



Bend Park &
Recreation
DISTRICT

summer 2017

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

your playbook

you're invited:
summer's
freebies

park & trail projects
in the works

adult therapeutic recreation
play without limits

let's go!
larkspur
park

play for life

CONTACT US

phone: (541) 389-7275

email: info@bendparksandrec.org

website: bendparksandrec.org

ADMINISTRATION & RECREATION SERVICES

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

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

Administration will be closed: May 29 - Memorial Day,

July 4 - Independence Day, Sept. 4 - Labor Day

THE ART STATION

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

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

BEND SENIOR CENTER

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

Mon. - Thurs. 7:30 am - 7:00 pm

Fridays 7:30 am - 4:00 pm

Saturdays 9:00 am - 3:00 pm

Holiday hours and special events: See page 26.

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 8:00 am - 6:00 pm

Holiday hours and special events: See page 16.

THE PAVILION

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

May - June Hours vary - check online.

June 26 - Sept. 2

Mon. - Fri. 7:00 am - 6:00 pm, daily

Hours subject to change.

Holiday hours and special events: See page 25.

PARK SERVICES

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

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

Park Services will be closed: May 29 - Memorial Day,

July 4 - Independence Day, Sept. 4 - Labor Day



summer 2017

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:

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

BUDGET COMMITTEE:

Thomas Fisher • Larry Kimmel • Ariel Mendez • Sarah Olson • Brian Thorsness

EXECUTIVE DIRECTOR:

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

ADMINISTRATIVE SERVICES DIRECTOR:

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

PLANNING & PARK SERVICES DIRECTOR:

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michelleh@bendparksandrec.org

RECREATION SERVICES DIRECTOR:

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

FOLLOW US:

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

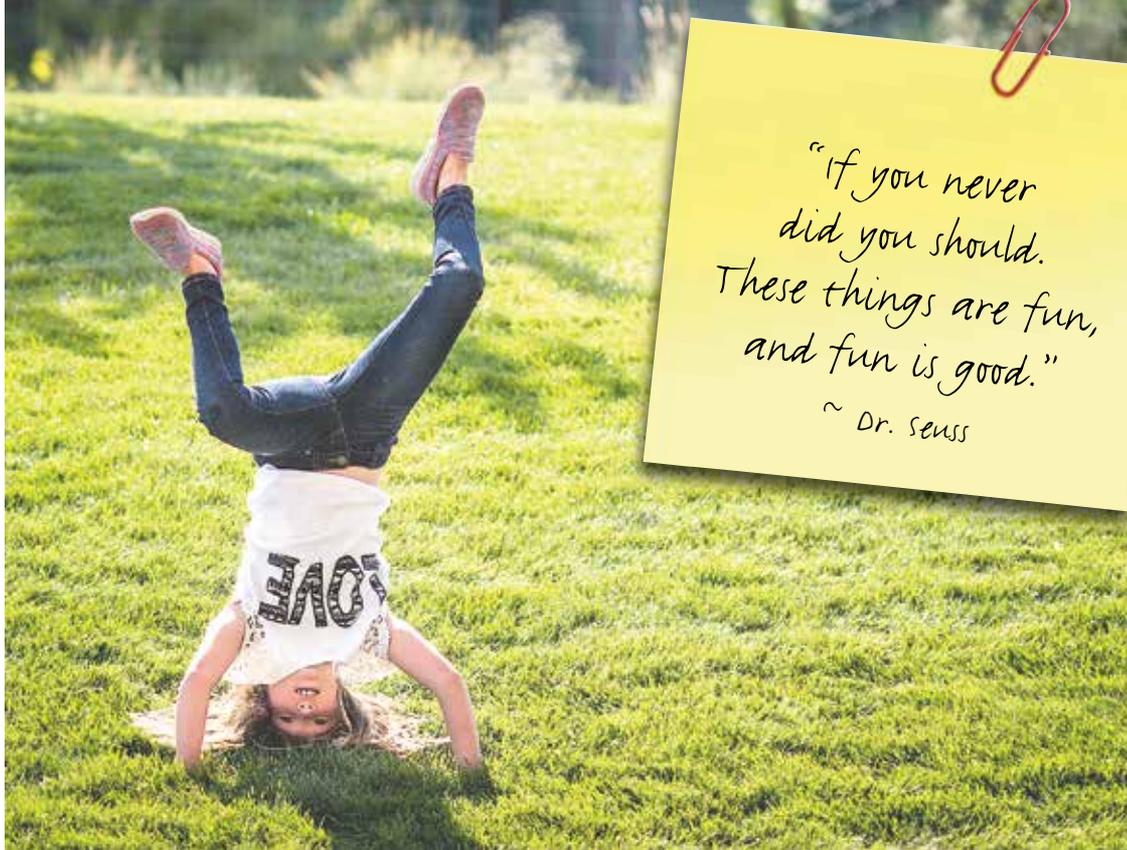
SERVICIOS AL ALCANCE DE LA COMUNIDAD LATINA / LATINO OUTREACH SERVICES:

Comuníquese con: Kathya Avila al teléfono (541) 706-6190. Horarios de oficina en JSFC: Lunes, miércoles y viernes de 3:00 a 7:00 pm / Sábados de 9:00 a 11:00 am. El horario puede variar.

Contact: Kathya Avila p. (541) 706-6190. Office hours: Mondays, Wednesdays & Fridays, 3:00 - 7:00 pm / Saturdays, 9:00 - 11:00 am at JSFC. Hours subject change.

(JSFC = Juniper Swim & Fitness Center)

On the Cover: A kickball player makes a run for it. BPRD offers adult cornhole, kickball, pickleball, softball and volleyball leagues this summer. See pages 51 - 53. Photo credit: Greg Kleinert.



Spring has arrived and I join so many in getting outside again for an activity other than snow removal. It was a historic winter for weather and our team worked hard to remove snow and ice and to continue providing a high level of service. With winter behind us, we're looking ahead.

Planning for how to best serve everyone in the community is a big part of the District's work and now is a great time to get involved. Our comprehensive plan will be the roadmap for the next ten years of parks, trails and recreation in Bend and we need your help. Please consider attending a public meeting, filling out a survey that may arrive in your mailbox, or sharing your input electronically. I encourage you to visit bendparksandrec.org/compplan for more details.

Most of the projects from the last comprehensive plan are now realized, so it's not a plan that collects dust on the shelf. It guides how your District operates and meets needs, so please be involved!

This summer we have even more camps for children and therapeutic recreation participants, a full offering of programs at the Art Station, and youth and adult sports programs.

Please enjoy the season and play with us.

Best,

Don Horton, Executive Director
don@bendparksandrec.org

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PARKS, TRAILS, FACILITIES & future play

New projects and developments have been a steady stream for the District since voters passed Bond Measure 9-86 in November 2012. For four years, the District has been busy with land purchases, project design, public outreach to gather input, and construction to turn plans into amenities for the community.

Currently, there are eighteen projects underway – some funded by the bond and others funded by other District resources. The following are updates on projects.

BOND-FUNDED PROJECTS:

All the bond-funded projects are either completed or in design, engineering, construction and/or land acquisition.

- Riley Ranch Nature Reserve
- Bend Whitewater Park - completed
- McKay Park - completed
- Southeast Bend park land
- Deschutes River Trail
- The Pavilion - completed

A local herd of Rocky Mountain elk repeatedly visited Riley Ranch Nature Reserve throughout this past winter season. Located in northwest Bend along the Deschutes River, the reserve offers wildlife a quiet place for wintering as well as year-round habitat.

Riley Ranch Nature Reserve



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

Bend Whitewater Park



This project involved construction of a new pedestrian bridge over the Deschutes River, creation of a fish ladder and reduction of hazards to improve recreational opportunities for the 100,000-plus river users annually. BPRD made adjustments in both the passageway and whitewater channels during winter. The Bend Whitewater Park is complete and open for recreational whitewater use.

McKay Park



To accommodate recreation associated with the Deschutes River and the Bend Whitewater Park, enhancements to McKay Park included an accessible beach, parking and loading areas, changing facility with restrooms, plazas for river viewing, trail improvements and riparian habitat restoration. Construction at McKay Park is complete and the park is open for use.



River surfers line up for the “Green Wave” at the Bend Whitewater Park this spring. This past winter, improvements were made to both the whitewater and passageway channels for whitewater users and river floaters.

Deschutes River Trail



Deschutes River Trail projects include easements and land acquisitions, which will help complete the trail through Bend. Projects in downtown Bend are being designed as part of the restoration project along the banks of Mirror Pond at Drake Park. In southwest Bend, the Oregon Parks and Recreation Department has convened a committee to evaluate the existing state scenic waterway regulations. This committee will make a recommendation to the State Parks Director in May 2017 to either revisit the rules for Oregon scenic waterways to determine how this stretch of the Deschutes River should be used for recreational purposes, or leave the current rules in place.

The Galveston to Miller's Landing section of the Deschutes River Trail along Riverfront Street will receive a makeover. Plans include repaving Riverfront Street, paving the landscape

strips, and rebuilding the sidewalks, curbs, and driveway aprons along the west side of the street to better accommodate trail users.

OTHER CURRENT PROJECTS:

Bend Park & Recreation District Comprehensive Plan

The District is planning for the next ten years of new parks, extended trails and new places to workout, play and socialize. The Comprehensive Plan will ultimately help the District prioritize future facility and program investments. In March, the District wrapped up an online survey which received over 12,000 comments, and conducted a public workshop about the vision for parks and recreation in Bend. This year, residents will see additional questionnaires, presentations, pop-up activities and workshops offered around Bend as the District gathers information and analyzes the community's needs.

Mirror Pond Bank Restoration



The banks of the Deschutes River at Drake Park and Pacific Park have deteriorated over time, resulting in safety and environmental issues. The District entered into a design contract with a team of engineers and landscape architects to develop plans to improve the banks on the Drake Park side of the Deschutes River (Mirror Pond). This work will also include the design of the Deschutes River Trail through Drake Park and Pacific Park.

Canal Row Park



Canal Row Park is a newly constructed neighborhood park off Butler Market Road in northeast Bend. The park features picnic and play areas and includes a small boardwalk over the historic alignment of the Old Pilot Butte Canal. Construction is complete and the park is open with some minor landscaping work continuing in the spring.

Located on Butler Market Road, Canal Row Park in northeast Bend is open for play. Minor landscaping at the park will continue this spring.



In northeast Bend, heavy equipment is used to excavate at the future Eagle Park due to open this fall.

Eagle Park



Construction of Eagle Park, a new neighborhood park in northeast Bend, began in December 2016. The park will include a lawn area, picnic facilities, inclusive and nature-based play opportunities, paved and soft surface trails and a natural area. The project is expected to be completed by fall of 2017.

Hillside Park



Improvements to Hillside Park and the adjacent off-leash area include fencing, a new parking area and sidewalk, playground improvements, picnic shelter and trails. Construction commenced in December 2016 and is expected to be completed by fall of 2017.





At Rockridge Park in northeast Bend, crews install a nature play area feature. The nearly 37-acre park will also have a bike skills course, paved and soft surface trails, a skatepark and a play structure.

Rockridge Park



Rockridge Park, located in northeast Bend adjacent to Lava Ridge Elementary School, will include paved and soft-surface trails, a play structure, nature play opportunities, disc golf, a skate park, beginner and intermediate bike skills courses, a small lawn area and street improvements along Egypt Drive. Construction started in September 2016 and is expected to be completed by fall of 2017.

Shevlin Park Sign Project



As the first step of the park's new Recreation Management Plan, a comprehensive sign and wayfinding program for the park is underway. New wayfinding, interpretative and regulatory signs should be installed in the park starting in spring of 2018.

Stone Creek Park



In 2015, the District and the neighborhood developer of the new Stone Creek subdivision completed a master plan for this seven-acre park in southeast Bend. The park will include a picnic area, traditional and natural play areas, skate spots, a bike pump track and natural trails. The park is currently being constructed by the developer and is expected to be complete by fall of 2017. The District will purchase the park upon completion.

Juniper Park



Juniper Park is being reviewed for accessibility improvements in existing parking areas, restroom facilities, paths and play areas. New activities and amenities such as disc golf, group picnic areas, an updated playground, a new restroom facility and upgraded trails have been incorporated into the Master Plan. The District held several community meetings this past winter to solicit public input. In February, the Board of Directors approved the new Master Plan. Design work is anticipated to start in the fall, with construction planned to start in 2018.

Southeast 15th Community Park



This new 37-acre southeast Bend community park will offer amenities to an area of town that was previously deficient in park land. The District has started seeking input from the community on park features such as active play areas, trails and picnic space and will continue outreach into the spring to create a Master Plan to guide development of the park.

Pioneer Park



The existing restroom, parking areas, paths and other park amenities are being renovated to provide improved access for all park users. Construction is planned to start this fall and be complete in 2018.

Larkspur Center



The District's Board of Directors recently adopted an updated Master Plan for the proposed expansion of the Bend Senior Center. This project includes new fitness facilities, group exercise rooms, a multi-purpose warm water pool, indoor walk/jog track, outdoor activity spaces, parking and Larkspur Park improvements. The project is currently in the design phase with an estimated completion date in late 2019/early 2020.

Big Sky Park



In February, the District's Board of Directors approved a new Master Plan for Big Sky Park. New to the park are areas designated for cyclocross and a new bike park with amenities such as a pump track, flow track, jumps and a skills course. Also included is a proposed entrance from Hamby Road, new parking and circulation areas, an expanded BMX area, a naturehood area, radio-controlled car track and future lighting. Planning work and permitting has started and construction is expected to begin in 2018.

Larkspur Trail - Pilot Butte Gap



The District is working with Oregon State Parks to build a new section of the Larkspur Trail that would connect to the existing trail in Pilot Butte State Park. This new section will reduce conflicts between pedestrians, cyclists and vehicles. A raised crosswalk at the park's entrance at Linnea Drive will help calm vehicular traffic and provide a seamless trail section across the road. Construction is expected this summer/fall.

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

Summer freebies

FREE

Part of our mission is to keep recreation accessible to everyone and that includes financially too.

Every season, we offer activities, programs and events at no cost to participants. The opportunities allow kids and adults alike to have fun, but it's also a chance for people to get active, try something new and connect with the community.

So, take a look at all our freebies and get out and about, cost-free!

JULY 4TH PET PARADE & FESTIVAL

- Bring your pet or stuffed animal to the Pet Parade in downtown Bend - Tuesday, 7/4, line-up at 9:00 am, parade at 10:00 am (page 13)
- Enjoy the music, games, arts and crafts booths and food at the Old Fashioned Festival in Drake Park - Tuesday, 7/4, 11:00 am - 4:00 pm (page 13)

Pictured: Big smiles at the July 4th Old Fashioned Festival's annual pie eating contest.

LET'S PICNIC!

Let's Picnic! is coming back for another summer of fun in your neighborhood! And, it's all for FREE!

Pack a picnic and gather with friends and family for a delightful evening of live music, games and art activities in your local park! To top it all off, we'll even bring the ice cream treats!

Bring a blanket and/or chairs (please, no glass or alcohol).

Wednesdays, 6:00 - 8:00 pm • Free

- 7/12 Hollygrape Park
- 7/19 Al Moody Park
- 7/26 Kiwanis Park
- 8/2 Providence Park
- 8/9 Canal Row Park
- 8/16 Ponderosa Park
- 8/23 Gardenside Park

KIDS & FAMILIES EVENTS

- Learn to Fish - Saturday, 5/21 (page 84)
- Tiny Explorers - Tuesdays, 6/13 - 9/26 (page 61)
- Days of Play - Every weekday, 6/26 - 8/18 (page 68)

Orchard Park	Mondays	1:00 - 3:30 pm
Pilot Butte Park	Tuesdays	9:30 am - 12:00 pm
	(No program 7/4)	
Harmon Park	Tuesdays/Thursdays	1:00 - 3:30 pm
	(No program 7/4)	
Larkspur Park	Wednesdays	1:00 - 3:30 pm
Sun Meadow Park	Thursdays	9:30 am - 12:00 pm
Al Moody Park	Fridays	1:00 - 3:30 pm
- Discover Nature Days - Thursdays, 7/13 - 8/17 (page 69)

ADULT EVENTS

- Afternoon at the Movies - Tuesdays (page 28)
- Thursday Afternoon Dance - Thursdays (page 28)
- Lunch & Learn Series - Wednesdays 6/7 - 28 (page 27)
- Fitness Summer Kick-off - 6/12 - 17 (page 45)

HOW MANY FREEBIES
CAN YOU DO?

FIRST JOBS CAN BE JUST THE BEGINNING AT BPRD

Every career starts somewhere and often that first job can set the foundation for a young person's relationship with work and responsibility.

Many current Bend Park and Recreation District employees got their start in one of the District's flexible, part-time and seasonal positions working outside, in recreation facilities or programs.

Annie Miller, Community Relations Assistant, has worked at the District for eight years and practically grew up with parks and recreation. "I swam regularly at



Juniper Swim & Fitness Center as a child and was involved in swim programs, so I thought lifeguarding would be a fun summer job," explained Annie. "I was familiar with the facility and staff and attracted to the energy there, so I

applied and jumped into the job. Little did I know where that would take me so many years later!"

Charlie Redline, Park Steward, also started as a lifeguard and later became a shift supervisor and manager on duty at Juniper. "My career goal was to work in some sort of recreation but also in a position that I could help people, so lifeguarding was the perfect start," said Charlie.



"Working at BPRD has helped me develop personally and professionally. As an employee, you can make a difference in the organization and the community. If you want to make a difference, and get paid while doing it, BPRD is the place to be."

VOLUNTEER OPPORTUNITIES

BPRD volunteers make fun happen! Here's where you can get involved:

RECREATION & FITNESS PROGRAMS: Camps, art, crafts, science, theater, cooking, outdoor adventure, dance, fitness and swim programs.

THERAPEUTIC & ADAPTIVE RECREATION: Supporting camps and summer recreation opportunities for children and adults with disabilities.

SUMMER EVENTS: July 4th Pet Parade & Festival and Let's Picnic!

YOUTH SPORTS PROGRAMS: Adult coaches needed for fall soccer, flag and tackle football and volleyball.

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



WORKING & VOLUNTEERING AT BPRD

making play

Just like this Playbook is jam-packed with program offerings designed to appeal to a wide variety of interests, Bend Park & Recreation District offers a mix of unique employment and volunteer experiences that support what it takes to make parks, trails and programs possible.

In the current job market, BPRD almost always has job openings to fill. The District employs more than 500 people in paid positions spanning the range of a few hours a week to full time, year-round or for a season. There are opportunities that work well for people looking to gain experience, parents with young families, retirees and even night owls. The variety of opportunities is amazing and includes the jobs you might expect like lifeguards, program leaders and landscape maintenance staff, but add to that river recreation specialists, park stewards, and even Zamboni drivers!

Carol Peters is a ten-year District employee who lives the BPRD slogan of "Play for Life." A retired teacher and one-time synchronized swimmer, Carol was looking for something fulfilling to do and wanted a flexible work

schedule. Working as a swim instructor is just the right fit and Carol shares, "I really enjoy the positive energy at the pool, interacting with people of all ages and giving back to the community by teaching kids to do what I love."

If helping create opportunities for play sounds like the right work for you or someone you know, it's easy to check out current options and benefit information on the

District website. You can create an online profile and receive notifications when positions open that might fit your interests.

And if a volunteer opportunity is more in line with what you are looking for, BPRD has lots of options for getting involved! More than 1,800 volunteers gave their time in 2016

supporting things like recreation programs and helping care for parks and trails. There are choices for volunteers ages 12 and up and all support the District with providing excellent programs, services and facilities for our community. Look for some of those opportunities on the list at the left or visit the volunteer page on the website.

To learn more about working or volunteering at BPRD, visit bendparksandrec.org and click on "About Us."

SOUTHEAST BEND'S

LARKSPUR PARK

everyone's place to play

LOCATION & HOURS

- Open 5:00 am - 10:00 pm, daily
- 1700 SE Reed Market Road
- Adjacent to Bend Senior Center, Larkspur Park is accessible by vehicle, cycling, walking, public transit and more.
- Cascades East Transit routes #5 and 6 run on Reed Market Road. There is a bus stop at the park.



THE BASICS

- 14.5 acres
- Opened in 2005.
- Amenities: playground, bocce court, horseshoe court, natural areas, paved and unpaved paths, large picnic shelter, picnic tables, drinking fountain and permanent restroom.



ALL CHILDREN'S PLAYGROUND

- A centerpiece of the park, the "all children's playground" features accessible play equipment and spaces to encourage play and time shared together across multiple generations and abilities.
- The playground was funded by Rotary Clubs of Bend to celebrate the Centennial of the Bend Rotary Clubs.

PACK A PICNIC

- There are several locations to picnic including under the picnic shelter and a large grass area.
- The picnic area is available for rent. The shelter features power and can seat forty guests and the larger area can accommodate up to 100 people. Reservations can be made up to twelve months in advance.



WILD IN THE CITY

- With about 40 percent of the park kept as natural space, the park features a mixture of mature pine and juniper trees, alpine currant and rabbit brush as well as willows, native shrubs and grasses along the small canal on the park's northern side.
- Wildlife in the park includes golden mantle squirrels, gray squirrels, lizards and the occasional deer.
- Birds who frequent the park may include California quail, mourning dove, northern flicker, California scrub jay, common raven, mountain chickadee, American robin and dark-eyed junco.

GAME ON!

- If you're feeling sporty, Larkspur Park features a basketball court, bocce court and horseshoe court.
- You will need to bring your own equipment and all courts are first-come, first-served.



GET ON THE TRAIL

- For walking, hiking, running, biking and more, the Larkspur Trail is located on the northern side of the park.
- Larkspur Trail is more than four miles in length.
- You can make trail connections via the Larkspur Trail to: Pinewood Natural Area, Coyner Trail, Ponderosa Park, Juniper Swim & Fitness Center, Juniper Park, Pilot Butte State Park, Pilot Butte Neighborhood Park, Pilot Butte Summit Trail, Hollinshead Park and Stover Park.

MAPS & RESOURCES

- Website: bendparksandrec.org.
- Park and trail maps available online or at BPRD facilities.



ADULT THERAPEUTIC RECREATION:



play without limits

"IT IS NOT HOW YOU LIVE, BUT WHOSE LIFE YOU CHANGE IN THE WAKE OF YOURS."



ENROLLMENT TRENDS

- Over the last four years, enrollment has grown 18% to 43%.
- There has been significant growth in youth and teen programs with many teens transitioning to adult programs.
- About 25% of the local population with developmental disabilities are served by the adult TR program.
- Each adult participates in 1 to 10-plus programs per year.

PROGRAM PARTNERSHIPS

To facilitate programs and support participation, the District works hand-in-hand with local agencies and non-profits including Bend-La Pine Schools, Deschutes County Dept. of Developmental Disabilities, Full Access Brokerage and Oregon Adapted Sports.

HOW ARE REGISTRATIONS SUPPORTED?

TR participants' registration fees are typically funded through user payment, the District's Needs-Based Assistance program, the Opdyke Fund through Bend Park & Recreation Foundation and/or via participants' Medicaid reimbursement.

PROGRAM STAFFING

Staff includes a program coordinator, assistants and support staff. In addition, there are college interns and volunteers who are critical members of the team. When asked about the experience of working in TR, Cheryl Kelley, program coordinator said, "While staff strive to provide unique, consistent and life-enriching programming, it is the interaction with participants that ultimately enriches the lives of the department's staff and volunteers."

Part of Bend Park & Recreation District's mission is to provide recreation for people of all abilities. In this commitment to play, BPRD offers Therapeutic Recreation opportunities for adults and youth with disabilities. In other words, providing play so that everyone can learn, share and have fun.

WHAT IS THERAPEUTIC RECREATION (TR)?

Therapeutic Recreation utilizes recreational programming to enable people with physical, cognitive, emotional and/or social limitations to acquire and/or maintain the skills, knowledge and behaviors that will allow them to enjoy their leisure and function as independently as possible in society.

TR MISSION

Enable all individuals to achieve quality of life and optimal health through meaningful participation in recreation.

TR GOALS

- To expand recreation interests.
- To acquire and improve life skills.
- To increase awareness of community resources.
- To encourage participation in social activities.

TR PROGRAM AREAS AT BPRD

- Adult Therapeutic Recreation Services
- Youth & Teen Specialized Programs
- Adapted Sports
- Inclusion Services to support participation in general programs

TYPES OF TR PROGRAMS

- Life skills such as cooking and baking
- Creative arts
- Fitness and sports
- Outdoor recreation
- Social activities and events
- Day and overnight trips

TR AT BPRD TIMELINE

- 1976 Community Bridges Program begins under the direction of Wayne Smith, now retired Recreation Director.
- 1998 Inclusion Services begin.
- 2007 College internship program started.
- 2010 Move from focus on "Special Recreation" to "Therapeutic Recreation."
- 2012 Expansion of skill-based programs.
- 2016 Improved registration process making programs more accessible.

THE BENEFITS OF PARTICIPATION

“As an almost lifelong participant at BPRD, a **SIGNIFICANT PART** of Libby’s life is the TR programs. Her life has been tremendously impacted through the **RELATIONSHIPS** with both staff and participants. She constantly **ENJOYS** the camaraderie in the programs and groups. The programs she takes part in are the **ONE CONSTANT** that make a substantial impact in **JOY** to her and her family. **KEEP IT GOING.**”

- Dan Kehoe, TR participant parent

“Bend Park & Rec has done so much for me. I have become a lot **MORE INDEPENDENT** because of what Bend Park & Rec programs have offered. I have **DEVELOPED** so many new skills and have also **GROWN** in some skills that I already had. A few examples of that are cooking, money management and making new friends. Therapeutic Rec has **OPENED SO MANY DOORS** for me that I couldn’t have even imagined.”

- Monica Barrios, TR participant

“Alex has been involved in BPRD programs for several years. To this day, he **STILL GETS EXCITED** about participating with his friends and the staff. Alex has experienced the meaning and value of **CAMARADERIE AND FRIENDSHIP**. He has gained skills in independence from the various opportunities the programs offer and he continues to develop **CONFIDENCE IN HIMSELF** as well as pride in being a part of the community. Because of BPRD’s presence in the community, the **ACCEPTANCE OF PEOPLE WITH DISABILITIES** in our community has grown immensely.”

- Silvia Bundy, TR participant parent

FUTURE OF ADULT THERAPEUTIC RECREATION AT BPRD

Plans to accommodate growing community needs include adding program sections and times. In addition, the opening of the future Larkspur Center will offer additional amenities to support programs.

For more on
Therapeutic
Recreation
programs,
see pages
54 - 58.



bprd news & happenings

USING FIRE TO PREVENT WILDFIRES IN SHEVLIN PARK

A prescribed fire to strengthen Shevlin Park’s resilience to wildfire and benefit the park’s natural resources is likely to occur in May 2017.

The 50-acre area of the park, immediately south of Aspen Meadow and the parking lot to the east near Tumalo Creek Trail and west near the old railroad grade, has been prepared by employees over the past several months. Timing for the burn will be dependent upon appropriate weather conditions and information will be shared broadly with park users, neighbors and the community.



GETTING AHEAD OF CONCUSSIONS

The Bend Park and Recreation District wants everyone to Play for Life and concussions can stop that play in its tracks. That’s why we don’t take concussions lightly. All volunteer sports coaches and employees who work in and around our sports leagues are required to complete concussion awareness training. That is more than 1,100 people who are trained on what to look for and what to do.

The Bend Park and Recreation District recently partnered with The Center Foundation to encourage a community conversation about concussion management and prevention. We regularly evaluate opportunities to enhance equipment used in our programs and we have safety committees reviewing incident reports. Topping that off, we provide concussion information to parents before their child plays in a District youth team sports program. “Getting your bell rung” can be serious and we encourage all parents, grandparents, teachers, mentors and others to be informed to help protect our athletes.



FLOAT THE RIVER 24/7, VIRTUALLY

No need to wait for summer, let’s go for a float! Did you know that BPRD has a virtual tour of floating the Deschutes River? Available on our website at bendparksandrec.org, the tour features tips on needed equipment, where to launch, how to decide to exit at or proceed through the Bend Whitewater Park, where to

finish your float and parking and shuttle information. It’s a great way for locals and visitors alike to get in the know for a fun and safe time on the river.

RESTROOMS, FOUNTAINS & IRRIGATION SYSTEMS RETURNING TO FULL SERVICE

Mid-March through early May, BPRD Park Services crews make detailed rounds of the District’s parks to check on restrooms, water fountains, irrigation systems and other park amenities. Staff de-winterize systems and make any needed repairs. With this past winter’s intensity, it is likely there will be more repairs than normal. We appreciate your patience as we get all the systems back into service.



Needs-Based Assistance

(Formerly known as Recreation Scholarships)

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

To Apply for Assistance:

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

Everyone can play.

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



How to Register

REGISTER ONLINE:

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

Payment in full is required at the time of registration.

New Accounts

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

Online Registration Instructions

1. Click on the "Register" link on our website or go directly to: <https://register.bendparksandrec.org>
2. Enter your email and password. You already have an account if you have recently participated in a program or have a pass at Juniper Swim & Fitness Center, The Pavilion or Bend Senior Center. The default password is your last name (first letter capitalized) unless you set it up differently.
3. Make sure all family members are added with correct birth dates and genders.



4. You can select/search for activities in one of three ways:
 - > **Activity Number** (Fastest) - enter the activity number (first six digits) in the box. Click on the Search button. The activity numbers are printed in this guide.

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

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



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

Out-of-District Fee Policy

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

In-Person Registration

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

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

Registration forms are available online at [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:

Fall 2017 registration begins August 7, 2017.

Winter-Spring 2018 registration begins December 11, 2017.



July 4th

PET PARADE & old-fashioned FESTIVAL

Come celebrate in Downtown Bend & Drake Park

Sponsored by



and



WE ARE TELEVISION IN CENTRAL OREGON



PARADE DETAILS & PARKING INFORMATION:

- All ages welcome. Come dressed in costume with your pet or stuffed animal on pulled wagons, bikes or trikes.
- Kids receive a keepsake and popsicle.
- No registration necessary. Lineup is at the School Administration Building parking lot on Wall Street.
- Pets must be leashed. Be responsible for and clean up after your pet.
- No rabbits, cats or aggressive dogs.
- Large animals need to arrive early.
- Cyclists and equestrians, wear your helmets.
- Do not give away animals.
- No solicitation, commercial floats, motorized vehicles, motorcycles or distribution of anything to spectators, including candy.

Start out at the Pancake Breakfast in the park with Bend Sunrise Lions Club: 8:00 - 11:00 am

SINCE 1932, IT'S THE PET PARADE!

Parade Lineup: 9:00 am ★ Parade: 10:00 am

Bring your pet or stuffed animal and get in the spirit of the day or watch all the action along the parade route. One of Bend's oldest traditions!

AFTER THE PARADE, HEAD TO DRAKE PARK FOR THE OLD FASHIONED FESTIVAL!

Over 100 artisans, live music, games & food!
11:00 am - 4:00 pm

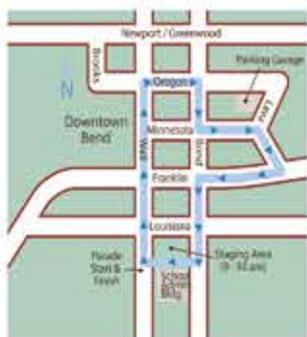
★ **Live Music** presented by Northwest COMMUNITY CREDIT UNION

★ **Old Fashioned Games** for kids of all ages! Sponsored by Kiwanis Club of Bend

★ **Family Fun Area** brought to you by Warren John West, P.C.
Fish Fling • Flush-a-Duck • Fire Truck • Photo Booth • Games & More!

★ **Community Entertainment**
brought to you by Bend Park & Recreation District

Downtown road closures from 9:00 am-Noon.
Best parking: Outer perimeter of downtown & parking garage • Alternative transportation encouraged • Bike valet at Drake Park



Riverside Blvd. closed from 6:00 am - 5:00 pm.

ADA parking available on Bond St. by staging area, in parking garage and on Riverside Blvd.

Thank you to our sponsors!



CITY OF BEND

The Bulletin
Serving Central Oregon since 1907



For information, call BPRD at (541) 389-7275
bendparksandrec.org



MAKE YOUR PLAY

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: NON-ICE SEASON	THE PAVILION: ICE SEASON
PASS TYPE	Full Access	Basic	Full Access	Basic	May - Sept.	Nov. - April
ACCESS	Over 200 weekly group fitness classes and masters swim practices plus full facility use. Monthly pass includes use of Senior Center.	Use of pools, fitness center, hot tub, sauna, steam room, locker rooms and access to all recreation and lap swim times.	Over 50 weekly fitness classes plus full facility use and participation in ongoing social activities.	Use of fitness center, game room and participation in ongoing social activities.	Check online for drop-in pass information. For The PAC summer day camp, drop-ins are available. See page 71.	Ice will return this fall. Program registration begins August 7.

Single Visit Admission	Adult (19-59)	\$8.00	7.00	\$6.50	\$3.50
	Older Adult (60-79)/Student	\$7.00	6.00	\$5.50	\$1.50
	Youth (3-18)/Honored Citizens (80+)	\$6.00	5.00	\$4.50	\$1.25
	Children under 3 with paying adult	Free	Free	n/a	n/a
10-Visit Pass Save an average of 20%	Adult (19-59)	\$69.00	\$59.00	\$60.00	\$29.00
	Older Adult (60-79)/Student	\$59.00	\$49.00	\$45.00	\$12.00
	Youth (3-18)/Honored Citizens (80+)	\$49.00	\$39.00	\$35.00	\$10.00
Monthly Pass Unlimited Visits!	Adult (19-59)	\$61.00	\$51.00	\$51.00	\$24.00
	Older Adult (60-79)/Student	\$49.00	\$39.00	\$39.00	\$16.00
	Youth (3-18)/Honored Citizens (80+)	\$39.00	\$29.00	\$29.00	\$13.00



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.**



WATER WORLD!
.....
RECREATION & LAP SWIMMING
.....
PAGE 18

summer's a splash

More Activities at Juniper Swim & Fitness:
 Adult swimming p. 19
 Adult Fitness p. 44 - 50
 Youth Fitness & swimming p. 20 - 24

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!



Summer 2017: June 24 - Sept. 3

Regular Hours:

Monday - Friday 5:15 am - 9:00 pm
Saturday 7:00 am - 6:00 pm
Sunday 8:00 am - 5:00 pm

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

Visit online at: juniperswimandfitness.com

 Follow us on Facebook!
 Look for Juniper Swim & Fitness Center

Schedules & Information

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

Fees

Pass information on pages 14 - 15.

Holidays & Special Hours

5/29	Memorial Day	Noon - 5:00 pm
6/11	Staff Training	Closed at 4:00 pm
7/4	Independence Day	Noon - 5:00 pm
9/4	Labor Day	Noon - 5:00 pm
9/2 - 17	Annual maintenance	Indoor pool closed

Swim Meets & Events

6/24 - 25 Sun Country Swim Meet
 8/11 - 13 Bend Open Swim Meet
 8/27 Kids Triathlon (see page 23)

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



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.

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 Center is the perfect place for every body.

Online video tour available at bendparksandrec.org

SWIMMING POOLS & AQUATICS:

Indoor/Outdoor Olympic 50 Meter Pool

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

Indoor 25 Meter Pool

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

Indoor Children's Pool

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

Outdoor Activity Pool

Open June to early September.

A water wonderland for the child in all of us, this 85-degree pool offers a large flume slide, interactive water features, beach entry to 3.5 foot water depth and a soft bottom. Spend the day on our large deck, complete with lounge chairs, picnic tables and shade structure.

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, great sound system and big-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 staff 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: 7:00 - 11:00 am



TEENS!

Check out the Jr. Lifeguard & Swim Instructor Aide training and volunteer programs on page 22.

Volunteer opportunities available with child care and recreation programs too!

LEARN TO SWIM THIS SUMMER!

What better time than summer to learn how to swim? The water's as inviting as the days are long.

There's a great selection of lessons at just the perfect level to match your or your child's needs.

Adult Lessons, page 19
Youth Lessons, pages 20 - 21



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

June 24 - September 3

M - F: 1:00 - 4:00 pm
(Outdoor & Indoor pools)

M - F: 7:15 - 9:00 pm
(Indoor Pools only)

Sa: 1:00 - 5:30 pm
(Outdoor & Indoor Pools)

Su: 1:00 - 5:00 pm
(Outdoor & Indoor Pools)

Family Swim

Bring the family and a picnic for a healthy dose of outdoor water play! Family swim is held in the outdoor activity pool offering warm 85-degree water with slides, tumble buckets and splash pad. All children must be accompanied by parent or guardian.

