 - 10/27

11/3 - 12/15 (No session 11/24)

SoccerTots - Bears

Ages: 5 - 7

Designed for kids with little or no soccer experience to teach the basics of this fun, fast-paced game.

Fee: \$85 ID \$102 OD / session

Program: 303205

M: 4:00 - 4:55 pm

Sessions: 9/12 - 10/24

10/31 - 12/12 (No session 11/21)

Tu: 4:00 - 4:55 pm

Sessions: 11/1 - 12/13 (No session 11/22)

Tu: 5:00 - 5:55 pm

Sessions: 9/13 - 10/25

W: 4:00 - 4:55 pm

Sessions: 9/14 - 10/26

11/2 - 12/14 (No session 11/23)





Rush Soccer Skills

Cascade Indoor Sports

Learn the fundamentals of soccer! Participants will play games with the focus on individual and team skills development. We stress a non-competitive environment and promote fun. Classes will end in scrimmages. Instructor-to-student ratio is kept small to maximize development.

Fee: \$85 ID \$102 OD / session
Program: 303220

Ages: 7 - 8

M: 4:00 - 4:55 pm

Session: 9/12 - 10/24

W: 4:00 - 4:55 pm

Session: 9/14 - 10/26
11/2 - 12/14 (No session 11/23)

Ages: 9 - 11

W: 5:00 - 5:55 pm

Session: 9/14 - 10/26
11/2 - 12/14 (No session 11/23)

Youth Indoor Soccer League

Grades: K - 8

Cascade Indoor Sports

Get out of the cold weather and join a youth indoor soccer league this winter! All skill levels are encouraged. Leagues are designed to develop and enhance soccer skills, promote physical fitness and create self-confidence. All players receive a team shirt. Games played on Saturdays.

Fee: \$90 ID \$108 OD / season

SEASON 1: 11/5 - 12/17

Registration Deadline: 10/14
or until full

Program: 303890

Grade: Saturdays:

K Mid-morning

1 - 2 Early afternoon

3 - 5 Late afternoon

6 - 8 Early evening

SEASON 2: 1/7 - 2/25

Registration Deadline: 12/23
or until full

Program: 303891

Grade: Saturdays:

K Mid-morning

1 - 2 Early afternoon

3 - 5 Late afternoon

6 - 8 Early evening

Sports Camps

All Sport Camps NO SCHOOL

Grades: 1 - 5

Cascade Indoor Sports

Sign up as an individual or join with your friends! We'll play a variety of games such as: soccer, kickball, tag, Ultimate (Frisbee), flag football, dodgeball, capture the flag, floor hockey, volleyball, garbage ball, skating and more. It's a fun mix up of sports! Bring a water bottle and snack each day.

Thanksgiving Break: 11/21 - 23

Single Day Fee: \$40 ID \$48 OD

All 3 Days: \$120 ID \$144 OD

Program: 303309

Daily: 8:30 am - 12:30 pm

M: 11/21

Tu: 11/22

W: 11/23

Winter Break: 12/19 - 22

Single Day Fee: \$40 ID \$48 OD

All 4 Days: \$140 ID \$168 OD

Program: 303310

Daily: 8:30 am - 12:30 pm

M: 12/19

Tu: 12/20

W: 12/21

Th: 12/22

New Year Break: 12/26 - 29

Single Day Fee: \$40 ID \$48 OD

All 4 Days: \$140 ID \$168 OD

Program: 303311

Daily: 8:30 am - 12:30 pm

M: 12/26

Tu: 12/27

W: 12/28

Th: 12/29

Volunteer with youth sports and adaptive programs.

Contact Kim at (541) 706-6127 for more information.



Bend FC Timbers

Futsal League

Ages: U10 - U14

Come join the Bend FC Timbers professional coaching staff for our Winter Futsal League. Played indoors at the Bend Elks Fieldhouse. A fun way to get lots of touches on the ball and improve your skills in small-sided games.

Technical Training

Ages: U6 - U14

Come join the Bend FC Timbers professional coaching staff for our Winter Technical Training series. Weekly hour-long sessions led by the Bend FC Timbers coaching staff. Small player to coach ratio with topics to be covered including ball mastery, passing, receiving, shooting and more!

