

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



Bend Park &
Recreation
DISTRICT

winter-spring 2018

your playbook

discover
riley ranch
nature reserve

creative play
at the
art station

go wild!
in natural play areas

park & trail projects
in the works

play for life

CONTACT US

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

Administration will be closed: Jan. 1 - New Year, Jan. 15 - MLK Jr. Day, Feb. 19 - President's Day, May 28 - Memorial Day

THE ART STATION

313 SW Shevlin Hixon Dr. • p. (541) 389-7275

Open for scheduled programs and open studio hours. See schedule online.

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 31.

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 19.

THE PAVILION

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

Office Hours 8:00 am - 8:00 pm, daily
Hours subject to change.

Holiday hours and special events: See page 27.

PARK SERVICES

1675 SW Simpson Ave. • p. (541) 388-5435

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

Park Services will be closed: Jan. 1 - New Year, Jan. 15 - MLK Jr. Day, Feb. 19 - President's Day, May 28 - Memorial Day



winter-spring 2018

Welcome to "Your Playbook." You're invited to play, learn and thrive in the many recreation programs, facilities, parks and trails available to you this season. Whether you are one, one hundred or somewhere in between, the Bend Park & Recreation District is your place for play.

Bienvenido a su Revista de Actividades Recreativas "Playbook." Los invitamos a participar, aprender y crecer de manera sana en muchos de los programas de recreación, centros de recreación, parques y senderos disponibles durante esta estación del año. Bend Park & Recreation District es el lugar para su recreación ya sea para una persona, cientos o menos.

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:

Nathan Hovekamp, Chair • Brady Fuller, Vice-Chair • Ellen Grover • Ted Schoenborn • Lauren Sprang

BUDGET COMMITTEE:

Thomas Fisher • Larry Kimmel • Joanne Matthews • Ariel Mendez • Brian Thorsness

EXECUTIVE DIRECTOR:

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don@bendparksandrec.org

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RECREATION SERVICES DIRECTOR:

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FOLLOW US:

Facebook - Bend Park & Recreation District, Juniper Swim & Fitness Center, The Pavilion, Bend Whitewater Park, Art Station and Bend Senior Center.

Twitter - Bend Park & Rec (@bendparksandrec)

Instagram - bendparks (@bendparks)

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.

SERVICIOS AL ALCANCE DE LA COMUNIDAD LATINA / LATINO

OUTREACH SERVICES: Comuníquese con Kathya al Tel. (541) 706-6190. Horarios de oficina Juniper Swim & Fitness Center: Lunes, miércoles y viernes de 2:30 a 7:00 pm y los martes de 9:00 am a 1:00 pm en las Oficinas del Distrito (en Old Mill District).

Contact: Kathya Avila p. (541) 706-6190.
Office hours: Juniper Swim & Fitness Center
Mondays, Wednesdays & Fridays, 2:30 - 7:00 pm
District Office: Tuesdays, 9:00 am to 1:00 pm

On the Cover: An Art Station instructor demonstrates technique to students during a relief printing class.
Photo credit: Greg Kleinert.

SHARING THE LOVE OF PLAY

If getting outdoors more often is on your list for 2018, we have a handful of new parks and a very important new natural area to explore. This fall we celebrated the opening of Rockridge Park and had a surprise from a Lava Ridge Elementary School teacher and students who shared encouraging notes about the park adjacent to the school. We return the thanks to our friends at Bend-La Pine Schools who have been great partners for decades.

In the final weeks of the year, we finished and opened Eagle Park, Stone Creek Park, and a renovated Hillside Park. We also opened our first nature reserve at Riley Ranch.

Riley Ranch Nature Reserve is unlike anything else in the District and I hope you enjoy it as much as I do. It may be hard to believe that the area was once slated for 2,000 homes, commercial uses, schools and more roads. Instead of building that vision, our community chose to go another direction allowing the District to purchase the area as a part of the 2012 bond program and use of System Development Charges. The District formed a Citizens Advisory Committee that helped us create the vision for this spectacular park. Our goals for Riley Ranch are to protect and enhance wildlife habitat, facilitate nature-based recreation and educate and inspire visitors. The ability to have a serene connection to nature can't be overstated in our busy lives, so take an afternoon to explore Riley Ranch.



While these completed projects tell us where we've been, another effort is informing where we're heading. Our comprehensive planning effort will serve as our road map for the next ten years and it's nearing its finish line. The input from thousands of community members has been a wonderful indicator of how important recreation is to life in Bend. Look for updates this spring and summer as we prioritize our work on trails, parks and recreation opportunities.

Thank you for another great season!

Don Horton, Executive Director
don@bendparksandrec.org

At the opening of Rockridge Park, students from Lava Ridge Elementary School gave handwritten notes thanking BPRD for the new community park.



For more information, call (541) 389-7275 • bendparksandrec.org • Park and location lists on pages 108 - 111

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making places to play

Park, Facility & Trail Projects

As Bend grows, so does your park and trail system. To support our community's needs, the District is adding new parks and trails while also updating aging facilities, parks and trails. Together, these various projects have been a steady stream for several years and kept staff busy with land purchases, project design, public outreach to gather input, and construction to turn plans into amenities for the community.

Currently, there are more than a dozen projects underway – funded by the 2012 bond or by other District resources.

BOND-FUNDED PROJECTS:

All the bond-funded projects are either completed or at some level of design, engineering, construction and/or land acquisition.

- Bend Whitewater Park - completed
- McKay Park - completed
- Southeast Bend Park land acquisition - completed
- The Pavilion - completed
- Riley Ranch Nature Reserve - completed
- Deschutes River Trail - in progress.



At left, Riley Ranch Nature Reserve is now open in northwest Bend. Above, Riverfront Street and sidewalk which offer Deschutes River Trail connections in northwest Bend, will receive improvements.

Riley Ranch Nature Reserve



Designed to preserve its unique natural features and wildlife habitat, Riley Ranch Nature Reserve is a 184-acre nature park in northwest Bend with visitor facilities including trails, overlooks, interpretive displays and parking. To limit impacts to the reserve's special features and inhabitants, restrictions on dogs, bikes and large groups are in place at Riley Ranch. Construction is completed and the park is now open.

Learn more about Riley Ranch on pages 12 - 13.

Deschutes River Trail



Deschutes River Trail projects include easements and land acquisitions all of which will help complete the trail through Bend. Projects in downtown Bend are being designed as part of the restoration project along the banks of Mirror Pond at Drake Park. The Galveston Avenue to Miller's Landing Park section of the Deschutes River Trail along Riverfront Street will receive a makeover to better accommodate trail users.



An out-of-this-world playground waits for adventurous children at Eagle Park.

OTHER CURRENT PROJECTS:

Eagle Park



Construction of Eagle Park, a new neighborhood park in northeast Bend, was completed in fall 2017. The park includes a lawn area, picnic facilities, inclusive and nature-based play opportunities, paved and soft surface trails and a natural area.



Rockridge Park



Rockridge Park, located in northeast Bend adjacent to Lava Ridge Elementary School, includes paved and soft-surface trails, a play structure, nature play opportunities, disc golf, a skatepark, beginner and intermediate bike skills courses, a lawn area and street improvements along Egypt Drive. The park was completed and opened this fall.

Hillside Park



Improvements to northwest Bend's Hillside Park and the adjacent off-leash area include fencing, a new parking area and sidewalk, playground improvements, picnic shelter and trails. Construction was completed in the fall.

Getting to the park is as important as playing. Crews work on the sidewalk and crosswalk at Hillside Park.

Stone Creek Park



Recently completed and now open, Stone Creek Park was constructed in agreement with the neighborhood developer of the new Stone Creek subdivision. Located across from Silver Rail Elementary School in southeast Bend, this seven-acre park includes a picnic area, traditional and natural play areas, skate spots, a bike pump track and natural trails.

Drake Park/ Deschutes River Trail & Bank Improvements



The banks of the Deschutes River at Drake Park and Pacific Park have deteriorated over time, resulting in safety and environmental issues. The District entered into a design contract with a team of engineers and landscape architects to develop plans to improve the banks on the Drake Park side of Mirror Pond in the Deschutes River. This work will also include the design of the Deschutes River Trail through Drake Park and Pacific Park. Design is progressing with an approved option and the team has finished the thirty-percent design document with cost estimate.



A scooter rider gets some air while riding at Stone Creek Park's skate spot in southeast Bend.

Juniper Park



Located in the heart of Bend adjacent to Juniper Swim & Fitness Center, Juniper Park is being reviewed for accessibility improvements in existing parking areas, restroom facilities, paths and play areas. In addition, new amenities such as a disc golf course, group picnic areas, an updated playground, a new restroom facility and upgraded trails have been incorporated into the park's master plan. Design work is anticipated to start this winter and construction planned to start in the fall of 2018.

Having been in place for many years, the walled bank of Mirror Pond is deteriorated and in need of restoration.





Shevlin Park now features more acreage and trails! To help support visitors' experience in the park's nearly 1,000 acres, a new sign system is being developed.

Shevlin Park



As of last August, Shevlin Park is now almost 1,000 acres! The District added 329 acres south of the park with property formerly known as The Tree Farm development. To support this addition as well as current use, District staff are working on designs for new interpretive, wayfinding and regulatory signs throughout the park. Signs will be installed in the park in mid-2018.

To help finance improvements for park trail accessibility and replace an aging bridge over Tumalo Creek, the District was recently awarded an Oregon Park and Recreation Department Local Government Grant. Design work will begin this winter and construction is anticipated to begin in the fall of 2018.

At 37 acres, Alpenglow Community Park in southeast Bend is slated to be under construction in 2018.

Alpenglow Community Park



Purchased as part of the 2012 bond projects to add park land to southeast Bend, Alpenglow Community Park is located on 15th Street north of Knott Road. It is bordered by railroad tracks to the west and future Bend-La Pine school sites to the south. At 37 acres, the park site is characterized by mature stands of ponderosa pines and junipers, a basalt ridge and Cascade Mountain views. To name the park, students of nearby Jewell Elementary School participated in a naming contest. The winning



name of Alpenglow was chosen as it reflected the views offered at the park. The park's master planning process and public outreach is underway and a final master plan concept expected to be completed this winter. Design will continue through the summer and construction is anticipated to begin in 2019.



Pioneer Park



One of Bend's oldest parks, Pioneer Park in northwest Bend is in need of renovations and updates for accessibility. The existing restroom, parking areas, paths and other park amenities are being renovated to provide improved access for all park users. Construction is planned for 2018.

Larkspur Community Center



Larkspur Community Center is the name of the expansion project at the Bend Senior Center in southeast Bend. The Larkspur Center will 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 add approximately 40,000 square feet to the existing center. The project includes new fitness facilities, group exercise rooms, a multi-purpose warm water pool, indoor walk/jog track, outdoor activity spaces, parking and Larkspur Park improvements. The project is currently in the design and cost estimate phase with an estimated completion date in late 2019/early 2020.

Big Sky Park



Big Sky Park currently has baseball, softball and multi-purpose sports fields, a playground and a privately run BMX track. An updated master plan calls for a wider range of recreational opportunities while also improving safety and increasing accessibility. Plans include a new entrance off Hamby Road that will serve as shared access for the park and Buckingham Elementary School,



Shown with freshly laid asphalt, a new section of the Larkspur Trail at Pilot Butte is now open and will help reduce conflicts between pedestrians, cyclists and vehicles.

additional parking and improved pedestrian circulation and safety.

To enhance biking on Bend's east side, a new bike park for beginners to expert riders will be built in the undeveloped area to the west and north of the existing sports complex. Construction is planned to begin in fall 2018.

Larkspur Trail - Pilot Butte Gap



To support east Bend trail use, the District worked with Oregon State Parks to complete a new section of the Larkspur Trail that connects to the existing trail in Pilot Butte State Park. This new section will reduce conflicts between pedestrians, cyclists and vehicles. A raised crosswalk at the park's entrance at Linnea Drive will help calm vehicle traffic and provide a seamless trail section across the road.

Northeast Bend Neighborhood Park



The Orchard District of northeast Bend will soon have a new neighborhood park. Located on Quimby Road and 11th Street, the two-plus acre site is in the planning stage. The District is seeking public input to help guide the park's conceptual design. Once the plan is complete, a design consultant will be hired for design and permitting. Construction is expected to start and be completed in 2019.

For more on
BPRD projects,
visit
bendparksandrec.org
and click on
"Current Projects."



"The best preparation for tomorrow is doing your best today."
H. Jackson Brown, Jr., Author

10-YEAR COMPREHENSIVE PLAN

The future of Bend's park, recreation and trail system

BPRD is planning for the next ten years of parks, trails and facilities in Bend with the District's ten-year Comprehensive Plan. Staff recently completed the second phase of public outreach for the plan, concluding with focus groups to discuss policy issues.

This phase of outreach included a questionnaire at numerous community events and online. Thanks to everyone who provided their input.

Look for more opportunities to get involved as the District finalizes the Comprehensive Plan.

Learn more at bendparksandrec.org/compplan

bprd news & happenings:



Top to bottom:
The Pavilion, Bend
Whitewater Park and
Compass Park.

Three awards for facilities, community partner

Bend’s park and recreation offerings received national and state-wide awards for the designs of The Pavilion and the Bend Whitewater Park, and contributions by Brooks Resources to the parks and recreation experiences available in our community.

The Pavilion was honored as one of ten internationally selected Facilities of Merit award recipients by Athletic Business Magazine. Opsis Architecture, the architecture firm based in Portland that designed the facility, nominated The Pavilion for the design award and shared the honor with the District.

The Bend Whitewater Park was selected as the Oregon Recreation and Parks Association’s 2017 Design Award. The Oregon Recreation and Parks Association also honored local development company Brooks Resources with its 2017 Private Sector Partner Award for its significant contribution to the park and recreation profession.

“Brooks Resources has been a partner to park and recreation in Bend since the 1920s when the Brooks Scanlon Company donated Shevlin Park to the City of Bend,” Don Horton, Executive Director, said.

“In more recent times, Brooks Resources has helped fund the riverway study that led to 54 projects necessary to complete the Deschutes River Trail, made donations of Compass Park, Rim Rock Natural Area, Archie Briggs Canyon Natural Area, The Tree Farm (312 acres added to Shevlin Park) and the future expansion of Discovery Park.”



MORE PRESCRIBED FIRE PLANNED AT SHEVLIN PARK

Following the successful inaugural prescribed fire of 48 acres at Shevlin Park in May 2017, the District has selected an additional 155 acres to burn in partnership with Deschutes National Forest and the City of Bend Fire Department in 2018.

To maintain and restore forest health and reduce the potential of a severe wildfire in Shevlin Park, the District has reintroduced prescribed fire as part of its vegetation management plan for the park. The good news is that vegetation renews in fire areas very quickly. On your next visit to the park, just look at how quickly regrowth occurred after the most recent burn.

DATA SHOWS MOST USED TRAILS & WHITEWATER PARK TRAFFIC

The District has more than a dozen trail counters in locations that provide information about which trails are used most, the busiest times of use, the influence of weather and season on usage and help inform where priorities should be placed for maintenance and development. We also share our data with the City of Bend and other partners to plan ahead for community expansion and transportation systems needs.

The most used trail in the District is the Colorado Ave. underpass followed by the South Canyon and First Street Rapids stretches of the Deschutes River Trail.

The Bend Whitewater Park collected its first complete season of trail counter data, including a one-day record on July 4, 2017 when 4,113 river floaters took to the water to celebrate Independence Day.



SUMMER 2017 BEND WHITEWATER PARK FLOATER TRAFFIC COUNTS			Passageway Channel
	Portage Path		
June	9,442		21,162
July	23,132		78,414
August	11,724		55,100
September	3,813		10,631
TOTAL FLOATER TRAFFIC		213,418	

KICKING SOCCER INTO THE FUTURE

Bend FC Timbers has been the District's partner in serving the Central Oregon soccer community for almost two decades with more than 3,000 boys and girls participating in competitive and recreational soccer programs through the organization each year.

A group of dedicated volunteers initiated the Build It Forward Capital Campaign, a public/private partnership between the non-profit organization, Bend FC Timbers and Bend Park & Recreation District to expand space and opportunities for play. The result is a 10-year project to transform eight acres of Pine Nursery Park into a competition-level, all-season athletic facility.

"This project is an investment in our community offering more children and adults the opportunity to be active in healthy, outdoor team sports," says Tara Bilanski, executive director, Bend FC Timbers.

- Phase I, 2015-2020, field design and engineering, construction of two synthetic turf fields, outdoor lighting and fencing.
- Phases II & III, 2020-2025, construct two additional synthetic turf fields, clubhouse, outdoor lighting, fencing and complex infrastructure.

The Bend FC Timbers is committed to making this field project a reality to ensure accessibility for everyone and accommodate the growing sports community.

To learn more about the project, visit bendfctimbers.com.

VOLUNTEER OPPORTUNITIES @ BPRD

BPRD volunteers help make fun happen! Here's where you could lend a hand this winter and spring:

YOUTH SPORTS COACHES: Girls' middle school basketball; youth lacrosse; girls' softball; youth tennis; flag rugby; bitty baseball and helpers for ice skating lessons.

YOUTH RECREATION: Afterschool and no school day art, crafts, science, nature and activity programs.

FITNESS: Classes for adults, seniors and children.

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

COMMUNITY EVENTS & ACTIVITIES: Dinner dances, activities for kids and families and summer events.

CARING FOR PARKS & TRAILS: Help with goose management, adopt a park or trail, or gather a group for a spring park maintenance project.

Find out more at bendparksandrec.org or contact Kim, BPRD Community Engagement Supervisor at Kim@bendparksandrec.org or (541) 706-6127.



FUN BY THE NUMBERS A SNAPSHOT OF BPRD PARK SERVICES

Bend Park and Recreation District's Park Services crews work every day of the year to care for your parks, trails and recreation facilities. To help you understand what it takes for Park Services to do such important work, here are some fun numerical facts:

CUSTODIAL SERVICES

- Clean 21 hours a day, seven days-a-week from 6:00 am to 3:00 am the next day.
- Take care of cleaning at eight recreation facilities.
- Service more than 109 toilets. In January through October 2017, more than 21,000 standard rolls of toilet paper were restocked.

FLEET SERVICES

- Spent nearly 2,500 hours annually maintaining all types of equipment from trucks and buses to mowers and trimmers.
- Use about 27,000 gallons of gasoline and 7,500 gallons of diesel fuel a year.

LANDSCAPE

- Mow 180 acres - adding up to about 4,680 mowed acres annually, using 40 tons of fertilizer, 700 gallons of athletic field paint and 7.5 tons of chalk.
- Maintain 1,800+ irrigation valves and 54 central control irrigation systems.

PARK SERVICES ADMINISTRATION

- Answer approximately 6,500 phone calls a year.
- Manage 250 utility meters each month.

PARK STEWARDS

- Coordinated park use for 83 community events including 27 runs/walks in 2017.
- Made 6,484 contacts with park visitors in June through August 2017 for issues including illegal activity, first aid assistance, vandalism and off-leash dogs.

CONSTRUCTION

- Added approximately \$124,000 worth of amenities such as kiosks, signs, bike racks, fences, benches, tables and bollards.
- Planted thousands of grasses, forbs, shrubs and trees.

NATURAL RESOURCES

- Care for 60 miles of trails.
- Maintain all District natural spaces which comprise two-thirds of the District's property.



BPRD IN ACTION

ruff-ling feathers!

CANADA GOOSE MANAGEMENT



Shown above, BPRD volunteers Ernie and his dog Flame patrol Drake Park to chase off Canada geese. Shown below, employee Jason Scarberry and Willie the dog paddle the Deschutes River as part of the District's goose management team.



Volunteers Ernie Gilpin and his furry friend Flame are regulars at Drake Park. They visit almost daily for a walk along the river bank, with Flame sporting a bright yellow bandana and eagerly running ahead of Ernie, looking for Canada geese to encourage into the river. Ernie and Flame are one of several volunteer teams that provide regular and valuable support to Bend Park and Recreation District's successful Goose Management program.

Dogs have been involved as volunteers with this program from the start. Working with USDA Wildlife Services, BPRD began efforts to manage the population of non-resident Canada

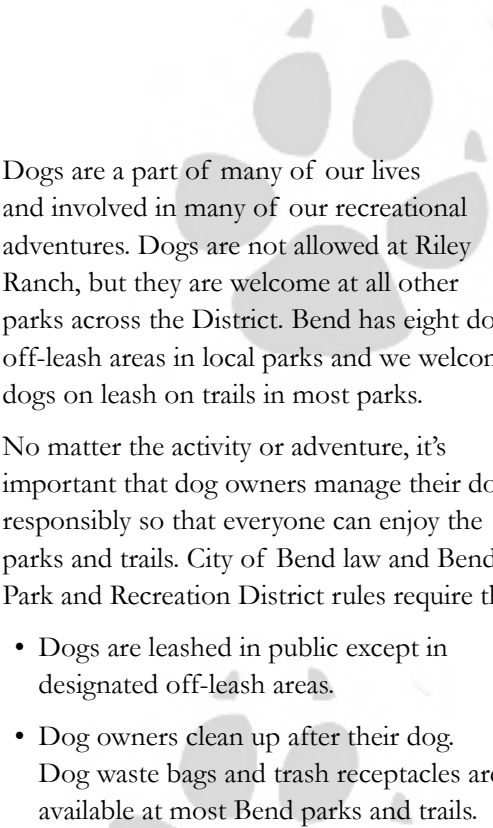
Geese in 2010 to help care for the parks and enhance the experience for park users. BPRD park maintenance staffer Jason Scarberry and his dog Willie were a big part of this effort as the District tried different techniques and approaches for hazing. Jason was often seen paddling a canoe on Mirror Pond or working upriver at Riverbend Park, with Willie intently stationed at the prow, giving a predatory eye that made the geese uncomfortable. Jeff Amaral, Natural Resources Manager for BPRD shares, "Dogs and their owner partners have been one of

our best tools for managing the goose population in the parks along the river. The geese have an instinctual response to the dogs and most choose to move on."

Goose hazing is not the right job for every dog or dog owner. Adult volunteers complete an application and a background check is processed to ensure that the people helping out can be good representatives of the District and the philosophy of the program. The teams attend an evaluation with a certified dog trainer before they are authorized to volunteer and work off leash in the parks. They must show their ability to work well together, reliably using and responding to commands to keep park users and geese safe. Currently, BPRD has about nine dog and owner volunteer teams who have qualified as part of the program.



And the program is a success. District statistics show a steady and significant decline in the number of non-resident geese that hang out on park properties. Ernie sees this on his walks, "The program is working as Flame and I have a hard time finding geese to chase anymore." He adds, "Flame loves his job and I enjoy being out in the parks too." More information about the goose management program and volunteer opportunities is available on the BPRD website at bendparksandrec.org.



Dogs are a part of many of our lives and involved in many of our recreational adventures. Dogs are not allowed at Riley Ranch, but they are welcome at all other parks across the District. Bend has eight dog off-leash areas in local parks and we welcome dogs on leash on trails in most parks.

No matter the activity or adventure, it's important that dog owners manage their dog responsibly so that everyone can enjoy the parks and trails. City of Bend law and Bend Park and Recreation District rules require that:

- Dogs are leashed in public except in designated off-leash areas.
- Dog owners clean up after their dog. Dog waste bags and trash receptacles are available at most Bend parks and trails.



OUR COMMUNITY AT PLAY

PAWS IN THE PARKS

The District's Park Stewardship team regularly visits parks to thank dog owners who comply with leash laws and give reminders to others who might have let it slip their mind that day.

"With a team of five park stewards and support from Bend Patrol, we are not everywhere at all times," says Jeff Hagler, Park Stewards Manager. "We also have many other safety concerns to address, with off-leash dogs being only one issue."

The data from the park steward conversations with dog owners related to on- and off-leash dogs from summer 2017 shows that most dog owners are doing the right thing – thank you!

For more information on places to play with your dog, visit bendparksandrec.org



Observed Leash Use in Parks	On Leash Dogs	Off Leash Dogs	Total Month Count	% of Leash Compliance
June 2017	760	214	974	78%
July 2017	1,117	265	1,382	81%
August 2017	787	205	992	79%
Summer Total	2664	684	3348	79%

For more information, call (541) 389-7275 • bendparksandrec.org • Park and location lists on pages 108 - 111



GET OUT THIS WINTER

SNOW REMOVAL ON PATHS & TRAILS

The Bend Urban Trails System connects our community and encourages recreation and non-motorized transportation throughout the year.

If Bend should have a snow event of two inches or more, BPRD Park Services strives to remove the snow from the following trails:

- Cascade Highlands Trail
- Coyner Trail from Ponderosa Park to Juniper Park
- Discovery Trail from Clearwater Dr. to Skyliners Rd. and by Shevlin Park
- Drake Park pathways
- Larkspur Trail from Bear Creek to Neff Rd. through Pilot Butte State Park
- Pine Nursery Park Loop Trail
- West Bend Trail off of Galveston and Skyliner Rd.
- Trails and pathways in Riverbend and Farewell Bend Parks in the Old Mill District.

Please be patient during heavy snows.

These trails and more can be found in the latest Bend Adventure Planner Map, available online or at the BPRD office and facilities.

SEASONAL SHUTOFFS & CLOSURES

As part of winter operations, BPRD Park Services shuts off park irrigation, drinking fountains, water features and even some restrooms to avoid issues related to winter's freezing temperatures. Typically, shut offs begin in October and continue through late-April. In addition, many park restrooms close earlier in the evening in the winter. In spring, when consistently above-freezing temperatures return, our crews make the rounds to all the various amenities in the park system to test equipment and return services for the busy seasons ahead.



bend's newest park

riley ranch

NATURE RESERVE

Bend has grown quickly in recent years, but there's a new opportunity to take a step back in time to enjoy the rugged landscape and native wildlife of Central Oregon.

Located on the northwest edge of Bend, Riley Ranch Nature Reserve is 184 acres featuring 35 acres of canyon floor along the Deschutes River and a 30-acre band of rimrock cliffs. This mostly rugged terrain offers a near-to-home nature experience unlike others provided by Bend Park and Recreation District.



From its unique location adjacent to the Deschutes River, Riley Ranch Nature Reserve offers dramatic views of the Cascade Mountain Range and the river canyon.

Riley Ranch is located approximately one mile west of O.B. Riley Road on Glen Vista Road, just up river from Tumalo State Park.

Located in northwest Bend, Riley Ranch Nature Reserve offers habitat to native flora and fauna and a close-to-home nature experience unlike other parks in Bend.

History lessons

Formerly known as Gopher Gulch, the property has been renamed Riley Ranch Nature Reserve in honor of O.B. Riley, who made an original homestead claim on a portion of the property. There are two cabin ruins at Riley Ranch that provide visitors a glimpse of those days.

Made of hand-hewn, saddle-notched logs, the cabins may have been constructed prior to 1900. One cabin appears to consist of two rooms: a collapsed masonry fireplace can be seen on the common wall separating the main living space from a second room or possible porch. Also visible in the main room are baseboards and flat-sawn logs, most likely made by a large two-man buck saw. The other cabin does not appear to have been a residence and may have been used for livestock or storage of supplies.



Wildlife appreciation

Riley Ranch is home to many species of birds, reptiles, amphibians and mammals. When you visit, be on the lookout for Red-tailed hawk, Great horned owl, Northern Pacific tree frog, mule deer, Rocky Mountain elk, coyote, porcupine, bobcat, black-tailed jackrabbit and many more.

Trails exploration

If trail running or hiking is of interest, Riley Ranch has several loop options to explore. The Juniper Loop is 0.7 mile and the Sage Flats Loop is 0.9 miles, which combine in a figure-eight pattern for a 1.6 mile loop. In addition, a trail section that travels down the canyon rim - called Robin's Run - connects to the Canyon Loop.

The Canyon Loop is 1.25 miles and the Oregon State Parks Trail extends 1.3 miles from Riley Ranch to Tumalo State Park and is an additional 2.6 mile loop. Completing all sections to Tumalo State Park and back to the Riley Ranch parking lot is approximately 5.5 miles.

New experiences, new rules

Because Riley Ranch is a nature reserve it is managed differently than other Bend parks. With direction from the park's Citizens Advisory Committee and the District's board, bikes and dogs, even dogs on-leash, are not permitted.

"Bikes and dogs have a greater impact on wildlife and the landscape when compared to pedestrians," says Jeff Amaral, the District's Natural Resources Manager. "Riley Ranch provides a different experience for park users with numerous wildlife viewing opportunities as well as a place for people who are less comfortable around dogs or bikes."

Visit soon to discover the canyon floor, ponder the geology that shaped the rimrock cliffs, and traverse the sage and juniper flats.

Plan your visit

- Location: 19975 Glen Vista Road, located west of O.B. Riley Road in northwest Bend.
- Hours: Sunrise to sunset, daily.
- Activities include nature watching, wildlife viewing, walking, hiking, fly fishing, nature photography and learning about local history and geology.
- Amenities include soft surface trails, overlooks, a vault restroom and parking area. Some accessible trails available.
- Individuals to small groups up to 30 are welcome.
- Dogs and bikes are not allowed.
- Additional information and maps available on site and at bendparksandrec.org.

*"Look deep into nature
and you will understand
everything better."
~ Albert Einstein*

*You can learn more about
Riley Ranch Nature Reserve
at bendparksandrec.org/parks*

COMMUNITY EVENTS & FREEBIES

Free Family Night **FREE**
at Juniper Swim & Fitness Center
Second Saturdays, January - April
6:30 - 8:30 pm
See page 21.

Winter Kick-off **FREE**
Fitness Classes
January 8 - 14
Juniper Swim & Fitness
& Bend Senior Center
See page 59.

Discover Nature Days **FREE**
Saturdays
January 13, March 1 & April 28
10:00 - Noon
Various locations
See page 92.

Brown Bag **FREE**
Lunch & Learn Series
Wednesdays, February 7 - May 2
Noon - 1:00 pm
Bend Senior Center
See page 35.

Art Station **FREE**
Open House (during Winterfest)
Sunday, February 18
11:00 am - 1:00 pm
Art Station
Building tour, free art activity
and pottery wheel-throwing
demonstration.



RECREATION IN ACTION

Everyone wins when reducing concussions

The Concussion Clinic at The Center estimates that 15 to 20 percent of high school athletes receive a concussion in any given year, and if an athlete returns to play before the brain is fully healed, the child is at risk of second impact concussion syndrome.

Bend Park and Recreation District wants everyone to Play for Life and concussions can stop that play abruptly.

- All volunteer sports coaches and employees who work with our sports leagues and youth programs are required to complete concussion awareness training. That is more than 1,100 people who are trained on what to look for and what to do.
- Parents are provided with concussion awareness information to share with their child or children before they can officially register for any youth team sports with the District.
- We regularly evaluate opportunities to enhance equipment used in our programs.

This season, The Pavilion is providing helmets to borrow to use on the ice. Please check them out for youth and adult use or remember to bring yours from home.

Central Oregon is home to many leading concussion experts, including Dr. Viviane Ugalde with The Center Orthopedic and Neurosurgical Care and Research. We asked her a few questions about concussion prevention and management:

1. What do parents and coaches need to know about symptoms and treatment? A concussion doesn't require loss of consciousness. Headaches, dizziness, blurred vision and confusion are common symptoms that can worsen over time. If you suspect a concussion, pull him or her out of activity and have it checked out. Assessment by the primary doctor, urgent care or The Center's NOWCare is the best first step.

2. What services does The Center offer the community? The Center has walk-in clinics Monday through Friday between 9:00 a.m. and 4:00 p.m. through NOWcare at The Center for immediate evaluations. We also provide baseline testing throughout the year among other services.

3. What does research tell us about single occurrences of concussion and likelihood of repeated concussions? Research indicates an increased risk of another concussion. I run concussion clinics every Friday to help patients manage the symptoms that can linger for months after an injury.

The Center Foundation also helps fund athletic trainers in local high schools. Working together is the best approach to managing impacts and reducing recurrence of concussions.

For more information, visit
thecenteroregon.com/concussion



Let 'em go, Wild!

A child's adventure is only as limited as their imagination in natural play areas, whether they are exploring a wooded, fantasy forest in search of hidden treasure or climbing a wind-swept mountain peak on a make-believe expedition.

Natural play areas are park features made of natural elements or inspired by nature, which are meant to provide a different sensory experience than modern plastic and metal play structures. They are designed to invoke more creative, free play.

In natural areas, kids are encouraged to walk or hop across stumps and logs, race up a cluster of boulders or play tag with friends in a log forest. Using built-in hand water pumps, children can mix sand and water to build sand castles - getting their hands dirty and exploring in the process.

Uniquely named at Bend Park and Recreation District, **Wildside play areas** are specially designated natural play areas within parks for free-form play. Imagine a vacant lot where you may have created bike jumps or built forts as a kid. Wildside spaces are outside of pristine habitat or developed areas where it's okay to be creative. Children are encouraged to dig, stack logs and even create their own forts and other structures with logs, tires, PVC pipe and other materials.

Both spaces enable children to connect to the natural world, encourage physical activity and set the stage for independent exploration.

NATURE PLAY IN YOUR PARKS

Spending time outside has numerous proven health benefits including reducing stress, improving sleep, boosting the immune system and even reducing ADHD symptoms according to studies cited in the National Guidelines for Nature Play and Learning Places by the Natural Learning Initiative, National Wildlife Federation and US Forest Service. Experts have shown that children need access to nature the same way they need good nutrition and adequate sleep. In addition, these studies have shown that natural play areas can help foster an affinity towards nature and inspire the next generation of conservation-minded community members.

In recent years, Bend Park and Recreation District has been working to provide more natural areas for kids to play, explore and learn as the community grows and residential areas increasingly offer less immediate access to natural spaces.

We hope you enjoy these natural play areas and inspire you and your child to go wild!

Learn the Lingo

Natural Play Area: play amenities inspired by nature

Log Steppers: a series of vertical logs or tree stumps creating a log path for jumping or leaping.

Boulder Scramble: a large rock or rock formation for children to scale.

Water Courses: Water pump fed troughs or channels for water play.

Log Forest: a stand of smooth and vertical repurposed logs that kids can run through and play.

Let's Explore

NATURAL PLAY AREAS

First Street Rapids Park
1980 NW First St.

Discovery Park
1315 NW Discovery Dr.

Canal Row Park
1630 NE Butler Market Rd.

Rockridge Park
20885 Egypt Dr.

Hillside Park
2050 NW 12th St.

Stone Creek Park
61531 SE Stone Creek Ln.

WILDSIDE PLAY AREAS

Al Moody Park
2225 NE Daggett Ln.

Compass Park
2500 NW Crossing Dr.

Pine Nursery Park
3750 NE Purcell Blvd.



IT'S PLAYTIME!

Facility 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.

FACILITY
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. Monthly pass includes use of Senior Center.	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
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: Purchase before Nov. 1 and save 10% off below prices Couple & 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.

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.



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, The Pavilion 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 two locations:

- **Juniper Swim & Fitness Center:**
800 NE 6th Street
- **Bend Senior Center:**
1600 SE Reed Market Road

Registration forms are available online at 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:

Summer 2018 registration begins March 19, 2018.

Fall 2018 registration begins August 6, 2018.



FITNESS,
SWIMMING
& MORE
.....
OPEN 7 DAYS
A WEEK,
364 DAYS
A YEAR

get centered

More Activities
at Juniper Swim & Fitness:
Adult Swimming p. 22
Adult Fitness p. 58 - 64
Youth Fitness
& Swimming p. 23 - 26

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!



Winter-Spring: January 7 - June 3

Regular Hours:

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

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 16 - 17.

