

FALL  
REGISTRATION  
BEGINS  
AUGUST 7  
@ 5:30 AM

  
Bend Park &  
Recreation  
DISTRICT  
fall 2017

# your playbook

online preview  
edition

includes: Art Station,  
Juniper Swim & Fitness Center,  
The Pavilion and Bend Senior Center

youth & adult  
recreation  
registration  
opens august 7th  
at 5:30 am

*play for life*

## CONTACT US

phone: (541) 389-7275  
email: [info@bendparksandrec.org](mailto:info@bendparksandrec.org)  
website: [bendparksandrec.org](http://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: Sept. 4 - Labor Day, Nov. 10 - Veterans Day, Nov. 23 - 24 - Thanksgiving, Dec. 25 - Christmas Day, Jan. 1 - New Years

## 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 36.

## 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 24.

## THE PAVILION

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

Sept. - Oct. Hours vary - check online.

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

Holiday hours and special events: See page 32.

## PARK SERVICES

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

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

Park Services will be closed: Sept. 4 - Labor Day, Nov. 10 - Veterans Day, Nov. 23 - 24 - Thanksgiving, Dec. 25 - Christmas Day, Jan. 1 - New Years



## fall 2017 • online preview edition

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 de 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 • Ariel Mendez • Sarah Olson • Brian Thorsness

### EXECUTIVE DIRECTOR:

Don Horton • (541) 706-6101  
[don@bendparksandrec.org](mailto:don@bendparksandrec.org)

### ADMINISTRATIVE SERVICES DIRECTOR:

Lindsey Lombard • (541) 706-6109  
[lindsey@bendparksandrec.org](mailto:lindsey@bendparksandrec.org)

### PLANNING & PARK SERVICES DIRECTOR:

Michelle Healy • (541) 706-6113  
[michelleh@bendparksandrec.org](mailto:michelleh@bendparksandrec.org)

### RECREATION SERVICES DIRECTOR:

Matt Mercer • (541) 706-6103  
[matt@bendparksandrec.org](mailto:matt@bendparksandrec.org)

### 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)

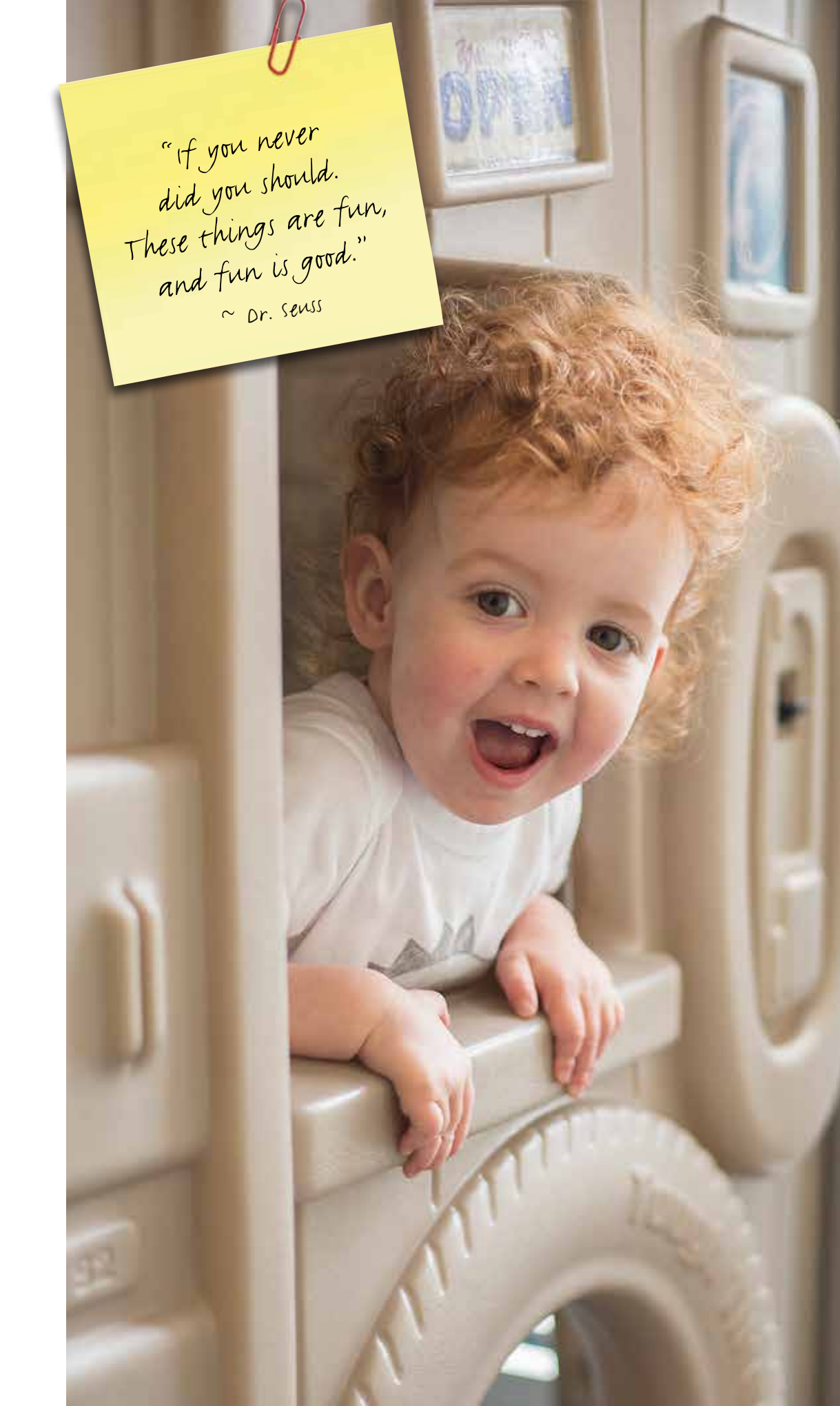
**Instagram** - bendparks (@bendparks)

**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

A young child with curly hair is leaning over a light-colored plastic play structure, looking up with a joyful expression. A yellow sticky note is pinned to the top left of the page with a red paperclip.

"If you never  
did you should.  
These things are fun,  
and fun is good."  
~ Dr. Seuss

## ONLINE PREVIEW

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# 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 three 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](https://register.bendparksandrec.org) or by calling (541) 389-7275.

## Credits & Refunds

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

## Mark Your Calendar,

Winter-Spring 2018  
registration begins  
December 11, 2017.

Fall 2017 registration  
begins August 7, 2017.

## Needs-Based Assistance

(Formerly known as Recreation Scholarships)

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

### To Apply for Assistance:

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

### Everyone can play.

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





# MAKE YOUR PLAY

## 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.

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.  <b>Monthly pass includes use of Senior Center.</b>	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 an additional 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.**



FREE  
FAMILY NIGHT  
& MORE  
.....  
WEEKENDS  
ROCK AT JSFC  
.....  
PAGE 26

# share in play

## Perfectly fit for you.

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

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



**Fall 2017:**  
**Sept. 18, 2017 - Jan. 8, 2018**

### 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](http://juniperswimandfitness.com)



Follow us on Facebook!

Look for Juniper Swim & Fitness Center

## Schedules & Information

Visit [juniperswimandfitness.com](http://juniperswimandfitness.com) for current pool and group fitness schedules and facility rules and regulations.

## Fees:

Pass information on pages 22 - 23.

More Activities  
at Juniper Swim & Fitness:  
Adult swimming p. 27  
Adult Fitness p. 60 - 66  
Youth Fitness  
& swimming p. 28 - 31

## Holidays Special Hours

9/3 - 17	Indoor Pool maintenance	
9/4	Labor Day	Noon - 5:00 pm
10/31	Halloween	Close at 6:00 pm
11/23	Thanksgiving	8:00 am - Noon
12/24	Christmas Eve	9:00 am - 1:00 pm
12/25	Christmas Day	Closed
1/1	New Year's Day	9:00 am - 1:00 pm

## Swim Meets & Special Events

9/17	Bend Open Streets
11/18	High Desert Classic
12/2 - 3	Bend Invite
12/9	COMA All-Around Meet
12/16	High School Invite

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



## Juniper Swim & Fitness Center Features

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

Online video tour available at [bendparksandrec.org](http://bendparksandrec.org)

## 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.

### SWIMMING POOLS & AQUATICS:

#### Indoor/Outdoor Olympic 50-Meter Pool

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

#### Indoor 25-Meter Pool

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

#### Indoor Children's Pool

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

#### Hot Tub, Dry Sauna & Steam Room

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



### FITNESS CENTER & EQUIPMENT:

#### Fitness Center

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

#### Fit Studio

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

#### Indoor Cycling Studio

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

#### Group Exercise Studio

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

#### Yoga Studios

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

### OTHER FEATURES:

#### Multiple Locker Rooms

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

#### Wi-Fi & Lounge Areas

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



### Kids' Corner Child Care

**Ages: 6 weeks - 6 years**

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

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

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

#### FEES:

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

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

#### Kid's Corner Hours:

(subject to change)

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

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

**Sa: 8:00 - 11:00 am**



## 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

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. (Sorry, dinner not included.) Note: Ages 3 - 5 must be potty trained and will enjoy crafts, games, movies and more. Swimming is not included for this group.

### FREE FAMILY NIGHT

**All Ages**

**Fee: FREE**

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

### MIDDLE SCHOOL NIGHT

**Grades: 6 - 8**

Fee: \$5/person or current pass

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

### FIRST FRIDAY SPLASH & FUN

**Ages: 6 - 9**

Activity: 405102

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

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

Mom, Dad! Drop the kids off at JSFC and head to First Friday in downtown Bend! In the care of our trained, fun-loving staff, children can participate in a variety of exciting activities such as science experiments, crafts and games, create their own healthy snack and, of course, swimming! Snacks provided. Save money by registering early.

### 1ST & 3RD SATURDAYS:

**Dates: 10/7, 10/21, 11/4, 11/18  
12/2, 12/16, 1/6**

**Sa: 6:30 - 9:30 pm**

### 2ND SATURDAY: **FREE**

**Dates: 10/14, 11/11, 12/9, 1/13**

**Sa: 6:30 - 8:30 pm**

### 4TH SATURDAY:

**Dates: 10/28, 11/25, 12/23, 1/27**

**Sa: 6:30 - 9:00 pm**

**Dates: 11/3, 12/1, 1/5**

**F: 6:00 - 9:00 pm**



## Drop-In Swim Sessions

### Open Recreation Swim

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

Fee: Basic pass or drop-in fee

**September 18 - January 7**

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

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

### No School Day Recreation Swim

When school's out, swimming is in!

**Daily: 1:00 - 3:00 pm**

**Dates: 10/25 & 26**

**Daily: 1:00 - 4:00 pm**

**7:00 - 9:00 pm**

**Dates: 10/27, 11/10, 11/20 - 22,  
11/24, 12/26 - 29,  
1/2 - 1/5**

### Family Swim

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

**September 18 - January 7**

**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 potty trained.

Fee: Basic pass or drop-in fee

**September 18 - January 7**

**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

**September 18 - December 20**

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

Except 11/20, 11/22

## 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](http://juniperswimandfitness.com) for pool schedule, pool length and number of lanes.

Fee: Basic pass or drop-in fee

**September 18 - January 7**

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

**F: 5:15 am - 7:30 pm**

**Sa: 7:00 am - 6:00 pm**

**Su: 9:00 am - 6:00 pm**

**NO SCHOOL**

.....  
IMPROVE YOUR  
TECHNIQUE  
WITH  
**SWIMMING**  
.....  
SEE BELOW

# swim on

## Fall Lap Swim Schedules

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

## Adult Swimming

### Kayak Roll Session

#### All Ages

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

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

Activity: 405100

September 24 - December 17

Su: 4:15 - 6:00 pm

### Level 1 Beginning Adult Swim Instruction

#### Ages: 16 & up

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

Fee: \$54 ID \$65 OD / session

Activity: 305554

Sa: 7:45 - 8:30 am

Sessions: 9/23 - 10/28

11/4 - 12/16 (no class 11/25)

1/6 - 2/3 (Adj Fee \$45 ID \$54 OD)

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

Activity: 305555

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

Sessions: 9/18 - 10/4 10/9 - 25

10/30 - 11/15 11/27 - 12/13

1/9 - 25

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

Activity: 305556

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

Sessions: 9/19 - 10/5 10/10 - 26

11/2 - 16 (\$60 ID \$72 OD)

11/28 - 12/14 1/10 - 26



### 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: Varies, see session

Activity: 305557

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

Sessions: 9/19 - 10/19 (\$120 ID \$144 OD)

10/24 - 11/16 (no class 10/31,  
\$84 ID \$101 OD)

11/28 - 12/21 (\$96 ID \$115 OD)

1/9 - 2/8 (\$120 ID \$144 OD)

### SwimFit

#### Bend's Adult Swim Program!

#### Ages: 18 & up

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

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

September 18 - January 8

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

## Liquid benefits.

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

## Recreation Swim Schedules

available on page 26 and at [juniperswimandfitness.com](http://juniperswimandfitness.com).

*Find all the times you can come splash and play.*

BIG SPLASH!  
.....  
**SWIM LESSONS FOR ALL!**  
.....  
PAGES 28 - 30

# get swimmin'

## Dive into fitness and swimming.

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

## Youth 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.

# Youth Swim Lessons Descriptions & Schedule

## Parent Tot Programs

**Ages: 6 - 36 months**

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

## Sea Stars

**Age: 2.5 - 3**

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

## Journey Programs

**Ages: 3 - 5**

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

## Level Programs

**Ages: 6 - 12**

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

## Teen Level Programs

**Ages: 12 - 15**

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

## Private & Semi-Private Lessons

Private and semi-private lessons are available for those needing extra attention and work at perfecting their swimming skills.

Fees: \$53 ID semi-private lesson or \$105 ID private lesson. (Semi-private lesson registration in-person only; private lesson registration in-person or online.) Call (541) 389-7665 to schedule.



### ONE-DAY- A-WEEK SESSIONS

\$64 ID \$ 77 OD

Journey 1, 2, 3, 4/5

Level 1, 2, 3

Level 4

\$48 ID / \$58 OD

\$48 ID / \$58 OD

\$40 OD / \$48 OD

Parent Tot 1, 2

Journey 1, 2, 3

Level 1, 2, 3

Level 4

\$48 ID \$58 OD

\$48 ID \$58 OD

\$40 ID \$48 OD

Parent Tot 1,2

Sea Stars

Journey 1, 2, 3

Journey 4, 5

Level 1, 2, 3

Teen Level 1, 2, 3

Level 4

Level 5, 6

### WEDNESDAYS

**Sept. 20 - Oct. 25**

3:00 pm

3:00 pm

3:00 pm

### FRIDAYS

**Sept. 22 - Oct. 27**

**Nov. 3 - Dec. 15** (no class 11/24)

**Jan. 12 - Feb. 9**

5:30 pm

4:30 pm

5:30 pm

5:30 pm

### SATURDAYS

**Sept. 23 - Oct. 28**

**Nov. 4 - Dec. 16** (no class 11/25)

**Jan. 6 - Feb. 3**

10:05, 11:45 am

9:15, 10:55 am

9:15, 10:55, 11:45 am

10:05 am

9:15, 10:05, 10:55, 11:45 am

10:55 am

10:05, 11:45 am

9:15, 11:45 am

Start times only listed. All classes 45-minutes.

### TWO- DAYS- A-WEEK SESSIONS

\$57 ID / \$69 OD

\$72 ID / \$86 OD

\$57 ID / \$69 OD

\$43 ID / \$52 OD

Parent Tot 1

Journey 1, 2, 3

Sea Stars

Parent Tot 2

Journey 1, 2, 3

Parent Tot 1, 2

Journey 1, 2, 3

Sea Stars

Journey 4, 5

Level 1, 2, 3

Journey 1, 2, 3

Journey 4, 5

Level 1, 2, 3

Level 4

**Sept. 18 - Oct. 12**

**Oct. 16 - Nov. 16**

**Nov. 27 - Dec. 21**

**Jan. 8 - 25**

### M/W MORNINGS

9:15 am

9:15, 10:00 am

10:00 am

### TU/TH MORNINGS

9:15 am

9:15, 10:00 am

### M/W EVENINGS

4:00 pm

4:45, 5:30, 6:15 pm

4:00 pm

5:30 pm

5:30, 6:15 pm

### TU/TH EVENINGS

3:35, 4:20, 5:05, 5:50 pm

5:05 pm

4:20, 5:05, 5:50 pm

5:05 pm

Start times only listed. All classes 40-minutes.



## Youth Scuba

at Juniper Swim & Fitness Center

## 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 will let you try scuba to see if you like it before you decide to commit to a PADI Open Water Certification program. Learn what wearing scuba equipment feels like and how easy it is to move around underwater while wearing it. Find out what it's like to breathe underwater. Learn basic skills and safety rules to carry over to your scuba certification course should you take the next step. All equipment provided.

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

Activity: 307920

**Sa: 11:00 am - 2:30 pm**

Sessions: 10/7, 10/14, 1/6



## Family Swim Programs

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: 205260

**Tu: 6:30 - 7:15 pm**

Sessions: 9/19 - 10/17

10/24 - 11/21

(\$32 ID \$38 OD, no class 10/31)

11/28 - 12/19 (\$32 ID \$38 OD)

1/9 - 2/6

## Youth Swimming

at Juniper Swim & Fitness Center

## Busy Buddies Preschool

With swim lessons & yoga!

**Ages: 3 - 5**

**Juniper Swim & Fitness Center**

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

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

Monthly Fee:

2 days/week: \$158 ID \$189 OD

(payment is due by the 5th of each month.)

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

Activity: 405601

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

- or -

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

**Dates: Sept. 11 - June 14**

## Novice Swim Team

**Entering Grades: 1 - 5**

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

Fee: \$136 ID \$163 OD / session

Activity: 305540

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

- OR -

**Tu/Th: 4:10 - 5:05 pm**

**& F: 4:30 - 5:25 pm**

(Grades 3 - 5 only)

Sessions: 9/18 - 11/17

1/8 - 3/2 (\$121 ID \$145 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.

Fee: \$136 ID \$163 OD / session

Activity: 305541

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

Sessions: 9/18 - 11/17

1/8 - 3/2 (\$121 ID \$145 OD)

## Novice Swim Team Stroke Clinic

**Grades: 3 - 8**

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

Fee: \$61 ID \$73 OD / session

Activity: 305543

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

Session: 11/27 - 12/22

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

Activity: 305570

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

Sessions: 9/18 - 10/11

10/16 - 11/15 (\$81 ID \$97 OD)

11/27 - 12/20

1/8 - 24 (\$48 ID \$58 OD)

## 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: \$64 ID \$75 OD / session

Activity: 205571

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

Sessions: 9/18 - 10/11

10/16 - 11/15 (\$81 ID \$97 OD)

11/27 - 12/20

1/8 - 24 (\$48 ID \$58 OD)

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

Check out all the great options for Friday and Saturday nights at JSFC on page 26.



## Youth & Teen Fitness

at Juniper Swim & Fitness Center

### Fit Kids:

**Ages 4 to 11**

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

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

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

### Teen Fitness Center Orientations/ Trainings & Use:

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

### Teen Group Fitness Class Access:

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

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



## THREE SPORTS & THREE CHEERS!

Big thanks to all our JSFC Kids' Triathlon sponsors and participants for another great event on August 27!

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



PLAY DATE!  
.....  
**SPECIAL  
\$6 SKATE  
SESSIONS**  
.....  
PAGE 35

# cold play

## Two kinds of play.

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

## The Pavilion

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

**Customer Service Office Hours:** (subject to change)

Sept. 2 - Oct. 8: Hours vary - Check online  
Early Nov. - Early April: Daily: 8:30 am - 8:00 pm



Follow us on Facebook! Look for The Pavilion in Bend!

## How to Get There

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

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

## Schedules

Visit [thepavilioninbend.com](http://thepavilioninbend.com) for current facility schedules, rules and regulations.

**Fall Season: September 2 - October 8**

**Ice Season: Early November - Early April**

### Holidays & Special Hours:

9/4	Labor Day	Closed
10/9 - Early Nov.	Transition to ice	Closed
11/23	Thanksgiving	11:00 am - 3:00 pm
12/24	Christmas Eve	12:00 - 4:00 pm
12/25	Christmas Day	12:00 - 4:00 pm
12/31	New Year's Eve	12:00 - 9:00 pm
1/1	New Year's Day	11:00 am - 7:00 pm

## Fees

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

# 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](http://thepavilioninbend.com).

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

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



## Fall Activities

### Open Play

September - October

Offered during special times, Open Play offers a variety of court sport opportunities and open space for you to choose how you play and enjoy recreating with family and friends.

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

<b>BASKETBALL</b>	<b>PICKLEBALL</b>	<b>BADMINTON</b>
<b>FUTSAL</b>	<b>SCOOTERING</b>	<b>CORNHOLE</b>
<b>SKATEBOARDING</b>	<b>FOOSBALL</b>	<b>ROCK CLIMBING</b>
<b>PING PONG</b>	<b>LADDER TOSS</b>	<b>BOCCE BALL</b>

Details, fees and schedules at [thepavilioninbend.com](http://thepavilioninbend.com).

## 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.



## The Pavilion Events

### 2017 Bend Ice Hockey Gear Swap

**SUNDAY, OCTOBER 1**  
**3:00 - 5:00 PM**

Hosted by the Bend Rapids

**BUY • SELL • TRADE**

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

### Halloween Costume Skate & Season Opener

**TUESDAY, OCTOBER 31**  
**4:00 - 8:00 PM**

Call (541) 389-7588  
for more information.

### Winter Solstice Celebration

**FRIDAY, DECEMBER 22**  
**5:30 - 8:30 PM**

\$6 with canned food item  
donation

Call (541) 389-7588  
for more information.

## Fall Ice Sports

For November - January  
ice sports programs,  
registration is now open.

**HOCKEY LEAGUE  
& LESSONS**

**CURLING LEAGUE & CLINIC**

**LEARN TO SKATE**

**ICE SKATING PROGRAMS**

See the following pages:

Adult - pages 67 - 69

Youth - pages 95 - 105

**MARK YOUR CALENDAR:**

For the January - March 2018  
ice programs and leagues,  
registration opens  
December 11, 2017.

### Come watch!

Spectators are welcome for  
free to watch BPRD hockey  
and curling league games.

Schedules online at  
[thepavilioninbend.com](http://thepavilioninbend.com)



## Public Skating Sessions

See pages 22 - 23 for regular fees.

**Dates:** Early November - Early April

Schedules available at [thepavilioninbend.com](http://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.

Regular fees apply.

**Dates:** 11/10, 11/20 - 24,  
12/24 - 1/5, 1/15,  
2/2, 2/19,  
3/26 - 30

Check schedules online at [thepavilioninbend.com](http://thepavilioninbend.com)

## Season Passes

Get the most skating for your money! Great savings plus 10% pre-season purchase discount. See pages 22 - 23.

## Skate Rental

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

## 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: 310402 - Adult  
310401 - Youth

## Pick-up Hockey

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

Activity: 310403 - Adult

## Curling Time

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

Activity: 310332

SEPT. 19  
.....  
**HEALTH &  
WELLNESS  
FAIR**  
.....  
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# play + learn

## Just for you.

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

**Follow us  
on Facebook.**

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

## Bend Senior Center

### Fall: September 1 - December 31

#### Regular Hours:

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

Located at Larkspur Park:  
1600 SE Reed Market Road

p. (541) 388-1133

### Schedules & Information

Visit [www.bendparksandrec.org](http://www.bendparksandrec.org) for current group fitness schedules and facility rules and regulations.

### Fees

Pass information on pages 22 - 23.

### Special Hours & Closures

Sept. 4	Labor Day - Closed
Nov. 23 - 24	Thanksgiving - Closed
Dec. 25	Christmas - Closed

### How to Get There

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

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



## Community Information & Support

### AARP Driver's Safety

2nd & 4th Monday of the month:  
9:00 am - 4:00 pm  
Call (541) 388-1133 to reserve your space.

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

1st Thursday of the month:  
4:30 - 5:30 pm  
Join us for an informational Q & A session about Medicare.  
(Note: No meeting on 11/2, 12/7 and 1/4)

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

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

### Social Security Basics **FREE**

3rd Wednesday in September & October:  
4:30 - 5:30 pm  
If you will be eligible for Social Security soon, come learn about the options available to you.

### Medicare 101 **FREE**

3rd Wednesday in September & October:  
5:45 - 6:45 pm  
Are you new to Medicare or enrolling soon? Learn the basics needed to understand Medicare.

## Health Clinics

Provided by local health practitioners for your convenience.

### Foot Clinic

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

### Blood Pressure Clinic **FREE**

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

### Ear/Hearing Care & Consultations **FREE**

Provided by licensed audiologist  
1st Thursday in October:  
10:00 - 11:30 am • Drop-in

### Fitness passes through health plans?

It's possible you are eligible to receive no-cost or low-cost fitness passes through your health plan. For details, stop by the front desk the next time you visit.

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**

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

**Partner Training Rates (per person):**

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

### BSC Personal Trainer Team

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

Visit [bendseniorcenter.org](http://bendseniorcenter.org) for trainer bios.

## The Larkspur Community Center

## YOUR FUTURE PLAY & WELLNESS CENTER

Larkspur Community Center is the name of the expansion project at the Bend Senior Center. The facility will be a vibrant place for our community to come together for play, wellness and enrichment. The Larkspur Community Center will still maintain a strong focus on older adults as the home of the Bend Senior Center. Thoughtful planning will develop programming to meet a diversity of needs and schedules of a broader range of users. Designed to be a gathering place for all, this new facility will include approximately 34,000 square feet of additional space and include a warm-water pool, fitness center, indoor walking track, group exercise rooms, mind and body studios and an expanded parking area with entrances off Reed Market Road and 15th Street.