Fee: \$5 per person when adult accompanies children.

June 24 - September 3

M - F: 10:30 am - 1:00 pm
4:05 - 7:15 pm

Sa - Su: 10:30 am - 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

June 24 - September 3

F: 4:00 - 6:30 pm

Sa: 7:00 am - 8:30 pm

Su: 8:00 - 10:30 am

Lap Swimming & Water Running

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

Fee: Basic pass or drop-in fee

June 24 - September 3

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

F: 5:15 am - 7:30 pm

Sa: 7:00 am - 6:00 pm

Su: 8:00 am - 5:00 pm

WANT MORE?

Look for:

ADULT FITNESS
on pages 44 - 50.

ADULT SWIMMING
on page 19.

YOUTH FITNESS & SWIMMING
on pages 20 - 24.



get in the swim

Summer Lap Swim Schedules

are available at
juniperswimandfitness.com.
Check if the pool scheduled
is 25m or 50m.
You can even add the schedule
to your own e-calendar.

Liquid benefits.

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

Adult Swimming

Swim Without Fear

Ages: 16 & up

Are you fearful of the water? Learn at your own pace, as motivating instructors take you step by step through getting your face wet, bobbing and learning to be more comfortable in the water.

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

Activity: 205554

F: 5:45 - 6:30 pm

Sessions: 6/30 - 7/28 8/4 - 9/1

Sa: 7:45 - 8:30 am

Sessions: 6/3 - 7/1 7/8 - 8/5

Beginning Adult Swim Instruction

Ages: 16 & up

Learn beginning skills in a comfortable 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.

Fee: \$48 ID \$57 OD / session

Activity: 205555

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

Sessions: 5/15 - 31

(Fee: \$40 ID \$48 OD, no class 5/29)

T/Th: 7:15 - 8:15 pm

Sessions: 6/27 - 7/13

(fee: \$40 ID \$48 OD, no class 7/4)

7/18 - 8/3 8/8 - 24

Advanced Beginning Adult Swim Instruction

Ages: 16 & up

Class works 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.

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

Activity: 205556

M/W: 7:30 - 8:30 pm

Sessions: 6/26 - 7/12 7/17 - 8/2

8/7 - 23

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

Sessions: 5/16 - 6/1

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.

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

Activity: 205557

M/W: 7:30 - 8:30 pm

Sessions: 6/26 - 7/26 7/31 - 8/30

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

Session: 5/30 - 6/20

SwimFit

Bend's Adult Swim Program!

Ages: 18 & up

Improve your skills and enjoy training in structured practices with experienced coaches. Formerly known as Masters Swimming, SwimFit emphasizes fitness, fellowship and fun for various ages and abilities, who can swim comfortably for 500 meters (20 lengths). Although not required, many choose to race.

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

June 24 - September 2

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

M/Tu/W/Th/F: 11:45 am - 1:00 pm

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

Sa: 9:00 - 10:30 am

Su: 8:00 - 9:30 am
(7/2 forward)

TRIATHLON SWIMFIT

Th: 6:00 - 7:15 pm

ELITE MASTERS:

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



Recreation Swim Schedules

available on page 18 and at juniperswimandfitness.com.

Find all the times you can come splash and play.



swim on

Make a splash.

Start your kids in fitness and swimming! This important life-long skill will help your child 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: Prerequisites for each class are listed in the class description on our registration website. Learn more online at register.bendparksandrec.org

UPDATED LESSONS: All swim lessons levels were recently updated to ensure challenge and success at every swim skill level.

For more information and specific details, please refer to our website for the skills list for each level.

Swim Lesson **FREE** Assessment:

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

MAY 1 - JUNE 24

Tu: 10:45 am

Th: 6:30 pm

Sa: 12:30 pm

JUNE 26 - AUGUST 31

M - Th: 12:45 pm & 7:00 pm

F: 12:45 pm

Sa: 11:00 am

Call (541) 706-6183 to arrange an appointment to work with your schedule.

Youth Swim Lesson 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 are 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. Prerequisite: Parent Tot class.

Journey Programs

Ages: 3 - 5

A progressive journey for preschoolers/ kindergartners that 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 will be 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

\$40 ID \$48 OD

Parent Tot 1, 2	8:50, 9:40 am
Journey 1, 2, 3	8:50, 9:40, 10:30, 11:20 am
Journey 4, 5	8:50, 9:40 am
Level 1, 2, 3	8:50, 9:40, 11:20 am
Teen Level 1, 2, 3	10:30 am
Level 4, 5, 6	10:30 am

\$40 ID \$48 OD

Parent Tot 1, 2	10:05 am
Sea Stars	9:15 am
Journey 1, 2, 3	9:15, 10:05 am
Journey 4, 5	9:15 am
Level 1, 2, 3	9:15, 10:05 am
Level 4	9:15 am
Level 5, 6	9:15, 10:05 am

Start times only listed. All classes 45-minutes.

FRIDAY - or - SATURDAY

FRIDAYS:

6/30 - 7/28

8/4 - 9/1

Parent Tot 1, 2	8:50, 9:40 am
Journey 1, 2, 3	8:50, 9:40, 10:30, 11:20 am
Journey 4, 5	8:50, 9:40 am
Level 1, 2, 3	8:50, 9:40, 11:20 am

SATURDAYS:

6/3 - 7/1

7/8 - 8/5

Parent Tot 1, 2	10:05 am
Sea Stars	9:15 am
Journey 1, 2, 3	9:15, 10:05 am
Journey 4, 5	9:15 am
Level 1, 2, 3	9:15, 10:05 am
Level 4	9:15 am
Level 5, 6	9:15, 10:05 am

FOUR- DAYS- A-WEEK SESSIONS

\$50 ID \$60 OD

Parent Tot 1, 2	8:15, 9:00, 9:45 am
Sea Stars	9:00, 9:45, 10:30 am
Journey 1, 2, 3	8:15, 9:00, 9:45, 10:30 am
Journey 4,5	9:00, 9:45 am
Level 1, 2, 3	9:00, 9:45 am
Teen Level 1, 2, 3	9:45 am
Level 4	9:00, 9:45, 10:30 am
Level 5, 6	10:30 am

Start times only listed. All classes 40-minutes.

TWO- DAYS- A-WEEK SESSIONS

M/W \$63 ID \$75 OD

T/TH \$57 ID \$68 OD

\$63 ID \$75 OD

Parent Tot 1, 2	5:40, 6:25 pm
Sea Stars	11:30 am, 4:10, 4:55 pm
Journey 1, 2, 3	11:30 am, 12:15, 4:10, 4:55, 5:40, 6:25 pm
Journey 4,5	12:15, 5:40 pm
Level 1,2, 3	11:30 am, 12:15, 4:10, 4:55, 5:40, 6:25 pm
Teen 1,2, 3	6:25 pm
Level 4	11:30 am, 4:10, 4:55 pm
Level 5, 6	12:15, 4:10, 4:55 pm

Start times only listed. All classes 40-minutes.

MONDAY - THURSDAY

6/26 - 7/6

(No class 7/4. Fee: \$44 ID \$54 OD)

7/10 - 20

7/24 - 8/3

8/7 - 17

8/21 - 31

Parent Tot 1, 2	8:15, 9:00, 9:45 am
Sea Stars	9:00, 9:45, 10:30 am
Journey 1, 2, 3	8:15, 9:00, 9:45, 10:30 am
Journey 4,5	9:00, 9:45 am
Level 1, 2, 3	9:00, 9:45 am
Teen Level 1, 2, 3	9:45 am
Level 4	9:00, 9:45, 10:30 am
Level 5, 6	10:30 am

Start times only listed. All classes 40-minutes.

MONDAY/ WEDNESDAY - or - TUESDAY/ THURSDAY

6/26 - 7/27 (no class 7/4)

7/31 - 8/31

Parent Tot 1, 2	5:40, 6:25 pm
Sea Stars	11:30 am, 4:10, 4:55 pm
Journey 1, 2, 3	11:30 am, 12:15, 4:10, 4:55, 5:40, 6:25 pm
Journey 4,5	12:15, 5:40 pm
Level 1,2, 3	11:30 am, 12:15, 4:10, 4:55, 5:40, 6:25 pm
Teen 1,2, 3	6:25 pm
Level 4	11:30 am, 4:10, 4:55 pm
Level 5, 6	12:15, 4:10, 4:55 pm

Start times only listed. All classes 40-minutes.

TRAINING & VOLUNTEER PROGRAMS

Jr. Lifeguard & Swim Instructor Aide Programs

Ages: 12 - 15

Be part of the team at Juniper this summer! Learn the skills, standards and expectations for being a lifeguard or swim instructor and put your training into practice through supervised volunteering during summer programs.

Participants will complete a swim skills test and must attend all required training dates for their program. Volunteering is a required part of these programs. Information about volunteer shifts for summer will be available at training. Students may participate in only one of these programs per year.

Fee: \$25 covers training

SWIM INSTRUCTOR AIDE

Activity: 209501

Required Training Dates:

Tu/Th: 4:00 - 6:00 pm
5/30, 6/1, 6/6, 6/8

- OR -

Tu/Th: 9:45 - 11:45 pm
6/27, 6/29, 7/6, 7/7

JUNIOR LIFEGUARD

Activity: 209502

Required Training Dates:

W: 2:00 - 4:00 pm
5/31, 6/7

- OR -

W: 4:00 - 8:00 pm
7/5

Ongoing Training Dates:

Th: 10:30 am - 1:00 pm
7/6 - 8/17



Family Swim Programs

at Juniper Swim & Fitness Center

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

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

F: 6:30 - 7:15 pm

Session: 6/30 - 7/28 8/4 - 9/1

Youth Swim Programs

at Juniper Swim & Fitness Center

Juniper Summer Swim League

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 divided by age and ability levels.

Fee: \$120 ID \$144 OD / session

Activity: 205411

Entering Grades: 1 - 10

M - F*: 9:45 - 10:45 am
10:45 - 11:45 am

Session: 6/26 - 8/18

*NOTE: Participants choose three days per week to attend.

Entering Grades: 4 - 12 NEW

T/Th: 4:15 - 5:15 pm

F: 9:45 - 10:45 am or
10:45 - 11:45 am

Session: 6/27 - 8/18

Intro to Water Polo

Ages: 6 - 10

Come meet new friends, develop water polo skills. Cultivate health and fitness in a fun and safe environment. Intro to Water Polo harnesses all the fun, dynamic aspects of the game in a safe, easy-to-learn experience that will motivate kids to swim and stay fit. Prerequisite: Participants must be able to swim the crawl stroke for 25 yards and the backstroke for 25 yards.

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

Activity: 205414

F: 4:00 - 4:45 pm

Sessions: 6/30 - 8/4

Water Polo Instructional League

Ages: 10 - 14

Join this fast moving game for both girls and boys that requires fitness, individual skill and teamwork. Practice is held in the deep water and participants must be able to swim 200 meters (8 lengths) continuously.

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

Activity: 205412

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

Session: 6/27 - 8/16

Beginning Springboard Diving

Ages: 9 - 12

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

Fee: \$63 ID \$75 OD / session

Activity: 205570

T/Th: 6:25 - 7:10 pm

Sessions: 6/27 - 7/27
(no program 7/4; fee \$56 ID \$67 OD)
8/1 - 31

Advanced Springboard Diving NEW

Ages: 9 - 12

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

Fee: \$63 ID \$75 OD / session

Activity: 205571

M/W: 6:25 - 7:10 pm

Sessions: 6/26 - 7/26 7/30 - 8/30

Snorkeling

Ages: 9 - 14

Learn to use a mask, fins and snorkel to discover what you can see and do under water. All equipment is provided. Prerequisite: Level 3 or able to comfortably swim two widths in the deep end.

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

Activity: 205575

F: 12:20 - 1:00 pm

Sessions: 6/30 - 7/28 8/4 - 9/1



Youth Scuba

at Juniper Swim & Fitness Center

PADI Discover Scuba Diving

Ages: 10 to Adult

Got a sense of adventure? Come learn what it's like to breathe underwater with Fins Scuba & Water Sports. 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 the equipment feels like and how easy it is to move around underwater with it on. Find out what it's like to breathe underwater as you learn basic skills and safety rules to carry over to your scuba certification course should you take the next step. Parents may sign up with children to make it a family adventure, though not required. All equipment and workbook provided. Some independent workbook study required prior to class. Register at least seven days prior to session.

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

Activity: 207920

Sa: Time varies

Sessions:

5/20 11:30 am - 3:00 pm

7/8 2:30 - 6:00 pm

8/19 9:30 am - 1:00 pm

PADI **NEW** "Seal Team" Scuba

Ages: 8 - 16

It's action-packed fun in the pool! Learn basic scuba skills as you complete exciting "AquaMissions" underwater. In Part A: Missions 1 - 5, you learn basic scuba diving skills, such as breathing underwater, clearing a mask of water, recovering a regulator and swimming while experiencing the sensation of weightlessness. No previous scuba experience needed. Includes take-home DVD and AquaMission materials. Complete Missions 1 - 5 and become a recognized PADI Seal Team Member. Once you complete Missions 1 - 5, you're ready for Part B: Mission 6 "Shipwreck Diving" including an adventure building an underwater shipwreck. Orientation at Fins Scuba & Water Sports, medical release and independent workbook (provided at orientation) study required prior to class.

PART A: MISSIONS 1 - 5

Fee: \$295 ID \$345 OD / session

Activity: 207921

Sa: 9:00 am - 1:00 pm

Sessions: 7/1 8/5

PART B: MISSION 6

(Prerequisite: Part A)

Fee: \$99 ID \$120 OD / session

Activity: 207921

Su: 8:30 am - 1:00 pm

Sessions: 7/2 8/6



4th Annual Kids Triathlon

Ages: 4 - 15

Juniper Swim & Fitness Center

Swim! Bike! Run! Come do a triathlon! The swimming portion of this non-timed event will be held in the safety of a supervised pool. The mountain biking and running portions will be held in Juniper Park. The event focuses on sportsmanship and making new friends. All abilities are welcome. Build your skills and get ready for the race by signing up for one of the six weekly clinics.

Early Fee: \$25 ID \$30 OD - by 8/22

Late Fee: \$30 ID \$35 OD - 8/23 and later

To sign up for all six Kids Triathlon Clinics and receive a \$5 discount off the Kids Triathlon, use program #205607-03.

Activity: 205607

Date: Sunday, August 27

Time: 8:30 am - 12:30 pm

Kids Triathlon Clinics

Ages: 4 - 15

Juniper Swim & Fitness Center

Come give "tri" a try, learn new skills and make new friends. Each clinic will have a different focus: swim, bike, run, transitions and more. Finish your session with a tip to keep you healthy and motivated all summer. Sign up for one or all. Whatever you choose, it will be tons of fun!

To sign up for all six Kids Triathlon Clinics and receive a \$5 discount off the Kids Triathlon, use program #205607-03.

Fee: \$5 ID \$6 OD / session

Activity: 205608

Tu: 5:00 - 6:15 pm

Sessions: 7/18, 7/25, 8/1, 8/8, 8/15, 8/22

Youth Programs

at Juniper Swim & Fitness Center

Summer Buddies

Includes daily swimming!

Ages: 3 - 5

Children will enjoy afternoons swimming, making crafts, playing outdoor games and much more. No prior swimming experience required. Children must be potty trained.

Fee: \$76 ID \$90 OD / session

Program: 205600

M/W: 1:30 - 3:45 pm

or

Tu/Th: 1:30 - 3:45 pm

Activity: 6/26 - 7/13 (no program 7/4; fee \$63 ID \$75 OD)

7/17 - 8/3

8/7 - 24

Busy Buddies Preschool

Includes swim lessons & yoga!

Ages: 3 - 5

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.

Registration begins May 22.

Activity: 405601

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

or

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

Dates: Sept. 11 - June 14

Need child care while you work out?

With Kids' Corner, we've got you covered. Learn more on page 17.

Youth & Teen Fitness

at Juniper Swim & Fitness Center

Fit Kids:

Ages: 4 - 11

Kids! Bring Mom and Dad to Juniper for 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.

Yoga Play

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

Dance & Play

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

Schedule at:

juniperswimandfitness.com

Teen Fitness

Ages: 11 - 17

FITNESS CENTER USE: Improve strength and conditioning in our state-of-the-art fitness center. 16 - 17 year olds may use the fitness center without restriction although we recommend completing a Fitness Center Orientation. 11 - 15 year olds may workout in the fitness center under parent/guardian supervision or complete a Fitness Center Orientation to use the fitness center independently. Children 10 years and younger are not allowed in the fitness center. Fitness Center Orientations are offered weekly and are free to 10-visit or monthly pass holders and \$12 otherwise. See schedule at juniperswimandfitness.com or call (541) 389-7665.

GROUP FITNESS CLASSES: Get fit and have fun with our many group exercise class options. 16 - 17 year olds are welcome in all of our regular group exercise classes. 11 - 15 year olds may attend some classes under parent/guardian supervision. See pages 46 - 49 for classes. Contact Monica at (541) 389-7665 for assistance.



Girls Get Fit & Have Fun!

Ages: 10 - 14

Fill your summer with fitness and friends while building self-confidence, learning about healthy lifestyle and eating choices. Each week is a new theme with fun projects and active, dynamic workouts (weekly theme information available at bendparksandrec.org); dance fitness, weight training, yoga stretching, indoor cycling, outdoor field sports and even boot camp. Program time is 11:30 am to 1:15 pm, followed by rec swim with friends from 1:15 to 4:00 pm.

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

JSFC pass holders: \$30 ID \$36 OD / session

Activity: 205403

M - Th: 11:30 am - 1:15 pm (program)

1:15 - 4:00 pm (swimming)

Sessions: 7/10 - 13

7/24 - 27

8/7 - 10

8/21 - 24

Guys Get Fit & Have Fun!

Ages: 10 - 14

Coaches offer plenty of workouts with weights, outdoor field games, boot camp and indoor cycling. Be a part of the dynamic, positive environment as you participate in the weekly themes with healthy snacks and keeping your cool with fun projects and even adventure rallies. Program time is 11:30 am to 1:15 pm, followed by rec swim with friends from 1:15 to 4:00 pm.

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

JSFC pass holders: \$30 ID \$36 OD / session

Activity: 205404

M - Th: 11:30 am - 1:15 pm (program)

1:15 - 4:00 pm (swimming)

Sessions: 7/10 - 13

7/24 - 27

8/7 - 10

8/21 - 24



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)

April 15 - June 24:	Hours vary - Check online
June 26 - Sept. 1:	
Mondays - Thursdays	Open 7 am - 9 pm
Fridays	Open 7 am - 6 pm
Saturdays	Hours vary - check online
Sundays	Closed

 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 & Information

Visit thepavilioninbend.com for schedules, rules and regulations.

Spring: May 1 - June 24

Summer: June 26 - September 2

Summer Programs

A variety of programs are offered this summer:

THE PAC SUMMER CAMP - see pages 70 - 71.

ADULT SPORTS LEAGUES - CORNHOLE, PICKLEBALL & VOLLEYBALL - see pages 51 - 53.

WHEELCHAIR SPORTS - see page 53.

Drop-In Activities

A variety of activities such as:

BASKETBALL

BADMINTON

CORNHOLE

FOOSBALL

PING PONG

PICKLEBALL

SCOOTERING

SKATEBOARDING

ROCK CLIMBING

Visit thepavilioninbend.com for drop-in activity details and schedules.

Parties & Special Events

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

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

- Capacity: 25 to 800+ people
- Outdoors - Covered: 20,000+ sq. ft.
- Outdoors: 4,500+ sq. ft.
- Indoors: 1,200+ sq. ft.
- Event season: May - October
- Play equipment and games available

Details, fees and schedules at thepavilioninbend.com.



get together

.....
**SOCIAL
 ACTIVITIES
 & SPECIAL
 EVENTS**

 PAGE 28

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.

Bend Senior Center

Summer 2017: June 1 - August 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

Visit online at: www.bendparksandrec.org
 for current group fitness schedules.

Fees:

Pass information on pages 14 - 15.

Special Hours & Closures

May 29	Memorial Day - Closed
July 4	Independence Day - Closed
Sept. 4	Labor Day - Closed

How to Get There

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

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



Follow us
 on Facebook.



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

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.

6/7 Nutrition for Maintaining Bone Health

Claire Kacena, DC

6/14 Meditation Mindfulness

Heather Krantz, MD

6/21 Medical Cannabis

Laurel James RN-BC,CCRN

6/28 What a Plastic Surgeon Does... Really

Adam P. Angeles, MD



Community Information & Support

AARP Driver's Safety

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

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

The ABC & D's of Medicare

FREE

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

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

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 of the month:
4:30 - 5:30 pm.

If you will be eligible for Social Security soon, come learn about the many options available so you can make the choices that are right for you!

Medicare 101

FREE

3rd Wednesday of the month:
5:45 - 6:45 pm.

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

BSC HEALTH CLINICS

Provided by local health practitioners for your convenience.

Foot Clinic

Every Wednesday:
9:00 am - 3:00 pm
(not held on fifth Wednesday)

Call (541) 788-4785 for appointments and fees.

Blood Pressure Clinic

FREE

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



Fitness through your insurance plan?

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.

SILVER & FIT and SILVER SNEAKERS: Available for **MEDICARE ADVANTAGE HEALTH PLAN** members. To see if you qualify, visit SilverandFit.com or SliverSneakers.com for more information.

AARP MEDICARE SUPPLEMENT INSURANCE PLAN - OREGON insured by UnitedHealthcare Insurance Company. Have questions? Call United Healthcare at 1-800-523-5800.

SOCIAL ACTIVITY SCHEDULE

MONDAY:	<i>(subject to change)</i>
12:00 - 4:00 pm	Pool/Billiards
12:00 - 3:00 pm	Social Bridge
12:30 - 4:00 pm	Duplicate Bridge
12:30 - 3:00 pm	Co-ed Mexican Train
TUESDAY:	
10:30 am - 2:30 pm	High Desert Rug Hookers
11:45 am - 12:15 pm	Souper Tuesday Lunch
12:00 - 4:00 pm	Mahjong Players
12:00 - 4:00 pm	Pool/Billiards
12:45 - 2:45 pm	Afternoon at the Movies
1:00 - 3:00 pm	Knitters Social
WEDNESDAY:	
12:00 - 4:00 pm	Pool/Billiards
12:30 - 4:00 pm	Duplicate Bridge
THURSDAY:	
12:00 - 4:00 pm	Mahjong Players
12:00 - 4:00 pm	Pool/Billiards
12:00 - 12:30 pm	Thursday Social Lunch
12:30 - 5:30 pm	Crafters Co-Op
1:00 - 2:30 pm	Afternoon Dance
2:30 - 4:00 pm	Adult Coloring
FRIDAY:	
12:00 - 3:30 pm	Social Bridge
12:00 - 4:00 pm	Pool/Billiards
12:30 - 4:00 pm	Duplicate Bridge
12:45 - 3:45 pm	Pinochle
SATURDAY:	
9:30 am - 3:00 pm	Pool/Billiards
11:30 am - 3:00 pm	Social Bridge
SUNDAY:	
2:00-4:00 pm	Sunday Dance Hour (1st week) The Notables Swing Band

Premier World Discovery Armchair Travel Informational Meeting

Tuesday, June 27, 11:45 am - 12:45 pm

Come learn about the great 2017-18 travel options and program particulars.

FREE

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 or Social Activities Pass.

It's all fun and games.

Tuesday Afternoon **FREE** 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. (NOTE: June dance is 6/11.)

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.



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.

Come to an event!

Stroke Awareness Day

Tuesday, May 2

Lunch: 11:45 am

FREE

Speaker: 12:00 pm

Resource Fair: 12:45 - 2:00 pm

Local caregivers, organizations and businesses will provide resources to those at risk and their families. Stroke coordinators and a physician from St. Charles Medical Center Bend will be providing education, blood pressure screening, blood sugar checks and stroke risk assessments.

National Senior Health & Fitness Day **FREE**

Wednesday, May 31

Join over 100,000 older adults throughout the U.S. today as we celebrate the 24th annual National Senior Health & Fitness Day. The common goal for this day: to help keep older Americans healthy and fit. Join us for special activities and treats!

Fit. Flexible. For life.

Weekly Fitness Classes



June 1 - August 31 (no classes 7/4) Updates at www.bendparksandrec.org.

Fee: Full Access Pass or single visit fee (see pages 14 - 15)

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 Room Orientation	8:00-9:00 am Cardio Ball	8:15-9:15 am Indoor Cardio Walking	8:45-9:45 am Better Balance Circuit Workout	8:00-10:00 am Fitness Room Orientation	
	8:45-9:45 am Cardio Dance Fusion	9:05-10:05 am Cardio Ball	8:30-9:30 am Nia	9:00-10:00 am Strength & Condition	8:30-9:30 am 24 Movement 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 Yoga Flow	9:00-10:00 am Strength & Condition
	8:45-9:45 am Better 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	9:35-10:45 am 24 Movement 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	10:15-11:15 am Yoga Fundamentals	11:30 am-12:30 pm Strength, Tone & Mightier Bone	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	10:15-11:00 am Walk with Ease - Seated Exercise	12:45-1:45 pm Stretch & Relax	10:15-11:15 am Functional Fitness	10:00-11:00 am Beginning Line Dance	
	11:30 am-12:30 pm Strength, Tone & Mightier Bone	11:30 am-12:30 pm Seated Yoga	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	
AFTERNOON	12:45-1:45 pm Personalized Circuit Training		2:00-3:00 pm Fitness Center Circuit Workout		12:45 - 1:45 pm Stretch & Relax	
	2:00-3:00 pm 8 Movement Tai Chi	3:30-4:30 pm Qigong	2:00-3:00 pm 24 Movement Tai Chi		2:00-3:00 pm Fitness Center Circuit Workout	
EVENING	4:30-5:30 pm Hatha Yoga	4:30-5:30 pm Yoga Flow	4:00-5:00 pm Pilates Mat	4:30-5:30 pm Hatha Yoga		
	4:00-5:00 pm Pilates Mat		4:30-5:30 pm Zumba			
	5:30-6:30 pm Barre-less Total Body Workout	5:30-6:30 pm Bliss Dance Workout		5:30-6:30 pm Barre-less Total Body Workout		

Class descriptions on
pages 44 - 50
in Adult Fitness.
Look for the icon.

The 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
- Indoor Cycles
- Hand weights
- Multi-station Strength System

Fee: \$1.50 Drop-in, Senior Center Pass or Social Activity Pass

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

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

Personal Training

Individual Training Rates:

Introductory Session:	\$75
Ongoing Single Session:	\$60
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
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 www.bendseniorcenter.org for trainer bios.

LET'S
GET ARTY!
.....
WATERCOLOR
CLASSES
& MORE
.....
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create + play

More Activities at the Art Station

Young Children p. 59 - 61
Youth Art p. 62 - 67

The Art Station

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

313 SW Shevlin Hixon Drive
Bend, OR 97702

p. (541) 389-7275

Schedules

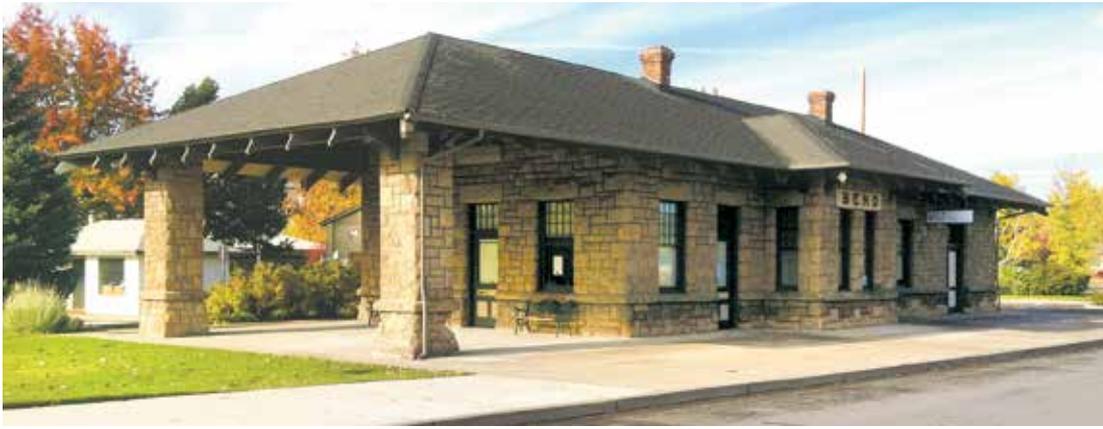
The Art Station is open during scheduled open studio and program times. Visit bendparksandrec.org for the current schedule.



How to Get There

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

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



Art Station Features

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

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

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

CLAY STUDIO:

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

MULTI-MEDIA STUDIO:

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

ADULT CLASSES
on pages 32 - 33

YOUNG CHILDREN CLASSES
on pages 59 - 61

YOUTH CLASSES
on pages 62 - 67

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.



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 own soap - 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.

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:
www.bendparksandrec.org/recreation_programs/art-station/art-parties/



Adult Art

Paper Crafting Workshop

NEW

Ages: 16 & up

Bend Senior Center

Learn new card-making techniques for tags and cards that amaze! Use punches and washi tape in new and creative ways and add interest with scalloped or crimped edges. Make paper flowers and 3-D embellishments for a touch of whimsy on any card. Learn tips for using stamps to achieve the look you want. Let your creativity loose with stencils, ink, pens and more for truly custom cards. Instructor: Elvie Blanchard.

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

Activity: 202442

Th: 1:00 - 4:00 pm

Session: 6/1

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.

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 featuring a summer flower. Take one or both classes! \$20 supply fee due to instructor at beginning of each class. Instructor: Carol Picknell

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

POT O' DAISIES

Activity: 202406

Th: 1:00 - 3:30 pm

Session: 6/8

FIELD OF POPPIES

Activity: 202407

Th: 1:00 - 3:30 pm

Session: 7/20

Intro to Chinese Brush Painting

All Adults

Bend Senior Center

Learn the basics of traditional Chinese brush painting. Learn how the simple strokes of a paint brush can capture a single object or an entire scene. \$15 supply fee due to instructor at class. Instructor: Michelle Oberg.

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

Activity: 202405

Th: 1:00 - 3:30 pm

Session: 6/15

Flowers in Watercolor

All Adults

Bend Senior Center

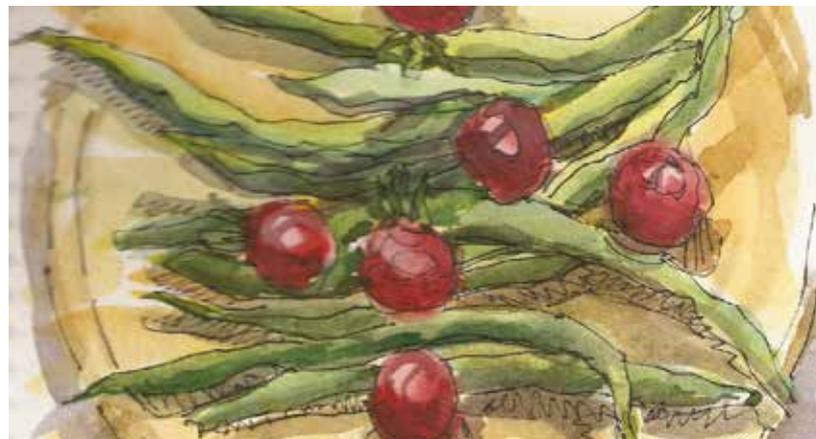
Join local flower painter, Jennifer Ware-Kempcke, to paint sunflowers and irises in this guided lesson in watercolor painting. She will teach layering, composition and color choice. At the end of the session, you will have produced two small completed paintings of summer flowers. This class is designed for a painter with some watercolor experience. Supply list available at registration.

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

Activity: 202402

Th: 1:00 - 4:00 pm

Session: 6/29



Sketch Bend! NEW

Ages: 14 & up

Art Station

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

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

Activity: 211110

Sa: 9:00 - 11:30 am

Session: 7/22 - 8/12

Drawing Deeper

Ages: 14 & up

Art Station

Explore drawing as a path for discovering the world around you. Combine deep observation with instruction in pencil, pen and watercolor sketching to begin or enhance a practice of drawing as "meditation in action." No experience necessary. Instructor: Vicki Shuck

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

Activity: 211120

Tu/W: 5:30 - 8:30 pm

Sessions: 7/18 - 19 8/15 - 16

Wild Mushrooms

Ages: 16 & up

Art Station

Come join the FUNgus! Use various mediums including watercolor, charcoal or ink to draw mushrooms of the Pacific Northwest. Instructor: Carolyn Parker

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

Activity: 211130

Sa: 1:00 - 4:00 pm

Session: 7/29

Beginner Printmaking

Ages: 16 & up

Art Station

Learn the basics of printmaking, including how to transfer an image to a piece of linoleum, inking techniques and how to use a printing press. Instructor: Carolyn Parker

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

Activity: 211140

Sa: 1:00 - 4:00 pm

Session: 8/5



All Skills Pottery

Ages: 16 & 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: \$169 ID \$203 OD / session

Activity: 211150

W: 6:00 - 9:00 pm

Sessions: 8/16 - 9/13

With Your Child: Art & Clay

With Your Child: Lotus Book

NEW

Ages: 8 & up with adult

Art Station

Adult and child work side by side to learn how to assemble these unique and lovely books. You will think of many ways to present them, use them and treasure them. They are so beautiful, you may initially hesitate to fill them with thoughts, photos and artwork, but they are so easy to make that soon you will fill them and make more! Each registration is for adult and child. Instructor: Sue Wilhelm

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

Activity: 211520

Sa: 9:30 am - 12:30 pm

Session: 7/22 8/12

With Your Child: Nature Clay

Ages: 5 & up with adult

Art Station

Adult and child work side by side to make a coil or slab built platter or bowl. Design and texture your piece by imprinting it with found natural objects. Pieces will be clear glazed and fired for pick up. This class is fun, playful and allows a child and an adult to create together. Each registration is for adult and child. Instructor: Rachel Evans

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

Activity: 211510

Sa: 9:00 am - 12:00 pm

Sessions: 7/22 7/29



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: Pebble Art Pictures

NEW

Ages: 5 & up with adult

Bend Senior Center

Guaranteed fun together as you create a one-of-a-kind piece of pebble art. Learn the basics in this hands-on class and create your own masterpiece. Learn tips and tricks for using stone, river rocks, stained glass and more! Each registration is for adult and child. Instructor: Diane Burns

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

Activity: 202436

Th: 4:30 - 6:30 pm

Session: 7/27

With Your Child: Fused Glass Workshop

NEW

Ages: 5 & up with adult

Bend Senior Center

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

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

Activity: 202414

Th: 5:00 - 7:00 pm

Session: 8/10

Volunteer coaches needed for youth sports.

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



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

Main Meal NEW Summer Salads

Ages: 16 & up

Bend Senior Center

Pasta salads move over! Serve a more filling and delicious salad with the freshness of whole grains, beans, fruits and vegetables. Vegans and meat lovers alike will love these salads! There will be no leftovers when you bring this to a picnic or potluck! Instructor: Suzanne Landry

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

Activity: 202226

Th: 5:00 - 7:30 pm

Session: 5/25

Simply Slimming Summer Meal Prep NEW

Ages: 16 & up

Bend Senior Center

How do you keep healthy cooking simple and not spend all of your time in the kitchen? Learn how to prepare clean and slimming eats for a week in just two hours! You will leave with a complete meal plan, recipes and some short-cuts to healthy eats with your budget in mind. Instructor: Layla McGlone

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

Activity: 202212

M: 5:30 - 7:30 pm

Session: 6/5

Let's Roll Sushi

Ages: 16 & up

Bend Senior Center

Learn about simple sushi rolling techniques, ingredients and proper sushi equipment. You can make sushi with lots of other ingredients beyond raw fish. The class includes recipes, the cost of food and sushi to take home for the whole family. Bring containers to take leftovers home! Instructor: Yoko Godlove

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

Activity: 202266

Sa: 11:00 am - 3:00 pm

Session: 6/10

Weekend Brunches NEW

Ages: 16 & up

Bend Senior Center

Crowd-pleasing, company-loving brunch ideas for anytime of the year. Make ahead some of these dishes so you can kick back and enjoy your summer entertaining with the family. Instructor: Suzanne Landry

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

Activity: 202227

Th: 5:00 - 7:30 pm

Sessions: 6/29

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.