Goalkeeper Training

Ages: U8 - U14

Come join the Bend FC Timbers professional goal keeping staff for our Winter Goalkeeping Series. Weekly hour-long sessions led by Bend FC Timbers Director of Goalkeeping, Mike Larson. Topics to be covered include techniques of ball handling, diving, kicking and more!

For more information on Bend FC Timbers programs, visit bendfctimbers.com.

Golf

River's Edge Youth Golf Lessons

Ages: 8 - 13

River's Edge Golf Course

Introduce your child to this lifelong sport or continue to improve their game. Taught by PGA professional Mike Palen in a small group setting. Emphasis is on fundamentals including grip, posture, ball position, alignment and swing mechanics as well as golf etiquette. Clubs provided or bring your own.

Fee: \$99 ID \$119 OD / session

Program: 303700

W: 3:00 - 4:30 pm

Session: 9/7 - 28



Quidditch

Quidditch NEW

Ages: 8 - 11

Mount your broomsticks please! The fast-growing sport of Quidditch is an epic adventure of seekers, chasers and the golden snitch. Be on the team to score the most points by getting the quaffle ball through the opposing team's goal, or catch the golden snitch to end the game. No experience necessary, everyone is welcome to play!

QUIDDITCH CAMP NO SCHOOL

Highland Elementary

Fee: \$89 ID \$107 OD / session

Program: 306013

Th/F: 9:00 am - 3:30 pm

Session: 10/27 - 28

EARLY RELEASE WEDNESDAY QUIDDITCH

Juniper Elementary

Fee: \$35 ID \$42 OD / session

Program: 306006

W: 12:00 - 4:00 pm

Session: 10/19

Volunteer with youth sports and adaptive programs.

Contact Kim at (541) 706-6127 for more information.

Scooter & Skateboarding

Scooter Skills NEW NO SCHOOL

Ages: 6 - 18

Ponderosa Park Skatepark

Join our new fall scooter program! Learn skills and tricks with pro instructors and enjoy progressing in the sport while we have a blast with games and activities. Riders will be divided into groups based on age and skill level. On the last day, we'll show off our skills in a mini competition with prizes and giveaways. Scooter, helmet, pads and sack lunch required.

Program: 306148

TWO-DAY SCOOTER WORKSHOP

Fee: \$90 ID \$108 OD / session

Th/F: 9:00 am - 1:00 pm

Session: 10/27 - 28

FALL SCOOTER CLINIC

Fee: \$179 ID \$215 OD / session

Sa: 9:00 am - 1:00 pm

Session 1: 9/10 - 10/1

Session 2: 10/8 - 29

Climb & Board! NEW

Ages: 6 - 10

The Pavilion

Let's get you climbin' and boardin'! Join our experienced instructors and learn the basic fundamentals of each sport. Helmets required. Bring your own skateboard and pads/guards. All rock climbing equipment is included.

Fee: \$7 ID \$9 OD / session

Program: 310500

M: 4:30 - 5:30 pm

Sessions: 9/12 9/19

9/26 10/3

W: 4:30 - 5:30 pm

Sessions: 9/14 9/21

9/28 10/5

Pickleball & Tennis

10 & Under Tennis NEW

Ages: 6 - 10

The Pavilion

Designed to bring kids into the game of tennis, this is an exciting new play format for learning tennis which utilizes specialized equipment, shorter court dimensions and modified scoring all tailored to age and size.

Fee: \$54 ID \$65 OD / session

Program: 310501

Tu/Th: 4:30 - 5:30 pm

Session: 9/8 - 10/6



Youth Pickleball

Ages: 7 - 10

The Pavilion

Come learn the exciting game of pickleball on some of Bend's best courts! Learn how to keep score, court positioning, stroke development and have some serious fun. You'll be ready for a match in no time!