# Let's be social.

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

## SOCIAL ACTIVITY WEEKLY SCHEDULE

### MONDAY:

*(subject to change)*

- 12:00 - 3:30 pm Social Bridge
- 12:00 - 4:00 pm Pool/Billiards
- 12:30 - 4:00 pm Duplicate Bridge
- 12:30 - 3:00 pm Coed Mexican Train
- 1:00 - 2:30 pm Book Discussion Group (1st Monday)

### TUESDAY:

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

### WEDNESDAY:

- 10:30 am - 12:00 pm Book Discussion Group (2nd Wednesday)
- 12:00 - 4:00 pm Pool/Billiards
- 12:30 - 4:00 pm Duplicate Bridge

### THURSDAY:

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

### FRIDAY:

- 12:00 - 3:30 pm Social Bridge
- 12:00 - 4:00 pm Pool/Billiards
- 12:30 - 4:00 pm Duplicate Bridge
- 12:45 - 4:00 pm Pinochle

### SATURDAY:

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

### SUNDAY:

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



## It's all fun and games.

### 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.

### Knitting & Rug Hooking

Knit, purl and hook projects together while making friends.

### 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.

### 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.

## Come have lunch with us.

### Souper Tuesday Lunch

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

### Thursday Social Lunch

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



# fit. flexible. for life.

## Weekly Fitness Classes

September 1 - December 31 (no class 9/4, 11/18, 11/23, 11/24, 12/25)

Fee: Full-Access Pass or single visit fee (see pages 22 - 23) • Updates at [bendparksandrec.org](http://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 Strength & Stretch	7:35 - 8:35 am Strength & Stretch	7:35 - 8:35 am Strength & Stretch	7:35 - 8:35 am Strength & Stretch	7:35 - 8:35 am Strength & Stretch	
	8:00 - 10:00 am Fitness Center Orientation	8:00 - 9:00 am Cardio Ball	8:15 - 9:15 am Indoor Cardio Walking	8:45 - 9:45 am Balance Circuit Workout	8:00 - 10:00 am Fitness Center Orientation	
	8:45 - 9:45 am Cardio Dance Fusion	9:05 - 10:05 am Cardio Ball	8:45 - 9:45 am Nia	9:00 - 10:00 am Strength & Condition	8:30 - 9:30 am Tai Chi	
	8:45 - 9:45 am Fitness Variety	9:00 - 10:00 am Strength & Condition	8:45 - 9:45 am Balance Essentials	9:00 - 10:00 am Zumba Gold	8:45 - 9:45 am Restorative Flow Yoga	9:00 - 10:00 am Strength & Condition
	8:45 - 9:45 am Balance Circuit Workout		10:00 - 11:00 am Beginning Line Dance		8:45 - 9:45 am Fitness Variety	
	10:15 - 11:15 am Functional Fitness	9:35 - 10:35 am Tai Chi	10:00 - 11:00 am Zumba Gold	10:15 - 11:15 am Moving to Music Arthritis Program	10:00 - 11:00 am Indoor Cardio Walking	9:15 - 10:15 am Zumba Gold
	10:15 - 11:15 am Moving to Music Arthritis Program	10:15 am - 11:00 am Walk with Ease Seated Exercise		10:15 - 11:15 am Yoga Fundamentals	10:00 - 11:00 am Beginning Barre	10:30 - 11:30 am Yoga Pilates
	10:00 - 11:00 am Zumba Gold	10:15 - 11:15 am Yoga Fundamentals	11:30 am - 12:30 pm Strength, Tone & Mightier Bone	10:15 - 11:15 am Functional Fitness	10:00 - 11:00 am Beginning Line Dance	
AFTERNOON	11:30 am - 12:30 pm Strength, Tone & Mightier Bone	11:30 am - 12:30 pm Seated Yoga	12:45 - 1:45 pm Personalized Circuit Training	11:30 am - 12:30 pm Seated Yoga	11:30 am - 12:30 pm Strength, Tone & Mightier Bone	
	12:45 - 1:45 pm Personalized Circuit Training		1:30 - 2:30 pm Stretch & Relax		12:45 - 1:45 pm Stretch & Relax	
	2:00 - 3:00 pm Tai Chi	3:15 - 4:15 pm Yoga for Mindfulness		3:15 - 4:15 pm Yoga for Mindfulness		
EVENING	4:00 - 5:00 pm Pilates Mat	4:30 - 5:30 pm Yoga Flow	2:00 - 3:00 pm Tai Chi			
	4:30 - 5:30 pm Hatha Yoga		4:00 - 5:00 pm Pilates Mat	4:30 - 5:30 pm Hatha Yoga		
	4:30 - 5:30 pm Zumba 101		4:30 - 5:30 pm Zumba			
	5:30 - 6:30 pm Total Barre Body	5:30 - 6:30 pm Bliss Dance Workout	5:30 - 6:30 pm Yoga 101	5:30 - 6:30 pm Total Barre Body		

Class descriptions on pages 60 - 66.

in Adult Fitness.  
Look for the  icon.



## EVENTS

Mark your calendar!



### Sunday Afternoon Dance

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

### For the Health of It! Health & Wellness Fair

Tuesday, September 19  
12:00 - 3:00 pm

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

### Holiday Craft & Gift Bazaar

FREE

Saturday, November 18  
9:00 am - 3:00 pm

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

### Cascade Horizon Senior Band Annual Holiday Concert

FREE

Thursday, December 14  
1:30 - 3:30 pm

Come and enjoy an afternoon of holiday music.

### Central Oregon Community Orchestra Holiday Music

FREE

Tuesday, December 19  
1:30 - 3:00 pm

Join us for an afternoon of your favorite holiday music.

## Brown Bag Lunch & Learn Series

FREE



Wednesdays • 12:00 - 1:00 pm

Presented in partnership  
with PacificSource Medicare Health Plans

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

Bring your lunch; dessert and coffee are on us.

9/27 **The Deschutes County Sheriffs's Office & the Citizen's Advisory Panel: What Is The Real Story?**  
Michael Thornton, Citizen Advisory Panel

10/4 **Birds & Mammals of Central Oregon**  
Kevin Smith, Photographer

10/11 **Tips For Re-tooling For A Successful Retirement**  
Michael Hurley, Morgan Stanley

10/18 **How Do You Run a National Park Without Computers?**  
Michael Thornton, Retired National Park Service

10/25 **Images of America: Deschutes National Forest**  
Les Joslin, Author & Retired Forester

11/1 **The Cultural Heritage of Central Oregon**  
Paul Patton, Oregon State Parks

11/8 **The Roots of History: Oregon Heritage Trees**  
Nathan Pedersen, Deschutes County Historical Society

### PREMIER WORLD DISCOVERY ARMCHAIR TRAVEL INFORMATIONAL MEETING

FREE

Thursday September 28 & Thursday October 12  
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**  
.....  
PAGE 45 - 46

# color your play

**More Activities  
at the  
Art Station**

Youth Art  
p. 76 - 82

## 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](http://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 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
- 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](http://bendparksandrec.org)



## 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 43 - 47

**YOUTH CLASSES**  
on pages 76 - 82



## Open Studio & Kiln Firing

### Open Studio - Independent Work Time:

Check online for open times.

Artists, new and experienced alike, are welcome to come practice their art and develop skills during open studio times. Check the online calendar for updates. Registration encouraged; drop-ins welcome if space is available.

### Kiln Firing of Artist's Pottery

Want to fire your own pottery in our kiln? Contact Laura at (541) 706-6129 for pricing and availability.



## Clay

### 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. Instructor: Helen Bommarito

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

Activity: 311100

**F:** 12:00 - 3:00 pm

Session: 9/15 - 10/20

**M:** 12:00 - 3:00 pm

Session: 10/30 - 12/11 (No class 11/20)

### Clay Luminaries

**Ages: 14 & up**

**Art Station**

Build a vessel and carve your clay piece to make a luminary to light up the holidays. These festive lanterns are also called farolitos, which means "little lanterns" in Spanish. All skill levels welcome. Instructor: Rachel Evans

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

Activity: 311104

**M/Th:** 6:00 - 8:30 pm

Sessions: 10/9 - 12 11/6 - 9

### 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: 311102

**W:** 6:00 - 9:00 pm

Session: 10/11 - 11/15

**M/W:** 6:00 - 9:00 pm

Session: 11/27 - 12/13

### Art of the Teapot

**Ages: 14 & up**

**Art Station**

Getting the elements of a teapot to function and be pleasing to the eye can be a challenging ceramic skill, let us help. In this class we will work on shape, functioning of parts, and aesthetic cohesiveness of the teapot. Beginners welcome, basic clay skills a plus. Instructor: Rachel Evans

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

Activity: 311106

**Th:** 12:00 - 3:00 pm

Session: 11/2 - 16

## Drawing, Ink & Multimedia

### Intro to Chinese Brush Painting

**All Adults**

**Bend Senior Center**

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

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

Activity: 302406

**Th:** 1:00 - 3:30 pm

Session: 10/19

### Drawing 101

**Ages: 16 & up**

**Art Station**

Whether you're brand new or have been drawing for some time, this three-week class offers a relaxed atmosphere to improve your drawing skills. Learn how to design interesting compositions, layer with shadows and highlights, contrast and depict various textures and more. Instructor: Barton DeGraaf

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

Activity: 311110

**W:** 6:00 - 8:00 pm

Session: 9/13 - 27

**Sa/Su:** 2:00 - 5:00 pm

Session: 10/28 - 29

### 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.**



### Seasonal Reflections

**Ages: 16 & up**

**Art Station**

Using leaves, we will observe their color, shape and texture to reflect changes in nature. Students will sketch printings of the leaves onto rice paper with colored pencils and finish details with pen and ink. Then they'll incorporate it into a collage using paint, tissue paper and leaves of seasonal colors. Instructor: Deena Newman

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

Activity: 311140

**Sa:** 4:00 - 7:00 pm

Session: 9/16 - 23

**F:** 1:00 - 4:00 pm

Session: 10/13 - 20

### Intro to Calligraphy: Holiday Edition

**Ages: 14 & up**

**Art Station**

Calligraphy is an ancient writing technique using flat edged pens to create artistic lettering using thick and thin lines depending on the direction of the stroke. Learn how to personalize festive place settings, holiday cards, envelopes and gift tags with beautiful handwriting. Instructor: Amanda Krammes

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

Activity: 311142

**Tu/Th:** 5:30 - 8:00 pm

Session: 11/14 - 16



## Fused Glass

### 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: 311160

Tu: 5:30 - 8:30 pm

Sessions: 10/17 11/7

### Stained Glass Mosaic Mirror NEW

**All Adults**

#### Bend Senior Center

Learn the art of mosaic and create a one-of-a-kind mirror. 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). Instructor: Jessica Carleton.

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

Activity: 302418

W: 5:00 - 8:00 pm

Session: 11/1 - 8

## Jewelry

### 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: 311170

Sa: 10:00 am - 3:00 pm

& W: 5:30 - 9:00 pm

Session: 9/30 & 10/4

Sa: 10:00 am - 3:00 pm

& W: 5:30 - 9:00 pm

Session: 12/2 & 12/6



### Peyote Stitch Basics

**Ages: 14 & up**

#### Art Station

Discover this ancient bead weaving technique and learn the basics of materials and construction. Use a flat-stitch pattern to create samples that can be turned into beads and pins. (Additional \$10 materials cost of paid to instructor.) Instructor: Vicki Shuck

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

Activity: 311172

Th: 5:30 - 8:30 pm

Session: 10/19 - 26

## 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.

### Word Weaving - A Tapestry of You

**Ages: 16 & up** **Art Station**

Create a colorful water color painting, then write a story, favorite poem, or a thought on black paper with gel pens, and weave the two together to form a stunning tapestry of your thoughts and emotions. Participants will enjoy activating their thinking process with the writing, their feeling process through the painting, and merging and balancing the two with the weaving. Instructor: Deena Newman

Fee: FREE Activity: 311125

Tu: 6:45 - 8:45 pm Session: 9/26 - 10/10

F: 1:00 - 3:00 pm Session: 12/1 - 15

### 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 yoga and water fitness programs for cancer survivors on pages 66.**

## Creating with Wire

**Ages:** 14 & up

**Art Station**

Learn the basics and master the essential skills of working with wire to repair jewelry and create custom earrings, clasps, pendants and findings. 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 add to your artwork. Instructor: Laura Von der Osten

**Fee:** \$49 ID \$58 OD / session

**Activity:** 311174

**Th:** 5:30 - 8:30 pm

**Session:** 11/2

**W:** 5:30 - 8:30 pm

**Session:** 12/13



## Printmaking

### Relief Print Holiday Tags & Cards

**Ages:** 16 & up

**Art Station**

Carve an image into a soft-kut block and make prints for greeting cards and tags to give that special handmade touch, as we learn the basics of supplies and carving techniques for creating a relief print. Instructor: Vicki Shuck

**Fee:** \$36 ID \$43 OD / session

**Activity:** 311130

**Th:** 5:30 - 8:30 pm

**Session:** 11/30

**Sa:** 4:00 - 7:00 pm

**Session:** 12/2



## 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! \$15 supply fee due to instructor at beginning of each class. Instructor: Carol Picknell

**Fee:** \$20 ID \$24 OD / session

**SUN FLOWERS** NEW

**Activity:** 302409

**Th:** 1:00 - 3:30 pm

**Session:** 9/21

**ASPEN FLATS** NEW

**Activity:** 302410

**Th:** 1:00 - 3:30 pm

**Session:** 10/12

**ONION SOUP POT** NEW

**Activity:** 302411

**Th:** 1:00 - 3:30 pm

**Session:** 11/16

**POINSETTIA IN CHRISTMAS COLORS** NEW

**Activity:** 302412

**Th:** 1:00 - 3:30 pm

**Session:** 12/7

**SPECIAL GUEST ARTIST:**  
**CINDY BRIGGS**  
**WORLD RENOWNED**  
**PLEIN AIR ARTIST**

## WATERCOLOR WORKSHOP

**Ages:** 16 & up

**Art Station**

**Activity:** 311126

Supply list to be provided.



### It's About People:

Learn to paint clothed figures with simplicity, value and color. You'll learn to mix skin tones, paint clothing with folds and connect the subjects to their surroundings. Instructor will demonstrate painting techniques with step-by-step instruction. Bring your own photos or use the instructor's.

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

**F:** 9:30 am - 3:30 pm **Session:** 11/3

### Charming Bicycles in Watercolors:

Explore composition, positive and negative shapes, confident brushwork and color choices as we paint charming bicycle settings in watercolor. Instructor will demonstrate how to paint, fine tune and finesse the painting with individual assistance. Bring your own photos or use the instructors.

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

**Tu:** 10:00 am - 3:00 pm **Session:** 11/7

### Tranquil Landscape:

Following in the footsteps of Winslow Homer, we'll focus on composition, tonal values and brushstrokes to create tranquil landscape in watercolor. You'll use the intrinsic qualities of watercolor to utilize warm and cool colors, lost and found edges. Bring your own photos or use the instructors.

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

**Th:** 9:30 am - 3:00 pm **Session:** 11/9



### 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.

## 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. Instructor: Vicki Shuck

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

Activity: 311120

Th: 5:45 - 8:45 pm

Session: 9/28 - 10/12

## Acrylic Painting

**Ages: 16 & up**

### Art Station

Start at the very beginning and learn about choosing paints, painting surfaces and making the most of your paint and brushes. We'll explore texture, technique, basic color theory and mixing -- everything you need to begin your artistic journey into self-expression. Instructor: Barton DeGraaf

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

Activity: 311122

W: 6:00 - 8:00 pm

Session: 10/11 - 25



## Get Your Feet Wet With Water

**All Adults**

### Bend Senior Center

Begin your watercolor journey by learning to paint a simple project with just two brushes and three colors. Learn how to use washes, mix colors and make a color wheel. No experience necessary. \$10 supply fee due to instructor at first class. Instructor: Jennifer Ware-Kempke.

Fee: \$20 ID \$24 OD / session

Activity: 302400

Th: 1:00 - 3:30 pm

Session: 11/9

## Realism to Abstraction: Form to Gesture

**Ages: 16 & up**

### Art Station

Using famous works of art, we will de-construct a realistic rendering into stages of simpler elements to paint a wholly new abstract creation. This is great training for aspiring artists and gives beginners deeper insight into art. Instructor: Deena Newman

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

Activity: 311124

W: 6:00 - 8:00 pm

Session: 11/1 - 29 (No class 11/22)



## With Your Child: Books

### With Your Child: Accordion Book

**Ages: 5 & up with adult**

#### Art Station

Create beautiful expandable books that you can fill with art, poems, photos and memories! You and your child will choose style, theme and embellishments. Create memories and a place to keep them! Instructor: Sue Wilhelm

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

Activity: 311540

Sa: 9:30 am - 12:30 pm

Sessions: 9/23 10/21

## With Your Child: Clay

### With Your Child: Wheel Throwing

**Ages: 5 & up with adult**

#### Art Station

Curious about how incredibly 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: 311500

Sa: 10:00 am - 1:00 pm

Sessions: 9/16 10/21

## With Your Child: Leaf Platters

**Ages: 5 & up with adult**

#### Art Station

Bring the falling leaves to your dinner table by cutting your favorite leaf shapes out of clay slabs and adding or carving the stems and veins for a realistic look. Instructor: Rachel Evans

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

Activity: 311502

Sa: 10:00 am - 1:00 pm

Sessions: 9/30 11/4

**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 Frames

**Ages: 5 & up with adult**

### Art Station

Create a one of a kind picture frame out of clay for a special family photo. Personalize your frame using fun mark-making techniques with stamps and other objects. Finish your frame with colorful glazes. Instructor: Amanda Krammes

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

Activity: 311501

Sa: 10:00 am - 12:00 pm

Session: 9/23

## With Your Child: Make a Cookie Plate for Santa

**Ages: 5 & up with adult**

### Bend Senior Center

Create and decorate a custom, kiln-fired ceramic plate for Santa's cookies. Create a durable family treasure for holiday use year after year. Supplies and firing included. Instructor: Diane Burns.

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

Activity: 302415

Tu: 5:00 - 7:00 pm

Session: 12/5

## With Your Child: Heirloom Ornaments

**Ages: 5 & up with adult**

### Art Station

Create family holiday ornaments with clay using cookie cutters or own original and imaginative shapes! Press patterns or messages on your ornaments using stamps. Hang them on your own tree or share them as gifts. Instructor: Amanda Krammes

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

Activity: 311505

Sa: 10:00 am - 12:00 pm

Sessions: 11/18 12/9



## With Your Child: Tiny Homes

**Ages: 5 & up with adult**

### Art Station

Together you and your child create a magical tiny home! Learn various techniques while adorning your home with textured details and miniature features. Instructor: Helen Bommarito

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

Activity: 311503

Sa: 10:00 am - 1:00 pm

Sessions: 10/7 12/2

## With Your Child: Wall Pockets

**Ages: 5 & up with adult**

### Art Station

Design a vase to hang on the wall! Wall pockets are functional art that can be used to display small bouquets, air plants, dried flowers, etc. Create a great gift for family or friends. Instructor: Helen Bommarito

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

Activity: 311504

Sa: 10:00 am - 12:00 pm

Sessions: 10/14 12/16

## With Your Child: Fused Glass

## With Your Child: Halloween Dishes

**Ages: 5 & up with adult**

### Art Station

Child and adult will work side-by-side to create a 5x5" fused and slumped glass Halloween-themed dish. Additional charge of \$30 paid to instructor for raw materials and firing cost. Instructor: Julia Christoferson

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

Activity: 311561

Sa: 10:00 am - 12:30 pm

- OR -

Sa: 2:00 - 4:30 pm

Session: 10/14

## With Your Child: Seasonal Scenes

**Ages: 5 & up**

### Art Station

Create a 4x10" fused and slumped piece of decorative glass art with a fall or winter scene. These "tack fused" pieces highlight textural qualities in the glass. Additional charge of \$30 paid to instructor for raw materials and firing cost. Instructor: Julia Christoferson

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

Activity: 311564

Sa: 10:00 am - 12:30 pm

- OR -

Sa: 2:00 - 4:30 pm

Session: 11/4

## Volunteer in youth art programs.

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



## With Your Child: NEW Window Hanging

**Ages: 5 & up with adult**

### Bend Senior Center

Learn the basics of fused glass to create a window hanging with your child. 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 in a fun, informative setting. Projects will be kiln-fired and available for pickup a week after class. Instructor: Diane Burns

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

Activity: 302414

F: 5:00 - 7:00 pm

Session: 12/1

## With Your Child: Holiday Ornaments

**Ages: 5 & up with adult**

### Art Station

A variety of hanging ornament designs and choices will be available for you and your child to craft. Additional charge of \$10 - \$15 paid to instructor for raw materials and firing cost. Instructor: Julia Christoferson

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

Activity: 311567

Sa: 10:00 am - 12:30 pm

- OR -

Sa: 2:00 - 4:30 pm

Session: 12/9



DELISH!  
.....  
**COOKING  
& BAKING  
CLASSES**  
.....  
PAGES 48 - 50

# play your way

## 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?

## Cooking & Baking

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

Activity: 302222

Th: 5:30 - 7:30 pm

Session: 9/21

### I Love Pickles!

All Adults

**Bend Senior Center**

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

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

Activity: 302286

M: 5:30 - 7:30 pm

Session: 9/25

### One Chicken: NEW Four Different Meals

All Adults

**Bend Senior Center**

Save money by learning how to cut up whole chickens and filets while learning knife skills and cooking techniques. You'll turn one chicken into four wonderfully different meals from the meat - including a simple, homemade chicken soup. Class is demonstration with handouts included. Instructor: Suzanne Landry

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

Activity: 302226

Th: 5:00 - 7:30 pm

Session: 9/28

## 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.



## Chile 101: Green & Red NEW

All Adults

**Bend Senior Center**

Learn the culinary history of chile and how to handle chile safely in the kitchen. We will roast fresh Hatch green chile, prepare green chile sauce and New Mexico-style green enchiladas. In the second half of class, we'll prepare red chile sauce from New Mexico dried chile pods and chile powder to prepare New Mexico-style smothered burritos. Class includes recipes and cost of food. Bring a light lunch/snack and containers for leftovers and sauce. Instructor: Marsha Palmer.

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

Activity: 302268

**Sa:** 10:30 am - 3:00 pm

Session: 9/30

## Handmade Pretzels NEW

All Adults

**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 them, and enjoy them fresh out of the oven. We will also make a couple of different dipping sauces. Better not miss this one! Instructor: Jesica Carleton.

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

Activity: 302241

**Tu:** 5:30 - 7:30 pm

Session: 10/3

## Pot Stickers: Traditional Chinese Dumplings

All Adults

**Bend Senior Center**

Learn to make pot stickers also known in China as dumplings. Class covers a traditional recipe for filling, rolling the dough, forming and steaming the dumpling. This Northern China staple is a primary food in the "culture that created dumplings." Instructor: Jingshi Lin.

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

Activity: 302271

**Th:** 5:00 - 7:00 pm

Session: 10/12

## 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 brulee 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: Jesica Carleton.

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

Activity: 302238

**Tu:** 5:30 - 7:30 pm

Session: 10/17

## Artisan Pizza NEW

All Adults

**Bend Senior Center**

Mama Mia, that is-a-good-a pizza pie! Here is your chance to learn the secret behind flavorful pizza dough and creating a crispy crust in a conventional oven. Mix your own pizza dough by hand and craft your own personal artisan pizza. Instructor: Brenda Chilcott

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

Program: 302553

**Th:** 5:00 - 7:00 pm

Session: 10/19

## Holiday Chocolates & Sweets to Wow!

All Adults

**Bend Senior Center**

Calling all sweet tooth's and chocolate lovers! Come learn how you can serve up dazzling treats for your holiday displays that are nutrient packed without all the added refined sugars and additives. You will sample a variety of raw chocolates, cookies a few drinks that you will wow all of your guests throughout the holiday season! You will receive a collection of recipes, cooking instructions and a bag of sweets to take home. Instructor: Layla McGlone

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

Activity: 302242

**M:** 5:30 - 7:00 pm

Session: 10/23

## Bacon Jam NEW

All Adults

**Bend Senior Center**

Go crazy for Bacon Jam - A bacon lover's dream. Use it on everything from toast and pancakes to soups and sandwiches. Great for gift baskets. Instructor: Jesica Carleton.

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

Activity: 302223

**Tu:** 5:30 - 7:30 pm

Session: 10/24

## Holiday Side Dishes: Easy & Delicious NEW

All Adults

**Bend Senior Center**

Enjoy your holiday more with no fuss. Learn some easy, make-ahead holiday side dishes from wonderful fall vegetables that highlight the autumn harvest. From menu ideas and clever new approaches to presentation your guests will think you were a slave to the kitchen as they savor each bite. Instructor: Suzanne Landry

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

Activity: 302227

**Th:** 5:00 - 7:30 pm

Session: 10/26

## Tacos: Any Which Way NEW

All Adults

**Bend Senior Center**

Enjoy some southwest flavor and come have fun with tacos in this hands-on class. Tacos will be prepared, filled with potato, chile, and pork; chicken, guacamole; and tacos al Pastor made with corn tortillas, flour tortillas and salsa fresca. Class includes recipes and salsa to take home. Bring container to take your salsa home with you. Instructor: Marsha Palmer.

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

Activity: 302269

**W:** 5:00 - 7:00 pm

Session: 11/1





## Homemade Ravioli

**All Adults**

**Bend Senior Center**

Yes, you can make fresh ravioli at home! We'll walk step-by-step through ravioli making – from rolling and cutting dough to filling and cooking. Enjoy working alongside other students learning to transform seasonal ingredients into some of the best fillings you've ever tasted. Plus, we'll show you how to prepare an amazing sauce to complement your homemade ravioli. Bring containers to take items home. Instructor: Jesica Carleton

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

Activity: 302255

Tu: 5:00 – 8:00 pm

Session: 11/7

## Winter Warming Soups NEW

**All Adults**

**Bend Senior Center**

Meal-in-one soups are so satisfying you'll want them for lunch and dinner. Hearty and full of wholesome vegetables and beans, they can all be frozen for future meals. Learn the three very important rules in building delicious soups without store-bought stock. All recipes are dairy and gluten free. Hands on - bring your best knife and cutting board. Instructor: Suzanne Landry

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

Activity: 302228

W: 5:00 – 7:30 pm

Session: 11/29

## Dance

### Country Western Line Dancing

**Ages: All Adults**

**Bend Senior Center**

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

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

Activity: 302133

M: 6:10 – 7:10 pm

Sessions: 9/11 - 10/16 10/23 - 11/27



### Social & Club Dancing

**Ages: All Adults**

**Bend Senior Center**

Now expanded to 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. Make new friends! Learn new steps! No partner needed and absolute beginners are always welcome. Instructor: Barry Jost.