Homemade Ravioli NEW

Ages: 16 & up

Bend Senior Center

Yes, you can make fresh ravioli at home! We'll walk you 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: Jessica Carleton

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

Activity: 202255

Tu: 5:00 - 8:00 pm

Session: 7/18

Grilling Beyond the Meat NEW

Ages: 16 & up

Bend Senior Center

Learn to fill your outdoor grill with vegetables, fruits and other foods beyond the typical hamburgers and hot dogs. Serve more filling and delicious salads and dishes using the wholesome freshness of fruits and vegetables and entrees on the grill. Instructor: Suzanne Landry

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

Activity: 202228

Th: 5:00 - 7:30 pm

Session: 7/27

Mediterranean Summer Night Cooking NEW

Ages: 16 & up

Bend Senior Center

Considered one of the world's healthiest cuisines, Mediterranean food is focused on fresh, light and minimally cooked dishes. Perfect for a summer's night meal and sure to please everyone including guests. Easy to prepare ahead too! Let's explore Greek, French and Italian inspired cuisines and learn knife skills and kitchen shortcuts. Instructor: Suzanne Landry

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

Activity: 202229

Th: 5:00 - 7:30 pm

Session: 8/24

Dance

Country Western Line Dancing

Ages: 16 & up

Bend Senior Center

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: \$49 ID \$59 OD / session

Activity: 202133

M: 6:10 - 7:10 pm

Sessions: 5/1 - 22 6/5 - 26
7/10 - 31 8/7 - 28



With Your Child

Designed for an adult/child team, roll up your sleeves and share the wonder and excitement with cooking with your little one.

Adults register for the class, child is included in the fee.

With Your Child: Pasta Made Easy NEW

Ages: 8 & up

Bend Senior Center

Learn to make homemade pasta with your child. Learn about dough handling techniques and the pasta making process and make a delicious dish and sauce. Bring containers to take items home. Instructor: Jessica Carleton

Fee: \$59 ID \$71 OD

Activity: 202258

W: 4:30 - 6:30 pm

Session: 5/31

With Your Child: French Macarons

Ages: 8 & up

Bend Senior Center

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

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

Activity: 202251

M: 4:30 - 6:30 pm

Session: 6/12

With Your Child: Kids in the Kitchen! Hand Pies NEW

Ages: 8 & up

Bend Senior Center

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

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

Activity: 202256

Tu: 4:30 - 6:30 pm

Session: 7/25





Social & Club Dancing

Ages: 16 & up

Bend Senior Center

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: \$49 ID \$59 OD / session

Activity: 202140

M: 7:15 - 8:15 pm

Sessions: 5/1 - 22 Salsa

6/5 - 26 FoxTrot

7/10 - 31 Night Club
Two Step

8/7 - 28 Jitterbug

Beginning Ballet for Adults & Teens

Ages: 13 & up

Academie De Ballet Classique

Discover your inner dancer as you learn the basics of ballet. Gain strength, flexibility and control without all the jarring moves and music of aerobics classes. Wear comfortable dance wear or fitness attire. Ballet shoes are helpful but not required.

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

Activity: 202170

M: 6:00 - 7:15 pm

Session: 6/26 - 7/31

Today's Square Dance Sampler

Ages: 12 & up

Bend Senior Center

Square dancing is often described as friendship set to music. Meet new friends, burn some calories, and have a great time as you try out the new face of square dancing. If you danced before, you may recognize the calls, but today's style incorporates many different kinds of music including rock, modern country and jazz. No previous dance experience required, just a willingness to learn and have fun.

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

Program: 202150

T/Th: 6:00 - 8:00 pm

Sessions: 5/9 - 18 6/13 - 22

Hoedown! NEW Dance Party

Ages: 12 & up

Bend Senior Center

At this dance party, it's hip to be square. Everyone's welcome - no previous square dance experience required. We'll teach you some easy moves and have you dancing in no time. Dress western or casual and bring your friends. Don't have a partner? That's okay. We'll have experienced square dancers on hand to partner with you. Children and teens welcome when accompanied by an adult.

Fee: \$7 ID \$8.50 OD / session

Program: 202151

T: 6:30 - 8:00 pm

Sessions: 7/11 8/15

Fiber Arts

Learn to Knit

Ages: 18 & up

Bend Senior Center

Learn the basic of knitting: how to hold a pair of needles, work a knit stitch, cast-on and bind-off stitches. Compare different needles and learn how to choose the one for you and your yarn. Make a cotton wash cloth using the knit stitch, and if time permits, learn the purl stitch. Cotton yarn supplied. Instructor: Kristina Romer

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

Activity: 202470

W: 9:30 - 11:30 am

Session: 6/14 - 21



Loom Knitting NEW

Ages: 18 & up

Bend Senior Center

Learn how to put the yarn on and take it off the loom (cast on, 'bind off') and to make the knit stitch to make a basic hat. In the second class you will learn how to make a "hemmed" cuff for a hat. To finish up, you will learn to make straight panels of knit, either on a rectangle or round loom, which can make scarves, bags and afghans. This is a great class for beginners. Instructor: Kristina Romer

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

Activity: 202471

Th: 9:30 - 11:30 am

Session: 6/22 - 29

Learn to Knit Socks NEW

Ages: 18 & up

Bend Senior Center

If you can knit on a pair straight needles and feel ready to tackle knitting in the round, then learn to knit your first socks on a set of DPN (double pointed needles). Session 1: Learn a stretchy cast-on, how to use DPNs and work 'from the cuff down' to the ankle. Session 2: Continue your socks and learn how to turn the heel (one method) and begin the foot portion. Come to class with your sock on DPNs and ready to learn the heel section. Session 3: Finish off the foot portion and then learn to shape the toe section and a bind off. Instructor: Kristina Romer

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

Activity: 202472

Th: 9:30 - 11:30 am

Session: 8/17 - 31

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 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 and taught by certified Arthritis instructors. Prerequisite: ability to stand unassisted for 15-20 minutes.

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

Activity: 202777

W: 10:00 - 11:00 am

Session: 6/7 - 8/9

More fitness classes in Adult Fitness.

Look on pages 58 - 64.



Gardening

Make a Vertical Succulent Garden NEW

Ages: 18 & up

Bend Senior Center

Learn to make a vertical succulent garden to create colorful, textural living tapestries. Succulents are a natural choice for vertical gardens because they grow slowly and have low water requirements. Come make a beautiful outdoor masterpiece. Instructor: Rae Aldrich

Fee: \$49 ID \$61 OD / session

Activity: 202200

Tu: 3:00 - 5:00 pm

Session: 6/27

Create Your Own Magical Fairy Garden NEW

Ages: 13 & up

Bend Senior Center

Fairy gardens—a new take on an old favorite, the terrarium—are tiny worlds complete with miniature furnishings, fairy-scale plants and plenty of mystique. Just a touch of inspiration, a cute container, some plants and a few accessories are all it takes to get the magic of a fairy garden growing. Bring your own collection of tiny figurines, houses and a container. We will provide the plants and soil.

Fee: \$49 ID \$61 OD / session

Activity: 202201

Tu: 3:00 - 5:00 pm

Session: 7/11

Music

Beginning Guitar I

Ages: 16 & up

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: \$40 ID \$48 OD / session

Activity: 202106

M: 4:45 - 5:45 pm

Sessions: 6/5 - 26 7/10 - 31
8/7 - 28

Beginning Guitar II

Ages: 16 & up

Bend Senior Center

Beginning guitar taught you basic chords, basic strumming and very basic songs. Beginning Guitar II expands your knowledge base and teaches 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. Improve your skills and become a more confident guitar player. Instructor: Carl Ventis.

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

Activity: 202107

M: 6:00 - 7:00 pm

Sessions: 6/5 - 26 7/10 - 31
8/7 - 28



Beginning Ukulele I

Ages: 16 & up

Bend Senior Center

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

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

Activity: 202100

W: 5:30 - 6:30 pm

Sessions: 6/7 - 28 7/5 - 26
8/2 - 23

Beginning Ukulele II

Ages: 16 & up

Bend Senior Center

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

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

Activity: 202103

W: 6:45 - 7:45 pm

Sessions: 6/7 - 28 7/5 - 26
8/2 - 23

Performing Arts

Adult Improv: Level I NEW

Ages: 16 & up

2nd Street Theatre

Learn how to be comfortable on stage, embracing the creative side and presenting an idea, listening and working as a team to support others. Learn to be less self-conscious, and be more confident. The class is a friendly, encouraging environment, where failure is encouraged.

Fee: \$200 ID \$240 OD / session

Activity: 202164

Su: 12:00 - 2:00 pm

Sessions: 5/21 - 7/16 (no class 7/2)
7/23 - 9/10

Online Intro to Voiceovers

Ages: 16 & up

Offered online

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

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

Activity: 202160

M - Su: At your convenience

Session: 6/1 - 8/31

Technology

iPad Essentials

Ages: 16 & up

Bend Senior Center

Everything you need to start working with your iPad. Learn about multitasking, apps, the App Store, how to create folders, and customizing your iPad. Bring your iPad with you running iOS 10. Instructor: Robyn Lyman

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

Activity: 202560

M/W: 6:00 - 8:00 pm

Session: 8/14 - 16

iPad

Beyond Essentials

Ages: 16 & up

Bend Senior Center

Do you have an iPad and understand the basics but you want to take it to the next level? This workshop will dive deeper into the iPad's functionality and settings. This is an advanced hands-on class. Instructor: Robyn Lyman

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

Activity: 202561

M/W: 6:00 - 8:00 pm

Session: 8/28 - 30

Trips & Tours

City of Bend NEW Water Filtration Facility

Ages: 18 & up

Bend Senior Center

Nature has given Bend residents a precious, high quality supply of cold, clear water. Learn where Bend's water supply comes from and its sustainable approach to water management, from source to distribution. Transportation included.

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

Activity: 202337

Th: 12:45- 4:00 pm

Session: 5/4

The Out to Lunch Bunch

Ages: 18 & up

Bend Senior Center

Come and enjoy a "little bite of Bend" with monthly visits to local eateries. We may visit an ethnic food restaurant or dine in one of Bend's oldest establishments. Transportation, lunch and gratuity included. Restaurant announced two weeks prior to program date. Space is limited.

Fee: \$19 ID \$23 OD

Activity: 202530

M: 11:00 am - 1:00 pm

Sessions: 6/12, 7/10, 8/14



Fort Rock Natural Area & Cowboy Dinner Tree

Ages: 18 & up

Bend Senior Center

Spend a day exploring the Fort Rock Natural Area, the volcanic Fort Rock landmark and Fort Rock Valley Homestead Museum. We will finish the day at the historic Cowboy Dinner Tree, one of the area's biggest tourist attractions. Fee includes transportation, interpretation, fee for Homestead Museum and dinner at the Cowboy Dinner Tree.

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

Activity: 202302

Su: 9:00 am - 7:00 pm

Session: 5/21



Bend NEW Roundabout Art Tour

Ages: 18 & up

Bend Senior Center

Roundabouts are a way of life here in Bend...and so is art! Put the two together and you've got the Roundabout Art Route. Part cultural diversion, part artistic scavenger hunt. From tributes to Bend's heritage to artistic whimsy, each of the 23 installations have been thoughtfully created by artists who believe art makes the world go round. And round and round. Transportation included.

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

Activity: 202336

M: 1:00 - 3:30 pm

Session: 6/19

Lakeside Lunch & Pontoon Boat Ride

Ages: 18 & up

Bend Senior Center

Join us for a summer day at Elk Lake. After exploring the grounds and lodge, we will enjoy a leisurely lunch overlooking the lake. Following lunch, we will explore the lake on a pontoon boat while we hear about the history of the lodge and lake. Your cost includes: transportation, lunch and pontoon boat ride.

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

Activity: 202301

M: 10:30 am - 3:30 pm

Session: 8/28

Volunteer coaches needed for youth sports.

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

National Parks & Canyons of the Southwest

All Adults

Join the Bend Senior Center and travel to some of America's most beautiful national parks in October! This incredible journey will provide a true glimpse into some of the most breathtaking scenery in the southwestern United States. Enjoy a panoramic Las Vegas city tour, a full-day visit to Bryce Canyon National Park, Zion Canyon National Park and tram tour, Grand Canyon West and the Skybridge, Valley of Fire State Park and so much more. The tour includes roundtrip airfare from Portland/Redmond, and six nights in one resort-style hotel, providing a great base to explore the Southwest's most popular national parks.

Dates: 7 days

10/22 - 28, 2017

Fee: \$1795/each (dbl occupancy)
land/air/ tax from Portland

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

Vienna & Christmas Markets River Cruise

Experience the holiday season on this festive river cruise 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 and six nights aboard the MS Amadeus Silver II, an innovative 168-passenger, 443-foot vessel launched in 2015. Program features flying roundtrip from Portland/Redmond to Frankfurt, Germany.

Dates: 9 days

12/3 - 11, 2017

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

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

Wellness

DIY: Your Clean & Healthy Home

Ages: 16 & up

Bend Senior Center

Ah, a fresh and clean home! In this workshop, students will use simple DIY formulas to make effective, healthy and environmentally sustainable cleaning products that will save you money and have your home sparkling clean while smelling terrific. Leave with samples and a collection of recipes to make at home the clean and healthy way.

Fee: \$39 ID \$49 OD / session

Activity: 202034

Th: 4:30 - 6:30 pm

Session: 6/8

Volunteer with events.

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



Get Your Glow: NEW Summer Skin Care

Ages: 16 & up

Bend Senior Center

Learn how to create a spa experience at home. You will discover healthy home-made skin care solutions to nourish and energize your skin helping support a beautiful glow. Attendees will try products at the class and take home a recipe collection that includes moisturizers, scrubs and soothing muscle rub. Instructor: Layla McGlone.

Fee: \$39 ID \$49 OD / session

Activity: 202036

M: 5:30 - 7:30 pm

Session: 7/10

Reiki Energy NEW Healing Technique

Ages: 18 & up

Bend Senior Center

Learn Usui Reiki I, a gentle non-invasive, hands-on technique to promote healing. Participants will learn about, and have practice giving and receiving Reiki for themselves, others and pets. Instructor: Certified Usui Reiki Master Kristina Romer. A student workbook will be provided.

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

Activity: 202620

Th: 3:00 - 5:00 pm

Session: 7/13 - 27

DIY: Make Your Own Kombucha

Ages: 16 & up

Bend Senior Center

Learn to make your own homemade Kombucha. Learn about one of the fastest growing trends in digestive health. Experiment with flavors to create your own unique flavor blend. Bring a gallon glass jug with a tight-fitting lid to take your first batch of Kombucha home. Instructor: Layla McGlone

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

Activity: 202211

M: 5:30 - 7:30 pm

Session: 8/14

DONATE TO RECREATION SCHOLARSHIPS

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

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

Bend Park & Recreation
FOUNDATION

GIVE PLAY



501(c)3 NOT FOR PROFIT ORGANIZATION



You're greater outdoors.

There's nothing quite like the outdoors for refreshing the body and mind. Whether you're a bonafied nature buff or just wanting to step outside from time to time, a little adventure (or two or three or four) offers the exercise you're wanting while expanding your knowledge, too. In her own grand and beautiful style, Mother Nature always has a way of making us better, both inside and out.



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

Hiking & Walking

Solar Eclipse Viewing NEW

Ages: 8 & up with adult

Meet at The Pavilion

Level 1 - It's the event of the Century: See the total eclipse of the sun seen from the High Desert. Don't fight the crowds on your own! We'll drive you to a wide-open, scenic spot for some phenomenal viewing opportunities. Transportation and solar viewing glasses provided. All children must be accompanied by an adult. Fee is per person.

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

Activity: 208607

M: 6:00 am - 2:00 pm

Session: 8/21

Rainbow Seeker Hikes

Ages: 50 & up

Meet at The Pavilion

Level 2 - Now 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: \$36 ID \$43 OD / session

Activity: 208740

Tu: 8:30 am - 3:30 pm

Sessions: 6/6 - 13 6/20 - 27

7/11 - 18 7/25 - 8/1

8/8 - 15 8/22 - 29

9/5 - 12 9/19 - 26



Lake Hikes NEW

All Adults

Meet at The Pavilion

Level 2 - Get out and enjoy the summer weather with low-keyed hikes to local scenic lakes. Hikes are 6 - 7 miles long at a moderate pace with 500 - 800 ft. elevation change. Transportation included. Leader: Walt Major

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

Activity: 208723

Sa: 8:00 am - 4:00 pm

Sessions: 6/17: Paulina Lake

7/15: Berley Lake

8/19: Duffy Lake



Trailpacers Hikes

All Adults

Meet at The Pavilion

Level 2+ to 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: \$69 ID \$83 OD / session

Activity: 208715

Th: 8:30 am - 4:30 pm

Sessions: 6/8 - 22 6/29 - 7/13

7/20 - 8/3 8/10 - 24

8/31 - 9/14

Peak Baggers

All Adults

Meet at The Pavilion

Level 3 - The view from the top is more spectacular when you've worked for it. Strenuous hikes to the top of local peaks around Central Oregon. Transportation included. Leader: Mary Wooster

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

Activity: 208722

Sa: 8:00 am - 5:00 pm

Sessions: 6/3: Iron Mt

7/1: Lookout Mt

8/5: Maiden Peak

Water Sports & Boating

Basic Stand Up Paddleboard

All Adults

Tumalo Creek Kayak & Canoe

This "crash course" is a great first step for those who might be slightly intimidated to try stand up paddleboarding. You will be introduced to basic skills and learn about the proper equipment for you to rent or purchase. Equipment provided.

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

Activity: 208955

Su: 9:00 - 11:00 am

Session: Most Sundays,
June - August 📅



Basic Skills Kayaking

All Adults

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 summer adventures. Equipment provided.

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

Activity: 208960

Th or Sa: 9:00 am - 1:00 pm

Session: Most Thursdays
& Saturdays,
June - August 📅

Daytrippers:

Looking for some fabulous tours or day trips?

BPRD is hosting several different outings this summer.

See page 38.

Hike & Walk Ratings

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

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

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

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

Important Outdoor Program Information

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

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

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

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.

Intermediate Skills Kayaking

All Adults

Tumalo Creek Kayak & Canoe

Designed for beginning and intermediate paddlers who have taken the Basic Skills Kayaking class and are ready to take things to the next level. Learn smooth paddle strokes, effective maneuvers, self-rescues, graceful re-entries and how to deal with waves and shifting winds. This is the perfect primer for those looking to plan longer ocean adventures.

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

Activity: 208961

Su: 8:15 am - 4:00 pm

Sessions: 6/18, 7/16, 8/6, 8/20, 9/10

Full Immersion Whitewater Weekend

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: 208962

F: 5:30 - 8:00pm

Sa: 9:00 am - 4:00 pm

Su: 9:00 am - 6:00 pm

Sessions: 6/23 - 25 7/7 - 9
7/21 - 23 8/18 - 20
9/8 - 10 9/22 - 24

Women Only

Sessions: 6/9 - 11 8/4 - 6



Intermediate Whitewater Kayak

All Adults

Tumalo Creek Kayak & Canoe

A continuation of the Full Immersion Whitewater Weekend with an emphasis on precision river running and additional safety techniques. In this intensive class, you will learn to pick apart rapids, slow things down and make difficult sections of river more manageable as you develop your skills and confidence. Equipment provided.

Fee: \$195 ID \$234 OD / session

Activity: 208963

Sa/Su: 9:00 am - 5:00 pm

Sessions: 7/15 - 16 8/12 - 13

Half-Day Deschutes River Tour

All Adults

Tumalo Creek Kayak & Canoe

Just 20 minutes from Bend, the Upper Deschutes River is very undeveloped and contains a high density of natural landscapes, wildlife and cultural history. We'll paddle upstream towards Benham Falls, passing ancient lava flows and colorful aspen groves as we explore tranquil lagoons and side channels. Choose between a provided kayak or canoe.

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

Activity: 208966

Tu or F: 9:00 am - 1:00 pm

Sessions: Most Tuesdays & Fridays,
June - August

Upper Deschutes River Tour

All Adults

Tumalo Creek Kayak & Canoe

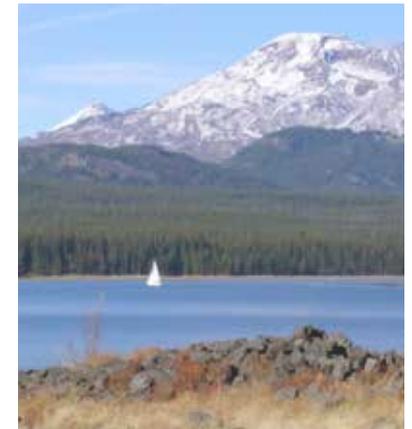
Paddle approximately nine miles of moving flat-water and experience the serenity and pristine beauty of paddling a winding river. Keep an eye out for deer, elk, bald eagles, great blue herons, beavers and otters. A great trip for families looking to get off the beaten path in Central Oregon. Includes lunch and equipment.

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

Activity: 208967

W or Sa: 9:00 am - 4:00 pm

Sessions: Most Wednesdays &
Saturdays, June - August



Hobie Kayak Sailing

All Adults

Meet at Elk Lake's Little Fawn Campground

Glide through the refreshing waters of an alpine lake with only the wind propelling you forward. Learn to sail on Elk Lake, one of Central Oregon's most picturesque bodies of water, with a Hobie Adventure Island Sailing Kayak, a simple and stable sailing vessel - you'll be sailing away in no time. All equipment provided.

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

Activity: 208970

Su: 1:00 - 4:00 pm

Sessions: 7/30 8/27

Wilderness & Outdoor Safety

Wilderness First Aid

Ages: 16 & up

Hollinshead Barn

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

Fee: \$225 / session

Activity: 408360

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

Sessions: 6/3 - 4 11/11 - 12

Wilderness First Responder

Ages: 16 & up

Hollinshead Barn

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

Fee: \$745 / session

Activity: 408364

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

Session: 11/1 - 10

WFR Recertification

Ages: 16 & up

Hollinshead Barn

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

Fee: \$320 / session

Activity: 408362

Daily: 8:00 am - 5:00 pm

Sessions: 10/8 - 10 (Su - Tu)

10/28 - 30 (Sa - M)

11/18 - 20 (Sa - M)

River Safety & Rescue

Ages: 14 & up

Pioneer Park

When it comes to recreating on the river, safety comes first. Learn basic recognition and avoidance of common river hazards, self-rescue techniques and simple rescues for swimmers or boaters in distress. Emphasis will be on personal safety and simple, commonly used skills in moving water. Participants must be in good physical condition and have basic swimming ability. Required equipment: PFD designed for whitewater use, whitewater helmet, drysuit or wetsuit for extended cold-water swimming, protective footwear, neoprene gloves and whistle. If you have additional rescue gear, please bring it. (Some gear available for rental). Minors must be accompanied by enrolled and paid adult.

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

Activity: 208980

Sa: 8:30 am - 5:00 pm

Sessions: 6/3 7/15 7/22

8/5

Swiftwater Rescue - Advanced

All Adults

Pioneer Park & McKenzie River

Take your river skills to the next level in this American Canoe Association certified course. This course is geared for private river runners and professional guides in all river disciplines (raft, kayak, SUP, canoe, drift boat) that may be called upon to affect a rescue. Skills taught include: personal safety, group safety, proper use of rescue equipment, mechanical advantage and simple to complex rescue solutions. Participants must be in good physical condition and comfortable in Class III whitewater. Required equipment includes a whitewater personal floating device (rescue PFD recommended,) whistle, knife, whitewater helmet, drysuit or wetsuit and river shoes. Class locations: Day 1 - Pioneer Park, Day 2 - McKenzie River (transportation provided from Bend).

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

Activity: 208984

Sa/Su: 8:30 am - 5:00 pm

Sessions: 5/27 - 28 6/10 - 11

7/8 - 9

Discover Nature Days

Presented by the Children's Forest of Central Oregon Partners

Thursdays, July 13 - August 17

11:00 am - 12 noon

Ages: 5 - 10

Bring your family to a different park each week for an interactive experience and learn, play and have fun in nature!

JULY 13: HILLSIDE PARK

Special Ops Survivors presented by Wildheart Nature School. Learn to navigate the world of unpredictability while playing team games and practicing survival skills in nature.

JULY 21: PONDEROSA PARK

What's all the BUZZ About? presented by Discover Your Forest. Meet and greet the local buzzing, burrowing, and creeping bugs of our forests through science activities, stories, and games.

JULY 27: PINE RIDGE PARK

Birds of Prey presented by High Desert Museum. Experience an up close encounter with a raptor, learn about its amazing adaptations, and play a game about bird migration.

AUGUST 3: LARKSPUR PARK

Predators and Prey with The Environmental Center. Have fun learning about the diverse animals that call Central Oregon home through exciting games and interactive science activities!

AUGUST 10: SHEVLIN PARK

Watery Wonders presented by Upper Deschutes Watershed Council. Explore the watery wonders of Tumalo Creek, collect and identify stream critters, and learn about what makes a healthy stream.

AUGUST 17: SAWYER PARK

Amphibious Adventure! presented by Sunriver Nature Center. Jump into the wet and wild world of your favorite amphibian! We'll explore the life of frogs and their relationship with wetland ecosystems.

Learn more about Discover Nature Days happening throughout Central Oregon at childrensforestco.org/discover-nature-days.



**SUMMER
KICKOFF**
JUNE 12- 17
FREE FITNESS
CLASSES

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

work it out

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 14 - 15.

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

275+ Weekly Fitness Classes

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

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

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

PASSES / FEES: Lots of pass options available to suit your needs. Check out the monthly, quarterly and annual passes so you can take advantage of great savings along with great workouts! Pass information on pages 14 - 15.

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



Follow us on Facebook!

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



Fit 4U 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 **Fit 4U** icon with class descriptions on pages 46 - 50.



Get Started!

Whether you are new to fitness or making a return, our expansive schedule of classes and personal training services offer something for everyone! All our fitness classes are ongoing and offered on a first-come, first-served basis. Please come to your first class ten minutes early for an orientation. Questions? Call our helpful staff for assistance at (541) 389-7665.

FREE Try out our Get Started classes for FREE during our special seasonal offerings shown at right.

Classes include Get Started in Yoga, Pilates, Indoor Cycling, Water Running and Weight Training.



Personal Training: **BSC**
Individual & Group **JSFC**

Perfect for your fitness goals! Want help with your fitness routine? Or do you have a set goal in mind for your conditioning? A big adventure or event coming up? Perhaps you're stuck in a rut? We have a diverse group of trainers to help you achieve success with many services beyond traditional weight training and the flexibility to meet your needs.

Individual Training Rates: Session: 1 hour

Introductory Session (1.5 hour):	\$75
Ongoing Single Session:	\$60
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
Ongoing Single Session:	\$45
3 Session Package:	\$128 (\$43 each)
6 Session Package:	\$243 (\$41 each)

Group Training Available: 40% off Individual Rate Are you and some friends training for a race or event? We offer small group trainings of 3 or more people to make it more affordable and fun with your buddies!

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

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



CLASSES, WORKSHOPS & CLINICS

SUMMER KICKOFF
JUNE 12-17

FREE

JSFC **BSC**

Get connected, stay engaged and be inspired!

Our team of fitness instructors and community experts will present various topics including:

- **GET STARTED CLASSES**
- **FITNESS ORIENTATIONS**
- **INTRO TO RUNNING**
- **FOAM ROLLER**
- **ASK A PT**
- **BABY & ME FITNESS**
- **FIT KIDS**
- **TWEEN & TEEN FITNESS**

See schedule of clinics and classes on the Specialty Fitness schedule at bendparksandrec.org



Indoor Cycling:

Benefits: Indoor cycling is a non-impact, cardio workout for everyone! You do not have to be a cyclist to enjoy indoor cycling. Classes are fun and social and can be easily modified to meet your needs and goals. Want to cycle on your own? You are also welcome to use the bikes when classes are not in session.

Fit 4U Get Started in Cycling JSFC
Interested in trying indoor cycling? This session is designed to assist with bike set up, teach modifications and give new riders the skills and confidence to take a class.

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

Fit 4U Fit 4 U Cycle JSFC
Non-impact workout with music and modified intensity level. Perfect for all levels, especially active, older adults.

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

Cycle Sprints JSFC
Foundational sprint training. High intensity, no impact!

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.

Express Cycle/TRX Circuit JSFC
Get your cardio going with a pumping express cycle; then keep your workout going with a circuit style workout; complete with lunges, core, TRX and more!

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

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

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

World Beat Cycle JSFC
You will navigate hills, flats, and challenging intervals to energizing music from Italy, Brazil, India, Korea, Egypt, South Africa, & much more!

Cardio - Dance Conditioning:

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

Fit 4U Get Started in Cardio Dance Fusion JSFC
Come check out and learn the basic steps for all the various cardio dance programs that we currently offer. Classes are set to all genres of music. Check the online schedules for details for each weeks offering.

Fit 4U Zumba® Gold BSC
Modified for the older participant and beginners, this class has zesty Latin music, easy-to-follow moves and an invigorating atmosphere.

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 49.)

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.

Cardio - Fitness:

Benefits: Kick your cardio into high gear with high intensity steps to help you get your sweat on and burn those extra calories.

Fit 4U Fitness Variety BSC
Sample a variety of fitness forms including total body conditioning, core work, resist-a-ball, speed and agility drills, cardio kick boxing and more!

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 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.

Need child care while you work out?

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

[Learn more on page 25.](#)



Strength Training & Conditioning:

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

Get Started in Weight Training

Great for those new to weight training. Learn how to safely and effectively use weights and resistance. Trainers will demonstrate a basic program using machines and free weights and help you find classes to meet your goals.

Adult/Teen Circuit Workout

Coached workout with a series of stations to get your whole body fit! Equipment use may be limited during Tues/Thurs 9:15-10:25 am Circuit Workout Class.

Fitness Center Workout

Challenge yourself with a series of exercise stations to get your whole body fit. Exercises are modifiable to fit your needs.

Strength, Tone & Mightier Bone

Strength and weight training with flexibility and resistance exercises for muscle mass and endurance. Designed to assist those with osteoporosis.

Stretch & Strength

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.

Personalized Circuit Training

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

Strength & Conditioning

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

Functional Conditioning

Improve your daily function through a series of exercises using free weights, balls and resistance tubing while connecting with peers and making new friends.

Balance Essentials

Combines Pilates, ballet barre, yoga and functional conditioning, preparing you to excel in all kinds of exercise by improving strength, balance, endurance and flexibility. It's the full body workout!!

Functional Fitness

Use of bands, straps and weights to increase flexibility, balance and core strength. Improve your overall strength in all activities in your life.

Beginning Barre

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

Graceful head-to-toe strength and toning that follows elements of ballet and fundamentals of Pilates. Improve your balance and posture.

Barre-less

Total Body Workout
Take your Barre experience to a new intense level. This Ballet and Pilates influenced class offers efficient head to toe strength and toning for a long lean body without wasting a minute. Focus on balance and posture.

Barre Yoga

Slower-paced fitness-style class incorporating yoga/Pilates poses adapted for greater ease and comfort of the joints. Use of bands, barre, balls, mats and light hand weights.

Cardio Barre

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

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 Boot Camp**

Fitness Center

Fitness Center Orientation

Designed to give you the basic skills to use the cardio and strength equipment safely and effectively. We strongly recommend attending an orientation before using the fitness center and in some cases it may be required. Fitness center trainings are offered weekly and are free to 10-visit or monthly pass holders and \$12 otherwise.

Fitness Center Teen Time & Under 18 Use

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.

Cardio Conditioning

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®

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®

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!



Yoga:

Benefits: Yoga is a beautiful form of fitness that connects your whole being, both mind and body. Increase flexibility and strength with focused breath awareness as you journey through your practice.

Fit 4U Get Started in Yoga **JSFC**

A great class to experience yoga and all of its the benefits.

Fit 4U Yoga Fundamentals **BSC**

Designed to help new students feel more comfortable in their yoga practice or for the more experienced wanting assistance with position and alignment.

Fit 4U Seated Yoga **JSFC** **BSC**

Practice is done seated in chairs or on a mat using modifications for each pose.

Fit 4U Gentle Yoga **JSFC**

End your week with an intention, guiding you into a weekend of presence and surrender.

Fit 4U Guided Meditation **JSFC**

A gentle practice that moves through a slow flow. Easy to follow poses.

Fit 4U Stretch & Relax **BSC**

Gentle stretching to relieve tension, increase flexibility and improve range of motion. Take time to relax, it feels great!

Fit 4U Hatha Yoga **BSC**

A practice of mindful movement to increase flexibility, strength and stamina while reducing stress. Ideal for beginner or intermediate levels.

Fit 4U Advanced Hatha Vinyasa Yoga **JSFC**

Cultivate deep awareness to poses, attention to alignment, understanding of breath and bandha. Intended for the experienced practitioner with a minimum of one year of continuous vinyasa practice with little to no physical injury or limitation.

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.

Vin/Yin Yoga **JSFC**

Flowing form of yoga incorporating: sun salutations, breathing techniques and connecting poses to create flow in your practice.

Fit 4U Restorative Yoga **JSFC**

A passive, meditative practice that moves at a much slower, relaxed, pace giving more time to lengthen tired muscles. Focuses on stretches of the hips, shoulders and back.

Fit 4U Restorative Flow Yoga **JSFC** **BSC**

Begins with a slow Vinyasa Flow, then moves into a passive restorative practice.

Fit 4U Sivananda Yoga **JSFC**

A deeply rejuvenating form of yoga that incorporates flexibility, strength and balance while teaching techniques for heightened breath awareness and relaxation.

Sunrise Yoga **JSFC**

A Kundalini style class that incorporates breathing, chanting and movement. Start your day feeling comfortable, peaceful and ready for whatever the day holds.

Flexible Strength Through Yoga **JSFC**

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

Power Vinyasa Yoga **JSFC**

A challenging practice that produces extraordinary results, this class is about personal discovery as it builds strength and flexibility.

Kundalini Yoga **JSFC**

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

Intro to Ashtanga **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**

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

Yoga for Athletes **JSFC**

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



Private & Semi-Private Yoga & Pilates Sessions

The personalized attention you want to help achieve your individual goals.

Fee: \$25/30 minute or \$50/60 minute session.



Tai Chi:

8 Movement Tai Chi

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

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.

Get Started in Water Running

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

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.

Get Started in Fluid Running™

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



Fluid Running™

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 Get Started in Fluid Running class prior.

Aqua Zumba®

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

Aqua Fit & Fun

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 it!

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

Deep/Shallow Water Workout

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

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.



Pilates:

Benefits: A method developed over 70 years ago to enhance posture and overall fitness. Learn to move your body from your core powerhouse.

Pilates Mat

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

Yoga & Pilates

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

PiYo®

Challenging, low impact, athletic workout combining dynamic strength training and conditioning with Pilates and yoga-inspired muscle-sculpting exercises and flexibility training all set to current upbeat music. No previous Pilates or yoga experience required!

VOLUNTEER IN FITNESS

Contact Kim at
kim@bendparksandrec.org
or (541) 706-6127

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 48)

WATER EXERCISE (page 49)

Contact our customer service team at (541) 389-7665 if you have questions or to schedule a personalized, pre-class orientation.

WEEKLY CLASSES:

Baby & Me Cycle JSFC

Baby & Me Yoga/Core JSFC

Ages: 6 weeks to walking

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

Details available on pages 46 and 48. Weekly schedules online at bendparksandrec.org.



Specialized Fitness

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 - geared towards 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.

Need child care while you work out?

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

Learn more on page 17.



Therapeutic JSFC Next Step Program

Safely move beyond physical therapy and take the next step to recovery. Both water and/or land exercise programs can be developed to meet your needs. Our specialists will work with you to build up your body's function after rehab. Through both land and water exercises, those affected by medical considerations can improve fitness, prevent subsequent health complications, and look forward to a better tomorrow.

The following classes require a one-time assessment before starting. Call us at (541) 389-7665 to schedule an appointment.

Fee: \$75

Backhab JSFC

Water provides a great environment to move without pain. Strengthen back muscles and increase mobility through core stabilization and flexibility. A program will be specifically designed for you.

Stroke & Individualized 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.