Holidays & Special Hours

1/1	New Year's Day	9:00 am - 1:00 pm
1/15	MLK Jr. Day	Regular Hours
2/19	Presidents' Day	Regular Hours
4/1	Easter	Noon - 5:00 pm
5/28	Memorial Day	Noon - 5:00 pm

Swim Meets & Special Events

1/19	High School City Meet
2/9 - 10	High Desert District Meet
2/11	Last Chance Meet
4/14 - 15	Bend Waves Water Polo Tournament
5/5 - 6	May Invite Swim Meet

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

Kids' 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. 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 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

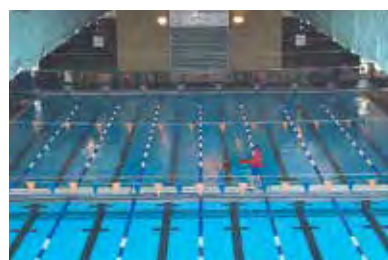
Perfect for swim lessons, water exercise, therapy and recreation swimming. Features comfortable 85-degree water, 3.5 - 12 foot water depth, 1-meter and 3-meter diving boards and rope swing.

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 rooms devoted to our diverse offering of mind & body classes.

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

January 8 - June 10

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!

Fee: Basic pass or drop-in fee

Daily: 1:00 - 4:00 pm

Dates: 1/2 - 5, 1/15, 2/2, 2/19, 3/26 - 30, 4/13

Daily: 1:00 - 3:00 pm

Dates: 4/11 - 12

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.

January 7 - June 10

Su: Noon - 1:00 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 toilet-trained.

Fee: Basic pass or drop-in fee

January 8 - June 14

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

M/W: 7:15 - 8:00 pm

Tu: 7:15 - 9:00 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

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

Fee: Basic pass or drop-in fee

April 2 - May 28

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

January 8 - June 14

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

F: 5:15 am - 7:30 pm

Sa: 7:00 am - 6:00 pm

7:00 - 8:00 am: Indoor Pool only

Su: 9:00 am - 6:00 pm



Weekends ROCK! at Juniper

Come for a real splash bash each weekend as the evenings come alive with different activities each week.

KIDS' NIGHT OUT

Ages: 3 - 11

Activity: 405599

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

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

Parents, drop your kids off and enjoy a night out! Kids get JSFC to themselves as they play in the pool, participate in crafts and games, and watch a movie under the supervision of our trained, caring staff. Snacks provided. (Dinner not included.)

Note: Ages 3 - 5 must be potty trained. Swimming is not included for this group.

1ST & 3RD SATURDAYS

Dates: 1/6, 1/20, 2/3, 2/17, 3/3, 3/17, 4/7, 4/21

Sa: 6:30 - 9:30 pm

FREE FAMILY NIGHT

All Ages

FREE

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

2ND SATURDAY

FREE

Dates: 1/13, 2/10, 3/10, 4/14

Sa: 6:30 - 8:30 pm

MIDDLE SCHOOL NIGHT 4TH SATURDAY

Grades: 6 - 8

Dates: 1/27, 2/24, 3/24, 4/28

Fee: \$5/person or current pass **Sa: 6:30 - 9:00 pm**

Come hang out and swim with your friends! Use the hot tub or enjoy poolside dancing and games!

FIRST FRIDAY SPLASH & FUN

Ages: 6 - 9

Dates: 2/2, 3/2, 4/6

Activity: 405102

F: 6:00 - 9:00 pm

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 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.

.....
 LOOKING FOR
 A LOW-IMPACT
 WORKOUT?
TRY SWIMFIT

 SEE BELOW

make waves

Winter-Spring Lap Swim Schedules

are available at
juniperswimandfitness.com.
 Check to see what pool is scheduled.
 You can even add the schedule
 to your own e-calendar.

Liquid benefits.

Our adult swim programs allow you to progress from no experience to becoming a skilled swimmer. Come swim - gain confidence in the water and feel great!

Adult Swimming

Level 1 Beginning Adult Swim Instruction

Ages: 16 & up

This class is designed for adult swimmers with little to no experience in the water. We will work to help adults conquer their fear of swimming and introduce basic swim skills and water safety. The majority of this class takes place in the shallow end of the pool.

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

Activity: 105554

Sa: 7:45 - 8:30 am

Sessions: 1/6 - 2/3 (Adj. Fee \$45 ID \$54 OD)
 2/17 - 3/17 4/7 - 5/5

Level 2 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: \$97 ID \$117 OD / session

Activity: 105555

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

Sessions: 1/9 - 25 1/29 - 2/14
 2/19 - 3/7 4/2 - 18
 4/23 - 5/3

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: \$97 ID \$117 OD / session

Activity: 105556

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

Sessions: 1/10 - 26 1/30 - 2/15
 2/20 - 3/8 4/3 - 19
 4/29 - 5/10 5/15 - 31

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: \$120 ID \$144 OD / session

Activity: 105557

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

Sessions: 1/9 - 2/8 2/13 - 3/15
 4/3 - 5/3 5/8 - 6/7

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. Appropriate for adults able to swim 500 meters (20 lengths) comfortably. Competing is not required, although many choose to. Held in Olympic pool

Fee: Full Access Pass
 or drop-in fee.

January 8 - June 14

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

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

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

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

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

ELITE MASTERS:

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

TRIATHLON SWIMFIT:

M: 8:45 - 9:45 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 / session

Activity: 405100

January 7 - June 3

Su: 4:15 - 6:00 pm

Tu: 7:15 - 9:00 pm

LIKE A FISH!
.....
**SWIM
LESSONS
FOR ALL!**
.....
PAGES 24 - 25

Recreation Swim Schedules

available on page 21 and at
juniperswimandfitness.com.

Find all the times you can
come splash and play.

aqualife

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!

Weekends ROCK!

at Juniper Swim & Fitness Center

Kids' Night Out: 1ST & 3RD SATURDAYS

Ages: 3 - 11

Dates: 1/6, 1/20, 2/3, 2/17, 3/3,
3/17, 4/7, 4/21

Sa: 6:30 - 9:30 pm

Activity: 405599

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

Parents, drop your kids off and enjoy a night out! Kids get JSFC to themselves as they play in the pool, participate in crafts and games, and watch a movie under the supervision of our trained and caring staff. Snacks provided. (Dinner not included.) *Note: Ages 3 - 5 must be potty trained. Swimming is not included for this group.*

FREE Family Night: 2ND SATURDAY

All Ages

Dates: 1/13, 2/10, 3/10, 4/14

Sa: 6:30 - 8:30 pm

Fee: FREE

Elevate your family get-together to a whole new level of fun with fitness and swimming.

Middle School Night: 4TH SATURDAYS

Grades: 6 - 8

Dates: 1/27, 2/24, 3/24, 4/28

Sa: 6:30 - 9:00 pm

Fee: \$5/person or current pass

Come hang out and swim with your friends! Use the hot tub, pool side dancing and games!

First Friday Splash & Fun

Ages: 6 - 9

Dates: 2/2, 3/2, 4/6

Activity: 405102

F: 6:00 - 9:00 pm

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

Mom, Dad! Drop the kids off and head to First Friday in downtown Bend! Children participate in exciting activities such as science experiments, crafts and games, create their own healthy snack and, of course, swimming! Snacks provided.



Preschool

at Juniper Swim & Fitness Center

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.

Activity: 405601

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

- or -

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

Dates: Now - June 14

Youth & Teen Fitness

at Juniper Swim & Fitness Center

Fit Kids

Ages: 4 - 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 16 - 17.

Yoga Play

Active yoga poses and fitness games promote a creative mind, healthy body and heart. The goal is to help young kids live a healthy lifestyle by showing them fitness is fun!

Creative Play

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, come to JSFC and be 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 Fitness Center Orientation. 11 - 15 year olds may workout in the fitness center under direct parent/guardian supervision or complete a Fitness Center Orientation to use the fitness center independently. Children 10 years and younger are not allowed in the fitness center.

Fitness Center Orientations are offered weekly at no cost. See the 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 Ann at (541) 706-6183 to arrange an appointment.

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 programs for preschoolers/ kindergartners to develop 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 available for your child's progression.

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. Levels 1 through 6 available 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. Teen Levels 1 through 3 available 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

\$40 ID \$48 OD	February 14 - March 14
\$40 ID \$48 OD	April 4 - May 2
\$40 ID \$48 OD	May 9 - June 6
Journey 1, 2, 3, 4/5	3:00 pm
Level 1, 2, 3	3:00 pm
Level 4	3:00 pm

FRIDAYS

\$40 OD \$48 OD	January 12 - February 9
\$40 ID \$48 OD	February 16 - March 16
\$40 ID \$48 OD	April 6 - May 4
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

\$40 ID \$48 OD	January 6 - February 3
\$40 ID \$48 OD	February 17 - March 17
\$40 ID \$48 OD	April 7 - May 5
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	10:55, 11:45 am

Start times only listed. All classes 45-minutes.

TWO-DAYS- A-WEEK SESSIONS

Fee varies with number of weeks.

\$43 ID \$52 OD	January 8 - 25
\$58 ID \$70 OD	January 29 - February 22
\$58 ID \$70 OD	February 26 - March 22
\$72 ID \$86 OD	April 2 - May 3
\$50 ID \$60 OD	May 7 - 31 (no class 5/28)

M/W MORNINGS

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

TU/TH MORNINGS

Parent Tot 2	9:15 am
Journey 1, 2, 3	9:15, 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

TU/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.

Family Swim Lessons

at Juniper Swim & Fitness Center

Clases de Natación para Familias en español / Family Swim Lessons in Spanish

All Ages with Adult

Esta clase está dirigida especialmente para las Familias Latinas, aunque todo público es bienvenido. Es una clase para padres e hijos. ¿Alguna vez ha visto nadar a su hijo y ha querido aprender? ¡Acompáñenos en esta clase de Natación para familias en español! ¡Todos los niveles son bienvenidos! Habilidades básicas a un ritmo seguro en clases de natación progresiva.

This class is designed for Latino families but everyone is welcome! In this combined youth and adult class, we will teach a progressive swim lesson for the whole family! Small children's pool lessons available for preschool-age children. School-age children and adult lesson in the main indoor pool.

Fee: \$40 ID \$48 OD / session

Activity: 105260

Tu: 6:30 - 7:15 pm

Sessions: 1/9 - 2/6 4/3 - 5/1 5/8 - 6/5

Youth Swimming & Diving

at Juniper Swim & Fitness Center

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.

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

- OR -

Tu/Th: 4:10 - 5:05 pm (Grades 3 - 5 only)

& F: 4:30 - 5:25 pm

Sessions: 1/8 - 3/2 #305540 \$121 ID \$145 OD
4/3 - 5/25 #105540 \$116 ID \$139 OD

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.

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

Sessions: 1/8 - 3/2 #305541 \$121 ID \$145 OD
4/3 - 5/25 #105541 \$116 ID \$139 OD



Springboard Diving

Ages: 9 - 12

Learn the basics of how to dive from the 1-meter board. An instructor leads 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: \$80 ID \$97 OD / session

Activity: 105570

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

Sessions: 1/8 - 24 (Adj. Fee \$48 ID \$58 OD)
1/29 - 2/28
3/5 - 4/4 4/9 - 5/9

Advanced Springboard Diving

Ages: 9 - 14

Students will be challenged to learn new skills on the boards! Participants begin to learn backwards dive as well as reverse and continued improvements on the front dive. Pre-requisite: Students must be able to perform approach and front dive in at least two positions off of both boards or instructor approval.

Fee: \$80 ID \$97 OD / session

Activity: 105571

M/W: 7:15 - 8:00 pm

Sessions: 1/8 - 24 (Adj. Fee \$48 ID \$58 OD)
1/29 - 2/28
3/5 - 4/4 4/9 - 5/9



Novice Water Polo Workshop

Grades: 1 - 8

Have fun learning basic water polo skills and playing games. Participants must be able to swim 100 meters (4 lengths) continuously.

Fee: \$89 ID \$107 OD / session

Activity: 105412

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

Session: 3/5 - 23



PADI Discover 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 lets 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. 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

Activity: 107920

Sa: 11:00 am - 2:30 pm

Sessions: 1/6

Activity: 307920

Sa: 9:00 am - 12:00 pm

Sessions: 3/3 6/2



coolest in town

All kinds of play.

The Pavilion has a split personality! Cold and fresh for ice sports and skating. Bright, active and ever-evolving for court sports and other activities. 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)

Jan. 1 - Early April: Daily: 8:30 am - 8:00 pm
April - June: Hours vary - Check online



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

ICE SEASON: NOW OFFERING SEASON PASSES!

Single visit fees, 10-visit passes and season passes are available. See pages 16 - 17 for details.

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

Schedules

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

Ice Season: Early November - Early April

Non-Ice Season: May - September

Holidays & Special Hours

12/31	New Year's Eve	12:00 - 9:00 pm
1/1	New Year's Day	11:00 am - 7:00 pm
1/15	MLK Jr. Day	Check schedules online
2/19	Presidents' Day	Check schedules online
3/26 - 30	Spring Break	Check schedules online
4/1	Easter	Closed
5/28	Memorial Day	Closed

The Pavilion Features

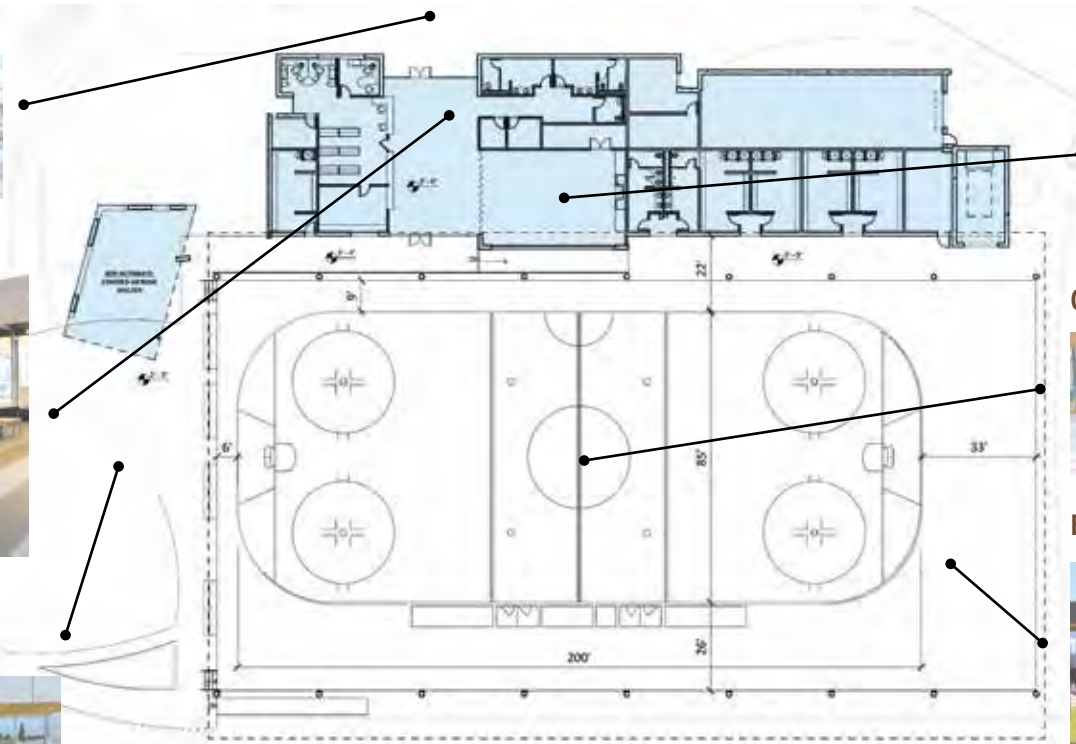
EXTERIOR - ENTRANCE



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 thirteen 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, pickleball, volleyball and more. The Pavilion is also home to The PAC, an exciting 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.



Public Skating Sessions

See pages 16 - 17 for regular fees.

Dates: Now - 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 ten and more, call in advance for special pricing.
- During normally lower attendance times, activities may include basic skating and/or laps on the outside perimeter and basic 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.

“Cheap Skates”: Only \$6 with skates

Special open skate sessions on Tuesday nights.
SPECIAL RATE: \$6/person, skate rental included.

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.

WINTER BREAK: 12/24-1/5

MLK JR. DAY: 1/15

NO-SCHOOL DAY: 2/2

PRESIDENT’S DAY: 2/19

SPRING BREAK: 3/26-30

Check schedules online at thepavilioninbend.com

Skate Rental

\$3 per pair. Toddler size through adult size 15.

Season Passes

Get the most skating for your money! See pages 16 - 17.

Skate Sharpening

\$7 per pair. 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.

Specialized Ice Sessions

Session Fees:

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

MORE SESSIONS = MORE SAVINGS!

Purchase four sessions, get your fifth session for FREE!

Registration: Opens 72 hours prior to scheduled session. 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.

Activity: 110402 - Adult
110401 - 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.

Activity: 110403 - Adult

Curling Time

Come and practice your curling skills during these pick-up sessions. All equipment is provided.

Activity: 110332 - Adult



Hockey Games & Curling Matches

It's free! Spectators are welcome to watch BPRD hockey and curling league games at no charge.

Food and beverages available with local brewery on site.

ADULT HOCKEY LEAGUE: MONDAY - THURSDAY EVENINGS

ADULT CURLING LEAGUE: SUNDAY EVENINGS

Schedules and standings online at thepavilioninbend.com

Hockey Tournaments

Cascade Invitational Hockey Tournament

January 26 - 28, hosted by the Bend Rapids. More at bendice.org

Wally Wallace Cup

March 17 - 18, hosted by the Bend Ice. More at bendice.org

Winter Ice Sports

YOUTH HOCKEY LEAGUE

HOCKEY CLINICS & LESSONS

CURLING LEAGUE & CLINICS

LEARN TO SKATE

ICE SKATING PROGRAMS

See the following pages:

Adult - pages 66 - 67

Youth - pages 97 - 99



Rent The Pavilion

Bring your imagination to The Pavilion for your next special event!

Weddings, receptions, parties, trade shows, athletic events, family reunions, company picnics . . . the possibilities for special events are nearly limitless.

Capacity: 800+ people

Square footage:

- Outdoors - Covered: 20,000+ sq. ft.
- Outdoors: 4,500+ sq. ft.
- Indoors: 1,200+ sq. ft.

Event season: May - September

Call (541) 389-7588 for more information.



movin' & groovin'

Just for you.

Inspiring learning, health and well-ness for active older adults.

The Bend Senior Center is owned and operated by Bend Park & Recreation District.

Follow us on Facebook.

Bend Park & Recreation District, Bend Senior Center, The Pavilion, Bend Whitewater Park and Juniper swim & Fitness Center

Bend Senior Center

Winter - Spring: January 2 - May 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 16 - 17.

Special Hours & Closures

Jan. 15	MLK Jr. Day	Open Regular Hours
Feb. 19	Presidents' Day	Open Regular Hours
May 28	Memorial Day	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 routes #5 or 6.



Aging is not lost youth
but a new stage of
opportunity
and strength.
~ Betty Friedan



Fitness passes through health plans? Ask us how.

You may be eligible to receive no-cost or low-cost fitness passes through your health plan. To learn more, ask the staff at the Bend Senior Center front desk for details.

One-in-five people 65 and older is eligible for a fitness benefit included in selected Medicare health plans. Contact your health insurance carrier to see if you are eligible.

The Bend Senior Center is proud to partner with the following plans:

- Silver & Fit
- SilverSneakers
- AARP Medicare Supplement Insurance Plan - Oregon

Community Information & Support



AARP Tax Aide Program **FREE**

February 1 - April 17

The AARP Tax Assistance Program is sponsored by The AARP Foundation and is hosted at the Bend Senior Center.

There are three different ways to schedule an appointment for tax assistance beginning Monday, January 29, 10:00 am.

ONLINE: Go online to <https://bprd.simplybook.me>. Select the time and day of your appointment. Easy to use and available 24/7.

IN PERSON: To schedule an appointment in person, come to the Bend Senior Center, Monday - Friday from 10:00 am to 2:00 pm.

BY PHONE: Call (541) 706-6234, Monday - Friday from 10:00 am to 2:00 pm and leave a voice message. A volunteer will call you back within 48 hours to schedule your appointment.

Sorry, no walk-in appointments.

AARP Driver's Safety

4th Monday of each month:
9:00 am - 4:00 pm

Call (541) 388-1133 to reserve your space.

Social Security Basics **FREE**

3rd Wednesday of each month:
4:30 - 5:30 pm,
February - September

Eligible for Social Security soon?
Come learn about the many options available to make the choices that are right for you!

Medicare 101 **FREE**

3rd Wednesday of each month:
5:30 - 6:30 pm,
February - September

If you are new to Medicare or will be enrolling in the near future, this program will provide the basic knowledge needed to understand Medicare.

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

1st Thursday of each month:
4:30 - 5:30 pm

Join us for an informational Q & A session about Medicare.

Note: No meeting in January.

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

3rd Thursday of each 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.

BSC Health Clinics

Provided by local health practitioners for your convenience.

Foot Clinic

Every 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

Ear/Hearing Care & Consultations **FREE**

1st Thursday in February & May:
10:00 - 11:30 am

Provided by licensed audiologist



VOLUNTEER WITH BPRD.

Meet new people,
lend a hand!
Contact Kim at
(541) 706-6127.

Fit. Flexible. For life.

Weekly Fitness Classes


January 2 - May 31 (no classes 5/29)

Fee: Full Access Pass or single visit fee (see pages 16 - 17)

Updates at 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	7:35-8:35 am Stretch & Strength	7:35-8:35 am Stretch & Strength	7:35-8:35 am Stretch & Strength	7:35-8:35 am Stretch & Strength	7:35-8:35 am Stretch & Strength	
	8:00-10:00 am Fitness Center Orientation	7:45-8:45 am Cardio Dance Fusion	8:15-9:15 am Indoor Cardio Walking	7:45-8:45 am Strength, Tone & Mightier Bone	8:00-10:00 am Fitness Center Orientation	
	8:45-9:45 am Cardio Dance Fusion	8:30-9:30 am Qigong-Reeling Silk	8:30-9:30 am Nia	8:45-9:45 am Cardio Circuit	8:30-9:30 am 24 Movement Tai Chi	
	8:45-9:45 am Fitness Variety	8:45-9:45 am Cardio Ball	8:45-9:45 am Functional Fusion	9:00-10:00 am Strength & Condition	8:45-9:45 am Restorative Yoga Flow	9:00-10:00 am Strength & Condition
	8:45-9:45 am Cardio Circuit	9:00-10:00 am Strength & Condition		9:00-10:00 am Zumba Gold	8:45-9:45 am Fitness Variety	
	10:00-11:00 am Zumba Gold	9:35-10:35 am 24 Movement Tai Chi	10:00-11:00 am Beginning Line Dance	10:15-11:15 am Moving to Music	10:00-11:00 am Indoor Cardio Walking	9:15-10:15 am Zumba Gold
	10:15-11:15 am Functional Fitness	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 Barre	10:30-11:30 am Yoga Pilates
	10:15-11:15 am Moving to Music	10:15-11:00 am Walk with Ease Seated Exercise		10:15-11:15 am Functional Fitness	10:00-11:00 am Beginning Line Dance	
	11:30 am-12:30 pm Strength, Tone & Mightier Bone	11:30 am-12:30 pm Seated Yoga	11:30 am-12:30 pm Strength, Tone & Mightier Bone	11:30 am-12:30 pm Seated Yoga	11:30 am-12:30 pm Strength, Tone & Mightier Bone	
AFTERNOON	12:45-1:45 pm Group Circuit Training		12:45-1:45 pm Group Circuit Training		12:45 -1:45 pm Stretch & Relax	
	2:00-3:00 pm 8 Movement Tai Chi	3:15-4:15 pm Yoga for Mindfulness	1:30-2:30 pm Stretch & Relax	3:15-4:15 pm Yoga for Mindfulness		
EVENING	4:10-4:25 Guided Meditation		2:00-3:00 pm 24 Movement Tai Chi			
	4:30-5:30 pm Mat Pilates		4:30-5:30 pm Mat Pilates	4:30-5:30 pm Hatha Yoga		
	4:30-5:30 pm Yoga Flow	4:30-5:30 pm Yoga Flow	4:30-5:30 pm Zumba			
	4:30-5:30 pm Zumba 101			5:30-6:30 pm Nia		
	5:30-6:30 pm Barre Body	5:30-6:30 pm Bliss Dance	5:30-6:30 pm Yoga 101	5:30-6:30 pm Barre Body		

Class descriptions on pages 58 - 64 in Adult Fitness. Look for the  icon.

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 "Fitness Center Orientation" prior to using the Fitness Center to learn how to safely and effectively use the equipment. No fee.

Fitness Center Orientation:
M/F 8:00 - 10:00 am

Personal Training

Individual Training Rates:

- Introductory Session: \$75
- Single Session: \$60
- Mini Consultation: \$25 (30-Minutes)
- 3 Session Package: \$171 (\$57 each)
- 6 Session Package: \$324 (\$54 each)

Partner Training Rates per person:

- 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.

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.

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.

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!



Crafters Co-op

Every fourth Thursday, 12:30 - 5:30 pm. This activity is designed for crafters, especially paper crafters. Bring your project, meet new people and share your crafting.

Coloring for Adults

Share your love of coloring in this informal social gathering. Coloring sheets and colored pencils are provided. You can bring your favorite coloring tools, too. Thursdays, 2:30-4:00 pm.

BSC 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 10:00 - 11:30 am. Presented in partnership with the Deschutes Public Library. Open to all.

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.

WEEKLY SOCIAL ACTIVITY SCHEDULE

MONDAY: <i>(subject to change)</i>	
12:00 - 4:00 pm	Pool/Billiards
12:00 - 3:30 pm	Social Bridge
12:30 - 3:00 pm	Co-ed Mexican Train
12:30 - 4:00 pm	Duplicate Bridge
1:00 - 2:30 pm	BSC Book Group (1st week)

TUESDAY:	
10:30 am - 2:30 pm	High Desert Rug Hookers
11:45 am - 12:15 pm	Souper Tuesday Lunch
12:00 - 4:00 pm	Mahjong Players
12:00 - 4:00 pm	Pool/Billiards
12:45 - 2:45 pm	Afternoon at the Movies
1:00 - 3:00 pm	Knitters Social

WEDNESDAY:	
10:30 - 12:00 pm	BSC Book Group (2nd week)
12:00 - 4:00 pm	Pool/Billiards
12:30 - 4:00 pm	Duplicate Bridge

THURSDAY:	
12:00 - 4:00 pm	Mahjong Players
12:00 - 4:00 pm	Pool/Billiards
12:00 - 12:30 pm	Thursday Social Lunch
12:30 - 5:30 pm	Crafters Co-op (4th week)
1:00 - 2:30 pm	Afternoon Dance
2:30 - 4:00 pm	Adult Coloring

FRIDAY:	
12:00 - 3:30 pm	Social Bridge
12:00 - 4:00 pm	Pool/Billiards
12:30 - 4:00 pm	Duplicate Bridge
12:30 - 4:00 pm	Pinochle

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

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

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.

2/7 Exploring Riley Ranch Nature Reserve, Bend's New Park
Jeff Amaral, BPRD Natural Resources

**2/14 Integrity at the Deschutes County Sheriff's Office:
News Accounts & Public Perception**
Michael Thornton, Deschutes Co. Sheriff's
Citizen's Advisory Panel

2/21 Opera for Opera Haters
Michael Christopher

2/28 Making the Most Out of Your Medicare
Janay Haas, Former Older Americans Act Legal Services
Developer

3/7 Bend's Sister City: Condega, Nicaragua
Rick and Sandy Negus and Kathie Eckman

3/14 Healing Reins: Healing with Horses
Polly Cohen, Program Director

4/4 Stroke Education - It Can Even Happen to You!
Beth Weise, St. Charles Stroke Educator

**4/11 Hearing Aid Technology:
New Gadgets to Help You Hear Better**
Dr. Ha-Sheng Li-Korotky, Pacific Northwest Audiology

4/18 Eating for Optimal Kidney Health
Abby Douglas, Synergy Health & Wellness

4/25 Take Care of Your Feet
Dave Zimmerman, BPRD Fitness Instructor



Sunday Afternoon Dance

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

St. Patrick's Day Dinner Dance

Friday, March 16
6:00 - 7:00 pm Dinner
7:00 - 9:00 pm Dancing
to The Notables

\$12 per person
(Advance sale only; tickets on sale beginning 2/1.)

Join us for a spring celebration
with a dance to live music and an
elegant buffet dinner prepared
by the Executive Chef from
Whispering Winds Retirement.

VOLUNTEER AT EVENTS

Meet new people,
lend a hand!
Contact Kim at (541) 706-6127.

Premier World Discovery Armchair Travel Informational Meeting

February 6 and April 5,
11:45 am - 12:45 pm

Come learn about the
great 2018 travel options.
A representative will cover
the program particulars and
answer your questions.

MAKE
YOUR OWN
.....
**WATERCOLOR
CLASSES
& MORE**
.....
PAGES 41 - 42

color the world

More Activities at the Art Station

Youth Art p. 76 - 82
Young Children p. 73 - 75

create yourself.

Whether you're taking classes for the first time or have been creating for years, art is more than just a learned practice, a skill or a form of recreation. It's about connecting and discovering yourself.

"It's not just about creativity, it's about the person you're becoming while creating."
~ Charlie Peacock, songwriter

The Art Station

The Art Station programs and classes are operated by Bend Park & Recreation District in a historic train station in the Old Mill District.

313 SW Shevlin Hixon Drive
Bend, OR 97702

p. (541) 389-7275



Schedules

The Art Station is open during scheduled open studio and program times. Visit bendparksandrec.org for the current schedule.



How to Get There

The Art Station is located in southwest Bend in the Old Mill District across from the Les Schwab Amphitheater. Both on-site and street parking are available.

PUBLIC & ALTERNATIVE TRANSPORTATION: Bike or walk to the Art Station. Bike racks are located at the entrance. To get here by public transportation, the Art Station can be accessed via Cascade East Transit route #10. A bus stop is located a few blocks away by The Pavilion on Simpson Ave.



Art Station Features

Situated in the Old Mill District across from the Les Schwab Amphitheater, the Art Station features a variety of art class mediums including:

Painting	Drawing	Printing	Sculpture	Jewelry
Glass arts	Ceramics	Pottery	Textiles	Mixed media

In addition to classes, the Art Station has open studio times and opportunities for parties or groups.

CLAY STUDIO:

Our Clay Studio with large work tables, six pottery wheels and a gas and electric kiln, provides opportunities for you to learn basic techniques, including hand building and wheel thrown pottery, as a beginner or an experienced potter in a welcoming atmosphere.

MULTI-MEDIA STUDIO:

Our large, multi-media studio with great natural lighting offers endless creative possibilities to promote critical thinking and problem solving skills, as well as pro-social behaviors in youth. Adults can explore their creative side with self-expression that is meditative, calming and has proven wellness benefits. Come improve your skills or develop new ones! The possibilities and classes are endless.

ADULT CLASSES
on pages 38 - 44

YOUTH CLASSES
on pages 76 - 82



Open Studio & Kiln Firing

Open Studio - Independent Work Time:

Check online calendar for open times and updates.

Artists, new and experienced alike, are welcome to come practice their art and develop skills during open studio times. Includes opportunity to store your project. Registration encouraged; drop-ins welcome if space is available.

Fee:	\$18 ID \$22 OD / visit (3 hours)
	\$162 ID \$192 OD for 10-visit pass - save 10%
Activity #:	411195
Dates:	1/1 - 12/3 (no open studio 6/18-8/31)

Kiln Firing of Artist's Pottery

Want to fire your own pottery in our kiln?
Contact Laura at (541) 617-1317 for pricing and availability.



Art Station Art Parties

All Ages

The Art Station is a great place to hold private parties! Paint a masterpiece, create clay projects, make your sculpture - the possibilities are endless! We have a wide range of options for guests of all ages - from toddlers to adults.

There is no set-up or clean-up - all you and your guests have to do is show up, relax and have fun. Your party will include a private party room, all the materials for your activity, aprons to wear and a dedicated art instructor. You provide the treats, decorations and party supplies such as plates, utensils and cups.

Guests:

Adult Party:	10 guests
Kids Party:	10 children & 10 adult chaperones

Fees:

Art Party:	\$200 for 2 hours
Clay Party:	\$250 for 2 hours

Includes:

- 1 hour for art/clay project instruction
- 1 hour for celebration

To Book a Party:

Call (541) 389-7275 to see if your desired date and time is available. You can preview available times on our online party calendar at bendparksandrec.org. Please fill out an online party request form on our website.



Clay

All Skills Pottery

Ages: 14 & up

Art Station

Learn basic techniques, including hand building and wheel thrown stoneware pottery techniques as a beginner or an experienced potter. Tools and the first ten pounds of clay provided; additional clay available for purchase at the studio. Instructor: Helen Bommarito

Fee: \$189 ID \$227 OD / session

Activity: 111101

W: 6:00 - 9:00 pm

Sessions: 1/17 - 2/21 4/11 - 5/16

Day Clay

Ages: 14 & up

Art Station

This six-week class provides a supportive atmosphere for all experience levels to learn clay techniques. Practice hand-building, wheel throwing and design skills. Explore creative methods and find inspiration in this project-oriented class. Tools and first ten pounds of clay provided; additional clay available for purchase. Instructor: Helen Bommarito

Fee: \$189 ID \$227 OD / session

Activity: 111100

M: 11:00 am - 2:00 pm

Session: 1/22 - 3/5 (No class 2/19)

F: 11:00 am - 2:00 pm

Session: 4/20 - 5/25

Sun Plaques

Ages: 14 & up

Art Station

Be ready to greet the sun in the spring! These large sun plaques are a great addition to any wall or outside area. Learn hand building techniques, while creating a warm and inviting wall hanging. Instructor: Helen Bommarito

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

Activity: 111102

M: 5:30 - 8:30 pm

Session: 2/5

Sa: 10:00 am - 1:00 pm

Session: 4/14

Pillow Vases

Ages: 14 & up

Art Station

These sweet and petite vases are designed to hold single stem flowers so they are perfect for those early blooms of spring! This project is a great way to try out ceramics and end up with a functional piece. Instructor: Helen Bommarito

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

Activity: 111103

M: 6:00 - 7:30 pm

Session: 4/23

Sa: 10:00 - 11:30 am

Session: 5/19



Drawing, Ink & Multimedia

Learn to See, Learn to Draw

Ages: 14 & up

Art Station

Yes, you can draw more than a stick figure! The more you see, the better you draw! Join us as we practice seeing with "artist's eyes". Learn to use your drawing tools to achieve volume, correct proportion, perspective, lights and darks and interesting line work. Instructor: Vicki Shuck

Fee: \$98 ID \$118 OD / session

Activity: 111110

M: 5:45 - 8:45 pm

Sessions: 1/22 - 2/12 4/2 - 23



Book Making

Ages: 14 & up

Art Station

Explore different types of bookmaking and book binding. Explore unique ways to fold paper and use match boxes to make secret compartments and decorate covers using different painting techniques. The end result is a functional piece of art for thought and ideas. Instructor: Gillian Rathbun

Fee: \$95 ID \$114 OD / session

Activity: 111141

Tu: 6:30 - 8:30 pm

Session: 2/20 - 3/6

Button Tree Painting

Ages: 13 & up

Art Station

Using acrylic paint and colorful buttons, students will create a unique wall hanging of a tree. Practice drawing trees, draw your design, paint a background, then use buttons to fill the space and create a colorful mixed media project. Instructor: Gillian Rathbun

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

Activity: 111142

Sa: 9:30 am - 12:30 pm

Session: 2/24

W: 5:30 - 8:30 pm

Session: 3/21

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) 389-7275 and we will accommodate if it fits with the specific program.