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

Activity: 302140

M: 7:15 – 8:15 pm

Sessions: 9/11 - 10/16 West Coast Swing  
10/23 - 11/27 Fox Trot

## Ballet For Adults

**Ages: 13 & up**

**Academie De Ballet Classique**

Rekindle ballet muscles long forgotten and rediscover that dream forgotten with emerging adulthood with this adults-only ballet class. Wear yoga attire or dancewear of your choice. Instructor: Anguelina Kouznetsova

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

Activity: 302170

M: 7:45 – 8:45 pm

Sessions: 9/11 - 10/23 10/30 - 12/11

- OR -

Activity: 302172

Tu: 11:30 am – 12:45 pm

Sessions: 9/12 - 10/24 11/7 - 12/19

### Ballet On The Ball NEW

**Ages: 13 & up**

**Academie De Ballet Classique**

Copyrighted fitness program for those wanting a dancer's body without the dance class drama. Bring yoga mat and fitness ball (55cm for 5' & under 65cm for over people over 5'). Other supplies provided. Instructor: Valerie Holgers

Fee: \$87 ID \$104 OD / session

Activity: 302171

W: 6:30 – 7:30 pm

Sessions: 9/13 - 10/25  
11/1 - 12/20 (no class 11/22)

### Beginning Tap NEW For Teens & Adults

**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: \$87 ID \$104 OD / session

Activity: 302174

W: 6:30 – 7:30 pm

Sessions: 9/13 - 10/25  
11/1 - 12/20 (no class 11/22)

## DIY

### Cold Process Soap Making

**All Adults**

**Bend Senior Center**

Make homemade soap using the cold process method with LeCol - a local, artisan handcrafted soap company and the originator of famous Dirty Girl and Boneyard Beer Soaps. Although it may seem complicated at first, making your own all-natural soap from scratch (the way some of our grandparents did) can be both fun and rewarding, not to mention addicting. This class is part demonstration and part hands-on with take-home soap samples. Instructor: Leslie Colvin

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

Activity: 302463

Th: 1:00 – 4:00 pm

Session: 10/5

### Fall Into a New YOU Detox!

**All Adults**

**Bend Senior Center**

A gentle fall detox plan that will support your body transition from the light eats of summer into heavier winter foods. You will receive a meal plan, grocery list, meal prep instructions and lifestyle best practices. Learn from a holistic life coach and walk away with an empowering guide to healthy living. Includes special access to a one-week online course. Instructor: Layla McGlone

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

Activity: 302210

M: 5:30 – 7:30 pm

Session: 10/9



## With Your Child: Mini-Pumpkin Halloween Arrangement NEW

**Ages: 5 & up**

**Bend Senior Center**

Wow your family and friends, as you and your child create your own mini-pumpkin Halloween arrangement. This workshop covers all the tips and tricks of the trade to make a beautiful and fun one-of-a-kind Halloween centerpiece. Fee includes class supplies and a take home arrangement. Fee includes child and adult. Instructor: Rae Aldrich.

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

Activity: 302201

**Tu: 4:30 - 6:30 pm**

Session: 10/17

## Thanksgiving Floral Centerpiece

**All Adults**

**Bend Senior Center**

Learn how to create a classic single candle and fresh-flower floral centerpiece. Learn the tips and tricks of working with fresh flowers and how to accentuate with floral pics, fruit and berries. Impress your family and friends with a stunning take-home floral masterpiece. All supplies provided. Instructor: Rae Aldrich.

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

Activity: 302202

**Th: 3:00 - 5:00 pm**

Session: 11/16

## Gifts From Your Kitchen NEW

**All Adults**

**Bend Senior Center**

Knock holiday shopping off your to-do list in one fun, hands-on class. Learn to make four to six high-quality gifts from the kitchen, packaged and wrapped with recipe cards. Make and take home one of each: Spicy Three Bean Chili Mix; Herbed Citrus Salt; Ginger Pancake Mix; Cookies in a Jar; Spice Blends (pack of four); Whole Grain Mustard. Bring canning jars: two-quart jars and two small jelly jars. Instructor: Marsha Palmer

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

Activity: 302464

**Th: 5:00 - 8:00 pm**

Session: 11/30

## Floral Arranging: Christmas Holiday Greens NEW

**All Adults**

**Bend Senior Center**

Learn how to make a unique holiday arrangement with winter greens, holly, flowers, cones and berries. Learn the tips and tricks of the trade to create a long-lasting centerpiece that will make your home smell terrific. Gain the confidence you need to create your own flower arrangements at home. Each student will create a fresh arrangement to take home and enjoy. Instructor: Rae Aldrich.

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

Activity: 302203

**Tu: 4:00 - 6:00 pm**

Session: 12/12



## Fiber Arts

### The Ugly Winter Beer Hat NEW

**All Adults**

**Bend Senior Center**

If you don't have the time to make the Ugly Christmas Sweater... then the Ugly Winter Beer Hat might be for you or your loved one! Learn how to interchange designs as we work strand and twisted colors, use charts, single and double decrease stitches. Circular needle skills with knit and purl stitches needed. Instructor: Kristina Romer

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

Activity: 302474

**Th: 9:30 - 11:30 am**

Session: 10/5 - 26

### Modern Knit Quilt Block Afghan NEW

**All Adults**

**Bend Senior Center**

Be surprised at the designs you can create using multiples of this simple knit shape! Each piece is small enough to take-along or to work on in small amounts of time. The pattern is easily remembered, and you can use up left-over yarn to contrast with a main background color. Learn to join the units together. Then have fun experimenting for your preferred design. Maybe plan to add more units, or to rearrange them into a totally different concept. Instructor: Kristina Romer

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

Activity: 302473

**Tu: 9:30 - 11:30 am**

Session: 11/14 - 21



### Learn to Knit with Cables

**All Adults**

**Bend Senior Center**

Are you confident with basic knitting and like to tackle your first cables? This adult-sized stretchy hat worked in a bulky yarn is a relaxing knit-along project to enjoy. Learn braided cables (left and right), increase and decrease stitches, and to read cable charts. Instructor: Kristina Romer.

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

Activity: 302472

**W: 9:30 - 11:30 am**

Session: 11/29 - 12/6

### Help with Finishing Your Knitting Project NEW

**All Adults**

**Bend Senior Center**

If you have participated in a knitting class with Kristina during 2017, this extra session is offered for further guidance to complete projects using patterns supplied in class. Instructor: Kristina Romer.

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

Activity: 302475

**Tu: 9:30 - 11:30 am**

Session: 12/12

## 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:** 302777

**W:** 10:00 - 11:00 am

**Sessions:** 8/30 - 10/18

10/25 - 12/20 (no class 11/22)



## Games

### Beginning/ Refresher Bridge

**All Adults**

**Bend Senior Center**

Learn to play bridge or improve your skills in this fun, relaxed class. Instructor: Judy Davidson

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

**Activity:** 302600

**Th:** 6:00 - 8:00 pm

**Session:** 10/5 - 11/9



## Music

### Beginning Ukulele I

**All Adults**

**Bend Senior Center**

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

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

**Activity:** 302100

**W:** 5:30 - 6:30 pm

**Sessions:** 9/6 - 27 10/4 - 25

11/1 - 29 (no class 11/22)

12/6 - 27

### 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'll enjoy this class as you progress your skills! Instructor: Carl Ventis.

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

**Activity:** 302103

**W:** 6:45 - 7:45 pm

**Sessions:** 9/6 - 27 10/4 - 25

11/1 - 29 (no class 11/22)

12/6 - 27

### Beginning Guitar I

**All Adults**

**Bend Senior Center**

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

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

**Activity:** 302106

**M:** 4:45 - 5:45 pm

**Sessions:** 9/11 - 10/2 10/9 - 30

11/6 - 11/27 12/4 - 18

(Adj. Fee \$29 ID \$35 OD)

## Beginning Guitar II

**All Adults**

**Bend Senior Center**

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

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

**Activity:** 302107

**M:** 6:00 - 7:00 pm

**Sessions:** 9/11 - 10/2 10/9 - 30

11/6 - 27

12/4 - 18 (Adj. Fee \$29 ID \$35 OD)

## 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:** 302160

**M - Su:** At your convenience

**Session:** 9/1 - 12/31

**Volunteer coaches  
needed for  
youth sports.**

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



## Photography & Technology

### Nuts & Bolts of Photography

Ages: 16 & 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: 302540

W: 6:30 - 8:30 pm

Session: 9/20 - 10/11

### Internet 101 NEW

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: 302500

Tu: 6:00 - 7:30 pm

Session: 10/3

## Deciding On A Device NEW

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: 302501

Tu: 6:00 - 7:30 pm

Session: 10/10

### Smart Device Essentials NEW

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: 302502

Tu: 6:00 - 7:30 pm

Session: 10/17

### Android Devices NEW

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 phones features, such as messaging, checking voicemail's, video chat, maps, and updates. Bring questions! Instructor: Ryan Doherty

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

Activity: 302503

Tu: 6:00 - 7:30 pm

Session: 10/24

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

### IPHONE: BUTTONS & INTERFACE

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

Activity: 302551

M: 6:00 - 7:30 pm

Session: 9/18

### IPHONE: APPS & ITUNE STORE

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

Activity: 302552

M: 6:00 - 7:30 pm

Session: 9/25

### IPHONE: SAFARI & MAIL

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

Activity: 302553

M: 6:00 - 7:30 pm

Session: 10/2

### IPHONE: CONTACTS & CALENDAR

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

Activity: 302554

M: 6:00 - 7:30 pm

Session: 10/9

### IPHONE: CAMERA & PHOTOS

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

Activity: 302555

M: 6:00 - 7:30 pm

Session: 10/16

### IPHONE: MAPS, MESSENGER & SIRI

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

Activity: 302556

M: 6:00 - 7:30 pm

Session: 10/23

Looking for iPad classes?  
Check out iPad Essentials on page 54.

## Wearable Devices

NEW

All Adults

Bend Senior Center

Learn how to set-up, enjoy and get the most out of wearable technology. We will go over the ins and outs of your smart watch or GPS device. Learn how to utilize all the features from the heart rate monitor to syncing your wearable device with you other devices. Instructor: Ryan Doherty

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

Activity: 302504

Th: 6:00 - 7:30 pm

Session: 11/2

## iPad Essentials

All Adults

Bend Senior Center

Unlock your iPad as we learn about multitasking, apps, the App Store, creating folders and customizing your iPad. Bring your iPad. Instructor: Robyn Lyman.

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

Activity: 302560

Th: 10:00 am - 12:00 pm

Session: 11/2 - 16

## Create A Photo Book or Calendar

NEW

All Adults

Bend Senior Center

A printed photo book are perfect personalized gift or prized family possession. We will use the Mac Photos app to create a beautiful, professional-quality photo book or calendar. Class time will be split between lecture and hands on training with one-on-one instruction. Instructor: Robin Lyman.

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

Activity: 302566

M: 6:00 - 8:00 pm

Session: 11/6 - 13

## Social Media 101

NEW

All Adults

Bend Senior Center

Learn to use social media to stay in contact with your friends and family. We will learn to set up accounts for Facebook, Instagram, Twitter, Snapchat, LinkedIn, Yelp! and other platforms. We'll learn how to navigate past ads, protect your identity, personalize your profile and much more. Instructor: Ryan Doherty

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

Activity: 302505

Th: 6:00 - 7:30 pm

Session: 11/9



## Smart Phone & Tablet Applications

NEW

All Adults

Bend Senior Center

Explore the cutting-edge world of smart device apps and how to safely download and manage apps. We will go over apps for e-mail, shopping, entertainment and more. Instructor: Ryan Doherty

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

Activity: 302506

Th: 6:00 - 7:30 pm

Session: 11/16

**Volunteer coaches  
needed for  
youth sports.**

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



## Trips & Tours

### Columbia Gorge Sternwheeler: Landmarks of the Columbia Gorge

All Adults

Bend Senior Center

Cruise on the "Historic Columbia River Scenic Waterway" on the Columbia Gorge Sternwheeler. With the best view on the Columbia, we'll glide past natural and historic landmarks such as Multnomah Falls, Beacon Rock, Bonneville Locks and Dam, and many others. This tour Includes a 5-hour cruise with Captain's narration, a continental breakfast and lunch buffet of fresh Northwest cuisine. This all-inclusive tour includes charter bus transportation. Registration deadline: 9/5. No refunds after 8/31.

Fee: \$149 ID \$179 OD / session

Activity: 302305

W: 6:30 am - 7:00 pm

Session: 9/13

## City of Bend Water Reclamation Facility

NEW

All Adults

Bend Senior Center

Explore the wastewater treatment processes as we take a behind-the-scenes peek into the water quality laboratory and outdoor facilities at the Water Reclamation Facility. Learn how water is cleaned before being returned to the environment as used water travels through a network of buried pipelines and pumps (the sewer collection system) to the water reclamation facility northeast of Bend. Depending on the weather, we may also walk to the facility ponds for bird watching. Transportation included.

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

Activity: 302337

Th: 12:30 - 3:30 pm

Session: 9/21

## Out to Lunch Bunch

All Adults

Bend Senior Center

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

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

Activity: 302530

M: 11:00 am - 1:00 pm

Sessions: 9/11, 10/9, 11/13

**More adventures  
in Adult Outdoors.**

See pages 56 - 59.

## Vienna & Christmas Markets River Cruise

### All Adults

Experience the holiday season on this festive river cruise vacation! Premier World Discovery welcomes you to a 9-day tour of Vienna and Christmas Markets river cruise featuring Frankfurt, Rothenburg, Wursburg, Nuremburg, Passau, Regensburg and Vienna with six nights aboard the MS Amadeus Silver II, a 168-passenger, 443-foot vessel. Program features flying roundtrip from Portland/ Redmond to Frankfurt, Germany.

**Dates:** 9 days  
12/3 - 11, 2018

**Fee:** \$3195 each (dbl occupancy)  
land/air/ tax from Portland

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

## Discover Panama

### All Adults

Join the Bend Senior Center and journey to Central America for an in-depth look of the region. This inclusive tour will give you a true glimpse into this incredible country, along with Panama City, showcasing its history and global significance. The program features a seven-day/six-night itinerary flying roundtrip from Portland/ Redmond to Panama City. The tour showcases six nights of first-class hotel accommodations, including two in the Gamboa Rainforest Resort, and two nights in Playa Blanca at a beautiful resort on the Atlantic Ocean side. During the itinerary, take an in-depth look at the Panama Canal on the Panama Canal Day Cruiser and Transit Tour. Other highlights include: Gamboa Aerial Tram, Emberas Community & Experience, Panama city tour, La Vieja, Casco Antigo and much more!

**Dates:** 7 days  
2/23 - 3/1, 2018

**Fee:** \$2995 each (dbl occupancy)  
land/air/ tax from Portland

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

## 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 quintessentially 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  
3/18 - 24, 2018

**Fee:** \$2525 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 so much more. The program showcases a six-day/ five-night itinerary staying at the first class Hilton hotel at Penn's Landing and flying roundtrip from Portland/Redmond to Philadelphia.

**Dates:** 6 days  
9/16 - 9/21, 2018

**Fee:** \$2075 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](mailto:foundation@bendparksandrec.org).

Bend Park & Recreation  
FOUNDATION

GIVE PLAY



501(c)3 NOT FOR PROFIT ORGANIZATION



## You're greater outdoors.

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

## Walking & Hiking

### Autumn Fitness Hikes

**All Adults**

**BPRD District Office**

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

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

Activity: 308712

**Tu: 9:00 am - 2:30 pm**

Sessions:

9/12: Fall River Trail

9/19: Tumalo Falls trail

9/26: Todd Lake Trail

10/3: Deschutes River Trail at Aspen

10/10: Blackrock Trail

10/17: Dry River Canyon Trail

### Rainbow Seekers Hikes

**Ages: 50 & up**

**BPRD District Office**

Level 2 - Now with two-week sessions! Explore easy to moderate trails at a very comfortable pace. Hikes range from 5 - 7 miles. Join the camaraderie of a group of folks that enjoy socializing while on leisurely hikes. Transportation included. Leader: Dean Dobbs

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

Activity: 308740

**Tu: 9:00 am - 3:30 pm**

Sessions: 10/3 - 10 10/17 - 24

10/31 - 11/7 11/14 - 21

11/28 - 12/5 12/12 - 19

12/26 - 1/2 1/9 - 16

### Daytrippers:

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

See pages 54 - 55.

### McKenzie River Hikes

**All Adults**

**BPRD District Office**

Level 2+ - Enjoy the emerging colors of fall as we explore along the McKenzie River Trail in a series of Thursday hikes. Each week we'll hike a new section of the McKenzie River trail. Along the way, we'll pass Clear Lake, Sahalie and Koosah Falls, the Blue Pool, Deer Springs and so much more! Hikes average 7 miles. Leader: Eric Denzler

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

Activity: 308722

**Th: 9:00 am - 3:30 pm**

Sessions:

9/21: Clear Lake & Falls Segment

9/28: Blue Pool Segment

10/5: Deer Creek Segment



## Fall Naturalist

All Adults

BPRD District Office

Level 2 - Go with the season! Each outing will focus on a different aspect of our regional environment - geology, wetlands, birds, whatever may present itself in the fall. 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 outings included. Leader: Leslie Olson.

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

Activity: 308926

**M: 8:30 am - 4:00 pm**

Sessions: 9/11 - 18    9/25 - 10/2  
10/9 - 16    10/23 - 30

**Volunteer coaches  
needed for  
youth sports.**

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

## Geology Hikes

All Adults

BPRD District Office

Level 2 - Newberry Volcanic National Monument and our Cascade mountains are filled with scenic and geologic treasures to be discovered. Geologic interpretive hikes average 5 - 7 miles. Transportation to hikes included. Leader: Leslie Olson and Bob Timmer.

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

Activity: 308928

**W: 8:00 am - 6:00 pm**

Session:

8/30: Newberry Monument

9/6: Cascade mountains

## 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 6 - 10 miles at a steady pace, with some moderate elevation gain. Transportation included. Leader: Leslie Olson

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

Activity: 308715

**Th: 8:30 am - 4:00 pm**

Sessions: 9/21 - 10/5    10/12 - 26  
11/2 - 16

## 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.



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.

## Important Outdoor Program Information

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

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

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

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

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

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

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

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



## Ski & Snowshoe

### Get Started XC Ski Touring

**Ages: 18 & up**

**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 - 11:00 am) is indoors and provides helpful information regarding equipment, clothing, winter safety and equipment rental. Two on-snow sessions (9:00 am - 1:00 pm) include technique instruction, practice and Snopark outings. Equipment not included. Leader: Eric Denzler

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

Activity: 308403

**Th: 9:00 am - 1:00 pm**

Session: 11/30 - 12/14 1/11 - 25

**Sa: 9:00 am - 1:00 pm**

Session: 12/2 - 16 1/13 - 27

### Get Started Snowshoeing

**Ages: 18 & up**

**The Pavilion**

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

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

Activity: 308402

**Tu: 9:00 am - 1:00 pm**

Session: 12/5 - 12

### Be ready to go in the snow.

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

## Thursday Yetis Snowshoe

**Ages: 18 & up**

**BPRD District Office**

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

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

Activity: 308424

**Th: 9:00 am - 3:30 pm**

Sessions: 12/7 - 21, 1/4 - 18

## Water Sports

### Basic Stand Up Paddleboard

**Ages: 16 & up**

**Tumalo Creek Kayak & Canoe**

Stand Up Paddleboarding is a fun, easy way to get out on the water this season. Learn basic paddle strokes and get comfortable on your board while enjoying a whole new vantage point on the water. Experience the fitness benefits of the nation's fastest growing paddle sport. All gear provided.

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

Activity: 308964

**Su: 10:00 am - 12:00 pm**

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

### Kayak Roll Session

**All Ages**

**Juniper Swim & Fitness Center**

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

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

Program: 405100

**Su: 4:15 - 6:00 pm**

**September 24 - December 17**

## Basic Skills Kayaking

**Ages: 16 & up**

**Tumalo Creek Kayak & Canoe**

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

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

Activity: 308960

**Sa: 10:00 am - 2:00 pm**

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



## Fall Foliage Paddle Tour NEW

**Ages: 16 & up**

**Tumalo Creek Kayak & Canoe**

Experience the stunning fall colors of Central Oregon on our popular Upper Deschutes half day tour. Keep your eyes peeled for deer, elk, osprey, river otter and a myriad of other wildlife. With an off-season discounted rate and shoulder season traffic, this is sure to be a memorable adventure.

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

Activity: 308965

**Tu: 10:00 am - 2:00 pm**

Sessions: 9/12, 9/19, 9/26, 10/3, 10/10, 10/17

**F: 10:00 am - 2:00 pm**

Sessions: 9/15, 9/22, 9/29, 10/6, 10/13, 10/20



## Deschutes River Tour - Full day

**Ages:** 16 & up

**Tumalo Creek Kayak & Canoe**

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

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

**Activity:** 308967

**Sa:** 10:00 am - 5:00 pm

**Sessions:** 9/9, 9/16, 9/23, 9/30,  
10/7, 10/14

## Full-Immersion Whitewater Kayak

**All Adults**

**Tumalo Creek Kayak & Canoe**

A complete, two and a half-day introduction to the exciting sport of whitewater kayaking, this multi-day and full-immersion course covers essential safety techniques. Our American Canoe Association certified instructors are in the water with you to challenge yourself while you learn. Run a Class II river on the final day. Equipment provided.

**Fee:** \$245 ID \$294 OD / session

**Activity:** 308962

**F:** 5:30 - 8:00 pm

**Sa:** 9:00 am - 4:00 pm

**Su:** 9:00 am - 6:00 pm

**Sessions:** 9/8 - 10 9/22 - 24  
10/13 - 15

## Wilderness & Outdoor Safety

### Wilderness First Aid

**Ages:** 16 & up

**Hollinshead Barn**

Covers a wide range of wilderness medicine topics for outdoor travelers: from hunters and fishermen, guides and activity leaders to the casual outdoor user. No previous experience/knowledge required.

Presented by the NOLS Wilderness Medicine. CPR not included.

**Fee:** \$225 / session

**Activity:** 408360

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

**Sessions:** 11/11 - 12 4/7-8

### WFR Recertification

**Ages:** 16 & up

**Hollinshead Barn**

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

**Fee:** \$320 / session

**Activity:** 408362

**Su - Tu:** 8:00 am - 5:00 pm

**Sessions:** 10/8 - 10

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

**Sessions:** 10/28 - 30 11/18 - 20,  
12/09 - 11 2/24 - 26

### Wilderness First Responder

**Ages:** 16 & up

**Hollinshead Barn**

Essential for anyone who spends significant time in remote places or who has a professional career in the outdoors, the Wilderness First Responder (WFR) course will prepare you to make difficult medical decisions. Presented by NOLS Wilderness Medicine. Includes CPR.

**Fee:** \$745 / session

(\$300 deposit required at registration with balance due 30 days prior to start of training)

**Activity:** 408364

**W - F:** 8:00 am - 5:00 pm

**Sessions:** 11/1 - 10 4/10 - 19







## 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.

Pass information on pages 22 - 23.

A variety of passes are available for you to enjoy drop-in classes and activities at both locations.

## 275+ Weekly Fitness Classes

All ages and fitness levels are welcome and you can start at any time. Classes are offered on a first-come, first-serve basis.

**WEEKLY SCHEDULES:** All classes are held on a weekly basis. Check schedules online at [bendparksandrec.org](http://bendparksandrec.org). You can even download to your own calendar.

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

**PASSES / FEES:** Lots of pass options available to suit your needs. Check out the monthly, quarterly and annual passes so you can take advantage of great savings along with great workouts! Pass information on pages 22 - 23.

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



Follow us on Facebook!

Juniper Swim & Fitness Center, Bend Senior Center, The Pavilion, the Art Station and Bend Whitewater Park.



## 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 62 - 66.



## 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:

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

### Group Training Available - 40% off

**Individual Rate:** Are you and some friends training for a race or event? We offer small group trainings of 3 or more people to make it more affordable and fun with your buddies!

Visit our website at  
**[juniperswimandfitness.com](http://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.



CLASSES,  
WORKSHOPS  
&  
CLINICS

FALL INTO  
FITNESS

OCT. 8 - 14

FREE





Get connected, stay engaged  
and be inspired!

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

- **FITNESS 101:**  
MIND/BODY  
WATER FITNESS  
INDOOR CYCLING  
CARDIO  
STRENGTH & CONDITIONING
- **FITNESS CENTER  
ORIENTATIONS**
- **LIQUID 10K**
- **FOAM ROLLER**
- **ASK A PT**
- **BABY & ME FITNESS**
- **FIT KIDS**
- **FREE FAMILY NIGHT**
- **SWIM ASSESSMENTS**

See schedule of clinics and classes on the  
Fitness Events & Workshops schedule at  
[bendparksandrec.org](http://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? This session is designed to assist with bike set up, teach modifications and give new riders the skills and confidence to take a class.

### **Cycle** JSFC

Full of variety, intervals, spin-ups, hill climbs and general cardio.

### **Fit 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

New moms and dads, bring baby and get back in shape while connecting with other parents. Baby can sit in a car seat, stroller, blanket, or other bouncy-type seat, while you ride. Babies welcome from six weeks to crawling.

### **Cycle for Athletes** JSFC

Fun and Fit for everyone! Get your game on and be a player without ever having to do a race.

### **Express Cycle** JSFC

Time crunched? All the variety of a regular cycle class but in a condensed format. A great start to indoor cycling.