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 - BSC Don't Fall

Ages: 50 & up

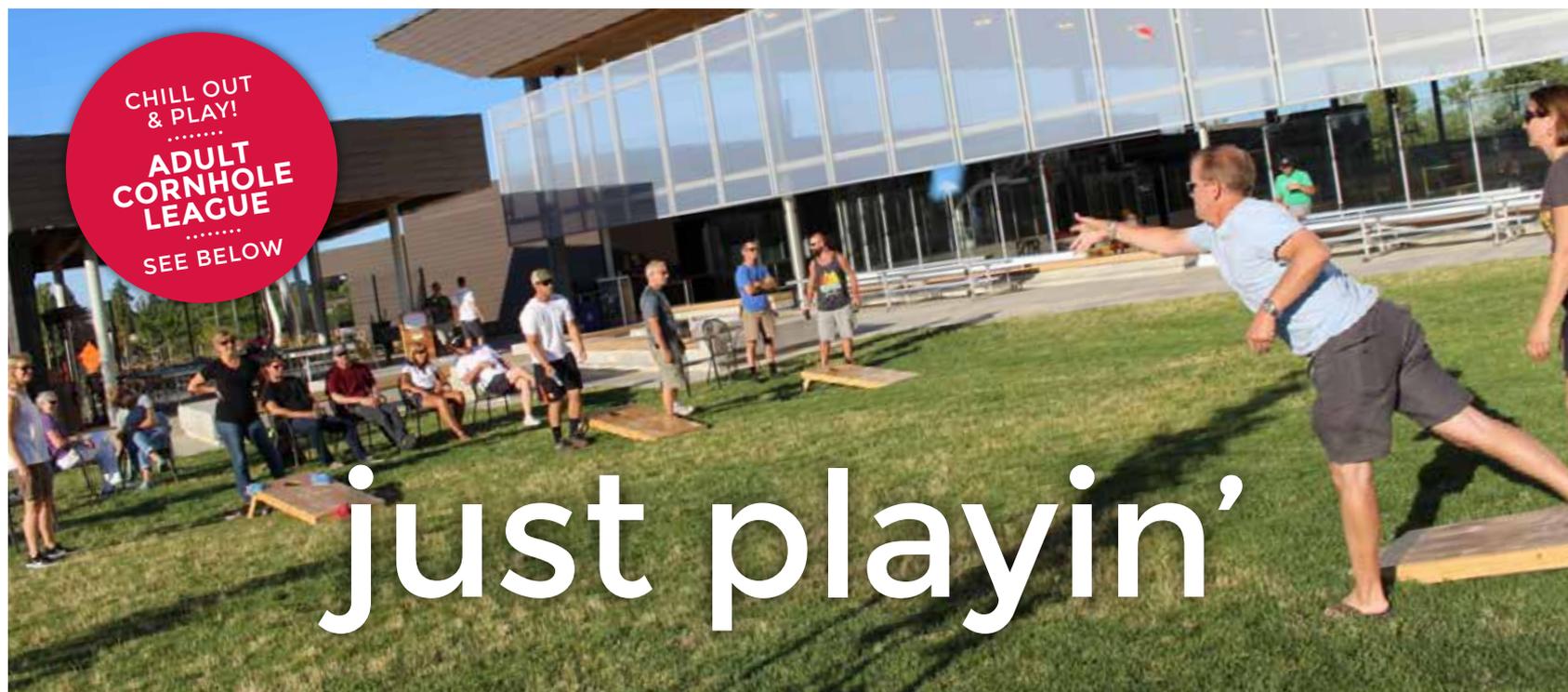
As we age a loss of balance can lead to fear of falling which often results in a decrease in quality of life. This multi-faceted, safe program builds new skills to maintain balance and helps to provide confidence to remain active. This class is limited to 30 and taught by certified Arthritis instructors.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

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

Program: 202777

W: 10:00 - 11:00 am

Session: 6/7 - 8/9



Game time.

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

Cornhole

PINTS N' PLAY: Adult Cornhole League

All Adults
The Pavilion

It has been called many things - Corn Toss, Bean Bag, Bean Toss, Soft Horseshoes and Indiana Horseshoes - but to many of us the game is passionately known as Cornhole. If you can toss a corn bag 30 feet, then come play! Enjoy summer evenings with friends and family playing one of Bend's favorite past times. Local brewery on site for Pints N' Play. Each team plays five weeks with a tournament the week of 8/1 - 8/4.

Fee: \$100 / team

Activity: 210200

Registration deadline: 6/12
or until full

Tu: 6:30 - 9:00 pm

Season: 6/20 - 8/1 (No league 7/4)

Playoffs: Tu - F: 8/1 - 4

Golf

Adult Golf League

All Adults
Lost Tracks Golf Club

Four-player teams play nine holes each night in a scramble format. Prizes awarded each week for Long Drive, KP and Long Putt. Team tee times vary each week starting at 4:00 pm; we can work with your schedule. Team registration only.

Fee: \$619 / team

Activity: 203920

Registration deadline: 6/1
or until full

M: 4:00 - 6:15 pm

Season: 6/12 - 7/24 (No league 7/3)

BE A COACH!
Volunteer coaches
needed for
youth sports.

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



Kickball

Adult Kickball League

All Adults
Harmon Park

Get your team together and join the action! Teams play an eight-game schedule. All interested teams are encouraged to attend an organizational meeting on Wednesday, 5/24 at 5:30 pm at the BPRD office. Team registration only.

Fee: \$139 / team

Activity: 203930

Registration deadline: 6/1
or until full

M - W: 6:00 - 8:00 pm

Season: 6/12 - 8/9



Soccer

Adult Recreational Soccer Leagues

All Adults

Big Sky Sports Complex

This league is designed to provide recreational soccer and a great fitness opportunity for both beginning and experienced players. Teams are created from a pool of registered players and will consist of players of varying experience and skill levels. Teammate requests are taken but not guaranteed.

Fee: \$44 ID \$53 OD / season

SUMMER LEAGUE

Activity: 203900

Registration deadline: 5/29
or until full

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

Season: 6/13 - 8/3

FALL LEAGUE

Activity: 203901

Registration deadline: 8/20
or until full

Su: 12:00 - 6:00 pm

Season: 9/10 - 10/29



Martial Arts

Co-ed Kickboxing

Ages: 13 & up

Smith Martial Arts

Kick and punch your way into tip-top shape with this energetic class. Family fun to train together bag drills, partner drills, bodyweight exercises, resistance training, kickboxing technique and self-defense. Boxing gloves are required available for purchase at the gym or bring your own.

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

Activity: 202704

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

Sessions: 5/16 - 6/8 6/13 - 7/11
7/18 - 8/8

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: \$79 ID \$95 OD / session

Activity: 202725

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

Sessions: 6/5 - 29 7/10 - 8/3
8/7 - 31

Pickleball

Introduction to Pickleball

All Adults

Pine Nursery Park

Join the craze and learn the fastest growing sport in the country! In these sessions designed for the beginner, you'll learn rules, scoring and basic court positioning. After one session, you'll be ready to participate in organized play. Equipment is available to borrow; wear non-marking court shoes. If class is full, sign up on the waiting list.

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

Activity: 203970

W: 5:45 - 7:15 pm

Sessions: 6/7 - 9/27 (No session 8/9)

Advanced Beginner Pickleball

All Adults

Pine Nursery Park

The next step for beginners! Perfect the basic stroke techniques, strategies and proper court positioning, this class includes drills and point play.

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

Activity: 203971

Tu: 5:00 - 6:00 pm

Sessions: 6/6 - 9/26

Intermediate Pickleball Drill & Play

All Adults

Pine Nursery Park

Consisting of fast-moving, strategy-based drills that will improve your technique, shot selection and court positioning, this clinic will help get you to the next level and add to your skills.

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

Activity: 203972

W: 4:30 - 5:30 pm

Sessions: 6/7 - 9/27 (No session 8/9)

Th: 12:00 - 1:00 pm

Sessions: 6/8 - 9/28 (No session 8/10)



Advanced Pickleball Drill & Play

All Adults

Pine Nursery Park

The most advanced, fast-paced drill session available! Instructors play in fast-moving, strategy-based drills that will improve your shot technique, reaction time, shot selection and court positioning. Perfect your skills with other advanced players while you work on all aspects of your game.

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

Activity: 203973

Th: 6:00 - 7:00 pm

Sessions: 6/8 - 9/28 (No session 8/10)

Cardio Pickleball NEW

All Adults

Pine Nursery Park

Come improve your fitness, footwork and pickleball skills all at the same time! As your heart rate increases, so will your speed on the court, eye-hand coordination and game skills. Set to music, this class will inspire you to serve up more fun on the court.

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

Activity: 203974

Tu: 6:00 - 7:00 pm

Sessions: 6/6 - 9/26 (No session 8/8)

Pickleball Assisted Play & Mixer

All Adults

Pine Nursery Park

Perfect for those looking to get more playing experience! Come meet new players and play traditional games with instructor-led partner rotation. With on-court assistance as needed, you'll receive help with pickleball rules, scoring and basics.

Fee: \$8 ID \$10 OD / session

Activity: 203975

Th: 5:00 - 6:00 pm

Sessions: 6/8 - 9/28 (No session 8/10)

Adult Team Pickleball

All Adults

The Pavilion

Bring your team and play some pickleball at the Pavilion! Teams play one singles and two doubles matches, with teams playing up to three matches each evening. Five-player minimum for teams. Space is limited.

Fee: \$125 / team

Activity: 210190

W: 6:30 - 9:00 pm

Season: 6/21 - 8/2

Pickleball Courts & Organized Play

For information on courts and organized play opportunities, visit bendparksandrec.org.

Softball

Adult Fall Softball League

All Adults

Skyline Park Sports Complex

Get your team together! Teams play a seven-game schedule including a single elimination tournament at season's end. Tentative start date is August 13 and continues until mid-October. Teams play one or two games per week. Space is limited; first-come, first-served.

Fee: \$420 /team

Program: 203945

Registration deadline: 7/30
or until full

M: Women's

Tu - Th: Men's

W: Senior

Season: 8/14 - 10/13



Tennis

Adult Tennis Lessons I

All Adults

Bend High School

Players will learn the rules, basic playing skills and court positioning. The sessions are action-oriented and include a lot of fun.

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

Activity: 203960

Tu/Th: 5:30 - 6:45 pm

Sessions: 6/6 - 29 7/11 - 8/3
8/8 - 31

Adult Tennis Lessons II

All Adults

Bend High School

Sessions focus on continued skill development coupled with actual match experiences. Players review basic shot-making techniques, undertake more advanced drills, learn and practice doubles and play matches.

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

Activity: 203961

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

Sessions: 6/6 - 29 7/11 - 8/3
8/8 - 31

29th Annual Collier Cup Tennis Championships

All Adults

Juniper Park

An Adult NTRP Event - All ages and levels welcome! A classic! The Collier Cup is Bend's only outdoor summer tournament and the vibe is friendly and focused on having a great time. Come compete with locals and visitors alike from around the Pacific Northwest. Invite your out-of-town friends to join in! Questions? Call or email Kevin@bendparksandrec.org or (541) 706-6196.

Dates: 7/28 - 30

Registration at www.usta.com

Tournament ID #600026417

(Not sanctioned by the USTA)

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.

Volleyball

PINTS N' PLAY:

Adult Volleyball Leagues

All Adults

The Pavilion

Play women's 6 vs 6 and/or coed reverse quads. Bonus! Local brewery on site for Pints N' Play. These are self-officiated leagues designed to get your team outside! Team standings will be kept and playoffs held to finish the season. Looking to join a team? Contact Becky at (541) 706-6120.

Fee: \$315 / team

Activity: 210185

Registration deadline: 6/4
or until full

COED REVERSE QUADS

Tu: 6:30 - 10:00 pm

Season: 6/20 - 8/8

WOMEN'S SIXES

Th: 6:30 - 10:00 pm

Season: 6/22 - 8/10

Wheelchair Sports

Wheelchair Sports

Ages: 16 & up

The Pavilion

If you have limited mobility or use a wheelchair for mobility and are looking for another recreation outlet, come play wheelchair sports such as basketball, rugby and more. Learn rules, basic playing skills, wheelchair mobility and have plenty of time for practice. Sports wheelchairs provided.

Fee: \$3 drop-in fee per night

Activity: 204500

M & Th: 6:15 - 8:15 pm

Sessions: 6/17 - 9/7



**TEEN
ADVENTURE
CLUB**

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know no limits

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-at the Pool

Ages: 6 - 12

Juniper Swim & Fitness Center

Kids come join us for a night of swimming at Juniper Swim and Fitness Center. You must pre-register for this program. No drop-ins.

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

Activity: 204800

F: 6:00 - 8:30 pm

Session: 6/2



Kids Adventure Days

Ages: 6 - 12

Harmon Park

Kids come join us for exciting activities in and around Bend. Activities may include swimming, arts and crafts, games, adapted biking and more!

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

Activity: 204810

Sa: 9:30 am - 1:00 pm

Session: 6/17

M: 9:00 am - 12:00 pm

Session: 8/7: Adapted Biking

W: 9:00 am - 12:00 pm

Session: 8/9: Trampoline Park

Lend a Hand!

Volunteer with Therapeutic & Adaptive Recreation programs.

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



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.

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

Activity: 204811

Sa: 1:30 - 5:00 pm

Session: 6/17

Tu: 9:00 am - 12:00 pm

Session: 8/8: Adapted Biking

Th: 9:00 am - 12:00 pm

Session: 8/10: River Activities

TR Tots

Ages: 3 - 5

Harmon Park

Come enjoy creative crafts and exciting field trips with our brand new TR Tots camp! This camp is designed for preschool or rising kindergarten age kids with disabilities.

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

Activity: 204805

W - F: 9:00 am - 12:00 pm

Session: 7/5 - 7

Extended Adventures

Ages: 14 - 21

Harmon Park

Join us for exciting summer adventures as we take excursions around Central Oregon. Activities may include blueberry picking, trampoline park, swimming and other community outings. Participants must be able to hike 1 mile unassisted, walk over uneven terrain and roll front to back while floating with life jacket.

Fee: \$210 ID \$250 OD / session

Activity: 204808

M: 9:00 am - 4:00 pm

Session: 7/10 - 31

GRO

Ages: 6 - 12

Westside Village Magnet School

Let our highly trained staff take you on an adventure of recreation and exploration as you spend your summer swimming in Central Oregon lakes and rivers and making new friends! This program is for children with disabilities.

Fee: \$210 ID \$250 OD / session

Activity: 204806

Tu/Th: 11:30 am - 4:00 pm

Session: 7/11 - 8/3

W/F: 11:30 am - 4:00 pm

Session: 7/12 - 8/4

Excel

Ages: 13 - 21

Westside Village Magnet School

Get ready for another EXCELent summer? Pack your sun screen, swimsuit, and hiking shoes and prepare for afternoons filled with swimming, hiking, boating, hanging out in local parks, and much more! This program is for teens with disabilities.

Fee: \$210 ID \$250 OD / session

Activity: 204807

Tu/Th: 11:30 am - 4:00 pm

Session: 7/11 - 8/3

W/F: 11:30 am - 4:00 pm

Session: 7/12 - 8/4

Camp G.R.O.

Ages: 6 - 12

Harmon Park

Developing social skills and increasing fitness while discovering exciting opportunities around Central Oregon. Our staff will take you on a thrilling journey down rivers, exploring caves, and enjoying water activities. This is an inclusive program, so we encourage friends and siblings to sign up too!

Fee: \$200 ID \$240 OD / session

Activity: 204820

M - F: 9:00 am - 4:00 pm

Session: 8/14 - 18

Camp Excel

Ages: 13 - 21

Harmon Park

All you adventurous teens sign up to spend the day playing with friends, swimming, boating, fishing, and benefiting from all that Central Oregon has to offer. This is an inclusive program, so we encourage friends, and siblings to sign up too!

Fee: \$200 ID \$240 OD / session

Activity: 204821

M - F: 9:00 am - 4:00 pm

Session: 8/21 - 25

Payment Assistance

1) The "Fun with Friends" Plan:

This plan has been developed exclusively for Therapeutic Recreation participants. For those who want to participate in several programs, the cost of paying for them all at once can be overwhelming. To make it easier, we allow you to secure your spot on the roster while paying a fixed rate every month. To qualify you must:

- Sign up for AT LEAST four different program sessions.
- Take the total fee and divide by five months. Pay that fee by the 5th of each month.
- If you do not pay the monthly fee, you will forfeit your spot in the program and it will be given to someone on the wait list.
- You must write "Attention Cheryl" on registration and all pay plan checks.
- If you need assistance or have any questions, please call Cheryl at (541) 706-6121.

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

- Deschutes County Mental Health
- Central Oregon Resources for Independent Living
- Bend-La Pine Schools

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

3) Needs Based Assistance: Needs based assistance is available to cover a percentage of program fees for those who qualify. See page 13 for details.



Extended Adventure Campout

Ages: 14 - 21

Shevlin Park

Be a part of our first ever teen overnight camp. We will go on exciting field trips, BBQ at camp, and spend the night in teepees.

Fee: \$200 ID \$240 OD / session

Activity: 204822

Tu - Th: 9:00 am - 12:00 pm

Session: 8/29 - 31

Kids Overnight at The Pavilion

Ages: 8 - 13

The Pavilion

Join us for our kids overnight extravaganza! Kids will enjoy games and crafts, cookout and a scrumptious breakfast after spending the night at the Pavilion.

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

Activity: 204830

F: 6:30 pm - Sa: 10:30 am

Session: 9/8 - 9

Adult Therapeutic Recreation

Dinner & A DVD

Ages: 18 & up

Bend Senior Center

Join us as we enjoy an evening eating at a local restaurant and then popcorn and a movie on the big screen at the Bend Senior Center.

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

Activity: 204507

F: 5:00 - 9:00 pm

Session: 6/9

Sisters Rodeo

Ages: 16 & up

Norton Avenue Apartments

Grab your boots and cowboy hats, as we head to the Sisters Rodeo. Join us for an afternoon full of bull riding, steer wrestling, and great fun!

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

Activity: 204513

Sa: 11:30 am - 4:30 pm

Session: 6/10

NEW

Adult Therapeutic Recreation Registration By Survey

In an effort to make the registration process accessible to everyone, BPRD-TR is using a survey to increase the likelihood that many of you will be selected to enroll in several of your top choices for Summer programs.

The survey is available at bendparksandrec.org/recreation_programs/therapeutic_recreation/ and will be open from March 20, 2017 - April 20, 2017. You will be notified by May 1 of your classes and arrangements for payment must be received by May 10 or your spot will be forfeited. After May 15, any unfilled classes will be open for anyone to register. If at any time you have questions, please contact Cheryl Kelley at 541-706-6121 or cheryl@bendparksandrec.org.



Summer Fest

Ages: 18 & up

Norton Avenue Apartments

Enjoy an afternoon of music, shopping and hanging out with friends as we walk downtown for Bend Summerfest.

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

Activity: 204501

Sa: 12:30 - 3:30 pm

Session: 7/8

Blueberry Excursion

Ages: 18 & up

Norton Avenue Apartments

Summertime is the season for blueberries. Join us on a blueberry picking excursion. On Saturday, we will travel to McKenzie Farms to pick berries and have a picnic. On Monday evening, we'll make delicious dishes with our fresh blueberries.

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

Activity: 204314

Sa: 9:00 am - 4:00 pm

M: 5:30 - 7:30 pm

Session: 7/22 & 7/24



Bend Elks Baseball Game

Ages: 16 & up

Norton Avenue Apartments

Join us for an evening of Bend Elks baseball. Come cheer for our local baseball team as they take on their next opponent.

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

Activity: 204514

F: 6:00 - 9:30 pm

Session: 8/4

Munch & Music

Ages: 16 & up

Norton Avenue Apartments

Bring your best dance moves as we enjoy an evening of music and food at Drake Park!

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

Activity: 204515

Th: 6:00 - 9:00 pm

Session: 8/10

Summer Dance

Ages: 18 & up

Hollinshead Barn

Swing into summer with our annual summer dance! The festivities will begin with a scrumptious barbeque and continue into the night with dancing to some rockin' tunes!

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

Activity: 204511

F: 6:00 - 9:00 pm

Session: 8/18

Art

Wildlife Art NEW

Ages: 14 & up

Twin Knoll Transition Co-Op

Learn how to make wildlife-themed projects. Activities may include pottery animals, paintings, t-shirts and more.

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

Activity: 204413

W: 6:30 - 8:00 pm

Session: 5/31 - 6/21



Sand & Rock Art NEW

Ages: 14 & up

Hollinshead Barn

Come discover how to create art projects using sand and rocks. Projects may include: sand candles, painting with sand, rock pictures, and more.

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

Activity: 204421

W: 6:30 - 8:00 pm

Session: 7/12 - 8/2



Cooking

TR Cook-Off NEW

Ages: 18 & up

Twin Knoll Transition Co-Op

Join a team of cooks to prepare an appetizer, main dish and dessert. Each team will enjoy a meal prepared for the judges.

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

Activity: 204230

Su: 10:30 am - 2:30 pm

Session: 6/11

Wrap It Up NEW

Ages: 14 & up

Twin Knoll Transition Co-Op

Everyone loves a wrap. Join us as we make various different sandwich wraps ranging from a Mexican burrito to Greek gyros.

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

Activity: 204315

W: 4:30 - 6:30 pm

Session: 5/31 - 6/21

BBQ Made Easy NEW

Ages: 14 & up

Hollinshead Barn

Learn the basics of barbecuing on the grill. We will make delicious main courses on the grill with yummy salads and veggies for side dishes.

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

Activity: 204316

W: 4:30 - 6:30 pm

Session: 7/12 - 8/2

Outdoor Adventures

Saturday Adventures

Ages: 16 & up

Norton Avenue Apartments

For our first adventure, we'll soak in the warm therapeutic pool at Belknap Hot Springs and enjoy a walk around the beautiful gardens and trails. For our second outing, we'll enjoy a day of sun, kayaking or paddleboarding, swimming and hiking. For both, bring a lunch for a picnic.

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

Activity: 204702

Sa: 9:00 am - 4:00 pm

Session: 6/24: Belknap Springs Hike

Session: 8/5: A Day at the Lake

Day on the Deschutes

Ages: 16 & up

Norton Avenue Apartments

Enjoy a fantastic float down the dazzling Deschutes in a day full of swimming, water fights and fun in the sun. Don't forget sun block, swimsuit and lunch! Participants must be able to perform or provide for their own personal care. With advanced notice (and available space) a caregiver may attend at no charge.

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

Activity: 204704

Sa: 9:00 am - 4:00 pm

Session: 7/15

McKenzie Mayhem

Ages: 16 & up

Norton Avenue Apartments

Get ready for an exciting day of rafting! Grab your swimsuit, pack a lunch and get ready to cool down on the beautiful McKenzie River. Participants must be able to perform or provide for their own personal care. A caregiver may attend at no charge with advanced notice.

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

Activity: 204705

Sa: 8:00 am - 5:00 pm

Session: 7/29

River Float

Ages: 16 & up

Location: Norton Avenue Apartments

Grab your float, sunscreen, and water bottle as we drift down the river through town! Float available.

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

Activity: 204703

Tu: 2:00 - 5:00 pm

Session: 8/8

Overnight Trips

John Day River Float

Ages: 18 & up

Norton Avenue Apartments

Enjoy an overnight raft trip on the John Day River and if time permits a visit to the painted hills on our way back. **This is a rustic campout.** Participants must be able to walk 100 yards unassisted and attend to their own personal care.

Fee: \$175 ID \$210 OD / session

Activity: 204610

W: 9:00 am - Th: 5:00 pm

Session: 7/5 - 6

Summer Campout

Ages: 18 & up

Norton Avenue Apartments

Pack your sleeping bag, camera, hiking shoes for the annual campout! We are headed to the Columbia River Gorge. Days will be spent exploring waterfalls in the area and short hikes. Evenings will be spent telling stories around the campfire, playing games, and roasting marshmallows. This trip is a low key campout. Those with some limited mobility are encouraged to register.

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

Activity: 204611

F: 2:00 pm - Su: 1:00 pm

Session: 8/11 - 13



Oregon Coast Trip

Ages: 18 & up

Norton Avenue Apartments

For this year's annual beach trip we will be headed to Devil's Lake State Park. You'll get to spend two nights camping in yurts, eating delicious seafood, hiking trails in the coastal mountains and playing on the beach. What a fun two days! This trip is very active and participants must be able to walk 2 - 3 miles unassisted up and down on uneven terrain.

Fee: \$325 ID \$375 OD / session

Activity: 204601

Sa: 10:00 am - M: 4:00 pm

Session: 9/16 - 18

Sports & Fitness

Zumba

Ages: 14 & up

Bend Senior Center

Dance to an energetic blend of popular music. With this upbeat 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: \$50 ID \$60 OD / session

Activity: 204100

Tu: 4:30 - 5:45 pm

Session: 5/30 - 6/20

Ultimate Obstacle Course

Ages: 14 & up

The Pavilion

Each week a new obstacle course will be designed to test your agility, coordination, and speed. Join us for a new and exciting way of exercising.

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

Activity: 204120

Tu: 6:00 - 7:30 pm

Session: 5/30 - 6/20

Sports Spectacular

Ages: 14 & up

The Pavilion

Come learn to play a new sport or improve on your skills as learn a new skill each week.

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

Activity: 204131

Th: 4:30 - 6:00 pm

Session: 6/1 - 22

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.



Summer Get Fit

Ages: 16 & up

Norton Avenue Apartments

Ready to get a workout in before summer. We will be working out at JSFC in the weight room, fitness room, and/or swimming. Wear appropriate clothes for the activity.

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

Activity: 204130

Th: 6:00 - 7:30 pm

Session: 6/1 - 22

Walking & Jogging Club

Ages: 14 & up

Norton Avenue Apartments

Grab your walking shoes and join us for fitness walks and/or jogs around the park trails.

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

Activity: 204140

Tu: 4:15 - 5:45 pm

Session: 7/11 - 8/1

Aqua Zumba

Ages: 14 & up

Juniper Swim & Fitness Center

If you like Zumba and you enjoy the water then Aqua Zumba is for you! An exciting and easy way to work out by your-self or with some friends on a warm summer evening! Please advise prior to program if you will need transportation; bus space is limited.

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

Activity: 204110

Th: 4:45 - 6:00 pm

Session: 7/13 - 8/3

Adapted Sports

Wheelchair Sports

Ages: 16 & up

The Pavilion

If you have limited mobility or use a wheelchair for mobility and are looking for another recreation outlet, come play wheelchair sports such as basketball, rugby and more. Learn rules, basic playing skills, wheelchair mobility and have plenty of time for practice. Sports wheelchairs provided.

Fee: \$3 drop-in fee per night

Activity: 204500

M & Th: 6:15 - 8:15 pm

Sessions: 6/17 - 9/7

**NATURE
LEARNING**
.....
CAMPFIRE COOKOUT
& TINY EXPLORERS
.....
PAGE 61

discover + play

Discovery through play.

Play is the language of childhood. We provide exciting, enriched play experiences for young children that tickle their imaginations, encourage curiosity and allow for self expression.

Arts & Crafts

Art StART

Ages: 3 - 5

Art Station

Develop your child's creativity at an early age with these beginner art fundamentals classes. Children will discover new art mediums in a fun, hands-on creative environment. Each week features a different art adventure. Instructor: Eileen Noe

Fee: \$14 ID \$17 OD / session

Activity: 211310

F: 10:00 - 11:00 am

Sessions: 7/14	7/28
8/4	8/18



Dance

Little Swans Ballet

Ages: 4 - 7

Academie De Ballet Classique

A delightful start to ballet! Together, we'll develop fundamentals of classical dance and creative movement in a lively environment. Leap over imaginary streams, fly over snowcapped mountains and land lightly on a flower petal in this fun ballet series.

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

Activity: 206572

M/Th: 5:30 - 6:15 pm

Session: 6/26 - 7/27

Cinderella Ballet Camp NEW

Ages: 4 - 7

Academie De Ballet Classique

This fantasy-themed camp takes each dancer on a journey through the magical kingdom of Cinderella. Come dance with spinning wheels, fairies, evil stepsisters and soldiers with Kings and Queens!

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

Activity: 206570

Tu/W: 9:00 am - 12:00 pm

Session: 6/27 - 28



Preschool

Summer Buddies Includes daily swimming!

Ages: 3 - 5

Juniper Swim & Fitness Center

Children will enjoy afternoons swimming, making crafts, playing outdoor games and much more. No prior swimming experience required. Children must be potty trained.

Fee: \$76 ID \$90 OD / session

Activity: 205600

M/W: 1:30 - 3:45 pm

or

Tu/Th: 1:30 - 3:45 pm

Sessions: 6/26 - 7/13

(no program 7/4; fee \$63 ID \$75 OD)

7/17 - 8/3

8/7 - 24



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.

Registration begins May 22

Activity: 405601

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

or

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

Dates: Sept. 11 - June 14



Martial Arts

Lil' Dragons

Ages: 3 - 5

Odyssey Martial Arts

Beginning with the very basics of Tang Soo Do Karate, this class helps children learn discipline, self-control, confidence and teamwork as well as develop motor skills. Uniform included.

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

Activity: 206750

M/W: 4:15 - 4:45 pm

Sessions: 6/5 - 28 7/10 - 8/2

8/7 - 30

9/6 - 27

(adjusted fee: \$52 ID \$63 OD)

Tu/Th: 4:15 - 4:45 pm

Sessions: 6/6 - 29 7/11 - 8/3

8/8 - 31 9/5 - 2

More programs for little guys and gals at:

Art, pages 62 - 67

Fitness, pages 20 - 24

Swimming, pages 20 - 24

Sports, pages 90 - 105

Music

The Learning Groove Music & Movement

NEW

Ages: 6 Months - 4 years
with adult

Highland Elementary Library

Bring your smiles, laughter and great imagination as we dance, sing, clap, tap and act silly! Ms. April leads playful classes while playing the guitar, ukulele, trumpet and drum, as well as introducing other musical surprises and props. Foster a love for music while bonding with your little one.

Fee: \$108 ID \$130 OD / session

Activity: 206380

Tu: 9:00 - 9:45 am

Session: 7/11 - 8/15

Tu: 10:00 - 10:45 am

Session: 7/11 - 8/15

W: 9:00 - 9:45 am

Session: 7/12 - 8/16

W: 10:00 - 10:45 am

Session: 7/12 - 8/16

Th: 9:00 - 9:45 am

Session: 7/13 - 8/17

Th: 10:00 - 10:45 am

Session: 7/13 - 8/17



KINDERMUSIK: Cuddle & Bounce

**Ages: Newborn - 1 Year
with adult**

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. These engaging activities 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: \$75 ID \$90 OD / session

Activity: 206352

Tu: 9:30 - 10:15 am

Sessions: 6/6 - 27

7/3 - 25 (Only Monday class is 7/3)

KINDERMUSIK: Sing & Play: Rain or Shine

**Ages: 12 Months - 2 Years
with adult**

Cascade School of Music

Get ready to sing, play and move with your little one in this high-energy music class designed especially for very young children. We will focus 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. Materials included.

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

Activity: 206351

W: 9:30 - 10:15 am

Sessions: 6/7 - 28 7/5 - 26



KINDERMUSIK: Wiggle & Grow Family Style: Beach Days

**Ages: 12 Months - 4 Years
with adult**

Cascade School of Music

Children love the beach! We will bring the beach indoors as we sing, move, and play while learning about the great outdoors, nature-friendly ideas and all kinds of interesting creatures unique to the coastal environment. So put on your beach clothes and join us for an ocean adventure! Materials included.

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

Activity: 206350

W: 10:45 - 11:30 am

Sessions: 6/7 - 28 7/5 - 26

KINDERMUSIK: Splash into Music

**Ages: 3 - 4
with adult**

Cascade School of Music

Fun ahoy! Join in this water-themed class as we sing about penguins, whales, bath time and pirates! With lots of pretend play, dancing, instruments and stories, your child will go on a wonderful water adventure filled with learning and giggles! Materials included.

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

Activity: 206355

Th: 9:30 - 10:15 am

Session: 7/6 - 27

KINDERMUSIK: Musical Summer

**Ages: 4 - 6
with adult**

Cascade School of Music

It's a musical summer! Your child will learn, sing and dance to different styles of music from classical to folk. They will learn to play melodies on their own flutophone (it's similar to a recorder), begin to read music, play percussion instruments, dance, sing and express themselves musically. Materials included.

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

Activity: 206354

Th: 10:45 - 11:30 am

Session: 7/6 - 27

Nature

Campfire Cookout & Sing-a-long NEW

Ages: 3 - 10 with adult

Local state parks

Come enjoy the great outdoors along with family, friends, food and singing! Participants will be greeted by a roaring campfire and receive enthusiastic instruction on the how-to's of cooking dinner over the fire. After dinner, camp songs and dessert top off the evening. Food provided. Fee is per person attending.

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

Activity: 207310

Th: 6:30 - 8:30 pm

Sessions: 6/22 Tumalo State Park

7/6 Tumalo State Park

8/24 La Pine State Park



Tiny Explorers FREE

NEW

**Ages: Newborn - 2 years
with adult**

Presented by the Children's Forest of Central Oregon, Tiny Explorers encourages parents to kickstart a healthy life of enjoying the outdoors by getting their little ones outdoors starting at a young age. This free drop-in program includes monthly outdoor meetups in three locations and free baby carriers for participating families that qualify for the Oregon Health Plan. Come join in to enjoy the outdoors and connect with other families.

BEND: 2nd Tuesdays
6/13, 7/11, 8/8, 9/12
11:00 am - 12:00 pm,
Pilot Butte Park

4th Tuesdays
6/27, 7/25, 8/22, 9/26
1:00 - 2:00 pm
Larkspur Park

REDMOND: 3rd Tuesdays
6/20, 7/18, 8/15, 9/19
11:00 am - 12:00 pm
Sam Johnson Park

Learn more at:
childrensforestco.org/tiny-explorers



inspired play

Art Parties

All Ages

The Art Station is a great place to hold private parties! Paint a masterpiece, create clay projects, make your own soap - 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.

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: www.bendparksandrec.org/recreation_programs/art-station/art-parties/

With Your Child: Art & Clay

With Your Child: Lotus Book NEW

Ages: 8 & up with adult

Art Station

Adult and child work side by side to learn how to assemble these unique and lovely books. You will think of many ways to present them, use them and treasure them. They are so beautiful, you may initially hesitate to fill them with thoughts, photos and artwork, but they are so easy to make that soon you will fill them and make more! Each registration is for adult and child. Instructor: Sue Wilhelm

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

Activity: 211520

Sa: 9:30 am - 12:30 pm

Session: 7/22 8/12

With Your Child: Nature Clay

Ages: 5 & up with adult

Art Station

Adult and child work side by side to make a coil or slab built platter or bowl. Design and texture your piece by imprinting it with found natural objects. Pieces will be clear glazed and fired for pick up. This class is fun, playful and allows a child and an adult to create together. Each registration is for adult and child. Instructor: Rachel Evans

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

Activity: 211510

Sa: 9:00 am - 12:00 pm

Sessions: 7/22 7/29

With Your Child: NEW Pebble Art Pictures

Ages: 5 & up with adult

Bend Senior Center

Guaranteed fun together as you create a one-of-a-kind piece of pebble art. Learn the basics in this hands-on class and create your own masterpiece. Learn tips and tricks for using stone, river rocks, stained glass and more! Each registration is for adult and child. Instructor: Diane Burns

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

Activity: 202436

Th: 4:30 - 6:30 pm

Session: 7/27

**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: Fused Glass Workshop NEW

Ages: 5 & up with adult

Bend Senior Center

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

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

Activity: 202414

Th: 5:00 - 7:00 pm

Session: 8/10



Young Children

Art StART

Ages: 3 - 5

Art Station

Develop your child's creativity at an early age with these beginner art fundamentals classes. Children will discover new art mediums in a fun, hands-on creative environment. Each week features a different art adventure. Instructor: Eileen Noe

Fee: \$14 ID \$17 OD / session

Activity: 211310

F: 10:00 - 11:00 am

Sessions: 7/14 7/28

8/4 8/18



Art Camps at the Art Station

Ages: 6 - 12

Make this summer a creative one! Choose full-day or half-day art classes. If registered for both morning and afternoon sessions, care will be provided from 12:00 - 1:00 pm.

Fee: \$109 ID \$131 OD / session

Session: Monday - Thursday each week

JUNE 26 - 29

Creative Cartooning

Activity: 211210

Draw cartoons and your own cartoon strip! Learn the basics of cartooning including shape and design and then create your own cartoon characters and story. Instructor: Carolyn Parker

Ages: 6 - 8 9:00 am - 12:00 pm

Comics & Graphic Novels

Activity: 211210

Learn to character design your own comic book hero or main character. Explore visual story telling techniques including: story development, page layout, perspective, camera angles, dramatic lighting, lettering and inking techniques. Using these skills, you'll create your own comic or graphic novel pages. Instructor: Carolyn Parker

Ages: 9 - 12 1:00 - 4:00 pm

Creature Feature Sculpture

Activity: 211211

Using recycled materials, sculpt a fantastical or realistic creature in this introduction to sculpture class. Turn your creature into a fabulous work of art with the use of structure building, Papier Mache paste, paint and embellishments. Instructor: Charlene Santucci

Ages: 6 - 8 1:00 - 4:00 pm

Ages: 9 - 12 9:00 am - 12:00 pm

JULY 6 - 7

The Power of Color!