Fee: \$30 ID \$36 OD / session

Program: 310502

W: 4:30 - 5:30 pm

Session: 9/7 - 10/5



Archery

Archery - The Ancient Art

Ages: 10 - 15

Harmon Park

Learn the 10,000 year-old art of bows and arrows. A fun program that emphasizes shooting safety and developing basic archery skills using recurve bows on an outdoor range in Tumalo. No previous experience necessary and all skill levels welcome. All archery equipment is provided. Dress for the weather.

Fee: \$29 ID \$35 OD / session

Program: 307710

Th: 9:00 am - 1:00 pm

Session: 10/27

F: 9:00 am - 1:00 pm

Session: 10/28



Fencing

Beginning Foil Fencing

Ages: 9 - 11

High Desert Fencing

Learn to swordfight like an Olympic fencer. We will cover basic footwork, blade work and tactics so you can have fun challenging your opponent and yourself. All fencing equipment is provided. Wear a t-shirt, sneakers and athletic pants (no shorts). US Fencing annual membership \$10 fee due at first class.

Fee: \$65 ID \$78 OD / session

Program: 306119

M: 4:30 - 5:30 pm

Session: 9/26 - 11/14

Beginning Epee Fencing

Ages: 12 - 18

High Desert Fencing

Join us to learn Olympic style epee fencing. Challenge your body and mind in this fun and exciting game of physical chess. We will cover footwork, blade work and tactics so you can have fun challenging your opponent and yourself. All fencing equipment is provided. Wear a t-shirt, sneakers and athletic pants (no shorts). US Fencing annual membership \$10 fee due at first class.

Fee: \$85 ID \$102 OD / session

Program: 306219

M: 5:30 - 7:00 pm

Session: 9/26 - 11/14

Martial Arts

Juniors Karate

Ages: 6 - 12

Odyssey Martial Arts

Discover what martial arts is all about! Students will learn self-control, focus, discipline, self-defense, confidence and respect while learning karate techniques and having fun. Uniform included.

Fee: \$79 ID \$95 OD / session

Program: 306153

M - Th: 5:00 - 5:45 pm

Session: 12/5 - 15

M/W: 5:00 - 5:45 pm

Sessions: 10/3 - 26

11/2 - 30 (no class 11/23)

1/4 - 30

Tu/Th: 5:00 - 5:45 pm

Sessions: 10/4 - 27

11/1 - 29 (no class 11/24)

1/5 - 31

Kids Mixed Martial Arts

Ages: 6 - 12

Smith Martial Arts

Learn mixed martial arts skills and techniques including boxing, kickboxing, takedowns, grappling, submissions and conditioning. With safety and fitness emphasized, this is a great program for both beginners and kids with prior training.

Fee: \$85 ID \$102 OD / session

Program: 306108

Tu/Th: 4:30 - 5:15 pm

Sessions: 9/6 - 29 10/4 - 27

11/1 - 29

12/1 - 22 (Adj. Fee \$65 ID \$78 OD)

Wrestling

Lava Bear Wrestling Club

Bend High School

Learn how to wrestle! Divided by age and ability level, there are three levels available. Athletes will learn valuable skills that include: character building (hard work, discipline, dedication and citizenship), balance, coordination, core strength, conditioning and, of course, wrestling maneuvers. The coaching staff has many years of experience coaching local school-based wrestling programs. Includes t-shirt, shorts and USA Wrestling card.

Fee: \$90 ID \$108 OD / session

Program: 303990

Grades: K - 2

Tu & W: 5:30 - 6:30 pm

Session: 11/1 - 2/1

Grades: 3 - 8

Tu - Th: 5:30 - 7:00 pm

Session: 11/1 - 2/2

Adapted Sports

Wheelchair Basketball

Ages: 14 & up

Ensworth Elementary

If you have limiting mobility or use a wheelchair and are looking for an opportunity for recreation, join us for wheelchair basketball.

Fee: \$3 ID \$3 OD / session

Program: 304611

M: 6:00 - 8:00 pm

Session: 9/19 - 12/12

Adaptive Equipment

Adaptive equipment is available for people with physical disabilities including an adaptive golf cart, sports wheelchairs, adult hand-cycles and child hand-cycles. If you are interested in using or renting this equipment for an outing, call (541) 706-6121.