### **Rhythm Ride** JSFC

An indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your coach who leads the pack through hills, flats, mountain peaks, time trials and intervals.

### **Rhythm Ride/Strength & Core** JSFC

Rhythm Ride and more! Adds a double whammy by finishing up with off-the-bike strength and functional core training.

### **Interval Tempo Cycle** JSFC

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

### **World Beat Cycle** JSFC

South African Kwaito, Bollywood, Italian chart hits, selections from Lebanon, France, Greece, Egypt, Spain, Brazil and more! You will navigate hills, flats, and intervals - plus gain a bit of geographic trivia.

## Cardio Fitness:

**Benefits:** These classes will get your heart pumping and you movin' and groovin' as instructors keep you motivated.

### **Fit 4U Cardio Dance 101** JSFC

Come learn about the various cardio dance formats that we currently offer including Zumba 101. Classes are set to all genres of music.

### **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 Latin-inspired, dance-fitness class that incorporates Latin and International music. Fun and easy to follow, this class is for dancers as well as non-dancers! (Also see Aqua Zumba, page 65.)

### **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

A super fun dance workout that fuses all dance genres in one class! Groove to hip hop, jazz, Latin, modern, lyrical, Middle Eastern and more.

### **Bliss™ Hip Hop** JSFC

Super high energy, music-fueled workout that delivers a fierce cardio-blast while dancing to the best hip hop, funk and club beats! Phenomenal fun, serious sweat!



### **Bliss™/Zumba®** JSFC

Come for the full hour and get your cardio dance on! Make the most of your tight schedule with 30 minutes of Bliss Dance Workout followed by 30 minutes Zumba. Whether it's a full hour or just 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. Bring your own fitness ball.

### **Fit 4U Indoor Cardio Walking** BSC

Alternating cardio walking with toning for quick, safe, fat-burning and body-toning results. With no complex or fancy footwork, these are easy-to-follow workouts.

### **Fit 4U Walk With Ease - Seated Exercises** BSC

Tailored to people with mobility issues, all exercises are in a seated position to help increase flexibility, gain strength and have fun.

### **Cardio Conditioning** JSFC

Classes are full of variety, challenge and fun! Cardio intense interval training; step, kickboxing, cardio dance combined with muscle endurance exercises utilizing body weight, weights, resistance bands and body bars.

- FIT
- Core Strength/Cardio Challenge
- Step Conditioning

### 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:** Start lifting and create a long sleek physique! Use weights, bands, tubes, weighted bars and steps to improve strength, bone density and endurance.

### Fit 4U Fitness Center Center Workout JSFC BSC

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.

### Need child care while you work out?

With Kids' Corner, we've got you covered.

Learn more on page 25.



### Fit 4U Better Balance Circuit Workout BSC

This fast and fun class is designed for active adults focusing on exercises for agility, strength, flexibility, and balance. Using weights, bands, balls, mats and your own body weight.

### Fit 4U Personalized Circuit Training BSC

Individualized exercises to fit your needs and goals. Includes warm up, exercises for strength, flexibility, balance and cool down.

### Fit 4U Strength & Conditioning BSC

Improve strength, range of motion, flexibility, balance and hand-eye coordination.

### Fit 4U Functional Fitness JSFC BSC

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

### Fit 4U Balance Essentials BSC

Combines Pilates, ballet barre, yoga and functional conditioning, preparing you to excel in all kinds of exercise by improving strength, balance, coordination, endurance and flexibility. It's the 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 follows the elements and fundamentals of Pilates. Use equipment and your body to improve your balance, posture and core strength.

### Cardio Barre JSFC

Let's sweat! This class uses the fundamentals of ballet, yoga and Pilates, fusing them in an easy-to-follow, fast-paced manner to create a heart-pumping class. Mixing simple choreography, ballet moves and weight-bearing exercise to create a toned, refined physique.

### Total Body Conditioning JSFC

Music will inspire you, the instructor will motivate you and the workout will make you sweat! Great cross training classes:

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



## 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 and younger are not allowed in the fitness center. Fitness center trainings are offered weekly and are free.



## 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 1) anatomically informed alignment principles, 2) proper muscle action, 3) breathing technique, and 4) a meditative present moment awareness. Beginning, intermediate and advanced students will all benefit from this teaching.

**Fit 4U Yoga Fundamentals** BSC  
Designed to help new students feel more comfortable in their yoga practice or for the more experienced wanting assistance with position and alignment.

**Fit 4U Seated Yoga** JSFC BSC  
Practice is done seated in chairs or on a mat using modifications for each pose.

**Fit 4U Gentle Yoga** JSFC  
A gentle practice that moves through a slow flow. Easy to follow poses.

**Fit 4U Guided Meditation** JSFC  
A quiet time and space to focus on breathing, calmness and relaxation with an extended Savasana.

**Fit 4U Stretch & Relax** BSC  
Gentle stretching to relieve tension, increase flexibility and improve range of motion. Take time to relax, it feels great!

**Fit 4U Hatha Yoga** BSC  
A practice of mindful movement to increase flexibility, strength and stamina while reducing stress. Ideal for beginner or intermediate levels.

**Fit 4U Yoga Flow** JSFC BSC  
This class is focused on mindful, fluid movement guided by the breath. Includes longer held stretches to release tension.

**Prenatal Yoga** JSFC  
Journey through this magical time together as you maintain fitness and well-being. Physician's or midwife's approval required before first class.

**Baby & Me Yoga 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.

**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 is a therapeutic practice that supports mental and physical health in the body and mind. Passive poses allow the body and mind to release and open.

**Fit 4U Restorative Flow Yoga** JSFC BSC  
Restorative flow yoga classes incorporate a gentle strengthening flow and move at a slower pace. Classes also include passive poses giving more time to lengthen tired muscles.

**Fit 4U Sivananda Yoga** JSFC  
Sivananda yoga is a deeply rejuvenating form of Hatha Yoga that incorporates flexibility, strength and balance while teaching techniques for heightened breath awareness and relaxation.

**Flexible Strength Through Yoga** JSFC  
A fitness-style yoga class that continuously stretches and strengthens the body.

**Kundalini Yoga** JSFC  
Kundalini yoga is the yoga of awareness and consciousness. This dynamic class will heighten your awareness to your breath and how Prana, or life force, can lead you to a committed practice.

**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. Suitable for all levels.

**Ashtanga 101** JSFC  
Learn the classical sequence of asanas from which Vinyasa was born. Practice flows through the primary series.

**Yoga Core** JSFC  
Incorporate challenging poses that engage the Bandhas and fire the core into your yoga practice. With the focus on length, strength and total body toning, you will become flexibly strong and lean.

**Sculpt Fusion Yoga** JSFC  
This challenging, low impact, athletic workout features Pilates and yoga-inspired muscle-sculpting exercises combined with balance and flexibility training. Incorporates free weights and is set to current upbeat music. No previous Pilates or yoga experience required.



## 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.



### Yoga for Athletes JSFC

Enhance your performance and physical and mental awareness. Provides a holistic cross-training approach by opening tight muscles and conditioning the core.

### Pilates Mat JSFC BSC

The first 15 minutes of the class starts with Pilates' fundamentals and flows right into the series of Pilates exercises.

### 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 focuses on agility, dance conditioning, athletic training, core conditioning, balance, flexibility and so much more. This user-friendly mind/body class is for all fitness levels and incorporates a variety of fun, upbeat music - don't miss it!

### 8 Movement Tai Chi BSC

Slow, circular movements to gently exercise muscles and improve range of motion. Relies on internal awareness to generate a feeling of overall health and vitality.

### 24 Movement Tai Chi BSC

Further your practice of Tai Chi to improve balance, movement, vitality and well-being.

## Water Exercise:

**Benefits:** Cross train in the water! Water exercise uses the natural buoyancy, support and resistance of water to improve cardio fitness and strengthen and tone muscles with little to no impact on the joints. Use the water's resistance to work at their own intensity level. No swimming skills needed but you should be comfortable in deep water. Floatation belts provided to keep you upright. Water shoes are recommended.

### Fit 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.

### Water Running Deep JSFC

Run, ski, stride and move against the resistance of the water in this high-intensity interval workout. Each stride will help you become a more effective and efficient runner with zero impact.

### Fit 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 - your body's powerhouse - in a safe and challenging way. Water is a three-dimensional medium providing resistance in all directions. Tone muscle, increase stability and flexibility, improve posture and develop balance. Class takes place in the shallow end of the indoor pool.



### Aqua Zumba® JSFC

This fun cardio dance class with Latin vibe takes place in the shallow end of the pool.

### 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. All levels welcome. Just come and 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 64)

**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 62 and 64. Weekly schedules online at [bendparksandrec.org](http://bendparksandrec.org).

### Need child care while you work out?

With Kids' Corner, we've got you covered.

Learn more on page 25.

**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 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.

### Therapeutic Yoga: JSFC A Cancer Survivors Gentle Yoga Class

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.

Fee: FREE  
Activity: 305630  
Th: 7:00 - 8:10 pm  
Sessions: 9/21 - 10/26 11/2 - 12/14 (no class 11/23)

### Therapeutic Water JSFC Exercise: A Cancer Survivors No to Low Impact Class

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.

Fee: FREE  
Activity: 305631  
M: 2:00 - 2:55 pm  
Sessions: 9/25 - 10/30 10/30 - 12/11

Look for Cancer Survivors' Art Therapy class on page 44.



## 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 Thru Water JSFC

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 class requires registration and is 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: 302777  
W: 10:00 - 11:00 am  
Session: 8/30 - 10/18 10/25 - 12/20 (no class 11/22)

THE ICE  
IS HOT!  
.....  
**CURLING  
& HOCKEY  
LEAGUES**  
.....  
PAGE 68

# take a shot

## Play is the fountain of youth.

Let's get young at heart. Young in our minds. Let's give the ol' body clocks a turn back or two. It's time to feel like a kid again and have sports in your life. You'll be exercising, making friends and either learning a new skill or keeping an old one alive. It's rejuvenating. It's invigorating. And when we get out and play sports together, it's simply a kick in the pants.

## 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.

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

**Activity:** 304200

**M:** 6:00 - 8:00 pm

**Session:** 9/18 - 12/18

### 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.

## Basketball

### Adult Basketball Leagues

**All Adults**

**Location to be determined**

Hoops! Grab your friends and form a team of five or more players. This is a team sign up only. Teams will play twelve regular season games and will be seeded into a single elimination tournament at the end of the year. Games played on Sundays. For more information call Rich at (541) 706-6126.

**Registration Deadline:** 10/16

**Fee:** \$695 / team

**Activity:** 303900 - Women's League

303901 - Men's League

**Season:** 11/5 - 3/11



## 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: 310402 - Adult  
310401 - Youth

### Pick-up Hockey

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

Activity: 310403 - Adult

### Curling Time

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

Activity: 310332 - Adult/Youth



## Curling

### Adult NEW 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: 310334

**F: 8:30 - 10:30 am**

Sessions: 11/3, 12/1, 1/5

### Adult Curling League

**All Adults**

**The Pavilion**

Open to all experience (or inexperience) curling levels, this league gives curlers and those new to curling the chance to play. We supply stones, brooms, & equipment. Space is limited, so register early. Games are played once a week on Sunday evenings. Register your team of four today.

Fee: \$400 ID \$480 OD / season

Activity: 310331

**Su: 4:00 - 10:00 pm**

Season: 11/5 - 12/17

## Fencing

### Beginning Epee Fencing for Adults

**Ages: 16 & up**

**High Desert Fencing**

Join us to learn Olympic style epee fencing. Challenge your body and mind in this fun and exciting game of physical chess. We will cover footwork, blade work and tactics so you can have fun challenging your opponent and yourself. All fencing equipment is provided. Wear a t-shirt, sneakers and athletic pants (no shorts). US Fencing annual membership and waiver (\$10 additional) required at first class. Instructor: Jeff Ellington

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

Activity: 302722

**W: 5:30 - 7:00 pm**

Session: 9/27 - 11/15

## Hockey

### Adult Hockey NEW Preseason Clinics

**Ages: 16 & up**

**The Pavilion**

Looking for an opportunity to get ready for the upcoming ice hockey season before the ice hits? Our expert coaches will take you through various skills and drills to get your heart pumping and get you in mid-season form. Sessions will cover stick handling, shooting, passing, game concepts and conditioning.

Fee: \$20 ID \$24 OD / session

Activity: 310346

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

Sessions: 9/13, 9/18



### Adult Hockey NEW Skills & Drills

**All Adults**

**The Pavilion**

Beginners to intermediate players welcome. Let's get together, learn something new and play hockey! Designed to develop the fundamentals of the game, hone in a particular skill, promote physical fitness and above all else have fun.

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

Activity: 310321

**F: 8:15 - 9:30 pm**

Session: 11/10 - 1/12

## Required Ice Hockey Gear

### PLAYERS:

Helmets (17 and under require a face mask), shin pads, hockey or street hockey gloves, cup or athletic supporter and hockey stick.

### GOALIES:

Goalie helmet, chest protector, goalie pants, leg pads, blocker, catching glove, goalie stick, and cup or athletic supporter.



## Adult Hockey League

### All Adults

#### The Pavilion

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

**Registration deadline: 11/16**

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

Activity: 310320

**M - Th: 6:30 - 10:00 pm**

Season: 11/27 - 3/22

## SEASON TWO: WINTER-SPRING 2018 OFFERINGS

**Registration Opens  
December 11, 2017.**

**Make plans for the  
second ice season of:**

**ADULT HOCKEY  
SKILLS & DRILLS**

**CURLING LEAGUE  
ADULT LEARN TO SKATE**

## Ice Skating

### Learn to Skate Adult Level 1 - 2

**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, edgework and advance in your technique through skills and drills.

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

Activity: 310141

**Session 1:** \*Twice a week for two weeks

**Tu/Th: 5:50 - 6:20 pm**

Session: 11/7 - 11/16

**Session 2:**

**Tu: 5:50 - 6:20 pm**

Sessions: 11/28 - 12/19

**Sa: 9:40 - 10:10 am**

Sessions: 12/2 - 23

### Learn to Skate NEW Adult Level 3 - 4

**Ages: 16 & up**

#### The Pavilion

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

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

Activity: 310143

**Tu: 5:50 - 6:20 pm**

Session: 11/28 - 12/19

**Sa: 9:40 - 10:10 am**

Session: 12/2 - 23

**Be a coach!  
Volunteer coaches  
needed for youth sports.**

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

### Knit & Skate NEW

**Ages: 16 & up**

#### Location: The Pavilion

Warm up in the fireside room with new friends and cozy yarns! We will supply patterns and instruction for simple projects you can knit for your skating hobby. Knit a headband, scarf, gloves or legwarmers to wear when you are skating! Beginning ice skating instruction will be provided for first time skaters - all skating levels welcome. Yarn and needles for one project of your choice included, or bring your own knitting projects to work on.

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

Activity: 310162

**Tu: 6:30 - 8:00 pm**

Session: 11/28 - 12/19



### Sharpen NEW Your Skating Skills

**Ages: 16 & up**

#### The Pavilion

Hone your figure skating skills! Each session will provide focused instruction on a skill area to improve your skating practice and conditioning. For levels 3 and up.

Fee: \$12 ID \$15 OD / session

Activity: 310161

**Sa: 9:00 - 9:30 am**

12/2: Balance & Posture

12/9: Stroking Technique

12/16: Clean Edges

12/23: Power & Speed

### Freestyle NEW

**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. For intermediate and advanced skaters only.

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

Activity: 310160

**Tu: 3:30 - 4:15 pm**

Sessions: 11/28, 12/5, 12/12, 12/19

## Martial Arts

### Adult & Teen Karate

**Ages: 14 & up**

#### Odyssey Martial Arts

Martial Arts is about more than kicking and punching, it benefits all aspects of our lives. Learn self-defense, self-control, focus, discipline, confidence, and respect while learning karate techniques. All fitness levels welcome. Uniform included.

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

Activity: 302725

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

Sessions: 9/7 - 28 10/2 - 26  
10/30 - 11/30  
(no classes 11/20 & 11/23)

### Kickboxing

**Ages: 13 & up**

#### Smith Martial Arts

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

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

Activity: 302704

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

Sessions: 9/5 - 28 10/3 - 26

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

Session: 10/31 - 12/14

(no class 11/23, Adj Fee \$145 ID \$174 OD)



SMILES IN  
THE POOL  
.....  
WATER SPORTS  
& AQUA ZUMBA  
.....  
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# playin' it cool

## 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

### Friday Fun Night

**Ages 6-13**

**Bend Senior Center**

Parents enjoy a night on the town while your kids have a blast hanging out with us! It's an evening full of games, crafts and FUN. This program is available to kids with disabilities and their siblings. You must pre-register, sorry no drop-ins.

Fee: \$12 ID \$15 OD / session

Activity: 304800

**F: 6:30 - 8:30 pm**

Sessions: 9/22: Night at the Pool  
10/6: Sun Mtn. Fun Center  
12/1: Movie Night

### Lend a Hand!

Volunteer with Therapeutic & Adaptive Recreation programs.

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

## Kids Adventure Days

**Ages: 6 - 13**

**Harmon Park**

Summer might be over, but the adventures are not! Join us for a morning exploring all that Central Oregon has to offer.

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

Activity: 304810

**Sa: 9:30 am - 1:00 pm**

Sessions: 9/30, 10/14, 11/4, 12/9

## Teens NEW Thriving Together

**Ages: 11 - 15**

**Cascade Middle School**

BPRD's new middle school afterschool program gives teens the opportunity to socialize with peers, engage in group games and activities, go on community outings and continue to build social, coping and life skills with the help of supportive staff.

Fee: \$250 ID \$300 OD / month

Activity: 404100

**M/Tu/Th/F: 2:40 - 5:30 pm**

**W: 1:00 - 5:30 pm**

Dates: Sept. 6 - June 14

## Teen Adventure Club

**Ages: 13 - 21**

**Harmon Park**

Looking for an exciting and active afternoon of adventure and fun with your friends? Join the Teen Adventure Club. Come enjoy games, field trips around Central Oregon, community events and much more. This program is for teens with disabilities. If your teen requires one-on-one assistance, please inform us at least one week prior to the beginning of the program.

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

Activity: 304820

**Sa: 1:30 - 5:00 pm**

Sessions: 9/30, 10/14, 11/4, 12/9

## Adult Therapeutic Recreation

### Saturday Adventures

**Ages: 16 & up**

**Norton Avenue Apartments**

Enjoy a day exploring activities in Central Oregon.

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

Activity: 304504

**Sa: 9:00 am - 4:00 pm**

Session: 9/23: Day Hike

**Sa: 10:00 am - 3:00 pm**

Session: 10/21: DD Ranch

**Sa: 9:00 am - 2:00 pm**

Session: 11/18: Breakfast and High Desert Museum



## Games Galore

**Ages: 16 & up**

**Norton Avenue Apartments**

Win, lose, or draw, it's always fun to play games. Join us for some of your favorite indoor games like UNO, Yahtzee, Wii and more.

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

Activity: 304508

**F: 5:30 - 7:30 pm**

Session: 9/29, 10/20, 11/3

### Howlin' Halloween Dance

**Ages: 16 & up**

**Norton Avenue Apartments**

Are you ready for a howlin' good time? Dress up in your favorite Halloween costume and get ready to dance the night away. Begin the evening with a delicious dinner and end it with a costume contest.

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

Activity: 304511

**F: 6:00 - 9:00 pm**

Session: 10/27

### Christmas Parade

**Ages: 14 & up**

**Norton Avenue Apartments**

Join your friends for a day of singing, laughing and hot cocoa at Bend's Christmas Parade. Don't miss the boat! Sign up to be on the float!

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

Activity: 304517

**Sa: 10:30 am - 2:00 pm**

Session: 12/2

### Dinner & A Movie

**Ages: 18 & up**

**Norton Avenue Apartments**

Join us as we enjoy an evening eating at a local restaurant and seeing a holiday movie. Times may change based on movie schedule.

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

Activity: 304507

**F: 3:30 - 8:00 pm**

Session: 12/8



## Arts & Crafts

### Movie Art

**Ages: 14 & up**

**Twin Knoll Transition Co-Op**

Explore many different art mediums as you explore the art associated with movies.

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

Activity: 304401

**W: 6:30 - 8:00 pm**

Session: 9/13 - 10/25

### T-Shirt Designs

**Ages: 14 & up**

**Twin Knoll Transition Co-Op**

Each class we will make a t-shirt using different methods such as tie-dye, screen printing and painting.

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

Activity: 304402

**W: 6:30 - 8:00 pm**

Session: 11/1 - 29 (no class 11/22)

### Jewelry Design

**Ages: 18 & up**

**Norton Avenue Apartments**

Learn different techniques to make beautiful jewelry. Design and make your own jewelry or give it away as gifts for friends or family. Projects may include shrink art bracelets, beading, clay pins and more.

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

Activity: 304404

**W: 6:30 - 8:30 pm**

Session: 12/6 - 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 five months. Pay that fee by the 5th of each month.
- If you do not pay the monthly fee, you will forfeit your spot in the program and it will be given to someone on the wait list.
- You must write "Attention Cheryl" on registration and all pay plan checks.
- If you need assistance or have any questions, please call Cheryl at (541) 706-6121.

**2) Third Party Payees:** We accept payment from the following third party payees:

- Deschutes County Mental Health
- Full Access
- Bend-La Pine Schools

If a third party is paying for your programs, your registration must be accompanied by a letter from the third party payee stating the amount that is authorized to be billed.

**3) Needs Based Assistance:** Needs based assistance is available to cover a percentage of program fees for those who qualify. See page 21 for details.

## Gifts From The Heart

**Ages: 16 & up**

**Norton Avenue Apartments**

Create one-of-a-kind gifts for friends and family Design gifts using wood, ceramics and/or other art mediums.

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

Activity: 304423

**Sa: 1:00 - 4:00 pm**

Session: 12/16

## Cooking

### Pizza Making

**Ages: 14 & up**

**Norton Avenue Apartments**

Come learn how to make a new type of pizza every week.

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

Activity: 304311

**W: 4:30 - 6:30 pm**

Session: 9/13 - 10/25

### TR Cook-Off

**Ages: 18 & up**

**Twin Knoll Transition Co-Op**

Are you an aspiring chef and want to test your skills in our 1st TR Cook-Off? Join a team of 3 cooks to prepare an appetizer, main dish and dessert for our judges. Each team will be able to enjoy the meal they prepared.

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

Activity: 304230

**Sa: 10:30 am - 2:30 pm**

Session: 10/7

### Art Camp & Pizza Party

**Ages: 18 & up**

**Twin Knoll Transition Co-Op**

Come enjoy a day of art projects and pizza making.

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

Activity: 304399

**F: 4:30 - 7:00 pm**

Session: 10/13

## Scrumptious Sandwiches

**Ages: 14 & up**

**Norton Avenue Apartments**

Learn how to make various hot and cold sandwiches.

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

Activity: 304312

**W: 4:30 - 6:30 pm**

Session: 11/1 - 29 (no class 11/22)

### Holiday Cooking

**Ages: 14 & up**

**Norton Avenue Apartments**

Enjoy cooking holiday specialties that you can share with your family.

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

Activity: 304313

**W: 4:30 - 6:30 pm**

Session: 12/6 - 20

### TR Bake-Off

**Ages: 18 & up**

**Twin Knoll Transition Co-Op**

Join a team of 3 cooks to prepare holiday baked items for our judges. Each team will be able to take some goodies home that they prepared.

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

Activity: 304300

**Sa: 9:00 am - 12:00 pm**

Session: 12/16

## 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, please call (541) 706-6121.

## Fitness & Sports

### Zumba

**Ages: 14 & up**

**Bend Senior Center**

Get ready to shake, shimmy and salsa your way to a healthier you! Dance to an energetic blend of popular music. This class is an easy way to work out on your own or with some friends! Transportation from Norton maybe limited. Call Kate at 541-410-6240 if you will need transportation.

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

Activity: 304100

**Tu: 4:30 - 5:45 pm**

Session: 9/12 - 10/24

10/31 - 12/19 (no class 11/21)

### Get Fit

**Ages: 14 & up**

**Norton Avenue Apartments**

You will be challenged to reach your personal fitness goals and to live a healthier lifestyle. You'll increase your strength, flexibility, and endurance through swimming, games and sports circuit training and weight lifting.

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

Activity: 304101

**Tu: 6:00 - 7:30 pm**

Sessions: 9/12 - 10/24

10/31 - 12/19 (no class 11/21)

**Th: 6:00 - 7:30 pm**

9/14 - 10/26

11/2 - 12/21 (no class 11/23)

### Water Sports

**Ages: 14 & up**

**Juniper Swim and Fitness Ctr.**

Are you looking for a challenge (and fun) in the pool? Join us as we work as a team doing different water activities each week!

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

Session: 304112

**Th: 2:15 - 3:30 pm**

Session: 9/14 - 10/26



## Sports Night

**Ages: 14 & up**

**The Pavilion**

Join us as we play all your favorite sports and games in one night - include basketball, volleyball, corn hole, obstacle courses and more.

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

Activity: 304131

**F: 4:30 - 7:00 pm**

Session: 9/15

## Aqua Zumba

**Ages: 14 & up**

**Juniper Swim and Fitness Ctr.**

If you like Zumba and you enjoy the water then Aqua Zumba is for you! An exciting and easy way to work out by yourself or with some friends! Please advise prior to program if you will need transportation; bus space is limited.

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

Activity: 304110

**Th: 2:15 - 3:30 pm**

Session: 11/2 - 12/21 (no class 11/23)

## 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, get in the game!

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

Activity: 304200

**M: 6:00 - 8:00 pm**

Session: 9/18 - 12/18



## 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: Sept. 11 - June 14**

### Cooking

#### "A" is for Apple NEW

**Ages: 3 - 6**

**Harmon Park, Hobby Hut**

Learn about the autumn harvest of apples! Your child will have the opportunity to enhance their developmental skills while exploring one of autumn's best harvest - apples!