Batik NEW

Ages: 13 & up

Art Station

Use tjanting needles to "draw" with liquid wax on to muslin. The wax resists the dyes that will be used and when the wax is removed you will have a stunning piece as your designs will appear white against a background of color. Instructor: Gillian Rathbun

Fee: \$55 ID \$66 OD / session

Activity: 111180

Sa: 9:30 am - 12:30 pm

Session: 3/17

Tu: 5:30 - 8:30 pm

Session: 5/22

Texture: NEW Journeys in Collage

Ages: 14 & up

Art Station

Participants will be guided through the techniques of "Building Up" by layering paper, adhesives and found objects; "Reduction" through scratching, scraping and impressing; and "Transfers" images from photos, Xerox copies, newspapers and magazines. Beginners will love this adventure as well as seasoned artists. Instructor: Deena Newman

Fee: \$125 ID \$150 OD / session

Activity: 111143

W: 6:00 - 8:30 pm

Session: 4/4 - 5/2 (No session 4/18)

Let's Sketch Bend

Ages: 16 & up

Art Station

Get to know Bend through your "artist's eyes" and improve your sketching skills. Get inspired by other artist's "on the spot" drawings and their techniques as we experiment with different drawing media. Enjoy personalized instruction as we sketch some of the interesting architectural features of downtown Bend and the natural beauty of our town. All levels of experience are welcome! Student provides sketchbook. Instructor: Vicki Shuck

Fee: \$98 ID \$118 OD / session

Activity: 111112

Sa: 9:00 am - 12:00 pm

Session: 5/5 - 19



Fused Glass

Fused Glass Votive Candle Holders

Ages: 14 & up

Art Station

January is a time for candles! Create beautiful fused glass votive candle holders for use throughout the remainder of these cold and dark months. Students will create one or several votive candle holders using a variety of shapes, textures, and colors to inform their art. Additional charge of \$20 per piece paid to instructor for raw materials and firing cost. Instructor: Julia Christoferson

Fee: \$34 ID \$41 OD / session

Activity: 111160

Tu: 5:30 - 8:30 pm

Session: 1/16

SUPPORTED THROUGH PARTNERSHIP WITH TOUR DES CHUTES

Cancer Survivors Art Therapy



The Tour des Chutes and Bend Park and Recreation District have partnered to provide cancer survivors and their families with easy and affordable access to a wide array of fitness, recreation and enrichment opportunities. Tour des Chutes is providing funding for vouchers for cancer survivors to be distributed by health care professionals to patients with financial need. Tour des Chutes is also supporting several free programs specifically designed for cancer survivors.

Path of Joy: FREE Painting & Journaling

Participants will enjoy activating their thinking process through writing, their feeling process through painting, all while having the joy of discovering and expressing both parts of themselves. When used together, painting and journaling can balance our feelings and thinking.

Activity: 111199

W: 6:00 - 8:00 pm

Session: 2/7 - 28

F: 1:00 - 3:00 pm

Session: 5/11 - 6/1

Concepts of FREE Self in Sculpture

Construct a three-dimensional representation of yourself while utilizing negative and positive space, texture, collage and inside/outside concepts. Are you a smooth operator, a support to others, a strong leader - or not sure of your qualities? Let your choices of materials, colors and gestures help inform you about your own qualities. You do not have to come knowing how to do this. It is a class of self-discovery in a fun and safe way.

Activity: 111199

F: 1:00 - 3:00 pm

Session: 3/2 - 23

W: 6:00 - 8:00 pm

Session: 5/16 - 6/6

ABOUT DEENA NEWMAN, MA, ART THERAPY

While working on her masters degree in Art Therapy at Marylhurst University in Lake Oswego, Oregon, Deena interned with the Dougy Center for Grieving Children in Portland. There she found her artistic talents and therapeutic skills utilized and it was a great match. After graduation, Deena worked for 20 years as an art therapist for grieving children, with adults and families for hospices in Portland and Sacramento and Roseville, California. Deena currently lives in Bend with her Jack Russell terrier and enjoys teaching art workshops.



Look for fitness programs for cancer survivors on page 64.

Fused Glass Fundamentals

Ages: 14 & up

Art Station

Learn the art and science of glass fusing as you create a decorative and functional 8x8 fused glass plate. Additional charge of \$48 paid to instructor for raw materials and firing cost. Instructor: Julia Christoferson

Fee: \$34 ID \$41 OD / session

Activity: 111161

Tu: 5:30 - 8:30 pm

Sessions: 2/13 5/15



Fused Glass Aspen Forest Scenes

Ages: 14 & up

Art Station

In this class you will learn the techniques used to create aspen forests in glass. Whether you choose a fall, winter, spring or summer scene, in this class you can create that beautiful aspen forest! Each student will create an 8x12" aspen forest scene that will be tack fused and slumped for display on a table or windowsill. Additional charge of \$60 paid to instructor for raw materials and firing cost. Instructor: Julia Christoferson

Fee: \$34 ID \$41 OD / session

Activity: 111162

Tu: 5:30 - 8:30 pm

Session: 3/13

Fused Glass Workshop

All Adults

Bend Senior Center

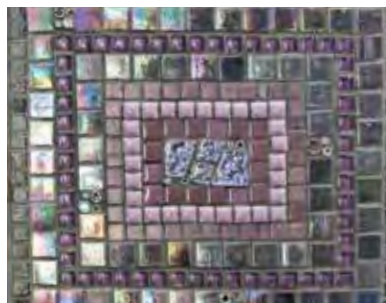
Explore the basics of fused glass in this fun, introductory workshop. Learn the science of glass fusion, types of glass, fusing add-ons, cutting and shaping glass, using glass tools and safely working with materials. You'll complete two projects in class: a window hanging and a piece of jewelry. The projects will be kiln-fired and available for pickup a week after class. Instructor: Diane Burns.

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

Activity: 102416

Th: 4:00 - 6:30 pm

Session: 3/15



Stained Glass Mosaic Trivet

All Adults

Bend Senior Center

Learn the art of mosaic and create a one-of-a-kind trivet that can hang on the wall when not in use. The first class will focus on design, cutting/ nipping glass and applying pieces to your base; second class will give more time to grout and complete your piece. Close-toed shoes and glasses required (regular, reading, or safety glasses). An additional \$25 supply fee will be paid to the instructor. Instructor: Jessica Carleton

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

Activity: 102418

Th: 4:30 - 7:30 pm

Session: 3/29 - 4/5



Fused Glass Jewelry

Ages: 14 & up

Art Station

In this class, you will be presented with two different techniques allowing you to create beautiful fused glass jewelry. Students will create fused glass pendant pieces and/or earring pieces using either dichroic or reactive glass to achieve remarkable results. Additional charge of \$5 - \$10 paid to instructor per piece for raw materials and firing cost. Instructor: Julia Christoferson

Fee: \$34 ID \$41 OD / session

Activity: 111163

Tu: 5:30 - 8:00 pm

Session: 4/17

Jewelry

Creating with Wire

Ages: 14 & up

Art Station

This jewelry class is perfect for beginners who want to master the essential skills of working with wire to make earrings, clasps, pendants, findings, and repair jewelry. Don't throw out that broken jewelry, bring it in and reinvent it! Tools and materials supplied, but bring any special beads or pieces to be incorporated into your artwork. Instructor: Laura Von der Osten

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

Activity: 111172

W: 5:30 - 8:30 pm

Session: 1/24

Tu: 5:30 - 8:30 pm

Session: 5/8

Precious Metal Clay (PMC)

Ages: 16 & up

Art Station

Make fine silver jewelry by shaping clay with Precious Metal Clay (PMC). Design projects, make textures and use manipulation and joining techniques for soft and stiff, unfired PMC. Use the second class to finish your projects - drilling, filing, sanding, polishing and enhancing the texture with patina. Depending on project sizes, students will have enough materials to complete a number of pieces (pendants and/or earrings). Additional \$60 material charge paid to instructor. Instructor: Sara Krempel

Fee: \$78 ID \$94 OD / session

Activity: 111170

Sa: 10:00 am - 3:00 pm

W: 5:30 - 9:00 pm

Session 1: 3/10 & 3/14

Session 2: 4/14 & 4/18

Precious Metal Clay Level 2

Ages: 16 & up

Art Station

Take the next step for making fine silver jewelry using Precious Metal Clay (PMC). Completion of basic PMC class required. The first session includes designing pieces, which may include addition of gem stones, use of embedded bails and making a band ring. In the second session, you'll finish projects with drilling, filing, sanding, polishing and using a patina to enhance the texture. Students should be able to complete two or more pieces depending on size. Projects can be pendants, earrings and rings, with or without stone settings. Additional \$60 material charge paid to instructor. Instructor: Sara Krempel

Fee: \$78 ID \$94 OD / session

Activity: 111171

Sa: 10:00 am - 3:00 pm

W: 5:30 - 9:00 pm

Session: 5/5 & 5/9



Painting

Acrylic Workshop Series

All Adults

Bend Senior Center

Wow! Learn the basics of acrylic painting in just a day. All skill levels are welcome as we focus on the techniques of color, lighting, composition, texture and layering. Take home a finished, ready-to-frame painting. Take one or all four of the classes! \$20 supply fee due to instructor at beginning of each class. Instructor: Carol Picknell

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

SPARKLING CANDLE

Activity: 102408

Th: 1:00 - 3:30 pm

Session: 1/11

NEW

BLACK BUTTE AT DAWN

Activity: 102409

Th: 1:00 - 3:30 pm

Session: 2/15

NEW

DAFFODILS

Activity: 102410

Th: 1:00 - 3:30 pm

Session: 3/15

NEW

BUNNY MADNESS

Activity: 102411

Th: 1:00 - 3:30 pm

Session: 4/5

NEW

Painting Landscapes with Oils

Ages: 16 & up

Art Station

New to oil painting? Learn tried-and-true steps to making a painting while discussing materials, color mixing and the elements of art. Create two in-studio landscapes and perhaps a new passion for painting. All supplies provided. Instructor: Vicki Shuck

Fee: \$155 ID \$186 OD / session

Activity: 111120

Th: 5:45 - 8:45 pm

Session: 2/1 - 22

Painting through the Master's Eyes

Ages: 16 & up

Art Station

From the work of famous artists we will de-construct a realistic rendering in stages to its ever simpler elements. The painted pieces will be a wholly new abstract creation of a well-known masterpiece. This is great training for aspiring artists and beginners to gain a deeper understanding of art. Instructor: Deena Newman

Fee: \$119 ID \$143 OD / session

Activity: 111125

M: 7:00 - 9:00 pm

Session: 2/26 - 3/19

SPECIAL GUEST ARTIST:
CINDY BRIGGS
WORLD RENOWNED
PLEIN AIR ARTIST

WATERCOLOR WORKSHOP

Ages: 16 & up

Art Station

Activity: 111126

Supply list to be provided.



Painting Outside the Lines

NEW

Create a provocative watercolor using a semi-abstract approach to painting. Letting go of some of the details, we'll explore combining shapes and colors, defining values, and adding the mystery of lost and found edges. Cindy's approach to drawing, organizing shapes, mixing and overlapping colors, fixing and finessing will be helpful for all levels of painters. Throughout class, enjoy step-by-step demonstrations with time to explore and refine concepts using your own images or the instructor's. Cindy shares time with each student to help guide them through the process while encouraging individual style in this two-day workshop.

Fee: \$140 ID \$168 OD / session

Th/F: 9:30 am - 3:00 pm

Session: 5/3 - 4

Blooming Water Colors

NEW

Loosen up and paint flowers with flowing watercolor. With a foundation on drawing, design, and brushwork, we'll celebrate the return of color to our homes and landscapes. Cindy's simplified approach to drawing organic shapes, planning a value and color strategy, utilizing the qualities of flowing, mixed and mingled watercolors is helpful for all levels of painters. Cindy shares time with each student to help guide them through the process while encouraging individual style in this one-day workshop.

Fee: \$70 ID \$84 OD / session

Tu: 9:30 am - 3:00 pm

Session: 5/8



ABOUT CINDY BRIGGS: A master of translucent watercolors, Cindy Briggs is known for her sundrenched cityscapes, luminous passageways and portraits with personality. She also teaches and demonstrates by invitation at regional art centers, associations and stores. Students appreciate her personalized attention, encouragement to expand their individual style and her positive teaching approach. Cindy Briggs earned a Bachelor of Arts from Brigham Young University and worked for over fifteen years as an art director for nationally recognized advertising agencies in San Francisco, Seattle and Los Angeles.



Japanese Art Series

Ages: 14 & up

Art Station

Instructor: Deena Newman

Activity: 111140

Sumi-e Ink Painting

SUMI-e, is the Japanese word for "black ink painting," which may include writing and painting. We will introduce East Asian brush painting. Using natural hair brushes, we will paint washes of ink onto rice or handmade papers. The entire process is a kind of extended meditation connecting oneself to land, sea, sky and self.

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

Tu: 6:00 - 8:30 pm

Session: 1/30 - 2/6

Gyotaku Fish Prints

"How big did you say he was?" A photo won't show the true size of a fish... a fish rubbing will! GYO means "fish." TAKU means print or impression. We will employ the direct method involving applying pigment to a whole fish and rubbing rice paper over its surface to pick up every detail. Students will supply the fish; all other supplies provided.

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

W: 5:30 - 9:00 pm

Session: 3/7

Papermaking & Calligraphy

Don't throw that trash away, make it into paper. Bring in junk mail, newspapers, egg cartons and we'll add some flower petals or grasses to recycle it into beautiful paper. In the second class, we will study calligraphy - "the art of giving form to signs in an expressive, harmonious and skillful manner." Used by the Japanese and other cultures to produce words as beautiful and sacred as the things described.

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

Tu: 6:00 - 8:30 pm

Session: 4/3 - 10



Intro to Chinese Brush Painting

All Adults

Bend Senior Center

Learn the basics of traditional Chinese brush painting in this introductory class. We will have fun learning how to use the brush to make a simple painting. \$14 supply fee due to instructor at class. Instructor: Michelle Oberg.

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

Activity: 102405

Th: 1:00 - 3:30 pm

Session: 3/8

Oil Painting, Keeping It Simple

Ages: 16 & up

Art Station

Paint from life and photos while exploring and creating color harmony through mixing your colors from just a few paints. Learn how good composition and use of values can enhance your painting. Some oil painting experience required; if you haven't painted in oils, contact Art Station staff prior to registration. All supplies provided. Instructor: Vicki Shuck

Fee: \$155 ID \$186 OD / session

Activity: 111121

Th: 5:45 - 8:45 pm

Session: 4/5 - 26

Ease into Watercolor Painting

Ages: 14 & up

Art Station

Have you always wanted to watercolor paint, but aren't sure how to begin? Or, are you wondering how to start again? Then, this class is for you. We will begin with the basics: creating fun designs and representational paintings while practicing wash techniques, texture methods, and design principles. Instructor: Sue Wilhelm

Fee: \$145 ID \$174 OD / session

Activity: 111124

Th: 6:00 - 8:30 pm

Session: 5/3 - 31

With Your Child: Clay

With Your Child: Clay Dragons

Ages: 5 & up

Art Station

Make a mystical creature while sharing your imagination and creativity. Instructor: Helen Bommarito

Fee: \$55 ID \$66 OD / session

Activity: 111500

Sa: 10:00 am - 1:00 pm

Sessions: 1/13 2/10



With Your Child: Family Signs

Ages: 5 & up

Art Station

Create unique wall hangings from clay to celebrate your family's name. Build your own letters or use stamps. Add details like your address or a special quote to make this family keepsake even more special. Instructor: Amanda Krammes

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

Activity: 111501

Sa: 10:00 am - 12:00 pm

Sessions: 1/27 4/28

With Your Child: Wheel Throwing

Ages: 5 & up with adult

Art Station

Curious about how enjoyable it could be to make pots on the wheel? The goal of this class is not necessarily to get a functional pot to keep, as it is about getting the feel for the clay on the wheel and how it reacts to the human hand. Instructor: Rachel Evans

Fee: \$55 ID \$66 OD / session

Activity: 111502

Sa: 10:00 am - 1:00 pm

Sessions: 2/24 4/7
5/12

With Your Child: Spring Nests

Ages: 5 & up

Art Station

Create a unique bird's nest using clay and small coils. Then sculpt little birds and fun eggs to fill your nest. Paint your eggs with colors and designs or go for a more natural look. Instructor: Amanda Krammes

Fee: \$46 ID \$56 OD / session

Activity: 111503

Sa: 10:00 am - 12:30 pm

Session: 3/17

With Your Child: Fused Glass

With Your Child: Self-Portrait Name Plates

Ages: 5 & up

Art Station

Create a name plate for your bedroom door! Include a self-portrait or a caricature of yourself! Adult and child work together to produce a finished 4x10 inch finish plate. Additional \$30 charge paid to instructor for raw materials and firing cost. Instructor: Julia Christoferson

Fee: \$34 ID \$41 OD / session

Activity: 111560

Sa: 10:00 am - 12:30 pm

- OR -

Sa: 2:00 - 4:30 pm

Session: 1/27

With Your Child: Valentines in Glass

Ages: 5 & up

Art Station

Can you feel the love? Create a glass mosaic Valentine Heart. Adult and child work side-by-side to create your finished product, which will be a 5x5 inch trivet or small dish. Additional \$30 charge paid to instructor for materials and firing cost. Instructor: Julia Christoferson

Fee: \$34 ID \$41 OD / session

Activity: 111561

Sa: 10:00 am - 12:30 pm

- OR -

Sa: 2:00 - 4:30 pm

Session: 2/10

With Your Child: Fused Glass Night Light

Ages: 5 & up

Bend Senior Center

Learn the basics of fused glass to create a night light in this introductory workshop. In a fun, informative setting, learn the science of glass fusion, types of glass, fusing add-ons and how to safely use hand cutters and grinders to cut and shape glass. Projects will be kiln-fired and available for pickup a week after class. Each registration is for adult and child. Instructor: Diane Burns

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

Activity: 102414

Th: 4:00 - 6:30 pm

Session: 3/1

With Your Child: Exploring Color & Texture

Ages: 5 & up

Art Station

This is an open-ended session where families are invited to work with color and texture in glass. What will you create? Might it be a tree, house, animal or insect? Get inspired and creative with the plethora of materials available. Additional \$30 charge paid to instructor for materials and firing cost. Instructor: Julia Christoferson

Fee: \$34 ID \$41 OD / session

Activity: 111562

Sa: 10:00 am - 12:30 pm

- OR -

Sa: 2:00 - 4:30 pm

Session: 3/24

**Participation in
"With Your Child"
programs is welcomed
for parents, guardians,
grandparents, aunts,
uncles, friends,
neighbors, Big Brothers,
Big Sisters and more.**

With Your Child: Wind Chimes & Sun Catchers

Ages: 5 & up

Art Station

Using three pre-fired glass pieces, artists will select from a wide range of colors and textures of fusible glass. Create your design in abstract or realistic styles! After two firings, pieces may be strung together with fishing line and hung as wind chimes or sun catchers. Additional \$30 charge paid to instructor for materials and firing cost. Instructor: Julia Christoferson

Fee: \$34 ID \$41 OD / session

Activity: 111563

Sa: 10:00 am - 12:30 pm

- OR -

Sa: 2:00 - 4:30 pm

Session: 4/21

With Your Child: Wildflower Gardens

Ages: 5 & up

Art Station

Just in time for spring, creating wild flowers! Families will work together to create 4-by-10 inch tack-fused and slumped piece fused glass wildflower gardens. Additional \$30 charge paid to instructor for materials and firing cost. Instructor: Julia Christoferson

Fee: \$34 ID \$41 OD / session

Activity: 111564

Sa: 10:00 am - 12:30 pm

- OR -

Sa: 2:00 - 4:30 pm

Session: 5/12

Volunteer in youth art programs.

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

With Your Child: Cartoon Garden Stakes

Ages: 5 & up

Art Station

Adult and child will develop whimsical cartoon characters in brightly colored glass. Characters will be in different shapes and sizes, tack fused, and mounted on a steel stake. Additional charge of \$20 per piece paid to instructor for raw materials and firing cost. Instructor: Julia Christoferson

Fee: \$34 ID \$41 OD / session

Activity: 111565

Sa: 10:00 am - 12:30 pm

- OR -

Sa: 2:00 - 4:30 pm

Session: 6/2

With Your Child: Multimedia

With Your Child: Creative Arts NEW

Ages: 2 - 3

Art Station

Get artsy with your little one. Get messy with your child and share the experience of creating, being imaginative, and making memories. A variety of mediums and materials will be used. Instructor: Charlene Santucci

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

Activity: 111540

Tu: 1:45 - 2:45 pm

Sessions: 1/16 - 30 2/13 - 27

Look for more art
for children
in Youth Art
on pages 76 - 82.



With Your Child: Little Love Bugs

Art Station

Celebrate Valentine's Day! Adults and toddlers will participate together in colorful art explorations, inspired by love and sharing. Instructor: Kathy Pawelski

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

Activity: 111542

Ages: 2 - 3

F: 9:00 - 10:00 am

Ages: 4 - 6

F: 10:30 - 11:30 am

Session: 2/9

With Your Child: Upcycle

Ages: 2 - 3

Art Station

Experiment with elements of sculpture. Adults and children will participate together to build high, long, and wide, using fun recycled materials and lots of textures! Instructor: Kathy Pawelski

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

Activity: 111543

Tu: 10:00 - 11:00 am

Session: 3/6 - 13

With Your Child: Paper Lanterns

Ages: 5 & up

Art Station

These distinctive lanterns can be used for hanging or as a stand-alone light. Using a balloon form to create lanterns with tissue and specialty papers. Instructor: Helen Bommarito

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

Activity: 111541

Sa: 10:00 am - 12:00 pm

Session: 3/10

With Your Child: Paint

With Your Child: Paint Night

Ages: 6 & up

Bend Senior Center

Come create a two-sided painting with your child. We'll start off with some bagels and juice to get your creative juices flowing. Then we will make a beautiful painting as a team. The design is traced onto the canvas before you arrive and the instructor will guide you through the process of creating the painting. Instructor: Diane Burns

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

Activity: 102415

F: 4:00 - 6:30 pm

Session: 2/23 - Giraffe Paint Night

Th: 4:00 - 6:30 pm

Session: 4/26 - Flower Paint Night



play time

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?

Baking

With Your Child: French Macarons

Ages: 8 & up

Bend Senior Center

Celebrate some one-on-one time with your own petit sweet. You and your child will learn the basics of French Macarons. Learn to incorporate seasonal flavors, piping with precision and even achieving the perfect "pied" (foot). Instructor: Abby Rowland.

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

Activity: 102251

M: 4:30 - 6:30 pm

Sessions: 2/5 3/5

Desserts to Impress

All Adults

Bend Senior Center

Learn to make two of the easiest, most elegant desserts ever. Molten lava cake takes about 7 minutes to prep and 7 minutes to cook, and you'll end up looking like an accomplished pastry chef. Crème brûlée has to be made ahead of time so it can be chilled and pulled out at dinner's end. Break out your torch and really wow your guests. Instructor: Jessica Carleton.

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

Activity: 102238

Tu: 5:30 - 7:30 pm

Session: 2/8



Fun With Puff Pastry

NEW

All Adults

Bend Senior Center

Want to learn some new tricks with frozen puff pastry just in time for Valentine's Day? Come join the fun by learning how to use frozen puff pastry to make brie cheese appetizer; crispy cheese twists; cinnamon palmiers; strawberry napoleons; apple baked dumplings and more. Bring your apron and containers to take home goodies. Instructor: Marsha Palmer

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

Activity: 102240

Tu: 4:00 - 7:00 pm

Session: 2/13

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.

Handmade Pretzels

Ages: 16 & up

Bend Senior Center

Do you love those soft, hot, fresh pretzels, but think you can only get them at the ball game? Learn how to make fresh-out-of-the-oven pretzels and dipping sauces. Better knot miss this one! Instructor: Jessica Carleton.

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

Activity: 102241

Tu: 5:30 - 7:30 pm

Session: 2/27



With Your Child: Hand Pies

Ages: 7 & up

Bend Senior Center

Learn to make miniature, old-fashioned hand pies with little hands! Your child will learn to make a perfect pie crust and pie filling. With the help of cookie cutters and decorations, we will bake perfectly portioned treats! Instructor: Abby Rowland.

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

Activity: 102252

M: 4:30 - 6:30 pm

Session: 4/2

Intro to French Macarons

Ages: 16 & up

Bend Senior Center

It's a macaron! Not a macaroon and certainly not a macaroni, these delectably light, mini-meringues of French descent are complex but remarkably simple to make when you can see how it's done with step-by-step, hands-on instruction. The class will help you master the fundamentals of making macarons at home and explore options for filling your new favorite treat. Instructor: Abby Rowland

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

Activity: 102237

M: 4:30 - 7:30 pm

Session: 4/23

Cooking

Knife Skills & Kitchen Shortcuts

All Adults

Bend Senior Center

Learn fundamental kitchen knife skills, professional tricks of the trade and enjoy tasty recipes. Learn the right knives for different foods, knife quality and how to sharpen and use them like a pro. Practice cutting techniques on easy matchstick carrots as we prepare delicious, simple vegetable dishes. Bring your best large vegetable knife and a cutting board. Instructor: Suzanne Landry

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

Activity: 102227

W: 5:00 - 7:30 pm

Session: 1/24

Mmm... Homemade Soup

NEW

All Adults

Bend Senior Center

There's nothing quite as comforting as hearty soups when it's cold. Learn to make healthy soups to freeze and store. We will make mushroom barley, vegetable, split pea, butternut squash, tomato basil soups and cheddar crackers. Bring your aprons and freezer containers. Instructor: Marsha Palmer

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

Activity: 102231

Tu: 5:00 - 7:30 pm

Session: 1/30



Winter Warming Vegetables

NEW

All Adults

Bend Senior Center

We'll prepare some hearty, warming winter vegetable dishes from hearty greens and winter squash dishes to root vegetables. Create delicious dishes using classic winter staples: Herbed Roasted Vegetables in Phyllo; Beet and Tangerine Salad with Feta; Brussels Sprouts and Spuds Casserole; Cheesy Kale Chips; Three Sisters Squash Stew and more! Instructor: Suzanne Landry.

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

Activity: 102230

Th: 5:00 - 7:30 pm

Session: 2/15

Cooking 101

NEW

All Adults

Bend Senior Center

Are you interested in learning to cook? Are you tired of eating take out? Join other beginners in this fun, hands-on class and prepare an easy meal while learning basic cooking techniques. We will prepare an appetizer, main course, salad, vegetable, and dessert. Recipes will be provided. Bring containers for leftovers. Instructor: Marsha Palmer

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

Activity: 102225

Sa: 10:00 am - 1:00 pm

Session: 3/3

Bacon Jam

All Adults

Bend Senior Center

If you like bacon, you will go crazy for Bacon Jam. Use it on everything from pancakes, to soups and sandwiches. It's a bacon lover's dream-come-true and makes a great holiday gift. Instructor: Jessica Carleton.

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

Activity: 102223

Tu: 5:30 - 7:30 pm

Session: 3/20

Smart, Delicious Cooking for One

NEW

All Adults

Bend Senior Center

Easy, simple, shopping and cooking tips to make cooking for one fun! Turn one entrée into three and stretch your food budget and time! Learn to turn ground turkey into three different freezable meals; chicken breasts into stir-fry, parmesan and fajitas. Lots of recipe ideas to turn one meal into many. Instructor: Suzanne Landry

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

Activity: 102226

Th: 5:00 - 7:30 pm

Session: 3/22



New Mexico Cuisine NEW

All Adults

Bend Senior Center

New Mexican food is between traditional Mexican and Tex-Mex food, with a lot more cheese! Warm spicy tastes and enticing aromas evoke the rich cultural traditions. Learn how to prepare some traditional recipes like guacamole; green chile chicken casserole; red chile con carne; and flan. This hands-on and very interactive class will end with a tasty meal and recipes to try at home. Instructor: Marsha Palmer

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

Activity: 102232

W: 5:00 - 7:30 pm

Session: 4/4

Writing A Cookbook

All Adults

Bend Senior Center

Document your family's favorite recipes for future generations and explore the options for having your family treasure printed. Successful cookbook author, Suzanne Landry, will give you the pros and cons about book publishing and cookbook marketing tips. Learn how to write and format recipes, edit, design and publish your cookbook. Bring some of your recipes and a laptop if you have one. Instructor: Suzanne Landry.

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

Activity: 102233

Th: 5:00 - 7:30 pm

Session: 4/19

Make Your Own Kimchi at Home

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: \$49 ID \$59 OD / session

Activity: 102222

Th: 5:30 - 7:30 pm

Session: 4/26

Dance

Silver Swans

Ages: 30 & up

Academie De Ballet Classique

Whether you've never danced before or want to get back into the swing of it, our Silver Swans® classes have something for everyone! Wear ballet attire, or comfortable clothes that move easily. Wear layers to shed as we warm up. Developed by the Royal Academy of Dance, this program is a licensed Silver Swans® class. Instructor: Valerie Holgers, RAD RTS

Fee: \$110 ID \$132 OD / session

Activity: 102173

Tu: 11:30 am - 12:30 pm

Sessions: 1/2 - 2/20 2/27 - 4/2



Beginning Tap For Teens & Adults NEW

Ages: 14 & up

Academie De Ballet Classique

Tap dancing makes your feet sing! This is a new offering for high school and adult dancers wanting to dip their feet into tap. Instructor: Michelle Mejaski

Fee: \$110 ID \$132 OD / session

Activity: 102174

W: 6:30 - 7:30 pm

Session: 1/3 - 2/21 2/28 - 4/25



Country Western Line Dancing

Ages: 16 & up

Bend Senior Center

Now six weeks! Get on the dance floor with all of your friends! Learn a new line dance each week. Try some of the popular boot scootin' dances like American Kids, Good Times and the Tush Push. No previous experience required. Instructor: Barry Jost.

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

Activity: 102113

M: 6:10 - 7:10 pm

Sessions: 1/22 - 2/26 3/5 - 4/9
4/16 - 5/21

Social & Club Dancing

Ages: 16 & up

Bend Senior Center

Now six weeks! This class is for beginners and those wanting to refresh their skills. Whether your preference is Salsa club dancing, crazy Jitterbug or smokin' hot Tango, this class will show you all the smooth moves of partner dancing so you look and feel confident on the dance floor. No partner needed and absolute beginners are always welcome. Instructor: Barry Jost.

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

Activity: 102140

M: 7:15 - 8:15 pm

Sessions: 1/22 - 2/26: Jitterbug
3/5 - 4/9: Night Club
Two Step
4/16 - 5/21: Salsa

DIY

DIY: Household Product Hacks You Can Make At Home NEW

Ages: 16 & up

Bend Senior Center

Making your own household cleaning products is an easy way to save money. Chemical-free cleaners, toiletries, makeup and more are part of the trend towards more natural, organic options. The craze is good for your body and bank account. With a little know-how from this class, you'll be making your own household product hacks, so you never have to buy them again.

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

Activity: 102458

Th: 1:00 - 3:30 pm

Session: 2/8

DIY: Simple Step-by-Step Upholstery

NEW

Ages: 16 & up

Bend Senior Center

Learn a simple technique that will have you re-covering chairs, benches, headboards and more, that requires only a staple gun. We'll work together on a project to learn simple upholstery techniques to get you started on your way to becoming a proficient DIY'er.

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

Activity: 102457

Th: 12:30 - 3:30 pm

Session: 3/29

DIY: Bath & Body Products

NEW

Ages: 16 & up

Bend Senior Center

Learn how to make homemade bath and body products for gifts or yourself. Most of these items are made with regular household ingredients and essential oils. We will make body scrubs, bath/shower bombs, creams and more. Bring three small glass jars and one glass spray bottle to class. Instructor: Marsha Palmer

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

Activity: 102466

Tu: 4:00 - 6:00 pm

Session: 4/10

Handmade Felted Soap

NEW

All Adults

Bend Senior Center

Be creative with your own design while you learn to make felted soaps that contain soap bars that have been wet and needle-felted to encase them. The felting acts as a washcloth for a beautiful handcrafted gift or for everyday use. Instructor: Diane Burns.

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

Activity: 102421

Th: 4:00 - 6:30 pm

Session: 4/19



Fiber Arts

Art Quilt Retreat: UFOs & Fabric Fusing

NEW

All Adults

Bend Senior Center

Fiber artist, Cindy Heath, leads our first ever Art Quilter's Retreat. Bring your own UFO (UnFinished Object) or join us in an exercise in creative expression using layering and fusing techniques to create your own piece. Minimal supplies are needed and there is no pattern so your wall hanging will be unique and individual to you. Join other quilters, receive feedback and advice, learn new techniques, and spread out on your own table. Snacks, lunch and a 15-minute chair massage provided on Saturday.

Fee: \$89 ID \$107 OD / session

Activity: 102486

F: 5:00 - 8:30 pm

Sa: 9:00 am - 4:30 pm

Session: 3/23 - 24

Fitness - Specialized

Stand Tall - Don't Fall

Ages: 50 & up

Bend Senior Center

As we age, a loss of balance can lead to fear of falling and 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. Class is limited to 30 and taught by certified Arthritis instructors. Prerequisite: ability to stand unassisted for 15-20 minutes.

Fee: \$40 ID \$48 OD / session

Activity: 102777

W: 10:00 - 11:00 am

Sessions: 1/17 - 3/14 3/28 - 5/23



Strong & Supple Feet

All Adults

Bend Senior Center

Create strong and supple feet! Certified Personal Trainer, Dave Zimmerman will coach you on a series of exercises targeted to strengthen feet, ankles and legs. Our feet are our foundation. Giving them the attention they deserve will help in avoiding injury from the long term stress they receive. The first class will be 60 minutes.

Fee: \$40 ID \$48 OD / session

Activity: 102778

Tu: 2:45 - 3:30 pm

Session: 3/20 - 4/10

Games

More Bridge

NEW

All Adults

Bend Senior Center

Come learn and play more bridge the easy, low stress way with Judy Davidson. Find out about simple conventions, bidding with long suits and doubles. Lots of time-at-the-table practice. Judy has taught over a 1,000 bridge players in Bend and has been accredited three times by the American Contract Bridge League and nominated twice for Bridge Teacher of the Year.

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

Activity: 102600

Th: 6:00 - 8:00 pm

Session: 2/1 - 3/8

Gardening

Growing Flower Bulbs in Glass

NEW

All Adults

Bend Senior Center

Growing bulbs indoors lets you enjoy the colors and fragrance of spring when it's still months away. Come join us and learn one of the easiest ways to make a lovely indoor display. Learn which bulbs need to be chilled and which ones do not. All supplies included. Instructor: Rae Aldrich

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

Activity: 102204

Tu: 3:00 - 5:00 pm

Session: 1/30



Make Your Own Springtime Mixed Flower Basket NEW

All Adults

Bend Senior Center

In this class you will learn how to create a spring-themed mixed flower basket. Learn how to accentuate with floral pics and other floral items. Learn the tips and tricks of working with fresh flowers. Each student will take home a stunning floral masterpiece that will impress your family and friends. All supplies provided. Instructor: Rae Aldrich.

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

Activity: 102205

Tu: 3:00 - 5:00 pm

Session: 3/20

Garden Smarts: Beating the Aches & Pains NEW

All Adults

Bend Senior Center

Have you found that it's harder to garden now? Is getting up and down to weed and plant difficult or impossible? Learn about modifications and adaptations from a retired physical therapist/master gardener that you can make to garden smarter, safer and more efficiently. This includes adapting tools, methods to minimize your effort, basic posture, lifting techniques and using creativity to accomplish gardening goals. Presentation will include examples of solutions to common disabilities that gardeners face as they age.

Fee: \$10 ID \$12 OD / session

Activity: 102200

Sa: 9:30 - 11:00 am

Session: 4/7



Hollinshead Community Garden Plots

All Adults

Hollinshead Community Garden at Hollinshead Park

The Central Oregon chapter of OSU Master Gardeners invite you to join us gardening at Hollinshead Community Garden.