CLIP IT OUT!
.....
(RE) PLACE
IT ON
YOUR FRIDGE!
.....
DON'T MISS OUT
ON THE
ACTION!

Yo! Sports Fans!

Plan Ahead!

2016 - 17

Youth League

Registration Deadlines:

FALL 2016 REGISTRATION: Opens August 10

Program/League	Season	Registration Deadline
Youth Volleyball League	10/17 - 12/17	10/2
Bitty Ball Basketball League	11/5 - 12/17	10/13 or until full
Boys MS Basketball League	11/1 - 12/15	10/7
High School Basketball League	12/4 - 2/26	11/27 or until full
Youth Basketball League	1/3 - 3/4	11/6
Girls MS Basketball League	1/9 - 3/10	12/16

WINTER-SPRING 2017 REGISTRATION: Opens Dec. 12

Program/League	Season	Registration Deadline
Youth Indoor Soccer League	March - May	Feb., TBD
Youth Lacrosse League	March - June	March, TBD
Girls Softball League	March - June	March, TBD
PGA Junior Golf League	April - June	April, TBD

SUMMER 2017 REGISTRATION: Opens March 23

Program/League	Season	Registration Deadline
Youth Fall Soccer League	August - October	June
Youth Tackle Football League	August - October	June
Youth Flag Football League	September - November	August
Kindergarten Soccer League	September - October	August
6th Grade Volleyball League	September - October	Sept.
High School Volleyball League	September - October	Sept.
Middle School Tennis League	September - October	Sept.



**BIG HIGH
FIVES!**



**big thanks to our spring
youth sports sponsors.**

Thank you to all the local businesses and individuals who value healthy recreation opportunities for children and help make youth sports programs possible. Please join us in thanking the following 2016 spring sports sponsors:

Youth Lacrosse Program Sponsor:

**Keith E. Krueger, D.M.D., P.C.
Oral & Maxillofacial Surgeon**

Youth Lacrosse Team Sponsor:

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**Youth Sports Team
Sponsorship Opportunities**

Here's a chance to promote your business and support Bend Park & Recreation District youth sports teams programs. Each team sponsor will have their business name printed on the back of team jerseys and will receive a team photo plaque. For more information, call Russ Holliday at (541) 706-6108. Sponsoring a team is easy! Simply go to the BPRD registration website and reference the number of the team sport you would like to sponsor:

Program: 303000 **Youth Basketball** (boys & girls grades 3 - 5) \$275 / team
Program: 303002 **Youth Volleyball** (boys & girls grades 3 - 5) \$275 / team



Many thanks to every volunteer who generously contributed time as a coach for youth winter and spring sports programs. These people shared their time, talent, energy and compassion to truly make a difference for the children and families who participate as part of their team. We couldn't do it without you!

Youth Lacrosse

Nick Allen	Jack Erhard	Michael Hodgson	Soma Lilly	Lorin Page	Mike Rodgers	Aaron Warnock
John Audette	Jack Farley	Jerry Huegel	Clark Limoges	Joel Palanuk	Pete Rodgers	Garth White
Ryan Bloodworth	Chris Fitton	Brad Irwin	Darin MacDonald	Mason Payer	Kevin Schaffer	Russ White
Shawn Blount	Quinn Flanigan	Peter Jameson	Bill Martin	Tin Peterson	Amy Sorenson	Jay Wilkins
Mike Byler	Devon Gaines	Chris Kerr	Chris Mayes	Michelle Preim	Rick Stone	Jeanvieve Wilson
Ken Clark	Rosemary Gaines	Hodge Kerr	Joel McCarroll	Laurie Purcell	Tiffany Tisdell	Mike Wilson
Joan Dairy	Robert Gilman	Brian Kissell	Al McGuire	Dan Radatti	Franchot Tone	
Blair Deaver	Isaiah Glatz	Lee Kissenger	Brent McLean	JT Ramsey	Karrie Trowbridge	
Mike Dyer	Frank Groundwater	Dave Lavinsky	Jim Miller	Greg Ranstrom	Mike Tucker	
Erik Emerson	Kris Harwell	Jeff Lee	Kimberly Moore-Kennedy	Geoff Raynak	Jon Vlasak	
Kalie Emerson	Robert Harwell	Miler Lilly		Scott Robbins	Kate Vlasak	