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

Activity: 306210

**Tu: 10:00 - 10:45 am**

Session: 9/12 - 26

#### Mini Chefs NEW

**Ages: 4 - 6**

**Harmon Park, Hobby Hut**

This preschool cooking class will help your child see the importance of good nutrition and gain confidence in preparing their own snacks.

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

Activity: 306211

**Tu: 10:00 - 10:45 am**

Session: 10/10 - 24

# Dance

## Come Dance With Me!

**Ages: 3 - 5**

**Academie De Ballet Classique**

Children will delight with this playful approach to dance with age-appropriate ballet exercises. Your little dancer will travel through a fantasy-based curriculum using basic French ballet terminology and natural movement such as skipping and jumping.

Fee: \$77 ID \$92 OD / session  
 Activity: 306580  
**Th: 12:00 - 12:30 pm**  
 Sessions: 9/14 - 10/26 11/2 - 12/21

## Fantasy Ballet

**Ages: 4 - 6**

**Academie De Ballet Classique**

Using imagination and creative dance exercises, little ones can dance away with fantasy ballet! Dress in ballet or dance attire, ballet socks and shoes.

Fee: \$93 ID \$112 OD / session  
 Activity: 306582  
**Th: 4:30 - 5:15 pm**  
 Sessions: 9/14 - 10/26 11/2 - 12/21  
**Th: 6:00 - 6:45 pm**  
 Sessions: 9/12 - 10/24 10/31 - 12/19

## Ballet for Little Swans

**Ages: 4 - 6**

**Academie de Ballet Classique**

Classical style ballet in the Russian style for young children. Gently taught by Russian-trained teacher.

Fee: \$98 ID \$118 OD / session  
 Activity: 306571  
**Th: 5:30 - 6:15 pm**  
 Session: 9/14 - 10/26 11/2 - 12/21  
**Sa: 2:30 - 3:15 pm**  
 Sessions: 9/9 - 10/21  
 10/28 - 12/16 (no class 11/25)



## Born to Dance

**Ages: 2.5 - 4**

**Academie De Ballet Classique**

This class will help develop motor and coordination skills as well as rhythm through the use of props and imaginative movement. Great for fostering creativity, emotional development and group interaction.

Fee: \$88 ID \$106 OD / session  
 Activity: 306573  
**Tu: 10:00 - 10:30 am**  
 Sessions: 9/5 - 10/24 10/31 - 12/19  
**Th: 4:00 - 4:30 pm**  
 Sessions: 9/7 - 10/26 11/2 - 12/21

## Martial Arts

### Lil' Dragons

**Ages: 3 - 5**

**Odyssey Martial Arts**

Beginning with the very basics of Tang Soo Do Karate, this class helps children learn discipline, self-control, confidence and teamwork as well as develop motor skills. Uniform included.

Fee: \$64 ID \$77 OD / session  
 Activity: 306750  
**M - Th: 4:15 - 4:45 pm**  
 Sessions: 12/11 - 21  
**M/W: 4:15 - 4:45 pm**  
 Sessions: 10/2 - 25  
 11/1 - 12/4 (no class 11/20 & 11/22)  
 1/8 - 31  
**Tu/Th: 4:15 - 4:45 pm**  
 Sessions: 10/3 - 26  
 11/2 - 12/5 (no class 11/21 & 11/23)  
 1/4 - 30

# Music

## KINDERMUSIK: Sing & Play

**Ages: 12 Months - 2 years**

**Cascade School of Music**

Get ready to sing, play, and move with your little one in this high-energy music class designed to be just right for very young children. This class focuses on your child's beginning movement, helping to build the muscles needed to walk, run, and climb as well as vocal development, helping to nurture your child's speaking and singing voice.

Fee: \$150 ID \$180 OD / session  
 Activity: 306351  
**M: 9:30 - 10:15 am**  
 Sessions: 9/25 - 11/13  
 12/4 - 11 (Adj. Fee \$45 ID \$54 OD)  
 1/8 - 2/26  
**Tu: 9:30 - 10:15 am**  
 Sessions: 9/26 - 11/14  
 12/5 - 12 (Adj. Fee \$45 ID \$54 OD)  
 1/9 - 2/27  
**Th: 9:30 - 10:15 am**  
 Sessions: 9/28 - 11/16  
 12/7 - 14 (Adj. Fee \$45 ID \$54 OD)  
 1/11 - 3/1

## KINDERMUSIK: Family Class

**Ages: 1 - 5**

**Cascade School of Music**

Bringing children of all ages together provides a dynamic and integrated learning experience for everyone. We have rolled favorite Kindermusik songs and activities into a fun, family class where each child is welcomed and valued and family "together time" is celebrated and cherished.

Fee: \$150 ID \$180 OD / session  
 Activity: 306355  
**M: 3:00 - 3:45 pm**  
 Sessions: 9/25 - 11/13  
 12/4 - 11 (Adj. Fee \$45 ID \$54 OD)  
 1/8 - 2/26

## KINDERMUSIK: Cuddle & Bounce

**Ages: 1 month - 1 year**

**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: 306352  
**W: 9:30 - 10:15 am**  
 Sessions: 9/27 - 11/15  
 12/6 - 13 (Adj. Fee \$45 ID \$54 OD)  
 1/10 - 2/28

## 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 literacy, physical coordination, creativity and more. Plus, your child will learn basic music vocabulary and notation, all setting the stage for future success in school and music.

Fee: \$150 ID \$180 OD / session  
 Activity: 306356  
**Tu: 3:00 - 3:45 pm**  
 Sessions: 9/26 - 11/14  
 12/5 - 12 (Adj. Fee \$45 ID \$54 OD)  
 1/9 - 2/27

**More programs for little guys and gals at:**  
 Art, pages 76 - 82  
 Fitness, pages 28 - 31  
 Swimming, pages 28 - 31  
 Sports, pages 95 - 105

## KINDERMUSIK: Wiggle & Grow

**Ages: 2 - 3**

**Cascade School of Music**

Wiggle & Grow is a super-fun music-filled learning experience that celebrates the unique joys of the energetic 2 and 3 year-old. Your child will love 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: 306350

**M: 10:45 - 11:30 am**

Sessions: 9/25 - 11/13

12/4 - 11 (Adj. Fee \$45 ID \$54 OD

1/8 - 2/26

**W: 10:45 - 11:30 am**

Sessions: 9/27 - 11/15

12/6 - 13 (Adj. Fee \$45 ID \$54 OD

1/10 - 2/28

**Th: 10:45 - 11:30 am**

Sessions: 9/28 - 11/16

12/7 - 14 (Adj. Fee \$45 ID \$54 OD

1/11 - 3/1

## KINDERMUSIK: Laugh & Learn

**Ages: 3 - 4**

**Cascade School of Music**

Each week we'll celebrate your preschooler's natural love of music, storytelling and imaginative play with age-appropriate activities that introduce early music concepts and foster independence, social and emotional skills, language growth and self-control.

Fee: \$150 ID \$180 OD / session

Activity: 306354

**Th: 3:00 - 3:45 pm**

Sessions: 9/28 - 11/16

12/7 - 14 (Adj. Fee \$45 ID \$54 OD

1/11 - 3/1

**F: 10:45 - 11:30 am**

Sessions: 9/29 - 11/17

12/8 - 15 (Adj. Fee \$45 ID \$54 OD

1/12 - 3/2



## Nature

### Furry Friends NEW

**Ages: 3 - 6**

**Harmon Park, Hobby Hut**

Come and explore the world of pets! Children will learn about how to care for and have fun with pets. They will also have the opportunity to make treats and toys for the Humane Society of Central Oregon and take some home for their furry friends as well.

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

Activity: 306213

**Tu: 10:00 - 10:45 am**

Session: 12/5 - 19

### Woodland Wonders NEW

**Ages: 3 - 6**

**Harmon Park, Hobby Hut**

Come and have fun learning about the wonders of the forest. Children will have the opportunity to develop their motor skills, social skills and thinking ability.

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

Activity: 306410

**Tu: 10:00 - 10:45 am**

Session: 11/7 - 21

## 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](http://childrensforestco.org/family).

### CHILDREN'S FOREST: Tiny Explorers FREE

**Ages birth to 2 with family**

Tiny Explorers encourages new parents to kick start a healthy life enjoying the outdoors by getting their little ones outdoors starting at a young age. The program includes monthly outdoor meetups from March-November in three 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.

#### BEND: 2ND TUESDAYS

**Tu: 11:00 am - 12:00 pm**

Pilot Butte Park

#### REDMOND: 3RD TUESDAYS

**Tu: 11:00 am - 12:00 pm**

Sam Johnson Park

#### BEND: 4TH TUESDAYS

**Tu: 1:00 - 2:00 pm**

Larkspur Park

## CHILDREN'S FOREST: Puddlestompers FREE

**Ages 3-5 with family**

Spark a sense of wonder for nature through imaginative play, exploration, songs and stories.

**Saturdays, 11:00 - 11:45 am**

### OCTOBER 7: ROCK RIDGE PARK

Signs of Fall with  
High Desert Museum

### NOVEMBER 4: SHEVLIN PARK

Wildlife is Everywhere with  
Wildheart Nature School

## CHILDREN'S FOREST: Discover FREE Nature Days

**Ages: 5 - 10 with family**

Join us for two hours of art, science, and play while learning about the natural world and exploring local parks.

**Saturdays, 10:00 am - 12 noon**

### SEPTEMBER 9: FAREWELL BEND PARK

Nature Journaling with  
Children's Forest of Central  
Oregon

### OCTOBER 14: CLINE FALLS STATE PARK

Art in Nature with  
Upper Deschutes  
Watershed Council

## CHILDREN'S FOREST: Discover FREE Nature Festival

**Saturday, September 23**

**11:00 am - 3:00 pm**

**Riverbend Park**

Over 35 outdoor recreation and nature education activities for all ages!



# create your play

LET'S  
GET ARTY!  
.....  
ART PARTIES  
FOR  
ALL AGES  
.....  
SEE BELOW

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](http://bendparksandrec.org).

## 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:** 311210

**Sa:** 9:30 am - 12:30 pm

**Session:** 11/11



## Comics & Graphic Novels

**Ages: 8 - 16**

### Art Station

You've got a story to tell! Learn to character design your own comic book hero or main character. First, we'll explore visual story-telling techniques, including story development, page layout, perspective, camera angles, dramatic lighting, lettering and inking techniques. After that, you'll create your own comic or graphic novel pages. Instructor: Carolyn Parker

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

Activity: 311222

**Sa: 1:30 - 4:30 pm**

Session: 11/11 - 18

## 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: 311224

**Sa: 9:30 am - 12:30 pm**

Session: 11/18

## Clay

### Wacky Clay Works

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

Activity: 311200

**Ages: 10 - 12**

**Tu/Th: 4:00 - 5:30 pm**

Session: 9/19 - 28

**Ages: 6 - 9**

**Tu/Th: 4:00 - 5:30 pm**

Session: 12/5 - 14

### Clay Bakery

**Ages: 6 - 9**

#### Art Station

Build a variety of ceramic goodies and miniature polymer clay creations using hand-building techniques. Seek inspiration from examples of Wayne Thiebaud's work to make ceramic containers in the shapes of cupcakes, pies and cake slices constructed out of clay, fired and glazed. Instructor: Gillian Rathbun

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

Activity: 311201

**W: 2:30 - 4:30 pm**

Session: 9/20 - 27

## Teen Wheel Throwing & Hand Building NEW

**Ages: 13 - 18**

### Art Station

All levels are welcome! Learn to throw pots on the wheel and advance your skills with various hand building techniques. Free your imagination and gain the skills to bring ideas to reality. Wheel throwing is a great, focused escape from daily life stresses and more. Instructor: Rachel Evans

Fee: \$139 ID \$167 OD / session

Activity: 311202

**M/Th: 3:15 - 5:15 pm**

Session: 10/2 - 19

### 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: \$28 ID \$34 OD / session

Activity: 311204

**Tu: 4:00 - 6:30 pm**

Sessions: 10/10 11/28

### Fish Chimes

**Ages: 6 - 12**

#### Art Station

Fish on! Create simple pinch pots in a variety of shapes, design with stamps and glaze then string them together to make a unique wind chime. This is a two-class process with other fishy activities. Instructor: Gillian Rathbun

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

Activity: 311205

**Tu: 4:00 - 6:00 pm**

Sessions: 10/17 - 24 11/07 - 14



## Days of Clay

**Ages: 6 - 12**

### Art Station

Wednesdays are the Days of Clay! Come create and play with clay to make an array of projects. Use your imagination while you craft, build and learn a variety hand building techniques. Instructor: Sue Wilhem & AS Staff

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

Activity: 311208

**W: 2:15 - 4:15 pm**

Sessions: 10/25 - 11/15 11/29 - 12/20

## Illuminated Lanterns

**Ages: 6 - 12**

### Art Station

Light up your world! Build a vessel and learn to carve your clay piece into a lantern or luminary. Create a one-of-a-kind piece that is functional and enjoyable for you, your family or as a gift. Instructor: Rachel Evans

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

Activity: 311207

**M/Th: 3:45 - 5:30 pm**

Session: 10/30 - 11/2

## No-School Days



### Creepy Creatures

NO SCHOOL

#### Art Station

Create spooky spiders, beastly bats and crazy cats while learning about color theory, collage, composition, perspective and symmetry. Using pastels, paint, collage, cut paper and creative thinking, you'll make creepy concoctions that you'll be proud to display for trick-or-treaters. Lunchtime care provided for children attending Agateware Pottery. Instructor: Kathy Schoderbek

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

Activity: 311242

**Ages 6 - 8:**

**W:** 9:00 am - 12:00 pm

**Ages 9 - 12:**

**W:** 1:00 - 4:00 pm

Session: 10/25

### Agateware Pottery

NO SCHOOL

#### Art Station

Imitating agate's unique qualities, agateware pottery techniques feature swirling, marbled colors. Learn the style of English potter Thomas Wheildon who repeatedly mixed different layers of colored clay to yield this special striated, marbled effect. Lunchtime care provided for children attending Creepy Creatures. Instructor: Gillian Rathbun

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

Activity: 311206

**Ages 9 - 12:**

**W:** 9:00 am - 12:00 pm

**Ages 6 - 8:**

**W:** 1:00 - 4:00 pm

Session: 10/25

### 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: 311402

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

**F:** 9:00 am - 4:00 pm

Session: 11/10

Fee: \$195 ID \$234 OD / session

**M - W:** 9:00 am - 4:00 pm

Session: 11/20 - 22

**W - F:** 9:00 am - 4:00 pm

Sessions: 12/27 - 29 1/3 - 5

### Dia de los Muertos

NO SCHOOL

**Ages: 6 - 12**

#### Art Station

Celebrate the Mexican tradition of remembering the dead with multi-media and clay studio projects. This celebration is not a sad or depressing time, but rather full of life, happiness, color, food, family and fun and we'll create figures and decorations associated based on this! Bring a lunch each day. Instructors: Gillian Rathbun & Helen Bommarito

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

Activity: 311400

**Th - F:** 9:00 am - 4:00 pm

Session: 10/26 - 27

## Multimedia

### Cats & Dogs

**Ages: 6 - 12**

#### Art Station

Artwork inspired by your furry friend! With inspiration from the works of Laurel Burch and George Rodrigue, we'll use basic shapes to draw or paint a recognizable animal face. Learn to identify shapes in animals and how to use shapes to create them. Bring a pet photo and use paints, markers and more to create a bold and colorful artwork. Instructor: Gillian Rathbun

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

Activity: 311240

**Th:** 4:00 - 5:00 pm

Session: 9/21 - 10/5



### Full STEAM Ahead: Architecture

**Ages: 6 - 9**

#### Art Station

The problem: People need affordable places to live. The solution: You! Based on your investigations and discoveries, you will plan, design and create a model for the future. Connect drawing and model-making with a real-life problem while designing accessible housing of the future. It may be a neighborhood, a high rise, underground or something totally new? Instructor: Sue Wilhelm

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

Activity: 311241

**W:** 2:15 - 4:15 pm

Session: 9/27 - 11/8 (No class 10/18)

## Sharpie Silhouettes

**Ages:** 13 & up

### Art Station

Create a unique silhouette portrait decorated with intricate, descriptive designs that are all about you. Bring to class the words, phrases and images that describe you. Learn about composition and positive/negative space while creating a one-of-a-kind piece that truly reflects you. Instructor: Gillian Rathbun

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

**Activity:** 311243

**Sa:** 1:30 - 4:30 pm

**Session:** 10/21

**W:** 2:00 - 5:00 pm

**Session:** 11/15

## Concepts of Self in Sculpture

**Ages:** 6 - 10

### Art Station

Utilizing negative and positive space, texture, collage and self-discovery, we'll construct 3-dimensional representations of ourselves. 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 yourself! Instructor: Deena Newman

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

**Activity:** 311244

**M/Tu:** 4:00 - 6:00 pm

**Session:** 10/23 - 24

## Play With Your Food

**Ages:** 9 - 12

### Art Station

Create works of art by playing with your food and be inspired by the artwork of Giuseppe Arcimboldo. "Paint" with different fruits and vegetables and explore the shapes and textures you create. Compose 3D art using only edible elements, which we will photograph and draw. Think creatively and design using objects that are not ordinarily used in a work of art. Instructor: Kathy Schoderbek

**Fee:** \$68 ID \$82 OD / session

**Activity:** 311245

**W:** 2:30 - 4:30 pm

**Session:** 11/29 - 12/13

## DIY Doll Accessories

**Ages:** 6 - 10

### Art Station

Bring your favorite doll for fun-filled days of arts and crafts! Create items just for your doll including pretend food, clothes, sleeping bags/pillows and more! It's a time to play with others who love their dolls, too! Ideally this would be for the popular 18 inch dolls (American Girl or Our Generation Girl) but can be adapted for other kinds/sizes. Instructor: Jessica Dawley

**Fee:** \$76 ID \$91 OD / session

**Activity:** 311246

**Th:** 3:45 - 5:45 pm

**Session:** 12/7 - 21

## Artist Elements

### 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.

**Activity:** 311250



## Art Hero

**Ages:** 7 - 12

Creativity takes courage! We'll explore historical art heroes, what makes their artistic style brave and unique, then create your own one-of-a-kind works of art inspired by their individual style. Instructor: Jessica Dawley

**Fee:** \$99 ID \$118 OD / session

**M:** 4:00 - 6:00 pm

**Session:** 9/18 - 10/16

## Under Pressure

**Ages:** 8 - 12

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 as well. Art can be planned or spontaneous, just relax, learn and create. Instructor: Susan Hovey

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

**Tu:** 4:00 - 6:00 pm

**Session:** 9/19 - 10/10

## From Your Perspective

**Ages:** 6 - 10

Learn how to make flat images look 3-dimensional. Explore linear perspective, shading and shadows, color values and atmospheric effects. Experiment with drawing mediums on various surfaces to explore form and space. Instructor: Sue Wilhem

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

**M:** 4:15 - 6:15 pm

**Session:** 10/30 - 12/11 (No class 11/20)

## Your Eye May Fool You

**Ages:** 9 - 12

Whoa! Learn about Op Art and optical illusions and make artwork that appears to shake, shimmy and shift! Using rulers, compasses and geometric shapes, you'll manipulate elements of design (line, shape, space and color) to create the illusion of movement and depth in your art while creating patterns that appear to warp or vibrate. Instructor: Kathy Schoderbek

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

**Tu:** 4:00 - 6:00 pm

**Session:** 11/28 - 12/19

## 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 explore different art techniques in the multi-media studio. Instructor: Jessica Dawley

**Fee:** \$32 ID \$38 OD / session

**F:** 6:00 - 9:00 pm

**Activity:** 311247

**Sessions:** 11/17, 12/15





## Home School Academy

### Art Station

Activity: 311260

### Kids & Clay

Ages: 6 – 11

Using different pottery techniques, learn to create with the pottery wheel, make hand built creations and glaze your projects.

Instructor: Diane Burns

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

Tu: 1:30 – 3:00 pm

Sessions: 9/12 - 10/3 11/28 - 12/19

### Young Masters

Ages: 6 – 11

Develop your drawing and painting skills while observing from masters like Georgia O'Keefe, Van Gogh, Monet and more.

Instructor: Diane Burns

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

Tu: 1:30 – 3:00 pm

Session: 10/10 - 31

### Fairy Tales, Myths & Legends

Ages 6 – 12

Taking themes from fairy tales, myths and legends, we'll make stories come alive through pastel drawings, modeled beeswax figures and painting wet on wet watercolor story lines. Find heroes, villains, gods and monsters in Italy's Pinocchio, England's Alice in Wonderland, the spider trickster of West Africa and more. Instructor: Deena Newman

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

M: 10:00 am – 12:00 pm

Session: 10/16 - 11/13

## Art & The Young Child

### PreClay NEW

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. Child must be accompanied by adult. Instructor: Helen Bommarito

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

Activity: 311300

F: 10:00 – 11:00 am

Sessions: 9/22 10/20 11/17

### 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. Child must be accompanied by adult. Instructor: Jessica Dawley

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

Activity: 311302

F: 9:00 – 10:00 am

Sessions: 9/15 10/13 12/1

### 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: Jessica Dawley

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

Activity: 311304

M: 10:00 – 11:00 am

Sessions: 9/18 - 10/2 12/4 - 18



### Art StART

Ages: 2 – 3 with adult  
& 4 – 6

#### 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: Eileen Noe

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

Activity: 311306

### COLOR ME FALL:

Use seasonal items like apples, pumpkins and leaves to learn and explore the elements of art through autumn.

Ages: 2 – 3 Th: 9:00 – 10:00 am

Ages: 4 – 6 Th: 10:30 – 11:30 am

Session: 9/28 - 10/19

### ART AROUND THE WORLD:

Take a journey to discover various styles of art, mediums and techniques from different countries.

Ages: 2 – 3 Th: 9:00 – 10:00 am

Ages: 4 – 6 Th: 10:30 – 11:30 am

Session: 11/30 - 12/21

# With Your Child: Books

## With Your Child: Accordion Book

**Ages: 5 & up with adult**  
**Art Station**  
 Create beautiful expandable books that you can fill with art, poems, photos and memories! You and your child will choose style, theme and embellishments. Create memories... and a place to keep them! Instructor: Sue Wilhelm  
 Fee: \$49 ID \$59 OD / session  
 Activity: 311540  
 Sa: 9:30 am - 12:30 pm  
 Sessions: 9/23 10/21

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: Clay

## With Your Child: Wheel Throwing

**Ages: 5 & up with adult**  
**Art Station**  
 Curious about how incredibly 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: 311500  
 Sa: 10:00 am - 1:00 pm  
 Sessions: 9/16 10/21

## With Your Child: Leaf Platters

**Ages: 5 & up with adult**  
**Art Station**  
 Bring the falling leaves to your dinner table by cutting your favorite leaf shapes out of clay slabs and adding or carving the stems and veins for a realistic look. Instructor: Rachel Evans  
 Fee: \$55 ID \$66 OD / session  
 Activity: 311502  
 Sa: 10:00 am - 1:00 pm  
 Sessions: 9/30 11/4



## With Your Child: Family Frames

**Ages: 5 & up with adult**  
**Art Station**  
 Create a one of a kind picture frame out of clay for a special family photo. Personalize your frame by fun mark-making techniques with stamps and other objects. Finish your frame with colorful glazes. Instructor: Amanda Krammes  
 Fee: \$39 ID \$47 OD / session  
 Activity: 311501  
 Sa: 10:00 am - 12:00 pm  
 Session: 9/23

## With Your Child: Tiny Homes

**Ages: 5 & up with adult**  
**Art Station**  
 Together you and your child create a magical tiny home! Learn various techniques while adorning your home with textured details and miniature features. Instructor: Helen Bommarito  
 Fee: \$55 ID \$66 OD / session  
 Activity: 311503  
 Sa: 10:00 am - 1:00 pm  
 Sessions: 10/7 12/2

## With Your Child: Wall Pockets

**Ages: 5 & up with adult**  
**Art Station**  
 Design a vase to hang on the wall! Wall pockets are functional art that can be used to display small bouquets, air plants, dried flowers, etc. Create a great gift for family or friends! Instructor: Helen Bommarito  
 Fee: \$39 ID \$47 OD / session  
 Activity: 311504  
 Sa: 10:00 am - 12:00 pm  
 Sessions: 10/14 12/16

## With Your Child: Heirloom Ornaments

**Ages: 5 & up with adult**  
**Art Station**  
 Create family holiday ornaments with clay using cookie cutters or your own original and imaginative shapes! Press patterns or messages on your ornaments using stamps. Hang them on your own tree or share them as gifts. Instructor: Amanda Krammes  
 Fee: \$39 ID \$47 OD / session  
 Activity: 311505  
 Sa: 10:00 am - 12:00 pm  
 Sessions: 11/18 12/9



## With Your Child: Make a Cookie Plate for Santa

**Ages: 5 & up with adult**  
**Bend Senior Center**

Create and decorate a custom, kiln-fired ceramic plate for Santa's cookies. Create a durable family treasure for holiday use year after year. Supplies and firing included. Instructor: Diane Burns.