New Gardeners: New this year, reservations for the small number of available 2018 garden plots will be assigned using a lottery system. To register for the lottery, email COMGA at comga2014@gmail.com. Include your full name and phone number.

New Gardener Lottery Registration Deadline: Sunday, April 15, 2018 at 12:00 pm (noon).

New Gardener Lottery Selection: Monday, April 16, 10:00 am.

Participants must be present to take part in the lottery.

Returning Gardeners: Last year's "Gardeners in Good Standing" have been contacted to rent their same bed for this 2018 season and will not participate in this lottery.

Garden Opening Day: Saturday, April 28, 9:00 am

To help support growing your garden, a variety of gardening classes will be offered throughout the season.

For more complete information, visit the COMGA websites: <http://extension.oregonstate.edu/deschutes/hollinshead-community-garden> or www.gocomga.com.

Water-wise Gardening Basics NEW

Ages: 14 & up

Bend Senior Center

Did you know that Central Oregon receives only 3 to 6 inches of natural precipitation during the growing season? Also, in recent years we have been seeing a pattern of drought. These facts make it important that gardeners become good stewards of the region and use water-wise practices in their landscapes. This class introduces the concepts of water-wise gardening including planning and design, efficient irrigation, soil, use of turf, plant selection, mulching and garden maintenance.

Fee: \$10 ID \$12 OD / session

Activity: 102201

Sa: 9:30 - 11:00 am

Session: 5/19

Healthy Living

Adult & Pediatric CPR/AED/First Aid Course

Ages: 10 & up

American Red Cross

This valuable course incorporates the latest science and teaches students to recognize and respond to various first aid emergencies including: head, neck and back injuries; burns; cuts; scrapes, sudden illnesses; heat and cold emergencies; and breathing and cardiac emergencies. Participants will be prepared to help victims of any age from pediatric (children up to 12 years old) through adults (12 years and older). Upon successful course completion, students receive a certificate for Adult and Pediatric First Aid/CPR/AED valid for two years.

Fee: \$130 ID \$156 OD / session

Activity: 106256

Sa: 8:30 am - 3:00 pm

Sessions: 1/27, 2/24, 3/24, 4/28

Have A Healthy Micro-biome: Gut Health NEW

Ages: 16 & up

Bend Senior Center

So much of your total wellness stems from your gut health - your mood, sleep patterns, hormone balance and energy levels. Discover the best way to foster quality gut health through simple nutrition and lifestyle practices and build a healthy micro-biome in your gut. Instructor: Layla McGlone.

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

Activity: 102213

M: 5:30 - 7:30 pm

Session: 1/22



Five Ferments To Make at Home NEW

Ages: 16 & up

Bend Senior Center

Throughout history, cultures have relied on fermenting practices for long-term food preservation and healthy nutrition. Discover how to make five simple, delicious and health-promoting fermentations. This hands-on class will nourish you from the inside out! Please bring two jam jars to take your own concoctions home. Instructor: Layla McGlone

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

Activity: 102286

M: 5:30 - 7:30 pm

Session: 2/12

Anti-Inflammatory Lifestyle

Ages: 16 & up

Bend Senior Center

Do you or your loved one suffer from chronic pain? Often associated with inflammation, chronic pain can keep sufferers from living their life as they would like. Learn how a few simple shifts in nutrition and lifestyle can help with inflammation! We will cover the basics of the anti-inflammatory diet, providing you with recipes, food samples and best lifestyle practices. Discover simple daily actions that can help keep you in motion. Instructor: Layla McGlone.

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

Activity: 102212

M: 5:30 - 7:30 pm

Session: 3/12

Music

Beginning Ukulele I

Ages: 16 & up

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: \$39 ID \$47 OD / session

Activity: 102100

W: 4:45 - 5:45 pm

Sessions: 1/10 - 31 2/7 - 28
3/7 - 28 4/4 - 25
5/2 - 23



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 expand your skills!

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

Activity: 102103

W: 6:00 - 7:00 pm

Sessions: 1/10 - 31 2/7 - 28
3/7 - 28 4/4 - 25
5/2 - 23

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.

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

Activity: 102106

M: 4:45 - 5:45 pm

Sessions: 1/8 - 29 2/5 - 26
3/5 - 26 4/2 - 23
4/30 - 5/21

Beginning Guitar II

All Adults

Bend Senior Center

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

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

Activity: 102107

M: 6:00 - 7:00 pm

Sessions: 1/8 - 29 2/5 - 26
3/5 - 26 4/2 - 23
4/30 - 5/21

Opera for Opera Haters - Part I

All Adults

Bend Senior Center

Do you think that you hate opera? Come join us in this music appreciation class and begin to understand what opera is all about in this day and age. Simple, complex or profound, beautiful or downright silly are descriptors that have been used to define opera for over 400 years. Come prepared to listen, learn and ultimately understand what opera is and is not. Instructor: Michael Christopher

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

Activity: 102125

Tu: 10:30 am - 12:00 pm

Session: 3/6 - 27

Opera for Opera Haters - Part II

All Adults

Bend Senior Center

Opera takes many forms and adopts many styles. Join us as we continue to look past the prejudices and confusion to learn what opera really has to offer. In this second session, we will continue listening to understand opera and discuss what we hear. Instructor: Michael Christopher

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

Activity: 102126

Th: 10:30 am - 12:00 pm

Session: 4/5 - 26

Introduction to Voiceovers

All Adults

Offered online

Explore the voiceover industry! Discover current trends, opportunities and the tools you need to find success. Read a real script and receive coaching from your instructor, a professional voice actor, to improve your delivery. One-time, 90-minute, one-on-one, video-chat class! It's taught by a professional voice actor from the training company, Voices for All. The instructor and student will set a mutually agreed upon class time using chat technology, such as Skype, iChat or Facetime.

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

Activity: 102160

M - Su: At your convenience

Session: 1/1 - 5/31

**Volunteer coaches
needed for
youth sports.**

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



Photography

Nuts & Bolts of Photography

Ages: 15 & up

Tall Pine Studio

Ditch the automatic modes of your digital camera, and learn the fundamental tools of photography. 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

Activity: 102540

W: 6:30 - 8:30 pm

Session: 2/28 - 3/21

Technology

iCloud Essentials

Ages: 16 & up

Bend Senior Center

We will be covering all aspects of iCloud on all your devices. Learn how to sync across all your devices, share with family and friends, and manage your backups with automatic syncing. Bring your iPhone, iPad or Mac. Instructor: Robyn Lyman.

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

Activity: 102561

Th: 10:00 am - 12:00 pm

Session: 3/22

How Do I Use the Internet?

All Adults

Bend Senior Center

Learn best practices for browsing the internet safely and learn to detect scammers. You'll learn how to use search engines, choose a web browser, how to transfer files/picture/videos, and explore any questions you may have. Instructor: Ryan Doherty

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

Activity: 102500

Tu: 6:00 - 7:30 pm

Session: 4/3

iPad Essentials

All Adults

Bend Senior Center

This course is designed for those who want to "start from the beginning." From customizing the screen to internet, email, texting, adding apps, Siri and more. We will cover everything you need to know to get you up and running on your iPad. Instructor: Robyn Lyman.

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

Activity: 102560

Tu: 10:00 am - 12:00 pm

Session: 4/3 - 17

Deciding on a Device

All Adults

Bend Senior Center

Learn how to find the device that's best suited for you as we compare Android and IOS devices, and where to find the best prices. We will get you started on your new device, learn about updates and teach you to connect your device to the internet, printers, car stereos and smart watches. Bring your questions! Instructor: Ryan Doherty

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

Activity: 102501

Tu: 6:00 - 7:30 pm

Session: 4/10

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: SETUP & CUSTOMIZATION

Got a new iPhone or don't know where to start? This is the first step when learning the iPhone. We will start off with the basics then move onto personalizing the phone to your liking.

Activity: 102551

Th: 10:00 - 11:30 am

Session: 2/8

IPHONE: APPS & ITUNES STORE

Get the most out of your iPhone by discovering new and powerful apps to make everyday life better and easier. We will also look at iTunes store for music, movies, ringtones and more.

Activity: 102552

Th: 10:00 - 11:30 am

Session: 2/15

IPHONE: INTERNET & MAIL

Explore at Apple's in house web browser, Safari, and how to navigate, bookmark, print and more. We will then look at the email app and learn how to add additional accounts and how to customize it.

Activity: 102553

Th: 10:00 - 11:30 am

Session: 2/22

IPHONE: CONTACTS & CALENDAR

Learn how to fill out a contact form and how to add events into calendar as well as adding reminders, alerts and any repeating events.

Activity: 102554

Th: 10:00 - 11:30 am

Session: 3/1

IPHONE: CAMERA & PHOTOS

We'll address both the fundamentals and step-by-step instructions for the beginner and intermediate iPhone photographer. You'll also learn to edit your images and manage your photos across all Apple devices.

Activity: 102555

Th: 10:00 - 11:30 am

Session: 3/8

IPHONE: TEXTING, MAPS & SIRI

Explore how to send and receive text messages and all of the additional features that make it fun and exciting. We'll look at the Maps app and explore real-time traffic, turn-by-turn directions and more. Then we'll cover Siri, Apple's personal digital assistant, and how Siri can make every day easier.

Activity: 102556

Th: 10:00 - 11:30 am

Session: 3/15



Smart Device Essentials

All Adults

Bend Senior Center

Everything you need to learn to safely use any smart phone and tablet. Learn initial set-up, how to personalize your device, check voicemail and set up e-mail. You'll learn to use messaging apps, your calendar, the internet and how to use your device as an e-reader. Instructor: Ryan Doherty

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

Activity: 102502

Tu: 6:00 - 7:30 pm

Session: 4/17

Android Devices

All Adults

Bend Senior Center

Learn the ins-and-outs of using an Android device. Learn how to take, send and manage your pictures. Master all of your phone's features, such as messaging, checking voicemails, video chat, maps, and updates. Bring questions! Instructor: Ryan Doherty

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

Activity: 102503

Tu: 6:00 - 7:30 pm

Session: 4/24

**Volunteer coaches
needed for
youth sports.**

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

Tours

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. Space is limited.

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

Activity: 102530

M: 11:00 am - 1:00 pm

Sessions: 2/12 3/12

4/9 5/14

Bend Makers: Holm Made Toffee

All Adults

Bend Senior Center

Join us on another Bend Makers Tour to Holm Made Toffee made right here in Bend. Come take a tour of the facility. Watch as the golden, molten delicacy is fashioned into a community favorite. Transportation included.

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

Activity: 102306

M: 12:30 - 3:00 pm

Session: 3/5

Bend Makers: Natural Edge Furniture

NEW

All Adults

Bend Senior Center

Join us as we take a trip to the Natural Edge Furniture workshop. They create unique and elegant furniture made from salvaged wood. Whether it's sleek and modern or a lodge influenced, each piece has a story. Transportation included.

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

Activity: 102302

M: 12:30 - 3:00 pm

Session: 3/19

Bowman Museum

All Adults

Bend Senior Center

A day trip to The Bowman Museum will be a step back into the past. A real tribute to Crook County's early years. Browse through the agricultural artifacts and deadly weapons that clearly defined early Prineville. Let's make history! Lunch, admission and transportation included.

Fee: \$33 ID \$40 OD / session

Activity: 102300

Th: 10:30 am - 2:30 pm

Session: 4/5

Crescent Moon Alpaca Ranch

NEW

All Adults

Bend Senior Center

Join us as we learn more about what makes Central Oregon famous. We will visit the Crescent Moon Alpaca Ranch in Terrebonne. Come and see the "crias" (baby alpacas) running around in their pens. We will visit the Alpaca boutique and gift shop. Lunch and transportation are provided.

Fee: \$33 ID \$40 OD / session

Activity: 102304

M: 10:30 am - 2:30 pm

Session: 5/7

Portland Chinese & Japanese Gardens

NEW

All Adults

Bend Senior Center

Join us on a trip to Portland where we will visit The Portland Japanese Garden. Proclaimed the most authentic Japanese garden outside of Japan, the Portland Japanese Garden is a 5.5-acre haven of tranquil beauty nestled in the scenic west hills of Portland. We will also visit The Lan Su Chinese Garden in Portland's downtown. Lunch, admission fees and transportation included.

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

Activity: 102335

Su: 8:00 am - 7:00 pm

Session: 4/22

Trips

Historic South: Charleston, Savannah & St. Augustine

All Adults

Join the Bend Senior Center and travel to the historic South and explore the charm of these quintessential Southern cities. During this tour program, you will experience a Charleston city tour, Boone Hall plantation, Fort Sumter boat tour, Beaufort horse-drawn carriage tour, Savannah city tour, Jekyll Island trolley tour and so much more. The program showcases a seven-day/six-night itinerary and stay in first-class hotels for three multi-night stays. Program features flying from Portland/Redmond to Charleston, and home from Jacksonville, FL.

Dates: 7 days

4/22 - 28, 2018

Fee: \$2425 each (dbl occupancy)
land/air/ tax from Portland

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

Philadelphia, the Poconos & the Brandywine Valley

All Adults

Join the Bend Senior Center and travel to Philadelphia, the Poconos and the Brandywine Valley. Learn about some of our nation's oldest history. During this tour, we will experience the Valley Forge National Historical Park, a Philadelphia city tour, Independence Hall, the Liberty Bell, National Constitution Center, the Poconos, two former DuPont mansions, Hershey's Chocolate World, Pennsylvania's Amish Country and more. The program showcases a six-day/five-night itinerary staying at the first-class Hilton hotel at Penn's Landing and flying roundtrip Portland/Redmond to Philadelphia.

Dates: 6 days

9/16 – 9/21, 2018

Fee: \$1975 each (dbl occupancy)
land/air/ tax from Portland

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

Scenic Switzerland

NEW

All Adults

Explore the world with the Bend Senior Center and journey to Switzerland for an in-depth look of the Alps. This incredible tour will give you a true glimpse into the Alps along with Geneva, Chamonix, Zermatt, Gstaad, Montreux and more. This program features a nine-day/seven-night itinerary flying roundtrip from Portland/Redmond to Geneva, Switzerland and home from Zurich. The tour showcases first-class hotels, including four nights in small town Europe's finest, Yverdon-les Bains, and three nights in Lucerne, Switzerland. Explore the best the Alps has to offer including, Interlaken, Lucerne walking tour, Bern City tour and Bear Pits, Gruyeres, the Matterhorn, Swiss wine tasting and more.

Dates: 9 days

9/18 – 26, 2018

Fee: \$3995 each (dbl occupancy)
land/air/ tax from Portland

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

Iceland Explorer

NEW

All Adults

Join us on a tour of Iceland, an island full of dramatic contrasts. This small island nation features a landscape created by volcanoes and glaciers. You will spend five nights in the first-class Grand Hotel Reykjavik. This tour features a panoramic Reykjavik city tour and a trip to the Iceland National Museum. Travel the "Golden Circle" where many natural scenic wonders are located including Thingvellir National Park, Gullfoss (Golden Falls) and the geothermally active valley of Haukadalur with the Strokkur Geyser. Enjoy a visit to the South Coast and view the majestic Skogfoss waterfall. You will visit the Viking Ship Museum in Keflavik and the Blue Lagoon, one of Iceland's most well-known attractions where you can take a dip in the warm mineral waters.

Dates: 7 days

9/19 - 25, 2018

Fee: \$3395 each (dbl occupancy)
land/air/ tax from Portland

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

Munich's Oktoberfest & Danube River Cruise

NEW

All Adults

Join the Bend Senior Center on a remarkable European river cruise. Enjoy the Danube River and passing scenery of some of Europe's oldest and most iconic cities and towns. The onboard luxury interior, hospitality and exclusiveness of the new Amadeus Queen provides ultimate comfort, while daily touring and inclusive meals and local wines make this a trip to remember. This cruise features incredible views, significant European history, iconic castles and touring in the cities of Munich, Regensburg, Melk, Durnstein, Vienna, Budapest and more. Each luxury stateroom is fully-equipped with modern furnishings including larger private bathrooms with shower. An experience of a lifetime!

Dates: 11 days

10/2 – 12, 2018

Fee: \$4595 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



on the outside

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.

XC Ski & Snowshoe

Get Started XC Ski Touring

All Adults

The Pavilion

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 - 11:30 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 Sno-Park outings. Transportation to outings included. Equipment not included. Leader: Eric Denzler

Fee: \$90 ID \$108 OD / session

Activity: 308403

Daily: 9:00 am - 1:00 pm

Sessions:

Th: 1/11 - 25

Sa: 1/13 - 27

Continuing XC Ski Touring

All Adults

The Pavilion

Level 2+ - For those who have taken the "Get Started XC Ski Touring" class or who have a bit of previous cross-country ski experience, we'll continue to work on skill development as a small group and get out for a variety of short ski tours. Transportation to outing included. Equipment not included. Sign up for one day or multiple days. Leader: Eric Denzler

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

Activity: 108474

Daily: 9:30 am - 2:00 pm

Sessions:

Th: 2/1, 2/15, 3/1, 3/15

Sa: 2/3, 2/17, 3/3, 3/17

Are you 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.

Get Started Snowshoeing

All Adults

The Pavilion

Level 2 - If you have little or no snowshoe 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 - 11:30 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. Transportation to outing included. Equipment not included. Outing will be about two miles on snowshoes. Leader: Leslie Olson.

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

Activity: 108402

W: 9:00 am - 1:00 pm

Session: 1/17 - 24

Fitness Snowshoe

All Adults

The Pavilion

Level 2 - Take the next step after you've started 'shoeing and join a group for some snowshoe hikes to build strength, stamina and general fitness while enjoying outings in the snowy woods. Snowshoe hikes are generally around two to three miles. Transportation to outings included. Equipment not included.

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

Activity: 108415

Tu: 9:30 am - 2:30 pm

Sessions: 1/16 1/30

2/13 2/27

3/13



Yetis Snowshoe

All Adults

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 four to six miles. Transportation to outings included. Equipment not included. Leader: Leslie Olson.

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

Activity: 108424

Th: 9:00 am - 3:30 pm

Sessions: 1/25 - 2/8 2/15 - 3/1

3/8 - 22

Let us do the driving.

You concentrate on having fun in the winter and spring weather.

BPRD will take care of the driving to and from the ski, snowshoe, walk and hiking adventures.

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

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 or 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 CPR and Wilderness First Aid skills or higher and have gone through BPRD van driver training. Trip leaders carry a first aid kit and cell phone.

Transportation: Round-trip transportation is provided in the District's 15-passenger vans. If road or weather conditions are very poor, we may cancel the outing for everyone's safety.

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.

Hiking & Walking

Discover Bend's Parks on Foot NEW

All Adults

BPRD District Office

Level 1 - Explore your own town! Discover a variety of outdoor options right here in Bend on spring morning walks. Each walk is about two miles long. Transportation to outings included.

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

Activity: 108725

Sa: 9:00 am - 12:00 pm

Sessions:

4/7	Shevlin Park
4/21	Big Sky Park
5/5	Deschutes River Trail at South Canyon
5/19	Sawyer Park
6/2	Deschutes River Trail at First St. Rapids

Spring Fitness Hikes

All Adults

BPRD District Office

Level 2 - Shorter hikes covering four to five miles in a day at a moderate pace with fitness stops along the way. This is a great way to get some good exercise and build general fitness while seeing a variety of scenic trails and beautiful locations around Central Oregon. Transportation to outings included.

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

Activity: 108718

Tu: 9:30 am - 2:30 pm

Sessions: 4/17	4/24
5/1	5/8
5/15	5/22



History & Geology Hikes

All Adults

BPRD District Office

Level 1 & 2 - Broaden your understanding of Central Oregon's cultural heritage and geologic history while enjoying a bit of physical activity. Learn of the great "railroad war" to extend the railroad into Central Oregon. Hike a mountain of volcanic glass with a geologist. Stroll the "trails of time" at the Clarno Unit of the John Day Fossil Beds and prowl the ghost town streets of Shaniko. Sign up for one day or multiple days. Transportation to hikes included. Leaders: Leslie Olson & Eric Denzler

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

Activity: 108925

W: 8:00 am - 5:00 pm

Sessions:

4/25	C.O. Railroad History (Short walks)
5/2	Glass Butte Geology (3 - 5 mile hike)
5/16	Clarno Fossils & Shaniko History (Short walks)

Daytrippers:

Looking for more fabulous tours or day trips?

Check out the different day outings on page 52.

High Desert Naturalist Hikes

All Adults

BPRD District Office

Level 2 - Go with the season! Each outing will focus on a different aspect of our regional environment - flowers, geology, wetlands, birds, whatever may present itself in the spring. Be ready for an interesting outing each week to learn about a different aspect of the world around us. Hikes range from five to seven miles. Transportation to hikes included. Leader: Leslie Olson.

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

Activity: 108926

W: 8:30 am - 4:00 pm

Sessions: 5/9 - 16 5/23 - 30

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 five to seven miles. Join the camaraderie of a group of folks that enjoy socializing while out hiking. Winter hikes are generally snow-free, when possible. Transportation to hikes included. Leader: Dean Dobbs.

Fee: \$38 ID \$46 OD / session

Activity: 108740

Tu: 9:00 am - 3:30 pm

Sessions: 3/6 - 13	3/20 - 27
4/3 - 10	4/17 - 24
5/1 - 8	5/15 - 22





Trailpacers Hikes

All Adults

BPRD District Office

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

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

Activity: 108715

Th: 8:30 am - 4:00 pm

Sessions: 4/12 - 26 5/3 - 17
5/24 - 6/7

Kayaking

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 / session

Activity: 405100

January 7 - June 3

Su: 4:15 - 6:00 pm

Tu: 7:15 - 9:00 pm

Outdoor Safety

Wilderness First Aid

Ages: 16 & up

Hollinshead Barn

Covers a wide range of wilderness medicine topics for people who travel in the outdoors: from hunters and fishermen, guides and activity leaders to the casual outdoor user. No previous experience/knowledge required. Presented by NOLS Wilderness Medicine. CPR not included.

Fee: \$225 / session

Activity: 408360

Sa - Su: 8:00 am - 5:00 pm

Sessions: 4/7 - 8 6/2 - 3

WFR Recertification

Ages: 16 & up

Hollinshead Barn

This training is specifically designed to recertify the Wilderness First Responder certification. Includes CPR.

Fee: \$320 / session

Activity: 408362

Sa - M: 8:00 am - 5:00 pm

Sessions: 2/24 - 26 5/12 - 14

F - Su: 8:00 am - 5:00 pm

Sessions: 3/9 - 11 4/20 - 22

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 address difficult medical situations. Presented by NOLS Wilderness Medicine. Includes CPR.

Fee: \$745 / session

(\$400 deposit required at registration with balance due 30 days prior to start of training)

Activity: 408364

Tu - Th: 8:00 am - 5:00 pm

Session: 4/10 - 19

Discover Nature Days

FREE

PRESENTED BY
THE CHILDREN'S FOREST
OF CENTRAL OREGON PARTNERS

Ages: 6 - 12 with adult

Get outside and discover with your little explorers! Join us for art, science and play while learning about the natural world and exploring local parks.

Register in advance at:
childrensforestco.org/discover-nature-days.

Space is limited.

Questions? Call (541) 383-5592.

WINTER TRACKING at SUNRIVER NATURE CENTER

with Discover Your Forest

Saturday, January 13

10:00 am - Noon

Strap on snowshoes, search for wildlife tracks, and learn about fascinating winter adaptations. Snowshoes are provided. Center admission is free to program participants.

HABITAT HEROES at HIGH DESERT MUSEUM

Saturday, March 10

10:00 am - Noon

Design and create habitat for local insects and critters in this special STEM program. Museum admission is free to program participants.

SPECIAL OPS SURVIVORS at SKYLINERS LODGE

with

Wildheart Nature School

Saturday, April 28

10:00 am - Noon

Learn to navigate the world of unpredictability while playing team games and practicing survival skills in nature.



**VOLUNTEER
IN
FITNESS**
.....
CONTACT KIM
(541) 706-6127


**FREE
WINTER
KICKOFF**
Jan. 8 - 14
**FREE FITNESS
CLASSES**


move together

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.

A variety of passes are available for both locations. Pass information on pages 16 - 17.

Follow us on Facebook!
 Juniper Swim & Fitness Center, Bend Senior Center, The Pavilion, the Art Station and Bend Whitewater Park.

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-served basis.

WEEKLY SCHEDULES: All classes are held on a weekly basis. Check schedules online at bendparksandrec.org. You can even download to your own calendar.

SAME INSTRUCTORS: Both locations feature the same great instructors so you can find the facility that suits your needs.

PASSES / FEES: There are numerous 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 16 - 17.

ADVISED: We strongly recommend checking with your physician before starting any exercise program.

Disponibilidad de Instructores Bilingües en Inglés y Español.

Para mayor información visite bendparksandrec.org/espanol.

Bilingual Spanish/English fitness instructors available.


View classes online at bendparksandrec.org/espanol.



Low Impact • Light Intensity

Fit 4U Fitness Programs

Fit For You! 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 with Fitness 101

Whether you are new to fitness or making a return, our expansive schedule of classes offer something for everyone! All our fitness classes are ongoing and offered on a first-come, first-served basis. New students, attend one of our 101 classes to get you oriented and off to a great start. Questions? Call our helpful staff for assistance at (541) 389-7665.

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 or coming back after some time off? 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:

Introductory Session:	\$75
Single Session:	\$60
Mini Consultation:	\$25 (30-Minutes)
3 Session Package:	\$171 (\$57 each)
6 Session Package:	\$324 (\$54 each)

Partner Training Rates per person:

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

Group Training Available: 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!

Visit our website at
juniperswimandfitness.com
for trainer bios and fitness options.

Call (541) 389-7665 and
set up your time with a trainer.

Private & Semi-Private Classes

Looking for personalized instruction in one of BPRD's classes? Want to hone in an advanced movement or a specific area of fitness? Private classes are perfect for focusing on you.

Our highly-trained instructors offer private and semi-private sessions in all listed Yoga, Pilates, Indoor Cycling, Water Fitness, Strength & Conditioning and Cardio classes.

30-minute session:	\$25
60-minute session:	\$50

Session can be shared with a partner of like abilities and goals.

Contact Monica at (541) 706-6188
to schedule your class.



FREE

CLASSES
&
CLINICS

WINTER
KICKOFF
January 8 - 14





Get connected, stay engaged
and be inspired!

Join our team of fitness experts for free
classes and workshops:

- **FITNESS 101 CLASSES:**
Mind/Body
Water Fitness
Indoor Cycling
Swim fit
Cardio
Strength & Conditioning
Fitness Center Orientations
- **SPANISH-SPEAKING CLASSES**
- **ASK A PT**
- **BABY & ME FITNESS**
- **FIT KIDS**
- **FREE FAMILY NIGHT**

See full schedule of clinics and classes on
the Fitness Events & Workshops schedule at
bendparksandrec.org



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 Cycling 101 JSFC
Interested in trying indoor cycling? Class will assist students with a detailed bike set up, teach modifications and give new riders the skills and confidence to make indoor cycling a part of their exercise routine!

Cycle JSFC
A wide range of structured cycle workouts from endurance rides and hill climbs to sprints and race pace efforts.

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/Core JSFC
Bring baby and get your workout in while connecting with other parents and guardians. 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 Core JSFC
A double whammy! Cycling workout with off-the-bike functional core training to finish up.

Express Cycle JSFC
Short on time? Try this class for a comprehensive workout. A regular workout condensed for time.

Extended Cycle JSFC
Longer format class to build up endurance and work those legs. All the great variety of a regular cycle class, just longer.

HIIT Cycle JSFC
Keep your cycling practice active all year! High Intensity Interval Training workout that delivers significant improvements in speed, endurance and lactate threshold.

Cycle/Strength & Core JSFC
A combination of cardiovascular training, strength training and core conditioning, on and off the bike.

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 Cycle JSFC
Longer intervals with short recovery. Intensity will be highly aerobic.

World Beat Cycle JSFC
International music selections will inspire you as you navigate hills, flats and intervals - plus gain a bit of geographic trivia.

Cardio Fitness:

Benefits: These classes are full of variety; dance, step, kickbox and your choice of high or low impact. Engage your muscles and get your heart pumping.

Fit 4U Cardio Dance 101 JSFC
Come learn about the various cardio dance formats that we currently offer.

Fit 4U Cardio Dance Fusion JSFC
Class is set to all genres of music and various formats will be offered. Check the online schedules for details.

Fit 4U Zumba® 101 BSC
We'll break down the Zumba steps and work on them one at a time. This class is designed for a slower pace and attention is given to each individual step so that you feel confident and boost your skill set.

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.

Zumba® JSFC BSC
A 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.

Bliss™ Dance Workout JSFC BSC
Phenomenal fun, serious sweat! A 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
Another great Bliss workout! High energy, music-fueled, this class that delivers a fierce cardio-blast along with dancing to the best hip hop, funk and club beats.

Bliss™/Zumba® JSFC
Come for the full hour and get your cardio dance on! Make the most of your tight schedule with 30 minutes of Bliss dance workout followed by 30 minutes of Zumba. Whether it's 60 or 30 minutes, your body will thank you.

Fit 4U Fitness Variety BSC
Sample a variety of fitness forms incorporating strength, cardio, core and balance.

Fit 4U Cardio Ball BSC
Light, low impact cardio and core conditioning integrating exercise balls, chairs and light weights.

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.

Core/Strength/Cardio Challenge JSFC
Cardio intense intervals, strength and functional training utilizing weights, resistance bands and body bars for a full body workout.

F.I.T. JSFC
Fat-burning, High-Intensity Interval Training! This class is full of variety, challenge and fun! Step, kickboxing, cardio dance and sport drills alternating with muscle conditioning to increase your metabolism and maximize your workout time.

Step Conditioning JSFC
Easy-to-follow step routines, interspersed with high-intensity interval training and muscle endurance drills.

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 & Conditioning:

Benefits: Use weights, bands, tubes, weighted bars and steps to improve strength, bone density and endurance.

Fit 4U Fitness Center Circuit JSFC

Coached workout with a series of stations to get your whole body fit! Find, challenge or learn modifications 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 Better Balance Circuit Workout BSC

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 Group Circuit Training BSC

Conducted in a group setting. 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.

Foam Roller Core/Strength JSFC

Target the hips, legs and back as you strengthen and learn to stabilize your core. Bring your own 36 x 6 foam roller if possible.

Fit 4U Functional Fitness JSFC BSC

Improve your daily function and increase your overall strength through a series of exercises using resistance tubing, straps, free weights and balls.

Fit 4U Balance Essentials BSC

Combines Pilates, ballet barre, yoga, functional conditioning and circuit training. Improve strength, balance, endurance and flexibility. A full body workout.

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

Head-to-toe strength and toning that uses the movements of Pilates to improve your posture and core strength.

Cardio Barre Body JSFC

Let's not glisten, let's sweat! This class uses the fundamentals of ballet, yoga and Pilates, and fuses them together in an easy-to-follow, fast-paced manner to create a heart pumping class. Intermixes fun choreography and ballet barre moves. Gym shoes required.

TRX® Circuit JSFC

Get a full-body workout utilizing TRX straps, weights, Bosu® balance trainers and stability balls in this circuit-style workout.

Total Body Conditioning JSFC

Music will inspire you while motivating instructors guide you through the workout. Great cross training classes:

- TB Strength & Core
- TB CF Conditioning
- TB Winter Conditioning



Fitness Center

Fit 4U Fitness Center Orientation JSFC BSC

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.

Fitness Center & Under 18 Use JSFC

16 - 17 year olds may use the fitness center without restriction, although we recommend completing a teen orientation. 11 - 15 year olds may workout in the fitness center under direct parent/guardian supervision or complete a teen orientation to use the fitness center independently. Children 10 years old and younger are not allowed in the fitness center. Fitness center orientations are offered weekly and are free.

Need child care while you work out?

With Kids' Corner, we've got you covered. Learn more on page 20.



Mind & Body:

Benefits: In yoga, unite mind, body and breath while increasing flexibility and strength. Yoga classes often include an intention, meditation, chanting and focused breathing techniques, all to guide you on your own personal journey. Pilates is a refreshing workout designed to strengthen the core. Gain long, lean muscles and flexibility through an evenly conditioned body. Tai Chi could be the perfect activity for the rest of your life. Tai Chi is often described as "meditation in motion," but it might well be called "meditation in motion." Flowing poses lead to better balance and overall energy.

Fit 4U Yoga 101 JSFC BSC

Learn to do foundational yoga poses correctly and safely with an emphasis on anatomically-informed alignment principles, proper muscle action, breathing technique and a present moment awareness. Designed to provide knowledge and tools to implement a yoga practice

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 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 pace. Easy to follow poses.

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.

Fit 4U Guided Meditation JSFC BSC

A quiet time and space to focus on breathing, calmness and relaxation with an extended Savasana.

Fit 4U Qigong Reeling Silks BSC

Slow, repetitive spiral movements utilizing and unifying the entire body, making you strong, fluid and accessible.

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

Increase energy, flexibility, strength and stamina while focusing on alignment. Reduces stress and relaxes muscles.

Fit 4U Yoga Flow JSFC BSC

Focused alignment with movement guided by the breath. Vinyasa at a slower pace.

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 Core 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.

Power Vinyasa Yoga JSFC

This class is a challenging practice that can produce extraordinary results. Find personal discovery as you build strength and flexibility. For this advanced class, six months prior practice of fundamentals is recommended. Time is focused on a faster paced workout-style yoga. Come ready to sweat!



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.

Fit 4U Yin Yoga JSFC

Stretches the connective tissue in the lower body. Poses are passive and are held for several minutes.

Fit 4U Restorative Yoga JSFC

Restorative yoga classes move at a much slower, relaxed pace, giving more time to lengthen tired muscles. Focuses on stretches of the hips, shoulders, back. Some offer passive poses and/or meditation.

Fit 4U Restorative Flow Yoga JSFC BSC

Restorative flow yoga classes begin with a gentle flow and then moves into passive restorative practice.

Restorative Yoga for Athletes JSFC

Designed to reduce the risk of injury and improve recovery time.

Flexible Strength Through Yoga JSFC

A fitness-style yoga class that continuously stretches and strengthens the body.

Kundalini Yoga & Meditation JSFC

Kundalini - the yoga of awareness, the yoga of consciousness. We use asana (physical postures), pranayama (breath), chanting and meditation to transform and deepen our personal practice.

Intro to Ashtanga Vinyasa JSFC

Learn the classical sequence of asanas from which Vinyasa was born. Practice introduces the primary series.

Fit 4U Yoga for Mindfulness BSC

This grounding and mindful yoga practice will deepen awareness of the mind, body and breath. This class is designed to settle the mind, open the body and acknowledge our presence through a practice of meditation, asanas (postures) and breathing techniques.



Yoga Core JSFC

Incorporate challenging poses that engage the Bandhas and fire your core. With the focus on length, strength and total body toning, you will become flexible, strong and lean.

Yoga for Athletes JSFC

Enhance your performance as you increase flexibility and functional range of motion. Provides a holistic cross-training approach by opening tight muscles and conditioning the core.

Sculpt Fusion Yoga JSFC

This challenging, athletic workout features yoga-inspired exercises combined with balance and flexibility training. Incorporates free weights and is set to current upbeat music.

Pilates Mat JSFC BSC

A method developed over seventy years ago to enhance posture and overall fitness. Using the fundamentals of Pilates and flowing through the series of Pilates exercises, you will develop your deep pelvic floor and posture stabilizing muscles.

Yoga & Pilates JSFC BSC

Techniques and benefits of both disciplines. Yoga will increase flexibility and balance; Pilates increases core strength and lengthens the muscles.

PiYo® JSFC

PiYo is an athletic mind/body class set to current upbeat music and focused on agility, dance conditioning, athletic training, core conditioning, balance, flexibility and so much more.