Bitty Baseball

William Bailey	Kyle Boeddeker	Landan Goodnight	Ron Mauer	Jude Quilter	Ray Velez
Zachary Bass	Aaron Brandt	Mike Hawbecker	Brant Mellor	Mike Steder	
Heather Bennett	Richard Drombetta	Matt Johnson	TJ Pylar	Idaac Tucker	

Girls Fast Pitch Softball

Corey Andrews	Isah Cavallaro	Amanda Gillette	Regina Jolley	Katie Perez	Meredith Thomason	Bill Weatherman
Brady Bafford	Abbey Davis	Michael Gorremans	Michelle Laureman	Mario Perez	Cassidy Thompson	Madalyn Weatherman
Brady Bedsworth	Melissa Eckman	Marci Hagan	Chris Marrone	Bruce Redden	Darcy Todd	Staci West
Paul Birdwell	James Erickson	Ben Hernandez	Sarah Marshall	Justin Scott	TJ Todd	
Mike Carpenter	Don Fain	Drew Hornbeck	Doug McDonald	Jason Sutterfield		

Volunteers Needed to Coach Youth Team Sports

Make a difference for a group of kids!

Volunteers are essential to youth sports programs. We are currently seeking volunteer coaches for:

- 6th Grade Volleyball
- Youth Volleyball
- Bitty Ball Basketball
- Youth Basketball
- Middle School Basketball

Sport experience preferred. Application and background check required. Training and support provided. For more information, contact Rich at (541) 706-6126 or rich@bendparksandrec.org.



Aspen Hall



Hollinshead Barn



Marcoulier Event Room



Riverbend Community Room



Picnic Shelter

RENT A PARK,
PICNIC SHELTER
OR FACILITY

PARK & FACILITY RENTALS:

For Your Next Event

Consider a Bend Park & Recreation District facility or park for your special celebration, meeting or event. Offering a variety of buildings and places, BRPD has the rental spaces available to match your event needs.

ASPEN HALL is located in beautiful Shevlin Park, just minutes from downtown. The hall features open-beamed ceilings, tile floors with wood framed windows and a full kitchen. Doors open out to a beautiful patio, towering pines, lawn and shimmering pond.

HOLLINSHEAD BARN rests in a lush park in the heart of Bend. The two-story barn combines the charm of its historic origins with a cozy, intimate atmosphere. Inside the barn has gorgeous wood floors and accessible elevator (to the second floor). The outdoor space features a fenced-in lawn, two patios, barbecue and outdoor benches.

MARCOULIER EVENT ROOM at the Bend Senior Center is a large, open space with beautiful maple wood floors perfect for dancing, lots of natural light and a full commercial kitchen. It is the perfect location for a wedding, reception, reunion or event with seating up to 250 people.

RIVERBEND COMMUNITY ROOM is located in the District office and available for presentations, meetings or small events. The room opens up to an outdoor plaza overlooking the Deschutes River and Riverbend Park.

JUNIPER SWIM & FITNESS CENTER is available for swim parties, pool rentals and special fitness events. Options are available from packages during open recreation swim times or private party pool rental.

THE PAVILION welcomes groups for birthday parties and other special events. Bring the gang for open skate and rent the party room. Call for reservations.

PARKS, PICNIC SHELTERS & SPORTS FIELDS are available for rent. Fees are based on the size of your group, park amenities and length of your event.

SPORT PACKS which include: volleyball and net, baseball equipment and Frisbee are available for rent for your outdoor party or company picnic. You just add the fun!

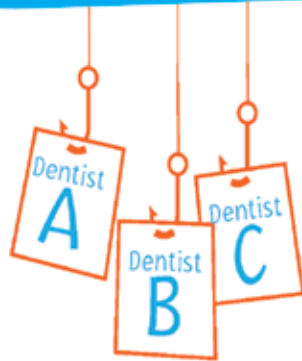
Visit bendparksandrec.org for more details and virtual tours or call (541) 389-7275 for additional information or to make a reservation.