Fee: \$39 ID \$47 OD / session  
Activity: 302415  
Tu: 5:00 - 7:00 pm  
Session: 12/5



## With Your Child: Fused Glass

### With Your Child: Halloween Dishes

**Ages: 5 & up with adult**  
**Art Station**

Child and adult will work side by side to create a 5x5" fused and slumped glass Halloween-themed dish. Additional charge of \$30 paid to instructor for raw materials and firing cost. Instructor: Julia Christoferson

Fee: \$34 ID \$41 OD / session  
Activity: 311561  
Sa: 10:00 am - 12:30 pm  
- OR -  
Sa: 2:00 - 4:30 pm  
Session: 10/14

### Work for play at BPRD.

Learn more at  
[bendparksandrec.org/jobs](http://bendparksandrec.org/jobs)

## With Your Child: Seasonal Scenes

**Ages: 5 & up**  
**Art Station**

Create a 4x10" fused and slumped piece of decorative glass art with a fall or winter scene. These "tack fused" pieces provide textural qualities in the glass. Additional charge of \$30 paid to instructor for raw materials and firing cost. Instructor: Julia Christoferson

Fee: \$34 ID \$41 OD / session  
Activity: 311564  
Sa: 10:00 am - 12:30 pm  
- OR -  
Sa: 2:00 - 4:30 pm  
Session: 11/4

## With Your Child: NEW Window Hanging

**Ages: 5 & up with adult**  
**Bend Senior Center**

Learn the basics of fused glass to create a window hanging with your child. 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 in a fun, informative setting. Projects will be kiln-fired and available for pickup a week after class. Instructor: Diane Burns

Fee: \$59 ID \$71 OD / session  
Activity: 302414  
F: 5:00 - 7:00 pm  
Session: 12/1

## With Your Child: Holiday Ornaments

**Ages: 5 & up with adult**  
**Art Station**

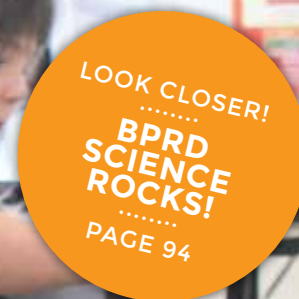
A variety of hanging ornament designs and choices will be available for you and your child to craft. Additional charge of \$10 - \$15 paid to instructor for raw materials and firing cost. Instructor: Julia Christoferson

Fee: \$34 ID \$41 OD / session  
Activity: 311567  
Sa: 10:00 am - 12:30 pm  
- OR -  
Sa: 2:00 - 4:30 pm  
Session: 12/9

### Volunteer with youth and adult art programs.

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





The Children's Forest  
of Central Oregon presents



September 23

Riverbend Park

11am-3pm

Free!

**DISCOVERY! EXPLORATION! ADVENTURE!**  
over 30 outdoor recreation, nature  
education, and health and wellness  
activities for the whole family to enjoy!

[childrensforestco.org](http://childrensforestco.org)



PARTNERS



SPONSORS



For more information, call (541) 389-7275 • [bendparksandrec.org](http://bendparksandrec.org) • Location and park lists on pages 108 - 111

ID = In-District Resident Fee • OD = Out-of-District Fee •  = visit our website for other choices of days/times

## Before & Afterschool Programs

# KIDS INC.

bend park & recreation district

Grades: K - 5

### WHY KIDS INC?

**CONVENIENT:** Great program for working parents with convenient locations at several elementary schools.

**HEALTHY LIFESTYLE:** Active games and play promote movement and fitness. Daily healthy snacks are offered every afternoon.

**TEAMWORK:** Opportunities for socialization, leadership and confidence through cooperative games and group activities.

**SKILL BUILDING:** Creative, theme-based enrichment activities that challenge the children and encourage problem solving.

**PROFESSIONAL STAFF:** Dedicated to the care and safety of your child. Staff are engaged and interacting with participants while being good role models and mentors. All staff are trained in youth development, CPR/first aid and receive background checks.

School Locations:

**AMITY**  
**BEAR CREEK**  
**BUCKINGHAM**  
**ELK MEADOW**  
**ENSWORTH**  
**HIGH LAKES**  
**HIGHLAND**  
**JEWELL**  
**JUNIPER**  
**LAVA RIDGE**  
**MILLER**  
**PINE RIDGE**  
**PONDEROSA**  
**SILVER RAIL**

#### 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:

AM Care for Amity students register for Highland KIDS INC.

PM Care for Amity, Westside Village & Highland students register for Highland KIDS INC.



### 2017 - 18 SCHOOL YEAR REGISTRATION NOW OPEN

#### 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.

**FOR MORE INFORMATION:** Call (541) 389-7275.

# REC ZONE

Grades: K - 5

School  
Location:  
**HIGH LAKES**

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)

### 2017 - 18 SCHOOL YEAR REGISTRATION NOW OPEN

#### REGISTRATION FEE:

**\$20 per child** - Non-refundable

**MONTHLY FEES:** \$37 / month

**FOR MORE INFORMATION:** Call (541) 389-7275.

# ENRICHMENT WEDNESDAYS

## At Your School:

### Early Release Wednesdays:

2:00 - 3:30 pm

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

W: 2:00 - 3:30 pm

Session: 9/13 - 10/25

11/1 - 12/20 (no class 11/22)

1/10 - 2/21

Each week, Bend La Pine Schools have school improvement Wednesdays where kids end their school day at 2:00 pm.

What to do? Don't fret, Enrichment Wednesdays are here for you!

We host five enrichment sessions each year and they are all located at your child's school - how convenient! Each offering rotates every six to eight weeks depending on the school calendar year. Offerings include movement classes like dance, games or martial arts and a variety art, science and foreign language options. Try something new or try them all!

## BEAR CREEK ELEMENTARY

All Programs: 406601

### Chess Club

Grades: K - 5

Session: 9/13 - 10/25

Learn strategy and sharpen your mind! Catering to the beginner or intermediate levels, we will start with instructions and end with matches against other participants.

## Theatre with Miss Lovely

Grades: K - 5

Sessions: 9/13 - 10/25

11/1 - 12/20 (no class 11/22)

1/10 - 2/21

Explore fun games of improvisation, pantomime, voice and diction, character development and stage direction. A performance of skits/short play for family and friends will be held the last Wednesday of each session to showcase the kids' talents.

## Nature Discovery

Grades: K - 5

Session: 11/1 - 12/20 (no class 11/22)

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!

## Creative Computer Coding

Grades: 3 - 5

Session: 1/10 - 2/21

We will be storyboarding, brainstorming, and discussing how to bring our ideas to life on screen. We will be using iPad-based visual programming languages designed for kids to make animations, stories, games, program bots, and other interactive projects.

## Volunteer with kids!

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



## BUCKINGHAM ELEMENTARY

All Programs: 406602

### Quidditch

Grades: K - 5

Session: 9/13 - 10/25

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.

### Mixed Martial Arts

Grades: K - 5

Session: 11/1 - 12/20 (no class 11/22)

Kids learn mixed martial arts training techniques such as clinch work, mitt drills and calisthenics through fun games and workouts.

## Fun, Funky, Fresh Dance

Grades: K - 5

Session: 1/10 - 2/21

An amazing way to get some energy out by moving and grooving to music, expressing one's self through dance. We will also integrate dance games: limbo, freeze dance, dance teacher and more!

## ELK MEADOW ELEMENTARY

All Programs: 406603

### Spanish Immersion

Grades: K - 5

Session: 9/13 - 10/25

Hola! Children receive a natural introduction to Spanish language and culture with fun activities and vocabulary building.

### Martial Arts

Grades: K - 5

Session: 11/1 - 12/20 (no class 11/22)

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.

## Nature Discovery

Grades: K - 5

Session: 1/10 - 2/21

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!

### WEDNESDAYS

Early Release Wednesdays: 2:00 - 3:30 pm

Fee: \$70 ID \$84 OD / Sessions: 9/13 - 10/25, 11/1 - 12/20 (no class 11/22), 1/10 - 2/21

#### ENSWORTH ELEMENTARY

All Programs: 406604

##### Martial Arts

Grades: K - 5

Session: 9/13 - 10/25

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.

##### Nature Chasers

Grades: K - 5

Session: 11/1 - 12/20 (no class 11/22)

Kids' imaginations and adventurous spirits are set free in the outdoors as they learn important survival skills. Focused on shelter, water, food and warmth, the learning environment is 100% hands-on.

##### Jewelry Making

Grades: K - 5

Session: 1/10 - 2/21

Make your own beads for unique bracelets and necklaces out of Femo, Shrinky Dinks and paper! We will also craft jewelry using a metal stamping technique.



#### HIGH LAKES ELEMENTARY

All Programs: 406605

##### Awesome Animal Art

Grades: K - 5

Session: 9/13 - 10/25

Create amazing mixed medium animal paintings using watercolors, tempera, pastels and collage.

##### Fun, Funky, Fresh Dance

Grades: K - 5

Session: 11/1 - 12/20 (no class 11/22)

An amazing way to get some energy out by moving and grooving to music, expressing one's self through dance. We will also integrate dance games: limbo, freeze dance, dance teacher and more!

##### Mixed Martial Arts

Grades: K - 5

Session: 1/10 - 2/21

Kids learn mixed martial arts training techniques such as clinch work, mitt drills and calisthenics through fun games and workouts.



#### HIGHLAND ELEMENTARY

All Programs: 406606

##### Fun Science Projects

Grades: K - 5

Session: 9/13 - 10/25

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.

##### Creative Computer Coding

Grades: 3 - 5

Session: 11/1 - 12/20 (no class 11/22)

We will be storyboarding, brainstorming, and discussing how to bring our ideas to life on screen. We will be using iPad-based visual programming languages designed for kids to make animations, stories, games, program bots, and other interactive projects.

##### Experiment with Art

Grades: K - 5

Session: 1/10 - 2/21

Try your hand at variety of art mediums and see which you like the best! Learn new techniques and bring home a project every week.

#### JEWELL ELEMENTARY

All Programs: 406607

##### Nature Discovery

Grades: K - 5

Session: 9/13 - 10/25

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!

##### Quidditch

Grades: K - 5

Session: 11/1 - 12/20 (no class 11/22)

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.

##### Fun Science Projects

Grades: K - 5

Session: 1/10 - 2/21

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.

**Early Release Wednesdays: 2:00 - 3:30 pm**  
Fee: \$70 ID \$84 OD / Sessions: 9/13 - 10/25, 11/1 - 12/20 (no class 11/22), 1/10 - 2/21

ENRICHMENT

WEDNESDAYS

YOUTH ACTIVITIES



## JUNIPER ELEMENTARY

All Programs: 406608

### Young Heroes

Grades: K - 5

Session: 9/13 - 10/25

Act just like your favorite Super Heroes! We will engage in various activities and games that promote body awareness and agility movement while promoting respect, compassion and kindness to others.

### Gifts from the Heart

Grades: K - 5

Session: 11/1 - 12/20 (no class 11/22)

Want to give someone special a handmade gift? In this class you will join local artist Diane Burns and make unique one of a kind gifts that your friends and family will love to receive. Great class for the holidays. Bring a healthy snack for break.

### Minute to Win It

Grades: K - 5

Session: 1/10 - 2/21

Join the Minute to Win It Challenge! Bring your fun ideas and be ready with your game face on, you verses 60 seconds on the clock. We will be working as a team and as individuals to see what special talents we have while playing fun games and activities.

## LAVA RIDGE ELEMENTARY

All Programs: 406609

### Creative Computer Coding

Grades: 3 - 5

Session: 9/13 - 10/25

We will be storyboarding, brainstorming, and discussing how to bring our ideas to life on screen. We will be using iPad-based visual programming languages designed for kids to make animations, stories, games, program bots, and other interactive projects.

### Experiment with Art

Grades: K - 5

Session: 11/1 - 12/20 (no class 11/22)

Try your hand at variety of art mediums and see which you like the best! Learn new techniques and bring home a project every week.

### Creative Clay

Grades: 1 - 5

Session: 1/10 - 2/21

Join in the fun as we make a different clay project every week like small creatures, figurines and beautiful ceramic art.

## MILLER ELEMENTARY

All Programs: 406610

### Fun, Funky, Fresh Dance

Grades: K - 5

Session: 9/13 - 10/25

An amazing way to get some energy out by moving and grooving to music, expressing one's self through dance. We will also integrate dance games: limbo, freeze dance, dance teacher and more!

### Sportsters

Grades: K - 5

Session: 9/13 - 10/25

Calling all kids! Join us for gym games, flag tag, high energy play and end session with a mini field day.

### Minute to Win It

Grades: K - 5

Session: 11/1 - 12/20 (no class 11/22)

Join the Minute to Win It Challenge! Bring your fun ideas and be ready with your game face on, you verses 60 seconds on the clock. We will be working as a team and as individuals to see what special talents we have while playing fun games and activities.

### Awesome Animal Art

Grades: K - 5

Session: 1/10 - 2/21

Create amazing mixed medium animal paintings using watercolors, tempera, pastels and collage.





## For Kids' Sake

Bend Park & Recreation District and Bend-La Pine Public Schools work cooperatively to ensure that kids have safe and enriching experiences during non-school hours. This partnership maximizes resources to best serve kids and families.



**Early Release Wednesdays: 2:00 - 3:30 pm**  
 Fee: \$70 ID \$84 OD / Sessions: 9/13 - 10/25, 11/1 - 12/20 (no class 11/22), 1/10 - 2/21



## PINE RIDGE ELEMENTARY

All Programs: 406611

### Creative Clay

Grades: K - 5

Session: 9/13 - 10/25

Join in the fun as we make a different clay project every week like small creatures, figurines and beautiful ceramic art.

### Awesome Animal Art

Grades: K - 5

Session: 11/1 - 12/20 (no class 11/22)

Create amazing mixed medium animal paintings using watercolors, tempera, pastels and collage.

### Quidditch

Grades: K - 5

Session: 1/10 - 2/21

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.

## PONDEROSA ELEMENTARY

All Programs: 406612

### Minute to Win It

Grades: K - 5

Session: 9/13 - 10/25

Join the Minute to Win It Challenge! Bring your fun ideas and be ready with your game face on, you verses 60 seconds on the clock. We will be working as a team and as individuals to see what special talents we have while playing fun games and activities.

### Spanish Immersion

Grades: K - 5

Session: 11/1 - 12/20 (no class 11/22)

Hola! Children receive a natural introduction to Spanish language and culture with fun activities and vocabulary building.

### Martial Arts

Grades: K - 5

Session: 1/10 - 2/21

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.

## SILVER RAIL ELEMENTARY

All Programs: 406613

### Mixed Martial Arts

Grades: K - 5

Session: 9/13 - 10/25

Kids learn mixed martial arts training techniques such as clinch work, mitt drills and calisthenics through fun games and workouts.

### Fun Science Projects

Grades: K - 5

Session: 11/1 - 12/20 (no class 11/22)

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.

### Spanish Immersion

Grades: K - 5

Session: 1/10 - 2/21

Hola! Children receive a natural introduction to Spanish language and culture with fun activities and vocabulary building.

## Volunteer with kids!

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

# More Afterschool

## Kids On-the-Move

FREE

**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. Does not meet if there is no school.

Fee: FREE  
Activity: 307901  
**Lava Ridge**  
**M:** 3:30 - 5:00 pm  
**W:** 2:00 - 4:30 pm  
Session: 10/2 - 12/20  
**Ensworth:**  
**Tu/Th:** 3:30 - 5:00 pm  
Session: 10/3 - 12/21



## No School Days



**Grades: K - 5**  
**Lava Ridge Elementary and Juniper Elementary**  
Operation Recreation meets the needs of the working parent and the fun seeking child! This program operates on non-school days for kindergarten through 5th grade. Children enjoy a variety of enrichment activities and daily field trips.

KIDS INC Families: If you're interested in this program, it requires a separate registration from KIDS INC.

Fee: \$43 ID \$52 OD per day  
Activity: 301401

**Weekdays: 7:00 am - 6:00 pm**

Sessions:

Wednesday: 10/25	Tuesday: 12/26	Tuesday: 1/2
Thursday: 10/26	Wednesday: 12/27	Wednesday: 1/3
Friday: 10/27	Thursday: 12/28	Thursday: 1/4
Monday: 11/20	Friday: 12/29	Friday: 1/5
Tuesday 11/21		
Wednesday: 11/22		

NO SCHOOL

# Cooking & Baking

## Apples & Apples

**Ages: 6 - 10**  
**Cascade Middle School, Foods Room**  
Explore the mighty apple! We'll make caramel apples and applesauce from fresh, local apples. Finish it off with a sweet apple craft.  
Fee: \$30 ID \$36 OD / session  
Activity: 306222  
**Sa:** 10:00 am - 12:30 pm  
Sessions: 10/7

## Pie & Turnover Baking

**Ages: 10 - 14**  
**Cascade Middle School, Foods Room**  
Learn how to make and roll out pie dough and shape it into pies and turnovers with a variety of fillings that are sure to make your mouth water. Yum, delicious!  
Fee: \$30 ID \$36 OD / session  
Activity: 306229  
**Sa:** 9:00 am - 12:00 pm  
Sessions: 11/18

## Holiday Cookie Decorating

**Ages: 10 - 14**  
**Cascade Middle School, Foods Room**  
Learn to make beautiful holiday cookies and decorate them with your own creative touch. Bring home a special plate of goodies to share and impress your family and friends!  
Fee: \$30 ID \$36 OD / session  
Activity: 306221  
**Sa:** 9:00 - 11:30 am  
Sessions: 12/9 12/16



## Crafts

### Pumpkin Pinatas!

NEW

NO SCHOOL

Ages: 6 - 11

Harmon Hobby Hut

What better treat for this no-school day than to make a paper-mache pumpkin that you can smash! We will dip, dab and decorate our festive pumpkins that you can fill with goodies!

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

Activity: 306105

W: 9:00 am - 12:00 pm

Sessions: 10/25

### Sewing School

NEW

NO SCHOOL

Ages: 8 - 11

Harmon Hobby Hut

Stitching is in! Practice threading colorful embroidery threads and easy techniques for sewing simple artwork onto fabric.

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

Activity: 306104

Th: 9:00 am - 12:00 pm

Sessions: 10/26

### Wooden Sign Making

NEW

NO SCHOOL

Harmon Park Hobby Hut

Let's get crafty! You'll start with a pine board with your name on - you'll prime it, paint it and decorate it to your liking! Perfect for your room or as a gift. Be sure to tell us at registration what name you'd like on the board.

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

Activity: 306102

Ages: 6 - 8

Th: 9:00 - 10:30 am

Session: 10/26

M: 10:00 - 11:30 am

Session: 11/20

Ages: 9 - 12

F: 9:00 - 10:30 am

Session: 10/27

Tu: 10:00 - 11:30 am

Session: 11/21

## Volunteer with kids!

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

## Dance & Movement

### Beginning Hip Hop & Jazz

Ages: 8 - 13

Academie De Ballet Classique

Why just watch dancers on music videos? Learn all the cool moves and tricks to impress your friends.

Fee: \$108 ID \$130 OD / session

Activity: 306569

W: 4:15 - 5:15 pm

Session: 9/6 - 10/25 11/1 - 12/20

### Beginning Tap

NEW

Ages: 9 - 13

Academie De Ballet Classique

Tap dancing makes feet sing! New offering for grade school aged dancers wanting to dip their feet into tap.

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

Activity: 306570

W: 5:30 - 6:30 pm

Session: 9/6 - 10/25 11/1 - 12/20

### AcroYoga

NEW

Ages: 13 - 17

Tula Movement Arts

A certified AcroYoga instructor will teach fun and accessible AcroYoga skills and sequences. Students will be taught basic partner skills, transitions and longer sequences progressively throughout the series. They will also work on handstands, hand balancing and other inversions.

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

Activity: 306562

Th: 4:00 - 5:00 pm

Sessions: 9/7 - 28 10/5 - 11/2



### Ballet FUNDamentals

Ages: 9 - 15

Academie De Ballet Classique

Imagine leaping onto a huge stage in front of your family and friends as they applaud your energy and grace. Learn ballet fundamentals to increase your confidence and enjoyment of other dance forms. Basic ballet skills are taught with warm coaching to help give each dancer the attention needed through each lesson.

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

Activity: 306576

M: 5:15 - 6:30 pm

Session: 9/11 - 10/23 10/30 - 12/18

### Mindful Monkeys

NEW

Tula Movement Arts

From mindfulness and meditation to backbends and inversions, this series will help all participants build strength, gain flexibility, calm their nervous system and have a ton of fun!

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

Activity: 306560

Ages: 5 - 8

M: 4:00 - 5:00 pm

Sessions: 9/11 - 10/2 10/9 - 30

Ages: 8 - 12

Tu: 4:00 - 5:00 pm

Sessions: 9/12 - 10/3 10/10 - 31

## Aerial Yoga NEW

**Ages: 13 - 17**

### Tula Movement Arts

A certified Aerial Yoga instructor will teach fun and accessible aerial yoga skills and sequences. From mindfulness and meditation to aerial dance, this series will help all participants build strength, gain flexibility and have a ton of fun flying through the air! Aerial yoga is a safe, accessible practice that students with all different kinds of movement backgrounds as well as total beginners will be able to participate in and enjoy themselves.

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

Activity: 306561

**W: 1:30 - 2:30 pm**

Session: 9/13 - 10/4 10/11 - 11/1

## Learning Workshops

### Babysitter's Training

**Ages: 11 - 15**

#### American Red Cross, Bend Service Master Location

Complete this course in just one day and begin babysitting the next. It includes what you need to know and what every parent wants in a safe and responsible babysitter. Become a great role model. Learn to handle emergencies such as injuries, illnesses, household accidents and more. Bring a lunch. Materials included.

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

Activity: 306255

**Sa: 8:30 am - 3:30 pm**

Sessions: 9/23 10/14

11/4 12/2

12/16

## KPOV No-School Radio Immersion NO SCHOOL

**Ages: 10 - 14**

### KPOV Radio

Curious about how radio works? Come find out what happens behind the scenes. Go on air, record in our studio, interview a friend and tell a story. Pieces produced will be broadcasted on 88.9 FM, and you'll get a copy on CD to take home!

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

Activity: 306650

**F: 9:00 am - 3:00 pm**

Session: 11/10

## Music & Voice

### Homeschool Choir NEW

**Ages: 7 - 13**

#### Cascade School of Music

Students will learn the basic elements of rhythm and note reading in a group setting and work together to learn various vocal parts. The repertoire will be fun and engaging. Includes materials.

Fee: \$165 ID \$198 OD / session

Activity: 306374

**M: 1:00 - 1:50 pm**

Session: 9/18 - 1/15

### 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 \$186 OD / session

Activity: 306362

**W: 2:30 - 3:20 pm**

Session: 9/20 - 1/17



### 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 \$186 OD / session

Activity: 306365

**W: 3:30 - 4:20 pm**

Session: 9/20 - 1/17

### Introduction to Ukulele NEW

**Ages: 7 - 13**

#### Cascade School of Music

A beginner-friendly instrument, the ukulele sounds great whether you're playing by yourself or in a group. In this beginning ukulele class you'll experience an introduction to chords, strums and picking notes. Repertoire includes Hawaiian, folk and contemporary songs. A fun performance will be held at the end of the session.

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

Activity: 306368

**Tu: 4:00 - 4:50 pm**

Session: 9/19 - 1/16

### Showtime: Choir for Girls NEW

**Ages: 9 - 16**

#### Cascade School of Music

Singing with a choir gives children a forum to work together to bring the beauty of music to life. The process of ensemble music making cultivates the sense of responsibility, commitment, self-discipline, confidence and poise. Fun performances throughout the school year. No experience necessary. \$25 performance fee paid directly to CSM by first day of class.

Fee: \$325 ID \$375 OD / session

Activity: 306366

**Th: 4:30 - 5:45 pm**

Session: 10/5 - 5/24

## MUSIC & VOICE PARTICIPANTS:

**Attend  
Orientation Wednesday  
9/13 from 6:00 - 8:00 pm  
at Cascade School of Music**

## 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 one of the open house/orientation dates:

Sunday, September 10, 4:00 - 6:00 pm

Fee: \$325 ID \$375 OD / session Activity: 306360

Payment options available. Call Sue at (541) 706-6105.

### PIANO PATH 1 (KEYBOARD)

Homeschool Ages: 7 - 12

M: 2:00 - 2:50 pm

Session: 9/18 - 1/15

Ages: 7 - 9

M: 4:00 - 4:50 pm

Session: 9/18 - 1/15

- OR -

W: 2:30 - 3:20 pm

Session: 9/20 - 1/17

- OR -

W: 4:00 - 4:50 pm

Session: 9/20 - 1/17

Ages: 10 - 13

M: 5:00 - 5:50 pm

Session: 9/18 - 1/15

- OR -

W: 5:00 - 5:50 pm

Session: 9/20 - 1/17

### VIOLIN PATH 1

Homeschool Ages: 7 - 12

M: 2:00 - 2:50 pm

Session: 9/18 - 1/15

Ages: 7 - 9

Tu: 4:00 - 4:50 pm

Session: 9/19 - 1/16

Ages: 10 - 12

Tu: 5:00 - 5:50 pm

Session: 9/19 - 1/16

Note: No programs held during school breaks of Nov 20 - 24, Dec 25 - Jan 5.

### GUITAR PATH 1

Homeschool Ages: 7 - 12

M: 2:00 - 2:50 pm

Session: 9/18 - 1/15

Ages: 7 - 9

M: 4:00 - 4:50 pm

Session: 9/18 - 1/15

- OR -

W: 4:00 - 4:50 pm

Session: 9/20 - 1/17

Ages: 10 - 13

M: 5:00 - 5:50 pm

Session: 9/18 - 1/15

- OR -

W: 5:00 - 5:50 pm

Session: 9/20 - 1/17

### CELLO PATH 1

Ages: 10 - 13

Th: 5:00 - 5:50 pm

Session: 9/21 - 1/18

### STRINGS PATH 1

Ages: 10 - 13

W: 5:00 - 5:50 pm

Session: 9/20 - 1/17

### DRUM PATH 1

Ages: 8 - 10

F: 4:00 - 4:50 pm

Session: 9/22 - 1/19

Ages: 11 - 13

F: 5:00 - 5:50 pm

Session: 9/22 - 1/19



## Outdoors

### CHILDREN'S FOREST: Discover Nature Festival

FREE

Saturday, September 23

11:00 am - 3:00 pm

Riverbend Park

Over 35 outdoor recreation and nature education activities for all ages!

See page 83 for more information.

### CHILDREN'S FOREST: Discover Nature Days

FREE

Ages: 5 - 10 with family

Join us for two hours of art, science, and play while learning about the natural world and exploring local parks.