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. Use the water's resistance to work at your 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 Running 101 JSFC

A great intro to water running with 15 minutes on-deck introduction. Get fitted with the correct belt and learn how to use, stabilize and integrate your core doing drills on deck before the resistance of water is added.

Deep Water Running 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® 101 JSFC

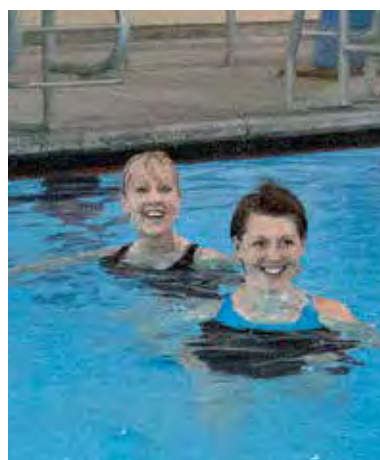
A 15-minute introduction to Fluid Running. New students are required to attend. Not recommended for prenatal students.

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. Not recommended for prenatal students. New students required to attend Fluid Running 101 class prior.

Water Pilates JSFC

Come train your core, the body's powerhouse! Water is a three-dimensional medium providing resistance in all directions. Tone muscle, increase stability and flexibility, improve posture and develop balance.



Aqua Zumba® JSFC

This low-impact, high-energy cardio dance class takes place in the pool's shallow end.

Aqua Fit & Fun JSFC

Wow! This class has motivating music and is a total body work out. Takes place in the shallow end of the pool. Come have fun moving and grooving!

1 - 2 - 3 HIIT JSFC

High-intensity interval training in the pool that gives the toughest workout you will ever love!

Deep/Shallow Water Workout JSFC

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.

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

Pre Natal 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/Core 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 bendparksandrec.org.

Need child care while you work out?

With Kids' Corner, we've got you covered. Learn more on page 20.

SUPPORTED THROUGH PARTNERSHIP WITH TOUR DES CHUTES

Cancer Survivors' Therapeutic Fitness

The Tour des Chutes and Bend Park and Recreation District have partnered to provide cancer survivors and their families with easy and affordable access to a wide array of fitness, recreation and enrichment opportunities. Tour des Chutes provides funding for vouchers for cancer survivors to be distributed by health care professionals to patients with financial need. Tour des Chutes also supports several free programs specifically designed for cancer survivors.

Therapeutic Yoga: JSFC A Cancer Survivor's Gentle Yoga Class FREE

A gentle practice designed to de-stress the nervous system and enhance the immune system through slow flow sequences, deep stretches, calming breath practices and therapeutic relaxation in a supportive community.

Activity: 105630

Th: 7:00 - 8:10 pm

Sessions: 1/11 - 2/15 2/22 - 3/29
4/5 - 5/10

Therapeutic Water JSFC Exercise: A Cancer Survivor's No- to Low-Impact Class FREE

Come experience the healing environment of the water. Class includes walking and low impact movements in the shallow water along with non-impact movements in the deep water, improving cancer-related fatigue and strength in cancer survivors.

Activity: 105631

M: 2:00 - 2:55 pm

Sessions: 1/22 - 2/12 2/26 - 3/19
4/2 - 4/23

Look for Cancer Survivors' Art Therapy class on page 39.



Specialized Fitness

Therapeutic JSFC Next Step Programs

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 (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 JSFC Water Fitness

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 BSC Exercise Program

A lively, fun chair exercise class with upbeat, varied music to help you move more freely and without pain. Taught by certified Arthritis instructors.

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 in this program geared towards those 50-plus.

Fit 4U Mobility JSFC Thru Water

Consists of a series of gentle exercises which focus on improving strength, flexibility, balance, range of motion and cardiovascular fitness in a friendly, supportive social setting. Designed by the Arthritis Foundation, this is a great program for people with arthritis and chronic conditions.

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 confidence to remain active. This class is limited to 30 participants and taught by certified Arthritis instructors. Prerequisite: ability to stand unassisted for 15 - 20 minutes.

Fee: \$40 ID \$48 OD / session

Activity: 102777

W: 10:00 - 11:00 am

Sessions: 1/17 - 3/14 3/28 - 5/23

Strong & Supple Feet BSC

All Adults

Create strong and supple feet with this series of exercises targeted to strengthen feet, ankles and legs. Give your feet the attention they deserve to avoid injury from the long-term stress they receive. First class is 60 minutes.

Fee: \$40 ID \$48 OD /session

Activity: 102778

Tu: 2:45 - 3:30 pm

Session: 3/20 - 4/10



PLAY BALL!
.....
**SOFTBALL
LEAGUE**
.....
PAGE 68

play like a kid

Game time.

Play is a key element of our youth. So why not feel like a kid again and have sports in your life? You'll be exercising, making friends and either learning a new skill or keeping an old one alive. And that is the real version of the fountain of youth.

Adapted Sports

Wheelchair Basketball

Ages: 14 & up

Ensworth Elementary

If you have limited mobility or use a wheelchair and are looking for an opportunity for recreation, join us for wheelchair basketball. This is a drop-in program.

Fee: \$3 ID \$3 OD / session

Activity: 104200

M: 6:00 - 8:00 pm

Session: 1/22 - 5/21

Be a coach!
Volunteer coaches needed
for youth sports.

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

Fencing

Beginning Epee Fencing

Ages: 16 & up

High Desert Fencing

Challenge your body and mind in this fun and exciting game of physical chess. With grace and strategy combined, it's the Olympic sport of competitive epee fencing. 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 and waiver (\$10 additional) required at first class. Instructor: Jeff Ellington

Fee: \$85 ID \$102 OD / session

Activity: 102722

W: 5:30 - 7:00 pm

Sessions: 1/16 - 3/6 4/3 - 5/22

Intermediate Fencing

Ages: 14 & up

High Desert Fencing

Have you taken beginning fencing and still want more? This class allows fencers of all ages to continue developing fencing skills with foils, epees and sabers. We will use lessons, drills and situational bouts as well as lots of time fencing to help everyone develop their technique and tactics. All fencing equipment is provided. If your last class was before Fall 2017, a new US Fencing annual membership and waiver (\$10 additional) is required at first class. Pre-requisite: Beginning Epee Fencing. Instructor: Jeff Ellington

Fee: \$85 ID \$102 OD / session

Activity: 102724

Tu: 5:30 - 7:00 pm

Sessions: 1/17 - 3/7 4/4 - 5/23

Specialized Ice Sessions

Session Fees:

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

MORE SESSIONS = MORE SAVINGS!

**Purchase four sessions,
get your fifth session
for FREE!**

Registration: Opens 72 hours prior to scheduled session. 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.

Activity: 110402 - Adult
110401 - 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.

Activity: 110403 - Adult

Curling Time

Come and practice your curling skills during these pick-up sessions. All equipment is provided.

Activity: 110332 - Adult

Ice Sports & Skating

Adult Curling Clinics

All Adults

The Pavilion

Want to improve your curling skills? Join us on the first Friday of the month for a curling clinic. Our experienced instructor will help you hone in your curling skills. Registration is required. There is no drop-in curling during this time.

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

Activity: 110334

F: 8:30 - 10:30 am

Sessions: 1/5, 2/2, 3/2



Adult Curling League

All Adults

The Pavilion

Open to curlers of all experience (or inexperience) levels, this league gives curlers and those new to curling the chance to learn and hone their skills. We supply stones, brooms, and equipment. Teams are comprised of four to eight players and games are played once a week. Space is limited, so register early.

Fee: \$400 ID \$450 OD
per team / season

Activity: 110331

Su: 4:00 - 10:00 pm

Session: 1/7 - 2/25 (No program 1/28)



Adult Hockey Skills & Drills

All Adults

The Pavilion

Let's get together, learn something new and play hockey! Designed for beginner to intermediate players, this program will develop your fundamentals of the game, hone in a particular skill, promote physical fitness and, above all else, allow you some fun on the ice.

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

Activity: 110321

F: 8:15 - 9:30 pm

- OR -

F: 9:45 - 11:00 pm

Session: 1/19 - 3/9 (No class 1/26)

Learn to Skate Adult Level 1

Ages: 16 & up

The Pavilion

Come learn how to skate! Discover or re-discover your ice feet as you learn how to glide and develop your stroke. Practice balance, learn to stop and begin to advance in your skating technique.

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

Activity: 110141

Tu: 5:50 - 6:20 pm

Sessions: 1/9 - 1/30 2/6 - 2/27

Sa: 9:00 - 9:30 am

Sessions: 1/6 - 2/3 (no class 1/27)

2/10 - 3/3

Let's skate!

Public skate sessions
information on page 29.

Learn to Skate Adult Level 2

Ages: 16 & up

The Pavilion

Build your confidence on the ice! Join us as we learn from each other and gain new skating skills including beginning circle work and backward skating techniques. For skaters who have mastered Level 1 skills.

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

Activity: 110142

Tu: 5:50 - 6:20 pm

Sessions: 1/9 - 1/30 2/6 - 2/27

Sa: 9:00 - 9:30 am

Sessions: 1/6 - 2/3 (no class 1/27)

2/10 - 3/3

Learn to Skate Adult Level 3

Ages: 16 & up

The Pavilion

Advance in your skating skills as you continue to learn proper technique for edgework plus new skills such as forward crossovers, and beginning two-foot spins. For skaters who have mastered Level 2 skills. Figure skates recommended.

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

Activity: 110143

Th: 5:50 - 6:20 pm

Sessions: 1/11 - 2/1 2/8 - 3/1

Free Practice

Registered Learn to Skate participants skate for free at public skate sessions Tuesdays through Thursdays (rental skates not included).

See session descriptions on page 29.

**Schedules online at
pavilioninbend.com.**



Learn to Skate Adult Level 4

Ages: 16 & up

The Pavilion

Master your skating skills! Work on more advanced edge techniques and learn backward crossovers and three-turns. For skaters who have mastered Level 3 skills. Figure skates recommended.

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

Activity: 110144

Th: 5:50 - 6:20 pm

Sessions: 1/11 - 2/1 2/8 - 3/1

Freestyle

Ages: 11 & up

The Pavilion

Take your skating practice to the next level! Freestyle is a skating session designed for intermediate and advanced skaters to practice edgework, jumps, spins and choreography. Private lessons available at this time. For intermediate and advanced skaters only.

Fee: \$9 ID \$11 OD / session

Activity: 110160

Tu: 3:30 - 4:15 pm

Session: 1/9, 1/16, 1/23, 1/30, 2/6, 2/13, 2/20, 2/27

Martial Arts

Adult & Teen Karate

Ages: 14 & up

Odyssey Martial Arts

So much more than just kicking and punching, martial arts can benefit all aspects of our lives. Learn self-defense, self-control, focus, discipline, confidence and respect while learning karate techniques. All fitness levels welcome and uniform included.

Fee: \$84 ID \$101 OD / session

Activity: 102725

M/Th: 7:15 - 8:00 pm

Sessions: 1/4 - 29 2/1 - 26

3/1 - 22 (Adj. Fee \$63 ID \$76 OD)

4/2 - 26 4/30 - 5/24

Kickboxing

Ages: 13 & up

Smith Martial Arts

Kick and punch your way into tip top shape with this fun and energetic class for beginners and experienced alike. Features mitt/bag drills, bodyweight exercises, resistance training, kickboxing technique and self-defense.

Instructor: Coach Jimmy Smith

Fee: \$95 ID \$114 OD / session

Activity: 102704

Tu/Th: 5:30 - 6:20 pm

Sessions: 1/9 - 2/1 2/6 - 3/1

3/6 - 29 4/3 - 26

5/1 - 24



Self-Defense

Ages: 12 & up

Smith Martial Arts

You don't have to be a victim! Learn simple, applicable awareness and self-defense techniques with real life scenarios. Key techniques include: three moves or less to get away, escapes from grabs and understanding of when and where attacks are likely to happen and how to avoid them.

Instructor: Jimmy Smith

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

Activity: 102702

Sa: 9:00 - 10:00 am

Sessions: 1/13 4/21

Pickleball

Introduction to Pickleball

All Adults

Pine Nursery Park

Pickleball - what a great sport! In these sessions designed for the beginning player, you'll learn rules, scoring and basic court positioning. After one session, you'll be ready to participate in organized play. Equipment available to borrow; wear non-marking court shoes.

Fee: \$17 ID \$20 OD / session

Activity: 103970

Tu: 5:30 - 7:00 pm

Sessions: 5/1, 5/15, 5/29, 6/12, 6/26

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.



Advanced Beginner Pickleball

All Adults

Pine Nursery Park

For Level 2 - 3 players with some playing experience. We'll focus on basics in this drill and play session. Learn proper technique, footwork and strategies to be a well-rounded, smart and steady player. Clinic focus changes every week so you can continually improve your game.

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

Activity: 103971

Th: 5:00 - 6:00 pm

Sessions: 5/3, 5/10, 5/17, 5/24, 5/31

Pickleball Intermediate Drill & Play

All Adults

Pine Nursery Park

For Level 3 - 3.5 players. This drill and play session is a bit faster-paced and focuses on the basics but also introduces more advanced techniques, strategies and shots. Clinic focus changes every week so you can keep improving your game.

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

Activity: 103972

Tu: 4:30 - 5:30 pm

Sessions: 5/1, 5/8, 5/15, 5/22, 5/29

Adult Softball Leagues

All Adults

Softball season is fast approaching! Now is the time to get your team and sponsor in order. BPRD Softball Leagues are known for great camaraderie and fun - just the break you need from the hustle of your regular day!

Space in each league is limited!



METRO SOFTBALL LEAGUES

Skyline Sports Complex

Our Metro Softball Leagues are for the more competitive and experienced players. Games are umpired, leagues standings are kept and playoffs are held to end the season.

Pre-Season Meeting on March 19: An optional organizational meeting will be held on March 19 at 6:00 pm at the Bend Park & Recreation District Office, 799 SW Columbia St.

League Season:	Mid-April through mid-August	
Registration deadline:	4/5 or until full	
League	Days	Team Fee
Senior League	Mondays	\$79 / player
Women's League	Mondays	\$769 / team
Men's Double Header League	Tuesdays	\$789 / team
Men's C League	Thursdays	\$669 / team
Men's D League	Wednesdays	\$669 / team
Coed League	Sundays	\$469 / team

RECREATIONAL SOFTBALL LEAGUES

Pine Nursery Sports Complex, Hal Puddy Field at Ponderosa Park & Skyline Sports Complex

Perfect for anyone interested in having fun, our Recreational Softball Leagues offer variable game nights, self-umpired games. Standings are not kept in this league and no playoffs are held.

Pre-Season Meeting on April 4: Any and all teams interested in joining must have a representative present at the pre-season meeting on April 4, Coed at 6:00 pm and Men's at 6:45 pm at the Bend Park & Recreation District Office, 799 SW Columbia St. Teams who miss the meeting may not get an opportunity to play this season.

League Season:	Mid-April through mid-August	
League	Days	Team Fee
Coed Rec League	Varies	\$360 / team
Men's Rec League	Varies	\$360 / team

Pickleball Advanced Drill & Play

All Adults

Pine Nursery Park

For 3.5 - 4.5 level players (must be rated 3.5 or have instructor's pre-approval). This drill and play session is fast-paced and focuses on advanced techniques, strategies and shots. Clinic focus changes every week to keep your game progressing.

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

Activity: 103973

Th: 6:00 - 7:00 pm

Sessions: 5/3, 5/10, 5/17, 5/24, 5/31

Soccer

Adult Recreational Soccer League

All Adults

Big Sky Sports Complex Field 1

Get outside and play some soccer! For both beginning and experienced soccer players, this league provides soccer game experience emphasizing recreation, camaraderie and fun. Created from a pool of registered players, teams consist of players of varying experience and skill levels. Team requests are taken but not guaranteed.

Fee: \$44 ID \$53 OD / season

Activity: 103950

Registration deadline: 3/25 or until full

Su: 12:00 - 7:00 pm

Season: 4/8 - 6/3 (No games 5/27)

Get paid to watch sports!
Officials needed for Adult Rec Soccer League.

Contact Becky at (541) 706-6120 for more information.



Volleyball

Adult Volleyball League

All Adults

Pilot Butte Middle School

Join other volleyball enthusiasts and form a team! These leagues are self-officiated, 6-on-6. League standings are kept with playoffs to end the season. Team sign-up only.

Fee: \$315 / team

Activity: 103900

Registration deadline: 1/14 or until full

COED DIVISION

Tu: 7:30 - 10:00 pm

Season: 2/6 - 4/17 (No matches 3/27)

WOMEN'S DIVISION

W: 7:30 - 10:00 pm

Season: 2/7 - 4/18 (No matches 3/28)

Be a coach!
Volunteer coaches needed for youth sports.

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



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' Adventure Days

Ages: 6 - 13

Harmon Park

Kids, save the cartoons for later! Come join us for exciting activities in and around Bend. Activities may include; sledding, skating, adapted biking, bowling, arts and crafts and games. This program is available to kids with disabilities and their siblings/friends.

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

Activity: 104811

Sa: 9:30 am - 1:00 pm

Sessions: 2/24 (Adj. Time: 9:00 am - 2:30 pm)

3/17

4/7 (Adj. Time: 9:00 am - 12:00 pm)

5/12

Kids' Movie Night

Ages: 6 - 13

Bend Senior Center

Kids, have a blast while your parents enjoy a kid-free night on the town. Enjoy an evening out watching a movie on the big screen while in your PJ's enjoying popcorn and snacks. This program is available to kids with disabilities and their siblings/friends. You must pre-register; sorry no drop-ins.

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

Activity: 104800

F: 6:30 - 8:30 pm

Session: 3/2

Kids' Swimming Night

Ages: 6 - 12

Juniper Swim & Fitness Center

Splash Splash! Come enjoy a night at the pool with all your friends.

Fee: \$12 ID \$15 OD / session

Activity: 104801

F: 6:30 - 8:30 pm

Session: 4/20

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 four 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
- State of Oregon
- 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 18 for details.



Teens Thriving Together

Ages: 11 - 17

BPRD District Office

Kids, save the cartoons for later! Come join us for exciting activities in and around Bend. Activities may include sledding, skating, adapted biking, bowling, arts and crafts, and games. This program is available to kids with disabilities and their siblings/friends.

Fee: \$250 ID \$300 OD / session

Activity: 404004

M/Tu/Th/F: 2:40 - 5:30 pm

W: 1:00 - 5:30 pm

Session: 1/8 - 6/15

Adult Therapeutic Recreation Registration By Survey

In an effort to make the registration process accessible to everyone, BPRD-TR is using a survey to increase the likelihood that many of you will be selected to enroll in several of your top choices for Winter/Spring programs.

The online survey is available at www.bendparksandrec.org/TR and will be open from December 12, 2017 - January 1, 2018. You will be notified by January 5 of your classes and arrangements for payment must be received by January 8 or your spot will be forfeited. After January 8, any unfilled classes will be open for anyone to register. If at any time you have questions, please contact Cheryl Kelley at 541-706-6121 or cheryl@bendparksandrec.org.

Adult Activities

Ice Skating & Hot Chocolate

Ages: 18 & up

The Pavilion

It just doesn't get better than ice skating in the fresh winter air! Join us for an evening of ice skating at the Pavilion followed by hot chocolate by the fire pit.

Fee: \$20 ID \$24 OD / session

Activity: 104701

F: 6:00 - 8:00 pm

Sessions: 1/19 2/16

Young Women's Social Club NEW

Ages: 18 - 35

Norton Avenue Apartments

Join us for an evening program, discussions on relevant topics affecting young women today, games and refreshments. We will end our spring gathering with an evening out to dinner.

Fee: \$80 ID \$96 OD / session

Activity: 104513

F: 5:30 - 7:30 pm

Session: 1/26, 2/23, 3/23, 4/27

Bowling Night NEW

Ages: 16 & up

Norton Avenue Apartments

Strike, gutterball and more! Join us for a night of bowling and fun with your friends.

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

Activity: 104703

F: 6:30 - 8:30 pm

Sessions: 2/9 3/9

Valentine's Day Dance

Ages: 18 & up

Hollinshead Barn

Get ready for the annual Valentine's Day Dinner & Dance. Put on your finest outfit and prepare yourself for an exciting and elegant event. We'll pick you up at the Kearney and Norton Ave. Apartments at 6:00 pm and chauffeur you to Hollinshead Barn for a delicious, romantic meal. Following dinner, head to the dance floor and groove the night away.

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

Activity: 104511

Sa: 6:00 - 9:00 pm

Session: 2/10

Winterfest

Ages: 18 & up

Norton Avenue Apartments

Join us as we explore the festivities of Winterfest in the Old Mill.

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

Activity: 104501

Sa: 11:00 am - 2:30 pm

Session: 2/17

Lend a Hand!

Volunteer with Therapeutic & Adaptive Recreation programs.

Contact Kim at (541) 706-6127.



Night at the Pool

Ages: 18 & up

Norton Avenue Apartments

We will enjoy Friday evenings swimming and playing games at Juniper Swim & Fitness Center followed by an ice cream social each evening.

Fee: \$20 ID \$24 OD / session

Activity: 104503

F: 6:30 - 8:30 pm

Session: 3/16 4/6

Spring Fiesta Dance

Ages: 18 & up

Hollinshead Barn

Join us for the festivities as we celebrate Cinco de Mayo with a Mexican-themed meal, piñata and, of course, dancing!

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

Activity: 104512

Sa: 5:00 - 8:00 pm

Session: 4/28

Dinner & A Movie

Ages: 18 & up

Norton Avenue Apartments

Join us for dinner and a movie. Times subject to change, based on movie times.

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

Activity: 104514

F: 3:30 pm - 8:00 pm

Session: 5/11

Arts & Crafts

Let's Paint NEW

Ages: 18 & up

Twin Knoll Transition Co-Op

Learn to use different types of paints while creating beautiful art projects. Projects may include canvas wall hangings, notecards to use as gifts or send to your friends and much more.

Fee: \$80 ID \$96 OD / session

Activity: 104415

W: 6:30 - 8:00 pm

Session: 1/10 - 31

Glass Art NEW

Ages: 18 & up

Twin Knoll Transition Co-Op

Enjoy the age-old art of working with glass (and materials that look like glass). We'll use fused glass, paint on glasses, make jewelry and more.

Fee: \$100 ID \$96 OD / session

Activity: 104414

W: 6:30 - 8:00 pm

Session: 2/7 - 28

Drawing Animals Step by Step NEW

Ages: 18 & up

Twin Knoll Transition Co-Op

Learn to draw animals using a step-by-step method. We will draw a different animal each week, while using various methods for embellishing them.

Fee: \$80 ID \$96 OD / session

Activity: 104416

W: 6:30 - 8:00 pm

Session: 3/7 - 4/4 (no class 3/28)



Working with Wood NEW

Ages: 18 & up

Twin Knoll Transition Co-Op

Learn how to assemble and decorate a bird house or bird feeder and make a door hanging.

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

Activity: 104417

W: 6:30 - 8:00 pm

Session: 4/18 - 5/9

Cooking

Cozy Casseroles NEW

Ages: 18 & up

Twin Knoll Transition Co-Op

Learn to make simple casseroles that you can make at home to get through the long winters.

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

Activity: 104310

W: 4:30 - 6:30 pm

Session: 1/10 - 31



Delightful Desserts NEW

Ages: 18 & up

Twin Knoll Transition Co-Op

Bring your dinner to class, to enjoy with a new homemade dessert we make each week.

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

Activity: 104311

W: 4:30 - 6:30 pm

Session: 2/7 - 28

Cooking Across the USA NEW

Ages: 18 & up

Twin Knoll Transition Co-Op

Learn to cook food from the different regions of the country.

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

Activity: 104312

W: 4:30 - 6:30 pm

Session: 3/7 - 4/4 (no class 3/28)

Chef's Choice NEW

Ages: 18 & up

Twin Knoll Transition Co-Op

It's the chef's surprise cooking class! Come join the spring Therapeutic Recreation interns as they lead a cooking class of their choice.

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

Activity: 104313

W: 4:30 - 6:30 pm

Session: 4/18 - 5/9

Day Trips

U of O Women's Basketball Game

Ages: 18 & up

Norton Avenue Apartments

Join in the fun as we head to Eugene for the day to cheer on the University of Oregon's Women's Basketball Team!

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

Activity: 104600

Su: 8:00 am - 4:30 pm

Session: 2/4

Wildlife Safari

Ages: 18 & up

Norton Avenue Apartments

The Wildlife Safari trip gives you the chance to venture to Southern Oregon. Escape on a wild African and Asian Safari. View ostriches, lions, tigers, elephants, zebras and more! You will also have the opportunity to have an up-close, personal encounter with one of the species.

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

Activity: 104621

Sa: 8:00 am - 5:00 pm

Session: 4/21

Portland Zoo

Ages: 18 & up

Norton Avenue Apartments

Lions, tigers and bears, oh my! Elephants, penguins and monkeys, oh joy! Add some animals into your life with a day trip to the Portland Zoo.

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

Activity: 104603

Sa: 7:00 am - 8:00 pm

Session: 5/5



Fitness & Sports

Weight Room Workouts

NEW

Ages: 16 & up

Norton Avenue Apartments

Be challenged to reach your personal fitness goals while working on strength and endurance using the equipment in the weight room.

Fee: \$40 ID \$48 OD / session

Activity: 104104

Tu: 6:00 - 7:30 pm

Session: 1/9 - 30

Th: 6:00 - 7:30 pm

Session: 3/8 - 4/5 (no class 3/29)

Zumba

Ages: 14 & up

Bend Senior Center

Get ready to shake, shimmy and salsa your way to a healthier you! Dance away the winter to a fun, energetic blend of dance music. This class is an easy and "feel happy" way to work out on your own or with friends.

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

Activity: 104100

Tu: 4:30 - 5:45 pm

Sessions: 1/9 - 30 2/6 - 27

3/6 - 4/3 (no class 3/27)

4/17 - 5/8

Lap Swimming

NEW

Ages: 14 & up

Juniper Swim & Fitness Center

Get a workout while you fine tune your swim skills during lap swim.

Fee: \$40 ID \$48 OD / session

Activity: 104113

Th: 6:00 - 7:15 pm

Session: 1/11 - 2/1

Tu: 6:00 - 7:15 pm

Session: 2/6 - 27

Circuit Training

NEW

Ages: 16 & up

Norton Avenue Apartments

Join us for a total body circuit-style workout at Juniper Swim & Fitness Center. This class offers stations of cardio, strength, and core conditioning.

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

Activity: 104106

Th: 6:15 - 7:45 pm

Session: 2/8 - 3/1

Pedal-On

NEW

Ages: 16 & up

Norton Avenue Apartments

Intervals, rolling hills, sprints, climbs, runs, and jumps all to music hand-picked to motivate and inspire you to an entertaining workout in the cycle room at Juniper Swim & Fitness Center.

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

Activity: 104105

Tu: 6:15 - 7:30 pm

Session: 3/6 - 4/3 (no class 3/27)

Fitness Games

NEW

Ages: 16 & up

Bend Senior Center

Join us for a fun workout using various fitness games to improve your strength, endurance, balance, and agility.

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

Activity: 104107

Tu: 6:00 - 7:30 pm

Session: 4/17 - 5/8

Yoga 101

NEW

Ages: 16 & up

Juniper Swim & Fitness Center

Come learn the basics of Yoga in the introductory class. You will learn simple poses you can use at home or before your own workouts.

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

Activity: 104108

Th: 6:00 - 7:30 pm

Session: 4/19 - 5/10

Aqua Zumba

Ages: 14 & up

If you like Zumba and enjoy the water, then Aqua Zumba is for you! An exciting and easy way to work out by yourself or with some friends!

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

Activity: 104110

Th: 2:00 - 3:15 pm

Session: 4/19 - 5/10



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. This is a drop-in program.

Fee: \$3 / session

Activity: 104200

M: 6:00 - 8:00 pm

Session: 1/22 - 5/21

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.



**FREE
CLASSES
FOR LITTLE
NATURE
LOVERS**
.....
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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.

Preschool

Busy Buddies Preschool **Includes weekly swim lessons and 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. Basic 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.

Activity: 405601

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

- or -

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

Dates: Now - June 14

Cooking

Mini Chefs NEW

Ages: 3 - 6

Harmon Park Hobby Hut

This preschool cooking class will help children to see the importance of good nutrition and gain confidence in preparing their own snacks.

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

Activity: 106223

Tu: 10:00 - 10:45 am

Session: 3/6 - 20





Crafts

Winter Wonderland

Ages: 3 - 6

Harmon Park Hobby Hut

Shake off the cold and celebrate winter. We'll make crafts, read stories and shake the cold away.

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

Activity: 106220

Tu: 10:00 - 10:45 am

Session: 1/9 - 23

For Your Valentine NEW

Ages: 3 - 6

Harmon Park Hobby Hut

Make gifts and cards for someone special. We will also create unique treats for someone you love.

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

Activity: 106221

Tu: 10:00 - 10:45 am

Session: 1/30 - 2/13

Spring Into April NEW

Ages: 3 - 6

Harmon Park Hobby Hut

Welcome spring by making crafts, reading stories and planting flowers that celebrate the season.

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

Activity: 106222

Tu: 10:00 - 10:45 am

Session: 4/3 - 17

Dance

Come Dance With Me!

Ages: 3 - 4

Academie De Ballet Classique

Your preschooler will love this delightful start to ballet! Children will enjoy this playful approach to dance with age-appropriate ballet exercises. Oodles of smiles as they learn, laugh and enjoy the magic of ballet.

Fee: \$88 ID \$105 OD / session

Activity: 106570

Tu: 12:00 - 12:30 pm

Sessions: 1/9 - 2/27

3/6 - 5/1 (No class on 3/27)

Th: 4:00 - 4:30 pm

Sessions: 1/4 - 2/22

3/1 - 4/26 (No class on 3/29)



Fantasy Ballet

Ages: 4 - 6

Academie De Ballet Classique

Using imagination and creative dance exercises, little ones can dance away with fantasy ballet. Inspired by fairy tales, this class will have your preschooler falling in love with dance and ballet!

Fee: \$110 ID \$132 OD / session

Activity: 106582

Th: 4:40 - 5:25 pm

Sessions: 1/4 - 2/22

3/1 - 4/26 (No class on 3/29)

Tu: 6:00 - 6:45 pm

Sessions: 1/9 - 2/27

3/6 - 5/1 (No class on 3/27)

Ballet for Little Swans

Ages: 4 - 6

Academie De Ballet Classique

Your young child will take to fanciful flight in this classical-style ballet taught in the Russian style. Led by Russian-trained instructor, Anguelina Kouznetsova.

Fee: \$110 ID \$132 OD / session

Activity: 106583

Th: 5:30 - 6:15 pm

Sessions: 1/4 - 2/22

3/1 - 4/26 (No class on 3/29)

Sa: 2:30 - 3:15 pm

Sessions: 1/6 - 2/24

3/3 - 4/28 (No class on 3/31)

Twinkle Toes Ballet-Tap NEW

Ages: 4 - 6

Academie De Ballet Classique

Your little one will be tapping with joy and making rhythms with their feet in this class combining ballet and tap basics.

Fee: \$96 ID \$115 OD / session

Activity: 106584

F: 4:15 - 5:10 pm

Session: 1/5 - 2/23

Born to Dance

Ages: 2.5 - 3.5

Academie De Ballet Classique

Children love to make believe and Born to Dance draws upon their vivid imaginations. Class is filled with marching, skipping and basic ballet steps for toddlers.

Fee: \$88 ID \$105 OD / session

Activity: 106573

Tu: 10:00 - 10:30 am

Sessions: 1/9 - 2/27

3/6 - 5/1 (No class on 3/27)



Martial Arts

Lil' Dragons

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: \$64 ID \$77 OD / session

Ages: 3

Activity: 106752

Tu/Th: 3:30 - 4:00 pm

Sessions: 2/1 - 27

3/6 - 22 (Adj. Fee \$48 ID \$58 OD)

4/3 - 26 5/3 - 29

Ages: 4 - 5

Activity: 106750

M/W: 4:15 - 4:45 pm

Sessions: 2/5 - 28

3/5 - 21 (Adj. Fee \$48 ID \$58 OD)

4/2 - 25 4/30 - 5/23

Tu/Th: 4:15 - 4:45 pm

Sessions: 2/1 - 27

3/6 - 22 (Adj. Fee \$48 ID \$58 OD)

4/3 - 26 5/1 - 24

More programs for little guys and gals at:

Youth Swimming,
pages 23 - 26

Youth Arts, pages 76 - 82

Youth Sports, pages 95 - 105

Music

Kindermusik: Wiggle & Grow

Ages: 2 - 3 with parent/guardian
Cascade School of Music

Wiggle & Grow is a super-fun, music-filled learning experience that celebrates the unique joys of the energetic two to three year old. Children enjoy singing, dancing and instrument play activities designed to promote cognitive development, encourage social skills and cultivate early literacy skills.

Fee: \$150 ID \$180 OD / session

Activity: 106350

M: 10:45 - 11:30 am

Sessions: 3/5 - 4/30 (No class on 3/26)
5/7 - 6/25

W: 10:45 - 11:30 am

Sessions: 3/7 - 5/2 (No class on 3/28)
5/9 - 6/27

Th: 10:45 - 11:30 am

Sessions: 3/8 - 5/3 (No class on 3/29)
5/10 - 6/28

Kindermusik: Sing & Play

Ages: 1 - 2 with parent/guardian
Cascade School of Music

Get ready to sing, play and move with your little one in this high-energy music class. Focused on your child's beginning sounds and movements, this class helps build the muscles necessary to stand and walk as well as the vocal skills for early speaking and singing.

Fee: \$150 ID \$180 OD / session

Activity: 106351

M: 9:30 - 10:15 am

Sessions: 3/5 - 4/30 (No class on 3/26)
5/7 - 6/25

Tu: 9:30 - 10:15 am

Sessions: 3/6 - 5/1 (No class on 3/27)
5/8 - 6/26

Th: 9:30 - 10:15 am

Sessions: 3/8 - 5/3 (No class on 3/29)
5/10 - 6/28



Kindermusik: Family Class

Ages: 1 - 5 with parent/guardian
Cascade School of Music

Bringing children of a variety of 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 and family "together time" is celebrated and cherished.

Fee: \$150 ID \$180 OD / session

Activity: 106355

M: 3:00 - 3:45 pm

Sessions: 3/5 - 4/30 (No class on 3/26)
5/7 - 6/25

Kindermusik: 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 early literacy, physical coordination, creativity and more. Plus, your child will learn basic music vocabulary and notation, all setting the stage for future school success and formal music.

Fee: \$150 ID \$180 OD / session

Activity: 106356

Tu: 3:00 - 3:45 pm

Sessions: 3/6 - 5/1 (No class on 3/27)
5/8 - 6/26

Kindermusik: Cuddle & Bounce

Ages: Infant to 12 months with parent/guardian

Cascade School of Music

Your baby's brain is filled with billions of neurons waiting to be connected through sensory stimulation. Our baby music classes offer a sensory-rich yet caring and gentle environment. The activities and relationships you engage in will develop and strengthen your baby's neural pathways, enhance your growing parent-child bond, and help you understand the how's and why's of your baby's development.

Fee: \$150 ID \$180 OD / session

Activity: 106353

W: 9:30 - 10:15 am

Session: 3/7 - 5/2 (No class on 3/28)
5/9 - 6/27

Kindermusik: Laugh & Learn

Ages: 3 - 4

Cascade School of Music

Each session combines your preschooler's natural love of music, storytelling and imaginative play with activities that introduce music concepts and foster independence, social and emotional skills, language growth and self-control.

Fee: \$150 ID \$180 OD / session

Activity: 106354

Th: 3:00 - 3:45 pm

Sessions: 3/8 - 5/3 (No class on 3/29)
5/10 - 6/28

F: 10:45 - 11:30 am

Sessions: 3/9 - 5/4 (No class on 3/30)
5/11 - 6/29

Nature WITH THE CHILDREN'S FOREST OF CENTRAL OREGON

Presented by the Children's Forest of Central Oregon partners, these family programs have something for kids (and adults) of all ages. Programs are designed for families to connect in nature together and are open to parents, grandparents, and siblings.