Program Locations

Locations of all fall BPRD programs are in alphabetical order below.

Academie De Ballet Classique 162 NW Greenwood Ave, Bend, OR 97701	Ensworth Elementary School 2150 NE Daggett Ln, Bend, OR 97701	Miller Elementary School 300 NW Crosby Dr, Bend, OR 97701	Smith Martial Arts 100 SE Bridgeford Blvd, Suite A Bend, OR 97702
American Red Cross – Service Master Location 20806 Sockeye Pl, Ste. 210, Bend, OR 97701	Hal Puddy Field 225 SE 15th St, Bend, OR 97702	Mountain View High School 2755 NE 27th St, Bend, OR 97701	Sugar Push Dance Studio 211 NE Revere Ave, Bend, OR 97701
Amity Creek Elementary 437 NW Wall St, Bend, OR 97701	Harmon Park, Hobby Hut & Outdoor Center 1100 NW Harmon Blvd, Bend, OR 97701	Mountain View Park 1975 NE Providence Dr, Bend, OR 97702	Summit High School 2855 NW Clearwater Dr, Bend, OR 97701
Art Station 313 SW Shevlin Hixon Dr, Bend, OR 97702	High Desert Middle School 61111 SE 27th St, Bend, OR 97702	Norton Ave. Apartments 415 NE Norton Ave, Bend, OR 97701	Sunriver Nature Center 57245 River Rd, Bend, OR 97707
Bear Creek Elementary School 51 SE 13th, Bend, OR 97702	High Desert Fencing 911 SE Wilson Ave, Bend, OR 9772	Odyssey Martial Arts 924 B SE Wilson Ave, Bend, OR 97702	Sylvan Learning Center 2150 NE Studio Rd, Bend, OR 97702
Bend High School 230 NE 6th St, Bend, OR 97701	High Lakes Elementary School 2500 NW High Lakes Lp, Bend, OR 97701	Pilot Butte Middle School 1501 NE Neff Rd, Bend, OR 97701	Tall Pine Studio SE Bend off of Knott Rd, Bend, OR 97702
Bend Senior Center 1600 SE Reed Market Rd, Bend, OR 97702	Highland Elementary School at Kenwood 701 NW Newport Ave, Bend, OR 97701	Pine Nursery Park 3750 NE Purcell Blvd, Bend, OR 97701	The Pavilion 1001 SW Bradbury Way, Bend, OR 97702
BPRD District Office 799 SW Columbia St, Bend, OR 97702	Hollinshead Park & Barn 1235 NE Jones Rd, Bend, OR 97701	Pine Ridge Elementary School 19840 Hollygrape St, Bend, OR 97702	Tumalo Creek Kayak & Canoe 805 SW Industrial Way, Ste 6, Bend, OR 97702
Buckingham Elementary 62560 Hamby Rd, Bend, OR 97701	Jewell Elementary School 20550 Murphy Rd, Bend, OR 97702	Ponderosa Elementary School 3790 NE Purcell Blvd, Bend, OR 97701	Twin Knolls Transition Co-op 2500 NE Twin Knolls Dr, Bend, OR 97702
Cascade Indoor Sports 20775 High Desert Ln, Bend, OR 97701	Juniper Elementary School 1300 NE Norton, Bend, OR 97701	Ponderosa Park & Skatepark 225 SE 15th St, Bend, OR 97702	
Cascade Middle School 19619 Mountaineer Way, Bend, OR 97702	Juniper Swim & Fitness Center 800 NE 6th St, Bend, OR 97701	Shevlin Park 18920 Shevlin Park Rd, Bend, OR 97701	
Cascade School of Music 200 NW Pacific Park Ln, Bend, OR 97701	KPOV – High Desert Community Radio 501 NW Bond St, Bend, OR 97701	Silver Rail Elementary School 61530 SE Stone Creek St, Bend, OR 97702	
Elk Meadow Elementary School 60880 Brookswood Blvd, Bend, OR 97702	Lava Ridge Elementary School 20805 Cooley Rd, Bend, OR 97701	Sky View Middle School 63555 NE 18th St, Bend, OR 97701	

Kids choice.