Saturdays, 10:00 am - 12 noon

### SEPTEMBER 9: FAREWELL BEND PARK

Nature Journaling with Children's Forest of Central Oregon

### OCTOBER 14: CLINE FALLS STATE PARK

Art in Nature with Upper Deschutes Watershed Council

## Mazama Explorers

NEW

NO SCHOOL

Ages: 8 - 12

Harmon Park Hobby Hut

Follow in the steps of the ancients as we uncover the natural and cultural history of Central Oregon. On this three-day adventure we will visit Fort Rock and make our own "fiber footwear" like the ancient sandals found there, explore the Lava Cast Forest to learn about past lava flows and eruptions and hike Smith Rock to learn the secret of being "tuff."

Fee: \$180 ID \$216 OD / session

Activity: 307612

W - F: 8:30 am - 3:30 pm

Session: 10/25 - 27

## TEENS! Volunteer with BPRD.

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



## Quidditch

### Quidditch

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. No experience necessary, everyone is welcome to play!

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

Activity: 306730

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

Session: 10/26 - 27



## Science & Technology

### Bot Lab 100/200

NO SCHOOL

Ages: 6 - 12

Sylvan Learning Center

These one-day workshops scheduled on no-school days are designed to promote STEM education, keep learning fun, encourage creativity, and challenge students to problem-solve and work logically! Students work with LEGO® technology to build themed robots and use computer software to program them to come to life!

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

Activity: 306656

M: 12:00 - 2:00 pm

Session: 11/20

F: 12:15 - 2:15 pm

Sessions: 11/10 at NWX Location

1/5 at NWX Location

Sa: 12:00 - 2:00 pm

Session: 9/30

## Robotics 103

Grades: 1 - 3

Sylvan Learning Center

Create, animate and program complex LEGO® robots while exploring engineering concepts. Students use creativity and problem-solving skills while building awesome robots that come to life!

Fee: \$199 ID \$239 OD / session

Activity: 306655

W: 5:00 - 6:30 pm

Session: 10/18 - 11/15

### Engineering Lab 100/200

NO SCHOOL

Ages: 6 - 12

Sylvan Learning Center

Use your engineering brain while planning, designing, building and testing simple machines and complex bridge structures in this one-day workshop. Join us on a non-school day to explore the STEM world!

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

Activity: 306653

F: 10:00 am - 12:00 pm

Session: 11/10

F: 12:00 - 2:00 pm

Session: 12/29 at NWX Location

### Paging All Future Pediatricians!

NEW

NO SCHOOL

Ages: 5 - 8

Harmon Park, Hobby Hut

Join Little Pediatrician School to learn how to safely care for a newborn like a real pediatrician! Each participant will receive a stuffed baby doll, Finnish Baby Box, and a variety of accessories.

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

Activity: 306674

W: 9:00 am - 12:00 pm

Session: 11/22



### Canines Are Cool! Camps

NEW

NO SCHOOL

Ages: 6 - 11

Harmon Park, Hobby Hut

Join Little Veterinarian School for a variety of fun, interactive demonstrations, crafts and games to learn about dog care and veterinary science! Each participant will receive a stuffed animal puppy and a variety of projects and tools.

#### CANINES ARE COOL! MINI-CAMP

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

Activity: 306673

M - Tu: 9:00 am - 12:00 pm

Session: 11/20 - 21

#### CANINES ARE COOL! CAMP

Fee: \$295 ID \$345 OD / session

Activity: 306675

Tu - F: 9:00 am - 3:00 pm

Session: 1/2 - 5



## Science & Technology

**Ages: 6 - 11**

**Held at**  
**Elk Meadow Elementary**

Bring your sense of fun and adventure along with a water bottle, lunch and healthy snack.

### Halloween Science

NO SCHOOL

Join The Master and Dr. Nope as we explore the mysteries of cool Halloween special effects! We'll play with dry ice, lasers, glow in the dark materials and more. Prepare to be amazed!

Fee: \$100 ID \$120 OD / session  
Activity: 306616  
Th/F: 9:00 am - 3:00 pm  
Session: 10/26 - 27



### Space Explorers For A Day

NO SCHOOL

Make rockets and land a rover on Mars. End the day with a planetarium show where we will explore all of known space! Bring a clean, empty 2 liter bottle for project.

Fee: \$50 ID \$60 OD / session  
Activity: 306601  
M: 9:00 am - 3:00 pm  
Session: 11/20

### Dinosaur Day

NO SCHOOL

Explore the world of paleontology by examining and creating fossils, teeth and other clues about how the dinosaurs lived. You'll get to take home lots of fun keepsakes to share with your family!

Fee: \$50 ID \$60 OD / session  
Activity: 306615  
Tu: 9:00 am - 3:00 pm  
Session: 11/21

### Lights & Lasers

NO SCHOOL

Want to learn more about lasers and light? Join us to explore telescopes, kaleidoscopes, periscopes and more! Learn about lasers in the Laser Dome. Take home your creations to continue your scientific explorations.

Fee: \$50 ID \$60 OD / session  
Activity: 306613  
W: 9:00 am - 3:00 pm  
Session: 11/22



### Duct Tape Engineering

NO SCHOOL

Do you have extra boxes, wrapping paper tubes and miscellaneous holiday debris? Bring it to us and we will help you turn it into simple machines, wacky contraptions and other priceless treasures.

Fee: \$50 ID \$60 OD / session  
Activity: 306612  
W: 9:00 am - 3:00 pm  
Session: 12/27

### Secret Agent For A Day

NO SCHOOL

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: 306610  
Th: 9:00 am - 3:00 pm  
Session: 12/28



### Detective Science

NO SCHOOL

Who stole the cookies from the cookie jar? Get the skills you need to find out. Learn to take fingerprints, investigate a crime scene, examine the evidence and use your deductive reasoning skills to find the culprit.

Fee: \$50 ID \$60 OD / session  
Activity: 306603  
F: 9:00 am - 3:00 pm  
Session: 12/29

### It's Shocking!

NO SCHOOL

Learn about electricity and magnetism using hands-on experiments to discover the principles of static, current, conductivity and resistance.

Fee: \$50 ID \$60 OD / session  
Activity: 306614  
W: 9:00 am - 3:00 pm  
Session: 1/3

### Crazy Chemistry

NO SCHOOL

Fizz, bang, pop! Create crazy concoctions while learning the basics of chemistry in a safe, fun way. Explore the dynamics of solids, liquids, and gases using hands-on experiments.

Fee: \$50 ID \$60 OD / session  
Activity: 306611  
Th: 9:00 am - 3:00 pm  
Session: 1/4



# get on the team

## Everybody wins.

Sports, whether team-based or individual, are a great activity for kids that provide a variety of benefits beyond just physical activity. Sports help build self-esteem and confidence, motivate kids to excel and develop social skills. With those benefits, everyone is a winner.

## Basketball

### Start Smart Basketball

**Ages:** 3 - 5

**Location to be determined**

Get involved with your child in this fantastic introductory basketball program! Move through stations and activities with your child using soft equipment to learn the basics of dribbling, passing, shooting and defense. Equipment is provided for players to keep. Parent/guardian must participate with child.

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

**Activity:** 303020

**Su:** 10:30 - 11:20 am

**Session:** 11/5 - 12/10 (No session 11/26)

**Volunteer with youth sports and adaptive programs.**

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

### Bitty Ball Basketball League

**Boys & Girls Grades:** K - 2

**Sky View Middle School**

A good introduction for the younger player, this league focuses on skill development, teamwork and fun. Teams practice and scrimmage every Saturday. Team t-shirt and basketball included. This program is dependent on volunteer coaches. Anyone interested in coaching, visit our website to complete a Volunteer Application.

**Fee:** \$50 ID \$60 OD / season

**Sa:** One hour each week  
(Times to be announced)

**Season:** 11/4 - 12/16 (No program 11/25)

**Registration Deadline:** 10/13  
or until full

**Activity:**

- 303400 Coed - Kindergarten
- 303401 Coed - Grade 1
- 303403 Boys - Grade 2
- 303404 Girls - Grade 2

### Youth Basketball League

**Boys & Girls Grades:** 3 - 5

**Local schools**

This recreational league emphasizes skill development, maximum participation, good sportsmanship and fun. Teams will practice twice during the week after 6:00 pm (coaches will select time and location). All games will be played on Saturdays. This program is dependent on volunteer coaches. Anyone interested in coaching, visit our website to complete a Volunteer Application.

**Fee:** \$75 ID \$90 OD / season

**Season:** 1/8 - 3/10

**Registration Deadline:** 11/6

**Activity:**

- 303405 Boys - Grade 3
- 303406 Girls - Grade 3
- 303407 Boys - Grade 4
- 303408 Girls - Grade 4
- 303409 Boys - Grade 5
- 303410 Girls - Grade 5

Team sponsorships available: To sponsor a youth basketball team, go to program #303000

## COBO Basketball Clinics, Camps & Training

Directed by basketball coach Craig Reid and his staff, these camps offer a friendly environment to gain basketball knowledge and experience, develop individual skills and learn team concepts.

### ADVANCED BASKETBALL TRAINING

#### Mountain View High School

Prepare for the coming season as you practice and develop shooting, ball handling, passing, post play, perimeter attack skills, rebounding and defense. The goal is to expose players to advanced training and techniques, and drills that can improve their individual game. Training sessions will meet in the west gym.

Fee: \$139 ID \$167 OD / session

Activity: 303055

Grades: 5 - 6

Grades: 7 - 8

M/W: 6:00 - 7:30 pm

M/W: 7:30 - 9:00 pm

Sessions: 9/18 - 10/4 10/9 - 25

Sessions: 9/18 - 10/4 10/9 - 25

### PRE-SEASON CLINICS

#### Mountain View High School

Get ready for the coming basketball season and tryouts! Clinics will enhance and strengthen your skills.

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

Activity: 303056

Grades: 5 - 6

Grades: 7 - 8

Su: 6:00 - 8:00 pm

Su: 4:00 - 6:00 pm

Session: 10/8 - 22

Session: 10/8 - 22

### BASKETBALL SKILLS DAYS

NO SCHOOL

Grades: 6 - 8

#### Pilot Butte Middle School

This camp is geared towards the elementary participant. Join us to work on your passing, dribbling, shooting and defensive skills. Includes fun drills and lots of games. Bring a water bottle and snack.

Activity: 303060

Grades: 3 - 5

Grades: 6 - 8

Fee: \$29 ID \$35 OD

Fee: \$29 ID \$35 OD

F: 9:00 am - 12:00 pm

F: 9:00 am - 12:00 pm

Sessions: 11/10, 2/2

Session: 10/27

Grades: 3 - 5

Fee: \$48 ID \$58 OD

W/Th: 9:00 am - 12:00 pm

Sessions: 12/27 - 28 1/3 - 4

## Middle School Basketball League

Boys & Girls Grades: 6 - 8

This joint program between Bend-La Pine School District and Bend Park & Recreation District emphasizes individual and team skill development, maximum participation, good sportsmanship and fun. Teams practice during the week; games played on weeknights. Uniform tops are provided for the season. This program is dependent on volunteer coaches. Anyone interested in coaching, visit our website to complete a Volunteer Application.

Fee: \$58 / season

Boys' Season: 11/1 - 12/20

Boys' Reg. Deadline: 10/8

Girls' Season: 1/16 - 3/9

Girls' Reg. Deadline: 12/15

#### Cascade Middle School

#: 303412 - Boys 303431 - Girls

#### High Desert Middle School

#: 303413 - Boys 303432 - Girls

#### Pacific Crest Middle School

#: 303414 - Boys 303433 - Girls

#### Pilot Butte Middle School

#: 303415 - Boys 303434 - Girls

#### Sky View Middle School

#: 303416 - Boys 303435 - Girls

#### Three Rivers School

#: 303420 - Boys 303440 - Girls

#### La Pine Middle School

#: 303421 - Boys 303441 - Girls

#### Seven Peaks School

#: 303422 - Boys 303442 - Girls

#### St. Francis School

#: 303424 - Boys 303444 - Girls

#### Bend International School

#: 303426 - Boys 303446 - Girls



## High School Basketball League

Grades: 9 - 12

#### Location to be determined

Open to any high school student who is not playing on a high school basketball team. This is a recreational league where players serve as team captains. Officials, scorekeepers and team t-shirts are provided. We keep league standings and have playoffs to end the season.

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

Su: Late afternoon / early evening

Season: 12/3 - 2/25

Registration Deadline: 11/26 or until full

Activity: 303500 - Grades 9 & 10  
303502 - Grades 11 & 12

## Fencing

### Beginning Foil Fencing

Ages: 9 - 11

#### High Desert Fencing

Learn to swordfight like an Olympic fencer. We will cover basic footwork, blade work and tactics so you can have fun challenging your opponent and yourself. All fencing equipment is provided. Wear a t-shirt, sneakers and athletic pants (no shorts).

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

Activity: 306780

Tu: 4:30 - 5:30 pm

Session: 9/26 - 11/14

## Beginning Epee Fencing

Ages: 12 - 18

### High Desert Fencing

Join us to learn Olympic style epee fencing. Challenge your body and mind in this fun and exciting game of physical chess. We will cover footwork, blade work and tactics so you can have fun challenging your opponent and yourself. All fencing equipment is provided. Wear a t-shirt, sneakers and athletic pants (no shorts).

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

Activity: 306782

Tu: 5:30 - 7:00 pm

Session: 9/26 - 11/14

## Floorball

### Youth Floorball NEW

Ages: 7 - 10 & 11 - 15

#### The Pavilion

Ever wanted to play street hockey? Here is your chance to lace up your sneakers and hit the court. Try something new and get ready for the upcoming ice hockey season. Sessions will be split into 30 minutes of coaching and 30 minutes of games. Full hockey gear required.

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

Activity: 310206

Ages: 7 - 10

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

Ages: 11 - 15

Tu/Th: 6:45 - 7:45 pm

Session: 9/12 - 10/5

**Volunteer with youth sports and adaptive programs.**

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



## Golf

### Youth Golf Lessons

Ages: 8 - 13

#### River's Edge Golf Course

Introduce your child to this lifelong sport or continue to improve your game. Taught by golf professional Stuart Allison in a small group setting, emphasis is on fundamentals including grip, posture, ball position, alignment and swing mechanics as well as golf etiquette. Clubs provided or bring your own.

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

Activity: 303095

W: 3:15 - 4:45 pm

Session: 9/13 - 27

**Yo! Sports Fans!**

**Plan Ahead!**

**2017 - 18**

**Youth League**

**Registration Deadlines:**

#### FALL 2017 REGISTRATION: Opens August 7

Program/League	Season	Registration Deadline
Youth Volleyball League	October - Dec.	Sept. 24 or full
Bitty Basketball	Nov. - Dec.	Oct. 13 or full
Middle School Basketball - Boys	Nov. - Dec.	Oct. 8
High School Basketball League	Dec. - March	Nov. 26 or full
Youth Basketball League	January - March	Nov. 6
Middle School Basketball - Girls	January - March	Dec. 15

#### WINTER-SPRING 2018 REGISTRATION: Opens Dec. 11

Program/League	Season	Registration Deadline
Youth Lacrosse League	March - June	March
Girls Softball League	March - June	March
Bitty Baseball	April - May	March
Middle School Flag Rugby League	April - May	March

#### SUMMER 2017 REGISTRATION: Opens March 20

Program/League	Season	Registration Deadline
Youth Fall Soccer League	August - October	June
Youth Tackle Football League	August - October	June
Youth Flag Football League	September - November	July
Kindergarten Soccer League	September - October	August
6th Grade Volleyball League	September - October	August
Middle School Tennis League	September - October	August

CLIP IT OUT!  
.....  
(RE) PLACE  
IT ON  
YOUR FRIDGE!  
.....  
DON'T MISS OUT  
ON THE  
ACTION!

## 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 and closes one hour prior to the session start time. You must check-in with the front desk before the beginning of the session.

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

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

## Stick Time

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

Activity: 310402 - Adult  
310401 - Youth

## Pick-up Hockey

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

Activity: 310403

## Curling Time

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

Activity: 310332



## Hockey

### Youth Hockey NEW Preseason Clinics

**Ages: 7 - 10 & 11 - 15**

#### The Pavilion

Looking for an opportunity to get ready for the upcoming ice hockey season before the ice hits? Our expert coaches will take you through various skills and drills to get your heart pumping and you in mid-season form. Sessions will cover stick handling, shooting, passing, game concepts and conditioning.

Fee: \$20 ID \$24 / session

Activity: 310391

**M/W: 5:00 - 6:00 pm**

**Ages: 7 - 10**

Sessions: 9/11, 9/25

**Ages: 11 - 15**

Sessions: 9/20, 9/27

## Learn to Play Hockey 1

**Ages: 4 - 14**

#### The Pavilion

Our "Learn to Play" program is designed to introduce players with no or very little experience (zero to one year) playing hockey to the sport of ice hockey. Designed to develop the fundamentals of the game, promote fitness and above all else have fun.

Rental equipment is available, \$50.00/session. Rental skates are available.

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

Activity: 310201

**Sa: 10:30 - 11:30 am**

Session: 11/04 - 12/23 (no class 11/25)

**Need to learn to skate  
before you can pick up a  
hockey stick?**

**See page 100 for  
Learn to Skate  
lessons for hockey.**

## Required Ice Hockey League Gear

### PLAYERS:

Protective equipment is required for each participant including: helmet with full face mask, mouthpiece, stick, shin pads, supporter or cup, gloves, shoulder pads, pants and elbow pads. Rental equipment is not available for this program.

Uniforms including jersey and socks will be provided and are for the players to keep.

## Learn to Play Hockey 2

**Ages: 5 - 14**

#### The Pavilion

Continue your progression of hockey with the next level. Participants must have one to three years experience and have participated in a previous 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. Rental skates are available.

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

Activity: 310201

**Sa: 11:45 am - 12:45 pm**

Session: 11/04 - 12/23 (no class 11/25)

## Youth Hockey League

**Ages: 7 - 10 & 11 - 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 before registering for this league. Jersey and socks provided, other equipment not included.

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

Activity: 310203

Season: 10/30 - 12/20

(no program 11/20 & 11/22)

**Ages: 7 - 10**

**M: 4:30 - 5:30 pm -  
Practice**

**W: 6:15 pm - Game**

**Ages: 11 - 15**

**M: 5:45 - 6:45 pm -  
Practice**

**W: 4:30 pm or 5:15 pm -  
Game**

# Ice Skating

## Ice Skating Camp

NO SCHOOL

Ages: 7 - 11

### The Pavilion

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

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

Activity: 310150

Daily: 9:00 am - 12:00 pm

### THANKSGIVING BREAK:

M: 11/20

Tu: 11/21

W: 11/22

### WINTER BREAK:

W: 12/27

Th: 12/28

F: 12/29

Tu: 1/2

W: 1/3

Th: 1/4

## 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: 310100

Tu: 9:45 - 10:15 am

Session: 11/28 - 12/19

## Knit & Skate NEW

Ages: 16 & up

### The Pavilion

Warm up in the fireside room with new friends and cozy yarns! We will supply patterns and instruction for simple projects you can knit for your skating hobby. Knit a headband, scarf, gloves or legwarmers to wear when you are skating! Beginning ice skating instruction will be provided for first time skaters - all skating levels welcome. Yarn and needles for one project of your choice included, or bring your own knitting projects to work on.

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

Activity: 310162

Tu: 6:30 - 8:00 pm

Session: 11/28 - 12/19

## Ice Skating Troupe NEW

Ages: 11 & up

### The Pavilion

Bring your artistry to the ice! We will work together creatively to pair our skating skills with music, choreography and costumes. Skate Troupe members are invited to participate in a performance during Love to Skate week in the spring. For levels 3 and up.

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

Activity: 310163

Th: 3:30 - 4:15 pm

Session: 11/30 - 2/8 (no class 12/28 & 1/4)

## Freestyle NEW

Ages: 11 & up

### The Pavilion

Take your skating practice to the next level! Freestyle sessions are designed for intermediate and advanced skaters to practice edgework, jumps, spins and choreography. For intermediate and advanced skaters only.

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

Activity: 310160

Tu: 3:30 - 4:15 pm

Sessions: 11/28, 12/5, 12/12, 12/19

BIG HIGH FIVES!



## big thanks to our spring youth sports sponsors.

Thank you to all the local businesses and individuals who value healthy recreation opportunities for children and help make youth sports programs possible.

Please join us in thanking the following 2017 spring sports sponsors:

### Youth Lacrosse Program Sponsor:

**Krueger & Lenox**  
**Oral & Maxillofacial Surgery**

### Youth Lacrosse Team Sponsor:

**Tribe Financial Group**

## Youth Sports Team Sponsorship Opportunities

Here's a chance to promote your business and support Bend Park & Recreation District youth sports teams programs. Each team sponsor will have their business name printed on the back of team jerseys and will receive a team photo plaque. For more information, call Russ Holliday at (541) 706-6108. Sponsoring a team is easy! Simply go to the BPRD registration website and reference the number of the team sport you would like to sponsor:

Program: 303000	<b>Youth Basketball</b> (boys & girls grades 3 - 5) \$275 / team
Program: 303001	<b>Youth Volleyball</b> (boys & girls grades 3 - 5) \$275 / team

## Learn to Skate: Youth



**Ages: 4 - 15**

### The Pavilion

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

Fee: \$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 6 for KinderSkate and 8 for other youth levels.
- **Professional:** Our instructors are highly qualified and have years of experience coaching youth and adults in figure skating.
- **Inclusive:** All ages and abilities welcome.
- **Healthy:** Regular skating practice develops strength, coordination, endurance and a happy mind!

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

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

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

## KinderSkate 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: 310101

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: 310102

## KinderSkate Hockey NEW

**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: 310104

## 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: 310111

## 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: 310112

## Level 3: Arctic Foxes

**Ages: 6 - 15**

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

Activity: 310113

## Level 4: Polar Bears

**Ages: 6 - 15**

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

Activity: 310113

## Level 5: Yetis NEW

**Ages: 6 - 14**

Yetis: Have you mastered front crossovers? Yetis will work on smoothing out backward crossovers, backward outside edges and beginning one-foot spins. For intermediate skaters who have successfully completed Level 4 lessons.

Activity: 310115

## Level 6: Pre-Free Skate NEW

**Ages: 6 - 14**

Pre-Free Skate: Focus on turns, spirals, lunges and the preparatory skills leading into free skate and private lessons. For advanced skaters who have successfully completed Level 5 lessons.

Activity: 310115

## Teen Levels 1 & 2

**Ages: 12 - 15**

Learn new moves on the ice! Master the basic skills of figure skating including balance, turns and crossovers. For beginning skaters with little or no experience.

Activity: 310131

## Teen Levels 3 & 4

**Ages: 12 - 15**

Build your confidence on the ice! Advance in your skating skills as we continue to learn proper technique for stroking, balance and edgework. For skaters who have successfully mastered Level 1/2, or who are comfortable with basic skating skills.

Activity: 310133

## Hockey Level 1 NEW

**Ages: 6 - 11**

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: 310120



**TWO-DAY-  
A-WEEK  
SESSIONS**

**TUESDAY  
& THURSDAY**

\$48 ID \$ 58 OD

**Nov. 7 - Nov. 16**

KinderSkate 1	4:30, 5:10 pm
KinderSkate 2	4:30 pm
KinderSkate Hockey	5:50 pm
Level 1: Snow Bunnies	4:30, 5:10 pm
Level 2: Penguins	4:30, 5:10 pm
Level 3: Arctic Foxes	5:10 pm
Level 4: Polar Bears	5:10 pm
Levels 1 & 2: Teens	5:10 pm
Teen Level 3 & 4:	5:10 pm
Hockey Level 1	5:50 pm

Each lesson is 30 minutes long. Start times listed.

**Skate Lesson** **FREE**  
**Assessment:**

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

**Thursday, Nov. 2, 5:30 pm**

**Saturday, Nov. 4, 9:00 am**

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

**ONE-DAY-  
A-WEEK  
SESSIONS**

**TUESDAYS**

\$48 ID \$ 58 OD

**Nov. 28 - Dec. 19**

KinderSkate 1 & 2	4:30, 5:10 pm
KinderSkate Hockey	5:50 pm
Level 1: Snow Bunnies	4:30, 5:10 pm
Level 2: Penguins	4:30, 5:10 pm
Level 3: Arctic Foxes	5:10 pm
Level 4: Polar Bears	5:10 pm
Teen Level 1 & 2:	5:50 pm
Teen Level 3 & 4:	5:50 pm
Hockey Level 1	5:50 pm

**THURSDAYS**

\$48 ID \$ 58 OD

**Nov. 30 - Dec. 21**

KinderSkate 1 & 2	4:30, 5:10 pm
Level 1: Snow Bunnies	4:30, 5:10 pm
Level 2: Penguins	4:30, 5:10 pm
Level 3: Arctic Foxes	5:10 pm
Level 4: Polar Bears	5:10 pm
Level 5: Yetis	5:10 pm
Level 6: Pre-Free Skate	5:10 pm

**SATURDAY**

\$48 ID \$ 58 OD

**Dec. 2 - Dec. 23**

KinderSkate 1	9:00, 9:40 am
KinderSkate 2	9:40 am
Level 1: Snow Bunnies	9:00, 9:40 am
Level 2: Penguins	9:00, 9:40 am
Level 3: Arctic Foxes	9:00, 9:40 am
Level 4: Polar Bears	9:00, 9:40 am
Level 5: Yetis	9:00 am
Level 6: Pre-Free Skate	9:00 am

Each lesson is 30 minutes long. Start times listed.



**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 35.

**Schedules online at**  
**pavilioninbend.com.**





## Martial Arts

### Lil' Dragons

**Ages: 3 - 5**

**Odyssey Martial Arts**

Beginning with the very basics of Tang Soo Do Karate, this class helps children learn discipline, self-control, confidence and teamwork as well as develop motor skills. Uniform included.

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

Activity: 306750

**M - Th: 4:15 - 4:45 pm**

Sessions: 1/8 - 31 12/11 - 21

**M/W: 4:15 - 4:45 pm**

Sessions: 10/2 - 25 11/1 - 12/4

**Tu/Th: 4:15 - 4:45 pm**

Sessions: 10/3 - 26 11/2 - 12/5  
1/4 - 1/30

### Juniors Karate

**Ages: 6 - 12**

**Odyssey Martial Arts**

Discover what martial arts is all about! Students will learn self-control, focus, discipline, self-defense, confidence and respect while learning karate techniques and having fun. Uniform included.