Learn more at childrensforestco.org/family.

Tiny Explorers FREE

Ages: Birth to 2 with family

Tiny Explorers encourages new parents to kickstart a healthy life enjoying the outdoors by getting their little ones (ages birth to 2) outdoors starting at a young age. The program includes monthly outdoor meetups from March-November in several locations and free baby carriers for participating families that qualify for the Oregon Health Plan. Meetups are a time for new families to enjoy the outdoors and connect with other families.

Learn more at childrensforestco.org/tiny-explorers.

Puddlestompers FREE

Ages: 3 - 5 with family

Spark a sense of wonder for nature through imaginative play, exploration, songs and stories.

Saturdays, 11:00 am - 12:00 pm

**MARCH 17:
SHEVLIN PARK**

**Watery Wonders
with Upper Deschutes
Watershed Council**

**MAY 12:
PONDEROSA PARK**

**Fantastic Flowers
with Discover Your Forest**

LET'S
GET ARTY!
.....
**ART PARTIES
FOR
ALL AGES**
.....
SEE BELOW

creative spark

creativity
equals
expression

Art allows each of us
to play and express
our unique thoughts
and individuality.

"I don't say
everything,
but I paint
everything."
~ Pablo Picasso

Art Parties

All Ages

The Art Station is a great place to hold private parties! Paint a masterpiece, create clay projects, make your own sculpture - the possibilities are endless! We have a wide range of options for guests of all ages - from toddlers to adults.

There is no set-up or clean-up - all you and your guests have to do is show up, relax and have fun. Your party will include a private party room, all the materials for your activity, aprons to wear and a dedicated art instructor. You provide the treats, decorations and party supplies such as plates, utensils and cups.

Guests: Adult Party: 10
Kids Party: 10 children & 10 adult chaperones

Fees: Art Party: \$200 for 2 hours
Clay Party: \$250 for 2 hours

Includes:

1 hour for art/clay project instruction; 1 hour for celebration

To Book a Party:

Call (541) 389-7275 to see if your desired date and time is available. You can preview available times on our online party calendar at: bendparksandrec.org. Please fill out an online party request form.



Cartooning & Comics

Cartooning with Carolyn

Ages: 8 - 12

Art Station

Become a cartoonist! Learn basic cartooning skills, draw using shape and volume and practice doodling amongst other skills to build innovative and inventive cartoons. What a fun skill to have! Instructor: Carolyn Parker

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

Activity: 111211

Sa: 9:30 am - 12:30 pm

Session: 3/3

Learn to Draw Manga

Ages: 8 - 16

Art Station

It's Manga, not mango - a drawing style developed from Japanese comics! Got a strong interest in Japanese animation (Anime), superheroes, comics and cartoons? This is the class for you! In addition to figure construction, you'll also learn about costume design, gesture, facial expression, inking and color techniques. Instructor: Carolyn Parker

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

Activity: 111211

Sa: 1:30 - 4:30 pm

Session: 3/3

Clay

Wacky Wednesday Clay Works

Ages: 6 - 12

Art Station

Create and build your own crazy clay creatures such as chia pets, bobble heads and more in this fun, creative clay class featuring hand building techniques. Instructor: Amanda Krammes

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

Activity: 111200

W: 2:30 - 4:30 pm

Session: 1/17 - 2/7

3/7 - 4/4 (no class 3/28)



Mermaids & Monsters

Ages: 6 - 12

Art Station

Using hand building techniques, students will build a variety of ceramic mermaids and sea monsters that can be displayed as wall-hangings, mugs to drink from, or sculpture to be admired! Instructor: Gillian Rathbun

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

Activity: 111201

Tu: 4:00 - 5:30 pm

Session: 2/6 - 2/7

Youth Wheel Throwing

NEW

Ages: 7 - 14

Art Station

All levels are welcome to learn how to throw pots on the wheel and advance your skills with various hand building techniques. This class will free your imagination and give you the skills to make them a reality. Wheel throwing is a focused escape from the stresses of the structure school can sometimes bring. Instructor: Rachel Evans

Fee: \$109 ID \$131 OD / session

Activity: 111202

M: 4:00 - 5:30 pm

Sessions: 2/26 - 3/19 4/30 - 5/21

Slab Lab

Ages: 7 - 13

Art Station

Expand your clay skills with new techniques using the slab roller. Create unique textures and designs on slabs using delicate fabric and other objects. Turn your decorated slab into a beautiful wall hanging for flowers, bird seed or anything you can imagine. Instructor: Amanda Krammes

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

Activity: 111203

Tu: 4:00 - 6:00 pm

Sessions: 3/6 - 20 5/1 - 15

Mother's Day Vases

Ages: 6 - 12

Art Station

Give mom or grandma a special vase made from clay by you! Personalize your vase with designs, clay flowers and letters. When it's finished, fill your vase with flowers and give mom a gift she will cherish forever. Instructor: Amanda Krammes

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

Activity: 111204

Th: 4:00 - 5:30 pm

Session: 4/19 - 26

Fun With Clay

Ages: 6 - 12

Art Station

Discover new ways of expressing yourself in clay! Your theme is your choice. Construct and glaze a variety of clay projects from start to finish, stimulating your imagination. Students will explore different ways to work with clay. Create functional art pieces, experiment, and also work on creating that "thing" that you always wanted to make! Instructor: Gillian Rathbun

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

Activity: 111205

Th: 4:00 - 6:00 pm

Session: 5/10 - 31



Home School Academy

Art Station

Activity: 111260

Kids & Clay

Ages: 6 - 12

Using different pottery techniques, learn to create with the pottery wheel, make hand built creations and glaze your projects. Each session will have different projects so join us for all! Instructor: Diane Burns

Fee: \$89 ID \$107 OD / session

W: 9:30 - 11:00 am

Sessions: 1/10 - 2/7 2/21 - 3/21
4/18 - 5/16

Big Bold Paintings!

Ages: 6 - 12

Paint large! From portraits to objects in nature, you will create some big pieces of art using bold colors and black outlines. For the beginning painter, this is a new experience of whole arm painting. Instructor: Charlene Santucci

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

M: 1:45 - 3:00 pm

Session: 2/26 - 3/19

No-School Days

A Day in the Knight

NO SCHOOL

Ages: 6 - 12

Art Station

Half the day, explore the world of knights and castles, learn how to draw castles and maps from life in ages past. The second half of the day, create some royally cool ceramic projects. Instructor: Charlene Santucci & Helen Bommarito

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

Activity: 111400

M: 9:00 am - 4:00 pm

Session: 1/15

Dog-gone Day

NO SCHOOL

Ages: 6 - 12

Art Station

Half the day, students will create large colorful dog or cat paintings in the style of 'Blue Dog', by artist George Rodrigue. The other half of the day, students create a clay project that will be inspired by our pet pals. Instructors: Gillian Rathbun & Sue Wilhelm

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

Activity: 111401

F: 9:00 am - 4:00 pm

Session: 2/2

Winter Wonderland

NO SCHOOL

Ages: 6 - 12

Art Station

Celebrate snow! Half the day we will create wintery landscapes and snowy scenes that capture the beauty of snow. Observe Wilson Bentley's snowflake photographs and learn how each six-sided, symmetrical ice crystal is a unique work of art, then we will create our own! During the other half of the day, create clay pieces inspired by the snow and the wintery weather. Instructor: Kathy Schoderbek & Staff

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

Activity: 111402

M: 9:00 am - 4:00 pm

Session: 2/19



Spring Break Art-rageous Camp

NO SCHOOL

Ages: 6 - 12

Art Station

Discover your creative side! Camps offer a mix of painting, pastels, drawing, clay, sculpture and mixed media - the possibilities are endless! Let's play and create in the studio. Instructor: Art Station Staff

Activity: 111403

Daily: 9:00 am - 4:00 pm

Session 1: M - Tu: 3/26 - 27 Fee: \$130 ID \$156 OD

Session 2: W - F: 3/28 - 30 Fee: \$195 ID \$234 OD

Big Bug Ideas

NO SCHOOL

Ages: 6 - 12

Art Station

Take a close look at insects: their shapes, sizes, colors, environments and their movements. Half the day you will design, draw, paint, and sculpt a three-dimensional insect world, as real or surreal as your imagination allows! The other half of the day build your favorite creepy crawlers from clay, then decorate it with bold and fun designs. Instructors: Amanda Krammes & Sue Wilhelm

Fee: \$195 ID \$234 OD / session

Activity: 111404

W - F: 9:00 am - 4:00 pm

Session: 4/11 - 13

Multimedia

Learn to Draw Animals

Ages: 6 - 12

Art Station

Use a variety of artistic media learning to draw and paint some of your favorite animals. Practice with form, while sampling pencil, charcoal, oil pastels and paint. Instructor: Charlene Santucci

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

Activity: 111210

Tu: 4:00 - 5:30 pm

Sessions: 1/23 - 2/6

3/20 - 4/10 (no class 3/27)



Under Pressure

Ages: 6 - 12

Art Station

Make a good impression while discovering the technique of "frottage". Learn and be inspired by a process of texture rubbing used by surrealist artist, Max Ernst. Drawing, watercolor and collage will be added elements to this tool to create with. Art can be planned or spontaneous; do not be pressured to create a masterpiece. Relax and create. Instructor: Susan Hovey

Fee: \$85 ID \$102 OD / session

Activity: 111244

Th: 3:45 - 5:15 pm

Session: 1/25 - 2/22



Fairy Tales, Myths and Legends

Ages: 6 - 12

Art Station

Taking themes from European fairy tales, Greek myths, and African legends, we will make them come alive through pastel drawings, modeled beeswax figures and painting wet-on-wet watercolor story lines. Find heroes, villains, gods and monsters in stories like the Italian Pinocchio, England's Alice in Wonderland, the spider trickster of West Africa and more. Instructor: Deena Newman

Fee: \$149 ID \$179 OD / session

Activity: 111240

W: 2:30 - 5:00 pm

Session: 1/31 - 2/28

DIY Doll Accessories

Ages: 6 - 10

Art Station

Bring your favorite doll for a fun-filled afternoon of arts and crafts! We will be creating items just for your doll. It's a time to create and play with others who love their dolls, too! Ideally this would be for the very popular 18 inch dolls (American Girl or Our Generation Girl) but can be adapted for other kinds/sizes. Instructor: Jessica Dawley

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

Activity: 111247

Sa: 12:30 - 4:30 pm

Sessions: 2/3 4/28

Easy Batik

Ages: 6 - 13

Art Station

Kids can enjoy the process and unique designing of batik too! Batik is an ancient art in which melted wax is applied in intricate designs on fabric. Once dyed, the wax is removed, leaving the design area the color of the fabric. Explore the beauty of fabric batik without the danger of hot wax or dyes. Instructor: Gillian Rathbun

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

Activity: 111241

M: 3:45 - 5:15 pm

Sessions: 2/5 - 12 4/16 - 23

Art Night Out

Ages: 6 - 10

Art Station

Parents enjoy a night out while your kids explore their creative side. Each class is an opportunity for children to enjoy exploring different art techniques in the multi-media studio. Instructor: Jessica Dawley

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

Activity: 111246

F: 6:00 - 9:00 pm

Sessions: 2/9 4/6

Action Figures

Ages: 6 - 12

Art Station

Come sculpt human figures in action! Learn how to work with wire, tape, and a variety of other materials to create art. This is a fun non-messy class with a great take-away. Instructor: Charlene Santucci

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

Activity: 111242

Tu: 4:00 - 5:30 pm

Session: 2/20 - 3/6

Fairy Gardens

Ages: 7 - 14

Art Station

Make your own magical fairy garden from found objects, recycled materials and a small plant. Use your inspiration to create your own tiny fairy world with swings, ladders, a house and more! Instructor: Amanda Krammes.

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

Activity: 111248

Sa: 9:30 am - 12:30 pm

Session: 4/7

Sa: 1:00 - 4:00 pm

Session: 5/19

Resin Fish

Ages: 8 - 13

Art Station

In this multiday class learn the process of creating with paint and resin. This class will take six weeks because of the drying period required for each stage. Create a 3D fish in a delightful container. Instructor: Gillian Rathbun

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

Activity: 111243

Th: 4:00 - 5:00 pm

Session: 4/19 - 5/24

For the Birds

Ages: 6 - 12

Art Station

Learn about texture, color theory and various art techniques. We will look at the variety of birds that live in Central Oregon, including; owls, woodpeckers and hummingbirds. Then we will capture their unique qualities and beauty in our artwork. Instructor: Kathy Schoderbeck

Fee: \$85 ID \$102 OD / session

Activity: 111245

W: 2:30 - 5:00 pm

Session: 5/9 - 23



Artist Elements

Ages: 6 - 13

Art Station

Artist Elements classes are designed to strengthen art skills and an appreciation for art. Participants learn about art fundamentals, terms and techniques to improve art skills and develop creativity.

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

Activity: 111250

Painting Medley

Express yourself, plus develop your skills in watercolor, tempera and acrylic painting. You will pick a focus for your paintings and exercise your color and technical muscles. Discover similarities/differences in media and create a small portfolio or medley of harmonious works, based on variations of your theme.

M: 4:30 - 6:30 pm

Session: 2/26 - 3/19

Primarily Pencils

Learn the tricks of the trade using graphite, charcoal and colored pencils: how and when to use them effectively, create form and space in drawings, quirky design choices and how to develop your observational skills.

Th: 4:30 - 6:30 pm

Session: 3/1 - 22

M: 4:30 - 6:30 pm

Session: 4/30 - 5/21

Art StART

Art Station

Inspire a love for art! Discover beginning art fundamentals and mediums in a fun, hands-on creative environment. Children ages 2 - 3 must be accompanied by adult. Instructor: Kathy Pawelski

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

Activity: 111302

Snowflake Art Daze

Join us for play-based art explorations inspired by a Winter Wonderland. 'Tis the season to stay cozy and warm by painting, drawing, coloring, building, experimenting and getting messy with cool tools and techniques.

Ages: 2 - 3

W: 9:00 - 10:00 am

Ages: 4 - 6

W: 10:30 - 11:30 am

Session: 1/17 - 2/14

Squish & Learn

Come explore a new Squishy Activity each week, including lots of vibrant homemade doughs. Get ready to build and pound, pull, roll, smash and splash... plus other tactile and mixed media fun!

Ages: 2 - 3

W: 9:00 - 10:00 am

Ages: 4 - 6

W: 10:30 - 11:30 am

Session: 2/21 - 3/21

A Pop of Color

Celebrate spring by experimenting with dazzling colors and bold shapes, inspired by sunshine, raindrops, and wild nature. Process-based art activities will be offered that spark curiosity and allow children to develop their creative thinking.

Ages: 2 - 3

W: 9:00 - 10:00 am

Ages: 4 - 6

W: 10:30 - 11:30 am

Session: 5/9 - 6/6



Art & The Young Child

PreClay

Ages: 3 - 5 with adult

Art Station

This is a starter class for little artists to experience the wonders of clay. Children will squish, push, form, flatten and create a tile with bright colored glazes. Instructor: Helen Bommarito

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

Activity: 111304

F: 10:00 - 11:00 am

Sessions: 1/12 2/9 3/9

Art Play Group

Ages: 2 - 5 with adult

Art Station

Parents, grandparents, family, nannies and other adult friends get to connect with their child at the Art Station! Each session has different activities that are play based and will develop creative thinking, spark curiosity and inspire independence and experimentation. Come and make a mess with us. Instructor: Jessica Dawley

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

Activity: 111300

F: 9:00 - 10:00 am

Sessions: 1/19 2/16

3/16 4/20

5/18

Toddler Station Exploration

NEW

Ages: 2 - 3 with adult

Art Station

Fun art activities, just their size! Little ones will have lots of time to explore creative stations that support curiosity and independence! New process based art activities introduced each week, plus familiar favorites so toddlers can feel successful while messing around with interesting materials and tools! Instructor: Kathy Pawelski

Fee: \$55 ID \$66 OD / session

Activity: 111303

M: 9:30 - 10:30 am

Sessions: 4/2 - 23

5/7 - 6/4 (no class 5/28)

Alpha Art

Ages: 4 - 6

Art Station

Art and early literacy collide in this fun, engaging preschool class! Get ready for kindergarten as we practice our letters through art, crafts, games and activities. So fun they won't know they're learning! Instructor: Charlene Santucci & Jessica Dawley

Fee: \$55 ID \$66 OD / session

Activity: 111301

M: 1:45 - 2:45 pm

Session: 4/10 - 24

Tu: 10:00 - 11:00 am

Session: 5/22 - 6/5

With Your Child: Clay

With Your Child: Clay Dragons

Ages: 5 & up

Art Station

Make a mystical creature while sharing your imagination and creativity. Instructor: Helen Bommarito

Fee: \$55 ID \$66 OD / session

Activity: 111500

Sa: 10:00 am - 1:00 pm

Sessions: 1/13 2/10

With Your Child: Wheel Throwing

Ages: 5 & up with adult

Art Station

Curious about how enjoyable it could be to make pots on the wheel? The goal of this class is not necessarily to get a functional pot to keep, as it is about getting the feel for the clay on the wheel and how it reacts to the human hand. Instructor: Rachel Evans

Fee: \$55 ID \$66 OD / session

Activity: 111502

Sa: 10:00 am - 1:00 pm

Sessions: 2/24 4/7
5/12

Participation in "With Your Child" programs is welcomed for parents, guardians, grandparents, aunts, uncles, friends, neighbors, Big Brothers, Big Sisters and more.



With Your Child: Family Signs

Ages: 5 & up

Art Station

Create unique wall hangings from clay to celebrate your family's name. Build your own letters or use stamps. Add details like your address or a special quote to make this family keepsake even more special. Instructor: Amanda Krammes

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

Activity: 111501

Sa: 10:00 am - 12:00 pm

Sessions: 1/27 4/28

With Your Child: Spring Nests

Ages: 5 & up

Art Station

Create a unique bird's nest using clay and small coils. Then sculpt little birds and fun eggs to fill your nest. Paint your eggs with colors and designs or go for a more natural look. Instructor: Amanda Krammes

Fee: \$46 ID \$56 OD / session

Activity: 111503

Sa: 10:00 am - 12:30 pm

Session: 3/17

With Your Child: Fused Glass

With Your Child: Self-Portrait Name Plates

Ages: 5 & up

Art Station

Create a name plate for your bedroom door! Include a self-portrait or a caricature of yourself! Adult and child work together to produce a finished 4x10 inch finish plate. Additional \$30 charge paid to instructor for raw materials and firing cost. Instructor: Julia Christoferson

Fee: \$34 ID \$41 OD / session

Activity: 111560

Sa: 10:00 am - 12:30 pm

- OR -

Sa: 2:00 - 4:30 pm

Session: 1/27

With Your Child: Valentines in Glass

Ages: 5 & up

Art Station

Can you feel the love? Create a glass mosaic Valentine Heart. Adult and child work side-by-side to create your finished product, which will be a 5x5 inch trivet or small dish. Additional \$30 charge paid to instructor for materials and firing cost. Instructor: Julia Christoferson

Fee: \$34 ID \$41 OD / session

Activity: 111561

Sa: 10:00 am - 12:30 pm

- OR -

Sa: 2:00 - 4:30 pm

Session: 2/10

With Your Child: Exploring Color & Texture

Ages: 5 & up

Art Station

This is an open-ended session where families are invited to work with color and texture in glass. What will you create? Might it be a tree, house, animal or insect? Get inspired and creative with the plethora of materials available. Additional \$30 charge paid to instructor for materials and firing cost. Instructor: Julia Christoferson

Fee: \$34 ID \$41 OD / session

Activity: 111562

Sa: 10:00 am - 12:30 pm

- OR -

Sa: 2:00 - 4:30 pm

Session: 3/24

With Your Child: Wind Chimes & Sun Catchers

Ages: 5 & up

Art Station

Using three pre-fired glass pieces, artists will select from a wide range of colors and textures of fusible glass. Create your design in abstract or realistic styles! After two firings, pieces may be strung together with fishing line and hung as wind chimes or sun catchers. Additional \$30 charge paid to instructor for materials and firing cost. Instructor: Julia Christoferson

Fee: \$34 ID \$41 OD / session

Activity: 111563

Sa: 10:00 am - 12:30 pm

- OR -

Sa: 2:00 - 4:30 pm

Session: 4/21

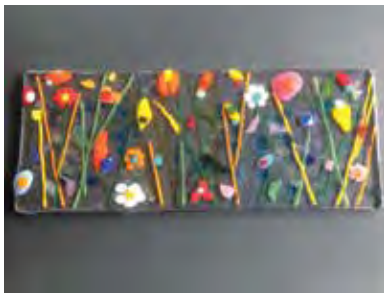
With Your Child: Fused Glass Night Light

Ages: 5 & up

Bend Senior Center

Learn the basics of fused glass to create a night light in this introductory workshop. In a fun, informative setting, learn the science of glass fusion, types of glass, fusing add-ons and how to safely use hand cutters and grinders to cut and shape glass. Projects will be kiln-fired and available for pickup a week after class. Each registration is for adult and child. Instructor: Diane Burns

Fee: \$59 ID \$71 OD / session
Activity: 102414
Th: 4:00 - 6:30 pm
Session: 3/1



With Your Child: Wildflower Gardens

Ages: 5 & up

Art Station

Just in time for spring, creating wild flowers! Families will work together to create 4-by-10 inch tack-fused and slumped piece fused glass wildflower gardens. Additional \$30 charge paid to instructor for materials and firing cost. Instructor: Julia Christoferson

Fee: \$34 ID \$41 OD / session
Activity: 111564
Sa: 10:00 am - 12:30 pm
- OR -
Sa: 2:00 - 4:30 pm
Session: 5/12



With Your Child: Cartoon Garden Stakes

Ages: 5 & up

Art Station

Adult and child will develop whimsical cartoon characters in brightly colored glass. Characters will be in different shapes and sizes, tack fused, and mounted on a steel stake. Additional charge of \$20 per piece paid to instructor for raw materials and firing cost. Instructor: Julia Christoferson

Fee: \$34 ID \$41 OD / session
Activity: 111565
Sa: 10:00 am - 12:30 pm
- OR -
Sa: 2:00 - 4:30 pm
Session: 6/2



Work for play at BPRD.

Learn more at
bendparksandrec.org/jobs

With Your Child: Multimedia

With Your Child: Creative Arts

NEW

Ages: 2 - 3

Art Station

Get artsy with your little one. Get messy with your child and share the experience of creating, being imaginative, and making memories. A variety of mediums and materials will be used. Instructor: Charlene Santucci

Fee: \$69 ID \$83 OD / session
Activity: 111540
Tu: 1:45 - 2:45 pm
Sessions: 1/16 - 30 2/13 - 27

With Your Child: Little Love Bugs

Art Station

Celebrate Valentine's Day! Adults and toddlers will participate together in colorful art explorations, inspired by love and sharing. Instructor: Kathy Pawelski

Fee: \$19 ID \$23 OD / session
Activity: 111542
Ages: 2 - 3
F: 9:00 - 10:00 am

Ages: 4 - 6

F: 10:30 - 11:30 am
Session: 2/9

With Your Child: Upcycle

Ages: 2 - 3

Art Station

Experiment with elements of sculpture. Adults and children will participate together to build high, long, and wide, using fun recycled materials and lots of textures! Instructor: Kathy Pawelski

Fee: \$45 ID \$54 OD / session
Activity: 111543
Tu: 10:00 - 11:00 am
Session: 3/6 - 13

With Your Child: Paper Lanterns

Ages: 5 & up

Art Station

These distinctive lanterns can be used for hanging or as a stand-alone light. Using a balloon form to create lanterns with tissue and specialty papers. Instructor: Helen Bommarito

Fee: \$45 ID \$54 OD / session
Activity: 111541
Sa: 10:00 am - 12:00 pm
Session: 3/10

With Your Child: Paint

With Your Child: Paint Night

Ages: 6 & up

Bend Senior Center

Come create a two-sided painting with your child. We'll start off with some bagels and juice to get your creative juices flowing. Then we will make a beautiful painting as a team. The design is traced onto the canvas before you arrive and the instructor will guide you through the process of creating the painting. Instructor: Diane Burns

Fee: \$59 ID \$71 OD / session
Activity: 102415
F: 4:00 - 6:30 pm
Sessions: 2/23 - Giraffe Paint Night
4/13 - Flower Paint Night

Volunteer with youth and adult art programs.

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



The serious business of play.

"Play is often talked about as if it were a relief from serious learning. But for children play is serious learning. Play is really the work of childhood." ~ Fred Rogers

ENRICHMENT WEDNESDAYS

At Your School:

Make Wednesday afternoons into something special! Register your child to experience and learn something new such as martial arts, computer coding, science, theater, chess, clay modeling, dance, Spanish, robotics, animal habitats, and more!

Early Release Wednesdays:
2:00 - 3:30 pm

Fee: \$70 ID \$84 OD / session
Sessions: 1/10 - 2/21
2/28 - 4/18 (No class on 3/28)
4/25 - 6/6

BEAR CREEK ELEMENTARY

All Programs: 406601

Theatre with Miss Lovely

Grades: K - 5

Explore fun games of improvisation, pantomime, voice and diction, character development and stage direction. A performance of skits/a short play for family and friends will be held on the last Wednesday of each session to showcase the kids' talents.

Sessions: 1/10 - 2/21
2/28 - 4/18 (No class on 3/28)
4/25 - 6/6

Creative Computer Coding

Grades: 3 - 5

We will be storyboarding, brainstorming and discussing how to bring our ideas to life on screen. We will use iPad-based visual programming languages designed for kids to make animations, stories, games, program bots and other interactive projects.

Session: 1/10 - 2/21

Martial Arts

Grades: K - 5

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.

Session: 2/28 - 4/18 (No class on 3/28)

Chess Club

Grades: K - 5

Check Mate! Learn strategy and sharpen your mind! Designed for beginner through intermediate levels, each Wednesday begins with instructions for your level and ends with matches with participants.

Session: 4/25 - 6/6



BUCKINGHAM ELEMENTARY

All Programs: 406602

Fun, Funky, Fresh Dance

Grades: K - 5

Have fun by moving and grooving to music and expressing yourself through dance. We will also integrate dance games: limbo, freeze dance, dance teacher and more!

Session: 1/10 - 2/21

Creative Clay

Grades: K - 5

Join in the fun as we make a different clay project every week such as small creatures, figurines and beautiful ceramic art.

Session: 2/28 - 4/18 (No class on 3/28)

Awesome Animal Art

Grades: K - 5

Create amazing mixed medium animal art pieces using watercolors, tempera, pastels and collage.

Session: 4/25 - 6/6

Early Release Wednesdays: 2:00 - 3:30 pm

Fee: \$70 ID \$84 OD / session

Sessions: 1/10 - 2/21, 2/28 - 4/18 (No class on 3/28), 4/25 - 6/6

ELK MEADOW ELEMENTARY

All Programs: 406603

Chess Club

Grades: K - 5

Check Mate! Learn strategy and sharpen your mind! Designed for beginner through intermediate levels, each Wednesday begins with instructions for your level and ends with matches with participants.

Sessions: 1/10 - 2/21

2/28 - 4/18 (No class on 3/28)

Nature Discovery

Grades: K - 5

Join a Sunriver Nature Center Naturalist to explore the different animals that call Oregon "home." Discover colorful invertebrates, slithering snakes, large-eyed owls and more!

Session: 1/10 - 2/21

Fun, Funky, Fresh Dance

Grades: K - 5

Have fun by moving and grooving to music and expressing yourself through dance. We will also integrate dance games: limbo, freeze dance, dance teacher and more!

Session: 2/28 - 4/18 (No class on 3/28)

Creative Clay

Grades: K - 5

Join in the fun as we make a different clay project every week such as small creatures, figurines and beautiful ceramic art.

Session: 4/25 - 6/6

HIGH LAKES ELEMENTARY

All Programs: 406605

Mixed Martial Arts

Grades: K - 5

Kids learn mixed martial arts training techniques such as clinch work, mitt drills and calisthenics through fun games and workouts.

Session: 1/10 - 2/21

Jewelry Making

Grades: K - 5

Make your own jewelry bracelets and necklaces out of lanyards, beads and wire wrapping techniques.

Session: 1/10-2/21

Nature Discovery

Grades: K - 5

Join a Sunriver Nature Center Naturalist to explore the different animals that call Oregon "home." Discover colorful invertebrates, slithering snakes, large-eyed owls and more!

Session: 2/28 - 4/18 (No class on 3/28)

4-H: Engineering Mighty Machines

Grades: K - 5

Use robotic and LEGO® kits to bring science to life through hands-on projects. Learn the basics of mechanical engineering, programming and design skills with motors, sensors and an easy-to learn graphic interface. A great starting point for beginner programmers and LEGO fans.

Session: 4/25 - 6/6

HIGHLAND ELEMENTARY

All Programs: 406606

Experiment with Art

Grades: K - 5

Try your hand at a variety of art mediums and see which you like the best! Learn new techniques and bring home a project each week.

Session: 1/10 - 2/21

4-H: Engineering Mighty Machines

Grades: K - 5

Use robotic and LEGO® kits to bring science to life through hands-on projects. Learn the basics of mechanical engineering, programming and design skills with motors, sensors and an easy-to learn graphic interface. A great starting point for beginner programmers and LEGO fans.

Session: 2/28 - 4/18 (No class on 3/28)

Sportsters

Grades: K - 5

Calling all kids! Join us for gym games, flag tag, high energy play and end the session with a mini field day.

Session: 4/25 - 6/6

Work @ BPRD.

Jobs for ages 14 and up.
Part-time, seasonal & full-time.

Visit bendparksandrec.org.

Early Release Wednesdays: 2:00 - 3:30 pm

Fee: \$70 ID \$84 OD / session

Sessions: 1/10 - 2/21, 2/28 - 4/18 (No class on 3/28), 4/25 - 6/6

ENRICHMENT

WEDNESDAYS

JEWELL ELEMENTARY

All Programs: 406607

Fun Science Projects

Grades: K - 5

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.

Session: 1/10 - 2/21

Creative Computer Coding

Grades: 3 - 5

We will be storyboarding, brainstorming and discussing how to bring our ideas to life on screen. We will use iPad-based visual programming languages designed for kids to make animations, stories, games, program bots and other interactive projects.

Session: 2/28 - 4/18 (No class on 3/28)

Martial Arts

Grades: K - 5

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.

Session: 4/25 - 6/6

Volunteer with kids!

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



JUNIPER ELEMENTARY

All Programs: 406608

Minute to Win It

Grades: K - 5

Join the Minute to Win It Challenge! Bring your fun ideas and be ready with your game face on, you versus 60 seconds on the clock. Work as a team and as individuals to see what special talents we have while playing fun games and activities.

Session: 1/10 - 2/21

Experiment with Art

Grades: K - 5

Try your hand at a variety of art mediums and see which you like the best! Learn new techniques and bring home a project each week.

Session: 2/28 - 4/18 (No class on 3/28)

Quidditch

Grades: K - 5

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.

Session: 4/25 - 6/6

LAVA RIDGE ELEMENTARY

All Programs: 406609

Creative Clay

Grades: K - 5

Join in the fun as we make a different clay project every week such as small creatures, figurines and beautiful ceramic art.

Session: 1/10 - 2/21

Mixed Martial Arts

Grades: K - 5

Kids learn mixed martial arts training techniques such as clinch work, mitt drills and calisthenics through fun games and workouts.

Session: 2/28 - 4/18 (No class on 3/28)

Spanish Immersion

Grades: K - 5

Hola! Children receive a natural introduction to Spanish language and culture with fun activities and vocabulary building.

Session: 4/25 - 6/6

MILLER ELEMENTARY

All Programs: 406610

Awesome Animal Art

Grades: K - 5

Create amazing mixed medium animal art pieces using watercolors, tempera, pastels and collage.

Session: 1/10 - 2/21

Spanish Immersion

Grades: K - 5

Hola! Children receive a natural introduction to Spanish language and culture with fun activities and vocabulary building.

Session: 2/28 - 4/18 (No class on 3/28)

Mixed Martial Arts

Grades: K - 5

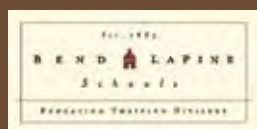
Kids learn mixed martial arts training techniques such as clinch work, mitt drills and calisthenics through fun games and workouts.

Session: 4/25 - 6/6



For Kids' Sake

Bend Park & Recreation District and Bend La Pine Public Schools work cooperatively so that kids have safe and enriching experiences during non-school hours. This partnership maximizes resources to best serve kids and families.



Early Release Wednesdays: 2:00 - 3:30 pm

Fee: \$70 ID \$84 OD / session

Sessions: 1/10 - 2/21, 2/28 - 4/18 (No class on 3/28), 4/25 - 6/6

PINE RIDGE ELEMENTARY

All Programs: 406611

4-H: Engineering Mighty Machines

Grades: K - 5

Use robotic and LEGO® kits to bring science to life through hands-on projects. Learn the basics of mechanical engineering, programming and design skills with motors, sensors and an easy-to learn graphic interface. A great starting point for beginner programmers and LEGO fans.

Session: 1/10 - 2/21

Quidditch

Grades: K - 5

Mount your broomsticks, please! The rules of the game will be explained and then we'll blast off on an epic adventure of seekers, chasers and the golden snitch.

Session: 2/28 - 4/18 (No class on 3/28)

Fun, Funky, Fresh Dance

Grades: K - 5

Have fun by moving and grooving to music and expressing yourself through dance. We will also integrate dance games: limbo, freeze dance, dance teacher and more!

Session: 4/25 - 6/6

Work @ BPRD.

Jobs for ages 14 and up.
Part-time, seasonal & full-time.

Visit bendparksandrec.org.



PONDEROSA ELEMENTARY

All Programs: 406612

Martial Arts

Grades: K - 5

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.

Session: 1/10 - 2/21

Awesome Animal Art

Grades: K - 5

Create amazing mixed medium animal art pieces using watercolors, tempera, pastels and collage.

Session: 2/28 - 4/18 (No class on 3/28)

Experiment with Art

Grades: K - 5

Try your hand at a variety of art mediums and see which you like the best! Learn new techniques and bring home a project each week.

Session: 4/25 - 6/6

SILVER RAIL ELEMENTARY

All Programs: 406613

Spanish Immersion

Grades: K - 5

Hola! Children receive a natural introduction to Spanish language and culture with fun activities and vocabulary building.

Session: 1/10 - 2/21

Sportsters

Grades: K - 5

Calling all kids! Join us for gym games, flag tag, high energy play and end the session with a mini field day.

Session: 2/28 - 4/18 (No class on 3/28)

Creative Computer Coding

Grades: K - 5

We will be storyboarding, brainstorming and discussing how to bring our ideas to life on screen. We will use iPad-based visual programming languages designed for kids to make animations, stories, games, program bots and other interactive projects.

Session: 4/25 - 6/6

Before & Afterschool



Grades: K - 5



School Locations: **JEWELL**
AMITY CREEK **JUNIPER**
 (am only) **LAVA RIDGE**
BEAR CREEK **MILLER**
BUCKINGHAM **PINE RIDGE**
ELK MEADOW **PONDEROSA**
ENSWORTH **SILVER RAIL**
HIGH LAKES
HIGHLAND



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.

HOURS OF OPERATION:

Before School: 7:00 - 8:30 am

Afterschool: 3:30 - 6:00 pm

Early Release Wednesday:
2:00 - 6:00 pm

WESTSIDE SCHOOLS:

*PM Care for Amity, Westside Village & Highland students register for Highland KIDS INC.