Ages: 6 - 10

Explore the power of color! Learn about this important element by mixing, painting, collage and learning about the color wheel. Understand and observe how and why artists use color to convey their ideas and emotions. Instructor: Jessica Dawley

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

Activity: 211215

Th - F: 9:00 am - 4:00 pm



Fee: \$109 ID \$131 OD / session

Session: Monday - Thursday each week

For full-day enrollment, care will be provide during 12:00 - 1:00 pm.

JULY 10 - 13

Canine Caboodle

Activity: 211220

There's a reason Bend was named "Dog Town USA" - we love our dogs! Use various methods and materials to create artwork celebrating man's best friend. Experiment with texture, color and pattern and explore ways to portray dogs - from their cold wet, noses to their wagging tails. Instructor: Kathy Schoderbek

Ages: 6 - 8 9:00 am - 12:00 pm

Ages: 9 - 12 1:00 - 4:00 pm

Pet Pals

Activity: 211221

A bowl for the cat, a bowl for the dog, a bowl for me! Make food and water bowls that will be sold to support the Humane Society of Central Oregon and one to take home for your own furry friend. Bowls can be hand-built or wheel thrown. You'll also make a wall plaque or sculpture of your pet with their favorite toy. Instructor: Rachel Evans

Ages: 6 - 8 1:00 - 4:00 pm

Ages: 9 - 12 9:00 am - 12:00 pm

JULY 17 - 20

Big Bold Paintings!

Activity: 211230

Go Big! Paint Large! From portraits to objects in nature, you will create some big pieces of art using bold colors and black outline. For the beginner painter, this is a new experience of whole arm painting. Instructor: Charlene Santucci

Ages: 6 - 8 1:00 - 4:00 pm

Natural Impressions

Activity: 211231

Making pots or sculptures of your favorite nature shapes, you'll reflect the natural world around you by carving and imprinting the clay with leaves, boughs, sticks, cones and seeds. Projects will be guided organically by your imagination. Instructor: Rachel Evans

Ages: 6 - 8 9:00 am - 12:00 pm

Ages: 9 - 12 1:00 - 4:00 pm

Looking for another
program this week?
Check out
Art & Adventure Camps!

JULY 24 - 27

Draw the Line!

Activity: 211240

You draw the line as you explore creative approaches in drawing, painting and sculpture. Navigate your journey through your choice of imagination and reality as you design and build the ultimate, one-of-a-kind, multi-media line extravaganza piece! Instructor: Sue Wilhelm

Ages: 6 - 8 9:00 am - 12:00 pm

Ages: 9 - 12 1:00 - 4:00 pm

Galactic Clay

Activity: 211241

Launch your imagination into outer space and capture it in the clay as you design and build aliens and their spaceships. Together, we'll create standing sculptures and flat scenes much like ancient "cave paintings" of our alien friends. It will be out of this world! Instructor: Rachel Evans

Ages: 6 - 8 1:00 - 4:00 pm

Ages: 9 - 12 9:00 am - 12:00 pm



JULY 31 - AUGUST 3

Wood & Wire Sculpture

Activity: 211250

Do you love to build? Come learn about creating a 3-D piece of art. Begin with an original drawn design, then use paint, wood, wire and other objects, to bring your drawing to life. Instructor: Charlene Santucci

Ages: 6 - 8 9:00 am - 12:00 pm

Ages: 9 - 12 1:00 - 4:00 pm

What's Cookin' with Clay?

Activity: 211251

Satisfy your clay creative appetite and make clay food that looks good enough to eat! Learn and use construction techniques that work for anything our taste buds may suggest. Demonstrations include various foods such as a fried egg, toast, pizza, hot dog, fruit, cupcake and more! Instructor: Sue Wilhelm

Ages: 6 - 8 1:00 - 4:00 pm

Ages: 9 - 12 9:00 am - 12:00 pm



Fee: \$109 ID \$131 OD / session

Session: Monday - Thursday each week

For full-day enrollment, care will be provide during 12:00 - 1:00 pm.

AUGUST 7-10

Wild Plaques

Activity: 211260

What's on your wall...a rhino, unicorn, lion or puppy? If you can imagine it, you can build, mount, paint, decorate and hang it. These impressive animal head sculptures are unlimited in scope and ridiculously fun to make! Instructor: Sue Wilhelm

Ages: 6 - 8 1:00 - 4:00 pm

Native Art Clay

Activity: 211261

Discover the art and culture of native civilizations and people. Projects include totem poles, sun plaques, tee pees and more. Instructor: Diane Burns

Ages: 6 - 8 9:00 am - 12:00 pm

Ages: 9 - 12 1:00 - 4:00 pm

Looking for another program this week?
Check out
Art & Adventure Camps!

AUGUST 14 - 17

Merry & Crazy Masks!

Activity: 211270

Learn about color and texture while you create art inspired by masks from around the world. You'll also create mask art that reflects your own style. Instructor: Charlene Santucci

Ages: 6 - 8 9:00 am - 12:00 pm

Work in pairs to create masks using your own face as the mold. After being introduced to various masks from around the world, you'll embellish your face-molded mask to create a unique piece of art. Instructor: Charlene Santucci

Ages: 9 - 12 1:00 - 4:00 pm

Fantasy Clay

Activity: 211271

Construct unique characters such as dragons, beasts and whimsical creatures. Use your imagination while learning clay sculpting techniques. Instructor: Diane Burns

Ages: 6 - 8 1:00 - 4:00 pm

Ages: 9 - 12 9:00 am - 12:00 pm

AUGUST 21 - 24

Beautiful Bugs

Activity: 211280

Get buggy! Science and art meet as we study the stunning beauty of insects! With a focus on beetles, butterflies, bees, ants, grasshoppers and fireflies, we'll create original works of art reflecting insects' natural beauty and intricate details. Instructor: Jessica Dawley

Ages: 6 - 8 9:00 am - 12:00 pm

Ages: 9 - 12 1:00 - 4:00 pm

Mummy Matters

Activity: 211281

Capture the mystery of ancient Egypt while you create your own version of tomb artifacts in clay. Design and sculpt a mummy mask, high relief hieroglyphics, a third-eye hand sculpture and an animal head canopic jar. Instructor: Sue Wilhelm

Ages: 6 - 8 1:00 - 4:00 pm

Ages: 9 - 12 9:00 am - 12:00 pm



AUGUST 28 - 31

Art Scouts

Activity: 211290

A scouting-themed camp based around art techniques and art history. Participants will gain a better understanding of how to "see" like an artist as we create works of art based on elements of art and earn badges for completed projects along the way. Learn the Art Scouts promise and secret handshake as we explore what it really means to be an artist! Instructor: Jessica Dawley

Ages: 6 - 8 9:00 am - 12:00 pm

Ages: 9 - 12 1:00 - 4:00 pm

Creature Collection

Activity: 211291

If you like animals or working with clay, this class is for you! Bring your favorite animals to life as you make clay containers, masks and sculptures that involve insects, animals, sea life and imaginary creatures, too. Instructor: Sue Wilhelm

Ages: 6 - 8 1:00 - 4:00 pm

Ages: 9 - 12 9:00 am - 12:00 pm



Art & Adventure Camp NEW

Ages: 9 - 12

Art Station

Artwork inspired by the outdoors and then getting outdoors to be inspired, it's ReCreative! Spend the morning making art, eat lunch, and take off for a Central Oregon recreational adventure with BPRD outdoor staff.

Fee: \$235 ID \$282 OD / session

Activity: 211205

ANCIENT PETROGLYPHS

Get inspired by ancient petroglyph art and create your own wall of creatures and symbols. Papier Mache techniques, collage, painting and stamping will be combined to make 3-D figures on a "rock" wall. Then off we go to look for ancient rock paintings, a Native American hunting camp and rock shelter and more on an adventure into the past.

M - Th: 9:00 am - 5:00 pm

Session: 7/17 - 20

DIVE INTO THE DESCHUTES

Discover some of the animals that that live in and along the Deschutes River such as the Oregon spotted frog, river otter, trout and great blue heron. Through various techniques and materials, we'll capture the characteristics of these critters and the spirit of the river itself. Afternoons have us out exploring the edges of lakes and streams that are part of the Deschutes River basin.

M - Th: 9:00 am - 5:00 pm

Session: 8/7 - 10



Youth Art

Fabulous Clay Fridays

Ages: 6 - 10

Art Station

Clay All Day! Each week you will create unique clay projects and use your imagination while using different pottery techniques. Sign up for one or more classes. Instructor: Diane Burns

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

Activity: 211296

F: 9:00 am - 4:00 pm

Sessions: 7/7 7/14

7/21 7/28



HALF-DAY ART CLASSES?

Make it a full day

AT THE PAVILION WITH THE PAC

Mornings or Afternoons

Entering Grades: 3 - 8

See pages 70 - 71.

DIY Doll Accessories NEW

Ages: 6 - 10

Art Station

Bring your favorite doll for a fun-filled day of arts and crafts! We'll create items for your doll including pretend food, clothes, sleeping bags, pillows and more. It's a time to spend with others who love their dolls, too. Ideally, participants would bring the very popular 18-inch dolls (American Girl or Our Generation Girl) but other kinds/sizes of dolls are welcome. Instructor: Jessica Dawley

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

Activity: 211298

F: 9:00 am - 4:00 pm

Sessions: 7/21 8/11



Learn to Draw Manga NEW

Ages: 9 - 15

Art Station

Do you like Japanese animation (Anime), superheroes, comics and cartoons, then this is the class for you! Learn the basics of drawing the Manga style. 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: 211299

Sa: 9:00 am - 12:00 pm

Session: 7/29 8/5

Print Camps

Ages: 9 - 16

A6 Studio & Gallery

Collage, Print, Collage

Arrange, assemble, layer and glue - this printmaking class takes collage to a whole new level! We'll create unique printing plates made of collaged paper, natural items and found materials, then learn how to ink, wipe and print them on the printing presses. Your prints then become the basis for paper and mixed-media collages.

Fee: \$120 ID \$144 OD / session

Activity: 211410

M - Th: 9:00 am - 12:00 pm

Session: 6/26 - 29

Printed Drawings & Paintings

Immerse yourself in color as we explore the free and painterly method of monotype to print expressive drawings and paintings. Playing with inks and paints, we'll use brushes, brayers, rags, fingers and other tools to add and remove ink from your plexi 'canvas.' Enjoy printing by hand and also use the etching presses.

Fee: \$120 ID \$144 OD / session

Activity: 211420

M - Th: 9:00 am - 12:00 pm

Session: 7/10 - 13

Large Colorful Monotypes

We'll explore a wide range of monotype techniques using our "green" Akua inks and larger plexi plates. While you create wonderful patterns, textures and embossments, push the boundaries of monotype to create one-of-a-kind prints. See the exciting result when you send your plate through the press!

Fee: \$120 ID \$144 OD / session

Activity: 211430

M - Th: 9:00 am - 12:00 pm

Session: 7/24 - 27

Moon & Planet Prints

Get inspired by A6's "Lunar" exhibit and this summer's solar eclipse! Work in two printmaking processes—collagraph and monotype—to create images of the moon and planets in our solar system. Using a special technique called chine collé, we'll fuse papers together with the press for special effects.

Fee: \$120 ID \$144 OD / session

Activity: 211440

M - Th: 9:00 am - 12:00 pm

Session: 8/7 - 10





cowabunga

WAHOO!
.....
**OPERATION
RECREATION
& THE PAC**
.....
PAGES 69 - 71

LOCATED
AT A
PARK NEAR
YOU!

CRAFTS
GAMES
SPORTS
PLAY

For Kids' Sake

Bend Park & Recreation District and Bend La Pine Public Schools work cooperatively so that kids have convenient locations for Bend-La Pine's summer lunch program.

SCHOOL SUMMER LUNCH SITES

Weekdays: June 26 - August 18

(no program 7/4)

Elk Meadow Elementary 11:15 am - 12:15 pm	Pilot Butte Neighborhood Park 11:15 am - 12:15 pm
Ensworth Elementary (across from Al Moody Park) 11:15 am - 12:15 pm	Sun Meadow Park 11:45 am - 12:45 pm
Harmon Park 12:00 - 1:00 pm	Boys & Girls Club - Downtown 11:45 am - 12:45 pm
Larkspur Park 11:30 am - 12:30 pm	Boys & Girls Club - St Francis 11:45 am - 12:45 pm



Dates & Times subject to change.

USDA & Bend-La Pine Schools are equal opportunity providers & employers

FREE



The Bend Park and Recreation Foundation is proud to present Days of Play for its twenty-first summer - providing children in our community the opportunity to participate in crafts, water play, field games, sports activities and much more. Come enjoy these great recreational activities at no cost.

All the Days of Play parks are also Bend-La Pine School District summer lunch program locations, too!

Note: This program may be canceled without prior notice due to bad weather. Days of Play is not a daycare program and should not be used as such. Every child under the age of 8 must be accompanied by a person over the age of 16. This program does not require registration. Children may come and go as they wish. Because of the popularity of this program, take-home activities will be available on a first-come, first-serve basis and limited to one per child.

BROUGHT TO YOU BY:

BEND PARK & RECREATION FOUNDATION

Crafts • Games • Sports • Play

Ages: 4 - 10

Orchard Park	Mondays 1:00 - 3:30 pm 6/26 - 8/14
Pilot Butte Park	Tuesdays 9:30 - 12:00 pm 6/27 - 8/15 (No program 7/4)
Harmon Park	Tuesdays/Thursdays 1:00 - 3:30 pm 6/27 - 8/17 (No program 7/4)
Larkspur Park	Wednesdays 1:00 - 3:30 pm 6/28 - 8/16
Sun Meadow Park	Thursdays 9:30 - 12:00 pm 6/29 - 8/17
Al Moody Park	Fridays 1:00 - 3:30 pm 6/30 - 8/18



SUMMER DAY CAMP: ENTERING GRADES 1 - 3

Entering Grades: 1 - 3

High Lakes Elementary

Operation Recreation offers exciting weekly themes that include enrichment, group activities and amazing daily field trips. Children enjoy a complete recreation experience while making new friends and lasting memories.

Fee: \$210 ID \$252 OD / week session

Activity: 201401

M - F: 7:00 am - 6:00 pm

Weekly: 6/29 - 8/18 (no program 7/4)

Adventure Awaits

Week 1: June 29 - 30 Fee: \$84 ID \$101 OD / week

Get ready for a spectacular summer! We will get to know each other and make new friends while playing games and crafting projects.

Oregon Explored

Week 2: July 3 - 7 (no program 7/4) \$168 ID \$202 OD / week

Join us for a week of adventure as we journey through the wonders in our own backyard.

On the Move

Week 3: July 10 - 14

Discover the many ways to voyage and trek as you explore all types of transportation from planes, trains, bikes and more.

Where the Wild Things Are

Week 4: July 17 - 21

Unleash your inner monster and let the wild rumpus begin! Join us for an animal adventure and explore creatures big, small, wild, domestic, furry and wiggly.

Endless Summer Camp

Grades: 1 - 3

Hollinshead Barn

It's all fun, games and lots of cool crafts to wrap up a spectacular summer. After a morning field trip we'll head to Juniper Swim & Fitness Center or a local park to cool off with some afternoon water play. We return to the barn in the late afternoon for snacks and more fun. Bring a swimsuit, sunscreen, towel and lunch daily.



In a Galaxy Far, Far Away...

Week 5: July 24 - 28

3...2...1...Blast off! Explore the stars and hyper-speed through space in this astronomically fun week. Get ready, because the sky's the limit!

Deep Blue Sea

Week 6: July 31 - Aug 4

Is it better, down where it's wetter? Let's go and sea! Grab your scuba gear and dive into a week of sea creatures, mermaids and more.

Recycle Madness

Week 7: Aug 7 - 11

Ready...Set...Recycle! We will reuse and recycle to rethink all sorts of materials into new creations.

Fun in the Sun

Week 8: Aug 14 - 18

Put your shades on and celebrate our last days of summer with water activities and all-day field trips.

Fee: \$215 ID \$258 OD / session

Activity: 206401

M - F: 7:00 am - 6:00 pm

Sessions: 8/21 - 25 8/28 - 9/1

Presented by the Children's Forest of Central Oregon Partners

Discover Nature Days

FREE

Thursdays, July 13 - August 17

11:00 am - 12 noon

Ages: 5 - 10

Bring your family to a different park each week for an interactive experience and learn, play and have fun in nature!

JULY 13: HILLSIDE PARK

Special Ops Survivors presented by Wildheart Nature School. Learn to navigate the world of unpredictability while playing team games and practicing survival skills in nature.

JULY 21: PONDEROSA PARK

What's all the BUZZ About? presented by Discover Your Forest. Meet and greet the local buzzing, burrowing, and creeping bugs of our forests through science activities, stories, and games.

JULY 27: PINE RIDGE PARK

Birds of Prey presented by High Desert Museum. Experience an up close encounter with a raptor, learn about its amazing adaptations, and play a game about bird migration.

AUGUST 3: LARKSPUR PARK

Predators and Prey with The Environmental Center. Have fun learning about the diverse animals that call Central Oregon home through exciting games and interactive science activities!

AUGUST 10: SHEVLIN PARK

Watery Wonders presented by Upper Deschutes Watershed Council. Explore the watery wonders of Tumalo Creek, collect and identify stream critters, and learn about what makes a healthy stream.

AUGUST 17: SAWYER PARK

Amphibious Adventure! presented by Sunriver Nature Center. Jump into the wet and wild world of your favorite amphibian! We'll explore the life of frogs and their relationship with wetland ecosystems.

Learn more about Discover Nature Days happening throughout Central Oregon at childrensforestco.org/discover-nature-days.



SUMMER DAY CAMP: ENTERING GRADES 3 - 8

M - F:	6/26 - 9/1 (no program 7/4)
Full-day:	7:00 am - 6:00 pm
AM Half-day:	7:00 am - 1:00 pm
PM Half-day:	12:00 - 6:00 pm

This summer, join the PAC at The Pavilion!

Each day is different as you get to choose what you want to do! There are always awesome choices whether you want to "play hard or chill out."

We're talking climbing the rock wall, skateboarding and scootering, playing water games, floating the river, stand up paddle boarding, outdoor adventuring, getting into crazy, unique activities, creating art and playing your favorite games. It's any way you want to spend your day, even just hanging with friends.

GRADES: 3 - 5

At The PAC, you decide how to spend your day! Choose between your favorite activities like group games and cool art projects, as well as opportunities to try new things and plan off-site adventures. We'll also have designated areas and lockers just for you including time on the skatepark features and rock wall! Rock on!

GRADES: 6 - 8

Banish boring - Don't just hang out at home, join the PAC! Come spend your day with friends and fill your days with your favorite activities! You'll also get a chance to plan your own off-site special adventures. Bonus! Those over the age of 12 are able to check themselves in and out of The PAC (with parent pre-approval) and go off-site as needed.

DAILY FIELD TRIPS OF AWESOMENESS

The PAC offers daily morning and afternoon local field trips and weekly all-day getaways to awesome places around Central Oregon. Off-site trips are designated by grades, third through fifth and sixth through eighth.

Morning field trips will include such fun as Capture the Flag or nature adventures at Shevlin Park, visiting the library and games at local parks.

Afternoons will include cooling off with paddle boarding, swimming and floating the Deschutes River or visiting Juniper Swim and Fitness Center for recreation swim.

On Thursdays and Fridays, the PAC features all-day get-a-ways with such Central Oregon adventures as swimming and picnicking at a variety of Cascade Lakes, visiting cool and interesting businesses or outdoor adventures like biking, caving and fishing.

Additional fee may apply.



"PAC OUT" & GET OUTSIDE!

YOUTH ART + THE PAC:

Combine half-day Art Station programs on pages 62 - 67 and match up with The PAC for \$24 half-day fee.

YOUTH OUTDOORS + THE PAC:

Want to max out your outdoor adventures? Look for half-day outdoor programs on pages 84 - 89 - 87 to match up with a half-day of The PAC for only \$24 additional fee. Combine rock climbing, caving and so much more.



IT'S YOUR SUMMER TO PLAY YOUR WAY!

MAKE THE PAC WHAT YOU WANT!

COME DROP-IN!

Want to come join in The PAC at the last minute? No problem! Kids can come at any time throughout the day. Perfect for locals and visitors alike, kids can drop in at The PAC and pay the daily or half-day rate. No pre-registration necessary!

PAC PASSES:

A variety of passes are available from full-summer to half-day. Purchase a daily pass for each date you would like to attend. This pass allows you to come into The PAC at any time during the day from 7:00 am to 6:00 pm.

Siblings can share a 25- or a 10-visit pass **NEW**

To accommodate a wide range of families needs, The PAC offers a variety of pass and drop-in fees. Need last minute care for your child? Drop in at The PAC and pay the daily rate. No pre-registration necessary!

NOTE: Special events offered at The PAC may feature an additional fee.

PASSES	Program	ON OR BEFORE MAY 24			AFTER MAY 24		
		In-District	Out-of-District		In-District	Out-of-District	
FULL SUMMER	210600	\$1250	\$1500	Save \$270 or more	\$1520	\$1824	Save \$340 or more
25-VISIT PASS	210600	\$685	\$822	Save \$145 or more	\$830	\$996	Save \$120 or more
10-VISIT PASS	210600	\$300	\$360	Save \$60 or more	\$360	\$432	Save \$20 or more
DAILY	210601				\$38	\$46	
AM or PM HALF-DAY	210602				\$24	\$29	

SKATE FEATURES

Open skate with skatepark ramps and more. Skateboards and scooters welcome.

ROCK CLIMBING WALL

TOURNAMENTS

Badminton
Volleyball
Basketball
Ping pong
Foosball

SPORTS

Basketball
Volleyball
Badminton
Pickleball
Dodgeball
Sprout ball
Tag games
Floor hockey
Futsal

OUTDOOR ACTIVITIES

Swimming
Floating the river
Paddleboarding
Caving
Biking

DAILY FIELD TRIPS

Floating the river
Columbia Park
Riverbend Park
Farewell Bend Park
Harmon Park
Skyline Park & Sports Complex
Drake Park
Cascade Lakes
Shevlin Park
and more!

CONTESTS & GAMES

Lego & building
Water play
Cornhole
Ladder ball
Bocce ball
Croquet

ART & MORE

Nature-inspired art
Phone photography
Beading
Drawing
Paper crafts
Recycled art, upcycling
Chalk art
Science



Camp Cascade!

Colorful Canvases NEW

Ages: 7 - 11

Cascade Middle School

Take a break from the heat for some relaxing craft time. Explore your artistic side and draw, paint, and sculpt while creating art to decorate your room.

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

Activity: 206103

Th: 9:00 am - 1:00 pm

Session: 7/6

F: 9:00 am - 1:00 pm

Sessions: 8/4 8/11

Awesome Animal Art NEW

Ages: 7 - 11

Cascade Middle School

Take a walk on the wild side as we use the jungle to inspire our art. Explore paint, mosaics and sculpture in this fun creative environment.

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

Activity: 206104

M - Th: 9:00 - 10:30 am

Session: 7/10 - 13

Creative Clay NEW

Ages: 7 - 11

Cascade Middle School

Get your creative ideas flowing as you join local artist Diane Burns in this pottery class. We will learn to throw on the wheel, sculpt and use an extruding tool to create many one-of-a-kind projects. Each session will have different projects. Please bring a healthy snack for break.

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

Activity: 206111

M - Th: 9:00 - 10:30 am

Session: 7/17 - 20

M - Th: 1:00 - 2:30 pm

Sessions: 7/10 - 13 7/31 - 8/3

Coastal Creature Crafts NEW

Ages: 7 - 11

Cascade Middle School

Embark on a journey of art under the sea! We will sculpt a sea turtle, paint a whale and print with fish. The coastal creations will be a big splash with your family and friends.

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

Activity: 206110

M - Th: 9:00 - 10:30 am

Session: 7/24 - 27

T-Shirt Factory

Ages: 7 - 11

Cascade Middle School

Make unique t-shirts to wear this summer! Use screen printing techniques, batik, tie-dye and fabric paints to create fun and fashionable tees.

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

Activity: 206108

M - Th: 9:00 am - 10:30 pm

Session: 7/31 - 8/3

Sugar & Spice Spa

Ages: 8 - 13

Cascade Middle School

It's all about pampering you! Learn to give yourself a manicure, pedicure and facial as well as fun ways to style your hair.

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

Activity: 206105

M - Th: 9:00 - 10:30 am

Session: 8/7 - 10



Fashion Sketchbooks

Ages: 8 - 12

Cascade Middle School

Draw your dream styles! Using fabric swatches, patterns and pretty trims, we will make cut-out paper clothes, and fill a sketchbook of your own fashion designs.

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

Activity: 206113

M - Th: 11:00 am - 12:30 pm

Session: 8/7 - 10

Duct Tape Designs

Ages: 7 - 11

Cascade Middle School

Impress your friends with your duct tape skills! Create simple and sassy accessories using fun patterns and colors that will be treasured by your friends and family.

Fee: \$55 ID \$66 O

Activity: 206102

M - Th: 9:00 - 10:30 am

Session: 8/14 - 17

Pet Joys & Toys

Ages: 6 - 10

Cascade Middle School

Make toys and special treats for your cat or dog. Take a treasure home for your special friend every day. Your pet will not want this class to end!

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

Activity: 206109

M - Th: 11:00 am - 12:30 pm

Session: 8/14 - 17

Animals

Caring for Animals

Ages: 10 - 14

The Pavilion

We'll visit several local organizations, shelters, ranches and rehabilitation centers dedicated to improving the quality of life for animals. You'll have the opportunity to interact with various animals and help out with their particular needs. Dress for the weather.

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

Activity: 206201

M/W/F: 9:30 am - 1:00 pm

Sessions: 6/26 - 30 7/17 - 21

Art Station and more.

**Youth Art classes
on pages 62 - 67.**



Cooking & Baking

Make Your Own Sushi

Ages: 10 - 15

Harmon Park, Hobby Hut

Learn about simple sushi rolling techniques, ingredients and proper sushi equipment. You can make sushi with lots of other ingredients beyond raw fish. The class includes recipes, the cost of food and sushi to take home for the whole family. Bring containers to take leftovers home!

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

Activity: 206226

Sa: 11:00 am - 3:00 pm

Session: 6/24 7/15

Quick & Tasty Meals

Ages: 10 - 14

Cascade Middle School

Want to learn to cook easy delicious meals including desserts? Surprise your family with a meal that you've prepared. You'll do the cooking in this class and have samples to take home. Bring containers for leftovers.

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

Activity: 206223

M - Th: 9:30 am - 12:00 pm

Session: 6/26 - 29

Cooking - Camp Out Style

Ages: 7 - 11

Pioneer Park

We will pretend we're at a real campout and explore the traditional activities and treats that summer camping offers. Make walking tacos, monkey bread and more. Yum!

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

Program: 206222

W: 1:00 - 4:00 pm

Session: 7/5

Kids in the Kitchen

Ages: 7 - 11

Cascade Middle School

Learn to cook as you make a yummy lunch every day! We'll make easy foods to enjoy in class with a recipe book to take home so you can make great food for your family and friends. Geared toward the beginner but all interests welcome. Take home a new recipe book each week.

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

Activity: 206220

M - Th: 11:00 am - 12:30 pm

Sessions: 7/10 - 13 7/17 - 20
7/24 - 27 7/31 - 8/3

Slice, Dice & Cook

Ages: 10 - 14

Cascade Middle School

Learn the basics of being in the kitchen while we cook up tasty recipes like pizza, egg rolls and empanadas. This savory menu will make you want to cook on your own!

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

Activity: 206221

M - Th: 9:00 - 10:30 am

Session: 7/10 - 13

Mini Cakes NEW

Ages: 6 - 10

Cascade Middle School

Learn to build and decorate your own miniature cake. Wow your family and friends with your frosting piping, chocolate ganache and 3D chocolate decorations!

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

Activity: 206230

F: 9:00 - 11:00 am

Sessions: 7/14 7/28

Cookie Making NEW

Ages: 6 - 10

Cascade Middle School

Learn the basics of cookie making! Read a recipe and go through step by step to make drop, roll out and no-bake cookies.

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

Activity: 206228

F: 9:00 - 11:00 am

Session: 7/21

Baking with Berries NEW

Ages: 6 - 10

Cascade Middle School

Use berries to make a variety of baked goods such as berry crisp, muffins and berry lemonade. Summertime tastes so good.

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

Activity: 206229

F: 9:00 - 11:00 am

Session: 7/28



Wanted! Teen Volunteers

Ages: 12 & up

BPRD has a summer jam packed with fun youth programs and we need great teen volunteers to join in to help us make it the best summer ever!

Here's some of the fun you can help with:

- Junior Lifeguard and Swim Instructor Aide training programs
- Fit Kids, Kids Triathlon and Girls/Guys Get Fit
- Summer Buddies Preschool
- Cougar Camp
- Days of Play
- Day camp programs for children with disabilities
- Pottery, science, cooking, craft, theatre and adventure programs
- Summer events including July 4th Pet Parade & Old-Fashioned Festival and Let's Picnic

Find out more at www.bendparksandrec.org. Click on the Volunteer tab for information and sign up though the online registration for the opportunities that are right for you.

It might just be your best summer too!



Delicious Desserts

Ages: 10 - 14

Cascade Middle School

Sweet crepes, cookies and pies - delicious! You'll enjoy learning how to make delicious desserts at home to rival your favorite pastry shop.

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

Activity: 206225

M - Th: 10:00 am - 12:00 pm

Session: 8/14 - 17

Braided Breads & Rising Doughs

Ages: 10 - 14

Cascade Middle School

New York pretzels, coffee cake and cinnamon rolls! This hands-on class we will knead, roll and braid dough to make different kinds of breads.

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

Activity: 206224

M - Th: 10:00 am - 12:00 pm

Session: 8/7 - 10

Volunteer with kids!

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

Crafts

Knitting in Nature NEW

Ages: 7 - 12

Shevlin Park, Aspen Hall Patio

Knitting hands are happy hands as you work with soft and colorful yarns! We will make our own set of knitting needles and learn how to knit fun summer toys and accessories. All materials provided.

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

Activity: 206114

W - F: 9:00 - 10:30 am

Session: 7/5 - 7

M-W: 9:00 - 10:30 am

Session: 8/14 - 16

DIY with your Parent: Natural Beauty & Bath

Ages: 8 & up

Harmon Park, Hobby Hut

Spend some quality girl time together making a variety of all natural spa products. Be ready to pamper yourself with sweet-smelling sugar scrub, silky skin whipped coconut lotion and relaxing bubble bath. Please register both parent and child.

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

Activity: 206115

Tu: 5:30 - 7:30 pm

Sessions: 7/25 8/15

Dance

Little Swans Ballet

Ages: 4 - 7

Academie De Ballet Classique

A delightful start to ballet! Together, we'll develop fundamentals of classical dance and creative movement in a lively environment. Leap over imaginary streams, fly over snowcapped mountains and land lightly on a flower petal in this fun ballet series.

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

Activity: 206572

M/Th: 5:30 - 6:15 pm

Session: 6/26 - 7/27

Cinderella Ballet Camp NEW

Ages: 4 - 7

Academie De Ballet Classique

This themed camp takes each dancer on a fantasy journey through the magical kingdom of Cinderella. Come dance with spinning wheels, fairies, evil stepsisters, and soldiers.

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

Activity: 206570

Tu/W: 9:00 am - 12:00 pm

Session: 6/27 - 28



Teen Dance Intensive

Ages: 12 - 18

Academie De Ballet Classique

Explore hip hop, jazz, contemporary, lyrical, ballet and Broadway theater dance in this non-stop dancing class. A choreograph production is performed for family and friends on the last day of program.

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

Activity: 206574

M - Th: 9:00 am - 12:30 pm

Session: 7/17 - 20

Leap, Soar, Dance!

Ages: 6 - 10

Academie De Ballet Classique

This class mixes a potpourri of dance styles - ballet, jazz, hip-hop, lyrical, Character Dance, and Broadway theater dance. High energy day camp so bring healthy snacks to keep that energy up! There is a final presentation on the last day.

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

Activity: 206577

M - Th: 9:00 am - 12:30 pm

Session: 7/17 - 20

Ballet Fundamentals

Ages: 9 - 16

Academie De Ballet Classique

Learn ballet fundamentals to increase your confidence and enjoyment of ballet and other dance forms. Basic ballet skills are taught with warm coaching to help give each dancer the individual attention needed through each lesson.

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

Activity: 206576

Tu/Th: 9:00 - 10:30 am

Session: 8/1 - 10



Learning Workshops

Babysitter's Training

Ages: 11 - 15

American Red Cross, Service Master Location

This one-day training includes what you need to know and what every parent wants in a safe and responsible babysitter. Learn to handle emergencies such as injuries, illnesses, household accidents and more. Bring a lunch.

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

Activity: 206255

Times: 8:30 am - 3:30 pm

Sessions:

Sa: 6/10, 6/24, 7/15, 7/29, 8/5, 8/19

M: 7/3

KPOV Radio Camp

Ages: 10 - 14

KPOV Radio

Learn how to be a DJ, interview a friend, tell a story with sound effects, music and humor, and talk live on the air. The show produced will be broadcast on 88.9 and you'll get a copy on CD to take home!

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

Activity: 206650

M - F: 9:00 am - 12:00 pm

Sessions: 6/26 - 30 8/7 - 11

M - F: 1:00 - 4:00 pm

Session: 7/17 - 21

Check Mate Chess Camp

Ages: 6 - 14

High Lakes Elementary, Tech Room

Learn strategy and sharpen your mind! For beginner through intermediate levels. Each day starts with instructions for your level and ends with matches with other participants.

Fee: \$26 ID \$32 OD / session

Activity: 206240

M - Th: 4:30 - 5:30 pm

Session: 7/17 - 20

Music & Voice

Summer Rock U

Ages: 10 - 16

Cascade School of Music

This class is for brand new rockers who have "the basics" down on their instruments but have never played in a band. We'll focus initially on simpler "Jams" as we build a unified sound as a group. Open to guitars, bass, drums and keyboards. One year experience required on your instrument.

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

Activity: 206364

M/W/F: 4:30 - 5:45 pm

Sessions: 6/19 - 30 7/10 - 21

Discover Music Camp

Ages: 6 - 8

Cascade School of Music

In this popular camp we'll sing, dance, play with some kid-friendly instruments, create music inspired craft projects and stage a short musical production for families. Fundamental musical concepts such as pitch and rhythm will be introduced.

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

Activity: 206361

M - Th: 1:00 - 4:00 pm

Sessions: 6/26 - 29

7/3 - 7 (class M,W-F, no class 7/4)

7/10 - 13

7/17 - 20 7/24 - 27

7/31 - 8/3



The Learning Groove's Musical Movement Camp

NEW

Grades: K - 3

Highland Elementary, Library

Join Miss April and make friends while you move to the music of the guitar, ukulele, trumpet, drum, and other musical surprises. Be ready to sing, dance, move, and use educational props. Musical games, handmade instruments, parachutes and skits round out this high energy offering. Please bring a snack and water bottle.

Fee: \$199 ID \$239 OD / session

Activity: 206381

M - F: 9:00 am - 12:00 pm

Sessions: 6/26 - 30 8/21 - 25

8/28 - 9/1

Let's get creative!

Youth Art classes on pages 62 - 67

Ready, Set, Go! Experience Music Camps

Ages: 9 - 11

Cascade School of Music

This program is designed to launch a child into the world of instrumental music with a chance to try four different instruments: violin/cello, guitar, piano and drums. Kids choose an instrument and when they are ready, private lessons are the way to GO!

Instrument rental included.

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

Activity: 206360

READY: INTRODUCTION TO MUSICAL INSTRUMENTS

M - Th: 9:00 am - 12:00 pm

Sessions: 6/26 - 29

7/3 - 7 (M/W-F, no class 7/4)

7/10 - 13

7/17 - 20

7/24 - 27

SET: INSTRUMENT SPECIFIC INSTRUCTION DRUMS

M - Th: 9:00 am - 12:00 pm

Session: 7/31 - 8/3

GIUITAR

M - Th: 9:00 am - 12:00 pm

Session: 7/31 - 8/3

PIANO

M - Th: 9:00 am - 12:00 pm

Session: 7/31 - 8/3

VIOLIN/CELLO

M - Th: 9:00 am - 12:00 pm

Session: 7/31 - 8/3

Introduction to Piano

Cascade School of Music

Students will be introduced to music theory, note reading, rhythms, musical symbols on a staff and a few simple songs in this introduction level series.