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

Activity: 306751

**M - Th: 5:00 - 5:45 pm**

Sessions: 12/11 - 21

**M/W: 5:00 - 5:45 pm**

Sessions: 10/2 - 25

11/1 - 12/4 (no classes 11/20 or 11/22)

1/8 - 1/31

**Tu/Th: 5:00 - 5:45 pm**

Sessions: 10/3 - 10/26

11/2 - 12/5 (no classes 11/21 or 11/23)

1/4 - 1/30

### Kids MMA

**Ages: 6 - 12**

**Smith Martial Arts**

Learn mixed martial arts skills and techniques including boxing, kickboxing, takedowns, grappling, submissions and conditioning. With safety and fitness emphasized, this is a great program for both beginners and kids with prior training.

Fee: \$71 ID \$85 OD / session

Activity: 306755

**Tu/Th: 4:30 - 5:15 pm**

Sessions: 9/5 - 28 10/3 - 26

10/31 - 12/14

## Quidditch

### Quidditch

**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. No experience necessary, everyone is welcome to play!

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

Activity: 306730

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

Sessions: 10/26 - 27

## Scootering

### Scootering Skills

**Ages: 6 - 18**

**Ponderosa Park Skatepark**

Learn skills and tricks with pro instructors and enjoy progressing in the sport while we have a blast with games and activities. Riders will be divided into groups based on age and skill level. On the last day, we'll show off our skills in a mini competition with prizes and giveaways. Scooter, helmet, pads and sack lunch required.

Fee: \$215 ID \$258 OD / session

Activity: 306778

**Sa: 9:00 am - 1:00 pm**

Sessions: 9/16 - 10/7



## Soccer

### SoccerTots

**Cascade Indoor Sports**

Using props and games to enhance your child's soccer skills, this series is designed to develop motor skills, promote physical fitness and create self-confidence.

### SoccerTots - Teddies

**Ages: 18 Months - 2 Years**

This parent participation class is a physical development program to engage kids in physical activity. Parent/guardian must participate with child.

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

Activity: 303310

**Tu: 10:00 - 10:55 am**

Sessions: 9/12 - 10/24

10/31 - 12/12 (No session 11/21)

**W: 11:00 - 11:55 am**

Sessions: 9/13 - 10/25

11/1 - 12/13 (No session 11/22)

**Th: 5:00 - 5:55 pm**

Sessions: 9/14 - 10/26

11/2 - 12/14 (No session 11/23)

**Sa: 9:00 - 9:55 am**

Sessions: 9/16 - 10/28

11/4 - 12/16 (No session 11/25)



**Volunteer with youth sports and adaptive programs.**

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

## SoccerTots - Cubs

**Ages: 3 - 4**

An introductory class teaching kicking, balance, dribbling, foot-eye coordination as well as listening and following directions.

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

Activity: 303311

**M: 5:00 - 5:55 pm**

Sessions: 9/11 - 10/23  
10/30 - 12/11 (No session 11/20)

**Tu: 11:00 - 11:55 am**

Sessions: 9/12 - 10/24  
10/31 - 12/12 (No session 11/21)

**Tu: 4:00 - 4:55 pm**

Sessions: 9/12 - 10/24  
10/31 - 12/12 (No session 11/21)

**W: 10:00 - 10:55 am**

Sessions: 9/13 - 10/25  
11/1 - 12/13 (No session 11/22)

**Th: 4:00 - 4:55 pm**

Sessions: 9/14 - 10/26  
11/2 - 12/14 (No session 11/23)

**Sa: 9:00 - 9:55 am**

Sessions: 9/16 - 10/28  
11/4 - 12/16 (No session 11/25)

## SoccerTots - Bears

**Ages: 5 - 7**

Designed for kids with little or no soccer experience to teach the basics of this fun, fast-paced game.

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

Activity: 303312

**M: 4:00 - 4:55 pm**

Sessions: 9/11 - 10/23  
10/30 - 12/11 (No session 11/20)

**Tu: 5:00 - 5:55 pm**

Sessions: 9/12 - 10/24  
10/31 - 12/12 (No session 11/21)

**W: 4:00 - 4:55 pm**

Sessions: 9/13 - 10/25  
11/1 - 12/13 (No session 11/22)



## Rush Soccer Skills

**Cascade Indoor Sports**

Learn the fundamentals of soccer! Participants will play games with the focus on individual and team skills development. We stress a non-competitive environment and promote fun. Classes will end in scrimmages. Instructor-to-student ratio is kept small to maximize development.

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

Activity: 303330

**Ages: 7 - 8**

**W: 4:00 - 4:55 pm**

Sessions: 9/13 - 10/25  
11/1 - 12/13 (No session 11/22)

**Ages: 9 - 11**

**W: 5:00 - 5:55 pm**

Sessions: 9/13 - 10/25  
11/1 - 12/13 (No session 11/22)



## Youth Indoor Soccer League

**Grades: K - 8**

**Cascade Indoor Sports**

Get out of the cold weather and join a youth indoor soccer league this winter! All skill levels are encouraged. Leagues are designed to develop and enhance soccer skills, promote physical fitness and create self-confidence. All players receive a team shirt. Games played on Saturdays. Space is limited.

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

**Season 1: 11/4 - 12/16**

**Registration Deadline: 10/14**  
or until full

Activity: 303340

**Grade: Saturdays:**

**K Mid-morning**

**1 - 2 Early afternoon**

**3 - 5 Late afternoon**

**6 - 8 Early Evening**

**Season 2: 1/6 - 2/24**

**Registration Deadline: 12/23**  
or until full

Activity: 303345

**Grade: Saturdays:**

**K Mid-morning**

**1 - 2 Early afternoon**

**3 - 5 Late afternoon**

**6 - 8 Early Evening**



## Bend FC Timbers

### Futsal League

**Ages: U10 - U14**

Come join the Bend FC Timbers professional coaching staff for our Winter Futsal League. Played indoors at the Bend Elks Fieldhouse. A fun way to get lots of touches on the ball and improve your skills in small-sided games.

### Technical Training

**Ages: U6 - U14**

Come join the Bend FC Timbers professional coaching staff for our Winter Technical Training series. Weekly hour-long sessions led by the Bend FC Timbers coaching staff. Small player-to-coach ratio with topics to be covered including ball mastery, passing, receiving, shooting and more!

### Goalkeeper Training

**Ages: U8 - U14**

Come join the Bend FC Timbers professional goal keeping staff for our Winter Goalkeeping Series. Weekly hour-long sessions led by Bend FC Timbers Director of Goalkeeping. Topics to be covered include techniques of ball handling, diving, kicking and more!

**For more information on Bend FC Timbers programs, visit**  
[bendfctimbers.com](http://bendfctimbers.com).



## Sports Camps

### All Sports Camp NO SCHOOL

**Ages: 6 - 11**

**Cascade Indoor Sports**

Sign up as an individual or join with your friends! We'll play a variety of games such as: soccer, kickball, tag, Ultimate (Frisbee), flag football, dodgeball, capture the flag, floor hockey, volleyball, garbage ball, skating and more. It's a fun mix up of sports! Bring a water bottle and snack each day.

Single Day Fee: \$40 ID \$48 OD

All 3 Days Fee: \$120 ID \$144 OD

**Thanksgiving Break: 11/20 - 22**

Activity: 303300

**Daily: 8:30 am - 12:30 pm**

M: 11/20

Tu: 11/21

W: 11/22

**Winter Break: 12/26 - 28**

Activity: 303301

**Daily: 8:30 am - 12:30 pm**

Tu: 12/26

W: 12/27

Th: 12/28

**New Year Break: 1/2 - 4**

Activity: 303302

**Daily: 8:30 am - 12:30 pm**

Tu: 1/2

W: 1/3

Th: 1/4

## Volleyball

### Fall Volleyball Clinics

**Grades: 3 - 5**

**Pilot Butte Middle School**

Get ready for the upcoming season by practicing serving, setting, hitting and passing. All sessions under the direction of club and high school volleyball coaches.

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

Activity: 303125

**Su: 4:00 - 5:15 pm**

Session: 10/8 - 22

### Volleyball Skills Day NO SCHOOL

**Grades: 3 - 5**

**Pilot Butte Middle School**

Lead by high school volleyball coaches and players. Enjoy a no school day by playing volleyball with your friends. This clinic includes drills, skill-building and games.

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

Activity: 303129

**F: 1:00 - 3:00 pm**

Session: 11/10

### Adaptive Equipment

Adaptive equipment is available for people with physical disabilities including an adaptive golf cart, sports wheelchairs, adult hand-cycles and child hand-cycles. If you are interested in using or renting this equipment for an outing, call (541) 706-6121.



### Youth Volleyball League

**Boys & Girls Grades: 3 - 5**

**Local schools**

This league emphasizes individual and team skill development, maximum court time, good sportsmanship and fun. Teams practice for one hour, twice during the week after 6:00 pm (coaches will select days, time and location) and play one-hour games on Saturdays. This program is dependent on volunteer coaches. Anyone interested in coaching, visit our website to complete a Volunteer Application.

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

Season: 10/16 - 12/16

**Registration Deadline: 9/24 or until full**

Activity: 303553 - Grade 3

303554 - Grade 4

303555 - Grade 5

Team sponsorships available: To sponsor a youth volleyball team, go to program #303002.

## Wrestling

### Lava Bear Wrestling Club

**Bend High School**

Learn age and ability level appropriate wrestling. With three levels available, athletes learn valuable skills that include: character building (hard work, discipline, dedication, citizenship), balance, coordination, core-strength, conditioning and, of course, wrestling maneuvers. Coaches and staff have many years of experience coaching local, school-based wrestling programs. Includes t-shirt, shorts and USA Wrestling card.

Activity: 303135

**Grades: K - 2**

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

**M/W: 5:30 - 6:30 pm**

Session: 11/1 - 12/13

**Grades: 3 - 8**

Fee: \$115 ID \$138 OD / session

**M/W/Th: 5:30 - 7:00 pm**

Session: 11/1 - 2/1

## 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.

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

Activity: 304200

**M: 6:00 - 8:00 pm**

Session: 9/18 - 12/18



Many thanks to every volunteer who generously contributed time as a coach for youth winter and spring sports programs. These people shared their time, talent, energy and compassion to truly make a difference for the children and families who participate as part of their team. We couldn't do it without you!

### Youth Lacrosse

Nick Allen	Jon Corbett	Chris Fitton	Brian Kissell	Kenneth Merrill	Jason Quade	Lisa Stone
Russ Amundson	Todd Dickerson	April Garus	Lee Kissinger	Nathan Neil	Dan Radatti	Tiffany Tisdell
Wells Ashby	Chris Earnest	Hilary Gilmore	Barry Kleckler	Mason Payer	Bruce Rava	Franchot Tone
John Audette	Julie Earnest	Frank Groundwater	Devin Lewis	Lori Perez	Geoff Raynak	Mike Tucker
Jym Bridger	Matt Eitel	Mark Hinkle	Miles Lilly	Justin Peterson	Pete Rodgers	Nick Vaughn
Clint Burleigh	Steve Emery	Stephanie Jacobson	Soma Lilly	Michelle Preim	Kevin Schaffer	Jon Vlasak
Mike Byler	Jodi Endicott	Rob Jensen	Clark Limoges	David Prull	Jon Skidmore	Kate Vlasak
Casey Capell	Jon Erickson	Kirman Kasmeyer	Darin MacDonald	Tom Pulliam	Amy Sorenson	Jay Wilkins
Joey Chavez	Jack Farley	Rob Kerr	Roger Martin	Laurie Purcell	Anne Stephens	Mike Wilson
Dave Cieslowski	Tiffany Farrell	Beau Killett	Brent McLean	Scott Purcell	Colin Stephens	

### Bitty Baseball

Adam Allen	'Heather Blaser	Echo Kang	Erin Martin	Calli Riley
Melissa Allen	John Blaser	Ryan Kelling	Luke Maurer	Kevin Riley
Rachael Baker	Jerry Bradley	Trevor Lizée	Chris McCarty	Carlee Stiltner
Michael Benson	Brian George	David Martin	Jude Quilter	James Tibbot

### Girls Fast Pitch Softball

Brady Bafford	Luke Chambers	Rachel Frank	Kristi Lawson	Rubin Nuyen	Marcos Romero	Cassidy Thompson
Brady Bedsworth	Jeremy Cox	Jacob Frank	Doug McDonald	Aaron Pollock	Derek Sandlin	Tonya Thompson
Sierra Brown	Stacy Cox	Michael Gorremans	Eric Mettler	Jude Quilter	Nadia Sandlin	Darcy Todd
Tonya Burkett	Melissa Eckman	Michelle Henry	John Nason	Jeff Quintanilla	Justin Scott	TJ Todd
Mike Carpenter	Don Fain	Justin Johnson	Drew Norris	Ryan Rasmussen	Jon Tapper	Bill Weatherman

### 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:

- Youth Volleyball
- Bitty Ball Basketball
- Youth Basketball
- Middle School Basketball

Sport experience preferred. Application and background check required. Training and support provided. For more information, contact Rich at (541) 706-6126 or [rich@bendparksandrec.org](mailto:rich@bendparksandrec.org).

# Program Locations

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Locations of all fall BPRD programs are in alphabetical order below.

**Academie De Ballet Classique**  
162 NW Greenwood Ave, Bend, OR 97701

**American Red Cross  
– Service Master Location**  
20806 Sockeye Pl, Ste. 210, Bend, OR 97701

**Amity Creek Elementary**  
437 NW Wall St, Bend, OR 97701

**Art Station**  
313 SW Shevlin Hixon Dr, Bend, OR 97702

**Bear Creek Elementary School**  
51 SE 13th, Bend, OR 97702

**Bend High School**  
230 NE 6th St, Bend, OR 97701

**Bend International School**  
63034 O. B. Riley Rd, Bend, OR 97701

**Bend Senior Center**  
1600 SE Reed Market Rd, Bend, OR 97702

**BPRD District Office**  
799 SW Columbia St, Bend, OR 97702

**Buckingham Elementary**  
62560 Hamby Rd, Bend, OR 97701

**Cascade Indoor Sports**  
20775 High Desert Ln, Bend, OR 97701

**Cascade Middle School**  
19619 Mountaineer Way, Bend, OR 97702

**Cascade School of Music**  
200 NW Pacific Park Ln, Bend, OR 97701

**Cline Falls State Park**  
7100 OR-126, Redmond, OR 97756

**Elk Meadow Elementary School**  
60880 Brookwood Blvd, Bend, OR 97702

**Ensworth Elementary School**  
2150 NE Daggett Ln, Bend, OR 97701

**Farewell Bend Park**  
1000 SW Reed Market Rd, Bend, OR 97702

**Harmon Park, Hobby Hut  
& Outdoor Center**  
1100 NW Harmon Blvd, Bend, OR 97701

**High Desert Middle School**  
61111 SE 27th St, Bend, OR 97702

**High Desert Fencing**  
911 SE Wilson Ave, Bend, OR 97702

**High Lakes Elementary School**  
2500 NW High Lakes Lp, Bend, OR 97701

**Highland Elementary School at Kenwood**  
701 NW Newport Ave, Bend, OR 97701

**Hollinshead Park & Barn**  
1235 NE Jones Rd, Bend, OR 97701

**Jewell Elementary School**  
20550 Murphy Rd, Bend, OR 97702

**Juniper Elementary School**  
1300 NE Norton Ave, Bend, OR 97701

**Juniper Swim & Fitness Center**  
800 NE 6th St, Bend, OR 97701

**KPOV – High Desert Community Radio**  
501 NW Bond St, Bend, OR 97701

**La Pine Middle School**  
16360 1st St, La Pine, OR 97739

**Larkspur Park**  
1700 SE Reed Market Rd, Bend, OR 97702

**Lava Ridge Elementary School**  
20805 Cooley Rd, Bend, OR 97701

**Miller Elementary School**  
300 NW Crosby Dr, Bend, OR 97701

**Mountain View High School**  
2755 NE 27th St, Bend, OR 97701

**Norton Ave. Apartments**  
415 NE Norton Ave, Bend, OR 97701

**Odyssey Martial Arts**  
924 B SE Wilson Ave, Bend, OR 97702

**Pacific Crest Middle School**  
3030 NW Elwood Ln, Bend, OR 97703

**Pilot Butte Middle School**  
1501 NE Neff Rd, Bend, OR 97701

**Pilot Butte Park**  
1310 NE Highway 20, Bend, OR 97701

**Pine Ridge Elementary School**  
19840 Hollygrape St, Bend, OR 97702

**Ponderosa Elementary School**  
3790 NE Purcell Blvd, Bend, OR 97701

**Ponderosa Park & Skatepark**  
225 SE 15th St, Bend, OR 97702

**Rockridge Park**  
20885 Egypt Dr, 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

**Sam Johnson Park**  
333 SW 15th St, Redmond, OR 97756

**Seven Peaks School**  
19660 Mountaineer Way, Bend, OR 97702

**Shevlin Park**  
18920 Shevlin Park Rd, Bend, OR 97701

**Silver Rail Elementary School**  
61530 SE Stone Creek St, Bend, OR 97702

**Sky View Middle School**  
63555 NE 18th St, Bend, OR 97701

**Smith Martial Arts**  
100 SE Bridgeford Blvd, Suite A  
Bend, OR 97702

**St. Francis School**  
2450 NE 27th St, Bend, OR 97701

**Sylvan Learning Center**  
2150 NE Studio Rd, Bend, OR 97702

**Tall Pine Studio**  
SE Bend off of Knott Rd, Bend, OR 97702

**The Pavilion**  
1001 SW Bradbury Way, Bend, OR 97702

**Three Rivers School**  
56900 Enterprise Dr, Sunriver, OR 97707

**Tula Movement Arts**  
2797 NW Clearwater Dr Suite 100,  
Bend, OR 97701

**Tumalo Creek Kayak & Canoe**  
805 SW Industrial Way, Ste 6, Bend, OR 97702

**Twin Knolls Transition Co-op**  
2500 NE Twin Knolls Dr, Bend, OR 97702

RENT A PARK,  
PICNIC SHELTER  
OR FACILITY

## PARK & FACILITY RENTALS: For Your Next Event

Consider a Bend Park & Recreation District facility or park for your special celebration, meeting or event. Offering a variety of buildings and places, BRPD has the rental spaces available to match your event needs.

**ASPEN HALL** is located in beautiful Shevlin Park, just minutes from downtown. The hall features open-beamed ceilings, tile floors with wood framed windows and a full kitchen. Doors open out to a beautiful patio, towering pines, lawn and shimmering pond.

**HOLLINSHEAD BARN** rests in a lush park in the heart of Bend. The two-story barn combines the charm of its historic origins with a cozy, intimate atmosphere. Inside the barn has gorgeous wood floors and accessible elevator (to the second floor). The outdoor space features a fenced-in lawn, two patios, barbecue and outdoor benches.

**MARCOULIER EVENT ROOM** at the Bend Senior Center is a large, open space with beautiful maple wood floors perfect for dancing, lots of natural light and a full commercial kitchen. It is the perfect location for a wedding, reception, reunion or event with seating up to 250 people.

**RIVERBEND COMMUNITY ROOM** is located in the District office and available for presentations, meetings or small events. The room opens up to an outdoor plaza overlooking the Deschutes River and Riverbend Park.

**JUNIPER SWIM & FITNESS CENTER** is available for swim parties, pool rentals and special fitness events. Options are available from packages during open recreation swim times or private party pool rental.

**THE PAVILION** welcomes groups for birthday parties and other special events. Bring the gang for open skate and rent the party room. 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. Both 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 length of your event.

**SPORT PACKS** which include: volleyball and net, baseball equipment and Frisbee are available for rent for your outdoor party or company picnic. You just add the fun!

Visit [bendparksandrec.org](http://bendparksandrec.org) for more details and virtual tours or call (541) 389-7275 for additional information 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 [www.bendparksandrec.org](http://www.bendparksandrec.org) and a print map is available at our facilities.

For additional information on parks and trails, visit our website at [www.bendparksandrec.org](http://www.bendparksandrec.org) or call (541) 389-7275.

## PARK & TRAIL RULES & REGULATIONS:

These rules are in place for the safety and enjoyment of all park users. Park users are responsible for knowing and following all park rules. This is a partial list.

For the full rules and regulations text, call 541-389-7275 or visit our website at [www.bendparksandrec.org](http://www.bendparksandrec.org).

For non-emergency police matters, call 541-693-6911.

For emergencies, dial 911.

- Parks and trails are open 5:00 am to 10:00 pm daily.
- City ordinances require that dogs must be on leash at all times within the city limits (except at designated off-leash areas) and their waste properly removed. Dog “rest stops” along the trails and in the parks provide you with disposal bags and trash cans.
- Do not litter. Trash cans are located throughout the park and trail system.
- Vehicles must remain on roadways or in parking areas. No parking on District property between 10:00 pm and 5:00 am.
- No camping, smoking or fires allowed. Alcoholic beverages allowed by permit only.
- Feeding geese, ducks, other waterfowl and wildlife is not allowed.
- Removing vegetation is not allowed.
- Propane cook stoves are allowed; no charcoal grills allowed.
- Metal detectors allowed by permit only.
- The use of airborne projectiles, including golf and archery, is not allowed.
- Sales and concessions are allowed by permit only.

## TRAIL USE:

- Some sections of the trail are on private property. Please stay on the designated trail.
- Areas along the river are sensitive wildlife habitat. Please do not walk along the river bank.
- Bicyclists are not allowed on some sections of the trails. Please observe pedestrian-only trail sections. No motorized vehicles allowed on trails.



NAME	ADDRESS	BALL FIELDS	BASKETBALL	DISC GOLF	DOG OFF-LEASH AREAS	FACILITY RENTALS	FISHING	HORSESHOES	NATURAL AREAS	PICKLEBALL	PICNIC SHELTER	PLAYGROUND	RESTROOMS (YEAR-ROUND)	RESTROOMS (SEASONAL)	RIVER ACCESS	SKATEBOARDING	TENNIS
Al Moody Park	2225 NE Daggett Ln		•								•	•		•			
Alpine Park	19500 Century Dr								•								
Awbrey Village Park	3015 NW Merchant Way											•					
Bend Park & Recreation District	799 SW Columbia St					•							•				
BPRD Park Services	1675 SW Simpson Ave																
Bend Senior Center	1600 SE Reed Market Rd					•			•				•				
Bend Whitewater Park	166 SW Shevlin Hixon Dr															•	
Big Sky Park	21690 NE Neff Rd	•			•				•		•	•	•				
Blakely Park	1155 SW Brookwood Blvd		•									•	•				
Boyd Park	20750 NE Comet Ln		•								•	•		•			
Brooks Park	35 NW Drake Rd						•									•	
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 Drive				•				•		•		•				
Dohema River Access	35 NW Drake Rd															•	
Drake Park	777 NW Riverside Blvd						•						•			•	
Farewell Bend Park	1000 SW Reed Market Rd						•		•		•	•	•			•	
First Street Rapids Park	1980 NW First St						•		•				•			•	
Foxborough Park	61308 Sunflower Ln		•									•		•			
Gardenside Park	61750 Darla Pl										•	•	•				
Genna Stadium	401 SE Roosevelt Ave																
Harmon Park	1100 NW Harmon Rd	•									•	•	•			•	
Harvest Park	63240 NW Lavacrest St											•		•			
High Desert Park	60895 27th St								•								
Hillside I Park	2050 NW 12th St		•									•	•				
Hillside II Park	910 NW Saginaw Ave				•												
Hixon Park	125 SW Crowell Way																
Hollinshead Park	1235 NE Jones Rd				•	•							•				
Hollygrape Park	19489 SW Hollygrape St											•	•				
Jaycee Park	478 Railroad St		•									•		•			
Juniper Park	800 NE 6th St	•						•	•		•	•	•				•
Juniper Swim & Fitness Center	800 NE 6th St					•							•				
Kiwanis Park	800 SE Centennial Blvd	•	•								•	•		•			
Larkspur Park	1700 SE Reed Market Rd		•					•	•		•	•	•				

NAME	ADDRESS	BALL FIELDS	BASKETBALL	DISC GOLF	DOG OFF-LEASH AREAS	FACILITY RENTALS	FISHING	HORSESHOES	NATURAL AREAS	PICKLEBALL	PICNIC SHELTER	PLAYGROUND	RESTROOMS (YEAR-ROUND)	RESTROOMS (SEASONAL)	RIVER ACCESS	SKATEBOARDING	TENNIS
Lewis & Clark Park	2520 NW Lemhi Pass Dr		•									•					
McKay Park	166 SW Shevlin Hixon Dr						•						•		•		
Miller's Landing Park	55 NW Riverside Blvd						•				•		•		•		
Mountain View Park	1975 NE Providence Dr		•									•		•			
Orchard Park	2001 NE 6th St		•								•	•		•			
Overturf Park	475 NW 17th St				•			•	•			•					
Pacific Park	200 NW Pacific Park Ln						•										
Pageant Park	691 NW Drake Rd						•								•		
The Pavilion	1001 SW Bradbury Way					•							•				
Pilot Butte Neighborhood Park	1310 NE Highway 20	•									•	•	•				
Pine Nursery Park	3750 NE Purcell Blvd	•		•	•		•		•	•	•		•				
Pine Ridge Park	61250 Linfield Ct										•	•		•			
Pioneer Park	1525 NW Wall St						•				•	•	•				
Ponderosa Park	225 SE 15th St	•	•		•					•	•	•	•			•	
Providence Park	1055 NE Providence Dr		•								•			•			
Quail Park	2755 NW Regency St		•						•	•	•	•		•			
River Canyon Park	61005 Snowbrush Dr																
River Rim Park	19400 Charleswood Ln														•		
Riverbend Park	799 SW Columbia St						•				•		•		•		
Riverview Park	225 NE Division St								•					•			
Rockridge Park	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	•									•	•	•				
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		•									•		•			



Miller’s Landing Park



Ponderosa Park



First Street Rapids Park