REGISTRATION FEE:

\$20 AM / \$20 PM per child
 for each program - Non-refundable

MONTHLY FEES:

AM Fee: \$59/month

PM Fee: \$145/month

AM and PM fee is a single price regardless of number of days used.

2017-18 SCHOOL YEAR SPOTS ARE LIMITED.

REGISTER FOR 2018-19 SCHOOL YEAR ON MAY 21ST. SPOTS FILL QUICKLY!



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)

REGISTRATION FEE:

\$20 per child - Non-refundable

MONTHLY FEES: \$37/month



No School Days

Grades: K - 5

Ensworth Elementary & Juniper Elementary



When school isn't in session, it's time to get the Operation going! Operation Recreation, that is!

Serious fun that meets the serious 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: \$43 ID \$52 OD / session

Activity: 101401

Weekdays: 7:00 am - 6:00 pm

Sessions:

F:	2/2	F:	3/30
M:	3/26	W:	4/11
Tu:	3/27	Th:	4/12
W:	3/28	F:	4/13
Th:	3/29		



More Afterschool

Kids On-The-Move

Grades: 1 - 5

Lava Ridge Elementary & Ensworth Elementary

Join your friends for some active play and nature-themed activities that will get your heart pumping! Each day after school, the focus will be on fun, fitness, nutrition and nature! On most days, activities will be outdoors so dress appropriately. This program is made possible through a partnership of BPRD with the Children's Forest of Central Oregon and Mosaic Medical Group. Note: Kids On-The-Move does not meet if there is no school.

Fee: FREE
Activity: 107901

Lava Ridge:

M: 3:30 - 5:00 pm

W: 2:00 - 4:30 pm

Session: 3/12 - 5/30

Ensworth:

Tu/Th: 3:30 - 5:00 pm

Session: 3/13 - 5/31

No School Day Camps

Circus Ninja Camp

Ages: 5 - 18

Tula Movement Arts

Move like an aerial ninja! With multiple days of slacklining, acroyoga, juggling, hooping and aerial yoga (aerial hammock), this camp is for total beginners to seasoned circus ninjas. Camp finishes the week with an informal performance for family and friends in which participants show off their new circus ninja skills and receive a circus ninja certificate.

WINTER CAMP

3-Day Fee: \$75 ID \$90 OD / session

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

Activity: 106560

Daily: 9:00 am - 12:00 pm

Sessions: W: 1/3

Th: 1/4

F: 1/5

SPRING BREAK CAMP

5-Day Fee: \$120 ID \$144 OD / session

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

Activity: 106562

Daily: 9:00 am - 12:00 pm

Sessions: M: 3/26

Tu: 3/27

W: 3/28

Th: 3/29

F: 3/30

KPOV Radio Camp

Ages: 10 - 14

KPOV Radio

Learn how to be a radio DJ, interview a friend and tell a story with sound effects, music and humor. The produced show will be broadcast on 88.9 FM and you'll get a copy to take home!

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

Activity: 106650

M - F: 9:00 am - 12:00 pm

Session: 3/26 - 30

Spring Break Guitar Camp

Pine Ridge Elementary

Guitar Jumpstart! This camp introduces a wide range of guitar concepts: positioning, tuning, playing melodies, picking development, chording, strumming, rhythm and learning songs. Comparable to 3 months of private lessons with built in lab and practice time, this jumpstart camp will give you a well-rounded set of strong guitar skills for further enjoyment of your instrument. Students must have their own guitar, tuner and pick.

Fee: \$150 ID \$180 OD / session

Ages: 8 - 12

Activity: 106312

M - Th: 9:00 am - 12:00 pm

Session: 3/26 - 29

Ages: 13 - 18

Activity: 106313

M - Th: 1:00 - 4:00 pm

Session: 3/26 - 29

Superhero Shakespeare Camp

Ages: 7 - 14

BEAT Studio

It's a bird...it's a plane...It's ROMEO! The return of the popular Superheroes Shakespeare Spring Break Camp gives campers a chance to fly, swing and climb into Shakespeare's most famous stories. By turning characters into favorite superheroes, students are introduced to the Bard in new, exhilarating ways. Using storyboards, stage combat and improve, these super-scenes will come to life. Dust off your capes, recruit your sidekicks and fly this way! Taught by Nathan and Danielle Gosselin.

Fee: \$250 ID \$300 OD / session

Activity: 106551

M - Th: 9:00 am - 4:00 pm

Session: 3/26 - 29

Cooking & Baking

Celebrate Spring Foods

Ages: 10 - 14

Cascade Middle School

Delish! Learn to make brunch foods to celebrate spring including coffee cake, holiday bread and mini quiche. Your family and friends will be impressed. Bring containers to take home leftovers. Instructor: Carol Knowles

Fee: \$40 ID \$48 OD / session

Activity: 106202

Sa: 10:00 am - 12:30 pm

Session: 3/10

Work @ BPRD.

Jobs for ages 14 and up.
Part-time, seasonal & full-time.

Visit bendparksandrec.org.

Crafts

Creative NEW Wooden Figures

Ages: 8 - 12

Harmon Park

Use your imagination to create your own wooden string figures. Your creative side will be your guide as you learn to shape the wood blocks with sandpaper, tie them together with string and then decorate the wooden figures with paint.

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

Activity: 106113

F: 9:00 - 10:30 am

Session: 2/2

Sa: 9:00 - 10:30 am

Session: 2/10

DIY - Homework Organizer

Ages: 9 - 12

Harmon Park

Make a stylish wall organizer with slots for papers and a hook for your backpack. Have everything ready to go when you sit down to do homework. Build your homework organizer using a hammer, nails and sandpaper and stain it with a light wood finish.

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

Activity: 106114

F: 11:00 am - 1:00 pm

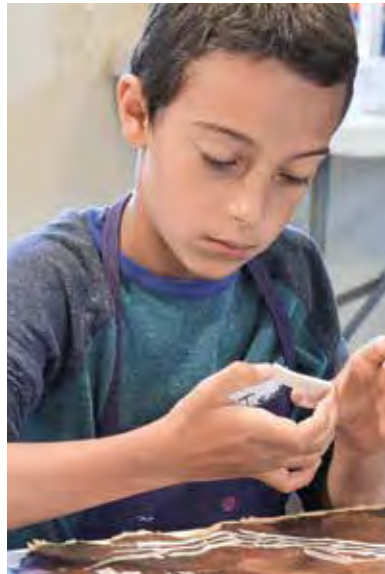
Session: 2/2

Sa: 11:00 am - 1:00 pm

Session: 2/10

Volunteer with kids!

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



Creative NEW Greeting Cards

Ages: 9 - 12

Cascade Middle School

Learn how to make beautiful cards for various occasions. Hand stitched, basic pop up and paper quilt will be some of the various, demonstrated techniques that you will make. Delight your friends and family with cards made especially for them. Instructor: Carol Knowles

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

Activity: 106101

Sa: 10:00 am - 12:00 pm

Session: 3/17

Hand-Sewing Fun

Ages: 9 - 12

Harmon Park

Stitching is in! Practice threading with colorful embroidery threads and learn easy techniques for sewing simple projects with fun fabric. Instructor: Carol Knowles

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

Activity: 106102

F: 10:00 am - 12:00 pm

Session: 4/13

Dance

Beginning Tap

Ages: 9 - 13

Academie De Ballet Classique

Tap dancing makes feet sing! This class is the perfect intro for those wanting to dip their feet into tap. Instructor: Michelle Mejaski

Fee: \$120 ID \$144 OD / session

Activity: 106585

W: 5:30 - 6:30 pm

Sessions: 1/3 - 2/21

2/28 - 4/25 (No class on 03/28)

Beginning Hip Hop & Jazz

Ages: 6 - 9

Academie De Ballet Classique

You can do more than just watch dancers on music videos, you can dance! Learn to dance with all the cool moves and tricks you see. Instructor: Alesa Terry

Fee: \$120 ID \$144 OD / session

Activity: 106586

W: 4:15 - 5:15 pm

Sessions: 1/3 - 2/21

2/28 - 4/25 (No class on 03/28)

Intermediate Contemporary Mix Dance

Ages: 12 - 18

Academie De Ballet Classique

Intermediate dancers, use your ballet skills to learn contemporary mix of dance styles. Enjoy greater freedom of movement while you bring more animation into your dancing. Instructor: Liz Warren

Fee: \$120 ID \$144 OD / session

Activity: 106568

M: 5:15-6:30 pm

Sessions: 1/8 - 2/26

3/5 - 4/30 (no class on 3/26)



Intermediate Lyrical/Contemporary Jazz

Ages: 12 - 18

Academie De Ballet Classique

Dancers, if you're wishing to expand your dance repertoire and dance vocabulary, you should take this exciting dance class. The broad range of lyrical jazz and contemporary dance styles takes dancers from yesterday's styles to today's contemporary dance form. Instructor: Alesa Terry

Fee: \$120 ID \$144 OD / session

Activity: 106569

W: 3:00 - 4:15 pm

Sessions: 1/3 - 2/21

2/28 - 4/25 (no class on 3/28)

Ballet FunDamentals

Ages: 8 - 13

Academie De Ballet Classique

Learn ballet basics with a twist of fun in this program which will give you a solid peek into the world of dance.

Fee: \$110 ID \$132 OD / session

Activity: 106576

Tu: 5:00 - 6:00 pm

Sessions: 1/9 - 2/27

3/6 - 5/1 (No class on 03/27)



Learning Workshops

Conversational Spanish

Ages: 6 - 11

Miller Elementary

Catch up on your Spanish or learn something new. We will play games and do stimulating activities while conversing in Spanish in an immersion environment to explore culture, food, arts and storytelling.

Fee: \$70 ID \$84 OD / session

Activity: 106251

Tu: 3:45 - 4:45 pm

Sessions: 1/9 - 2/6
2/27 - 4/3 (No class on 3/27)
4/24 - 5/22

Math Fun Center

Ages: 6 - 12

Miller Elementary

Solidify your child's basic math concepts while playing games and lots of fun activities. Give your child an advantage by gaining confidence in mathematics.

Fee: \$70 ID \$84 OD / session

Activity: 106252

Th: 3:45 - 4:45 pm

Sessions: 1/11 - 2/8
3/1 - 4/5 (No class on 3/29)
4/26 - 5/24

Babysitter's Training

Ages: 11 - 15

American Red Cross

Complete this course in 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 and learn to handle emergencies such as injuries, illnesses, household accidents and more. Bring a lunch. Materials included.

Fee: \$85 ID \$102 OD / session

Activity: 106255

Sa: 8:30 am - 4:00 pm

Sessions: 1/20 2/10
3/10 4/7
4/21

Adult & Pediatric CPR/AED/First Aid Course

Ages: 10 & up

American Red Cross

This valuable course incorporates the latest science and teaches students to recognize and respond to various first aid emergencies including: head, neck and back injuries; burns; cuts; scrapes, sudden illnesses; heat and cold emergencies; and breathing and cardiac emergencies. Participants will be prepared to help victims of any age from pediatric (children up to 12 years old) through adults (12 years and older). Upon successful course completion, students receive a certificate for Adult and Pediatric First Aid/CPR/AED valid for two years.

Fee: \$130 ID \$156 OD / session

Activity: 106256

Sa: 8:30 am - 3:00 pm

Sessions: 1/27 2/24
3/24 4/28



Little Medical School: Paging Dr. Awesome

NEW

NO SCHOOL

Ages: 6 - 11

Miller Elementary School

Discover the fascinating science of the human body. Through hands-on crafts, games and role playing, participants will learn STEM concepts in a fun, unique way. From broken bones, to stitches, there are interesting topics for everyone. Each student receives a working stethoscope and a variety of projects and tools.

Fee: \$155 ID \$185 OD / session

Activity: 106670

W/Th: 9:00 am - 3:00 pm

Session: 4/11 - 12

Little Medical School: Wilderness Rescue

NEW

NO SCHOOL

Ages: 6 - 11

Miller Elementary School

Discover the exciting world of wilderness medicine as we explore STEM concepts and gain valuable outdoor skills through interactive role playing, crafts and games. Topics include outdoor emergencies, snake bites and more. Each participant receives a variety of projects and tools.

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

Activity: 106671

F: 9:00 am - 3:00 pm

Session: 4/13

4-H That's a Wrap! Digital Movie

Ages: 9 - 13

Pine Ridge Elementary

Stretch your design and tech muscles to make your own short movie! Learn to brainstorm a plot, make a storyboard, operate an iPad video camera and then pull it all together to shoot and edit a short video using free software.

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

Activity: 106681

Tu: 4:00 - 5:30 pm

Session: 4/17 - 5/8

Music & Voice

Homeschool Choir

Ages: 7 - 13

Cascade School of Music

Immersed in a fun and engaging repertoire, students will learn the basic elements of rhythm and note reading in a group setting and work together to learn various vocal parts.

Fee: \$165 ID \$198 OD / session

Activity: 106374

M: 1:00 - 1:50 pm

Session: 1/29 - 5/14 (No class on 3/26)

Little Singers

Ages: 5 - 8
Cascade School of Music
This is a beginning singing class for children who love to sing. We will incorporate vocal exercises and solfege techniques with movement to engage their whole body while singing fun and familiar songs.

Fee: \$155 ID \$185 OD / session
Activity: 106352
W: 2:30 - 3:20 pm
Session: 1/31 - 5/16 (No class on 3/28)

Rhythm FUNdamentals

Ages: 6 - 9
Cascade School of Music
Every musician needs a solid foundation in rhythm, and this class is an excellent preparation for formal instrumental study. Utilizing music and technique from around the world, we'll enlist a variety of fun percussion instruments to build essential rhythmic skills and rhythm reading ability.

Fee: \$155 ID \$185 OD / session
Activity: 106365
W: 3:30 - 4:20 pm
Session: 1/31 - 5/16 (No class on 3/28)

Drum Circle

Ages: 10 - 13
Cascade School of Music
Centered on rhythmic training through the musical traditions of the world, drum circle work is a fun, experiential activity that promotes multi-cultural learning. It builds self-confidence and social abilities, helps with motor skills and boosts creativity and even teaches some mathematics as the rhythms are in time signatures.

Fee: \$155 ID \$185 OD / session
Activity: 106375
Th: 6:00 - 6:50 pm
Session: 2/1 - 5/17 (No school on 3/29)

Songwriting with Shireen

Ages: 8 - 12
Bear Creek Elementary
Write your own songs with the help of local musician/artist, Shireen Amini. Class includes creative exercises to inspire music and lyrics and the chance to accompany each other with instruments. At the end of this energizing experience, students will complete a song! No music or songwriting experience needed.

Fee: \$35 ID \$42 OD / session
Activity: 106310
F: 9:00 am - 12:00 pm
Session: 2/2
Th: 9:00 am - 12:00 pm
Session: 4/12



Rhythm & Voice with Shireen

Ages: 8 - 12
Bear Creek Elementary
Learn music fundamentals through percussion and singing with local musician/artist, Shireen Amini. Students choose their focus or explore both. Become part of a "band" in which you learn to perform your favorite songs! No music experience needed.

Fee: \$35 ID \$42 OD / session
Activity: 106311
W: 9:00 am - 12:00 pm
Session: 4/11

Beginning Instrumental Studies

Cascade School of Music
Our students make friends while making music! Formal music study, musical field trips, performances and more round out this engaging program.

Attend the Open House/Orientation:
Sunday, January 21, 4:00 - 6:00 pm at Cascade School of Music.

Fee: \$325 ID \$375 OD / session
Activity: 106361



PIANO PATH I (KEYBOARD)

DAY/TIME	DATES	AGES
W: 2:30 - 3:20 pm	1/31 - 5/16 (No class on 3/28)	Ages: 7 - 9

PIANO PATH II (Continuation of Piano Path I)

DAY/TIME	DATES	AGES
M: 4:00 - 4:50 pm	1/29 - 5/14 (No class on 3/26)	Ages: 7 - 9
M: 5:00 - 5:50 pm	1/29 - 5/14 (No class on 3/26)	Ages: 10 - 13
W: 4:00 - 4:50 pm	1/31 - 5/16 (No class on 3/28)	Ages: 7 - 9

GUITAR PATH II (Continuation of Guitar Path I)

DAY/TIME	DATES	AGES
M: 4:00 - 4:50 pm	1/29 - 5/14 (No class on 3/26)	Ages: 7 - 9
M: 5:00 - 5:50 pm	1/29 - 5/14 (No Class on 3/26)	Ages: 10 - 13

VIOLIN PATH I

DAY/TIME	DATES	AGES
Tu: 6:00 - 6:50 pm	1/30 - 5/15 (No class on 3/27)	Ages: 7 - 12

VIOLIN PATH II (Continuation of Violin Path I)

DAY/TIME	DATES	AGES
Tu: 4:00 - 4:50 pm	1/30 - 5/15 (No class on 3/27)	Ages: 7 - 9

STRINGS I - VIOLIN AND CELLO

DAY/TIME	DATES	AGES
W: 5:00 - 5:50 pm	1/31 - 5/16 (No class on 3/28)	Ages: 10 - 13

DRUMS PATH II (Continuation of Drums Path I)

DAY/TIME	DATES	AGES
F: 4:00 - 4:50 pm	2/2 - 5/18 (No class on 3/30)	Ages: 8 - 10

FREE

Discover Nature Days

PRESENTED BY
THE CHILDREN'S FOREST
OF CENTRAL OREGON
PARTNERS

Ages: 6 - 12 with Adult

Get outside and discover with your little explorers! Join us for art, science and play while learning about the natural world and exploring local parks.

Register in advance at:
childrensforestco.org/discover-nature-days.

Space is limited.

Questions? Call (541) 383-5592.

WINTER TRACKING at SUNRIVER NATURE CENTER

with Discover Your Forest

Saturday, January 13
10:00 am - Noon

Strap on snowshoes, search for wildlife tracks, and learn about fascinating winter adaptations. Snowshoes are provided. Center admission is free to program participants.

HABITAT HEROES at HIGH DESERT MUSEUM

Saturday, March 10
10:00 am - Noon

Design and create habitat for local insects and critters in this special STEM program. Museum admission is free to program participants.

SPECIAL OPS SURVIVORS at SKYLINERS LODGE

with
Wildheart Nature School

Saturday, April 28
10:00 am - Noon

Learn to navigate the world of unpredictability while playing team games and practicing survival skills in nature.



Outdoors

Rock Climb

**NO
SCHOOL**

Ages: 10 - 14

Harmon Park - Outdoor Center

Shake off winter and get out to enjoy early spring. Half-day Intro Rock Climb teaches beginning skills for novice climbers on the security of the rock wall at The Pavilion. Full Day Rock Climb provides an entire day of adventures at Smith Rock State Park with rock climbing, hiking and boulder scrambling. All skill levels welcome. Equipment provided.

Activity: 107530

Intro Rock Climb

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

W: 8:30 am - 12:00 pm

Session: 4/11

Full Day Rock Climb

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

F: 8:30 am - 3:30 pm

Session: 4/13

Archery

**NO
SCHOOL**

Ages: 10 - 14

Harmon Park - Outdoor Center

Discover the 10,000 year-old art of bows and arrows. A fun morning that emphasizes shooting safety and developing basic archery skills using recurve bows on our outdoor range in Tumalo. No previous experience necessary; all skill levels welcome. All archery equipment is provided.

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

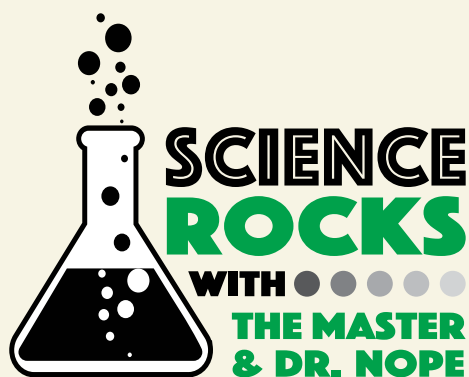
Activity: 107710

Th: 8:30 am - 12:00 pm

Session: 4/12

**Teens!
Volunteer
with BPRD.**

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



Science & Technology

Offered on No School Days throughout the year.

Bring your sense of fun and adventure along with a water bottle, lunch and snack.

Space Explorers for a Day

NO SCHOOL

Ages: 6 - 11

Juniper Elementary

Explore all of space by making rockets and landing a rover on mars. End the day with a planetarium show where we will take a trip into space! Bring a clean, empty 2-liter bottle.

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

Activity: 106601

F: 9:00 am - 3:00 pm

Session: 2/2

Light & Lasers

NO SCHOOL

Ages: 6 - 11

Juniper Elementary

Explore the way light behaves by using mirrors, lenses and filters and discover lasers in the Laser Dome! Take home your creations to continue your scientific explorations.

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

Activity: 106613

M: 9:00 am - 3:00 pm

Session: 3/26

Dinosaur Day

NO SCHOOL

Ages: 6 - 11

Juniper Elementary

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!

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

Activity: 106615

Tu: 9:00 am - 3:00 pm

Session: 3/27



Crazy Chemistry

NO SCHOOL

Ages: 6 - 12

Juniper Elementary

Fizz, bang, pop! Create crazy concoctions while learning some basic chemistry in a safe, fun way. Explore the dynamics of solids, liquids and gases using hands-on experiments.

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

Activity: 106611

W: 9:00 am - 3:00 pm

Session: 3/28

Secret Agent for a Day

NO SCHOOL

Ages: 6 - 12

Juniper Elementary

How do they make all those cool gadgets? Join us to make your own and learn the science of stealth and disguise.

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

Activity: 106610

Th: 9:00 am - 3:00 pm

Session: 3/29

Fantastic Flight

NO SCHOOL

Ages: 6 - 12

Elk Meadow Elementary

Future aviators! Learn how airplanes, helicopters and hot air balloons work as we do hands-on investigations about things that fly. Take home your creations to continue your scientific explorations.

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

Activity: 106614

Th: 9:00 am - 3:00 pm

Session: 4/12

Alternative Energy

NO SCHOOL

Ages: 6 - 11

Elk Meadow Elementary

Join us as we create fun hands-on practical applications of solar, wind and hydro power.

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

Activity: 106616

F: 9:00 am - 3:00 pm

Session: 4/13





Science & Technology

Coding 100/200 NO SCHOOL

Grades: 3 - 8

Sylvan Learning Center - Main

Get familiar with programming by exploring code blocks, designing and building 2D video games from start to finish including animated players, themes, music and sound effects. No prior experience necessary.

Fee: \$199 ID \$239 OD / session

Activity: 106657

M: 5:00 - 6:30 pm

Session: 1/22 - 2/19

4-H: Intro to the Engineering of Robots

Ages: 9 - 12

Pine Ridge Elementary

Take on new challenges such as programming your robot to greet an alien, go around the room and clean up your room! Gain an introduction to basic engineering principles such as problem solving, mechanical design and computer programming by bringing a robot to life. No prior experience necessary.

Fee: \$125 ID \$150 OD / session

Activity: 106682

Tu: 4:00 - 5:30 pm

Session: 1/23 - 2/13

Demolition Party NO SCHOOL

Ages: 9 - 13

Harmon Park Classroom

Ever wonder how things are put together? Learn how things are assembled by taking them apart, dismantling and demolishing while we use hand tools and logic to "de-engineer" common household objects by pulling out the screws, removing the covers, unwinding the electricals and seeing just what's inside. Who knows what will rise from the destruction? Hand tools provided. Bring a pair of child-sized light work gloves.

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

Activity: 107718

Daily: 1:30 - 3:30 pm

Sessions: F: 2/2

M: 3/26

Th: 4/12

Drone Zone NO SCHOOL

Ages: 9 - 13

Ensworth Elementary

Rad! Quadcopter flight school for the novice flyer with the quadcopter provided! Learn the basics of flying a quadcopter including using remote controls, flying level, hovering, turning and navigating. Learn what your quad can do then use your new skills to fly your drone through an obstacle course and maybe even race other pilots! At session's end, you get to keep your drone. How cool is that?

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

Activity: 107720

F: 1:30 - 3:30 pm

Sessions: 2/2 3/30

Engineering 100/200: Machine Maker Lab NO SCHOOL

Ages: 6 - 13

Sylvan Learning Center - NWX

Gears, pulleys, levers, oh my! Students use their creativity in this introductory engineering class focused on simple machines. Students utilize LEGO® technology to build models of the machines that help make our world run smoothly.

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

Activity: 106656

F: 10:00 am - 12:00 pm

Session: 2/2

Robotics 201: Investigation Factory

Ages: 9 - 14

Sylvan Learning Center - Main

Use LEGO® WeDo 2.0 robots to dive into the world of science with hands-on exploration of real-world environmental concepts. Become detectives through robotics to investigate and answer questions about physics, life cycles, nature, conservation and natural disasters. Each session is different with a set of new robots.

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

Activity: 106659

W: 5:00 - 6:30 pm

Session: 3/7 - 21

Engineering Lab NO SCHOOL

Ages: 10 - 14

Sylvan Learning Center - Main

Learn STEM concepts in a fun, interactive, engaging and hands-on way! Students use K'NEX® to build and test various bridge engineering designs while expanding their knowledge and problem-solving skill set!

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

Activity: 106655

Th: 10:00 am - 12:00 pm

Session: 4/12

Bot Lab 100/200

Ages: 7 - 13

Sylvan Learning Center

In this robotics workshop students enjoy building a new LEGO® robot and programming the robot to come alive! Come to one or come to all - each workshop has a different theme to extend your child's creativity and imagination.

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

Activity: 106660

Sa: 10:00 am - 12:00 pm

Sessions: 3/10 Main

5/12 Main

F: 10:00 am - 12:00 pm

Session: 4/13 NWX NO SCHOOL

Robotics 101

Ages: 6 - 10

Sylvan Learning Center - Main

Create and program complex LEGO® WeDo 2.0 robots with this new science-themed robot class. Students build and program robots using Bluetooth technology so that robots are operated wirelessly - the latest technology in LEGO® robots!

Fee: \$199 ID \$239 OD / session

Activity: 106658

M: 5:00 - 6:30 pm

Session: 4/23 - 5/21

4-H: Engineering Mighty Machines

Ages: 6 - 9

Pine Ridge Elementary

Use LEGO® WeDo 2.0 kits to bring science to life through hands-on projects. Learn the basics of mechanical engineering, programming and design skills with sophisticated motor, sensors, and an easy-to-learn graphic interface. This is a great starting point for beginner programmers and LEGO® enthusiasts.

Fee: \$80 ID \$96 OD / session

Activity: 106683

Tu: 4:00 - 5:30 pm

Session: 5/15 - 6/5



SPORT IS ART
.....
**ICE SKATING
LESSONS
& MORE**
.....
PAGES 98 - 99

play your best

Everybody wins.

Sports, whether team-based or individual, are great activities 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.

All Sports

All Sport Camp - Spring Break NO SCHOOL

Ages: 6 - 12

Cascade Indoor Sports

Join us for a great day of sports camp! We'll be playing all of your favorite games: soccer, kickball, tag, ultimate Frisbee, flag football, volleyball, dodgeball, Capture the Flag, floor hockey, garbage ball and more! Bring running shoes, appropriate clothing, water bottle and snack each day.

Single Day: \$40 ID \$48 OD

All 4 Days: \$140 ID \$168 OD

Activity: 103300

Daily: 8:30 am - 12:30 pm

M: 3/26

Tu: 3/27

W: 3/28

Th: 3/29

Start Smart Sport Sampler

Ages: 3 - 6

Riverbend Park

Sample a variety of sports this spring! Move through stations with your child as they learn motor skills and the basics of lacrosse, golf and baseball. Adult must attend and participate with their child. All equipment provided.

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

Activity: 103024

Tu/Th: 6:00 - 6:50 pm

Session: 5/8 - 24

Volunteer with youth sports and adaptive programs.

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

Baseball & Softball

Bitty Baseball League

Ages: 4 - 5 (as of 4/1/18)

The Pavilion

A good introduction for the younger player, Bitty Baseball will focus on skill development, teamwork and fun. Teams meet for practice and scrimmages for 60 minutes each Saturday. Team t-shirt and hat included. This program is dependent on volunteer coaches. If you are interested in coaching this season, head to our website and complete a BPRD Volunteer Application.

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

Registration deadline: 3/18 or until full

Season: 4/28 - 6/2 (No session 5/26)

Sa: 9:00 am - 1:00 pm

Program: 110764 Age 4

110765 Age 5



Pre-Season Softball Clinics

Ages: 8 - 14

Bend Fieldhouse

Get ready for the upcoming season and improve your game! All sessions are held indoors, under the direction of local high school coach Mike Carpenter.

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

Registration deadline: 3/3 or until full

Activity: 103140

Su: 1:00 - 2:30 pm

Session: 3/4 - 18

Girls Fast-Pitch Softball Pitching Clinics

Ages: 8 - 14

Harmon Park

Smokin' fast balls and tricky sliders! Get ready for the upcoming season and improve your pitching skills under the direction of local high school coach Mike Carpenter. Self-select Novice or Experienced clinics. Participants must bring someone to act as their "catcher" during each session.

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

Activity: 103145

Su: 4:00 - 5:00 pm

Session: 4/8 - 29

Girls Softball League

Ages: 6 - 14 (as of 1/1/18)

Locations to be determined

What a great way to play, make friends and grow your game! The season swings into action with a players' clinic. Teams practice twice a week; most games during the week. Includes uniform top, shorts and socks. This program is dependent on volunteer coaches. If you are interested in coaching this season, please visit our website and complete a BPRD Volunteer Application.

Registration deadline: 3/11 or until full

Season: 4/9 - 6/7

AGES: 8 & UNDER

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

Activity: 103450

AGES: 11 & UNDER

Fee: \$82 ID \$98 OD / season

Activity: 103453

AGES: 14 & UNDER

Fee: \$82 ID \$98 OD / season

Activity: 103456

Volunteer with youth sports and adaptive programs.

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

Basketball

COBO Basketball 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.

COBO NO SCHOOL DAY BASKETBALL CAMPS

Grades: 3 - 5

Pilot Butte Middle School

No school? Cool, come play ball! This camp is geared towards the elementary age player. Includes fun drills and lots of games to work on your passing, dribbling, shooting and defensive skills. Bring a water bottle and snack.

Activity: 303060

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

W/Th: 9:00 am - 12:00 pm

Sessions: 12/27 - 28 1/3 - 4

Activity: 103055

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

M or F: 9:00 am - 12:00 pm

Sessions: 1/15 2/2

2/19



COBO ADVANCED BASKETBALL TRAINING

Mountain View High School, West Gym

Prepare for the coming season as you practice and develop shooting, ball-handling, passing, post play, perimeter attack, rebounding and defense skills. The goal is to expose players to advanced training, techniques and drills that can improve their individual game.

Fee: \$92 ID \$110 OD / session

Activity: 103060

GRADES: 4 - 6

Tu: 6:00 - 7:30 pm

Session: 4/3 - 24

GRADES: 7 - 9

Tu: 7:30 - 9:00 pm

Session: 4/3 - 24

BMX Bikes

BMX Camp

Ages: 6 - 18

Ponderosa Skatepark

Join our first ever Central Oregon BMX camp! Learn new skills and tricks with pro instructors, get featured in our latest edits, and have a blast with games and activities. Groups are divided based on age and skill level. On the last day, we will show off our skills with great prizes and giveaways! Bike, helmet and sack lunch required.

Fee: \$215 ID \$258 OD / session

Activity: 106779

M - Th: 10:00 am - 2:00 pm

Session: 3/26 - 29

Work @ BPRD.

Jobs for ages 14 and up. Part-time, seasonal & full-time.

Visit bendparksandrec.org.

Fencing

Beginning Foil Fencing

Ages: 9 - 12

High Desert Fencing

Learn to sword fight 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 and waiver (\$10 additional) required at first class.

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

Activity: 106780

Tu: 4:30 - 5:30 pm

Sessions: 1/16 - 3/6 4/3 - 5/22

Intermediate Fencing

Ages: 9 & up

High Desert Fencing

Have you taken beginning and intermediate fencing and still want more? Continue to develop your fencing skills with foils, epees and sabers. We will use lessons, drills and situational bouting as well as lots of time fencing to help everyone development their technique and tactics. All fencing equipment is provided. If your last class was before Fall 2017, a new US Fencing annual membership and waiver (\$10 additional) is required at first class. Instructor: Jeff Ellington

Fee: \$85 ID \$102 OD / session

Activity: 106781

W: 5:30 - 7:00 pm

Sessions: 1/17 - 3/7 4/4 - 5/23



Beginning Epee Fencing

Ages: 13 - 19

High Desert Fencing

Learn the Olympic sport of competitive epee fencing. You'll earn the basic footwork, blade work and tactics in order to enjoy the sport in a safe and fun manner. All fencing equipment is provided. Wear a t-shirt, sneakers and athletic pants (no shorts or jeans please). US Fencing annual membership and waiver (\$10 additional) required at the first class.

Fee: \$85 ID \$102 OD / session

Activity: 106782

Tu: 5:30 - 7:00 pm

Sessions: 1/16 - 3/6 4/3 - 5/22

Golf

Awbrey Glen Youth Golf Lessons

Ages: 9 - 13

Awbrey Glen Golf Club

Awbrey Glen Golf Club is offering a fantastic opportunity for those who have never played or are new to golf to get their golf game off to a great start in a small group setting. Clubs provided or bring your own. Dress code applicable.

Fee: \$82 ID \$98 OD / session

Activity: 103701

F: 4:00 - 5:15 pm

Sessions: 4/13 - 27 5/4 - 18
6/1 - 15

River's Edge Youth Golf Lessons

Ages: 8 - 13

River's Edge Golf Club

Taught by PGA Pro Stuart Allison, this group lesson series is designed for the beginner or anyone interested in improving his or her game. Focus is on full swing, stance, grip, putting, club selection and golf etiquette. Clubs provided if needed.

Fee: \$89 ID \$107 OD / session

Activity: 103703

M: 3:15 - 4:45 pm

Sessions: 4/16 - 30 5/7 - 21

Junior Golf League

Ages: 8 - 13

Lost Tracks, River's Edge & Juniper Golf Clubs

Designed to bring a team sport atmosphere to the game of golf, this youth golf league provides a structured environment for kids of all skills levels. Compete and have fun while playing golf with your friends and classmates! Includes team jersey, golf balls and bag tags. Instruction on weekdays; league play on Saturdays. Participants provide their own clubs. Space limited; registration available until full.

Fee: \$149 ID \$179 OD / season

Season: 4/18 - 6/16

Activity: 103600 LOST TRACKS

W/Sa: 4:00 - 5:00 pm

Activity: 103601 RIVER'S EDGE

W/Sa: 1:30 - 2:45 pm

- OR -

W/Sa: 2:45 - 4:00 pm

Activity: 103602 JUNIPER GOLF

Th/Sa: 5:30 - 6:30 pm



Hockey

Youth Learn to Play Hockey 1

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. Rental equipment is available, \$50.00/session. Skate rentals available.

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

Activity: 110201

Sa: 10:30 - 11:30 am

Session: 1/13 - 3/3 (no class 1/27)

Youth Learn to Play Hockey 2

Ages: 5 - 14

The Pavilion

Continue your progression to the next level. Participants must have participated in a prior session of Learn to Play Hockey. Participants will continue to refine their fundamental hockey skills as well as start to transfer their practice skills into fun game-like scrimmages. Rental equipment is available, \$50.00/session. Skate rentals available.

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

Activity: 110202

Sa: 11:45 am - 12:45 pm

Session: 1/13 - 3/3 (no class 1/27)



Youth Hockey League

Ages: 7 - 15

The Pavilion

Let's play hockey! We're talking hockey skill development and game action for both boys and girls. Prior skating and/or hockey experience is required. Jersey and socks provided. All other equipment and rentals not included. Practices are held on Mondays with games played on Wednesdays.