Activity: 206370

Ages: 7 - 9

Fee: \$80 ID \$95 OD / session

Tu: 4:30 - 5:20 pm

Session: 6/27 - 8/1 (no class 7/4)

Ages: 10 - 13

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

Th: 4:30 - 5:20 pm

Session: 6/29 - 8/3

Introduction to Guitar NEW

Cascade School of Music

Learn the basics to get you strummin'! We'll go over tuning, how to hold, strum and pick the guitar, chords, leads and songs. Electric or acoustic guitars OK; no experience required.

Activity: 206367

Ages: 8 - 10

Fee: \$80 ID \$95 OD / session

Tu: 4:30 - 5:20 pm

Session: 6/27 - 8/1 (no class 7/4)

Ages: 11 - 14

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

Th: 5:00 - 5:50 pm

Session: 6/29 - 8/3

Introduction to Drumming NEW

Cascade School of Music

Learn the basics to get you drummin' this summer! We'll use both electronic and acoustic drums to learn beats and rhythms, and introduce notated music and multi-part percussion ensemble. Beginner level class. Instructor: Meshem Jackson.

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

Activity: 206363

Ages: 8 - 10

W: 4:30 - 5:20 pm

Session: 6/28 - 8/2

Musical Trip Around the World

Join Ms. Cullie and take an exciting musical journey of song and dance across the globe. These different class options will guide students through song, "call and response" playing, and movement. Fun and easy-to-learn songs, rhythmic patterns, and kid-friendly dances, round out the experience with lovely multicultural music. A performance will be held on Friday, July 28th.



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 the whole body while singing songs from around the world.

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

Activity: 206362

W: 10:00 - 10:50 am

Session: 6/28 - 7/26

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: \$75 ID \$90 OD / session

Activity: 206365

W: 11:00 - 11:50 am

Session: 6/28 - 7/26

Showtime: NEW Choir for Girls

Ages: 9 - 12

Cascade School of Music

Singing with a choir cultivates the sense of responsibility, commitment, self-discipline, confidence, and poise. From Mexico to Zimbabwe, participants will cherish the multicultural songs. No experience necessary and no auditions.

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

Activity: 206366

Th: 4:30 - 5:30 pm

Session: 6/29 - 8/3



Ukulele Camp NEW

Ages: 7 - 12

Cascade School of Music

In this beginning Ukulele camp you'll experience an introduction to chords, strums and picking notes. Repertoire includes Hawaiian, folk and contemporary songs. A performance will be held on Friday in lieu of camp. Ukulele (instrument) NOT included for this class.

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

Activity: 206368

M - F: 1:00 - 2:30 pm

Session: 7/10 - 14

Performing Arts

Miss Lovely's Sing, Dance, Act

Entering Grades: 1 - 8

Westside Village Magnet School

Learn to sing like a professional, practice vocalizing techniques, enjoy choreography and move to international music. Friends and family are welcome to our performance on Friday

Fee: \$90 ID 108 OD / session

Activity: 206512

M - F: 9:30 am - 12:00 pm

Session: 6/26 - 30 7/24 - 28

Miss Lovely's Puttin' on the Play

Entering Grades: 1 - 8

Westside Village Magnet School

Calling all performers! Kids become the stars in their own production as they audition, practice and perform. Friends and family are welcome to our performance on Friday.

Fee: \$175 ID \$210 OD / session

Activity: 206510

M - F: 9:30 am - 12:30 pm

Sessions: 7/10 - 21 7/31 - 8/11



Miss Lovely's Fairy Tale Theatre NEW

Entering Grades: 1 - 8

Westside Village Magnet School

Embark on a fabulous journey into the world of theatre and self-expression. Students practice and perform a beautiful fairytale of their choice. Friends and family are welcome to our performance on Friday.

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

Activity: 206513

M - F: 9:30 am - 12:00 pm

Session: 8/14 - 18

Miss Lovely's Art of Theatre

Entering Grades: K - 6

Westside Village Magnet School

Explore fun games of improvisation, pantomime, voice and diction, character development and stage direction. Friends and family are welcome to our performance on Friday.

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

Activity: 206511

M - F: 9:30 - 11:30 am

Session: 8/28 - 9/1

The Mini Musical

Ages: 8 - 12

BEAT Studio

Learn the basics of performing in a musical by doing one...in four days! No experience required; just lots of creativity and enthusiasm.

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

Activity: 206554

M - Th: 9:00 am - 12:00 pm

Session: 7/31 - 8/3

Storytelling in Theatre NEW

Ages: 7 - 13

BEAT Studio

Learn how theatre is a wonderful way to tell a story and capture an audience's imagination. Participants will look closely at how to use the magical words in a script to bring stories and character to life!

Fee: \$120 ID \$144 OD / session

Activity: 206557

M - Th: 1:00 - 4:00 pm

Session: 7/31 - 8/3

Rhythm & Voice with Shireen NEW

Ages: 8 - 12

High Lakes Elementary School

Join local musician/artist Shireen Amini as she teaches you music fundamentals through singing and playing percussion. Become part of a "band" and learn to sing and jam along with your favorite songs! No music experience needed. Instruments are provided but feel free to bring your own instrument if you desire.

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

Activity: 206521

M - W: 9:00 - 10:30 am

Session: 7/17 - 19

Songwriting with Shireen NEW

Ages: 8 - 12

High Lakes Elementary School

Join local musician/artist Shireen Amini as she coaches you about songwriting. Class will include fun exercises that inspire music and lyrics while bringing out the original songwriter in you! No music or songwriting experience needed.

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

Activity: 206520

M - W: 9:00 - 10:30 am

Session: 8/7 - 9

Three One Act Plays

Ages: 7 - 13

BEAT Studio

Ever wanted to try out being an actor on stage? Learn the basics of theatre performance by joining a short play and getting into character!

Fee: \$120 ID \$144 OD / session

Activity: 206553

M - Th: 9:00 am - 12:00 pm

Session: 8/7 - 10

Musical Theatre

Ages: 13 - 17

BEAT Studio

Sing! Dance! Learn about classical Musical Theatre including some light choreography and how to sound like a real Broadway musical.

Fee: \$120 ID \$144 OD / session

Activity: 206552

M - Th: 1:00 - 4:00 pm

Session: 8/7 - 10

Improv for the Actor

Ages: 7 - 16

BEAT Studio

Learn how to give an "on the spot" performance through improvisation. The skills from improv will make you a star in many ways. No experience required.

Fee: \$120 ID \$144 OD / session

Activity: 206551

M - Th: 9:00 am - 12:00 pm

Session: 8/14 - 17

Dance for the Actor NEW

Ages: 7 - 16

BEAT Studio

Want to be a multiple-talent performer? Learn the basics of dance and movement to expand acting performance skills. Dance can be an actor's great secret weapon.

Fee: \$120 ID \$144 OD / session

Activity: 206555

M - Th: 1:00 - 4:00 pm

Session: 8/14 - 17

Is Acting For You?

Ages: 6 - 11

BEAT Studio

Participants will explore everything from theatre basics to theatre crafts, costumes and theatre games. It's all about the fun and getting to know the world of acting!

Fee: \$120 ID \$144 OD / session

Activity: 206550

M - Th: 9:00 am - 12:00 pm

Session: 8/21 - 24

Beginning Stage Combat NEW

Ages: 10 - 17

BEAT Studio

The best plays usually include a very exciting fight scene or two (Romeo & Juliet anyone?). Learn the amazing and super fun skills of stage combat!

Fee: \$120 ID \$144 OD / session

Activity: 206556

M - Th: 1:00 - 4:00 pm

Session: 8/21 - 24



Science

Drone zONe NEW

Ages: 9 - 14

Rad! Quadcopter flight school! Learn the basics of flying your very own quadcopter from remote controls, flying level, hovering and turning to maneuvering and seeing what all your drone can do. Then use your new skills to fly your drone through an obstacle course and maybe even race other pilots! At the end, you get to take your drone home with you.

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

Activity: 207720

Times: 1:00 - 3:30 pm

Sessions:

F: 7/14 Cascade M.S. Gym

F: 8/4 Pilot Butte M.S. Gym

Tu: 8/29 Pilot Butte M.S. Gym

Little Veterinarian School

Ages: 6 - 11

Silver Rail Elementary

Explore the exciting world of veterinarians. Using interactive demonstrations, crafts and games, learn how to take care of animals, perform assessments, repair lacerations, and so much more!

Fee: \$295 ID \$354 OD / session

Activity: 206671

M - Th: 9:00 am - 3:00 pm

Sessions: 7/17 - 20 8/14 - 17

Little Medical School

Ages: 6 - 11

Harmon Park, Hobby Hut

Bring medicine, science and the importance of health together in a fun way. Hands-on activities, crafts and games will explore the world of medicine and teach about creating healthy lifestyles.

Fee: \$295 ID \$354 OD / session

Activity: 206670

M - Th: 9:00 am - 3:00 pm

Session: 8/21 - 24

Volunteer with kids!

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

Let's get creative!

Youth Art classes on pages 62 - 67



Space Explorers

Ages: 6 - 11

Lava Ridge Elementary

Join us and explore our solar system. Make rockets, a Mars probe and other fun and challenging activities! Bring a 2-liter bottle.

Fee: \$115 ID \$138 OD / session

Activity: 206601

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

Session: 7/31 - 8/3

Mad Science 1: Minions!

Ages: 6 - 11

Bear Creek Elementary

Dreaming of ruling the world but not sure where to begin? Join us for a crash course in the basics of biology and physics that you will need to make your plan. Bring 2-liter bottle.

Fee: \$175 ID \$210 OD / session

Activity: 206605

M - Th: 9:00 am - 3:00 pm

Session: 8/14 - 17

Mad Science 2: Henchmen!

Ages: 6 - 11

Hollinshead Barn

It's all about the secret lair! Use the diabolical skills to design and build your base of operations for world domination.

Fee: \$175 ID \$210 OD / session

Activity: 206606

Tu - F: 9:00 am - 3:00 pm

Session: 8/22 - 25

Mad Scientists 3: Masterminds!

Ages: 7 - 11

Hollinshead Barn

Test your world domination skills against other "Mad Scientists." Bring your creativity and talent to the challenge. Bring a 2 liter bottle.

Fee: \$175 ID \$210 OD / session

Activity: 206607

M - Th: 9:00 am - 3:00 pm

Session: 8/28 - 31

Science Rocks! Camps

BROUGHT TO YOU BY THE BPRD "SCIENCE ROCKS" TEAM OF THE MASTER & DR. NOPE.

Bring your sense of fun and adventure along with a water bottle, lunch and healthy snack. And get ready to get messy!

Girls Only Science

Ages: 6 - 11

Elk Meadow Elementary

A great opportunity to meet girls your age who like science. Join us for a four-day exploration of chemistry, physics, paleontology and more! Prepare to have fun without all those pesky boys!

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

Activity: 206608

W - F: 9:00 am - 1:00 pm

Session: 7/5 - 7

Who Stole the Cookies? Detective Camp

Ages: 7 - 11

Elk Meadow Elementary

Learn about the science of fingerprints, trace evidence, chemistry, and blood spatter analysis. Join The Master and Dr. Nope as we use forensic science to solve a crime.

Fee: \$115 ID \$138 OD / session

Activity: 206602

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

Session: 7/10 - 13

Dinosaur Adventures

Ages: 5 - 10

Elk Meadow Elementary

If you want to learn about paleontology this is the camp for you! Go back in time for some hands on pre-historic adventures. We will be examining fossils and learning how scientists find and determine what they came from.

Fee: \$115 ID \$138 OD / session

Activity: 206604

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

Session: 7/24 - 27



Technology: Coding & Programming

Adventures in Scratch Programming

NEW

OSU Cascades Campus

Jump into the adventures of programming using the popular drag-and-drop platform Scratch. Create animated stories, apps and games, and learn the basics of computer science and problem solving with design and code.

Fee: \$275 ID \$325 OD / session

Activity: 206690

Ages: 7 - 9

M - Th: 9:00 am 3:00 pm

Session: 6/26 - 29

Ages: 10 - 12

M - Th: 9:00 am 3:00 pm

Session: 6/26 - 29

Volunteer with kids!

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

Coding

Sylvan Learning Center,
Main Center & NWX Center

Get familiar with programming to create animated, 3D, interactive projects and video games! This course inspires life-long 21st century skills like problem solving, logic, collaboration, basic coding skills, and more!

Fee: \$199 ID \$239 OD / session

Activity: 206651

CODING 101

Grades: 3 - 5

M - F: 10:00 am - 12:00 pm

Session: 7/10 - 14, NWX Center

M - F: 1:00 - 3:00 pm

Session: 8/7 - 8/11, Main Center

CODING 201

Grades: 6 - 8

M - F: 1:00 - 3:00 pm

Session: 6/26 - 30, Main Center

Session: 7/24 - 7/28, NWX Center

Bot Lab

Sylvan Learning Center, Main
Center & NWX Center

Enjoy a one-day crash course of building robots and programming them. Use LEGO® and computer technology to put STEM skills into action!

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

Activity: 206656

BOT LAB 100

Grades: 1- 3

Times: 10:00 am - 12:00 pm

Sessions: Th: 7/6, Main Center

F: 7/7, NWX Center

BOT LAB 200

Grades: 4 - 6

Times: 1:00 - 3:00 pm

Sessions: Th: 7/6, Main Center

F: 7/7, NWX Center

Coding with Hopscotch

NEW

Ages: 7 - 9

OSU Cascades Campus

Build your own games, art and drawing apps, all using drag-and-drop code blocks. Design your own characters, apps and games and learn about the interactive design process from concept to creation. iPad needed. Limited supply available to borrow.

Fee: \$275 ID \$325 OD / session

Activity: 206691

M - Th: 9:00 am - 3:00 pm

Session: 7/10 - 13

Made By Girls: Game Design

NEW

Ages: 9 - 12

OSU Cascades Campus

Design your own games using visual coding with Scratch. As we build new and classic games, we will explore the different roles required to develop a video game, including: programmer, game designer, architect and artist.

Fee: \$275 ID \$325 OD / session

Activity: 206693

M - Th: 9:00 am - 3:00 pm

Session: 7/10 - 13

Intermediate Scratch

NEW

Ages: 9 - 12

OSU Cascades Campus

Continue your Scratch or other programming experience to develop new games and interactive projects. Code your own functions, use variables to enhance user interface, and develop and manipulate lists and strings. Some programming experience required.

Fee: \$275 ID \$325 OD / session

Activity: 206694

M - Th: 9:00 am - 3:00 pm

Session: 7/17 - 20

Adventures in Coding & Game Design

NEW

Ages: 9 - 12

OSU Cascades Campus

Turn your love of playing computer games into building them from your own imagination. Learn the elements of game design and fundamental programming concepts. Learn how to create programming variables, loops and functions and make your own game designs come to life.

Fee: \$275 ID \$325 OD / session

Activity: 206696

M - Th: 9:00 am - 3:00 pm

Session: 7/24 - 27

Technology: Engineering & Robotics

4-H Intro to the Engineering

Ages: 6 - 10

Sky View Middle School

Learn the basics of mechanical engineering, programming and design skills with Lego WeDo 2.0® kits. Beginner programmers and LEGO® enthusiasts will work in pairs. No prior experience necessary.

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

Activity: 206680

M - F: 10:00 am - 12:00 pm

Session: 7/10 - 13



Robot Factory NEW

Grades: 1 - 3

Sylvan Learning Center, Main Center

Bring robotics to life by building and programming creations using LEGO® that specializes in forces and motion like driving, cranking, walking, spinning, wobbling, flexing, reeling, or lifting!

Fee: \$199 ID \$239 OD / session

Activity: 206652

M - F: 1:00 - 3:00 pm

Session: 7/10 - 14

Robotics

Sylvan Learning Center - NWX

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: 206655

Grades: 1 - 3

ROBOTICS 101

M - F: 10:00 am - 12:00 pm

Session: 7/17 - 21, NWX Center

ROBOTICS 103

M - F: 10:00 am - 12:00 pm

Session: 8/21 - 25, Main Center

Grades: 4 - 6

Robotics 201

M - F: 1:00 - 3:00 pm

Session: 7/10 - 14, NWX Center

M - F: 10:00 am - 12:00 pm

Session: 8/14 - 18, NWX Center

ROBOTICS 203

M - F: 10:00 am - 12:00 pm

Session: 8/28 - 9/1, Main Center

4-H Advanced Robotics

Ages: 9 - 12

Ponderosa Elementary

Building on principles learned in the 4-H Intro to the Engineering of Robots class, go further into programming by building advanced algorithms and more intricate robot challenges. Work together in pairs to build a custom creation that will do your bidding. *Prerequisite: must have previously taken 4-H Intro to the Engineering of Robots.

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

Activity: 206681

M - Th: 9:00 am - 12:00 pm

Session: 7/17 - 20

Investigation Factory NEW

Grades: 4 - 6

Sylvan Learning Center, Main Center

Dive into the world of science with hands-on exploration. Use robotics to become detectives investigating and answering questions about physics, life cycles, nature, conservation, and natural disasters.

Fee: \$199 ID \$239 OD / session

Activity: 206659

M - F: 1:00 - 3:00 pm

Session: 7/17 - 21

Bring on the Bots! NEW

Ages: 7 - 9

OSU Cascades Campus

Watch your code come alive using Sphero bots, Ozobots, and Buzzbots. Learn visual/block-based coding to program bot races with your friends, create art projects, dance competitions and other challenges all using code!

Fee: \$275 ID \$325 OD / session

Activity: 206692

M - Th: 9:00 am - 3:00 pm

Session: 7/17 - 20

Super Structures NEW

Grades: 3 - 6

Sylvan Learning Center

Learn key science, engineering and architectural concepts including force, stress, tension, compression, the design process, suspension technology, and cantilever construction. When building various bridge types, participants will replicate famous bridges from around the world and create new bridges.

Fee: \$199 ID \$239 OD / session

Activity: 206658

M - F: 10:00 am - 12:00 pm

Session: 7/24 - 28

4-H That's A Wrap! Digital Movie NEW

Ages: 9 - 12

Ponderosa Elementary

Make your own short movie! Learn to brainstorm a plot, make a storyboard, operate an iPad video camera, and then pull it all together to shoot and edit a short video using free software.

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

Activity: 206682

M - Th: 9:00 am - 12:00 pm

Session: 7/24 - 27

Machine Makers NEW

Grades: 1 - 3

Sylvan Learning Center - NWX

Learn the basic engineering principles behind physical science and simple machines including gears, wheels, axels, levers and pulleys. Design models based on themes and your own creativity (think cars, ships, and all things that go!)

Fee: \$199 ID \$239 OD / session

Activity: 206657

M - F: 1:00 - 3:00 pm

Session: 8/7 - 11



Engineering 100

Grades: 1 - 3

Sylvan Learning Center, Main Center and NWX Center

Gears, levels, pulleys, oh my! Learn STEM concepts by creating simple machines and testing their engineering creativity!

Fee: \$199 ID \$239 OD / session

Activity: 206653

M - F: 1:00 - 3:00 pm

Sessions: 8/14 - 18, Main Center
8/28 - 9/1, NWX Center

Engineering 200

Grades: 4 - 6

Sylvan Learning Center - NWX

Learn STEM concepts in a fun, interactive, engaging and hands-on way. Participants use K'NEX to build and test various bridge engineering designs.

Fee: \$199 ID \$239 OD / session

Activity: 206654

M - F: 1:00 - 3:00 pm

Session: 8/21 - 25

**Work for play
at BPRD.**

Learn more at
bendparksandrec.org/jobs



Plan for Fall: Afterschool Programs

Sign up for the new school year!

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

W: 2:00 - 3:30 pm

Session: 9/13 - 10/25

Each week, Bend LaPine 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 offerings 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

Program: 406601

Chess Club
Grades: K - 5

Theatre with Miss Lovely
Grades: K - 5

BUCKINGHAM ELEMENTARY

Program: 406602

Quidditch
Grades: K - 5

ELK MEADOW ELEMENTARY

Program: 406603

Spanish Immersion
Grades: K - 5

ENSWORTH ELEMENTARY

Program: 406604

Martial Arts
Grades: K - 5

HIGH LAKES ELEMENTARY

Program: 406605

Awesome Animal Art
Grades: K - 5

HIGHLAND ELEMENTARY

Program: 406606

Top Hat Tap Dance
Grades: K - 5

Fun Science Projects
Grades: K - 5

JEWELL ELEMENTARY

Program: 406607

Nature Discovery
Grades: K - 5

JUNIPER ELEMENTARY

Program: 406608

Young Heroes
Grades: K - 5

LAVA RIDGE ELEMENTARY

Program: 406609

Creative Computer Coding
Grades: 3 - 5

MILLER ELEMENTARY

Program: 406610

Fun, Funky, Fresh Dance
Grades: K - 5

Sportsters
Grades: K - 5

PINE RIDGE ELEMENTARY

Program: 406611

Creative Clay
Grades: K - 5

PONDEROSA ELEMENTARY

Program: 406612

Super Squad
Grades: K - 5

SILVER RAIL ELEMENTARY

Program: 406613

Mixed Martial Arts
Grades: K - 5

Volunteer with kids!

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

Plan for Fall: 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:

**BEAR CREEK
BUCKINGHAM
ELK MEADOW
ENSWORTH
HIGH LAKES
HIGHLAND
JEWELL
JUNIPER
LAVA RIDGE
MILLER
PINE RIDGE
PONDEROSA
SILVER RAIL**



**2017 - 18 SCHOOL YEAR
REGISTRATION OPENS: MAY 22**

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 OPENS: MAY 22**

REGISTRATION FEE:

\$20 per child - Non-refundable

MONTHLY FEES: \$37 / month

FOR MORE INFORMATION: Call (541) 389-7275.



MAKE MEMORIES
.....
TREE CLIMBING
.....
OVERNIGHTS
& DAY CAMPS
PAGE 89

get outta here

Make adventure habit.

Follow a trail. Go boating. Camp under the stars. Observe animals in their habitat. Catch a fish. Play in a park. Explore Oregon's culture and history. Make this a summer of discovery and exploration. Be greater outdoors.

Fishing

Youth Learn to Fish Event **FREE**

Ages: 17 & under

Pine Nursery Park Pond

Join the Oregon Department of Fish and Wildlife for a free youth fishing event. ODFW staff and volunteers will be on hand to help young anglers learn how to fish. Loner rods, reels and tackle will be available. The pond will be stocked with rainbow trout before the event. NOTE: A juvenile angling license is required for children ages 12 - 17. All state angling regulations apply.

Sa: 9:00 am - 1:00 pm

Session: 6/3

Annual Jason Freiboth Kid's Fishing Clinic

Ages: 5 - 11

Shevlin Park Pond

This clinic includes instruction, equipment and fun! The pond at Shevlin Park will be stocked with trout and volunteers will be on hand with donated equipment to help the kids and their families learn about fishing. A parent or other adult must attend and participate with the child.

Fee: \$5 ID \$6 OD / session

Activity: 203130

Tu: 6:15 - 8:00 pm

Session: 5/23

Fly Fishing Camp

Ages: 10 - 14

Shevlin Park Pond

This unique program offers children the opportunity to experience and learn fly fishing basics. The experts from the Central Oregon Fly Fishers Club will teach campers various fly casts, fishing techniques and strategies, fly tying, safe wading and even the basic bugs that fish like to eat. Bring your own equipment and lunch. We have a limited amount of equipment for campers to use.

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

Activity: 203135

M - W: 9:00 am - 1:00 pm

Session: 6/26 - 28





Outdoor Adventures

Rock Climbing

Ages: 11 - 15

Harmon Park

Enjoy top-rope rock climbing at magnificent Smith Rock State Park. All skill levels welcome. All necessary equipment is provided.

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

Activity: 207530

M: 7:30 am - 3:00 pm

Sessions: 7/10, 8/14

Tu: 7:30 am - 3:00 pm

Sessions: 6/27, 8/22



HALF-DAY ADVENTURES:
 Make it a full day
AT THE PAVILION
WITH THE PAC
 Mornings or Afternoons

Entering Grades: 3 - 8
 See pages 70 - 71.

Beginning Trail Biking

Ages: 10 - 14

Harmon Park

It's a rush! Pedal your way through forests and meadows while learning how to navigate 'round trees, through rock sections, over small obstacles, up/down hills and more. A morning of instruction and riding fun singletrack trails (and some doubletrack too) for those with little or no trail riding experience. Equipment provided or bring your own mountain bike.

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

Activity: 207536

Time: 8:30 am - 12:30 pm

Sessions: W: 6/28

M: 7/3

Tu: 7/11 8/15

Th: 7/20 8/10

Cave Exploration

Ages: 10 - 14

Harmon Park

Head underground on a hot summer day to explore a local lava tube. Wear long pants, sturdy shoes and bring a light jacket to protect your arms. Helmets, gloves and flashlights provided.

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

Activity: 207712

Th: 8:30 am - 12:30 pm

Sessions: 6/29, 7/13, 8/17, 8/24

UniCycling

Ages: 10 - 14

The Pavilion

Ride the wheel! Unicycling is about as basic as cycling can get, but challenging just the same. Come learn this fun activity. We provide the cycles, you provide the laughter. Bring gloves and a bike helmet.

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

Activity: 207537

F: 8:30 am - 10:30 am

Sessions: 6/30, 7/14, 7/28, 8/11



Archery

Ages: 10 - 15

The Pavilion

Learn the 10,000 year-old art of bows and arrows. A fun program that emphasizes safety and developing basic skills using recurve bows on our outdoor range outside of Tumalo. No experience necessary; all skill levels welcome. All archery equipment provided.

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

Activity: 207710

M: 8:30 am - 12:30 pm

Sessions: 7/3, 8/7, 8/14,

F: 8:30 am - 12:30 pm

Sessions: 6/30, 7/7, 7/14, 7/21, 7/28
 8/4, 8/11, 8/18, 8/25

Family NEW Bird Watching

Ages: 5 & up

Shevlin Park

Spend a morning having great adventures with your family in our Central Oregon birding mecca! Stroll with a local bird expert through beautiful Bend locations in search of our feathered friends. Birding is a great way to practice quiet observation of our natural world and appreciate our winged neighbors.

Fee: \$20 ID \$24 OD per person

Activity: 206405

Times: 9:00 - 10:30 am

Sessions: M: 7/3

F: 7/21, 8/11, 8/25

Nature Journaling NEW

Ages: 8 - 12

Shevlin Park

Nature is a great place to explore creativity for aspiring artists and scientists! Spend time outdoors, collect natural objects and learn how to draw, describe and write about what you see. Bring out your creative side and take home an original journal that can be used during everyday nature exploration. Supplies included.

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

Activity: 206406

M - Th: 9:00 - 11:30 am

Sessions: 7/17 - 20 8/7 - 10
 8/21 - 24

W - F: 9:00 - 11:30 am

Session: 7/5 - 7

(Adj. Fee: \$55 ID \$66 OD)

Love animals?
Check out
Caring for Animals!

See page 72 for more information.

Need Help Selecting An Outdoor Program?

Our outdoor programs offer varying combinations of physical activity, challenge, engaging children with nature, time spent outdoors, environmental education and stewardship opportunities.

If you have questions about the best match for your child, please contact Eric Denzler, Outdoor Program Coordinator at (541) 706-6116 or EricD@bendparksandrec.org to discuss your child's interests, skill level and previous experience and he will help guide you in making your selection.

Outdoor Program Details

After you register your child for an outdoor program, you can expect any important details on equipment needed, schedules and other information to be communicated to you directly via email. Please be sure your account contact information is up-to-date so that you're in the loop.

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



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.



Eco Hero Adventures

Ages: 10 - 12

The Environmental Center

Discover what it takes to grow food, harness solar power, fix bikes and conduct an energy audit. Get around by alternative transportation and be an outdoor guide! Learn how to bike safely around town while learning about sustainable living with the Environmental Center and Commute Options. Explore parks, play games and enjoy the river during lunch-time breaks.

Fee: \$200 ID \$240 OD / session

Activity: 206452

M - Th: 8:30 am - 5:00 pm

Sessions: 7/10 - 13 8/28 - 31

Whitewater Raft

Ages: 12 - 15

Harmon Park

What could be better during the heat of summer than spending a day running rapids (up to Class III) and swimming in a refreshingly cool river? All experience levels welcome. Make it your summer tradition.

Fee: \$80 ID \$96 OD / session

Activity: 207532

Times: 7:30 am - 6:00 pm

Sessions: M: 7/24

W: 7/12

Campfire Cookout & Sing-a-long

NEW

Ages: 3 - 10 with adult

Local State Parks

Come enjoy the great outdoors along with family, friends, food and singing! Participants will be greeted by a roaring campfire and receive enthusiastic instruction on the how-to's of cooking dinner over the fire. After dinner, camp songs and dessert top off the evening. Food provided. Fee is per person attending.

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

Activity: 207310

Th: 6:30 - 8:30 pm

Sessions:

6/22 Tumalo State Park

7/6 Tumalo State Park

8/24 La Pine State Park

Beginning Stand Up Paddleboarding

Ages: 11 - 15

Harmon Park

An introductory morning getting the basics of playing on a stand-up paddleboard. In no time at all, you'll be standing and paddling your way along the shoreline of local lakes.

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

Activity: 207542

W: 8:30 am - 12:30 pm

Sessions: 7/19 8/9

Deschutes River Float

Ages: 10 - 14

Harmon Park

Spend a summer day floating the Deschutes River near Warm Springs on our highly stable paddle rafts and inflatable kayaks. Bounce through small rapids, jump into the refreshing water or just relax for the journey.

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

Activity: 207540

Times: 8:30 am - 4:30 pm

Sessions: M: 7/31

W: 7/26

Solar Eclipse Viewing

NEW

Ages: 8 & up with adult

Meet at The Pavilion

It's the event of the century! See the total eclipse of the sun seen from the High Desert. Don't fight the crowds on your own! We'll drive you to a wide-open, scenic spot for some phenomenal viewing opportunities. Transportation and solar viewing glasses provided. All children must be accompanied by an adult. Fee is per person.

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

Activity: 208607

M: 6:00 am - 2:00 pm

Session: 8/21



Outdoor Day Camps



Shevlin Park

Cougar Camp, located in beautiful Shevlin Park, is one of Bend's favorite summer camps! The unique camp setting, skits and games will keep your child in love with the great outdoors! Activities include: hiking, biking, swimming, games and nature exploration. The whole family shares a BBQ potluck and camp activities on Wednesday evening at 6:00 pm. The kids stay for an overnight in the tipis following the BBQ. Don't miss the fun!

Camp Times:

M/Tu: 9:00 am - 4:00 pm

W: 9:00 am - Th 12:00 pm (Overnight)

Fee: \$190 ID \$228 OD / session

Cougar Camp 1

Entering Grades: 3 & 4

Activity: 207401

Sessions: 7/10 - 13 7/24 - 27
7/31 - 8/3 8/14 - 17

Cougar Camp 2

Entering Grades: 5 & 6

Activity: 207402

Sessions: 7/17 - 20 8/7 - 10

Cougar Camp 1 & 2

Entering Grades: 3 - 6

Activity: 207412

Sessions: 6/26 - 29 8/21 - 24



Movement: Circus, Stealth & Parkour NEW

Ages: 9 - 14

Pine Nursery Park Shelter

Get outside and MOVE! Develop body awareness, coordination, confidence and connection to nature through an assortment of ground-level movements that blend low-impact acrobatics, tumbling, stealthy stalking, free running, choreographed theatric fighting and clown fighting, juggling, devil sticks and balance work on a slack line.

Fee: \$300 ID \$350 OD / session

Activity: 207816

M - F: 9:00 am - 4:00 pm

Session: 6/26 - 30

Paddlesports Adventure Camp

Ages: 8 - 14

Tumalo Creek Kayak & Canoe

The opportunity to try it all! This camp includes stand-up paddleboarding, flatwater kayaking, whitewater rafting and sailing. Locations vary from Lake Billy Chinook, Elk Lake and the Deschutes, McKenzie and North Santiam rivers.

Fee: \$395 ID \$445 OD / session

Activity: 207946

M - Th: 9:00 am - 4:00 pm

Sessions: 6/26 - 29 7/17 - 20 8/7 - 10

Whitewater Kayak Camp

Ages: 10 - 14

Tumalo Creek Kayak & Canoe

If your kids are looking for a big-time adrenaline rush this summer, sign them up! We will practice paddle strokes, introduce the kayak roll, meet new friends and run some easy Class II rapids by the end of the week. Geared to both beginning and intermediate paddlers with kids being grouped according to their ability. Taught by American Canoe Association Certified Whitewater Instructors.

Fee: \$395 ID \$445 OD / session

Activity: 207942

M - Th: 9:00 am - 4:00 pm

Sessions: 7/3 - 6 7/31 - 8/3 8/28 - 31

Force of Nature NEW

Ages: 8 - 12

Pine Nursery Park Picnic Shelter

Learn to be a "Force of Nature" and experience the natural world in new and creative ways. Develop appreciation for natural lands through games and challenges that promote cooperation and teamwork focused on connecting to nature and each other - skills that can prepare you for an adventure anywhere. As you learn to be one with the forces of nature, discover how you can use your own force energy to be a leader and to help those that are less prepared and experienced in wild places.

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

Activity: 207430

M - F: 8:30 am - 4:30 pm

Sessions: 7/10 - 14 7/24 - 28 8/14 - 18



Survival Camp

Sawyer Park

Activity: 207511

INTRO SURVIVAL

Ages: 6 - 9

An exciting adventure in wilderness survival for "younger explorers!" Learn shelter building, traps, cordage, navigation, tracking, fire-building concepts (no actual fires built) and more. Experienced survival and primitive skills instructors use games and scenarios ("what would you do if?") typically seen on popular TV shows to introduce campers to common but fun and challenging skills. Students work on developing focus, cooperation and listening skills.

Fee: \$215 ID \$258 OD / session

M - F: 9:00 am - 1:00 pm

Sessions: 7/10 - 14 7/31 - 8/4

ADVANCED SURVIVAL

Ages: 9 - 14

This course for "older explorers" takes nature exploration to a whole new level. Campers use increasingly complicated team scenarios such as being lost, accidents in remote places, dealing with natural disasters to develop real survival, disaster response and primitive skills. Learn about shelters, traps, orienteering, primitive skills, tracking and fire-building concepts. Leadership, communication and decision making skills are built through the week.

Fee: \$295 ID \$345 OD / session

M - F: 9:00 am - 4:00 pm

Sessions: 7/17 - 21 8/7 - 11

Art & Adventure Camp NEW

Ages: 9 - 12

Art Station

Artwork inspired by the outdoors and then getting outdoors to be inspired - It's ReCreative! Make art in the morning, eat lunch and take off for a Central Oregon recreational adventure with BPRD outdoor staff.

Fee: \$235 ID \$282 OD / session

Activity: 211205

ANCIENT PETROGLYPHS

Get inspired by ancient petroglyph art and create your own wall of creatures and symbols. Papier Mache techniques, collage, painting and stamping will be combined to make 3-D figures on a "rock" wall. Then off we go to look for ancient rock paintings, a Native American hunting camp and rock shelter and more on an adventure into the past.

M - Th: 9:00 am - 5:00 pm

Session: 7/17 - 20

DIVE INTO THE DESCHUTES

Discover some of the animals that live in and along the Deschutes River such as the Oregon spotted frog, river otter, trout and great blue heron. Through various techniques and materials, we'll capture the characteristics of these critters and the spirit of the river itself. Afternoons have us out exploring the edges of lakes and streams that are part of the Deschutes River basin.

M - Th: 9:00 am - 5:00 pm

Session: 8/7 - 10

Adventure Camp

Ages: 11 - 14

Harmon Park

Let's ADVENTURE! Raft the McKenzie River, rock climb at Smith Rock State Park, mountain bike to a lake, swim and more! Meet new friends and challenge yourself with a variety of fun outdoor activities that make Central Oregon a great place to live and play. Each day is a different, active adventure. No previous experience required; all equipment provided.

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

Activity: 207500

M - W: 8:30 am - 4:30 pm

Th: 7:30 am - 6:00 pm

Sessions: 7/24 - 27 8/7 - 10

Paddlepalooza Watersports Camp

Ages: 11 - 15

Harmon Park

Spend summer days on the water! Run small rapids in tandem inflatable kayaks on the Deschutes River at Warm Springs. Explore the shoreline of Prineville Reservoir by canoe, stand-up paddleboard on Sparks Lake and whitewater raft the McKenzie River (no rafting on 7/5 - 7 session). All gear provided. No previous experience required.