Choosing the right dentist for your child can mean a lifetime of healthy teeth. Questions to consider: Does the dentist specialize in pediatrics? Are they a children's dentist and an orthodontist? Is the dentist good at communicating — both with the patient and the parents? Come to Bluefish and the answer is ... yes!

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July 4th PET PARADE and Old fashioned FESTIVAL

Thank you to all
our community partners
for another great year!

Bend Park & Recreation DISTRICT

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Park Features & Amenities

Get out and play with our features and amenities guide. Need to know how to get to a park? An interactive map is available online at www.bendparksandrec.org and a print map is available at our facilities.

For additional information on parks and trails, visit our website at www.bendparksandrec.org or call (541) 389-7275.

PARK & TRAIL RULES & REGULATIONS:

These rules are in place for the safety and enjoyment of all park users. Park users are responsible for knowing and following all park rules. This is a partial list.

For the full rules and regulations text, call 541-389-7275 or visit our website at www.bendparksandrec.org.

For non-emergency police matters, call 541-693-6911.

For emergencies, dial 911.

- Parks and trails are open 5:00 am to 10:00 pm daily.
- City ordinances require that dogs must be on leash at all times within the city limits (except at designated off-leash areas) and their waste properly removed. Dog “rest stops” along the trails and in the parks provide you with disposal bags and trash cans.
- Do not litter. Trash cans are located throughout the park and trail system.
- Vehicles must remain on roadways or in parking areas. No parking on District property between 10:00 pm and 5:00 am.
- No camping, smoking or fires allowed. Alcoholic beverages allowed by permit only.
- Feeding geese, ducks, other waterfowl and wildlife is not allowed.
- Removing vegetation is not allowed.
- Propane cook stoves are allowed; no charcoal grills allowed.
- Metal detectors allowed by permit only.
- The use of airborne projectiles, including golf and archery, is not allowed.
- Sales and concessions are allowed by permit only.

TRAIL USE:

- Some sections of the trail are on private property. Please stay on the designated trail.
- Areas along the river are sensitive wildlife habitat. Please do not walk along the river bank.
- Bicyclists are not allowed on some sections of the trails. Please observe pedestrian-only trail sections. No motorized vehicles allowed on trails.



NAME	ADDRESS	BALL FIELDS	BASKETBALL	DISC GOLF	DOG OFF-LEASH AREAS	FACILITY RENTALS	FISHING	HORSESHOES	NATURAL AREAS	PICKLEBALL	PICNIC SHELTER	PLAYGROUND	RESTROOMS (YEAR-ROUND)	RESTROOMS (SEASONAL)	RIVER ACCESS	SKATEBOARDING	TENNIS
Al Moody Park	2225 NE Daggett Ln		•								•	•	•				
Alpine Park	19500 Century Dr								•								
Awbrey Village Park	3015 NW Merchant Way											•					
Bend Park & Recreation District	799 SW Columbia St				•								•				
BPRD Park Services	1675 SW Simpson Ave																
Bend Senior Center	1600 SE Reed Market Rd				•			•					•				
Bend Whitewater Park	166 SW Shevlin Hixon Dr														•		
Big Sky Park	21690 NE Neff Rd	•			•				•		•	•	•				
Blakely Park	1155 SW Brookwood Blvd		•									•	•				
Boyd Park	20750 NE Comet Ln		•								•	•		•			
Brooks Park	35 NW Drake Rd						•								•		
Columbia Park	264 NW Columbia St							•			•	•	•		•		
Compass Park	2500 NW Crossing Dr							•			•	•	•				
Discovery Park	1315 NW Discovery Drive				•				•		•		•				
Dohema River Access	35 NW Drake Rd														•		
Drake Park	777 NW Riverside Blvd						•						•		•		
Farewell Bend Park	1000 SW Reed Market Rd						•	•			•	•	•		•		
First Street Rapids Park	1980 NW First St						•	•					•		•		
Foxborough Park	61308 Sunflower Ln		•									•		•			
Gardenside Park	61750 Darla Pl										•	•	•				
Genna Stadium	401 SE Roosevelt Ave																
Harmon Park	1100 NW Harmon Rd	•									•	•	•		•		
Harvest Park	63240 NW Lavacrest St											•		•			
High Desert Park	60895 27th St								•								
Hillside I Park	2050 NW 12th St		•									•	•				
Hillside II Park	910 NW Saginaw Ave				•												
Hixon Park	125 SW Crowell Way																
Hollinshead Park	1235 NE Jones Rd				•	•							•				
Hollygrape Park	19489 SW Hollygrape St											•	•				
Jaycee Park	478 Railroad St		•									•		•			
Juniper Park	800 NE 6th St	•						•	•		•	•	•				•
Juniper Swim & Fitness Center	800 NE 6th St				•								•				
Kiwanis Park	800 SE Centennial Blvd	•	•								•	•		•			
Larkspur Park	1700 SE Reed Market Rd		•					•	•		•	•	•				