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

Activity: 110203

M/W: 4:30 - 5:30 pm (ages 7 - 10)

- OR -

M/W: 5:45 - 6:45 pm (ages 11 - 15)

Session: 1/8 - 2/21

Youth Stick Time

Kids, get in your very own hockey practice time on the ice! Youth Stick Time is a Specialized Ice Time and offered regularly.

Look for details on page 66 and schedules at pavilioninbend.com.

Ice Skating

Parent & Seal Pup: Skate Together

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: \$48 ID \$58 OD / session

Activity: 110100

Tu: 9:45 - 10:15 am

Session: 1/9 - 30

Tu: 9:45 - 10:15 am

Session: 1/11 - 2/1

Freestyle

Ages: 11 & up

The Pavilion

Take your skating practice to the next level! Freestyle is a skating session designed for intermediate and advanced skaters to practice edgework, jumps, spins and choreography. Private lessons available at this time. For intermediate and advanced skaters and only.

Fee: \$9 ID \$11 OD / session

Activity: 110160

Tu: 3:30 - 4:15 pm

Session: 1/9, 1/16, 1/23, 1/30, 2/6, 2/13, 2/20, 2/27

Ice Skating Camp

NO SCHOOL NEW

Ages: 7 - 11

The Pavilion

Super cool! Spend your no-school days at The Pavilion! We'll learn skating skills and play fun games on and off the ice. We'll also spend time with new friends enjoying fun activities such as art projects, watching a movie and more.

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

Activity: 110150

Daily: 9:00 am - 12:00 pm

Sessions: F: 2/2

M: 2/19

M: 3/26

Tu: 3/27

W: 3/28

Th: 3/29



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 skates included.

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

Our ice skating lessons are...

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

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.

Free Practice

Registered Learn to Skate participants skate for free at public skate sessions Tuesdays through Thursdays (rental skates not included). Session details on page 29.

Schedules at pavilioninbend.com.

KinderSkate 1 & 2

Ages: 4 - 5

KinderSkate 1: Learn how to stand, march, dip and swizzle on the ice with fun songs and games. Protective headgear required.

Activity: 110101

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.

Activity: 110102

KinderSkate Hockey

Ages: 4 - 5

Learn hockey skating skills to be successful in the game of hockey. We will practice stance, falling, swizzles & snowplow stops with fun games and drills. All elements will be taught without a stick and puck.

Activity: 110104

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.

Activity: 110111

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.

Activity: 110112

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: Level 2.

Activity: 110113

Level 4: Polar Bears

Ages: 6 - 15

Find your strength and grace on the ice! Polar Bears work on mastering crossovers, turns and proper stroking technique. Prerequisite: Level 3.

Activity: 110114

Level 5: Yetis

Ages: 6 - 15

Yetis: Have you mastered front crossovers? Yetis will work on smoothing out backward crossovers, backward outside edges and beginning one-foot spins. Prerequisite: Level 4.

Activity: 110115

Level 6: Pre-Free Skate

Ages: 6 - 15

Pre-Free Skate: Focus on turns, spirals, lunges and the preparatory skills leading into free skate and private lessons. Prerequisite: Level 5.

Activity: 110116

Teen Level 1

Ages: 12 - 15

Come learn how to skate! Discover or re-discover your ice feet as you learn how to glide and develop your stroke. Practice balance, learn to stop, and begin to advance in your skating technique.

Activity: 110131

Teen Level 2

Ages: 12 - 15

Build your confidence on the ice! Come learn from each other and gain new skating skills including beginning circle work and backward skating techniques. For skaters who have mastered Level 1 skills.

Activity: 110132

Teen Level 3

Ages: 12 - 15

Advance in your skating skills as you continue to learn proper technique for edgework plus new skills such as forward crossovers, and beginning two-foot spins. For skaters who have mastered Level 2 skills. Figure skates recommended.

Activity: 110133

Teen Level 4

Ages: 12 - 15

Master your skating skills! Work on more advanced edge techniques and learn backward crossovers and three-turns. For skaters who have mastered Level 3 skills. Figure skates recommended.

Activity: 110134

Hockey Level 1

Ages: 6 - 11

Learn hockey skating skills to be successful in the game of hockey. We will practice stance, falling, swizzles and snowplow stops with fun games and drills. All elements will be taught without a stick and puck.

Activity: 110120

Hockey Level 2

Ages: 6 - 11

Master your skating skills! Work on more advanced edge techniques and learn backward crossovers and three-turns. For skaters who have mastered Level 3 skills. Figure skates recommended as we will learn skills specific to figure skating.

Activity: 110121

ONE-DAY-A-WEEK SESSIONS

\$48 ID \$ 58 OD

\$48 ID \$ 58 OD

KinderSkate 1 & 2

KinderSkate Hockey

Level 1: Snow Bunnies

Level 2: Penguins

Level 3: Arctic Foxes

Level 4: Polar Bears

Teen Level 1 & 2:

Teen Level 3 & 4:

\$48 ID \$ 58 OD

\$48 ID \$ 58 OD

KinderSkate 1 & 2

Level 1: Snow Bunnies

Level 2: Penguins

Level 3: Arctic Foxes

Level 4: Polar Bears

Hockey Level 1 & 2

Level 5: Yetis

Level 6: Pre-Free Skate

\$48 ID \$ 58 OD

\$48 ID \$ 58 OD

KinderSkate 1 & 2

KinderSkate Hockey

Level 1: Snow Bunnies

Level 2: Penguins

Level 3: Arctic Foxes

Level 4: Polar Bears

Hockey Level 1 & 2

Level 5: Yetis

Level 6: Pre-Free Skate

Each lesson is 30 minutes. Start times listed.

TUESDAYS

Jan. 9 - Jan. 30

Feb. 6 - Feb. 27

4:30, 5:10 pm

4:30 pm

4:30, 5:10 pm

4:30, 5:10 pm

4:30, 5:10 pm

5:10 pm

5:50 pm

5:50 pm

THURSDAYS

Jan. 11 - Feb. 1

Feb. 8 - Mar. 1

4:30, 5:10 pm

4:30, 5:10 pm

4:30, 5:10 pm

5:10 pm

5:10 pm

5:50 pm

5:50 pm

5:50 pm

SATURDAY

Jan. 6 - Feb. 3
(no class 1/27)

Feb. 10 - Mar. 3

9:40 am

9:40 am

9:00 am

9:00 am

9:00 am

9:00 am

9:40 am

9:40 am

9:40 am



Lacrosse League

Grades: 1 - 8

Locations to be determined

It's no wonder why lacrosse is so popular - it's exciting, fast-paced and great fun. A wonderful off-season complement to many other sports, this league emphasizes skill development, participation, teamwork, sportsmanship and fun. Teams will meet twice a week and play an eight-game schedule.

Helmets, sticks and mouth guards are provided. All players on coed and boys teams must provide their own shoulder pads, arm pads and gloves.

This program is dependent on volunteer coaches. Anyone interested in coaching this season, please visit our website and complete a BPRD Volunteer Application.

Fee: \$80 ID \$96 OD / session

Registration deadline: 3/5

Season: 4/2 - 6/1

COED

Activity: 103401 Grades: 1 - 2

BOYS

Activity: 103403 Grades: 3 - 4
103407 Grades: 5 - 6
103411 Grades: 7 - 8

GIRLS

Activity: 103404 Grades: 3 - 5
103410 Grades: 6 - 8

Lacrosse team sponsorships available.

For more information, call Russ Holliday at (541) 706-6108.

Lacrosse

Boys Spring Lacrosse Camp

Grades: 1 - 8

Summit High School

Get ready for the upcoming season! Taught by Summit High School coaches and players, this camp will tune you up for your games ahead. Bring your own equipment. If needed, helmet and sticks will be issued on Monday, March 19th, 4:30 - 5:30 pm at the old fire station building at Big Sky Park.

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

Activity: 103100

Registration deadline: 3/18 or until full

Tu - Th: 5:30 - 7:00 pm

Session: 3/20 - 22

Girls Spring Lacrosse Camp

Grades: 3 - 8

Big Sky Sports Complex

Girls, this camp is all about you and the best way to get ready for your upcoming season! Local high school girls' coaches and their female staff are committed to teaching all ability levels the skills and techniques required to know and enjoy lacrosse. Equipment provided or bring your own goggles and stick. If needed, equipment will be issued 30 minutes prior to the first session.

Fee: \$43 ID \$52 OD / session

Activity: 103105

Tu - Th: 4:00 - 5:30 pm

Session: 3/20 - 22

Boys Lacrosse Skills Days

Grades: 2 - 8

Summit High School

This camp is the perfect way to start the season! Learn new skills and drills while playing with your friends. The Summit High School coaching staff is comprised of experienced players and some of the best coaches from around the area. They are energetic, positive and enjoy teaching this exciting sport to kids.

Fee: \$38 ID \$46 OD / session

Activity: 103110

Sa: 10:00 am - 12:00 pm

Session: 4/7 & 4/14



Martial Arts

Lil' Dragons

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: \$64 ID \$77 OD / session

Age: 3

Activity: 106752

Tu/Th: 3:30 - 4:00 pm

Sessions: 2/1 - 27 3/6 - 22 (Adj. Fee \$48 ID \$58 OD)
4/3 - 26 5/3 - 29

Ages: 4 - 5

Activity: 106750

M/W: 4:15 - 4:45 pm

Sessions: 2/5 - 28 3/5 - 21 (Adj. Fee \$48 ID \$58 OD)
4/2 - 25 4/30 - 5/23

Tu/Th: 4:15 - 4:45 pm

Sessions: 2/1 - 27 3/6 - 22 (Adj. Fee \$48 ID \$58 OD)
4/3 - 26 5/1 - 24

Juniors Karate

Ages: 6 - 14

Odyssey Martial Arts

Discover what martial arts is all about! Students will acquire control, focus, discipline, self-defense, confidence and respect while learning karate techniques and having fun. Uniform included.

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

Activity: 106751

M/W: 5:00 - 5:45 pm

Sessions: 2/5 - 28
3/5 - 21 (Adj. Fee \$63 ID \$75 OD)
4/2 - 25 4/30 - 5/23

Tu/Th: 5:00 - 5:45 pm

Sessions: 2/1 - 27
3/6 - 22 (Adj. fee \$63 ID \$75 OD)
4/3 - 26 5/1 - 24

Kids MMA

Ages: 9 - 17

Smith Martial Arts

Learn Mixed Martial Arts skills and technique including boxing, kickboxing, takedowns, grappling and conditioning while emphasizing safety and fitness. This class is perfect for beginners and kids with prior training. Includes t-shirt!

Fee: \$359 ID \$430 OD / session

Activity: 106755

Tu/Th: 4:30 - 5:15 pm

Sessions: 1/9 - 3/29

3/6 - 5/24

Smith Ninja Warrior

Ages: 8 - 15

Smith Martial Arts

Test yourself with a fun fitness challenge on this obstacle course that requires speed, superhuman agility, balance, skill, strategy and tumbling. Master this course while getting a whole body workout.

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

Activity: 106754

F: 5:30 - 6:30 pm

Sessions: 1/12 4/20

Self Defense

Ages: 12 & up

Smith Martial Arts

Learn simple self-defense techniques with real life scenarios. Learn how to avoid attacks, how to get away in three moves or less, escapes from grabs and where attacks are likely to happen. Gain confidence in this empowering class.

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

Activity: 106756

Sa: 9:00 - 10:00 am

Sessions: 1/13 4/21

Quidditch

Quidditch Camp

NO SCHOOL

Ages: 8 - 11

Pine Ridge Elementary

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. Additional Quidditch-focused games, crafts and activities are included. No experience necessary.

Fee: \$89 ID \$107 OD / session

Activity: 106730

W/Th: 9:00 am - 3:30 pm

Session: 4/11 - 12

Rugby

Flag Rugby League

NEW

Boys & Girls, Grades: 4 - 8

Pilot Butte Middle School

The newest Olympic sport is coming to Bend through a joint program between Rugby Oregon and BPRD. Flag Rugby 7's is a fun and fast team sport where all players will be running, passing, catching, scoring and working together! Coed teams practice during the week; games played on weeknights. Uniform, shirt and ball provided; players must provide own cleats. This program is dependent on volunteer coaches. If you are interested in coaching this season, visit our website and complete a volunteer application.

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

Registration deadline: 3/25

W: 5:30 - 7:00 pm

Season: 4/4 - 6/6

Activity: 103654 Grades: 4 - 6

103657 Grades: 7 - 8



Yo! Sports Fans!

Plan Ahead!

2018

Youth League

Registration Deadlines:

CLIP IT OUT!
.....
(RE) PLACE
IT ON
YOUR FRIDGE!
.....
DON'T MISS OUT
ON THE
ACTION!

WINTER-SPRING 2018 REGISTRATION: Opens Dec. 11

Program/League	Season	Registration Deadline
Youth Winter Hockey League	Jan. - Feb.	Jan. 7
Youth Lacrosse League	April - June	March 5
Girls Softball League	April - June	March 11
Flag Rugby League	April - June	March 25

SUMMER 2018 REGISTRATION: Opens March 19

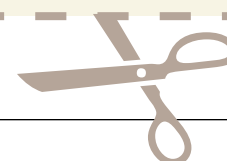
Check your Summer 2018 Playbook for specific registration dates.

Program/League	Season	Registration Deadline
Youth Fall Soccer League	August - Oct.	June, TBD
Youth Tackle Football League	August - Oct.	June, TBD
Youth Flag Football League	Sept. - Nov.	Aug., TBD
Kindergarten Soccer League	Sept. - Oct.	Aug., TBD
6th Grade Volleyball League	Sept. - Oct.	Sept., TBD
High School Volleyball League	Sept. - Oct.	Sept., TBD
Middle School Tennis League	Sept. - Oct.	Sept., TBD

FALL 2018 REGISTRATION: Opens August 6

Check your Fall 2018 Playbook for specific registration dates.

Program/League	Season	Registration Deadline
Youth Basketball	January - March	Nov., TBD
Youth Fall Hockey League	Nov. - Dec.	Nov., TBD
High School Basketball	Dec. - March	Nov., TBD
Middle School Basketball - Boys	Nov. - Dec.	Oct., TBD
Middle School Basketball - Girls	January - March	Dec., TBD
Youth Volleyball League	October - Dec.	Sept., TBD





Bend FC Timbers

Central Oregon Soccer League

Ages: U6 - U12

(Date of Birth: 07/31/12 through 08/01/04)

Bend FC Timbers offers a Spring Developmental soccer league. School based and divided by gender and age, teams practice twice a week and play games on Saturdays and/or Sundays. Instruction, number of players on teams and game field sizes are age appropriate and grow incrementally. Each child receives a uniform.

Season: March 1 - May 13

Junior Academy

Ages: U8 - U10

Year-round with breaks

For soccer players looking for a more competitive environment, this program features an Academy that will train under the guidance of the Bend FC Timbers professional coaching staff. The Academy will focus primarily on skill development and small-sided games.

Academy Teams

Ages: U11 - U18

Year-round with open enrollment

For highly committed soccer players looking to train and play year-round, this program features teams that will be coached by Bend FC Timbers professional staff. Team tryouts every May.

For more information on Bend FC Timbers Academy programs, visit BendFCTimbers.com.



Scooter & Skateboarding

Spring Break Skateboard Camp

Ages: 5 - 11

Bearings Skateboard Academy

Learn new skills in a fun and controlled indoor skate park. Coaches combine group instruction with one-on-one feedback with lots of cheers and high-fives! First-time skateboarders start with the basics of foot positioning, posture and control; meanwhile, returning students unlock advanced skills like kick-turns, ollies and drop-ins. As students build skill, confidence and safety awareness, they will take on more challenging park features.

Fee: \$189 ID \$227 OD / session

Activity: 106772

M - Th: 10:00 am - 1:00 pm

Session: 3/26 - 29

Work @ BPRD.

Jobs for ages 14 and up.
Part-time, seasonal & full-time.
Visit bendparksandrec.org.

Scooter Camp

NO SCHOOL

Ages: 6 - 18

Rockridge Park

Learn new skills and tricks with pro instructors and have a blast with games and activities. Riders are divided into groups based on age and skill set. Clinics feature pro guests! On the last day we will show off our skills with great prizes and giveaways! Scooter, helmet, pads and sack lunch required.

Fee: \$215 ID \$258 OD / session

Activity: 106778

M - Th: 10:00 am - 2:00 pm

Session: 3/26 - 29



Soccer

Start Smart Soccer

Ages: 3 - 5

Riverbend Park

Get involved with your child in this sensational soccer program that prepares kids for organized soccer in a friendly environment. This program is perfect for those with little or no soccer experience who want to learn the basics - kicking, trapping, dribbling, throw-ins and more! All participants will receive equipment to practice their skills at home. Adult must attend and participate with their child.

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

Activity: 103022

Tu/Th: 6:00 - 6:50 pm

Session: 4/19 - 5/3



Soccer Skills

Ages: 7 - 8

Cascade Indoor Sports

Designed for the player who wants to take their soccer game to the next level, this class will help develop individual soccer skills needed to improve your game. Our staff will coach soccer fundamentals and skill building.

Fee: \$95 ID \$114 OD / session

Activity: 103330

W: 4:00 - 4:55 pm

Sessions: 1/10 - 2/21

2/28 - 4/18 (No session 3/28)

Youth Spring Indoor Soccer League

Grades: K - 8

Cascade Indoor Sports

Get out of the cold weather and join a youth indoor soccer team! All skill levels are encouraged. Leagues are designed to develop and enhance soccer skills, promote physical fitness and create self-confidence. All registered players will be placed on a team for the season and will be given a team shirt. League games are on Saturdays; one game a week for eight weeks. Space is limited, registration available until program is full.

Fee: \$95 ID \$114 OD / season

Activity: 103340

Season: 3/3 - 4/28 (No games 3/31)

Grade: Saturdays:

K	10:00 - 11:00 am
1 - 2	11:00 am - 12:00 pm
3 - 5	1:00 - 2:00 pm
6 - 8	4:00 - 5:00 pm

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 - 3 Years

Parents participate with the child as they learn soccer basics and fun activities.

Fee: \$95 ID \$114 OD / session
 Activity: 103310
Tu: 10:00 - 10:55 am
 Sessions: 1/9 - 2/20
 2/27 - 4/17 (No session 3/27)
W: 11:00 - 11:55 am
 Sessions: 1/10 - 2/21
 2/28 - 4/18 (No session 3/28)
Th: 5:00 - 5:55 pm
 Sessions: 1/11 - 2/22
 3/1 - 4/19 (No session 3/29)
Sa: 9:00 - 9:55 am
 Sessions: 1/13 - 2/24
 3/3 - 4/21 (No session 3/31)

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.

SoccerTots - Cubs

Ages: 3 - 4

An introductory program teaching kicking, balance, dribbling, foot-eye coordination as well as listening and following directions.

Fee: \$95 ID \$114 OD / session
 Activity: 103311
M: 5:00 - 5:55 pm
 Sessions: 1/8 - 2/19
 2/26 - 4/16 (No session 3/26)
Tu: 11:00 - 11:55 am
 - OR -
Tu: 4:00 - 4:55 pm
 Sessions: 1/9 - 2/20
 2/27 - 4/17 (No session 3/27)
W: 10:00 - 10:55 am
 Sessions: 1/10 - 2/21
 2/28 - 4/18 (No session 3/28)
Th: 4:00 - 4:55 pm
 Sessions: 1/11 - 2/22
 3/1 - 4/19 (No session 3/29)
Sa: 9:00 - 9:55 am
 - OR -
Sa: 10:00 - 10:55 am
 Session: 1/13 - 2/24
 3/3 - 4/21 (No session 3/31)

SoccerTots - Bears

Ages: 5 - 6

Designed for kids with little or no soccer experience to teach the basics of this fun, fast-paced game.

Fee: \$95 ID \$114 OD / session
 Activity: 103312
M: 4:00 - 4:55 pm
 Sessions: 1/8 - 2/19
 2/26 - 4/16 (No session 3/26)
Tu: 5:00 - 5:55 pm
 Sessions: 1/9 - 2/20
 2/27 - 4/17 (No session 3/27)
W: 4:00 - 4:55 pm
 Sessions: 1/10 - 2/21
 2/28 - 4/18 (No session 3/28)
Th: 4:00 - 4:55 pm
 Sessions: 1/11 - 2/22
 3/1 - 4/19 (No session 3/29)
Sa: 10:00 - 10:55 am
 Sessions: 1/13 - 2/24 3/3 - 4/21



Track & Field

Middle School Track Clinics

Grades: 6 - 8

Cascade Middle School or Pacific Crest Middle School

Get a jump on the upcoming middle school track season! Join your friends and local middle school track coaches as they help you improve your personal best or try a new event. Emphasis is on individual improvement. Program t-shirt included. Attend all dates listed below.

Fee: \$42 ID \$50 OD / session
 Activity: 103170
M/Tu/Th: 3:15 - 4:30 pm
 Session: 3/12, 3/13, 3/15
 3/19, 3/20, 3/22

Youth Track Clinics

Grades: 1 - 5

Bend High School

The Central Oregon Track Club staff and athletes lead this great program geared towards athletes of all ability levels - a fantastic introduction to track and field. The program will consist of four clinics. Must bring running shoes, appropriate clothing and water bottle each day. Attend all dates listed below.

Fee: \$45 ID \$54 OD / session
 Activity: 103175
Tu/Th: 4:15 - 5:45 pm
 Session: 5/22, 5/24, 5/29, 5/31

Volleyball

Volleyball Skills Camp

NO SCHOOL

Grades: 3 - 5

Trinity Lutheran School

Designed for elementary school kids, this camp features drills and fun games to develop your skills. Includes a pizza lunch to end the session.

Fee: \$25 ID \$30 OD / session
 Activity: 103190
M: 9:30 am - 12:30 pm
 Session: 1/15



NPJ/OVA Spring Volleyball Clinics

Grades: 4 - 8

Pilot Butte Middle School

Our NPJ / OVA Spring clinics are designed for players wanting to improve their skills as they prepare for the next level of volleyball. Lead by local club volleyball coaches, groups are split into grades 4 - 5 and grades 6 - 8.

Fee: \$79 ID \$95 OD / session
 Activity: 103192
Th: 6:30 - 8:00 pm
 Session: 4/12 - 5/17



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:

Girls Middle School Basketball

Ice Skating Lessons Support

Bitty Baseball

Youth Lacrosse

Girls Softball

Flag Rugby

Youth Tennis

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.

Many thanks to every volunteer who generously contributed time as a coach for youth fall sports programs. These people share 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!

Bend Unified Recreational Soccer League

Susanna Abrahamson	Chris Cooper	David Giessler	Troy Kaiser	Adam Michell	Scott Ross	Misha Therrian
Ryan Altman	Mark Cornish	Liv Graving	James Kerr	Emily Miller	Susan Ross	Ben Thompson
Chris Arathoon	Gabe Couch	Casey Gribble	Jeff Klein	Tyler Miller	Nathan Saito	David Tolle
James Austin	Jeremy Cox	Jason Gritzner	Scott Knox	Krista Minaham	Mehdi Salari	Brian Tovar
Dave Baker	Luke Cox	Geoff Gruetzmacher	Patrick Koepler	Brock Monger	Genti Saliu	Silas Towne
Chris Barlow	Sean Creane	Neri Guevara	Brian Korfhage	Michael Morgen	Merri Sands	Amelia Valleton
Eric Beck	Chad Croft	Tony Gunsul	Casey Krahenbuhl	Joe Nance	James Schembri	Jon Vevia
Taylor Bell	Scott Deal	Justin Hanson	Chris Kraybill	Nathan Osborn	Fred Schroeder	Alicia Vickery
Eric Bercot	David Dealy	Kris Harwell	Starla Lajko	Ryan Oster	Shana Sellers	Joe Virgilio
Shelly Bercot	Rina Dean	Teague Hatfield	Craig Langer	Ray Page	Patrick Sheehan	Seth Waldron
Erik Bergstrom	Virgil Demeree	Rhett Hemphill	Cameron Larson	Meryll Paris	Matt Schinderman	Kristen Ward
Michelle Bertocchi	Robert Dennis	Aaron Henderson	Jess Lawro	Ryan Paris	Mathew Smith	Melissa Webb
Gemma Biancucci	Natalie Dent	Joshua Higgins	Travis Lowe	Tyler Pendergast	Judd Sproba	Hector West
Jennifer Blechman	April Diehl	Erin Hoar	Angie Lutz	Tim Peterson	Mike Stadler	Phil White
Ryan Bloodworth	Amy Dimmitt	Erin Hoffman	Jenny Lynch	Anna Phelps	Nicole Stilson	Kyle Will
Sydney Bolken	Aaron Dixon	Erich Hohengarten	Jim Maloney	Peter Polanco	Rick Stilson	Jeff Winstead
Christine Brandt	Josh Dorris	Julie Holden	Mary Manfredi	Sky Press	Justin Struhs	Matt Wissbaum
Daron Brown	Mike Duarte	Mark Hughes	Brian Marlowe	Sean Purdy	Kelly Strycharz	Darin Wodke
Kristen Brown	Kate Dunn	Natalie Hummel	Matt Martin	Galin Rhinc	Joel Sturgill	Matt Wurth
Tonya Burkett	Mark Freeland	Steve Hummel	Steve McDonald	Perry Rhodes	Nick Sundstrom	Scott Wyatt
Bart Butler	Andi Freeman	Paul Humphrey	David Mclay-Kidd	Blake Richardson	Scott Swenson	
Craig Chenoweth	Luke French	Paul Hutter	Emily McMahon	Mara Richardson	Shannon Swenson	
Michael Coe	Brady Fuller	Brendan Jackson	Dan McNairy	Shaun Roland	Ben Swinehart	
CJ Colt	Jeff Gautschi	Justin Johnson	Ariel Mendez	Jaime Root	John Tavares	

continued on next page

Thanks to Fall Sports Coaches, continued.

Kindergarten Soccer

Chris Arathoon	Anne George	Ken Lichtenberg	Scott Ross
Nathaniel Berliner	Brian George	Chet Liew	Susan Ross
Patrick Bluhm	Adrianne Goodrich	Trevor Lugers	Rob Skarperud
Andrew Boone	Jason Hughson	Angela MacFarland	Steve Tee
Mauri Brown	Megan Hughson	Joanna Maguire	Misha Therrian
Greta Cheney	Micah Johnson	Erin Martin	Karin Thompson
John Courtney	Jessica Keegan	Scott McCaulou	Katie Tiktin
Rachel Craig	Becky Knapp	Emily Osborn	Ryan Timm
Kevney Dugan	Shane Knapp	Meryll Paris	Nils Vinje
Tiffany Evans	Jason Kropf	Ryan Paris	Logan Williams
Kate Gaughan	Jessica LeBlanc	Chance Peasley	Brittany Wood

6th Grade Volleyball

Kelly Andrews	Jen Hammond	Moriah Ottlinger
Shirl Benjamin	Danielle Johnston	Jonna Pahlisch
Debbie Clothier	Andy Kizans Randall	Brooke Walton
Any Dimmit	Knight	Lyndsie Williams
Dru Ezell	Trevor Lugers	Mike Wilson
Mindy Godell	Angela MacFarland	Talitha Woodruff

Middle School Tennis

TJ Fournier	Sandra Lindsay	Gregg Morris
Kim Himstreet	Steve Mickel	Rob Petrescu

Youth Flag Football

Sev Anderson	Jason Dellinger	Carlin Miller	Kevin Schaffer
Steven Ashley	Jordan Diehl	Jeremiah Minton	Ben Spaulding
Sonny Bachman	Don Fain	Kelly Moyes	Mike Steder
James Bents	Lee Freeman	Matthew Mulder	Rick Stilson
Shane Bishop	Matt Freeman	Elijah Myers	Jason Stinnett
Steve Blackmarr	Gabe Glerup	Trev Naranche	Aaron Thomas
Adam Bledsoe	David Graham	Joe Nichols	Mike Thomas
Courtney Bledsoe	Ben Grieb	Melinda Nichols	Andy Timm
Gary Bolin	Tyler Honzel	Blair Nicol	Mike Toolan
James Borges	Jonathan Houston	Nick Pardo	Keith Wade
Randall Broadbent	Byron Jenson	Mason Payer	Garth White
Clint Burleigh	Craig Johnson	Matthew Perry	Jeff Williams
Lee Burns	Wes Knapp	Jessica Petkun	Austin Willis
Mike Carpenter	Kevin Kruse	Clint Pierce	Justin Winn
Marcus Carroll	Clark Limoges	Dan Radatti	
Keith Clayton	Gretchen Lupton-Boni	Pratt Rather	
Jason Colquhoun	Nate Macrostie	Ryan Ringer	

Youth Tackle Football

Ricky Bats	Tim Herberger	Derek McCulley	Russ White
Adam Bledsoe	Andy High	Brandon Miller	Dave Williams
Mike Blyer	Mark Howell	Jake Miller	Jared Wilmot
Adam Cagle	Rob Imhoff	Ben Moore	Rick Wilson
Keith Clayton	Jared Kapp	John Rivera	
Brian Crum	Joe Kennedy	Jeff Schuler	
Erik Emerson	Fred Kent	Tom Sorenson	
Gene Gaede	Bradford Kudlac	Blake Sweat	
Rob Gross	Arlie Lee	Ryan Whitcomb	
Jason Harman	Robert Malaie	Eric White	



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Kindergarten Soccer Sponsors

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Program Locations

Locations of all winter and spring BPRD programs are in alphabetical order below.

Academie De Ballet Classique 162 NW Greenwood Ave, Bend, OR 97701	Cascade Middle School 19619 Mountaineer Way, Bend, OR 97702	Larkspur Park 1700 SE Reed Market Rd, Bend, OR 97702	Silver Rail Elementary School 61530 SE Stone Creek St, Bend, OR 97702
American Red Cross Service Master Location 20806 Sockeye Pl, Ste. 210, Bend, OR 97701	Cascade School of Music 200 NW Pacific Park Ln, Bend, OR 97701	Lava Ridge Elementary School 20805 Cooley Rd, Bend, OR 97701	Skyliners Lodge 16125 Skyliners Rd, Bend OR 97701
Amity Creek Elementary 437 NW Wall St, Bend, OR 97701	Elk Meadow Elementary School 60880 Brookwood Blvd, Bend, OR 97702	Lost Tracks Golf Club 60205 Sunset View Dr, Bend, OR 97702	Smith Martial Arts 100 SE Bridgeford Blvd, Suite A Bend, OR 97702
Art Station 313 SW Shevlin Hixon Dr, Bend, OR 97702	Ensworth Elementary School 2150 NE Daggett Ln, Bend, OR 97701	Miller Elementary School 300 NW Crosby Dr, Bend, OR 97701	Sylvan Learning Center - Main 2150 NE Studio Rd, Bend, OR 97702
Awbrey Glen Golf Club 2500 Awbrey Glen Dr, Bend, OR 97701	Harmon Park, Hobby Hut & Outdoor Center 1100 NW Harmon Blvd, Bend, OR 97701	Mountain View High School 2755 NE 27th St, Bend, OR 97701	Sylvan Learning Center - NW Crossing 2863 NW Crossing Dr, Bend, OR 97701
Bear Creek Elementary School 51 SE 13th, Bend, OR 97702	High Desert Fencing 911 SE Wilson Ave, Bend, OR 97702	Norton Ave. Apartments 415 NE Norton Ave, Bend, OR 97701	Tall Pine Studio SE Bend off of Knott Rd, Bend, OR 97702
Bearings Skateboard Academy 615 SE Glenwood Dr, Bend, OR 97702	High Desert Museum 59800 US-97, Bend, OR 97702	Odyssey Martial Arts 924 B SE Wilson Ave, Bend, OR 97702	The Pavilion 1001 SW Bradbury Way, Bend, OR 97702
BEAT Studio 1080 SE 9th St, Ste 120, Bend, OR 97702	High Lakes Elementary School 2500 NW High Lakes Lp, Bend, OR 97701	Pacific Crest Middle School 3030 NW Elwood Ln, Bend, OR 97703	Trinity Lutheran School 2550 NE Butler Market Rd, Bend, OR 97701
Bend Fieldhouse 104 SE Roosevelt Ave, Bend, OR 97702	Highland Elementary School at Kenwood 701 NW Newport Ave, Bend, OR 97701	Pilot Butte Middle School 1501 NE Neff Rd, Bend, OR 97701	Tula Movement Arts 2797 NW Clearwater Dr Suite 100, Bend, OR 97701
Bend High School 230 NE 6th St, Bend, OR 97701	Hollinshead Park & Barn 1235 NE Jones Rd, Bend, OR 97701	Pine Ridge Elementary School 19840 Hollygrape St, Bend, OR 97702	Twin Knolls Transition Co-op 2500 NE Twin Knolls Dr, Bend, OR 97702
Bend Senior Center 1600 SE Reed Market Rd, Bend, OR 97702	Jewell Elementary School 20550 Murphy Rd, Bend, OR 97702	Pine Nursery Park 3750 NE Purcell Blvd, Bend, OR 97701	
Big Sky Sports Complex 21690 NE Neff Rd, Bend, OR 97701	Juniper Elementary School 1300 NE Norton Ave, Bend, OR 97701	Ponderosa Elementary School 3790 NE Purcell Blvd, Bend, OR 97701	
BPRD District Office 799 SW Columbia St, Bend, OR 97702	Juniper Golf Club 1938 SW Elkhorn Ave, Redmond, OR 97756	Ponderosa Park & Skatepark 225 SE 15th St, Bend, OR 97702	
Buckingham Elementary 62560 Hamby Rd, Bend, OR 97701	Juniper Swim & Fitness Center 800 NE 6th St, Bend, OR 97701	Rockridge Park 20885 Egypt Dr, Bend, OR 97701	
Cascade Indoor Sports 20775 High Desert Ln, Bend, OR 97701	KPOV – High Desert Community Radio 501 NW Bond St, Bend, OR 97701	Riverbend Park 799 SW Columbia St, Bend, OR 97702	
		River’s Edge Golf Course 400 NW Pro Shop Dr, Bend, OR 97701	

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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 for 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 including packages during open recreation swim times and 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. In addition, the entire facility is available in the non-ice season and can host more than 800 people.

THE ART STATION is the perfect place to host birthday parties and other get-togethers. Art parties and clay parties are available for children and adults.

PARKS, PICNIC SHELTERS & SPORTS FIELDS are available for rent. Fees are based on the size of your group, park amenities and duration 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 and/or to make a reservation.



Aspen Hall



Hollinshead Barn



The Pavilion



Marcoulier Event Room



Picnic Shelter

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 bendparksandrec.org and a print map is available at our facilities.

For additional information on parks and trails, visit our website at 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 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. Dogs are allowed in all parks except for Riley Ranch Nature Reserve.
- 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 or in Riley Ranch Nature Reserve. 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 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						•									•	
Canal Row Park	1630 NE Butler Market Rd								•		•	•		•			
Columbia Park	264 NW Columbia St							•			•	•	•			•	
Compass Park	2500 NW Crossing Dr								•		•	•	•				
Discovery Park	1315 NW Discovery Dr				•				•		•		•				
Dohema River Access	35 NW Drake Rd															•	
Drake Park	777 NW Riverside Blvd						•						•			•	
Eagle Park	62891 NE Nolan St										•	•		•			
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		•					•	•		•	•	•				
Lewis & Clark Park	2520 NW Lemhi Pass Dr		•									•					

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
McKay Park	166 SW Shevlin Hixon Dr						•						•		•		
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		•						•	•	•	•		•			
Riley Ranch Nature Reserve	19975 Glen Vista					•		•				•		•			
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	20885 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	•									•	•	•				
Stone Creek Park	61531 Stone Creek Ln							•		•	•		•		•		
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		•									•		•			



Riverbend Park



Stone Creek Park



Rockridge Park



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Drone Zone
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Light & Lasers
Dinosaur Day

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Secret Agent for a Day
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Alternative Energy
KPOV Radio Camp
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Superhero Shakespeare
Camp

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