Activity: 207900

Fee: \$200 ID \$240 OD / session

W - F: 8:30 am - 4:30 pm

Session: 7/5 - 7

Fee: \$270 ID \$320 OD / session

M - W: 8:30 am - 4:30 pm

& Th: 7:30 am - 6:00 pm

Sessions: 7/10 - 13 7/31 - 8/3

Nature Chasers NEW

Ages: 7 - 11

Shevlin Park Aspen Shelter

Kids' imaginations and adventurous spirits are set free in the outdoors as they examine all things big and small. Explore local natural habitats, observe local animals, discover bird language and biological concepts, natural face paint and artistic creations. Whether your child is a nature newbie or an experienced outdoors kid, they'll come away with new experiences and a nature knowledge base to last a lifetime.

Fee: \$240 ID \$288 OD / session

Activity: 207701

M - Th: 9:00 am - 4:00 pm

Sessions: 7/31 - 8/3 8/28 - 31

Zombie "Survival" Camp

Ages: 11 - 14

Harmon Park

"Zombie critters" have been seen roaming the woods! Time to develop some useful outdoor skills. We'll work on climbing, biking, archery, camouflage, making shelters and other fun ways to cope with a potential "Zombie invasion." Get trained! Be ready! Enjoy the adventure!

Fee: \$210 ID \$252 OD / session

Activity: 207507

Tu - Th: 8:30 am - 4:30 pm

Sessions: 8/1 - 3 8/15 - 17



Outdoor Overnight Camps

John Day River Overnight

Ages: 12 - 15

Harmon Park

Explore the fantastic John Day River in tandem inflatable kayaks on this overnight "semi-wilderness" adventure: abundant sun, lots of swimming, numerous small rapids (one Class II) and an overnight camp along the river. Meals, kayaks, tents and other group gear provided. No previous experience necessary.

Fee: \$190 ID \$228 OD / session

Activity: 207518

W: 8:00 am - Th 5:30 pm

Session: 6/28 - 29

McKenzie Overnight Raft & Tree Climb

Ages: 12 - 15

Harmon Park

Last summer's big hit! An overnight adventure on the west side of the mountains, with TREE CLIMBING in some really LARGE trees! Whitewater rafting (Class II and III rapids), camping along the McKenzie River, evening campfire fun, and a special tree-climbing experience with trained specialists in Eugene.

Meals, tents and other group gear provided. No experience necessary.

Fee: \$190 ID \$228 OD / session

Activity: 207516

W: 8:00 am - Th 5:30 pm

Session: 8/23 - 24

Deschutes Raft Adventure

Ages: 12 - 15

Harmon Park

Three incredible days of getting soaked paddling multiple Class III rapids, swimming from the rafts in calm stretches, and two nights camped along the 48 miles of Deschutes River from below Maupin to the Columbia River. Meals, tents and other group gear provided. Previous "wilderness" camping recommended.

Fee: \$285 ID \$335 OD / session

Activity: 207520

Tu: 8:00 am - Th 6:00 pm

Session: 7/18 - 20



Presented by the Children's Forest of Central Oregon Partners

Discover Nature Days FREE

Thursdays, July 13 - August 17

11:00 am - 12 noon

Ages: 5 - 10

Bring your family to a different park each week for an interactive experience and learn, play and have fun in nature!

JULY 13: HILLSIDE PARK

Special Ops Survivors presented by Wildheart Nature School. Learn to navigate the world of unpredictability while playing team games and practicing survival skills in nature.

JULY 21: PONDEROSA PARK

What's all the BUZZ About? presented by Discover Your Forest. Meet and greet the local buzzing, burrowing, and creeping bugs of our forests through science activities, stories and games.

JULY 27: PINE RIDGE PARK

Birds of Prey presented by High Desert Museum. Experience an up close encounter with a raptor, learn about its amazing adaptations, and play a game about bird migration.

AUGUST 3: LARKSPUR PARK

Predators and Prey with The Environmental Center. Have fun learning about the diverse animals that call Central Oregon home through exciting games and interactive science activities!

AUGUST 10: SHEVLIN PARK

Watery Wonders presented by Upper Deschutes Watershed Council. Explore the watery wonders of Tumalo Creek, collect and identify stream critters, and learn about what makes a healthy stream.

AUGUST 17: SAWYER PARK

Amphibious Adventure! presented by Sunriver Nature Center. Jump into the wet and wild world of your favorite amphibian! We'll explore the life of frogs and their relationship with wetland ecosystems.

Learn more about Discover Nature Days happening throughout Central Oregon at childrensforestco.org/discover-nature-days.



CAMPS & MORE

**SOCCER!
 SOCCER!
 SOCCER!**

 PAGES 97 - 100

get on the team

Everybody wins.

Sports, whether team-based or individual, are a great activity for kids that provide a variety of benefits other than just physical activity. Sports help build self-esteem and confidence, motivate kids to excel and develop social skills. With those benefits, everyone is a winner.

Multisport Camps

All Sport Camp

Grades: 1 - 8

Cascade Indoor Sports

Come alone or join your friends! We'll play your favorite games such as soccer, kickball, tag, ultimate Frisbee, flag football, dodgeball, capture the flag, floor hockey, volleyball, garbage ball, skating and more. It's fun above all else! Bring water bottle and snack each day. Two groups will be created at the start of each week: grades 1 - 5 and 5 - 8.

WEEKLY

Fee: \$140 ID \$168 OD / session
 Activity: 203300
M - Th: 8:30 am - 12:30 pm
 Sessions: 6/26 - 29 7/3 - 6 (No camp 7/4, adjusted fee)
 7/10 - 13 7/17 - 20
 7/24 - 27 7/31 - 8/3
 8/7 - 10 8/14 - 17
 8/21 - 24 8/28 - 31

DAILY

Fee: \$40 ID \$48 OD / session
 Program: 203301
M - Th: 8:30 am - 12:30 pm
 Sessions: Daily, 6/26 - 8/31 (No camp 7/4)

Jordan Kent Skill Camps

Ages: 6 - 12

Run by Jordan Kent, former University of Oregon three-sport athlete and former wide receiver for the Seattle Seahawks, this multisport skills camp teaches life skills and offers instruction in football (non-contact), basketball, soccer, agility training and nutrition education for boys and girls. All campers will receive a camp shirt, socks, post camp gift and a snack. No lunch provided, campers must bring their own.

Activity: 203050

HALF DAY CAMP

Fee: \$159 ID \$191 OD / session
M - F: 9:00 am - 1:00 pm
 Sessions: 7/10 - 14 Pacific Crest MS
 7/24 - 28 Pilot Butte MS
 8/14 - 18 Pacific Crest MS

FULL DAY CAMP

Fee: \$199 ID \$239 OD / session
M - F: 9:00 am - 3:00 pm
 Sessions: 7/10 - 14 Pacific Crest MS
 7/24 - 28 Pilot Butte MS
 8/14 - 18 Pacific Crest MS

Skyhawks Camps

Mini-Hawk & Mighty Hawk 3-Sport Camp

Ages: 4 - 7 & 5 - 8

Ideal for introducing athletics, 3-Sport Camp allows children to sample three different sports - soccer, baseball and flag football - in one camp!

Mighty Hawk Football

Ages: 5 - 8

Kids learn how to pass, catch and run routes as well as lifelong skills in a great environment.



Mighty Hawk Hoop

Ages: 5 - 8

The focus of this camp is on ball handling, passing, shooting, defense and rebounding. A great camp for kids!

Mighty Hawk Soccer

Ages: 5 - 8

The Skyhawks tradition continues in Bend! Not only do kids learn how to dribble, pass, shoot and head the ball, they also learn lifelong skills in a great environment.



Two Camp Specials

Ages: 5 - 8

Attend both Mighty Hawk camps that week for one low price. Bring a lunch and snacks each day.

Basketball

Ages: 7 - 12

Participants learn lifelong skills in a great environment while practicing dribbling, passing, shooting and defense.



Soccer

Ages: 7 - 12

Not only do kids learn how to dribble, pass, shoot and head the ball, they learn lifelong skills in a great environment.

Flag Football

Ages: 7 - 12

Sure to deliver classic gridiron action, this camp offers a fun, invigorating training environment and features the core skills of passing, catching and de-flagging or defensive positioning.

WEEK 1: 6/26 - 30

Skyline Sports Complex

Fee: \$119 ID \$143 OD

Mighty Hawk Baseball

M - F: 9:00 am - 12:00 pm

Activity: 203354

Mighty Hawk Soccer

M - F: 1:00 - 4:00 pm

Activity: 203351

Two Camp Special (Baseball & Soccer)

Fee: \$189 ID \$227 OD

M - F: 9:00 am - 4:00 pm

Activity: 203359

WEEK 2: 7/10 - 14

Cascade Middle School

Fee: \$119 ID \$143 OD

Mini Hawk 3-Sport

M - F: 8:30 - 11:30 am

Activity: 203358

WEEK 3: 7/17 - 21

High Lakes Elementary School

Fee: \$119 ID \$143 OD

Mighty Hawk Soccer

M - F: 9:00 am - 12:00 pm

Activity: 203351

Mighty Hawk Hoop

M - F: 1:00 - 4:00 pm

Activity: 203353

Two Camp Special (Soccer & Basketball)

Fee: \$189 ID \$227 OD

M - F: 9:00 am - 4:00 pm

Activity: 203359

WEEK 4: 7/31 - 8/4

Pilot Butte Middle School

Fee: \$119 ID \$143 OD

Mini Hawk 3-Sport

M - F: 9:00 am - 12:00 pm

Activity: 203358

WEEK 5: 8/7 - 10

Ponderosa Elementary School

Fee: \$99 ID \$119 OD

Mighty Hawk Football

M - Th: 8:30 - 11:30 am

Activity: 203352

Mighty Hawk Hoop

M - Th: 12:30 - 3:30 pm

Activity: 203353

Two Camp Special (Football & Basketball)

Fee: \$159 ID \$191 OD

M - Th: 8:30 am - 3:30 pm

Activity: 203359

WEEK 6: 8/14 - 18

Harmon Park

Fee: \$119 ID \$143 OD

Flag Football

M - F: 9:30 am - 12:30 pm

Activity: 203355

WEEK 7: 8/21 - 24

Skyline Sports Complex

Mighty Hawk Soccer

Fee: \$99 ID \$119 OD

M - Th: 9:00 am - 12:00 pm

Activity: 203351

Soccer

Fee: \$129 ID \$155 OD

M - Th: 9:00 am - 3:00 pm

Activity: 203350

WEEK 8: 8/28 - 31

Skyline Sports Complex

Fee: \$99 ID \$119 OD

Mighty Hawk 3-Sport

M - Th: 8:30 - 11:30 am

Activity: 203358



Challenger Multisport Camp

Ages: 7 - 12

Harmon Park

Motivate, activate and energize your child with a memorable week of nonstop action, fun and competition lead by Challenger Sports' team of British coaches. Your child will get to experience new British sports and develop new skills with team-building activities that include more than just running, jumping, catching, kicking and throwing! Sports include: Tag Rugby, Non-Stop Cricket, Rounders, 5-A-Side Football (Soccer), team relays, and obstacle courses.

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

Activity: 203055

M - F: 9:00 am - 12:00 pm

Session: 7/31 - 8/4



Baseball & Softball

Girls Softball Camp

Ages: 7 - 14

Summit High School

Some of the best local high school and club team coaches lead this camp, stressing fundamentals in a fun atmosphere; the finer points of pitching will be covered. Bring your glove each day.

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

Activity: 203250

M - Th: 9:00 am - 12:00 pm

Session: 6/26 - 29

Elks Baseball Camp

Ages: 7 - 14

Vince Genna Stadium

A great chance to improve your game with the Elks coaching staff and players. Bring your baseball glove, water and a snack each day.

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

Activity: 203090

Tu - Th: 8:30 am - 12:00 pm

Session: 7/11 - 13

W - F: 8:30 am - 12:00 pm

Session: 7/19 - 21

Basketball

COBO Basketball Training & Camps

These sessions offer an excellent opportunity to begin your off-season skill work under the direction of 10-time IMC Championship coach Craig Reid and his staff. Gain basketball knowledge and experience, develop individual skills and learn team concepts in a friendly environment.

LITTLE DRIBBLERS CAMP

Grades: 1 - 5

Fee: \$82 ID \$98 OD / session

Activity: 203070

M - Th: 9:00 am - 12:00 pm

Sessions: 6/26 - 29 Mtn. View HS

8/7 - 10 Cascade MS

MIDDLE SCHOOL BASKETBALL CAMP

Grades: 5 - 9

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

Activity: 203074

M - Th: 10:00 am - 1:00 pm

Session: 6/26 - 29 Mtn. View HS

M - Th: 1:00 - 4:00 pm

Session: 8/7 - 10 Cascade MS

ADVANCED BASKETBALL CAMP

Cascade Middle School

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

Activity: 203073

Grades: 3 - 6

M - Th: 9:00 am - 12:00 pm

Grades: 7 - 9

M - Th: 1:00 - 4:00 pm

Session: 7/17 - 20

Volunteer with youth sports and adaptive programs.

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



Summit Girls Basketball Camp

Grades: 3 - 9

Summit High School

Presented by Summit High School girls basketball coaching staff and players, this girl-only basketball camp covers the fundamentals of shooting, passing, dribbling, rebounding and defense. Includes camp t-shirt.

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

Activity: 203064

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

Session: 6/19 - 22

Football

7-v-7 Football Skills Training & League

Grades: 6 - 8

Register by high school attendance area

Join local middle school coaches for 3 weeks of skills, drills and 7-v-7 games! These training sessions are a great opportunity for players to advance their skills and prepare for their upcoming football season. This program will be comprised of skill development, instruction and game play. Includes a team t-shirt.

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

Activity: 203150

W/Su: 6:00 - 7:30 pm

Session: 7/9 - 30

Quarterback & Receiver Football Camp

Grades: 6 - 8

Pilot Butte Middle School

Led by former NCAA Division 1 quarterback and high school coach Eric Smith, this camp teaches aspiring quarterbacks and receivers the proper, foundational skill set to play these positions at a high level. Coaching emphasis placed on proper mechanics, theory, drills for self-improvement and leadership concepts. This camp is extremely popular so register early!

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

Activity: 203152

F: 12:30 - 4:30 pm

- AND -

Sa: 9:00 am - 12:30 pm

Session: 7/21 - 22

Youth Tackle Football Camp

Grades: 4 - 6

Mountain View High School

This is the best way to get ready for the coming football season! The Mountain View High School football staff and players lead this great camp that stresses the fundamentals in a fun atmosphere. Equipment for camp will be issued Monday, 7/31, 11:00 am - 1:00 pm and 4:30 - 6:30 pm, at the old fire station building on the corner of Neff Rd and Hamby Rd. **Participants must be registered for the BPRD Tackle Football League.**

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

Activity: 203154

Registration deadline: 7/30
or until full

Tu - F: 3:00 - 5:00 pm

Session: 8/1 - 4



Full Contact Football Camp

Grades: 7 - 8

Mountain View High School

Come join us for a fast-paced camp and get ready for the coming football season. Includes camp t-shirt. Equipment for camp will be issued at your middle school Monday, 7/31 only.

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

Activity: 203156

Registration deadline: 7/29
or until full

Tu - F: 5:30 - 7:30 pm

Session: 8/1 - 4

Air Bear Football Camp

Grades: 4 - 8

Bend High School

This camp is a great way to start your season! Campers will receive quality instruction in the fundamentals of the game of football. Includes camp t-shirt. Wear t-shirt, shorts and cleats each day. No helmets or pads will be used during this camp.

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

Activity: 203158

M - Th: 9:00 - 11:00 am

Session: 8/7 - 10



REGISTER
NOW
FOR FALL!

YOUTH SPORTS

Fall Football Leagues

Youth Flag Football

EARLY
REG.

Boys & Girls, Grades 1 - 6 (2017-18 school year)

Flag football promotes physical fitness and teaches youngsters valuable life skills including teamwork, good work ethic and sportsmanship. Kids will learn basic football fundamentals, game play and, most importantly, have tons of fun. Teams practice twice a week and games are played on Sundays. This program is dependent on volunteer coaches. Anyone interested in coaching a team, please go to our website to complete a Volunteer Application. Practice days, time and location chosen by volunteer coaches.

Register by 7/24, fee is \$65 ID / \$78 OD

Register after 7/24, fee is \$75 ID / \$88 OD

Registration deadline: 7/31

Season: 9/5 - 11/5

Activity: 203451 Grades: 1 & 2

203453 Grades: 3 & 4

203455 Grades: 5 & 6

Youth Tackle Football

EARLY
REG.

Boys & Girls, Grades 4 - 6 (2017-18 school year)

This program emphasizes skill development, participation, teamwork, sportsmanship and fun. School-based teams practice twice a week and play games on Sundays. All protective gear and jersey provided. This program is dependent on volunteer coaches. Anyone interested in coaching a team, please go to our website to complete a Volunteer Application. Practice days, time and location chosen by volunteer coaches.

Register by 6/11, fee is \$115 ID / \$135 OD

Register after 6/11, fee is \$135 ID / \$155 OD

Registration deadline: 6/25

Bend Schools Season: 8/7 - 10/22

Other Schools Season: 8/14 - 10/22

4TH & 5TH GRADE DIVISION:

8-man Football Activity: 203460

6TH GRADE DIVISION:

11-man Football Activity: 203466



Flag Football Camp

Grades: 1 - 3

Pilot Butte Middle School

Get ready for the upcoming season with BPRD staff and local football icon and legend, Taylor Drew. Players will refine skills with passing, running, catching and agility drills designed specifically for younger players. This program is extremely popular so register early!

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

Activity: 203160

M & W: 5:45 - 7:00 pm

Session: 8/21 & 23

Pre-Season Football Training Camps

Grades: 7 - 8

Middle school football coaches will help you get a jump on the season and improve your game. Coaching emphasizes individual and team skills for both offense and defense with conditioning through scrimmage and game situations. Includes camp t-shirt. Wear t-shirt, shorts and cleats each day. No helmets or pads will be used.

Fee: \$46 ID \$55 OD / session

Activity: 203162

M - W: 3:30 - 5:30 pm

(Adj. Fee: \$36 ID \$43 OD / session)

8/28 - 8/30 Cascade MS

M - Th: 3:30 - 5:30 pm

8/28 - 8/31 Pacific Crest MS

M - Th: 4:00 - 6:00 pm

8/28 - 8/31 Pilot Butte MS

(Pilot Butte MS & Sky View MS students)

Golf

Junior Golf Players' Card

Ages: 7 - 17

Various local golf courses

A great opportunity to play and practice your golf game! Play and practice with discounted rounds and buckets at participating courses (fees vary \$5 - \$15 per round depending on course). All players' cards allow 'supervised' playing privileges. To obtain 'unsupervised' playing privileges, you must be at least 12 years of age and attend an orientation clinic. For more information, contact Adam Huycke at adam@jgpa.org.

Fee: \$64 per player

Activity: 203605

M - F: 12:00 - 6:30 pm

Session: 6/1/17 - 5/31/18

Youth Golf Lessons

Ages: 9 - 15

Awbrey Glen Golf Club

These lessons are a fantastic opportunity for those who have never played or are new to golf to get their golf game off to a great start in a small group setting. Clubs provided or bring your own. Dress code applicable.

Fee: \$82 ID \$98 OD / session

Activity: 203175

F: 4:00 - 5:15 pm

Session: 6/2 - 16

Volunteer with youth sports and adaptive programs.

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

Junior Golf Programs NEW

River's Edge Golf Course

Introduce your child to this great lifelong sport! Taught by director of instruction Stuart Allison, these small-group lessons focus on the fundamentals of golf, golf etiquette and having fun. Designed to build knowledge and technique through experience. Clubs provided or bring your own. You may choose multiple sessions throughout the summer.

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

Activity: 203170

Ages: 7 - 10

M - W: 10:00 am - 12:00 pm

Session: 6/26 - 28

M: 10:00 am - 12:00 pm

Session: 7/10 - 24

Tu: 1:00 - 3:00 pm

Session: 7/11 - 25

W: 10:00 am - 12:00 pm

Session: 7/12 - 26

M: 1:00 - 3:00 pm

Session: 8/7 - 21

Ages: 9 - 15

M - W: 1:00 - 3:00 pm

Session: 6/26 - 28

M: 1:00 - 3:00 pm

Session: 7/10 - 24

Tu: 10:00 am - 12:00 pm

Session: 7/11 - 25

W: 1:00 - 3:00 pm

Session: 7/12 - 26

Tu: 1:00 - 3:00 pm

Session: 8/8 - 22



Junior Golf Performance Academy

Tetherow & Bend Country Club

JGPA's mission is to provide youth with a fun, healthy opportunity to develop fundamental life skills and core values through activities associated with the great game of golf. All abilities welcome! Includes 6 or 12 hours of instruction.

Fee: \$129 ID \$155 OD / 4-week session

\$199 ID \$239 OD / 8-week session

Ages: 7 - 9

Activity: 203602

Tu: 3:00 - 4:30 pm

4-week: 7/11 - 8/1 8/8 - 29

8-week: 7/11 - 8/29

Ages: 10 - 12

Activity: 203601

W: 3:00 - 4:30 pm

4-week: 7/12 - 8/2 8/9 - 30

8-week: 7/12 - 8/30

Ages: 13 - 15

Activity: 203600

Tu: 1:00 - 2:30 pm

4-week: 7/11 - 8/1 8/8 - 29

8-week: 7/11 - 8/29



Lacrosse

Bend High Lacrosse Camp

Grades: 4 - 8

Big Sky Sports Complex, Fields 4 & 5

Led by Bend High School and local club team coach Dan Brostek and his players, this camp teaches individual and position-specific skills, giving players the opportunity to take their game to the next level. Each session will build on the previous, culminating the basics of team offense and defense. Players will participate in small-sided games to work on team concepts and get a high number of reps. Bring a water bottle and snack each day. If needed, helmet, gloves and stick will be issued on Monday, 6/26 starting at 8:30 am at the old fire station building next to Big Sky Park. Players must provide their own shoulder and arm pads.

Fee: \$80 ID \$96 OD / session

Activity: 203195

M - Th: 9:00 am - 12:00 pm

Session: 6/26 - 29

Boys Lacrosse Camp

Summit High School

Summit High School lacrosse coach Jeff Melville and his players lead this energetic and positive camp, introducing the fundamentals of the game. Bring a water bottle and snack each day. If needed, helmet, gloves and stick will be issued on Monday, 7/10, 8:00 - 8:30 am, at Summit HS on the field. Players must provide their own shoulder and arm pads. Choose level - Novice or All Levels - at registration.

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

Activity: 203192

M - Th: 9:00 am - 12:00 pm

Session: 7/10 - 13

Novice: Grades: 1 - 4

All Levels: Grades: 2 - 8

Girls Lacrosse Camp

Grades: 3 - 8

Summit High School

Local high school girls lacrosse coaches lead this camp for girls of all abilities. Sessions cover cradling, passing, catching, shooting; all the skills needed to improve your game. Bring water bottle and snack each day. If needed, goggles and stick will be issued 30 minutes prior to first day of camp at Summit HS on the field.

Fee: \$42 ID \$50 OD / session

Activity: 203194

M - W: 9:30 - 11:30 am

Session: 7/10 - 12

Martial Arts

Lil' Dragons!

Ages: 3 - 5

Odyssey Martial Arts

Beginning with the very basics of Tang Soo Do Karate, this class helps children learn discipline, self-control, confidence and teamwork as well as develop motor skills. Uniform included.

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

Activity: 206750

M/W: 4:15 - 4:45 pm

Session: 6/5 - 28 7/10 - 8/2

8/7 - 30

9/6 - 27 (adj. fee: \$52 ID \$63 OD)

Tu/Th: 4:15 - 4:45 pm

Sessions: 6/6 - 29 7/11 - 8/3

8/8 - 31 9/5 - 28

Junior Karate

Ages: 6 - 13

Odyssey Martial Arts

Discover what martial arts is all about! Students will acquire control, focus, discipline, self-defense, confidence and respect while learning karate techniques and having fun. Uniform included.

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

Activity: 206751

M/W 5:00 - 5:45 pm

Session: 6/5 - 28 7/10 - 8/2

8/7 - 30 9/6 - 27

Tu/Th 5:00 - 5:45 pm

Sessions: 6/7 - 30 7/11 - 8/3

8/8 - 31

9/5 - 28 (Adj. Fee: \$69 ID \$83 OD)



Kids Mixed Martial Arts

Ages: 6 - 12

Smith Martial Arts

Learn mixed martial arts skills and techniques including boxing, kickboxing, takedowns, grappling, submissions and conditioning. With safety and fitness emphasized, this program is for beginners and kids with prior training. Includes t-shirt.

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

Activity: 206755

Tu/Th: 4:30 - 5:15 pm

Sessions: 5/16 - 6/8 6/13 - 7/11

7/18 - 8/8

Ninja Warrior NEW

Ages: 8 - 15

Smith Martial Arts

Do you have what it takes to be a ninja warrior? This obstacle course incorporates speed, superhuman agility, balance, tumbling, skill and strategy for a fun fitness challenge that will work your whole body.

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

Activity: 206754

M - Th: 2:30 - 3:30 pm

Sessions: 6/26 - 29 7/10 - 13

7/24 - 27 8/7 - 10

8/21 - 24



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

ID = In-District Resident Fee • OD = Out-of-District Fee • = visit our website for other choices of days/times

Hollywood Stunt Training

Ages: 8 - 15

Smith Martial Arts

Get insider training in stunts and screen fighting from veteran Hollywood stunt fighter and fight choreographer. Class demonstrates how to properly hit, work angles, choreograph a fight scene and react for the camera. Fun and fast-paced, class is for beginners and those with martial arts experience.

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

Activity: 206756

M-Th: 1:00 - 2:00 pm

Sessions: 6/26 - 29 7/10 - 13

7/24 - 27 8/7 - 10

8/21 - 24

Circus Training Camp NEW

Ages: 9 - 14

Tula Movement Arts

Our team of certified AcroYoga and Slackline instructors are excited to teach fun and accessible circus-ninja skills in acrobatics, balance, juggling, and hooping. Students will learn to 'fly' and balance on their friends, lift them into the air, perform tricks on the slackline, learn eye-hand coordination skills through juggling basics and hoop tricks. Learn the power of trust and teamwork and rise to new heights.

Weekly: \$120 ID \$144 OD / session

Daily: \$35 ID \$42 OD / day

Activity: 206765

M - F: 9:00 am - 12:00 pm

Sessions: 7/17 - 21 8/7 - 11

8/28 - 9/1

Volunteer with youth sports and adaptive programs.

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



Quidditch

Quidditch Camp

Juniper Park, by tennis courts

Mount your broomsticks! 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. Every skill level welcome. Bring a water bottle and snack.

Fee: \$120 ID \$144 OD / session

Activity: 206730

M - Th: 9:00 am - 12:00 pm

Ages: 8 - 11

Sessions: 7/10 - 13 7/31 - 8/3

Ages: 12 - 15

Sessions: 7/24 - 27 8/7 - 10

Rugby

Middle School Flag Rugby Camp NEW

Grades: 5 - 8

Skyline Sports Complex

Come try the fastest growing sport in the United States and the newest Olympic sport! Non-contact rugby is action-packed and full of fun, fast games and activities that are dynamic, engaging, and keep every participant moving. The camp will focus on teaching and improving core rugby skills and creating a respectful, supportive learning environment and fun experience. Groups divided based on age, grade and/or experience and ability when necessary.

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

Activity: 203200

M - Th: 10:00 am - 12:00 pm

Session: 8/14 - 17



Skateboarding

Skate & Swim!

Ponderosa Park, New Pondi Skatepark

Calling all beginner skateboarders - this camp is for you! Come improve your skills on the skateboard, get comfortable in the park, and skate to the swimming pool at the end of each day to cool off! Skateboard, helmet and backpack required. Bring sack lunch and swimming suit each day.

Fee: \$185 ID \$222 OD / session

Activity: 206711

M - Th: 10:00 am - 3:30 pm

Ages: 6 - 8

Sessions: 7/10 - 13 7/24 - 27

8/7 - 10

M - Th: 10:00 am - 3:30 pm

Ages: 9 - 11

Sessions: 6/26 - 29 7/17 - 20

7/31 - 8/3

Intro to Skateboarding

Ages: 5 - 10

Bearings Skateboard Academy

Learn the fundamentals of skateboarding, make new friends and have fun with BSA's coaches in our controlled indoor skate facility. We will focus on proper skateboard setup, stance and ramp riding. Skateboard, helmet, pads and sack lunch required.

Fee: \$169 ID \$203 OD / session

Activity: 206770

M - Th: 9:30 am - 12:30 pm

Session: 7/10 - 13



She Skates! Skateboard Camp

Ages: 5 - 11

Bearings Skateboard Academy

Girls Rule! Join us for a girl's only skate camp at Bearing's private skatepark with our staff of professional skateboard coaches. Make new friends and learn new skills in a positive environment. Skateboard, helmet, pads and sack lunch required.

Fee: \$169 ID \$203 OD / session

Activity: 206772

M - Th: 9:30 am - 12:30 pm

Session: 7/31 - 8/3

Scotering Camp

Ages: 6 - 17

Ponderosa Park, Old Pondi Skatepark

Learn new skills and tricks with pro instructors and enjoy progressing in the sport while we have a blast with games and activities. Camp will feature guest pro-athletes! On the last day, we'll show off our skills in a mini comp with prizes and giveaways. Riders will be divided by age and skill level. Scooter, helmet, pads and sack lunch required.

Fee: \$215 ID \$258 OD / session

Activity: 206778

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

Sessions: 6/26 - 29 7/10 - 13

7/17 - 20 7/24 - 27

7/31 - 8/3 8/14 - 17

8/21 - 24

Skate & Paint!

Ages: 6 - 12

Ponderosa Park, New Pondi Skatepark

Are you a beginning skateboarder who loves art too? This camp is for you. Come improve your skills on the skateboard, get comfortable in the park and use your creative side to design a unique t-shirt and participate in a large painted mural to be put on display at the skate park. Helmet and skateboard required. Bring sack lunch and each day.

Fee: \$185 ID \$222 OD / session

Activity: 206710

M - Th: 10:00 am - 3:30 pm

Sessions: 8/14 - 17 8/21 - 24



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 in the Park - Teddies

Ages: 18 Months - 3 Years

This parent participation class is a physical development program to engage kids in physical activity.

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

FOUR WEEKS: HARMON PARK

Activity: 203320

M/W: 9:00 - 9:55 am

Sessions: 6/26 - 7/19 (No session 7/3 & 7/5)

7/24 - 8/16

EIGHT WEEKS: HARMON PARK

Activity: 203320

Th: 10:00 - 10:55 am

Session: 6/29 - 8/17 (No session 7/6)

Th: 5:00 - 5:55 pm

Session: 6/29 - 8/17 (No session 7/6)

EIGHT WEEKS: PINE NURSERY PARK

Activity: 203321

M: 4:00 - 4:55 pm

Session: 6/26 - 8/14 (No session 7/3)

Tu: 5:00 - 5:55 pm

Session: 6/27 - 8/15 (No session 7/4)

W: 4:00 - 4:55 pm

Session: 6/28 - 8/16 (No session 7/5)

SoccerTots in the Park - Cubs

Ages: 3 - 4

An introductory class teaching kicking, balance, dribbling, foot-eye coordination as well as listening and following directions.

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

FOUR WEEKS: HARMON PARK

Activity: 203322

M/W: 10:00 - 10:55 am

Sessions: 6/26 - 7/19 (No session 7/3 & 7/5)

7/24 - 8/16

EIGHT WEEKS: HARMON PARK

Activity: 203322

M: 5:00 - 5:55 pm

Session: 6/26 - 8/14 (No session 7/3)

Tu: 10:00 - 10:55 am

Session: 6/27 - 8/15 (No session 7/4)

Tu: 5:00 - 5:55 pm

Session: 6/27 - 8/15 (No session 7/4)

W: 5:00 - 5:55 pm

Session: 6/28 - 8/16 (No session 7/5)

Th: 11:00 - 11:55 am

Session: 6/29 - 8/17 (No session 7/6)

Th: 4:00 - 4:55 pm

Session: 6/29 - 8/17 (No session 7/6)

EIGHT WEEKS: PINE NURSERY PARK

Activity: 203323

M: 4:00 - 4:55 pm

Session: 6/26 - 8/14 (No session 7/3)

Tu: 6:00 - 6:55 pm

Session: 6/27 - 8/15 (No session 7/6)

W: 4:00 - 4:55 pm

Session: 6/28 - 8/16 (No session 7/5)

Th: 5:00 - 5:55 pm

Session: 6/29 - 8/17 (No session 7/6)

Volunteer with youth sports and adaptive programs.

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

REGISTER
NOW
FOR FALL!



Kindergarten Soccer League

Boys & Girls, Kindergarten
(2017 - 18 school year)

Skyline Sports Complex

Designed for the player too young to participate in our Youth Fall Soccer program, this league highlights soccer skill development, learning teamwork and sportsmanship, being active and having fun! Teams meet on Saturdays for 50 minutes, this includes practices and scrimmages. Teams play 3-v-3 on a short field without a goalie. Includes team t-shirt. This program is dependent on volunteer coaches. If you are interested in coaching this season, please go to our website to complete a Volunteer Application.

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

Activity: 203400

Registration deadline: 8/6
or until full

Sa: Times to be announced

Season: 9/9 - 10/14

SoccerTots in the Park - Bears

Ages: 5 - 6

Designed for kids with little or no soccer experience.

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

FOUR WEEKS: HARMON PARK

Activity: 203324

M/W: 11:00 - 11:55 am

Sessions: 6/26 - 7/19 (No session 7/3 & 7/5)
7/24 - 8/16

EIGHT WEEKS: HARMON PARK

Activity: 203324

M: 6:00 - 6:55 pm

Session: 6/26 - 8/14 (No session 7/3)

Tu: 11:00 - 11:55 am

Session: 6/27 - 8/15 (No session 7/4)

Tu: 4:00 - 4:55 pm

Session: 6/27 - 8/15 (No session 7/4)

W: 4:00 - 4:55 pm

Session: 6/28 - 8/16 (No session 7/5)

Th: 6:00 - 6:55 pm

Session: 6/29 - 8/17 (No session 7/6)

EIGHT WEEKS: PINE NURSERY PARK

Activity: 203325

M: 5:00 - 5:55 pm

Session: 6/26 - 8/14 (No session 7/3)

W: 5:00 - 5:55 pm

Session: 6/28 - 8/16 (No session 7/5)

Th: 6:00 - 6:55 pm

Session: 6/29 - 8/17 (No session 7/6)



Soccer

British Soccer Camps

The largest soccer camp provider in the U.S. and Canada! Focused on challenging and encouraging players to improve with maximum participation, maximum touches on the ball and maximum fun. No line drills or long speeches!

MINI CAMP

Ages: 4 - 7

Fee: \$115 ID \$138 OD / session

Activity: 203210

M - F: 9:00 - 11:00 am

Sessions: 6/26 - 30 Big Sky
7/24 - 28 Skyline
8/14 - 18 Big Sky

HALF DAY CAMP

Ages: 7 - 14

Fee: \$165 ID \$198 OD / session

Activity: 203211

M - F: 9:00 am - 12:00 pm

Sessions: 6/26 - 30 Big Sky
7/24 - 28 Skyline
8/14 - 18 Big Sky

M - F: 1:00 - 4:00 pm

Sessions: 6/26 - 30 Big Sky
7/24 - 28 Skyline
8/14 - 18 Big Sky

FULL DAY CAMP

Ages: 8 - 14

Provides advanced training with game-related techniques, tactical development and match play.

Fee: \$219 ID \$263 OD / session

Activity: 203212

M - F: 9:00 am - 4:00 pm

Sessions: 6/26 - 30 Big Sky
7/24 - 28 Skyline
8/14 - 18 Big Sky



Soccer Skills in the Park

Ages: 7 - 11

Harmon Park

Learning the fundamentals of soccer, participants will play in games with the focus of individual and team skills development. We stress a non-competitive environment and promote fun above all else. Classes will end in scrimmages. Instructor-to-student ratio is kept small to maximize individual development.