NAME	ADDRESS	BALL FIELDS	BASKETBALL	DISC GOLF	DOG OFF-LEASH AREAS	FACILITY RENTALS	FISHING	HORSESHOES	NATURAL AREAS	PICKLEBALL	PICNIC SHELTER	PLAYGROUND	RESTROOMS (YEAR-ROUND)	RESTROOMS (SEASONAL)	RIVER ACCESS	SKATEBOARDING	TENNIS
Lewis & Clark Park	2520 NW Lemhi Pass Dr		•									•					
McKay Park	166 SW Shevlin Hixon Dr	Closed for construction															
Miller's Landing Park	55 NW Riverside Blvd						•				•		•		•		
Mountain View Park	1975 NE Providence Dr		•									•		•			
Orchard Park	2001 NE 6th St		•								•	•		•			
Overturf Park	475 NW 17th St				•			•	•			•					
Pacific Park	200 NW Pacific Park Ln						•										
Pageant Park	691 NW Drake Rd						•								•		
The Pavilion	1001 SW Bradbury Way					•							•				
Pilot Butte Neighborhood Park	1310 NE Highway 20	•									•	•	•				
Pine Nursery Park	3750 NE Purcell Blvd	•		•	•		•		•	•	•		•				
Pine Ridge Park	61250 Linfield Ct										•	•		•			
Pioneer Park	1525 NW Wall St						•				•		•				
Ponderosa Park	225 SE 15th St	•	•		•					•	•	•	•			•	
Providence Park	1055 NE Providence Dr		•									•		•			
Quail Park	2755 NW Regency St		•						•	•	•	•		•			
River Canyon Park	61005 Snowbrush Dr																
River Rim Park	19400 Charleswood Ln														•		
Riverbend Park	799 SW Columbia St						•				•		•		•		
Riverview Park	225 NE Division St								•					•			
Rockridge Park	NE 18th St & Egypt Dr								•								
Sawyer Park	62999 O.B. Riley Rd						•		•				•		•		
Sawyer Uplands Park	700 NW Yosemite Dr								•			•					
Shevlin Park	18920 NW Shevlin Park Rd				•	•		•		•	•	•					
Skyline Sports Complex Park	19617 Mountaineer Way	•									•	•	•				
Stover Park	1650 NE Watson Dr	•										•	•				
Summit Park	1150 NW Promontory Dr		•						•								•
Sun Meadow Park	61150 Dayspring Dr		•								•	•		•			
Sunset View Park	990 NW Stannium Rd								•								
Sylvan Park	2996 NW Three Sisters Dr								•			•					•
Three Pines Park	19089 Mt Hood Pl											•					
Wildflower Park	60955 River Rim Dr										•	•					
Woodriver Park	61690 Woodriver Dr		•									•		•			



Gardenside Park playground



Brooks Park Heroes Memorial Plaza



Hollygrape Park



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Basketball	Performing Arts
Soccer	Music & Voice
Arts & Crafts	Language Arts

NO-SCHOOL DAY PROGRAMS

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No-School Days Art Play	All Sports Camps
Volleyball	Basketball
Scootering Camp	Science & Technology
Quidditch	Archery & Rock Climbing
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