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

Activity: 203331

M: 4:00 - 4:55 pm

Session: 6/26 - 8/14 (No session 7/3)

Tu: 6:00 - 6:55 pm

Session: 6/27 - 8/15 (No session 7/4)

Rush FC Youth Soccer Camp NEW

Ages: 7 - 11

Big Sky Sports Complex, Field 1

Designed for youth soccer players who wish to improve their technical soccer skills, this camp is led by Cascade Rush soccer club with United States Soccer Federation licensed coaches using Rush Soccer Partners International curriculum. Sessions focus on passing, dribbling, shooting, and player movement. T-shirt included. Bring appropriate clothing, water bottle and snack each day.

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

Activity: 203245

M - W: 9:00 - 11:00 am

Session: 7/3 - 5

W - F: 5:30 - 7:30 pm

Session: 7/5 - 7

MVHS Soccer Camp

Grades: 1 - 5

Big Sky Sports Complex, Field 1

Hosted by both the Mountain View High School boys and girls soccer programs, this camp is for players of all abilities. Campers will learn the fundamental soccer skills needed to compete at the next level such as dribbling, passing, shooting, and defensive drills.

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

Activity: 203236

Tu - Th: 9:00 - 11:30 am

Session: 7/18 - 20

Storm Girls Soccer Camp

Grades: 3 - 8

Summit High School

Summit High School Soccer coach Jamie Brock and her staff lead this camp for girls of all ability levels, teaching the skills and techniques required in programs of all levels. Bring a soccer ball, appropriate clothing, water bottle and snack each day.

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

Activity: 203225

M - Th: 8:30 am - 12:00 pm

Session: 7/31 - 8/3

Bend High Soccer Camp

Grades: 1 - 8

Hal Puddy Field

Bend High Soccer coach Nils Eriksson and his players lead this camp that is committed to teaching the skills and techniques required to participate in soccer programs of all levels. Coach Eriksson is considered one of the best youth soccer coaches in the state, so come join him for a fantastic camp! Bring a soccer ball, water bottle and snack each day. Camp split into two groups: grades 1 - 5 and grades 6 - 8.

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

Activity: 203230

M - Th: 12:30 - 3:00 pm

Activity: 8/7 - 10



Youth Fall Soccer League

Boys & Girls, Grades 1 -8 (2017 - 18 school year)

BPRD and Bend FC Timbers collaborate to offer this unified community-wide program. Both new and returning players are welcome in this developmental league. School-based and divided by grade, teams practice twice a week and play games on Saturdays. Instruction, number of players on teams and game field sizes are age-appropriate and grow incrementally. Each child receives their own jersey, shorts and socks.

GRADES 1 & 2 DIVISION: Fun in nature, this division emphasizes development of basic ball handling and passing skills and understanding of the game.

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

GRADES 3 - 5 DIVISION: With a focus on ball handling and passing skills, this refereed division establishes understanding of the game, strategy, sportsmanship, teamwork and individual player roles.

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

GRADES 6 - 8 DIVISION: With games on the big fields, this refereed division emphasizes conditioning, advanced development of ball handling and passing skills, the importance of teamwork and game strategy.

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

This program is dependent on volunteer coaches. If you are interested in coaching, please go to our website to complete a Volunteer Application.

Season: 8/21 - 10/28

Registration Deadline: 6/5

COED		BOYS		GIRLS	
Activity:	Grade:	Activity	Grade:	Activity:	Grade:
203401	Grade 1	203403	Grade 2	203404	Grade 2
		203405	Grade 3	203406	Grade 3
		203407	Grade 4	203408	Grade 4
		203409	Grade 5	203410	Grade 5
		203411	Grade 6	203412	Grade 6
		203413	Grade 7	203414	Grade 7
		203415	Grade 8	203416	Grade 8



Bend FC Timbers

Future Timbers Academy

Ages: 5 - 8

Season: Mid-June - August 1

Designed for our youngest players, this program is an introduction to the game; focusing on skill building, development and FUN! Led by the Bend FC Timbers professional coaching staff, this program meets twice a week.

Junior Academy

Ages: 9 - 10

Year-round with breaks

For players looking for a more competitive environment, this program features teams that will train under the guidance of Bend FC Timbers professional coaching staff. Teams will train twice a week, play small-sided games, compete in the Mid Valley league against statewide clubs and attend at least one tournament.

Academy Teams

Ages: 11 - 18

Year-round with open enrollment

For highly committed players looking to train and play year round, this program features teams that will be coached by Bend FC Timbers professional staff. Team tryouts every May.

For more information on Bend FC Timbers Academy programs, visit BendFCTimbers.com.



Mountain View's Get Ready For Fall Soccer Camp

Grades: 4 - 8

Mountain View High School

Start the season at the top of your game! Directed by Mountain View soccer staff, campers will enjoy three days of soccer fitness camp to get ready for the fall season. Bring a soccer ball, appropriate clothing, water bottle and snack each day.

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

Activity: 203235

Tu - Th: 6:00 - 7:30 pm

Session: 8/15 - 17

Youth Soccer Clinics

Grades: 1 - 5

Hal Puddy Field

Get ready for the upcoming youth soccer season by practicing passing, dribbling, shooting, footwork and agility. These clinics will be conducted by experienced BPRD staff.

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

Activity: 203220

Tu & Th: 11:30 am - 1:00 pm

Session: 8/22 & 24

Start Smart

Start Smart Golf

Ages: 5 - 7 with adult

The Pavilion

For children who have little or no golf experience, this program utilizes the SNAG coaching system, moving parent-child groups through different learning stations while teaching necessary motor skills and the basics of golf including stance, swing and etiquette. Adult must attend and participate with their child. All equipment provided.

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

Activity: 203021

Tu/Th: 6:00 - 6:50 pm

Session: 5/16 - 25

Start Smart Baseball

Ages: 4 - 6 with adult

Harmon Park

Get involved with your child in this engaging baseball program! We use soft equipment and age-appropriate stations and games to teach the basics of throwing, catching and hitting. Equipment is provided for players to keep. Adult must attend and participate with their child. If you have a baseball glove, be sure to bring it each day.

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

Activity: 203022

Tu - Th: 6:00 - 6:50 pm

Session: 6/6 - 15

Start Smart Football

Ages: 5 - 7 with adult

Pine Nursery Park

Get involved with your child while introducing them to the sport of football! We use soft equipment, teaching the basics of kicking, passing and catching. Equipment is provided for players to keep. Adult must attend and participate with their child. Extremely popular program, so register early!

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

Activity: 203023

Su: 9:00 - 9:50 am

Session: 9/10 - 10/8

Tennis

Youth Tennis Camp NEW

Ages: 8 - 17

Juniper Park

Join our summer tennis staff and tune up your skills for the fall. Twelve hours of tennis sessions will include stroke production, footwork, games, match play and lots of fun. Space is limited so register early.

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

Activity: 203515

M - Th: 9:00 am - 12:00 pm

Session: 6/26 - 29

QuickStart Tennis I

Juniper Park

An exciting play format for learning tennis, designed to bring kids into the game of tennis by utilizing specialized equipment, shorter court dimensions and modified scoring - all tailored to age and size.

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

Ages: 4 - 5

Activity: 203500

M - Th: 8:30 - 9:30 am

Sessions: 7/10 - 20 7/24 - 8/3

8/7 - 17 8/21 - 31

Ages: 6 - 7

Activity: 203501

M - Th: 8:30 - 9:30 am

Sessions: 7/10 - 20 7/24 - 8/3

8/7 - 17 8/21 - 31

Ages: 7 - 11

Activity: 203502

M - Th: 9:30 - 10:30 am

Sessions: 7/10 - 20 7/24 - 8/3

8/7 - 17 8/21 - 31



QuickStart Tennis II

Ages: 8 - 11

Juniper Park

Same great principles as QuickStart Tennis I, this class is designed for the child that has participated in tennis lessons before.

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

Activity: 203503

M - Th: 10:30 - 11:30 am

Sessions: 7/10 - 20 7/24 - 8/3
8/7 - 17 8/21 - 31

Tennis I

Ages: 12 - 14

Juniper Park

Instruction is based on the players' desire to learn the rules, basic playing skills and court positioning as fast as possible and to see steady progress in their play. The sessions are action-oriented and include lots of fun.

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

Activity: 203504

M - Th: 11:30 am - 12:30 pm

Sessions: 7/10 - 20 7/24 - 8/3
8/7 - 17 8/21 - 31

Tennis II

Ages: 12 - 14

Juniper Park

Sessions focus on continued skill development coupled with actual match experiences. Players review basic shot making techniques, undertake more advanced drills, learn and practice doubles, and play matches.

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

Activity: 203505

M - Th: 11:30 am - 12:30 pm

Sessions: 7/10 - 20 7/24 - 8/3
8/7 - 17 8/21 - 31



29th Annual Collier Cup Tennis Championships

Ages: 10 - 18

Juniper Park

For Junior, Intermediate and Advanced levels! A classic! The Collier Cup is Bend's only outdoor summer tournament and the vibe is friendly and focused on having a great time. Come compete with locals and visitors alike from around the Pacific Northwest. Invite your out-of-town friends to join in! Questions? Call or email Kevin@bendparksandrec.org or (541) 706-6196.

F - Su: 7/7 - 9

Registration at www.usta.com

Tournament ID #600026317

Sanctioned by the USTA

Tennis Tournament Training

Ages: 10 - 17

Juniper Park

Join our energetic staff as they improve your game. Through advanced drills, strategies, conditioning, and match play -- they will get you tournament tough! Whether you have participated in tournament tennis for years, or never have before, these sessions are a must!

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

Activity: 203510

M/W: 2:00 - 4:00 pm

Sessions: 7/10 - 8/2 8/7 - 30

Middle School Tennis League

Grades: 6 - 8 (2017 - 18 school year)

This program emphasizes skill development, maximum participation, good sportsmanship and fun. This program is dependent on volunteer coaches. Anyone interested in coaching, please go to our website to complete a Volunteer Application.

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

Activity: 203800

Registration deadline: 8/29
or until full

Tu - Th: 4:00 - 5:30 pm

Season: 9/12 - 10/19

Activity:	School:
203800.01	Cascade MS
203800.02	High Desert MS
203800.03	Pacific Crest MS
203800.04	Pilot Butte MS
203800.05	Sky View MS

Track & Field

Storm Track Camp

Grades: 3 - 8

Summit High School

Summit High School track coach Dave Turnbull, his staff and athletes lead this camp for all ability levels. Our coaches aim to teach the best techniques and improve your skills. Bring running shoes, appropriate clothing, water bottle and snack each day.

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

Activity: 203260

M - Th: 9:00 am - 12:00 pm

Session: 6/26 - 29

XC Running Camp

NEW

Grades: 5 - 8

Pilot Butte Middle School

Open to runners from ALL middle schools, this camp will help runners become better, faster and smarter athletes as we provide an educational and inspirational experience for all ages and abilities. This is a great way to get ready for the coming cross country season. Includes camp t-shirt. Bring running shoes, appropriate clothing and water bottle each day.

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

Activity: 203261

M - Th: 3:00 - 4:30 pm

Session: 8/28 - 31





Volleyball

Trinity Volleyball Camp

Trinity Lutheran School

Join Trinity High School volleyball coach Greg Cliff and his staff as they teach game fundamentals through a system of demonstrations, guidance, repetition and correction in a fun atmosphere. Leave with a better understanding of the game, improved skills and the ability to take your game to a higher level. Bring your knee pads and water bottle each day.

Fee: \$56 ID \$67 OD / session

Activity: 203280

Grades: 3 - 5

M - Th: 10:00 am - 12:00 pm

Grades: 6 - 8

M - Th: 12:30 - 2:30 pm

Session: 7/17 - 20

Bend High Jr. Lava Bear Volleyball Camp

Bend High School

Bend High Volleyball coach Kristin Cooper, her staff and players lead this camp for athletes of all ability levels. Learn passing, setting, hitting, digging and serving from a positive, enthusiastic staff. Includes camp t-shirt. Bring your knee pads and water bottle each day.

Activity: 203270

Grades: 2 - 6

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

M - W: 8:00 - 10:00 am

Session: 7/31 - 8/2

Grades: 7 - 9

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

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

Session: 7/31 - 8/3

Little Cougar Volleyball Camp

Mountain View High School

Directed by Mountain View Volleyball coach Kate McBrien, her staff and players, these camps cover all the skills required to take your volleyball game to the next level - passing, setting, hitting, digging and serving. Bring your knee pads and water bottle. Register by 7/14 to receive a camp t-shirt.

Activity: 203272

Registration deadline: 8/4

or until full

Grades: 3 - 5

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

M - Th: 9:00 - 10:30 am

Grades: 6 - 9

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

M - Th: 11:00 am - 1:00 pm

Session: 8/7 - 10

Pre-Season Volleyball Clinics

Grades: 6 - 8

Pilot Butte Middle School

Get your game on! Join your local middle school coaches as we prepare for the coming season. Bring your knee pads each day.

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

Activity: 203278

M - W: 10:00 am - 12:00 pm

Session: 8/28 - 30

REGISTER NOW FOR FALL!

6th Grade Volleyball League

Grade: 6 (2017 - 18 school year)

This league emphasizes building volleyball skills, maximum playing time, developing teamwork, sportsmanship and leadership, and enjoying the sport of volleyball! Teams are school-based (players must register for the school they attend) and practices are held at your school. Matches played on Tuesday and/or Thursday evenings. Uniform tops provided for players to keep. This program is dependent on volunteer coaches. If you are interested in coaching this season, please go to our website and complete a Volunteer Application.

Fee: \$58 ID \$70 OD / season

Activity: 203550

Registration deadline: 8/13

or until full

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

Season: 9/11 - 10/26

Volunteer with youth sports and adaptive programs.

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



Weight Training & Wrestling

Wrestlenastics

Grades: K - 4

Bend High School

Get your child active this summer! Introduce them to wrestling activities in a fun, safe atmosphere. Includes games and activities to enhance balance, coordination, strength and confidence. Led by high school coaches and athletes. Held in the wrestling room at Bend High School.

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

Activity: 203295

M - Th: 8:30 - 10:30 am

Session: 6/26 - 29

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.

Weight Training & Strength Camp

Grades: 6 - 9

Mountain View High School

Learn safe, effective weight and strength training techniques to increase your strength, stamina, speed and agility. Use the Mountain View High School weight room FREE of charge under the direct supervision of our high school coaches July and August. This camp is held in the Mountain View weight room.

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

Activity: 203290

M - F: 9:00 - 11:00 am

Session: 7/3 - 7 (No session 7/4)



Wheelchair Sports

Wheelchair Sports

Ages: 16 & up

The Pavilion

If you have limited mobility or use a wheelchair for mobility and are looking for another recreation outlet, come play wheelchair sports such as basketball, rugby and more. Learn rules, basic playing skills, wheelchair mobility and have plenty of time for practice. Sports wheelchairs provided.

Fee: \$3 drop-in fee per night

Activity: 204500

M & Th: 6:15 - 8:15 pm

Sessions: 6/17 - 9/7



CLIP IT OUT!
.....
(RE) PLACE
IT ON
YOUR FRIDGE!
.....
DON'T MISS OUT
ON THE
ACTION!

Yo! Sports Fans!

Plan Ahead!

2017 - 18

Youth League

Registration Deadlines:

SUMMER 2017 REGISTRATION: Opens March 20

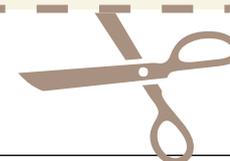
Program/League	Season	Registration Deadline
Youth Fall Soccer League	August - October	June 5
Youth Tackle Football League	August - October	June 25
Youth Flag Football League	September - November	July 31
Kindergarten Soccer League	September - October	Aug. 6
6th Grade Volleyball League	September - October	Aug. 13
Middle School Tennis League	September - October	Aug. 29

FALL 2017 REGISTRATION: Opens August 7

Program/League	Season	Registration Deadline
Youth Volleyball League	October - Dec.	Sept., TBD
Bitty Basketball	Nov. - Dec.	Oct., TBD
Middle School Basketball - Boys	Nov. - Dec.	Oct., TBD
Youth Basketball League	January - March	Nov., TBD
High School Basketball League	Dec. - March	Nov., TBD
Middle School Basketball - Girls	January - March	Dec., TBD

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





thanks, coach

GIVE & RECEIVE BACK
.....
COACHING MATTERS
IN OUR COMMUNITY
.....

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!

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:

- Kindergarten Soccer
- Youth Fall Soccer
- Youth Flag Football
- Youth Tackle Football
- Middle School Tennis
- 6th Grade Volleyball

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.

3rd - 5th Grade Youth Basketball

Joe Arvidson	Jay Curley	Kyle Kendall	Gavin MacFarland	Kelly Moyes	Marcos Romero	Michelle White
Ryan Barker	Wayne Dickinson	Shaun Kent	Lindy Maniscalco	Elijah Myers	Stephanie Russell	Trevor Wigle
Brandon Blumberg	Amy Dimmitt	Debora Kerr	Chris Maskill	Chris Nance	Kerry Sexson	Brian Wilkinson
Pam Bradbury	Luke French	Jerry Kerr	Joe Mazzarella	Joseph Nichols	Richie Sexson	Marc Williams
Chad Brewer	Harvey Gonzales	Martha Ketsdever	Derek McCulley	Tom Nishikawa	Emily Smith	Mike Wilson
Keith Chaiet	Brian Griffin	Adrian Kettering	Doug McDonald	Nick Pardo	Tom Sorenson	Corky Wray
Craig Clayton	Megan Griffin	Matt Kettering	Elisabeth Melner	William Pelayo	Kyle Stanton	
Keith Clayton	Andy High	Wes Knapp	Sean Merkord	Jolie Perkins	Eric Tabert	
Susan Coetzee	John Hill	Heather Knox	Tonia Meyer	Bill Pfeiffer	Brian Thomas	
Olivia Cook	Rob Imhoff	Bill Latiolait	Branden Miller	Joe Riedl	Mike Tompkins	
Russ Crawmer	Byron Jenson	Jessica LeBlanc	Kee Moon	Mark Roberts	David Vodak	
Ryan Cruz	Phil Jonsrud	Shane Lefeber	Benjamin Moore	Joshua Rodriguez	Staci West	

Kinder, 1st & 2nd Grade Bitty Ball

James Borges	Terry Denoux	Casey Holden	Ross Kranz	TJ Pyle	Nicole Stefano	Michael Unruh
Brent Bradley	Kevin Detweiler	Kirsten Holden	Jessica Le Blanc	Michelle Reeves	Jason Stinnett	David Vodak
Corey Bruhn	Melissa Eckman	John Howes	Heather Light	Joe Riedl	Shaleana Stout	Seth Walden
Keith Clayton	Trevor Flaherty	Nate Janes	Hannah Lippke	Pete Sandgren	Andy Timm	
CJ Colt	Brian George	Byron Jenson	Bryce Mitchell	Jaime Schick	Katrina Turbyne	
Stacy Cox	Kacey Green	Anna Johnson	Nathan Moses	Maria Schwab		
Tori Culbertson	Brett Hartlaub	Emily Kirk	Jolie Perkins	Jane Shein		

Youth Hockey

Mike Ahlman	Josh Davis	Paul Isreal	John Laherty	Mike Mills-Price	Kelly Strucharz	Jon Vlasak
Keith Bell	Justin Duke	Bill Janulewicz	Skyler Larsen	Tim Monaco	Aaron Tarnow	Michel Waller
Austin Brown	Eric Flowers	Jeremy Jensen	Chet Liew	Rick Morton	Seth Taylor	Travis White
Isaac Brown	Lance Hayes	John Komar	Rowan Litner	Dale Pilon	David Town	
Rob Brown	Rory Howatt	Ross Kranz	Frank Martin	Nick Rutonno	Chris Trahey	
Sam Christensen	Jerry Huegel	Bronwyn Laherty	Ryan Mchugh	Taj Smith	Mike Vargas	

3rd - 5th Grade Youth Volleyball

Kristen Allen	Amy Dimmit	Andis Kizansm	Peter Ozolin
Sue Arnold	Ashley Donovan	Randall Knight	Jolie Perkins
Charlene Bays	Jerry Everist	Todd LaFrenz	Jennifer Phillips
Eric Bays	Paula Everist	Kristin Larson	Amy Pierce
Rachelle Bays	Mandy Faulkner	Jessica Malinowski	Shelly Ransom
Juana Beede	Mindy Godell	Jeffrey Mertins	Kristi Reinhart
Banni Bunting	Bobby Grover	Brenda Miller	Brandon Turley
Sheiri Capitani	Trish Grover	Heather Miller	Jeff Utu
Kara Catalla	Jennifer Hammond	Tara Mortenson	Scott Veronese
Neil Cole	Heather Hansen	Christina Myers	Mike Wilson
Katy Cross	Jonathan Hicks	Jennifer Nance	Crystal Young
Kelly Crowther	Kim Hockin	Kevin Nelson	
Kris Danks	Tami Hoffman	Lacy Nichols	
Mariah Danks	Kathy Hously	Casie Ozolin	

Boys Middle School Basketball

Justin Aldrich	Jason Dornbecker	Julie Lyché	Seth Ramsey
Troy Bailey	Brian Earis	Gavin MacFarland	Jeff Reynolds
Doug Baker	Tim Foley	Alex Macias	Greg Rider
John Baker	Jeff Gregg	Sterling McCord	Kevin Rohde
Andy Balyeat	Jesse Guevara	Laurie Miller	Tom Rupp
Eric Bennett	Dietrich Haar	Rich Mithoff	Phillip Schliep
Jerry Benson	Keith Harris	Bridget Montgomery	Tom Sorenson
Jaames Bents	Ron Hoffman	Doug Morgan	Greg Stackhouse
Jim Brown	Kevin Holland	Lawrence Morris	Shane Steffen
Seth Bucy	Nicholas Hughes	Riley O'Brien	Karen Swenson
Amy Campbell	Ken Isola	Laura O'Connell	James Taylor
Chris Conway	Kevin Karpstein	Matthew O'Leary	Debbie Tirrill
Bret Cromwell	Debra Kerr	Eddie Olivares	Katrina Turbyne
Rex Daines	Jeff Klein	Ryan O'Neil	Michelle White
Justin Davis	Heather Knox	Jake Paltzer	Brian Wilber
Don Delisi	Kyle Lindikoff	Seth Paskewich	Shawn Woods
Robert Dennis	Michelle Lindikoff	Darren Petrie	
Ron Duke	Heather Lowery	Michelle Priem	

Girl Middle School Basketball

Jeff Anderson	Kyle Jurgenson
Brady Bedsworth	Peggy Kinkade
Louis Bennett	Kelly McKinney
Brent Black	Cris Mercer
Edward Bogart	Katie Merickel
Jim Brown	Tyler Pendergast
Bill Bufford	Claire Philippy
Shara Carnahan	Gary Philippy
Janell Char	Dan Russell
Jonathan Char	Beverly Shipman
Todd Eckhart	Jennifer Sutterfield
Jenny Erard	Lynsee Swearingen
Janae Evans	Scott Swearingen
Chris Fitton	Andrew Tyler
Chris Gladd	Jon Williams
Matt Haney	
Marni Hanna	
John Howes	



to our
winter and spring sports sponsors.

Thank you to all the local businesses and individuals who value healthy recreation opportunities for our community and help make adult and youth sports programs possible. Please join us in thanking the following 2017 winter and spring sports sponsors:

Youth Basketball Program Sponsor:

The Center Orthopedic & Neurosurgical Care & Research

Middle School Basketball Program Sponsor:

Bigfoot Beverages

Bitty Ball Basketball Program Sponsor:

**Krueger & Lenox,
Oral & Maxillofacial Surgery**

Youth Hockey Program Sponsor:

**Krueger & Lenox,
Oral & Maxillofacial Surgery**

Adult Hockey Program Sponsor:

Baldy's Barbeque

Curling Program Sponsor:

Miller Lumber

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: 203000	Youth Flag Football (boys & girls grades 1 - 6)	\$275/team
Program: 203002	Youth Fall Soccer (boys & girls grades 1 - 8)	\$275/team
Program: 203004	Kindergarten Soccer (boys & girls)	\$275/team



Welcome Dr. Matt!

Please join Dr. Cate and the team at Bluefish in welcoming pediatric dentist Dr. Matt Anderson to our practice and community. Dr. Matt is a truly compassionate, dedicated and enthusiastic care provider—and a great fit with our amazing Bluefish team. Welcome Dr. Matt!



Dr. Cate and Dr. Matt

**One fish, two fish
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Catherine Quas, DMD
Matt Anderson, DDS
John Frachella, DMD

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Summer Camp

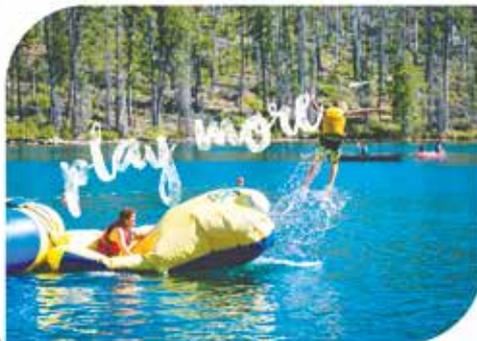
Days start with the ringing of the bell and are filled with friendship & adventure.

Days end with evening campfires, skits, singing, laughter and gorgeous sunsets over Dark Lake.

REGISTER at
www.camptamarack.com

Traditional Camp

On the shores of Dark Lake in Deschutes National Forest, our traditional camp offers water fun, outdoor adventures, games, arts & crafts and independence, all in a magical, forested setting. Campers live in rustic cabins that house 6 to 8 children. Programs are age-specific to bring out everyone's best. Younger campers try their hand at camp activities with close supervision and bedtime routines to help them feel comfortable away from home. Older campers discover more challenging activities & leadership opportunities, plus all the traditional camp activities. All campers choose from a variety of activities -- art projects, swimming, boating, archery, sports & games.



Type 1 Diabetes Camp

At On Belay Type 1 Diabetes Camp, children with diabetes and their buddy or sibling have the opportunity to meet all the challenges and adventures offered at Camp Tamarack safely and responsibly. The On Belay concept of "I've got your back" will be promoted by activities and outings. Buddies will learn to recognize diabetic emergencies and assist if needed with on-site medical staff, educators and counselors. Children with Type 1 Diabetes are invited to this active, supportive and creative community to be inspired in the great outdoors.

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Bend, OR. 97701
(541)388-3660
www.centraloregondiving.com

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... COME JOIN THE FUN!

Watch Local.

CENTRAL OREGON DAILY AFTERNOON EDITION



powered by **zolo**

local talk. local weather. local fun.

Join Donna, Diane, Jack & friends weekdays at 3pm on **abc kohd**
Central Oregon's ABC

Program Locations

Locations of all summer 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

Aspen Hall

18920 NW Shevlin Park Rd, Bend, OR 97701

Awbrey Glen Golf Club

2500 Awbrey Glen Dr, Bend, OR 97701

Bear Creek Elementary School

51 SE 13th, Bend, OR 97702

BEAT Studio

1080 SE 9th Street, Suite 120, Bend 97701

Bend Fieldhouse

(at Vince Genna Stadium)

401 SE Roosevelt Ave, Bend, OR 97702

Bend Golf & Country Club

61045 Country Club Dr, Bend, OR 97702

Bend High School

230 NE 6th St, Bend, OR 97701

Bend Senior Center

1600 SE Reed Market Rd, Bend, OR 97702

Big Sky Sports Complex

21690 NE Neff Rd, Bend, OR 97701

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

Columbia Park

264 SW Columbia St, Bend, OR 97702

Drake Park

777 NW Riverside Blvd, Bend OR 97701

Elk Meadow Elementary School

60880 Brookwood Blvd, Bend, OR 97702

Ensworth Elementary School

2150 NE Daggett Ln, Bend, OR 97701

Elk Lake's Little Fawn Campground

US Forest Road 4625, Bend, OR 97701

Hal Puddy Field

225 SE 15th St, Bend, OR 97702

Harmon Park, Hobby Hut & Outdoor Center

1100 NW Harmon Blvd, Bend, OR 97701

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, Bend, OR 97701

Juniper Park

800 NE 6th St, 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 State Park

15800 State Recreation Rd, La Pine, OR 97739

Larkspur Park

1700 SE Reed Market Rd, Bend, OR 97702

Lava Ridge Elementary School

20805 Cooley Rd, Bend, OR 97701

Lost Tracks Golf Club

60205 Sunset View Dr, Bend, OR 97702

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

OSU Cascades Campus

1500 SW Chandler Ave, Bend, OR 97702

Pacific Crest Middle School

3030 NW Elwood Ln, Bend, OR 97701

The Pavilion

1001 SW Bradbury Way, Bend, OR 97702

Pilot Butte Middle School

1501 NE Neff Rd, Bend, OR 97701

Pine Nursery Park

3750 NE Purcell Blvd, Bend, OR 97701

Pine Ridge Elementary School

19840 Hollygrape St, Bend, OR 97702

Pioneer Park

1525 NW Wall St, Bend, OR 97701

Ponderosa Elementary School

3790 NE Purcell Blvd, Bend, OR 97701

Ponderosa Park & Skatepark

225 SE 15th St, Bend, OR 97702

Riverbend Park

799 SW Columbia St, Bend, OR 97702

River's Edge Golf Course

400 NW Pro Shop Drive, Bend, OR 97701

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

Skyline Sports Complex

19617 Mountaineer Way, Bend, OR 97702

Smith Martial Arts

100 SE Bridgeford Blvd, Suite A
Bend, OR 97702

Summit High School

2855 NW Clearwater Dr, Bend, OR 97701

Sylvan Learning Center

2150 NE Studio Rd, Bend, OR 97702

Sylvan Learning Center - NorthWest Crossing

2863 NW Crossing Dr, Bend, OR 97701

Tetherow Golf Course

61240 Skyline Ranch Rd, Bend, OR 97702

The Environmental Center

16 NW Kansas Ave, Bend, OR 97701

The Pavilion

1001 SW Bradbury Way, Bend, OR 97702

Trinity Lutheran School

2550 NE Butler Market Rd, Bend, OR 97701

Tula Movement Arts

2797 NW Clearwater Drive, Suite 100
Bend, OR 97703

Tumalo Creek Kayak & Canoe

805 SW Industrial Way, Ste 6, Bend, OR 97702

Tumalo State Park

64120 O. B. Riley Rd, Bend, OR 97701

Twin Knolls Transition Co-op

2500 NE Twin Knolls Dr, Bend, OR 97702

Vince Genna Stadium

401 SE Roosevelt Ave, Bend, OR 97702

Westside Village Magnet School

1101 NW 12th St, Bend, OR 97701

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 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 and a print map is available at our facilities.

For additional information on parks and trails, visit our website at www.bendparksandrec.org or call (541) 389-7275.

PARK & TRAIL RULES & REGULATIONS:

These rules are in place for the safety and enjoyment of all park users. Park users are responsible for knowing and following all park rules. This is a partial list.

For the full rules and regulations text, call 541-389-7275 or visit our website at www.bendparksandrec.org.

For non-emergency police matters, call 541-693-6911.

For emergencies, dial 911.

- Parks and trails are open 5:00 am to 10:00 pm daily.
- City ordinances require that dogs must be on leash at all times within the city limits (except at designated off-leash areas) and their waste properly removed. Dog “rest stops” along the trails and in the parks provide you with disposal bags and trash cans.
- Do not litter. Trash cans are located throughout the park and trail system.
- Vehicles must remain on roadways or in parking areas. No parking on District property between 10:00 pm and 5:00 am.
- No camping, smoking or fires allowed. Alcoholic beverages allowed by permit only.
- Feeding geese, ducks, other waterfowl and wildlife is not allowed.
- Removing vegetation is not allowed.
- Propane cook stoves are allowed; no charcoal grills allowed.
- Metal detectors allowed by permit only.
- The use of airborne projectiles, including golf and archery, is not allowed.
- Sales and concessions are allowed by permit only.

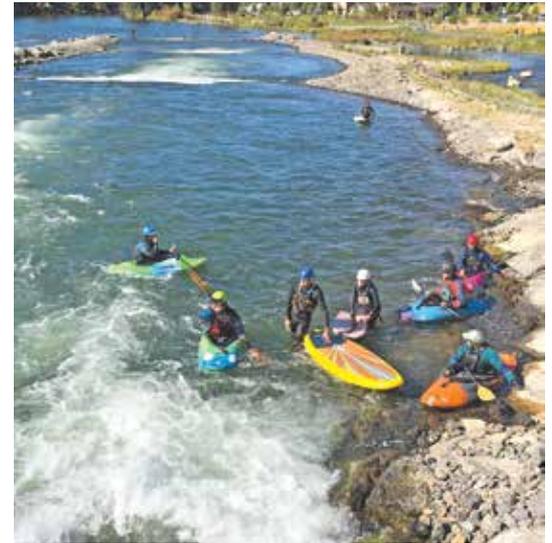
TRAIL USE:

- Some sections of the trail are on private property. Please stay on the designated trail.
- Areas along the river are sensitive wildlife habitat. Please do not walk along the river bank.
- Bicyclists are not allowed on some sections of the trails. Please observe pedestrian-only trail sections. No motorized vehicles allowed on trails.



NAME	ADDRESS	BALL FIELDS	BASKETBALL	DISC GOLF	DOG OFF-LEASH AREAS	FACILITY RENTALS	FISHING	HORSESHOES	NATURAL AREAS	PICKLEBALL	PICNIC SHELTER	PLAYGROUND	RESTROOMS (YEAR-ROUND)	RESTROOMS (SEASONAL)	RIVER ACCESS	SKATEBOARDING	TENNIS
Al Moody Park	2225 NE Daggett Ln		•								•	•	•				
Alpine Park	19500 Century Dr								•								
Awbrey Village Park	3015 NW Merchant Way											•					
Bend Park & Recreation District	799 SW Columbia St					•							•				
BPRD Park Services	1675 SW Simpson Ave																
Bend Senior Center	1600 SE Reed Market Rd					•		•					•				
Bend Whitewater Park	166 SW Shevlin Hixon Dr															•	
Big Sky Park	21690 NE Neff Rd	•			•				•		•	•	•				
Blakely Park	1155 SW Brookwood Blvd		•									•	•				
Boyd Park	20750 NE Comet Ln		•								•	•		•			
Brooks Park	35 NW Drake Rd						•									•	
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	NE 18th St & Egypt Dr								•								
Sawyer Park	62999 O.B. Riley Rd						•		•				•		•		
Sawyer Uplands Park	700 NW Yosemite Dr								•			•					
Shevlin Park	18920 NW Shevlin Park Rd					•	•		•	•	•	•					
Skyline Sports Complex Park	19617 Mountaineer Way	•									•	•	•				
Stover Park	1650 NE Watson Dr	•										•	•				
Summit Park	1150 NW Promontory Dr		•						•								•
Sun Meadow Park	61150 Dayspring Dr		•								•	•		•			
Sunset View Park	990 NW Stannium Rd								•								
Sylvan Park	2996 NW Three Sisters Dr								•			•					•
Three Pines Park	19089 Mt Hood Pl												•				
Wildflower Park	60955 River Rim Dr										•	•					
Woodrider Park	61690 Woodrider Dr		•									•		•			



Bend Whitewater Park



Shevlin Park



Harvest Park



Bend Park &
Recreation
DISTRICT

799 SW Columbia Street
Bend, OR 97702

PRSR STD.
ECRWSS
U.S. POSTAGE
PAID
Bend, OR
Permit No. 149

RESIDENTIAL CUSTOMER



120+
FREE EVENTS
.....
INCLUDING
4TH OF JULY
PET PARADE
.....
SEE PAGE 7

let's play and
be free.

There's a mega dose of
free adventure and fun just
waiting for the whole family with
Bend Park & Recreation District.

No matter what you choose, you'll
get to do some cool stuff, meet new
friends and make great memories.

And that, is the way
to spend your summer.

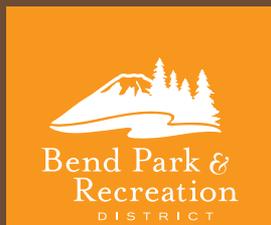
FREEBIE ACTIVITIES

- Basketball
- Floating the river
- Horseshoes
- Fishing
- Off-leash dog parks
- Hiking & walking
- Playgrounds
- Biking
- Disc Golf
- Surfing
- Bocci ball
- Picnicking
- Birdwatching
- Skateboarding
- Pickleball
- Tennis

FREEBIE EVENTS & PROGRAMS

- 4th of July Pet Parade & Old Fashioned Festival
- Let's Picnic!
- Learn to Fish
- Days of Play
- Afternoon Dances
- Afternoon at the Movies
- Free Fitness Summer Kick-off
- Discover Nature Days
- Open Play at The Pavilion
- Lunch & Learn Series

Learn more at
www.bendparksandrec.org
or call (541) 389-7275.



play for life